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**An International Multidisciplinary
Multilingual E-Conference**

on

INTERROGATING THE IDEA OF DEVELOPMENT:

A 360 DEGREE INVESTIGATION

Dates: June 19 & 20, 2021

Saturday & Sunday

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1. HISTORY OF ENGLISH LITEARTURE

Agneez Bhullar

Student, CT university

Rajni Berri

Assistant Professor

CT University

Introduction: the story of English literature begins with the germanic tradition of the anglo-saxon settlers the most significant turning point from about 11000 is the development of middle English differing from old English in the addition of a French vocabulary after the Norman conquest.

Abstract: History of English literature Convey the depth of thought, richness of emotion, an insight into the character It lead us intellectually and emotionally and demons are understanding of our history, society and, and each of our lives. English literature is a part of an important subject for study for students majoring in English education.

IS OUR LITERATURE OUR HISTORY?

The study of literature can enrich our lives in all kinds of ways .this study is a part of their culture heritage will stop the study of literature lends to an understanding of history ,are certain sometimes ourselves. with literature we see the countries and people as they were.

IMPORTANCE OF HISTORY IN LITERATURE

History Plays a fundamental role in shaping literature. Every novel , play or poem one reads is influenced by the political context in which it is written, the people that the author knows and the wider society that frames the entire work.



The difference between history and past .when used as nouns , history means the aggregate of past events , whereas past means the pillar of time that has already happened , in contrast to the present and the future .History is also verb with the meaning to narrate or record .

BENIFITS OF LITERATURE:

Reading great literature exercises the imagination. We enjoy stories ; it is a pleasure to meet characters and to live in their world , to experience their joys and sorrows . in a practical sense , an active imaginations helps us to perceive truth , make value judgments and deal with the complexities of life in creative ways .

Literature influences us and makes us understand the every walk of life Narratives in particular ,inspire empathy.

Glimpses about history of English literature

- The history of English literature starts with the Anglo Saxons and Germanic settlers in Anglo-Saxon England in 5th century .
- The oldest English literature was in old English which is the earliest form of English and is a set of Anglo frisian Dialects.
- Beowolf is the earliest and most popular work in old English literature as the Normans conquered England middle English replaced the old English and was used by the father of English literature Geoffrey Chaucer in his famous work, The Canterbury tales. Further, William Shakespeare came to be considered as the most iconic and greatest writer in the history of English literature as he is revered for his legendary plays and sonnets. Here is the outlet history of English Literature:

Old English(Anglo- saxon period) 450-1066

Middle English period 1066-1500

The Renaissance 1500-1600

The Neoclassical Period 1600-1785

The Romantic Period 1785-1832

The victorian Age 1832-1901

The Edwardian period 1901-1914

The Georgian period 1910-1936

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The Modern period Early 20th century

The postmodern period Mid -20th century .

The golden age in the history of English literature brought a gallery of authors of genius and literary masterpieces. It

was a dynamic age filled with intellectual and religious revolutions and upheavals. As a new humanism surged, there were many significant works like Sir Thomas Hobbes's *Castiglione* and Sir Thomas North's *Plutarch*. Edmund Spenser is another prolific name in Golden Age who is also known as the poet; his famous poem in 1579, *The Shepheardes Calender* 'under 89 sonnets' got highly popular. Sir Philip Sidney's *Archadia*, 'Michael Drayton, Sir Walter Raleigh, 'Ben Jonson' are some of important names in the medieval English literature.

There was a group in the golden age which was known as the university Wits; this group would include noted alumni writers from the University of Cambridge and University of Oxford. John Lilly, Christopher Marlowe, Thomas Nash, George Peele were some of the celebrated names under this group. John Donne also played a great role in metaphysical poetry and beautiful sonnets of Elizabethan age. Sir Francis Bacon popularised the scientific method of analysis and wrote many intellectual and analytical essays in this period. Moreover, literary dramas have a crucial role to play in making this age Golden.

The first comedy under this age was *Ralph Roister Doister* by Nicholas Udall. From *Hamlet*, *King Lear*, *Othello* and *Julius Caesar* to *A Midsummer Night's Dream*, *As You Like It* and *Romeo and Juliet*. William Shakespeare contributed many historical dramas and tragedies as well as romantic plays and comedies to this Golden Age. Notable writers of the Elizabethan era also include John Milton, John Webster, Thomas Kyd, George Peele, Ben Jonson amongst others.

RESTORATION AGE

Another revolutionary change in the history of English literature was brought forward by the Restoration Age which was immensely affected by political conflict of the late 17th century. John Dryden emerged as one of the prominent literary figures of this age. He wrote a famous heroic poem *Astræa Redux* and was also known for *Mac Flecknoe*. To attack his contemporaries he wrote mock poems and wrote an essay on criticism. Oliver Goldsmith's *The Traveller and the Deserted Village* was highly popular in this era. Another prominent



writer for the restoration literature was John Milton ,a well known controversialist who wrote the famous Paradise Lost.

The 18th century English Literature

Concluding the Restoration period of the history of English literature the 18th century witnessed the publication of political literature as well as the advent of novels. Robert Harley, Daniel Defoe and Jonathan swift were amongst the major political writers of this era. During the mid 18th and late 18th century, novels were introduced in the world .Deniel Defoe experiments add with the prose narrative and wrote a novel called Robinson Crusoe he was one of the streamed and prominent writers introduced novel writings of the literary world in prose writing Richards steel and Jonathan swift were all some of the popular names in prose writing as renowned for their satirical style of writing.

The Romantic period

The Romantic age of the history of English literature experimented with the earlier Forms of poetry and brought many interesting genre of prose fiction .The key feature of the poetry of this period was the emphasis laid on individual thought and personal feeling William Blake, William Wordsworth and Samuel Taylor Coleridge were a brilliant poetry geniuses of this era as they curated glorious works rooted in nature, love, romance as well as contemporary thought. The later Romantics were Shelley, keats and Byron who carried on the legacy in the 20th century .The novels of this era were written as a form of entertainment to the now literate public and were written as a form of entertainment to the now literate public commentary on many prominent events such as French Revolution the gothic novel is an important invention in prose fiction and some of its prominent writers were hora's well fall Matthew Lewis and Radcliffe and Mary Shelley on the other hand Jane Austen stood by the conversation form of prose fiction through popular romantic novels like pride and prejudice .

ENGLISH LITEARATURE

English Literature the body of written works produced in the English language by inhabitants of British Isle s including Ireland from the 7th century to the present day. The major Literatures is written in English outside the British Isles are treated separately under American literature, Australian literature ,Canadian literature, and New Zealand literature. English Literature has sometimes been stigmatized as insular. it can

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be argued that no single English novel attains the universality of Russian writer Leo Tolstoy's war and peace or difference writer Gustave Flaubert's Madame Bovary. Yet in the Middle Ages the old English literature of these subjugated saxons was leavened by Latin and Anglo Norman writings, eminently foreign in origin in which the churchmen and the Norman conquerors expressed themselves from this combination emerged a flexible and stable investing instrument exploited by a Geoffery Chaucer and brought to supreme application by William reShakespeare. During the renaissance. the renewed interest in classical learning and values had an important effect on English literature ,as an all arts and ideas of August an literary property in the 18 th century and reverence in the 19 century for a less specific ,though still selectively viewed, classical antiquity continue to shape the literature .All three of these impulses derived from a foreign source ,namely the Mediterranean basin. The Decadents of the late 19 century and the modernist of the early 20th looked to continental European individuals and movements for inspiration. Nor was attraction towards European intellectualism dead in the late 20th century, for by mid -1980s the approach known as structuralism, a phenomena predominantly French and German in origin ,infused the very study of English literature itself in a host of published critical studies and university departments .Additional influences was exercised by deconstructionist analysis, based larger the work of French philosoppher Jacques Derrida . Further, Britain's past imperial activities around the globe continued to inspire literature in some cases wistful , in other cases hostile. Finally ,English literature has enjoyed a certain diffusion abroad, not only predominantly English -speaking countries but also in those other countries where English is the first choice of study as a second language.

English literature is therefore not so much insular as detached from the continental European traditional across the channel .It is strong in all the conventional categories of the booksellers list in Shakespeare it has dramatist of the world renown in poetry a gender notoriously resistant to adequate translation and therefore difficult to compare with the poetry of other literatures, it is so peculiarly rich as to merit inclusion in the front rank. English literature's humour has been found as hard to convey to foreigners as poetry if not more so-- a fact at any rate pre permitting best over of the label I do idiosyncratic; English literatures remarkable body of travel writings constitutes another counter thrust with a charge of insularity in autobiography biography and historical writing English literature compares with best of any culture and children's literature fantasy essays and journals which tend to be considered minor genres are all fields of exceptional achievement as regards English literature .Even in the philosophy .writings popularly thought of as hard to

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combine with literary value thinkers such as Thomas Hobbes John Locke ,David Hume, Jone stuart Mill and Bertrand Russell stand comparison for lucidity and grace with the best of the French philosophers and the masters of classical antiquity.

FOUNDER OF ENGLISH LITERATURE:

Geoffrey chaucer

Geoffrey . he was born in London sometime between 1340 and 1344. He was an English author and poet philosopher, and diplomat. He is also referred to as the father of English literature

FIRST ENGLISH LITERATURE

The earliest forms of English, a set of Anglo Frisian dialects brought to Great Britain by Anglo-Saxon Invaders in the 5th century , are also called old English. Beowulf is the most famous work in old English, and has achieved National Epic status in England, despite being set in Scandinavia.

FATHER OF ENGLISH NOVEL:

Henry Fielding

He tried to advocate a healthy philosophy of life. He imbued his writings were the very Solomon purposeful stop on these Grounds sir Walter Scott rightly call him the father of English novel.

LITERATURE AND HISTORY

Literature and history, however, observed differences: Literature maybe figments of the imagination or events devoid of truth that have been written down , why history is made up of events that really happened. Literature is present during the era of the ancient world.

OLD ENGLISH LITERATURE:

The old English language or Anglo Saxon is the earliest form of English. The period is a long one and it is generally considered that old English was spoken from about 8600 to about 1100. Of the poems of the pagan, in particular wifid and Beowulf.



The greatest English poem, Beowulf is the first English Epic the author of view is anonymous. In this Epic poem he oval says to Denmark with a band of Warriors to save the king of Denmark.

The difficulty encountered in reading old English Literature lies in the fact that the language is very different from that of today. There was no rhyme in old English poems instead they used alliteration

MIDDLE ENGLISH LITERATURE:

The term middle English literature refers to the literature written in the form of English known as middle English, from the late 12th century until the 1470 during this time the answer standard a form of London-based English became widespread and the printing press regularised the language.

Five types of English literature

- Fiction
- Non Fiction
- Drama
- Poetry
- Folktale

THREE MAJOR TYPES OF LITERATURE

- Drama
- Epic
- Lyric

Plato, Aristotle and Horace originally conceived of three genres.

ENGLISH LITERATURE

The English language has developed over the course of more than 14000 years .the earliest forms of English a set of Anglo Frisian dialects brought to the Great Britain by Anglo Saxon Invaders in the fifth century are called old English.



The English language spread throughout the world with the development of the British Empire between the late 16th and early 18 centuries. At its height it was the largest empire in the history. During the nineteenth and 20 centuries of these colonies and the USA started to produce their own significant literary traditions in English. And the last hundred plus years numerous writers from Great Britain both the Republic of Ireland and northern Ireland The USA , and members of other former British colonies have received the Nobel Prize for works in the English language, more than in any other language.

Objective of writing research paper on literary research:

Any off literary research is to find out actual meaning of relevance and hidden linkage of this sutra in the current practice example Definition of Rassayna a given in various sutras give close more research in resign as even scope and limitation of research can be defined .

The goal of research paper is to bring together Different views for my evidence, and facts about a topic from books, articles and interviews then interpret the information into your own writing.

Literature based Research paper

All literature review is a comprehensive summary of previous research on the topic the literature review service scholarly article's books and other sources relevant to a particular area of research. The review showed a numerate described summarised objectively evaluate and clarify the previous research.

Major goals of Literature review

To determine what exists in the scholarly literature.

To identify possible gaps in the scholarly literature for further research .

To inform the research topic, theory and associated methodology .

To compare and contrast against findings resulting from current study.

MIDDLE ENGLISH LITERARY PERIOD

The later middle English literary period The medieval English literature comprises of a diverse range of works as the population of England during this time was literate and a considerable portion was also

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bilingual and trilingual. Geoffrey Chaucer is almost the highly regarded poets within the period of 1342 - 1400 and was renowned for his courtly love poetry include the famous “Canterbury tales” thought it was left incomplete ; “ The House of Fame”, and “The Book of Duchess”. He became one of the core political servants in British court .William Langland’s famous religious works including “piers plowman” also deserves a crucial mention as it represents another popular genre of this period of English literature which was secular and religious prose. During the era of Medieval English Literature ,the most esteemed works also include morality plays, miracle plays and interludes ‘Everyman’ was noted Morality play of the time and Miracle plays were taken from the Bible and were frequently performed in churches.

CONCLUSION

- Studying English literature opens up a world of inspiration creativity, one also developing skills that are essential for today's global environment it is a chance to discover how literature and makes sense of the world through stories points novels and plays.
- The study of literature leads to an understanding of our history comma and sometimes ourselves. With literature we see the countries and people as they were. To experience the different climates language and tone literature also gives glimpses of much earlier ages.

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Richard Beadle

Fellow in english st.john college ,University of Cambridge,Editor of the cambridge companion to medieval english theater and Mystery plays

M.H Butler

Profession of English Renaissance Drama,university of cambridge

Peter. S.Baker

Professor of English,university of virginia at Charlottesville

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AMANDEEP KAUR Research scholar CT UNIVERSITY	Under Guidance Dr.Lakhwinderkaur CT UNIVERSITY
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ਪੰਜਾਬੀ ਔਰਤਾਂ ਦੇ ਸਾਂਗ ਤਮਾਸ਼ੇ:ਭਾਸ਼ਾਗਤ ਅਧਿਐਨ

ਭਾਸ਼ਾ ਮਨੁੱਖੀ ਸੰਚਾਰ ਦਾ ਮਾਧਿਅਮ ਹੈ। ਮਨੁੱਖ ਇੱਕ ਸਮਾਜਿਕ ਪਰਿਵਾਰ ਹੈ ਅਤੇ ਇਸਨੂੰ ਜਿਉਂਦਿਆਂ ਰਹਿਣ ਲਈ ਸਮਾਜ ਵਿੱਚ ਰਹਿਣਾ ਪੈਂਦਾ ਹੈ। ਮਨੁੱਖ ਦੀਆਂ ਬਹੁਤ ਸਾਰੀਆਂ ਲੋੜਾਂ ਅਜਿਹੀਆਂ ਹਨ ਜਿਹੜੀਆਂ ਉਹ ਇਕੱਲਾ ਪੂਰੀਆਂ ਨਹੀਂ ਕਰ ਸਕਦਾ। ਦੁੱਖ ਸੁੱਖ ਸਮੇਂ ਉਸ ਨੂੰ ਸਮਾਜ ਦੀ ਜ਼ਰੂਰਤ ਹੁੰਦੀ ਹੈ। ਜਿਉਂਦੇ ਮਨੁੱਖ ਦੇ ਮਨ 'ਤੇ ਕੁਦਰਤੀ ਨਜ਼ਾਰਿਆਂ, ਸਮਾਜਿਕ ਹਾਲਤਾਂ, ਅਨੁਭਵਾਂ ਅਤੇ ਭੇਦਾਂ ਨੂੰ ਦੂਜਿਆਂ ਨਾਲ ਸਾਂਝਾ ਕਰਨ ਦੀ ਤੀਬਰ ਇੱਛਾ ਰੱਖਦਾ ਹੈ। ਮਨੁੱਖ ਕੋਲ ਆਪਾ ਪ੍ਰਗਟ ਕਰਨ ਦੇ ਦੋ ਸਾਧਨ ਹਨ:-ਪਹਿਲਾ 'ਸਰੀਰ' ਅਤੇ ਦੂਜਾ 'ਭਾਸ਼ਾ'।

ਭਾਸ਼ਾ ਦੇ ਤਰ੍ਹਾਂ ਦੀ ਹੁੰਦੀ ਹੈ:-ਲਿਖਤੀ ਭਾਸ਼ਾ (Non-verbal system) ਅਤੇ ਮੌਖਿਕ ਭਾਸ਼ਾ (verbal system)। ਮਨੁੱਖ ਦਾ ਮੁੱਢਲਾ ਸਾਧਨ ਮੌਖਿਕ ਭਾਸ਼ਾ ਹੈ ਕਿਉਂਕਿ ਮਨੁੱਖ ਆਪਣੇ ਜਜ਼ਬਾਤਾਂ ਨੂੰ ਸਧਾਰਨ ਗਲਬਾਤ ਰਾਹੀਂ ਜਿੱਥੇ ਪ੍ਰਗਟ ਕਰਦਾ ਹੈ ਉੱਥੇ ਇਸ ਵਿੱਚ ਪ੍ਰਮੁੱਖ ਯੋਗਦਾਨ ਸਰੀਰ ਦਾ ਵੀ ਹੁੰਦਾ ਹੈ। ਸਰੀਰਕ ਮੁਦਰਾਵਾਂ/ਇਸ਼ਾਰਿਆਂ ਜਿਵੇਂ ਅੱਖਾਂ, ਮੂੰਹ, ਹੱਥਾਂ ਦੇ ਇਸ਼ਾਰਿਆਂ ਰਾਹੀਂ ਬਹੁਤ ਕੁਝ ਸਮਝਿਆ ਜਾਂਦਾ ਹੈ। ਸਾਡੀ ਲੋਕਧਾਰਾ ਮੌਖਿਕ ਰੂਪ ਵਿੱਚ ਪੀੜ੍ਹੀ-ਦਰ-ਪੀੜ੍ਹੀ ਅੱਗੇ ਤੁਰੀ ਜਾ ਰਹੀ ਹੈ ਪ੍ਰੰਤੂ ਅੱਜ ਕੱਲ੍ਹ ਇਸਨੂੰ ਲਿਖਤੀ ਰੂਪ ਵਿੱਚ ਸੰਭਾਲਿਆ ਜਾ ਰਿਹਾ ਹੈ।

ਅਸਲ ਵਿੱਚ ਮਨੁੱਖ ਦੇ ਅਚੇਤ ਮਨ ਦੀ ਬਣਤਰ ਵੀ ਭਾਸ਼ਾ ਦੀ ਤਰ੍ਹਾਂ ਹੀ ਹੈ। ਚੇਤਨ ਜਾਂ ਅਵਚੇਤਨ ਵਿੱਚ ਕੀਤੀਆਂ ਸਿਰਜਨਾਵਾਂ ਹਥਾਂ ਦੇ ਇਸ਼ਾਰਿਆਂ, ਚਿਹਰੇ ਦੇ ਹਾਵ-ਭਾਵ, ਅੱਖਾਂ ਇਸ਼ਾਰੇਆ ਦਿਸਾਰੇ ਸੰਚਾਰ ਦੇ ਸਾਧਨ ਹਨ। ਪ੍ਰਸਿੱਧ ਭਾਸ਼ਾ ਵਿਗਿਆਨੀ



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ਸਾਸਿਊਰ ਦੇ ਅਨੁਸਾਰ, “ਕੋਈ ਵੀ ਚਿੰਨ੍ਹ ਪ੍ਰਬੰਧ ਭਾਸ਼ਾ ਹੈ, ਜਿਸ ਰਾਹੀਂ ਵਿਚਾਰ ਪ੍ਰਗਟ ਹੋ ਸਕਣ।” ਪ੍ਰੰਤੂ ਭਾਸ਼ਾ ਦਾ ਮਾਡਲ ਬਾਕੀ ਸੰਚਾਰ ਸਾਧਨਾਂ ਨਾਲੋਂ ਵਧੇਰੇ ਵਿਕਸਿਤ ਸੰਚਾਰ ਦਾ ਮਾਧਿਅਮ ਹੈ। ਇਸ ਲਈ ਭਾਸ਼ਾ ਦਾ ਮਾਡਲ ਬਾਕੀ ਦੇ ਸੰਚਾਰ ਸਾਧਨਾਂ ਨੂੰ ਸਮਝਣ ਲਈ ਵਰਤਿਆ ਜਾਂਦਾ ਹੈ।

ਸਾਸਿਊਰ ਅਨੁਸਾਰ, “ਕੋਈ ਵੀ ਉਹ ਪ੍ਰਬੰਧ ਜਾਂ ਚੀਜ਼ ਜੋ ਸੰਚਾਰ ਕਰਦੀ ਹੈ ਉਹ ਭਾਸ਼ਾ ਹੈ”। ਇਸ ਤਰ੍ਹਾਂ ਕੋਈ ਵੀ ਚਿੰਨ੍ਹ ਪ੍ਰਬੰਧ, ਜਿਸ ਰਾਹੀਂ ਵਿਚਾਰ ਪ੍ਰਗਟ ਹੋ ਸਕਦੇ ਹਨ, ਭਾਸ਼ਾ ਹੈ। “ਇਸ ਨਾਲ ਭਾਸ਼ਾ ਦਾ ਸੰਕਲਪ ਹੀ ਬਦਲ ਜਾਂਦਾ ਹੈ। ਉਸਨੇ ਕਿਹਾ ਕਿ ਵਿਚਾਰਾਂ ਦਾ ਸੰਚਾਰ ਕਰਨ ਵਾਲੀ ਹਰ ਸ਼ੈਲੀ ਭਾਸ਼ਾ ਹੈ। ਉਸ ਅਨੁਸਾਰ ਮਨੁੱਖ ਜੋ ਕੁੱਝ ਵੀ ਸਿਰਜਦਾ ਹੈ ਉਸ ਰਾਹੀਂ ਇੱਕ ਤਰ੍ਹਾਂ ਨਾਲ ਆਪਣੇ ਗਿਆਨ ਦਾ ਸੰਚਾਰ ਕਰਦਾ ਹੈ। ਮਿਥਿਹਾਸ, ਲੋਕ-ਕਥਾਵਾਂ, ਮੇਲੇ, ਤਿਉਹਾਰ, ਸੁਹਾਗ, ਸਿੱਠਣੀਆਂ, ਬਾਤਾਂ, ਲੋਕ-ਨਾਚ, ਰੀਤੀ-ਰਿਵਾਜ, ਰਹਿਣ-ਸਹਿਣ, ਪਹਿਰਾਵਾ, ਖਾਣਾ-ਪੀਣਾ, ਬੋਲ-ਚਾਲ ਆਦਿ ਸਾਰੇ ਪ੍ਰਕਾਰ ਦੇ ਚਿੰਨ੍ਹਾਂ ਰਾਹੀਂ ਮਨੁੱਖ ਆਪਣੇ ਆਪ ਦਾ ਪ੍ਰਗਟਾਵਾ ਕਰਦਾ ਹੈ।

ਸਾਸਿਊਰ ਦਾ ਇਹ ਵੀ ਵਿਚਾਰ ਸੀ ਕਿ ਭਾਸ਼ਾ ਵਿਗਿਆਨ ਦਾ ਮਾਡਲ ਸੰਚਾਰ ਦੇ ਸਾਧਨਾਂ ਜਿਵੇਂ ਰੀਤੀ-ਰਿਵਾਜ, ਕੋਮਲ-ਕਲਾਵਾਂ, ਤਿਉਹਾਰ, ਲੋਕ-ਵਿਸ਼ਵਾਸ, ਲੋਕਧਾਰਾ-ਸਭਿਆਚਾਰ ਦੇ ਅਧਿਐਨ ਵਰਤਿਆ ਜ ਸਕਦਾ ਹੈ। ਇਹ ਧਾਰਨਾ ਬਿਲਕੁਲ ਸੱਚ ਸਾਬਤ ਹੋਈ। ਕੋਈ ਵੀ ਮਨੁੱਖੀ ਸਿਰਜਣਾ ਚਾਹੇ ਉਹ ਸਾਹਿਤ, ਮਿਥਿਹਾਸ, ਲੋਕਧਾਰਾ ਹੈ ਉਹ ਉਸ ਸਭਿਆਚਾਰ ਵਿਚਲੀਆਂ ਮੂਲ ਵਿਰੋਧਤਾਈਆਂ ਅਤੇ ਗੁੰਝਲਾਂ ਵਿੱਚੋਂ ਜਨਮਦੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਸਾਹਿਤ ਦੇ ਅਧਿਐਨ ਲਈ ਭਾਸ਼ਾ ਵਿਗਿਆਨ ਮਾਡਲ ਦੁਆਰਾ ਉਹ ਅੰਤਰ ਵਿਰੋਧਤਾਈਆਂ ਅਤੇ ਗੁੰਝਲਾਂ ਜਿਹੜੀਆਂ ਉਪਰਲੇ ਪ੍ਰਬੰਧ ਵੱਚਨ ਜ਼ਰ ਹੀ ਆਉਂਦੀਆਂ, ਨੂੰ ਪੇਸ਼ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਸਭਿਆਚਾਰ ਦੇ ਖੇਤਰ ਵਿੱਚ ਇਹ ਕੰਮ ਲੈਵੀ-ਸਤਾਸ, ਸਾਹਿਤ ਵਿਗਿਆਨ ਦੇ ਖੇਤਰ ਵਿੱਚ ਯਕ ਲਾਕਾਂ, ਨੇ ਕੀਤਾ। ਉਨ੍ਹਾਂ ਨੇ ਇਹ ਸਿੱਧ ਕਰ ਦਿੱਤਾ ਕਿ ਮਨੁੱਖ ਦੇ ਅਚੇਤ ਮਨ ਦੀ ਬਣਤਰ ਵੀ ਭਾਸ਼ਾ ਦੀ ਤਰ੍ਹਾਂ ਹੀ ਹੈ। ਮਨੁੱਖ ਦੇ ਅਚੇਤ ਅਤੇ ਸੁਚੇਤ ਪੱਧਰ ‘ਤੇ ਕੀਤੀਆਂ ਸਿਰਜਨਾਵਾਂ ਭਾਸ਼ਾ ਦੀ ਤਰ੍ਹਾਂ ਹੀ ਹੁੰਦੀਆਂ ਹਨ।

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“ਚਿੰਨ੍ਹਵਿਗਿਆਨਿਕ ਵਿਧੀ ਕੇਵਲ ਸਾਹਿਤ ਦੇ ਖੇਤਰ ਵਿੱਚ ਹੀ ਨਹੀਂ ਸਗੋਂ ਜੀਵਨ ਦੇ ਹਰ ਖੇਤਰ ਵਿੱਚ ਮੱਹਤਵਪੂਰਨ ਸਥਾਨ ਰੱਖਦੀ ਹੈ। “

ਚਿੰਨ੍ਹ ਵਿਗਿਆਨਿਕ ਵਿਧੀ ਅਸਲ ਵਿੱਚ ਵਿਸ਼ਾਲ ਖੇਤਰ ਅਤੇ ਵਿਸਤ੍ਰਿਤ ਅਰਥਾਂ ਵਾਲਾ ਅਨੁਸ਼ਾਸਨ ਹੈ ਕਿਉਂਕਿ ਚਿੰਨ੍ਹ ਵਿਗਿਆਨ ਅਧਿਐਨ ਕੇਵਲ ਸਾਹਿਤ ਦੇ ਖੇਤਰ ਵਿੱਚ ਹੀ ਨਹੀਂ ਸਗੋਂ ਜੀਵਨ ਦੇ ਹਰ ਖੇਤਰ ਵਿੱਚ ਮੱਹਤਵਪੂਰਨ ਸਥਾਨ ਰੱਖਦਾ ਹੈ।

ਪੰਜਾਬੀ ਔਰਤਾਂ ਦੇ ਸਾਂਗ ਤਮਾਸ਼ੇ ਸਿਰਫ ਮਨੋਰੰਜਨ ਦਾ ਸਾਧਨ ਹੀ ਨਹੀਂ ਹੁੰਦੇ ਸਗੋਂ ਇਹ ਜੀਵਨ ਦੇ ਅਰਥਾਂ ਦੀ ਵੀ ਸਿਰਜਣਾ ਕਰਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਵਿੱਚ ਉਨ੍ਹਾਂ ਵਿਚਾਰਾਂ ਨੂੰ ਅਭਿਵਿਅਕਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਜਿਸ ਤੋਂ ਵਿਚਾਰਾਂ ਨੂੰ ਆਸਾਨੀ ਨਾਲ ਸਿੱਧੇ ਰੂਪ ਵਿੱਚ ਕਿਸੇ ਲੋਕ ਸਮੂਹ ਵਿੱਚ ਪੇਸ਼ ਨਹੀਂ ਕੀਤਾ ਜਾ ਸਕਦਾ। ਇਸ ਕਰਕੇ ਇਹ ਔਰਤ ਮਨੁੱਖ ਦੀਆਂ ਦਮਿਤ ਇਛਾਵਾਂ ਦੀ ਹੀ ਉਪਜ ਹੁੰਦੇ ਇਸ ਤਰ੍ਹਾਂ ਇਹ ਸਾਂਗ ਤਮਾਸ਼ੇ ਆਪਣੇ ਅੰਦਰ ਗਹਿਨ ਅਰਥ ਸਮਾਈ ਰੱਖਦੇ ਹਨ। ਜਦੋਂ ਕਿਸੇ ਗੱਲ ਨੂੰ ਸਿੱਧੇ ਰੂਪ ਵਿੱਚ ਨਹੀਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਤਾਂ ਉਸਨੂੰ ਚਿੰਨ੍ਹਾਂ / ਪ੍ਰਤੀਕਾਂ ਦੀ ਵਰਤੋਂ ਰਾਹੀਂ ਕਿਹਾ ਜਾਂਦਾ ਹੈ। ਸਾਂਗ-ਨਾਟਕਾਂ ਦੀ ਸਮੁੱਚੀ ਚਿੰਨ੍ਹ ਯੋਜਨਾ ਮਨੁੱਖ ਦੇ ਨਕਲੀ ਮਖੌਟੇ ਲਾਹ ਕੇ ਸਧਾਰਨ ਵਿਅਕਤੀ ਦ ਵਿਹਾਰ ਨੂੰ ਜਾਹਰ ਕਰਨ ਵਾਲੀ ਹੈ। ਬੋਲਚਾਲ ਦੇ ਪੱਧਰ 'ਤੇ ਭਾਵੇਂ ਕਿਸੇ ਸਾਂਗ ਤਮਾਸ਼ੇ ਦੇ ਪੂਰਨ ਅਰਥ ਸਪੱਸ਼ਟ ਨਾ ਹੋਣ ਪ੍ਰੰਤੂ ਸਰੀਰਕ ਮੁਦਰਾਵਾਂ ਅਤੇ ਹਾਵ-ਭਾਵ ਨੂੰ ਵੇਖ ਕੇ ਅਰਥ ਪੂਰਨ ਰੂਪ ਵਿੱਚ ਸਪੱਸ਼ਟ ਹੋ ਜਾਂਦੇ ਹਨ। ਇਨ੍ਹਾਂ ਵਿੱਚ ਕੇਵਲ ਚਿਹਰੇ ਦੇ ਹਾਵ ਭਾਵ ਹੀ ਨਹੀਂ ਸ਼ਾਮਲ ਹੁੰਦੇ ਸਗੋਂ ਸਮੁੱਚਾ ਸਰੀਰ ਹਰਕਤ ਵਿੱਚ ਆ ਜਾਂਦਾ ਹੈ। ਇਸਦੀ ਪੇਸ਼ਕਾਰੀ ਵਿੱਚ ਇੱਕ ਤਾਂ ਭਾਸ਼ਾ ਚਿੰਨ੍ਹ ਆਤਮਕ ਹੁੰਦੀ ਹੈ, ਭਾਵ ਕੋਈ ਗੱਲ ਸਮਝਾਉਣ ਲਈ ਸੰਕੇਤਕ ਭਾਸ਼ਾ ਵਰਤ ਦੇ ਹਾਂ ਕਿਉਂਕਿ ਸਿੱਧੇ ਰੂਪ ਵਿੱਚ ਕਈ ਗੱਲਾਂ ਨਹੀਂ ਕੀਤੀਆਂ ਜਾ ਸਕਦੀਆਂ ਜਿਵੇਂ ਨਿਮਨਲਿਖਤ ਇੱਕ ਤਮਾਸ਼ਾ ਉਦਾਹਰਨ ਲਈ ਪੇਸ਼ ਹੈ:-

(do AOrqW ipV iv`c pql pqnl dy rUp iv`c AwaudIAW hn)

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pqnl :- vy gurid`qy dy BweIAw

pql :- hW jl , hW

pqnl:- vy do K`ty ilAw dy

pql:- hW jl, hW

pqnl :- vy myry pIV klyjy (dovyN h`QW nwL Awpxw pyt Gu~tdl hoel, fwFI pIV AnuBv krdl
hoel)

pql :- hW jl, hW

pqnl :- vy sV jwey qyrl hW jl

vY mY mrdl jWdl (jmln ' iltdl hoel)

pql :- hW jl, hW

pqnl :- myrl ijMd mu`kdl jWdl

mYN mrdl jWdl

pql :- hW jl , hW

pqnl :- qYnUM Akl nw Awaudl

mYN mrdl jWdl

pql :- hW jl , hW

pqnl :- do K`ty ilAw dy

pql :- hW jl , hW

pqnl : - guird`qy dy Bweley

do K`ty ilAw dy

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auproqk sWg – qmwSy dl Sbdwvll icMHNwqmk hY[purwqn smyN iv`c pql pqnl is`Dy rUp iv`c AwpxIAW BwvwnvW nwl ie`k dUjy nwl pRgt nhIN kr skdy sn[ikauNik pirvwr sWJy rUp iv`c ie`k hl Gr iv`c hl rihMdy jd koel AOrq grBvql huumdl qW K`ty Bwv inMbU dl mMg krDI hY' aus dw jIA Gbrw irhw hY' jo aus dy grBvql hox dw sMkyq hY[

ies qoN ibnW kel vwr srlrk BwSw vl bhuq ku`J boldl hY , ikauNik Sbdwvll p`KON qW auh swDwrn l`gdy hn pRMqU jdoN ausnMU pySkwrl dy p`Dr ' qy dyiKAw jWdw hY qW ie`k nvyN ArQ S`pSt huMdy hn ijvyN –

(do AOrqW ipV iv`c AwaudIAW hn jo Awps iv`c guvWFxW dw rol Adw krDI hY hn)

pihll AOrq :- nl l=kuVy

kl g`l AY

Qofy hlvwel l`igAw AY

L`fU –pyVy p`kdy AY.....

dUjl AOrq :- nl BYxy

kwhdy l`fu pyVy ...

auh ikhVw swfy KwX nMU p`kdy AY..

pihll AOrq :- hor Pyr , kws nMU p`kdy AY

dUjl AOrq :- (p`tW dy h`Q mwrDI hoel)

sB AYsy dy pRqwp nMU

nl BYxy sB AYsy dy pRqwp nMU

lwVw srwlvw F`Uky

sB AYsy dy pRqwp nMU

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rOxkW l`glAW sB AYsy pRqwp nMU

ies SWg –qmwSy iv`c sRrLrk Sbdwvll rWhl swry Bwv pRgt huMd hn [ies qoN ibnW sWg –
qmwSy ivcll Sbdwvll ivAMgmel huuMdl hY[pihll njry dyKx nMU qW ieh sDwrn ivAMg pRqlq huMdw hU,
pRMqU ies ivAMg iv`c fUMGI rmz vyKx nMU imldl hY ijvyN :-

AOrq :- mwey nl mwey , mYnUM mwrddw ey

(mYnMU dl Avwz iv`c)

mwey nlmwey mwrddw ey

smUh :- kws qoN mwrddw Dley

qYn kws qoN mwrddw AY.....

AOrq :- mW mYnMU kihMdw ik A`j BrvyN kryly bxw dyvIN [ieh kih Awp qW qur igAw Kyq nMU [

mYnMU nw qW krylr IY ky dy igAw qy nw hl pYsy [

kryly IYx lel myry kol pYsy vl nw, mYN d`soN kl krddl

mYnUM socdl sicdl nMU ie`k jugq su`JI.....

smUh :- kl....?

AOrq :- Gry cUhy PVHn vwll kiV`kl l`gl hoel sl

jdoN mYN AMdr gel qW dyiKAw ik aus pihIW hl ie`k cUhw PisAw hoieAw sl

mYN ie`k – do cUhy hor PVHy

cUihAW dy isr v`Fy, pYr v`fy. puMCW v`FIAW

nUx imrcW pw ky qVkw lw id`qw

KyqoN Aw ky jdoN l`igAw rotl Kwx , Qwll cu`ky myry isr ' mwrl ,



L`igAw D`p- D`p ku`tx.....(roNdl hoel)

mwrdrw ey mYnMU mwey mwrdrw ey

smUh :- ienHW g`IW qoN hl Dley mwrdrw ey

qW hl qYnMU mwrdrw ey...

ies qrWH dy sWg –qmwiSAW iv`c qIKx ivAMg Aqy gu`Jy mKOI rWhl hws rsl FMg l`gdw hY[pRMqU ies gMBIr ivSw AwriQk p`K nMU auGwiVAw igAw hY ik hr ienswn KuShwl jlvn cwHuMdw , ausdIAW bhuq swriAW jrURqW hn, pr AwriQk mjbUrIAW kwrn auh pUrIAW nhIN ho skdIAW[iws kwrn irSiqAW iv`c krwht AwauNdl hY[kel vwr sm`isAw krky mnu`K Awpxw mwnisk sMquln Ko bYTDw [

hr dyS , hr kOm dIAW AwpxIAW siBAwCwrk kdrW Aqy ivrwsqI pRMprwvW huMdIAW hn[ijs duAwrw ikxy kOm dl v`Krl nkS – nuhwr dl pCwx klqI jw skdl hY[lok-kwiv Aqy sMglq ikxy kOm dw ivSyS srmwieAw huMdy hn[lok- sMglq vl ikxy iK`qy dl mwniskqw nqL juiVAw huMdw hY[pMjwbl siBAwCwr Aqy lokDwrw dl ivSv p`Dr aou`qy pihcwx lel pMjwbl lok- sMglq dl ivSyS BUimkw hY[fw. gurnwm isMG Anuswr ,” pMjwbl lok –sMglq , pMjwbl lok-mn dy ivSwI sMglqk pswry dw jlvq rUp hY[

pMjwbl siBAwCwr dl lok- sMglq pRMprw iv`c gwien, vwdn Aqy nWC AwpxI pRikrql , srUp Aqy ivDwn krky squMqr hoNd r`Kdy hoey ie`k dUjy dy pUrK hn[pMjwbl lok- sMglq iv`c pRmuK qOr ‘ qy BwvyN gwien dl pRDwnqw hU pRMqU ieh gwien dl Swbidk Aqy sMglqk rcnw dl pySkwrl iv`c sur Aqy qwl vwly smUHW dw Aihm sQwn huMdw hY[pMjwbl lok-gwien, vwdn Aqy inRq nMU dyKley qW ieh ie`k dUjy nwL buinAwdI gihry sMglqk irSqy iv`c pRoey huMdy hn[pMjwbl lok –sMglq iv`c gwien , vwdn Aqy nwc dIAW v`K-v`K DrwvW pRcil`q hn[

ienHW sWg- qmwiSAW dl ie`k BwSwgq ivSySqw sMglqk , IYAmel AqY qol- qukWq dl huMdl hY[ienHW iv`c kyvl sMglq hl nhIN huMdw sgoN qol- qukWq pRbMD vl smu`cy sWg –qmWSy nMU bMnH ky r`Kdw hY[ienWH iv`c sMglq pYdw krn lel Swj dy qOr ‘ qy Folkl nMU vrqoN iv`c ilAWdw jWdw hY[kel iv`c gwgr jW GVHY qoN vl kMm ilAw jWdw hY[ies qoN ibnW qwVI Aqy A`fl qoN rWhl vl iesnMU IYAb`D klqw jWdw hY[ies qoN ibnW sWg= qmwiSAW iv`c mUMh nqL ivSyS pRkwr dIAW sMglqmel AwwwjW k`FIAW jWdIAW hn ijvyN:- ‘ PurrA.....PurrA....’, SI...SI....., Swvw...Swvw..., PMU...PMU, Awid AwwwjW

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k`FIAW jWdIAW hn[ies qoN ibnW sWg-qmwiSAW dY AMq au`qy smUi hk bolW dl qrz lok mnW iv`c Dsl huMdl hY [ies g`l dw pRmwx kel glqW qoN imldw hY jo ik ienWH sWg- qmwiSAW dl qrz `qy hn ijvyN:-

1. sWg- qmwSw :- myry bVy krwry Awl
glq :- myrw bVw krwrw pUdnw (jgmohn kOr)
2. sWg -qmwsW :- qUM gVbw mYN qerl for mwhIAW
glq :- gVbw IY dy cWdl dw (Swjn rweykotl)

hvwly Aqy it`pxIAW

- 1.am pRkws viSst, icMnH ivigAwn Aqy guru nwnk bwxl , pMnw-2
2. hrjlq kOr, lok-nwt sWg, rUp qy prMprw , pMnw-106
3. crnjlg kOr , nwrl- nll, pMnw-27
4. hrjlq kOr, auhl, pMnw-13
5. fw,kMvljlg kOr(sMpw.) , pMjwbl siBAwcwr dy sMcwr swDn:- dSw qy idSw, pMnw- 13
6. aUhl, pMnw- 251

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3. Corporate Social Responsibility (CSR) in Private Hospital of Ludhiana

Amarjeet Kaur^{1,*} and Dr. Azamat Ali²

Research Scholar, Department of Journalism and Mass Communication, CT University, Ludhiana -142024, Punjab

*Correspondent author: arora.shalu1@gmail.com, Contact Number: 9888588840.

²Assistant Professor, Department of Journalism and Mass Communication, CT University, Ludhiana - 142024, Punjab

ABSTRACT

Corporate social responsibility is a promise to widen the glee of humanity. This is not charity however it is a focus trade policy of healthcare segment. It is a move on the way to manipulate solidity between monetary, collective and environmental. CSR is contributing most essential piece in growth of healthcare sector. It pumps up new opportunities for healthcare segment. The purpose of this research paper is to allocate the importance of CSR in healthcare. It exceeds the policies in which hospitals execute their trade in decent, the public responsive and valuable for humanity in terms of development. People are also screening to plentiful health problems these days and government is not able to handle these problems all alone so involvement of private hospitals is also required for the same. It is a potential and momentous aspect of wellbeing in general development. CSR is growing its importance and appearance day by day. The research paper then discusses the Corporate Social Responsibility in hospital and their impact. Finally, this paper includes conclusion and suggestions.

Keywords: Corporate Social Responsibility; Welfare; Development; Business Development; Relationships
Acknowledgement

INTRODUCTION

CSR conception is not novel in India; the name perhaps is. The technique applauded in recent times has been following since very old though informally, the perception of serving the neglected and deprived. CSR was initially proposed by Oliver Sheldon in 1924. Carroll (1979, 1991) offered that CSR included financial



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accountability, lawful liability, moral duty, and generous liability. The word CSR itself came into general utilization in the early 1970s. By the late 1990s, the conception was fully accepted.

Corporate Social Responsibility (CSR) is a conception which has numerous significance and definitions. The technique it is understood and implemented diverge greatly for every business as well as countries .CSR has been defined by the World Business Council for Sustainable Development (2000) as: “The long-lasting assurance through business houses to perform decently and give monetary societal growth while humanizing the Excellency of living of the employees as well as their family unit.” There are loads of causes why it disburses in favor of business, equally large trades in addition to SMEs (small and medium enterprises) for communally accountable and be cognizant regarding the concern of the key partners.

The hospitals have different types of troubles so as the common individual possibly will not completely realize. Problems like rigorous dictatorial fulfillment, extreme workers shortage, improved and expensive technological expansions, accomplishments of global superiority ethics and significant society belief erect this business very tricky. Hospitals have to work harder than other business houses to prevail and preserve that belief though handling with the outfitted disputes. Evaluation of the 1000 companies list discloses that the 14 scheduled in the “Healthcare: Well-being Services”, has not reveled any kind of non-financial reports. Believing the intensity of faith that public contains in hospitals, this is odd and fateful to see that very few information reports surfacing from hospitals. Corporate Social Responsibility (CSR) is a benevolent concept. Study by Cone Communications (2017) demonstrated “how a company's CSR strategies are important in relation to their peak aptitude or stakeholders preference. Impending away from the downturn, companies’ profits have been well build. Hospitals are optimistic to situate that amplified earnings keen on curriculum to facilitate.”

This article outlines the significance of CSR, and the benefits that sustainable and ethical practices can bring to the business. It discusses the different CSR activities of a hospital situated in Punjab and analyses their reception by the target audience and how they have been impacted with regard to their confidence and faith in the healthcare Organization outreaching them.

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CSR IN PRIVATE HOSPITALS

CSR and its performance grasp the key in the Hospitals were community from different belief, province, caste, and economic conditions. The public here is mostly the Doctors, Nurses, Patients, Attendants, Caregivers, and Medical support providers. Considerate the compassion of the occupation wherever doctors deal with the illness openly connected to the existence of the patients. CSR works similar to a task force for the Hospitals as these are directly proportional to the positive market reflection.

CSR ACTIVITIES: DECENT REFLECTION

Recognizing the significance of social responsibility for their stakeholders, different business corporate are currently spotlighting on and also following a few wide style of CSR activities:

- **Green Activities:** Most of corporate bodies connected with healthcare, the important spotlight is towards atmosphere and environment. This is because if the environment is green and clean, the health of people will be good. The emphasis has therefore, been on tree plantation, distributing tree saplings, tree guards and related infrastructure such as water cans, display boards and writing slogans for the motivation of general public.
- **Civilization tilting Activities:** Healthcare Sectors have also been performing a variety of civilized activities. Fashion show for acid survivors, Eye-care camps, blood donation camps, medical camps, distribution of ration, school fees, etc. are being held by certain organizations. Private and corporate hospitals have CSR funds that can be used for the carrying out of publicly appropriate events under CSR activities.
- **Workers Performance:** By taking care of workers virtually, the hospitals are competent to show their corporate social liability. It is a generous technique of handling with benefit of workers. The distribution of presents to workers on festive occasion such as Diwali, Dussehra, Vaisakhi, etc. is a way to keep them connected with the association.

MEANING OF CSR

Though it's not a lawful pressure, carrying out CSR initiatives is considering as superior perform to consider social and environmental issues into account. It is an extensive expression used to explain a business house, hard work to get the society healthier in one or the other way. Social Responsibility is significant to a



company as it expresses the customers and the media together the mutuality of benefits through the contemplated CSR activity.

The Cone Communications CSR study (2015) revealed that 91 per cent of global consumers expect businesses to operate responsibly to address social and environmental concerns. Further, 84 percent of the subject expressed that they looked for responsible products wherever possible.

The support of healthy communal accountability strategy can greatly influence business decisions where consumers try to opt for a fair purchase. This can pilot to better proceeds for the business and thus the business house is benefitted. An industry can develop with or without CSR, but accountability seems to be sounding in favor of others allows a company to gather revenue in numerous modes.

The consumers are gradually getting aware of the significance of social responsibility, and actively seek products from the business house that operate ethically. The CSR demonstrates that the business that takes an interest in prevalent social needs and issues, rather than just those that impact your profit margins, will attract customers who share the similar feelings. Therefore, it makes good business sense to operate sustainably through CSR activities.

These CSR efforts can range from contributing funds to nonprofits to execute environment-friendly policies at the workplace. The CSR is therefore considered vital for business houses. It also plays major role to increase Media Visibility. The motive that company should have observable CSR drive is owed to the consequence and the popularity of the media.

The Company that wants to care for their brand name must be aware of the electronic and print media and vital part of public sensitivity. The CSR also helps to make good relations with Government departments. Companies that are making initiative towards the CSR usually have a comfortable experience when dealing with politicians and government supervisory body.

The CSR activities offer many benefits to companies including the desired brand recognition, development of positive reputation of business, enhanced sale and customers bonding and loyalty, saving on operational



costs, better financial performance, growth of organization, and easy access to capital. The Organizations actively engaged in CSR generally has great ability to attract talent and staff retention.

Table 1: Information about Fortis Hospital Ludhiana, their main CSR activities and benefits accrued to origination and society

Sr. No.	Major CSR Activities Undertaken	Benefits to Society	Benefits to Organization
1.	Free Medical Camps	Poor and needy families were benefited from the initiative	It help to increase brand value of the organization
2.	Fashion Show for Acid Survivors	Acid Survivors are benefitted by getting treatment on affordable price and also get international reorganization	Enhanced confidence among people to get treatment from the hospital
3.	Cancer Awareness Campaign and Street Plays	Poor patients benefited from imitative and society got information about the disease	Increase goodwill better mutual rapport facilitate their relations with society
4.	Organ donation drive	These CSR activities are awaking people and connecting them with society	Huge Publicity Enhance visibility Increase confidence with community Brand value increase
5.	Singing Competition for visually challenged kids	More than 200 visually Challenged participated. About 500 visually challenged got free eye checkups and treatment.	Better connectivity and positive bonding of the masses with the hospital
6.	Sporting healthcare of workers,	Huge benefits to the citizens	Increased brand value



	their families and the nearby community		better community connectivity.
7.	Tree Plantation Drive	More than 5,00 plants were planted	Huge publicity better trust to the community improve clientage
8.	Offers care for cleft lips and cleft palate children	Free of charge surgical service to the kids and grown-ups	Hospitals are getting funds, trainings and other support by the philanthropic

THE REVIEW OF RELEVANT LITERATURE INDICATES

Gautam and Singh (2010) reported that the CSR is observed by India's towering 500 business houses as their societal liability. They offer CSR as inclusive industry tactic, in the form of kindness in approach and meeting the expectations of stakeholders. The CSR strategies differ as far as revenue and earnings are concerned. The study recommends how companies as well as social accountability come out as a convergent path. Out of the 500 towering business houses studied, 220 did not state about their social liability initiatives. Further, approximately 270 business houses (48 Percent) reported about their societal liability and explained about the attractive initiatives being created by them as a part of CSR programmes. The companies described CSR in their own traditions according to their needs and identified mandate.

Deepak (2012) the CSR is an assurance of business to provide for sustainable financial growth, working with human resources, their nearest and dearest, the people and humanity by the side of huge in the direction of better life eminence.

Krishnan (2012) revealed that the companies promising an inclusive CSR approach anticipate certain benefits in the form of a number of potential encouraging outcomes. The CSR strategies help to improve brand name worth and company icon as well as superior client devotion. CSR plays major role to increase shared value of benevolence.

Kevin (2014) studied CSR in pharmaceutical business. He reported that the pharmaceutical business industry is currently considering proper assessment towards their CSR initiatives. There are suggestions to facilitate CSR initiatives. No one can truly split the trade as of the societal case once it appears under the



CSR initiative. Top 20 pharmaceutical groups have built-up strong CSR programs as well as various arranged proper departments for CSR work in the country.

Nanwani and Doshi (2016), the innovative groups Company Act of 2013 has made CSR compulsory for companies with effect from April 2014. As per Section 135 of the Act, compliance of CSR regulations are mandatory for groups or business houses with a value of Rs.500 Crore or else with the revenue of Rs.1000 Crore or additional or Net income of Rs.5 Crore or more in a specified economic year. The companies are required to spend 2% of regular profit of straight away foregoing three financial years on particular CSR initiatives. According to the Companies Act, 2013 mandates setting up Board level CSR Commission and Public Disclosures of Social Initiatives Documents.

Desai (2017) observed the health care industry as top most business into the globe meant for taking care of patients. The sector has been considered as one of the largest sectors in terms of both revenue and workforce employment. Wellbeing associations are compounded in conditions to institute set up, community relations, administration involvement and societal commitments etc. Unlike other sectors CSR is additional projected from the groups.

HEALTHCARE CSR ADOPTION BY FORTIS HOSPITAL LUDHIANA

Fortis Hospital accepted healthcare-related CSR initiatives such as:

- i. **Free Medical Camps:** Fortis is running numerous CSR activities such as Free Medical Camps which endeavors to offer Poor and needy families. They were benefitted from the initiative. Thousands of people got free health checkups and medicines during the camps. These types of camps help hospitals to increase their brand value.
- ii. **Fashion Show “Beautiful You” for Acid Survivors:** Fortis Hospital Ludhiana organized fashion show for acid attack survivors. Survivors were benefitted by getting treatment on affordable price and also get international reorganization. Channav Foundation got one lakh rupees for the treatment of acid survivors. Because of this initiative Fortis Hospital got so many appreciations award and media attention. It enhanced confidence among people to get treatment from the hospital



- iii. **Cancer Awareness Campaign and Street Plays:** Fortis Hospital is organizing a variety of CSR activities including cancer awareness campaign and street plays to aware the people regarding cancer. Poor patients benefited from initiative and society got information about the disease. These CSR Increase goodwill Better mutual rapport and Facilitate their relations with society
- iv. **Organ donation drive:** Hospitalis organizing a diversity of Corporate Social Responsibilities to help the community such as Organ Donation Drive. With this CSR they are awaking people about benefits of organ donation.
- v. **Singing Competition for visually challenged kids-** These CSR activities help build connectivity and positive bonding of the masses with the hospital. More than 200 visually Challenged were participated. About 500 visually challenged got free eye checkups and treatment. Near about 50 participants got cash award and winner got chance to record a track.
- vi. **Tree Plantation Drive:** Fortis Hospital is organizing free tree plantation drive for clean and green city. It is a great contribution towards the welfare of community through the CSR activities.
- vii. **Offers care for cleft lips and cleft palate children:**It offers care for cleft lips and cleft palate children in Ludhiana. This CSROffers free of charge remedial fissure surgery It offers free of charge surgical concern in favor of kids and grown-ups.

CONCLUSIONS

The purpose of this paper is to present the extent of Corporate Social Responsibility (CSR) activities being carried out in private hospital. The region where hospital is considered includes biological, sociological, and corporate/business aspects. One of the finest profits of endorse the community responsibility in the healthcare sector is the constructing the assurance, connectivity and branding of the hospital among the society concerned. It also encourage environment for the workers of the hospital. While human resources and executives experience that they are working for hospital that has an aspect of morals and kindness in their business, they will expected be more passionate and occupied in their work. This can build wisdom of



society and cooperation which convey all and sundry as one and consequence into more comfortable, more energetic and resourceful employees.

The CSR in health care is vital to hospitals and pharmaceutical groups. They should support common moral point of view within the new frame of hospital outreach to the masses and strengthen their CSR strategies. In the health care framework, communal liability has a broader field of partaking as well as issues related to peoples' rights, gender equal opportunity, adolescent employment, and the ecology of surroundings.

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4. PRANAYAMA- THE VITAL FORCE AND ITS EFFECT ON THE HUMAN THINKING AND REASONING POWER (THE BRAIN)

AMIT KUMAR SINGH

Research scholar C.T. university Ludhiana, Punjab

Introduction

Pranayama means retention of the breath or prana or vital energy, occurs through the practices of control of the prana. This paper examines various prana nigraha practices which contribute initially to changing the physiological state of the brain and are said to awaken prana in the realm of the chakras, or psychic centres, within the human body. A review of a medical examination of a yogic adept is included, which confirms the practice of pranayama to influence an individual's brain activity. The conclusion is drawn that extensive prana nigras practices leading into pranayama can significantly influence the physical, pranic, mental and psychic aspects of the human brain.

Pranayama is the control of the upa pranas (sub pranas) which achieves harmonization of the physiological body and leads to awakening of prana in the chakras or psychic body. Once the vital force or prana is entered in to the muladhara chakra and giving the feeling of awakening of the chakra, pranayama begins. The culmination is the merging of apana, prana and samana forces at manipura chakra which, in turn, leads to the activation of udana and vyana pranas. When the five pranas are operating simultaneously, the kundalini spiritual energy or evolutionary potential) is awakened and the process of self-realization begins.

Pranayama is divided into three stages: (i) Puraka (inhalation) (ii) Kumbhaka (Holding or retention of breath) and (iii) Rechaka (Exhalation). Prana itself has two aspects. One is prana shakti, which is the vital force and consists of the five minor pranas. The other is manas or chitta shakti, the mental or conscious force, centred in the brain. Without prana, the body and mind are dead.

Modern science states that there are ten areas of the brain of which we are using only one at our present stage of evolution. To use the other 90% involves the distribution of prana to awaken these areas. The subconscious mind and its relationship to the conscious mind are dealt with in pranayama by the establishment of an interface between the conscious and the subconscious minds in the area of the brain called the reticular activating system (RAS).

The RAS is the trigger for other parts of the brain. Man is able to affect the RAS through the breath only. No other function of the autonomic nervous system can be controlled by conscious human activity. Control of the brain through the RAS by means of conscious breathing is a method by which other functions of the body may be controlled, for example, heart rate, blood pressure, digestion, excretion and absorption.

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Therefore, control of the subconscious is achieved through conscious activity of prana nigraha and then pranayama.

Four pranayama practices are examined for their effects on the brain or other parts of the human body. These practices are selected on the basis of their importance in the practice of yoga and their stated influence on the physiological and psychic bodies.

Kapalbhati

Actually, Kapalbhati is one of the types of cleansing process or shath kriyas but because of its nature of involving lungs i consider it as a breathing exercise (Pranayama) Van Lysbeth states that kapalbhati influences the circulation of blood within the brain. Kapalbhati changes the volume of the brain according to the respiratory rhythm and, therefore, increases the irrigation of the brain matter. Normal respiration consists of 12-18 massages per minute, whereas kaplbhati can involve up to 120 massages per minute, which leads to a significant increase in blood volume throughout and thereby improves irrigation of the brain.

The capillaries are opened up and the brain cells related to the pineal and pituitary glands receive significant stimulation. It is logical to conclude that increased brain irrigation with blood is accompanied by elevated pranic levels and ensures even and harmonious distribution of prana throughout the body.

Van Lysbeth supports this conclusion as follows: "Together with the acceleration of the blood circulation in the whole body, this stimulation of the brain and thereby of the central nervous system produces the special 'relation' of the body that invigorates and tonifies each cell".

Kumbhaka

In the practice of kumbhaka, or breath retention, which may be antar (internal) or bahir (external), tolerance to starvation of oxygen and build-up of carbon dioxide is achieved. Kumbhaka, practised over duration of time, will allow the body to retain carbon dioxide and become accustomed to reduced oxygen levels to achieve hypometabolism, that is a slowing down of the metabolic rate. The production rate of carbon dioxide is thereby reduced which causes a subtle effect to take place with conscious control of breathing. This effect influences the brain and body chemistry and reduces the need to breathe when carbon dioxide build-up is experienced.

External kumbhaka also affects the body physiologically by causing the mental process to stop, because of the vacuum created inside the body. This action is very useful in practice of pratyahara, sense withdrawal, and dharana, concentration, as a prerequisite achieve the state of meditation.



Kumbhaka stops vital body rhythms and affects the brain waves. Control of the brain waves is the key to controlling all brain rhythms. While the effects of bahir kumbhaka are many, in broad terms, the body and mind learn to stay calm under stress.

Nadi shodhana

Kumbhaka is used in the practice of nadi shodhana or anulom vilom or alternate nostril breathing. Nadi shodhana is the 'perfect balancing practice' which stimulates equally the left and right sides of the brain and body. Ida and pingala, the major nadis, or pranic channels, are balanced which, in turn, modifies the human thinking process to balance introversion and extroversion. The ancient yogis have recorded that once ida and pingala are balanced and purified, the central nadi, sushumna, begins to flow, leading to increased awareness and the state of meditation.

Nadi shodhana imposes a rhythm on the brain and the nadis, over the irregular state that normally exists. Modern living has removed the regular rhythms of nature from the human body and nadi shodhana assists in bringing the body, prana and mental activity into balance. Research has shown that nadi shodhana affects the brainwaves by superimposing a regular sine wave over the normal irregular brain activity, imposing discipline on the irregularities of the mental process and, eventually, the autonomous body rhythms.

Kumbhaka in nadi shodhana places a momentary block on the body rhythms, changing the usual carbon dioxide/oxygen relationship, thereby affecting the whole system. Antar kumbhaka emphasizes the oxygen content and bahir kumbhaka emphasizes the carbon dioxide phase.

Ujjayi

Ujjayi, or the psychic breath, produced by a slight contraction of the throat, has a subtle effect on brain activity via four processes:

(i) Ujjayi increases the pressure of air in the lungs and expands the effective use of the lungs. This ensures transfer of oxygen to each cell within the lungs, rather than a significantly smaller percentage used during normal respiration.

(ii) Increased oxygen transfer in the lungs enhances blood flow throughout the body, while the body is in a relaxed state. The effect is similar so that achieved when the body is physically active, with the advantage of the whole body being in a relaxed state (16).

(iii) Conscious awareness is transferred into the unconscious mind which affect the nervous system governing respiration. A smooth rhythm is exerted on the nervous system that has a profound effect at the psychic level of the mind.



(iv) The contraction of the throat caused by ujjayi affects the carotid sinuses which regulate blood pressure in the arteries. Ujjayi exerts a slight pressure on the carotid sinuses which, over time, lowers the blood pressure, which leads to reduced tension and slows the thought processes of the mind (17).

Examination of a yogic adept

The effect of the practices of prana nigraha outlined above has been substantiated in part through work carried out at the 5th annual convention of the International Association in Religion and Parapsychology in 1977. The research revealed that Ramanand Yogi, who had practised Pranayama for many years, had the ability to control the heart muscle itself and was, therefore, able to control his heart function. During Pranayama, Ramanand Yogi was able to reduce his pulse rate from 100 per minute to 65-80 per minute, although such changes would be dangerous for persons who had not practised pranayama (18). It was also concluded at the conference through biological tests that Ramanand Yogi was able to control his basal metabolic rate through Pranayama.

The effects of pranayama on the brain as detailed by Swami Niranjanananda, and the results of clinical trials carried out by the International Association for Research for Religion and Parapsychology, substantiate the profound effects of pranayama on the physical and mental human body.

Conclusion

While extensive pranayama leads to significant control over the brain, prana nigraha practices carried out by the writer have affected subtle changes in ability to control both the breath and energy within the body. It is more difficult to detect any major effects on body physiology, but there has been a definite change in the state of one-pointedness and calmness of the mind over the past years as result of the practices of Pranayama.

The ancient yogic texts speak of the ability of pranayama to control the mind. The Hatha Yoga Pradipika by Yogi Swatmarama states that pranic constraint can control the mind: "When prana moves, chitta (the mental force) moves; when prana is without movement, chitta is without movement. By this (steadiness of prana), the yogi attains steadiness of mind and this restrains the vayu (air)".

In conclusion, current writings by recognized yogis and research into the effects of the practices of pranayama support the ancient yogic view that pranayama exerts profound effects on the human brain. The limited experience of the writer also supports the view that the practices of pranayama can have subtle effects on the brain, human well-being and influence the individual's level of spirituality.



5. Insect pest issues and their long-term trends in vegetable crop losses: A review

Amrit Deep Kaur^{1*}, Kamalpreet Kaur¹

¹Department of Zoology, School of Agriculture and Natural Sciences, CT University, Ludhiana, Punjab, India.

*Email: amritdeepkaurgch@gmail.com

Abstract

The world population has been growing at an uncontrollable rate, and the green revolution has undoubtedly increased global food supplies. However, in addition to degrading the environment, it has resulted in increased pest losses. In the twenty-first century, the insect pest problem in agriculture has undergone a significant shift. With changes in cropping patterns, prudent pesticide use, climate change, and the introduction of input-intensive high-yielding varieties. Many pests have broadened their host range and developed pesticide resistance. Exotic pests are being introduced. In India, many pests are major biotic constraints to vegetable production. The loss caused by insect pests is estimated to be 30-40%. We discuss major insect pests of vegetable crops in this review paper. Growers must quickly identify insect problems and implement early control measures to prevent pests from becoming out of control.

Keywords: emerging insect pest, vegetable, crop loss, food.

INTRODUCTION

Insects are the most successful group of living fauna at earth. They constitute about three fourth of the total organism present on earth (Pedigo, 2002). Insects account for 4-8 million of the world's estimated 5.57-9.8 million animal species (Mammond and May 1995). Insect pests are insects that cause damage to crop plants. Insects that cause five to ten percent crop loss are classified as minor pests, while those that cause more than ten percent crop loss are classified as major pests (Dhaliwal et al., 2010). The pest whose status has been changing from minor to major are called as emerging pests (Rathee and Dalal, 2018). They cause plant damage in a variety of ways. Insect damage can range from reduced plant vigor to plant death, resulting in significant crop losses. Insects harm plants by chewing foliage, sucking juices, laying eggs, and transmitting diseases. Insect pest losses in Indian agriculture have been estimated on a regular basis. The first attempt to estimate crop losses due to various pests on global scale was made by Cramer (1967). Subsequently, Oerke et al. (1994) made extensive study to estimate losses in principal food and cash crops. Despite widespread use of synthetic pesticides and other control measures, losses due to insect and mite pests increased in the post-green revolution era (Oerke et al., 1994) compared to the pre-green revolution era (Oerke et al. 1994). In the post-green revolution era, losses due to insect and mite pests increased more than in the pre-green revolution era (Oerke et al., 1994).

LONG TERM TRENDS IN VEGETABLE CROPS DUE TO INSECT PESTS

Vegetable crops occupy an important status in the agricultural economy and form an essential component of the diet. These vegetables provide adequate quantities of vitamins, proteins, carbohydrates



and minerals. The nutritional contents of vegetables vary considerably, though generally they contain little protein or fat, and different proportions of vitamins such as vitamin-A, vitamin-k & vitamin b-6, pro-vitamins, dietary minerals and carbohydrates. Vegetables contains a great variety of photo-chemical, some of which have been claimed to act as antioxidant, antibacterial, antifungal, antiviral and anti-carcinogenic properties. Some vegetables also contains fiber that is important for gastrointestinal.

Some of the insect pests of vegetable crops become major and are gradually attaining the major pest status in different regions of the country due to changes in the ecosystem and habitats. The pest reported from an area on a particular crop whose population has been increasing considerably over a period of time causing or likely to cause economic damage is termed as an emerging insect pest.

An already known insect pest whose incidence or geographical distribution has been increasing notably, or a newly described indigenous or invasive species is also designated as an emerging insect pest. In other words the pest insect whose status has been changing from minor to major or secondary to primary pest is termed as an emerging insect pest. The insect pests scenario in north plains of India changed due to impact of global climate change. The insect pests like *Helicoverpaarmigera* on vegetables, pulses and seed crops, *Spodopteralituraon* vegetables have become increasingly severe during last decade (Arora and Dhawan, 2013).

Insect pests attack crops in a variety of ways, with each pest targeting a different part of the plant. Few insect pests attack two or more crops at the same time. Insect pests can harm vegetables in a variety of ways. Feed on leaves, suck sap from plants by piercing the epidermis, and harm vegetables by sucking plant juices from leaves, stems, and roots, for example. Some of these insects secrete poisonous saliva, which they inject into plants (Potato leaf hopper). Adult mites spin webs and lay eggs on the underside of the leaf. Chewing insects obtain their food by chewing off the outside of plant parts. Caterpillars, the larval stage of moths and butterflies, wreak havoc on the foliage and fruit of a variety of vegetables. Beetles cause more damage to seedlings and young plants than other insects.

Bhat (2020) conducted a study about bio-diversity of lepidopteron pests and their natural control and observed 28 species of lepidopteron pests cause damage in vegetable crops of Jammu and Kashmir.

Borkakati et al. (2019) investigated the insect pest of brinjal and observed that six insect species under the three orders and three families were observed.

Rathee and Dalal, (2018) studied many pests which can be considered as many emerging pest. Insect pests on an average are estimated to cause 15-20% yield losses in principal major food and cash crops. Pest whose status has been changing from minor to major or secondary to primary pest is termed as an emerging pest. *Bemisiatabaci* (Gennadius) on cotton, *Helicoverpaarmigera* (Hubner) on vegetables and pulses, *Spodopteralitura*(F.) on vegetables, cotton and oilseeds, *Pierisbrassicae L.* on crucifers, have become increasingly severe during last decade. Increasing incidence of aphid complex, comprising of *Sitobionavenae (F.)*, *Rhopalosiphummaidis (Fitch)* and *Schizaphisgraminum (Rondani)* is now observed on wheat, barley and oat. Mites of the Eriophyiidae and Tetranychidae family have emerged as major pests of bean, brinjal, cotton, cucurbits, okra, apple, ber, citrus and mango in Northern India.

Sharma et al. (2017) reviewed crop losses in rice, wheat, maize, sorghum, oil seed, cotton, sugarcane and vegetables. Yield losses due to major insect pest in Indian crop are as shown in figure 1. The maximum



yield loss by insect pest in cucurbits followed by cabbage, brinjal, chilli, tomato, okra and potato. As many insect pests attack vegetables, it becomes clear that maximum crop loss takes place in cucurbits that is 100% loss, cabbage loss is nearly same as 99%. Loss of chilli crop is 90% which is less than the brinjal that is 93%. Loss of the tomato crop is 73% followed by okera 66% and potato is least infected by insect pest that is 27 (Figure 1).

Dhaliwal et al., (2015) studied the global losses due to insect pests have declined from 13.6% in post-green revolution era to 10.8% towards the beginning of this century. In India, the crop losses have declined from 23.3% in post-green revolution era to 15.7% at present.

Sarwar (2014), studied winter vegetables and its pests, the frequently seen pests are of order Lepidoptera, Homopetera, Hemiptera, Coleoptera, these pests cause so many changes in vegetables plants and also effect the crop production.

Rai et al. (2014) studied with changes in the cropping pattern, ecosystems and habitat, climate, and introduction of input intensive high yielding varieties/hybrids, a shift in pest status has been realized in time and space. Many pests have expanded their host horizon, developed resistance to pesticides and often there are secondary out breaks. Fruit fly causes the most damage to cucurbit cops, as shown in Table 1. Diamondback moth, one of four cabbage pests, is also a very destructive pest, causing a 29 percent crop loss. Thrips, a chilli pest, causes more damage than mites. The more serious pest of brinjal is the fruit and shoot borer [*Leucino dsormonals*], which causes a 93 percent loss. *Helicoverpa armiera* cotton ballworm also causes significant damage to tomato crops. Lea has annihilated okra. Figure 2 shows that the Fruit fly causes the most damage, followed by the Aphid, which causes the least.

Losses due to insect pests in Indian agriculture have been estimated from time to time (Pradhan, 1964; Krishnamurthy and Murty, 1983; Atwal, 1986, Jayaraj, 1993; Lal, 1996; Dhaliwal and Arora, 1996, 2002; Dhaliwal et al., 2003, 2004). In general, the losses in post-green revolution era (Dhaliwal et al., 2004) have shown an increasing trend than in the pre-green revolution era (Pradhan, 1964).

Overall losses increased from 7.2 percent in the early 1960s to 23.3 percent in the early 2000s, according to table 2 and figure 3. Cotton experienced the greatest increase in crop loss (18.0 to 50.0%), followed by sorghum and millets (3.5 to 30%), maze (5.0 to 25.0%), and oil seed (5.0 to 25.00%).

CONCLUSION

Insect pest infestation is discovered to be a major factor in crop quality and quantity reduction. Many insects' status is changing as biotic and abiotic factors change. Crop losses due to insect pests increased after the green revolution compared to the pre-green revolution era. Crop losses are widely assumed to be increasing due to increased cultivation intensity, extensive use of agrochemicals, and other factors.



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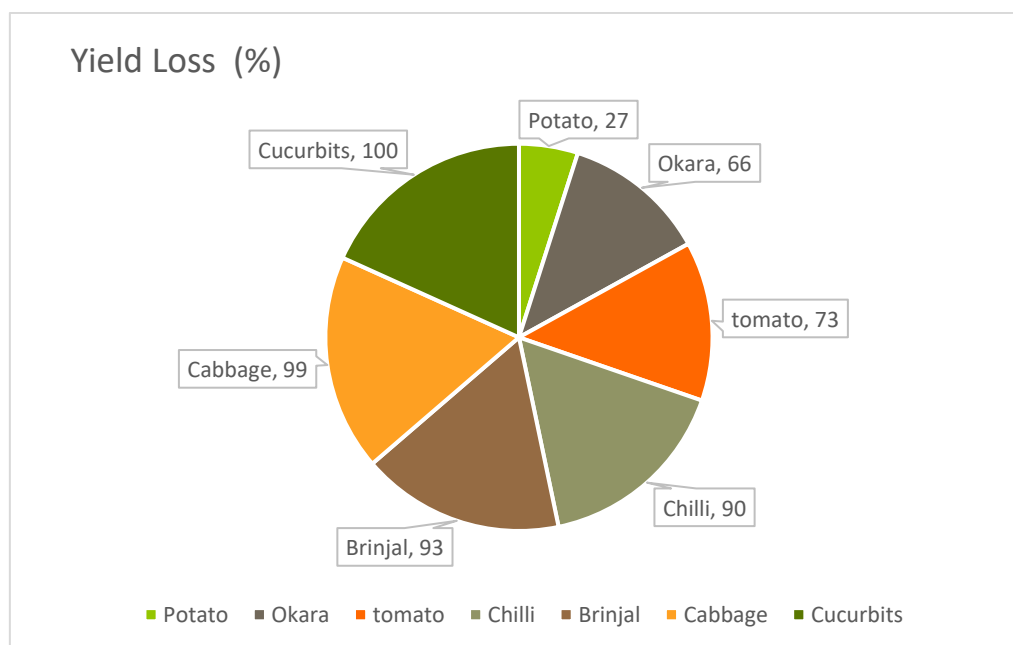


Figure1: Vegetable Yield Crop Losses by Insect Pest

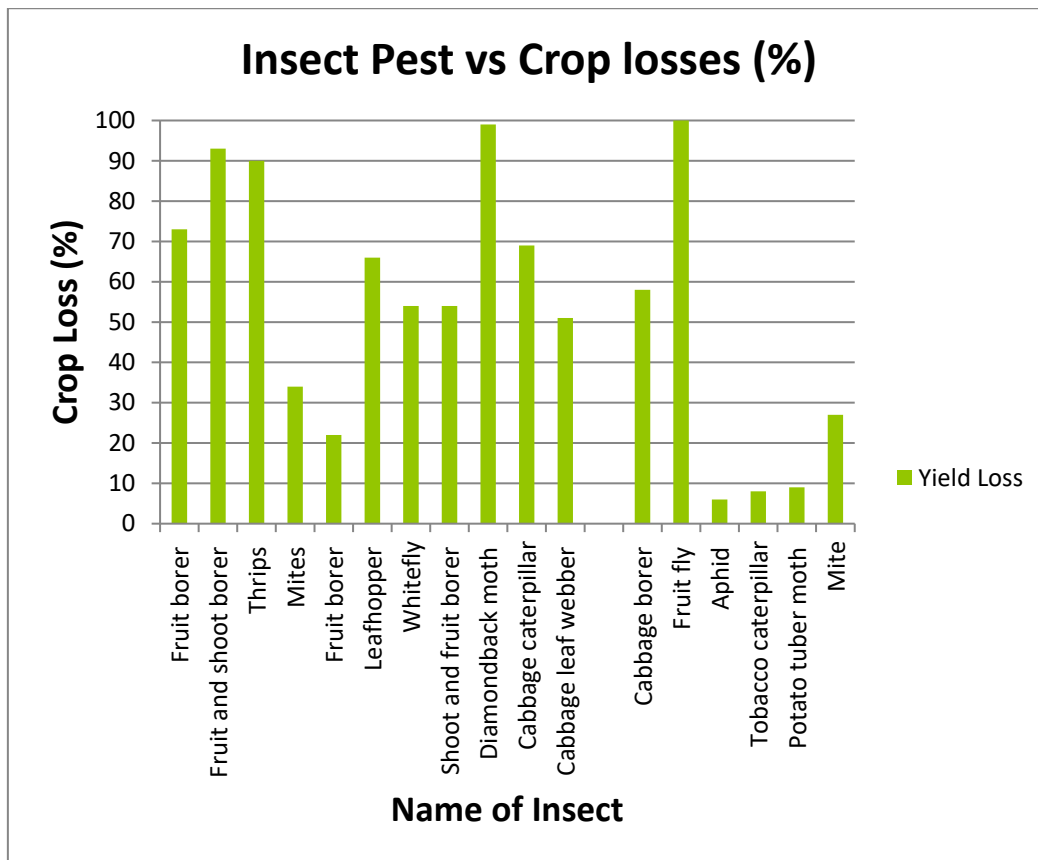


Figure 2. Insect Pest vs Crop losses (%) Source: Modified Rai et al. (2014).

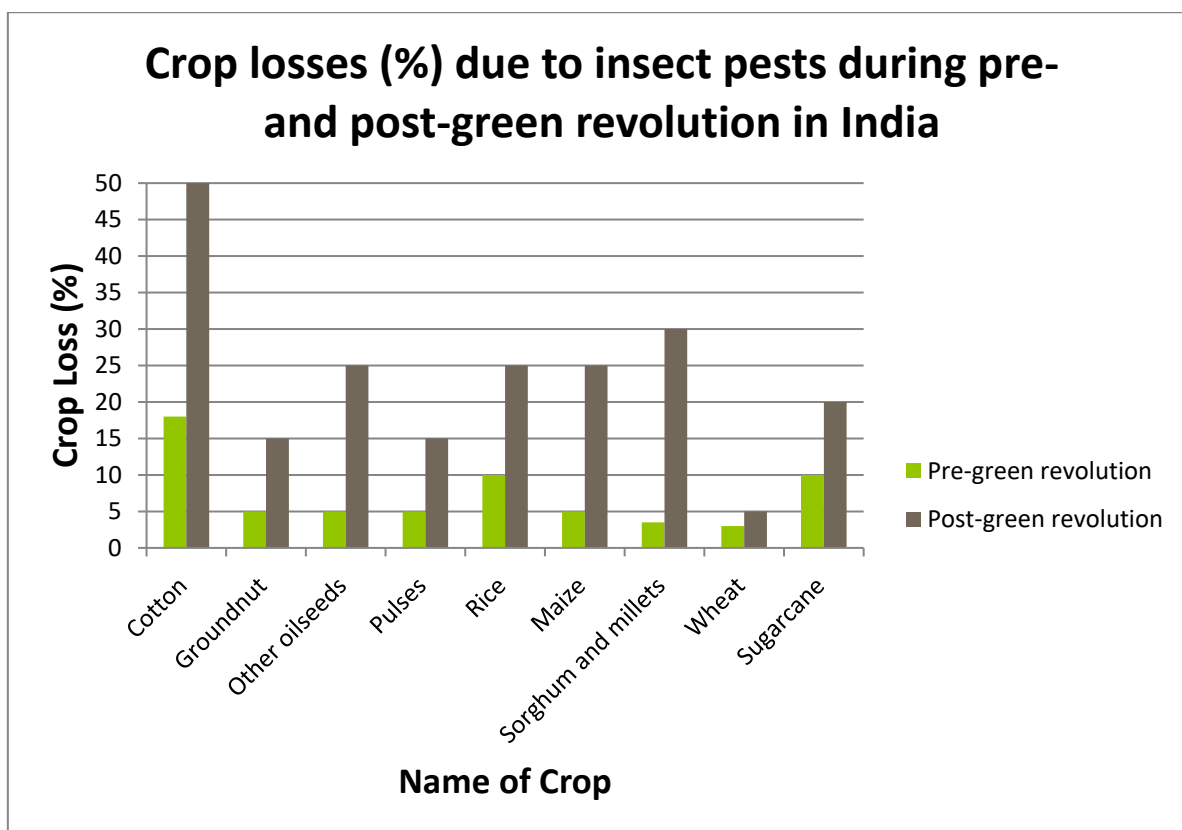


Figure 3. Crop losses (%) due to insect pests during pre- and post-green revolution in India

Table 1. Insect Pest vs Crop losses (%)

Pest	Yield loss (%)
<i>Helicoverpa armigera</i>	24–73
<i>Leucinodes orbonalis</i>	11–93
<i>Scirtothrips dorsalis</i>	12–90
<i>Polyphagotarsonemus latus</i> Banks	34
<i>Helicoverpa armigera</i>	22
<i>Amrasca biguttula</i>	54–66
<i>Bemisia tabaci</i>	54
<i>Earias vittella</i>	23–54
<i>Plutella xylostella</i>	17–99
<i>Pieris brassicae</i>	69
<i>Crocidolomia binotalis</i> Zeller	28–51
<i>Hellula undalis</i>	30–58
<i>Bactrocera cucurbitae</i>	20–100
<i>Myzus persicae</i> Sulzer	3–6



<i>Spodoptera litura</i>	4–8
<i>Phthorimaea operculella</i> Zeller	6–9
<i>Polyphagotarsonemus</i> <i>latus</i>	4–27

Source: Modified Rai et al. (2014).

Table 2. Crop losses (%) due to insect pests during pre- and post-green revolution in India

Crop	Pre-green revolution (early 1960s) (1)	Post-green revolution (2000s) (2)	Changes in loss (2-1)
Cotton	18.0	50.0	+ 32.0
Groundnut	5.0	15.0	+ 10.0
Other oilseeds	5.0	25.0	+ 20.0
Pulses	5.0	15.0	+ 10.0
Rice	10.0	25.0	+ 15.0
Maize	5.0	25.0	+ 20.0
Sorghum and millets	3.5	30.0	+ 26.5
Wheat	3.0	5.0	+ 2.0
Sugarcane	10.0	20.0	+ 10.0
Average	7.2	23.3	+ 16.1

Source: Dhaliwal et al. (2007)

Table 3. Changing pest scenario in vegetable crops in India

Insect Pest	Major host	Presently infesting	Reference
Serpentine leaf miner, <i>Liriomyza trifolii</i> (Burgess)	Tomato	Brinjal, Cow pea, French bean, Squash, Leafy vegetables, Cucurbits	Srinivasan et al. 1995
Spiraling whitefly	Guava, Citrus, Tapioca	Bhendi, Capsicum,	Puri et al. 2000
<i>Aleurodicus dispersus</i> Russell		Brinjal, Tomato	Mani, 2010
Mealy bug, <i>Phenacoccus</i>	Cotton	Brinjal, Tomato, Chilli,	Chaudhary, 2006;
<i>solenopsis</i> Tinsley		Okra, Cucumber, Pumpkin	Halder et al. 2013
Hadda beetle, <i>Henosepilachna vigintioctopunctata</i> Fab.	Brinjal	Bitter gourd, Cow pea	Rajapaske et al. 2005
Fruit borer, <i>Helicoverpa armigera</i> (Hubner)	Gram, Cotton, Tomato,	Peas, Chilli, Brinjal, Okra	Puri et al. 2000

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	Cabbage		
Gall midge, Asphondylia, capparid Rubsaman	Brinjal	Chilli, Capsicum	David, 2006; Nagaraju, 2000
Cabbage butterfly, Pieris brassicae Linn.	Cabbage, Cauliflower Mustard	KnolKhol, Radish	Puri et al. 2000
Stem fly, Ophiomyiaphaseol (Tryon)	Beans	Okra	Patil&Jamadgni, 2008
Red spider mite, Tetranychusurticae Koch.	Okra, Brinjal	Cucumber, Cowpea, Indian bean	Mahto&Yadav., 2009
Plume moth, Sphenarchescaffer Zeller	Field bean	Bottle gourd	Halder et al. 2014
Leafhopper, Emposcamotti Singh-Pruthi		Bitter gourd	Puri et al. 2000

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6. ભારતમાં કૃષિ ધિરાણમાં પ્રાથમિક સહકારી મંડળીઓની ભુમિકા

સંશોધક

અંજના એન. મકવાણા

પીએચ. ડી. સ્કોલર (અર્થશાસ્ત્ર)

ભક્ત કવિ નરસિંહ મહેતા યુનિવર્સિટી

જુનાગઢ

સારાંશ :

ભારત એ કૃષિપ્રધાન દેશ છે. ભારતનો મોટાભાગનો વસ્તીનો જથ્થો કૃષિ ક્ષેત્રે રોકાયેલો છે . કૃષિને ભારતીય અર્થતંત્રની કરોડરજજુ સમાન ગણવામાં આવે છે. આજના સમયમાં પણ 50 % ની આસપાસ લોકો ખેતીમાંથી રોજગારી પૂરી પાડે છે. રાષ્ટ્રીય જીડીપીમાં પણ કૃષિ ઘણો મોટો હિસ્સો નોંધાવે છે, પરંતુ આ કૃષિક્ષેત્ર માટે ધિરાણ એ એક મોટી સમસ્યા બની ગઈ છે. ગ્રામીણ વિસ્તારમાં પ્રાથમિક સહકારી ખેત ધિરાણ મંડળી એ મહત્વની ભૂમિકા નિભાવી છે હાલ નો અભ્યાસ પ્રાથમિક કૃષિ ધિરાણ મંડળીઓને કેન્દ્રિત છે અભ્યાસના એકંદરે તારણ મળે છે કેસોસાયટી માં 2009-10 થી વર્તમાન સુધી વધારો થયેલો છે સહકારી મંડળીના સભ્યો માં પણ સતત વધારો જોવા મળે છે એકંદરે જોઈએ તો પીએસીએસ એ ગામડામાં રહેતા ખેડૂતો માટે જીવાદોરી સમાન છે.

ચાવીરૂપ શબ્દો : સહકારી મંડળી, માળખું, વૃદ્ધિ, કામગીરી.

પ્રસ્તાવના:

ભારત ખેતી પ્રધાન દેશ છે અને ભારતના ખેડૂતો મોટા ભાગે ગરીબ છે. તેથી શાહુકારોના શોષણમાંથી ખેડૂતોને મુક્ત કરવા સસ્તા દરે, સમયસર અને પૂરતા પ્રમાણમાં ધિરાણ પૂરું પાડવા માટે આઝાદી પછી આપણા દેશમાં

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सहकारी प्रवृत्तिने साङ्ग अेवुं प्रोत्साहन आपवामां आवी रह्युं छे. परिणामे सहकारी भेत धिराण मंडलीओनो सारो अेवो विकास थयो छे.

“बिंदुओ लेगा मल्या सिंधुओना आकारमां लव्यतानुं आ रूप जोधलो सहकारमां”

• शेभादम आलुवाला

आपणे त्यां अेक कहेवत छे के “ बहुतंतु बलवान अेकला अटुला तांतणाने कोध ताकात होती नथी, परंतु ज्यारे अे तांतणो अेकमेकमां वणाय छे त्यारे मजबुत दोरडुं बने छे अने आ दोरडुं शक्तिशाणी हाथीने पण काबुमां लावी हे छे, आ ज बाबत सहकारना पायामां वणायेली छे.” विना सहकार नहि उद्धार कहेवतने आजनो युग सायो ठरावी रह्यो छे जेमां अेक नडो मेणववा माटे डीपोजीट धिराण करे छे.” आनो अर्थ अे जोवा मज्यो छे के मंडलीओ पोते साहस करीने पोतानो धंधो करे छे मंडलीओ शाखाओ द्वारा पोतानी प्रवृत्तिओ करे छे. मंडलीनी प्रवृत्तिओनो ज्वाल आवे छे के आ प्रवृत्ति समग्र विश्वमां संयालन माटे महत्वनी बाबत बन्युं छे सारा संयालन माटे ध्येय सिद्ध करी शकाय छे.

संशोधन अभ्यासना हेतुओ :

कोधपण विषयना संदर्भमां अभ्यास करवा माटे संशोधनकर्ता पासे स्पष्ट हेतुओ होवा जरूरी छे. आ हेतुओने ध्यानमां राभीने कोधपण समस्या के विषयवस्तुनो अभ्यास थर्छ शके छे. संशोधनमां हेतुओ जेटला स्पष्ट अने योक्कस होय तेदला ज संशोधन अे जुटा – जुटा हेतुओने ध्यानमां राभीने हाथ धरवामां आव्युं छे जे नीचे प्रमाणे छे.

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૧. ભારતની સહકારી મંડળીઓનો કુલ કૃષિધિરાણમાં હિસ્સો જાણવો.
૨. ભારતની સહકારી મંડળીઓનો કુલ સભ્યસંખ્યામાં થયેલા પરિવર્તનોની જાણકારી પ્રાપ્ત કરવી.
૩. સહકારી મંડળીઓના પ્રમાણમાં થયેલા ફેરફારોની માહિતી મેળવવી.
૪. સહકારી ધિરાણ મંડળીઓની કામગીરીનું મૂલ્યાંકન કરવું.
૫. સહકારી મંડળીઓની નાણાકીય ક્ષમતાનો અભ્યાસ કરવો

સંશોધન પદ્ધતિ

પ્રસ્તુત સંશોધન પત્રમાં સંશોધક દ્વારા વર્ણનાત્મક સંશોધન પદ્ધતિનો ઉપયોગ કરવામાં આવેલ છે. માહિતીની પ્રાપ્યતા માટે દ્વિતીય કક્ષાના એટલે કે ગૌણ પ્રકારના માહિતી સ્ત્રોતનો ઉપયોગ કરવામાં આવેલ છે. ઉપરાંત માહિતીના વિશ્લેષણ માટે વલણમાં પદ્ધતિનો ઉપયોગ કરવામાં આવ્યો છે.

સહકારનો અર્થ :

સામાન્ય અર્થમાં સહકાર એટલે જોઈએ તો “ એક બીજા સાથે મળીને કામ કરવું પરંતુ અર્થશાસ્ત્રની પરિભાષામાં સહકારનો અર્થ સ્પષ્ટ કરતા સી. આર. કે. લખે છે કે સહકાર નબળા વ્યક્તિઓ વચ્ચેની નિઃસ્વાર્થ સંયુક્ત રીતે વહેંચણી માટેની પ્રક્રિયા લોકોને સહકાર આપવાથી તેમણે પ્રેરણા આપવા એકબીજા સાથે જુસ્સાથી હળીમળીને કામ કરે છે તેને સહકાર કહેવાય છે.



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सहकार એ એક સર્વવ્યાપી ઘટના છે સહકાર એક સ્વૈચ્છિક સંગઠન છે. સહકારી સંગઠનમાં લોકો સમાનતાના ધોરણે જોડાય છે. સહકારનો મુખ્ય હેતુ સભ્યોનો આર્થિક ઉત્કર્ષ સાધવાનો છે. સહકારી સંગઠનમાં જોડાયેલ લોકો પોતાની મૂડીના પ્રમાણમાં નફા નુકસાનમાં હિસ્સો મેળવે છે.

સહકારની વ્યાખ્યા :

૧. “સહકાર એ સામાન્ય રીતે માર્યાદિત સાધનોવાળી વ્યક્તિઓનું સંગઠન છે કે જેમાં સામાન્ય આર્થિક હિતો મેળવવા લોકો સ્વેચ્છાએ જોડાય છે અને લોકશાહી રીતે ધંધાનું સંચાલન અને નિયંત્રણ કરી જરૂરી પ્રમાણમાં મૂડી રોકાણ અને તેના પ્રમાણમાં સાહસમાંથી નફો કે નુકસાન મેળવે છે.”

- આંતરરાષ્ટ્રીય મજૂરસંઘ (I.L.O.)

૨. “નિર્બળ વ્યક્તિઓ વચ્ચે નિઃસ્વાર્થ વૃદ્ધિથી સંયુક્ત વિનિમય માટેની વ્યવસ્થા એ સહકાર છે.”

- સી. આર. કે.

૩. “સહકારનું એટલે સ્વેચ્છિક રીતે જોડાયેલ વ્યક્તિઓના પોતાની શક્તિ અને સાધનો કે બંનેનો તેમના સંયુક્ત વ્યવસ્થાતંત્ર હેઠળ સામાન્ય નફા કે નુકસાન માટેનો પુરુષાર્થ.”

- એમ. ટી. હેરિક

વિશ્વના અલગ અલગ દેશોની સહકારી પ્રવૃત્તિઓ :

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સહકારમા નવજીવનની પ્રેરણા છે તેમ જીવનની સિદ્ધિઓ અને સફળતાનું કારણ પણ છે સમૃદ્ધ અને શાંતિમય જીવનની આશા અભિલાષા માનવીમાં હમેશા રહેલી છે. માનવી પોતાનું જીવન બનાવવા સમૃદ્ધ અને શાંતિમય બનાવવા સતત પ્રયત્નશીલ રહ્યો છે.

માનવીમાં રહેલી સહકારને સ્વાભાવિક વૃત્તિના દાખલાઓ પૂર્વના અને પશ્ચિમના દેશોના સામાજિક જીવનમાં મળી આવે છે ખેતી જુના જમાનામાં આજીવિકાનો મુખ્ય ઉદ્યોગ હતો અને પરસ્પર સહકારથી પારપાડવાનો પ્રથા પ્રાચીનકાળથી ચાલતી આવે છે.

૧. ડેન્માર્કની સહકારી મંડળી :

ડેરી ક્ષેત્રની સહકારી પ્રવૃત્તિમાં ડેન્માર્ક વિશ્વમાં પ્રથમ નંબરનું સ્થાન ધરાવે છે. સહકારી સંગઠન અને સંઘશક્તિથી એક નાનકડો ખેતી પ્રધાન દેશ કેવું મહાન અને અદ્ભુત કામ કરી શકે છે તેનું ડેન્માર્ક એક પ્રેરક ઉદાહરણ પૂરું પાડે છે એક વખતનો ગરીબી, ભૂખમરો અને પછાત અવસ્થાથી પીડાતો ડેન્માર્ક દેશ આજે જે સુખી, સમૃદ્ધ અને અનુકરણવાળો દેશ બન્યો છે તે તેના ડેરી ક્ષેત્રે થયેલા સહકારી પ્રવૃત્તિના વિકાસ ને જ આભારી છે.

ડેન્માર્કમાં ડેરી સહકારી મંડળીઓ એ જે અસાધારણ સફળતા પ્રાપ્ત કરી છે તે તેના સિદ્ધાંતોને આભારી છે ડેન્માર્કમાં સૌપ્રથમ સહકારી ડેરી જટલેન્ડ નામના શહેરમાં સ્થાપવામાં આવી હતી. આ સહકારી ડેરી મંડળીના સ્થાપકોએ જે સિદ્ધાંતો સ્થાપ્યા હતા તે આજે પણ એટલા જ ઉપયોગી છે જેટલા સ્થાપના સમયે હતા એટલું જ નહિ આ સિદ્ધાંતોને અન્ય પ્રકારની સહકારી મંડળીઓએ પણ અપનાવેલ છે. સહકારી ડેરીના આ ઘડવૈયાઓ કેટલી દીર્ઘદ્રષ્ટિવાળા અને વ્યવહારુ હતા.



૨. સ્વિડનની સહકારી પ્રવૃત્તિ :

સ્વિડનમાં સહકારી પ્રવૃત્તિનો વિકાસએ ત્યાની વિશિષ્ટ પરિસ્થિતિનું પરિણામ છે. વાસ્તવમાં સહકારી પ્રવૃત્તિનો પ્રારંભ ખેતી ક્ષેત્રની જરૂરિયાતો સંતોષવા માટે થયો હતો, પરંતુ સમય જતા પશુપાલન ઉદ્યોગમાં આ ખ્યાલે પ્રવેશ કર્યો અને તેમાંથી સહકારી પ્રવૃત્તિ ડેરી ઉદ્યોગનું એક અવિભાજ્ય અંગ બની ગઈ આ મડેન્માર્ક જેમ સહકારી ડેરી ઉદ્યોગનું લેબલ મારવામાં આવે છે તે જ રીતે સ્વિડનને પણ સહકારી ડેરી ઉદ્યોગનું લેબલ મારવામાં આવે છે.

સ્વિડનમાં શોષણખોરોની પકડમાંથી છુટકારો મેળવવા માટે ૧૮૫૦માં એક નાનકડા ગામડામાં હોશિયાર અને સદ્ભાવનાવાળા કેટલાક ખેડૂતોએ સૌપ્રથમ એક સહકારી મંડળીની સ્થાપના કરી. આ મંડળીનો ઉદ્દેશ ખેતીવાડીની જરૂરિયાતો તેમજ કેટલીક જીવનજરૂરિયાતની વસ્તુઓ જથ્થા બંધધોરણે ખરીદી કરીને તેના સભાસદોને વાજબી ભાવે પૂરી પાડવાનો હતો. તેને આ માંસારી એવી સફળતા મળી. તેની સફળતાથી પ્રભાવિત બનીને સ્વિડનના ગરીબ લોકો પોતાની આર્થિક અને સામાજિક સ્થિતિ સુધારવા અંશોષણખોરોની પકડમાંથી છુટવા સહકારી પ્રવૃત્તિ તરફ આકર્ષાયા અને ક્રમશઃ આ સહકારી પ્રવૃત્તિ સ્વિડનના સમગ્ર અર્થતંત્રની રગેરગમાં પ્રસરી ગઈ.

૩. ઇઝરાયલની સહકારી પ્રવૃત્તિ :

દુનિયાના સૌથી નાના ઇઝરાયલનો સમાવેશ થાય છે અને ત્યાં યહુદીઓને વસવાટ મોટી સંખ્યામાં છે ઇઝરાયલની જમીન, આબોહવા, વરસાદ, વગેરેમાં વૈવિધ્ય રહેલું છે. ઇઝરાયલની મોટાભાગની જમીન સરકારી માલિકીની છે. તેમજ જાહેર સંસ્થાઓની માલિકીની પણ છે. ઇઝરાયલમાં યહુદીઓનું આગમન



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થતા સહકારી પ્રવૃત્તિને મહત્વ મળ્યું છે. તેમની આર્થિક સામાજિક પરિસ્થિતિ તેમજ ભાષા વગેરેને કારણે સહકારી પ્રવૃત્તિ તેમના વિકાસમાં મહત્વનું માધ્યમ ગણાય છે. ખાસ કરીને ઈઝરાયલના વિકાસમાં કિબુત્લ અને મોશાવ સહકારી વસાહતો એ મહત્વનું પ્રદાન કર્યું છે.

(અ) કિબુત્લ :

કિબુત્લ એટલે એક આદર્શ સહકારી ગામ જે અગાઉ દગાનીયાનામે ઓળખાતું હતું. કિબુત્લમાં બધાકામ કાજોસા મુહિકરી તે કરવામાં આવે છે. ઉત્પાદનના સાધનોની માલિક કિબુત્લની હોય છે કિબુત્લના બધા લોકો સાથે રહે છે. એક રસોડે જમવાનું કપડા-વાસણ ધોવાનું પણ એક જ સ્થળે અને ખેતીનું કામકાજ પણ સાથે મળીને કરવાનું આમ, કિબુત્લ એટલે સામુહિક જીવનકામની વહેચણી સેવાનારૂપમાં થાય છે. કેટલીકવાર કિબુત્લ ઔદ્યોગિક સાહસો પણ ચલાવે છે. ઈઝરાયલમાં આવા કિબુત્લની સંખ્યા ૨૩૦ જેટલી છે અને દરેક કિબુત્લની સભ્ય સંખ્યા ૬૦ થી ૨૦૦૦ સુધીની હોય છે.

(બ) મોશાવ:

સહકારી ધોરણે ખેતીનું બીજું અગત્યનું સ્વરૂપ મોશાવ છે. મોશાવ એટલે કામદારોનો વસવાટ જે સભ્યોને કિબુત્લની પદ્ધતિએ સામૂહિક જીવન અનુકૂળ ન બન્યું તે વ્યક્તિગત રીતે તેમના પરિવાર સાથે રહે તેવા કિસ્સામાં તેવા ખેડૂતોને જાતે જમીન ખેડવી, પશુ ઉછેર કરવો અને તેઓ ઉત્સાહપૂર્વક કામ કરી શકે તે આશયથી તેમણે મોશાવ નામની કૃષિસંસ્થાની સ્થાપના કરી, કૃષિઉત્પાદન માટેની જરૂરીતા યજેવી કે ખાતર, બિયારણ, પશુઆહાર, ખેતીનાઓજારો, જીવન જરૂરી ચીજો સહકારી ધોરણે પુરાપાડવામાં આવે છે. આ મંડળો ટ્રેક્ટર જેવા સાધનોની સેવા પણ ભાડેથી આપે છે તેમજ ખેડૂતોએ વ્યક્તિગત રીતે ઉત્પન્ન કરેલ માલનું

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વર્ગીકરણ અને રૂપાંતર કરીને તેના વેચાણની વ્યવસ્થા પણ કરે છે. મોશાવ આર્થિક પ્રવૃત્તિઓ ઉપરાંત આરોગ્ય અને શિક્ષણની પ્રવૃત્તિ પણ કરે છે અને તેનું સંચાલન લોકશાહી પદ્ધતિ એ કરે છે.

ઈઝરાયલમાં જુદાજુદા પ્રકારના ૩૫૦ જેટલા મોશાવ છે. અને દરેકની સભ્યસંખ્યા ૧૦૦ થી ૧૦૦૦ સુધીની હોય છે કિબુલ્લ કરતા મોશાવની સંખ્યા વધુ છે અને વધુ લોકપ્રિય બન્યા છે જેથી ફલિત થાય છે કે સામુહિક જીવનને બદલે લોકો વ્યક્તિગત જીવન વધુ પસંદ કરે છે ઈઝરાયલની સહકારી પ્રવૃત્તિમાં કૃષિ ઉત્પાદન વેચાણ અને રૂપાંતર મંડળીઓ છે. આ ઉપરાંત બિનકૃષિ ક્ષેત્રે ગૃહનિર્માણ વિમામંડળીઓ ઉપરાંત ગ્રાહક અને ઔદ્યોગિક મંડળીઓ પણ છે ઈઝરાયલમાં તમામ આર્થિક ક્ષેત્રોમાં સહકારી ક્ષેત્ર પ્રવેશ કરીચુક્યું છે. અને ઈઝરાયલ પ્રવૃત્તિએ નામના મેળવેલ છે.

સાહિત્ય સર્વેક્ષણ :

(1) ડી. આર. ગાડગીલ (1970) :

ગાડગીલ અનુસાર કૃષિક્ષેત્રમાં થી ઉદ્યોગને કાચો માલ પૂરો પાડવામાં આવે છે જો આ કૃષિ ક્ષેત્રને વધારે વિસ્તરણ કરવામાં આવે તેનાથી ઔદ્યોગિક કામગીરીમાં વધારો થાય છે કે તેના ઉત્પાદનનો આધુનિકીકરણ કરીને રોજગારી ની જરૂરિયાતો સંતોષી શકાય છે પરંતુ આ માટે ખેડૂતોને આવક એટલે કે ધિરાણ આપવાનું અનિવાર્ય હોય છે નાના તેમજ મોસમી ખેતી કરતા ખેડૂતોની તુલનાએ મોટા ખેડૂતો અને જે બારેમાસ ખેતીમાંથી પોતાની આવક મેળવતા હોય તેઓને ધિરાણ વધારે પ્રમાણમાં જરૂરિયાત ઉભી થાય છે તેઓને સહકારી મંડળી માંથી મળતા ધિરાણની કૃષિની અન્ય સુવિધા વધારીને ગ્રામીણ ક્ષેત્રે કામ કરતા લોકોના માથા ઉત્પાદન અને આવકમાં વધારો કરી શકાય છે.

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(2) કાંજીયા પ્રફુલ (2006) :

પ્રસ્તુત સંશોધનમાં સંશોધનકર્તાઓએ જૂનાગઢ જિલ્લાના સંદર્ભમાં સહકારી બેંકિંગ ક્ષેત્ર અને વ્યવસ્થાને લગતા તમામ પાસાઓનો ઝીણવટપૂર્વક અભ્યાસ કરેલો હતો તેમને વ્યાજ નો દર, ધિરાણ, મુદત વીતી બાકી વગેરે જેવા પાસાંઓને ચકાસ્યા છે. આ સંશોધન કરતા એ 14 તાલુકાના કાર્યરત જિલ્લા સહકારી બેંકની શાખા માંથી 40 શાખાઓની પસંદગી કરેલી હતી 40 પૈકી 5 ને તેઓએ યાદચ્છિક રીતે પસંદ કરીને 200 લાભાર્થીને નમૂના તરીકે પસંદ કરી અભ્યાસ કર્યો હતો..

(3) પેથાણી તરુણકુમાર (2008) :

સંશોધન કરતાં આ લેખમાં સૌરાષ્ટ્ર વિસ્તારની જિલ્લા સહકારી બેંકોની કામગીરી ને અભ્યાસ કરવામાં આવ્યો હતો આ સંશોધનનો મુખ્ય હેતુ એ હતો જિલ્લા મધ્યસ્થ બેંકો નફા નુકસાન ખાતુ, નોન પરફોર્મિંગ એસેટ્સ, કાયું પાકું સરવૈયું વગેરેનો અભ્યાસ કરીને જિલ્લા મધ્યસ્થ બેંકની નાણાકીય સ્થિતિ ને અસરકારક રીતે સૂચન કરવાનો હતો તેઓએ કુલ સાત જિલ્લાની પસંદગી કરી હતી તેમણે પ્રાથમિક અને ગૌણ માહિતીનો ઉપયોગ કર્યો હતો માહિતીનું પૃથક્કરણ કરવા માટે આંકડાકીય વિશ્લેષણ કરીને F ટેસ્ટનો ઉપયોગ કર્યો હતો અભ્યાસ કરતા એ જાણવા મળે છે કે બેંકના તમામ પાસાનો અનુસંધાન કરતાં તેમાં એકરૂપતા જોવા મળતી નથી અભ્યાસમાં આવરાયેલી બેંકોનીનાણાકીય સ્થિતિ જુદી જુદી હતી.



માહિતીનું પૃથકકરણ અને અર્થઘટન:

કોષ્ટક નં - 1

PERFORMANCE OF PRIMARY AGRICULTURAL CREDIT SOCIETIES OVER A DECADE IN INDIA

(AMOUNT IN CRORES)

COOPERATIVE YEAR	TOTAL DEMAND	TOTAL LOANS ISSUED	TOTAL COLLECTION
2009-10	92557	72882	54271
2010-11	85757	85296	64490
2011-12	101782	122826	76705
2012-13	95926	96440	70346
2013-14	155853	171420	126221
2014-15	159626	159050	123835
2015-16	169783	180824	139894
2016-17	200464	200678	147171
2017-18	196750	207322	148834
2018-19	203903	205895	151951

Source :- National federation of state co-operative banks

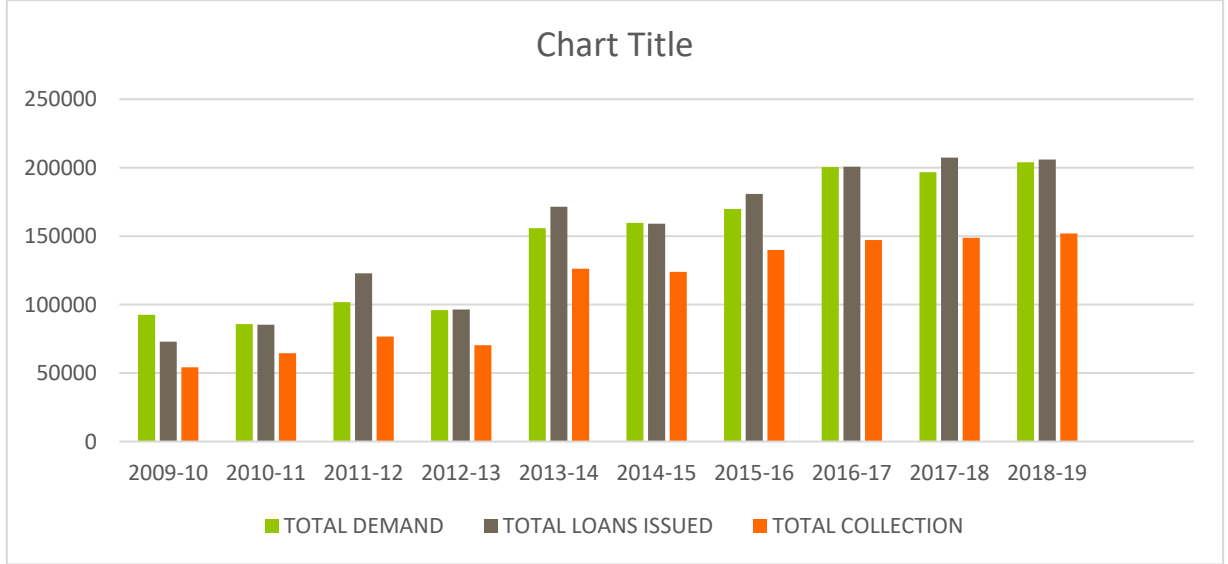


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અર્થઘટન :

કોષ્ટક નંબર 1 માં સહકારી ધિરાણ મંડળીની કુલ માંગ,કુલ આપેલી લોન અને કુલ સંચયનો 2009-10 થી 2018 -19 વર્ષ દરમિયાન અભ્યાસ કરવામાં આવ્યો છે આ રકમને કરોડમાં દર્શાવવામાં આવી છે કુલ માંગમાં 2009 -10 થી વધ-ઘટ જોવા મળે છે એક વર્ષમાં વધારે તો બીજા વર્ષે ઓછી, ધિરાણની માંગ નું પ્રમાણ આમ વધારે ઓછું જોવા મળે છે. કુલ આપેલી લોન માં માંગ કરતા 78% ઓછી છે તેમાં પણ માંગ કરતા જે લોન આપવામાં આવે છે તે વધારે જ જોવા મળે છે જ્યારે કુલ સંગ્રહ ના આંકડા ઉપર ધ્યાન દોરવામાં આવે તો જણાય છે કે તે 2009-10 થી 2018-19 સુધી સતત વધારો જોવા મળે છે.

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કોષ્ટક નં - 2

TOTAL MEMBERSHIP (IN NUMBERS)

COOPERATIVE YEAR	TOTAL MEMBERSHIP	PERCENTAGE (%)	CHANGE IN (-) (+)
2009-10	122226	100 (%)	-
2010-11	106136	86.83	13.17 -
2011-12	127646	104.43	4.43 +
2012-13	110068	90.05	9.5 -
2013-14	130120	106.46	6.46 +
2014-15	121088	99.07	0.93 -
2015-16	127322	104.17	4.17 +
2016-17	131235	107.37	7.37 +
2017-18	130547	106.81	6.81 +
2018-19	132029	108.02	8.02 +

Source:-National federation of state co-operative banks

અર્થઘટન :

કોષ્ટક નંબર 2 માં પ્રાથમિક સહકારી મંડળીઓની કુલ સભ્ય સંખ્યા દર્શાવવામાં આવેલ છે . અભ્યાસ માટે 2009 -10 થી 2018- 19 વર્ષો દરમિયાન ના આંકડાઓનો અભ્યાસ કરવામાં આવેલ છે. આંકડાઓ પરથી જોઈ શકાય છે કે વર્ષ 2009- 10 થી 2014- 15 ના સમયગાળામાં સભ્યોની સંખ્યામાં સતત વધઘટ જોવા મળેલ, પરંતુ ત્યારબાદ તેની સભ્ય સંખ્યામાં સતત વધારો જોવા મળેલ છે. આ વર્ષો દરમિયાન 2010- 11 માં સૌથી ઓછી સભ્ય

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સંખ્યા 86.83 % જે વર્ષ-2009-10 ના કરતા 13.17 % નો ઘટાડો દર્શાવે છે. જ્યારે સૌથી વધુ સભ્ય સંખ્યા 2018-19માં 108.02 % હતી જે વર્ષ-2009-10 ની સંખ્યા ની સરખામણીએ 8.02 % નો વધારો દર્શાવે છે.

કોષ્ટક નં -3

NUMBER OF SOCIETIES (IN NUMBERS)

COOPERATIVE YEAR	NUMBER OF SOCIETIES	PERCENTAGE (%)	CHANGE IN (-) (+)
2009-10	89523	100 %	-
2010-11	90279	100.84	0.84 +
2011-12	101297	113.15	13.15 +
2012-13	90958	101.60	1.60 +
2013-14	93042	103.93	3.93 +
2014-15	92789	103.65	3.65 +
2015-16	93367	104.29	4.29 +
2016-17	95595	106.78	6.78 +
2017-18	95238	106.38	6.38 +
2018-19	95995	107.23	7.23 +

Source:-National federation of state co-operative banks

કોષ્ટક નં 3 માં કુલ પ્રાથમિક સહકારી મંડળીઓનો આંકડાકીય અભ્યાસ કરવામાં આવ્યો છે . અભ્યાસ માટે 2009 - 10 થી 2018- 19 વર્ષો દરમિયાનના આંકડાઓનો અભ્યાસ કરવામાં આવ્યો છે. આંકડાઓ પરથી જોઈ શકાય છે કે વર્ષ 2009-10 થી 2018 19 ના સમયગાળામાં સહકારી મંડળીઓની સંખ્યામાં સતત વધારો જોવા મળેલ છે . આ વર્ષો દરમિયાન 2010- 11 માં સૌથી ઓછી સંખ્યા 2009-10ના સમયગાળામાં જોવા મળેલ, જ્યારે સૌથી વધુ સંખ્યા 2011- 12 ના વર્ષોમાં 113. 15% થવા પામ્યું છે 13.15 % નો વધારો દર્શાવે છે.

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तारणो:

- ★ वर्तमान समयने ध्यानमां राभता जोईये तो भेइतो माटे प्राथमिक सहकारी मंडलीनी स्थापना करवामां आवेली आम छतां भेइतो अमुक अंशे बेकोनी आंटीघूटी मांथी पसार थवुं न पडे तेथी ते लोको शाहुकारो पासेथी धिराए देवुं वधारे हितावह समजे छे
- ★ बेको पोताना कागलनी मथामए ओछी करी नाभे तो अभए भेइत अथवा जे ओछुं भएलो भेइत होय छे ते पए प्रथम पसंदगी सहकारी बेक अथवा धीराए मंडलीनी राभशे.
- ★ बेको द्वारा सहकारी मंडली ओने लगता माहितगार कार्यक्रमो नुं आयोजन थवुं जोईये जेथी भेइतो ने शाहुकारो करता मंडलीओ पर विश्वास आवे.
- ★ मुदत वीती बाकी ना प्रमाए ने ओछुं करवाना प्रयासो करवा बेको थोडी निष्कल गछ छे
- ★ जिल्ला मध्यस्थ सहकारी बेको जेटली सङ्ग जोवा मणी छे अटली प्राथमिक सहकारी मंडली ओ सङ्ग थछं नथी.

समापन :

भारतमां छ.स. 1904 थी वर्तमान समयने ध्यान करवामां आवे तो जोई शकाय छे के भारतना भूए भूणामां सहकारी प्रवृत्तिने वेग पकड्यो छे ज्यारे बीजु बधी आर्थिक पद्धतियोनी मर्यादाओ सामे आवे त्यारे अेक ज अेवी पद्धतिनो सहारो मेणववो बधाने योग्य लागे छे सहकारी प्रवृत्ति आदर्श व्यवस्था छे जेमां अन्य आर्थिक समस्याओना सारा पासा नो सुमेणभर्यो सहयोग जोवा मणे छे तेथी ज सहकारी प्रवृत्ति अे इक्त भारतमां ज नहीं परंतु विश्वना मोटाभागना देशोमां प्रगतिना पंथे पुरवेगे वधी रही छे.

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संदर्भ :

पुस्तक

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7. DRONACHARYA AWARDEE AND WUSHU COACH SH. KULDEEP HANDOO: A CASE STUDY

Arun Sharma

Ph.D Research Scholar, School Of Humanities and Physical Education Ct University, Ludhiana.

Dr. Kuldeep Kumar Batta

Assistant Professor, School Of Humanities and Physical Education Ct University, Ludhiana.

(* Corresponding author's e-mail: arunshrm951@gmail.com)

Abstract

The main purpose of this study was to highlight the achievements and contribution of Kuldeep Handoo towards the promotion of sports in the country. A case study has been designed to give proper knowledge about his achievements; secondary data were collected from various websites, previous research studies and news papers. Dronacharya Kuldeep Handoo's personal performance as well as performance and achievements of his trainees have been highlighted. It was concluded that Dronacharya Kuldeep Handoo had rare combination of being an outstanding sportsman and excellent administrator and a coach. The study will be a value able addition to the professional literature in sports and physical education. This study will be significant to motivate the new sports generation.

Keywords:Wushu, Medals, National and International Achievements.

Introduction

Victory in sports at international competitions is viewed as a sign of superiority of a nation and the sportspersons are given the status of demi-gods. Sports are now an integral part of culture all over the world and superiority in the international sports competitions is linked to the national honour. Every country is trying to have modern sports infrastructure, best equipment and the latest technical know-how. Knowledgeable coaches and sports scientists from the advanced countries are imported by the developing countries with the sole aim of excelling in the international competitions. Countries like Cuba, Kenya, Croatia, Ethiopia, which are not economically very sound, have also put their meager resources at the disposal of their sports persons who, in turn, have put their countries on the world map and also won international applause.



Excellence in sports at international level enhances the prestige of a nation. Victory in international sports competition is celebrated throughout the country and the winners are honoured by the people as well as by the government. Lots of incentives are provided to the sportspersons who attain high international standards. The medal winners become national heroes. Youngsters are motivated to take sports more seriously and dedicatedly.

Sportspersons are considered pillars of success when they are recognised by society. It is an established fact that society has influenced them in the pursuit of excellence in sports and, in turn, they have contributed their bit towards creating a conducive culture and atmosphere for sports promotion.

Kuldeep Handoo, as a Wushu player, has represented J&K at national sports events and was the national champion for 11 years on the spin. He won gold medals at the National Wushu Championship from 1995 to 2005. He also clinched a gold medal in 2007 National Games.

The Srinagar-born sporting icon has also represented India at many international Wushu events and championships where he won several medals.

Kuldeep Handoo, the chief coach of India's national wushu team, is the first person from the Union Territory of Jammu & Kashmir to win the prestigious Dronacharya Award. It is given in recognition of exceptional sports coaching. Indian wushu athletes have won two gold medals at the world championships and one at the World Cup under Kuldeep Handoo's guidance. Over the years, he has also coached Indian athletes to 28 silver medals and 57 bronze medals in various championships. At the 2018 Asian Games in Jakarta, India won four bronze medals, and Handoo is determined to improve on that record in future editions. Handoo, a former wushu competitor who won a gold medal at the sixth national wushu championship in Mizoram in 1995, is now a police inspector in Jammu and Kashmir”.

Awards

- Dronacharya Award-2020
- Ficci Coach of the Year 2016
- State Awardee Jammu And Kashmir -2011
- Sher-E-Kashmir Awardee-2013
- Purshoram Awardee-2017
- Dgp Medal-2006



Associated With:-

- Member of National Anti Doping Agency (Nada) Myas)
- Shree Mata Vaishno Devi Shrine Board
- Member of Advisory Sports Board Of Central University Jammu

Review of Literature

A well-structured literature review is characterized by a logical flow of ideas; current and relevant references with consistent, appropriate referencing style; proper use of terminology; and an unbiased and comprehensive view of the previous research on the topic.

Singh (2000) in his doctoral thesis “Dronacharya Prof. Karan Singh, Eminent Physical Educationalist and Sport Promoter: A Case Study”, has been studied his biography, educational and professional qualifications, his contributions in the field of physical education and sports. Prof. Karan Singh’s personal performance as well as the performance and achievements of his trainees have been highlighted. Prof. Karan Singh had the rare combination of being outstanding sportsman and an excellent academician. “Hero of Rajasthan” represented India in the first Asian Games, 1951 held in New Delhi and won a gold medal in 400 × 4 m. relay. Academically Master degree holder, professionally M. Ed. (Physical Education) and Diploma in Coaching (Athletics) from the National Institute of Sports, Patiala made his a distinctive personality among physical educationists, coaches and sportsmen of the country. Till date he is the only male athlete in the country who won a gold medal in athletics in the Asian Games as a ‘Student’.

Singh (2004) in his doctoral thesis “Padma Shree Milkha Singh Legendary Athlete Sports Administrator and Sports Promoter - A Case Study” has studies his biography, sports career and his contribution in the field of sports. A standardized opinion rating questionnaire was developed and mailed to his contemporaries, colleagues and other eminent sportspersons and coaches to assess the personality traits of S. Milkha Singh, his philosophy and abilities as an administrator and sports promoter. Interview with S. Milkha Singh, his family members, friends, colleagues and relatives was also conducted. Padma Shree Milkha Singh was among the world records brokers in 400 mt race at Rome Olympics in 1960. He won Gold Medal in Asian Games and Commonwealth Games also. After his retirement as an athlete Mr. Milkha Singh worked as Director in Punjab Sports Department. The study also reveals the contribution and achievement of Padma



Shree Milkha Singh towards the promotion of sports in the country, professional career, sports achievements as an athlete. His contribution as a sports promoter, important assignment and achievements as an administrator, his service experience and his viewpoint on different issues of sports in India were also presented.

Parul (2007) undertook a case study of Mamta Kharab a renowned international Hockey player. The study was stated as “Arjuna awardee Mamta Kharab a Golden Girl-A case study. The study was confined to the contributions and achievement of Mamta Kharab in the field of sports. The purpose of this study was to reveal tremendous impact of Mamta Kharab on Indian Boxing Player. The investigator conducted interview with Mamta Kharab, her family members, teachers, friend’s relatives and trainees. The information was collected through primary and secondary sources to enlist leadership qualities. She was honoured Bhim Award and Arjuna Award for her contribution in the field of sports as an Hockey Players. She was an 11th World Cup Hockey participation. She represented Indian in Asian Games Doha (Quarter). Her team won Bronze Medal and many international tournaments.

Objective of the Study

The objective is to study the performance of Kuldeep Handoo in national and international competitions.

Research Methodology

In the study the following research methodology is used:

Research Design

To investigate the contribution and achievements of Kuldeep Handoo towards the promotion of wushu and sports in the country, a case study was designed in which historical biographical, analytical and interpretive techniques will utilize.

Data Collection

The required secondary data will be collected through personal records (degree, honours, books and articles), published material (books, pamphlets, articles, newspapers and reports on Kuldeep Handoo), pictorial records and official record.



Statistical Techniques

Data was analysed, interpreted and evaluated with required statistical tools like tabulation.

Result and Interpretations

Table-1
National Level Achievements

S.No.	Tournament	Position
1.	6th Sr. National Wushu Championship, Mizoram	Gold
2.	7 th Sr. National Wushu Championship, Hyderabad	Gold
3.	8 th Sr. National Wushu Championship, Nagpur	Gold
4.	9 th Sr. National Wushu Championship, Lucknow	Gold
5.	10 th Sr. National Wushu Championship, Delhi	Gold
6.	11 th Sr. National Wushu Championship, Meerut	Gold
7.	12 th Sr. National Wushu Championship, Chennai	Gold
8.	13 th Sr. National Wushu Championship, Jharkhand	Gold
9.	14 th Sr. National Wushu Championship, Lucknow	Gold
10.	Wushu Federation Cup (Mandi)	Gold
11.	2007, 33 rd National Games Guwhati (Assam)	Gold

Source: Secondary data collected.

Table-2
International Level Achievements

S.No.	Tournament	Position
1.	9 th Hongkong Wushu International Championship 2011	Bronze Medal
2.	2006, 6 th Asian Wushu Championship, Myanmar	Bronze Medal
3.	2003, 2 nd South Asian Wushu Championships New Delhi (India)	Gold Medal
4.	2008, 3 rd South Asian Wushu Championship, Dhaka (Ban)	Silver Medal
5.	2005, 7 th World Wushu Championship (Macau) China	5 th Place
6.	1996, 4 th Asian Wushu Championship (Manila) Philippines	5 th Place

Source: Secondary data collected.



Table-3

Achievements Of Kuldeep Handoo As National Chief Coach In Official Events Of International Wushu Federation

S.NO	EVENT	GOLD	SILVER	BRONZE
1.	World Championships	3	11	14
2.	World Cup	1	5	11
3.	Asian Games		1	8
4.	Asian Championships		7	18
5.	Asia Cup		4	6
6.	South Asian Games	4 Times Overall Champion		

Source: Secondary data collected.

The above analytical tables exhibited that in 1995; he won his first gold medal at the 6th National Wushu Championship in Mizoram and never looked back. He won gold medals at the National Wushu Championship from 1995 to 2005. He also clinched a gold medal in 2007 National Games. In his long drawn out career of over 25 years, Handoo has won 11 gold medals in national championships.

At International level, kuldeep handoo took part in 2nd South Asian Wushu Championships New Delhi (India, 2003) and hold for Gold Medal position . In 6th Asian Wushu Championship, (Myanmmar – 2006), he won the Bronze medal. In 3rd Souh Asian Wushu Championship, Dhaka (Ban), he got the silver medal and in 9th Hongkong Wushu International Championship (2011), he won the bronze medal. In the recognition of kuldeep handoo's achievements, the Jammu and Kashmir Government presented him state award for outstanding sports person in the year 2011 and also has been honoured by Sheri-i-kashmir award by the state government in 2013.

After 2006, he turned to coaching and first became the coach of the junior national Wushu team and later in 2010, national chief coach of Wushu team. Under his guidance, the country has had a dream run in Wushu and so far India has won three gold medals in world championships and one gold in the World Cup. During his stint as the national coach, India has also bagged 27 silver and 57 bronze medals in different competitions including Asian Games, World Championship and World Cup. National wushu team coach Kuldeep Handoo is the first person from India's Union Territory of Jammu & Kashmir to receive the prestigious Dronacharya Award.

Conclusion

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On the basis of analysis it was concluded that Kuldeep Handoo first showcased his talent in the year 1995 where he won his first gold medal at the 6th National Wushu Championship in Mizoram and never looked back. Under his guidance, the country had a dream run in Wushu and so far India has won three gold medals in world championships and one gold in the World Cup. During his stint as the national coach, India has also bagged 27 silver and 57 bronze medals in different competitions including Asian Games, World Championship and World Cup.

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8. A Study of Raja Rao's *Comrade Kirillov* in the Light of Vedant Philosophy

Ashok A. Khuman

PhD Scholar

Saurashtra University, Rajkot

Mo.: 8780613844

Mail: ashok.khuman07@gmail.com

Abstract

Raja Rao is one of the founding figures in Indian English Literature along with R. K. Narayan and Mulk Raj Anand. He is one who has interpreted the reality surrounding him and the world he was living in through his Vedantic lenses. The present paper examines Raja Rao's *Comrade Kirillov* in the light of Vedant Philosophy. The term "Vedant" is derived from Sanskrit. It means "Upanishads or end of the veda". Vedant is the one of the six Indian traditional philosophies which is universal in its application and is equally relevant to all countries, all cultures, and all religious backgrounds. In fact, *Comrade Kirillov* presents a stage of development of the novelist. The novel discloses the essence of Vedanta Philosophy.

Key Words

Sadhna, Vedant, Spirituality, Indian Philosophy, Absolute, Truth

Research Article

The term "Vedant" is derived from Sanskrit. It means "Upanishads or end of the veda". Vedant is the one of the six Indian traditional philosophies which is universal in its application and is equally relevant to all countries, all cultures, and all religious backgrounds. Vedanta is a combination of two words: "Veda" which means "knowledge" and "anta" which means "the end of" or "the goal of." Here, Knowledge does not refer to the limited knowledge we acquire by reading books. "Knowledge" here means the knowledge of God as well as the knowledge of our own divine nature. Thus, Vedanta is the search for Self-knowledge as well as



the search for Supreme Truth. The present paper examines Raja Rao's *Comrade Kirillov* in the light of Vedant Philosophy.

Raja Rao is one of the founding figures in Indian English Literature along with R. K. Narayan and Mulk Raj Anand. He is regarded by many critics as a philosopher novelist. He has made an endeavor not only to translate Indian sensibilities into English but also tried to incorporate Indian metaphysics and philosophy into his fictional work. His novels are deeply rooted in Indian philosophy and metaphysics. Raja Rao is one who has interpreted the reality surrounding him and the world he was living in through his Vedantic lenses.

Comrade Kirillov is a sketch of a South Indian man, Padmanabha Iyer. The novel explores the dichotomy of the hero. An Indian who ventured abroad when still young, Kirillov came to England in 1928 and settled there. He is a seeker after truth. In fact, Kirillov, alias Padmanabhan Iyer is an Indian by birth. He chooses western path that of Communism for he thinks Communism is the right path through which he can attain his spiritual goal. He becomes a Marxist after experiencing and living under the impact of various philosophical ideas and schools. He is a realist philosopher whose journey is outward. He starts as a seeker of Truth, but after becoming a communist, he is "increasingly revealed by the narrator to be caught in a system which curtails his access to Truth." (Paranjape xiv) Thus, Kirillov continuously rationalizes the major events in the world to suit his perspective. Nevertheless, following a visit to India several years after he has left, he realizes that his communism is only a thin upper layer in an essentially Indian psyche. Iren, his wife, also recognizes in her diary that he is almost biologically as Indian Brahmin and only intellectually a Marxist. As Pandey observes,

Kirillov holds that communism has metaphysics; a powerful logic and humanism. Communism is superior to Democracy because the latter does not have logic...Under the complete sway of communism, Kirillov had once proclaimed that he was nothing but a communist, having no other identity. (38-39)

In fact, the narrator R. in *Comrade Kirillov* is Kirillov's intellectual opposite, an adherent of *Advaita Vedant*. Despite being obsessed in Hindu traditional philosophy, he was fascinated by Kirillov. In fact, Raja Rao exposes the hypocrisy of Indian communists through the narrator's attacks on Kirillov, and this seems to be novelist's motive behind writing this novel. In this novel, Raja Rao attempts to establish the superiority



of *Advaita Vedanta* over Marxism and Materialism. The novelist was inspired from Dostoevsky to write *Comrade Kirillov*. As Paranjape remarks “Apart from its sources, the other important thing about this neglected novel is its prophetic quality in that it predicts the downfall of Communism.” (xv) Thus, the novels offers a dichotomy between Indian and western approach of attaining liberation. As it is noted by Krishna Nandan Singh,

For quite some time, Comrade Kirillov is the champion of communism with powerful logic and humanism. The communistic truth is presented as something purifying and beneficial to mankind. Raja Rao feels that Marxism is concerned with the changing reality, it cannot emulate Vedantism which is the highest form of philosophical system. (7)

Kirillov chooses to help the humanity by undergoing activities as to advocate for the equality in society. But, the journey undertaken by Kirillov ends in failure. As Alterno observes, “From an ideological standpoints then, Kirillov can be said to have moved from Moorthy’s Gandhism in Kanthapura gradually to Besant’s theosophy, to finally embrace an unconvinced Marxism which will bring him to despair.” (137) On the other hand, the narrator R. is convinced that man can succeed only if he takes inward journey and start examining the self and not the world. As J. P. Tripathi notes, “Although the life-spirit of Kirillov is Communism and in all his dreams of a golden picture of India Communism has an important place, it is clear from the novel that Communism is not panacea of world maladies.” (246) Thus, communism is an inadequate approach in terms of eradicating the human suffering. As Pandey observes,

The novelist demonstrates that since Marxism is related to the ephemeral and the changing reality, it cannot emulate Vedantism which is the highest type of philosophical system in as much as it must satisfactory delineates the fundamental reality about the universe. The following remarks of the narrator R. about Vedanta and Comrade Kirillov’s communism amply illustrate it;...He was wonderful-Kirillov was- but his logic and mine belonged to different dimensions. Vedant alone has the limits to your ignorant authority and asks for more inquiry into your biological, psychological and psychic self, delimiting you bit by bit into acute dissolution, when, intensified in your desperate anonymity. You surrender yourself to that which is ever “I”. And in that is-ness there is none that you are brother to. Love has no brother, only lovingness has. (40)



Thus, the materialistic Marxist approach offers no solution to the agony and anguish of an Indian like Kirillov. Only spiritual enrichment can make a man happy. Arjuna succeeded because he followed the path that was proper which taught him true duty of man. Being an Indian Brahmin, Kirillov has forgotten his spiritual legacy. As Paranjape observes,

It is interesting to note that *Comrade Kirillov*, first published in a French translation in 1965, was written earlier. Thematically, it represents that stage of negation before the spiritual fulfillment of *The Cat and Shakespeare*. Kirillov, as a Communist and atheist, has negated the Karma Yoga of *Kanthapura* and Janan Yoga of *The Serpent and the Rope* by denying the existence of the Absolute; thus, his quest results in failure.

On one hand, there is a deep impact of Marxism and on the other he can't escape from his roots as an Indian. He loves his motherland. As it is noted in the novel "To hear him recite Sanscrit verse was like listening to a Pandit from Tanjore. His sincerity, his enthusiasm, his learning, were all alike - of one sovereign made." (9-10) His fascination toward Marxism and his love for the Veda and Indian philosophy has split his personality. Thus, Kirillov is very confused between two different ways of life. The narrator R. tries to remove the veil of ignorance in the Kirillov's mind. The narrator R. explains to Kirillov the essence of Vedanta. As the narrator R. muses,

Vedanta alone has the courage of the ultimate, it lovingly uncovers the limits to your own ignorant authority and asks for more into your biological, physiological and psychic self, delimiting you bit by bit into acute dissolution when intensified in your desperate anonymity, you surrender yourself to that which is ever your "I". And is that is less there is more you are brother to. Lone has no brother, only lovingness has. (73)

In fact, the novel exposes the hypocrisy of Kirillov. His confusion is the novelist's own dilemma whether to affirm communism or to stick the traditional philosophy. This dilemma resides in the mind of the novelist until he meets his Guru. It is then that he realizes that he should begin his spiritual journey from the self. Therefore, the efforts made by Kirillov ends in spiritual dissatisfaction because he encounters the problem of identity. Thus, the problem of identity becomes a major crisis. As Esha Dey observes,



The problem identity for a Hindu magnifies itself for another inexplicable mystery, the intimate relation between the Indian soil and the Hindu roots which stubbornly refuse transplantation anywhere else in the world. Indeed “Hindu” leads to be a geographical concept which seeks to disregard time. So the Mahabharata points out, that a happy hindu is one who is never on exile. (231)

As a matter of fact, the core of Kirillov’s character, as well as the novel’s theme, lies in the perilous situation of an Indian communist, who, after all, remains a mere convert to an alien doctrine while maintaining deep entrenched cultural ties in his subconscious. As a result, rather than being a twice-born leftist like many others of his like, he became a thrice-born lefty who despised the status quo. As Kirillov muses “I know only one God, and that is the common man. I know only one worship and that is the Party meeting. I know only one morality and that is a classless society”. (119)

It is evident that Kirillov’s mental dichotomy stems directly from the incompatible incapacity to merge his political beliefs and spiritual preferences. The violent combination of disparate concepts, everyday and spiritual, conveys a continuous air of skepticism. Communists negate God, on the other hand, for the Hindu it means total destruction. As Medha Sachdev points out, “It finally establishes the superiority of ‘Advaitavada’ over all other schools of thought. The shifting belief, the state of doubt, delusion and uncertainty are made evident in the novel as the hero does not adhere to any single philosophy.” (74) Kirillov’s character reveals the failure in the process of attaining the ultimate truth. Like Moorthy, Kirillov attracted towards Marxism as a trendy thing to pursue. But his fascination towards western approach has brought no concrete result. Kirillov is lacking the true knowledge behind what he is doing. As it is noted in the novel,

Unlike Europe, it is not sincerity that goes a-begging in India - we are not yet that corrupt. But we shall soon reach the requisite standards. We are human like all. But one thing I felt sorry for when I was in India - the neglect of our classics. I forgot my politics for a time and jumped into the classics. It was such a joy to go back to *Uttarrama Charita* and to Kalidasa. (75)

In fact, Kirillov’s confusion is equal to that of Arjuna in the *Mahabharata*. Like Arjuna, Kirillov too begins with confusion and end with realization. At the end of the novel Kirillov realizes the essence of Vedanta. He



affirms that Indian philosophy can uplift the whole world. The three paths i.e. Jnana, Karma and Bhakti as enunciated in the *Bhagavad Gita* are the appropriate for anyone. The follower of these paths realizes the Supreme Truth. Kirillov's negation of these paths is the cause of his failure. As Niranjana observes,

Kirillov knows that the greatest virtue on earth is Truth and Truth is the only substance that India can offer to the materialistic West, and that Truth has no history, yet like any other communist he, too, seeks historical evidence in everything. This pathetic state of his being ultimately leaves him a thoroughly confused fellow neither a communist nor a patriotic Indian. (64)

Comrade Kirillov presents a stage of development of the novelist. The novel discloses the essence of Vedanta Philosophy. Kirillov's confusion leads him to failure. His fascination towards Marxism was caused by a trendy motive. He lacks the true knowledge of the required qualities that may lead him to the enlightenment. His deep obsession with Communism brings him no concrete result. Thus, Kirillov's confused personality revealed by the narrator R. ascertains that the novel manifests the Vedanta philosophy.

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9. A Feminist Reading of the poem 'This is a Photograph of Me' by Margaret Atwood

Asma Ahsan,

Research Scholar

CT, University, Ludhiana

Abstract:

'This is a Photograph of Me' is one of the best poems of Margaret Atwood. The poem is divided into two parts that present through the use of symbols and imagery the dark side of the modern world. The paper will be analysed through a feminist perspective to show how the male-dominated society marginalises and subjugates women. Although the poem does not suggest the gender of the victim, the use of the imagery does make it clear that the poem is about a woman who is dead. The paper will also show how the writer by giving the voice to the dead symbolises a patriarchal society that has always marginalised women. The paper will also show the two aspects of society that are presented in two parts of the poem. One aspect presents an ideal image of a happy home which is just a mask beneath which lies the real picture of a world which is dark, aggressive and male-dominated.

Keywords: Marginalise, Identity, Voice, Discrimination

Introduction:

Margaret Atwood, in full Margaret Eleanor Atwood, (born November 18, 1939, Ottawa, Ontario, Canada), is a Canadian writer best known for her prose fiction and her feminist perspective. In her early poetry collections, *Double Persephone* (1961), *The Circle Game* (1964, revised in 1966), and *The Animals in That Country* (1968), Atwood ponders human behaviour, celebrates the natural world, and condemns materialism. Role reversal and new beginnings are recurrent themes in her novels, all of them centred on women seeking their relationship to the world and the individuals around them. *The Handmaid's Tale* (1985; film 1990; opera 2000) is constructed around the written record of a woman living in sexual slavery in a repressive Christian theocracy of the future that has seized power in the wake of an ecological upheaval; a TV series based on the novel premiered in 2017 and was cowritten by Atwood. The Booker Prize-winning *The Blind Assassin* (2000) is an intricately constructed narrative centring on the memoir of an elderly Canadian woman ostensibly writing to dispel confusion about both her sister's suicide and her role in the posthumous publication of a novel supposedly written by her sister. Atwood also wrote short stories, collected in such volumes as *Dancing Girls* (1977), *Bluebeard's Egg* (1983), *Wilderness Tips* (1991),



Moral Disorder (2006), and Stone Mattress (2014). Her nonfiction includes *Negotiating with the Dead: A Writer on Writing* (2002), which grew out of a series of lectures she gave at the University of Cambridge; *Payback* (2008; film 2012), an impassioned essay that treats debt—both personal and governmental—as a cultural issue rather than as a political or economic one; and *In Other Worlds: SF and the Human Imagination* (2011), in which she illuminated her relationship to science fiction. In addition to writing, Atwood taught English literature at several Canadian and American universities. She won the PEN Pinter Prize in 2016 for the spirit of political activism threading her life and works.

Discussion:

This is a Photograph of Me is the opening poem of Margaret Atwood's highly acclaimed anthology, *The Circle Game*, published in 1964 which marked the beginning of a great career of Atwood as she won the Governor General's Award in 1966. This collection of poetry has a great appeal as it talks about the concerns of the modern era like the contrast between appearance and reality, discrimination of women, condemnation of materialism, natural world and quest for identity. 'This is a Photograph of Me' encapsulates most of the above themes.

The poem comprises seven stanzas of uneven length and is divided into two parts with the second part in parentheses. The two parts present two different perspectives. The first part is quite ideal with positive and happy images. There is a mention of a tree, a small frame house, a lake and low hills. All these images make readers assume that the poem is about a place that is ideal to live in.

As the poem moves to the second part, things begin to change dramatically. With the start of the parentheses, the imagery turns dark and the tone becomes serious. The voice within the poem makes readers focus on a single point in the photograph. The voice as can be inferred from the images is of a woman who is dead. This woman attracts the attention of the readers as her voice is silenced amid the image of a happy home that is presented in the first part.

Apparently, the poem is about a photograph that is blurred but the voice that cries within the photograph is so deafening that it catches the readers attention.

The feminist reading of the poem will compare the symbols and images in the poem to the situation of a woman in a male-dominated society. The use of the phrase 'blurred lines and grey flecks' can be compared to the situation of the women whose plight in a patriarchal society is kept blurred and hidden. They are discriminated against in the name of being submissive and soft.

The use of the words tree, a gentle slope, a frame house and a lake all suggest the happy life which is merely a show-off. The writer tries to suggest that the situation of a women doesn't merely change because she is kept in an ideal place. Unless and until the identity and the opinion of women are not



respected she will continue to live a miserable life. The same thing happens in the poem where this woman was kept in an ideal place but was always silenced. She was silenced to an extent that it's her dead body that speaks. She was not heard while she lived.

The use of the word 'distortion' suggests how truth is always distorted for the selfish desires of men. It is this distortion that silences a woman to such an extreme that she becomes helpless. The narrator within the poem becomes a symbolic figure and represents the whole class of women whose identity is always compromised be it in the form of a daughter, a wife or a mother.

The second part of the poem becomes a passionate plea of a woman to recognise her identity, her existence as an equal human being.

Conclusion:

The poem although ideal at the beginning becomes shocking in the second part by the revelation that the speaker is dead. This death symbolises the condition of a woman in a patriarchal setup where she is always silenced. The photograph becomes a story of a woman who struggles to enforce her identity at every step of her life thereby becoming a soft victim in a male-dominated world.

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10. EXPLORING THE CONTRIBUTION OF MEDIA IN ADVANCING SUSTAINABLE DEVELOPMENT GOALS IN INDIA

Dr. Azamat Ali

Assistant Professor, Department of Journalism and Mass Communication, CT University, Ludhiana - 142024, Punjab

Correspondent author: azamatcug@gmail.com , **Contact Number:** 9978475174

ABSTRACT

Media is an important participant in regard to societies reaching the goals of development-both as a contributor and a beneficiary. News media can play an important role in floating awareness about the Sustainable Development Goals (SDGs). Media in all its forms has a crucial role to play in the development agenda to ensure that citizens are well informed. The media has important roles to play, to inform, to educate, and to provide a platform for public debate and discussion. It could serve as catalyst for citizens' empowerment and help to hold government and authorities to account. Third world countries like India have been facing odd situations in terms of poverty, environment, health, politics, and education. There have been efforts by the government and non- government agencies to sensitize the citizens and to make them acknowledge the programs intended at improving their socio-economic welfare. Communication is a vital tool in mobilizing people in the direction of the participatory process which in turn makes development an achievable goal. The present paper is an attempt to provide comprehensive information and explore the significance of the role of media as a powerful tool towards achieving the Sustainable Development Goal in India. The qualitative approach is conducted to explore deeper insight of SDGs understanding from news media. This study found that not all SDGs are informed well. Only several SDGs are framed based on the concern of public policy.

Keywords: Media, News media, Sustainable Development Goals, India.

INTRODUCTION

Communication is a key factor for developing knowledge and participation. News plays a significant role in conveying objectives and major focus areas of both governmental as well as public interests. Furthermore, news can be considered to be creative source of information (Moutidis and Williams, 2019). News analysis can also play an active role in terms of defining the status of the road map for localizing the SDGs. Generic patterns in sustainability related media agendas can contribute to support addressing challenges (Barkemeyer



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et al., 2013). The localization of the SDGs is critical as local spaces are key factors of the successful implementation and preservation of the goals (Taskforce, 2016).

The Sustainable Development Goals, also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity. The 17 SDGs are integrated, they recognize that action in one area will affect outcomes in others, and that development must balance social, economic and environmental sustainability. Countries have committed to prioritize progress for those who are furthest behind. The SDGs are designed to end poverty, hunger, AIDS, and discrimination against women and girls. The creativity, knowhow, technology and financial resources from all of society are necessary to achieve the SDGs in every context (UNDP, 2021).

The 17 SDGs and 169 targets are part of the 2030 Agenda for Sustainable Development adopted by 193 Member States at the UN General Assembly Summit in September 2015, and which came into effect on 1 January 2016. These goals are the result of an unprecedented consultative process that brought national governments and millions of citizens from across the globe together to negotiate and adopt the global path to sustainable development for the next 15 years (United Nations, 2021). The 17 SDGs adopted by UN member states are SDG1- no poverty, SDG 2-zero hunger, SDG3-good health and well-being, SDG4-quality education, SDG 5- gender equality, SDG 6- clean water and sanitation, SDG 7- affordable and clean energy, SDG 8 decent work and economic growth, SDG 9- industry, innovation and infrastructure. SDG 10 reduced inequalities, SDG 11- sustainable cities and communities, SDG 12- responsible consumption and production, SDG 13- climate action, SDG 14- life below water, SDG 15- life on land, SDG 16- peace, justice and strong institutions and lastly SDG 17- strengthening global partnerships for the goals (Business Standard, 2021).

These goals provide a powerful aspiration for improving our world. The word 'sustainable' itself means something that lasts long while 'development' implies a change that is considered desirable in a society. It involves socio-economic change leading to improvement in the conditions of life (Fariyad and Moin, 2017). It was this realisation of the links between environment, economic development, and poverty which resulted the coining of the term 'sustainable development' by the United Nation's Brundtland Commission in 1987. It

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is generally defined as development “meeting the needs of the present without compromising the ability of future generations to meet their own needs” (United Nations General Assembly, 1987), with as basic pillars economic development, social development, and environmental protection at the local, national, regional, and global levels (United Nations, 2002).

Declaration of Human Rights established this in its Article 19 which reads:

“Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers” (United Nations, 1948). This helps us recognize that freedom of expression has two dimensions: (a) to “impart” which is what press freedom is founded on, and (b) to “seek” and “receive” which is often called “freedom of information”. The one is the output of communications, and the other the input. Target 16.10 aims to “ensure public access to information and protect fundamental freedoms, in accordance with national legislation and international agreements” (United Nations, 2014).

One in eleven primary-school aged children are out of school worldwide. In 2018, 1.7 million people were newly infected with HIV. One-third of all women in the world have experienced violence in their lives. Amid these and a myriad of other global challenges, how can the development community scale up and accelerate shifts in social norms and behaviour at scale? The answer may lie with greater use of mass entertainment media (The World Bank, 2019). Indeed, billions are spent each year by governments and development institutions to change social norms and behaviours. Yet, systematic reviews show the traditional approaches used are not effective in promoting behaviour change nor have the reach and scale compared mass entertainment media (The World Bank, 2019).

METHOD

This study used mixed-methods to explain and to explore the finding. The result of crawling was filtered by two types of official media: (i) print media that have digital and online media; and (ii) digital and online media that have not a print version. This study used Google news to crawl the articles from India and abroad online media. The search of Google News features started with English key words such as “sustainable development goals (SDGs)”, “sustainable development goals”, and “SDGs”. However, Google News did not

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crawl all the news. In addition, this study used Google Search by adding several keywords such as “India SDGs”, “Media India SDGs”, and “New channel SDGs”.

MEDIA AND SUSTAINABLE DEVELOPMENT

Information and public awareness campaigns are indispensable tools in making the general public understand the concept and be aware of its importance. The media is a key vector that can help give practical meaning to the concept and its relevance to daily life (UNESCO, 2005). Not only through traditional print and broadcasting, but through the use of ICTs, media provides a channel for dialogue and discussion between experts, institutions and citizens. In recent decades, the development of ICTs has advanced at such speed and on such a scale that it represents a global economic and social revolution, full of hope, even though there are challenges. In this context, the free exchange of ideas and knowledge, which UNESCO promotes as one of its principal mandates, is more than ever a practical driver of sustainable development (UNESCO, 2005).

The Global Media Forum is one example of free exchange, sometimes critical and provocative, about how different stakeholders are impacting on media’s role in sustainable development. “Around the world, success in achieving the SDGs will ease global anxieties, provide a better life for women and men and build a firm foundation for stability and peace in all societies, everywhere,” said the UN Deputy Secretary General, Amina Mohammed (Chatterjee, 2020).

Media can do the same for the Sustainable Development Goals. Achieving the SDGs, and so improving the lives of millions of peoples, depends heavily on increasing public awareness, and the focused action and funding that such awareness ignites. One major shortcoming of development progress is the lack of widespread knowledge about the SDGs and the 2030 Agenda. We must look to the media to push the SDG discourse; what is reported and how it is reported helps shape policy and has implications for the millions of people whose lives are affected. Knowledge is power and if citizens are aware of the issues, they are empowered to help determine the national response.



Traditionally, development experts have failed to explain the relatively new concept of sustainable development to influencers such as educators, politicians, and the media. Doing so is important, so that easily understood narratives are developed to raise public support (Chatterjee, 2020). The SDGs pledge that “no one will be left behind” and to “endeavour to reach the furthest behind first.” In practice, this means taking explicit action to end extreme poverty, curb inequalities, confront discrimination and fast-track progress for the furthest behind. The media can shine a spotlight on those left behind, for example by using COVID-19 to examine the wider issue of universal health coverage, the subject of SDG (Irwansyah, 2018). Previous studies show that specific topics about the environment such as climate change shapes the media agenda. Several media in different countries such as Australia, Germany, and India use print media to distribute the topics of climate change (Schmidt et al., 2013).

INTERNATION MEDIA AND SDGs

India’s Ministry of Information and Broadcasting is among more than 30 organisations from across the world that has come together to form a global media compact aimed at advancing awareness of the Sustainable Development Goals. The SDG Media Compact is an initiative marking a new drive to advance awareness of the Sustainable Development Goals that were unanimously adopted by all world leaders at the United Nations in 2015. The Compact seeks to inspire media and entertainment companies around the world to leverage their resources and creative talent to advance the Goals (The Times of India, 2018).

The SDG Media Compact is inclusive and aims to embrace media companies from all regions and all platforms. Participating organizations will have the opportunity to create content partnerships with the United Nations, whereby the organization will increase its efforts to source and share high-value media content and newsworthy opportunities relating to the SDGs. Regular monitoring and review meetings will gauge engagement. The Compact is an initiative of the United Nations, in collaboration with the UN Foundation.

The founding Compact members include Al Jadeed TV-Lebanon, Asahi-Shimbun-Japan, Asia-Pacific Institute for Broadcast Development, Association of Commercial TV in Europe, China Media Group, Daily



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The British Broadcasting Corporation (BBC) recently issued internal guidance on how to report on climate change, which links to every goal, while **The Guardian** updated its style guide in 2019 to introduce terms like “climate emergency” and “climate crisis” though the use of “climate change” remains accepted, too. In September 2018, the United Nations organized the **SDG Media Compact**, currently consisting of 85 major news media companies around the world, to propel the media toward more active SDGs-related coverage.

A report by the **Brookings Institution**, a think-tank based in Washington D.C., kept track of SDGs related coverage of the media between 2000 and 2016. They uncovered an interesting phenomenon: coverage of SDG issues by the US and European media has increased in years with UN conferences and events and decreased in years without such events. Meanwhile, media coverage has been continuously visible in developing nations such as India, South Africa and Nigeria (World Economic Forum, 2020).

INDIAN MEDIA ON SDGs

The Indian subcontinent’s progress on the Global Goals is of special significance, not only because India signed the official UN declaration but also because the SDGs provide a powerful framework for India incorporated to engage in Corporate Social Responsibility (CSR). Even more interestingly, the CSR policy under section 135 of the Companies Act came into effect around the same time that the SDGs were formed. Sustainable development is the key for success. This digital age has witnessed numerous successful social campaigns in print and visual media at a global level, that are targeted at achieving Sustainable Development Goals like NDTV-Toyota Green Campaign on NDTV. It was the first ever nationwide campaign to save the environment and it was launched in April 2008. The Campaign was aimed at creating awareness about the environment, by involving the people of our: country to make a difference.

Other Television channels like Doordarshan , Star TV ,Zee TV ,ETV Network airs different shows addressing sustainability issues like climate change , poverty , ecosystem and environment protection ,

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inequality and economic development. With a lot of government support and initiatives like Swachh Bharat Abhiyan, Beti Bachao, Beti Padhao, Sarva Shiksha Abhiyan has motivated people to participate in Development programmes. Television as a mass medium has a huge appeal to common person. For such reason, television: is used in a planned manner to motivate people to participate in developmental programs. Feature, documentaries or development campaigns regarding SDG's should be such that it creates interest in the mind of viewers, contents should be contemporary to attract people of all ages and should be capable of influencing viewers to take part in the developmental programs (Fariyad and Moin, 2017).

Mainstream media in India has been grossly ignorant of the SDGs, barring a few environmental issues that make headlines. However, independent media and portals like Down to Earth, Quartz, The CSR Journal, India Development Review and Better India are doing a phenomenal job of highlighting the newsmakers and stories relevant to the SDGs. This coverage is especially pertinent for responsible businesses and NGOs that seek to replicate the positive impact and scale of successful sustainable development projects (Fernandes, 2021). Advancing Sustainable Development Goals can be achieved through the following programmes by the media professionals:

- To enlighten audience through short films with a combination of fiction and scientific information with interesting themes revolving around SDG's should be conceived.
- Documentaries with interesting themes on SDG's should be produced.
- Films with a message in them on SDG's should be encouraged.
- News Channels can have a small discussion of 10-12 minutes with 2-3 experts regarding recent developments in the field SDG's.
- Acquisition of celebrity films and documentaries which are already-produced in various countries should be dubbed in local languages and available to general public through school, colleges or other platforms.
- Different programmes for farmers with information related to farming.
- Competitions and Quiz Shows at National, state and local level should be organized.
- Weekly talk show where the anchor will interview an eminent person about Developments in SDG's may also be slotted on different TV Channels (Fariyad and Moin, 2017)



CONCLUSION

It can be concluded that, Indian News media is not lagging behind the International one in case of covering the news related to SDGs and making people aware of it. Rather, Indian media show comprehensive approach towards this. There is an urgent need for effective Television shows documentaries, short films, debates etc., to create awareness about Achieving Sustainable Development Goals. Some interesting science content based shows and films have to be worked out at grass root level for creating scientific awareness and information among the masses regarding SDG's. It is worth taking into account that effective popularization on television requires a special kind' of discourse, which is not just a simplified scientific message but a different one, with its own characteristics, values difficulties.

To conclude, different media channels are playing an important role in achieving the Millennium Development Goals. It needs to focus more on the developmental aspects rather than focusing too much on the entertainment aspects of society, So, we can say, the role different media in in Achieving Sustainable Development Goals is very significant. Rapid mobile penetration in India offers unparalleled opportunities for content sharing on digital platforms such as Facebook, Twitter, and YouTube. Though the lack of affordable internet connections and poor connectivity remain a challenge, mobile technology is a powerful enabler across many sectors.

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11. EFFECT OF YOGIC INTERVENTION ON AGGRESSION AMONG SCHOOL GOING BADMINTON PLAYERS

Badennagari Rukmangada

Research Scholar, Department of Physical Education, CT University, Punjab, India

Dr.RajinderKaur

Associate Professor, Department of Physical Education, CT University, Punjab, India

Abstract

Among the unexpected human behaviors, aggression appears to be the most prevalent and disturbing one, affecting one and all. Indian traditional texts claim that yoga is one of the important preventive interventions. The objective of this study is to demonstrate the potential of yogic intervention on aggression among school going badminton players' age ranging between 15 to 17 years. For the study, thirty male badminton players (n=30) were selected. They were divided into three equal groups, each group consisted of ten subjects, in which group -I underwent yogic asana practice, the group – II underwent progressive relaxation practice and group III acted as the control group. The training period for this study was five days a week for twelve weeks. Before and after the training period, the subjects were tested for Aggressive behavior through an aggression questionnaire developed by Anand Kumar and P.S. Shukla (1988). One-way ANOVA and posthoc were applied to assess the difference among the groups. The findings of the study determine a statistically significant difference between pre and post-aggression scores among the yogic asana group, progressive relaxation group, and control group. The results showed a significant change in aggression in the progressive relaxation group as compared to the other two groups.

Keywords: Yogic intervention, progressive relaxation, Aggression, Badminton.

Introduction

According to Patanjali, "Yoga is Chitta vritti nirodha". It means that yoga is the removal of the fluctuations of the mind. Yoga can be adopted as a lifestyle practice for promoting our physical and mental health. If yoga can be introduced as a subject at the school level, it would help to inculcate healthy habits and a healthy lifestyle amongst school going children to achieve good health. The aim of yoga, at the school level, will encourage a positive and healthy lifestyle for the physical, mental, and emotional health of children. Practicing yoga helps in the development



of strength, endurance, and high energy at the physical level. Furthermore, it also empowers an individual with increased concentration, calmness, peace, and contentment at the mental level leading to inner and outer harmony. For badminton players, yoga can help in improving their neuromuscular system and give power to all their muscles equally where the stretch and strengthening are done simultaneously. With specific yoga postures, players can also learn how to control breathing to ensure enough oxygen intake under the pressurized situation. Yoga may also help them tune, strengthen and create flexibility in the body.

Aggression is any interpersonal behavior intended to cause physical harm or mental distress to a person or individual. In the sports context, aggression can be defined as an unprovoked physical or verbal assault. Aggression today is part and parcel of any sports because in some sports its acts as a winning technique and some vice-versa. Aggressive behavior could cause a significant toll, equally affecting both involved and the non-involved. This offending human behavior has been well described in Indian yogic scriptures. It provides a framework to understand the causes, ill-effects, needs for peace, harmony, and ways to correct the aggression behavior. In addition, it also claimed that yoga is a way for inner delight and external coherence and it is possible to bring a sense of inner peace and emotional stability, so yoga is having the potential to correct aggressive behaviors.

Despite the number of research on yoga and its benefits, there is a lack of scientific evidence based on the aggressive behavior of male badminton players of this age category. Hence, the research scholar was motivated to undertake this study, "Effect Of Yogic Intervention on Aggression among School Going Badminton Players."

Methodology

The study was conducted on thirty male badminton players (n=30) age ranging between 15 to 17 years. Two neighbourhood schools in Hisar Haryana were identified for this study. The subjects were equally divided into three groups. Group I (n=10) underwent yogic asana practice, Group II (n=10) underwent progressive relaxation practice and Group III remain as control. The training program was carried out five days per week for twelve weeks. The



Figure 1.1: Mean Scores of Pre and Post Test among Yogic Asana, Progressive Relaxation, and Control Groups

Pre-Aggression Group Analysis

Table 1.2

One-way ANOVA of Pre-Test among All three Groups

Groups	Sum of Squares	df	Mean Square	F
Between Groups	.067	2	.033	.011 [#]
Within Groups	79.400	27	2.941	
Total	79.467	29		

**Significant at 0.05 level, [#]No Significant*

Table 1.2 demonstrates the analysis of one-way ANOVA of pre-test among all three groups. It represents that the obtained F-ratio is 0.11 (*table values required for significance at 0.05 level with df 2 and 27 is 3.35 respectively*) which is less than the required table value of 3.35 for significance at a 0.05 level of confidence. Therefore the result indicates that there is no significant difference was found among the paired means of yogic asana, progressive relaxation, and control groups at pre aggression stage.

Post-Aggression Group Analysis

Table 1.3

One-way Anova of Post-test among All Three Groups

Groups	Sum of Squares	Df	Mean Square	F
Between Groups	240.867	2	120.433	33.012*
Within Groups	98.500	27	3.648	



Groups	Sum of Squares	Df	Mean Square	F
Between Groups	240.867	2	120.433	33.012*
Within Groups	98.500	27	3.648	
Total	339.367	29		

**Significant at 0.05 level, #No Significant*

Table 1.3 demonstrates the analysis of one-way ANOVA of post-test among all three groups. It represents that the obtained F-ratio is 33.012 (table values required for significance at .05 level with df 2 and 27 is 33.012 respectively.) which is greater than the table value of 3.35 with df 2 and 27 required for significance at a .05 level of confidence. The result indicates the significant difference among the paired means of yogic asana, progressive relaxation, and control groups at the post aggression stage.

Table 1.4

Scheffe's Posthoc Test of Paired Means of Post Test among Yogic Asana, Progressive Relaxation, and Control Groups

Mean Values			Mean difference	Sig
Yogic Asana Group	Progressive Relaxation Group	Control Group		
8.0000		12.1000	-4.100*	.000
	5.2000	12.1000	-6.900	.000
8.0000	5.2000		2.800	.011

**Significant at 0.05 level*

Table 1.4 represents Scheffe's Posthoc Test of paired means of post-test among yogic asana, progressive relaxation, and control groups. It indicates that the mean difference among yogic asana and



control groups; yogic asana and progressive relaxation groups; and progressive relaxation and control groups is -4.100, 2.800, and -6.900 respectively, which is significant at .05 level of confidence.

On the basis of the findings of the study, it is clear that there was no significant was found in the pre mean comparison among yogic asana group and progressive relaxation groups; yogic asana group and control groups and progressive relaxation groups and control groups on aggression. Therefore it is clear that all three groups were homogenous at the beginning of the study. After the post mean comparison significant difference was found between the yogic asana group and progressive relaxation groups; yogic asana group and control groups; and progressive relaxation groups and control groups on aggression. Therefore we can say that experimental groups demonstrated significantly lower aggression scores when compared with the control group (Barbara A. Bornmann MA. 2007).

Conclusion

The overall picture that emerged from the result shows that both yogic asanas and progressive relaxation techniques have significantly decreased aggression (M. Saradha and Dr. A. Rajan, 2017) among the badminton players. However, based on the findings and analysis it was found that the progressive relaxation training group was better in reducing aggression when compared to the yogic asana and control group respectively (Saleem M K et.al.,2013). So, it is recommended that progressive relaxation training should be administered to the badminton players as well as other sportspersons who experience aggression in their respective sports.



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12. Effective Health Communication: A Game Changer for Tackling the COVID-19 Pandemic Crisis

BALDEO KUMAR PANDEY^{1,*} AND DR. AZAMAT ALI²

Research Scholar, Department of Journalism and Mass Communication, CT University, Ludhiana -142024, Punjab

*Correspondent author: baldeop1920@gmail.com , Contact Number: 9686131796.

²Assistant Professor, Department of Journalism and Mass Communication, CT University, Ludhiana - 142024, Punjab

ABSTRACT

The unprecedented outbreak of fatal COVID-19 pandemic around March 2020 changed the every walk of human life drastically. While this pandemic affected a comparatively small number of nations like China, Italy, Iran and Iran first, but remaining countries were apprehensive about this evil at their doors anytime. By end of March 2020, COVID-19 infection was spreading fast in the impacted nations while its initial spread was also apprehended by many other countries which resulted into panic and extraordinary measures like partial and somewhere complete lockdown by closing down Kindergartens to Universities, Shops to Malls etc. The curfews were imposed in many nations restricting the public mobility and gathering For Business continuity, the business houses instructed their employees to work from home. Still right from kids to PhD scholars are undergoing online and remotely arranged virtually learning sessions in many countries. In this way, many words and phrases have become very common like Quarantine, Personal Hygiene, Hand Washing, Sanitizer, Mouth & Nose Masks, Social or Physical Distancing. In this context, the present paper studies the role of health communication in times of COVID-19 Pandemic crisis.

Keywords: Health communication, health information, mass media, COVID-19

Introduction

The aggravating situation and measures taken by the governments have responded by a massive information flow regarding COVID-19 pandemic around the clock through television, radio, online and print media. Interestingly, almost all right from ordinary opinion leaders to ruling elites, religious gurus, news analysts, health experts, doctors, social workers etc have been taking leverage of these communication facilities to discuss debate and educate the masses in general and to escalate the situations to the government authorities. The instant massive reaction and information flow about the pandemic has been diverse and unprecedented.

Interestingly, while youngsters preferred sources of the information have been social media like Facebook, YouTube, Instagram etc., but elderly people still prefer their information from television, radio and



newspapers. The people residing in foreign countries may be receiving such information and updates from their leaders and news sources of their respective nations. In such catastrophic pandemic situation, people need authentic, timely and adequate information across the globe. Such important information requirement has been vented out in an editorial in the Lancet in February 2021 underlining that “There may be no way to prevent a COVID-19 pandemic in this globalised time, but verified information is the most effective prevention against the disease of panic” [1].

In such unprecedented pandemic situation the expectations are high from the political & community and health leaders to share the correct information and to ensure the effective measure to treat the impacted people as well as to prevent this fatal infection spreading in different parts of the societies through behavioural changes of the masses. This health communication is the key playing a significant role in educating and sensitising the people against this menace.

Now social-physical distancing, effective masking the mouth & nose quarantine, work from homes and healthy food intake etc., have become the new normal due to such health communication from diverse sources during the COVID-19 pandemic crisis. The effective health communication can also restore confidence from panic and uncertain situations and can also infuse scientific understanding and responses to fight the COVID-19 pandemic crisis. Especially in such distressful time, the health professionals have an onus to share accurate information with the masses so that they could align themselves accordingly.

How to Mitigate Uncertainty and Apprehension

COVID-19 is very dreadful and infectious for the obvious reasons of spreading from one human to another fast. The two foremost grounds for this high rate of fear and anxiety are how contagious and lethal this pandemic appears to be, especially for older people [2]. The fact that the virus involves a symptom-free incubation period of on average almost a week for the majority of those infected [3], in which contagiousness is maybe most prominent, increases the notion that this is an invisible enemy, inducing a feeling of losing control over ones' lives. Resulting into, the political leaders and health experts have a tough time to convince the masses that they are safe amidst the uncertainty.



Similarly, the health communicators are struggling during COVID-19 spread in providing accurate and credible information due to obvious limited experience and knowledge. Although, the health communicators and community leaders have been sharing the information about COVID-19 and its associated contagiousness and fatality with the masses, but still lack of awareness and data of mutation rate of the virus and chances of herd immunity and its impact in protecting the number of lives are few puzzles needs to be revealed. The anti COVID-19 vaccines are rays of hope, but still their efficacy is under the scanner.

The imposed lockdown to contain and prevent COVID-19 infection has been impacting many people adversely. Since effective communication during this pandemic situation is very critical and demanding, we need to ensure below mentioned four important suggestions in order to how to communicate health information to the public.

First, it is important to declare openly and honestly what is known and what is unknown and to stick to the facts as much as possible [4]. Interestingly, the given ‘facts’ are also very much temporary in nature as these are updated and modified based on new evidences and symptoms in relation to the pandemic and its management. The source of the information needs to be accurate and reliable. Given how rapidly things are changing, it is important to be clear that when recommendations change, this is based on new, previously unknown evidence.

Second, information should be consistent and specific. Even if we acknowledge that there is much we do not know, it is important not to get stuck in vagueness. Research on severe diseases has shown that illness uncertainty, a patient’s inability to determine the meaning of illness-related events, can be a result of ambiguity (conflicting, incomplete, or inadequate information); complexity (difficult to understand information); and unpredictability (likelihood or risk of future outcome of the disease) [5–6]. Therefore, it is necessary to share the information in clear, specific, unambiguous and understandable language. This is also important to ensure the number of spokespersons limited and consistent.

Third, it is also suggested to exhibit the ability to make decisions in such prevailing pandemic situation full of uncertainty, with confidence so that the people should feel safe and honesty even if the decision taken might be proven wrong. From stand point of a health communication, such leadership might be to



acknowledge and applaud frontline community leaders, politicians, scientists, and health workers for resolving immediate problems for the benefit of all.

Fourth, we should acknowledge emotions. Uncertainty in illness has been associated with anxiety, depression and distress [3, 7, 8], all of which can result in panic and passivity, rather than the community working together to change behavior in ways that will reduce the COVID-19 risk. Information should therefore be empathic, by demonstrating concern and by acknowledge the impact of the situation for the individual and their lives, and not by being aloof or too factual [9,10]. Clinicians will know that this is a challenging task, often helped by reciprocal trust. Fear is a natural response in the face of the pandemic. Fear does not go away by being ignored. Rather the opposite, fear is easier to handle when it is acknowledged [11]. Petersen has coined a term, “optimistic anxiety”, suggesting that “citizens must be anxious enough to take the advice from the authorities to heart and optimistic enough as to feel that their actions make a difference” [12].

How to Facilitate Behaviour Change

In order to reduce the COVID-19 infection, it is required to devise appropriate method to induce behavioural changes in individual in particular and also in the community in general. The framing of such recommendations are significant to ensure the adherence. We know from research on previous pandemics that official recommendations are met with scepticism by many [13]. The required behavioural changes to tackle the pandemic are very much known now: Cough in a tissue or in your elbow! Wash your hands regularly! Keep distance - Social distancing! Do not touch your face! Clean surfaces!

Although these messages are simple but are not necessarily simple to ensure their adherence. Even if all the people having the same information, one’s behavioural change would still be a challenge. These recommendations need changing subconsciously deployed behavioural routines. We need to acknowledge that initiation alteration of behaviour to maintenance requires a change in the self-regulation of the behaviour. The behaviour initiation needs intentional behaviour planning whereas maintenance becomes more habitual and needs less self-regulation.



Problems for the Health Workers

During implementation of health communication in the COVID-19 crisis, it is important to understand the problems faced by the health workers with patients in person or virtually. The significant decisions are required to be taken with the patients and their families and caretakers about staying at the ICU and its impact on the quality of life in upcoming time. The serious infections of COVID-19 need a longer stay at the ICU with artificial ventilation which is very annoying. For some patients, the physical impact both of the disease itself and interfering treatment can be profound.

A study by Udelsman et al. among older, higher-risk patients presenting for elective procedures showed that most patients chose limitations to life-sustaining treatments [14]. Therefore, the experts in the fields of communication, education, and health behavior change are required to be responsibility for carefully assessing what is known and insights presently evolving. Now, the effective health communication is a game changer in tackling the COVID-19 pandemic crisis.

Conclusion

Amidst frightening period of COVID-19 crisis, health communication has been a key serving the suffering humanity with one of most needed support in the form of appropriate information. Although, the health information has been updated and modified in this transition period due to lack of such traumatic experience with an exception of dreaded suffering caused by Spanish Influenza long back after World War I which was almost forgotten by the world. In this way, the health communication has been very effective in establishing a bridge between suffering and agonized people and the health & government authorities. This has been also facilitating a behavioural change among the people worldwide resulting into new normal behaviour everywhere.

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13. A COMPARATIVE ANALYSIS OF MENTAL SKILLS AMONG INDIVIDUAL, TEAM AND COMBAT SPORTS: A PSYCHOLOGICAL INVESTIGATION

Baljeet Kaur¹, Dr. Pravin Kumar²

¹Research Scholar, Department of Physical Education, CT University, Ludhiana (Punjab) India

²Professor, Department of Physical Education, CT University, Ludhiana (Punjab) India.

Abstract

Study Aim: To compare the mental skills among individual, team and combat sports. **Methods:** The researcher collected the data on sixty (N=60), Male athletes of Guru Nanak Dev University between the age group of 18-25 years. The subjects were purposively assigned into three groups; Group-A: Individual (n₁=20), Group-B: Team (n₂=20), Group-C: Combat (n₃=20). The mental skills questionnaire based on the work of Hardy and Nelson (1996), which consists of 24 questions, was used. **Statistical Technique Employed:** The Statistical Package for the Social Sciences (SPSS) version 16.0 was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA). **Results & Conclusion:** To conclude, It is evident that the results of Analysis of Variance (ANOVA) among three groups with regard to the Imagery Ability, Mental Preparation, Self Confidence, Anxiety & Worry Management, Concentration Ability, Relaxation Ability and total Mental Skills were found to be statistically insignificant (P>0.05).

Keywords: Imagery ability, Mental Preparation ability, Self-Confidence level, Anxiety and worry Management, Concentration ability, Relaxation ability.

INTRODUCTION

Research in psychology seeks to understand and explain thought, emotion and behavior. Applications of psychology include mental health treatment, performance enhancement, self-help, ergonomics and many other areas affecting health and daily life. Today, psychologists prefer to use more objective scientific methods to understand, explain, and predict human behavior. Psychological studies are highly structured, beginning with a hypothesis that is then empirically tested. Psychology has two major areas of focus: academic psychology and applied psychology. Academic psychology focuses on the study of different sub-topics within psychology including personality psychology, social psychology and developmental psychology. Every team wants to show their supremacy by challenging other team. Thus this challenge stimulates, inspires and motivates all the players to sweat and strive to perform at optimum level in present competitive sports world.

Mahoney and Gabriel (1987) noticed that skills such as stress management, concentration, arousal, mental preparation and self-confidence are important components of mental skills which make the psychology profile of elite athletes (Mahoney et al., 1987). Studies have shown that excessive psychological arousal does not only impair sporting performance, it is also likely to increase the risk of injury (Handford et al., 1997). Over arousal is associated with the impairment of natural technique, which athletes describe as a loss of rhythm (Brukner and Khan, 2007). Therefore, relaxation is a technique which is often applied by people to decrease arousal. Relaxation and activation help each or control the level of arousal and decrease fluctuation in performance (Zaichkowsky & Takenaka, 1993). Most of the mental skills such as goal setting, relaxation, energizing, imagery and mental practice require excellent attention, control and concentration. Researchers have suggested that the ability to consistently focus on a relevant task and environmental stimuli, which is often referred to as concentration is a vital aspect of athletic performance (Boutcher, 1990; Orlick, 1990). Loss of concentration (focus) can also predispose to injury by giving the athlete less time to react to certain cues. When discussing the benefits of tapering before a big competition, Everline, (2007) recommends that during the tapering phase focus must be concentrated on regeneration, recovery and mental preparation.



One psychological skill in particular, mental imagery, has received much attention for its role in athletic performance and is often included in psychological skills training given to athletes to complement their regular training programmes (Beauchamp et al., 1996). Hall (2001) has even suggested that imagery for the rehearsal of skills should be treated similarly to physical practice given that research has suggested a functional equivalence between the two activities (Gabriele et al., 1989; Holmes and Collins, 2001). More specifically, it has been suggested that imagery and the preparation and execution of autonomous, overt motor performance relate to the same mental representation system (i.e. Decety and Grèzes, 1999).

Self-confidence is another necessary element to achieve enhanced performance (Ericsson et al., 1993; Gauron, 1984; Porter & Foster, 1986). It is also observed that athletes benefit from goal setting to increase self-confidence. However, low self-confidence and high anxiety have been shown to negatively affect martial arts performance (Anshel & Payne, 2006). Martens (1977) defined stress as a process that involves the perception of substantial imbalance between environmental demands and response capability (Martens, 1977). Durand-Bush (1995) revealed that stressor situation is very useful for most successful athletes, because they have a positive approach to anxiety and worry. According to Lazarus, (Lundqvist, 1996) when athletes encounter stressful situations or faces adversity during their competitive endeavours, the outcome in terms of positive or negative emotional responses and the resultant effects on the athlete's performance will be largely influenced by their ability to successfully manage the internal and external demands perceived.

Elite athletes also interpret their anxiety symptoms as more facilitative than non-elite athletes in competition, despite their similar anxiety intensity. For the psychological skills that appear to control these responses, elite athletes engage in more extensive use of goal-setting, focusing, refocusing, competition planning and imagery than their non-elite counterparts.

SELECTION OF SUBJECTS

The researcher collected the data on sixty (N=60), Male athletes of Guru Nanak Dev University between the age group of 18-25 years. The subjects were purposively assigned into three groups; Group-A: Individual (n₁=20), Group-B: Team (n₂=20), Group-C: Combat (n₃=20).

SELECTION OF VARIABLES

A feasibility analysis as to which of the variables could be taken up for the investigation, keeping in view the availability of tools, adequacy to the subjects and the legitimate time that could be devoted for tests and to keep the entire study unitary and integrated was made in consultation with experts. With the above criteria's in mind, the following variables were selected for the present study:

Mental Skills:

1. Imagery ability
2. Mental Preparation ability
3. Self-Confidence level
4. Anxiety and worry Management
5. Concentration ability
6. Relaxation ability

Mental Skills Questionnaire

Hardy and Nelson mental skills questionnaire was used to assess level of mental skills. The questionnaire contains 24 questions measuring six dimensions of mental skills and each dimension is measured by four questions, with a six point likert scale. The questionnaire has been presented in the appendix A. The six factors of Hardy and Nelson's mental skills Questionnaire are as follows:

1. Imagery ability
2. Mental Preparation ability
3. Self-Confidence level
4. Anxiety and worry Management
5. Concentration ability



6. Relaxation ability

Purpose

This questionnaire identifies general mental strength and weakness level of the subject. With the help of the questionnaire the researcher will try to get the ability to apply mental skill in sporting condition.

Description

The mental skills questionnaire consists of a number of statements about experiences associated with competitive sport. Each subject was given a questionnaire and a pencil. The subjects were asked to read each statement carefully and then circle the appropriate number to indicate the extent to which one agrees with the statement. This was based on a six-point scale from strongly agree to strongly disagree.

Scoring

The rating is based on six-point scale from strongly agree to strongly disagree. The lower score represents weakness level and higher score represents stronger level of mental ability. (Hardy and Nelson, 1996).

COLLECTION OF DATA

The survey method through the technique of questionnaire had been adopted to collect the relevant data for this study. The researcher collected the data on sixty (N=60), Male athletes of Guru Nanak Dev University between the age group of 18-25 years. The *purposive sampling technique was used* to attain the objectives of the study.

CRITERION MEASURES

The criterion measure chosen for testing the hypothesis of the study was the scores obtained from the Mental Skill prepared and standardized by Hardy and Nelson which is one of the reliable tool and being widely used all over the world by sport psychologist.

STATISTICAL TECHNIQUE EMPLOYED

The Statistical Package for the Social Sciences (SPSS) version 16.0 was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by One-way Analysis of Variance (ANOVA).

RESEARCH FINDINGS

For each of the chosen variable, the result pertaining to significant difference, if any, of Mental Skills among Individual, Team and Combat Sports are presented in the following tables:

Table 1. Analysis of Variance (ANOVA) results with regard to Imagery Ability among Individual, Team & Combat Sports.

Source of variance	Sum of Squares	Df	Mean Square	F-ratio	Sig.
Between Groups	7.400	2	3.240	.734	.490
Within Groups	231.240	57	4.560		
Total	227.670	59			

*Significant at 0.05, $F_{0.05}(2, 57)$

It is evident from Table 1 that the results of Analysis of Variance (ANOVA) among three groups with regard to the imagery ability were found to be statistically insignificant ($P > 0.05$). Since the obtained "F" ratio .734 was found statistically insignificant, therefore, there is no need to apply post hoc test.

Table 2. Analysis of Variance (ANOVA) results with regard to Mental Preparation among Individual, Team & Combat Sports.

Source of variance	Sum of Squares	Df	Mean Square	F-ratio	Sig.
Between Groups	.433	2	.217	.208	.813
Within Groups	59.500	57	1.044		

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Total	59.933	59			
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**Significant at 0.05, $F_{0.05}(2, 57)$*

It is evident from Table 2 that the results of Analysis of Variance (ANOVA) among three groups with regard to the mental preparation were found to be statistically insignificant ($P > 0.05$). Since the obtained “F” ratio.208 was found statistically insignificant, therefore, there is no need to apply post hoc test.

Table 3. Analysis of Variance (ANOVA) results with regard to Self Confidence among Individual, Team & Combat Sports.

Source of variance	Sum of Squares	Df	Mean Square	F-ratio	Sig.
Between Groups	31.300	2	13.690	.289	.768
Within Groups	238.300	57	4.145		
Total	269.600	59			

**Significant at 0.05, $F_{0.05}(2, 57)$*

It is evident from Table 3 that the results of Analysis of Variance (ANOVA) among three groups with regard to the Self Confidence were found to be statistically insignificant ($P > 0.05$). Since the obtained “F” ratio.289 was found statistically insignificant, therefore, there is no need to apply post hoc test.

Table 4. Analysis of Variance (ANOVA) results with regard to Anxiety & Worry Management among Individual, Team & Combat Sports.

Source of variance	Sum of Squares	Df	Mean Square	F-ratio	Sig.
Between Groups	172.900	2	86.450	.467	.567
Within Groups	1095.700	57	19.223		
Total	1268.600	59			

**Significant at 0.05, $F_{0.05}(2, 57)$*

It is evident from Table 4 that the results of Analysis of Variance (ANOVA) among three groups with regard to the anxiety & worry management were found to be statistically insignificant ($P > 0.05$). Since the obtained “F” ratio. 467 was found statistically insignificant, therefore, there is no need to apply post hoc test.

Table 5. Analysis of Variance (ANOVA) results with regard to Concentration Ability among Individual, Team & Combat Sports.

Source of variance	Sum of Squares	Df	Mean Square	F-ratio	Sig.
Between Groups	7.633	2	3.390	.167	.567
Within Groups	2567.700	57	41.345		
Total	2367.333	59			

**Significant at 0.05, $F_{0.05}(2, 57)$*

It is evident from Table 5 that the results of Analysis of Variance (ANOVA) among

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three groups with regard to the sub-parameter concentration ability were found to be statistically insignificant ($P>0.05$). Since the obtained “F” ratio.167 was found statistically insignificant, therefore, there is no need to apply Post Hoc test.

Table 6. Analysis of Variance (ANOVA) results with regard to Relaxation Ability among Individual, Team & Combat Sports.

Source of variance	Sum of Squares	Df	Mean Square	F-ratio	Sig.
Between Groups	108.033	2	54.017	.378	.089
Within Groups	704.700	57	12.363		
Total	812.733	59			

**Significant at 0.05, $F_{0.05}(2, 57)$*

It is evident from Table 6 that the results of Analysis of Variance (ANOVA) among three groups with regard to the sub-parameter Relaxation Ability were found to be statistically insignificant ($P>0.05$). Since the obtained “F” ratio.378 was found statistically insignificant, therefore, there is no need to apply Post Hoc test.

Table 7. Analysis of Variance (ANOVA) results with regard to Total Mental Skill among Individual, Team & Combat Sports.

Source of variance	Sum of Squares	Df	Mean Square	F-ratio	Sig.
Between Groups	499.300	2	249.650	.589	.634
Within Groups	5662.100	57	99.335		
Total	6161.400	59			

**Significant at 0.05, $F_{0.05}(2, 57)$*

It is evident from Table 7 that the results of Analysis of Variance (ANOVA) among three groups with regard to the sub-parameter total mental skills were found to be statistically insignificant ($P>0.05$). Since the obtained “F” ratio .589 was found statistically insignificant, therefore, there is no need to apply Post Hoc test.

CONCLUSIONS OF THE STUDY

Based on the findings of this study, the following conclusions were drawn:

1. To conclude, It is evident that the results of Analysis of Variance (ANOVA) among three groups with regard to the Imagery Ability were found to be statistically insignificant ($P>0.05$).
2. To conclude, It is evident that the results of Analysis of Variance (ANOVA) among three groups with regard to the Mental Preparation were found to be statistically insignificant ($P>0.05$).
3. To conclude, It is evident that the results of Analysis of Variance (ANOVA) among three groups with regard to the sub-parameter Self Confidence were found to be statistically insignificant ($P>0.05$).
4. To conclude, It is evident that the results of Analysis of Variance (ANOVA) among three groups with regard to the sub-parameter Anxiety & Worry Management were found to be statistically insignificant ($P>0.05$).
5. To conclude, It is evident that the results of Analysis of Variance (ANOVA) among three groups with regard to the sub-parameter Concentration Ability were found to be statistically insignificant ($P>0.05$).



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6. To conclude, It is evident that the results of Analysis of Variance (ANOVA) among three groups with regard to the sub-parameter Relaxation Ability were found to be statistically insignificant ($P>0.05$).
7. To conclude, It is evident that the results of Analysis of Variance (ANOVA) among three groups with regard to the sub-parameter total Mental Skills were found to be statistically insignificant ($P>0.05$).

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14. IMPORTANCE AND CHALLENGES OF HUMAN RESOURCE ACCOUNTING IN INDIAN COMPANIES

MR. BHARATKUMAR KANTILAL PALA

(M.Com, UGC-NET, GSET)

Ph. D. Research Scholar

(Department of Commerce and Business Administration)

(Under the subject of Accountancy)

Bhakta Kavi Narsinh Mehta University

Junagadh

Under the guidance of

Dr. JIGAR R. RAVAL

Abstract: “Great vision without great people is irrelevant” Any business entity or institution strives hard for achieving profits, reputation within the society, customer retention and loyalty, business expansion, overcoming and eliminating competition of these goals can be made possible majorly by the workers of such organisations. It’s an undeniable truth that a well managed and highly cohesive work force is that the back bone of any organisation. Hence it becomes important for any organisation to contemplate on the number and quality of its workforce which involves a radical analysis and understanding of the time and capital invested on its human resources. This is commonly mentioned as human resources accounting. Even though, researches are happening since 1691 during this field, many organisations were merely considering their employees as paid workers. However, post 1960 it's gained momentum and lots of organisations have started practicing human resource accounting.

Keywords: Human Resource Accounting, Human Resources, Human Capital, Objectives, Limitations

1. INTRODUCTION

Human Resource Accounting is that the process of reporting the investment made within the human capital of an organization. The most purpose of this is often to account for the human resources of the organization as they're unaccounted for within the financial statements. The financial statements show only the financial transactions and therefore the financial soundness of the business and don't have anything to try to with the



human resources of the organizations. Hence human resource accounting is practiced so as to account for the human capital of the organisation.

2. Definitions

- The American Association of Accountants (AAA) defines HRA as follows: “HRA is a process of identifying and measuring data about human resources and communicating this information to interested parties.”
- Flamhoitz defines HRA as “accounting for people as an organizational resource. It involves measuring the costs incurred by organizations to recruit, select, hire, train, and develop human assets. It also involves measuring the economic value of people to the organization.”
- According to Stephen Knauf, “HRA is the measurement and quantification of human organizational inputs such as recruiting, training, experience and commitment.”

3. Objectives

- To possess an analysis of the Human Asset, i.e. whether such assets are conserved, depleted, or appreciated.
- To furnish cost value information for creating proper and effective management decisions about acquiring, allocating, developing, and maintaining human resources so as to realize cost effective organizational objectives.
- To assist within the development of management principles and proper deciding for the longer term, by classifying financial consequences of varied practices.
- To watch effectively the utilization of human resources by the management.

4. Importance of Human Resource Accounting

Human Resource Accounting provides useful information to the management, financial analysts and employees as stated below:

- 1) Human Resource Accounting helps the management in the identification and employment of human resources in the organization.
- 2) It assists in evaluating the expenditure incurred for imparting further education and training in employees in terms of the advantages derived by the firm.



- 3) It helps choose the upkeep and development of human resources through proper training, promotion and compensation strategies.
- 4) It helps employees in improving their performance and bargaining power. It makes each of them to know his contribution towards the betterment of the firm vis-à-vis the expenditure incurred by the firm on them.
- 5) It helps in locating the important cause for low return on investment, like improper or under-utilization of physical assets or human resource or both.
- 6) It helps to spot the causes of high labor turnover, absenteeism and issues associated with change management and stress management at various levels and formulating strategies and measures to regulate them.
- 7) It provides a basis for man power planning and recruitment.
- 8) It provides valuable information for persons interested in making future investment within the firm.

The following are the explanations why Human Resources Accounting has been receiving such a lot attention within the recent years.

- A standard framework of Accounting is within the process to include a way broader set of measurement than was possible within the past.
- Conventional accounting of human resources took note of all expenses of Human capital formation which does not seem to be correct or meeting the particular needs.
- The people are the foremost important assets of an organization but the worth of this asset yet to seem in financial statements. It doesn't get included in management information systems too.
- There's genuine need for reliable and complete management of human resources.

5. Methods of Human Resource Accounting

There are two approaches to HRA. The Cost approach, also called the "human resource cost accountancy method" and the value approach.

A) Cost Approach

1) Historical Cost Method

This approach is additionally called a acquisition cost model. Under this method, the organization's investment in employees is measured using the five parameters: recruiting, acquisition, formal training and



familiarization, informal training and informal familiarization, and experience and development. Here it's suggested that instead of charging the prices to earnings report, they should be capitalized within the record. The method of giving a standing of asset to the expenditure item is named capitalization. In human resource management, it is necessary to amortize the capitalized amount over a period of time. So, here one will take the age of the worker at the time of recruitment and at the time of retirement. Out of these, a number of employees may leave the organization before attaining the superannuation. This method is that the only method of Human Resource Accounting that's based on sound accounting principles and policies.

Limitations

- It's going to be possible that the worker is already fully trained and there's no got to employ any development, training, recruitment cost. It'll create difficulty for a corporation to seek out CTC consistent with acquisition model.
- It's too tedious to collect the related information regarding the human values.
- Since the assets i.e. the human resources can't be sold there are not any independent checks of their valuation.
- The valuation method is predicated on the false assumption that the currency is stable and hence doesn't give importance for value of cash.
- This method measures only the prices to the organization, and doesn't take into consideration the value of the worker to the organization.

2) Replacement cost method

This approach measures the value of replacing an employee. Consistent with Likert (1985) cost includes recruitment, selection, compensation, and training cost (including the income foregone during the training period). The info derived from this method could be useful choose whether to dismiss or replace the staff.

Limitations

- In practice, the value of replacement of employee is sort of tedious and expensive process. Moreover, frequent replacement of employees shows the poor management and retention of human resources.

B) Value Approach

1) Present value of future earnings



Lev and Schwartz (1971) proposed an economic valuation of employees supported this value of future earnings, adjusted for the probability of employee's death/separation/retirement. It considers the value of money and helps in determining what an employee's future contribution is worth today.

Limitations

- The measure assigns more weight to averages than to the value of any specific group or individual.
- The measure is an objective one because it uses widely based statistics like census income return and mortality tables.

2) Value to the organisation

Hekimian and Jones (1967) proposed that when an organization had several divisions seeking an equivalent employee, the worker should be allocated to the very best bidder and thus the price incorporated into that division's investment base. For instance, a worth of knowledgeable athlete's service is typically determined by what proportion money a particular team, acting in an open competitive market, is willing to pay him or her.

Limitations

- The soundness of the valuation depends wholly on the information, judgment, and impartiality of the bidder.

3) Model on human resource accounting

This model prescribes the human resource accounting approach for 2 categories of employees:

- Employees, who execute the choice taken by Top Executives
- Employees, who are at strategic, key decision-making positions like MD, CEO (Top Executives)

Model arrives value of human resources as sum of below mentioned three parts:

- 1) Real cost of capital part
- 2) Present value of future salary/wages payments
- 3) Performance evaluation part

Limitations

- 1) Calculation process is lengthy and cumbersome.



- 2) Lev and Schwartz valuation principles are used at one point of your time , so this model contains a weakness from the Lev and Schwartz model.

6. Limitations of Human Resource Accounting

Human Resource Accounting is that the term wont to describe the accounting methods, system and techniques, which coupled with special knowledge and skill, assist personnel management within the valuation of personnel in financial terms. It presumes that there's great difference among the personnel in their knowledge, ability and motivation within the same organization also as from organization to organization. It means some become liability too rather than being human assets. HRA facilitates deciding about the personnel i.e., either to keep or dispense with their services or to provide training. There are many limitations which make the management reluctant to introduce HRA. A number of the attributes are:

- Another question is, on value being placed on human resources how should it's amortized. Is that the rate of amortization to be decreasing, constant or increasing? Should it's an equivalent or different for various categories of personnel?
- As far as our country cares human resource accounting remains at the developmental stage. Much additional research is important for its effective application.
- As human resources aren't capable of being owned, retained and utilized, unlike the physical assets, there is problem for the management to treat them as assets in the strict sense.
- In spite of all its significance and necessity, tax laws do not recognize citizenry as assets.
- In what form and manner, their value to be included in the budget is that the question yet to be classified on which there's no consensus within the accounting profession.
- The amount of existence of human resource is uncertain and hence valuing them under uncertainty in future seems to be unrealistic.
- The much needed empirical evidence is yet to be found to support the hypothesis that HRA as a tool of the management facilitates better and effective management of human resources.
- There's a fear that HRA may dehumanize and manipulate employees. For e.g., an employee with a comparatively low value may feel discouraged and develop a posh which itself will affect his competency to figure.
- There's constant fear of opposition from the trade unions as placing a worth on employees would make them claim rewards and compensations supported such valuation.



- There's no proper clear-cut and specific procedure or guidelines for locating cost and value of human resources of a corporation. The systems which are being adopted have certain drawbacks.
- There's no universally accepted method of human asset valuation.

The idea of Human Resource Accounting in India could likewise be a late wonder and is battling for its acknowledgment. In India, Human Resource Accounting has not been presented so exceptionally far as a framework. The Institute of sanctioned bookkeepers of India has not given a bookkeeping standard for the estimation and announcing of cost and worth of HR of an association. So far in light of the fact that the legal prerequisite is concern, the Indian organization Act 1956 doesn't need the outfitting of any critical data about HR inside the record or last record of the organizations. As indicated by the money estimation idea of bookkeeping just those exchanges are regularly recorded under twofold section bookkeeping framework which can be communicated in financial term. Human credits (for example trustworthiness, genuineness, steadfastness, shrewdness, ability, mentality and so forth) can't be communicated in financial terms; in this way, there is no standard strategy which can be followed to underwrite the venture on human resources. Lately some open endeavors have started to unveil data about their labor alongside the spending plan. At last every association ought to be perceived the cost of human power and same ought to be perceived in bookkeeping books.

7. Future of HR Accounting

Historically, human resources accounting and costing focused on what proportion employees cost a corporation, without evaluating the worth of the worker to the business. Because the world moves into the knowledge age, intellectual knowledge as a business asset is becoming increasingly important. Recording, evaluating and assigning value to the present intangible is one among the primary focuses of the evolution of human resources accounting.

Until recently, the “value” of an enterprise as measured within traditional balance sheets, e.g. buildings; production plant etc. was viewed as a sufficient reflection of the organization or enterprise assets. However, with the growing emergence of the knowledge economy, this traditional value has been called into question thanks to the recognition that human capital is an increasingly important a part of an enterprises total value. This has led to two important questions.

- The way to assess the worth of human capital additionally to an enterprise's tangible assets



- The way to improve the event of human capital in enterprises.

The emergence of methods for accounting human resources aimed toward measuring, developing and managing the human capital in an enterprise, can thus be said to reflect the necessity for improving measuring and accounting practices also as human resource management.

8. Conclusion

Notwithstanding its restrictions, a developing pattern towards the estimation and revealing of HR, especially inside the overall population areas is recognizable during past hardly any years. BHEL, Cement Corporation of India, ONGC, Designers India Ltd., National Thermal Power Organization, Mineral and Metals Trading Corporation, Madras Refineries, Associated Cement Companies, SPIC, Cochin Refineries Ltd. and so forth are assortment of the association which have begun revealing some important data as to assets in their fiscal summaries.

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15. Increasing non-performing assets & its impact on the profitability of banks during the Pandemic-2019

Dr. M J Siddiqui, Associate Professor, Dr. Ambedkar Institute of Management Studies & Research

Mr. Bhramar Koche, Customer Executive, State Bank of India

Abstract:

Assets become non-performing asset when it stops generating returns for the bank. The non-performing assets significantly impact the financial performance of the banks especially during the pandemic 2019. Thus non-performing asset is very important to be considered while measuring the financial performance of any financial institution and the NPA has shown a huge grown owing to the adverse situation due to the COVID-19 pandemic all over the world. Irrespective of the fact that the banks disburse credit with utmost precautions still they are widely facing the issues of non-repayment of loans and advances leading to increasing nonperforming assets. Thus a research is conducted to study the non-performing assets of the selected banks namely State Bank of India, Canara, Bank of India, Bank of Baroda and Punjab National Bankowing to the pandemic situation in the country. The research is based on the secondary data retrieved from annual reports of the banks, report of trend and progress of Banking in India, handbook of RBI& research journals. This research aims to determine the impact of nonperforming assets on the profitability of the selected banks in India.

Keywords: NPA, Financial Performance, Bank, Profitability

Introduction:

Banks are the institutions carrying banking business. Banking involves accepting deposits and lending loans and advances to the public. In the beginning the banks aimed for financial inclusion by increasing the reach of its services and lending to priority sector. ⁽¹⁾ This lead to depreciation in the quality of assets and increased the nonperforming assets of the banks. Nonperforming assets are the loans and advances given to the customers and whose repayment is outstanding since a specified period. ⁽²⁾⁽³⁾

Reserve bank of India has defined NPA as “as a credit facility in respect of which the interest and/ or installment of principal has remained ‘past due’ for a specified period of time.”⁽⁴⁾⁽⁵⁾ The specified period is 90 days 1995 onwards. Reserve bank of India has further classified the non-performing assets as substandard



asset, doubtful asset and loss asset. Substandard assets is defined as “one, which has remained NPA for a period less than or equal to 18 months”.^{(6) (7)} Doubtful asset is defined as “an asset is to be classified as doubtful, if it has remained NPA for a period exceeding 18 months” and loss asset is defined as “A loss asset is one where loss has been identified by the bank or internal or external auditors or the RBI inspection but the amount has not been written off wholly.”^{(8) (9)}

The increasing Nonperforming assets started adversely affecting the financial performance of the banks. The public sector banks in India are majorly hit by the NPA crisis compared to the private banks and the other financial institutions.⁽¹⁰⁾ Due to the market scenario and the increased competitiveness because of the private sector banks the public sector banks had adopted liberal and loose credit policy and have given substantial credit to a few corporate clients and few sectors. This is the major reason for the NPAs in PSBs.^{(11) (12)}

Owing to the Pandemic situation the Economy has suffered a huge set back. Many of the Individuals have lost jobs, facing substantial salary cuts and facing business crisis which has adversely affected the household income.⁽¹³⁾ The fall in household income has led to non-payment of the installments on loan taken thus has led to an increase in the NPS affecting the bank profitability adversely.⁽¹⁴⁾

Research Methodology:

Research focuses on studying the increasing thenon-performingassetsand its impact on the profitability of the selected public sector banks owing to the pandemic. For the purpose of study five public sector banks are selected namely State Bank of India, Canara, Bank of India, Bank of Baroda and Punjab National Bank.

Objective of study:

1. To evaluate the relationship between NPA & profitability
2. To study the impact of non-performing assets on the profitability of the banks

Data Collection:

Secondary data was collected for the purpose of research from the annual reports of banks, journal, articles, Newsletters of bank, RBI bulletins, RBI Report on Hand book of Indian economy, RBI notification and various other websites.



Hypothesis:

There is no significant relationship between level of NPAs and profitability of bank owing to pandemic situation.

Technique of Data Analysis:

The secondary data collected is analyzed using various statistical tools and techniques. Analysis was made using MS-Excel and SPSS software.

Scope&Limitations:

The study could suggest measures for the banks to avoid future NPAs & to reduce existing NPAs

The study is based on Secondary data which carries its own limitations.

The basis for identifying non-performing assets is taken from the Reserve Bank of India Publications.

The data is Time bounded

The study only concentrates on increasing thenon-performing assets and its impact on profitability of banks owing to the pandemic situation.

Data Analysis and Interpretation:

To test the hypothesis i.e. “There is no significant relationship between level of NPA”s and Profitability of Banks owing to pandemic situation” One Way ANOVA test is applied using SPSS tool. We can set the following rules at 5% level of significance: If p value > 0.05, then the model is non-significant model and support the statement of the null hypothesis.

Descriptive Statistics

	Mean	Std. Deviation	N
Net Profit Margin	6.7093	10.08817	400
NPA to Loan Advances Ratio	2.1950	2.59932	400



Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.763 ^a	.581	.580	6.53481

a. Predictors: (Constant), NPA to Loan Advances Ratio

From the above table the R square value is .763 and adjusted R square value is 0.581 and this enlightens that the model account for 58.1% of variance in the present study. This is the clear indication that this model is a semi strongmodel. Also the R value is 0.763 which states that there is strong relationship between change in NPA to loans and advances ratio and Profitability of Banksdurinf pandemic. This proves that NPA affects the profitability of banks.

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	23610.610	1	23610.610	552.893	.000 ^b
	Residual	16996.089	398	42.704		
	Total	40606.699	399			

a. Dependent Variable: Net Profit Margin

b. Predictors: (Constant), NPA to Loan Advances Ratio

The above table shows the F value of 552.893 and sig. value (p value) of 0.00 calculated from the difference between the mean values. Since the p value calculated above is less than the alpha value of 0.05, it is concluded that there is significant relationship between level of NPA"s and Profitability of Banks. Hence on the basis of means and ANOVA calculated it is concluded that the hypothesis i.e. there is no significant relationship between level of NPAs and Profitability of Banks is rejected and alternate hypotheses i.e. there is significant relationship between level of NPAs and Profitability of Banks owing to pandemic situation is accepted.



Conclusion and Recommendation:

The study concludes that the increasing nonperforming assets in the pandemic has affected the profitability of the banks. Non-performing assets has become a major issue for the banking sector and it has become essential to find a concrete solution for it. However the Nonperforming assets can be reduced by using an efficient recovery mechanism and applying precautionary control measures. As the NPA affects the liquidity position, profitability and overall financial performance of the banks it is a threat to the survival of the banks. For strengthen the banking system it is essential to reduce the NPAs. In the study of the relationship between level of NPA and profitability of Banks it is found from the analysis that there is strong relationship between change in Nonperforming assets & profitability of banks. The outcome shows that there is significant relationship between level of nonperforming assets and profitability of Banks. It is also found during the research that, selected PSBs have shown a similar result that profitability of the banks have depreciated, due to increase in their NPAs. This proves that NPA affects the profitability of banks.

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16 suKivMdr AMimRq kwiv dw lokDrwel AiDAYn

fw. lKivMdr kOr

BuipMdr kOr

(shwiek pRoPYsr)

(rlsrc skwlr)

sl.tl. XUnlvristl (luiD.)

sl.tl. XUnlvristl (luiD.)

Email id: lakhwinder kaur.kh@gmail.com

Email id: Bkcmultani28@gmail.com

lokDwrw mnu~K dy jlvn, swihq, klW qy Drm iv`c iek gqISil pRvwh vWg smwel hoel hY[jlvn dy ivkws iv`c lokDwrw ny BrpUr ih`sw pwieAw hY[klw, swihq, inRq-nwt, Drm, ivigAwn sB ifispiln lokDwrw dIAW rUVIAW qoN au`Bry qy ivkisiq hoey hn[

cwrls PyRNsl ny lokDwrw nUM iek p`Qr jlv ikhw hY ijhVw ik mrdw nhIN[kuJ h`d q`k ieh kQn Tik hY, prMqU ieh auhnW ArQW ivc p`Qr jlv nhIN jo jVH rUp ivc siQr huMdw hY[sgoN lokDwrw iek Aijhl jlvMq pRlikirAw hY jo hr vyly prMprk suBwE krky hwizr vl rihMdl hY, Aqy vrqmwn loVW dy smwDwn dl pUrql lel inrisq huMdl rihMdl hY[

lokDwrw dw iek v`Kry ifispiln dy rUp iv`c AiDAYn 19vIN sdl dy AwrMB iv`c hoieAw[jdoN 1846 elsvl iv`c fbilau jy. Qwmsn ny lok siBAwccwr dy swry prpMc lel 'Poklor' Sbd dl isrjnw klql[pMjwbl iv`c ies ifispiln dy AiDAYn dl iprq purwq`qv-KojIAW, mwnv SwSqrIAW qy kuJ ivigAwnIAW ny pwel ijnHW iv`coN jwrj kinGMm, sr ircrf tYpl, grlArsn iebYtn, ros qy ivlIAm kruk dy nwm mh`qvpUrn hn[

fw. soihMdr isMG bydl ilKdy hn,

"1950 iv`c jd mYN 'Poklor' nUM Awpxy AiDAYn dw Kyqr cuixAw qW AnykW sm`isAwvW dy nwl ien sm`isAw 'Poklor'dy pMjwbl pirAwie dl auqpMn hoel['Poklor' dy swry ifispiln nUM ivcwrn qy aus dy bhu-iv`D rUpW dy cirqR nUM smJx mgroN mYN lokDwrw dw Sbd isrijAw[audoN 'Poklor' dy iqMn ivSyS q`q myrl idRStlgocr sn-lok siBAwccwr, prMprw qy lok mn['Poklor' lokW dl sm`grl hY, lok mn dl AiBivAkql hY qy ies dw inrmwx lokW dl smUihk cyqnrw qNo hoieAw hY, ies lel 'lok' Sbd nUM nvW pd GvN lel ie`k jj bxwauxw zrUrl sl ['Dwrw' Sbd mYnUM lok mn Aqy prMprw dy Aslm pRvwh dw boiDk jwipAw [hr Dwrw ip`Cy ie`k IMmw ieiqhws Aqy prMprw dw pswrw hY [Xu`gW dl Xwqrw hY jo Awpxy nwl jlvn dl hr jlvMq sm`grl smytdl jw rhl hY [iek jgdl joq jo kdy ivgsdl nhI [Dwrw dw ieh sMklp myry mn iv`c sl["¹

'&oklor' lel kuJ hor vl pd GVy gey [fw. AYs.ky. cYtrjl ny 'lokXwn' Sbd dl isrjnw klql jo kwPI mkbUl hoieAw [fw. iQMd dl lokXwn pRql vfmul`ll dyx hY [fw. hirBjn isMG ny Awpxy kuJ lyKW iv`c '&oklor' lel 'lok vyd' Sbd dw pRXog klqw [

¹ fw. soihMdr isMG, lokDwrw Aqy swihq,pMnw-29



fw. krnYl isMG iQMd Anuswr

“lokXwn nwl sMbMiDq prMprwgq rUp iv`c auh swrl smgRI Swml klql jw skdl hY, ijs iv`c lok mn dw pRgtw hovy Aqy lok smUh ny ijs nUM pRvwn krky pIVHI dr pIVHI A`gy qoirAw hovy [Aijhl smgRI iv`c lok sMsikRql dy AvSySw (survivals) dl vl ivAwpkqw huMdl hY”²

lokXwn dl sm`grl nUM inSicq kridAw fw. iQMd dy lokXwn dy q`qW ADIn, prMprw, lok mwns, lok sMsikRql qQw pRwcln siBAwCwrW dy AvSyS qy lok pRvwngl nUM mMinAw hY [

pMjwb dl swihqk prMprw vl lok swihq nwl lbryz rhl hY [m`D kwl qoN hl pMjwb iv`c swihqk prMprw loikk is`r qy rhl hY [pMjwb dw swihq pRsrAw hl lok mnW iv`coN hY [swihq nUM lokDwrw dy q`q guVql iv`c imly hn iPr Bwvy swihq ADIn gurbwXl, sUPI swihq, kwPIAW, ik`sy, vwrw, dohy hox jW ADuink kivqw, khwxl, nwtk jW nwl hovy [AMimRqw pRlqm dl kivqw `A`j AwKw vwirs Swh nUM ikqy kbrW iv`cNo bol` dl DuMnl hr mUMh qNo suxwel idMdl hY [

iksy vl swihqkwr nUM jd vl jnqw dy nyVy jwx dl zrUrq pYdIN hY qW auh Awpxl swihq rcnw nUM mkbUl krn lel lokXwn q`qW dl vrqoN krdrw hY [iesy ADIn suKivMdr AMimRq dl kivqw iv`cNo lokDwrw dy auhnW q`qW dl qlwS qy pihcwX klql jwxl hY, ijhVy kiv`qrl ny Awpxl rcnw nUM hrnm ipAwrl bxwax lel ies dl isrjnw vyly sucyq qy Acyq rUp iv`c iesqymwl klqy hn [

20vIN sdl dy AMqly dhwky dl ilkl gel Ajokl pMjwbl kivqw dy isrmor kvIAW dl sUcl iv`c suKivMdr AMimRq dw nwm inrsMdyh is`r qy sumwr hY [suKivMdr AMimRq ie`k nwrIwvdl kiv`qrl hY [pMjwbl lokDwrw dy iviBMn rUpW dw nwrIwvdl idRStl qNo AiDAYn krley qW pMjwb dl smwijk siQql dw shl rUp swhmxy Aw jWdw hY [pr sp`St kr dyxw Xog hovygw ik Asl isrP AOrq isrj lokDwrw dw hl AiDAYn nhIN krWgy sgoN smu`cl lokDwrw dw AOrq dy nZrley qNo AiDAYn krnw hY [

Awrcr tylr dw ivcwr hY,

“lokDwrw ie`k sWJw pRvcn hY ijs iv`c prl-khwXIAW, dMD- kQwvW, lok khwxIAW, IYA mel glq, mMqr, AKwx Aqy buJwrqW Awid AwaNudy hn [”³

auhnW ny kivqvwW qy gjlW iv`c lokDwrw dl sm`grl nUM pRqlk rUp iv`c vrq ky bVy sm`gr kwiv-ibMb auswry hn [kuj h`d q`k imiQhwisk GtnwvW jW pwqrW dw shwrrw IY ky rUVIAW rwhl kwivk sMdyS suhxl qrHW sMcwirq klqw hY [kuj kivqvwW iv`c lokDrwel q`qW dl is`Dw qy bdlvyN rUp iv`c vrqNo klql hY [auhnW dl pRgtwA- ivDI pyNfU-muhwvry vWll hY [auhnW ny kivqw iv`c iek q`q lel iBMn ivDIAW dw iesqymwl klqw hY [prMprk lok AklidAW qy q`qW nwl sMbMDq aus dIAW kel AijhIAW nzmW qy glq hn, ijnHW iv`c zjby dl is`dq hY [swfl lok prMprw iv`c `icVIAW` ie`k Aijhw lok ivSvws dw pMCI hY, ijs nMU durbl, inmwXl, inqwxl DI (swfw icVIAW dw cMbw vy bwbl AsIN au`f jwxw) dy pRqlk dy rUp iv`c vriqAw jw irhw hY [DI dl qulxw hmySw Aijhy pMCI nwl klql jWdl hY, ijnHW nMU ijMdgl iv`c isrP prvws hl ih`sy Awaudw hY [pMjwbl lokDwrw iv`c kuVIAW nUM icVIAW, kMUjW dy nwl sdw qoN hl smboiDq klqw igAw hY [

ieh zmln hoel soVI qy AwkwS hoieAw slmq

² fw. krnYl isMG iQMd, pMjwbl swihq dw lokDrwel ipCokV,ijld:2, fw. joigMdr isMG kYroN, pMnw-25

³ Awrcr tylr, pMjwbl swihq dw lokDrwel ipCokV,ijld:2, fw. joigMdr isMG kYroN, pMnw-22



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icVIAW dy supny eyny mYN juAwn huMdy dyKy⁴

ikMniAW QoVIAW rih geIAW hux

pihlw huMdIAW sl ikMniAW bhucIAW

hr Gr

hr ivhVy

hr ru`K qy

hr C`q qy

bolidAW

gwaudIAW

IVdIAW

b`cy pwldIAW

kwwW gutwrW nwl do-do h`Q krdIAW

hr vly

A`KW dy muhry rihMdIAW sl icVIAW⁵

roz kMjkW dy lhU nwl

l`Q p`Q huMdIAW ny AKbwrW dIAW surKIAW

icVIAW nUM koel nhIN d`sdw

ieh sMn sMqwll hY

ik pYNhT hY

ik curwsl

⁴ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw

⁵ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw-10

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jw ieh hY ik ivk rhy ipMf

ie`kvIN sdl dl audwsl...,

icVIAW nUM koel nhl d`sdw

ik ieh cMdry idn

bwr bwr ikauN Awaudy ny

icVIAW nUM kOx d`sy..... [6

ikMnl KuSI dl g`l hY Ajy

ijaudIAW ny icVIAW

ibrKW qy auqr AwaNyyudl hY

fwr koel koel [7

pMjwbl lok swihq iv`c lok vwrqw dw ieiqhws mn`uK dy ivkws dl aumr ijMnw purwxw hY [ikaNuik ies dw ieiqhws purwqn gRMQW nwl juVdw hY [ieMj AsIN lokvwrqw iv`c im`Q kQwvW, dMd kQwvW Aqy sDwrn lok khwxIAW dy auh swry rUp Swiml krdy hW jo lok smUh iv`c ilKqI jW mOiKk rUp iv`c ivAwpk huMdy hn [

lok vwrqw iv`c pihlw Aqy sB qNo m`hqvpUrn AMg im`Q hY [im`QW rwhl mnu`K pRikRqI , smwj, dYvl-sMswr Aqy svY nwl sMbMD sQwipq krky Awpwx ivsQwr krw hY [ikaNuik im`Q ieh d`sx dw jqn krdl hY ik ieh jgq hoNd iv`c ikvyN AwieAw, DrqI aupjwaU ikvyN bxl , AOrq mrd dl auqp`qI ikvNy hoel [

suKivMdr AMimRq ny vl iehnW im`QW dy pwqrW ,GtnwvW dw shwrw IY ky smwj iv`c AOrq , mrd dl siQqI , hoxl qy mrd nwl prspr irSqy dy mUl q`Q nUM auBwirAw hY [SRI rwm , lCmx , slqw, SRI ikRSn ,iSv, gOqm, Ah`ilAw, ieMdr, elsw, rwx Awid imiQhwisk pwqrW dw ijkr imldw hY [iehnW swry pwqrW qy GtnwvW nwl ivSwl kQwvW juVIAW hn, jo BwrqI imiQhws dw Atu`t AMg hY ijQy rwm mirAwdw prSoqm dy rUp iv`c pRBwiSq hY, au`Qyy rwx bu`Dlmwn pRMqU burl ibrqI vwly pwqr dy rUp iv`c pRvwn klqw igAw hY [

⁶ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw-80

⁷ suKivMdr AMimRq, puMinAW, Zzl sMgRih,2011, pMnw-57



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ikRSn ntKt gopIAW nwl rws llw krn vwlv pRym dw dyvqw mMinAw igAw hY , jo ik mlrw dw AwdrS Bgvwn qy rdDw dw Swm hY [

pqw nIN ieh slvwn hovy

ik rwm, rwxw jw kwnH hovy

ieh supinAW dl puSwk pw ky

nw jwxy kYsl qwblr AweI⁸

myrl hUk iv`c pro dy Awpxy qUM nwm swry
mlrw dl bynql hY myrU `qy `Swm` ilKdy⁹

suKivMdr AMimRq ny nwrlqv dy q`qW nUM auBwrn lel AijhIAW imiQhwisk nwrl pwqrW dw izkr klqw hY jo pqwVq sn qy auhnW dw vl jo Aslm Skql dIAW Dwrnl hn[Ah`ilAw jo ieMdr dyv duAwrw C`ll gel sl, slqw jo piv`qrqw dw Agnl pRliKAw pwr krn qoN bwAd vl GroN k`FI gel , ies dy au`lt cMfl qy durgw ijnHW ny nrsMhwr klqw[ies qrHW auhnW ny sucyq qOr qy lokDwrw dy pwqrW dw pRXog krdy hoey au`cpwie dw kwivk pRsMg ricAw hY[`jg jnnl` kivqw iv`c im`Q pwqrW dl Ais`DI vrqoN nwl kiv`qrl dl ienklwbl soc AiBivAkq huMdl hY[

hr Xu`g iv`c nhIN huMdw koel bwlmlk pYdw

ies Xu`g dl slqw nUM d`isE ik ik`Dr jwey¹⁰

nhIN prvwn
ik rukmxl bx ky
rdDw qy ikRSn dl mhu`bq dIAW
knsoAW suxW
qy aumr Br Du^dl rhW

⁸ suKivMdr AMimRq, puMinAW, Zzl sMgRih, 2011, pMnw-26

⁹ suKivMdr AMimRq, puMinAW, Zzl sMgRih, 2011, pMnw-70

¹⁰ suKivMdr AMimRq, hzwr rMgW dl lwt, Zzl sMgRih, 2008, pMnw-25

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SkuMqlw bx
auflk dl sUll 'qy cVHw
qy iek muMdrI Kuxo
by-pihcwx ho jwvy¹¹

jog Awpxl jgwauxoN qUM ikauN fr rhIN
j`g -jxnl qUM ikauN eynl lwcwr hYN
qUM qW durgw hYN, kwll hYN, cMfl hYN qUM
qUM qW jwbr dl Cwql 'c qlvwr hYN¹²

Bwrql lokDwrw iv`c vr, srwp, DwrnwvW nUM mwnqw id`ql gel hY,ijnHw nUM AMimRq ny
AOrg dl Azwdl dl ^whS sMpUrn dy ArQW lel vriqAw hY Bwrql imiQhws iv`c iSv, bRhmw , mhyS,
dyvl lkCml vrdwqw mMinAw igAw hY[

socdl hW iksy idn koel ikRSmw vwprygw
iehnW qwirAW 'co
koel irSl cwnx dy r`Q 'qy svwr ho ky
myry koL Awvygw
qy khygw koel vr mMg

iPr iksy idn koel dyvl
ic`ty du`D kMvl 'qy svwr ho ky
myry koL Awvygl
qy vr mMgx lel AwKygl
mYN khWgl
klm qy kwgz idE¹³

qyrw myrw kl irSqw hY
ipAwry sqluj!
hy kYlws prbq dy jwey

¹¹ suKivMdr AMimRq, kxIAW kwiv sMgRih,2000, pMnw-41

¹² suKivMdr AMimRq, nlilAw morw vy, glq sMgRih,2012, pMnw-66

¹³ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw-30



pwvn gMgw dy hmswey¹⁴

ieswel qy ieslwimk im`Q Anuswr Awdm qy hvw pRmwqmw dy isrjy pihlw purK qy iesqrl sn, jo vrizq &l Kwx krky pRmwqmw dy bwg `co k`F ky Drql qy su` t id`qy gey[suKivMdr ivAMigq rUp nwl Awdm jwey mnu`K nUM pRSn krDI hY ik kdoN q`k ipAwr rUpI &l Kwx dy doS iv`c auh j`g qoN vwr-vwr k`Fy jwxgy[kdoN q`k mwns pRBU dIAW nzwW iv`c gunwhgwr rhu[

mYN hvw dl jwel
pIVHIE pIVHI qurdl hvw
hux myry iv`c Awel

mYN Awdm !
auh vrizq &l
sl, ijs ny Awpxw mn BrmwieAw
qy zMnq `coN kFwieAw

.....
kl ikxy dunIAW iv`c Awpxw
ies &l qy AiDkwr vl hoaU
hor jIAW dl dunIAW vrgw
kl Awpxw sMswr vl hoaU ?¹⁵

hvw hW mYN qW hr QW phuMc jWvwgl qyry ip`Cy

qyrw ij`Qy vl jl cwhy myry Awdm clw jwel¹⁶

ICmx ryKw Bwrql lok prMprw iv`c auh lik mMnl gel hY ijs nUM Bwrql nwrl ny pwr nhIN krnw[auh ryKw jo slqw ny pwr klql sl qy smwj v`loN aus nUM dubwrw svlikRql nhIN imll[lokDwrw iv`c AOrq nUM ieh vrjnw hY, slmw AMdr rihx dl[`rwKw` `qUM qurdw Aw myry v`l` kivqvwW iv`c ies dl vrqoN vrqmwn sQwipq XQwrQ nUM nwrlvwdl nzrley qoN pyS krDI AW hn

hwr ky auh iK`cx lgdw
myry ierd igrd
prMprw dIAW ICmx-ryKvwW

¹⁴ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw-72

¹⁵ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw-54

¹⁶ suKivMdr AMimRq,icrwgW dl fwr, Zzl sMgRih,1999, pMnw-21



qy bx bYTdw hY
myrl lwjp`q dw 'rwKw'¹⁷

qUM Aw qW shI ---
mYN vIN aulMG AwvWgl
rsmW dl lCmx ryKw
qoV idAWgl
irSiqAW dw jwl¹⁸

nvIN ivAwhI dl rwKI Kwqr
ieh nwl lCmx lklr AweI¹⁹

prMprwgq khwxIAW iv`c jdoN dyvl-dyviqAW dl QW mnu`K lYNdy hn Aqy pOrwixk guxW
nMU jdoN nwiek nwl joV ky pyS klqw jWdw hY qW dMd-kQw hoNd iv`c AwauNdl hY ieh
rvwieqW dl aupj hn[iehnW dw sMbMD klpxw nwlOn ieiqhws nwl izAwdw hY[pMjwbl lokDwrw
iv`c hlr-rWJw , s`sl-punMU, sohxl-mhlvwl, imrjw-swihbw, pUrn-suMdrw, Slrl-Pirhwd Awid
kQwvW dw bolbwlw irhw hY[

hlr rWJy dl kQw qy pwqr pMjwbl swihq dw Ain`KvW AMg bx gey hn[swry pMjwbl
Awpxy smwj iv`coN kQw dy pwqrW nUM pCwxn dy XqnW iv`c rihMdy hn, kOx rWJy Aqy hlr dl
BUimkw inBw irhw hY qy kOx kYdoN , kOx l`ufx Aqy KyVy dl [

mYN q^q &Uky qy qwj swVy
mYN KyiVAw dl zMzlr qoVI
AY myry rWJx , AY myry cwnx
mYN hr hnyHry nUM clr AweI²⁰

koel rWJx jwx sky koel PirAwd hl smJ sky

ikauN bldIAw lwtW qy svdw prvwnw hY²¹

¹⁷ suKivMdr AMimRq, icVIAW, kwiv sMgRih ,2014, pMnw-14

¹⁸ suKivMdr AMimRq, kxIAW, kwiv sMgRih ,2000, pMnw-47

¹⁹ suKivMdr AMimRq, puMinAW, kwiv sMgRih,2011, pMnw-27

²⁰ suKivMdr AMimRq, puMinAW, kwiv sMgRih,2011, pMnw-27

²¹ suKivMdr AMimRq, p`qJV ivc puMgrdy p`qy, Zzl sMgRih,2002, pMnw-51



auhnUM idn rwq suxdl sl isskdl vMJll koel

duhwel ikauN nw idMdl KyiVAw iv`c hlr nIN mwey^{22y}

iehnW pwxIAW dw koel nw iknwrw idsdw

dwnwbwd idsdw nw hzwrw idsdw²³

hlr-rWJy dl lok khwxl qoN ipCoN dUjl lok ipRX kQw suhxl-mhINvwl dl hY[ik`swkwrW, sUPI kvIAW qy hor swihqkwrW dIAW ikRqIAW iv`c ies kQw sMbMDI idRStWq idRS AwauNdy hn[iehnW idRStWqW iv`c sohxl dw GVw Cwql qy r`K ky mhINvwl nUM imlx jwxw, p`ky dl QW k`cy Gvy dw bdilAw jwxw, dirAw iv`c dohW dw f`ubxw ieSk dl AwdrSmel Brqnrw v`l sMkyq krdy hn[suKivMdr AMimRq dl kivqw 'cugl^or hvw' iv`c sp`St rUp iv`c vrqy gey hn [

mYN qW cwHuMdl hW

sohxl vWg

ieSk dw fUMGw JnW qrW²⁴

jy hvw cuglIAW nw krdl

qW Swied

nw hl Kurdw

dirAw dl qyz Dwr iv`c

sohxl dw GVw

Swihd nw hl rusdw

mhlvwl dl vMJll nwl

rwg mlhwr.....²⁵

²² suKivMdr AMimRq, icrwgW dl fwr, Zzl sMgRih,1999, pMnw-30

²³ suKivMdr AMimRq, nliIAw morw vy, glq sMgRih,2012, pMnw-40

²⁴ suKivMdr AMimRq, kxIAW, kwiv sMgRih,2000, pMnw-41



lw ky k`icAw nUM nwm ih`kVI dy

fUMGy pwxl `c auqrnw qyrw²⁶

pUrn Bgq dMd kQwvW iv`c AwdrS nwiek mMinAw igAw hY ijs ny Awpxl s`cweI dw p`lw nhIN C`ifAw[
nwl hl kQw iv`c suMdrW dy ipAwr dw AwdrS hY qy ie`Crw mW dy du`KW dl dwsqwn hY[kQw dy AwdrSW
dw BrpUr vrxn kivqw dw ih`sw hY[

qYnUM sdw irhw s`c dw iKAwI vy

qYnUM Awel nw inBwauNxl iksy nwl vy

mu`l IY ilAw qUM q^qw dw vYr pUrnw

IY jw suMdrW dy bUhy auqoN KYr pUrnw²⁷

nw koel pUrx hY KUHW `cNo muVdw

nw muV ky nYnW nUM nUr juVdw

ik roz ie`Crw gvwaudIN A~KIAW

qy roz sukdw hY bwg koel²⁸

pw leIAw ijnHW ny kMnl mMudrW

auhnW ny kl suMdrW q`k phuMcxw²⁹

jy qMU hY scmu`c pUrn

²⁵ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw-21

²⁶ suKivMdr AMimRq, puMinAW, Zzl sMgRih,2011, pMnw-69

²⁷ suKivMdr AMimRq, nlilAw morw vy, glq sMgRih,2012, pMnw-32

²⁸ suKivMdr AMimRq, puMinAW, kwiv sMgRih,2011, pMnw-23

²⁹ suKivMdr AMimRq, icrwgW dl fwr, Zzl sMgRih,1999, pMnw-49



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eys hww dl

Twhr bx jw

Es ndl dw

swgr ho jw

eys Du`p lel cMnx bx jw³⁰

lokDwrw dl iek hor kQw imrjw-swihbw bhuq mkbUL hY [lok swihq iv`c imrjy nUM AVHb, zorwvr, hUVm`q qy gumwn dw BirAw idKwieAw igAw hY qy swihbw nMU BrwvW dw p`K IY ky dgw krn vwll AOrq vjoN pyS klqw igAw hY[suKivMdr AMimRq ny nwrIvwdl q`qW nUM idRStIgcocr kridAW kivqw `swihbw ies vvr` swihbw dy p`K qNo dlIIW id`qIAw hn [ieh Tik ausy qrW hY ijvyN iSv kumwr ny mhwkwiv `IUxw` iv`c iek Al`g idRStIkox pyS klqw hY[

ieh JUT hY

ik mYnUM

BrwvW dw moh mwr igAw

mYN qW qoV ky Aw gel sl

BrwvW dy moh dl sMgll

mYN qW bwbl dl p`g dw vl

iKAwl nw klqw

mYN qW jMf qy tMigAw

³⁰ suKivMdr AMimRq, kxIAW, kwiv sMgRih,2000, pMnw-18

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Awpwx r`q iB`ijAw swLU

mYN qoVIAw AwpxIAw bwhW iv`coN

suhwg dIAw vMgW

ik mYnUM qyry ieSk ny mwirAw³¹

ies vwr

jMf Q~ly sOx dl

iz`d nw krIN imrijAw !

rwh iv`cly jMf qW

ieh d`sx lel huMdy

ik BrwvW dy Awsry qoN ibnW

rwhvW iv`c nhIN sNOeldw³²

s`sl-punMU dl kQw nUM pMjwbl ik`sw kwiv iv`c hwSm ny bVy drdmel FMg nwl ibAwn klqw hY[ie`k rwjkumwrl punMU nUM Bwldl QIW iv`c jwn guAw idMdl hY pr ieSk v`loN Quh pw jWdl hY[suKivMdr ny AOrq dy drd qy vydnw nUM lokDwrw dl mkbUL pwqr s`sl dy hwwly nwl auBwirAw hY [

ipAwr qW s`sl dIAW pYVW nwl iliKAw

QIW dy s&y `qy

punMU dy nW AwKrl pYgwm³³

hwey vy ivCoiVAw !

sohxAw nUM foibAw qMU s`sIAW nUM swiVAw

d`s ikhVy idl `qy qMU kihr nw gujwirAw³⁴

³¹ suKivMdr AMimRq, kxIAW, kwiv sMgRih,2000, pMnw-84

³² suKivMdr AMimRq, kxIAW, kwiv sMgRih,2000, pMnw-85

³³ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw-35



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suKivMdr AMimRq jl dl kivqw iv`c lok vsqU sm`grl brqn, sMd, hiQAwr SbdW dl Brmwr hY[lok sm`grl iv`cly sMdW dl mh`qqw auhnW v`loN inBwel gel siBAwccwr BUimkw iv`c inihq huMdl hY[iehnW sMdW dl pRqIk dy rUp iv`c vrqoN klql gel hY[qyg, qlvwr ,kwnl, SmSlr (hzwr rMgW dl lwt- pMnw-29,35) Sbd s`qw dl Dwk jmwauNdy nzs AwauNdy hn[rbwb, vMJI, bln (p`qJV ivc piMgrdy p`qy, pMnw-42) Sbd pMjwbl lokDwrw iv`c ipAwr qy Swql dl Dun vjwauNdy hn[ihrnl (puMinAW-79), kMjkw (icVIAW-75), iq`qll (hzwr rMgW dl lwt-25,40, nliAw morW vy-18, p`qJV ivc puMgrdy p`qy-25), mCll (p`qJV ivc puMgrdy p`qy-18, icrwgW dl fwr-17, puMinAW-35), kwgz dl gu`fl (kxIAW-50) Aid SbdW nwl AOrq dy bybs qy lwcwr hox nUM sMigAw id`ql gel hY[kivqw (Bwel lwlo) iv`c Awrl, qysw, koDry dl rotl, rMdw, mMjw, pIVI, cu`lw, ik`kr, GVy, KurIIAw pMjwbl s`iBAwccwr dl mUMh boldl qsvlr hn[

gihxy, hwr-iSgwr, Aqy pihrwvw mnu`KI jlvn dw mh`qvpUrn AMg hn[sony dw jykr kYNTw, bugqlAW jW kWty bxwey jWdy hn qw AsIn smJ jWdy hW ik pMjwbl s`iBAwccwr dl g`l ho rhl hY[ieMJ hl pihrwvy qoN Al`g- Al`g s`iBAwccwr dw pqw l`gdw hY[AMimRq ny sucyq rUp iv`c kel Aijhy SbdW dl vrqoN klql hY jo pMjwbl s`iBAwccwr iv`c lokDwrwel pRBwv r`Kdy hn, nwl hl AOrq dl mwniskqw bwry Ku`IH ky d`sdy hn[kivqw `hux mW` ies dl audwhrn hY[IMml gu`q, Slsw, Sunll dw moqlAW vwlw sUt, iq`ly vlll ju`ql, JWjrW, k`jly dl Dwr, sMDUr, vMgW, crK,y driaW, dsqwr, ig`Dw, JUm, Pulkwrl SbdW iv`c pMjwbl s`iBAwccwr dy drSn huMdy hn[nwrIvwdl Dwrnw dy AMqrgq suKivMdr ny JWjr,pMjyb, pwiel nUM zMzlrW qy byVIAW dw pRqIk mMinAw hY

gunwh hY

m`Qy qy l`gl ibMdl dy

dwiery iv`c ismt jwxw

sUhl Pulkwrl iv`c

lwS bx ky ilpt jwxw³⁵

pMjwbl lok prMprw iv`c pMClAW qy jwnvrW nwl sMbMiDq bhuq lok ivSvws imldy hn[ij`Qy bwj nUM Skql qy jwbr dw pRqIk mMinAw igAw hY, au`Qy s`p nUM ivSYlw qy ip`T qy vwr krn vwly dy rUp iv`c svlkwrl klqw igAw hY [Aijhy hl lok ivSvwSW nwl sMbMiDq bhuq swry SbdW dw izkr kivqw iv`c imldw hY[s`p, ivSIAr, mgrm`C, mor, aukwb, hMs, murgweIAW, bulbul, koiel Awid sB im`Qy lok ivSvwSW dw pRq`Kx krdy hn[

³⁴ suKivMdr AMimRq, nliAw morw vy, glq sMgRih, 2012, pMnw-52

³⁵ suKivMdr AMimRq, kxIAW, kwiv sMgRih,2000, pMnw-26

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clwk mgrem`C

Awty vwll kUMfl su`t

krdy mwsUm m`CIAW dw iSkwr

GMitAW, idnW, mhlinAW b`DI ieMqzwr³⁶

jy rwhW iv`c

bMidAW dy mUMhW vwly

Syr bGyly nw huMdy

qW

kuVIAW vl jw skdIAW sl

bwby nwnk vWg audwslAW qy.....³⁷

ik`Qy ny ^wb qyry , qyrl aufwn ik`Qy

AY ipMjry dl bulbul ! qyrw Asmwn ik`Qy³⁸

ieh iks qrHW dy mrd ny

AOrq dl rq 'qy ply ivslAr³⁹

ij`Qy hMs iqhwey mr gey, fu`b muelAw murgweIAW

ikauN prdysl pMCl pwauNdy aus p`qx v`l Pyrw⁴⁰

³⁶ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw-59

³⁷ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw-24

³⁸ suKivMdr AMimRq, hzwr rMgW dl lwt, Zzl sMgRih,2008, pMnw-66

³⁹ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw-75

⁴⁰ suKivMdr AMimRq, hzwr rMgW dl lwt, Zzl sMgRih,2008, pMnw-65



pMjwbl lok s`iBAwCwr pRRyml nUM `cMn` Sbd nwl sMboiDq klqw jWdw hY[sUrj nUM Skql, aUrjw, cVdlklw dw pRqlk mMinAw igAw hY[

hnyry vkq dl Cwql `co sUrj vWg inkll hW

ik hr isAwhl nUM Awpxy rMg iv`c rMgdI hW⁴¹

bx ky sUrj Aw^r mYN audY ho gel⁴²

jgx jo qwirAW vWgUM mGx jo sUrjW vWgUM

klm myrl dy ih`sy aus qrWH dy hr& nw Awey⁴³

fw. joigMdr isMG kYroN Anuswr,

“AKwx qy muhwvry ikxy vl BwSw dw iSgwr hn Aqy sMcwr lel qyz hiQAwr qy sMdW dw kwrj inBwauNdy hn [bhuq swry A^wx muhwvirAW nwl koel kQq, rUVI, lok khwxl jW mu`FI juVI huMdl hY jo holl holl smW pw ky muhwvry qoN v`K ho jWdl hY ijvyN koel p`ikAw hoieAw &I Awpxy ru`K nwloN zudw ho ky vl ru`K dw nwm Aqy gux Awpxy iv`c smoel r`Kdw hY[ausy qrWH A^wx Aqy muhwvry vl Awpxl kQw nwloN v`K ho ky aus kQw dy gihry ArQW nUM Awpxy iv`c smoel r`Kdw hY[“⁴⁴

suKivMdr AMimRq ny lok muhwvirAW nMU idRStwqW Aqy pRqlkW dy rUp iv`c vriqAw hY[kivqw iv`c ieh v`Kry hl flkW mwrddy nZr AwauNdy hn qy Awpxl kwivk BUimkw inBwauNdy kwiv nUM ^UbsUrql b^S rhy hn[

‘ icVIAW’ kwiv sMigRh iv`c AnykW muhwvry idRStlgocr hn jo pMjwbl lokDwrw dw Atu`t AMg hn ijvyN cuMJ crcw (pM-9), iF`f dl AWdr (pM-11), cUll dy myc (pM-13), lwjp`q dw rwKw (pM-14), prvwh nhIN iksY kyrl bwJu scy nwh (pM-32), kMfy vWg rVkwX (pM-37), eykm dw cMd (pM-37), iCx BMgr (pM-39), dsW nhuMAW dl kwr (pM-42), it`kl au`gx (pM-43), fMg tPw lYxw (pM-46), iF`f dl A`g (pM-48), hrl Brl hoxw (pM-51), kursIAW dl jMg (pM-57)[kwiv sMigRh `kxIAW` iv`c gaU dy jwey (pM-27), hwauky dl guVql (pM-28), cMn dw totw qy sroN dl gMdl (pM-31)[`nlilAw morw vy` glq sMigRh iv`c jug jug ijaux (pM-13), igAwn dl kUMjl (pM-14), vylW vDxIAW (pM-16), ishrW sjwauNxxw(pM-16), sUrjw ivhwauXw (pM-81), kbrW `qy A`k augxw (pM-83)[Zzl sMigRh `p`qJV ivc puMgrdy p`qy` iv`c mr mr ky ijauNxxw (pM-26), s`pW dy isr im`Dxy (pM-26), dlvy qoN s`Kxw bnyrw (pM-26), qll qy sls Drnw (56), rUh dw pMCl au`fxw (pM-79), bMjrW `co

⁴¹ suKivMdr AMimRq, p`qJV ivc puMgrdy p`qy, Zzl sMgRih,2002, pMnw-24

⁴² suKivMdr AMimRq, p`qJV ivc puMgrdy p`qy, Zzl sMgRih,2002, pMnw-31

⁴³ suKivMdr AMimRq, p`qJV ivc puMgrdy p`qy, Zzl sMgRih,2002, pMnw-40

⁴⁴ fw. joigMdr isMG kYroN, pMjwbl swihq dw lokDrwel ipCokV,ijld:2, pMnw-69



Pu`l augwauNwx (pM-80) ['puMinAW' Zzl sMigRh iv`c ^wb kqrnw qy lhU dw ic`tw hoxw (pM-69) ['icrwgW dl fwr' Zzl sMigRh iv`c cwry kUtW BwlxlAw (pM-36)[

Ju`ql dl nok'qy r`Kdl sl

dunIAW dy kwiedy-kwnMUn⁴⁵

myrw dwdw vl

Bwel lwlo vWg

it`kl au`gx qoN lY ky

dlvw jgx q`k

dsW nhuMAW dl kwr⁴⁶

'nliIAW morw vy' glq sMigRh iv`c suKivMdr dy kuj glq lokkwiv BydW, lokglq SYIIAW, lokCMdW qy ADwirq hn[ikauNik suKivMdr iek nwrlwvdl kivqrl hY ies lel iehnW glqW iv`c AOrq dy sMvydnSII BwvW nUM drswauNdy kwivk ibMb isrjy hn [glq 'myrl nhIN pugdl'(pM-36), 'A`DI A~DI rwqIN'(pM-47), 'ipplW dl CW' (pM-48), 'auhl Aw qwrk' (pM-53), 'ik`Qy igAw pMjwb' (pM-60), 'rwvl idAw p`qxW' (pM-62), 'qor AMmley" (pM-70), 'kwly nyirAW 'c jgy' 'ru`q byelmwn ho gel' (pM-42), 'ikrswnl' (pM-48), jg-jnxl (pM-66), mhwrwjw rxjlq isMG (pM-68), vgx Br-Br nlr (pM-16), bih ky ru`K Q`ly vMJll..... (pM-22), cMgw klqw blbw (pM-34) hy myrl mwq boll, hy AKMf dlpmwlv

Ju`g jug ijaux, Swlw ! qyry korVy sv`eley

molx qyry ilKwrl ivgsx qyry gv`eley

hr ie`k idSw 'c hovy qyrw hl bolbwlw⁴⁷

clw jweIN, Fl jwx prCwvyN jogIAW

Aw jw, bih jw ibMd ip`pll dl CwvyN jogIAW⁴⁸

⁴⁵ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw-34

⁴⁶ suKivMdr AMimRq, icVIAW, kwiv sMgRih,2014, pMnw-43

⁴⁷ suKivMdr AMimRq, nliIAW morw vy,glq sMgRih,2012, pMnw-13

⁴⁸ suKivMdr AMimRq, nliIAW morw vy,glq sMgRih,2012, pMnw-30



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sux r`bw suhixAW vy sohxI ru`q moV dy

kxkW kuAwrlAW nUM GroN-Grl qor dy

ikhVw qyry pYr GsdY

Aw jq KYqW `c sunihrl Du`p bx ky⁴⁹

SbdW dl IYA iv`c proey ieh glq mnu`KI mn dy koml qy gihry AihswsW dw pRgtwA krDY hn[smu`cy qOr
'qy Aw^r iv`c ikhw jw skdw hY ik suKivMdr dy kwiv-sMswr dw ipCokV swfy pyNfU s`iBAwCwr dy gUVHy qy
sMGxy sMbMDW vwlw hox krky aus dl kivqw iv`c lok q`qW dl Jlk sw& idKwel idMdl hY

⁴⁹ suKivMdr AMimRq, nliAw morw vy,glq sMgRih,2012, pMnw-43

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17. hrjIq Atvwl dy nwlW iv~c prvws dy msly

ibkrmjIq isMG

KojwrQI (pMjwbl ivBwg)

fw: IKivMdr kOr

AisstYnt pRoPYsr

sl.tI XUnlvrstI luiDAwxw,(pMjwb)

hrjIq Atvwl dy nwlW 'vn-vyA', 'ryq', 'svwrI', 'swaUQwl', 'ibRitS -born dysI' 'glq' 'mMudrI fOt kOm' Awid nwlW ijhnW iv~c nslI ivqkrw, BU-hyrvw, s`iBAwcrwk qxwE Awid pirsIQqIAW dw ivSw vsqU bxwieAw igAw hY[prvwsI smwj iv~c iv~crdy pRvwsI BU-hyrvy, pIVHI pwVHw, pCwx dl sm`isAw, jlvn p`Dr dIAw sm`isAwvW ijhnW iv`c kwr-ivhwr, Kwx-pihnx, rsmo-irvwj nwl hY hryk ivAkqI nwl juiVAw huMdw hY [ijhnW iv`c b`icAW pRqI sm`isAwvW, ivAwh sbMDI sm`isAwvW, pirvwirk irSiqAW dl tu`t-B`j Awid [nslI ivqkry kwrn pRvwsI mnu`K suµgVn lel mzbUr hn[prvwsIAW dl pihlI pIVHI dy mwpy ies g~I lel vl du`icqI hn, ik b`icAw dy ivAwh ieMfIAW iv`c klqy jwxy jW iPr vIYq iv`c hl kel vwr auh socdy hn ik ie`Qy dy b`cy ieMfIAW dy muMfy kuVIAW nUM smJ nhIN skxgy qy nw hl auh ie`Qy Aw ky iehnW nUM smJxgy [pr kel vwr b`icAW dl Ku~II AwzwdI dyK ky mwpy Awpxy b`icAW dy ivAwh Awpxy hl mUl dyS krn lel socdy hn [

hrjIq Atvwl duAwrw brqwnIAW iv~c rih ky brqwnIAW mulk dy hr iek p~K nMU AwpxI soc idRStI nwl priKAw hY[brqwnIAW iv~c Awpxw jlvn Zuzwrw hoieAW brqwnIAW dy iv~c irSiqAW dy ho irhw vpwrIkrn nMU Awpxy nwlW iv~c pyS krky prvwsI Bwelcwry dl p~Cm dy mulkW iv~c qsvlr pyS klqI gel hY[Atvwl duAwrw prvwsIAW dl AglI pIVHI jo p~Cm dl hl jMm pl hY[aus nMU pMjwb Bwrq nwl koel sWJ nhIN hY [nvIN pIVHI lel Bwrq iek p~CiVAw hoieAw



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,shUlqW qo s~Kxw ,Axiviksq dyS hY [ijs mulk iv`c ikxy iksm dl shUlq nhIN hY[p~Cm dy b~icAW lel Bwrq iek grlb mulk hY [p~Cm dy b~icAW nMU Bwrq vrgy mulk iv~c CutIAW k~tx qoN vl guryz klqw jWdw hY[mwipAW duAwrw pMjwb dl Pyrl lel mn AMdr qWG hMudl hY qy b~cy p~Cm iv`c hl rihxw psMd krdy hn[

brqwnvl smwj iv~c drpyS s~misAwvW dw pMjwbl smudwie nMU v~fl p~Dr qy swhmwx krnw pYndw hY ijs iv~c AsIN kih skdy hW ik ivAwh sMbMDW kwrn pYx vwly AwirQk sMktW,jwiedwd ivcll ihsydwrI qy ivAwh tu~tx auprMq pYdw hoey AwirQk sMktW dw kwrn brqwnvl smwj ivAwh iek ivArQ ijhl ijMmyvwrl bx ky rih igAw hY[Bwrq dyS iv~cly smwj iv~c ivAwh iek bMDn hY ij~Qy ivAwh kyvl do ivAkqIAW pql-pqnl dw myl nhIN sgo ienHW dohw dy joV dl kVI duAwrw do Kwndwn Awps iv~c juVdy hn lyikn p~Cml smwj pRbMD iv~c ivAwh iek bMDn nhIN rih igAw kyvl do ivAkqIAW dl mwinskqw, AwirQk swJ q~k slmq ho igAw hY[iesy kwrn aunHW smwjW iv~c nw ivAwh krn nMU qy nw hl ivAwh tu~tx nMU bhuyw mh~qv id~qw jWdw hY[p~Cml smwj iv~c koel vl ivAkqI ivAwh bMDn iv~c nhIN b~Jxw cwhMudw hY ikauNik jdoN ivAwh nwl sbMiDq swrlAW loVW dl pUrql bzwr iv~coN ho skdl hY qW bMdw isr ieh izMmyvwrlAW ikauN pwelAW jwx ies iv~c kyvl AOLwd pRwpql dw mslw hl rih jWdw hY pr ivigAwn ny eynl ku q~rkl kr lel hY ik ieh msly dw h~l vl k~F id~qw hY[auNJ vl mu~nK ny loVW dy Kyqr iv~c AOLwd dl qWG qy loV dw m~hqv AOLwd dy vrgmwn ivvhwr jo smwj iv~c AOLwd Awpxy mwipAW nwl kr rhl hY ies dy m~dy nzs Gtdw jw irhw hY[G~to-G~to p~Cml smwj qW ieh smJ cu~kw hY qy Bwrql smwj vl smJx dy rwh qy pY igAw hY[

ies qrHW hrjIq Atvwl ny Awpxy nwlW iv~c brqwnIAw iv~c vsdy prvwsI Bwelcwry Aqy Awpxy Awp nMU sQwipq klqy prvwsI pMjwblAW dIAW iviBMn -iviBMn prqW,sm~isAwvW,JoirAW,dvMdW,AMqr sMbMDW ,s~iBAwcwrk pRisiQqIAW Aqy pwr-

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s~iBAwcwrk msilAW dw icqrn bVI iS~dq nwl klqw hY[hrlq Atvwl dy nwwlW iv~c prvwsI pMjwblAW dl bhU-igxql bygwngl,audwsl Aqy smwjk ckrivaU iv~c burl qrHW Psl hoel nZr Awaudl hY[hrlq Atvwl dy nwwlW iv~c p~Cml mulkW iv~c sQwpq hoey pMjwbl Bwelcwry AMdroN mnPI hoelAW pMjwbl s~iBAwcwr k kdrW-klmqW nMU swHmxy ilAwauNdl hY[prvwsIAW dl dUjl pIVHI p~Cml s~iBAwcwr kdrW- klmqW nMU Apxwax l~gl hY qW pihlI Aqy dUsrl pIVHI iv~c smwjk mwnqww nMU IY ky tkrwE hoxw SurU hoieAw[ijhVI pIVHI jo p~Cml mulkW dl jMm pl hY pMjwbl Aqy p~Cml s~iBAwcwr dy rlvYn rUp nMU Apxwax v~l v~D ruicq hY[p~Cml mulkW iv~c b~cy smwj pRql Awpxl fMUGl s~mJ r~Kdy hn ijMnHW iv~c b~icAW duAwrw smwj iv~c iv~c ivcrIdAW hr ie~k pihlUAW a~upr Jwq mwrl jWdl hY[ijs iv~c prvwsI b~icAW duAwrw p~Cml smwj dy kOVy im~Ty AnuBv nMU mwxdy hoey auhnW dw nzrlAW ivSwl ho igAw hY[prvwsI b~cy smwj pRql jo vl g~l krdy hn dlIl nwl krdy hn,ijs qoN qusIN munkr nhIN ho skdy[

ies qrHW hrjlq Atvwl iek Aijhw nwwlkwr ijs duAwrw brqwnlAW dl Drql aupr Awpxy nwwlW iv~c brqwnlAW iv~c v~sdy Aqy sQwpq hoey pMjwbl Bwelcwry dIAW iviBMn prqW ,sm~isAwvW,JoirAW,dvMdW,AMqr-siBAwcwrk Aqy pwr-siBAwcwrk msilAW dw glplkrx bVI iSdq nwl pyS klqw hY [nwwll vyrivAW iv~c prvwsI pMjwblAW dl bhU igxql bygwngl ,audwsl Aqy kwMuk klwbwjlAW dy ckrivaU iv~c Psl hoel nZr AwauNdl hY[hrjlq Atvwl dl glp-idRStl p~Cml mulkW iv~c sQwpq hoey pMjwbl Bwelcwry AMdro Kqm ho cukl pMjwbl siBAwcwrk kdrW-klmqW nMU swHmxy IY ky AwauNdl hY [b~icAW dy ivroDI ho jwx kwrn kel vwr mwpy Awps iv~c JgVn lg pYNdy hn [b~icAW dy bwgl hox dw dUSx iek dUjy au~pr lwauNdy hn [prvws iv~c gYr kwnMUnl FMg nwl pYdw hoey b~cy vl pirvwrk tu~t B~j nMU vDwauNdy hn[pirvwr iv~c ijMny jIA hMudy hn aunHy pwsy hl aunHW dy mUMh huMdy hn[tu~t B~j ieh mwipAW nMU vl duKI krDI hY Aqy b~icAW nMU vl[tuty pirvwrw dl SKsIAq kdy vl auh nhIN rihMdIN jo iek swJyN pirvwrW dl ho skdl hY[swJy pirvwrW dw sMklp qW p~Cm iv~c iblku

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Kqm hY[mwipAW dy AwigAwkwrl bxn iv~c nojvwn pIVHI iv~c nw-mwqr idlcspl hY[p~Cml smwj iv~c Anuswr ipqw dl jwiedwd dw vwrs pu~qr hoxw koel lwzml nhl hY[p~Cm smwj iv~c pu~qrW DIAW dy bwgl ho jwx kwrx bzburg mwpqy poqy-dohiqAW dw suK vl nhIN mxw skdy[ies qxwE Brl siQql iv~c Awpxy Awp nMU mwpqy T~igAW mihsUs krdy hn[

purwxl pIVHI nMU Awpxy mulk pRql BU-hyrvw Aqy audyrvw rihMdW hY,keI vwr mwpqy cwvW sMg Awpxy b~icAW nMU Awpxw vqn idKwax leI ilAwauNdy hn[jd ik b~icAW dl idlcspl ieh hMudl hY ik aunHW nMU buzrgW iv~c Aqy Awpxy mulk pRql koel Kws rUcl nhIN huMdl [aunHW nMU ieho ijhw jlvn p~Dr nhIN imldw ijho ijhw p~Cm iv~c mxw ky Awey hn [ies krky auh bhuql dyr rihxw ie~Qy psMd nhIN krdy [brqwnIAW dy iv~c prvwsIAW dl dUjl pIVHI p~Cml siBAwcwrk klmqW nMU Apxwax lgl qw pihlI pIVHI Aqy dUjl pIVHI iv~c smwijk Aqy siBAcwrk siQqlAW nMU IY ky tkrwE hoxw SurU hoieAw[pihlI Aqy dUjl pIVHI iv~c ieh tkrwE dl siQql iv~c mn~KI irsiqAW dl pCwx kwiem nhIN rihMdl[iesy qrHW hrjIq Atvwl duAwrw Awpxy nwwlW iv~c prvwsIAW dl smwijk sm~isAwvW nMU pyS klqw igAw hY [

so hrjIq Atvwl dy nwwlW dw is~tw ieh inkldw hY ik AOrq mrd dy Awpsl sMbMD ,AOrq dw sMGrS,irSiqAW dl gMuJldwr pRikirAw,pUrb qy p~Cm AMqr sMbMDW qy AMqr-ivroDW nMU bhuidSwvl rUp iv~c pyS krddw hY[aus dy nwwlW AMqr nsll ivAwh,pirvwrk irSqy,siBAwcwrk sMkt,nsll ivqkrw,p~Cml smwj iv~c AOrq dl sMktmel siQql nMU pyS krddw hY[hrjIq Atvwl dy nwwlW iv~c prvwsI pMjwbl AOrq AwirQk qOr KuShwl ho ky vDyry bl kwm-sMbMDW dl K~ul mwnx v~l l~g rhl hY[prvwsI pMjwbl AOrq dl suqMqr jlvn SYll dl cox ausdy mwinsk qy sMsikRiqk sMkt dw kwrx qW bxdI hY pr ieh AOrq smwj iv~c Awpxl v~Krl pCwx bxwax iv~c vl kwmXwb hMudIN hY pr ieh AOrq svY-ivSvwsI,svY-cyqn qy AwirQk qOr qy Awzwd AOrq dw ibMb isrjdl nZr AwauNdl hY[

hvwlw sUcl

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dyivµdr cµdn, brqwnvl swihq dy msly, sUj pRkwSn id`ll, 2004

hrcµd isµG bydl, nukqw ingwh, rvl sihq pRkwSn AµimRqsr, 1992

Ajlq isµG pµCl, pµjwbl nwl iv~c XQwrQvwd, BwSw ivBwg pµjwb, pitAwlw, 1977

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pRIqm is`DU, dyS prwey, rvl sihq pRkwSn, AµimRqsr, 1982

drSn isµG Dlr, hwSley, lok glq pRkwSn, cµflgV, 2008

hrjlq Atwvl, svwrl, lok glq pRkwSn, cµflgV, 2005

pRIqm isµG, brqwnvl pµjwbl swihq pRkwSn, AµimRqsr, 1991

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Drm isMG, pMjwbl Koj sMdrB, AMimRqsr, rvl swihq pRkwSn, 2018

surjlq isMG,pMjwbl nwl idRS Aqy idRStl ,cyqnw pRkwSn ,luiDAwxw ,2012

pRIqm isµG, brqwnvl pµjwbl swihq pRkwSn, AµimRqsr, 1991

fw. suiqMdr nUr ,pMjwbl glp cyqnw,cyqnw pRkwSn luiDAwxw,2005

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18. Cosmic Architecture in India

Bilal Ahmad sheikh (Research Scholar)

sheikhibilallpu@gmail.com

Dr. Seema Parihar (Supervisor)

Seemaparihar17273@ctuniversity.in

CT University

Abstract

Every style of architecture construction reflects a clearly distinctive basic principle that represents a particular concept and logic. In this context the Indian cosmic architecture is not only the abode of Maharaja Jai Singh's great architectural works, but they are also the cradle of knowledge about the celestial and astronomical purpose. The emergence of this new style exists not only in present history but also in mediaeval time it has greatly changes the vision of the people about the theme and logic behind the architectural constructions. The evolution of new style of architecture in India is marked by a strict observance to the original ancient models that were derived from religious consideration of India as well as of many ancient prevailed nations like Arabs. This dissertation, intended to study the astronomical concept behind the architecture of Jaipur namely Jantar Mantar through literary works and theoretical investigation on medieval exposition and modern research works.

Key Words: construction, astronomical, Vāstu, stimulation, encounter, Azimuth, Equinox

History of cosmic architecture

The architecture which is unique in its appearance and based up on some scientific logic is the cosmic architecture. Cosmic architecture is the architecture which is based upon the astronomical concepts. Through the cosmic aspect we can introduce a practical touch to the history which is based up on the objectivity.

According to the Vāstu Shastra, the structure of the building reflects the emergence of cosmic order out of the primordial chaos through the act of measurement. The universe is mapped symbolically into a square that emphasizes the four cardinal directions viz. East, West, North and South. It is represented by the square vastu-mandala. This vastu-mandala, in its various forms, constitutes the basic plan for temples, houses and cites. Little research has been carried out on cosmic architecture (star based).as a result of this European servers tend to approach it with amazement rather than understanding Hindu temples escape trails to recognize the true shape behind logical figures and abstract symbolic sculptures. If we talk about the western vision, Muslim mosques, tombs and palaces seem like theatrical gatherings of pointed arches and onion towers built from precious stones and jewels, but their style is incomprehensible Apart from this the agents of imperial power European historians collected to India and set about classifying the Indians monumental remaining into style.in 19th century when both art and historians were committed on arrangement everything and establishing a comprehensive network of stylistic periods. There was a great interest in the wealth of forms discovered in India. Also, for western architects enamored of eclecticism, the country provided a vast gateway to a world of magnificent new architectural forms. During this period people over looked one of the great achievements of Indian architecture, the observatories built by Maharaja Jai Singh II of Jaipur (1686-1743) in Delhi, Banaras, Jaipur, Ujjain and Mathura. Known by the name of jantarmantar these escaped the notice of art experts because they did not appear to fit in anywhere, and they were ignored



by the practitioners of eclectic architecture because their lack of decoration provided little stimulation to the imagination.² Even today westerners try to approach Indian architecture with prejudices, and consequently an encounter with Jai Singh's work comes as a wonderful surprise to begin with these monumental stones cubes with their shapes, together with the broad marble scales up which steps ascend, have nothing in common with the splendid architecture of the Mughal period. Furthermore, from the modern-day viewers these structures conjure up the curious image of brilliant 18th century architect playing vital games with architectural nations of form and function. Such a nation is nation is irrational, of course. And yet the fact these remote and isolated monuments, partly decayed beyond recognition, do not confirm to the manifesto and pre-convinced ideas of our age certainly provided food for thoughts. How did these excellent sculptures come to be built? Was there construction preceded by some particular development in architectural theory which was repeated 200 years later, leading to comparable forms?

An encounter with the amazing astronomical instruments of Jai Singh II prompts us to ask questions about the specific cultural conditions prevailing at the time of jai Singh. Were they aware about small European and Arabian instruments with their accuracy? Jeuits on their travel brought these instruments to the court in Jaipur, and Jai Singh would doubtless test them out. Maharaja Jai Singh himself replied these questions in his text Zig Muhammad Shahi, it should be maintained that these instruments of the Europeans were not large and therefore the calculation and observation were somewhat inaccurate, since the atmospheric conditions had a strong influence on those instruments. with the benefit of reflection, his decision to use large fixed instruments without the sighting equipment appropriate to the current state of technology seems to us today have more to do with Hindu philosophy: portrayals of the cosmos and the world of gods confer on the expert knowledge of and power over this world far beyond the information they provide.

Maharaja was not merely commissioning his Hindu priests to design his new royal capital of Jaipur according to the geometric framework of Hindu mandala. Through these astronomical instruments or tools of a cosmic order which were visible from a 3-great distance, he was also underlining his claim to worldly power. Jai Singh decision to build a town as a mandala with the earth as its center, with the cosmos as a frame of reference were his answer to the late period of Mughal rule in India which was characterized with wars and upheavals. At the beginning of 18th century the successors of great Mughal monarch Aurangzeb drove out and murdered one another in quick succession. European trade occurs with their own demand to rule. And the finally Persian ruler nadir shah conquered Mughal Empire in 1739. As prince of region jai Singh was directly involved in all kinds of ups and downs. His different plan for world marked of universal principles of order confirms his outstanding importance in the history of architecture and planning of towns in India. The desire to locate human behavior in a higher framework in all aspects is the mark of all cultures.in order to understand the path chosen by jai Singh; it is illuminating to study earlier examples of various cultures.

The pyramid of Egypt, the stone circles at Stonehenge, the temples of the Maya and the castles of the Dane Tycho Brahe are all characterized by the same desire to bring architecture and the cosmos into a comprehensible relationship by means of astronomy. Our very sketchy knowledge about the life and person of Jai Singh makes it possible for us to put forward conclusive thesis on the factors which are responsible to the planning and construction of the observatories in Jaipur mainly along with this this work throws a bit light on the observatories of Delhi, Mathura, Ujjain and Banaras. This is also an age of conflicts between princely Hindu sates t and great Mughal Muslims. Within the course of few years some monumental



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buildings were built which were free from the Islamic architectural style of the age and full of references of Hindu cosmology.

Finally the most amazing of all is the jantharmanthar of Jaipur with specialty of its 14 Yantra when we roughly talk about jantharmanthar of Jaipur, it was built during the time period of maharaja jai Singh 11 of Jaipur in year 1717-1734 on the task given by Mughal emperor to revising the calendar and astronomical years completed in year 1724. when we talk about its cosmology related or the star based architecture we are mostly going towards Samrat Yantra which is one of the instrument in JantarManthar meant to determine the local time along with this there are more yantra. This yantra is composed of five various with their unique specialization.⁴ Along with this there are various star based architecture designs mainly in India with their unique astronomical features the credit of establishing this type of art in India is probably Maharaja Jai Singh (1686-1743) In order to know much about the cosmic architecture in India we have to mostly through light on Maharaja Jai Singh 11, his observatories and connection with great Mughals of medieval India.

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19. Survey of Dengue Positive Patient with respect to Age and Gender

Brijesh D Mehta

Research Scholar,

D.T.M.T, M.Sc. (I.T.),

Sabarmati University,

Ahmadabad, India.

Prof. Dr. AmitKumar Shastri,

Sabarmati University,

Ahmadabad, India,

E-mail: amitshastri29@rediffmail.com

Abstract:

The dengue fever, also known as life-threatening disease, is caused by dengue virus. It is also referred to as breakbone fever, which is one amongst the major deadly diseases around the world transmitted by blood-feeding-mosquito. We have carried out a survey where 4950 samples were taken from suspected cases of dengue from JSS Hospital Gujarat for treatment from the regions in and around Gujarat, between July 2015 to August 2019. We have studied the Sociodemographic characters and found some interesting results.

Keywords: Dengue, Survey, Gujarat, Socio demographic character, 2015-2019, blood feeding mosquito

Introduction

Pradeep raj et al. ¹ discussed the studied the healthcare organizations and industries produce huge amount of data every day. This vast information can be extracted and analyzed to obtain patterns which can be used to forecast or predict the future events. Rameshwar et al. ² studied the sentiment Analysis (SA) is the study of the datasets available over web that contains fruitful information. Machine learning techniques have a great role in computer science. Sajana et al. ³ said that the dengue infection belongs to the family of virus, Flaviviridae, consisting of four serotypes which spread through the chomp of contaminated Aedes mosquitoes. Dinesh et al. ⁴ found that dengue fever is a mosquito-borne tropical disease caused by the dengue virus. It is



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a life-threatening disease lots of people died due to dengue because its symptoms are not detected at early stages many persons thought that it was a normal fever or headache so that they ignore it which because there are in dangerous situations and worst case, they lose their life. Raghavendra et al. ⁵carried out research to create a system that can use the available relevant information about the factors responsible for the spread of dengue and; use it to predict the occurrence of dengue within a geographical region, so that public health experts can prepare for, manage and control the epidemic. Data mining is concerned with the secondary analysis of large databases in order to find previously unsuspected relationships which are of interest or value to the database owners. Since Statistics provides the intellectual glue underlying the effort, it is important to involve this field, as they pave real opportunities for researchers to make significant contributions. It is probably no exaggeration to say that most Statistics are concerned with primary data analysis. That is, the data are collected with a particular question or set of questions in mind. Indeed, entire sub disciplines, such as experimental design and survey design, have grown up to facilitate the efficient collection of data so as to answer the given questions. In fact, we might define data mining as the process of secondary analysis of large databases aimed at finding unsuspected relationships which are of interest or value to the database owners. According to data provided by National Vector Borne Disease Control Program, Gujarat have the highest mortality rate in India whereas as per WHO, 40% population of world is affected by this disease. A lot of viral infection exists in the world, but dengue fever virus infection causes more illness and death. It comes severe for the people who have weak immune system. An early diagnosis of this disease can help for quick recovery in patient. It can be broadly classified into three categories which are Dengue Fever (DF), Dengue Hemorrhagic Fever (DHF) and Dengue Shock Syndrome (DSS). In all the three types, DSS is the most dangerous type of dengue fever and the recovery is even more difficult as compare to DF & DHF. The biggest problem with dengue fever is, it is identified only when patient is on very critically stage and unfortunately there is no special tool developed for identifying dengue within 1-2 days continues fever. There lots of type fever causes death but dengue fever has highest numbers of death. The proposed system will solve the problem by selecting a subset of useful feature from a set of features. One of the main objectives of the present study is to develop a control system to enhance the efficiency to dengue disease related to human. The developed using machine learning approaches can explore crisp and linguistic data with loosely defined boundary conditions for decision-making. It is implemented in the mentioned contexts for the comparison and validation with the data obtained from Medical College & Hospital, Gujarat. The proposed using machine learning approaches controller makes the machine to take intelligent decisions as similar to that of humans.

Methodology

A total of 4950 samples were collected from clinically suspected cases of dengue who either reported directly or who were referred to JSS Hospital Gujarat for treatment from the regions in and around Gujarat, between July 2015 to August 2019 were included in the study. The cases were divided into two groups, the first group comprised of those who had the illness within one week (1-5 days) and the second group with those who had

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illness between 6-11 days from the onset of illness.

Results :

Out of 4950 suspected cases, 4425 were positives. Year wise distribution of suspected dengue cases and positive cases during the study period is shown in **Table 1**. Out of 4425 positive cases, 2978 were males and 1447 were females. 1403 (31.7%) cases were observed in age group 4 to 15 years, 1449 (32.74%) cases were observed in 15-30 years age group and 921 (20.8 %) of cases were observed in 30-45 years age group. Results are shown in **Table 2**.

Discussions :

Seasonal trend in each year showed that there were very a smaller number of positive cases from January to May, the infection started spreading in June, reaching its peak in August, September and slowly declined by December. Majority of the cases were found in the month of July and August. However, in all 5 years maximum cases were recorded during the monsoon and postmonsoon periods. Most of the positive cases were from rural areas when compared to urban areas. During the monsoon period, the occurrence of Dengue virus infection was seen not only in Surat District, but also in the neighboring districts.

4.0. Conclusion:

We have analyzed 4950 suspected cases, out that 4425 were found to positive. It was found that the number of cases in males were more than female and, in our study, we found that with the increase in the age the number of positive cases decreased. Our study is helpful for the other researchers who are working in this field.

Acknowledgement:

I would like to thank my institute for providing me such a big opportunity in my life. Moreover, I would like to thank God for all that it has given to me. I also would like to thank those who have helped me directly or indirectly.

Source of Funding:

Conflict of Interest:

**The author has done much hard work in doing the survey and collecting the data from the hospital .
The enthusiasm of the author is wonderful .**



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Legends to Tables:

Table 1: Age Distribution of study population

Table 2: Age and sex wise distribution of positive dengue cases

Table 1: Age Distribution of study population

Age in years	Number of cases	Percentage
0-15(> 3years)	1861	32.50%
15-30	1847	32.26%
30-45	1187	20.73%
45-60	640	11.17%
60-75 (<75)	190	3.31%



Table 2: Age and sex wise distribution of positive dengue cases

Age in years	Number of cases	Percentage
0-15(> 3years)	1449	32.74%
15-30	1403	31.7%
30-45	921	20.8%
45-60	499	11.27%
60-75 (<75)	153	3.45%
Male	2978	67.29%
Female	1447	32.7%



20. ભારતના વિદેશ વ્યાપારના કદમાં આવેલા પરિવર્તનો

ટાલીયા ચનાભાઈ ભીખાભાઈ

Ph.D. Scholar

Department of Economics

Saurashtra University Rajkot

સારાંશ

વિદેશ વ્યાપારને આર્થિક વિકાસના એન્જીન તરીકે ઓળખવામાં આવે છે. આ વિદેશ વેપાર એટલા માટે મહત્વનો બની રહે છે. કારણ કે શ્રમ વિભાજન અને વિશિષ્ટીકરણ કે જે ઉત્પાદન વૃદ્ધિ માટે ખૂબ જ જરૂરી છે. તેના દ્વારા વિદેશ વ્યાપારમાં વધારો કરી શકાય છે. તેના કારણે જે તે દેશને ચોક્કસ પ્રકારના લાભ પ્રાપ્ત થાય છે. આજે વિશ્વનાં લગભગ બધા જ દેશો એકબીજા સાથે આંતરરાષ્ટ્રીય વ્યાપારથી જોડાયેલા છે. ભારતમાં આયોજન, હરિયાળી ક્રાંતિ અને ત્યારબાદ આર્થિક સુધારાઓ બાદ ભારતના વિદેશ વ્યાપારના કદમાં અનેક ગણો વધારો થવા પામ્યો છે.

ચાવીરૂપ શબ્દો: વ્યાપાર, વિદેશ વ્યાપારનું કદ, આયાત, નિકાસ, વ્યાપારતુલા

પ્રસ્તાવના

માનવીનાં જીવનના વિકાસ સાથે ક્રમશઃ માનવીની જરૂરિયાતોમાં સતત વધારો થવા લાગ્યો આથી માનવી પોતાની બધી જ જરૂરિયાતો સંતોષવા અસમર્થ બની ગયો. તેથી પોતાની જરૂરિયાતો માટે તેને બીજા વ્યક્તિ પાસેથી વસ્તુ કે સેવા મેળવવાની ફરજ પડી. આ સાથે વસ્તુ વિનિમય પ્રથાનો જન્મ થયો. પરંતુ તેની

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કેટલીક ખામીઓના કારણે નાણાંની શોધ થઈ. નાણાંએ પરસ્પરની જરૂરિયાતોને સરળ બનાવવામાં મહત્વનો ભાગ ભજવ્યો. આમ, નાણા પદ્ધતિએ વ્યાપાર વ્યવસ્થાને જન્મ આપ્યો. જે રીતે માનવી પોતાની બધી જ જરૂરિયાતો સંતોષી શકતો નથી. તે જ રીતે કોઈ એક દેશ પણ પોતાની બધી જ જરૂરિયાતો અને વસ્તુઓનું ઉત્પાદન જાતે કરી શકતો નથી. માટે જ દરેક દેશ પોતાની બધી જરૂરિયાતોની વસ્તુઓની બાબતમાં કદી સ્વાવલંબી બની શકતો નથી. તેનાં કારણે આંતરરાષ્ટ્રીય વ્યાપાર ઉદ્ભવે છે. આંતરરાષ્ટ્રીય વ્યાપારમાં વિશ્વના બે કે તેથી વધુ દેશો વચ્ચે ચીજવસ્તુઓ કે સેવાઓની આયાત નિકાસ થાય છે. આયાત-નિકાસના કારણે બધા જ દેશો ને સમાન લાભ થાય તેવું નથી. કારણ કે કયા દેશને વિશેષ અથવા ઓછો લાભ પ્રાપ્ત થશે તેનો આધાર કોઈ એક દેશની વિકસિત અવસ્થાની કક્ષા વધારે છે કે ઓછી તેના પર રહેલો છે.

હેતુઓ

1. ભારતના વિદેશવ્યાપારમાં આયાતોનું કદ જાણવું.
2. ભારતના વિદેશ વ્યાપારમાં નિકાસોનું કદ જાણવું.
3. ભારતના વિદેશ વ્યાપાર અંગે વ્યાપારતુલાની માહિતી મેળવવી.

ભારતનો વિદેશ વ્યાપાર

વિદેશ વેપારનું (આંતરરાષ્ટ્રીય વેપારનું) કદ એટલે સરળ શબ્દોમાં કહીએ તો આયાત અને નિકાસ થતી ભૌતિક વસ્તુઓનું કુલ મુલ્ય .(તથા કુલ જથ્થો) પ્રતિ વર્ષ જો આયાત માટે થતી ચૂકવણી અને નિકાસમાંથી થતી કમાણી વધતી જાય, દેશની રાષ્ટ્રીય આવકમાં વેપારના મૂલ્યનો ટકાવારી હિસ્સો વધતો જાય તથા વિશ્વવેપારમાં દેશના વેપારનો હિસ્સો વધે તો તે દેશના વેપારનું કદ વધ્યું એમ કહેવાય. ભારતમાં વિદેશ વ્યાપાર ભારત જેવા વિકાસશીલ દેશના આર્થિક વિકાસમાં વિદેશ વ્યાપાર ખૂબ જ મહત્વનો રહેલ છે. ભારત દેશમાં વૈવિધ્યસભર કુદરતી સંસાધનો ખૂબ સારા એવા પ્રમાણમાં ધરાવે છે. તેમજ વિશ્વમાં સૌથી વધુ યુવાધન ધરાવે છે. ભારત દેશ એ વિશ્વના મોટાભાગના દેશો સાથે વ્યાપારિક સંબંધોથી જોડાયેલ છે.



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ભારતમાં 1991 થી 2020 સુધીના સમય ગાળામાં આયાત અને નિકાસ બંનેનું કદ અને તેમનો રાષ્ટ્રીય આવક તથા વિશ્વ વેપારમાં ટકાવારી હિસ્સો વધ્યા છે. પરંતુ નિકાસના કદ અને વૃદ્ધિના દર કરતાં આયાતનું કદ અને વૃદ્ધિનો દર મોટા ભાગના વર્ષમાં વધુ રહ્યા છે. સ્વતંત્રતા પછી શરૂઆતનાં વર્ષોમાં નીચા વિકાસદરના કારણે ભારતમાં વિકાસલક્ષી આયાતોનું કદ ખુબ નાનું રહ્યું. જ્યારે નિકાસ કરવાની ક્ષમતા નીચી હોવાના કારણે નિકાસો નીચી રહી. 1991નાં આર્થિક સુધારાઓ બાદ પણ આયાતો વધતી ગઈ. આ ગાળા દરમિયાન દેશમાં આવકોમાં વધારો થતા દેશમાં માંગ વધતી ગઈ અને નિકાસ માટે ઓછું ઉત્પાદન બચતા નિકાસો નીચાં પ્રમાણમાં રહી.

Year	Exports	Imports	Trade Balance
1990-91	18477	27914	-9437
1991-92	18266	21064	-2798
1992-93	18869	24316	-5447
1993-94	22683	26739	-4056
1994-95	26855	35904	-9049
1995-96	32310	43670	-11360
1996-97	34133	48948	-14815
1997-98	35680	51187	-15507
1998-99	34298	47544	-13246
1999-00	37542	55383	-17841
2000-01	45452	57912	-12460
2001-02	44703	56277	-11574
2002-03	53774	64464	-10690
2003-04	66285	80003	-13718
2004-05	85206	118908	-33702
2005-06	105152	157056	-51904
2006-07	128888	190670	-61782
2007-08	166163	257630	-91468
2008-09	189001	308520	-119520
2009-10	182442	300644	-118203
2010-11	256159	383481	-127322
2011-12	309774	499533	-189759
2012-13	306581	502237	-195656
2013-14	318607	466216	-147609
2014-15	316545	461484	-144940

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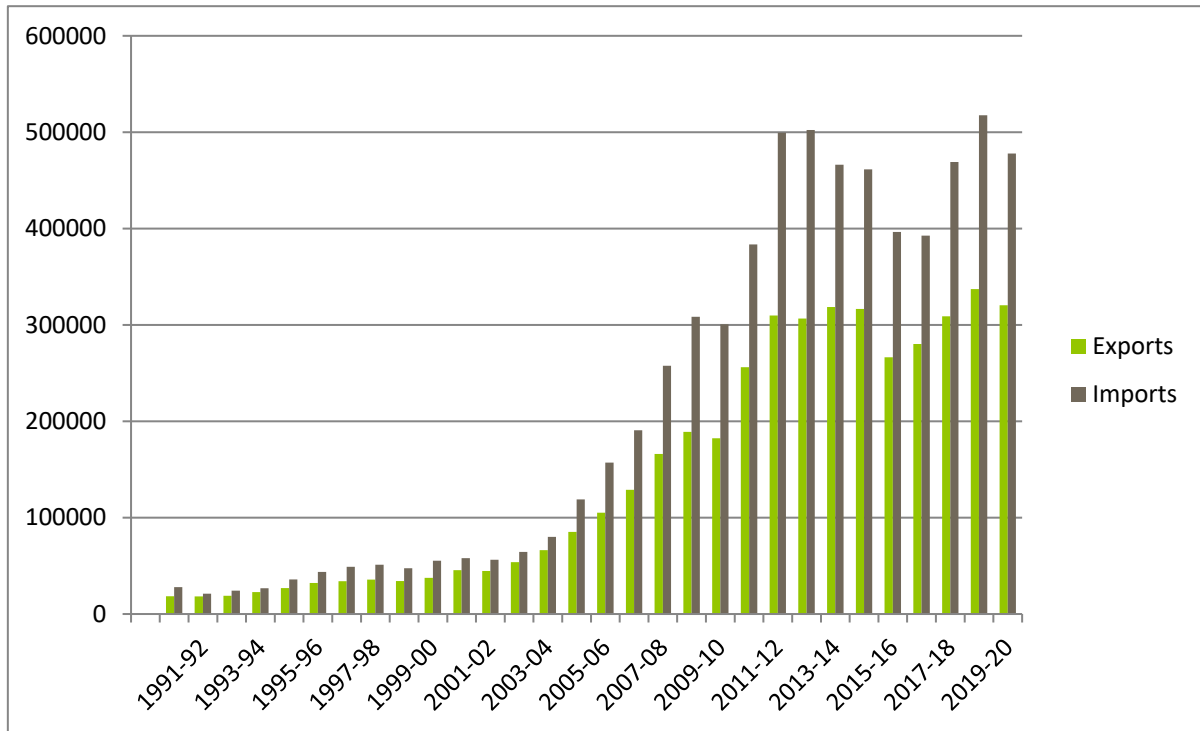
Indexed in: ROAD & Google Scholar

2015-16	266365	396444	-130079
2016-17	280138	392580	-112442
2017-18	308970	469006	-160036
2018-19	337237	517519	-180283
2019-20	320431	477937	-157506

Table 1- Recent trends in India's foreign Trade (in US \$million)

Source: Handbook of statistics on the Indian economy 2019-20 RBI

ભારતમાં વિદેશ(આંતરરાષ્ટ્રીય) વેપારમાં આયાતોનિકાસોનું પ્રમાણ અને વ્યાપારતુલા-



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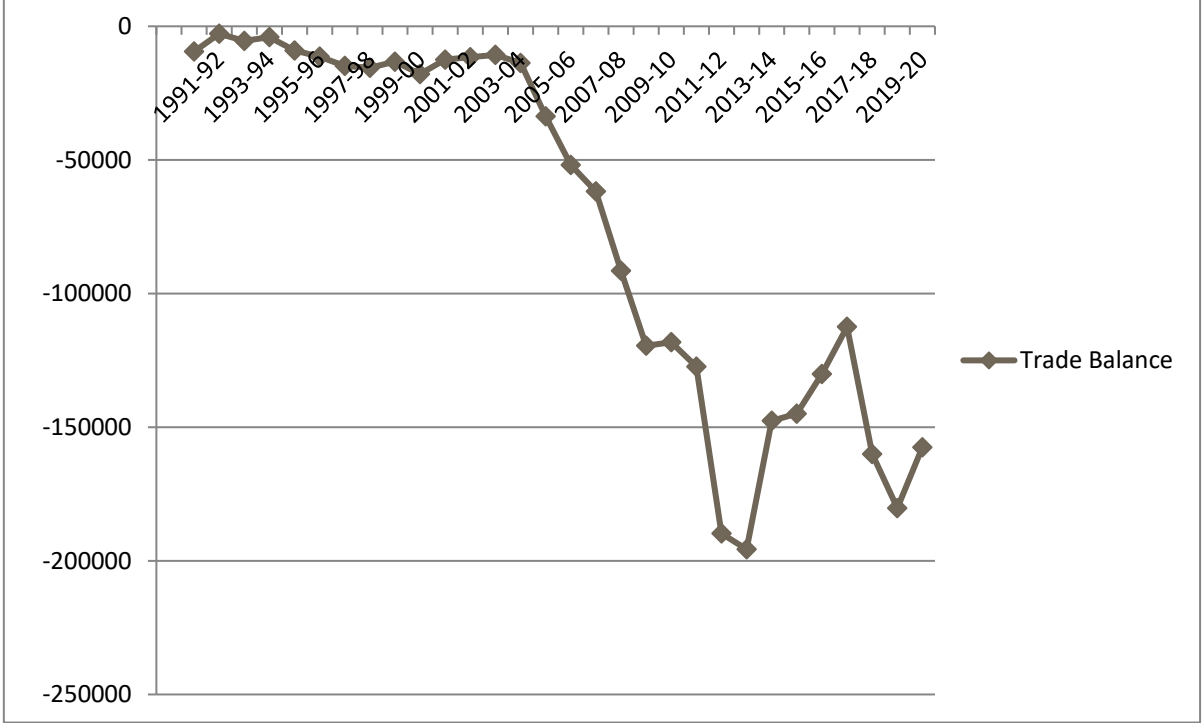
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ભારતનાં વિદેશ વેપારનું કદ અને તેમાં થયેલા ફેરફારો

ઉપરોક્ત કોષ્ટકનો અભ્યાસ કરતાં જણાય છે કે વર્ષ 1990-91માં ભારતની નિકાસોનું પ્રમાણ 18477 યુ.એસ. મિલિયન ડોલર રહેવા પામ્યું હતું. જેની સરખામણીએ આયાતોનું પ્રમાણ 27914 યુ.એસ. મિલિયન ડોલર રહ્યું છે. તે વર્ષ દરમિયાન ભારતની વેપારતુલામાં નિકાસના પ્રમાણમાં આયાત વધુ હોવાથી -9437 યુ.એસ. મિલિયન ડોલર જેટલી ખાધવાળી રહેવા પામી હતી. આ પછીના પણ દરેક વર્ષનો આપણે અભ્યાસ કરીએ તો ભારત દેશમાં 1991ના આર્થિક સુધારાઓ બાદ આપણી આયાતો હંમેશા વધવા પામી છે. બીજી તરફ આપણી નિકાસોના પ્રમાણમાં પણ વધારો થયો છે. પરંતુ નિકાસોની સરખામણી આયાતનું પ્રમાણ હંમેશા વધુ રહ્યું છે. જેના કારણે વ્યાપારતુલામાં ખાધ જોવા મળી છે.

વર્ષ 2019-20માં ભારતની નિકાસો 320431 યુ.એસ. મિલિયન ડોલર રહી છે. તેમજ આયાતો 477937 યુ.એસ. મિલિયન ડોલર જેટલી થવા પામી હતી. જેના કારણે વ્યાપારતુલામાં -157506 યુ.એસ. મિલિયન

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ડોલર જેટલી ખાધ જોવા મળી છે. ભારતની આયાત અને નિકાસનું વધતુ પ્રમાણ ભારતના વિદેશ વ્યાપાર કદમાં વધારો થવા પામ્યો છે તે દર્શાવે છે.

તારણો

ભારતના વિદેશ વ્યાપારના કદમાં આવેલા પરિવર્તનો અભ્યાસ કર્યો તેમનો મહત્વની બાબત એ છે કે 1991નાં આર્થિક સુધારા બાદ ભારતમાં આર્થિક વિકાસની પ્રક્રિયાએ વેગ પકડ્યો છે. દેશની વસ્તીની વધતી જરૂરિયાતોને સંતોષી અને ત્યાર બાદ પણ નિકાસોમા વધારો કરી શકાયો છે. દેશનાં વ્યાપારમાં કૃષિ ક્ષેત્રનો હિસ્સો ઘટ્યો છે. ઉદ્યોગ અને સેવા ક્ષેત્રના હિસ્સામાં વધારો થયો છે. ભારતનાં વિદેશ વ્યાપારનાં કદમાં આયાતો અને નિકાસોના પ્રમાણમાં પણ વધારો થયો છે. આમ ભારતના વિદેશ વ્યાપારના કદમાં જે પરિવર્તન થવા પામ્યું છે. એ બાબત ભારતના વિદેશ વ્યાપારના કદમાં વધારો થયો છે તે સૂચવે છે.

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21. Chaman Nahal's Azadi is more centred on Human Values than Other Implications: An Analysis

Chanchal Bagga

Enrolment No.: PH19155035001

Ph.D. English (Research Scholar)

CT University, Ludhiana

email: chanchalb1986@gmail.com

Dr. Ashwani Rana

Professor & Research Guide

CT University, Ludhiana

email: dr.ashwanirana78@gmail.com

Abstract

This study all through an assessment of Azadi exhibits Chaman Nahal's significant information on Gandhian principles and the estimation of man's nobility, empathy and Love through his characters. At that point, Chaman takes more consideration to see the genuine scope of the events that along with their common physical and mental impacts on human existence. Moreover, it perfectly incorporates the incredible verifiable events clarified regarding its fullest relation to human implications and independence.

Keywords - Azadi, Empathy, Freedom, Love, dignity, human life, Gandhian thought, Partition

INTRODUCTION

Generally, it is comprehended that the Indian writers of the thirties and forties were especially affected by the lessons of Mahatma Gandhi, as he was the sole power behind the recently made renaissance of national consciousness. Revived by the much needed refresher from the west, they found in Gandhi a combination of the native tradition and western thoughts. Gandhian beliefs were blending the slumberous Indians and these writers attempted to picture the lethargic however consistent insurgency occurring in the Indian rural area. The greater part of these writers accordingly became ardent followers of Gandhian ideals. Bhabani Bhattacharya, Mulk Raj Anand and R.K. Narayan presented characters in their books in order to help us at any point to remember the actual stature of Gandhi. Then again, we have scholars like Raja Rao, Manohar Malgonkar and Raj Gill whose characters went against Gandhi and Gandhism. Malgonkar's A



Bend in the Ganges showed Gandhi, the extraordinary adversary of partition and the incredible champion of Hindu Muslim solidarity, as liable for the partition and the viciousness in the wake of Indian Independence. In Raj Gills' *The Rape*, the saint, Dalipjit even considered shooting Gandhi, as he considered Gandhi liable for partition. What is interested to note is that while Khushwant Singh didn't offer even a quick comment of Gandhi or Gandhism in his novel, Chaman Nahal extended Gandhi as a living presence. Choudhri Barkat Ali, who carried on with the existence of a genuine Muslim and had confidence in the solidarity of all religions was a genuine Gandhian. Also, practically every one of the significant characters in the novel, with the conceivable special case of Bibi Amaravati, held Gandhi in high regard. The death of Gandhi was an impolite stun to Kanshi Ram's family and in-spite of the sufferings and misfortunes in her day to day existence, Prabha Rani was hesitant to make dinner in the wake of getting the information on Gandhi's passing. These characters, in a way could recognise their situation with that of the goals of Gandhi, to whom the word "freedom" or "azadi" had a more prominent undertone than the word Independence from a colonial rule. To Gandhi, the word implied man's independence from a wide range of subjugations.

Chaman Nahal, as a young was pulled in to Gandhian belief system. He turned into a constrained outcast resulting to the partition that subjected huge number of innocent people to hard wanton misery. He recollects how he and other youngsters used to go to the supplication gatherings of Gandhi, at Birla House in 1947. They would toss "angry questions" at him to which:

"He never gave an answer which was smoothing. And to which he never gave an answer without making us feel that our pain was his pain too" (Dhavan 125)

A cautious perusing of Azadi would uncover Nahal's profundity of comprehension of Gandhian principles which empowered him to extend the estimation of human respect, empathy and love through his characters. As Goyal Bhagat notices:

"Nahal with the added advantage of a mellowing Of all bitterness and hatred with the healing passage of a quarter century, is able to invest his theme with a rare humanistic insight and objectivity" (P.126).



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Azadi stresses the coherence of life in spite of nerve racking encounters. In the expressions of R.K.Dhawan, “Chaman Nahal’s Azadi is an epoch making book which depicts not just the dread and tumult that went with, truth be told obscured, the attainment of freedom in 1947 however does likewise conceive man’s azadi or independence from brutality, from good, mental and profound illness” (P.126). It is to the credit that without precedent for the historical backdrop of India, he could ignite the fire of patriotism in the upset hearts of Indians. For a period, the various areas and strict gatherings failed to remember their characteristic doubt and narrow mindedness and cooperated for a shared objective viz-the freedom of India. Yet, that this kinship and friendship was distinctly at the fringe level was before long demonstrated by the occurrences at the wake of Independence. The possibility of a partition and the definite possibility of leaving one’s origin upset huge segments of Hindus and Muslims. Indeed, even the individuals who had so far avoided sustaining strict suppositions in their souls had to think on communal lines. This brought about unexpected common doubt and sick inclination. Indeed, even Gandhi, who battled to the last second to avoid a partition of the country must be a quiet observer to the official procedure that delivered the division of the subcontinent on communal lines.

The country was partitioned hastily and without regard for the possible consequences. The community genocide that ensued in the aftermath of partition was shocking, as authorities were either incapable or unwilling to end the widespread slaughters, unlawful conflagrations, and plundering. Authorities charged with the responsibility of putting an end to public crazes regularly became hardliners, forcing numerous innocent men, women, and children to submit to communal hatred. Numerous historians have emphasised how foolish it was to separate the subcontinent based on religious divisions. Collins and Lapier observe the following about the circumstance:

However, no aspect of partition was more illogical Than the fact that even if Jinnah’s Pakistan was fully realised, it would still deliver barely half of India’s Moslems from the alleged inequities of Hindu majority rule, which justified the state in the first place. The remaining Moslems were so scattered throughout India that it was humanly impossible to separate them. Islands in a Hindu sea, they would be the first victims of a conflict between the two countries ... even after the amputation, India will still harbour almost 50 million Moslems" (P 109).

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Gandhi, who pioneered the two-nation idea, needed to concede eventually due to the pressing element of circumstances. He defended the A.I.C.C.'s objective by stating that "sometimes, regardless of how distasteful they may be, certain choices must be made" (Menon 353). *Azadi*, which received Chaman Nahal the 1977 Sahitya Academy Award, is a novel that is unapologetically concerned with the division and its consequences. The epic makes a reasonable attempt to diagnose the sickness that precipitated the barbarous calamity, therefore holding the Hindu and Muslim pioneers accountable for the partition and the carnage that stunned the world. Chaman Nahal, who was born in Sialkot, was forced to flee to India during the partition. His personal predicament of "forced exile" tormented him throughout his formative years. In this way, he elucidates his rationale for producing *Azadi*:

“I have always rejected the two-nation theory; the Creation of Pakistan in no way solved the problem of the minorities. And till this day, I pine for the city in which I was born and raised. I see this as the typical yearning of all involuntary exiles. Hence, I wrote *Azadi* as a hymn to one’s land of birth, rather than a realistic novel of the partition” (P 40).

The tale centres on the fortunes of Lala Kanshi Ram, a Sialkot wholesale grain merchant. On June 3, 1947, Ruler Mount Batten's statement regarding the Indian subcontinent's liberation and division came as a thunderclap to Kanshi Ram's calm existence. Sialkot, a Muslim-dominated city, quickly became dangerous for the Hindu minority. Kanshi Ram is forced to flee the city with the assistance of other Hindu and Sikh families. As a result of the Muslims' inconsistent demonstrations of murdering, plundering, and pyro-crime, they explode into massive and coordinated viciousness. Kanshi Ram joins the foot guard along with his better half Prabha Rani and their lone child Arun. They encounter untold tragedies and challenges along the journey. They needed to keep an eye out for the passing and assault of countless loved ones. Finally, they arrive in Delhi, where, despite adversity, they settle down to begin a new life.

K.R. Srinivasa Iyengar observes:

“Nahal’s concentrates on Lala Kanshi Ram’s family, but the mind can and does, like a computer multiply the horror and the pity a million fold, and try to get at the measure of the total holocaust” (P 750).



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For instance, Nahal notes that "the primary insurrection took place in Sialkot on the twenty-fourth of June." Numerous metropolitan communities in Punjab have been on fire for an extended period of time; there have been widespread deaths and lootings in Lahore, Gujrat, Gujranwala, Amritsar, Ambala, Jullundur, Rawalpindi, Multan, Ludhiana, and Sargodha."¹²⁵ (Nahal, 1988). It has been proved previously that the declaration of independence was made on 3 June 1947, and that the entire Punjab catches fire barely 21 days later. The Lala's 'agreed activity' of causing havoc traces all the way back to the Mahabharata's deadly battle between the Kauravas and the Pandavas. Lala Kanshi Ram becomes troubled as a spectator to the unnerving occurrences and connects them to the Mahabharata's turbulent occurrences.

It is especially humiliating when Yudhishtira loses everything, including his better half Draupadi, in Duryodhan's dice game. When Duryodhan, Dushashana, and Karna begin unclothing Draupadi in public, the sages and masters keep silent. At that point, Lord Krishna rescues Draupadi from humiliation after hearing her prayers. However, there was much bloodshed when the Pandavas replied to the Kauravas. Continuous horrific savagery serves as a warning to Kanshi Ram, since it connects him to a verifiable terrible atrocity that occurred some time ago. Lala Kanshi Ram describes the epic battle he watched while evaluating his significant other as follows: "You are familiar with the Mahabharata, aren't you?" [...] The flaming darts that the Kauravas and Pandavas hurled at one another? [...] Indeed, the nuclear bomb is constructed in this manner. You throw a dart or a bomb at your foe, and he is engulfed in flames." (1988, p. 17)!

The population of bordering states, particularly the Punjab, tasted true partition – not as a topographical division of the fundamental land, but as a sharp blade piercing centuries-old links of harmony and custom between Hindus and Muslims. They had even come to celebrate the holidays and festivities of both religions, regardless of their own religious allegiances. Religious divisions appeared to be disappearing, with members of the two communities forging stable interpersonal relationships. Nahal emphasises Lalakanshi Ram's ancestral links to Choudri Barkat Ali. Chandhri Baskat Ali's devotion to his friend remains untouched by the passions of his fellow Muslims. His mentality is untainted by partisan intolerance. He realises that "God is extraordinary and Muhammed is his prophet. However, a similar God is the God of the Hindus also, and if they liked to venerate him in another structure, that was their business." (Azadi 96).

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Choudhri Barkat Ali is a pillar of the punditry of religious fanaticism. He is the appropriate gentleman with the appropriate thoughts. Nahal portrays the tragedies that happened following the separation with commendable objectivity. He lays the blame completely on the shoulders of the combatant communities. While Hindus suffered in the West Punjab, Muslims suffered in the Eastern Punjab. Hindus felt exposed and destitute in the newly designated Muslim-only state. The pioneers were dubious and untrustworthy, and the official authorities looked to be antagonistic to individuals on all fronts. Kanshi Ram was astonished by the government's remarkable apathy in cruelty prevention.

“If unwilling, the government is a party to murder. If incapable, we Indians had no right to ask for freedom” (Azadi 124)

Other horrible events, such as the stormy days of Partition, Kanshi Ram's flashback to Lord Wavell's chaotic organisation, and the 1857 rebellion, made him extraordinarily "meek" (Nahal, 1988, p. 32) in order to retain a sense of security on his own. Kanshi Ram's significant other, Prabha Rani, described his pathetic state as “And he appeared to be so frightened. Nothing had occurred in the house for a few days to disturb him; nor anything extraordinary in the store, all things considered. What at that point” (Nahal, 1988, p. 32)?

Similarly, Lala Kanshi Ram argues that Lord Wavell's efforts are in vain because he is incapable of preserving India's geographic unity. For example, the Shimla gathering in June 1945 was organised to persuade Muslims to abandon their desire for a free Muslim-majority part state, but it was also unsuccessful. Worse yet, the earlier British Viceroy failed to withdraw British authority from "the four Hindu-majority districts of Bombay, Madras, Orissa, and the Central Provinces [...] before March 1948." (Chawla, 2013, p. 219).

Lala Kanshi Ram's 'conceded action' links the violent days of the Partition to a Lord Archibald Wavell blunder (October 1943 – March 1947) and to the 1857 revolt. Kanshi Ram's memories transfers him ninety years back to a time when he had not yet been born and had learnt of the rebellion only via books, radios, and people.



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The shared components of government were genuinely fueling the flames of widespread contempt. Choudhri Barkat Ali summarises their objectives as follows:

"Either the Congress Muslims were a fraud to Begin with, or they have changed sides. I'm afraid there is no organized body of Muslims denouncing what is happening in the city" (P 134). Arun's romance with Nur, the daughter of Choudhri Barkat Ali is sheltered with the partition. Nur, with her unreasoning youth and love feels that Pakistan should not stand between the lovers. But Arun's approach to the situation is realistic for he knows the fanatics and feels that the Hindus will be forced to leave Pakistan. Nur wants Arun to stay behind and embrace Islam. The partition of the country brings about a thorough change in the placid life of Lala Kanshi Ram. He is shocked to hear such terms "minority community" and, "refugee".

He is begun to realize that he is an evacuee in his "own home". This epic, almost certainly, depicts various episodes in which the exiles were the survivors of wild and dull savagery. It totally annihilated the climate of fellowship, concordance, trust, love and fortitude and supplanted it by disdain, disturb, murder, fire, assault and torching.

Nahal completely prevailing with regards to building up the genuine elements of the occasions that went with parcel, showing their physical just as mental effects on human existence. The spotlight is all the time on the deficiency of character brought about by this awful occasion as opposed to an unsalvageable material misfortune. He very brilliantly illustrates how a coming calamity scrutinises individuals' strong convictions and how agreements are formed to meet the revealed, essential desire to survive. Gangu Mal accepts Islam solely for the sake of retaining his land in the city. He prioritises financial comforts above family relationships. Nonetheless, faith is more important to Sardar Niranjan Singh than his life. He is not willing to make religion a source of consolation. In response to the question of whether he should trim his hair to ensure his safe arrival in India, he declares:

"I will willingly give up my life, but I will not give up my Sikh dharma." (262 Azadi)

Azadi shows an extraordinary authentic event in this manner, with its full human repercussions manifesting and felt through the lives of a few people. Lala Kanshi Ram eventually discovers a way to

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transcend narrow shared idea, and his brain is administered by pity, sympathy, and love. The hardships he encounters in Delhi cause him to reconsider his ethical commitments and regret Gandhi's death. K.S.Ramamurthy correctly observes:

“Kanshi Ram’s individual’s consciousness has in the end matured and developed into a national consciousness, rather a purely humanistic consciousness” (P 133).

To end, there is no refuting Nahal's meticulous depiction of the true parts of the partition's events, demonstrating their physical and psychological impacts on human existence. Chaman Nahal fits with the humanistic tradition begun by Anand in the 1930s and continued by Bhabani Bhattacharya and Kamala Markandaya in the 1950s and 1960s. Additionally, the scholar has examined a portion of the elements and consequences of trauma through the study of Chaman Nahal's Azadi, but there are more other aspects of trauma that can be addressed. Nahal's theory of fiction is virtually identical to Bhattacharya's, who believes in the social motivations of fiction. Nahal is a positive affirmationist in his outlook on life, one who “upholds the principles of life and demonstrates that life is worth living with optimism and courage in the face of adversity.”

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22. THE COLLERATION BETWEEN HUMAN POPULATION AND ECONOMIC GROWTH A CASE STUDY OF THE CITY OF BLANTYRE MALAWI

Davie Huwa Jr
Student
M.Sc. Economics
4th semester
CT University, Ludhiana
huwajnr@gmail.com

Puneeta Sharma
Assistant Professor
CT University, Ludhiana

09puneeta@gmail.com

ABSTRACT- Population is a topic that has been talked about over and over by economists throughout time and with good reason. The issues related to population include depletion of raw materials and resources that are used for human consumption, this means the depletion of raw materials and resources will lead to an end in production of goods and services that mankind have grown accustomed to consumption for their daily needs and wants. So there is a connection between population and productivity of which if population is too high or too low it will bring about the inefficiency and ineffectiveness in production. This study sees itself with the aim of going further on aspect of population check which was part of the population theory made by Thomas Malthus in which he talked about population check where he pointed out the importance of it and that if population is left unchecked then the human race will end up depleting raw material and resources to satisfy their consumption behaviors. The increase in population has seen a lot of deforestation, air pollution and many other things arise due to relocation of humans in order to occupy any free and inhabited land or build factories to increase production for human consumption. Regardless of the time frame of Malthus and his theory on human population, it is still evident and relevant that as he stated in his theory human behavior still indeed follows the pattern of procreation and that's why there is a need of controlling it before it gets too big to overlook and manage. There are many things that could be linked with an unchecked population of which I would encourage more scholars to undergo deeper into the study of population to better help mankind understand the importance and dangers of a population left unchecked.

Keywords- Unchecked population, Consumption, Mankind



Chapter 1: INTRODUCTION

1.1 ECONOMIC GROWTH: AN OVERVIEW

Economics has been studied throughout history and practiced in every aspect of the daily human life, whether it is at the work place, in the household, in politics, hospitals etc... the concept of economics is practiced by every individual in their daily lives regardless of whether they know it or not. Economics is wide topic and it ranges from social aspects to even environmental aspects. So how can we even begin to describe what economics is? According to Adam Smith he defined economics as “an inquiry into the nature and causes of the wealth of nations”. The study of economics has been broken down into two parts; Microeconomics which is a branch of economics that studies the behavior of individual units such as households, individuals and enterprises within the economy, Microeconomics uses demand and supply as tools of analysis to study the decisions of individual entities in the economy. The other branch of economics is known as Macroeconomics which is the branch that studies how an overall economy (the market or other systems that operate on a large scale) behaves.

“Economic growth is an increase in the production of goods and services over a specific period. Economic growth creates more profit for businesses, As a result stock prices rise that gives companies capital to invest and hire more employees as more jobs are created, incomes rise, and consumers have money to buy additional products and services. Purchases drive higher economic growth, for this reason all countries want positive economic growth. This makes economic growth the most watched.” (K. Amadeo and M. J. boyle 2020).

Economic growth is what every country seeks to achieve, the tool used to measure a country’s economic growth is the Gross Domestic Product (GDP). GDP is the final monetary value of the goods and services produced within the country during a specific period of time, usually within a particular year. GDP measures final production, it does not include the parts that are manufactured to make a product. It excludes exports because they are produced in the country while imports are excluded due to the fact that they are not a final product produced within the country. The most accurate measure of growth is real GDP since it removes the effects of inflation. Real GDP is an inflation adjusted measure that reflects the value of all goods and services produced by an economy in a given year.

Population is defined by oxford dictionary as “all the inhabitants of a particular place” and it also defined by the same oxford dictionary as “a community of animals, plants, or humans among whose



members interbreeding occurs". From these two oxford definitions and for the benefit of this study we are going to define human population as a community of humans inhabiting a particular place, region, country or continent. We are focusing on the human aspect of population as it will help to give us a better outlook into this study, unlike most things on earth the human population grows based on a geometric rate, which means that the larger the land the greater the population, for example if we compare two countries India and Malawi on population and geometric structure we will see that India has a larger geometric area (3,286,927 square kilometers) and population (1,391,716,282 estimate as of May 14 2021 by Worldometer) while on the other hand Malawi has a smaller geometric area (118,484 square kilometers) and population (19,554,257 estimate as of May 14 2021 by Worldometer), so this indicates that population increases at a geometric rate.

1.2 RELEVANCE OF THE STUDY

This study is designed to understand and find out the level of population at which the maximum productivity is required to bring about economic growth. The theory of Thomas Malthus of population shows that if left unchecked population would increase beyond control and as a result mankind would end up depleting all the natural resources on any given particular land. The relationship between population and economic growth can stand as a pivotal point between a nations success and failure in the development assuming all other variables are held constant, this study is designed to bring a contribution in the control countries can take to ensure the maximum level of productivity that can be achieved through the monitoring and control of a nations population levels.

1.3 RESEARCH PROBLEM STATEMENT

Population is tied to a lot of things but this paper will mainly focus on two economic factors that will be shown to be affected by the changes in population. The economic impact of population can vary from the climate changes to demand and supply of products (goods and services). According to W.B Gutierrez "The decrease of population growth is a necessary requirement to reduce carbon emissions in the future; however, it's objected if this can lead to "population control" programs in developing countries. And as we know, these countries would be severely affected by climate change; from this perspective has been identified at least one of three possible interaction ways between demographic trends and the climate



change effects: (i) a quick deterioration of the natural resources' sources, (ii) the increased demand of scarce resources and (iii) the increasing human vulnerability to extreme meteorological phenomena. Population growth increase goods and services demand which certainly involves increased environmental pressure. At the same time, economic growth, which is considered as the best way to reduce the population growth rate, it's also associated with severe natural resources degradation. Up to now, in developing countries the economic growth mechanisms have been unable to reduce population pressure and unequal economic development, but at the same time these mechanisms tend to reinforce the environmental degradation factors resulting from economic activity. It is what we call the economic growth paradox." Population control can lead to an increase in the economic growth and development of a country and also towards an improved climate if it is properly kept in constant check and control. Research on the correlation between population and economic growth is absent and thus the research study tries to bridge this gap in the subject substance mentioned.

1.3.1 RESEARCH OBJECTIVES

The research will be based on a primary method approach of data collection of which questionnaires will be used, these questionnaires will be derived from the research objectives which are:

- To find out the level at which population can produce maximum production output.
- To find out the tools and methods that can effectively reduce the rapid growth of population.
- To see the relationship between population and economic growth.
- To understand the importance of population control to a growing economy

1.3.2 RESEARCH QUESTIONS

Hence the following questions arise:

- Is the increase or decrease of a nation's population important?
- What measures can be used to control population?
- What sort of existing relationship is there between population and economic growth?
- What is the importance of controlling population towards a country?
- Why is economic growth so important?
- Is there a relationship between climate change and population?



1.4. HYPOTHESIS OF THE STUDY

It's a known fact that every nation regardless of its size wants to be successful in its economic structure and grow. With all other factors held constant (*ceteris paribus*) the most influential factor that can determine the growth of an economy is the population. This is where the hypothesis comes about.

- **Hypothesis 0:** There is no correlation between population and economic growth in the case study based on the city of Blantyre Malawi.
- **Hypothesis 1:** there is a correlation between population and economic growth in the case study based on the city of Blantyre Malawi.

1.4.1 CONCEPTUAL FRAMEWORK

INDEPENDENT VARIABLES

DEPENDENT VARIABLE



The diagram above is an illustration of how the study tries to show the relationship between population and economic growth, the study has placed the economic growth as a dependent variable to indicate that any changes in the population will have an effect on the economic growth of a nation.

1.5. RESEARCH DESIGN AND METHODOLOGY OF THE STUDY

1.5.1 RESEARCH DESIGN

Research design encompasses with the data collection, measurement and analysis of data and landing at a conclusion. The study is an exploratory type of study based on field survey and major emphasis is on discovery of ideas. The concepts are clearly developed; priorities are being established with the



aim of improving the final research design. Primary and secondary data were collected through structured questionnaires from a generated sample size of the city of Blantyre in Malawi. Population and economic theories were reviewed and the research framework was developed that had taken into the consideration of factors that might influence the relationship between population and economic growth in the city of Blantyre. Formulation of hypotheses was laid down to explore the impact of these determinants through the data collected in from sample taken from population of Blantyre. The study is exploratory in nature and focuses on analyzing the insight of the population in Blantyre.

1.5.2 RESEARCH APPROACH

The approach of the research was to gain an understanding of individuals, group and to analyze the influence of each other. This study has a quantitative approach with little emphasis on qualitative approach and intends to gain an understanding of the correlation between population and economic growth in Blantyre. Hypothesis was formulated using the logical reasoning in related to the finding of prior studies done by researchers. Hypothesis was tested with the data collected from structured questionnaire and had tried to selected samples that represent the characteristics of Blantyre population.

1.5.3 SAMPLE DESIGN

The Sample: The sample of the study constituted of 200 respondents which were randomly chosen to reduce the biasness of only selecting a single group that might consist of people of the same age range, only one gender, or only working class. The respondents were selected through non-probability convenience sampling method. The study had been conducted in the city of Blantyre.

Sampling: The survey method was used in the study. Randomly Urban and Rural areas of Blantyre were selected for collecting the data. Both Urban and rural areas were selected for the sample size. Questionnaire was distributed to the different areas of the city. Questionnaires were sent personally as well as sent through the mail to the respondents. Respondents were from both urban and rural areas while determining the sample size, geographical location of the place was considered to have



both the representative from urban and rural areas. Respondents considered for the study was identified to be knowledgeable with the question at hand.

1.5.4 Data Collection methods and Techniques

Techniques of data Collection: Primary and Secondary data collection techniques was used for the specific purpose of study .The collected data was used to examine the theories of adoption and the data were used to analyze and answer the research question in order to achieve the objective of the research objectives.A structured questionnaire was design to collect the data focusing on the review of literature, feedback from experts and outcome of others researchers. Pilot testing of questionnaire was done first and was pre tested on samples individuals to ensure the quality of questionnaire for avoiding any misleading as well as ambiguity in questionnaire. After the changes the final questionnaire was drafted for collecting the data.

1.5.5 TOOLS AND TECHNIQUES FOR DATA ANALYSIS AND MODELING

SPSS (Statistical Package for Social Sciences) was used for analysis of survey data collected and was used for graphical representation, frequency distribution as well as for using different statistical techniques. Reliability testing was done with Cronbach's alpha coefficient using SPSS.Socio demographic profile was presented in the form of frequency percentage. The reliability testing was done for the research variable. Linear regression analysis was used for testing the hypotheses "Multi-linear regression analysis was used to test models' prediction capabilities. To test whether or not the observed differences of two samples means drawn from independent populations are significant, is tested through t-test. The multivariate technique, Factor analysis with Principal Component method is applied to identify the correlation between population change and economic growth. The significance of difference in group mean perception scores is tested with t-test for two groups and with F-test (also called one-way ANOVA) for more than two groups. The cross-tabulation analysis between two factors is also used and association between two factors is tested using chi-square analysis. The unique correlation between population and economic growth is evaluated with the help of multiple regression technique. For structural equation modeling purpose, AMOS-20 software was used. Structural models were tested on the basis of path analysis. Chi-squared Automatic Interaction



Detection (CHAID) decision tree technique was used for prediction and classification of the customer's demographic profile". "CHAID analysis provides multivariate relationship and its tree structure output is easy to interpret. The Neural network procedure was used in producing a predictive model for one or more dependent (target) variables based on values of the predictor variables".

1.6 SCOPE OF THE STUDY AND LIMITATIONS

This paper is aimed at going deep in to the relationship of population and economic growth. The area of which this study will be conducted is the city of Blantyre in Malawi. This study is on which will not have its limitations due to the fact that the data collection may face a lot of difficulties in this period of the covid 19 pandemic, plus the issue that the researcher will mainly rely on distribution of questionnaires through email and google platforms because the researcher underwent the research while in India and not Malawi.

CHAPTER TWO: LITERATURE REVIEW

2.1 INTRODUCTION

Economics has been studied throughout history and practiced in every aspect of the daily human life, whether it is at the work place, in the household, in politics, hospitals etc... the concept of economics is practiced by every individual in their daily lives regardless of whether they know it or not. Economics is wide topic and it ranges from social aspects to even environmental aspects. So how can we even begin to describe what economics is? According to Adam Smith he defined economics as "an inquiry into the nature and causes of the wealth of nations". The study of economics has been broken down into two parts; Microeconomics which is a branch of economics that studies the behavior of individual units such as households, individuals and enterprises within the economy, Microeconomics uses demand and supply as tools of analysis to study the decisions of individual entities in the economy. The other branch of economics is known as Macroeconomics which is the branch that studies how an overall economy (the market or other systems that operate on a large scale) behaves.



P.A. Vallejo Castillo, C.I. Andrade-Velasco, (2014) the relationship between population growth and economic growth is of great interest both for demographers and for development economists. Considering the case of Mexico, the objective of this study was to analyze the dynamic relationship between population growth and economic growth, through a structural break co-integration analysis for the period 1960-2014. The Gregory-Hansen co-integration test confirmed the existence of a long run equilibrium relationship between population and economic growth in Mexico. Based on the results of this test, we used 1985 as the year in which the structural break occurs in the co-integrating equation and therefore we included a dummy variable for this year in the VECM developed in the paper. In the short run, it was found that economic growth has a negative effect on population growth. In the long run, it was found that population has a positive effect on per capita GDP and that per capita GDP positively affects population. Additionally, a Granger causality test indicated that per capita GDP is Granger-caused by population and population is Granger-caused by per capita GDP, thus revealing the presence of a mutually reinforcing relationship between these two variables. In sum, the results found in this study suggest the existence of a bi-directional causality between population growth and economic growth in Mexico.

E. Wesley, F. Peterson (2017) the relationship between population growth and economic growth is controversial. This article draws on historical data to chart the links between population growth, growth in per capita output, and overall economic growth over the past 200 years. Low population growth in high-income countries is likely to create social and economic problems while high population growth in low-income countries may slow their development. International migration could help to adjust these imbalances but is opposed by many. Drawing on economic analyses of inequality, it appears that lower population growth and limited migration may contribute to increased national and global economic inequality.

Patrice Vimard and Raïmi Fassassi (2012) to meet the priority of accelerating socio-economic development while preserving the environment for future generations, there is a need to identify development constraints that Africa has faced until today and the means of contributing to the continent's future development. The population issue is an overriding factor in addressing these questions. This chapter examines the relationships between demographic dynamics, economic growth



and social development in Africa and especially the possible linkages between Africa's lagging demographic transition and its slow socio-economic progress. In order to background explorations of the continent's future, the chapter first provides a broad-brush view of current demographic trends in Africa by showing the continent's specificity in global comparison and highlighting the main differentiations among African countries. After placing discussions on population and development policies in the African context, the relationships between demographic growth and development in Africa are analysed by examining the specific case of North Africa and the impact of human capital improvement upon demographic changes. This treatment of the current state of the population–development relationship in Africa enables us to present the different domains where uncertainties prevail and draw up possible medium-term trajectories concerning demographic change and development. The conclusion emphasises the regional dimensions of demo-economic relationships.

Malawi Growth and Development (2012) Malawi's population has grown rapidly from almost 4 million in 1966 to 14.8 million in 2012.¹ UN population projections show that Malawi's population could easily reach 23 million in 2025 and 37 million in 2050 if families continue to have, on average, six children. This astounding growth has come from:

- A decline in mortality that the country has experienced since the 1950s due to improvements in nutrition and health care.
- Stubbornly high levels of fertility that have remained unchanged since 2004.

Even with a national HIV prevalence of 11 percent, AIDS-related mortality does not offset the results of high fertility.

As Malawi and the world improve health and reduce mortality by focusing on the Millennium Development Goals, Malawi's population growth will continue to pose challenges for its development, unless families have fewer children. Malawi has made substantial improvements in addressing its population issues, especially by increasing its use of modern contraceptive methods, currently at 42 percent. Yet for Malawi to achieve its full set of goals in its Growth and Development Strategy (MGDS), it must address population growth. Family planning is a key strategy to achieving our goals. The popular slogan "Children by Choice" tells us that we need to decide if and when to have children. Family planning can ease pressure on available resources, contribute to sustainable economic growth and development, and lead to a healthy and prosperous nation.



“A healthy population is not only essential but also a pre-requisite for economic growth and development. There is a very close and strong correlation between health status and level of development. That is, countries with good health are highly developed, whereas those with poor health are underdeveloped.”

— Malawi Growth and Development Strategy

Malawi adds over 400,000 people each year to its population. Without a reduction in the average number of births per woman, health, education and employment services will be overstretched. This trend will continue to challenge the country’s progress to meet the Millennium Development Goals, despite current efforts to advance Malawi’s economic growth and prosperity, as described in the Malawi Growth and Development Strategy (MGDS). The MGDS is the overarching five-year strategy to help achieve Malawi’s goals and its Vision 2020. The goals are closely aligned with the Millennium Development Goals. The central goal of the MGDS is to promote economic growth and development with strategic investments and to provide basic social services, setting the stage for Malawi to become a middle-income country. This primer examines several of the priority issues addressed in the MGDS:

1. Agriculture and Food Security
 2. Energy, Industrial Development, Mining and Tourism
 3. Education, Science and Technology
 4. Public Health, Sanitation, Malaria and HIV and AIDS Management
 5. Integrated Rural Development
 6. Child Development, Youth Development and Empowerment
 7. Climate Change, Natural Resources and Environmental Management
- The 2010 annual review of the MGDS shows progress in a number of areas.

However, rapid population growth challenges the sustainability of these improvements. This primer provides information on the relationship among population growth, family planning, and the seven priorities of the MGDS. Each section offers facts about specific priorities, the relationship of the issue to population growth, and suggested actions for mobilizing support.

G. Matchaya, C. Nhemachena, S. Nhlengethwa(2018) this article’s objective was to analyse the links between income per capita growth, savings and population growth. Using partial correlations and both the Solow basic growth model and the augmented Solow model, this article finds evidence to support the



existence of a negative relationship between very high population growth rates and income per capita, as well as a positive relationship between savings and income per capita. An increase in population growth, *ceteris paribus*, depresses the prospects of high savings because most output is consumed and the marginal propensity to save is low. The basic Solow growth model with labour and capital appears to fit the data well, although the fit improves with the inclusion of the levels of human capital involved. Investment in human capital, and investments in physical capital appear to positively affect income growth, whereas population growth negates income per capita. Countries, including Malawi, Tanzania, Madagascar and Lesotho among others, need to reduce overexpenditure by government and invest more in productive capital (see, e.g., Matchaya, Chilonda & Nhlengethwa 2014). There is need for the SADC region to embark on a campaign to increase savings rates which currently average under 16% of GDP to closer to 30%, in line with what is observed in developed countries, as well as to reduce population growth which in some cases is as high as 3.2 % to under 2%.

IMF Country Report No. 17/184 (2017) despite development and implementation of a number of policies including DEVPOLs, SAPs and the MGDSs, socio-economic development has hardly been attained and poverty has remained a big concern in Malawi. This is attributed to a number of factors such as inadequate implementation of some policies/plans in place, agricultural land degradation; low production and productivity, poor access to markets, high transport costs and negative effects of climate change. It is against this background that the Government has to develop this EDD and the next national development strategy in order to improve national economic development and reduce poverty among the Malawian

population. During the five years, the economy is expected to grow by a rate of at least 6.0 percent annually. Five priority areas have been identified through national consultations. These KPAs are addressing the challenges that have been identified to affect sustainable growth. The KPAs are: agriculture and climate change management; education and skills development; energy and industrial development; transport and ICT infrastructure development; and health and population management. The Government and other stakeholders in the country are committed to implementing these in full through provision of necessary and adequate resources. The emphasis will be on development policies which are expected to spur economic growth and development in the country. Hence, the Government



will concentrate on domestic resource mobilization to make sure that the priority areas are adequately funded.

Main Cities by Population in Malawi

#	CITY NAME	POPULATION
1	Lilongwe	646,750
2	Blantyre	584,877
3	Mzuzu	175,345
4	Zomba	80,932
5	Kasungu	42,555
6	Mangochi	40,236
7	Karonga	34,207
8	Salima	30,052
9	Nkhotakota	24,865
10	Liwonde	22,469
11	Nsanje	21,774



2.2 CONCLUSION

A review of the various studies on the topic of the relationship between population and economic growth it is quite clear that there is a deep connection between the two variable showing that a change in the other variable has an effect on the other depending on which kind of change has taken place. The aim of this study is to find out whether there is a certain level at which a country can have a maximum output of production depending on the level of population. The use of the relevant studies done by other researchers will help in this study in attaining the desired results.

CHAPTER THREE:

RESEARCH METHODOLOGY

3.1. Introduction

This chapter discusses the methodology that will be used for data collection. It will put much focus on the research design, the sampling techniques, and the data collection tools. It will also describe the procedure for collecting data, the techniques for data analysis and interpretation.

3.2. Research Design

(D R Cooper 2006) defines research design as “the arrangement of conditions for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in procedure.” He continues to say, in fact, the research design is the conceptual structure within which research is conducted; it constitutes the blueprint for the collection, measurement and analysis of data. It is a plan, a blue print or strategies employed towards research answers. The research will be conducted in small and medium enterprises such as; . The subjects that will be involved in the research will be the Managers.

3.3. Population and Sample

Population is the total/complete collection of elements about which we wish to make some inferences (Cooper, 2003) the research will cover a minimum sample size of 30 respondents. A sample is an individual or group of individuals extracted from another which has got almost similar or the same



characteristics for examination with an aim of drawing conclusions about the rest, (Cooper, 2003) defined Sample as part of the target population carefully selected to represent that population. Purposive sampling will be the technique used for selecting the respondents. The education qualifications will be ranging from certificates holders to PhD holders. It will consist of both males and females. The study will be conducted in Blantyre in selected small and medium-sized enterprises. The researcher used the formula below to find the accurate sample size in line with the population size.

$$n = \frac{N}{(1 + N)e^2}$$

Where n=ideal/optimal/desired sample size

N=Population

e= marginal error. (5%)

$$n = \frac{800}{1 + 800(0.05)^2}$$

$$n = \frac{800}{1 + 1}$$

$$n = \frac{800}{2}$$

$$n = 400$$

According to Paula Barreiro (2010), if $nN > 0.1$ (10%), then any percentage above 10% of the sample population can be used to represent the sample population. The researcher chose 80%, on the basis that there might be a few SMEs that progress so in order to reduce error and attain a better and reliable figure, the researcher chose 80% of the 400 population size.

$$n = \frac{400}{800}$$

$$= 0.5$$



$$=400*40\%$$

$$= 160$$

3.4. Instruments of Data Collection

The research study collected data using questionnaires as a tool. The questionnaires were containing both open-ended and close-ended questions. The questionnaires were set by the researcher in such a way that consistency from the respondents will be achieved and also in a way that biasness shall be avoided at all costs. The questionnaires were formed by the researcher with help from the supervisor

3.5. Procedure for Data Collection

The researcher obtained a letter of introduction from the supervisor. This letter helped him to book appointments with the respondents of the questionnaire. After being given an appointment time and date, the researcher travelled to the organization on the scheduled dates to conduct the study. On the day of interview, the researcher made formal introductions of himself to the respondents so as to gain confidence from them and also to create rapport. The researcher also gave instructions to the respondents on how to respond to the questions. The researcher then issued out questionnaires to the respondents so that the respondents respond to the research questions. Upon finishing responding to the questionnaires, the researcher collected the questionnaires from the respondents and cross-checked them to see if the questionnaires have been responded to as desired.

Finally, the researcher thanked the respondents for the information provided and for the time spared for the study. The researcher guaranteed assurance to the respondents that the information provided shall remain confidential and that the information provided shall be used for academic purposes only.

3.6. Procedure for Data Analysis

Data analysis usually involves reducing accumulated data to manageable size, developing summaries, looking for patterns and applying statistical techniques (Cooper, 2003) Mostly, data analysis is determined by the method that will be used to collect data: and also varies with the type of data to be



collected thus quantitative. This is a descriptive type of a research, survey research using structured questionnaires with open and closed ended questions and statistical analysis among others. Quantitative data to be collected will be analyzed using descriptive analysis.

The data collected was cleaned to eliminate unnecessary information. Each and every answer from the questionnaires was critically analyzed and all unnecessary data was removed so that the researcher only has the needed and necessary data. The results was presented in graphs, charts and tables. The basis of the conclusion was derived from the responses that were provided on the questionnaires.

4. Population of Malawi (2020 and historical)

Year	Population	Yearly Change	Yearly % Change
2020	19,129,952	501,205	2.69 %
2019	18,628,747	485,530	2.68 %
2018	18,143,217	473,021	2.68 %
2017	17,670,196	464,935	2.70 %
2016	17,205,261	459,958	2.75 %
2015	16,745,303	441,138	2.87 %

The able above is an illustration on the population change of Malawi from the year 2015 to the year 2020. The population has increased on a yearly basis and this is an indication that the population is still increasing regardless of any efforts that are being made by the country to control this increase. Up to date from 2016 there are more than 10,000 graduates who have been unable to find employment for the past 5 years due to the population being as it is. Malawi is very small geometrically and the population figures on this table may indeed be small in comparison to countries like the United States or India, but to a country like Malawi the population figure is quite high for its small geometric size.



4.1 Malawi Population Forecast

Year	Population	Yearly Change	Yearly % Change
2020	19,129,952	476,930	2.70 %
2025	21,857,472	545,504	2.70 %
2030	24,849,440	598,394	2.60 %
2035	28,022,273	634,567	2.43 %
2040	31,317,322	659,010	2.25 %
2045	34,703,793	677,294	2.07 %

In this table what we are focusing on are the future forecast of the population in Malawi which are in the time intervals of 5 years. By the year 2030 which is 9 years from this current year of 2021 the population is estimated to have grown with an amount of 5million+, as indicated in the explanation of the previous table about the geometric size, this means that in about 9 years job availability will be worse than it already is in the current state, and also the availability of land for cultivating, building homes, factories, companies, schools etc... will become very scarce and will also bring about more air and land pollution.

5. Current State of Malawi

At the very present Malawi ranks at in the top 10 poorest countries in Africa having an estimated GDP per capita of (\$1,172). Malawi's currency has been fluctuating from the previous years which has seen a rise in the oil prices and most commodities within the country, Malawi is a country that is mainly an importing nation rather than exports. The major industry in Malawi is its agricultural industry but has never been fully tapped and utilized to its full potential, Malawi has probably one of the best land and fertile for almost each and every crop and it is this that the country can focus on to increase its productivity. The utilization of land for a nation like Malawi would in turn mean that population should indeed be checked and controlled in order to have land for cultivation and production.

6. Government Role



The government of Malawi needs to have a hands on approach and fully intervene in the population situation of the country in consideration of the geometric size and the issues that arise in such cases of overpopulation. China is amongst one of the countries in the that is very overpopulated, but the government took an approach that saw the citizens very compliant to it, if the Malawian government were to act in such ways where they decided to make official laws against the number of children a family can have and laws that will instill fear in underage pregnancies and sexual behaviors that may lead to teenage pregnancies this could start a ripple in the country and may have a positive effect in the direction of a low population that may be needed 5 or 10 years from now. The government needs not to act in a violent, forceful or unethical manner to achieve this goal but they can tackle the situation through scholars and proper research and a desirable outcome may come about that may prevent the overpopulation of the country.

7. Conclusion

Population is one very important aspect of a nation's economic growth and development. Having a too high population will lead to too much consumption and depletion of raw materials and also having too little of a population on the other hand will bring about inadequate productivity within the nation itself, that is why there is an important need for a country like Malawi which mainly imports to keep its population in check and controlled otherwise they will over consume due to the fact that they rarely produce.

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23. A Study on Financial Performance of selected steel companies in India

Divyaraj Balasara

M.Phil Research Scholar,

Department of Commerce,

Saurashtra University Rajkot

Abstract: *The main aim of this study is to analyze the performance of steel companies. Here researcher has select two steel companies for analysis. 7 year (2015-2021) study periods are taken in this research. Profitability ratios and Liquidity ratios are taken in this study. To compare the performance of two companies researcher has used Independent t-test as a statistical tools.*

Key words: Financial Performance, steel companies, Independent t-test

Introduction

Financial performance analysis is the procedure of recognizing of the financial strengths and weakness of the organization by appropriately creating the relationship and weakness of the organization by appropriately establishing the relationship between the things of balance sheet and profit and loss account. It is also benefitting in short term and long-term estimating and growth can be recognized with the help of financial performance analysis. Analysis of financial statement is the process of estimating the relationship amongst the element parts of financial statement to find a better understanding of the organization's place and performance. This analysis can be assumed by management of the organization or by gatherings outside the creditors, investors, namely, owners.

Review of Literature

Every company has undergone the recession period. The study was made by Pal Shrabanti (2018), taking in hand 16 Indian steel companies which were listed under BSE stock. The study was made to measure the after-effect recession i.e of 2010-11 to 2015-16. The study was to find out the financial performance of those companies. There was a variation during the period hence the companies did not get the high return whereas the liquidity had given positive impact on profit making.

Major steel companies are listed on the indices of BSE and NSE. The sample size taken by Krishnamurthi M. (2016) was to analyze 7 larger steel companies and medium capital companies. The study was made by the data available and continuous payment which was paid as a dividend for last 3 years by the company.

The case study done by Chandra Sathish (2001) in the research "Trade Credit and Company Liquidity" did the comparative study of Republic of India Ltd., and Tata Iron and Steel Ltd, to seek the additional firms



provide more internet trade credit in subsequent years. The study of liquidity of variable and inventory, creditor's turnover, debtor's turnover and the average assortment amount were taken. The ratio of the stated was taken and the relationship has been measured.

Objectives of the study:

To Analyse the Profitability performance of selected steel companies in India.

To know the Liquidity position of selected steel companies in India.

To compare the performance of selected companies.

Hypothesis of the Study:

There is no significant difference between Net profit margin ratio of Tata steel and JSW steel.

There is no significant difference between Return on Asset ratio of Tata steel and JSW steel.

There is no significant difference between Current ratio of Tata steel and JSW steel.

There is no significant difference between Quick ratio of Tata steel and JSW steel.

Research Methodology:

Types of Research: This study is an Analytical study.

Types of Data: This study is based on secondary data.

Data Collection: Data are collected from Moneycontro.com and Annual Published report of selected companies.

Period of the study: This study is limited with seven financial years.

Tools and techniques: Profitability ratios, Liquidity ratios and Independent t-test are used in the study.

Data Analysis

Net Profit Margin Ratio (%):

Year	2015	2016	2017	2018	2019	2020	2021
TATA Steel	15.41	12.82	7.17	6.99	14.91	11.15	20.97
JSW Steel	4.70	-9.61	6.84	7.11	10.52	8.23	11.86

Independent t-test

	TATA Steel	JSW Steel
Mean	12.77429	5.664286
Variance	24.36406	51.0423

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Observations	7	7
Pooled Variance	37.70318	
Hypothesized Mean Difference	0	
df	12	
t Stat	2.16628	
P(T<=t) one-tail	0.025567	
t Critical one-tail	1.782288	
P(T<=t) two-tail	0.051134	
t Critical two-tail	2.178813	

Interpretation

The above table represents testing of Hypothesis using T-test for Net profit margin ratio. The highest Net Profit margin ratio in Tata Steel was in the year 2021 at 20.97%. The highest Net profit margin Ratio in JSW steel was in the year 2021 at 11.86%. The calculated value of T test is 2.16 whereas the critical value is 2.17 which is higher than calculated value. Hence, null hypothesis is accepted.

Return on Assets Ratio (%)

Year	2015	2016	2017	2018	2019	2020	2021
TATA Steel	5.56	3.97	3.09	3.33	7.66	4.48	8.24
JSW Steel	2.89	-4.80	4.41	5.40	7.55	4.33	6.29

Independent t-test

	TATA Steel	JSW Steel
Mean	5.19	3.724286
Variance	4.233733	16.3706
Observations	7	7
Pooled Variance	10.30216	
Hypothesized Mean Difference	0	
df	12	
t Stat	0.854317	
P(T<=t) one-tail	0.20483	



t Critical one-tail	1.782288	
P(T<=t) two-tail	0.409661	
t Critical two-tail	2.178813	

Interpretation

The above table represents testing of Hypothesis using T-test for Return on assets ratio. The highest Return on assets in Tata Steel was in the year 2021 at 8.24%. The highest Return on assets ratio in JSW steel was in the year 2019 at 7.55%. The calculated value of T test is 0.85 whereas the critical value is 2.17 which is less than calculated value. Hence, null hypothesis is accepted.

Current Ratio

Year	2015	2016	2017	2018	2019	2020	2021
TATA Steel	0.71	0.68	0.87	1.35	0.67	0.65	0.81
JSW Steel	0.93	0.62	0.68	0.76	0.78	0.83	0.80

Independent t-test

	TATA Steel	JSW Steel
Mean	0.82	0.771429
Variance	0.0611	0.010148
Observations	7	7
Pooled Variance	0.035624	
Hypothesized Mean Difference	0	
df	12	
t Stat	0.481443	
P(T<=t) one-tail	0.319431	
t Critical one-tail	1.782288	
P(T<=t) two-tail	0.638862	
t Critical two-tail	2.178813	

Interpretation

The above table represents testing of Hypothesis using T-test for Return on assets ratio. The highest Current Ratio in Tata Steel was in the year 2018 at 1.35 times. The highest Current ratio in JSW steel was in the



year 2015 at 0.93 times. The calculated value of T test is 0.48 whereas the critical value is 2.17 which is less than calculated value. Hence, null hypothesis is accepted.

Quick Ratio

Year	2015	2016	2017	2018	2019	2020	2021
TATA Steel	0.23	0.35	0.43	0.92	0.23	0.30	0.52
JSW Steel	0.51	0.31	0.33	0.36	0.49	0.55	0.51

Independent t-test

	TATA Steel	JSW Steel
Mean	0.425714	0.437143
Variance	0.058562	0.009957
Observations	7	7
Pooled Variance	0.03426	
Hypothesized Mean Difference	0	
df	12	
t Stat	-0.11551	
P(T<=t) one-tail	0.454974	
t Critical one-tail	1.782288	
P(T<=t) two-tail	0.909948	
t Critical two-tail	2.178813	

Interpretation

The above table represents testing of Hypothesis using T-test for Return on assets ratio. The highest Quick Ratio in Tata Steel was in the year 2018 at 0.92 times. The highest Return on assets ratio in JSW steel was in the year 2020 at 0.55 times. The calculated value of T test is -0.11 whereas the critical value is 2.17 which is less than calculated value. Hence, null hypothesis is accepted.

Conclusion

There is no significant difference found in net assets ratio for both the companies. Both the companies are performing at par level with reference to net profit ratio. There is no significant difference found in Return on



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assets ratio for both the companies. Both the companies are performing at par level with reference to return on assets ratio. There is no significant difference found in Current Ratio for both the companies. Both the companies are performing at par level with reference to current ratio. There is no significant difference found in Quick ratio for both the companies. Both the companies are performing at similar level with reference to quick ratio. From the above analysis, it can be concluded that both the companies, despite facing ups and downs performed very well and at the same level.

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24. GOVERNMENT INITIATIVES FOR WATER MANAGEMENT

D. J. Jha

Adhoc Assistant Professor
Mahatma Gandhi Department of Rural Studies,
Veer Narmad South Gujarat University, Surat.
vjsomani@vnsgu.ac.in

Water is an essential resource for the development, maintenance and sustainability of agriculture and every living organism. Since the existence of this planet the importance of water has been known very crucial for fulfilling prime necessities of all living organisms. Thus land, water, air, fire and sky (PANCH MAHABHOOTAS) are very important for the development of mankind. Among them land and water are the most precious natural resources, they are vital for creation and sustenance of life and its importance in human civilization needs no elaboration. At present, the soil and water resources of the planet are under intensive use and misuse. The needs of agricultural, industrial, domestic and others often result in diversion from one use to the other. Diversion of land use adversely affects the growth in agriculture; even the available land is degraded. Where, water is fugitive. It flows under gravity. The purpose of soil conservation is not only to preserve the soil but also to capture the rainfall, slow down the water flow and to enhance infiltration. These are not new insights. The Upanishad states: if water is running, make it walk; if water is walking, make it stand; if water is standing, make it sit; if water is sitting, make it sleep.

Water seems over-abundant on this planet: three quarters of earth's crust is covered by water. Out of the total available water, around 98.00% is in the oceans, while the fresh water constitutes a very small proportion, 35 million cubic kilometres (2.50%) of this total volume. Of these 68.90% (24 MCKs) lies frozen in the form of ice and permanent snow cover in mountainous and Polar Regions of Antarctic and Arctic while, 29.90% present as groundwater (deep up to 2,000 meters). Effectively available for consumption and other uses is a small proportion available in rivers, lakes (0.30%) and 0.90% in soil moisture, swamp water and permafrost atmosphere. Water plays a pivotal role in agricultural and industrial development and in sustaining human life. Rain fall is the only source of water and it is confined as, soil moisture, stored water in surface storage, groundwater in sub surface, sea water and waste water like sewage and effluents.



With the increase in population, process of development, industrialization and urbanization, the quality and quantity of water and its accessibility decreases day-to-day, this leads scarcity. It is expected to accommodate about 11 billion population in this planet within short period from current population nearer to 8 billion, which will lead water a scarce resource in course of time. Hence, there is a need to conserve moisture/water for supply necessary food as well as utilize effectively and judiciously, failing to this can arise the social conflicts. Considering the scarcity of water and problems of soil erosion a holistic Watershed Development Program (WDP) was utilized world over. The WDP is primarily a land based programme, to enhance agricultural productivity through increased in-situ moisture conservation and protective irrigation for socio-economic development of rural people. It has been essential in a country like India where, majority of the population depends on agriculture and about 60.00% of total arable land (142Mha) in the country is rain-fed. A large portion of the rain-fed areas (65.00%) in India is characterized by low productivity, high risk and uncertainty, low level of technological change and vulnerability to degradation of natural resources.

The Government of India (GoI) has taken a number of initiatives to enhance the availability of water for irrigation and control of flood by constructing a large number of micro, small, medium and large reservoirs across the country. However, WDP with people's participation has given importance in all the developmental plans. It was initiated in India to improve and develop all types of lands - government, forest, community and private lands, which fall within a particular watershed, also to sustain productivity and the production potential of the arid and semi-arid regions.

❖ **Watershed Development Program in India: Journey So Far**

- The concept and history of watershed management in India was started since 1880 with the Famine Commission followed by the Royal Commission of Agriculture in 1928 laid foundation for organized research in watershed.
- After Independence, the Government supported programme started in mid-1950s, with the establishment of the Soil Conservation Research, Demonstration and Training Centres at 8 locations. In 1956 the Central Soil and Water Conservation Research and Training Institute (CSWCRTI) established by linking all centres and started watershed activities in 42 locations on to understand the technical processes of soil degradation and remedies for soil conservation.



- In 1962-63 first large-scale government supported watershed programme launched to check siltation in the multi-purpose reservoirs as 'Soil Conservation Works in the Catchments of River Valley Projects (RVP).
- Mega-project 'Drought Prone Area Development Programme (DPAP)' started in 1972-73 to mitigate the impact of drought in vulnerable areas. Similarly for the development of desert and for drought management in the fragile, marginal and rainfed areas 'Desert Development Programme (DDP)' was added. These programmes were treated 96.10Mha area.
- In 1986-87, the National Watershed Development Project for Rain fed Areas (NWDPR) was launched by Ministry of Agriculture for optimizing the production of important rain fed crops. The severe drought of 1987 forced the GoI to give more thrust to rain fed areas.
- The Integrated Wasteland Development Programmes (IWDP) taken up by the National Wasteland Development Board in 1989 aimed to develop wastelands on watershed basis. Under the administrative jurisdiction of the Department of Wasteland Development in the Ministry of Rural Development treated 4.23Mha and 2.25Mha of wasteland during the Eighth and Ninth Five Year Plan, respectively. The MoRD also initiated 'Watershed Areas for Rain fed Agricultural System Approach' (WARASA) allowing NGOs as implementing agencies.
- In 1989-90 the Ministry of Environment and Forest also launched 'Integrated Afforestation and Eco-development Projects scheme (IAEPS)' to promote afforestation and develop degraded forests by adopting integrated watershed approach.
- A Watershed Development Fund (WDF) established in 1990-91 at the National Bank for Agriculture and Rural Development (NABARD) to help the State Governments to augment their watershed development programmes.

Hence, the Ministry of Agriculture, Rural Development and Environment and Forests, the Indian Council of Agricultural Research, International Crops Research Institute for the Semi-Arid Tropics, NGOs and International agencies involved in watershed research and development programmes. These programmes also take place in national level policy documents namely 'Agricultural Development Policy', 'Water Policy', 'Land Policy', 'Forest Policy' and 'Watershed Development Guidelines'. From Ist to Xth Five Year Plans various changes made in WDP. On the commencement of XIth Plan, the main challenge was to move nation in the direction of "inclusive growth", as 146 Mha of land was degraded (Private and



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Govt. Ownership) out of total 329 Mha of geographical area of country. While, out of 142 Mha of net cultivated area, 85 Mha are rainfed arable land and suffered neglect in the past. These areas reveal a grim picture of poverty, water scarcity, rapid depletion of ground water table and fragile ecosystems. Land degradation due to soil erosion by wind and water, low rainwater use efficiency, high population pressure, acute fodder shortage, poor livestock productivity, underinvestment in water use efficiency, lack of assured and remunerative marketing opportunities and poor infrastructure are important concerns to decide policies. Therefore, the National Rainfed Area Authority (NRAA) has been set up in November 2006 on recommendation of Neeranchal Committee (2005), keeping in mind the need to give a special thrust to these regions for improve rural livelihoods through participatory watershed development with focus on integrated farming systems for enhancing income, productivity and livelihood security in a sustainable manner. They also suggested a shift in focus “away from a purely engineering and structural focus to a deeper concern with livelihood issues”. From 1st April 2008 Integrated Watershed Management Program (IWMP) implemented with a holistic approach in entire country.

The National Water Policy (2012) has been formulated by Department of Water Resources (DoWR), River Development (RD) & Ganga Rejuvenation (GR) advocates rain water harvesting and conservation, conservation and rejuvenation of river and water infrastructure in a scientifically planned manner through community participation. Further, encroachment and diversion of water bodies and drainage channels must not be allowed and restored to the extent feasible and maintained properly. On 14th June 2019 the Ministry of Water Resources was renamed as “Ministry of Jal Shakti or Jal Shakti Mantralaya”.

The department of Land Resources (GoI, 2015) has taken up a numbers of initiatives for strengthening the implementation of IWMP with the promotional activities such as; Neeranchal World Bank assisted Watershed Project, Project Financial Management System, Third party monitoring and evaluation, Use of Remote sensing and GIS technology, Use of Bhuvan Geo Portal of IWMP, Convergence of Agriculture and allied sector schemes and Benchmarking of watershed outcomes.

A novel concept was introduced named Pradhan Mantri Krishi Sinchai Yojana (PMKSY) with the objectives; to expand cultivable area under assured irrigation, improve farm water use efficiency, to reduce wastage of water, enhance adoption of precision-irrigation, enhance recharge of aquifers, introduce sustainable water conservation practices by exploring the feasibility of reusing treated municipal waste

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water for peri-urban agriculture and attract greater private investment in precision irrigation system. The scheme has tried to do otherwise unthinkable in India where different ministries and their departments are expected to work together in a complete harmony and a synergistic manner. Thus it is an amalgamation of ongoing schemes like Accelerated Irrigation Benefit Program (AIBP), Integrated Watershed Management Program (IWMP), and On Farm Water Management (OFWM). The schemes will be supervised by an Inter-Ministerial Steering Committee under the Chairmanship of Prime Minister with Union Ministers from the respective departments. A National Executive committee under the Chairmanship of Vice Chairman of NITI Aayog oversees the program implementation, allocation of resources, inter-ministerial coordination, monitoring and performance assessment addressing administrative issues.

❖ **Recent Initiatives by the Central Government to control water depletion and promote rain water harvesting/conservation.**

1. Prime Minister has written a letter to all sarpanchs in June 2019, regarding the importance of water conservation and harvesting for awareness generation amongst the masses.
2. An 'Inter-Ministerial Committee' under the Chairmanship of Secretary (DoWR, RD & GR) constituted to push on water conservation related activities for "Optimum Utilization of Monsoon Rainfall".
3. A model draft prepared to enact suitable ground water legislation for its regulation and development including rainwater harvesting. So far 15 States/UTs have adopted and implemented on it.
4. Central Ground Water Authority (CGWA) issued directions for mandatory Rain Water harvesting/ Roof Top Rain Water Harvesting, while granting 'No Objection Certificate' for drawing ground water in the Country including UTs.
5. Central Ground Water Board (CGWB) prepared a conceptual document entitled "Master Plan for Artificial Recharge to Ground Water in India" which envisages construction of 1.11 crore rain water harvesting and artificial recharge structures to harness 85 BCM of surplus monsoon water with an estimated cost of Rs. 79,178 Crores.
6. National Water Awards have been instituted to incentivize good practices in water conservation and ground water recharge.



7. Mass awareness programmes are conducted timely in the Country to promote rain water harvesting and artificial recharge to ground water.
8. The MoRD has developed “Mission Water Conservation” to ensure gainful utilization of funds by ensuring synergies between MGNREGS, PMKSY and IWMP.
9. DoLR implementing 8214 WDPs in 28 States covering 39.07Mha. under the Watershed Component of the PMKSY principally for development of rainfed portions of net cultivated area and culturable wastelands.
10. Ministry of Housing & Urban Affairs released Model Building Bye-laws, 2016 recommends Rainwater Harvesting for all building having plot size 100sqm or more.
11. GoI approved Atal Bhujal Yojana (AtalJal) of Rs. 6000 Crore, for sustainable management of ground water resources with community participation in water stressed blocks of Gujarat, Haryana, Karnataka, Madhya Pradesh, Maharashtra, Rajasthan and Uttar Pradesh.

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25. Relationship of social stratification and competitive anxiety among kabaddi players of Punjab

***Rajesh Sobti and **Dr. Pravin Kumar**

***Ph. D. Scholar, Department of Physical Education, C T University, Ludhiana, Punjab.**

**** Prof.& Head, School of Humanities and Physical Education, C T University, Ludhiana, Punjab.**

Abstract

The present study was aimed to investigate the relationship of social stratification (socio- economic) and competitive anxiety among male and female players of kabaddi of Punjab. To complete the research work of the researcher has selected fifty male and fifty female subjects from the different institutes of Punjab by using the purposive sampling technique. Findings pertaining to the study resolved with negative correlation in male and female kabaddi players between socioeconomic status and competitive anxiety. SPSS was used as a statistical tool to find out the correlation of the social stratification (socioeconomic) and competitive anxiety in male and female players of kabaddi of Punjab. Pearson correlation was used and level of significance level sets of 0.05 levels.

Keyword: Socioeconomic status and competitive anxiety.

Introduction

By the nature of the human being are competitive and ambitious for his to performance in sports. Not only every man, but every nation wants to show his best challenging opponent. Anxiety is a part of sports among all the athletes. In competitive sports, mental preparation of an athlete's or a team's is as much important. In modern competitive sports the athletes and team sports are prepared not only play the game, but also win the games and winning the game is not only depends upon the skills, tactics, physical fitness and knowledge of rules of game which bring victory but more important is the mental preparation. Anxiety is an unpleasant state of inner disorder, after accompanied by nervous behavior, such as pacing back and forth, somatic complaints and rumination. Anxiety is not the same as fear which a response to a real, which is a response to real or perceived immediate threat you would hard to find doesn't react in some way to immanent compete.

This is only possible through scientific, systematic and planned sports training as well. Anxiety is non-specific response of the body to the demand made upon it. When the problem present everyday life goes beyond our resources for coping with them.

The study of Anxiety in sport is of great interest to academics, researching, teaching sports sciences and to professionals who support and train sports performers. Situations of anxiety affect autonomic nervous system activity and hormonal responses. Anxiety is not a useful term for scientists because it is such a highly subjective phenomenon that it defies definition, but it plays a very important role in sports.

The main problem that research on the relationship between anxiety is encountered is that researchers have not adequately operationally has encountered. Instead, term such as stress, anxiety have been used interchangeably. Arousal can be considered to be a signal to the individual the response to the stressful state and characterized by psychological sings. Anxiety is a state when an individual doubt hi or her



ability to cope with the situation that lead to the stress. Another important point to discuss is the difference between trait anxiety and state anxiety. Trait Anxiety is a personality variable, which predisposes us to perceive certain situations as threatening. Trait anxiety refers to a general level of stress that is characteristic of an individual, that is, a trait related to personality. State anxiety is an emotional response, Often temporary which exists in relation to particular situations.

In today life anxiety is present in every individual. Instead of finding a permanent solution, one is running towards the temporal happiness. Coaches are not inferior if this thing.

Not only is uncontrolled anxiety is harming the bodies of an athlete it is also due to the overuse of alcohol, and drug abuse which place an individual at greater risk, health wise. Many people take –up sports, mainly for fun and enjoyment. However, little known that sports do experience its fair share of anxiety as well. Anxiety has reportedly been the cause of many poor performances among the athletes and sportsmen. Both physical and psychological anxiety affects performance of athletes. Physical and psychological anxiety on the athletes and students there are similarities among them. They are capable to perform the task at the various levels of Anxiety.

The feeling of anxiety. Aggression in sports also a serious issue aggression is a learned behavior and that spot may be teaching people to be more aggressive. Anxiety is a negative emotional state in which feeling of nervousness; worry and apprehension are associated with activation or arousal of the body. Anxiety is a vague form of fear of the failure of the competition. Athletes worries about the result of the competition. Jones (1995a) commented on measurement and design advances; Burton (1998) outlined the development of measures of the state response; Smith et al. (1998) discussed the re-conceptualization of trait anxiety in sport.

Significance of the Study:

After studying the review of related literature and considering the objective and hypotheses of the study, will help us to find the competitive anxiety level of the player's role of the economic condition of which whether its effects on the competitive anxiety of players. The study will also help to find the competitive anxiety level among male and female kabaddi players of Punjab with relation to socioeconomic conditions. How the socioeconomic status in male and female affects the anxiety level of the players.

Material and methods

The study is Descriptive in nature. The present status of anxiety and socioeconomic variable (Social Stratification) has been studied between male and female Kabaddi players of the different institutes of Punjab. The researcher has described the methodology used for the selection of subjects, collection of data and the statistical tool used for the analysis of data.

Tools Used

1. To collect the data of the athlete of competitive Anxiety, Competitive anxiety test (CSAI-2) was used. This test was constructed by Rainer Martens, Damon Burton, Robin S. Vealey, Linda A. Bump, Daniel E. Smith.
2. To collect the data of social stratification Socioeconomic status scale was used by Rajbir Singh, Radhey Shyam and Satish Kumar constructed in 2006.

Result Analysis



For the final result of the study SPSS was used for Mean, Standard deviation to saw co-relation between the socioeconomic status and competitive anxiety of male and female players of kabaddi of Punjab.

Table: 1

Relationship of socioeconomic status and competitive anxiety of female players of kabaddi of Punjab

Descriptive statics					
	Mean	Std. Deviation	N	df	r
Economic level of players	119.34	10.80554	50	48	0.219
Anxiety Level	66.34	5.5018	50	48	

Tabulated value at df 48= 0.304

Significant at 0.05 level.

The table no. 1 shows Relationship between socioeconomic status and competitive anxiety of female kabaddi player of Punjab the means score 119.34 and 66.34 of socioeconomic status and anxiety level, respectively, whereas standard deviation 10.80 and 5.50 the 'r' value 0.219 is less than the tabular value 0.304 shows an insignificant correlation between socioeconomic status and anxiety level of the female kabaddi player. Which means there is no correlation between socioeconomic status and anxiety level of the female kabaddi player.

Table: 2

Relationship of socioeconomic status and competitive anxiety of male players of kabaddi of Punjab

Descriptive Statistics					
	Mean	Std. Deviation	N	df	r
Economic level of players	115.92	11.68784	50	48	-0.127
Anxiety level	64.58	4.1605	50	48	

Tabulated vale of df 48=0.304

* Significant at 0.05 level



The table no. 2 shows Relationship between socioeconomic status and competitive anxiety of male kabaddi player of Punjab the means score 115.92 and 64.58 of socioeconomic status and anxiety levels, respectively, whereas standard deviation 11.78 and 4.16 the 'r' value -0.127 is less than the tabular value 0.304 shows an insignificant correlation between socioeconomic status and anxiety level of the female kabaddi player. Which means there is no correlation between socioeconomic status and anxiety level of the female kabaddi player.

Discussion and conclusion

On the basis of above mentioned analysis, it can be concluded that there is no relationship between socioeconomic status and anxiety of male and female sports person of Punjab. The result revealed that high and low socioeconomic status and anxiety are two separate variables and cannot have any positive and negative Co-relation but a level of anxiety is essential for its excellence in sport.

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26. ગુજરાતમાં કાર્યરત દરિયાઈ માછીમારી બોટની આંકડાકીય માહિતીનું વિશ્લેષણ

Dr. AMAR B.PATEL

Assistant Professor Saurashtra University Rajkot

સારાંશ

પ્રસ્તુત સંશોધન પેપરમાં ગુજરાતમાં કાર્યરત દરિયાઈ માછીમારી બોટની આંકડાકીય માહિતીનું વિશ્લેષણ રજૂ કરવામાં આવ્યું છે. જેમાં વર્ષ 2001-02 થી 2015-16 દરમિયાન દરિયાઈ બોટની સંખ્યામાં કેવા ફેરફાર થયા તે અંગે ચર્ચા કરવામાં આવી છે, તેમજ યાંત્રિક અને બિનયાંત્રિક બોટનું વિશ્લેષણ રજૂ કરવામાં આવ્યું છે. આ વર્ષો દરમિયાન સરેરાશ કેટલા દરે બોટની સંખ્યામાં વધારો-ઘટાડો થયો તે વિશે ચર્ચા કરવામાં આવી છે.

મહત્વના શબ્દો : દરિયાઈ માછીમારી બોટ, વિશ્લેષણાત્મક અભ્યાસ

પ્રસ્તાવના :

ગુજરાત રાજ્યને 1600 કિલોમીટર લાંબો દરિયાકિનારો કુદરત તરફથી મળેલ છે. જે કેટલાક અખાતો, ખાડીઓમાં વહેચાયેલ છે. ગુજરાતમાં માછીમારી પ્રવૃત્તિ કચ્છ જિલ્લાના લખપતથી વલસાડ જિલ્લાના ઉમરગામ સુધી ફેલાયેલ છે. વાણિજ્યક ઉપયોગીતાઓ ધરાવતી પોંફલેટ, જ્યુ માછલી, બોમ્બેડક અને ઝીંગા જેવી માછલીઓ મોટા જથ્થામાં આ વિસ્તારોમાં ઉત્પાદન કરવામાં આવે છે. માછીમારી પ્રવૃત્તિને મુખ્ય બે પ્રકારોમાં વહેંચવામાં આવી છે, દરિયાઈ મત્સ્ય ઉત્પાદન અને આંતરિક મત્સ્ય ઉત્પાદન. સાંપ્રત સમયમાં વધતી જતી વસ્તીને ધ્યાનમાં રાખીએ તો મત્સ્ય ઉત્પાદનને ખોરાકના એક મહત્વના સ્ત્રોત તરીકે જોવામાં આવે છે આથી મત્સ્ય ઉત્પાદન વધારવા અને તેના દ્વારા આર્થિક લાભ પ્રાપ્ત કરવા એક મહત્વના સાધન તરીકે મત્સ્ય બોટનું મહત્ત્વ વધતું જાય છે. આ સંજોગોમાં મત્સ્ય બોટના પ્રમાણમાં કેવા પરિવર્તનો આવ્યા તે સંશોધનનો વિષય બની રહે છે આથી પ્રસ્તુત અભ્યાસ હાથ ધરવામાં આવ્યો હતો.

સંદર્ભ સાહિત્યની સમીક્ષા :

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(1) **Ganesh Kumar(2008)**

5 |:T]T VeIF; EFZTGF TDFD NIZIFSF\9FGF ZFßIF[VG[5;\N SZ[,F VF\TIZS
DFKLDZFZL S[g§F[GF ÔC[ZFT BR" ;FY[];\UT CTF[P ÔC[ZFT BR" ;\,uG
DFICTLDF\ CZFÒ SZGFZ HyYFA\W J[5FZL4 K}8S J[5FZL4 O[ZLIF4 NIZIF.
DFKLDZFZL D\0/LVF[VG[VF\TIZS DFKLDZFZL D\0/LVF[GF[ÔC[ZFT BR" Ô6JF
D?IF[CTF[P EFZTLI VU|6LI DKLVF[H[JL S[SFI"4 Xlu"G VG[;LZGF[ÔC[ZFT BR"
AÔZ IJ:TFZ 5|DF6[34% YL 74% ZC[JF 5FdIF[CTF[P TFÔ 5F6LGL 5|ÔITVF[GL
T],GFDF\ NIZIF. 5|ÔITVF[GF[ÔC[ZFT BR" JW] Ô[JF D?IF[CTF[P SFZ6 S[NIZIF.
5|ÔITVF[GL D];FOZL pt5FNG IA\N]YL ,.G[J5ZFX S[g§ ;]WLGf ,F\AF V\TZGL
CF[I K[P U|FCSF[5F;]YL D/TL VFJSDF\ DFKLDZFZ[GF[[IC::F[5|ÔITVF[G]\
J{IJwI4 ÔC[ZFT R[G, VG[AÔZ J{IJwIG[SFZ6[5IZJT"GXL, ZæF[CTF[P
DF[8FEFUGF ZFßIF[DF\ DFKLDZFZL A\NZF[4 HyYFA\W VG[K}8S AÔZF[T[DH
OLX ,[lg0\U :Y/F[V[VF\TZDF/BFSLI ;]IJWFVF[GA/L VG[V5}ZTL H6F. CTLP
5 |:T]T VeIF;DF\ ;Z/ SFDULZL VG[IGIDG DF8[DFKLDZFZL jIJ;FI ;\,uG ;DFG
AÔZGLIT 30L SF-JFGL H~IZIFT 5Z 5|SFX 5FOJFDF\ VFjIF[CTF[P H[YL N[XDF\
DFK,LVF[G]\ pt5FNG SFI"1FD ZLT[;\RFI,T YFI H[GF[,FE U|FCSF[G[J5ZFX:J~5[
VG[DFKLDZFZ[G[5F[QF61FD EFJF[:J~5[D/[P

(2) **ITJFZL ;]WLZ (2011)**



;F{ZFQ8= VG[SrK IJ:TFZGF S\0,F VG[Vgl GFGF A\NZF[GL ;FDIHS VG[VFIY"S I:YITGF[VeIF; SZJF DF8[5 |:T]T ;\XF[WG CFY WZJFDF\ VFjI]\ CT]\P H[GF D]bi C[T]VF[GLR[5 |DF6[CTFP

1. S\0,F A\NZGL VFJS VG[BR"GF[VeIF; SZJF[P
2. A\NZ 5ZYL YTF\ IJN[X J[5FZGF[VeIF; SZJF[P
3. GFGF VG[DF[8F A\NZF[5ZGL JFCGJIJCFZ ;\,uG jIJ:YFGF[VeIF; SZJF[P
4. A\NZF[5ZGL VF\TZDF/BFSLI ;UJOF[GF[VeIF; SZJF[P
5. A\NZF[5ZGL ;D:IFVF[GF[[VeIF; SZJF[P

;F{ZFQ8= VG[SrK IJ:TFZDF\ SFI"ZT A\NZF[GF IJSF;G]\ VwIIG SZTF[VF V[S IJ`,[QFGftDS VeIF; K[P H[DF\ GD}GF TZLS[S\0,F A\NZ S[g\$DF\ CT]\P 5 |:T]T ;\XF[WG DF8[5 |FYIDS 1F[+ VG[IETLI 1F[+DF\YL DFICTL D[/JJFDF\ VFJL CTLP ;\XF[WGDF\ p5SZ6 TZLS[5 |`GFJI, VG[D],FSFTGF[p5IF[U SZJFDF\ VFjIF[CTF[P ;\XF[WGGF DCÀJGF TFZ6F[GLR[5 |DF6[K[P

1. D)\\$F A\NZ 5Z DF[8F HCFHF[;DFJL XSTF GF CF[JFYL S\0,F A\NZ 5Z JFCG jIJCfZGL ;D:IF JW] Ô[JF D/L K[P
2. S\0,F A\NZ 5Z VF\TZDF/BFSLI JFI6ßIS ;UJOF[G]\ 5 |DF6 Jwi)\ K[VFYL tIF\ ZF[HUFZLG]\ 5 |DF6 56 JWJF 5Fdi)\ K[P
3. A\NZF[5ZGF SFDNFZF[+6 z[6LDF\ JC[\RFI[,F K[4 S]X/4 VW"S]X/ VG[IAGS]X/P S], SFDNFZF[DF\YL 50% SFDNFZF[:Y/F\TZLT YI[,F K[P SFDNFZF[G[J[TG gI]GTD J[TG WF[Z6[R]SJJFDF\ VFJ[K[P
4. S\0,F VG[Vgl A\NZF[5ZYL IGSF;G]\ 5 |DF6 ;TT JWJF 5Fdi)\ K[P
5. S\0,F A\NZGF IJSF;YL T[GL VF;5F;GF IJ:TFZF[UF\WLWFD VG[S\0,F B}A 5 |EFIJT YIF K[P 5FIFGL ;UJOF[G[VEFJ[S\0,F IJ:TFZGF ,F[SF[UF\WLWFD IJ:TFZ TZO :Y/F\TZ Y. ZæF K[P
6. S\0,F A\NZGF IJSF;G[SFZ6[tIF\GF DFKLDFZL jIJ;FI 5Z 5 |ITS}/ V;Z YJF 5FDL K[P

हेतु :

प्रस्तुत शोधपत्रનો मुख्य हेतु नीचे प्रमाणे છે.

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❖ ગુજરાતમાં કાર્યરત દરિયાઈ માછીમારી બોટની આંકડાકીય માહિતીનો અભ્યાસ કરવો

સંશોધન પદ્ધતિ :

પ્રસ્તુત સંશોધન વર્ણણાત્મક સંશોધન પદ્ધતિ પર આધારિત છે. સંશોધન વિશ્લેષણ માટે ગૌણ માહિતીનો ઉપયોગ કરવામાં આવ્યો છે, જે માહિતી સાથે સંલગ્ન વિવિધ સ્ત્રોત માંથી પ્રાપ્ત કરવામાં આવી છે. સંશોધનમાં વર્ષ 2001-2 થી વર્ષ 2015-16 સુધીની આંકડાકીય માહિતીનોજ ઉપયોગ કરવામાં આવેલ છે અને તેને આધારે મૂલ્યાંકન હાથ ધરવામાં આવેલ છે. સંશોધનમાં મળેલ તારણો અમુક સમયગાળા માટેજ મર્યાદિત છે અને ભવિષ્યમાં તે પરીવર્તનશીલ હોય શકે જે પ્રસ્તુત સંશોધનની મર્યાદા બને છે.

માહિતીનું પૂથક્કરણ અને અર્થઘટન :

સારણી માછીમારીબોટનું પ્રમાણ

Sr. No	Year	Mech Fishing Boats	Non.Mech Fishing Boats	Total Boats	Annual Growth Rate(%)		
					Mech. Boats	Non.Mech Boats	Total
01	2001-02	19092	10414	29506	-	-	-
02	2002-03	19668	10430	30098	3.02	0.15	2.01
03	2003-04	18635	12365	31000	-5.25	18.55	3.00
04	2004-05	18369	11784	30153	-1.43	-4.70	-2.73
05	2005-06	19165	11905	31070	4.33	1.03	3.04
06	2006-07	20359	11011	31370	6.23	-7.51	0.97
07	2007-08	21569	10917	32486	5.94	-0.85	3.56
08	2008-09	22373	12109	34482	3.73	10.92	6.14
09	2009-10	22564	12141	34705	0.85	0.26	0.65
10	2010-11	22986	12164	35150	1.87	0.19	1.28
11	2011-12	23927	12163	36090	4.09	-0.01	2.67
12	2012-13	24612	12158	36770	2.86	-0.04	1.88

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13	2013-14	24923	12205	37128	1.26	0.39	0.97
14	2014-15	25041	10949	35990	0.47	-10.29	-3.07
15	2015-16	24741	10465	35206	-1.20	-4.42	-2.18
16	2016-17	24934	10102	35036	3.02	-3.47	-0.48

Source: Fisheries Statistics of Gujarat State 2016-17

ઉપરોક્ત માહિતીનું વિશ્લેષણ કરતાં માલૂમ પડે છે, કે યાંત્રિક માછીમારી બોટ અને બિનયાંત્રિક માછીમારી બોટની સંખ્યામાં વધારો- ઘટાડો થતો હોય એમ જણાય આવ્યું હતું. પ્રસ્તુત વર્ષો દરમિયાન બોટનું સરેરાશ પ્રમાણ 33,515 અને તેનો સરેરાશ વૃદ્ધિદર 1.11 % રહ્યો હતો. અંતિમ ત્રણ વર્ષો દરમિયાન બોટની સંખ્યામાં સરેરાશ 1.91 % ના દરે ઘટાડો જોવા મળ્યો હતો. યાંત્રિક માછીમારી બોટ કરતા બિનયાંત્રિક માછીમારી બોટનું ઘટાડાનું પ્રમાણ વધુ હતું.

તારણો :

- 1 ફિશરીઝ સ્ટેટેસ્ટીક ઓફ ગુજરાત સ્ટેટ 17-2016 દ્વારા પ્રાપ્ત માહિતી અનુસાર ગુજરાત રાજ્યમાં વર્ષ દરમિયાન બોટનું સરેરાશ પ્રમાણ 17-2016 થી 02-200133,515 રહ્યું હતું.
- 2 પાછલા વર્ષો દરમિયાન દરિયાઈ બોટ ની સંખ્યામાં સરેરાશ % 1.11 ના દરે વધારો થયો હતો. જે ખુબજ નજીવો વધારો કહી શકાય
- 3 અંતિમ ત્રણ વર્ષો દરમિયાન તેમાં સરેરાશ %1.91 ના દરે ઘટાડો જોવા મળ્યો હતો .
- 4 યાંત્રિક બોટ કરતા બિનયાંત્રિક બોટનું ઘટાડાનું પ્રમાણ વધુ જોવા મળ્યું હતું.વર્ષ દરમિયાન 17-2016 0.45- તેનું ટકાવારી બિંદુરહેવા પામ્યું હતું .

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27. A Study on Organizations working for Betterment of Women in Rajkot City

(Dr. Jayshree Ranpara, Lecturer, Department of Home Management, M.V.M. Science & Home Science College, Rajkot (Gujarat) India E-mail: drjayshreeranpara@gmail.com)

Abstract:

With the change in time, women started getting aware regarding their rights and education. But along with this, incidents of abuse and injustice started to increase. Therefore, the government took various steps towards protection of women, protection regarding their rights, to provide them justice, and aware them. Under these steps, government formed new laws, carried out amendment in old laws and reformed them, formed various policies for their betterment and protection which helped and guided them.

So, here, the researcher studied various organizations which work for the betterment and protection of women established by Gujarat Government, Central Government as well as at local level. The researcher visited such organizations and collected information from authentic authorities of those organizations regarding the working method of the organizations and their role in uplifting of women.

Key words: upliftment, women, organization

Introduction:

While studying the history of India, the struggle of women is unimaginable before independence. To kill a girl child on her birth, the practice of dowry, the practice of widow burning, child marriage, and hesitation in the remarriage of widow, parda system, polygamy, etc. were common practices observed in old India which were bravely fought by women of India.

Many decisions had been taken during

- British East India Company Rule (1757-1857) and
- British Raj (Rule) (1858-1947) like
 - Bengal Sati Regulation (1829)
 - Hindu Widows Remarriage Act (1856)
 - Female Infanticide Prevention Act (1870)

The right to freedom and independence was given to the women under 'Equality, Dignity, and Discrimination' with the reference of the Constitution of India.

Further, the important workings for women awakening were taken place during the British rule and in those workings. Individuals like Raja Ram Mohan Roy, Ishwar Chandra Vidyasagar, Jyotirao Phule, Swami Dayanand Saraswati, Sahjanand Swami, Mahatma Gandhi, etc. remained on the front including some organizations like;



- Prathna Samaj (1867)
- Arya Samaj (1875)
- Theosophical Society (1879)

Women played a major role in the struggle for freedom from colonial rule and 1917, the first all-Indian Delegation of Women met the Secretary of State to demand women's political rights. Independent India gave women their due by enshrining in the Constitution the right of equality for women. However, despite the Constitution of India guaranteeing women equal rights, eliminating barriers to their advancement, and promoting equal opportunities, yet sadly enough there still prevailed a patriarchal mindset, especially with women in menial jobs who were commonly meted unjust treatment.

Thus, it can be said that women independence started during British Rule where they were supported by British officers and Indian politicians, and other organizations.

After getting independence, the women moved ahead in various fields like education, art, and culture, sports, legal sector, politics, research area, media, service sector, traveling sector, social sector, etc, and also succeeded. But as women started working and started to move out of their homes, there raised a need for their security. But some women were not even safe in their homes. So the Government of India started to form new laws for the protection of women from their domestic violence, social, financial, political abuse, and harassment at workplace and reframed and corrected existing laws wherever required such as;

- The Immoral Traffic (Prevention) Act-1956
- Dowry Prohibition Act (1961), amendment in 1984
- Medical Termination of Pregnancy Act-1971
- Indecent Representation of Women (Prohibition) Act-1986
- Domestic Violence Act-2005
- The Protection of Children from Sexual Offences Act (POCSO)-2012 for protection of children of age less than 18 years
- Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act-2013

Apart from the above-mentioned laws, women were benefitted from appropriate working hours, equal wages, maternity leaves, an equal part in the father's property, etc.

Thus, these rights opened doors for women for their development and as a result, a woman spending her life between four walls, got the sky to fly high. But, as good things are accompanied by bad things, women started facing sexual harassment and such incidents are increasing day by day. Women started facing eve-teasing, sexual harassment at their workplaces, harassed on roads, streets, public places, etc., and being a victim of domestic violence in their homes. All these types of harassment have equal impact on a woman's mind and every type of harassment is equally responsible for damaging a woman's dignity and self-respect and all are considered as violence against a woman.

Hence, various programs for women welfare and betterment were started by British East India Company and today Central, State as well as local government are taking their steps forward by establishing organizations which work for women betterment. The researcher visited such organizations and studied their role in women welfare and betterment.



They must know about certain organizations which can help them because these organizations not only works for the women but also shares information regarding the laws in such matters. The researcher also tried to study the role of such organizations when a woman complains about her harassment and injustice. As result, the researcher visited every such organization and collected information regarding their working method, and their role in any such case. The researcher received good support and sufficient information from them. Researcher visited and collected information from:

- Internal Complain Committee (ICC) (Saurashtra University, Rajkot)
- Ojaswini Foundation (NGO)
- Ministry of Women and Child Development
- Nari Sanrakshan Gruh
- Sakhi One Stop Centre
- Shri Lohana Vikas Gruh
- Mahila Police Station
- Police Station Base Support Centre (PBSC)
- 181 Abhayam Helpline

Objectives:

To collect the information and study the role of various organizations who work for betterment, upliftment, justice and awareness of women.

Review of Literature:

- According to the **Ministry of Women and Child Development (MWCD) (2013)**
 - Formulate and widely disseminate an internal policy or chapter or resolution or declaration for prohibition, prevention, and redressal of SH at the workplace untended to promote gender-sensitive safe space and remove underlying factors that contribute towards a hostile work environment against women;
 - Carry out orientation programs and seminars for the members of the ICC;
 - Carry out employee's awareness programs and create a forum for dialogues which may involve Panchayati Raj Institutions, Gram Sabha, Women's groups, Mother's Committee, Adolescent Group, urban local bodies, and any other bodies as may be considered necessary;
 - Conduct capacity building and skill-building programs for the members of the ICC;
 - Declare the names and contact details of all the members of the ICC;
 - Use modules developed by the State Government to conduct workshops and awareness programs for sensitizing the employees with the provisions of the Act.
- According to **the Ministry of Law and Justice (2013)**, the protection against sexual harassment and the right to work with dignity are universally recognized human rights by international conventions and instruments such as the Convention on the Elimination of all Forms of Discrimination against Women, which has been rectified on the June 25, 1993, by the Government of India. And whereas it is expedient to make provisions for giving effect to the said convention for protection of women against sexual harassment.



- According to **Ranpara, J.B., and Samani, V.S. (2019)** Though such incidents like rapes, gang rapes, sexual harassment affect their personal and professional life as opined by the faculties and the data of Mahila Police Station and ICC of Saurashtra University showed contradiction. Also, the agencies supposed to be filing complaints against sexual harassment receive very few complaints. Apart from enacting strict laws against sexual harassment, the government and society need to act in the direction of stopping such condemnable incidents.
- According to **Sarpotdar, A. (2017)**, she said that "low or no reporting speaks volumes about the gender sensitivity of a particular organization." "Further, women may not know where to go to report harassment or it could be that the cases may not have been dealt with sincerely. Often, women go to committees believing them to be independent and find that they are puppets in the hands of their superiors."

Materials and Methods:

The researcher collected information from various organizations that work for the betterment of women including providing protection and awareness by conducting seminars and programs regarding harassment, violence and injustice. In total 09 such organizations provided information to the researcher from which some information was obtained by the researcher who visited them. The method of collection of information used by the researcher for organizations was the interview method.

Result and Discussion:

- **Internal Complain Committee (ICC) Saurashtra University :**

The ICC working in Saurashtra University was established in 2002. To date, sixth female teachers have served as chairperson of this cell. As per the verbal information given by chairperson a total of 11 cases were filed from 2009 to 2020 from which there were no steps taken in 7 cases because of an absence of evidence, a police complaint was filed in 1 case and 2 accused professors were suspended and 1 accused professor was dismissed.

Apart from this, the posters of ICC are hanged in every department, main building, and campus of the university so that every girl student can know about the cell. There is a link available on the Website of Saurashtra University regarding the complaint box which accepts any type of complaints from the students. Every department is comprised of a suggestion/complaint box.

- **Ojaswini Foundation (NGO):**

Hemalben Dave is running this NGO since last four years. The main aim of this NGO is to relate to various caste associations, educational institutions, and creating awareness regarding health by conducting seminars and carrying out counseling sessions. Under the health awareness seminars, this NGO explains and gives information regarding sex education to children, their parents, and their teachers. According to her:

- The major reason for school dropout in villages is sexual harassment.
- The major reason for sexual harassment in children is the lack of sex education. Also, the hormonal changes in children, sometimes lead them to enjoy rather than opposing the harassment. But later on, when the child is grown into an adult, he/she realizes that the act was wrong and was actually an act of abuse or harassment.



- Approximately at the age of 9, there is an onset of hormonal changes in an individual and if the children get sex education from either their parents or teachers then the chances of their sexual harassment might decrease.
- Many women who are about to get engaged or are engaged or newly married women experience difficulty in sexual relationship with their husband after their harassment or abuse in childhood.
- Also, parents and teachers are asked to keep an eye on the activity of the child especially during the age when they are going to have hormonal changes and talk to them freely, and thus, their chances of being sexually abused can be avoided.

• Ministry of Women and Child Development:

The Ministry of Women and Child Development office located in Rajkot promotes Sakhi One Stop Centre, Nari Sanrakshan Gruh, Lohana Stree Vikas Gruh, 181 Abhayam Helpline, etc. and implements the programs made by the government for the protection of women and children.

This department along with various organizations, not only helps the women who are a victim of sexual harassment at their respective workplace but also help women who are a victim of domestic violence, women who are a victim of violence, emotional exploitation, cybercrime or any other type of violence by providing them mental and physical treatment, counselling sessions, judicial help and providing them a shelter.

This department organizes various seminars at schools and colleges and aware the students regarding different government programs and related organizations and their working methods and patterns. The researcher visited various organizations and collected sufficient information.

• Nari Sanrakshan Gruh:

This organization helps women who are victims of any kind of violence, exploitation, or injustice and provides them short-term or long-term shelter. Any woman who does not have any home, or there is no one to provide a shelter to her, a woman who does not want to stay with her husband, boyfriend, parents, or children can come and get shelter over here by herself or through any relative, any responsible citizen, police, railway police, Mahila police station, 181 Abhayam, through Sakhi One Stop Centre or through Court.

Here every woman gets a clean environment to stay, appropriate treatment, counseling sessions, and other help. All their necessities are provided by the organization.

• Sakhi One Stop Centre:

After the highly defamed Nirbhaya case of Delhi came into the spotlight and after the recommendation of Verma Commission, the Government of India decided to start such an organization in 155 districts where the victim woman can get all the necessary help from one place within the first decade of the incident. And that organization was named 'Sakhi One Stop Centre'. The centers were first established in Rajkot, Sabarkantha, and Bhuj in Gujarat within the first decade. The center in Rajkot was established in September 2017. This State Government granted organization provides judicial help, police help, medical help, counseling sessions, and temporary shelter for the first five days at the center, and for the long term, shelter is provided to the victim at Nari Sanrakshan Gruh. Here, the organization supports women who are victims



of physical abuse, sexual harassment, domestic violence, forced prostitution, acid attack, mental or emotional abuse.

This is a 24-hour running organization and it keeps the identity of the complainer hidden.

- **Shri Lohana StreeVikas Gruh:**

The trust runs from the grants which were granted by the Lohana caste's fund and Government. This organization also provides shelter to the women who are victims of sexual harassment, any type of injustice or any type of violence. A woman can get shelter and help in the manner similar to that for help from the Nari SanrakshanGruh. This organization also provides medical treatment, counselling sessions and appropriate advices. This organization has its own ICC from which not a single complaint is filed.

- **Mahila Police Station:**

A woman who is a victim of exploitation, abuse, violence, injustice, eve-teasing, or cybercrime can appeal or file a complaint here. 24-hour working this Police Station keeps the identity of the woman hidden. As soon as the complaint is filed, the accused is called and is allowed to put forth his defense, then both parties are called for counseling sessions or conversation, and attempts are made to solve them peacefully, if possible. The main thing about this Police Station is the outcome is mostly in favor of the woman. If the case does not get solved then the case is transferred to the respective Police Station of the area and a FIR is filed. Even in the cases of sexual harassment, the case is transferred to the respective Police Station of that area. According to PSI Chudasama, in 80% of cases, the woman is lying but even then the Police Station works in such a way that the woman does not feel that she didn't get justice. In this Police Station, only an appeal or complaint is accepted and a FIR is not filed. There is no lock-up in the Police Station but there are rooms for children to stay and play.

During this visit, PSI Chudasama also shared information regarding the recent launch of 'Surakshita' mobile application. Easy to use and download from Google Play Store, this application provides all the necessary information and instructions about a woman's safety in English as well as in Gujarati.

- **Police Station Base Support Centre (PBSC):**

Working under Ministry of Women and Child Development of Gujarat and Gender Resource Centre, the main aim of this organization is to allow the victim woman to take decision by herself in cases like gender biasness, female foeticide, domestic violence and social inequality. Here the woman receives proper guidance, counselling sessions and judicial help and freedom to take appropriate decision. This organization also keeps the victim woman's identity hidden and provides all the facilities free of cost. This organization joins hands with other organizations which are working for betterment of woman.

- **181 Abhayam Helpline:**

Under the Ministry of Women and Child Development of Gujarat, 181 Abhayam Helpline number was started on March 8, 2015, on the day of International Women's Day, and from March 8, 2018, 181 Abhayam Helpline Mobile Application was launched.

Just like PBSC, Mahila Police Station and Sakhi One Stop Centre, 181 Abhayam Helpline supports, guides and help women who are victim of any type of exploitation, injustice, and violence. But most importantly, this organization helps a woman on site. And that is why 181 Abhayam also has a van which is always



found ready at Mahila Police Station. This van is ready with a primary treatment kit, food, and water along with a trained staff. This van also does a regular patrolling around the schools, colleges, and universities and thus, can assure their safety.

This organization also coordinates with other organizations that work for the betterment of women by providing them necessary guidance, support, help, counseling, and shelter.

Conclusion:

There are many government and non government bodies which establish organizations which work for women welfare and upliftment. But due to lack of proper campaigning and advertisement, such organizations failed to aware women regarding their rights, help them and aware them.

So, the researcher visited various government and non government organizations which works for women betterment and welfare to study their role and function in creating awareness.

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28. Role of Community Radio in Rural Development

Dr. Jitendra J. Radadiya
Asst. Professor
Department of Journalism
Saurashtra University, Rajkot

Community radio is a type of radio service that caters to the interests of a certain area, broadcasting content that is popular to a local audience but which may often be overlooked by commercial or mass-media broadcasters. The term has somewhat different meanings in the United Kingdom, the United States, Canada, and Australia. In the UK, the idea of community-based services can be traced back at least as far as the original concept for BBC local radio in the early 1960s. Thereafter various land-based unlicensed pirate radio stations (Such as East London Radio, and Radio AMY (Alternative Media for You)) developed the idea further. As pirate stations proliferated during the late 1970s and early 1980s these stations were joined by those broadcasting specifically to minority immigrant communities (Afro-Caribbean and Asian etc.), particularly in cities such as London, Birmingham, Bristol, and Manchester. Although, "community radio" remains synonymous with "pirate radio" for some people in the UK, most minority immigrant stations focused purely on specific musical genres and were operated (theoretically at least) on a not-for-profit basis. Community radio services in the UK are operated on a not-for-profit basis with community ownership and control built in to their structures. Following an experiment started in 2001 by the former UK broadcast regulator The Radio Authority, since 2005 some 200 such stations have been licensed by the UK broadcasting regulator (Of com). Most such stations broadcast on FM (typically at a radiated power level of approximately 25 Watts (per-plane)) although there are a few that operate on AM (medium wave), particularly in more rural areas.

In the U.S., community radio stations are non-profit, community based operations licensed by the Federal Communications Commission for broadcasting in the noncommercial, public portion of the FM band. These stations differ from other public radio outlets in the U.S. by allowing community volunteers to actively participate as broadcasters.⁽²⁾ Pirate radio is virtually unknown in Australia because of the strictly controlled allocation of broadcasting frequencies, and the likely application of severe, legislated penalties including jail, for offenders.

Concept of Community:-

Communities are complex entities and so what constitutes "community" in Community radio is often a contentious and tricky debate and will vary from country to country. Community may also often be replaced by a



range of terms like "alternative", "radical", or "citizen" radio. Traditionally in sociology, a "community" has been defined as a group of interacting people living in a common location. Community radio is often built around concepts of access and participation and so the term community may be thought of as often referring to geographical communities based around the possible reach of the radio's signal, i.e., the people who can receive the message, and their potential to participate in the creation of such messages. This is of course problematized by the fact that many radio stations now broadcast over the internet as well, thereby reaching potentially global audiences and communities.

Community radio in India:-

In India, the campaign to legitimize community radio began in the mid 1990s, soon after the Supreme Court of India ruled in its judgment of February 1995 that "airwaves are public property".⁽³⁾ This came as an inspiration to groups across the country, but to begin with, only educational (campus) radio stations were allowed, under somewhat stringent conditions.

Anna FM is India's first campus 'community' radio, launched on 1 February 2004, which is run by Education and Multimedia Research Centre (EM2RC), and all programmes are produced by the students of Media Sciences at Anna University.

On 16 November 2006, the government of India notified new Community Radio Guidelines which permit NGOs and other civil society organizations to own and operate community radio stations.

The first community-based radio station, licensed to an NGO (as distinct from campus-based radio) was launched on 15 October 2008, when 'Sangham Radio' in Pastapur village, Medak district, Andhra Pradesh state, was switched on at 11.00 am. Sangham Radio, which broadcasts on 90.4 MHz, is licensed to Deccan Development Society (DDS), an NGO that works with women's groups in about 75 villages of Andhra Pradesh. The community radio station is managed by 'General' Narsamma and Aligole Narsamma. The second NGO-led community radio station in India was launched on 23 October 2008 at 'T ARAGram' in Orchha, Madhya Pradesh state. Named 'Radio Bundelkhand' after the Bundelkhand region of central India where it is located, the radio station is licensed to the Society for Development Alternatives (DA), a Delhi-based NGO. Radio Bundelkhand also broadcasts on 90.4 MHz for four hours a day, including two hours of repeat broadcast.

Under the new community radio policy, any not-for-profit 'legal entity' - except individuals, political parties and their affiliates, criminal and banned organizations - can apply for a CR license. Central funding is not available for such stations, and there are stringent restrictions on fundraising from other sources. Only organisations that are registered for a minimum of three years old and with a 'proven' track record of local community service can apply. License conditions implicitly favour well-funded stations as against inexpensive low power operations, several of



which (e.g. Mana Radio in Andhra Pradesh and Raghav FM in Bihar) ran successfully on shoe-string budgets before the imposition of any community radio policy.

The license entitles them to operate a 100 watt (ERP) radio station, with a coverage area of approximately 12 kilometers radius. A maximum antenna height of 30 meters is allowed. Community radio stations are expected to produce at least 50% of their programmes locally, as far as possible in the local language or dialect. The stress is on developmental programming, though there is no explicit ban on entertainment. News programmes are banned on community radio in India, as also on commercial FM radio. However, the government recently clarified that certain categories of news are permitted on radio, including sports news and commentaries, information on traffic and weather conditions, coverage of cultural events and festivals, information on academic events, public announcements pertaining to utilities like electricity and water supply, disaster warnings and health alerts.

Five minutes of advertising per hour is allowed on community radio. Sponsored programs are not allowed except when the program is sponsored by the Government at the Centre or State. Activists and community workers from across the country have banded together under the aegis of the 'Community Radio Forum' in order to coordinate training and support for community radio stations, as well as to continue to petition for a more proactive community radio policy. The Community Radio Forum, India, was registered as a 'Society' and 'Trust' on 26 February 2008. In the meantime, mobile telephone operators have begun to offer commercial broadcast services over GSM, evading completely government restrictions built around traditional concepts of broadcasting technology.

Successful Examples of Community Radio in India:-

- (1) **SARANG 107.8 FM:** - SARANG 107.8 is run by St Aloysius College (Autonomous), Mangalore, a coastal town in the southern part of Kamataka. SARANG 107.8 FM means 'all colours' of Mangalore signifying various social, religious, linguistic communities and their harmonious existence - which is a requirement now after disturbance in the context of attack on churches (post 14 September 2008) by radical saffronists, and later assault on women ma pub in the name of moral policing by similar groups. The local Communities of farmers, fisher folk, medical! legal experts, students, workers contribute regularly to this radio. The radio also spreads messages of peace and harmony among people through programmes based on the need for the same. Health and hygiene, agricultural messages, fisher folk issues, road safety, water conservation, rain water harvesting, folk culture and life, original entertainment by locals and students are the hall mark of this radio. Currently (as on the last day of July 2009), SARANG 107.8 broadcasts in Konkani, Kannada, Tulu, and English languages regularly, besides occasionally broadcasting in Malayalam and Beary languages.⁽⁴⁾



- (2) **KUNJAL PANCHHI KUTCH 11:-** This community radio station is administered by Kach Women Development Corporation and is immensely popular among the rural womenfolk. This corporation is working in this area since last two decades. This radio station mostly focuses on the issues relating to women and tries to find a solution to all the problems being discussed here. The topic for discussion mostly consists of issues like female foeticide, dowry and female education.⁽⁵⁾
- (3) **CHALA HO GAON MEIN:** - The importance of this community radio lies in the fact that the programs broadcasted here is prepared by the people belonging to rural background. The program basically covers issues like dowry, violence against women, corruption, social evils etc. Needless to say that 'Chalo Ho Gao Me' has really proved to be a landmark in providing common platform to the residents of Palamu district of Jharkhand from where they can communicate their thoughts without any restriction.
- (4) **MANDAKINI KI AWAAZ:** - 'Mandakini ki Awaaz' Community Radio is located in Mandakini river valley at Pauri in Garhwal, supported by a group of people from a tiny village called Bhanaj. Located at a 5 hour drive from the nearest town Centre of Rudraprayag, this group of people aims at creating an open and transparent administrative and governance information system. The radio group mediates between the people and the governing bodies (panchayats) of these villages, in order to create an open platform where policies, schemes and financial budgets can be made available for public discussion and scrutiny. It was established with required technical support and training from Ideosync Media Combine and Equal Access, the two NGOS working in the field of development communication and long standing partners of community radio.⁽⁶⁾

Conclusion :-

In the real sense, community radio plays a pivotal role in making the masses aware about their basic rights and duties. Not only limited to solving problems which a common man faces in his day-to-day life, community radio provides him a strong platform from where he can freely disseminate his ideas among his community members in the best possible manner. Thus, community radio becomes one of the important instrument in strengthening our 'Right to Freedom of Speech and Expression'. Besides solving social problems as well as entertaining local people, community radio also acts as an intermediary between the Government and the local masses. This is the place from where local people can air their grievances to the Government as well as get the solutions to their problems too. Needless to say, community radio has played a major role in bridging the communication gap between the Government and the local people. As, the community radio is still evolving it might be possible that in the near future, we will witness its



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various new forms which will be technologically more superior as well as user friendly. Well whatever the case may be, community radio has proved to be one of the best medium of communication at the grass-root level.

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29. FAT PERCENTAGE OF ENGINEERING COLLEGE STUDENTS OF PUNJAB

BY

Dr. KuldeepBattan

Assistant Professor C.T University Ludhiyana

Abstract

Purpose of the present study is to find out fat percentage of engineering college students of Punjab. For this study researcher selected (N-500) male engineering college students were used by random sampling method. Complete Body Mass Index test was used to analyze fat percentage among male engineering college students. After analysis of the data results shows that 7.2% found above essential fat & below fitness, 31.4% found at fitness level fitness, 60% found at acceptable level and 1.4% found at obese level.

Key words- Fitness, Obese, Engineering students, fat percentage.

INTRODUCTION

“Physical fitness is one’s richest possession; it cannot be purchased, it has to be earned through a daily routine of physical exercises.”(Uppal 1992)

We consider health to be simply the absence of disease. Today we view it also as the presence of vitality the ability to function with vigor and to live life actively, energetically, and fully. Vitality comes from wellness, a state of optimal physical, emotional, intellectual, spiritual, interpersonal social, environmental, and even planetary well-being. At all ages and at all levels of physical and mental ability, people can increase their vitality and wellness.

PHYSICAL HEALTH

Optimal physical health requires eating well, exercising, avoiding harmful habits, making responsible decisions about sex, learning and watching for the symptoms of disease, getting regular medical and dental check-ups, and taking steps to prevent injuries at home, on the road, and on the job. The habits one develop and the decisions one make today will determine to a great extent not only how many years you will live



but also the quality of life one will enjoy during those years.

EMOTIONAL HEALTH

Optimism, trust, self-esteem, self-acceptance, self-confidence, self-control, satisfying relationships, and an ability to share feeling are just some of the qualities and aspects of emotional wellness. Emotional health is a dynamic state that fluctuates with one's physical, intellectual, spiritual and interpersonal health. Maintaining emotional wellness requires monitoring and exploring one's thoughts and feeling, identifying obstacles to emotional well being and finding solutions to emotional problems, with the help of a therapist if necessary.

SPIRITUAL HEALTH

To enjoy spiritual health is to possess the capacity for love, compassion, forgiveness, altruism, joy, peace, and fulfillment. Spiritual wellness is a state of harmony and balance between oneself and others and between inner needs and the demands of the world. It is an antidote to cynicism, anger, bitterness, fear, anxiety, and pessimism. Organized religions help many people to develop spiritual health. Many other people find meaning and purpose in their lives on their own, through nature, art, meditation, political action or good works.

INTERPERSONAL AND SOCIAL HEALTH

Satisfying relationships are basic to both physical and emotional health. We need loving, supportive people in our lives. And we need to be needed by them. Developing interpersonal health means learning good communication skills, developing the capacity for intimacy, and cultivating a support network of caring



friends or family members. Social health means participating in and contributing to the community, country and world.

ENVIRONMENTAL OR PLANETARY HEALTH

Increasingly, personal health depends on the health of the planet. Wellness requires learning about and protecting oneself from environmental hazards and doing what one can to reduce or eliminate them. (Insel and Roth 1994)

PHYSICAL FITNESS

Physical fitness is probably the most popular and frequently used term in physical education and to develop physical fitness is the most important objective of physical educators.

Exercise scientists do not always agree on the components of physical fitness. However, most to agree that the five major component of total health-related physical fitness are:

1. Cardio respiratory endurance
2. Muscular Strength
3. Muscular Endurance
4. Flexibility
5. Body composition. (Powers & DODD1999)

OBESITY

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/ or increased health problems. Body mass index (BMI), a measurement which compares weight and height, defines people as overweight (pre-obese) if their BMI is between 25



and 30 kg/m^2 , and obese when it is greater than 30 kg/m^2 .

Obesity increases the likelihood of various diseases, particularly heart disease, type II diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis. Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications or psychiatric illness. Evidence to support the view that some obese people eat little yet gain weight due to a slow metabolism is limited; on average obese people have a greater energy expenditure than their thin counterparts due to the energy required to maintain an increased body mass.

Dieting and physical exercise are the mainstays of treatment for obesity. Moreover, it is important to improve diet quality by reducing the consumption of energy-dense foods such as those high in fat and sugar, and by increasing the intake of dietary fiber. To supplement this, or in case of failure, anti-obesity drugs may be taken to reduce appetite or inhibit fat absorption, in severe cases, surgery is performed or an intragastric balloon is placed to reduce stomach volume and/or bowel length, leading to earlier satiation and reduced ability to absorb nutrients from food.

Obesity is a leading preventable cause of death worldwide, with increasing prevalence in adults and children, and authorities view it as one of the most serious public health problems of the 21st century. Obesity is stigmatized in much of the modern world (particularly in the western world), though it was widely perceived as a symbol of wealth and fertility at other times in history, and still is in some parts of the world.

OBESITY BY WHO

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A crude population measure of obesity is the body mass index (BMI), a person's weight (in kilograms) divided by the square of his or her height



(in meters). A person with a BMI of 30 or more is generally considered obese. A person with a BMI equal to or more than 25 is considered overweight.

Overweight and obesity are major risk factors for a number of chronic diseases including diabetes, cardiovascular and cancer. Once considered a problem only in high income countries, overweight and obesity are now dramatically on the rise in low and middle income countries, particularly in urban settings.

TYPES OF OBESITY

Two types of obesity are hyperplastic and hypertrophic obesity. According to one hypothesis, the total number of fat cells that an individual has as an adult is determined during the growing years. Fat cell number increases rapidly during the first year of life and again during

METHODOLOGY

For present study researcher selected (N-500) male engineering college students were selected by random sampling method. Complete Body Mass Index test was used to analyze fat percentage among male engineering college students.

puberty. The number of fat cells remains relatively unchanged during adult-hood (Hirsch & Knittle, 1970; Sims 1974). Thus, an individual's potential for obesity in terms of fat cell number, is established by late adolescence. Hyperplastic obesity characterized by an abnormal number of fat cells. A normal weight individual has 25 to 30 billion fat cells; whereas an obese person may have as many as 42 to 106 billion fat cells. The hypothesis concerning the development of the number of fat cells has been questioned because an increase in both the number and size of adipose cells has been observed with excessive weight gain in adults. (<https://en.wikipedia.org/wiki/Obesity>).

Diet and exercise are effective in reducing the size but not the number of fat cell in



adults (Hirsch, 1997). Perhaps the key to preventing obesity is to monitor closely dietary intake and energy expenditure, especially during the adolescent growth spurt and puberty. This could potentially retard the development of new fat cells and control the size of existing fat cells. (Heyward 2014)

DATA ANALYSIS

Table No – 1

Showing percentage wise data of engineering college students 'Fat Percentage' according to norms.

Essential	Above Essential Fat & Below Fitness	Fitness	Acceptable	Obese
Nil	36	157	300	7
Nil	7.20%	31.40%	60%	1.40%

Above table no- 1: showing percentage wise data of engineering college students 'Fat Percentage'. As per table none students were found in essential. 7.2% percent students were found in above essential and below fitness category. 31.4% percent students were found in fitness category. 60% percent students were found in acceptable category. Only 1.4% percent students were found in obese category.



RESULTS

- 1) 7.2% found Above Essential Fat & Below Fitness.
- 2) 31.4% found at fitness level Fitness.
- 3) 60% found at Acceptable level.
- 4) 1.4% found at obese level.

CONCLUSIONS

To find out the percentage of fat among engineering college students Body Mass index was used after analysis of data results shows 60% were in acceptable category which is the highest. 31.4% students found in fitness level which means those who have less fat percentage than normal. 7.2% percent students were found above essential Fat & below fitness. Only 1.4% students was found in obese category means those who having more than 30% fat and less than 35% out of their total weight. There was no student found in essential category.

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30. સાંપ્રત સાહિત્યમાં અનુઆધુનિકતાવાદ

Dr. Jignesh Upadhyay

Associate Professor & Head of The Department

Dharmendrasinhji Arts College

Rajkot (Gujarat) India

ડૉ. જિજ્ઞેશ ઉપાધ્યાય

એસોસિયેટ પ્રોફેસર અને વિભાગ અધ્યક્ષ

ધર્મેન્દ્રસિંહજી આર્ટ્સ કોલેજ

રાજકોટ (ગુજરાત)

વીસમીસદીની શરૂઆતમા કેટલીક કલાકૃતિઓમા કલ્પન પ્રતિકની યોજના કથાના વેરવિખેર ટૂકડાઓનો વિનિયોગ જૂદી ભાવસ્થિતિઓને જુદા જુદા મનોગત વ્યક્ત કરવા કે રૂપ આપવા કલાકાર યોજતો હતો. આધુનિકતાવાદ એને ઊંડી અતીત ઝંખના તરીકે આગળના જમાના માટે શ્રદ્ધા વ્યક્ત કરવા અને ક્યારેક વર્તમાન સમય માટે સંશય વ્યક્ત કરવા એનો વિનિયોગ પોતાની રચનાઓમાં કરતો હતો. આ બધા સાથે વિલાપ,નિરાશાવાદ અને આશાભંગ કે વિષાદ જોડાયેલા રહેતા.વિચ્છિન્નતાના ભાવને રજૂકરવા 'Fractured Art'માં આ બધા તત્વો રચનારીતિના ઘટકો તત્વો તરીકે પ્રયોજાતા. આના પ્રતિકાર તરીકે અનુઆધુનિકતાવાદમા ખંડિતતા, ઉલ્લાસ અને આનંદના ભાવને વ્યક્તા કરવા મુક્તિના તત્વ તરીકે પ્રયોજાય છે. અનુઆધુનિકતાવાદી સર્જક પોતાની રચનામાં સંદર્ભોને કાળયોજનાને અનિવાર્ય તત્વ ગણતો નથી.તેમની રચનાઓમાં આવતા સંદર્ભોની કોઈ નિશ્ચિત પ્રણાલી નથી, એ તો એ વિશે પણ સંશયી છે. ખપમાં આવે તો સંદર્ભોનો વિનિયોગ કરવામાં એ કોઈ ખચકાટ કે અપરાધ અનુભવતો નથી.

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અનુઆધુનિકતાવાદી સર્જક જાણે છે કે વિસંગતિ અને આશાભંગ છે તો શુ થઈ ગયુ? આ વિશ્વ જેવું છે . જેવુ મળ્યુ છે. તો પછી એની સાથે જ જીવવાનુ છે.એ વિશ્વમાં જ જીવવાનુ છે. અંતે શેષ રહે છે શુ? તો કે Happy nihilism. રામરાજ્ય કે કલ્યાણ રાજ્યનુ મરણ થયું છે. સ્થાનિક અને અંગત જવાબદારીઓ સાથે અહી જીવવાનુ છે. કાર્યરત રહેવાનું છે. આ વિશ્વમાં આ ક્ષણે આપણુ હોવુ એ જ આપણી કસોટી કરનાર,આપણ ને ક્ષણે ક્ષણે સરાણે યડાવનાર તત્વ છે. પછી એની જોડે જ જીવવાનુ છે. હોવુ એ જ નિર્ણાયક અને આખરી પરિસ્થિતિ છે. આજે માનવી ચેટ્સની પંક્તિ યોજીને કહીએ તો “The Central can not hold “ની દશામાં છે.અનેક સમવિષમ કેંદ્રોની વચ્ચે રહી આપણે યાત્રા કરતા રહેવાની છે.આ જગતમા પોતાના આગવા વ્યક્તિત્વને કે સ્વઓળખને અખંડપણે જાળવવી દુષ્કર છે.અસ્મિતા અને સ્વઓળખની વાત કરવી વાણીવિલાસ અને જાતને છેતરતા રહેવાની ભુલભુલામણીની રમત માત્ર બની રહે છે.જો કે એ રમતનુ પણે એક રાજકારણ છે. છતા અનુઆધુનિકતાવાદને અને સ્વઓળખને વ્યાખ્યાબદ્ધ કરવી પડે છે. અને એજ કદાચ આપણી ગમતી કે અનગમતી નિયતી છે. આગળ જોયા એ બધા સંદર્ભોનો વિચાર કરતા પેટ્રિસિયો વો કહે છે કે ,આધુનિકોએ કલા વિજ્ઞાન અને નૈતિકતાને સ્વાયત્ત ગણ્યા હતા.એમની સ્વાયત્તા સામે જ અનુઆધુનિકોએ અનેક પ્રશ્નો ઉઠાવ્યા .અનુઉધ્યોગીકરણ,ટેકનોલોજીનો વ્યાપ ,મુક્ત બજારોનો વિકાસ ,રોજ બરોજની જિંદગીના બદલાયેલા પરિણામો,લોભામણી અને સપના દેખાડતી જાહેરાત,કેટલાક દેશોમાં લોકશાહીનો ઉદય કે એની સ્થાપના,માધ્યમિક અને ઉચ્ચશિક્ષણની વધતી જતી માંગ,યુવાનોનુ ઉપસંસ્કૃતિ માટેનું આકર્ષણ ,માહિતી તથા ટેકનોલોજી ક્ષેત્રે આવેલી વૈશ્વિક ક્રાંતિ,સમૂહ માધ્યમો,જ્ઞાન માહિતી અને મનોરંજનનો સાંસ્કૃતિક ઉધ્યોગ તરીકે ફેલાવો,સ્થાનીયતાવાદ,અને કલ્યાણરાજ્યની વિચારણાઓનો રાજકારણમાફરી ઉદય,વંશીય અને જાતીય તથા વર્ગભેદનું રાજકારણ ,આત્મવિમર્શ,ઉન્નતભૂ સંસ્કૃતિ, અને સામૂહિક તથા લોકપ્રિય સંસ્કૃતિ વચ્ચેની ભેદ રેખાનુ ભૂસાવું,કોલાજ, પ્રતિકૃતિ,રિમિક્સ વિજ્ઞાન પ્રત્યે સંશયી દૃષ્ટિકોણ,સમૂહ માધ્યમોને કારણે જન્મેલી સંદર્ભ વિહિનતા,ટી.વી. તથા અન્ય વિજ્ઞાણુમાધ્યમો દ્વારા વાસ્તવિકતાની નવે સરથી થતી રચના,સર્જકના અનુકરણ અને સાંકેતિક આશય સામે ઉભા થયેલા પ્રશ્નો સાહિત્ય કળામાં સંદર્ભો ,ઇતિહાસ ,સ્મૃતિ,સાંસ્કૃતિક વિચારો તરફ પાછા ફરવાનીપ્રક્રિયાનો આરંભ,કૃતિવાદનુ સ્થાન લેતો સંદર્ભવાદ અને માનવ સંદર્ભો તથા માનવ પરિણામનુ નવા મૂલ્યો સાથે ઉપસ્થિત થવુ-આ સર્વને કદાચ અનુઆધુનિકતાવાદના લક્ષણો ગણી શકાય.

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આપણે એ યાદ રાખીએ કે ,અનુઆધુનિકતાવાદનો આધુનિકતાવાદ સાથે સાતત્ય અને વિચ્છેદ બન્નેનો સંબંધ રહ્યો છે. અનુઆધુનિકતાવાદ વીસમી સદીના અંતિમ ચરણનીએક મહત્વની ઘટના હતી. હવે એનું સંસ્થાકરણ થયું છે. એના સિધ્ધાંતોની સ્થાપના કરતા અનેક અભ્યાસ ગ્રંથો,સંદર્ભ ગ્રંથો સંપાદનો અને કોશોનું એક બજાર ઉભું થયું છે. અનુઆધુનિકતાનું રૂપાંતર નારીવાદી વિમર્શનો અને અનુસંસ્થાવાદી વિચારણાઓમા થયું છે. એ હવે સમલિંગ,વંશીય,અને સ્થાનીયતાની સૈધ્ધાંતિક ભૂમિકાએ વિસ્તરેલો જોઈ શકાય છે. એક બાજુ અસ્મિતા અને સ્વ ઓળખ માટેનું રાજકારણ ,સંકર રચનાઓ ,વિષમતા,સ્થાનીયતા દ્વારા પરસ્પરને પૂછતાપ્રશ્નો રૂપે વિસ્તરી રહ્યું છે. અનુઆધુનિકતા માત્ર શૈલીગત નથી,સાંસ્કૃતિક,સાહિત્યિક,સામાજિક,રાજકીય,વંશીય,સ્થાનીક વૈશ્વિક અને કલા જગતના જુદા જુદા કેંદ્રો પર રહી એનો અભ્યાસ વિસ્તરતો રહ્યો છે.

આજે કૃતિલક્ષીતા અને વિશ્વ વિશેની માન્યતાઓ પરિવર્તનની પ્રક્રિયામા છે.વીજાણું ટેકનોલોજી અને વૈશ્વિકરણને કારણે આપણે જે સમાજમા જીવીએ છીએ તેનું તથા આપણા અનુભવને રૂપ આપતી ભાષાનું પણ રૂપાંતર થયું છે.21મી સદીમાં અનુઆધુનિકતાવાદનું કોઈ બીજુનામ શોધવાનું રહેશે કેટલાકને મતે તો અનુમાનવતાવાદનું આગમન થઈ ગયું છે. વળી એકવીસમી સદીનો આધુનિકતાવાદ કેવો હશે એની ચર્ચાનો પણ આરંભ થઈ ચૂક્યો છે.

લ્યોતાર ઝાં ફાન્સવા ,ઝાક દેરિદા ઝાં લકા ,મિશેલ કુકો જેવા તત્વ ચિંતકોનાં મતે પુનરુત્થાનકાળ નો પ્રકલ્પ પોતાની આગવી સત્વશીલતા ગુમાવી બેઠો છે .તો કેટલાક પ્રતિવાદીઓ સ્પષ્ટ રીતે માને છે કે આ કહેવાતો જૂનો પ્રકલ્પ આજે પણ જીવંત છે.અને તેની પ્રસ્તુતતાના અનેક દ્વારો ઉઘાડાજ છે. કેટલાક તર્કદઢ મતવાદીઓના મતે આ વિશ્વમા જે કઈ બને છે ,તેનું વસ્તુલક્ષી અને સાર્વત્રિક ધોરણે વિવેચન થઈ શકે છે. હજી તો એમના મતે પુનરુત્થાનકાળનો આરંભ થયો છે.મોટાભાગનો પ્રજાસમૂહ વિજ્ઞાન,ધર્મનિર્પેક્ષતા,અને બુધ્ધિવાદનું સમર્થન કરે છે. ફરીથી આધુનિકવિચારણાઓ આગળના દરવાજેથીપ્રવેશ કરી રહી છે.કેટલાક પાછલે બારણેથી બહાર જઈ રહ્યા છે.એંડરસન કહે છે કે આ બહુલતાવાદ આપણા સમયના વિશિષ્ટ પાસાઓને રજૂ કરે છે.આપણે માનવ ઇતિહાસની એક વિલક્ષણ પરિસ્થિતિના સાક્ષી છીએ.આપણને ચારે બાજુથી પૂર્વ અધુનિકતા,આધુનિકતા અને અનુઆધુનિકતાનું સહિયારું અસ્તિત્વ જોવા મળે છે.અનુઆધુનિકતાનો આ નિજી

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પ્રકલ્પ છે.એની આગવી ચાલ છે.એ પ્રગટ કે સીધી રેખામા ગતિ કરતો નથી.સાંસ્કૃતિક ઉત્ક્રાંતિની જીવતીજાગતી વાસ્તવિકતા પર એ પ્રકલ્પ આધારિત છે.એ એટલુ તો સૂચવે જ છે કે સમગ્ર માનવજાત શીખવાની પ્રક્રિયામા ઓતપ્રોત થઈ રહી છે.અલબત્ત આ પ્રક્રિયા સંકુલ,અઘરી કષ્ટદાયક અને અંતરવિરોધથી ભરી છે.એને સરળતામા હ્સ્વ કરી શકાય નહી. એંડરસનના મતે ‘ The postmodern enlighten project involves learning about learning, discovering something new about our own reality .It is ,for many discovery full of hope.’

અનુઆધુનિક પુનરુત્થાનવાદી પ્રક્રિયા જોડે ત્રણ તત્વો સંકળાયેલા છે. પશ્ચિમનો બુધ્ધિવાદ,પૂર્વનો માયાવાદ,અને સ્વ વિશેની ભ્રમણા અને અનુઆધુનિક સમાજે નિર્માણ કરેલી વાસ્તવિકતાની વિભાવના.આ વિરોધી દેખાતા તત્વો વચ્ચે મોકળાશથી અને હળવાશથી અવર જવર કરી શકાય એવો અવકાશ દરેકે પોત પોતાની રીતે નિર્માણ કરવાનો છે.આ મોકળાશનુ બીજુ નામ છે ,વિચારતથા સંવેદનાને રૂપ આપવાની સર્જન શક્તિ અને તેનુ ભાવન કરવાની શક્તિ.

ક્રિસ્ટોફર નોરિસ એક વાતની સ્પષ્ટતા કરતા કહે છે કે ,અનેક છેડાવાળો અનુઆધુનિકતાવાદ વ્યંચિતો તથા જેમને અન્યાય થયો છે,એમના પ્રશ્નોના પડકાર ઝીલતો નથી ,એ માટેની અનુઆધુનિકતાવાદ પાસે કોઈ દલીલો જ નથી .કે નથી કોઈ ‘critical resources of valuing grounds for perceiving them as inherently unjust and oppressive’ અલબત્ત અનુઆધુનિકતાવાદે એમના પ્રશ્નો વિષે સભાનતા કેળવવામાં પાયાનું યોગદાન આપ્યું છે. ચારે બાજુ અમુક વિચારણાની સત્તા પ્રવર્તતી હોય ,બોલબાલા હોય ત્યારે શું કરવું ? આપણે એક સાથે પૂર્વ આધુનિક ,આધુનિક અને અનુઆધુનિક માનવી છીએ ? અલગ અલગ વાદોના વાવટા ફરકાવીએ છીએ ? વ્યક્તિ તરીકેનું આપણું કોઈ Stand છે ખરું? આપણી કોઈ Position ખરી ? રોબર્ટ શોલ્સ એના પુસ્તક ‘પ્રોટોકોલ ઓફ રીડીંગ’માં કહે છે કે Critic cannot have it both ways, on the one hand proclaiming their radical credentials and their concern with question of politic, race gender, while on the other adopting a nominalist or (textualist) stance which denies any possible ground of appeal in the realities oppression as known and experienced by members of the relevant class ,communication, or interest group.

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સાહિત્યકલા અલગ અલગ સિદ્ધાંતો જુદી જુદી રાજકીય અને ભાષાકીય રમતો છે. એ અનેકમાર્ગી સ્પર્ધાત્મક “Discourses છે કે ‘subject position’ છે ? આવી અરાજકતા ભરી પરિસ્થિતિ હોય તો માનવી તરીકેની આપણી અન્યો સાથે સંકળાયેલી છતાં પોતાની આગવી ઓળખને કઈ રીતે જાળવવી ? ચારે બાજુ જ્યારે ‘rhetoric of plurality’ અને ‘deference’ ની વાતો જોરશોરથી થતી હોય ત્યારે રીચાર્ડ રોટરી સૂચવે છે કે ‘We should cultivate the range of aesthetic satisfactions, autonomous life styles, modes of individual self fulfillment etc. and cease the vain effort to square those virtues with a sense of our larger (public, social, ethical or political) responsibilities.’ આરીતે આપણે આપણા અંગત મૂલ્યો પર ધ્યાન કેન્દ્રિત કરીએ , રસમીમાંસાની સીમાને વિસ્તારીએ (ચેતો વિસ્તાર કરીએ)અને સાથે સાથે આપણી સાર્વજનિક ,સામાજિક,નૈતિક, કે રાજકીય જવાબદારીઓ વિસ્તારીએ તો ય બસ .

આખરે આપણું દાવિત્વ એ કે દરેક કટોકટીમાં પણ આપણો પ્રશ્ન પ્રશ્ન પૂછવાનો અધિકાર અબાધિત રહે અને આપણે જો આધુનિકતાવાદને પણ પ્રશ્નો જરૂર પૂછીએ .સાથે સાથે મિથ્યા બૌદ્ધિકવાદ અને તર્કછળથી પણ બચવા જેવું ખરું ? આ માટે પોતાનું એકાંત સુરક્ષિત રાખવાની અને એકલા પડી જવાની ચૂપકીટી ભરી ખૂમારી કેળવવી પડે અને પ્રશ્નો પૂછતી વખતે અન્ય મનુષ્યના ગૌરવનો આદર સહિષ્ણુતા શાલીનતા અને માણસાઈ થી જરૂર કરીએ.

અનુઆધુનિકયુગ વધારે પડતી પ્રગટતા નો યુગ છે. બીજા પાસે પૂરેપૂરા ઉઘાડા થવું એ એની રીત છે. એમ.ટી.વી. ચેનલ ,ફેશન ચેનલ,રીયાલીટી શોના ગાના બજાના ભેટના રોના ,અમેરિકાના ઈરાક પર બોમ્બ ફેકવાના સીધા પ્રસારણો, કૌટુંબિક,સામાજિક,સિરિયલોમાં વસ્ત્ર પરિધાન આબધા એના ઉદાહરણો છે. તો સરળતા ,પ્રગટતા, વાચકને તકલીફના પડે તેવી રચનાઓનું આજે ચલણ છે આપણે પ્રવાસમાં હોઈએ ત્યારે જુદી જુદી વાસ્તવિકતાઓના સંપર્કમાં આવીએ છીએ. પ્રાવાસી હોવાને કારણે (ગમે કે ન ગમે)આપણી પાસે ભિન્નભિન્ન વાસ્તવિકતાઓ ઉઘડતી આવે છે .કદાચ ક્યાય પણ ન જઈએ તો પણ ટી.વી., વર્તમાનપત્રો,જાહેરાતો, મોબાઈલમાં મેસેજ, ઈન્ટરનેટ અને વિજાણું માધ્યમોનો પ્રગટતાનો સતત મારો આપણા પર કર્યા કરે છે. શરીર પણ અહી એક ગતિશીલ રૂપકની ભૂમિકા ભજવે છે. ઊંડાણ નહીં પણ સપાટી, વ્યંજના નહી, પણ અભિધા, આનંદ નહી પણ માનોરંજન, શિષ્ટ કે ઉચ્ચ નહીં પણ લોકપ્રિય ,સ્થિરતા નહીં પણ

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સર્કિંગ ,જ્ઞાન નહીં પણ સત્તા ,નિર્દોષતા કે કોઈ સૂઝ નહીં પણ વક્તા વાંક દેખાપણું આ બધા અનુઆધુનિક સાથે સંકળાયેલી વાસ્તવિકતાના ઝૂઝવા રૂપ છે. ચોથા વૈશ્વિકીકરણને કારણે માનવ ઇતિહાસમાં પહિલી વાર વૈશ્વિક સભ્યતાનો જન્મ થયો આ સભ્યતા તીવ્ર ગતિએ માહિતીની આપ લે કરે છે .ટી.વી. ,ઈન્ટરનેટ ની અલગ અલગ વેબસાઈટ સમગ્ર વિશ્વમાં બનતી ઘટનાઓથી આપણ ને સભાન બનાવે છે. મનોરંજન ઉદ્યોગની દરેક વાનગી મોટાભાગનાને અતૃપ્ત રાખે છે. શોપિંગ મોલમાં ,બેન્કમાં રેલ્વે સ્ટેશનના બુકિંગ કાઉન્ટર ની આજુબાજુ ગોઠવેલા કેમેરાઓએ અંગત જીવનની વિભાવના બદલી નાખી છે. ટ્રેનના ડબ્બામાં અંગત જીવનની ખાનગી વાતો ધંધા પાણીના જુઠાણાઓ અને રિયાલીટી કે ફિલ્મ ફેર સમારંભોમાં' આઈ લવ માય મોમ એન્ડ,પાપા', ને આવું બધું ઝળઝળિયા અને ફલાઈંગ કિસ સાથે જોવા મળે છે. સ્ટિંગ ઓપરેશન ઘણાબધાના જીવન ને કેમેરામાં જકડી શકે છે આદિવાસી સંસ્કૃતિથી લઈ ટેકનીકલ સંસ્કૃતિ સુધી પથરાયેલા રીતરિવાજો ,માન્યતાઓ,માઉસ ક્લિક કરતા આપણી આંખ સામે તરવરતા થઈ જાય છે. ગુજરાતી અને અન્ય ભાષાની કવિતા આપણે વેબસાઈટ પર પણ વાંચી શકીએ છીએ. ગૂગલની વેબસાઈટ માહિતીઓથી જ્ઞાની બનાવવાની અનેક તકો પૂરી પાડે છે. વિશ્વના ખૂણે ખૂણાની સંસ્કૃતિ સભ્યતા ,ફેશન વગેરે આપણા ડ્રોઇંગ રૂમમાં આરામથી હરીફરી શકે છે. પરિવર્તન પામતી માનવા સભ્યતાની કોઈ સીમા રહી નથી .લોકો હવે સમાજે નિર્મોલી વાસ્તવિકતાઓને સ્વતંત્ર રીતે વિના રોકટોક ઓળંગે છે. તેને ચેક ભૂસ કરે છે અને તેને ફરી ફરી રચે છે.

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31. INFLUENCE OF PHYSICAL EXERCISE ON IMPULSE CONTROL AND FRUSTRATION TOLERANCE AMONG ADOLESCENT GIRLS

Dr.S.Saroja, Associate Professor, Alagappa University College of Physical Education, Alagappa University, Karaikudi

Dr. R. Senthil Kumaran, Director-Physical Education, Directorate of Physical Education, Alagappa University, Karaikudi.

Abstract

The purpose of the study was to find out the influence of physical exercise on impulse control and frustration tolerance among adolescent girls. To achieve the purpose of the study, sixty (60) girls in the age group of 14 to 16 years were selected randomly as subjects from the different schools in Karaikudi, Sivagangai District, Tamilnadu, India. The selected participants were randomly (simple random sample) assigned into two groups of thirty (n=30) each, such as experimental (group I) and control (group II). The group I (n=30) underwent Physical exercises for a duration of twelve weeks with three alternative days per week, in addition to their routine, group II (n=30) acted as control, who were refrained from any special training except their leisure time pursuit. Impulse control and frustration tolerance were selected as dependent variables for this study and measured using Impulse control scale and tolerance for frustration scale (Goldberg, et.al., 2006). All the participants were tested before and immediately after the experimental period on the selected dependent variables. The collected data were analyzed by using dependent 't'test and ANCOVA. The level of significance was fixed at 0.05 level. It was concluded that Physical exercise group enabled better improvement in managing impulse control and frustration tolerance among adolescent girls.

Keywords: Impulse control, frustration, tolerance, physical exercise

INTRODUCTION

Adolescent development is the process through which adolescents, alternately called youth or young adults acquire the cognitive, social and emotional skills and abilities required to navigate life. Frustration refers to the situations or the event that creates obstacle in the way to goal. Frustration refers to the situations or the event that creates obstacle in the way to goal. In other words the sense of disappointment that result from the obstacles is frustration. The process of blocking or thwarting of needs causes frustration in human beings Impulse control is the ability to resist or delay an impulse, drive, or temptation to act. Impulse control entails avoiding rash behaviors and decision making, being composed, and able to put the brakes on angry, aggressive, hostile, and irresponsible behavior. Problems in impulse control are manifested by low frustration tolerance, impulsiveness, anger-control problems, abusiveness, loss of self-control, and explosive and unpredictable behavior. Impulsive people are often described as tempestuous, hot-headed, and "leap-before-they-look" people. Impulse control and frustration tolerance help us with the third skill delay of gratification. This is the ability to postpone pleasure, comfort or relief until a later time. We choose to forgo the immediate gratification and wait for the right time. This involves some trust and faith that things will work out, or we will make them work out later. A large factor in becoming easily frustrated is having lots of energy in body that is practically seeking an opportunity to be released. If frustration is much greater than whatever triggered it, a person may want to adopt an exercise routine. Regular exercise is helpful for boosting mood and for regulating body's energy so that a person can broach situations appropriately rather

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than with too much “charge” from all pent-up fervor for activity. Cardiovascular exercise, like running, calisthenics will be of great useful in frustration tolerance.

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the influence of physical exercise on impulse control and frustration tolerance among adolescent girls

HYPOTHESIS

It was hypothesized that there would be significant improvement (in managing) on the selected dependent variable Impulse control and Frustration Tolerance due to physical exercise among adolescent girls

DELIMITATIONS

1. The study was mainly delimited with 60 adolescent girls who were selected from different schools in Karaikudi, Sivagangai District, TamilNadu.
2. The age groups of the subjects were between 14 and 16 years.
3. Criterion Variables: Frustration Tolerance Dimensions – Impulse control and Tolerance for frustration would be measured using Impulse control scale and tolerance for frustration scale (Goldberg, et.al., 2006)
4. Independent Variable - 12 weeks of Physical exercises

LIMITATIONS

1. Regular activities pertaining to their day to day affairs were not controlled.
2. The subjects’ diet and nutrition were not taken into consideration
3. The parental influence and support towards participation in the study were not considered.
4. The growth and maturity factors were not controlled
5. The influence of academic work on the performance variables and training could not be controlled.

METHODOLOGY

The purpose of the study was to find out the influence of physical exercise on impulse control and frustration tolerance among adolescent girls. To achieve the purpose of the study, sixty (60) girls in the age group of 14 to 16 years were selected randomly as subjects from the different schools in Karaikudi, Sivagangai District Tamilnadu, India. The selected participants were randomly (simple random sample) assigned into two groups of thirty (n=30) each, such as experimental (group I) and control (group II). The group I (n=30) underwent Physical exercises for a duration of twelve weeks with three alternative days per week, in addition to their routine, group II (n=30) acted as control, who were refrained from any special training except their leisure time pursuit.



Impulse control and frustration tolerance were selected as dependent variables for this study and measured using Impulse control scale and tolerance for frustration scale (Goldberg, et.al., 2006). All the participants were tested before and immediately after the experimental period on the selected dependent variables. The collected data were analyzed by using dependent 't'test and ANCOVA. The level of significance was fixed at 0.05 level.

TABLE I
PHYSICAL EXERCISES TRAINING SCHEDULE- 3 Days / Week

Physical Exercises	Repetition & Sets	Duration
Warming up & Stretching	-	10 minutes
Calisthenics	4 count, 8 count 16 count, (Different Variations)	15 minutes
Push up	10 Rep × 3 sets (Variations)	15 minutes
Squat	10 Rep × 3 sets (Variations)	15 minutes
Cool down	-	5 minutes

RESULTS AND DISCUSSIONS

The analysis of dependent 't'-test on the data obtained for Impulse control and Frustration tolerance of the pre-test and post-test means of physical exercise group and control group have been analyzed and presented in Table II.

TABLE II

MEAN AND DEPENDENT 't' TEST FOR THE PRE AND POST TESTS ON IMPULSE CONTROL AND TOLERANCE OF PHYSICAL EXERCISE AND CONTROL GROUP

Mean (Seconds)	N	Physical Exercise Group		Control Groups	
		Mean	SD	Mean	SD
Pretest Mean	30	18.37	1.43	18.65	1.22
Posttest Mean	30	17.08	1.02	18.67	1.27
't' test		5.80*		0.42	

*Significant at 0.05 level with 29 df (2.045)

From the table II, the dependent ‘t’-test values between the pre and posttest means of physical exercise and control group on Impulse control and Frustration Tolerance were 5.80 and 0.42 respectively. Since, the obtained ‘t’-test value of physical exercise group was greater than the table value 2.045 with df 29 at 0.05 level of confidence. It was concluded that physical exercise group had significant improvement on Impulse control and Frustration Tolerance. However, control group has no significant improvement on the Impulse control and Frustration Tolerance as because they were not subjected to any specific training such as physical exercise.

The pre and posttest mean values of physical exercise and control group among adolescent girls on Impulse control and Frustration Tolerance was graphically represented in the figure 1.

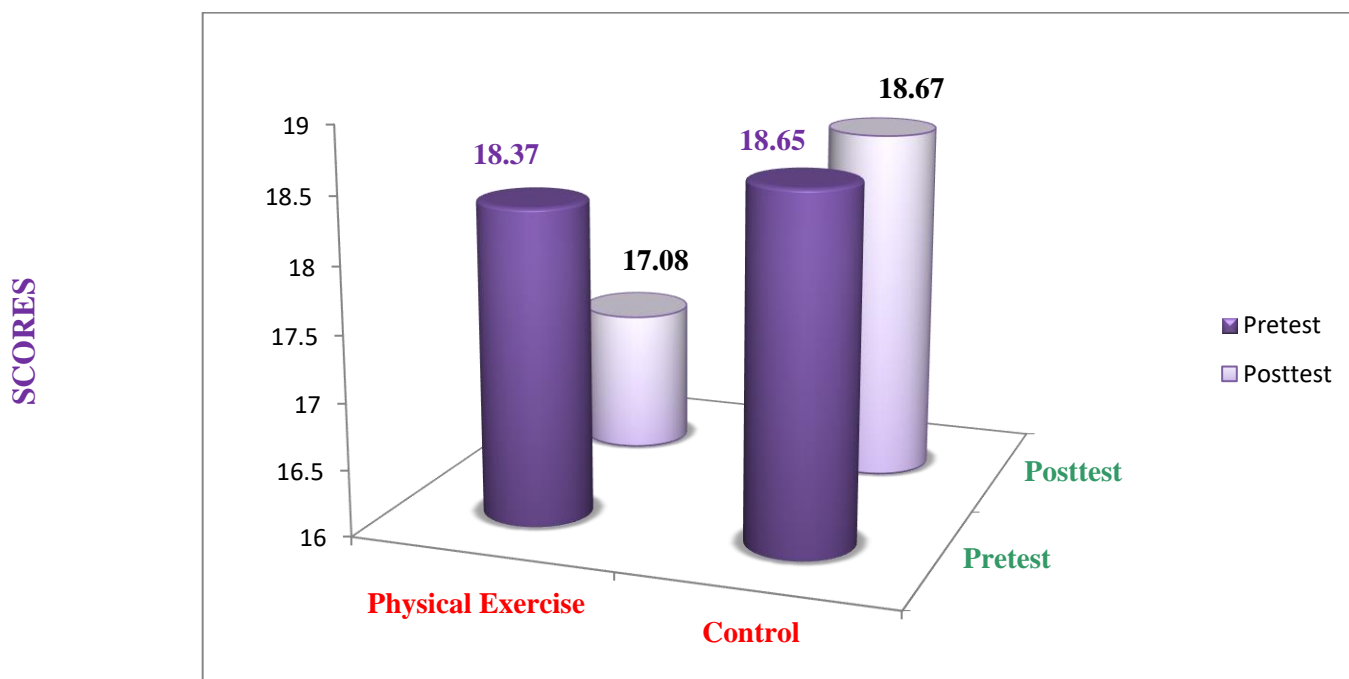


FIGURE 1: PRE AND POST TEST MEAN VALUES OF PHYSICAL EXERCISE AND CONTROL GROUP ON IMPULSE CONTROL AND FRUSTRATION TOLERANCE AMONG ADOLESCENT GIRLS

The analysis of covariance (ANCOVA) on Impulse control and Frustration Tolerance of physical exercise and control groups have been analyzed and presented in Table III.

**TABLE III
ANALYSIS OF COVARIANCE ON IMPULSE CONTROL AND TOLERANCE OF PHYSICAL EXERCISE and control groups**



Source of Variance	Sum of Squares	Df	Mean Squares	'F'-Ratio
Between	40.44	1	40.44	29.53*
Within	79.43	57	1.37	

*Significant at 0.05 level with 1,57df (4.010)

The table III showed that the obtained F-ratio value of 29.53 on impulse control and Frustration tolerance was greater than the table value of 4.010 at 1,57 df at 0.05 level of confidence.

The ANCOVA results of comparing the physical exercise and control group on Impulse control and Frustration Tolerance indicated that there was statistically significant difference among the control and experimental group. Hence null hypothesis was rejected. Experimental group showed better impulse control and frustration tolerance than the control group due to the influence of physical exercises.

RESULTS AND DISCUSSION

Impulse control and frustration tolerance help us with the third skill delay of gratification. This is the ability to postpone pleasure, comfort or relief until a later time. Individuals choose to forgo the immediate gratification and wait for the right time. This involves some trust and faith that things will work out, or will make it work out later.

The least square comparisons of the post test scores of Impulse control and Frustration Tolerance were significant between control and experimental group. Hence, the formulated research hypothesis of the investigator was accepted and null hypothesis was rejected at .05 level of significance.

The result of the present study is in accordance with the study conducted by Archana Kumari and Sandhya Gupta (2015) which states that emotional intelligence and frustration tolerance among adolescent whether it is education, academic or personal, adolescents feel lots of obstacles on the way of goals in life. Sometimes adolescents are able to deal with them rationally but sometimes they deal with it emotionally. In case if they are incapable to deal with these obstacles they get frustrated. To cope up with frustration the adolescents need to be emotionally intelligent and skilled to control impulses. 120 adolescents were selected from Jaipur city in the age group of 12- 19 years of age. Out of 120 adolescents, 60 were girls and 60 were boys. A positive correlation was found between emotional intelligence and frustration tolerance of adolescents. Girls were found to have high emotional intelligence as well as frustration tolerance as compared to boys. A significant difference was found in emotional intelligence and frustration tolerance at different age. Adolescents of 12-15 years have high emotional intelligence and frustration tolerance than adolescents of 16-19 years.



CONCLUSIONS

It was concluded that Physical exercise group enabled better improvement in managing impulse control and frustration tolerance among adolescent girls.

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32. લોકડાઉનની ગ્રામીણ સમાજ પર અસરો

*ડૉ. શ્રીધર નિમાવત

Abstract:

'કોવિડ 19'ને વિશ્વમાં હાકાર મચાવ્યો છે. આ મહામારી લગભગ 100 વર્ષ બાદ સ્પેનિશ ફ્લુ બાદ જગતમાં આવી છે. અલબત્ત માનવ ઇતિહાસમાં નજર કરીએ તો વિવિધ પ્રકારની મહામારીઓ ભૂતકાળમાં આવેલી હતી અને લાખો લોકોએ પોતાના જીવ ગુમાવેલા. ભૂતકાળમાં ઓરી, અછબડા, કોલેરા, મેલેરીયા, ટાઇફોઇડ, શીતળા, કોલેરા, પ્લેગ ટી.બી. જેવા જીવલેણ રોગોએ લાખો લોકોના જીવ લીધા છે. ૨૦મી સદીમાં વિજ્ઞાન, ટેકનોલોજી, મેડિકલ સાયન્સમાં ખૂબ જ પરિવર્તન આવ્યું છે. આમ છતાં 'કોવિડ 19'ની મહામારીએ વિશ્વના લાખો લોકોનો જીવ લીધો છે. આ રોગ ખૂબ જ ચેપી છે અને સંપર્ક આવનાર વ્યક્તિને તુરંત સંક્રમીત કરે છે. કોરોના વાઇરસ ઉધરસ, છિંક તથા માનવ સંપર્કને કારણે સતત ફેલાતો રહે છે. કોઇને ઉધરસ કે છિંક કે આવે અને તેનામાં ચેપ હોય તો તેના ડ્રોપલેટ્સ દ્વારા બીજા વ્યક્તિના શરીરમાં પ્રવેશે છે. આ સંક્રમણને અટકાવવા સરકારે કેટલાક કડક નિર્ણયો લેવા પડ્યા છે. જેમાં લોકડાઉન, કઠ્ઠ્યુ, સામાજિક, ધાર્મિક તથા રાજકીય મેળાવડાઓ પર પ્રતિબંધ, સામાજિક અંતર જાળવવું વગેરે મુખ્ય છે.

અમેરીકા, ઇટાલી, સ્પેન, ફ્રાંસ, બ્રિટન, જેવા સમૃદ્ધ તથા વિકસિત દેશોએ સમયસર ઉચિત પગલાં ન લેવાના કારણે મોટાપાયે લોકોએ જીવ ગુમાવ્યા છે. ભારતમાં પણ કોરોના મહામારીની અસર શરૂ થઈ પરંતુ ભારત સરકારે 'કોવીડ 19'ની ભયંકર અસરમાંથી બચવા લોકડાઉનનો સહારો લીધો. કારણ કે ભારત જેવા વિશાળ અને અતિ ગીચ દેશમાં જો સંક્રમણ ફેલાય તો તેને અંકુશમાં કરવું ખૂબ જ મુશ્કેલ બની જાય. લાખો લોકો યોગ્ય સારવારના અભાવે મૃત્યુ પામે કેમકે, વિકસિત દેશોની સરખામણીમાં આપણા દેશમાં હજુ આરોગ્યલક્ષી સુવિધાઓ પ્રાથમિક કક્ષાએ છે. તેથી ભારતમાં કોરોનાની અસર નાબૂદ કરવા અને સંક્રમણ ફેલાતું અટકાવવા કેન્દ્ર સરકાર દ્વારા 25 માર્ચ, 2020ના રોજ રાષ્ટ્રવ્યાપી લોકડાઉનની ઘોષણા કરી. આ લોકડાઉનના કારણે ભારત જેવો વિશાળ દેશ અચાનક થંભી ગયો. લોકડાઉનની સૌથી મોટી અસર વેપાર, ઉદ્યોગ, શિક્ષણ અને આર્થિક ક્ષેત્ર પર થઈ.

*આસિસ્ટન્ટ પ્રોફેસર .૩૯૫૦૦૭ ,વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટી સુરત ,મહાત્મા ગાંધી ગ્રામ અભ્યાસ વિભાગ ,

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લોકડાઉનને કારણે લોકો જાત-જાતની મુશ્કેલીઓ અનુભવતા હતા અને તેમાં પણ ગ્રામીણ ક્ષેત્રના લોકો વિશિષ્ટ પ્રકારની મુશ્કેલીઓનો સામનો કરી રહ્યા હતા. લોકડાઉનને કારણે ગ્રામીણ લોકો કેવા કેવા પ્રકારની મુશ્કેલીઓનો સામનો કરી રહ્યા છે તે જાણવા માટે આ શોધપત્ર દ્વારા પ્રયાસ કરવામાં આવ્યો છે.

અભ્યાસની પધ્ધતિ :

પ્રસ્તુત સંશોધન કરવા માટે સરળતા આધારિત નિદર્શન પધ્ધતિનો ઉપયોગ કરવામાં આવ્યો છે. માહિતી પ્રાપ્તિ માટે ગુગલ ડોક્સ પર એક બહુ વિકલ્પ અને કેટલાક મુક્ત પ્રશ્નોવાળી એક અનુસૂચી તૈયાર કરવામાં આવેલી. આ અનુસૂચીને સંશોધક પાસે ઉપલબ્ધ વોટ્સએપ સંપર્ક નંબર પર તેની લીંક મોકલવામાં આવેલી. આ લીંક ઓપન કરી તેમાં પોતાના પ્રતિભાવો આપવા જણાવેલું. આ પ્રતિભાવો આપવા માટે એક નિશ્ચિત સમય આપવામાં આવેલો. આ સમય દરમિયાન મારી પાસેના સંપર્ક મોબાઇલ નંબરો ઉપરાંત ઉત્તરદાતા પાસેના સંપર્ક નંબરો પાસેથી પ્રતિભાવો મેળવવામાં આવ્યા હતા. આ અભ્યાસનો મુખ્ય હેતુ ગ્રામીણ સમાજ પર લોકડાઉનની કેવી અસરો પડી તે જાણવાનો હતો. પ્રાપ્ય પ્રતિભાવોમાંથી શહેરી વિસ્તારના ઉત્તરદાતાના અને કેટલાક અધૂરા પ્રતિભાવો દૂર કરવામાં આવ્યા હતા ત્યારબાદ કુલ ૨૧૦ ગ્રામીણ લોકો કે જેમણે પૂર્ણ પ્રતિભાવો આપ્યા હતા. આ પ્રતિભાવોનું વૈજ્ઞાનિક રીતે વિશ્લેષણ કરી અહેવાલ તૈયાર કરવામાં આવ્યો છે. આ અભ્યાસ મે, ૨૦૨૦ ના લોકડાઉન દરમિયાન હાથ ધરવામાં આવ્યો હતો.

પ્રસ્તુત અભ્યાસમાં ગુજરાતના ૨૨ જિલ્લાના કુલ ૨૧૦ ગ્રામીણ ઉત્તરદાતાઓએ પોતાના પ્રતિભાવો આપ્યા છેપ્રત્યુ .ત્તર આપનારા કુલ ઉત્તરદાતામાંથી ૬૯) અનુસ્નાતક %PG) અને ૧૮સ્નાતક %ડ. છે એટલે કે, આ સંશોધનમાં પ્રતિભાવો આપનારા મોટાભાગના ઉચ્ચશિક્ષણ ધરાવતા મહીતીદાતાઓ છે, જેમના પ્રતિભાવોનું વિશ્લેષણ અત્રે કરવામાં આવ્યું છે .

ચાવીરૂપ શબ્દો :

મહામારી, કોવીડ 19, લોકડાઉન, કર્ફ્યુ, સામાજિક અંતર, ગ્રામીણ સમાજ, બેરોજગારી, આવકમાં ઘટાડો, વંચિત સમુદાય .

અભ્યાસના હેતુઓ :

1. ગ્રામીણ સમુદાયના લોકોને લોકડાઉન દરમિયાન પડેલી મુશ્કેલીઓ જાણવી .
2. લોકડાઉન દરમિયાન ગ્રામીણોની આવકમાં શું ફરક પડ્યો તે જાણવું.
3. ગ્રામીણ ખેડૂતોને આર્થિક નુકશાન કેટલું થયું તેની જણાવવી .

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માહિતીનું વિશ્લેષણ અને પરિણામો :

ઉત્તરદાતાઓમાંથી સૌથી વધુ %61લોકો ખેતી અને પશુપાલન સાથે સંકળાયેલા છેઆ બાબત પણ . અહીં બહુ સ્વભાવિક છે કે, ભારતીય ગ્રામીણ સમાજનો રોજગારીનો મુખ્ય આધાર આજે પણ ખેતી, પશુપાલન અને તેને સંલગ્ન વ્યવસાયો છે.

આ મહામારીના સમયમાં સૌથી વધુ મુશ્કેલીઓનો સામનો ગ્રામીણ લોકોને કરવો પડ્યો છે કારણ કે ગ્રામીણ ક્ષેત્રમાં રોજગારીના સાધનો માર્યાદિત છે. ખેતી અને તેના સંલગ્ન વ્યવસાયો મુખ્ય છે અને આજે પણ વરસાદ આધારીત ખેતી વધુ થાય છે. સિંચાઈની સુવિધાઓ ખૂબ માર્યાદિત છે. ગ્રામીણ સમુદાયોમાં ગરીબો અને વંચિતો વધુ જોવા મળે છે. લોકડાઉન દરમિયાન સમગ્ર દેશ એકસાથે થંભી ગયો. જેથી સમગ્ર દેશમાં અગત્યની સેવાઓ સિવાય તમામ પ્રવૃત્તિ અને સેવાઓ, વ્યવસાયો બંધ કરી દેવામાં આવ્યા. વાહન વ્યવહાર બંધ થઈ જવાથી ખેડૂતોને ખેત ઉત્પાદન બજાર સુધી પહોંચાડવા મુશ્કેલી ઊભી થઈ. આ બધી પરિસ્થિતિથી ગ્રામીણ સમુદાય પર તેની આર્થિક રીતે કેવી અસર પડી તે જાણવું સૌથી અગત્યનું હતું.

આર્થિક નુકસાનના મૂલ્યાંકન માટે અહીં પ્રશ્ન કરવામાં આવ્યો હતો કે, લોકડાઉનના કારણે આપના કુટુંબની આવકમાં કેટલા લોકોમાં ફરક પડ્યો ? આ પ્રશ્નના ઉત્તરમાં 68.8% લોકોની પોતાના કુટુંબની આવકમાં ઘટાડો થયો છે તેવું સ્પષ્ટ જણાવ્યું છે. જે ઉત્તરદાતાઓ છે તેમાંથી સૌથી વધુ 61% લોકો ખેતી અને પશુપાલન સાથે સંકળાયેલા છે. ખેતી કરતા સૌથી વધુ લોકોની આવક ઘટી છે તેવું આ અભ્યાસ પરથી સ્પષ્ટ થાય છે. ખેતી અને તેમાં પણ ખાસ કરીને ફળ અને શાકભાજીની ખેતી કરતા ખેડૂતોને સૌથી વધુ નુકશાન સહન કરવું પડ્યું છે, કારણ કે લોકડાઉનને કારણે ખેડૂત ખેત ઉત્પાદન બજાર સુધી પહોંચાડવા નિષ્ફળ રહ્યો છે, અથવા માર્કેટમાં પહોંચવા છતાં તેના પોષણક્ષમ ભાવો મળતા નથી. અત્રે અભ્યાસમાં ગ્રામીણ ઉત્તરદાતા પાસેથી જાણવા મળ્યું છે કે શાકભાજીની ખેતી કરતા ખેડૂતોને તેના ઉત્પાદનના પર્યાપ્ત ભાવ મળતા નથી અને બીજી તરફ શહેરના ઉપભોક્તાઓને શાકભાજી ખૂબ મોંઘા મળી રહ્યા છે. અહીં ખૂબ મોટી વિસંગતતા છે કારણ કે ખેડૂતો જે ઉત્પાદન કરે છે તે ખૂબ ઝડપથી નાશ પામે તેવા પ્રકારનું છે. ઉત્તરદાતાઓ પાસેથી મળતી માહિતી મુજબ ખેડૂત પોતે મોટા માર્કેટમાં પોતાનું ઉત્પાદન વેચવા સીધો જતો નથી. કારણ કે તેના ઉત્પાદનનો જથ્થો એટલો મોટો નથી હોતો કે શહેરના મોટા માર્કેટમાં એ જાતે વેચવા માટે જઈ શકે. આવા સંજોગોમાં ખેડૂત સ્થાનિક વેપારીને પોતાનો માલ વેચે છે અને તે વેપારી આવા અનેક ખેડૂતો પાસેથી માલ ખરીદીને શહેરના મોટા બજારોમાં વેચે છે. લોકડાઉન દરમિયાન ખેડૂત જ્યારે વેપારીને પોતાનું ઉત્પાદન વેચવા જાય છે ત્યારે વેપારી ખેડૂતને તેનું ઉત્પાદન માર્કેટમાં વેચાશે તો જ પૈસા મળશે અન્યથા મળશે નહીં તેવું જણાવે છે કારણ કે

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લોકડાઉનને કારણે ખેત ઉત્પાદનનું વેચાણ ખૂબ જ ઘટી ગયું હતું. મોટા ભાગે વાહન-વ્યવહારના અભાવે ઉત્પાદન બજાર સુધી પહોંચતું નથી પરિણામે ખેત ઉત્પાદન ખરાબ થઈ જાય છે અને ફેંકી દેવું પડે છે. આ તમામ સંજોગોમાં આર્થિક નુકશાન સહન કરવાનો વારો ખેડૂતનો જ આવે છે. એક તરફ ખેડૂતનો માલ વેચાતો નથી અને બીજી તરફ શહેરના લોકોને મોંઘા ભાવે ખેત ઉત્પાદનો મળે છે. જ્યાં સુધી આ વિસંગતતા દૂર નહીં થાય ત્યાં સુધી ખેડૂતને પોષણક્ષમ ભાવો મળશે નહીં.

ખેડૂતને પોતાની માસિક આવક કેટલી ઘટી તે અંગે પ્રશ્નનાં ઉત્તરમાં માહિતી મળી કે, ખેડૂતની લોકડાઉનના કારણે આવક 500 સુધી થી લઈને 50,000 રૂપિયા સુધીની ઘટી છે. જેને આંકડાઓ પ્રમાણે જોઈએ તો 5,000 રૂપિયા સુધીનું માસિક નુકશાન થયું હોય તેવા ખેડૂતની સંખ્યા 35.70% છે. 5,001 થી 10,000 સુધી રૂપિયા સુધીનું માસિક નુકશાન થયું હોય તેવા ખેડૂતની સંખ્યા 16.26%, તેમજ 10,001 થી 15,000 રૂપિયા સુધીનું માસિક નુકશાન થયું હોય તેવા ખેડૂતની સંખ્યા 8.13% છે, 15,001 થી 20,000 રૂપિયા સુધીનું માસિક નુકશાન થયું હોય તેવા ખેડૂતની સંખ્યા 9.90% અને 20,001 થી વધુ રૂપિયા સુધીનું માસિક નુકશાન થયું હોય તેવા ખેડૂતની સંખ્યા 30% જોવા મળી છે. ટૂંકમાં, અભ્યાસ દ્વારા એવું સ્પષ્ટ કહી શકાય કે, ગ્રામીણ કક્ષાએ લોકડાઉનની સૌથી વધુ અસર ખેડૂતને થઈ છે. આવક ઘટવા પાછળના મુખ્ય કારણોમાં વાહન-વ્યવહારની સુવિધાનો અભાવ મુખ્ય હતો. જેને કારણે ખેડૂતો ખેત ઉત્પાદન બજાર સુધી પહોંચાડી શક્યો નહીં.

તદુપરાંત ૧.૫% ગ્રામીણોની આવકમાં વધારો પણ થયો હોવાનું પણ જણાયું છે. અહીં માત્ર ૧.૫% લોકોની આવક લોકડાઉનના સમયમાં વધી છે તે અંગેના કારણો જાણવા પણ જરૂરી છે. આ સંખ્યા ભલે નાની હોય પણ તેને સમજવી ખૂબ જરૂરી છે. કેમ કે ગ્રામીણ ક્ષેત્રે મોટા ભાગના લોકોની આવક ઘટી છે અથવા તો સ્થિર છે ત્યારે આ લોકોની આવક કેવી રીતે વધી ? અભ્યાસ દ્વારા જાણવા મળ્યું કે ખેડૂતને વેપારી પાસેથી પોષણક્ષમ ભાવો નથી મળતા ત્યારે આ ખેડૂતોએ પોતાનું ઉત્પાદનનું વેચાણ સીધું જ ઉપભોક્તાઓને વેચાણ કર્યું તેથી તેમને વેપારીઓને આપવું પડતું કમીશન હવે આપવું પડ્યું નહીં તેથી તેમની આવકમાં વધારો થયો જોવા મળે છે. ગ્રામીણ વિસ્તારના અન્ય ખેડૂતોએ પણ આ પ્રકારે પોતાના ઉત્પાદનો સીધા ઉપભોક્તાઓને વેચીને શોષણમાંથી મુક્ત થવું જોઈએ. ખેત ઉત્પાદનનું મૂલ્ય સંવર્ધન કરીને તેને બજારમાં મૂકી વધુ આવક મેળવવા પ્રયત્નશીલ બનવું જરૂરી છે.

અભ્યાસમાં જે 31.7% લોકોની આવકમાં કોઈ વધારો કે ઘટાડો નથી થયો કે જેમની આવક સ્થિર છે તેવા મોટાભાગના લોકો નોકરી કે અન્ય વ્યવસાય સાથે સંકળાયેલા છે તેમજ અમુક ખેડૂતો પણ છે પરંતુ તેઓ ખેતીમાં એવા પ્રકારના પાકનું ઉત્પાદન કરે છે કે તેને તાત્કાલીક વેચવાની જરૂર નથી કે તેનો સંગ્રહ પણ કરી શકાય છે, જેવા કે શેરડી, ડાંગર વગેરે. આવા તમામ લોકોની આવક લોકડાઉનના સમયમાં પણ સ્થિર રહી છે.

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કોરોના મહામારી દરમ્યાન શહેરી અને ગ્રામીણ તમામ લોકો વિવિધ મુશ્કેલીઓનો સામનો કરી રહ્યા છે દરેક લોકોની મુશ્કેલીઓ અલગ અલગ હોઈ શકે. આપણે અહીં ગ્રામીણ સમુદાય પર સંશોધન કરી રહ્યા છીએ ત્યારે ગ્રામીણ લોકો કેવા પ્રકારની મુશ્કેલીઓનો સામનો કરી રહ્યા છે તે પ્રશ્ન કરતા સૌથી વધુ મુશ્કેલી 63.70% લોકો જણાવે છે કે, તેમનું ખેત ઉત્પાદન માર્કેટ સુધી પહોંચતું નથી અને પરિણામે તેમને આર્થિક નુકશાન પહોંચી રહ્યું છે. જે ખેડૂતોએ દિવસરાત મહેનત કરીને જે ઉત્પાદન મેળવ્યું છે તેના વેચાણની મોટી સમસ્યા લોકડાઉનને કારણે ઊભી થઈ ખેડૂતોને પારાવાર મુશ્કેલીઓ પડી છે, કારણ કે તેમનું ઉત્પાદન નશ્વિત છે અને જો ટૂંક સમયમાં બજાર સુધી ન પહોંચે તો તે ખરાબ થઈ જાય છે. આ ઉત્પાદનોને લાંબો સમય જાળવી રાખવા માટેના સંસાધનોનો વિકાસ હજુ આપણા દેશમાં પૂરતા પ્રમાણમાં થયો નથી. ખેત ઉત્પાદનો પર પ્રક્રિયા કરીને તેનું મૂલ્ય સંવર્ધન થઈ શકે, પરંતુ આ ક્ષેત્રમાં આપણો દેશ હજુ ખૂબ જ પ્રાથમિક તબક્કામાંથી પસાર થઈ રહ્યો છે. જો કોઈ ખેડૂતોનો માલ બજાર સુધી પહોંચી જાય તો પણ તેમને તેના પોષણક્ષમ ભાવો મળતા નથી. આમ આજની પરિસ્થિતિમાં ગ્રામીણ ક્ષેત્રે જગતનો તાત સૌથી વધુ મુશ્કેલીમાં હોય તેવું જણાઈ રહ્યું છે.

દરેક ગ્રામીણ ઉત્તરદાતાઓને આપ અત્યારે કેવા પ્રકારની મુશ્કેલીનો સામનો કરી રહ્યા છો ? આ એક મુક્ત સવાલ પૂછવામાં આવેલો ત્યારે આ અંગે ખૂબ વિવિધ અને રોચક પ્રત્યુત્તરો પ્રાપ્ત થયા હતા. કુલ 210 ઉત્તરદાતાઓમાંથી 45.10% ઉત્તરદાતા જણાવે છે કે, જીવન જરૂરી વસ્તુઓ મળતી નથી. જરૂરી સામાન લેવા માટે આજુ-બાજુના મોટા ગામ કે તાલુકા સ્થળે જવું પડતું હોય છે. અનાજ કરીયાણાની દુકાનોમાં સાબુ, તેલ અને અન્ય જરૂરી સામાન લેવા માટે જવું પડે છે પણ લોકડાઉન હોવાના કારણે વાહન વ્યવહાર બંધ છે તેથી જીવન જરૂરી વસ્તુઓ મેળવવામાં મુશ્કેલીનો સામનો કરવો પડી રહ્યો છે.

અભ્યાસમાં એવું જાણવા મળ્યું છે કે કુલ 210 ઉત્તરદાતાઓમાંથી 34.80% લોકોને પોતાનું કે પોતાના સંતાનોનું શિક્ષણ બાધીત થઈ રહ્યું છે અને તેના કારણે મુશ્કેલીનો સામનો કરવો પડી રહ્યો છે. મહામારીને કારણે તમામ શિક્ષણ સંસ્થાઓ જેવી કે, શાળાઓ, કોલેજો, યુનિવર્સિટીઓ વગેરે બંધ કરી દેવામાં આવ્યાં છે. વિદ્યાર્થીઓનું શિક્ષણ કાર્ય બાકી હતું, પરીક્ષાઓ બાકી છે, હજુ નવા સત્રના પ્રવેશ નથી થયા. આ બધા શૈક્ષણિક પ્રશ્નોને કારણે ગ્રામીણ લોકો મુશ્કેલી અને ચિંતા અનુભવી રહ્યા છે.

લોકોના જીવનમાં આરોગ્યનું ખૂબ જ મહત્વ છે અને આપણા દેશની જનસંખ્યાના પ્રમાણમાં આરોગ્યની સુવિધાઓનો વિકાસ ખૂબ જ પ્રાથમિક તબક્કામાં છે. આરોગ્યલક્ષી સારવાર માટે તાલુકા કે જિલ્લા મથક સુધી જવું પડે છે. લોકડાઉનને કારણે જનજીવન સ્થિર થઈ ગયું છે, વાહન વ્યવહાર બંધ થઈ ગયો છે, મોટા ભાગના ખાનગી દવાખાનાઓ બંધ છે. પ્રશાસન દ્વારા પણ જરૂરી ન હોય ત્યાં સુધી સામાન્ય બિમારીઓની સારવાર લેવા માટે ન આવવા જણાવ્યું છે. મોટાં સરકારી હોસ્પિટલો કોરોનાની સારવારમાં સંકળાયેલા છે ત્યારે ગ્રામીણ



લોકોને સારવારમાં કે આરોગ્યની સુવિધાઓ મેળવવા માટે મુશ્કેલીઓનો સામનો કરવો પડી રહ્યો છે તેવું જણાવનારા ઉત્તરદાતાઓની સંખ્યા 16.20% જોવા મળે છે.

લોકડાઉનના કારણે રાતોરાત એક સાથે બધું બંધ થઈ ગયું અને ધબકતું જીવન અચાનક સ્થિર થઈ ગયું. જે લોકો જ્યાં હતા ત્યાં રહી ગયા કારણ કે કોરોનાનું સંક્રમણ અટકવવા લોકડાઉન જરૂરી હતું. ગ્રામીણ વિસ્તારના લોકોની વધુ એક મુશ્કેલી એ સામે આવી છે કે, તેમના કુટુંબના કેટલાક સભ્યો લોકડાઉનને કારણે કોઈકને કોઈક જગ્યાએ પોતના વતન કે ઘરથી દૂર ફસાઈ ગયા હતા. સ્વજનો રોજગારી, શિક્ષણ કે બીજા અન્ય કારણોને કારણે પોતના ઘરથી દૂર અન્ય સ્થળો પર હતા અને અચાનક સરકાર દ્વારા લોકડાઉનની જાહેરાત કરવામાં આવતા તેમના સ્વજનો કોઈને કોઈ જગ્યાએ પોતના ઘરથી દૂર થઈ ગયા હતા. આવી પરિસ્થિતિને કારણે પોતે સતત ચિંતિત કે માનસિક તાણમાં રહે છે. આવી મુશ્કેલીનો સામનો કરવા વાળા ઉત્તરદાતાઓની સંખ્યા 15.70% છે. ગ્રામીણ સમુદાયના લોકોના કુટુંબના સભ્યો અન્ય વિસ્તારમાં ખેતી, મજૂરી, નોકરી કે રોજીરોટી કમાવા માટે પોતાના વતનથી દૂર ગયેલા સભ્યો લોકડાઉનને કારણે અન્ય સ્થળ પર ફસાઈ ગયેલા હોવાના કારણે તેઓ સતત તેમની ચિંતામાં રહેવાની મુશ્કેલી પણ અનુભવી રહ્યા હોવાનું જણાવે છે.

તદ્દપરાંત કુલ 210 ઉત્તરદાતાઓમાંથી 18.10% લોકો એવા છે, જે પોતાને કોઈપણ પ્રકારની મુશ્કેલી ન હોવાનું જણાવે છે. કુલ 210 ઉત્તરદાતાઓમાંથી અમુક ઉત્તરદાતાઓ એવા છે તેને ઉપર જણાવેલ મુશ્કેલીઓ સિવાયની કેટલીક વિશિષ્ટ મુશ્કેલીઓનો સામનો કરવો પડી રહ્યો છે જેમાં મુખ્યત્વે 31.90% ઉત્તરદાતાઓ એવા છે જેમને કોઈને કોઈ પ્રકારનું વ્યસન છે અને તેમના આ વ્યસનોને કારણે મુશ્કેલીનો સામનો કરવો પડી રહ્યો છે. આ વ્યસનો જેવાકે પાન, માવા, તમાકુ, બીડી, સિગારેટ, ગુટકા, દારૂ વગેરે વસ્તુઓ લોકડાઉનને કારણે મળતી ન હોવાથી સતત બેચેની અનુભવે છે તેમજ તેઓ આ વ્યસનોની વસ્તુના અભાવે માનસિક તાણ અને હતાશા અનુભવે છે. ઘણા લોકો અહીં એવું પણ જણાવે છે કે વ્યસન હોય તેવી વસ્તુના ઘણા લોકો કાળાબજાર કરી રહ્યા છે અને વધુ ભાવ લઈને લોકોની મજબૂરીનો આવા લોકો ખોટો ફાયદો તેઓ ઉઠાવી રહ્યા છે અને સરકારે આવા કાળાબજારીઓ ઉપર પગલા ભરવા જોઈએ. અહીં એક મહાશય એવી પણ સલાહ આપે છે કે સરકારે આવી વસ્તુઓ જેવી કે પાન, માવા, ગુટકા, તમાકુ, બિડી અને સીગારેટનું ઓનલાઇન વેચાણ કે સસ્તા અનાજની દુકાનો દ્વારા રાહતદરે વેચાણ કરવું જોઈએ અથવા આ પ્રકારની વ્યવસ્થા ઊભી કરવી જોઈએ.

કુલ 210 ઉત્તરદાતાઓમાંથી 17.30% લોકો એવા છે જેને લોકડાઉનને કારણે આખો દિવસ ઘરે બેસી રહેવું ગમતું નથી. પહેલા તેઓ મુક્ત મને ગમે તે જગ્યાએ હરી ફરી શકતા હતા પરંતુ હવે એવું શક્ય બનતું નથી, તેથી તેઓ માનસિક તનાવ અનુભવે છે. આ પણ એક પ્રકારની મુશ્કેલી હોવાનું ગ્રામીણો જણાવે છે.

કુલ 210 ઉત્તરદાતાઓમાંથી 7.20% લોકો એવા પણ છે જેની રોજીરોટી છીનવાઈ ગઈ હોવાથી તેઓ બેકાર બની ગયા છે. સાથે પોતાના પરિવારનું ભરણપોષણ કેવી રીતે કરશે અને પોતાના કુટુંબનો

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જીવનનિર્વાહ કેવી રીતે કરશે તે અંગે સતત ચિંતિત છે. હવે જ્યારે લોકડાઉન ખુલશે ત્યારે નવું કામ શોધવું પડશે આ પણ એક પ્રકારની મુશ્કેલી તેઓ અનુભવે છે. આવી પરિસ્થિતિના કારણે તેમની નાણાકીય પરિસ્થિતિ ખૂબ જ નાજુક બની ગઈ હોવાનું જણાવે છે.

'કોવિડ 19'ની મહામારીને કારણે કુલ 210 ઉત્તરદાતાઓમાંથી 13.40% વિદ્યાર્થીઓને એવી ચિંતા વ્યક્ત કરે છે કે તેમનું વર્ગખંડનું શિક્ષણ પૂર્ણ થઈ ગયું છે પરંતુ તેની પરીક્ષા બાકી છે. પરીક્ષા ક્યારે થશે તે નક્કી નથી. પરીક્ષાની તૈયારી કરવા વાંચવા બેસે છે ત્યારે કોરોનાની મહામારીના વિચારો આવ્યા કરે છે અને તેને કારણે તેઓ અભ્યાસ પર ધ્યાન કેંદ્રીત કરી શકતા નથી. આ પરિસ્થિતિમાં તેમને કશું યાદ રહેતું નથી એવું તેઓ પોતાની મુશ્કેલીનું વર્ણન કરતા જણાવે છે.

લોકડાઉનના કારણે પશુનું દાણ, ખોળ અને રાસાયણિક ખાતરની ખરીદીમાં મુશ્કેલી પડી રહી હોવાનું કુલ 210 ઉત્તરદાતાઓમાંથી 20.70% ઉત્તરદાતાઓ જણાવે છે. જો કે આ અભ્યાસ થયો ત્યારે પ્રથમ લોકડાઉન વખતે આ પ્રશ્ન ઉપસ્થિત થયો હતો પરંતુ ત્યાર પછી સરકાર દ્વારા તેમાં છૂટછાટ મળતાં તેમની આ મુશ્કેલીનો અંત આવ્યો હતો. અમુક થોડાક ઉત્તરદાતાઓ આ વર્ષે ખેતીમાં કોરોના મહામારીને કારણે નુકશાન જવાના કારણે તેમના લગ્ન થવાના હતા તે હવે કદાચ ન થઈ શકે અથવા તો હાલની પરિસ્થિતિ જોતાં મુલત્વી રાખવા પડશે તે બાબતને લઈને ચિંતામાં હોવાનું પોતાની મુશ્કેલીમાં જણાવ્યું છે.

આ પરિસ્થિતિમાં તમારી અને તમારા કુટુંબની તબિયત વિશે તમે સતત ચિંતિત રહો છો ? એવા પ્રશ્નના પ્રત્યુત્તરમાં અધધ કહી શકાય એવા 99.50% ઉત્તરદાતાઓ એવું જણાવે છે કે પોતે પોતાના અને પોતાના કુટુંબના આરોગ્યને લઈને સતત ચિંતામાં રહે છે અને તેના કારણે સતત માનસિક તાણમાં રહે છે. આ પરિસ્થિતિ ખૂબ જ ગંભીર ગણી શકાય કારણ કે વ્યક્તિ જ્યારે સતત લાંબા સમય સુધી માનસિક તાણમાં રહે તો આવા વ્યક્તિઓ માનસિક બિમારીનો ભોગ બનવાની શક્યતાઓ રહેલી છે અથવા તો આવનારા સમયમાં માનસિક બિમારીના અસંખ્ય કેસો ગ્રામીણ વિસ્તારોમાંથી આવવાની સંભાવનાઓ રહેલી છે એવું આ આંકડાઓ પરથી ફલિત થાય છે.

અભ્યાસના તારણો :

આ અભ્યાસના મુખ્ય તારણો નીચે મુજબ છે.

1. ભારતમાં કોરોનાની અસર ખાળવા અને સંક્રમણ ફેલાતું અટકાવવા કેન્દ્ર સરકાર દ્વારા ૨૫ માર્ચ, ૨૦૨૦ના રોજ રાષ્ટ્રવ્યાપી લોકડાઉનની ઘોષણા કરી.



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2. આ અભ્યાસમાં ગુજરાતના ૨૨ જિલ્લાના કુલ ૨૧૦ ગ્રામીણ ઉત્તરદાતાઓએ પોતાના પ્રતિભાવો આપ્યા .
3. પ્રત્યુત્તર આપનારા કુલ ઉત્તરદાતામાંથી ૬૯ અનુસ્નાતક %અને ૧૮સ્નાતક %૬. છે.
4. કુલ ૬૮લોકોની પોતાના કુટુંબની આવક %૮.માં ઘટાડો થયો છે આ ઉત્તરદાતાઓ પૈકી .૬૧લોકો % .ખેતી અને પશુપાલન સાથે સંકળાયેલા છે
5. કુલ ૩૧.લોકોની આવકમાં કોઈ વધારો કે ઘટાડો નથી %૭.
6. કુલ ૬૩ લોકો %૭૦.જણાવે છે કે, તેમનું ખેત ઉત્પાદન બજાર સુધી પહોંચતું નથી અને પરિણામે તેમને આર્થિક નુકશાન પહોંચી રહ્યું છે.
7. કુલ ૨૧૦ ઉત્તરદાતાઓમાંથી ૪૫,ઉત્તરદાતા જણાવે છે કે %૧૦. જીવન જરૂરી વસ્તુઓ મળતી નથી.
8. કુલ ૨૧૦ ઉત્તરદાતાઓમાંથી ૩૪ %૮૦.લોકોને પોતાનું કે તેમના સંતાનોનું શિક્ષણ બગાડી રહ્યું છે તેના કારણે પોતે ચિંતિત હોવાનું જણાવે છે .
9. લોકડાઉનની જહેરાત કરવામાં આવતા તેમના સ્વજનો કોઈને કોઈ જગ્યાએ પોતના ઘરથી દૂર ફસાઈ ગયા હોવાના કારણે પોતે ચિંતિત છે તેવું જણાવતા ઉત્તરદાતાઓની સંખ્યા ૧૫ .છે %૭૦.
10. આ ઉપરાંત કુલ ૨૧૦ ઉત્તરદાતાઓમાંથી ૧૮ %૧૦.લોકો એવા છે, જે પોતાને કોઈપણ પ્રકારની મુશ્કેલી ન હોવાનું જણાવે છે.
11. કુલ ૨૧૦ ઉત્તરદાતાઓમાંથી ૧૭ લોકો એવા છે જેને લોકડાઉનને કારણે આખો %૩૦.દિવસ ઘરે બેસી રહેવું ગમતું ન હોવાનું જણાવે છે.
12. કુલ ૨૧૦ ઉત્તરદાતાઓમાંથી ૭૨૦.% લોકો એવા પણ છે જેમની રોજીરોટી છીનવાઈ ગઈ હોવાથી તેઓ બેકાર બની ગયા છે.
13. કુલ ૨૧૦ ઉત્તરદાતાઓમાંથી ૧૩ વિદ્યાર્થીઓને %૪૦.વર્ગખંડનાં શિક્ષણમાં વિક્ષેપ થતું હોવાના કારણે ચિંતિત હોવાનું જણાવે છે .
14. લોકડાઉનનાના કારણે પશુનું દાણ, ખોળ અને રાસાયણિક ખાતરની ખરીદીમાં મુશ્કેલી પડી રહી હોવાનું કુલ ૨૧૦ ઉત્તરદાતાઓમાંથી ૨૦.ઉત્તરદાતાઓએ જણાવ્યું છે %૭૦.
15. કુલ ઉત્તરદાતા પૈકી ૯૯ઉત્તરદાતાઓ એ %૫૦.વું જણાવે છે કે, પોતે પોતાના અને પોતના કુટુંબના આરોગ્યને લઈને સતત ચિંતામાં રહે છે અને તેના કારણે સતત માનસિક તાણમાં રહે છે.

સુચનો :

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1. ભારત ગામડાનો બનેલો વિશાળ દેશ છે અને દેશની મહત્તમ વસ્તી ગમડામાં વસે છે તેમજ ગ્રામીણ સમુદાયનો પ્રશ્નો અને સમસ્યાઓ પણ અલગ છે તેથી સરકારે ગ્રામીણ સમુદાય પર વિશેષ ધ્યાન આપવાની જરૂર છે .
2. ગ્રામીણ ક્ષેત્રમાં આરોગ્યલક્ષી સુવિધાઓ વધુ સઘન બનાવવાની જરૂર છે .
3. ગ્રામીણ ક્ષેત્રમાં રોજગારી અને સ્વરોજગારીના અવસર પ્રાપ્ત કરાવવાની જરૂર છે .
4. ગ્રામીણ ક્ષેત્રમાં સ્વચ્છતા તથા આરોગ્યલક્ષી બાબતોમાં વધુ જાગૃત કરવાની જરૂર છે .
5. ગ્રામીણ ક્ષેત્રના લોકોને ખાતર, વીજળી, કૃષિ સાધનો અને જંતુનાશક દવાઓ ઉપલબ્ધ કરાવવામાં મદદ કરવી જોઈએ .
6. ગ્રામીણ ક્ષેત્રના ખેડૂતોને તેમના ખેત ઉત્પાદનના પૂરતા અને પોષણક્ષમ ભાવો મળે અને વચેટીયાઓમાંથી મુક્તિ અપાવવી જોઈએ .
7. ખેડૂતોને નુકશાન થાય ત્યારે તેમને પર્યાપ્ત વળતર મળવું જોઈએ .
8. ગ્રામીણ ક્ષેત્રમાં આજે પણ આ મહામારીના સમયમાં સામાજિક, રાજકીય અને ધાર્મિક પ્રસંગોપાત લોકોના મેળાવડાઓનું આયોજન થાય છે જેને ટાળવા જોઈએ .

ટૂંકમાં, ગ્રામીણ સમાજમાં જાગૃતિ આવે અને વર્તમાન સમયમાં સંયમ રાખી કોવિડ પ્રોટોકોલનું સૌ પાલન કરે તો ભવિષ્યમાં લોકડાઉનની જરૂર નહીં પડે. સરકારને પણ આર્થિક નુકશાનની ચિંતા હોય છે પરંતુ આપણા સમાજમાં લોકોમાં વિદેશના લોકોની જેમ સમજ અને શિસ્ત ધરાવતા નથી જે સૌથી મોટો ચિંતાનો વિષય છે. કોવિડ 19 માંથી કેટલાક પાઠો માનવીએ શીખવાની જરૂર છે.



33. APPLICABILITY OF MODIFIED DEMIRJIAN METHOD COMPREHENSIVE CHART (DAEcc) IN GUJARATI POPULATION.

Dr. Neha Acharya¹, Dr. Rajesh G Babu²

1. Post Graduate Student, School of Forensic Science, National Forensic Sciences University, Gandhinagar, Gujarat
2. Associate Professor, School of Forensic Science, National Forensic Sciences University, Gandhinagar, Gujarat

ABSTRACT

INTRODUCTION - Age estimation is an essential identification for every individual to prove their identity not only forensically it is important in every day life. Humans are differentiate grossly on the basis of age, vulnerability of individual is subjected on basis age group individual belongs like in recent time of pandemic the severity of symptoms is found more in older individuals and vaccinations is provided on the basis of vulnerability of specific age group. Age estimation is also useful in human trafficking, child labor, forced marriages and illegal organ trafficking even for consent in major surgeries.

METHOD - There are several methods for age estimation more accurately skeleton age estimation from long bones is consider but in several cases dental age estimation produced good results such as in cases of extensive fire, acid burn or even advance skeleton decomposition. Here we have concentrated upon radiographic methods of dental age estimation in which Demirjian method for 7 tooth formula is used as well as DAEcc 8 chart is also used for age estimation

It was found that DAEcc7 is more easy and less time consuming Demirjian original formula shows more accuracy over Indian formula in DAEcc8 and 7.



KEYWORDS – Dental age estimation, Demerjian method , Forensic dental profiling, 7tooth formula , 8 tooth formula

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Last but not least I would like to thank my family my parents my son for allowing and granting me time to complete my Research report.

INTRODUCTION:

Age is important entity for individual to prove his identity. Age is a long process which happens over the course of years in individuals life. Age related changes occur in a slow process for every individual this makes it difficult and challenging to determine the correct age or nearby standard deviation by the experts. [II] [III]

Age becomes critical to determine at various points such as at the time diminishing of a deceased to reconstruct its biological profile at life, in cases of child labor, in juvenile cases, in early marriage especially in India and in archeological reviving the information on the geospatial of the population.



METHODS: There are various methods available for determine the age of individual which includes

1. Visual
2. 2. Morphological/ Radio graphically
3. 3. Chemically
4. 4. Histological

RADIOGRAPHIC METHOD

These are the noninvasive methods which dont require extraction of tooth or the autopsy. The radiographic method required the small mirror image of the tooth which is obtain by various means such as Intra oral preapical x-ray, Orthopantogram, Cone beam technology or computer tomography and cephalometric . The radiological age determination is based on assessment of various features as follows: Jaw bones prenatally, Appearance of tooth germs, Earliest detectable trace of mineralization or beginning of mineralization, Early mineralization in various deciduous teeth during intrauterine life, Degree of crown completion, Eruption of the crown into the oral cavity, Degree of root completion of erupted or unerupted teeth, Degree of resorption of deciduous teeth, Measurement of open apices in teeth, Volume of pulp chamber and root canals/formation of physiological secondary dentine, Tooth-to-pulp ratio, Third molar development and topography. Age estimation is grouped into three phases: I. Pre-natal, neonatal and post-natal II. Children and adolescents III. Adults. [I][II][III][IV]

REVIEW OF LITERATURE

Ipsita Mohanty et al. has done a study on Predictive accuracy of Demirjian's, Modified Demirjian's and India specific dental age estimation methods in Odisha (Eastern Indian) population Demirjian's (D), modified Demirjian's (MD) and India specific age estimation methods (AA) shows person correlation of 0.85, 0.86 and 0.38 respectively for boys and 0.78, 0.85 and 0.71 for girls. In present study person correlation for original formula was 0.6 and for Indian formula it was 0.2 [V]

Angelines Cruz-Landeira at el. In their study Dental age estimation in Spanish and Venezuelan children. Comparison of Demirjian and Chaillet's scores have found out that above mentioned method was not



applicable for Indian population in 6-16 years of age group so present study was done with Indian derived formula and it was more useful for Indian population . [VI]

Amro M. Moness Ali et al. have done study Applicability of Demirjian's method for dental age estimation in a group of Egyptian children. Comparison was done between the estimated dental ages (EDA) and chronological ages (CA) among the studied children using an independent samples t-test. All age group are significant except female of 9 to 10 years, male of 4 to 5 years, male of 6 to 7 years' female of 9 to 10 and 10 to 11 years' findings of our study are described in result section^[VII]

AIM: -

To determine the age of the individual more precisely by OPG from forensic perspective to serve law and justices.

OBJECTIVE:

1. To find out more précised method age estimation among the 7 tooth DAEcc chart or 8 tooth DAEcc chart for better appropriation
2. To find out the formula for more appropriate original Demirjian formula or the Indian formula.
3. To find out the association of the specific gender that shows less deviation with the applied formula.

METHODOLOGY:

This is a cross sectional Retro respective study that was conducted on Orthopantograms (OPG) of both the genders of male and female.

SAMPLING: Orthopantograms (OPG) were taken from the local native X-ray center OPG center verbal consents are taken from the patients and guardians to conduct the research 26 female 21 female were taken to conduct the experiment on Dental Age Estimation compressive chart (DAEcc)8 tooth.

Similarly, 21 females and 26 males Dental Panoramic X-rays were taken for DAEcc 7 tooth. Total 100 individuals Panoramas were taken for the research purpose.



INCLUSION CRITERIA:

1. Patients between 6 - 16years of age.
2. Patients whose chronological age (CA) could be accurately determined by date of birth (DOB).
3. Patients whose grandparents and parents have been residing in GUJARAT (boundaries defined by Ministry of Housing and Urban Affairs, Government of India), India.
4. Healthy patients with no reported growth abnormalities like amelo-genesis imperfect, regional odontodysplasia, nutritional deficiency, Downs syndrome etc.
5. Presence of all permanent mandibular teeth, specifically on left side of the arch whether erupted or unerupted, on OPG taken for diagnostic and/or treatment purposes.

EXCLUSION CRITERIA

1. Patients having orthodontic treatment.
2. Patients with dental history of extraction of permanent teeth.
3. Patients with missing teeth particularly on left side of the mandible.

METHOD OF RESEARCH

The study design was divided into two stages 50 samples for DAEcc8 and 50 samples for DAEcc 7 wherein DA was estimated using original Demirjian method and DAEcc chart. 5mnts break was taken to avoid fatigue. Prior to beginning of dental age estimation, each OPG was allotted a unique ID by operator 1 and was blinded to operator 2. Chronological Age was calculated by determining the difference between date on which OPG was taken and patients DOB.

AGE ESTIMATION BY DAEcc7

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Each OPG was taken particularly left side of lower mandible that is 3rd quadrant of oral cavity each tooth was compared to the stages enshrines in the chart and particular score were assigned for each tooth present in the quadrant. The total score was calculated by adding up all scores. The OPG was taken and traced on the butter paper and tracing was compared by putting it on the pictorial stages given on the chart so the particular weighted score was given to the tooth attained stage.

Patient ID: _____ OPD NO.: _____
 Gender: _____ Nationality: _____
 Date of data collection: _____ Place of Origin: _____
 Dentition present: _____

Determination of score based on developmental stages of tooth

Tooth No.	Developmental stages of tooth							
	A	B	C	D	E	F	G	H
31								
CS: By/Gr				0.0/0.0	1.9/2.4	4.1/5.1	8.2/9.3	11.8/12.9
32								
CS: By/Gr			0.0/0.0	3.2/3.2	5.2/5.6	7.8/8.0	11.7/12.2	13.7/14.2
33								
CS: By/Gr			0.0/0.0	3.5/3.8	7.9/7.3	10.0/10.3	11.0/11.6	11.9/12.4
34								
CS: By/Gr		0.0/0.0	3.4/3.7	7.0/7.5	11.0/11.8	12.3/13.1	12.7/13.4	13.5/14.1
35								
CS: By/Gr	1.7/1.8	3.1/3.4	5.4/6.5	9.7/10.6	12.0/12.7	12.8/13.5	13.2/13.8	14.4/14.6
36								
CS: By/Gr			0.0/0.0	8.0/4.5	9.6/6.2	12.3/9.0	17.0/14.0	19.3/16.2
37								
CS: By/Gr	2.1/2.7	3.5/3.9	5.9/6.9	10.1/11.1	12.5/13.5	13.2/14.2	13.6/14.5	15.4/15.6
Total score								

Comprehensive Chart for Dental Age Estimation (DAEcc)

AGE ESTIMATION BY DAEcc8 modified by Chaillet and Demerjian

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The OPG were taken age group from 3yr-16yr and traced on a butter paper particularly left side of mandible i.e., is quadrant 3rd of the oral cavity. The traced image was kept on the chart and particular teeth matched with pictorial stage are awarded with weightage of that stage on basis of sex of the individual.

CALCULATING THE AGE FROM DAEcc8

The total score which is obtained by adding the individual tooth score which obtained by the stages compared. The particular is put in place of 'S' in the formulas. The age is calculated by both the formulas Indian as well as the conventional formula of the Demerjian.

Comprehensive Chart for Dental Age Estimation Based on Demirjian 8-Teeth (DAEcc8)*

Patient/ Forensic Case ID: _____ Gender: _____
 Date of Birth (If Known): _____ Chronological Age (If Known): _____
 Nationality (If Known): _____ Date of OPG: _____
 Permanent Dentition present on OPG: $\frac{8}{8} \frac{7}{7} \frac{6}{6} \frac{5}{5} \frac{4}{4} \frac{3}{3} \frac{2}{2} \frac{1}{1} \frac{1}{1} \frac{2}{2} \frac{3}{3} \frac{4}{4} \frac{5}{5} \frac{6}{6} \frac{7}{7} \frac{8}{8}$
 (Circle/Tick)

CS for tooth no.		M/ F	Developmental stages of teeth									
			0	1	2	3	4	5	6	7	8	9
PRCS for Incisors (31, 32)												
CS for 31	M	-	-	-	-	-	2.31	4.35	5.16	6.56	10.68	
	F	-	-	-	-	-	2.58	3.10	5.02	6.66	10.61	
CS for 32	M	-	-	-	-	-	2.55	4.71	5.75	6.97	10.91	
	F	-	-	-	-	-	2.65	4.54	5.40	7.02	10.89	
PRCS for Canine (33)												
CS for 33	M	-	-	-	1.70	2.67	4.34	6.14	7.59	9.52	12.56	
	F	-	-	-	-	2.55	3.15	5.40	7.19	9.22	11.99	
PRCS for Premolars (34, 35)												
CS for 34	M	-	-	1.70	1.98	3.52	5.19	6.47	8.18	9.84	12.57	
	F	-	-	-	2.56	3.54	5.09	6.31	8.09	9.82	12.29	
CS for 35	M	-	1.69	2.27	3.41	3.41	5.59	6.96	8.68	10.64	13.11	
	F	-	-	2.43	3.43	3.83	5.75	6.81	8.70	10.80	12.79	
PRCS for Molars (36, 37, 38)												
CS for 36	M	-	-	-	-	-	2.13	3.73	4.94	7.00	11.22	
	F	-	-	-	-	-	2.58	3.25	4.25	6.88	10.94	
CS for 37	M	1.70	2.98	3.41	4.74	4.88	6.69	7.89	9.08	11.13	13.63	
	F	-	2.57	-	2.65	4.10	6.51	8.00	9.13	11.00	13.84	
CS for 38	M	6.19	7.64	8.28	8.86	9.89	11.17	12.25	13.66	14.07	15.32	
	F	6.40	7.74	8.92	9.31	10.22	11.04	12.65	13.77	14.45	16.65	
Total Maturity Score (S) [†]												

*Adapted from the scoring and calcification stages given by Chaillet and Demirjian¹¹ and Nolla¹²
 $S = CS(31 + 32 + 33 + 34 + 35 + 36 + 37 + 38)$
 Legend: FDI: Fédération Dentaire Internationale, CS: Corresponding Score, M: Males, F: Females, PRCS: Pictorial Representation of Calcification Stages

	Indian Formulas¹⁶	Original Formulas¹³
Males:	$27.4351 - (0.0097 \times S^2) + (0.000089 \times S^3)$	$(0.0000550 \times S^5) - (0.0095 \times S^4) + (0.6479 \times S^3) - 8.4583$
Females:	$23.7288 - (0.0088 \times S^2) + (0.000085 \times S^3)$	$(0.0000615 \times S^5) - (0.0106 \times S^4) + (0.6997 \times S^3) - 9.3178$



RESULTS

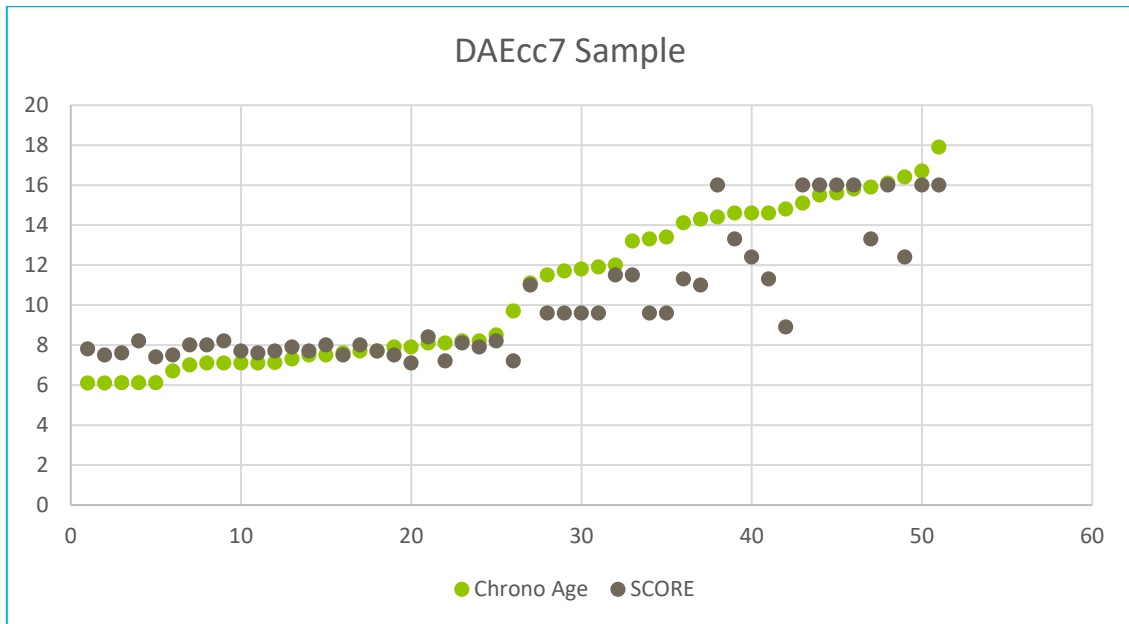
❖ Confidence level is 95%

DAEcc 8 Results

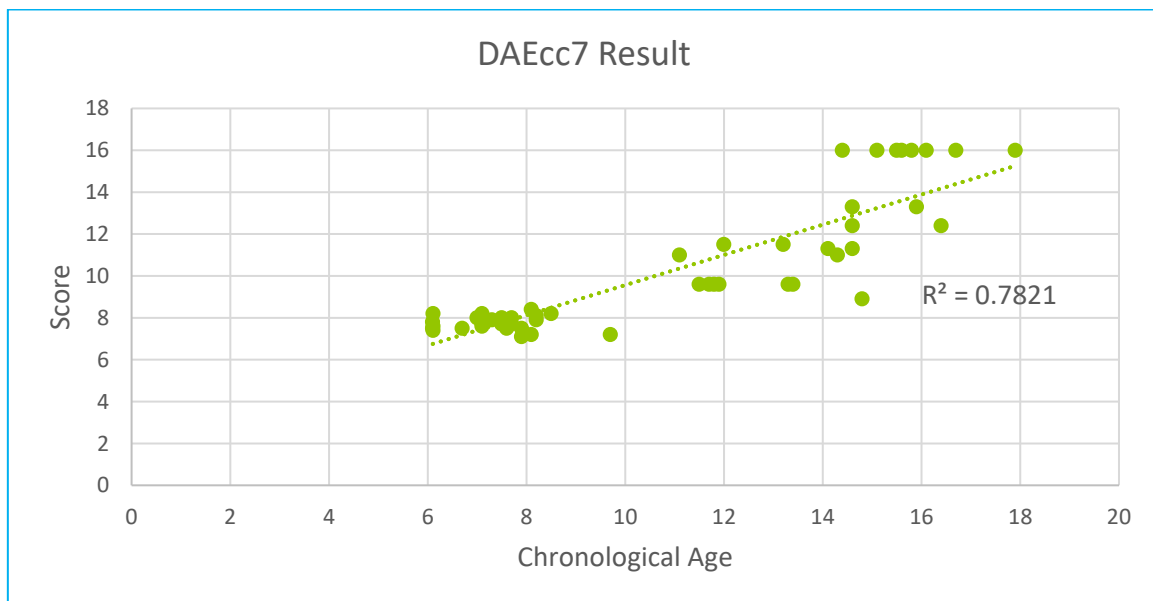
	INDIAN FORMULA	ORIGINAL FORMULA
P value	0.0923	< 0.0001
R squared	5.46%	60.57%
R squared (F)	39.51%	24.84%
R squared (M)	0.09%	19.37%

DAEcc 7 Results

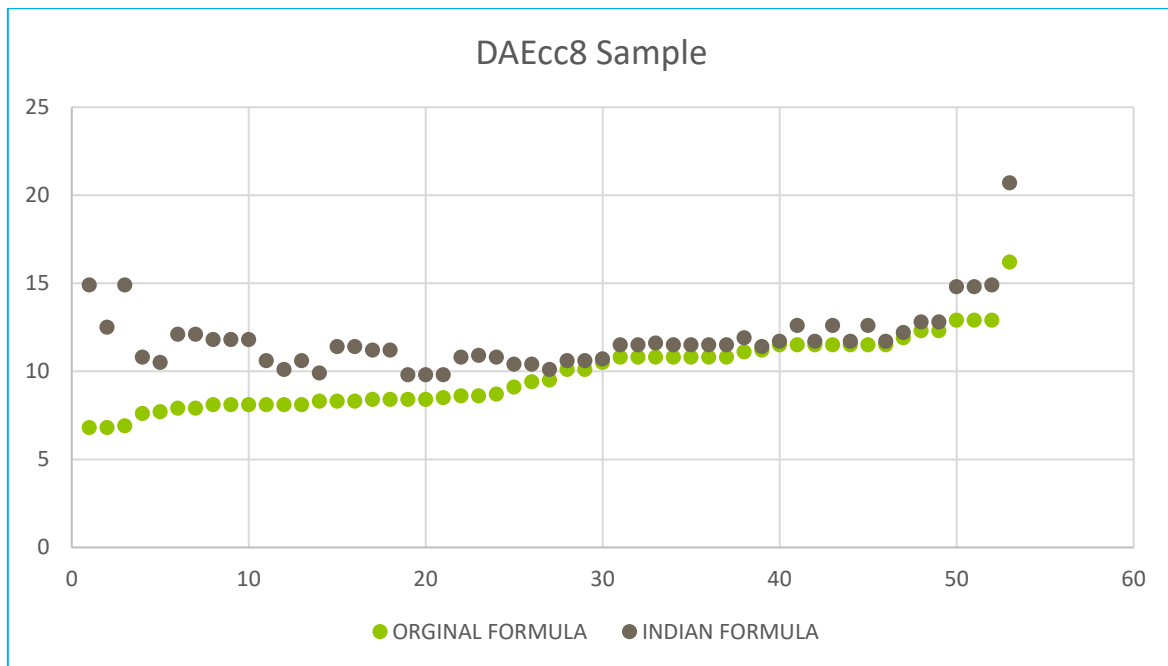
P Value	< 0.0001
R Squared	78.21%
R Squared (F)	72.73%
R Squared (M)	82.73%



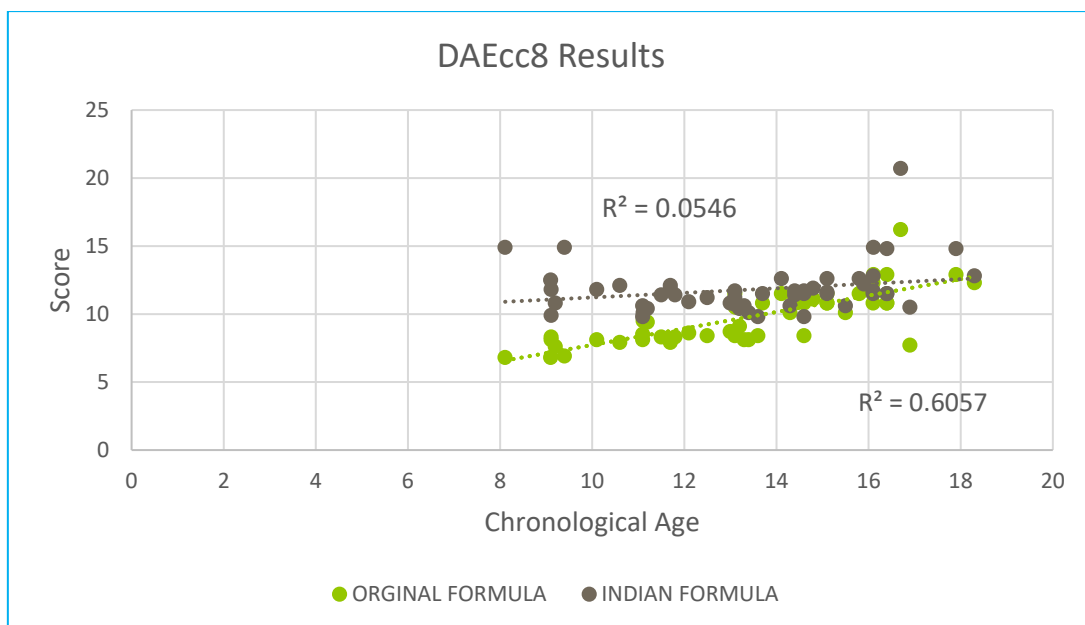
GRAPH 1- REPRESENTATION OF CHRONOLOGICAL AGE VERSUS SCORE OF DAEcc 7



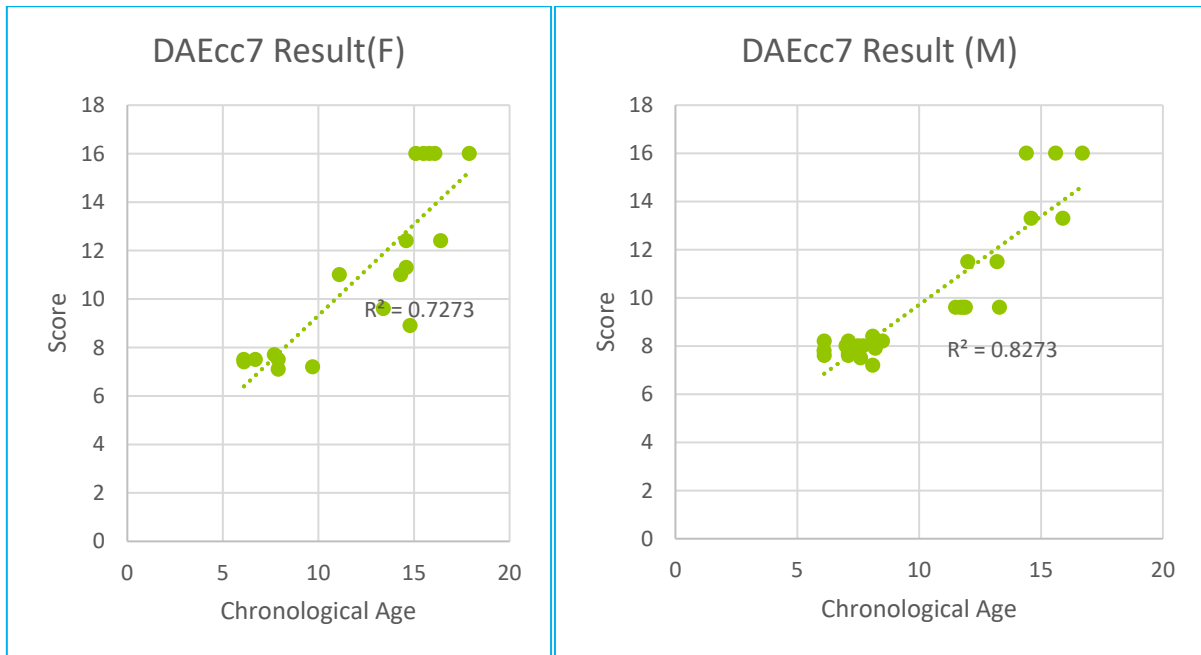
GRAPH 2 – REPRESENTATION OF R SQUARED VALUE SCHATTERED PLOT OF DAEcc 7



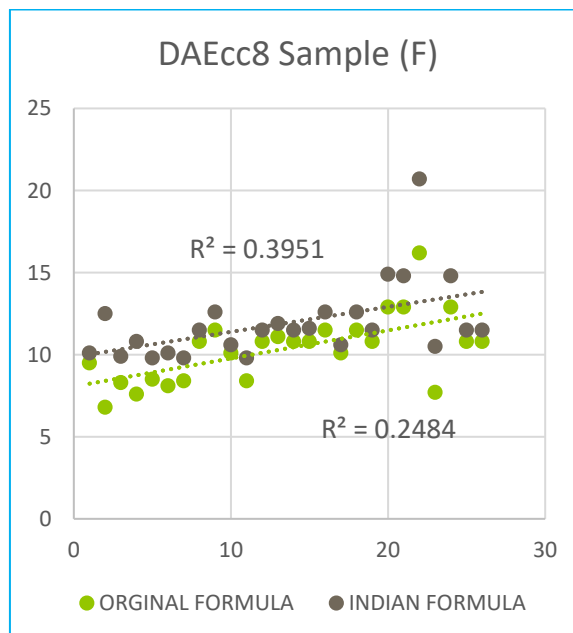
GRAPH 3 – REPRESENTATION OF DAEcc 8 SCATTERED PLOTTING OF ORIGINAL FORMULA VERSUS INDIAN FORMULA

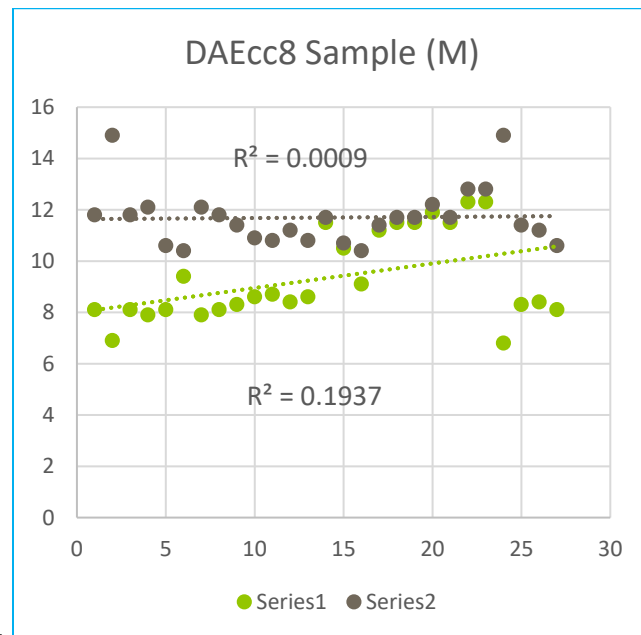


GRAPH 4 – REPRESENTATION OF R SQUARED VALUE IN DAEcc 8



GRAPH 4 AND 5 COMPARISON OF DAecc 7 R SQUARED VALUE BETWEEN MALE AND FEMALE





GRAPH 6 AND 7 -

COMPARISON OF MALE AND FEMALE DAEcc8 R squared value

DISCUSSIONS

Dental Age estimation is more convenient and easier to perform over living/ deceased individual because of portable tools and easily accessible examination area of DAE there is no of transferring individual to mortuary or any Radiographic Centres . This helps to render services as early as possible to server law and justice.

The study talks about comparison of two methods of DAE 7th TOOTH AND 8th TOOTH OF DEMERJIAN, MODIFIED DEMERJIAN and comparison Indian formula and original Demerjian formula. It was found that original formula fits more approximate to the Gujarati population apart from Acharya's Indian formula.[XII] Even though there is a need of new Polynomial regression analysis with large number of samples. The 7th TOOTH DEMERJIAN method showed more accuracy over the 8TH TOOTH DEMERJIAN method of DAE. [x]



The study conducted in Odisha to predict the accuracy of demerjian and modified Demerjian methods they have found new regression formula for their Demographic population. They have also found that girls show DAE over estimated Whereas boys show DAE Underestimated the chronological age. They

have taken age group 3- 18 total number of samples is 522.[IX]

Table I. Intra-observer and inter-observer correlation coefficient for reliability

Reliability Methods

D MD AA

Intra (r value) 0.910-0.924 0.920-0.951 0.923-0.945

Inter (r value) 0.977-0.998 0.879-0.885 0.913-0.959*

The Study conducted in south Indian (Karnataka) population where it was compared clinical method of DAE to the Radiographic method. They have applied DAEcc 8th TOOTH method for radiographic evaluation. They have found that clinical method gives more accurate Age estimation nearly about the chronological age whereas the Radiographic method gives more variation from the Chronological age the studied also stated that there is a need of new polynomial regression formula for every Demographic region within the country. They have come up with new regression formula for the south Indian population. The sample size was 384, age group between 6- 21 years old. Similarly, the study was conducted in shiraz population of Iran where 158 in which 77male 81female subjects were choose to conduct the study all were healthy free from any dental anomalies they compared DA to CA. The results show the correlation coefficient between CA and DA in this study was 0.856 for boys, 0.891 for girls, and 0.854 for all subjects combined. They results tell that girls attain DA 9 months earlier than that of boys. Further they have categories the age into five groups where the results show.



Based on the Diff parameter, five groups were formed as follows:

Group 1: The CA 1 to 2 years greater than the DA.

Group 2: The CA zero to 1 year greater than the DA.

Group 3: The DA zero to 1 year greater than the CA.

Group 4: The DA 1 to 2 years greater than the CA.

Group 5: The DA more than 2 years greater than the CA. [XII]

A study was conducted in Tamil Nadu where they have compared two methods of DAE Demirjian and weillemis method they had taken 3668 subjects for Demirjian and 3144 for Willems method they found the results as Demirjian produces the results overestimated and Willems produces the results underestimated Through the Meta-Analysis it was found that by The Willems method 40 days are underestimated.[XIII]

CONCLUSION The radiographic method is a non-invasive, easy and convenient method for DAE in every individual of any age, gender or living/deceased. Based on the study it is possible to conclude that the original Demirjian formula fits for the Gujarati population. There was a significant result obtained with a minimal error in the estimation . This could be further verified by conducting research on large no of samples. The DAEcc 7th TOOTH method showed more accuracy and feasibility since a particular chart needs to be compared with scores to obtain age. In comparison to the 8th TOOTH method, this could be used with a special consideration of the specific population groups.

FUTURE PROSPECTS

Large number of samples can be taken to represent the vast variety of demographics of the Gujarat. Individual groupings of age can be taken to have age specific data and regression formulae specifically. Individual gender-based groups can be made for better accuracy.



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34. ਪਾਲੀ ਭੁਪਿੰਦਰ ਦੇ ਨਾਟਕਾਂ ਵਿੱਚ ਅਸੁਖਾਵੇਂ ਔਰਤ- ਮਰਦ ਸਬੰਧ

Dr. Lakhwinder Kaur
Assistant professor.
CT University Ludhiana

Gurbhej Singh
Research Scholar
Regd.no. PH1855045002
Contact no. 8968700942
CT University Ludhiana Punjab

ਪਾਲੀ ਭੁਪਿੰਦਰ ਸਿੰਘ ਪੰਜਾਬੀ ਨਾਟ-ਪ੍ਰੇਮੀ ਦੀ ਚੌਥੀ ਪੀੜ੍ਹੀ ਦੇ ਪ੍ਰਮੁੱਖ ਨਾਟਕਕਾਰਾਂ ਵਿੱਚੋਂ ਇੱਕ ਨਾਮਵਰ ਹਸਤਾਖਰ ਹੈ। ਉਹ ਆਪਣੇ ਨਾਟਕਾਂ ਵਿੱਚ ਮਨੁੱਖੀ ਰਿਸ਼ਤਿਆਂ ਦੀਆਂ ਅਨੰਤ ਪਰਤਾਂ ਵਿੱਚ ਖੋਲ੍ਹਦਾ ਹੈ। ਮਨੁੱਖੀ ਰਿਸ਼ਤਿਆਂ ਵਿੱਚ ਆ ਰਹੀ ਗਿਰਾਵਟ ਤੇ ਟੁੱਟ – ਭੱਜ ਤੇ ਰਿਸ਼ਤਿਆਂ ਦੀ ਦਵੰਦਾਤਮਕ ਸਥਿਤੀ ਆਦਿ ਸਬੰਧੀ ਵਿਸ਼ੇ ਉਸ ਦੇ ਨਾਟਕਾਂ ਵਿੱਚ ਪ੍ਰਮੁੱਖ ਰੱਖਦੇ ਹਨ ਇਸ ਤੋਂ ਇਲਾਵਾ ਨਾਰੀ ਸੰਵੇਦਨਾ, ਨਾਰੀ ਚੇਤਨਾ, ਔਰਤ ਦੀ ਵਰਤਮਾਨ ਸਥਿਤੀ, ਔਰਤ – ਮਰਦ ਦੇ ਅਸੁਖਾਵੇਂ ਸੰਬੰਧ ਵਿਸ਼ੇ ਉਸ ਦੇ ਨਾਟਕਾਂ ਦਾ ਕੇਂਦਰ ਬਿੰਦੂ ਹੁੰਦੇ ਹਨ। ਮਨੁੱਖੀ ਮਨਾਂ ਦੇ ਅੰਦਰ ਝਾਤੀ ਪਾਉਣ ਵਾਲਾ ਉਹ ਸਫਲ ਨਾਟਕਕਾਰਾਂ ਹੈ। ਉਸ ਦੇ ਵਧੇਰੇ ਨਾਟਕ ਮਨੁੱਖੀ ਮਨ ਦੇ ਚੇਤਨ – ਅਵਚੇਤਨ ਪਾਸਾਰਾਂ ਨਾਲ ਸੰਵਾਦ ਰਚਾਉਂਦੇ ਪ੍ਰਤੀਤ ਹੁੰਦੇ ਹਨ। ਮਨੁੱਖੀ ਰਿਸ਼ਤਿਆਂ ਜਿਨ੍ਹਾਂ ਵਿੱਚੋਂ ਵਿਸ਼ੇਸ਼ ਤੌਰ ਤੇ ਔਰਤ – ਮਰਦ ਦੇ ਆਪਸੀ ਰਿਸ਼ਤਿਆਂ ਨੂੰ ਸਮਝਣ ਸਮਝਾਉਣ ਤੇ ਪੇਸ਼ ਕਰਨ ਵਿੱਚ ਉਸ ਦੀ ਖੂਬੀ ਹੈ। ਪਾਲੀ ਭੁਪਿੰਦਰ ਦੇ ਨਾਟਕ ਸਮਕਾਲੀ ਮਨੁੱਖ ਤੇ ਸਮਾਜ, ਮਨੁੱਖ ਤੇ ਮਨੁੱਖ ਦੇ ਆਪਸੀ ਰਿਸ਼ਤਿਆਂ ਤੇ ਔਰਤ – ਮਰਦ ਦੇ ਰਿਸ਼ਤਿਆਂ ਨੂੰ ਸਮਝਣ ਹਿੱਤ ਮਹੱਤਵਪੂਰਨ ਨੂੰ ਯੋਗਦਾਨ ਪਾਉਂਦੇ ਹਨ। ਰਿਸ਼ਤਿਆਂ ਦੇ ਵਿਭਿੰਨ ਸਮੀਕਰਨਾਂ ਨੂੰ ਸਮਝਣ ਹਿੱਤ ਉਸ ਦੇ ਕੁੱਝ ਚੋਣਵੇਂ ਨਾਟਕਾਂ ਦੇ ਅਧਿਐਨ ਇਸ ਹੱਥਲੇ ਖੋਜ ਪਰਚੇ ਵਿੱਚ ਕੀਤਾ ਜਾਵੇਗਾ।



ਇਸ ਖੋਜ ਪਰਚੇ ਵਿੱਚ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਨਾਟਕ (ਤਹਾਨੂੰ ਕਿਹੜਾ ਰੰਗ ਪਸੰਦ ਹੈ) ਵਿਚਾਰਿਆ ਜਾਵੇਗਾ। ਇਸ ਨਾਟਕ ਵਿੱਚ ਚਾਰ ਪਾਤਰ ਹਨ : ਡੀ.ਕੇ , ਅਜਨਬੀ , ਵੇਟਰ ਤੇ ਸੋਢੀ ਦੀ ਕੰਪਨੀ ਦੀ ਇੱਕ ਨੌਜਵਾਨ ਕਰਮਚਾਰੀ। ਨਾਟਕ ਵਿਚਲੇ ਚਾਰ ਪਾਤਰ ਮਰਦ ਹਨ ਤੇ ਨਾਟਕ ਦੀ ਕਹਾਣੀ ਅਨੁਸਾਰ ਇੱਕ ਔਰਤ ਪਾਤਰ ਵੀ ਹੈ ਜੋ ਕਿ ਡੀ .ਕੇ ਨੂੰ ਹੋਟਲ ਦੇ ਕਮਰੇ ਵਿੱਚ ਮਿਲਣ ਆ ਰਹੀ ਹੈ ਪਰ ਗੱਲ ਡੀ. ਕੇ . ਤੇ ਅਜਨਬੀ ਦੀ ਵਾਰਤਾਲਾਪ ਦੌਰਾਨ ਹੋ ਰਹੀ ਬਹਿਸ ਵਿੱਚੋਂ ਸਾਹਮਣੇ ਆ ਰਹੀ ਹੈ ਕਿ ਔਰਤ ਨੂੰ ਕਮਰੇ ਵਿੱਚ ਬੁਲਾਉਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿ ਨਹੀਂ। ਇਹ ਨਾਟਕ ਔਰਤ – ਮਰਦ ਦੇ ਆਪਸੀ ਰਿਸ਼ਤਿਆਂ ਦੀਆਂ ਅਨੇਕਾਂ ਤੰਦਾਂ ਨੂੰ ਖੋਲ੍ਹਦਾ ਹੈ। ਇਸ ਨਾਟਕ ਵਿੱਚ ਮਨੁੱਖੀ ਰਿਸ਼ਤਿਆਂ ਦੇ ਮਨੋ- ਵਿਗਿਆਨਕ , ਸਮਾਜਿਕ ਤੇ ਆਰਥਿਕ ਪੱਖਾਂ ਦੀ ਅੰਤਰ – ਸੰਬੰਧ ਸਪੱਸ਼ਟ ਹੁੰਦਾ ਹੈ। ਇਹ ਨਾਟਕ ਮਨੁੱਖ ਦੀਆਂ ਕਾਮੁਕ ਬਿਰਤੀਆਂ ਦੇ ਡੂੰਘੇ ਮਨੋ – ਵਿਗਿਆਨਕ ਪਾਸਾਰਾਂ ਤੱਕ ਪਹੁੰਚਦਾ ਹੈ . ਇਹ ਇੱਕ ਪਾਸੇ ਸਮਾਜ ਦੁਆਰਾ ਸਥਾਪਿਤ ਰਿਸ਼ਤੇ ਜਿਵੇਂ ਪਤੀ – ਪਤਨੀ ਭਾਵ ਕਿ ਵਿਆਹ – ਪ੍ਰਬੰਧ ਕਾਰਨ ਹੋਂਦ ਵਿੱਚ ਆਏ ਰਿਸ਼ਤੇ ਵਿਚਲੀ ਉਦਾਸੀਨਤਾ ਨਿਰਜੀਵਤਾ ਤੇ ਆਭਾਵ ਨੂੰ ਬਿਆਨਦਾ ਹੈ ਤੇ ਦੂਜੇ ਪਾਸੇ ਇਸ ਨੂੰ ਨਿਭਾਉਣ ਦੀ ਮਜ਼ਬੂਰੀ ਨੂੰ ਵੀ ਚਿਤਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦਾ ਹੈ। ਇਹ ਨਾਟਕ ਇੱਕ ਹੀ ਰਿਸ਼ਤੇ ਦੀ ਆਪਾ ਵਿਰੋਧੀ ਬਿਰਤੀ ਨੂੰ ਖੂਬ ਪੇਸ਼ ਕਰਦਾ ਹੈ ਜਿਵੇਂ ਕਿ ਡੀ.ਕੇ. ਦੀ ਪਤਨੀ ਆਪਣੇ ਪਤੀ ਦੇ ਕਹਿਣ ਤੇ ਉਸ ਦੀ ਤਰੱਕੀ ਲਈ ਉਸ ਦੇ ਬਾਸ ਨਾਲ ਭਾਵਨਾਤਮਕ ਨੇਫਤਾ ਵਧਾਉਂਦੀ ਹੈ ਤਾਂ ਜੋ ਡੀ.ਕੇ. ਦੀ ਪ੍ਰੇਮਸ਼ਨ ਜਲਦੀ ਹੋ ਸਕੇ ਪਰ ਦੂਜੇ ਪਾਸੇ ਡੀ. ਕੇ . ਆਪਣੀ ਪਤਨੀ ਨੂੰ ਸ਼ੱਕੀ ਨਿਗਾਹਾਂ ਨਾਲ ਵੇਖਦਾ ਹੈ ਤੇ ਆਪਣਾ ਰਿਸ਼ਤਾ ਬਣਾਈ ਰੱਖਣ ਦੀ ਨਿਰੰਤਰ ਕੋਸ਼ਿਸ਼ ਕਰਦਾ ਹੈ। ਡੀ. ਕੇ . ਭਾਵੇਂ ਪ੍ਰੇਮਸ਼ਨ ਹੁੰਦਾ ਹੈ ਪਰ ਫਿਰ ਵਾ ਰਿਸ਼ਤਾ ਨਹੀਂ ਤੋੜਦਾ। ਇਸ ਤਰ੍ਹਾਂ ਡੀ.ਕੇ. ਆਰਥਿਕ ਸੁੱਖ ਅਤੇ ਤਰੱਕੀ ਲਈ ਆਪਣੀ ਪਤਨੀ ਦੀ ਇਸਤੇਮਾਲ ਵੀ ਕਰਦਾ ਹੈ ਤੇ ਆਪਣੀ ਪਤਨੀ ਤੇ ਬਾਸ ਦੀ ਵੱਧਦੀ ਨੇੜਤਾ ਨੂੰ ਨਫਰਤ ਵੀ ਕਰਦੀ ਹੈ। ਉਹ ਉੱਚਾ ਆਹੁਜੀ ਪ੍ਰਾਪਤ ਕਰਨ ਤੋਂ ਬਾਅਦ ਕਿਸੇ ਦੂਜੀ ਪਰਾਈ ਔਰਤ ਨੂੰ ਵੀ ਭੋਗਣ ਲਈ ਤਿਆਰ ਹੈ ਉਸ ਦਾ ਬਿਗਾਨੀ ਔਰਤ ਵੱਲ



ਆਕਰਸ਼ਿਤ ਹੋਣਾ ਵੀ ਡੂੰਘੇ ਮਨੇ – ਪ੍ਰੇਰਿਤ ਵਿਵਹਾਰ ਵੱਲ ਸੰਕੇਤ ਕਰਦਾ ਹੈ। ਅਜਨਬੀ ਪਾਤਰ ਡੀ.ਕੇ . ਦੀ ਅਜਿਹੀ ਮਾਨਸਿਕਤਾ ਨੂੰ ਇਨ੍ਹਾਂ ਸ਼ਬਦਾਂ ਰਾਹੀਂ ਉਘਾੜਦਾ ਹੈ।

ਅਜਨਬੀ : ਤੂੰ ਉਸ ਔਰਤ ਨੂੰ ਵੀ ਨਹੀਂ ਛੱਡਣਾ ਚਾਹੁੰਦਾ
ਤੂੰ ਉਸ ਔਰਤ ਨੂੰ ਵੀ ਨਹੀਂ ਛੱਡਣਾ ਚਾਹੁੰਦਾ।
ਤੂੰ ਚਾਹੁੰਦੇ, ਇੱਕ ਔਰਤ ਤੇਰੇ ਘਰ ਬੈਠ ਕੇ
ਰੋਟੀਆਂ ਬਣਾਏ, ਤੇਰੇ ਬੱਚਿਆਂ ਨੂੰ ਖਿਡਾਏ ਤੇ।
ਤੇਰੀ ਕਮੀਜ਼ ਦੇ ਬਟਨ ਲਾਏ ਤੇ ਦੂਜੀ ਹੋਟਲਾਂ
ਵਿੱਚ ਆ ਕੇ ਤੇਰੀ ਕਮੀਜ਼ ਦੇ ਬਟਨ ਤੇੜੇ।

ਇਸ ਨਾਟਕ ਨੂੰ ਉਪਰੀ ਨਜ਼ਰੀ ਵੇਖੀਏ ਤਾਂ ਇਹ ਪ੍ਰਤੀਤ ਹੁੰਦਾ ਹੈ। ਕਿ ਆਰਥਿਕ ਲਾਭ ਲਈ ਔਰਤ – ਮਰਦ ਇੱਕ ਤੇ ਵਧੇਰੇ ਰਿਸ਼ਤੇ ਕਾਇਮ ਕਰਦੇ ਹਨ ਪਰ ਵਧੇਰੇ ਗਹਿਰਾਈ ਵਿੱਚ ਜਾਣ ਤੇ ਇਹ ਪਤਾ ਲੱਗਦਾ ਹੈ ਕਿ ਇਸ ਪਿੱਛੇ ਮਨੁੱਖੀ ਮਨ ਅੰਦਰ ਲੁਕੀ ਸਦੀਵੀ ਕਾਮ – ਆਕਰਸ਼ਣ ਤਾਂ ਅਤੇ ਅਤ੍ਰਿਪਤ ਵਾਸਨਾ ਹਮੇਸ਼ਾਂ ਮੌਜੂਦ ਰਹਿੰਦੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਇਹ ਨਾਟਕ ਮਨੁੱਖੀ ਮਨ ਦੇ ਬਾਹਰੀ ਤੇ ਅੰਦਰੀਵੀ ਸੰਸਾਰ ਦੇ ਮਨੁੱਖੀ ਰਿਸ਼ਤਿਆਂ ਦੀ ਸੱਚਾਈ ਨੂੰ ਪ੍ਰਗਟਾਉਂਦਾ ਹੈ। ਡੀ. ਕੇ . ਦਾ ਵਾਰਤਲਪ ਸਾਰਿਆਂ ਦੇ ਸਾਹਮਣੇ ਇੱਕ ਸਵਾਲ ਵੀ ਖੜ੍ਹਾ ਕਰਦਾ ਹੈ

ਡੀ.ਕੇ : ਕੋਈ ਦਾਅਵਾ ਕਰ ਸਕਦਾ ਹੈ ਇਸ ਦੁਨੀਆ ਤੇ ਕਿ
ਉਸ ਦੀ ਮਨ ਵੀ ਹਮੇਸ਼ਾ ਉਸ ਨਾਲ ਵਿਆਹਿਆ ਰਹਿੰਦਾ ਹੈ,
ਜਿਸ ਨਾਲ ਉਸਦਾ ਤਨ। ਕੋਈ ਦਾਅਵਾ ਕਰ ਸਕਦਾ ਹੈ ਕਿ
ਉਸਦਾ ਮਨ ਵੀ ਹਮੇਸ਼ਾ ਉਸੇ ਪਿੰਡੇ ਨੂੰ ਹੀ ਮਾਣਦਾ ਹੈ,
ਜਿਸਨੂੰ ਉਸਦਾ ਤਨ। ਤਨ ਦੇ ਪਰਦੇ ਪਿੱਛੇ ਮਨ ਕਿਸ
ਨਾਲ ਕੀ ਕਰਦਾ ਹੈ, ਕੋਈ ਨਹੀਂ ਜਾਣਦਾ।



ਇਸ ਪ੍ਰਕਾਰ ਇਹ ਨਾਟਕ ਇਹ ਦਰਸਾਉਂਦਾ ਹੈ ਕਿ ਸਦਾਚਾਰ ਤੇ ਸਮਾਜਿਕ ਬੰਦਿਸ਼ਾਂ ਨੂੰ ਸ਼ਕਤੀ ਦੇ ਸਿਰ ਤੇ ਤੋੜ ਕੇ ਇਨਸਾਨ ਕੁਦਰਤੀ ਤ੍ਰਿਪਤੀ ਕੇਵਲ ਮਰਦ ਦੇ ਹਿੱਸੇ ਹੀ ਆਉਂਦੀ ਦਿਖਾਈ ਗਈ ਹੈ। ਔਰਤ ਨੂੰ ਸਮਾਜ, ਸੱਭਿਆਚਾਰਕ ਤੇ ਆਰਥਿਕ ਸਥਿਤੀਆਂ ਇਸ ਤਰ੍ਹਾਂ ਦੀ ਬਣਾਉਂਦੀਆਂ ਹਨ ਕਿ ਉਹ ਆਦਰਸ਼ਵਾਦ ਦੇ ਢਾਂਚੇ ਵਿੱਚ ਢਲ ਚੁੱਕੀ ਹੈ। ਉਹ ਕਾਮੁਕਤਾ ਦੀ ਥਾਂ ਭਾਵਨਾਤਮਕ ਤ੍ਰਿਪਤੀ ਵੱਲ ਨੂੰ ਵੱਧਦੀ ਹੈ। ਜੇਕਰ ਔਰਤ ਦੇਹਮੁਖੀ ਹੁੰਦੀ ਵੀ ਹੈ ਤਾਂ ਇਸ ਨੂੰ ਉਸਦੀ ਮਜ਼ਬੂਰੀ ਦੱਸਿਆ ਜਾਂਦਾ ਹੈ। ਇਸ ਪ੍ਰਕਾਰ ਇਹ ਨਾਟਕ ਵਧੇਰੇ ਕਰਕੇ ਮਰਦਾਵੀਂ ਬਿਰਤੀ ਨੂੰ ਸੰਬਧਿਤ ਹੈ। ਮਰਦ ਜੋ ਆਪਣੀ ਕਾਮ - ਤ੍ਰਿਪਤੀ ਸਦੀ ਮਨੇ - ਘਾੜਦਾ ਹੈ ਤੇ ਅੰਤ ਸਦਾਚਾਰ ਨੂੰ ਤਿਲਾਂਜਲੀ ਦੇ ਕੇ ਕਾਮ - ਤ੍ਰਿਪਤੀ ਵੱਲ ਨੂੰ ਵੱਧਦਾ ਹੈ। ਨਾਟਕ (ਘਰ ਘਰ) ਜਿਵੇਂ ਕਿ ਸਿਰਲੇਖ ਤੋਂ ਹੀ ਸਪੱਸ਼ਟ ਹੈ ਕਿ ਸਮਾਜ ਤੇ ਰਿਸ਼ਤਿਆਂ ਦੀ ਨੀਂਹ ਬਣਨ ਵਾਲੇ ਘਰ ਦੇ ਦੁਆਲੇ ਬੁਣਿਆ ਗਿਆ ਹੈ। ਨਾਟਕ ਘਰ ਘਰ ਵਿੱਚ ਨਾਟਕਕਾਰਾਂ ਨੇ ਮਨੁੱਖੀ ਰਿਸ਼ਤਿਆਂ ਵਿੱਚ ਆ ਰਹੇ ਨਿਘਾਰ ਨੂੰ ਪੇਸ਼ ਕੀਤਾ ਹੈ। ਨਾਟਕ ਵਿੱਚ ਇਸ਼ਾਨ, ਅਮਨ ਅਤੇ ਪਰਮ ਦੀ ਸਥਿਤੀ ਵੱਖੋ - ਵੱਖਰੀ ਹੈ ਪਰ ਇਹਨਾਂ ਦੀਆਂ ਮੁਸ਼ਕਿਲ ਲਗਭਗ ਇੱਕੋ ਜਿਹੀਆਂ ਹਨ ਇਸ਼ਾਨ ਪੜ੍ਹੀ - ਲਿਖੀ ਔਰਤ ਹੈ ਜੋ ਕਾਲਜ ਵਿੱਚ ਪ੍ਰੋਫੈਸਰ ਲੱਗੀ ਹੋਈ ਤੇ ਪਤੀ ਦੀ ਹਿੰਸਾ ਦਾ ਸ਼ਿਕਾਰ ਹੋਣ ਕਰਕੇ ਆਪਣਾ ਘਰ ਛੱਡਣਾ ਲਈ ਮਜ਼ਬੂਰ ਹੁੰਦੀ ਹੈ। ਦੂਜੇ ਪਾਸੇ ਅਮਨ ਇੱਕ ਘਰੇਲੂ ਔਰਤ ਹੈ ਜੋ ਆਪਣੇ ਪਤੀ ਤੇ ਵਫ਼ਾਦਾਰੀ ਦੀ ਆਸ ਕਰਦੀ ਹੈ। ਉਹ ਆਪਣੇ ਪਤੀ (ਅਜੀਤ) ਦੇ ਸੰਪਰਕ ਵਿੱਚ ਆਉਣ ਵਾਲੀ ਹਰ ਔਰਤ ਤੇ ਸ਼ੱਕ ਕਰਦੀ ਹੈ। ਇਸ ਲਈ ਇਸ਼ਾਨ ਜੋ ਅਜੀਤ ਦੀ ਦੇਸਤ ਨੂੰ ਵੀ ਪਸੰਦ ਨਹੀਂ ਕਰਦੀ। ਅਮਨ ਇਸ਼ਾਨ ਉੱਤੇ ਸ਼ੱਕ ਕਰਦੀ ਹੈ ਤੇ ਉਸ ਦੀ ਹਾਜ਼ਰੀ ਵਿੱਚ ਆਪਣੇ ਪਤੀ ਨੂੰ ਅਸੁਰੱਖਿਅਤ ਮੰਨਦੀ ਹੈ। ਇਸ਼ਾਨ ਪੜ੍ਹੀ - ਲਿਖੀ ਤੇ ਜਾਗਰੂਕ ਹੋਣ ਕਰਕੇ ਬੰਦੇ ਦੇ ਅੰਦਰਲੀ ਨਬਜ਼ ਨੂੰ ਫੜਨਾ ਚੰਗੀ ਤਰ੍ਹਾਂ ਜਾਣਦੀ ਹੈ। ਉਹ ਮਰਦਾਂ ਦੀ ਮਾਨਸਿਕਤਾ ਨੂੰ ਚੰਗੀ ਤਰ੍ਹਾਂ ਸਮਝਦੀ ਹੈ। ਉਹ ਮਰਦਾਂ ਦੀ ਫਿਤਰਤ ਬਾਰੇ ਖੁੱਲ੍ਹ ਕੇ ਬੋਲਦੀ ਹੈ। ਨਾਟਕ ਵਿੱਚ ਪਰਮ ਇੱਕ ਦਲਿਤ ਵਰਗ ਨਾਲ ਸਬੰਧਿਤ ਕੁੜੀ ਹੈ ਜੋ ਅਮਨ ਦੇ ਘਰ ਕੰਮ ਕਰਦੀ ਹੈ ਅਤੇ ਪੜ੍ਹ ਲਿਖੇ ਕੇ ਅੱਗੇ ਵਧਣਾ ਚਾਹੁੰਦੀ ਹੈ। ਅਜੀਤ ਪੜ੍ਹਾਈ - ਲਿਖਾਈ ਦੇ ਬਹਾਨੇ ਪਰਨ ਦੀ ਇੱਜ਼ ਨਾਲ ਖੇਡਦਾ ਹੈ। ਇਸ ਝੂਠੇ ਪਿਆਰ ਦੇ

CONFERENCE PROCEEDING

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ਬਹਿਕਾਵੇ ਵਿੱਚ ਆ ਕੇ ਪਰਮ ਗਰਭਵਤੀ ਹੋ ਜਾਂਦੀ ਹੈ ਤਾਂ ਅਜੀਤ ਇਸ ਕੁਕਰਮ ਤੋਂ ਮੁਨਕਰ ਹੋ ਜਾਂਦਾ ਹੈ ਪਰ ਪਰਮ ਆਪਣੇ ਹੱਕ ਲਈ ਰੋਲਾ ਪਾਉਂਦੀ ਹੈ। ਜਦੋਂ ਅਮਨ ਨੂੰ ਆਪਣੇ ਪਤੀ ਦੇ ਪਰਮ ਨਾਲ ਨਾਜਾਇਜ਼ ਸੰਬੰਧਾਂ ਬਾਰੇ ਪਤਾ ਲੱਗਦਾ ਹੈ। ਉਹ ਆਪਣਾ ਘਰ ਛੱਡਣ ਦੀ ਫੈਸਲਾ ਲੈਂਦੀ ਹੈ ਪਰ ਇਸ਼ਾਨ ਅਮਨ ਨੂੰ ਘਰ ਨਾ ਛੱਡ ਕੇ ਜਾਣ ਦੀ ਸਲਾਹ ਦਿੰਦੀ ਕਿਉਂਕਿ ਉਹ ਜਾਣਦੀ ਹੈ ਕਿ ਉਸ ਦੀ ਇਸ ਹਾਰ ਲਈ ਘਰ ਹੀ ਨਹੀਂ ਬਲਕਿ ਉਹ ਵਿਵਸਥਾ ਵੀ ਜ਼ਿੰਮੇਵਾਰ ਹੈ ਜਿੱਥੇ ਉਸ ਨੂੰ ਘਰ ਤੋਂ ਬਾਹਰ ਖਾਸ ਤੌਰ ਤੇ ਮਰਦ ਦੇ ਘਰ ਤੇ ਬਾਹਰ ਸਵੀਕਾਰ ਨਹੀਂ ਕੀਤਾ ਜਾਂਦਾ ਤੇ ਹਾਸ਼ੀਏ ਤੇ ਧੱਕ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਇਸ਼ਾਨ ਨੂੰ ਇਹ ਚੰਗੀ ਤਰ੍ਹਾਂ ਪਤਾ ਹੈ ਕਿ ਜਦੋਂ ਔਰਤ ਘਰ ਛੱਡਦੀ ਹੈ ਤਾਂ ਉਸ ਨੂੰ ਘਰ ਤੇ ਬਾਹਰ ਵੀ ਸਮਾਜ ਸਵੀਕਾਰ ਨਹੀਂ ਕਰਦਾ :

ਇਸ਼ਾਨ : ਘਰੋਂ ਨਿਕਲੀ ਹੋਈ ਔਰਤ ਹੋਣ ਦਾ ਅਰਥ ਕੀ ਹੁੰਦੈ ,

ਤੂੰ ਨਹੀਂ ਜਾਣਦੀ। ਤੂੰ ਘਰੋਂ ਪੈਰ ਤਾਂ ਬਾਹਰ ਰੱਖ ,

ਸਾਰੀ ਦੁਨੀਆਂ ਦੀਆਂ ਔਰਤਾਂ ਆਪਣੇ ਘਰ ਦੇ ਦਰਵਾਜ਼ੇ

ਬੰਦ ਕਰ ਲੈਣਗਈਆਂ ਤੇ ਮਰਦ ਆਪਣੇ ਆਪ ਨੂੰ ,

ਪਾਲੀ ਭੁਪਿੰਦਰ ਸਿੰਘ ਨੇ ਨਾਟਕ ਘਰ ਘਰ ਰਾਹੀਂ ਔਰਤ ਦੀ ਹਾਸੀਅਗਤ ਸਥਿਤੀ ਨੂੰ ਬਾਖ਼ੂਬੀ ਪੇਸ਼ ਕੀਤਾ ਹੈ। ਉਹ ਔਰਤ ਦੀਆਂ ਸੀਮਾਵਾਂ ਤੇ ਚੁਣੌਤੀਆਂ ਨੂੰ ਬਿਆਨ ਕਰਦਾ ਹੈ। ਲੇਕਿਨ ਅੰਤ ਨੂੰ ਔਰਤ ਦੇ ਘਰ ਵਿੱਚ ਹੀ ਸਿਮਟ ਜਾਣ ਦੀ ਸਥਿਤੀ ਰਾਹੀਂ ਉਸ ਵੱਲੋਂ ਸਬਾਲਟਰਨ ਧਿਰ ਦੀ ਪੇਸ਼ਕਾਰੀ ਦਾ ਸੁਹਿਰਦ ਯਤਨ ਹੈ। ਉਸ ਦੇ ਨਾਟਕ ਵਿੱਚ ਔਰਤ ਦੀ ਘਰ ਵੱਲ ਨੂੰ ਵਾਪਸੀ ਇਹ ਦਰਸਾ ਦਿੰਦੀ ਹੈ ਕਿ (ਸਬਾਲਟਰਨ ਦੀ ਕੋਈ ਜ਼ਬਾਨ ਨਹੀਂ। ਔਰਤ ਮਰਦ ਦਾ ਰਿਸ਼ਤਾ ਸਮਾਜ ਦੁਆਰਾ ਨਿਰਮਿਤ ਤੇ ਨਿਯੰਤਰਿਤ ਹੈ। ਇਸ ਵਿੱਚ ਮਰਦ ਨੂੰ ਮਿਲਦੀ ਕਾਮੁਕ ਖੁੱਲ੍ਹ ਔਰਤ ਲਈ ਤ੍ਰਾਸਦੀ ਦਾ ਕਾਰਨ ਬਣਦੀ ਹੈ ਉਹ ਘਰ ਬਾਹਰ ਹੀ ਨਹੀਂ ਅੰਦਰ ਵੀ ਸੰਤਾਪ ਹੰਢਾਉਂਦੀ ਹੈ। ਔਰਤ ਮਰਦ ਦੇ ਕਾਮ ਸੰਬੰਧਾਂ ਦਾ ਮਾਮਲਾ ਵੀ ਇਸ ਨਾਟਕ ਦੇ ਕੇਂਦਰ ਵਿੱਚ ਰਹਿੰਦਾ ਹੈ ਨਾਟਕਕਾਰ ਨੇ ਪਰਮ ਦੀ ਇਸ ਪੀੜਾ ਨੂੰ ਖੂਬ ਫੜਿਆ ਹੈ। ਉਹ ਪਰਮ ਦੇ ਮੂੰਹੋਂ ਇਸ਼ਾਨ ਨੂੰ ਅਖਵਾਉਂਦਾ ਹੈ :

ਪਰਮ : ਤੁਸੀਂ ਤਾਂ ਸਿਰਫ ਔਰਤ ਹੋਣ ਦਾ ਦਰਦ ਜਾਣਦੇ



ਹੇ ਦੀਦੀ । ਪਰ ਨੀਵੀ ਜਾਤ ਦੀ ਔਰਤ ਹੋਣ ਦਾ
ਦਰਦ ਕੀ ਹੁੰਦਾ ਹੈ, ਸ਼ਾਇਦ ਤੁਹਾਨੂੰ ਵੀ ਨਹੀ ਪਤਾ ।
ਇਹ ਸੇ ਕਾਲਡ ਪਾਸ ਕਲੋਨੀਆਂ ਦੇ ਸੇ ਕਾਲਡ ਵੱਡੇ
ਲੋਕ ਅੰਦਰ ਵੜ ਕੇ ਮੇਰੇ ਪੈਰ ਚੱਟਣ ਨੂੰ ਵੀ
ਤਿਆਰ ਨੇ ਪਰ ਬਾਹਰ ਮੇਰੇ ਸਿਰ ਤੇ ਹੱਥ ਰੱਖਣ
ਨੂੰ ਵੀ ਤਿਆਰ ਨਹੂ ਹੁੰਦੇ । ਡਰਦੇ ਨੇ ,
ਕਿਤੇ ਭਿੱਟੇ ਨਾ ਜਾਣ ।

ਨਾਟਕ ਰਾਤ ਚਾਨਈ ਵਿੱਚ ਪਾਲੀ ਭੁਪਿੰਦਰ ਨੇ ਚਾਨਈਆਂ ਰਾਤਾਂ ਵਿੱਚ ਮਰਦ ਦੁਆਰਾ ਕੀਤੇ ਝੂਠੇ ਤੇ ਫਰੇਬੀ ਵਾਅਦਿਆਂ ਨੂੰ ਪੇਸ਼ ਕਰਨ ਦੇ ਨਾਲ ਔਰਤ ਮਨੋਵੇਦਨਾ ਨੂੰ ਪੇਸ਼ ਕੀਤਾ ਹੈ । ਨਾਟਕ ਰਾਤ ਚਾਨਈ ਵਿੱਚ ਸਰਦਾਰਨੀ ਚੰਦ ਕਰੇ ਆਪਣੇ ਪੁੱਤਰ ਅੰਬਰ ਦਾ ਵਿਆਹ ਕੈਨੇਡਾ ਰਹਿੰਦੀ ਲੜਕੀ ਪਾਲ ਨਾਲ ਇਸ ਕਰਕੇ ਕਰਦੀ ਹੈ ਕਿ ਅੰਬਰ ਵਿਆਹ ਕਰਕੇ ਕੈਨੇਡਾ ਪੱਕਾ ਹੋ ਜਾਵੇਗਾ ਤੇ ਫਿਰ ਪਾਲ ਨੂੰ ਤਲਾਕ ਦੇ ਕੇ ਵਾਪਸ ਇੰਡੀਆ ਆ ਕੇ ਕਿਸੇ ਅਮੀਰ ਘਰ ਦੀ ਲੜਕੀ ਨਾਲ ਵਿਆਹ ਕਰਵਾ ਲਵੇਗਾ । ਸਰਦਾਰਨੀ ਚੰਦ ਕਰੇ ਦਸ ਲੱਖ ਰੁਪਏ ਦੇ ਕੇ ਅੰਬਰ ਦਾ ਵਿਆਹ ਪਾਲ ਨਾਲ ਕਰ ਦਿੰਦੀ ਹੈ । ਅੰਬਰ ਤੇ ਪਾਲ ਇੱਕ ਦੂਜੇ ਨੂੰ ਪਸੰਦ ਕਰਨ ਲੱਗ ਪੈਂਦੇ ਹਨ ਜਿਸ ਕਰਕੇ ਅੰਬਰ ਕੈਨੇਡਾ ਜਾ ਕੇ ਦਸ ਸਾਲਾਂ ਤੱਕ ਵੀ ਪਾਲ ਨੂੰ ਤਲਾਕ ਨਹੀ ਦਿੰਦਾ । ਜਦੋਂ ਮਾਂ ਨੂੰ ਅੰਬਰ ਦੀ ਸੱਚਾਈ ਦਾ ਪਤਾ ਲੱਗਦਾ ਹੈ ਤਾਂ ਉਹ ਅੰਬਰ ਨੂੰ ਝੂਠਾ ਤੇ ਮੱਕਾਰ ਦੱਸਦੀ ਹੈ । ਅੰਬਰ ਨੇ ਦਸ ਸਾਲਾਂ ਤੱਕ ਵੀ ਪਾਲ ਨੂੰ ਇਹ ਕਦੇ ਵੀ ਨਹੀ ਦੱਸਿਆ ਕਿ ਉਸ ਦੀ ਮਾਂ ਨੇ ਇਸ ਰਿਸ਼ਤੇ ਦਾ ਮੁੱਲ ਦਸ ਲੱਖ ਰੁਪਏਆਂ ਰੱਖਿਆ ਸੀ ਜਿਸ ਦੀ ਖਬਰ ਸਿਰਫ ਪਾਲ ਦੀ ਮਾਤਾ ਮਿਸਿਜ਼ ਮੇਜ਼ਰ ਨੂੰ ਹੈ ਤੇ ਅੰਬਰ ਨੇ ਇਹ ਵਿਆਹ ਸਿਰਫ ਕੈਨੇਡਾ ਪੱਕਾ ਹੋਣ ਲਈ ਕਰਵਾਇਆ ਹੈ ਜਦੋਂ ਪਾਲ ਅੰਬਰ ਤੇ ਸੋਮਨਾਥ ਅੰਕਲ ਦੀਆਂ ਗੱਲਾਂ ਸੁਣਦੀ ਹੈ ਤਾਂ ਉਸ ਨੂੰ ਆਪਣੇ ਤੇ ਅੰਬਰ ਦੇ ਰਿਸ਼ਤੇ ਦੀ ਸੱਚਾਈ ਦਾ ਪਤਾ ਲੱਗਦਾ ਹੈ ਦਾ ਉਹ ਇਕ ਦਮ ਕੰਬ ਜਾਂਦੀ ਹੈ । ਇੱਕ ਵਾਰ ਫਿਰ ਉਸ ਨੂੰ ਦਸ ਸਾਲ ਪੁਰਾਣਾ ਸਮਾਂ ਯਾਦ ਆਉਂਦਾ ਹੈ ਤੇ ਅੰਬਰ ਨਾਲ ਜੋੜਿਆ ਰਿਸ਼ਤਾ ਵੀ ਫਿੱਕਾ -ਫਿੱਕਾ ਨਜ਼ਰੀ ਆਉਂਦਾ ਹੈ :



ਅੰਬਰ : ਸਾਡਾ ਵੀ ਤਾਂ ਕੋਈ ਰਿਸ਼ਤਾ ਹੈ ਪਾਲ ।

ਪਾਲ : (ਅੱਖਾਂ ਵਿੱਚ ਕਿਤੇ ਪਿਆਰ ਜਾਗਦਾ ਹੈ) ਅੱਜ ਤੱਕ ਤਾਂ ਬੁਹਤ ਰਿਸ਼ਤੇ ਸਨ
ਜਦੋਂ ਤੂੰ ਮੇਰੀ ਧੀ ਨਾਲ ਲਾਡ ਲਡਾਉਂਦਾ ਤਾਂ ਸੱਚਮੁੱਚ ਮੈਨੂੰ ਆਪਣੇ ਪਤੀ ਲਗਦਾ ।

ਜਸ਼ਨ ਤੇਰੇ ਨਾਲ ਲੜਦਾ ਪਰ ਫੇਰ ਵੀ ਉਸਦਾ ਕੇਅਰ ਕਰਦਾ ਹੈ ਤਾਂ ਮੈਨੂੰ ਲਗਦਾ

ਜਿਵੇਂ ਤੂੰ ਮੇਰੇ ਬੱਚੇ ਦਾ ਹੀ ਨਹੀਂ , ਮੇਰਾ ਵੀ ਬਾਪ ਹੈ । ਕਦੇ ਦਾਰੂ ਪੀ ਕੇ ਤੂੰ ਮੂੰਹ

ਜੇਰ ਝੱਖੜ ਵਾਂਗ ਖੋਰੂ ਪਾਉਂਦਾ , ਮੈਨੂੰ ਅਹਿਸਾਸ ਹੁੰਦਾ ,

ਤੂੰ ਮੇਰਾ ਮਰਦ ਏ । ਪਰ .. ਪਰ ਫਿਰ ਤੂੰ ਕਿਸੇ

ਗੱਲੇ ਖਿੱਝਿਆ – ਅੱਕਿਆ ਅੱਖਾਂ ਭਰ ਕੇ ਮੇਰੀ

ਹਿੱਕ ਤੇ ਆਪਣੇ ਸਿਰ ਆਣ ਰੱਖਦਾ .

ਤਾਂ ਮੈਨੂੰ ਪਤਾ ਲਗਦਾ ਤੂੰ ਤਾਂ ਮਾਂ ਮਹਿੰਟਰ

ਇਕ ਮਸੂਮ ਜਿਹਾ ਬੱਚਾ ਏ ਜੇ ਮੇਰੇ ਵਿੱਚੋ

ਆਪਣੀ ਪਿੱਛੇ ਰਹਿ ਗਈ ਮਾਂ ਨੂੰ ਲੱਭਣਾ ਪਿਆ ਏ ।

ਇਸ ਪ੍ਰਕਾਰ ਇਸ ਨਾਟਕ ਵਿੱਚ ਨਾਟਕਕਾਰ ਨੇ ਜਿੱਥੇ ਵਿਦੇਸ਼ਾਂ ਵਿੱਚ ਪੱਕੇ ਹੋਣ ਲਈ ਝੂਠੇ ਵਿਆਹਾਂ ਤੇ ਉਪਜੀਆ ਗੁੰਝਲਾਂ ਦੀ ਦਾਸਤਾਨ ਨੂੰ ਪੇਸ਼ ਕੀਤਾ ਹੈ ਕਿ ਉੱਥੇ ਹੀ ਔਰਤ – ਮਰਦ ਦੇ ਦਵੰਦਾਤਮਕ ਰਿਸ਼ਤਿਆਂ ਨੂੰ ਵੀ ਬਿਆਨ ਕੀਤਾ ਹੈ ।

ਜ਼ਹਿਰ ਨਾਟਕ ਰਾਹੀਂ ਨਾਟਕਕਾਰ ਨੇ ਦੁੱਧ ਵਿੱਚ ਡਿੱਗੀ ਹੋਈ ਛਿਪਕਲੀ ਤੇ ਜ਼ਹਿਰੀਲੇ ਰੋਏ ਦੁੱਧ ਦੇ ਹਵਾਲੇ ਰਾਹੀਂ ਮਨੁੱਖੀ ਰਿਸ਼ਤਿਆਂ ਵਿੱਚ ਫੈਲੀ ਜ਼ਹਿਰ ਦੀ ਤਰਜਮਾਨੀ ਕੀਤੀ ਹੈ । ਨਾਟਕ ਵਿੱਚ ਅਸੀਂ ਵੇਖਦੇ ਹਾਂ ਕਿ ਪਤੀ ਪਤਨੀ ਵਿੱਚ ਆਪਸੀ ਪਿਆਰ , ਮੁਹੱਬਤ ਨਹੀਂ ਰਹਿੰਦੀ ਤੇ ਉਹ ਆਪਣੇ ਮਨ ਦੀ ਸੰਤੁਸ਼ਟੀ ਵਾਸਤੇ ਬਾਹਰ ਨਾਜਾਇਜ਼- ਰਿਸ਼ਤੇ ਕਾਇਮ ਕਰਦੇ ਹਨ । ਔਰਤ ਆਪਣੇ ਕਿਰਾਏਦਾਰ ਨੌਜਵਾਨ ਨਾਲ ਤੇ ਮਰਦ ਨਾਟਕ ਵਿੱਚ ਆਪਣੀ ਸਾਲੀ ਨਾਲ ਰਿਸ਼ਤਾ ਕਾਇਮ ਕਰਦਾ ਹੈ । ਉਹਨਾਂ ਚਾਰਾਂ ਦੇ



ਰਿਸ਼ਤਿਆਂ ਤੇ ਮਨਾਂ ਅੰਦਰ ਇੰਨੀ ਕੜਵਾਹਟ ਭਰ ਜਾਦੀ ਹੈ ਕਿ ਉਹ ਇੱਕ – ਦੂਜੇ ਨੂੰ ਜ਼ਹਿਰੀਲਾ ਦੁੱਧ ਪਿਆ ਕੇ ਮਾਰਨ ਦੀ ਸਾਜ਼ਿਸ਼ ਕਰਦੇ ਹਨ ਪਰ ਨਾਟਕ ਦੇ ਅਖੀਰ ਵਿੱਚ ਉਹ ਆਪਣੀਆਂ ਗਲਤੀਆਂ ਨੂੰ ਮੰਨ ਲੈਂਦੇ ਹਨ ਤੇ ਆਪਣੇ ਮਨਾਂ ਵਿੱਚ ਫੈਲ ਰਾਹੀਂ ਜ਼ਹਿਰ ਨੂੰ ਖਤਮ ਕਰ ਲੈਂਦੇ ਹਨ । ਉਹ ਦੁਬਾਰਾ ਤੇ ਸਹੀ ਜ਼ਿੰਦਗੀ ਜਿਉਣ ਦਾ ਵਾਮਦਾ ਕਰਦੇ ਹਨ । ਇਸ ਸਬੰਧੀ ਔਰਤ ਤੇ ਮਰਦ ਇੱਕ – ਦੂਜੇ ਨੂੰ ਯਕੀਨ ਦੁਆਉਂਦੇ ਹਨ । ਉਹ ਨੌਜਵਾਨ ਕਿਰਾਏਦਾਰ ਕੇ ਮਰਦ ਦੀ ਸਾਲੀ ਦਾ ਰਿਸ਼ਤਾ ਤੈਅ ਕਰਦੇ ਹਨ । ਸਾਰਾ ਨਾਟਕ ਅਜੇਕੇ ਪਰਿਵਾਰਾਂ ਅੰਦਰ ਆ ਰਹੀਆਂ ਮਾਨਸਿਕ ਗੁੰਝਲਾਂ ਦੀ ਪੇਸ਼ਕਾਰੀ ਕਰਦਾ ਹੈ , ਜਿਸ ਦੇ ਤਹਿਤ ਪਤੀ – ਪਤਨੀ ਦੇ ਰਿਸ਼ਤੇ ਤਿੜਕ ਰਹੇ ਹਨ ਤੇ ਉਹ ਪਰਿਵਾਰਕ ਮੈਂਬਰ ਆਪਣੇ ਤਨ – ਮਨ ਦੀ ਸੰਤੁਸ਼ਟੀ ਲਈ ਇੱਕ – ਦੂਜੇ ਤੇ ਦੂਰ ਭੱਜਦੇ ਹਨ । ਇਹ ਸਾਡੇ ਸਮਾਜ ਦੀ ਬੜੀ ਗੰਭੀਰ ਸਮੱਸਿਆ ਹੈ । ਇਸ ਸਮੱਸਿਆ ਕਾਰਨ ਰਿਸ਼ਤਿਆਂ ਵਿੱਚ ਤਰੇੜਾਂ ਆਉਂਦੀਆਂ ਹਨ ਤੇ ਨੈਤਿਕ ਕਦਰਾਂ – ਕੀਮਤਾਂ ਟੁੱਟਣ ਲੱਗਦੀਆਂ ਹਨ ।

ਪਾਲੀ ਭੁਪਿੰਦਰ ਦੇ ਚੋਣਵੇਂ ਨਾਟਕਾਂ ਦਾ ਅਧਿਐਨ ਇਹ ਸਪੱਸ਼ਟ ਕਰਦਾ ਹੈ ਕਿ ਮਨੁੱਖ ਦੇ ਸਮਾਜਿਕ ਪ੍ਰਾਣੀ ਹੋਣ ਨਾਤੇ ਇਸਦੇ ਵਿਭਿੰਨ ਰਿਸ਼ਤੇ ਸਮਾਜ ਦੁਆਰਾ ਸੰਧਿਤ ਅਤੇ ਨਿਯਤਰਿਤ ਹੁੰਦੇ ਹਨ । ਔਰਤ ਤੇ ਮਰਦ ਦੇਵੇ ਆਜ਼ਾਦ ਜਾਂ ਸਮਾਜ ਤੇ ਨਿਰਲੇਪ ਨਹੀਂ ਰਹਿ ਸਕਦੇ । ਇਸ ਤਰ੍ਹਾਂ ਇਨ੍ਹਾਂ ਦੇ ਰਿਸ਼ਤੇ ਵੀ ਸਮਾਜ ਤੇ ਸੱਭਿਆਚਾਰ ਦੇ ਅੰਦਰ ਹੀ ਬਣਦੇ ਵਿਗਸਦੇ ਤੇ ਟੁੱਟਦੇ- ਭੱਜਦੇ ਰਹਿੰਦੇ ਹਨ । ਇਨ੍ਹਾਂ ਬਣਨ ਦੇ ਆਧਾਰ ਸਮਾਜਿਕ ਪ੍ਰਬੰਧ , ਆਰਥਿਕ ਜਾਂ ਕਾਮ – ਬਿਰਤੀ ਦੁਆਰਾ ਪ੍ਰੇਰਿਤ ਹੁੰਦੇ ਹਨ । ਕਾਮ ਬਿਰਤੀ ਵੀ ਵਾਸਨਾ ਦੀਆਂ ਹੱਦਾਂ ਨੂੰ ਛੁੰਹਦੀ ਹੋਈ ਅਤ੍ਰਿਪਤ ਅਕਾਖਿਆਵਾਂ ਵੱਲ ਨੂੰ ਤੁਰਦੀ ਹੋਈ ਰਿਸ਼ਤਿਆਂ ਦੇ ਨਿਘਾਰ ਦਾ ਕਾਰਨ ਬਣਦੀ ਹੈ । ਸਮਕਾਲੀ ਜੀਵਨ ਵਿੱਚ ਆਈ ਅਸਥਿਰਤਾ , ਅਨਿਸ਼ਚਤਤਾ ਤੇ ਅਸੰਤੁਸ਼ਟੀ ਮਨੁੱਖੀ ਮਨ ਤੇ ਵਿਵਹਾਰ ਨੂੰ ਤਰਲ ਤੇ ਬੇਹੱਦ ਨਾਜੁਕ ਰੂਪ ਅਦਾ ਕਰਦੀ ਨਜ਼ਰੀ ਆ ਰਹੀ ਹੈ । ਮਨੁੱਖੀ ਰਿਸ਼ਤਿਆਂ ਕੇ ਵਿਸ਼ੇਸ਼ ਤੌਰ ਤੇ ਔਰਤ ਮਰਦ ਦੇ ਰਿਸ਼ਤੇ ਦਾ ਇਹ ਸਰੂਪ ਪਾਲੀ ਭੁਪਿੰਦਰ ਸਿੰਘ ਨਾਟਕ ਵਿੱਚ ਨਜ਼ਰ ਆਉਂਦਾ ਹੈ ।



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ઝાપડિયા હરદિપ એ.
(M.A., M.Phil., GSET)

સારાંશ :-

ઉદ્યોગ એ દેશના આર્થિક વિકાસમાં ખુબ જ મહત્વનો ફાળો આપે છે. ભારતમાં મુખ્યત્વે બ્રાસપાર્ટ ઉદ્યોગ પંજાબ, હરિયાણા, ઉત્તરપ્રદેશ અને ગુજરાતમાં સ્થપાયેલ જોવા મળે છે. તેમાંથી ગુજરાતનો બ્રાસપાર્ટ ઉદ્યોગ સમગ્ર દેશની ૭૦% બ્રાસપાર્ટની માંગ સંતોષે છે. ગુજરાતમાં મુખ્યત્વે જામનગર જિલ્લામાં બ્રાસપાર્ટ ઉદ્યોગનો વિકાસ ખુબ જ મોટા પાયે થયેલ છે. અહિંના બ્રાસપાર્ટસ ઉદ્યોગમાં અસંખ્ય આઇટમો બનાવવામાં આવે છે. જેમાં મુખ્યત્વે બિલ્ડિંગ હાર્ડવેર, સેનેટરી અને બાથરૂમ ફિટિંગ્સ, બોલપેન પાર્ટસ, ઇલેક્ટ્રોનીક્સ અને ઇલેક્ટ્રીકલ એસેસરીઝ, ઓટોપાર્ટસ, સાયકલ ટ્યુબ વાલ્વ, કૃષિક્ષેત્ર સાથે સંકળાયેલા સાધનો માટેનાં પાર્ટસ, બ્રાસ જ્વેલરી અને સ્ટવ અને પેટ્રોમેક્સ પાર્ટસ વગેરેનું ઉત્પાદન કરવામાં આવે છે.

મહત્વના શબ્દો :- ઉદ્યોગ, બ્રાસ, એસોસિએશન, રોજગારી.

પ્રસ્તાવના :-

સૌપ્રથમ જામનગરમાં બ્રાસપાર્ટસનું કારખાનું 1952 માં સ્થાપવામાં આવેલ હતું. અને પછી ઉત્તરોત્તર તેમાં વધારો થયેલ જોવા મળ્યો છે. 1979-80 માં 1200, 1994 માં 3500 અને વર્તમાનમાં 4500 જેટલા કારખાના બ્રાસપાર્ટસનું ઉત્પાદન કરે છે. ઉદ્યોગોનાં વિકાસમાં બ્રાસપાર્ટ ઉદ્યોગ એ ખુબ જ ઝડપી વિકાસ પામતો ઉદ્યોગ છે. બ્રાસપાર્ટ એટલે પિત્તળમાંથી બનાવવામાં આવતા જુદા-જુદા સ્પેરપાર્ટ. જેમાં સ્ટોપર, ડોર



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अने विन्डी हेंग, सोकेटपीन, बेटरी टर्मिनल, केबल ग्लान्ड, ओटोमोबाईल, सायकल ट्यूबवाल्व वगरेनो समावेश थाय छे. आथी ब्रासपार्ट उद्योगमे विकासना पायानां उद्योगोमानो अेक छे.

संशोधननां हेतुओ :-

१. जामनगरमां ब्रासपार्ट्स उद्योगनो उदभव अने विकासनो ज्ञाणवो.
२. जामनगरमां अन्य उद्योगनी तुलनामे ब्रासपार्ट्स उद्योगमां रोजगारीनुं प्रमाण ज्ञाणवुं.

संशोधन पध्धति :-

प्रस्तुत संशोधन पेपरमां वर्णनात्मक संशोधन पध्धति तथा गौण माहितीनो उपयोगमां करवामां आव्यो छे.

संदर्भ साहित्यनी समीक्षा :-

(1) **Dr. Rajesh Faldu (June-2018)**

Study of Marketing challenges faced by Extrusion companies in brass parts industry नामनल संशोधन पेपरमां संशोधके ब्रास पार्ट्स उद्योगमां अेक्सट्रेजन कंपनीओ द्वारा सामनो करवामां आवता मार्केटिंग पडकारोनो अभ्यास विशे विगते यर्चा करी छे. प्रस्तुत संशोधनमां ब्रास पार्ट्स उद्योगमां पसंद करेल अेक्सट्रेजन कंपनीओ द्वारा करवामां आवता मार्केटिंग पडकारो शोधवा अने मार्केटिंग पडकारोने दूर करवाना पगला सूचववा अे हेतु रहेल छे.

प्रस्तुत संशोधनमां जोवा मज्युं के पड% मालिको सहमत छे के कंपनी माटे गुणवत्ता ज्ञाणववी अे अेक पडकार छे. ७५% बहुमतीमां ज्ञाण्युं के डिफ़ेक्ट कंपनी माटे चुकवणी अे अेक पडकार छे अने ८४% बहुमतीमां

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જાણવા મળ્યું કે મજૂર બળ જાણવણી એ એક પડકાર છે. મોટાભાગની કંપનીઓએ તે સંમતી આપી છે કે પ્રમોશનલ પ્રવૃત્તિઓથી તેમનું વેચાણ વધ્યું છે.

(2) Dr. Darshna H. Pandya , Dr. Javed Ghumra (August-2016)

“Effect of factory work on health of workers in brass industry” નામના પ્રોજેક્ટમાં સંશોધકે બ્રાસ ઉદ્યોગમાં ફેક્ટરી કાર્યની કામદારોના આરોગ્ય પર અસર અંગે વિસ્તૃત ચર્ચા કરી છે. જેમાં જામનગરમાં બ્રાસ ઉદ્યોગના વિવિધ વિભાગમાં કામ કરતા કામદારોની આરોગ્યની સ્થિતિનો અભ્યાસ કરવો એ હેતુ રહેલ છે. પ્રસ્તુત અભ્યાસમાં નમુના તરીકે બ્રાસ ઉદ્યોગમાં કામ કરતા કારીગરોમાંથી એક વર્ષ કરતા વધારે સમય કારખાનામાં કામ કરતા અને તેમની ઉંમર, જાતિ, અને ધર્મને ધ્યાનમાં લીધા વગર સર્વે અભ્યાસ માટે પસંદ કરવામાં આવ્યા હતા.

પ્રસ્તુત અભ્યાસમાં જામનગર શહેરની બ્રાસ ફેક્ટરીના કુલ ૨૦૦ કામદારોનો સર્વે કરવામાં આવ્યો હતો. તેમાંથી ૩૧ લોકો ફાઉન્ડ્રી કામ કરતા હતા અને બાકીના ૧૬૯ ઉત્પાદન ક્ષેત્રે કામ કરતા હતા. જેમાં ૮૬% કામદારો ૧૯ થી ૬૦ વર્ષની વયના હતા, ૮% કામદારો ૬૦ વર્ષથી વધારે વયના હતા, અને ૬% કારીગરો ૧૮ વર્ષથી ઓછી વયના હતા. કુલ નમૂનાના ૫૨% કારીગરો ૧૦ વર્ષથી ઓછો સમય બ્રાસ ફેક્ટરીમાં કામ કરતા જ્યારે ૪૮% કામદારો ૧૦ વર્ષ કરતા વધારે સમય ફેક્ટરીમાં કામ કરતા હતા. કુલ કામદારોના માત્ર ૧૨% કામદારોની આરોગ્યની સ્થિતિ સારી હતી જ્યારે ૮૮% કામદારો વિવિધ પ્રકારની શારીરિક સમસ્યાઓથી પીડાયેલ હતા. જેમાં ૪૦% એનીમિયા, ૨૨% મસ્ક્યુલોસ્કેલેટલ સમસ્યાઓ, ૨૦% ગેસ્ટ્રો આંતરડાની સમસ્યાના લક્ષણોનો સમાવેશ કરવામાં આવે છે.

જામનગરમાં બ્રાસપાર્ટસ ઉદ્યોગનો ઉદ્ભવ અને વિકાસ :-

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જામનગરના બ્રાસપાર્ટ ઉદ્યોગની શરૂઆત ભારત દેશની આઝાદી પહેલા ગણી શકાય. સૌપ્રથમ બ્રાસપાર્ટ ઉદ્યોગની સ્થાપના ૧૯૪૪-૪૫ના સમયગાળામાં થઈ અને ત્યારબાદ તબક્કાવાર ૧૯૫૬-૫૭ માં તેનો વિકાસ થયો. જામનગરમાં બ્રાસપાર્ટ ઉદ્યોગની સ્થાપના પહેલા મોલ્ડિંગ પાવડરમાંથી બનતા બટન બનાવવાનો ઉદ્યોગ ચાલતો હતો. બ્રાસપાર્ટ ઉદ્યોગના વિકાસમાં ખાસ કરીને સુથાર જ્ઞાતિનું મહત્વનું યોગદાન રહેલ છે. આમ બ્રાસપાર્ટ ઉદ્યોગનો વિકાસ ખૂબ જ ઝડપી થયો છે.

Sr. no.	Year	No. of units
1	1952	1
2	1954-55	15
3	1960-61	250
4	1967-68	700
5	1979-80	1200
6	1988	3000
7	1994	3500
8	1998	4500
9	2002	4000
10	At present	4500

Sources : Indian Engineering Exports –April 2008, Page No.40)

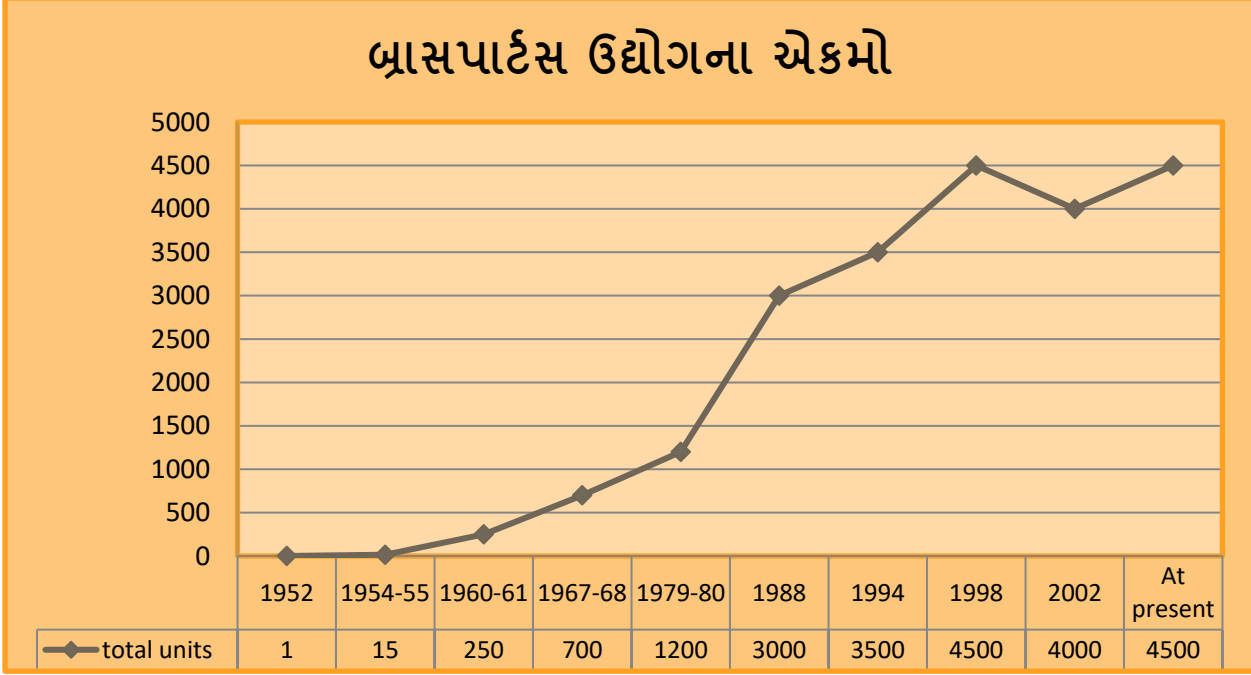
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આલેખ દ્વારા રજૂઆત :-



આલેખની સમજૂતી :-

ઉપરોક્ત આલેખમાં જામનગર જિલ્લામાં બ્રાસપાર્ટસ એકમોમાં થયેલ વૃદ્ધિ જોવા મળે છે. સૌપ્રથમ 1952 માં 1 એકમની સ્થાપના કરવામાં આવી હતી. 1954-55 માં તે વધીને 15 એકમો થયા હતા. પછી તેમાં ઉત્તરોત્તર વધારો થતો જોવા મળે છે. 1960-61 માં 250 એકમો અને 1967-68 માં 700 એકમો શરૂ થયા હતા. 1988 માં 3000 અને 1994 માં 3500 જેટલા એકમો કાર્યરત થયા હતા. આમ આ સમયગાળા દરમિયાન ઉદ્યોગનો વિકાસ ખૂબ જ ઝડપી થયો હતો. ગુજરાતમાં જામનગરને બ્રાસપાર્ટસનું હબ માનવામાં આવે છે. ત્યારબાદ 2002 માં 4000 એકમો અને હાલમાં 4500 એકમો બ્રાસપાર્ટસનું ઉત્પાદન કરે છે. આમ, જામનગરના બ્રાસપાર્ટસ ઉદ્યોગે આખા વિશ્વમાં પોતાની વિશેષ છાપ ઊભી કરી છે.



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ક્રમ	ઉદ્યોગનું નામ	રોજગારી સર્જન	હિસ્સો (%)
1	ખાદ્યપદાર્થ ઉદ્યોગ	4735	8.92
2	ઠંડા પીણાં, તમાકુ અને તે બનાવટો	342	0.64
3	સુતરાઉ કાપડ ઉદ્યોગ	434	0.82
4	હોઝિયરી એન્ડ ગારમેન્ટ્સ	1713	3.23
5	વૂડ પ્રોડક્ટ	956	1.80
6	પેપર પ્રોડક્ટ્સ એન્ડ પ્રિન્ટિંગ	457	0.86
7	લેધર પ્રોડક્ટ	43	0.08
8	રબર અને પ્લાસ્ટિક પ્રોડક્ટ	3014	5.68
9	કેમિકલ્સ અને કેમિકલ્સ પ્રોડક્ટ	1076	2.03
10	નોન-મેટલીક મિનરલ પ્રોડક્ટ	2350	4.42
11	બેઝિક મેટલ્સ	6747	12.70
12	બ્રાસપાર્ટસ ઉદ્યોગ	19033	35.85
13	મશીનરી એન્ડ સ્પેરપાર્ટ્સ ઉદ્યોગ	2007	3.78
14	ઇલેક્ટ્રિક મશીનરી	484	0.92
15	ટ્રાન્સપોર્ટ્સ ઇક્વિપમેન્ટ્સ	2307	4.34
16	પરચુરણ ઉત્પાદકીય ઉદ્યોગ	790	1.49
17	રિપેરિંગ સર્વિસિંગ	4222	7.95
18	અન્ય ઉદ્યોગ	2360	4.44
	કુલ	53097	100.00

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સ્ત્રોત :- જિલ્લા ઉદ્યોગ કેન્દ્ર, જામનગર
કોષ્ટકની સમજૂતી :-

ઉપરોક્ત કોષ્ટકમાં જામનગર જિલ્લામાં આવેલ જુદા જુદા ઉદ્યોગો અને તેમ રોજગારીનું પ્રમાણ અને ટકાવારી દર્શાવવામાં આવેલ છે. જેમાં ખાદ્યપદાર્થ ઉદ્યોગમાં 4735 લોકો રોજગારી મળી રહે છે અને 8.92 % લોકો આ ઉદ્યોગ સાથે જોડાયેલા છે. સુતરાઉ કાપડ ઉદ્યોગમાં 434, હોઝિયરી એન્ડ ગારમેન્ટ્સ માં 1713, વૂડ પ્રોડક્ટમાં 956 લોકોને રોજગારી મળી આપે છે. સૌથી વધારે રોજગારી આપતા ઉદ્યોગોમાં બ્રાસપાર્ટસ ઉદ્યોગ મોખરાનું સ્થાન ધરાવે છે, જેમાં 19033 લોકોને રોજગારી આપે છે અને કુલ ટકાવારીના 35.52% લોકો આ ઉદ્યોગમાંથી રોજગારી પ્રાપ્ત કરે છે. ત્યારબાદ બેઝિક મેટલ્સ - 6747, રબર અને પ્લાસ્ટિક ઉદ્યોગ-3014, રિપેરિંગ સર્વિસમાં- 4222 લોકોને રોજગારી પૂરી પાડે છે, જે ખૂબ જ મહત્વના ઉદ્યોગો રહેલા છે.

આમ, ઘણા બધા ઉદ્યોગો જામનગરમાં રોજગારીનું સર્જન કરે છે અને લોકોને રોજગારી પૂરી પાડે છે. જેમાં સૌથી વધારે રોજગારી આપતો બ્રાસપાર્ટસ ઉદ્યોગે આખા ભારતમાં પોતાની અલગ છાપ ઊભી કરી છે અને વિશ્વના ઘણા બધા દેશોમાં બ્રાસપાર્ટસ નિકાસ કરે છે. આમ, ઉપરોક્ત કોષ્ટકમાં આપણે જામનગરના જુદા જુદા ઉદ્યોગોમાં રોજગારીના પ્રમાણ વિશે વિસ્તૃત ચર્ચા કરી.

તારણો :-

- (૧) જામનગરના આર્થિક વિકાસમાં બ્રાસપાર્ટસ ઉદ્યોગનો ફાળો સૌથી વધારે રહેલ છે.
- (૨) જામનગરમાં બ્રાસપાર્ટસ ઉદ્યોગ અન્ય ઉદ્યોગની તુલનાએ વધારે રોજગારી પૂરી પાડે છે.
- (૩) જામનગરમાં બ્રાસપાર્ટસ ઉદ્યોગ ઘણો જૂનો અને ઝડપી વિકાસ પામેલો ઉદ્યોગ છે.

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36. “Application Of Z-Score Model for Financial Health Checkup: Case Study on Selected Airways Companies”

Author – Hardita P. Dhamelia

(Assistant Professor at RK University, Rajkot, Gujarat, Pursuing Ph. D from Commerce Department of Saurashtra University)

Address – ‘ARPAN’

Mangalam Park – 1

University Road

Rajkot- 360005

Gujarat

India

E-Mail Id. – harditadhamelia@gmail.com

Contact No. – 7600870950

Co-Author – Dr. Harish M. Chandarana,

(Associate Professor, Shri H.N. Doshi Arts & R.N. Doshi Commerce College, Wankaner , Gujarat)

E-Mail Id. – hmchandarana@gmail.com

Contact No. – 9426437706



“Application Of Z-Score Model for Financial Health Checkup: Case Study on Selected Airways Companies”

ABSTRACT

Various stake holders such as bankers, financial institutions, investors, employees, government etc. need to know about the financial health of the business. Financial Analysis and Financial Statements are the two main tools which can help the future availability and utilization of the firm. For arriving at the conclusions about the financial health of any business, there are several tools available. Out of all of them ratio analysis is one of the most widely used tool. Despite ratio is a powerful tool, combining different ratios into a single measurement is not possible. Prof. Edward I. Altman has made an effort to combine these ratios into a single model. This model is popularly known as ‘Z score model’ which is used to predict financial health of the business. The present paper is based on the secondary data of the company. The researchers have attempted to apply Z score model to check the financial health of Spice Jet Airline and Jet Airways Ltd. Company. The analysis showed the correct position of Jet Airways Ltd. as bankrupt, and Spice Jet Airways lies in the Grey Zone.

Key Words: -Financial health, Ratio analysis, Single measurement, Z score, Airways Companies

INTRODUCTION

The success of any company depends on effective financial practices which starts from proper procurement of funds and ends by proper utilization of funds, this is possible when the financial activities of the firms are analyzed. Thus, financial planning, financial analysis and financial statements helps the firms to know the strength and weakness of the companies. So, after financial planning, financial analysis is the crucial step for a company to be successful. The main tool for financial analysis is the financial statements of the companies. Preparation of financial statements is an important task for any business. With the help of these financial statements, the business can communicate about several aspects about the financial health of the business. Various stake holders are interested in knowing about the financial health of the business. These stake holders can be classified into two categories viz. internal and external. Internal stake holders such as employees, executives, various levels of management use the financial statements for various purposes.



External stake holders such as investors, credit agencies, government agencies, bank, financial institutions, other creditors etc. are interested in financial statements to know about the financial soundness of the business. In order to arrive at the conclusions about the financial soundness of the business the users of financial statements apply various tools of financial analysis such as comparative financial statements, common-size financial statements, trend percentages, fund flow and cash flow analysis and ratio analysis. Out of all these tools of financial statement analysis, ratio analysis is the widely used tool because of its efficiency and effectiveness of arriving at the conclusions about the financial soundness of the business.

INTRODUCTION TO Z-SCORE MODEL

Z-Score Model has been established by Edward Altman in the 1960s, he was an assistant professor of finance at New York university during that period. The model was prepared by Altman based on the research work done by considering the data of banks and have provided the bankruptcy model. In his study he considered 22 ratios and finally stated or formed the model considering 5 ratios which help to measure bankruptcy of the firms. This model helps to evaluate the general trend in the financial health of an enterprise over a period. Many accounting ratios are used to know financial health of the enterprise. Edward Altman established Z-Score model, he combined many accounting ratios (liquidity, leverage, activity and profitability) to form an index of profitability. A lower score of Z-Score Models depicts higher odds of bankruptcy. The model helps to analyze the financial solvency status of the firms and helps to take correct decisions regarding not entering the solvency Zone or Distress Zone, with the help of parameters given by Edward Altman.

Edward has developed different Models for Different Business and Firms.

The original model was developed further to know the financial soundness and financial solvency status of the private firms.



TABLE- 1

Model	Parameters	Description
Z- Score Estimated for Private Firms $Z = 0.717 X_1 + 0.847 X_2 + 3.107 X_3 + 0.420 X_4 + 0.998 X_5$	Z > 2.9 Safe Zone	$X_1 = \text{Working Capital} / \text{Total Assets}$
	1.23 < Z < 2.9 Grey Zone	$X_2 = \text{Retained Earnings} / \text{Total Assets}$
	Z < 1.23 Distress Zone	$X_3 = \text{Earnings Before Interest and Tax} / \text{Total Assets}$
		$X_4 = \text{Book Value of Equity} / \text{Total Liabilities}$
		$X_5 = \text{Sales} / \text{Total Assets}$

REVIEW OF LITERATURE

Altman, E. (1968) has studied the theory of Traditional Ratio Analysis and Multiple Discriminant Analysis with the help of this method the researcher has developed Z-Score Model combining the ratios. The researcher has taken into consideration 66 corporations with 33 firms in each group. The researcher has analyzed the several factors which affect the firms. To measure the financial soundness the researcher has derived Z-Score Model. The researcher has reached the conclusion that discriminant ratio model proved to be accurate in predicting bankruptcy perfect in 94% of the sample of 1st 33 units and 95% of all firms in the bankrupt and non-bankrupt groups assigned to their actual group classification. The researcher also suggested the practical and theoretical implications of model. The researcher also told that the subject need to further researched and investigate the problems and even the model.

Pakdaman, H. (2018), the researcher in the paper titled “Investigating the ability of Altman and Springate and Zmijewski and Grover Bankruptcy Prediction Models in Tehran Stock Exchange” has researched with a motive to know which prediction model among Altman, Springate, Zmijewski or Grover will be best to predict the financial conditions of the companies listed in Tehran Stock Exchange. The researcher even wanted to know the financial status of the company and issue of the continuity of their activities. The research was also undertaken so that it can help the stakeholders to take better decisions. The researcher has taken into consideration the data of 35 companies from textile and ceramic industry group which have been



listed on the Tehran Stock Exchange. The researcher has taken into consideration the data of 5 years to study and find the results which test will be best to prove the financial crises of the company. The researcher has considered the time period between 2011-2016 for the study. The researcher has collected the data from the financial statements of the company. The researcher has framed 8 hypotheses to further know which model can help to predict the financial crises of the companies. The researcher has used Correlation test to examine the significance of each bankruptcy Model and further have used multiple Linear Regression to find out the best fit Model. The researcher found that Grover Model was the best Model for forecasting financial crises in Tehran Stock Exchange. The researcher also suggested that Stock Exchange should be organized in order to provide the data as per Grover Bankruptcy Pattern and even auditors can use this model in predicting and commenting for the future continuity of the companies listed on Tehran Stock Exchange.

Panigrahi, A. (2019) the researcher in the paper titled “Validity of Altman Z Score Model is predicting financial distress of Pharmaceutical Companies” aims to examine the financial distress status and financial health of some selected pharmaceutical companies using Altman Z- Score Model. The researcher has taken into consideration the data of 4 pharmaceutical companies for the study i.e. Aurobindo Pharma, Lupin Pharma, Dr. Reddy’s Laboratories and Sun Pharma. The researcher has taken the data of 5 years for the study i.e. 2012-13 to 2016-17. The researcher has collected the data from annual reports and from the website moneycontrol.com. The researcher has used Z-Score Model to analyze the data. The researcher has done calculations as per Altman’s Z-Score test for solvency Analysis. The researcher has even calculated average of the industry calculating upon 5 ratios that are considered in Z-Score Model. The researcher has calculated the average Z-Score of the pharmaceutical industry which shows that pharmaceutical industry is financially sound. The researcher also concluded saying that the highest average was of Dr. Reddy’s followed by Lupin Pharma, Sun Pharma and lastly Aurobindo Pharma. The researcher also concluded that study shows Aurobindo Pharma was found in Distress Zone in 2013-14 than probably they were able to reach the safe zone by 2016-17. The researcher has also said that this research would be helpful to investors in making certain decisions on which they can decide the current and future position of the company. The researcher in the concluding remarks added that if the risk of default and bankruptcy increases when a firm adopts more aggressive working capital policies which shows that company may be facing bankruptcy and serious financial crisis.



Yadav, C. and Pallapothu, V. (2015) the researcher in the paper titled “Predicting Bankruptcy: An Empirical Study Using Multiple Discriminant Analysis Models” have researched on predicting the best MDA model which accurately predicts the bankruptcy. The researcher has analyzed the data using 2 MDA models – Altman Z-Score Model and Springate Model. The researcher also aims to find and help the users to make the right choice among the model to find the solvency status of the companies. The research was also undertaken with an objective to analyze the dimension and to get an idea in which area improvement is needed. The researcher also wanted to find out whether healthy companies are performing significantly as compared to non-healthy companies using statistical tools. The researcher has considered a sample of 45 companies for the study. The researcher has collected the data from the financial statements of the companies. The researcher has considered the data of 5 years for the study. The researcher has used T-test to analyze the data. The researcher has performed T-Test on the values of Z-Score and Springate Score of healthy and Distress companies. The researcher concluded that Altman Z-Score is more conservative in nature.

Objectives of Present Research Paper

- 1) To study the solvency status of companies using Z-Score Model
- 2) To study the financial health of selected companies.

RESEARCH METHODOLOGY

To carry out the research work properly and systematically, it is necessary to prepare a research methodology first. In present research paper, following research methodology is used.

Title of the Study

The title of the study is as under

“Application Of Z-Score Model for Financial Health Checkup: Case Study on Selected Airways Companies”



Sample Size

The study is undertaken by considering the data of different companies associated with Airways Industry. The study includes data of SpiceJet Airways and Jet Airways Ltd.

Method of Data Collection

The researchers have used secondary data for the analysis. The details of different ratios are taken from www.moneycontrol.com. The details have been collected from the Annual Reports of the company. The researcher has considered the data of last 5 years for the study from 2014 to 2018.

Limitations of Present Research Paper

The main limitations of the present research project are.

- 1) The method of data collection is secondary, so the analysis has been done from the data that has been available in the financial statements of the company.
- 2) The data has been collected for 5 years only so the result is not applicable for coming years.
- 3) The outcomes are only available for the above companies and not the other companies.

Analysis and Interpretation

Z-SCORE ANALYSIS

TABLE – 1

A table showing calculation of Z-Score of SpiceJet Airways

Z Score = $0.717X_1 + 0.847X_2 + 3.107X_3 + 0.420X_4 + 0.998X_5$						
Year	$0.717X_1$	$0.847X_2$	$3.107X_3$	$0.420X_4$	$0.998X_5$	Z Score
2014	-0.513	-0.458	-0.933	0.057	2.107	0.260
2015	-0.527	-0.720	-0.708	0.065	1.977	0.087
2016	-0.490	-0.487	0.541	0.065	1.750	1.378
2017	-0.425	-0.342	0.461	0.070	2.023	1.786
2018	-0.378	-0.132	0.485	0.060	1.859	1.894

TABLE – 2

A table showing calculation of Z-Score of Jet Airways Ltd.

Z Score = 0.717X₁+0.847X₂+3.107X₃+ 0.420X₄+ 0.998X₅						
Year	0.717X₁	0.847X₂	3.107X₃	0.420X₄	0.998X₅	Z Score
2014	-0.778	-0.258	-0.732	0.002	1.828	0.062
2015	-0.708	-0.399	-0.103	0.002	1.876	0.668
2016	-0.591	-0.282	0.546	0.002	1.885	1.561
2017	-0.493	-0.608	0.384	0.002	2.148	1.433
2018	-0.409	-0.499	-0.053	0.002	1.782	0.823

Table – 3

A Table Showing Overall Interpretation of Z- Score

Year	2018	2017	2016	2015	2014
SpiceJet Airways	1.894 (Grey Zone)	1.786 (Grey Zone)	1.378 (Grey Zone)	0.087 (Distress Zone)	0.260 (Distress Zone)
Jet Airways Ltd.	0.823 (Distress Zone)	1.433 (Grey Zone)	1.561 (Grey Zone)	0.668 (Distress Zone)	0.062 (Distress Zone)

MAJOR FINDINGS

- From the present study the researchers found that among the 2 selected companies both companies lie in grey zone and distress Zone.
- It was found by the researcher that both companies are not financially sound.
- It was found that with help of Z-Score Model that Jet Airways Ltd is in distress zone means is it Bankrupted.

CONCLUSION

From the present research work we can conclude that the Z-Score Model is very precise in finding the bankruptcy stage of the company. From the above results it was found that Jet Airways Ltd. which is already bankrupt the model shows it is in distress Zone and Spice Jet Airways which had been in bankruptcy stage



during 2014 and 2015 is already proved by the model even gradually the financial position of company is improving so the status of company lies in Grey Zone.

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s'A yZp/ fbyh iKdh ;h.JhokBh s'A pknd :{BkBh b'eK B/ nkgDk oki
fjzd';skB ftZu ekfJw ehsk ;h T[BQK dh fbgh ;z;feqs Bkb w/b yKdh ;h i'



fe gzikph GkPk d/ pj[s B/V/ ikgdh j?. @ fgqzH s/ik f;zx fjJ ftuko
gqrNkfJnk eod/ ;B fe gzikph dk tko o{g :{BkBh dk Uv o{g jh j?. T[BQK
B/ r[o{ BkBe ;kfjp dh ouBk *nk;k dh tko* B{z Uv d/ Bw{B/ T[FZs/ T[;oh
dZf;nk j?.⁴ id'A fj;bkw Xow :{BkB s'A pknd nkfJnk sK nop d/P Bkb
fjzd';skB d/ uzr/ ;zpzX pD rJ/.T[BQK B/ b'eK ftZu p[Zs g{ik,nrBh g{ik
nkfd tfjwK^GowK B{z eZYD bJh fj;bkw Xow B{z c?bkfJnk.pj[s ;ko/ fjzd{
b'eK B/ fjJ Xow

3

ngDkfJnk. @r?o^nopphnK ftZu P[ZX noph GkPk s/ T[; okjhA noph ebuo
d/ gquko bJh gkm^g[;seK fsnko eotkJhnK rJhnK.⁵ noph fbgh ftZu jo
g[;se B{z fbyD dk :sB ehsk frnk s/ fjJ ;cb th j'Jh.

nop d/ ;zzpzX coK,, ;g/B, uhB Bkb pD rJ/.fi; Bkb w[;bwkB e"w dk ;kro
mkmK wkodk fd;D bZr fgnk.cko;h dk gqFGkt ;fji o{g ftZu ep{fbnk
frnk.nkoph cko;h n;bhns d/ B/V/ j' rJh.id'A r[o{[nK B/ iBw fbnk sK
r[ow[yh fbgh ouh go nc;""; fj; fbgh B{z 47 dh nkldh s'A pknd jh fbys
doik fwB ;fenk gfjbK noph cko;h jh fbyh iKdh ojh.id'A nzro/l Gkos ftZu
nkj/ sK T[jBK B/ gzikph B{z e[M nfij/ Ppd fdZs/ fiBQK B{z n;hA T[BQK d/
nzro/lh o{g ftZu jh ngDk fbnk.nfijk jh BjhA T[BQK d/ nkT[D Bkb ;kv/
;ZfGnkukoe fgS'eV s/ pj[s gqGkt fgnk n;hA T[jBK dhnk fdZshnK BthnK
wPhBohnK B{Qz T[jBK d/ fdZs/ BktK Bkb jh ikDd/ jK.y?ao nzro/lK B/ i'
Skg ;kvh gzikph s/ SZvh j? n;hA T[; s'A Gbh^GKs ikD{ jK s/ fjJ Skg ni'e/
gzikp ftZu ;kB{z nZi th d/yD B{z fwbdh j?.

;z;ko ftZu 7117 GkPktK p'bhnK iKdhnk jB.gzikph/ ;G s'A tZX p'bhnK ikD
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gzikph p'bd/ jB s/ Gkosh gzikp d/ 2H8 eo'V b'e gzikph p'bd/ jB.gkfe;skB
dk nZX s'A finkdk fjZ;k 65# b'e gzikph p'bd/ jB s/ Gkosh gzikp dk 44#
fjZ;k gzikph p'bdk j? fi; ftZu fjwkub gqd/P,jfonkDk,fdZbh s/ gzikp oki
nkT[Ad/ jB. gkfe;skB gzikp B{z bfjzdk gzikp s/ Gkosh gzikp B{z

4 uVQdk gzikp fejk iKdk j?.1947 dh
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bfjzdk fejk ikD bZrk.

gkfe;skB gzikp dh GkPk T[od{ j? i' fe fJE'A dh e/Adoh GkPk j?. i' fe
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XhnK tkbk j?. ;G s'A gfjbK rIBth oki d/ lwkB/(1021^1186 JhA) noph,
cko;h s[oeh p'bD tkfbnk Bkb tkj fgnk,fJ;/ ;z:'r B/ gzikph d/ g/N/ T[od{ B{z
iBw fdZsk.fj; rZb B{z g'qH jkfcj wfjw{d PhokBh B/ *gzikp w/A T[od{*
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ojh.T[od{ GkPk fjzdh GkPk d/ B/V/ wzBh iKdh j?.T[od{ GkPk B;skbhe
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fbZgh B{z j[D th B;skbhe iK Pkjw[yh fejk iKdk j?.fj;bkw Xow dk gquko
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pj[s ;ko/ d/PK ftZu c?bh.fJj fbZgh th T[od{ dk jh nZr pDh.



@r[ow[yh BK sK Gkt/A gzi uko ;" toQ/ s'A g[okDk Bk j't/ go fJ; d/
nZyo Y/o g[okD/ jB.@₇ pqjwh s/ yo'PNh fjzdh dhk d' w[y fbZghnK
wzBhnk rJhnK jB.yo'PNh dk ;zpzX uhBh s/ s[oe;skB

5

Bkb wzfBnk iKdk j?

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ftZu fJ; d/ Bw{B/ gfjbK jh fwbd/ jB.r[o{ BkBe d/t ih s'A b? fe r[o{ noiB d/t
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T[ukoB d/ ;ko/ w[y n;{bK B{z fBGk e/ ftykfJnk.@₈ n;b ftZu r[o{nK B/
r[ow[yh d/ Bkb^Bkb T[; ;w/A p'bhnK iKdhnK j'o p'bhnK d/ bfji/ o{g ftZu
th pkDh ouh j?.fJZe iBw;kyh ftZu fleo nkfJnk j? fe @r[o{ nzrd d/t ih B/
GkJh g?V/ B{z r[o{ BkBe dh iBw^gZsoh Bkroh s'A r[ow[yh ftZu T[skoB
bJh fejk.fJ; s'A lkjo j[zdk j? fe GkJh g?Vk gfjbK jh r[ow[yh nZyoK s'A ikD{
;h,i' fe T[; ;w/A d/P ftZu ukb{ ;B.@₉ n;hA fJj nzdkia brk ;ed/ jK fe
r[ow[yh d/ nZyo gfjbK th ;B go r[o{ nzrd d/t ih B/ fJ; B{z ;'X fe ;kjwD/
fbnKdk.

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i/eo fJfsj kf;e ouBktK dh rZb ehsh ikt/ Gkt fe ;kfjs ouBk ;kB{z j[D sZe
fizBQk th ;kfjs fwfbnk j? T[; ftZu Pk jw[yh s/

6

r[ow[yh

d't/A o{g wi{d jB.Gkt/A fe Pk jw[yh ouBktK tX/o/ fwbdhnK jB go r[ow[yh
ouBktK dk ;kfjs th wi{d j?.pkpk coh d dh pkDh r[ow[yh ftZu fwbdh
j?.@pkpk coh d/ ;b'eK ftZu noph^cko;h d/ b|l th nkJ/ jB.fj; ftZu
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B{z ngDkfJnk. @gzikp dh nK g/qw^eEktK B{z nk w b'eK dh frnks s/ o'wK;
fsqgsh bJh fJE'A dh GkPk ftZu eftsk dk o{g fdZsk.@₁₂

dw'do,ghb{, jkPw Pkj, jkfc i piy[odko, nfjwd :ko, tkfo; Pkj,p[Zb/Q Pkj
tor/ ethnK B/ gqhs feZ;/ fit/A jho^oKMk, fwoik^;kfjpk,
;Z;h^g[zB{,;jDh^wkjh tkb,Phoh^ |ojkd,i{;c^i[b?yK tor/ feZ;/ Pk jw[yh ftZu
fby/.Gkt/A e[M feZ;/ JhokBh th ;B go T[jBK dh ouBk th Pk jw[yh ftZu
ehsh rJh.fj; s'A fJbktk fjJBK ethnK B{z ;{ch eth th fejk iKdk j?.fJjBK dh
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B/ th Pk jw[yh ftZu ouBk ehsh.T[od{^cko;h dh l[pkB d/ B/V/ j'D eoe/ T[;
;w/A d/ b'eK ftZu fj; dk o[MkB flnkdk ;h fi; eoe/ ;kfjse ouBktK dh fbZgh
Pk jw[yh oj h.



7

r[ow[yh fbZgh ftZu r[owfs dk fJfsjk; ofunk frnk. r[o{nK B/ nkgDh ;kfjs ouBk Gkt/A r[ow[yh ftZu ehsh go cko;h^nopd d/ pj[s ;ko/ PpdK B{z th ngDkfJnk .r[o{ r'fpzd f;zx ih dhnk ouBktK gzikph GkPk d/ B/V/ jB go nkg ih pj[s GkPktK d/ frnksk ;B. @lcoBkw/ fihj cko;h eftsk ou d/Dk s/ Bzd bkb tor/ ethnK dk nkg dh jI{oh ftZu ofjDk, fJ; rZb B{z f;ZX eodk j?.r[o{ ;kfjp dh p'bh dk tZvk ewkb fJj j? fe cko;h s/ ;z;feqs PpdK Bz{ fJeZmk tofsnk j?.¹³ gzikph dk tko ;kfjs th r[ow[yh ftZu jh fbfynk frnk Gkt/A e[M ouBktK Pkjw[yh ftZu jB go gfjBk fJj r[ow[yh ftZu fbyDhnK nkozG j'JhnK.frnkBh frnkB f;zx ofus ;qh r[o{^rzqE gqekP,*skohy r[o{ ykb;k* nkfd th r[ow[yh ftZu ouhnK ouBktK jB.wjkokik oDihs f;zx d/ ;w/A dh GkPk th T[od{^cko;h jh ojh.nzro/lk d/ ;w/A je{ws dh GkPk cko;h^nkoph ;h go T[; ;w/A pj[s ;kok gzikph r[ow[yh ;kfjs th ofunk frnk.GkJh tho f;zx , BkBe f;zx tor/ ethnK dhnk ouBktK r[ow[yh ftZu ouhnK rJhnK. @1897 ftZu *jw fjzd{ BjhA* ekBQ f;zx BkGk s/ 1898 ftZu GkJh tho f;zx dk Bktb *;z[doh* Sfgnk.¹⁴ T[; ;w/A r[ow[yh ftZu n\pko th SgD/ P[o{ j'J/.fJ; s'A fJbktk g'qH g{oB f;zx, ptkk p[ZX f;zx,fgzH s/ik f;zx,vkLw'jB f;zx dhtkBk,r'gkb f;zx dodh tor/ nB/eK j'o ethnK B/ r[ow[yh ftZu ouBktK fbyhnK.gzikph dh r[ow[yh ftZu nB/eK jh BkNeK ,fJeKrh, ejkDh s/ Bktb torhnK ftXktK dh ouBk j'Jh.

1947 B{z id'A d/P dh tzv j'Jh sK ;KM/ gzikp d/ N'N/ j' rJ/. Gkosh gzikp fjZ;/ i' gzikp nkfJnk T[j j''bh ^j''bh gkfe;skBh gzikp dk nZX jh ofj frnk.gzikp dh tzv wlj p d/ Bkw s/ ehsh rJh.w[;bwkBK B{z fjzd{^f;ZyK s'A tZy eo fdZsk

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frnk.w[;bwkBK dk fJbkek gkfe;skB pDk fdZsk frnk s/ Gkos fjZ;/ f;ZyK dk
gzikp nkfJnk.fJ; gzikp ftZu fdZbh, jfonkDk, fjwkub nkT[Ad/ jB fiZE/ b'e
gzikph p'bd/ jB. @1966 ftZu fJZe^GkPh gzikp gqd/P pD ikD Bkb gzikph
p'bd/ fJbke/ jfonkDk s/ fjwkub ftZu ub/ rJ/ ;B.fizBQK ftZu gzikph dk
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ehsk.i/eo n;hA rZb eohJ/ gkfe;skBh gzikp dh sK T[E/ Pkjw[yh T[od{ ftZu
fbyh ikD bZrh.Gkt/A gkfe;skB dk pj[s fjZ;k gzikph p'bdk j? go fjJ T[FZE/ fjJ
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jh fj;s/wkb ehsk iKdk j?.

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gzikph dh T[g^p'bh w[bskBh iK ;okfJeh p'bh iKdh j?.

9

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5He'jb{. ;{pk ;ojZd ^gzikphnK d/ iZdh Pfjo fjJ jB L1H
fgPkto, 2Hn?pNkpkd, 3Hjt/bhnK,
4HwkB;fjok, 5Hpkbke'N.@17



fj; s'A fJbktk T[E'A d/ e[M gjkVh fJbkfenK ftZu th gzikph p'bh iKdh j?.g{o/ fibQK jlkok ftZu th jlkoth bfji/ Bkb gzikph p'bh iKdh j?.

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jkoh j'Jh e"w dh GkPk torh j?.gzikp dh n;A?pbh ftZu, gzikp d/ jh fe;/
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ftek; bJh e'Jh oew okythA BjhA oZyh iKdh. wK p'bh dh EK gfjhb iwks s'A
T[od{ lpbK gVQkjh iKdh j?.@20

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j? s/ eJh :sB th ehs/ jB fe T[E'A dh oki GkPk r[ow[yh jh j't/. Gkosh gzikp
ftZu gzikph dh jkbs Gkt/A gkfe;skBh gzikph Bkb'A ek|h uzrh j? go
nzro/lh ;e{bK dh nkwd B/ gzikph dh nfjwhns B{z ek|h xNk fdZsk
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jB.gzikph GkPk d/ gq;ko bJh *gzikph :{Bhtof;Nh

gfNnkkb* dk pj[s tZvk :'rdkB fojk j? i' jkb/ th ikoh j?. gkfe;skBh gzikphz
fJj :sB eo oj/ jB fe T[jBK dh fbZgh th r[ow[yh j't/ feT[Afe T[j y[d wzBd/ jB
fe gzikph GkPk bJh tX/o/ Y[ethA fbZgh r[ow[yh jh j?.T[E'A d/ e[M
ndkfonK ftZu th r[ow[yh f;ykjh iKdh j? s/ Gkosh gzikp ftZu th Pkjw[yh
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th pj[s lo{oh j? ukj/ T[j r[ow[yh ftZu j't/ ukj/ Pkjw[yh ftZu. @gzikph p'bh
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;zgodkfJe tzvhnK B{z gZek eoB dk.@21



;kB{z fe;/ p'bh dh E'g B{z gqtkB BjhA eoBk ukjhdk.nkgDh wK^p'bh B{z jh
gfjb d/ nkXko s/ b?Dk ukjhdk j?.gkfe;skBh gzikph th i' :sB eo oj/ jB j' ;edk
T[FZE/ nkT[D tkb/ ;w/A ftZu r[ow[yh fbZgh jh bkr{ j' ikt/.go uVQd/
gzikphU s[jkB{z th fj; rZb B{z ;wMDk gt/rk fe s[;hA jh nkgDh GkPk B{z
;zGkbDk j? i/eo nzro/lh dk g;kok fJzM jh j[zdk fojk sK j' ;edk ;w/A dhnK
;oekoK th ;kB{z e'Jh okj Bk d/D.fi; gzikph B{z fJzB/ ;zxoP ftZu'A bzdDk
fgnk T[; dh bki j[D ;kv/ jZE ftZu j?.gzikph p'bD ftZu fjueukjN jh ;kvh p'bh
Bzz{ fgZS/ XZE ojh j? i/eo n;hA p'bkr/ BjhA sK fbyDk th G[Zb iktKr/ fj;
bJh nkgDh GkPk B{z e"wh GkPk wzB e/ T[; bJh jo ;zGt :sB eoBk ukjhdk j?
sK fe fjJ nkT[D tkb/ ;w/A ftZu j'o p[bzdhnK B{z S{j e/ j'o th ftef;s j't/.

jofizdo e"o

gzikph y'i ftfdnkoEh

(;hHNhH:{Bhtof;Nh b[fXnkDk)

12

jtkb/

1 i/HphHn?;HBzdk, *gzikph ;kfjs nfXn?B* gzBk BzH 253

2 p{Nk f;zx pokV, *gzikph GkPk ;kfjs s/ ;o{g* gzBk BzH 83

3 g'qH gqhsW f;zx, *gzikp s/ gzikph T[FZs/ gJ/ pd/Ph gqGkt* gzBk
BzH 22

4 g'qH gqhsW f;zx, *gzikp s/ gzikph T[FZs/ gJ/ pd/Ph gqGkt* gzBk
BzH 28

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5 np[Zb^fJo |kB, *fJ;bkwh T[b{w ^t^ |B{B fjzd';skB w/A* gzBk BzH 35

6 g'qH fgkok f;zx gdw, *gzikph p'bh dk fJfsjk;* gzBk BzH 186

7 g'qH fgkok fz;zx gdw, *r[ow[yh fbZgh dk fJfsjk;* gzBk BzH 46

8 vkH w'jB f;zx dhtkBk, *ig[Gkyk s/ Szdkpkdh* gzBk BzH 36

9 g'qH fgkok f;zx gdw, *r[ow[yh fbZgh dk fJfsjk;* gzBk BzH 58

10 p{Nk f;zx pokV, *gzikph GkPk ;o's s/ ;o{g* gzBk BzH 88

11 vkH w'jB f;zx dhtkBk, *J/ fj;Noh n" | zikph fbNo/uo* gzBk BzH 47

12 g'qH feogkb f;zx e;/b s/ vkH gofwzdo f;zx, *gzikph ;kfjs dh T[sgsh s/ ftek;* gzBk BzH 183

13 g'qH feogkb f;zx e;/b s/ vkH gofwzdo f;zx, *gzikph ;kfjs dh T[sgsh s/ ftek;* gzBk BzH 185

13

14 g'qH fgkok f;zx gdw, *r[ow[yh fbZgh dk fJfsjk;* gzBk BzH89

15 g'qH feogkb f;zx e;/b s/ vkH gofwzdo f;zx, *gzikph ;kfjs dh T[sgsh s/ ftek;* gzBk BzH 440

16 g'qH gqhs w f;zx, *gzikp zikph s/ zikphns* gzBk BzH 83

17 g'qH gqhs w f;zx, *gzikp zikph s/ zikphns* gzBk BzH 26

18 g'qH gqhs w f;zx, *gzikp zikph s/ zikphns* gzBk BzH 23



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19 T[FZib f;zx pkjoh s/ vkH joehos f;zx, *GkPk ftfrnkB s/ gzikph GkPk*
gzBk BzH 183

20 g'qH gqhs w f;zx, *gzikp gzikph s/ gzikphns* gzBk BzH 14

21 g'qH gqhs w f;zx, *gzikp gzikph s/ gzikphns* gzBk BzH 122

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38. An Analytical Study of Amrita Pritam as a Progressive Writer

-Hima Mehta

Research Scholar,

Department of English & CLS,

Saurashtra University, Rajkot.

Amrita Pritam was born in Gujarawala-the western part of Punjab, which is presently in Pakistan, in 1919 in a Sikh family. She was a daughter of Sardar Kartarshinh Hitkari who was known as Nand Sadhu. He was also a religious poet and a scholar. Her mother Rajbibi was a teacher in school. She passed away when Amrita was just one and half year old. She remained the only child as her brother passed away in infancy. Since her early days of youth, she emerged as a sincere aspirant of literary world.

At the age of sixteen, she started writing poems. She was one of the writers who evidently gathered the odds and ends of Pre and Post Independence issues and stood for the cultural and intellectual continuity of Indian Literary Tradition. She came to occupy a place with a sheer consciousness of cultural and social phenomena and she had essence to put ordinary problems in such ways which would make them universal questions. There is no doubt about that she had shaped the substantial body of Indian writings and shaped the new world of writing and shared her common mode of interpretations actively.

Amrita was working in 'All India Radio' as a Punjabi announcer from 1948 to 1960. Though much is known about her marriage and divorce, she is a different personality in her literature. We can draw an outline of her life-span considering her tone and general mood reflected in her works while



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studying them chronologically. Besides social and religious issues of her time, she started her career as a romantic writer. Though she was far more advanced than her contemporaries, we can mark that the tradition did stay alive, to re-emerge notably later in her works. She has received many awards for her literary accomplishments, like She has received 'Sahitya Akademi Award' for her poetry collection '*Sunehadey*' in 1956. She got India's highest literary award '*Bhartiya Jnanpith Award*', for her another poetry collection '*Kagaj te Canvas*' in 1981. She was honoured with Padma Shri in 1969 and with Padma Vibhushan in 2004. Many Universities awarded her with a degree of D.Litt., like Delhi University (1973), Jabalpur University (1983), Vishwa Bharti Shanti Niketan (1983) and Panjab University (1987). She was considered as one of the members of Romantic Progressive Writers' group. Her writing is capable of many kinds of literal interpretations. But it attracts the readers today for the newness and stylistic charm that one can mark in her uncommon phenomenon of literary Romantic Progressive Writings.

The Progressive Writers' Associations established in London by Indian group of writers, including Mulk Raj Anand, Sajjad Zaheer, and Jyotirmaya Ghosh, in 1934. It was established in Lucknow in 1936. Mulk Raj Anand gave a speech at the second convocation of the All India Progressive Writers' Association at Calcutta in 1938, where he discussed the purpose of the movement in which he said that the writer should use their craft as means of exposing injustice and exploitation. Further, the purpose of social realism is to define the realism exist even in obscure lanes and alleys. He believed that writers should represent the degraded life of subalterns and it should be the pre-condition of realism. He has addressed the problem faced by farmers, women, and laborers and they wanted freedom, equality, and democracy to replace dictatorship, injustice, and slavery.

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The movement for progress has the aim to bring development in so many aspects of human life. The movement encouraged nationalism and social upliftment through literature which highlighted issues like hunger, poverty, slavery, social backwardness, and orthodox views regarding women. Progressive writers introduced social realism and anti-imperialism and Nationalism in India at that time. And all progressive writers became adventures with new diction and vocabulary.

As far as India was concerned, the movement was a reflection of liberation and democracy. The movement lead by freedom-loving writers like Ismat Chughtai, Saadat Hasan Monto, Faiz Ahemad Faiz, Munshi Premchand, Sahir Ludhianvi, Firaq Gorakhpuri. Amrita Pritam was also a part of this movement. In 1947, Amrita Pritam was in Lahor and she has firsthand experience of India and Pakistan's partition. She was deeply moved by the bloodshed, hatred and raped occurred during that time. She had to move to Dehradun and then to Delhi from Lahor because of partition. She wrote the poem "An Ode to The Warish Shah" where she invokes the spirit of 18th century Sufi poet Warish Shah. She is describing that the river Chenab is filled with blood. Warish Shah was a love poet and he discussed the pain of Heer, while Amrita Pritam was saying that millions of Panjabi daughters were crying to Warish Shah and urging him to invoke from his grave. She has written many other revolutionary poems too, like 'Virgin', 'The Scare of a Wound', and 'Helpless' where she is narrating how a woman is suffering due to orthodox and conventional mode of living in that era. Even Amrita Pritam's novel 'The Skeleton' also depicting the partition agony, woman's situation and her emotional crisis of that time. Even in her autobiography ' The Revenue Stamp', there are many examples where she is not following a conventional notions regarding social, emotional, political, and religious traditions by offering something very new that uplifted which truly fit as the term progressive.

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The literature of every age is affected by the intellectual, moral, economic and political atmosphere of its time. Time is an ocean, and moral and social values are the waves of this ocean. There are only few writers who can settle on an independent direction for their boat. And if one writer specifically belongs to progressive movement then, they are like brave sailors who fight against the odds.

A good writer or poet is one, who expresses his /her own perception through their work and instead of walking behind the people. A good literature can only produce when a writer is taking genuine responsibilities towards oneself, other and creativity. If one writer really justifies to these responsibilities then undoubtedly he or she is deserving of extraordinary respect and honor. So when we review Amrita Pritam's poetry and her short-stories and other work from this viewpoint, we necessarily conclude that she had a deep perception of her poetic and literary responsibilities.

Amrita Pritam's short stories, poems and novel are rich with the best moral values. There is not a single work which can be censured from the viewpoint of modesty and morals. They contain all the elements. Her characters are ordinary human characters. She could examine, think and narrate her meaning in excellent style with skill and artistry. She did not just write with the direct observation of events but also made a psychological analysis of every character of her writings. An 'emotional analysis' of human life was also prominent in each of her works.

Amrita Pritam kept searching for new topics for her writing, and was successful to a very great extent. Her ideas were unusual; her paths modern. Her 'ideal' was constructive, not destructive.

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Like her poems, in her short-stories too she was seen to be giving a 'message' to her readers. Her message was one of life and love.

Her short stories were short in the real sense. Some short stories, like couplets, seemed shorter than was necessary. The reader wishes that they were more detailed. In this respect, the example of her *Choti Kahani* ('Brief Story') from her collection *Chabees Saal Baad* ('26 Years Later'), definitely published before 1947 from Lahore by the Lahore Book Shop can be cited here. In a mere four pages, Pritam summarized the whole philosophy of 'art for life' and the idea of selfless love with stunning economy of words and minimal dialogue between the two central characters.

Pritam's famous poem 'An ode to Warish Shah' represents progressiveness in her writing. In the poem Pritam invokes the soul of Sufi poet Warish Shah. In the time of partition there were so many girls and women who were crying, there were getting raped and in miserable condition. With reference of Heer and Ranja's tragedy noted by Warish Shah, Pritam appeals him to rise from the grave and to say something when millions of daughters from Punjab were crying.

In the works of Amrita Pritam like the novel 'Dr.Dev' represents romantic elements like the journey of self and romantic notion between two people came from different background. Her poems were full of romanticism and metaphors. On the other hand there is a well-known novel 'The Skeleton' (Pinjar). The protagonist of this novel is a girl named Puro, who was abducted by a Muslim man before the partition of India and Pakistan. The story revolves around inner development of the character Puro and the role of partition on it. This story carries out the element of progressive movement.

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Pritam' writing is a blend of romantic elements as well as progressive elements. She herself has faced the crisis which occurs during the partition of India. So, her work of art carries the effect of partition and being a progressive writer she often adds those social and psychological reformative elements into it. If we study her poems it contains aesthetic elements, acceptance of emotion, imagination and metaphors. One can find romantic and progressive elements both in her single work as well as in different type through the different genre of literary works.

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39. Evolution of Agricultural Practices in Ancient India

Hukam Chand¹, Dr. Seema Parihar²

Ph.D. Research Scholar¹, Assistant Professor²

Department of History, School of Humanities and Physical Education, C.T. University, Ludhiana.

Abstract:

India which is an agricultural country and 80 percent of its people are headed by agriculture. Evolution took place and man began to stay in one place instead of moving around. Due to the special geographical conditions of India and its natural resources, it has been a center of attraction for foreigners since ancient times. The birth of a world-famous civilization like 'The Indus valley' took place here. The arrival of Arya, Alexander, Arabs, Turks, Afghans, Mughals, and Europeans came to India at different times some of them looted and returned and some settled here. Through this paper I have tried to shed light on the development and growth of agriculture in Indian subcontinent since very ancient past.

Keywords: Perti, Sita, Prana, Birshit, Rabi, Kharif, Jinas-e-Kamil, Mukadam

Introduction:

Man first settled in the parts of the world that were suitable for agriculture, that is; places where the soil was fertile, the water was plentiful, the climate was equally warm, the land was level and such places suitable for agriculture were such as valleys of Nile river, Euphrates river, Tigris river, Indus river, Ganga river, Yangtze river etc. Therefore, the first development of human civilization first took place in Egypt, Mesopotamia, India and China. The discovery of agriculture accelerated the development of human beings and the development of civilization. Traces of agricultural research date back to the Stone Age. This age is believed to have started 15,000 years ago and lasted till the Metal Age. Mankind of this age had gone far beyond its great ancestors. In search of food, the great ancestors of man had to go through many stages such as hunting stage, pastoral stage and then agricultural stage and the discovery of agricultural methods in this age was the greatest gift of man to his society. Before the discovery of agriculture, man had to lead a nomadic and miserable life. The discovery of agriculture put an end to this homeless life (singh, 1968).

10 thousand to 6 thousand B.C.E. Learning to grow food, raise animals, make utensils, weave cloth and replace the Old Stone Age tools with new polished stone and later iron tools has brought about a great change in human life.(Majumdar, Raychoudary, & Dutt, 2013). It was in this age that man got involved in agricultural practise and "it laid the foundation of the first human civilization". Now with the advent of agriculture came stability in the life of the human being and the human being started living in one place in groups to take care of agriculture.(Jha, 1877).With the advent of agriculture, the practice of producing more crops and cultivating more land to feed the growing population emerged. Thus many families began to live together and collectively protect themselves and their farms from their enemies. Thus began the development of human civilization. In the Indian subcontinent, traces of Neolithic man were found mostly in the north-western region and in the south.(Sharma, 2018) Early traces of traditional culture have been found in the Indian subcontinent in the form of small farming villages in central and southern Baluchistan and Sindh. The oldest of these remains is 3500 B.C.E. are of 3000 B.C.E. a similar mixed civilization arose near Amri in south-eastern Baluchistan (100 miles south of Mahonjodoro and one mile from the left bank of



the Indus). This civilization developed into a major system and after going through several stages came to be known as the Harappan civilization in Montgomery (West Punjab)(Jha, 1877).

Evolution of Agricultural Practices

The agricultural stage is believed to have started around 6000 B.C.E. The earliest evidence of agriculture in India comes from Mehrgarh. The sudden fall and emergence of some grains of wheat, rice, barley etc. grown in the forest in the field is believed to have given rise to agriculture. For a long time man was eating grass seeds and tuber roots.(Randhawa, 1980) The best seeds to eat were wheat and rice plants, wheat plants were abundant in the Middle East and rice plants were abundant in Egypt, Mesopotamia, India and China. By sowing these seeds on fertile land, man discovered that they could provide food from a single source. These crops had to be cared for the future. So the human being gave up his nomadic life and now the human being had settled down in one place as a farmer.(singh, 1968)

The excavations of the Harappan civilization or the Indus Valley Civilization give us very important information about the agriculture of that time. Wheat and barley were the two main crops of that time. The Harappans were of two kinds of wheat seeds, knotted and bony varieties of Indian wheat. The people of both Harappa and Mahonjodaro were having barley seed with small grains of six stripes. Excavations have yielded samples of wheat and barley in that period (Sharma, 2018).

Arya which was a rural civilization, their main occupation was agriculture and animal husbandry (Majumdar, Raychoudary, & Dutt, 2013). They knew about iron. They cleared the forests on a large scale and started cultivating the land with an iron plow. According to Parnani, "the fields were ploughed two or three times and they were classified according to the yield"(Sharma, 2018). The ancient men also knew the weather and its impact and contribution on productivity. This helped them in farming. From the post-Vedic period there is a description of sowing, harvesting and fertilizers or medicine (Jha, 1877). The Rig Veda gives a lot of information about the origin of land. The Shatapatha Brahman Granth also provides information on ploughing and farming rituals. The fields were ploughed with six, eight, twelve, and fourteen oxen (Kapoor, 1998).Wheat, barley, rice, and a variety of oilseeds were used. With the use of farm implements, more crops began to be produced. With the increase in foodgrains, trade increased and new towns and markets came into being and urban life began (Sharma, 2018).

In order to reduce the population in the populated areas during the Hole Age and to make the swampy and barren lands arable, for the first time weak and poor people were settled in these settlements as farmers and by giving them greed, tax exemption, animals, Agricultural seeds, water for irrigation etc. were provided and settled there(RomilaThapar, 2012). The economist have found that the irrigation system was good. There are two types of land described: Parti (low rank) Sahi or Sita (good rank) land(Jha, 1877).There is information about "sacrifice" and "tax" which was probably a part of the tax on orchards, flowers and fruits. Kotlia writes that in times of crisis a tax "Prana" meaning "gift" was taken."Birshit" meaning "forced" was taken from the farmers.(Jha, 1877). On large scale, land donations were made during the Gupta period but this practice had been going on since the time of Satvahana. Due to large scale land donations exercise, the feudal system was introduced in India. Though, the feudal system was already prevalent in South India, which is known from the Pallava inscriptions of the third century (Sharma, 2018).

In India, land has been owned by the people or the artisans from the very beginning. The victorious ruler had the right to collect land tax from the people. The farmer had to pay taxes to the government for the services

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he needed for his security and livelihood and for what he received from the government. Due to the occupation of India by the Turks, however, the Hindu monarchy came to an end. But under the prevailing conditions, the farming continued. Turks who were mainly soldiers, did not make any significant changes in the land system (Singh, 2003). People were free to buy and sell land. In 600 to 1200 C.E., during this time many changes were seen in agricultural technology. For example there was the construction of dams for irrigation, irrigation with the help of animals from wells, use of hand machinery for extraction of oil etc.(Singh I. H., 2012). Sultan Sher-Shah Suri made many important reforms in the field of agriculture. He was the first to make the measurement of land and because no other technology was existing, for this 32 finger yards were used to measure the land and various systems of land tax collection were introduced and well managed irrigation which lasted till the time of all Mughal government and British (Arora, 2019). Twice a year the crop was harvested, once in Rabi and once in Kharif. There were some crops whose yield could not be accurately estimated were fixed and the government took its share in cash on such crops. These crops were called Jinas-e-Kamil or Jinas-e-Ala meaning high quality crops in Mughal times.(Singh D. B., 2003). Cotton and sugarcane were the main categories in this category. The flax crop was used to cut ropes. Mustard and sesame oil were widely used. Cultivation of many new crops like indigo, tobacco, and potato, red chilli etc. was started (Chandra, 2016). At that time bone and fish manure were being used more in the fields. Fish manure was very useful for sugarcane production. The villagers lived a self-reliant life. There were also many famines in India during the middle Ages. During the famine, the government helped the people. In the middle Ages, though peasants and agriculture were always in the spotlight of the Delhi kings, the situation was pitiable. Because government officials sometimes carried out large-scale looting and sometimes collected land tax at a higher rate than the government orders (Pandey, 2012).

CONCLUSION

In this paper, I have tried to shed light on the history of Indian agriculture and the changes that have taken place in the field of agriculture as well as in human life with the passage of time. How the discovery of agriculture brought stability in the life of a human being and instead of moving from place to place, he settled down at one place and with that human civilization and culture began to develop. Then family life, tribes, villages and cities came into existence. In the beginning man started farming to fill his own need then slowly started to feed the family, and the growing population. Thus with agriculture came many other occupations. With the rise of agriculture came domestic and foreign trade and we began to interact with other countries and their cultures. Thus, although agriculture is an important part of our lives, from time to time governments have not paid due attention to it. At different times, the main objective of the governments was to make maximum profit from agriculture and the farmers and peasants were ignored. Due to which the farmers had to revolt against the governments for their rights and in the history there are many examples of peasant's movement that had occurred in different periods.



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40. UNHEALED WOUNDS: THE INSCRIPTION OF TRAUMA IN BASHARAT PEER'S *CURFEWED NIGHT* AND SHAHNAZ BASHIR'S *THE HALF MOTHER*

<p>Ifshana Wahid Research Scholar Department of English, CT University</p>	<p>Dr. Nancy Assistant Professor Department of English, CT University</p>
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Abstract

Kashmir once known for its majestic beauty and harmony on earth has now been discussed as a bloody conflict zone since 1989, which turned this heaven into man made hell. During this period, a full-fledged freedom struggle and resistance movement began in the valley of Kashmir. The root cause of the movement was the rigged election of 1987. The ongoing ambivalence had made the life of its inhabitants miserable. It is because of this conflict the people of Kashmir suffered both physically and mentally and history testify the fact. Bodily wounds can be noticed but mental wounds in the form of trauma, anxiety and depression usually go unnoticed. Basharat Peer and Shahnaz Bashir in their respective novels *Curfewed Night* and *The Half Mother* have attempted to paint the sufferings, pain, trauma and other psychological disorders in Kashmiri people generated because of the conflict, based on their own experience and reminiscences. In this regard, both *Curfewed Night* and *The Half Mother* act as trauma narratives. The paper therefore, attempts to explore trauma and mental agony embedded in Basharat Peer's *Curfewed Night* and Shahnaz Bashir's *The Half Mother*.

Key Words: Kashmir, Conflict, Trauma, Curfewed Night, The Half Mother.

Discussion

The word trauma is derived from the Greek word 'traumatikos' which means wound or injury. It was used to refer to bodily wound but nowadays the word is used to describe psychological trauma instead of physical. Trauma, according to Cathy Caruth, "is an overwhelming experience of a sudden or catastrophic event in which the response to the event occurs in the often delayed, uncontrolled repetitive appearance of



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hallucinations and other intrusive phenomena” (Caruth 11). W.J.T. Mitchell states that, “Trauma, like God, is supposed to be unrepresentable in word and image” (Mitchell 60). Trauma became one of the important frameworks for literary works from 1990, but was used long before by Sigmund Freud in 1895 as a concept of belatedness or *nachtraglich*, which means a temporary or permanent period of amnesia followed by traumatic shock. Freud in *Beyond the Pleasure Principle* describes trauma as, “any excitations from outside which is powerful enough to break through the protective shield” (Freud 301).

The relentless war and conflict of Kashmir began in the late 1980’s which turned to be very a complex socio-political period in the history of Kashmir. This conflict has affected the people of Kashmir both physically and mentally. It has created great chaos in the lives of people, living in Kashmir. As a consequence of this unending conflict, there was political unrest, massacres, beating, chaos, disappearances, curfew, crackdown, killings, rapes, arbitrary arrests and trauma. In *Kashmir in Conflict*, Victoria Schofield writes about the peak years of uprising that began in 1989, “Since 1989, the Kashmiris have lived in fear of gun, whether it is that of militants or the Indian security forces. Their sons, as militants, suspected militants or sympathisers, have been arrested, tortured, killed or just disappeared” (Schofield 182). She further writes, “For the majority of the people, the ill-effects of living under siege have been tremendous. Although there have been no floods and the harvests have been good, no one has yet been able to evaluate the trauma of events on their lives since 1989” (182). Naseer Ahmad Naseer also writes about the dreadful traumatic events of the period, “It was the age of bloodshed, chaos, confusion, turmoil, crackdown, frisking, gun battles, mine blasts, improvised explosive devices (IED), mourning, burning of houses, demolition of the mosques and shrines and so on” (Naseer 125).

The period of the 90’s in Kashmir was the most horrible period which provoked many people to present the brutality and violence of that period in literature. Many educated people from Kashmir are interrupting their stories in the conflict disruption and gave us an accurate panorama of the situation. The resistance which began in the late 1980’s can be seen in the writings of Agha Shahid Ali, Basharat Peer, Arundhati Roy, Mirza Waheed, Shahnaz Bashir, Nyla Ali Khan, Nitasha Koul, Lalita Pandit, Siddhartha Gigoo, Tej Nath Dhar, and so on. Agha Shahid Ali, an American-Kashmiri poet was the first English writer from Kashmir. Being an intense witness of chaos and pain imposed upon Kashmir, his poetry makes us glum by narrating the pain and trauma of his motherland through his poetry. The year 1989 (when the revolt broke against Indian forces), left an ineradicable mark on his psyche and he notes down:

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The city from where no news can come

Is now so visible in its curfewed night

That the worst is precise: From Zero Bridge

A shadow chased by searchlights is running

Away to find its body. On the edge

Of the Cantonment, where Gupkar Road ends,

It shrinks almost into nothing, is

Nothing by interrogation gates

So it can slip, unseen, into the cells:

Drippings from a suspended burning tire

Are falling on the back of a prisoner,

The naked boy screaming, "I know nothing" ... (Ali 178)

Being pioneer representative from the valley of Kashmir to the literary world, Agha Shahid Ali, ended the long-lasting voicelessness and narrated through his poetry the situation of 1990's in the following lines:

And hundreds of pairs of shoes the mourners

Left behind, as they ran from the funeral,

Victims of the firing. From windows we hear

Grieving mothers, and snow begins to fall

On us like ash. Black on us of flames

It cannot extinguish the neighbourhoods



The homes set ablaze by midnight soldiers

Kashmir is burning. (179)

Many indigenous voices from Kashmir, in their own creative way, highlighted the pain and sufferings of the Kashmiri people in order to bring worldwide attention. Their literary works are full of grief, pain, alienation, anger, and traumatic expressions. Suvir Kaul believes that the contemporary English writers of Kashmir are responsible and sensitive. Their works articulate traumatic incidents and episodes that took place in the lives of Kashmiri people in which stress is laid upon human and experiential relations. Kaul writes, “the particular circumstances of trauma demand an affective response that registers the emotional dimensions of the original” (Kaul 72). All contemporary English writers of Kashmir are portraying the picture of war and conflict through their writings and highlighted the issue of the trauma of Kashmiri people. Basharat Peer, a Kashmiri journalist, started the trend of Kashmiri English prose by writing a memoir, *Curfewed Night* in 2008. In *Curfewed Night*, Peer confesses that every conflict-ridden zone has its own literature but there was none from his motherland Kashmir regarding English prose writings to chronicle the trauma and pain. He writes:

People from almost every conflict zone had told their stories: Palestinians, Israelis, Bosnians, Kurds, Tibetans, Lebanese, East Germans, Africans, East Timorese, and many more. I felt the absence of our own telling, the unwritten books about the Kashmiri experience, from the bookshelves, as vividly as the absence of a beloved- the empty chair staring at you across the table in the coffee shop... I knew I had to write. And to write, I also had to return and revisit the people and places that had haunted me for years. (Peer 95-96)

Shahnaz Bashir, the winner of the Muse India Award for young writers, is another indigenous voice from Kashmir. He in his debut novel *The Half Mother* also narrates the pain and trauma of Kashmiri women under the shadow of military barbarism. Both Basharat Peer and Shahnaz Bashir witnessed and experienced the peak years of military insurgency and militant uprising. Their debut novels *Curfewed Night* and *The Half Mother* critically chronicles the psychosis and trauma undergone by the Kashmiri people on the onslaught of military barbarism and violence. In simple and clear words, both writers explained the pain, sufferings, and tormenting memories of Kashmiri people which disturbed them psychologically. They portrayed how Kashmiri people developed serious psychotic disorders because of the ongoing conflict.



Basharat Peer, in his book *Curfewed Night*, analyses the psychological health of Kashmiri people by interviewing the victims and describing it in his book. He shifts his attention from one character to another. On the other hand, Shahnaz Bashir's novel *The Half Mother* revolves around his focal character Haleema, who represents every Kashmiri woman.

In *Curfewed Night*, Peer talks about the checkpoints and bunkers and how every passer-by is made to stop and asked to raise their arms to check their identity cards. He writes, "a soldier frisked them and checked their identity cards" (Peer 20). He also talks about his father's journey from office to home and the difficulties he faced while travelling. He remarks:

He stopped travelling in his official vehicle, as that would make him conspicuous. The journey from his office in Srinagar to our village, once a lovely two-hour ride through an enchanting landscape, had become a risky, life threatening affair. Almost every time he came home, it took him around five hours. On a lucky day his bus would only be stopped every fifteen minutes at a military checkpost, he and other passengers made to stand in a queue, their raised hands holding an identity card and anything they carried-books and files in father's case. After a body search he would walk half a mile away from the checkpost and wait in another queue for the bus to arrive. (18)

In order to depress Kashmiri people mentally, 'wartime sexual violence' spread after the beginning of the military insurgency in Kashmir. Kashmiri women were raped by the Indian military and paramilitary forces as a means to humiliate and mutilate them. Peer also talks about this topic. He highlights the gang rape of Mubeena Ghani, a young bride, and her aunt from Chawalgam on the day of her wedding when she was on her way to her husband's home. He writes, "In May 1990, a few hours after her marriage, she had been raped by a group of Indian paramilitary soldiers" (150). He further depicts this incident in the following lines:

She was bleeding, when a group of soldiers dragged her and the chambermaid to the mustard fields beside the road. An unknown number of BSF men raped the two injured women. 'I could not even remember how many they were. I had lost my senses', Mubeena said. (154)

In the same way, he talks about the mass rape of more than twenty women in north Kashmir's two villages Kunan and Poshpura. He writes, "the village in the northern Kupwara where the Indian army raped more



than twenty women in 1990” (156). These incidents produced a lot of trauma and psychological disorders among Kashmiri women. This followed what Jeffery Alexander describes as ‘collective trauma’. He writes:

Cultural trauma occurs when members of a collectivity feel they have been subjected to a horrendous event that leaves indelible marks upon their group consciousness, making their memories forever and changing their future identity in fundamental and irrevocable ways. (Alexander 1)

Enforced disappearances and extrajudicial killings were other reasons for psychological trauma among Kashmiri people during the period of the 90’s. There are hundreds of men who were killed and thousands went missing. The Indian army without any tangible information and evidence took away the Kashmiri men from their homes only to separate them from their families forever. These enforced disappearances gave birth to half mothers and half widows as they are still in dilemma whether their loved ones are alive or dead and are waiting hopelessly for their loved ones to return. Peer highlights the issue of disappearance in the following lines:

Srinagar is also about being hidden from view, disappearing. Absences and their reminders stand at every other street... Between 4000 and 8000 men have disappeared after being arrested by the military, paramilitary, and the police. Newspapers routinely refer to the missing men as ‘disappeared persons.’ And their waiting wives as ‘half-widows’. (Peer 131)

He further writes:

I happened to meet Noora, a seventy year old woman, in her run-down house near Lal Chowk. Her shop keeper son had stepped out to join his cricket team at the Polo Ground, a nearby cricket ground. Her neighbours saw a few BSF jeeps stop outside their house, near Ghanta Ghar, an old watchtower whose clock had stopped moving. The paramilitaries grabbed him, pushed him into the back of a jeep, and drove away. He had been missing for eight years when I met her in her dimly lit kitchen. ‘For a few years, my daughters and I went to every police station, every military camp, every politician we could. Everybody had ‘NO’ for us... (131-132)

Like Basharat Peer, Shahnaz Bashir also highlighted the issue of enforced disappearance in his novel *The Half Mother*. He also portrays how the hopeless waiting of Kashmiri daughters, wives, and mothers affects their mental health. He echoes the trauma and pain of the Kashmiri women in the form of ongoing conflict.



He writes, “A daughter still waits for her father to wed her off. A wife searches for her husband. And a mother still pines for her son and waits for him to be a pallbearer when she dies” (Bashir 177). Haleema the focal character of the novel suffered throughout his life. She finds herself in mental distress and trauma after her son-Imran, was enforcedly disappeared by Indian paramilitary forces. The following lines show pain which she is going through in the reminiscence of her son:

The colour of everything is sorrow,

the colour of the moon is sorrow,

the colour of the streets is sorrow, and

the colour of memories is sorrow.

The colour of my heart, in its own heart, is sorrow.

The colour of my breath is sorrow,

the colour of sorrow is sorrow. (5)

He further highlights how endless waiting for her son is turning her psycho:

In my long solitary walks,

some times

I have imagined you as

someone,

distant to me,

somewhere,

walking in the middle of a lonely road,

then turning around



only to become

someone else.

Your face blurs,

tiring my eyes.

The night is tired now,

the old moon, hanging in the dark sky,

is tired too,

the roads are tired,

your footprints are tired,

the candle, the windows, the doors are tired-

I am still waiting,

Come now... (155-156)

For Haleema, losing her son was one of the traumatizing experiences. Her dreams are shattered and she had lost her every hope because of this emotional jolt. Romeo Vitelli writes, “The emotional blow associated with child loss can lead to wide range of psychological and physiological problems including depression, anxiety, cognitive and physical symptoms” (Vitelli 1). Haleema has not only lost her son, she has lost her father- Ab Jaan, Ghulam Rasool Joo also. Her father Ab Jaan, was slaughtered by Indian paramilitary forces in front of her eyes. Ab Jaan’s death also made a traumatic impact on Haleema. Bashir describes the incident of Ab Jaan’s death in the following lines:

Three bullets were pumped into Ab Jaan. One in the neck. One in the heart. One in the stomach. The rapid staccato startled the birds in the plum tree. ‘Sisterfucker!’ Kushwaha said after killing Ab Jaan, the fevered barrel of his rifle still smoking. Haleema frenetically slapped her face and chest and pulled her hair. Blood began to gurgle out Ab Jaan’s throat. She fainted. The entire neighbourhood was now watching from their



rooftops, verandahs and windows. Men and boys jumped off and rushed to help. Major Kushwaha cocked his gun. His men followed and pointed their guns at the people who tried to come towards the Joos. Women of the neighbourhood wailed from their rooftops and verandahs and pummelled their chests. The major fired some warning shots. 'No one will come here. Whoever does shall meet the same fate!' he announced. (Bashir 49)

Bashir highlights the brutality of the Indian military and paramilitary forces through the character of Major Kushwaha and the helplessness of a daughter whose father has been killed in front of her. The death of her father traumatizes Haleema so much that she lost her senses, had no tears in her eyes, her hair was loose, beating herself and laughing like a psycho. Bashir puts it as:

The women tried to prevent Haleema from hurting herself. She was conscious now and in shock. She wanted the women to tell her Ab Jaan was still alive. 'Please don't cry. My Ab Jaan is alive. Isn't he? Isn't he? He is alive. Why are you all crying?' She requested the women. Her tears had dried. The skin beneath her throat was red from chest-thumping. Her cheeks had the imprints of her own slaps. Her hair fell loose over her face. She laughed, and then abruptly ran towards a wall barefooted to bang her head. The women rushed to stop her. She rubbed her heels against the earth. (50)

On a similar note, Peer remarks a hapless mother- Shameema, whose one son- Shafi, was killed by Indian paramilitary forces and the other-Bilal, was about to be sent into the house with a mine in his hand. He quotes Shameema's words:

God gave me courage that day. I fought with every soldier who tried to stop me. Normally you are scared of soldiers, but I did not stop that day till I reached the house where the encounter was going on.' ... 'I saw Bilal from a distance but Shafi was missing,' ... 'I ran towards Bilal... Bilal hugged her and said that the soldiers had sent Shafi inside the militants' house with a mine in his hands. (Peer 168-169)

Shameema continuously fought with the paramilitary forces and somehow managed to save his son-Bilal. From that very day, Bilal is psychologically disturbed. And to calm him down she provides him hookah. Peer illustrates this incident in the following lines:

A wail rose from the other corner of the verandah. Her thirteen year old son was crying. She hugged and patted him and consoled him saying I was here to help with Bilal's job. Then she lit the hookah and gave it



to him, as if it was a feeder. He puffed violently and stared at me. Shameema told me that he is psychologically disturbed. He had been in the same school as Shafi and would run from his classroom to cry outside the house where Shafi was killed. His condition has worsened and he refused to go to school... But every time Shafi is mentioned, he is agitated. Which mother would pass a hookah to her son? But I have to, it calms him down'. (170)

Dr. Mushtaq Margoob, renowned and leading Kashmiri psychiatrist says that, "Before 1989, there were no PTSD {Post Traumatic Stress Disorder} cases, but now we have an epidemic of disorders in Kashmir" (qtd. in Aljazeera, 2016). Shoshana Felman and Dori Laub explain that trauma survivors are incapable in order to make a sense of incidents that comes at the time of trauma. They put it as:

Trauma survivors live not only with memories of past, but with an event that could not and did not proceed through to its completion, has no ending, attained no closure... The survivor, indeed, is not truly in touch with either the core of his traumatic reality or with the fatedness of its reenactments, and there by remains entrapped in both. (Felman and Laub 69)

Kashmir has been witnessing torture since 1989. Physical torture is an everyday occurrence in Kashmir. The methods for physical torture are barbaric which results in the biological and mental impairment of the victims. Peer describes how physical torture left a long-lasting mark on the psyche of victims. He quotes Ansar-a torture survivor:

'How can I forget it? Not even stray cows would eat the food they threw at us there... You do not live a normal life after that torture. It scars you forever'... 'They beat us up with guns, staffs, hands. But that was nothing.' His voice had no emotion and he talked as he was reading from a manual. 'They took you out to the lawn outside the building. You were asked to remove your clothes, even your underwear. They tied you to a long wooden ladder and placed it near a ditch filled with kerosene oil and red chilli powder. They raised the ladder like a seesaw and pushed your head into the ditch. It could go on for an hour, half an hour, depending on their mood. (Peer 123)

Apart from physical torture the Indian military and paramilitary forces tortured the Kashmiri people psychologically in their torture houses. Peer quotes Shafi- another torture survivor, "The worst part was the psychological torture. They would make us say Jai Hind every morning and evening. They beat you if you



refused” (142). Both physical and psychological torture leads to prolonged mental problems in the inhabitants of Kashmir. The torture survivors remain mentally disturbed throughout their life.

Conclusion

To conclude we must say that both novels are perfect examples of trauma narration. Throughout the novels, both writers bring fore the tales of trauma as well as harsh realities of violence, disappearances, extrajudicial killings, and rapes against the people of Kashmir which highlight the injustice done by the government of India and the Indian military and paramilitary forces. Going through the pages of both novels not only makes you glum about the sufferings of the Kashmiri people but also makes you aware of the brutalities of Indian military and paramilitary forces. Both Basharat Peer and Shahnaz Bashir helped us to understand oppression and show resistance to give hope.

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41. Impact of Article 370's Abrogation on the Society, Polity and Economy of Jammu and Kashmir

Irshad Ahamad (Research Scholar)

Dr. Seema Parihar (Supervisor)

Seemaparihar17273@ctuniversity.in

CT University

Abstract

The abrogation of special status of Jammu and Kashmir is a great victory for the whole nation. Now every Indian can proudly say that from Kashmir to Kanyakumari India is united. This step will truly unite Kashmiri people with Indian union and will also assist in removing terrorism from the state. The Kashmir which is known in the world as heaven on earth has no investment because of Article 370 or the special status of state. However, now Article deletion will open doors for industrial development and large scale jobs will be available for the youths of the state. This decision of the Government of India will also help in restoring peace and order in the state and will also help in eradicating terrorism.

Keywords: Article 370, Abrogation, Victory, Terrorism, peace, Investment, Development.

Not many people know the reason behind the creation of Article 370 in the Constitution of India and it has played a vital role for Jammu and Kashmir to become an integral part of the Indian Constitution. It was despite the political fear of Sardar Patel, political parties and Constituent Assembly. When B.R. Ambedkar negated to frame this article, Jawaharlal Nehru appointed his most trusted cabinet member N. Gopalaswami Ayyangar to draft Article 370 of the Constitution of India. Jawaharlal Nehru promised the citizens of India that Article 370 is just a temporary provision and it will be deleted over time. Framers of Article did



not mention the period replicate the word temporary in the provision. Does it mean one week, one month, one year, or a decade? because it took almost half a century to justify and abrogate these words like temporary, transitional and special provision" which is contained in part xxi of our Constitution. As per the instrument of accession signed by the State, maharaja conditioned specifically that power of India on the state of jammu and kashmir will be limited to the matters related to defence, external affairs and communication and other matters will be decided by the Maharaja or government itself. But with the passage of time the reaction against this special status started all over india and many people suggested that article 370 should be removed from the indian constitution as state of j&k is also a part of our country. Due to this article there are many problems such as less employment, less industries etc. In august 2019, three legal documents were implemented by the government of India which brought about a tectonic shift in the status of Jammu and Kashmir in India.

Impact of abrogation on society of Jammu and Kashmir

Special status for J&K:- Article 370, which came into force in 1952, vested j&k to be a near self-ruling state since it restricted the centre's authority to just external affairs, defence, finance and communication. This provision allowed j&k to have a sadar-e-riyasat for governor and prime minister in place of a chief minister till 1965 as well as its own flag and constitution. As per the Constitution (application to jammu and kashmir) order, 2019, in place of this special status, all the provisions of the Constitution from now will be applicable.

Sole privileges under Article 35A:- Article 35a, which comes under article 370, prohibits non-permanent residents of j&k from permanently settling in the state, buying immovable property, acquiring land, applying for government jobs or any kind of scholarships, aids as well as other public welfare projects. The people of J&K will now lose these benefits linked with the permanent resident certificate.

Article 370 protected the state's demographic character:- kashmir is india's only muslim majority state. Government of india's intention is crisp and clear. They want to change demography of the only muslim majority state in India, degrade muslims to the extent where they become second class citizens in their own state," Mufti tweeted once in 2019.



Legislative powers:- j&k assembly will no longer be in a position to clear any significant bills within the state - the balance of power will shift in favour of the union government. Significantly, in the absence of an elected government in the state the presidential order reportedly states that the state's governor shall exercise the powers of the elected government.

Better employment opportunities:- under Article 35A, no outsider could take a government job. Companies in the state were even forced to recruit only locals. The revoking of this rule aims to level the playing field. In a blog post in march, bjp determined and former finance minister Arun Jaitley had claimed that Article 35A crippled J&K's ability to promote financial resources - despite not having enough of it - and denied its people a flourishing economy, economic activity and jobs.

Right to protect its state borders:-j&k's special status had thus far shielded it from the applicability of article 3, which provides for re-drawing state boundaries or the creation of a new state. The division of the state of jammu and kashmir into two union territories (UTs) - ladakh and j&k - is hence restrained to the abrogation of Article 370. keeping in view the prevailing internal security situation, driven by cross border terrorism in the existing state of Jammu and Kashmir, a separate union territory for jammu and kashmir is being created. The Article, also referred to as the permanent residents law, had thus far meshed a woman (belonging to the state) from any property rights if she marries a person from outside the state. The provision also extended to the children of such women as they do not have any succession rights over the property. The revoking of Article 370 ends the long-standing discrimination against women of j&k who chose to marry outsiders.

Impact of article 370s abrogation on polity of Jammu and Kashmir

The jammu and kashmir reorganization act 2019 recommends splitting J&K into two union territories (UTs): jammu & kashmir and ladakh. The change to union territory status will likely give New Delhi more control over local administrative and legislative powers in j&k, in addition to direct control over the police and protection and maintenance of public order. There are two possible implications of the ruling bjp's decision to abrogate Article 370: first, the bjp may gain political benefit from the move, both in j&k and the rest of India. Secondly, New Delhi may now be able to further put emphasis on the kashmir issue as an "internal" matter of India in response to attempts at third-party mediation.



National Political Perspective:-Even though New Delhi may face challenges in soothing the law and order situation in the Kashmir Valley after this annulment decision, the BJP's choice to abrogate Article 370 may possibly give it long-term political benefit across India and a real shot at reforming the political status quo in j&k. After scrapping j&k's special status, the bjp sees an occasion to form government in the newly-declared union territory of j&k. The government aims to undertake delimitation of the j&k legislative assembly constituencies in order to conduct local elections once the law and order situation stabilizes in the kashmir valley.

Economic impact of article 370 abrogation on Jammu and Kashmir

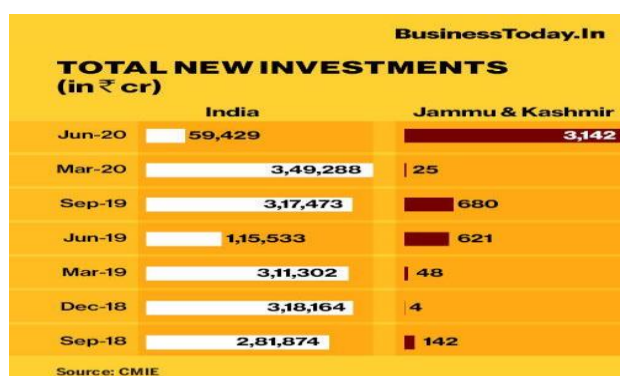
Jobless rate falls:-The unemployment rate in jammu & kashmir has been above the national average for at least past four years, going by the monthly jobs statistics of the Centre for monitoring indian economy's (CMIE). Last year in july, it was among the top four states with high jobless rate, at 16.3 per cent. In the following month, when the Article 370 and 35-A was repealed and a curfew was imposed, the unemployment rate rose to 22.4 per cent. It intermittently fell to 15.5 per cent by march 2020 and surprisingly dropped to 5.2 per cent in may, almost 18 percentage points lower than the national average when the labour market was grappling with pandemic-led nationwide lockdown. It was short-lived though as the rate moved to 17.9 per cent a month later only to settle at 11.2 per cent in July.



New investments pick up:- J&K traditionally had a low share in the country's new investments. It had a minute share of 0.5 per cent in the june quarter of fy20 which dropped to 0.2 per cent and 0.01 per cent in the next two quarters. During the last quarter, demand had crashed when most of India was under a



lockdown and fresh investments touched its lowest in 16 years. However, three new investment proposals worth Rs 3,142 crore were announced in the region compared to new investments of just Rs 25 crore in the march quarter. These high-frequency indicators may not depict a definite picture of indian-administered Kashmir but do give a preview of the situation unfolding in the valley.



Conclusion:-Abrogation of article 370 was not less than a fatal shock to the public of J&K. with this unconstitutional and unethical move j&k has been pushed into a funded kind of poverty and deprivation, the result of which can be seen in the length and breadth of the state. 5th august interference was actually interference in the daily routine of public of j&k. There remain none field of life which was not stuck by this unconstitutional withdrawal. Today, life in J&K is slowly and steadily shuffling towards varied type of abnormality. It threatened the state's unity and integrity due to its one-sided concern. The implementation of the abrogation of Article 370 is a threat to the democracy. It is an attempt to polarize and appease the only one section population in the state. The Government at the time of abrogation claimed that post 370 periods for the state will be of normalcy, peace, prosperity and development, however, the facts belie the government's claims as the story in the State continues to be one of death and destruction. Restrictions in the form of shutdowns, and slow internet speed have crippled the economy further. Over 4.56 lakh people have lost their jobs since August 5, 2019; the economy has suffered a loss of more than Rs 40,000 crore; 6,000 acres of fertile land has been reserved for industrial purposes — these are some of the recorded impacts of the abrogation of articles 370 and 35a. Reports of local youths joining militants continue to dispense in, while infiltration from across the border continues. Violence continues unabated, with 2,300 ceasefire violations by Pakistan being recorded from January to June 2020 as against 1,321 violations during the same period last year.



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42. FINANCIAL PERFORMANCE OF SELECTED BANKING UNITS IN INDIA

Sharma Isha Inder Dev

M.Phil Research Scholar

Department Of Commerce and Business Administration

Saurashtra University,Rajkot

Email id : ishaumri@gmail.com

Abstract: The banking sector has changed as a result of the reform process. The government has prioritised this industry , and it has been restructured to meet contemporary needs. Banking sector reforms in India aim to improve the productivity and profitability of banking institutions while also exposing established institutions to foreign competition as part of the globalisation process. The various bank types are distinguished by their operational performance, productivity, profitability, and credit efficiency. The aim of the study is to examine the financial performance of banking sector on the basis Liquidity ,Solvency and Profitability . The Researcher focused on Two major banks of India ,SBI and HDFC . In this research, the inference will be drawn using T-Test as a statistical measure. According to the findings, there is no statistically significant difference in financial performance among the selected bank four ratios. The period of the study is 5 years from 2015 to 2020 and the study is based completely on secondary data.

Key words: SBI, HDFC,Current Ratio , Net Profit Margin, CAR, ROCE, QUICK Ratio, T-Test

1. INTRODUCTION

Banking is critical to the survival of every modern economy. It is critical for a country's economic growth that its financing requirements for commerce, manufacturing, and agriculture are met with a greater degree of dedication . Thus, a country's growth is inextricably related to the development of banking. Banks are to be seen as growth pioneers in a global economy, not as money traders. They are critical in terms of deposit mobilisation and credit disbursement to different sectors of the economy.Today, banks investing in technology-intensive solutions are improving core banking value.Along with the increased use of technology, banks have altered their operations and shifted toward universal banking. The majority of banks



are committed to cashless and paperless transactions. Banks offer a diverse range of services via electronic media. Internet banking is extremely convenient in daily lives; in reality, it has simplified and facilitated our lives. These innovations allowed people to conduct business in more efficient and time-efficient ways.

The Indian banking sector has responded positively and encouragingly to many financial sector reforms. India's financial structure has been taken closer to global standards as a result of financial sector reforms. With India's growing integration into the global financial system, the Indian banking sector still has a long way to go before catching up to its international counterparts.

2. LITERATURE REVIEW

(Srinivasan & Britto, 2017) in their paper titled , “Analysis of Financial Performance of Selected Commercial Banks in India” assessed the financial performance of selected Indian banks over the last two years, and during that time they saw high profits. Their financial performance is tracked using various financial ratios. The financial performance of the researchers concluded in the report that private banks are better than of the government-owned banks throughout the study's time frame. The results from the experiments on the analyses show that the liquidity ratio and solvency ratio have a positive and significant impact on selected private sector profitability.

(ROHIT & SHINDE, 2018) explained Financial performance as a term that refers to how profitable a bank is. Profitability measures a bank's efficiency in allocating its total capital to maximise net income and thus serves as a proxy for asset usage and managerial effectiveness. Ratio analysis and the 't' test were used in this paper to evaluate the performance of selected public and private sector banks. Five banks from the public and private sectors have been chosen for this report. Numerous difficulties confront India's banking system. Throughout the study period, the selected public and private sector banks demonstrated strong performance in terms of growth rate and financial quality.

(Thunga, Raju, & Veeram, 2018) in their paper aimed to look at the financial results of a few public sector banks using financial indicators. The title of the research paper was , “A STUDY ON FINANCIAL PERFORMANCE OF SELECTED PUBLIC SECTOR BANKS IN INDIA”.

This research span two years, from 2015-16 to 2016-17. They found that Nonperforming assets are affecting the interest earning power, operating profit, and total income of the selected public sector banks



during the report. According to their findings, public sector banks experienced more non-performing assets during the study period.

(Dubey A. , 2019) in his paper , “PERFORMANCE ANALYSIS OF SELECTED PUBLIC AND PRIVATE SECTOR BANKS IN AGRA REGION” attempted to compare the performance of selected public and private sector banks from 2008-09 to 2017-18. The financial output was assessed using a variety of metrics, including deposit mobilisation, loan and advance activity, expenditure, non-performing assets, priority sector advances, cost control efficiency, productivity efficiency, earnings and profitability efficiency. Ten prominent Indian banks from both the public and private sectors were considered for this reason. Additionally, the research showed that both public and private sector banks selected for the study experienced remarkable earnings, especially in private sector banks, including their reliance on interest income, rising operating costs, increasing incidence of financial disintermediation, focus on social objectives, and rapid branch expansion.

3.Objectives of the Study

To know about financial position of selected banking units.

To verify liquidity and profitability position of selected banking units

4. Research Methodology

The present study is secondary data based collected from various journals,articles, money control, websites of the banks etc. Data is presented with the help of charts and tables etc. The study period is limited, from 2015-16 to 2019-20.

5. Company Profile

STATE BANK OF INDIA (SBI)-

The State Bank of India dates all the way back to the first decade of the nineteenth century, when the Bank of Calcutta was established in Calcutta on 2 June 1806. Three years later, the bank was chartered and renamed the Bank of Bengal (2 January 1809). A unique institution, it was British India's first joint-stock bank, sponsored by the Bengal



Government. Following the Bank of Bengal, the Bank of Bombay (15 April 1840) and the Bank of Madras (1 July 1843) were established. These three banks dominated India's modern banking scene until 27 January 1921, when they merged to create the Imperial Bank of India.

At present, With a vast network of over 22,000 branches, 58,500 ATMs, and 66,000 BC outlets, SBI, India's largest bank, serves over 44 crore customers, with an unwavering focus on innovation and customer centricity, It has a global presence, with 233 offices in 32 different countries operating across time zones. SBI continues to revolutionise banking in India as it strives to provide responsible and long-term banking solutions.

HDFC BANK Limited

HDFC Bank, a subsidiary of the Housing Development Finance Corporation, was founded in 1994 and is headquartered in Mumbai, Maharashtra, India. Manmohan Singh, the Union Finance Minister, launched the company's first corporate office and a full-service branch at Sandoz House in Worli. On the wholesale side, HDFC Bank offers commercial and investment banking, while on the retail side, transactional and branch banking are available.

The Bank's target market is predominantly major, blue-chip manufacturing corporations in India's corporate sector, as well as small and mid-sized businesses and agribusinesses to a lesser extent. Working capital finance, trade services, transactional services, cash management, and other commercial and transactional banking services are available to these customers.

As of March 21, 2020, it had 1,16,971 permanent employees. HDFC Bank now has 5,608 branches and 14,897 ATMs spread throughout 2,902 cities and towns.

6. RESEARCH HYPOTHESIS:

i) H₀: There is no significant difference between net profit margin of SBI and HDFC.

Ha: There is significant difference between net profit margin of SBI and HDFC

ii). H₀: There is no significant difference between current ratio of SBI and HDFC.

Ha: There is significant difference between current ratio of SBI and HDFC.

iii). H₀: There is no significant difference between quick ratio of SBI and HDFC.



Ha: There is significant difference between quick ratio of SBI and HDFC.

iv) H0: There is no significant difference between return on capital employed ratio of SBI and HDFC.

Ha: There is significant difference between return on capital employed ratio of SBI and HDFC.

v) H0: There is no significant difference between return on assets ratio of SBI and HDFC.

Ha: There is significant difference between return on assets ratio of SBI and HDFC.

7. Tools and Techniques of the study:

- i) Ratio Analysis
- ii) Independent T-test with equal variances

8. Data Analysis

D) Current Ratio

Current Ratio = Current Assets / Current Liabilities

Current Ratio					
Year	2015-16	2016-17	2017-18	2018-19	2019-2020
SBI	0.09	0.08	0.09	0.08	0.07
HDFC	0.05	0.05	0.05	0.06	0.07

Source: www.moneycontrol.com



T-Test: (Two-Sample Assuming Equal Variances)

	SBI	HDFC
Mean	0.08	0.05
Variance	7E-05	8E-05
Observations	5	5
Hypothesized Mean Difference	0	
Df	8	
t Stat	4.74	
P(T<=t) two-tail	0.0014	
t Critical two-tail	2.31	

INTERPRETATION:

The above table of current ratio in T-test shows calculated value is 0.014 which is lower than Table Value 2.31. Therefore, Null Hypothesis (H₀) is accepted. Hence it is there is no significance difference between the performance of SBI bank and HDFC bank in terms of current ratio.

II) QUICK RATIO

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QUICK RATIO = (Current Assets – Inventories – Prepaids) / Current Liabilities

Quick Ratio					
YEAR	2015-16	2016-17	2017-18	2018-19	2019-20
SBI	10.89	11.94	13.83	18.06	17.05
HDFC	14.51	11.19	17.48	16.61	16.62

Source: www.moneycontrol.com

T-Test: Two-Sample Assuming Equal Variances

	SBI	HDFC
Mean	14.35	15.28
Variance	9.77	6.43
Observations	5	5
Hypothesized Mean Difference	0	
Df	8	
t Stat	-0.51	
P(T<=t) two-tail	0.62	
t Critical two-tail	2.31	



Interpretation:

The above table of quick ratio in T-test shows calculated value is 0.62 which is lower than Table Value 2.31. Therefore, Null Hypothesis (H0) is accepted. Hence it is there is no significance difference between the performance of SBI bank and HDFC bank in terms of quick ratio.

III) CAPITAL ADEQUACY RATIO

CAPITAL ADEQUACY RATIO = (Tier 1 capital + Tier 2 capital)/risk weighted assets

Capital Adequacy Ratio					
YEAR	2015-16	2016-17	2017-18	2018-19	2019-20
SBI	13.12	13.11	12.6	12.72	13.13
HDFC	15.53	14.55	14.82	17.11	13.13

Source: www.moneycontrol.com

T-Test: Two-Sample Assuming Equal Variances

	SBI	HDFC
Mean	12.9	15.02
Variance	0.065	2.11
Observations	5	5
Hypothesized Mean Difference	0	
df	8	
t Stat	-3.16	
P(T<=t) two-tail	0.013	



t Critical two-tail	2.31	
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Interpretation:

The above table of Capital Adequacy ratio in T-test shows calculated value is 0.013 which is lower than Table Value 2.31. Therefore, Null Hypothesis (H0) is accepted. Hence it is there is no significance difference between the performance of SBI bank and HDFC bank in terms of capital adequacy ratio.

IV) NET PROFIT MARGIN

$$\text{Net Profit margin} = \text{Net profit after tax/sales} * 100$$

Net Profit Margin					
YEAR	2015-16	2016-17	2017-18	2018-19	2019-20
SBI	6.06	5.97	-2.96	0.35	5.63
HDFC	20.41	20.99	21.79	21.29	22.86

Source: www.moneycontrol.com

T-Test: Two-Sample Assuming Equal Variances

	SBI	HDFC
Mean	3.01	21.468
Variance	16.9	0.85
Observations	5	5
Hypothesized Mean Difference	0	
Df	8	
t Stat	-9.7	



P(T<=t) two-tail	9.90	
t Critical two-tail	2.31	

Interpretation:

The above table of Net Profit Margin ratio in T-test shows calculated value is 9.90 which is higher than Table Value 2.31. Therefore, Null Hypothesis (H0) is rejected. Hence it is there is significance difference between the performance of SBI bank and HDFC bank in terms of net profit margin ratio.

V) RETURN ON ASSETS

Return on Assets = Net profits after taxes / total assets*100

RETURN ON ASSETS					
YEAR	2015-16	2016-17	2017-18	2018-19	2019-20
SBI	0.42	0.38	-0.18	0.02	0.36
HDFC	1.73	1.68	1.64	1.69	1.71

Source:www.moneycontrol.com

T-Test: Two-Sample Assuming Equal Variances

	SBI	HDFC
Mean	0.2	1.69
Variance	0.07	0.001
Observations	5	5
Hypothesized Mean Difference	0	
df	8	



t Stat	-12.4	
P(T<=t) two-tail	1.65	
t Critical two-tail	2.30	

Interpretation:

The above table of return on assets ratio in T-test shows calculated value is 1.65 which is lower than Table Value 2.31. Therefore, Null Hypothesis (H₀) is accepted. Hence it is there is no significance difference between the performance of SBI bank and HDFC bank in terms of return on assets.

9. Findings of the Study

Based on Independent t-test Ratios

Ratios	Calculated value	Table value	Result
Current Ratio	0.014	2.31	H ₀ is Accepted
Quick Ratio	0.62	2.31	H ₀ is Accepted
Capital Adequacy Ratio	0.013	2.31	H ₀ is Accepted
Net Profit Margin	9.90	2.31	H ₀ is Rejected
Return On Assets	1.65	2.31	H ₀ is Accepted

10. CONCLUSION:

This study is mainly focused on analyzing performance of SBI and HDFC. From the above findings it can be concluded that there is not any significant difference between the performances of SBI and HDFC except in Net Profit Margin ratio. But overall HDFC is performing better than SBI.

11. LIMITATIONS OF STUDY:

- The present study limited only to two banks of the whole banking industry.



□ This study is based on the secondary data so limitation of the secondary data will remain with the study.

Refereces :

<https://sbi.co.in/>

www.moneycontrol.com

<https://www.hdfcbank.com/>

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43. DEPRESSION, ANXIETY AND STRESS AMONG PUNJAB FARMERS - A STUDY

Jagdeep Kaur and Dr. DJ Singh

Department of Psychology, CT University, Ludhiana, Punjab India.

Abstract

Herein is an attempt to explore the levels of depression, anxiety and stress among farmers in Punjab. In this connection, descriptive survey method was employed in order to describe the state of mind among farmers. A randomized sample of 100 Punjab farmers was included for data collection in the present study. DASS questionnaire developed by Lovibond and Lovibond (1995) was used to assess the depression, anxiety and stress among farmers. The results found that in depression the highest percentage of respondents fall in normal level followed by moderate, mild, severe and extremely severe level of depression respectively. Similarly, highest percentage of the respondents fall in normal level followed by extremely severe, moderate, severe and mild level of anxiety respectively. The study suggests that government should provide financial and other support measures for farmers so that it would be of great help in reducing the occurrence of stress, depression and anxiety among farmers.

Keywords:- Depression, Anxiety, Stress, Famers.

Introduction

In India, about 68% of population lives in rural areas where agriculture is the prime source of income. Farming and its related activities provide employment for 60% to 70% of the people in rural areas and hence plays an important role in determining the rural economy (Jha, 2006). Due to the impact of green revolution, India has become self-sufficient in food production; however, malnutrition and rural poverty have not yet been completely eliminated (Kannan & Sundaram, 2011).

Employment through agriculture-related activities has also declined over the years. A large proportion of rural inhabitants have not been benefited from the economic growth of past 20 years in India (Sharma, 2015). In fact, liberalization has brought about a crisis in the agricultural sector that has pushed small-scale cash crops farmers into debt (Kennedy & King, 2014). All these factors have a great impact on physical and



psychological health of the farmers. Since depression is identified to be the leading cause of disability, it represents a major public health concern worldwide (WHO, 2010). Depression and suicide are closely interlinked. Almost 60% of the individuals died due to suicide were found to have depression. Early identification of depression is critical for reducing suicidal deaths. It was found that suicidal rates in India were high among marginal farmers growing cash crops and farmers with high level of indebtedness (Kennedy, & King, 2014). Bomble, & Lhungdim (2020) reported that more than half 58% of farmers have reported distress of mental health and 41.7% farmers were reported no distress of mental health in last two weeks. The most commonly reported symptoms of mental health relate to anxiety and insomnia, with 55% of farmers suffering from this symptom. The second highest ranking prevalence of symptoms is somatic problems (34.7%).

Depression

Depression is very common in men and women. A depressed mood and a loss of interest or pleasure are the key symptoms of depression. Patients may feel that they feel blue, hopeless, in the dumps or worthless. For a patient, the depressed mood often has a distinct quality that differentiates it from the normal emotion of sadness or grief. Patients often describe the symptom of depression as one of agonizing emotional pain and sometimes complain about being unable to cry, a symptom that resolves as they improve. Depression may also involve fatigue, insomnia and feeling of worthlessness, a recurrent inability to think or concentrate and recurrent thoughts of death or suicide.

An individual who experiences five or more of these symptoms at once during the same two-week period is classified by DSM-IV as undergoing a major depressive episode. May (1969) quoted that “depression is the inability to construct a future”. Similarly, Jamenson (2011) postulated that “depression can be defined as a mental state that is characterized by attitude that is pessimistic and melancholic with a lack of mental and physical activity.” A study conducted by Viswanathan et al. (2019) on depression, suicidal ideation and resilience among rural farmers and revealed that farmers had high prevalence of depression and suicidal ideation and low level of resilience. In addition, Ahmed et al. (2019) assessed the prevalence of depression among farmers and its determinants in selected villages of Bangalore rural district. A cross-sectional study was conducted among 570 farmers in 12 selected villages and found that high level of depression among farmers as compared to the general population.

Anxiety

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Anxiety is a normal and often health emotion. Everyone experience anxiety. It is characterized most commonly as a diffuse, unpleasant, vague sense of apprehension often accompanied by autonomic symptoms such as headache, perspiration, palpitations, tightness in the chest, mild stomach discomfort and restlessness indicated by an inability to sit or stand still for long. The particular constellation of symptoms present during anxiety tends to vary among persons. Anxiety is an alerting signal. It warns of impending danger and enables a person to take measures to deal with a threat. Fear is a similar alerting signal, but it should be differentiated from anxiety. Fear is a response to a known, external, definite, or non-conflictual threat; anxiety is a response to a threat that is unknown, internal, vague or conflictual. According to Kaplan et al. (1996), "Anxiety is characterized by diffuse, unpleasant, vague sense of apprehension, often accompanied by autonomic symptoms such as headache, perspiration, palpitations, tightness in the chest, and mild stomach discomfort." According to Gidron (2013), "trait anxiety refers to the stable tendency to attend to experience and report negative emotions such as fears, worries and anxiety across many situations. This is part of the personality dimension of neuroticism versus emotional stability."

Torske et al. (2016) examined the anxiety and depression symptoms among farmers in Norway and revealed that both male and female farmers had higher levels of depression symptoms than the general working population, but the levels of anxiety symptoms did not differ. The differences in depression symptom levels between farmers and the general working population increased with age. Notwithstanding, Sanne et al. (2004) investigated the farmers are at risk for anxiety and depression. The study encompassed 17295 workers age 40-49, including 917 farmers were selected from population to check the levels of anxiety and depression. The results showed that farmers were associated with high levels of anxiety and depression as compare to non farmers.

Stress

Stress is very personal thing. Although certain kinds of events such as the death of a loved one or participation in military combat are universally stressful other situations may or may not be stressful to a specific person. Consider for instance bungee jumping. Some people would find jumping off a bridge while attached to a slender rubber tether extremely stressful. However, there are individuals who see such an activity as challenging and fun filled. Whether bungee jumping is stressful depends in part, then on a person's perception of the activity. For people to consider an event stressful, they must perceive it as threatening or challenging and must lack of all the resources to deal with it effectively. According to



Lazarus and Folkman (1984), “stress is a function of degree of person-environment fit. When our resources are more than adequate to deal with difficult situation, we may feel little stress.” According to Beehr & Newman (1978), “Job stress as a condition arising from the interaction of people and their jobs and characterized by changes within people that force them to deviate from their functioning.”

Ramesh and Madhavi (2009) studied the occupational stress among farming people. A sample of 200 hundred farmers from four villages from Villupuram district in Tamil Nadu was selected. 50 farmers from each village were selected as sample for this survey by using simple random sampling method. The Farm Stress Inventory created by James & Walker (.....) was used to understand the stress related factors. Results indicated that the occupational farming leads to stress due to financial weather, work overload, social interaction and farm hassles. It was inferred that all selected dimensions are producing either high or medium level of stress to farming people. Similarly, Bitton et al. (2019) examined the stress, anxiety, depression and resilience in Canadian farmers and revealed that scores for stress, anxiety and depression were higher and resilience lower than reported normative data. This study will be helpful to understand the stress, depression and anxiety among farmers in Punjab.

Objectives

1. To study the level of depression among Punjab farmers.
2. To study the level of anxiety among Punjab farmers.
3. To study the level of stress among Punjab farmers.

Research question

1. To what extent Punjab farmers experience stress, depression and anxiety.

Method

In this research study, descriptive survey method was employed in order to explore the levels of depression, stress and anxiety among the farmers.



Participants

A randomized sample of 100 Punjab farmers was included for data collection in the present study. The age group of selected data was between 18-40 years. Every participant was assured that their responses will be kept confidential and will never be used for any other purposes.

Instruments

DASS questionnaire developed by Lovibond and Lovibond (1995) was used to assess the depression, anxiety and stress among farmers. There was 42 items in this measure to assess anxiety, depression and stress among the farmers.

Statistical Analysis-

In order to find out the levels on depression, anxiety and stress among farmers, percentage analysis were performed.

Results and Discussion

The fundamental stage in the practice of psychological research, after the compilation of data, is the analysis and discussion of the data. In this regard, raw data on depression, anxiety and stress among farmers of Punjab were analyzed using simple percentage analysis. Therefore, the stated analysis is given comprehensively in the following Tables.

Table 1: Levels of Depression among Punjab Farmers.

S. No.	Levels of Depression	N	Percentage
01	Extremely Severe	09	09%
02	Severe	04	04%
03	Mild	20	20%
04	Moderate	20	20%
05	Normal	47	47%
Total		100	100%



The above results showing pervasiveness of depression level of farmers in Punjab. Results presented in Table 1 displays that 09% (n = 09) farmers possess extreme severe depression whereas, 04% (n = 04) respondents reported severe level of depression. About 20% (n = 20) respondents reported mild level of depression and 20% (n = 20) possess moderate level of depression. The highest percentage of respondents i.e. 47% (n = 47) reported normal level of depression. The observation of the results suggest that highest percentage of the respondents fall in normal level followed by moderate, mild, severe and extremely severe level of depression respectively. Further, Figure 1 shows graphical representation of levels on depression of farmers in Punjab.

Figure 1: Graphical Representation of Levels of Depression among Punjab Farmers.

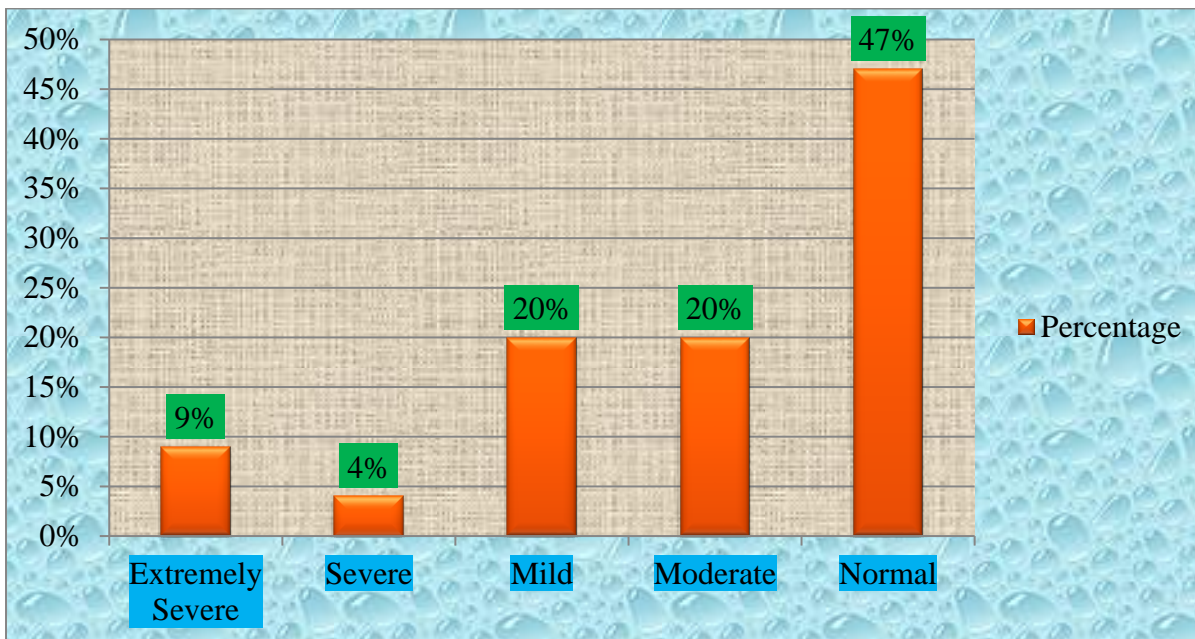


TABLE 2: LEVELS OF ANXIETY AMONG PUNJAB FARMERS.

S. No.	Levels of Anxiety	N	Percentage
01	Extremely Severe	20	20%
02	Severe	09	09%
03	Mild	04	04%



04	Moderate	17	17%
05	Normal	50	50%
Total		100	100%

Results presented in Table 2 displays that 20% (n = 20) farmers feel extreme severe level of anxiety whereas, 09% (n = 09) respondents reported severe level of anxiety. About 04% (n = 04) respondents reported mild level of anxiety and 17% (n = 17) possess moderate level of anxiety. The highest percentage of respondents i.e. 50% (n = 47) reported normal level of anxiety. The observation of the results suggest that highest percentage of the respondents fall in normal level followed by extremely severe, moderate, severe and mild level of anxiety respectively. Further, Figure 2 shows graphical representation of levels on anxiety of farmers in Punjab.

Figure 2: Graphical Representation of Levels of Stress among Punjab Farmers.

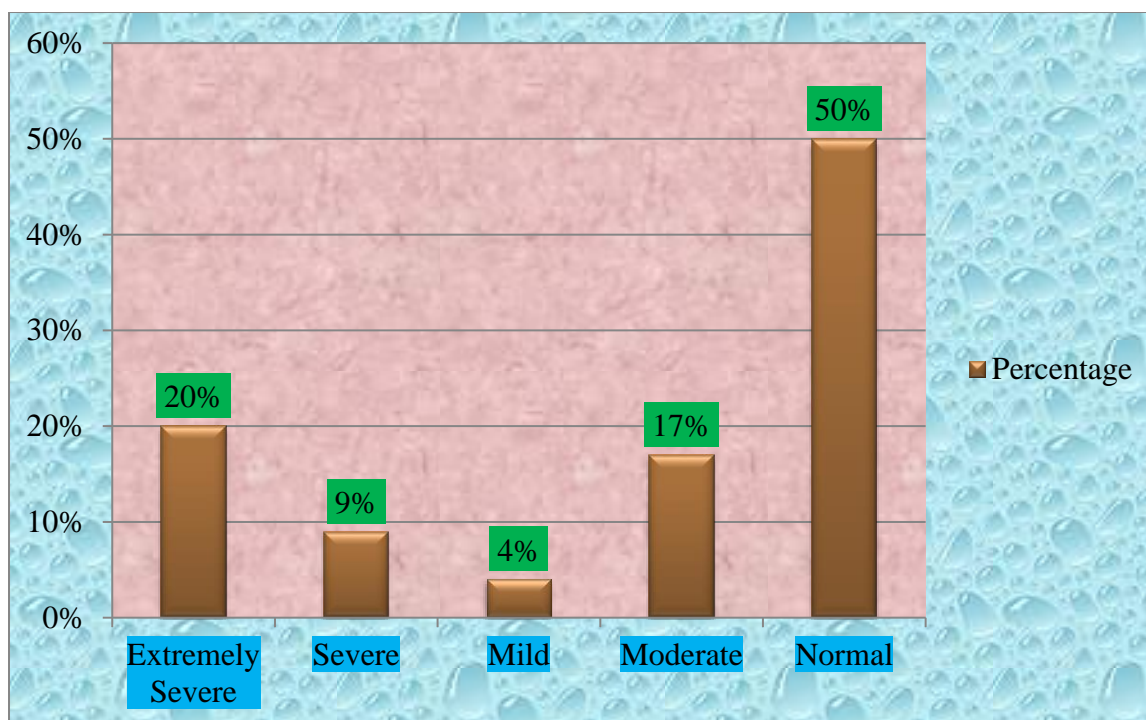


TABLE 2: LEVELS OF STRESS AMONG PUNJAB FARMERS

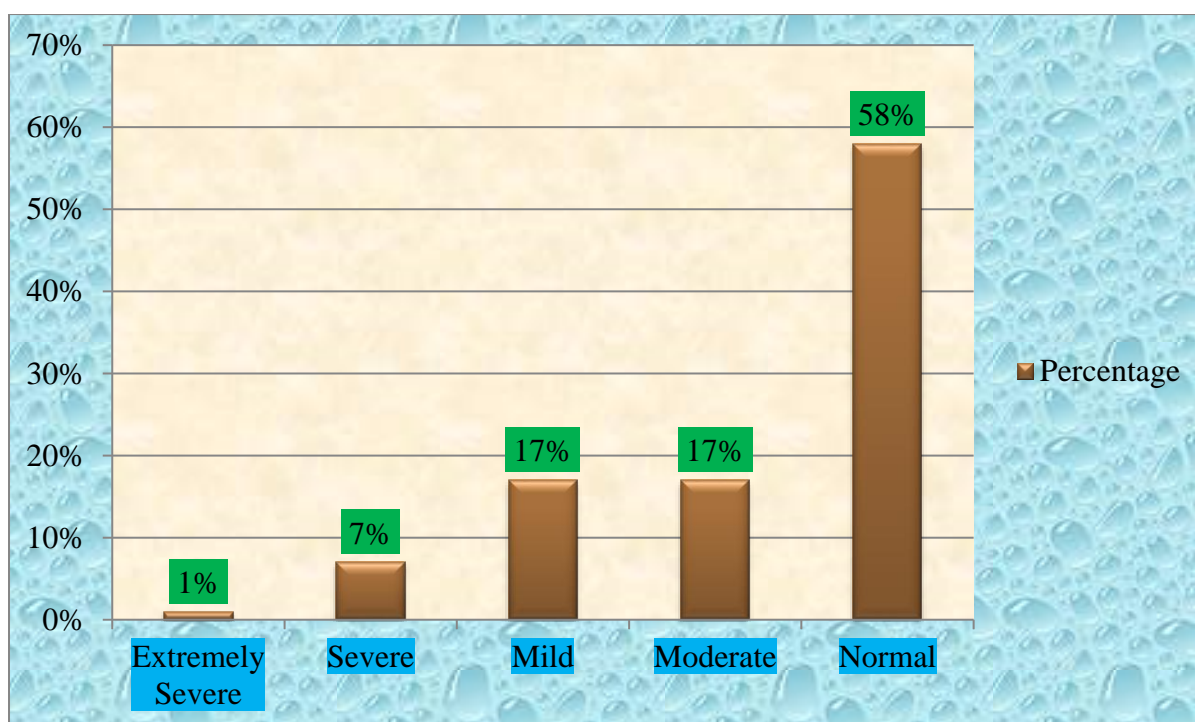
S. No.	Levels of Stress	N	Percentage
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01	Extremely Severe	01	01%
02	Severe	07	07%
03	Mild	17	17%
04	Moderate	17	17%
05	Normal	58	58%
Total		100	100%

Results presented in Table 3 displays that 01% (n = 01) farmers feel extreme severe level of stress whereas, 07% (n = 07) respondents reported severe level of stress. About 17% (n = 17) respondents reported mild level of anxiety and 17% (n = 17) possess moderate level of stress. The highest percentage of a respondents i.e. 58% (n = 58) reported normal level of stress. The observation of the results suggest that highest percentage of the respondents fall in normal level followed by moderate, mild, severe and extremely severe level of stress respectively. Further, Figure 3 shows graphical representation of levels on stress of farmers in Punjab.

Figure 3: Graphical Representation of Levels of Stress among Punjab Farmers.





The findings of this study are consistent with the results of Bomble & Lhungdim (2020), reported that more than half 58% of farmers have reported distress of mental health. The most commonly reported symptoms of mental health relate to anxiety and insomnia. Similarly, Das, (2011) reported that mental illness constitutes nearly one sixth of all health-related disorders. Notwithstanding, changing life-style, crop failure, natural calamity (drought and flood), unemployment, frequent disruptions in income, economic crisis, lack of social support and increasing insecurity are the compounding factors of mental health problems among farmers in India (Chatterjee, 2009). Moreover, Jones-Bitton et al. (2019)'s study supported our results that scores for stress, anxiety and depression was higher and resilience was lower than reported normative data.

Conclusions and Suggestions for future research

This research study was conducted to assess the anxiety, stress and depression level among farmers in Punjab. The results found that in depression the highest percentage of respondents fall in normal level followed by moderate, mild, severe and extremely severe level of depression correspondingly. Similarly, highest percentage of the respondents fall in normal level followed by extremely severe, moderate, severe and mild level of anxiety respectively. At last, the highest number of the respondents falls in normal level followed by moderate, mild, extremely severe and severe level of stress respectively. To summarize, it can be said that farmers are not free from anxiety, depression and stress in Punjab. So, it is the responsibility of government to provide financial and other support measures to farmers so that it would be of great help in reducing the occurrence of depression, stress and anxiety among farmers. Counseling sessions for the farmers is the need of the hour because it can help farmers to improve their mental health status and get relieved from the distress. Training the farmers about the methods of farming in difficult climatic circumstances will be the long-term action to reduce the problems among farmers. Our research study suggests that further research can be conducted on mental health in relation to suicidal ideation, socio-economic status and resilience among farmers.

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44. “AN ANALYTICAL STUDY OF LIQUIDITY AND PROFITABILITY ANALYSIS OF SELECTED CEMENT COMPANIES IN INDIA”

Sorathiya Jaydeep Govindhai

(M.COM. M.Phil)

Department of Commerce, Saurashtra University, Rajkot

Jaydeepsorathiya4517@gmail.com

Abstract: -

Cement industry play important role in Indian economy. They give a infrastructure facility like construct a building, dams, mall, houses etc. Indian cement industry is the second largest industry after chine. The primary objective of this study is to analyze the liquidity and profitability position of selected cement industry in India, this study deals with data analysis and interpretation of different liquidity and profitability ratio include current ratio, quick ratio, operating margin and net profit margin. T-test used to testing the hypothesis. Convenience sampling method is used to select the sample. This study is pure based on secondary data that was obtained from annual reports and financial statement of selected cement industry. This study is made for a five-year period from 2016-17 to 2020-21. Analyzed and interpretation of the data, all the null hypothesis is accepted. We can say that there is a no significant difference of selected ratio during the study period.

Keywords: - Cement companies, liquidity, and profitability.

INTRODUCTION:

India’s cement industry is most important part of economy. They providing employment almost a million people, indirect or directly. Ever since it was liberaliasation in year 1982. The Indian cement industry has captivate vast investment from Indian and foreign investors, doing it the second largest in the global. The industry is presently in a reversal phase, trying to get global standards in production, energy, efficiency and safety.

Indian has a lot of possible for evolution in the infrastructure and construction section and the cement section is anticipate to largely well-being from it. Some of the current major government’s initiatives such as evolution of 100 smart cities are anticipate to supply a major raise to the section.

Anticipating such developments in the country and assist by acceptable government foreign policies, several foreign players such as Lafarge holcim and vicat have invested in the country in the current a notable factor which backing the growth of this section is the ready accessibility of the raw materials for making cement, such as coal and limestone.



OBJECTIVE OF STUDY:

- To know the conceptual framework of liquidity and profitability.
- To evaluate the performance of cement industry.
- To draw opportunities and threats from the findings. For the selected industry.
- To give some suggestion to cement industry.

REVIEW OF LITERATURE:

Jyoti Mahato and Uday Kumar Jagannathun (2015) “Impact of Working Capital Management on Profitability: Indian telecom sector”. Management of working capital is regarded as one of the most important part of business. The study period of 5 years from 2010-11 to 2014-15 dependent and independent variables are used in this study. The different variables are we like ROA (return on assets) to measure the profitability. The data are analyse eight telecom companies listed in national stock exchange of India. This study is based on secondary data and data are collected from the annual report of telecom companies. The result is finding that correlation analysis shows the ROA has negative relationship between current ratio.

Bhushan Singh and Mohindra (2016) “Impact of Capital Structure on Firm’s Profitability: A Study of Selected Listed Cement Companies in India.” The primary objective of this study is to investigate the impact of capital structure on firm’s profitability through selected cement companies in India. This study is pure based on secondary data. The period of study is five years from 2009-10 to 2013-14 and data collected from financial statements. Based on correlation co-efficient analysis researcher is found that there is a negative relationship between debt and profitability meaning that companies with higher proportion of debt tend to have low profitability.

Mohmad Mushtaq Khan and Syed Khaja Safiuddin (2016) “Liquidity and Profitability Performance Analysis of select Pharmaceutical Companies.” The basic objective for this study is to compare the liquidity and profitability performance of selected companies. The data used in this study is secondary nature and collected from annual reports of the selected companies. The analysis made on the basis of financial statements of the two pharmaceutical companies of our economy the liquidity ratios are used to analysis of data and finding the results the period of study is five years from 2010-11 to 2013-14. From the above analysis researcher is found that over the course of five financial period of study the mean of current ratio in



cipla is higher than the Dr. reddy's labs. This shows that sufficient current assets to meet short-term operating needs of cipla.

Yoowanka Lungdoh and K. C. Biswal (2017) "A Study on the Liquidity Management of Select Cement Companies of Meghalaya." Effective liquidity management is one of the initial requirements for the survival of an organization. The basic objective of this study is to analyse and compare the liquidity position of the selected sample company of Meghalaya. Total population is 11 cement companies in operation till 2016, out of the five companies has been taken in to this study. The study is based on secondary source of data and collected from annual report of selected cement companies of Meghalaya. The period of study is 10 years from 2005-06 to 2014-15. Using correlation method analyse inter relationship among liquidity are test.

S. Hemalatha and A. L. Kamalavalli (2018) "Profitability Analysis of Cement Companies in India." This study focus on the analysis of profitability of cement companies in India. The statistical tool and techniques such as mean, standard deviation, co-efficient of variation, correlation and regression analysis were used in this research. 15 cement companies consider as a sample and period of study is 10 years from 2005 to 2015. In this study different ratio are examine i.e., gross profit, operating profit, net profit, return on assets and return on equity. Secondary data are used in this study and collected on the annual reports of the selected samples of cement companies. From above analysis researcher is found that the all companies are performing satisfactorily and they can enhance their profitability position by improving their operational performance.

K. V. Ramana Reddy (2018) "A Study on Liquidity and Profitability n Selected Indian Software Companies." This study is mainly focused on the relationship between liquidity and profitability of selected software companies in India. Top four companies selected as a sample i.e., TCS, Infosys, Wipro, HCL and two medium size firm such as mind tree and InfoTech in terms of sales is also select. The period of study is 10 years from 2007-08 to 2016-17. This study is pure based on the secondary data and data collected from records, books of accounts and annual reports of the sample units through different published reports, websites and journals tools and techniques is also used in this research like ratio analysis, percentages, averages etc. from above analysis researcher is to found that all the sample units are maintaining high liquidity ratio.

Manjurajan Babu (2019) "Research on Profitability and Liquidity Position of Banks with References to Pre and Post Merger." The main aim of this study is to evaluate the profitability and liquidity situation of



banks with references to pre and post merger in India. 17 banks, both national and private banks selected as a sample. Financial performance is evaluated using CAMEL model. The period of study is 1998 to 2016. This study is pure based on the secondary data and data collected from the annual reports of the selected banks. From the above evaluation result is found that HDFC bank ltd, federal bank and bank of Baroda were efficient in terms of the financial performance as compare to other banks.

Devi Naveen Kumar and Ms. Surabhi Lakshmi (2019) “A Study on Ratio Analysis at Ultratech Cement.” The primary objective of this study is to measure the performance of a company using turnover ratios. This study is based on the secondary data. The period of study is five years from 2014-2018. Secondary data collected from published sources, such as annual reports, income and internal records, magazines and company’s official website well as official website of the sample. The period of study is five years from 2014-15 to 2018-19. From above analysis researcher is found that company’s profitability ratio is satisfied.

RESEARCH METHODOLOGY:-

(1) STATEMENT OF THE PROBLEM:-

In general cement industry is correlate with contraction building, apartment, necessary, mall, dams, roads etc. so, it is necessary requirement of cement or other material. The liquidity and profitability play important part of the management and it optimum management helpful to achieve huge profitability and productivity after the receiving different review of study related to liquidity and profitability. So, require to study in liquidity and profitability analysis of selected cement industry in India.

The topic for this research has been selected as under:

“An Analytical Study of Liquidity and Profitability Analysis of Selected Cement Companies in India.”

(2) AREA & SCOPE OF THE STUDY:

The scope of this research study is as under:

➤ **Functional scope:-**

Functional scope of the study is to analyse the liquidity and profitability position of cement industry in India.



➤ Geographical scope:-

In this study selected two cement companies: Ultra tech cement and shree cement which are providing service in India. So whole India is geographical criteria for this study.

SOURCES OF DATA:

This study is pure based on the secondary nature and taken from annual published report and websites of selected cement industries like ultra tech cement and shree cement different information related to industries has taken from journals, books, periodicals, official websites and money control.com. option expressed in accounting literature, business standard, annual report and different publication have been used in this study.

TOOLS AND TECHNIQUES:

For the present ratio analysis and t- test have been used for analyze the data of selected cement industries.

HYPOTHESIS OF THE STUDY:

- H₀:** There would be no significant difference in current ratio among the selected cement companies during the study period.
H₁: There would be significant difference in current ratio among the selected cement companies during the study period.
- H₀:** There would be no significant difference in quick ratio among the selected cement companies during the study period.
H₁: There would be significant difference in quick ratio among the selected cement companies during the study period.
- H₀:** There would be no significant difference in operating margin among the selected cement companies during the study period.
H₁: There would be significant difference in operating margin among the selected cement companies during the study period.
- H₀:** There would be no significant difference in net profit margin among the selected cement companies during the study period.
H₁: There would be significant difference in net profit margin among the selected cement companies during the study period.



SAMPLE DESIGN:

From the all population researcher has used convenience sampling technique of non probability sampling technique. Researcher has selected 2 cement companies based on market capitalization as a sample of the present study.

1. Ultra tech Cement

2. Shree Cements

PERIOD OF THE STUDY:

The study covers a period of five years from the year 2016-17 to 2020-21.

LIMITATION OF THE STUDY:

- The study is limited to 2 units of cement companies in India.
- This study is mainly based on a secondary data from the published reports of the companies. The findings and reliability are contingent upon the publish data of cement companies.
- The present study is pure based on ratio analysis which has its own limitation applicable here also.
- This study covers only two cement companies.

DATA ANALYSIS: -

Table 1: Ratio of Ultra tech Cements

Particulars	2017	2018	2019	2020	2021
Current Ratio	1.60	1.00	0.83	0.90	1.17
Quick Ratio	1.31	0.71	0.57	0.65	0.97
Operating Margin	17.78	15.77	12.88	17.16	21.46
Net Profit Margin	10.69	7.18	5.76	13.79	12.20

(Source: Annual report of Ultra tech Cement)

Table 2: Ratio of Shree Cements

Particulars	2017	2018	2019	2020	2021
Current Ratio	1.65	1.92	2.22	2.32	2.21
Quick Ratio	0.99	1.39	1.34	1.81	1.75
Operating Margin	19.31	19.95	12.51	24.15	17.29
Net Profit Margin	15.58	14.07	8.08	16.98	11.99

(Source: Annual report of Shree Cements)

Table 3: T-test Calculation of Current Ratio

Particulars	Ultra tech cement	Shree cement
Mean	1.1	2.064
Variance	0.09445	0.07583
Observation	5	5
Pooled Variance	0.08514	
Hypnotized mean difference	0	
Df	8	
t stat	-5.22372	
P(T<=t) one tail	0.000399	
T critical one tail	1.859548	
P(T<=t) two tail	0.000799	
t critical two tail	2.306004	

Interpretation: -

The calculated value of current ratio is 0.0007 is lower than table value 2.30 Therefore, Null hypothesis is accepted. Hence it is there is no significant difference between current ratio of selected units (Ultra tech cement & Shree cement).

Table 4: T-test Calculation of Quick Ratio

Particulars	Ultra tech cement	Shree cement
Mean	0.842	1.456
Variance	0.09092	1.11168
Observation	5	5
Pooled Variance	0.1013	
Hypnotized mean difference	0	
Df	8	
t stat	-3.05024	
P(T<=t) one tail	0.007908	
T critical one tail	1.859548	
P(T<=t) two tail	0.015815	
t critical two tail	2.306004	

Interpretation: -

The calculated value of quick ratio is 0.015 is lower than table value 2.30 Therefore, Null hypothesis is accepted. Hence it is there is no significant difference between quick ratio of selected units (Ultra tech cement & Shree cement).

Table 5: T-test Calculation of Operating Margin

Particulars	Ultra tech cement	Shree cement
Mean	17.01	18.642
Variance	9.7531	17.98112
Observation	5	5
Pooled Variance	13.86711	
Hypnotized mean difference	0	
Df	8	



t stat	-0.69294	
P(T<=t) one tail	0.25398	
T critical one tail	1.859548	
P(T<=t) two tail	0.507959	
t critical two tail	2.306004	

Interpretation: -

The calculated value of operating margin is 0.50 is lower than table value 2.30 Therefore, Null hypothesis is accepted. Hence it is there is no significant difference between operating margin of selected units (Ultra tech cement & Shree cement).

Table 6: T-test Calculation of Net Profit Margin

Particulars	Ultra tech cement	Shree cement
Mean	9.924	13.34
Variance	11.39533	12.07255
Observation	5	5
Pooled Variance	11.73394	
Hypnotized mean difference	0	
Df	8	
t stat	-1.57676	
P(T<=t) one tail	0.076751	
T critical one tail	1.859548	
P(T<=t) two tail	0.153501	
t critical two tail	2.306004	

Interpretation:-

The calculated value of net profit margin is 0.15 is lower than table value 2.30 Therefore, Null hypothesis is accepted. Hence it is there is no significant difference between net profit margin of selected units (Ultra tech cement & Shree cement).



FINDING OF THE STUDY:

Table: 7 Result of paired T-test

Particulars	Calculated value	Accept/ Reject
Current Ratio	0.0007	Accept
Quick Ratio	0.0150	Accept
Operating Margin	0.5000	Accept
Net Profit Margin	0.1500	Accept

CONCLUSION:

In old days, different types of building materials were used for construction of public historical and religious buildings sand, stone and in the special cases marbles were used for this type of work. The house of ordinary citizens was usually made of mud and thin bricks. In some cases, pozzolana and lime were used for getting beautiful finishing for the interior exterior. In short, it can be said that cement as well as steel are essential for that development of construction works in the country.

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45. Effect of Web Based Instructions on Students Attitude towards Mathematics

Dr.(Mrs) Vipinder Nagra
Associate Professor
DAV College of Education, Hoshiarpur
Email- vipindernagra6@gmail.com
Contact no.- 9417636006

Jiwanjot Kaur
Research Scholar
PU Chandigarh
Email- jkgill1108@gmail.com
Contact no.- 9041300377

Abstract

This study was purposed to investigate the effect of web-based instructions on the students' attitude towards mathematics. This study was of pre-test and post-test experimental design. The study was conducted on 100 students studying in seventh grade at government schools of Gurdaspur district. The sample was randomly divided into two groups via 50 students in the experimental group and 50 in the control group. The two treatments were employed in this study in which the experimental group was taught with web based instructions and the control group was instructed through the traditional classroom method. The data was collected using the attitude towards mathematics scale prepared by an investigator and analysed by applying appropriate statistical techniques. The findings of the study revealed that there exists a significant difference in students' attitude towards mathematics taught through web based instructions and traditional classroom instructions.

Keywords: Attitude towards mathematics, web based instructions, traditional teaching.

Introduction

The society which gave due weightage to mathematics is now the witness to tremendous progress as it contributes to the development of science and technology. It helps to inculcate logical skills, abstract thinking, reasoning, problem-solving ability, etc. among humans. In spite of its never-ending benefits for individual and society many people feel anxious when they think about mathematics as they perceive mathematics as a difficult subject. It requires high mental abilities and intelligence. According to Yang (2014) "MATH" appears to be a scary four-letter word to many people; they do not like it or they feel that they are not good at it. Students develop prejudices towards this discipline which hinders them to learn the concepts in right manner; this negative attitude creates a state of anxiety which in turn impedes learning and achievement in mathematics (National Mathematics Advisory Panel, 2008) and individual loses his self-confidence (Tobias, 1993).

Attitude plays a crucial role in learning mathematics (Neale, 1989). A Positive/negative attitude towards mathematics is described as a positive/negative emotional disposition (McLeod, 1994). Attitude towards mathematics as an



aggregate measure of a liking or disliking mathematics, a tendency to engage in or avoid mathematical activities, a belief that one is good or bad at mathematics, and a belief that mathematics is useful or useless (Ma & Kishor, 1997). Frequent failures and interruptions of planned actions in mathematical tasks develop a negative attitude among pupils (Mandler, 1989). Ma and Kishor (1997) found that most of children begin their schooling with positive attitude towards mathematics but as children grow up this attitude becomes less positive and gradually change to negative at high school. This happens due to many reasons as increase in pressure on students, difficult instructions, pace beyond their ambition and non-positive attitude of teacher (Philippou & Christou, 1998).

With the advancement in technology students have started using the electronic gadgets more frequently; also they are now using technology more for their education with computer being the dominating instrument. With the evolution of internet, the scenario of education has totally changed from past, the teacher and students are involving in web-based instructions (WBI) using websites and various gadgets like PC, laptops, tablets and mobile phones. Web based instruction is more appropriate supplementary tool in education. Web-based instruction is creating a learning environment using internet and its resources. It provides students with a new and rich style of learning (Relan & Gillani, 1997). It permits the new way of learning by making learning process more interesting and meaningful, communicating beyond the four walls of classroom. Web-based instructions help to fulfill the needs of individual learners. Every individual can learn according to their potential and ability. Different from traditional instruction, web-based instruction breaks the restrictions of time, space, peers and instructors, collaborative learning, provide motivation (Chen & Hung, 2010). It offers interactive, authentic, self-directed learning opportunities (Perlman, Weston & Gisel, 2005), enhance learning experience by providing visual and audio stimuli (Winfield, Mealy & Scheibel, 1998), creates active learning environment (Parker, 1998), develops scientific skills like reporting, interpretation, reasoning and problem solving especially for higher secondary students (George, 2013), is more efficient or less costly than other vehicles (Clark, 1994). Teacher can make efforts to use different teaching methods and techniques to develop positive attitude among students towards mathematics as it facilitates the more learning.

Review of Literature

Kannan, Sivapragasam and Senthilkumar (2015) investigated the attitude of secondary school students towards mathematics in Palani Educational District of Tamil Nadu, India. The study was conducted on a sample 200 ninth standard students. The sample divided into three types of institute which are Government, Government –Aided and Self-finance secondary schools. A tool used was Attitude scale towards mathematics (ASTM) for secondary school students, in order to carry out the present investigation. The investigator had adopted the normative survey method and random sampling technique was used. The results showed that the secondary school, female students has a better attitude towards mathematics than that of male students.



Sudha and Amutha (2015) studied the higher secondary learners' effectiveness towards web-based instruction on chemistry. Experimental method was adopted in the study. Sample of 58 chemistry students was taken and was divided into control having 24 students and experimental groups with 24 students. Control group was taught by traditional method and experimental group with web based instruction. Pre-test and post-test was administered to both the groups. The findings of the study revealed that there was no significant mean difference between achievements of pre-test and post-test scores taught by traditional method and there was significant mean difference between the achievements of pre-test and post-test scores in web-based instructional method since it provided multisensory experience to the students.

Haridi and Wuriyanto (2016) analyzed the influence of web-based cooperative learning strategy and achiever motivation on school study outcome. The research was quasi-experimental design having subjects of undergraduate students. Two groups were involved in investigation. Experimental group comprised of 34 students and taught through web-based cooperative learning method whereas control group was of 33 students taught through textual cooperative method. The result of research indicated that there was a difference in outcome study of organization behaviour courses was significant between two groups of students who studied with web-based cooperative learning strategy and textual cooperative learning strategy.

Kaur (2017) purposed a study to find the Effect of Web based instructions on achievement in Social Studies. 100 students of grade 8 from CBSE affiliated schools of Ferozepur, Punjab was taken as sample. There are two groups- control group (taught by traditional method) and experimental group (taught by Web based instruction). Pre-test and post-test was conducted on both the groups. Findings of the study indicated that there exists significant difference in achievement in Social Studies based on Web based instructions and conventional method. The achievement of students taught through web based instructions was higher as compared to traditional teaching group.

Supriyono (2018) determined the reading learning performed by English Foreign Language Learners (EFL Learners) when web based instructions was integrated into reading classroom. The study was explored the process, performances and quality of the subjects during the course. The steps followed by the process of instructions were orientation, discussion, material exploration, action, test and reflection. The participants of the study were three students of the fourth semester of English Department at University of Siliwangi Tasikmalaya Indonesia who followed the instruction of reading through web based reading learning model.

Mazana, Montero and Casmir (2019) studied the performance in mathematics and learning of students' was affected by a several factors, which includes students' and teachers attitude towards the subject, instructional practices of teachers and school environment. This study was conducted in Tanzania to examine students' attitudes towards



learning mathematics. The study also found the reasons for the liking or disliking of mathematics and also the relationship between attitude and performance of students. The findings revealed that students initially display a positive attitude towards mathematics, but their attitude changes to less positive as they moved to higher levels of education. There exist significant positive weak correlation between students' attitude towards mathematics and their performance. Students' performance in mathematics was predicted by enjoyment and attitude towards it.

Berger, Mackenzie and Holmes (2020) studied that positive attitudes towards mathematics and science are mutually beneficial for student achievement. In this study sample of 10,051 Australian students of grade 8 were taken to find the relationship between attitudes towards both subjects by using latent profile analysis and exposed six discrete groupings. The study revealed that most of students were least attitudinally receptive to both subjects, whereas many students either resisted both or have a strong preference for one over other. Study also showed that positive attitude towards both subjects were mutually beneficial that means better attitudes towards both subjects were related with higher achievement in both.

Objectives

To compare the effect of web based instructions and traditional method on students' attitude towards mathematics.

Hypothesis

There exists significant difference in scores of mathematics attitude of students taught through web based instructions and traditional method.

Design

The nature of present study was pre-test and post-test experimental. Two groups were made one was Experimental group which was taught through web based instructions and other was Control group taught through traditional classroom method.

Sample

The sample for the study was taken from the government schools. 100 students of 7th class were selected from the government schools. The students were randomly assigned into two groups. The experimental group comprised of 50 students who were taught through web based instructions and remaining 50 students were assigned to control group which was taught through traditional teaching.



Tools used

- (1) Mathematics Attitude Scale (prepared by investigator) used as both pre-test and post-test.
- (2) Web-based Instruction Package (prepared by investigator).

Web-based instruction package was prepared by the investigator. The content was selected from the 7th class book. The content which was to be used in package was thoroughly analysed to check for any error or any left out information. In order to develop, convert and redesign the content, rectifying and editing of the errors the substantial time was spent. The package was made in such a way that it makes the learning of mathematics easy and enjoyable for students so that they can develop positive attitude towards mathematics. The content was planned keeping in mind that it was meant for the 7th class students.

Treatment

The sample of 100 students was selected randomly from the government schools of Gurdaspur district of 7th grade. After selecting the sample the students were randomly divided into two groups: experimental and control group. The experimental group comprised of 50 students was taught through web-based instructions and control group consisted of 50 students was taught through traditional teaching. The groups were assigned randomly to students. Attitude towards mathematics scale was administrated both as a pre-test and post-test to check the attitude of students towards mathematics whether it was positive or negative, also to find that whether teaching through web based instruction was helpful in changing the attitude of students towards mathematics or not.

Phase 1 (pre-test)

In this phase, the attitude towards mathematics scale developed by investigator was conducted as pre-test on both the groups. The test was of Likert five point scale having options strongly agree, agree, undecided, not agree and strongly not agree. The scores obtained by both the groups on pre-test were recorded.

Phase 2 (Experimental phase)

In this phase, the experimental group was taught through web based instructions i.e. with the package made by the investigator and the control group was taught through the conventional method. Both the groups were taught the same content.



Phase 3 (post-test)

In this phase, the same attitude towards mathematics scale was administered on both the groups as post-test and their scores were recorded.

Data Analysis

The scores of pre-test and post-test of both the groups (experimental and control group) were recorded. From the score list of pre-test and post-test of each group the mean, standard deviation and difference of the mean scores were calculated. By applying t-test, significance of difference between the mean scores on pre-test and post-test of the experimental and control groups were tested at both 0.05 and 0.01 level.

Results of the Study

The data obtained through the scores of pre-test and post-test of each group (experimental group and control group) were analysed and interpreted. It was found that there was a significant difference between the mean scores of pre-test and post-test of the experimental and control group in the selected topics of mathematics. Also, the results of the study revealed that there was no significant difference in the pre-test of experimental and control group related to the attitude towards mathematics whereas there was a significant difference in the scores of post-test related to mathematics attitude which was obtained after the application of treatment.

Attitude of students towards Mathematics after pre-test and post-test

Attitude of students in mathematics was administered by the pre-test and post-test. The entry behaviour of students was assessed by pre-test and then the group was randomly divided into two groups: experimental group and control group. Web based instructions was given to the Experimental group whereas control group was taught through traditional method and after that to see the difference in attitude the post-test was administered. The following table illustrates the found result:

Table 1 Showing difference in the mean scores of students in attitude towards mathematics after pre-test and post-test:

Category	N	Mean	SD	t-value	Result
Pre-test	100	9.56	2.03	10.35	Significant at 0.01 level
Post-test	100	13.09	2.74		



From the above table 1, the mean score of pre-test was 9.56 and S.D was 2.03 and the mean score of post-test was 13.09 and S.D was 2.74 and calculated t-value was come out 10.35. The calculated t-value was more than the table value i.e. 1.661 at 0.05 level and 2.365 at 0.01 level which was significant at both levels. It shows that there was significant difference in students' attitude towards mathematics in pre-test and post-test.

Hypothesis Testing

Attitude of students towards mathematics of control group and effect of web based instructions on the students of experimental group:

As stated earlier, students of experimental group (taught with web based instructions) and control group (subjected to traditional instructions) were administered to attitude test in mathematics. The raw scores obtained of each student of both the groups were compared by using the appropriate statistics. The following table shows the results:

Table 2 Showing difference in the mean score of attitude towards mathematics in pre-test and post-test of control group and experimental group:

Test	Category	N	Mean	SD	t-value	Result
Pre-test	Experimental Group	50	2.39	0.74	0.88	Not Significant at 0.01 level
	Control Group	50	2.56	1.14		
Post-test	Experimental group	50	3.83	0.89	2.68	Significant at 0.01 level
	Control Group	50	3.26	1.21		

The above table 2 clarify that mean score of experimental group was 2.39 and S.D was 0.74 related to mathematics attitude before the application of treatment that was web based instruction whereas the mean score of control group was 2.56 and S.D was 1.14 and t-value 0.88 was obtained. The calculated t-value was less than the table value i.e. 1.66 at 0.05 level and 2.36 at 0.01 level which was not significant at both the levels. It indicates that at the starting there was no significant difference in mathematics attitude of experimental and control group. Secondly the scores obtained by students after the treatment were also compared. The scores related to mathematics attitude after the application of treatment to experimental and control group was compared. The mean and S.D of experimental group were found 3.86 and 0.89 whereas the mean and S.D of control group which was taught using traditional method were 3.26 and 1.21 respectively. The t-value was calculated to be 2.68 which was more than the table value i.e. 1.66 at 0.05 level and 2.36



at 0.01 level. It indicated that the result was significant. Hence, hypothesis which states that “There exists significant difference in students’ attitude towards mathematics based on web based instructions and traditional method” is accepted.

Conclusions

There was significant difference between web-based instructional group (WBI) and traditional group on attitude towards mathematics. Students who were taught by using web based method develops better attitude towards mathematics as compared to the students taught by traditional classroom method. Hence, with Web-based instructions the students gain variety of teaching learning experience. Web-based instructions are more innovative, interactive and activity focused. It involves all the senses of students and also stimulates their senses. It helps to create more interactive environment between the students, student and teacher which promotes the active participation of student in the learning process by breaking the old monotonous environment.

Educational Implications

Web based instructions are more flexible as it helps student to learn according to their speed and place. It provides more opportunity to repeat same task at any number of times as it addresses the individual differences. Web based instructions make student more active to involve in the teaching learning process by making leaning content more attractive. It helps students in better learning material as it provides multisensory experiences and also increases the self-confidence among students which helps in the development of positive attitude towards mathematics among students. The students having positive attitude towards mathematics are more capable and interested in solving mathematical problems and also pursue it for higher studies. It also improves the students’ knowledge regarding the use of computers and internet and also develops positive attitude towards the usage of technology. Due to its numerous benefits the teachers should be trained and motivated to use the web-based instructions in classroom to encourage the students for effective learning.

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46. COMPARISON OF WILL TO WIN OF BASKETBALL AND NETBALL PLAYERS AT INTER UNIVERSITY LEVEL

Joshpreet Singh, Research Scholar, CT University, Ludhiana

Dr. Pravin Kumar, Dean SOHPE, CT University, Ludhiana

Dr. Harinder Singh Kang, Principal, Guru Nanak Khalsa College, Yamuna Nagar

Abstract

The main objective of modern sports is to win, not just play and play. Physical and physical health, pleasure and pleasure are not goals or goals anymore. The success of Indian athletes and athletes at the international event is due to a lack of will to win. This is a factor that makes you a great competitor. There are many cases where the unpredictable men of great sports persons will to win. The study compared the will to win of Netball and Basketball players involved in north zone and All India inter University level. The results shows get Basketball players are better in will to win than Netball players. Basketball Male and Female Basketball players are better in will to win than Netball Male players.

Keyword : Will to Win, Basketball and Netball

Introduction

The history of basketball can be traced back to the early development of basketball. A year after basketball was founded in 1891, the sport was modified for women to adopt a social convention regarding the participation in sports that provided women's basketball. Variations of women's basketball have occurred throughout the United States and in the United Kingdom. At Bergman Osterberg Physical Training College in Dartford, England, the women's basketball rules were modified over the years to create a completely new sport: netball. The first set of rules for basketball were published in the early 20th century, and since then the new sport has spread throughout the United Kingdom, and it was also designed to energize young women



Netball is one of the fastest growing sports in the world. Adapted from basketball, it is known as "Women's Basketball" and was brought to England from the United States in the early 1900s. The game is played outside by women on the grass and is what we know as a ball game. Netball is a non-contact sport and players must be fast, strong and agile. A game puts a lot of pressure on the body, with players having to create short bars, stop hard and twist and roll during the game.

Basketball was founded by Dr. James Naismith in 1891 to engage in indoor sports during the winter that kept them fit. He designed a sporty style based on a duck toy on a rock where players had to hit a rock called a duck in the game. The duck is protected by other players and placed high on the rocks. .

He also wanted the game to be safer, so the sport was played with a basketball and a basket of apples, about 10 feet high, not physically related, making the player interested in the ball and not the other players. No. He made thirteen rules, and the first match was played on December 21, 1891, between two teams of nine players at Springfield College.

The main objective of modern sports is to win, not just play and play. Physical and physical health, pleasure and pleasure are not goals or goals anymore. The success of Indian athletes and athletes at the international event is due to a lack of will to win. This is a factor that makes you a great competitor. There are many cases where the unpredictable men of great sports persons will to win. So the researchers decided to investigate the aggressiveness, the anxiety and the will to win the Netball and Basketball players involved in north zone inter University level.

Fairall & Rodgers (1997) examined the effectiveness of the three targeted approaches (self-directed and self-directed participants) on different attributes of the target. Light athletes (N = 67) were randomly selected on a test condition. The results of the ANOVA Inter-group show significant differences in participation rates. The athletes find that each condition demonstrates the success of manipulation. However, the additional analysis does not demonstrate the benefits for self-confidence and self-reliance compared to the conditions determined by the target attribute.

Singh and Sahni (2010) show that psychological or psychological factors affect the behavior of athletes at the elite level. To develop a high capacity to work with pressure, we have to test people at risk and pressure. Tension refers to active physical activity conditions in the body. This is the level of strength. The degree of tension or movement may vary from deep sleep to exhilaration. The concept of the maximum level of activity is that for each skill, there is a degree of level improvement, a level corresponding to the maximum



level of performance. High stress is the level of energy and intensity that refers to the best performance of the athlete. The most successful sporting activities work at or near the highest levels of stress in the pressure situation. In this study, Indian men were examined for selected psychological variables and their forms were analyzed. Then the war was affected by exercise by relaxing the muscles for 45 days and their responses were recorded on all four biological variables. Therefore, the training and the training were carried out and the results were explained. An analysis of the current scenario of the situation of Indian men's combatants was made, and recommendations were made in parallel to improve the work of Indian fighters so that they could better overcome the conflict. Psychological barriers at an elite level.

Methodology

To undertake this present study, total 300 Netball and Basketball Players were selected as subjects. The age group of the subjects was 17 to 25 years. The present study consists of 150 Male players (75 Netball and 75 Basketball) and 150 female players (75 Netball and 75 Basketball) which won first place in their respective universities. The players belong to Kurukshetra University, Kurukshetra, Maharisithi Dayanand University, Rohtak, Deenbandhu Chhotu Ram University of Science & Technology, Sonipat, Punjabi University, Patiala, Punjab University, Chandigarh and Guru Nanak Dev University, Amritsar.

The data were collected from during North Zone Basketball Inter University Championship held at Deenbandhu Chhotu Ram University of Science & Technology, Sonipat and All India Inter University Netball Championship held at Annamalai University, Chennai in the session 2019-20

Will to win Questionnaire constructed by Pezer and Brown (Indian Adaptation by Dr. Anand Kumar and P.S. Shukla) was used for the collection of data from the subjects. t test was used to compare the raw data.

Result of The Study

't' was applied to test the significance difference between Basketball and Netball Players 't' is presented in Table 1 and figure 1.

There is a difference in will to win between Basketball and Netball Players. The mean of will to win of basketball players is 10.35 with SD 2.36, while the mean of will to win of Netball players is 5.42 with SD



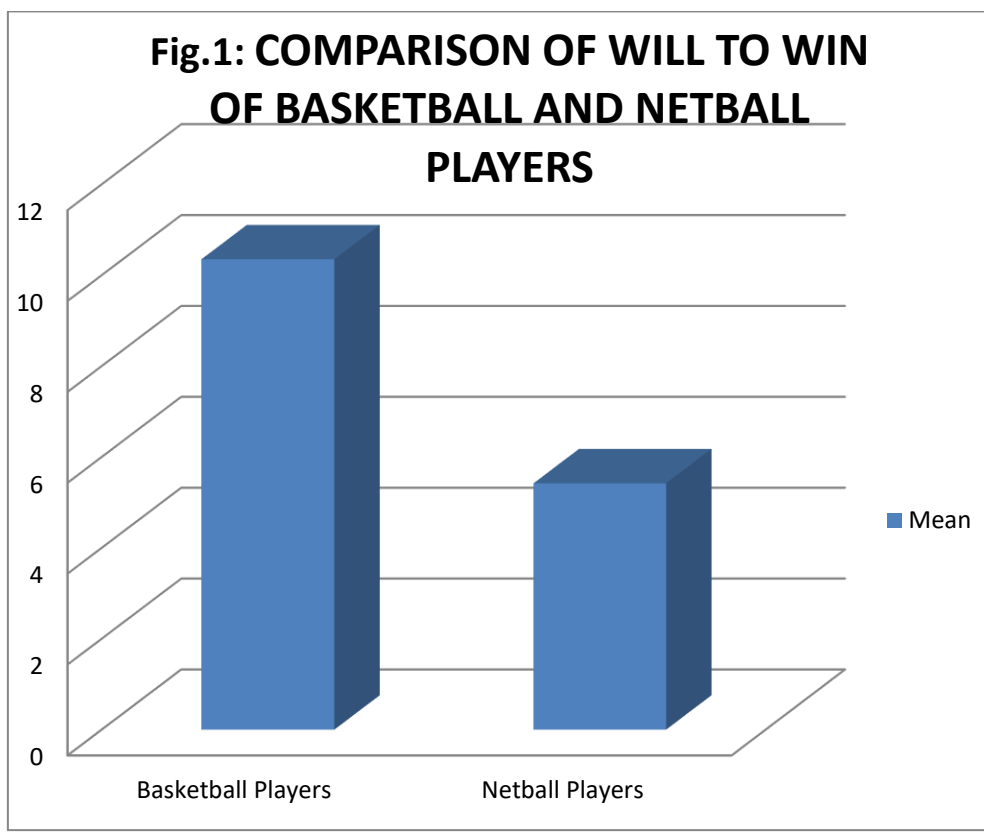
2.42. The 't' of will to win of both the Basketball and Netball players is 17.26 which is significant at .01 level. Which shows that there exists difference of will to win between Basketball and Netball Players.

TABLE- 1

Comparison of Will To Win Of Basketball And Netball Players

Game	N	Mean	SD	t
Basketball	150	10.35	2.36	17.26*
Netball	150	5.42	2.42	

*Significant at 0.01 level



Comparison of Will To Win Between Game Basketball and Netball Players

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't' was applied to test the significance difference between Male Basketball and Netball Players 't' is presented in Table 2 and figure 2.

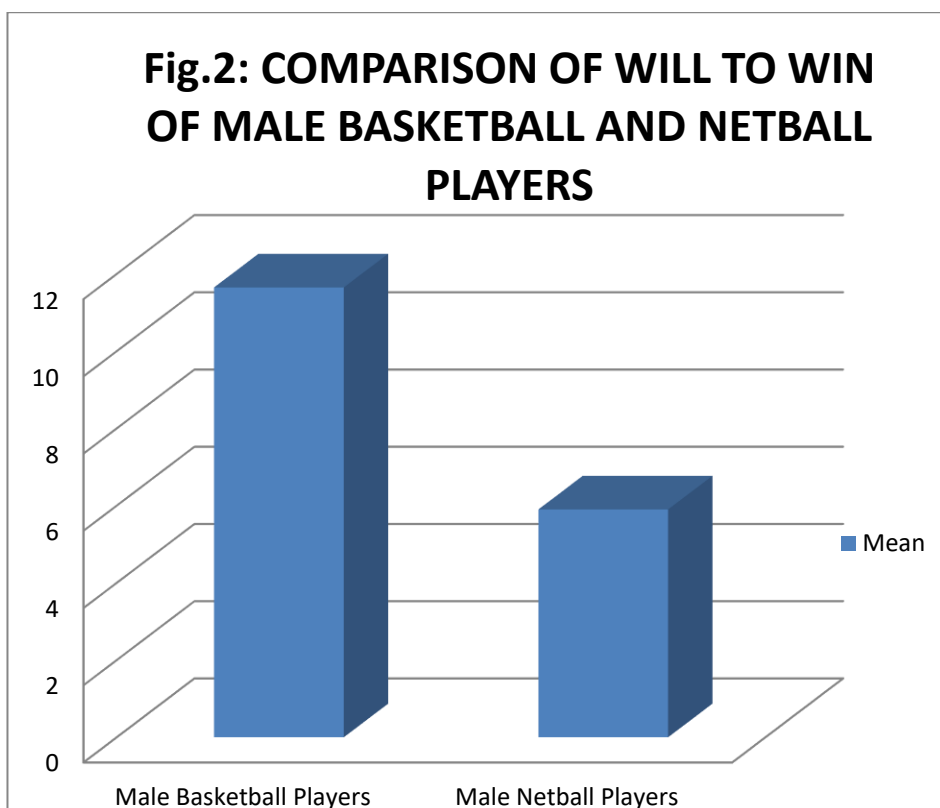
There is a difference in will to win between Male Basketball and Netball Players. The mean of will to win of basketball players is 11.69 with SD 1.49, while the mean of will to win of Netball players is 5.90 with SD 2.32. The 't' of will to win of both the Basketball and Netball players is 16.97 which is significant at .01 level. Which shows that there exists difference of will to win between Male Basketball and Netball Players.

TABLE- 2

Comparison of Will To Win of Male Basketball And Netball Players

Game	N	Mean	SD	t
Male Basketball Players	75	11.65	1.49	16.97*
Female Basketball Players	75	5.90	2.32	

***Significant at 0.01 level**



Comparison of Will To Win Between Female Basketball And Netball Players

‘t’ was applied to test the significance difference between Female Basketball and Netball Players ‘t’ is presented in Table 3 and figure 3.

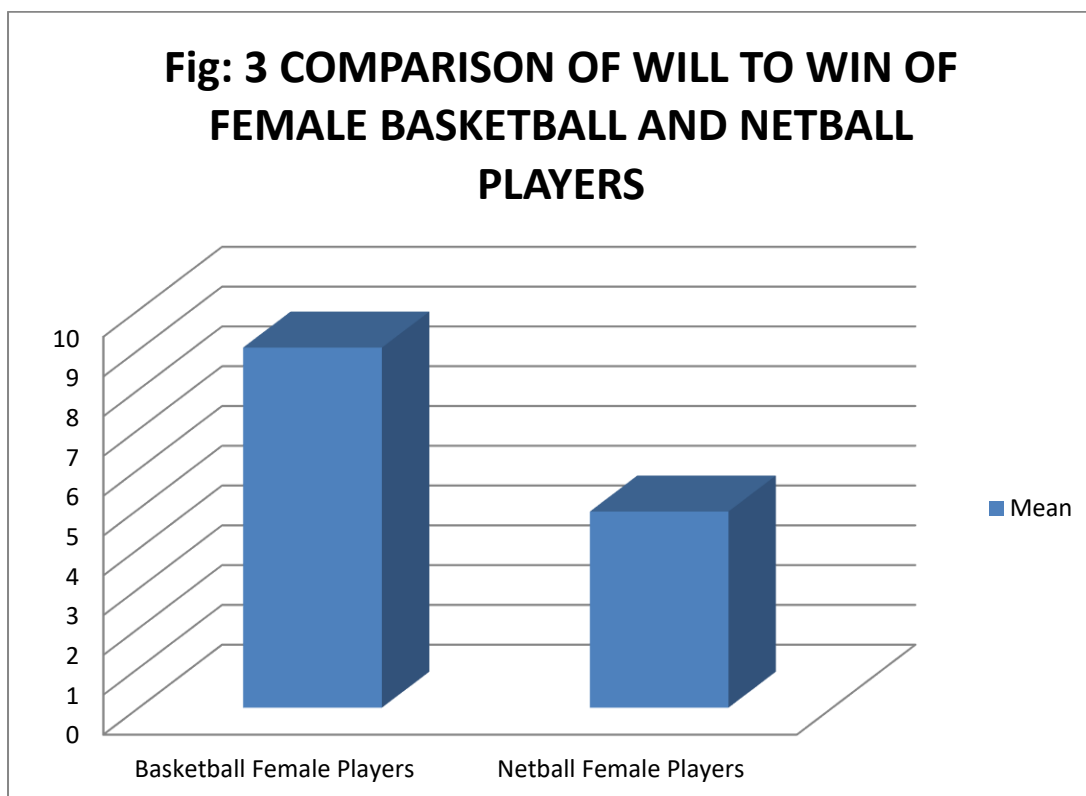
There is a difference in will to win between Female Basketball and Netball Players. The mean of will to win of basketball players is 9.05 with SD 2.36, while the mean of will to win of Netball players is 4.93 with SD 2.41. The ‘t’ of will to win of both the Basketball and Netball Female players is 9.29 which is significant at .01 level. Which shows that there exists difference of will to win between Female Basketball and Netball Players.

TABLE- 3

Comparison of Will To Win of Female Basketball And Netball Players

Game	N	Mean	SD	t
Basketball Female	75	9.05	2.33	9.29*
Netball Female	75	4.93	2.41	

***Significant at 0.01 level**





Discussion of Results

- 1. Basketball players are better in will to win than Netball players.** There is a difference in will to win between basketball and Netball players. The mean of will to win of Basketball is 10.35, while the mean of will to win of Netball players is 5.42. The 't' of will to win of both the Basketball and Netball is 17.26 which is significant at .01 level.
- 2. Basketball Male players are better in will to win than Netball Male players.** There is a difference in will to win between basketball and Netball Male players. The mean of will to win of Basketball male players is 11.65, while the mean of will to win of Netball male players is 5.90. The 't' of will to win of both the Basketball and Netball male players is 16.97 which is significant at .01 level.
- 3. Basketball Female players are better in will to win than Netball Female players.** There is a difference in will to win between basketball and Netball Female players. The mean of will to win of Basketball female players is 9.05, while the mean of will to win of Netball female players is 4.93. The 't' of will to win of both the Basketball and Netball female players is 9.29 which is significant at .01 level.

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**47. An analytical study of Working Capital Management & Profitability : A
Case study of Sayaji Hotels company limited**

Hingu kajal Gunvantray

Master of Philosophy

Department of Commerce & Business Administration

Saurashtra University

Rajkot

Guide: Alok Chakrawal

Abstract :

Working capital management is one of the most important financial decisions in corporate. The optimum management of working capital will increase the corporate value, so the primary goal of this research is evaluating relationship between working capital management and corporate performance. We used factors such as Current Ratio, Quick Ratio, Inventory turnover ratio and Cash Ratio for analysis of Working Capital Management and used Return On Equity, Return On Capital Employed and Net Profit Margin for analysis of Profitability. We used the trend analysis to analyse the Working Capital Management and Profitability during the 2015-16 to 2019-20.

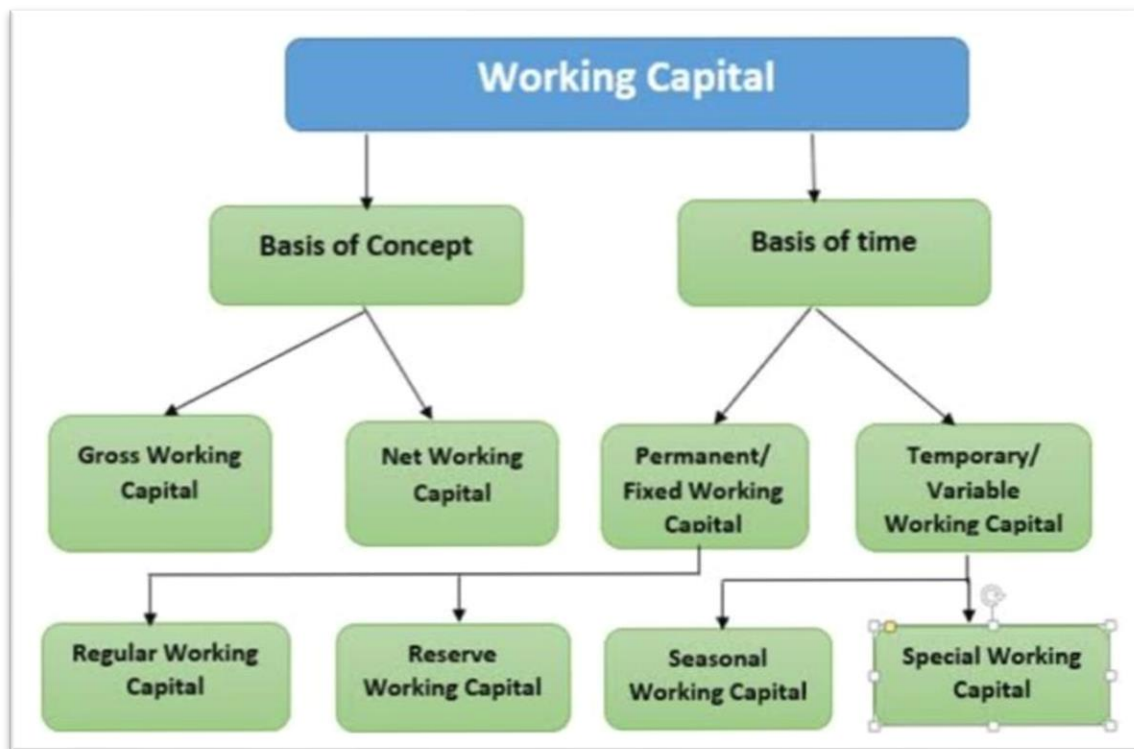
Working Capital Management :

Working capital means working + capital its means that for running the enterprise every firm have to maintain adequate capital is called working capital. Funds are needed for short term purposes for the purchase of raw materials, payment of wages and for meeting routine expenses.

Meaning:

In an ordinary sense, working capital denotes the amount of funds needed for meeting day-to-day operations of a concern. This is related to short-term assets and short-term sources of financing. Hence it deals with both, assets and liabilities—in the sense of managing working capital it is the excess of current assets over current liabilities.

Types of Working Capital :



Nature of Working Capital:

The nature of working capital is as discussed below:

- It is used for purchase of raw materials, payment of wages and expenses.
- It changes form constantly to keep the wheels of business moving.
- Working capital enhances liquidity, solvency, creditworthiness and reputation of the enterprise.



- It generates the elements of cost namely: Materials, wages and expenses.
- It enables the enterprise to avail the cash discount facilities offered by its suppliers.
- It helps improve the morale of business executives and their efficiency reaches at the highest climax.
- vii. It facilitates expansion programmes of the enterprise and helps in maintaining operational efficiency of fixed assets.

Need of Working Capital :

The needs for working capital are as given below:

- Adequate working capital is needed to maintain a regular supply of raw materials, which in turn facilitates smoother running of production process.
- Working capital ensures the regular and timely payment of wages and salaries, thereby improving the morale and efficiency of employees.
- Working capital is needed for the efficient use of fixed assets.
- In order to enhance goodwill a healthy level of working capital is needed. It is necessary to build a good reputation and to make payments to creditors in time.
- Working capital helps avoid the possibility of under-capitalization.
- It is needed to pick up stock of raw materials even during economic depression.
- Working capital is needed in order to pay fair rate of dividend and interest in time, which increases the confidence of the investors in the firm.

Importance of Working Capital:

It is said that working capital is the lifeblood of a business. Every business needs funds in order to run its day-to-day activities.

The importance of working capital can be better understood by the following:

- It helps measure profitability of an enterprise. In its absence, there would be neither production nor profit.
- Without adequate working capital an entity cannot meet its short-term liabilities in time.



- A firm having a healthy working capital position can get loans easily from the market due to its high reputation or goodwill.
- Sufficient working capital helps maintain an uninterrupted flow of production by supplying raw materials and payment of wages.
- Sound working capital helps maintain optimum level of investment in current assets.
- It enhances liquidity, solvency, credit worthiness and reputation of enterprise.
- It provides necessary funds to meet unforeseen contingencies and thus helps the enterprise run successfully during periods of crisis.

Components of Working Capital

Working capital is composed of various current assets and current liabilities, which are as follows:

(A) Current Assets:

These assets are generally realized within a short period of time, i.e. within one year.

Current assets include:

(a) Inventories or Stocks

(i) Raw materials

(ii) Work in progress

(iii) Consumable Stores

(iv) Finished goods

(b) Sundry Debtors

(c) Bills Receivable

(d) Pre-payments

(e) Short-term Investments

(f) Accrued Income and



(g) Cash and Bank Balances

(B) Current Liabilities:

Current liabilities are those which are generally paid in the ordinary course of business within a short period of time, i.e. one year.

Current liabilities include:

- (a) Sundry Creditors
- (b) Bills Payable
- (c) Accrued Expenses
- (d) Bank Overdrafts
- (e) Bank Loans (short-term)
- (f) Proposed Dividends
- (g) Short-term Loans
- (h) Tax Payments Due

Profitability :

Definition:

Profitability is ability of a company to use its resources to generate revenues in excess of its expenses. In other words, this is a company's capability of generating profits from its operations.

Concept :

Profitability is one of four building blocks for analysing financial statement and company performance as a whole. The other three are efficiency, solvency, and market prospects. Investors, creditors, and managers use



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these key concepts to analyse how well a company is doing and the future potential it could have if operations were managed properly.

The two key aspects of profitability are revenues and expenses. Revenues are the business income. This is the amount of money earned from customers by selling products or providing services. Generating income isn't free, however. Businesses must use their resources in order to produce these products and provide these services.

Resources, like cash, are used to pay for expenses like employee payroll, rent, utilities, and other necessities in the production process. Profitability looks at the relationship between the revenues and expenses to see how well a company is performing and the future potential growth a company might have.

Company Profile :

Overview

Sayaji Hotels Ltd. Company Profile, Address and Other Details

Industry Name Hotels, Resorts & Restaurants

Business Group Name Dhanani Group

Incorporation Date 1982-04-05 00:00:00

ISIN Code INE318C01014

Address Descriptor Registered Office

Address F1 C2 Sivavel Apartment, 2 Alagappa Nagar, Zamin Pallavaram,

City Chennai (Madras)

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www.j.vidhyayanaejournal.org

Indexed in: ROAD & Google Scholar

State	Tamil Nadu
Country	India
Pincode	600117
Telephone	29871174
Email	Cs@sayajigroup.com
Website	Http://www.sayajihotels.com

History

In the year 1987, the Chairman, Mr. Abdul Razak Dhanani came up with the first Sayaji Hotel in the city of Vadodara. The Sayaji group was founded by Late Mr. Sajid Razak Dhanani (the Ex. Managing Director), who always had a consistent vision – “Our purpose is to make people happy – The Guests, Our Employees, suppliers and all stakeholders.



Sayaji Inspiration – Sayaji Logo

Sayaji Logo “The Banyan Tree”

The name was decided on the name of Vadodara wherein the “Vad” means Banyan Tree in Hindi. Sayaji follows the aim of forever is your ” The Banyan Tree of Hospitality,” a place where everyone is welcome, special and truly important. In a short span of time, Sayaji have created a chain of hospitality possessions in the heart of India, i.e., Madhya Pradesh, Maharashtra & Gujarat.

Objective of the study :

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- To analyse the Working Capital Management of the company.
- To analyse the performance of the company through profitability.
- To analyse the impact of the Working Capital Management on Profitability.

Method of data collection :

Collection of data is blood vein for any type of research. The kind of data collected and the method used to collect the data is a very important aspect of research. There are two basic types of data collection first is primary data collection and second is secondary data collection.

We are used here secondary data collection method from company's website, particular topic site/ book, and literature review.

Period of the study :

Period of the study is 5 years. From 2015-16 to 2019-20.

Data Analysis :

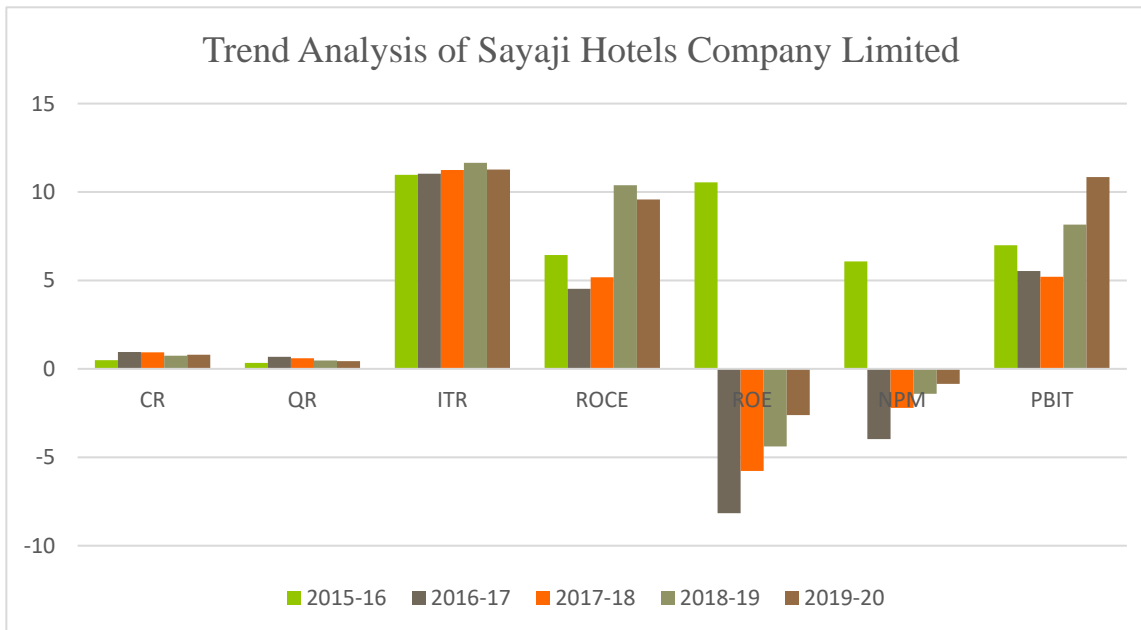
In this study we use trend analysis for the study of Working Capital Management Ratio and Profitability Ratio of Sayaji Hotels company limited.

Year/Ratio	Current Ratio	Quick Ratio	Inventory turnover Ratio	ROCE	Return on Equity	Net Profit Margin	PBIT
2015-16	0.49	0.34	10.97	6.44	10.55	6.08	6.99
2016-17	0.95	0.68	11.04	4.53	-8.16	-3.97	5.53
2017-18	0.93	0.60	11.24	5.18	-5.77	-2.21	5.21
2018-19	0.74	0.46	11.65	10.38	-4.39	-1.41	8.16
2019-20	0.80	0.44	11.27	9.58	-2.61	-0.85	10.85

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Current ratio of the company highest 0.95 in 2016-17. And lowest was 0.49 in 2015-16.

Quick Ratio of the company highest 0.68 in 2016-17. And lowest was 0.34 in 2015-16.

Inventory turnover Ratio of the company highest 11.65 in 11.65. And lowest was 10.97 in 2015-16.

Return on Capital Employed Of the company highest 10.38 in 2018-18. And lowest was 4.53 in 2016-17.

Return on Equity of the company highest 10.55 in 2015-16. And lowest was -8.16 in 2016-17.

Net Profit Margin Ratio of the company highest 6.08 in 2015-16. And lowest was -3.97 in 2016-16.

Profit Before Interest and Tax of the company highest 10.85 in 2019-20. And lowest was 5.21 in 2017-18.

Finding :

Working Capital Management Ratio of Company is so poor Current Ratio is not standard level because Current Ratio should be 2:1 .

Quick Ratio of Company is also not satisfy the standard level. Quick Ratio should be 1:1.

Inventory turnover Ratio of Company is also low it should be high.



Return on Capital Employed is good. It is not so high but is not so poor

Return on Equity of Company 10.55 in year 2015-15 is good. But last four years its negative so it not good. It shows poor Financial condition of the company.

Net Profit Margin Ratio of the company also negative in last four years. It sounds so poor Financial Performance of the company.

Profit Before Interest and Tax of the company is good.

But after the payment of interest and tax it's goes into negative so According to that Company should decrease the liabilities because it's so costly and due to this company's Financial Performance sounds so poor. Last four years due to some reason Company's performance is so poor so, they have to find it and take some steps for Growth of the Company.

Working Capital Management Ratio of the Company has not satisfy the standard level. Company should maintain it.

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48. “A financial Health Analysis of Selected Companies from Nifty 50 using Altman Z-Score Model”

1 Kana R. Odedra

(M.com, M.Phil., Ph.D. Scholar, GSET, NET-JRF)

2 Dr. Harish M. Chandarana

(M.com, M.Phil., Ph.D., Associate Professor & Head, Department of Commerce, Shri H.N.Doshi Arts & R.N.Doshi Commerce College, Wankaner, Gujarat)

Abstract: India has become the world's fastest growing major economy and is expected to be one of the world's top three economic powers for the next 10 to 15 years, backed by its strong and largest democracy. In this paper Researcher has randomly selected five companies from Nifty 50 and period of study is four financial years. Objectives of the study is to check financial status of selected companies and compare Z-Score among randomly selected Nifty 50 Companies. Altman Z Score model has been used for analysis of study. In last Researcher has found that only one Britannia Industries Ltd. has come under safe zone, two companies' vis Mahindra and Mahindra Ltd. and Shree Cement Ltd. have in Grey Zone and remaining two vis Tata Steel Ltd. and Bharti Airtel Ltd. have in Distress Zone. So, it can said that these two companies need to check their financial position and improve their sales and working capital position to come in good Z Score position.

Keywords: Z Score, NSE-National Stock Exchange, Nifty 50, ANOVA- Analysis of Variance, RBI- Reserve Bank of India.

Introduction: India has become the world's fastest growing major economy and is expected to be one of the world's top three economic powers for the next 10 to 15 years, backed by its strong and largest democracy. India has real gross domestic product (GDP) at current prices was Rs. 195.86 lakh crore (2.71 trillion USD) in FY 2020-21, based on Second Advance Estimates (SAE) for 2020-21. India is the fourth largest unicorn base in the world, with more than 21 unicorns valued at 73.2 billion USD, according to Hurun's Global Unicorn List. By 2025, India is expected to have ~ 100 unicorns and ~ 1.1 million direct jobs will creat by 2025, according to Nasscom-Zinnov's Indian Tech Start-up report.



According to McKinsey Global Institute, India needs to increase its employment growth rate and create 90 million jobs outside of agriculture between 2023 and 2030 in order to achieve productivity and economic growth. The net employment rate must increase by 1.5% annually between 2023 and 2030 in order to achieve GDP growth of 8 to 8.5% between 2023 and 2030.

The NIFTY 50 is the flagship index of the National Stock Exchange of India Ltd. (NSE) and the index tracks the performance of a portfolio of first class companies, the largest and most liquid Indian stocks. It comprises 50 of the roughly 1,600 listed companies, listed and listed and unlisted but admitted to trading on the NSE, captures about 65% of their float-adjusted market capitalization and it is mirrors of the stock market of India. The NIFTY 50 covers the most important sectors of the Indian economy and offers investment managers exposure to the Indian market in an efficient portfolio. The index has been on the market since April 1996 and is well suited for benchmarks, index funds and index-based derivatives.

Review of Literature: Roli Pradhan (2014) Financial statements are typically used to measure the performance of the company and its management and Annual financial statements commonly used are the income statement, the balance sheet and the cash flow statement. Various reasons can be calculated from the annual financial statements in order to assess the current performance and future prospects of the respective company. Some of the ratio used include Current Ratio, quick Ratio, Total Debt to Total Assets, Profit Margin to Sales, Working Capital to Total Debt, and Total Return on Investments. Perhaps the best way to avoid failure is to examine the myriad of explanations for business failure. The studies conducted by Altman used financial metrics to predict bankruptcy and were able to correctly predict 94% one year before bankruptcy and 72% two years before it actually occurred.

Grice and Ingram (2001) Analyze the generality of the Z-Score application and the study finds negative results when using the z-score in recent periods and in manufacturing companies, but positive results when predicting problems other than bankruptcy as originally designed for bankruptcies.

Objectives of the Study:

1. To check financial status of randomly selected Nifty 50 Companies using Altman Z-Score model.
2. To compare Z-Score among randomly selected Nifty 50 Companies.

Population and Sample of the study: Population of the study is all Nifty 50 companies. Out of these Nifty 50 Companies 10% is take as sample of the study. In this study “Random Sampling Method” has been used for sample selection. Sample of the study as follow:



1. Britannia Industries Ltd.
2. Mahindra & Mahindra Ltd.
3. Bharti Airtel Ltd.
4. Shree Cement Ltd.
5. Tata Steel Ltd.

Period of the study: Period of the study is four financial years from 2016-17 to 2019-20.

Data Collection: The study relies primarily on a secondary data collection method. The data comes from the official website of the NSE National Stock Exchange of India, Moneycontrol.com, as well as from magazines and annual reports of selected companies.

Tools and Techniques: For the study mathematics and statistical tools and techniques like classification, tabulation, average, ratios, ANOVA and Altman Z-score Model has been used for the study.

The Z-Score Model: The model was published in 1968 by Edward I. Altman the formula can be used to predict the likelihood that a company will go bankrupt in two years. Z-scores are used in academic studies to predict company failure and as an easy-to-calculate control measure for financial distress and the financial health of companies. The Z-Score uses several corporate income and balance sheet values to measure a company's financial health. The aim of the present study is to find out whether the same measures can be used in the Indian context and to randomly select five companies from Nifty 50. Altman used five financial ratios to calculate Z-Score which ratios as follow:

The final discriminant function is as follows:

$$Z = 1.2 * X_1 + 1.4 * X_2 + 3.3 * X_3 + 0.6 * X_4 + 0.999 * X_5$$

Where:

X_1 = working capital/ total assets,

X_2 = retained earnings/ total assets,

X_3 =EBIT/ total assets,

X_4 = market value of equity/ book value of total debt,

X_5 = sales/ total assets.

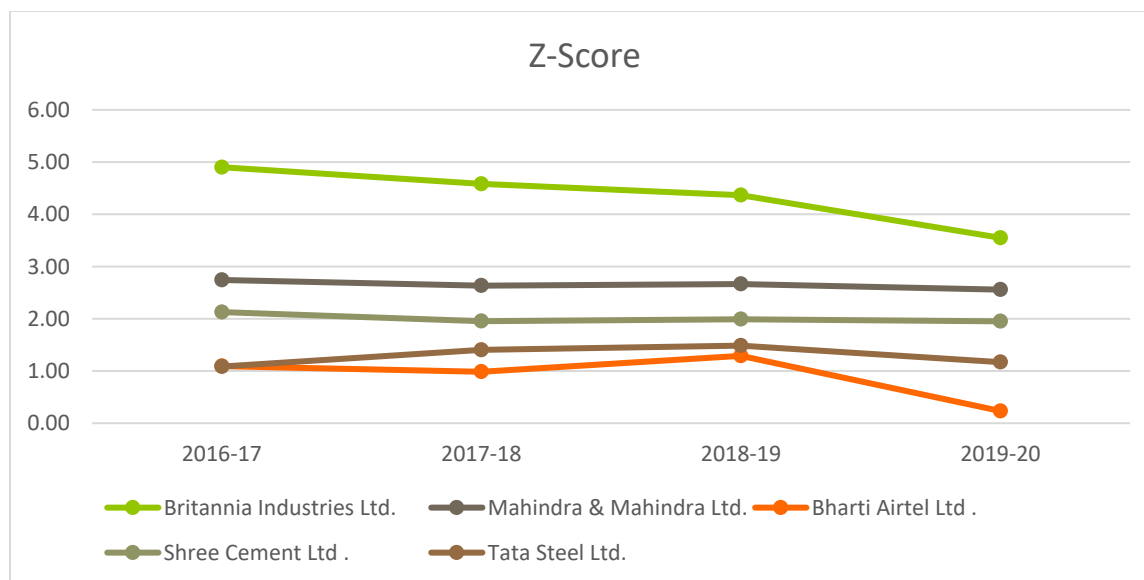
Interpretation of Z-Score:



Safe Zone	Grey Zone	Distress Zone
Z-Score > 2.99	1.81 < Z-Score < 2.99	Z-Score < 1.81

Data Analysis:

Name↓ Year→	2016-17	2017-18	2018-19	2019-20
Britannia Industries Ltd.	4.90	4.58	4.37	3.55
Mahindra & Mahindra Ltd.	2.74	2.64	2.67	2.56
Bharti Airtel Ltd .	1.09	0.99	1.29	0.23
Shree Cement Ltd .	2.13	1.95	1.99	1.95
Tata Steel Ltd.	1.08	1.40	1.49	1.17



After looking table, it can be said that Britannia Industries Ltd. Has Z score between 4.90 to 3.55 in study period this companies comes under Safe Zone. It has highest Z score among selected companies but its Z score year by year

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declining. Mahindra and Mahindra Ltd. has Z score between 2.74 to 2.56 in study period it is come under Grey Zone but is near in Safe zone during study period. It has also declining trend of Z score. Shree Cement Ltd. has Z score between 2.13 to 1.99 in study period it come under Grey Zone. Tata Steel Ltd. has Z score between 1.48 to 1.08 in study period. It is come under distress zone so company should increase their working capital because it is in net minus. Bharti Airtel Ltd. has Z score between 1.29 to 0.23 it is coming under distress zone. Company may go in bankrupt in near future. Airtel has facing huge losses and it has minus net working capital. After looking chart it can be said that all randomly selected samples has been decline trend of Z score during study period.

Name↓ Year→	2016-17	2017-18	2018-19	2019-20
Britannia Industries Ltd.	Safe Zone	Safe Zone	Safe Zone	Safe Zone
Mahindra & Mahindra Ltd	Grey Zone	Grey Zone	Grey Zone	Grey Zone
Bharti Airtel Ltd .	Distress Zone	Distress Zone	Distress Zone	Distress Zone
Shree Cement Ltd .	Grey Zone	Grey Zone	Grey Zone	Grey Zone
Tata Steel Ltd.	Distress Zone	Distress Zone	Distress Zone	Distress Zone

Hypothesis Testing:

H₀: There is no significance difference of Z-Score among randomly selected Nifty Fifty companies.

H₁: There is no significance difference of Z-Score among randomly selected Nifty Fifty companies.

Results of ANOVA

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	29.5215594	4	7.38038985	62.00	3.7826E-09	3.05
Within Groups	1.78545015	15	0.11903001			
Total	31.3070096	19				



ANOVA test indicates that the calculated value of $F = 62$ and tabular value of $F = 3.05$ at 5% level of significance, the calculated value of F is greater and more than table value of F ($F_c > F_t$), so the null hypothesis has been rejected and alternative hypothesis has been accepted so, It means all randomly selected companies have unequal or different Z-Score.

Limitations: Every study has some limitations, this also has some limitations as stated below:

- This research study is based on secondary data, so the overall result will depend on the accuracy of this data.
- The research study is also based on financial ratios, so any ratio analysis limitations apply to this study.
- Only five companies are conducted, so the finding and conclusion may not apply to the study population.

Conclusion: The aim of the study was to use the Altman Z score model to review the financial condition of the Nifty 50 companies. The research paper examined the relationship between important dimensions of the annual financial statements of companies and also the performance of companies on the stock exchange. The study also helps us understand both internal financial factors and the impact of external financial factors on the company's financial position in the marketplace.

According to this research paper finding it can be said that among randomly selected companies only one Britannia Industries Ltd. has come under safe zone, two companies' vis Mahindra and Mahindra Ltd. and Shree Cement Ltd. have in Grey Zone and remaining two vis Tata Steel Ltd. and Bharti Airtel Ltd. have in Distress Zone. So it can said that these two companies need to check their financial position and improve their sale and working capital position to come in good Z Score position. Result of ANOVA alternative hypothesis has been accepted. It means all randomly selected companies have unequal or different Z-Score.



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49. Reconstruction of Women in Contemporary Myth: A Study of *Sita's Sister* by Kavita Kane.

Mrs. Kanchan D. Pipaliya Ph.D in English Literature Saurashtra University, Rajkot.

Abstract

Mythology has been an indispensable source and subject of study in literature down the Ages. The main reason of writing mythical theme in contemporary Indian English novels is to figure out the meaning in relation to ancient past. The mythical characters are the symbolic representation of the traditional values and are viewed as a cultural beacon of the nation. On one hand, in Hinduism woman plays a significant role as 'Shakti' assuming the power of creation, as a kind-hearted daughter, as an ideal wife, as an honourable queen and as the divine mother. While on the other hand, myths are created in the patriarchal society to conquer women describing them as the 'Other'.

The male dominated religious scriptures have portrait women to be mute and obedient, sometimes they are not even entitled in the epics or given the adequate position for their sacrifices. Contemporary novels reconstruct the pictures of the characters like Sita, Urmila, Surpankha and so on different from the myths, which suppress them in the male dominated society.

Sita's Sister by Kavita Kane pictures Urmila, a sister of Sita and a wife of Lakshman, giving her a new identity. In *The Valmiki Ramayana*, Urmila portraits as 'Other', while the contemporary novelist Kavita Kane portraits her as a 'Shakti'. The author renders the novel through Urmila's viewpoints, who has remained in the shadow and one doesn't much talk about in the *Ramayana*. She depicts Urmila as an enigmatic, fearless, and outspoken and gentle who looks after the whole kingdom of Ayodhya, and round the clock gathered all the members of the family who are deformed by heart after the exile of Ram, Sita and Lakshman to Dandak forest.

The paper focuses on the depiction of the most overlooked character of the *Ramayana*, Urmila who here gains a positive position in the male dominated society and also reconstructs to touch every human's heart.

Keywords: Reconstruction, Ramayana, Myth, Patriarchal

Society is convoluted by bunch of myths which articulates women as inferior to men. Women characters are seen as an essence of sensuality and desires. Thus, the need arises to construct them again as they really are. So, women writers write to secure female's position in the society by highlighting the role played by the silent and pitiable sufferings of women in the myth.

Valmiki, in the *Ramayana* doesn't provide a proper identity to Urmila. She is known only as Sita's Sister

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and Lakshman's wife, which wipe out her conversance as a woman. Urmila's silent sacrifices are not acknowledged anywhere in the epic, *Ramayana* and so she remained to the far and backstage. Lakshman chooses Ram not Urmila as his first priority and so leaves her for fourteen years in the palace of Ayodhya to protect them (Ram and Sita) in the mysterious forest. It is Urmila who leaves in the doomed palace of Ayodhya for fourteen years.

In Valmiki's *Ramayana*, the character of Urmila has failed to attain justice as her rights, requests, and sacrifices are never back a bill. This most neglected character gains a new identity by Kavita Kane. Kavita Kane manifests Urmila as a multifaceted individuality. Urmila's character is different from the ancient epic of *Ramayana* as she is an obedient daughter, a loving sister, a dutiful wife, peculiar Indian daughter in law, a scholar and an agile ruler makes her acquaintance apparently unique. Kavita Kane cultivates her as courageous and candid to express her thoughts and feelings. The very first clue of her heroism is expressed when Ravan, the king of Lanka has failed to pick up the Shiv dhanush and that angry, young man told her father king Janak that he wants to marry Urmila instead of Sita. At that moment Kavita Kane gives a way to explicit Urmila's inner and powerful voice.

"Urmila felt his lascivious gaze on her. His eyes glittering wolfishly in his cruel, dark face. His open, blatant look made Urmila cringe but she lifted up her chin fiercely. She looked squarely up at him, her eyes sparkling with unsuppressed fury and loathing." (Kane- 32)

Indian society expects woman to be silent listener in such situations but here, Kavita Kane provides Urmila a platform to play as she really is. Another example shows how she reacts when her the most loveable sister, Sita puts into troubles. She is bold enough to kill anyone who treacherous to her.

"She saw a dagger hanging at his waist as he still grappled with her, and snatching it with her right hand, she trailed to thrust it in his neck, his shoulders, his back- anywhere she could reach..." (Kane, 49)

The above mentioned incidents reflect Urmila's courage in male dominated society which also bring transformation in the matter of Indian women to raise their voice in patriarchy. Kavita Kane portrays her the most outspoken and self-reliant girl as Urmila puts her opinions boldly and makes others also soothe. An incident when her mother Sunaina refuses to marry four sisters in the same family because Sunaina knew that it is very troublesome to sister in law. It may create many domestic problems, the sisters are a little fearful through firm in their decisions. At that point of time, Urmila speaks:

"What is to happen, shall unfold. She sighed. Without intension, we are powerless in directing or determining what is to come. But in the present, let's not analyse and doubt the intensity of our love. I simply pray that we have the strength and convictions to make the right choice were such a situation forced upon us. And if it does, let us be brave enough to face the consequences!" (Kane, 57)



Kavita Kane reconstruct Urmila as an intimate beloved also, who is in love with Lakshman. But Lakshman is not ready to marry Urmila as he knew that he shall never love her as passionately as she loves him. Because his first priority is Ram so he feels injustice in the side of Urmila's dedication towards him. But it is Urmila who convinces him with her soft, wise and true philosophical words. She says to Lakshman:

“Loving is also giving; you are not ready to give yourself to me. But don't you see I don't want your complete surrender. I love you but that does not mean I possess you, your beliefs and your loyalties. I assure you that I shall never come between your loyalty to your brothers and your family.” (Kane, 67)

Urmila, a real born daughter of king Janak and righteously princess of Mithila never urges for her justice and her own place in the palace. She quietly knows that Sita is not her real sister but she is an adopted child by her father. Though she never minds for Sita's grand and princely treatments from childhood to young hood. She never ever argues with her parents for making and putting her their 'second' daughter. Sita is called Janki and Maithili as being the first daughter of king Janak and princess of Mithila but actually she is not. The judicious and legitimate child is Urmila not Sita, though she never asks for her rights and never feels envy from her loving sister Sita. After marriage when four sisters' welcome by the queen mother Kaikeyi and when she tells Urmila that she is Janki, daughter of king Janak and Maithili, princess of Mithila she politely corrects the sentences by saying Kaikeyi that:

“I am neither. It is Sita who is called Janaki and Maithili, mother.” (Kane, 93)

Kavita Kane's treatment for her lively character, Urmila possesses so much goodness that it reflects in the above mentioned dialogues. In the modern age when no one is ready to come off from their own rights, here Urmila renounces her own self for the sake of her parents decisions and happiness. It is actually princely merits. In Ayodhya also she never puts aside her mind's awareness and her keen sight. She always observes the atmosphere, listen to everybody but never quickly takes any decisions without thinking. From the very first day she doesn't feel comfort in the presence of Manthara, queen Kaikeyi's favourite handmaid, who is like her mistress Kaikeyi “arrogant and petty in the limited power they wielded.” (Kane, 94) Urmila has doubt on her from the very beginning, and her doubts convert into reality when four sisters' talk to each other and within the conversation, she finds that Manthara has plotted many things into the minds of Sita and Mandavi, her cousin sister.

“Sita, like Mandavi, Manthara has worked on you too, do you realize? By ingratiating herself to both of you, she has played one against the other.” (Kane, 111)

Being a nice couple, Urmila and Lakshman both spend their time with each other and talk so long about each and every matters either court or domestic. Lakshman is very much affectionate with Urmila's every actions either it is painting or studying. Both are in love with care, genuine, jolly, lively and genial. Lakshman always meets Urmila in their private chambers and he used to remove hairpin from her 'coiled coif'



hair. There is a romantic conversation between them.

“You know that I cannot roam around with my hair loose, it’s socially unacceptable. She sighed.”

“Don’t. Whenever I get time to catch a glimpse of you through the rushed day, I’d like to see you with your hair wild and flowing. That is when I get my Mila back, not the Urmila of the world.” (Kane, 128)

Kavita Kane nicely describes the private moments of this newly married couple. It shows that each woman is very much happy and excited when her husband is in too much love with her. Kane depicts her as a woman of not only words but action also. To almost fourteen years alone without her husband in the palace of Ayodhya is very much panic giving action. After listening the words from Lakshman that he will accompany his elder brother Ram in exile, she becomes horrified. When Lakshman comes to meet her last time in their chambers, he directly tells Urmila not to hate him because it is his duty towards his parents like Ram and Sita to protect them. In that painful time she knows how to handle the situations.

“There was no time for anger and rancour, for pain and regret, for hatred or forgiveness. All she could do was love him.”

“I love you.” She breathed softly. “Go.” (Kane, 143)

Urmila is always in presence of mind and she never loses her heart in a critical time. The situation arises when king Dashrath dies, Ram, Sita and Lakshman go to exile and Bharat and Shatrughna are also not present in the palace, she presumes that Ayodhya is in danger as Guru Vasistha worries and tells her to take some decisions. Because enemies are ready to attack on Ayodhya as no one is on the throne.

“Urmila shook her head firmly. We are emotionally vulnerable right now but let us not be unprepared for war. Keep the army ready.” (Kane, 180)

Kavita Kane constructs Urmila’s character with such a high spirit and impulse that she becomes an inspirational source for every women. When queen Sunaina and king Janak come to Ayodhya she talks to Urmila about Lakshman’s decision, she tells her mother the words which reflects her maturity.

“As a wife? I did. And I stood by his decision. Staying behind wasn’t giving up my rights, Ma, it was accepting a reality, a responsibility.” (Kane, 183)

The high and saluted qualities of Urmila are revealed through the other characters also. The palace is now a dry desert and in that barren atmosphere, Urmila stands firm and blossoms like a flower. Days pass but Urmila’s peaceful nature never wipes out with time. Once three sisters’ talk about the dull and hard atmosphere in the palace through Mandavi’s words one can notice Urmila’s static inner world.

“You were there all alone taking it all in... the horror, the strain, the trauma and the awfulness of it all! And Urmi, how could you bear to part with the two people whom you loved the most?”

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Both Lakshman and Sita! And yet you appear so calm and stoic... how can you do it, Urmil?"

"Grief demands answers but one doesn't always get them. We just face it." (Kane, 201-202)

Years pass and Urmila's merits and intellects gradually increase. Her calm realization, her inner world and her static peace shapes her to grow from a wilful girl to a woman of wisdom and sagacity. As her father king Seeradhvaj Janak organises the philosophical conference every year in the Mithila, she receives an unexpected invitation from her father to take part in the prestigious *brahmanyagna*.

"Urmila felt a glow of pride. Her father, the most respected of all scholars had graciously acknowledged her as a peer though he did not always agree with her as a theologian." (Kane, 265)

"The conference was as grand as it used to be in her childhood days. But twenty-seven years later, today, it held a new meaning for Urmila." (Kane, 267)

After the critical and sensitive news of Lakshman's faintness, his new life and at last the war's completion when Satrugna comes to palace to reveal the news, he says Urmila about her contribution to convert their palace into a beautiful and peaceful home.

"You saved us! All these years Bharat and I might have looked after Ayodhya and the people but it was you who looked after us, kept the family together and saved it from a living hell...you made it a home one wants to return to every single day." (Kane, 290)

Kavita Kane pictures her as a devoted wife without her husband and as she is a typical Indian daughter in law who shapes and modify a distorted palace into a living home. She possesses all qualities of an eminent Indian housewife. The long mournful fourteen years are ended now and they arrive home from exile. Urmila and Lakshman meet after fourteen years, as she performs ritual *arti*. She is not in a fair condition to speak anything as her mind, heart and body trembling with burning unshed tears and anguish. Recognises the situation of Urmila, Lakshman says in soft words.

"I lived for you. The meaning of my life is you. You got me home, Mila." (Kane, 297)

Kavita Kane's vision for the novel *Sita's Sister* is highly admirable. She reconstructs her character Urmila in such a magnificent manner that after reading the novel every women shake from within. One must want to be like Urmil as she travels from a little girl to a woman of wisdom. The author has given her a new voice and identity which is different from the myths. This reformation of myths attributes to the forefront the silent character that was expelled to the margins in the patriarchal society and also the reconstruction inspires for a change among the women world.



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50. Effect of Performance Enhancing Drugs on Athletes Career

Karin Jane Dennis Gardner

Dr Pravin Kumar

Research Scholar

Professor and Dean

CT University. Pb.

CT University. Pb.

Athletes use prohibited medications, drugs, or treatments with the intention of improving their performance, this is termed as doping. Doping is a very common term used in sports. It is an unethical way of enhancing performance therefore prohibited by most of the organizations. It also goes against the spirit of the game. There are many health risk factors of doping, that's also a reason to ban doping.

The main reason why doping is banned, as these substances can have harmful and long lasting side effects related to heart, nervous system, respiratory and hormonal changes. It can lead to irregular heartbeat, High blood pressure, heart attack that may lead to death of the person. Doping also has effect on nervous system causing anxiety, insomnia, depression, aggressive behaviour, addiction with withdrawal symptoms, psychosis, tremor dizziness, stroke, etc. In many cases it also leads to respiratory problems like nose bleeding, sinusitis, etc. This may also affect hormonal changes causing infertility, Gynecomastia (enlarges breast), decrease testicular size, low sex drive, acromegaly (coarse bone in face, hands and feet, cancer.⁵⁰

Beyond the physical complications there is moral and ethical dilemma also. These ban substances are used to gain an unfair advantage which significantly devalues the spirit of competition⁵¹.

As stated by World Anti Doping Agency (WADA) the purpose of an anti-doping programme is, "to protect the athletes' fundamental right to participate in doping free sport and thus promote health, fairness and equality for athletes worldwide..."⁵²

⁵⁰ SportsMedToday.com; <https://www.sportsmedtoday.com/doping-va-119.htm#:~:text=%E2%80%9CDoping%E2%80%9D%20refers%20to%20the%20use,to%20improve%20the%20athletic%20performance>. Visited on 20th May 2021

⁵¹ ibid

⁵² ibid



Researcher took up to research on this topic with following objectives

Objectives:-

- To understand the regulations that govern doping
- To identify the methods of doping
- To critically examine the Physical, ethical and legal effects of doping on the career of athletes (Specific Case studies)
- To suggest the remedy to the growing menace of doping

Regulations governing Doping

The World Anti-Doping Code (Code) a document drafted by World Anti Doping Agency (WADA) is the document that harmonizes regulations regarding anti-doping in sport across all sports and all countries of the world. The Code provides a framework for anti-doping policies, rules, and regulations for sport organizations and public authorities.⁵³ UNESCO formally recognised WADA and code. The UNESCO-led International Convention against Doping in Sport was unanimously adopted by the 33rd UNESCO General Conference in Paris in October 2005 and went into force in February 2007. UNESCO Member States are now working to ratify it individually according to their respective constitutional jurisdictions⁵⁴.

Sports Organisation code:-

Sports Organisation code has to make sure that their rules and policies are in the same frame work with mandatory articles and principles of the code. WADA assists signatories by reviewing their anti-doping rules to ensure that their Code-compliant and, where this is not the case, by offering assistance to remedy the situation.

⁵³ World Anti doping Code [https://www.wada-ama.org/en/questions-answers/world-anti-doping-code#:~:text=The%20World%20Anti%2DDoping%20Code%20\(Code\)%20is%20the%20document,sport%20organizations%20and%20public%20authorities.visited](https://www.wada-ama.org/en/questions-answers/world-anti-doping-code#:~:text=The%20World%20Anti%2DDoping%20Code%20(Code)%20is%20the%20document,sport%20organizations%20and%20public%20authorities.visited) on 22th May2021

⁵⁴ ibid



WADA closely monitors doping cases and has the right to appeal to the Court of Arbitration for Sport for cases under the jurisdiction of organizations who have implemented the Code.⁵⁵

Substances and Methods of Doping

Substances and doping methods are banned when they meet at least two of the three following criteria: enhance performance, pose a threat to athlete health, or violate the spirit of sport.

Following are some of the substances and methods used for doping in sport:

1. Erythropoietin (EPO)- *It a hormone produced by kidney with small amount made by liver. It plays a major role to produce red blood cells. When an athlete is injected with EPO it increases the concentration of RBCs and consequently their aerobic capacity. It can also lead to serious health risk for the athlete. EPO thickens the blood in the human body which can further risk the life of an athlete by getting heart disease, strokes etc. EPO has also been a reason behind the deaths of several athletes.*

2. CERA (Continuous Erythropoiesis Receptor Activator)- *It is a third-generation form of EPO it requires less frequent injections. It is taken to increase the oxygen carrying capacity to boost endurance. It is also taken for quick recovery from the training.*

3. Anabolic Steroids- It is a drug which resemble testosterone. It's a hormone which is produced from male testes and is much lesser in female ovaries. It helps to increase the strength and size of the muscle. It also helps to reduce body fat and helps in recovery from injury.

4. Human Growth Hormone (HGH)- It is also known as somatotrophin or somatotrophic hormone. It is naturally produced by the human body. It stimulates the liver and other tissues to secrete insulin-like growth factor, production of cartilage cells, resulting in bone growth and also plays a key role in muscle and organ growth. All of these can boost sporting performance. It can also cause diseases like diabetes in prone individuals, worsening of heart diseases, muscle, joint and bone pain, hypertension and cardiac deficiency, abnormal growth of organs and accelerated osteoarthritis.

5. Diuretics - It is a masking agent which prevents in detecting another banned substance. It helps in weight loss which could be an advantage in sports.

⁵⁵ *ibid*



6. Synthetic Oxygen carriers It is hemoglobin-based oxygen carriers (HBOCs) or perfluorocarbons (PFCs), are purified proteins or chemicals that can carry oxygen. It is a high-risk drug for cardiovascular disease in addition to serious side effects such as strokes, heart attacks.

7. Blood doping -There are 2 types of blood doping Autologous blood doping and Homologous blood doping. Autologous blood doping is the transfusion of one's own blood, which has been stored, refrigerated or frozen, until needed. Homologous blood doping is the transfusion of blood that has been taken from another person with the same blood type. The World Anti-Doping Agency (WADA) says it is funding research into developing a test for autologous transfusions, and it is also leading the development of so-called "biological passports" which keep a record of an athlete's blood and biological variables over time.

8. Insulin- It enhances glucose uptake into the muscle and aids the formation and storage of muscle glycogen. Athletes might use it for events that require high levels of endurance. There is also evidence that it is abused by dopers in conjunction with growth hormones or anabolic steroids to boost muscle growth. Misuse of insulin can lead to very low blood sugar levels - a condition known as hypoglycaemia which can lead to the loss of cognitive function, seizures, unconsciousness, and in extreme cases can lead to brain damage or death.

9. Gene Doping- It is done to modify their genes to enhance their physical capabilities. Gene doping could in theory be used to increase muscle growth, blood production, endurance, oxygen dispersal and pain perception. Gene doping is defined by WADA as the transfer for nucleic acids or nucleic acid sequences, and the use of normal or genetically modified cells. There are currently no testing methods capable of detecting gene doping.

Cases of Sports Personalities found Doping

1. Maria Sharapova :-In 2016, Maria Sharapova was banned for two years from playing tennis testing positive for the banned drug. Meldonium drugs to regulate metabolism which was prescribed to help protect heart tissues. But the drug helped to increase in the endurance performance of the athlete. Also helped in improving rehabilitation after exercise, protects against stress.

2. Tyson Gay:-In July 2013 Moscow World Championships & May 2014 Olympic, he was pulled out of tournament for testing positive for banned substance.



3. Hysen Pulaku:-Albanian weightlifter Hysen Pulaku was the first athlete to be ejected from London Olympics in 2012 after traces of the anabolic steroid Stanozolol were found in his urine sample.

4. Shane Warne:-He was tested positive for MoD uretic it is a drug used in the treatment of hypertension, high blood pressure and fluid retention. It also acts as a masking agent for steroids by diluting traces of the substance in the urine.

5. Shoaib Akhtar:-In 2006, he PCB found Akhtar guilty of using the steroid nandrolone that is used to aid recovery from injury, increase muscle size, strength and power and increase aggression.

Conclusion

Doping has negative effect on sports person. Performance-enhancing drugs are highly risky for athletes health. It also has side effects which can affect the body and may destroy their bodies in the long run.

Suggestion

The Coaches should must be aware of WADA regulations and guide the athletes properly. There is also a need of proper planning and arrange teaching session about doping regulations. Emphasis should be to teach the sportsperson to play with the spirit of sportsmanship respecting discipline and fair play. Coaches need to guide the sportsperson, about the misuse of drugs, dangers and temptations involved specially when travelling abroad.

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KAWALJEET KAUR (Research Scholar)

E-mail Id- dilpreetmalhi0001@gmail.com

Contact No.- 8872284445

C T University. Ludhiana

DR. LAKHWINDER KAUR (Assistant Prof.)

E-mail Id - lakhwinderkaurkh@gmail.com

Contact No.- 8146704053

C T University. Ludhiana

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Bktb d/ ftP/ dh ftZbysk fj; rZb ftu j? fe fiE/ ;koh sqk;dh dk d'Ph f;nk;s B{z mfjokfJnk j? T[E/ g?dk j'JhnKA ;fEshnKA dh rz[MB jo f;nkD/ s' f;nkD/ nkdwH dh ;'u ftZu fes/ Bk fes/ fcoekgq;sh dk phi g[zro jh g?dk j?.Bktb ftZu fjzd{ ns/ f;Zy fJZe d{i/ B{z id'A 'n;hA' 's[;hA' dh ftP/Psk Bkb ;zp'XB eod/ jB sKA fjj nkw nkdwH d/ T[; ntu/sB dk qqrNktk j? fi; dk ;[u/s s"o s/ Tlj fto'Xh j[zdk j?. BKA ftZu eh fgnk j? < d/ itkp ftZu fJZe gkso p'bdk j?L

fj Bktb nkw f;Zy dh N[ZNh wkBf;esk dh g?Pekoh eodk j? feT[fe jo f;Zy B{z fjj wkD j? fe T[;dk Xow s/ fjzd{ Xow ;dk s'A fJZe d{i/ d/ GkJhtkp pD/ nk oj/ jB ns/ fJZe d{i/ dh wZdd th eod/ oj/ jB. id' fjzd{ Xow B{z XZe/ Bkb w[b;wkb pDkfJnk ikAdk ;h sKA T[; ;w/A f;ZyKA B/ fBo ;tkoE j' e/ fjzd{ Xow dh ozfynk ehsh gozs{ id' f;nk;s f;ZyKA B{z pZeok pDKtADh j? sKA nkw f;Zy dh wlbF;esk dk vkwk^v'b j'Dk e[dosh j?. s;Bhw Bktb ftZu dZ;dk j? fe L

dfjPsrodh d/ fdBK ftZu nkw nkdwH fiZE/ nkgDh ikB pukT[D d/ nkjo ftZu wkBf;e s;Zdd ;fjzdk ;h T[E/ g{fb; d/ i[bw dk fPeko th T[; B{z j'Dk g?dk ;h feT[fe nfij/ ;w/A nzdo i[bw sKA e'Jh eodk j[zdk ;h fijV/ fe wk;{w iBsk T[Zgo efjo Ykt[Ad/ jB gozs{ TljBk efjok dk pdbk nkw nkdwH B{z uekTA[Dk g?Adk j?.id'A e'Jh rohp nkdwH xo' pkjo fBebdk ;h sKA Tlj fjj ;'u e/ pkjo ikAdk ;h fe w[V/ e/ gsk BjhA xo nkt[DK j? iKA Bjh feT[fe ik sKA Tlj uke{, S[o/ iKA r'bh dk fBPkBk Bk pD ikt/ Bjh sKA g{fb; tb' e'Jh i[bw ehs/ fpBQKA i/b dh jtkA y[nk d/Dh dfjPs dk wkj"b pDh j'Jh ;h. i/eo fe;/ fjzd{ dk esb j[zdk sKA f;ZyKA s/ ns/ i/ f;ZyKA dk esb j[zdk sKA fjzd{nKA s/ PZe ehsk ikAdk ;h.

1947 dh tzv dhnkA eo{o :kdkA ns/ toswkB ;w/A ftu' r[iodk j'fJnk u/sB nkdwH T[; ;wZ[u/ gqzX B{z fj; ;G ek;/ Bjh d'Ph wzBdk j?, fijVk d/P nkld j'D fgZS' b'eszso d/ BK j/m ;Ekfgs ehsk frnk.i' fjzd{;skB d/ d' Gkr j'J/ sKA J/E/ esb/nkw j'fJnk, wk;{wKA dhnkA ikBKA rJhnKA, b'e p/xo j' rJ/, foPs/dko, d';s fTSV rJ/. fjjBK ;kohnkA fBxko nkt[D tkbhnkA rZbKA fgS/ d/P dh tzv B/ ezW ehsk.

nzs ftZu fejk ik ;edk j? fe fj Bktb gzikp tk;hnKA tb'A G'r/ rJ/ ;zskg (gfjBKA 1947 dh tzv s/ c/o 84 d/ ;zeN d"okB) u'A T[gih sqk;fde wkBf;esk dh g/Pekoh j?. Bktb d/ nzs ftZu gq'H pbpho dk ftdnkoEh ;[GkP gozgoe ;kekokswe edoka ehwsKA B{z nZr/ s'oB dk f;oV fBGKT[Adk gqshs j[zdk j? go gq'H pbpho B{z ;wekbh :EkoE ftZu T[; d/ nkgD/ nkdkPK dh Bk e'Jh ehws fdyJh fdzdH j? ns/ Bk jh e'Jh GftZy. fj; Bktb dh ftZbyD fujBkswe i[rs fjj j? fe fj; ftZu e'Jh ejkDh g/P BjhA j[zdh ns/ Bk jh gzikp ;wZf;nk dk e'Jh nfijk gZy j? fi; pko/ e'Jh t/otk nDfejk SZfvnk frnk j't/. fjj fto'XkGk; jh fj; Bktb B{z T[Zsw feos dk doik gqkgs eotkT[Adk j?.

jtkb/ ns/ fNZgDhnKA

- 1 o?bc cko; T[gfBnk; n'o b'e ihtB, gzH 10
- 2 nkoHJ/H ;ekN i/w;; [The making of Literature. p 373](#)
- 3 fePB f;zx (gq'H) ;kfjs dh ;wM, gzH 41
- 4 Arnold Kettle, [An introduction of the English Novel. P. 16](#)
- 5 NhHnkoHftB'd, [gzi Bktb fJZe w\[ZbkeD , gzH 14](#)
- 6 vKA g/qw gqekP f;zx ;kfjs fttuB , gzH 192
- 7 Rene wellck, [Theory of Literature. p 95](#)
- 8 vkH Bkwto f;zx, [fjfsjk; n"o nkb'uBk, gz H 40](#)
- 9 Terry Eagleton, [Marxism and Literary criticism . p 1](#)
"Ideology is not in first place a set of doctrines, it signifies the way line out their haies in class society, the value, ideas and images which tie them to their social function"



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- 10 Terry Eagleton, Marxism and literary criticism, p 11
The difference between science and art is not that way deal with different objects, but that they deal with the same objects in different ways. Science gives us conceptual knowledge of situation. Art gives us experience of that situation , which is equivalent to ideology but they doing this. It always use to see the nature of that ideology and thus beings to move us towards that fall understanding for ideology which is Scientific knowledge.
- 11 fePB f;zx (gq'H) ;kfs dh ;wM, gzH 57
- 12 BfoziB s;Bhw, rtku/ noE, gzH 7
- 13 T[jh, gz H 12
- 14 T[jh, gzH 52
- 15 T[jh, gz H 59
- 16 BfoziB s;Bhw , r[nku/ noE, gz H 68

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52. " A COMPARATIVE STUDY OF STRENGTH AND CO-ORDINATIVE ABILITY AMONG SCHOOL LEVEL MALE KABADDI AND KHO-KHO PLAYERS OF DISTRICT-WARANGAL "

Mr. S. Kiran Kumar Goud, PhD Scholar,
Annamalai University, Chidambaram, Tamilnadu, India,
Lecturer in Physical Education Dept UCPE- KU,
Kakatiya University, Warangal, Telangana.
Email: kirangoud2021@gmail.com
Contact No: 9949171568.

Abstract:

The purpose of the study was to compare the arm and shoulder strength, abdominal strength and co-ordinative ability among male Kabaddi and Kho-Kho players. To accomplish the study a sample 120 players, 60 players each of Kabaddi and Kho-Kho, studying in Government Senior Secondary Schools of District Warangal of Telangana was selected as subjects. It was hypothesized that no significant difference would appear between the Kabaddi and Kho-Kho player's w.r.t. selected physical fitness variables. Data was collected using selected test items of AAHPERD's Physical fitness test battery. Mean, Standard Deviation and T-test were used to analyze the data statistically. The level of significance was set at 0.05 level of confidence. The results showed a significant difference between the Kabaddi and Kho-Kho player's w.r.t. physical fitness variables arm and shoulder strength and co-ordinative ability except abdominal strength where both Kabaddi and Kho-Kho players performed similarly.

Keywords: Strength, Co-ordinative Ability, Kabaddi, Kho-Kho.

Introduction:

Sport is as old as the human society, and it has achieved universal following in the modern times. It now enjoys popularity which strips out any other form of social activity. It has become an integral part of educational process. Millions of fans follow different sports events all over the world. Many participate in sports activities for the fun of it or for health, strength and fitness. It is taking the shape of a profession to some with high skills, with ample financial benefits linked with high degree of popularity.

Each sports activity demands different types and levels of different physical abilities. When a particular sport possesses qualities, it contributes to the development of specific physical fitness. It is this specific fitness which makes it possible for a player to perform unusual and extraordinary movements with a very high standard of efficiency. Regular training leads to improve one's physical fitness which includes strength, speed, flexibility, endurance and co-ordination. Co-ordination ability plays a very vital role in all games and sports because when an athlete participants in game and sports, he has to bring about a series of changes in direction and movement at various parts of the body. The main objective of the study was set to compare the

Kabaddi and Kho-Kho player's w.r.t. selected physical fitness variables i.e. the arm and shoulder strength, abdominal strength and co-ordinative ability.

Hypothesis:

It was hypothesized that no significant difference would appear between the Kabaddi and Kho-Kho player's w.r.t. selected physical fitness variables.



Procedure:

In the present investigation, a survey type of study has been conducted. In total, investigator selected a sample of 120 players by means of purposive random sampling from ten schools of the Warangal district of Telangana, out of which he selected 12 Kabaddi players each from the first five schools and 12 Kho-Kho players each from the other five schools. The subjects were boys of 10+1 and 10+2 classes of Government Senior Secondary Schools and were of 15-17 years age group only. Moreover, the present research was confined to only those players who had participated at zonal level school tournament of district Warangal. Data regarding selected physical fitness variables was collected using selected test items of AAHPERD's Physical fitness test battery. Mean, Standard Deviation and T-test were used to analyze the data statistically. The level of significance was set at 0.05 level of confidence.

Results and Discussion:

The Mean, Standard Deviation and 't' values of the investigated physical fitness variables of Kabaddi and Kho-Kho players are given in the table No. 1, 2, 3, 4 and 5 and their analysis and interpretation follows them.

Table – 1 :

Mean values, standard deviation and 't' value of arm and shoulder strength variable of Kabaddi and Kho-Kho players:

	N	Mean	S.D.	S.E.M.	Mean Difference	Df	t-value
Kabaddi	60	10.93	1.68	0.22	0.98	118	3.09*
Kho-Kho	60	9.95	1.79	0.23			



*Significant at 0.01 level.

Table – 1: reveals that the mean scores of arm and shoulder strength variable of the selected Kabaddi and Kho-Kho players are 10.93 and 9.95 respectively and the calculated 't'- value (3.09) for both the groups is higher than the table value at 0.01 level of significance. Thus it is interpreted that the two groups differ significantly w.r.t. the variable arm and shoulder strength.

Hence, the formulated hypothesis for the Kabaddi and Kho-Kho players' w.r.t. the variable arm and shoulder strength is rejected.

Table – 2 :

Mean values, standard deviation and 't' value of abdominal strength variable of Kabaddi and Kho-Kho players:

	N	Mean	S.D.	S.E.M.	Mean Difference	Df	t-value
Kabaddi	60	28.93	1.77	0.23	0.400	118	1.19
Kho-Kho	60	29.33	1.90	0.25			

Not significant at 0.05 level.

Table – 2 reveals that the mean scores of abdominal strength variable of the selected Kabaddi and Kho-Kho players are 28.93 and 29.33 respectively and the calculated 't'-value (1.19) for both the groups is less than the table value at 0.05 level of significance. Thus it is interpreted that the two groups do not differ significantly w.r.t. the variable abdominal strength.

Hence, the formulated hypothesis for the Kabaddi and Kho-Kho players' w.r.t. the variable abdominal strength is accepted.

Table – 3 :

Mean values, standard deviation and 't' value of co-ordinative ability variable of Kabaddi and Kho-Kho players:

	N	Mean	S.D.	S.E.M.	Mean Difference	Df	t-value
Kabaddi	60	11.12	0.22	2.86	0.111	118	3.09*
Kho-Kho	60	11.01	0.17	2.18			

*significant at 0.01 level.

Table – 3 reveals that the mean scores of co-ordinative ability variable of the selected Kabaddi and Kho-Kho players are 11.12 and 11.01 respectively and the calculated 't' – value (3.09) for both the groups is



higher than the table value at 0.01 level of significance. Thus, it is interpreted that the two groups differ significantly w.r.t. the variable co-ordinative ability.

Hence, the formulated hypothesis for the Kabaddi and Kho-Kho players' w.r.t. the variable coordinative ability is rejected.

Conclusion:

Based on the analysis and interpretation of the data and within the limitations of the present investigation, following conclusions are drawn:

The Kabaddi players are better than Kho-Kho players when compared against the physical fitness variable arm and shoulder strength and co-ordinative ability.

The Kabaddi and Kho-Kho players have same level of physical fitness when compared against the physical fitness variable abdominal strength.

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53. Synaesthesia in the poetry of John Keats

K. Kiran Kumar
PhD Scholar, CT University

Abstract

Image & imagery, literary study of imagery, seven kinds of mental images, synaesthetic imagery, John Keats' imagery, blend of sensations, visual kinaesthetic & visual olfactory image in Hyperion, Visual tactile & visual organic image in Endymion, visual gustatory imagery in ode to nightingale, Keats' taste of vintage evokes sensations, synaesthetic imagery -the province of poetry.

John Keats is a sensual poet; his poetry is focused on vivid, concrete, imagery, portrayal of the physical and the passionate; and immersed in the here and now. One nineteenth century critic went so far as to assert not merely that Keats had "a mind constitutionally inapt for abstract thinking," but that he "had no mind." Keats's much-quoted outcry, "O for a life of Sensation rather than of Thoughts!" (Keats' letter to Benjamin Bailey, November 22, 1817)¹

John Keats' imagery ranges among all our physical sensations: sight, hearing, taste, touch, smell, temperature, weight, pressure, hunger, thirst, sexuality, and movement. He repeatedly combines different senses in one image, i.e., he attributes the trait(s) of one sense to another, a practice called *synaesthesia*. His synaesthetic imagery performs two major functions in his poems: it is part of their sensual effect, and the combining of senses normally experienced as separate suggests an underlying unity of dissimilar happenings, the oneness of all forms of life. Richard H. Fogle calls these images the product of his "unrivalled ability to absorb, sympathize with, and humanize natural objects."

This paper aims at observing some of the mental images in the poems of John Keats which are identified by the psychologists: visual (sight, then brightness, clarity, colour, and motion), auditory (hearing), olfactory (smell), gustatory (taste) tactile (touch, then temperature, texture), organic (awareness of heartbeat, pulse, breathing, digestion), and kinaesthetic (awareness of muscle tension and movement).

The Visual Auditory Image | Sound

Hyperion, leaving twilight in the rear, Came slope upon the threshold of the west; Then, as was wont, his palace-door flew open *smoothest silence*, save what solemn tubes, Blown by the serious Zephyrs, gave of



sweet And *wandering sounds, slow-breathed melodies*; And like a rose in vermeil tint and shape, In *fragrance soft, and coolness to the eye*, That inlet to severe magnificence Stood full blown, for the God to enter in. (*Hyperion*, I, 209-10) ²

Here again, Keats blends sensations in the most beautiful way. When he describes how Hyperion's palace doors open, a visual image, he creates a synaesthetic image of their sound — *smoothest silence* — a tactile description of an auditory "silence". When the Zephyrs blow Keats first describes their noise as "wandering sounds" — a visual and arguably kinaesthetic image — and then as *slow-breathed melodies* (an *organic and visual* description of the *auditory* "melody"). Keats describes the palace door with the imagery of a vermeil rose "in fragrance soft, and coolness to the eye". Notice how fragrance is described synaesthetic ally by the tactile *soft* and how the vermeil colour is described as having *coolness* to the eye. While these last examples aren't really *visual*, I couldn't resist pointing them out. They are equally rare and beautiful synaesthetic images.

The Visual Olfactory Image | Smell

I included this latter quote because, although it's not a *visual* olfactory image, it nevertheless evokes an equally synaesthetic experience of smell— the flower's odour as a sound, a sweet peal of music. The example that Fogle finds most compelling, however, comes, once again, from Keats's *Hyperion*. He writes:

Taste-images occur with relative infrequency in Keats's synaesthetic imagery, but such as appear are powerful and vivid. On one occasion he combines taste with smell to produce one of the strongest of all his sensory images:

Also, when he would *taste the spicy wreaths of incense*, breath'd aloft from sacred hills, instead of sweets, *his ample palate took Savour of poisonous brass and metal sick...* (*Hyperion*, I, 186-89) ³

The Visual Tactile Image | Touch

This is much more difficult to example. The tactile and the visual generally go hand in hand — if anything, it's the difference between writing *she moved her fingers over the rough of his palms* or *her fingers tripped over his gravelled palms*. Sometimes the tactile can be applied in the most unexpected ways. In *Endymion*, Keats writes:

Where had he been, from whose warm head out-flew That sweetest of all songs, that ever new, That aye refreshing, pure deliciousness, Coming ever to bless The wanderer by moonlight? to him bringing Shapes from the invisible



world, unearthly singing From out the middle air, from flowery nests, And from the *pillowy silkiness* that rests Full in the speculation of the stars.⁴

The Visual Gustatory Image | Taste

Perhaps the best-known passage typifying the synaesthetic fusion of taste and visual imagery comes, again, from Keats. Rather than steal Fogle's thunder, we'll let *him* introduce it:

The synaesthetic imagery of Keats reaches its highest level, however, in the complex fusion of sense, emotion, and concept in the second stanza of the Nightingale:

O, for a draught of vintage! that hath been Cool'd a long age in the deep-delved earth, *Tasting of Flora and the country green, Dance, and Provençal song, and sunburnt mirth!* O for a beaker full of the warm South, Full of the true, the blushful Hippocrene, With beaded bubbles winking at the brim, And purple-stained mouth...⁵

Keats has attained to the utmost degree of synthesizing compression in this passage, packing into a few lines what prose could not have expressed in many times the number of words he has employed.

Only the very best wine-tasting critics could dream of aspiring to this kind synaesthesia. For Keats, the taste of the vintage draught doesn't evoke memories of other tastes, but of a whole world of sensation: the visual *Flora and country green*, the kinaesthetic *dance*, the aural *Provençal song*, and the organic and tactile *sunburnt mirth*. Top that. Right? But Keats isn't content to stop there, the beaker is *full of the warm south*. Woe to the recovering alcoholic who reads this poem. I've never had a vintage draught and I could take or leave most wines, but this makes my mouth water.

The Visual Organic Image | Heart, Breath and Pulse

These images are *more* than exceedingly rare, Fogle offers the following from Endymion:

And down some swart abysm he had gone, Had not a heavenly guide benignant led To where thick myrtle branches, 'gainst his head Brushing, awakened: then the sounds again Went noiseless as a passing noontide rain Over a bower, where little space he stood; For as the sunset peeps into a wood So saw he *panting light...* (*Endymion*, ll. 376-383)⁶



In T.S. Eliot's *Ash Wednesday*, the tactile imagery of the sandy earth is transformed into a salt savor. This isn't as strictly synaesthetic as Shelley's imagery, but more like Keats'. Eliot was a keen reader of Shakespeare and Keats. It may be no coincidence that he used the same word, savour, as Keats. Eliot might well have been directly inspired by the passage for Keats' *Hyperion*. Remember, it was T.S. Eliot who said that "good poets borrow, great poets steal".⁷

In your light, the head is speaking, It reads the book.

It becomes the scholar again, seeking celestial Rendezvous.

Picking thin music on the rustiest string,

Squeezing the reddest fragrance from the stump

Of summer.

Summing up, we can say that poetry comes to Keats as a '*joy wrought in sensations*' and he accordingly advised Shelley to '*load every rift with ore*'. Be it ode or sonnet or narrative poetry, Keats is richly sensuous. Keats' sensuousness is not only delicate and delicious but also aesthetic and delightful.

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Vadgama Krishna Mukeshbhai

PH.D Scholar,

Department of Economics,

Maharaja Krishnakumarsinhji Bhavnagar University

સારાંશ

ભારતમાં કાપડ ઉદ્યોગનો વિકાસ મોટા પ્રમાણમાં થયો છે. પરંપરાગત કૃષિ બાદ કાપડ ઉદ્યોગ કુશળ અને અકુશળ બંને કામદારોને વિશાળ રોજગારી આપી રહ્યો છે. ભારતમાં અન્ય કાપડ ઉદ્યોગની તુલનાએ સુતરાઉ કાપડ ઉદ્યોગનો વિકાસ સારા પ્રમાણમાં જોવા મળ્યો છે. ભારતમાં વિવિધ રાજ્યો કપાસનું મોટા પ્રમાણમાં ઉત્પાદન તથા નિકાસ કરી રહ્યા છે અને તેના કારણે સુતરાઉ કાપડ ઉદ્યોગનો વિકાસ થયેલો જોવા મળે છે. ભારત કપાસના ઉત્પાદનમાં વિશ્વમાં દ્વિતીય સ્થાન પ્રાપ્ત કરેલું છે. ભારતના સુતરાઉ કાપડ ઉત્પાદન કરતાં રાજ્યોમાં કાપડમાં વિવિધતા જોવા મળી છે. જેની પછળ ઘણા આર્થિક તેમજ ઐતિહાસિક અને ભૌગોલિક પરિબલો જવાબદાર રહ્યા છે.

મહત્વના શબ્દો – સુતરાઉ કાપડ, ઉત્પાદન

પ્રસ્તાવના



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કાપડ એ વસ્ત્ર તરીકે માનવીની અગત્યની જરૂરિયાત છે તેમજ વસ્ત્ર ઉદ્યોગ એ ભારતની સાંસ્કૃતિક અને કલાત્મક બાબતોનું દર્શન કરાવે છે. વસ્ત્ર એ માનવીની પ્રાથમિક જરૂરિયાત છે તેમજ કૃષિ પછીનું આ બીજું મોટું રોજગારી પૂરું પાડતું ક્ષેત્ર છે. ભારતમાં સુતરાઉ કાપડ ઉત્પાદન કરતા મુખ્ય રાજ્યો ગુજરાત, મહારાષ્ટ્ર, આંધ્રપ્રદેશ, હરિયાણા, પંજાબ, મધ્યપ્રદેશ, રાજસ્થાન, કર્ણાટક અને તમિલનાડુ છે. સુતરાઉ ઉદ્યોગ દેશના અર્થતંત્રમાં મહત્વનો ફાળો આપે છે તેથી તેનું મહત્વ ઓછું આંકી શકાય નહિ.

હેતુઓ

- 1) ભારતમાં સુતરાઉ કાપડ ઉત્પાદનનો પરિચય મેળવવો.
- 2) ભારતમાં રાજ્યવાર સુતરાઉ કાપડ ઉત્પાદનનો અભ્યાસ કરવો.

પદ્ધતિ

પ્રસ્તુત અભ્યાસમાં વર્ણનાત્મક પદ્ધતિ તથા ગૌણ માહિતીનો ઉપયોગ કરવામાં આવ્યો છે.

સંદર્ભ સાહિત્યની સમીક્ષા

ડાંગે અને મંદલોઈ (૨૦૧૫)ના Dyeing and Printing at Tarapur : Use of Natural Dyes નામનાં સંશોધન પેપરમાં સંશોધકે તારાપુર ખાતે કુદરતી રંગો રંગકામ અને છાપકામમાં કઈ રીતે ઉપયોગી બને છે તેના વિષે વિસ્તૃત ચર્ચા કરી છે તારાપુરમાં કાપડમાં રંગ કરવાની કળા એ ખુબ જ લોકપ્રિય છે અને સૌથી વિશિષ્ટ લક્ષણ એ છે કે આ પ્રક્રિયામાં રંગોનો ઉપયોગ કરવામાં આવે છે તે મોટે ભાગે કુદરતી રંગ

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હોય છે .પ્રસ્તુત સંશોધનમાં ઉપયોગમાં લેવાતા ઉત્પાદનોનો અભ્યાસ કરવા માટે રંગ અને કાપડ પ્રક્રિયા જાણવી અને તેના પર થતી ફેશનની અસરો જાણવી જે આ સંશોધનના મુખ્ય હેતુઓ રહેલા છે.

પ્રસ્તુત સંશોધન પ્રાથમિક માહિતીના આધારે કરવામાં આવેલ છેજેમાં તારાપુરમાંથી આવેલા . ૧૦૦ કારીગરોની સહેતુક નમૂના પદ્ધતિ દ્વારા પસંદગી કરવામાં આવી છે .પ્રસ્તુત સંશોધનમાં ઇન્ટરવ્યુ અને ક્ષેત્રનિરીક્ષણ અને પ્રશ્નાવલી પદ્ધતિ દ્વારા માહિતી એકત્ર કરવામાં આવેલ છે .પ્રસ્તુત સંશોધનમાં ૬૨% પુરુષો અને ૩૮% મહિલાઓ નમૂના તરીકે લેવામાં આવેલ હતા. તેમાંથી ૪૬ કારીગરો ૩૧ થી ૫૦ વર્ષ ની વયના હતા .તારાપુરમાં ૮૬% કારીગરો સંયુક્ત કુટુંબમાં રહેતા હતા અને ૧૪% કારીગરો વિભક્ત કુટુંબમાં રહેતા હતા .સંશોધન અભ્યાસ મુજબ ૮૭ %કારીગરો પરંપરાગત મશીનનો ઉપયોગ કરતા હતા અને ૧૩% કારીગરો આધુનિક યંત્રો દ્વારા ઉત્પાદન કરતા હતાતથા ૬૦ .% કારીગરોના મત મુજબ કાપડમાં ડાઈંગ માટે કુદરતી રંગોનો ઉપયોગ કરવામાં આવે છેતથા ૪૦ .% કારીગરોના મત મુજબ કાપડમાં ડાઈંગ માટે કૃત્રિમ રંગનો ઉપયોગ કરવામાં આવે છે.

પ્રસ્તુત સંશોધન અભ્યાસ દ્વારા જાણવા મળ્યું કે માલવા પ્રદેશના તારાપુર રંગની પ્રક્રિયા મૂળ રૂપે વપરાતા સુતરાઉ કાપડમાં રહેલ રેસામાં સરળતથી રંગો શોષી લે છે તેથી તેને વિવિધ કાપડમાંથી શ્રેષ્ઠ માનવામાં છે .સૌથી મહત્વનું તારણ એ છે કે ડાઈંગ અને છાપવાની પ્રક્રિયા કારીગરો દ્વારા હાથ ધરવામાં આવે છે .મોટાભાગે ઉપયોગમાં લેવામાં આવેલ રંગો કુદરતી હોય છે જે બિન જોખમી છે . આધુનિક ટેકનોલોજીનો ઉપયોગ દ્વારા જે ઝડપે ઉત્પાદન થાય તેના કરતા હાથ બનાવટ દ્વારા જે કાપડ બનાવવામાં આવે છે તેમાં વધુ સમય અને ખર્ચાઓ થાય છે .તેથી તેની કિંમત ઉંચી જોવા મળે છે .આ

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સંશોધન અભ્યાસમાં કુદરતી રંગોનું મહત્વ રજૂ કરવામાં આવ્યું છે પરંતુ મોટે ભાગે વર્તમાનમાં કૃત્રીમ .
.રંગોનો વધુ ઉપયોગ થાય છે જે આ અભ્યાસમાં દર્શાવેલ નથી.

❖ ભારતમાં કાપડ ઉત્પાદનનો પરિચય

ભારતમાં સુતરાઉ કાપડ ઉત્પાદન કરતાં ઉદ્યોગનો ઇતિહાસ હજારો વર્ષ જૂનો છે. પુરાતત્વીય સર્વેક્ષણ અને હડપ્પીય સંસ્કૃતિના અભ્યાસના આધારે જાણવા મળે છે કે આ સંસ્કૃતિના લોકો વર્ષો પહેલા વણાટ અને કાતણ કામ જાણતા હતા અને તે અંગેના પુરાવા પણ જોવા મળ્યા છે. કાપડના ઉદ્યોગ શરૂઆતના સમયથી જ્યારથી અમલમાં આવ્યા ત્યારથી મુદ્રિત કરેલી ભાતચિત્ર વાળા કપડાનું ઉત્પાદન કરવામાં આવતું હતું. જેના મૂળ ગુજરાત તેમજ ઇજિપ્તમાં જોવા મળ્યા હતા. મધ્ય યુગના સમયમાં ઇજિપ્તમાં મોટા પ્રમાણમાં કાપડની નિકાસ કરવામાં આવતી હતી તેમજ સાત આ પદ્ધતિથી ભારતનું કાપડ પશ્ચિમના દેશોને મસાલાઓ સાથે આદાન-પ્રદાન કરવામાં આવતું હતું.

17મી અને 18મી સદીમાં યુરોપમાં ઔદ્યોગિક ક્રાંતિ થઈ તે ઉદ્યોગોની જરૂરિયાત તેમજ કપાસની માંગ પૂરી કરવા માટે પશ્ચિમી દેશોમાં ભારતનું કપાસ મોટા પ્રમાણમાં નિકાસ કરવામાં આવતું હતું.

ભારતની મોસમી આબોહવા કપાસના પાકને અનુકૂળ હોય; તેથી વિપુલ માત્રામાં ઉત્પાદન થતું તેથી એ સમયમાં ભારત કપાસનો દેશ કહેવાતો હતો. એમાં કપાસ ઉગાડનાર ખેડૂત અને કાપડ વણનાર વણકર અને બન્નેની વચ્ચે ના ગાળાની કામગીરી માટે પણ વિવિધ સમુદાયના લોકો રોકાયેલા હતા. કપાસને લઢવો, તેમાંથી રૂ અલગ કાઢવું, કાલા ફોલવા, પિંજવું તેમજ તેમાંથી તાર કાઢવા વગેરે કામો લોકો કરતા હતા. ખેતરમાંથી કાલા ચૂંટવા અને કાલા ફોલીને તેમાંથી રૂ કાઢવાનું કામ મુખ્યત્વે સ્ત્રીઓ કરતી પિંજોને મુલાયમ



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બનાવેલ રૂને મુખ્યત્વે ચરખા પર અને તકલીફ પર કાંતવામાં આવતું. કાંતવું એ તે આ સમયગાળાનો ધરગથ્થું ઉદ્યોગ હતો. આ સુતર કાંતનારા લોકોમાં પણ ખાસ વિશેષ વર્ગો હતા. જે સર્વોત્તમ પ્રકારનું કાંતણ કરતા તેના સારા તાર બનાવતા. તેમણે તૈયાર કરેલા સુતરના તાર તાત્કાલિન યુરોપના ચંત્રોમાંથી તૈયાર કરવામાં આવેલા રેસા કરતા પણ મુલાયમ અને ચડિયાતા હતા. ત્યારબાદ કાંતનાર લોકો પાસેથી એ સુતર વણકરો પાસે પહોંચતું અને એ રેસાઓ માંથી કાપડ તૈયાર કરવામાં આવતું હતું.

આમ, પ્રાચીનકાળથી ભારતમાં સુતરાઉકાપડ ઉદ્યોગનું વિશેષ મહત્વ રહેલું છે. ખાસ કરીને અર્થતંત્રમાં તેનો ફાળો અન્ય ઉદ્યોગોની તુલનાએ વધુ જોવા મળે છે. કાપડ ઉદ્યોગે છેલ્લા કેટલાય દાયકાઓથી આંતરરાજ્ય અને આંતરરાષ્ટ્રીય સ્તરે મહત્વનું સ્થાન પ્રાપ્ત કર્યું છે.

❖ ભારતમાં રાજ્યવાર સુતરાઉ કાપડનું ઉત્પાદન

(Quantity in lakh bales of 170 kgs each)

States	2008-09	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19*
Punjab	17.50	13.00	18.50	20.00	21.00	21.00	13.00	6.25	9.00	10.95	10.03
Haryana	14.00	15.25	17.00	26.00	26.00	24.00	23.00	14.50	20.50	22.50	23.00
Rajasthan	7.50	12.00	10.10	18.00	17.00	14.00	17.00	15.00	16.50	22.00	26.65
Gujarat	90.00	98.00	106.20	122.00	93.00	124.00	112.00	90.00	95.00	100.34	86.74
Maharashtra	62.00	65.75	87.75	76.00	81.00	84.00	80.00	76.00	88.50	85.00	73.59
Madhya Pradesh	18.00	15.25	17.70	18.00	19.00	19.00	19.00	18.00	20.50	20.50	23.70
Telangana	53.00	54.50	59.50	60.00	84.00	78.00	50.50	58.00	48.00	51.07	42.50
Andhra Pradesh							26.50	23.75	19.00	18.59	13.21
Karnataka	9.00	12.25	11.10	15.00	17.00	23.00	34.00	19.50	18.00	18.00	15.00
Tamil Nadu	5.00	5.00	7.20	6.50	6.00	5.00	6.00	6.00	5.00	4.60	4.83
Orissa	14.00	1.00	2.05	3.50	4.00	4.00	3.00	3.00	3.00	3.50	4.05
Others		13.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00	1.00
Total	290.00	305.00	339.10	367.00	370.00	398.00	386.00	332.00	345.00	358.05	325.30

*Position upto 10th September 2019

(Source – MINISTRY OF TEXTILES)

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ઉપરોક્ત કોષ્ટકમાં સુતરાઉ કાપડનું ઉત્પાદન કરતાં રાજ્યો અને સુતરાઉ કાપડનું ઉત્પાદન (લાખ ગાંસડીમાં) 2008-09 થી 2018-19 સુધીનું રજૂ કરવામાં આવેલું છે. 2008-09 વર્ષમાં સૌથી વધુ ગુજરાત રાજ્યનું સુતરાઉ કાપડનું ઉત્પાદન 90.00લાખ ગાંસડી જોવા મળ્યું છે. અને સૌથી ઓછું તમિલનાડુ રાજ્યનું ઉત્પાદન 5.00લાખ ગાંસડી જોવા મળ્યું છે. ગુજરાત પછી દ્વિતીય સ્થાન પર મહારાષ્ટ્રનું ઉત્પાદન 62.00લાખ ગાંસડી જોવા મળ્યું છે. વર્ષ 2009-10માં સૌથી વધુ કાપડનું ઉત્પાદન ગુજરાતમાં જોવા મળ્યું છે જે 98.00લાખ ગાંસડી છે. આ વર્ષે દેશમાં કુલ ઉત્પાદન 305.00લાખ ગાંસડી જોવા મળ્યું છે. જે અગાઉના વર્ષ કરતાં વધુ છે. વર્ષ 2010-11માં ઉત્પાદન વધીને 339.10લાખ ગાંસડી થયું છે જેમાં સૌથી વધુ હિસ્સો ગુજરાત રાજ્યનો છે. વર્ષ 2011-12 સૌથી ઓછું ઉત્પાદન અન્ય રાજ્યોનું 2.00 લાખ ગાંસડી રહ્યું છે. અને વધુ ઉત્પાદન 122.0 લાખ ગાંસડી ગુજરાત રાજ્યનું છે. વર્ષ 2012-13માં ગુજરાત રાજ્યનું ઉત્પાદન ઘટીને 93.00 લાખ ગાંસડી જોવા મળ્યું છે. અને દ્વિતીય સ્થાન પર તેલંગાણા રાજ્ય અને આંધ્રપ્રદેશ રાજ્યનું સંયુક્ત ઉત્પાદન 84.00લાખ ગાંસડી રહ્યું છે. વર્ષ 2013-14 અને 2014-15માં સૌથી વધુ ઉત્પાદન ગુજરાત રાજ્યનું રહ્યું છે. પરંતુ વર્ષ 2014-15 ની તુલનાએ વર્ષ 2013-14નું કુલ ઉત્પાદન વધુ જોવા મળ્યું છે. વર્ષ 2015-16 માં કુલ ઉત્પાદન ઘટીને 332.00 લાખ ગાંસડી થયું છે જ્યારે તે વર્ષ 2016-17માં વધીને 345.00લાખ ગાંસડી જોવા મળે છે. વર્ષ 2017-18માં ગુજરાત રાજ્યનું ઉત્પાદન વધીને 100.34 લાખ ગાંસડી થયું અને વર્ષ 2018-19 માં તે ઘટીને 86.74 થવા પામ્યું છે. વર્ષ 2008-09 થી 2018-19ના વર્ષો દરમિયાન સૌથી વધુ ઉત્પાદન વર્ષ 2013-14 માં જોવા મળ્યું છે. સુતરાઉ કાપડ ના ઉત્પાદનમાં વધારો ઘટાડો થવા પાછળ ભૌગોલિક, આર્થિક તેમજ રાજકીય પરિબલો જવાબદાર છે. છતાં પણ, સુતરાઉ કાપડનું ઉત્પાદન નોંધપત્ર રહ્યું છે જે સમગ્ર દેશ માટે ઘણી સારી બાબત ગણાવી શકાય.

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STATE-WISE/YEAR-WISE AREA, PRODUCTION AND YIELD IN INDIA

(AREA IN LAKH HECTARE, PROD IN LAKH BALES 170 KGS, YIELD KGS PER HECT)

Year	2009-10			2010-11			2011-12			2012-13			2013-14		
	Area	Prod	Yield	Area	Prod	Yield	Area	Prod	Yield	Area	Prod	Yield	Area	Prod	Yield
Punjab	5.11	13.00	432	5.30	18.50	593	5.60	20.00	607	4.80	21.00	744	4.46	21.00	800
Haryana	5.07	15.25	511	4.92	17.00	587	6.41	26.00	690	6.14	26.00	720	5.36	24.00	761
Rajasthan	4.44	12.00	459	3.35	10.10	513	4.70	18.00	651	4.50	17.00	642	3.93	14.00	606
North total	14.62	40.25	468	13.57	45.60	571	16.71	64.00	651	15.44	64.00	705	13.75	59.00	729
Gujarat	26.25	98.00	635	26.33	106.20	686	29.62	122.00	700	24.97	93.00	633	25.19	124.00	837
Maharashtra	35.03	65.75	319	39.42	87.75	378	41.25	76.00	313	41.46	81.00	332	41.92	84.00	341
Madhya Pradesh	6.11	15.25	424	6.50	17.70	463	7.06	18.00	433	6.08	19.00	531	5.14	19.00	628
Central total	67.39	179.00	452	72.25	211.65	498	77.93	216.00	471	72.51	193.00	452	72.25	227.00	534
Andhra Pradesh	14.75	54.50	628	18.79	59.50	538	18.79	60.00	543	24.00	84.00	595	23.89	78.00	555
Karnataka	4.55	12.25	458	5.45	11.10	346	5.54	15.00	460	4.85	17.00	596	6.62	23.00	591
Tamil Nadu	1.04	5.00	817	1.22	7.20	1003	1.33	6.50	831	1.28	6.00	797	1.52	5.00	559
South Total	20.34	71.75	600	25.46	77.80	519	25.66	81.50	540	30.13	107.00	604	32.03	106.00	563
Orissa	0.54	1.00	315	0.74	2.05	471	1.02	3.50	583	1.19	4.00	571	1.24	4.00	548
Others	0.21	1.00	810	0.33	2.00	1030	0.46	2.00	739	0.51	2.00	667	0.33	2.00	1030
TOTAL		293.00			339.10			367.00			370.00			398.00	
Loose cotton		12.00													
GR TOTAL	103.10	305.00	503	112.35	339.10	513	121.78	367.00	512	119.78	370.00	525	119.60	398.00	566

Year	2014-15			2015-16			2016-17			2017-18			2018-19(P)*		
	Area	Prod	Yield	Area	Prod	Yield	Area	Prod	Yield	Area	Prod	Yield	Area	Prod	Yield
Punjab	4.20	13.00	526	3.39	6.25	313	2.85	9.00	537	2.91	11.76	687	2.68	11.50	729
Haryana	6.48	23.00	603	6.15	14.50	401	5.70	20.50	611	6.65	21.48	549	7.08	23.00	552
Rajasthan	4.87	17.00	593	4.48	15.00	569	4.71	16.50	596	5.84	23.26	677	6.29	25.00	676
North total	15.55	53.00	579	14.02	35.75	433	13.26	46.00	590	15.40	56.50	624	16.05	59.50	630
Gujarat	27.73	112.00	687	27.22	90.00	562	23.82	95.00	678	26.24	103.84	673	26.59	87.00	556
Maharashtra	41.90	80.00	325	42.07	76.00	307	38.00	88.50	396	43.51	83.35	326	42.54	77.00	308
Madhya Pradesh	5.74	19.00	563	5.63	18.00	544	5.99	20.50	582	6.03	22.14	624	6.14	24.00	664
Central total	75.37	211.00	476	74.92	184.00	418	67.81	204.00	511	75.78	209.33	470	75.27	188.00	425
Telangana	17.13	50.50	501	17.73	58.00	556	14.09	48.00	579	18.97	54.44	488	18.27	47.00	437
Andhra Pradesh	8.21	26.50	549	6.66	23.75	606	4.72	19.00	684	6.46	21.26	559	6.21	15.00	411
Karnataka	8.75	34.00	661	6.42	19.50	516	5.10	18.00	600	5.47	17.32	538	6.88	15.00	371
Tamil Nadu	1.87	6.00	545	1.42	6.00	718	1.42	5.00	599	1.83	5.50	511	1.31	6.00	779
South Total	35.96	117.00	553	32.23	107.25	566	25.33	90.00	604	32.73	98.52	512	32.67	83.00	432
Orissa	1.27	3.00	402	1.25	3.00	408	1.36	3.00	375	1.45	3.65	428	1.58	4.50	484
Others	0.31	2.00	1097	0.50	2.00	680	0.50	2.00	680	0.50	2.00	680	0.50	2.00	680
GR TOTAL	128.46	386.00	511	122.92	332.00	459	108.26	345.00	542	125.86	370.00	500	126.07	337.00	454

Source : Cotton Advisory Board

*As per CAB meeting dated 18-06-2019

P-Provisional

Note: Production is inclusive of state-wise loose cotton production of 26.10 lakh bales from 2010-11 onwards as per survey of Loose Cotton delivery and consumption in india undertaken by ATIRA.

(Source – MINISTRY OF TEXTILES)

તારણો

આ અભ્યાસ પરથી સુતરાઉ કાપડ ઉત્પાદનનો ઇતિહાસ તથા રાજ્યવાર વર્ષ 2008-09 થી વર્ષ 2018-19ના ઉત્પાદનના આંકડાઓ જાણી શકાય છે. આ આંકડા પરથી ખ્યાલ આવે છે કે ગુજરાત રાજ્યનો

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सुतराઉ કાપડ ઉત્પાદનમાં સૌથી વધુ ફાળો રહેલો છે. ગુજરાતની આબોહવા કપાસના ઉત્પાદન માટે અનુકૂળ હોવાથી ત્યાં વધુ કાપડ ઉદ્યોગનો વિકાસ થયેલો જોવા મળે છે. કાપડ ઉદ્યોગ દેશના અનેક લોકોને રોજગારી પ્રદાન કરતું હોવાથી અર્થતંત્રમાં તેનું વિશેષ મહત્વ રહેલું છે.

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55. “Working Capital Management Strategy: A Comparative Study of selected companies of Chemical industry in India”

Ms. Krishna Ashutoshbhai Vyas

[M.com., M.Phil., GSET, Ph.D. Pursuing]

Ph. D. Research scholar

Department of Commerce and Business Administration

Saurashtra University

Abstract:

An attempt had made in this research to explain working capital management in context of chemical industry in India. Five chemical companies considering market capitalization had been selected and research period covers five years from 2016 to 2020. In order to justify the topic accounting tool – Ratio analysis is applied in which Inventory Turnover Ratio (X), Working Capital Ratio (X), Acid Test Ratio (X) and Collection Ratio and Cash Position Ratio (%) are used while statistical test – ANOVA test for single factor is applied to comparatively analyze significant difference in selected working capital ratios between selected Chemical companies which depicted that there is significance difference in Working Capital Ratio (X), Acid Test Ratio (X) and Collection Ratio and Cash Position Ratio (%) accept in Inventory Turnover Ratio (X) between selected Chemical companies. It had suggested that companies must focus on its working capital in order to avoid short term financial crisis and have smooth functioning of its business operation.

Key Words: Chemical Industry, Working Capital Management, Market Capitalization ANOVA

I. INTRODUCTION:

Working capital is mainly called as circulating capital or Short Term Capital. Level of inventories, debtors and creditors are one of the crucial factors of Working capital management moreover it consists of examination of cash flow, current assets, and current liabilities through different ratio analysis which consist of the working capital ratio, current ratio, collection ratio, and inventory turnover ratio. Ultimately an effective working capital management can lead to boost profitability and liquidity position. Working capital management is important for any kind of companies. In view of Chemical industry of India, it is tremendously spread which can be classified as agrochemicals, petrochemicals, bulk chemicals, polymers,



specialty chemicals, and fertilizers it covers more than 80,000 commercial products. At global level, India stood 14th in export and 8th in import of chemicals not considering pharmaceuticals.

II. LITERATURE REVIEW:

(Aghera, Lakhani, & Trivedi, 2018) had conducted research on “A study on working capital management through ratio analysis”. Research is based on secondary data: current assets, current liabilities, liquid assets, debtors etc. moreover it was analyzed from 2006-07 to 2015-16. Tools and techniques used for the research were Ratio analysis, Karl Pearson’s correlation and regression. At the end researchers find out that there is positive correlation between Inventory turnover & return on assets, working capital turnover & return on assets and working capital turnover ratio & net profit margin while negative correlation between debtors’ turnover ratio & net profit margin.

(B. & R., 2018) had made an attempt of describing “Working Capital Management Efficiency: A Study on Selected Pharmaceutical Companies in India”. The research was conducted on 15 pharmaceutical companies which were analyzed by categorizing them in three groups like: large size, medium size and small size. Secondary data were analyzed for the period of 10 year using performance index of working capital management, utilization index of working capital management and efficiency index of working capital management.

(Kalsie & Arora, 2016) had “Analysis of Working Capital Management of Indian FMCG Companies”. Research was carried out on five FMCG companies during 2010-2014. Analysis of researcher conducted using Current ratio, Receivable Turnover, Inventory Turnover, return on capital employed, Cash Conversion Cycle, Payable Turnover.

III. RATIONAL OF THE STUDY:

It been clinched that no research is been conducted considering the objectives mentioned in this research which gave wide scope to researcher to conduct research on “Working Capital Management Strategy: A Comparative Study of selected companies of Chemical industry in India”

IV. OBJECTIVES:

- To understand working capital management.

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- To evaluate working capital management of selected companies of Chemical industry in India during the period of study.

V. HYPOTHESIS:

Ho: There is no significant difference in Inventory Turnover Ratio (X) of selected companies of Chemical industry in India during the period of study.

Ho: There is no significant difference in Working Capital Ratio (X) of selected companies of Chemical industry in India during the period of study.

Ho: There is no significant difference in Acid Test Ratio (X) of selected companies of Chemical industry in India during the period of study.

Ho: There is no significant difference in Collection Ratio (X) of selected companies of Chemical industry in India during the period of study.

Ho: There is no significant difference in Cash Position Ratio (%) of selected companies of Chemical industry in India during the period of study.

VI. RESEARCH METHODOLOGY:

A. Universe of the Study:	All listed companies of Chemical industry in India in BSE.	
B. Nature of the Study:	Analytical & Quantitative in nature since here Analysis of working capital of selected companies of Chemical industry in India is carried out through quantitative data	
C. Sampling Technique:	Convenience sampling technique is used.	
D. Sample of the study:	Company Name	Market Cap (Rs. Crore.)
	Vikas Life	214.31
	Resonance	159.31
	Deep Polymers L	80.43
	Polylink Polyme	33.32

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E. Collection of Data:	Study is based on secondary data.
F. Period of the Study:	Research covers five years' data from 2015-16 to 2019-20.

VI. TOOLS AND TECHNIQUES:

A. Ratio Analysis: To Working Capital Management Strategy of the selected companies of Chemical industry in India during the period of study.

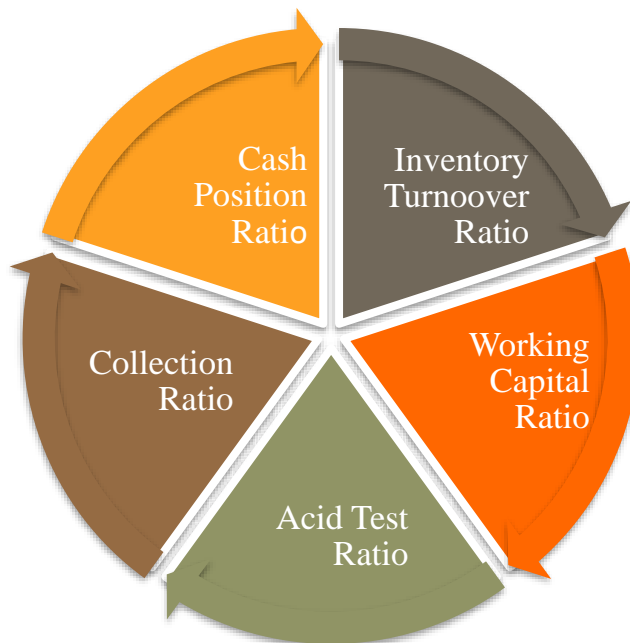


Figure 1 Working Capital Management Strategies

B. Mean: It is used see the standard performance of the selected companies of Chemical industry in India during the period of study.

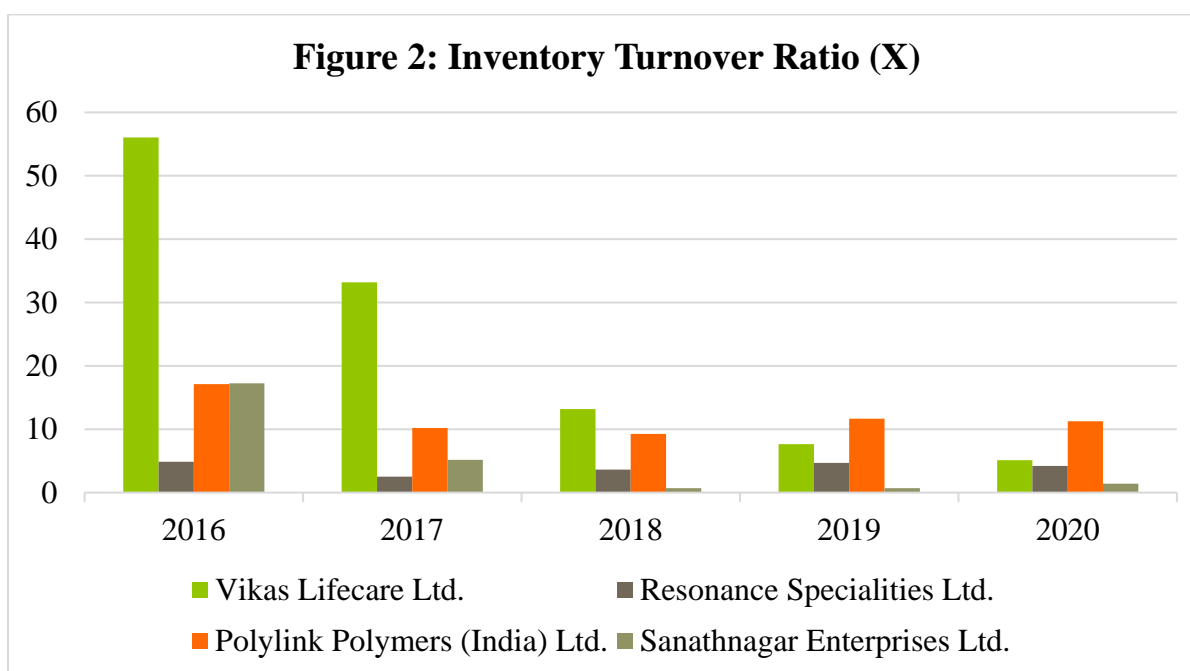
C. Standard Deviation: It is used to examine extent to which statistics fluctuates from its mean value.

D. ANOVA Test: To compare mean of different selected companies of Chemical industry in India during the period of study.

VII. DATA ANALYSIS:

Table 1: Inventory Turnover Ratio (X)

	Mar-16	Mar-17	Mar-18	Mar-19	Mar-20	Mean	SD
VLL	56.04	33.19	13.17	7.64	5.12	23.03	21.49
RSL	4.86	2.52	3.62	4.69	4.2	3.98	0.95
PPL	17.12	10.2	9.27	11.66	11.26	11.90	3.06
SEL	17.24	5.17	0.69	0.69	1.4	5.04	7.07



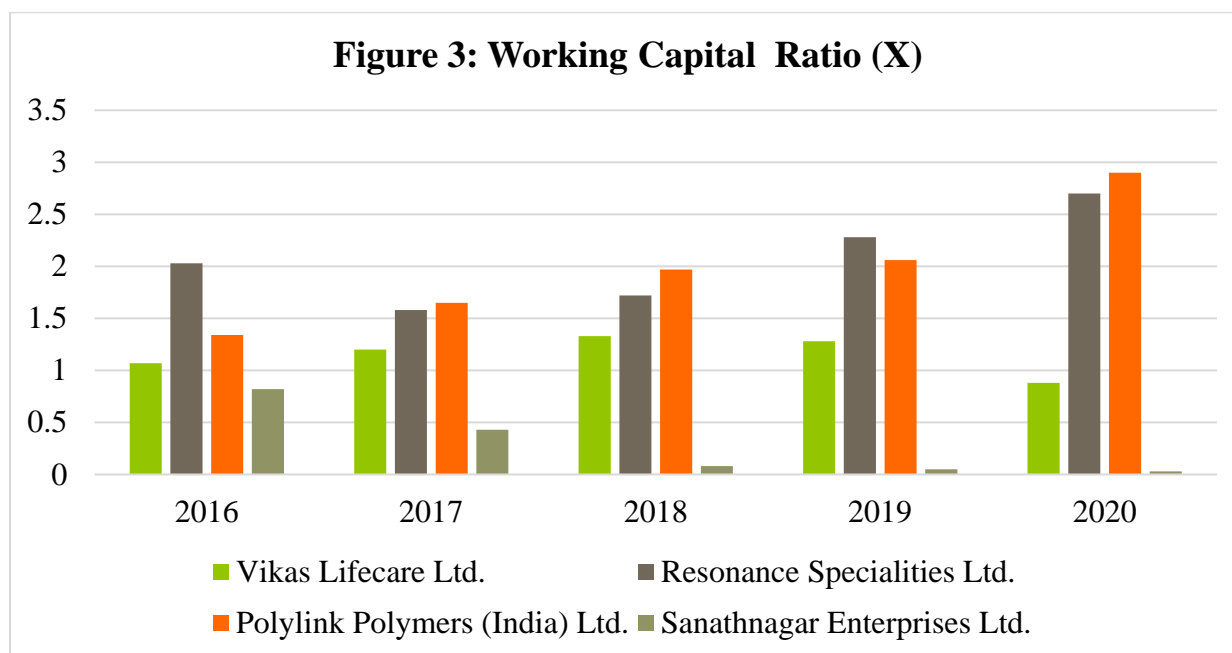
Subsequent to the above presented Table and Figure; An inventory turnover formula can be used to measure the overall efficiency of a business. In accustomed, “higher inventory turnover ratio signposts healthier performance and lower turnover ratio specifies disorganization. Moreover, a high inventory turnover decreases the amount of capital company have occupied in their inventory, in this manner it expands their liquidity and financial

strength.” Inventory Turnover ratio VLL and SEL was highest in 2016 which gradually it decreases showing declining trend. while on the other hand PPL and RSL had consistent throughout the year. It can be concluded that RSL and PPL standard deviation is low which indicates that the data points are very close to the mean.

Table 2: Working Capital Ratio (X)

	Mar-16	Mar-17	Mar-18	Mar-19	Mar-20	Mean	SD
VLL	1.07	1.2	1.33	1.28	0.88	1.15	0.18
RSL	2.03	1.58	1.72	2.28	2.7	2.06	0.45
PPL	1.34	1.65	1.97	2.06	2.9	1.98	0.59
SEL	0.82	0.43	0.08	0.05	0.03	0.28	0.34

Figure 3: Working Capital Ratio (X)

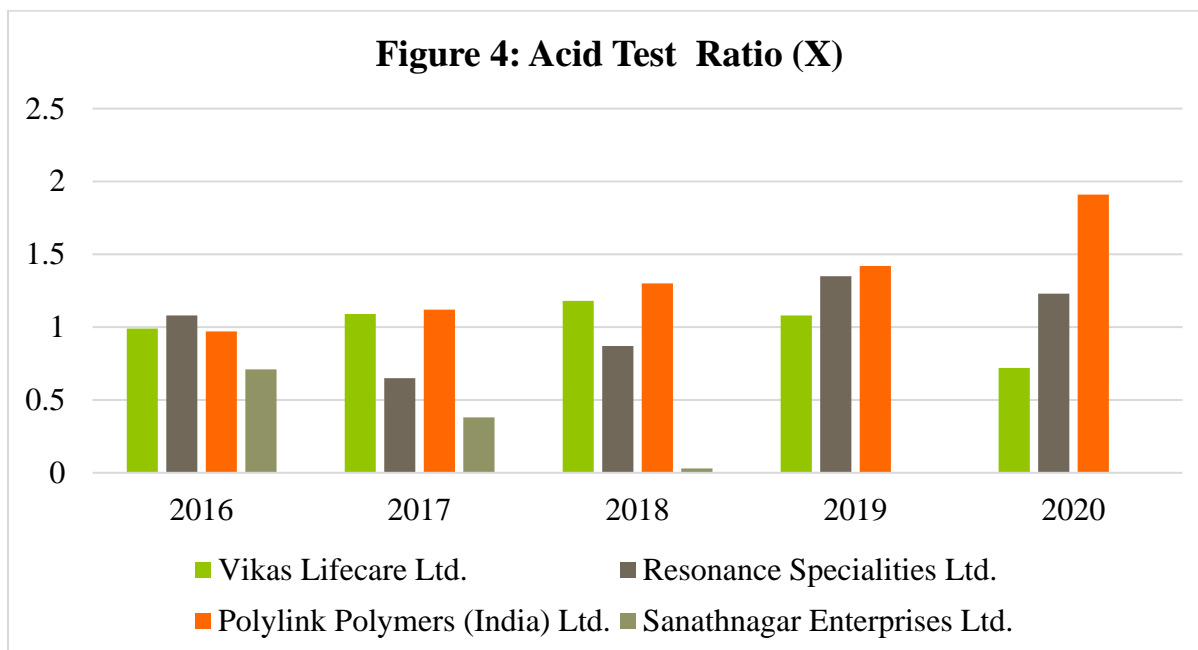


Subsequent to the above presented Table and Figure; working capital ratio is used to analyses liquidity position of the company. A working capital ratio where between 1.2 and 2.0 is frequently reflected a positive sign of satisfactory liquidity and pleasant financial health; Conversely, a working capital ratio higher than



2.0 may perhaps be elucidated negatively. Here considering mean value VVL (1.15), PPL (1.98) is between 1.2 and 2.0 while SEL (0.28) very low while of RSL (2.06) is higher than 2.0 but almost nearer to 2. However, PPL and RSL had higher working capital ratios during last two years.

	Mar-16	Mar-17	Mar-18	Mar-19	Mar-20	Mean	SD
VLL	0.99	1.09	1.18	1.08	0.72	1.01	0.18
RSL	1.08	0.65	0.87	1.35	1.23	1.04	0.28
PPL	0.97	1.12	1.3	1.42	1.91	1.34	0.36
SEL	0.71	0.38	0.03	0	0	0.22	0.32



Subsequent to the above presented Table and Figure; The acid-test ratio compares a company's most short-term assets to its most short-term liabilities to understand whether a company has sufficient cash to pay its urgent liabilities, such as short-term debt or not. Companies with an acid-test ratio of less than 1 do not have abundant liquid assets to pay its pressing liabilities and should be treated with vigilance. Here considering

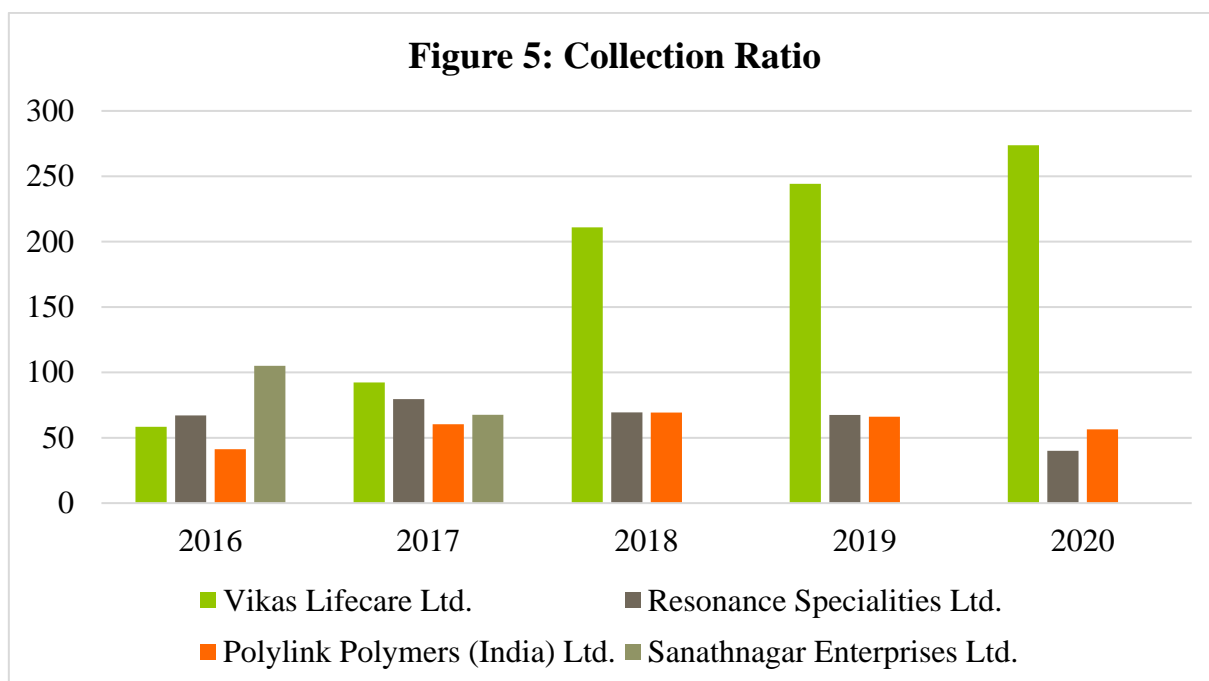


mean value VVL (1.01), RSL (1.04) and PPL (1.34) had higher Acid test ratio while SEL (0.22) had lowest acid test ratio. Apart from this standard deviation of VVL and RSL is lowest means its ratio data had low deviation from its mean while ratio data of PPL had wide deviation from mean.

Table 4: Collection Ratio

	Mar-16	Mar-17	Mar-18	Mar-19	Mar-20	Mean	SD
VLL	58.45	92.27	210.93	244.23	273.73	175.92	95.21
RSL	67.14	79.55	69.35	67.39	40.02	64.69	14.70
PPL	41.30	60.34	69.24	66.09	56.46	58.69	10.91
SEL	105.01	67.53	0	0	0	34.51	49.07

Figure 5: Collection Ratio



Subsequent to the above presented Table and Figure; The collection ratio is used to measure of how proficiently a company administers its accounts receivables; it demonstrates how competent a company is in collecting payment after a sales transaction. The lower a company's collection ratio, the more well-

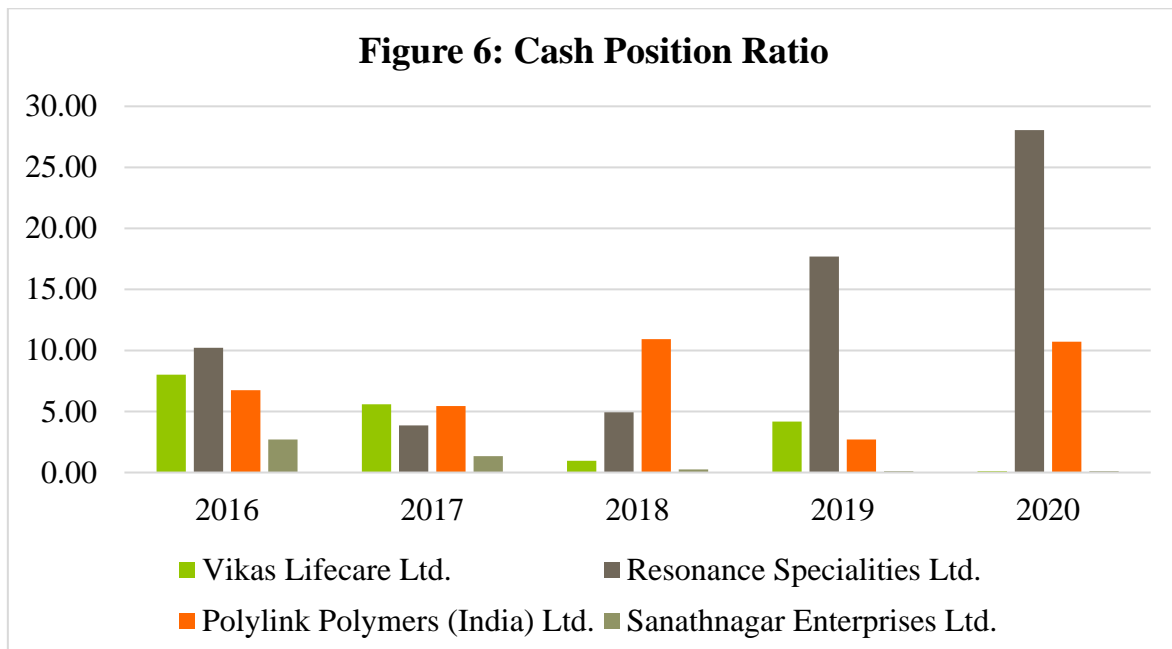


organized its cash flow. The collection ratio of VLL shows increasing trend. That of RSL shows declining trend. And of PPL is moderately declining trend. The mean value of PPL (58.69) and RSL (64.69) moreover standard deviation of PPL (10.91) and RSL (14.70) is lowest that means ratio data are not much fluctuated from its mean value hence this two companies are having good collection ratio.

Table 5: Cash Position Ratio (%)

	Mar-16	Mar-17	Mar-18	Mar-19	Mar-20	Mean	SD
VLL	8.02	5.59	0.96	4.17	0.12	3.77	3.27
RSL	10.21	3.86	4.94	17.69	28.05	12.95	10.06
PPL	6.75	5.45	10.93	2.70	10.71	7.31	3.53
SEL	2.70	1.35	0.25	0.10	0.11	0.90	1.13

Figure 6: Cash Position Ratio



Subsequent to the above presented Table and Figure; The cash ratio is most frequently used as a measure of a company's liquidity; suppose the company is obligatory to pay all current liabilities proximately, this metric shows ability of the company to fulfill its liabilities without selling or liquidating its other assets.



VLL showed declining trend RSL & PPL showed declining trend up to 2017 then it started increasing throughout the research period. The mean value of RSL (12.95), PPL (7.31) which means the more or less these companies are having good cash position ratios.

Table 6: Anova: Single Factor

	Source of Variation	SS	df	MS	F	F crit	P-value
ITR	<i>Between Groups</i>	1152.18	3	384.06	2.94	3.24	0.06
	<i>Within Groups</i>	2088.79	16	130.55			
	<i>Total</i>	3240.97	19				
WC	<i>Between Groups</i>	10.44	3	3.48	20.04	3.24	0.00
	<i>Within Groups</i>	2.78	16	0.17			
	<i>Total</i>	13.21	19				
ATR	<i>Between Groups</i>	3.43	3	1.14	13.47	3.24	0.00
	<i>Within Groups</i>	1.36	16	0.08			
	<i>Total</i>	4.78	19				
CR	<i>Between Groups</i>	59557	3	19852	6.73	3.24	0.00
	<i>Within Groups</i>	47230	16	2952			
	<i>Total</i>	106787	19				
CPR	<i>Between Groups</i>	403.83	3	134.61	4.29	3.24	0.02
	<i>Within Groups</i>	502.46	16	31.40			
	<i>Total</i>	906.29	19				

Subsequent to the above presented Table; the F calculated value of ITR (2.94) which is less than F Critical value (3.24) which results in acceptance of Null Hypothesis at 5% significant level henceforth there is no significant difference in ITR of selected companies of Chemical industry in India during the period of study. While in case of WC (20.04), ATR (13.47), CR (6.73) and CPR (4.29) which is higher than F Critical value (3.24) which result in rejection of Null Hypothesis at 5 % significant level henceforth there is significant



difference in WC, ATR, CR and CPR of selected companies of Chemical industry in India during the period of study.

VIII. FINDINGS & CONCLUSION:

Inventory turnover ratio of VLL, RSL and PPL is good since it has higher ITR. Since “higher ITR signposts healthier performance and lower turnover ratio specifies disorganization. Moreover, inventory ratio of RSL was most consistent and While that of VLL and PPL was fluctuating but still highest among other throughout the research period. which shows that company is maintaining its inventories well.

Working capital ratio of VLL, RSL and PPL is good since WC where between 1.2 and 2.0 is frequently reflected a positive sign of satisfactory liquidity. Moreover, it is observed that working capital ratio in VLL up to 2019 was between 1.0 to 2.0, in RSL during 2016, 2019 and 2020 it was greater than 2 but almost near to 2 while in PPL it was between 1.0 to 2.0 up to 2018 then it showed greater than 2.0 but nearer to 2.0

Acid Test Ratio of VLL, RSL and PPL is good since ACT of more than 1 reflect abundant liquid assets to pay its pressing liabilities. Aggregately ACT of these three companies was greater than 1 throughout the research period. Moreover, PPL had increasing trend which shows excellent acid test ratio. While that of VLL was little fluctuating and RSL highly fluctuating.

Collection ratio of RSL and PPL was good since they had low and consistence CR throughout the period which displays how competent a company is in collecting payment after a sales transaction. Both the company had fluctuating trend of collection ratio but at end it showed declining trend.

Cash Position Ratio of RSL and PPL was good since they had high and consistence CPR throughout the period which displays extent to which company can fulfill its liabilities without selling or liquidating its other assets. RSL had fluctuating CPR up to 2018 then it increased with increasing trend while PPL had fluctuating CPR up to 2019 than it increased with increasing trend.

From the ANOVA test it has been evaluated that Excluding ITR there is significance difference in all other selected ratios of selected companies of Chemical industry in India during the period of study.



In nutshell, “working capital management is a business strategy designed to ensure that a company operates efficiently by monitoring and using its current assets and liabilities to the best effect.” Comprehensively the working capital management in VCL., RSL. And PPL. Was healthier compared to SEL.

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<https://www.moneycontrol.com>

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X. ABBREVIATIONS:

ITR = Inventory Turnover Ratio

ATR= Acid Test Ratio

CR= Collection Ratio

PPL = Polylink Polymers (India) Ltd.

SEL = Sanathnagar Enterprises Ltd.

CPR = Cash Position Ratio

WC = Working Capital Ratio

VLL = Vikas Life Care Ltd.

RSL Resonance Specialities Ltd.



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Kulwinder Kaur (Research Scholar)

Email ID: kulwinder87515@gmail.com

Cont. No. 9872786247

(CT University, Ludhiana)

Dr. Lakhwinder Kaur (Assistant Prof.)

Email ID: lakhwinderkaur.kh@gmail.com

Cont. No. 8146704053

(CT University, Ludhiana)

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- 8) T[jh, gzBk 181
- 9) T[jh, gzBk 191-92
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- 11) wfjzdo f;zx ozXkkt (;zgH) gzikph, Gk;ak ftGkr, gfNnkbk, 1960, gzBk 195
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- 13) pbd/t f;zx, yke{ i/v Bk e'fJ, b'erhs gqek;aB, uzvhrVQ 2013, gzBk 180
- 14) T[jh, gzBk 267
- 15) T[jh, gzBk 335

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57. Impact of socio-economic condition on students' overall development of upper primary school

Desai Manisha R., Ph.D. research scholar, Sociology Department, Bhakta Kavi Narsinh Mehta University.

manishasavaliya162@gmail.com. M 9825649717

Abstract

Child development entails the biological, psychological and emotional changes that occur in human beings between birth and the end of adolescence. It does not progress at the same rate and each stage is affected by the preceding types of development. Development refers to those changes which are qualitative in nature. Growth means increment of body tissues, especially it refers to increase in height and weight. Present research is about the impact of socio-economic condition on overall development of upper primary school of rural area. Total seven developments are included in the overall development in the present research. Survey method was used to collect the data from the respondent and to achieve the objectives of the research. Data was collected by Interview schedule from respondents. One school from rural area of Dhari taluka was selected for present research. The name of the school was Shree Mithapur Dungari primary school. Sample was selected through random sample method out of total population. Total 30 parents and 30 students were selected from the standard eight as a sample from the said school. The result of the hypotheses indicated that there was no significant difference or impact of socio-economic condition on overall development of upper primary school of rural area of Dhari taluka of Amreli district.

Key words: Socio-economic condition, Student, Parents, Overall development, Upper primary school

1. Introduction

Child development entails the biological, psychological and emotional changes that occur in human beings between birth and the end of adolescence, as the individual progresses from dependency to increasing autonomy. It is a continuous process with a predictable sequence yet having a unique course for every child. It does not progress at the same rate and each stage is affected by the preceding types of development. Development refers to those changes which are qualitative in nature. Growth means increment of body tissues, especially it refers to increase in height and weight. They develop, evolve and mature mastering ever more complex understandings of the people



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objects and challenges in their environments observation makes it possible to recognize the uniqueness of the individual to gain knowledge and insight into the dynamic process of development. "Overall development is a concept that includes both physiological and psychological development of a child, along with instilling the aspects of communication skills, learning, emotional, moral and social values in him. Mostly people confuse overall development merely with bodily growth and that related to intelligence (Finzi, p.1)." Total seven developments are included in the overall development in the present research which are described bellow.

The motor development or motor skill development they enable greater control, co-ordination and balance, walking, running and jumping are basic skills that develop naturally during the early childhood years. Motor development means the physical growth and strengthening of a child's bones, muscles and ability to move and touch his/her surroundings. A child's motor development falls into two categories: fine motor and gross motor. Typical motor skill development follows a predictable sequence. It starts from the inner body, including the head, neck, arms and legs, and then moves to the outer body such as hands, feet, fingers and toes. Motor development is important throughout a child's early life.

A Cognitive ability refers to the processes involving knowledge about the world, capacity to infer to think and to understand a phenomenon rightly. This emphasis on the ability to generalize and formulate idea to solve problems. Hence, cognition includes thinking, remembering problem solving, planning, imagining, judging and deciding cognitive changes at any period in the life span are affected to a certain extent by perceptual development. Cognitive abilities refer to the way an individual processes information and builds up a conceptual model of the world. Bloom has given six levels of cognitive learning: Knowledge, understanding, application, analysis, synthesis and evaluation. By making use of discussions, debates, presentations, asking thought provoking questions the teacher can extend the knowledge of the learners, focus their attention, develop problem-solving and decision-making skills.

Physical development refers to increase in bodily tissues. Physical development is an important aspect of development. Growth means increase of body tissues specifically it refers to increase in height and weight. The term physical development applies to all aspects of growth of the human organism. Growth refers to the natural changes in size resulting from multiplication of cells or increase in intercellular substances. "Generally it denotes height and

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weight changes, in body proportions, bone growth, muscular development and development of the nervous system (Hurlock, 2004)".

The emotional development of childhood are more common and more intense it is a time of imbalance when the child is out of focus in the sense that he is easily aroused to emotional outbursts. As a result he is difficult to lie with. This is true of the major part of childhood. Thorndike referred that it as the power of good responses from the point of view of truth of fact the ability to undertake activities that are characterized by difficulty, complexity, abstruseness, and economy, adaptiveness to a goal, social value and emergence of originals and to maintain such as activities under conditions that demand a co centralism of energy and a resistance to emotional force up.

Social development means development of social competencies – this involves abilities to interact and communicate with others, working in a team, coordination, and cooperation with others, etc. Social development refers to the process by which a child learns to interact with others around them. As they develop and perceive their own individuality within their community, they also gain skills to communicate with other people and process their actions. Social development most often refers to how a child develops friendships and other relationships, as well how a child handles conflict with peers. Social development can actually impact many of the other forms of development a child experiences. A child's ability to interact in a healthy way with the people around her can impact everything from learning new words as a toddler, to being able to resist peer pressure as a high school student, to successfully navigating the challenges of adulthood.

Mental development is an important aspect of growth, embracing the various mental abilities. It begins right from birth, and as the child develops with the passage of time his mental reactions also change. These reactions are very simple to start with, but in due course, they lead to complex mental activities. Mental development includes such abilities as attending, perceiving, observing, remembering, imagining, thinking, solving problems and growth of intelligence as well as of language. These abilities change, grow and mature with age and decline in old age. The

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rates of change vary with age and special experiences. In spite of a general pattern of mental development, each individual grows and develops in his unique manner.

Ethical development also known as moral development, focuses on the emergence, change, and understanding of morality from early childhood through adulthood. Morality is cultivated over a lifetime. An individual's experiences impact their ethical development and how they act when facing moral problems. **Moral development** is an important part of the socialization process. The term refers to the way people learn what society considered to be "good" and "bad," which is important for a smoothly functioning society. Moral development prevents people from acting on unchecked urges, instead considering what is right for society and good for others.

2. Research Problem

The problem of the present research is "Impact of socio-economic condition on students' overall development of upper primary school" Research scholar read many related literature and he is found that there is no any research on the said topic. This study has been done on the students of the upper primary school and particularly on the students of standard eight of rural area of Dhari taluka of Amreli district and tried to know whether socio-economic condition affect the overall development in the upper primary level or not.

3. Objective

- To Study the socio-economic condition of respondents.
- To study the overall development of respondent
- To study the relationship between socio-economic condition of parents and its impact on the overall development of their children.



4. Hypothesis

- There would not be significant difference between overall development of students and high and low socio-economic condition.
- There would not be significant difference between overall development of boys and high and low socio-economic condition.
- There would not be significant difference between overall development of girls and high and low socio-economic condition.

5. Methodology

It is very important to select the proper tool for good and authentic research. There are two ways to select and use the tool. First, researcher develops the tool as per her research requirement. Second, researcher uses the already developed and standardised tool. Research scholar developed the research tool as per her research requirement. For this research, researcher used the survey method to collect the data from the respondent and to achieve the objectives of the research. Data was collected by Interview schedule from respondents.

6. Sample

Sample was selected out of population as per research's objectives. Analyse the collected data and found out the result and did the assumption for the total population. For the present research selected the one school from rural area of Dhari taluka as a population. The name of the school is Shree Mithapur Dungari primary school. Sample was collected through random sample method out of total population. Total 30 parents and 30 students were selected from the standard eight as a sample from the said school.

7. Finding

The main purpose of the present study was investigating the effects of parental socio-economic condition on the overall development of upper primary school students. For this purpose investigator formulated 3 different hypotheses. Results are shown in below given tables besides it graphical representation is also mentioned.



Table : 1 Socio-economic scores' statistical characteristics

Sr. No	Statistical value	value
1	Total Sample	30
2	Mean	17.93
3	Standard deviation	4.11
4	Minimum score	10
5	Maximum score	25

Table 2 Frequency of socio-economic condition score

value	Frequency	Percentage
10	1	3.3
11	3	10.0
14	1	3.3
15	3	10.0
16	1	3.3
17	6	20.0
18	2	6.7
19	2	6.7
20	2	6.7
21	4	13.3



23	1	3.3
24	3	10.0
25	1	3.3
Total	30	100.0

It is clearly indicated in table 1 that frequency distribution mean value was 17.93 and standard deviation value was 4.11 found. There were total 30 sample and out of them shown that minimum score was 10 and maximum score was 25. Histogram was prepared on frequency distribution.

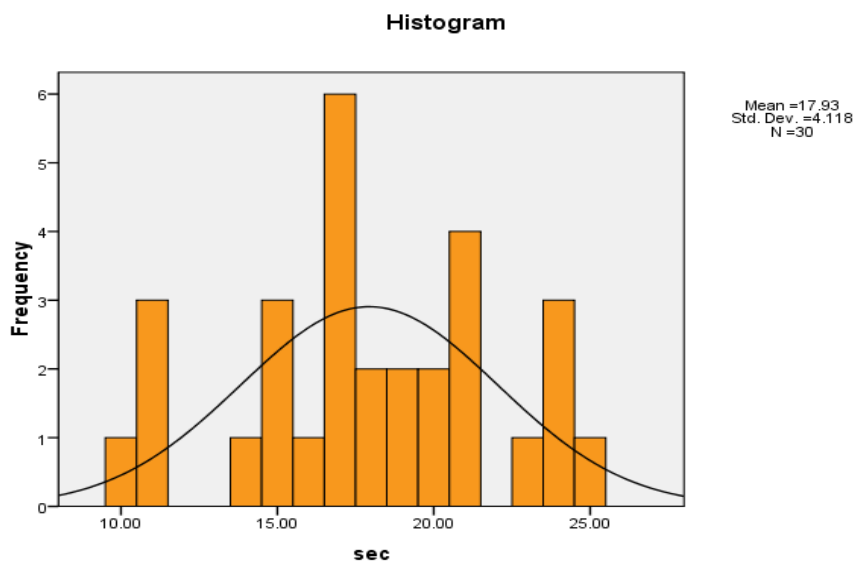


Fig. 1 Frequency of socio-economic condition score

Table : 3 Overall development scores' statistical characteristics

Sr. No	Statistical value	value
1	Total Sample	30



2	Mean	79.05
3	Standard deviation	8.6
4	Minimum score	55
5	Maximum score	90

Table : 4 Overall development scores' frequency

Value	Frequency	Percentage
55	1	3.3
58.33	1	3.3
70	2	6.7
71.67	1	3.3
73.33	1	3.3
75	3	10.0
76.67	4	13.3
78.33	2	6.7
80	3	10.0
85	4	13.3
86.67	3	10.0
88.33	3	10.0
90	2	6.7



Total	30	100.0
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It is clearly indicated in table 3 that frequency distribution mean value was 79.05 and standard deviation value was 8.60 found. There were total 30 sample and out of them shown that minimum score was 55 and maximum score was 90. Histogram was prepared on frequency distribution.

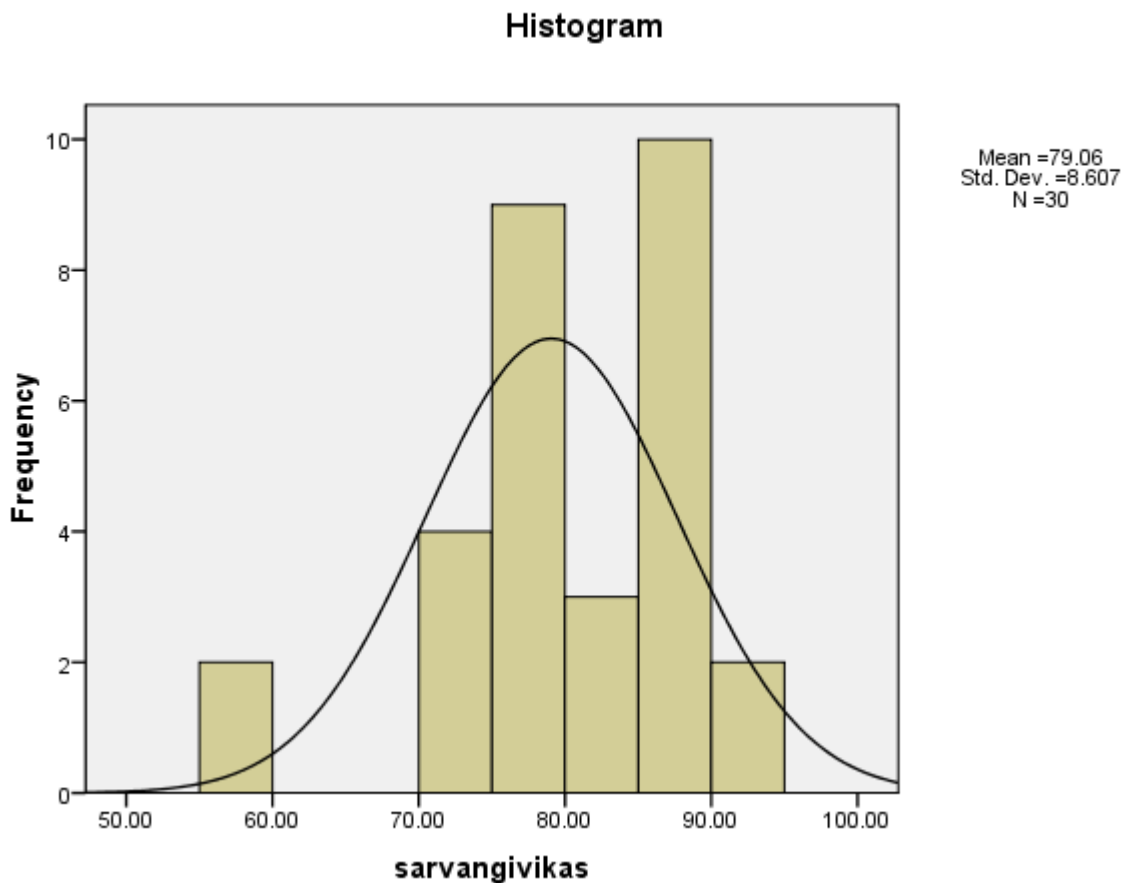


Fig. 2 Overall development scores' frequency



Researcher prepared first hypothesis to study the impact of socio-economic condition on education of students of standard eight of rural area. To analyse the hypothesis one, collected the data from the sample of standard eight. The t-test was conducted to test the significant of the difference between the mean of the impact of their socio-economic condition on their overall development.

Table : 5 Mean, standard deviation and t-value of impact of socio-economic condition of std. 8th students on their overall development

Socio-economic condition	Students of Standard 8	Mean	Standard deviation	t-value
Low socio-economic condition	8	73.75	11.33	-2.05
High socio-economic condition	9	82.40	5.34	

Table 5 indicated that the mean of low socio-economic condition of students of standard eight was 73.75 and standard deviation was 11.33. The mean of high socio-economic condition of students of standard eight was 82.40 and standard deviation was 5.34. The t-value between the mean of two groups were -2.05 which was less than 1.96 therefore, the t-value obtained was not significant at 0.05 level.

The hypothesis of the study “There would not be significant difference on educational achievement of students between high and low socio-economic condition” was accepted

Researcher prepared second hypothesis to study the impact of socio-economic condition on education of boys of standard eight of rural area. The t-test was conducted to test the significant of the difference between the mean of the impact of their socio-economic condition on boys overall development.



Table : 6 Mean, standard deviation and t-value of impact of socio-economic condition of std. 8th boys on their overall development

Socio-economic condition	Boys of Standard 8	Mean	Standard deviation	t-value
Low socio-economic condition	4	80.83	5.52	-2.24
High socio-economic condition	6	85.83	0.91	

Table 6 showed that the mean of low socio-economic condition of boys of standard eight was 80.83 and standard deviation was 5.52. The mean of high socio-economic condition of boys of standard eight was 85.83 and standard deviation was 0.91. The t-value between the mean of two groups was -2.24 which is less than 1.96 therefore, the t-value obtained was not significant at 0.05 level.

The hypothesis of the study “There would not be significant difference between overall development of boys and high and low socio-economic condition” was accepted.

Researcher prepared third hypothesis to study the impact of socio-economic condition on education of girls of standard eight of rural area. The t-test was conducted to test the significant of the difference between the mean of the impact of their socio-economic condition on girls overall development.



Table : 7 Mean, standard deviation and t-value of impact of socio-economic condition of std. 8th girls on their overall development

Socio-economic condition	Girls of Standard 8	Mean	Standard deviation	t-value
Low socio-economic condition	4	66.66	11.62	-1.27
High socio-economic condition	3	75.55	2.54	

Table 7 showed that the mean of low socio-economic condition of girls of standard eight was 66.66 and standard deviation was 11.62. The mean of high socio-economic condition of girls of standard eight was 75.55 and standard deviation was 2.54. The t-value between the mean of two groups were -1.27 which was less than 1.96 therefore, the t-value obtained was not significant at 0.05 level.

The hypothesis of the study “There would not be significant difference between overall development of girls and high and low socio-economic condition” was accepted

The result of the hypotheses indicated that there was no significant difference or impact of socio-economic condition on overall development of upper primary school of rural area of Dhari taluka of Amreli district.

8. Conclusion

Child development entails the biological, psychological and emotional changes that occur in human beings between birth and the end of adolescence. It does not progress at the same rate and each stage is affected by the preceding types of development. Development refers to those changes which are qualitative in nature. Growth means increment of body tissues, especially it refers to increase in height and weight. Present research is about the impact of socio-economic condition on overall development of upper primary school of rural area. Total seven



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developments are included in the overall development in the present research. Survey method was used to collect the data from the respondent and to achieve the objectives of the research. Data was collected by Interview schedule from respondents. One school from rural area of Dhari taluka was selected for present research. The name of the school was Shree Mithapur Dungari primary school. Sample was selected through random sample method out of total population. Total 30 parents and 30 students were selected from the standard eight as a sample from the said school. The result of the hypotheses indicated that there was no significant difference or impact of socio-economic condition on overall development of upper primary school of rural area of Dhari taluka of Amreli district.

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58. Impact of Sikhism on Indian Women during Medieval Period

Manisha Rani (Research Scholar)
ranimanisha251@gmail.com
Dr. Seema Parihar (Supervisor)
Seemaparihar17273@ctuniversity.in
CT University

Abstract

The Status of women in our social environment has often reflected the cultural value of society. The culture has also association with the religion and religion and culture have a same impact on our lifestyle and way of living. These two things involve to the ideology and cultural norms of a Society. In the most societies, it can be seen that religion and culture have established a gender ideologies with clear distinctions between men and women's roles. Thus, this paper will examine the religious impact on gender; it will especially study the role of Sikhism in women's life. Sikhism has played a vital role in shaping the life of women during medieval period as there was the rule of Muslim rulers and the condition of women was varied in different community.

Key Words: miserable, inequalities, irrespective, omnipotent, ignorance.

Introduction

Women in India enjoyed good position during the early ancient period. They were regarded as symbol of prosperity and good fortune during the Vedic period condition of women was very good. But with the passage of time and after the Vedic period the position of women started to deteriorate and in the middle age with the continued attacks of the foreign invaders. So with became awful. The condition of women was so miserable in 12th to 17th century CE. Even in Hindu religion society had adopted dual attitude to the both; the woman and the goddess. The Devine woman was worshipped in the temples but common one was treated like slaves at home. But in the era of darkness divine light emerged in India to vanish all the darkness, with the birth of first Sikh Guru Nanak Dev. Guru Nanak dev ji raised strong voice against all the evils in the society. Guru Nanak Devi also raised his voice against the rituals like Sati pratha, Child marriage and killing of female. In between, Sikhism was founded by Guru Nanak dev in 16 century with a new set of Social values, along with the new rituals and new institution. It was necessary as Guru Nanak dev saw the inequalities between men and women rights at Mughal Period. Guru Nanak dev ji dissatisfied with a all these created inequalities in societies. Guru Nanak dev laid down the new religion or social values for peoples in India



In the later period too, the all Guru took the same path and done good deeds for the welfare of the women. Guru Amardas ji remove *parda* system in Sikhism and gave freedom to the women. Guruji also vanished evils like *sati pratha* and dowry system. Guru Gobind singh ji also describes the glory of women in his holy scripture, "**Chandi di War.**" Many renowned names in sikh history like Bibi Nanaki, Mata Gujri Ji, Mai Bhago are mentioned.

Preference to the Gender Equality in Sikhism

Guru Nanak dev introduced the Concept of Sangat (holy congregation) - where both men and women could sit together and equally participate in reciting the praises of the Divine and thereafter Pangat - sitting together, irrespective of caste or social status differences, to eat a common meal in the Institution of Langar (common kitchen) was introduced. Women were never excluded from any specific task. Both men and women took equal part in essential tasks, i.e., drawing water from wells, reaping and grounding corn, cooking in the kitchen, and cleaning the dishes. The Guru says: "Do come, my sisters and dear comrades! Clasp me in thine embrace. Meeting together, let us tells the tales of our Omnipotent God. In the True Lord are all merits, in us all demerits".

There are no priests or commentators, no rituals or philosophical doctrines that stand between a person and the Guru's Bani (Nam). There is a direct relationship with God for every man, woman, and child. Only the veil of ignorance or one's ego stands in the way between the human and the Divine Being.

A novel method applied by the Sikh Gurus for the uplifting of women was the abundant use of feminine symbols in Sikh scriptures and day-to-day life. The Sikh Gurus have used poetry as the medium of communication. The poetic utterances of the Gurus were not called "Guru Vak" which is masculine but 'Guru Bani' which is feminine. Guru Bani was placed on a very high pedestal and was given importance equivalent to that of the Gurus themselves. Thus the fourth Guru (Guru Ram Das) says:

Bani Guru hai, bani Vicch bani Amrit sare (SGGS, p.982). Bani is the Guru, the Guru Bani, Within Bani are contained all elixirs. Similarly, the Divine light was frequently referred to as Joti (a feminine symbol) and not channa (which is masculine).

In this Shabad, the Guru expresses the importance of women. It begins with the line "From a woman, a man is born" to emphasize that all men and women come from a woman. This theme then continues with the Guru highlighting, in a logical sequence, the various stages of life where the importance of woman is noted



– "within woman, man is conceived," and then, "he is engaged and married" to a woman who becomes his friend, partner, and the source for future generations.

From woman, man is born;

Within woman, man is conceived; to the woman, he is engaged and married.

Woman becomes his friend; through woman, the future generations come.

When his woman dies, he seeks another woman; to the woman, he is bound.

So why call her bad? From her, kings are born.

From a woman, a woman is born; without a woman, there would be no one at all.

— *Guru Nanak, Raag Aasaa Mehal 1, Ang 473*

Shabad against Sati

In this Shabad, sati is an Indian custom of the immolation of a woman on her dead husband's funeral pyre either willingly or by societal inducement and compulsion. Guru Nanak said the following about this practice:

Do not call them 'satee', who burn themselves along with their husbands' corpses.

O Nanak, they alone are known as 'satee', who dies from the shock of separation. (1)

Some burn themselves along with their dead husbands: [but they need not, for] if they loved them they would endure the pain alive.

— *Sri Guru Granth Sahib page 787*

The Guru said that if the wife loves her husband, then she should endure the pain of separation alive; that she should rather continue living her life than suffer a quick death in the fire of her husband's funeral pyre.

Further, Guru Nanak explains that a true "Sati" is a person who cannot endure the pain of separation from their loved one.

Shabad against dowry

Al Sikh Guru spoke against the common Rituals means dowry when a gift of money or valuables had to be given by the family at the time of their Marriage. Huge pressure was exerted on the bride's family for the extraction of a sizable fortune at times of marriage. It has historically been regarded as a contribution by her family to the married household's future expenses. The Gurus called this giving of gifts an "offer for the show" of the guests, and a "worthless display" which only increased "false egotism." Sikh families were



discouraged from continuing this practice, and slowly this trend has diminished in some parts of Indian society. The following Shabad explains the Guru's position:

Any other dowry, which the self-willed manmukhs offer for the show, is only false egotism and a worthless display.

O my father please gives me the Name of the Lord God as my wedding gift and dowry. (4)

— *Sri Guru Granth Sahib page 79*

Sikh Women in History

This paper would not be complete without a brief mention of the names of some of the great Sikh women who helped shape Sikhism and its history. Mention can be made of:

1. Bibi Nanaki - Guru Nanak's sister and Mata Tripta - Guru Nanak's Mother. They played a very important role in encouraging young Nanak to pursue his lifelong mission. They were the first to recognize Nanak's saintliness and encouraged his religious pursuits.

2. Mata Khivi was the wife of Guru Angad Dev (the second Guru) and she was given charge of Langar (the common kitchen). She was an unlimited resource of bountiful food and helped to create a new social consciousness in Sikh women.

3. Bibi Bhani has a unique position in Sikh history. She was the daughter of the third Guru (Guru Amar Das), wife of the fourth Guru (Guru Ram Das), and mother of the fifth Guru (Guru Arjan Dev). Bibi Bhani was an inspiration during the formative period of Sikh history and symbolizes responsibility, dedication, humility, and fortitude.

4. Mata Gujari was an illuminating force behind her husband Guru Tegh Bahadur (the ninth Guru) and her son Guru Gobind Singh (the tenth Guru). After the martyrdom of Guru Tegh Bahadur, Mata Gujari guided and inspired her son Guru Gobind Singh. She was responsible for the training of the Sahibzadas (the four sons of Guru Gobind Singh)

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59. ILLUMINATION FROM BANKER TURNED NOVELIST CHETAN BHAGAT

Nirali Galani

Ph.D. Scholar

Department of Social Sciences and Humanities

(English Literature)

Sabarmati University,

Ahmedabad,

Gujarat, India

Abstract

There is a close relationship between literature and life. It is, after all, a life that is the topic of literature. The basic material on which literature imposes an artistic form is life. Chetan Bhagat is an Indian author and columnist who was born on April 22, 1974. In 2010, he was named to Time magazine's list of the World's 100 Most Influential People. Bhagat earned a bachelor's degree in mechanical engineering from IIT Delhi and a master's degree in business administration from IIM Ahmedabad. He began his work as an investment banker, but after a few years, he left to follow his passion for writing. Many of his novels are adapted on big screens. This paper focuses on all the aspects that the youth of our country can swallow to build a better tomorrow. Bhagat being a motivational speaker along with writer has influenced a huge mass.

Keywords: Enlightenment, Literature, Career, Marketing, Youth Power, Feminism, Job Crises, Goals, Indian English Fiction.



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Introduction:

As we all know, England is not the only country on the globe that produces English-language literature. India is the world's third-largest producer of English-language books.

Given that post-1980, Indians made a considerable contribution to English literature, this contribution is notable. Hundreds of writers have published novels in English as a result of the Salman Rushdie phenomenon. Only a few of them have received international recognition.

Language is essentially a communication medium. There are numerous languages spoken throughout the world. English, on the other hand, has developed cult status among other languages. When it comes to English literature, it is a huge platform with a lot of flexibility. Because of this, every English writer has carved out a place for himself.

However, clever readers who poured their heart and soul into serious reading kept Indian English literature in their hands. A large portion of the population ignored the concepts offered by those writers in an inflated manner of writing. Chetan Bhagat's first novel, *Five Point Someone*, was published at that time. This book had a lot of energy. The trajectory of Indian pulp fiction has shifted. The readers were enthralled by Bhagat's storytelling style, particularly his use of metaphors. Young people seemed to find it appealing. Bhagat has released eleven books since the publication of *Five Point Someone*. All of the books went on to be national bestsellers.

1) Marketing strategy

Chetan is a skilled communicator who adds value to his firm by effectively communicating with his target audience. Through his books, he has been able to create a strong brand and fit his products (books) to the needs of his customers (readers). So, though his writings may not be considered "A-class literature," he has

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found out how to effectively advertise to his target population. Building a brand isn't simple, but Chetan's credo of satisfying his audience may help entrepreneurs succeed.

2) Try to look at the bigger picture.

Bhagat goes to great lengths to get attention and stir up controversy. He is constantly picking fights with what he refers to as the "literary elite," claiming to deliver the kind of straightforward reading experience he seeks. The desire of India's new English readers to stand out from the crowd has clearly benefited him. He asks his readers to focus on the positive side and work outside of the box.

3) Pursue your dreams.

Many statements from Chetan's books might teach entrepreneurs a thing or two, particularly about listening to one's inner voice. The voice that you can easily dismiss because you are distracted, busy, or simply too comfortable in life, is actually telling you what you really desire.

Chetan's life journey has been one of chasing dreams. Chasing his dream as an author, led him to quit his job and pursue what he wanted to do and his success further punctuates the importance of pursuing one's passion through to the end.

4) It makes no difference if the revenue is generated through self-promotion.

There is one recurring theme in all of Chetan's works. At the start of each one, he emerges, listening to the story he is about to tell. It may be offensive to the well-read, but it serves as a reminder that the book in the reader's hands is a Chetan Bhagat product. This is known as "real estate" in marketing. If you have a space to display your brand or goods, you must make use of every square inch of it.

5) You don't have to be flawless to be successful.

You don't have to be perfect at everything; instead, concentrate on what you're working on. Being successful has nothing to do with being flawless in all aspects of life. Chetan is a best-selling author, but it doesn't imply he's the best. He has stated that he is not the finest writer, but he is working hard to improve his writing style, which is well-liked by children.



6) He inspires the youth.

He is the youth icon. May it be career hassle, employment mishaps, relationships, or social issues his stories instigates more about the youth struggle. Most of the protagonists are the common men who are poverty-stricken. He even wrote a letter to youth asking them to reduce the time of their phone consumption. He asks them to make India rich and humble by making their mind productive and utilizing it for a better cause.

7) How to heal mental disorders?

Chetan Bhagat being a motivational speaker has been lenient on speaking about the topics which Indians are shy from. India is a difficult country to live in. It's quite difficult. Life for an average Indian is tremendously challenging, from finding a competent hospital for delivery to acquiring a job, commuting to work, buying a house, and even surviving the monsoon. Because everyday life is so difficult, it's natural to feel frustrated, angry, disturbed, sad, disappointed, and anxious. Unlike other diseases, however, mental health problems can be treated in a variety of ways. Medication is one of the solutions for mental health. A therapist can sometimes assist in determining what is causing the difficulty – a lousy job, significant losses, a relationship, or a highly competitive career (such as show business) from which you must withdraw to resolve the issues. He asks people to be open and comfortable to discuss their anxieties. Bhagat writes in one of his articles that "Making India sensitive to mental health would be a much better tribute to Sushant".

8) Overcoming job crisis

India's job condition was the subject of a Twitter poll. More than 20,000 people took part in the event. There were two questions posed. To begin, how tough is it for a typical graduate to get work? It was challenging to very tough for 87 percent of respondents. If this is how college graduates are treated, one can only imagine what is happening to people who are less educated. Chetan Bhagat had highlighted three main areas for job crises.

- Messed up government and private sector
- Failure of Made in India campaign
- Education sector



He also paves way for the job seekers by advising them to focus on learning new skills while seeking a job. He insists them to ask their parents to not spend a massive amount on their wedding. This amount could be a great investment for a new start-up.

9) Investment in the '20s

- 20 minutes of doing something is more valuable than 20 hours of thinking something.
- Investing in big things
- Setting a clear goal
- Reasons behind that goal
- Finding a group
- Detailed action plan
- Setback dealing mechanism
- Faith

This formula of Bhagat helped many youngsters in giving their exams and building their careers.

He insisted to invest time and dedication in the '20s so that their life will be more fruitful in their upcoming years.

10) Women are on an equal footing with males.

Chetan Bhagat has compiled a list of socio-feminist challenges that exist in today's society. He explains how the social structure disturbs and portrays the Indian image. He wants women to have the same opportunities as males in all aspects of life. In some manner, the characters he creates in his novels have an impact on society. Indian women have discovered a method to balance their lives. Even in marriages, girls today insist on having their own thoughts and choices. In the past, a marriageable boy or girl was obligated to marry the match of their parents' choosing as a religious obligation to discharge the debt of parentage. The best example will be Priyanka, who, like in *One Night @ the Call Centre*, makes her own marital decision, despite her parents' expectations. In *2 States*, Ananya struggles to the end to persuade her parents to marry her beloved Krish. Bhagat's writing, as a result, is more feminine than masculine.



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60. 'gzikph G?D' n\pko ftu n"osK dh Xkofwe ;fEsh dk w[bKeD

Nirpal Singh (Research Scholar)

Registered No. PH1855039002

Email ID: nirpalsidhu989898@gmail.com

Dr. Seema Parihar (History Department)

C.T. University, Ludhiana

;wekbh jkbksK ekoB Xow ftu gfotosB j[zdk ofjzdk j?. fJ gfotosB ;wekbh ;wki dh Xkofwe dPk B{z gqGkfts eodk j?. nklkdh ;zxoP d"okB Xow B/ ;wki d/ jo fJZe fjZ;/ B{z nkgD/ eb/t/ ftu fbnk ;h. fi;dk gqGkt n"osK dh Xkofwe ;fEsh s/ th fgnk. T[; ;w/A d/ ;wki dh Xkofwe dPk B{z ftP/; eoe/ n"osK dh Xkofwe dPk B{z g/P eoB ftu 'gzikph G?D' n\pko dk tvw[Zbk :rdkB j?. fJ; y'i gou/ ftu gzikph G?D n\pko okjh n"osK dh Xkofwe ;fEsh B{z g/P eoB dk :sB ehsk ikt/rk.

t?fde ekb ftu n"osK fpBk fe;/ o'e^N'e d/ Xkofwe ekoi ftu fjZ;k b?AdhnK ;B. n"osK s'A fpBk e'Jh th Xkofwe ekoi ;zg{oB Bjh j[zdk ;h.⁵⁶ T[~so t?fde ekb ftu ftXtk n"os B{z gsh Bkb th ;VB woB s/ wlp{o j'Dk fgnk ns/ fJ; soQK ;sh dh gqEk B{z Xkofwe |oi tkbh wkDsk fwbDh nkozG j' rJh.⁵⁷ i?BhnK B/ n"os B{z w[esh d/ wkor ftu o[ektN dZ; e/ fJ;d/ fsnr B{z T[fus ;wfMnk. wjkswk p[ZX B/ n"os B{z frnkB d/ o;s/ ftu o[ektN ;wfMnk. frnkB gqkgsh bJh p[ZX B/ xo dk s/ gsBh dk fsnr ehsk ;h. fJ;bkw Xow ftu n"os 'e[okB' gVQ sk ;edh ;h go T[;B{z gquko eoB dh fJlkis BjhA ;h. fJ;bkw Xow ftu n"os bJh fe;/ d{o irQk s/ fe;/ Xkofwe ;EkB s/ ikD dh gkpzXh ;h.⁵⁸

r[o{ BkBe d/t ih n"osK d/ jZe ftu nkkl p[bzd eod/ ;B. fijVQH n"os okfink s/ wjkB o[jkBh j;shnK B{z iBw d/Adh j?. T[j wkVh fezM j' ;ed j?<⁵⁹ r[o{ nwodk; ih B/ n"osK B{z eZgV/ gk e/ fpBk god/ s'A ;zrs ftu nkT[D dk nfXeko fdZsk. r[o{ r'fpzd f;zx ih B/ nzfwqs SekT[D dk nfXeko n"os B{z th fdZsk. nzfwqs fsnko eoB t/b/ wksk ihs' ih s'A gsk;/ g[tkJ/. fJ;/ soQk f;Zy fJfsjk; ftu wksk yhth, phph GkBh, wksk r[loh, wksk ;[zdoh, wksk rzrk ns/ wksk wB;k d/th dk ;/tk fdqPNH s'A ftP/; :rdkB j?. fJfsjk; ftu jlkok f;Zy n"osK B/ w[rbK d/ fybk| bV e/ e[opkBh fdZsh. fJfsjk; ftu wkJh Gkr', wjkokdh fizdk, okDh ;kfjp e"o torhnik oki;h ;{Mp{M tkbhnK n"osK dhnik fw;bK th

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f;Zy fJfsjk; ftu jB. eJh pjkdof;zxDhnK B/ who wB{z dhnK e?dk d/ ePN MZb e/ nkgD/ Xow B{z pukJh oZfynk.⁶⁰ 1849 ftu gzikip s/ nzro/lk d/ epi/A s'A pknd T[jBk B/ Jh;kJh Xow dk gquko P[o{ ehsk. gzikip ftu nkg'^nkgD/ XowK dh j'Ad B{z poeoko oZyD bJh ;wki Xow ;[Xkoe bfjoK ubkJhnK rJhnK.⁶¹ n"osK d/ ;[Xko B{z w[Zy oZyd/ j'J/ GkJh ;kfjp GkJh s\ s f;zx ih B/ 'gzikph G?D' n\pko dh P[o{nks f;Zy ezfBnk wjK ftfdnkfbnk f|o'Ig[o s'A ehsh. fJ; n\pko ftu Sg/ b/y n"osK B{z Xkofwe f;Zfynk d/D T[go e/Adfos jB. fJ; n\pko d/ gfjb/ gzB/ dh P[o{nks r[opkDh d/ tke Bkb j[zdh j?. r[o{ BkBe d/t ih d/ r[og[op dhnK tXkJhnK B{z b? e/ Sg/ b/y okjh n"osK B{z r[opkDh gVB, ;[DB ns/ gquko eoB d/ bJh gq/fos eodk j?. fJj th ikD{ eotkT[dk j? fe r[o{ BkBe d/t ih B/ ;w[Zu/ irs dh GbkJh bJh gkJ/ :rdkB ftu n"os d/ ;wkfie s/ Xkofwe ;[Xko B{z b? e/ pj[w[Zbk :rdkB gkfJnk. f;Zy irs ftu r[opkDh d/ Bkb^Bkb Xkofwe feskpK ns/ f;Zy r[o{nK s/ f;ZyK d/ Xow dh oZfynk bJh fdZs/ pbhdKB pko/ ukBDk gkT[Adk j?.⁶²

Xkofwe ftZfdnk th lo{oh j? sK i' n"osK dopko ;kfjp ftu fBsB/w dk gkm eo ;eD fJ; Xkofwe gVkJh s/ ftuko Bkb ;z;kfoe ;Ksh nkT[Adh j?.⁶³ n"osK B{z Xow gqfs PoXk oZyD ns/ Xow d/ gquko bJh ftnkge gZXo s/ fJeZso j'D bJh jtkb/ fdZs/ rJ/ jB. T[dkjoB ti'A Pqhwsh G?D PwP/o e"o ih nB[;ko 'f;Zy G?DK nkgDK ;wk ;zGkbD s/ nkb; B{z d{o eoe/ g[oskB f;zxDhnK tKr{z w?dkB ftu fBsoB'.⁶⁴ n"osK ftu Xkofwe ;[Xko dk d{ik sohek ;fs; ;zr ;h. fJ; ftu e/tb fJ;sohnK jh Pkfwb j[zdhnk ;B. ;fs; ;zr ftu Ppd pkDh wro' r[o{ rze ;kfjp ih dh eEk j[zdh. phph joBkw e"o ih B/ ;fs; ;zr dh wfo:kdk B{z ekfJw oZyd/ j'J/ pDKJ/ fB:wK dh gkbDK eoBh jo fJe n"os bJh lo{oh ;h.⁶⁵

f;zx ;Gk d/ gquko d/ ;w/A ;qhwsh wkJh feqgk d/Jh (i' nzwfwqs SZE e/ JhPo e"o ih pD/) B/ nzwfwqs;o ftu r[ows ezB:k gkmPkbk y'b e/ r[ows s/ ftZfdnk dk gquko ehsk. T[j gkmPkbk j[D sZeT[BQK d/ G?D ih ubk oj/ jB wksk JhPo e"o ih nkgD/ ;w/A d/ XVZb/ dko gquko ;B. n"o tZv/^tZv/ dhtkBK ftu nkgD/ wB'jo ftfynktK d[nkok ;zrsk B{z rZd^rZd eod/ oj/ nkgB/ eJh :shB pZuhnK gkbhnK T[BQK fdBK ftu jh ;qhwsh gzfvsk ihtB w[esk ih B/ izw{ ftu r[ows ezfBnk gkmPkbk y'b e/ tZvk gquko ehsk T[; ezfBnk gkmPkbk ftu n"osK B{z Xkofwe f;Zfynk

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fdZsh iKdh ;h Pqhwhsh phph joBkw e"o ih nozGek f;Zy ezfBnk wjK ftfdnkbk fco'Ig[o dhNk xkbK d/ toBD nkg d/ ihtB ufoZso ftu Sg/ jB.⁶⁶

gzikph G?D n\pko n"osk dh Xkofwe ftZfdnk pko/ e/Adfos eodk j'fJnK fj; n\pko ftu fj;soh ;fs;ZR pko/ tZy^tZy Sg/ b/yK okjHA n"osK B{z ;wki d/ ftu uzrk ihtB pshs eoB pko/ ;zp'XB eodk j?. ;' fgnkoh G?D'A ;G s'A T[sw rfjD/ s/ n'bkd, ftZfdnk s/ Xow B{z SZv e/ n;h M{fmnK rfjDnK B{z eh eoBk j?. r[D XkoB eoe/ nzdo' ;jDk pDB tZb e/Adfos eodk j?. 'fpoX nt;Ek ftu Pqhwhsh n?Bh p/;?AN i' fET{;|heb ;[;kfJNh d/ gqXkB wzB/ iKd/ B/ nkg j[D pBko; (eK;h) fJzrb?v nkfd :{og d/ j'o d/Pk ftu th ns/ nwohek s/ nk;Nq/bhnK nkfd d/;K ftu nkgD/ Xow d/ gquko tk;s/ d"ok eoBr'. G?D' Xow gquko s/ Xow ;[Xko eoB bJh s[jkB{z th :sB eoBk ukjhdk. sK i' s[jkv/ ihtB ftu frnkB dk gqekP j' ;e/.⁶⁷

T[go'es ;ot/yD s'A ;gZPN j? fe 'gzikph G?D' n\pko fi;B/ nkgD/ ;wekbh ;wki ftu n"osK dh ;wkfie ;fEsh d/ Bkb^Bkb n"osK dh Xkofwe ;fEsh B{z g/P eoB ftu tvw[Zbk :rdkB gkfJnk. fi; s'a T[;w/A th ;w[Zuh Xkofwe ;fEsh ns/ ftP/P eoe/ n"osK dh Xkofwe ;fEsh dh Mbe ;k| d/yh ik ;edh j?.

⁶⁶ 'gzikph G?D' n\pko, iBtoh, 1934, gZBk^4

⁶⁷ 'gzikph G?D' n\pko, wJh, 1907, gZBk^17

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61. THE PLACE OF STATISTICS AND EXPERIMENTAL DESIGN IN ANIMAL LABORATORY RESEARCH :

Nusrat Waheed ^{*1}, Kamalpreet Kaur ¹ and Romisa Gull ²

¹ Department Of Zoology, School Of Agricultural and Natural Sciences,

CT University, Ludhiana, 142024, Punjab.

² Department Of Industrial Fish And Fisheries, Government Degree College Boys, Baramulla, 193101, Kashmir.

*E-mail- nusratnusi9140@gmail.com/nusratw786@gmail.com

ABSTRACT

Animal studies continue to have a vital role in science development because of large variations among individual animals, experimental designs and statistical analyses are particularly important in animal experiments. It involves some important steps in designing experimental designs and should adhere to the ethical procedure and follow strictly the scientific method. For ethical and economic reasons, it is important to design animal experiments well, to analyze the data correctly, and to use the minimum number of animals necessary to achieve the scientific objectives—but not so few as to miss biologically important effects or require unnecessary repetition of experiments. The most critical step in designing animal experiments is the identification of the most appropriate animal model to address the experimental question being asked. Other practical considerations include defining the necessary control groups, randomly assigning animals to control/treatment groups, determining the number of animals needed per group, evaluating the logistics of the actual performance of the animal experiments, and identifying the most appropriate statistical analyses and potential collaborators experienced in the area of study. All of these factors are critical to designing an experiment that will generate scientifically valid and reproducible data, which should be considered the ultimate goal of any scientific investigation. Experimental design is obviously a critical component of the success of any research project. If all aspects of experimental design are not thoroughly addressed, scientists may reach false conclusions and pursue avenues of research that waste considerable time and resources. It is therefore critical to design scientifically sound experiments and to follow standard laboratory practices while performing these experiments to generate valid reproducible data. The description of statistical experiments should specify the experimental variables that are to be manipulated, suitable test parameters that accurately assess the effects of experimental variable manipulation, and the most appropriate methods for sample acquisition and generation of the test data. So, in order to bring the experiments using laboratory animals should be well designed, clearly presented and correctly interpreted if they are to be ethically acceptable and to avoid the statistical pitfalls and follow the guidelines using laboratory animals in experimental designing to get the accurate results and maximize the knowledge gained from statistics and animal experiments.

KeyWords: Animal studies, experimental designs, pitfalls, guidelines and accurate data.

statistical

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INTRODUCTION

Statistics is the science of rigorously quantifying uncertainty and applying it to life sciences i.e. biostatistics and has become indispensable due to capriciousness use of biological readouts. In animal research ,flawless biostatistics is essential for interpreting results and thus avoiding the unnecessary and unethical use of animals(Gosselin 2018). Experiments using laboratory animals should be well designed ,efficiently executed,correctly analyzed,clearly presented and correctly interpreted if they are to be ethically acceptable(Festing and lovell 1995).For ethical and economic reasons,it is important to design animal experiments well, to analyze the data correctly and to use minimum number of animals necessary to achieve the scientific objectives(Festing and Altman,2002).The 3Rs-replacement,reduction,and refinement-can be applied to any animal experiment by researchers to conduct those studies in as humane manner as possible(Parker et al.2014).In 19th century animal research has made major contributions to the health and welfare of humans and domestic animals.Immunization first developed against rabies by Pasteur using dogs ,sheeps and rabbits(Michael et al.2014).The randomized ,blinded controlled experiment was largely developed in the 20th century for agricultural research by Fisher, whose writings provide masterful insights into the process of designing and interpreting experiments (Maxwell and Delaney, 1989).DNA sequencing and the development of techniques to get genetically modified laboratory animals offer a new range of animal models along with the improved understanding of animal models(Anon,2014).Animal research is crucial for biomedical advances because animal models often show higher discrimination than many other experimental alternatives and have the necessary fidelity which may be required(Russel and Burch,1959). Replacement of 3R's addresses the substitution of animals by other non-sentient experimental entities (cell cultures, invertebrates, or mathematical models). For instance, it has been shown that lethal doses are better extrapolated from human cell cultures to human subjects than from animals to human subjects (Ekwall et.al. 1998). An advantage of animal research as opposed to clinical trials is that the researcher can plan and control many more variables in the experiment than when humans are involved. This is also a responsibility because the success or failure of our experiment depend more on our ability to carefully design the experiment (Schulz et.al. 2012). Experimental protocols should be refined to minimize any adverse effects for each individual animal. For example, appropriate anesthesia and analgesia should be used for any surgical intervention. Death is not an acceptable endpoint if it is preceded by some hours of acute distress, and humane endpoints should be used whenever possible (Stokes 2000). A number of sequential experimental designs that use fewer animals have been developed for this purpose (Lipnick et.al. 1995;).If the animals are to receive chemical or biological treatments, an appropriate method for administration must be identified (e.g., per os via the diet or in drinking water [soluble substances only], by osmotic pump, or by injection). Known or potential hazards must also be identified, and appropriate precautions to minimize risk from these hazards must be incorporated into the plan. All experimental procedures should be detailed through standard operating procedures, a requirement of good laboratory practice standards (EPA 1989, FDA 1987). The assignment of an appropriate number of animals to each group is critical. Although formulas to determine the proper number of animals can be found in standard statistical texts, we recommend consulting a statistician to ensure appropriate experimental design for the generation of statistically significant results (Zolman 1993).

NEED OF STATISTICAL AND EXPERIMENTAL DESIGN IN ANIMAL LABORATORY RESEARCH

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Animal research is crucial for biomedical advances because animal models often show higher discrimination than many other experimental alternatives and have the necessary fidelity which may be required (Birch,1959).The principles of humane experimental technique provide key insight and clues about the possible behavior of drugs and treatments in other species like ours(leist and hartung,2013).The European directive proposes the 3Rs (Replacement,reduction and refinement) as an ethical approach to animal research,being conscious of benefits of animal experiments and harm infringed to them.Replacement addresses the substitution of animals by other non-sentient experimental entities (cell cultures,invertebrates for instance,it has been shown that the lethal doses are better extrapolated from human cell cultures to human subjects than from animals to human subjects(Ekwall et. al.1998).

EXPERIMENTAL DESIGN

The experimental design depends on the objectives of the study. It should be planned in detail, including the development of written protocols and consideration of the statistical methods to be used, before starting work. In principle, a well-designed experiment avoids bias and is sufficiently powerful to be able to detect effects likely to be of biological importance. It should not be so complicated that mistakes are made in its execution. Virtually all animal experiments should be done using one of the formal designs described briefly below.

1.BASIC DESIGNS

1.1:COMPLETELY RANDOMIZED DESIGN:In this design we have multiple groups,each one receiving a different treatment.Animals are randomly assigned to each one of the treatments.Animals are randomly the one of assigned to each one of the treatments. Example:We are testing a new drug against cholesterol levels in blood. Control animals have a concentration of 250 mg/dL with a standard deviation of 30 mg/dL.We will test two doses of our drug(D1 andD2). We will refer to the control animals as D0, and they only receive the vehicle of the drug (not the active compound). We will analyze 10 animals per group.(Doncaster and Davey ,2007).

1.2:USE OF COVARIATES:The use of covariates does not imply an experimental design in itself.It can be used with any design and it only requires the measurement of continuous nuisance factors that could affect our observations.A covariate are continuous variable that are known or expected to be related to the response variables of interest. Example: animals can be grouped or blocked as high medium and low groups according to their body weight,conversely the individual body weight can be used as a covariate to reduce the estimates of experimental error in the statistical model(Seo et. al.2018).

1.3:FACTORIAL DESIGNS:The factorial design involves the effect of many factors on the measurements.These factors are discrete(yes or no,several dose levels).If we study the same number of animals under every possible combination of the levels of all factors,the design is said to be balanced. Example: We are interested in the effect of a mammalian hormone for water balance in amphibians. We will study two amphibians species (toads and frogs),and we will examine the difference between performing the experiment when animals are dry before making the experiment and when they have been 30 minutes immersed in water before administering the hormone. The control group will not receive the hormone,but only the vehicle. After receiving the treatment, animals will be immersed in water for one hour. We will measure the change in weight of the animals after this time. We have three factors: species (S), moisture

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state (M) and hormone treatment (H), and we are interested only in the main effects. The linear model we will analyze will be $y = \mu + \alpha S + \alpha M + \alpha H + \varepsilon$ where y is the weight difference (Prkinson, 2019).

1.4:NON-ORTHOGONAL DESIGNS:One way of estimating linear models is by progressively explaining variance of the observations by adding new terms that might be related to the variability observed in the data. Example: The three researchers participating in the previous study are now so kind to offer themselves to perform an extra operation so that we can better estimate the time reduction in the new surgical procedure, if it exists. Since we have 3 researchers and 2 operation procedures, each one of them will randomly perform one of them.

1.5:INCOMPLETE DESIGNS:Incomplete designs are useful when for experimental reasons we cannot test all treatments in all blocks. We may also use incomplete designs for complicated factorial designs in which not all combinations are to be tested. Example: We are studying the effect on asthma of two drugs (O and E) that are inhaled, at three different doses (D1, D2, and D3). We also want to study the effect of two different sprayers (SP1 and SP2). Additionally, Drug O must be given with a surfactant and we want to study two surfactants (S1 and S2). We are interested in the main effects of each one of the factors and not the interactions between the doses.

Drug	Surfactant	Sprayer	Dose	Number of animals
O	S ₁	SP ₁	D ₁	1
O	S ₁	SP ₁	D ₂	1
O	S ₁	SP ₁	D ₃	1
O	S ₁	SP ₂	D ₁	1
O	S ₁	SP ₂	D ₂	1
O	S ₁	SP ₂	D ₃	1
O	S ₂	SP ₁	D ₁	1
O	S ₂	SP ₁	D ₂	1
O	S ₂	SP ₁	D ₃	1
O	S ₂	SP ₂	D ₁	1
O	S ₂	SP ₂	D ₂	1
O	S ₂	SP ₂	D ₃	1
E		SP ₁	D ₁	2
E		SP ₁	D ₂	2
E		SP ₁	D ₃	2
E		SP ₂	D ₁	2
E		SP ₂	D ₂	2
E		SP ₂	D ₃	2
Control		SP ₁		5
Control		SP ₂		5

FIG,1: We may design the above experiment with the following treatments (each row is a treatment), (Parkinson, 2018).



1.6:IMBALANCED DESIGNS:Imbalanced designs are useful when we cannot study all possible combinations of treatments and blocks for economical or ethical reasons or any other considerations. Imbalanced designs can also be analyzed by Least Squares. Example: We want to determine the effect on the growth of animals with three different hormone doses (D1, D2, and D3) and a control (C). We will measure five animals per group. We think that the litter animals come from may cause a difference. For this reason, we will take four animals from five litters. The most efficient design (the one that allows the comparison of any pair of treatments with equal variability) would be the balanced and complete one(COS,2018)

2.ADVANCED DESIGNS

2.1:LATIN SQUARES:Latin squares is a special kind of design in which there is a single treatment factor with L levels, and two blocking variables,each one with as many levels as the treatment factor(Giesbrecht and Gumpertz,2004). Example that calls for a Latin squares design is if we are using mice whose cages are placed on racks. It has been reported that the amount of water intake of the animals depended on the row position of the cage within the rack,and that the body temperature depended on the column of the rack. If we want to block these two effects, we may use a Latin squares design within each rack with 5 rows and 5 columns(Gore and Stanley, 2005).

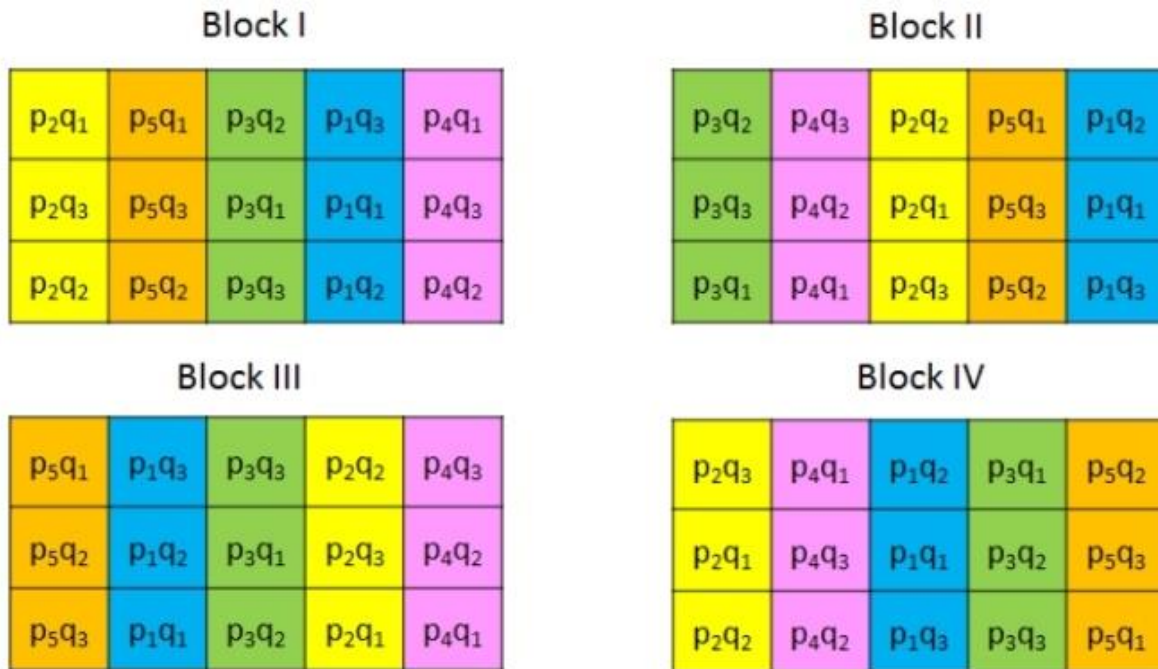
2.2:GRAECO-LATIN SQUARES:Graeco-latin squares and they results in superposition of two latin squares and they allow us to simultaneously perform two different experiments with just one treatment factor and two nuisance factor,or to consecutively perform experiments(Example: We are studying the effect of four different cleaning products on the stress of the animals in an animal facility. Four centers participate in the study, and each one of them has four rooms with cages. Simultaneously, we are making a different study, also on the stress of animals, with four different types of cages(COS,2018).

2.3:CROSS OVER DESIGNS:In cross –over design we block time and individuals .In this way we eliminate the inter subject variability from the analysis because an individual is its own control and reduce the number of subjects if we keep fixed the statistical power,or increase the statistical power if we keep fixed the number of subjects.Example ,We are studying the pain reduction caused by an analgesic. There are two treatments: control(with only the vehicle)and treatment(with the drug). We plan to perform a cross-over design in which an animal receives first one of the treatments, and we perform the measure of pain reduction. Then, we wait for a wash-out period such that there is no interference between the first and second treatment or when a limited number of animals are available or when individual animal variation is to be removed,crossover designs are often used(Morris, 1999).

2.4:SPLIT UNIT DESIGNS:We have an experiment with two factors .one of them requires large experiential units,while the other one small ones.Additionally,the second factor can be applied to a small portion of the experimental units of the first factor. Example, We are investigating the effect of light and diet on the growth of mice. – The experimental unit for the light factor is the whole room, all cages receive the same treatment (number of light hours). – The experimental unit for the diet is the cage, all mice in the same cage receive the same treatment.All experiments with repeated measures belong to this class of designs(Sorzono).

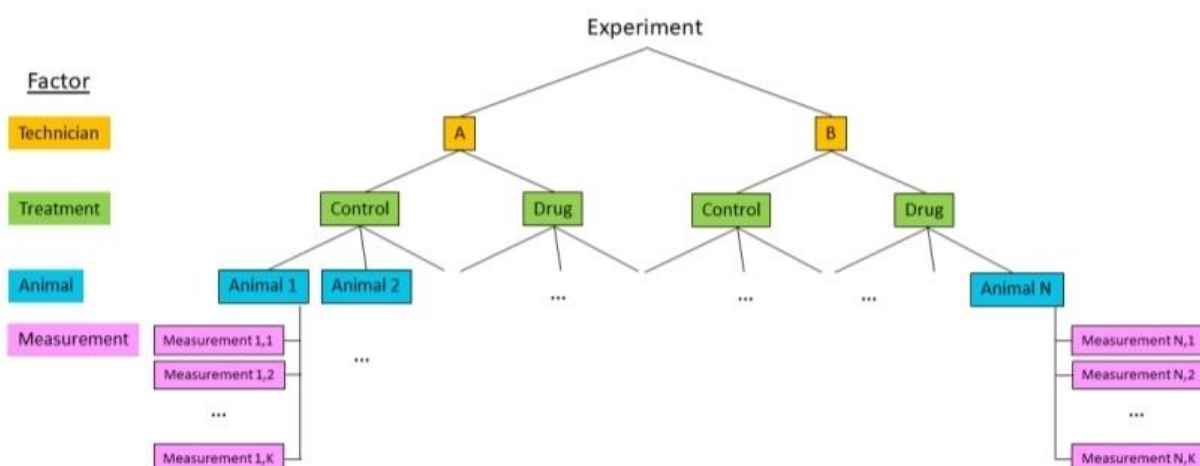


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FIG,2:Example of split-unit design with four blocks.In each of the blocks we apply five treatments of the hard to change factor *P*(note that all treatments in the same column are the same) and three treatments of the factor *Q*.The colour of each cell is given by the *P* treatment(Sorzono,2018).

2.5:NESTED DESIGNS:Nested designs are similar to split unit designs ,only that we do not find all possible combination between factors Example,We are investigating the effect of a drug on the concentration of a given protein in the liver.Which is a suitable model for this design(cos,2018).



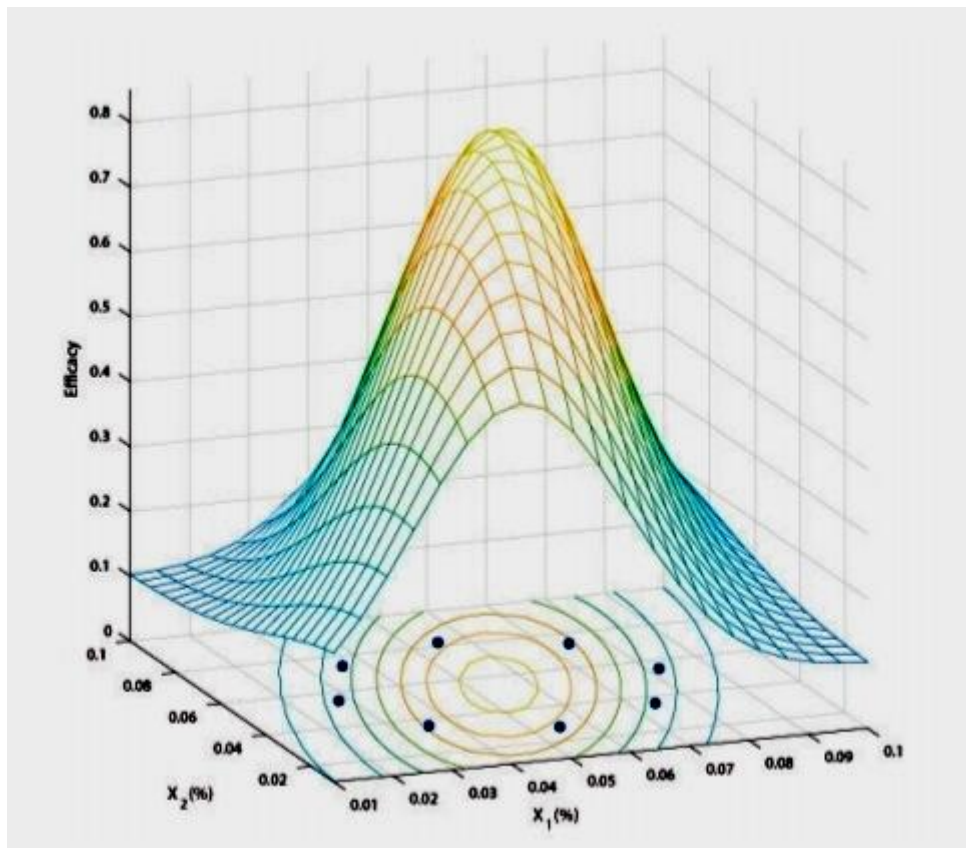
FIG,3:Pictorial representation of a nested design(COS,2018).

2.6: RESPONSE SURFACE DESIGNS:These designs can be seen as the sampling plan for a surface regression.If we have multiple continuous factors, x_1, x_2, \dots, x_k ,then these designs plan which samples to take

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from the different factors to optimally fit a response surface $Y=f(x_1,x_2,\dots,x_k)$. Example, We are preparing a formulation for a drug that must be delivered as an emulsion. We may dissolve the drug in two compounds simultaneously. The goal is to determine the optimal concentration of each of the two compounds such that the efficiency of the amount released is maximized.sorzono.



FIG,4:Example of response surface design(Sorzono,2018).

2.7:MIXTURE DESIGNS:Mixture designs also address regressions of the type $y = f(x_1,x_2,\dots,x_k)$, where y is a variable of interest and x_1,x_2,\dots are the fractions of the mixture made of compound 1, compound 2, these designs are similar to surface response designs, only that there is an extra constraint that all control variables must add up to 1. Example, We are interested in preparing a feed for laboratory animals that maximizes the density of the bones. We have three ingredients for the feed, and we want to determine the optimal fraction of the three ingredients we must use. Our variable of interest, Y , is the density of the bones, that is supposed to be a function of the fraction of the three ingredients: $Y = f(X_1,X_2,X_3)$ (Parkinson,2018).

STEPS IN EXPERIMENTAL RESEARCH DESIGN

A careful statistical experiment design involves three steps:



1.OBJECTIVE DESIGN: We should clearly set from the very beginning the objective of our experiment(e.g.,measure the effect on sugar concentration in blood of a new drug treatment for type ii diabetes animals.With this objective in mind,we should choose:

The species,stocks,and strains of animals that will better allow extrapolation to other species, like humans. Example ,the concentration of glucose in blood plasma measured 4h after food intake when the treatment, at different doses, has been given for 2 weeks every 8 hours. The test we will use to verify whether the treatment has an effect egg. a t-test for the difference in the mean assuming unequal variance in both groups and a target difference so that we can determine when the treatment is successful or not.

2.SAMPLE SIZE DESIGN: To be able to detect a difference of 100mg/do when the standard deviation is 40,with a statistical power of 90% and a confidence level of 95% ,we need 5 mice per group. The confidence level; of 95% implies that if we repeat this experiment many times with 5 mice in each group ,just by chance ,we will erroneously find in 5% of them that our treatment is useful to cause such a reduction in the blood glucose level, when actually it does not have any effect. The statistical power of 90\$ means that in the many repetitions of our experiment we will erroneously find useless 10% of the treatments that actually have such a large effect. we will analyze our data once the experiment is performed(t-test).Too many animals in an experiment is a waste of economical ,laboratory and human resources, too few will spoil the experiment .Both cases call for our ethical responsibility because the treatments and conditions applied to the research animals are harsh.(Mathews ,2010).

3.EXPERMENTAL LAYOUT OUT DESIGN: There are multiple software that allow us to calculate the sample size and the experimental design. However they should be used with care. The difference between the careful experimental design before carrying out the experiment, and the experiments performed to see what happens or without taking the necessary precautions blocking and randomization. In the long term careful statistical designs save animal lives ,reduce the harm infringed on animals, reduce research time and costs, increase research quality ,allow publications and promote ethics in science (Schulz et. al.2012).

STATISTICAL PITFALLS IN ANIMAL RESEARCH DESIGN

1 PROBABILITY PITFALLS

3.1:We are not good at recognizing ambiguously denned probabilities: When we say that a test for given disease is 98% accurate, we normally failed to recognize that this statement alone is ambiguous. In a frequents approach, the probability is denned as the ratio between positive cases and all possible cases. For instance, the probability being born a male is the ratio between the number of all male new burns and the number of all newborns. When we say that the disease test is 98% accurate, we do not know which the numerator and denominator are(Kahneman,2002).

3.2:We normally fail to consider the assumptions of probabilities: For instance, for the probability of being born male, we may make the following assumptions: 1) Each ovum has an X chromosome and none has a Y chromosome; 2) Half the sperm have an X chromosome and the other half have a Y chromosome; 3) Only one sperm will fertilize the ovum; 4) Each sperm has an equal chance of fertilizing the ovum; 5) If the winning sperm has a Y chromosome, then the embryo will be XY (male); 6) If the winning sperm has a X chromosome, then the embryo will be XX (female); 7) Any miscarriage or abortion is equally likely to

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happen to male or female fetuses. Our prediction with this model is that there is 50% chances of being a male or a female. We have come to this probability reasoning on a model of the world. However, reality is that in 2012 worldwide, 51.7% of the newborns were male, and 48.3% female(Thaler,2017).

3.3:We do not naturally calculate with conditional probabilities: We regularly monitor for the presence of a rare disease in our animal house. We have a test that correctly identifies 99% of the infected animals, and incorrectly gives a true positive in 0.2% of the non-diseased animals. There must be something wrong with these numbers, 99% and 0.2%, because they do not add up to 100%. This intuition is incorrect because they are not complementary probabilities. 99% is the probability of identifying the disease with the test (positive result of the test) knowing that the animal has the disease, while 0.2% is the probability of incorrectly identifying the disease knowing that the animal does not have the disease(Kahneman,2002)

2.DATA ANALYSIS PITFALLS

4.1: We get confused by variance and subpopulation:In very few cases,we need to analyze data with no variance. This could be the case for instance if we measure the time that an animal takes to perform a given task. We have an upper limit beyond which we stop the experiment, and in this particular case, all the animals reached that limit. The appropriate tool to analyze this data is through a survival analysis with censored data. The censoring will handle correctly the lack of variability in the dataset. In any case, the example just described should be analyzed with survival analysis.

4.2:We misunderstand the meaning of a p-value: If we compare two groups(treatment and control) and we get a p-value of 0.03. This means that ... • If the two population means were identical (null hypothesis), there is a 3% chance of observing a difference as large as you observed (or larger). • Random sampling from identical populations would lead to a difference smaller than what you observed in 97% of the experiments, and larger than you observed in 3% of the experiments(Simmons et. al.2011).

4.3:We fail to realize that non-parametricests are not assumption free:Nonparametric methods have several advantages or benefits over parametric methods: they may be used on all types of data including nominal,ordinal,interval and ratio scaled;they make fewer and less stringent assumptions than their parametric counterparts; they may be almost as powerful as the corresponding parametric procedure when the assumptions of the latter are met and when this is not the case, they are generally more powerful. This has led to their being used as a first resort when there are any problems with data distribution, such as non-normality. Note, however, that there is a restricted range of non-parametric equivalents of parametric tests, and while there are very efficient and effective equivalents for simple comparisons, there are no such simple equivalents for more complicated designs commonly encountered in ANOVA(Parkinson,2019).

GUIDELINES FOR STATISTICAL ANALYSIS AND EXPERIMENTAL RESEARCH DESIGN USING LABORATORY ANIMALS:

The aim of these guidelines is to help investigators who use animals ensure that their research is performed efficiently and humanely,with the minimum number of animals. These guidelines and suggestions for further reading are based partly on previously published guidelines for contributors to medical journals (Altman et.al. 2000) and for in vitro experiments (Festing 2001). Although a useful set of guidelines for "appropriate statistical practice" in toxicology experiments has previously been published (Muller et al.,



1984), with a more extensive set of suggestions for the design and analysis of carcinogenicity studies (Fairweather et al. 1998), general guidelines aimed specifically at experiments using laboratory animals in both academic and applied research do not appear to have been published recently. However, a recent book covers in more detail much of the ground discussed here (Festing et al. 2002). Although responsibility for the quality of research rests clearly with those who perform it, we believe journal editors should ensure adequate peer review by individuals knowledgeable in experimental design and statistics. They should also ensure that there is a sufficiently full description of animals, experimental designs, and statistical methods used and should encourage the discussion of published papers through letters to the editor and, when possible, by suggesting that authors publish their raw data electronically (Altman 2002).

ETHICAL CONSIDERATIONS:The use of animals in scientific experiments likely to cause pain, distress, or lasting harm generates important ethical issues. Animals should be used only if the scientific objectives are valid, there is no other alternative, and the cost to the animals is not excessive. "Validity" in this case implies that the experiment has a high probability of meeting the stated objectives, and these objectives have a reasonable chance of contributing to human or animal welfare, possibly in the long term. The following "3Rs" of Russell and Burch (1959) provide a framework for considering the humane use of animals:

- Animals should be replaced by less sentient alternatives such as invertebrates or in vitro methods whenever possible.
- Experimental protocols should be refined to minimize any adverse effects for each individual animal. For example, appropriate anesthesia and analgesia should be used for any surgical intervention. Death is not an acceptable endpoint if it is preceded by some hours of acute distress, and humane endpoints should be used whenever possible (Stokes 2000). Staff should be well trained, and housing should be of a high standard with appropriate environmental enrichment. Animals should be protected from pathogens.
- The number of animals should be reduced to the minimum consistent with achieving the scientific objectives of the study, recognizing that important biological effects may be missed if too few animals are used. Some thought also should be given to the required precision of any outcomes to be measured. For example, chemicals are classified into a number of groups on the basis of their acute toxicity in animals. It may not be necessary to obtain a highly precise estimate of the median lethal dose (LD50 value) to classify them. A number of sequential experimental designs that use fewer animals have been developed for this purpose (Lipnick et al. 1995; Rispin et al. 2002; Schleder et al. 1992). Ethical review panels should also insist that any scientist who does not have a good background in experimental design and statistics should consult a statistician.

GENERAL PRINCIPLES:All research should be described in such a way that it could be repeated elsewhere. Authors should clearly state the following:

- The objectives of the research and/or the hypotheses to be tested;
- The reason for choosing their particular animal model;
- The species, strain, source, and type of animal used;



- The details of each separate experiment being reported, including the study design and the number of animals used.
- The statistical methods used for analysis(MFW,2002).

STATISTICAL ANALYSIS:The results of most experiments should be assessed by an appropriate statistical analysis even though, in some cases, the results are so clear-cut that it is obvious that any statistical analysis would not alter the interpretation. The analysis should reflect the purpose of the study. Thus, the goal of an exploratory analysis is to identify patterns in the data without much emphasis on hypothesis testing, the goal of a confirmatory experiment is to test one or a few pre-stated hypotheses, and experiments aimed at estimating a parameter such as a genetic linkage require appropriate estimates and standard errors. The general aim, however, is to extract all of the useful information present in the data in a way that it can be interpreted, taking account of biological variability and measurement error. It is particularly useful in preventing unjustified claims about the effect of a treatment when the results could probably be explained by sampling variation. Note that it is possible for an effect to be statistically significant but of little or no biological importance. The materials and methods section should describe the statistical methods used in analysing the results. The aim should be to "describe statistical methods with enough detail to enable a knowledgeable reader with access to the original data to verify the reported results", (ICMJE 2001).

METHODS TO IMPROVE THE EXPERIMENTAL DESIGN AND STATISTICAL ANALYSIS IN ANIMAL LABORATORY RESEARCH

The wrong use of statistical analysis experiments may reach false conclusions and pursue avenues of research that waste considerable time and resources. It is therefore critical to design scientifically sound experiments and to follow standard laboratory practices while performing these experiments to generate valid reproducible data. Data generated by this approach should be of sufficient quality for publication in well respected peer-reviewed journals, the major form of widespread communication and archiving experimental data in research and a brief overview of the steps involved in the design of animal experiments and some practical information that should also be considered during this process(Larsson 2001, Sproull 1995).

EXPERIMENTAL DESIGN: INITIAL CONSIDERATIONS

SCIENTIFIC METHOD:The core aspect of experimental design is the scientific method. The scientific method consists of four basic steps observation and description of a scientific phenomena, (2) formulation of the problem statement and hypothesis, (3) use of the hypothesis to predict the results of new observations, and (4) the performance of methods or procedures to test the hypothesis. With colleagues within the selected field of study, and/or contact commercial vendors or government-supported repositories of animal models to identify a potential source of the animal model. (5) Consult with laboratory animal veterinarians before final determination of the animal model.(Barrow 1991, Kuhn 1962, Lawson 2002, Wilson 1952).

PROBLEM STATEMENT, OBJECTIVES, AND HYPOTHESES:It is critical to define the problem statement, objectives, and hypotheses clearly. The problem statement should include the issue that will be addressed experimentally and its significance (e.g., potential application to human or animal health,

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improved understanding of biological processes). Objectives should be stated in a general description of the overall goals for the proposed experiments and the specific questions being addressed. Hypotheses should include two distinct and clearly defined outcomes for each proposed experiment (e.g., a null and an alternate hypothesis). These outcomes may be thought of as the two experimental answers to the specific question being investigated: The null hypothesis is defined as no difference between experimental groups, and the alternate hypothesis is defined as a real difference between experimental groups. Development of a clearly stated problem statement and the hypotheses are necessary to proceed to the next stage of the experimental design process, although they obviously can (and likely will) be modified as the process continues.(Festing,2003),(Johnson ,2002).

RANDOMIZATION:Randomization of the animals assigned to different experimental groups must be achieved to ensure that underlying variables do not result in skewed data for each experimental group. To achieve randomization, it is necessary to begin by defining the population. A homogeneous population consists of animals that are considered to share some characteristics (e.g., age, sex, weight, breed, strain). A heterogeneous population consists of animals that may not be the same but may have some common feature. Generally, the better the definition of the group, the less variable the experimental data, although the results may be less pertinent to large broad populations. Methods commonly used to achieve randomization include the following (Zolman 1993),

EXPERIMENTAL DESIGN : FINAL CONSIDERATIONS

EXPERIMENTAL PROTOCOL APPROVAL:Animal experimentation requires IACUC approval of an animal care and use protocol if the species used are covered under the Animal Welfare Act (regardless of funding source), the research is supported by the National Institutes of Health and involves the use of vertebrate species, or the animal care program is accredited by the Association for the Assessment and Accreditation of Laboratory Animal Care International (Silverman et al. 2000).

PILOT STUDIES:Pilot studies use a small number of animals to generate preliminary data and/or allow the procedures and techniques to be solidified and "perfected" before large-scale experimentation. These studies are commonly used with new procedures or when new compounds are tested. Preliminary data are essential to show evidence supporting the rationale of a proposal to a funding agency, thereby increasing the probability of funding for the proposal. All pilot projects must have IACUC approval, as for any animal experiment. As soon as the pilot study is completed, the IACUC representative will either give the indication to proceed to a full study or will indicate that the experimental manipulations and/or hypotheses need to be modified and evaluated by additional pilot studies.(Johnson and Besselsen ,2002),(Dell et.al 2002).

DATA ENTRY AND ANALYSIS:The researcher has the ultimate responsibility for collecting, entering, and analyzing the data correctly. When dealing with large volumes of data, it is especially easy for data entry errors to occur (e.g., group identifications switched, animal identifications transposed). Quality assurance procedures to identify data entry errors should be developed and incorporated into the experimental design before data analysis. This process can be accomplished by directly comparing raw (original) data for individual animals with the data entered into the computer or with compiled data for the group as a whole (to identify potential "outliers," or data that deviates significantly from the rest of the members of a group). The analysis of the data varies depending on the type of project and the statistics required to evaluate it. Because this topic is beyond the scope of this article, we refer the reader to the many

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outstanding books and articles on statistical analysis (Cobb 1998; Cox and Reid 2000; Dean and Voss 1999; Festing and Altman 2002; Lemons et al. 1997; Pickvance 2001; Wasserman and Kutner 1985; Wilson and Natale 2001; Wu and Hamada 2000).

CONCLUSION

The need for improved experimental design and statistical analysis of animal experiments, if they are to be considered ethically acceptable, has already been emphasized. The results of most experiments should be assessed by an appropriate statistical analysis even though, in some cases, the results are so clear-cut that it is obvious that any statistical analysis would not alter the interpretation. The method of statistical analysis depends on the purpose of study, design of the experiments and nature of resulting data. The experimental design depends on the objectives of the study. It should be planned in detail, including the development of written protocols and consideration of the statistical methods to be used, before starting work. All animal experiments should be done according to the formal designs of experiments and inexpensive measures should be aimed to improve the quality of biostatistics in animal laboratory research, proper guidelines and formal experimental designed experiments should be followed in animal laboratory in order to avoid statistical pitfalls in animal laboratory research.

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62. सूर्यकांत त्रिपाठी निराला : बहु प्रतिभा संपन्न कलाकार एवं साहित्यकार

पूजा शर्मा (शोधार्थी)

सिटी यूनिवर्सिटी लुधियाना, पंजाब

सारांश-

सूर्यकांत त्रिपाठी 'निराला' एक कवि, उपन्यासकार, निबन्धकार और कहानीकार थे। वे **जयशंकर प्रसाद, सुमित्रानंदन पंत** और **महादेवी वर्मा** के साथ **हिंदी साहित्य** के चार प्रमुख स्तंभों में से एक माने जाते हैं। निराला जी के काव्य में फक्कड़पन, निर्भीकता, क्रांतिकारी, स्वच्छंदता तथा प्रगतिशील युक्त नवीन भावों को देखा जा सकता है। उन्होंने निर्भीकता के साथ व्यक्तिगत अनुभूति के भावों की स्वच्छंद अभिव्यक्ति को महत्व दिया। इसलिए स्वभावतः उनके काव्य में हमें आत्मस्वीकृति और आत्मभिव्यक्ति मिलती है।

निराला जी के काव्य में प्रगतिशील तत्व आरंभ से ही विद्यमान थे। वास्तव में आधुनिक साहित्य के जितने भी प्रगतिशील मूल्य हैं उन सब को उनकी रचनाओं में देखा जा सकता है। उन्होंने गद्य और पद्य दोनों में ही हाथ आजमाया। उनके गद्य को पढ़े बिना प्रगतिशील मूल्यों को समझा नहीं जा सकता। बहुमुखी प्रतिभा के धनी निराला वास्तव में निराले ही थे। उन्होंने अपने समय की हर समस्या को ना केवल साहित्य का विषय बनाया बल्कि उसे सशक्त अभिव्यक्ति भी दी।

निराले व्यक्तित्व के कारण इन्हें सैकड़ों में सरलता से पहचाना जा सकता था। सूर्यकांत त्रिपाठी 'निराला' एक कवि, उपन्यासकार, निबन्धकार और कहानीकार थे। निराला ने 1920 ई० के आसपास से लेखन कार्य आरंभ किया। निराला की प्रथम रचना '**जूही की कली**' 1922 ई० में पहली बार प्रकाशित हुई थी। उन्होंने कई कहानियां उपन्यास और निबंध भी लिखे हैं। निराला जी को विशेष प्रसिद्धि उनकी कविता के कारण मिली।

बीज शब्द-

सूर्यकांत त्रिपाठी 'निराला', स्वच्छंदता, फक्कड़पन, प्रगतिशील, निर्भीकता।

उद्देश्य-

इस इकाई के अध्ययन के पश्चात सक्षम होंगे:

निराला के जीवन को समझने में

निराला जी के काव्यगत विशेषताओं के बारे में जाने में

निराला जी की हिंदी साहित्य में जगह तथा योगदान का आंकलन कर सकेंगे

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साहित्य की समीक्षा

सूर्यकान्त त्रिपाठी 'निराला' प्रारम्भिक जीवन—

निराला जी हिंदी साहित्य के बहू प्रतिभा संपन्न कलाकार एवं साहित्यकार हैं। अपने युग की काव्य परम्परा के प्रति प्रबल विद्रोह एवं स्वच्छंदता का भाव लेकर काव्य – रचना करने वाले महाकवि निराला को हिंदी – काव्य जगत में एक विशिष्ट कवि के रूप में जाना जाता है।

13 वर्ष की अल्पायु में **मनोहरा देवी** से इनका विवाह हुआ। लेकिन वह भी शीघ्र ही एक पुत्र और पुत्री का भार इनके ऊपर छोड़ कर इस संसार से विदा हो गयी। सन् 1919 ईस्वी की महामारी में इनकी चाचा एवं पिता की भी मृत्यु हो गयी। पिता की मृत्यु के बाद उन्होंने अपने परिवार के भरण-पोषण के लिए महिषादल में नौकरी कर ली। किन्तु स्वजनों के स्नेह से वंचित होने के कारण उनके हृदय को बड़ा आघात लगा और नौकरी छोड़कर वह घुमक्कड़ बन गये। इस बीच उन्हें पर्याप्त आर्थिक संकटों से जूझना पड़ा। 1942 ईस्वी तक किसी प्रकार निराला जी लखनऊ में रहे। बाद में वे प्रयाग आ गये।

यहां उन्हें परम प्रिय युवा एवं विवाहिता **पुत्री सरोज की दुःखद मृत्यु** का सामना करना पड़ा। सूर्यकान्त त्रिपाठी 'निराला' जी अपनी इस विवाहिता पुत्री व आर्थिक दुरवस्था एवं काल के क्रूर थपेड़ों से चोट खाकर वे मानसिक दृष्टि से विकृष्ट से हो गये। उनमें दार्शनिकता का समावेश होता गया। मैथिलीशरण गुप्त, सुमित्रानंदन पंत एवं महादेवी वर्मा से उन्हें पर्याप्त आत्मीयता मिली। विषम परिस्थितियों एवं जीवन – संघर्षों ने उन्हें बाहर से तो पर्याप्त कठोर बना दिया, पर उनका हृदय भीतर से मृदुल एवं कुसुम – कोमल बना रहा। जो भी हो, जीवन में प्रतिकूलता एवं व्यथा झेलते हुए वे थक से गए थे। अतः इनका पारिवारिक जीवन अत्यन्त कष्टमय रहा।

जन्म – स्थान—

कविवर निराला' का जन्म **बंगाल प्रांत के महिषादल राज्य के मेदिनीपुर जिले की महिषादल** नामक रियासत में 28 फरवरी सन् 1899 ई० में हुआ था।

माता – पिता –

महाकवि सूर्यकान्त त्रिपाठी 'निराला' के पिता का नाम **पंडित रामसहाय त्रिपाठी** था। तथा इनके **माता के नाम** के सम्बन्ध में हिंदी – साहित्य में कोई साक्ष्य – प्रमाण प्राप्त नहीं। उस समय उनकी आर्थिक स्थिति अच्छी थी, अतः उन्होंने अपने बालक का पालन – पोषण बड़े दुलार – प्यार से किया। जब निराला जी मात्र **3 वर्ष के थे तभी उन्हें मातृ – स्नेह से वंचित होना** पड़ा दुर्भाग्यवश उनकी मां परलोक सिधार गयी।



नाम –

सूर्यकान्त त्रिपाठी 'निराला' जी के बचपन का नाम 'सूर्यकुमार' था ।

सूर्यकान्त त्रिपाठी की माता जी सूर्य का व्रत रखती थी तथा रविवार को ही 'निराला' का जन्म हुआ, अतः पहले उनका नाम सूर्यकुमार रखा गया । बाद में इनका यही नाम सूर्यकान्त हो गया और उनके **विशिष्ट व निराले स्वभाव के कारण** लोग उन्हें 'निराला' कहने लगे। इस प्रकार इनका नाम **सूर्यकांत त्रिपाठी 'निराला'** पड़ा ।

शिक्षा –

सूर्यकान्त त्रिपाठी 'निराला' जी की **प्रारंभिक शिक्षा – व्यवस्था महिषादल के हाई स्कूल** में की गई, पर वह पध्दति उन्हें कम रुचिकर लगी । राज्य में समय-समय पर संगीतज्ञों का आना – जाना लगा रहता था, अतः उनका रुझान संगीत की ओर भी गया । बचपन से ही सदग्रंथों के अवलोकन से दर्शन – शास्त्र के अध्ययन में भी उनकी रुचि जगी। **रामकृष्ण परमहंस तथा स्वामी विवेकानंद से भी बहुत प्रभावित थे।** स्कूली शिक्षा तो उनकी नवे दर्जे तक ही हुई थी, किंतु स्वाध्यय से उन्होंने **हिंदी, अंग्रेजी, बँगला एवं संस्कृत** का अच्छा ज्ञान प्राप्त कर लिया था । संगीतकला में उनकी अच्छी अभिरुचि थी ।

निराला जी का व्यक्तित्व –

हिंदी के साहित्यकारों और कवियों में निराला – जैसे व्यक्तित्व के लोग बहुत कम मिलेंगे । उनमें **पौरुष का अहंकार** था, वाणी का स्वच्छंदता , जीवन की **आत्माभिव्यक्ति** थी, विचारों की **अक्खड़ता** थी और सबसे बढ़कर **निर्भय होकर सच्ची बात कहने** का स्वभाव था। निराला जी को बचपन से ही घुड़सवारी, कुश्ती और खेती का बड़ा शौक था । वे साधारण पुरुष थे । बहुत कवि एवं लेखक ऐसे होते हैं जिनकी कृतियों को पढ़कर उनका जो रूप सामने आता है वैसा ही उनका वास्तविक जीवन होता है ।

निराला जी इसी प्रकार के अनन्य साधारण व्यक्ति थे । अपने **उदार व निराले स्वभाव के कारण** निराला जी को बार-बार आर्थिक कठिनाइयों का सामना करना पड़ता था। आर्थिक आभावों के बीच ही पुत्री सरोज का देहांत हो गया । इस अवसादपूर्ण घटना से व्यथित होकर ही उन्होंने सरोज – स्मृति नामक कविता लिखी । दुःख और कष्ट से परिपूर्ण उनके व्यक्तित्व में अहम की मात्रा बहुत अधिक थी । निराला जी अपने लिए कठोर तो दूसरों के लिए नितान्त कोमल थे ।

वास्तव में निराला का व्यक्तित्व सबसे अनूठा था । उनके अंदर की विषमताओं ने ही उन्हें असाधारण, असामान्य और निराला बना दिया था ।



सूर्यकान्त त्रिपाठी 'निराला' जी का वैवाहिक और पारिवारिक जीवन—

निराला जी का विवाह 13 वर्ष की अल्पायु में ही सन् 1911 ई० में मनोहरा देवी से कर दिया गया। वे रूप – गुण सम्पन्न और सुशिक्षित युवती थी। लेकिन वह भी शीघ्र ही इनमें साहित्यिक संस्कार जगाकर एक पुत्र और पुत्री का भार इनके ऊपर छोड़ कर इस संसार से विदा हो गयी। सन् 1919 ईस्वी की महामारी में इनकी चाचा एवं पिता की भी मृत्यु हो गयी। पिता की मृत्यु के बाद उन्होंने अपने परिवार के भरण-पोषण के लिए महिषादल में नौकरी कर ली। किन्तु प्रिय जनों के प्यार और अपनेपन से वंचित होने के कारण उनके हृदय को बड़ा आघात लगा और नौकरी छोड़कर वह घुमक्कड़ बन गये। इस बीच उन्हें पर्याप्त आर्थिक संकटों से जूझना पड़ा। 1942 ईस्वी तक किसी प्रकार निराला जी लखनऊ में रहे। बाद में वे प्रयाग आ गये।

यहां उन्हें प्रिय पुत्री सरोज की दुःखद मृत्यु का सामना करना पड़ा। सूर्यकान्त त्रिपाठी जी की पुत्री की आकस्मिक मृत्यु ने उन्हें मानसिक दृष्टि से विक्षिप्त कर दिया। इसके बाद का सारा जीवन आर्थिक अनर्थ और संघर्ष का जीवन है। निराला के जीवन की सबसे विशेष बात यह है कि कठिन-से-कठिन परिस्थिति में भी इन्होंने सिद्धान्त त्यागकर समझौते का रास्ता नहीं अपनाया, संघर्ष का साहस नहीं गवाँया। अतः इनका पारिवारिक जीवन अत्यन्त कष्टमय रहा।

मृत्यु – स्थान—

निराला जी का देहावसान 15 अक्टूबर 1961 ई० रविवार को चित्रकार कमला शंकर के दारागंज प्रयाग (इलाहाबाद) वाले मकान में प्रातः लगभग 9 बजकर 23 मिनट पर हुआ था।।

सूर्यकान्त त्रिपाठी 'निराला' जी द्वारा किए गए महत्वपूर्ण कार्य—

आचार्य महावीर प्रसाद द्विवेदी से प्रभावित होकर इन्होंने कलकात्ता में अपनी रुचि के अनुरूप रामकृष्ण मिशन के पत्र का समन्वय का सम्पादन भार संभाला। उसके बाद 'मतवाला' के सम्पादक मण्डल में सम्मिलित हुए। 13 वर्ष बाद लखनऊ आकर 'गंगा पुस्तकमाला' का संपादन करने लगे तथा सुधा के संपादकीय लिखने लगे। फक्कड़ और निर्भीक स्वभाव के कारण यहां भी उनकी नहीं निभी और लखनऊ छोड़कर यह प्रयाग (इलाहाबाद) में रहने लगे। अपना शेष जीवन उन्होंने इलाहाबाद में ही स्वतंत्र रूप से काव्य – साधना करते हुए व्यतीत किया।

सूर्यकान्त त्रिपाठी 'निराला' साहित्यिक – परिचय—

निराला जी जीवन भर अपने काव्य को भव्यता, वेदना और अनुराग से भरते रहे। अपनी उग्र स्वच्छन्दता और फक्कड़पन में निराला कबीर से तुलनीय हैं। वैसे ही मस्त – मौला स्वभाव, वैसा ही क्रांतिकारी स्वर और वैसी ही प्रगाढ़ तन्मयता- दोनों की वाणी रूढ़ियों और बंधनों के विरोध में रही है।



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उस भारती के पुत्र ने अपना सब कुछ लुटा दिया, अपने आप लुट गया, पर मरते दम तक उस **स्वाभिमानी, निर्भीक कवि** ने हार नहीं मानी और साहित्यकार की सम्मान को सबसे ऊंचा रखा। निराला ने विविध प्रकार के **नवीन भावो एवं विचारों पर आधारित रचनाओं का सृजन किया**। उन्होंने छंद संबंधित तत्कालीन नियमों को तोड़कर **छंदमुक्त रचनाएं** की और हिंदी काव्य के क्षेत्र में एक नए शिल्प का सूत्रपात किया। वर्तमान युग की **छंदमुक्त कविताओं के सूत्रधार निराला ही थे**।

निस्संदेह वे एक ऐसे युग – प्रवर्तक साहित्यस्रष्टा थे जिन्होंने युगो से चली आ रही रीत को बदला। निराला के काव्य में **प्रगतिशील और प्रयोगशील** तो आरंभ से ही थे। समाज - हित को लक्ष्य करने वाले कवि की अधिकांश कविताएँ प्रगतिशील तत्वों का उत्रायन करने वाली हैं। युग - चेतना से प्रेरित कवि ने **रूढ़िवाद का खण्डन**, ब्रिटिश शासन की दमन नीतियाँ, अछूत प्रथा, जातिवाद एवं सांप्रदायिकता, नारी विमोचन, आर्थिक असन्तुलन एवं शोषण से प्रेरित मज़दूर आन्दोलन एवं किसान आन्दोलन, नव साहित्यन्दोलन आदि प्रगतिशील तत्वों को अपनी कविताओं में विशेष महत्व दिया। निराला जी हिंदी – साहित्य के **युग प्रतिनिधि कवि** थे।

कृतियाँ—

निराला बहुमुखी प्रतिभा सम्पन्न साहित्यकार थे। बंगला और पाश्चात्य साहित्य के अनुशीलन से प्रेरित होकर निराला ने सन् 1916 ई० में प्रकाशित अपनी रचना “जूही की कली” से हिंदी – जगत में प्रवेश किया। इसमें स्वच्छंदतावादी काव्यधारा की संपूर्ण विशेषताएं निहित हैं। इसके बाद वे सतत काव्य – रचना में संलग्न रहे। उनकी अनेक रचनाओं का हिंदी साहित्य में महत्वपूर्ण स्थान है। सम्पूर्ण निराला साहित्य का विहंगावलोकन निम्न प्रकार से किया जा सकता है –

काव्य –

अनामिका, परिमल, गीतिका, अनामिका (दूसरा संग्रह) तुलसीदास, कुकुरमुत्ता, अणिमा, अपरा, बेला, नये पत्ते, अर्चना, आराधना, गीतगुंज एवं सांध्य – काकली आदि।

उपन्यास—

अप्सरा, अलका, प्रभावती, निरुपमा, चोटी की पकड़, काले कारनामे एवं चमेली (अपूर्ण)।

रेखाचित्र—

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कुल्लीभाट, बिल्लेसुर बकरिहा ।

निबंध – संग्रह –

प्रबन्ध – पद्म, प्रबन्ध – प्रतिभा एवं चाबुक ।

आलोचना – ग्रंथ –

रविंद्र कविता कानन, ग्यारह बंगला उपन्यासों का हिंदी अनुवाद, तीन अप्रकाशित नाटक एवं दो जीवन – चरित्र ।

अनुदित – कृतियां –

देवी चौधरानी, कपाल कुंडला, चंद्रशेखर, स्वामी विवेकानंद के भाषण, आनन्दमठ एवं हिंदी – बंगला – शिक्षा ।

साहित्यिक विशेषताएं-

1. आत्माभिव्यक्ति का काव्य

निराला जी की काव्य आत्माभिव्यक्ति का काव्य है। उनके काव्य में व्यक्तित्व जीवन का सत्य वक्त हुआ है। निराला छायावादी कवियों में ऐसे कवि हैं जिन्होंने अपनी रचनाओं में अपने व्यक्तिगत सुख-दुख की अनुभूतियों को व्यक्त किया है। उनका पूर्ण जीवन दुख, करुणा एवं निराशा के साथ साथ संघर्ष एवं विषमताओं के साथ बीता, इन्हीं सभी की अभिव्यक्ति उन्होंने अपने काव्य में की है। 'जूही की कली', 'मैं अकेला', 'राम की शक्ति पूजा', 'स्नेह निर्झर बह गया', 'सरोज-स्मृति' असंख्य उनकी ऐसी रचनाएं हैं जिनमें व्यक्तिगत सुख-दुखों को सुंदर अभिव्यक्ति के साथ पिरोया गया है। एक उदाहरण देखिए-

स्नेह निर्झर बह गया है
रेत ज्यों तन रह गया है
आम की यह डाल जो सुखी दिखी
कह रही है, "अब यहां पिक या शिखी"
नहीं आते, पंक्ति मैं वह हूं लिख

नहीं जिसका अर्थ
जीवन ढह गया है।

- स्नेह निर्झर बह गया'

"राम की शक्ति पूजा" में राम की हताशा और निराशा के जरिए कवि ने अपने जीवन की निराशा की अभिव्यक्ति की जान पड़ती है। उन्हें जीवन भर लोगों के जिस विरोध का सामना किया उसकी गूंज उनकी कविताओं की पंक्तियों में देखी जा सकती है।

"धिक जीवन को जो पाता ही आया विरोध,

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धिक साधन जिसके लिए सदा ही किया शोध ठीक जीवन

“अनामिका” कविता की व्याख्या करते हुए डॉ रामविलास शर्मा बताते हैं कि इस कविता में सूखी भूमि, सुखी तरु, सूखे वक्त आलवाल जैसे प्रमुख सार्वजनिक और सामाजिक संघर्ष का बोध कराते हैं। “-जला है जीवन मेरा” निराला का जीवन जला है। निराला के मन की निराशा, उल्लास, निषाद, राज, दुख का वर्णन हिंदी साहित्य रचनाओं से जुड़ा हुआ है।

2- आत्माभिमान का काव्य:

निराला का संपूर्ण काव्य **आत्माभिमान का काव्य** है। अपने उग्र स्वभाव एवं आत्माभिमान के कारण वह धीरे-धीरे अपने समकालीनों से कटते गए। **निर्भय होकर सच्ची बात कहने** के कारण उन्होंने साहित्य जगत में अनेक शत्रु बना लिए। इस कारण कई बार उनकी उपेक्षा भी हुई, जिसके कारण उनका आहत अभिमान और अधिक बढ़ गया। वे लिखते हैं-

दिए हैं मैंने जगत को फूल फल
किया है अपनी प्रभा से चकित चल

3- प्रेम एवं सौंदर्य का काव्य:

निराला की आरंभिक रचनाओं में प्रेम और सौंदर्य का प्रभावशाली वर्णन हुआ है। कई स्थानों पर उनका प्रेम निरूपण **लौकिक होने के साथ-साथ अलौकिक** भी बन गया है। ‘जूही की कली’ नामक कविता प्रेम और सौंदर्य का उत्कृष्ट उदाहरण है-

निर्दई उस नायक ने
निपट निठुराई की
कि झोंको की झाड़ियों से
सुंदर सुकुमार देह सारी झकझोर डाली

4- प्रकृति चित्रण:

अन्य छायावादी कवियों के समान निराला ने भी प्रकृति का बड़ा **सुंदर एवं मनोहारी** वर्णन किया है। उनका गंभीर और विद्रोही स्वभाव उनके प्रकृति चित्र में देखा जा सकता है। इसलिए उनकी प्रकृति कभी रोती है, तो कभी हंसती हुई दिखाई देती है, तो कभी प्रेमी प्रेमिका की भांति क्रीडा करती हुई दिखाई देती है। निराला जी के काव्य में प्रकृति चित्रण में बादल, फूल आदि का प्रमुख वर्णन रहा है। जैसे “बादल राग”, “जूही की कली” में **प्रकृति का मानवीकरण** हुआ है। उनकी कविता में प्रकृति निर्जीव पदार्थ की तरह अंकित नहीं है बल्कि वह **सजीव एवं प्राणवान** है। बसंत हो या वर्षा, ग्रीष्म हो या शरद ऋतु उनकी कविता समान रूप से प्रकृति के भव्य रूपों का अंकन करती है। निराला के शब्दों में संध्या का भावपूर्ण चित्र देखिए-

दिवसावसान का समय-
मेघमय आसमान से उतर रही है

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वह संध्या सुंदर परी सी,
धीरे, धीरे, धीरे

- जूही की कली

5- रहस्यानुभूति का काव्य:

निराला जी वेदांत दर्शन से अधिक प्रभावित थे और वे भक्ति को सर्वोपरि मानते थे। 'पंचवटी प्रसंग' में उन्होंने **मुक्ति और भक्ति पर गंभीर विचार** किया है, साथ ही इस कविता में उन्होंने **भक्ति, योग, कर्म, ज्ञान** आदि का समन्वय करने का प्रयास किया है

भक्ति-योग-कर्म-ज्ञान एक ही है
यद्यपि अधिकारियों के निकट मित्र दिखते हैं
एक ही है दूसरा नहीं है कुछ
द्वैत भाव ही है भ्रम

6- देश प्रेम और राष्ट्रीय भावना:

हिंदी साहित्य में जिस समय को छायावाद के नाम से जाना जाता है वह समय हमारा राष्ट्र के सामाजिक स्तर पर एक नाजुक दौर था चारों तरफ स्वाधीनता आंदोलन का बोलबाला था। इस जागरण में छायावादी कवि निराला जी की प्रमुख योगदान रहा। उनकी काव्य में देश प्रेम और राष्ट्रीय भावना का स्वर अत्यंत प्रखर है। '**खून की होली जो खेली**', '**जागो फिर एक बार**', '**भारती वंदन**', '**वीणा वादिनी वर दे**', आदि कविताओं में कवि ने बार-बार देश प्रेम की भावना को व्यक्त किया है-

भारती जय विजय करें
कनक शस्य कमल धरे
लंका पददल शतदल
गर्जितोर्मि सागर जल
होता शुचि चरण यूगल
धवल धार हार गले

-भारती वंदन'

बलिदान चाहती है जन्मभूमि

खेलोगे जान ले हथेली पर

-महाराज शिवाजी का पत्र

7- प्रगतिशील विचारधारा:

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निराला केवल छायावादी कवि ही नहीं थे अपितु वे **प्रगतिवादी** कवि भी थे। उनका काव्य **दलितों और कमजोर वर्गों के प्रति विशेष** सहानुभूति रखता है। निराला के हृदय का करुण भाव समाज के उपेक्षित, कमजोर, पीड़ित एवं शोषित वर्गों की रक्षा को अर्पित है। 'विधवा' की पीड़ा उन्हें द्रवित करती है तो 'भिखारी' की दीनता एवं भूख उन्हें करुणा से भर जाती है। कड़कड़ाती धूप में इलाहाबाद के पथ पर पत्थर तोड़ती मजदूर नारी का करुण चित्रण पाठक के मन को अनायास ही छू जाता है

वह तोड़ती पत्थर
देखा मैंने उसे इलाहाबाद के पथ पर
देख कर कोई नहीं
देखा मुझे उस दृष्टि से
जो मार खा रोई नहीं

8- व्यंग्य एवं हास्य का पुटः

निराला ने समाज में फैली विकृतियों एवं विद्रूपताओं का **व्यंग्यात्मक चित्रण** किया है। कुकुरमुत्ता, सूर्यकांत त्रिपाठी निराला की एक प्रसिद्ध लंबी कविता है जिसमें कवि ने पूंजीवादी सभ्यता पर कुकुरमुत्ता के बयान के बहाने करारा व्यंग्य किया गया है। 'कुकुरमुत्ता' कविता में उनके तीक्ष्ण व्यंग्य को देखा जा सकता है। 'कुकुरमुत्ता' निम्न एवं कमजोर वर्ग का प्रतिनिधि है और वह पूंजीवादी गुलाब को चुनौती देता हुआ कहता है

अबे सुन बे गुलाब
भूल मत पर भाई तूने खुशबू रंगो आब
खून चूसा खाद का तूने अशिष्ट
दाल पर इतरा रहा है कैपिटलिस्ट

-'कुकुरमुत्ता'

9- सामाजिक चेतना और विद्रोह का काव्यः

निराला के काव्य की एक विशेषता यह भी है कि उनका संपूर्ण काव्य **सामाजिक चेतना और विद्रोह** का काव्य है। 'वीणा वादिनी वर दे' नामक कविता में कवि समाज में नवीन शक्ति का प्रादुर्भाव देखना चाहता है। वह समाज के शोषित और उपेक्षितों की कथा को व्यक्त करता है। अन्य छायावादी कवियों की अपेक्षा निराला अधिक **विरोधी और स्वच्छंदतावादी** दिखाई देते हैं। निराला उन पुरानी रूढ़ियों और जड़ परंपराओं को नष्ट करना चाहते थे जो समाज को खोखला करती जा रही है। काव्य जगत में **मुक्त छंद का प्रवर्तक इसी विद्रोह और जड़ परंपराओं का विरोध** है। 'सरोज स्मृति' में वे लिखते हैं-

तुम करो ब्याह तोड़ता नियम
मैं सामाजिक योग के प्रथम



लग्न में पढ़ंगा स्वयं मंत्र यदि पंडित जी होंगे स्वतंत्र

10- कला पक्ष:

काव्य जगत में **मुक्त छंद** को प्रतिष्ठित करने का श्रेय निराला को ही जाता है। उन्होंने कविता को छंदों की कैद से मुक्त करवाया। उनकी काव्य भाषा **भावपूर्ण एवं विषय अनुकूल** है। उनकी रचनाओं में **उर्दू, फारसी और अंग्रेजी के शब्द** खेलते हुए हैं तो कहीं **संस्कृत निश्चित तत्सम शब्दावली** का। **खड़ी बोली** हिंदी को काव्य की श्रेष्ठ भाषा शुद्ध करने का शेर भी निराला को ही जाता। **सरल और सुबोध शैली** प्रतिवादी रचनाओं में, **कूलेष्ठ और दुरु शैली** रहस्यवादी और छायावादी रचनाओं में, **हास्य व्यंग पूर्ण शैली** हास्य व्यंग पूर्ण रचनाओं में देखी जा सकती है। उनके काव्य प्रयोगों की विविधता और मौलिकता ने अनेक काव्य आयाम को जन्म दिया और एकही स्तर पर विविध भाषा प्रयोग कर सके। **भाव के अनुसार भाषा और लय का निर्वाह करने** वाले निराला सर्वश्रेष्ठ कवि है। **‘राम की शक्तिपूजा’** कविता का उदारण देखिए:

रवि हुआ अस्त; ज्योति के पत्र पर लिखा अमर
रह गया राम-रावण का अपराजेय समर
आज का तीक्ष्ण शर-विधृत-क्षिप्रकर, वेग-प्रखर,
शतशेलसम्वरणशील, नील नभगर्जित-स्वर,
प्रतिपल – परिवर्तित – व्यूह – भेद कौशल समूह
राक्षस – विरुद्ध प्रत्यूह, -क्रुद्ध – कपि विषम हूह,
विच्छुरित वह्नि – राजीवनयन – हतलक्ष्य – बाण,
लोहितलोचन – रावण मदमोचन – महीयान,
राघव-लाघव – रावण – वारण – गत – युगम – प्रहर,
- राम की शक्तिपूजा

हिंदी – साहित्य में स्थान

हिंदी – साहित्य में निराला जी का गौरवपूर्ण स्थान है। साहित्य जगत में **मुक्त – छंद के प्रणेता** सूर्यकांत त्रिपाठी ‘निराला’ है। ‘महाप्राण निराला’ **नवीनता के कवि** हैं। जिस समय हिंदी साहित्य में छंद शास्त्र का बोलबाला था उस समय निराला जी ने छंद मुक्त रचनाएं प्रस्तुत कर हिंदी कविता को छंद शास्त्र की बड़ियों से मुक्त कराया। वे जीवन, साहित्य तथा समाज में सर्वत्र नवीनता के पक्षपाती तथा **रूढ़ियों के कट्टर विरोधी** हैं। वे **छायावादी, प्रगतिवादी और प्रगतिशील** होने के साथ ही **दार्शनिक एवं अद्वितीय प्रतिभा के महान कवि** हैं। उनके कृतित्व में छायावादी और प्रगतिवादी दोनों युगों की विचारधाराओं का सुंदर समन्वय है। उनके काव्य में छायावाद, प्रगतिवाद, प्रयोगवाद और नई कविता की समस्त विशेषताएं साकार हुई हैं। उन्होंने छंद, भाषा और भाव आदि को नवीनता प्रदान की है। वह **तत्वज्ञानी और रहस्यवादी भी हैं**, साथ ही उनमें **सामाजिक चेतना भी उत्कृष्ट रूप में विद्यमान है**। उनकी इन्हीं विशेषताओं ने उन्हें हिंदी साहित्य

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– जगत में निराला स्थान प्रदान किया। अपने निराले व्यक्तित्व से **हिंदी साहित्य – जगत को जो निराला पथ दिखाया**। महाप्राण निराला हिन्दी के साहित्य जगत में एक चमकता तारा है जो हिन्दी के छायावादी सोपान में 'तुलसीदास', 'राम की शक्ति-पूजा', 'जूही की कली', 'सरोज-स्मृति', 'जागो फिर एक बार', जैसी युगांतरकारी रचनाएँ देकर सुनहरे अक्षरों में अपना नाम दर्ज कराया। वहीं दूसरी ओर समाज में व्याप्त अन्याय एवं शोषण के विरुद्ध 'भिक्षुक', 'वह तोड़ती पत्थर', 'कुकुरमुत्ता', जैसी क्रान्तिकारी स्वर-प्रधान मार्मिक रचनाएँ रच कर वे प्रगतिवादी, प्रगतिशील कविता के अग्रदूत बन जाते हैं। भारत के लाखों-करोड़ों खेतिहर किसानों, मज़दूरों, मेहनतकशों, साधनहीन धनहीनों को; हज़ारों वर्षों से बेजुबान भारतीय बनी महिलाओं को, पिछड़े वर्गों को पहली बार साहित्य-जगत का काव्यात्मक विषय बनाने का चुनौतिपूर्ण कार्य 'निराला' जी ने करके काव्य-जगत को एकदम नई दिशा दी। निराला जी हिंदी साहित्य के बहू प्रतिभा संपन्न कलाकार एवं साहित्यकार हैं।

सीमाएं

निराला जी का हिंदी साहित्य जगत में अद्भुत स्थान है तथा उन्होंने अपने रचनाओं से हिंदी साहित्य जगत को अर्चभित किया है।, मैं बहुत ही सीमित अध्ययन कर पाई हूँ, भविष्य में अध्ययन की अभी बहुत संभावना है। निराला के काव्य में समाज के हर क्षेत्र का वर्णन देखा जा सकता है। किसी भी विषय पर शोध की जा सकती है।

निष्कर्ष-

कहा जा सकता है कि निराला का काव्य **एक चित्रशाला** है जहां जीवन और जगत के बहुरंगी स्वरूप को सुव्यवस्थित किया गया है। उनके काव्य में सुख-दुख, हास्य-करुणा, राग-विराग, शांति-विद्रोह, अध्यात्म-श्रृंगार, आदर्श और यथार्थ जैसे बहुरंगी चित्र अंकित है। उनकी आस्था मानवतावाद में थी और मानव जीवन को सुखमय एवं गौरव में बनाने के लिए ही उन्होंने साहित्य सृजन का काम किया। निःसंदेह वे महान व्यक्ति होने के साथ-साथ एक महान साहित्यकार थे इसीलिए उन्हें **महाप्राण निराला** के नाम से संबोधित किया जाता है।

पाद टिप्पणियां

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63. मानवीय सरोकारों के संदर्भ में गुरु अमरदास की बाणी: एक मूल्यांकन

पूनम बाला

शोधार्थी

पी-एच.डी. (हिन्दी)

सी.टी. यूनिवर्सिटी

लुधियाना (पंजाब)

चलभाष 95922-40259

E-mail : poonamsapra18@gmail.com

शोध सारांश

गुरु अमरदास द्वारा रचित बाणी का प्रकाश गुरु ग्रंथ साहिब में महला-3 के अंतर्गत किया गया है। उनके जीवन काल (1479 ई. से 1574 ई.) की सामाजिक, राजनीतिक, आध्यात्मिक, धार्मिक, आर्थिक, नैतिक आदि परिस्थितियों को प्रकट करती हुई उनकी बाणी मानवीय सरोकारों की अद्भुत मिसाल प्रस्तुत करती है। मनुष्य की आध्यात्मिक उन्नति के लिए इन सभी परिस्थितियों का महत्त्वपूर्ण योगदान होता है। गुरु अमरदास को मानवीय सरोकारों के प्रणेता कहा जा सकता है। उन्होंने जीवन की विभिन्न अवस्थाओं को निभाते हुए मानवीयता के लिए जो भी लाभदायक महसूस किया, उसका अपनी बाणी के माध्यम से जनमानस तक पहुँचाने का प्रयास किया। गुरुमति सिद्धांतों में अटूट विश्वास रखने वाले गुरु अमरदास ने मानवता के प्रचार प्रसार के लिए जगह जगह प्रचारक नियुक्त किये। गुरु अमरदास की बाणी आज भी मानवीय सरोकारों के संदर्भ में समाज को दिशा निर्देश देने योग्य है। अतः इस बाणी के पठन पाठन द्वारा मानवता की धारणा को सुदृढ़ किया जा सकता है।



सिक्ख पंथ की गुरु परम्परा का भारत ही नहीं वरन् सम्पूर्ण विश्व में एक विशिष्ट स्थान है। इस पंथ के गुरुद्वारों में सभी धर्मों के लोग श्रद्धा व प्रेम के साथ नतमस्तक होते हैं। भारतीय सभ्यता व संस्कृति की धरोहर के रूप में जीवित शब्द गुरु: गुरु ग्रंथ साहिब में 6 गुरु साहिबान (गुरु नानक देव, गुरु अंगद देव, गुरु अमरदास, गुरु रामदास, गुरु अर्जुन देव, गुरु तेग बहादुर): 15 भक्तों, 11 भाटों व 4 निकटवर्ती सिक्खो सहित कुल 36 महापुरुषों की बाणी संकलित है। इन महापुरुषों द्वारा रचित बाणी में भारतीय सभ्यता व संस्कृति में प्राचीनकाल से समाहित मानवीय मूल्यों का वर्णन मिलता है। तीसरे गुरु 'गुरु अमरदास' जी गुरु गद्दी पर विराजमान होने से पहले जीवन के विभिन्न पहलुओं को देख-परख चुके थे। अपने जीवन के अनुभवों से उन्होंने जो भी देखा, समझा व जाना, उस ज्ञान को बाणी रूप में वर्णित किया। गुरु अमरदास की बाणी पढ़कर कहा जा सकता है -

“भले अमरदास गुण तेरे, तेरी उपमा तोहि बनि आवै”

गुरु अमरदास का जन्म 1479 ई. में अमृतसर जिले के गाँव बासरके में हुआ। इनके पिता का नाम तेजभान भल्ला व माता का नाम लखमी जी था। इनका विवाह रामो जी से हुआ। इनके दो बेटे बाबा मोहन व बाबा मोहरी तथा दो बेटियाँ बीबी दानी व बीबी भानी थी। लगभग 42 वर्ष की उम्र तक अमरदास जी अपने पिता के साथ खेती के व्यवसाय में लगे रहे व परिवार का पालन करते रहे। लगभग 62 वर्ष की उम्र तक आप लगातार हरिद्वार गंगा स्नान के लिये पैदल तीर्थ यात्रा पर जाते रहे। वैष्णव धर्म में आस्था होने के कारण वे हिन्दू रीति-रिवाजों के अनुसार तीर्थ यात्रा करके आध्यात्मिक शांति की प्राप्ति करना चाहते थे। एक बार यात्रा के दौरान एक ब्राह्मण द्वारा इन्हें 'निगुरा' कहकर सम्बोधित किया गया। इससे आहत होकर आप में गुरु धारण करने के लिए वैराग्य उत्पन्न हो गया।

एक दिन सुबह अमृत वेले गुरु अमरदास ने अपने भतीजे की पत्नी बीबी अमरो के मुँह से गुरु नानक बाणी का शब्द सुना। इस बाणी से वे बहुत प्रभावित हुये। अतः गुरु नानक गद्दी पर विराजमान गुरु अंगद देव जी को गुरु धारण कर लिया। इस समय आपकी आयु 62 वर्ष के लगभग थी। निरंतर 11 वर्ष तक (लगभग 73 वर्ष की आयु तक) आप गुरु अंगद देव के स्थान पर रहते हुये निष्काम सेवा करते रहे। आप निरंतर बाणी पढ़ते रहते व चिंतन मनन करते रहते। 73 वर्ष की अवस्था में गुरु अंगद देव जी ने आपको 'तीसरे नानक' की उपाधि देकर गुरु गद्दी सौंप दी। लगभग 22 वर्ष तक आप गोइंदवाल में गुरु गद्दी पर पर विराजमान रहते हुये बाणी की रचना करते हुये समाज सुधार के कार्यों में लगे रहे। आप एक महान रहस्यवादी संत, कवि, गुरु और समाज सुधारक थे। गूढ से गूढ आध्यात्मिक भेदों को सरल ढंग से करने में आप सिद्धहस्त थे। 907 पदों पर आधारित आपकी बाणी गुरु ग्रंथ साहिब में महला-3 के अंतर्गत संकलित है।



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गुरु जी द्वारा रचित बाणी 'सबद', 'सलोक', 'छंद', 'वारा' आदि 17 रागों में दर्ज है। अन्य स्वतंत्र बाणियों में 'पट्टी', 'अलाहणियां', 'आनंद साहिब' आदि प्रमुख हैं। गुरु जी ने गुरुमति के सिद्धान्तों, मानवीय समता के दृष्टिकोण, आध्यात्मिक अनुभवों को बड़े ही सरल ढंग से प्रस्तुत किया है। गुरु जी की भाषा मूलतः पंजाबी है। परन्तु उसमें सधुक्कड़ी या पुरानी हिन्दी के शब्द घुले-मिले हैं। संस्कृत और अपभ्रंश के रूप उनकी बाणी में आम मिलते हैं। लेकिन शब्दावली में तत्सम शब्दों का प्रयोग कम और तद्भव शब्दावली का प्रयोग अधिक है। वार, सलोक जैसे पंजाबी काव्य रूपों का प्रयोग करते हुये सधुक्कड़ी भाषा दब गई है तथा भाषा का पंजाबीपन उभरा है। सोलहवीं शताब्दी में अमृतसर के आसपास बोली जाने वाली माझी बोली का प्रामाणिक प्रमाण उनकी रचनाओं में मिलता है। इसलिये प्राचीन पंजाबी व अमृतसर की प्राचीन बोली के सबसे प्राचीन कवि कहे जा सकते हैं।

	राग	पद	अष्टपदीयां	अन्य बाणियां	छंद	सलोक	बारां पौड़ियां
1.	सिरी	31	8	-	-	33	-
2.	माझ	-	32	-	-	3	-
3.	गउड़ी	18	9	-	5	7	-
4.	आसा	13	15	पटी 18	पौड़िया 2	-	-
5.	गूजरी	7	1	-	-	42	22
6.	विहागड़ा	-	-	-	-	33	-
7.	वडहंस	9	2	अलाहनीया 4	अलाहनीया 6	40	-
8.	सोरठि	12	3	-	-	48	-
9.	धनासरी	9	-	-	-	-	-
10.	सूही	-	4	धनासरी	7	16	20

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11.	बिलावल	6	1	वार सत 10 पौड़िया	-	24	-
12.	रामकली	1	5	आनंद 40 पौड़िया	-	23	21
13.	मारु	5	1	सोलहे 24	-	24	22
14.	मैरी	21	2	-	-	-	-
15.	बसंत	20	-	-	-	-	-
16.	सारंग	-	3	-	-	23	-
17.	मलार	13	3	-	-	26	-
18.	प्रभाती	7	2	-	-	-	-
19.	सलोकु वारां और वधीक	-	-	-	-	67	-

अलंकारों व बिम्बों का सटीक प्रयोग उनकी काव्य प्रतिभा को दर्शाता है। उनकी रचनाओं में प्रयुक्त शब्दावली सरल आसान मधुर सभ्य सहजमयी, संयमी व संतुलित है। गुरु अमरदास की बाणी को गुरु अर्जन देव ने 1604 ई में सम्पादित किया, जो कि रिश्ते में उनके दोहते (बेटी के बेटे) थे।

अपनी बाणी द्वारा गुरु अमरदास ने समाज में जैसी विभिन्न भ्रांतियों को दूर करने का आदेश दिया। उनके समय में समाज में कई कुरीतियां भी प्रचलित थी जैसे जाति-पाति में भेद-भाव वर्ण-व्यवस्था सती प्रथा आदि। उन्होंने एक समाज सुधारक होने के नाते इन कुरीतियों को दूर करने के लिये गुरुमति के सिद्धांतों के प्रचार प्रसार पर बल दिया। इसके लिये उन्होंने 22 मंजियों की स्थापना भी की। गुरु अमरदास कहते हैं कि

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परमात्मा सर्वशक्तिमान व सर्वत्र विद्यमान है। उनके अनुसार संसार के प्रत्येक जीव-जंतु में एक ही ईश्वर की जोत विद्यमान है। अतः उन्होंने 'एकोंकारवाद' का नाद करते हुये लिखा भी है-

“सपत दीप सपत सागर

नव खंड चारि वेद दस असत पुराणा ॥

हरि सभना विचि तू वरतदा हरि सभना भाणा॥”

(पन्ना 84)

सर्वधर्म समानता के प्रबल समर्थक होने के कारण उन्होंने 'लंगर प्रथा' को सुदृढ़ किया। उनके स्थान पर सभी धर्मों जातियों से सम्बन्धित लोग मिलकर एक ही स्थान पर भोजन (लंगर) बनाते थे तथा एक ही (पंगत) पंक्ति में बैठकर भोजन खाते थे। गुरु अमरदास अनुसार सभी मनुष्य उस पर एक परम पिता परमात्मा का स्वरूप है, इसलिये कोई भी छोटा या बड़ा नहीं है।

“चारै वरन आखै सभु कोई ॥ ब्रह्मु बिदं ते सभ ओपति होई

माटी एक सगल संसारा ॥ बहु विधि भांडे घडै कुमारा ॥”

(पन्ना 1128)

गुरु अमरदास एक सद्गृहस्थी की तरह अपने कर्त्यों का पालन करते हुये प्रभु सिमरन का संदेश देते थे। उनके अनुसार घर परिवार त्याग कर ईश्वर की प्राप्ति नहीं होती है। मनुष्य के भीतर विद्यमान ईश्वर की प्राप्ति उसके अंदर व्याप्त विकारों जैसे काम, क्रोध, लोभ, मोह आदि को दूर करके की जा सकती है। उन्होने कहा कि -

“हिरदै जिन कै कपटु वसै बाहरहु संत कहाहि ॥

त्रिसना मूलि न चुकई अंति गए पछुताहि ॥”

(पन्ना 491)



वर्तमान समाज में ऐसे कई सामाजिक प्राणी जो अपने आप को सर्वश्रेष्ठ सिद्ध करने के लिए उचित अनुचित सभी मार्ग अपना लेते हैं और अपने असली गंतव्य से भटक जाते हैं। गुरु जी के अनुसार जो व्यक्ति बाहर से उम चरित्र के होने का दिखावा करते हैं लेकिन अगर उनके अंदर कपट व चतुराई भरी होती है तो वे व्यक्ति इस जन्म में भी भटकते हैं व अपने अवगुणों के बोझ को बढ़ाते हुये अंत समय पछताते हैं -

“मनमुख मुगध करहि चतुराई ॥ नाता धोता थाइ न पाई ॥

जेहा आइआ तेहा जासी करि अवगण पछोतावणिआ ॥”

(पन्ना 114)

गुरु अमरदास ने अपनी वाणी द्वारा समस्त मानव जाति को यह संदेश दिया कि परमात्मा की ज्योति हरेक मनुष्य में विराजमान है अतः उसे अपने मूल को पहचान कर स्वतंत्र रहकर सत कर्म करने चाहिये -

“मन तू जोति सरूप है, आपणा मूलु पछाणु ।”

(पन्ना 441)

गुरु जी ने ‘हठमें’ अहंकार को नाम सेवा, शब्द, ज्ञान, भक्ति आदि का विरोधी माना है। गुरु जी के अनुसार मनुष्य के सामाजिक उत्थान, सभ्याचारक मेल-मिलाप, चरित्र निर्माण आदि के लिये विद्या प्राप्ति का होना अति आवश्यक है। विद्या द्वारा अच्छे गुणों का विकास होता है तथा दुर्गुणों जैसे काम, क्रोध, लोभ, मोह, अहंकार आदि का विनाश होता है। सच्चे गुरु की शरण में आकर ही मनुष्य को ज्ञान, समझ, सहज, लाभ मिलते हैं और भ्रम भय का नाश होता है। वे कहते हैं कि सच्चे गुरु से मिले हुये ज्ञान द्वारा मनुष्य में कई शक्तियां जैसे ध्यान, सुमिरन, निर्मलता, सच्ची किरत कमाई, संयम, सत्संगति आदि कई मानवीय मूल्यों का अविर्भाव होता है।

“गुरु गिआनु प्रचंडु बलाइआ, अगिआनु अंधेरा जाई।”

(पन्ना 29)

गुरु जी नैतिक शिक्षा पर बहुत बल देते थे। उनके अनुसार बड़े बुर्जुगों द्वारा कही कई अच्छी अच्छी बातें मनुष्य पर बहुत प्रभाव डालती हैं। अतः अध्यापकों व विद्वान व्यक्तियों को हमेशा नैतिकता पूर्ण आचरण करते हुये शिष्यों में नैतिक गुणों का विकास करने का प्रयास करना चाहिये। उनके अनुसार -

“बाबाणीआ कहाणीआ पुत सपुत करेनि ॥



जि सतिगुर भावै सु मनि लैनि सेई करम करेनि॥”

(पन्ना 951)

गुरु अमरदास जी ज्ञान को सर्वोपरि मानते थे। उनके अनुसार सांसारिक ज्ञान के साथ साथ अगर आध्यात्मिक ज्ञान की प्राप्ति न हुई तो उसका आवागमन का चक्कर लगा रहेगा।

“अंतरि गिआनु न आइओ मिरतकु है संसारि॥

लख चउरासीह फेरु पइआ मरि जमै होइ खुआरु॥”

(पन्ना 88)

गुरु जी के अनुसार शरीर को स्वस्थ रखना भी ज्ञान प्राप्ति के लिये अनिवार्यता है। इनके अनुसार यह शरीर परमात्मा की बड़ी कीमती अमानत है। इसको संयमी आदतों से शुद्ध व स्वस्थ रखना चाहिये। उन्होंने कहा -

“हरि का मंदरु आखीअै काइआ कोटुगडु ॥”

(वार रामकली)

गुरु अमरदास जी शारीरिक स्वास्थ्य तथा भानसिक स्वास्थ्य दोनों के संतुलित होने पर बल देते थे। उनके अनुसार शारीरिक व मानसिक रूप से स्वस्थ व्यक्ति ही आध्यात्मिक उन्नति कर सकता है। उनके अनुसार प्रत्येक मनुष्य में बाल्यकाल से ही सद्बिचार विकसित किये जाने चाहिये जिसके लिये नैतिक शिक्षा अनिवार्य होनी चाहिये।

अंत में कह सकते हैं कि गुरु अमरदास जी नैतिक सरोकारों के पक्षधर थे। उनके द्वारा रचित बाणी में नैतिक मूल्यों की शिक्षा भी दी गई है। वर्तमान शिक्षा प्रणाली में इन शिक्षाओं की अत्यंत महत्वपूर्ण भूमिका है। तकनीकी ज्ञान के साथ साथ मानवीय सरोकारों के प्रति भावी पीढ़ी को शिक्षा के माध्यम से जागरूक किया जाना आवश्यक है। गुरु अमरदास जी की बाणी इस पक्ष से अत्यंत लाभदायक है। इसके पठन-पाठन द्वारा समाज में मानवीय सरोकारों के प्रति जागरूकता पैदा की जा सकती है। अतः में कहा जा सकता है -

“गुरु अमरदास की अकथ कथा है ॥

इक जीह कछु कही न जाई ॥”



संदर्भ ग्रंथ सूची

1. 'गुरु अमरदास: राग रत्नाकर' (प्रोफ़ेसर तारा सिंह)
2. गुरु इतिहास: दस पातशाहीआं (गिआनी सोहन सिंह सीतल)
3. 'श्री गुरु ग्रंथ साहिब के बाणीकार' (डा. राजेन्द्र सिंह साहिल)
4. 'सचित्र जीवन साखीआं: दस गुरु साहिबान' (डा. अजीत सिंह औलख)
5. श्री गुरु अमरदास जी दी बाणी (प्यारा सिंह पदम)
6. गुरु अमरदास: जीवन रचना ते सिखिआ (तारन सिंह)
7. सुहज ते आनंद (तारन सिंह)
8. जीवन बृतांत: श्री गुरु अमरदास जी



64. EXPOSURE OF RURAL STUDENTS THROUGH ONLINE MEDIA IN INDIA: A REVIEW STUDY

PRABHLEEN KAUR^{1,*} AND DR. AZAMAT ALI²

Research Scholar, Department of Journalism and Mass Communication, CT University, Ludhiana -142024, Punjab

*Correspondent author: prabhleenarora93@gmail.com , Contact Number: 9876003885

²Assistant Professor, Department of Journalism and Mass Communication, CT University, Ludhiana - 142024, Punjab

ABSTRACT

Online media is an enormously popular medium that can result in positive as well as negative effects. The medium which is counted as a gift to mankind is not so common everywhere. The tech-savvy world has reached the stage of 5G connection at some places but on the other side, its proper connectivity is still a concern. Considering the aspect of India where the major chunk of the population lives in villages, the online media has not penetrated deep into every zone. Whereat one point it is counted as a benefit to increase business spread awareness and helps as a medium of study, on the other side it is counted as a means of distraction, a source of addiction and a medium which leads to mental issues. Thus, the present paper is a critical study that provides reviews about the exposure of rural students through online media in India.

Keywords: Online media, mobile phone, social media, rural students, rural India

INTRODUCTION

In the present times, media has been diversified into different sectors such as print, broadcast and online media. The division of media has given the audience access to more content and has even made it an important part of our lives. We, humans, are dependent on media for every little sphere beginning from politics; economics, culture or entertainment, it has become an integral part of our lives. From arousing debates in



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homes about current issues or making people aware of what is going around the world, media is the provider of every little aspect (Oliver, 1998).

Going back to the history of media, it all began with the coming up of telegraph and post offices which were further followed by the newspapers, magazines, television, internet and the new age media. The new age media comprises palmtops, cell phones, etc which have made working prominently quite easy. In the contemporary time, new age media that is online and mobile media has become a necessity and no individual can survive without it.

Online media has created its place in the world now. It is a platform that uses the internet to exchange information and help people to connect with different beings. It comprises social media and other platforms which allow people to access information and helps in coping up with their day to day needs. As a matter of fact, this form of media has given a new shape to the world's connectivity and has brought people closer to each other. Social media is a hype that has turned into a necessity now and is inseparable from people.

Like the other parts of the world, the internet has not been a powerful source in India too. Several studies have revealed that the internet has created an impact on the Indian economy. The Internet has been the most preferred source among Indians when it is about searching for information, reading news or getting in touch with their loved ones. Not just this, the growth of social media has brought major changes in the working and now all the brands are focusing to build a great online reputation among their users by enhancing their TRP. With the increasing speed and penetration of the internet, the buying behaviour of consumer is also affected. The prospective buyers now first go through the online reviews and recommendations before making the choice. As per research, 40 per cent of people prefer shopping online rather than going to the markets. The internet usage pattern in India depicts the heavy usage of social networking sites that is 25 per cent of people spend time online on social sites (Tarique, 2014).

Taking into consideration the rural population, they are the people who live in the countryside and most of the people staying their practice agriculture only. When we look at the different occupations available, rural India is counted as a large market because around 750 million people live in 637,000 Indian villages. Mainly, the majority of the rural population's livelihood relies on agriculture (Rai and Sahila, 2013).

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In the past years, the use of social media is dominant in rural India as there is 100 per cent growth with 25 million people using the Internet to check Twitter and Facebook. As per the International and Mobile Association of India and Indian Market Research Bureau (IAMAI-IMRB), social media is one of the key reasons for people to use the internet. In fact, for several people who are accessing the internet for the very first time, social media is the only attraction that makes them go for it. Indian accounts for 143 million social media users. The urban area witnessed a growth of 35 per cent as the total users were 118 million in 2015 whereas the number for rural media was 25 million. However, in 2014, rural India has 12 million users which depict a 100 per cent growth in 2015 (Bhargava, 2015).

According to Statistica Report 2019, Rural India has a considerable portion that has no Internet access. Thus, there is a vast area for growth which will lead to an increase in the overall Internet-using population in the coming years. In India, more than 65 per cent of Internet users are in the age group of 12-29 years. A higher proportion of this age group is found in rural areas. Hence, depicting there is potential for growth in this section.

Technology has immensely grown and taken a new shape in the past few years. The media industry has also transformed and no wonder more changes are yet to come. With this development, people have come in touch with online media which combines the element of old innovative ways plus new means which in all makes communication and information receiving easy and quick. With the current media blitzkrieg, Online Media has made its way into the countryside. This medium will not just provide entertainment but during the times of COVID-19, it is a great measure for improving the learning practices of the students. Thus this technology serves as an efficient means for providing information, innovative ideas and education, to rural students.

REVIEW OF LITERATURE INDICATES

Dinesha and Agarwal (2011) studied Advanced Technology and Tools for Indian Rural School Education System. In the research the authors revealed the education in Indian rural schools can be made better by improving digital technology Desktop and storage visualization will be an aid for the students to study, get knowledge and have access to study material existing all over the world. It would be a great way to learn different material which is available on the internet. However, in the present system, there is limited study



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material and the means used for teaching are not that communicative. So adopting new means will make the education system a better one.

Pandya (2012) studied media and its effectiveness for rural adolescents. The study gives details on the Integrated Child Development Service (ICDS) programme of the Government of Gujarat. This scheme emphasizes enhancing the survival and development of children from the weaker sections of society. The ICDS has been an important factor in bringing down the Infant Mortality Rate (IMR), making the severely malnourished children become better and has increased the admissions in schools. Mass media such as newspapers, television, radio, the internet that is online media, etc. are playing a significant role in the development of rural adolescents as rural students get the maximum benefits from ICD.

Halder and Jaishankar (2013) conducted a study on Use and Misuse of the Internet by Semi-Urban and Rural Youth in India. The results of the study explained that positive use of the internet was less among the youth. The rural youth was unaware of the cybercrime issues, privacy concerns such as plagiarism and copyright issues regarding online material. The study reveals that college students need to be made aware of internet issues which are serious crime at some times. Students are into watching sexual clipping and such content but as they are scared of their parents so they tend to avoid it. Thus usage of the internet is done for negative things according to this research.

Prabu and Manoov (2013) researched Analyzing the Impact of the Internet in Rural India. The paper focused on the trends of Internet usage in rural and urban areas, however, the main emphasis was laid on rural areas pattern. The study revealed that rural India is a huge market that technology should capture. Rural India contributes to the economy and bringing the web to them could lead to immense growth. The internet presence in rural India could train children for a better future and helps in the creation of good infrastructure over there. The rural people can highly benefit the country by using the internet. The reason for their poor usage is a lack of infrastructure and training. Government should initiate proper moves for the same.

Hiremath (2014) in the article Use of Electronic Media among Rural Students: A Case Study revealed that electronic media is loved by the youth. A total of 165 respondents were taken through random sampling and the results stated that 83.63 per cent of respondents prefer using cell phones to desktop and PC. The usage of cell phones was for texting people. The internet usage by rural students through mobile phone accounted for

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33.33 per cent and 12.72 per cent accessed the internet through cyber cafes. Thus with this data, it could be seen that more than half of the rural youth population of Koppa village was not using online media.

Yadav and Tiwari (2016) researched E-Learning in Rural India. During the study, the author came to the result that E-Learning can be a great means for the development of the marginalized section. Launching the Digital India Program is a great step to achieve great results. Digital India will bring videos, wider content and increase interaction among rural students. With proper facilities, coming up of technology and proper infrastructure, E-Learning can be a great way to move towards sustainable growth for the coming generations. However, lessons should be given on its usage to reap the right benefit from the usage.

Biswas and Ghosh (2019) studied the impact of social media on rural college students in Nadia district, West Bengal. The study gives details about the social media usage pattern of rural students, their cycle of usage and the pattern of usage adopted by their parents. The results revealed social media has positive as well as negative effects on students. It depicted that maximum students are using social media daily to connect to their known people. Most of the students said that they are connected to their brothers and sisters on social media but they are not added with their parents. The reason for the same is that maximum parents over there are not using social media and are not comfortable using smartphones even. The students also explained that YouTube is one site that helps them in their studies and they use it to the maximum.

Devi (2019) in her study Impact of Social Media on Youth in Rural Area: A Sociological Study revealed that youth is fully engrossed in social media which is a vital part of online media. The youth of present times have even forgotten their family members and are busy using social media at all times. Even the interest in education and study has also declined. However, the youth has explained that social media is the best mode to develop interaction. Seventy per cent of the respondents said that it is an amazing means which helps in doing online payments, shopping and other such daily tasks. Fifty-two per cent of youth even said that this form of media helps to develop creative instincts and make them more confident.

Jamir et al. (2019) in the research article Epidemiology of technology addiction among school students in rural India revealed that there is a high prevalence of behaviour addiction among rural student, especially in Punjab and Haryana. It is likely observed that males are more addicted to smartphones and they

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comparatively use them quite more in comparison to females. As there is over usage of mobile phones, students are moving towards depression and facing serious kind of other mental issues. Even this addiction to online media is a harm to the performance of students as it is observed that low grades re-experienced by those students who are more addicted to social media.

Partil et al. (2019) studied the Profile of adolescent social media users in rural areas. The research was conducted in two villages of Maharashtra where 325 respondents were asked to fill the questionnaire. The study revealed that 88.67 per cent of rural children have access to cell phones whereas 73.42 children had their mobiles. WhatsApp, YouTube, Facebook and email were the common sources which students used from their mobile phones. The study also stated that students use social media mostly for entertainment and then for interpersonal communication. However, for education purpose and distance learning, social media was less priority. Even the study depicted that the lifestyle of students has changed and there is an ill effect on their life because of social media.

Prabakaran and Mahalakshmi (2019) researched on Performance of Digital Media in the Rural Education System in India. The study revealed that the rural education system needs to be transformed. The present system of Indian education does not foster confidence and innovation. The students are more into theoretical aspects which are not taking their paths in the right direction. The teachers should be trained to facilitate practical aspects in rural areas. The students should be embedded with confidence and their role in the decision-making process should be increased. Not just this, rural parents need to open the education door to their children for their better life. This would help them improve their quality of life and reduce poverty.

Chatterjee et al. (2020) in the research Adoption of mobile application for teaching-learning process in rural girls schools in India an empirical study came out with results that mobile is a necessary means for imparting education in rural areas. It is a way that helps in bringing new development and upgrading the system of education for students. However, the study also stated that education is a human base endeavour work. Full dependence on technology won't yield the right results but supportive use of new means and online media can help in increasing the clarity of concepts. Even the usage of technology will help in the social and healthcare development of students as well as their families.

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Kaur G and Kaur P (2020) in their study Effect of Social Media on Rural Women: A Literature Review revealed that Social Media has brought changes to the life of women. The women have become smart and are more confident when it comes to dealing with different matters. It has created social awareness among rural ladies. There were positive and well as negative effects of social media usage on women. However, this growth and positive change were more clearly noticeable in rural girls who were part of their student life.

Patwari (2020) studied on Use of Social Media by rural Youth in India: A boon or Bane. The study revealed that the use of social media has both sides. The trend of using Social Media is common in the age group of 16 to 25. It also showed that over-usage of social media by this age group leads to addiction for the same. Social media has lead to mental as well as physical problems among the youth. Even social media has lead to sending false emails, cyberbullying and other such crimes. However social media has a positive side too. The youth feels this medium spreads awareness on issues such as the anti-corruption movement, health concerns etc. The study concluded that social media has become an integral part of rural youth. Without social media, rural students cannot think about their direction of growth.

Radhakrishnan et al. (2020) studied the Usage of Social Network Tools by Rural Youth in Transfer of Technology- An overview. The research revealed that social media has been a great source for improvement in the agriculture sector. The rural students by using social networking sites make the agriculture industry adopt inventive means. WhatsApp, Facebook, Instagram and Tik Tok are quite popular among the rural youth. The usage of social networking sites is mostly done for online games followed by chatting and opting for recreational activities. However social network sites by rural youth were least used for social discussion and accessing profile of other individuals.

Reddy and Ramesh (2020) conducted a study on the Pros and Cons of E-Learning by Children in Rural Areas during Lockdown Situation and Ways to Empower them. The study revealed that rural areas lack the facility of providing online learning to all the students. Only a few students had access and the fee for them was too high which every rural student can't afford. There is no standardized way to online teaching as people are not aware of the exact process. Even the study revealed that internet connectivity was a major



issue in rural areas. The system needs to be updated and teachers need to adopt means so that lockdown does not lead to much loss of students.

Quraishi et al. (2020) in the study of Internet addiction among rural adolescents from western India stated that internet usage among rural youth is excessive. The study was conducted in Maharashtra with 251 respondents which were selected randomly. The excessive use of the internet can result in psychological problems among youth about which they are already aware. The excessive use of the internet is a little higher in males in comparison to females. The study also revealed that only science students used internet more for study purpose and result of the rural students used for entertainment.

Yadav et al. (2020) studied the Students perception of Digital Learning during the lockdown period in India: An Empirical Study of Rural and Urban Community. The authors covered 411 respondents from different areas to get a better result. The researchers expected results to show variation in rural and urban areas but the results depicted that students both in rural and urban areas are friendly with technology and have smartphones for usage. The problem of connectivity of the internet still prevails in some rural areas. Thus as a result the rural students prefer conventional teaching as a better means for the learning process.

Maheshwari (2021) in the article Mobile Phone usage pattern among youth in the urban and rural area revealed that both in urban and rural areas youth use phone just after waking up that it's within five minutes and similarly just before going to bed they use the phone. So from this, it could be analyzed that dependence on the mobile phone is there to a greater extent. The reasons for using the phone is solely for entertainment purpose that is using social media. Even 63 per cent of female respondents and 81 per cent of male respondents of the rural area felt that they use the phone way too much. However urban population did not have the same count and it was quite low. For the purchase of mobile phones, rural people preferred offline mode as a safer means. With this, it could be concluded that rural youth is not that comfortable with online shopping.

Visvambharam et al. (2021) studies about the Perception of online classes during COVID-19 pandemic: A cross-sectional study among the students of a rural tertiary care centre and dental college in Kerala, India. In the study, the authors revealed the study of content was quite good by using the technology but the clinical



learning was not up to the mark. The majority of the students preferred regular classes as they could learn better about the clinical process by being at the place which was not possible through this online mode. There were connectivity issues on both sides, so that made things a bit complicated.

CONCLUSION

Rural India is a huge market which could give the excellent product in terms of every sector. The students or in precise term the youth is the future of tomorrow and they should be given adequate resource and opportunities to achieve success. Considering the technological factor, online media and social media has become a vital part of every individual life and same ways this has also emerged into the rural sector as well. However, in the rural sector, it has not reached every area due to technical issues which should be resolved. Whereat one point students are benefitted from the online media as it provides them with different modes to achieve education, know about the current happenings and stay connected to people but at the same time, this is becoming a glue which is disturbing the normal lives and students are becoming dependent to it. It has also resulted in anxiety and mental disorders in students. Thus, there is a vital need to maintain the balance of its usage.

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65. The Growth of Eco-criticism as a Literary Theory

Dr. Priti Sureshkumar Nayak

Lecturer in English

Government Polytechnic College, Rajkot

Contact details: (M) 9427431699

E-mail I.D: priti_snayak@yahoo.com

ABSTRACT

Literature studies have long been preoccupied with historical perspectives. However, in recent years, critics have been more mindful of the relationship between literature and geography, and have derived ideas from their shared research. Nature and literature have always shared a close relationship as is evidenced in the works of poets and other writers down the ages in almost all cultures of the world. The world of literature throngs with works dealing with beauty and power of nature. The New Literatures in English among other manifest and symbolic representations also deal with nature as a very significant issue. However, the concern for ecology and the threat that the continuous misuse of our environment poses on humanity have only recently caught the attention of the writers. It is this sense of concern and its reflection in literature that have given rise to a new branch of literary theory, namely eco-criticism. This research paper provides a brief overview of eco-criticism's development as a literary theory from the early to mid-twentieth century. It reflects on the emergence of eco-criticism, a theory that examines a literary text in relation to its surroundings and portrays the underlying interconnectedness of human-nature life.

Keywords: Literary Theory, Eco-criticism, Environment, Eco-conscious, Nature



The Growth of Eco-criticism as a Literary Theory

Turning the pages of history we find that the history of humanity dates back to the invention of writing or as determined by the archaeological records. However, the rise of civilization is understood in terms of ages related to the environment. They are - *Paleolithic*: Stone Age, *Neolithic*: Bronze Age, *Chalcolithic*: Copper age, and Iron Age, etc. Though people believe that the man came first and he created the environment for his use, the scientific stories view differently. Literally, the Solar System is thought to be 4.5 billion years old and humans have existed as a species for only a few million years. Hence, human existence is in nature and not out of nature. Reflection of nature in literature becomes pertinent as the environment is the canvas on which history is written. The beauty of nature percolates upon every page of the history of human existence. These ecological concerns in literature paved the way for the arrival of new critical theories and terminologies. It is this sense of concern and its reflection in literature that have given rise to a new branch of literary theory, namely eco-criticism. Thus, finding Nature in literature is the study of an Ecocritic. This research paper provides a brief overview of eco-criticism's development as a literary theory from the early to mid-twentieth century.

Earlier Ideologies:

"Man is the measure of all things" a statement by the ancient philosopher Protagoras reiterated the similar idea of the Bible which taught the world that the environment is for a man to consume. Man is the king of all that exists. These meta- narratives made man superior to all the living beings. In western thought, 17th century writer Thomas Hobbes believed that the "state of nature" was a primitive one and that human community formation constituted comfort and safety. John Locke suggested that humans must treat the land as their private property. He believed that the non- human world was valued less. Later thinkers, however, had instrumentalist perception of nature.

Enlightenment Period

Mid 18th century was a period where we find the beginning of modernity which is characterized by critical response to the industrial development and growing technical mode of production. This improvement in terms of development in Europe and England influenced environmentalism to a great extent. They believed that one can improve by improving nature.



Romanticism

Rise of romanticism is a definite response to growing industrialization which became a major cause of the destruction of nature and natural habitat. It marked the use of nature as a supreme subject. The glorification of nature and landscapes in English and European poetry and paintings highlighted the delicate balance between man and the environment. The movement against cities in Wordsworth and others was a response to the grime, smoke and pollution of the city by gigantic machinery and profiteering industry. (Nayar, 244) Romanticism was an artistic, intellectual and literary movement of the 18th century as a reaction to industrial revolution, the age of enlightenment and the scientific rationalization of nature. It emphasized the symbiosis between mind and nature. Jonathan Bate, author of *Romantic ideology* (1991) proclaimed romantics as "the first ecologists". Similarly, McKisick in his work *Green Writing* (2000) hails romantic writers the first full-fledged eco-critical writers in the western literary tradition who called for the arrival of an amicable relationship between human and nature. Jacques Rousseau argued that the state of nature was the purest and the best form of human existence. His was one of the finest critiques of the enlightenment, arguing against the established notion of development. He believed that nature was innocent and that civilization was artificial and corrupt. He calls nature an open book for all. Major romantic writers like Wordsworth, Shelley, Keats, Coleridge, and Byron seriously saw divinity in nature and preached nature in their works.

During the 18th and 19th centuries, this civilization was tied up with two other 'movements', colonialism and capitalism. Both regarded nature as something to be exploited by humans. In the colonization period, colonized were seen as the part of nature; savage, barbarians, primitive, meant to be improved by the European influence: colonizers. They considered themselves superior, representative of God and others as inferior and meant to be exploited.

With the publication of *Origin of Species* (1859) by Charles Darwin, the mindset towards nature and environment changed. Darwin proposed a different concept of nature which proposed that human beings are also animals of a higher form. Only by acclimatizing to suitable nature, man can survive. 'Survival of the fittest' became the idea. Only those who better adopt nature and understand the interrelationship and dependence shall survive.

Karl Marks and Friedrich Engles in their materialistic conception of nature and society also believed that human progress was based upon a careful exploitation of nature and the non-human. Marxism focused on the kind



of capitalist mode of production and industrialization rather than on the consequences of these two on the non-human world. The hierarchical structure of being, the survival of the fittest doctrine and man as the master of all; changed the mindset of man towards nature. This inordinate and extrinsic attitude of man is explained by Bindu Annie Thomas in her work, *Essay on Eco-criticism*,

The spiritual and the psychological union between nature and man, man and beast was fractured beyond repair. Man has now to struggle for his existence. His survival depended on his intellectual faculties with which he sought to dominate the rest of the creation.”
(Thomas, 182)

The utilitarian thinkers like J. S. Mill and Jeremy Bentham marked a departure from enlightenment ideologies and proposed a different point of view. Mill in his essay ‘Nature’ argued that all human actions are irrational because they try to alter the course of nature. He was against the growth of the economy at the cost of nature. Jeremy Bentham the liberal utilitarian argued that cruelty to animals was completely unacceptable. These two are considered pioneers of western green thought. Roland Barthes observed in 1857 “always to strip down Nature, its laws and its limits so as to expose history there and finally to posit nature as itself historical.”

Twentieth Century

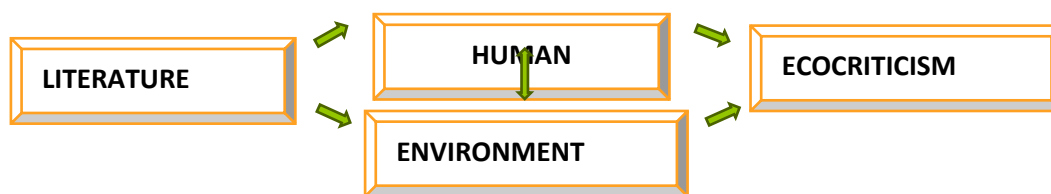
It is marked with critical questions of human-nature interconnectedness and a new social movement that fight for environmental protection. The century marked dissatisfaction towards present social and institutional order. The discontent grows into movements and theories like queer theory, the feminist movement, and the environmental movement. Thenceforth, eco-criticism entered as a literary theory into the field of literary criticism. Eco-criticism found its place among the expanding matrix of coexisting projects, which explained the theoretical diversity existing simultaneously as a result of the socio-political reaction. Eco-criticism grew not all of a sudden. It emerged gradually together with environmental philosophy. As Buell stated that most criticisms preferred to call eco-criticism as Environmental Criticism, Literary Environmental Studies, Literary Ecology, or Green Cultural Studies. (Buell, Future 11). Peter Barry in his chapter ‘Eco-criticism’ in *Beginning theory: an introduction to literary and cultural theory* (2000) claimed that Eco-criticism has no universal model. It is concerned with the study of the relationship between human and non-human, throughout human cultural history. Thus, its focus moves away from man-centred to earth-centred. Glotfelty in *The Eco-criticism Reader* observed:



Eco-criticism is the study of the relationship between literature and the physical environment. Just as feminist criticism examines language and literature from a gender-conscious perspective, and Marxist criticism brings an awareness of modes of production and economic class to its reading of its texts, eco-criticism takes an earth-centred approach to literary studies. (Glotfelty & Fromm xviii)

Eco-criticism takes an earth-centered approach to literary criticism. It has come to mean not only the application of ecology and ecological principles to the study of literature, but also the theoretical approach to the inter-relational webs of natural cultural and supernatural phenomena. Eco-criticism gives a new meaning to place, setting, and environment. Eco critics in their study want an ecological perception of nature to change the ways humans inhabit the Earth. Eco-criticism is a rapidly changing theoretical approach, which is different from the traditional approach to literature. Here the critic explores the local or global, the material or physical, or the historical or natural history in the context of a work of art. An eco critical approach to literature is often interdisciplinary, citing knowledge of environmental studies, the natural sciences, and cultural and social studies.

Generally, eco-criticism can be defined as a literary theory that juxtaposes literature and environment- i.e., environmental representation in literature, human interference and overuses of environmental resources and human activities affecting nature which calls for a greater awareness to protect the surrounding. An eco critic wears spectacles having one eye on literature (nature oriented text) and the other eye on ecology (Environment). Eco-criticism can be simply understood by the following figure.



(Figure 1, What is Eco-criticism?)

The figure depicts how literature, human world and environment are interlinked which in turn is studied by a critic who voices the environmental concern in literature. To simplify, exploring the representation of human nature nexus in literature is eco-criticism. The basic definition of eco-criticism was provided by an anthology, *The Eco-criticism Reader* (1996), wherein it is defined as 'the study of the relationship between literature and the environment'. (Nayar, *CLCT*, 242) other writers have defined eco-criticism differently. To state some of the



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definitions, Cheryll Glotfelty defined it as 'Eco-criticism is the study of the relationship between literature and the physical environment.'

Eco-criticism studies a literary text with one eye on Nature/environment and the other on Literature. It studies how nature is reflected in the text, how the author tries to bring environmental awareness, and the role nature plays in the life of the character. Together with the changing time; stories, aspirations and lifestyles of people have changed. There are no more stories and storytellers but Mobile phones and electronic gadgets that entertain. The root of man's growth itself is anti-nature which keeps one away from the love of nature. The profound intimacy with green grass, cooling breeze, sweet soil and fondling flowers have all vanished due to manmade artificialities, depleting resources and electronic gadgets that virtually present everything. Today man is happy seeing a photo of natural beauty hanging on the walls of his house.

Thus, Different writers and critics have used various terms associated with the theory of eco-criticism. Terms like green studies, deep ecology, eco-poetics, environmental writings, nature writing, eco-feminism, ecocide, eco-consciousness, eco-philia, eco-phobia, etc. appear with regard to eco-criticism. Oikocriticism or eco-criticism is an analysis of a text or texts concerning interrelationship among society, individual and environment. Thus, it is a criticism of the environment as represented in literature. Thus, eco-criticism is an emerging theory which has caught the eye and mind of many literary scholars within a short span in the field of literary criticism and its application. Though the approach has its roots in eco-feminism that gave impetus to it, eco-criticism is all encompassing approach to any text: ancient or modern, having natural elements. Today it has spread to almost all continental research and many books have been written on eco-criticism.

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66. Role of school environment in developing Reading comprehension and Language creativity Among Adolescents

Name: Punita Sacher

P.hd Scholar

C.T. University Ludhiana

Man's unbound inquisitiveness has led him down the ages to the vast expanse of information. Right from the dawn of civilization, knowledge has been accumulating itself through the unending process of views and reviews. Snowballing into its modern Himalayan heights of information, it has been encompassing everyone within its web of modern technology. Naturally, this fast-growing information age necessitated man to keep himself so properly in touch with the daily occurrences as to meet the requirements in all the walks of life.

Technology has brought about significant changes in the field of education. Innovations of the digital revolution-CD's, DVD's streaming videos, wireless communication have had an impact on the way languages are learnt in formal contexts. Researches are exploring ways in which technology can be used to make language education more effective and motivating for students. Language learning in the digital environment might compensate for the limitations of the classroom by extending both instructional and learning activities beyond the formal setting.

We are currently witnessing the emergence of a new paradigm in educational technology research based on changing assumptions about the nature of learning, leading to a new set of practices in educational settings. By the end of the 1980s, many researches in second language acquisition had moved away from the idea that the input that learners receive through communicative activities alone would promote language acquisition. Research through the decade had convinced many those learners need to 'interact' with linguistic input in order to acquire the target language.

It is clear that we are all drowning in a sea of information. The challenge is to learn to swim in that sea, rather than drown in it (Lyman & Varian, 2000). How to compass ourselves in the infinite sea of our accumulated awareness is as important as the gathering of information. In fact, it is the miracle of language that makes all communications capable of transferring idea and information to the receptive minds. Language is art and science, two in one, a science of artistic communication, which caters to our emotions, colors our imaginations and images the realities. Nothing is more effective than language in the world of communication.

Indeed, the whole secret of education with its manifoldness of information lies in the intelligent employment of one's potential. Many a channel has flowed in the daily arising information the world over.



Of these, reading as a powerful vehicle of communication, has played a dominant role in the diffusion and enrichment of knowledge.

Education helps in solving almost all the world problems. Since education is lame without reading, 'reading' has always to remain at the forefront. Experience has always taught us that those who fail in school usually have failed first in reading. Reading is considered to be the first button in the garment of education.

Academic achievement is determined by many variables and the most important among them are: school environment, cognitive ability and language creativity. The success as a whole depends on the skills of the individual. These skills may be literacy skills, professional skills, behavior skills, creativity skills, language skills and performance skills etc. under the category of literacy skills, Reading owns a relevant place. Learning to read and write is a basic skill that unfortunately not all children in the world learn sufficiently. In a time, when societal change puts increasing demands on individual's competence using written language, it is important schools are able to teach such skills to all children. In the present modern post-industrial society, a high level of literacy is not only a pre-requisite for further studies and professional accomplishment; it is indispensable in daily life too. Early mastery of reading is important in the sense that it can contribute to the child's development of intellectual self-control since written words offer possibilities for the child to stop, think and consider.

Another variable that makes a big difference in the success of a child is language creativity. As all we know that language is not a subject, rather it is a skill. Expertise in any language is possible through a lot of practice and interest. But to use language creatively, is another important aspect.

Language creativity, or the artful use of language, is central to children's emotional, cognitive and social development and education, as well as to communicate in general. Linguists and psychologists have shown that children naturally play and experiment with language sounds, structures and meanings and it has been argued that this kind of spontaneous often playful, creativity in language, contains the seeds of more prestigious poetic, literary and dramatic cultural forms (Cook 2000; Tannen 2007).

In this paper, the role of school environment is being discussed in developing reading comprehension and language creativity. Before explaining about the role of school environment, let us understand briefly about reading comprehension and language creativity.

Reading comprehension is one of the most complex behaviors in which humans engage. Reading theorists have grappled with how to comprehensively and meaningfully portray reading comprehension and many different theoretical models have been proposed in recent decades (McNamara & Magliano, 2009; Perfetti & Stafura, 2014).

Reading is an activity performed to develop an understanding of a subject or topic. Reading is an essential skill that individuals need to process in order to be successful in life. Reading keeps individual informed and



up-to-date. Reading is both a receptive and active process. It is a dynamic process in which the reader is searching for connections of ideas in the text. Reading requires the utilization of many mental processes as information is collected, processed and analyzed. If a child can read and understand the meaning of something he reads, he is said to have reading comprehension. More than just being able to read the words, reading comprehension includes the ability to draw inferences and identify patterns and clues in a text. For instance, if a child is reading about a person who decides to carry an umbrella, the child can infer that the person is expecting rain, or that rain may factor into the story somehow.

Reading is the basic tool for education. It improves comprehension and stretches vocabulary, widens the knowledge base and instils confidence in students. Reading is a standout amongst the most imperative segments of our dialect and it is a basic instrument for long lasting learning for all students. Reading has come to hold the most important place in education as a means of communication in a well-educated society.

It is an education by itself and it is vital that the school authorities, the teachers and the librarians at schools recognize this and support the school curriculum in diverse ways to inculcate and promote the reading habit among the school students. The accomplishment of quality fundamental education requires the promotion of the good reading habit for the school students. In order to face the 21st century, education has to prepare these students to adapt to social and technological changes that are taking place at an unparalleled rate. Education, under these conditions depends to a great extent on language competency. In this unique situation, reading particularly is an asset for life-long learning and obtaining new knowledge, expertise and information.

In this paper, we are discussing about two variables: one is Reading comprehension, that is explained above and the second is Language creativity, that is explained below:

The notion of linguistic creativity is propounded by Chomsky in 1966. It is the ability of ideal speaker in a homogeneous speech community to combine a finite stock of elements on the basis of a finite known stock of computational patterns.

It is a general view that only writers, poets, painters, musicians and scientists are creative persons, but now a day, a number of psychologists have started feeling that creativity can exhibit its pleasant influence on any sphere of life. A doctor, teacher, clerk, peon, laborer and a butler all can be creative persons in their respective fields of work. Guilford and Hoepfner (1971) stressed the same thing when they pointed out that specialization in art, music, shop work or commercial subjects undoubtedly calls for quite different combination of abilities and aptitude score summations of different compositions.

The scientists, technicians and businessmen etc. all have creative talent that pertains to specific field. Similarly, poets, novelists and writers display a peculiar type of creativity in their writings that can be called as language creativity.



Language creativity means multidimensional attribute that is differently distributed among the people and includes mainly the factors of fluency, flexibility, originality and elaboration. Language means a body of words and systems for their use; common people of the same community or nation and creativity means having the power of creating or producing.

It is primarily the activity of making new meaning by a speaker (in the broadest sense of the user of language in all forms and in all mediums), and the re-creation and re-interpretation of meanings by a receiver.

Reading is a complicated cognitive skill that includes getting information from the text, reading between the lines to infer what is not overtly stated, and moving beyond the obvious connection between the elements of the script to get meaning by clarifying the message from various points of views and aspects. Reading without comprehension or understanding a text is not what can be called efficient reading. Comprehension is the goal of reading, but it can be a difficult skill to master, especially for learners of English as a foreign language. Reading comprehension includes constructing meaning from the text and decoding the writer's words by using background knowledge.

Comprehension is the essence of reading and the active process of constructing meaning from text (Durkin 1993). Reading comprehension is a complex interaction among automatic and strategic cognitive processes that enables the reader to create a mental representation of the text (van den Broek & Espin, 2012). Comprehension depends not only on characteristics of the reader, such as prior knowledge and working memory but also on language processes, such as basic reading skills, decoding, vocabulary, sensitivity to texture, inferencing, and motivation. Comprehension also requires effective use of strategic process, such as metacognition and comprehension monitoring. As readers mature in their comprehension skills, they are able to progress efficiently from the stage of learning to read to the ultimate goal of reading to learn.

Reading comprehension refers to the basic ability or skill of individuals (in case of language learners) which makes him/her to understand the texts that they read and also ability to extract what the text or writer of the text is trying to convey to its reader.

In the process of reading and comprehending a text, when learners face problems they apply consciously certain strategies to comprehend the give text which are also flexible in depending the kind of problem or difficulty they facing with a particular give text. Such strategies are called reading comprehension strategies.

Reading comprehension is defined as ‘ a thinking process by which a reader selects information, or ideas from printed materials; determines the meanings the author intended to transmit; decide how they relate to previous knowledge; and judge their appropriateness and worth for meeting the learners' own objectives’ Veeravagu, et al (2010: 206).



Reading comprehension requires the coordination of multiple linguistic and cognitive processes including, but not limited to, word reading ability, working memory, inference generation, comprehension monitoring, vocabulary and prior knowledge (Perfetti, Landi, & Oakhill, 2005).

Language creativity enables the learner to play with the words in such a joyful and creative manner that even the simplest words may do wonder. Whether in written form or in spoken form, language creativity may win the hearts of millions. Somehow reading comprehension and language creativity are inter-related terms. Until the reader or learner is unable to comprehend or understand the text, he/she would not be able to use the text creatively whether in written or spoken form.

In developing any quality or norm, school environment plays the most significant role. Undoubtedly, the contribution of school environment in developing reading comprehension and language creativity is measureless.

School environment implies all the circumstances, people and events that surround the pupils at school, which influences their lives. It includes the sum total of all the social, moral, economic, political and intellectual factors which influence the development of the individual and contribute to teaching-learning situations.

According to Mick Zais (2011) school environment means the extent to which school settings promote student safety and student health which may include topics such as the physical plant, the academic environment, available physical and mental health supports and services and the fairness and adequacy of disciplinary producers, as supported by relevant research and an assessment of validity.

So, the congenial and positive environment in the classroom, behavior of the teacher, habit of reinforcing and motivating the students by providing positive and encouraging comments, personal and individual involvement to the deserving or needy learners and the quality and quantity of the efforts done by the teachers in developing reading comprehension and language creativity and attaining the desired academic achievement all have a great impact on the overall performance of the learners.

School is considered as the second home of the child. Classroom environment is a second teacher for any student. A large amount of the child's time is spent sitting in a classroom. This place is where they will learn the various skills deemed necessary and proper for them to achieve success in the global society. The learning environment must be filled with thinking, listening and discussion. Generally, the school environment must be congenial enough to make students comfortable to learn everything, especially learn 'how to read' and 'how to use language creatively.'

This is the basic reason that the environment of the school must be healthy enough along with home environment so that the skill of reading with comprehension may be inculcated and further language creativity may make its path and learners may become creative linguistically.



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67. COMPARISON OF STRESS LEVEL AMONG PHYSICAL EDUCATION AND YOGA STUDENTS

RAHUL TYAGI

Research Scholar (C.T University) Ludhiana, Punjab India

Abstract

The present study shows the comparison of stress level among male Physical Education and yoga students. The total sample of 60 student's divided into two group i.e. 30 Physical Education and 30 yoga students from Gurukul Kangri University Haridwar (Uttarakhand). In the present study Random sampling technique was employed to select the sample. A psychological stress scale (Kaul and Bedi 2001) was used to assess the stress level. The Result was found that male Physical Education students have less stress as compare to yoga students. So finding of the study indicate that yoga students were more prone to stress as compare to Physical Education students.

Introduction

two Stress is viewed as present day society's sickness with the aid of gurus from specific sectors. Stress has consequences on people's behaviors, communications and efficiency. Stress is no longer solely a aspect in working places; it is additionally frequent element in instructional environments skilled by way of students. Stress is first described through Hans Selye (1978) whilst looking for lady hormones. Before Selye, the time period "stress" used to be used to describe a intellectual pressure or unwelcome happening. Selye proven that stress weakened rats' immunity. Stress has come to be a prevalent clarification for human conduct in industrial societies (Viner, 1979). Walter Cannon described stress as "an exterior aspect affecting bodily homeostasis". Cannon, introducing the time period "homeostasis" and "fight or flight" response to stress is believed to do the first researches about stress (Sahin, 1982; Viner, 1980). Although the time period stress has first proven up in physiology today, there are many definitions of stress in many areas. According to Robbins, "stress is a dynamic circumstance in which an man or woman is confronted with an opportunity, constraint or demand associated to what he or she needs and for which the effect is perceived to be each unsure and important" (Robbins, 1986). Stress is a bad emotional experience, accompanied via predictable



physiological, cognitive and behavioral adjustments that are directed both towards altering traumatic instances or accommodating to its effects.

Significance of the problem

The existing learn about to discover out the distinction of stress degree between bodily training and yoga college students of Gurukul Kangri University. It might also be beneficial in enhancing the stage of overall performance in video games and sports. In this aggressive world, to live to tell the tale and exists upkeep of fitness at Physical and intellectual degree is very important. The reason of deterioration is day to day growing disturbing occasions which are very generally located amongst teenagers that are extensively influenced through peer pressure. The reason of their stress should be recognized at the earliest to keep away from behavioral troubles. Study itself is probably very annoying with many extraordinary and now and again conflicting pressures – analyzing complicated technical or theoretical material, writing assignments for deadlines, working phase time, having a ‘successful’ social life, household needs possibly peaking close to the checks which themselves explicitly check your overall performance below stress by way of placing strict time stipulations and doing away with viable assets such as books, colleagues, notes etc. Study can additionally mission your thoughts of who possibly seem to be like they have the whole lot underneath manage no longer continually the case through any means. Any alternate or transition, even a welcome one is traumatic and find out about entails a lot of transitions in addition to different existence events.

Method and Procedure

To achieve the purpose of the study total of sixty (n=60) male Physical Education and Yoga Students were selected as subjects divided into two groups, thirty (n=30) physical education students and, thirty (n=30) yoga students of Gurukul Kangri University Haridwar was Purposive sampling technique was employed to select the sample. The age group ranged from 18-25 years. The Researcher has used a psychological stress scale (Kaul and Bedi 2001) to measure stress level. The procedure investigator was used Perceived stress scale on Stress among Students with 20 items for the collection of data. The investigator was collecting the data by distributing the scale among male Students of Gurukul Kangri University Haridwar Uttarakhand. Sixty subjects were dividing into two groups there selected by used random sampling technique. Age varied by as per matriculation certificate. All instructions were given to subjects items of scale and the purposes of



research were explained to the subjects. The doubts of the subjects were cleared. They were given enough time to think and respond. The respondents were assured that their responses were kept confidential and used for research purpose only.

Tools

Perceived stress scale which has been prepared by Dr. Renna Kaul and Bedi 2001 was used to assess cognitive and somatic indicators of stress. There are 20 items in this stress scale in the form of questionnaire & Reliability coefficient 0.90

Statistical Technique

To find out, in order to find out the Comparison of stress level among Physical Education and yoga students 't' test was used at a 0.05 level of significance. Result Pertaining to Stress level

Table 1- Show the Stress Level of Male Physical Education and Yoga Students

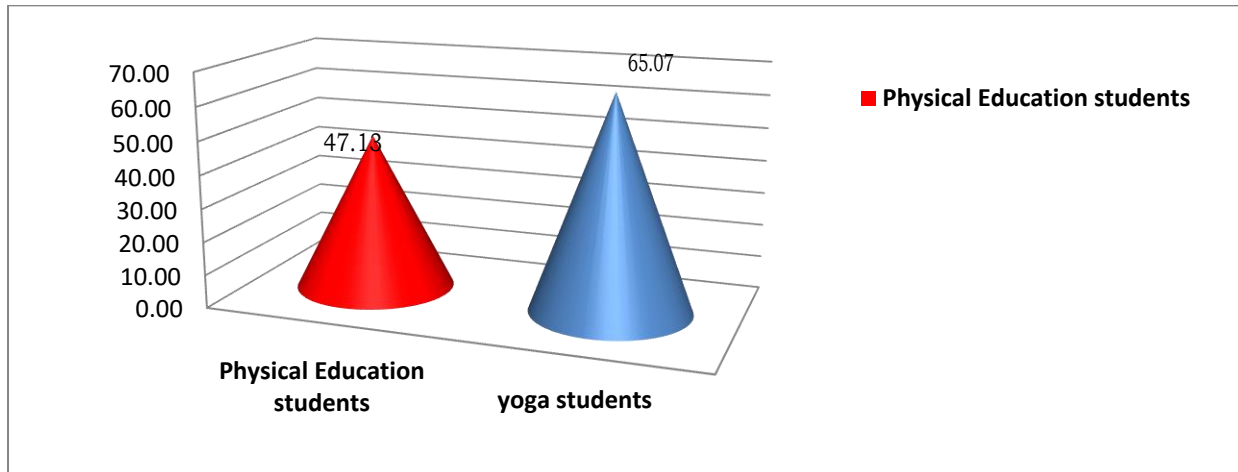
Groups	N	Mean score	S.D	df	t-value
Physical Education students	30	47.13	7.46	58	5.23**
Yoga students	30	65.07	12.61		

*Table value-2.01 at 0.05 level

* *significant at 0.01

*Table value-2.68 at 0.01

Figure 1- Histogram Showing the Mean Score of Stress Level of Male Physical. Education and Yoga Students.



Result and Discussion

Table and Figure 1.1 show the comparison of Stress Level Male Physical Education and Yoga Students. The mean values of Physical Education and yoga students were found 47.13 and 65.07, respectively. The S.D values of Physical Education and yoga students were found to be 7.46 and 12.61, respectively. The t. value was found 5.23. The statistically result was found significant at .01 level $t = 5.23$ (table value 2.68). Result was found Physical Education students have less stress as compare to yoga students this may be due to heavy training and full exercise of the body. Physical Education students are involved in competitive sports. So, participation in sports reduces the stress level due to pass from critical situation of the matches. This may be reducing the stress level as compare to yoga students.

Testing of hypothesis

The proposed hypothesis that “there was no significant difference among Physical Education and yoga students as related to their stress level” The Results were found significant comparison between physical education and yoga students as related to stress, so hypothesis was rejected.



Conclusion

As the mean scores revealed that there was more examination stress in case of physical education compared to yoga students. So, findings indicate that yoga students were more prone to examination stress as compared to Physical education students. There exists significance difference among Physical Education and yoga students as related to their stress level. So that hypothesis was rejected.

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68. EFFECT OF AEROBIC TRAINING, RESISTANCE TRAINING AND CONCURRENT TRAINING ON MAXIMUM STRENGTH AMONG BASKETBALL PLAYERS

* **Rajesh Sobti** and ** **Dr. Pravin Kumar**

***Ph. D. Scholar, Department of Physical Education, C T University, Ludhiana, Punjab.**

** **Prof. & Head, School of Humanities and Physical Education, C T University, Ludhiana, Punjab.**

ABSTRACT: The purpose of the study was to find out the effect of aerobic training, resistance training and concurrent training on maximum strength among basketball players. To achieve this purpose of the study, sixty college basketball players were selected as subjects who were from the Kurukshetra University. The selected subjects were aged between 18 to 25 years. They were divided into four equal groups of fifteen each, Group I underwent aerobic training, Group II underwent resistance training, Group III underwent concurrent training programme and Group IV acted as control that did not participate in any special training apart from their regular curricular activities. The subjects were tested on selected criterion variable such as maximum strength prior to and immediately after the training period. The selected criterion variable such as maximum strength was measuring by hand grip dynamometer. The analysis of covariance (ANCOVA) was used to find out the significant differences if any, between the experimental groups and control group on selected criterion variable. Whenever the 'F' ratio was found to be significant, Scheffe's test was used as post-hoc test to determine which of the paired means differed significantly. In all cases the criterion for statistical significance was set at 0.05 level of confidence ($P < 0.05$). The result of the present study has revealed that there was a significant difference among the experimental and control group on VO₂ Max.

Keywords: concurrent training-physiological-VO₂ max.

Introduction

The primary objective of sports training is to stress various bodily systems to bring about positive adaptation in order to enhance sporting performance. To achieve this objective, coaches and athletes systematically apply a number of training principles including overload, specificity and progression, organized through what is commonly termed periodisation. The application of these principles involves the manipulation of various programme design variables including choice of exercise, order of training activities/exercises, training intensity (load and repetition), rest periods between sets and activities/exercises and training frequency and volume in order to provide periods of stimulus and recovery, with the successful balance of these factors resulting in positive adaptation.

Aerobic power is improved by intensive bouts of exercise lasting four to eight minutes. Heart rate should exceed 180 beats per minute and jogging during "rest" should never be so slow as to allow heart rate to drop below 120 beats per minute. Rest intervals could be about equal in length to



the work periods. It is essential to note that no athlete should be subjected to highly-intensive bouts of exercise without completing over distance training. This is especially critical in young athletes; it takes years of diligent endurance training and tempo intervals with allowance for good lactate removal from the muscles to tolerate highly-intensive exercises.

Resistance training is for everyone. It is an important tool for achieving a complete healthy life. Resistance training is not just for people who are athletes, want to build or tone muscle, or are using resistance training to achieve a better looking body. Resistance training has two different, sometimes confused meanings – a more broad meaning that refers to any training that uses a resistance to the force of muscular contraction (better termed strength training), and elastic or hydraulic resistance which refers to a specific type of strength training that uses elastic or hydraulic resistance, which refers to a specific type of strength training that uses elastic or hydraulic tension to provide this resistance.

Concurrent training by definition means training to achieve multiple training goals at the same time. Concurrent training in the iron game was made popular by the Westside Barbell Club and Louie Simmons, who erroneously called it “conjugate” (which is a term coined by Yuri Verkhoshanski to describe a method that utilizes a delayed training effect, training residuals, and other fancy adaptational terms) instead of concurrent. Parallel and mixed training are synonymous with concurrent. Why is concurrent training such a hot topic lately? Because, in theory, when you utilize sequential training (traditional or linear training), you constantly move away from the qualities you’ve just developed, and going by the rule “use it or lose it,” you start detraining those qualities (if there is no maintenance work aimed at maintaining those qualities). Block training (conjugate training or the conjugate sequence system), which was developed by Yuri Verkhoshanski, is a special form of sequential training organized into blocks. Each block is aimed at producing strong, delayed training effects by utilizing concentrated loading (which induces overreaching). The blocks are “conjugated” into specific sequences so the training residuals and delayed training effects are maximally used at the most important time of the year (competition period, meets, matches, etc.). On the other hand, concurrent training tries to develop all important qualities at the same time. This approach, as any other, has its own pros and cons. The biggest advantage of the concurrent approach is the parallel development of all qualities. The biggest disadvantage is after some time (or with the most advanced athletes), you simply can’t develop all of the important qualities at the same time without risking



overtraining and limiting potential training effects. This is where a modification of concurrent training comes into play. The modification is simple and is based on training emphasis. You still train all of the qualities, but you emphasize only a few of them while maintaining others. Then you switch. In my previous articles, I confused this modification of concurrent training (emphasis methods) with the conjugate sequence system and block training. That was my mistake. Although it is very similar to block training, it is not block training, nor is it the conjugate or conjugate sequence system. It is modified concurrent training.

Resistance-training and aerobic exercise both cause muscular and cardiovascular adaptations, which differ depending on various training parameters, including intensity, volume, and frequency, among others. Resistance-training primarily leads to increases in strength, muscle size, rate of force development (RFD) and muscular power. Aerobic exercise primarily leads to increases in maximum oxygen consumption and time-to-exhaustion in incremental or constant-load endurance tests. However, it has been observed on many occasions that performing both resistance-training and aerobic exercise concurrently in a training program appears to lead to inferior gains in most if not all of the main resistance-training adaptations in comparison with a program comprising solely resistance-training. This phenomenon is called “the interference effect”. In their meta-analysis the reviewers in fact found that gains in muscular hypertrophy and strength were not significantly different between resistance-training-only and concurrent training groups. However, they found that power was significantly lower in the concurrent training group than in the resistance-training-only. This indicates that power is more sensitive to the interference effect than either strength or hypertrophy. However, the reviewers found that when the results were analyzed by type of endurance exercise and by body part, running was found to lead to an interference effect on lower body strength and hypertrophy while cycling was not.

Training Programme

During the training period, the experimental groups underwent their respective training programmes three days per week on alternate days for twelve weeks in addition to their regular physical education activities. Experimental Group I (ATG) underwent aerobic training and Group II (RTG) underwent resistance training and group III (CTG) underwent concurrent training (Aerobic and resistance training on the same day). Before the commencement of the experimentation and at the middle of the training period (after fifth week), the investigator recorded the target heart rate for aerobic training, 1RM tests for resistance and target heart rate and 1RM for maximal power training subjects. The details are cited in training schedule. The experimental group I, II and III performed their training at different velocities. Training

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volume and intensity were increased progressively on different phases. The training schedule for all the three experimental groups were presented in the table I, II & III. Every day the workout lasted for 90 – 100 minutes approximately. Group IV served as the control group. However, they were involved in regular activities as per the college routine.

The subjects underwent their respective training programme under strict supervision of the investigator. Prior to every training session, subjects underwent 5-10 minutes warm-up exercises, such as jogging, stretching, striding, and assisting exercises like push-ups, parallel squats, bench press and crunches. All the subjects involved in the training programmes were questioned about their stature throughout the training period. None of them reported any injuries. However, muscle soreness was reported in the early weeks, but it subsided later.

Training Schedule

The difficulty level in jump rope training is based on the target heart rate. The training schedule of aerobic training group is given in the table I.

**TABLE I
EXERCISES PRESCRIBED FOR AEROBIC TRAINING
DURING THE TRAINING PERIOD**

NUMBER OF WEEKS AND INTENSITY			EXERCISES	NUMBER OF SETS	DURATION OF EXERCISES	RECOVERY BETWEEN SETS	RECOVERY BETWEEN ROUNDS
1 st to 4 th WEEKS	5 th to 8 th WEEKS	9 th to 12 th WEEKS					
6 5 % V O 2 M a x	7 5 % V O 2 M a x	8 5 % V O 2 M a x	A e r o b i c	1	1 0 m i n	3 m i n	5 m i n
			R u n n i n g				

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			C y c l i n g	1	2 5 m i n	6 m i n	1 0 m i n
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- SET – Number of repetitions done in each exercise
- ROUND – The total number of exercises completed once

The training schedule of resistance training group is given in the table V. The difficulty level in resistance training is based on the 1RM.

**TABLE II
EXERCISES PRESCRIBED FOR RESISTANCE TRAINING
DURING THE TRAINING PERIOD**

NUMBER OF WEEKS AND INTENSITY			EXERCISES	NUMBER OF SETS	Repetition	R E C O V E R Y B E T W E E N S E T S	R E C O V E R Y B E T W E E N R O U N D S
1 st to 4 th WEEKS	5 th to 8 th WEEKS	9 th to 12 th WEEKS					
6 5 % 1 R M	7 5 % 1 R M	8 5 % 1 R M	Bench Press	2	7 - 1 0	1 ½ mins	3
			Leg Press	2		1 ½ mins	-
			Dead Lift	2		1 ½ mins	5
			Heal Raise	2		1 ½ mins	m i n s
			Half Squat	2		1 ½ mins	
			Leg Curl	2		1 ½ mins	

- SET – Number of repetitions done in each exercise
- ROUND – The total number of exercises completed once

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The training schedule of concurrent training group is presented in the table VI. The difficulty level in concurrent training is based on the 1 RM test and VO₂Max level. Aerobic and resistance training on the same day.

**TABLE III
EXERCISES PRESCRIBED FOR CONCURRENT TRAINING
DURING THE TRAINING PERIOD**

AEROBIC TRAINING SESSION							
NUMBER OF WEEKS AND INTENSITY			EXERCISES	NUMBER OF SETS	DURATION OF EXERCISES	RECOVERY BETWEEN SETS	RECOVERY BETWEEN ROUNDS
1 st to 4 th WEEKS	5 th to 8 th WEEKS	9 th to 12 th WEEKS					
6 5 % V O 2 M a x	7 5 % V O 2 M a x	8 5 % V O 2 M a x	A e r o b i c	1	1 0 m i n	3 m i n	5 m i n
			R u n n i n g	1	2 0 m i n	5 m i n	7 m i n
			C y c l i n g	1	2 5 m i n	6 m i n	1 0 m i n
RESISTANCE TRAINING SESSION							
6 5 % 1 R M	7 5 % 1 R M	8 5 % 1 R M	Bench Press	2	1 ½ mins	7 - 1 0 R e p u	3 - 5 m
			Leg Press	2	1 ½ mins		
			Dead Lift	2	1 ½ mins		
			Heal Raise	2	1 ½ mins		
			Half Squat	2	1 ½ mins		



			Leg Curl	2	1 ½ mins	t a t i o n s	i n s
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- SET – Number of repetitions done in each exercise
- ROUND – The total number of exercises completed once

Methodology

The purpose of the study was to find out the effect of aerobic training, resistance training and concurrent training on maximum strength among basketball players. To achieve this purpose of the study, sixty college basketball players were selected as subjects who were from the Kurukshetra University. The selected subjects were aged between 18 to 25 years. They were divided into four equal groups of fifteen each, Group I underwent aerobic training training, Group II underwent resistance training, Group III underwent concurrent training programme and Group IV acted as control that did not participate in any special training apart from their regular curricular activities. The subjects were tested on selected criterion variable such as maximum strength prior to and immediately after the training period. The selected criterion variable such as maximum strength was measuring by hand grip dynamometer. The analysis of covariance (ANCOVA) was used to find out the significant differences if any, between the experimental groups and control group on selected criterion variable. Whenever the 'F' ratio was found to be significant, Scheffe's test was used as post-hoc test to determine which of the paired means differed significantly. In all cases the criterion for statistical significance was set at 0.05 level of confidence ($P < 0.05$).

Test Administration

Maximum Strength (Grip Dynamometer)

Purpose: The purpose of this test is to measure hand grip strength.

Equipment required: Handgrip Dynamometer

Procedure: The subject to be tested holds the dynamometer in the hand to be tested, with the arm at right angles and the elbow by the side of the body. The handle of the dynamometer is adjusted if required. The base should rest on first metacarpal (heel of palm), while the handle should rest on middle of four fingers. The subject squeezes the dynamometer with maximum isometric effort, which is maintained for about 5 seconds. No other body movement is allowed.



Scoring: The score shown in the dial during the maximal isometric effort was multiplied into two to arrive at the final score. Score was recorded in kilograms.

Results

The analysis of covariance on maximum strength of the aerobic training group (ATG), resistance training group (RTG), concurrent training group (CTG) and the control groups (CG) were analysed and the results are presented in table IV.

Table IV shows that the pre-test means on maximum strength of aerobic training group (ATG), resistance training group (RTG), concurrent training group (CTG) and control groups (CG) are 38.28, 38.34, 39.16 and 38.86 respectively. The obtained “F” ratio 1.58 for pre-test means on maximum strength was less than the required table value 2.76 for significance at .05 level of confidence with df 3 and 56.

Table – IV
ANALYSIS OF COVARIANCE ON MAXIMUM STRENGTH OF AEROBIC TRAINING RESISTANCE TRAINING CONCURRENT TRAINING AND CONTROL GROUPS

	Aerobic Training Group	Resistance Training Group	Concurrent Training Group	Control Group	S O V	Sum of Squares	df	Mean Square	‘F’ ratio
Pre-test Mean	38.28	38.34	39.16	38.86	B	6.24	3	2.08	1.58
S.D.	1.12	1.06	0.96	0.85	w	73.81	56	1.32	



Post-test Mean	41.58	46.16	47.34	39.68	B	385.26	3	128.42	54.12*
S.D.	1.02	0.98	1.04	1.22	w	132.88	56	2.37	
Adjusted Post-test Mean	41.68	46.02	47.56	39.82	B	396.48	3	132.16	62.35*
					w	116.58	55	2.12	

* Significant at .05 level of confidence. (The required table value for significant at .05 level of confidence are of 3 and 56 and 3 and 55 are 2.76 and 2.78).

The post test means on maximum strength of aerobic training group (ATG), resistance training group (RTG), concurrent training group (CTG) and control groups (CG) are 41.58, 46.16, 47.34 and 39.68 respectively. The obtained “F” ratio 54.12 for post-test mean on maximum strength was greater than the required table value 2.76 for significance at .05 level of confidence with df 3 and 56.

The adjusted post test means on maximum strength of aerobic training group (ATG), resistance training group (RTG), concurrent training group (CTG) and control groups (CG) are 41.68, 46.02, 47.56 and 39.82 respectively. The obtained “F” ratio 62.35 for adjusted post-test means on maximum strength was greater than the required table value 2.78 for significance at .05 level of confidence with df 3 and 55.

It indicates that there was a significant difference among the post test and adjusted post test means of maximum strength of the aerobic (ATG), resistance (RTG), concurrent training (CTG) and the control groups (CG).

To find out which of the paired means had a significant difference, the Scheffe’s post-hoc test is applied and the results are presented in table V.

TABLE V
SCHEFFE'S POST HOC TEST FOR DIFFERENCES OF THE ADJUSTED POST-TEST PAIRED MEANS OF MAXIMUM STRENGTH

Adjusted Post-test means				Mean Differences	Confidence Interval
ATG	RTG	CTG	CG		
41.68	46.02	-	-	4.54*	1.50
41.68	-	47.56	-	5.88*	
41.68	-	-	39.82	1.86*	
-	46.02	47.56	-	1.54*	
-	46.02	-	39.82	6.20*	
-	-	47.56	39.82	7.74*	

* Significant at 0.05 level.

Table V shows that the adjusted post-test mean difference in agility between ATG and RTG, ATG and CTG, ATG and CG, RTG and CTG, RTG and CG and between CTG and CG are 4.54, 5.88, 1.86, 1.54, 6.20 and 7.74 which were greater than the confidence interval value 1.50 at 0.05 level of confidence. Hence, there was a significant difference between paired mean between groups.

Hence, the concurrent training group shows better on maximum strength than aerobic and resistance training groups.

Discussion/Conclusions

The findings of the study indicates that the concurrent training is better in improvement of maximum strength, (Wong, et al., 2010, McCarthy, et al., 1995, Morkkloa, et al., 2007, when compared to aerobic training and resistance training.

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69. रिजर्व बेंक ओङ्ग ईन्डियानी नाएांकीय नीतिना वलएोनों विश्लेषणात्मक अभ्यास (जन्युआरी, 2020 – मे, 2021): परिमाणात्मक साधनोना संदर्भमां

राहोड राजुभाई मोहनभाई

M. A.

अर्थशास्त्र ભવન,

સૌરાષ્ટ્ર યુનિવર્સિટી રાજકોટ.

❖ સારાંશ :

પ્રસ્તુત સંશોધન પેપરમાં રિઝર્વ બેંક ઓફ ઈન્ડિયાની નાણાંકીય નીતિનો અભ્યાસ કરવામાં આવેલ છે. આ અભ્યાસમાં રિઝર્વ બેંક ઓફ ઈન્ડિયાની નાણાંકીય નીતિના વલણોમાં જાન્યુઆરી 2020 થી મેસુધીના 2021 સમયગાળાનો અભ્યાસ કરવામાં આવેલ છે. આ અભ્યાસમાં ખાસ કરીને રિઝર્વ બેંક ઓફ ઈન્ડિયાની નાણાંકીય નીતિના પરિમાણાત્મક સાધનો જેવા કે BANK RATE, REPO RATE, REVERSE REPO RATE, MARGINAL STANDING FACILITY RATE, CASH RESERVE RATIO, STATUTORY LIQUIDITY RATIO પર વિશેષ ધ્યાન આપવામાં આવેલ છે

❖ મહત્વના શબ્દો :

BANK RATE, REPO RATE, REVERSE REPO RATE, MARGINAL STANDING FACILITY RATE, CASH RESERVE RATIO, STATUTORY LIQUIDITY RATIO

❖ પ્રસ્તાવના

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अर्थशास्त्रना सिद्धांत मुजब नाणांकीय नीति अटले अर्थतंत्रमां नाणांनी मांग अने नाणांना पुरवठानुं संयालन अने नियंत्रण करवा अंगेनी नीति. नाणांनी मांग अने पुरवठामां असमतुला होय तो अर्थतंत्रमां कुगावो के मंटी सर्जाय छे. आंतरराष्ट्रीय बजारमां नाणांना मूल्यने असर पहोंचे छे तथा अर्थतंत्रमां अस्थिरता आवे छे माटे नाणांनी मांग अने पुरवठानुं संयालन अत्यंत जरूरी छे अने आथी नाणांकीय नीतिने स्थिरता लाववा माटेनी नीति (Stabilization policy) तरीके पण ओणभवामां आवे छे. भारतमां शरुआतना वर्षोमां नाणांकीय नीतिनो हेतु नाणांनुं प्रमाण, मूल्य अने स्वरूपने नियंत्रित करवानो हतो. हालना समयमां नाणांकीय नीतिनो उपयोग शाभसर्जन माटे थाय छे.

“ देशमां आर्थिक विकासनी प्रक्रियाने ध्यानमां राभीने प्रजानुं हित जाणववा आर्थिक स्थिरता माटे सर्वोच्च बेन्क द्वारा नाणांनो पुरवठो अंकुशित करवा अंगेनी नीति अटले नाणांकीय नीति.”

(धोरण - 12ना अर्थशास्त्रना पाठ्यपुस्तकमांथी)

“ ट्रेकमां नाणांना पुरवठामां वधारो के घटाडो करवा अंगेनी RBIनी नीति अटले नाणांकीय नीति.”

❖ हेतुओ

1. रिजर्व बेंक ओङ्ग इन्डियानी नाणांकीय नीतिना जान्युआरी 2020 थी मे 2021 सुधीना वलणोनो अभ्यास करवो.
2. रिजर्व बेंक ओङ्ग इन्डियानी नाणांकीय नीतिना वलणो “ Up Trends ”मां याली रखा छे के “ Down Trends ”मां याली रखा छे तेनो अभ्यास करवो.

❖ संशोधन पद्धति

प्रस्तुत अभ्यास रिजर्व बेंक ओङ्ग इन्डियानी नाणांकीय नीतिना वलणोना संदर्भमा होवाथी तेनी मोटा भागनी माहिती आंकडाकीय स्वरूपमां छे अने आ माहिती रिजर्व बेंक ओङ्ग इन्डियानी ओडिसियल वेबसाईट परथी प्राप्त थवेल छे. तेथी आ अभ्यास मोटाभागे वर्णनात्मक पद्धति द्वारा करवामां आव्यो छे. जेमां आंकडाकीय माहिती भूतकाणमां होवाथी आंशिक रीते ऐतिहासिक संशोधन पद्धतिनो उपयोग करवामां आव्यो

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છે . તે ઉપરાંત રિઝર્વ બેંક ઓફ ઈન્ડિયાની નાણાંકીય નીતિના વલણોને સારી રીતે સમજવા માટે તુલનાત્મક સંશોધન પદ્ધતિનો ઉપયોગ પણ કરવામાં આવ્યો છે.

નાણાંકીય નીતિના સાધનો

(A) પરિમાણાત્મક સાધનો

1. બેંક રેટ
2. રેપો રેટ
3. રિવર્સ રેપો રેટ
4. કેશ રિઝર્વ રેશિયો (CRR)
5. સ્ટેચ્યુટરી લિક્વિડિટી રેશિયો (SLR)
6. માર્જિનલ સ્ટેન્ડિંગ ફેસિલિટી રેટ (MSFR)
7. ખુલ્લા બજારની નીતિ
8. સ્ટરિલાઈઝેશન'ની નીતિ

(B) ગુણાત્મક સાધનો

1. સલામતીની બાંહેધરી
 2. માર્જિનની જરૂરિયાત
 3. ધિરાણની ટોચ મર્યાદા
 4. ભેદભાવયુક્ત વ્યાજનાદર
 5. અન્ય સાધનો
- જાહેરાતો
- પ્રોત્સાહનો
- સલાહ સૂચનો

❖ પૃથ્થકરણ અને અર્થઘટન

(A) પરિમાણાત્મક સાધનો

1. બેંક રેટ

“ **RBI** વેપારી બેંકોને લાંબાગાળાનું ધિરાણ જે વ્યાજના દરે આપે છે તેને બેંક રેટ કહેવામાં આવે છે. ”

- કુગાવામાં બેંક રેટ વધારવામાં આવે છે.

- મંદીમાં બેંક રેટ ઘટાડવામાં આવે છે.

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❖ કોષ્ટક અને આલેખ દ્વારા રજૂઆત

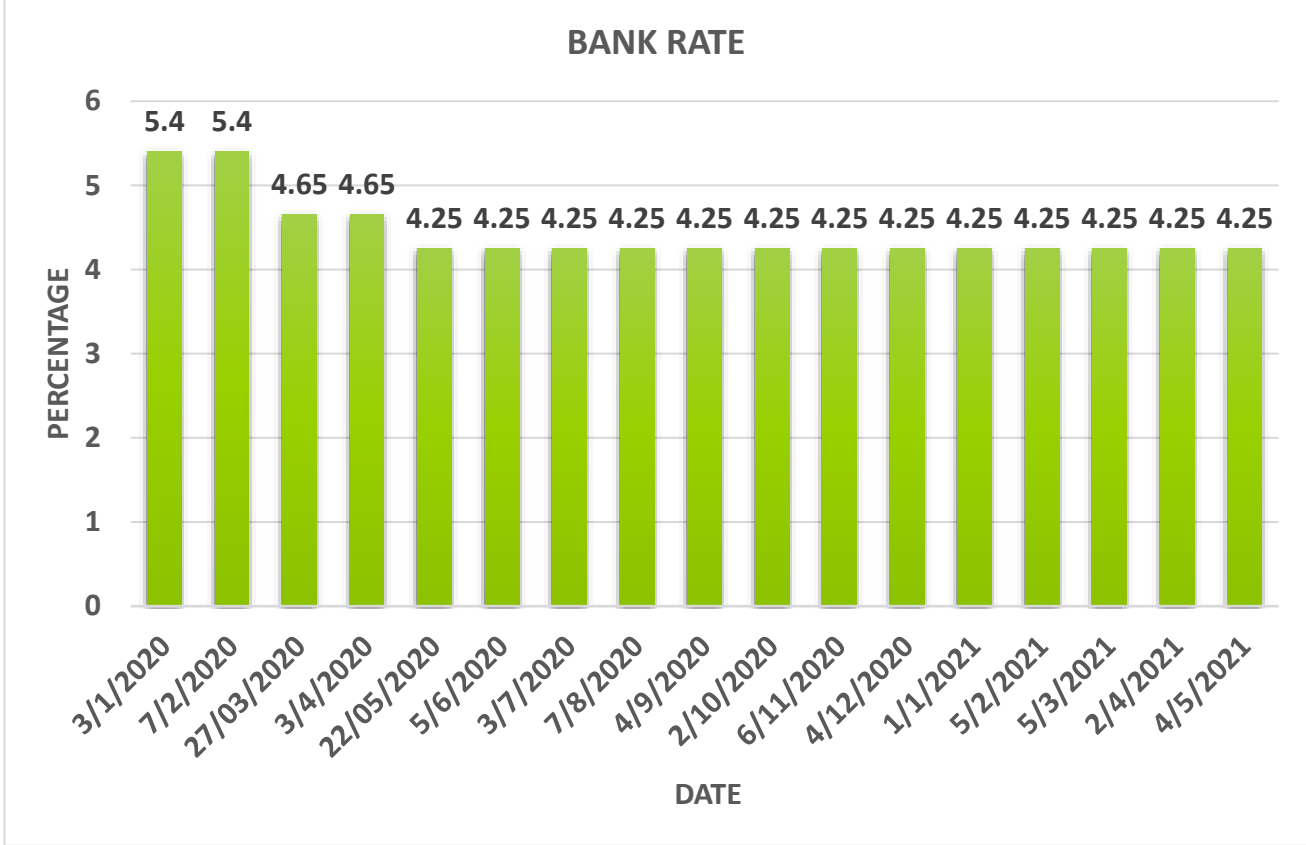
DATE	BANK RATE
03 - 01 - 2020	5.40
07 - 02 - 2020	5.40
27 - 03 - 2020	4.65
03 - 04 - 2020	4.65
22 - 05 - 2020	4.25
05 - 06 - 2020	4.25
03 - 07 - 2020	4.25
07 - 08 - 2020	4.25
04 - 09 - 2020	4.25
02 - 10 - 2020	4.25
06 - 11 - 2020	4.25
04 - 12 - 2020	4.25
01 - 01 - 2021	4.25
05 - 02 - 2021	4.25
05 - 03 - 2021	4.25
02 - 04 - 2021	4.25
04 - 05 - 2021	4.25

સ્ત્રોત:www.rbi.org.com

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સ્ત્રોત:www.rbi.org.com

❖ કોષ્ટક અને આલેખની સમજૂતી

- ઉપરોક્ત કોષ્ટક અને આલેખમાં જાન્યુઆરી 2020 થી મે 2021 સુધીના બેંક રેટની આંકડાકીય માહિતી આપવામાં આવેલ છે.
- જાન્યુઆરી 2020માં બેંક રેટ 5.40 % હતો તે ઘટીને માર્ચ 2020માં 4.65 % થયો હતો.
- બેંક રેટ ઘટીને મે 2020 ના રોજ 4.25 % થયો હતો.
- હાલમાં બેંક રેટ (જૂન 2021માં) 4.25 % યથાવત છે.
- ઉપરોક્ત માહિતી ઉપરથી એમ કહી શકાય કે જાન્યુઆરી 2020 થી મે 2020 સુધીમાં બેંક રેટમાં સતત ઘટાડો થયેલો જોવા મળે છે.

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➤ પરંતુ મે 2020 થી મે 2021 સુધી બેંક રેટ સ્થિર રહેવા પામ્યો છે. (એટલે કે બેંક રેટ છેલ્લા એક વર્ષથી સ્થિર રહેવા પામ્યો છે.)

2. રેપો રેટ

“**RBI** વેપારી બેન્કોને ટૂંકા ગાળાનું ધિરાણ જે વ્યાજના દરે આપે છે તેને રેપો રેટ કહે છે. ”

ટૂંકા ગાળાનું ધિરાણ (1 દિવસ, 7 દિવસ, 15 દિવસ)

❖ કોષ્ટક અને આલેખ દ્વારા રજૂઆત

DATE	REPO RATE
03 - 01 - 2020	5.15
07 - 02 - 2020	5.15
27 - 03 - 2020	4.40
03 - 04 - 2020	4.40
22 - 05 - 2020	4.00
05 - 06 - 2020	4.00
03 - 07 - 2020	4.00
07 - 08 - 2020	4.00
04 - 09 - 2020	4.00
02 - 10 - 2020	4.00
06 - 11 - 2020	4.00
04 - 12 - 2020	4.00
01 - 01 - 2021	4.00
05 - 02 - 2021	4.00
05 - 03 - 2021	4.00

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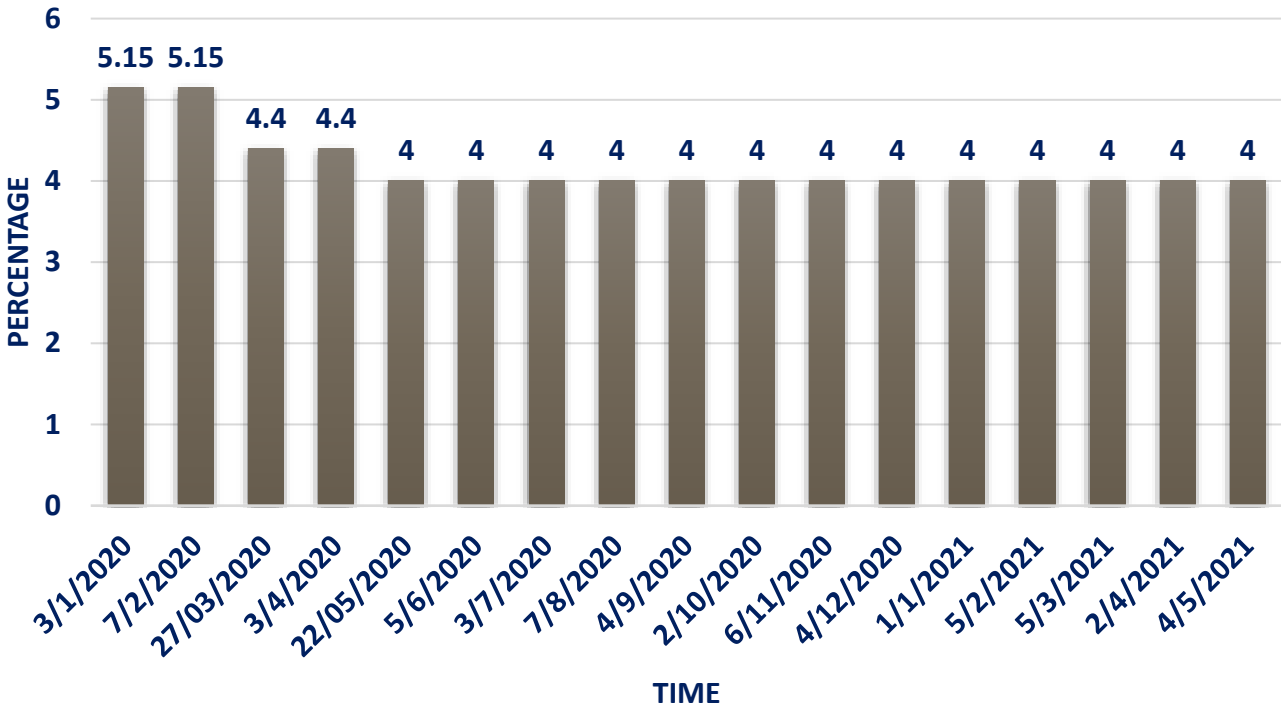
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02 - 04 - 2021	4.00
04 - 05 - 2021	4.00

स्रोत: www.rbi.org.com

REPO RATE



स्रोत: www.rbi.org.com

❖ કોષ્ટક અને આલેખની સમજૂતી

- ઉપરોક્ત કોષ્ટક અને આલેખમાં જાન્યુઆરી 2020 થી મે 2021 સુધીના રેપો રેટની આંકડાકીય માહિતી આપવામાં આવેલ છે.
- જાન્યુઆરી 2020માં રેપો રેટ 5.15 % હતો તે ઘટીને માર્ચ 2020માં 4.40 % થયો હતો.
- રેપો રેટ ઘટીને મે 2020 ના રોજ 4.00 % થયેલ હતો.

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- हालमां रेपो रेट (जून 2021मां) 4.00 % यथावत छे.
- उपरोक्त माहिती उपरथी ऐम कही शकाय के जान्युआरी 2020 थी मे 2020 सुधीमां रेपो रेटमां 2 वषत घटाडो थयेलो जोवा मणे छे.
- परंतु मे 2020 थी मे 2021 सुधी रेपो रेट स्थिर रहेवा पाभ्यो छे. (अटले के छेल्ला अक वर्षथी रेपो रेट स्थिर रहेवा पाभ्यो छे.)

3. रिवर्स रेपो रेट

“ वेपारी बेंको RBIने टूंक गाणानुं घिराए जे व्याजना दरे आपे छे तेने रिवर्स रेपो रेट कहेवामां आवे छे. ”

❖ कोष्टक अने आलेख द्वारा रज्ज्मात

DATE	REVERSE REPO RATE
03 - 01 - 2020	4.90
07 - 02 - 2020	4.90
27 - 03 - 2020	4.00
17 - 04 - 2020	3.75
22 - 05 - 2020	3.35
05 - 06 - 2020	3.35
03 - 07 - 2020	3.35
07 - 08 - 2020	3.35
04 - 09 - 2020	3.35
02 - 10 - 2020	3.35
06 - 11 - 2020	3.35
04 - 12 - 2020	3.35

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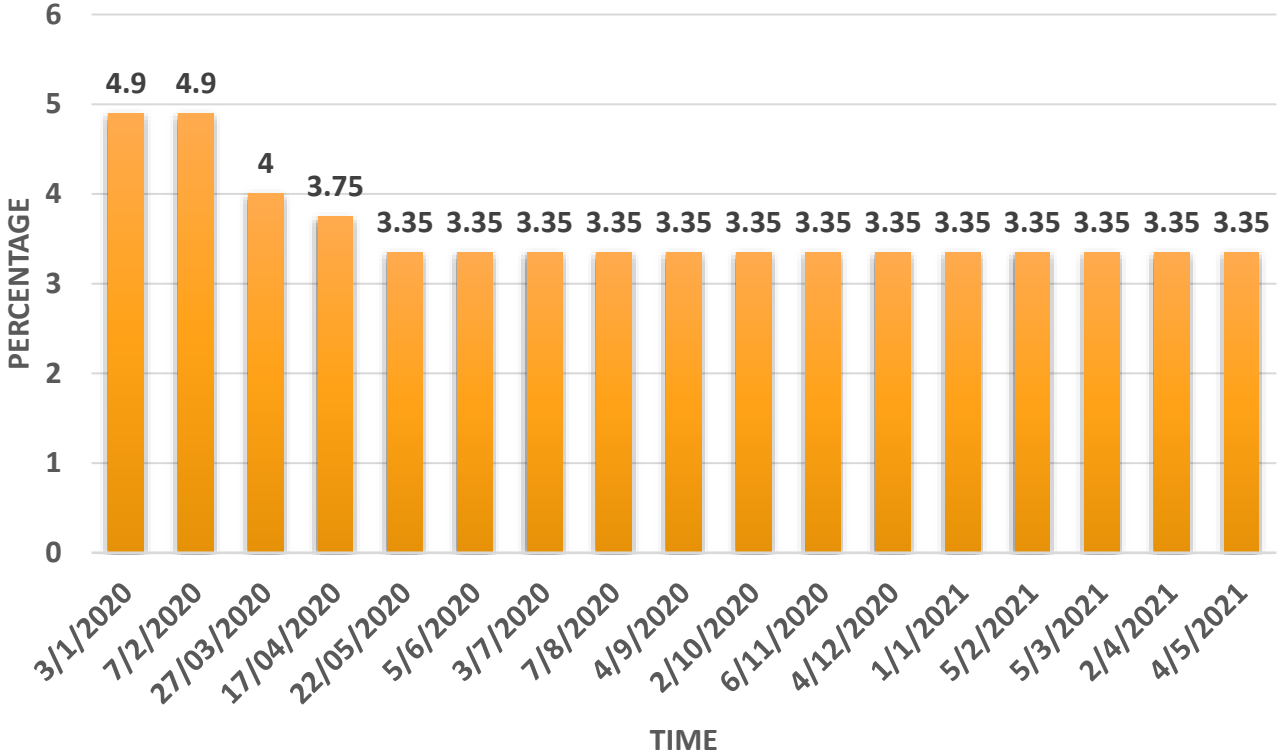
www.j.vidhyayanaejournal.org

Indexed in: ROAD & Google Scholar

01 - 01 - 2021	3.35
05 - 02 - 2021	3.35
05 - 03 - 2021	3.35
02 - 04 - 2021	3.35
04 - 05 - 2021	3.35

स्रोत: www.rbi.org.com

REVERSE REPO RATE



स्रोत: www.rbi.org.com

❖ कोष्टक अने आलेखनी समजूती

- उपरोक्त कोष्टक अने आलेखमां जन्युआरी 2020 थी मे 2021 सुधीना रिवर्स रेपो रेटनी आंकडाकीय माहिती आपवामां आवेल छे.

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- જાન્યુઆરી 2020માં રિવર્સ રેપો રેટ 4.90 % હતો, તે માર્ચમાં ઘટીને 4.00 % થયો , તે ઘટીને એપ્રિલ 2020માં 3.75 % થયો હતો.
- રિવર્સ રેપો રેટ ઘટીને મે 2020 ના રોજ 3.35 % થયેલ હતો.
- હાલમાં રિવર્સ રેપો રેટ (જૂન 2021માં) 3.35 % યથાવત છે.
- ઉપરોક્ત માહિતી ઉપરથી એમ કહી શકાય કે જાન્યુઆરી 2020 થી મે 2020 સુધીમાં રિવર્સ રેપો રેટમાં 3 વખત ઘટાડો થયેલો જોવા મળે છે.
- પરંતુ મે 2020 થી મે 2021 સુધી રિવર્સ રેપો રેટ સ્થિર રહેવા પામ્યો છે. (એટલે કે છેલ્લા એક વર્ષથી રિવર્સ રેપો રેટ સ્થિર રહેવા પામ્યો છે.)

4. કેશ રિઝર્વ રેશિયો

“ RBIની 1934ની ધારા મુજબ દરેક વેપારી બેંકોએ પોતાની થાપણોના અમુક ટકા જેટલી રકમ RBI પાસે રોકડ અનામત તરીકે રાખવાની હોય છે. ”

શરૂઆતના વર્ષોમાં આ પ્રમાણ

ચાલુ ખાતાની થાપણોના 5 %

લાંબાગાળાની થાપણોના 2 %

1962 પછી કુલ થાપણોના 3 % થી 15 % વચ્ચે CRR રાખવામાં આવે છે. RBI જરૂરિયાત મુજબ CRR બદલે છે.

❖ કોષ્ટક અને આલેખ દ્વારા રજૂઆત

DATE	CASH RESERVE RATIO
03 - 01 - 2020	4.00
07 - 02 - 2020	4.00
06 - 03 - 2020	4.00

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03 - 04 - 2020	3.00
01 - 05 - 2020	3.00
05 - 06 - 2020	3.00
03 - 07 - 2020	3.00
07 - 08 - 2020	3.00
04 - 09 - 2020	3.00
02 - 10 - 2020	3.00
06 - 11 - 2020	3.00
04 - 12 - 2020	3.00
01 - 01 - 2021	3.00
05 - 02 - 2021	3.00
05 - 03 - 2021	3.00
02 - 04 - 2021	3.50
04 - 05 - 2021	3.50

स्रोत: www.rbi.org.com

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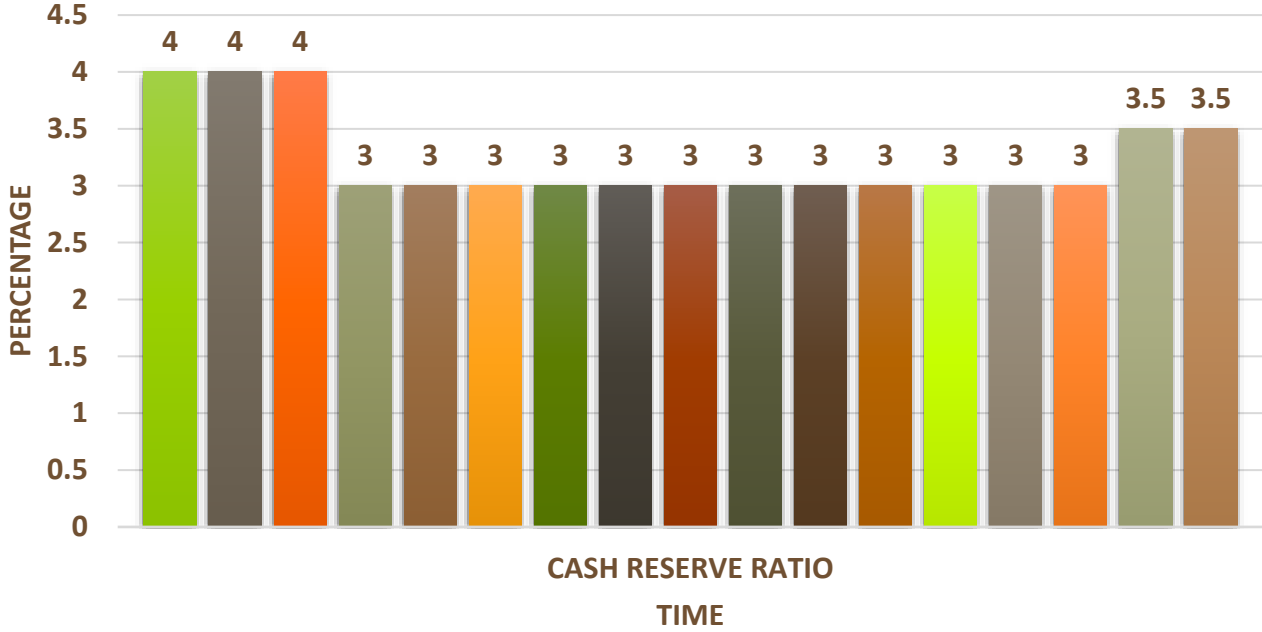
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CASH RESERVE RATIO



3/1/2020 7/2/2020 6/3/2020 3/4/2020 1/5/2020 5/6/2020
3/7/2020 7/8/2020 4/9/2020 2/10/2020 6/11/2020 4/12/2020
1/1/2021 5/2/2021 5/3/2021 2/4/2021 4/5/2021

❖ કોષ્ટક અને આલેખની સમજૂતી

- ઉપરોક્ત કોષ્ટકમાં જાન્યુઆરી 2020 થી મે 2021 સુધીના કેશ રિઝર્વ રેશિયોની આંકડાકીય માહિતી આપવામાં આવેલ છે.
- જાન્યુઆરી 2020માં કેશ રિઝર્વ રેશિયો 4.00 % હતો તે એપ્રિલ 2020માં ઘટીને 3.00 % થયો હતો.
- એપ્રિલ 2020 થી માર્ચ 2021 સુધી કેશ રિઝર્વ રેશિયો 3.00 % સ્થિર રહ્યો હતો, પરંતુ તે એપ્રિલ 2021માં વધીને 3.50 % થયો છે.

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- हालमां केश रिजर्व रेशियो (जून 2021मां) 3.50 % छे.
- उपरोक्त माहिती उपरथी अेम कही शकाय के जान्युआरी 2020 थी मार्च 2020 सुधी केश रिजर्व रेशियो 4.00 % साथे स्थिर जोवा मणे छे. त्थारबाद अप्रिल 2020मां घटीने 3.00 % थाय छे अने मार्च 2021 सुधी 3.00 % स्थिर रहे छे इरी अे अप्रिल 2021मां वधीने 3.50 % थाय छे.

5. स्टेच्युटरी लिक्विडिटी रेशियो

‘बेन्किंग रेग्युलेशन अेक्ट’ मुजब दरेक वेपारी बेन्के पोतानी कुल थापणोना अमुक टका जेटलुं मूल्य नकद(रोकड),सोनु, सरकारी जामीनगीरीओ वगैरे स्वरूपे राभवुं जरूरी छे जेने कायदा मान्य प्रवाहीतानुं प्रमाण कहेवामां आवे छे.

❖ क्रोष्टक अने आलेख द्वारा रज्ज्यात

DATE	STATUTORY LIQUIDITY RATIO
03 - 01 - 2020	18.50
10 - 01 - 2020	18.25
07 - 02 - 2020	18.25
06 - 03 - 2020	18.25
17 - 04 - 2020	18.00
01 - 05 - 2020	18.00
05 - 06 - 2020	18.00
03 - 07 - 2020	18.00
07 - 08 - 2020	18.00
04 - 09 - 2020	18.00

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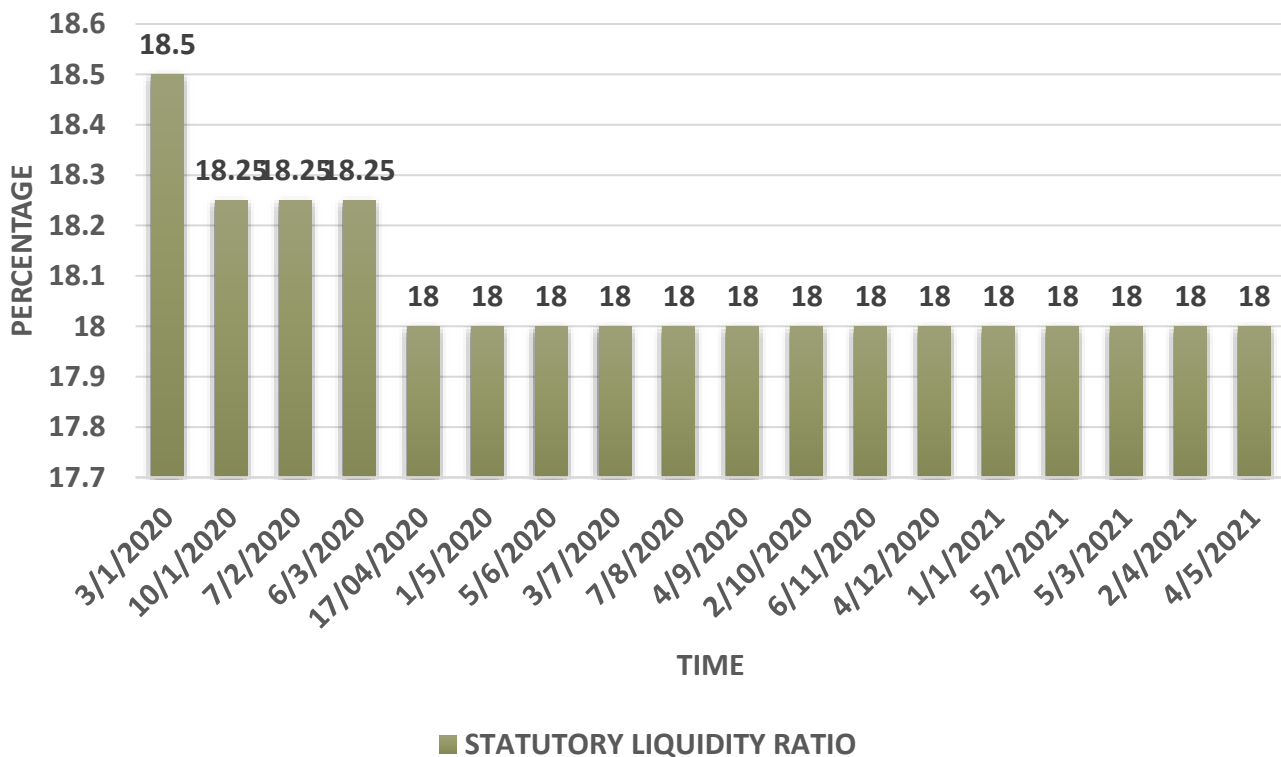
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02 - 10 - 2020	18.00
06 - 11 - 2020	18.00
04 - 12 - 2020	18.00
01 - 01 - 2021	18.00
05 - 02 - 2021	18.00
05 - 03 - 2021	18.00
02 - 04 - 2021	18.00
04 - 05 - 2021	18.00

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STATUTORY LIQUIDITY RATIO



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❖ કોષ્ટક અને આલેખની સમજૂતી

- ઉપરોક્ત કોષ્ટક અને આલેખમાં જાન્યુઆરી 2020 થી મે 2021 સુધીના સ્ટેચ્યુટરી લિક્વિડિટી રેશિયોની આંકડાકીય માહિતી આપવામાં આવેલ છે.
- જાન્યુઆરી 2020માં સ્ટેચ્યુટરી લિક્વિડિટી રેશિયો 18.50 % હતો, જાન્યુઆરી 2020માં જ તે ઘટીને 18.25 % થયો હતો તેમજ તે ઘટીને એપ્રિલ 2020માં 18.00 % થયો હતો.
- હાલમાં સ્ટેચ્યુટરી લિક્વિડિટી રેશિયો (જૂન 2021માં) 18.00 % યથાવત છે.
- ઉપરોક્ત માહિતી ઉપરથી એમ કહી શકાય કે જાન્યુઆરી 2020 થી એપ્રિલ 2020 સુધીમાં સ્ટેચ્યુટરી લિક્વિડિટી રેશિયોમાં 2 વખત ઘટાડો થયેલો જોવા મળે છે.
- પરંતુ એપ્રિલ 2020 થી મે 2021 સુધી સ્ટેચ્યુટરી લિક્વિડિટી રેશિયો સ્થિર રહેવા પામ્યો છે.(એટલે કે છેલ્લા એક વર્ષથી સ્ટેચ્યુટરી લિક્વિડિટી રેશિયો સ્થિર રહેવા પામ્યો છે.)

6. માર્જિનલ સ્ટેન્ડિંગ ફેસિલિટી રેટ

નાણાંની કટોકટીના (અછતના) સમયે વેપારી બેંકો RBI પાસે સરકારી જમીનગીરોઓ મૂકીને નિર્ધારિત દરે ધિરાણ લે છે તેને માર્જિનલ સ્ટેન્ડિંગ ફેસિલિટી રેટ તરીકે ઓળખવામાં આવે છે.

- આ દર રેપો રેટ કરતાં વધુ હોય છે.

- 2016 માં આ દર 7 ટકાનો હતો.



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❖ કોષ્ટક અને આલેખ દ્વારા રજૂઆત

DATE	MARGINAL STANDING FACILITY RATE
03 - 01 - 2020	5.40
07 - 02 - 2020	5.40
27 - 03 - 2020	4.65
03 - 04 - 2020	4.65
22 - 05 - 2020	4.25
05 - 06 - 2020	4.25
03 - 07 - 2020	4.25
07 - 08 - 2020	4.25
04 - 09 - 2020	4.25
02 - 10 - 2020	4.25
06 - 11 - 2020	4.25
04 - 12 - 2020	4.25
01 - 01 - 2021	4.25
05 - 02 - 2021	4.25
05 - 03 - 2021	4.25
02 - 04 - 2021	4.25
04 - 05 - 2021	4.25

સ્ત્રોત:www.rbi.org.com

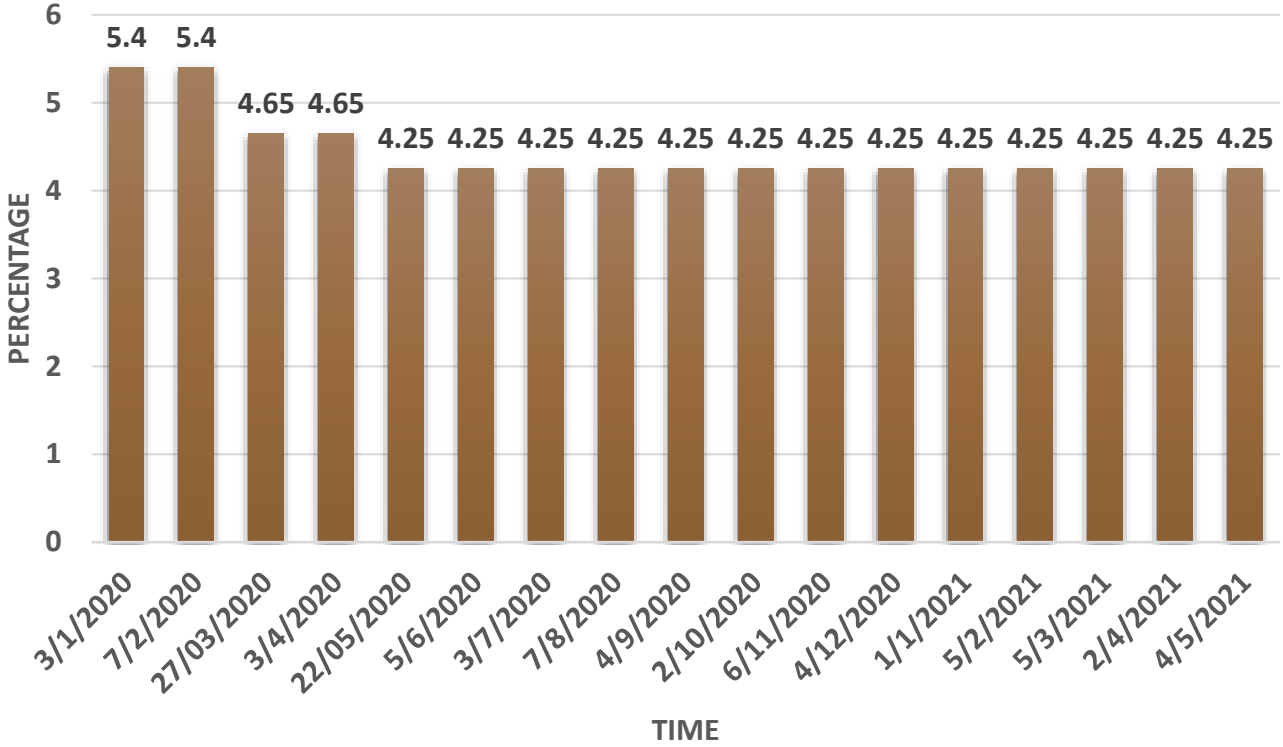
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MARGINAL STANDING FACILITY RATE



સ્રોત:www.rbi.org.com

❖ કોષ્ટક અને આલેખની સમજૂતી

- ઉપરોક્ત કોષ્ટક અને આલેખમાં જાન્યુઆરી 2020 થી મે 2021 સુધીના માર્જિનલ સ્ટેન્ડિંગ ફેસિલિટી રેટની આંકડાકીય માહિતી આપવામાં આવેલ છે.
- જાન્યુઆરી 2020માં માર્જિનલ સ્ટેન્ડિંગ ફેસિલિટી રેટ 5.40 % થયો હતો તે ઘટીને માર્ચ 2020માં 4.65 % થયો હતો અને મે 2020માં તે ઘટીને 4.25 % થયો હતો.
- હાલમાં માર્જિનલ સ્ટેન્ડિંગ ફેસિલિટી રેટ (મે 2021માં) 4.25 યથાવત છે.
- ઉપરોક્ત માહિતી ઉપરથી એમ કહી શકાય કે જાન્યુઆરી 2020 થી મે 2020 સુધી માર્જિનલ સ્ટેન્ડિંગ ફેસિલિટી રેટમાં 2 વખત ઘટાડો થયેલો જોવા મળે છે.

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- પરંતુ મે 2020 થી મે 2021 સુધી માર્જિનલ સ્ટેન્ડિંગ ફેસિલિટી રેટ 4.25 સ્થિર રહેવા પામ્યો છે. (એટલે કે છેલ્લા એક વર્ષથી રિવર્સ રેપો રેટ સ્થિર રહેવા પામ્યો છે.)

7. ખુલ્લા બજારની નીતિ

અર્થતંત્રમાં નાણાંનો પુરવઠો વધારવા કે ઘટાડવા RBI ખુલ્લા બજારમાં સરકારી જામીનગીરીઓનું ખરીદ-વેચાણ કરે છે.

8. સ્ટરિલાઈઝેશનની નીતિ

“RBI ફૂંડિયામણના વધતા કે ઘટતા પ્રમાણના આંચકાઓથી અર્થતંત્રને મુક્ત કરવા માટે સ્ટરિલાઈઝેશનની નીતિ અપનાવે છે.

(B) ગુણાત્મક સાધનો

1. સલામતીની બાંહેધરી

બેંકો ધિરાણ લેનાર દરેક વ્યક્તિ પાસે તેમની કોઈ મિલકત જેવી કે ઘરેણાં, કાર, ઘર, જમીન વગેરે સલામતીની બાંહેધરી પેટે લખાવે છે.

જો કોઈ ગ્રાહક બેંકની શરતો મુજબ ધિરાણની રકમ પાછી ન ચૂકવે તો બેંક આવી સલામતી પેટે રાખેલ વસ્તુ જપ્ત કરે છે.

2. માર્જિનની જરૂરિયાત

સલામતીની બાંહેધરી પેટે બતાવેલ મિલકતના અમુક ટકા જ અથવા માંગેલી લોનના અમુક ટકા જ જેટલી રકમનું ધિરાણ એકમને /વ્યક્તિને મળી શકે છે આવી ટકાવારીને ધિરાણનું માર્જિન કહેવામાં આવે છે.

3. ધિરાણની ટોચ મર્યાદા

કોઈ પણ એક વ્યક્તિ કે એકમ માટે ધિરાણની ટોચ મર્યાદા RBI નક્કી કરે છે.

4. ભેદભાવયુક્ત વ્યાજના દર

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अलग-अलग प्रकारना धीराएु माटे अलग-अलग व्याजना दर राखवानी पद्धति RBI सूयवे छे जेने बेदभावयुक्त व्याजना दरनी नीति कहेवामां आवे छे.

❖ तारणो

1. जन्युआरी 2020 थी मे 2021 सुधीमां RBIना विविध रेट जेवा के BANK RATE, REPO RATE, REVERSE REPO RATE, MARGINAL STANDING FACILITY RATE, CASH RESERVE RATIO, STATUTORY LIQUIDITY RATIOमां सतत घटाडो थयेलो जेवा मणे छे.
2. रिजर्व बैंक ओङ्क ँन्डियानी नाएांकीय नीतिना वलणो जन्युआरी 2020 थी मे 2021 सुधीमां “ Down Trends ”मां याली रह्या छे.
3. मे 2020 थी मेसुधी बैंकना विविध रेट स्थिर रहेवा पाभ्या छे 2021 .
4. मंटीना समयमां रिजर्व बैंक ओङ्क ँन्डिया द्वारा बैंकना विविध रेटमां घटाडो करवामां आवे छे.

❖ उपसंहार

उपरोक्त संशोधन पेपरमां आपणे नाएांकीय नीतिनो अर्थ तेमज नाएांकीय नीतिना साधनोनी विगतवार यर्था करीतेमां . रिजर्व बैंक ओङ्क ँन्डियानी नाएांकीय नीतिनो अभ्यास करवामां आवेल छे. आ अभ्यासमां रिजर्व बैंक ओङ्क ँन्डियानी नाएांकीय नीतिना वलणो जन्युआरी 2020 थी मे 2021 सुधीना समयगाणाने ध्यानमां लेवामां आवेल छे. आ अभ्यासमां जास करीने रिजर्व बैंक ओङ्क ँन्डियानी नाएांकीय नीतिना परिमाणात्मक साधनो पर जास ध्यान आपवामां आवेल छे. उपरोक्त यर्था परथी अेम कही शकाय के अर्थतंत्रमां मंटी के कुगावाने अंकुशमां लाववा माटे RBI द्वारा नाएांकीय नीतिमां योग्य डेरडार करवामां आवे छे.

❖ संदर्भ सूचि (Reference)

➤ Research Paper

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70. A Study of Sports Achievement of Arjuna Awardee Indian Boxer Kavita Chahal

¹Ramesh Singh

¹Ph.D Research Scholar, Department of Physical Education, CT University, Ludhiana, Punjab.

²Dr. Kuldeep Kumar Battan

²Assistant Professor, Department of Physical Education, CT University, Ludhiana, Punjab.

Abstract

The main aim of the research paper is to study the achievements of famous boxer Kavita Chahal. The present study considers how Kavita Chahal made this Journey from beginning to a Arjun Awardee Boxer. The researcher studied her contribution in sports and her hard work through which she won many medals (gold, silver and bronze) for the country. To given knowledge about her achievement, secondary data were collected from various websites, previous research studies and news papers. Analysis and results of the collected data indicated her achievements in chronological way.

Keywords: Boxing, National and International Achievements, Gold, Silver and Bronze Medals.

Introduction

The name Kavita Chahal is taken with great respect in the field of Indian boxing. She was born on 8th April, 1985 and belongs to village Nimri in district Bhiwani. Her father name is Mr. Bhup Singh and mother is Ramesh Devi. Kavita Chahal was interested in boxing from his childhood days and was inspired by her father Mr. Bhup Singh also a boxer. After some times, she went to Bhiwani Boxing Club and started her training under the supervision of Sports Authority of India coach and famous boxer Jagdish Singh. In initial, she participated in first All India Women Senior Boxing Championship-2006 and won Gold Medal. This was her first step towards the success. She took part in Asian Championships in the year 2008 (held in Guwahati), 2010 (held in Astana) and 2012 (held in Ulaanbaatar) under weight categories of 81 + kg. kavita Chahal won Silver medal in Guwahati-2008 and won Bronze Medal in astana-2010 and in Ulaabaatar-2012. She also won Bronze Medal in Asian Cap Women's Boxing Tournaments-2011 (Haikou). In AIBA Women's World Boxing Championship, Kavita won Bronze Medal under 81+ kg weight category in 2010 (Bridgtown) and in 2012 (Qinhuangdao). She is also Gold Medalist of World Police Games in 2013 (Belfost), 2017 (California) and 2019 (Chengdu). She is a heavyweight female boxer of India and she famed



for the 2nd World Ranking from 2012 to 2014 and AIBA Ranking-11 in 2016. The Government of India presented Arjuna Award to Kavita Chahal in 2013 for her sports achievements. Kavita Chahal is a first female boxer from Haryana to be awarded Arjuna Award.

Awards:

- Arjuna Award in 2013
- Bhim Award in 2014

Review of Literature

Singh (2004) conducted a case study entitled “Padma Shree Milkha Singh Legendary Athlete Sports Administrator and Sports Promoter - A case study has studied his biography, sports career and his contribution in the field of sports. A standardized opinion rating questionnaire was developed and mailed to his contemporaries, colleagues and others eminent sports persons and coaches to assess the personality traits of S. Milkha Singh, his philosophy and abilities as an administrator and sports promoter. Interview with S. Milkha Singh, his family members, friends, colleagues and relatives was also conducted.

Parul (2007) conducted a case study of Arjuna Awardee and Golden Girl Mamta Kharb. She was born at village Gumana in district Sonapat (Haryana). She started her sport hockey training in SAI campus at Chandigarh in 1996. She played many national and international hockey tournaments. She represented India in Hockey at age of 16 years at USA and her team won Gold Medal. She received prestigious Arjuna Awards by the President of India and Bhim Award by State Government.

Salesh Kalkal (2012) conduct a impact of indira Gandhi super thermal power plant on land use / land cover and social economic conditions a case study of Jharli and its surrounding. Present research work has examined the land use/land cover changes and social economic impact of land acquisition and industrialization process in agriculture and economically backward region of Jharli and its surrounded five villages such as Mohanbari, Gorla, Khanpur Khurad, Khanpur Kalanand Wajitpur Tapa Birhor. Now, this region is rising as an industrial hub in south Haryana. The increase in industrial land is well coming trend because it will provide more and more jobs faculty but empirical observation reveal that due to increase in cost of cultivation, problem due to lack of irrigation facility and low raining, problem due to skill labour, supply to low quality adulterated fertilization and price fluctuation in the market, the farmer prefer to sell



their land to property promoters and to government. Hence there is rice of decline in extent of land under agriculture in the near future also.

Navin (2013) conducted a case study of Ajun Awardee Ashok Kumar was born in wrestling and its promotion in india, published in the year 2013. Ashok Kumar ws born in sundana village District Rhtak, Haryana. As a child he was quite naughty, very active and loved sports, right from the childhood days. As a young boy, the subject did not show much interst in academic studies. He also competed his diploma in coaching in wrestling just after completing his metric. He played nearly more than 1000 wrestling and about 33 international tournaments/championships in his wrestling career and he received Arjun Award 1993 and Bhim Award 1989 by govt. of Haryana. He had the golden trick in his wrestling career.

Research Methodology

Under this study, the researcher made efforts to know biographical, historical background and achievements of Kavita Chahal as a reputed boxer to meet the objective. That is why a case study was designed under the title “Kavita Chahal: A Case Study of Achievements in the field of Boxing”. Data may be collected from primary and secondary sources. In this research project, secondary data were collected from published sources and unpublished sources like as newspaper, internet websites. The collected data were classified and presented by the statistical technique tabulation.

Analysis of National and International Sports Achievements

Table-1

National Level Achievements:

S.No.	Tournament	Date	Venue	Position
1	14 th Senior Women's National Boxing Championship	18 th May 2013 to 23 rd May 2013	Uttrakhand	Gold
2	13 th Senior Women's National Boxing Championship	25 th Nov. 2012 to 29 th Nov. 2012	Guwathati	Gold
3	61 st All Indian Police Games	Nov. 2012	Delhi	Gold
4	60 th All Indian Police Games	March 2012	Delhi	Gold
5	4 th Inter Zonal Women's	12 th to 15 th July,	Andhra Pradesh	Gold

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	National Boxing Championship	2012		
6	All india universities	January 2011	Udaipur	Gold
7	3 rd Inter Zonal Women's National Boxing Championship	2011	Punducherry	Gold
8	12 th sr. Women Boxing Championship	2011	Bhopal	Gold
9	34 th federation cup women boxing championship	2011	Nainital	Gold
10	1 st Interzonal national women Boxing championship	2010	Tirupur (tamilnadu)	Gold
11	33 th federation cup women boxing championship	18 th to 21 st November 2010	Nainital	Gold
12	10 th Sr. women national boxing championship	2009	Jamshedpur	Gold
13	N .C. Sharma Memorial federation cup women boxing championship	2009		Gold
14	Federation cup women boxing championship	2009	Tamilnadu	Gold
15	9 th Sr. women National Boxing championship	November 2008	Agra	Gold
16	Vizag Steel Sr. Women National Boxing Championship	June 2008	Vishakhapatnam	Gold
17	SRM Frderation Cup 2007	2007	Kattankulathur Kanchipuram(Tamilnadu)	Gold
18	1 st all india women Sr. boxing Championship	2006	Nainital	Gold

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19	11 th Senior women National Boxing Championship	5 th to 10 th December 2010	Thrissur	Silver
20	7 th Sr. Women national boxing Championship	December 2006	Vishakhapatnam	Silver
21	34 th National game in Jharkhand	17 th to 24 th February 2011	Jharkhand	Bronze
22	8 th Sr. Women national boxing Championship	2007	Rudarpur	Bronze
23	33 rd National Games	2007	Guwahati	Bronze

Table-2

International Level Achievements:

S.No.	Tournament	Date	Venue	Position
1	World Police Games	1-10 Aug, 2013	Northern Ireland	Gold
2	5 th Asian Women's Boxing Championship	23-31 May, 2010	Astana, Kazakistan	Bronze
3	6 th Asian Women's Boxing Championship	7-19 September, 2010	Barbados West Indies	Bronze
4	1 st Asian Women's Boxing Tournament	7-8 May, 2011	Haikou China	Bronze
5	6 th Asian Women's Boxing Championship	16-26 March, 2012	Mangolia	Bronze
6	7 th Asian Women's Boxing Championship	9-20 May, 2012	China	Bronze



Kavita Chahal is a heavy weight female boxer of India. She took part in Duol Training and competition during 2008 (Canada) and won Silver Medal. In 2011, she participated in All India Universities Tournament (Udaipur) and won Gold Medal. In 2012 and 2013, she participated in 13th Senior Women National Boxing Championship and 14th Senior Women National Boxing Championship respectively and won Gold Medal in the both Championships.

At International level, Kavita Chahal took part in 7th World Women's Boxing Championship (China-2012) and hold for Bronze Medal position. In 6th Asian Women's Boxing Championship (Mangolia-2012), she won again Bronze Medal. Kavita also took part under World Police Games and she won Gold Medal in 2013 (Belfost), 2017 (California) and in 2019 (Chengdu). In the recognition of Kavita Chahal's achievements, the Government of India presented her with the Arjuna Award in 2013.

Table-3

Sports Performance of Kavita Chahal in National and International Competitions of Last Three years

S.No.	Medals	National Competitions	International
1	Gold	17	1
2	Silver	2	0
3	Bronze	3	5
Total		22	6

Table-3 indicates that the spots performance of Indian boxer Kavita Chahal in national and international level competitions during last three years. It is observe from the above table that Kavita Chahal won maximum Gold medals (17 medals) in national level competitions followed by Bronze medals (3 medals) and Silver medals (2 medals). In international level competition, she won maximum Bronze medals during the last three years.

Conclusion

On the basis of analysis it may be concluded that Kavita Chahal was interested in boxing from childhood. Kavita was initially inspired by her gather Bhup Singh. Kavita's first coach was Mr. Jagdish Singh who trained her properly and professionally. In her sports career, she has a long journey. She participated in



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many boxing championship and secured her position for Golds, Silvers and Bronzes many times. She is first female boxer from Haryana who got Arjuna Award in 2013.

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71. “The Impact of Indian Independence Movement on the select Novels of Raja Rao”

Rashmi.S

Research Scholar
Bharathiar University
Coimbatore, Tamilnadu

Dr. U. VenkataRamana

Supervisor,
Bharathiar University,
Coimbatore

Biography

Indian Writing in English is influenced by Gandhian ideology. Gandhi emphasized more on social, political, and religious problems of the oppressed and down trodden lower castes in Hindu society. His aim was to abolish poverty, caste system and untouchability from society. The present study reveals prominently the influence of Mahatma Gandhi on the village of Kanthapura. ‘Kanthapura’ is the microcosm of the Indian traditional society and what happened in Kanthapura was also happened in India during 1919-1930. It is not only a political novel, but also a novel which concerns with socio-religious and economic transformation during the struggle for independence. ‘Kanthapura’ follows Gandhi’s doctrine and ideology of non-violence, Satyagraha, their views on untouchability and casteism etc. The novel can be considered Gandhi-epic. Gandhi aroused national awakening in Indians with his non-violent struggle for freedom movement which was strengthened by noncooperation and civil disobedience movement in Kanthapura village. Gandhi’s influential personality and his ideology is felt everywhere in the novel. Indeed, Gandhi doesn’t appear in this novel personally, but the plot of the novel revolves around his ideology. This research article, ‘Gandhi’s Ideology: A Study of Raja Rao’s Kanthapura’ aims at how the Gandhi’s ideology influenced Raja Rao which resulted in the creation of the character of Moorthy. It also focuses on how Moorthy, under the influence of Gandhi, tries to inspire the people towards the freedom struggle.

Raja Rao (8 November 1908 – 8 July 2006) was an Indian writer of English-language novels and short stories, whose works are deeply rooted in Metaphysics. Raja Rao was born on November 8, 1908 in Hassan, in the princely state of Mysore (now in Karnataka in South India), into a Smartha Brahmin family of the Hoysala Karnataka caste. He was the eldest of 9 siblings, having seven sisters and a brother named Yogeshwara Ananda. His father, H.V. Krishnaswamy, taught Kannada, the native language of Karnataka, at Nizam College in Hyderabad. His mother, Gauramma, was a homemaker who died when Raja Rao was 4 years old.

Raja Rao the name of a maestro who fought for the Indian caste system and other social issues which was deeply predicted in ‘Kanthapura’ and ‘The Serpent of the Rope’. Raja Rao’s style and language has the image of the Indian Philosophical view of ‘The Serpent and the Rope’ (1960), a semi-autobiographical novel recounting a search for spiritual truth in Europe and India, established him as one of the finest Indian prose stylists. Rao's wide-ranging body of work, spanning a number of genres, is seen as a varied and significant contribution to Indian English literature, as well as World literature, as a whole.

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The death of his mother, when he was four, left a lasting impression on the novelist – the absence of a mother and orphan-hood are recurring themes in his work.

Rao moved to the University of Montpellier in France. He studied French language and literature, and later at the Sorbonne in Paris, he explored the Indian influence on Irish literature. He married Camille Mouly, who taught French at Montpellier, in 1931. The marriage lasted until 1939. Later he depicted the breakdown of their marriage in 'The Serpent and the Rope'. Later, he gave speech about Gandhian Ideology and philosophical view and the existence of philosophy was clearly shown in his novels. Rao died of heart failure on 8 July 2006, at his home in Austin, Texas, at the age of 97.

Gandhi was the first Indian national leader to realize that it was not possible to revolutionize people without drawing upon the resources of their religion. He was the leader of India and abroad, not only for his struggle for Indian independence, but also for his immaculate character. Raja Rao's confidence in Gandhian thought led him to idealize Mahatma Gandhi as a true saint. In this novel, Rao depicts Mahatma Gandhi as an emblem of divine power. Gandhi is presented as an incarnation of Krishna who will assuage the distress of the Indians. Gandhi would kill the snake of foreign rule as Krishna had killed the snake Kalia. The novelist elevates the Gandhian movement to a mythological plan. Rao illustrates a fine analogy of Ram and Ravana - Ram for Mahatma Gandhi and Ravana for the British Government. In this novel, Mother India or freedom is compared with Sita, Gandhi is presented as Ram and Jawaharlal Nehru is considered to his brother Bharat. Rao's faith in Gandhian thought led him to idealize Gandhi as a true God. In Kanthapura Mahatma Gandhi is depicted as an emblem of divine power as well as great reality. The theme of the novel, "Gandhi and Our Village" has a mythical significance in that the past blends with the present. The age old faith of the villagers that gods walk by lighted streets of Kanthapura during the month of Kartik indicates that the myth co-exists with the contemporary reality.

Thus, Raja Rao's maiden novel Kanthapura presents the Gandhian ideology of non-violence and the abolition of untouchability. The great importance given to caste, the mythical presentation of Gandhi and mother India and the spiritualization of the freedom movement within the parameters of Indian cultural convention imply the tremendous impact of Gandhian ideology in 'Kanthapura'.

Raja Rao's language is such that it undoubtedly evokes an Indian atmosphere and an authentically Indian reaction in the west. His language has shaken "all traces of foreign acquisition and begun to assert its inalienable rights as an independent idiom. The word has become the perception". The words in his novels assume the significance of Mantra in so many places and no other novelist has been able to come nearer his innovative technique, rich and distinctive handling of the English language. No doubt, Raja Rao has earned the reputation of an innovator in the field of fiction. The range of life and the levels of consciousness which he deals with in his fiction are, indeed, remarkable, besides, he has created an adequate, so suitable, medium for the expression of his temporal and timeless, metaphysical and social, immediately local as well as international thoughts. Raja Rao is rather undoubtedly the first major Indian novelist writing in English that the 'Indianness of this writing should make for not only a typically Indian content but a characteristically Indian form as well. As a true representative of the modern Indian ethos which combines the ancient Indian tradition and modern western attitudes, Raja Rao presents a remarkable combination of narrative style and techniques of modern western fiction and age-old Hindu methods of literary expression. The style, use of language and narrative technique deserve true recognition from all literary circles and he is out and out an innovator in the use of language, style and technique. "One has to convey in a language that is not one's own



the spirit that is one's own. One has to convey the various shades and omissions of a certain thought movement that looks maltreated in an alien language. I use the word 'Alien' yet English is not really an Alien language to us. It is the language of our intellectual make up - like Sanskrit or Persian was before - but not of our emotional make up. We are all indistinctively bilingual many of us writing in our own language and in English. We cannot write like the English. We should not. We cannot write only as Indians we have grown to look at the large world as part of us. After language, the next problem is that of style. The tempo of Indian life must be infused into our English expression as the tempo of American or Irish life has gone into the making of theirs.

Theme

Raja Rao's (2001) 'Kanthapura' is an early post-colonial novel that successfully experiments the potential of language and literature to decolonize the minds. Rao has whetted the colonizing master's own tools such as the English language to dismantle the master's "euro-centric" house and to renovate it so as to have space for the "natives" who are "othered" to the margins of the mainstream world-consciousness. Rao has asserted the Indianness in English not only through an acculturation in language but also through fusing the native techniques and styles in the English form of novel. He takes the novel form from the Western tradition and at the same time refuses such a categorization by making Kanthapura a Puranic text. Originally a sort of Hindu genesis, purana has been adopted for secular documents of several types. The very nature of purana permits Rao to write a sectarian narrative with an ancient flavour, enabling Kanthapura to achieve the dimensions of a typical Indian narrative. The narration, description, philosophical reflection, religious teachings, digression in time, exaggeration of events, etc. in Kanthapura corresponds to the puranas. The very opening description of the village is in the spirit of a sthala-purana that gives a divine dimension to the topography: the Kenchamma hill, the Skeffington Coffee Estate, the temple of Kanthapurishwari, and the river Himavathy, all become "at once landscape, life, history, people, ideas and ideals" (RAO, 1980, p. 50). Kanthapura, a bold attempt at the assimilation of contemporary history into freedom, treats the impact of Gandhi on the people. Through Moorthy, the novel introduces almost all the major events of the Indian struggle for freedom in which Gandhi was the leading voice. Actually Gandhi's character was not introduced; only his voice leads the plot. The novel depicts a strong bounded theme, renders Gandhi's influence on the people with skill and understanding. 'Kanthapura' is in India, in microcosm and the narrative is the story of rural India responding to the call of Mahatma Gandhi for freedom. Rao has also made a conscious use of myth as a part of his narrative technique to delineate the impact of Mahatma Gandhi on the unlettered villagers in an obscure village. By virtue of his legend-oriented genius, Rao's treatment of the freedom struggle is "neither anachronistic nor over-indulgent but satisfying aesthetic instinct and demand of relevance" (Chakravorthy 4). The immediate concern of the novelist is Gandhian struggle for freedom. Moorthy, a fearless Brahmin boy, is studying in a college in the city. He listens to Gandhi's address and is totally changed. He gives up his college education because it is rooted in foreign culture, burns his books as well as Western clothes, becomes a 'Gandhi man' and returns to Kanthapura. There are two men in Kanthapura who obstruct Moorthy's reformist zeal - Bhatta, a Brahmin astrologer-turned-moneylender and the police constable, Bade Khan who has been sent by the Government to spy on and sabotage Moorthy's Gandhian activities. As a legendary history of a small village caught in the maelstrom of the freedom struggle of the 1930s, Kanthapura is firmly rooted in the soil. Kanthapura is not simply a political novel just as Gandhian struggle was not exclusively a political movement. Gandhi spiritualized politics and Kanthapura portrays the story of the resurgence of India under Gandhi's leadership through the intermingling of myths and facts, legends and history. Kanthapura is a Gandhi Purana and the central

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character Moorthy, is a 'Gandhiman.' A mere vision has changed the course of his life, and since then he has found the mission of his being. How Moorthy has been impressed by Gandhi forms an interesting part of the novel. Moorthy abandons his scholastic pursuits, and becomes a 'Gandhiman.' This is a concrete illustration of mythicizing Gandhian impact on the people. In 'The Serpent and the Rope' is so adroitly assimilated into the text that it spontaneously unfolds the theme of eternal love. The mythicizing of Mahatma Gandhi as Rama and Krishna in Kanthapura makes him an eternal hero. Raja Rao's mythic design is more effective than that of several other Indian novelists writing in English such as R. K. Narayan's 'Waiting for the Mahatma'.

Thus the two narrative structures, mythical and realistic, are constantly in conflict with each other, one trying to negate the other. In this chapter we have discussed the struggle for freedom in Kanthapura. The struggle in Kanthapura initiated the freedom struggle of Gandhi. Moorthy acted as the representative of Gandhi in Kanthapura village. Like Gandhi, here Moorthy faced a lot of problems like untouchability and social discrimination but finally Moorthy unites the Kanthapura village. Though he was excommunicated, he worked for the village and finally succeeds. We have also analyzed the myths in Kanthapura and seen Gandhi achieving national freedom. In the following chapter we will discuss the National freedom as found in The Serpent and the Rope and The Cat and Shakespeare. The major theme of the novel, Moorthy, the Gandhian spokesman, does not protest against the economic exploitation of the country. "Our gold should be in our country. And our cotton should be in our country", he tells the Kanthapurians (RAO, 2001, p. 24). He educates the women-folk on how they are made to buy their own rice at high rates, and suggest them to do husking at home rather than selling their grains to the mill-agents. The style, language and theme are the main narrative part of every novel. Raja Rao's 'Kanthapura' and 'The Serpent of the Rope' both are the portraiture of the socio political utterance of so called society and the characters sketch has beautifully crafted by Raja Rao is versatile and unique. The mythological language of Purana, depiction of Gandhian Ideology and 'Moorthy' the small boy how he followed Gandhi and became Gandhi man, is inexplicable in this novel.

Major Influences

Though Raja Rao started his writing career in Kannada he has proved himself to be a great writer in English. He has many novels to his credit and to quote a few 'Kanthapura', The Serpent and the Rope, The Cat and Shakespeare, Comred Kirillov, The Chess Master and His Moves. He has not only written novels but also short stories. Raja Rao proved himself to be a unique stylist because of his first novel's (Kanthapura) puranic quality. "The project on Raja Rao was undertaken during the seventies when the major works of all the Indian writers in English born in the first quarter of this century had already been written, appreciated and tabled as incontrovertible evidence of 'Indianness' from its modest beginning in the preceding century, the subcontinent's creative effort in English has been for quite some time deeply involved in the question of national identity seeking expression in an alien medium. Taken together Raja Rao's writings present a rich experience of Indian life at many levels and he is certainly a major Indo-Anglican novelist. All of Raja Rao's novels explore philosophical concepts.

- I. Kanthapura- 'Kanthapura' is the first novel of Raja Rao. The impact of Gandhi and freedom movement on a remote village is depicted in this novel. It is a narrative novel. The narrator of this



novel is an elderly woman, widow, who narrates the story in an Indian style. Like his short stories we can find blending of truth and imagination, poetry and strangeness, history and legend in Kanthapura. 'Kanthapura' is remarkable in many ways; the narrator is a grandmother (usually Grandmothers are well known for telling stories in India). She tells the story of Indian freedom movement in which she had taken part. The spontaneity and Indianness and feminine tone can be noticed in her story. She is typical Indian Grandmother. While reading the novel we come across many humorous statements also. No village in India is free from superstitions. Even Kanthapura is not an exception. She uses the names of many Gods and Goddesses. Here Gandhi is compared to Rama and the British particularly the (Police Inspector) is compared to a soldier in Ravan's army. Satyagrah is divine and ironically Krishna himself is in Kamsa's prison! In this novel even the trivial things gain importance because they are glorified. We can find racism in this novel. By this we come to know about caste consciousness among the Indians. The political revolution is also portrayed in this novel very well.

Kanthapura, a bold attempt at the assimilation of contemporary history into freedom, treats the impact of Gandhi on the people. Through Moorthy, the novel introduces almost all the major events of the Indian struggle for freedom in which Gandhi was the leading voice. Actually Gandhi's character was not introduced; only his voice leads the plot. Civil Disobedience Movement including the Dandi March, Satyagraha, Non-cooperation with the alien government, the crusade against untouchability, spinning chakhra and wearing khadi find vivid mention in the narrative. The novelist renders Gandhi's influence on the people with skill and understanding. Kanthapura is in India, in microcosm and the narrative is the story of rural India responding to the call of Mahatma Gandhi for freedom. Rao has also made a conscious use of myth as a part of his narrative technique to delineate the impact of Mahatma Gandhi on the unlettered villagers in an obscure village. By virtue of his legend-oriented genius, Rao's treatment of the freedom struggle is "neither anachronistic nor over-indulgent but satisfying aesthetic instinct and demand of relevance" (Chakravorthy 4). The immediate concern of the novelist is Gandhian struggle for freedom.

Rao has displayed his individual talent in harmonizing Puranic myths, localized myths or the Sthala Purana (the legendary history of a place or village) and the popular rites and rituals to transform a local legend into a fine artistic creation. As a legendary history of a small village caught in the maelstrom of the freedom struggle of the 1930s, Kanthapura is firmly rooted in the soil. Kanthapura is not simply a political novel just as Gandhian struggle was not exclusively a political movement. Gandhi spiritualized politics and Kanthapura portrays the story of the resurgence of India under Gandhi's leadership through the intermingling of myths and facts, legends and history. Though the Mahatma is not directly presented as one of the characters in the novel, the entire action is sustained by the spirit of Gandhi. "Kanthapura" is "a Veritable Grammar of the Gandhian myth, the myth that is but a poetic translation of the reality. Kanthapura is a Gandhi Purana and the central character Moorthy, is a 'Gandhiman.' A mere vision has changed the course of his life, and since then he has found the mission of his being. How Moorthy has been impressed by Gandhi forms an interesting part of the novel. 'Kanthapura' is the story of an entire village community caught in the maelstrom of Gandhian politics. If a novel is marked by growth and development. In 'Kanthapura' he has used peasants' speech. Whenever they get angry peasants use abusive and vulgar language. So, Rao has used it more judiciously than Mulk Raj Anand. Rao has used peasants' speech because he wanted to express peasants' sensibility. Rao has used Indian imagery, proverbs and idioms. In his similes he has used



the names of familiar animals. Sometimes he has used Indian words directly in English. He has used English as if it is his mother tongue so it speaks of his mastery over English.

II. The Serpent of the Rope- The Serpent and the Rope is an autobiographical-style novel by Raja Rao, first published in 1960 and the recipient of the Sahitya Akademi Award in 1964. The book explores themes of reality, existence, and self-realization. Throughout the novel, protagonist Ramaswamy's thought process develops in line with Vedantic philosophy.

Every incident or conversation that takes place in the life of the narrator is presented in the context of furthering or hindering his progress on his quest for truth and knowledge. The way the narrative is presented is as timeless as India itself, with the familiar blend of fact and fable. The novel tells the story of Rama and particularly his marriage while reflecting on the flavor and tradition of India. The novel also ruminates on themes of East meets west as Rama leaves his native India and moves to Europe.

Rama is described as a kind young man who is somewhat frail because of his tubercular lungs. He has been living and studying in France and has married a French woman, Madeleine. Rama plans to finish his thesis on the Albigensian heresy and then to move back to India, bringing Madeleine with him. Early on in the novel, from the moment Rama first references his wife, the reader gets a sense that something is not right in their marriage.

Rama has a hard time coming to terms with his feelings for Savithri, especially considering that he is married to someone else. At the same time, he feels that his love for Savithri is bringing him closer to understanding his own truth and following a path of integrity. In a climactic symbolic gesture, Rama gives the toe rings from Little Mother to Savithri. Considered an important marriage ritual in India, this bears great significance for the relationship between Rama and Savithri.

Rama goes back to France where Madeleine is pregnant. He once again leaves her for India and his sister's wedding. Rama needs to make an emergency visit to Bangalore for health reasons, and while he is there, he learns that Madeleine gave birth prematurely to a second son who has died. Soon afterward, he learns that Savithri has gotten married. He returns to France to be with Madeleine who has become deeply ingrained in her own Buddhist practice, withdrawing further from Rama.

It may be said that Raja Rao has created a style which reflects the rhythm and sensibilities of the Indian psyche and "Since it is Sanskrit that the Indian mind has found its most consummate linguistic expression, he has tried to adapt his English to the movement of Sanskrit sentences. Raja Rao is a cultural ambassador of India abroad. H has honoured not only India but England also by giving her a new variety of English. Lawrence Durrell writes that he has honoured English literature by writing The Serpent and the Rope in our language a truly contemporary work an age can measure itself its values". Despite his small output, Raja Rao is indisputably "the most 'Indian' of Indian English novelists, as probably the finest painter of the East – West confrontation, as symbolist, stylist and philosophical novelist, and as an original voice in modern fiction, undoubted remains secure" (Naik 173).

To sum up, Raja Rao's language is such that it undoubtedly evokes an Indian atmosphere and an authentically Indian reaction in the west. His language has shaken "all traces of foreign acquisition and begun to assert its inalienable rights as an independent idiom. The word has become the perception". The words in his novels assume the significance of Mantra in so many places and no



other novelist has been able to come nearer his innovative technique, rich and distinctive handling of the English language. No doubt, Raja Rao has earned the reputation of an innovator in the field of fiction. The range of life and the levels of consciousness which he deals with in his fiction are, indeed, remarkable, besides, he has created an adequate, so suitable, medium for the expression of his temporal and timeless, metaphysical and social, immediately local as well as international thoughts. Raja Rao is rather undoubtedly the first major Indian novelist writing in English that the 'Indianness of this writing should make for not only a typically Indian content but a characteristically Indian form as well. As a true representative of the modern Indian ethos which combines the ancient Indian tradition and modern western attitudes, Raja Rao presents a remarkable combination of narrative style and techniques of modern western fiction and age-old Hindu methods of literary expression. Raja Rao is one of the versatile writers whose Indian colour of patriotism and protest both have been found in his writing.

Raj Rao emerged as a major writer of fiction after publishing his second novel 'The Serpent and the Rope' 'The Times Literary Supplement' called him India's greatest novelist. Since Raja Rao lived in Europe an outsider may think that he was an English writer but he was born in Karnataka, so, his roots are in Karnataka. He used to write prose and verse in his student days when he was in Hyderabad. Some of his writings are in Kannada. So his two versatile writing gave him the power of Indianness and the colour of freedom.

Early Literary Endeavor

Raja Rao presents a fictional world where man is constantly self-abnegating and self-alienating from the life giving traditional institutions of life. The process of this self-alienation has its initial start in the personal aversion towards materialistic complexities in the modern world. Dwivedi maintains: "He [Raja Rao] is a novelist who specializes in the handling of abstract themes and tense situations" (37). While the 'abstract themes' centre rounds the very mystery of life, the 'tense situations' are the result of self-emanating alienation syndrome in his novels.

In almost all his novels and short stories, Raja Rao presents the inordinate human crisis of Being-in-the-world. His themes are metaphysical, his treatment is poetic, and his world of people is intensely tragic. Such tragedy presents the alienated state of man and unfolds itself within the bounds of cross pollinated philosophical systems. Sharma, commenting upon this tragic and philosophic nature of Raja Rao's novels, writes; "Kanthapura is a Puranic tale and is commonly regarded as a Gandhi Purana" (xii). He calls The Serpent and the Rope "a metaphysical tragedy," The Cat and Shakespeare "a metaphysical comedy," and Comrade Kirillov "a philosophical tragi-comedy" (xii).

Tragedy, as presented in the novels of Raja Rao, emerges out of the self-alienating conditions of civilized modern life. This condition is solely described the search for identity and the metaphysical colours of Rao. Thus, Raja Rao, through his fancy, takes us to the metaphysical facts and forces us to introspectively communicate with our own existence both inward and outward. In this regard The Serpent and the Rope is Raja Rao's most elaborate philosophical novel. Regarding 'The Serpent and the Rope' Raghavacharyulu observes: "Into its complex universe of discourse also enter themes and motifs such as the fact of human isolation, the ambivalent nature of human selfhood, the mysterious power of the abstracting intellect, the quest for identity and meaning, the whole struggle to discover or retrieve an existentialistic validity of the human personality in action" (34).

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'Kanthapura', the first novel of Raja Rao, primarily deals with the Quit India phase of Indian freedom movement. But into its basic theme, Raja Rao has woven other themes also like the theme of conflict between moral and social commitments of man towards nature, society and himself. Raja Rao in his Kanthapura makes a unique formalistic experiment. Dey links it to "a stylized skaz" (58). The narrator of the story assumes upon herself the characteristic dispositions of the persons involved in the story retold. It is typically a dramatic demonstrative mode of storytelling. Raja Rao's story telling is exactly a model demonstration of granny telling the story, with the feel and fervour of the dramatic characters involved in the story. Later he depicted the breakdown of their marriage in *The Serpent and the Rope*. Rao published his first stories in French and English. During 1931–32 he contributed four articles written in Kannada for *Jaya Karnataka*, an influential journal.

The novel 'Kanthapura' (1938) was an account of the impact of Gandhi's teaching on nonviolent resistance against the British. The story is seen from the perspective of a small Mysore village in South India. Rao borrows the style and structure from Indian vernacular tales and folk-epic. Rao returned to the theme of Gandhism in the short story collection.

The Cow of the Barricades (1947). *The Serpent and the Rope* (1960) was written after a long silence during which Rao returned to India. The work dramatized the relationships between Indian and Western culture. The serpent in the title refers to illusion and the rope to reality. *Cat and Shakespeare* (1965) was a metaphysical comedy that answered philosophical questions posed in the earlier novels.

Raja Rao is not a professional writer. He writes slowly; revises meditatively. Naturally there are long intervals between his works. Raja Rao's earliest novel was *Kanthapura* (1938) an Indian epic or "Purana" in English language. The novel echoes the spirit of Gandhi's impact on a remote south Indian village and is recorded in the chatty language of a village grandmother. For her, Gandhi is Rama, the red foreigners or the brown inspector Police is soldier in ten-headed Ravana's army. The novel has often been called "Gandhipurana" because of its avowal of Gandhian politics.

'Kanthapura' was followed by twenty years of prolonged silence after which came Raja Roy's second novel *The Serpent and the Rope*. It has been called the 'spiritual autobiography' of the novelist. It appeared in 1960 and critics who called *Kanthapura* as Raja Rao's *Ramayana* called this book as *Mahabharata*. The novel records the journey of an Indian Lord Ramaswamy through the trouble of life both in India and abroad and culminates in his search for the "Guru. He travels to France and married Medeleine, has a child who dies within one year of birth, separated from his wife and returns to India. He realizes that "the serpent" is "Maya", the reality is the "rope" but the "Guru" with lantern is required to reveal this.

Raja Rao was a writer with a metaphysical bent who imbibed into English language the idiom, the rhythm and love of his vernacular (i.e. Kannada). He was a great spiritual thinker and his work depicts a unique blending of the spiritual, the regional and political ideals. He was also a worshipper of the 'feminine principle'. Santa Rama Rao considered Raja Rao as "perhaps the most brilliant and certainly the most interesting writer of modern India".

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Later Literary Contribution

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Next came *The Cat and Shakespeare* in 1965 which is best being called a 'philosophical comedy'. The sub-title of the novel is 'A Tale of Modern India'. The background of the novel is provided by the famine of 1942. The narration is a curious mixture of fantasy and realism. This was followed by *Comrade Kirilliov* (1976), a spiritual autobiography. Rao's most recent novel is *The Chase master and His Moves* (1988). The novel deals with a tale of doomed love between Shibaram Shastri an Indian mathematician and a married woman.

Raja Rao's credit also rest in his collection of short stories. He wrote three short stories collections - *The Cow and The Barricades* (1947), *The Policeman and the Rose and Other Stories* (1978) and *On The Ganga Ghat* (1993). These stories 20 Rajadealt with the same theme as his novels and have received a high critical acclaim. Besides, Raja Rao also wrote some non-fictional prose such as *The Meaning of India*, a collection of seventeen essays and a biography of Mahatma Gandhi entitled *The Grater Indian Way* (1998). In almost all his novels and short stories, Raja Rao presents the inordinate human crisis of Being-in-the-world. His themes are metaphysical, his treatment is poetic, and his world of people is intensely tragic. Such tragedy presents the alienated state of man and unfolds itself within the bounds of cross pollinated philosophical systems. Sharma, commenting upon this tragic and philosophic nature of Raja Rao's novels, writes; "*Kanthapura* is a Puranic tale and is commonly regarded as a *Gandhi Purana*" (xii). He calls *The Serpent and the Rope* "a metaphysical tragedy," *The Cat and Shakespeare* "a metaphysical comedy," and *Comrade Kirillov* "a philosophical tragi-comedy" (xii). Tragedy, as presented in the novels of Raja Rao, emerges out of the self-alienating conditions of civilized modern life. These conditions) though are able to uphold individuality) ultimately succeed in dehumanizing it. The individual's search for himself and his attempts to find the meaning and purpose of life give a metaphysical colour to the works of Raja Rao. It is in this context that he primarily attempts to present the quest of alienated modern man for truth, self, and his own identity in this complex world.

Rao relocated to the United States and was Professor of Philosophy at the University of Texas at Austin from 1966 to 1986, when he retired as Emeritus Professor. Courses he taught included Marxism to Gandhism, Mahayana Buddhism, and Indian philosophy: *The Upanishads*, *Indian philosophy: The Metaphysical Basis of the Male and Female Principle*, and *Razor's Edge*.

A 'The Serpent and The Rope'

If '*Kanthapura*' of Raja Rao is compared to the *Ramayana*, '*The Serpent and the Rope*' should be compared to the *Mahabharat*. If the storyteller in *Kanthapura* is a Brahmin widow

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who is a minor character Rama (Ramaswamy) is the storyteller in 'The Serpent and The Rope' who is highly educated and a central character of the novel. Even Rama is a south Indian Brahmin the eldest son of the professor of mathematics at Hyderabad: he can proudly trace his lineage back to Madhwacharya (Vidyaranya) and far back indeed to sage Yagnavalkya of the Upanishad Age. It is an autobiographical novel. In this novel Ramaswamy who is a postgraduate in history and also the narrator of the story goes to France on a government scholarship to pursue a course of research in European history. In France, he falls in love with a history teacher who was a year senior to him. Her name is Madeleine. In the novel he describes her beauty:

"Her hair was gold, and her skin for an Indian was like the unearthed marble with which we built our winter palaces. Cool, with which lake about one, and the peacock stunting in the garden below.

'The Serpent and The Rope' is Raja Rao's most elaborate and most philosophical work. It has a strikingly individual tone a curious mixture of 'Indian tenderness and French clarity'.

B. The Cat and Shakespeare:

This is the third novel of Raja Rao and the novelist has subtitled it as "A philosophical comedy". It is marked by much crudity and absurdity. It is the tale of two friends Govindan Nair and Rama Krishna Pai. There are numerous digressions and much that is entirely superfluous.

C. Comrade Kirillov:

Raja Rao's most recent novel has a curious publishing history. Originally written in English - (perhaps a rather early work) it was first published in French in 1965 and the English version represents the revised text. A long short story rather than a novel the book reads like an extended character sketch.

D. The Chess Master and His Moves

It is not different from other novels. It is also a Vedantic novel like other novels. As for as technique and characters are concerned it is similar to 'the Serpent and the Rope'. The criticism of 'the Serpent and the Rope' can be applied to this novel also. The novel is a linear progression of the plot and there is a lot of repetition of the same idea. In this regard the novel is similar to T.S. Eliot's Waste Land.

The major topics of discussion among the characters are significance of life, communism, as a metaphysical entity, the meaning of being Indian, Gandhian ideas, Nehru's India, identity of a Brahmin in the modern world male female sensibilities true marriage, the limitation of language etc.

Some short stories of Raja Rao has been portrayed in 'Javni', 'Akkayya', 'The Little Gram Shop', 'Narsiga', and 'The Cow of the Barricades', 'Nimka', 'The Policeman and the Rose' and so on.

To sum up, Raja Rao gave birth to the novel which contains precise ideological reconstruction of India and philosophical and cultural aspect. C.D. Narasimhaiah finds India in microcosm. Raja Rao is a classical, religious and philosophical novelist. Raja Rao is a metaphysical poet and novelist whereas Narayan is only a novelist. His novel 'Kanthapura' depicts complex culture and Indian portrayal of pre-independent village.



Indian English writers obviously work under a kind of creative tension with which writers writing in their native languages are not confronted". Besides the tight rope walking on the linguistic front, Indian English writers have to content with another difficult choice: writing for a foreign as well as native Indian clientele, the former requiring them to explain uniquely Indian thoughts and situations, the latter treating such explanation of the obvious as inartistic and an excrescence, placing the writer on the horns of a uniquely situational dilemma. The Indian English-writer has to choose his own blend of tradition - both Indian and English - and individual talent, the capability to synthesize them and forge his experience into a unique artistic amalgam meeting the dual requirements - an unenviable and exacting requirement incontrovertibly.

Raja Rao has used English in such a way that westerners can understand how Indians think, feel and speak. Prof. V Y Kantak has written that Raja Rao's use of English "has made us regain our faith in the Indians' creative use of English. His English seems to spring from the Indian scene, the Indian manner of gesture and speech, absorbs it, and yet suffers no distortion. Word, phrase or sentence structure, the shifts and the modulations - all grow from that root. And it is English, Chaste English, not borrowed or applied but taking the shape of new material. The fluent, simple prose has a harmony which is the fruit of complete interpretation of matter and manner.

In Kanthapura he has used peasants' speech. Whenever they get angry peasants use abusive and vulgar language. So, Rao has used it more judiciously than Mulk Raj Anand. Rao has used peasants' speech because he wanted to express peasants' sensibility. Rao has used Indian imagery, proverbs and idioms. In his similes he has used the names of familiar animals. Sometimes he has used Indian words directly in English. He has used English as if it is his mother tongue so it speaks of his mastery over English.

Overtly tenets of Independence

A. 'Kanthapura'

In almost all his novels and short stories, Raja Rao presents the inordinate human crisis of Being-in-the-world. His themes are metaphysical, his treatment is poetic, and his world of people is intensely tragic. Such tragedy presents the alienated state of man and unfolds itself within the bounds of cross pollinated philosophical systems. Literature is a documentation of life seen, known and recorded in an artistic way. Permanence is the essence of literature. Literature is the broader outlook of the literary language, it is the mixed up thoughts and feelings to express the longevity of the authors masterpiece creations based on the experience of the subject matter expert. Literature is the sum total of achievements of man in the field of letters, recorded and documented over the centuries of human experiences. Raja Rao's first novel, Kanthapura, is a major breakthrough both for Indian English literature as a narrative with specifically Indian idiom and for the writer also because it established him as a promising novelist with keen eye for Indian sensibility. It was published in 1938, and it deals with the India's struggle for independence under the leadership of Mahatma Gandhi. Even though it is explicitly political as it describes many scenes of encounters between Indians and British yet it showcases diversity and peculiarity of Indian culture, Indian way of life and Indian philosophy. Beneath its political overtone and anti-imperialistic agenda, the novel very subtly and succinctly describes Indian culture and world view. In the ambit of its political orientation, it depicts Mahatma Gandhi and his philosophy as the centralized theme which in turn best and most simplistically reveals the Indian culture and philosophy. So the novel both in its non-political, rural depiction and political depiction illustrates several important aspects of Indian culture and philosophy. Like



many other Indian writers of his time, Raja Rao was deeply under the impression of Gandhi's practice and precepts. He was surprised by the force of sheer non-violent resistance and uncompromising concern for truth that Gandhi exemplified. Being himself genuinely motivated by the spirit of freedom, Gandhi set ablaze the quest for freedom in the millions of Indians. Quite naturally writers like Raja Rao were overwhelmed by Gandhi's views. It was both witnessing the history of human beings marching towards salvation and being the part of this history that Gandhi so radiantly reflected. Moorthy brings the force of Gandhi's thoughts in Kanthapura. Gandhi's movement was not merely for political liberty: he aimed at total social and spiritual revival. And the novel is a proof of all these elements of Gandhian thinking, an evidence of the historical impact of Gandhi in theory and practice.

The novel reveals how the spirit of Gandhi made a way into every little village in India through the local Gandhians. Even in this distant Southern village, Mahatma's existence is felt everywhere and he is characterized through Moorthy. Like a distinctive Indian village, in Kanthapura different parts of the village are engaged by different communities. In the village, we have Brahmin Street, Potter's Street, Sudra's quarters etc. Nevertheless, these narrow divisions of caste, religion and creed wither away in the presence of this young man, Moorthy, who has devoted his life to the principles of Gandhi. At the clarion call from Gandhi, different dissimilarities of the society melt away. And there are only two groups: the government and her supporters pitted against Gandhians. The whole village is animated with the Gandhian spirit. Besides, in his handling of the Gandhian principles, Raja Rao has taken shelter in the antique Indian religious customs. In the novel, Raja Rao discovers parallels for present-day world in the ancient Puranic literature. That is why Gandhi is hailed almost as an embodiment of the three-eyed Shiva, representing the three fundamental values of life: Self-Purification, Hindu-Muslim harmony and Khadi spinning. The daily news about Gandhi became a part of everyday rite. Gandhi's voyage to England for the Round Table Conference becomes for the ordinary people Ram's epic journey to Lanka for the release of India (Sita) from the demonic control of the British (Ravana). The myth is carried further; the British in India become the army of Asuras to carry out oppression. The only optimism lies in the coming of Ram (the Mahatma) to liberate into a sort of legendary war between Suras and Asuras, with the final victory of the former.

Social and Political Background of the Novel

In the novel, Raja Rao is recounting well-known history: history of the Indian struggle for liberty. But, he is narrating it from a new point of view that of an illiterate village woman. She tells the story of the village from within in an informal conversant and chatty tone. The portrayal of the village Kanthapura is very realistic. The brilliant account of the village lends hold to the describing of the work of fiction. Rao shows a thorough knowledge of this tiny village in the previous Mysore State. The novel investigates both the magnitude of the freedom struggle and Raja Rao's philosophical concerns with the Gandhian belief — non-violence, untouchability, truth — and his interest in Vedanta. His search for a proper narrative method appropriate for fine depiction of Indian life, Indian sensibilities and his theoretical concerns commences with his first novel Kanthapura. India's Freedom Movement achieved its true force under the leadership of Mahatma Gandhi in 1920's. The solitary aim was to free India from the imperialistic reign of The British. The novel 'Kanthapura' is the microcosm of the Indian subcontinent of the British time. This little village, snoozing for centuries, unexpectedly comes to life, due to the non-violent, non-cooperation movement of Gandhi in 1920's and 1930's. The portrayal of Kanthapura is based on Raja Rao's own village Harihalli or



Hariharapura. It is a village in the territory of Kara, situated high on the ghats and the steep peaks of mountains in front of the Arabian Sea. In his unique garrulous style the storyteller describes Kanthapura and its neighboring:

“Roads narrow, dusty, dust-covered roads, wind through the forests of teak and of jack, of sandal and of sal and hanging over bellowing gorges, and leaping over elephant haunted villages they turn now to the left and now to the south and bring you through Alambe and Champa and Mena and cola passes into the great granaries of trade. There on the blue waters, so they say, our carted Cardamoms and coffee get into the ships and no Red-men bring and, so they say, they go across the seventh oceans into the countries where our rulers lived.” (P.7)

In order to arrive at the village, one has to pass through roads which are barren and filthy. Like, Kanthapura, thousands of villages of India had woken up to battle with the foreign rulers. It was because of Gandhi's prominence and motivation that thousands of little Gandhis had sprung up all through the nation. To be young was very heaven in those days. This remote village is wedged in the maelstrom of the freedom movement of the 1930's and is changed into living icon of Gandhism. The whole village and its residents come under the magic charm of this movement. The corner-House Moorthy, the central character of the novel was a young student from drowsy village of Kanthapura. He was in college when he felt an immense influence of Gandhi, and walked out of it, becomes a Gandhi man. He did not have any direct knowledge of Gandhi. He had just a visualization of Gandhi addressing a public meeting. In a reverie of sort he felt as if Gandhi had patted and blessed him. It was sufficient for him to say good bye to his college and thrust into the Gandhian movement. Poverty makes them anxious and enforces them to endure all kinds of insults and physical agony. Guns and pistol were in fashion to manage and threaten these poor peoples of the village. Their whole earning is spent on toddy. The officers of the estate had the impudence to order any girl or woman for their sexual satisfaction and the coolies for the fear of losing their jobs mostly obliged their masters. But in the wake of growing consciousness of their servility and the probable escape from that life, with the help of Gandhi-men, they become a little bold. They ponder together:

“Why should not Pariah, Ranchamma and Sampanna learn to read and write? They shall, And Bade Khan can wave his beard and twist his moustache. What is a policeman before Gandhi's man? Does a boar stand before a lion or a jackal before an elephant”? (P.37)

The novel depicts the national uproar and disturbance of that age. There are dharnas, satyagrahs and protests. Moorthy is detained. His place is replaced by Ratna, Shouts of "Gandhi Ji Ki Jai," "Inquilab Zindabad" (P.243) echoed in the air. Women, men and children are beaten up and desecrated. After that comes the Irwin-Gandhi agreement. The Satyagrahis are set free. The narrator of Kanthapura is an old woman, who has been an observer to turbulent upheaval of 'Kanthapura' and is gifted with highly sensitive imagination. In order to intensify the level of truth, she continually inter-mingles poetry and politics. Raja Rao's choice of the narrator is prudent and sensible.

The story of Kanthapura is one of action of organized national struggle for independence in Gandhian method. It is a political narrative with a difference. The political and spiritual strands are inextricably entangled here. Moorthy, the central character in the novel sums up the strength of Indian freedom struggle as follows:



“And remember always, the path we follow is the path of spirit, and with truth and non-violence and love shall we add to the harmony of the world. For brothers, we are not soldiers at arms, say I; we seek to be soldier saints”. (P.181)

Villagers of Kanthapura believe that Gandhian movement as sacred and religious work as the building of a temple. The struggle for freedom in India is paralleled by a movement for the liberation of socially disadvantaged. The class Hindus and Paraiyahs met on equivalent foothold in the Indian Liberation Movement. The idea of free economic self-reliance is developed through the notion of charaka, and manufacture of Khadi yarn. Equality and financial liberty are necessary requisites for the achievement of freedom. Murthy draws the support of the whole village breaking the obstacles of caste as follows:

“Moorthy, in lit and bright, says softly, you are all with us? and we cry out 'All !All!' and You shall harm no one? — 'None! None!' You shall go to the end fearlessly? "All! All!'- 'And there shall be neither Brahmin, nor Pariah?' and Paraiyahs shout out 'Mahatma Gandhi ki Jai'.” (P. 181)

Mahatma Gandhi is a legendary figure to the peoples of Kanthapura. He is the topic of bhajans and harikathas Jayaramachar, the harikatha man combines religion and politics, myth and history, "Siva is the three eyed," he says, and Swaraj too is three eyed; self-purification, Hindu-Muslim unity, Khaddar”. (P.20)

This combination of religion and politics, secular and holy, myth and history makes the Gandhian movement a truth to the villagers and he effectively enlists a total participation of all segments of rural people in these conditions. The newspaper reading is as serious a proposal as reading of the Gita. Hand spinning is promoted into an everyday rite like puja

Bade Khan is the symbol of wicked subjugation by British agents. The villagers are not scared of weapons since they draw abhaya, 'fearlessness' from the Gandhian movement. The narrator questions, “What is a police man before a Gandhi's man? Tell me, does a boar stand before a lion or jackal before an elephant”? (P.84)

The slogans of 'Mahatma Gandhi ki jai', echoed in the hills reaching river Himavathi. The villagers uphold stoic patience in the face of oppression and torment meted out to them by the cruel force. They stand steadfast by Murthy and the Gandhian movement as: “and the police frightened, caned and caned the coolies till they pushed themselves over us; and they put their feet here and they put their hands there, but Rangamma shouted Vande Mataram!" Lie down brothers and sisters, "...and the crowd shouted 'Mahatma Gandhi ki jai....". (P.198)

There is sufficient proof of political awareness among the poor masses of Kanthapura. A parallel development all over India is not to talk of. The dedication to the cause of Independence is coordinated with their affirmed concern for the enlargement of democratic organizations. The unanimous selection to Congress Panchayat Committee bears sufficient proof to it. The whole procedure sets the tone of Indian politics of Grama Raj or Rama Raj as envisaged by the father of nation, Mahatma Gandhi Indian sociological thought as reflected in caste system and the power sharing approaches in a peaceful way are very much illustrative in character. Raja Rao exhibits the Gandhian principles of Satyagraha and non-violence in the teeth of brutalities sustained by the Redman and his representative Bade Khan. The brutalities and dishonor imposed on naive, hardworking labour challenge human understanding.



The village Kanthapura exhibits a methodical going spiritualized political awareness in a singular fashion on Gandhian lines. The national disturbance finds fullest expression in it. The Dandi March of Mahatma, the detentions, imprisonments, dishonoring of young women like Ratna, the physical torment unleashed on coolies of Skeffington coffee estate etc. do not in the least reduce the courage of the people. The shouts of 'Mahtama Gandhi ki Jai' and 'Inquilab Zindabad' rend the air.

The novel 'Kanthapura' is Indian both in subject and action. Raja Rao has shown how best Indian writers in English can articulate in a foreign art form a sensibility which is basically Indian. The novel is a precious social document of enduring interest and plentiful importance. It is a plain political novel, but one concerned with the total renewal and revival of the masses of India. As M.K Naik comments:

“Raja Rao goes to the very roots of transformation, by demonstrating how the nationalistic fervour in rural India in the 1930's blended completely with the age-old, deep-rooted spiritual faith and thus revitalized the spiritual springs within and helped rediscover the Indian soul”. (Naik, 1977: 378)

B. 'The Serpent and the Rope'

A Rao in one of the most prominent novelists of Indian writing in English. Raja Rao has successfully achieved the feat of using an alien language. Rao's 'The Serpant and the Rope' has own prestigious Sahitya Academy Award in 1964. The novelist has used English for expression of complex emotion, ideas and sentiments. Raja Rao is fully aware of the artistic possibilities of his linguistic medium and takes painstaking task to enrich the same. The language and style of The Serpent and the Rope gives the impression of spontaneity. Another device which provides the novel its unique identity is the use of a very large number of quotations.

The Serpent and the Rope is undoubtedly one of the finest novels written in English during pre-independence days. It attempts to concretize the metaphysical structure of thought. It is a novel of ideas and, at the same time, a symbolic novel and yet it defies those categories as they are known in English literature. It is an excellent blend of those two modes into a unique and satisfying artistic whole. The novel has complex structure and contains a number of themes of central concern to the East and West. The author goes deep into the surface and is unlike Kipline who is not able to penetrate into the catchy and colourful surface of the East. The style adopted by Raja Rao resembles that of Salman Rushdie, who too uses the style of story concept. Raja Rao's story takes place in the post Second World War Europe and India but he transcends the local and his characters and themes achieve Universality. Some of the themes which give universal value to 'The Serpant and the Rope' are exploration of reality, guest of identity, marriage, confrontation of the East and the West, the mystery of death and continuation of human existence, futility and men's desire to achieve significance. The characters emerge out of their local contexts, become symbolic and echo in the passage of time. The novel, like a symphony having unique structure of a large number of notes, resembles an Indian classical song which manages to achieve variation on a theme although it does not present animated pictures of outer reality which abound in the novels of Mulk Raj Anand and Nayantara Sehgal. It aims at different kinds of grandeur and achieves it. These themes are armed with great resource of language and technique. Raja Rao uses these literary resources to give consummate expression to his design and creative urge. He uses unique linguistic medium which creates sound and sense thereby makes vocal different areas of the narrative skill. Raja Rao lays emphasis on the universality of themes by presenting the contemporary and remotely historical or mythological events together. The contemporary scenes presented by him are vivid and characters are like real one. The following lines show a vivid picture:

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"I saw the yellow and white of the kite and shake like tail that the windswept, curling, whirling on itself and leaping up back against the sun. The wind blew cool and fresh. I laughed as child laughs, playing with the subtleties of the breeze. I was happy. The world is happy place for everyone to live in: look at the arts in the Lal Bagh,"[4] (P.207)

In another paragraph, Raja Rao begins with the contemporary and ends with the remotely historical and, thus, weaves the past and present together in one meaningful whole. Raja Rao writes:

"The wind rose over the asoka tress I read it (Savitri's letter) a send time, at the Lal Bagh. On the other side of the lake, five or six men were taking both. If was just before dusk; they must have come after some cremation. Beyond the crematorium was the mad house; Dr. Appaswamy, who was a friend of mine, once told me that some of the inmates were quite extraordinary in moments of lucidity; there was one, professor of Mathematics, who solved many problems there that he could not in his native town of Trichnapoly. Death, madness; pratap marriage haemoglobules. Telegraph wires above and stars beyond. Benares is everywhere you are; says a vedantic text; kapilvastu is the true some of mankind; each one of us has a Kanthaka at his door." (P. 289)

Another significant linguistic device which is exploited meaningfully by Raja Rao is the use of recurrent words. Some words like Haemoglobules and eighteen aggregates" occur again and again and they are close to becoming symbols. Such use of device is found in Shakespeare, where the recurrent words and details get symbolic significance, and in Dickens, where they become part of the frameworks of rhetoric; and in Raj Rao they usually become echoes which give an impression of continuity. It is one of the novels with superb presentation of the events connected with a typical Indian wedding. The narrative is presented in a language which has a quickened rhythm. It is in fact one the major variations on the major theme which is marriage. Rama's marriage with Madeline is barren because both the song of the couple died; it is also a failure because it does not give the couple "happiness", temporal or spiritual. The marriage between Saroja and the ugly, big lieutenant-looking Subramanya has many details but the most significant is as below:

"Saroja was like a filly dancing about the mother elephant. "Brother, what shall I do, what shall I do?" Do about what Saroja ?" oh brother, I want to run away, run away anywhere. "I cannot marry him, I must marry him. It is selfish of me marry a man whom I detest." I look down upon. I think I only like his car, his position, and the feeling that is like father." (P.264-265)

Another device which provides the novel its unique identity is the use of a very large number of quotations. Ram Charita or the life of Rama is the story of bliss, battle, separation and reveals the pattern of life itself. As most people know, there are thousands of versions of Rama's story and in almost everyone there is the interpenetration of the divine and the human. In some versions occupies the centre of the stage. Bhavabhuti's Uttara Ram Charita is a moving human document and the The Serpent and the Rope which tells the story of a marriage or rather so many marriages and their failure it is the modern version of that ancient story. Madeleine goes on a fast for 41 days, performs Buddhist Tantrik writes for the health and well-being of her husband, Rama. But has reputed the world and also Rama is aware of these fact and chart verses from Uttara Ram Charita to Madeleine.

The use of large chunks of philosophical observations is another device of Raja Rao. They occur after every four or five pages except in the portion devoted to Saroja's marriage where they are very short often sentences or two. As already stated earlier the episode connected with Saroja's marriage enacts the central



theme of the novel in more intimate and down to earth terms, the place of the philosophical observation is taken by the word haemoglobules which occurs against and again. On other portions, the philosophical observation about truth, life, significance, identity, time, existence, religion, the unconscious and the occult give the novel a metaphysical dimension. However, these observations are not dry and monotonous like the language of most philosophical discourse. They are characterized by the unconventionality of observation. For example:-

“The God that resides in us is of an ancient making; ages after our ancestors have coupted, and a bit more of each god grew in us as we grew up. Like someone in rance saying; I”m a Montmorency makes you think at once of St. Louis and Templers of Melta. He was taking of the great tracts of the unknown in the recesses of our being, postures of the invisible in which we the familiar, the sons of the family go driving our cattle”. (P.92)

If ‘Kanthapura’ of Raja Rao is compared to the Ramayana, ‘The Serpent and The Rope’ should be compared to the Mahabharat. If the storyteller in Kanthapura is a Brahmin widow who is a minor character, Rama (Ramaswamy) is the storyteller in ‘The Serpent and The Rope’ who is highly educated and a central character of the novel. Even Rama is a south Indian Brahmin the eldest son of the professor of mathematics at Hyderabad: he can proudly trace his lineage back to Madhwacharya (Vidyaranya) and far back indeed to sage Yagnavalkya of the Upanishad Age. It is an autobiographical novel. In this novel Ramaswamy who is a postgraduate in history and also the narrator of the story goes to France on a government scholarship to pursue a course of research in European history. In France, he falls in love with a history teacher who was a year senior to him. Her name is Madeleine. In the novel he describes her beauty: “Her hair was gold, and her skin for an Indian was like the unearthed marble with which we built our winter palaces. Cool, with which lake about one, and the peacon stunting in the garden below. The seventh hour of music would come, and the entire palace would see itself lit---”⁹ Madeleine was like the palace of Amber seen in moonlight. Then Rama goes back to France to complete his work. George is a frequent visitor to his house and similarly Catherine Madeleine’s sister. George falls in love with her (Catherine) and marries her. Rama visits Cambridge in connection with his research work and comes in close contact with Savitri. After his work at Cambridge is over he comes to London and stays there for some time to study in the London Museum and other libraries, Savitri visits him in his apartment and one morning she comes with coconut and kumkum (vermilion) performs aarti, touches his feet and thus takes him to be her lord and master with god as their witness. Rama gives her the toe ring, which, little mother had given to him for Madeleine but which were still in his possession. Savitri is ready to elope with him but he advises her to the contrary. Like a dutiful ‘Hindu girl’ she must go back to her home and marry the person destined for her. Savitri eventually marries Pratap Singh and it is hoped she was a good wife to him.

However they continue to live together for some time more. Then he goes to London. He falls ill there and is hospitalized and one of his lungs has to be taken out. Savitri, who was in London, visits him often. After sometime he divorces to Madeleine. ²⁵ Even after the divorce Rama keeps on visiting George Catherine. He had great love for their child Vera. He visits them occasionally. However, ambiguity marks the end of the novel, for, it is not clear whether he actually returns to India or his attachment to Vera keeps him back in Paris. ‘The Serpent and The Rope’ is Raja Rao’s most elaborate and most philosophical work. It has a strikingly individual tone a curious mixture of ‘Indian tenderness and French clarity’.



Raja Rao's *The Serpent and the Rope* is based on its protagonist's reminiscences of his life-journey from India to Europe and back to India. It has got a circular structure. Its first section comes chronologically after its final one. In the first section Ramaswamy, the protagonist, shows an obsession with mystery, religious orthodoxies and rituals asking serious questions concerning the reality of existence: "was I really called Ramaswamy, or was Madeline called Madeline?"¹ In the early stages of his life he reveals distrust in the social and religious rituals of his Brahmin tradition of marriage and death:

"Whenever I stand in a river I remember how when young, on the day the monster at the moon and the day fell into an eclipse, I used with tile and kusha grass to offer the manes my filial devotion...because my mother was dead and I had to perform her funeral ceremonies, year after year - my father having married again - so with wet cloth and an empty stomach, with devotion, and sandal paste on my forehead, I fell before the rice-balls of my mother and I sobbed". (p.7)

But India is the country of contradictions. The hero says: "We give holy names to our cows and we starve them". (p.318) India is in the grip of metaphysical continuity whereas modernization is penetrating to its core. Ramaswamy rejects the present India believing in the future one: "I hated this moral India. True, Indian morality was based on an ultimate physic. Nonviolence, said Gandhiji, is active, heroic. We must always conquer some land, some country. Ignorance, pusillanimity, ostrich-virtue is the land we should liberate". (p.354)

The major concern of the novel is that of marriage and love with the hero's dream of coming back home as a university professor and of living peacefully with his French wife. But his contact with the European tradition originates in him an awareness that is to look for his guru, in other words to search the roots of his cultural identity. India "is not a country like France or like England; India is an idea, a metaphysic." (p.380) In India, the past and the present are forever knit into one whole experience. The hero's grandfather rejects the idea that his son-in-law travels abroad. The hero revolts against the ancient traditions that the mind questions. The contrast between India and France is not limited to the land; it extends to include people; their religion and their attitudes towards different social issues. The most prominent contrast is that between Ramaswamy and his wife Madeleine. They are both sensitive intellectuals who could be taken as representatives of the cultures of their countries. The failure of their marriage and their suffering come as a consequence of the clash between their countries' cultural attitudes. Here is Ramaswamy's account of the way his French wife looks at their relationship:

"I knew she would be unhappy first, then angry knowing that Indians are so undependable. If a European says he comes by such and such a plane he would come by it; if he missed his connection he would sleep in a hotel, and come by the next. But this Indian haphazardness, like the towels in the bathroom that lay everywhere about, was exasperating to Madeleine". (p.60)

The serpent as an illusion presupposes the existence of the rope and illusion will be there till the rope is thoroughly recognized. The serpent stands for the world and the rope for the Brahmin. It is through knowledge that he realizes that the world is not but a manifestation of the Brahmin.²³ Ramaswamy's position is similar to that of the Vedantin which Swami Prabhavananda states as follows: The world, according to Sankara, is and is not. Its fundamental unreality can be understood only in relation to the ultimate metaphysical experience, the experience of an illumined soul. When the illumined soul passes into transcendental consciousness he realizes the self...They are no longer deluded by the appearance – the



Shakespeare's vanishes into Brahmin. 24 Then the self-shines forth in the One, the Truth, the Brahmin...When the truth is known we are no longer deluded by the appearance vanishes into Brahmin.

Rao's choice of his title from the Indian philosophical heritage marks his emphasis of the Indian tradition in opposition to that of the western tradition. In the western tradition the emphasis is primarily on the material aspects of the world. Illusion is often used in reference to deception and the material is always the remedy, while in the tradition of the Vedantin the world is looked at as an illusion which is the outcome of ignorance, and knowledge is the only cure. Rao takes Ramaswamy's story to be the journey through this illusionary world toward realizing the truth with the help of the guru's light. Ramaswamy's devotion to advanta helps him to transcend all the contradictions and affinities of the East and the West, blending them into a complete unity, whereas he chooses a place under the feet of his spiritual guru, as a European Brahmin who drank from the deep waters of both rivers, the Ganges and the Seine, and where all illusions of life and death are removed out. Thus he comes back home to find comfort in the vast and tranquil metaphysics of India.

Thus Raja Rao's these two novels have the ultimate tranquilities of the Movement of Independence whereas he portrayed many characters, language, style and theme presented the unique versatility and the smell of search for identity of so-called contemporary society. The socio political crisis depicted the victim of society and Gandhiji's role played an important protagonist whose speech present uniqueness and masterpieces of English Literature.

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ζΓ[E}YE∇ H/ K[4 ζΦΔΦ.: 9Z;ΦN ζ[ΔΦ[8ΦΔΦ.: ΔΦ[8Φ[:+Φ[T K[ΠAΦΣΛΓΦ :+Φ[TΦ[56 9Z
;ΦN 5Z

ςΦΩΦλZT K[Π EΦZTΔΦ.: B[ΤΛ 1Φ[+ΓΦ *_ %

B[0}TΦ[λ;.:PΦ. ΔΦ8[E]YE∇ H/ΓΦ[π5IΦ[Y ΣZ[K[4

H[Σ], 5Φ6ΛΓΦ 95ZΦΞΓΦ[)_ % EΦY K[Π

ςΦηΦNΛ AΦN ζΦλΨ∇Σπλ9ΣΦ; ΔΦ8[B[ΤΛ1Φ[+ ζΓ[T[ΓΛ ;ΦΨ[;.:Σ/ΦΙ[,Φ πνΦ[YΦ[ΓΦ[λ9Σ
Φ;

ΨIΦ[XTΦ[Π ζΦλΨ 9ΩTΛ 9:ΤΛ ζΓ[N[ΞΓΛ ζγΓΓΛ ΔΦ.: Y λN9;[λN9;[9ΩTΛ XTΛ4H[Γ[5XΦ
[:.PΛ

9/9Φ B[Τ πτ5ΦNΓ 9ΩΦZ9]:. ζΦ9ΞIΣ XT]:.4 H[Γ[ωIΦΓΔΦ.: ,. 5:..P9ΘΦΛVI IΦ[HΓΦΓΛ Ξ~ς
ΦTΨΛ

λ;.:PΦ.Γ[ζΦ59ΦΔ.: Φ ζΦφI]:. XT]:.Π

#P VFIF[HGSF/ VG[I;\RF.GF[IJSF;o

λ;.:PΦ.ΓΦ[βIΦ, EΦZT ΔΦ8[Γ9Φ[ΓΨΛΠ ζΦIΦ[HΓ ΣΦ/ 5X[,Φ.: λ;.:PΦ.ΓΛ ;]λ9ΩΦ π5,αΩ

XTΛ H[9Φ9[TZ λ9:TΦZΓΛ !*Π) %

H[8,Λ XTΛΠT[ΔΦ.: 56 Δ]βIτ9[9Z;ΦN4ΓX[ZΦ[ζΓ[Σ]9ΦςΦ[

ΣΦZΦ λ;.:PΦ. ΨTΛ XTΛΠEΦZTΔΦ.: EΦ{YΦ[λ,Σ Nλ08ΣΦ[6ΨΛ NZ[Σ ZΦHIΦ[ΓΛ 9Φ9[TZ Σ

[λ;.:PΦ. λ9:TΦZ

CONFERENCE PROCEEDING

An International Multidisciplinary Multilingual E-Conference on
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Special Issue - Volume.6 Issue 6, June – 2021



Η]ΝΦ[Η]ΝΦ[ΧΤΦ[ςΓ[Τ[ΖΛΤ[5.:ΡΘΦΛ∕Ι Φ[ΗΓΦΔΦ.: ΝΖ[Σ ΖΦΗΓ[λ;.:ΡΦ. ΔΦ8[Δ}0
Λ ΖΦ[ΣΦ6 ΒΡ∕

Η]ΝΦ[Η]ΝΦ[ΗΦ[9Φ Δ/ΤΦ[ΧΤΦ[Π

ςΦΙΦ[ΗΓΓΦ Ε~ςΦΤΔΦ.: λ;.:ΡΦ.ΓΛ ;]λ9ΩΦ ς<5 ΧΤΛΠ ΑΛ® 5.:ΡΘΦΛ∕Ι Φ[ΗΓΦ ΝΖΛΔΙΦ
Γ

Τ[ΓΛ 5ΦΚ/ Δ}0ΛΖΦ[ΣΦ6 ΒΡ∕ 9ωΙΦ[4 ;ΦΨ[;ΦΨ[9Φ9[ΤΖ λ9:ΤΦΖ 56 9Ω9Φ 5ΦΔΙΦ[ς[8,[Σ[
ΡΦ[ΒΒΦ

9Φ9[ΤΖ λ9:ΤΦΖΓΛ !(Π! % ςΓ[ς[Σ.:ΝΖ[9Φ9[ΤΖ λ9:ΤΦΖΓΛ !(Π# % ΗΔΛΓΔΦ.: λ;.:ΡΦ. ΨΤΛ
ΧΤΛΠ Η[;.:λΡΤ λ9:ΤΦΖΔΦ.: Ζ)Π! % ςΓ[ς[Σ.:ΝΖ[9Φ9[ΤΖ λ9:ΤΦΖΓΛ !(Π# %
ΗΔΛΓΔΦ.: λ;.:ΡΦ.

ΨΤΛ ΧΤΛΠΗ[;.:λΡΤ λ9:ΤΦΖΔΦ.: Ζ)Π! % ςΓ[ς[Σ.:ΝΖ[λ;.:λΡΤ λ9:ΤΦΖΔΦ.: !Π(Ζ %
ΓΦ[9ΩΦΖΦ[

;]Ρ9[Κ[Π;ΔΙΦ.: ΤΖ[λ;.:λΡΤ λ9:ΤΦΖΔΦ.: Φ ;ΦΔΦγΙ 9ΩΦΖΦ[ΨΤΦ[ΖΧΙΦ[4Η[!))_ϖ)! ΔΦ.: ΡΦ
[ΒΒΦ

9Φ9[ΤΖ λ9:ΤΦΖΓΛ ##Π& % ΗΔΛΓΔΦ.: Φ ςΓ[ς[Σ.:ΝΖ[9Φ9[ΤΖ λ9:ΤΦΖΓΛ #ΞΠ_# %
ΗΔΛΓΔΦ.:

λ;.:ΡΦ.ΓΛ ;9,ΤΦ[π5,αΩ ΧΤΛΠ Η[ς[Σ ΝΦΙΣΦ ΑΦΝ ςΓ[ΒΦ; ΣΖΛΓ[!))! ΓΛ πΝΦΖΛΣΖ6
ΒΦΓΥΛΣΖ6 ςΓ[9{ 9ΛΣΖ6 (LPG) ΓΛ λΓλΤ ς5ΓΦΦΙΦ ΑΦΝ 9ΘΦ∕ Ζ__ϖ_! ΝΖΛΔΙΦΓ
ΡΦ[ΒΒΦ 9Φ9[ΤΖ λ9:ΤΦΖΓΛ #)Π_# % ΗΔΛΓΔΦ.: ςΓ[ς[Σ.:ΝΖ[9Φ9[ΤΖ λ9:ΤΦΖΓΛ Ξ_Π)5%
ΗΔΛΓΔΦ.: λ;.:ΡΦ.ΓΛ ;9,ΤΦ[π5,αΩ ΧΤΛΠΗ[9ΩΛΓ[9ΘΦ∕ Ζ__5ϖ_& ΔΦ.: ΡΦ[ΒΒΦ 9Φ9[Τ
Ζ

λ9:ΤΦΖΓΛ ΞΖΠΞ) % ΗΔΛΓΔΦ.: ςΓ[ς[Σ.:ΝΖ[9Φ9[ΤΖ λ9:ΤΦΖΓΛ ΞΖΠ(& % ΗΔΛΓΔΦ.:
λ;.:ΡΦ.ΓΛ ;9,ΤΦ[π5,αΩ Κ[Π

ςΦΔ4 ςΦΙΦ[ΗΓΣΦ/ ΝΖΔΙΦΓ ςΓ[ςΦηΦΝΛΓΦ 5Φ.:Ρ ΝΦΙΣΦ ΑΦΝ 56 ΔΦ+ 5_ %
λ9:ΤΦΖΓ[Η ςΦ9ΖΛ ΞΣΙΦ Κ[!)5_ ΔΦ.: Ν[ΞΓΛ 9:ΤΛ #& ΣΖΦ[0 ΧΤΛ Η[ςΦΗ[Ζ_!5ΔΦ.:
!Ζ5 ΣΖΦ[0ΓΛ ,ΥΕΥ Ψ. ΗΙΦΖ[5Φ6ΛΓΦ[ΗψΨΦ[Τ[ΓΦ[Τ[Η ΖΧΙΦ[45Φ6Λ 9Φ5ΖΓΦΖ 9ωΙΦ4
ςγΓ ΔΦ8[ςΦ56[ΑΛΗΦ Ν[ΞΔΦ.: ΨΛ ςΦΙΦΤ ΣΖ9Λ 50[Κ[Π

CONFERENCE PROCEEDING



8}::ΣΔΦ:: λ;::λPT λ9:TΦZ 9ΩΦZ9Φ ;ΦΨ[T[ΓΛ 5ΦK/ΓΦ[BP∇ΔΦ:: 8ΣΦ9ΦZΛ 38Φ0Φ[ΨIΦ
[K[Π 5Z::T] 9Φ:Tλ9Σ 9ωI]:: K[Π
\$P EFZT ZFHIF[DF\ RF[bBF[VG[S], ;\IRT IJ:TFZo

EΦZTΔΦ:: NZ[Σ ZΦHIΦ[ΓΛ EΦ{YΦ[λ,Σ 5λZλ:ΨλT ς,Y XΦ[9ΦΨΛ NZ[Σ ZΦHIΦ[ΓΛ λ;::PΦ.
X[9/ λ9:TΦZΔΦ:: ΔΦ[8Φ[TOΦ9T K[Π !)*!ϖ*Z ΔΦ:: HΦ[.ς[TΦ[4PΦ[βBΦ[λ9:TΦZ ;Φ{ΨΛ 9
ΩΦZ[

*ZΠ5 %

;ΦΨ[5::HΦAΔΦ:: HΦ[9Φ Δ/[K[4 ςΓ[;Φ{ΨΛ ςΦ[KΦ[;::λPT λ9:TΦZ YΦ[9Φ4ΔωI 5|N[Ξ4

ΔXΦZΦΘ8=4λΔηΦ[ZΔ4λ+5]ZΦ 9Y[Z[ZΦHIΦ[ΔΦ:: (%

H[8,Φ[HΦ[9Φ Δ/[K[ΠHIΦZ[AΦΣΛΓΦ ZΦHIΦ[ΔΦ::

;Z[ZΦΞ #5 % H[8,Φ[HΦ[9Φ Δ/[K[4 HIΦZ[Σ], ;::λPT λ9:TΦZΔΦ:: 56 5::HΦA ςΓ[*&Π5 %

;ΦΨ[ςY|TΦ ΩZΦ9[K[ΠHIΦZ[YΦ[9Φ4ΔωI 5|N[Ξ4ΔXΦZΦΘ8=4λΔηΦ[ZΔ λ+5]ZΦ 9Y[Z[ZΦ
HIΦ[ΔΦ:: Σ],

;::λPT λ9:TΦZΓΛ ;Z[ZΦΞ (ΨΛ) %

HΦ[9Φ Δ/[K[ΠHIΦZ[ςXΛ:: Δ]βI AΦAT ς[K[Σ[ΔωI 5|N[Ξ

ΔXΦZΦΘ8= ςΓ[Σ6Φ∇8Σ λ:ΨλT BZΦA ZXΛ K[Π H[Γ]:: ΣΦZ6 τIΦΓΛ EΦ{YΦ[λ,Σ 5λZλ:ΨλT4
AΛH]:: Σ[

λ;::PΦ. :+Φ[TΦ[ΓΦ[ςΦ[KΦ[π5IΦ[Y4HIΦ:: ΔΦ[8Φ EΦY[9Z;ΦNΛ 5Φ6Λ 5Z ςΦΩΦZ HΦ[9Φ
Δ?IΦ[XTΦ[Π

ςΦ 5λZλ:ΨλT Y]HZΦT ςΓ[ZΦH:ΨΦΓΓΛ 56 XTA H[;]ΩΦZΦ TZO H. ZXI]:: K[ΠY]HZΦTΔΦ
:: λ;::;Φ.

5|Φ[H[Σ8ΓΦ[EZ5]Z ,ΦE ,[9ΦΔΦ:: ςΦφIΦ[K[Π 5::HΦA ςΓ[XλZIΦ6Φ 9Ω] ;ΦZΛ ΓNΛςΦ[ΓΦ[
,ΦE 5X[,[

ΨΛ H Δ?IΦ[K[4 ςΦΨΛ τIΦ:: λ;::PΦ.ΓΦ 5| Γ̄Φ[ΓΦ ςΦ[KΦ K[ΠNλ1Φ6ΔΦ:: TλΔ,ΓΦ0]:: ςΓ[Σ
[ZΦ,ΦΔΦ::

5λZλ:ΨλT ;ΦZΛ K[Π



● I;\RF.GF :+F[TF[o

ΕΦΖΤΔΦ.: ζΦΗ[56 ,YEY &_ % θ:ΤΛ ΥΦΔ0ΦΔΦ.: ΖΧ[Κ[ζΓ[Η[ζΦ[Β[ΤΛ π5Ζ
 ΛΓΕΥΖ Κ[Τ[ΔΓΛ 5Φ;[@θΓλΓθΦ∇Χ ΔΦ8[ΔΦ+ ΣελθΦ πτ5ΦΝΣΤΦ 5Ζ ζΦΩΦΖ ΖΦΒθΦ[50[Κ
 [Π

ζΦ ;.ΗΦ[ΥΦ[Δ.:Φ Β[ΤΛ ΔΦ8[Η~ΖΛ 5Φ6Λ Δ[θθΦ ΔΦ8[Δ]βΙτθ[Α[:+Φ[ΤΦ[Κ[Π
 !Π θΖ;ΦΝ ΣΦΖΦ Σ]ΝΖΤΛ ΖΛΤ[5|Φ%Τ ΨΤ].: 5Φ6Λ
 ΖΠ Ε]ΥΕ∇5Φ6ΛΓΦ :+Φ[Τ ΣΦΖΦ ΨΤ].: 5Φ6ΛΠ

ΕΦΖΤΔΦ.: λ;.:ΡΦ.ΓΦ[5Χ[,Φ[:+Φ[Τ ζΛΓΙΛΔΤ ΤΨΦ ΡΦ[ΣΣ; Κ[Π θΖ;ΦΝΓ].: 5Φ6Λ ΔΦ[8]
 ΕΦΥ[ΓΝΛζΦ[ΔΦ.: θΧΛΓ[;Δ]©ΔΦ.: Ε/Λ ΗΦΙ Κ[ΨΦ[0[36[ζ.:Ξ[ΓΝΛζΦ[5Ζ 0[ΔΦ[ΑΦ.:ΩΛ
 θΖ;ΦΝΛ

5Φ6ΛΓΦ[;.:Υ|Χ λ;.:ΡΦ. ΔΦ8[ΣΖθΦΔΦ.: ζΦθ[Κ[Π ζΦ π5ΖΦ.: Τ Τ/ΦθΦ[4ηΖ6Φ.:4;ΖΦ[θΖΔ
 Φ.: ;.:Υ|Χ
 ΨΦΙ Κ[Π

ζ[Σ ζεΙΦ; Δ]ΗΑ ;ΖΣΦΖΓ].: ;[γ8=, θΦ[8Ζ ΣΔΛΞΓ 5|ΔΦ6[θθΦ∇ ΝΖΛΔΙΦΓ θΧΛ ΗΤ].:
 5Φ6Λ !(5_ 3Γ ΔΛ8Ζ Η[8,].: Κ[Π Ν[ΞΓΛ 5Φ.:Ρ ΔΦ[8Λ ΓΝΛζΦ[Γ].: 5Φ6ΛΠ
 8[Α, ο ΕΦΖΤΓΛ ΔΦ[8Λ ΓΝΛζΦ[Γ].: θΧΛ ΗΤ].: 5Φ6Λ

ΓΝΛΓ].: ΓΦΔ	θΧΛ ΗΤ].: 5Φ6Λ 3Γ ΔΛ8ΖΔΦ.:
Υ.:ΥΦ	5_!
Α {5]+Φ	5#*
ΥΦ[ΝΦθΖΛ	!!)
λΣ θΓΦ	&(
ΔΧΦΓΝΛ	&*
ΣΦθ[ΖΛ	Ζ!

Sources : ζλΕφΙλΣΤ

ΗΙΦΖ[5ΦΤΦ/ΔΦ.: ΨΛ 5Φ6ΛΓΛ 5|Φλ%Τ ζ[8,[Σ[ΕθΥ∇ΕΗ/ Η[56 θΖ;ΦΝΛ 5Φ6Λ ;ΦΨ[;.:Σ/ΦΙ],
].: Κ[Π



ςΦΩ]λΓΣ ;ΔΙΔΦ.: ςΦ :+Φ[ΤΓΦ[9Ω] π5ΙΦ[Y ΗΦ[9Φ Δ/[Κ[Π5Ζ.:Τ] Σ]ΝΖΤΛ 9Ζ;ΦΝ ;ΦΨ[;.:Σ
/ΦΙ[,Λ

Δ]ΒΙ :+Φ[ΤΦ[ΔΦ.: ΓΧ[Ζ4Τ/Φ9Φ[4Σ}9ΦςΦ[48[γΣ Η[ΓΦ[λ9ΣΦ; ;ΖΣΦΖ @ΦΖΦ λ;.:ΡΦ.Γ[π∟[Η
Γ

ςΦ59Φ ΔΦ8[ΣΖ9ΦΔΦ.: ςΦ9[Κ[Π

λ;.:ΡΦ. :+Φ[ΤΔΦ.: ΨΛ ;Φ{ΨΛ 9Ω] π5ΙΦ[Y Σ]9ΦςΦ[Γ].: 5|ΔΦ6 ,ΥΕΥ 55Π&(%

Η[8,].: Κ[Π

ΗΙΦΖ[Σ], λ;.:ΡΦ. :+Φ[ΤΦ[ΓΦ #ΖΠ_Ξ % ΓΧ[ΖΦ[Γ].: 5|ΔΦ6 Κ[ΠΤ/Φ9Φ[Γ].: 5|ΔΦ6 5Π(% ςΓ[
ςγΙ :+Φ[ΤΦ[Γ].: &ΠΞ* %

Η[8,].: Κ[Π ΓΧ[ΖΦ[ΔΦ.: 56 ;ΖΣΦΖΛ ΓΧ[ΖΓ].: 5|ΔΦ6 ΒΦΓΥΛ ΣΖΤΦ.: 9Ω]

Γ.:ΡΦ 5|ΔΦ6ΔΦ.: ΗΦ[9Φ Δ/[Κ[Π Η[λΓΝ∇Ξ ΣΖ[Κ[Σ[Σ[γ© ΑΗ[8 ΟΦ/96ΛΔΦ.: λ;.:ΡΦ. 5ΦΚ
/ΓΦ[ΒΡ∇

ΔΦ[8[ΕΦΥ[;ΖΣΦΖΛ ΓΧ[ΖΦ[ΓΛ 5ΦΚ/ ΣΖ9ΦΔΦ.: ςΦ9[Κ[Η[ΓΛ ΒΦΓΥΛ ΓΧ[Ζ 5|τΙ[πΝΦ;ΛΓΤ
Φ

ΗΦ[9Φ Δ/[Κ[Π

ΗΙΦΖ[ΕΦΖΤΔΦ.: ΥΦΔ0ΦΓ].: 5|ΔΦ6 Γ.:Ρ] ΧΦ[Ι τΙΦ.: λ;.:ΡΦ. π5ΖΦ.:Τ 5Λ9ΦΓ].: 5Φ6ΛΓΦ[
5| Γ̄Φ[

λ9Σ8 ΧΦ[Ι Κ[4 ΧΦ,ΔΦ.: 5ΦΤΦ/ Σ]9ΦςΦ[(TUBEWELLS)

Γ].: 5|ΔΦ6 9ΩΛ ΖΧΙ].: Κ[Π ς[Σ ς.:ΝΦΗ

Δ]ΗΑ !)*_π*! ΔΦ.: 5ΦΤΦ/ Σ}9ΦΓ].: 5|ΔΦ6 !ΞΠΞ % ΧΤ].: Η[Ζ_5π_ & ΔΦ.: #(Π5(%
ΔΦ.: ΗΦ[9Φ Δ/[Κ[Π

Τ/Φ9Φ[Γ].: 5|ΔΦ6 Η[ςΦΙΦ[ΗΓΓΦ Ξ~ςΦΤΓΦ ΥΦ/ΦΔΦ.: !*ΠΖ %

ΧΤ].:Π τΙΦΖΑΦΝ π∟ΖΦ[ΤΖ

38ΤΦ.: 9ΘΦ∇ Ζ_5π_ & ΔΦ.: #ΖΠ#(%

Η[8,].: ΗΦ[9Φ Δ/[Κ[Π Τ/Φ9Φ[ΔΦ.: 5Φ6Λ ΔΦ[8[ΕΦΥ[9Ζ;ΦΝΛ

5Φ6Λ 5Ζ λΓΕ∇Ζ ΖΧ[Κ[ςΓ[Τ[ςΡΦ[ΣΣ; Κ[9Ω]ΔΦ.: ΥΖΛΛΓ].: 5|ΔΦ6 9ΩΤΦ.: 5Φ6ΛΓ].: ΑΦ

Θ5ΛΕ9Γ



9Ω] η05Λ ΨΦΙ Κ[ςΓ[Τ[;]ΣΦΙ ΗΦΙ Κ[Π

ZΦΗΙ9ΦZ λ;.:ΡΦ. :+Φ[ΤΦ[ΕΦΖΤΔΦ.: Σ], λ;.:λΡΤ λ9:ΤΦΖ ,YEY ∃_ % Η[8,Φ[ΗΦ[9Φ

Δ[Κ[Η[ΔΦ.: π∟ΖΓΦ ΖΦΗΦ[ΔΦ.: ΗΙΦ.: λ;.:λΡΤ λ9:ΤΦΖΓ]:. 5|ΔΦ6 9Ω[Κ[ςΦΨΛ λ;.:ΡΦ.

:+Φ[ΤΦ[ΔΦ.: ΨΛ

ΣΙΦ :+Φ[ΤΦ[Γ]:. 5|ΔΦ6 ΣΙΦ ΖΦΗΙΔΦ.: λ9Σ;Φ99]:. Τ[;ΖΣΦΖ ΔΦ8[ΔΧτ9Γ]:. 5| Γ̄ Κ[ΠΣΦΖ6

Σ[ΝΖ[Σ

ZΦΗΓΛ ΕΦ{ΥΦ[λ,Σ 5λΖλ:ΨλΤ Η]ΝΛ Κ[ΗΙΦ.: ΓΝΛΓ]:. 5|ΔΦ6 9Ω] τΙΦ.: ΓΧ[ΖΦ[λ9Σ;Φ99

Λ ΗΙΦ.:

9Ζ;ΦΝ ςΦ[ΚΦ[τΙΦ.: ΓΦΓΦ ΓΦΓΦ Α.:ΩΦ[ΑΓΦ9Λ Τ/Φ9ΓΛ φΙ9:ΨΦ ΣΖ9Λ 8} :.ΣΔΦ.: ΖΦΗ

9ΦΖ λ;.:ΡΦ.ΓΦ

:+Φ[ΤΦ[ΓΛΡ[8[A, 5|ΔΦ6 ςεΙΦ; ΣΖΤΦ.: ΤλΔ,ΓΦ0]:.4 ςΦ.:Ω|5|Ν[Ξ ςΦ;ΦΔ4ΔΧΦΖΦΘ8= ςΓ[Σ[

Z[,Φ

Η[5Φ.:Ρ ΖΦΗΦ[ΔΦ.: λ;.:ΡΦ. ΔΦ8[;Φ{ΨΛ 9Ω] Τ/Φ9ΓΦ[π5ΙΦ[Υ ΣΖ9ΦΔ.:Φ ςΦ9[Κ[Π

ΗδΔ] ςΓ[ΣξΔΛΖ)Π)& % ,ςΦ;ΦΔ 5#Π# %, ΧλΖΙΦ6Φ ∃5Π# %,ςΦ[λΖ:;Φ ∃ΖΠ&%

ςΓ[Σ6Φ∇8Σ #5Π5Ζ %

ΔΦ.: ;Φ{ΨΛ 9Ω] ΓΧ[ΖΦ[ΓΦ.: :+Φ[ΤΦ[ΓΦ[λ;.:ΡΦ. ΤΖΛΣ[π5ΙΦ[Υ ΨΦΙ Κ[Π Υ]ΗΖΦΤ

ZΦΗ:ΨΦΓ4π∟Ζ5|Ν[Ξ ςΓ[ΔΧΦΖΦΘ8=ΔΦ.:4;Φ{ΨΛ 9Ω] Σ]9ΦΓΦ[λ;.:ΡΦ. ΤΖΛΣ[π5ΙΦ[Υ ΣΖ9

ΦΔΦ.: ςΦ9[

Κ[Π

ZΦΗΦ[ΔΦ.: λ;.:ΡΦ.ΓΦ λ9λ9Ω :+Φ[ΤΦ[ΓΦ[π5ΙΦ[Υ ΨΦΙ Κ[5Ζ.: Τ] ;Φ{ΨΛ 9Ω] ΣΙΦ :+Φ[ΤΦ

[ΓΦ[

π5ΙΦ[Υ ΣΖ9Φ[Τ[Η[Τ[ΖΦΗΦ[ΓΛ ΕΦ{ΥΦ[λ,Σ 5λΖλ:ΨλΤ 5Ζ λΓΕ∇Ζ Κ[4 ςΦΔ ΚΤΦ.: ;ΖΣΦΖΓ

Φ ⊗ΦΖΦ

5|τΓΦ[ΧΦ[Ι Κ[Σ[λ;.:λΡΤ λ9:ΤΦΖΔΦ.: ς[Σ ΨΛ 9Ω] 5ΦΣ ,. ΞΣΦΙ Τ[ΖΛΤ[λ;.:ΡΦ. :+Φ[ΤΦ[Γ

Λ

φΙ9:ΨΦ ΣΖ9ΦΔΦ.: ςΦ9[Κ[Π

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● EFZTDF \ |;\RF. TYF H/ IJn]T XISTGL IF[HGFVF[o

ΣελθΦ πτ5ΦΝΣΤΦ θΩΦΖθΦ ΔΦ8[λ;.:ΡΦ. ΔΧτθΓ].: 5Φ;].: Κ[ΓΝΛςΦ[Δ.: Φ θΧΛ ΗΤ].: 5Φ6
ΛΓΦ[;.: Υ|Χ

ΣΖθΦ[Τ[Ν[Ξ ΣελθΦ ςΨ∇Τ.: +ΓΛ ΙΦ[ΗΓΦςΦ[ΣΦΖΦ ΣΖθΦΔΦ.: ςΦθ[Κ[θΩ]ΔΦ.: θΛΗΞΛΣ
Τ ΔΦ8[56 ςτΙ.: Τ

π5ΙΦ[ΥΛ 5λΖΑ/ Υ6θΦΔΦ.: ςΦθ[Κ[Π 5Φ6Λ 5]ΖθθΦ[Η[8,[ς.:Ξ[θΩ] Β[Τ5[ΝΦΞΔΦ.: θΩΦΖ[
Τ[ΔΗ

λ;.: λΡΤ λθ:ΤΦΖΔΦ.: 56 θΩΦΖΦ[ΞΣΙ ΑΓΞ[λθ∇]ΤΞΛΣΤΓΦ πτ5ΦΝΓ @ΦΖΦ ΣελθΦ λθΕΦΥΔ
Φ.:

θ{λθωΙΣΖ6 ,ΦθΛ ςΓ[λΑΓΣελθΦ λθΕΦΥΓΦ[ΝΖ 56 θΩΦΖΛ ΞΣΦΞ[ΤΝ]5ΖΦ.: Τ ςΦθΛ ΙΦ[ΗΓ
Φ ςΦ[

θ0[5}Ζ λΓΙ.: +6 5]ΓοΞΣΙ ΑΓ[Κ[Π

λΑ|λ8Ξ ΞΦ;Γ ΝΖΔΙΦΓ θΛ;ΔΛ ;ΝΛΓΦ 5|ΦΖ.: Ε ;ΔΙ[σ!)_!φ ΔΦ.: λ;.: ΡΦ. ΣλΔΞΓΓΛ

λΓΔ6} :. Σ ς[ΕΦΖΤΔΦ.: λ;.: ΡΦ. λθΣΦ;ΔΦ.: ΔΧτθΓ].: ;Φ[5ΦΓ Υ6Λ ΞΣΦΙΠ ςΦ ΣλΔΞΓΓΛ Σ[8,
ΛΣ

Ε,ΦΔ6Φ[ΓΦ [:θΛΣΦΖ ΗΦ6[π_Ζ5|Ν[Ξ4ΔωΙ5|Ν[Ξ4λΑΧΦΖ ςΓ[5.: ΗΦΑΔΦ.: ΨΛ 5;ΦΖ ΨΤΛΧ λ;
Ω] 4

Υ.: ΥΦ4ΗΔ]ΓΦ ςΓ[ΔΧΛ ΓΝΛΔΦ.: ΨΛ ΔΦ[8Λ ΓΧ[ΖΦ[ΒΦ[ΝθΦΔΦ.: ςΦθΛ ΧΤΛ τΙΦΖ[36Φ.:
ΔΧτθΓΦ.: 5|Φ[Η[Σ8

ςΓ[;]ΩΦΖΦςΦ[ΗΦ[θΦ Δ?ΙΦ Η[ΓΦ[λΣ|θΓΖΦΗ ;ΦΥΖ λΓηΦΔ ;ΦΥΖ (Α.Ρ.) Σ[ΓΦ, ςΓ[;ΣΣΖ

Α[Ζ[Η ςΓ ΑγΓ[Χθ[5ΦλΣ:ΤΦΓΔΦ.: Κ[θΥ[Ζ[Γ[ΩΖθΦΔΦ.: ςΦθ[Λ ΧΤΛΠ ςΦΙΦ[ΗΓΓΦ 5|ΦΖ
.: ΕΨΛ Η

ΔΦ[8Λ λ;.: ΡΦ. ΙΦ[ΗΓΦςΦ[ΓΝΛ Σ[ΒΛ6 :θ~5[ΧΦΨ ΩΖθΦΔΦ.: ςΦθΛ ΧΤΛΠ

σ!φ

ΕΦΒΖΦ ΓΦ.: Υ, ΙΦ[ΗΓΦ ο Η[ΕΦΖΤΓΛ ;θ{ΨΛ ΔΦ[8Λ ΑΧ]Χ{T}Σ ΓΝΛ ΒΛ6 ΙΦ[ΗΓΦ ΤΖΛΣ[Η
Φ6ΛΤΛ Κ[Π Η[



Η [;T,H ΓΝΛ 5Z *Ξ_ O}8 Γ ∴.ΡΦ[Α ∴.Ω ΕΦΒΖΦ 5Φ;[ΑΦ ∴.Ω9ΦΔΦ ∴. ζΦ9[,Φ[Κ[Π ζΦ Α ∴.Ω ΨΣ
Λ 5Z&Ξ

λΣΠΔΛ ,Φ ∴. ΑΛ Δ]βΙ ΓΧ[ΖΦ[ΑΦ ∴.Ω9ΦΔΦ ∴. ζΦ9[,Λ Κ[Π ζΦ ΓΧ[ΖΦ[90[5 ∴.ΗΦΑ ζΓ[5 ∴.ΗΦ
Α ζΓ[ΧλΖΙΦ6Φ

ζ[Α[ΖΦΗΓΦ[ΔΦ[8[ΕΦΥΓΦ ®<<ΦΦζΦΓ[ΑΦΖ[ΔΦ; λ; ∴.ΡΦ.Γ] ∴. 5Φ6Λ 5]Ζ] ∴. 5Φ0[Κ[Π Η[
ΨΛ ζΦ ΖΦΗΦ[Γ[

Ν[ΞΓΦ ζΓΦΗΓΦ ΣΦ[9ΦΖΦ[ΣΧ[9ΦΔΦ ∴. ζΦ9[Κ[Π ζ ∴.Τ[Σ[ΓΦ, !*# λΣΠΔΛΠΓΛ ;ΦΨ[λ9 9Γ
Λ ;Φ{ΨΛ

,Φ ∴. ΑΛ ΓΧ[Ζ Κ[Η[ΓΦ ®ΦΖΦ Ζ#Π* ,ΦΒ Χ[Σ8Ζ Η[8,Φ[λ9:ΤΦΖ ζΦ9ΖΛ ,[9ΦΙ Κ[Π
σΖφ

λΑΙΦ; ΙΦ[ΗΓΦ ο ζΦ ΙΦ[ΗΓΦ 5 ∴.ΗΦΑ ΧλΖΙΦ6Φ Η[Σ[γ© ;ΖΣΦΖΛ ;ΧΦΙΓ] ∴. λ; ∴.ΡΦ. 1Φ[+[π∟
Δ

πΝΦΧΖ6 Κ[Η[ΔΦ ∴. ,YEY !!Π5 ΣΖΦ[0 ~λ5ΙΦΓΦ[ΒΡ∇ ΣΖ9ΦΔΦ ∴. ζΦ9[,Φ[Κ[Π λΑΙΦ; ΙΦ[ΗΓ
Φ

ΣΦΖΦ λ9ν]ΤΞλΣΤΓ] ∴. 56 λΓΔΦ∇6 ΨΙ] ∴. ΧΤ] ∴. ζΓ[λΑΙΦ; ΑΩ] ∴. λ; ∴.ΡΦ. ΔΦ8[ΧΦ[Ι ΖΦΗ:ΨΦ
ΓΓ[Σ[ΓΦ,

®ΦΖΦ ΗΦ[0Λ λΞΙΦ/ΔΦ ∴. 56 5Φ6Λ 5] ∴.Ζ] ∴. 5Φ09ΦΔΦ ∴. ζΦ9[Κ[Π
ω

ζΦΙΦ[ΗΓΓΦ ΣΦΖΦ 5 ∴.ΗΦΑ ΧλΖΙΦ6Φ ζΓ[ΖΦΗ:ΨΦΓΔΦ ∴. Σ], Ζ! ,ΦΒ Χ[Σ8Ζ λ9:ΤΦΖΓ[λ; ∴.Ρ
Φ.

Χ[9/ ζΦ9ΖΛ ,[9ΦΙ[,Φ Κ[Π
ω π5ΖΦ ∴.Τ λΑΙΦ; ; ∴.Σ], ΣΦΖΦ ,YEY !_!) Δ[ΥΦ9Φ[8 λ9Η/ΛΞλΣΤΓ] ∴. πτ5ΦΝΓ ζ ∴.ΝΦΗ9ΦΔΦ ∴.

ζΦ9[Κ[Π
σ#φ

ΝΦΔΦ[ΝΖ ΒΛ6 ΙΦ[ΗΓΦ ο λΑΧΦΖ ζΓ[5λ P̄Δ Α ∴.ΥΦ/ΔΦ ∴. ΝΖ 9ΘΦ∇ ΝΦΔΦ[ΝΖ ΓΝΛΓΦ 5]Ζ
ΨΛ ΔΦ[8] ∴. Γ]Σ;ΦΓ

ΨΤ] ∴. ΧΤ] ∴.Π Η[ζ8ΣΦ99Φ ΔΦ8[ζΦ ΙΦ[ΗΓΦ 309ΦΔΦ ∴. ζΦ9Λ ΧΤΛΠ ζΦ ΙΦ[ΗΓΦΔΦ ∴. Ξ ΗνΙ
Φς[

CONFERENCE PROCEEDING



A.:Ω AΦ.:Ω9ΦΔΦ.: ζΦφΙΦ.: XTΦΠ λ;.:ΡΦ. π5ΖΦ.: T ζΦ ΙΦ[ΗΓΦΨΛ +6 ΨΔ∇, 5Φ9Ζ :8[ΞΓ
πEΦ ΣΖ9ΦΔΦ.:

ζΦφΙΦ K[Π

ω

ζΦ ΙΦ[ΗΓΦΨΛ Σ], #ΠΖ5 ,ΦB X[Σ8Ζ λ9:ΤΦΖΓ[λ;.:ΡΦ. X[Σ8Ζ ζΦ9ΖΛ ,[9ΦΔΦ.: ζΦφΙΦ.: XT
Φ.:Π

Η[ΓΦΨΛ 5|λΤ 9ΘΦ∇ A[;Z[ZΦΞ ~Π !5 ΣΖΦ[0ΓΦ[9Ω] 5ΦΣ Δ[/99Λ ΞΣΦΤΦ[XTΦ[Π ζΦ ΙΦ[Η
ΓΦΨΛ Δτ:I

πνΦ[Y ζΓ[ζΦ λ9:ΤΦΖ ΣΦ[;Φ[4ΤΦ.:A] Η[9Φ ΒΓΛΗΦ[ΨΛ ΕΖ5}Ζ K[ζΓ[λ9Η/Λ ;:ΤΛ Δ/ΤΦ.:
ζΦλΨ∇Σ λ9ΣΦ; ΔΦ8[ζΧΛ.: πΗ/Λ ΤΣΦ[π5,αΩ K[Π

σΞφ

T]:. YE©Φ ΙΦ[ΗΓΦο Σ9Θ6Φ ΓΝΛΓΛ ΞΦΒΦ T]:. YE©Φ 5Z *)ΞΖ O]8 ,Φ.:AΦ[ζΓ[!&5 O]8 π.:
ΡΦ[A.:Ω

!)5& ΔΦ.: 5}6∇ ΨΙΦ[XTΦ[Π 0[ΔΓΛ ;ΦΨ[Z** ΣΛΠΔΛ ,Φ.:AΛ 0ΦAΦ λΣΓΦΖΦΨΛ #Ξ) λΣΠΔ
Λ

,Φ.:AΛ π.:ΡΦ ;5Φ8Λ 5ΖΓΛ ζΓ[!)& λΣΠΔΛ ,Φ.:AΛ Γ.:ΡΛ ;5Φ8Λ 5ΖΓΛ ΓΧ[ZΦ[AΦ.:Ω9ΦΔΦ
.: ζΦ9Λ K[Π

ω #*Π(X[Σ8Ζ Η[8,Φ λ9:ΤΦΖΔΦ.: (,ΦB ζ[Σ.:NZ[O]8 Η[8,Φ 5Φ6ΛΓΦ[;:Y|X ΣΖ9ΦΔΦΓΛ
ΞλΣΤ ΩΖΦ9Τ]:. T[Γ]:. Η/ΦΞΙ Σ], #Π&5 ,ΦB X[Σ8Ζ Η[8,Φ λ9:ΤΦΖΓ[λ;.:ΡΦ. ΔΦ8[5Φ6ΛΓΦ[
5}Ζ99Φ[5Φ0[K[Π

σ5φ

ΣΦ[λ; ΙΦ[ΗΓΦο Γ[5Φ/ΨΛ AΧΦΖΔΦ.: 5;ΦΖ ΨΤΛ ΣΦ[;Λ ΓΝΛ 5Ζ ~Π &(Π# ΣΖΦ[0 ΒΡ∇ ζΦ ΙΦ[
ΗΓΦ

5ΦΖ 5Φ09ΦΔΦ.: ζΦ9[,Λ K[Π λ;.:ΡΦ. λ9:ΤΦΖΓ[AΡΦ99Φ ζΓ[5}ΖΓ[λΓΙ.:T+6ΔΦ.: ΖΦΒ9]:.

Η[ζΦ ΙΦ[ΗΓΦΓΦ[Δ]βΙ Χ[T]:. K[Π ζΦ ΙΦ[ΗΓΦΨΛ λAΧΦΖΓΛ ΖΠ_Z ,ΦB X[Σ8Ζ ΗΛΛΓΓ[
;:Ζ1Φ6 Δ/ΤΦ.: T[Χ9[ΗΦ[0Φ6 Χ[9/ K[Π ζΦ ΙΦ[ΗΓΦΨΛ λAΧΦΖ ΔΦ[8Φ ΕΦΥΓΦ λ;.:λΡΤ λ9:
ΤΦΖΔΦ.:



ΓΧ[ΖΦ[ζΓ[Σ]θΦςΦ[λ; ∴ ΡΦ. ;Ζ/ ΑΓΛ Κ[Π

σ&φ

ΣΦ[ΙΓΦ ΙΦ[ΗΓΦ ο Σ]θ6Φ ΓΝΛΓΦ π5ΞΦΒΦ Η[,ΥΕΥ Ζ__ Ο}8 Γ ∴ ΡΦ[Α ∴ Ω ΑΦ ∴ ΩΛ +6 5Φ9Ζ

:8[ΞΓΓΦ[ΓΕΦ ΣΖ9ΦΔΦ ∴ ζΦφΙΦ ∴ ΧΤΦΠΗ[5]ΓΦ ΤΨΦ Δ] ∴ Α. ΤΨΦ ΔΧΦΖΦΘ8=ΓΦ ζγΙ λ9Ε

ΦΥΦ[

λ9Η/Α ζΓ[λ; ∴ ΡΦ.ΓΛ ;Υ90Φ[5}ΖΛ 5Φ0[Κ[Π

σ*φ

ΧΛΖΦΣ ∴]0 ΙΦ[ΗΓΦ ο ΔΧΦΓΝΛ 5Ζ Ξ!Π(__ λΣΠΔΛ ,Φ ∴ ΑΦ[ζΓ[!5_ Ο}8 Γ ∴ ΡΦ[Α ∴ Ω ΑΦ ∴ Ω

9ΦΔΦ ∴ ζΦ9[,

Κ[Π ζΦ ΙΦ[ΗΓΦ Α[ΤΑΣΣΦΔΦ ∴ 5}6∇ ΣΖ9ΦΔΦ ∴ ζΦ9Λ Κ[Π 5]ΨΔ ΤΑΣΣΦΔΦ ∴ Σ[ΓΦ,Φ[4Η/

ΦΞΙ ΤΨΦ

5Φ9Ζ ΒΡ∇ ΣΖ9ΦΔ ∴ Φ ζΦφΙΦΦ[τΙΦΖ ΑΦΝ ΑΛΗΦ ΤΑΣΣΦΔ ∴ Φ ζΦΗ Χ[Τ];Ζ 9ΩΦΖΦΓΦ[ΒΡ

∇ ΣΖΛ

Σ], Ζ*_ Δ[ΥΦ9Φ[8 9ΛΗ/ΛΓ] ∴ πτ5ΦΝΓ ζΓ[,ΥΕΥ Ξ ,ΦΒ Χ[Σ8Ζ Η[8,Φ ΗΛΛΓΓ[λ; ∴ ΡΦ.

ΓΦ[,Φ ∴ ΑΛ Δ/Λ ΞΣΞ[Π

σ(φ

Ρ ∴ Α, ΒΛ6 ΙΦ[ΗΓΦ ο ΔωΙ5|Ν[Ξ ζΓ[ΖΦΗ:ΨΦΓΓ[ΗΦ[0ΤΛ Ρ ∴ Α, ΓΝΛΓΦ 5Φ6Λ 5Ζ +6 ΤΑΣΣΦΔ

Φ ∴

ζΦΙΦ[ΗΓ 5}6∇ ΣΖ9ΔΦ ∴ ζΦ9[,] ∴ Κ[Π Η[ΔΦ ∴ ΥΦ ∴ ΩΛΓΥΖ Α ∴ Ω4ΖΦ6Φ5|ΤΦ5 ;ΦΥΖ Α ∴ Ω ζ

Γ[Η9ΦΧΖ ;ΦΥΖ

Α ∴ Ω ΑΦ ∴ Ω9ΦΔΦ ∴ ζΦ9[, Κ[Ππ5ΖΦ ∴ Τ +6 Α ∴ ΩΦ[5Ζ 5Φ9Ζ ΧΦπ; 56 ΑΓΦ99ΦΔΦ ∴ ζΦ9[,

Κ[Π Η[ζΦ

Α ∴ Γ[ΖΦΗΦ[ΓΛ Σ], 5Π&& ,ΦΒ Χ[Σ8Ζ Η[8,Λ ΗΛΛΓΓ[λ; ∴ ΡΦ.ΓΦ[,ΦΕ ζΦ5[Κ[Π Η[[Γ[ΣΦΖ6

[

Σ5Φ; ζΓ[3π ∴ ΓΦ πτ5ΦΝΓΔΦ ∴ 36Φ[ΔΦ[8Φ[ΟΦΙΝΦ[ΨΙΦ[Κ[Π ΖΦΗ:ΨΦΓΔΦ ∴ 5Φ6Λ 5]Ζ99

Φ[Δ/ΤΦ ∴

36Φ ∴ ,ΦΕΦ[Δ?ΙΦ ∴ Κ[Π

CONFERENCE PROCEEDING

An International Multidisciplinary Multilingual E-Conference on
"INTERROGATING THE IDEA OF DEVELOPMENT: A 360 DEGREE INVESTIGATION"
Special Issue - Volume.6 Issue 6, June – 2021



σ)φ
 ;ZNΦZ ;ZΦ[9Z IΦ[ΗΓΦο Y]HZΦT4ΔXΦZΦΘ8=4ΔωI5|N[Ξ4EΦZTΓΛ ;Φ{ΨΛ ΔΦ[8Λ λ; ;. PΦ. I
 Φ[ΗΓΦ
 !)(* ΔΦ. :. Ξ~ ΣΖ9ΦΔΦ. :. ςΦ9[,Λ K[Π Y]HZΦTΓΛ ®9ΦNΦ[ZΛ TZΛΣ[ΗΦ6ΛTΛ AΓ[,Λ ςΦ IΦ[
 ΗΓΦΨΛ
 π. :. PΦ. Ξ55 O}8ΓΛ K[Π ςΦ IΦ[ΗΓΦΨΛ 5Φ6ΛΓΦ[5]Z99Φ[;. :. Y|X PΦZ ZΦHIΦ[Γ[5Λ9ΦΓ]. :. 5
 Φ6Λ π5ZΦ. :. T
 λ; ;. PΦ. ΔΦ8[Γ]. :. 5Φ6Λ Σ[ΓΦ, ΣΦZΦ 5]Z]. :. 5Φ09ΦΔΦ. :. ςΦ9Ξ[Π
 ςΦ IΦ[ΗΓΦΨΛ ςΦλN9Φ;Λ λ9:TΦZΓ[ΗΔΛΓ λ9XΦ[6Φ[Ψ9ΦΨΛ λ99ΦN:5N AΓΛ XTΛΠ 5Z. :.
 T]
 Δ]βI Σ[ΓΦ,Γ]. :. ΣΦΔ 5}6∇ Ψ. YI]. :. XΦ[9ΦΨΛ T[ΓΦ[,ΦEΦ[Eλ9ΘIΔΦ. :. B}A ;ΦZΦ 5|ΔΦ6ΔΦ
 :.
 Δ/9Φ5Φ+ K[Π
 π5ZΦ[ΣT N[ΞΓΛ Δ]βI AX] X[T] IΦ[ΗΓΦ XΦ[I Η[λ; ;. PΦ. TΨΦ H/λ9Ω]T πτ5ΦNΓΔΦ. :. 9ΩΦZ
 Φ[
 ΣZΛ N[ΞΓΦ ςΨ∇ΣZ6ΔΦ. :. λ9ΣΦ; 5[[ZΣΔ 5λZA/Φ[Γ[;A/ 8[ΣΦ[ςΦ5[K[Π ςΦ π5ZΦ. :. T N[ΞΔΦ
 :. ΓΦYΦH]∇Γ
 ;ΦYZ4ΔΩ]Σ]. :. 04;{,Δ 0[Δ4ΣΦΣZΦ5ΦZ45ZΦλδBΣ],Δςλ,IΦZ4ΔXΛΣ0Φ6Φ. :. ΔI]ZΦλΞ49Y[Z[
 IΦ[ΗΓΦςΦ[5. :. P9ΘΦΛ∇I IΦ[ΗΓΦςΦ[NZδIΦΓ 309ΦΔΦ. :. ςΦ9[,Λ K[Π H[ΓΦΨΛ EΦZTΔΦ. :.
 H]NΦωH]NΦ
 λ9:TΦZΔΦ. :. TΨΦ λ9∇]T ΞλΣTΓΦ ,ΦEΦ[;],E ΨIΦ[Π
 ● EFZTDF\ |;\RF.GF 5|`GF[o
 EΦZTΔΦ. :. λ; ;. PΦ. X[9/ λ9:TΦZ 9ΩΦZ9Φ ΔΦ8[λ9ΣΦ; ΣΦI∇Σ|ΔΦ[ςΓ[λ9λ9Ω 5|ΣΦZΓΛ λ; ;. :.
 PΦ.



ΙΦ[ΗΓΦςΦ[ΧΦΨ ΩΖΘΦΔΦ.: ςΦΘΛ Κ[Π 5λΖ6ΦΔ[λ;.:ΡΦ.ΓΛ 1ΦΔΤΦ ΘΩΛ Κ[Π5Ζ.:Τ] Σ[8,Φ
.:Σ ΣΦΖ6Φ[;Ζ

λ;.:;Φ.ΓΛ π5,αΩ ;Υ90Φ[ςΓ[Τ[ΓΦ[ΒΖ[ΒΖ π5ΙΦ[Υ ΘρΡ[π65 ΖΧ[Κ[Π

σ!φ

ΕΦΖΤΔΦ.: λ;.:ΡΦ. ΞλΣΤΔΦ.: Η[8,Φ[ΘΩΦΖΦ[ΨΙΦ[Κ[Τ[8,Φ[ΘΦ:Τ9ΔΦ.: ΗΦ[9Φ Δ/ΤΦ[Γ
ΨΛ Η[ΔΦ8[

Η]ΝΦ.: Η]ΝΦ.: Η9ΦΑΝΦΖ ΧΦ[. ΞΣ[Β{0}ΤΦ[ςΦλΨ∇Σ λ:ΨλΤ ΓΑ/Λ ΧΦ[9ΦΨΛ λ;.:ΡΦ. 5Φ6
ΛΓΦ[,ΦΕ

5}ΖΤΦ[5|Φ%Τ ΣΖΛ ΞΣΦΤΦ[ΓΨΛΠ

σΖφ ;ΣΦΖΓΛ λ9λ9Ω ΙΦ[ΗΓΦ ΘρΡ[;.:Σ<5ΓΓΦ ςΕΦ9[Β{0}ΤΦ[Γ[ΙΦ[υΙ ;ΔΙ[Η~λΖΙΦΤ Δ]ΗΑΓΦ[
5Φ6Λ 5}Ζ99Φ[5ΧΦ[.:ΡΦ0Λ ΞΣΤΛ ΓΨΛΠ

σ#φ

λ;.:ΡΦ.Γ].: 5Φ6Λ Δ/[99Φ ΔΦ8[ΓΣΣΛ ΣΖ9ΦΔΦ.: ςΦΘ[,Φ ΕΦ9 36Φ.: π.:ΡΦ Χ[9ΦΨΛ ;ΛΔΦ
.:Τ Β{0}ΤΦ[

Τ[ΓΦ[,ΦΕ ,. ΞΣΦΤΦ ΓΨΛ ΤΨΦ Ν]ΖΓΦ λ9:ΤΦΖΦ[;]ΩΛ 5Φ6ΛΓΦ[5]Ζ99Φ[5ΧΦ[.:Ρ09Φ ΔΦ8
[ΓΧ[ΖΦ[ΓΛ

ΞΦΒΦω5|ΞΦΒΦ ΑΦ.:Ω9ΦΔΦ.: 36Φ[λ9,.:Α ΨΦΙ Κ[Ππ5ΖΦ.:Τ π.:ΡΛ ΗΔΛΓ 5Ζ λ;.:ΡΦ.ΓΦ 5
Φ6Λ 5ΧΦ[.:ΡΦ09Φ

Ι.:+;ΦΔΥ|ΛΓΦ[ςΕΦ9 ςΨ9Φ π.:ΡΛ λΣ.:ΔΤ ΧΦ[9ΦΨΛ ΓΦΓΦ ςΓ[λ;ΔΦ.:Τ Β{0}ΤΦ[ς[λ;.:ΡΦ
.ΨΛ Θ.:λΡΤ

ΖΧ[9].: 50[Κ[Π

σΞφ

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73. Changes in Gross Domestic Product (GDP) after Economic Reforms

Ratabhai Ravjibhai Rojasa,
(MA, G-SET, Ph. D pursuing),
Research Scholar,
Shree U.N. Mehta Arts College - Morbi

Abstract:

This study has been conducted to examine the changes in GDP after the economic reforms in India. The Economic Reforms that made by government by new economic policy in 1991 made significant impact on the Indian Economy. In term of increasing GDP, Per capita income, increase in foreign direct investment etc. Secondary data has been used to conduct this study. Different reports, websites and reference books have been used. Descriptive research method has been used to analyze the given information. The study found that India has seen changes in all sectors following the economic reforms. The year 1991 to 2019 has seen a change in GDP.

Keywords: GDP, Liberalization, Privatization and Globalization.

1.Introduction

The policy makers of independent India faced challenges to India's economic and social development. For this, in the economic field, India adopted a mixed economy, in which the tendency towards socialist style social structure was more. Many economists felt that India's planned growth strategy from 1947 to 1990 and the state's excessive control over the economy made it difficult to achieve our economic goals. India's trade deficit remained high, which meant that exports were lower than imports, which led to a deficit in foreign exchange earnings and India had to seek help from foreign institutions. Developed countries of the world and international financial institutions have also made it a condition for financial assistance to India that India change its economic policies and free the economy from the control of the state. That is why India changed its economic policies and made the necessary institutional and legal changes.

Gross Domestic Product (GDP)

The final form of goods and services produced during the year within the country and by foreign nationals. Its market value is called gross domestic product or gross domestic product.

Highlights:

- (1) Gross domestic product is considered to be the production of finalized goods and services by the citizens of the country and abroad or by nature (crude oil) within the limits of our country.
- (2) The concept of gross domestic product is related to the extent of the country. It does not take into account the production made by the citizens of the country abroad or the income earned by the citizens of the country from abroad.
- (3) GDP figures are used in practice to compare the economies of countries and to show the progress of the economy.



Liberalization

In a state-controlled economy, private enterprise, freedom of personal decision, increase in the prevalence of economic decisions by market factors and decrease in state intervention is called liberalization.

- (1) State controls over the economy are declining.
- (2) In the process of economic decision making, the influence of market demand-supply factors is increasing.
- (3) The private sector is allowed to enter the public sector in phases.
- (4) The special policy protection given to the country's industries against international competition is gradually declining. That is, the state becomes neutral in terms of the country's industries and foreign industries.

Privatization

Privatization means the transfer of industrial ownership from the public sector to the private sector. The state owns and operates public sector enterprises in the country. The process of privatization is the process of transferring ownership and management to the private sector in whole or in part.

Globalization

Globalization is the process of integrating the country's economy more and more with the world economy in which India gradually enhances economic relations with the countries of the world such as commodities, capital, human resources, technology, natural resources, financial instruments. Adopting such open policies for economic self-reliance.

2. Review of the literature

Klein R.L. And Palanivel (200) Economic Reforms and Growth Prospects in India in the present study, it has been found that after the economic reforms, there has been a lot of progress in the field of agriculture, industry and the abolition of the license regime. Industries with good technology coming from the world have gained momentum. Good progress has also been seen in GDP. Foreign direct investment has increased significantly since the economic reforms, with investments coming from most of the countries in the world.

R. Ravan V.K. (2014) Impact of LPG on Indian Economy This paper has studied the impact of economic reforms on the economy. This paper is based on a descriptive research method. This study is based on complete secondary data. like Books, journals, magazines, research papers have been used to collect secondary data. The new economic reforms are having a very significant impact. Such as GDP, per capita income, foreign direct investment, etc. have increased.

Rentala S. And Nandru (2019) Export performance of India and its Impact on GDP during post economic reforms period. Determination was used as a method of research study. This study is based on secondary data in which time series-based information has been taken. GDP has been selected as a variable. The importance of foreign trade in India has increased over the last several years, especially due to changes in GDP following economic reforms.



Arvind Virmani (2004) **India's Economic Growth: From Socialist Rate of Growth to Bharatiya Rate of Growth.** This paper reviews India's growth performance since independence. This paper shows that it had a lot to do with the Indian version of socialism. From this paper it is learned that rainfall is the most important factor of Indian economy. The Indian Rate of Growth is also discussed in this paper.

3. Objectives of the study

1) Examine the changes in GDP after economic reforms.

4. Method of study

Secondary data has been used in this research. It collects information from various reports, magazines, journal websites and reference books. The period from 1991 to 2018 has been chosen as the study period. Descriptive research method has been used to analyse research methods.

5. Analysis and interpretation of information

Increase in GDP growth rate

Table no. 1

YEAR	GDP Growth (%)
31-12-1991	1.1
31-12-1992	5.5
31-12-1993	4.8
31-12-1994	6.7
31-12-1995	7.6
31-12-1996	7.5
31-12-1997	4.0
31-12-1998	6.2
31-12-1999	8.8
31-12-2000	3.8
31-12-2001	4.8
31-12-2002	3.8
31-12-2003	7.9
31-12-2004	7.9
31-12-2005	7.9

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31-12-2006	8.1
31-12-2007	7.7
31-12-2008	3.1
31-12-2009	7.9
31-12-2010	8.5
31-12-2011	5.2
31-12-2012	5.5
31-12-2013	6.4
31-12-2014	7.4
31-12-2015	8.0
31-12-2016	8.3
31-12-2017	7.0
31-12-2018	6.1
31-12-2019	4.2

Source: www.worldbank.org

6. Interpretation:

Table no. 1 shows the growth rate of GDP. GDP growth was 1.1% in 1991 which has changed after the economic reforms which has seen 4.2% GDP growth in 2019. The year 1999 saw the highest GDP growth of 8.8% since 1991. These 29 years have seen an average GDP growth of 6.3%. India's GDP growth rate is increased. During 1991 India's GDP growth was only 1.1 % but after 1991 reforms due LPG policy India's GDP growth rate is increased year by year.

7. Conclusion

Thus, from the above study, it can be said that raw domestic production has increased, especially after the economic recovery. GDP plays an important role in the economic development of a country. The present study also reveals that the policy of the Licensing Raj after the economic reforms has been abolished. And changes in the industrial sector. With the exception of a few years, there has been a positive change in GDP.

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74. HISTORICAL ANALYSIS ON LIFE OF BABA BANDA SINGH BAHADUR BASED ON GURUMUKHI SOURCES

Ravinder Kaur, Research Scholar, C T University, Ludhiana
Dr. Seema Parihar, C T University, Ludhiana

Abstract :

The present research paper deals with the historical analysis of early life of Baba Banda Singh Bahadur's based on the Gurumukhi Sources. There are lots of new facts and figures available which created a need to reevaluate the role and contribution of Baba Banda Singh Bahadur to Sikh community. This article deals with his early life. There five writing about the early life of Baba Banda Singh Bahadur- Kesar Singh Chibber, Mahima Prakash, Ratan Singh Bhangu, Bhai Santokh Singh and Giani Gian Singh.

Introduction

Sikhism was founded by Guru Gobind Singh Ji. He was the tenth Guru of the 17th century in the Punjab region of northern India. The practice of faith was founded by Guru Gobind Singh Ji on April 13, 1699. The first five people, named Pure Ones, then baptized Gobind Singh Ji into the Khalsa scroll, giving the Khalsa order, which is about 300 years old.

Sikh history is closely related to the history of Punjab and the socio-political situation in the northwestern Indian subcontinent in the 16th century. From the rule of India by the Mughal emperor Jahangir (1605-1627), Sikhism got into conflict with the Mughal rule because they influenced the political success of the Mughals while loving the saints of Islam. Mughal leaders killed many prominent Sikhs because they disobeyed their orders and opposed the Sikhs' persecution. Among them were 10 monks, 10 Sikhs were tortured and executed (Guru Arjan Dev and Guru Tegh Bahadur) and many close relatives of the gurus who were brutally killed (such as their 7- and 9-year-old sons). Of Guru Gobind Singh along with many other Sikh dignitaries were tortured and killed such as Baba Banda Singh Bahadur (1716), Bahi Mati Das, Bai Sati Das and Bahi Dayala by the Mughal leaders for refusing their orders and to oppose the persecution of Sikhs and Hindus. Sikh later devised its own strategy against Mughal hegemony.



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The emergence of the Sikh Union under misguided rule and the Sikh Empire under the reign of Maharaja Ranjit Singh (1792-1839) was characterized by religious tolerance and interfaith with Christianity, Islam, and Hinduism in power. The founding of the Sikh Empire in 1799 was generally considered to be the aesthetic of Sikhism in politics. During its existence (from 1799 to 1849), the Sikh empire came to include Kashmir, Ladakh, and Peshawar.

Banda Singh Bahadur fought the Mughals until his last breath. He was one of the most important names in Indian history. Banda Singh Bahadur, also known as Lachman Das, Lachman Dev or Madho Das, was born in 1670 and died in June 1716. Sikh military leaders waged an offensive against Indian Mughal leaders. He is a famous figure of Sikh history.

Guru Gobind Singh appointed him Khalsa's political leader during his lifetime. It is a great mystery under what name Banda Singh Bahadur Khalsa Panth leader lived before his appointment. According to information on the life of Banda Singh Bahadur, he was a very proud Bairagi Sadh and lived a luxurious life. He became a sadh after killing a pregnant deer in one situation. After becoming a sadh, he mastered magic and martial arts. Because of his magical abilities, he used to insult all the saints who came to his camp. One day in Nanded Sahib, Gobind Singh met this Sadh. No miracle of Madho Das (Narayandas) can go face to face with Guru Gobind Singh during and after the meeting.

He became a disciple of Guru Gobind Singh and Guru Gobind Singh appointed him leader of the Khalsa, who later served the Khalsa with all his might and mind. Arriving in Punjab, he overthrew the Mughal rule from Punjab and surrounding areas and established Khalsa law there. After establishing the state, he developed his strength. Banda Singh Bahadur played an important and significant role in the history of medieval India. He was not only a source of Khalsa or an unusual supporter of Guru Gobind Singh, but also a great political opponent who fought against oppression and support against the brutal and unjust rule of the Mughal authorities. The life and achievements of Banda Singh Bahadur, with special references to current and near-present sources are available. This study sheds light on his achievements and expansion beyond Punjab through various sources kept in archives, museums and libraries outside and outside of Punjab.

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Prominent Gurmukhi Writings Sources Related to Baba Banda Singh Bahadur

This research seeks to analyse the information in historical writings as well as the information given in other literary sources of the contemporary period and modern times.

Kesar Singh Chibber's *Bansavalinama Dasan Patshahian Ka* is one of the foremost in Punjabi language to give details of Banda Singh Bahadur. This book was written in 1769 CE. In other words, it can be said that the Gurmukhi writings about Banda Singh Bahadur were written in the middle of 18th century CE. *Mahima Prakash* (Poetry) is the second important Gurmukhi (Punjabi) source giving information about Banda Singh Bahadur. According to the period of its composition, it was created in 1776 CE. Thus, it was written around sixty years after Banda Singh Bahadur. The first inscription before this had been written before was the genealogy of Kesar Singh Chibber. The difference between these two writings was only 7 to 8 years and both the writers, Kesar Singh Chibber and Sarup Das Bhalla were contemporaries. The third writing in Gurmukhi (Punjabi) giving information about Banda Singh Bahadur according was Ratan Singh Bhangu's *Sri Gur Panth Prakash*. It is also known as 'Prachin Panth Prakash.' Bhangu has written it in 1841 CE. It was written 125 years after the martyrdom of Banda Singh Bahadur (1716 CE). According to the chronology, the fourth writing in Punjabi (Gurmukhi) giving information about Banda Singh Bahadur is Bhai Santokh Singh's 'Sri Gur Pratap Suraj Granth.' This was written in 1843 CE. As is clear from the name, the inscription is about the glory of Guru Sahibs (from Guru Nanak Dev to Guru Gobind Singh) so it mainly deals with the Ten Guru and their life. In this work along with the ten Gurus, there is also a brief account about Banda Singh Bahadur.

Giani Gian Singh, the fifth writer in the Gurmukhi writings. He is the author of two books, 'Sri Gur Panth Prakash (Panth Prakash)' and 'Twarikh Shamsher Khalsa.' These works are detailed accounts of Banda Singh Bahadur. Giani Gian Singh had written these works in between 1889 and 1892 CE. It is clear from the writings and period of the written works that the author had dated it back to the time of Banda Singh Bahadur, and therefore he cannot be considered as a close contemporary or a contemporary of Banda Singh Bahadur, but the author has given only a full detailed account of him.



Conclusions

Banda Bahadur occupies an important and significant place in the history of Sikhism. Not only was he a staunch believer in the Khalsa and dedicated student of Guru Gobind Singh, but he was also a great freedom fighter who fought the fall and farmed against the tyranny. Many of us know that Baba Banda Singh Bahadur was Great Sikh warrior. Banda Singh Bahadur fought the Mughals until his last breath. He is one of the most important names in Indian history. Guru Gobind Singh appointed him as the political leader of Khalsa for the rest of his life. He was from Bairagi Sadh, an arrogant man who lives a luxurious life. He became a Sadh after killing a pregnant deer in one situation. After becoming a sadh, he mastered magic and martial arts.

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75. ગુજરાત સરકારની પ્રધાનમંત્રી આવાસ યોજના (PMAY)

નો વિશ્લેષણાત્મક અભ્યાસ

દામોદરા રીટા જી.,

રિસર્ચ સ્કોલર,

અર્થશાસ્ત્ર ભવન,

સૌરાષ્ટ્ર યુનિવર્સિટી, રાજકોટ

ડૉ. બી. ડી. વરુ,

વી ડી કાણકીયા આર્ટ્સ એન્ડ કોમર્સ કોલેજ,

સાવરકુંડલા

અમૂર્ત:

વિશ્વના ફલક પર પ્રાચીન કાળથી જ ભારત હંમેશને માટે પોતાની આગવી વિશિષ્ટતા ના કારણે આકર્ષણનું અને ચર્યાનું કેન્દ્રબિંદુ રહ્યું છે. ભારતીય સંસ્કૃતિ પહેલેથી જ વ્યક્તિ અને વ્યક્તિત્વ ના અર્થમાં વિચારશીલ રહી છે. 'વસુધૈવ કુટુમ્બકમ' થી લઈને ડીજિટલ ઇન્ડિયા તરફની યાત્રા માં અર્થતંત્ર એ મહત્વનો ભાગ ભજવે છે. તેના દરેક પાસા દર્શાવે છે કે દેશના તમામ નાગરિકોને જીવન જરૂરિયાતની બધી જ આવશ્યકતાઓ ફળીભૂત થવી જોઈએ અને તેથી જ દેશની અને રાજ્યની તમામ સરકાર જનકલ્યાણના કાર્યક્રમો અને યોજનાઓ હાથ ધરે છે.



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ભારતમાં અંદાજે ૭ કરોડ જેટલા લોકો પાસે રહેવા માટે પોતાનું ઘર નથી, અને તેથી જ સરકારની કલ્યાણલક્ષી યોજનાઓ માં જે આગળની હરોળમાં કહી શકાય તેવી યોજનામાં પ્રધાનમંત્રી આવાસ યોજના એ મોખરાનું સ્થાન ધરાવે છે. પ્રધાનમંત્રીશ્રી ની એવી નિષ્ઠા છે કે જે કામ છેલ્લા ૭ દશકામાં નથી થયું તેને આવનારા ૭ થી ૮ વર્ષોમાં પૂર્ણ કરવું છે અને દરેક માનવને ઘરનું ઘર મળે તે ઉચ્ચ હેતુથી ૨૫ જૂન, વર્ષ ૨૦૧૫માં પ્રધાનમંત્રી આવાસ યોજના ની શરૂઆત કરવામાં આવી.

સૂચક શબ્દ:

પ્રધાનમંત્રી આવાસ યોજના, PMAY, CLSS, કલ્યાણલક્ષી યોજના, ડીજીટલ ઇન્ડિયા

પ્રસ્તાવના:

વડાપ્રધાન નરેન્દ્ર મોદીએ મધ્યમ આવક વર્ગ માં આવતા લોકો માટે પ્રધાનમંત્રી આવાસ યોજનાની જાહેરાત કરી. પ્રધાનમંત્રી આવાસ યોજના (PMAY) હેઠળના “બધા માટે ઘર” મિશનના બે ઘટકો છે - શહેરી ગરીબો માટે પ્રધાનમંત્રી આવાસ યોજના (શહેરી) (PMAY-U) અને કૃષિ ગરીબો માટે પ્રધાનમંત્રી આવાસ યોજના (ગ્રામીણ) (PMAY-G અને PMAY-R પણ). સરકારે યોજનાના નિયમોને અંતિમ સ્વરૂપ આપ્યું છે, અને તેથી આ કાર્યક્રમના ભાગ રૂપે ઉપલબ્ધ સબસિડીને “મધ્યમ આવક જૂથો માટે ક્રેડિટ સાથે લિંક કરેલ સબસિડી યોજના” (CLSS – MIG) તરીકે ઓળખવામાં આવે છે. PMAY સાથે સુસંગત, મધ્યમ આવક ધરાવનારા તેમના હોમ લોન પર ૩ થી ૪% ની વ્યાજ સબસિડી માટે યોગ્ય છે. આ યોજનાનો લાભ મેળવતા લાભાર્થી ધરના સંપાદન અથવા બાંધકામ અથવા રહેઠાણ એકમના વૃદ્ધિ પર વ્યાજ સબસિડી મેળવવા માટે યોગ્ય છે અને તેમની હોમ લોન ની પૂર્વ ચુકવણી ઝડપી કરી શકે છે.

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પ્રધાનમંત્રી આવાસ યોજના ના ઉદ્દેશો/હેતુઓ (ગ્રામીણ અને શહેરી વિસ્તાર માટે):

- પ્રધાનમંત્રી આવાસ યોજના (ગ્રામીણ)નો મુખ્ય ઉદ્દેશ રાજ્યના ગ્રામ્ય વિસ્તારોમાં વસતા અને ઘર વિહીણા લાભાર્થીઓને તથા જેઓના ઘર કાચા અને જર્જરિત બની ગયા છે તેવા પરિવારોને મૂળભૂત સુવિધાઓ સાથેનું ટકાઉ આવાસ પુરુ પાડવું છે.
- જે કોઈ લાભાર્થી (ગ્રામીણ) હશે તેઓએ આવાસ નું બાંધકામ સ્વેચ્છાથી કરવાનું હોય છે.
- યોજના (ગ્રામીણ) વર્ષ ૨૦૧૬-૧૭ થી અમલમાં આવેલ છે.
- મકાન બનાવવા માટે ઓછામાં ઓછી ૨૫.૦૦ ચો.મી. (ગ્રામીણ) જમીન મળી રહેશે.
- શહેરી વિસ્તાર માટે ચાર વર્ગ રાખવામાં આવેલ છે, જ્યાં EWS – ૩૦ ચોરસ મીટર (૩૨૩ ચો.ફૂટ), LIG – ૬૦ ચોરસ મીટર (૬૪૬ ચો.ફૂટ), MIG-I – ૧૬૦ ચોરસ મીટર (૧૭૨૨ ચો.ફૂટ), MIG-II – ૨૦૦ ચોરસ મીટર (૨૧૫૩ ચો.ફૂટ) જગ્યા ફાળવવામાં આવેલ છે.
- પ્રધાનમંત્રી આવાસ યોજના (શહેરી વિસ્તાર) વર્ષ ૨૦૧૫-૧૬ થી અમલમાં આવેલ છે.

પ્રધાનમંત્રી આવાસ યોજનામાં સરકારે બિલ્ડર્સ થી લઈને બેંક સુધીના સ્તરે સુંદર આયોજન કરીને કોઈ પ્રકારની ઢીલી નીતિ રહે નહીં, પરંતુ કોર્પોરેટ કંપનીની છટાથી વ્યવસ્થિત રીતે કાર્ય થાય તે રીતે ગોઠવણી કરી છે વળી સરકારી યોજનામાં સહજ એવા ધરમધક્કા અહીં સરળતાથી ટાળી શકાયા છે. જે રીતે પ્રધાનમંત્રીની આ મહત્વાકાંક્ષી યોજના આગળ ધપી રહી છે એના પરથી અત્યારે તો ચોક્કસ એમ કહી શકાય કે “મોદી સાહેબની ઘર ઘર યોજના” ઘર ઘર મોદી જેટલી જ સફળ બની રહેશે!



प्रधानमंत्री आवास योजना (PMAY) मुख्य लक्ष्यो:

- जो लाभार्थीओ २० वर्ष सुधीनी मुदत माटे हाउसिंग लोन पसंद करे छे तो व्याज दर वर्षना ५.५०% सबसिडी दरे आपवामां आवे छे.
- मध्यम आवक श्रेण (MIG) धरावता लाभार्थीओ माटे घरना बांधकाम अथवा संपादन माटे मकान लोन (पुनः भरिदी सहित) पर व्याज सबसिडी आपवामां आवे छे.
- आर्थिक रीते नबला विभाग (EWS) अथवा लोअर आवक श्रेण (LIG) माटे, घरना बांधकाम अथवा संपादन माटे होम लोन पर व्याज मणवा पात्र छे.
- हालना रहेहाणोमां ओरडाओ, रसोडा वगैरे उमेरवा माटे लेवामां आवती होम लोन पर व्याज सबसिडी आपवामां आवशे.
- आ प्रधानमंत्री आवास योजना हेठल भारतमां तमाम शहरी विस्तारो आवरी लेवामां आव्या छे, जेमां Class O4141 वैधानिक नगरो छे अने जेमां Class OO वर्ग। ना शहरना अग्रिमता आपवामां आवी छे.
- एको-फ्रेन्डली अने टकाउ (sustainable) तकनीकीनो उपयोग बांधकाम माटे थाय छे.
- वरिष्ठ नागरिको अने विविध रीते सक्षम लोको माटे, ग्राउन्ड फ्लोर नी झलवणी पसंद करवामां आवे छे.

प्रधानमंत्री आवास योजना (PMAY) ना झयदा:

- PMAY सबसिडी: PMAY ना सौथी मोटा झयदाओमांनो अेक अे छे तेनी सबसिडीनो दर. होम लोन माटेना व्याज दर सामान्य रीते बेकोमां १०% होय छे ज्यारे PMAY योजनामां, व्यक्तिने ५.५०% सबसिडी



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આપવામાં આવે છે. આ પરોક્ષ રીતે માસિક હપ્તા ને ઘટાડે છે. આ PMAY સબસિડીનો ભારે અને હકારાત્મક પ્રભાવ પડશે, ખાસ કરીને મધ્યમ આવકના ક્ષેત્ર પર.

- **બધા માટે આવાસ:** પ્રધાનમંત્રી આવાસ યોજના મુજબ સરકાર દેશના શહેરી વિસ્તારોમાં ૨ કરોડ સસ્તા મકાનો બનાવશે. આ યોજના ગ્રામીણ ભાગમાં વસતા નાગરિકોને જીવનઘોરણને વધારવામાં ભારત સરકાર દ્વારા લેવામાં આવેલી મુખ્ય પહેલ તરીકે ગણવામાં આવશે. ગ્રામીણ વિસ્તારોમાં વસતા ૬૦% વસ્તીને ધ્યાનમાં લેતા, તે દરેક માટે આવશ્યક સુવિધાઓ માણવાનો શ્રેષ્ઠ તક હશે.
- **રાષ્ટ્રનો વિકાસ:** ભારત સરકાર દ્વારા રજૂ કરવામાં આવેલી વિવિધ યોજનાઓમાંની એક PMAY છે અને આ યોજના ગ્રામીણ અને શહેરી વિસ્તારના નાગરિકોને લાભ કરશે. આ પ્રોજેક્ટથી ઓછી આવક અને મધ્યમ આવકના ક્ષેત્રને વેગ મળશે પરંતુ દેશના ભૂમિ ક્ષેત્રને તેનાથી સંબંધિત ઉદ્યોગો પર ઉત્તમ અસર થશે, દાખલા તરીકે, તે રોજગારની તકો માં વધારો કરશે.
- **અન્ય લાભ:** જે મહિલાઓ ઓછી આવક ધરાવતા જૂથોમાં આવે છે તેમને આવાસ યોજના નો વિશેષ લાભ મળશે. વિધવાઓ, ટ્રાંસજેન્ડર, વરિષ્ઠ સભ્યો અને અલગ રીતે સક્ષમ લોકો માટે પણ જોગવાઈ કરવામાં આવી છે.

પ્રધાનમંત્રી આવાસ યોજના (PMAY) માટેની પાત્રતા/લાયકાત:

લાભાર્થીઓ જે આર્થિક નબળા વિભાગ (EWS), ઓછી આવક જૂથ (LIG), મધ્યમ આવક જૂથ -૧ (MIG-I) અને મધ્યમ આવક જૂથ - ૨ (MIG-II) સાથે જોડાયેલા છે તેઓ આ યોજના માટે પાત્રતા ધરાવે છે. ત્યારબાદની શરતો પ્રધાનમંત્રી આવાસ યોજના સબસિડી માટેની યોગ્યતા હોવી આવશ્યક છે:

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- અરજદારની ઉંમર ૭૦ વર્ષથી ઓછી હોવી આવશ્યક છે.
- EWS માટે અરજદાર ની આવક દર વર્ષે માત્ર રૂ.૩ લાખ અને LIG માટે વાર્ષિક રૂ. ૩ લાખ થી ૬ લાખ વચ્ચે હોવી આવશ્યક છે.
- હોમ લોન સબસિડી માટે ૧ જાન્યુઆરી, ૨૦૧૭ પછીની મંજૂર થયેલ અથવા મંજૂરીના તબક્કાની અંદરની હોમ લોન યોગ્ય છે.
- રૂ. ૧૨ લાખ સુધીની વાર્ષિક આવકવાળા અરજદારો કે જેમાં રૂ. ૯ લાખ સુધીની હોમ લોન છે તેઓ હોમ લોન EMI માં પીસ્તાલીસ ઘટાડા માટે યોગ્ય છે. જેની રૂ. ૧૨ લાખની લોન સાથે આવક રૂ. ૧૮ લાખ હોય તેઓ ૩% સબસિડી મેળવી શકે છે.
- PMAY સબસિડીમાં પ્રવર્તમાન મકાનના બાંધકામ, સંપાદન અને ફરીથી ખરીદીનો સમાવેશ થાય છે.

એકવાર વ્યક્તિ ઉપરોક્ત માપદંડ માં આવે છે, તો હોમ લોન સબસિડી નો લાભ મેળવવા યોગ્ય બને છે,

પરંતુ તેની સાથે કેટલીક શરતો પૂરી કરવી પડે છે તે આ પ્રમાણે છે:

- ખરીદવા માટેની સંપત્તિ યોજના હેઠળ આવરેલા ક્ષેત્રમાં સ્થિત હોવી જોઈએ.
- સંપત્તિના માલિક માંથી એક મહિલા હોવી જોઈએ (જો ઘર જમીન ના કોઈ ભાગ પર બાંધવામાં આવી રહ્યું હોય અથવા પાકા ઘરમાં નવીનીકરણ કરવામાં આવે છે તો તે જરૂરી નથી)
- સંપત્તિ કોઈ બીજા કેન્દ્ર સરકારની યોજના દ્વારા પહેલાથી સબસિડી કરવામાં આવી નથી.
- સંપત્તિનો કાર્પેટ વિસ્તાર તમારી આવક શ્રેણી માટેની નિર્દિષ્ટ મર્યાદામાં છે.

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કોષ્ટક ૧: પ્રધાનમંત્રી આવાસ યોજના માટેની પાત્રતા

ક	ખ	ગ	ઘ	ચ	છ
વાર્ષિક ઘરેલુ આવક (રૂપિયા)	શ્રેણી	વ્યાજ સબસિડી (%)	મહત્તમ લોન પર ગણતરી કરેલ સબસિડી (રૂપિયા)	મહત્તમ સબસિડી (રૂપિયા)	સંપત્તિનો મહત્તમ કાર્પેટ વિસ્તાર
૬ લાખ સુધી	EWS/LIG	૬.૫૦%	૬ લાખ	૨.૬૭ લાખ	કોઈ મર્યાદા નહિ*
૬ થી ૧૨ લાખ સુધી	MIG – ૧	૪.૦૦%	૯ લાખ	૨.૩૫ લાખ	૧૨૯૧ ચો. ફૂટ
૧૨ થી ૧૮ લાખ સુધી	MIG – ૨	૩.૦૦%	૧૨ લાખ	૨.૩૦ લાખ	૧૬૧૪ ચો. ફૂટ

*નવી સંપત્તિ ની ખરીદી / બાંધકામ માટે, અન્યથા EWS – 322 ચોરસ ફૂટ અને LIG – 968 ચોરસ ફૂટ છે.

ઓનલાઈન અરજી વિશે માહિતી:

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PMAY માટે લાયકાત ધરાવતા લાભાર્થીઓને ઓનલાઇન અરજી કરવા માટે નીચે પ્રમાણે પગલાંને અનુસરવું પડશે.

- સૌ પ્રથમ તે કેટેગરી ને ઓળખવાની જરૂર છે કે જેમાં વ્યક્તિ PMAY માટે લાયક છે.
- તે પછી સત્તાવાર વેબસાઇટની મુલાકાત લેવી: <http://pmaymis.gov.in/>
- મુખ્ય મેનુ હેઠળ 'નાગરિક મૂલ્યાંકન' પર ક્લિક કરવું અને અરજદાર વર્ગ પસંદ કરવું.
- અરજદારને એક અલગ પૃષ્ઠ પર રીડાયરેક્ટ કરવામાં આવશે જ્યાં વ્યક્તિ એ પોતાની આધાર વિગતો દાખલ કરવી પડશે.
- અરજદાર વ્યક્તિગત, આવક અને બેંક ખાતાની વિગતો અને વર્તમાન રહેણાંક સરનામાં સાથે ઓનલાઇન PMAY એપ્લિકેશન ભરવી.
- કેપ્યા કોડ દાખલ કરવો, ચોકસાઈ માટે વિગતો ચકાસવી અને તેને સબમિટ કરવું.

સંદર્ભ સૂચિ:

- (૧) <https://www.gu.vikaspedia.com/gu/pmay>
- (૨) <https://www.icicifc.com/gu/pmay>
- (૩) <https://pmindia.gov.in>
- (૪) <https://homefirstindia.com>
- (૫) <http://yोजना.gov.in>
- (૬) <https://www.iifl.com/gujarati/home-loans/pradhan-mantri-awas-yोजना-clss/eligibility>

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76. Withstanding the Wrongs through the Supernatural: Anatomisation of Social Concerns in *The Magician Nephew*

*Roop Kanwal, Assistant Professor English, CT University

**Prof.(Dr.) Ashwani Rana, HOD Languages & Humanities , CT University

Abstract:

Fantasy literature has magical and supernatural elements. Set in an imaginary world, it serves as an indirect vehicle for the writer to discuss the issues of the real world without creating any kind of contention. The reader is able to relate the real-life concerns with the extraordinary without getting personal. The Magician's Nephew is such a fantasy by C. S. Lewis. One can locate the perpetual social concerns, through the supernatural setting and magical creatures and talking animals, that belong to both the real and the extramundane societies. Social concerns are the problems that impede social development. The study in concern considers the issues that are absorbed in the plot of the novel. These issues are exploitation of the weak, injustice, immorality, selfishness among autophiles. To master these issues, social beings need to be just in their actions, preserve morality and altruism, welcome change and work together for the development of society.

Keywords: Fantasy literature, social concerns, justice, moral values, altruism.

I. Introduction

Fantasy literature enables the reader to look at the world differently. Implicitly, it helps one to expand viewpoints and to connect fiction with reality. It acts as an instrument to propound social concerns. C.S. Lewis's *The Magician's Nephew* (1955) is a fantasy that enumerates such issues through supernatural events; including the creation of the magical land of Narnia, talking animals, powerful witches, and magicians. The novel, despite its supernatural elements, outlines some of the most significant social concerns that help inculcate human values in the readers. These concerns have been textualized in such a provocative way that one is coerced to scrutinize the contrast between what should be and what should not be for the betterment of society.

II. Material and methods

The study uses the text of *The Magician's Nephew* by C.S. Lewis; research articles, website sources and books related to social concerns as material. The method is a critical analysis of the novel considering social concerns.



III. Fantasy fiction and social concerns

Now the question arises of how fantasy fiction can showcase the social issues of society. It is described as escapist fiction, far away from reality. But, by escaping into the imaginary world of magical creatures, the writer finds it easier to relate the problems of the real world and to discuss them in a less confrontational way. As Lisa Hoover opines, “It allows the reader to think critically about equality and justice in a less personally challenging way....to think about the tough issues while still engaging in some escapism...”. By employing metaphors, the writer intends to subvert the negative social institutions that demand to be transformed for the betterment of society. Hence, Flanagan remarks,

...it comments on social reality through indirections (metaphor, allegory, parable) and can therefore deal with complex moral questions in a more playful and exaggerated manner. Fantasy also prompts young readers to play at seeing the world in different ways and accordingly teaches them to construct meaning by making connections between seemingly unrelated concepts or things...

To analyse the text at length, it is important to first understand what social concerns mean. Social issues are problems that affect a larger part of society. These are encountered by people as an intellectual conflict between what is morally good or bad in their personal or social lives. It has been described by University of Minnesota Libraries Publishing as “a condition or behaviour that has negative consequences for large numbers of people and that is generally recognized as a condition or behaviour that needs to be addressed.” Such negative attributions can be inequality, racial injustice, poverty, social health etc.

A. Exploitation of the Weaker section of Society:

The novel in question canvasses social concerns like exploitation of the weaker section of society, lack of moral values, selfishness, need for change and comradeship. It is conferred at length how these issues may prove to be the nemesis. Alongside the problems, the novelist also proposes remedies such as being just, morally sound, selfless, empathetic, and open to change. He has, furthermore, used the imaginary magic world as a foil to the real world. Where good and evil forces work parallelly through the prominent characters of the novel. The antagonist characters of Jadis and Uncle Andrew are corrupted. They put their selfish needs on the upper hand. They represent the unrighteous leaders for whom self-gain is more important than the amelioration of the weaker sections. What they want is not in favour of society. Thus, their actions usually lead to disruptive results for the people around them. Whereas, Aslan and Digory



uphold goodness. They cherish values and believe that one is born to serve others. They, furthermore, broach a vivid polarity with Jadis and Andrew. Hence, through these characters, Lewis echoes the idea that society will progress only if all the members work together selflessly for it and stick up for the good cause.

Justice for One and All:

C.S. Lewis throughout his works propagated justice for one and all. The major social concern of this novel is the exploitation of the unprivileged at the hands of the affluent. It is observed that society progresses if equality and social justice are valued. As for justice, it means being socially equitable when it comes to fundamental rights; access to food, shelter, healthcare and education; Participation and expression by each citizen; and equity for all the members of society (Soken-Huberty). In simple words, social justice is a state where all have equal rights and opportunities to communicate and progress, where individual and social interests are harmonised. It brings about fairness among various dimensions of society. Moreover, “social oppression” would exist if social justice is not incorporated into the system. In addition, social injustice or oppression is exploitation and infringement of “a group’s rights, marginalize their opportunities or treat them unfairly...”(Online MSW Programs) that hinders any possibility for social development.

Creating a Cordial and Safe world:

The novel revolves around the idea of creating a cordial and safe world by Aslan where all can live in peace and rejoice. While Jadis uses ‘the deplorable word’ to destroy the world of Charn, only to rule in solus (Lewis 77). She exploits and kills each who comes in her way of conquering the world and becomes the sole sovereign of the ruins of Charn... “...remember what you have seen. This is what happens to things, and to people, who stand in my way”- Jadis (Lewis 74). She believes it to be her right to use her subjects as she pleases... “I was the Queen. They were all *my* people. What else were they there for but to do my will?” (Lewis 78). Uncle Andrew echoes Jadis in the unmagical world of London when he uses little children Polly and Digory as his test subjects in his experiment of finding a new magical world with golden rings dabbled with magic. He does not care for the safety of these children or the animals he has used to examine his theories. Instead, he, like Jadis, narrates their plight with immense joy and pride. But he is afraid when confronted by Digory to go ‘there’ on his own... “A man at my time of life, and in my state of health, to risk the shock and the dangers of being flung suddenly into a different universe?” (Lewis 33). Thus, both of the



characters see the people as a means to some end; they even do not pay any attention to the one who is not of any use to them (Lewis 91).

On the other hand, Aslan and Digory condemn these manipulations of the innocent folk and fight for their rights. Aslan while creating the new world of Narnia, gives the 'power of speech' to his selected pairs of animals among all the animals and commands them to use this for justice and merriment:

The dumb beasts whom I have not chosen are yours also. Treat them gently and cherish them, but do not go back to their ways lest you cease to be talking beasts. For out of them you were taken and into them, you can return... For jokes as well as justice come in with speech..." (Lewis 141).

Digory, at times, vocalises his empathy for the ones that have lost their lives at the hands of these exploiters. Lewis has plied Digory with a conscience that compares the uprightness and turpitude of the characters around him. Through these incidents, Lewis sets forth his ideas for the melioration of society.

B. Lack of Moral values:

The second social concern, Lewis talks about is the lack of moral values. He is of the view that the development of society depends on the values that its members adhere to. Moral values are the ethical teachings that lead a human being on the right path and help differentiate between right and wrong. For instance, honesty, truth, respect, love, selflessness, kindness, and forgiveness are crucial for building social relations. According to Bentham and Hazlitt, they help maximize happiness and joy in people's lives. It acts as a guiding principle to their behaviour and intellect while dealing in society. Because these values teach patience and composure which helps in resolving conflicts without any resentment and grudges. Hence, a peaceful society enjoys a boost in productivity and standard of life, resulting in the well-being of its citizens.

Struggle between Good and Evil:

With reference to the novel, the constant struggle between good and evil brings out the moral values that are crucial for a harmonious world. Aslan epitomizes a benevolent leader who works selflessly for the good of his people. In his orations, he often encourages his subjects to make peace with each other. He praises Polly for forgiving Digory to handle her rudely in the ruins of Charn. Aslan coronates the new King and Queen of Narnia and demands of them to "... rule these creatures kindly and fairly, remembering that they are not slaves like the dumb beasts of the world you were born in, but talking beasts and free subjects" (Lewis 166).



Digory is an embodiment of moral values. Digory always keeps his promises even if the situations are against him. He confronts Uncle Andrew for not keeping his word to bury the secret box unopened. Later on, when Jadis asks her to steal the Apple of Youth for himself to be immortal like her or for his sickening mother, he is a little hesitant thinking about the possibility of curing his mother with the magical fruit. But he is determined to do good by his mother... "Don't you think I see? But I - I promised... Mother herself wouldn't like it – *awfully* strict about keeping promises – and not stealing... She'd tell me not to do it..." (Lewis 194). He has promised to be beside Polly and he supports her throughout his adventure. Thus, when Jadis tells him to leave Polly behind and lie about stealing the apple, he lashes out. He comes through and brings the apple from the 'Garden of Youth' in the 'Western Wild' for the Narnians. Even in the end, with his honesty, he wins Aslan's heart and returns for his dying mother curing her with the 'Apple of Youth'. He even forgives Uncle Andrew for his misdeeds when he sees a changed man in him. He, overall, is a virtuous character who triumphs over evils like theft, murdering someone to gain power and breaking promises etc. and holds the beacon of moral values for the society.

Whereas Jadis evinces a selfish and cruel yet powerful queen and Uncle Andrew, a mercenary. Both of them have their way and never think of anyone else in the process. They don't even have a second thought before killing someone for the cause. For instance, Uncle Andrew wants to find a new world so that he can get famous. Later on, when he witnessed the sprouting of the iron lamppost from the place where Jadis has struck the iron rod she had accidentally brought from London, he thinks of ways to make money out of it.

Bring a few old bits of scrap iron here, bury 'em, and up they come as brand new railway engines, battleships... they'll cost nothing... I shall be a millionaire. And then the climate!... I can run it as a health resort, a good sanatorium here might be worth twenty thousand a year... The first thing is to get that brute shot... (Lewis 133).

To have everything for himself, he denies abruptly when Digory asks if he could help cure Digory's mother with these rejuvenating properties of Narnia.

However, they employ all sorts of treacheries to get things done. Uncle Andrew tricks Polly into touching the magical golden ring and transporting her into the limbo, the secluded place between the worlds. Jadis is not behind, she tries her best to lure Digory into eating the magical apple. At times, to serve her purpose, she even feigns weakness. They presume that they are not only far away from any liability or morality, but are also free from it:



Rules of that sort, however excellent they may be for little boys – and servants – and women – and even people in general, can't possibly be expected to apply to profound students and great thinkers and sage... Men like me, who possess hidden wisdom, are freed from common rules... Ours is a high and lonely destiny- Uncle Andrew (Lewis 28).

What would be wrong for you or for any of the common people is not wrong in a great queen such as I. The weight of the world is on our shoulders. We must be freed from all rules. Ours is a high and lonely destiny. -Jadis (Lewis 78).

Thus, these characters highlight the traits that confirm the downfall of oneself and decay for society, just as the fall of the world of Charn. Vocalising Aslan, Lewis expresses his fear for the real world. Aslan gives a warning to Polly and Digory to be upright lest "... it is not certain that some wicked one of your race will not find out a secret evil as the deplorable word and use it to destroy all living things..." (Lewis 211).

C. Selflessness is Indispensable to the Growth of a Society:

Thirdly, Lewis emphasizes that selflessness is indispensable to the growth of a society. The selfish deeds by the members of society, especially the leaders to whom people look up for direction, confirm the imminent labefaction. Kara Lydon (2021) remarks that selflessness can lead to happiness. Happiness leads to prosperity, a sense of having more than what is needed. As for happiness, it is a state of joy, relief and contentment, when one feels safe from any kind of harm, be it physical or mental. It is part of ethics that implies as Aristotle puts it... it is desired for its sake and not for anything else's; it contains all the wishes but has no evil whim at its root; and lastly, it is stable. Hence happiness is a positive attribute. According to Dalai Lama, one can achieve happiness by making peace with others and one's inner self. This is only possible if one pegs away in the service of others. Thus, for Dalai Lama, happiness creates a positive environment that is contagious and leads to the creation of a harmonious world. As for, being altruistic signifies acting without thinking about one's profit. A selfless person cares more about the well-being of others and works for them out of emotions and love. The basis for helping others out is not to satisfy one's ego and get popular by doing such social works. It helps one to have a sense of bonding with others, a feeling that each of the members is important "...to one another and to the group, and a shared faith that members' needs will be met through their commitment to be together" (McMillan et al.). This improves human relationships and ultimately prompts others to reciprocate in the same loving and caring gesture. Hence, in the end, the world will be a happy place.



On the opposite, self-obsession harms society. Selfish people tend to alienate themselves and become paranoid. They think that keeping the needs of others over one's own will somehow cumber theirs' (Patel 2020). Harming others to satisfy their whims furthermore damages the hope for the communal uplift of society.

In the novel, characters like Aslan and Digory act selflessly for the happiness of others. They are empathetic even towards the darkest of the souls. Digory feels for Jadis when she looks sickly and pale in the wood between the worlds. To see her gasping for breath, Digory commiserates. His sense of bonding with all the living creatures, his friendship with Polly and his wish for the well-being of his kith and kin, highlight his caring nature. Both of the children lament for the lost lives in the destruction of Charn. They never fear to deplore, at several intervals, the wrong-doings of the vicious. Moreover, the inscription on the golden gate of the Garden of Youth, also, reverberates the need for a sense of community:

Come in by the gold gates or not at all,
Take of my fruit for others or forbear,
For those who steal or those who climb my wall
Shall find their heart's desire and find despair. (Lewis 187).

Besides, Aslan demystifies that one can achieve pleasure through wrong and immoral means, or by fleecing innocent people of their resources. But this delight is short-lived and it brings agony for the lifetime.

Selfish people put themselves before everything and vanquish everything that comes in their way. Thus, in the end, they are left alone. After eating the Apple of Youth, Jadis does get her heart's desire to be invincible and indestructible but she lost her innocence and beauty "...her face was deadly white, white as salt..." (Lewis 191). In the same way, Uncle Andrew obtains the hidden magic from within the box. But in the process, he loses his youth and turns into a grey-haired "pantomime demon" (Lewis 21). Even the world of Charn becomes a "dead, cold" ruin that was once a "wonder of the world", where there is "...no ants or spiders or any other living things... no grass or moss," except an "empty silence"; (Lewis 56-75). Jadis had wanted Charn for herself, so she kills even her sister to have the throne. Using the deplorable word, she annihilates all and becomes the only soul. Her desire to be all-powerful ended her up being lonely. Later on, even Digory turns her down when she asks him to eat the Apple of Youth and be with her as her King. It is worth a thought that even when she is supreme and absolute, she still needs someone to resurrect her from a lifeless statue that the sinister spell had turned her into. Being alone is not an option, one requires the other at some point in life.



Selfishness stops one from enjoying the pleasantries of life. Jadis and Uncle Andrew no longer hear the sweet song of Aslan but it seems appalling to them. What is music to the ears of all, is a growling beastly sound to them. Jadis cannot enjoy the sweet fragrance of the silver apple tree, as she had taken it by force and misdeed. Hence, for her “...length of the days with an evil heart is only length of misery...” (Lewis 208).

D. The theme of Immortality: Change vs. Stagnation

Fourthly, the theme of immortality is an appeal for change and newness. For Lewis change represents the growth of society, in terms of “human interactions, relationships, behaviour patterns, and cultural norms” (UoPeople). These changes construct the new rules and advanced social mechanisms that affect society in the distant future. For instance, formerly, women had no right to vote, but today they are being selected as the senate members and even Prime ministers and presidents i.e., Mrs Indra Gandhi (PM, India 1966-1977 and 1980-1984), SamiaSuluhu Hassan (President, Tanzania April 2021) etc. With change comes cognizance. It spreads knowledge within society that leads to increased awareness among its citizens. Owing to this, they make decisions and learn in the process, what has been done right and what, wrong. Hence, through change only, a society progresses.

In the novel, change is hampered through magical phenomena. Jadis acquires immortality by consuming the Apple of Youth. Since she has become unkillable, her strengths and pride accentuate. She will “...never get old or die...” (Lewis 193). Now she aspires to become the sole empress of the whole world for an eternity. Thus, immortality brings stagnation for her and she craves the same for all.

Immortality has always been a supreme desire of human beings from time immemorial. People have yearned for physical immortality. They have always yearned to be like the immortal gods with a physical body. Hence, the quests of alchemists for “the philosopher’s stone” (Paracelsus); the pursuits of the Caribbean people for “the fountain of youth” and the Chinese for “peaches of immortality” or “the elixirs of life” that grants eternal youth, throughout the mythical legends of the world. In Hinduism, it is known as “Amrita” which was churned out of the holy Ganges by the Devas, with the help of Vasuki. In Japanese mythology, it is termed as “ochimizu” or “waters of rejuvenation” that was in the possession of the moon god (Naumann 133). “Aab-i-Hayat” meaning “water of life” and “Chashma-i-Kausar” meaning “Fountain of Bounty” are found in the Muslim scriptures which grant immortality (I. K.Poonawala). Thus, looking back at history, human beings have consistently tried to gain immortality, a boon by God Himself.



But in the concerned novel, the writer has challenged the traditional concept of eternal life and has described it as obnoxious and lonely. For him, it equals doldrums. It is a hint at the introduction of modernity in the novel. One is reminded of Mahadevi Verma's beautiful lines on the worthlessness of immortality in her poem "Adhikaar" which means 'Such is your world...'. She writes that immortality hinders the emergence of something new. Moreover, true delight can be relished by the one who has experienced pain, negativity is always followed by positivity. One enjoys the warmth of spring because the cold winter has ended. Hence, change begets novelty and joy. Such is the character of Digory, who declines Jadis's offer to share immortality with her; "No thanks..." he says, "I don't know that I care much about living on and on after everyone I know is dead. I'd rather live an ordinary time and die and go to Heaven..." (Lewis 193).

Uncle Andrew was a mean character, but he is embraced by society only because, he changes. His little adventure with the animals in Narnia, when they mistake him for a tree and try to plant him in the sand, has taught him a lesson "... in his old age he became a nicer and less selfish man than he had ever been..." (Lewis 220). In addition, if the thunderstorm had never destroyed the apple tree that had sprung from the silver apple core planted by Digory, there would have been no wardrobe for Lucy, Edmond, Jane and Peter to enter Narnia. Therefore, one thing ends and makes way for something new to start.

E. Progress of Society is a Joint effort:

Lastly, C. S. Lewis implies that the progress of society is a joint effort. It cannot be achieved at an individual level, but all the members of society would have to work together to achieve it. The development of society refers to the productivity, health, and well-being of its inhabitants. It is only possible if each member works with the other to help the weaker section rise. It is about eliminating differences whether they are of religion, culture, race, or status (GNB). For instance, if one wants the Corona pandemic to end, they all must work together, follow the safety instructions, and get vaccinated. Suppose one is cured of the disease and he/she starts roaming about the society without taking precautions, he/she is putting others and himself/herself again at the risk of infection.

Aslan, in the novel, propagates a sense of togetherness for the growth of society, occasionally, in his speeches. He adjures the Narnians to take care of the Tree of Protection and keep each other safe. As the evil of self-centeredness has been won over but it still exists. To fight it, benevolence and benignity are crucial.



He asks Caby and his wife to deem all as their children and not to have “favourites either among your own children or among the other creatures or let any hold another under or use it hardly...” (Lewis 166).

IV. Results and Discussions

To surmise, fantasy literature helps sensitize people towards the social concerns prevailing in society. The Magician’s Nephew is a fantasy novel that promulgates the idea that society is pivotal for an individual’s growth. If one wants to flourish, then he/ she would have to work for the prosperity of society. Because, when society thrives, every single citizen of it also progresses with it. By propounding the above-mentioned social concerns, in C.S. Lewis’ text, the concerned study affirms that they are harmful to the development of society, hence should be surmounted with the given solutions. Working for the progress of society, its citizens should observe justice and equity for all the strata of society, moral values, selflessness, acceptance for change and a sense of togetherness are prioritized, then the advancement of society is outright.

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77. YOGIC MANAGEMENT IN LUMBAR SPINE STENOSIS

SACHIN AGGARWAL

Research Scholar

The Maharaja Bhupinder Singh Punjab Sports University, Patiala

DR. Chandra Kant Mishra

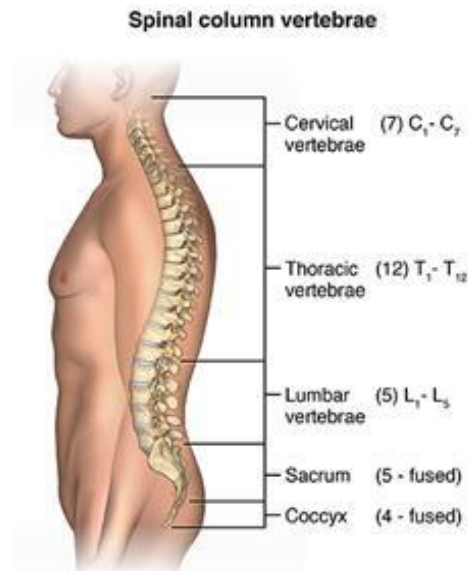
Chief Coach Yoga

SAI: NSNIS-Patiala

ABSTRACT : Lumbar spinal stenosis, the results of congenital and degenerative constriction of the neural canal and foramina leading to lumbosacral nerve root or cauda equina compression, is a common cause of disability . There are so many other causes (Bulging Disc , Thickened Ligaments around the lumbar region, Spinal Tumors, Osteoarthritis , Spinal Fracture).It **symptoms** can include pain, cramping, numbness or weakness in the legs (especially in hamstring muscle), groin, hips, buttocks, and **lower back**. Symptoms usually worsen when walking or standing and might decrease when lying down, sitting, or leaning slightly forward. Asanas which help to alleviate the pain and decompresses the spine include Tadasana (The Mountain Pose), Vrikshasana (Tree Pose), The Cat/Cow Pose , Parsva Balasana (Bird Dog Pose), Adho Mukha Svasana (Downward Dog Pose), Salamba Bhujangasana (Sphinx Pose), Staff pose or Dandasana, Baddhakonasana (Bound Angle Pose) . Yogic therapy functioning as a intermodal treatment by addressing Weak Muscles , Poor posture and lack in flexibility in order to improve biomechanical imbalances which contributing to pain. Moreover, Yoga focus on mindfulness, pranayama (breathing exercises) and meditation which ease relaxation of both muscle and mind and may contribute to decreased perception of pain . Tratak kriya is one of the most considerable kriya to reduce in the level of stress and anxiety and these both are the hidden factors in Lumbar Spine Stenosis .

KEYWORDS : ASANAS , LUMBAR SPINE, PRANAYAMA

INTRODUCTION : Spinal stenosis can happen in any part of our spine but is most common in the lower

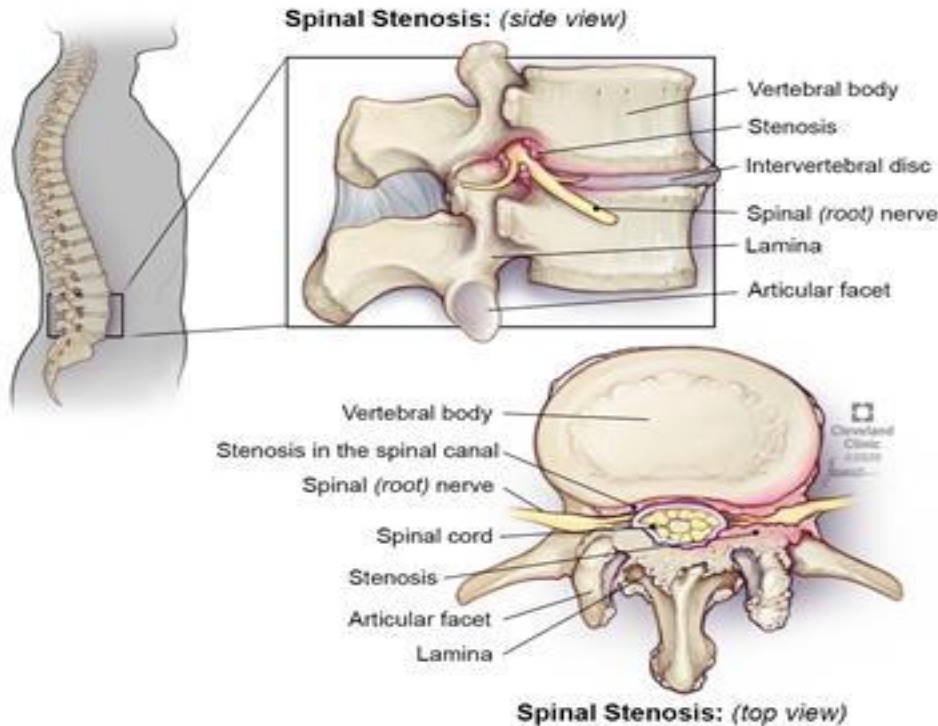


back. This part of the spine is called lumbar Region. The lumbar spine (lower back) consists of five vertebrae in the lower part of the spine, between the Ribs and the Pelvis. Lumbar spinal stenosis (LSS) is a condition in which lumbar spine become narrowing that causes compression of the spinal cord, as the inadequate space in the spinal canal or the side canals that protect the nerves often results in a pinching of the nerve root of the spinal cord. The nerves become increasingly irritated as the diameter of the canal becomes narrower. These normal wear-and-tear effects of aging can lead to narrowing of the spinal canal. The lumbar spinal stenosis is a common cause of low back and leg pain.

This is increasingly common and Degenerative changes of the spine are seen in up to 95% of people by the age of 50. Spinal stenosis most often occurs in adults over 60 years old.



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- While some people with the condition will experience no symptoms, [symptoms](#) can include pain, cramping, numbness or weakness in the legs (especially in hamstring muscle), groin, hips, buttocks, and [lower back](#). Symptoms usually worsen when walking or standing and might decrease when lying down, sitting, or leaning slightly forward. Back pain is the most common symptom in the lumbar spinal stenosis (LSS) . Most people who have spinal stenosis in their low back have developed it during their lives . This is known as *acquired spinal stenosis*. A few people are born with lumbar spinal stenosis also called *primary* or *congenital spinal stenosis* . Pressure on nerves in the lumbar region can also cause more serious symptoms known as Cauda Equine Syndrome in which an individual may feel Severe pain and weakness that spreads into one or both legs. This makes it hard to walk or get out of a chair and loss of bladder and bowel function . Moreover, those who are surviving with lumbar spine stenosis are [3 times more likely](#) to experience it than those who have only back pain due strain or excessive sitting jobs . There are other symptoms which demonstrate that an individual have lumbar spine stenosis **1**. Unbearable pain as you sleep at night. The lower back keeps throbbing with pain.



2. Your thighs and legs start to pain if you stand for too long.
3. The muscles in your body feel stiff.
4. Any sort of movement starts causing pain.

Lumbar Spinal Stenosis has many causes but one common thing is that they change the structure of the spine which result a narrowing of the space around your spinal cord and nerves roots that exit through the spine. **1) Bulging disc:** Between each vertebrae is a flat, round cushioning pad (vertebral disk) that acts as shock absorbers along the spine. Age-related drying out and flattening of vertebral disks and cracking in the outer edge of the disks cause the gel-like center of these discs to break through a weak or torn outer layer. The bulging disk then press on the nerves near the disc. **2) Thickened ligaments:** Ligaments are the fiber bands that hold the spine together. Arthritis can cause ligaments to thicken over time and bulge into the spinal canal space.

3) Osteoarthritis : In this type of arthritis, the cartilage that cushions joints breaks down. It can affect the cartilage between vertebrae and may also cause bone spurs to grow in the spine.

4) Spinal tumors : These abnormal tissue growths may develop in the spinal canal, trigger inflammation, and cause changes in the surrounding bone.

5) Spinal fractures and injuries: Broken or dislocated bones and inflammation from damage occurring near the spine can narrow the canal space and put pressure on spinal nerves.

- **Lumbar spinal stenosis facts**

Lumbar spinal stenosis is a lower back condition whereby either the spinal canal (central stenosis) or one or more of the vertebral foramina (foraminal stenosis) becomes narrowed.

Lumbar spinal stenosis is typically caused by degenerative arthritis.

- Patients can develop low back pain as well as pain, weakness and numbness or decreased sensation in the legs.



- Surgery is recommended when other nonsurgical treatments have failed and for patients with increasing weakness of the legs or loss of bowel or bladder function.
- Surgery includes a lumbar decompression with or without a lumbar fusion.
- Surgery is most reliable for the relief of leg symptoms and less reliable for the relief of back pain .

9. **METHODOLOGY** : There are so many ways to manage of Cervical spondylosis through yogic management which include (Pranayama, Asana & Yogic diet) etc. In the initial days we focused on Kriya and Asana to reduce the symptoms of Lumbar Spine Stenosis . We considered Tratak kriya for first few days after that introduce multiple asana to prevent and cure the patients from it . **In asana** we add some specific which give safe result in a short period of time. , **Tadasana (The Mountain Pose), Vrikshasana (Tree Pose), The Cat/Cow Pose , Parsva Balasana (Bird Dog Pose), Adho Mukha Svasana (Downward Dog Pose), Salamba Bhujangasana (Sphinx Pose), Staff pose or Dandasana, Baddhakonasana (Bound Angle Pose , Ardha Matsyendrasana (Half Spin Twist Pose), Happy Baby pose or Ananda Balasana , Stupa Padangusthasana (Reclining Hand-to-big-toe Pose), Salabhasana (The Locust Pose) .**

- **RESULTS** : We had been surprised after saw the wonderful results of Yoga in Lumbar Spinal Stenosis problem . As we gave strict instructions to individuals who was suffering with this problem and they follow in a same manner. In the initial days, their severity of pain was extremely bad . As we observe Tightness in the muscle and it was limited in range of motion. So, we adopted various technique in which include (Sukshma Vyayam, Shtula vyayam and many different types of Asanas) which gave relief from pain and tightness in very short period of time as well as in very safe manner . All the patients felt energized after 8 weeks program and they have no issue with their back pain or we can say in the lumbar spine .

DISCUSSION : There are no medicines as such, that cure Lumbar Spine Stenosis. The condition however, can be control or cured through Yoga therapy or yogic management . A some uncomplicated Yogasanas and Exercises can play a important role in managing and treating of Lumbar Spine Stenosis . Yoga brings strength and mobiltiy to the spine and the complete vertebral column get benefit. It helps to stabilize our core to better support our lumbar spine.



1. Some Specific Asanas release the stress caused due to prolonged sitting before the computer and relaxes the entire spine. Therapeutic yoga uses gentle stretching exercises to help relieve pain. Spine is the major channel, which carries all nerve impulses from the brain to the body and vice versa. Doing yoga removes the stiffness of the neck and shoulder Yogasana is very effective in treating of lower back, neck and shoulders. Yoga is highly recommended to those who have rigid spines and chronic neck pain. Pranayama intensify the rejuvenating process of the body and helps in normalizing blood pressure and relieving tension and pain. Stress is also a huge contributor in lumbar Spine Stenosis (LSS) . Yoga might enhance both the toning of muscles which surrounding the Lower back (lumbar Vertebrae) and releasing of muscle tension. Relaxation responses therefore, could reduce stress related muscle tension and modify neurobiological pain perception. With these Specific Yoga asana listed below an individual will be able to beat stress and cure Lumbar Spine Stenosis as well.



Tadasana (The Mountain Pose): Our body is constantly affected by the way we sit or stand. The misalignment can cause discomfort in our body that can affect our mind and diminish our ability to think clearly. A steady and right posture helps to maintain the correct posture of the spine that leads to serenity in mind and it release the compression on the lumbar spine .



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Vrikshasana (Tree Pose): By doing the Vrikshasana, the spinal cord become strong and does not cause pain in the bones. This asana also helps to balance the body. Apart from this, it also helps to improve neuron-muscular connection .

Cat Pose (marjariasna) : Marjariasana consists of two words: Marjari means Cat and asana denotes to yoga pose. It is pronounced as **mar-jar-ee-ahh-sanna**. Marjariasana is called cat stretch yoga because a cat generally stretches its spine upwards and downwards. This is one of the best yoga poses for the health of the spine. It helps to loosen up the spine. It is extremely useful for those who have a rigid spine or chronic backache or neck ache.

Parsva Balasana : *Parsva balasana* is a gentle posture which incorporates a twist through the torso while the body and mind experience the soothing benefits of a forward bend. The name is derived from the Sanskrit *parsva*, meaning "revolved," *bala*, meaning "**child**," and *asana*, meaning "**pose**." This asana relieve stress and compression on the lumbar region .

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ADHO MUKHA SAVASANA (DOWNWARD FACE DOG) :

This pose leaves you energized and rejuvenates the body and It lengthens the spine, strengthens the muscles of the chest increasing lung capacity. It brings strength throughout the body especially the arms, shoulders, legs, feet. Helps to tone muscles .It increases circulation to the brain and **Calms the mind** and helps relive headache, insomnia and fatigue.



STUPA PADANGUSTHASANA : With the pressure at the center and the lower back, this pose is done best while pulling in the tummy and tightening the abdominal muscles making them stronger and firm.



Ananda Balasana (Happy Baby Pose) :

It gives the stomach a good massage and improves digestion by stimulating your digestive system. It is also perfect for relieving fatigue. Regular practice of this *asana* reduces the stiffness in your lower back and hips, thereby relieving back pain.

In addition to these, *Ananda Balasana* ensures that your upper and lower body remains healthy by decompressing the sacrum. The sacrum supports your spine and the weight of your upper body as it spreads across the legs and into the pelvis.

PRANAYAMA : We will now begin pranayama practice called spinal breathing. then Our deepest desires can be enlivened by systematically letting go into our inner silence. Sciatica from spinal stenosis includes sharp, stabbing pain that radiates down the leg while walking, with pain relief felt. Kapalbhata is pranayama for lower back pain, people who are suffering severe lower back pain should perform Kapalbhata in slow motion. The main cause is wear and tear in spinal canal . Pranayama and yoga for spinal stenosis hold the potential to improve vertebral alignment , improve chances of posture and movement .

Some Nutritional information to improve the Spinal Stenosis in which include

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(Staying hydrated, eat plenty of fruits and vegetables, Avoid smoking, and Reduce the intake of red meat ,caffeine and alcohol) .

A healthy diet will help you stay at a healthy weight, reduce the body's propensity towards inflammation, and keep your spinal discs as well as all your tissues hydrated, all of which will help reduce pain from lumbar spinal stenosis.

SOME DO'S AND DON'T'S IN LUMBAR SPINE STENOSIS :

DO'S : 1. Do practice mild forward folds :

The recommendation that those with Stenosis forward fold slightly .

2. Do sit if you need to:

Standing aggravates symptoms for some people with LSS, while sitting alleviates them. If standing poses increase discomfort, feel free to take a break:

3. Do consider a side-lying or elevate your legs :

Those with LSS symptoms often find lying on their side in a fetal position or bending their knees enough for the spine to flex to be more comfortable than lying flat on their backs.

DON'T'S

1. Don't practice full inversions:

Any inversion compresses the lumbar spine because of the additional body weight from above, potentially further narrowing the space through which the nerves must pass freely," Reif says. "Additionally, inversions may make it more difficult to maintain a neutral spine for some individuals."

2. Don't twist to an extreme and/or with a rounded back if it doesn't feel good:

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Twists like deep versions of *janu sirsasana* (head to knee pose), revolved chair pose, and others that involve a rounding of the lower back could place uncomfortable pressure on the lower back, and should be avoided if they make any symptoms worse.

3. Don't do deep side bends if they worsen symptoms :

As is the case with twisting, side bend only to the extent that feels good, and if side bending to one side feels compressive, skip it.

In poses like gate pose or a standing side bend, stay as high as you need to in order to be comfortable.

4. Don't roll up to stand: This movement is typically best avoided by those with LSS and other spinal problems, whether or not it produces instant symptoms, because lifting half the body's weight against gravity is a tall task for an already-vulnerable lower back.

CONCLUSION : At last we can say that the practice of yoga can decrease pain and increase functional ability in patients who survived with Lumbar Spinal Stenosis . Yoga is a natural and holistic remedy for Lumbar Spinal Stenosis . A regular practice of this ancient science leads to a flexible body, calm mind and a positive attitude towards life. We need to take into consideration, the gender, the physical condition as well as the condition of the disorder when we are applying Yoga as a therapy. A step-by-step approach involving aspects of diet, our lifestyle, the way we think and involving Yogic counseling.

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78. ss'e ekftL n"os d/ GktK dh solwkBh

fw; ;zdhg e"o

fo;ou ;ekbo

;hH NhH:{Bh;of;Nh,b{fXnkDk

gzikph b'e ekft d/ ou/sk Gkt/A g{oP th jB,gozs{ tX/o/ b'e rhs n"os dhnk ;zt/dBktK dh solwkBh eod/ jB.T[AM th gfoto ftu n"os G{fwek e/Adoh j[zdh j?.n"os fj; G{fwek Bz{ fBGT[AfdnK e[M nB[Gt eofdN,e[M ;'ufdnK,d[xy^;[Zxy wfj;}; eofdN e'Jh Bk e'Jh ekfte p'b T[ukodh ofjzdh j?.T[j T[jBK Bz{ fSbdhnK ns/ sokPdhnK jB.gzikph b'e rhsK ftu n"os dhnk GktBktK T[Go e/ ;kjwD/ nkT[zdhnk jB feT[zhe wod gqXkB ;wki ftu fj;soh xo d/ ezw sxe jh ;hws ofj rJh ;h.b'e rhsK d/ dfonK ftu gzikpDK B/ nkgD/ ;oho d/ Bkb^Bkb fdb ns/ nkswk Bz{ th wb^wb e/ X'sk j?.b'e rhsK ftu T[jBK dk ozr jh Bjhz y[fonK j[zdk ;r'A T[; dhnk ;xXoK dh wfje th y'oh iKdh j?.fjBK b'e rhsK ftu fixE/ N[zpDk fpnB j[zdk j?,T[[xE/ ihtB ftu dxph j'D ekoB Powhbh ns/ w{zj cRN j'D pko/ th gsk bXrdk j?.fi; eoe/ ;kv/ b'e rhsK ftu ;kvhnK ytkfjPK, sob/,o;,ozr,w;sh,s/ T[wzrK g{ohnK Bk j'D eoe/ T[gfink ftPkD,skjB/,fwjB/ ;G e[M jh sK j?.finkdkso fjBK b'e^rhsK d/ ouBjko itkB w[fNnkoK jB feT[Afe brGr pj[s/ b'e^rhsK ftu itkB w[fNnkoK dhnk jh ohMK ns/ T[wzrK dk toBD j[zdk j?.fj; d/ Bkb^Bkb \{Ph^}wh d/ rhs th ;kv/ b'e fto;/ ftu Go/ gJ/ jB.

fgzv ftu frX/ dk wzrbkuoB nkgDhnK ;j/bhnK iK fgzv dhnk e[VhnK dh ;'Gk iK ;x; dh pdr'jh,fdb bXrhNK d/ o;wK Go/ rhs,fjBK b'e rhsK dk \k; ftPk j[zd/ jB,fizBKQ ftu gzikp dh fj;soh d/ dxp/ x[RN/ r[x;/^frb/ \{;hnK, }whnK,ftnZr ns/ d[xy^;[y x[b fwb e/ Mbe oj/ j[zd/ jB.

wXekb dh n"os e'b b'e rhs fJxe n?;k ebkswe jfEnko j?,fi; Bkb fJe gk;/ T[j nkgDh ;wkfie j'Ad fiskT[Adh j?,d{i/ gk;/ n"os Bz{ fJe Gkte ;so T[xgo fJe d{i/ Bkb ;zrfms t? eodh j?.

;wki B/ ed/ th Bkoh d/ jxe BjhA ep{b/.T[; d/ nkkl B{z B/V/ j' e/ BjhA ;[fDnK.T[; d/ wB Bz{ B/V/ j' N'fjnk BjhA.fj; bJh Bkoh nkgk gqrNkT[D bJh rhsK dk ;jkok b?Adh ojh j?.



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rhsK d/ p'b Bkoh nkgD/ nzdob/ Bæg/ IlfpnK B{z T[æuh^ T[æuh rk fbnk.;wki ;[D/ Bk ;[D/ go fJ;soh Bz{ fJ; gqrNkt/ Bkb ;kj nk frnk.

+e rhsK ftu n"os ;wkie ;fEshnK d/ ;zdoG ftu wkBf;e GktBktK gqrN eodh j?.T[; ;w/A gzikph w[fNnko dk ihtB nZi d/ ihtB Bkb'A tæyok ;h.f;æXk^;kdk fJe' bhj 's/ uæbD tkbk ihtB izwh y/vh itkB j'Jh ,ftnjh rJh, gsh gqd/; ubk frnk, tj[Nh ;æ; e'b ofj rJh, ;æ; ;j[ok vkY/ fto'Xh ;B.BthA fBt/bh nkNk ghjdh,uoyk eæsdh, o' o' fdB eæNdh ;h.fJJBK fdBK ftu T[; Bz{ gqd/;h gsh ns/ wksk^fgsk dh :kd nkT[Adh ;h.T[j nkgDh :kd Bz{ y[bw^y[æbk fpnkB BjhA eo ;edh ;h. T[; d/ fdb dk r[nko eæYD Bjh fJe' fJe ;kXB b'e rhs ;h.ebgBk d/ fJeKs ;z;ko ftu wB ftu nkT[Ad/ rhsK Bz{ fwbkgdh ns/ nkgD/ d[æy Bz{ nkgD/ rhsK Bkb ;kAMk eo b?Adh ;h.fJ; soKq fJj rhs pD rJ/.' fJJBK b'e rhsK ftu ;G s'A tæX tofBs gkso n"os j?.

gzikph +e ekft^gzikph b'e ;kfjs dk fJe nwho fto;k b'e ekft j?.fJ; ftu gzikphnK d/ wB'Gkt fpBK fe;/ pBktN d/ fwbd/ jB.gzikph ;kfjs d/ pj[s/ ekft o{gK dk ;'wk b'e ekft jh fojk j?. fejk iKdk j? fe fizBh r"otwJh ns/ ozrhbh e'Jh ;z;feqsh j[zdh j?,T[jBK jh s/itkB ns/ ftnkge T[;dk b'e ekft.b'e ekft fJe nfijk ekft j? fi; ftu T[j ;æu j?,fijVk w{b wkBthA ;zeNK, b'eK ;fEshnK gqfs wB[æyh wB dk ;fji sæs cæN ns/ ebkswe j[zrkok j?. b'e ekft Bz{ d' GkrK ftu tzfvnK frnk j?^

1 y[æbQ/ ekft o{g

2 pæMt/A ekft o{g

fJJBK b'e ekft o{gK ftu y[æb/ ekft^ehoBk, nbkj[Dh, Nægk, p'bhNk, j/nok, Szd^gokrk, b'oh, f;æmDh, y/v jB ns/ pæMt/A b'e^ rhs^ ;jkr, x'Vhnk, tko, pkokwKj nkfd nk iKd/ jB i' n"os d/ wB d/ Gkt gqrN eod/ jB.vkLBkjo f;zx dk eEB j? fe b'e rhsK ftu eJh soKq Bkb gq;fEshnK dk fto'X gqrN j'fJnk j?.fit/A T[j 'y{Bh B?D ib Go/' ;zrqfj d/ ;zdoG ftu fbydk j? fe 'y{Bh B?D ib Go/'ftub/ rhsK d/ gæy s'A ;G s'A tævh ftP/Psk fJj j? fe nwkBth ;wkie d/ ;Bw[æy n"os d/ j' oj/ fiB;heoD dh gqfefonk Bz{ do;T[Ad/ jB.fJj n"os s/ ;wkie ;zskg ftu'A T[gi/ ft:'r d/ p'b jB.

n"os B/ b'e rhsK okjHA nkgDk nkg c'b e/ oæy fdæsk j?.nkgD/ ;ko/ ilfpnK Bz{ T[æuh^T[æuh rk e/ fBæi ghV Bz{ b'e ghV pDk fdZsk.ykD^ghD, bkT[D^gkT[D ns/ jo gæy ftu T[; Bkb ftseok ehsk iKdk j?.j'o s/ j'o fJ;soh d/ iBw b?D s/ th xo dk e'Jh ihn y[P BjhA j[zdk.jo wK g[æso dh wK pDBk jh b'udh j?.;kv/ ;w[æu/ b'e^rhsK ftu Xh d/

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pkp/ d/ ftu ph pkpbk, s/o/ izwh Xh pkpbk

fe fjJ w/o/ pKek Y'b,jkfJ dV tæfNnk jæ;d/ p'b

pkp/ d/ ftu u[zBh pkpbk, BK oæyDk f;o w[zBh pkpbk

fe fjJ w/o/ pKek Y'b, jkfJ dV tfNnk p'b.

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b'e rhsK ftu fe;/ th sokQ dh pBktN Bz{ BjhA d/ydk ns/ fe;/ nkg wfj;}; ehs/ ilp/ r[zdhoubk Bz{ b'e rhs efjzd/ jB. T[j n;b ftu b'e rhsK ftu g/P j' ojh wkBth ;zt/dBk d/ gqrNkn o{g ftu b'e rhsK dk fusod eo fojk j[zdk j?.nkg nkgD/ PpdK ftu fbyd/ jBL

“b'e^rhs fe;/ iksh d/ T[j wB'Gkt jB i' e/tb fdb dhnK v{zxdK

ftu'A fBeb/ PpdK dk pkDk gfjD b?Ad/ jB ;r'A iksh d/ ;w[ru/ ihtB dk

goSktK j[zd/ jB.i/ eftsk fe;/ nkg wfj;};h ilp/ r[zdh oubk dk BK

j? sK fJjBK s'A ;[ruh e'Jh eftsk j' jh BjhA ;edh.fJjBK ftu e'Jh

pBktN BjhA j[zdh”.

b'e rhs ns/ ;zt/dBktK gq;fEshnK dh T[gi j?.fj gqfefonK ;dhnk s'A ubh nk ojh j?.n"os fJjBK ftP/P gq;fEshnK ftu T[j nfij/ ftP/P gksoK Bz{ oxy e/ ;ztkd oukT[Adh j?, fiBKQ Bkb T[; dk ;wkfie foPsk j[zdk j?.fiE/ T[j fgsk , wK nkfd Bz{ T[bKGk fdzdh j? T[xE/ gsh Bz{ f;rxk ;zp'XB th eodh j?L

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dko{ ekjBz{ ghDh f;zxk t/ dko{ ghfDnK f;zxk

e?mK sK s/ok m/e/ t/ dko{ ghfDnK f;zxk .

b'e rhsK ftu tko tko ;j[o/ ns/ g/e/ xo dk w[ekpbk ehsk iKdk j?.;j[o/ xo T[; Bz{ w[fPebK ns/ efmBkJhnK nkT[AdhnK jB ns/ T[j g/e/ xo Bz{ :kd eodh j?.

fgægb d/ gæfsnK, s/ohnK mzhvhnK ;h SktK T[J/

fMVedhnK ;æ;K, u/s/ nT[AdhnK wktK T[J/

fgægb d/ gæfsnK,s/o/ bzw/ ;h Skg/ T[J/

fMVe d/ ;h ;j[o/ u/s/ nkT[Ad/ ;h wkg/ T[J/.

fijk fuæsoD fJ;soh Bz{ wkfgnK tZb T[bko øxydk j? ns/ fJjh ekoB j? fe T[j wkfgnK Bkb'A ftSVB Bjh fsnko BjhA j[zdh.nfijk ftS'Vk T[; d/ d[æy dk ekoB pDdk j?.e[M gzrshnK s'A gsk bærdk j?L

XhnK Bkb'A wkg/ Bk ftS'V, fdbK fdnk t/ gkghnk

wkfgnK dh pVh t/ pjko,fdbK dhnK ;[D b?Ad/ nk

G?DK Bkb'A tho Bk ftS'V, fdbK fdnk t/ gkghnk

thoK dh pVhU pjko, fdbK fdnk ;[D b?Ad/ nk.

wkfgnK d/ xo ftu d[ik foPsk tho dk j[zdk j?.id'A th e'm/ 's/ eK p'bdk j? sK T[j nkgD/ tho dh T[vhe eodh j?. eK Bz{ T[vkT[Adh efjzdh j? fe w/o/ tho dk ;[B/jk b? e/ nk fojk j?.T[j nkgD/ tho d/ nkT[D 's/ T[; Bkb d[æy ;KM/ eoB/ ukj[zdh ;j? eJh tko ftSVh G?D Bz{ nukBe tho fwb ikt/ sK fJj fwbkg pj[s Gkt[e j' iKdk j? ns/ T[j \[Ph s/ dod ftu efj T[mdh j? L

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^okth d/ ezY/ ezY/ iKfdnK,v'b/ t/ bthA t/ br

nk t/ thoK d'B'A fwb bJhJ/,ftS'V/ G?D Gok .

^fiBh okjhA thoK wkJ/ thoK nkt/

wkJ/ thok nkt/

TjBK okjhA wkJ/ y[nk b[nk d/

iær b[nk d/, Ekb b[nk d/, wkJ/ Bh Ekb b[nk d/

Sedk SekT[Adk wkJ/ thok nkt/ .

;wki B/ ed/ th y[æb/Q fdb Bkb Bkoh d/ jæe BjhA ep{b/.T[; dh nktkl Bz{ B/V/ j' e/ BjhA ;[fDnk, T[; d/ wB Bz{ e'b pfj e/ BjhA N'fjnk,J;/ bJh Bkoh Bz{ nkgk gqrNkT[D bJh rhsK dk ;kXB ep{bDk fgnk”.

;"eD d/ nkt[D Bkb i' ;zt/dBk Bkoh Bz{ jzYkT[Dh g?Adh j?.Tj fe;/ Bk fe;/ d[yKs Bz{ jh iBw d/Adh ojh j?.xo'A fBeb e/ gfjhb gsBh dk d[yKse ;fEsh dk G'rDk , ;zskg ftu nkgDh ikB d/ d/Dh iK fco jkbksK Bz{ ;theko eo b?dh j?.fj; Bkb ;zpzfXs pj[s/ rhs ;kv/ b'e rhsK ftu fwbd/ jB.fiBKQ ftu fj;soh dk d[yKs fsæy/ o[g ftu ;kjwD/ nkfJnk j?.nfij/ rhsK ftu i/mh Bj[z dh pbh dk gq; zr pj[s wjæstg{oD j?.fj; rhs d/ fgS'eV ftu wod gqXkB ;wki ftu wod dh ;odkoh ns/ n"os dk d{ik doik nroG{wh ftu nkt[Adk j?.id'A gsh fe;/ j'o w[fNnko Bkb ;zpzX oæydk j't/, sK gsBh s'A P"eD dk foPsk podkPs BjhA j[zdk.T[; Bz{ th n"os B/ nkgD/ rhsK dk ftPk pDkfJnk j?.efjzdh j? feL

;æ;/ Bh s/ok g[æ; ;[DhAdk,

r[V u'oh dk yKdk.

fJæE/ fJj ;gæPN eoBk ukj[zd/ jK fe fj;soh B/ fiæE/ nkgD/ rhsK ftu nkgDhnK nX{ohnK fJSktK Bz{ gqrN ehsk j? T[E/ T[; dh ;[o fto'Xh th j'Jh j? go fes/ fes/ ,pj[sh ;[o T[; dh ;kjwD/ xæN jh nkjh j?,Tj gq/w d/ foPfsnk ftu sK ;wki d/ fto'X ftu nkt[Adh j? go pj[sh EkJhA T[; B/ g[oP ;wki dh skBkPkjh Bz{ ;theko jh eo fbnk bærdk j?. b'e rhsK ftu fj;soh dk d[æy, dod, T[sPkj, o;/tK, wB/tK,T[; dk fpjok, fwbkg ns/ ftnzr ;ko/ jh ozr g/P j'J/ jB.go ftu e/Ado fpzd{ g[oy jh fojk j?.fJj d't/A nzr fJe d{i/ s'A fpBK Beko/ jB,fj; Beko/gD dh fuzsk jw/Pk n"os Bz{ jh ojha j? g[oy Bz{ BjhA.n"os Bz{ jw/Pk xo N[ND dh fuzsk, ;wki ftu nkgDk o[spk pDkjh oæyD bJh x'b eoBk fgnk



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j?.gfjbn n"os B/ nkgDk dod b'e rhsK okjhA pkjo eafYnk ns/ ;G d/ ;kjd/ g/P ehsk.ouBjkfonk dk gsk Bk j'D
ekoB fJj ghV ;G dh ;KMh pD rJh.ghVhQ do ghVhQ rhs nrKj s'A nrKj w{zjK ftu'A MoB/ tKr Mod/ rJ/.fgSb/ ;w/A
d/ ;xu , M{m, ebgBk; d/ Bkb Bkb fj;soh dhkK ;zt/dBK dh solwkBh th eod/ oj/ j?.

jtkb/

wfjzdo f;zx ozXkktk, gzikp d/ b'e rhs, gzBk^340

T[jh, gzBk^340,380,381

Bkjo f;zx, y{Dh B?D ib Go/, gzBk^58, 59, 61, 70

;'fjzdo f;zx tDikok p/dh, gzikp d/ b'e ;kfjs, gzBk^183

nzfwqsk gqshw, gzikp dh nktkl, gzBk^9^10

noftzdo e"o, B?D feD' feD o'J/ , gzBk^65,66,67,68

;[yd/t wkXg[oh, yzv fwPoh dhkK vbhnK, gzBk^116,502,158

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79. feZ;k ;'jDh wkjhtkb ftZu w[jZps dk ;zebg

;koi (gzikph y'i ftdnkoEh) ;hHNhH:{Bhtof;Nh b[fXnkDk	vkH byftzdo e"o (;jkfJe gq'c?;o) ;hHNhH:{Bhtof;Nh b[fXnkDk
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gzikp d/ fgzvK ftZu eJh ;dhnK s'A feZf;nK d/ rkT[D ns/ ;[DB dk pj[s fotki fojk j? gzikph ;kfjs dh G[Zy fJj feZ;/ jh fwNkT[Ad/ jB.gfjbK gfjb fJjBK feZf;nK B{z rbs BiohJ/ Bkb th t/fynk iKdk ;h go ;kfjse ftdtkBK B/ fJjBK T[FZgo rfjok ukBDk gkfJnk ns/ fJjBK dh wjkBsk dZ;h i' ;kv/ ;kfjs dk tww[Zbk fjZ;k j?. gzikp d/ pj[s gqw[Zy feZ;/ jB fit/A jho okMK;;Z;h gz[B{z, fwoik ;kfjpk;;'jDh wkjhtkb, g{oB Grs nkfd e[M feZ;/ ftd/Ph ;ZfGnkuko u'A gzikph ftZu fby/ rJ/ fit/A b?bk wiB{z;;hoh cfojkd, :;| i{b?yK nkfd fJ;bkwh feZ;/ sK gzikph ;ZfGnkuko ftZu fJ;bkwh oki eoe/ nkJ/.go gzikph feZ;/ g{oh d[BhnK ftZu wPj{o j'J/ s/ gqtkB ehs/ rJ/.gzikph feZ;/ nkgDh wjkBsk ns/ gqhs eEktK eoe/ d[BhnK ftZu wPj{o j'J/ Bk fe fe;/ Xkofwe w[Zd/ Bkb iK ;oekoh ns/ r?o ;oekoh BhshnK eoe/.gzikp ftZu n;b w[ZY jho d/ feZ;/ s'A pZMdk j? ns/ nZr/ ubdk j?/.;kv/ gzikph feZ;/ flnkdkso d[yKs feZ;/ jB ns/ fJjBK B{z Xkofwe ozrs th fdZsh rJh j?.fJjBK feZf;nk ftZu gzikp d/ :EkoE B{z g/P ehsk frnk j?.feZ;k ekft Xkok i' fe r[owfs ekft Xkok dh ;wekbh j?.gzzikph feZf;nK ftZu fJZe nfijk feZ;k j? i' fe nzsookPNoh w[jZps B{z iBw fdzdk j? fJj fJe' fJe ;'jDh wkjhtkb dk feZ;k j?.;'jDh gzikp dh



Xh ;h ns/ wkjhtkb (fJZis p/r) o{; d/P dk ;h .d'jK Bz{ p/gBkj w[jZps j' iKdh j? ns/ d'j/ MBK dfonk ftZu v[Zp e/ fJeZm/ wod/ jB.

@fJj feZ;k fJPe dh Pjkds dk feZ;k j? d'B'A g/qwh gq/w d/ ;Zu dk gqwkD fdzd/ jB fJZe d{i/ s'A fBSkto j' iKd/ jB.@₁ fJ; ftZu fJPe dk fJwfsjkB ;h w"s nZr/ yVh ;h fco th fgnko ykso w"s Bz{ rb bkfJnk.fJj e'Jh ;XkoB rZZb BjhA ;h .fJj feZ;k d[yKs feZ;k j?.nzsookPNoh ;wheoB nB[;ko ;'funk ikt/ sK ;'jDh wkjhtkb dk e'Jh ;kBh BjhA. Gkos ftZu jh BjhA ;r'A ftd/PK ftZu th fJ; T[FZgo fcbwK pD u[ZehnK jB.gzikph g/qwh iK gq/fwektK nkgD/ w[be sZe jh ;hfws BjhA ;r'A fe;/ gqd/Ph Bkb gqhs ;KM gk e/ BtK fJfsjk; oud/ jB.

feZ;k ;'jDh wkjhtkb B{z w[jZps d/ ;zebg ti'A t/fynk ikt/ sK fJj feZ;k fJPe dh Pjkds dk feZ;k j?.fJ; ftZu gq/wh ns/ g/qfwek ;Zu/ fgnko dk gqwkD fdzd/ j'J/ fJe d{i/ T[FZgo'A e[opkB j' iKd/ jB.T[jBK Bz{ gsk th j[zdk fe nZr/ w"s j? fco th w"s T[go'A bzx e/ gftZso fgnko dk gqwkD fdzd/ jB.fJj feZ;k d{i/ feZf;nk s'A fJ; bJh tZyok ;h feT[Afe fJ; d/ g/qwh ns/ g/qfwek d' tZyo/^tZyo/ w[beK s'A ;B.fJj fJe okPNoh BjhA ;r'A nzsookPNoh feZ;k j?.feZf;nk ftZu fgnko eJh soQK dk jz[dk j? go feZ;k ;'jDh wkjhtkb dk fgnko tZyoh soQK dk ;h . fJ; feZ;/ dk e[dosh ;'jDkgD ;kBz{ nkg w[jko/ jh nkgD/ tZb nkeofPs eodk j?.fJj feZ;k rfjok d[yKs j? fJ; d[yKs Gog{o feZ;/ ftZu eJh gqeko d/ w'V nkT[Ad/ jB fJ; dh ;koh ejkDh MBK dfonk d/ bkr/ tkgodh j?.

@MBkn dfonk B/ fizBQK w[jZpsh o{JK B{z iBw fdZsk j? T[jBK ftZu ;'jDh fJZe nfijk BK j? fi; B/ gzikphnK d/ wBK T[FZgo nfwZN Skg SZvh j?.@₂



MBK dfonK B{z nkfPeK dfonK th fejk iKdk j?.fJj fJbkek bfjzd/ gzikp d/ r[ioks ftZu j?.MBK dfonK d/ nk;/^gk;/ pj[s ;wKXk pDhnK j'JhnK jB ;'jDh B/ fJ; dfonk Bz{ nwo eo fdZsk.fJ; fJPe w[jZpsh feZ;/ B/ T[; ;w/A d/ :EkoE Bz{ th g/P ehsk i' ;wkfie pDso Bz{ d[BhnK ;kjwD/ b? e/ nkT[aAdk j?.fJj fJPe dk feZ;k d/PK ftd/PK dhnK jZdK B{z s'V fdzdk j? ns/ nkg;h t?o ftseo/, B|osK, iksh pzXBK B{z s'V fdzdk j?.w[jZps fJe nfijh uhl j? i' jo jZd Bz{ \sw eo fdzdh j? ns/ nkg;h GkJhuko/ ftZu pzBQ fdzdh j? fJ; feZ;/ ftZu th nfijk jh d/yD B{z fwbdk j?.fJj feZ;k nDi'V ftnkj T[FZs/ fsZyk ftnzr j?.fJ; feZ;/ ftZu d[yKs shpo th j[zdk j? s/ wZXw th.fit/A ;'jDh ftnkjh iKdh j? sK d[yKs shpo j' iKdk j? s/ id'A fJZe d{i/ B{z fwbd bZr iKd/ jB sK wZXw j' iKdk j?. id wkjhtkb nkgDk gZN uho e/ fbnkT[Adk j? sK T[j ;'jDh B{z fiZs b?Adk j? id ;'jDh xV/ d/ ;jko/ s?o e/ wkjhtkb B{z fwbd iKdh j? sK fJPe f;\o T[FZs/ g[Zi iKdk j?. nzs pj[s fGnkBe j[zdk j? d't/A gq/wh ns/ gq/fwec MBK ftZu fJeZm/ wod/ jB.fJ; feZ;/ ftZu d[yKs eJh soQK dk o{g Xkodk j? s/ nzs ftZu nwo d[yKs pD iKdk j?. fJj feZ;k fJPe dh Pjkds dk feZ;k j?

fJj feZ;k g{oh d[BhnK ftZu fJZe ;Zuh w[jZps dk ;zebg b? e/ T[FZGfonk g{oh d[BhnK B{z ;zd/P fdZsk fe ;Zuk fgnko jh ;G s'A T[FZuk j?.;Zuk fgnko ;ko/ jZd ,Xow, iks pzXBK B{z ysw eodk j? ns/ ;KM/ GkJhuko/ ftZu fJe w[m j' fe ofjD dk t;hbk j' fBpVdk j?.

feZ;k ;'jDh wkjhtkb fiZE/ d't/A g/qwh ns/ gq/fwec dh w[jZps B{z fpnkB eodk j? T[E/ jh nwo Pjkds B{z th do;kT[Adk j?. fJ; feZ;/ B{z w[;bwkB s/ fjzd{ ethnK s'A fJbktk ftd/Ph ethnK B// th jZE'A jZE fbnk s/ ouBk ehsh j?.fJj feZ;k ed'A tkgfonk ns/ b'eK ftZu fet/A nkfJnk fJ; dk jtkbk ;kB{z fJzM fwfbnk j?^

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@;jDh wkjhtkb dh xNBk pj[s g[okDh j?.1732 JhLftZu w[jzwd Pkj
ozrhbk d/ lwkB/ ftZu BjhA tkgoh brdh Pkj j{;?B (1538^1600) s/ GkJh
r[odk;(1602^1694) ftZu fwbd/ jtkb/ f;ZX eod/ jB fe fj j xNBk 1550 JhL sZe
gqf;ZX j' rJh ;h.fj; rkEk d/ gqf;ZX j'D dk ;wK i/eo gzikj e[;kb j't/ sK fj
xNBk 1500 JhL d/ eohp tkgoh j't/rh.@3

Pkj j{;?B dhnk ek|hnk ftZu ;ze/sL

dod ftS'V/ dk jkb

Bh w?A e/B{z nkyK.....

izrb izrb fcok Y{v/A dh

edh Bk nkfJnk wkjhtkb

GkJh r[odk; dh 27 thA tko ftZu feZf;nk dk fieo j?^

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;Z;h g[zB{z d';sh j[fj iksh nkiksh

w/jhtkb s/ ;'jDh B?A sodh oksh.@4

p[Zb/ Pkj^ *;'jDh eZu/ xV/ v[pkJh* (ek|h Bzpo^11)

*e'Jh ;'jDh s/ wkjhtkb

Bkb P"e d/ okr ;[DkU yK ih (w[epb pzd Bzpo^35)

*wkjhtkb E'A ;'jDh ojh n?At/

j'o gZS b? fJPe fdnK ckfbnK B{z (jho tkfo; pzd Bzpo^389)



@ ;qh r[o{ r'fpzd f;zx B/ fpqi GkPk ftZu fJ; feZ;/ dk ;zy/g fbfynk j?.
d;w rzqE s/ sqhkn fuqso BzL 101 ftZu ;'jDh wkjhtkb dk feZ;k f;zxH ftZu
up/b uzd w/xkDh w/B/ Blw ehsk.@5

@fJj ejkDh jkPw s'A gfjbn feZ;k ethnK B/ fbyh j't/rh go T[j ethnK dk e'Jh
E'j gsk BjhA bZrk jkPw ns/ ekdo:ko T[FZgo tkfo; dh jho dk n;o fgnk ;'jDh
dk ;G s'A g[okDk feZ;k jkPw dk j? ns/ d{i/ Bzpo s/ ekdo:ko dk.@6 ;G s'A
wPj{o ;'jDh clb Pkj dh j'Jh. vkH P/o f;zx B/ 1944 ftZu ;zgfds feZ;k ;'jDh
clb Pkj ftZu 17 feZf;nk dk fleo ehsk . joBkw f;zx PkB B/ nkgD/ b/y ftZu 45
feZf;nk dk fleo ehsk. clb Pkj B/ ekdo s'A wro'A 1845^46 ftZu ouBk ehsh
id'A f;Zy oki dk nzsbn ;wK ;h.fJjBK s'A fjbktk GrtkB f;zx, i'X f;zx, gzfvS ;dk
okw ns/ ;G s'A nkyoh ;'jDh 1925 ftZu ;kX{ ;dk okw B/ fbyh.

@ ;'jDh wkjhtkb dh eEk B{z vkH ;[fozdo f;zx s/ tDikok p/dh p'Xh s/
:{BkBh jho' s/ b?Avo eEk o{VhnK dh fwZE ;wMd/ jB.@7 d{i/ gk;/ i'frzdo
f;zx fJ; eEk B{z pkjo'A nkjh wzBd/ jB fJ; eEk B{z JhokBh ns/ cko;h ftZu
ou// ikD d/ ;ze/s fwbd/ jB.

@xfVnk fdb w/ok ukj[zdk w?A wkjh B{z t/y btK

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v'p Bk puk b? w?A sK d[ZyK dh Goh

ezv/ T[FZs/ wfjowK w?A sK ed'A dh yVh

ezv/ T[FZs/ wfjowK w?A sK ed'A dh yVh.@8

;jDh
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jkew dk g[Zso ;h fJZis p/r d/ fgsk fwoik nbh ;h fwoik nbh xo e'Jh n"bkd
BjhA ;h oZp e'b'A d[tkkK wzr e/ gZ[so dh dks bJh id fJZis p/r g?dk j'fJnk
sK cehoK B/ T[; dh GftZypkDh ehsh s/ fejk fJj pZuk E'VQk ;wK wK pkg e'b
oj/rk ns/ fJPe d/ dfonk ftZu o[VQ ikt/rk ,fJZis p/r pj[s ;jDk ;h fBZeh T[wo



ftZu jh e[okB :kd eo fbnk sho nzdklh,x'V ;tkoh eoBk f;Zy fbnk ;h. fJZis p/r dk Pfjo pb\ p[yko/ ;h T[j nkgD/ fgsk Bkb ezw ftZu jZE tNkT[Adk ;wK phsdk frnk nzs T[j ;wK nk frnk fiZE/ fJis p/r dk nkgD/ wksk fgsk ns// tsB Bkb'A ftS'Vk g?Dk ;h, T[;B/ nkgD/ fgsk nZr/ wzr oZyh fe w?A fdZbh t/yD ikDk j? fgsk B/ gfjbK ;'funk ns/ fco wzB frnk,T[; B/ fJZis p/r d/ Bkb e[ZM ek|b/ B{z G/fink.fJis p/r tDi tgko d/ T[d/P Bkb fdZbh nkfJnk ns/ fdZbh d/ pkdPkj B{z e[M s'j|/ fdZs/ rJ/. ek|h fdB fdZbh o[fenk ns/ fco bkj"o ikD bJh fsnko j' frnk.fJzM bZr fojk ;h fit/A ;'jDh T[; B{z nkgD/ tZb fyZu ojh j't/ e[dos th fJZis p/r ns/ ;'jDh B{z fwbkT[D ftZu fwjotkB ;h.fJZis p/r bkj"o gj[zu frnk bkj"o x[zwdk nk gj[zfunk ;'jDh d/ Pfjo r[ioks ftZu ns/ fJZE/ jh o[e frnk fit/A oZph c[owkB j'fJnk j't/ fe T[j j[D fJZE/ jh oj/rk ns/ fJZE'A i'rk jh ofj ikt/rk.id r[ioks ftZu o[fenk sK T[; d/ ezBK ftZu ;'jDh dh ;[zdosk pko/ ftuko gJ/. fJZis p/r d/ fdb ftZu ;'jDh dh s;tho pD rJh T[j ;'jDh B{z t/yDk ukj[zdk ;h. fJZe fdB T[j ;'jDh d/ fgsk s[Zb/ dh d[ekB T[FZs/ fwZNh d/ GKv/ \ohdD bJh frnk. fJZis p/r dk GKv/ \ohdDk sK fJZe pjkbK ;h T[j t/yD sK ;'jDh B{z frnk ;h . id'A fJZis p/r dh Blo ;'jDh T[FZgo gJh ns/ ;'jDh dh fJZis p/r s/ d't/A fJZe d[i/ T[FZs/ w'fjs j' rJ/.fwb/ sK T[j gfjbh tko ;B go d'tK B{z fJzM bZfrnk fit/A ;fs:[r d/ ftSV/ efb:[r ftZu nkD fwb/ j'D.d'BK dhnk nZyK dk Bho fJZe j' frnk.

@s[Zb/ dh d[ekB ftZu'A fBeb e/ fJZis p/r B/ fJzM wfj;}; ehsk fit/A T[j fe;/ wzfdo dh finkos eoe/ nk fojk j't/ .@9 fJZis p/r B/ r[ioks ftZu ofjD dk nkgDk gqzX eo fbnk s/ nkgDk ;kok ek|bk nkgD/ d/P B{z G/i fdZsk ns/ fJZebk jh r[ioks ftZu o[e frnk. T[j fJZE/ fJZbk j[zdk j'fJnk th wfj;}; eodk fe d[Bhnk dh jo y[Ph w/o/ e'b j? T[j ;'jDh d/ fgnko ftZu fBZxo frnk.fiZE/ fJZis p/r o[fenk ;h T[j bfjzd/ gzikp d/ r[ioks dk fJbkek ;h ns/ MBK dfonk fpbe[b Bkb ;h. MBK dfonk d/ nk;/^gk;/ pj[s ;kohnK ;wkXK pDhnK j'JhnK ;B.;'jDh i' fe jZd s'A tZX ;'jDh ;h T[; dk fgsk s[Zbk e'Jh ;XkoB x[fwnko BjhA

CONFERENCE PROCEEDING

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;h fwZNH d/ GKv/ pDkT[D ftZu T[j wkfjo ;h tZv/ tZv/ Btkp GKv/ yohdD
nkT[Ad/ ns/ ;'jDh th fwZNH B{z r'D ftZu pVh w[jkos oZydh ;h.T[; dh r'Jh
fwZNH ftZu nzsK dh bue j[zdh fit/A e'Jh opV j't/.';jDh dk dhdko

eoB bJh fJZis p/r B/ r[ioks ftZu jh GKfvnK dh d[ekB pDk bJh,T[j jo o'l
s[Zb/ s'A wfjzr/ w[b d/ GKv/ b? fe ;;s/ w[Zb t/u fdzdk.fdB'^fdB fJZis p/r
s[Zb/ dk eolkJh j' frnk ns/ j[D s[Zbk T[; B{z GKv/ th BjhA ;h fdzdk.fJZis p/r
B{z fJjBK uHIK dk e'Jh fceo BjhA ;h T[j sK p; ;'jDh d/ fgnko ftZu nzBQk j'
u[Zek ;h. T[j eoik bkj[D bJh s[Zb/ nZr/ p/Bsh eodk T[; B{z nkgD/ xo B"eo
oZy bt/ s[Zb/ B/ T[; B{z nkgDhnK wZMK ukoB d/ bJh B"eo oZy fbmk

@fJZis p/r B{z wZMK ukoB d/ bJh B"eo j'Dk fgnk wZMK ukoB Bkb jh T[;
dk BK wkjhtkb j' frnk. B/V/ ofjD Bkb ;'jDh wkjhtkb ftZu ;zpzX r{V/Q j'
rJ/.@10 wZMK uokT[D eoe/ b'e T[; d/ fJZis p/r Bkw B{z G[Zb rJ/ ns/
wkjhtkb Bkw jh wPj{o j' frnk.d{i/ gk;/ ;'jDh d/ j[;D dhnK skoh|K j'D
bZrhNK

@ib|K Bkr ekb/ e[zvbdko nkj/

pkM S/fVnK wkod/ vzr whnK.

nZyhA eZr s[czr fBPzr wkoB,

pkM ;zr eo/AdhnK izr whnK.

fJZe dhd ezB' B?D ikB eZYD,

b?Ad/ w[|s B/ \bes'A wzr whnK.

clb Pkj wfjp{p d/ w[Zy T[FZs/,

nkPe woB fw;kb gsZR whnK.@11



;jDh id rfjD/ gfjB dh ;h sK |ibPkj fpnkB eodk j?

;jDh j[;B dh ykB T[PBke nkjh

fNZek tKr ;{oi bkNK wkodk ;h

u"Aegbh B/ gho s/ tbh w[m/,

uzdBjko uweko sbtko dk ih.

cib Pkj fBrkj i/ eo/ ;jDh

iZr ikB ijkB B{z tkodk ;h.

fdB' fdB ;jDh ns/ wkjhtkb d't/A fJe^d{i/ d/ fgnko ftZu r{V/ j[zd/ rJ/ j[D
T[j fJZe d{i/ s'A fpBQK BjhA ofjzd/ ;B id'A fJj rZb s[Zb/ B{z gsk bZrh sK
T[;B/ wkjhtkb B{z xo'A eZY fdZsk.

@pZ; pZ; whnK wjhA uko BjhA,

n?t/A yke/ Bwe jokw ehs'.

fi; Bwe ytkfJU xo/ T[;d/,

;zBQ wkoB/ dk r[ZMk ekw ehs'.

.....

GbhA Bhs d/ Bkb N[o ik fJZE'A

w?B{z iZr d/ ftZu pdBkw ehs',

cib Pkj go J/E/ ojh Bkjh,

ikjo nkgDk u nzikw ehs'.@12



id'A wkjhtkb B{z xo'A eZY fdZsk iKdk j? sK wkjhtkb fJe |eho dh soQK pD
iKdk j? ns/ ;'udk j? fe fJ; ;wki B/ ;kvh w[jZps B{z gqtkB BjhA ehsk. ;'jDh
wkjhtkb bJh sV|dh ojh, wkjhtkb ;'jDh bJh jzM{ e/odk fojk M{mh b'e bki
B/ d' fgnko/ ftS'V fdZs/ d' o{jk xkfJb eo fdZshnK.j[D wkjhtkb r[ioks s'A
tihokpkd d/ gk;/ fJe whb dh d{oh s/ MBkn dfonk d/ gkob/ ezY/ T[FZs/
M[Zrh pDk e/ ofjD bZr fgnk ;h ,T[AM sK wkjhtkb nkgD/ tsB w[V ;edk ;h
go fgnko dh ykso T[j ceho pD fe ofjD bZrk. d{i/ gk;/ ;'jDh dh wK B/ ;'jDh
B{z pj[s ;wMkfJnk go ;'jDh B/ fJe Bk wzBh d'tK wKtK XhnK ftZu MrVk th
j' frnk ;'jDh B/ sK wkjhtkb B{z oZp jh wzB fbnk wK th nkgDh Xh ;kjwD/
jko rJh fJ; soQK ;'jDh wkjhtkb ftZu fuZmhnK dk f;bf;bk th ubdk fojk
fit/A^

@ pkM fgnko/ d/ ;[ydh ikB Bk g?Adh,

fuZmh fbydk :ko :ko B{z ekrl ebw B{z cVe/.

w?B{z sK xo'A Bekfbnk pkg s/o/ B/ bVe/,

s?B{z sK po fwb frnk jkD dk oyb{ f;UB/ wVe/.

w?A fcodk ftZu rbhJ/ o[bdk e'b/ j' frnk ;Ve/

nkg fpBQK d[y d;K ehB{z fgnk ekbik XVe/.

.....

w'V itkp xbh fJ; fuZmh B{z gVQe/.@13

fJ; gqeko ;'jDh th T[; B{z fuZmhnK G/idh ojh ns/ fuZmhnK okjh tkoskbg
j[zdh ojh fco ;'jDh dk ftnkj s[Zbk nkgD/ GoZg/ ftZu jh fe;/ w[zv/ Bkb eo
fdzdk j? id ftnkj dh ypo wkjhtkb B{z fwbdh j? sK T[j pj[s jh d[yh j[zdk
j?.ftnkj s'A pknd th ;'jDh ns/ wkjhtkb ftZu fuZmhnK okjh rZbpks j[zdh



ofjzdh j?.fJZe fdB wkjhtkb MBK dfonk so fe ;'jDh B{z fwbD nkfJnk ;'jDh th T[; B{z fwbD rJh . fco o'l oks B{z wkjhtkb T[; B{z MBK dfonk gko eoe/ fwbD nkT[Adk ;'jDh th ;j[o/ gfotko s'A u'oh oks B{z T[; B{z fwbD ikfJnk eodh ;h ns/ ;koh oks jh fgnko dhk rZbK eod/.fJZe fdB wkjhtkb MBK dfonk ftZu s?o fojk ;h fe;/ ikBto B/ T[; d/ uZe tZv fdZsk wkjhtkb i\wh j' frnk go fJZE/ fJe ftuko j'o T[FZmdk j?

@feZ;keko GrtkB f;zx efjzdk j? fe T[j ;'jDh bJh o'l wZSh ykD bJh b? fe nkfJnk eodk ;h fJZe fdB wZSh BjhA fwbh T[j nkgDk gZN uho fe b? nkfJnk fJj xNBk ftnkj s'A gfjbK dh j? ^

s/o/ tZb'A d';sh ;p{s FGrtkB f;zxk

p?m ik fNekD/, nkg/ fwb{z Bhs Xkoe/.@14

j[D gZN s/ ;ZN bZrDk iK gZN uho e/ b? fe nkT[Dk pko/ ;kfjse ftdtkBK d/ tZy^tZy ftuko jB go fJ; gZN tkbh xNBk s'A jh ;'jDh wkjhtkb B{z fwbD nkg ikD bZrh MBK dfonk ftZu xV/ T[FZgo s?o e/. ;'jDh xV/ pDkT[D ftZu pj[s wkjo ;h T[; B/ fJe gZek xVk pDkfJnk ns/ MBK dfonk d/ ezY/ s/ MkVhnK ftZu xVk b[ek e/ oZy fdZsk. T[j o'l oks B{z T[FZmdh ns/ ;j[o/ gfotko s'A u'oh

wkjhtkb B{z fwbD iKdh, ;'jDh dh BBkD B{z fJZe fdB gsk bZr frnk fe ;'jDh wkjhtkb B{z fwbD iKdh j? T[;B/ PkfiP ouh ;'jDh d/ gZe/ xV/ dh EK s/ eZuk xVk oZy fdZsk ;'jDh B{z s?oB dk tZb BjhA ;h xV/ s/ jh s?o e/ iKdh ;h nrb/ fdB ;'jDh oks B{z T[FZmh ns/ s[o gJh go id'A T[;B/ nkgDk b[ekfJnk xVk cfVQnk sK T[; B{z gsk bZr frnk ;h fe xVk eZuk j? go wkjhtkb B{z fwbDk th lo{oh ;h jB/oh oks ;h pZdb roi oj/ ;B MBK dfonk th SZbk wko fojk ;h ;'jDh B{z gsk ;h fe nZi w"s gZeh j? go T[j T[;/ xV/ T[FZs/ s?oB bZr gJh xVk j"bh j"bh y[odk frnk MBK dhk SZbK s/I j[zdhk rJhnK ;'jDh

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wkjhtkb B{z g[ekodh ojh ns/ v[Zp rJh id'A wkjhtkb B{z gsk bZrk sK T[j th Skb wko fe v[Zp frnk fejk iKdk j? fe MBK dfonk ftZu ;'r g? frnk nk;/ gk;/ d/ iht^izs{ gzSh nZyK Go nkJ/ ns/ |foPs/ th noPK s'A T[FZso nkJ/ s/ o'D bZr/ jho okM/A , b?bk wiB{z , ;hoh cfojkd nkfd nkPeK dhNk o{JK th T[FZE/ nk rJhnK.

@;'jDh wkjhtkb dhNk bkPK o[VQdhNk f;zx dfonk ftZu rJhnK ns/ nZr/ ik e/ Pfkjkdg[o pokwd ehshNk rJhnK ns/ ;'jDh dh epo Pfkjkdg[o pDKJh rJh s/ wkjhtkb dh epo E'VQh d{oh TFZ[s/ ;[Bkw pklko ftZu pDKJh rJh .@15 nZi th b'e ;'jDh dh epo T[FZs/ ik e/ ;[ZyDk ;[Zyd/ jB ns/ wZEK N/ed/ jB. nZi th id'A MBK dfonk dhNk bfjoK s/l j[zdhNk jB sK b'e ;'jDh dh epo s/ ik e/ wZEK N/ed/ jB fe T[j MBK dhNk bfjoK B{z PKs eo/.T[jBK dh fJj ;[ZyDK g{oh th j[zdh j?.

;'jDh d/ feZ;/ okjHA g[okD/ gzikp dk :EkoE th ;kB{z d/yD B{z fwbdk j? ;G s'A gqw[Zy rZb fJj j? fe fJ; ftZu fJZe B"itkB gzikph

e[Vh dh pjkdoh t/yD B{z fwbdh j? ns/ T[; d/ r[DK B{z th fpnkB ehsk frnk j?^

@ nNeh nNe ojh nNekJh,neb fdZsh pdokjh.

Gbe/ ikD fwB/rK feT[A nZi wohJ/ ikB e'skjh .

fJe fXo fJPe ;'jDh B{z nky/ f;de' jko Bk w{b/.

;kfjp f;de ;'Jh eo fbnk,y[P j' w"s ep[{b/.@16 (;'jDh jkPw)

fFe; soQK fJZe gzikph e[Vh w"s B{z jZ; e/ ;o eodh j? ;Zuh w[jZps dk ;p{s d/D bJh w"s B{z rb bkT[Adh j?.fJ; w[jZpsh feZ;/ okjHA fJe g/Av{ ihtB B{z g/P ehsk frnk j? fe; soQK ftd/Ph ;"dkro gzikp ftZu nkT[Ad/ ;B ns/ g/Av{



gzikph ihtB pko/ ns/ T[E'A d/ feZs/, tsktoB, ohsh fotkl Xkofwe fposh pko/ dZf;nk frnk j?.fj; feZ;/ ftZu fgnko dh ykso uotkjk pDB ,cehoh o{g XkoB pko/ th dZf;nk frnk j?.T[; ;w/A ftZu fgnko w[jZps T[FZs/ bZrhNK gkpzdhnK dk th fleo j?.

@w[j'A nkydh sZshJ/ ;'jDhJ/ Bh n;K sZfsnK B{z fdZsk skfJ XhnK

J;/ tk;s/ gkbhU g';hU s{z fJIs pkg dh J/A rtkfJ XhnK.

i/eo w"s nkt/ s/o/ i/jhnK B{z wkg/ fbnkT[Ad/ Peo pik XhnK.@¹⁷ (;'jDh^clb Pkj)

;jDh feZ;/ ftZu ;G feZf;nk s'A tZX :EkoE B{z g/P ehsk frnk j?.

fj feZ;k d[BhnK d/ bJh w[jZps dk ;zd/P j?,fj; dh ;[rzX g{oh d[BhnK ftZu fybo rJh j?.fJzM bZrdk j? fe ;'jDh ns/

wkjhtkb ;kB{z e'Jh w[jZpsh ;zd/P d/D Xosh T[FZs/ nkj/ j'D. ukj/ fj feZ;k d[yKs j? go d[yKs d/ okjhA th ;Zuh w[jZps dk gqwkD j?. jo fJe ;kfjse ftdtkB B/ fj; B{z rzGho d[[yKs dk o{g fdZsk j?.fj; ftZu gzikp dh w[fNnko e[Vh dh pjkdoh,fgnko, ofjD^;fjD nkfd dk fieo j?.e[M b'e ;'jDh B{z ;'jDh wkjh nkyd/ jB go wkjh Ppd BjhA efjDk ukjhdk feT[Afe ;'jDh w[fNnko e[Vh ;h ns/ fj Ppd T[; dh ;[zdosk,pjkdoh fgnko B{z ;ze'u fojk j?.fj; fJPe w[jZpsh feZ;/ B/ ;Zuh w[jZps okjhA ;kB{z g?rkw fdZsk j? fe n;hA ;G fJZe jh fJB;kBhns Xow ftZu pZM/ jK.fgnko d/ Bkb ;G jZdK, ;G t?o, Xow iksh pzXBK B{z yasw ehsk ik ;edk j? Bk fe izrK s/ :[ZXK Bkb. fgnko dk o[spk ;otT[FZu j?.fgnko ftZu nfijh skes j? fi; d/ okjhA d[BhnK d/ fe;/ th w[ekw B{z jkf;b ehsk ik ;edk j?. fj; soQK ;'jDh wkjhtkb dk w[jZpsh feZ;k g{oh d[BhnK B{z nwB PKsh ns/ fgnko Bkb ofjD dk ;zd/P fdzdk j?.



jtkb/

1 e[bpho f;zx eKr, gzikph feZ;k ekft dk fJfsjk;, gzBk BzH 53

2 gzikph bkfJpq/oh, b'e feZ;/ s/ b'e ejkDhnK, gzBk BzH 39

3 e[bpho f;zx eKr, gzikph feZ;k ekft dk fJfsjk;, gzBk BzH 52

4 ;[fszdo f;zx B{o, gzikph tko ekft dk fJfsjk;, gzBk BzH 54

5 GkPk ftGkr gzikp gfNnkbk, feZ;k ekft, gzBk BzH 111

6 fgnkok f;zx G'rb, gqf;ZX feZ;keko, gzBk BzH 506^507

7 i'frzdo f;zx e?o'A, gzikph ;kfjs dk b'eXkokJh fgS'eV, gzBk BzH

8 <https://youtu.be/GcUUKK9nCds>

9 gzikph bkfJp/qoh, b'e feZ;/ s/ b'e ejkDhnK, gzBk BzH 40

10 vkH fpeow f;zx x[zwD, d[yKs dk ;zebg ns/ gzikph feZ;/, gzBk BzH 122

11 vkH dhtkB f;zx s/ vkH o'PB bkb nj{ik, ;'jDh wkjhktb clb Pkj, gzBk BzH 58^59

12 vkH dhtkB f;zx s/ vkH o'PB bkb nj{ik, ;'jDh wkjhktb clb Pkj, gzBk BzH 96

13 GkJh r[ofdnkb f;zx n?Av ;zBI, eVke/ wVke/dko p'bhnK ;'jDh wkjhktb, gzBk BzH 6

14 fgnkok f;zx G'rb, gqf;ZX feZ;keko, gzBk BzH 588

15 <https://youtu.be/ggvVubnw7oo>



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16 GkPk ftGkr gzikp gfNnkbk, feZ;k ekft, gzBk BzH 38

17 GkPk ftGkr gzikp gfNnkbk, feZ;k ekft, gzBk BzH 81

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80. mrwsl kblilw jwx-pCwx

Dr. Lakhwinder Kaur
Asst. Prof.
CT Uni. Ludhiana

Satnam Singh
Research Scholar , CT Uni. Ludhiana
Enrollment No. 71911935

mrwsl kblilw pMjwb dw BUMlhx kblilAW iv`coN ie`k hY jo ik Bwrq dy kel tukiVAW dy iv`c Awpxl shUlq dy ihswb nwl invws kr irhw hY[mrwsl kblilw ie`k klw nwl sMbMiDq kblilw hY ijsny ik Awpxy-Awp nMU Awpxl hwjr jvwbl, cMgl Xwd Skql, cqurwel Aqy ivSyS bu`DI vwlw kblilw swbq klqw hY[1947 iv`c Bwrq vMf dy smyN ieslwm nMU mMnx vwly ijAwdw igxql iv`c mrwsl pwiksqwn cly gey[ijMnHW ny Bwrq iv`c rihxw svlkwr klqw sl aunHW nMU s`iBAwccwrk Aqy AwriQk qr`kl ny kwPI bdl id`qw[pMjwb dy GrW iv`c hr KuSI dy mOkY qy ienHW dw Aihm sQwn sl[vrqmwn iv`c vl AsIN ies kbllly nMU pMjwb dy kel ih`isAW iv`c gwauNx, nkl krn Aqy BMfW dy rUp iv`c kMm krky Awpxy pirvwr nMU pwldy hoey dyK skdy hW[

H.A. Rose mrwsl Sbd nMU Arbl Sbd mlrws dy smWnwqr mMndy hn[mrwsl kbllly dw 'sMklp' v`K-2 sMDrBW iv`c v`K-2 ArQ r`Kdw hY['mrwsl' Sbd ik`qwgq Aqy jwqlgq BwvW sMbMDI v`K-2 DwrnwvW pRc`lq hn[ies qrHW hl ies kbllly dy mUl sMbMDI vl kel qrHW dy SMky pYdw huMdy hn[pMjwb iv`c mrwsl kbllly nMU jwq nwl joV ky vl vyiKAw jWdw hY[1865 dl 'gujrwq sYtlmYnt' irport iv`c iesdl ivAwiKAw imldl hY ijs Anuswr, mrwslAW dIAW hyT ilKIAW izMmyvwrlAW hn:-

* Awpxy jzmwnW dIAW jnm, ivAwh Aqy mOq sMbMDI rsmW-rlqw dl Agvwel krnw

* jzmwnW dy pirvwrW dy muKIAW dy kurslnwmy Xwd r`Kxw[

purwxy simAW dy iv`c jdoN ikxy ivrwsqj jmln jwiedwd dw JgVw huMdw sl qW mrwsl kbllly dl mdd lel jWdl sl AsIN ieh kih skdy hW ik auh kwnMUngo dw kMm krky sn[ikauik ieh Awpxy jzmwnW dy kurslnwmy BIIIN BwqIN Xwd r`Kdy sn[aunHW simAW iv`c ikswn koel nOkr r`K ky Kyql dw DMdw nhIN krky sn[GrW Aqy hor kMmW lel mrwsl kbllly dl hl ijMmyvwrl huMdl sl[ieh kbllly Awpxy jzmwnW dy hr s`uK Aqy d`uK iv`c swQ idMdy sn[du`K-su`K nwl sMbMDq Kbr dyxl jW lYxl mrwsl kbllly dy lokW dw hl kMm huMdw sl[ivAwh vlyly ivAhuqw nMU shury Gr C`fxw jW ivAwh ky ilAWdl nUMh nMU pyky Gr C`fxw ies kbllly dl ijMmyvwrl sl[ieh ikhw jw skdw hY ik ivAwh Aqy mrg au`qy SURUAWq qoN lY ky AMq swry sunyhy lYxy dyxy Aqy hr qrHW dw pRbMD krnw pirvwr dy mrwsl dw hl kMm sl jyr koel vl mrwsl Awpxy kMm nMU krn 'c kuqwhl vrqdw jW ijMmyvwrl nw inBwauNdw qW sMbMDq mrwsl nMU ipMf qoN bwhr k`F id`qw jWdw Aqy ausdy bdly ikxy hor Xog mrwsl nMU ausdl ijMmyvwrl id`ql jWdl sl[ies kMm dy bdly pirvwr Awpxl iv`q Anuswr ausnMU Sgn jW lwg ngdl jW k`pVy-l`qy dy qOr qy id`qw jWdw sl[

mrwslAW nMU 'fUMm' Sbd nwl vl sMboiDq klqw jWdw hY[Bwel kwnH isMG nwBw 'fUMm' Sbd dy hwwly nwl ilKdy hn, sMsikRq iv`c fm, fom Aqy foMb ieh iqMn Sbd sMklrx jwql dl ie`k nlc jwql lel Awey hn, fUMm ihMdU Aqy muslmwn jwiq ivc pwey jWdy hn[sRI gurU nwnk dyv dw AnMn is`K Bwel mrdwnw iesy jwiq iv`c pYdw hoieAw sl, s`qw, blvMf Awid rbwbl vl fUMm jwiq ivcoN sn, dyKo rwmklI dl qjI vwr dw isrlYK:

'rwmklI kl vvir rwie blvMif qQw sqY fUim AwKI[



fUMm Aqy mrwsl

pMjwb iv`c vsdy mrwsl kbllly dy lokW nMU kel nwwW nwl sMboiDq klqw jWdw hY[ies kbllly dy lokW nMU mrwsl qoN ielwvw hyTly nwwW nwl vl bulwieAw jWdw hY[

- mlr
- mlr pwqSwh
- mlzwdy
- mlr Awlm
- mrdwny ky
- dwAky
- bwby ky
- fUMm Awid[

pMjwb qoN bwhrly mrwsl kbllly dy lokW nMU hor SbdW nwl sMboiDq klqw jWdw hY[pwiksawn iv`c iehnW nMU hyT ilKy nwwW nwl sMboiDq klqw jWdw hY[

- mlrswl
- mlr
- mlr Awlm
- kurYSI
- rbwbl Awid[

hirAwxy iv`c mrwslAW nMU fUMmVy ikhw jWdw hY[kel QvwW qy iehnW nMU fUMm-bsor nW nwl jwixAW jWdw hY[pMjwb ivcly mrwsl kbllly nUM fUMm Sbd nwl vl jwixAW jWdw hY[ie`jq nwl ies jwql dy lokW nMU mlr, mlr pwqSwh, mlrzwdy, mrdwny ky Awid SbdW nwl siqkwr id`qw jWdw hY[jdoN mrwslAW nMU nlvIN nwr nwl vyiKAW jWdw hY qW ieMnHW nMU fUMm mrwsl Awid SbdW nwl BMifAw jWdw sl[pMjwb ivly mrwslAW nMU imll au`cl ie`jq kwrn ieMnHW nMU fUMm Sbd nwl nhIN bulwieAw jWdw sl[pr hirAwxy iv`c ies kbllly nMU 'fUMm' Sbd hyTW hl r`iKAW igAw hY[ies sMbMDI AY`s. ky. grg ilKdy hn-

“The Dumes are also called the Mirasi.

Respectfully, they are called Mir Sahib. They Speak Haryanvi and Urdu. They belong to the Scheduled caste category .”

ieMnHW lweInW qo AsIN ies is`ty qy phuMcdy hW ik fUMm qy mrwsl ieko jwql dy do nwm hn[ies Sbd nMU GoKx qoN bwAd ieh vl kih skdy hW ik mrwslAW dw purwxw jwqlgq nwm fUMm hovy Aqy ik`qwgq nwm mrwsl[v`K-2 KyqrW i`vc rihx kwrn ieMnHW dy v`K-2 nwm imly hn Aqy BUgoilk Kyqr Anuswr hl v`L-2 ik`qy nwl sMbMiDq hn[smu`cl jwql nMU fUMm nwm hyT r`K skdy hW[mlrws kmwauX vwilAW nMU mrwsl ikhw jwx l`g ipAw[nkl krn vwilAW nMU nklley ikhw igAw[bwsW dw kMm krn vwilAW nMU fUMm bsor ikhw jwx l`g igAw[BMfpuXy qoN rojl kmwauX vwilAW nMU BMf[ies swrl jwql nMU fUMm mrwsl ikhw jwx l`g ipAw[Bwv mrwsl Aqy fUMm ie`ko hl kbllly lel vrqy gey do smwnrQI Sbd hn[

iebstn Anuswr fUMm ihMdU nW hY Aqy mrwsl muslimwnl qy Arbl[ieh swrl SRyxl fUm-mrwsl AKvwauNdl hY[A`gy iebstn ilKdy hn ik nlvyN drjy dIAW ikrswnl jwqlAW lel mrwsl auh kuJ hl hn jo

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rwjpUqw lel B`t hn[mrwsI ie`k vMSwvll Xwd r`Kx qoN v`D, iek gwiek qy BMf vl hn Aqy pMjwb iv`c bhuqy lok jo sMglq lel Swj vjwauNdy hn auh mrwsI, jogl jW &klr hn[hirAwxx, rwjsQwn qy ihmwcl pRdyS dy KyqrW iv`c vs rhy mrwsIAW dy fUm qy fUmVw smwnwrQk Sbd hn[phwVW iv`c fUm-mrwsIAW dIAW kel jwqW hn, sloqrW, mwgIU, prgt, crwhy, lloqrw Awid pRmu`K hn[pr pMjwb dy fUMm mrwsI jo ik Awpxy Awp nMU au`c kul dy AKvwauNdy hn[hirAwxy iv`c mrwsI kbily dy lok AKOql nlvIAW jwqIAW qoN ^Yr mMgdy hn, pr pMjwb AMdr vsdy mrwsI ies dwn-puMn nMU hkwrq dl nZr nwl vyKdy hn[pMjwb jW pMjwb qoN bwhr Bwrq iv`c rih rhy mrwsI kbily dy lok kel drjy dIAW SRyxlAW nwl juVy hoey hn ijy:-

fUMm mrwsI

- j`tW dy mrwsI
- rwmDswIAW dy mrwsI
- mrwsIAW dy mrwsI
- QorIAW dy mrwsI
- qrKwxW dy mrwsI
- bRwhmxw dy mrwsI
- mjHbl is`KW dy mrwsI
- rwjpUqW dy mrwsI

ies qrHW AsIN kih skdy hW ik hr jwql dw Awpxw mrwsI huMdw hY jo aunHW dy suK-duK dw swQl huMdw hY[ie`QoN q`k ik mrwsIAW dw Awpxw mrwsI vl huMdw hY[H. A. Rose Anuswr mrwsIAW dy kel smudwie huMdy hn, ijMhnW iv`c rwey mrwsI, mlr mrwsI, rbwbl mrwsI, ngwrcl mrwsI, krhll mrwsI, krhllw mrwsI, kuMmAwdl mrwsI, mlr mlMg pRmu`K hn[Rose Anuswr klwvMq mrwsI rwjpUqw dy mrwsI hn, kMmuAwcl mrwsI bRwhmxw dy mrwsI hn[ngwrcl mrwsI ivAwhW au`qy ngwry vjwauNdy hn[mlr mrwsI DnwF j`tW dy mrwsI hn[mrwsI kbllw kel kwqIAW nwl juV ky Awpxl rojl-rotl kmwauNdw hY[ieh kbllw v`K-2 SRyxlAW nwl juV ky kel h`Ql kMm vl krDw hY Aqy nwl-2 AwpxIAW ivrwsqI qy smorMjn BrpUr s`iBAwCwrk gqlivDIAW nwl Awpxl v`Krl pihcwX qy sQwn r`Kdw hY[ijvyN ik SurU iv`c vl d`isAw hY ik ieh lok BUmlhX huMdy hn Aqy Awpxy jzmwnw duAwrw id`qI jmln au`qy hl Awpxy lel Gr bxwauNdy hn[pr nlvIN jwql dy mrwsIAW kol ieh jmln vl nhIN huMdl ijs kwrn aush t`prl vwsI SRyxl iv`c AwauNdy hn[j`tW dy mrwsI Bwv mir mrwsIAW nMU rihX lel jmln ieMnHW dy jzmwnW koloN hl imldI hY pr jYkr ies mrwsI pirvwr qoN kMmiv`c koel glqI jW kuqwhl ho jwvy qW ieh jmln jW Gr aunHW qoN Cufw ky ikxy hor mlrzdwy mrwsI nMU p`g dy ky upMf iv`c ilAWdw jWdw hY[aus mrwsI pirvwr nMU hl p`g id`qI jWdl hY jo SurU qoN hl jmwN goq nwl juiVAw huMdw hY[j`tW dy mrwsIAW dw Awpxy jzmwnW nwl is`DW sMbMD huMdw hY pr nINvIAW jwqIAW dy mrwsIAW dw sMbMD iq`Q iqauhwr jW hwVI-swauxl nwl sMbMiDq huMdw hY[iesnMU hyTW ic`qr qoN vl smiJAw jw skdw hY-

mlr mrwsI-

ieMnHW dy jzmwn j`t Aqy DnwF huMdy hn[ijMnHW dw jzmwn nwl hr smyN is`Dw sMbMD huMdw hY[

BMf mrwsI-

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ieMnHW dy jzmwn nlvINAW SRyxlAW huMdlAW hn[ieh KuSI mOkY gw ky mMgdy hn[

nkley mrwsl-

ieh mnorMjn krky rozl kmwauNdy hn ieMnW dy drSk au`cl/nlvIN ikSY vl SRyxl dy ho skdy hn[

mlr mMgw, mlr mlMg mrwsl-(mrwslAW dy mrwsl)

ieMnHW dy jzmwn mrwsl hl huMdy hn[ieh Awm-Kws mOkY 'qy mMgdy hn[

ies qrHW pMjwb iv`c mrwslAW dIAW pRmu`K iqMn SRyxlAW hn[pr mrwslAW dy mrwsl nw-mwqr iv`c hl imldy hn[ijAwdwqr mrwslAW dy mrwsl rwjsQwn iv`c imldy hn[ieh lok ijAwdwqr gMgwngR iv`c hl imldy hn[

hvwly Aqy it`pxlAW

1. fYNijl iebstn Aqy AY`c.ey.roj, ey glosrl Aw& dw trwelbz AYNf kwsts Aw& dw pMjwb AYNf nOrQ-vYst PrMtlAr proivMs, pMnw 105
2. SmSyr isMG ASok , **imrwsIAW dw ipCokV Aqy Bwel mrdwnw**, gurU nwnk dyv XUnlvristl, AMimRqsr, 1973, pMnw 7
4. Bwel kwnH isMG nwBw, **gurSbd rqnwkr mhwn koS**, pMnw 561
5. K.S. Singh, (Gen. Ed.), People of India Haryana, Vol. xxiii Anthropological Survey of India Manohar, 1994. P. 59
6. jl.AYs. gurley, **Bwrq iv`c jwql Aqy nsl (Anu. AYn.AYs.soFl)**, pMjwbl XUnlvristl pitAwlw, pMnw 33
7. fl. AYn. mjUmdwr, **Bwrql sMikRqlAW dy jwqlAW** (Anu. Bldyv isMG), pMjwbl XUnlvristl pitAwlw, 1975, pMnw 52
8. fw. mohn iqAwgl, **pMjwb dy Kwnwbdos kbily** (siBAwCwr Aqy lok jlvn), nYSnl bu`k tr`st, ieMflAW, 2014, pMnw 104



81. COMBINED EFFECT OF CIRCUIT AND MOBILITY TRAINING ON SELECTED PHYSICAL VARIABLES AMONG COLLEGE MEN VOLLE BALL PLAYERS

¹Shekhar Raina

¹Ph.D Research Scholar, Department of Physical Education, CT University, Ludhiana, Punjab.

²Dr. Kuldeep Kumar Battan

²Assistant Professor, Department of Physical Education, CT University, Ludhiana, Punjab.

ABSTRACT

The purpose of the study was to find out the effect of combined effect of circuit and mobility training on selected physical variables among college men volleyball players. To achieve this purpose, forty five men volleyball players in the age group of 18 to 23 years from various department of Jammu University during the year 2019-2020 were selected as subjects. The selected forty five subjects were divided into three equal groups of fifteen each as two experimental groups and one control group, in which group – I (n=15) underwent Circuit training for three days per week for six weeks, group – II (n=15) underwent the combination of mobility and circuit training for three days per week for six weeks and group – III (n=15) acted as control who did not participate any training apart from their regular activities. The selected criterion variables such as speed, explosive power and flexibility were assessed before and after the training period. Speed, explosive power and flexibility were measured by 50 meters dash, standing broad jump and sit and reach test. The collected data were statistically analyzed by using Analysis of Covariance (ANCOVA) and Scheff's Post-Hoc Test. From the results of the study it was found that there was a significant difference when compared with the control group.

Keywords: *Circuit Training, Mobility Training, Speed, Leg explosive power & Flexibility*

INTRODUCTION

In sports the word "Training" is generally understood to be a synonym of doing physical exercises. In a narrow sense, training is doing physical exercises for the improvement of performance.

Circuit training is a form of combined conditioned resistance training and high-intensity aerobics. It is planned to be easy to follow and target strength building as well as muscular endurance. It was first proposed in the late 1950s as a method to develop fitness by Morgan and Anderson a circuit format of 9 to 12 stations. The underlying schedules were masterminded around; shifting back and forth between distinction muscles bunches by permitting just a brief rest interim of 30-90 seconds, without recuperation and with recuperation between the activities. Circuit Training is a form of Strength and endurance training that can improve strength, speed and endurance.

Circuit training is a very popular and effective way for the improvement of endurance. In circuit training several exercise are done one after the other. Finishing of one set of each exercise in revolution is called one round. There are usually three or more rounds in circuit training. In circuit training there are generally 5-12 exercises. Circuit training is a form of training combine resistance training and high-intensity aerobics. It is planned to be simple to follow and target strength build as well as muscular



endurance. It was first proposed in the late 1950s as a method to develop general fitness by Morgan and Anderson a circuit format of 9 to 12 stations. The initial routines were arranged in a circle, alternating between difference muscle groups by allowing only a short rest interval of 30-90 seconds, without recovery and with recovery between the exercises. Circuit Training is a form of Strength and endurance training that can improve strength, speed and endurance. A high-quality circuit training route works the diverse sections in the body alone.

Mobility, or joint mobility, is the ability to move a limb through the full range of motion—with control. Mobility is based on voluntary movement while flexibility involves static holds and is often dependent upon gravity or passive forces. We use “mobility” to express how well you can move through the appropriate functional range of motion for a joint within a given movement pattern.

METHODOLOGY

To achieve the purpose, forty five men volleyball players in the age group of 18 to 23 years from various departments of Jammu University during the year 2019-2020 were selected as subjects The selected forty five subjects were divided into three equal groups of fifteen each as two experimental groups and one control group, in which group – I (n=15) underwent circuit training for three days per week for six weeks, group – II (n=15) underwent the combination of mobility and circuit training for three days per week for six weeks and group – III (n=15) acted as control who had not participated any training apart from their regular activities. The selected criterion variables such as speed, explosive power and flexibility were assessed before and after the training period. Speed, explosive power and flexibility were measured by 50 meters dash, standing broad jump and sit and reach test.

ANALYSIS OF DATA

The data collected prior to and after the experimental periods on speed, explosive power and flexibility on combined of mobility and circuit training group, circuit training and control group were analyzed and presented in the following table -I.

Table-I

Analysis of covariance and ‘f’ ratio for speed, explosive power and flexibility for combined of mobility and circuit training, circuit training and control group

Variable Name	Group Name	Control Group	Circuit Group	Combined Group	‘F’ Ratio
Speed (in Seconds)	Pre-test Mean ± S.D	7.9 ± 0.008	7.89 ± 0.0089	7.9 ± 0.0083	.006
	Post-test Mean ± S.D.	7.88 ± 0.0081	7.59 ± 0.0092	7.48 ± 0.0097	6.766*

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	Adj. Post-test Mean \pm S.D.	7.89	7.589	7.492	15.095*
Explosive power (in Meters)	Pre-test Mean \pm S.D	1.816 \pm 0.12	1.818 \pm 0.135	1.822 \pm 0.13	.003
	Post-test Mean \pm S.D.	1.819 \pm 0.12	1.978 \pm 0.22	2.141 \pm 0.31	3.034*
	Adj. Post-test Mean \pm S.D.	1.822	1.979	2.139	3.265*
Flexibility (in Centimeters)	Pre-test Mean \pm S.D	5.91 \pm 0.71	5.9 \pm 0.72	5.9 \pm 0.71	.001
	Post-test Mean \pm S.D.	5.89 \pm 0.70	7.19 \pm 0.92	8.42 \pm 0.97	3.657*
	Adj. Post-test Mean \pm S.D.	5.912	7.187	8.439	29.012*

* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 2 and 43 and 2 and 42 were 3.21 and 3.22 respectively).

Further to determine which of the paired means has a significant improvement, Scheff's test was applied as post-hoc test. The result of the follow-up test is presented in Table - II.



Table - II

Scheff's Test for the Difference between the Adjusted Post-Test Mean of Speed, Explosive Power, and Flexibility

<i>Adjusted Post-test Mean of Speed</i>				
Combin ed Group	Circuit Group	Control Group	Mean Difference	Confidence interval at .05 level
7.492		7.89	0.398*	0.27
7.492	7.589		0.097	0.27
	7.589	7.89	0.301*	0.27
Explosive Power				
2.139		1.822	0.317*	0.037
2.139	1.979		0.16*	0.037
	1.979	1.822	0.157*	0.037
Flexibility				
8.439		5.912	2.527*	0.037
8.439	7.187		1.252*	0.037
	7.187	5.912	1.275*	0.037

* Significant at 0.05 level of confidence.

RESULTS

The analysis of covariance (ANCOVA) was used to find out the significant difference if any, among the experimental groups and control group on selected criterion variables separately. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as an appropriate. Since there was three groups were involved in this study, the Scheff's test was used as pos-hoc test and it was shown in Table - II.

Table - I showed that the results of the study there was a significant difference between combined of mobility and circuit training, circuit training and control group on speed, leg explosive power and flexibility. Further the results of the study showed that there was a significant improvement on speed, leg explosive power and flexibility due to six weeks of programme. However the improvement was in favour of experimental group. The results of the study also shown that there was a significant difference between combined of mobility and circuit training, circuit training and control group on speed, explosive power and flexibility.

CONCLUSIONS

From the analysis of the data, the following conclusions were drawn.

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1. There was a significant improvement due to the circuit training and combination of mobility and circuit training on speed, explosive power and flexibility when compared with the control group.
2. The improvement in flexibility was higher for combination of mobility and circuit group when compared with the circuit training group and control group.
3. Significant improvements noticed on selected motor ability components such as speed, explosive power and flexibility due to combination of mobility and circuit training and circuit training.

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82. Crucial Factors regulating the Electronic Media and Media Professionals in changing the opinion analysis

Shiv malik, Research Scholar, CT University, Ludhiana

Dr. Azamat Ali, Assistant Professor, CT University, Ludhiana

Dr. Sachin Sahrma, Professor, CT University, Ludhiana

ABSTRACT

The Media and Media Professionals have a great impact in changing the ideological and Political Perceptions of the citizens of the country in changing their mind sets. It has become the demand of the time for Big Media Houses to sustain their credibility especially when the youngsters follow their perceptions and procedures blindly. To attain the ethics and the credibility will raise the brand value of any media house. In this Paper, the various factors that affect the media credibility are focussed. Secondly, how these factors put an impact on the media Professionals in changing the mindset of the voters in a prominent way. Electronic media which is also termed as the Watchdog for the society acts as an intermediary and communicator so that the transparency should be there while addressing the general public.

Keywords: *Electronic Media, Watch dog, Credibility, Brand Equity.*

1. Introduction

In the modern era, the role of the media is not just confined to communicate the information to the general public rather help the citizens of the nation to make the important decisions on the matters ranging from political issues to the consumer goods.[1] media has a great impact in changing the political and ideological perception of the electorate . Moreover, the rallies, debates, discussions that are shown by the media also emphasis the political scenarios of various parties. Especially, when it comes to the electronic media, it can be termed as medium or instrument of storing and communicating the information. Sometimes, it is also called as a new Media that includes Radio, Television and Internet which is much popular these days. Electronic Media also acts as a Watchdog of the public affairs and serves as a communicator for the society. India, which is known to be the country of youngsters, and due to the freedom to the Electronic media also acts as a watchdog of the public affairs and serves as a communicator for the society[2]. India, which is known to be a country of youngsters, and due to the freedom to Electronic media and the youngsters are highly affected by the media. In such a scenario, the responsibility of the media gets increased as the information communicated by them should be credible enough to provide a transparent insight of the politics and the various socio-economic problems of the society to the youngsters of the nation. Due to the competitive environment among the various media houses, the media companies are devoting their much attention of “Management of Audiences by attributing their credibility”. So, the credibility is very important aspect in raising the brand of any media house to the higher side of scale[3]. Moreover, media environment is highly characterized by the diverse media channels by delivering the same



content in different formats to the numerous niche audiences or customers. In order to embrace the branding management principles, the marketing and consumer products and to raise the funds of the media houses- the media credibility comes into play followed by the very important term – Media rules and Media Laws.

The present study of this paper indicates and analyses the customer based variables and the consumer based variables. According to Oyedji in 2009, model named as Credible Band Model in order to access how the credibility Judgements are made among the consumers and audiences. In this paper, the various factors of Media Credibility are discussed and how these factors put an impact on the media Professionals in changing the mindset of the voters. The Paper is organized as follows: Literature Review, Factors affecting the Media including the media Laws and the factors proposed by Media Professionals in changing the mindset of the voters.

2. LITERATURE REVIEW

Due to the enormous growth and the competitive environment of Media Houses, the lack of the quality has been shown and there is a disconnect between the media houses and general public over the real issues[4]. The media in India has already became the economic giant and contributes one percent of the country's GDP and matches the economic size of other industries in India. The media has degraded the quality of content in public discourse in recent years. Actually, the expansion of media is shrinking the public domain day by day and it has retrograded the social values. The basic functions for which the media was meant to be is not performed by the media. It is not performing its primary duties i.e., to provide public legitimacy, informing the truth, telling the exact scenarios regarding social and political agendas[5]. There is a range of traditional and technological factors that contribute to the credibility perceptions. Upto 2020, Indian Media & Entertainment Industry has already touched 4 Billion

(Approx). In 2011, there was 12% growth and this growth trajectory was backed by the strong consumption of various metropolitan cities. The Electronic Media industry includes the following:

1. Print – The E-Print industry grew E-Newspaper from 9% from 190 billion in 2010 to 300 million by 2020. This growth is slightly lower than the expectation of 10% due to micro and macro environments and various advertising Brands.
2. Television- The Television industry is estimated to be INR 400 Billion in 2020 and it is expected to grow with the rate of 17% in 2020-2025. This share of subscription to the total industry revenue is expected to raise from 50 percent and will reach upto more than 800 Billion, but due to this current situation of COVID-19, it will not pick up his pace in such a way.
3. Radio- Radio is again emerging its trends noa days increasingly. Thinkers and Researchers have a lot of craise about Radio. Radio itself generate a much capital about 30% of the total Electronic Media. All the political advertisements, branding of the parties, information about Rallys are given on radio and hence its credibility also counts and should be high as electronic media and Indian Politics is concerned[6].Though there is a single guiding Principal regarding



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the role of media in society states that without giving the complete freedom to the media, democracy of nation is not possible. The same has also been stated in various National and International Tribunals. The media freedom from censorship, freedom from arbitrary attack or interference free accessing of necessary information and pluralism of voices in media[7]. On the same pace if electronic Media is provided with so much of freedom in democratic countries, it is the responsibility of the media to provide the genuine and authentic facts in front of general public and keeps its credibility.

Credibility of Media is estimated under the term “Mass Media Credibility” that is the core part of the field knowledge of media that studies the influence of the source, type of Media, type and authenticity of the information that is provided to the citizens of the nation. Brand Credibility is another term which is termed as the level upto which the Brand is credible under the three dimensions –expertise, Trustworthiness and Likelihood. According to GoldSmith, et al, 200, ERDEM, SWAIT, 2004, a lot of empirical research has been conducted to determine if the relation between credibility and brand attributes holds true for the electronic media. Some of the Researchers define credibility as the characteristics of message sources whether obtained from high credibility as the characteristics of message sources or low credibility can be conceptualized as the believability of the audiences on News Channel, individual Journalists, source credibility and further message credibility. One of the earliest metric regarding the mass media credibility was developed and introduced by Gaziano and McGrath (1986) who yielded the credibility scale. Then there were further credibility metrics were created namely affiliation- measuring transparency, bias, accuracy, trustworthiness etc. Apart from the mass media credibility, there is a concept of Brand equity which is the core source of strategic Management for the marketers as it proves that why one news channel becomes superior as compared to the another, why one news anchor have a higher brand value as compared to the other. Yoo et al, 2000 and Kim et al, 2009 provided a huge literature on the brand equity and is one of the salient contributions of Aaker’s Conceptualization. The media’s right of access is completely dependent on the principle of freedom of information. That is required for the democracy [8]. By freedom, it actually means that the media has a right to investigate and report very critically on the efficiency of the various political parties and election administration. Due to efficiency, there is a broad accountability because if the media can properly access the important information regarding the organization of the elections, it can convey to the general public in a transparent fashion. Sometimes, there are few news anchors who are an idol for the youngsters and young generation blindly follows them and believe them. Due to some peer pressure or the pressure from the News Channels, sometimes they do not deliver the authentic information and this shows the distorted portray to the general public and the young generation which should not be the case as the youngsters are highly influenced by them in a different way. In this way, they are betraying not only the society rather nation as a whole. So, media professional play a very important role in changing the mindset of the voters. In order to avoid this, the various credibility models, brand equity and Media laws have been created so that the genuine and the transparent information must be floated to the general public [9]. The recent phenomenon of the electronic media is the application of branding practices. In order to build the brand equity or the Brand comparison, the theory of credible Brand Model works. The perceived quality of a communication media is related to the media channel and is developed by the variety of the information provided to the audiences including various parameters such as promoting values or creating critical consciousness as well as focusing on the original content [10]. The very important

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point is the brand awareness of the media. It is the ability to be publicized a particular electronic media house among its potential customers. The potential customers must recognize and recall a brand into certain category. According to McDowell in 2004, the major media houses are uniquely delineated in the minds and the memories of audiences. Objectivity and fairness are the important values of Journalism that are constantly been threatened by the various factors that have arisen in today's media, may be it is print or online or electronic media[11].

3. Major Factors Responsible for the credibility of Media

i. Commercialization and Corporatization of Media

The role of the media a watch dog of democracy has negatively influenced by commercialization in many ways. According to Herman & Chomesky (1988) and McChesney(2008) are few communicational scholars who have dealt with the phenomenon of Commercialization and provide the details of the chain of events and factors that deteriorates the objectivity of media houses[12]. In our country India, the private media seems to be heavily inclined from the Western Commercial model and hence results in various serious issues and concerns including the process of paid news[13]. The increasing trend of commercialization is because of the fact the representatives of Big corporate entities that were initially advertisers get converted into the Board of Directors[14]. The Researchers and the various media Experts have already shown their concern in this regard that the media violates its self-made ethics everyday because it is not even following its norms and ethics. This is mainly due to the commercialization of the media. The "Hard Facts" are not represented by the media as a hard fact rather the questions are raised on how those hard facts are interpreted and raised in different situations[15]. While reporting the sensitive issues, instead of sensitizing it, the role of the media should be to create the harmony and the social capital in the society through the different mechanisms [16]. But unfortunately, the fact is that it has become inflicted and influenced with political and social biasness which actually deteriorates the editorial standards of the media houses. It's a high time to realize the various media houses especially news channels while delivering the contents, creating the hard facts should be done with a concrete aim and motto[18]. As the media houses and the news channels are also bounded to the constitutional philosophy, so they should be committed towards educating people and creating the harmony in the society. Moreover, there are many Journalists who do not compromise with the Ethics of Journalism but they have to loose their Jobs from Big Media Houses. As the media houses suppresses the hard facts that are not good for the society. Actually suppressing the facts somewhere kills the democratic society. The journalists should always be urged to inculcate some ethical values while collecting the facts during reporting the assignments.

ii. Trivialization and Sensationalizing the Sensitive Issues

In the liberal and Western model, the sensationalization and trivialization of news has its own genesis and the pursuit of commercial gains, the different processes and the procedures of news gathering and reporting have created an elusive environment and ecology. Television and various news channels are particularly responsible for blurring the boundaries between the genres of 'news' and Entertainment. In today's scenario, it's quite possible to overcome the governmental pressure over the various media functioning but at the same time it's quite difficult for the media houses to free themselves from the Corporate sectors pulls and pressures because of the commercialization of the media. To make a



simple hard fact into highly sensationalized one just to raise the advertising and publicity of news channel is just like betraying the citizens of the nation. The symbolic and non-constitutional forms of the politics, preoccupied with the local by mushrooming regional media that governs the news making the practices at National, Regional and Local Levels and it has transformed the media from the Watchdog to Lapdog.

iii. Paid News Phenomenon

Paid News can be defined as “Any news or Analysis appearing in any media (may be Print or Electronic for a price in cash or a kind as a Consideration.”

Paid News is a complex phenomenon and has acquired different forms over the last six decades. It ranges from taking Bribes, expensive Gifts, foreign and domestic junkets, various Monetary and non-monetary benefits to anyone by Big media houses has become pervasive, highly structured and organized and this ugly paid news process has gone beyond the individual journalisms and it has undermined the Indian democracy[19]. Various veteran journalists including the late Shri Prakash Joshi, Shri Ajit Bhattacharya, Shri BG Verghese and Shri Kuldeep Nayar wanted the Press Council of India to take some crucial steps regarding the issue of paid news and come up with some concrete suggestions on how the phenomenon of paid news can be curbed or stopped. On July, 8, 2010, the Election Commission of India has circulated and passed the detailed guidelines to Chief Electoral officers of all the states and Union Territories on the various parameters to check the Paid News before the elections that is advertising in the grab of news. This phenomenon has actually came into the limelight during 2009 general elections and then during the elections to the assemblies of different states. Moreover, this process has acquired the next level of destruction by redefining and restating the political news or reporting on the candidates standing for elections and such new reports are broadcasted only after the high financial payments in clandestine manner. It has been highly observed now a days, that Big Media houses irrespective of their Business volumes produces the news in a restated manner for their profitability after discussing with the politicians and advertisers and other representatives of corporate entities. The space in publications and airlines were taken by the advertisements that were disguised as “news”.

Is this is the real duty of our media houses towards the democracy of the nation. Are we really enjoying our Independence from Britishers that we have got after so many sacrifices[20]. So, all this is really disheartening and upsets the whole scenario. In such situations, the viewers or the audiences cannot distinguish between the reports and advertisements. Moreover the marketing executives are using the journalists services to gain an access to the political personalities which are sometimes called as rate cards or packages that do not merely praise the particular candidates but also criticize their political opponents[21]. There are three dimensions of the elections time paid news. One the reader or the viewer does not get a correct picture or the personality or the performance of the political candidate in whose favor or against the person has to caste his precious vote. This actually destroys the basic thought of democracy. Secondly, the contesting candidates perhaps do not show it in their election expense account thereby violating the code and conduct of the Election Rules, 1961, framed by the Election Commission of India under the representation of the People Act, 1951. Thirdly, the cash received by the Newspapers and Television channels who received money in cash but did not disclose it



in their official statements of accounts, have violated the Companies Act 1956, as well as the Income Tax 1961 besides other laws.

iv. **MediaScape : changing Priorities**

This is another very important term coined by Arjun Appadurai (1990) refers to the Electronic and Print Media in global cultural flows. For Appadurai, mediascape indexes, the electronic capabilities of production and dissemination as well as the images of the world created by these media. It actually indices the technology and the furniture to bring people, space and information together for a collaborative work environment in order to enhance more productivity than ever before. Today's era of TV entertainment is entirely against the educational format of DD influenced by the mediascape in general, for ex, it always lead to the growth of frothy supplements and devoted to non-issues.

Liberalization has really changed the business deteriorated the growth in advertising public relations and other marketing sectors that had lead to the setting up of media outlet solely devoted to making money. Moreover, the content of the media houses have also been changed a lot, a conversation limited to affluent news consumers. Actually, the increasing concentration of ownership in some sectors the higher level of redefined and manipulated news analysis, comment to the suit owner various political and financial interests, downgrading and devaluing of editorial functions and content in some leading newspaper organisations systematic dumbing down are the some of the mediascapes that have changed the priorities.

v. **Objectivity and Credibility of News in Digital Age**

The objectivity and the credibility of the news has really become a very important issue especially, when it comes to its application in the contemporary era of digital communication and needs a burning topic of discussion as far as the online news has been considered. There is a Research Study conducted by Osborn (2001) on Ethics and Credibility in online journalism where it has been noticed that adhering to the conventional Ethics and credibility can help in assuring the success of the online Journalism. In online Media, there is less deliberation of Journalists, less interference and hence it is a medium where everyone is a potential customer or Broadcaster or reported. Moreover, the speed and the anonymity that is provided by the Internet has also spoiled the ethics of the Journalism somewhere. The online media has a capability to make an ordinary man a Journalist by just having a run away internet and News dispenser. The digital Media always value the speed and sensitization above the accuracy, so where is the objectivity and Credibility of this media which is highly required to achieve. Online reporters usually struggle more with credibility because those who publish it on the web are mostly untrained in journalism and about the Industry standards. Online Journalists are taking the use of very less time or they can not afford to take more time to check their stories in determining the various Ethics and Norms.



4. Factors Proposed by the Media Professionals in Changing the Mindset of the Voters

Media Professionals are the heroic sort of Entities for any Big Media Houses. Every Media house has two-three renowned faces of media Professionals which impart a unique impact on the general audiences. Pluralistic and independent media to play their full role in development, they need to provide a platform for sustainable, professional and credible journalism. Private media rely on growth in the market place to exist and expand, and this has been hindered in many places by the economic crisis following the financial crises that began in 2007.

1. Trust on Media Professions
2. Trust of audiences on a particular Media House.
3. Trusting Objectivity and Credibility of some Media Professionals.

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83. Performance Evaluation of Selected Public and Private Sector Banks in India

Shivanisinh Shaileshkumar Parmar

Ph. D. Research Scholar

P G Department of Business Studies

Sardar Patel University, Vallabh Vidyanagar

Gujarat

Performance Evaluation of Selected Public and Private Sector Banks in India

• **Shivanisinh Shaileshkumar Parmar**

INTRODUCTION: The banking industry in India has important contributions for the sustainable growth and development of economy. The banking sector performs three primary functions in an economy that is (I) it gives attention towards the payment system, (II) the mobilization of savings and (III) the allocation of savings to investment products. The structure of Indian banking has been divided into two parts like; Scheduled Banks and Non-Scheduled Banks. RBI is central body which is control Indian banking system. Performance evaluations plays a key role in improving the value of work input and also motivates the staffs towards doing the more work for achieving particular goals. Performance evaluation is the element of human resource management designed for the growth and development of employees and also for organizations. In today's era banking sector is a rapidly growing sector of India. With the fast extension in the number of branches and also considerable increases in the work assigned to them, because of that banks have to give more attention and take cautious steps for their organizational abilities that is to say the process of recruitment, placement, training, promotion and performance evaluation, in order to ensure the required number of workforce with the required capability are available at the right place and right time.

STATEMENT OF THE PROBLEM: The title of this research paper is "Performance Evaluation of Selected Public and Private Sector Banks in India"

OBJECTIVES OF THE STUDY: The objectives of the study are as under:

- 1) To evaluate and analyze the Performance of Selected Banks.
- 2) To study the banking performance with respect to Capital Adequacy norms.
- 3) To study the banking performance with respect to Asset Quality norms.
- 4) To give suitable suggestions for the improving Performance of Selected Banks.



SAMPLE OF THE STUDY: The present research study is purely based on secondary sources of the data. Here, in this study the researcher has selected five (5) public sector banks (Bank of Baroda, Bank of India, Dena Bank, Corporation Bank and Allahabad Bank) and five (5) private sector banks (Axis Bank, HDFC Bank, ICICI Bank, Indusind Bank and Dhanlaxmi Bank) with the help of random sampling method.

SOURCES OF THE DATA: Secondary sources of data has been used for the present study, the data has been collected from the Annual reports of various banks and RBI website. For the purpose of supplement the data, researcher has make use of banking, journals, publication, IBA Bulletin, various books. Also from the various related websites, moreover the newspaper, accounting literature and surveys have also been referred.

PERIOD OF THE STUDY: The Period of five (5) years that is starting from the year 2012-13 to 2016-17 has been covered under present research study.

TOOLS AND TECHNIQUES USED FOR THE STUDY: To justify the research title, the researcher has used accounting measurement – Ration Analysis - and statistical tools like; Student t- test and Average.

HYPOTHESIS OF THE STUDY: Keeping in view the ratios selected for the study various null and alternative hypothesis have been formulated and tested with the help of Student t-Test.

SCOPE OF THE STUDY: Functional scope of the study is restricted to Capital Adequacy and Assets Quality norms as per CAMEL Model. The geographical scope of the study is national level.

DATA ANALYSIS: The task of data analysis is considered as a crucial step of the research work. After the collection of data by using appropriate tools and methods, the researcher turns to the task of analyze and interpret data with the intention of arriving at empirical solution to the problem. For this purpose for Capital Adequacy norms and Assets Quality norms ratios have been studied.

(A). Capital Adequacy: Capital adequacy is vital for a bank to retain confidence of depositors and prevent the bank from the situation of going bankrupt. The ratio of Capital to Risk Weighted Assets is used for measuring the capital adequacy. Capital adequacy eventually decides that how financial organization is able to deal with shocks in their balance sheet. Therefore, it is helpful to track the capital adequacy ratios that consider as the most significant financial risks foreign exchange, credit and interest rate risk through allocating risk weightings to the assets. Under this category the ratios like: Capital Risk Adequacy Ratio, Debt-Equity Ratio, Total Advances to Total Asset Ratio and Government Securities to Total Investment Ratio have been analyzed.

Capital Risk Adequacy Ratio: The Capital Risk Adequacy Ratio of selected banks for the period 2012-13 to 2016-17 are shown in Table:1. In the year 2012-13 the highest ratio of public sector bank was 13.30 percent held by Bank of Baroda, whereas lowest ratio of 11.02 percent held by Bank of India. In the private sector bank for the year 2012-13 the highest ratio of 18.74 percent held by ICICI Bank whereas lowest ratio of 11.06 percent held by Dhanlaxmi Bank. In the year 2013-14 the highest ratio of public sector bank was 12.28 percent held by Bank of Baroda, whereas lowest ratio of 9.96 percent held by Allahabad Bank. In the private sector bank for the year 2013-14 the highest ratio of 17.70 percent held by ICICI Bank whereas lowest ratio of 8.67percent held by Dhanlaxmi Bank. In the year 2014-15 the highest ratio of public sector bank was 12.60 percent held by Bank of Baroda, whereas lowest ratio of 10.45 percent held by Allahabad Bank. In the private sector bank for the year 2014-15 the highest ratio of 17.02 percent held by ICICI Bank whereas lowest ratio of 9.59 percent held by Dhanlaxmi Bank. In the year 2015-16 the highest ratio of public sector bank was 13.17 percent held by Bank of Baroda, whereas lowest ratio of 10.56 percent held by



Corporation Bank. In the private sector bank for the year 2015-16 the highest ratio of 16.64 percent held by ICICI Bank whereas lowest ratio of 7.51 percent held by Dhanlaxmi Bank. In the year 2016-17 the highest ratio of public sector bank was 12.24 percent held by Bank of Baroda, whereas lowest ratio of 11.32 percent held by Corporation Bank. In the private sector bank for the year 2016-17 the highest ratio of 17.39 percent held by ICICI Bank whereas lowest ratio of 14.55 percent held by HDFC Bank.

Student T- test and Testing of Hypothesis.

Ho: There is no significant difference in the Capital Risk Adequacy Ratio of selected public and private sector banks during the study period.

H1: There is significant difference in the Capital Risk Adequacy Ratio of selected public and private sector banks during the study period.

The calculated value is -9.15. While the table value for two-tail is 2.31. So, the calculated value is less than table value. Thus, the null hypothesis is accepted. It means that there is no significant difference in the Capital Risk Adequacy Ratio of selected public and private sector banks during the study period.

Debt Equity Ratio: The Debt Equity Ratio of selected banks for the period 2012-13 to 2016-17 is shown in table:2. In the year 2012-13 the highest ratio of public sector bank was 18.70 times held by Corporation Bank, whereas lowest ratio of 15.65 times held by Bank of Baroda. In the private sector bank for the year 2012-13 the highest ratio of 17.51 times held by Dhanlaxmi Bank whereas lowest ratio of 6.57 times held by ICICI Bank. In the year 2013-14 the highest ratio of public sector bank was 20.47 times held by Corporation Bank, whereas lowest ratio of 16.13 times held by Dena Bank. In the private sector bank for the year 2013-14 the highest ratio of 18.29 times held by Dhanlaxmi Bank whereas lowest ratio of 6.57 times held by ICICI Bank. In the year 2014-15 the highest ratio of public sector bank was 20.01 times held by Corporation Bank, whereas lowest ratio of 16.04 times held by Dena Bank. In the private sector bank for the year 2014-15 the highest ratio of 18.41 held by Dhanlaxmi Bank whereas lowest ratio of 6.64 times held by ICICI Bank. In the year 2015-16 the highest ratio of public sector bank was 20.43 times held by Corporation Bank, whereas lowest ratio of 15.11 times held by Bank of Baroda. In the private sector bank for the year 2015-16 the highest ratio of 22.85 times held by Dhanlaxmi Bank whereas lowest ratio of 6.66 times held by IndusInd Bank. In the year 2016-17 the highest ratio of public sector bank was 18.84 times held by Corporation Bank, whereas lowest ratio of 15.69 times held by Bank of Baroda. In the private sector bank for the year 2016-17 the highest ratio of 17.48 times held by Dhanlaxmi Bank whereas lowest ratio of 6.58 times held by ICICI Bank.

Student T- Test and Testing of Hypothesis.

Ho: There is no significant difference in the Debt Equity Ratio of selected public and private sector banks during the study period.

H1: There is significant difference in the Debt Equity Ratio of selected public and private sector banks during the study period.

The calculated value is 46.80. While the table value for two-tail is 2.31. So, the calculated value is greater than table value. Thus, the null hypothesis is rejected. It means that there is significant difference in the Debt Equity Ratio of selected public and private sector banks during the study period.

Total Advances to Total Assets Ratio: Total Advances to Total Asset Ratio of selected banks for the period 2012-13 to 2016-17 is shown in table:3. In the year 2012-13 the highest ratio of public sector bank



was 63.93 percent held by Bank of India, whereas lowest ratio of 57.99 percent held by Dena Bank. In the private sector bank for the year 2012-13 the highest ratio of 60.46 percent held by IndusInd Bank whereas lowest ratio of 54.07 percent held by ICICI Bank. In the year 2013-14 the highest ratio of public sector bank was 64.68 percent held by Bank of India, whereas lowest ratio of 60.20 percent held by Bank of Baroda. In the private sector bank for the year 2013-14 the highest ratio of 63.32 percent held by IndusInd Bank whereas lowest ratio of 54.03 percent held by Dhanlaxmi Bank. In the year 2014-15 the highest ratio of public sector bank was 66.00 percent held by Allahabad Bank, whereas lowest ratio of 59.87 percent held by Bank of Baroda. In the private sector bank for the year 2014-15 the highest ratio of 63.04 percent held by IndusInd Bank whereas lowest ratio of 53.44 percent held by Dhanlaxmi Bank. In the year 2015-16 the highest ratio of public sector bank was 64.61 percent held by Allahabad Bank, whereas lowest ratio of 57.16 percent held by Bank of Baroda. In the private sector bank for the year 2015-16 the highest ratio of 65.54 percent held by HDFC Bank whereas lowest ratio of 55.79 percent held by Dhanlaxmi Bank. In the year 2016-17 the highest ratio of public sector bank was 63.60 percent held by Allahabad Bank, whereas lowest ratio of 55.16 percent held by Bank of Baroda. In the private sector bank for the year 2016-17 the highest ratio of 64.20 percent held by HDFC Bank whereas lowest ratio of 52.27 percent held by Dhanlaxmi Bank.

Student T- Test and Testing of Hypothesis.

Ho: There is no significant difference in the Total Advances to Total Assets Ratio of selected public and private sector banks during the study period.

H1: There is significant difference in the Total Advances to Total Assets Ratio of selected public and private sector banks during the study period.

The calculated value is 1.09. While the table value for two-tail is 2.31. So, the calculated value is less than table value. Thus, the null hypothesis is accepted. It means that there is no significant difference in the Total Advances to Total Assets Ratio of selected public and private sector banks during the study period.

Government Securities to Total Investment Ratio: The Government Securities to Total Investment Ratio of selected banks for the period 2012-13 to 2016-17 is shown in table:4. In the year 2012-13 the highest ratio of public sector bank was 86.53 percent held by Bank of India, whereas lowest ratio of 77.92 percent held by Dena Bank. In the private sector bank for the year 2012-13 the highest ratio of 92.98 percent held by Dhanlaxmi Bank whereas lowest ratio of 54.28 percent held by ICICI Bank. In the year 2013-14 the highest ratio of public sector bank was 87.85 percent held by Bank of India, whereas lowest ratio of 78.08 percent held by Allahabad Bank. In the private sector bank for the year 2013-14 the highest ratio of 84.32 percent held by Dhanlaxmi Bank whereas lowest ratio of 54.17 percent held by ICICI Bank. In the year 2014-15 the highest ratio of public sector bank was 87.72 percent held by Bank of India, whereas lowest ratio of 76.71 percent held by Corporation Bank. In the private sector bank for the year 2014-15 the highest ratio of 76.03 percent held by Dhanlaxmi Bank whereas lowest ratio of 62.13 percent held by Axis Bank. In the year 2015-16 the highest ratio of public sector bank was 90.43 percent held by Bank of India, whereas lowest ratio of 80.93 percent held by Allahabad Bank. In the private sector bank for the year 2015-16 the highest ratio of 81.01 percent held by Dhanlaxmi Bank whereas lowest ratio of 70.33 percent held by ICICI Bank. In the year 2016-17 the highest ratio of public sector bank was 88.72 percent held by Bank of India, whereas lowest ratio of 85.14 percent held by Corporation Bank. In the private sector bank for the year 2016-17 the highest ratio of 85.70 percent held by IndusInd Bank whereas lowest ratio of 69.67 percent held by ICICI Bank.



Student T- Test and Testing of Hypothesis.

Ho: There is no significant difference in the Government Securities to Total Investment Ratio of selected public and private sector banks during the study period.

H1: There is significant difference in the Government Securities to Total Investment Ratio of selected public and private sector banks during the study period.

The calculated value is 5.81. While the table value for two-tail is 2.31. So, the calculated value is greater than table value. Thus, the null hypothesis is rejected. It means that there is significant difference in the Government Securities to Total Investment Ratio of selected public and private sector banks during the study period.

(B). ASSETS QUALITY: Asset Quality shows the sum of present credit risk related with the loan and investment portfolio in addition to off balance sheet activities. The asset quality of banks can be determined with the help of the non-performing assets ratio. Under this category the ratios like: Gross NPA Ratio, Net NPA Ratio and Total Investment to Total Assets Ratio have been analyzed.

Gross NPA Ratio: The Gross NPA Ratio of selected banks for the period 2012-13 to 2016-17 is shown in table :5. In the year 2012-13 the highest ratio of public sector bank was 3.92 percent held by Allahabad Bank, whereas lowest ratio of 1.72 percent held by Corporation Bank. In the private sector bank for the year 2012-13 the highest ratio of 4.82 percent held by Dhanlaxmi Bank whereas lowest ratio of 0.33 percent held by ICICI Bank. In the year 2013-14 the highest ratio of public sector bank was 5.73 percent held by Allahabad Bank, whereas lowest ratio of 2.94 percent held by Bank of Baroda. In the private sector bank for the year 2013-14 the highest ratio of 5.98 percent held by Dhanlaxmi Bank whereas lowest ratio of 0.31 percent held by ICICI Bank. In the year 2014-15 the highest ratio of public sector bank was 5.46 percent held by Allahabad Bank, whereas lowest ratio of 3.72 percent held by Bank of Baroda. In the private sector bank for the year 2014-15 the highest ratio of 7.00 percent held by Dhanlaxmi Bank whereas lowest ratio of 0.39 percent held by ICICI Bank. In the year 2015-16 the highest ratio of public sector bank was 13.07 percent held by Bank of India, whereas lowest ratio of 9.76 percent held by Allahabad Bank. In the private sector bank for the year 2015-16 the highest ratio of 6.36 percent held by Dhanlaxmi Bank whereas lowest ratio of 0.60 percent held by ICICI Bank. In the year 2016-17 the highest ratio of public sector bank was 16.27 percent held by Dena Bank, whereas lowest ratio of 10.46 percent held by Bank of Baroda. In the private sector bank for the year 2016-17 the highest ratio of 5.42 percent held by AXIS Bank whereas lowest ratio of 0.91 percent held by ICICI Bank.

Student T- Test and Testing of Hypothesis.

Ho: There is no significant difference in the Gross NPA Ratio of selected public and private sector banks during the study period.

H1: There is significant difference in the Gross NPA Ratio of selected public and private sector banks during the study period.

The calculated value is 2.40. While the table value for two-tail is 2.31. So, the calculated value is greater than table value. Thus, the null hypothesis is rejected. It means that there is significant difference in the Gross NPA Ratio of selected public and private sector banks during the study period.

Net NPA Ratio: The Net NPA Ratio of selected banks for the period 2012-13 to 2016-17 is shown in table:6. In the year 2012-13 the highest ratio of public sector bank was 3.19 percent held by Allahabad Bank, whereas lowest ratio of 1.19 percent held by Corporation Bank. In the private sector bank for the year



2012-13 the highest ratio of 3.36 percent held by Dhanlaxmi Bank whereas lowest ratio of 0.20 percent held by HDFC Bank. In the year 2013-14 the highest ratio of public sector bank was 4.15 percent held by Allahabad Bank, whereas lowest ratio of 1.52 percent held by Bank of Baroda. In the private sector bank for the year 2013-14 the highest ratio of 3.80 percent held by Dhanlaxmi Bank whereas lowest ratio of 0.28 percent held by HDFC Bank. In the year 2014-15 the highest ratio of public sector bank was 3.99 percent held by Allahabad Bank, whereas lowest ratio of 1.89 percent held by Bank of Baroda. In the private sector bank for the year 2014-15 the highest ratio of 3.29 percent held by Dhanlaxmi Bank whereas lowest ratio of 0.26 percent held by HDFC Bank. In the year 2015-16 the highest ratio of public sector bank was 7.79 percent held by Bank of India, whereas lowest ratio of 6.35 percent held by Dena Bank. In the private sector bank for the year 2015-16 the highest ratio of 2.78 percent held by Dhanlaxmi Bank whereas lowest ratio of 0.28 percent held by HDFC Bank. In the year 2016-17 the highest ratio of public sector bank was 10.66 percent held by Dena Bank, whereas lowest ratio of 4.72 percent held by Bank of Baroda. In the private sector bank for the year 2016-17 the highest ratio of 4.89 percent held by ICICI Bank whereas lowest ratio of 0.33 percent held by HDFC Bank.

Student T- Test and Testing of Hypothesis.

Ho: There is no significant difference in the Net NPA Ratio of selected public and private sector banks during the study period.

H1: There is significant difference in the Net NPA Ratio of selected public and private sector banks during the study period.

The calculated value is 2.52. While the table value for two-tail is 2.31. So, the calculated value is greater than table value. Thus, the null hypothesis is rejected. It means that there is significant difference in the Net NPA Ratio of selected public and private sector banks during the study period.

Total Investment to Total Assets Ratio: The Total Investment to Total Assets Ratio of selected banks for the period 2012-13 to 2016-17 is shown in table:7. In the year 2012-13 the highest ratio of public sector bank was 30.27 percent held by Dena Bank, whereas lowest ratio of 20.90 percent held by Bank of India. In the private sector bank for the year 2012-13 the highest ratio of 33.90 percent held by Dhanlaxmi Bank whereas lowest ratio of 26.81 percent held by IndusInd Bank. In the year 2013-14 the highest ratio of public sector bank was 29.81 percent held by Corporation Bank, whereas lowest ratio of 17.61 percent held by Bank of Baroda. In the private sector bank for the year 2013-14 the highest ratio of 30.52 percent held by Dhanlaxmi Bank whereas lowest ratio of 24.60 percent held by HDFC Bank. In the year 2014-15 the highest ratio of public sector bank was 28.09 percent held by Dena Bank, whereas lowest ratio of 17.11 percent held by Bank of Baroda. In the private sector bank for the year 2014-15 the highest ratio of 33.79 percent held by Dhanlaxmi Bank whereas lowest ratio of 22.78 percent held by IndusInd Bank. In the year 2015-16 the highest ratio of public sector bank was 26.94 percent held by Corporation Bank, whereas lowest ratio of 17.94 percent held by Bank of Baroda. In the private sector bank for the year 2015-16 the highest ratio of 30.43 percent held by Dhanlaxmi Bank whereas lowest ratio of 22.26 percent held by ICICI Bank. In the year 2016-17 the highest ratio of public sector bank was 30.66 percent held by Dena Bank, whereas lowest ratio of 18.66 percent held by Bank of Baroda. In the private sector bank for the year 2016-17 the highest ratio of 34.01 percent held by Dhanlaxmi Bank whereas lowest ratio of 20.54 percent held by IndusInd Bank.

Student T- Test and Testing of Hypothesis.

Ho: There is no significant difference in the Total Investment to Total Assets Ratio of selected public and private sector banks during the study period.



H1: There is significant difference in the Total Investment to Total Assets Ratio of selected public and private sector banks during the study period.

The calculated value is -1.99. While the table value for two-tail is 2.31. So, the calculated value is less than table value. Thus, the null hypothesis is accepted. It means that there is no significant difference in the Total Investment to Total Assets Ratio of selected public and private sector banks during the study period.

MAJOR FINDINGS: The major findings of the study were as under:

Capital Risk Adequacy Ratio shows fluctuation trend for the public sector banks as well as for the private sector banks. From the result of t – test researcher concluded that the null hypothesis was accepted. That means there was no significant difference in the Capital Risk Adequacy Ratio of selected public and private sector banks during the study period. Debt Equity Ratio of public and private sector banks indicates the fluctuation trend during the study period. After applying t – test researcher know that the null hypothesis was rejected i.e. there was significant difference in the Debt Equity Ratio of selected public and private sector banks during the study period. Total Advances to Total Asset Ratio indicates fluctuation trend in public and private sector banks. From the result of t – test researcher defined that the null hypothesis was accepted. That means there was no significant difference in the Total Advances to Total Assets Ratio of selected public and private sector banks during the study period. Government Securities to Total Investment Ratio of public as well as private sector banks explicate the fluctuation trend. After the calculation of t – test researcher identify that null hypothesis was rejected. That means there was significant difference in the Government Securities to Total Investment Ratio of selected public and private sector banks during the study period. Gross NPA Ratio shows increasing trend in public sector banks but ALB has fluctuating trend, private sector banks indicates fluctuation trend but AXIS bank has increasing trend. After applying t-test researcher delineated that the null hypothesis was rejected. That means there was significant difference in the Gross NPA Ratio of selected public and private sector banks during the study period. Net NPA Ratio delineated fluctuation trend for the BOI and ALB whereas increasing trend for BOB, DB and CB of Public sector banks while in the private sector banks HDFC Bank, IIB and DLB have fluctuating trend but AXIS Bank and ICICI bank have increasing trend. From the result of t – test it was defined that the null hypothesis is rejected. It means that there was significant difference in the Net NPA Ratio of selected public and private sector banks during the study period. Total Investment to Total Assets Ratio selected public sector banks shows fluctuation trend but out of that CB indicated decreasing trend, while in the private sector banks AXIS Bank, ICICI Bank and IIB shows decreasing trend but HDFC Bank and DLB shows fluctuation trend. After applying t – test researcher concluded that the null hypothesis is accepted. It means that there was no significant difference in the Total Investment to Total Assets Ratio of selected public and private sector banks during the study period.

SUGGESTIONS: The followings are the suggestions to improve the performance of the selected banks from the view point of Capital Adequacy and Assets Quality management:

BOI and ALB of public sector banks have lower ratio in the year 2013-14 and also DLB of private sector banks have lower ratio than prescribed standard, so these banks have to increase its CRAR for secured against bankruptcy. Public sector banks have to give attention towards decrease in the debt equity ratio and also in the private sector banks DLB should give attention towards decrease the debt. ALB of public sector banks should decrease its advances as compare to private sector banks but also in private sector banks HDFC and IIB need to decrease its advances. BOI of public sector banks have higher investment in government securities as compared to private sector banks. For the purpose of providing security defend to the investment portfolio; banks have not to underestimate the significance of government securities. ALB of public sector banks should decrease its Gross NPA Ratio for getting relief against heavy loss. Public sector



banks should decrease its Net NPA Ratio as compared to private sector banks. Public sector banks have need to framing effective polices and remedies for sustaining against expectation of depositors. BOB of public sector banks should efficiently manage its asset quality and need to increase the ratio.

LIMITATIONS OF THE STUDY: This research work has certain limitations which are as follows:

- The present study is purely based on secondary sources of data which is collected from the annual reports of the banks, IBA bulletin, and RBI databanks etc. Therefore, the limitations of secondary data remain in force with it and also affect to this study.
- The other limitation is sample size which is limited to only ten (10) banks. These ten (10) banks include five (5) public sector banks and five (5) private sector banks.
- The researcher's sample for analysis includes only five year i.e. from the year 2012-13 to 2016-17. So there is time constrain in the study.

TABLE NO.: 1
CAPITAL RISK ADEQUACY RATIO OF SELECTED BANKS (%)

YEAR	PUBLIC SECTOR BANKS					TOTAL	AVG.	PRIVATE SECTOR BANKS					TOTAL	AVG.
	BOB	BOI	DB	CB	ALB			AXIS	HDFC	ICICI	IIB	DLB		
2012-13	13.30	11.02	11.03	12.33	11.03	58.71	11.74	17.00	16.80	18.74	15.36	11.06	78.96	15.79
2013-14	12.28	9.97	11.14	11.64	9.96	54.99	11.00	16.07	16.10	17.70	13.83	8.67	72.37	14.47
2014-15	12.60	10.73	10.93	11.09	10.45	55.80	11.16	15.09	16.79	17.02	12.09	9.59	70.58	14.12
2015-16	13.17	12.01	11.00	10.56	11.02	57.76	11.55	15.29	15.53	16.64	15.50	7.51	70.47	14.09
2016-17	12.24	12.14	11.39	11.32	11.45	58.54	11.71	14.95	14.55	17.39	15.31	10.26	72.46	14.49
TOTAL	63.59	55.87	55.49	56.94	53.91	285.80	57.16	78.40	79.77	87.49	72.09	47.09	364.84	72.97
AVG.	12.72	11.17	11.10	11.39	10.78		11.43	15.68	15.95	17.50	14.42	9.42		14.59

(Source: Computed from annual reports of selected banks)



TABLE NO.:2
DEBT EQUITY RATIO OF SELECTED BANKS (TIMES)

YEAR	PUBLIC SECTOR BANKS					TOTAL	AVG.	PRIVATE SECTOR BANKS					TOTAL	AVG.
	BOB	BOI	DB	CB	ALB			AXIS	HDFC	ICICI	IIB	DLB		
2012-13	15.65	17.44	18.32	18.70	17.99	88.10	17.62	8.96	9.09	6.57	8.58	17.51	50.71	10.14
2013-14	16.83	17.56	16.13	20.47	18.54	89.53	17.91	8.67	9.36	6.65	8.72	18.29	51.69	10.34
2014-15	16.39	18.19	16.04	20.01	17.61	88.24	17.65	9.00	8.00	6.64	9.25	18.41	51.30	10.26
2015-16	15.11	18.19	17.32	20.43	18.87	89.92	17.98	8.60	8.25	6.86	6.66	22.85	53.22	10.64
2016-17	15.69	18.83	17.26	18.84	18.51	89.13	17.83	9.31	8.02	6.58	7.36	17.48	48.75	9.75
TOTAL	79.67	90.21	85.07	98.45	91.52	444.92	88.98	44.54	42.72	33.30	40.57	94.54	255.67	51.13
AVG.	15.93	18.04	17.01	19.69	18.30		17.80	8.91	8.54	6.66	8.11	18.91		10.23

(Source: Computed from annual reports of selected banks)



TABLE NO.:3
TOTAL ADVANCES TO TOTAL ASSETS RATIO OF SELECTED BANKS (%)

YEAR	PUBLIC SECTOR BANKS					TOTAL	AVG.	PRIVATE SECTOR BANKS					TOTAL	AVG.
	BOB	BOI	DB	CB	ALB			AXIS	HDF C	ICICI	IIB	DLB		
2012-13	59.98	63.93	57.99	61.37	63.36	306.63	61.33	57.84	59.88	54.07	60.46	56.28	288.52	57.70
2013-14	60.20	64.68	62.11	61.74	62.61	311.33	62.27	60.03	61.64	56.96	63.32	54.03	295.97	59.19
2014-15	59.87	64.98	60.76	64.19	66.00	315.79	63.16	60.85	61.90	59.98	63.04	53.44	299.20	59.84
2015-16	57.16	58.89	61.70	59.75	64.61	302.10	60.42	64.47	65.54	60.40	63.13	55.79	309.33	61.87
2016-17	55.16	58.51	55.99	56.62	63.60	289.88	57.98	62.03	64.20	60.15	63.30	52.27	301.94	60.39
TOTAL	292.37	310.99	298.54	303.66	320.17	1525.74	305.15	305.21	313.15	291.55	313.25	271.80	1494.97	298.99
AVG.	58.47	62.20	59.71	60.73	64.03		61.03	61.04	62.63	58.31	62.65	54.36		59.80

(Source: Computed from annual reports of selected banks)



TABLE NO.: 4
GOVERNMENT SECURITIES TO TOTAL INVESTMENTS RATIO OF SELECTED BANKS (%)

YEAR	PUBLIC SECTOR BANKS					TOTAL	AVG.	PRIVATE SECTOR BANKS					TOTAL	AVG.
	BOB	BOI	DB	CB	ALB			AXIS	HDFC	ICICI	IIB	DLB		
2012-13	84.98	86.53	77.92	80.13	78.50	408.05	81.61	63.76	76.07	54.28	71.78	92.98	358.87	71.77
2013-14	83.35	87.85	79.27	78.10	78.08	406.65	81.33	61.30	78.25	54.17	71.33	84.32	349.36	69.87
2014-15	80.83	87.72	87.08	76.71	80.92	413.25	82.65	62.13	72.32	57.56	72.03	76.03	340.07	68.01
2015-16	86.05	90.43	85.43	89.02	80.93	431.86	86.37	71.32	76.71	70.33	80.95	81.01	380.32	76.06
2016-17	88.05	88.72	86.85	85.14	86.50	435.26	87.05	72.21	75.73	69.67	85.70	74.57	377.88	75.58
TOTAL	423.26	441.25	416.55	409.10	404.93	2095.08	419.02	330.73	379.08	306.01	381.78	408.90	1806.50	361.30
AVG.	84.65	88.25	83.31	81.82	80.99		83.80	66.15	75.82	61.20	76.36	81.78		72.26

(Source: Computed from annual reports of selected banks)



TABLE NO.: 5
GROSS NPA RATIO OF SELECTED BANKS (%)

YEAR	PUBLIC SECTOR BANKS					TOTAL	AVG.	PRIVATE SECTOR BANKS					TOTAL	AVG.
	BOB	BOI	DB	CB	ALB			AXIS	HDFC	ICICI	IIB	DLB		
2012-13	2.40	2.99	2.19	1.72	3.92	13.22	2.64	1.20	0.95	0.33	1.03	4.82	8.33	1.67
2013-14	2.94	3.15	3.33	3.42	5.73	18.57	3.71	1.34	0.98	0.31	1.12	5.98	9.73	1.95
2014-15	3.72	5.39	5.45	4.81	5.46	24.83	4.97	1.43	0.93	0.39	0.81	7.00	10.56	2.11
2015-16	9.99	13.07	9.98	9.98	9.76	52.78	10.56	1.75	0.94	0.60	0.87	6.36	10.52	2.10
2016-17	10.46	13.22	16.27	11.70	13.09	64.74	12.95	5.42	1.05	0.91	0.93	4.78	13.09	2.62
TOTAL	29.51	37.82	37.22	31.63	37.96	174.14	34.83	11.14	4.85	2.54	4.76	28.94	52.23	10.45
AVG.	5.90	7.56	7.44	6.33	7.59		6.97	2.23	0.97	0.51	0.95	5.79		2.09

(Source: Computed from annual reports of selected banks)



TABLE NO.: 6
NET NPA RATIO OF SELECTED BANKS (%)

YEAR	PUBLIC SECTOR BANKS					TOTAL	AVG.	PRIVATE SECTOR BANKS					TOTAL	AVG.
	BOB	BOI	DB	CB	ALB			AXIS	HDFC	ICICI	IIB	DLB		
2012-13	1.28	2.06	1.39	1.19	3.19	9.11	1.82	0.36	0.20	0.64	0.31	3.36	4.87	0.97
2013-14	1.52	2.00	2.35	2.32	4.15	12.34	2.47	0.44	0.28	0.82	0.33	3.80	5.67	1.13
2014-15	1.89	3.36	3.82	3.08	3.99	16.14	3.23	0.46	0.26	1.40	0.31	3.29	5.72	1.14
2015-16	5.06	7.79	6.35	6.53	6.76	32.49	6.50	0.73	0.28	2.67	0.36	2.78	6.82	1.36
2016-17	4.72	6.90	10.66	8.33	8.92	39.53	7.91	2.26	0.33	4.89	0.39	2.58	10.45	2.09
TOTAL	14.47	22.11	24.57	21.45	27.01	109.61	21.92	4.25	1.35	10.42	1.70	15.81	33.53	6.71
AVG.	2.89	4.42	4.91	4.29	5.40		4.38	0.85	0.27	2.08	0.34	3.16		1.34

(Source: Computed from annual reports of selected banks)



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TABLE NO.: 7
TOTAL INVESTMENT TO TOTAL ASSET RATIO OF SELECTED BANKS (%)

YEAR	PUBLIC SECTOR BANKS					TOTAL	AVG.	PRIVATE SECTOR BANKS					TOTAL	AVG.
	BOB	BOI	DB	CB	ALB			AXIS	HDFC	ICICI	IIB	DLB		
2012-13	22.19	20.90	30.27	30.07	28.53	131.96	26.39	33.40	27.88	31.93	26.81	33.90	153.92	30.78
2013-14	17.61	19.92	29.32	29.81	29.02	125.67	25.13	29.63	24.60	29.77	24.78	30.52	139.30	27.86
2014-15	17.11	19.36	28.09	28.06	24.87	117.49	23.50	28.65	28.19	28.88	22.78	33.79	142.29	28.46
2015-16	17.94	19.49	26.40	26.94	23.60	114.37	22.87	23.22	23.12	22.26	22.29	30.43	121.31	24.26
2016-17	18.66	20.41	30.66	25.85	23.26	118.83	23.77	21.41	24.83	20.93	20.54	34.01	121.72	24.34
TOTAL	93.50	100.08	144.74	140.73	129.28	608.32	121.66	136.31	128.62	133.76	117.20	162.64	678.53	135.71
AVG.	18.70	20.02	28.95	28.15	25.86		24.33	27.26	25.72	26.75	23.44	32.53		27.14

(Source: Computed from annual reports of selected banks)

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84. Diasporic Concern and Quest for Identity in Bharati Mukherjee's *Jasmine*

Sonal N. Patel

Research Scholar (Ph.D), Hemchandracharya North Gujarat University, Patan

Dr. Manisha F. Shah (Research Guide)

Principal, Government Arts and Science College, Harij

Abstract

This Research Paper aims to attempt the traumatic experiences and cultural perplexity of first and second generation immigrants, as well as to explore the depth analysis of women consciousness, self exploration, and their diaspora feelings among the male dominated society in Bharati Mukherjee's *Jasmine*. Diaspora is described as any people's departure from their traditional country. The concerns of diaspora, transnationalism, hybridity, and identity crises enhance twenty first-century diasporic literature. *Jasmine* is set in the current situation and is about a young Indian girl named Jasmine in the United States. The condition of exiles, a feeling of loss, the agony of alienation, and bewilderment define Jasmine's personality as an immigrant in quest of identity in a foreign country. Jasmine, the heroine of this work, goes through various transformations during her existence in America, from Jyoti to Jasmine to Jane, and often feels separated, resulting in a condition of identity. This research paper investigates the study hypothesis, which is how the heroine, Jasmine, attempts to integrate herself into a foreign society where she gets a new distinctive self - identity.

Key Words: Diaspora, Hybridity, Identity Crisis, Alienation, Immigrants

Introduction:

Bharati Mukherjee is a well-known diasporic writer who has risen to prominence among mainstream American writers. She was an Indian-origin writer who uses Indians as characters in her work. Her novels mainly tell the stories of Indian immigrants attempting to establish themselves in a foreign nation, usually America. The majority of her books and even short stories are set in the United States. She has made a name for herself in the international literary community as a result of her contributions to Indian English literature. Her works are comparable to those of Salman Rushdie, Vikram Seth, Jhumpa Lahiri, Kiran Desai, Amitav Ghosh, V.S Naipaul and others. The pains and sufferings that persons of Indian Diaspora suffer in pursuing their ambitions are central to Mukherjee's literary work. She primarily concentrates on her diasporic female characters, their quest for identification, their traumatic experiences, and their inevitable emergence as conscience people free of the bonds that have been forced on them. As a result, the aim of this study is to



investigate the series of changes that the protagonist of Bharati Mukherjee's novel *Jasmine* goes through as an illegal immigrant to America, as well as her regeneration after several changes with disintegration.

Her most notable compositions express not just her pride in her Indian background, but also her pleasure in embracing America. Her work has received widespread acclaim for depicting diaspora experiences, particularly those of the South Asian Diaspora in North America. In her work, she uses her own experiences to demonstrate how American culture is evolving. She refers to herself as an hyphenated American, as opposed to the hyphenated Indian-American title: "I maintain that I am an American writer of Indian origin, not because I'm ashamed of my past, not because I'm betraying or distorting my past, but because my whole adult life has been lived here, and I write about the people who are immigrants going through the process of making a home here... I write in the tradition of immigrant experience rather than nostalgia and expatriation. That is very important. I am saying that the luxury of being a U.S. citizen for me is that I can define myself in terms of things like my politics, my sexual orientation or my education. My affiliation with readers should be on the basis of what they want to read, not in terms of my ethnicity or my race."

Research Methodology:

This research paper will cover a perspective of both – feminine issues like quest for identity and Indian Diaspora. The method employed for the purpose tends to be critical and analytical. The researcher has employed the method of intensive reading and comprehension study in this research through which she wants to achieve the desired objectives in the paper.

Result and Discussion:

In her work *Jasmine*, Bharati Mukherjee attempts to bridge the gap between "home" and "exile." As an Indian Diaspora writer, she values America's "melting pot" theme in her works. Her principal topic throughout her works is the status of Asian immigrants in the United States and Canada, with a focus on the transformations occurring in South Asian women in a modern nation. The diasporic experience may be measured by how it manifests itself in one's attitude toward home and host nation. There are three factors that distinguish these mindsets from one another. One is that of the expatriate who craves for his or her own nation and has a bad attitude toward the host country. The 'dual diaspora' is distinguished by scattered and built nostalgia and some approval of one. For a long time, the diasporic has a tough view and a sense of nostalgia. This category includes Bharati Mukherjee's books.



Jasmine, the protagonist and narrator of Bharati Mukherjee's *Jasmine*, was born in a small Indian region called Hasnapur about 1965. She relates her narrative as a pregnant twenty-four-year-old living in Iowa with her disabled boyfriend, Bud Ripplemeyer. In Iowa, it takes two months to relay the most recent trends. During that period, Jasmine also recounts biographical events that occurred between her Punjabi birth and her American adulthood. These previous biographical events shape the activity in Iowa. Her journey takes her to five different locations, two murders, at least one rape, a beheading, a suicide, and three love affairs. Throughout the narrative, the title character's identity, as well as her name, shifts and shifts: from Jyoti to Jasmine to Jazzy to Jassy to Jase to Jane. Jasmine travels from Hasnapur, Punjab, to Fowlers Key, Florida, New York, to Manhattan, to Baden, Iowa, and eventually to California as the book concludes.

When a person enters a foreign country, he is an outsider in a no-land, man's and he must fight hard for survival while overcoming these new sensations of nostalgia. As a social animal, man need a home, the affection of family members, and the acceptance of society. But when he arrives in a strange nation, he undergoes a complete makeover. He loses his feeling of belonging and experiences uncertainty and an identity crisis. Gradually, he adapts to the new ways of life and develops a bond with the environment of his adoptive nation. For the short being, he forgets his own original culture. When he returns to his original continent, however, he discovers that it has been completely transformed, and he once again finds himself an alien in his own civilization. This leads to an identity issue at home and once again.

To know who I am is a species of knowing where I stand... it
is the horizon within which I am capable of taking a stand.(Taylor,115)

Jasmine's voyage becomes a story about moral bravery, self-awareness, and self-assertion. Jyoti, uprooted from her own India, does her best to establish herself as a "immigrant" into the new and foreign culture, culminating in Jasmine's pregnancy with the child of a white man - Bud. Jasmine oscillates between the past and the present, striving to reconcile two worlds, one of "nativity" and the other of "immigrant." Jyoti comes to America from an oppressed and rural family in India in pursuit of a more productive life and to achieve the goals of her husband, Prakash, who renames her "Jasmine." As a result, she embarks on her trek westward and her search for a new self. When she meets the intelligent Taylor, who nicknames her Jase, she undergoes her first change from a faithful Hindu wife, and then moves on to become Bud's "Jane."

Jasmine settles with Taylor and Wylie, where she gets a new name, Jase. She begins to love her new life and have a better understanding of American society. She subsequently relocates to Iowa in search of her

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"American boyfriend," Bud, who has also given her the name Jane. She also adopts a kid named Du, with whom she has the strongest bond. Du is also a Vietnamese immigrant.

"I am not choosing between men. I am caught between the promise of America and old- world dutifulness". Hereby she wants to marry Taylor over Bud. She breaks the shell of traditional Indian woman and chooses a satisfied way. She moves away with Taylor as a true American. Jasmine exposes her characters as "I have had a hundred for each of the women I have been, Prakash for Jasmine, Taylor for Jaze, Bud for Jane, and half face for Kali". The villagers say when a clay pitcher breaks, you see that the air inside is the same as outside. We are just shells of the same absolute. (*Jasmine*, 15)

Jasmine, the character in Jasmine is exile, expatriate, wanderer, and individual on the move, shedding past lives as effortlessly as a snake sheds its skin. She is Third World refugee fleeing poverty and injustice, but she is also American going from coast to coast, from small villages to metropolis, switching partners in quest of a dream that never seems to come true. A sense of dislocation, displacement, and rootlessness is a high price to pay for the limitless freedom and opportunities that America provides. Jasmine looks to be reeling from the rapid pace of change that is overwhelming her.

Jasmine survives and partially survives throughout the story as she undertakes a difficult trip and changes her names and identities. It represents her shedding of her old self and being reborn over and over. An astrologer predicted in her childhood that she would become a widow and go into exile. His prophecy has left an everlasting imprint on her mind that she would be a widow. Throughout the story, it produces a sense of mental instability.

"No", I shouted. "You are a crazy old man. You don't know what my future holds"(*Jasmine*,3)

Jyoti marries Prakash, an engineer, despite her unpleasant experience and unsettled psyche. She carries on with her married life, but with scepticism. She is perplexed by traditions, rituals, and beliefs. Prakash regards Jyoti as a traditional rural girl. Prakash gives her the name 'Jasmine.' She accepts easily, seeking and hoping for a new identity, a new life. Altering her name meant changing her future, according to Jyoti. It may also be seen as her desire to give up her actual self in order to avoid becoming a widow, as indicated by the astrologer earlier.

Jyoti, the native, innocent girl, transforms into Jasmine, an impertinent, uncaring personality. Jyoti, who is suffering from mental blockage and has lost confidence and joy about being alive, shows quirky qualities



such as cutting her tongue, letting the blood run down, acting as Goddess Kali, the remover of evil, and wanting to murder the guy who has abused her. Such behaviour is only found in those who are extremely neurotic and psychologically disturbed. Jyoti walks again after murdering him, looking for her life. Jyoti resolves to rise again, as Robert Browning stated, "my sun sets to rise again." As Alliya Parveen correctly points out,

To realize their ambitions and to experience a sense of liberation from their old , social, traditional mores, the characters of her stories undergo deep emotional, mental, and physical sufferings.(147)

Conclusion:

Throughout the narrative, as the characters observe their ethnicity and gender through fresh and varied lenses, they come to realise that the concept of a distinct identity is a myth, and the truth of the diasporic concern is the indeterminate diversity. This multiplicity becomes a significant plight for the characters, because as their different consciousnesses contradict each other, the characters are left unsure of the nature of their identities, unsure of where they fit in the Mukherjee's characters with different socio-cultural experiences relate to a process involving complex negotiation and exchange. Mukherjee is constantly concerned that the new identity not be marginalised or suppressed by any culture. To prevent such situations, she imbues her characters with traits such as individuality, freedom, strength, and decisiveness. Duality and struggle are not exclusive to immigrant life in America. Mukherjee's female protagonists are raised in a culture that cultivates such attitudes in them from infancy. Because of British colonialism, the breaking down of language and cultural barriers begins early.

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85. ANALYSIS OF HEAVY METALS CONTAMINATION ON GROUNDWATER RESOURCES AND SURFACE SOILS IN THE VICINITY OF BUDDHA NULLAH STREAM IN LUDHIANA, PUNJAB

Sukhdeep Singh¹, Dr.Gunjan Bhalla²

¹Research Scholar, Department of Civil Engineering, CT University, Ludhiana, Punjab

²Assistant Professor, Department of Civil Engineering, CT University, Ludhiana, Punjab

Abstract:

Industries produce tons of pollutants and effluent every year. The disposal of untreated municipal, industrial and agricultural wastewaters into water resources have degraded the standard of surface waters in different parts of the planet.. Theses Industrial pollutants include different kinds of Heavy metals. These metals in soils are of great environmental concern, the aim of this study is to determine heavy metal content in the surface soil from the vicinity of Buddha Nullah stream and Sutlej River's from village Walipur and Ladhawal of Punjab and also in groundwater samples via hand pumps/Tube wells at villages near Buddha Nullah in Ludhiana district namely Walipur and Ladhawal, and evaluate the contamination levels of nearly 20 soil samples and 20 underground water samples which were collected and analyzed for Cu, Zn, Cd, Pb, Fe and Ni contents using atomic absorption spectroscopy. Soil texture, physical phenomenon, pH, total organic content, and ion exchange capability were collectively measured additionally with this Metal pollution load index (MPLI) of Cr, Mn, Cu, Zn, As, Sb, Cd, Hg, and U were analyzed at both the selected sites of Ludhiana city. In the investigated soils, the mean recorded concentrations of the heavy metals were 10.41 mg/kg for Cu, 0.083 mg/kg for Ni, 0.107 mg/kg for Cd, 68.72 mg/kg for Fe, 8.59 mg/kg for Zn and 37.11 mg/kg for Pb. The reported results indicate that the enrichment factors of the measured heavy metals were 3.05, >0.1, 0.41, and 3.47 for copper, nickel, zinc, and lead respectively. Many of the essential elements were also either found to be in higher concentrations or deficient than permissible limits. Hand pump water has not been found a secure supply of water because it faucets into shallow aquifers having several significant metals in terribly higher concentrations. I-geo (accumulation index) values of the metals within the soils below the study indicate that they're uncontaminated to slightly contaminate with nickel and iron however extremely contaminated with copper and lead. The Buddha Nullah pollutes the Sutlej watercourse as numerous reports showcased that several factories rather than treating the effluents, inject these into the earth through deep-bore wells.

Keywords: Soil Contamination, Heavy Metals, Geoaccumulation Index, Industrial, and urban effluents



Introduction:

There is increasing awareness that heavy metals present in soil may have negative consequences on human health and the environment (Abrahams, 2002; Schroeder et al., 2003; 2004; Mielke et al., 2005; Selinus et al., 2005). From the environmental point of view, all heavy metals are important because they cannot be biodegraded and are largely immobile in the soil system, so they tend to accumulate and persist in urban soils for a long time. This results in levels that are harmful to humans upon both acute and chronic exposure (Sheppard, 1998). Groundwater quality depends upon both geogenic factors and anthropogenic factors. There are naturally occurring minerals in aquitards in different regions of Punjab which control the concentration of geogenic pollutants, such as selenium (Se), fluoride (F), boron (B), and arsenic (As) in alluvial aquifers. Agricultural activities that influence water quality include the application of fertilizers and chemicals. Although the concentration of heavy metals in sewage effluents is low, long-term use of these wastewaters on agricultural lands often results in the build-up of the elevated levels of these metals in soils (Rattan et al. 2002). The most frequently reported heavy metals with regards to potential hazards and the occurrence in contaminated soils are Cd, Cr, Pb, Zn, Fe, and Cu (Alloway, 1995). The concentration of these toxic elements in soils may be derived from various sources, including anthropogenic pollution, weathering of natural high background rocks, and metal deposits (Senesi et al., 1999). although heavy metals distribution in soils is well documented for many cities of developed countries, comparatively little is studied in less developed countries (Thuy et al., 2000). However, in recent years, a few of these countries have achieved significant strides in their quest for rapid economic growth through industrialization. Thus, several factories, usually sited haphazardly, have developed. Population explosion and the increased use of automobiles have become very common in urban areas. The impact of pollution in the vicinity of overcrowded cities and from industrial effluents and automobile exhausts has reached a disturbing magnitude and is arousing public awareness. At present, relatively little data are available on the extent of environmental pollution because there are few agencies with inadequate capacity charged with the routine monitoring and protection of the environment (Olade, 1987).

The study area covers high levels of contaminants, such as heavy metals, might have been released into the soil. Most of the land in this area is intensively used for different purposes including residence and agriculture. Thus, it is necessary to carry out an investigation of heavy metals in the soils of this urban area. This study of heavy metal content in urban soils provides baseline information on the anthropogenic impact of environmental pollution in the Sutlej Rivers. A recent study conducted by Dheri et al. (2005) showed that the concentration of heavy metals like Pb, Cr, Cd, and Ni was not only significantly higher in water samples of Buddha Nullah drain but also in those collected from shallow hand pumps located within the vicinity of 200 meters as compared to the deep tube well water. These caused contamination of surface and groundwater by leachates of nutrients, metals, organic contaminants in the surface and groundwater. This study is important because it can be used as the basis for planning management strategy to achieve better environmental quality and substantial development of this area.



Heavy Metals Pollution:

Heavy metals are dangerous because they tend to accumulate. Compounds accumulate as living things any time they are taken up and stored faster than they are broken down or extracted (metabolized). These metals can enter the water supply by industrial or consumer waste or even from acidic rain breaking down soils and releasing heavy metals into streams, lakes, rivers, and ground waters. Lenntech (2005a). This exit over than 18 different heavy metals toxins that have impacts on human health and each toxin will produce different behavioral physiological and cognitive changes in exposed individuals. The toxicity of heavy metals can be listed in order of decreasing toxicity as $Hg > Cd > Cu > Zn > Ni > Pb > Cr > Al > Co$, also this is only approximate as the vulnerability of species to individual metals varies. Toxicity also varies according to the environmental conditions that control the chemical speciation of metals

Hossain (2006) observed that the 'As' concentrations of drinking water from deep wells in 64 districts in Bangladesh and found that 59 had concentrations $>10 \mu\text{g L}^{-1}$ and 43 had concentrations $>50 \mu\text{g L}^{-1}$. Contaminated groundwater is also used for irrigation of paddy rice, which is the main staple food for the population. This practice enhances the level of 'As' in the soils rendering them unsuitable for agriculture. A few recent studies have reported that 85–95% of total 'As' in rice and a vegetable was inorganic. Arsenic concentration is higher in Bangladeshi soils, groundwater, and plants (data based on 4% area of the country) than the permissible limits or normal range reported.

Nangare et al. (2008) studied the impact of the textile industry on groundwater quality of the industrial estate area of Ichalkaranji. The results showed that the pH value ranged from 6.5 to 9.0, but within the permissible limit and only two samples showed the pH 9.0. The value of turbidity was also within the range of permissible limits for all samples except only one sample which showed more turbidity because this sample consisted of effluents or wastewater coming from the industries, and collected from sewer outlets

Materials & Methods:

Study Area

The present study was conducted at two places near each other. The first area was chosen for the study was the Ludhiana district. Ludhiana city was founded on a ridge of Buddha Nullah a tributary of River Sutlej and the untreated sewage of the city is discharged into Buddha Nullah. Buddha Nullah runs parallel to Sutlej, on its south for a fairly large section of its course in the district. The water of the stream becomes polluted after it enters Ludhiana City. With the industrialization/ urbanization of the area, Buddha Nullah has become the sullage/ sewage as well as an industrial effluent carrier for the Ludhiana city leading to River Sutlej. The primary data collected from a village name Walipur Kalan, situated in Tehsil Jagraon and block Sidwan Bet, under district Ludhiana at a distance of 1-1.5 km from Buddha Nullah, and the other site was Ladhawal, 18 Kms from Walipur. The underground water samples were collected from various tube wells in January 2021. During this month the irrigation is at its peak level. The water samples were analyzed for pH, EC, Ca^{2+} , Mg^{2+} , CO_3^{2-} , HCO_3^- , Cl^- and SO_4^{2-} quantitatively. To provide a satisfactory geographical

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representation of the sites, the vicinity was divided into two zones; zone S1 was to the north-east, S2 south-west of the selected site point. Sampling sites were distributed among these zones to ensure that each zone had an equal number of sites. A bulk sample was prepared by collecting about 1 kg of surface soil (0–20 cm) by hand digging at 5 sampling sites within a maximum area of 20 m². Ten composite samples were collected from each zone. Samples were collected with a stainless steel spatula and kept in labelled plastic bags for laboratory analysis. After air drying, samples were passed through a 2 mm sieve and stored in plastic bags until they were analyzed. The texture was investigated by using the pipette method (ISO, 2001a). A weighted sample was oven-dried at 105 °C for twelve hours and cooled in desiccators. The weight loss was used for calculating the soil water content. Organic matter contents were determined by soil ignition at a temperature of 450 degree C (Allen et al., 1974). Electrical conductivity (EC) and pH were measured in a soil deionized water suspension (soil: water, 1:2.5 by volume) by a calibrated pH meter and conductivity meter respectively (ISO, 2002a). Soil samples were analyzed for CEC, using the ammonium acetate method at pH 7 (Chapman, 1965). The samples were digested using aqua regia (ISO, 2002b). The solutions of the digested samples were analyzed using air/acetylene atomic absorption spectroscopy with the use of prepared standards for Fe, Cu, Ni, Cd, Zn, and Pb. Analytical grade of nitrate salt of lead, analytical granules of copper and zinc and iron, and general-purpose reagent cadmium nitrate of maximum purity of 99% were used in the preparation of standard solutions. Calibration curves were used to calculate the concentration of the metals. A reagent blank was used to zero the instrument. This was followed by aspiration of standard solution and finally, the soil sample extract was aspirated.

Twenty samples of Hand pump/Tube well water from the households were collected during the period (Jan to April). Groundwater samples are presumably away from other potential sources of contamination (fertilizers, animals, human sewage. Before sample collection, the hand tube wells were pumped out at least for 3 minutes. The pre-cleaned and dried polyethylene bottles (100 ml) rinsed with sample water were used for sample collection and preservation. All the water samples tested were used for drinking by farmers and families and farm workers. The concentration of essential elements (Zn, Cu, Fe, K, Mn, Mg, P, Se) and heavy metals (Cd, Cr, Ni, Pb, Ti, Sr, Co, Bi, Hg, U, As, Sn), were determined by using atomic absorption spectroscopy in groundwater. The degree of water pollution for each metal was measured using the Metal pollution load index (MPLI) depending on soil metal concentrations compared with internationally accepted standards. The following modified equation was used to assess the (MPLI) level in water. $MPLI = \text{Mean value of the samples} / \text{Mean value of the permissible limits}$.

Results & Discussion:

The results of the physicochemical analysis of the study area are given in Table 1. The relative percentage of clay, silt, and sand in the soils were in the range (5.89-8.17 %) for clay, (11-19 %) for silt, and (71.56-76.58 %) for sand. The soils were classified as loamy sand. The values of pH ranged in a narrow interval from 6.58 to 7.89 which suggests slightly acidic to neutral conditions for all the topsoil's in the entire study area. The cation exchange capacity (CEC) of the soil samples ranged between 16.85 and 27.58 meq/100g with a mean value of 26.115 and 19.20 meq/100g. As shown in Table 1 the soil samples collected from the north

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displayed the highest mean CEC value, those from the east had the least value. The total organic matter content (TOM) in the samples ranges between 20.44% and 11.89%, with an average of 15.67 and 18.165 % (Table 1). There was a significant difference in the TOM distribution in the entire study area. The relatively high content of TOM in samples due to the high organic content of used lubricants that were discharged at the site. Furthermore, loamy textured soils generally have higher organic matter due to their ability to support vegetation compared to light textured soils (Brady and Weil, 1999). Soil organic matter is important because it improves both the physical and chemical properties of soil. It decreases soil erosion by stabilizing soil particles. It also enhances aeration, increases water holding capacity, and restores and supplies nutrients for the growth of plants and soil micro-organisms. Concentrations of Pb, Zn, Cu, Cd, Ni, and Fe in the soil samples from the vicinity of the railway servicing workshop in Kumasi are listed in (Table 2) together with mean values, standard deviations, and variance. Iron had the highest mean value (48.38 & 47.145 mg/kg), followed by Pb (24.56 & 29.72 mg/kg). Compared to average concentrations in urban soils in the world, the mean values of the Pb in the analyzed soils are much lower than those reported from samples from large and industrialized cities such as Palermo (Sisily) 202 mg/kg (Manta et al., 2002), Central London 647 mg/kg (Rundle and Duggan, 1980), and Rome 330.8 mg/kg (Angelone et al. (1995). Cadmium and Ni concentrations were generally low, close to those reported for the unpolluted soils. Moreover, these metals display quite homogeneous distributions across the sampling area and therefore had lower standard deviations, thus suggesting a major natural (i.e. indigenous lithologic) source. However, there were significant differences in the distribution of Pb and Cu. In this study, Cu had the maximum mean concentration value of 9.2 mg/kg in the samples from the Walipur area and a minimum value of 7.05 mg/kg in the Ladhawal Area. Zinc plays an important role as an essential element in all living systems, in this work the concentration of Zn was found ranging from an average of 6.382 mg/kg to 8.01 mg/kg in Walipur and Ladhawal Area respectively near to Buddha Nullah.

Table 1: Values of different parameters analysed on selected areas

	S1 Walipur	S2 Walipur	Mean	S3 Ladhawal	S4 Ladhawal	Mean
Texture class	Loamy sand	Loamy sand		Loamy sand	Loamy sand	
Sand %	75.51	76.58	76.045	71.56	73.56	72.56
Clay %	6.23	5.56	5.89	6.78	9.56	8.17
Silt %	19	15	17	15	11	13
pH	7.89	7.25	7.57	7.01	6.58	6.79



Moisture content %	3.5	1.56	2.53	2.11	7.5	4.805
Organic content %	15.89	20.44	18.165	11.89	19.45	15.67
Conductivity (mS)	0.2	0.11	0.155	0.14	0.25	0.195
CEC (meq/100g)	27.58	24.65	26.115	16.85	21.56	19.205

Table 2: Parameters of Extracted Heavy Metals at different zones of selected areas

Element	S1 Walipur	S2 Walipur	Mean	S3 Ladhowal	S4 Ladhowal	Mean
Cu (mg/kg)	9.2	7.45	8.32	7.72	7.05	7.38
Fe (mg/kg)	45.65	48.64	47.145	47.55	49.22	48.38
Pb (mg/kg)	33.56	15.56	24.56	19.89	39.56	29.725
Cd (mg/kg)	0.03	0.05	0.04	0.06	0.1	0.035
Zn (mg/kg)	8.01	6.42	7.21	6.38	7.71	7.045
Ni (mg/kg)	0.02	0.03	0.025	0.03	0.04	0.035

On the basis of the study, an enrichment factor was used to assess the level of contamination and the possible anthropogenic impact in soils from the vicinity on a ridge of Buddha Nullah a tributary of River Sutlej. To identify anomalous metal concentration, geochemical normalization of the heavy metals data to a conservative element, such as Al, Fe, and Si were employed. Several authors have successfully used iron to normalize heavy metals contaminants (Baptista Neto et al., 2000; Mucha et al., 2003). In this study, iron was also used as a conservative tracer to differentiate natural from anthropogenic components. According to Ergin et al., (1991) and Rubio et al., (2000), the metal enrichment factor (EF) is defined as follows:

$$EF = M/Fe (\text{sample}) / M/Fe (\text{Background})$$

Where EF is the enrichment factor, (M/Fe) sample is the ratio of metal and Fe concentration of the sample, and (M/Fe) background is the ratio of metals and Fe concentration of a background. The background



concentrations of metals were taken from soils from an undisturbed area from both the areas of study. Table 3 shows EF values and Igeo of Cd, Zn, Fe, Ni, Pd, and Cu in soils along with the background concentrations of these metals. According to Zhang and Liu (2002), EF values between 0.5 and 1.5 indicate the metal is entirely from crust materials or natural processes, whereas EF values greater than 1.5 suggest that the sources are more likely to be anthropogenic. The results of the present study show that Pb and Cu were significantly enriched in the soils from the vicinity of the workshop since EF values of these two metals are greater than 1.5 (Table 3). The highest average EF is seen for Pb with a value of 3.21. Copper has the second-highest EF with an average value of 2.51. This suggests that Pb and Cu are anthropogenic and the soils have been contaminated by these two metals in recent years. The difference in EF values may be due to the difference in the magnitude of input for each metal in the sediment and/or the difference in the removal rate of each metal from the soil. The EFs of Zn, Cd, and Ni were less than 0.5 which suggests a natural source of these metals in the study area. The geoaccumulation index (Igeo) introduced by Muller (1969) was also used to assess metal pollution in soils. It is expressed as:

$$I_{geo} = \frac{\log \left(\frac{C_n}{1.5 B_n} \right)}{2}$$

Where C_n is the measured concentration of the examined metal in the soil and B_n is the geochemical background concentration of the same metal. Factor 1.5 is the background matrix correction factor due to the lithogenic effect. The index of geoaccumulation includes seven grades (0-6) ranging from unpolluted to very highly polluted. The pollution levels of these metals in the environment expressed in terms of geoaccumulation indices indicate that the environment is high to very highly polluted with Pb and Cu. The level of pollution with Zn was moderate. The results reveal that the samples are uncontaminated to slightly contaminated concerning Ni and Fe.

Table 3: Geo-accumulation index, Enrichment Factor and background concentration of heavy metals in the soils of the vicinity of the railway workshop

Element	Enrichment Factor (EF) accumulation	Geo-Index (Igeo)	Background conc. (mg/kg)
Cu	2.51	7.1	0.25
Fe	N.D	0.95	4.5



Pb	3.21	4.65	0.98
Cd	< 0	< 0	N.D*
Zn	0.368	1.8	1.58
Ni	> 0.1	0.19	0.31

*N.D = not detectable

The results of analytical analysis of water samples are presented in Table 1. The Table clearly revealed the contents of the heavy metals: cadmium, chromium, antimony, lead, uranium and mercury were higher than the desirable standards advocated by different international/national bodies engaged in environmental pollution control. There are certain other heavy metals like selenium, molybdenum and nickel are present within the permissible limits. Analysis revealed that metal pollution load index (MPLI) of nine metals: Cr, Mn, Cu, Zn, As, Sb, Cd, Hg, U was higher in both of the selected sites. These results reveal that ground water system in the vicinity of the Buddha Nullah seemed to be much polluted due to higher concentration of heavy metals. Copper (Cu) is an essential element in human metabolism and was considered to be non-toxic up to 1.5 mg/L concentration in drinking water (ISI 1991; WHO 1993). The concentrations of Cu was found in present study ranged from 0 to 47.6 mg/L with mean value 25.07mg/L at Ludhiana and ranged from 4.76 to 23.4 mg/L with mean value 15.18 mg/L at Patiala and thus majority of samples had values higher than maximum permissible limit of 0.5 mg/L. Some essential elements Co, Ag, Sn, Sr and Bi are found in higher concentration at Ladhawal than at Walipur. These metals may leach into water naturally are through anthropogenic factors. Bismuth occurs naturally as the metal itself and is found as crystals in the sulphides ores of nickel, cobalt, silver and tin. Strontium (Sr) minerals are widely distributed throughout the earth and are released to the groundwater by the natural re-crystallization of rocks and weathering of rocks and soils (Greve *et al.* 2007). Many of the essential elements were also found to be in higher concentrations than permissible limits. For example, like Ca and Ti were found in higher concentration at Walipur than in Ladhawal village. Ca in groundwater are known to originate mainly by the dissolution of carbonate minerals, but a fair amount of Ca can also contribute by silicate weathering (Subramani *et al.* 2010), so its higher concentration at any place may be partly due to natural processes alone. Zinc (Zn) is another essential trace element found in virtually all kind of food and potable water in the form of either salt or organic complexes. Zinc concentration was found in present study in range of 13.4 to 66.6 mg/L with mean value 18.7mg/L at Walipur, while it ranged from 1.95 to 4.25 mg/L with mean value 3.035 mg/L at Ladhawal. So observed Zn concentration value was much higher than the permissible limit of 5-15 mg/L at Walipur, but was within the normal range at Ladhawal. The ground water in the present study was deficient of certain essential element. For example, Iron (Fe) is an essential element for the humans. In this study, the Fe concentration was found between 0.0 mg/L in all the samples at both the places. Hence the ground water was deficient for Fe. Corrosion of hand pumps is known to lead to the presence of Fe in some studies (Langaner 1987). Similarly another essential element Se was not found in the ground water in the present



study. Concentration of many toxic elements like Pb, As, Bi, Sb in ground and surface waters increases mainly through anthropogenic activities. For example, the possible sources of lead in groundwater can be diesel fuel consumed extensively in farm lands, discarded batteries, paint and leaded gasoline. Lead is also used in some pesticides such as lead arsenate. Arsenic (As) is however introduced into ground water from industrial effluents, atmospheric deposition and also from pesticides & insecticides.

Conclusion:

This survey has allowed us to determine total metal levels (Cu, Fe, Ni, Pb, Cd, and Zn) in surface soils from selected sites. Soil pollution in the present study was assessed using enrichment factor and geoaccumulation index values. The calculation of the enrichment values showed that Pb and Cu are enriched with 3.21 and 2.51 respectively. The results of geoaccumulation index based on Muller's classification allows us to conclude that, for analyzed metals, the concentrations of Cd and Ni can be generally considered as background levels moderately polluted with Zn and highly to very highly polluted with Pb and Cu. Some of the elevated concentrations of Pb, Cu, and Zn are due to anthropogenic sources. The soils from the vicinity can be described as moderately to very highly polluted since all the samples collected showed moderately high levels of contamination in at least one metal. Regarding the Groundwater results, it shows that pump water isn't a secure supply of potable. It faucets into shallow aquifers and is serious chemically. The untreated industrial effluents together with dyes from tanning, nickel, and chrome plating unit's area unit discharged into Buddha Nullah. The Buddha Nullah pollutes the Sutlej stream. The area units report that a lot of factories rather than treating the effluents inject them into the world through deep-bore wells. The high concentration of trace components and heavy metals, as revealed in the present study, maybe causing a detrimental effect on the inhabitants of the locality. The health status of the individuals in these areas is being investigated. Many heavy metals like lead, cobalt, chromium, zinc, and copper are known to cause damage to the intestinal tract.

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86. cPpks es ruko o ekufld Fkdku ij ;ksx vklu o 'kkjhfd fØ;kvksa dk rgyukRed izHkko

By

Mr. Sunil Kumar Research Scholar under guidance of

Dr. Kuldeep Singh Battan, Assistant Professor

Department of Physical Education in CT University

Ludhiana Registration No-71910965

Mob.-9813168861 Email id-sunildeswal164@gmail.com

izLrkkouk &

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vktdy cPpks ij c<rk fdrkcks dk cks> T;knk ls T;knk uacj ykus dk nckoA vk/kqfud lekt es O;fDr 'kkfjjhd fØ;k, de vkSj ekufld fØ;k, T;knk djrs gSA ftlds dkj.k mudks ekufld Fkdku T;knk gks tkrh gSA ekufld Fkdku ,d ,slh ifjLFkrh gSA ftles O;fDr dk fneax fØ;k ds izfr izfrfØ;k djuh de dj nsrk gSA

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- 2- v:ph iq.kZ dk;Z djuk
- 3- fdlh dk;Z dks djus fd dksf'k'k djuk ij mldk uk gksuk
- 4- fdlh Li/kkZ ds le; thrus ds fy, ncko
- 5- lkekftd leL;k] vkfFkZd leL;k vkfn ds dkj.k
- 6- v:ph iq.kZ okrkoj.k es jgus ls
- 7- de le; es T;knk dke djus ds ncko es

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Anxiety test fd iz'ukoyh ls ijh{k.k fy;k x;k rFkk IHkh dk S.D. Kapoor Mental Fatigues Test dh iz'ukoyh ls ijh{k.k fd;k x;k;A rFkk mlds i'pkr v xzqi dks ,d fnu NksMdj 45 feuV rd vyx&vyx nl vklu dj, x,A rFkk bl izdkj nqljs fnu 45 feuV rd 'kkjhfd fØ;k, djkbZ xbZA bles c xzqi dks j[kk x;k rFkk frljs xzqi l dks fu;af=r xzqi j[kk x;k;A rFkk bl izdkj ;g fØ;k 6 g¶rks rd nksjkbZ xbZA rFkk mlds i'pkr mudk ijh{k.k fd;k x;k mlls fuEufyf[kr vkadMs izklr gq,

leqq dk N% g¶rs ds dk;ZØe ds i'pkr

ruko ds Lrj es vk, ifjorZu dk e;/kad

leqq	M ¹	M ²	d	S.E	t ratio
v	36.95	24.3	12.15	1.14	10.65 ^a
c	37.25	27.15	10.1	1.93	5.239 ^a
l	36.9	35.3	1.6	2.70	0.592 ^a

leqq dk N% g¶rs ds dk;ZØe ds i'pkr

ekufld Fkdku ds Lrj es vk, ifjorZu dk e;/kad

leqq	M ¹	M ²	d	S.e	t ratio
v	110.35	131.12	20.77	4.97	4.17 ^a
c	110.65	122.75	12.1	5.076	2.38 ^a
l	114.6	115.35	0.75	5.758	.137



leqg dk N% g¶rs ds dk;ZØe ds i'pkr

fufj{k.k leqG ¼v-c½ rFkk fu;af=r leqg ¼l½ ds ruko o ekufld

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ruko dk Lrj	v] c	2.4	1.31	1.83
	v] l	11.4	1.31	8.702a
	c] l	9	1.31	6.87a
eufld Fkdku dk Lrj	v] c	6.95	3.82	1.81
	v] l	6.15	3.82	3.92a
	c] l	8.05	3.82	2.10

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mijksDr vkdMksa ds fufj{k.k ls Kkr gksrk gS fd ;ksx vklu o 'kkjhfd fØ;kvks }kjk ruko o ekufld Fkdku ds Lrj es dkQh deh vkrh gSA ;ksx vklu 'kkjhfd fØ;kvks ls T;knk izHkkoh gSA bl izdkj vkt fdbl rst nkSMrh ftanxh es c<rs ruko o ekufld Fkdku ij ;ksx vklu }kjk dkQh gn rd fu;a=.k ik;k tk ldrk gSA

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87. The Cultural aspects for Vocabulary Building in a CLIL classroom

Author:

Tanya Marina Brooks,

PhD Research Scholar

Tezpur Central University, India.

Address:

Department of EFL,

Humanities and Social Science Building,

Tezpur University, Napaam,

Sonitpur, Assam-784 028, INDIA

Mail id: brookstanyamarina@gmail.com

Contact no. +91 8822- 357572

Abstract

The aim of this article is both to explore the integrated nature of culture in content and language integrated learning (CLIL) classes and to provide a more in-depth understanding of including cultural into the learners understanding of content and language- related vocabulary. Cultural awareness is the key in the CLIL approach, which forms the basis of intercultural understanding and in the enhancing of deep learning. For learners to understand the content and language provided, profound analysis of the new information is needed along with drawing connections with the already known information that shall be further boosted with cultural sensitivity. This article shall tap on the importance of culture, moving into a brief description of the position of CLIL in the Indian context and finally diving into the aspect of culture observed in the vocabulary building of the vocational and skill development classes, wherein the approach of CLIL was tested. The article shall conclude with sharing the steps taken to include cultural sensitivity in the classes for vocabulary building. This study is a part of the research study worked upon to test the scope of CLIL in Vocational and Skill Education in the State of Assam (India).

Keywords: Culture, CLIL, Intercultural understanding, Cultural sensitivity, Vocabulary Building, Observation, Inclusion

I. Introduction

This article presents an exploration about the cultural element for vocational development in the CLIL classrooms used for an intervention study. The vocational and skill area covered in the research is



‘Aviation’. The work is part of a larger research study into the reactions of learners towards the CLIL approach in the vocational and skill sector. It was carried out in a vocational institution⁶⁸ in Assam (India), with students from the aviation sector.

“Content and Language Integrated Learning (CLIL) is a dual-focused educational approach in which an additional language is used for the learning and teaching of both content and languages.” (Coyle et al., 2010, p. 1). Fernandez wrote that “CLIL instruction accommodates the 4C's curriculum by Coyle et al. who presented the four important areas of focus in CLIL and gave a clear picture of what a CLIL classroom shall bring forward” (Fernandez, 2014, p. 27-49). The 4C's curriculum includes Content, Communication, Cognition, and Culture, each contributing towards the learner's development.

II. Culture in CLIL

“Sociocultural theories⁶⁹ of learning suggest that language, thinking, and culture are learned through social interaction and that all three are intertwined and interdependent. These ideas also show how learning a subject involves learning the language of a subject and how each subject has its own language and ‘culture’... So, CLIL teachers are not only teaching information about a subject but also teaching learners to think, write and speak like subject specialists”(Tanner & Dale, 2012, p. 13). The element of culture helps the learners to question the content and the language, to test the reliability of the information, and thus helping to form their understanding. The element of Culture in the 4C’s framework helps to process the growth of Cognition, Content, and Communication by enveloping them and making them more acceptable to the learners and their understanding.

Mehisto (2012) had put the focus on culture while discussing the criteria for the development of ‘quality CLIL materials’⁷⁰. It was stated that the use of authentic material with cultural connections would help learners build their knowledge and also to research deeper into various areas. Coyle et al. (2010) had also

⁶⁸ Vocational and Skill development institutions are technical centers that educate and skill learners in technical areas that help them in their specific jobs. The institution that was a part of the study is Jettwings Institution for the Aviation sector who run courses under Government of India programs that promote Vocational and Skill development.

⁶⁹ Sociocultural theory works on society and culture together as one. This emerging theory looks at the important contribution that society makes to individual development. Vygotsky (1978) had said that in the sociocultural theory, the mind of the learner is mediated. It was said that human learning is a social process and the origination of human intelligence in society and culture.

⁷⁰ Quality CLIL materials according to Mehisto (2012) made the learning intentions and process visible to the students; systematically fosters academic language proficiency; fosters learning skills development and learner autonomy; includes self, peer, and other types of formative assessment; helps create a safe learning environment; fosters cooperative learning; seeks ways of incorporating authentic language and authentic language use; fosters critical thinking; fosters cognitive fluency through scaffolding of content, language, and learning skills development helping students to reach well beyond what they could do on their own; helps to make learning meaningful.



argued for culture by stating that culture is a central tenant of teaching and learning in CLIL. The awareness of culture shall foster Cultural sensitivity and intercultural understanding among the learners, which will in turn help to understand the content and build on the language ability of the learners. This notion is similar to the notion of the development of language skills⁷¹ wherein each skill helps in the development of the other and none can grow in isolation. For learners to appreciate the content at their disposal, culture and its understanding becomes the key in the CLIL approach.

III. Intervention

The intervention was conducted with 30 students tries to test the Hypothesis that ‘Culture plays an important role in the vocabulary building of learners in the vocational and skill development classes, where CLIL is used as the teaching approach’.

The aviation sector:

This sector prepares the learners for the roles of a flight attendant or ground staff personnel. The jargons⁷² used during the classes are technical, with limited reference to the learners L1 culture. *Table 1* gives a few aviation words used in the classes and the meanings the learners had drawn based on their cultural understanding.

<i>Table 1</i>		
Serial No.	Technical word	Meaning derived
1	Alpha	Man
2	Fuselage	Related to blub
3	Lavatory	Something used to pull
4	Baggage	Bags
5	Staff	People

⁷¹ Language skills are common for all languages and needed for the development of a learner’s language ability. The four language skills are Listening, Speaking, Reading, and Writing. Listening and Reading are the two Receptive skills, giving input to the learners. Speaking and Writing are the two Productive skills that help the learners to produce outputs.

⁷² Jargons are technical words or expressions that are used by a given profession or a group of professionals that have their meanings which may differ from the common day meanings of the word or expression.



6	Conveyor Belt	A belt
7	Spotlight	Some form of light
8	Gauge	Bandage
9	Cabin	Room
10	Cruise	Ship

As observed, the Cultural understanding and influence of the learners' L1 are strong in the understanding of new vocabulary and in using the given words in a content and language platform. Steps that were designed and used in the intervention stage to help learners with the new vocabulary in the CLIL classroom included:

- Draw an image of the word using bilingualism.

In this step, the learners are asked to draw a mental image of the word and express that image using their L1 or the target language. The use of a mental image allows the learners to use their imagination and think beyond the apparent. The choice of bilingualism makes the learners comfortable and helps them to focus more on the meaning of the word.

- Connect the dots of meaning.

After, the mental image is drawn the word in question needs to be seen in terms of its content and the dots of its meaning needs to be connected.

- Use of culture to form the complete picture.

Once, the dots of meaning are connected, the culture of the learner which played a very important role comes into focus again. This time around the culture of the learner will help illustrate the meaning of the word in a complete picture by allowing the word, its meaning and the cultural understanding to work together.

IV. Analysis and Discussion:

The meanings derived by the learners for the new vocabulary in the intervention were all influenced by their cultural understanding of L1 and their prior knowledge. The learners let their cultural environment direct their understanding of a new word without even giving it much thought. The word 'Alpha' was thought to be 'Man' because in the cultural setting of the learners, Alpha in its pronunciation sounds strong and



masculine. Hence, culturally the word will in some way be related to a man. 'Fuselage' was thought to be related to a bulb because of the use of the word fuse at the prefix. Fuse in the cultural context of the learners was related to bulbs and hence the word Fuselage was deemed as something related to the use or mechanics of a bulb. 'Lavatory' was culturally related to a lever by the learners and hence the meaning drawn was 'something used to pull'. 'Baggage' was an easy one as the word bag is culturally the same everywhere and so the meaning of a bag was synonymously passed on to baggage. 'Staff' is again a very mundane word used in every culture to mean people and the learners found no trouble in easily relating the two words together. The other word 'Conveyor Belt' has two parts to it and the learners depend on the known part of the word to draw the meaning of the full word based on the cultural use of the known word. Therefore, 'belt' a known word means a strap used to tighten things automatically makes the meaning conveyer belt to a tool used to tighten things for the learners. 'Spotlight' again has two parts to it, the light part works for the learners as the cultural reference is the same and this adds to the meaning of the word. 'Gauge' culturally for the students refers to a bandage used for severe wounds and that's the reason why the meaning is kept the same even in the aviation content. 'Cabin' refers to a space or a room for the learners which is not wrong in the broader understanding of the word. 'Cruise' in layman terms refers to a ship and that is the same cultural reference that the learners draw and use to understand the technical aviation term.

The influence of the learners' culture is dominant in the Table 1. According to observations, the learners use their own cultural identity, understanding, and sensitivity to connect to a new word which may not even have occurred once in their L1 interactions. The use of linking the new word to the closest possible cultural understanding may be based on the tone of the word, the feel the word gives, the image the word draws and narrowest similarity it may have with the words that are part of the learners' L1 vocabulary. "CLIL offers ...all youngsters, regardless of social and economic positioning, the opportunity to acquire and learn additional languages in a meaningful way" (Moghadam & Fatemipour, 2014, p. 2006).

After the observation was complete and results drawn, an informal discussion was held to understand the results better. The discussion confirmed the hypothesis about Culture playing an important role in the vocabulary building of learners in the vocational and skill development classes, where CLIL is used as the teaching approach.



V. Conclusion:

The inclusion of culture in the CLIL classes is not an option that one can choose but it is a necessity that would support the learners to grasp the new content and language, they would face each day. The start of any new content and introducing of language begins with vocabulary and so the use of culture in vocabulary building gives the learners a better platform to start their learning through the CLIL approach. The study for this article has its limitations as it focuses on just one vocational and skill development sector and learners from a certain geographical area and cultural background. The jargons of the other sectors shall differ, the vocabulary understanding of these learners will be completely different from other learners, and the exposure and cultural understanding of the learners shall heavily affect their vocabulary building in the CLIL classes and in the role of culture to develop the learners content and language ability. Hence, more research is encouraged in order to promote cultural understanding and sensitivity in the classrooms using CLIL as the approach.

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88. ગુજરાતમાં સંકલિત બાળ વિકાસ સેવા યોજનાનો અભ્યાસ

સંશોધક

શહેનાજ એસ.ઠેબા

પીએચ.ડી સ્કોલર, એમ.એ.(અર્થશાસ્ત્ર)

ભક્ત કવિ નરસિંહ મહેતા યુનિવર્સિટી

જુનાગઢ

1 સારાંશ :-

ભારત એ ઘણી સામાજિક અને આર્થિક સમસ્યાઓનો સામનો કરી રહ્યો છે.જેમાં ગરીબી,ભૂખમરો,કુપોષણ અને બેરોજગારી વગેરેનો સમાવેશ થાય છે.જેમાં કુપોષણની સમસ્યા એ મોટી ચિંતાજનક સમસ્યા છે.આ સમસ્યાનો ભોગ ખાસ કરીને નાના બાળકો બને છે જે આવતીકાલનું ભાવી છે.તેથી આ સમસ્યાને હલ કરવા માટે ભારત સરકારે 2 ઓક્ટોબર 1975 ના રોજ સંકલિત બાળ વિકાસ સેવા યોજનાની શરૂઆત કરી.જેથી કરી કુપોષણમાં અને કુપોષણથી થતાં મૃત્યુમાં ઘટાડો કરી શકાય.પ્રસ્તુત સંશોધન પત્ર માં સંકલિત બાળ વિકાસ સેવા યોજના નો પરિચય તેનો વ્યાપ અને લાભાર્થીઓની ચર્ચા કરવામાં આવી છે.

કી - વર્ડ: એકીકૃત, સંકલિત

2 પ્રસ્તાવના :-

દેશના બાળકો એ આપણા ભાવિ મન માનવ સંસાધનો છે.પરંતુ આ જ બાળકો ગરીબી,ભૂખમરો અને કુપોષણ જેવી મહામારી નો સામનો કરી રહ્યા છે.આ મહામારી ને દુર કરવા માટે ભારત સરકારે ગાંધી જયંતીના દિવસે એટલે કે 2 ઓક્ટોબર,1975ના રોજ ICDS - સંકલિત બાળ વિકાસ સેવા યોજનાની શરૂઆત



કરી.આ યોજનાનો મુખ્ય ઉદ્દેશ 0 થી 6 વર્ષની વયજુથના બાળકો,15 થી 45 વર્ષની કિશોરીઓ અને મહિલાઓ તેમજ ગર્ભવતી અને ધાત્રી માતાઓને પૂરતું પોષણ આપવાનો તેમજ સામાજિક,માનસિક અને શૈક્ષણિક વિકાસ કરવાનો છે.

3 હેતુ :-

- ગુજરાતમાં આઇ.સી.ડી.એસ.યોજના નો પરિચય આપવો.
- ગુજરાતમાં આઇ.સી.ડી.એસ.યોજના દ્વારા અપાતી સેવાઓ નો અભ્યાસ કરવો તેમજ તેની અસરો ચકાસવી.
- ગુજરાતમાં આઇ.સી.ડી.એસ.યોજનાનો વ્યાપ જાણવો.
- ગુજરાતમાં આ યોજના દ્વારા અપાતા લાભો જાણવા.
- આ યોજના અમલી થવાથી કુપોષણથી પીડાતા બાળકો નું પ્રમાણ જાણવું.

4 સંકલિત બાળ વિકાસ સેવા યોજના નો પરિચય :-

0 થી 6 વર્ષની વય જુથના બાળકો ભારતની વસ્તીમાં લગભગ 158 મિલિયન(2011ની વસ્તી પ્રમાણે)છે.આ બાળકો દેશના ભાવિ છે પરંતુ આ જ બાળકો ગરીબીને લીધે ભૂખમરો અને કુપોષણ જેવી સમસ્યાઓથી પીડાય છે.આ સમસ્યાને હલ કરવા ભારત સરકારે મહિલા અને બાળકોની સુરક્ષા માટે વિવિધ યોજનાઓ અમલી બનાવી છે.જેમાંની એક છે "સંકલિત બાળ વિકાસ સેવા યોજના"-ICDSજેનો સંક્ષિપ્ત અભ્યાસ પ્રસ્તુત સંશોધન પત્ર માં કરવામાં આવ્યો છે.

આ યોજનાને એકીકૃત બાળ વિકાસ સેવા યોજના પણ કહેવામાં આવે છે.તેને અંગ્રેજીમાં icds એટલે કે Integrated Child Development Service Scheme કહેવામાં આવે છે.

આ યોજનાની શરૂઆત 2 ઓક્ટોબર 1975 ના રોજ ગુજરાત રાજ્યના છોટાઉદેપુર થી કરવામાં આવી હતી.જે પ્રારંભિક બાળપણ વિકાસ માટે વિશ્વનો સૌથી મોટો કાર્યક્રમ રજૂ કરે છે.ગુજરાતમાં આ યોજના 1975 માં 33 બ્લોકથી ચાલુ કરવામાં આવી હતી જે હાલમાં અંદાજે 336 બ્લોકમાં કાર્યરત છે.



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આ યોજનાનું મુખ્ય કેન્દ્રબિંદુ આંગણવાડી છે.જેના દ્વારા આ યોજનાના લાભો આપવામાં આવે છે.જેમાં અંદાજે 53029 જેટલી આંગણવાડીઓમાં યોજના કાર્યરત છે.આ યોજનાનો લાભ અંદાજે 50.36 લાખ લાભાર્થીઓ જેમાં 0 થી 6 વર્ષની વય જુથના બાળકો 11 થી 18 વર્ષની કિશોરીઓ ,ધાત્રી માતાઓ તેમજ ગર્ભવતી મહિલાઓ નો સમાવેશ થાય છે.આ યોજના ભારત સરકારની મહિલા અને બાળ વિકાસ મંત્રાલય ની દેખરેખ હેઠળ ચલાવામાં આવે છે.

4.1 આ યોજના હેઠળ આપવામાં આવતી સેવાઓ :-

આ યોજના હેઠળ નીચે મુજબની સેવાઓ આપવામાં આવે છે

- 1.પૂરક પોષણ
- 2.આરોગ્ય તપાસ
- 3.પૂર્વ શાળા શિક્ષણ
- 4.રેફરલ સેવાઓ
- 5.રસીકરણ
- 6.પોષણ અને આરોગ્ય માહિતી

4.2 આ યોજના હેઠળ આપવામાં આવતા લાભો :-

આ યોજના હેઠળ બાળકો કિશોરીઓ તેમજ સગર્ભા અને ધાત્રી માતાઓને નીચે મુજબના લાભો આપવામાં આવે છે.

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0 થી 6 વર્ષના બાળકો	3 થી 6 વર્ષના બાળકો	કિશોરીઓને આપવામાં આવતા લાભો	સગર્ભા અને ધાત્રી માતાઓને આપવામાં આવતા લાભો
1. મપૂરક પોષણ	1.રેફરલ સેવાઓ	1.પૂરક પોષણ	1.પૂરક પોષણ
2.રેફરલ સેવાઓ	2.પૂર્વ પ્રાથમિક શિક્ષણ	2.આરોગ્ય અને પોષણ શિક્ષણ	2.આરોગ્ય અને પોષણ શિક્ષણ
3. ગૃહ મુલાકાત			3.રેફરલ સેવાઓ

5. સાહિત્ય સર્વેક્ષણ :-

સંદર્ભ સાહિત્ય એ કોઈપણ વિષય ક્ષેત્રના સંશોધકને માટે લક્ષ્ય પ્રાપ્તિ માટેનું અન્ય પીઠબળ પૂરું પાડે છે.આથી સંદર્ભ સાહિત્ય સંશોધન માટે ખૂબ જ જરૂરી છે.

1 જે.ઇ.જોસેફ (2013) :

પ્રસ્તુત સંશોધન લેખ "A Critical Review of the Efficacy of Integrated Child Development Services Scheme with Concern to Growth Progressions in Early Childhood ", એ જે.ઇ.જોસેફ દ્વારા 2013 માં પ્રકાશિત કરવામાં આવ્યો છે. જેમાં સંકલિત બાળ વિકાસ સેવા યોજનાની અસરકારકતા પર આલોચનાત્મક સમીક્ષા કરવામાં આવી છે. જેમા જે ગામડાઓમાં ICDS સેવા યોજના અમલી છે.તેની તુલનાએ જે ગામડાઓમાં ICDS સેવા યોજના અમલમાં નથી તેનો તુલનાત્મક અભ્યાસ કરવામાં આવ્યો છે.

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2 જેમી એલીઝાબેથ જોસેફ (2013) :-

જ્યારે આરોગ્ય સુધરે છે તેના દ્વારા જીવન સુધરે છે આરોગ્યની સ્થિતિ ઝડપથી બદલાઈ રહી છે જેમાં સંકલિત બાળ વિકાસ સેવા યોજના અતિ મહત્વની સાબિત થઈ છે પ્રસ્તુત નામનો "ICDS Scheme to the Growth Development in Predchoolers : A Systematic Review Litrecture" નામનો લેખ જેમી એલીઝાબેથ જોસેફ દ્વારા 2014 મા પ્રકાશિત કરવામાં આવ્યો છે.આ લેખમાં ICDS સેવા યોજનાની પ્રણાલીગત સમીક્ષા કરવામાં આવી છે.

3 મીતીન પરમાર ,શશાક પટેલ અને અન્ય(2015) :-

આ સંશોધન લેખ માં આંગણવાડી કાર્યકરની આઇ.સી.ડી.એસ.યોજના વિશે સાચા જ્ઞાનનું મૂલ્યાંકન કરવામાં આવ્યું છે.જેમાં આ અભ્યાસનો મુખ્ય ઉદ્દેશ આઇ.સી.ડી.એસ.યોજના વિશે આંગણવાડી કાર્યકર વચ્ચેના મૂળ જાણવાનો છે.

આ અભ્યાસ અમદાવાદ જિલ્લાના એક બ્લોકનો છે.જેમાં 30 આંગણવાડી વર્કરો ની મુલાકાત લેવામાં આવી હતી.જેમાં તેના પગાર,ભથ્થા,કામના કલાકો,તે રોજ કેટલા ઘરની મુલાકાત લે છે તેમજ અન્ય લાભો ની આ જર્નલમાં ચર્ચા કરવામાં આવી હતી.

4 જોન્થન ગંગબાર,પવિત્રા રાજન અને કે.ગાયત્રી :-

પ્રસ્તુત "Integrated Child Development Services in India A Sub-National Review", નામક લેખ જોનાથન ગંગબાર,પવિત્રા રાજન અને કે.ગાયત્રી દ્વારા 2014 મા પ્રકાશિત કરવામાં આવ્યો છે.પ્રસ્તુત અભ્યાસમાં ICDS ની અસરકારકતા મોટા પ્રમાણમાં અવરોધિત થઈ છે.જે આજે પણ એક પડકાર બની રહી છે.જેમાં ICDS ની ખામીઓ નબળી સંસાધન ફાળવણી શાસન માહિતીનો અભાવ વગેરેનો અભ્યાસ આ લેખમાં કરવામાં આવ્યો છે.

6. ICDS યોજનાને સહાયક સંસ્થા :-



1 . UNICEF (UNITED NATIONS INTERNATIONAL CHILDREN FUND)

2 . WORLD BANK

ઉપરોક્ત બંને સંસ્થાઓ અને ભારત સરકાર દ્વારા આ યોજના માટે નાણાકીય ભંડોળ પૂરું પાડવામાં આવે છે.

7. સંશોધન અભ્યાસની પદ્ધતિ :-

પ્રવર્તમાન સમસ્યાઓના સમાધાન માટે વૈજ્ઞાનિક પદ્ધતિથી સંશોધનની પ્રક્રિયા હાથ ધરવામાં આવે છે. સંશોધન અને જ્ઞાનમાં વધારો કરવા માટે સંશોધક જુદી જુદી સંશોધન પદ્ધતિ નો ઉપયોગ કરે છે. જેમાં ઐતિહાસિક સંશોધનપદ્ધતિ, વર્ણનાત્મક સંશોધનપદ્ધતિ તેમજ પ્રાયોગિક સંશોધન પદ્ધતિ નો સમાવેશ થાય છે. પ્રસ્તુત સંશોધન પત્ર માં વર્ણનાત્મક સંશોધનપદ્ધતિનો ઉપયોગ કરવામાં આવ્યો છે.

8. માહિતી એકત્રીકરણ :-

પ્રસ્તુત સંશોધન પત્ર માં માહિતીનો ઉપયોગ કરવામાં આવ્યો છે જેમાં ઇન્ટરનેટ, પૂર્વે થયેલા સંશોધનપત્રો અને વેબસાઇટનો સમાવેશ થાય છે.



9. माहितीनुं विश्लेषण :-

ISDS PROJECT

Years	Project
1975	33
1980	100
1985	1130
1990	2438
1992	2694
1997	5614
2002	5652
2007	5829
2013	7025
2015	7067

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અર્થઘટન :-

ઉપરોક્ત કોષ્ટક માં જોઈ શકાય છે કે ભારતમાં છે આ યોજનાની શરૂઆત થઈ ત્યારે 1975 માં 33 પ્રોજેક્ટ હતા જે એકંદરે વધતાં 1980માં 100,1985માં 1130 હતાં જે જાન્યુઆરી 2015 સુધીમાં વધીને 7067 પ્રોજેક્ટ નો વધારો થયો છે. જે આ યોજનાનો વ્યાપ દર્શાવે છે.

SUPPLEMENTARY NUTRITION BENEFICIARIES

(IN LAKHS)

Years	Beneficiaries (in lakhs)
1979	3.09
1980	5.94
1985	61.76
1990	140.52
1992	160.64
1997	227.11
2002	375.1
2007	705.43
2012	916.57
2013	956.12
2015	1045.1

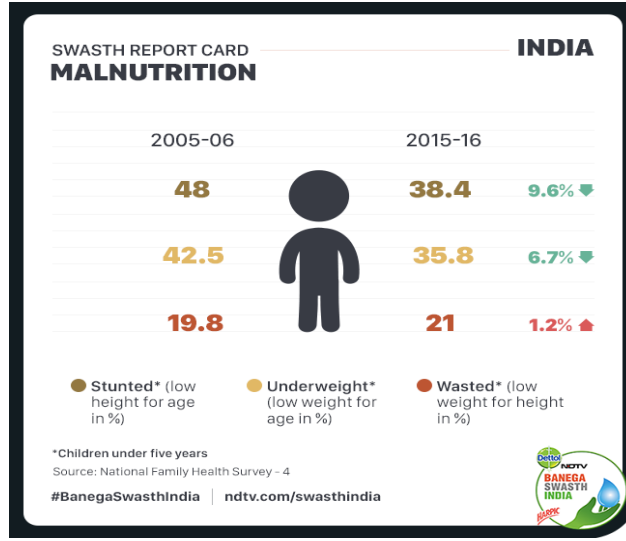


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अर्थघटन :-

ઉપરોક્ત કોષ્ટકમાં આ યોજનાના લાભાર્થીઓની સંખ્યા આપેલી છે જેમાં 1976માં 3.09 લાખ 1980 માં 5.94 લાખ તેમ વધતા દરે 2015માં 1045.1 લાખ તેના લાભાર્થીઓ છે. ઉપરોક્ત બંને કોષ્ટક પરથી કહી શકાય કે આ યોજનાનો વ્યાપ અને તેના લાભાર્થીઓ મા વર્ષે ને વર્ષે વધારો થઈ રહ્યો છે તેથી કુપોષણમાં પણ ઘટાડો થયો હશે તેવું તારણ આપી શકાય.



અર્થઘટન :-

ઉપરોક્ત આકૃતિમાં Stunted એટલે (ઉંમર કરતા ઓછી ઊંચાઈ), Underweight એટલે (ઉંમર પ્રમાણે હોવી જોઈએ તેના કરતાં ઓછું વજન) અને Wasted એટલે (ઉંમર પ્રમાણે ઓછું વજન) વગેરે દ્વારા કુપોષણનું પ્રમાણ દર્શાવાયું છે જેમાં 2005-06માં Stunted નું પ્રમાણ 48% Underweightનું પ્રમાણ 42.5% અને Wasted નું પ્રમાણ 19.7% હતું. જે 2015-16 માં ઘટીને Wastedનું પ્રમાણ 38.4%, Underweight નું પ્રમાણ 35.8% અને Wasted નું પ્રમાણ 21 % હતું જે પરથી કહી શકાય કે કુપોષણના પ્રમાણમાં સમય જતાં ઘણો ઘટાડો થયો છે.

10. તારણો :-

ઉપરોક્ત અભ્યાસ પરથી કહી શકાય કે આ યોજનાને લીધે કુપોષણથી થતાં મૃત્યુમાં ધારેલો નહીં પણ સુધારો થયો છે.

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- આ યોજનાને લીધે કુપોષણમાં ઘટાડો થયો છે.
- આ યોજનાને લીધે શાળા છોડ્યાના દરોમાં ઘટાડો થયો છે. આ યોજનાના પ્રોજેક્ટ અને લાભાર્થીઓ માં વધારો થયો છે.
- આ યોજના પોતાના ધારેલા લક્ષ્ય સુધી નહીં પરંતુ મહદ અંશે તે પોતાનું લક્ષ્ય સિદ્ધ કરી રહી છે તેમ કહી શકાય.
- આ યોજનાથી અમુક ગામડાઓ તેમજ અમુક લોકો અજાણ છે તેથી તેના માહિતગાર કાર્યક્રમોનું આયોજન કરવું જોઈએ.
- આ યોજનાને લીધે ધારેલો નહીં પણ મહદંશે બાળકો કિશોરીઓ અને માતાઓનો માનસિક,સામાજિક અને શૈક્ષણિક વિકાસ થયો છે તેમ કહી શકાય.

11. સંદર્ભ સૂચિ :-

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89. Autobiographical Elements in the select novels of Virginia Woolf: A Critical Study

Full Name : Urvashiben Bhojabhai Kodyatar

Designation: Research Scholar

Bhakta Kavi Narsinh Mehta University-Junagadh

Guide Name: Dr. Rupa B. Dangar

Designation: Assistant Professor

Department Of English

Bhakta Kavi Narsinh Mehta University-Junagadh

Abstract

Virginia Stephen was perhaps the English language's most important autobiographical author. Virginia's works are very experimental, and they mirror her own experiences. In the characters' receptive awareness, a storey that is usually boring and banal is refracted and, at times, virtually dissolved. Virginia Woolf evidently persuaded her own inspirations in her key characters in her autobiographical books. She never attempted to portray any of the characters in her works from the outside. She continued into the heart of their nature, bringing to light what was vital in her family and around her. According to the critics, Virginia Woolf's autobiographical books include *The Voyage Out* (1915), *Mrs. Dalloway* (1925), and *To the Lighthouse* (1927). Virginia Woolf's letters, diaries, and essays capture the essence of her social life. It is addressed in the following chapters by the researcher. Virginia constructed a fictitious universe that was not a reflection of the real world, but rather one built in the image of her own delicate sensitivities; a better world, maybe, but a bodiless world. The present paper aims to study the autobiographical elements as reflected in her novels.



Key Words: Autobiography, Autobiographical Elements, Modern, Fiction

Introduction

Virginia Woolf was one of the most influential female authors in English literature. The ambiguity inherent in her ideas of life, self, and reality, as well as the complexity and uniqueness of her thinking, remain obstacles to a broader and better comprehension of her artistically organised books. “Her objective as a novelist was to capture, the moment with all its ephemeral sensations of light, texture, and colour, to transfix reality that was more artistic than expressionistic,” George Wicker said of Virginia Woolf (Kapur 13). Every writer is a product of the time period in which she was born and raised, as well as the time period in which she worked and created. Her writing reflects her age in a variety of ways, and her works cannot be fully appreciated without knowledge of the era in which she lived.

She was interested in life in all of its chaotic and fragmented elements as an individual, but as an artist, she felt compelled to give it structure, order, and wholeness in the moments of consciousness that she mirrored in her works. Virginia Woolf began writing novels in the traditional style, but by 1925, she had developed her own novel form, departing philosophically and aesthetically from her Edwardian forefathers H.G. Wells, John Galsworthy, and Arnold Bennett to join innovators such as T.S. Eliot and James Joyce.

Autobiographical Elements in Her Novels

The Voyage Out (1915) was Virginia Woolf's first traditional book, and though she did not employ the stream of consciousness approach, it did include a unique aspect. The novel The Voyage Out was far more mature than the debut works of many authors. The numerous views and attention put on characters' inner lives were both significant parts of this piece, which suggested some of this. Virginia's command of



the English language was in full bloom, as was her ability to describe both "great events" and "every days" of life in a fresh and thrilling style that avoided the melodrama of some of the early Victorian authors.

Virginia Woolf took a stroll with her father to keep up with what was going on in the world. This was demonstrated in her writings. Rachel Vinrace, a twenty-four-year-old young girl, embarked on a journey with her father, Willoughby, in Virginia Woolf's novel *The Voyage Out*, which offered her additional opportunities to see the world. "I prefer strolling in the park alone; but not - with the dogs," Rachel Vinrace said to Mrs. Clarissa Dalloway. "I shall love strolling with a man - is that what you mean?" she answered to Clarissa once again. Rachel "had seldom travelled through a poor street, and always under the escort of father, maid, or aunts," (*Voyage Out* 55-56). Rachel was inspired by Virginia Woolf's personal inspirations to investigate the actual existence of the world. "During Rachel's travels aboard her father's ship, she spent a few months at a little port with a quirky English colony, which helped Rachel grasp the practical significance of existence (Woolf, *Times* 110). Rachel Vinrace, like Virginia Woolf, gathered information about society while on the ship. The writer beautifully depicted the individuals she encountered, notably her aunt, Helen (Willoughby's sister), who was both genuine and perplexing - the manners were amusingly satirised.

Madge Vaughn, the daughter of J.A. Symonds and wife of Virginia Woolf's cousin, was the basis for the character of Mrs. Dalloway in Virginia Woolf's novel *Mrs. Dalloway*. Virginia Woolf's novel *Mrs. Dalloway* is the best-known and most popular of her works. She imbued Mrs. Dalloway and Mrs. Ramsay with Julia Stephen Helen Ambrose's beauty. The fact that it had been translated into a number of languages added to its appeal (For example French, Danish, German, Hungarian, Italian and Spanish). Virginia Woolf was easy to show individuals the affection she had for them, according to Leonard Woolf, and she spoke openly to them about her sentiments. She also enjoyed pleasant settings. She (Virginia Woolf) loved and got

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along with a wide range of individuals once they came to know her and she got to know them. She possessed an odd timidity around strangers that made them uncomfortable (Woolf, Beginning 28).

“With the exception of a state of consciousness, nothing exists outside of us” (Mrs. Dalloway 63). Walking on Mrs. Dalloway impacted Virginia Woolf’s own personality. Mrs. Dalloway advised Hugh Whitbread (whom she had known since infancy) to take a walk along Bond Street, saying, “I adore walking in London, really, it’s nicer than strolling in the country” (9). Mrs. Dalloway recalled going for early walks at Burton when the air was “like the flap of a wave; the kiss of a wave; cold and sharp” (7). Clarissa had a huge passion for life and, like Virginia Woolf, liked almost everything. “It was a bed of tulips, now a youngster in a perambulator, now some engrossed little play she devised on the spur of the moment,” she remarked as she strolled through Hyde Park (86). She strolled solely to display her palm and wealth, as well as to read the thoughts of her former acquaintances. Clarissa, like Virginia, enjoyed taking people out to lunch, getting to know them, and inviting them to events. She enjoyed bringing people together and listening to them converse. Clarissa possessed “divine energy,” which she admired in others: “To dance, to ride, she had cherished all of it” (11).

Virginia Woolf’s autobiographical novel *To the Lighthouse* was published in 1939. With the elder and younger boys and girls, the Stephen family in their London home at Hyde Park Gate must have mirrored the Ramsays in the Lighthouse. It’s more autobiographical than much of her literature, as she made clear in her letters and diaries. *To the Lighthouse* is an elegy for both of her parents, however it’s noteworthy that she mentions her father first; the central figure is her father, who sits on a boat reciting. Although some believed the picture of her father was unjustly harsh. No one questioned that she lived with both of her parents again.



Mr. Ramsay was a figure created by Virginia to represent her father. Virginia wrote to Vanessa in admiration of her father while she was working on the novel, and this was not a fabrication. Vanessa read it in 1927 and wrote a letter to her sister, which was discovered in Virginia's journal on May 16th. Vanessa's response was as follows:

...of the portrait of her father, the original central character, Vanessa says merely: You have given father too I think as clearly but perhaps, I may be wrong, that isn't quite so difficult, Virginia makes no reference to this response (Drabble ed. 13)

Following Juliast's death, Virginia Woolf appointed her sister, Vanessa, as her guardian. Virginia Woolf identified Vanessa as Helen Ambrose in *The Voyage Out* and wrote to Virginia Woolf, "I assume you will make Vanessa believe in herself," in the words of Clive Bell (Moore 83). Rachel Vinrace, the author's heroine, is based on the author's actual life. Rachel was raised by Helen Ambrose, Willoughby's sister, after the death of her mother (Theresa Willoughby). Mrs. Dalloway, by Virginia Woolf, mirrored this sentiment. Mrs. and Mr. Richard Dalloway had just one daughter, Elizabeth. Mrs. Dalloway was preoccupied with the celebration. So she selected a Tutor, Miss Doris Kilman, and Elizabeth was placed under her care from then on. To the Lighthouse, by Virginia Woolf, had a similar impact. Mrs. Ramsay's eight children were constantly in the care of Lily Briscoe, a painter in the storey.

Virginia Woolf liked the society and its events, and she liked to throw parties for her friends. The notion of a party always piqued her interest, and she was acutely aware of the mental and physical thrill of the event itself, the rise in mental and bodily warmth, the ferment and fountain of noise. (Mrs. Dalloway's Party 11).



Mrs. Dalloway, the author's novel, reflected this sentiment. Mrs. Dalloway was preoccupied with party preparations, and she turned down her lover, Peter Walsh, who arrived suddenly and called on her. The celebration brought together a number of other acquaintances from her earlier years, and it was a success. Mrs. Dalloway threw parties to bring people together and to delight them in order to earn their trust. "Elizabeth was a queer-looking girl," (62), Peter Walsh thought.

Septimus Warren Smith, a poet, is a figure she depicted in the same work. He is a young man, around thirty years old, pale-faced, and wearing a ragged overcoat from Italy, who worked as a clerk. He fell in love with Miss. Isabel Pole, who was giving a Shakespeare lecture on Waterloo Road. To alleviate his loneliness, he married the lovely Lucrezia alias Rezia, the daughter of a Milanese hatmaker (Italy). Novels like Mrs. Dalloway capture the tension and excruciating loneliness of living in a big metropolis. The blood of an Italian family ran in Mrs. Ramsay's veins. She was a witty woman who was usually cheery and upbeat. Doris Kilman, another character, was Elizabeth's history instructor, and she was a German (Mrs. Dalloway 132-135)

Conclusion

Virginia Woolf's books are seldom without autobiographical elements. The substance of most novels is mostly half reality and half fiction if it isn't a re-cast of personal experience. Modern playwrights base their characters after people they've met in real life, similar to how sculptors and painters use real-world models. An autobiography is a book in which the author tells the tale of his or her own life and accomplishments. Their goal is to give a good impression of themselves. Its enticing flaw is that it can never be finished. From a psychological standpoint, one may deduce what motivations drove him to take decisive action. What were his/her hidden aspirations and aspirations, and how far did his/her profession achieve



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them? The product of firsthand experience is autobiographical dementia. Virginia Woolf is an aesthetic, and her goal is to express her own joy in life's beauty, her own feeling of living pleasure. She always chooses the beautiful elements of life, and ugliness is simply introduced as a point of contrast.

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90. SHAKESPEAREAN SONNETS: PRESENTATION OF ETERNAL LOVE BEYOND GENDERS AND BEAUTY

Vallabhi Kalra

Vallabhikalra123@gmail.com

Student

C.T. University

Ludhiana

Rajni Berry

Rajni17141@ctuniversity.in

Assistant Professor

C.T. University

Ludhiana

Abstract : This research paper represents the concept of love in the sonnets of Shakespeare . To bring forth this concept the love sonnets some of sonnets of 154 sonnets are taken into consideration. The love for Shakespeare is beyond any physical beauty and it is not the love for few days , weeks or years. It is the love that lasts for ages. Not only the poet surpasses the concept of beauty but also he has surpassed the concept of gender in love. His love is eternity and without involvement of any kind of gender and beauty. His 154 sonnets are embodiment of this beautiful concept. This research paper is a try to put forth these aspects of Shakespearean love before the reader.

Introduction

Shakespeare the poets of the poets and the master playwright of English literature is well known for his unique characterisation in his plays. But without mentioning his poetic talent, his use of rhetorical language and his thematic pattern of sonnets his achievements remain incomplete. Shakespeare is the one who has given this poetic world a unique structure of sonnets with his 154 sonnets. These divided in to three main groups. The first group contains 17 sonnets, based on almost same theme. While reading these we find that the theme of love in these n not as mature as in the next sonnets. Dr. William Boyd who has written an essay on Shakespearean Sonnets namely “A waste of Shame” has expressed “These sonnets read a lot like a commission and could have been



paid for by the young man's mother , perturbed by his lack of interest in the opposite sex.” Then further there is the second group containing the poems addressed to an unknown youth. And remaining that is 28 sonnets out of 154 sonnets are addressed to a dark lady. the theme of love seems to be getting matured with the growth of each passing sonnet.

Objective

The objective of this research paper is to put forth the thematic similarity among the sonnets written in honour of two different genders, yet containing the true essence of timeless love in both. Although it seems awkward when we say a single person loves the both genders in the same amount and with the same zeal, yet it is true in the case of Shakespeare representation of love in his sonnets addressed to both of genders. here in this paper we will consider the way how this love is represented and how the timelessness of the same is expressed . Don Paterson the famous Critic in his essay love in Shakespearean sonnets argues:

. However, the question: "was Shakespeare gay?" strikes me as so daft as to be barely worth answering. Of course he was. Arguably he was bisexual, of sorts, but his heart was never on his straight side. Although in the modern context the idea seems to be justified but the aim of present paper is not to question the sexuality of the poets of the bard , rather it is to represent the way Shakespeare has expressed his love and has shown that true love is far more away from the concept of gender and beauty.

Data

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The data chosen for the following is the the texts of the sonnets as detailed below:

Sonnet 130 :

My mistress' eyes are nothing like the sun .The sonnet tells us about the physical beauty of the dark lady Shakespeare is in love .Shakespeare truthfully describes in the sonnet that the lady is not physically beautiful at all, yet his love for her is rare and unique

Sonnet 50

Not marble not gilded monuments, this sonnet represents that how poetry is useful in making a man immortal in this world. This is the method to preserve the memories of your loved ones, because time cannot destroy words although it is a great destroyer.

Sonnet 106 represents what type of beauty this world is seeing, that is the feminine beauty, although the beauty carried by Shakespeare friend is unnoticed , because a common man is not able to see the real beauty that lying in the heart of a good person. The idea of the sonnets has drawn a similarity between the fact that as we need special eyes to this almighty Formless God, similarly an eye of goodness is required to the see the goodness lying the the heart of someone .

Sonnet 18, it is beautiful presentation of his love for the same gender he himself belongs to .Although this presentation of true love , unless seen otherwise.

Sonnet 116 belongs to the truthfulness of the true love that is required for the unchanged true love and regard among the lovers .

Analysis and discussions



Shakespearean sonnets are an echo of words love and Time . these two words are the most recurring words in the sonnets . although the love differs yet its truthfulness never ends. Lets start with how Shakespeare has compared the beauty of his beloved and the beauty of his friend. In the sonnet 18 he starts:

Shall I compare thee to a summer's day?

Thou art more lovely and more temperate.

Rough winds do shake the darling buds of May,

See how skilfully Shakespeare expresses that the seasons which are creation of mother nature falls short of in front of his friend as he is more lovely and temperate than this summer day. Moving further he compares that the eternal summer of his beauty and good heartedness would never fade as he is a true soul, that remains in heart forever. And when he praises the beauty of the dark lady , it is a true representation of the love that our soul contains. In the Sonnet My mistress' eyes are nothing like the sun he says :

Coral is far more red than her lips' red;

Although it appears Shakespeare is being so plain in expressing his love that his beloved would have minded it, yet it is well clear in the end of the sonnet when he confesses that his love is beyond these physicality and it is rare:

And yet, by heaven, I think my love as rare

As any she belied with false compare

We see the love Shakesperare represents go beyond the bodily beauty it is very much near to the concept of the love of the souls that is far more away from the love of physical beauty and gender.



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His love in both of the cases is rare , if we consider his love and affection for the same gender, it is rare and unique , and if we consider the love and affection for the dark lady it again becomes rare and unique because it is beyond the concept of love prevailing at that time . In his Sonnet Shakespeare writes in justification of his love for his unnamed friend to whom it is believed that these sonnets are addressed to that the poets of the the times keep on seeing beauty in the physical beauty of female. They are not able to see the beauty that lies in the heart of his friend:

They had not skill enough your worth to sing:

For we, which now behold these present days,

Had eyes to wonder, but lack tongues to praise.

This uniqueness of is what that make

Now as we have compared the way he has presented his love for both of the genders and how skilfully he is praising both of his relations that his love becomes rare and unique, we will move further to consider the timelessness of this LOVE

Shakespeare is very much confident about the timelessness of his love. he writes that not marble not gilded monument will keep the record the beauty of his friend, instead these verses of immortal poetry will keep the record and memory of his friend forever.

So, till the Judgement that yourself arise,

You live in this, and dwell in lovers' eyes

Professor J.H. Hulme in his book “ Elizabethan Sonnets” rightly remarks:

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“ This world has limited the concept of love within the narrow limit of gender and beauty, but Shakespeare in his 154 sonnets has destroyed that Criterion and let the world out of this boundaries of gender and beauty.”

Shakespeare goes on the extent to prove that the love is not love that impediments find . See how clear is the Shakespeare’s idea of true love. As we are well aware of the fact that love just happens , without any conditions and Shakespeare has all the facts in his sonnets to justify this idea. That’s why in his sonnet he writes about impediments that can change love, but if the love is truthful how can it be changed. To a great extent the remarks of Dr. D.M. Longfellow is worth quoting:

Shakespearean concept of love especially presented in his sonnet addressed to both of his loves is what we can call “an unaltered, unique and timeless love” (essay entitled “ The concept of unaltered love in Shakespearean Sonnets)

Shakespeare is so much engrossed in making his love timeless that in proving his idea he ends the sonnet with a challenge.

He clearly writes:

If this be error and upon me proved, I never writ, nor no man ever loved

Only a true lover can pause such a challenge that Shakespeare has put forth in the concluding Couplet of this sonnet. The extent of this love can be felt, read and justified in the context of the reading of this sonnet. Shakespeare has gone in depth to prove the fact that love is beyond genders and beauties and beyond the limits of time and decay.



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For the representation of this type of unique love Shakespeare has chosen the unique form of poetry that is Sonnet. He not only chose this form, but also has immortalised this form as it is named as the Shakespearean sonnet. The structure of this sonnet form is three quatrains of four lines each thus making twelve lines and the concluding couplet of two lines. Shakespearean has chosen the rhyme scheme for these quatrains as abab, cdcd, efef, and for the couplet it is gg. All the quatrains present the idea and the couplet provides the solution to the idea discussed in the quatrains.

Result and discussion

Keeping in view the themes we have discussed has two aspects, one is the Shakespearean love for his patron that is a male figure and his love for the dark lady who is not beautiful. Although both of these represent two opposite genders, yet Shakespeare's love has united it. The presentation of love and its timelessness is unique in a sense because it is beyond the aspect of gender and beauty. Mostly it is thought that love happens when someone has good looks, but Shakespearean love has crossed the boundaries of physical love. The language chosen for the presentation of the love as it is evident from the quotes depicted from the various sonnets is marvellous and worth the representation of this kind of love. Although modern critics charge the Shakespearean love for gay love, but here we can say that paying a tribute to someone in his poetry whether he is a male cannot make that person a gay, rather must be seen as a devotion beyond the perspective of gender. The concept of love is unique and for Shakespeare it is eternal and his poetry is the source to preserve this eternal love.

Conclusion

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As depicted above the heterogeneous and homogeneous love of Shakespeare and its timelessness takes Shakespearean love to the new heights of unique love and close to the Indian Concept of Sufi love. The Indian concept of Sufism is that all the worldly creatures are females and they are married to this almighty formless one. In this instance the love is eternal as it is with God. Every human being has at least two different faces of his personality, one is worldly and another is spiritual. Thus Shakespeare love for his friend has reached to the level of spirituality where the concept of body ends and the love of souls starts. In such kind of love no sexuality is involved, what is involved is the true spiritual love. His love for the black lady is also beyond this worldly affairs, as it is not the love of the bodies, instead it is the love of the true soulmate. Thus, it will be good to conclude that Shakespearean sonnets are the best blend of eternal love beyond gender and beauty.

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http://files.libertyfund.org/files/118/0613_Bk.pdf

<http://www.tweetspeakpoetry.com/wp-content/uploads/2016/11/Top-10-Shakespeare-Sonnets-and-How-to-Write-a-Sonnet.pdf>

<https://www.poetryfoundation.org/poems/46455/sonnet-55-not-marble-nor-the-gilded-monuments>

SECONDARY RESOURCES

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Dr. William Boyd essay on Shakespearean Sonnets namely "A waste of Shame"

SHAKESPEAR'S SONNETS , EDITED BY JAMES SCHIFFER ISBN 9780367475680

ANALYSIS OF WILLIAM SHAKESPEARE'S POEMS BY NARULLAH MAMBROL

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91. Globalization and Language

Submitted by:

Vanita Sharma

P.hd scholar,

CT University, Ludhiana

Introduction

Globalization is basically a process of integration of different languages, world's economies, cultures etc. Today its clearly visible that everyone is connected in the world for their personal and business purposes. The effect of globalization can be seen in every field like language, education, technology, flow of investment and information. English language has a great impact of globalization and due to this a large number of people have started learning English as a second language. Arjun Appadurai defines "globalization as a multi-way process involving flows of ideas, ideologies, people, goods, images, messages, technologies and techniques."(1)

We can never deny this fact that knowing a language makes one a human because it is only language that assists one for being able to speak and to be understood by the others. Language is ubiquitous as it is present everywhere. Even Birds and animals have their own language . In the critical situations of life, it helps one to come up with the competitive spirit of growth and knowledge of the things which were earlier unknown. Language is a



bridge which connects people globally to meet the changing trends of the mass. No language is inferior or superior: rather one can say that each language is unique.

The present era is mighty enough for the enormous development in the fields of language, literature, arts, information technology, mass media and several other streams that we can't overlook its rapid global pace. Globalization is one such factor that brings rapidity in this pace of growth and development. Steger in his book 'Globalization: a very Short Introduction(2003)' defines "Globalization " as a process,

"characterized by the existence of global economic, political, cultural,

Linguistic and environmental interconnection that make the way of

The currently existing borders and boundaries irrelevant."(2)

Globalization is not a recent phenomenon but it has undoubtedly operated in faster ways since 1980s and its readily increasing in today's world. It has affected our language also, both positively and negatively. As a result our culture has been affected in many ways.

Globalization has brought the world more closer as everything is accessible in every corner of the world. Since every coin has its two sides- one is visible and the other go unnoticed, so same can be said regarding Globalization. It has influenced our culture, language, literature and economies directly and indirectly; some of which proves beneficial to the world while others cripple the growth of a nation.

Globalization has affected languages indirectly as its effect is not visible immediately but it can be viewed in long run. To talk about the popularity of English language, it is incidental and could change as per the changing global needs. Much of the world's economy is connected through English-speaking countries, in this way globalization has influenced

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regional languages especially mother tongues which can also be seen in the case of our mother tongue Punjabi. Our rich language is also struggling hard for the survival. English has overpowered all regional languages. Someone has said rightly,

“English is like a cell phone provider offering the best plan. But if the dollar continues to drop the most viable option could shift.”(3)

Globalization and Language are interconnected, in fact languages can also be described as the oxygen of the globalization because without Language globalization is not possible.

"If you don't understand,how can you learn"?(4) (UNESCO)

Language is not only the sign of socio-cultural change but also the last remnant to go. We should never underestimate the importance of knowing regional languages. English has become very powerful and there is no doubt that to cope up with the pace of the globalized world, one can't deny that the knowledge of English is must as it paves way for the better opportunities but on the other hand regional languages also prove very beneficial as it adds to our skills. Moreover, there are many jobs which are only offered to the person who is having the knowledge of more than one language.

Language is considered as one of the most effective ways of determining a person's identity or it can also be said that it gives us a glimpse to the cultural background to which a person belongs. It also means that without language it will be difficult for man to survive. It can be seen that People now a days speak English fluently, however find difficulty in speaking their regional language or mother tongue. Many people hesitate to speak their mother tongue as English has become the criteria of judging one's ability. Ged (2013) explains second



language acquisition may lead to the loss of some aspects or knowledge about the first language.(5)

The effects of globalization are both positive and negative. The era of globalization proves a boon for the media to flourish day by day and it has always helped our youth to get familiarize with their lost cultural values and languages. Dr. Ajaib Singh Brar ,Vice Chancellor, Guru Nanak Dev University, Amritsar also highlights the importance of media by saying that,

“Media, being an influential force can play an important role in shaping

Of society and its attributes like language and culture and it has to play

A constructive role in this regard for the development of an ideal society

Where art and life may freely flourish”(6)

Globalization of language has opened new doors of opportunities. As people struggle for self sufficiency and attain success, English remains a significant factor towards realizing these goals. English is said to promote the economic sector in various way; for example, it provides people with the basic skills that enable them to cope with the modern age of technology.(Seppala,2011).(7)

Emerging changes and development in technology has led to a place where people are more connected as they can share information , feelings, pictures quickly and in a very simple way. But it can not be denied that we have started behaving like puppets in the hands of technology. Technology has turned the whole world into ‘Global Village’. The people in affluent countries are getting benefit from this globalization whereas in less



developed countries, its negative effects are clearly visible. There is no doubt that knowing how to speak English has become very important tool to our globalized world but one should not forget their mother tongue. We should take the help from technology to promote our regional languages.

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92. Role of Yoga in Augmentation of Problem-Solving Ability among selected University Players.

Vijay Laxmi (Research Scholar)

Prof Monika Verma

Chaudhary Devi Lal University, Sirsa

Chaudhary Devi Lal University, Sirsa

Abstract

The aim of the present study was to find out the Role of Yoga in augmentation of problem-solving ability among selected University Players i.e., Chaudhary Devi Lal University (CDLU) and Maharishi Dayanand University (MDU). Fifty (N-50) University level male and female yoga players were selected as subjects and they were further divided into two groups as per the University they played for namely Chaudhary Devi Lal University (CDLU) and Maharishi Dayanand University (MDU). Each group comprised 25 players each. The single group pre and post design was used for data collection. Problem Solving Ability of the players was measured by using Problem Solving Ability Test (PSAT- d) developed by L.N.Dubey . Problem Solving Ability of players were measured before and after 4 weeks. The result of the study revealed that there is a significant difference found between pre and post yoga camp in University players ($p=0.001$) on Problem Solving Ability of all selected University players.

Key words: Yoga, Problem solving ability, University players.

Introduction

Yoga is one of the most important heritages of India. The term 'YOGA' is derived from the Sanskrit word YUJ. The most acceptable meaning is "YUJ SAMADHU" which means integration, that is to put things in



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their proper order and perspective. Yoga is a traditional and cultural science of India. Ayurveda includes yoga as a part of an ideal lifestyle and maintenance of health (swastha vritta). Yoga is an experiential science (M.M.Gore 2012.) It helps us to improve our problem-solving abilities.

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Presently a day yoga or yogic Lifestyle overall is acknowledged as probably the best means for wellness. The graph of yogic practices is rising quickly all throughout the planet. Yoga is a way of life. It is beyond any religion, cast and country. Yogic practices are for the entire mankind.

Today yogic practices have become famous all throughout the world Yogic practices are accepted to have tremendous mental and helpful qualities. Yoga has the surest solutions for men's mental health just as actual illnesses.

To have good problem-solving ability one has to be relaxed first, this can be achieved by yoga. The relaxation response of yoga can improve problem solving ability. Players are generally trained to acquire the knowledge of physical fitness, overall development of human beings and gain knowledge about effective work done with less energy. Infact problem solving ability is the core of physical activities.

Problem solving ability helps us to solve issues quickly and effectively. It helps us determine why an issue is happening and how to solve that issue. Well-defined problems have specific end goals and clearly expected solutions, while ill-defined problems do not. Well-defined problems allow for more initial planning than ill-defined problems Beckmann (1995).A mental function involving collection of knowledge and processing it for thinking, problem solving etc. is nothing but cognition. Cognitive abilities in sports are required to make quick and effective decisions, choose the right tactics at the right time, and anticipate movement respectively. Cognitive ability also encompasses perceptual and psycho-motor ability. Working memory, reasoning and cognitively flexible response are higher order cognition. All these factors are essential in problem solving. Logue and Gould (2014) incorporated problem solving ability as part of the execution function of the human brain. In every aspect of life, we encounter problems and try to solve them by different means and methods. It is therefore mandatory to cope with the problems in every sphere of life by possessing good problem-solving skills. In daily life, there are a variety of problems in the world and everybody can encounter these problems. New techniques, strategies and planning to overcome obstacles and solve problems in order to achieve goal is problem solving ability (Thornton, 1998).

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D’Zurilla et al. (2007) contended that self-confident individuals possess more magnitude of problem-solving skills which gives them belief that they can solve any problem. A mental process which discovers, analyses and solves an issue is nothing but problem solving. The major objective of problem solving is to remove obstacles or circumstances that come in the way of attaining desired outcome or goals. Problem solving includes identification of problems, defining a problem, obtaining information regarding problematic situations, allocating resources to solve the problem and monitoring the progress.

Research aimed to determine the effect of problem-solving training on decision- making skill and critical thinking in emergency medical personnel. The finding revealed that decision -making and critical thinking score in emergency medical personnel are low and problem-solving courses positively affected the personnel’ decision making skill and critical thinking after the educational yoga programme. (Heidari,2016)

Problem solving occurs when an organism or an artificial intelligence system needs to move from a given state to a desired goal state. Problem solving activities get students more involved in the process of learning and enhance the use of higher-level thinking processes. Problem solving involves the application of principles and facts to explain new phenomena or predict consequences from known conditions. The task of problem solving requires prediction, analysis of facts and principles to develop cause and effect relationships in physical phenomena. Generally, our daily life activities are followed in routine and we do not face any problem to perform our routine duties. But this is not always so, sometimes we are confronted with a problematic situation which acts as an obstacle to reach the goal. These obstacles may be physical, social and economic which may hinder the progress of an individual towards the goals. Problem solving is an alternative to assessments and diagnostic categories as a means to identify students who need special services (Andrea Canter, 2004). Problem solving is the framework pattern within which creative thinking and reasoning takes place. It is the ability to think and reason on given levels of complexity. The state of tension created by unsatisfied wants and drives enable the individual to exercise his greatest effort and to use his best language techniques, observations, predictions and inferences to control the difficulties that hinder the progress towards his goal of wants and satisfaction.

Material and methods

This study was conducted on fifty (N-50) University level yoga players (age between 20-25 years) of two groups i.e. Group 1- Chaudhary Devi Lal University Sirsa, Group 2- Maharishi Dayanand University players. The data was collected randomly from the yoga camp of different participants who came there for



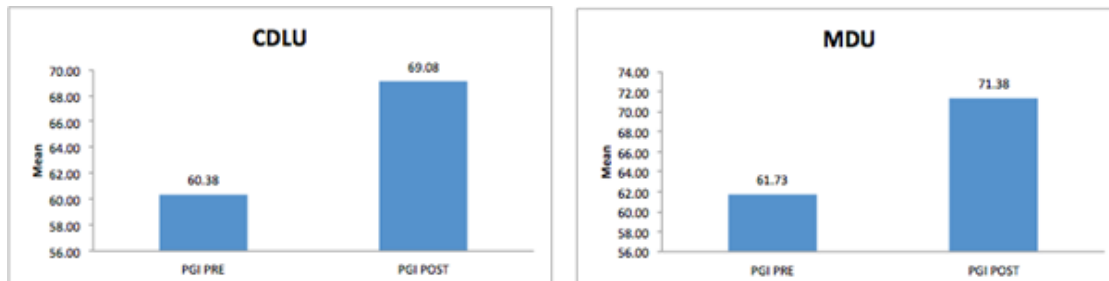
participating in inter University yoga camp. The aim of the study was explained to each participant. The problem solving abilities of university players was assessed by the problem solving abilities test by L.N.Dubey 1971. The tools were administered to each subject of groups individually in pre test and post test. There were two variables independent variable Yoga and dependent variable Problem solving ability. They were tested when they were performing yoga exercises. To analyze the collected data paired t test was applied on said variable at pre test and after post yoga interventions among University Yoga players. The statistical analysis of data was done by using SPSS software and significance level was set at 0.05.

Table 1:

Pre-Post-test mean comparison in selected University Yoga players i.e., CDLU and MDU on PSAT in mean, SD and t- value with p- values.

University	N	Variable (Test Condition)	Mean	SD	t-value	p-value
CDLU	25	PSAT (Pre-test)	7.92	1.94	11.07	0.001**
	25	PSAT (Post-test)	10.96	2.01		
MDU	25	PSAT (Pre-test)	9.04	2.51	10.87	0.001**
	25	PSAT (Post-test)	13.04	1.91		0.001**

Figure 1: Effect of Yoga on PSAT on selected University players.



The result of the present study revealed that after 4 weeks of attending Yoga camp selected University players showed statistically significant ($p=0.001$) difference at pre-test and post-test as shown in Table 1 and Figure 1. Interestingly, all the selected university players i.e., CDLU, and MDU show significant improvement on the PSAT level.

Discussion:

In our study we collect pre- and post-admission data from a player from the University of Haryana camping camp at PSAT. Indian Yoga is a precious gift and a wonderful gift in the world, with many benefits. Yoga works for the perfect well-being of the individual. It helps every aspect of the individual. Yoga works well for physical, mental, emotional and psychological well-being. The results of the current study revealed that the 4-week yoga camp has shown significant improvement in the level of PSAT athletes. Various studies have been shown to improve problem-solving skills. M.hooda read that Skinner (1984) explained, "problem solving as a framework or pattern in which old thinking and learning occurs", in addition, yoga practices contribute to the inner healing of a person. Yoga also helps to improve the attention, concentration and mental health of the individual. Therefore, the results of the study support the fact that Yoga can be used effectively as an effective treatment for improving the physical and mental health of athletes.

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93. A COMPARATIVE STUDY OF CUSTOMERS' PERCEPTION ON BANKING SERVICES OF SELECTED DISTRICT CO-OPERATIVE BANKS OF NORTH GUJARAT

Virendrasinh Kaluji Chavda

Ph. D. Research Scholar

C V M University, Vallabh Vidyanagar

Gujarat

INTRODUCTION: The banking industry is facing rapid changes in the market, such as: new technologies, economic uncertainties, fierce competition, more demanding customers and the changing climate which lead to an unprecedented set of challenges. The banking sector offers several facilities and opportunities to their customers. The products of the banking industry broadly include deposit products, credit products and customized banking services. Most banks offer the same kind of products with minor variations. The basic differentiation is attained through quality of service and the delivery channels that are adopted. The Banking Sector in India is classified into four categories viz; Commercial Banks, Small Finance Banks, Payments Banks and Co-operative Banks. The Co-operative credit structure for meeting the short-term, medium term and long term credit needs of cultivators in Gujarat consists of (i) State Co-operative bank at the apex level (ii) Central Co-operative Banks at the district level & (iii) Primary Agriculture Credit. The State Co-operative Agricultural and Rural Development Bank fulfil long-term credit needs through its branches. The customer is the king of market. The existence of the business unit depends on the market-share achieved by it. The customers at the present juncture are well exposed to unstoppable innovations in communication technologies. He / She is aware of the kind of service level available around the world and thus expects the best from his / her bank. Customer service is not only a critical function but plays a vital role for the business. It is next most important business strategy. The improved customer service will definitely increase profitability.

REVIEW OF LITERATURE:

Oliver (1989) As per the study, the Satisfaction is a summary psychological state resulting when the emotion surrounding disconfirmed expectations is coupled with the consumer's prior feelings about the consumption experience. Therefore, satisfaction relate to a specific transaction. Comparative studies revealed that regardless of the type of service, customers used basically the same general criteria in arriving at an evaluative judgment about service quality. Measurement of customer satisfaction regarding the service quality of firms is a necessary means by which organizations delve into the minds of its customers for useful feedback that could form the basis for effective marketing strategy. Customer satisfaction is one of the important outcomes of marketing activity. In the competitive



banking industry, customer satisfaction is considered as the fundamental of success. Businesses recognize that keeping current customers is more profitable than having to win new ones to replace those lost. Good customer satisfaction has an effect on the profitability of nearly every business stated that satisfied customers improve business and dissatisfied customers impair business.

Heryanto. (2011): As per the study, there is a significant relation between service quality and the customer satisfaction and it consist of actions like quick response, commitment, staff availability, competency and capability of staff in the bank. has done a comparative performance analysis of District Central Co-operative Banks (DCCBs) of Western India, namely Maharashtra, Gujarat and Rajasthan and found that DCCBs of Rajasthan have performed better in profitability and liquidity as compared to Gujarat and Maharashtra.

Jain, V., Gupta, S., Jain and Smriti (2012): The study was conducted to understand the perception of service quality in banking sector and also to evaluate how it helps in enhancing the reputation and attract customer loyalty. The study, analyzed the lending practices of co-operative banks in India, comparison of efficiency of cooperative banks in India, Impact of size on the efficiency of the co-operative banks and different types of loans preferred by different set of customer from these banks.

Mistry, S.H. (2013): The study was conducted to identify the factors affecting customer satisfaction in Banks and analyzes their effects on the level of customer satisfaction. It found that sound financial health of a bank is the guarantee not only to its depositors but is equally significant for the shareholders, employees and whole economy as well. In this paper, an effort has been made to evaluate the financial performance of the two major banks in northern India.

RESEARCH GAP:

It was found from literature review that comparative studies of banks were conducted by number of researchers across India and around the world. There is also some significant work done in the area of cooperative banks in India as well as around the world. But it was found that no research study has been conducted in the functional area of Service Marketing specifically for Cooperative banks Gujarat. To fulfill the research gap, the present study has been selected.

TITLE OF THE STUDY:

The title of the present study is as follows:

A COMPARATIVE STUDY OF CUSTOMERS' PERCEPTION ON BANKING SERVICES OF SELECTED DISTRICT CO-OPERATIVE BANKS OF NORTH GUJARAT

OBJECTIVES OF STUDY:

CONFERENCE PROCEEDING

An International Multidisciplinary Multilingual E-Conference on
"INTERROGATING THE IDEA OF DEVELOPMENT: A 360 DEGREE INVESTIGATION"
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The research study has been undertaken keeping in view the following objectives:

- To study the customers' perception of banking services with regard to Tangibility Dimension of their bank.
- To study the customers' perception of banking services with regard to Responsiveness Dimension of their bank. Satisfaction Dimension
- To study the customers' perception of banking services with regard to Satisfaction Dimension of their bank.
- To make suggestions to improve the quality of Banking Services of selected Co-operative bank.

SOURCES OF DATA:

The research study is purely based on primary data and supported by secondary data. The main source of primary data are the customers of selected two Co-operative Banks. The sources of secondary data are journals, magazines, subject related books, web-sites, records and documents published by various governmental and non-governmental organizations.

DATA COLLECTION:

For the purpose of collecting primary data, the researcher has prepared a structured questionnaire. The secondary data has been collected from subject related journals, magazines, subject related books, web-sites, records and documents published by various governmental and non-governmental organizations.

SCOPE OF STUDY:

The research study is a micro level study. The scope of the study is as under:

Functional Scope: - Functional scope of this research study is Service Marketing especially focusing to measure perception level of customers for the service quality of selected Co-operative Banks from the view point of three dimensions – Tangibility, Responsiveness and Satisfaction.

Geographical Scope: - The area of Banaskantha and Sabarkantha District of North Gujarat is geographical scope for present research study.

SAMPLE DESIGN:

Universe of the Study: All the Customers of Co-operative Banks of North Gujarat who are having bank account constitutes the universe of this study.

Population of the Study: All the Customers of Banaskantha District Central Co-operative Bank and Sabarkantha District Central Co-operative Bank of North Gujarat who are having bank account constitutes the universe of this study.

Sample Size: The sample size of this study is in total 100 Customers (50 each of Banaskantha District Central Co-operative Bank and Sabarkantha District Central Co-operative Bank) from the population of the study.

Sampling Technique: The researcher has used non-probability sampling technique -

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Convenient Random Sampling has been used for the selection of sample.

HYPOTHESIS: The following null hypothesis were tested during the research study:

- There no existence of Tangibility Dimension in banking services with regard to their banks.
- The bank is not responsive for services towards its customers for banking services with regard to Responsiveness Dimension.
- There no existence of Satisfaction Dimension in banking services with regard to their banks.

ANALYSIS OF DATA:

The questionnaire contained 08 demographic profile of the respondents and their opinion from the view point of three dimensions – Tangibility (04 Statements), Responsiveness (05 Statements) and Satisfaction (03 Statements) – based on Linkert's 5-point scaling techniques. The primary data collected from the respondents has been tabulated, coded and arranged as per the requirements of the study. The computer programme SPSS was used to tabulate the primary data keeping in view various variables to be studied. The qualitative data has been converted into quantitative form with the help of linkers' five-point scaling technique. For the purpose of analysis of data and to test various hypotheses as per requirement; non-parametric tests and other statistical measures have been used.

MAJOR FINDINGS OF THE STUDY: The major findings of the present research study have been narrated from four different aspects. The major findings are as under:

(1). Findings based on Demographic Profile of the Respondents:

Sr. No.	Demographic Factor	Major Findings
1	Age	Maximum (38 %) are in the age group 25 years to 35 years.
2	Gender	Maximum (69 %) are male.
3	Marital Status	Maximum (88.7 %) are married.
4	Educational Qualification	Maximum (54 %) are graduate qualified
5	Occupation	Maximum (59 %) are Business Person.
6	Family Income	Maximum (32 %) have an income from 20,001 – 50,000
7	Types of Account	Maximum (94 %) have the savings account.
8	Account Holding Period	Maximum (43.5 %) were having account since last 3 – 6 years.

(2). Findings based on Tangibility Dimension:

(A). For these four different statements based on Empathy were given

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1. The first statement was about “Bank has visually appealing facilities.” For which the standard deviation was 0.720 and mean was 1.93. The mean value was near to 2. Hence it can be said that bank customers were agreed that the Co-operative bank where they have account, has visually appealing facilities.
2. The second statement was about “Bank has employees who have a neat, professional appearance.” For which the standard deviation was 0.602 and mean was 2.10. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the Co-operative bank where they have account, has employees who have a neat, professional appearance.
3. The third statement was about “Bank has modern equipments and technology.” For which the standard deviation was 0.79 and mean was 2.18. The mean value was more than 2. Hence it can be said that bank customers were agreed that Co-operative bank where they have account has modern equipments and technology.
4. The fourth statement was about “Bank has visually appealing material associated with the service.” For which the standard deviation was 0.781 and mean was 2.19. The mean value was more than 2. Hence it can be said that bank customers were agreed that Co-operative bank where they have account has visually appealing material associated with the service.

(B). Findings of Comparative Study Analysis:

1. The standard deviation of Banaskantha District Central Co-operative Bank was 0.641 and mean was 2.10. The mean value was more than 2. Hence it can be said that bank customers were agreed that the Banaskantha District Central Co-operative Bank has tangibility in its services.
2. The standard deviation of Sabarkantha District Central Co-operative Bank was 0.433 and mean was 2. The mean value was more than 2. Hence it can be said that bank customers were agreed that the Sabarkantha District Central Co-operative Bank has tangibility in its services.
3. Response for Tangibility dimension of bank services showed that Sabarkantha District Central Co-operative Bank was found better than Banaskantha District Central Co-operative Bank.

(3). Findings based on Responsiveness Dimension:

(A). For these five different statements based on Responsiveness were given.

1. The first statement was about “The bank employees give the prompt service to customer.” For which the standard deviation was 0.8 and mean was 2.02. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the employees of Co-operative bank where they have account give them the prompt service.
2. The second statement was about “The bank employees instill confidence in customers.” For which the standard deviation was 0.62 and mean was 2.11. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the employees of Co-operative bank where they have account instill confidence in customers.
3. The third statement was about “The bank employees are never too busy to respond to customers’ requests.” For which the standard deviation was 0.810 and mean was 2.5. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the employees of Co-operative bank in which they have account are never too busy to respond to customers’ requests.
4. The fourth statement was about “The bank employees are always willing to help customers.” For which the standard deviation was 0.721 and mean was 2.14. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the employees of Co-operative bank in where they have account are always willing to help them.



5. The fifth statement was about “The bank employees tell to the customers exactly when services will be performed.” For which the standard deviation was 0.791 and mean was 2.28. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the employees of Co-operative bank where they have account tell to the customers exactly when services will be performed.

(B). Findings of Comparative Study Analysis:

1. The standard deviation of Banaskantha District Central Co-operative Bank was 0.525 and means was 2.12. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the Banaskantha District Central Co-operative Bank is responsive for services towards its customers.
2. The standard deviation of Sabarkantha District Central Co-operative Bank was 0.368 and means was 2.10. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the Sabarkantha District Central Co-operative Bank is responsive for services towards its customers.
3. Response for Responsiveness dimension of bank services showed that Sabarkantha District Central Co-operative Bank was found better than Banaskantha District Central Co-operative Bank.

(4). Findings based on Satisfaction Dimension:

(A). For these three different statements based on Satisfaction were given.

1. The first statement was “Respondent completely satisfied with the services delivered by co-operative bank.” For which the standard deviation was 0.781 and mean was 2.12. The mean value was more than 2. Hence it can be said that the bank customers were agreed that they were satisfied with the services provided by co-operative bank where they have an account.
2. The second statement was “Respondent feels very pleased with services offered by co-operative bank.” For which the standard deviation was 0.691 and mean was 2.16. The mean value was more than 2. Hence it can be said that the bank customers were agreed that they feel very pleased with services offered by co-operative bank where they have an account.
3. The third statement was “Respondent feels absolutely delighted with services of Co-operative bank in which respondent has an account.” For which the standard deviation was 0.772 and mean was 2.19. The mean value was more than 2. Hence it can be said that the bank customers were agreed that they feel absolutely delighted with services of Co-operative bank.

(B). Findings of Comparative Study Analysis:

1. The standard deviation of Banaskantha District Central Cooperative Bank was 0.681 and means was 2.11. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the Banaskantha District Central Co-operative Bank is providing satisfaction to its customers in terms of services.
2. The standard deviation of Sabarkantha District Central Co-operative Bank was 0.476 and means was 2.01. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the Sabarkantha District Central Co-operative Bank is providing satisfaction to its customers in terms of services.
3. Response for Satisfaction dimension of bank services showed that Sabarkantha District Central Co-operative Bank was found better than Banaskantha District Central Co-operative Bank.

SUGGESTIONS:

1. From the view point of all three dimensions, Sabarkantha was found better than Banaskantha District Central Co-operative Bank. Hence, Banaskantha District Central Co-operative Bank should try to improve its banking services.



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2. The infrastructural facility needs to improve by both the District Central Co-operative Banks.

LIMITATIONS OF THE STUDY: The limitations of the study are as follow:

1. Present study is limited to 100 Customer Respondents of only 02 District Co-operative Banks of North Gujarat.
2. The personal beliefs, attitude and understanding of customer respondents vary from one to another. This may affect the quality of data. This is called the inverse halo effect.
3. The statistical tools used for the study will have their own limitations which will also apply to the present study.
4. The outcomes of the study cannot be generalized, as the sample size is too small.

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94. A study of consumer purchasing behavior towards online shopping: a case study of Gujarat state during COVID – 19 pandemic.

VYAS KRUTIKA NAYANBHAI

(B.Com, M.Com, Ph.D. pursuing at saurashtra university, Rajkot)

Lecturer at Vidyasagar Infotech College.

Abstract

The current paper is center around consumer purchasing behavior towards online shopping during COVID- 19 pandemic. The development pace of India's online shopping industry is intriguing. The increasing swelling rate and more slow financial development as of late has not gotten away the presentation of online shopping industry in India. In today situation there is different strategy to buy any item structure any shop. However, as per prerequisites individuals utilize different online shopping locales to buy any item. Thus, as COVID-19 first hit in quite a while, individuals got frightened to go out from their homes and furthermore influence monetary sculptures of consumer on the grounds that, to them, it's a dread of COVID-19. They even wonder whether or not to go out to purchase merchandise. Frenzy purchasing additionally has seen and to keep away from this dread of COVID-19, individuals are offering inclinations to the Online shopping destinations to purchase fundamental merchandise and a few clients are new which joined to purchase fundamental products during this Pandemic Lockdown period. Numerous clients are moving their purchasing behavior from disconnected retail locations to online stores. As dependent on its prerequisites as a specialist I covered all the market at Gujarat state level in which I dissected about different factor which are utilized in online shopping reason. Item association, Web abilities, difficulties, and utilization of significant worth added search components all altogether affect the Web consumer. A survey based observational investigation is utilized to test online shopping behavior of consumer during covid 19 pandemic. It has additionally made an endeavor to get data about the extent of progress in online shopping site.

Key word

Online shopping customer, COVID-19 pandemic, GDP, Internet usage, online consumer behavior.

1.1 Introduction

Online shopping introduces to the way toward buying items or administrations through the web. The cycle comprises of five stages like those related with conventional shopping behavior. In the regular online shopping measure, when probable consumers perceive a requirement for some product or administration, they go to the web and quest for need related data. Notwithstanding, as opposed to looking effectively, on occasion potential consumers are drawn in by data about items or administrations related with the felt need. They assess choices and pick the one that best accommodates their rules for meeting the felt need. At long last, an exchange is directed and post deals administrations gave. Online shopping mentality alludes to consumer's mental state as far as making buys on the web Chang, M., K., Cheung, W., Lai, V., S. (2005).



No doubt that the internet has been influencing our lives deeply in which it plays an important, indispensable and irreplaceable role. Online shopping has become a popular and easy way for customers. This new advanced type of shopping brings a great number and also wide range of merchandise to consumers. It also offers a huge market and numerous business opportunities. Online consumer behavior became a contemporary research area with an increasing number of researches. The internet has brought a sweeping revolution in the way we shop or buy products today. With the advent of internet, online shopping becomes popular and most preferred by certain segment of consumers for products like travel, books, music, gadgets etc. Today companies have entered this online space to tap its enormous potential. Players like flipkart, Amazon, Snap deal, Myntra to name a few are very active in this space. These are very aggressive in attracting young population by offering convenience, choice, better bargain and speed of buying. On the demand side, consumers are time pressed. With more and more consumers becoming increasingly familiar with internet and its benefits, online shopping is gaining popularity and preference among the set of consumers who seek better value proposition when compared to offline shopping in terms of information, convenience, cost, and choice.

Additionally in the present time Due to the overall COVID-19 pandemic it likewise changes the shopping behavior of consumer. To stop the COVID-19 pandemic, legislatures of virtually every one of the nation's successfully carried out lockdown in their separate nations. Every one individual all throughout the planet were limited in their homes and likewise, their separate work places were closed down. Also, all the business places were approached to close and were exhorted not to work together until next declaration. This was the first run through when every one of the sorts of business was all around the world requested to close down for inconclusive time span. It caused ruin in the business market and made the entire business local area flimsy. (Queiroz et al., 2020). As a result of that individuals pause and attempt to keep away from public get-together, change the need rundown of product(perspective) for shopping, attempt to keep up friendly distance, it additionally harm the GDP development of country and the have adverse consequence in consumer monetary sculptures. So on account of those explanation online shopping get space to saved it degree and it happened likewise in light of the fact that clients are getting their item at their own accommodation, saving of time, setting aside of cash and no compelling reason to go out said. That thing thinks about the development statics additionally Indian GDP isn't doing acceptable yet online shopping market is on development track.

1.2 Current scenario of online shopping in India

India is a place with huge youthful generation populace. India had a populace of 1.39 billion in January 2021. Out of which 48.0% of India's populace is female, while 52.0% of its populace is male and 35.2% of India's populace lives in metropolitan centers, while 64.8% lives in rustic areas. Because of high populace development rate India draws in such countless players to retail market. Indian retail industry has emerged as one of the most unique and high speed industries due to the entry of several new players. Complete utilization expenditure is expected to reach nearly US\$ 3,600 billion by 2020 from US\$ 1,824



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billion of every 2017. It represents over 10% of the nation's (GDP) and around 8% of the employment. India is the world's fifth-largest worldwide destination in the retail space. Indian retail industry has emerged as one of the most powerful and speedy industries due to the entry of several new players. All out utilization expenditure is expected to reach nearly US\$ 3,600 billion by 2020 from US\$ 1,824 billion out of 2017. It represents over 10% of the nation's (GDP) and around 8% of the employment. India is the world's fifth-largest worldwide destination in the retail space. India ranked 73 in the United Nations Conference on Trade and Development's Business-to-Consumer (B2C) E-commerce Index 2019. India is the world's fifth-largest worldwide destination in the retail space and ranked 63 in World Bank's Doing Business 2020. India is the world's fifth largest worldwide destination in the retail space. In FDI Confidence Index, India ranked 16. Additionally As per Forrester Research, in 2020, India's retail sector was estimated at US\$ 883 billion, with grocery retail representing US\$ 608 billion. The market is projected to reach ~US\$ 1.3 trillion by 2024. (Source <https://www.thehindubusinessline.com/info-tech/pandemic-tailwinds-push-e-commerce-growth-estimate-to-40-in-2020/article32620816.ece>)

One more factor, that why Indian retail market has huge freedom is the festive season of India. As compared to world India have huge variety of festivals. Festival's like that all relatives are together at home, excursions and shopping. India stands united in its collective obsession of going on a binged shopping spree during the festive season. Also, because of the mega sales like Amazon's Great Indian Festival, Flipkart's Festive Dhamaka Days, Myntra's End of Reason Sale and, of course Diwali and the impending Christmas sale, people have enough and more reasons to splurge. For retailers festive season is like the golden period, which has the highest potential to help their revenue.

However, as current scenario during COVID-19 pandemic is going everywhere on the world. All populace of India is for the most part remaining in their home and a large portion of work is grinding away from home scenario. People are avoided to go out said with no specific reason and it likewise affects people monetary statues negatively. Our country GDP is quite less acceptable. Our central government declared the Gross Domestic Product (GDP) development for the monetary year 2020-21 at - 7.3% as compared to 4.0% in 2019-20. The announcement from the Center comes as it tries to revive an economy battered by the COVID-19 pandemic. In the midst of a nationwide lockdown in 2020, the primary quarter (April-June) had seen a compression of 24.4% while the second quarter (July-September) saw a withdrawal of 8%.Commenting on the figures, Chief Economic Adviser (CEA) KV Subramanian said that the development was affected constantly wave of the pandemic. "The momentum of GDP development has been affected constantly wave. Indian economy grew 1.6% in Quarter 4 of the monetary year 2020-21. Entire year GDP withdrawal remains at 7.3%," yet during that time phase internet user reached at 624.0 in January 2021 and mobile users reached at There were 1.10 billion in January 2021. (Source <https://www.thequint.com/news/india/gdp-growth-for-financial-year-2020-21-government#read-more>,<https://retail.economictimes.indiatimes.com/re-ales/how-indian-retailers-can-make-the-most-of-the-festive-season/3336>)

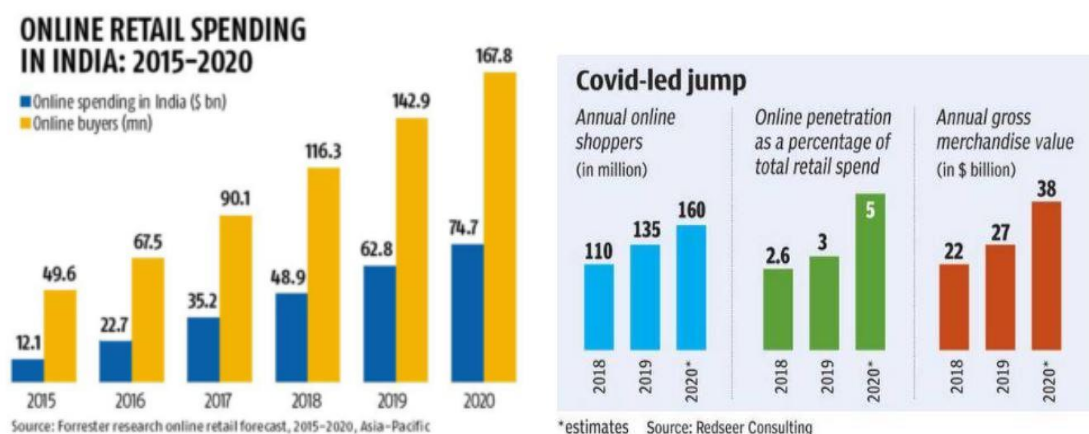
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While that all variables have positive effect on online shopping in India. Consumers are started filtering toward customary shopping behavior to online shopping. Huge populace, festive season, monetary statues, COVID-19 pandemic , increasing internet connectivity and more users of mobile phone had effects consumer online shopping behavior it clear seen that consumers are moving towards online shopping. The huge players of online shopping market very well know the chance and increase their investment in it.



(Source <https://www.thehindubusinessline.com/info-tech/pandemic-tailwinds-push-e-commerce-growth-estimate-to-40-in-2020/article32620816.ece>, <https://www.proschoolonline.com/blog/top-5-reasons-why-india-is-a-hot-e-commerce-destination>)

1.3 REVIEW OF RELATED LITERATURE

Booz & Company (2011) Prior investigations gave a lot of consideration to this theme in created countries where web entrance is high and customers are exceptionally advanced. Among these components the danger impression of clients was exhibited to be the primary discriminator between individuals purchasing on the web and individuals not accepting on the web. Other separating factors: command over and accommodation of the shopping interaction reasonableness of product, client support and usability of the shopping site. It incorporated a few pointers, having a place with four significant classes: the worth of the item, the shopping experience, the nature of administration offered by the site and the danger impression of web retail shopping. Customer's mentality towards internet shopping influences their purchasing choices.

Morris (2013) led an investigation on 'More Consumers Prefer Online Shopping' Shoppers progressively need what's known as a "consistent omnichannel experience," which means one in which retailers permit them to consolidate on the web and physical perusing, shopping, requesting and returning in whatever combo they might want.

Aneesh Reddy(2020) Aneesh Reddy disclosed that because of the COVID-19 pandemic, the manner in which we work has completely changed, the manner in which we used to shop and speak with individuals. Individuals are simply going out just to purchase fundamental things from the retail locations and ledge they



are stressed to go out to purchase fundamental divine beings since they are continually stressed over getting tainted. Reddy said that as indicated by trifecta, because of a less expensive 4G organization and continually expanding customer abundance, Indian EE-business is required to develop to US\$200 billion by 2026. However, these projections depended on the pre-covid19. However, as COVID-19 hit India, the flooding interest of online business for as long as couple of months is high to the point that the internet business industry could hit \$200 billion a whole lot sooner.

PTI, (the press trust of India ltd.)(2020) The studies done have assessed that the pandemic breakdown and lockdown will acquire significant changes how the Indian consumers going to purchase merchandise or their purchasing behavior. In the event that fundamental items are discussed, there will be a significant shift from 46% to about 64% in online shopping in the following 6-9 months. Additionally, when contrasted with 59% of consumers, around 46 % of consumers will purchase from actual stores. A review led showed that almost 74% of consumers like to purchase online post the lockdown.

Yatti Soni (2020) even before the Covid-19 pandemic lockdown, e-commerce becoming the need the every household. Due to the pandemic now e-commerce is just providing the essential merchandise so consumers feel safer and not be fearful to go out to purchase essential products from retail stores. As indicated by CapGemini's research on consumer sentiment, this report states that the consumer of e-commerce will increase from 46% to 64% over the next to nine months.

1.4 Objective of Study

The primary objective of the study is to understand the online buying behavior of consumers of Gujarat state during COVID-19 pandemic in India. Current investigation has attempt to understand the acceptance of online shopping among consumers and attempt to understand the consumer's fulfillment level of online shopping. It has additionally made an attempt to get data about the scope of improvement in online shopping website. The objective of the investigation is destined to provide useful data to marketing professionals to develop a better marketing strategy to support online shopping in Indian retail market.

1.5 Data collection

The current research paper has been based on both primary and secondary data base. The primary data has collected on the bases of simple random sampling method. For that the structured questionnaire was designed and responses were collected with the help of Google forms. The secondary source of data was collected with the help of different type of magazines, articles, newspapers and news channels.

1.6 Research methodology

For current research paper theoretical data collected from secondary sources as motioned in data collection method. Focusing the objective of the present study, a survey was conducted with the help of a



structured questionnaire to collect primary source of data about a study of consumer purchasing behavior towards online shopping: a case study of Gujarat state during COVID -19 pandemic. The structured questionnaire was designed to collect information about demographic profile of the respondents such as age, gender, occupation and education. In addition to this, various questions related to the experience of internet usage during COVID – 19 pandemic, the purpose of using Internet, types of products purchased online, factors affecting consumer behavior while online shopping etc. were asked from the respondents. Considering the time and budget constraints, the data was collected from Gujarat region of India. Convenience sampling methods was used and questionnaires were got filled by email and personal interview methods. A target of 120 respondents was set, but many of the respondents provided half completed questionnaires therefore only 110 questionnaires were entertained for final analysis and data interpretation. Even out of these 110 respondents, some of the respondents did not answer 2-3 questions and the same has been mentioned at the time of analysis of data. So finally out of 110, 100 questionnaires were selected as final selected sample. Simple charting and tabulation tools are used to understand the behavior of the respondents for online shopping. The following table gives a depiction of demographic profile of the respondents'

Demographic Features	Number of Respondents
Gender	
Male	60
Female	40
Age	
18-25	26
26-36	33
37-47	12
48-58	24
59-70	5
Education	
Up to 10 th	2
12 th or equivalent	11
Graduate	40
Post- graduate	38
Other(Ph.d, C.A., B.E, etc)	9
Occupation	
Full time employee	63
Part time employee	8
Housewife	7
Retied	5
Student	12
Unemployed	5
Annual Income	
Less than 50,000	24



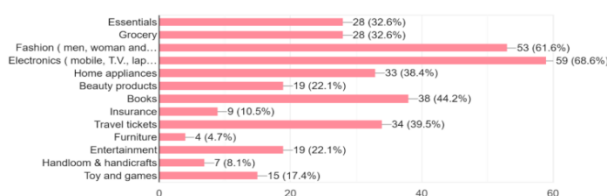
50,000 to 200,000	23
200,001 to 400,000	22
400,001 to 600,000	16
More then 600,000	15

1.7 Analysis and Interpretation.

<p>From how many years are you using internet for shopping?</p> <p>The study has shown that the maximum sample population has an experience of using internet for shopping more than 4 years but 22.1% of people just resent joint internet for shopping for 1 to 2 years. Only 14% of people surveyed have an experience of less than a 1 year.</p>	<ul style="list-style-type: none"> ● less than 1 year ● 1 to 2 years ● 2 to 3 years ● 3 to 4 years ● more than 4 years
<p>How much do you agree that you use internet for product information before actual purchase?</p> <p>More than half of survey respondents (53.5%) have been agreed that they use internet for product information before actual purchase. So negligible 1.1% sample respondents have been strongly disagreeing with statement.</p>	<ul style="list-style-type: none"> ● Strongly agree ● Agree ● Neither agree nor disagree ● Disagree ● Strongly disagree
<p>How much do you agree that you buy products from online stores or websites during COVID-19 pandemic?</p> <p>The maximum number of study respondents 52.9% has been agreeing that they avoided to go out said during COVID-19 for shopping and moved to online shopping.</p>	<ul style="list-style-type: none"> ● Strongly agree ● Agree ● Neither agree nor disagree ● Disagree ● Strongly disagree

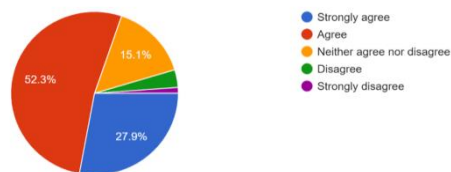
Which products are likely to be on your online shopping list? (top 5)

Top most online purchased item has been electronics goods with 68.6% and less purchased product has been furniture only with 4.7% as per survey respondents.



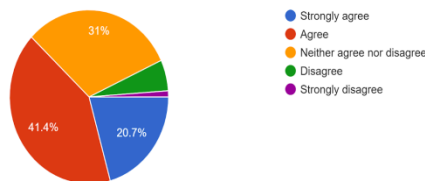
Do you think that online shopping save your time?

The survey showed that 52.3% respondents were agreed and 27.9% percent respondents were found strongly agreed that online shopping saves their money. Only 1.1% respondents were found strongly disagreed to this statement.



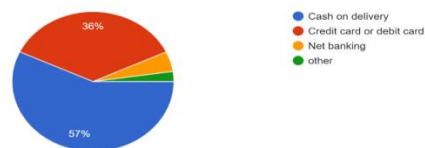
Do you think that online shopping is more relaxing during COVID-19 pandemic as compared to offline shopping?

It is one of the important factors that encourages for online shopping during COVID -19. The survey Conducted showed that 41.4% majority of the respondents were agreed to this reason and 20.7% respondents were strongly agree with it.



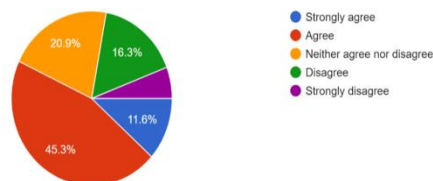
Which type of mode of payment do you prefer during online shopping?

Still the people trues on cash on delivery method with 57% and secondly on credit or debit card with 36% as per research survey.

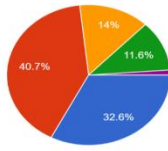


Have you ever felt any type of financial risk during online shopping?

The survey showed that 45.3% respondents were agreed and 11.6% percent respondents were found strongly agreed. Only 5.7%percent respondents were found strongly disagreed to this statement. So it has seems that somehow population fill financial risk during online shopping.





<p>Have you ever felt any type of product quality risk during online shopping?</p> <p>As per the survey respondents 48.8% have been agree and 16.3% survey respondents have been strongly agree. So majority of them fill product quality risk during online shopping.</p>	 <ul style="list-style-type: none"> ● Strongly agree ● Agree ● Neither agree nor disagree ● Disagree ● Strongly disagree
<p>Do you think that do get detailed product information during online shopping?</p> <p>Majority of survey respondents 60.5% agreed that they have got detailed product information during online shopping.</p>	 <ul style="list-style-type: none"> ● Strongly agree ● Agree ● Neither agree nor disagree ● Disagree ● Strongly disagree
<p>Have you ever felt any type of non-delivery product risk during online shopping?</p> <p>In study this statement got mixed respond, that 32.6% survey respondents have risk of non-delivery of online shopping product and 23.3% survey respondents have disagree with statement.</p>	 <ul style="list-style-type: none"> ● Strongly agree ● Agree ● Neither agree nor disagree ● Disagree ● Strongly disagree
<p>Have you ever felt any type of wrong selection of website risk during online shopping?</p> <p>Majority of survey respondents with 45.3% have felt that wrong selection of online shopping website is risky.</p>	 <ul style="list-style-type: none"> ● Strongly agree ● Agree ● Neither agree nor disagree ● Disagree ● Strongly disagree
<p>Do you think that return policy of order is effective in online shopping?</p> <p>Greater number of survey respondents have 40.7% agree and 32.6% survey respondents have strongly agree that return policy of order is effective online shopping.</p>	 <ul style="list-style-type: none"> ● Strongly agree ● Agree ● Neither agree nor disagree ● Disagree ● Strongly disagree



<p>Are you getting personalized product from online shopping?</p> <p>Enhancement of online shopping has one reason that person get personalized product as they want. 48.8% of survey respondent agree with statement and only 11.5% survey respondent disagree with statement.</p>	<table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly agree</td> <td>8.1%</td> </tr> <tr> <td>Agree</td> <td>48.8%</td> </tr> <tr> <td>Neither agree nor disagree</td> <td>27.9%</td> </tr> <tr> <td>Disagree</td> <td>11.5%</td> </tr> <tr> <td>Strongly disagree</td> <td>3.8%</td> </tr> </tbody> </table>	Response	Percentage	Strongly agree	8.1%	Agree	48.8%	Neither agree nor disagree	27.9%	Disagree	11.5%	Strongly disagree	3.8%
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Strongly disagree	3.8%												
<p>Do you get any type of customer services or after sales services from online seller?</p> <p>Now day's online seller also provides after sales services to customer and 45.3% survey respondent also agree with it and still 11.6% disagree with statement.</p>	<table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly agree</td> <td>8.1%</td> </tr> <tr> <td>Agree</td> <td>45.3%</td> </tr> <tr> <td>Neither agree nor disagree</td> <td>27.9%</td> </tr> <tr> <td>Disagree</td> <td>11.6%</td> </tr> <tr> <td>Strongly disagree</td> <td>7%</td> </tr> </tbody> </table>	Response	Percentage	Strongly agree	8.1%	Agree	45.3%	Neither agree nor disagree	27.9%	Disagree	11.6%	Strongly disagree	7%
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<p>Due to online shopping are you getting large number of product options?</p> <p>No doubt that majority of research respondent 60.5% agree and 29.1% research respondent strongly agree that they have got large number of product options due to online shopping</p>	<table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly agree</td> <td>29.1%</td> </tr> <tr> <td>Agree</td> <td>60.5%</td> </tr> <tr> <td>Neither agree nor disagree</td> <td>10.4%</td> </tr> <tr> <td>Disagree</td> <td>0%</td> </tr> <tr> <td>Strongly disagree</td> <td>0%</td> </tr> </tbody> </table>	Response	Percentage	Strongly agree	29.1%	Agree	60.5%	Neither agree nor disagree	10.4%	Disagree	0%	Strongly disagree	0%
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<p>Do you think that tracking ability of your online shopping order is important feature?</p> <p>Majority of survey respondents have satisfy with online tracking ability of shopping as 44.2% respondents have strongly agree and 41.9% respondents have agree with statement.</p>	<table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly agree</td> <td>44.2%</td> </tr> <tr> <td>Agree</td> <td>41.9%</td> </tr> <tr> <td>Neither agree nor disagree</td> <td>13.9%</td> </tr> <tr> <td>Disagree</td> <td>0%</td> </tr> <tr> <td>Strongly disagree</td> <td>0%</td> </tr> </tbody> </table>	Response	Percentage	Strongly agree	44.2%	Agree	41.9%	Neither agree nor disagree	13.9%	Disagree	0%	Strongly disagree	0%
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<p>Have you got prompt response from online shopping website for any type of reporting for fraud?</p> <p>36% of survey respondents have agree with statement , but 38.4% survey respondents have neither agree nor disagree that they got any type of response for any type of reporting for fraud.</p>	<table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly agree</td> <td>12.8%</td> </tr> <tr> <td>Agree</td> <td>36%</td> </tr> <tr> <td>Neither agree nor disagree</td> <td>38.4%</td> </tr> <tr> <td>Disagree</td> <td>9.3%</td> </tr> <tr> <td>Strongly disagree</td> <td>2.5%</td> </tr> </tbody> </table>	Response	Percentage	Strongly agree	12.8%	Agree	36%	Neither agree nor disagree	38.4%	Disagree	9.3%	Strongly disagree	2.5%
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Do you think that online shopping is future of shopping?

Great majority of survey respondents have agree with 39.5% and 30.2% strongly agreed that online shopping is future of shopping.



1.8 Conclusion

The current survey is descriptive in nature and it has made an effort to understand the behavior of consumers of Gujarat state towards online shopping during COVID-19 pandemic. Though factual significance of different parameters has not been analyzed yet the generalized results outcome through data investigation has given clear sign of increasing significance of online stores in the life of people. The online shopping is frequently visited by the consumers. The luxury and convenience gave by these stores to 24 into 7 has made extremely simple shopping for consumers worldwide. The analysis discussed in the above segment has documented that the Indian customers are likewise getting habituated to the online shopping and they do like different features of online shopping as by rest of the world. However, the estimations available have shown that Indian market is as yet not a completely developed market for e-shopping stores. There is massive scope of web-stores in different areas and in practically every one of the segments. The vast majority of population is the biggest fascination of this industry and they may contribute significantly to the development of online shopping in India. Most of internet users are youngsters, most of labor and products demanded are related to just this segment. Also a huge population move toward online shopping due to COVID-19 pandemic. The present study has several implications for business strategists. Considering the empirical evidences of the present study it can be concluded that,

As per Demographic respondent of survey majority of response are received from male, 18 to 36 years age group, graduate and post – graduate, full time employee and annual income of 50,000 to 400,000.

1. The e-commerce market has a great potential for youth segment. As the usage of mobile internet increase, it tends to be easily identified that greatest number of respondents of online shopping are in age group of 18 to 25 and 26 to 36 years with on and average annual income to 50,000 to 200,000. Those age group survey respondents have been more comfortable with online shopping. So for online seller that age group is good opportunity for business spread.
2. The online purchasing behavior during COVID-19 pandemic of consumer can be discovered through the survey. As the outcome of survey shows that, still majority of people believe on cash on delivery and secondly on debit or credit card payment method. Also they are using online shopping but, somehow they also have fear of financial risk, product quality risk, selection of wrong website risk and at smaller amount non-delivery of product risk also. By focusing on different components



identified in this examination, the corporate can make their marketing strategies in better manner. It will help to convert their potential customers into active customers. By improving the financial safety in payment method, giving more secured payment choices, improving brand product, authentication of web site and timely delivery of the merchandise with better bundling can further lift the demand of different items and services through web stores.

3. The market segments like electronic goods, fashion and books are top 3 on online shopping list as on focusing on those a items on can enhance and improve its business spread.
4. With the help of study it identified that due to COVID-19 pandemic majority of respondents sifted to online shopping and they also avoid going out and filling relaxing online shopping as compared to offline shopping. So now people are rutting towered online shopping due to COVID -19 pandemic and that time face is golden opportunity for online seller to attract and make then long term online consumer. Online seller should work on their business to consumer strategy and try to improve it.
5. As per the discovery of survey it's clear that online shopping has bright future and that e-commerce industry has a huge scope of development.

1.9 References

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An International Multidisciplinary Multilingual E-Conference on
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Special Issue - Volume.6 Issue 6, June – 2021

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95. 'ઝેર તો પીધા છે જાણી જાણી' - ૧ નું સમરસતામાં પ્રદાન

સંશોધક

સોલંકી સુર્યાબેન હરિસિંહ

સ્કૂલ ઓફ હ્યુમીનિટીઝ એન્ડ સોશિયલ સાયન્સીસ

વિષય-P.H.D સંશોધક ગુજરાતી

ડૉ.બાબાસાહેબ આંબેડકર ઓપન યુનિવર્સિટી અમદાવાદ

❖ ભૂમિકા :

ગુજરાતી સાહિત્યની મહાન નવલકથાઓમાં સ્થાન પામનાર નવલકથાનું સર્જન મનુભાઈ પંચોળીના હસ્તે થયું છે. મહાનકૃતિની લાક્ષણિકતા જ એ છે કે તે વિશ્વભરની સમસ્યાઓને, માનવમનની સંવેદનાઓને ગહન રીતે આપણી સમક્ષ પ્રગટ કરે છે. પણ સાથોસાથ તાત્વિક દર્શનની પ્રતીતિ પણ સાહિત્યના માધ્યમ દ્વારા કરાવે છે. 'ઝેર તો પીધા છે જાણી જાણી' નવલકથાના સર્જકની ખૂબી જ એ છે કે તેમણે પાત્રોને સંવેદન ઝીલીને સમયની સાંગોપાંગ કથાપ્રવાહને રસપદ બનાવવા માધુર્યસભર કથાસૃષ્ટિ ખડી કરી છે. સાડા ચાર દાયકા ઉપર પથરાયેલો અને ત્રણ ભાગમાં અવતરેલી મહાનવલ 'ઝેર તો પીધા છે જાણી જાણી' આખરે એક ગ્રંથ રૂપે આપણને પ્રાપ્ત થાય છે.

ભારતીય જ્ઞાનપીઠનો પુરસ્કાર પ્રાપ્ત કરનાર સર્જકની આ મહાનવલકથાના સર્જનની સર્જનલીલા અદ્ભુત છે. પહેલાભાગનો ગ્રામપરિવેશ રોમાંચક છે. જ્યારે બીજા ભાગમાં વાર્તાની ટેકનિક ડાયરીનું સ્વરૂપ લે છે. જ્યારે ત્રીજો ભાગ 'મધુરણ સમાપયેત'નો અર્થ સૂચવી જાય છે. મનુભાઈ પંચોળીની બે વિશિષ્ટ સિદ્ધિઓ છે. જેમ કે વાર્તાકથન અને પાત્રલેખન, જેનાથી નવલકથા રસપ્રદ અને માર્મિક બની રહે છે.

ગાંધીબાપુ પ્રત્યેની અનન્ય ભક્તિપ્રેમનું કારણ હોય, કે પછી અહિંસાની ખેવના કે સ્વાતંત્ર્ય પછી મુક્તિના આનંદથી મનુભાઈ પંચોળી આશ્રમ અને ગાંધીબાપુને કથાપ્રવાહને નવી રાહ ચીંધનારા આલેખ્યા છે. જીવનના



द्वैतमांशी जागनारो संघर्ष ये आ महानवलनो ध्यानविषय छे. द्वैतनुं उपसमन करवा बुद्धनी गुफाओना पहाडी परिवेशनो योग करावीने तेनुं सूयन आपे छे.

समरसता अेटले के समरस थवानो गुण, के सदा अेकसमान रहेवानी स्थिति. मनुभाछ पंचोलीनी आ नवलकथाना पात्रो वातावरण मुजब ज चित्रित थया छे. गोपाणबापा, रोहिणी, सत्यकाम जेवा पात्रो अेक समान बनीने कर्मना आधारे संसारमां सरे छे. धर्ममा आस्था धरावनारा नर-नारीओ समाजजवननुं धारकबल बनी शके तेवुं सुयवायुं छे.

❖ 'अेर तो पीधा छे जाएी जाएी' - १ नुं समरसतामां प्रदान :

शींगोडा नदी पासेनी कोतर पर ते वभतना श्रीमंत सयाजुराव अंगरक्षको साथे उभा हता. पडभेना गीरना जंगलमां दीपडो आव्याना वावडे आ तरङ्ग उतरी आव्या हता. तेवामां भेडु माणसे प्रणाम करीने महाराजने बोर भेट धरे छे. बडलामां पोताना मीत्रना दीकरा माटे योग्य किंमते कोतर आपवानी बलामण करे छे. कोतरमां बोरडीओ वाववानी वात करे छे. ते भेडु माणस छे गोपाणबापा मित्रना पुत्रने उछेरवा माटे महाराज पासेथी कोतर ले छे अने बडलामां मंदिरनी बाजुमां धरमशाणा बांधवानुं कहे छे. मित्रनो पुत्र सत्यकाम अने बार वर्षनी पोतानी पुत्री रोहिणीने कोतर पर राभी वाडीने छापड़ बनावी वसवाट करे छे. साथे रमेलां, रडेलां सत्यकाम अने रोहिणीनी सगाछ गोपाणबापा करावे छे. गोपाणबापा मांडण भगतने गुरु मानता होय छे. अेकवार अरजण माछलीओ पकडवा जाण पाथरे छे. अने गोपाणबापा तेने पकडी पाडे छे. अने पांच रुपीया आपी मजुरी करवा समजावे छे. अरजण गोपाणबापाना त्यां ज सैयारी तरीके कामे लागी जाय छे.

बे वर्ष पछीनी वात छे. पोरबंटरथी अेक शेठ अने तेमना नानाभाछ विनायकराव पत्नी अने पुत्र साथे गोपाणबापानी वाडीअे आवे छे. अरजण भोमिया तरीके साथे होय छे. अे समये रोहिणी महादेवना मंदिरमां पूजा-अर्थना, श्लोको सहित करती होय छे. गोपाणबापा अने सत्यकाम भेतरे गया होय छे. पेली स्त्रीओ प्रदक्षिणा करती होय छे. ते समये विनायकरावना पुत्र हेमंतने साप करडे छे. पेली स्त्रीओ राडाराड करवा मांडे छे. मोटा शेठ अने



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વિનાયકરાવ બેબાકળા બની જાય છે. રોહિણી છરી મંગાવી હેમંતના અંગુઠે કાપ મૂકી ઝેર ચૂસી જાય છે. અને હેમંત જીવીત થાય છે. ત્યારે મોટા શેઠ કહે છે કે “તારા મોંમા અમી, બેન !” મોટા શેઠની આંખમાં હરખના આંસું આવ્યા ને સત્યકામ ગોપાળબાપાને લઇને દાખલ થાય છે.

રાત્રે વાળુ-પાણી કર્યા પછી મોટા શેઠ, વિનાયક રાવ, ગોપાળબાપા ભેગા બેસીને ભજનોની વાતો કરે છે. થોડાક દિવસો પછી તે પોરબંદરના શેઠિયાઓ ગોપાળબાપા પર તાર મોકલે છે. જેમાં હેમંત માટે રોહિણીનો હાથ માગે છે. પરંતુ ગોપાળબાપા તાર કરી રોહિણીની સગાઇ સત્યકામ સાથે કરેલ છે. તેવા સમાચાર આપે છે. દિવસો વીતતા જાય છે. અને રોહિણી સત્યકામનું બાળપણ યુવાનીમાં પરીવર્તીત થતું જાય છે.

એક દિવસ રાતના ભજનમાં લખીરામજી જે ગાંજા-તમાકુના સેવન કરનારા હતા, પરમાણંદદાસ સીતાપુરના સ્ટેશન માસ્તર હતા, સુરાભાઇ કાઠી છોકરીઓનો ધંધો કરનારો હતા, દામોદર શેઠ વણિક જેને બધા નરસિંહ મહેતા કહેતા આ બધાની ભજનમંડળી જામી. તેમાં અરજણ પણ ગોપાળબાપાની વાંસે વાંસે ધર્મરાજના ફૂતરાની જેમ હતો. દાસી જીવસ, લાડુ ભટ્ટ, બ્રહ્માનંદ ને વૈરાગ્યવીર નિષ્કલાનંદના ભજનો ગવાતા. સત્યકામ અને રોહિણી પણ તે ભજનમંડળીમાં સામેલ થાય છે. રોહિણી ઊંઘનું બહાનું કાઢી ઘરે આવવા નીકળે છે. ગોપાળબાપા સત્યકામને સાથે મોકલે છે. રસ્તામાં સુરોભાઇ કાઠીભગત રોહિણી અને સત્યકામ પર પ્રહાર કરે છે. સત્યકામ સુરંગની બંદૂક ખૂંચવી ભોય પર પાડી દે છે. સુરાભાઇ સત્યકામને ધક્કો મારવા આવે છે અને રોહિણીને વાગી જાય છે. રોહિણી મૂર્છિત થઇ ઢળી પડે છે. સત્યકામ કાઠીને કાઢીને આબરૂ બચાવવા ખાતર છોડી મૂકે છે અને રોહિણીને ઉપાડી નદી કાંઠે લઇ જતાં-જતાં તેના મોંઢા પર ચુંબન કરે છે. અને પાણી છાંટી રોહિણીને સભાન બનાવે છે. બીજા દિવસે ગોપાળબાપા સત્યકામ ને રોહિણીની જન્મોત્તી મંગાવી લગ્ન લેવાની દામાકાકાને વાત કરે છે. સત્યકામ અને રોહિણી ઘર બાંધવાની તૈયારીઓ કરવા મંડી પડે છે.

પોષ મહિનાની ઠંડીમાં સત્યકામ પ્રહર ચારવા ભેંસો લઇને નીકળે છે. ત્યારે તેને ત્યાં દામાકાકા સત્યકામને કહે છે કે “જ્યોતિષ મુજબ લગ્ન થતાં બેમાંથી એક ન હોય તેવું બને છે.” સાંભળી સત્યકામ અવાચક બની જાય છે. દામાકાકા ગોપાળબાપાને પણ આ વાત કરે છે. ત્યારે ગોપાળબાપા જન્મકુંડળી કરતાં કરમકુંડળી બળવાન છે. હું

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નીતિથી ચાલ્યો છું. ભગવાન એને શું કામ દંડે ? એમ કહે છે. પછી મહેતા આગળ કહે છે કે બાપા બે મહિના પછી અમે તમને દેખી શકીએ તો ભાગ્યશાળી.” ઘડીભર શાંત થયા પછી ગોપાળબાપા કહે છે કે “ગ્રહથી ન બીઓ, મોતથી ન બીઓ, પાપથી બીઓ, સંસાર કાપ્યો કપાતો નથી એને તો સુગંધિત કરવો પડે છે.”

ગોપાળબાપા મહેતાને કહે છે કે પરમાણુદાસને બાંધો કે સત્યકામ રોહિણીના લગ્ન કરાવે. બીજી બાજુ સત્યકામને ઝરીયા તેના પિતાની મિલકતનો હિસાબ માટે મોકલે છે. પાંચમે પાછા આવી પૂનમે લગ્ન લેવાની વાત કરે છે. શોકમગ્ન સત્યકામ રોહિણીથી વિદાય લઈને નીકળે છે. બીજી બાજુ ગોપાળબાપા પરવાર કરવા માંડે છે. ઝરીયા પહોંચેલો સત્યકામ કોલસાની ખાણોના શેરો ને મકાન વેચીને પોતાના વકીલ દિનેશબાબુને મળવા ઘરે જાય છે. પણ દિનેશબાબુનો નાનો ભાઈ પ્રસન્ન લંકટ સાંબળું ખૂનના આરોપસર નાસતો ફરતો હતો. તે સત્યકામના ઘરે નીકળવાના દિવસે જ તેના ઘરે આશરો લેવા પહોંચી જાય છે. સત્યકામ પિતા ગોપાળબાપાના સંસ્કારના તે જે આશરો આપે છે. અને સત્યકામની ધરપકડ થાય છે. ગોપાળબાપા સુરંગને પોતાની ભેંસો આપીને પરિશ્રમ કરવાનો અર્થ સમજાવે છે. ગોપાળબાપા બધા ખેડૂતોનું લેણુ માફ કરી થાક્યાપાક્યા વિશ્રામ કરે છે. સવારમાં ઊઠી સ્નાન કરી પૂજા કરતાં ભાગવત રોહિણી સંભળાવે છે. તે સમયે જ બાવાઓની જમાત ગોપાળબાપાને તેડવા આવે છે. અને ગોપાળબાપા સ્વર્ગે સીધાવે છે. બધા ભેગા મળી ગુરુજીના ગુણ ગાઈને ભજન ગાય છે. અને ગોપાળબાપાને પાલખીમાં બેસાડી રોહિણીના હાથે અગ્નિદાહ અપાય છે. ગોપાળબાપાના બારમાના દિવસે બા પણ ગુજરી ગયા, રોહિણી સાવ એકલી પડી ગઈ. વાડીની ને ખેતર, ઢોરાંની જવાબદારી રોહિણી પર આવી પડી.

સત્યકામ હરજારીબાગ સેન્ટ્રલ જેલમાંથી રોહિણીને તાર કરે છે. પગમાં બેડી પડવાની ઘટનાની વાત કેરે છે અને કહે છે કે “હામ તો છે કે પાછો એક દિવસ આવીશ તું એ વખતે નાહીને ભીને વાળે કપડાં સૂકવતી હોઈશ.” રોહિણી પણ પ્રત્યુત્તરમાં કાગળ લખી સત્યકામને બોલાવે છે. વળતા જવાબમાં સત્યકામ કહે છે ‘મારાથી મારા પ્રમને નહિ ખાઈ શકાય.’

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રોહિણીએ દિવસોને મહિનાઓ સુધી રાહ જોયા પછી અન્નછત્રમાંથી સત્યકામનું શીળી થવાથી મૃત્યુ થયાના સમાચાર સુખદેવ આપે છે. રોહિણી આઘાતથી પટકાઇ પડે છે. વાડીવાળાઓ દવાઓ શોધવા લાગે છે. એવામાં સોળેક વર્ષનો કિશોર અચ્યુત ગાડીમાંથી બેગ લઇને ઉતરે છે. તે વિનાયકરાવનો નાનો દીકરો છે. તે રોહિણીને પોતાની સાથે લઇ જઇને સાજી કરે છે. રોહિતીને સાજી જોઇ બેરિસ્ટરના મોં પર ઉત્સાહ પથરાઇ જાય છે. અચ્યુત જે બેરિસ્ટર વિનાયકરાવનો નાનો પુત્ર છે. દાસકાકા પણ સાથે જ હતા. અચ્યુત અને રોહિણી વચ્ચે મિત્રતા કેળવાય છે. રોહિણીના સાજા થયા પછી બેરિસ્ટર પોતાની પત્ની અને પુત્ર હેમંતને લઇને મળવા આવે છે. રોહિણી દુઃખ-કલેશને ભૂલવા લાગે છે. તેવામાં તેને બેરિસ્ટર અને તેમની પત્ની તથા રખાત રાખવાના સબંધની જાણ થાય છે. આબુદર્શન વખતે તેને વાડી ને વાડી સાચવનારું કોણની પ્રતિતી થાય છે.

રોહિણી સાજી થઇ વાડીએ પાછી આવે છે. વાડીમાં આવતા બાપા ને સત્યકામની સ્મૃતિ તાજી થઇ ગઇ. વાડીના કામમાં લાગી નવરાશના સમયે નરસિંહ મહેતાને ત્યાં પાપડ કે સેવ વણાવવા જતી, છાપું વાંચતી. ખેડા સત્યાગ્રહના દિવસો હતા. રોહિણી છાપું વાંચતી ને ખેડૂઓને રાત્રે સંભળાવતી. એકદિવસ છાપું વાંચતાં હેમંતના ધરપકડના સમાચાર વાંચીને તાર લખવા બેઠી. થોડા દિવસ પછી અચ્યુતનો તાર આવ્યો કે મોટાભાઇ ક્ષયમાં પકડાયા છે. રોહિણી વાડીનું કામ સોંપી હેમંતની સારવાર માટે અમદાવાદ ગઇ. ત્યારે અચ્યુત ને તેના પિતા બેરિસ્ટર ખુશ થઇ ગયા. રોહિણી હેમંતની સારવાર ચાલુ કરી. તેની તબિયત સુધરતી હતી. સમય વિતતો ગયો ને હેમંતને રોહિણીનાં લજ્જ નક્કી થયાં હેમંતે પોતાની ઘરની સ્થિતિ થી રોહિણીને વાકેફ કરી. રોહિણી રખાત અને બેરિસ્ટરની રજા લઇ બા ને પોતાની સાથે ગામડે રહેવા લઇ ગઇ. લજ્જ થયે મહિનો થયો હશે. હરકોરકાકી પણ બેરિસ્ટરની હકીકત ગાંધીબાપુને તાર કરી કહે છે.

હેમંત, રોહિણી, હરકોર કાકી ગામડાના ઘરમાં રહેતા હોય છે. ત્યાં એક લુહારની છોડી જેનો બાપ મરી ગયો છે. તેને નાના છોકરા સાથે પરણાવી હતી. અને હવે જેઠ જે ચાલીસ વર્ષના છે. તેની સાથે સબંધ બાંધવાની વાતથી તે છોડી જાણી સાસરેથી નાસી આવીને ઢેઢના ઘરે અભડાવવાના બહાને ધમાલ મચાવી ઊભી છે. હેમંત રોહિણી પાસેથી

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આ બધું જાણે છે. હેમંત જાણીને કહે છે તારી મા મારા ઘરે કામ કરે છે. તું મારે ત્યાંથી પાણી પી ને અભડાઈ જા. હેમંત ને શેઠ ભેગા થઈને મણીના સાસરીયાઓને પાઠ ભણાવે છે. મણીને અમદાવાદ ભણવા મોકલી આપે છે. હેમંત રતનસંગ, કશળસંગની સામે થાય છે. એવામાં જ રોહિણી પર સત્યકામનો તાર આવે છે. અને રોહિણી પટકાઈ પડે છે. રોહિણી કેટલાય દિવસો સુધી સંતાય અનુભવે છે. હેમંત રોહિણીને સમજાવે છે. એવામાં વેકેશનના દિવસોમાં મણિ ઘરે આવે છે. હેમંત રોહિણીના માથા પર હાથ ફેરવતા પૂછે છે કે “શેકેલું બી ઊગતું નથી” એનો અર્થ શું થાય ? રોહિણી પ્રત્યુત્તર આપતી નથી ઊઘી જાય છે. એવામાં મણિ હેમંતને ગામમાં થતી મારામારીની ખબર આપે છે. હેમંત જાય છે. મણિ અને તેની મા ને દીવાલ પાછળ ગાયના ઘાસના ઓઘામાં છુપાવી દે છે. એવામાં અચ્યુત અને કાકી બહારગામ ગયા હોય છે. રતનસંગ, મોહન દરજી, નંદલાલ સુથાર ને સાથે લઈ લાકડીઓ અને ધારિયાથી શેઠકાકાની ઘરની પાછળ સંતાઈ જાય છે. અને ઢોલીને ઢોલ વગાડવાની સૂચના કરીને શેઠકાકાના ખાંચામાં હળવેક થી જઈને બારણા પાસે ઊભા રહી હળવેક થી બારણું બંધ કરી બહાર ઊભેલાને ઘડાક દઈને ભોંય ભેગા કરે છે. એમાં રતનસંગ દરબારનો દીકરો મરે છે. રતનસંગ શરણાગતી સ્વીકારી લે છે. અને પોતાના મૃત દીકરાને ગાડામાં મૂકવા માટે હેમંતને કહે છે. હેમંત જેવો લેવરાવવા નીચે વળે છે કે પડખા સોસરી તલવાર રતનસંગ મારી દે છે. અને હેમંતનું પ્રાણ પંખેરું ઉડી જાય છે. લોકો દગો-દગોની બૂમ પાડી તેમને ભગાવે છે. રોહિણી ખોળામાં સુવાડી હેમંતને ખભે ટેકવયો હતો. આસમાની દરિયો એને વીંટળાઈ વળ્યો ?

રોહિણી પર પિતાના ઘરની ને હેમંતના ઘરને સાચવવાની જવાબદારી આવી પડી. હેમંતના ગયા પછી હરકોર કાકી પણ હાલી નીકળ્યા. શેઠાણીના બારમાના દિવસે બેરિસ્ટરે પોતાના વતન પોરબંદરમાં નાતતેડું નોતર્યું. અર્ધો લાખ રૂપિયા વિધવાઓ માટે આપવાનું નક્કી કર્યું અને ટ્રસ્ટી રોહિણીને રાખી. થોડા મહિના પછી બેરિસ્ટર કાઠિયાવાડના નાનકડી ઠકરાતના કેસ અંગે બહાર ગયા. રોહિણી અને અચ્યુત પણ ગાંધીબાપુના આશ્રમમાં ગયા. થોડા સમય પછી બેરિસ્ટર ધનરાજપુરના રાજાની રખાત લઈને નાસી ગયા. એવા સમાચાર મિડીયામાં વહેતા થયા. ત્યારે બેરિસ્ટરની રખાત સોહિની પણ દાગીના લઈને ભાગી ગઈ. સાબરમતી આશ્રમમાં આ સમાચારે ખળભળાટ મચાવ્યો. એવામાં જ બેરિસ્ટર રોહિણીને તાર કરે છે. જેમાં ધનરાજપુરના રાજાની રખાતનો લખેલો પત્રને સાબીતી

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તરીકે મૂકેલ છે. જેમાં ધર્મની બહેનના દીકરાના હક માટે ત્રાગડું રચ્યું છે જેની જાણ કરાઈ છે. આ તાર રોહિણી ગાંધીબાપુ પાસે લઈ જાય છે. અને બાપુ સમાધાન કરાવી બેરિસ્ટરના કાર્યને વખાણે છે. રોહિણી પ્રસન્નતાથી ઉડવા લાગી.

ગાંધીબાપુના આશ્રમમાં એકવાર પ્રાર્થના પછી અચ્યુત અંગ્રેજી ભણતરનો આગ્રહ પર ટીકા કરે છે. બાપુ તેને બોલવાની છૂટ આપે છે. કેમ કે હૃદયકુંજમાંય સ્વતંત્રતા ન હોય તો બીજે કયાં હોય ? દિવસો વીતે છે તે બાપુ પર ચિઠ્ઠી આવે છે. જેમાં અચ્યુત અને સોહિનીના અફેરની વાત લખેલી હોય છે. બાપુ બંને બોલાવીને પૂછપરછ કરે છે. જેમાં સોહિની સબંધનો ઇનકાર કરી દે છે. અને અચ્યુત તંગ કરે છે એમ કહેતા અચ્યુત ગુનેગાર હોય એમ બાપુના પગે લાગી આશ્રમ છોડી ચાલ્યો જાય છે. વાસ્તવમાં તે નિર્દોષ હોય છે.

અચ્યુત પત્ર લખીને રોહિણીને આપકથની કહે છે. જહાજ પર તૂતક ઘસવાથી લઈને ચીની જમીનદાર વાન-ફ સાથેનો પરિચય, માંડકાકાનો પરિચય જેમને ગાંધીબાપુ પ્રત્યે અનહદ ભક્તિપ્રેમ હતો. જેમના સહયોગથી લંડન સ્કૂલ ઓફ ઇકોનોમિક્સમાં ભણવાની ભલામણ, એલિઝાબેથ મેન્સફિલ્ડ અને તેના કુટુંબની મુલાકાત અને બે વર્ષ પછી બાપુનો કાગળ મળ્યો છે, તેનો ખુલાસો આપે છે. એલિઝાબેથ સામે લગ્ન વિશે ખોટું બોલેલો તેનો પત્રમાં ખુલાસો કરે છે.

રોહિણી અને તેની નાની બહેન રેખા અચ્યુતના ઘરે આવવાના સમાચાર સાંભળી આતુરતાથી રાહ જોઈ બેઠી હોય છે. બેરિસ્ટર સવારના તૈયાર થઈ કોફી પણ અચ્યુતની સાથે લેવાની હોંશે બેઠા છે. રોહિણી અચ્યુતના રહેવાની સગવડ કરાવે છે. રોહિણીની ઇચ્છા રેખાને અચ્યુત જોડે પરણાવવાની છે. જે રેખા સાધવી થવાની ઇચ્છા સેવે છે. રોહિણી ચાર અપંગ બાળકને લઈને આવી હતી. જેનાથી તેના દુઃખમાંથી રાહત અનુભવી શકે. રોહિણીને હૃદયનું શૂળ ઉપડ્યું હતું. અરજણકાકા સાથે સત્યકામની વાતો કરતાં તે શૂળ વધુ ઉપડે છે. ઝેરનું વૈધવ્ય લઈને જીવતી રોહિણીને સત્યકામની સ્મૃતિ થાય છે અને ગાડીના પૈડાનો અવાજ આવ્યો.

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કિશોર નામનો વ્યક્તિ અચ્યુતની અટકાયતના સમાચાર લઈને આવે છે. બેરિસ્ટરનો પારો વધી જાય છે. રોહિણી અને બેરિસ્ટર ગાડી લઈને પોલીસ સ્ટેશન નીકળે છે. રોહિણી રસ્તામાં અચ્યુતના ડોક્ટર બન્યા પછી કેવો લાગતો હશે જેવા વિચાર આવવા લાગ્યા. પોલીસ સ્ટેશને પહોંચ્યા તો મેજિસ્ટ્રેટની બાજુમાં અચ્યુત બેઠેલ છે. પિતાને ભેટી પડીને ભાભીના પગે પડે છે. મેજિસ્ટ્રેટને નવાઈ લાગે છે. ત્યારે કાયદેસર રીતે અમદાવાદના કોઈ પંડિતનો તાર હતો જેમને અચ્યુતના સામાનની અટકાયત કરી હતી પણ સામાનની બેગ સરખી હોવાને કારણે અનાયાસે રોહિણીના રૂમમાં જ રોહિણીથી મૂકાઈ હોવાને કારણે અનાયાસે રોહિણીના રૂમમાં જ રોહિણીથી મૂકાઈ જેમાં લખ્યું હતું.

“નથી રે પીઠાં એ અજાણી રે, મેવાડના રાણા, ઝેર તો પીઠા છે જાણી જાણી પરવરાપણે રોહિણીએ કબાટમાંથી પીળું પડી ગયેલું કવર કાઢી અંદરનો પત્ર ઉખેલ્યો ને અક્ષરો સરખાવવા લાગી. ને પોતાની નોંધપોથી હોય એમ ખોળામાં મૂકીને વાંચવા મંડી.

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❖ सारांश :

मनुभाष पंचोलीनी आ महानवलकथांमांना पात्रो मैत्रीनो येतोविस्तार करे छे. मैत्रीनी भावना केणवाय, अेटले विश्वमां दुःखो छे, विषादो छे, आधिव्याधियो छे तेना तरङ्ग करुणा थाय बीजाना दुःखो ने आपणा दुःखो गणी हूर करवा अे आपणा धर्म छे. समस्त विश्वनी साथे सायुज्य सघाय के दुःखोने पोताना समजतां जे बिन-अंगत आनंद आवे छे तेनी भावना ते समरसता. व्यक्ति तेमज समष्टिना मैत्री, करुणा, मुदिता अने उपेक्षानी भावनाना अनुसंधाने ज मनुभाष पंचोली अे “अेर तो पीधां छे जणी जणी भाग-१” नुं सज्जन कर्यु छे.

❖ संदर्भग्रंथ :

१) अेर तो पीधां छे जणी जणी - मनुभाष पंचोली 'दर्शक'

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96. ਕਿੱਥੇ ਗਏ ਉਹ ਦਿਨ

ਓ ਅਸਲਮ!

ਇੰਦਰਜੀਤ ਹਸਨਪੁਰੀ

ਇੰਦਰਜੀਤ ਹਸਨਪੁਰੀ ਪੰਜਾਬੀਆਂ ਲਈ ਇੱਕ ਜਾਣਿਆ ਪਹਿਚਾਣਿਆ ਨਾਂ ਹੈ। ਉਹ ਇੱਕ ਗੀਤਕਾਰ ਹੈ। ਜਿਸ ਦੇ ਲਿਖੇ ਗੀਤਾਂ ਨੂੰ ਫਿਲਮਾਂ ਲਈ ਵੀ ਗਾਇਆ ਗਿਆ ਹੈ। ਗੀਤਕਾਰੀ ਦੇ ਖੇਤਰ ਵਿੱਚ ਉਸ ਦਾ ਨਾਂ ਧਰੂ ਤਾਰੇ ਵਾਂਗੂੰ ਚਮਕ ਰਿਹਾ ਹੈ। ਪਰ ਪੰਜਾਬੀ ਸਾਹਿਤ ਵਿੱਚ ਇਹ ਉਸਦਾ ਪਹਿਲਾ ਕਦਮ ਹੈ ਜੋ ਉਸ ਨੇ 'ਕਿੱਥੇ ਗਏ ਉਹ ਦਿਨ ਓ ਅਸਲਮ' ਕਿਤਾਬ ਰਾਹੀਂ ਪੁੱਟਿਆ ਹੈ। ਇਸ ਤੋਂ ਪਹਿਲਾਂ ਉਸ ਨੇ ਕੁਝ ਕਵਿਤਾਵਾਂ ਤੇ ਗ਼ਜ਼ਲਾਂ ਵੀ ਲਿਖੀਆਂ ਹਨ। ਪਰ ਇਸ ਕਾਵਿ-ਸੰਗ੍ਰਹਿ ਵਿੱਚ ਉਸ ਦੀ ਇੱਕੋ ਇੱਕ ਲੰਮੀ ਕਵਿਤਾ 'ਕਿੱਥੇ ਗਏ ਉਹ ਦਿਨ' ਹੈ। ਜਿਹੜੀ 22 ਅੰਕਾਂ ਵਿਚ ਵੰਡੀ ਹੋਈ ਹੈ। ਸੰਤੋਖ ਸਿੰਘ ਧੀਰ ਕਹਿੰਦੇ ਹਨ :-

"ਕੀ ਕਹਾਂ ਮੈਂ ਇਸ ਕਿਤਾਬ? ਨੂੰ ਮਹਾਂ ਕਾਵਿ, ਅਖੰਡ ਕਾਵਿ ਜਾਂ ਬਾਈ ਖੰਡਾਂ ਵਿਚ ਵੰਡੀ ਹੋਈ ਇਕੋ ਇਕ ਲੰਮੇਰੀ ਕਵਿਤਾ ਜਿਹੜੀ ਨਿੱਕੇ ਨਿੱਕੇ ਬਾਈਆਂ ਖੰਡਾਂ ਵਿੱਚ ਚੱਲ ਰਹੀ ਹੈ, ਪਰ ਰੂਹ ਅਤੇ ਸਰੀਰ ਵਜੋਂ ਫੇਰ ਵੀ ਇਕ ਹੀ ਰਹਿੰਦੀ ਹੈ।" ਇਸ ਕਵਿਤਾ ਵਿੱਚ ਉਸ ਨੇ ਆਪਣੇ ਬਚਪਨ ਤੋਂ ਲੈ ਕੇ ਹੁਣ ਤੱਕ ਦੀਆਂ ਯਾਦਾਂ ਨੂੰ ਤਾਜ਼ਾ ਕੀਤਾ ਹੈ। ਜਿਨ੍ਹਾਂ ਨੂੰ ਉਸ ਨੇ ਬੜੇ ਕਾਵਿਕ ਅੰਦਾਜ਼ ਵਿਚ ਪੇਸ਼ ਕੀਤਾ ਹੈ। ਜਿਹੜੀਆਂ ਕਵੀ ਤੇ ਉਸ ਦੇ ਵਿੱਛੜ ਚੁੱਕੇ ਦੇਸਤ ਅਸਲਮ ਨਾਲ ਸਬੰਧਿਤ ਹਨ। ਇਸ ਵਿੱਚ ਕਵੀ ਨੇ ਬਿਰਤਾਂਤਕ ਵਿਧੀ ਨੂੰ ਵੀ ਅਪਣਾਇਆ ਹੈ। ਉਸ ਨੇ ਇੱਕੋ ਹੀ ਯਾਦ ਨੂੰ ਬਾਰ ਬਾਰ ਨਹੀਂ ਦੁਹਰਾਇਆ ਸਗੋਂ ਹਰ ਅੰਕ ਵਿਚ ਨਵੀਂ ਗੱਲ ਕੀਤੀ ਹੈ।

ਇੰਦਰਜੀਤ ਹਸਨਪੁਰੀ ਨੇ ਆਪਣੀ ਇਸ ਕਵਿਤਾ ਵਿੱਚ ਬਹੁ ਰੰਗੇ ਵਿਸ਼ੇ ਲਏ ਹਨ। ਵੇਖਣ ਨੂੰ ਤਾਂ ਭਾਵੇਂ ਇਹ ਕਵਿਤਾ ਬਚਪਨ ਦੀਆਂ ਯਾਦਾਂ ਨੂੰ ਸਮਰਪਿਤ ਲੱਗਦੀ ਹੈ, ਪਰ ਅਜਿਹਾ ਨਹੀਂ। ਕਵੀ ਨੇ ਇਸ ਕਵਿਤਾ ਵਿੱਚ ਨਵੇਂ ਤੋਂ ਨਵੇਂ ਵਿਚਾਰ ਤੇ ਸਮੱਸਿਆ ਨੂੰ ਭਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਹੈ। ਜਿਹੜੀ ਕਿ ਉਸਨੇ ਆਪਣੇ ਦੇਸਤ ਅਸਲਮ ਨੂੰ ਸੰਬੋਧਿਤ ਹੋ ਕੇ ਕੀਤੀ ਹੈ। ਕਵੀ ਇੱਕ ਪ੍ਰਤਿਭਾਵਾਨ ਤੇ ਚੇਤੰਨ ਕਵੀ ਹੈ। ਜਿਸ ਨੇ ਆਪਣੀਆਂ ਪੁਰਾਣੀਆਂ ਯਾਦਾਂ ਨੂੰ ਅੱਜ ਨਾਲ ਜੋੜ ਕੇ ਸਾਨੂੰ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਨੂੰ ਸੰਭਾਲਣ ਦਾ ਅਤੇ ਪਿਆਰ ਨਾਲ ਰਹਿਣ ਦਾ ਸੁਨੇਹਾ ਦਿੱਤਾ ਹੈ। ਅਜਾਇਬ ਚਿੱਤਰਕਾਰ ਇਸ ਕਵਿਤਾ ਬਾਰੇ ਲਿਖਦੇ ਹਨ:-



"ਇੰਦਰਜੀਤ ਹਸਨਪੁਰੀ ਦੀ ਲੰਮੀ ਕਵਿਤਾ "ਕਿੱਥੇ ਗਏ ਉਹ ਦਿਨ" ਦਾ ਆਧਾਰ ਬੀਤ ਚੁੱਕੇ ਦੀਆਂ ਕੁਝ ਖੂਬਸੂਰਤ ਅਤੇ ਕੁਝ ਕੋੜੀਆਂ ਕੁਸੈਲੀਆਂ ਯਾਦਾਂ ਹਨ। ਪਰ ਇਸ ਨਜ਼ਮ ਨੇ ਸਿਰਫ਼ ਬੀਤ ਚੁੱਕੇ ਨੂੰ ਹੀ ਨਹੀਂ, ਸਗੋਂ ਭੂਤ, ਭਵਿੱਖ ਤੇ ਵਰਤਮਾਨ, ਤਿੰਨਾਂ ਕਾਲਾਂ ਨੂੰ ਆਪਣੇ ਕਲਾਵੇ ਵਿੱਚ ਲੈ ਰੱਖਿਆ ਹੈ।"

ਇਹ ਲੰਮੀ ਕਵਿਤਾ ਸਿਰਫ਼ ਰੂਪ ਦੇ ਪੱਖੋਂ ਹੀ ਲੰਮੀ ਨਹੀਂ ਸਗੋਂ ਇਸ ਕਵਿਤਾ ਵਿਚ ਕਵੀ ਗੱਲਾਂ ਵੀ ਬੜੇ ਲੰਮੇ ਸਮੇਂ ਤੇ ਲੰਮੀ ਸੋਚ ਦੀਆਂ ਕਰਦਾ ਹੈ। ਉਹ ਆਪਣੇ ਬੀਤੇ ਸਮੇਂ ਨੂੰ ਬੜੇ ਹਿਰਦੇ ਵੇਦਕ ਪੁਕਾਰ ਕਰਦਾ ਵਾਰ-ਵਾਰ ਕਹਿੰਦਾ ਹੈ, "ਕਿੱਥੇ ਗਏ ਉਹ ਦਿਨ ਓ ਅਸਲਮ" ਜਿਵੇਂ ਕੋਈ ਬੱਚਾ ਆਪਣੇ ਕਿਸੇ ਗੁੰਮ ਗਏ ਖਿਡੌਣੇ ਨੂੰ ਵਾਰ-ਵਾਰ ਲੱਭਦਾ ਹੋਇਆ ਉਸ ਬਾਰੇ ਪੁੱਛਦਾ ਹੈ। ਇਸੇ ਤਰ੍ਹਾਂ ਕਵੀ ਆਪਣੇ ਦੇਸ਼ ਨੂੰ ਵਾਰ-ਵਾਰ ਸੰਬੋਧਿਤ ਕਰਦਾ ਇਹ ਗੱਲ ਵਾਰ-ਵਾਰ ਪੁੱਛਦਾ ਹੈ, "ਕਿੱਥੇ ਗਏ ਉਹ ਦਿਨ ਓ ਅਸਲਮ।" "ਇਹ ਕਵਿਤਾ 'ਇੰਦਰਜੀਤ ਹਸਨਪੁਰੀ' ਦੇ ਬਚਪਨ ਦੀਆਂ ਯਾਦਾਂ ਤੋਂ ਸ਼ੁਰੂ ਹੁੰਦੀ ਹੈ। ਜਿਸ ਵਿੱਚ ਉਹ ਬੇਪਰਵਾਹੇ ਬਚਪਨ ਦੀਆਂ ਗੱਲਾਂ ਕਰਦਾ ਹੈ। ਉਹ ਬਚਪਨ ਜਿਹੜਾ ਦੁਨੀਆਂ ਦੇ ਹਰ ਫਿਕਰ ਤੇ ਦੁੱਖ ਤੋਂ ਬੇਗਾਨਾ ਹੁੰਦਾ ਹੈ।

ਜਿਸ ਵਿਚ ਬੱਚੇ ਬੇਪਰਵਾਹ ਹੋ ਕੇ ਆਪਣੀਆਂ ਖੇਡਾਂ ਤੇ ਸ਼ਰਾਰਤਾਂ ਵਿੱਚ ਮਸਤ ਰਹਿੰਦੇ ਹਨ ਜਿਹੜੇ ਗਰਮੀ ਸਰਦੀ ਦੀ ਵੀ ਪ੍ਰਵਾਹ ਨਹੀਂ ਕਰਦੇ। ਜਿਹੜੇ ਛੋਟੀਆਂ-ਛੋਟੀਆਂ ਗੱਲਾਂ ਤੇ ਲੜਕੇ ਝਗੜਦੇ ਵੀ ਹਨ ਪਰ ਮਿੰਟਾਂ ਵਿਚ ਹੀ ਉਹ ਲੜਾਈ ਨੂੰ ਭੁੱਲ ਕੇ ਫਿਰ ਇੱਕ ਹੋ ਕੇ ਖੇਡਣ ਜਾ ਲੱਗਦੇ ਹਨ। ਇਸ ਤਰ੍ਹਾਂ ਉਸ ਨੇ ਆਪਣੀ ਕਵਿਤਾ ਵਿਚ ਸਿਰਫ਼ ਆਪਣਾ ਬਚਪਨ ਹੀ ਨਹੀਂ ਸਗੋਂ ਹਰ ਇਕ ਬੱਚੇ ਦੇ ਬਚਪਨ ਦੀ ਤਸਵੀਰ ਖਿੱਚੀ ਹੈ। ਜਿਹੜੀ ਕਿ ਹਰ ਕਿਸੇ ਨੂੰ ਪਿਆਰੀ ਲੱਗਦੀ ਹੈ ਤੇ ਆਪਣਾ ਬਚਪਨ ਯਾਦ ਕਰਵਾਉਂਦੀ ਹੈ। ਬੱਚਿਆਂ ਦੀਆਂ ਸ਼ਰਾਰਤਾਂ ਬਹੁਤ ਪਿਆਰੀਆਂ ਹੁੰਦੀਆਂ ਹਨ। ਉਸ ਕਵਿਤਾ ਦੇ ਮੁੱਖ ਵਿਸ਼ੇ ਪੁਰਾਣੀਆਂ ਬਚਪਨ ਦੀਆਂ ਯਾਦਾਂ, ਆਪਸੀ ਪਿਆਰ, ਮਜ਼੍ਹਬੀ ਵਲਗਣਾਂ ਤੋਂ ਉੱਪਰ ਉੱਠ ਕੇ ਇਨਸਾਨ ਦੀ ਇਨਸਾਨ ਨਾਲ ਸਾਂਝ, ਵੰਡ ਦਾ ਦੁਖਾਂਤ, ਬੀਤੇ ਸਮੇਂ ਨੂੰ ਵਾਪਸ ਮੋੜਨ ਦੀ ਗੁਜ਼ਾਇਸ਼, ਆਜ਼ਾਦੀ ਦੀ ਚਾਹ, ਮਾਂ ਦਾ ਮਹੱਤਵ, ਆਪਣਿਆਂ ਨਾਲੋਂ ਟੁੱਟਣ ਦਾ ਦੁੱਖ, ਵੰਡ ਸਮੇਂ ਹੋਈ ਕਤਲੋਗਾਰਦ, ਪਿਆਰ ਦੀ ਮਹਾਨਤਾ, ਧੀਆਂ ਭੈਣਾਂ ਦੀ ਇੱਜ਼ਤ ਦੀ ਸਾਂਝ, ਕੁਦਰਤ ਦੇ ਚਿੱਤਰ, ਅਮਨ ਦੀ ਪੁਕਾਰ, ਸੱਭਿਆਚਾਰ ਦਾ ਮੁਹਾਂਦਰਾ, ਪੇਂਡੂ ਜੀਵਨ, ਪੁਰਾਣਾ ਵਿਰਸਾ, ਬਦਲ ਰਹੇ ਸਮੇਂ ਦੇ ਦੁਖਾਂਤ, ਦੇਸ਼ ਦੀ ਉੱਨਤੀ (ਜੋ ਆਜ਼ਾਦੀ ਤੋਂ ਬਾਅਦ ਹੋਈ ਹੈ), ਸਮਾਜਿਕ ਨਾ ਬਰਾਬਰੀ, ਮਹਿੰਗਾਈ ਸ਼ਹੀਦਾਂ ਦੀਆਂ ਕੁਰਬਾਨੀਆਂ ਦਾ ਮੁੱਲ, ਜਾਤਪਾਤ, ਏਕੇ ਦੀ ਬਰਕਤ ਆਦਿ। ਇਸ ਤੋਂ ਬਿਨਾਂ ਉਹ ਪੇਂਡੂ ਜੀਵਨ ਦੀ ਤਸਵੀਰ ਵੀ ਹੂ-ਬ-ਹੂ



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ਖਿੱਚਦਾ ਹੈ। ਉਹ ਪੇਂਡੂ ਰਸਮਾਂ, ਰਿਵਾਜ, ਰਹ-ਰੀਤਾਂ, ਮੇਲਿਆਂ, ਤਿਉਹਾਰਾਂ, ਰੁੱਖਾਂ, ਰੁੱਤਾਂ, ਪੰਛੀਆਂ, ਡੰਗਰਾਂ, ਫਸਲਾਂ, ਖੇਤਾਂ, ਖਾਣ-ਪੀਣ, ਕਿਤੇ ਅਤੇ ਕਿਤੇਦਾਰਾ ਦਾ ਵਰਣਨ ਵੀ ਬੜੇ ਵਧੀਆ ਢੰਗ ਨਾਲ ਕਰਦਾ ਹੈ। ਜਿਸ ਤੋਂ ਸਾਨੂੰ ਸਾਰੇ ਪੰਜਾਬ ਤੇ ਪੰਜਾਬੀਆਂ ਦੇ ਰਹਿਣ-ਸਹਿਣ ਦੀ ਪੂਰੀ ਤਸਵੀਰ ਫਿਲਮ ਵਾਂਗੂੰ ਸਾਡੀਆਂ ਅੱਖਾਂ ਦੇ ਸਾਹਮਣੇ ਘੁੰਮ ਜਾਂਦੀ ਹੈ।

ਕਵੀ ਦੀ ਕਵਿਤਾ ਦਾ ਮੁੱਖ ਵਿਸ਼ਾ ਪਿਆਰ ਹੈ। ਉਸ ਦੀ ਕਵਿਤਾ ਦੇ ਦੋ ਮੁੱਖ ਪਾਤਰ ਗੁਰਮੁਖ ਤੇ ਅਸਲਮ ਹਨ। ਜਿਹੜੇ ਬਚਪਨ ਦੇ ਪੱਕੇ ਦੇਸਤ ਹਨ। ਜਿਨ੍ਹਾਂ ਦੀ ਦੇਸਤੀ ਦੀ ਗੰਢ ਬਹੁਤ ਪੀਠੀ ਹੈ। ਜਿਹੜੇ ਇੱਕ ਦੂਜੇ ਦੇ ਦੁੱਖ ਆਪਣੇ ਸਿਰ ਤੇ ਲੈਣ ਨੂੰ ਤਿਆਰ ਰਹਿੰਦੇ ਹਨ। ਸਾਰੀ ਕਵਿਤਾ ਉਨ੍ਹਾਂ ਦੇ ਪਿਆਰ ਦੀ ਕਹਾਣੀ ਪੇਸ਼ ਕਰਦੀ ਹੈ। ਉਹ ਨਫਰਤ ਨੂੰ ਭੁਲਾ ਕੇ ਦੁਨੀਆਂ ਨੂੰ ਪਿਆਰ ਦੇ ਰਾਹਾਂ ਦੇ ਪਾਂਧੀ ਬਣਾਉਣਾ ਲੋਚਦਾ ਹੈ। ਉਹ ਕਹਿੰਦਾ ਹੈ ਕਿ ਭਾਵੇਂ ਮਨੁੱਖ ਨੇ ਕਿੰਨੀ ਹੀ ਤਰੱਕੀ ਕਰ ਲਈ ਹੈ, ਉਹ ਚੰਦ ਤੇ ਪਹੁੰਚ ਗਏ ਹਨ। ਦੁਨੀਆਂ ਦਾ ਫ਼ਾਸਲਾ ਘਟ ਰਿਹਾ ਹੈ ਪਰ ਉਹ ਦਿਲ ਦੀਆਂ ਦੂਰੀਆਂ ਘਟਾਉਣ ਲਈ ਕੁਝ ਨਹੀਂ ਕਰ ਸਕੇ। ਸਗੋਂ ਇਹ ਹੋਰ ਵਧਦੀਆਂ ਜਾ ਰਹੀਆਂ ਹਨ। ਉਹ ਲੋਕਾਂ ਨੂੰ ਦਿਲਾਂ ਦੀਆਂ ਦੂਰੀਆਂ ਮਿਟਾਉਣ ਦੀ ਅਪੀਲ ਕਰਦਾ ਹੈ।

*ਆ ਜਾ ਇਸ ਦੁਨੀਆਂ ਨੂੰ ਆਪਾਂ
ਯਾਰਾ ਜਾਗ ਪਿਆਰ ਦਾ ਲਾਈਏ:
'ਨੇਰ ਮਿਟਾਈਏ, ਜੱਗ ਰੁਸ਼ਨਾਈਏ
ਪਿਆਰ ਬੀਜੀਏ ਪਿਆਰ ਉਗਾਈਏ
ਪਿਆਰ ਨਾਲ ਦੁਨੀਆਂ ਮਹਿਕਾਈਏ
ਪਿਆਰ ਦੀ ਬੁੱਕਲ ਦੇ ਵਿਚ ਸੂਰਜ
ਪਿਆਰ ਦੀ ਬੁੱਕਲ ਵਿਚ ਲੇਖਾਂ
ਪਿਆਰ ਦੀ ਬੁੱਕਲ ਦੇ ਵਿਚ ਜੀਵਨ
ਪਿਆਰ ਦੀ ਬੁੱਕਲ ਵਿਚ ਖੁਸ਼ਬੋਆ
ਖ਼ਾਬਾਂ ਦਾ ਇੱਕ ਚਮਨ ਜਨਮਦਾ
ਪਿਆਰ ਦੀ ਕੁੱਖੋਂ ਅਮਨ ਜਨਮਦਾ।
ਜੇ ਸਮਝੇ ਸੰਸਾਰ ਓ ਅਸਲਮ
ਅਮਨ ਦੀ ਮਾਂ ਹੈ ਪਿਆਰ ਓ ਅਸਲਮ!*

ਉਹ ਪਿਆਰ ਦੀ ਮਹੱਤਤਾ ਦੱਸਦਾ ਕਹਿੰਦਾ ਹੈ ਜੇਕਰ ਸਾਡੇ ਲੋਕ ਪਿਆਰ ਨਾਲ ਰਹਿਣ ਲੱਗ ਜਾਣ ਤਾਂ ਦੁਨੀਆਂ ਸੁੱਖਾਂ ਦਾ ਘਰ ਹੋ ਜਾਵੇਗੀ। ਕਿਉਂਕਿ ਪਿਆਰ ਨਾਲ ਹੀ ਦੁਨੀਆ ਦੇ ਲੜਾਈ ਝਗੜੇ ਤੇ ਦੁੱਖ ਦੂਰ ਹੋ ਸਕਦੇ ਹਨ ਤੇ ਅਮਨ ਤੇ ਸਾਂਤੀ ਆ ਸਕਦੀ ਹੈ। ਉਹ

CONFERENCE PROCEEDING

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ਪਿਆਰ ਨੂੰ ਹੀ ਪ੍ਰਮਾਤਮਾ ਦਾ ਦਰਜਾ ਦਿੰਦਾ ਹੈ। ਉਹ ਮਾਂ ਨੂੰ ਵੀ ਪਿਆਰ ਦੀ ਮੂਰਤ ਆਖਦਾ ਹੈ। ਉਹ ਕਹਿੰਦਾ ਹੈ ਕਿ ਪਿਆਰ ਵਿਰੁੱਠੀ ਦੁਨੀਆਂ ਪਿਆਰ ਤੋਂ ਬਿਨਾਂ ਪਤਾ ਨਹੀਂ ਕਿੰਝ ਜੀ ਰਹੀ ਹੈ।

ਪਿਆਰ ਹੀ ਈਸਾ

ਪਿਆਰ ਹੀ ਮੈਲਾ

ਪਿਆਰ ਹੀ ਮਾਤਾ

ਪਿਆਰ ਹੀ ਦਾਤਾ

ਪਿਆਰ ਦੇ ਹੀ ਇਹ ਨਾਂਅ ਨੇ ਸਾਰੇ

ਖ਼ਬਰੇ ਦੁਨੀਆਂ ਕਿੰਜ ਜੀਂਦੀ ਹੈ:

ਅੱਜਕੱਲ, ਪਿਆਰ ਤੋਂ ਬਿਨਾਂ ਓ ਅਸਲਮ

ਕਿੱਥੇ ਗਏ ਉਹ.....!

ਉਸ ਨੂੰ ਧਾਰਮਿਕ ਵਿਵਾਦ ਚੰਗੇ ਨਹੀਂ ਲੱਗਦੇ। ਉਹ ਧਰਮਾਂ ਦੇ ਨਾਂ ਤੇ ਲੜਨ ਵਾਲਿਆਂ ਨੂੰ ਪਿਆਰ ਦਾ ਪਾਠ ਪੜ੍ਹਾਉਣਾ ਚਾਹੁੰਦਾ ਹੈ। ਉਸ ਅਨੁਸਾਰ ਸਭ ਤੋਂ ਵੱਡਾ ਮਜ਼ਹਬ ਪਿਆਰ ਹੈ। ਜਿਹੜਾ ਦੁਨੀਆਂ ਨੂੰ ਚੰਗਾ ਬਣਾਉਂਦਾ ਹੈ। ਮੂਰਖ ਲੋਕੀ ਧਰਮਾਂ ਪਿੱਛੇ ਐਵੇਂ ਹੀ ਲੜੀ ਜਾ ਰਹੇ ਹਨ।

"ਅਸਲਮ ਤੇ ਗੁਰਮੁਖ ਨੇ ਇਕੋ

ਮਰਦੇ ਦਮ ਤਕ ਇਕ ਹੀ ਰਹਿਣਗੇ।"

ਨਾ ਕੋਈ ਤੇਰਾ ਮਜ਼ਹਬ ਸੀਗਾ

ਨਾ ਕੋਈ ਮੇਰਾ ਮਜ਼ਹਬ ਸੀਗਾ

ਦੁਨੀਆਂ ਦੀ ਨਾ ਸਾਰ ਸੀ ਯਾਰਾ

ਆਪਣਾ ਮਜ਼ਹਬ ਪਿਆਰ ਸੀ ਯਾਰਾ!

ਦੇਸ਼ ਦੀ ਵੰਡ ਜਿਸ ਨੇ ਹਿੰਦੂ ਮੁਸਲਿਮ ਫ਼ਸਾਦ ਕਰਵਾਏ ਤੇ ਫ਼ਸਾਦਾਂ ਵਿੱਚ ਅਨੇਕਾਂ ਹਿੰਦੂ ਮੁਸਲਮਾਨਾਂ ਨੂੰ ਮੌਤ ਦੇ ਘਾਟ ਉਤਾਰਿਆ ਗਿਆ। ਘਰਾਂ ਦੇ ਘਰ ਬਰਬਾਦ ਕਰ ਦਿੱਤੇ। ਆਪਸੀ ਪਿਆਰ ਨਫ਼ਰਤ ਵਿੱਚ ਬਦਲ ਕੇ ਇਨਸਾਨ, ਇਨਸਾਨੀ ਖ਼ੂਨ ਦਾ ਪਿਆਸਾ ਹੋ ਗਿਆ। ਭਰਾ, ਭਰਾਵਾਂ ਨਾਲੋਂ ਵੱਖ ਹੋ ਗਏ ਪਰ ਕਵੀ ਨੂੰ ਚਾਰੇ ਪਾਸੇ ਆਪਣੇ ਦੇਸ਼ਤ ਅਸਲਮ ਹੀ ਦਿੱਸਦਾ ਸੀ। ਉਹ ਦੁਨੀਆਂ ਨੂੰ ਪਿਆਰ ਦਾ ਉਪਦੇਸ਼ ਦਿੰਦਾ ਹੋਇਆ ਕਹਿੰਦਾ ਹੈ ਕਿ ਅਜਿਹੇ ਸਮੇਂ ਸਿਰਫ ਨਿਰਦੋਸ਼ ਲੋਕ ਹੀ ਮਾਰੇ ਜਾਂਦੇ ਹਨ। ਜਿਹੜੇ ਇਨ੍ਹਾਂ ਹਾਲਾਤਾਂ ਲਈ ਜ਼ਿੰਮੇਵਾਰ ਹੁੰਦੇ ਹਨ ਉਹ ਪਰ੍ਹੇ ਬੈਠ ਕੇ ਤਮਾਸ਼ਾ ਦੇਖਦੇ ਰਹਿੰਦੇ ਹਨ। ਕਵੀ ਇਨ੍ਹਾਂ ਲੋਕਾਂ ਤੋਂ ਪੂਰੀ ਤਰ੍ਹਾਂ ਸੁਚੇਤ ਹੈ। ਉਸ ਨੂੰ ਪਤਾ ਹੈ



ਕਿ ਦੇਸ਼ ਨੂੰ ਵੰਡਣ ਵਾਲੇ ਤਾਂ ਕੋਈ ਹੋਰ ਹਨ, ਪਰ ਜਿਹੜੇ ਮਨੁੱਖ ਮਰ ਰਹੇ ਹਨ ਉਹ ਕੋਈ ਹੋਰ ਹਨ, ਜਿਨ੍ਹਾਂ ਨੇ ਇਨ੍ਹਾਂ ਦੰਗਿਆਂ ਤੋਂ ਸਿਆਸੀ ਲਾਭ ਲੈਣਾ ਹੈ ਉਹ ਹੋਰ ਹਨ।

ਸੋਚ ਰਿਹਾ ਸੀ ਦੁਨੀਆਂ ਦੇ ਵਿਚ
ਇਹ ਕੈਸੀ ਅਣਹੋਣੀ ਹੋਈ
ਮੈਨੂੰ ਰਾਮ ਤੇ ਅਸਲਮ ਦੇ ਵਿਚ
ਫਰਕ ਨਹੀਂ ਸੀ ਦਿਸਦਾ ਕੋਈ
ਮਜ਼ਹਬ ਦੇ ਨਾਂ ਉੱਤੇ ਯਾਰੇ
ਬੇਦੇਸੀ ਦੁਨੀਆਂ ਨਾ ਮਾਰੇ ।
ਪਿਆਰ ਦੀ ਪਗਡੰਡੀ ਨੂੰ ਛੱਡ ਕੇ
ਨਫਰਤ ਦੇ ਰਾਹ ਪੈਰ ਧਰੇ ਨਾ
ਮਜ਼ਹਬ 'ਤੇ ਪਾ ਖੂਨ ਦੇ ਛਿੱਟੇ
ਮਜ਼ਹਬ ਨੂੰ ਬਦਨਾਮ ਕਰੇ ਨਾ।
ਹੈਂਕੜ, ਆਕੜ, ਛੱਡ ਈਰਖਾ
ਮੁੜ ਕੇ ਜਫੀਆਂ ਪਾਈਏ ਸਾਰੇ।
ਹੋਲੀ, ਈਦ, ਵਿਸਾਖੀ, ਕ੍ਰਿਸਮਿਸ
ਰਲ ਕੇ ਫੇਰ ਮਨਾਈਏ ਸਾਰੇ।
ਮਜ਼ਹਬ ਹੈ ਉਹ ਰਹਿਬਰ ਸਾਡਾ
ਜਿਹੜਾ ਜੀਣ ਦੀ ਜਾਚ ਸਿਖਾਵੇ
ਹਰ ਮਜ਼ਹਬ ਦੀ ਸਿਖਿਆ ਇੱਕੋ
ਬੰਦਾ ਬੰਦੇ ਦੇ ਕੰਮ ਆਵੇ।

ਉਹ ਸਿਰਫ਼ ਸੰਨ ਸੰਤਾਲੀ ਵੇਲੇ ਦੀ ਆਜ਼ਾਦੀ ਤੇ ਮਜ਼ਹਬੀ ਜਨੂੰਨ ਦੀ ਕਹਾਣੀ ਹੀ ਪੇਸ਼ ਨਹੀਂ ਕਰਦਾ। ਜਿਸ ਨੇ ਹਿੰਦੂ ਤੇ ਮੁਸਲਮਾਨਾਂ ਦੇ ਮਨਾਂ ਵਿੱਚ ਤ੍ਰੇੜਾਂ ਪਾ ਦਿੱਤੀਆਂ। ਸਗੋਂ ਉਸ ਸਮੇਂ ਦੀ ਵੀ ਗੱਲ ਕਰਦਾ ਹੈ। ਜਦੋਂ ਹਿੰਦੂ ਤੇ ਸਿੱਖਾਂ ਨੂੰ ਵੀ ਮਜ਼ਹਬੀ ਜਨੂੰਨ ਨੇ ਆ ਘੇਰਿਆ ਸੀ। ਉਹ ਦੇਸ਼ ਦੀ ਪਹਿਲੀ ਵੰਡ ਦੇ ਸੰਤਾਪ ਨੂੰ ਯਾਦ ਕਰਦਿਆਂ ਦੂਜੀ ਵੰਡ ਤੋਂ ਸੁਚੇਤ ਕਰ ਰਿਹਾ ਹੈ:

ਮੈਂ ਹਾਂ ਪ੍ਰੇਮ ਪੁਜਾਰੀ ਮੈਥੋਂ
ਪਿਆਰ ਭਰਿਆ ਜਾਮ ਨਾ ਖੋਹੇ
ਅਸਲਮ ਮੈਥੋਂ ਖੋਹ ਚੁੱਕੇ ਹੋ



**ਮੈਥੋਂ ਮੇਰਾ ਰਾਮ ਨਾ ਖੋਹੋ
ਆਖਰ ਕਦ ਤਕ ਜੀਣਾ ਜਗ ਤੇ
ਦਸ ਚਾਨਣ ਤੋਂ ਬਿਨ ਓ ਅਸਲਮ
ਕਿੱਥੇ ਗਏ ਉਹ.....।**

ਉਹ ਲੋਕਾਂ ਨੂੰ ਸੁਚੇਤ ਕਰ ਰਿਹਾ ਹੈ ਕਿ ਜੇਕਰ ਪਿਆਰ ਨਾਲ ਰਹੋਗੇ ਤਾਂ ਦੁਨੀਆਂ ਸਵਰਗ ਬਣ ਜਾਵੇਗੀ। ਪਿਆਰ ਸਭ ਜੰਗਾਂ ਨੂੰ ਖਤਮ ਕਰਨ ਦੀ ਤਾਕਤ ਰੱਖਦਾ ਹੈ। ਜੇ ਸਾਰੀ ਦੁਨੀਆਂ ਦੇ ਲੋਕ ਪਿਆਰ ਨਾਲ ਰਹਿਣ ਤਾਂ ਹੀ ਬਚਾਅ ਹੈ। ਜੇਕਰ ਇਸ ਨਫਰਤ ਦਾ ਹੜ੍ਹ ਇਸੇ ਤਰ੍ਹਾਂ ਵਗਦਾ ਰਿਹਾ ਤਾਂ ਸਾਰੀ ਦੁਨੀਆਂ ਇਸੇ ਹੜ੍ਹ ਵਿਚ ਵਹਿ ਜਾਵੇਗੀ ਅਤੇ ਦੁਨੀਆਂ ਤੋਂ ਮਨੁੱਖ ਦਾ ਨਾਮ ਨਿਸ਼ਾਨ ਮਿਟ ਜਾਵੇਗਾ। ਉਹ ਦੇਸ਼ ਭਗਤਾਂ ਨੂੰ ਯਾਦ ਕਰ ਰਿਹਾ ਹੈ ਜਿਨ੍ਹਾਂ ਨੇ ਆਜ਼ਾਦੀ ਲਈ ਆਪਣੀਆਂ ਜਾਨਾਂ ਕੁਰਬਾਨ ਕਰ ਦਿੱਤੀਆਂ ਦੇਸ਼ ਦੇ ਭਾਗ ਜਗਾਉਣ ਲਈ। ਪਰ ਅਜੇ ਉਨ੍ਹਾਂ ਦੇ ਸੁਪਨੇ ਵੀ ਪੂਰੇ ਨਹੀਂ ਹੋਏ ਸਗੋਂ ਦੇਸ਼ ਦੀ ਹਾਲਤ ਪਹਿਲਾਂ ਨਾਲੋਂ ਵੀ ਭੈੜੇ ਹੋ ਗਏ ਹਨ। ਦੁਨੀਆਂ ਬੇਗਰਜ਼ ਹੋ ਚੁੱਕੀ ਹੈ ਜੇ ਆਪਣੇ ਸ਼ਹੀਦਾਂ ਦੀਆਂ ਕੁਰਬਾਨੀਆਂ ਦਾ ਮੁੱਲ ਨਹੀਂ ਮੇੜ ਸਕੇ। ਕਹਿਣ ਨੂੰ ਤਾਂ ਆਜ਼ਾਦੀ ਆ ਗਈ ਹੈ ਪਰ ਅਜੇ ਵੀ ਮਨੁੱਖ ਆਪਣੀਆਂ ਅੰਨ੍ਹੀਆਂ ਹਸਰਤਾਂ ਦਾ ਗੁਲਾਮ ਹੈ। ਸਭ ਪਾਸੇ ਜੁਲਮ ਦਾ ਬੋਲਬਾਲਾ ਹੈ। ਤਕੜਾ ਮਾੜੇ ਉੱਤੇ ਧੌਸ ਜਮਾਉਂਦਾ ਹੈ। ਗ਼ਰੀਬ ਅਮੀਰ ਦੇ ਜੁਲਮ ਚੁੱਪਚਾਪ ਸਹੀ ਜਾ ਰਹੇ ਹਨ। ਅਜ਼ਾਦੀ ਦੀ ਰੌਸ਼ਨੀ ਵੀ ਇਸ ਹਨੇਰੇ ਨੂੰ ਚੁੱਕ ਨਹੀਂ ਸਕੀ। ਗ਼ਰੀਬ ਦੀ ਕਿਸਮਤ ਵਿੱਚ ਕੋਈ ਤਬਦੀਲੀ ਨਹੀਂ ਆਈ ਸਗੋਂ ਦਿਨੋਂ ਦਿਨ ਵਧਦੀ ਮਹਿੰਗਾਈ ਨੇ ਲੱਕ ਤੋੜ ਦਿੱਤੇ ਹਨ। ਇਹ ਕਿਸੇ ਹੋਰ ਦਾ ਦੇਸ਼ ਨਹੀਂ ਸਗੋਂ ਗ਼ਰੀਬਾਂ ਦਾ ਆਪਣਾ ਦੇਸ਼ ਹੈ। ਜਿਹੜੇ ਆਪਣੇ ਹੱਕਾਂ ਲਈ ਲੜ ਨਹੀਂ ਸਕੇ। ਉਹ ਆਖਦਾ ਹੈ ਕਿ ਜੇਕਰ ਦੁਨੀਆਂ ਦੇ ਦੱਬੇ ਕੁਚਲੇ ਲੋਕ ਇਕੱਠੇ ਹੋ ਕੇ ਆਪਣੇ ਹੱਕਾਂ ਦੀ ਲੜਾਈ ਕਰਨ ਤਾਂ ਹੀ ਕੁਝ ਹੋ ਸਕਦਾ ਹੈ:

**ਘੁੱਗੀ ਵਰਗੀ ਸਾਰੀ ਦੁਨੀਆਂ
ਬਾਜ਼ਾ ਵਰਗਾ ਕੋਈ ਕੋਈ
ਇਹ ਘੁੱਗੀਆਂ ਦਾ ਦੇਸ਼ ਹੈ ਅਸਲਮ
ਜੇ ਜੱਗ ਤੇ ਕੋਈ ਘੁੱਗੀ ਰੋਈ।
ਕੁੱਲ ਦੁਨੀਆ ਦੀਆਂ ਘੁੱਗੀਆਂ, ਚਿੜੀਆਂ
ਜੇ ਕੱਠੀਆਂ ਹੋ ਜਾਣ ਓ ਅਸਲਮ!
ਸੁਰਗਾਂ ਤੇ ਸੁੰਦਰ ਧਰਤੀ ਤੇ
ਦੁਨੀਆਂ ਨਵੀਂ ਵਸਾਣ ਓ ਅਸਲਮ!**



ਉਸ ਨੇ ਆਪਣੀ ਕਵਿਤਾ ਵਿੱਚ ਉਨ੍ਹਾਂ ਬੁਰਾਈਆਂ ਨੂੰ ਵੀ ਆਪਣਾ ਵਿਸ਼ਾ ਬਣਾਇਆ ਹੈ ਜਿਹੜੀਆਂ ਸਾਡੇ ਸਮਾਜ ਵਿੱਚ ਕੇੜ ਵਾਂਗੂੰ ਫੈਲ ਰਹੀਆਂ ਹਨ। ਜੇ ਸਾਡੇ ਮੱਥੇ ਤੇ ਕਲੰਕ ਹਨ। ਨਸ਼ੇ ਅਤੇ ਦਾਜ ਵਰਗੀਆਂ ਬੁਰਾਈਆਂ ਸਾਡੇ ਦੇਸ਼ ਨੂੰ ਘੁਣ ਵਾਂਗ ਅੰਦਰੋਂ ਅੰਦਰ ਖਾਈ ਜਾ ਰਹੀਆਂ ਹਨ। ਜਿੱਥੇ ਨਸ਼ਿਆਂ ਨੇ ਪੰਜਾਬ ਦੇ ਸ਼ੇਰਾਂ ਵਰਗੇ ਗੱਭਰੂਆਂ ਨੂੰ ਆਪਣਾ ਗੁਲਾਮ ਕਰ ਲਿਆ ਹੈ। ਉਥੇ ਹੀ ਦਾਜ ਵਿਦੂਈਆਂ ਮੁਟਿਆਰਾਂ ਦੇ ਦਰਦ ਵੀ ਅਵੱਲੇ ਹਨ। ਉਨ੍ਹਾਂ ਨੂੰ ਦਾਜ ਦੀ ਬਲੀ ਚਾੜ੍ਹ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਉਹ ਵਿਆਹ ਵੇਲੇ ਕੀਤੇ ਗਏ ਫਜ਼ੂਲ ਖਰਚ ਦਾ ਵੀ ਵਰਨਣ ਕਰਦਾ ਹੈ। ਜਿਸ ਕਰਕੇ ਲੋਕ ਕਰਜ਼ਾ ਚੁੱਕ ਕੇ ਵਿਆਹ ਕਰਨ ਤੋਂ ਬਾਜ਼ ਨਹੀਂ ਆਉਂਦੇ। ਜਿਹੜਾ ਕਿ ਗ਼ਰੀਬ ਵਿਅਕਤੀ ਨੂੰ ਮੁੜਕੇ ਉੱਠਣ ਜੇਗਾ ਨਹੀਂ ਛੱਡਦਾ। ਉਹ ਜਾਤ ਪਾਤ ਜਿਹੀਆਂ ਭੇਦਭਾਵ ਦੀਆਂ ਗੱਲਾਂ ਨੂੰ ਛੱਡ ਕੇ ਮਿਹਨਤ ਤੇ ਪੜ੍ਹਾਈ ਕਰਨ ਲਈ ਪ੍ਰੇਰਦਾ ਹੈ। ਜਿਹੜੀ ਕਿ ਮਨੁੱਖ ਨੂੰ ਉੱਚਾ ਸੁੱਚਾ ਇਨਸਾਨ ਬਣਾਉਂਦੀ ਹੈ। ਉਹ ਉਸ ਮਾਂ ਦੀ ਵਡਿਆਈ ਵੀ ਇਸ ਕਵਿਤਾ ਵਿੱਚ ਕਰਦਾ ਹੈ। ਜਿਹੜੀ ਰੱਬ ਦਾ ਦੂਜਾ ਰੂਪ ਹੈ ਤੇ ਜਿਸ ਦੇ ਪੈਰਾਂ ਵਿੱਚ ਜੰਨਤ ਹੈ। ਉਹ ਮਾਂ ਦੇ ਰੁਤਬੇ ਨੂੰ ਸਭ ਤੋਂ ਉੱਪਰ ਆਖਦਾ ਹੈ। ਉਹ ਦੁਨੀਆਂ ਨੂੰ ਮਜ਼ਬੂਤ ਤੇ ਧਰਮ ਦੀਆਂ ਵੰਡਾਂ ਤੋਂ ਉੱਪਰ ਉੱਠ ਕੇ ਸਾਂਝਾਂ ਵਾਲੀ ਜ਼ਿੰਦਗੀ ਜੀਣ ਦੀ ਸਿੱਖਿਆ ਦੇ ਰਿਹਾ ਹੈ। ਸਾਰੇ ਲੋਕ ਭਾਵੇਂ ਉਹ ਹੋਲੀ ਹੋਵੇ, ਬੀਦ ਹੋਵੇ ਜਾਂ ਵਿਸਾਖੀ ਤੇ ਕ੍ਰਿਸਮਿਸ ਹੋਵੇ, ਸਭ ਤਿਉਹਾਰ ਰਲ ਕੇ ਮਨਾਉਣ। ਉਹ ਮਜ਼ਬੂਤ ਨੂੰ ਸਾਡਾ ਰਹਿਬਰ ਕਹਿੰਦਾ ਹੈ। ਜਿਹੜਾ ਸਾਨੂੰ ਜ਼ਿੰਦਗੀ ਦੇ ਰਾਹਾਂ ਨੂੰ ਸੋਹਣਾ ਬਣਾਉਣ ਦੀ ਜਾਚ ਦੱਸਦਾ ਹੈ।

ਮਜ਼ਹਬ ਹੈ ਉਹ ਰਹਿਬਰ ਸਾਡਾ

ਜਿਹੜਾ ਜੀਣ ਦੀ ਜਾਚ ਸਿਖਾਵੇ

ਹਰ ਮਜ਼ਹਬ ਦੀ ਸਿੱਖਿਆ ਇਕੋ

ਬੰਦਾ ਬੰਦੇ ਦੇ ਕੰਮ ਆਵੇ।

ਉਹ ਆਪਣੇ ਹਮਸਾਇਆਂ ਨੂੰ ਜਿਨ੍ਹਾਂ ਦੀ ਸਾਡੇ ਨਾਲ ਦੁੱਖ ਦੀ ਤੇ ਖੂਨ ਦੀ ਸਾਂਝ ਹੈ। ਜਿਨ੍ਹਾਂ ਨਾਲ ਸਾਡਾ ਵਿਰਸਾ ਸਾਂਝਾ ਹੈ। ਜਿਹੜੇ ਵਗਦੀ ਹਨੇਰੀ ਨੇ ਸਾਡੇ ਤੋਂ ਦੂਰ ਕਰ ਦਿੱਤੇ ਹਨ। ਜਿਹੜੇ ਪਾਕਿਸਤਾਨ ਵਾਲੇ ਪੰਜਾਬ ਵਿੱਚ ਚਲੇ ਗਏ ਹਨ। ਉਨ੍ਹਾਂ ਨੂੰ ਯਾਦ ਕਰਦਾ ਉਨ੍ਹਾਂ ਲੋਕਾਂ ਨੂੰ ਸਿਜਦੇ ਕਰ ਰਿਹਾ ਹੈ। ਕਵੀ ਨੂੰ ਪਤਾ ਹੈ ਕਿ ਦੇਸ਼ ਦੀ ਵੰਡ ਅੰਗਰੇਜ਼ਾਂ ਦੀਆਂ ਨੀਤੀਆਂ ਕਰਕੇ ਹੋਈ ਹੈ। ਜਿਸ ਵਿੱਚ ਹਿੰਦੂ ਮੁਸਲਿਮ ਦਾ ਕੋਈ ਕਸੂਰ ਨਹੀਂ। ਇਹ ਨਫ਼ਰਤ ਦੀ ਅੱਗ ਬਿਗਾਨਿਆਂ ਨੇ ਲਾਈ ਹੋਈ ਸੀ। ਜਿਹੜੀ ਸਾਨੂੰ ਵੀ ਸਾੜ ਗਈ। ਉਹ ਕਹਿੰਦਾ ਹੈ



ਕਿ ਏਕੇ ਵਿਚ ਹੀ ਬਰਕਤ ਹੁੰਦੀ ਹੈ। ਅੱਜ ਵੀ ਜਿਹੜੀਆਂ ਉਚ ਨੀਚ ਤੇ ਧਰਮਾਂ, ਜਾਤਾਂ ਦੀਆਂ ਵੰਡੀਆਂ ਹਨ। ਸਾਨੂੰ ਉਸ ਤੋਂ ਉੱਪਰ ਉੱਠ ਕੇ ਇਕੱਠੇ ਹੋ ਜਾਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਹੀ ਅਸੀਂ ਜੁਲਮ ਕਰਨ ਵਾਲਿਆਂ ਦੇ ਜੁਲਮ ਰੋਕ ਸਕਦੇ ਹਾਂ:

ਆਪਾਂ ਫਰਕ ਮੁਕਾਈਏ ਸਾਰੇ

ਪਿਆਰ-ਪਿਆਰ ਹੋ ਜਾਈਏ ਸਾਰੇ

ਇਕ ਮੁੱਠ ਆਪਾਂ ਸਭ ਹੋ ਜਾਈਏ

'ਬਾਜ਼' ਨੱਕ ਨਕੇਲਾਂ ਪਾਈਏ!

ਘੁੰਗੀਆਂ ਚਿੜੀਆਂ ਲਾਉਣ ਉਡਾਰੀ

ਰਹੇ ਨਾ ਕੋਈ ਬਾਜ਼ ਸ਼ਿਕਾਰੀ।

ਸਾਰੀ ਦੁਨੀਆਂ ਵਿੱਚ ਫੈਲੀ ਹਨੇਰਗਰਦੀ ਨੂੰ ਵੀ ਆਪਣੀ ਕਵਿਤਾ ਦਾ ਵਿਸ਼ਾ ਬਣਾਉਂਦਾ ਹੈ। ਜਿੱਥੇ ਧੀਆਂ ਭੈਣਾਂ ਦੀ ਇੱਜ਼ਤ ਵੀ ਰੁਲ ਰਹੀ ਹੈ। ਉਹ ਕਹਿੰਦਾ ਹੈ ਕਿ ਧੀਆਂ ਭੈਣਾਂ ਨੂੰ ਕਿਸੇ ਜ਼ਮਾਨੇ ਵਿੱਚ ਸਭ ਦੀਆਂ ਸਾਂਝੀਆਂ ਕਿਹਾ ਜਾਂਦਾ ਸੀ। ਸਭ ਉਨ੍ਹਾਂ ਦੀ ਇੱਜ਼ਤ ਕਰਦੇ ਸਨ। ਪਰ ਹੁਣ ਉਹ ਵੀ ਜੁਲਮ ਦੀਆਂ ਸ਼ਿਕਾਰ ਹੋ ਚੁੱਕੀਆਂ ਹਨ। ਉਹ ਔਰਤ ਤੇ ਹੋ ਰਹੇ ਜੁਲਮ ਤੇ ਅਨਿਆਂ ਤੋਂ ਦੁਖੀ ਹੈ ਅਤੇ ਦੁਨੀਆਂ ਨੂੰ ਇਸ ਜੁਲਮ ਨੂੰ ਰੋਕਣ ਲਈ ਬੇਨਤੀ ਕਰਦਾ ਹੈ:

ਧੀ ਤਾਂ ਸਭ ਦੀ ਸਾਂਝੀ ਲੋਕੋ

ਧੀਆਂ ਭੈਣਾਂ ਤੇ ਜੋ ਹੁੰਦਾ

ਜੁਲਮ ਸਿਤਮ ਨੂੰ ਰੋਕੋ-ਰੋਕੋ

ਇਸ ਦੁਨੀਆ ਨੂੰ ਲੱਖ ਲੱਖ ਲਾਹਨਤ

ਮੰਜਾਂ ਕਰਦੇ ਚੋਰ ਉਚੱਕੇ

ਜਿੱਥੇ ਸਿੱਖਿਆ ਦੇਣ ਵਾਲੇ

ਰੁਲਦੇ-ਫਿਰਦੇ ਖਾਂਦੇ ਧੱਕੇ

ਜਿਹੜਾ ਮੁਣਸ਼ੀ ਜੀਵਨ ਭਰ ਹੀ

ਲੋਕਾਂ ਦੇ ਪੁੱਤ ਧੀਆਂ ਨੂੰ ਹੈ

ਚੰਗੇ ਸਬਕ ਪੜ੍ਹਾਉਂਦਾ ਆਇਆ

ਸਿੱਧੇ ਰਸਤੇ ਪਾਉਂਦਾ ਆਇਆ

ਅੱਜ ਓਸ ਮੁਨਸ਼ੀ ਦੀ ਧੀ ਦਾ

ਕੀਤਾ ਨਹੀਂ ਲਿਹਾਜ ਕਿਸੇ ਨੇ



**ਜਿੱਥੇ ਧੀ ਦਾ ਹਾਲ ਇਹ ਹੋਵੇ
ਕੀ ਕਰਨਾ ਉਹ ਰਾਜ ਕਿਸੇ ਨੇ
ਭੈੜਾ ਜਿਹਾ ਸਮਾਜ ਕਿਸੇ ਨੇ**

ਉਹ ਲੋਕਾਂ ਨੂੰ ਸਿੱਖਿਆ ਦੇਣ ਵਾਲਿਆਂ ਦੇ ਰੁਲਦੇ ਫਿਰਨ ਤੇ ਵੀ ਦੁਖੀ ਹੈ। ਜਿਹੜੇ ਲੋਕ ਗਿਆਨ ਨਾਲ ਸਾਰੀ ਦੁਨੀਆਂ ਨੂੰ ਰੋਸ਼ਨ ਕਰਦੇ ਹਨ। ਉਨ੍ਹਾਂ ਨੂੰ ਸਮਾਜ ਵਿੱਚ ਸਿਰਫ਼ ਧੱਕੇ ਹੀ ਮਿਲਦੇ ਹਨ। ਪਰ ਜਿਹੜੇ ਚੋਰ-ਉਚੱਕੇ ਹਨ ਮੌਜਾਂ ਕਰ ਰਹੇ ਹਨ। ਉਹ ਇਸ ਗੱਲ ਤੇ ਬਹੁਤ ਦੁਖੀ ਹੈ। ਉਹ ਇਸ ਲਈ ਦੁਨੀਆਂ ਨੂੰ ਲਾਹਨਤਾਂ ਪਾ ਰਿਹਾ ਹੈ। ਉਹ ਆਪਣੇ ਗੁਆਚ ਚੁੱਕੇ ਵਿਰਸੇ ਤੇ ਸੱਭਿਆਚਾਰ ਨੂੰ ਲੱਭਦਾ ਫਿਰਦਾ ਹੈ। ਜਿਹੜਾ ਅਸਲਮ ਦੇ ਨਾਲ ਹੀ ਗੁੰਮ ਗਿਆ ਹੈ। ਤੀਆਂ ਦੇ ਮੇਲੇ ਨਹੀਂ ਲੱਗਦੇ, ਪਿੱਪਲੀ ਪੀਂਘਾਂ ਨਹੀਂ ਪੈਂਦੀਆਂ, ਜਿੰਦਗੀ ਵਿੱਚ ਪਹਿਲਾਂ ਵਾਲੀ ਖਣਕ ਨਹੀਂ ਰਹੀ, ਪੁਰਾਣੇ ਸੱਭਿਆਚਾਰ ਦਾ ਮੁਹਾਂਦਰਾ ਤਾਂ ਮਿੱਠੇ ਸੁਪਨਿਆਂ ਵਾਂਗੂੰ ਸਾਨੂੰ ਸਾਹਿਤਕ ਕਿਤਾਬਾਂ ਵਿੱਚ ਹੀ ਵੇਖਣ ਨੂੰ ਮਿਲਦਾ ਹੈ। ਜਿਹੜਾ ਸਾਡੇ ਕੋਲ ਯਾਦਾਂ ਦੇ ਰੂਪ ਵਿੱਚ ਹੀ ਰਹਿ ਗਿਆ ਹੈ। ਅਸਲੀਅਤ ਵਿੱਚ ਤਾਂ ਸਭ ਕੁਝ ਭੁੱਲ ਵਿਸਰ ਗਿਆ ਹੈ। ਪਰ ਕਵੀ ਉਨ੍ਹਾਂ ਰੋਣਕਾਂ ਤੇ ਖੁਸ਼ੀਆਂ ਭਰੇ ਦਿਨਾਂ ਨੂੰ ਵਾਪਸ ਬੁਲਾ ਰਿਹਾ ਹੈ। ਉਹ ਕਵਿਤਾ ਵਿੱਚ ਪੁਰਾਣਾ ਸੱਭਿਆਚਾਰ ਗੁੰਮ ਜਾਣ ਤੇ ਦੁਖੀ ਹੈ:

**ਹੁਣ ਉਹ ਟੱਪੇ ਸੁਣਦੇ ਨਹੀਂ
ਨਾ ਈ ਚਰਖਾ ਨਜ਼ਰੀ ਆਉਂਦਾ
ਨਾ ਈ ਉਹ ਬੇਰੀ ਦੀ ਰੋਣਕ
ਨਾ ਈ ਕਿਧਰੇ ਦਿਸਦੀ ਚਾਚੀ
ਬੱਚਿਆਂ ਦੀ ਸਭ ਖੁਸ਼ੀ ਗੁਆਚੀ
ਉਹ ਗਿੱਧੇ ਉਹ ਰੋਣਕ ਮੇਲੇ
ਖਵਰੇ ਕਿੱਥੇ ਤੁਰ ਗਏ ਅਸਲਮ!
ਯਾਦਾਂ ਦੇ ਉਹ ਮਿੱਠੇ ਸੁਪਨੇ
ਵਾਂਗ ਪਤਾਸੇ ਭੁਰ ਗਏ ਅਸਲਮ!
ਕਈ ਸਾਲਾਂ ਤੋਂ ਬੋਹੜ ਉਡੀਕੇ
ਏਥੇ ਮੁੜਕੇ ਲੱਗਣ ਤੀਆਂ
ਪੀਂਘਾਂ, ਗਿੱਧੇ, ਪੈਣ ਬੋਲੀਆਂ
ਉਹ ਵੀ ਜੀਣ ਤੇ ਮੈਂ ਵੀ ਜੀਆਂ!**



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ਉਹ ਅੱਜ ਦੇ ਜ਼ਮਾਨੇ ਦੀਆਂ ਗੱਲਾਂ ਵੀ ਕਰ ਰਿਹਾ ਹੈ। ਅੱਜ ਦੇ ਜ਼ਮਾਨੇ ਦੀ ਹੋਈ ਤਰੱਕੀ ਨਾਲ ਸਾਰੀ ਕਹਾਣੀ ਬਦਲ ਗਈ ਹੈ। ਹੁਣ ਪਹਿਲਾਂ ਵਾਂਗ ਕੰਮ ਐਥੇ ਨਹੀਂ ਰਹੇ ਸਗੋਂ ਨਵੀਆਂ ਤਕਨੀਕਾਂ ਨੇ ਕੰਮ ਕਰਨ ਦੇ ਢੰਗ ਬਹੁਤ ਸੁਖਾਲੇ ਕਰ ਦਿੱਤੇ ਹਨ। ਪਿੰਡਾਂ ਵਿੱਚ ਬਿਜਲੀ ਵੀ ਆ ਗਈ ਹੈ। ਜਿਸ ਨਾਲ ਟਿਊਬਵੈੱਲ ਲੱਗ ਗਏ ਹਨ ਤੇ ਕਿਰਸਾਣੀ ਦੀ ਜਿਣਸ ਦੀ ਪੈਦਾਵਾਰ ਵਧ ਗਈ ਹੈ। ਭਾਵੇਂ ਉਹ ਆਧੁਨਿਕ ਤਕਨੀਕਾਂ ਨਾਲ ਖੇਤੀ ਕਰਕੇ ਆਪਣੀ ਕਿਸਮਤ ਬਦਲਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰ ਰਿਹਾ ਹੈ। ਪਰ ਉਸਦੀ ਕਿਸਮਤ ਫਿਰ ਵੀ ਨਹੀਂ ਬਦਲਦੀ। ਕਿਸਾਨ ਜਿਹੜਾ ਦੁਨੀਆਂ ਦਾ ਅੰਨਦਾਤਾ ਹੈ। ਸਰਕਾਰ ਦੀਆਂ ਨੀਤੀਆਂ ਕਾਰਨ ਅਜੇ ਵੀ ਰੁਲ ਰਿਹਾ ਹੈ। ਉਸ ਦੀ ਬਾਤ ਕੋਈ ਨਹੀਂ ਪੁੱਛਦਾ। ਉਹ ਸਾਰੀ ਦੁਨੀਆਂ ਦੇ ਲੇਖਕਾਂ ਨੂੰ ਸਚਾਈ ਲਿਖਣ ਦੀ ਬੇਨਤੀ ਕਰ ਰਿਹਾ ਹੈ। ਜਿਸ ਨਾਲ ਇਸ ਹਨੇਰੇ ਵਿੱਚੋਂ ਨਿਕਲ ਕੇ ਦੁਨੀਆਂ ਵਿੱਚ ਚਾਨਣ ਖਿਲਰ ਜਾਵੇ ਤੇ ਸਾਰੇ ਪਿਆਰ ਨਾਲ ਮਿਲ ਕੇ ਰਹਿਣ:

*ਲਿਖੋ ਸਚਾਈ ਬੇ-ਡਰ ਹੋ ਕੇ
ਦੁਨੀਆ ਭਰ ਦੀਓ ਕਲਮੋ ਲਿਖੋ
ਖੋਜ ਮੈਤ ਦੀ ਛੱਡ ਕੇ ਵੀਰੋ
ਜੀਣਾ ਸਿੱਖੋ, ਜੀਣਾ ਸਿੱਖੋ!*

ਉਹ ਇਸ ਵੇਰੈ-ਵਿਰੋਧ ਦੀ ਭਾਵਨਾ ਨੂੰ ਮਿਟਾ ਕੇ ਆਪਸੀ ਪਿਆਰ ਦੀ ਗੱਲ ਕਰ ਰਿਹਾ ਹੈ। ਉਹ ਦੁਨੀਆਂ ਵਿੱਚੋਂ ਜੁਲਮ ਤੇ ਅਨਿਆਂ ਨੂੰ ਮਿਟਾ ਕੇ ਰਲ-ਮਿਲ ਜੀਣ ਦੀ ਗੱਲ ਕਰਦਾ ਹੈ। ਜਦੋਂ ਸਾਰੀ ਦੁਨੀਆ ਆਪਸੀ ਪਿਆਰ ਵਿੱਚ ਬੱਝ ਜਾਵੇ ਤੇ ਸਾਰੇ ਰੋਲੇ-ਰੱਪੇ ਤੇ ਝਗੜੇ ਇਸ ਦੁਨੀਆਂ ਤੋਂ ਮੁੱਕ ਜਾਣ। ਉਸ ਨੂੰ ਲੱਗਦਾ ਹੈ ਕਿ ਦੁਨੀਆਂ ਦੀਆਂ ਨਜ਼ਰਾਂ ਨੇ ਸਾਡੇ ਪਿਆਰ ਨੂੰ ਖਾ ਲਿਆ ਹੈ। ਜਿਸ ਕਰਕੇ ਉਹ ਏਕੇ ਵਾਲੇ ਤੇ ਪਿਆਰ ਭਰੇ ਦਿਨ ਗੁੰਮ ਹੋ ਗਏ ਹਨ :

*ਦੁਈ ਦਵੈਤ ਨੂੰ ਮੁੱਕਣ ਦੇਈਏ
ਦਈਏ ਕਲੀ ਨਾ ਮਿੱਧਣ ਕੋਈ
ਫੁੱਲ ਕੋਈ ਨਾ ਸੁੱਕਣ ਦੇਈਏ
ਰਲ ਕੇ ਆਪਾਂ ਵਸੀਏ ਸਾਰੇ
ਫੁੱਲਾਂ ਵਾਂਗੂੰ ਹਸੀਏ ਸਾਰੇ
ਫਿਰ ਗੁਲਜ਼ਾਰ ਇਹ ਧਰਤੀ ਹੋਵੇ
ਪਿਆਰ ਪਿਆਰ ਇਹ ਧਰਤੀ ਹੋਵੇ
ਸਾਡੇ ਪ੍ਰੇਮ ਪਿਆਰ ਨੂੰ ਖਵਰੇਂ*

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ਨਜ਼ਰਾਂ ਲਾਈਆਂ ਕਿਨ ਓ ਅਸਲਮ!

ਕਿੱਥੇ ਗਏ ਉਹ.....।

ਉਹ ਪਿਆਰ ਦੀ ਮਹੱਤਤਾ ਦੁਨੀਆਂ ਨੂੰ ਸਮਝਾ ਰਿਹਾ ਹੈ। ਜਿਹੜਾ ਦੁਨੀਆਂ ਦੇ ਹਨੇਰਿਆਂ ਨੂੰ ਮਿਟਾ ਕੇ ਰੌਸ਼ਨੀ ਵੰਡਣ ਦੇ ਸਮਰੱਥ ਹੈ। ਜਿਸ ਨਾਲ ਸਾਰੀ ਦੁਨੀਆਂ ਇਕ ਹੋ ਸਕਦੀ ਹੈ। ਜੇਕਰ ਅਸੀਂ ਪਿਆਰ ਵੰਡਾਂਗੇ ਤਾਂ ਸਾਨੂੰ ਬਦਲੇ ਵਿੱਚ ਪਿਆਰ ਮਿਲੇਗਾ ਅਤੇ ਦੁਨੀਆਂ ਵਿੱਚੋਂ ਨਫਰਤ ਖਤਮ ਹੋਵੇਗੀ। ਇਹ ਪਿਆਰ ਹੀ ਜ਼ਿੰਦਗੀ ਨੂੰ ਜਿਉਣ ਤੇ ਪਿਆਰ ਦੀ ਖੁਸ਼ਬੂ ਵੰਡਣ ਦੇ ਯੋਗ ਬਣਾ ਸਕਦਾ ਹੈ। ਜੇਕਰ ਦੁਨੀਆਂ ਵਿੱਚ ਪਿਆਰ ਵਧੇਗਾ ਤਾਂ ਹੀ ਅਮਨ ਹੋਵੇਗਾ। ਜਿਹੜਾ ਕਿ ਜੰਗ ਨੂੰ ਖਤਮ ਕਰਕੇ ਦੁਨੀਆਂ ਨੂੰ ਸਵਰਗ ਬਣਾ ਦੇਵੇਗਾ। ਉਹ ਕਹਿੰਦਾ ਹੈ, ਕਿ ਵੇਲਾ ਜਾਗਣ ਦਾ ਹੈ ਜੇਕਰ ਇਨਸਾਨ ਅਜੇ ਵੀ ਨਹੀਂ ਜਾਗਦਾ ਤਾਂ ਇਹ ਨਫਰਤ ਸਾਰੀ ਦੁਨੀਆਂ ਨੂੰ ਸਾੜ ਦੇਵੇਗੀ:

ਜੇ ਸਮਝੇ ਸੰਸਾਰ ਓ ਅਸਲਮ

ਅਮਨ ਦੀ ਮਾਂ ਹੈ ਪਿਆਰ ਓ ਅਸਲਮ!

ਸੋਚੋ ਸਮਝੋ ਤੇ ਵਿਚਾਰੋ:

ਪਿਆਰ ਜੰਗ ਦੀ ਮੌਤ ਹੈ ਯਾਰੇ

ਪਿਆਰ ਦੀ ਖੁਸ਼ਬੂ ਜੰਗ ਨੂੰ ਮੋਟੇ

ਹੈ ਪੱਥਰ ਤੇ ਲੀਕ ਓ ਅਸਲਮ!

ਕਿੰਨੀ ਪਿਆਰੀ ਦੁਨੀਆਂ ਹੋਵੇ

ਸੁਣੇ ਨਾ ਜੇ ਕੋਈ ਚੀਕ ਓ ਅਸਲਮ!

ਜੇ ਕਰ ਅਜੇ ਵੀ ਸੁੱਤਾ ਹੋਇਆ

ਜਾਗਿਆ ਨਾ ਇਨਸਾਨ ਓ ਅਸਲਮ!

ਨਫਰਤ ਦੀ ਚੰਗਿਆੜੀ ਮੋਟੂ

ਜਗ ਦਾ ਨਾਮ ਨਿਸ਼ਾਨ ਓ ਅਸਲਮ!

ਜੰਗ ਛਿੜੀ ਤਾਂ ਫਿਰ ਜੀਵਨ ਨੂੰ

ਖਾਣਗੇ ਜੰਗ ਦੇ ਜਿਨ ਓ ਅਸਲਮ

ਕਿੱਥੇ ਗਏ ਉਹ ਦਿਨ ਓ ਅਸਲਮ

ਕਿੱਥੇ ਗਏ ਉਹ.....।

ਇਸ ਤਰ੍ਹਾਂ ਅਸੀਂ ਦੇਖਦੇ ਹਾਂ ਕਿ ਕਵੀ ਨੇ ਆਪਣੀ ਕਵਿਤਾ ਵਿੱਚ ਬਹੁਤ ਸਾਰੇ ਵਿਸ਼ਿਆਂ ਨੂੰ ਨਿਭਾਇਆ ਹੈ। ਉਸ ਦੀ ਸਾਰੀ ਕਵਿਤਾ ਭਾਵੇਂ

ਵਿਛੋੜੇ ਦਾ ਵਿਰਲਾਪ ਹੈ। ਪਰ ਦੁਨੀਆਂ ਨੂੰ ਪਿਆਰ ਦਾ ਪਾਠ ਪੜ੍ਹਾਉਂਦੀ ਹੈ। ਜ਼ਿੰਦਗੀ ਦੀਆਂ ਪੀੜਾਂ ਤੇ ਸੰਤਾਪਾਂ ਤੋਂ ਮੁਕਤੀ ਦਾ ਰਾਹ

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ਦੱਸਦੀ ਹੈ। ਜਿਸ ਨੂੰ ਪਿਆਰ ਦੇ ਰੰਗ ਵਿਚ ਰੰਗ ਕੇ ਅਮਲੀ ਰੂਪ ਦੇਣ ਲਈ ਦੁਨੀਆ ਨੂੰ ਬੇਨਤੀ ਕਰਦਾ ਹੈ। ਉਹ ਦੁਨੀਆਂ ਤੇ ਹੋ ਰਹੇ ਅਨਿਆਂ, ਜੁਲਮਾਂ ਤੇ ਦੁਨੀਆ ਦੇ ਬਦਲ ਰਹੇ ਚਲਨ ਤੇ ਦੁੱਖ ਦਾ ਪ੍ਰਗਟਾਵਾ ਕਰਦਾ। ਦੁਨੀਆ ਨੂੰ ਇਨ੍ਹਾਂ ਤੋਂ ਛੁਟਕਾਰਾ ਦਿਵਾਉਣ ਦਾ ਰਾਹ ਦਿਖਾਉਂਦਾ ਹੋਇਆ ਉਸ ਤੇ ਤੇਰਨ ਲਈ ਪ੍ਰੇਰਦਾ ਹੈ। ਉਸਦੀ ਸ਼ਾਇਰੀ ਅੱਜ ਦੇ ਮਨੁੱਖ ਨੂੰ ਰਾਹ ਦਿਖਾਉਂਦੀ ਹੈ। ਉਸਨੇ ਆਪਣੀਆਂ ਯਾਦਾਂ ਨੂੰ ਅਜਿਹੇ ਸੱਚ ਨਾਲ ਜੋੜ ਕੇ ਪੇਸ਼ ਕੀਤਾ ਹੈ ਕਿ ਰੂਹ ਕੁਰਲਾ ਉੱਠਦੀ ਹੈ ਤੇ ਸਮਾਜ ਦੇ ਕਈ ਕੋਝੇ ਪੱਖਾਂ ਤੋਂ ਪਰਦਾ ਉੱਠਦਾ ਹੈ। ਉਸ ਦੀ ਕਵਿਤਾ ਇੱਕ ਫ਼ਿਲਮ ਵਾਂਗ ਹੀ ਸਾਡੀਆਂ ਅੱਖਾਂ ਅੱਗੇ ਕਵਿਤਾ ਦੇ ਭਾਵ ਉਜਾਗਰ ਕਰਦੀ ਨਿਰੰਤਰ ਵਿਕਾਸ ਕਰਦੀ ਜਾਂਦੀ ਹੈ। ਉਸ ਨੇ ਆਪਣੀ ਕਵਿਤਾ ਅਜਿਹੇ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਲਿਖੀ ਹੈ ਕਿ ਜਦੋਂ ਤੱਕ ਪੂਰੀ ਕਵਿਤਾ ਵਿਅਕਤੀ ਪੜ੍ਹ ਨਹੀਂ ਲੈਂਦਾ ਇਸ ਨੂੰ ਛੱਡ ਨਹੀਂ ਸਕਦਾ ਤੇ ਇੱਕ ਵਾਰ ਪੜ੍ਹ ਕੇ ਵੀ ਵਾਰ-ਵਾਰ ਪੜ੍ਹ ਲੈਣ ਨੂੰ ਜੀਅ ਕਰਦਾ ਹੈ। ਇਹ ਕਵਿਤਾ 'ਕਿੱਥੇ ਗਏ ਉਹ ਦਿਨ ਓ ਅਸਲਮ' ਇੰਦਰਜੀਤ ਹਸਨਪੁਰੀ ਦੀ ਸਾਹਿਤ ਦੇ ਖੇਤਰ ਵਿਚ ਇਕ ਮਾਣਯੋਗ ਪ੍ਰਾਪਤੀ ਹੈ।

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97. gzikph b'e ekftL n"os d/ GktK dh solwkBh

vkH byftzdo e"o

fw; ;zdhg e"o

(;jklJe gq' |?;o)

(fo;ou ;ekbo)

;hH Nh :{Bhtof;Nh, b[fXnkDk

;hH NhH:{Bh;of;Nh,b[fXnkDk

gzikph b'e ekft d/ ou/sk Gkt/A g[oP th jB,gozs{ tX/o/ b'e rhs n"os dhnK ;zt/dBktK dh solwkBh eod/ jB.T[AM th gfoto ftu n"os G{fwek e/Adoh j[zdh j?.n"os fJ; G{fwek Bz{ fBGT[AfdnK e[M nB[Gt eofdnK,e[M ;'ufdnK,d[xy^;Zxy wfj;}; eofdnK e'Jh Bk e'Jh ekfte p'b T[ukodh ofjzdh j?.T[j T[jBK Bz{ fSbdhnK ns/ sokPdhnK jB.gzikph b'e rhsK ftu n"os dhnK GktBktK T[Go e/ ;kjwD/ nkT[zdhnk jB feT[zhe wod gqXkB ;wki ftu fJ;soh xo d/ ezW sxe jh ;hws ofj rJh ;h.b'e rhsK d/ dfonK ftu gzikpDK B/ nkgD/ ;oho d/ Bkb^Bkb fdb ns/ nkswk Bz{ th wb^wb e/ X'sk j?.b'e rhsK ftu T[jBK dk ozr jh Bjhz y[fonk j[zdk ;r'A T[; dhnK ;xok dh wfje th y'oh ikdh j?.fjBK b'e rhsK ftu fixE/ N[zpDk fpnB j[zdk j?,T[[x^/ ihtB ftu dxph j'D ekoB Powhbh ns/ w{zj cN j'D pko/ th gsk baxrdk j?.fi; eoe/ ;kv/ b'e rhsK ftu ;kvhnK ytkfjPK, sob/,o;,ozr,w;sh,s/ T[wzrK g{ohnK Bk j'D eoe/ T[gfink ftPkD,skjB/,fwjB/ ;G e[M jh sK j?.finkdkso fjBK b'e^rhsK d/ ouBjko itkB w[fNnkoK jB feT[Afe brGr pj[s/ b'e^rhsK ftu itkB w[fNnkoK dhnK jh ohMK ns/ T[wzrK dk toBD j[zdk j?.fJ; d/ Bkb^Bkb \[Ph^}wh d/ rhs th ;kv/ b'e fto;/ ftu Go/ gJ/ jB.

fgzv ftu frax/ dk wzrbkuoB nkgDhnK ;j/bhnK ik fgzv dhnK e[VhnK dh ;'Gk ik ;x; dh pdr'jh,fdb baxrhNK d/ o;wK Go/ rhs,fjBK b'e rhsK dk \k; ftPk j[zd/ jB,fizBKQ ftu gzikp dh fJ;soh d/ dxp/ x[xN/ r[x;^/frb/ \[;hnK, }whnk,ftnZr ns/ d[xy^;[y x[b fwb e/ Mbe oj/ j[zd/ jB.

waxekb dh n"os e'b b'e rhs fJxe n?;k ebkswe jfEnko j?,fi; Bkb fJe gk;/ T[j nkgDh ;wkfie j'Ad fiskT[Adh j?,d{i/ gk;/ n"os Bz{ fJe Gkte ;so T[xgo fJe d{i/ Bkb ;zrfms t? eodh j?.

;wki B/ ed/ th Bkoh d/ jxe BjhA ep{b/.T[; d/ nkkl B{z B/V/ j' e/ BjhA ;[fDnK.T[; d/ wB Bz{ B/V/ j' N'fjnk BjhA.fJ; bJh Bkoh nkgg gqrNkT[D bJh rhsK dk ;jkok b?Adh ojH j?.



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rhsK d/ p'b Bkoh nkgD/ nzdob/ Bæg/ IlfpnK B{z T[æuh^ T[æuh rk fbnk.;wki ;[D/ Bk ;[D/ go fJ;soh Bz{ fJ;
gqrNkt/ Bkb ;kj nk frnk.

+e rhsK ftu n"os ;wkie ;fEshnK d/ ;zdoG ftu wkBf;e GktBktK gqrN eodh j?.T[; ;w/A gzikph w[fNnko dk
ihtB nZi d/ ihtB Bkb'A tæyok ;h.f;æXk^;kdk fJe' bhj 's/ uæbD tkbk ihtB izwh y/vh itkB j'Jh ,ftnjh rJh, gsh gqd/
ubk frnk, tj[Nh ;æ; e'b ofj rJh, ;æ; ;j[ok vkY/ fto'Xh ;B.BthA fBt/bh nkNk ghjdh,uoyk eæsdh, o' o' fdB eæNdh
;h.fJJBK fdBK ftu T[; Bz{ gqd;/h gsh ns/ wksk^fgsk dh :kd nkT[Adh ;h.T[j nkgDh :kd Bz{ y[bw^y[æbk fpnkB
BjhA eo ;edh ;h. T[; d/ fdb dk r[nko eæYD Bjh fJe' fJe ;kXB b'e rhs ;h.ebgBk d/ fJeKs ;z;ko ftu wB ftu nkT[Ad/
rhsK Bz{ fwbkgdh ns/ nkgD/ d[æy Bz{ nkgD/ rhsK Bkb ;kAMk eo b?Adh ;h.fJ; soKq fJj rhs pD rJ/.' fJJBK b'e
rhsK ftu ;G s'A tæX tofBs gkso n"os j?.

gzikph +e ekft^gzikph b'e ;kfjs dk fJe nwho fto;k b'e ekft j?.fJ; ftu gzikphnK d/ wB'Gkt fpBK fe;/ pBktN d/
fwbd/ jB.gzikph ;kfjs d/ pj[s/ ekft o{gK dk ;'wk b'e ekft jh fojk j?. fejk iKdk j? fe fizBh r"otwJh ns/ ozrhbh e'Jh
;z;feqsh j[zdh j?,T[jBK jh s/itkB ns/ ftnkge T[;dk b'e ekft.b'e ekft fJe nfijk ekft j? fi; ftu T[j ;æu j?,fijVk w{b
wkBthA ;zeNK, b'eK ;fEshnK gqfs wB[æyh wB dk ;fji sæs cæN ns/ ebkswe j[zrkok j?. b'e ekft Bz{ d' GkrK ftu
tzfvnK frnk j?^

1 y[æbQ/ ekft o{g

2 pæMt/A ekft o{g

fJJBK b'e ekft o{gK ftu y[æb/ ekft^ehoBk, nbkj[Dh, Nægk, p'bhNk, j/nok, Szd^gokrk, b'oh, f;æmDh, y/v jB ns/
pæMt/A b'e^ rhs^ ;jkr, x'Vhnk, tko, pkokwKj nkfd nk iKd/ jB i' n"os d/ wB d/ Gkt gqrN eod/ jB.vkLBkjo f;zx
dk eEB j? fe b'e rhsK ftu eJh soKq Bkb gq;fEshnK dk fto'X gqrN j'fJnk j?.fit/A T[j 'y{Bh B?D ib Go/' ;zrqfj d/
;zdoG ftu fbydk j? fe 'y{Bh B?D ib Go/'ftub/ rhsK d/ gæy s'A ;G s'A tævh ftP/Psk fJj j? fe nwkBth ;wkie d/
;Bw[æy n"os d/ j' oj/ fiB;heoD dh gqfefonk Bz{ do;T[Ad/ jB.fJj n"os s/ ;wkie ;zskg ftu'A T[gi/ ft:'r d/ p'b jB.

n"os B/ b'e rhsK okjHA nkgDk nkg c'b e/ oæy fdæsk j?.nkgD/ ;ko/ ilfpnK Bz{ T[æuh^T[æuh rk e/ fBæi ghV
Bz{ b'e ghV pDk fdZsk.ykD^ghD, bkT[D^gkT[D ns/ jo gæy ftu T[; Bkb ftseok ehsk iKdk j?.j'o s/ j'o fJ;soh d/ iBw
b?D s/ th xo dk e'Jh ihn y[P BjhA j[zdk.jo wK g[æso dh wK pDBk jh b'udh j?.;kv/ ;w[æu/ b'e^rhsK ftu Xh d/

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iBw b?D s/ e'Jh \[Ph Gfonk rhs ni/ sæ ;kvh ezBh BjhA fgnk.Xh Bz{ iBw d/ e/ wK pj[s jkoh j'Jh ns/ Pow;ko wfj;}; eodh j?.fj; rhs s'A T[; d/ Gkt ;gæPN j' iKd/ jBL

pkp/ d/ ftu ph pkpbk, s/o/ izwh Xh pkpbk

fe fjj w/o/ pKek Y'b,jkfJ dV tæfNnk jæ;d/ p'b

pkp/ d/ ftu u[zBh pkpbk, BK oæyDk f;o w[zBh pkpbk

fe fjj w/o/ pKek Y'b, jkfJ dV tfNnk p'b.

fiæE/ n"os Xh Bz{ iBw d/D s'A pknd d[æyh j? T[æE/ G?D th fj; ftseo/ Bz{ ;fjzdh j'Jh th thoK d/ j'D dh ohM wzrdh j? ns/ T[jBK d/ ;[æyK dh ekwBk eodh j?.

d' tho d/JhA t/ oæpk

w/o/ ;koh T[wo d/ wkg/.

fj; wod gqXkB ;wki B/ n"os Bz{ P[o{ s'A jh wod nXkfos jh Ykfbnk j?.T[j jw/Pk fgsk, Gok, gsh ns/ g[æso s/ fBoGo ofjDk f;æyh j?.fj; bJh T[;Bz{ pugB s'A jh tho d/ o{g ftu ;jko/ dh b'V ojh j?. fj; bJh T[j tho dh sKx oæydh j'Jh nær/ Gshi/ dh th nk; oæydh j? ,T[j fj; ;zpzXh Gkt g?dk eodh efjzdh j? fe

i[æi i[æi uzpk b'Vhdk

Gkp' w/oh g[æiD/

pzB xo'Vh nzdo tko

nzdo fbægK pkjo'A fbægK

fbægK xo dh nkb d[nkb.

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wfjzdo f;zx ozXktk, gzikp d/ b'e rhs, gzBk^340

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;'fjzdo f;zx tDikok p/dh, gzikp d/ b'e ;kfjs, gzBk^183

nzfwqsk gqshw, gzikp dh nktkl, gzBk^9^10

noftzdo e"o, B?D feD' feD o'J/ , gzBk^65,66,67,68

;[yd/t wkXg[oh, yzv fwPoh dhkK vbhK, gzBk^116,502,158

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98 Aspects of Western Existential Philosophy and Indian Scriptures as Manifested in the Novels of Arun Joshi

Nitinkumar V. Pithadiya

Lecturer in English,

Dr. J.N. Mehta Government Polytechnic, Amreli.

Email: nitinpithadiya001@gmail.com

Abstract: *Literature and Philosophy, though being different disciplines, have influenced each other for time immemorial. Indian English literature, especially fiction has gained much attention at world level at the present day. With the emergence of the writers like Anita Desai and Arun Joshi on the field at post-independence era, Indian English Novel took a new turn. A new dimension of philosophical and psychological delineation of the inner happening of the human mind which can be considered as existential is added to it. The present paper aims at finding the aspects of Western existential philosophy and Indian scriptures in the novels of Arun Joshi. Arun Joshi is one such writer who has tried to display the existential problems of the modern man. Joshi presents the blend of both Western and Indian philosophical traditions in his novels and finds ultimate solutions for the complex problems of life in the Karma philosophy of the Gita which provides an affirmative realization of the true 'self' and the purpose of life. Existentialism as a philosophical movement emerged in the mid-19th and 20th century in the western philosophy. This philosophy treats man as an existent rather than man as thinking subject. The prominent base of it is in the famous dictum "Existence precedes essence" given by Sartre. Joshi's *The Foreigner*, *The Strange Case of Billy Biswas* and *The Apprentice* represent three ways of redemption as preached in the Bhagvadgita: the Karmayoga, the Jnanayoga and the Bhaktiyoga respectively.*

Key Words: *Existentialism, Existence, Alienation, Meaninglessness, Rootlessness, Indian Scriptures, The Bhagavad-Gita, Redemption*

Introduction:

Literature and Philosophy, though being different disciplines, have influenced each other for time immemorial. Both have contributed in the development of the study concerning the understanding of human mind. Indian English literature, especially fiction has gained much attention at world level at the present

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day. Historically the journey of Indian English novel has passed through various phases which comprises of social realism, Gandhian Ideology, Partition, East-West encounter etc. But with the emergence of the writers like Anita Desai and Arun Joshi on the field at post-independence era, Indian English Novel took a new turn. A new dimension of philosophical and psychological delineation of the inner happening of the human mind is added to it. Earlier the novelists paid attention to the outer world and social problems which have been replaced by the description of the inner psyche and the problems of the identity which can be considered existential by a new breed of second-generation writers. Madhusudan Prasad has observed that, “Existentialism has been one of the major influences in the evolution of Indian Novel in English. So dominant was its sway on Indian literary imagination during early sixties and late seventies that it had led to the emergence of a distinctive sub-genre within Indian Fiction in English” (Prasad 216).

The present paper aims at finding the aspects of Western existential philosophy and Indian scriptures in the novels of Arun Joshi. Arun Joshi is one such writer who has tried to display the existential problems of the modern man. He digs deep into the inner recesses of his characters who are always in the quest for their identity and search for the true meaning of the life. His characters feel alienated, detached and rootless. Joshi was influenced by Western existential philosophers like Sartre and Camus as well as the impact of the teaching of the *Gita*, *Upanishads* and Gandhian philosophy can be traced in his novels. In this manner, Joshi presents the fusion of both the philosophical traditions in his novels and finds ultimate solutions for the complex problems of life in the Karma philosophy of the *Gita* which provides an affirmative realization of the true ‘self’ and the purpose of life. Joshi has written five novels namely *The Foreigner* (1968), *The Strange Case of Billy Biswas* (1971), *The Apprentice* (1974), *The Last Labyrinth* (1981) and *The City and The River* (1990). All these novels showcase individual’s quest for a better meaning of life and present the juxtaposition of characters’ inner psyche and the society they belong. *The Foreigner*, *The Strange Case of Billy Biswas* and *The Apprentice* represent three ways of redemption as preached in the *Bhagavad-Gita*: the *Karmayoga*, the *Jnanayoga* and the *Bhaktiyoga* respectively. As O.P. Bhatnagar has appropriately noticed that, “A certain awareness of man’s rootlessness and consequential loneliness and anxiety is the keynote of Arun Joshi’s unique vision of contemporary Indo-English Fiction” (Bhatnagar 49).

Existentialism as a philosophical movement emerged in the mid-19th and 20th century in the western philosophy. It paid attention to the subjective human and the problems of his life. It was against the earlier philosophical tradition in which the importance was given to the ideas and reason but not to the subjective

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feelings of human being. As Walter Kaufmann appropriately puts it as, “Existentialism is not a philosophy but a label for several widely different revolts against the traditional philosophy” (Kaufmann 11). The philosophers in this movement can be classified as theistic and atheistic. This movement was started by Soren Kierkegaard and Friedrich Nietzsche who can be considered the founding fathers of it. But later on, in the mid-20th century philosophers like Heidegger, Sartre, Camus and Simon de Beauvoir have contributed a lot through their literary as well as philosophical writings.

The first and foremost characteristic is that existentialism begins from man rather than from nature. This philosophy treats man as an existent rather than man as thinking subject. The prominent base of it is in the famous dictum “Existence precedes essence” given by Sartre. As Sartre explains it, “We mean that man first of all exists, encounters himself, surges up in the world, and defines himself afterwards.... he will be what he makes of himself.” (Macquarrie 15). The basic concepts of it are freedom of choice, responsibility, alienation, despair, death and identity crisis.

Though Indian philosophy does not think about existentialism directly still mention of the problems of the ‘self’ and meaning of the existence has been dealt in detail in it. Philosophy in India has always been considered as *Darshana* (vision) rather than an intellectual quest for truth. *Vedas* and *Upanishads* are the oldest literary monuments of the Aryan Mind that are true embodiments of individual's curiosity to explore the world around him. The gist lying beyond *Upanishads*' philosophy is that individuality is ‘true self’ and its realization leads to the absolute truth or the supreme bliss. The purpose of human life is to know this absolute reality and thus to attain salvation. But due to *Avidya or Maya* (Ignorance or Illusion) the individual keeps on engaging himself in sensuous pleasures and worldly attachments ignoring his true self and consequently, he takes birth and dies again and again carrying an inauthentic life. S. Radhakrishnan has rightly marked out that, “To get the existential experience of the self, we should get free from the diversity of objects, external and internal, which impedes and prevents the direct or intuitive vision of the essence of the self” (Radhakrishnan 57).

Three important features of modern existentialist philosophy are despair, death and freedom which have also been discussed in Indian philosophy. Despair is echoed in suffering which is the result of individual's own actions and the world has not been interpreted as alien reality but a sum total of individual's own actions. Death is viewed as an interfering and senseless repetitions. Indian philosophy never places death as an act of freedom and escape but it means only a change of scene for the life of



individual and the veiling of his memory. After recognizing the situation, death becomes a reminder to transcendence his limited existential situation to have an 'authentic' life. Freedom comes not as a philosophical problem in Indian philosophy. An individual is left to create and form his essence.

Manifestation of Western Existentialism and Indian Scriptures in Arun Joshi's Novels:

Arun Joshi's maiden novel *The Foreigner* describes the story of its protagonist Sindi Oberoi who feels alienated and rootless and always tries to keep himself detached from the action. The novel is described from Sindi's point of view and shows the experiences of him as a student of Mechanical Engineering in American University in Boston and later as an employee in the firm of Mr. Khemka, a wealthy industrialist in Delhi. After the first chapter which deals with the death of Babu Rao Khemka, the son of Mr. Khemka in car accident in Boston, the novelist puts the readers to speculate about the emotional impact of Babu's death upon Sindi and Babu's fiancé, June and the further events are described by flash-back technique.

Sindi presents himself as an uprooted young man living in the later half of the twentieth century who wants to arrive at some meaning of his life. He seems a foreigner to the world wherever he goes and at times even becomes a stranger to himself. An Indian origin, born and brought up in Kenya, Sindi receives his early education in London and goes to study engineering in America. His parents had died in an air crash in his infancy and their only reality for him is "a couple of wrinkled and cracked photographs" (TF 12). This mutability of his background emphasises his alienation and his being foreigner from birth. He confesses, "My foreignness lay within me." (TF 55). He "is an alien everywhere physically as well as metaphorically" (Mukherjee 202-203). After his parents' death, his uncle rears him up. But his uncle also dies and his life becomes a purposeless existence to him. He says, "Somebody has begotten me without a purpose and so far, I had lived without a purpose" (TF 55).

This loss of personal history, culture and national identity makes him a detached observer of the whole drama of existence. Sindi believes that man is just a toy in the hands of time and life is full of agony and pain. He has relationships with different women like Anna, Kathy and June. Anna is a middle-aged woman of "thirty-five with dark hair and finely chiselled features" (TF 176). She is "a minor artist who had separated from her husband" (TF 142). Sindi comes to know that she is yearning for her lost youth and fails to continue his relationship for more than six months. Later on, he gets involved with Kathy and enjoys sex



with her but she also leaves him because she is a married woman and thinks that “marriage was sacred and had to be maintained at all costs” (TF 144). Then he comes into contact with June Blyth who lives with her mother at Boston. June is beautiful, sensual, benign, affectionate girl who meets Sindi at a foreign students’ party. June loves Sindi deeply but this love is not sincerely reciprocated by Sindi. He, on the other hand, is confused and afraid of human relationships, because they eventually give pain and suffering.

On the basis of his past experiences, he chooses himself to remain detached as much as he can. he admits, “I don’t want to get involved” (TF 62). He goes on talking and behaving disinterestedly with June and June’s efforts to involve Sindi in a loving union fail due to his ego which forces him to practise detachment. He says, “One should be able to detach oneself from the object of one’s love” (TF 55). June even wants to marry him but he denies because he does not want to possess her. So, June falls in love with Babu Rao Khemka who is an Indian student and a friend of Sindi. Babu and June develop a deep relationship and they want to marry. But when Babu comes to know about the relationship of Sindi and June, he is not able to bear with it and dies in a car accident. The death of Babu affects the lives of Sindi and June in a great manner. Later on, when Sindi wants to meet and communicate with June, he goes to June’s home. But he finds about the death of June. He is so much depressed and realises that, “Detachment at that time had meant inaction. Now I had begun to see fallacy in it. Detachment consisted of right action and not escape from it” (TF 55). Now, he decides to go to India to his ancestors’ land by a flip of a coin. He meets Mr. Khemka and Sheila and joins their firm. Sheila, a sister of Babu, tries to interrogate Sindi about the death of her brother. But, here also, Sindi tries to keep himself away from such matters.

At last, when Sindi finds Mr. Khemka responsible for making wrong in financial matters and when income tax department punishes him, Sindi decides to leave the firm. It is here, he comes to know the true meaning of detachment from Muthu, a labourer in Mr. Khemka’s firm that real detachment is not an inaction but involving one’s self in right action. Sindi applies it at the end and decides to re-join Mr. Khemka’s firm for the benefit of such labourers. Thus, Sindi’s Journey from the West to the East has become real path for his liberation from the misconceptions regarding practising detachment.

As *The Foreigner* deals with the liberation through proper action, Joshi’s second novel *The Strange Case of Billy Biswas* indicates about liberation through knowledge. The novel revolves around the crisis of self, agony and search for the affirmation in life. It is concerned with the mysterious inner world of man. It is a story of Billy Biswas who yearns for the primitive life narrated by Romesh Sahai (Romi) who is Billy’s friend whom he has met as a student in New York. The novel begins with depicting Billy as a man of

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intellect, profound sensibility and usual obsessions. The son of a judge of a Supreme Court of India, Billy belongs to a rich and respectable family. His father sends him to America to take up engineering courses but he starts doing Ph.D. in Anthropology out of his keen interest in learning about the tribal attitudes and customs. He becomes aware about his identity and asks such questions as, “Who was I? Where had I come from? Where was I am going?” (*TSCBB* 122). He is extraordinarily sensitive. Unlike Sindi, he listens to the voice of his soul. He chooses to live in Harlem, the black ghetto of America, being “one of the worse slums of New York City” (*TSCBB* 9). It is “the most human place he could find” (*TSCBB* 9).

Romi comes into contact with Billy while searching for accommodation in New York. They share a flat and develop a friendship which lasts till end. The initial part of the novel provides glimpses into Billy’s strangeness as a man and also of his liking for primitive and unsophisticated people. Billy presents his motive as, “All I want to do in life is to visit the places they describe, meet the people who live there, find out about the aboriginalness of the world” (*TSCBB* 10). He talks to Rumi about the other side i.e., the primitive life untouched by sophistication that, “Most of us are aware only of the side on which we are born, but there is always the other side, the valley beyond the hills, the hills beyond the valley” (*TSCBB* 14-15).

Tuula Lindgren, the Swedish lady of thirty years, who has come to United States for advanced training in psychiatric course, understands Billy’s dilemma of life fully and knows what goes in his “dark, inscrutable, unsmiling eyes” (*TSCBB* 15). She tells Romi that Billy is an extraordinary person and feels inside him a strange force. She finds him “obsessed with a latent quest” (*TSCBB* 176). Billy is not in harmony with his family members. Although he lives with them, he is all alone, isolated and alienated, a stranger in the real sense of the term. He writes to Tuula Lindgren: “It seems, my dear Tuula, that we are swiftly losing what is known as one's grip on life. Why else this constant blurring of reality? Who am I? Who are my parents? My wife? My child? At times I look at them sitting at the dinner table, and for a passing moment, I cannot decide who they are or what accident of Creation has brought us together” (*TSCBB* 97). Billy's awareness of the deeper layers of his personality makes him an existentialist being, estranged and alienated from the superficial reality of life.

Romi has much affection for Billy, and discovers that “Billy had almost inhumanly sharp eyes” (*TSCBB* 43). He is almost distracted by “the look on his face. His expression was a mixture of nearly all those emotions that one tends to associate with a great predicament” (*TSCBB* 43-44). Billy’s predicament becomes a strange case as he turns out to be a split personality between “primitive” and “civilized”. Billy finds modern civilization fast degenerating as well as normless and meaningless. Whenever he listens to folk

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music or drum-beating, he feels altogether transported to the world of the primitive which is different from that of the so-called civilized society. Like Sindi, he does not feel at ease in American society: “White America, he said, was much too civilized for him” (*TSCBB* 9). During long walks with Billy, Romi finds his talks “revealing not only the mind of the speaker but also the dark unknowable layers of the mysterious world that surrounded us” (*TSCBB* 26). Later, he comes to know from Billy that how often he had hallucinations, “the same odd feeling of being in a place other than where I was, in a place very, very old, at times a wilderness, at other times full of strange primitive people” (*TSCBB* 180).

He returns to India and is appointed Professor in Anthropology at the Delhi University. His mother introduces him to Meena, a pretty young daughter of a retired civil servant. As he is much upset by hallucinations, he marries Meena Chatterji and it is, as he thinks, like taking out “an insurance” on “his normalcy” (*TSCBB* 182). He wants to behave like a normal man. He wants to develop a sense of harmony with the surrounding, a sense of belonging. But this he does not get even after his marriage with Meena. She fails to engage his soul, to satisfy his inner urge rather she adds into his disillusionment and depression.

The imagery of dogs with large teeth and furred paws shows Billy’s utter dislike for the elite class. He is happy living with the primitive people who live closer to the ways of nature. He realizes that Meena is a product of “phoney society” (*TSCBB* 185) and she fails to quench his thirst, to satisfy his soul. The distance between the two increases gradually and it generates a communication gap. Billy deserts his responsibilities towards his family, his wife and his son and believes that, “I had greater responsibilities towards my soul” (*TSCBB* 186). In order to get the right kind of solace that his injured soul needs, he meets Rima Kaul, who has been loving him passionately since the day she met him. His trips to Bombay take him closer to her. He feels she has a “rare degree of empathy” and “sufficient idea of human suffering” which Meena lacks. His passions lead him astray and he seduces her “like any common rogue” (*TSCBB* 188). But very soon he realizes that his relationship with Rima is nothing but his degradation.

Once he gets an opportunity to take his students on an anthropological expedition to the Satpura Hills in Madhya Pradesh and gets so much fascinated by the intense beauty of the hills and their inhabitants, particularly women with graceful figures and bright eyes that he disappears into the saal forests of the Maikala Hills. With the Bhils and their leader Dhunia, he eats, drinks and waits for the rising of the moon and “he could for the first time see clearly the change entering him. Bilasia, Billy understands, is the right woman to satisfy his soul. While he sat in the purple shadows, he had the first terrible premonition that he might not go back” (*TSCBB* 137). An enormous search is launched by the police to find Billy out. When

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they fail to find him out, it is presumed that he has been killed by a tiger prowling in the area. This “search” (TSCBB 177) for meaning is the doomed existentialist's search that ultimately drives the protagonist to the doors of death, the final tragedy.

Thus, the novel stands as a bitter commentary on the tyranny of the forces of phoney civilization that crushes man's desire for self-existence and kinship with nature.

The Apprentice presents the way of liberation through devotion. Joshi displays the materialistic aspects of contemporary world and its impact on modern man for various reasons in this novel. Ratan Rathor is the protagonist of the novel who feels conflicts between two philosophies- the “life” and the “living”. The theme of the novel clearly reflects the modern scenario of the Indian state. Joshi has used the technique of dramatic monologue. According to Tapan Gosh, “Crisis in the soul of an individual, who is entangled in the mess of contemporary life with its confusion of values and moral anarchy and his untiring quest for a remedy lie at the core of Arun Joshi's exploration of human reality in *The Apprentice*” (Qtd. Bhavani 640). The novel is a confession of Ratan, the protagonist, a child of double inheritance who is born in pre-independent India. On one hand he is strongly influenced by his father who is killed in the revolution for Independence. His father's idealism teaches him to be a devotee for his country and his fellow people. His father remarks pursuing career for personal profits is like “Bourgeois filth” (TA 32). He remembers his father's words, “whatever, you do touches someone somewhere” (TA 143). On the other hand, his mother instructs him, “It was not patriotism but money, she said, that brought respect and bought security. Money made friends. Money succeeded where all else failed. There were many laws, she said, but money was law unto itself. (TA 19). Due to contrary ideals, he becomes a man of double personality which leads him to the crisis. Consequently, his words don't match with his actions and he feels self-alienated from self as well as his surroundings.

Ratan Rathor being an unsophisticated youth, jobless arrives to Delhi in search of a career. He desires to earn a name and prosperous future by following his father's idealism. Ratan remarks that, “And I had no doubt that.... I should make a mark on the world, a mark as visible and striking as my father's” (TA 23). He witnesses the fall of the nation and degradation of moralities. Corrupt and materialistic society tested his ethics and ideals at each and every step. In order to sustain his professional growth, he sacrifices patriotism and honour. Attracted by materialistic values, he has risked the lives of innocent people by accepting bribe from Himmat Singh to clear an arms consignment for the Ind-China war. He undergoes a profound change and realizes that, “I had added a new dimension to my life. I had become, at the age of

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twenty-one, a hypocrite and a liar; in short, a sham.... From morning till night, I told more lies than truths. I had become a master faker.... a faker soon forgets who he really is That is when all starts to crumble. (TA 27).

Ratan continues lying and deceiving going in the wrong path. He feels helpless because he is forced to proceed. He expresses the power and enchantment of money like this: “. . . I did not need the money. I am quite sure of that. I needed it no more than sitting here, after two cups of tea, I need a third. I may drink it because others do, or because it is offered free, but I need it neither for survival nor happiness” (TA 58). By the death of his close friend the Brigadier, he understands that he is living without life. Rathor’s immorality acts directly affected his friend’s life and disturbed him mentally and led to his death by committing suicide. This incident makes feel ashamed of himself and guilty for the death of the Brigadier. Despite his wealth and material comforts, he lacks satisfaction at heart.

Ratan seeks repentance for his great betrayal of killing his friend by making confession. His self-destructive decision and moral ambivalence made him fraud and commit sin against the society. In order to achieve redemption for his guilt of accepting bribe and becoming responsible for his friend’s death, he chooses Gandhian way by cleaning the shoes of the devotees every morning at a temple. It is a kind of *Bhakti* (Devotion) in which he offers his service as a way of repentance. The words of Himmat Singh help Ratan to stick his moral conscience and to redeem himself from the sin. Thus, he realizes that one cannot blame others for one’s mistake and one cannot reform the world, but oneself. Further he keeps on reminding of being good and being some use to others.

Thus, this novel attacks on the materialistic values as defective materials which make modern man to fulfil their selfish needs. Joshi presents the scenario of the modern society where people adopt favourable ends. Ratan’s character shows how people become selfish to achieve their needs in any manner. Joshi very aptly describes materialistic attitude of the modern man which creates degeneration of moral values and deceitfulness as well as meaninglessness.

Conclusion:

To sum up, Joshi’s protagonists are always in their existential search for the true meaning of life. They make choice to be alienated and not to get involved. They come into contact with different women but ultimately realize the futility of the relationships. They acquire redemption through different ways. Sindi finds a true meaning of detachment in action. Sindi resembles Karna, the great character in *The Mahabharata* because



both face a crisis of identity. His life can also be viewed as *Yatra*, a pilgrimage from meaninglessness to affirmation through knowledge of life. He after undergoing a long conflict between the saint and the lusty beast in him, reaches a solution to his problem. Billy's case is strange. He gets liberation through the knowledge of the tribal people and ends up there. Though the novel runs along existential lines, it strives to assert much needed values. It speaks of spiritual realisation in contrast to mundane entanglements. The novel deviates slightly from *The Foreigner* in the end as Sindi finds his meaning in the civilized world itself and learns to live like a *Karmayogi* whereas Billy derives his meaning only after renouncing his city life joining the primitive world for pure and righteous living. Ratan Rathor feels guilty of the corruption and finds his way through devotion. The way he chooses for the purification of his soul meets the vision of *Bhakti* (devotion) in *The Bhagavad-Gita*. He undergoes expiation and believes that purification is to be obtained not by any ritual or dogma but by making amends. His earlier aesthetic attitude towards life is gone and he comes to believe that only God can help him. Thus, Joshi finely balances the ways of both Western existential and Indian scriptures in his novels and provides an affirmative solution to the complex problems of life.

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99 A Relative Research of Self Efficacy Between Different Game Players (Contact and Non Contact)

Sandeep Singh¹, Dr. Pravin Kumar²

1-Research Scholar (C.T University) Ludhiana, Punjab India. sandeepkuhiiwala@gmail.com

2-Professor School of Humanities and Physical Education (C.T University) Ludhiana, Punjab India. hodphyedu.ctu@ctgroup.in

Abstract: *The purpose of the study was to compare the self-efficacy of contact game and non-contact game players. For this total 100 players (50 subjects contact game players, 50 subjects of non-contact game players) who had participated at national club level and aged between 18 to 23yrs. were selected using purposive sampling technique. "Self-efficacy Questionnaire" a standardized sports psychological inventory designed by Asst.. Prof.. Mrs. Maninder Kaur(st college of education) was used for data collection. The collected data was analyzed using Independent sample's' test. The results of the study showed that there was a no significant difference in self efficacy Contact Game and Non-Contact Game Players at 0.05 level of confidence. It was concluded that Non-Contact Game players showed significantly more self-efficacy than the Contact Game Players.*

Keywords: self-efficacy, contact game, non-contact game

1. Introduction

1.1 Theoretical Background of the study

Psychology is a science in which, we study about human behavior and Sports Psychology is primarily concerned with the analysis of behavior of sports persons. Sports psychology involves the study of how psychological factors affect performance and how participation in sports and exercises affect psychological and physical factors. Concentration, confidence, control, and commitment are generally considered the main psychological qualities that are important for successful performance in sports. Nowadays sports not only require physical skills, but a strong mental game as well. Self - efficacy and Locus of Control are complex components of mind. Self - efficacy is the most important single attribute and the key to understanding the behavior of an individual. The self - efficacy is how we think about and evaluate ourselves. To be aware of oneself is to have a concept of oneself. The term self - efficacy concept is a general term used to refer to how someone thinks about or perceives them. Self - efficacy is a multi - dimensional construct that refers to an individual's perception of "self" in relation to any number of characteristics. A locus of control orientation is a belief about whether the outcomes of our actions are contingent on what we do (internal control



orientation) or on events outside our personal control (external control orientation). In the present scenario, sports have become highly competitive. All individuals are varying from each other. No two individuals are exactly alike. Personality traits are very important in sports.

There are many situations which may require first aid, and Sports psychology in many ways is a fortunate scientific field of inquiry as it provides an arena for the study of human performance and emotions spanning the “thrill of victory to the agony of defeat” as well as group dynamics, organizational behavior and individual personality characteristics. Overall the literature supports, the idea that the mental preparation strategies have a positive effect on the performance as it is assumed that physical ability of an individual are related to his psychological structure because the environment in which the physical abilities are displayed constitute an ideal setting for the development of psychological characteristics as well. The rationale of this research work circles around the factors like self-efficacy which is the axis of human traits and to a large extent affects the outcome of the specific behavior. Self-efficacy is people’s belief in their capabilities to perform in ways that give them control over events that affect their lives. Bandura (1977) used self-efficacy to denote a situational specific variable which influences performance and determines how much efforts individual will expand and how long they will persist in the face of obstacles and difficult experiences. Therefore, higher the self-efficacy more will be the intensive effort while lower the self-efficacy less will be the effort and difficult tasks will be viewed as threats.

1.2 Statement of the Problem

Nowadays sports is becoming an over growing industry. Sportsmen require a very strong belief in their abilities. Hence the athlete needs to have self-efficacy to perform at different levels of sports and also different sports demands different levels of self-efficacy. Contact games have a different environment compared to non-contact games. To attain high level of performance the athlete has to be mentally stable and should have a strong belief in their own abilities. Having a strong self-efficacy helps the athlete to perform better. Level of Self efficacy is different in contact game players and non-contact game players. Outcome. Self-efficacy is considered as a situation-specific issue in contact game and non-contact game. Taking this concept in mind researcher have selected this topic

“A Comparative Study of Self Efficacy between Contact Game and Non-Contact Game Players”

1.3 Significance of the Study

- The study will help the players to know their level of Self Efficacy.
- The study will help the coaches to know players Self Efficacy.
- The study will help to understand the self-efficacy of players playing contact game and noncontact game.
- This study will also highlight the different between the self-efficacy of contact game players and non-contact game players.



1.4 Objective of the Study

- To assess the level of Self-Efficacy of contact game players of Punjab state
- To assess the level of Self-Efficacy of non-contact game players of Punjab state
- To compare the level of Self-Efficacy of Contact game players and Non-Contact game players of Punjab state

1.5 Hypothesis of the Study

- ★ **H₁**. There is a significant difference in level of Self Efficacy between Players of Non-Contact and Contact Games.
- ★ **H₀**. There is no significant difference in level of Self Efficacy between Players of Non-Contact and Contact Games.

1.6 Assumption of the Study

- It was assumed that all the colleges would grant permission to administer the study.
- It was assumed that all players will actively co-operate and fill up the questionnaire without any hesitations.
- It was assumed that all players for this study will follow the instructions and provide true information.

1.7 Limitation of the Study

- Family background, dietary habits and economic status were the limitations of the study.
- Training age of the players was the limitation of study.
- Player's lifestyle was also the limitation of the study.

The answers given by players in questionnaire were accepted to be correct and weren't cross checked. Hence it is considered as limitation of study.

1.8. Delimitation of the Study

- The study was delimited to the players of Punjab Stat aged between 18 to 23years.
- This study was delimited to following contact games and non-contact games.



<i>Contact Games</i>	<i>Non Contact Games</i>
Football	Volleyball
Boxing	Table tennis
Kho. Kho	Shooting
Hockey	Cricket

- Further, this study was delimited to national level players of the following sports clubs of Punjab state .
 - K.P.T. sports club
 - Metro sports club
 - Dasmash sports club
 - D A V sports club

2. Operational Definition

- Self-Efficacy: Self efficacy refers to the belief of the athlete in oneself in performing a task keeping in mind the practice session in which they will be participating.
- Contact Game: A game such as Football, Basketball, Hockey or Handball that involves physical contact between players as a part of normal play during the game.
- Non-Contact Game: A game such as Volleyball, Softball or Cricket in which the players are physically separated such as to make it impossible for them to make physical contact during the game.

National players: All male players that have represented the state of Maharashtra at National level.

2.2 Methodology

For the present study descriptive comparative method was used to assess and compare the self-efficacy of contact Game and non-contact Game.



2.3 Sampling

For the present study the researcher used purposive sampling technique to select the sample from the population because the entire population for the study was not known.

2.3.1 Population

All the contact game and non-contact game Players aged between 18 to 23years from Punjab Stat who participated in the National competition of the respective games.

2.3.2 Sample

- From the population total 100 subjects (Contact Game 50 players and non-contact Game 50 players) were selected purposive sampling technique for the present study. The subjects were selected as given in the table below.

CONTACT GAME

Boxing	Kho.Kho	Football	Hockey
10	10	10	10

Non Contact Game

Tabletennis	Shooting	Cricket	Volleyball
10	10	10	10

Total=50+50=100.

2.4 Tools Used For Data Collection

The self-efficacy questionnaire Mrs Maninder Kaur (S.T.college of education) was used to evaluate the self-efficacy of the subjects... It is a sport specific questionnaire to evaluate overall self-efficacy of the players. It consists of forty four questions. The subjects had to respond. The score for the questionnaire was prepared to know the self-efficacy of contact game & non-contact game. There were five options in questionnaire and students had to tick [Ö] on any one option provided below each question. There were no right or wrong answer.

2.5 Procedure

To enhance the cooperation of the subjects the researcher personally met the subjects, explained the purpose of investigation and gave a clear instruction regarding the method for answering the questions. The researcher distributed the questionnaire booklet for marking the responses. The researcher in person in a face to face relationship



administered the entire questionnaire. The subjects went through the instructions, read each statement carefully and indicated their responses. All the filled in questionnaires were collected from the subjects and scoring was done according to the scoring key. Usually every individual of completed the questionnaire within the time limited. The questionnaire is prepared for knowing the self-efficacy of contact game & non-contact game. Tick [O] any one option provide. There was no right or wrong answer. Solve all 44 questions. Maximum time limit for filling up the questionnaire is 30 minutes.

2.6 Statistical Tools

To evaluate the score of self-efficacy descriptive statistics were used. To compare the self-efficacy of contact game and non-contact Game players, "t" test was used. To test the hypotheses, the level of significance was set at 0.05.

• Data Analysis and Interpretation

3.1 Introduction

The data collected was analyzed using statistical technique such as t-test independent. In this chapter the data will be interpreted under two heads viz.

- Analysis and interpretation of self-efficacy score of contact game.
- Analysis and interpretation of self-efficacy score of non-contact game.
- Comparative analysis of the score of contact game and non-contact game.

All the statistical calculations were done using the 11.5 spas software.

3.2 Analysis and Interpretation:

After data collection and scoring the next step is to analyze the data and verify the research hypothesis followed by interpretation. The details of data analysis and interpretation of results have been presented systematically in this chapter.



3.3 Analysis of Self Efficacy

3.3.1 Descriptive Statistic

Table 4.1: Descriptive Statistic of Self Efficacy Between Contact Game and Non Contact Game Players

	Game Type	N	Mean	Std. Deviation	Std. Error Mean
Self-efficacy	Contact game	50	156.2500	21.09168	3.33489
	Noncontact game	50	166.7750	22.07968	3.49110

The above table 4.1 shows the mean and standard deviation for self-efficacy of contact game as 156.25 and 21.09 respectively and the mean and standard deviation of self-efficacy of non-contact game 166.77 and 22.07 respectively.

3.3.2 Testing of Hypothesis

The aim of this current study was to compare the self-efficacy of contact Game and non-contact Game players. For this purpose the research hypothesis was stated as, “H1-There is a significant difference in self efficacy between contact Game and non-contact Game players”. The null hypothesis was stated as “H0- There is no significant difference in self efficacy between contact Game and non-contact Game players”. The null hypothesis was tested using independent sample t test for all the contact game and non-contact game.

Table 2: Comparison Of Self Efficacy Between Contact Game And Non Contact Game Players

		F	Sig.	T	dd	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Self-efficacy	Equal variances assumed	.225	.636	-.21100	78	.032	-10.52500	4.82797
	Equal variances not assumed			-.21100	77.837	.032	-10.52500	4.82797



Table 4.9 shows the statistical analysis for self-efficacy using independent sample t test. Since the significant value is greater than 0.05 equal variance is assumed. The calculated t value (-2.1100) for dd 78 shows that there is a no significant difference in Self Efficacy between Contact Game and Non-Contact Game players at 0.05 significance level ($p=0.032$). Hence the research hypothesis was rejected and null hypothesis was accepted.

3.4 Conclusions

Researcher analyzes the collected data as per objective set for the research study. After implementing the appropriate statistical tools to analyze the data, it was shown that is onsignificance difference between the self-efficacy of contact game and non-contact game. Hence research hypothesis is accepted.

3.5 Discussion of Findings

From the findings it was observed that there is no significant difference in the self-efficacy of contact game players and non-Contact Game players. This findings may be due to their past successful experience and may be due to the exposure of the players to various level of competition which improves their confidence and in turn their self-efficacy. Bandura (1997) suggested that past sports experiences and repeated successes increase and build self-efficacy. Trait sport confidence was a strong robust belief in personal efficacy, while predictor of state sport confidence in super repeated failures. As Bandura suggested that the Experience is very important for the players to have higher self-efficacy an in the present study the subject selected in both the groups had similar level of experience. This could be the reason that there was no significant difference found in the self-efficacy of contact game players and non-contact Game players.

4.2 Summary

This study of self-efficacy of contact game and non-contact game of the national club affiliated to Punjab stat was undertaken to find the difference between the self-efficacy of contact game and non-contact game players.

For the present study the researcher used purposive sampling technique to select the sample from the population because the entire population for the study was not known.



"The self-efficacy inventory test" was administered to all the selected sampling and data was collected from the selected contact game and non-contact game players. The data gathered was statistically analyzed by applying independent "t" test with the help of SPSS (11.5 version) software and interpretations were drawn.

After analyzing the collected data no significance difference were found between self-efficacy of the contact game and non-contact game.

4.3 Conclusion

On the basis of the result obtained in this study the investigator made the following conclusions:

- In this study, the distribution of self-efficacy score of contact game and non-contact game players was nearly normal.
- The research study signifies that there is no significance difference found between the self-efficacy of contact game and non-contact game players.

4.4 Recommendations for Further Studies

- This study can be conducted on national players.
- This study can be conducted on players playing at different levels.
- This study can be conducted on contact and non-contact games.
- This study can be conducted by taking different games.
- This study can be conducted to compare between different geographical areas.

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100. अटल बिहारी वाजपेयी के काव्य में अभिव्यक्तिगत विशिष्टता

शोधकर्त्री- जसप्रीत कौर चावला

रोल न.- PH1855037001

शोध निदेशक: डॉ राजेन्द्र सिंह 'साहिल'

पता- सी टी यूनिवर्सिटी, मुल्लापुर

लुधियाना

भूमिका

भारत के पूर्व प्रधानमंत्री और राष्ट्रवाद की मूर्ति श्री अटल बिहारी वाजपेयी की रचनाएं पत्र-पत्रिकाओं में लगातार प्रकाशित होती रहीं। आरंभ में 'धर्मयुग' नामक मासिक पत्रिका के माध्यम से अटल जी की कविताएं पाठक गण तक पहुंचीं। कविताओं की भाषा सहज, सरल और स्वाभाविक है। अटल बिहारी वाजपेयी कविताओं का अध्ययन करने के पश्चात ज्ञात होता है कि उनके काव्य में खड़ी बोली की प्रधानता अत्यधिक है। अटल जी अपनी कविताओं के माध्यम से जनता के साथ संप्रेषण कर रहे हैं अगर अटल काव्यधारा को जीवन का चित्रण माना जाए तो भाषा इसकी अभिव्यक्ति का एक मात्र माध्यम है। अटल काव्यधारा का कथानक, देशकाल, संवाद, भाषा शैली का उद्देश्य सांकेतिक है। अटल काव्य धारा का ढांचा, शिल्प, शिल्प कला शिल्प विधान, पारिभाषिक शब्द, रसों, अलंकारों और शब्द शक्तियों की तरफ भी ले जाती है। अभिव्यक्ति के आधार पर अटल काव्य में राजनैतिक विरोधाभास अधिक मात्रा में पाया जाता है। सामाजिक, राजनैतिक, सांस्कृतिक और बौद्धिक जीवन में गहरी पैठ बनाते राष्ट्रवाद और जन-जागृति की लहर उत्पन्न करती है। अटल जी की इक्यावन कविताएँ मुक्तक शैली में हैं। अनुभूति के स्वर ' , ' हरी - हरी दूब पर ' , ' पहचान ' , ' गीत नया गाता हूँ ' , ' ऊँचाई ' , ' मौत से ठन गई ' , ' कौरव कौन पाँडव कौन ' , ' आज सेंधु में ज्वार उठा है ' , ' गगन में लहराता है भगवा हमारा ' , ' उनको याद करें ' , ' कोटि चरण बढ़ रहे ध्येय की ओर निरंतर ' , ' अमर है गणतंत्र ' , ' मातृ पूजा प्रतिबंधित ' , ' कंठ - कंट में एक राग है ' , ' सपना टूट गया ' , ' अंतर्द्वन्द ' , ' मनाली मत जड़यो ' , ' आओ मर्दों नामर्द बनो ' आदि 51 कविताओं का संग्रह है। 'ये कविताएँ विविध विषयों पर होने के कारण विविध भावमयी हैं , पर सर्वाधिक कविता राष्ट्रप्रेम , राष्ट्रभक्ति और राष्ट्रीय अस्मिता पर हैं। अटलजी स्वभाव से राष्ट्र प्रेमी और उत्साही थे , अस्तु उनके द्वारा ओजपूर्ण ऐसी कविताओं का सृजन होना

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स्वाभाविक ही था । मनाली से उन्हें विशेष प्रेम था । इसलिए संग्रह में मनाली पर दो गीत हैं । उनके काव्य में यूँ अनेक रसों का परिपाक हुआ है , पर मुख्य रूप से वीर रस , अदभुत रस और करुण रस का ही अवतरण अधिक हुआ है । मनुष्यता और मानव की नियति पर उन्होंने बहुत लिखा है।वस्तुतः वे ' मानवता विधा ' के कवि हैं।

शिल्प विधान

शिल्प विधान विषय में डॉ कमल किशोर गोयनका अपनी पुस्तक "प्रेमचंद के उपन्यासों में शिल्प विधान" में लिखते हैं कि शिल्प विधि निर्माण या रचना के नियम अथवा सिद्धांतों का वाचक है जिसे हमने टेक्निक के पर्याय के रूप में स्वीकार किया है, और शिल्प विधान शब्द कौशल रचना का प्रबंध अथवा व्यवस्था के अर्थ का द्योतक है। शिल्प विधान शब्द किसी एक कलाकृति के संयोजक अथवा प्रबंध के अभाव को प्रकट करता है। जबकि सिर्फ विधि के अंतर्गत ही किसी कलाकार को समग्र रचनाओं में विद्यमान सामान्य रचना के नियमों और प्रवृत्तियों को रख कर देखा जा सकता है"। 1

भाषा

भाषा में सहजता और सरलता रचनाकार की अभिव्यक्ति को सौंदर्य प्रदान करती है। इसलिए भाषा का जन समुदाय की पकड़ में आना अनिवार्य होना चाहिए जो अटल काव्य धारा का अनिवार्य तत्व पाया गया है। अटल की कविताओं में शब्दाडंबर की व्यापकता भी पाई गई है। अटल की कविताओं में खड़ी बोली के प्रयोग के साथ- साथ मानक हिंदी और स्थानीय भाषा का भी प्रयोग हुआ है। भाषा का मिश्रित स्वरूप भाषा की एकरससता को भी तोड़ता है। हिंदुस्तान जैसे बहुभाषी और बहुसंस्कृति देश में भाषा का मिश्रित होना स्वभाविक बन जाता है। इस समय अटल जी ने भाषा के साथ कोई राजनीति न कर भाषा को सहजता से संप्रेषण का साधन माना है। भाषा को मात्र उत्पाद का रूप मानकर भाषा की हावीपन से मुक्त रखा है।

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अटल काव्य जन भाषा का बहता हुआ ताजा पानी है जो स्वादिष्टता और मिठास का अहसास कराता है। भाषा का प्रयोग कर अटल जी ने अपनी भारत माता के प्रति सच्ची श्रद्धा भक्ति का प्रमाण प्रस्तुत किया है।

यह मानना है कि जिसकी अभिव्यक्ति जितनी सच्ची होगी, प्रखर होगी उसकी भाषा उतनी ही धारदार मौलिक और अकृतिम होगी। अटल जी की सच्ची अनुभूति में भाव और शब्द एक हो जाते हैं। दोनों की दूरियाँ मिट जाती हैं। भाषा मोहक हो जाती है। वाहक हो जाती है और रचित कृति अपने उद्देश्य को प्राप्त कर लेती है। भाषा और भाव का अद्भुत योग हमें अटल काव्य में मिलता है।

अटल जी भाषाई कृतिमता का आवरण नहीं ओढ़ते बल्कि बड़ी निर्भीकता, बेबाकी और सहजता में अपनी बात कह देते हैं। चाहे वह किसी की निजी बात ही क्यों न हो। उन्होंने शाब्दिक चित्र से सामाजिकता का सरोकार उत्पन्न कर अपनी बात को जनमानस के समक्ष रखा है।

अपनी कल्पना शक्ति के माध्यम से कवि ने नूतन सृष्टि और अभिनव रूप-विधान का प्रयोग किया है। कल्पना ही अटल काव्यधारा का मुख्य आधार है। कविताओं में भावों को समझने में कोई अड़चन, बाधा, नहीं आती। भाव बिना अवरोध के ही समझ आ जाते हैं। तभी तो पाठकों के मनोभावों का साधारीकरण अटल बिहारी बाजपेयी ने किया है। एक उदाहरण- "मैं शंकर का वह क्रोधानल कर सकता जगती क्षार- क्षार ।

डमरू की वह प्रलय-ध्वनि हूँ जिसमें नचता भीषण संहार। रणचण्डी की अतृप्त प्यास, मैं दुर्गा का उन्मत्त हास ।

मैं यम की प्रलयंकर पुकार, जलते मरघट का धुआँधार।

हिंदू तन-मन, हिंदू जीवन, रग-रग हिंदू मेरा परिचय !" 2

रचनाकार ने सहजता से भारतीय समाज को जागृत करने का सफल प्रयास किया है। ऐसा महसूस होता है कि लेखक ने हिंदू, हिंदी और हिंदुस्तान को बढ़ावा दिया है। अटल जी ऐसा करके अलगाववादी सोच का भी विरोध करते हैं। फिर भी अटल जी कट्टरपंथियों के विरोधाभास से मुक्त नहीं हो पाए, क्योंकि वे सभी अटल जी को कभी मानने को तैयार नहीं हुए हैं। एक उदाहरण -

तब स्वदेश - रक्षार्थ देश का

सोया क्षत्रियत्व जागा था ।

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राम-रूप में प्रगट हुई यह ज्वाला,

जिसने

असुर जलाए

देश बचाया,

बाल्मीकि ने जिसको गाया "। 3

भाषा में बिंबों का प्रयोग भाषा को सजीवता, सरलता, आंचलिकता और कलात्मकता इत्यादि गुणों की ओर ले जाता है। अटल जी की निम्नलिखित कविता इसका एक उदाहरण है-

" जड़यो तो जड़यो

मसाल ले के जाड़यो

बिजुरी भई बैरिन

अंधेरिया रात में ।

जड़यो तो जड़ओ,

त्रिसूल बाँध जड़यो,

मिलेंगे खालिस्तानी

राजीव के राज में

मनाली तो जड़हों

सुरग सुख पड़हों

दुख निको लागे, मोहे

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राजा के राज में ।" 4

शब्द शक्तियाँ

अटल जी ने अपनी साहित्य अभिव्यक्ति का प्रदर्शन करने के लिए कभी पद्य और कभी गद्य का प्रयोग किया है। साहित्य अभिव्यक्ति के लिए पद्य और गद्य का प्रयोग एक साहित्यकार को प्रसिद्धि की ओर ले जाता है। अटल साहित्य में गद्य और पद्य का मिश्रित रूप मिलता है। कुछ आलोचकों का मानना है कि साहित्य की कोई निश्चित शैली नहीं होती परंतु रचनाकार अपनी अनुभूतियों को व्यक्त करता है। जिस शैली को वह अपनाता है वही शैली उसे सहजता से चरमोत्कर्ष तक ले जाती है ।

" शब्द शक्तियों के प्रभाव से रचनाकार, अलंकार, रस, प्रतीक, बिंब का प्रयोग करता है। जिसके बल से रचनाकार सौन्दर्य भाव, रमणीय अर्थ की व्यंजना, प्रधान अथवा ध्वन्यात्मक को आगे बढ़ता है। जिसके बल पर काव्य की सत्य साधना को प्राप्त किया जा सकता है। किसी शब्द से जो संकेत मिलता है वही संकेत अपने अर्थ को मान्यता देता, लक्षणा,, अभिधा और व्यंजना के आधार पर शब्द शक्ति बन जाता है।" 5

अटल जी की लम्बी कविता 'बबली की दिवाली' में अभिधा शब्द शक्ति का प्रयोग होने के साथ-साथ बाल मनोविज्ञान का चित्रण एवं पशु जीवन को बड़ी सूक्ष्मदर्शिता के साथ प्रस्तुत किया है -

"बबली लौली कुत्ते दो

कुत्ते नहीं खिलौने दो

लंबे-लंबे बालों वाले

फूले पिचके गालों वाले

कद छोटा, छोटा स्वभाव है

देख अजनबी बड़ा ताव है

भागे तो बस शामत आई



मुंह में झटपट पेंट दबाई

दौड़ो मत, ठहरो ज्यों के त्यों,

थोड़ी देर करेंगे भों-भों " 6

साहित्य की दृष्टि प्रमाणित करती है कि वे छंद और अलंकार गद्य और पद्य की भाषा को परिमार्जित करते हुए कलात्मक बना देती है। एक अनपढ़ व्यक्ति भाषा की शब्द शक्तियों से परिचित न होकर भी शब्दों के प्रभाव से रसानुभूति कर लेता है। भाषा के मुहावरे, लोकोक्तियाँ उसको रसानुभूति की तरफ ले जाती हैं। शब्द शक्ति भाषा में ओज, चमत्कार, माधुर्य प्रभाव और अभिव्यंजना विशिष्टता का संचार करती है क्योंकि प्रत्येक मुहावरा, लोकोक्ति अपने अर्थ के आधार पर शाब्दिक न होकर विलक्षणता से लाक्षणिकता की तरफ ले जाती है।

शब्द शक्तियों के आधार पर अटल काव्य में सरल भाषा में अर्थ गांभीर्य और जटिल भी निकलते हैं। तभी तो अटल काव्य में लक्षणा और व्यंजना भी अभिधामुखी लगती है। इसीलिए कैदी कविराय की कुंडलियां के संपादक मनीष दीनानाथ मिश्र जी लिखते हैं कि -

"अटल जी द्वारा प्रयुक्त घिसे पिटे शब्दों के साथ उनके अर्थ सकल विद्रोह करते हैं और शब्दों को अर्थ सीमा से परे भी फैल जाते हैं। खासकर भाषाओं में ।"...7

अटल काव्य में आस्तिकता, कर्तव्य परायणता, न्यायनिष्ठा, नैतिकता के शाश्वत तत्व मिलते हैं। अटल काव्य का अध्ययन करने से ज्ञात होता है कि अटल समाज के सौंदर्य मूलक की कामना करते हैं। अटल काव्य की कविताएँ सत्यम् शिवम् सुंदरम् का मनमोहक संगम है जो भारतीय काव्य धारा की रस अनुभूति करवाता है।

अलंकार

अटल काव्य में शब्दालंकार में अनुप्रास अलंकार का प्रयोग प्रायः देखा जा सकता है।

जैसे-



"रोते-रोते रात सो गई"....8

इस काव्यावतरण में शब्द शास्त्र कवि अटल जी की अनुभूति स्पष्ट नजर आती है।

कई स्थानों पर अटल जी ने अपने काव्य में अनुप्रास अलंकार के साथ जीवन दर्शन की अभिव्यक्ति करते हुए संसार को नश्वर बताया है-

" जन्म मरण का अविरत फेरा,

जीवन बंजारों का डेरा,

आज यहांँ, कल कहांँ कूच है

कौन जानता, किधर सवेरा,

अंधियारा आकाश असीमित, प्राणों के पंखों को तौलें

अपने ही मन से कुछ बोलें !" 9

कहीं-कहीं अटल काव्य में प्रतीकात्मकता का भी रमणीय विनियोग हुआ है। बौद्धिक चेतना, संवेदनशीलता के साथ प्रतीकों का भी चयन किया गया है।

मुहावरों और लोकोक्तियों के अभिधा अर्थ की खोज करने पर बड़े रोचक प्रश्न सामने आते हैं। यह अटल साहित्य की विशेषता पाई गई है-

"उसी के लिए यह कहावत बनी है,

मन चंगा तो कठौती में गंगाजल है"।...10

अटल की कविताओं में इस प्रकार की लोकोक्तियों का प्रयोग भाषा को प्रभावशाली एवं प्रमाणित बनाती है। इससे स्पष्ट है कि अटल जी को भाषा का सूक्ष्म ज्ञान था। वे भाषा संरचना में लोकोक्तियों को बड़ी कलात्मकता और सूक्ष्मता से विलय करते हैं। इस संदर्भ के उदाहरण देकर अटलजी अपने काव्य की लोकप्रियता को भी प्रमाणित करते हैं। इस प्रकार की प्रस्तुति देखकर अंदाजा लगाया जा सकता है कि अटलजी खड़ी बोली के साथ-साथ क्षेत्रीय परिवेश की अभिव्यक्ति करने में भी महारत हासिल किए हुए थे। कहने का अभिप्राय यह है कि अटल काव्य में आंचलिक शब्द, बिम्बों, प्रतीकों की बहुलता चाहे नहीं भी हो, फिर भी उनके काव्य सौंदर्य की अभिव्यक्ति की झलक महसूस की जा सकती है।



योगिक शब्द

अटल काव्य में देशज शब्द प्रयोग की बहुतायत है। जैसे- "कोई विजेता यदि ईर्ष्या से दग्ध

अपने साथी से विश्वासघात करे, " 11

यहांँ पर दग्ध एक संस्कृत विशेषण है जो यौगिक शब्द होने के साथ-साथ देशज शब्द है जिसका अर्थ निकाला जाए तो दर्द का अर्थ जला हुआ, पीड़ित, दुखी इत्यादि शब्दों का प्रयोग अटल काव्य धारा में शब्द शक्तियों को प्रधानता देकर उनके गुण ज्ञान की जानकारी देता है।

जैसे - "प्राची में अरुणिमा की रेखा देख पाता हूँ।" 12

अटल काव्य में तत्सम और तद्भव शब्दों का प्रयोग भी काव्य की मांग के अनुसार दाताम्य स्थापित करने के लिए किया गया है-

"अन्तर के चीर व्यथा पलकों पर ठिठकी" 13

उपरोक्त पंक्ति में जैसे चीर व्यथा शब्द का प्रयोग करना।

कहीं-कहीं अटल काव्य में विरोधाभास का एहसास भी होता है। जैसे-

"ऊंचाई और गहराई में

आकाश-पाताल की दूरी है" 14



अटल ने साहित्य शास्त्र की दृष्टि से अपने काव्य को काव्य भाषा के आधार पर रसात्मक बनाने के लिए विरोधाभास का प्रयोग भी किया है। ऐसे उदाहरण छंदोंमुक्त हैं। फिर भी आधुनिक छंदोंमुक्त शैली की तरह पद्य को लेकर भाव स्पष्ट करते हैं।

बिम्ब-विधान

बिम्ब-विधान की साहित्यालोचना में एक महनीय पक्ष माना गया है जिस समय रचनाकार अपनी कल्पना का मूर्त रूप देता है। तभी तो बिम्ब की सृष्टि होती है। बिम्ब-विधान अटल की अमूर्त सहाजानुभूति को इन्द्रियग्राह्य प्रदान करता है। सौंदर्यमूलक बिम्ब काव्य भाषा की एक विशेषता है जो अटल काव्य की साधना का उदास रूप है। अटल ने अपनी भावों की अभिव्यक्ति करते समय नियमों को हमेशा आबद्ध रखा है। भाषा शिल्प के प्रति अटल की स्पष्टता आशंसनीय नहीं प्रशंसनीय है। यही कारण है कि भाषा शैली के माध्यम से काव्य अभिव्यक्ति में अटल को विशुद्ध हिंदूवादी कवि माना जा सकता है।

अटल काव्य का अध्ययन करने के पश्चात अनुभव होता है कि जैसे कि जिस मनुष्य में काव्य रचना करने की प्रकृति जन्मजात से होती है परंतु परिस्थितियाँ उन सभी प्रवृत्तियों का पालक बनकर उसे काव्य अभिव्यक्ति की तरफ ले जाती हैं वहीं हाल अटलजी का देखने को मिलता है। तभी तो अटल काव्य धारा में समग्रता से अन्वयन और एक सारीकरण का अहसास होता है। इसी को बात को मध्येनजर रखते हुए साहित्य को समाज का दर्पण, प्रतिबिंब या अभिव्यक्ति का साधन माना गया है। अटल जी ने अपनी रचनाओं के माध्यम से इस बात को प्रमाणित भी किया है। इसी आधार पर अटल जी समसामयिक को प्रसंगों के लिखने में सक्षम हुए हैं।

हमारे शोध कार्य में भी ऐसे प्रयत्न अधिक व्यवस्थित एवं संगठित होने चाहिए कि रचना और आलोचना के माध्यम से कवि की अभिव्यक्ति को समझा जा सके। जिसका फिलहाल हमारे यहां पर्याप्त मात्रा में अभाव है। अगर यह अभाव समाप्त हो जाएगा तो एक जिज्ञासु व्यक्ति किसी सामान्यीकरण कथन को मानने में संकोच का अनुभव नहीं करेगा। आज जिस प्रकार सच-झूठ तथ्य और मिथ्या स्रोतों को आधार बनाकर कवि समीक्षा की जा रही है उससे नितांत बचा जा सकता है।



निष्कर्ष----

कविता स्वयं अपने आप में रस अलंकार आदि विश्लेषणों के ऊपर है। रस अलंकार से कविता नहीं है। कविता से रस अलंकार है। काव्य सर्वोपरि था काव्य सर्वोपरि है और काव्य ही सर्वोपरि रहेगा भी। काव्य ही जीवन का प्राणवायु है। रस- अलंकार तत्त्व को कविता से अलग नहीं जा सकता। काव्य सर्वोपरि उसी प्रकार से है जैसे नारी सर्वोपरि है न कि उसका शृंगार।

आज जैसे जैसे भाषा भाषाओं का विकास होता जा रहा है वैसे ही अभिव्यक्ति की अधिकाधिक का परमाणिकता की आवश्यकता पड़ती जा रही है। मनुष्य स्वयं अधिक सभ्य बनकर इतना योग्य बन गया है कि बहुसंख्यक शब्दों का प्रयोग करने लगा है। जैसे अटल जी ने किया है। एक राजनीतिज्ञ के लिए जितना व्यवहारिक होना ज़रूरी है, एक कवि होने के लिए उतना ही भावनात्मक होना भी ज़रूरी है लेकिन अटल जी दोनों के ही संयोग से बने एक विशिष्ट व्यक्ति रहे। अटल बिहारी वाजपेयी भारत में दक्षिणपंथी राजनीति के सबसे उदारवादी शख्सियतों में शुमार हैं। उन्होंने अपने जीवन काल में ढेरों कविताएं लिखीं। संसद से लेकर कई मंचों पर कविता का पाठ भी किया। सदन में विरोधियों को कविता के माध्यम से आक्रामक जवाब देने की उनकी कला के सभी कायल रहे हैं। अटलजी जी ने अपने काव्य में कई शब्दों का प्रयोग गढ़ कर किया है। इससे भाषा विकास की परंपरा टूटती नजर नहीं आ रही, न ही उसे अभिव्यक्ति परंपरा से भिन्न मानने की आवश्यकता महसूस हो रही है। सभी कलाओं की भांति अटल काव्य में सत्य की अवधारणा भी पाई जा रही है। जैसे एक मूर्तिकार एक रेखा खींचकर सुंदर मूर्ति का निर्माण करता है उसी प्रकार अटल ने अपने काव्य में अपने भावों की अभिव्यक्ति का जामा पहना, मन को झंकृत करते हुए अपने शब्दों को काव्य का रूप प्रदान किया है। अटल बिहारी वाजपेयी के व्यक्तित्व की ये जो विराट उदार-हृदयता है, वहीं उनका काव्य कौशल उन्हें अटल बनाता है। और जब तक देश के 'पटल' पर रहेंगे, वे जिएं या मरें, 'अटल' रहेंगे।

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- ५ - भाषा शैली
- ६ - निष्कर्ष

१ - परिचय तथा गोस्वामी तुलसीदास जी का जीवन परिचय :- रामचरित मानस १५ वीं शताब्दी के कवि तुलसीदास द्वारा लिखित महाकाव्य है। जैसा कि बालकाण्ड में लिखा है। रामचरित मानस की रचना का आरम्भ अयोध्या में विक्रम सम्बत १६३१ (१५७४ ईस्वी) को रामनवमी के दिन (मंगलवार) किया था। रामचरित मानस को २ वर्ष ७ माह २६ दिन का समय गीता प्रेस के संपादक श्री हनुमान प्रसाद पोखर जी के अनुसार लगा था। संवत् १६३३ (१५७६ ईस्वी) के मार्ग शीर्ष शुक्ल पक्ष में रामविवाह के दिन पूर्ण किया था। इस महाकाव्य की भाषा अवधी है।



रामचरित मानस में तुलसीदास जी श्रीराम के निर्मल एवं विशुद्ध चरित्र का वर्णन किया था । महर्षि वाल्मीकि द्वारा रचित संस्कृत रामायण को रामचरित मानस का आधार माना जाता है । दोनों में ही राम के चरित्र का वर्णन है । वाल्मीकी ने रामायण में राम को एक सांसारिक व्यक्ति के रूप में दर्शाया है । जबकि तुलसीदास जी रामचरित मानस में राम को भगवान विष्णु का अवतार माना है ।

मानस सात खंडों में विभक्त है । बालकाण्ड, अयोध्याकाण्ड , अरण्यकाण्ड, किष्किन्धाकाण्ड सुन्दरकाण्ड, लंकाकाण्ड (युद्धकाण्ड) और उत्तरकाण्ड

छंदों की संख्या के अनुसार बालकाण्ड सबसे बड़ा तथा किष्किन्धाकाण्ड सबसे छोटा है । इसमें अवधी के अलंकार का अच्छा प्रयोग है । विशेषतः अनुप्रास अलंकार ।

इसको हिन्दुओं का पवित्र ग्रन्थ भी माना जाता है ।

तथा प्रत्येक हिन्दू की अनन्य आस्था भी है गोस्वामी तुलसीदास (१५११ -१६२३) हिंदी साहित्य के महान संत कवि थे रामचरित मानस इनका गौरव ग्रन्थ है इन्हें आदि काव्य के रचयिता महर्षि वाल्मीकि का अवतार भी माना जाता है ।

इनका जन्म रामबोला में जो कि कासगंज उत्तर प्रदेश में है । १५११ ईस्वी (१५६८ सम्बत) में हुआ था इनके गुरु नरहरिदास थे । गोस्वामी , अभिनववाल्मीकी आदि सम्मान प्राप्त थे । राम रचित मानस , विनय पत्रिका , दोहावली , कवितावली , हनुमान चालीसा , वैराग्य संदीपनि , जानकी मंगल , पार्वती मंगल इत्यादि साहित्यिक कार्य इनके द्वारा किया गया । धर्म से हिन्दू एवं वैष्णव दर्शन से सम्बन्ध रखते थे । इनका मुख्य कथन ये है ।

सीयु राम मय सब जग जानी ।

करउ प्रनाम जोरि जुग पानी ॥

(रामचरित मानस 1.8.2)

श्री राम चरित मानस का कथानक रामायण से लिया गया है । यह लोकग्रन्थ है । तथा उत्तर भारत में भाव के साथ पढ़ा जाता है । " विनय पत्रिका " उनका अन्य महत्वपूर्ण काव्य है । महाकाव्य श्री राम चरित



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मानस को विश्व के १०० सर्वश्रेष्ठ लोकप्रिय काव्यों में ४६ वा स्थान दिया गया है । तुलसीदास जी रामानंदी के वैरागी साधु थे । कुछ समय राजापुर रहने के बाद काशी चले गये तथा वहा की जनता को राम कथा सुनाने लगे । एक दिन कथा सुनाते वक्त मनुष्य वेष में प्रेत मिला , जिसने हनुमान का पता बताया तथा हनुमान जी से मिलकर आग्रह करने करने के बाद श्री रघुनाथ जी का दर्शन चित्रकूट में हुआ । तथा अनेक ख्याति के बाद १६२३ ईस्वी (१६८० सम्बत) में देहावसान हो गए ।

न मिटै भवसंकट दुर्घट है तप , तीरथ जन्म अनेक अटो ।

कलिमे न बिरागु , न ग्यानु कहूँ , सबु लागत फोकट झूठ -जटों ॥

नटु ज्यों जनि पेट - कुपेटक कोटिक चेटक - कौतुक - ठाट डटो ।

तुलसी जो सदा सुखु चाहिअ तौ , रसना निसिबासर रामु रटो ॥

(तुलसीदास गोस्वामी , कवितावली , उत्तरकाण्ड पद संख्या -८१)

२ - रामचरित मानस के पात्रो का परीक्षण :-

रामचरित मानस भारतीय संस्कृति में एक विशेष स्थान रखता है । इसकी लोकप्रियता अद्वितीय है । इसकी अवधि साहित्य (हिंदी साहित्य) की एक महान कृति माना जाता है । इसे सामान्यतः तुलसी रामायण कहते हैं । रामचरित मानस भारतीय संस्कृति में एक विशेष स्थान रखता है । उत्तर भारत में "रामायण " के रूप में बहुत से लोगो द्वारा प्रतिदिन पढा जाता है । शरद नवरात्री में इसके सुन्दरकाण्ड का पाठ नौ दिनों तक किया जाता है । रामायण मंडलो द्वारा मंगलवार और शनिवार को इसके सुन्दरकाण्ड का पाठ किया जाता है ।

धर्म हिन्दू धर्म

लेखक तुलसीदास

भाषा हिंदी बोली अवधि

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श्लोक 10,902

श्री रामचरित मानस के नायक श्री राम हैं जिनको एक मर्यादा पुरसोत्तम के रूप में दर्शाया गया है । जो कि अखिल भारतीय ब्रह्माण्ड के स्वामी श्री हरि नारायण भगवान के अवतार हैं जबकि महर्षि वाल्मीकि कृत रामायण में श्री राम को एक आदर्श चरित्र मानव के रूप में दर्शाया गया है इसमें किसी भी प्रकार की बिपत्ति में किस प्रकार जिया जाये ये दिखाया गया है । तुलसी के राम सर्वशक्तिमान होते हुए भी मर्यादा पुरसोत्तम हैं । गोस्वामी जी ने राम चरित का अनुपम शैली में दोहो , चौपाइयों सोरठों तथा छंद का आश्रय लेकर वर्णन किया है । तुलसीदास जी को मध्ययुग का जननायक माना जाता है । इन्होंने मानव के लिए भक्तिपूर्ण सामाजिक संस्कृति प्रधान , मार्गदर्शक ग्रन्थ " रामचरित मानस " की रचना की । तुलसीदास आदर्श एवं उच्च कोटि के रचनाकार हैं । आचार्य शुक्ल जी के अनुसार तुलसीदास जी ने बारह ग्रंथों की रचना की थी । जिनमे से रामचरित मानस महाकाव्य है । तुलसीदास द्वारा रचित रामचरित मानस वैश्विक साहित्य का एक महत्वपूर्ण ग्रन्थ है । तुलसीदास जी ने अपनी काव्य रचना का उद्देश्य स्पष्ट करते हुए मानस में लिखा है कि वे स्वतः सुख हेतु रघुनाथ गाथा लिख रहे हैं । लेकिन उनकी सारी रचनाये लोकहित की दृष्टि से लिखी गयी है । रामकथा का आदर्श प्रस्तुत करते हुए समाज परिवर्तन की प्रेरणा देते हैं । तुलसीदास जी राम के अवतार का कारण बताते हैं ।

जब -जब होई धर्म की हानि ।

बादही असूर महा अभिमानी ।

तब तब धरि प्रभु मनुज शरीरा ।

हरहि सफल सज्जन भव पीरा ।

भारतीय जीवन के आदर्श मूल्यों की व्याख्या मानस में उपस्थित है ।

मानस के नायक श्रीराम सर्वप्रथम एक आदर्श पुरुष हैं । जो मानव कल्याण के लिए धरती पर पैदा हुए वह धैर्यवान , बलवान , तथा गंभीर हैं ।

विप्र धेनु सुर संत हित लीन्ह मनुज अवतार ।



श्रीराम जी का व्यक्तित्व शील , शक्ति , और सौंदर्य का अगाध भंडार है । वह मर्यादा पुरुषोत्तम है । सनातन मूल्यों के रीति के पालक है ।

लक्ष्मण चपल और उग्र स्वाभाव के पात्र है । भाई प्रेमी है । भरत का चरित्र शीलता की अंतिम कसौटी है । भाई की भक्ति का अद्वितीय आदर्श है । मानवीय चरित्र भी इससे ऊपर नहीं जा सकता । भरत का चरित्र साफ सुथरा है । जिसकी वजह से प्रकृति भी उनके प्रति सहानुभूति रखती है ।

" जँह जँह जाय भरत रघुराया ,

तँह तँह मेघ करहि नवछाया "

राजा दशरथ सत्यवादी धर्मनिष्ठ राजा है । जो वचन देकर धर्म तथा प्राण देकर पुत्र प्रेम की रक्षा करते है । रावण , मेघनाथ जैसे राक्षसी प्रवृत्ति के पात्र है । तथा अहंकारी भी है । जो धर्म - नीति के रास्ते से भटक चुके है । ऐसे पात्रो का अंत हम सभी को बुराई तथा असत्य की हार से अवगत कराता है । स्त्री पात्रो में सीता आदर्श भारतीय नारी है । जो कर्तव्य और पति के साथ वन जाने हेतु तर्क पूर्ण उत्तर द्वारा राम को भी निरुत्तर कर देती है ।

जिय बिनु देहु , नदी बिनु वारि ।

तैसिये नाथ पुरुष विनु नारी ।

कँह चन्द्रिका चंद्र तजि जाई ।

कौशल्या सुमित्रा ममतामयी माँ का प्रतिनिधित्व करती है । कैकेयी को अंत में पश्चताप करने के सिवाय कुछ नहीं बचता है । तथा बाद में समझ आती है ।

"लाख सीय सहित सरल दोउ भाई

कुटिल रानी पछितानि अघाई ।"

चित्रकूट की सभा में राम सर्वप्रथम कैकेयी के चरण स्पर्शकर उन्हें अपराध बोध से मुक्त करते है ।

तुलसीदास जी समस्या के साथ -साथ समाधान भी बताते है। जो व्यक्ति जिस प्रकार का कर्म करता है । ठीक उसी प्रकार का फल पाता है। इस महाकाव्य ने तुलसीदास जी विभिन्न संस्कृति से जुड़े पात्रो को भी



ठीक प्रकार का स्थान दिया है । दानव ,नर ,किन्नर, वानर , भालू , जांबवान जटायु आदि के साथ -साथ भील ,कौल , किरात शबरी निषाद केवट सभी से सम्बाद दिखाया है । इस प्रकार आज के समाज के लिए एक प्रेरणा भी है कि समाज के हाशिये के सभी वर्गों से प्रेम और सम्मान दिखाना अत्यंत मानवीय और प्रेरणाप्रद प्रतीत होता है रामचरित मानस में प्रमुख रूप से शांत रस है । इसके साथ - साथ अन्य रसों को भी समावेश किया गया है । अन्य रसों में हास्य रस भी मिलता है । मानस में भक्ति , दर्शन , आचार, धर्म , नीति , संस्कृति सभी भाव उत्कृष्ट रूप से सम्मिलित है ।

ग्रियर्सन के अनुसार " भारत का लोकनायक वही हो सकता है जो समन्वय करना जानता हो " तुलसी का मानस समन्वय की विराट चेष्टा है । अपनी युग की आवश्यकताओं के अनुसार महाकवि ने समन्वय का प्रयास किया है । उन्होंने द्वैत - अद्वैत , निर्गुण - सगुण , विद्या - अविद्यामाया, जीव का भेद ,अभेद ,कर्म, ज्ञान भक्ति , ब्राह्मण , शूद्र , शैव , शाक्त , वैष्णव , समाज संस्कृति संगम के साथ -साथ भाव पक्ष और कलापक्ष को भी समन्वित किया है ।

" गिरा अरथ जल - बीचि सैम कहियत भिन्न न भिन्न

कविता करके न तुलसी लसे ,कविता लसि पा तुलसी की कला "

यह अत्यंत सटीक तथ्य है ।

सगुनहि अगुनहि नहि कुछ भेदा । गावहि मुनि पुरान बुध बेदा ॥

अगुन अरूप अलख अज जोई । भगत प्रेम बस सगुन सो होइ ॥

जो गुन रहित सगुन सोइ कैसे ।जलु हिम उपल बिलग नहि जैसे ॥

(तुलसीदास गोस्वामी , रामचरित मानस पद संख्या -११६)

३ - संक्षेप में रामचरित मानस कथा :-

मनु और सतरूपा परमब्रह्म की असीम तपस्या कर रहे थे । कई वर्ष तपस्या करने के बाद स्वयं शंकर जी ने पार्वती से कहा कि ब्रह्मा , विष्णु और मैं कई बार मनु और सतरूपा के पास गए , वरदान देने के लिए -



"बिधि हरि हर तप देखि अपारा , मनु समीप आये बहु बारा"

कहा की जो तुम वर मांगना चाहते हो मांग लो , लेकिन मनु सतरूपा को पुत्र के रूप में स्वम् परमब्रह्म को ही मांगना था , फिर हम लोगो से वर कैसे मांगते । प्रभु श्रीराम तो सर्वज्ञ है । तथा भक्तो की इच्छाओ को खुद समझ जाते हैं । कहा जाता है कि २३ वर्ष व्यतीत होने पर प्रभु श्रीराम के द्वारा स्वतः आकाशवाणी होती है ।

प्रभु सर्वज्ञ दास निज जानी , गति अनन्य तापस नृपरानि ।

मांगु मांगू बरु भई नभ बानी , परम गंभीर कृपामृत सानी ॥

इस आकाश वाणी को जब मनु सतरूपा सुनते हैं तो खुशी से झूम उठते हैं । तब उनकी वंदना करते हुए कहते हैं ।

"सुनु सेवक सुरतरु सुरधेनु , बिधि हरि हर बंदित पद रेनु ।

सेवत सुलभ सकल सुखदायक , प्रनतपाल सचराचर नायक ॥

अर्थात् जिनके चरण कमलो की वंदना हरि और हर यानी ब्रह्मा विष्णु और महेश तीनों लोग करते हैं ।

जिनके स्वरूप की चर्चा प्रसंशा सगुण एवं निर्गुण दोनों को मानने वाले लोग करते हैं । उनसे वे क्या वर माँगे ? इस प्रकार तुलसी दास जी ने उन लोगो को भी सलाह दी कि श्रीराम की आराधना करना चाहिए चाहे सगुण हो या निर्गुण ब्रह्म के उपासक हो ।

रामचरित मानस में मानव जीवन के सारे प्रश्नो का उत्तर समाहित है । इस प्रश्नावली की खासियत यह है कि जब भी किसी को अपने अभीष्ट प्रश्न का उत्तर प्राप्त करने की इच्छा हो तो भगवन श्रीराम का ध्यान करते हुए ध्यानमग्न होने पर मिल जाता है ।

सुनु सिय सत्य असीस हमारी ।

पूजिहि मन कामना तुम्हारी ॥

उक्त चौपाई बालकाण्ड में श्री मति सीता जी गौरी पूजन के प्रसंग में है । गौरी जी ने सीता जी को आशीर्वाद दिया है ।



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फल - प्रश्न पूछने वाले का प्रश्न ठीक है । कार्य सिद्ध हो जायेगा ।

प्रविसि नगर कीजे सब काजा ।

हृदय राखि कोशलपुर राजा ॥

उक्त चौपाई सुन्दरकाण्ड में हनुमान जी के लंका में प्रवेश करने के समय की है ।

फल - भगवान का स्मरण करके कार्य शुरू करने से सफलता मिलती है ।

उधरहि अंत न होइ निबाहू ।

कालनेमि जिमि रावन राहू ॥

उक्त चौपाई में बालकाण्ड के सत्संग का वर्णन है ।

फल - इसमें भलाई नहीं है । कार्य की सफलता में संदेह है ।

बिधि बस सुजन कुसंगत परही ।

फनि मनि सैम निज गुन अनुसरहीं ॥

उक्त चौपाई में बालकाण्ड के आरम्भ में सत्संग - वर्णन के प्रसंग से है ।

फल - खोटे मनुष्यों का संग छोड़ दे । कार्य पूर्ण होने में संदेह है ।

सुफल मनोरथ होहु तुम्हारे ।

रामु लखनु सुनि भये सुखारे ॥

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उक्त चौपाई बालकाण्ड में पुष्पवाटिका से पुष्प लाने पर विश्वामित्र जी का आशीर्वाद है ।

फल - प्रश्न बहुत सही है । कार्य सिद्ध होगा ।

श्रीराम जी के जीवंत जीवन दर्शन श्रीराम चरित मानस के रचयिता गोस्वामी तुलसीदास जी ने श्रीराम चरित-मानस में श्रीरामसालाका प्रश्नावली की रचना भी की । श्रीराम प्रश्नावली

ऐसी पहेली है । जिसमें सारी समस्याओं का समाधान है । इस प्रश्नावली की खासियत यह है कि जब भी किसी को अपने अभीष्ट प्रश्न का उत्तर प्राप्त करने की इच्छा हो तो भगवान श्रीराम का ध्यान रखकर आँख बंद करके प्रश्न का चिंतन करते हुए प्रश्नावली पहेली में अपने दाहिने हाथ की उंगली से घुमाकर एक खाने में रोक दे ।

जिस खाने में हाथ रुका है उसे अलग कागज में लिखे तथा उसी खाने से नवे खाने तक आगे बढ़े तथा नवा खाना वाला शब्द लिख ले तथा फिर प्रक्रिया दोहराये एवं लिखे ।

ऐसा करते जाये तब तक , जब तक सर्वप्रथम वाले निशान तक न पहुंच जाये । ऐसा करने पर एक चौपाई तैयार हो जाती है ।

उदाहरणतः म शब्द पर अंगुली रखी इसके बाद नवे खाने पर गिनते हुए शब्दों को कागज पर लिखे । और यही प्रक्रिया दोहराते हुए पहले तक आये तब यह एक चौपाई बनी ।

होइहि सोई जो राम रचि राखा । कोकरि तर्क बढ़ा वैसाखा ॥

उक्त चौपाई बालकाण्ड के अंतर्गत शिव और पार्वती के संवाद से है ।

फल - प्रश्नकर्ता को इस उत्तर स्वरूप , कार्य होने में संदेह है । अतः उसे भगवान पर छोड़ देना उचित है ।

सुनु सिय सत्य असीस हमारी ।

पूजिहि मन कामना तुम्हारी ॥



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उक्त चौपाई बालकाण्ड में श्री सीता जी के गौरी पूजन के प्रसंग में है । गौरी जी ने सीता जी को आशीर्वाद दिया है ।

फल - प्रश्नकर्ता का प्रश्न उत्तम है । कार्य सिद्ध होगा ।

बिधि बस सुजन कुसंगत परही ।

फनि मनि सम निज गुन अनुसरहीं ॥

उक्त चौपाई भी बालकाण्ड के आरम्भ में सत्संग - वर्णन के प्रसंग में है ।

फल - खोटे या गलत मनुष्य का साथ छोड़ दे ।

बरुन कुबेर सुरेस समीरा ।

रन सन्मुख धरि काहु न धीरा ॥

उक्त चौपाई लंकाकाण्ड में रावन की मृत्यु के बाद मंदोदरी के विलाप का है ।

फल- कार्य पूर्ण होने में संदेह है ।

४ - अध्याय :- कुल सात अध्याय है ।

१- बालकाण्ड

२- अयोध्याकाण्ड

३- अरण्यकाण्ड

४- किष्किन्धाकाण्ड

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५- सुन्दरकाण्ड

६- लंकाकाण्ड (युद्धकाण्ड)

७- उत्तरकाण्ड

रामायण एक भारतीय ग्रन्थ है । इसमें रघुकुल के राजा श्रीराम की कहानी है ।

१- बालकाण्ड :-

अयोध्या नगरी में दशरथ नामक राजा हुए जिनकी तीन रानिया कौशल्या, कैकेयी , सुमित्रा थी । इनके पुत्र नहीं थे तब ज्यादा समय व्यतीत हो जाने पर गुरु वशिष्ठ से पुत्रकामेष्टि यज्ञ करवाया जिसको ऋगी ऋषि ने ठीक प्रकार से सम्पन्न कराया । खुश होकर कहा जाता है कि अग्नि देव स्वम् प्रकट हुए तथा खीर -पायस दिए तथा यह तीनों रानियों में बाँट दिया गया । खाने के बाद कौशल्या के गर्भ से राम ,कैकेयी से भरत तथा सुमित्रा के गर्भ से लक्ष्मण एवं शत्रुघ्न का जन्म हुआ ।

राजकुमारों के बड़े होने पर विश्वामित्र अपने यज्ञ को पूर्ण करवाने के लिए बक्सर ले गए जो की बिहार राज्य में वर्तमान में है जो की राक्षसों के द्वारा रोका जाता था । ताड़का सुबाहु जैसे राक्षस यज्ञ को पूर्ण होने नहीं दे रहे थे । ताड़का सुबाहु जैसे राक्षसों को राम ने मारा और मारीच को बानो के माध्यम से समुद्र पार भेज दिया । धनुष यज्ञ के लिए राजा जनक के निमंत्रण पर विश्वामित्र राम , लक्ष्मण के साथ मिथिला पहुंचे । रास्ते में गौतम ऋषि की पत्नी अहिल्या का उद्धार किये जो पति के द्वारा श्रापित थी । तथा राजा जनक के प्रतिज्ञा का पालन कर शिवधनुष तोड़कर सीता जी के साथ विवाह किया । परशुराम जी शिव जी की धनुष टूटने से गुस्सा भी हुए तथा काफी समझाने पर माने तथा इनके विवाह के साथ ही गुरु वशिष्ठ जी ने भरत का मांडवी से , लक्ष्मण का उर्मिला से और शत्रुघ्न का श्रुतकीर्ति से करवा दिया ।

राम नाम मनिदीप धरु जीह देहरी द्वार ।

तुलसी भीतर बाहरहु जौ चाहसि उजियार ॥

(तुलसीदास गोस्वामी , रामचरित मानस , बालकाण्ड , पद संख्या -२१)



जौ नृप तनय त ब्रह्म किमि नारि बिरह मति भोरि।

देखि चरित महिमा सुनत भ्रमहि बुद्धि अति मोरि ॥

(तुलसीदास गोस्वामी ,रामचरित मानस , बालकाण्ड)

नील सरोरुह स्याम तरुन अरुन बारिज नयन ।

करउ सो मम उर धाम सदा छीरसागर सयन ॥

२- अयोध्याकाण्ड:- श्रीराम के विवाह के कुछ समय बाद राम का राज्याभिषेक करना चाहा दशरथ जी ने, जिससे देवता लोगो को इसकी चिंता हुयी कि भगवान राम के राजा बनने के बाद रावण का वध कौन करेगा । इसप्रकार आग्रह करने पर देवताओ के , सरस्वती जी मंथरा के मुख में वश गयी तथा बुद्धि पलट दी जिसकी वजह से मंथरा के सलाह से कैकेयी कोप भवन चली गयी । दशरथ के मनाने पर राम को १४ वर्ष का वनवास एवं भरत राजा , माँगा गया । इसके बाद राम के साथ सीता एवं लक्ष्मण साथ -साथ बन को चल दिए । यहाँ उर्मिला का क्या कसूर था की विना पति के १४ वर्ष रही ये सवाल यहाँ जरूर उठता है । रास्ते में निषादराज के यहाँ रुके तथा बाद में केवट से पार उतरकर प्रयागराज पहुंचे वहाँ भरत मुनि से मिले तथा यमुना स्नान करके वाल्मीकि ऋषि के आश्रम पहुंचे । वाल्मीकि से मंत्रणा करके राम -सीता , लक्ष्मण चित्रकूट में निवास करने लगे । अयोध्या में दशरथ का , पुत्र राम के वन जाने के वियोग में स्वर्गवास हो गया तथा भरत के आने पर कैकेई के कार्यानुसार फल मिला साथ - साथ मंथरा को भी , उसके बाद अंतिम संस्कार किया गया भरत के द्वारा । इसके बाद राम को मनाने भरत बन गए लेकिन राम पिता आज्ञा का पालन करने के वशीभूत हो गए उसके बाद भरत उनकी चरन पादुका को लेकर अयोध्या आकर पादुका को राजा की तरह पूजने लगे एवं खुद भी वनवासी की तरह कुटिया बनाकर महल से बाहर रहने लगे ।

पात भरी सहरी , सकल सुत बारे -बारे

केवटकी जाति , कछु वेद न पढाइहों ।



सबु परिवारु मेरो याही लागि , राजा जू

हौ दिन बिलहीन , कैसे दूसरी गढाइहौ ॥

(तुलसीदास गोस्वामी , कवितावली अयोध्याकाण्ड पद संख्या -८)

नीलाम्बुजश्यामलकोमलांग

सीतासमारोपितवामभागम ।

पाणौ महासायकचारुचापम

नमामि रामं रघुवंशनाथम ॥

३-अरण्यकाण्ड या जंगलकाण्ड:- कुछ समय बाद चित्रकूट से अत्रि ऋषि के आश्रम पहुंचे । आगे बढ़ने पर शरभंग मुनि मिले तथा से मिलने की इच्छा पूर्ण होते ही मुनि अपने शरीर को जला दिए । रास्ते में बहुत हड़िडिया थी मर्यादा पुरषोत्तम राम के, जो कि ऋषि मुनियों की थी तब राम प्रतिज्ञा किये कि पूरी पृथ्वी से राक्षसों का सफाया कर देंगे । आगे बढ़ने पर अगत्य आदि ऋषियों से मिले तथा दण्डक वन पहुंचे जहा जटायु से मिले । इसके बाद श्रीराम ने पंचवटी को अपना निवास बनाया । पंचवटी से कहानी बदली तथा शूर्पणखा जो लंका के राजा रावण की बहन थी पंचवटी आयी तथा लक्ष्मण द्वारा नाक शूर्पणखा का काटा गया । शूर्पणखा रावण से लंका जाकर शिकायत की तथा बदला लेने के लिए प्रेरित करने के बाद रावण द्वारा सीता जी का छल पूर्वक हरण करके लंका ले जाया गया । जटायु द्वारा बचाये जाने पर रावण द्वारा पंख ,जटायु का काटकर गिरा करके सीता को लंका ले गया । हाँलाकि जटायु जानते थे की रावण से युद्ध नहीं जीत सकते फिर भी लड़े मर्यादा के लिए की दुनिया कहेगी की गलत होता देखकर कायर की तरह बैठा रहा । तथा राम लक्ष्मण ,सीता की खोज में जा रहे थे तब जटायु घायल मिले एवं सीता जी को रावण द्वारा दक्षिण दिशा में जाने का बताये , उसके बाद शरीर त्याग दिए एवं राम के द्वारा जटायु का अंतिम संस्कार किया गया । इसके बाद राम - लक्ष्मण आगे बढे तब दुर्वासा ऋषि के श्राप के कारण राक्षस बने गन्धर्व का वध करके उद्धार किये तथा सबरी के जूठे बेर खाकर उनके तपस्या का फल दिया ।

१- अवगुणमूल सूत्रप्रद प्रमदा सब दुःख खानि ।

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तार्ते कीन्ह निवारन मुनि में यह जिय जानि ॥

(तुलसीदास गोस्वामी , रामचरित मानस , अरण्यकाण्ड पद संख्या -४४)

२- रघुपति चित्रकूट बसि नाना । चरित किये श्रुति सुधा समाना ॥

बहुरि राम अस मन अनुमाना । होइहि भीर सबहि मोहि जाना ॥

३- सकल मुनिन्ह सन बिदा कराई । सीता सहित चले दौ भाई ॥

अत्रि के आश्रम जब प्रभु गयऊ । सुनत महामुनि हरषित भयऊ ॥

४ - किष्किन्धाकाण्ड :- जब भगवान राम ऋष्यमूक पर्वत के पास पहुंचे । जहाँ सुग्रीव मंत्रियों के साथ बालि के डर से रहते थे । राम -लक्ष्मण को आता देख बालि का दूत समझ कर सुग्रीव ने हनुमान को पता लगाने के लिए भेजा । हनुमान ब्राह्मण का वेष लेकर राम के पास पहुंचे एवं सही पता लगने पर सुग्रीव से मित्रता करा दिए हनुमान ने । बताने पर सुग्रीव आश्वासन दिए कि सीता जी मिल जाएगी तथा सहायता भी देंगे । और अपने भाई बालि के द्वारा किये गए अत्याचार के बारे में बताया । राम ने बालि का छलपूर्वक वध करके सुग्रीव को किष्किन्धा का राजा तथा बालि के पुत्र अंगद को युवराज का पद दे दिया ।

राज्य मिलने पर विलास में सुग्रीव विलास हो गए । तथा वर्षा ऋतु व्यतीत होने पर राम की नाराजगी के बाद सीता की खोज के लिए सेना भेज दिए । बानरो की एक तपस्वनी से गुफा में भेट हुआ तथा तपस्वनी ने योग शक्ति से समुद्र तट पर सबको पहुंचा दिया । तथा सम्पाति ने बताया कि रावण ने सीता जी को लंका में अशोक वाटिका में रखा है । जामवंत ने हनुमान को समुद्र लांघने के लिए प्रेरित किया ।



१- सुनु सुग्रीव मारिहँ बालिहि एकही बान ।

ब्रह्म रुद्र सरनागत गए न उबरिहि प्राण ॥

(तुलसीदास गोस्वामी , रामचरित मानस किष्किन्धाकाण्ड , दोहा संख्या -६)

२- आगे चले बहुरि रघुराया । रिष्यमूक पर्वत निअराया॥

तहँ रह सचिव सहित सुग्रीवा । आवत देखि अतुल बल सीवा॥

५ - सुन्दरकाण्ड :- इसमें रामायण की सुंदरता है । हनुमान लंका की ओर प्रस्थान किये तथा रास्ते में सुरसा मिली तथा परीक्षा लेकर सामर्थ्यवान माना तथा आशीर्वाद दी । मार्ग में छाया पड़ने वाली राक्षसी का वध किया एवं लंकिनी पर प्रहार करके लंका में प्रवेश किये विभीषण से भेट हुयी । जब हनुमान अशोकवाटिका पहुंचे तब रावण, सीता जी को धमका रहा था । एकांत पाकर हनुमान ,राम की मुद्रिका सीता जी को दिए । अशोकवाटिका का विध्वंस करके अक्षय कुमार का वध किये । मेघनाथ के द्वारा ब्रह्मपांस के द्वारा पकड़कर लाये जाने तथा हनुमान के पूछ में आग लगाने के बाद पूछ बड़ा करके लंका को जला दिए । तथा पूछ जलने पर समुद्र में कूद कर आग सांत किये पूछ का , इसके बाद चूरामणि लेकर, राम के पास सन्देश लेकर सीता जी का पहुंचे । इसके बाद विभीषण को भगवान राम ने लंका का राजा घोषित किये । राम ने समुद्र को क्रोध से भयभीत किया तथा नलनील की सहायता से पुल बनाया ।

१- जामवंत के वचन सुहाए । सुनि हनुमंत हृदय अति भाए ॥

२- जस जस सुरसा बदनु बढ़ावा । तासु दून कपि रूप देखावा ॥



सत जोजन तेहिं आनन् कीन्हा । अति लघु रूप पवनसुत लीन्हा ॥

६ - लंकाकाण्ड (युद्धकाण्ड) :- मर्यादा पुरषोत्तम राम ने रामेश्वरम की स्थापना करके लंका पहुंचे तथा समुद्र पार लंका पहुंच कर डेरा डाल दिये इस सन्देश को सुनकर रावण व्याकुल हो गया तथा मंदोदरी के मन करने पर भी नहीं माना । राम सुवेल पर्वत पर वास किये । इसके बाद अंगद राम का दूत बनकर रावण के पास गए तथा रावण को राम के सरण में जाने सन्देश दिए । किन्तु रावण नहीं माना । शांति का सारा प्रयास विफल होने पर युद्ध हुआ । लक्ष्मण शक्तिवाण से मूर्क्षित हुए । उपचार के लिए सुषेण वैध को हनुमान द्वारा लाया गया । वैध के कहने पर संजीवनी भी तय समय के अंदर लाये संजीवनी नहीं पहचाने जाने की स्थिति में पर्वत को ही ले आये । हनुमान को राक्षस का संदेह पाकर भरत जी वान से प्रहार किये तथा पता चलने पर वान तेजी से लंका भेजा । औषधि मिलने पर लक्ष्मण जी ठीक हुए । रावण युद्ध की समस्या को देखकर कुम्भकरण को जगाया कुम्भकरण भी रावण को राम की सरण जाने का रास्ता बताया, प्रयास असफल होने पर युद्ध किया तथा राम के हाथो मारा गया । तथा लक्ष्मण ने मेघनाथ को मारा, राम और रावण के मध्य अनेको घोर युद्ध हुए और अंत में रावण, राम के हाथो मारा गया । विभीषण को लंका का राज्य सौंप कर राम -सीता और लक्ष्मण के साथ पुष्पक विमान पर चढ़कर अयोध्या के लिए प्रस्थान किये ।

१- यह लघु जलधि तरत कति बारा । अस सुनि पुनि कह पवनकुमारा ॥

२- विनय ना मानत जलध जड़ गए तीन दिन बीति।

बोले राम सकोप तब भय बिनु होय न प्रीत॥

३- श्री रघुबीर प्रताप ते सिंधु तरे पाषान ।

ते मतिमंद जे राम तजि भजहिं जाइ प्रभु आन ॥

४- बाँधि सेतु अति सुदृढ बनावा । देखि कृपानिधि के मन भावा ॥

चली सेन कछु बरनि न जाई । गर्जहि मर्कट भट समुदाई ॥

५- प्रभुहि बिलोकहिं टरही न टारे । मन हर्षित सब भये सुखारे ॥

तिन्ह की ओट न देखिअ बारी । मगन भये हरी रूप निहारी ॥

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७- उत्तरकाण्ड :- उत्तर कांड रामकथा का उपसंहार है । सीता राम , लक्ष्मण समस्त वानर सेना के साथ राम अयोध्या वापस पहुंचे । राम का भव्य स्वागत हुआ तथा वेदो और शिव स्तुति के साथ राम का राज्याभिषेक हुआ । अव्यागतो की विदाई हुयी । राम ने प्रजा को उपदेश दिया और प्रजा ने कृतज्ञता प्रकट की । चारो भाइयो के दो - दो पुत्र हुए । राम राज्य एक आदर्श बन गया । इस प्रकार तुलसीदास जी उत्तरकाण्ड में श्रीराम - वशिष्ठ सम्बाद , नारद जी का अयोध्या आकर रामचंद्र जी का स्तुति करना , इस प्रकार उपरोक्त वर्णन के साथ रामचरित मानस समाप्त हो गया ।

खेती न किसान को , भिखारी को न भीख बलि ,

बनिकको बनिज , न चाकर को चाकरी ।

जीविका बिहीन लोग सघिमान सोंच बस ,

कहै एक एकंन सो " कहाँ जाई का करी ?"

(तुलसीदास गोस्वामी , कवितावली , उत्तरकाण्ड पद संख्या -९७)

दोहा :-

१- रहा एक दिन अवधि कर अति आरत पुर लोग ।

जह तह सोचहि नारि नर कृस तन राम बियोग ॥

२- सगुन होहिं सुन्दर सकल मन प्रसन्न सब केर ।

प्रभु आगवन जनाव जनु नगर रम्य चहुँ फेर ॥

३- भरत नयन भुज दच्छिन फरकत बौरहिं बार ।

जानि सगुन मन हरष अति लागे करन बिचार ॥



५ - भाषा शैली :- रामचरित मानस के भाषा के बारे में विद्वानों में मतभेद है । कुछ विद्वान अवधी तो कुछ भोजपुरी मानते हैं । कुछ लोग भोजपुरी एवं अवधी का मिला जुला मानते हैं । कुछ विद्वान बुंदेली भी मानते हैं ।

तुलसीदास जी ने भाषा को न्य स्वरूप प्रदान किया । यह अवधी नहीं बल्कि वही भाषा थी जो प्रकृति से शौर सेनी अपभ्रंश होते हुए , १५ दशकों तक समस्त भारत की साहित्यिक भाषा रही ब्रजभाषा के नए रूप मगधी , अर्धमगधी आदि से संमिश्र होकर आधुनिक हिंदी की ओर बढ़ रही थी , जिसे भाखा कहा गया एवं जो आधुनिक हिंदी " खड़ीबोली " का पूर्वरूप थी ।

तुलसीदास जी "ग्राम्यगिरा " के पक्षधर थे परन्तु वे जायसी की गवारु भाषा अवधी के पक्षधर नहीं थे । तुलसीदास की तुलना में जायसी की अवधी भाषा ज्यादा शुद्ध है । स्वामी जी अन्य अनेक ग्रन्थ जैसे " पार्वतीमंगल " तथा "जानकीमंगल " अच्छी अवधी में है । इनको संस्कृत का भी ज्ञान है । चित्रकूट स्थित अंतरराष्ट्रीय मानस अनुसन्धान केंद्र के प्रमुख स्वामी रामभद्राचार्य ने रामचरित मानस का संपादन किया है । स्वामी जी ने लिखा है कि कर्तृवाचक उकार शब्दों की बहुलता है । उन्होंने इसे अवधी भाषा की प्रकृति के विरुद्ध बताया था । इसी प्रकार उन्होंने उकार को कर्मवाचक शब्द का चिन्ह मानना भी अवधी भाषा के विपरीत बताया है । स्वामी जी अनुनाशिको को विभक्ति को द्योतक मानने को भी असंगत बताते हैं -

" जब ते राम व्याहि घर लाये ।

स्वामी रामभद्राचार्य ने अवधी भाषा के विरुद्ध कर्तृवाचक शब्दों को बताया है तथा "ंह " के प्रयोग को भी अनावश्यक बताया है । उनके अनुसार नकार के साथ हकार जोड़ना ब्रजभाषा का प्रयोग है । अवधी का नहीं । स्वामी जी के अनुसार मानस की उपलब्ध प्रतियों में तुम के स्थान पर " तुम्ह" और "तुम्हिह " शब्दों के जो प्रयोग मिलते हैं । वे अवधी में नहीं होते हैं । इसी प्रकार "श " न तो प्राचीन अवधी की ध्वनि है और न ही आधुनिक अवधी की ।

६ - निष्कर्ष :- हमारा भारत देश धार्मिक प्रकृति का देश है । यहाँ पर सभी धर्म के लोग रहते हैं तथा हिन्दू धर्म को मानने वाले लोगो में मानस के प्रति आदर सम्मान है । तथा ज्ञान प्राप्त करके जीवन को सफल बनाते हैं । जिसप्रकार से हमारे देश में वेदो और शास्त्रों ने इंसान के भविष्य को सुधारने के लिए कई मंत्र दिए । उसी प्रकार मानस ने मानव जीवन को अच्छी जिंदगी जीने तरीके सिखाये हैं । यदि मानस की बातो



को मानव अपने जीवन में उतार लेता है तो वह अपने जीवन में आये दुखो से लड़ सकता है । मानस हमें सिखाती है कि हमें, राम अपने माता -पिता की आज्ञा मानकर बनवास चले गए थे । और उन्होंने अपने मन में राज सिंहासन पर बैठने की इच्छा तक नहीं की । उसी प्रकार से हमें भी अपने माता पिता की आज्ञा मानकर उनकी आज्ञा का पालन करना चाहिए । जिस तरह से रामायण में सीता माता पतिव्रता का धर्म निभाती है उसी प्रकार से हमारे देश की सभी स्त्रियों को भी पतिव्रता का पालन करना चाहिए । राम के चरित्र से ये पता लगता है कि सन्मार्ग पर चलना चाहिए तो रावण के चरित्र से यह पता लगता है की ऐसा नहीं करना चाहिए जैसा रावण ने अनीति का कार्य किया था ।

तुलसीदास चौपाई क्रमशः- १ ,२ ,३

१- एक समय सब सहित समाजा । राजसभाँ रघुराजु बिराजा ॥

सकल सुकृत मूरति नरनाहू । राम सुजसु सुनि अतिहि उछाहू ॥

२- मंगलमूल रामु सुत जासू । जो कछु कहिअ थोर सबु तासू ॥

राय सुभाय मुकुरु कर लीन्हा । बदनु बिलोकि मुकुट सम कीन्हा ॥

३- कहि न जाइ कछु नगर बिभूति । जनु एतनिअ बिरंचि करतूती ॥

सब बिधि सब पुर लोग सुखारी । रामचंद मुख चंदु निहारी ॥

अनुसंधान के लिये ३० मई २०२१ को,

प्रोफेसर (डॉ) राजिंदर सिंह साहिल

हिंदी साहित्य

अनुसंधान पथप्रदर्शक

CT यूनिवर्सिटी लुधिआना पंजाब



102 Women struggle in relation to the dalit feminism: Addressing identity and equality.

Ms. Shreya Chatterjee

Designation- Assistant Professor in HIMT Law College,

Noida (UP)

Abstract -

This article studies several dalit feminist organization and links it to the women sustainance and their journey of development thru ages. For eg: it studies about Mahila sansad in mumbai, dalit stree sahitya manch, all india dalit women forum, vikas vanchit dalit parishad etc and on the other hand religious incidents of ancient times like burning of manusmriti and how it led to the introduction of all india women liberation day and later investigates a case study which tends to highlight the women journey from identity to equality.

In the 1980s, in a political context where the 'politics of presence' and the corresponding question of identity became increasingly important, there was a reconfiguration of the framework of universalism within which women's groups had hitherto functioned, irrespective of their perspectives on affiliation and autonomy. The recognition that 'difference', of class, caste, religion, sexuality, etc. formed significant axes around which the diversity of women's experience occurred, gave critical reflexivity to the women's movement, deepening its quest for substantive equality. On the other hand, it also opened up areas of tension, especially in the movement's position on gender justice and reform of religious personal laws, where acceptance of a differentiated universalism involved strategic withdrawal from the position of universalism.

The emergence of Dalit feminist voices from the mid-1980s drew attention to caste identities, which had hitherto been assumed as transcendable for the larger sister hood among women. This article studies several dalit feminist organization and links it to the women sustainance and their journey of development thru ages. For eg: it studies about Mahila sansad in mumbai, dalit stree sahitya manch, all india dalit women forum, vikas vanchit dalit parishad etc and on the other hand religious incidents of ancient times like burning of manusmriti and how it led to the introduction of all india women liberation day and later investigates a case study which tends to highlight the women journey from identity to equality.

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Introduction -

The judgement triggered off protests among sections of Muslims, who called for upholding the sanctity of the Shariat (Islamic legal code). Subsequently, the then government brought a highly retrograde legislation, the Muslim Women's (Protection of Rights on Divorce) Bill 1986, which freed Muslim men from the obligation placed on them by Section 125 of the Criminal Procedure Code (CrPC) vis-a-vis abandoned or divorced wives. The Shah Bano case, 1985, and the Muslim Women's Bill, 1986, became rallying issues for a diverse range of organizations, for the protectors of the Shariat and the autonomy of the Muslim community; for diverse strands of the women's movement; for democratic rights groups, who opposed the communalization of women's issues and appealed for a genderjust UCC; for Hindu communalists, for whom the Supreme Court judgement vindicated their claims that the Muslim community was 'barbaric' and 'anti-natal'; and for their Muslim counterparts, for whom the reversal of the Supreme Court judgement became the ultimate source of redemption of their dignity as Muslims.

The debates and demonstrations following the incident of Sati in September 1987 in Deorala, a village in Rajasthan, reflected the manner in which the rights of Hindu women were similarly imbricated with questions of religious identity, community autonomy, and eventually 'a politics of power'. In both cases, what was at stake was women's economic freedom, their right to property, and the very bases on which the structures of domination within communities were organized. Wives and widows claiming their right to property threatened to destabilize more than just economic structures. They aimed to transform radically the multifarious whorls of domination that informed their lives as women. Yet, in both cases the (male) religious leaders and fundamentalists were able to raise the 'community in danger' alarm, and reaffirm their claims to representing the community. In both cases the government sacrificed women's rights in order to strike a balance with the two communities, aiming eventually at strengthening its electoral prospects with both (Kumar 1993: 177).

With the rise and consolidation of the Hindu right around the issue of the Ram temple in Ayodhya, which witnessed in its course communal riots and the demolition of the Babri Mosque at the temple site, government inactivity during the entire sequence of events, and the relative invisibility of (Hindu) public opposition to these, the Muslim community closed its ranks, preferring reforms from within the community. The period also saw a vehement and vociferous rise in upper-caste opposition to caste-based reservations in jobs. The Hindu right-wing in particular kept up a tirade against the state for promoting caste and community-based privileges, and for 'pampering' religious minorities and Scheduled Castes and Tribes

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(SC/ST), raising vigorously the demand for a UCC. In this context, women's groups rethought their longstanding demand for a UCC. Apprehensive that in the changed political circumstances it had come to embody a universalism dominated by an ideology of exclusion through the denial and elimination of the religious-cultural identity of religious minorities, women's groups unanimously gave up the demand for a UCC.

There is a fundamental difference, however, in the grounds on which the different strands in the women's movement have sought to reconcile the goal of gender justice with the democratic ideal of diversity and pluralism. While the AIDWA, a mass-based women's organization affiliated to the CPI (M), has taken the position that gender justice need not necessarily be linked to an umbrella legislation and that such a legislation might actually prove counter-productive preferring reforms in personal laws, other women's groups have been more inclined to see personal laws as 'conceptually flawed' (Raman 1999:4). Broadly, the latter have couched their demands in terms of an 'exit' option for women's groups have been more inclined to see personal laws as 'conceptually flawed' (Raman 1999:4). Broadly, the latter. Have couched their demands in terms of an 'exit' option for assumed as transcendable for the larger sisterhood among women. Young Dalit feminists in Mumbai formed the Mahila Sansad, and by the mid-1990s, Samvadini-Dalit Stree Sahitya Manch, a forum of the Dalit feminist literary movement, had emerged. By the 1990s, there were several independent and autonomous assertions by Dalit women, including the formation of the National Federation of Dalit Women and the All India Dalit Women's Forum. In December 1996, the Vikas Vanchit Dalit Mahila Parishad organized at Chandrapur put forth a proposal to commemorate 25 December, the day on which, in 1927, B.R. Ambedkar had symbolically burnt the Manusmriti at Mahad, as the Bharatiya Stremukti Divas or the Indian Women's Liberation Day. In 1997 the Christi Mahila Sangharsh Sangathana, an organization of Dalit Christian women, was established (Rege 1998: 20).

Literature Review -

1. REGE (2006) - Chisti Mahila Sangathan which is an organization of Dalit Chistian women which later led to upholding of shariat sanctity which led to legislation of muslim women bill 1986 for protection of rights of divorce for women.
2. Kumar (1993) - introduces an incident of Sati Pratha in Deorala Rajasthan, depicts rights of women merging with questions of religious identity and community id as well and later transforms into power



question. But it was stated that in both men and women power, somewhere the element risked is women right to property and freedom.

Objective -

1. Indepth study of women struggle from ancient to this modern century and their journey through the ages.
2. Association of women struggle and dalit feminism and how both are identical and interlinked to each other.
3. How sense of religion merges with communism and how these factors impact the life of women at a large extent.

Hypothesis -

1. There is a significant impact of political feminist movements on women lives.
2. There is a positive and negative association between women life and the sense of rigid religious and dalit communism in society.

Methodology and Tool of study -

Datas can be obtained through secondary datas regard to the interlink between women and prominent political dalit feminist incidents and to what an extent it effects the life of a women. Secondly, an indepth analysis can be obtained regard to the negative and positive association of women and other dalit movements through construction of questionnaire and distributed among 100 respondents . Random sampling method can be obtained and viewpoints of them should be taken to know the viewpoint if contemporary society in regard to dalit movements and women struggle.

Interview schedule can be enumerated and conducted for taking the viewpojnt of people who are illiterate. The area of my tentative study will be the city of maharashtra where an very prominent mahila sansad was formed in 1990 by young dalit feminist and later a forum of dalit street sahitya manch was emerged. And the viewpoint of the contemporary society can be taken in regard to position of the dalit feminist movements and what is their view regard to women life and it's association with politics. Datas can be evaluated and analysed with the usage oof SPSS SOFTWARE. Chi – Square and regression method can be used for analysis of data collected.



Conclusion -

Women Struggle In Relation To Gays And Lesbians -

Space for debates on difference within the women's movement has continued to open up as the Indian lesbian, gay, sexual, and transgender (LGBT) movement sought to place diversity of sexualities and genders on its agenda, demanding that this diversity be respected and discrimination against LGBT people stopped. It is not surprising, therefore, that the central concern of the Seventh National Conference of the Autonomous Women's Movement in Kolkata in September 2006, was affirming diversity without divisiveness.

The struggle to differentiate the feminist universal through the insertion of the multiple experiences of oppression, prepared the ground for a broader platform of action. On the other hand, in the political contexts obtaining in the late 1980s and 1990s, the women's movement had to grapple with issues of religious identity, which complicated the way in which women's groups had hitherto seen the relationship between women's rights and rights of communities to preserve their religious and cultural identities. The constitutional guarantee of the 'cultural and educational rights' of religious and cultural communities and minority groups (Articles 25-30 in the chapter on Fundamental Rights in the Constitution of India) forms the basis of the rights of religious communities to administer themselves.

Quite like the anti-Mandal movement, this right-wing women's movement too contributed towards women's political self-activation and self-actualization insofar as these women stepped out of their iconic images—the endlessly raped or threatened Hind woman—around which anti-Muslim tirades were woven, to a new, empowering self-image of the karsevika rescuing the birthplace of Rama (ibid).



Human Rights visavis Civil Liberties

Sumer Khajuria

Advocate

Ward No 2 Indira Nagar

Udhampur

Abstract

Human being are rational being. Human being possess certain basic and inalienable right, being commonly called as human right becoming operative with the birth of any human being. This can also be called the birth right, inherent in all individuals irrespective of their caste, creed, religion, sex and nationality. These rights are consonant with their freedom and dignity besides conducive to physical, moral, social and spiritual welfare being essential components of suitable conditions for material and moral upliftment of the people. Such human rights can be differentiated as Civil and Political right; and Economic Social and cultural rights. Such rights being derived from the dignity and worth inherent in the human person and that the human person is the central subject of human rights and fundamental freedom ; denoting such gurantee that against his will. The differentiation between Human rights and Civil liberties can be subsumed as the Human Rights are those right derived from natural law, regard less of local jurisdiction, these may be right to life, freedom from torture, freedom from slavery, the right to move about freely, right to food and shelter. Essentially they are the rights that human being should inalienably have enabling him to survive in the world. Civil liberites like wise are those rights which are derived from the positive law, for example, legal statues i.e. Such rights having been contracted by the State with its citizens, which are state made or state enforced rights in other words political rights, based on the system of democracy besides also fairtrail and an independent Judicial system including Tribunals.



Keywords

Protection, freedom, fundamental right, human right, Civil, Political, Cultural rights, Universal and Universalisation.

Introduction

The roots from the protection of the rights of a man in humanity may be traced as far back even before as in the Babylonian laws. Assyrian laws, Hi -Hiti laws, and in the Dharma of the Vedic period in India. Laws promulgated in the reigns of Urukagina of Lagash (3260 BC) Sagon of Akkad (2300 BC) and Hammurabi of Babylon (1750 BC) can be considered on basic of Human Rights. The Writings of Plato and other Green and Roman philosophers also depict for the protection of human rights though they had a religious foundation. The city-state of Greece gave equal freedom of speech, equality before law, right to vote, right to be elected to public office, right to trade and the right of access to justice to their citizens similar rights were secured to the Romans by the “jus civile” of the Roman Law.

Thus the origin of the concept of human rights are usually agreed to be found in the Greco-Roman natural law doctrines of Stoicism which held that a universal force pervades all creation and that human conduct should therefore be judged according to the law of nature.

The Magna Carta (also called Magna Charta), the original Carta nin Latin consisted of 70 clauses ; granted by the King John of England to the English baron on July 15, 1215 ensured feudal rights and dues and guarantees that the King would not encroach upon their privileges. The carta implies that there were laws protecting the rights of subjects and communities which the king is bound to observe and if he fails to do so, be compelled to observe any force. Thus the carta set forth the principle that the power of the King was not absolute. The Magna Carta's importance lies on the interpretation of the principles by the succeeding generations. In 1216-17 during the reign of John's Son Henry III, The Magna Carta was confirmed by the Parliament of England, and in 1297 Edward / Confirmed it in a modified form. The carta was buttressed in 1628 by the Petition of Rights, and in 1689, by the Bill of Rights, to form the platform for parliamentary superiority over the crown and to give documentary authority for the rule of law in England. (The bill of Rights in fact was officially entitled as an Act for Declaring the Rights and Liberties of the subject and for setting



the succession of the Crown. It was enacted by Charles II on the occasion of the accession of William of Orange and Mary Stuart to the throne of England). In addition to the above writings of St. Thomas, Aquinas and Grotious also reflected the view that human being are endowed with certain eternal and inalienable rights.

The expression “fundamental right of man” find in the Declaration and Constitutional instruments of many states. For instance, the Declaration of Independence of the thirteen United States of America *Virginia Bill rights 1776) ; the Constitution of the United States of 1787 with its amendments in 1789, 1865, 1869, 1919 specified the number of rights of man. The French Declaration of the Rights of Man and Citizen of 1769 led other human rights ; Sweden in 1809, Span in 1812, Norway in 1812, Belgium in 1831, Denmark in 1849, Prussia in 1850, Switzerland in 1874 made a provision of the fundamental rights of a man. Thus the beginning of the nineteenth century it was recognized by most of the states that human rights being possessed certain rights and the worth of the human personality began to be rights. The relationship of the two categories of right was recognized by the Internal Human Rights Conference held in 1968 which declared in its final proclamation that ;

“Since Human Rights and Fundamental Rights are indivisible, the full realization of Civil and Political rights without the enjoyment of economic, social and cultural rights is impossible.”

The General Assembly of United States, in 1977 vide its resolution 32/130, had reiterated that all human rights and fundamental freedoms are indivisible and independent inviting equal attention and urgent consideration and should be given to the implementation, promotion and protection of both civil and political rights, and economic, social and cultural rights. The social resolution also stated that civil and political rights are the means to the social and economic rights of the people. The Vienna Conference of 1993, again emphasized that there is no difference between the two sets of rights by stating that ;

“All human rights are universal, indivisible and independent and interrelated. The international community must treat human rights globally in a fair and equal manner on the same footing and with same emphasis”



Universalization of Human Right

The covenant of the League of Nations, adopted at the end of the First World War, the incidence which was silent on the issue of human right. However the realization of the worth of the human personality led the institution of international law in 1929 to issue a proclamation of the rights of the man against the state. However instead of enumerating the rights of human beings, it laid down six duties of the state ;

Duties of the States

1. To recognize the right of every individual to life. Liberty and property and to accord to all within its territory full and entire protection of their right without distinction as to nationality, sex, race language or religion ;
2. To recognize the right of every individual to the free practice, both public and private of every faith, religion, or belief ;
3. To recognize the right of every individual both to the free use of the language of his choice and to the teaching of such language ;
4. To recognize that no motive based directly or indirectly on the distinction of sex, race, language or religion, empowers the state to refuse to any of their nationals, private and public rights ;
5. To recognize that the equality as contemplated herein is not be nominal, but effective ;
6. To recognize that except for motive based upon its general legislation, no state shall have right to withdraw its nationality from those whom for reasons of sex, race, language or religion, it should not deprive of the guarantee contemplated in this proclamation.

The proclamation being the will of the members of the Institute, did not impose any obligation on the states. However it laid down for all nations the standard of conduct towards all men including their own nationals. The proclamation may be regarded on the first attempt towards the universalization of human rights.

Developments after Second World War

During the World War II, shocking crimes were committed against the huminity and there was a total suppression fundamental human rights. Nazi leaders of Germany,



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had established a regime of Complete lawlessness and tranny. They had barbarously negated human values and dignity within their territories under their occupation. It was at that time realized that the restoration of the freedom and rights to people is one of the essential conditions for the establishment of international peace and security. The proclamation of the President Franklin D. Roosevelt dated January 6, 1941, part of the Documents of American Foreign Relations, Volume III at Page 26, had with due regard to the said conviction laid to be known four freedoms e.g. "Freedom of Speech, freedom of religion, freedom from Want and freedom from fear". In the said proclamation, he declared "Freedom means the supremacy of human right everywhere. Our support goes to those who struggle to gain these right or keep them.

The efforts for creation of an international organization, in order to establish peace, were being made even when the World War II was in progress. A number of conferences and meetings were held before the United Nation, an international organization was established in 1945. (The relevant document to this regard can be the Declaration of St James Palace (1941) ; Atlantic Charter (1941) ; United Nations Declaration 1942 ; Moscow Declaration (1943) ; Tehran Declaration 1943 ; Dumbarton Oaks Conference 1944 ; and San Francisco Conference 1945) All these declarations adopted by the Conferences laid down the importance of human rights. The joint Declaration issued by the President Franklin D, Roosevelt of the United States and Prime Minister Winston Churchill of the United Kingdom on August 14, 1941, Known as Atlantic Charter, Cherished the hope for a peace which will afford assurance that all the men in all the lands may live out their lives in freedom from fear and want. The Declaration of the United Nations, signed on January 1, 1942, at Washington by 26 State including the four Great Powers Viz US, UK, USSR, and China, confirmed the principles of the Atlantic Charter when it proclaimed that the protection of human rights in all countries was to be one of the results which was desired to be obtained from the victory over the Axis. Dumbarton Oaks proposals contained only a brief reference to the promotion of human rights as

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one of the activities to be performed by the proposed General Assembly, and under its authority, the Economic and Social Council.

UN Charter of 1945

The UN Charter was signed on 26th June 1945 by the representatives of the fifty countries attending the United Nations Conference on International Organisation in San Francisco. Poland which was not represented signed it later and thus became one of the UN's original fifty one Member States. The concept of National peace and security in the UN Charter began to develop with the ideas expressed in the Atlantic Charter in August 1941. But two months earlier, in London, a Declaration spoke of the need for global Co-operation. The United Nations officially came into existence four months later on 24th October 1942. The UN Charter refers to human rights in its Preamble, and its articles 1,8,13,55,56,62,68 and 76.

This chapter by incorporating the provisions related to promotion of human rights and fundamental freedoms opened a new dimension towards the progressive development of international law. It universalised the concept of the protection of human rights. It was the first international document which recognized the respect for human rights and fundamental freedom as a principle of international law. Their recognition and further realization was deemed necessary being a step to achieve unity between the states besides being considered indispensable for the maintenance of internal peace and security.

Promotion and Protection of Human Rights by the United States

Promotion and encouragement of respect of and observance of human rights and fundamental freedoms is one of the purposes of the United Nations. The Charter of the United Nations mentions the term "human right" seven times but makes no reference to protection of human rights. However the United Nations has been able to promote and protect the human rights by a number of ways as being followed herein after ;



1. Human Rights Consciousness

The first and the most important role which the United Nations has played is that it has made the people and the State Conscious of human rights and fundamental freedoms. It has set a pace in establishing minimum standards of acceptable behaviour by the States. The proclamation of the Universal Declaration of Human Rights containing the Universal code of human rights may be regarded as the first step towards the promotion and protection of human rights.

2. Codification of Law of Human Rights.

The United Nations has codified the different rights and freedoms by making treaties for all section of the People such as women, child, migrant workers, refugees and state less persons. In addition to the above the prohibition on the commission of inhuman acts such as genocide, apartheid, racial discrimination and torture have been brought within the international rule of law.

3. Monitoring of Human Rights

Treaty bodies, Special Rapporteurs and Working Groups of the Commission on Human Rights have procedure and mechanism to monitor Compliance with conventions and investigate allegations of human rights abuses. Their resolutions on specific cases carry a moral weight that few Governments are willing to defy. In the past U.N. Human Rights monitors have been sent to many countries including El. Salvador and Cambodia. Human Rights Monitors have also worked as part of peace keeping operation to Haiti, Rwanda, Guatemala and former Yugoslavia.

4. Procedure for Individual's Complaints

A number of human rights treaties permit individuals to make petition before the appropriate bodies. For instance, the First optional Protocol to the International Covenant on Civil and Political Rights, the international convention of the Elimination of All Forms of Racial Discrimination and Convention Against Torture, have permitted individuals to make petitions against their states that have accepted relevant international legal procedures. Also, under procedure established by the Commission of Human Rights, the Commissions,



its Sub Commission on Prevention of Discrimination and Protection of Minorities and their working groups, hear numerous complaints annually submitted by individuals as well as non-governmental organization (NGO) Further, the commission on Human Rights is authorized to discuss human rights situations anywhere in the world and examine information from individuals, NGOS and other sources.

5. **Compilation of Information on Violations of Human Rights**

The original mandate of commission on Human Rights to examine situations where massive violations of rights appear to be taking place has been complemented by a new function. i.e compiling information on the incidence of certain kinds of violations, or violation in specific country. This task is performed by Special Rapporteurs / Representative or Working Groups. They gather facts, keep contacts with local groups and government authorities, conduct on site visits when Governments permit, and make recommendation on how human rights institutions might be strengthened.

6. **Examination of Human Rights Situations.**

The Commission on Human Rights may ask the Secretary General to intervene or send an expert to examine a human rights situation with a view to prevent flagrant violations. Such tasks may be performed by the Secretary General himself in the exercise of his good offices and may establish the UN's legitimate concern and curb abuses. The Secretary General or his special representative and the High Commissioner for Human Rights confidentially raise human rights concerns with member states, including items such as the release of prisoners, communication of death sentences and other issues.

7. **Coordination of Human Rights Activities.**

The Post of High Commissioner for Human Rights was created in 1993 with the intention of strengthening the coordination and impact of UN Human Right activities. He is charged with promoting protecting the effective enjoyment by all of all human rights and maintains a permanent dialogue with the Member states.



8. Providing Advisory Services

The Centre for Human Rights provide advisory services to the Government seeking to improve their human rights performance. Assistance may be given to draft a constitution, to improve electoral laws, establish or upgrade human rights institutions, prepare new criminal codes or overhaul the judiciary.

9. Commission on Human Rights

The Economic and Social Council (ECOSOC), a principal organ of the United Nations was most directly concerned with the question of human rights. The Council under Article 68 of the UN Charter was empowered to set up Commission for the promotion of Human rights and such other Commission as may be required for the performance of its functions. Accordingly it is appointed a Commission on Human Rights which was approved by the General Assembly on February 12, 1946. The Commission was composed of 18 members who were approved by ECOSOC. Each state member selected its own representative. In 1962, the membership was increased to 21 and in 1966 to 32. Since 1990. The Commission has 53 member Governments.

The Commission began its work in January 1947, under the Chairmanship of Mrs Franklin D. Roosevelt. In its First Session, the Commission on Human Rights established the Sub Commission on Prevention of Discrimination and Protection of Minorities a body of independent expert. The Commission in the same session appointed a committee which is known as the Drafting Committee for the preparation of the draft of an International Bill of Rights. It drafted the Universal Declaration of Human Rights which was adopted by the General Assembly on December 10, 1948. Using the Declaration as the basis, the Commission prepared International Covenant on Civil and Cultural Rights in 1966. In 1967, the Commission was authorized by the Economic and Social Council to start to deal with violations of human rights.

Since then the Commission has set up an elaborate machinery and Procedures, country oriented or thematic to monitor compliance by states with international human rights law and to investigate alleged violations of human rights. It is done mainly by dispatching



fact-finding missions to countries in all parts of the world, whether they are rich or poor, developing or developed countries. For instance in 1994, the special Rapporteur on religious intolerance visited China and the Special Rapporteur on Contemporary Forms of Racism visited the United States of America. During 1970 and 1980 these implementation and fact finding machinery and procedures became the focus of the Commissions at attention.

Commission on the status of women

Besides the adoption of UN charter in 1945, the following achievements deserve mention;

1. The Establishment of the commission on the status of women in 1946 to promote women's political, economic and social rights.
2. Adaption of the convention for the suppression of the Traffic in persons and of the Exploitation of the Prostitution of the others by the General Assembly in 1949.
3. Adoption of the convention concerning Equal Remunerations for men and women worker for work of Equal value by the International Labour Organisation in 1951.
4. Adoption of convention on the Political Rights of women including right to vote by the General Assembly in 1952.
5. Adoption of convention on the nationality of Married women in 1957, granting women the right to retain or change their nationalities, regardless of their husbands' action.
6. Adoption of the convention concerning Discrimination in respect to Employment and occupation in 1960.
7. Adoption by the General Assembly in 1962, of the convention on consent to marriage, minimum age for marriage and Registration of marriages.
8. Adoption of the Declaration on the Elimination of Discrimination against women in 1967.
9. Adoption of the First World Plan of Action and proclamation of the First World's UN Decade for women; Equality, Development and Peace (1976-1985) by the world conference of women in Mexico city in 1975.

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10. Establishment of the voluntary Fund for the UN Decade on women and the UN International Research and Training Institute for the Advancement of Women (INSTRAW) by the General Assembly in 1976.
11. Adoption of the CEDAW in 1979.
12. Second world conference on women at Copenhagen in 1980.
13. Third World conference on women at Nairobi in 1985. Adoption of the Forward-looking strategies for the advancement of women to the year 2000 and the voluntary Fund for women UN Development Fund for women (UNIFEM), an autonomous organization within the UN Development Programme.
14. In 1986, the first World Survey on the Role of women in Development was published.
15. In 1991, the world women, Trends and Statistics, a compilation of data on the global situation of women was published.
16. Key role of women in sustainable development was recognized in the UN conference on Environment Development, 1992 held in Rio de Janeiro.
17. In 1993, the declaration on the Elimination of violence against Women was adopted by the General Assembly.
18. Empowerment of women was seen as an integral part of development for the first time in the International conference on population and Development at Cairo in 1994.
19. The Fourth World Conference on women held at Beijing 1995 reviewed and debated critical areas of concern and adopted a proposed Platform for Action.
20. Declaration of the International Year for the Empowerment of Women in 2001.
21. Copenhagen Declaration and Platform for action of the Fourth World Conference on women.
22. Draft protocol to prevent, especially Women and Children, 2001.
23. The Beijing Plus Five UN General Assembly Special Session, 2000.

Sexual Harrasment

Article 23 of the convention on the elimination of all forms of discrimination against women lays down the definition of sexual harassment "to include such

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unwelcome sexually-determined behaviour as physical contacts and advances, sexually coloured remarks, showing pornography and sexual demands, whether by words or actions. Such conduct can be humiliating and may constitute a health and sexual problem: it is discriminatory when the woman has reasonable grounds to believe that her objection would disadvantage her in connection with her employment including recruiting or promotion or when it creates a hostile working environment. Effective complaints, procedures and remedies including compensation should be provided. Sections 354 and 509 of the India Penal code deal with the criminal acts relating to the assault or criminal force to woman with intent to outrage her modesty, the offence which is punishable with imprisonment or with fine or both.

Trans-Gender : Human Rights and Social Exclusion

Asian countries have a centuries old history of the existence of gender variant males, who in the present times would have been labeled as “trans-gender women”. India is no exception. Kama Sutra provides vivid description of sexual life of people with third nature (Tritiya Prakriti). In India people with wide range of transgender related identities, cultures or experience exist, including Hijras, Aravanis, Kothis, Jogtas / Jogappas and Shiv- Shaktis.

Social exclusion Framework is increasingly used in highlighting the issues and problems faced by the disadvantaged and disadvantages i.e. exclusion from family and society; discrimination in health care settings, exclusion from economic participation and lack of specific social welfare schemes and barriers, lack of access to life and health insurance schemes; exclusion from political participation.

Education of Marginalised children

The state of the world’s children 1998 published by UNICEF shows that in India during the period 1993-97, the enrolment ratio for boys was 75 while it was 61 for girls. Similarly the state of the world children (1999) published by UNICEF states that 130 million children are deprived of primary education in developing countries out of which 40 million are in India. Joyful learning is an essential ingredient of children education. The son preference the ory, highly prevalent in third world countries, is a major stumbling block to girls education.



Children's Rights

The innovation of rights for children predated the 1960s. In 1959 the UN General Assembly adopted a ten principle Declaration of the Rights of the child itself a descendant of the one adopted by the League of Nations in 1924. In 1989 the UN General Assembly adopted the UN convention on the Rights of the child and it dwarfed all previous child right documents and international human right treaties. With the unprecedented rate of ratification the convention could enter into force within a less than a year. Discourses on children rights, highlight the following agenda.

1. Obligation-based approach to family well being.
2. Desirability of conferring rights to minors.
3. Impact of children's rights on women's claim to right.
4. Rights as a means to extract equal opportunities from the state.
5. Cultural relativism v/s Universal Human Rights standards.

In short the promotion and protection of children's right thus is possible

only through discursive communication in democracy and not through handouts of international diplomacy.

Unborn children

An unborn child aged five months onwards in the mother's womb till its birth can be treated as equal to a child in existence. The unborn child to whom the live birth never comes can be held to be a person who can be subject of an action for damages for death. The rights of the unborn child to sue and recover damages from the wrong doer for injuries caused to it before birth.

Right to Food

The Historical and political background of the right to food is much more than the history and politics of malnutrition. It concerns the development of the nation's access to food as a right. As a right it sets obligations on the state, which have been established as enforceable through centuries of struggle for democratic state in the service of the people. In 1986 the report "The Right to Food as a Human Right" became struggling point for a

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series of investigation into the right in the International Covenant on Economic social and Cultural Rights.

The Supreme Court in Kishen Patnaik v/s State of Orissa AIR 1989 SC 677 has held that the Right to life guaranteed in Article 21 of the Constitution in its true meaning includes the basic right of food, clothing and shelter. In Chameli Singh v/s State of U.P. (1996) 2 SCC 549, the Supreme Court has held that the right to life guaranteed in any civilized society implies the right to food, water, decent environment society implies the right to food, water, decent environment education medical care and shelter.

The employment of children below the age of 14 years is prohibited, besides Juvenile Justice has to be ensured under the United Nations standard Minimum Rules for the Administration of Juvenile Justice (General Assembly Resolution 40/33 of 29 November 1985) and the rules and guidelines covered by the Declaration of Rights of the Child (General Assembly resolution 1386 (XIV) of 20 November 1959 and the Convention on the Rights of the Child (General Assembly resolution 44/25 dated 20 November 1989)

The Customary International laws acclaimed as Magna Carta of humankind can be summed up ; The Right to Equality ; Prohibition against slavery ; Prohibition against Torture ; Prohibition Against Arbitrary Arrest and Detention etc.

Convention on Civil and Political Rights

Part III deals with the specific rights of the individuals and obligations of the State Parties ;

1. The Right to life
2. Freedom from inhuman and degrading treatment
3. Freedom from slavery, servitude and forced labour.
4. Right of liberty and security.
5. Right of detainee to be treated with humanity.
6. Freedom from imprisonment for inability to fulfil a contractual obligation.
7. Freedom from movement and to choose his residence.
8. Freedom of aliens from arbitrary expulsion.



9. Right of fairtrial.
10. Non-retroactive application of criminal law.
11. Right to recognition as a person before the law.
12. Right to privacy, family, home or correspondence.
13. Freedom of thought, conscience and religion.
14. Freedom of opinion and expression.
15. Prohibition of propaganda of war
16. Right of peaceful assembly
17. Freedom of association.
18. Right to marry and found a family.
19. Right of child.
20. Right to take part in conduct of public affairs, to vote and to be selected.
21. Equality before law.
22. Right of minorities.

Coveant on Economic, social and cultural Rights.

Those rights as are covered by this covenant are as under ;

1. Right to work.
2. Right to just and favourable conditions of work..
3. Right to form and join trade unions.
4. Right to social security.
5. Right relating to motherhood and childhood, marriage and the family.
6. Right to adequate food, clothing, housing and standard of living and freedom from hunger.
7. Right to physical and mental health.
8. Right to education, including a plan for implementing compulsory primary education.
9. Right relating to science and culture.



International Inhuman Acts

1. Genocide

The term genocide has derived from the Greek term *genos* (race) and the Latin word *cide* (killing). Thus the genocide is an act which is committed in order to exterminate fully or partially, a national, ethnic, racial or religious group as such. The wholesale killing was done by Germany under the National Socialist regime during the second world war and as a result of which it became necessary to enact rules so that such act may not be repeated.

The General Assembly adopted its resolution in 1946 (Resolution No. 96 (1) dated December 11, 1946, wherein it unanimously declared that genocide, the killing of a group of human beings is a crime under the International law. The Assembly on December 9, 1948 adopted the convention on the prevention and Punishment of Genocide which came into force on January 12, 1951.

The instance of genocide in India can be well befitting in case of Kashmiri Pandits who were completely flushed out of the valley by fanatic Islamic outfits.

2. Apartheid

The International convention on the Suppression and Punishment of Crime of Apartheid was concluded on November 30, 1973 and the convention came into force on July 30, 1976.

Apartheid is an African term which means separation or segregation, which is official name given by South Africa to its racial policy. Such menace is observed as Apartheid in Sports etc.

3. Torture and other cruel, Inhuman or Degrading Treatment or Punishment.

The General Assembly on December 9, 1975 adopted a Declaration on the Protection of All Persons from being subjected to torture and other cruel, Inhuman or Degrading Treatment or Punishment. To make more effective this struggle the convention was adopted by the General Assembly on December 10 1984, known as Convention of the same title, which came into force on July 26, 1987.



4. Slavery and Slave Trade.

International Slavery convention was adopted on Sep 25, 1926 which came into force on March 7, 1927. The slavery and the slave trade is prohibited in all their forms. A supplementary convention on the abolition of slavery, the slave trade and institution and practices similar to slavery was adopted by a conference of Plenipotentiary convened by the Economic and Social Council and opened for signature at Geneva on September 7, 1952, the protocol was approved by the General Assembly through Resolution 794 (XVIII) of October 23, 1953. The Convention came into force on April 30, 1957.

5. Forced on Compulsory Labour

In order to suppress the forced on Compulsory labour a convention was concluded on Abolition of Forced Labour Convention which was adopted by the General Conference of International Labour Organization on June 25 1957 which came into force of January 17, 1959.

6. Traffic in Persons and Prostitution.

The United Nations in 1949 consolidated in a single convention in series of international instruments adopted under the auspices of League of Nations i.e. (1) International convention for suppression of the Traffic in Women and Children of September 20, 1921 ; (2) International convention for the suppression of Traffic in women of full age October 11, 1933, aimed at ending what has been known as the White Slave trade.

The Convention approved by the General Assembly resolution 317 (IV) of December 2, 1949 by which the states agreed to punish any person who (1) Keeps or manages or knowingly finances or takes parts in financing brothel ; (2) Knowingly lets or rents a building or other place or any part there of for the purpose of the prostitution of others. The said convention came into force of July 25, 1951. As on December 31, 1998, the Convention has 72 states parties.

7. Elimination of Racial Discrimination

The Universal Declaration of Human Rights under Article 2 laid down that the rights and freedoms provided in the Declaration shall be available to all persons irrespective of race, sex, colour or religion. In 1963 the Assembly proclaimed the Declaration on the Elimination of All Forms of Racial Discrimination. The General Assembly resolution 2106



(XX) dated December 21, 1965 brought into being an International Convention on the All Forms of Racial Discrimination which came into force on July 4, 1969. As on December 31, 1998 the Convention had 151 state Parties.

8. Death Penalty

Death penalty involves inevitable element of suffering and humiliation. In order to abolish death penalty, the second optional protocol to the International Covenant on Civil and Political Rights was adopted by the General Assembly vide General Assembly Resolution 44/128 dated December 15, 1989 to abolish the death penalty.

Conclusions

The existing international conventions on human right no doubt cover a variety of human rights and the fundamental freedoms of the individuals but the international community is faced with new problems which were not anticipated at the time of the proclamation of the universal Declaration of Human Rights or at the time of the adoption of the International Covenants. Invasion of information technology on privacy and established moral and ethical standards and far reaching implications of artificial procreation made possible by genetic engineering pose a new threat to human right International Co-operation, powerful engine of the system for the promotion and protection of human rights, is very much required to adopt conventions on these rights so that human being can live with dignity.

Coming to the issue of the claimed human rights of terrorists. Genocide, torture and in human treatment are totally prohibited in every country even if the Government has no power to act without principle of law. The citizen and any person has no right to create any kind of problem within the territory of own country and outside the territory of the country. If any person commits any act in violation of law, he is entitled to be punished by the Competent Authority according to the due and fair provisions of law. The terrorist are killing innocent people without fault, their basic goal is to create terror in peaceful society ; and they have no religion, no ideology and no goal. They are inhuman and are violating the human rights of the people by committing crimes of abduction, kidnapping and rape.



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The concept of terrorism is related to use the force for the purpose of creating fear and this way to attain whatever further he may have in mind. The word terrorism was first used in reference to the region of terror in 1789 during the French Revolution. It derived from French word terrorism. The organized crime against the society is older than the ancient civilization of the Greece and Rome. Roman history reveals with varied terrorist activities. The ancient Chinese philosopher define "kill one and frighten thousand". However the human rights to such terrorists during trial or transportation of sentence are entitled for medical treatment, consideration of fundamental rights, compensatory rights of the deceased terrorists successor and the reformatory theory of punishment. However the human right of human being is subject to the undisturbed rights of the others living in a noble and peaceful society.

A person before and after death has also some restricted rights of human dignity i.e. the protection of child in his mother's womb and right to compensation after 5 months age in womb, through his / her parents etc and after death the right of decent crimation as a matter of human right of a person.

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104. EFFICACY OF PLYOMETRIC AND RESISTANCE TRAINING ON THE PLAYING ABILITY OF MALE BASKETBALL PLAYERS

Tejinder kaur (PhD Scholar at CT University and Physical education Teacher at DPS MIS .Qatar)

Abstract

The purpose of study is to evaluate the effect of plyometric and resistance training on the playing ability of male basketball players. 30 young male basketball players were divided randomly into training groups 10 subjects for each group. Experimental group no-1 has received 6 weeks of plyometric training, experimental group-2 has received 6 weeks resistance training and control group has been kept their regular sports practice. After the completion of six week plyometric and resistance training program the researcher has again administer the same Fitness Tests for Basketballers, which were previously administered. For testing the statistical significance of each variables of basketball playing ability Analysis of co-variance (ANCOVA) Test has been employed and further to access the significant improvement for each parameter. The level of significance was set at 0.05 level. From the results it was found that the plyometric training is more effective than resistance training.

Keywords: plyometric training, experimental group, basketball 1.

CHAPTER-I

THEORETICAL ORIENTATION OF THE PROBLEM

The modern era has brought for many blessings in the form of technological advancements, high standards of living, and dream world of comforts, high achievements and new challenges. It has also brought along the curses like frustration, exploitation, unemployment, poverty, greed, lust, and fall in physical fitness standards, decrease of mental and moral strength. The modern man is compelled to fight many pressures posed by social, political, and economic life. He is faced with a tremendous rise of inner and outer forces that affect deeper layers of his personality. This makes him obese, fatty, agitated, anxious, tense and frustrated. His physical state is affected adversely.

Fitness has been a concern of man from pre-historic time. Primitive man was either fit for fighting or was subdued by others. Long back Darwin had noticed that it was survival of the fittest, may it be the question of man, plant, insect, animals. Nature selected the fittest for survival and ejected the weaklings who were made to perish. The word 'fit' assumed importance and its significance increased day by day. Every person has different level of fitness which may change with time, place, work or situation. So fitness got "relativity" attached to it. One major field of fitness is sports and games. It is to the human body what tuning is to engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us

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look, feel and do our best. More specifically it is “The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure time’s activities and meeting emergency demands”. It is the ability to endure, to bear up, to withstand stress to carry on its circumstances, where an unfit person couldn’t continue and is a major basic for good health and well being. Physical fitness involves the performances of the heart, lungs and the muscles of the body. Since what we do with our bodies also affects what we can do with our minds. Fitness influences to some degree qualities such as mental alertness and emotional stability. These are the tendencies to act towards these items in various ways.

Fitness is important at all levels of the game, whilst being essential for top level players; it is beneficial for beginners who will improve both their effectiveness and enjoyment through good standards of fitness. The aim of fitness training in football is to enable a player to cope with the physical demands of the game as well as allowing the efficient use of his various technical and tactical competencies throughout the match. Fitness may be described as a set of attributes that an individual has or has acquired which help in their ability to perform physical activity. The diagram below outlines the general components which make up and are required for physical fitness in sport. Mental fitness and diet could be included but the diagram refers to the main components of fitness which require physical activity and which bring about physiological changes in the body.

A physical fit and active lifestyle is not only being widely recognized but is also becoming one of the most vital health prescriptions for both young and old individuals. Research studies (Antunes, 2007) have convincingly shown that staying physically active and fit substantially reduces the risk of death due to heart related illnesses.

The high level of physical fitness is most important for achieving a higher level of efficiency in technique and tactics in most of the sports. In the words of Brownell and Hayman (1991), physical fitness can be described as, “The total functional capacity of the individual to perform a given task. The ultimate aim of physical fitness is the ability of the individual to carry desired tasks to successful completion without undue fatigue. Physical fitness is the ability to make an adequate and emotional adjustment to the demands of everyday living”

A fit person is one who has well adjusted to his environment, whose mind and body are in harmony, and who can meet the normal demands made on him both mentally and physically without undue fatigue. Physical fitness implies that the body systems are capable of carrying on their activities satisfactorily. It is one of the basic elements which are essential for better performance. The athlete must be in top physical condition. In the word of Vc Rossum Rax (1986), Physical fitness for track and field event consists of a number of interrelated qualities or components”.

Brownell and Hayman (1991) conveyed that “physical fitness is the total functional capacity of the individual to perform a given task”. The ultimate aim of physical fitness is the ability of the individual to carry desired tasks to successful completion without undue fatigue. It is the ability to make an adequate emotional adjustment to the demands of the everyday living. As viewed by Trank, Robert and Lewis (1993), Physical fitness can be defined as a “quantitative expression of the physical condition of an individual”. The



development of the body to a state or condition which permits the performance of a given amount of physical work, when desired, with a minimum of physical efforts. The efficiency of physical efforts depends upon the mutual development of the muscular respiratory and circulatory system integrated and co-ordinate by the activity of the central nervous systems.

The performance in most of the sports is determined by three factors namely physical fitness, technique and tactics. Lack of the knowledge about physical fitness is an important cause of relatively poor performance of our sports men in the international competitions. Strength is one such component which influences the performances and special attention has to be paid to it. There are three main forms of strength viz. Maximum strength, explosive strength and strength endurance. Strength can be developed in many ways such as weight lifting, bounding with or without resistance, various jumping drills, and of course depth jumping or plyometrics.

During the last few decades, athletics particularly long jumping has gained tremendous popularity all over the world with the improvement in the quality of performance in competitions and increasing awareness of the significance of athletics and games for the development and welfare of the human being after its introduction in modern Olympic Games. The improvement in jumping records in various International competitions (Asian and Olympic) in the past thirty years has witnessed a dramatic change in the positive direction. This has attracted the attention of the various educationists and sports scientist to analyze the causes for this bloom. The participants are very much ambitious to achieve the peak performance in competitions. The cause of this performance is the introduction of scientific approach, tremendous advancement of technique and extensive research in the field of athletics. Of the various components of physical and motor fitness involved in the horizontal jumping, strength and power are of utmost importance. With the rapid advisement of strength training methods, horizontal jumping has attained peak achievement. The most valuable assess, which can be derived from strength training, are the improvement of strength and explosiveness. As the performances in jumping events is also largely determined by ones muscular strength and many other related strength factors. The training of athletics, therefore, is mainly directed to improve the strength ability of the athlete. Old traditional techniques includes weight training and run jumps. These training technique are no doubt very effective methods used world over for the training of the athletes but with the recent advent of the plyometric exercises which is based on the principles of overload, an improvement of the much greater magnitude in the jumping performance has been reported by the research as is also reflected in the improvement of the much greater magnitude in the jumping records of the athletes in the past 30-40 years. The term plyometric has been derived from the Greek word "Pleythyein", meaning to "augment" or to "increase" and the shorter Greek words Plio "more and plyo to move". Metrics means "to measure" or 'length'. The spelling pliometric is also accepted in referring to eccentric contraction or muscle lengthening. The word plyometric originally appeared in Russian sports literature in 1996 in work completed by V.M.Zaciorskij. A few other terms have been associated with plyometrics as well including shock training, speed strength, bounce training and elastic reactivity.

A quantitative interpretation of this last category is indeed difficult in that it can be accomplished only through the adoption of reference models which are not as easily standardized as those of the other

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categories and therefore, tend to be arbitrary. At the time when Zaciorskij's work was published, sports training methodology was in great need of indications based on practical, easy to evaluated parameters and so this inconsistency was overlooked and the work was accepted without criticism. The influence of this exclusively quantitative approach to motor performance evaluation went even beyond the world of sports. No one took time to think that the expression of each one of these so called physical "qualities" involved a certain amount of skill, in other words coordination, so that without a quantitative analysis even the evaluation of the strength, speed, flexibility of a given movement, became extremely arbitrary.

However, in a very short time, such strictly quantitative categories were accepted and it was commonly thought that they perfectly described motor performances in the context of sports and in particular

Components of fitness in basket ball

Strength

Strength is the extent to which muscles can exert force by contracting against resistance (e.g. holding or restraining an object or person). Vertical jump ability is very critical for basketball. The technique for the test may be changed to incorporate a step to be similar to the jumping technique used in the game. Strength and power tests should also be done to determine strength levels and to monitor strength changes in conjunction with training programs. Speed Acceleration is very important in basketball. Most running is conducted over a short distance.

Speed

Speed is the quickness of movement of a limb, whether this is the legs of a runner or the arm of the shot putter. Speed is an integral part of every sport and can be expressed as any one of, or combination of, the following: maximum speed, elastic strength and speed endurance. Speed is the rapidity with which one repeat successive movements of the same pattern. It may also define as the ability of a person to move quickly through short distances, 50 meters and 100 meters dashes. Individuals with greater speed usually also have superior reaction time.

Endurance

Endurance is the ability of a muscles or muscle group to perform repeated contractions against a resistance, load or to sustain contraction for an extended period of time with less discomfort and more rapid recovery. Endurance is the ability to main and repeat and moderate level of muscular effort such as shoveling snow. In this particular case shoulder and arms muscles might tire and aches well before Cardio respiratory endurance reaches its limits. Muscular strength can be considered as a smaller ratio of your maximum muscular strength. In order to develop the max range of muscle capabilities need to increase the muscle strength as well. Let's take the example that if person are able to lift a max of 50kg with his right arm and lift 25kg 15 times. Developing cardio endurance together with weigh training will increase the overall weight they can lift 15 times as well as help increase the number of reps at the 25kg level.



Coordinative Ability

Coordinative Ability is the ability to perform a series of explosive power movements in rapid succession in opposing directions. Coordinative ability is the most valuable athletic component for basket ballers. Coordinative ability has to do with change of direction, the ability to stop and accelerate very quickly. Speed, on the other hand has two components, stride length and stride frequency. It requires athletes to regulate shifts in the body's center of gravity while maintaining balance. Most players must decelerate considerably in order to gain control prior to a quick change of direction. With proper training, they can maintain your speed and change direction at the same time.

Flexibility

Flexibility is the ability to achieve an extended range of motion without being impeded by excess tissue, i.e. fat or muscle. Flexibility is important in terms of being injury free and being able to move freely around the court. Flexibility tests of other body areas that used in the game would also be suitable. Flexibility is a part of the major components of physical fitness with more importance than is sometimes believed. Not all people have the same flexibility requirements depending on whether you are an athlete or not and the various sporting disciplines that are practiced. But everyone needs a degree of flexibility to be able to cope with daily lives and activities. So, flexibility in its purest form is defined as the ability to move the body joints and articulations through their full range of motion.

Cardiovascular endurance

Cardiovascular endurance is the most important aspect of fitness. It is basically how strong our heart is, which can potentially add years to our life. The heart is the most important muscle in the human body and if it is kept healthy then it can avoid numerous health problems. Another reason that cardiovascular endurance is important is because our heart controls the oxygen flow to all our muscles - meaning cardiovascular health has a direct impact on our performance, both endurance and strength wise.

Reaction Time

Reaction time is the interval time between the presentation of a stimulus and the initiation of the muscular response to that stimulus. A primary factor affecting a response is the number of possible stimuli, each requiring their own response, that are presented.

Playing ability

The quality or state of being able; power to perform, whether physical, moral, intellectual, conventional, or legal; capacity; skill or competence in doing; sufficiency of strength, skill, resources, etc.; in the plural, faculty, talent.

Plyometric training for basketball

Plyometric training is one of the most popular & sometimes misunderstood forms of training by athletes. Plyometrics originated as a training method in the secretive eastern block countries where it was referred to as 'jump training'. As the eastern bloc countries rose to become powerhouses in sports, plyometric training



was credited for much of their success. By the 1970s this methods of power & speed development was being used by many sports that required explosive power for the winning edge stretch, not the amount of stretch, is the key to training the muscle plyometrically.

Plyometrics can best be described as a reflexive form of power training. This type of training involves powerful muscular contractions in response to a rapid stretching of the involved musculature. These powerful contractions are not a pure muscular event. In fact they primarily involve & augment the nervous system. It is a combination of an involuntary reflex, which is then followed by a fast voluntary muscular contraction. This is the basic idea behind plyos. Sprinting & jumping are good examples of pure plyometric events. It's not very ironic at all that most elite sprinters are good jumpers & vice-versa! This stretching of the muscles, prior to the explosive contraction that follows, is often called a loading phase. The faster and greater the load, the more powerful the reflex and subsequent contraction. A good example of this is watching any basketball player jump. They jump higher when they can take a few steps & create velocity before the jump. The reason for this is that the few steps create momentum. This momentum creates a greater loading phase on the planted leg(s) prior to the leap. The response to this greater load is a greater/faster contraction by the legs and more significant jump height. The same phenomenon exists with all explosive actions.

Basketball Plyometrics training is an explosive reaction geared to athletics. Powerful muscle contractions are essential for this method of training but it takes more than muscle power to achieve the optimal results. The brain's nervous system plays a large role. Plyometrics is the combined reaction of, first a neural event followed quickly with a muscular contraction. So first man have an involuntary reflex then an intentional action Plyometrics originated in eastern countries where it was referred to as jump training. When competitors from these more secretive regions began to consistently excel at sports the rest of the world took notice and plyometrics was given credit for the results.

Resistance training

Resistance training is a form of [strength training](#) in which each effort is performed against a specific opposing [force](#) generated by resistance (i.e. resistance to being pushed, squeezed, stretched or bent). Exercises are isotonic if a body part is moving against the force. Exercises are isometric if a body part is holding still against the force. Resistance exercise is used to develop the [strength](#) and [size](#) of [skeletal muscles](#). Properly performed, resistance training can provide significant functional benefits and improvement in overall [health](#) and well-being.

The goal of resistance training, according to the American Sports Medicine Institute (ASMI), is to "gradually and progressively overload the musculoskeletal system so it gets stronger." Research shows that regular resistance training will strengthen and tone muscles and increase [bone](#) mass. Resistance training should not be confused with weightlifting, power lifting or bodybuilding, which are competitive sports involving different types of strength training with non-elastic forces such as gravity ([weight training](#) or [plyometrics](#)) rather an immovable resistance ([isometrics](#), usually the body's own muscles or a structural feature such as a doorframe). Full [range of motion](#) is important in resistance training because muscle



overload occurs only at the specific joint angles where the muscle is worked. The history of resistance training started with the ancient Greeks. [Hippocrates](#) eloquently explained the principle behind weight training when he wrote "that which is used develops, and that which is not used wastes away." Progressive resistance training dates back to at least the 6th century BC, when legend has it that wrestler [Milo of Croton](#) trained by carrying a newborn [calf](#) on his back every day until the calf was fully grown. Another [Greek](#), the physician [Galen](#), described strength training exercises using the [halters](#) (an early form of [dumbbell](#)) in the 2nd century AD.

The [dumbbell](#) was joined by the [barbell](#) in the latter half of the 19th century. Early barbells had hollow globes that could be filled with sand or lead shot, but by the end of the century these were replaced by the plate-loading barbell we use today. Strength training using [isometric exercises](#) was popularized by [Charles Atlas](#) from the 1930s onwards. The 1960s saw the gradual introduction of [exercise machines](#) into the still-rare strength training gyms of the time. [Weight training](#) became increasingly popular in the 1980s, following the release of the [bodybuilding](#) movie [Pumping Iron](#) and the subsequent popularity of [Arnold Schwarzenegger](#). Since the late 1990s increasing numbers of women have taken up weight training, influenced by programs like [Body for Life](#). Resistance training is a common type of [strength training](#) for developing the [strength](#) and size of [skeletal muscles](#). It uses the [force of gravity](#) (in the form of weighted bars, dumbbells or weight stacks) to oppose the force generated by muscle through [concentric](#) or [eccentric contraction](#). Weight training uses a variety of specialized [equipment](#) to target specific muscle groups and types of movement. Body building, Olympic weightlifting, power lifting and strongman, are sports rather than forms of exercise. Weight training however, is often part of the athlete's training regimen. Weight training differs from Resistance training in all methods adapted to improve the resistance and size of the skeletal muscles. Weight training involves the application of a variety of equipments to target specific muscle groups and types of movement, such as weighted bars, dumbbells, Kettle bells, and weight stacks. Though weight training differs from body building and weightlifting, it forms a vital component of any well rounded fitness routine.

Significance of the study

1. The study may check the effect of plyometric exercises and resistance training on the performance of basketball players.
2. The study may check the effect of plyometric exercises and resistance training on the fitness of basketball players.
3. The finding of the study may help the coaches and physical educationists to construct on plyometric training modules for basketball players.
4. The study may help to improve upon the training plan of a team.
5. The finding may provide a source of guidance to the coaches to plan the future program for training with relation to player's performance.



6. The study may help in highlighting the strong fact and figures that are helpful for the enhancement of the playing ability of the basketball players.

Statement of the problem

The purpose of the study will be to find out the efficacy of plyometric and resistance training on the playing ability of male basket ball players.

Objectives

- 1. To observe the plyometric and resistance training modules for basket ball players.**
- 2. To observe the effect of the plyometric and resistance training on the playing ability of male basket ball players.**
3. To determine the other factors those are responsible for the playing ability of basketball players.

Delimitations

1. The study will be delimited only to Basketball players (men's) of 15 to 18 years of age.
2. The study will be further delimited to sports school jalandhar players only.
3. The study will be again delimited to duration of six weeks training programme.

CHAPTER-II

REVIEW OF THE RELATED LITERATURE

Studies Pertaining To Plyometric Training

Sharma (1984) compared the effect of squat jump and stair climbing, on the vertical jump ability of school basket ball players. The 30 boys were randomly selected from 8th and 9th standard of central school. The average age of the subjects was 13.8 years. The data were collected before and after 6-weeks of experiments. The subjects were divided into two groups by using of random numbers. The finding of the study showed the mean gain in group A and group B significant at 0.5 level of confidence. It was further conducted that performance in vertical jump could be improved by jumps squat and stair climbing. No evidence regarding the preference of one method over the other was found.

Adams (1992) The purpose of this study was to compare the effectiveness of three training programs - squat, plyometric and squat-plyometric in increasing hip and thigh power production as measured by vertical jump. Forty-eight subjects were divided equally into four groups: squat, plyometric and squat-plyometric or control. The subjects trained two days a week for a total of seven weeks, which consisted of a one-week technique learning period followed by a six-week periodized squat, plyometric and squat-plyometric training program. Hip and thigh power were tested before and after training using the vertical jump test, and the alpha level was set at 0.05. Statistical analysis of the data revealed a significant increase in hip and thigh



power production, as measured by vertical jump, within all three treatment groups. The squat-plyometric group achieved a statistically greater improvement than the squat or plyometric groups alone. Examination of the mean scores shows that the squat group increased 3.30 centimeters in vertical jump, the plyometric group increased 3.81 centimetres and the squat-plyometric group increased 10.67 centimeters. The results indicate that both squat and plyometric training are necessary for improving hip and thigh power production as measured by vertical jumping ability.

GI Eddie and Marshall (1996) conducted 14 week plyometric programmers for basketball player with a view to see. If they would enhance power performance by vertical jump and 20 m and 40 m sprint. Athletics significantly improved their vertical jump by an average of 21.4 cm and their 20 m and 40 m .sprint by an average of 0.47 sec. and 0.115 sec. respectively some increased their vertical jump by as much as 5 cm and improved their sprint time by as much as 0.15 sec. and 0.33 sec. for the 20m and 40m sprint, respectively. Further more, regardless of the obvious results, many of the athletic felt they were faster, quicker, or could jump higher after the plyometrics program.

Hypothesis

There would be an insignificant effect of plyometric and resistance training on the playing ability of male adolescent basketball players.

CHAPTER-III

METHODS AND PROCEDURE

Research Method

In this chapter Sample Size, Sample Area, Sampling Technique, Instrument Reliability, Tester's Competency and Reliability of Data, Procedure and Statistical technique employed in the study are described.

Sample

As per the requirement of the study the players have been divided into three groups. i.e., control group and experimental group 1, and, experimental group 2. These subjects will be the players who have participated at National in the sport of Basketball and each group comprised of 10 subjects. The average age of the students ranged from 15 to 18 years.

Sample Area

For the purpose of the study the selections of subjects have been made among the students studying at Sports School Jalandhar who have participated at National level in the sport of Basketball.



Sampling Technique

The selection of the subjects for the study was done on the basis of random sampling technique and further divided into 3 groups on the basis of non-probability sampling technique.

The research scholar established the instrument reliability, tester's competency and reliability of tests, which in turn assured the reliability of data.

Tools

All the instruments to be used in this investigation should be found to be quite precise and reliable.

For plyometric training the researcher is going to use the following instruments. i.e. medicine ball, skipping ropes and wooden boxes of different size.

For resistance training the researcher is going to use the following instruments. i.e. bar-bell, rubber plates of different weights, fixed bar (for pull-ups), adjustable bench (for bench press) and mats (for sit-ups).

For administering different Physical Fitness Tests for Basketballers the researcher is going to use the following instruments. i.e. marking cones, measuring tape, stop watch, electronic weighing machine, skin-fold callipers, bar-bell, rubber plates of different weights, marked wall, stadiometre, recording sheets, pen, ruler and sit and reach box.

For Johnson skill test for basketballers the researcher is going to use the following instruments. i.e. marking cones, measuring tape, stop watch, marked wall, basketballs, and basketball court.

The instrument reliability will be assumed.

Tester's Competency and Reliability of Data

Test –Retest method was utilized to establish the reliability of the tests as well the teacher's competency. For this purpose five subjects from each groups i.e., control group and experimental group 1, and, experimental group 2 were selected randomly. Testing and retesting was administered by the same tester on the same 15 subjects with on day gap in between under utmost similar conditions on the test of includes Aerobic Fitness (Cooper 12 Min Run/Walk Test), Flexibility (Sit and Reach Test), Explosive Strength (Vertical Jump Test), Speed (50 mtr Dash Test), Body weight, Body Size Measurements (Height, Arm Span and Hand Span Measurements), Coordinative Ability (20 yard shuttle run Test), Agility (Illinois Agility Run Test), Shooting Ability (Johnson Speed goal Test), Throwing Ability (Johnson Go for Accuracy Test) and Dribbling Ability (Johnson Dribble Test) .

The obtained Pearson's Product Moment Co-relation was found to be statistically significant at .01 level of confidence.

RELIABILITY COEFFICIENTS OF TEST RETEST SCORES

S. No.	Tests	Co-efficient of Reliability
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1.	Shuttle Run Fitness Test (Co-ordinative Ability)	0.92
2.	Cooper 12 Min Run/Walk Test (Aerobic Fitness)	0.88
3.	Sit and Reach Test (Flexibility)	0.91
4.	Vertical Jump Test (Strength)	0.89
5.	50M Dash Test (Speed)	0.88
6.	Body Weight (Weight Measurements)	0.95
7.	Standing Height Measurements (Body Size Measurements)	0.98
8.	Arm Span (Body Size Measurements)	0.97
9.	Hand Span (Body Size Measurements)	0.96
10.	Illinois Agility Run Test (Agility)	0.89
11.	Johnson field goal speed test (Shooting Ability)	0.88
12.	Johnson basketball throw for accuracy (Throwing Ability)	0.89
13.	Johnson basketball dribble test (Dribbling Ability)	0.83

Procedure for administering the test

The research scholar will make sincere attempt to collect data from the subjects authentically. Therefore, she will try her best to motivate the subjects to get their sincere and all out response for the successful completion of the study. Also they will be asked to put up their best performance as the findings will also help them to know about their performance.

All the subjects will be assembled on one fine morning in the basketball court of Kendriya Vidyalaya, Suranussi and Sports School Jalandhar. They will be informed with the requirements of the study and the testing procedure. Then the researcher will administer the Fitness Tests For Basketballers which includes Aerobic Fitness (Cooper 12 Min Run/Walk Test), Flexibility (Sit and Reach Test), Explosive Strength (Vertical Jump Test), Speed (50 mtr Dash Test), Body weight, Body Size Measurements (Height, Arm Span and Hand Span Measurements), Coordinative Ability (20 yard shuttle run Test), Agility (Illinois Agility Run Test), Shooting Ability (Johnson Speed goal Test), Throwing Ability (Johnson Go for Accuracy Test) and Dribbling Ability (Johnson Dribble Test) in two days and two seasons to collect the data.

Then the researcher will divide the subjects into three different groups i.e. experimental group no 1, Experimental group no 2 and Control group. Further the experimental group will receive six week plyometric and resistance training along with the normal training schedule.

The experimental group will undergo through a six week plyometric and resistance training program as per the following schedule. All of the training sessions will be supervised. The training programs are shown in Tables 1 and 2.

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TABLE-1

PLYOMETRIC TRAINING SHEDULE FOR EXPERMENTAL GROUP-1

Plyometric Training	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Medicine Ball (Sit-Ups With Ball Toss)	† 3*20 (90)	† 3*25 (90)	† 3*30 (90)	† 3*30 (80)	† 3*30 (75)	† 3*30 (70)
Double Stair Jumps	† 3*15 (50)60	† 3*20 (50)60	† 3*25 (50)60	† 3*30 (50)60	† 3*30 (50)55	† 3*30 (50)50
Alternate Box Jump	† 4* 6(40)60	† 4* 8(40)60	† 5* 8(40)60	† 5* 10(40)90	† 5* 10(40)70	† 6* 10(40)70
Skipping	† 3*70 (90)	† 3*75 (90)	† 3*80 (90)	† 3*80 (80)	† 3*85 (80)	† 3*85 (75)

†Sets*reps (times rest between sets) in seconds (for Sit-Ups with Ball Toss and Trunk Twist)

†Sets*reps/ at (box / stair height (cm)) times rest between sets (for Double Stair Jumps and Alternate Box Jump)

TABLE-2

RESISTANCE TRAINING SHEDULE FOR EXPERMENTAL GROUP-2

Resistance Training	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sit-Ups	† 3*30 (120)	† 3*35 (120)	† 3*40 (120)	† 3*40 (110)	† 3*45 (110)	† 3*45 (100)
Pull-Ups	† 3*10 (120)	† 3*12 (120)	† 3*14 (120)	† 3*14 (110)	† 3*15 (110)	† 3*15 (100)
Bench Press	† 3*10 (120)	† 3*12 (120)	† 3*14 (120)	† 3*16 (120)	† 3*18 (110)	† 3*20 (100)
Squat	† 3*20 (120)	† 3*22 (120)	† 3*24 (120)	† 3*26 (120)	† 3*28 (110)	† 3*30 (100)

†Sets*reps (times rest between sets) in seconds / in bench press and squat resistance will be sub-maximal

Soon after the completion of six week plyometric and resistance training program the researcher will again administer the same Fitness Tests for Basketballers, which were previously administered.

ce between the outside of the thumb to the outside of the little finger with the help of

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Statistical technique

For testing the statistical significance of the difference between the group means in Aerobic Fitness (Cooper 12 Min Run/Walk Test), Flexibility (Sit and Reach Test), Explosive Strength (Vertical Jump Test), Speed (50 mtr Dash Test), Body weight, Body Size Measurements (Height, Arm Span and Hand Span Measurements), Coordinative Ability (20 yard shuttle run Test), Agility (Illinois Agility Run Test), Shooting Ability (Johnson Speed goal Test), Throwing Ability (Johnson Go for Accuracy Test) and Dribbling Ability (Johnson Dribble Test) Analysis of co-variance (ANCOVA) test was employed and further to access the significant improvement Level of Significant Difference (LSD) Test has been employed. To test the proposed hypothesis the level confidence chosen was at .05 level of significance.

CHAPTER- IV

RESULTS AND DISCUSSIONS

The statistical analysis and data of effect of plyometric training, resistance training on playing ability of male basketball players of sports school, jalandhar, who have played at national level, has been presented in this chapter.

For testing the statistical significance of each variables of basketball playing ability Analysis of co-variance (ANCOVA) Test has been employed and further to access the significant improvement for each parameter i.e. Weight, Height, Arm Span, Hand Span, Explosive strength, Acceleration speed, Coordinative ability, Agility, Flexibility, Aerobic Capacity, Shooting Ability, Throwing Ability and Dribbling Ability, Level of Significance Difference (LSD) test was applied. The level of significance was set at 0.05 level.

DISCUSSIONS

A critical analysis of table 3, 4, 5, 6, brings into light the findings that there were insignificant difference on weight, height, arm span and hand span between plyometric group, resistance group and control group. these factors are normally governed by the heredity of an individual and training shows a very little effect on these parameters.

The subjects constituting all the groups were sportsmen and residing in their respective hostels. Therefore they had been regular in their physical activity program and also undergoing significant differences on some variables as mentioned above.

Thus the purposed hypothesis that “there would be insignificant effect of plyometric training and resistance training on the playing ability of male basketball player” is rejected in case of explosive strength of lower extremities, acceleration speed, agility and aerobic capacity along with shooting and throwing performance, whereas it has been accepted in case of weight, height, arm span and hand span along with dribbling performance.



CHAPTER – V

CONCLUSION

Under the conditions that prevailed and within the limitations imposed by the type of subjects and the variables selected for this study, the following conclusion may be drawn.

1. Through statistical analysis shows insignificant difference on Weight, Height, Arm Span and Hand Span variables of all the three groups but, by calculating the mean differences we come to know that the sports persons who had undergone six weeks plyometric training program were better than the other groups in Weight, Height, Arm Span and Hand Span where as resistance training program has shown better result in case of height variables than other groups.
2. In case of Explosive Strength of Lower Extremities both plyometric training group and resistance training group are effective, but plyometric group is seems to be more effective than other groups.
3. In case of acceleration speed both plyometric training group and resistance training group are effective, but plyometric group is seems to be more effective than other groups.
4. Through statistical analysis shows insignificant difference on Coordinative Ability variables of basketball players, but by calculating the mean difference we come to know that resistance training is better than the other groups.
5. In case of Agility both of plyometric training group and resistance training group are effective.
6. In case of Aerobic capacity of both plyometric training group and resistance training group are effective.
7. In case of flexibility of both plyometric training group and resistance training group are equally effective.
8. In case of shooting ability of both plyometric training group and resistance training group are effective.
9. In case of throwing ability of both plyometric training group and resistance training group are effective, but plyometric group is seems to be more effective than other groups.
10. In case of dribbling ability of both plyometric training group and resistance training group are effective, but plyometric group is seems to be more effective than other groups.

In the light of conclusion drawn and with in the limitations of the study, it can be revealed that our body systems have been gifted by nature to accommodate and adopt themselves and change the functions according within the physiological limits.

After giving a deep view to all the tables it can be observed that the sports persons who had undergone six weeks plyometric training have shown better results in many aspects of the performance.



CHAPTER –VI

LIMITATIONS, SUGGESTIONS AND RECOMMENDATIONS

Limitations

1. The certain parameters of the subjects belonging to different groups could not be controlled in as much as the diet, living conditions, amount of physical activity, genetic endowment etc.
2. Certain psychological parameters like interest, motivation, attitude etc, could not be controlled with such a less time of interaction with the subjects.

Suggestions and Recommendations

1. A study may be undertaken by employing both plyometric and resistance training on another experimental group.
2. A study may be undertaken by monitoring other variables like strength, speed, endurance etc.
3. A similar study may be under taken for other games and sports like volleyball, football etc,
4. A similar study may be undertaken on female sports persons.
5. A study may be undertaken by including either other exercises or by varying intensity of exercises.
6. Better results may be gain by comparing the study with another one having more weeks of training session.

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105. ગુડઝ અને સર્વિસ ટેક્સ (GST) ની સાદી સમજ:

Thanki Punitkumar Venilal

Research Scholar Department of Economics

Saurashtra University

આપણા દેશમાં માલ અને સેવાઓ ઉપર કેન્દ્ર સરકાર તેમજ રાજ્ય સરકાર દ્વારા જુદા - જુદા પ્રકારના વેરાઓ લાદવામાં આવતા હતા. દા.ત. વેટ, એક્સાઈઝ, સર્વિસ - ટેક્સ, મનોરંજન કર, એન્ટ્રી ટેક્સ, કેન્દ્રીય વેરો વગેરે. ભારત સરકારે તાજેતરમાં એક ઐતિહાસિક નિર્ણય લઈને આ તમામ પ્રકારના વેરાઓને એક છત્ર હેઠળ આવરી લેવા માટે GST કાયદાને મંજૂરી આપતો ખરડો પસાર કરેલ છે.

➤ સંદર્ભ સાહિત્યની સમીક્ષા:

પુસ્તકો

કાલ્ડોર (1956)

કાલ્ડોરે ભારતીય કર પ્રણાલીને એક આદર્શ કર પ્રણાલી તરીકે અભિવ્યક્ત કરી છે. કર પ્રણાલીની અનાવશ્યક ગુચવણીઓ સંખ્યાબંધ હોવા છતાં તેમના મતે આ કર પ્રણાલીમાં વિશાળ ફેરફારો શક્ય છે . કદાચ તેમાં ગરીબીના કારણે કર તફાવતનું વાસ્તવિક અપેક્ષિત પરિણામ શું જાણવા મળશે તેને ધ્યાનમાં રાખવામાં આવ્યું છે.

હિક્સ (1958)

હિક્સ કાલ્ડોર દ્વારા આપવામાં આવેલ કર સુવિધા અંગેના અહેવાલની પ્રશંસા કરી અને તે અંગે વિશ્લેષણ કર્યું છે. અહીં માત્ર મૂડી - લાભ કર અને ઉપર દર્શાવેલા અન્ય કરો દ્વારા આવક વિભાગની કાર્યક્ષમતા વધારવા ની ભલામણ કરી છે. 1) મૂડી લાભ કર, 2) કુલ મૂડી સંપત્તિ પર નો વાર્ષિક કર,

3) વ્યક્તિગત પ્રગતિશીલ ખર્ચ, 4) બિન જરૂરી તમામ પરિવહન કર

નોલેજ કોન્સ્ટ્રીયમ ઓફ ગુજરાત ગવર્નમેન્ટ ઓફ હાયર એજ્યુકેશન (૨૦૧૭):



ગુજરાત સરકારના લેખ “An overview of GST in India” ના મતે જીએસટી ના માર્ગ માં વિવિધ પડકારો રહેલા છે. પરંતુ તેની સામે તેના કેટલાક ફાયદાઓ પણ છે. તેથી તેનો ઉપયોગ તર્કસંગત રીતે થાયતે જરૂરી છે. ભારત જેવા રાષ્ટ્રોમાં જીએસટીના અસરકારક અમલીકરણ માટેનો મુખ્ય હેતુ વેટમાં પરિવર્તન લાવવાનો છે. જીએસટી એક વ્યાપક પરોક્ષ કર છે. જે કેન્દ્ર અને રાજ્ય સરકારના તમામ પ્રકારના પરોક્ષ કરવેરાનું સંયુક્ત પરિણામ છે. તેથી સરકાર દ્વારા એવું કહેવામાં આવે છે કે જીએસટી ગ્રાહકો તથા ઉત્પાદકો માટે ફાયદાકારક રહેશે.

➤ સંશોધન પદ્ધતિ:

આ અભ્યાસ એ ગૌણ માહિતીના આધારે એટલે કે જુદા જુદા દસ્તાવેજો સ્રોતના આધારે તૈયાર કરવામાં આવેલ છે. જે માહિતી વિવિધ સ્રોત માંથી પ્રાપ્ત કરવામાં આવી છે. આ પેપર માટે સમાચાર પત્રોના આર્થિક લેખ, ઇન્ટરનેટ પરની જુદી જુદી વેબસાઈટ અને અર્થશાસ્ત્રના જુદા જુદા પુસ્તકો, જર્નલો, રિસર્ચ પેપરો વગેરે દ્વારા માહિતી એકત્ર કરવામાં આવી છે.

➤ જી.એસ.ટી. (GST)ની સામાન્ય વિશેષતાઓ:

આ વેરો ઉત્પાદન તથા વેચાણ / સર્વિસના દરેક તબક્કે લાગશે.

સામાન્ય રીતે આ ટેક્સ બે ભાગમાં છે.

(૧) CGST : કેન્દ્ર સરકાર હેઠળ આવશે .

(૨) SGST : રાજ્ય સરકાર હેઠળ આવશે .

» આ બન્ને GST તમામ પ્રકારના કરપાત્ર માલ તથા સેવાઓ પર લાગુ પડશે.

» રાજ્યની અંદર જો માલ આપતા હોય અથવા સેવા આપવામાં આવી હોય તો તેના પર SGST અને CGST બંને સમાન દરે લાગશે .

(૩) IGST (Integrated GST):

» સામાન્ય રીતે માલ તથા સેવાના આંતર રાજ્ય હેરફેર પર આ ટેક્સ લાગશે.

» જો માલ કે સેવાનો સપ્લાય આંતર રાજ્ય એટલે કે એક રાજ્યમાંથી અન્ય રાજ્યમાં કરવામાં આવે તો એના પર ઇન્ટિગ્રેટેડ GST (IGST) વસૂલ કરવામાં આવશે.



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» IGST નો દર CGST અને SGST ના કુલ દર બરાબર હશે.

» GST ના આ દ્વિસ્તરીય કરમાળખાનો અમલ ત્રણ વિભિન્ન કાયદા થકી કરવામાં આવેલ છે.

(૧) CGST એક્ટ, ૨૦૧૭

(૨) GST કે UGST એક્ટ, ૨૦૧૭ અને

(૩) IGST એક્ટ, ૨૦૧૭.

➤ GST માળખામાં નીચે મુજબની માલ / સેવાઓ બાકાત રહેશે:

- GST થી કરમુક્ત માલ તથા સેવાઓની યાદીમાં જેનો સમાવેશ કરવામાં આવેલ હોય તે માલ અને સેવાઓ
- GST માં જેનો સમાવેશ કરવામાં ન આવેલ હોય તેવા તમામ પ્રકારના માલ / સેવાઓ

જે વ્યક્તિની આવક / વકરો (ટર્નઓવર) કાયદામાં નિયત કરેલ તેવી મર્યાદા કરતા ઓછું હોય તેવી સેવા / માલ

➤ GST ના અપેક્ષિત દરો:

1	જીવન જરૂરિયાતની વસ્તુઓ ઉપર - કર માફી અથવા ૫ %
2	સામાન્ય ચીજ વસ્તુઓ ઉપર - ૧૨ %
3	અન્ય વસ્તુઓ ઉપર - ૧૮ %
4	લક્ઝરી માલ ઉપર - ૨૮ %
5	અમૂક ખાસ વસ્તુઓ / નિકાસ , SEZ એ સપ્લાય - 0 %

➤ GST ના ક્ષેત્રની બહારની વસ્તુઓ (વેરાઓ) :

પેટ્રોલીયમ પેદાશો, તમાકુ અને તમાકુની બનાવટો, તથા દારૂ- હાલના તબક્કે ... થી બહાર રહેશે અને કેન્દ્ર સરકાર નક્કી કરશે તે મુજબ કેન્દ્ર / રાજ્ય સરકાર આ વસ્તુઓ / સેવાઓ ઉપર વેરો ઉઘરાવશે. આવા માલ / સેવાઓ ઉપર વેરો ઉઘરાવવાની સત્તા રાજ્ય સરકારની રહેશે.

CONFERENCE PROCEEDING

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➤ GST વેરો કોને લાગુ નહીં પડે:

સામાન્ય રીતે જે વ્યક્તિનું વાર્ષિક સપ્લાયનું ટર્નઓવર (માલ / સેવાનું) ૨૦ લાખથી ઓછું હશે , તેને લાગુ પડશે નહીં .

➤ GST ના ત્રણ પ્રકાર માટે:

GST ના કાયદાના ત્રણ પ્રકારો રહેશે જે આપણે આગળ જોયું:

૧) SGST ૨) CGST ૩) IGST

Intrastate Supply of Goods & Services માટે:

1) SGST (રાજ્ય સરકારનો વેરો):

SGST માં હાલના તબક્કે વેટ, મનોરંજન વેરો, લકઝરી ટેક્સ, લોટરી, બેટીંગ, ગેમ્બલીંગ પરનો વેરો, રાજ્યોના લગતા સેસ અને સરચાર્જ તેમજ એન્ટ્રી ટેક્સને આ કાયદામાં મર્જ કરીને રાજ્ય ગુડ્સ એન્ડ સર્વિસ ટેક્સ એમ નામ આપવામાં આવેલ છે.

આ કાયદા હેઠળ જે વેરાનો દર નક્કી થાય તે રાજ્ય દ્વારા લેવાશે અને તે વેરો રાજ્યનો ગણાશે.

2) CGST:

એટલે કે કેન્દ્ર સરકારને મળવાપાત્ર વેરો આ CGST માં એક્સાઈઝ ડ્યુટી, વધારાની એક્સાઈઝ ડ્યુટી તથા અન્ય કાયદા હેઠળ લાગતી એક્સાઈઝ ડ્યુટી (મેડીસીનલ અને ટોયલેટરીઝ પ્રમોશન એક્ટ), સર્વિસટેક્સ, વધારાની કસ્ટમ ડ્યુટી, સ્પેશ્યલ એડીશનલ ડ્યુટી ઓફ કસ્ટમ્સ, સેસ અને સરચાર્જનો સમાવેશ આ કાયદામાં કરવામાં આવેલ છે.

ઉપરોક્ત તમામ કાયદાને આ કાયદામાં ભેળવીને હવે CGST લાગશે અને આ CGST કેન્દ્ર સરકાર ઉધરાવશે એટલે કે આ વેરો કેન્દ્ર લેવામાં / આવકારવામાં આવશે. જે અગાઉ ઉપર મુજબ અલગ અલગ રીતે કેન્દ્ર દ્વારા ઉધરાવવામાં આવતો હતો.

(3) IGST વેરો:

IGST માલ અને સેવાઓના આંતર રાજ્ય વ્યવહારો ઉપર લાગુ પડશે. એટલે કે જે માલ / અને સેવાઓના રાજ્ય બહાર સપ્લાય કે સેવાઓ કરવામાં આવશે તેના ઉપર વેરો લેવામાં આવશે અને આથી આ વેરો કેન્દ્ર સરકાર દ્વારા



લેવામાં આવશે જે અગાઉ કેન્દ્રીય વેરો એટલે કે આંતરરાજ્ય વેચાણ ઉપર સી - ફોર્મ સામે કે સી ફોર્મ વગર જે વેચાણ થતું હતું તે પ્રકારનો આ વેરો છે અને હવે આમાં આંતર રાજ્ય સેવાઓનો પણ સમાવેશ કરવામાં આવેલ છે.

➤ સામાન્ય માળખું:

- 1) રાજ્યની અંદર માલ અથવા સેવાના સપ્લાય પર : Intra State Supply - સેન્ટ્રલ GST (CGST) અને રાજ્ય GST (SGST) બંને લાગુ પડશે
- 2) આંતરરાજ્ય માલ અથવા સેવાના સપ્લાય પર : Intra State Supply ઈન્ટરગ્રેટેડ GST (IGST) લાગુ પડશે.
- 3) આયાત ઉપર: IGST લાગશે.
- 4) નિકાસ - જીરો રેટેડ ટેક્ષ
જો કે અમુક મૂળભૂત બાબતો જેવી કે કરપાત્ર ઘટના, માલ કે સેવાનું વર્ગીકરણ કરપાત્ર સપ્લાયની મૂલ્ય આકારણી વગેરે સંબંધી જોગવાઈઓ ત્રણેય કાયદાઓમાં એકસમાન રહેશે.
- 5) અમુક ખાસ પ્રકારની સેવાઓ અથવા માલ પર, સેવા અથવા માલ સપ્લાય કરનારને બદલે સેવા /માલ લેનારને GST ભરવું પડશે.
- 6) GST નંબર વગરની વ્યક્તિ પાસેથી માલ કે સેવા લેનારે પણ GST ભરવું પડશે.

➤ રજીસ્ટ્રેશન (નોંધણી) ની જોગવાઈઓ:

(અ) રજીસ્ટ્રેશન માટેની નક્કી કરેલા સપ્લાયના ટર્નઓવરની મર્યાદા:

- ૨૦ લાખ નોર્મલ કેટેગરી
- ૧૦ લાખ પૂર્વના રાજ્યો જેવા કે - આસામ - મેઘાલય - અરુણાચલ - મણીપુર - ત્રીપુરા - મિઝોરમ - નાગાલેન્ડ અને સિક્કીમે માટે

(બી) ફરજિયાત રજીસ્ટ્રેશન: અમુક વ્યક્તિને ફરજિયાત રજીસ્ટ્રેશન કરવું પડશે:

- આંતરરાજ્ય ટેક્સેબલ સપ્લાય કરનાર
- પ્રાસંગિક (Casual) ટેક્સેબલ સપ્લાય કરનાર
- જે લોકો રીવર્સ ચાર્જ હેઠળ વેરો ભરવા જવાબદાર હોય



- नोन रेसीडेन्ट टेक्सेबल व्यक्ति
- જે લોકો GSTTDS માટે જવાબદાર હોય
- ઈ-કોમર્સ ઓપરેટર દ્વારા માલ / સેવા સપ્લાય કરનાર વ્યક્તિ
- ઈ - કોમર્સ ઓપરેટર્સ
- ઈપુટ સર્વિસ ડિસ્ટ્રીબ્યુટર્સ
- કેન્દ્ર / રાજ્ય જે વ્યક્તિને નોટીફાય કરે તે વ્યક્તિઓ

(સી) ધંધાની જગ્યા:

જે રાજ્યમાંથી કરપાત્ર માલનો સપ્લાય / સર્વિસ થાય તે રાજ્યમાંથી રજીસ્ટ્રેશન લેવાનું રહેશે.

(ડી) હાલમાં જે વ્યક્તિ વેટ અથવા સર્વિસ ટેક્સ અથવા સેન્ટ્રલ એક્સાઈઝ હેઠળ નંબર ધરાવતી હોય તેને પણ GST હેઠળ નવેસરથી નોંધણી કરાવવી પડશે.

(ઈ) જે વ્યક્તિ અલગ અલગ રાજ્યમાં ધંધો / વ્યવસાય કરતી હોય, તેને દરેક રાજ્યમાં અલગ અલગ નંબર લેવા પડશે .

(એફ) જે વ્યક્તિનું ટર્નઓવર GST માં નક્કી કરેલ ગુડ્ઝ / સર્વિસની ટર્નઓવરની મર્યાદા કરતા ઓછી હશે તો રજીસ્ટ્રેશનની જરૂરીયાત રહેશે નહીં. આમ છતાં તેઓ ઈચ્છે તો મરજીયાત રજીસ્ટ્રેશનની જોગવાઈ મુજબ રજીસ્ટ્રેશન લઈ શકશે.

➤ નોંધણી નંબરને લગતી અન્ય વિગતો:

- SGST અને CGST એટલે કે બંને નંબર લેવા પડશે.
- આંતરરાજ્ય સપ્લાય કરતાં હોય તો IGST નંબર પણ લેવો પડશે.
- જો અલગ અલગ રાજ્યોમાં ધંધો / વ્યવસાય કરતા હો તો દરેક રાજ્ય માટે અલગ અલગ નોંધણી નંબર મેળવવાના રહેશે.
- જે તારીખે વ્યક્તિ નોંધણી મેળવવા માટે જવાબદાર હોય તે તારીખથી 30 દિવસમાં તે વ્યક્તિએ અરજી કરવાની રહેશે.
- નોન રેસીડેન્ટ કરપાત્ર વ્યક્તિ સિવાયના કેસોમાં નોંધણી નંબર મેળવવા PAN No. હોવો ફરજીયાત છે.



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- કોઈ વ્યક્તિને કોઈ રાજ્યમાં એકથી વધુ બીઝનેશ ડિવીઝન (vertical segment) હોય તો દરેક ડિવીઝન માટે અલગ નોંધણી નંબર મેળવી શકશે. આ સવલત મરજીયાત છે.
- નોંધણી નંબર ૧૫ આંકડાનો હશે.
 - પ્રથમ બે આંકડાએ જે તે રાજ્યને નિર્દિષ્ટ કરશે.
 - ૩ થી ૧૨ નંબરના આંકડા PAN નંબરના હશે.
 - ૧૩ મો આંકડો રાજ્યમાં તેના કેટલા નંબર છે તે દર્શાવશે.
 - ૧૪ મો આંકડો ખાલી હશે.
 - અને છેલ્લો એટલે કે ૧૫ મો આંકડો નંબર એ તે વ્યક્તિને ઓળખાવતો આંકડો રહેશે.
- નોંધણી નંબરની અરજી કર્યાની તારીખથી જવાબદાર અધિકારી દ્વારા દસ્તાવેજમાં જો કોઈ ખામી હોય અને જો તે ખામીની કામકાજના ત્રણ દિવસમાં જાણ નહીં કરવામાં આવે તો નોંધણી નંબર આપી દેવામાં આવ્યો છે તેમ માની લેવામાં આવશે.

➤ માલ કે સેવા પર ટેક્સ અંગે:

- સામાન્ય સંજોગોમાં બીલમાં જણાવેલ રકમ પર ટેક્સ લાગશે.
- આ ઉપરાંત જે રકમનો સમાવેશ વ્યક્તિએ કિંમતમાં કરેલ નથી અને માલ લેનાર પાસેથી રકમ વસૂલ કરેલ નથી તો તેવી રકમ ઉપર પણ ટેક્સ ભરવાનો રહેશે.
- કોઈને મફત માલ આપવામાં આવ્યો હોય કે ઘટાડેલ કિંમતે પણ આપેલ હોય તો પણ તે માલની મૂળ કિંમત ઉપર જ વેરો ભરવો પડશે.
- રોયલ્ટી અને લાયસન્સ ફી ઉપર પણ વેરા ભરવાનો થશે.
- ઈત્તર ખર્ચાઓ જેવા કે પેકીંગ, ટ્રાન્સપોર્ટ, રોયલ્ટી, કમીશન જેવા ખર્ચાનો માલની કિંમતમાં સમાવેશ કર્યો હશે તો તેના પર ટેક્સ લાગશે.
- સબસીડીવાળા માલના સપ્લાય ઉપર સબસીડીની કિંમત સહીતની કિંમત ઉપર વેરો લાગશે.
- રીએમ્બર્સમેન્ટ (ખર્ચાઓ) : સપ્લાયરે કરેલા કોઈપણ ખર્ચાઓનું રીએમ્બર્સમેન્ટ જ્યારે કરવામાં આવે તો તે રીએમ્બર્સમેન્ટની રકમ ઉપર વેરો લાગશે.
- સપ્લાય પછી પણ ડિસ્કાઉન્ટ આપેલ હોય એટલે કે બીલમાં તેનો સમાવેશ કરવામાં ન આવેલ હોય તો તેવો ડિસ્કાઉન્ટ બાદ નહીં મળે.

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- વ્યક્તિ એ ઓળખાણના કારણે ઓછી કિંમતે માલનું સપ્લાય / અથવા સેવા આપેલા હશે તો પણ મુળ કિંમત ઉપર વેરો ભરવાનો થશે .

➤ ઈનપુટ ટેક્સ ક્રેડીટની જોગવાઈઓ:

ઈનપુટ ટેક્સ ક્રેડીટ (ITC) કોને અને ક્યારે મળશે?

- જે વેપારી પાસે મરજીયાત કે ફરજીયાત GST રજીસ્ટ્રેશન નંબર મેળવેલ હોય ઈનપુટ ટેક્સ ક્રેડીટ (ITC) મળવાપાત્ર છે.
- જે વેપારી તેના બંધારણમાં વેચાણ, ડીમર્જન, લીઝ કે ટ્રાન્સફર દ્વારા ફેરફાર થતો હોયતો પણ વપરાયેલ ઈનપુટ ટેક્સ ક્રેડીટ જેને ધંધો ટ્રાન્સફર, તબદીલ થયો હોય ઈનપુટ ટેક્સ ક્રેડીટ (ITC) હસ્તાંતર કરી શકાશે.

ઈનપુટ ટેક્સ ક્રેડીટ (ITC) મળવાપાત્ર શરતો:

- માલ / સેવાઓ ઉપર ચૂકવેલ વેરાની ક્રેડીટ લેવા માટે પ્રથમ તેનું બીલ / ડેબીટ નોટ હોવી જરૂરી છે.
- વેપારીને માલ કે સેવાઓ ખરેખર મળેલી હોવી જોઈએ.
- જે વેપારી પાસેથી માલ કે સેવા મળેલ હોય તેણે ખરેખર પોતાનો વેરો ચૂકવેલ હોવો જોઈએ.
- જે વેપારીએ ઈનપુટ ટેક્સ ક્રેડીટ માગતા હોય તેણે પોતાના પત્રકો ભરેલ હોવા જોઈએ.
- જો બીલની સામે માલ / સેવાઓ કટકે કટકે આપેલ હોય તો માલનો છેલ્લો કટકો મળ્યા પછી જ બીલમાં દર્શાવેલી ટેક્સની રકમ ઈનપુટ તારીખે ક્રેડીટ મળશે .

જી.એસ.ટી. દ્વારા પ્રાપ્ત થતી આવક:

GST Revenue FY 2019-2020

Month	CGST	SGST	IGST			CESS			Grand Total
			Domestic	Customs	Total	Domestic	Customs	Total	
April	21,163	28,801	31,444	23,289	54,733	8,115	1,053	9,168	113,865
May	17,811	24,462	25,016	24,875	49,891	7,172	953	8,125	100,289
June	18,366	25,343	25,792	21,980	47,772	7,581	876	8,457	99,938
July	17,912	25,008	26,366	24,246	50,612	7,754	797	8,551	102,083
August	17,733	24,239	24,140	24,818	48,958	6,432	841	7,273	98,203
Septemr	16,630	22,598	22,972	22,097	45,069	6,892	728	7,620	91,917
October	17,582	23,674	25,071	21,446	46,517	6,833	774	7,607	95,380
Novemr	19,592	27,144	28,080	20,948	49,028	6,858	869	7,727	103,491
Decemr	19,962	26,792	26,804	21,295	48,099	7,484	847	8,331	103,184
January	20,944	28,224	29,532	23,481	53,013	7,813	824	8,637	110,818

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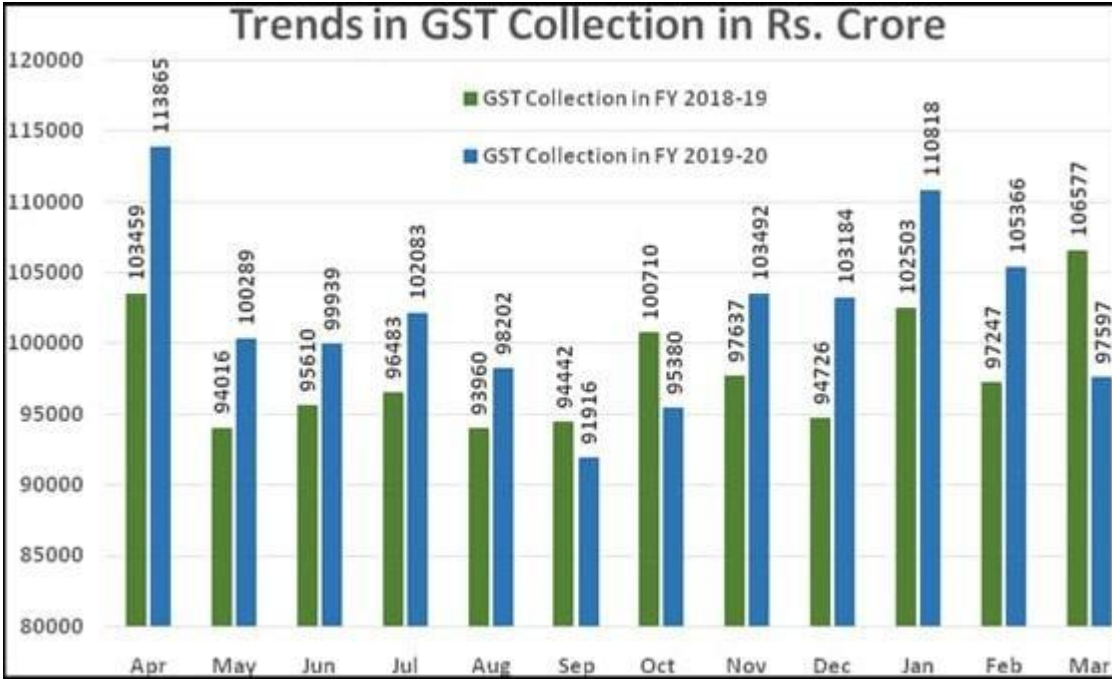
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February	20569	27348	27758	20745	48503	7907	1040	8947	105366
March	19183	25601	26452	18056	44508	7465	841	8306	97597
Total	22747	309234	31947	267276	586703	88306	10443	98749	1222131



Source: http://gstcouncil.gov.in/sites/default/filrs/.GST_Revenue_april2019_march2020_0.pdf

➤ તારણો:

1. ભારતમાં જી.એસ.ટી. અમલી બનાવાથી 11 પ્રકારના પરોક્ષ કરવેરાઓ સેસ અને સરચાર્જની નાબૂદી કરવામાં આવી છે.
2. વ્યાપાર અને ઉદ્યોગોમાં ટેક્સ રિટર્ન રિફંડ અને કરની ઇલેક્ટ્રોનિક પ્રક્રિયા GST N નેટવર્ક દ્વારા થતી હોવાથી ભ્રષ્ટાચાર અને કરચોરીમાં ઘટાડો થશે.
3. જી.એસ.ટી. અમલી બનાવાથી ભવિષ્યમાં ચીજવસ્તુઓ અને સેવાઓ અંગેના કાનૂની વિવાદોમાં ઘટાડો થશે.

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106. A Dimensional Analysis of Psychological Wellbeing among University Students

Rubina Anjum¹
Department of Psychology CT University,
CT University, Ludhiana Punjab
Email: Unjumrubina@gmail.com

Dr.DJ Singh²
Department of Psychology Ludhiana Punjab
Email: djsing@gmail.com

Abstract

The present piece of investigation is intended to assess the level of psychological well-being among university students. **Method:** The study is descriptive in nature with a sample size of 208 (107 males and 99 females) aged between (19-25) years. A convenient sampling technique was used to collect the data via online survey mode. The data were analyzed using statistics like percentage analysis. **Results:** About 17.30%, 66.35, 12.02% and 4.33 exhibited above average, average, below average and low levels of psychological wellbeing among university students respectively. **Suggestions:** This study suggested that it is essential for university administration to enhance psychological wellbeing among students so that it would be helpful in achieving academic excellence as well as general wellbeing.

Keyword: *Psychological Wellbeing, University Students.*

Introduction

Psychological Well Being has been acclaimed in the field of Psychology because it forms an important component of one's life. The fourteenth Dalai Lama opines, "The purpose of life is to be happy". Since the time of one's birth, one desires happiness and does not want to suffer. Neither social conditioning nor education nor ideology affects this instinct (cited in Vanika & Sankhian). For young students, enrollment in the university acts as a transition phase in their lives. Students have to face new challenges single-handedly in this novel situation, Be it the independent decision making ability such as making independent decisions about their lives and studies, adjustment and academics in order to balance their proper learning environment and interpersonal relationship (Bashir, 2019). Moreover, being away from their support networks demands them to be more mentally strong (Cleary et al., 2011). Therefore, these situations are likely to influence the General well being of university students (Cooke et al., 2006; Bewick et al., 2010). Due to continuous problems, there is the probability of getting involved in one or the other psychological problems like stress, anxiety and depression and the degree of these psychological problems reach to the



peak at the age of 25 years (Kessler et al., 2007) therefore makes them prone to Vulnerability. Hence, it is not only necessary for the achieving academic excellence but is vital in other spheres of life as well.

Psychological Wellbeing

Psychological well-being is frequently conceptualized as a combination of positive emotional states like it's relative happiness (the hedonic perspective) and the Maximum execution and implementation in social and individual life is called (the eudaimonic perspective) Deci & Ryan 2008. As a sum up by Huppert (2009, p.137) "Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively." As per this explanation people with high psychological well-being exhibited satisfactory, calm and composed life. Huppert's (2009) revise also claims the impact of PW which helps in maintaining their physical health, genetic factors, and neuro-chemical effects, and arbitrate likely by brain activation patterns. The study of Siddiqui and Khan (2016) suggested that an individual with high psychological well-being has a good and positive relationship with oneself and others, accepts the environment, has a desirable goal in life, can make their own decisions. Moreover, researchers suggested that nowadays psychological problems have grown day by day frequently among college students the highest level of mental problems had been recorded among undergraduates as in comparison to the general population (Sarokhani et al., 2013 & Yang, 2010). Therefore, psychological well-being does not help one to remain positive all the time but is bound by the underlying negative emotions in one's life like failure, frustration and unforeseen events and it helps one to maintain balance in these though times, (Stamp et al., 2015) hence, promoting healthy and sound life style required for long term psychological well-being (Huppert, 2009).

Context and Review of Literature

Numerous studies had found that psychological well-being is closely related to life satisfaction; therefore, people with mental health problems are not satisfied with their lives. People may have their desires, wishes, and needs, so all these components play an important role in influencing the criteria of life satisfaction for each individual differently (Guney, 2009). The recent study by Czapala and Lunkiewicz (2020) was suggested that people with a high level of psychological well-being were attained by a higher level of self-efficacy, a greater capability to use a positive reframing strategy towards coping with stress, as well as a low predisposition towards behavioral and disengagement self-blaming. On the other hand, [Bucchianeri et al., \(2016\)](#); [Butler-Barnes et al., 2017](#)) suggested the complementary nature of psychological well-being and



psychological constructs, like emotional intelligence, positive life experiences, and relative personality traits, which revealed positive correlation between psychological well-being and the level of education in terms *personal growth and purpose in life*. Similarly, ([Mayordomo et al. 2016](#)) investigated positive relation between the level of psychological well-being and age which may be a possibly beneficial adaptation to the social environment.

A research study conducted by ([Garcia, Brooks, Morgan, & Moreno, 2015](#)) suggests that well-being can be improved through the development of positive experiences in individual surroundings which can help them to achieve their directions and purpose in life and also help them to create their own goals. (Smith and Segal, 2011) found that mental health issues are the highest contribution to poor well-being. Therefore, Layard et al. (2013) summarized that psychological wellbeing can strengthen the general mental health, happiness, and satisfaction among students so they can relish the fully-functioning life.

The Importance of the Study

Psychological well-being is an essential aspect for university students to adapt university environment (Bowman, 2010). In the year 2004, WHO declares mental health as “a state of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life and can become productive member of his or her community.” Numerous researchers had been investigated that psychological problems are increased among students during college life. (Bewick, Koutsopoulou, Miles, Slaa & Barkham, 2010; Cooke et al., 2006; Bewick et al., 2010). Students who get insufficient psychological well-being were found to be more prone to engage in negative activities like undesirable behavior, alcohol use, life dissatisfaction, even suicidal behavior, sleep disturbance, negative self-image, and low confidence (Chao, 2012). Basically, this study is aimed at exploring psychological well-being among university students. This investigation would be helpful for academic institutions, teachers and administrators to enhance psychological wellbeing.

The objective of the Study

- To explore the levels of psychological wellbeing among university students.

Research question

- Is there any difference among university students in terms of psychological wellbeing?

Method and Participants

In the present research, a descriptive survey method was used to explore the levels of psychological well-being among university students. The sample of the study was 208 university students, among them 107



were males and 99 females. The data has been collected by online survey mode via convenient sampling technique.

Tools

The Ryff's Psychological Well Being Scale (1989)

This tool comprises of 42 statements that assess six dimensions of psychological well-being (Autonomy, Environmental mastery, Personal growth, Positive Relations, Purpose in life, Self-acceptance). Every item has 6 options with a 6-point Likert-type scale having options like strongly disagree, moderately disagree, slightly disagree, slightly agree, moderately agree and strongly agree.

Data analysis

In the present study, quantitative data analysis was employed to analyze the data and the results are published in the form of descriptive statistics such as frequency and simple percentages.

Results and Discussion

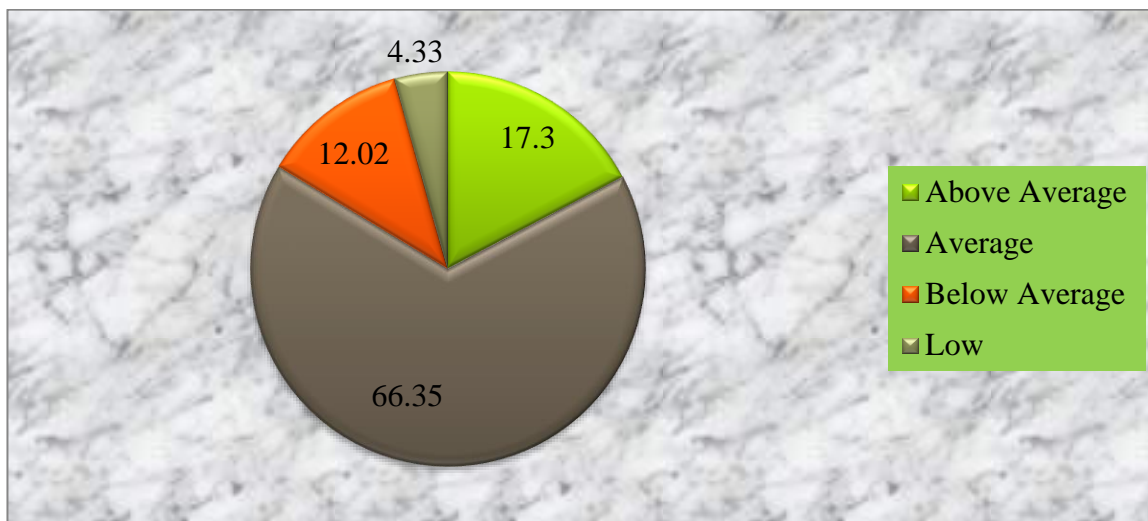
The research was aimed to explore the levels of psychological well-being among university students. In this regard, data were analyzed using simple percentage analysis. Therefore, the stated analysis is given comprehensively in the following Tables.

Table: 1 Percentage- wise levels of Psychological Wellbeing among University Students.

Sr. No.	Levels of Psychological Wellbeing	N	Percentage
01	High Psychological Wellbeing	00	00
02	Above Average Psychological Wellbeing	36	17.30
03	Average Psychological Wellbeing	138	66.35
04	Below Average Psychological Wellbeing	25	12.02
05	Low Psychological Wellbeing	09	4.33
Total		208	100%

Levels of psychological well-being among university students are highlighted in the table given below. It is clear that 00% (n=00) of the students shown high level, whereas, 17.30% (n = 36) students are involved in an above average, Moreover, 66.35% (n = 138) students reported average level of psychological wellbeing, 12.02% (n = 25) students show a below-average level and 4.33% (n = 09) are reported low level of psychological wellbeing. The observation of the finding suggested that the highest percentage of the respondents fall in average level of psychological wellbeing.

Table: 1.2 Graphical representation of different levels of Psychological wellbeing among University Students.



Dimension-wise levels of Psychological Wellbeing among University Students

This analysis is about the dimensions of psychological wellbeing among university students which includes (Autonomy, Environmental mastery, Personal Growth, Positive Relations, Purpose in life and Self-acceptance).

Table: 2 Dimension-wise levels of Psychological Wellbeing among University Students

Levels		High	Above Average	Average	Below Average	Low	Total
Autonomy	N	4	30	142	32	00	208
	%	1.92	14.42	68.27	15.39	00	
Environmental mastery	N	4	19	156	24	5	208
	%	1.92	9.14	75	11.54	2.40	
Personal Growth	N	00	38	129	35	6	208
	%	00	18.27	62.01	16.83	2.89	
Positive Relations,	N	00	4	163	37	4	208
	%	00	1.92	78.37	17.79	1.92	
Purpose in life	N	4	29	143	28	4	208
	%	1.92	13.95	68.75	13.46	1.92	
Self-acceptance	N	3	30	141	25	9	208
	%	1.44	14.42	67.79	12.02	4.33	

It is clear from Table 2 with autonomy, about 1.92% (n=4) of students fall in the high level of involvement in psychological wellbeing. About 14.42% (n=30) of university students shown an above-average level of autonomy. The highest percentage of the sample reported an average level i.e. 68.27% (n=142). About



15.39% (n=32) have below-average level, about 00% (n=00) of the students shown low level of autonomy. Results have shown that a highest percentage is reported in the average level of autonomy

On the other hand, in environmental mastery about 1.92% (n = 04) students reported a high level of environmental mastery. About 9.14% (n=19) shown an above-average level of environmental mastery. The highest percentage of respondents involved in the average level of environmental mastery is 75% (n=156). About 11.54% (n=24) fall below average level, there are 2.40% (n=5) students fall in the low level of environmental mastery. Results showed that a high percentage is reported in the average level of environmental mastery.

Further, it is clear from Table 2 that 0.0% (n=00) of university students are at a high level of Personal growth. Whereas, 18.27% (n=38) respondents reported an above-average level of Personal growth. Moreover, 62.01% (n=129) showed the average level, 16.83% (n=35) possess below-average level and 2.89% (n = 06) showed the low level personal growth. Furthermore, in Positive Relations, 0.0% (n=00) are in high level, 1.9% (n = 04) fall in above average, 78.37% (n=163) exhibit in average level, 17.79% (n=37) are in below average and 1.92% (n=04) university students reported low level of positive relations.

In the above table it is revealed that 1.9% (n = 04) participants fall in high level of purpose in life, 13.95% (n = 29) fall in above average level, highest percentage is reported in average level which is 68.75 % (n= 143). Similarly, 13.46 (n=28) fall in below average and 1.9% (n = 04) fall under the category of low level in the dimension of Purpose in life. In Self-acceptance 1.44% (n = 03) students reported high level, 14.42% (n =30) above average, likely in other dimensions students posses high percentage in average level i.e. 67.79 % (n =141). About 12.02% (n =25) are in above average, 4.33% (n =09) students are in low level of Self-acceptance.

Conclusions and Implications

1. The aim of the study was to measure the levels of psychological wellbeing among university students. It varies widely among university students, these variation in the level of psychological wellbeing following in the spectrum of high, above average, average, below average and low.

2. The percentage-wise distribution of university students are 17.30%, 66.35, 12.02% and 4.33 exhibited above average, average, below average and low level respectively. The highest percentage of the sample



reported an average level of psychological wellbeing which means that students have average sense of responsibility, satisfaction and life style.

3. The study suggested that it is the responsibility of higher authority of universities and administrators to find out the ways and means to develop Psychological well-being among Students so that they can realize their true potential and can prove beneficial for their academic excellence and general wellbeing.

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107. Research On IT and CRM Banking

Apeksha Lalitprasad Dave;

Research Scholar, Department of computer Science, Dr. A.P.J. Abdul Kalam University, Indore And
Assistant Professor At Sanskruti College Of Management & IT, Surendranagar-363001.

ABSTRACT

Information Technology plays a significant role in the education construction of student profile. The main intend of this research was to study and point important issues regarding the use of **information technology** (IT) in enhancing learning in higher education. The interaction between human and computer supports the idea of designing, evaluating and implementing the interactive computer systems for human use. For most students information technologies (IT) are essential for both the place of work and activities in everyday life's. Information technologies are part of how the students achieve knowledge, how they communicate and understand with each other. The main requirement for students to benefit from this novelty depends on the level of achievement and understanding of these fundamental technologies and achieving essential technological skills. In a competitive marketplace where businesses compete for customers, CRM is seen as a key differentiator and increasingly has become a key element of business strategy. Organizations are increasingly interested in retaining existing customers while targeting non-customers; measuring customer satisfaction provides an indication of how successful the organization is at providing products and/or services to the marketplace. This paper explores the traditional approaches to implementing CRM projects in the banking or financial industry. It also highlights the major issues facing the industry in implementing such solutions. Additionally, the paper describes the SAS Banking Intelligence Solutions, and how these solutions can be used to lower CRM costs and to provide a better understanding of an organization's customer base.

Keywords Hardware, Software, Virtualization, Cloud Computing

1. Introduction

The terms "information technology" and "IT" are widely used in business and the field of computing. People use the terms generically when referring to various kinds of computer-related work, which



sometimes confuses their meaning. Information technology (IT) is the use of any computers, storage, networking and other physical devices, infrastructure and processes to create, process, store, secure and exchange all forms of electronic data. IT includes several layers of physical equipment (hardware), virtualization and management or automation tools, operating systems and applications (software) used to perform essential functions. User devices, peripherals and software, such as laptops, smartphones or even recording equipment, can be included in the IT domain. IT can also refer to the architectures, methodologies and regulations governing the use and storage of data. IT architectures have evolved to include virtualization and cloud computing, where physical resources are abstracted and pooled in different configurations to meet application requirements. Clouds may be distributed across locations and shared with other IT users, or contained within a corporate data center, or some combination of both deployments. Information Technology(IT) encompass the study and application of computers and any form of telecommunications that store, retrieve and send information. IT includes a combination of hardware and software used together to perform the essential functions people need and use everyday. Most IT professionals will work with an organization to focus on and meet their needs technologically by understanding what they need, showing them options on what current technology is available to do their needed tasks, then implementing the technology into their current setup, or creating a whole new set up.

2.IT

Information technology (IT) is basically synonymous with the guys and gals you call when you need help with a computer issue. While that view of information technology isn't totally wrong, it drastically understates the scope of this critical career field. The most basic information technology definition is that it's the application of technology to solve business or organizational problems on a broad scale. No matter the role, a member of an IT department works with others to solve technology problems, both big and small. The most basic information technology definition is that it's the application of technology to solve business or organizational problems on a broad scale. No matter the role, a member of an IT department works with others to solve technology problems, both big and small.

I) IT Hardware

There are many different types of computer hardware. Computer servers run business application Servers interact with client devices in the client-server model. They also communicate with other servers across computer networks, which typically link to the internet. Storage is another type of hardware. It's any



technology that holds information as data. Storage may be local on a specific server or shared among many servers, and it may be installed on premises or accessed via a cloud service. Information that is stored can take many forms, including file, multimedia, telephony, and web and sensors data. Storage hardware includes volatile random-access memory (RAM) as well as non-volatile tape, hard disk drives and solid-state drives. Telecom equipment, comprising network interface cards (NICs), cabling, wireless communications and switching devices, connect the hardware elements together and to external networks.

II) IT Software

There are two categories of software: system software and applications. System software encompasses the computer programs that manage the basic computing functions. Mobile applications that run on smartphones, tablets and other portable devices typically connect with cloud or data center applications over the internet. These applications have expanded the scope of computing and created a new category of software and telecommunications that requires special expertise to maintain.

III) Virtualization

Virtualization is the process of running a virtual instance of a computer system in a layer abstracted from the actual hardware. Most commonly, it refers to running multiple operating systems on a computer system simultaneously. To the applications running on top of the virtualized machine, it can appear as if they are on their own dedicated machine, where the operating system, libraries, and other programs are unique to the guest virtualized system. There are many reasons why people utilize virtualization in computing. To desktop users, the most common use is to be able to run applications meant for a different operating system without having to switch computers or reboot into a different system. For administrators of servers, virtualization also offers the ability to run different operating systems, but perhaps, more importantly, it offers a way to segment a large system into many smaller parts, allowing the server to be used more efficiently by a number of different users or applications with different needs. It also allows for isolation, keeping programs running inside of a virtual machine safe from the processes taking place in another virtual machine on the same host. is technology that lets you create useful IT services using resources that are traditionally bound to hardware. It allows you to use a physical machine's full capacity by distributing its capabilities among many users or environments. Types of Virtualization: Hardware Virtualization, Operating system Virtualization, Server Virtualization, Storage Virtualization.



IV) Cloud Computing

Digital India initiative was launched by the GOI in the year 2015, to ensure that the Government's services are made available to citizens electronically by improved online infrastructure, and making the country digitally empowered in the field of technology. The flagship program, initiated by Honorable Prime Minister Sri Narendra Modi envisioned to transform India into a digitally empowered society and knowledge economy by focusing on making available the Digital Infrastructure as a Core Utility to Every Citizen, Governance & Services on Demand, and Digital Empowerment of Citizens. India has witnessed some of the historic decisions in last 5 years, demonetization and GST being the forerunners. And now in 2020, not only India but the whole world is going through a pandemic of a scale that is witnessed once in centuries. With a population of 1.3 Billion, the nation is still transacting and people all the way to the rural communities are being served with monetary and health benefits. This could never had been possible if it was not for the vision of our Hon'ble Prime Minister who made sure that all the schemes go online and be digital.

3. CRM Banking

CRM stands for Customer Relationship Management. A Customer Relationship Management solution in banking helps banks manage customers and better understand their needs in order to provide the right solutions, quickly. A CRM is a multi-faceted solution. It has uses in marketing, sales, and customer service/support, which is why it's so dynamic for so many kinds of business models. Here are a few examples of how a bank could use CRM to do marketing, sales, and services better:

I) SEGMENTED MARKETING

Banks can use their CRM systems to segment customers based on their account information, engagement history, the types of services they use, etc. They can build campaigns with messaging that resonates. Competition for customers is high, so relevant offerings and cross-sell opportunities are crucial for keeping existing customers engaged with your institution.

II) RETHINKING PROCESSES FOR PROFITS

Banks struggling to maintain profitability must look beyond the short term to understand how current processes are affecting profitability. A banking CRM can turn instinctual decision making to data-backed decision making to build this new reality. One way to do this would be to create reports in the CRM that reveal which services are profitable and which are not. How many customers are actively using service "A"? Is it an initiative worth saving or is it costing the bank more to keep it going over time? If the bank encourages representatives to sign up customers for this service and they're not using it, is the process really



working? Would it make more sense to target different kinds of accounts during a different stage of the financial process? It's hard to tell if you don't have the concrete data to reveal these trends. A CRM can not only point out process gaps, but can also help the bank standardize new, more effective processes across all branches. Using an automated workflow, banks can alert sales staff when a customer hits a specific milestone and is ready to have a conversation about additional services. Not only would the sales team save time with repeatable processes, but the services they sell also would maintain better longevity and profitability over time.

III) PERSONALIZATION AND NEW OPPORTUNITIES

Regardless of the conveniences of digital banking, there's nothing quite like the power of a human-to-human interaction, especially if it comes at the perfect time. Service representatives can use CRM to make the customer feel valued while also opening the door to new opportunities with that customer. For example, the bank could set up the CRM to alert service staff when a customer has a major life event. Did they recently turn 65? The rep can reach out to say happy birthday and remind them that it's time to start thinking more seriously about retirement. Did the customer recently get married? The service rep can forward that information to the mortgage department. Using the analytics provided by banking CRM, customer service can evolve to a more personal (and profitable!) level. The CRM can even improve personalization at the digital level. The tools provided by a CRM can be harnessed to initiate digital transformation and scale operations to the demands of the customers. That translates to faster banking, better mobile and Web experiences, and happier customers overall.

IV) Banking CRM Challenges

Perhaps the biggest challenge for banks looking to adopt CRM is the concern about data security and controlled access. The good news is, CRM providers are aware of these concerns and have instituted security measures to address them.

In the past, most banks would have defaulted to an on-premises solution out of fear of security gaps, however, now is the age of the Cloud, and CRM security has been beefed up to meet the challenge. CRM systems offer granular, role-based permissions for security and access. These roles can be set by the CRM administrator to ensure only specific parties can access certain pieces of information. Permissions can be applied to individuals or entire teams. Encrypted transmissions, data center backups, and session time outs are just a few of the ways CRM companies ensure the security of Cloud data. It's important to have a conversation with the CRM provider to understand the security features of their specific solution. Another



challenge with CRM for banks is the integration of a CRM with existing systems. While aligning the CRM to your other systems streamlines data management, it can also become highly complex (and expensive) if you're trying to combine two tools that weren't built to work together. The best way to sidestep integration challenges is to be upfront about your existing solutions, ask the provider about integration options, and find out how those integrations may affect your final costs.

V) CRM for Banking Benefits

We've seen use cases for CRM, but how exactly does a banking CRM help a financial institution? Well, let's start by speaking in terms all financial gurus will understand: Return on Investment. The average ROI of a banking CRM is \$8.71 for every \$1 spent, and that's just the beginning. Imagine all you could do with that data:

- Build stronger customer relationships
- Create proactive services campaigns
- Optimize your digital experiences
- Identify and convert more qualified leads
- Streamline and speed up communication
- Calculate data-driven insights on customer behaviors
- Improve customer experiences with your banking services
- Boost customer loyalty and retention
- Reveal buying patterns and customer preferences
- Deliver insights for proactive customer service
- Standardize and streamline processes across departments
- Uncover trends and reveal new marketing opportunities
- Reduce spend on initiatives that aren't working
- Analyze customer profitability
- Define cross-sell opportunities faster
- Save sales and services reps time by automating their processes

To get started with CRM for banking, contact us today. There are a LOT of CRM options to consider, and it can easily become overwhelming trying to assess which one is right for you. Our experts can help you define what you really need from a CRM and work within your budget to find the perfect fit.



4. Conclusions

Humans used to develop tools for making their life's easier. Automation of processes made people to be released of physical work with goal to have more time to advance psychologically. IT and especially HCI are developed for that goal. It is assumable that the use of IT contributes to educational processes. Today's generations are accustomed to technology. Education is process that must evolve, changing the methods and resources, to adapt to current needs of society. This research proved that students are more comfortable in learning, communicating and relating to educational processes when they are using the wealth of IT. The use of IT makes achieving knowledge for students easier, interesting, interactive, and modern. Assuming this, one could say: Yes, everyone must use IT for all purposes. But it would be wrong. IT has own price, and in most cases it's not so cheap. Present technologies are expensive. On other side growth of IT, and fast aging, makes decision for using IT difficult. To use IT, user must be trained, which also costs. Maintains makes price higher. Student's preposition to IT support team has proved that in this research. Taking a brief look into the university curriculum, can be summarized that the part of implementation of IT in educational process has proved this conclusion which emphasize that the University must take into consideration the current needs of students and their likes and dislikes. IT must be used, but, the goal must justify the means. The changes in financial market and customer preferences and behavior, as well as greater application of modern technologies demand an application of CRM in banking industry. CRM enables segmentation of customers in accordance with different criteria, which enables customization of banking products and services and continuous innovation of product portfolio. CRM provides the possibility to create active, "friendly" relationship with customers,

which certainly contributes to their loyalty to banks and the provision of permanent and secure revenues in the long term. Today, when needs and expectations of customers are rapidly changing and becoming more sophisticated, the real business success can be achieved only in case banks Cvijović J. et al.: Customer relationship management in banking industry: Modern... manage to adequately establish and maintain relationships with their customer. Therefore, CRM in a contemporary context represents the crucial factor for the achievement of the overall business success and survival in the market, when it comes to traditional banking, but especially in the context of Internet and mobile banking.



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108. Suicidal ideation among farmers amid covid19 pandemic in India: A study

<p>Tehseen Saleem Research Scholar CT University Ludhiana Punjab 142024 Tehseensaleem8@gmail.com</p>	<p>Dr. DJ Singh Deptt. of Psychology CT University Ludhiana Punjab 142024 djsingh@gmail.com</p>
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Abstract

The aim of the study is to see the Suicidal ideation among farmers amid covid19 pandemic in India. The study was comparative in nature and the data was collected by using the questionnaire of suicidal ideation through survey method. The total sample of the study was 100 and among them, 50 were males and 50 were female farmers selected through random sampling. Results revealed that there is high level of suicidal ideation among female farmers as compared to males.

Introduction

The covid19 has become now a global concern and has affected the people physically and mentally across the world. Apart from the anxiety, depression, and other mental disorders, Covid 19 is found to be related with suicidal behaviors (Sher,2020). Numerous cases was found where the individuals effected by covid 19 experienced stress and suicidal thoughts(Goyal et al,2020;Mamun and Griffiths, 2020;Sahoo et al., 2020).The rapid spread of covid19 has negatively affected general population and sub helpless population including infected patients, frontline health professionals, mentally ill patients and older adults and farmers (Teris et al 2021).The infection control measure like social distance, quarantine, lockdown, were believed effective in containing the virus, but these preventive measures also caused negative psychological response including fear of covid19, anxiety, uncertainty, post-traumatic stress disorder, depression and at worst suicidal ideation (Teris et al 2021). Unfortunately, in treating the covid19 there were still no signs of vaccine nor even evidence based control measures to control the rapid spread of covid19.So the occurrence of suicide could reach a record high as the pandemic continuous to spread across the country (Teris et al 2021).



Covid19 and suicidal ideation among farmers in India

With the spread of covid19 the world economy as a whole was negatively affected and production was disturbed in many business sectors (Duan,2021).The agriculture sector was also affected by these disturbances. In some regions, reductions in agriculture productions are expected due to passing of planting time and imposition of restrictions, employs work in this sector face the high risk of low income. Agriculture sector is known to be the sector with the high risk rate as compared to other sectors even in pandemic time (Tomsu, 2008).Therefore farmers are experiencing heavy economic crisis due to covid19. Due to restriction measure and covid19, the spread of its infection have seriously affected the agriculture sector which increases the risk of suicidal ideation among farmers (Bochtis,20121).

Suicidal behaviour is not new in India among farmers. Since 1995 a total 296,438 Indian famers attempt suicide(The national crime record bureau, 2019).Earlier the government has reported that in 2014 near about 5,650 farmers commit suicide and in India the rate of farmers suicide had ranged between 1.4 and 1.8 per 100,000total population (Sen gupta and Gruere,2017).It has been estimated that nearly 16000 farmers die by suicide in each year(Nagraj et al., 2014).India is an farming country and nearly 70% of population totally depend on agriculture and in 2017 agriculture provided 15.4% share to Indian economy. Around 41.49% labours are associated with agriculture in 2020.Farmers suicide accounts for 11.2% of all suicides in India. As per the study are concerned 109 farmers ending their lives during the nation worldwide lock down to tackle the spread of covid19. Several studies offered a number of conflicting reasons for farmer's suicide such as anti-farmer law, poor government policies, crop failure, lock down and covid19(schurman,2014;Das,2011).

Covid19 will adversely affect the agriculture sector and farmers in India. The sector facing a lot of problems with labourers and movement of the farm produced goods. During the lockdown several farm machines are not available for harvesting so farmers are worried about their standing crops as how to harvest. Also the fleeing of farmers to their homes due the fear of covid19 increases the risk of suicidal ideation among farmers. Covid19 directly impacts mental health of individuals as well as population, and however infection prevention measure like lockdown effect the socioeconomic status and psychological wellbeing of farmers that increases the risk of suicidal ideation (Heremath et al,2020).A lack of unavailability of labours amid covid19 lockdown was also a severe challenge for farmers where they had



been living with debt and had already lost one crop and are associated with psychological stress (Telegraph, 2020). Pre-existing psychological stress followed by adverse life events amid covid19 may have influence the suicidal ideation. Also acute financial distress brought on by the covid19 lockdown also leads to suicide behaviour (Sunil, 2020).

Various studies has shown that farmers with serious economic losses during pandemic have become more at risk to mental health problems (Lei et al., 2020). Although there are studies examining economic effect of pandemic outbreak of farmers (Hossian et al., 2020). There are studies which investigated that socioeconomic factor plays an important role in farmers suicide during covid19 (Hossain et al., 2020). A study found that farmers are higher level of anxiety than general population and were at risk of various Psycatric diseases (Rudolphi et al., 2020). Other studies found that psycho-social factors increases the risk of suicidal ideation among farmers during pandemic (Telegraph, 2020). Moreover, a continued decline of wellbeing and psychosocial health often leaves them miserable and helpless making it hard for them to manage the acute stressors, which often leading to suicidal behaviour (Merriott, 2016; Nagaraj et al., 2014). Sher, 2020 found that sleep disturbance among farmers during covid19 also lead to suicide behaviour. A study found that stress related to family responsibilities and alcohol addiction also sometimes leads to suicidal ideation (Behera and Bhise, 2009). Apart from this, high occurrence of depression and low level of resilience has also been observed among farmers which can leads to suicidal ideation (Deepak et al., 2019). A study found that during the pandemic, prevalence of depression, poverty and debt were the main cause of farmers suicide (Solanga, 2020). Raju, (2020) identified that the examination of psychological aspect of distressed farmers revealed that suicide ideation among working people such as farmers is the outcome of a complex interaction between worker vulnerabilities (mental health problems) and stressful working and living conditions (social and environment stressors). Additionally, (Rayan and Patrick, 2010) found that farmers report common characteristics not encouraging to help-seeking behaviour also results in suicidal ideation .

Objectives

- To study the difference between male and female farmers in relation to suicidal ideation during covid19.



Hypothesis

- There is no significant difference between male and female farmers in relation to suicidal ideation during covid19.

Methodology

The study was comparative in nature and the data was collected by using the suicidal ideation scale through survey method.

Participants

The sample of the study was 100 farmers selected through random sampling. Among them 50 were male and 50 were females farmers.

Psychological tools used

Following psychological tool were employed for the study

Modified scale of suicidal ideation was developed by Miller, Norman, Bishop and Dow in 1986. It is a revised version of the suicidal ideation scale which was developed by beck in 1979. The modified suicidal ideation scale is an 18 item scale that contains 13 items from suicidal ideation and 5 additional items. In this scale each item is rated on 0-3 point scale and the rating are summed to yield a total score ranging from 0-54. This scale takes 10 minutes' to administer. The modified suicidal ideation scale has high internal consistency with cronbach alpha coefficient ranging from .87 and good item total correlation. The modified suicidal ideation scale also has test retest reliability. Concurrent validity of the modified suicidal ideation has been established.

Statistical tools used

T-test has been used for the study.



Result

After the data was kept in SPSS software the researcher hypothesis was analysed by using the T-test. The result was presented in the following table.

Summary of t-test for difference in suicidal ideation between males and females farmer

Construct	Male		Female		t-test	level of significance
	N=50		N=50			
	Mean	SD	Mean	SD		
Suicidal ideation	25.82	9.17	31.94	21.25	1.87	significant at 0.01

The above table revealed that the mean score of suicidal ideation among male and female farmers are 25.82 and 31.94 respectively. The t-ratio is calculated as 1.87 with df 98 which is significant at 0.01 level. This shows that a significant difference exists between the mean scores of suicidal ideation among males and females farmers. Also the mean scores of female farmers on suicidal ideation were found to be significantly higher than mean score of male farmers. Hence it may conclude that female farmers have more thoughts of suicide as compared to male farmers. As a significant difference was found in mean score of male and female farmers on suicidal ideation. Therefore the hypothesis stated that “There is no significant difference between male and female farmers in relation to suicidal ideation during covid19 stands rejected.

Discussion

The present study includes 100 participants out of which 50 were males and 50 were females. The study has involved through different age group and has different years of experience. In this study significant difference has been found between male and female farmers in relation to suicidal ideation during covid19. The result of the study shows that there is a significant difference on suicidal ideation between male and female farmers. It indicates that female farmers have higher suicidal ideation than male farmers. The outcome of our study entailed with the finding of victoria et al.,(2018) evaluated that social, environment and individual factors are linked with suicidal thoughts among females farmers. On the other hand, Fennell



et al (2018) relate that shame and reduced help seeking in female farmers leads to suicidal ideation. Furthermore Kunde et al.,(2017) indicates that relationship back down to be a key factor of suicidal ideation among female farmers. Also van et al.,(2010) examined that social isolation has been shown to be one of the strongest factor of female farmers suicidal behaviour. Likewise Anju,(2021) found that female farmers has high level of economic distress and family pressure which increases the suicidal ideation. Moreover, Manik and Pakash (2016) observed suicidal ideation among female farmers that arises from high level of psychological distress .

Conclusion

The rate of suicidal ideation among female farmers during covid19 is quit high. Though male farmers were able to cope up with the problem but female farmers were unable to cope up, which results in high level of suicidal ideation. Our study revealed that it is because of disturbance in relationship, economic distress, family pressure and isolation that are seen in female farmers.

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109. MEASUREMENT OF BUSINESS SKILLS IN PRIVATE AND PUBLIC BUSINESS INCUBATORS IN GUJARAT: A COMPARATIVE STUDY

Darshana Kumari
Research Scholar,
Department of Commerce,
Rai University,
Ahmedabad (Gujarat)

Dr. Himanshu Vaidya
Research Guide,
Department of Commerce,
Rai University,
Ahmedabad (Gujarat)

ABSTRACT

This Research paper analyses the concept of skills and also explores the skills required by in organisations in a strategic environment. The relevance of this research is based on the approach to theories of skills development and the main purpose is to identify the skills to be developed by business incubators. The skills needed by the organizations were identified through data analysis based on questionnaire which is taken from metro city of Gujarat state (50 private and 50 public business incubators from each city). The research paper focuses on analytical dimension of skills development in organisations anchored to the following research questions:

What are the skills required in order to make business more operative and functional? This study is centred on the research of more relevant skills which can contribute to transform the organisations into more viable ones. It also deals with certain skills which can improve the performance and competitiveness of business firm in the market.

KEYWORDS: skills, business skills, private business incubators, Public business incubators

INTRODUCTION

This research paper focuses on skills and knowledge which are necessary for the success in the workplace. As management is dynamic concept, all the managers are not using the same techniques to increase viability but they keep changing strategies as per the needs of the employees are the organisation. The skill management deals with increasing the abilities of employees in terms of work efficiency required for various positions. According to the Business Dictionary, a skill is an ability and capacity acquired through deliberate, systematic and sustained effort to smoothly and adaptively carry out activities or job functions involving ideas, things, or people. A skill, is an ability or proficiency in a specific area, it is important at any level an employee works in an enterprise. The skill sets of employees can be enhanced by managers by motivating them to work more and increase their productivity. Majority of HR managers have that belief

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that technical skills are hardest to find but it is easier to teach and improve. They are essential. The increase in productivity of business and management skills depends on the employee's efforts (individuality) and it can be affected by the corporate culture and motivational factors as it was more specifically examined by teams of authors such as Lorincova et al., (2016, 2016a and 2018), Hitka et al. (2018, 2016) or Kucharčíková et al. (2018a, 2018b). There is a need to create the motivation programs for groups of employee at different levels –specific factors (Hitka, et al. 2017).

There are many business skills that a successful entrepreneur will have, the following skills are the ones that you absolutely need to make your business successful.

- ✓ Marketing
- ✓ Human resources
- ✓ Finance
- ✓ Entrepreneurial and Network
- ✓ Business plan

MEANING

Measurement:

Measurement is a Quantitative outcome that measures the success of an organisation in terms of achieving its objectives. These quantitative outcomes are used in scrutinising the performance of various aspects in business including production, marketing, finance, research and accounting and sales department.

Business skills :

Business skills, are soft skills like communication skills, leadership, motivational skills and team management skills , these business skills helps business to prosper more and achieve overall organisational objectives. Any individual who is equipped with the following skills are more likely to be hired by different business organisation or in another term a person equipped with business skills can add more value to any business organisation. Most of the successful organisations keep upgrading their employees skills to meet the changing needs of the society.



Business incubators

According to The National Business Incubation Association (NBIA) “Business incubators act as a catalyst tool for either regional or national economic development”.

According to Allen, “A business incubator is defined as a facility/service that provides affordable rent to new and small firms, shared office and logistical services, and arranges business management and financial assistance.”

RESEARCH OBJECTIVES

This research aimed to achieve the following objectives:

1. To investigate the business skills of entrepreneurs and their perception of incubation;
2. What are the weaknesses skill of incubators in Metro city Of Gujarat State ?

LITERATURE REVIEW

The history of business incubators (BI) can be traced back in the mid of last century, when there was high unemployment rate as a result of the great recession of U.S.A and U.K leading to a major collapse of industrial sectors. During that time it was increasingly felt that there is need of newer strategies which could help regenerate the income levels of industries and increase the entrepreneurial activities in the economies. Studies have provided that BIs play crucial role in creation as well as the promotion of some technology intensive businesses. Such organizations often lack necessary skills for the survival of business, thus the second generation of incubators started providing knowledge based services long-with physical infrastructure (Jamil, Ismail, and Mahmood, 2015b; Wonglimpiyarat, 2014).

The researchers have found that the provision of training and coaching services are important services provided by BIs. Coaching is considered necessary for ongoing learning and skills development process. (Somsuk and Laosirihongthong, 2014). The studies conducted by the various researchers to evaluate the performance of BIs concluded that they provide business support services to their clients which might include: training, mentoring, access to finance etc. The best thing about the business incubators is that they provide services as per the requirements of each entrepreneur. Incubators have been found as helping to create culture of entrepreneurship. They act as a promoter for the development of cohesive business, and support networks which include universities, finance providers, business schools, business organizations,



large companies and government bodies. However, the qualification and experience of staff of incubators is more important to provide effective services to businesses. It is because if the incubator staff does not possess the advanced knowledge and skills it will lead to create a vicious circle of low skills (European Commission, 2013; Jamil, Ismail, and Mahmood, 2015a).

While measuring the performance of business incubators, it is revealed in the literature that the evaluation of business performance of incubators is a complex procedure since there is not a single standard to do this. Secondly, most of the studies in literature deal with performance of incubators in developed countries and very less in developing countries. Eshun (2009) has suggested that efforts of government should also be included to evaluate performance of BIs. Porter, in his model of entrepreneurship, has identified three stages of development in countries and suggested to measure the performance of BIs as per developments in economic innovations such as: factor driven stage, efficiency driven stage and innovation driven stage.

RESEARCH METHOD

The advantage of using a sample is that it is more practical and less costly than collecting data from all of the population. A total number of 400 business incubators Metrocity for Gujarat State were selected as the sample as shown in table no 1.1

Table 1.1

Sr no	City name	Sample
1	Ahmedabad	100
2	Baroda	100
3	Rajkot	100
4	Surat	100
Total		400

Sampling Process:

The researcher used a random sampling technique to select a sample from the population. Random sampling is used primarily for the purpose of convenience and simplicity. Practically, the incubators were encouraged by the researcher to participate. The numbers of depicted in table 1.1 represents the number of incubators



who agreed to fill the questionnaire. A total number of 400 incubators (50 Public and 50 Private total 100 from each city) agreed to participate and hence represents the sample size.

Research Methods

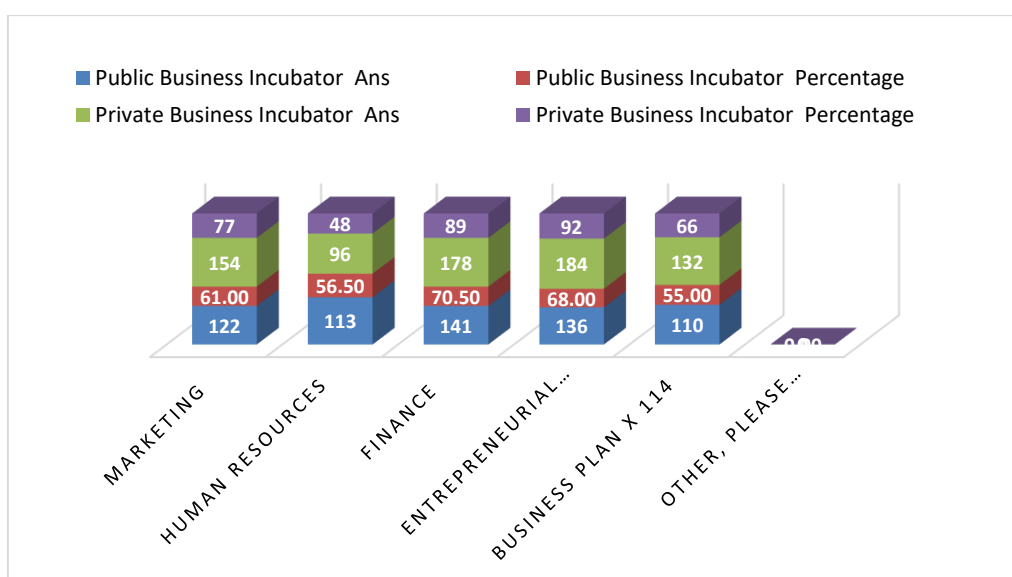
The quantitative part was in the form of a structured questionnaire. Quantitative approach prevents bias and converts phrases and facts into numbers. It also makes people feel free in expressing their points of view.

DATA ANALYSIS

What skills do you need for your effectiveness of business ?

Table 1.2

Sr No	Options	Public Business Incubator		Private Business Incubator	
		Ans	Percentage	Ans	Percentage
1	Marketing	122	61.00	154	77
2	Human resources	113	56.50	96	48
3	Finance	141	70.50	178	89
4	Entrepreneurial and Network	136	68.00	184	92
5	Business plan	110	55.00	132	66
6	Other, please specify	0	0.00	0	0





Data Interpretation

Marketing

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 61 % (122) business incubators need Marketing skill
2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 77 % (154) business incubators need Marketing skill

Result :

As per the measurement the need for marketing skills in private business incubators ratio is higher than Public business incubators.

Human resources

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 56.50 % (113) business incubators need Human resources skill
2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 48 % (96) business incubators need Human resources skill

Result :

As per the measurement the need for Human resources skills in private business incubators ratio is lower than Public business incubators

Finance

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 70.50 % (141) business incubators need financial skill
2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 89 % (178) business incubators need Financial skill

Result :

As per the measurement the need for Human resources skills in private business incubators ratio is higher than Public business incubators.

Entrepreneurial and Network

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 68 % (136) business incubators need Entrepreneurial and Network skill
2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 92 % (184) business incubators need Entrepreneurial and Network skill



Result :

As per the measurement the need Entrepreneurial and Network skill in private business incubators ratio is very higher than Public business incubators .

Business plan

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 55% (110) business incubators need Business Plan skill
2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 66 % (132) business incubators need Business plan skill

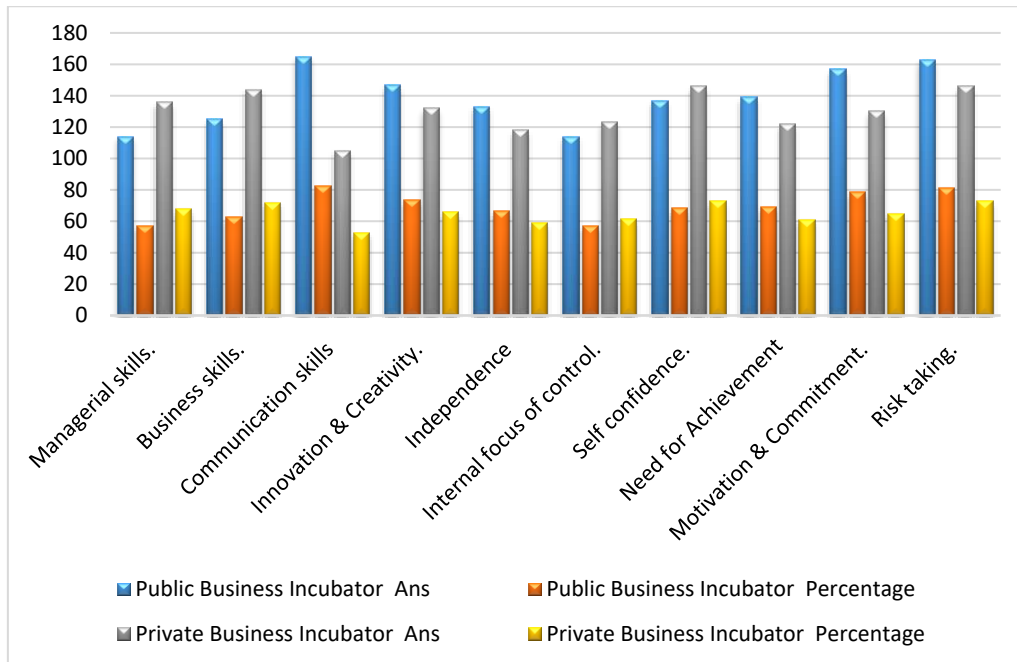
Result :

As per the measurement the need for Business plan skill in private business incubators ratio is very higher than Public business incubators .

Incubators who are entrepreneurially inclined and those who are not, don't have the same level of the following entrepreneurial qualities & skills:

Table 1.3

Sr No	Options	Public Business Incubator		Private Business Incubator	
		Ans	Percentage	Ans	Percentage
1	Managerial skills.	114	57.00	136	68.00
2	Business skills.	125	62.50	144	72.00
3	Communication skills	165	82.50	105	52.50
4	Innovation & Creativity.	147	73.50	132	66.00
5	Independence	133	66.50	118	59.00
6	Internal focus of control.	114	57.00	123	61.50
7	Self confidence.	137	68.50	146	73.00
8	Need for Achievement	139	69.50	122	61.00
9	Motivation & Commitment.	157	78.50	130	65.00
10	Risk taking.	163	81.50	146	73.00



Data Interpretation

Managerial skills

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 57% (114) business incubators are entrepreneurially inclined the same level of the Managerial qualities & skills
2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 68% (136) business incubators are entrepreneurially inclined the same level of the Managerial qualities & skills

Result:

As per the measurement the business incubators are entrepreneurially inclined to the same level of the Managerial qualities & skills in private business incubators as well as public business incubators but private business incubators are more inclined then the public business incubators.

Communication skills

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 82.50% (165) business incubators are entrepreneurially inclined the same level of the Communication qualities & skills



2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 52.50% (105) business incubators are entrepreneurially inclined the same level of the Communication qualities & skills

Result :

As per the measurement the business incubators are entrepreneurially inclined the same level of the Communication qualities & skills in private business incubators and public business incubators but the ratio is higher in private incubator in comparison to Public business incubators .

Innovation and Creativity skills

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 73.50% (147) business incubators are entrepreneurially inclined the same level of the Innovation and Creativity qualities & skills
2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 66% (132) business incubators are entrepreneurially inclined the same level of the Innovation and Creativity qualities & skills

Result :

As per the measurement of business incubators are entrepreneurially inclined the same level of the Innovation and Creativity qualities & skills in private business incubator and public business incubators. The ratio is lower in Public business incubators .

Independence skills

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 66.50% (133) business incubators are entrepreneurially inclined the same level of the Independence work qualities & skills
2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 59% (118) business incubators are entrepreneurially inclined the same level of the Independence work qualities & skills



Result:

As per the measurement of business incubators are entrepreneurially inclined at same level of the Independence work qualities & skills in private business incubators and public business incubators but this ratio is lower in Public business incubators than in private business incubator.

Internal focus of control.

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 57% (114) business incubators are entrepreneurially inclined the same level of the Internal focus of control. qualities & skills
2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 61.50 % (123) business incubators are entrepreneurially inclined the same level of the Internal focus of control. qualities & skills

Result :

As per the measurement of business incubators are entrepreneurially inclined the same level of the Internal focus of control. qualities & skills in private business incubators and public business incubators but the ratio is higher in private business incubator then Public business incubators .

Self confidence .

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 68.50% (137) business incubators are entrepreneurially inclined the same level of the Self-confidence qualities & skills
2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 73 % (146) business incubators are entrepreneurially inclined the same level of the Self-confidence qualities & skills

Result :



As per the measurement of business incubators are entrepreneurially inclined the same level of the Self-confidence qualities & skills in private business incubators and public business incubators but the ratio is higher in private business incubator then Public business incubators .

Need for Achievement

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 69.50% (139) business incubators are entrepreneurially inclined the same level of the Need for Achievement
2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 61 % (122) business incubators are entrepreneurially inclined the same level of the Need for Achievement

Result :

As per the measurement of business incubators are entrepreneurially inclined the same level of the Need for Achievement in private business incubators and public business incubator but this ratio is lower in private business incubator then Public business incubators .

Motivation & Commitment

1. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 78.50% (157) business incubators are entrepreneurially inclined the same level of the Motivation & Commitment.
2. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 65% (130) business incubators are entrepreneurially inclined the same level of the Motivation & Commitment

Result :

As per the measurement of business incubators are entrepreneurially inclined the same level of the Need for Motivation & Commitment in private business incubators and public business incubators but this ratio is higher in private business incubators then Public business incubators .



Risk taking

3. Out of 200 public business incubators from Ahmedabad, Baroda Rajkot and Surat 81.50% (163) business incubators are entrepreneurially inclined the same level of the Risk taking .
4. Out of 200 private business incubators from Ahmedabad, Baroda Rajkot and Surat 73% (146) business incubators are entrepreneurially inclined the same level of the Risk taking.

Result :

As per the measurement of business incubators are entrepreneurially inclined the same level of the Need for Motivation & Commitment in private business incubators ratio is low then Public business incubators.

FINDINGS

- Measurement of need marketing skills in private business incubators ratio is higher then Public business incubators
- Measurement of need Human resources skills in private business incubators ratio is lower then Public business incubators
- Measurement of need Human resources skills in private business incubators ratio is higher than Public business incubators.
- Measurement of need Entrepreneurial and Network skill in private business incubators ratio is higher than Public business incubators .
- Measurement of need Business plan skill in private business incubators ratio is very high in comparison to Public business incubators .
- Measurement of business incubators are entrepreneurially inclined the same level of the Managerial qualities & skills in private business incubators but ratio is higher than Public business incubators .
- Measurement of business incubators are entrepreneurially inclined the same level of the Communication qualities & skills in private business incubators but this ratio is lower than Public business incubators .



- Measurement of business incubators are entrepreneurially inclined the same level of the Innovation and Creativity qualities & skills in private business incubators but this ratio is lower than Public business incubators .
- Measurement of business incubators are entrepreneurially inclined the same level of the Independence work qualities & skills in private business incubators ratio is lower than Public business incubators .
- Measurement of business incubators are entrepreneurially inclined the same level of the Internal focus of control. qualities & skills in private business incubators but this ratio is higher than Public business incubators .
- Measurement of business incubators are entrepreneurially inclined the same level of the Self-confidence qualities & skills in private business incubators but this ratio is high than Public business incubators .
- Measurement of business incubators are entrepreneurially inclined the same level of the Need for Achievement in private business incubators but this ratio is lower than Public business incubators .
- Measurement of business incubators are entrepreneurially inclined the same level of the Need for Motivation & Commitment in private business incubators but this ratio is higher than Public business incubators.
- Measurement of business incubators are entrepreneurially inclined the same level of the Need for Motivation & Commitment in private business incubators but this ratio is lower than Public business incubators .

SUGGESTIONS

Gujarat should provide continued support for business incubators, particular financial support and facilitation of entrepreneurial skills. This support may assist entrepreneurship as it is the most important solution for poverty alleviation, low economic growth and unemployment in the country. Incubated entrepreneurs create job opportunities; as the study indicated a number of one to ten locals were employed in each incubator.

The study recommends Recruiting high quality entrepreneurs into the incubation process should be taken seriously by management, and a proper evaluation of the personnel of the business incubator should be done periodically. Furthermore, training was also recommended to those who are failing to manage the business.



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110. Conflict between Self and Society in Romen Basu's *The Tamarind Tree* and Aravind Adiga's *Last Man in Tower*

Dave Bhadresh Jayantilal

Lecturer in English, A.V. Parekh Technical Institute, Rajkot

ORCID ID: 0000-0001-8973-7284

Abstract:

The desire for security, acceptance and meaningful existence has been an innermost part of human nature. The history of man reflects his journey from cave to luxurious apartments to secure better and comfortable living for himself and his near and dear ones. This quest seems to have originated from man's fear of death – devoid of any secured place for living, man used to spend the darkness of the night under the looming dangers of getting devoured by the predators. Aligned with this central fear is an array of different fears and apprehensions – the fear of rejection, of loneliness, of joblessness, of old age and helplessness, of diseases, of carrying on bed ridden life, of financial insecurity, of rootlessness, of alienation and so on. To alleviate this fear man has turned to the institution of marriage and family and to a larger extent to one's caste and community. With a desire to earn a respectable living man trains himself and his wards academically, socially and intellectually and targets his activities toward his self and his personal problems or orients himself to the problems of the society at large. The choice that is made ends in different types of consequences. The self-absorbed dream for betterment mostly proves to be a mirage and pushes the man into a quagmire of degeneration whereas by channelizing one's efforts to cure the ills of the society, an environment of greater good is established, creating a life of fulfilment and happiness for one and all. This quest offers an interesting study of human character. Literature of any nation or age mirrors man's quest for betterment in a realistic manner. The present research paper proposes to investigate the lives of characters coming from different age, backgrounds and cultures, their motives and orientations, their idea of happiness, the choices that they make to materialize their idea, their engagements and the fruits that they taste of the seeds that they sow in Romen Basu's *The Tamarind Tree* and Aravind Adiga's *Last Man in Tower*.



Key words: materialistic concerns, self-centredness, rootlessness, societal concerns, fulfilment

Introduction:

According to Dr. Ashish Gupta “A nation’s literature is not a miscellaneous collection of books which happen to have been written in the same tongue or within a certain geographical area. It is the progressive revelation, age by age of such nation’s mind and character.” (Gupta 1) With a view to study the dynamics of human character two very different novels has been chosen, one representing the post-independent Indian village of Gandhian values and the other representing the post-modern Indian metro city where almost all values are put at stake to realise one’s self-centric dreams and desires. The issue proposes to offer interesting findings as though undergoing almost similar kind of dilemma, the central characters of both the novels approach it in quite a different manner and thus creates different types of destinies for themselves and their fellow human beings. The study has been done by focussing on three prominent characters in both the novels – Biren and Mohamaya in *The Tamarind Tree* and Mr. Dharmen Shah in *Last Man in Tower* as through the depiction of these characters, the novelists take the readers into the psyche of human beings and their society at large, course of journey that they take in their life and different destinations they arrive at. Development and upliftment of the village Balavpur through selfless service, dedication and commitment is the central concern of in Basu’s *The Tamarind Tree*. Quite contrary to the theme of *The Tamarind Tree*, the novel *Last Man in Tower* revolves around the materialistic concerns of residents of Vishram Society in Mumbai.

Material and methods:

Apart from the secondary sources listed at the end of the paper, the primary sources used are Romen Basu’s *The Tamarind Tree* (1975) and Aravind Adiga’s *Last Man in Tower* (2011). To conduct the research, library method has been used. Further, as the research paper proposes to probe the issue in the two novels, the former written in the post-independent period and the later written in the post-modern period, a comparative method has been used to fathom the orientation and motives of human mind and the various factors that play role in forming the human character and their responses.

Results and Discussion:

Anukul Ghose, one of the main characters in *The Tamarind Tree*, an aristocrat settled in Calcutta has his roots and ancestral property in the village Balavpur. His chance visit to the village makes him aware of his property being usurped by his cousin. His mission to reclaim his ancestral property becomes the main cause



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of family feuds and brings forth the caste and communal tensions running in the village. The entry of Mohamaya and her persuasive efforts in the entire affair brings Anukul's son Biren closer to her. Her mediation hurts Anukul's ego, developing a dislike for her and disapproval of the relationship between the two. Biren's frequent visits to Balavpur and his growing affection with Mohamaya make him rejected by his father. Mohamaya with her loving care resolves the communal tension in the village along with Biren helping to uplift the village from its numerous problems.

In Adiga's *Last Man in Tower*, the money minded meanness of Mumbaiites is unfolded with the central incident of Mr Dharmen Shah putting a redevelopment offer before the residents of Vishram, an old apartment, offering them exorbitant amount of money with a dream to replace the dilapidated building with luxurious apartment. Slowly and gradually almost all the residents of Vishram agree to the offer to realize their dream of materialistic life. When a retired teacher, known as Masterji, is not ready to accept the offer, the entire society schemes together, does everything in its power to persuade him. Finally when they realize that Masterji is not willing to give in, they plot his murder and push him down from the terrace of the tower. As a reviewer puts it, "The story, ultimately, is a reflection on human nature. What motivates good people to do bad things? What motivates one person to stand against his neighbours, pitting his will against theirs? How far can you push someone before they crack?" (Eldemerdash)

In *The Tamarind Tree* Basu has depicted human concern for the society through the union of Biren, Anukul's son and an engineering graduate from Manchester with Mohamaya (the village teacher's daughter) whose conviction in the village is very strong. Biren's attachment to the village life and Mohamaya has a seed in his childhood incidence; as his mother died when Biren was very little, he was taken by his aunt to grow in a village; slowly and slowly he begins to develop liking for his village but within a month his father uproots him from the turf of a village to get him admitted to a well reputed school in Calcutta leaving in the boy's mind an unfulfilled desire to spend his life in village. It is this unfulfilled desire that pulls Biren back to a village and feel enchanted to Mohamaya who is the soul of the village Balavpur. Later on, like Mr Shah, filial rejection occurs in the case of Biren also because of his attachment with Mohamaya. But the interesting point to note here is that unlike Mr Shah, Biren does not take the rejection personally, as a blow to his ego and thus he does not take a journey to reconstruct his ego, to prove his strength, to establish himself as a man of might who is mad to make his mark on the world. Rather than carrying on a burden of hurt ego and

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personal suffering, he goes back to his roots and directs his attention to the pain and suffering of the humanity, of the villagers whose agonies and tragedies are more significant to him than his individual pain. It is this orientation of Biren and Mohamaya, that motivate them to act, towards good action which shifts their energy from self-interest to the larger interest of the entire community.

Dharmen Shah, a property kingpin in Adiga's *Last Man in Tower* represents the spirit and character of the modern man residing in a metro city, his towering ambition and his materialistic concerns. In Mr Shah we notice the worst kind of degeneration that a man can lower him to. After the death of his mother, his lustful father remarries and kicks Mr Shah out of his home. Feeling hurt, Mr Shah takes recourse in Mumbai, undergoes the hardships of a metro city life without a pair of shoes – it is this very insult that lures Mr. Shah to the world of redevelopment business – a world of soaring ambition and to the cosy company of different young girls who similarly gets drawn to Mr Shah due to their ambition to live a life of comfort, luxury and status. Unlike Biren, the seed of filial rejection, hurt ego and the desire for acceptance result in the sprouting of all pervasive corruption in Mr Shah which becomes the key characteristic of his personality. Pressures of the life of a construction business coupled with the death of his dutiful wife draws Mr Shah to the worst kind of degeneration – ugly nexus with the police, the politicians and the lawyers and sexual relations with the aspiring models. Mr Shah's deteriorating health making him spit phlegm and blood frequently in his handkerchief while moving in his elite car reveals the internal malaise and hollowness of the modern man surrounded by the sheen and glamour of external life.

This schizophrenic divide and contradictory characteristics between the superficial external life and the actual internal life is seen in almost all the characters of *Last Man in Tower*, be it Masterji, Mrs Puri or Mrs Rego, Mr Kothari or Ajwani. Masterji strongly rejects the redevelopment offer of the builder on the pretext of living in his old flat where the thick memories of his deceased wife and his young daughter Sandhya are preserved but actually he opposes the offer to keep his hard earned title of 'an English gentleman' intact given to him by one of his neighbours; Mrs Rego under the sham of social service carries on her so-called social activities for her selfish means, even Mrs Puri who acts like a good neighbour to Masterji instigates Ajwani (one of the residents of Vishram) to kill Masterji when he poses as an obstacle in the realization of her dreams.

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It has been rightly observed, “The inhabitants of tower A represent the middle class psyche of Mumbai trying to share the rapid economic expansion, sudden fortune and amazingly glorious riches on account of neo-globalization.” (Ruprah and Saluja) Almost all their activities and motives emanate from their selfish motives - financial security, higher education of children, uncertainty, exorbitant medical bills for the future ailments, commitment to send money to one’s children settled in a foreign country due to looming fears of joblessness, desire to rise in social and property ladder, desire to fulfil one’s childhood dream of residing in a dream house, burning desire to settle scores of one’s hurt ego during college years by living in neighbourhood flat having better amenities than an intelligent and better performing classmate, sibling rivalry, a compelling need to keep oneself occupied with the sham of social service to forget personal grief, failed conjugal life, subtle ego; these are the reasons for which they end their thirty year bond with their neighbour Masterji, as he was the only obstacle in their way to materialize their ambition. Mr. Shah’s success in convincing the occupants of the Vishram and their ultimate step to push Masterji from the terrace of the building to death reveals the modern man’s quest for monetary concerns and the uprooting of the old values of humanity, empathy, kindness and love for one’s fellow human beings. As Dr. Gupta remarks,

Adiga probes deep into the minds of several characters, jumping between tower residents to show their motives and examine how modern Mumbai has amplified their shortcomings. Adiga offers a convincing if grim glimpses of human nature as these upstanding residents turn on one another maddened with greed when they fear the prospect of losing their promised riches. (Gupta 99)

The superficial practice of the two Rego sisters of writing letters to each other with a view to belittle the other by using high-sounding words smacks of petty sibling rivalry; such a preoccupation disqualifies them to rise to a level where they can think about the issues of the society: Adiga observes, “The aim of this Friday-morning epistolary jousting was for each sister, in an apparently banal letter to the other, to slip in a ‘stylish’ word or phrase, which would catch the other off guard, and force her to concede that she had been ‘trumped’.” (Adiga 165)

Basu’s Balavpur is by no means an ideal village in all respects; no there are so many ills in the village such as drinking habits, sexual deviations, caste and communal tensions, petty rivalries in business, exploitation of the poor and the depressed and so on. But the difference is that there are selfless leaders like Mohamaya,

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Mastermoshai (the village teacher) and Biren who are committed to the large good of the villagers, have belief in the idea of the village, are committed to uplift it and muster all their courage to remove the ills of the society with their untiring efforts. As Shinde points out, “On the strength of her love for all the people in her village, Mohamaya successfully defies taboos of caste, class and clan.” (Shinde) Further, the element of virtue and goodness is still rooted in the character of the villagers, which just needs to be nourished a little and as a result, we see at the end of the novel, the journey of the villagers from self to selfless, from the material to the spiritual, from the family to the community, from caste and community differences to the ideal of humanity.

On the contrary there is no selfless individual, no single powerful character of integrity who can connect different occupants of Vishram Society in one whole. Rather than resolving disputes, they love to gossip about the petty weaknesses of their neighbours. Further, there are as many differences in Vishram as there are apartments in it. More than that within the apartment there is no sign of loyalty or integrity of character – Mr. Kudwa, a married cyber café owner flirts with Mrs. Puri, Ajwani, a broker and father of two sons exploits women clients in his own house, Mr Rego betrays his wife leaving her quarrelling for petty matters throughout her life, Miss Minaxi, a single lady has live-in relationship with her boyfriend, the denizens of the city frequently visits the brothels on Falkland road which provide an easy means to release their sexual energy, Mr Shah, a widower sleeps with aspiring models in his cosy bedrooms, even a sexagenarian Masterji feels sexual temptation at the presence of a single lady in his neighbourhood.

Further, the hollowness of human character is revealed through different episodes where under the eyes of the protectors of laws many crimes happen, where a lawyer on the promise of legal help grabs unreasonable fees from his client and takes under the table money from the accused builder, where a newspaper misrepresents the murder of Masterji as a case of suicide and misguides the investigation team, and where post-mortem experts give a hoax report not finding any man-made injury on Masterji’s head and where not a single commuter pulls the chain of the train to save Masterji’s daughter who was pushed from the crowded coach of a running Mumbai local because of the pressure to reach their offices in time. The element of goodness and humanity is not visible in a single living character of the novel except Ramu, Mrs Puri’s son, perhaps because he is mentally paralysed with Down’s syndrome.

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In both novels, we see the characters attracting what they desire for so intensely. And additionally, we notice the elimination of those who pose a kind of direct or indirect obstacle in their goals. It is Biren's selflessness, love for village and orientation towards community service that make him attracted to Mohamaya and the village Balavpur. In their company, he finds his entire being nourished; Mohamaya besides being his beloved gives Biren all the motherly love and care which bring fulfilment in his life. Whereas kicked by his father, Mr. Shah takes recourse in Mumbai, struggles a lot to carve out his existence in a metro city, his insulted ego draws him to the world of ambition, of redevelopment business and the entire world of corruption and cherishes a desire to make a mark in the world before he dies by constructing Shanghai, a luxurious apartment. His connections with the corrupt world and his sexual relations with aspiring models degenerate him morally and spiritually and make his life a dog's life literally. Further, his exposure to the old construction material eats him away physically and his search for meaning in life proves to be a mirage. Spengler's comment on the dilemma of modern man's existence expressively brings out the dichotomy between the self and the society: "The crisis of the present manifests itself in alienation from oneself, from one's fellowmen and from nature; the awareness that life runs out of one's hands like sand, and that one will die without having lived; that one lives in the midst of plenty and joylessness." Though Mr Shah enjoys all the luxuries of the material life, he fails to get human love – losses his mother during childhood, is rejected by his father, losses his wife who was homely, caring and virtuous lady making easy for the builder to live a life of licentiousness. Had she lived longer, Mr Shah perhaps would not have got entangled in the web of ambition, crime and sex. As life proceeds, different women like Nannu and Rosie get attracted to him – devoid of any love in their own life they help to release his sexual energy with a target to fulfil their desire for money and material. Moreover his own son Satish too detests Mr Shah – he jeers and hates the way he speaks and the way he chews tobacco. Acting with a focus on his self, he attracts those who are interested in their self, instigates the entire Vishram society to remove the obstinate man posing as a threat to their motives and clears their way to create a life of their selfish dreams and desires. Ajwani's talk with Mrs. Rego reveals his realization at the end of the novel: "You and I were trapped: but we *wanted* to be trapped." (Adiga 419)

Mohamaya known as "Basu's most thoughtful creation" (Prasad 177) represents Basu's vision for development which lies in an Indian village. She is the soul and spirit of the entire village Balavpur. Unlike Mr Shah she is nourished with unconditional love and high degree of acceptance in her family, so she

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naturally reflects acceptance, love, care, warmth and sympathy for her fellow human beings. The only religion that she follows is the religion of humanity. When asked by Biren whether she wants nice clothes or jewellery, she instantly replies, “No one here has them. Why should I?” (Basu 51). This statement puts Mohamaya in sharp contrast with the occupants of Vishram who are feverish with greed and material desire. In a caste burdened village, she freely takes lunch with the people who are considered to belong to lower castes. She is an independent girl in the real sense of the term as she is beyond the boundaries of caste, religion and other misbeliefs. She has equal love for humans as well as animals. Most of the male characters in the novel, except Biren, are egoistic, quarrelsome, hankering after money and land who rather than curing the ills of the society aggravates it. As Gobindo rightly introduces her to Biren, she is “A gift from heaven. Without Mohamaya, Balavpur would not be livable. She is everywhere – with the *chamars*, *kanoras*, *domes*, *Musalman*s.” (Basu 37)

Mohamaya’s strong belief in the village and her untiring efforts to make it an ideal place to live for come from her father, who is fully committed to his profession and tries to serve the villagers of Balavpur in the best possible manner. Mastermoshai says: “... we have to make our roots stronger. Those who run away neither help themselves nor the place.” (Basu 182) The life in a village gives her all the freedom which she feels smothered in Calcutta, where she has been married. Leaving all the luxuries of a city life, she prefers to go back to her roots with which she is deeply attached. Contrary to the ambitious mind set of the residents of Vishram, Mohamaya shuns the pleasures of aristocratic living due to her oneness with the poor and ill-fated villagers of Balavpur. Contrary to Mohamaya’s sacrifice, Adiga’s Mrs Puri, a middle class woman’s dream to have a dinner at the Taj Hotel in the wake of Mr. Shah’s redevelopment offer, reveals the superficial desire of a modern woman:

Since she was a child, she had seen its pale conical lampshades behind the dark windows: the Sea Lounge at the Taj Hotel. This Sunday they would walk in, hand in hand, and ask the waiter: ‘A table in Sea Lounge, please.’ Good behaviour would be observed by all, especially by Ramu May be a film star would come in. After settling the bill (hundreds and hundreds of rupees), they would keep it as a memento. (Adiga 158)

Bestowed with the godly qualities of unconditional love for her fellow human beings when a villager falls ill, she nurses him, when somebody becomes a victim of depression, she encourages him, when bitterness

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and caste and communal tensions pummel the village, she removes it with her sheer force of feminine energy and emotional intelligence. It is this quality of Mohamaya which melts the heart of the Muslim businessman at the end of the novel in the village which is virtually on the verge of destruction due to communal tensions and rivalries. Her success at the end of the novel reflects the villagers' inherent belief in the good over the evil and of course the sheer force of feminine energy and her strong aura which overwhelms the petty fights and differences in the villages for the greater good of the society. As P.Somanath beautifully puts it, "She is one of the rare women characters in Indian fiction in English. She is a shining example of the virtues, strength and wisdom of Indian womanhood." (Somanath 89) In contrast to Mohamaya's concerns for the villagers, Adiga's Kothari, secretary of Vishram, is a hypocritical being to the core. Kothari's creator sees through the man as he observes:

Asked to resolve disputes, Kothari listened to both parties, nodding his head and scratching sympathetic notes on scrap paper..... When the disputants left his office, he threw the paper into the waste bin People were forced to adjust; temporary compromises congealed. And life went on. (Adiga 17)

The tamarind tree, in the novel of the same name, is situated in the central location of the market in the novel. It has been planted by Anukul's father, Manmatha Ghose, who used to sit under it to recite the Gita. The Tamarind Tree, rather than a physical entity, is a symbol: it signifies old values, man's desire to go back to his roots, his belief in the world created by God, of returning back to village, offering the shade and sweet fruit by subjecting oneself to the life of commitment in the service of the community. Similarly in Adiga's novel, the Shanghai, Mr Shah's luxurious apartment of dream _ symbolises man's ego, his lonely existence, his petty differences, his rejection of the world created by the God and his beliefs in the system created by the human, the man-made, and the artificial. It stands for man's towering ambition, his competitive nature, his internal hollowness, his desperate attempts to rise in ego, his fear of death and ephemeral nature and his desire to be remembered forever.

The study of the dynamics of human character in two different types of novels have proved to be a fruitful investigation as both the novels offer contradictory concerns lying deeply in the recesses of the human mind. Basu's characters turn the village into a heavenly place where there is fraternity, equality and liberty earned

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through selflessness, dedication for the purpose of the community, renunciation of the luxuries of life and upliftment of the lives of the poor and the depressed. At the end of the novel, we see spiritual fulfilment in the lives of Biren and Mohamaya as well as the villagers. Whereas Adiga's world presents the modern man, his selfish pursuits, his materialistic concerns, the superficial pleasures of life, dirty competition for material gains and degeneration of human values because of their selfish gains. Consequently we see different characters materially sound but feeling rootless and their desire for fulfilment remains a mirage.

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111. નિમ્ન પ્રાથમિક અને ઉચ્ચ પ્રાથમિક શાળાના શિક્ષકોના મૂલ્યોનો તુલનાત્મક અભ્યાસ

A Comparative Study: Values of Lower Primary and Upper Primary School Teachers

અભ્યાસક	માર્ગદર્શક
પ્રજ્ઞેશકુમાર કે. પટેલ	ડૉ. ડાહ્યાભાઈ એમ. પટેલ
M.Sc, M.Ed, GSET	પ્રોફેસર
મુખ્ય શિક્ષક, કમોડ પ્રાથમિક શાળા, દક્ષિણ ઝોન - અમદાવાદ	શિક્ષણ વિદ્યાશાખા (IASE) ગુજરાત વિદ્યાપીઠ, અમદાવાદ

■ સારાંશ

સમાજમાં જોવા મળતી નિયમબદ્ધતા સમાજની આગવી ઓળખ છે. જે સમાજમાં નિયમો અને મર્યાદાઓનું પાલન ઉત્તમ રીતે થાય છે તે જ તેની સંસ્કૃતિ છે અને તે જ સમાજનું પ્રાણતત્ત્વ મૂલ્ય છે. મૂલ્ય વગર સમાજ કે સંસ્કૃતિનું કોઈ અસ્તિત્વ સંભવ નથી. વ્યક્તિના સામુદાયિક મૂલ્યલક્ષી વ્યવહારો જ સમાજ કે સંસ્કૃતિની સાચી ઓળખ છે. મહાન ચિંતક પ્લેટોએ માનવજીવનને મૂલ્યપેક્ષી મૂલ્યની અપેક્ષાવાળું માન્યું છે.

દરેક વ્યક્તિએ ધર્મથી, ન્યાયનીતિથી શિસ્તમાં રહીને પ્રામાણિકતાથી અર્થનું ઉપાર્જન કરવું જોઈએ. આવી રીતે પ્રાપ્ત કરેલ ધનનો ઉપયોગ પણ ધર્મ, ન્યાય-નીતિ અને પ્રામાણિકતાથી કરવો જોઈએ. ભૌતિક સુખ સગવડો અને ભોગવિલાસનો ત્યાગ કરીને પ્રજાની સુખાકારી માટે ધનનો ઉપયોગ કરવો જોઈએ. આર્થિક ઉત્પાદકતા મૂલ્યની પ્રાપ્તિ ભૌતિક અને અભૌતિક બંને પ્રકારની હોઈ શકે છે અને એ સંદર્ભમાં કરવા યોગ્ય પ્રવૃત્તિઓને આ ગુણ સાથે જોડી ઉત્પાદક પ્રવૃત્તિ કરવી આર્થિક મૂલ્ય છે.

વર્તમાન સમયમાં સમાજના વિવિધ પડકાર અને ધબકાર સાથે સમાજ જીવનમાં આમૂલ પરિવર્તન આવી રહ્યું છે સાથે સમાજમાં મૂલ્યોનું સ્થાપન અતિ મહત્વની બાબત છે. માહિતી અને તકનિકીના પ્રવર્તનમાં યુગમાં છેલ્લા ઘણા વર્ષોથી મૂલ્યોનાં અધ:પતનનો પ્રશ્ન ભારત સહિત દુનિયાના ઘણા વિચારકોને સતાવી રહ્યો છે. પરંતુ વ્યક્તિમાં સહકાર, સામાજિક ન્યાય, સહિષ્ણુતા, સમભાવ, માનવતા જેવા સામાજિક ગુણોમાં ઘટાડો થતો



જોવા મળ્યો છે. ત્યારે જીવનમાં ખંડરોનું આવલંબન શોધવા આવા વિદ્યાર્થીઓના જીવનમૂલ્યોની માવજત માટે જીવન ઘડતર-ચણતર માટે શિક્ષણ સંસ્થા અને શિક્ષકો ઉપર બહુ મોટી જવાબદારી વહન કરવાની ઘડી આવી ચૂકી છે. શિક્ષક સમાજનો સર્જક છે. પ્રશ્ન ઉદભવે શું કરવું? પ્રત્યુત્તર અપાય છે મૂલ્ય સુગ્રથિત શિક્ષક પ્રવર્તમાન યુગમાં જ્ઞાનનો વિસ્ફોટ ચોપેરે ક્ષિતિજોમાં વિસ્તરાઈ રહ્યો છે.

વ્યક્તિની બુદ્ધિ શક્તિ અને ઉપાર્જન ક્ષમતા તેના જીવનના વિવિધ સ્તરે તેને આત્મસન્માન અને આત્મનિર્ભરતા બક્ષે છે. સમગ્ર પૃથ્વી પર મનુષ્ય સૌથી બુદ્ધિશાળી પ્રાણી ગણવામાં આવે છે. મનુષ્ય કેવું વર્તન અને વ્યવહાર કરશે તેનો આધાર તેની બુદ્ધિશક્તિની સાથે-સાથે તેનામાં રહેલ મૂલ્યો પર પણ વધુ આધારિત છે, મૂલ્યો વ્યક્તિએ-વ્યક્તિએ અલગ-અલગ પ્રમાણમાં ગર્ભિત હોય છે જે તેની રહેણી-કરણી અને વાતાવરણ પર આધારિત હોય છે. જે વ્યક્તિને સારા-ખોટા નિર્ણયો સાથે એક સંસ્કારી અને આદર્શ વિશ્વના નિર્માણ માટે વ્યક્તિમાં સામાજિક મૂલ્યોની સમજ અને આચરણ આવશ્યક લેખાય છે તે માટેનું માધ્યમ શિક્ષણ જ છે.

શિક્ષકોનું મૂલ્યો સભર વ્યક્તિત્વ સમાજમાં મૂલ્યોનાં વહન માટે આવશ્યક છે. નવી શિક્ષણનીતિ શિક્ષકોને ‘આપણા સમાજના સૌથી મહત્ત્વપૂર્ણ સભ્યો’ અને ‘પરિવર્તનના મશાલચી’ તરીકે રજૂ કરે છે ત્યારે ગુણવત્તાયુક્ત શિક્ષણને પ્રોત્સાહન આપવાનાં કોઈપણ પ્રયત્નોની સફળતા શિક્ષકની ગુણવત્તા પર આધારિત છે. સમાજ ઘડતરના પાયાનું કાર્ય કરતાં પ્રાથમિક શિક્ષણની શરૂઆતથી જ બાળકોમાં આર્થિક બાબતોનું મહત્ત્વ સમજાય જેથી તે શિક્ષણની ઉપયોગિતા સમજી શકે આ માટે શિક્ષણ પ્રક્રિયામાં શિક્ષકો દ્વારા આમૂલ પરિવર્તન પોતાના આચરણ અને મૂલ્યો થકી જ શક્ય છે.

1. પ્રસ્તાવના

વર્તમાન સમયમાં જ્ઞાનની ક્ષિતિજો વિસ્તરતી જાય છે વિજ્ઞાન અને ટેકનોલોજીના વિકાસની સાથે સાથે દેશ-દુનિયા એક થવા લાગ્યાં છે. સમાજના બદલાતા પ્રવાહોની સાથે શિક્ષણનું મહત્ત્વ વધતું જાય છે. શિક્ષણ એ પૂર્ણ વિકાસની પ્રક્રિયા છે જે જન્મના પહેલાંથી શરૂ થઈ મૃત્યુના છેવાડે પણ પૂર્ણ થતી નથી. શિક્ષણ એ પૂર્ણ વિકાસની પ્રક્રિયા છે. સમાજમાં પ્રવર્તેલા રીતિ-રિવાજો, રૂઠીઓ, માન્યતાઓ, અંધશ્રદ્ધા વગેરેમાં આમૂલ પરિવર્તન આવ્યું છે. સમયાંતરે સમાજમાં પરંપરાગત સંસ્કૃતિ થકી નક્કી થયેલાં મૂલ્યો હંમેશા જળવાઈ રહે છે.

CONFERENCE PROCEEDING

An International Multidisciplinary Multilingual E-Conference on
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सामाजिक परिवर्तन माटे जवाबदार मुख्य परिवर्तन जो कोई होय तो ते शिक्षण छे, शिक्षण थकी ज समाजमां मूल्योनी जाणवणी थाय छे.

मूल्येने कारणे व्यक्ति समाजे सूचवेली अने नीति-नियमो साथेनी प्रवृत्तियोने तेनी नीपजना संदर्भमां महत्त्वनी गणे छे. नीतिशिक्षणनुं स्वरूप मानव हृदयने शुद्ध करनारां सत्य अने अहिंसाणा सदगुणोनी तालीम होवुं जोईये. बाणकमां मूल्योनुं घडतर घर, परिवार, समाज अने शिक्षणमांथी थाय छे ते पैकी शिक्षण द्वारा मूल्योनुं सिंयन बाणकोमां गर्भित संस्कारोनुं काम करे छे. बाणकनी शिक्षणनी शुरुआत प्राथमिक शिक्षणथी थाय छे त्यारे प्राथमिक शाळाओमां कार्यरत शिक्षकोना मूल्यो प्रत्येना विचारो अने समजनी सीधी असर बाणकोना घडतर पर थाय छे तेथी प्राथमिक शाळाना निम्न अने उच्च प्राथमिक शाळाना शिक्षकोनां सामाजिक अने आर्थिक मूल्यो विशेना विचारो, समज तेमज तेमनी मूल्यो वच्ये शो तझावत जोवा मणे छे ते जाणवणा हेतुसर प्रस्तुत आभ्यास हाथ धरवामां आव्यो हतो.

2. समस्या कथन

निम्न प्राथमिक अने उच्च प्राथमिक शाळाना शिक्षकोना मूल्योनी तुलनात्मक अभ्यास पढोनी व्यावहारिक व्याख्या

प्रस्तुत अभ्यासना पारिभाषिक शब्दोनी समज नीचे मुजब छे.

निम्न प्राथमिक शाळा

मङ्गल अने इरजियात शिक्षणना नियमो, गुजरात(2012) मुजब प्राथमिक शाळा अटले घोरण 1 थी 8 नुं शिक्षणकार्य थतुं होय तेवी मान्यता प्राप्त शाळा पैकी घोरण 1 थी 5 नी शाळा अटले निम्न प्राथमिक शाळा

उच्च प्राथमिक शाळा

मङ्गल अने इरजियात शिक्षणना नियमो, गुजरात(2012) मुजब प्राथमिक शाळा अटले घोरण 1 थी 8 नुं शिक्षणकार्य थतुं होय तेवी मान्यता प्राप्त शाळा पैकी घोरण 6 थी 8 नी शाळा अटले निम्न प्राथमिक शाळा

शिक्षको



મફત અને ફરજિયાત શિક્ષણના નિયમો, ગુજરાત(2012) મુજબ માન્યતા પ્રાપ્ત પ્રાથમિક શાળા ધોરણ - 1 થી 5 માં શૈક્ષણિક કાર્ય કરતાં શિક્ષકો એટલે નિમ્ન પ્રાથમિક શાળાના શિક્ષકો અને ધોરણ 6 થી 8 માં શૈક્ષણિક કાર્ય કરતાં શિક્ષકો એટલે ઉચ્ચ પ્રાથમિક શાળાના શિક્ષકો.

મૂલ્યો

શાબ્દિક અર્થ મૂલ્ય એટલે કંઈક ગુણવત્તાવાળું, ઉપયોગી, શ્રેષ્ઠ, મહત્ત્વનું, મૂલવી શકાય તેવું કે મેળવવા યોગ્ય. મૂલ્ય એ આદર્શ કે ધોરણો છે. વ્યક્તિત્વના સર્વ પાસાઓનાં ગુણાત્મક લક્ષણો.

વિવરાણાત્મક અર્થ મૂલ્ય એક વિચાર છે. સંકલ્પના છે એટલે કે જીવનમાં કંઈક મહત્ત્વપૂર્ણ હોવા અંગેનો વિચાર છે. કોઈપણ જાતના નુકસાન વગર સમાજનું કલ્યાણ થાય તેવી ડહાપણ નીતિ. એવા સિદ્ધાંતો અને ધોરણો કે જે વ્યક્તિ દ્વારા સ્વીકૃત થાય અને માનવ વર્તનમાં તેનો વિનિયોગ થાય તો તેના જીવનને વર્તણૂકની સ્વીકૃત કક્ષાએ લઈ જાય અને ગૌરવવંતી બનાવે.

વ્યવહારુ અર્થ

“માનવે કોઈ વસ્તુને આપેલો અર્થ એટલે મૂલ્ય.”¹ - હરિપ્રસાદ જોષી

“મૂલ્ય એટલે એવી માન્યતા કે જેને વ્યક્તિ અગ્રતા આપે છે.”² - ઓલપાર્ટ

સામાજિક મૂલ્યો : સહિષ્ણુતા, સામાજિક ન્યાય, સમભાવ, સહકાર, માનવતા

એક વ્યક્તિનો અન્ય વ્યક્તિ સાથેનો સંબંધ સમાનતાની કક્ષાએ, એકત્વની કક્ષાએ અને સમાન વહેંચણીની કક્ષાએ છે તેવું વ્યક્તિગત વર્તન, પ્રત્યેક વ્યક્તિને પોતાના હકનું જે કંઈ હોય તે મળે છે અને તેને કારણે સમાજના કોઈ ઘટકને કશું પણ પોતાના હોવા છતાં ગુમાવવું પડતું નથી તેવી ભાવના એટલે સામાજિક મૂલ્ય.

એરિસ્ટોટલ કહે છે કે “માણસ સામાજિક પ્રાણી છે”²⁰ વ્યક્તિ સમાજનું એક અવિભાજ્ય અંગ છે. વ્યક્તિ અને સમાજ બન્ને એકબીજાને પરસ્પર કલ્યાણકારી બનાવે છે. સામાજિક મૂલ્યો અનુત્પાદક નથી હોતાં પણ ઉત્પાદક હોય છે મતલબ કે સામાજિક મૂલ્યો વહેંચણીને લીધે ખલાસ થઈ જતાં નથી પણ તેમાં વૃદ્ધિ થતી રહે છે અને સમય જતાં તેમાં વધુ સૂક્ષ્મતા અને ઊડાણતા આવે છે. સામાજિક મૂલ્યો વ્યક્તિના સંઘજીવનમાંથી પ્રગટ થાય છે. ટૂંકમાં સમુદાયનો વિકાસ થાય તેવા સામુદાયિક હિતના કાર્યો એટલે જ સામાજિક મૂલ્યો.

આર્થિક મૂલ્યો : ઉત્પાદકતા



આર્થિક મૂલ્યના સંદર્ભમાં પ્રવૃત્તિ કરવાથી વ્યક્તિની જીવન વ્યવહારમાં જરૂરી દ્રવ્ય, પૈસા, સાધન સામગ્રી વગેરે મળે છે. આ પ્રવૃત્તિઓથી જીવનવ્યવહારની ક્ષમતા વધે છે. જીવનવ્યવહાર માટે જરૂરી પૈસા મેળવવા આ મૂલ્યને કારણે વ્યક્તિ સમાજે સૂચવેલી અને નીતિ-નિયમો સાથેની પ્રવૃત્તિઓને તેની નીપજના સંદર્ભમાં મહત્ત્વની ગણે છે. શોષણવિહીન અર્થવ્યવસ્થા માટે વ્યક્તિની એવી પ્રવૃત્તિઓને કારણે ઊભું થયેલ વ્યવસ્થા તંત્ર કે જે વ્યક્તિને ધન ઉપાર્જનમાં મદદ કરે પરંતુ એને માટે અન્યને નુકશાન કે ઉપાર્જન વગરની શોષણયુક્ત પ્રવૃત્તિઓ કરવાની ન હોય.

દરેક વ્યક્તિએ ધર્મથી, ન્યાયનીતિથી શિસ્તમાં રહીને પ્રામાણિકતાથી અર્થનું ઉપાર્જન કરવું જોઈએ. આવી રીતે પ્રાપ્ત કરેલ ધનનો ઉપયોગ પણ ધર્મ, ન્યાય-નીતિ અને પ્રામાણિકતાથી કરવો જોઈએ. ભૌતિક સુખ સગવડો અને ભોગવિલાસનો ત્યાગ કરીને પ્રજાની સુખાકારી માટે ધનનો ઉપયોગ કરવો જોઈએ. આર્થિક ઉત્પાદકતા મૂલ્યની પ્રાપ્તિ ભૌતિક અને અભૌતિક બંને પ્રકારની હોઈ શકે છે અને એ સંદર્ભમાં કરવા યોગ્ય પ્રવૃત્તિઓને આ ગુણ સાથે જોડી ઉત્પાદક પ્રવૃત્તિ કરવી આર્થિક મૂલ્ય છે.

4. અભ્યાસના હેતુઓ

પ્રસ્તુત અભ્યાસના હેતુઓ નીચે મુજબ છે.

1. નિમ્ન અને ઉચ્ચ પ્રાથમિક શાળાના શિક્ષકોનાં સામાજિક અને આર્થિક મૂલ્યોની ચકાસણી કરવી.
2. નિમ્ન અને ઉચ્ચ પ્રાથમિક શાળાના શિક્ષકોનાં મૂલ્યોની ચકાસણી માટે સામાજિક અને આર્થિક મૂલ્ય માપદંડની રચના કરવી.
3. નિમ્ન અને ઉચ્ચ પ્રાથમિક શાળાના શિક્ષકોનાં સામાજિક અને આર્થિક મૂલ્યોની શૈક્ષણિક કક્ષાઓના સંદર્ભમાં ચકાસણી કરવી.
4. નિમ્ન અને ઉચ્ચ પ્રાથમિક શાળાના શિક્ષકોનાં સામાજિક અને આર્થિક મૂલ્યોની વિસ્તારના સંદર્ભમાં ચકાસણી કરવી.
5. અભ્યાસમાં સમાવિષ્ટ ચલ

ચલ એટલે ચલિત, પરિવર્તિત, બદલાતું રહે તે...



અભ્યાસમાં સમાવિષ્ટ ચલો

ક્રમ	ચલ	પ્રકાર	કક્ષા
1	સ્વતંત્ર ચલ	શૈક્ષણિક કક્ષા	નિમ્ન પ્રાથમિક
			ઉચ્ચ પ્રાથમિક
		વિસ્તાર	ગ્રામ્ય
			શહેરી
2	પરતંત્ર ચલ	સામાજિક અને આર્થિક મૂલ્યો	

6. અભ્યાસની ઉત્કલ્પનાઓ

ઉત્કલ્પનાઓ સંશોધનનાં પરિણામો અંગેના કામચલાઉ જવાબ આપે છે.

પ્રસ્તુત સંશોધનની ઉત્કલ્પનાઓ નીચે મુજબ છે.

Ho₁ નિમ્ન પ્રાથમિક અને ઉચ્ચપ્રાથમિક શાળાના શિક્ષકોના સામાજિક અને આર્થિક મૂલ્ય માપદંડમાં મેળવેલ પ્રાપ્તાંકોની સરાસરી વચ્ચે સાર્થક તફાવત નહીં હોય.

Ho₂ નિમ્ન પ્રાથમિક અને ઉચ્ચ પ્રાથમિક શાળાના ગ્રામ્ય વિસ્તારના શિક્ષકોના સામાજિક અને આર્થિક મૂલ્ય માપદંડમાં મેળવેલ પ્રાપ્તાંકોની સરાસરી વચ્ચે સાર્થક તફાવત નહીં હોય.

Ho₃ નિમ્ન પ્રાથમિક અને ઉચ્ચ પ્રાથમિક શાળાના શહેરી વિસ્તારના શિક્ષકોના સામાજિક અને આર્થિક મૂલ્ય માપદંડમાં મેળવેલ પ્રાપ્તાંકોની સરાસરી વચ્ચે સાર્થક તફાવત નહીં હોય.

7. અભ્યાસનું ક્ષેત્ર, પ્રકાર અને પદ્ધતિ

અભ્યાસનું ક્ષેત્ર : શૈક્ષણિક તત્ત્વજ્ઞાન

અભ્યાસનો પ્રકાર : વ્યાવહારિક સંશોધન

સંશોધન પદ્ધતિ : સર્વેક્ષણ પદ્ધતિ



8. અભ્યાસનો વ્યાપવિશ્વ અને નિદર્શ

વ્યાપવિશ્વ

પ્રસ્તુત અભ્યાસમાં અમદાવાદ જિલ્લા પંચાયત અને અમદાવાદ મ્યુનિસિપલ કોર્પોરેશન સંચાલિત પ્રાથમિક શાળાઓમાં 2020-21 નાં વર્ષ દરમિયાન કાર્યરત શિક્ષકોને વ્યાપવિશ્વમાં સમાવેશ કરવામાં આવ્યા હતા.

નિદર્શ

પ્રસ્તુત અભ્યાસમાં અમદાવાદ જિલ્લા પંચાયત સંચાલિત પ્રાથમિક શાળાઓ અને અમદાવાદ મ્યુનિસિપલ કોર્પોરેશન સંચાલિત પ્રાથમિક શાળાઓમાંથી સહેતુક નમૂના પદ્ધતિથી શાળાઓની પસંદગી કરી ગ્રામ્યના-50 અને શહેરીના-50 એમ કુલ - 100 શિક્ષકોને નમૂના તરીકે પસંદ કરવામાં આવ્યા હતા.

9. અભ્યાસનું ઉપકરણ

પ્રસ્તુત અભ્યાસમાં સ્વ-રચિત સામાજિક અને આર્થિક 'મૂલ્ય માપદંડ'નો ઉપયોગ કરવામાં આવ્યો હતો. તેમાં સામાજિક અને આર્થિક મૂલ્યોના છ ઘટકોને આધારે વિધાનો તૈયાર કરવામાં આવ્યાં હતાં. તજજ્ઞોશ્રીઓનું માર્ગદર્શન લઈ જરૂરી સુધારા વધારા કરી અંતિમ વિધાનો પસંદ કરવામાં આવ્યા.

પ્રસ્તુત મૂલ્ય માપદંડમાં 40 વિધાનો છે. પ્રત્યેક વિધાન સાથે પંચબિંદુ સમાન માપન યોજના છે. હકારાત્મક વિધાન માટે અનુક્રમે 5,4,3,2,1 ગુણ છે અને નકારાત્મક વિધાન માટે 1,2,3,4,5 ગુણ આપવામાં આવેલ છે. પ્રત્યેક વિધાનનું ગુણાંકન કર્યા બાદ તમામ વિધાનોના ગુણોનો સરવાળો કરતાં જે તે શિક્ષકોનાં સામાજિક અને આર્થિક મૂલ્યોના કુલ ગુણ મળે છે.

10. અભ્યાસની ઉપયોગિતા

- આધુનિક ટેકનોલોજીનાં સમયમાં પ્રાથમિક શાળાના શિક્ષકોમાં સામાજિક અને આર્થિક મૂલ્યો વિશેના વિચારો કેટલે અંશે ગર્ભિત છે તે જાણી શકાશે.
- શિક્ષકોમાં શૈક્ષણિક કક્ષા અને વિસ્તારના સંદર્ભમાં સામાજિક અને આર્થિક મૂલ્યો પ્રત્યેની સભાનતા જાણી શકાશે.
- શિક્ષકોમાં સામાજિક અને આર્થિક મૂલ્યો પ્રત્યે જાગૃતતા વધશે.
- શિક્ષકોમાં સામાજિક અને આર્થિક મૂલ્યો પ્રત્યે સભાનતા વધતાં તેમના માધ્યમથી શાળાના બાળકો તમજ સમાજમાં તેઓ મૂલ્યોના વાહક બનશે.



11. અભ્યાસનો વ્યાપ અને મર્યાદાઓ

- પ્રસ્તુત અભ્યાસ માનવ જીવન સાથે સંબંધિત ઘણાં જીવનમૂલ્યો પૈકી સામાજિક અને આર્થિક મૂલ્યો પૂરતો મર્યાદિત રહેશે.
- પ્રસ્તુત અભ્યાસ અમદાવાદ જિલ્લા પંચાયત અને અમદાવાદ મ્યુનિસિપલ કોર્પોરેશન સંચાલિત પ્રાથમિક શાળાના ગુજરાતી માધ્યમના શિક્ષકો પૂરતું મર્યાદિત રહેશે.
- પ્રસ્તુત અભ્યાસમાં શૈક્ષણિક કક્ષા અને વિસ્તાર સિવાયના ચલોનો સમાવેશ કરવામાં આવ્યો નથી.
- પ્રસ્તુત અભ્યાસમાં ઉપયોગમાં લેવામાં આવેલ સામાજિક અને આર્થિક મૂલ્ય માપદંડની મર્યાદા પ્રસ્તુત અભ્યાસની મર્યાદા રહેશે.

12. માહિતીનું એકત્રીકરણ

પ્રસ્તુત અભ્યાસમાં માહિતીના એકત્રીકરણ માટે કોરોના મહામારીના કારણે શિક્ષકો પાસેથી રૂબરૂ સંપર્ક કરી માહિતી એકત્ર ન કરતાં નિદર્શ મૂજબની સંખ્યાના પ્રમાણમાં શિક્ષકો પાસેથી ગૂગલ ફોર્મના માધ્યમથી માહિતી એકત્ર કરવામાં આવી.

13. માહિતીનું વિશ્લેષણ અને અર્થઘટન

પ્રસ્તુત અભ્યાસમાં શૈક્ષણિક કક્ષા અને વિસ્તારના સંદર્ભમાં પ્રાથમિક શાળાના શિક્ષકોનાં સામાજિક અને આર્થિક મૂલ્યોની ચકાસણી કરવા માટે કુલ ત્રણ ઉત્કલ્પનાઓની રચના કરવામાં આવી હતી તે મૂજબ માહિતીનું વિશ્લેષણ અને અર્થઘટન નીચે મૂજબ છે.

H_0 : નિમ્ન પ્રાથમિક અને ઉચ્ચ પ્રાથમિક શાળાના શિક્ષકોના સામાજિક અને આર્થિક મૂલ્ય માપદંડમાં મેળવેલ પ્રાપ્તાંકોની સરાસરી વચ્ચે સાર્થક તફાવત નહીં હોય.

સારણી : 1

નિમ્ન અને ઉચ્ચ પ્રાથમિક શાળાના શિક્ષકોનાં મૂલ્ય માપદંડના પ્રાપ્તાંકોની

સાર્થકતા કક્ષા

સમૂહ	N	\bar{x}	Sd^2	M.D.	SE_d	t મૂલ્ય	સાર્થકતા કક્ષા
નિમ્ન પ્રાથમિક	60	177.2	108.2	2.37	2.18	1.12	NS
ઉચ્ચ પ્રાથમિક	40	174.7	118.7				

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सारणी : 1 मांना प्रत्युत्तरोनुं विश्लेषण करतां निम्न अने उच्च प्राथमिक शाळाना शिक्षकोये सामाजिक अने आर्थिक मूल्य मापदंडमां मेणवेल प्राप्तांकोनी सरासरी अनुक्रमे 177.2 अने 174.7 छे, ज्यारे प्रमाण वियलन अनुक्रमे 108.2 अने 118.7 छे तथा प्रमाणभूल 2.18 छे अने t-मूल्य 1.12 छे जे 0.05 कक्षाये सार्थक नथी. तेथी कही शकाय के उत्कल्पना H_{01} नो अस्वीकार थतो नथी. अटले के सरासरी वय्ये जे तझावत जोवा मणे छे ते वास्तविक नथी परंतु आकस्मिक छे. अर्थात् निम्न अने उच्च प्राथमिक शिक्षकोना सामाजिक अने आर्थिक मूल्योमां तझावत जोवा मणतो नथी.

H_{02} : निम्न प्राथमिक अने उच्च प्राथमिक शाळाना ग्राम्य विस्तारना शिक्षकोना सामाजिक अने आर्थिक मूल्य मापदंडमां मेणवेल प्राप्तांकोनी सरासरी वय्ये सार्थक तझावत नहीं होय.

सारणी : 2

निम्न अने उच्च प्राथमिक शाळाना शिक्षकोनां ग्राम्य विस्तारना संदर्भमां मूल्य मापदंडना प्राप्तांकोनी सार्थकता कक्षा

समूह	N	\bar{x}	Sd^2	M.D.	SE_d	t मूल्य	सार्थकता कक्षा
निम्न प्राथमिक	30	179	80.1	3.02	3.05	0.99	NS
उच्च प्राथमिक	20	176	132.6				

सारणी : 2 मांना प्रत्युत्तरोनुं विश्लेषण करतां निम्न अने उच्च प्राथमिक शाळाना ग्राम्य विस्तारना शिक्षकोये सामाजिक अने आर्थिक मूल्य मापदंडमां मेणवेल प्राप्तांकोनी सरासरी अनुक्रमे 179 अने 176 छे, ज्यारे प्रमाण वियलन अनुक्रमे 80.1 अने 132.6 छे तथा प्रमाणभूल 3.05 छे अने t-मूल्य 0.99 छे जे 0.05 कक्षाये सार्थक नथी. तेथी कही शकाय के उत्कल्पना H_{02} नो अस्वीकार थतो नथी. अटले के सरासरी वय्ये जे तझावत जोवा मणे छे ते वास्तविक नथी परंतु आकस्मिक छे. अर्थात् निम्न अने उच्च प्राथमिक शिक्षकोना ग्राम्य विस्तारना संदर्भमां सामाजिक अने आर्थिक मूल्योमां तझावत जोवा मणतो नथी.

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Ho₃ : निम्न प्राथमिक અને ઉચ્ચ પ્રાથમિક શાળાના શહેરી વિસ્તારના શિક્ષકોના સામાજિક અને આર્થિક મૂલ્ય માપદંડમાં મેળવેલ પ્રાપ્તાંકોની સરાસરી વચ્ચે સાર્થક તફાવત નહીં હોય.

સારણી : 3

નિમ્ન અને ઉચ્ચ પ્રાથમિક શાળાના શિક્ષકોનાં શહેરી વિસ્તારના સંદર્ભમાં મૂલ્ય માપદંડના પ્રાપ્તાંકોની સાર્થકતા કક્ષા

સમૂહ	N	\bar{x}	Sd ²	M.D.	SE _d	t મૂલ્ય	સાર્થકતા કક્ષા
નિમ્ન પ્રાથમિક	30	176.5	141.6	3.00	3.22	0.93	NS
ઉચ્ચ પ્રાથમિક	20	173.5	113.1				

સારણી : 2 માંના પ્રત્યુત્તરોનું વિશ્લેષણ કરતાં નિમ્ન અને ઉચ્ચ પ્રાથમિક શાળાના શહેરી વિસ્તારના શિક્ષકોએ સામાજિક અને આર્થિક મૂલ્ય માપદંડમાં મેળવેલ પ્રાપ્તાંકોની સરાસરી અનુક્રમે 176.5 અને 173.5 છે, જ્યારે પ્રમાણ વિચલન અનુક્રમે 141.6 અને 113.1 છે તથા પ્રમાણભૂલ 3.22 છે અને t-મૂલ્ય 0.93 છે જે 0.05 કક્ષાએ સાર્થક નથી. તેથી કહી શકાય કે ઉત્કલ્પના Ho₃ નો અસ્વીકાર થતો નથી. એટલે કે સરાસરી વચ્ચે જે તફાવત જોવા મળે છે તે વાસ્તવિક નથી પરંતુ આકસ્મિક છે. અર્થાત્ નિમ્ન અને ઉચ્ચ પ્રાથમિક શિક્ષકોના શહેરી વિસ્તારના સંદર્ભમાં સામાજિક અને આર્થિક મૂલ્યોમાં તફાવત જોવા મળતો નથી.

14. અભ્યાસનાં તારણો

- નિમ્ન પ્રાથમિક અને ઉચ્ચ પ્રાથમિક શાળાના શિક્ષકોમાં સામાજિક અને આર્થિક મૂલ્યોમાં સમાનતા જોવા મળે છે.
- નિમ્ન પ્રાથમિક અને ઉચ્ચ પ્રાથમિક શાળાના શિક્ષકોમાં ગ્રામ્ય વિસ્તારના સંદર્ભમાં સામાજિક અને આર્થિક મૂલ્યોમાં સમાનતા જોવા મળે છે.
- નિમ્ન પ્રાથમિક અને ઉચ્ચ પ્રાથમિક શાળાના શિક્ષકોમાં શહેરી વિસ્તારના સંદર્ભમાં સામાજિક અને આર્થિક મૂલ્યોમાં સમાનતા જોવા મળે છે.



15. અભ્યાસના ફલિતાર્થો

વ્યક્તિના જીવનમાં મૂલ્યો એ અનિવાર્ય વ્યક્તિત્વનું પાસું છે જે વ્યક્તિને સમાજમાં તેમજ અન્ય જગ્યાએ અસ્તિત્વ બક્ષે છે. સમાજના પાયાના ઘડતર માટે શિક્ષકો દ્વારા મૂલ્યો થકી થતાં પ્રયત્નો બાળકોના ઘડતરમાં ચિરંજીવીનું કામ કરે છે. જીવનમૂલ્યો વ્યક્તિના વ્યક્તિત્વનું ખૂબ જ મહત્ત્વનું પાસું છે. પ્રસ્તુત અભ્યાસમાં શિક્ષકના જીવનમૂલ્યો સંદર્ભે સામાજિક અને આર્થિક મૂલ્યોમાં શૈક્ષણિક કક્ષા અને વિસ્તારના સંદર્ભમાં સમાનતા જોવા મળે છે. શિક્ષક થકી શિક્ષણમાં સમાજ માટે ઉપયોગી સામાજિક અને અર્થોપાર્જન માટે ઉત્પાદકતા મૂલ્યો જરૂરી છે.

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112. Inevitability of E-Learning: A study with special reference to English Language Teaching

Dr. Paresh N. Jotangiya

Assistant Professor, Dept. of Humanities,
Arun Muchhala Engineering College, Dhari

Introduction:

“All persons should be educated, so we could have peace in the world.” – John Amos Comenius, father of modern education. Having an educated population is very important when it comes to the overall well being of a nation. **Right to Education Act (RTE)** is an Act of Parliament of India enacted on 4 August 2009, which describes the modalities of the importance of free and compulsory education for children between 6 and 14 in India under Article 21A of the Indian Constitution. There is a straight impact on students’ learning if state faces problems related to education system. Learning should not stop at the end of a class. Classroom prolongs to serve a critical function in any learning strategy. ICT integrated classroom provides a place where students, teachers can interact, experiment, collaborate and create. Today’s education has not remained only on the blackboard and in the textbooks but it has removed all the boundaries of the classroom teaching-learning and with the help of technology one can teach and learn efficiently and perhaps more effectively. ICT provides broader lens of considering possible use of technology in education. This can be achieved effectively with the integration of E-learning concept. Now, E-learning must have a part of all academics and corporate training and seeking for answers of how to manage, integrate and improve. E-learning imparted in higher education is immensely successful in well developed countries. With all the challenges that India is facing in academics and corporate training, E-learning has answers and needs to be



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addressed seriously by the educational department. Technology is not a key item in India; how to use technology, is the biggest challenges. In response to this challenge, the government has partnered with private organization. Through E-learning, people can access large information and get awareness which raises educational level. This revolutionary idea can change and growing towards better India. Government of India has taken several measures to improve the literacy rate in districts and villages where people are poor. There has been a good improvement in literacy rate of India in last 10 years but there is still a long way to go. This is especially true for countries where technical education is expensive, opportunities are limited and economic inequalities exist. The latest inclination to capatilise and to make better India is to establish 'virtual universities'. The University of Madars opened a 'Virtual University' in partnership with University of Mumbai and Calcutta. Educational courses were commenced for graduate, post-graduates and Ph.D. programmes. Everything is available on one touch and it is highly effective and easy to get a solution. E-learning can raise the level of education, literacy and economic development in underdeveloped countries.

Definition of E-learning:

The purpose of this section is not to mention a complex list of definitions and terms connected to E-learning. Instead it wants to present an insight into basic terms and principles connected to E-learning to support reader's orientation. E-learning is just one of the many terms which are used in literature and business. E-learning is defined by many people, in many ways, and as it is most important to gain a clear understanding of what E-learning is.

E-learning is commonly referred to the intentional use of networked information and communications technology in teaching and learning.

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The term E-learning comprises a lot more than online learning, virtual learning, distributed learning, networked or web-based learning. As the letter 'E' in E-learning stands for the word 'electronic', E-learning would incorporate all educational activities that are carried out by individuals or groups working online or offline and synchronously or asynchronously via networked or standalone computers and other electronic devices.

E-learning is constructed in a variety of contexts such as distance learning, online learning and networked learning (Wilson 2001).

E-learning covers a wide set of applications and processes such as web-based learning, computer-based learning, virtual classrooms and digital collaboration. It includes the delivery of content via the Internet, interactive TV, CD-ROM and other interactive multimedia format.

From above definitions, above shared opinion is, E-learning is learning that is facilitated and supported through the use of information and communications technology. It presents the potential to provide the right information to the right people, times, places and medium. E-learning is now facilitating a more flexible learning approach. E-learning methods will greatly change future higher educational systems. Educational institutions maximise the potential of E-learning as a means of delivering higher education and must be completely conscious of the essential success factors concerned with introducing online models of education.

It is required to learn what the term 'E-learning' represents along with its pros and cons before analyzing about E-learning tools.

The growth of E-learning is directly related to the increasing access to information and communication technology. It supports multimedia resource-based learning-teaching and it is also relevant to the growing

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interest in E-learning. Modern teachers are increasingly using ICT to support their teaching. The students are often called 'Net Generation' who have grown up using ICT and also expect to make use of ICT in educational area.

Advantages of E-learning:

- The biggest advantage of E-learning course flexibility and accessibility. Students can access E-learning anywhere like on campus, home and other community learning resource centres. Users can access an E-learning course anytime, anywhere and learn only as much as they need.
- E-learning can be easily accessed by web browsing software on any platform. Browser software and internet are widely available. Most computers have access to a browser which are connects to the institutional intranet or the internet connection.
- It is very easy to change or modify information. The importance of immediate innovation can follow any changes of educational filed and, moreover immediately reflect learners' specific needs. If changes need to be made to a program or courseware after the first implementation, these changes are made on the servers storing the program or courseware. Users can instantly access the update of information.
- By implementing E-learning course, we can save time and travelling cost. There are no transportation expenses for bringing remote students to a centralized institution.
- Learners can access the courseware content from any computer with Internet connection and are not limited by time. It enhances the use of multiple senses in the process of learning. Interactive courseware with implementation of multimedia can have effectiveness in learning process and information remembering.



- E-learning course is based on asynchronous communication. Learner has individuality and has own speed of learning and selection of topics which can change through the time.
- It is very suitable for all kinds of learners. It provides a single experience that accommodates the three distinct learning styles of auditory learners, visual learners and kinaesthetic learners.
- Iowa State University states that through E-learning course learner improves his/her ICT skills which are demanded in modern world.

Disadvantages of E-learning:

- The fundamental obstacle to the growth of E-learning is lack of access to the necessary technology infrastructure, for without it there can be no E-learning.
- Insufficient ICT infrastructure can lead to unsavoury experiences that can cause more damage than good to teachers, students and the learning experience.
- While the costs of the hardware and software are falling, often there are other costs that have often not been factored into the deployment of E-learning ventures.
- The most important of these include the costs of infrastructure support and its maintenance and appropriate training of staff to enable them to make the most of the technology (Naidu 2003)
- Overuse of using multimedia materials in learning content may result in learners' concentration on the multimedia effect rather than on the educational content itself.
- To design course one requires expertise skills in ICT thus it is mandatory to give training for the course creator. It also demands of time, finance and methodology.
- To establish E-learning environment, basic need is to have well-established and organized structured.



- Effective learning happens in a group while in E-learning learner may face risk of isolation. Learners may feel socially isolated without a physical presence of the teacher and classmates. Such a situation may consequently cause the learner's loss of motivation to study through the course.
- E-learning is proved to be very effective for autonomous learners. Students who are likely to follow traditional learning methods, wrong learning habits and low motivation will not get benefits of E-learning. To get desired result learners work regularly and participate actively in the course tasks.

Learning Management Systems plays a central role in the Web-based education system. It connects learning contents and learners together and manages users, learning materials and learning events. It manages and administers administrative tasks. LMS is a software system designed to facilitate administrative tasks as well as student participation in E-learning materials. The basic LMS is a web application where the learner logs on and accesses the learning materials allocated to her/him. While the learner is going through the learning materials repository, the LMS stores information about the learners' interactions, such as scores and answers to the questions. LMS use this information to analyze how well the learner is performing, and is able to provide reports to the administrators and tutors, identifying how well individuals or groups are performing in learning materials or curricula.

Implementation of E-learning course in an institution is very beneficial to all, to achieve success, teachers' support is extremely necessary. Teacher is a key player for making an E-learning project successful. The major idea for implementing E-learning course is taken from Brandon Hall's *Six Steps Guide to Implementing E-learning*. Here a brief description of an implementation approach is presented.

After developing a clear vision of what and how E-learning and the institution's concepts are related, a preparation phase may start. During this preparation phase, it is important to discover E-learning. This pilot



project reveals probably the do's and don'ts for the institution. Next a full implementation phase may take place, during which E-learning will be deployed throughout the institution. Finally, the initiative must be supported throughout the institution, by delivering and updating content and giving support to the users.

Holley (2000) states that E-learning is difficult to implement without the full cooperation and support of lecturers as the degree of interaction between lecturers and students, is still predominant in E-learning environments (Volery 2000).

Many researchers are interested in using computers and Internet as a medium for teaching and learning. Therefore many studies were conducted on using CALL technology and E-learning tools for teaching English. To the researcher's best knowledge, a few studies were conducted on designing and evaluating E-learning course as a supportive tool for teaching communication skills.

The findings presented here are derived from a systematic search or previous research studies of the effectiveness of E-learning.

- How does the effectiveness of E-learning compare with that of face-to-face instruction?
- Does supplementing face-to-face instruction with online instruction enhance learning?
- What practices are associated with and conditions influence the effectiveness of E-learning?

The main challenge of E-learning systems is to provide different courses to different students with different learning abilities. Such systems must also be efficient and adaptive. However, adaptivity can be accomplished by improving the ability to select an appropriate learning object for a specific student. This is what makes E-learning different from traditional classroom teaching. E-learning has become an inevitable part of the higher education system as computer and Internet become integral part of education. It offers



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various opportunities for different ways of learning and it enables a connected environment that supports learning. The chief objective of research is to build a comprehensive framework for best practice-in-context in the use and successful implementation of E-learning tools, technology and systems in higher education. It is essential to investigate the best practice of E-learning implementation and develop a framework that serves as a process model which will facilitate the complete process of implementation E-learning tools, technologies and systems.

In conclusion, the above previous studies have been reviewed, and found that many researchers state the significance of E-learning course. It is clear from the studies that using E-learning course as a supportive tool is more beneficial and helpful than using the traditional methods.

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113. Entrepreneurship Education Scenario in India: A Study

Gandhi Shraddha Rajnikant

Assistant Professor,

Shree H. N. Shukla Group of Colleges, Rajkot.

Dr. R. K. Dave

Principal,

Yogiji Maharaj Mahavidhyalaya Mahila Arts and Commerce College,

Dhari Amreli

ABSTRACT

The importance of entrepreneurship education for educated young cannot be overstated. However, educated young from rural regions continue to move to cities in quest of work, and the number of educated jobless is growing by the day. Furthermore, individuals who have left educational institutions may be unable to find a job that pays a fair wage. As a result, educational institutions should use entrepreneurial teaching methods to promote student self-reliance and convince them with creative ideas, new enterprises, and new approaches to meet global problems in the face of changing demand. The traditional ways of teaching entrepreneurial education must be thrown away as soon as possible. The new entrepreneurship education teaching techniques encourage students to become entrepreneurs. As a result, the emphasis of this article is on the need for entrepreneurship education teaching techniques that would encourage students in India to become entrepreneurs.

Key Words: Entrepreneurial Education, Teaching Methodology, Indian Education System



Introduction

The holistic development of India in the contemporary age is dependent not only on the availability of abundant human resources, but also on their effective use. This necessitates the growth and development of entrepreneurship and vocational education programmes. Entrepreneurship/Vocational education is concerned with the training on vocation. It is necessary to give Entrepreneurship/Vocational education in order to gain expertise in the area of technical know-how. It has something to do with productivity. Individuals are prepared for employment via entrepreneurship and vocational education. It provides sufficient job opportunities and aids in the expanding of one's horizons. It promotes labour dignity and aids in the most efficient use of the country's natural resources. The goal of vocationalization is to integrate manual skills into general education.

With the rise of globalisation, the government and educational institutions have been paying greater attention to entrepreneurship. Because fewer employment possibilities for college graduates have arisen as a consequence of the uncertain global economy, the government has tried to foster innovation among students via entrepreneurial activities and initiatives. In today's world, entrepreneurship education in India has become more important. Entrepreneurship education may assist individuals in developing skills and information that will aid them in establishing, organising, and managing their own businesses. It has been shown that educational institutions do not guarantee access to work in the official labour market. Entrepreneurship education is critical because it promotes innovation, job development, and increased global competitiveness. Furthermore, training techniques should be appropriate in order to improve their business knowledge, creativity, innovation, and management abilities. As a result, this research has been undertaken.



Objectives of the Study

The present paper aims to address the following objectives:

- To get a better understanding of the current state of entrepreneurship education in India.
- To investigate the current entrepreneurship education teaching techniques in India and to propose new ones.
- To provide solutions for improving entrepreneurship education teaching techniques in India.

Literature Review

According to Fayolle et al., (2009), in the minds of prospective entrepreneurs, entrepreneurship education has been acknowledged as a critical agent of change and growth. The following is a survey of the literature on entrepreneurship education, teaching techniques, and motivating students to pursue an entrepreneurial career. Entrepreneurship education encompasses a wide variety of activities aimed at cultivating entrepreneurial mindsets, attitudes, and abilities, including idea creation, start-up, growth, and innovation.

Alberti et al. (2004) opines that the most frequently cited objectives of entrepreneurship education are the following: to acquire knowledge pertinent to entrepreneurship, to develop skills in the application of techniques, in the analysis of business situations, and in the synthesis of action plans, to identify and stimulate entrepreneurial drive, talent, and skill, to overcome the risk-averse bias inherent in many analytical techniques, and to develop a sense of entrepreneurial purpose.

Hannon et al. (2006) says that Entrepreneurship education, in general, seeks to raise awareness of entrepreneurship as a career choice and to deepen students' knowledge of the process of starting and



operating a new commercial venture. et al. The primary and short-term objectives are to increase awareness, knowledge, and understanding of enterprise/entrepreneurship concepts and practises, to develop individual enterprising/entrepreneurial skills, behaviours, and attitudes, to enable personal self-confidence and capability, to foster empathy for an entrepreneurial way of life, to embed entrepreneurial values and beliefs, and to motivate individuals.

Current Scenario of Entrepreneurship Education in India

The liberalisation of the Indian economy in the 1990s facilitated entrepreneurship in the nation by lowering the obstacles to entry for new companies, increasing access to finance, and establishing institutions to nurture entrepreneurial potential. The current state of entrepreneurship education in Indian higher education leaves a lot to be desired. In 2000, the University Grants Commission (UGC) created an undergraduate curriculum and distributed it to all universities and colleges for consideration. As a result, a small number of institutions have begun teaching fundamental entrepreneurship. The All India Council for Technical Education (AICTE) has been encouraging engineering and technology institutions to establish Entrepreneurship Development Cells (EDCs). AICTE currently supports about 50 EDCs. Additionally, the Ministry of MSME promotes the establishment of EDCs at universities on a limited basis. It had aided about five colleges in establishing EDCs. The Department of Scientific and Technology's National Science and Technology Entrepreneurship Development Board is the primary sponsor of EDCs, but its primary emphasis is on engineering and science schools and universities. It has funded over 80 EDCs to far. Additionally, a few of Management Schools now teach entrepreneurship as an option. Only 4-5 business schools offer postgraduate entrepreneurship programmes.



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Entrepreneurship education courses are the primary focus of Entrepreneurship Education (EE) in India. Over 100 different university departments offer entrepreneurship courses. For example, the Narsee Monjee Institute of Management Studies (NMIMS) offers a two-year full-time family business management degree. The majority of courses examine the legal and management aspects of entrepreneurship. However, the motivational component taught at NMIMS is as essential, since it fosters ambition and builds confidence. This curriculum provides students with the skills, knowledge, and mindset necessary to manage their family company. The Indian School of Business (ISB) in Hyderabad, which is associated with the non-profit Wadhvani Foundation (dedicated to entrepreneurship promotion), provides entrepreneurial and incubator support. ISB teachers are educated and have business experience.

Numerous entrepreneurship centres have been established in India to manage the diverse range of activities, initiatives, and resources available inside educational institutions. For instance, IIM Bangalore's NS Raghavan Center for Entrepreneurial Learning (NSRCEL—IIMB) collaborates on worldwide initiatives. The Global Entrepreneurship Monitor (GEM) Project, a three-year collaboration between the London Business School, the Ewing Marion Kaufmann Foundation, and Babson College, has been a significant undertaking. At the Indian Institute of Management (IIM) Calcutta, innovation and entrepreneurial activities are more hands-on and led by students in collaboration with faculty advisers.

These collaborations and centres are taking place at technical institutions as well as business schools. The Technology Business Incubation Unit in Delhi, the Small Industries Development Bank of India (SIDBI) Innovation and Incubation Centre in Indian Institute of Technology (IIT) Kanpur, and the Society for Innovation and Development (SID) at the India Institute of Science Bangalore, which is one of the country's oldest centres, are among the notable names. In fact, one of SID-most IISc's noteworthy accomplishments is the SuTRA (Sustainable Transformation of Rural Areas) project, which utilises non-

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edible oils from indigenous neem trees as a fuel production alternative. Since innovation is becoming more compassionate, many ideas are focusing on addressing the issues of rural poverty. Given the number of students, educational institutions' entrepreneurial infrastructure is woefully insufficient. Only around 200 of the 620 universities and over 33,000 institutions have Entrepreneurship Development Cells, for example. Furthermore, not all cells are equally active. As a result, the government recognises the need of promoting mainstream entrepreneurship in the educational system.

Existing Teaching Methods of Entrepreneurship Education in India

There are several significant aspects to the current entrepreneurial education in the curricula:

Teaching Methods at School Level

At the elementary school level, students can only be encouraged to pursue business by hearing inspiring success stories. However, since the students are more at a formative stage throughout secondary school, the actual execution and inculcation of concepts may take place then. Students should be encouraged to be educated in a vocational stream in addition to textual knowledge. This can only be accomplished by include entrepreneurship in the curriculum. Students may not take the initiative to study entrepreneurial education until the curriculum is provided. CBSC has recently developed a curriculum for students in grade XI and XII. This is a really good start toward instilling an entrepreneurial mentality in young children. This has the potential to alter pupils' perceptions of their future careers. Currently, educational institutions mostly urge students to seek employment rather than establish their own businesses. In this environment, entrepreneurial courses are critical. It has the potential to bring about societal growth and wealth in addition to individual freedom.



This course's main goal is to improve students' knowledge of the idea and process of entrepreneurship. They also allow students to hone their entrepreneurial skills by allowing them to create and manage their own business. Students acquire entrepreneurial quality, competence, and motivation as a result of this course. The course also prepares students to comprehend market conditions, do market assessments, conduct environmental scanning, and discover entrepreneurial possibilities. They'll also learn how to write a project report, evaluate resources, and mobilise resources. The programme also includes business management. Many characteristics are involved in indirectly generating and motivating pupils to pursue an entrepreneurial career.

Teaching Methods at College Level

Methods for teaching entrepreneurship and student learning are key variables for determining the success of the training of entrepreneurship. General techniques for teaching entrepreneurship may be categorised in the following areas at college level: Case study, group discussion, personal presentations, individual written reports, project groups, formal lectures, invitation speakers, action study, workshops, web-based learning and video recordings.

Most writers divide ways of teaching into two categories, called “conventional techniques” and “innovation approaches”, known alternatively as “passive methods” and “activity-based methods” respectively. According to Bennett (2006), active methods need the teacher to make learning easier, not to control and to use strategies for self-discovery. The three techniques most often utilised are: lectures, case studies, group discussions. In fact, they are the same techniques employed in other business courses which are passive and less efficient in developing entrepreneurial characteristics. Fiet (2000) argues that teachers are relying on lecture-oriented techniques since they can be done quickly and because little effort is needed.



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Other techniques utilised are: business/computers or games, recording with video arid, role models or guest speakers, creations of business plans, project works, although not as frequent as in the preceding group. Games and events, building up actual small enterprises, workshops, talks and study trips were all utilised. This second group of techniques is called "active" and is considered to be most suited to encourage the participation in entrepreneurial attribution.

However, conventional techniques are widely considered to be less successful in fostering the characteristics of entrepreneurs. It is claimed that such techniques make pupils really sleeping. These approaches educate a student not to be one, but to work for an entrepreneur. The lack of teaching techniques indicates that, although most entrepreneurs connect their lessons in the new (further educated) enterprises, they end up teaching entrepreneurship. It is better to study entrepreneurship as a profession by utilising any kind of learning. Only to provide pupils with the commercial basis of their business activities should traditional techniques be utilised. But it provides information and expertise and develops attitudes by doing something practical, by having a chance to question, research, debate, and engage with real-life entrepreneurs. But the majority of active/actual teaching techniques recommended in the practical sense are expensive, and they may in some way not fit themselves with the traditional teaching and reward system. The primary responsibilities of instructors are to offer theoretical information on business planning and entrepreneurship, to train students to develop business concepts, to test business possibilities, and to consult with group work and business plans for writing. Students should understand the significance of drafting a business plan, receive an overview of the form of a business plan and the preparatory process and draw up a corporate plan based on their own company ideas in some practise. Know how to develop a business concept, business planning experience and knowledge on the establishment of a company should encourage students to think and thus contribute more to enterprise.

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Suggestions

- Redesigning the curriculum, to concentrate on gaining knowledge via experience and thought.
- To use interactive methods to target a person's knowledge. To change the focus from how to manage a company to how to acquire a set of applicable skills.
- To alter the educational environment by bringing students out of the classroom and into the community and real-world situations. Visits, role models, exchanging experiences, and student mini-companies with business mentors are all ways to involve business
- Educators will be trained, enabled, and motivated to improve entrepreneurial spirit and culture, as well as promote cross-border sharing of expertise across faculties to make casting more stringent.
- Entrepreneurship education should concentrate on trying and experiencing entrepreneurship rather than just imparting information about how to start a company.
- To strengthen the relationship between business and academics. To guarantee that future skills fit employment, education and practise should be better connected.
- Entrepreneurship education should be multidisciplinary, focusing on employability, social and academic entrepreneurship, and entrepreneurship.
- Longitudinal studies are required for more accurate measures and evaluations of the impact of entrepreneurship education programmes and policies, while the short-term impact may be assessed by assessing entrepreneurial skills and characteristics of students/graduates.



Conclusion

Entrepreneurship has grown fashionable, and entrepreneurship education is in great demand. This pattern is likely to persist. Entrepreneurship must be taught at all levels of education, including high school, college, graduate school, and community college, and by 2025, we will see a lot higher penetration of entrepreneurship education across society. Entrepreneurship is increasingly recognised as a driver for economic growth and wealth. Its education will follow suit within the next decade.

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114. Understanding of Social Anxiety Disorder and its causes Among Adolescents

Isha Kapoor

Research Scholar

CT University

Ludhiana, Punjab, India

Abstract: Social anxiety disorder is a condition characterised by a marked and persistent fear of being humiliated or scrutinised by others. Age-of-onset data point to adolescence as a developmentally sensitive period for the emergence of the condition, at a time when the peer group becomes increasingly important. Social anxiety in adolescence is associated with considerable impairment that persists through to adulthood. Diagnosis and treatment of social anxiety disorder after knowing its causes among adolescents should be done at early stage, so that it cannot effect their quality of life.

Introduction: Adolescence is a period of transition in human life. Due to various physical, hormonal and behavioural changes during this period, it becomes a starting point to many health issues including depression and anxiety (Kessler et al., 2012). Depressive disorders often start at a young age: they reduce people's functioning and often are recurring. It is a critical period in social development, marked by an expansion of peer networks, increased importance of close friendships and the emergence of romantic relationships (La Greca, Kuttler & Prinstein, 1999), anxiety disorders are among the most common mental health problems experienced by children and young people (Costello, Egger and Angold, 2005). Anxiety is one of the most common psychological disorders in school-aged children and adolescents worldwide (Costello, Mustillo, Erkanli, Keeler & Angold, 2003). Anxiety is associated with substantial negative effects on children's social, emotional and academic success (Essau, Conradt & Petermann, 2000). Anxiety disorders among adolescents have been classified into four main types: separation anxiety disorder, generalized anxiety disorder, social anxiety disorder and panic disorder. Social anxiety is the second most common anxiety disorders in adults (Kessler et al., 2005).

Social anxiety disorder, is an anxiety disorder characterized by overwhelming anxiety and excessive self-consciousness in everyday social situations. People with social phobia have a persistent, intense, and chronic



fear of being watched and judged by others and of being embarrassed or humiliated by their own actions. Their fear may be so severe that it interferes with work, school, or other activities. While many people with social phobia recognize that their fear of being around people may be excessive or unreasonable, they are unable to overcome it. They often worry for days or weeks in advance of a dreaded situation. In addition, they often experience low self-esteem and depression.

Coleman (2007) explained social anxiety disorder as an anxiety disorder characterized by a phobia of scrutiny by others or of being the focus of attention in social situations involving strangers. Exposure to such social situation either generates anxiety about behaving in an embarrassing or humiliating way, or triggers a panic attack, but the reaction is recognized by the afflicted person (an adolescent or adult) as excessive or irrational, and the avoidance behaviour or anxious anticipation interferes significantly with everyday life, occupational or academic performance, or social relationships.

Social anxiety disorder is the third most common mental health disorder after depression and substance abuse, with lifetime prevalence rates of around 12%. It is common in young people. Prevalence rates of around 10% have been reported by the end of adolescence in US and New Zealand samples. Social anxiety is very much a disorder with its origins in adolescence, with the majority of cases occurring during this period (90% occur by the age of 23 years). Prospective, longitudinal studies suggest that it is relatively unusual in early childhood, with incidence increasing through the adolescent years and a median age of onset of 13 years. Adolescence ushers in a host of changes at various levels including in neural circuitry, information processing and the social environment. For the majority of adolescents, one of the consequences of these changes is a short-lived increase in social fears.

What are the Symptoms of social anxiety disorder?

Physical Symptoms

The physical symptoms of Social Anxiety Disorder can be extremely distressing. Common physical symptoms include:

- Blurred vision
- Blushing



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- Chest pain
- Chest tightness
- Chills
- Diarrhea
- Dizziness
- Dry mouth
- Feelings of detachment from oneself
- Headaches
- Heart pounding (palpitations)
- Heart racing (tachycardia)
- Lump in the throat
- Muscle tension
- Nausea
- Paresthesias (tingling)
- Ringing in the ears
- Shaking
- Shortness of breath
- Sweating
- Trembling voice

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For some people, these physical symptoms may become so severe that they escalate into a full-blown panic attack. However, unlike those with panic disorder, people with Social Anxiety Disorder know that their panic is provoked by fears of social and performance-related situations rather than fears about the panic attacks themselves.

Cognitive Symptoms

Social anxiety disorder also involves cognitive symptoms, which are dysfunctional thought patterns. People with this condition are bothered by negative thoughts and self-doubt when it comes to social and performance-related situations.

Below are some common symptoms that you may experience:

- **Negative beliefs:** Strongly held beliefs about your inadequacy in social and/or performance-related situations
- **Negative bias:** A tendency to discount positive social encounters and magnify the social abilities of others.
- **Negative thoughts:** Automatic negative evaluations about yourself in social or performance-related situations

For example, imagine you start a new job or arrive on the first day of a new class. The instructor or manager asks everyone to introduce themselves to the group. Someone with social anxiety disorder may start to have negative thoughts such as, “Everyone else looks so much more relaxed,” “What if I say something dumb?” or “What if everyone notices my voice shaking?”

These thoughts start to rapidly spiral out of control to the point that you don't hear anything anyone else has said. When it comes to your turn, you say as little as possible and hope that no one has noticed your anxiety.

If these negative thought patterns are allowed to continue without treatment, they may also erode your self-esteem over time, so it's important to seek treatment.



Behavioral Symptoms

People with social anxiety disorder also act in certain ways. They tend to make choices based on fear and avoidance rather than actual preferences, desires, or ambitions. For example, you may drop a class to avoid doing a presentation or turn down a job promotion because it meant increased social and performance demands.

In severe cases, if left untreated, people with generalized social anxiety disorder are particularly at risk of having a poor quality of life. They may have few or no friends, no romantic relationships, drop out of school or quit jobs, and may use alcohol to tolerate anxiety.

Below are some common behavioral symptoms:

- **Avoidance:** The things done or not done to reduce anxiety about being in social or performance-related situations
- **Safety behaviors:** Actions taken to control or limit experiences of social or performance-related situations
- **Escape:** Leaving or escaping from a feared social or performance situation.

What Causes Social Anxiety Disorder?

Social anxiety disorder in adolescents may be caused by genetic factors, environmental factors, societal factors, and brain/biological factors. Many parents may blame themselves, but know that it's usually a combination of things that cause the disorder. The most important thing you can do know is support the child and help them. Negative experiences also may contribute to this disorder, including:

- bullying
- family conflict
- sexual abuse

Physical abnormalities such as a serotonin imbalance may contribute to this condition.



Diagnosing Social Anxiety Disorder

There is no medical test to check for social anxiety disorder. Your healthcare provider will diagnose social phobia from a description of your symptoms. They can also diagnose social phobia after examining certain behavioral patterns.

During your appointment, your healthcare provider will ask you to explain your symptoms. They will also ask you to talk about situations that cause your symptoms. The criteria for social anxiety disorder includes:

- a constant fear of social situations due to fear of humiliation or embarrassment
- feeling anxious or panicky before a social interaction
- a realization that your fears are unreasonable
- anxiety that disrupts daily living

Treatment for Social Anxiety Disorder

Several types of treatment are available for social anxiety disorder. Treatment results differ from person to person. Some people only need one type of treatment. However, others may require more than one. Your healthcare provider may refer you to a mental health provider for treatment. Sometimes, primary care providers may suggest medication to treat symptoms.

Treatment options for social anxiety disorder include:

Cognitive behavioral therapy

This therapy helps you learn how to control anxiety through relaxation and breathing, and how to replace negative thoughts with positive ones.

Exposure therapy

This type of therapy helps you gradually face social situations, rather than avoiding them.



Group therapy

This therapy helps you learn social skills and techniques to interact with people in social settings.

Participating in group therapy with others who have the same fears may make you feel less alone. It will give you a chance to practice your new skills through role-playing.

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115. The Role of Spiritual Intelligence in Depression

Varghese P J

Research Scholar, CT University

Department of Education

Ludhiana, Punjab

Abstract: Depression is affecting the world population severely and it is been estimated that it is affecting 350 million plus people. The World Mental Health Survey, conducted in 17 countries find that on average about 1 in 20 people reported having an episode of depression. Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Focusing on the reality psychologists have introduced a construct called spiritual intelligence which is effective in mental health and improving the quality of life

Depression is an important contributor to the global burden of disease and affects people in all walks across the world (WHO; Paykel, 2008). The world in its developments has made the whole world a global village. Human being has learnt to control everything in a fingertip. However, he has to grow in controlling his mind and emotions. And it is here the important mental illness, depression involves a study, a cure or a treatment. This disorder is affecting the world population severely and it is estimated to affect 350 million plus people (Lim et al., 2018). The World Mental Health Survey, conducted in 17 countries found that on average about 1 in 20 people reported having an episode of depression (Marcus et al., 2012, Developed by Marcus, Yasamy, Ommeren, Chisholm & Saxena, WHO Department of Mental Health and Substance Abuse, 2012).

The word depression comes from the late Latin word “depressare” and the classical Latin word “deprimere”. Deprimere literally means “press down”; de translates into “down” and primere translates into “to press.” In essence, the term appears to denote a feeling of heaviness, of being “pressed down,” that is also referred to as “sad,” “blue,” or simply “down” (Kanter et al., 2008).

Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration

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(Beirão et al., 2020). Moreover, depression often comes with symptoms of anxiety (Moafi, Momeni, Tayeba, Rahimi & Hajnasiri 2021). These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities. At its worst, depression can lead to suicide (WHO, 2012).

Depression is the most common mental health condition in the general population characterised by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness, and poor concentration (Kanter, Busch, Weeks & Landes 2008). Depressive disorders often start at a young age; they reduce people's functioning and often are recurring (Mata et al., 2015). The demand for curbing depression and other mental health conditions is on the rise globally. World Health Assembly called on the World Health Organization and its member states to take action in this growing phenomenon (WHO, 2012). Psychologists are on incessant search for the curb. They are vehemently trying to find a solution to this mental health problem.

Mental health is defined as a state representing a high and acceptable level of adaptability and emotional and behavioural adjustment (Leighton & Dogra 2014). In simple words we may say that human being is considered mentally healthy if they are relatively stable and moderate, with satisfactory level of emotional and behavioural adjustment and enjoying life and being with others. In this high sophisticated world, where everything is fast and furious, human beings tend to get stressed and which may lead to failures and at the end depression. Focusing on the reality psychologists have introduced a construct called spiritual intelligence which is effective in mental health and improving the quality of life (Dami, Setiawan, Sudarmanto, & Lu, 2019).

Emmons (1999) wrote, "Spiritual intelligence as a framework for identifying and organizing skills and abilities needed for the adaptive use of spirituality." Wolman (2001) defined spiritual intelligence as "the human capacity to ask ultimate questions about the meaning of life, and to simultaneously experience the seamless connection between each of us and the world in which we live." These definitions more or less portray the depth of the need of spiritual intelligence in overcoming the mental illness, depression.

Spiritual intelligence is of a new concept. It involves a kind of adjustment and problem-solving behaviour with the highest levels of growth in different cognitive, moral, emotional, and interpersonal domains and helps the person to adjust with the surrounding phenomena and achieve internal and external integration

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(Skrzypińska, 2021). This internal and external integration leads one to realize one's worthiness and gage himself precious, valuable and honoured. Which naturally helps one to move from depression to discernment. Spiritual intelligence is a spiritual strength and it involves a set of capabilities, capacities, and spiritual resources, the use of which increases the adjustment and improves mental health (Kathuria, 2019). World Health Organization mentions the physical, psychological, social, and spiritual dimensions when defining the dimensions of human existence, and raises a fourth dimension, i.e. the spiritual dimension in human growth and development. Number of studies prove that spiritual intelligence has a negative relationship with depression, aggression, hostility, anxiety, and self-deception and a positive relationship with mood, social sensitivity, satisfaction with life, energy, and activity (Safavi, Yahyavi, Narab, and Yahyavi, 2015; Rezavandi, Masoumpoor, Farahani and Nasiri, 2018; Ebrahimi, Jalilabadi, Chenagh, Amini and Arkian 2015),

One who thinks that he or she is mentally down and feels stuck should be reminded of his ability to come out with the intelligence from within. Spiritual intelligence reminds various methods of consciousness and is applied to integrate the inner essence of thought and soul with the external world. Naturally a question would arise, how to acquire or how to develop the soul's intelligence or the inner intelligence, spiritual intelligence. Richard Howell, co-founder of the Human Change and the Global Movement for Human Change has proposed how to acquire this intelligence in his book, "The 7 Steps of Spiritual Intelligence: The Practical Pursuit of Purpose, Success and Happiness."

Howell (2004) proposes that there are seven steps to acquire the spiritually intelligent self for the practical pursuit of purpose, success and happiness. He enumerates as follows

1. Awareness - A person becomes aware that he is lost, that he does not understand the purpose of his life, that this internal, "not knowing" sense is in fact the real sense of self confined by the lack of any intelligence to escape.
2. Meaning - A person explores the bigger picture, to make keys that might open the space he is confined in.
3. Evaluation - A person tries the keys, fit them in the lock and turn.
4. Being Centred - A person opens the door inward and enables what is on the other side to access.



5. Vision- A person allows the light from the new, “bigger picture” to flood in so that he can see.
6. Projection - A person projects his new level of self into the new territory he can see ahead.
7. Mission - A person acts within the new territory and is now aware and conscious of what he is doing within a greater territory(Bhullar, 2015).

Assimilating the above points, we can definitely affirm that spiritual intelligence is the adaptive use of spiritual information in order to facilitate daily problem solving and achieving (Sohrabi & Naseri, 2009). Spiritual intelligence is the human ability to creatively plan questions of life and to affect the mental health. We can explain it from the following example. Mohammadyari (2012) study shows that parents with a higher spiritual intelligence will grow children with higher mental health and vice versa. This is one of the best examples to assert that spiritual intelligence has evident influence in overcoming mental depression of a person. We may be able to read together the view of Emmons (2000), he states that spiritual intelligence is the adaptive use of spiritual information to solve problems in daily life and achieving. He innovatively introduces five dimensions of excellency capacity (physical, material world and the transcendental of it), the ability to enter into states of spiritual consciousness, the ability to embellish activities and events, and relationships with a sense of the sacredness of life, the ability to use the intellectual resources to the problems of life and capacity to engage in virtuous behaviour (forgiveness, gratitude, humility and compassion) has to offer for spiritual intelligence (Olfson, Blanco & Marcus, 2016).

One of the Iranian researchers examined relation between mental health, spiritual intelligence. The results of the study show a significant relationship between spiritual intelligence and mental health, namely by increase the scale of spiritual intelligence, the General Health Questionnaire scores which were indicating psychological problems reduced (Moalemi et.al, 2011; Marashi, 2011).

Concluding the discussion, we can say that depression is a mental disorder. It is prevalent in the world and it can affect anyone if not attended or taken care of. Viable and cost-effective treatments are available to improve the health and the lives of the millions of people around the world suffering from mental health problems in particular, depression. Of course, as individual, community, and in national level, it is time to educate ourselves about depression and support those who are suffering from this mental disorder. Carefully developing spiritual intelligence exercises or the acquiring skills discussed above, one will be able to learn,



to evaluate, introspect one's circumstances, envision one's positions in the bigger picture, and will be able to set goals and plans for oneself. It is true that building one's confidence, one will learn to shape life around his or her goals and determine for oneself.

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116. Mindfulness and Resilience for Successful Life

Varghese P J

Research Scholar, CT University

Department of Education

Ludhiana, Punjab

Abstract: Success is a relatively complex and multidimensional phenomenon. On the one hand, it deals with the performance and ability of people. On the other hand, it deals with adaptation power and coping with stress and organizational crises and many other variables. One who is able to adapt and succeed the crisis will be a successful person. It is here mindfulness and resilience play a crucial role. Mindfulness is a process involving attention, awareness, and an open-minded acceptance of the present moment; it concerns the quality of consciousness itself and it is not identified with reflective thought but “offers a bare display of what is taking place” in the moment of observation. And resilience is being defined as dynamic process, it is a process through which, a person succeeds to adapt to various lifetime adversities and succeeds.

The dictionary would define success as, “the accomplishment of an aim or purpose.” However, when we try to define successful life, it may vary. Individual definition of what success may vary, at the same time they would define it as being fulfilled, happy, safe, healthy, and loved life as a successful life. Success is a relatively complex and multidimensional phenomenon. On the one hand, it deals with the performance and ability of people. On the other hand, it deals with adaptation power and coping with stress and organizational crises and many other variables (Asgari, 2015). It is now a fashion and passion to be successful in this most modern world. An essential aspect of people’s lives is an ambition to obtain material belongings, have a “happy” family or social prestige. Present-day success does not only carry financial benefits and allow one to move up in the power hierarchy, but also motivates entrepreneurship, makes it possible to overcome hindrances, triggers happiness and satisfaction, increases the level of self- acceptance and has a satisfactory effect on mental health (Garcia, 2019).

Human development is an enduring process of physical, behavioural, cognitive, and emotional growth and change (Drewery, 2011). In the initial stages of life; from babyhood to childhood, childhood to adolescence,



and adolescence to adulthood; immense changes take place (Appiah, Amoasi, Frowne, 2019). It is true in fact that every person develops his or her own aptitudes, attitudes and values that guide choices, relationships, and understanding. It is quite natural that in each stage people tend to re-evaluate refocus, re-establish, and re-balance one's own values and priorities. Evaluations, prospects, ideas or discernments of these stages allow people who pass through them to gain mindfulness of what's happening and recognize that it's normal. As people pass from one stage to the succeeding, often with some challenging periods of transition, they learn and mature in the process (Drewery, 2011). If one is mindful about his or her being he or she will be able to manage his or her life meaningfully and purposefully. Keeping these factors as an opening remark let us focus on how mindfulness and resilience play a vital role in forming a successful life.

Mindfulness may be defined as a process involving attention, awareness, and an open-minded acceptance of the present moment; it concerns the quality of consciousness itself and it is not identified with reflective thought but "offers a bare display of what is taking place" in the moment of observation (Conversano et al., 2020). Defined as nonjudgmentally paying attention to the present moment (Ahmed et al., 2017). Taking these definitions, we can definitely presume that focusing on the present moment, and realizing moment by moment activities with conscious mind as mindfulness. Of course, one who can practice this will definitely succeed in life.

U.S. Chamber of Commerce Foundation, enumerates how mindfulness helps building success skills in life. Any single day would not pass from being battered by confusions, troubles, sorrows, success, tension, failures. We are not able to run away from all these daily demands of work and life. It is here one would naturally pose a question; how can we stay calm in this turbulent life and succeed? It is possible with a simple but a pain taking approach called mindfulness. Simply becoming mindful of our thoughts and unconscious filters can lower stress and enhance our ability to make better decisions, including in our work lives.

1. Mindfulness practice

Mindfulness practice helps us filter through the chaos of the mind so that we can have better clarity on what's actually important. By improving clarity on what's truly important, it's possible to do less, using less time, and actually be more productive.



2. Inter personal relationship

There is no better way to build influence with other people than to understand their needs and help them meet those needs. Mindfulness training changes our brains in ways that help us do that.

3. Positive decision-making

Mindfulness helps us develop the mental agility required to be able to make decisions that are outside of our comfort zone.

4. Improved health

Practicing mindfulness might be the healthiest thing one can do. For health is wealth.

5. Happiness

One of the most important methods of mindfulness training is originally meant with only this purpose in mind: to realize unconditional happiness. Unconditional happiness is something that one can train to develop by making the effort to be mindful during as many of our daily activities as possible.

Mindfulness is an awareness, and definitely not an elimination, of thoughts. Jon Kabat Zinn, in his book "Wherever You Go, There You Are is: "The awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment." According to the Cleveland Clinic the average person has 60,000 thoughts a day and it is impossible to stop oneself from thinking. So, in order to cultivate mindfulness in one's life, we do not need to stop thinking, we just need to purposefully become aware of a couple of these thoughts as one go through the day. If one can do that, he or she is practicing mindfulness. Mindfulness definitely like any form of exercise, requires repetition to master it.

Once we have the basic idea of being mindful, it is the right time to focus on the reality of resiliency in successful life. Resilience can also prevent further emotional and behavioural problems in the face of serious stress and adversity (Bethell et al., 2016). Definitions of resilience are diverse and plentiful. Some researchers have described it as the ability to adapt positively to stressful circumstances, while others have defined resilience as being able to remain functionally stable and well despite ongoing stress (Joyce et al.,



2018). Resilience is a dynamic process, it is process through which, a person succeeds to adapt to various lifetime adversities and succeeds.

Let us ask a natural question, why do some people remain so calm and collected in the face of looming deadlines, combative meetings, impending layoffs, and turbulent changes? And why are these seemingly unflappable people the ones who consistently get ahead in their lives? The key to these sorts of question is simple, it is their resilience. More than experience or training, resilience in the face of stressful situations and rapid changes determines whether you ultimately succeed or fail in the workplace. It allows you to thrive even in tumultuous conditions, to turn potential disasters into growth opportunities.

It is easy to state that resilience helps to thrive from turbulent life situations. However, one would naturally ask to oneself, or would make a query, how to develop the same? It is said that even if you're not a naturally resilient person, you can learn to develop a resilient mindset and attitude. To develop or to adapt this mindset one should incorporate the following into your daily life.

We should give time to relax.

When we take care of our mind and body, we are better able to cope effectively with challenges in our life. Developing a good sleep routine, trying out a new exercise or use physical relaxation techniques , like deep breathing or meditation is an easy and the best way to relax.

Develop positive thinking in all your thoughts.

Resilient people don't let negative thoughts derail their efforts. Instead, they consistently practice positive thinking . Listening to how you talk to yourself when something goes wrong; if you find yourself making statements that are permanent, pervasive or personalized, correct these thoughts in your mind.

Erase and edit your outlook.

Practice cognitive restructuring to change the way that you think about negative situations and bad events. Be optimistic in life.

Follow one of the universal truths; learn from your mistakes and failures.



Every mistake has the power to teach you something important, so look for the lesson in every situation. Believe that failures are the stepping to success. Failures and mistakes should be your teachers. They give one more chance to not to do it again the same thing.

Be proactive and positive in your response.

We all experience bad days and we all go through our share of crises. But we have a choice in how we respond: we can choose to react with panic and negativity, or we can choose to remain calm and logical to find a solution. Your reaction is always up to you. Recall the saying, “yesterday is a cancelled cheque, tomorrow is a promissory note and today is cash in hand.”

Try to see things in a bigger canvas.

Resilient people understand that, although a situation or crisis may seem overwhelming in the moment, it may not make that much of an impact over the long-term. Try to avoid blowing events out of proportion.

Set yourself some goals.

One must be able to make set of goal. Moment by moment achievement takes you to reach a bigger goal.

Build your self-confidence.

Remember, resilient people are confident that they're going to succeed eventually, despite the setbacks or stresses that they might be facing. This belief in themselves also enables them to take risks. Confidence is a weapon to overcome all adversities.

Develop strong relationships, human beings are social animals.

People who have strong relations are more resistant to stress, and they're happier in their life. The more real friendships you develop, the more resilient you're going to be, because you have a strong support network to fall back on.

As mentioned in the opening statement people may vary in defining successful life. Individual definition of what success may vary, at the same time they would define it as being fulfilled, happy, safe, healthy, and loved life as a successful life. But to keep life happy, healthy both mentally and physically one should focus



on mindfulness and resilience. This is in no way an exception to any. It is discussed and described in length. Let us be mentally healthy and happy successful people. Let be the people of mindfulness and resiliency.

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117. Occupational Stress among Teachers and Coping Strategies

Anita Rani

Research Scholar in Education,

CT University, Ludhiana (Punjab)

Abstract

Teachers are expected to assume multiple roles in their daily homework. These roles may include assessors, planners, discipliners, information providers, role models, facilitators, and consultants. As these multiple roles are balanced, stress will always be part of the teaching profession. Knowing that stress will always be, it is necessary to evaluate stress and the different coping behaviors used by teachers in working environment. Teachers spent long hours in supervision, evaluation, preparation of lessons, test material, assignments inside the school and even at home willingly for the professional effectiveness. Whenever physical and mental response of teachers do not match with everyday demands, teacher feel burdened that leads to occupational stress. This paper is intended to understand occupational stress among teachers and find out some coping strategies.

Keywords: occupational stress, teachers

Introduction

Stress is an unavoidable characteristic of life and work that appears to be prevalent among teachers today (Prabhath, 2011) and which is defined as universal term used for pressure that people exhibit to their life during challenges (Jepson and Forrest, 2006). Many scholars have explained stress as a physical and mental response to everyday demands, particularly those associated with change (Peterson *et al.*, (2006). Occupational stress has become increasingly common in the teaching profession, primarily due to increased occupational complexity and increased personal financial pressure. One of the main sources may be that schools do not meet the social and work needs of teachers. Further (Hausser et al., 2010, Siyambalapitiya, P. And Sachitra, V. 2019) found high workload and challenges at workplace are major factors that may influence the experiences of stress that may call occupational stress at stress at workplace. In any occupation, there are wide variety of potential causes of stress (Akinboye & Adeyemo, 2002) and sources



of this type of stress may be classified as individual, organizational and outside of organization (Gupta, 1981; Kreitner and Kinick, 1992). Patil (2011) opined that if an employee has a feeling of limited opportunity of self growth, standing behind in corporate ladder, he/she may experience occupational stress. Zhang (2002) explained characteristics of stress as general education teachers during job experience exhibiting: (a) impatience with students, (b) a lack of empathy for students, (c) a lack of interest in school activities, (d) poor relationships with other teachers or students, (e) a low morale, and (f) poor teaching. Occupational stress may be due to work overload, inadequate salaries, technological interventions, less time for family and other worries related to workplace can cause stress among teachers which further impact their mental wellbeing through sleep disturbance, tiredness, and headaches (Ramay, 2010). **However Rutter, Hezberg and Paice (2002) found that high self expectation, securing financial support for research, insufficient development in the field, inadequate salary, manuscript preparation, role overload, conflicting job demands, slow progress on career advancement, frequent interruptions and long meetings are the causes of stress among teachers.** Excessive workload, role ambiguity and role conflict, management ineffectiveness, disparity of reward and recognition, unsupportive coworkers and lack of career development opportunities are major consequences of workload stress. Although teaching is known as a high stress occupation, many teachers are excited and enthusiastic to get into the classroom and make a difference in their students' lives (Klassen & Durksen, 2014; Richards, 2012).

Occupational stress can be acknowledged as being out of balance and when stress is higher, an individual's ability to manage problems is challenged, usually resulting in stressful situations (Prilleltensky, Neff, & Bessell, 2016). They further highlighted three levels of stress as (a) personal, (b) interpersonal, and (c) organizational. The risk factors at the personal level are isolation, inadequacy, anxiety, and how the students act. Examples of protective factors for isolation are: (a) support groups, (b) mentors, and (c) training programs. Inadequacy protective factors include: (a) training programs, (b) friends, and (c) self-efficacy. The coping strategies for occupational stress involve: (a) sleep, nutrition, exercise, (b) organizing work, (c) outside activities, and (d) meditation. The protective factors with students are: (a) classroom management, and (b) communicating with students. (Erikson et al., & Chaudhari et al.,) also found similar significant relation between occupational stress and working hours.

A study by Okeke et al., (2014) found that stress sources for teachers include school atmosphere, student discipline, management practices, high workload, resource constraints, low wages and low professional



status. Teachers' coping strategies for coping with occupational stress include good time management, leisure and rest time, setting priorities, seeking counseling services, physical exercise, praying, and taking medications. Negative coping strategies may eventually lead to the self-harm of a teacher reduces efficiency. The students in the prison put tremendous pressure on their teachers because of their criminal nature and history (Okutoyi, 2013).

In order to effectively reform young offenders, teachers must deal with professional pressures. Coping with a stressors and can be able to reduce stress levels and the negative impact of stress (Lazarus & Folkman, 1984). There can be a poor as well as good coping mechanism of occupational stress among teachers. For a long time, the poor response mechanism of has been considered the main cause of stress (Montgomery & Rupp, 2005). Good coping skills include modifying thought processes, learning problem-focused strategies, and emotion-focused strategies such as emotional release, physical exercise, conversation, or meditation. Common positive strategies used by teachers to relieve stress include exercise, social resources, avoidance, reading, hobbies, exercise, and meditation (Gulwadi, 2006). Managing stress effectively is the first step in preventing the development of psychological distress and health problems. Some of the known coping strategies for work and to improve general well-being include talking with friends and family, exercising, praying, or actively addressing the causes of stress (Pettersson et al., 2006).

From the various points of views, it can be stated that there is a growing concern of occupational stress among teachers. Earlier, teaching was considered comparatively a relaxed profession, but in the last few decades it converted to a complex and demanding profession. The sources of stress include heavy workload, long working hours, insufficient teaching materials, poor living conditions, low wages, insufficient training, etc. Coping strategies include sports activities, such as jogging, talking with family and friends, and seeking alternative accommodation outside the institution. Although some of coping strategies are positive, others are negative, and may affect the effectiveness of efforts to reform convicted youth. It should be pointed out that the lack of counseling services for teachers in institutions has become an important factor that makes unable to cope with work pressure. Therefore, it is necessary for the institution to improve the working and living conditions of teachers by hiring more teachers and building better houses, and provides a way for dialogue and discussion of issues. Professional counselling services should be provided to teachers to help them cope with personal and work pressures. Nurturing, supporting and valuing teachers is essential to make teaching an attractive and beneficial career choice. For this, it is evident that it is necessary to improve the



working conditions of teachers. The focus is on making the teaching career more manageable and sustainable.

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118. An overview of Spiritual Intelligence

Anita Rani

Research Scholar in Education,

CT University, Ludhiana (Punjab)

Abstract

The quality of teaching depends on a number of teacher-related factors, including lifestyle, attitude, interest, teaching experience, teaching effectiveness, job satisfaction, and happiness. In addition to these factors, teachers must also have a variety of intelligence, such as spiritual intelligence. Spiritual intelligence is a novel construct that is found to affect well-being and entire educational structure. This paper is an attempt to highlight concept of spiritual intelligence in psychological context and its implications in educational field. On the basis of educational psychology, author has tried to find out, recognize, comprehend, analyze, synthesize, evaluate and critically examine the term spiritual intelligence. It can help to develop positive attitude, appreciate, and take interest in the responsible factors that can strengthen spiritual intelligence. Moreover, spiritual intelligence helps to fulfill the potentialities of the individuals' abilities needed to solve the everyday problems for life. Furthermore, the present paper suggests that spiritual intelligence would be beneficial particularly for teachers and individuals in general for the betterment of the global society as a whole.

Keywords: *Spiritual Intelligence*

Introduction

Spiritual intelligence emerges as consciousness evolves into deeper and deeper consciousness of matter, life, body, mind, soul, and spirit. Therefore, spiritual intelligence is higher than personal intelligence. It seems to connect individuals to the transpersonal and the self with the spirit. The word spiritual derived from Latin word 'spiritus' that means that gives life or vitality to a system (Zohar, 1997). It is consisted of two words-spiritual and intelligence and many social scientists, psychologists, philosophers, thinkers, educators, educationists have tried to define its concept in their own way and heighted that spiritual intelligence is based on mind that is ability to develop mind and values mind, while they devalues spirit. (Zohar 1997)

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further defined spiritual intelligence as the intelligence that makes individual as whole and gives us integrity. Moreover spiritual intelligence can be considered as the soul's intelligence and the intelligence of the individual deep self. (Zohar and Marshall 1999) opined spiritual intelligence as the intelligence with which individual may ask fundamental questions and helps in reframing our answers. Further, Zohar and Marshall (2000) explained spiritual intelligence as the intelligence that helps in solution of problems related with meaning and value, the intelligence with which we can place our actions and our lives in a wider, richer, meaning giving context, the intelligence with which we can assess that one course of action or life-path is more meaningful than another. Emmons (2000a, 2000b) opined spiritual intelligence as a form of intelligence because it predicts functioning and adaptation and offers capabilities that enable people to solve problems and attain goals. Initially Emmons (2000a) proposed five components of spiritual intelligence viz.

- a) ability to utilize spiritual resources to solve problems;
- b) ability to enter heightened states of consciousness;
- c) ability to invest everyday experiences;
- d) capacity for transcendence of physical and material;
- e) Capacity to be virtuous.

Emmons (2000b) further removed the capacity to be virtuous and retained the first-four components of the model. From above definitions spiritual intelligence can be stated as awareness of spirit as the basis of existence or the creative life force of evolution. If the evolution of life from stardust to minerals, plants, animals, and human existence involves some form of intelligence rather than purely random processes, then it can be called spiritual.

Spiritual intelligence surpasses conventional psychological development. In addition to self-awareness, it also involves awareness of the relationship between us and the transcendent, and others, the earth and all living beings. Spiritual intelligence can be developed through practice and can help a person to distinguish between reality from illusions. Research studies has identified many qualities of this particular variable, that claims that spiritual intelligence can add meaning to life. It is very concerned about the inner life of the mind and spirit and its relationship with the world (Vaughan, 2002), and it is also the ability to understand



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problems more deeply. Wigglesworth (2006) opined spiritual intelligence as the ability to act with wisdom and compassion, while maintaining inner and outer peace, regardless of the situation. Wolman (2001) explained that with spiritual intelligence human beings are able to ask basic questions about the meaning of life, and simultaneously experience the perfect connection between each of us and the world we live in.

So, spiritual intelligence can be explained as the feeling of good or bad, emotional stability, mental flexibility and maturity. It is closely related to the spiritual perception of divinity established in humans. Here, the spiritual man believes in the principle of 'live, let live'. Few studies of have been developed to study spiritual intelligence of India and its contribution to the field of education, and there are few explorations of spiritual intelligence. Psychological aspects of education, such as growth and development of student's learning, motivation, personality development and adjustment are latest concerns of discussion that are needed to be highlighted. As we all know, Indian society is a spiritual based society and some scholars believe that after independence, the spirituality of will gradually disappear and will not have an impact on the education system in India. India is not an underdeveloped or underdeveloped country, but a country that needs development in all areas of human life. Spiritual intelligence and its implications are increasing day by day and it is needed in the development of the educational system. The article pointed out that analyzing various problems of spiritual intelligence from the perspective of psychology, can be accepted by researchers and practitioners of spiritual studies. It seems that in a country like ours the talent identification and training plan should have a high priority. In this article an attempt has been made to recognize, understand, discover, analyze, synthesize, evaluate and critically examine the dominant factors responsible for the strengthening of spiritual intelligence and their influence on the education of modern Indian society. Secondary sources of data such as books, periodicals, newspaper articles can help in understanding of spiritual intelligence as a concept, recognition of factors that enhances spiritual intelligence and evaluation of the factors that improves spiritual intelligence. Different psychologists has defined spiritual intelligence in different contexts, understanding of it can help in attainment of educational objectives. In present scenario, spiritual intelligence consideration has undergone recognition, understanding, and critical examinations, application, analysis, synthesis and evaluation that is of great significance today in schools, colleges and universities or outside. Spiritual intelligence can bring a dynamic change in the world's education system across the world in the cognitive, emotional and psychomotor skills, which will help solve people's daily life problems and in the new situation of the physical environment is

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constructive for their well-being. Srivastava (2014) also defined spiritual intelligence as an intelligence which improves capabilities of individuals to solve daily problems in a creative and constructive way under psycho- physical and new social environment for achievement of educational aims.

In brief, Spiritual Intelligence, its goals, objectives, teaching methods and understanding is currently established for human well-being. In order to maintain and strengthen spiritual growth and development understanding and application of spiritual intelligence is needed. Otherwise, ignorance of spiritual intelligence will lead to exploitation, corruption, aggression, destruction, disaster, selfishness and hatred. In brief, it can be said that spiritual intelligence can regulate positive personalities and control negative personalities. Spiritual education must become an integral part of the education and school education of the teachers and, finally, the learning of the spiritual sciences will also become part of all humanities and social sciences courses of the university. The quality of spiritual science should also be greatly improved to promote a deep understanding of the theories and principles, in order to solve the problems of daily life and achieve the ultimate goal of education.

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119. Study of Body Composition of Women Football Players in Relation to their Level of Performance

Sukhjinder Bajwa Research Scholar, CT University, Ludhiana	Dr Pravinn Kumar Professor and Dean, CT University, Ludhiana	Dr Manohar Lal Professor, G.H.G Khalsa College, Gurusar Sadhar (Ludhiana)
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Abstract:

The purpose of present investigation was to find out the difference in body composition among the women football players of state level, All India Inter-University level and national level. In the present study investigator applied random sampling procedure to select the sample. The sample of present study comprised of 120 football players, including state level (N1=40), All India Inter-University level (N2=40) and national level (N3=40). Body Composition Monitor with scale HBF-361 was used to measure the body fat%, Body Mass Index (BMI), skeletal muscle%, Basal Metabolic Rate (BMR) and visceral fat. Analysis of variance (ANOVA) was used to compare the mean values among the football players. To find out the significant difference among two group post hoc t test was used. It has been found that players of state level have greatest body fat percentage and visceral fat, and national level players have lowest. National level players possess greatest body mass index, skeletal muscle mass and basal metabolic rate, and state level players possess least among the football players of different levels of performance. Statistically, it has been observed that football players of different levels of performance differ significantly from each other in body fat percentage, body mass index, skeletal muscle mass, basal metabolic rate and visceral fat.

Keywords: Body Composition, Football Players, State level, All India Inter-University level, National level, and Level of Performance

INTRODUCTION

International sports performance in physically competitive sports and games is influenced by the technical, tactical and physical abilities of the players. However, the top-level performance is not ensured, if



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the anthropometric body dimensions of sportsmen do not correspond to the mechanical aspects of the game concerned. Studies have shown that champions in different sports differ in their anthropometric and physiological characteristics that correspond to some extent, with particular requirements of their respective events (Tanner, 1964; de Garay et al., 1974; Hirata, 1979; Carter et al., 1982; Borms and Hebbelinck, 1984; Sidhu et al., 1990; Sharma and Shukla, 1990). The component of physique such as size, body composition and structure has been shown to affect physical performance capacity (Slaughter et al. 1980). The study of body composition may also be used as the basis to differentiate between different physiques (Matiegka, 1921; Tanner, 1964). The study of body composition deals with the classification of the human body into its components. One way to obtain different components is through the techniques of surface anthropometry (Keys and Brozek, 1953 & Durin and Womersley, 1974).

Body composition is an important physical component for football. Excess body fat makes the body move constantly against gravity and it is an unnecessary load for footballers (Reilly, 2000). Although there have been several studies that examined the seasonal changes in the body composition of elite sportsmen's (Siders, et al. 1994 & Morris and Payne, 1996); there are not enough studies on the effects of a pre-season preparation raining period on the physical and physiological properties of high-level professional footballer's performance, particularly in regards to body composition. Body fat is such a component in the composition of body, which affects performance of the sports person. It has been that there is a criterion for the level of body fat according to their respective game discipline, which needs to be maintained. It is also there that sports person is maintaining the expected level of fat but the distribution of fat percentage is not similar on whole body, sometimes because of that performance affects. It also needs to be known whether the amount of total fat, which exists in adipocyte, is similar or dissimilar with respect to the distribution of fat on whole body. Studies of body composition in certain sports indicated that the athletes who were very lean and heavy because of a well-developed musculature were superior in performance in certain competitive sport activities, such as football, weight lifting and the shot put (Bullen, 1971).

Nowadays international sports competition and their results have gained attraction in India too, although success has eluded us in the international competitions. Thus, the carrying out of scientific studies on sports persons have become more important, especially in the events which have not yet been studied. The data available in such sports may be helpful in finding the reason for 'unsuccessful results and

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formulating tools to succeed in these sports. Keeping all this in view, the present scientific study; focused on the study of body composition of women football players in relation to level of performance.

Methodology

The present study was conducted through descriptive method of research. The investigator for the present study adopted purposive random sampling procedure. For this study, 120 female football players; including state level (N1=40), inter-university level (N2=40) and national level (N3=40), age ranging between 18-25 years, was selected. Body Composition Monitor with scale HBF-361 was used to measure the body fat%, Body Mass Index (BMI), skeletal muscle%, and Basal Metabolic Rate (BMR) and visceral fat. Analysis of variance (ANOVA) was used to compare the mean values among state level, inter-university level, and national level football players. To find out the significant difference among two group post hoc t test was used.

Result and Discussion

Table I: Mean, standard deviation and F values of body composition variables among women football players of different level of performance

Variables	State Level (N=40)	All India Inter-University Level (N=40)	National Level (N=40)	F value
	Mean± S.D	Mean± S.D	Mean± S.D	
Body Fat (%)	21.72 ± 1.68	20.81 ± 2.01	19.98 ± 1.66	9.44**
BMI	20.76 ± 1.17	21.34 ± 1.25	22.11 ± 1.06	13.79**
Skeletal Muscle Mass	24.82± 1.10	25.9 ± 1.73	27.31± 1.16	33.80**
Basal Metabolic Rate	1187.67 ± 38.50	1215.35 ± 64.34	1220.83± 52.54	4.52**
Visceral fat	4.08 ± 1.18	3.85 ± 1.07	3.34 ± 1.29	4.05**

* Significant at .05 level; & ** Significant at .01 level



Table I represents the comparison of mean, standard deviation and level of significance of body fat percentage, body mass index, skeletal muscle mass, basal metabolic rate and visceral fat among women football players of different level of performance. It has been found that state level players possessed greater body fat percentage (21.72 %) and national level players possessed lesser body fat percentage (19.98 %) among the football players of different levels of performance. The difference was found to be statistically significant, at the level of $P < .01$. The national level players possessed greater BMI (22.11) and state level players possessed lesser BMI (20.76) among the football players of different levels of performance. The difference was found to be statistically significant, at the level of $P < .01$. In the variable of skeletal muscle mass, national level players possessed greater skeletal muscle mass (27.31 kg) and state level players possessed lesser skeletal muscle mass (24.82 kg) among the football players of different levels of performance. The difference was found to be statistically significant, at the level of $P < .01$. In case of basal metabolic rate, national level players were possessed greater value (1220.83) and state level players possess lesser value (1187.67 kg) among the football players of different levels of performance. The difference was found to be statistically significant, at the level of $P < .01$. It has been observed that state level players possessed greater visceral fat (4.08) and national level players possessed lesser visceral fat (3.34) among the football players of different levels of performance. The difference was found to be statistically significant, at the level of $P < .01$.

Table II: Post-hoc 't' values of body fat, BMI, skeletal muscle mass, BMR and Visceral fat among women football players of different level of performance

Variables	t value		
	State level Vs All India Inter-University Level	State level Vs National Level	All India Inter-University level Vs National Level
Body Fat (%)	2.29*	4.34**	2.06*
BMI	2.26*	5.24**	2.97**
Skeletal Muscle Mass	3.57**	8.20**	4.63**
Basal Metabolic Rate	2.34*	2.80**	.46
Visceral fat	.86	2.78**	1.92

* Significant at .05 level; & ** Significant at .01 level

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From table II, it was observed that there was a significant mean difference between the players of state level and national level (4.34; $p < .01$), having the maximum value followed by state level and All India inter-university level ($t=2.29$; $p < .01$), and All India inter-university level and national level ($t=2.06$; $p < .05$) in body fat percentage. In BMI, it was clearly noticed that there was significant mean difference between the players of state level and national level ($t=5.24$; $p < .01$), having the maximum value followed by All India inter-university level and national level players ($t=2.97$; $p < .01$, and state level and All India inter-university level players ($t=2.26$; $p < .05$). In skeletal muscle mass, it was found that there was significant mean difference between the players of state level and national level ($t=8.20$; $p < .01$), having the maximum value followed by All India inter-university level and national level players ($t=4.63$; $p < .01$, and state level and All India inter-university level players ($t=3.57$; $p < .01$). In basal metabolic rate, national level players and All India University level players were significantly possessed more basal metabolic rate than state level players ($t=2.80$ & 2.34) at .01 level & .05 level, respectively. However, insignificant difference was observed between All India University level and national level players in basal metabolic rate. In visceral fat, it was found that state level players significantly possessed more visceral fat than national level players ($t=2.78$) at .01 level. However, insignificant difference observed between All India University level and national level players, and All India University level and state level players in visceral fat.

Discussion on finding

The finding from table -I and II indicated that, state level players possess greatest body fat percentage and national level players were possess least body fat percentage among the football players of different levels of performance. The statistical differences were observed significant among the football players of different level of performance. Further, on applying post hoc t test for body fat percentage, it was found that state level players significantly possess more body fat percentage than All India University level and national level football players, respectively. Further, it has been found that All India University level players were also possessed significantly greater body fat percentage than national level players football players.

The national level players possess greatest body mass index and skeletal muscle mass, and state level players possess least body mass index and skeletal muscle mass among the football players of different levels of performance. The statistical differences were observed significant among the football players of



different level of performance in body mass index and skeletal muscle mass. Further, on applying post hoc t test for body mass index and skeletal muscle mass, it was found that national level players significantly possessed greater body mass index and skeletal muscle mass than All India University level players and state level football players, respectively. Further it has been found that All India University level players also possessed significantly greater body mass index and skeletal muscle mass than state level football players.

It has been found that national level players possess greatest basal metabolic rate and state level players possess least basal metabolic rate among the football players of different levels of performance. The statistical differences were observed significant among the football players of different level of performance in basal metabolic rate. Further, on applying post hoc t test for basal metabolic rate, it was found that national level players and All India University level players significantly possessed more basal metabolic rate than state level football players, respectively. However, insignificant difference was observed between All India University level and national level players in basal metabolic rate.

Greatest visceral fat has been found in state level players and national level players have possess lowest visceral fat among the football players of different levels of performance. There was significant difference among the school level players of different sports. Further, on applying post hoc t test, it was found that players of state level have significantly greater visceral fat than national level players. However, insignificant difference was observed between All India University level and national level football players, and between All India University level and state level football players in visceral fat.

Conclusions

It has been found that players of state level have greatest body fat percentage and visceral fat, and national level players have lowest. National level players possess greatest body mass index, skeletal muscle mass and basal metabolic rate, and state level players possess least among the football players of different levels of performance. Statistically, it has been observed that football players of different levels of performance differ significantly from each other in body fat percentage, body mass index, skeletal muscle mass, basal metabolic rate and visceral fat.



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120. Athropometrical Variables of Women Football Players in Relation to their Level of Performance

Sukhjinder Bajwa Research Scholar, CT University, Ludhiana	Dr Pravinn Kumar Professor and Dean, CT University, Ludhiana
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Abstract:

The purpose of present investigation was to find out the difference in anthropometric variables among the women football players of state level, All India Inter-University level and national level. In the present study investigator applied random sampling procedure to select the sample. The sample of present study comprised of 120 football players, including state level (N1=40), All India Inter-University level (N2=40) and national level (N3=40). The selected anthropometric variables namely weight, height, sitting height, arm length, hand length, leg length, upper leg length, lower leg length, foot length and foot breadth were taken on each subject by following standard technique of Heath and Carter (1967). Analysis of variance (ANOVA) was used to compare the mean values among the football players. To find out the significant difference among two group post hoc t test was used. Results revealed that national level football players were heaviest, tallest and possessed greatest value for sitting height, arm length, hand length, leg length, upper leg length, lower leg length, foot length and foot breadth whereas state level players were lightest, shortest and possessed lowest value for sitting height, arm length, hand length, leg length, upper leg length, lower leg length, foot length and foot breadth among the football players of state level, All India Inter-University level and national level.. The statistically significant differences were observed among the football players of different level of performance in all anthropometric variables.

Keywords: Anthropometric variables, Football Players, State level, All India Inter-University level, National level, and Level of Performance.



Introduction:

The sports structure in India is fast changing because of the availability of increased facilities and sports environment. Awareness among the coaches and physical educationists towards the recent advances in sports sciences is growing rapidly. The role of an emerging scientific discipline known as sports anthropology is of great significance. It is the science that deals with the body measurements of athletes. This science is also known as kinanthropometry. The knowledge of this science is increasingly being appreciated by the sports administrators. Assessment of human physical performance through kinanthropometry helps to evaluate the physical structure and functions of individuals. The Knowledge of this science equips us with the techniques of various body measurements like height, body weight, diameters, circumferences and skinfold thickness which ultimately deal with the assessment of human physique, body composition, physical growth, maturation and gross functions of the human body. The inter-relationship between each of these above-mentioned variables with the success in sports can be regarded as a proven fact today (Cureton, 1951; Sargent, 1887; Tanner, 1964; Sidhu and Anand, 1971; and Stepnicka, 1986).

Anthropometric measurements and morphological characteristics play an important role in determining the success of a sportsperson (Wilmore & Costill, 1999; Keogh, 1999). An athlete's anthropometric and physical characteristics may represent important prerequisites for successful participation in any given sport (Gualdi-Russo & Zaccagni, 2001) Indeed, it can be assumed that an athlete's anthropometric characteristics can in some way influence his/her level of performance, at the same time helping to determine a suitable physique for a certain sport (Carter & Heath, 1990). It has been well established that specific physical characteristics or anthropometric profiles indicate whether the player would be suitable for the competition at the highest level in a specific sport (Claessens et al., 1999; Reilly et al., 2000; Gabbett, 2009; Slater et al., 2005). Therefore, it is of practical relevance and importance to identify those skeletal characteristics that will favor a specific sport. The changeable (body composition) and unchangeable (skeletal size, shape and proportion) anthropometric characteristics predisposing to success will differ from sport to sport. Bale (1986) suggested that size, shape and body composition play an important part in providing distinct advantage for specific playing positions, especially at elite level of competition where there is a high degree of player specialization.



Football is probably the world's most popular sport, played in practically every nation at varying levels of competence. Football may be played competitively or for fun, as a career, a means of keeping fit or simply a recreational pursuit. Mostly sports, including football, require certain physical characteristics and anthropometric measurements, and whilst there is an increased interest in football judging by the popularity of events such as the World Cup, few standards for teams world-wide exist (Reeves et al., 1999). So, the physical structure worked out can be used as a tool of talent hunt for a football sport. Keeping all this in view, the present scientific study; focused on the study of body composition of women football players in relation to level of performance.

Methodology

The present study was conducted through descriptive method of research. The investigator for the present study adopted purposive random sampling procedure. For this study, 120 female football players; including state level (N1=40), inter-university level (N2=40) and national level (N3=40), age ranging between 18-25 years, was selected. The selected anthropometric variables namely, weight, height, sitting height, arm length, hand length, leg length, upper leg length, lower leg length, foot length and foot breadth were taken on each subject by following standard technique of Heath and Carter (1967). Analysis of variance (ANOVA) was used to compare the mean values among state level, inter-university level, and national level football players. To find out the significant difference among two group post hoc t test was used.

Table I: Mean, standard deviation and F values of anthropometric variables among women football players of different level of performance

Variables	State Level (N1=400)	All India Inter- University Level (N2=40)	National Level (N3=40)	F value
	Mean \pm S. D	Mean \pm S. D	Mean \pm S. D	
Weight	53.58 \pm 3.85	56.08 \pm 4.85	58.85 \pm 3.81	15.73**
Height	160.59 \pm 2.40	161.97 \pm 3.17	163.07 \pm 3.49	6.59**
Sitting Height	83.73 \pm 1.61	84.60 \pm 1.80	85.60 \pm 1.98	10.01**
Arm Length	74.18 \pm 1.37	75.66 \pm 1.94	76.50 \pm 1.84	18.30**



Hand Length	15.61 ± .39	15.75 ± .39	16.46 ± .81	25.62**
Leg Length	81.11 ± 1.62	81.77 ± 1.49	82.37 ± 2.12	5.11**
Upper Leg Length	41.15 ± 1.15	41.38 ± 1.23	42.08 ± 1.45	5.67**
Lower Leg Length	39.38 ± 1.13	39.32 ± 1.06	40.37 ± 1.25	10.57**
Foot Length	20.32 ± 1.18	20.85 ± 1.53	21.52 ± 1.56	7.06**
Foot Breadth	8.41 ± .37	8.62 ± .48	8.63 ± .47	3.01*

* Significant at .05 level; & ** Significant at .01 level

Table I represents the comparison of mean, standard deviation and level of significance of weight, height, sitting height, arm length, hand length, leg length, upper leg length, lower leg length, foot length and foot breadth among women football players of state level, All India Inter-University level and National level. The players of national level were heaviest (58.85 kg) and tallest (163.07 cm), and state level were lightest (53.58 kg) and shortest (160.59 cm) among the football players of different levels of performance. The differences of weight and height were found to be statistically significant, at the level of $P < .01$. The national level players have possessed greatest sitting height (85.60cm), arm length (76.50cm) and hand length (16.46cm), and state level were possessed lowest sitting height (83.73cm), arm length (74.18cm) and hand length (15.61 cm) among the football players of different levels of performance. The differences of sitting height, arm length and hand length were found to be statistically significant, at the level of $P < .01$. In case of lower extremity, the national level players possessed greatest value for leg length (82.37cm), upper leg length (42.08cm) and lower leg length (40.37cm), and state level players were possessed lowest value for leg length (81.11cm), upper leg length (41.15cm) and lower leg length (39.38cm) among the football players of different levels of performance. The differences were found to be statistically significant, at the level of $P < .05$ in leg length, upper leg length and lower leg length. In case of Foot length and foot breadth, the national level players possessed greatest value (21.52cm) and (8.63 cm), and state level players were possessed lowest value (20.32 cm) and (8.41cm), respectively among the football players of different levels of performance. The differences of foot length and foot breadth were found to be statistically significant, at the level of $P < .01$ and $P < .05$, respectively.



Table II: Post-hoc 't' values of weight, height, sitting height, arm length, hand length, leg length, upper leg length, lower leg length, foot length and foot breadth among women football players of different level of performance

Variables	t value		
	State level Vs All India Inter-University level	State level Vs National level	All India Inter-University Level Vs National Level
Weight	2.67**	5.61**	2.93**
Height	2.01*	3.62**	1.61
Sitting Height	2.15*	4.47**	2.32*
Arm Length	3.79**	5.98**	2.18*
Hand Length	1.08	6.67**	5.59**
Leg Length	1.66	3.20**	1.54
Upper Leg Length	.82	3.24**	2.42*
Lower Leg Length	.25	3.85**	4.10**
Foot Length	1.66	3.75**	2.09*
Foot Breadth	2.07*	2.17*	.10

* Significant at .05 level; & ** Significant at .01 level

From table II, it was observed that in weight there was a significant mean difference between the football players of state level and national level ($t=5.61$; $p < .01$), having the maximum value followed by players of All India inter-university level and national level ($t=2.93$; $p < .01$), and players of state level and All India inter-university level ($t=2.67$ $p < .01$) in body weight. In height, it was clearly noticed that there was significant mean difference between the players of state level and national level ($t=3.62$; $p < .01$), having the maximum value followed by state level and All India inter-university level players ($t=2.01$; $p < .05$), but insignificant mean difference was observed between the players of All India inter-university level and national level. In sitting height, there was a significant mean difference between the football players of state level and national level ($t=4.47$; $p < .01$), having the maximum value followed by players of All India inter-university level and national level ($t=2.32$; $p < .05$), and players of state level and All India inter-university level ($t=2.15$ $p < .05$). In arm length, there was a significant mean difference between the football players of state level and national level ($t=4.47$; $p < .01$), having the maximum value followed by players of state level



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were significantly heavier and taller than All India University level and state level players football players, respectively. All India University level players were also significantly heavier and taller than state level football players.

It has been also found the national level players were possess greatest sitting height, arm length and hand length, and state level players were possessed least sitting height, arm length and hand length among the football players of different levels of performance. This shows that greater torso length, arm length and hand length help the football players to increase their performance. The statistical differences were observed significant among the football players of different level of performance in sitting height, arm length and hand length. Further, on applying post hoc t test for sitting height, arm length and hand length, it was found that national level players were significantly possess more sitting height, arm length and hand length than All India University level and state level football players, respectively. All India University level players have also significantly more sitting height and arm length than state level football players. However, insignificant difference was observed between All India University level and state level football players in hand length.

Finding indicates that national level players were possess greatest leg length, upper leg length and lower leg length, and state level players were possessed least leg length, upper leg length and lower leg length among the football players of different levels of performance. It shows that more length of lower extremities helps the women players to increase their level of performance. The statistical differences were observed significant among the football players of different level of performance in leg length, upper leg length and lower leg length. Further, on applying post hoc t test for leg length, upper leg length and lower leg length, it was found that national level players were significantly possess more leg length than state level players, and possess more upper leg length and lower leg length than state level and All India Inter-University level football players. However, National level players possess insignificantly more leg length than All India University level players, and All India University level players possess insignificantly more leg length, upper leg length and lower leg length than state level players.

It has been observed, that national level players were possess greatest foot length and foot breadth and state level players were possess least foot length and foot breadth among the football players of different levels of performance. It indicated that greater foot length and foot breadth helps the football players to

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control the ball more effectively, and ultimate increase the level of performance. The statistical differences were observed significant among the football players of different level of performance in foot length and foot breadth. Further, on applying post hoc t test for foot length and foot breadth, it was found that national level players were significantly possess more foot length than All India University level and state level football players, and in case of foot breadth national level and All India inter-University players significantly more breadth than state level players. However, National level players possess insignificantly more foot breadth than All India University level players, and All India University level players possess insignificantly more foot length than state level players.

Conclusions

Based on the finding of the study, It has been found that national level football players were heaviest, tallest and possessed greatest value for sitting height, arm length, hand length, leg length, upper leg length, lower leg length, foot length and foot breadth, and state level players were lightest, shortest and possessed lowest value for sitting height, arm length, hand length, leg length, upper leg length, lower leg length, foot length and foot breadth among the football players of state level, All India Inter-University level and national level.. The statistically significant differences were observed among the football players of different level of performance in in all anthropometric variables.

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121. Comparison of Adequate Depth of Feeling with Adequate Expression and Control of Emotion of Tribal and Non-Tribal Area Sportsmen

¹Munish Kumar

¹Ph.D Research Scholar, Department of Physical Education, CT University, Ludhiana, Punjab.

²Dr. Kuldeep Kumar Battan

²Assistant Professor, Department of Physical Education, CT University, Ludhiana, Punjab.

An abstract

The present study investigates the comparison of adequate depth of feeling with adequate expression and control of emotion a component of emotional competence of tribal and non-tribal area sportsmen. To solve the purpose of study 180 randomly selected sportsmen (90 tribal and 90 non-tribal area) of Himachal Pradesh were taken as the sample. Null hypothesis had been framed for the present study. Psychological variables adequate depth of feeling and adequate expression and control of emotion measured by Emotional competence Scale developed by Dr. H.C. Sharma and Dr. R. L. Bhardwaj. The data was analyzed by using Statistical Package for the Social Sciences. The statically tools used for the study were mean, SD and "t" test was used. On the basis of obtained results there is no significant difference was recorded by employing "t" test. Whereas slight mean difference was recorded in tribal area sportsmen and the mean difference for non-tribal area was infractions.

INTRODUCTION

Psychology is commonly defined as the science of behaviour and mental processes. Psychology does not necessarily refer to the brain or nervous system and can be framed purely in terms of phenomenological or information processing theories of mind. Increasingly, though, an understanding of brain function is being included in psychological theory and practice, particularly in areas such as artificial intelligence, neuropsychology, and cognitive neuroscience. Psychology describes and attempts to explain consciousness, behaviour and social interaction.

“Emotion is a moved or stirred up state of an organism. It is disturbed muscular and glandular activity”. “Emotion is an acute stimulation of the individuals as a whole, psychological in origin, involving behavior, conscious experience and visceral functioning”.

Perception, thinking and memory are very much involved in emotional expression. All emotions include subjective feeling involving both a general positive or negative emotions

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state and a specific feeling tone such as for, anger, fear or disgust. Emotions are typically associated with mild to extreme changes in physiological process occurring within our bodies. Emotions often course us to act out or express our feeling, these expression may range from crying, screening or verbal outbursts to smiling & laughing. Emotions as derivatives of biological processes and mixtures of emotions as personality traits

Tribal/ Scheduled Areas are those, which are under the Fifth Schedule of the Constitution of India where the tribal population are predominant. Article 342 of the India Constitution authorizes the President of India to specify by public notification, tribal communities which shall for the purpose of constitution be deemed “Scheduled tribal”. Non-tribal area is those which are not listed in the fifth schedule of the Constitution of India. These areas include the cities, other urban places and villages. Non-Tribal areas differ from the tribal areas in various aspects like, culture, facilities, geography, living standard, accessibility etc.

METHODOLOGY

The survey type of study had been designed to investigate the adequate depth of feeling and adequate expression and control of emotion of tribal and non-tribal area sportsmen of Himachal Pradesh. In the present study investigator was employed random sampling method. The sample for the present study comprises of tribal and non-tribal sportsmen of Himachal Pradesh. The total sample consists of 180 sportsmen (90 tribal and 90 non-tribal area). Measured by Emotional competence Scale developed by Dr. H.C. Sharma and Dr. R. L. Bhardwaj. The data was analysed by using statistical package for the social sciences. The statistical tools used for the study were mean, SD and “t” test was used.



RESULTS AND FINDINGS

Within the limitations and delimitations of the present study following results are drawn:

Table no- 1

Comparison of Adequate depth of feeling of Tribal area sportsmen with Non Tribal area sportsmen

Group	N	Mean	Mean Difference	Standard Deviation	Standard Error Difference	df	“t”
Tribal Area Subjects	90	56.9667	1.67778	9.35138	1.53215	178	1.095
Non Tribal Area Subjects	90	55.2889		11.12770			

Table no.1 reveals that the adequate depth of feeling of tribal area sportsmen the mean value is 56.9667 and the mean value of non tribal area sportsmen is 55.2889 the mean difference is 1.67778. The standard deviation of tribal area sportsmen is 9.35138 and the standard deviation of non tribal area sportsmen is 11.12770. The standard error difference is 1.53215 the obtained “t” value is 1.095 for df 178. The obtained value of “t” is less than the table value of “t” for df 178. The obtained value is statistically insignificant. On the basis of obtained “t” value which is statistically insignificant. Hence the formulated hypothesis is approved.



Table - 2

Comparison of Adequate expression and control of emotion of Tribal area Sportsmen with Non Tribal area sportsmen

	N	Mean	Mean Difference	Standard Deviation	Standard Error Difference	Df	“t”
Tribal Area Subjects	180	53.2889	-.21111	9.17893	1.28260	178	-.165
Non Tribal Area Subjects		53.5000		7.98770			

Table no. 2 reveals that the adequate expression and control of emotion of tribal area sportsmen the mean value is 53.2889 and the mean value for non tribal area sportsmen is 53.5000 the mean difference is -.21111. The standard deviation of tribal area sportsmen is 9.17893 and the standard deviation of non tribal area sportsmen is 7.98770. The standard error difference is 1.28260 the obtained “t” value is -.165 for df 178. The obtained value of “t” is less than the table value of “t” for df 178. The obtained value is statistically insignificant.

On the basis of obtained “t” value which is statistically insignificant. Hence the formulated hypothesis is approved.



CONCLUSION

- As per the table no 1 on the basis of “t” value there is no significant difference between tribal and non tribal sportsmen in adequate depth of feeling variable
- As per the table no 1 on the basis of “t” value there is no significant difference between tribal and non tribal sportsmen in adequate expression and control of emotion variable.

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122. Pranayama Breathing Exercises and its Health Benefits

Jatinder Pal¹, Dr. Pravin Kumar²

¹Research Scholar, Department of Physical Education, CT University, Ludhiana (Punjab) India.

²Professor, Department of Physical Education, CT University, Ludhiana (Punjab) India.

Abstract

In this modern world our environment is fighting for survival and we humans suffer from more and more physical and psychological stress, we cannot always control them but can learn how to face them and to this end pranayama is as good an invention it has ever been. The Pranayama is the central part of patanjali's astanga yoga system. Pranayama aims primarily at the control on the mind. When the mind is under control, it remains unaffected by disturbing thoughts. With pranayama functioning of autonomic system improves the working of lungs, heart, diaphragm, abdomen, intestines, kidneys and pancreas and digestive system also improve. The body becomes lean, strong and healthy. Too much fat is reduced. There is luster in the face. Eyes sparkle like a diamond. The practitioner becomes very handsome. Voice becomes sweet and melodious.

Key words: Pranayama, Bhramari pranayama, Yoga.

Introduction

“For breath is life, and if you breathe well, you will live long on earth.”

Breath is essential to life. It is the first thing we do when we are born and the last thing we do when we leave. In between that time, we take about half a billion breaths. What we may not realize is that the mind, body, and breath are intimately connected and can influence each other. Our breathing is influenced by our thoughts, and our thoughts and physiology can be influenced by our breath. Learning to breathe consciously and with awareness can be a valuable tool in helping to restore balance in the mind and body Patel (2014)¹.

Sanskrit ‘Pran’ means ‘Breath’ and ‘Ayama’ means ‘control’ so it is called as Pranayama. Pranayama is the complete breathing exercise which is the part of yoga. Our breath plays an important role in pranayama. Pranayama cures our body internally if you practice regularly. This seven pranayama are excellent breathing exercises for our healthy life and releasing stress and depression².

Pranayama helps create a greater quantum of prana and also purifies the channels that will carry this increased prana to these 'silent' areas of the brain. It is very important that the channels be purified first to cope with the increased energy created by Pranayama (Jawahar 2010)³.

The ancient yogis developed many breathing techniques to maximize the benefits of prana. Pranayama is used in yoga as a separate practice to help clear and cleanse the body and mind. It is also used in preparation for meditation, and in asana, the practice of postures, to help maximize the benefits of the practice, and focus the mind.

In our respiration process, we breathe in or inhale oxygen into our body, going through our body systems in a form of energy to charge our different body parts. Then we exhale carbon dioxide and take away all toxic wastes from our body. Through the practice of Pranayama, the balance of oxygen and carbon dioxide is attained. Absorbing prana through breath control links our body, mind, and spirit.

But life is full of stress. Because of the daily work, family, or financial pressures, we tend to ignore our breathing. Thus, it tends to be fast and shallow. The use of only a fraction of your lungs results to lack of oxygen and may lead to different complications. Heart diseases, sleep disorders, and fatigue are some of the effects of oxygen starvation. Therefore, the negative energy of being restless and troublesome leads to lesser

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prana inside the body. By practicing deep and systematic breathing through Pranayama, we reenergize our body [4].

It takes 35 to 45 minutes to complete the whole process of seven pranayama. According to expert's pranayama are enough to become healthy and fit. Pranayama cures and prevents cancer, blood pressure, stress, anxiety, stomach disorders, depression, diabetes, heart problems and so many health issues. Morning is the best time to practice pranayama and after you take a bath. Wear loose clothes and sit straight (Taimni, 2010)⁵

Pranayama

Pranayama is Elongation of pranic energy. Whereas great Yogi Patanjali defines Pranayama as: "Tasmin shwasa prashwasayor gati vichhedaha pranayamaha" This means controlling the motion of inhalation and exhalation. The life span of the animal depends on the number of breathe they breathing per minute. For example, a tortoise breath once in three minutes, its life span is around 300 years, a rabbit breath 45 times in a minute, it lives up to fifteen years, like this the breathing rate of the living species decides its life span, by reducing the number of breathing one can extend healthy life, this one can achieve only by regular practice of breathing exercise or Pranayama. [6].

Pranayam have 3 steps they are:

- ⇒ Pooraka (Inhalation)
- ⇒ Rechaka (Exhalation)
- ⇒ Kumbhaka (Retention)

Types of pranayama and its Benefits:

1. Bhastrika Pranayama

Sanskrit word Bhastrika means bellows. This breathing exercise resembles the blowing of bellows. Bhastrika is the excellent breathing exercise which we can practice slowly or fast as per our convenience. A person who is suffering from Heart problem and Lung problems should practice slowly otherwise slowly increase the speed of breathing. Bhastrika Pranayama should practice normally 3-5 minutes twice a day in the fresh air. In this pranayama body gets the maximum amount of oxygen due to complete inhaling and exhaling breathing.

Steps for Bhastrika Pranayama: Sit comfortably on flat ground. Those who can't sit on ground can sit on chair because this pranayama is related to the breath. Take a deep breath through both nostrils and fill the lungs with air and then exhale with hissing sound. Inhale deeply and exhale completely. Do this for 2 min to 5 minutes max and see the result in a few days.

Benefits of Bhastrika Pranayama :- It improves blood circulation. Keep away the heart related problems. Provide relaxation to body and mind. Improves your concentration. Helps to stronger the lungs. Relive stress depression and hypertension. Cure's obesity, arthritis and calms the mind. Cures throat infection. It helps to Increases appetite. Cure asthma, headache, migraine, neurological problems, depression and gastric problems.

Precaution-: We can do this pranayama by slowly, medium and fast way. Those suffering from lungs and heart problems and high blood pressure can perform slowly. Practice under expert guidance.

2. Kapalbhatai Pranayama

It is very effective in curing stomach disorder, obesity, digestive disorder and many problems related to stomach. Those trying to lose weight can practice Kapalbhatai regularly and see 100% results.



Kapalbhati Pranayama: Sit on the flat floor and fold your legs. Keep the spine straight and close the eyes. Keep the right palm on right knee and left palm on left knee. Now take a deep breath and exhale with all your force so your stomach will go deep inside. When you exhale with hissing sound try to think that your disorders are coming out of your nose. Do not stress on inhaling. Inhalation should not involve any effort. Inhaling will be done automatically after each exhaling. Repeat these steps for 5 minute and take rest. You can increase the time for 15 – 30 minutes. Should not practice very fast. Speed of practice should be medium.

Benefits of Kapalbhati Pranayama: It improves the function of the lungs and other respiratory system. Improves the function of reproductive system. Cures erectile dysfunction naturally. Improves the function of pancreas. Helps to produce insulin hormone naturally. It removes toxins from the body and helps to clean the internal system. Calms the mind and bring stability in mind. Very effective in weight loss. Cures breast cancer. Helpful in reducing weight (Belly fat). Keeps depression away and brings positive thoughts. Helpful in curing respiratory diseases as asthma, allergies, and sinus. Cure for constipation, acidity, diabetes, Asthma and all kinds of Respiratory troubles, sinus and even hair loss. Cures kidney problems and lower down the high creatinine level. Improve the function of kidneys.

Precaution: - Those are heart patient should do this slowly while exhaling. You can do kapalbhati pranayama in morning or evening both the time, but keep in mind that you should do this on empty stomach. Pregnant women should not do this. High blood pressure patient should practice kapalbhati at a slow rate. Means 3 exhalations per 5 seconds and force of exhalation should be reduced. Practice pranayama in the supervision of an expert yoga teacher after informing about your whole health. Those women's feel comfortable practicing pranayama during periods can go ahead otherwise avoid it.

3. Bahya Pranayama

In this pranayama the breath is kept outside during the practice so it is called Bahya Pranayama. Bahya means “outside”. It should be done after kapalbhati pranayama.

Steps for Bahya Pranayama: Sit in pose of Padmasana or Siddhasana. Take a deep breath and exhale completely (breath out) to evacuate lungs as much as possible. Hold your breath and touch your chin to the chest is called (Jalandhar Bandha or Throat lock). By pulling your stomach in and up under the rib cage such that the stomach and back seem to touch each other from inside. It is called (Uddiyana Bandha). Lift the muscle from groin area is called (Mulabandha or Root lock). Hold these three bandhas for some time as much you can 10-15 seconds then breathe in deeply to release these three locks. Repeat Bahya pranayama for 2-5 minutes daily.

Benefits of Bahya pranayama: Constipation, Acidity, Gastric problem and Hernia cure completely. Problems related prostate get cure. Cures problems related reproductive organs. It is beneficial in diabetes also. Urine and sperm related problems get cure completely.

Precautions: Pranayama should be done on empty stomach having gap of 5 hours between practice and your meal. Those suffering from heart problem, blood pressure and cervical colitis should not practice. They can control this by practicing other asana and pranayama. Practice under expert guidance. Women should not practice bahya pranayama during period.

4. Anulom Vilom Pranayama

It is very effective to purify mind and body. Anulom Vilom pranayama is one of the excellent breathing exercises which are also known as Nadi Shodhana. Regular practice offers energy in the body and releases stress and anxiety. It should be practiced in the morning in the fresh air with empty stomach.

Steps for Anulom Vilom Pranayama: It is very simple asana everyone can do this of any age. Sit comfortably on flat ground. Those who can't sit can sit on chair because this is related to the breath. Now



close right nostril with right thumb and breathe from left nostril. Then close left nostril with middle and ring finger and breathe out from right nostril. Now breathe in deeply with right nostril and then close right nostril and breathe out deeply with left nostril. Do the repetition. Do this for 5-10 minutes. Keep in mind that your breathing should be up to the lungs and not in the stomach.

Benefits of Pranayama Anulom Vilom -: It improves blood circulation. It calms your mind. Keep away the heart related problems Provide relaxation to body and mind. Regular practice of anulom vilom breathing exercise cleanses, strengthens and tones your nervous system. It improves your concentration. Excellent for glowing skin. Helps to improve function of your lungs. Helps to prevent diabetes and keeps diabetes under control. Remove blockage of arteries. Relieve stress depression and hypertension. Cure Asthma, headache, migraine, Neurological problems, Heart blockage, depression, gastric problems.

Precaution: Practice under expert guidance. Pregnant women should practice Anulom Vilom but over straining should be avoided. Anulom vilom pranayama should be practiced on an empty stomach. It should be done in the morning or evening or both. If you don't have time in the morning or evening, you can do it at your convenience. Make sure that you practice anulom vilom pranayama 4-5 hours after having your food.

5. Bhramari Pranayama

Bhramari pranayama is the excellent breathing exercise which plays an important role in releasing agitation, frustration and anger. It is the best breathing exercise in calming your mind. 'Bhramari' is the type of 'Indian bee' and 'pranayama' means breathing. So it is called as Bhramari Pranayama. In this type of pranayama when we exhale making a humming sound. It resembles the typical humming sound of bees. So you can understand why this breathing exercise is called as Bhramari Pranayama.

Steps for Bhramari Pranayama: Sit straight in the Padmasana or Sukhasana and press your tragus with your thumb. Place your index fingers on the forehead and with the remaining fingers close your eyes. Start inhaling through both the nostril deeply and slowly. By keeping mouth close, exhale by making a humming sound bee like "hmmmm". While making humming sound say 'Om' in soft humming sound. Feel your body releases impurity from your body and experiencing positive energy. Duration: Practice daily for 3 to 5 minutes.

Benefits of Bhramari Pranayama: It relieve tension, anger and anxiety. Effective against hypertension and cures sinus problem. Bhramari Pranayama controls the high blood pressure and cure it. Helps to stay calm and bring stability in mind. Cures the problems related to nervous system. During pregnancy it is very helpful for pregnant women for easy and trouble free childbirth.

Precaution: It should be practice under expert guidance. People having heart disease should not hold their breath for long time. Pranayama should be done on empty stomach. If you feel dizzy while practicing, stop the exercise and start normal breathing. Consult a doctor if you are suffering from any ear problem or and medical ailments before doing Bhramari Pranayama. Should maintain gap of 5 hours between your meal and lunch. Better to practice in the morning in fresh air.

6. Udgeeth Pranayama

It is known as "Omkari Japa" means chanting of "Om". Udgeeth pranayama is the simple breathing exercise. Should be practiced on a daily basis like other 6 recommended pranayama.



Steps of Udgeeth Pranayama: Sit in a suitably relaxed posture. In this pranayama the inhaling and exhaling duration should be long. Inhale deeply and while exhaling chant Ommmmmmmm for a long time as much you can. In all pranayama the breath plays an important role. So concentrate on your breath and feel the positive energy comes when you inhale and negative energy goes out while exhaling. Repeat this for 5-10 minutes.

Benefits of Udgeeth Pranayama: It calms the mind and brings stability. It relieves tension, anger and anxiety. Excellent breathing exercises for meditation. Effective against hypertension. It cures problems related to sleep (Insomnia) and bad dreams. Control the high blood pressure and cure it. Cures the problems related to the nervous system. It improves memory power and cures acidity.

Precaution: Should be practiced under expert guidance. In this pranayama the inhaling and exhaling duration should be long. Should practice pranayama on an empty stomach. Having gap of 5 hours between yoga practice and your meal. Better to practice in the morning in fresh air. Anyone can practice Udgeeth Pranayama. Including children to old age. You can practice this any time whenever you feel stress.

7. Pranav Pranayama

This is the last seventh pranayama. After practicing all six pranayama concentrate your mind on inhaling and exhaling for some time this is called **Pranav pranayama**. This is very simple breathing exercise. This is one type of meditation you can say.

Steps for Pranav Pranayama: Sit in Padmasana, Sukhasana or **Vajrasana** quietly. Breathe normally and concentrate your mind on inhaling and exhaling. While practicing Pranav pranayama imagine that God is everywhere in every particle. Practice for 3 minutes to 1 hour as per your available time.

Benefits of Pranav Pranayama: It gives physical and spiritual energy. Gives **relief from mental stress** and overcomes the physical disorders. It gives good health. Strengthen the mind. It is help full for Meditation. It helps to Increases concentration. Helps in spiritual development and widen our perspective. This is the simplest breathing exercise and all people of any age can practice.

Precaution: Pranayama should be practiced early in the morning on an empty stomach. Pranayama should be practiced in fresh air. Pranayama should be practice under expert guidance.

8. Sheetkari Pranayama

Sheetkari Pranayama or the Hissing Breath is usually done after practicing other asanas and pranayamas. Sheetkari Pranayama cools the body.

Steps for Sheetkari Pranayama: Sit in a meditative pose or in a comfortable posture on the floor. Keep the back straight and shoulders relaxed. Place hands on the knees, fingers relaxed and eyes closed. Join lower and upper teeth. Fix front portion of the tongue against the front teeth and the rest of the tongue on the palate. Separate the lips and inhale from the mouth making a chilling sound. Retain your breath for as long as possible. Exhale through both nostrils. This is one round of sheetkari pranayama.

Benefit of Sheetkari Pranayama: Sheetkari pranayama cools the body and keeps teeth and gums healthy. Sheetkari relaxes the body and the mind. According to Hatha Yoga Pradeepika, Sheetkari removes hunger, thirst, sleep and lassitude.

Precaution: Avoid this pranayama if you suffer from low blood pressure. Do not practice in a polluted atmosphere or during cold weather.

Importance of Pranayama

There is no purificatory action greater than pranayama. Just as a goldsmith removes the impurities of gold by heating it in the hot furnace, by strongly blowing the blowpipe, so also the yogic aspirant removes the impurities of the body, the senses and the mind, by blowing the lungs, through the practices of pranayama.



Preparing the mind

Through pranayama, the breathing will be lessened and at this time it will be easy to stop the breath. Thus, the velocity of the mind will be slowly lessened by pranayama, making it stable and focused for concentration and higher practices. The mind becomes one-pointed and the mind becomes stable & steady like a flame in a windless place.

When the mind is so raised into the super conscious state of perception, it begins to act from there and experiences higher facts and higher knowledge. Such is the ultimate object of yoga, which can be achieved by the practice of pranayama. The control of the vibratory prana means the yogi kindles the fire of supreme knowledge, the realization of the Self.

Physical benefits

Pranayama develops the lungs and those who practice it will have a powerful, sweet, melodious voice. The body becomes lean, strong and healthy. Excretions become scanty and the appetite becomes keen. The digestive fire is augmented. There is lustre on the face and the eyes sparkle like diamonds. The practitioner becomes very handsome. The student becomes so perfect in brahmacharya, sensual restraint, that his mind will not be shaken even if a celestial maiden tries to embrace him. The student is free from all sorts of diseases. The nadis, flows of energy, are purified.

Steady practice arouses inner spiritual light, happiness and peace of mind. It is impossible to extol the wonderful effects of pranayama adequately. It is the magic wand for attaining perfection in all spheres of life. Even a few days of practice will convince you of its remarkable glory. Start from today, this very moment.

- ⇒ Pranayama soothes the nerves and tones the entire system.
- ⇒ It increases digestive power, invigorates the nerves and cleans the sinuses.
- ⇒ The blood receives a large supply of oxygen, one feels refreshed. The nerves are calmed and purified.
- ⇒ The constant practice of pranayam rouses spiritual power. It gives spiritual joy, spiritual light and mental peace.

Conclusion

In the last we say with the help of Pranayam the body becomes lean, strong and healthy. Too much fat is reduced. There is lustre in the face. Eyes sparkle like a diamond. The practitioner becomes very handsome. Voice becomes sweet and melodious.

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123. Physical Activity And Exercise Among Children: A Key Issue

Baljeet Kaur¹, Dr. Pravin Kumar²

¹Research Scholar, Department of Physical Education, CT University, Ludhiana (Punjab) India

²Professor, Department of Physical Education, CT University, Ludhiana (Punjab)

India.

ABSTRACT

Physical activity has been defined as "bodily movement produced by skeletal muscles that result in energy expenditure. Physical exertion--regular physical activity has significant health benefits, and even modest increases in energy expenditure can have health-enhancing effects, including: Reduction in chronic disease risk--hypertension, type 2 diabetes, high blood lipids, cardiovascular disease, and obesity. Children need to learn fundamental motor skills and develop health related physical fitness (cardiovascular endurance, muscular strength and endurance, flexibility, and body composition). Physical education, provided at school, is an ideal way to encourage activity and develop fitness among children and, for many children, will be their only preparation for an active lifestyle. Schools that promote physical activity may have a significant impact on reducing childhood obesity, chronic disease, and, ultimately, adult mortality. Insofar as physical activity has been associated with increased academic performance, self-concept, mood, and mental health, the promotion of physical activity and exercise may also improve quality of life.

Keywords: Physical activity, Anxiety, Body mass index, Cardio Vascular disease, Diabetes, Cardiovascular endurance, Muscular strength, Muscular endurance, Flexibility, Body composition.

INTRODUCTION

Physical activity has been defined as "bodily movement produced by skeletal muscles that result in energy expenditure"(Pate, Pratt et al., 1995). There is no debate about the value of physical exertion--regular physical activity has significant health benefits, and even modest increases in energy expenditure can have health-enhancing effects, including: Reduction in chronic disease risk--hypertension, type 2 diabetes, high blood lipids, cardiovascular disease, and obesity. Even among children and adolescents, physical activity can prevent or delay the development of hypertension and can reduce blood pressure in those young people who already have hypertension. Physical activity and exercise can also;

- Lowered risk of colon cancer;
- Reduction of anxiety, improvement in body image and mood;
- Development of physical fitness;
- Promotion of weight control through caloric expenditure. This benefit is of particular importance to children, who are experiencing the same epidemic of overweight as adults.

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CHILDHOOD OBESITY: A CAUSE FOR CONCERN

More children today are overweight or obese than ever before. "Overweight" means that the individual weighs more than is recommended for a given height; when this excess weight is in the form of fat, health problems may develop. "Obesity" is an excess of body fat. In children obesity has been variously defined as

1. $\geq 20\%$ over the recommended weight for height;
2. ≥ 85 th percentile for Body Mass Index, which is calculated by dividing weight in kilograms by height in meters squared; or
3. $\geq 25\%$ of weight as fat for boys and $\geq 30\%$ of weight as fat for girls (Strategy Development, 1996).

When the percent fat definition is used, data indicate that 11% of 6-11 year olds and 14% of 12-17 year olds are obese (Strategy Development, 1996), double the prevalence of 30 years ago (CDC, 1996). This is of particular concern because body weight and over fatness in children are significant cardiovascular disease risk factors, and the risk tracks into adolescence and young adulthood if not checked in childhood. In addition, obese children often experience exclusion from social groups and low self-esteem.

Particularly detrimental to health is central (abdominal) body fat, which is linked to cardiovascular disease and diabetes. Studies examining the relationship between physical activity and abdominal fat suggest that those who are more active are less likely to deposit fat in the abdominal area (NIH, 1995). Physical activity is thus a key element in the prevention and treatment of both chronic disease and obesity.

HOW MUCH PHYSICAL ACTIVITY IS ENOUGH?

Health benefits can be derived simply from becoming more physically active, but the greatest benefits come from engaging in planned and structured exercise. Cardiovascular risk factors can be reduced and physical fitness enhanced with low to moderate levels of physical activity (40-60% of a person's maximal aerobic capacity) (Blair & Connelly, 1996). And, low- to moderate-intensity activity is less likely than vigorous exercise to cause musculoskeletal injury and sudden heart attack death during exercise (a very rare occurrence even for vigorous exercisers), while it is more likely to promote continued adherence to activity (Blair & Connelly, 1996; NIH, 1995).

Current recommendations state that children and adults should strive for at least 30 minutes daily of moderate intensity physical activity (Pate, Pratt et al., 1995). An alternate approach that may be equally beneficial would be to engage in 5- (Blair & Connelly, 1996) to 10-minute (NIH, 1995) bouts of moderate intensity activity throughout the day, for a total accumulation of at least 30 minutes for adolescents and

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adults and 60 minutes for children (Pangrazi, Corbin, & Welk, 1996). Walking briskly or biking for pleasure or transportation, swimming, engaging in sports and games, participating in physical education, and doing tasks in the home and garden may all contribute to accumulated physical activity.

Children and adults who already engage in regular activity may benefit from more vigorous activity. The specific amount of energy expenditure needed by children to decrease their risk of cardiovascular disease is not known; for adults, approximately 3 kcals/kg of body weight/day has been recommended (Zwiren, 1993). Weight in pounds can be converted to kg by dividing by 2.2. Thus, a 140-pound person ($140/2.2 = 63.6$ kg) should expend about 192 kcals/day (63.6×3).

HOW CAN WE PROMOTE PHYSICAL ACTIVITY AMONG YOUNG PEOPLE? QUALITY DAILY PHYSICAL EDUCATION

In addition to being physically active, children need to learn fundamental motor skills and develop health related physical fitness (cardiovascular endurance, muscular strength and endurance, flexibility, and body composition). Physical education, provided at school, is an ideal way to encourage activity and develop fitness among children and, for many children, will be their only preparation for an active lifestyle. For this reason, the Centres for Disease Control and Prevention (CDC), the National Association for Sport and Physical Education (NASPE), and the American Heart Association all recommend comprehensive daily physical education for children K-12.

Over the years, state requirements for daily physical education have eroded, and today no states currently have such a requirement (Health People, 1995). Not surprisingly, only a quarter of high school students participate in daily physical education, and only 19% of high school students are active for at least 20 minutes a day during physical education class (Physical Activity, 1996). The recent School Health Policies and Programs Study (SHPPS), conducted by CDC, determined that just 47% of middle/junior high schools and 26% of high schools require at least 3 years of physical education (Pate, Small et al., 1995).

Physical education offers many benefits: development of motor skills needed for enjoyable participation in physical activities; promotion of physical fitness; increased energy expenditure; and promotion of positive attitudes toward an active lifestyle. Evidence also exists that physical education may enhance academic performance, self-concept, and mental health (Allensworth, Lawson, Nicholson, & Wyche, 1997).

OTHER WAYS TO INCORPORATE ACTIVITY INTO SCHOOLS

In addition to physical education, schools can promote physical activity in a variety of other ways (much of this is based on CDC, 1997):

1. Promote collaboration between physical education and classroom teachers. For example, physical



education teachers might provide ideas for "fitness breaks" to classroom teachers, where 5-minute aerobic activities could be used to break up the school day.

2. Provide extracurricular physical activity programs. Interested teachers and parents might be encouraged to establish developmentally appropriate clubs and/or intramural activities of a competitive and non-competitive nature. Walking clubs, in-line skating, jumping rope, water aerobics, and intramural swim teams provide a few examples.
3. Coordinate physical activities with community agencies. Schools might allow use of school facilities by community agencies that sponsor physical activity programs, facilitate training programs for volunteer youth coaches, invite community groups to an "activity fair" for students in the school gymnasium, or provide a listing of community physical activity resources to students.
4. Encourage and enable parental involvement in physical activity. Parental activity level is very important in promoting activity among children. Schools can help encourage activity in parents by sending home activity homework that parents and children do together, recruiting parent volunteers for physical education classes, and sponsoring parent-child activity programs at school.

CONCLUSIONS

Inactive adults have twice the mortality of adults who are at least somewhat active (Blair & Connelly, 1996). Schools that promote physical activity may have a significant impact on reducing childhood obesity, chronic disease, and, ultimately, adult mortality. Insofar as physical activity has been associated with increased academic performance, self-concept, mood, and mental health, the promotion of physical activity and exercise may also improve quality of life.

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124. Doping in Sports and Performance Enhancing Drug Used by Athletes- A Critical Assessment

Jatinder Pal¹, Dr. Pravin Kumar²

¹Research Scholar, Department of Physical Education, CT University, Ludhiana (Punjab) India.

²Professor, Department of Physical Education, CT University, Ludhiana (Punjab) India.

Abstract

The use of drugs to enhance physical performance and muscular development has been observed for thousands of years. Today individuals continue to employ a wide variety of drugs in the hope of improving their athletic performance and physical appearance. Doping is widely known as the use of banned substances and practices by sports personnel particularly athletes in an attempt to improve sporting performances. There are at least two essential reasons to support the fight against doping: the depth of corruption on the 'fair competition'- the sine qua non of all sporting events, and the potential harmful effects on athletes. Athletes have used a myriad of performance-enhancing substances since ancient times and this practice continues today. This review discusses the early history of doping in sport, the use of stimulants and anabolic during the nineteenth and twentieth century's, the current use of performance-enhancing drugs by Olympic, professional players. Doping is now a global problem that follows international sporting events worldwide. International sports federations, led by the International Olympic Committee, have for the past half century attempted to stop the spread of this problem, with little effect. It was expected that, with educational programs, testing, and supportive medical treatment, this substance-abusing behavior would decrease. Unfortunately, this has not been the case. In fact, new, more powerful and undetectable doping techniques and substances are now abused by professional athletes, while sophisticated networks of distribution have developed. Professional athletes are often the role models of adolescent and young adult populations, who often mimic their behaviors, including the abuse of drugs. This review of doping within international sports is to inform the physical education community and addiction treatment professionals of the historical basis of doping in sport and its spread to vulnerable athletic and non-athletic populations.

Keywords: Doping, Sport, Steroids, EPO, HGH, Adolescents, Performance Enhancement.

Introduction

The word 'Dope' comes from the Dutch word "doop" (a thick dipping sauce) that entered American slang to describe how robbers stupefied victims by mixing tobacco with the seeds of *Datura stramonium*, known as jimsonweed, which contains a number of tropane alkaloids, causing sedation, hallucinations and confusion. Doping in sports is not a new phenomenon; Arthurian knights supposedly drank magical potions from the cup of Merlin. The Ancient Olympics in Greece were filled with corruption and doping to such an extent that the games had to be dissolved. In Ancient Rome, gladiators used to drink herbal infusions to strengthen them before chariot races and going into battle.

Early History

Since the inception, in 1999, of the World Anti-Doping Agency – Agency Mondiale Anti-Dopage (WADA-AMA) and its anti-doping regulation, athletes in several sports are obliged to keep the authorities informed of their day to day whereabouts so that they can be obliged to urinate in full view of another person for sample collection, without prior notice (see the website of WADA-AMA). As early as 1400BC, the *Susruta* of India advocated the ingestion of testis tissue to cure impotence. Likewise, the ancient Egyptians accorded medicinal powers to the testicles (Hoberman & Yesalis, 1995). A heart may have been



eaten to promote bravery and the brain to improve intelligence. Testicular extract was prescribed by Johannes Mesue the Elder (777-837) as an aphrodisiac (Rolleston, 1936). The works of Aretaeus (1854) the Cappadocia (ca. AD150) portend the endocrine function of the testis, in particular the anabolic and androgenic effects of testosterone: For it is the semen, when possessed of vitality, which makes us to be men, hot, well braced in limbs, well voiced, spirited, strong to think and act. But if any man be continent in the emission of semen, he is bold, daring, and strong as wild beasts as is proved from such of the athlete as are continent. Vital Semen, then, contributes to health, strength, courage, and generation (Aretaeus, 1854: 346-7).

“Doping is the administration to or the use by a competing athlete or any substances foreign to the body or any physiological substances taken in abnormal quantity or by on sole attention of increasing in an artificial and unfair manner his performances in competition “.

“New definition given by WADA”

Define as the occurrence of one or more of anti-doping rule violations mentioned in the world anti-doping agency code.

Wada History

WADA was establishing on Nov 1999 in Lausanne. It is an entirely unique hybrid organization that is governed and funded equally by the sports movements & governments. In present 35 labs WADA accredited labs in all over world in Asia only 6 labs.

Wada Prohibited Drug List or Substances or Method Banned for Use in Sports

- **Testosterone:** The presence of testosterone to epitestosterone ratio of more than four to one [4:1] in the urine of a competitor constitutes an offence unless there is evidence that this ratio is due to the physiological or pathological condition.
- **Nandrolone:** A close chemical cousin of testosterone may be present in normal people -0.6 ng/ml of urine WADA set a limit of 2 ng/ml for men/women.
- **Dehydroepiandrosterone (DHEA):** It is a natural hormone produced mainly by the adrenal gland. It is released when adrenal cortex gets a message from ACTH “adrenocorticotrophic hormone” ACTH is released by the pituitary gland of the brain.
- **Andro-Stenedione:** Androstenedone and related compounds are used in an attempt to increase testosterone concentrations. It is naturally produced in the body. It’s conversion to testosterone, which is turn is converted to estrogen may be responsible for increased cancer risk among women
- **Hormones & Related Substances:** Peptide hormones act as message from one organ to another to stimulate growth, influence sex drive and Behavior.
- **Erythropoietin:** EPO is a glycoprotein produced by the kidney that functions to regulate red blood cells (RBC) production. EPO is used specially by endurance athletes to increase aerobic endurance with effects similar to that of blood doping.
- **Human Growth Hormone:** HGH is a hormone that is synthesizes and secreted by cells in the pituitary gland located at the base of the brain. The major role of HGH in body growth is to stimulate the liver and other tissues to secrete insulin like growth factor. It is prohibited both in or out competition
- **Beta-2 Agonists:** All beta-2 agonist includes their D and L isomer are prohibited. There use require a therapeutic use exemption. These drugs are used clinically for the treatment for asthma. Selective beta-2agonists except salbutamol formoterol, salmeterol and terbutaline are banned because it effects is rapid (1-2 minutes).



- **Diuretics:** They are produced that have potential to impair the excretion of prohibited substances. Diuretics are drugs that increase the rate of urine formation. Clinically, diuretics are used to control hypertension to reduce edema and as an adjunct in treating congestive heart failure.
- **Stimulants:** This group of drugs includes psychomotor stimulates, sympathomimetic amines and miscellaneous CNS stimulates. They may produce alertness, wakefulness and increase and increase in the ability to concentrate.
- **Narcotics:** Narcotics are derivatives of opium, derived from poppy plant. This group consists of powerful painkilling drugs. Its use, misuse and abuse potential in sports may be high because of pressures on the athletes to perform competitively despite varied muscle-skeletal injuries.
- **Cannabinoids:** It is psychoactive chemicals in the cannabis plant. Marijuana and hashish come from the cannabis plant. Marijuana is made from the dried flower and leaves of the plants. Hashish is small blocks of dried cannabis resin and is more potent than marijuana.
- **Glucocorticosteroids:** It is substance which is able to reduce inflammation and so are used to treat conditions such as arthritis asthma and may fever. They are naturally occurring drugs which are related to adrenocorticosteroid hormones and released from adrenal cortex.
- **Beta-Blockers:** Beta-blockers are substance which reduce blood pressure and are effective in the treatment of heart problems by decreasing the output of blood from the heart. These drugs are used to try to stop the hands and the body from shaking while competing in sports such as shooting and archery that requires accuracy and a steady hand.

Prohibited Methods

- **Enhancement of Oxygen Transfer:** Blood transfusion is the intravenous admistrative of RBC or related blood products that contain RBC. Blood doping represents a method of increasing the HB concentration of blood in order to increase the amount of oxygen that can be transported to the working muscles.

Administering Artificial Oxygen Carriers

- **Plasma Expanders:** It is used to increase the volume of plasma in the blood. They are mainly used in medicine to replace fluid in case of serve shock, as may occur with blood or fluid loss in surgery. Some athletes may use PEX in an attempt to mask the effects of EPO.
- **Artificial Oxygen Carriers:** It is chemical used to increase the ability to carry extra oxygen in the blood. There have been some reports of athletes using these products in an attempt to increase the oxygen capacity of their blood.
- **Gene Doping:** Gene or cell doping is defined by the WADA as” The non –therapeutic use of gene”, genetic elements or cells that have the capacity to enhance performance. Gene therapies developed for the treatment of disease such as anemia, muscular dystrophy, peripheral vascular disease is potential doping method.

Summary & Conclusion

To summarize, we argue that the present concept of fair play implicit in the war against doping fails to incorporate several other sources of inequality between athletes. Considering the continuous discovery of doping cases and the impossibility of eradicating doping practices, the basic inequality between undiscovered doped athletes and 'clean' athletes is likely to persist. These circumstances invite questions about what system of addressing the inequalities associated with performance enhancement would be most likely to optimize equality. While we do not consider that the discussion turns merely on an equality argument, the 'spirit of sport' criterion within the World Anti-Doping Code is used to give special value to fairness within sport. It is used as an argument on which anti-doping is justified: to ensure athletes are



playing the same game. We suggest that, from the perspective of equality, supervised doping practice is likely to provide the greater prospect of ensuring equality of competition.

On such a system, competition results would be based on some system of merit, rather than the undeserved inequalities arising from, say, genetic capacities. Because of the competitive nature of our culture and, in some instances, lucrative financial rewards, performance-enhancing drug use has diffused to a variety of other sports and activities. For example, there appears to be an eerie parallel between the spread of anabolic steroids in various types of horse racing with that of their use in human athletics (Cotolo, 1992). As with human athletics, rumors and accusations abound that performance enhancing drug Use is epidemic in horse racing, while others say the problem is overstated; some say drug testing is behind the times and make mention of 'designer' drugs, while others argue. That testing is working; some critics say a 'get tough' policy for cheaters is long overdue, while others propose that drug use should be allowed, but in a controlled fashion; and some veterinarians even argue that anabolic steroids really do not confer a competitive advantage (Cotolo, 1992). Modern sports and the media's misplaced fixation on fame, fortune and winning at all costs have unintentionally created a growing market for doping substances. These substances, once only abused by elite athletes, are clearly spreading into our schools and health clubs worldwide. They are being accepted by a whole new generation of young customers who see reports daily in the newspapers of sports icons accused of abusing drugs only to continue playing, breaking records and claiming fortunes. These same performance-enhancing drugs are also abused by adolescents and weekend athletes and non-athletes who have wider behavioral and health risk problems. In addition, these drugs are now being abused by male and female adolescents for cosmetic purposes in an attempt to achieve the "cut" and sexy look promoted by the media. Continuing educational programs developed for these at-risk populations by national Olympic organizations and athletic federations are important first steps to curb these dangerous behaviors.

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125. THE INFLUENCE OF PRINT MEDIA ADVERTISEMENTS ON CONSUMER BUYING BEHAVIOR

Gursimar Kaur Middha Research Scholar, PhD, CT University, Ludhiana	Dr Azamat Ali Assistant Professor School of Humanities and Physical Education CT University, Ludhiana	Dr Amrinder Singh Associate Professor Associate Professor, School of Commerce, JAIN (Deemed-to-be University), Bangalore
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Abstract:

These are the times where most of the social beings grow up in the world which is fully loaded with the mass media e.g., videos, television, billboards, magazines, newspapers, internet, etc. Of all the marketing tools, advertising is commonly known for its long lasting impact on the readers and viewer's mind, as its exposure is much broader. Advertising, a promotion mix of the 4P's in the marketing mix i.e. product, price, place and promotion. Nevertheless, as a promotional strategy, advertising of various forms serve as a major tool in generating the product awareness in the mind of a consumer to take final purchase decision.

Ads in any form of communication are intended to convince the audience those can be viewers, readers or listeners to buy or take some action upon buying any products, gathering information, or grabbing services etc. Whereas, in increasingly digital era, online platforms continue to expand with a strong ability to target and engage a lot of consumers. But even though in the digital era, conventional advertising efforts have differentiating functions in shaping consumer brand perceptions.

Indian people have a habit of reading newspapers every morning with their tea and every household has subscribed to at least one local newspaper. With that, people encounter with various forms of printed advertisements. Advertising through all mediums and forms influences audiences, therefore, in this paper, the influence of Print Media Advertisements on Consumer buying behavior is studied through secondary research.

Keywords: Print Media, Advertisements, Consumer, Buying Behavior



INTRODUCTION

Print Media has its own utmost importance in the Indian society. It has a social, economic and personal importance for people. Indeed, people are affected by the Advertisements in the same medium of communication. Advertising is generally a paid form of promotion by some investerr that reaches through various conventional approaches of media such as television, newspaper, radio ads, magazines, mails or modern media such as pop ups, blogs, websites, etc. (Ahmed & Ashfaq, 2013). To reassure a group of audience, for establishing a purchase decision about any desired product or service and forwarding information to consumers, advertisements is the best possible way. It is tended to be a vital and important element for the growth of the business firms in economical context. (Ryans, 1996).

21st Century has seen the significant increase in use of Ads with various modes, be it printed method or online. As Industrialization expanded, small businesses flourished, exposure increased, etc. The buying behavior of consumers has always been important for the study of impact of the advertising regarding its effectiveness and impact (Ajzen, 2002). During the late 80s times, advertisements were mostly limited to the television, radio, billboards and or newspapers. Whereas, in the modern times of huge exposure and facilities available, businesses are leaning towards Digital Advertising. Investors are so much focused in investing over social media platforms and mobile advertisements. Nevertheless, the major aim of advertising is to impact on the buying behavior of the consumer; however, this impact about the brand is altered or strengthened frequently through people's ability to recall the encountered ad. Recall ability about certain brands is formed by some associations that are related to the brand name, which is already in the mind of buyer (Khan, Siddiqui, Shah & Hunjra, 2012). Brands continuously influence consideration, evaluation and also the final purchases (Romaniuk & Sharp, 2004). A good quality advertisement of any sort is it print or online is likely to influence the potential consumer into buying that product.

A number of previous studies about the topic effectiveness of advertisement and the impact on consumer buying behaviour have shown a positive relationship. However, this paper aims to determine certain variables that are important in terms of effecting consumer behaviour and also, which carry less significant impact. This may tend to help the marketers to focus on the right factors and achieve maximum benefit from their invested advertisement. The study ought to offer useful insights to understand the ins and outs of advertising and introducing better approaches to advertising.

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Advertising and consumer behaviour

Advertiser's primary objective is to reach Prospective customers and influence their awareness, attitudes and buying behaviour. They spend a lot of money to keep individuals (markets) Interested in their products. To succeed, they need to understand what makes potential customers behave the way they do. The advertisers Goals is to get enough relevant market data to Develop accurate profiles of buyers-to-find the common group (and symbols) for communications This involves the study of consumers behaviour: The mental and emotional processes and the Physical activities of people who purchase and Use goods and services to satisfy particular needs And wants (Arens, 1996). Proctor et al. (1982) noted that the principal aim of consumer behaviour analysis is to explain why consumers act in particular ways under certain circumstances. It tries to determine the factors that influence consumer behaviour, especially the economic, social and psychological aspects that can indicate the most favored marketing mix that management should select. Consumer behaviour analysis helps to determine the direction that consumer behaviour is likely to make and to give preferred trends in product development, and attributes of alternatives communication method etc. Consumer behaviours analysis views the consumer as another variable in the marketing sequence, a variable that cannot be-controlled and that will interpret the product or service not only in terms of the physical characteristics, but in the context of this image according to the social and psychological makeup of that individual consumer (or group of Consumers).

Economic theory has sought to establish relationships between selling prices, sales achieved and consumer's income; similarly, advertising expenditure is frequently compared with sales. On other occasions financial accounting principles maybe applied to analyze profit and loss. Management ratios, net profit before tax, liquidity and solvency ratios can all be investigated. Under the situations the importance of the consumer's motivations, perceptions, attitudes and beliefs are largely ignored. The consumer is assumed to be "rational" that is, to react in the direction that would be suggested by economic theory and financial principles.

However, it is often apparent that consumer behaviours do not fall neatly into these expected patterns. It is for these reason that consumer behaviour analysis is conducted as yet another tool to assess the complexities of marketing operations (Adeolu et al., 2005)



OBJECTIVES

1. To understand the importance of advertisements in consumer's perception
2. To study the impact of advertisement on consumer buying behavior

REVIEW OF LITERATURE

Buying behaviour of any consumer is referred to as a procedure involved when an individual or a group opts, buys, utilizes or disposes any particular product, service, concept or experience to complement their needs and desires (Solomon, 2005).

Certain social norms and factors reflect that advertisements tend to impact upon the individual lifestyle and the limit to which an individual allows to present self in a socially adequate way. Adding to selling certain products and services, advertisements sell off image and lifestyle. Consumers get to acknowledge about new lifestyle, images and trend through various advertisements (Burns, 2003). Advertising endorse social messages and consumer's tendency to buying behavior by certain factors through exemplifying the ideal consumer and stimulating social action plans towards the final purchase of advertised product.

A behaviour that consumers display in searching for, paying for, using, evaluating and disposing of products and services that they think will satisfy their needs (Schiffman & Kanuk, 2007).

A theory that answers what, why, how, when and where an individual makes purchase (Green, 1992); it is particularly important to study the subject of consumer buying behaviour as it facilitate firms to plan and execute superior business strategies (Khaniwale, 2015).

METHODOLOGY

Secondary sources have been used for writing and forming this research paper. For authentic references to study the impact on the media of coronavirus; references were taken from various write-ups from various newspapers as well as certain official websites; also based on some reference texts.

DISCUSSION

Advertising is the action of calling public attention to an offering through paid announcements by an identified sponsor. According to Kotler –Advertising is any paid form of non-personal presentation &

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promotion of ideas, goods, or services by an identified sponsor. According to the Advertising Association of the UK –Advertising is any communication, usually paid-for, specifically intended to inform and/or influence one or more people. Simply, advertising is a paid communication message intended to inform people about something or to influence them to buy or try something. Paid Form: Advertising requires the advertiser (also called sponsor) to pay to create an advertising message, to buy advertising media slot, and to monitor advertising efforts. Advertising is an element of the promotion mix of an organisation.

One Way Communication: Advertising is a one-way communication where brands communicate to the customers through different mediums. Advertising can be non-personal as in the case of TV, radio, or newspaper advertisements, or highly personal as in the case of social media and other cookie-based advertisements. Advertising activities can be categorised into above the line, below the line, and through the line advertising according to their level of penetration.

Above the line advertising include activities that are largely non-targeted and have a wide reach. Examples of above the line advertising are TV, radio, & newspaper advertisements.

Below the line advertising include conversion focused activities which are directed towards a specific target group. Examples of below the line advertising are billboards, sponsorships, in-store advertising, etc.

Through the line advertising include activities which involve the use of both ATL & BTL strategies simultaneously. These are directed towards brand building and conversions and make use of targeted (personalized) advertisement strategies. Examples of through the line advertising are cookie based advertising, digital marketing strategies, etc.

Advertising activities can also be categorized into 5 types based on the advertisement medium used. These types of advertisements are: Print Advertising: Newspaper, magazines, & brochure advertisements, etc. Broadcast Advertising: Television and radio advertisements. Outdoor Advertising: Hoardings, banners, flags, wraps, etc. Digital Advertising: Advertisements displayed over the internet and digital devices. Product/Brand Integration: Product placements in entertainment media like TV show, YouTube video, etc.

Nowadays, consumers have fast access to media content via the web, app and video streaming – and the media landscape is changing all the time to keep pace with rapidly changing consumer demands. Despite the

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widely held opinion that “print is dead”, the demand for printed media remains very strong and it is reinforced by all platforms and formats that publishers use to distribute magazine content.

So don't underestimate print – and you definitely shouldn't abandon it. Printed magazines have consistently been strong return-on-investment (ROI) performers in advertiser-sponsored marketing-mix models, especially in conjunction with other media. Neuroscience findings are helping to highlight differences in the ways that the brain responds to information presented on paper compared to information presented on screens. Literature suggests 5 reasons why print content should be part of your marketing mix.

Reading on paper is slower and deeper, meaning the reader remembers the content better afterwards, whereas reading on screen is faster and more in ‘scan mode’. The length of the text is a very important factor. If a text is long, people often choose a printed version which is easier to read more carefully. I guess this is one of the reasons that schools are still using textbooks far more often than tablets or other digital devices.

When reading on paper the reader is more focused in their attention, less distracted and has less anxiety related to interruptions or multitasking. Just think of all the pop-ups, notifications and other distractions that you encounter while reading on your smartphone, tablet or laptop. I myself use two screens, so I always have the added distraction of my second screen on top of the other distractions.

Paper-based reading is widely associated with better transfer to long-term memory and clearer comprehension.

The comprehension and memory are enriched by the multi-sensory experience of touching the paper and turning the pages whilst reading printed content. And who doesn't love the smell of a freshly printed magazine?

In the case of advertising, print advertising activates neural activity associated with desirability and reward, which makes the reader feel good. Ensure you create a need that the consumer can satisfy, such as the need for more information or the need to make a purchase. Satisfying that need will make the consumer feel better due to the dopamine released in the brain.

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SUMMARY

Presently, we are a society of people who are technologically-obsessed and even aren't comfortable unless and until they are continuously connected with some sort of digital device. Even, undoubtedly, the whole world has shifted to online modes, but many in the advertising industry would tend to believe that print advertising is dead and not in use anymore. But this simply isn't true. Print is still alive and will prevail.

Print publications that consistently offer readers high-quality, reliable content develop credibility, and advertisers can easily leverage this credibility. Known as the "halo effect," brands who place ads in respected print publications receive the same positive feelings from readers that are associated with the publication itself. This means your ads can be seen as completely trustworthy, which makes generating leads and sales much easier.

An MRI Survey of the American Consumer found that "influentials," those consumers who have the ability to sway other consumers, are influenced by print ads, with 51% being influenced by magazines and 53% influenced by newspapers.

The digital age has pretty much killed the human attention span. We surf the web with six different tabs open while someone is instant messaging us, another is texting us, and "The Walking Dead" is on the TV in the background. We're simply not as receptive to all of the digital advertising happening around us.

Print readers, on the other hand, don't typically multitask when they read a magazine or newspaper, making them far more receptive to the ads within the publication.

We touched upon the fact that we are tech-obsessed creatures, but we are tech-obsessed creatures who have begun to understand the value of "unplugging" every now and then. When we do unplug from the digital world, we tend to turn to print media as a form of entertainment and engagement.

Print ads allow you to target your audience. You can choose exactly which section of the newspaper or magazine your audience is most likely to read. You can choose to run ads in specialty magazines or only in papers that deliver to specific geographic locations in your area. You can choose to have your ads run in Wednesday's paper or Sunday's paper.



Beyond these options, print allows you to tailor your campaigns to fit your budget by offering quarter-page, half-page and full-page ads. And finally, advertising in print publications mean you'll actually work with a human being when buying your ad space as opposed to relying on an online algorithm to decide where your ads should live.

The Nielson Global Trust reported that 65% of print readers typically take some form of action after viewing a newspaper ad. For example, people who viewed an advertisement from a national grocery chain were six times more likely to buy the product than the retail average.

As we mentioned at the beginning, when print and digital advertising work synergistically, results can be dramatic. The use of QR codes and other interactive features within print ads has helped to create a bridge between the print-digital divide. Ads that include free download offers or social media URLs encourage prospects to engage with brands online and inevitably help to drive more traffic and create awareness.

Successful ad campaigns reach targeted markets, effectively communicate a message, and drive action. By embracing the many advantages of print advertising and adding it to their marketing mix, advertisers can leverage the power of both print and digital to create the most awareness and revenue possible.

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126. suryNdR Azwq ky vYcwirk inbND 'Bwrq my< dws pRQw' kw ivÜlytxwĔmk AÍXXn

somw¹, fw#tr rwjyNdR is<h 'swihl'²

1. SoDwQI~, sl.tl. ivÜviv'wlX, luiDXwnw
2. SoD indySk, EsoisXyt pRoPysr, ihNdl ivBwg, sl.tl. ivÜviv'wlX, luiDXwnw

swrw<S: suryNdR Azwq blsvl< v e#klsvl< SqwÑdl ky pRwÇXiv'wivd` hY<[vh vYcwirk inbNDrcnwDwrw my< Apnw iviSàt áQwn rKqy hY<[eNho<ny s>ák÷q, ihNdl, p<jwbl v A>gRyjI my< sY<kVo< inbND ilKy hY< jo iBNn iBNn pZ- piZkwAo< my< pRkwiSq huE hY<[Akly ihNdl my< eNho<ny 63 inbND ilKy hY< jo ihNdl kl pwi@k piZkw 'sirqw' my< smX smX pr pRkwiSq huE AOr Ab puáqkwkwr my< aplÑD hY<[eNho< ny Ab qk ihNdl Bw†w my< 36, A>gRyjI my< 10, s>ák÷q my< 3, p<jwbl my< (mUl, Anuvwd v sMpwn) 10 puáqko< kl rcnw kl hY[A>gRyjI Bw†w kl 7 puáqko< kw BUimkw sihq sMpwn v ihNdl kl 8 puáqko< kw Anuvwd v sMpwn ikXw hY[eNho<<ny AiDkqr BwrqIX eiqhws, bu©DMm, AMbyfkrwd, ihNdUDm~ Awid pr kwX~ ikXw hY[en kl sBl rcnwAo< kw mUl d÷iàtkox mwnvqvwvdl v XQwQ~vwdl hY[enky Anuswr smUcl mwnvqw ko Dwim~k-sWák÷iqk p÷àÄBUim sy p÷Qk` krky bwq krnw AsMBv hY[ankw smáq lyKn kwX~ ávqNZ icNqn pr AwDwirq hY[aNho<ny háqgq inbND ky awwr Bwrq my< dws pRQw ky pRcln ky bwry my< bqwxw hY AOr Apny mq ko áQwipq krny ky iIE vyd, purwxo<, bRwh`mx gRNQo<,ám÷iqXo<, rwmwXx, mhwbwrq, kOitØX kw AQ~Swáz Awid gRNQo< sy a©rx pRáquq iKE hY<[myrw Xh SoD pZ mu\$Xq: es iv†X kw ivÜlytxwĔmk AÍXXn pyS krny kl idSw my< hY[

blj SÑd: suryNdR Azwq, vYcwirk inbND, Bwrq, dws pRQw, swmwijk ŪXwiD, apcwr [

iv†X pRvyS: suryNdR Azwq žwrw iliKq inbND 'Bwrq my< dws pRQw' idØll sy pRkwiSq hony vwll ihNdl kl pwi@k piZkw 'sirqw'(A<k-jnvrl –pRQm, 1979) my< pRkwiSq huAw Qw[es inbND ky mwíXm sy aNho<ny áQwipq ikXw ik Bwrq my< dws pRQw iviBNn }po< my< iv'mwn Ql[aNho<<ny Apny inbND ky pRiqpw' ko ^÷^vyd, EyqryX bRwh`mx, purwxo<, bRh`mw<f purwx,dyvlBwgvq purwx, Bwgvq purwx, bRh`m purwx, Sw<KwXn,mhwBwrq, vwØmlik rwmwXx, mnuám÷iq, nwrđ ám÷iq, m÷Çckitkm`, kOitØX kw AQ~Swáz Awid gRNQo< ky AwDwr pr iváqwr idXw hY[anky Anuswr dws-dwisXo< ko aphwr-áv)p AOr dwn-di@xw my< idXw



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jwqw Qw[an kw kRX-ivkRX BI hoqw Qw[ansy GryLU kwX~ krvwnw qo Awm bwq Ql[aNho<ny **kOitØX kw AQ~Swáz¹** ky AwDwr pr dwso< ky pWc Byd XQw 1.Ívjµq (Xu© my< bNdl bnwXw huAw),2.AwĚm ivkRXI(muslbq ky smX Apny Awp ko byc dyny ky kwrX bnw dws), 3.adrdws (jo dwsI ky pyt sy pYdw huAw ho) 4.Awihqk (kjw~ vwips n kr skny ky kwrX bnw dws), 5. d<f pRwixq (rwj d<f ky kwrX bnw dws); **mnuám÷iq²** ky AwDwr pr swq Byd XQw 1.Xu©bNdl 2.Bojn ky iE bnw dws 3.dwsIpuZ 4.Krldw huAw dws 5. Mwwqw ipqw ÷wrw idXw huAw 6. vsIXq my< pRwîq 7. rwj d<f ky Bugqwn ky iE bnw huAw qQw **nwrđ ám÷iq³** ky AwDwr pr pNdrh Byd XQw1.Gr my< aĚpNn 2.Krldw huAw 3.dwn Xw iksI ANX pRkwr sy pRwîq 4.vslXq sy pRwîq 5. ijsy Akwl my< bcwXw ho 6.iksI ANX ávwml ÷wrw pRiq%ouq 7.bVy ^÷x sy mu#q ikXw huAw 8. Xu©bNdl 9.bwjI my< hwrw huAw 10. ‘mY< Awp kw hU>’ kh kr dwsĚv pRwîq krny vwlw 11. sNXws sy ÇXuq 12. jo Apny Awp kuC idno< ky iE dws bnw ho 13.Bojn ky iE dws bnw huAw 14.dwsI ky pRym sy Awk÷àt dws 15.Apny ko byc dyny vwlw- iKE hY<[inbNDkwr ny es inbND my< sBI mwnvIX ekweXo< kl bwq rKI hY[Xh mwnvIX ekwe~ iksI BI vg~ - sMpNn Xw AsMpNn- kl ho skqI hY[vh en dono< my< sy iksI ky pRiq BI pUvw~gRhGRáq nhl< hY[suryNdr Azwq ny prMprw ky pRiq vYzwink v áváQ {K Apnwkr prMprw kw ivÇCyd nhl< ikXw, pĚXUq asny prMprw ky pRgiqSII A<S kl inrNqrqw kwXm rK kr AáváQ A<g ko imtwny kl Aor kdm aTwXw hY[jncyqnw ko shI idSw pRdwn krnw askw ÍXyX rhw hY[es ÍXyX kl pRwîqI ky iE asny Dm~gRNQo< sy pRmwx idE hY< qwik Bwrq my< pRcilq es pRQw ky swQ NXwXpUx~ F<g sy jn-d÷iàt kw s<vD~n ho sky[

pUv~vqI~ kwX~: ‘Bwrq my< dws pRQw’ pr iBnN iBnN d÷iàtXo< sy Anyk SoDkwX~ ho cuky hY< ijs ky qhq SoDprk puáqky< , SoD-pZ Awid pRwîq hoqy hY<[dyv rwj cwnnw kl puáqk ‘Slavery in Ancient India : As Depicted in Pali and Sanskrit Text’ ⁴ aplÑD hY ijs my< cwnnw ny ‘Bwrq my< dws pRQw’ kw AiáqĚv iviBnN d÷iàtkoxo< sy ápàt ikXw hY[SoD-pZo< ky }p my< do SoD-pZ muJy imly hY< ijn my< phlw Slavery in Ancient India,(Vedic Times to Gupta Period) by Aditi Trivedi LE2012761005 hY ijs my< SoDkZI~ ny vYidk kwl sy ly kr guîq kwl qk pRcilq dws –pRQw kw vx~n ikXw hY[⁵ dUswr SoD-pZ ‘Slavery in Contemporary India: Its Impact and Solution’ by Anant Pratap Singh Chauhan & keerti Singh ...wrw ilKw gXw hY[esmy< SoDkqw~Ao< ny smkwlIn Bwrq my< dwspRQw, esky pRBwv AOr smwDwno< kw vx~n ikXw hY[⁶ lyikn mY< ijs ivtX pr kwX~ kr rhl hU>, vh hY-“ **suryNdr Azwq ky vYcwirk inbND ‘Bwrq my< dws pRQw’ kw ivÜlytxwĚmk AÍXXn**”; es ivtX pr ABI qk koe~ kwX~ nhl< huAw hY ijs sy suryNdr Azwq ky es vYcwirk inbND Xw as ky AOr vYcwirk inbNDo< ky bwry my< pqw cl sky[

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iv†X @yZ: suryNdr Azwq ky vYcwirk inbND 'Bwrq my< dws pRQw' kw ivÜly†x hogw AOr as ivÜly†x ky AwDwr pr Xh iniÜcq hogw ik Xh BivàX my< SoDwiQ~Xo< ky iIE iks pRkwr sNdb~ pZ bnygw[

AOicÈX v a`yÜX :

- suryNdr Azwq ÷wrrw ilikq inbND 'Bwrq my< dws pRQw' kw ivÜly†xwÈmk AÍXXn krnw ;
- suryNdr Azwq ÷wrrw ilikq inbND 'Bwrq my< dws pRQw' my< idE ivcwro< kl swmwijk apwdyXqw kw Awkln krnw ;
- BwrqIX s<ák÷iq ky pRiq Ek sNquilk d÷iàtkox ivkisq krnw ;
- AiqÛXwîql do† kw ivÜly†x krnw qQw Ekp@IE áQwprnwAo< pr ivcwr krnw [

pRiviD : pRáquq AÍXXn ivÜly†xwÈmk hogw[suryNdr Azwq ÷wrrw ilikq inbND 'Bwrq my< dws pRQw' qQw ANX aplÑD swmgRI ko pFÀny ky aprwNq háqgq iv†X kw ivÜly†x ikXw jwEgw[

AwDwrBUq AwlyK: dwspRQw ivÜv ky sBI Bwgo< my< pRcilq rhl hY['purwkwlln sBI dySo< AOr qQwkiQq aNnq Ev< sÒX rwàtöo< ky swmwijk qQw AwiQ~k jlvn my< dws pRQw Xw gulwml Ek áQwe~ pRQw ky }p my< pRcilq QI[bybllon,imsR,XUnwn, rom qQw ANX XUropIX rwàtöo< my< dwsÈv pwXw jwqw Qw[⁷ 'pRw#klln logo< ...wrrw dwsÈv(gulwml kl pRQw) jivn kw Ek iáQr Ev< ávIk÷q qÈv mwnw jwqw Qw AOr as my< koe~ nYiqk smáXw nhl< alJI hue~ QI[bybllon @yZ kl sumyr s>ák÷iq my< dwsqw Ek ávIk÷q s<áQw mwnl jwql QI, jYsw ik e~sw pUv~ cOQI SqwÑdl ky sumyr ivDwn sy pqw clqw hY'⁸ Bwrq BI ivÜv kw Ek Bwg hY AOr sÒX rwàtö BI[esilE Xhw< BI dws pRQw kw pRcln Apvwd nhl< mwnw jw skqw[es bwq kl puiàt qÈkwlln aplÑD swihÈX sy kl jw skql hY ik iks pRkwr dws-dwisXo< ko aphwr⁹ my< idXw jwqw Qw[aNhy< dwn¹⁰ my< dynw Awm hl pRcilq Qw[dyvdwsl pRQw¹¹ ky qhq IVikXW miNdro< my< dwn áv}p By<t kr dl jwql QI<[BivàX purwx¹² my< khw gXw hY ik jo BI iáZXo< kw smUh miNdr ko dwn my< dygw asy sUX~lok kl pRwîq hogl[...jb somnwQ ky miNdr ko gjnvl ny lUtw (e~.1026) qb vhw 500 dwisXW QI<[esl pRkwr q<jOr ky miNdr my< 400 dyvdwisXW QI<[...Ek XUropIX XwZI pwes ny ivjXngr kl XwZw ky pÜcwq` dyvdwisXo< ky iv†X my< ilKw Qw ik dyvdwisXo< kl byitXW BI miNdr kl hl sMpiÈq hoql QI<[¹³ vq~mwn BI es pRQw kw Apvwd nhl< hY[di@x Bwrq ky miNdro< my< Ab BI dyvdwisXW rhql hY<[Xy vy IVikXW hY< ijNhy< anky mwqw ipqw bcpn my< hl< aNhy< miNdro< my< cFÀw dyqy hY<[vhl< Xy jvwn hoql hY< AOr enkw dyvqw ky swQ ivvwhkr idXw jwqw



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hY[...qwimlnwfu ky ic<glpt ijly my< koirXo< my< Xh pRQw rhl hY ik vy Apnl sb sy bVI AOr khI< khI< pWcvl< IVkl ko miNdr my< cFÀw dyqy Qy[es pRkwr dwn kl hue~ kNXw mhwrwätö my< 'murl' AOr qYl<g my< 'vsb' khIwql hY<[...anky ANX nwm BI imlqy hY< jYsy Xoignl, Bwvnl, dyvll, jogql, mq<gl Awid¹⁴ dws-dwisXo< kw kRX-ivkRX¹⁵ BI hoqw Qw[aNhy< igrvl ¹⁶ BI rKw jwqw Qw[anky swQ AmwnvIX ÛXvhwr ikXw jwqw Qw[hr ávqNZ pirvwr adrdws qo rKqw hl Qw[rwjw hirÛcNdr kw ivkRX jlv<q adwhrx hY¹⁷ bhuq sy log rwjd&f Adw n kr pwny kl iáQiq my< dws bnw iLE jwqy Qy[m&fl my< ankl nllwml BI hoql Ql¹⁸ gixq kl puáqko< my< ihswb ky pRÛn BI dws-dwisXo< ky sNdb~ my< aplÑD hY< ik solh vt~ kl Ek dwsI 32 inàk my< imlql hY qo bls vt~ kl dwsI kw #Xw dwm hogw?¹⁹ en sBI adwhrxo< sy ápàt ho jwqw hY ik Bwrq my< dws pRQw Ql[

prNqu kuC logo< kw mq hY ik Bwrq my< dws pRQw nhI< Ql[Eysw vh mYgáQnlj ²⁰

Awid ky hwwly sy khqy hY<[mYgáQnlj cNdrGuîq mOX~ ky Swnkwl my< Bwrq AwXw Qw[Xid @x Br ky iLE mYgáQnlj kl bwq mwn BI ll jwE qo cNdrGuîq mOX~ kw mhwmwËX kOitØX dws pRQw hony kl bwq kBI n ilKqw AOr n hl dwso< ky pRkwr bqww[esl pRkwr kil<gw ky Xu© ky pÛcwq` smRwt ASok ny SáZ-ËXwg ikXw v Dm~ qQw rwjnlq ko Awps my< imlwny kw pRXËn ikXw[asny ávjno< v jnswDwrx ko Awzw dl ik dwso< v nOkro< ky swQ invmR ÛXvhwr ikXw jwE^{21k} · ^{21K} es sNdb~ my< suryNdr Azwq ny BI Xhl khw hY AOr Eysw khqy smX ankw a`yÛX pUvw~gRhpUx~ idKwe~ nhI< dyqw[ankw Xh inbND ilKny kw a`yÛX Xhl bqww hY ik mwnv pRgiq sdYv nE sNdbo~< kl Koj my< inihq hoql hY[esile pUv~vql~ inàPlqw ko ËXwg kr vh nE AwXwmo< kl Koj krql hY v nvs÷jn qQw nwwcwr kl Aor aNmuk hoql hY[esl ivcwr ky pRBwv my< dws pRQw ky ivroD my< AwNdoln huE v kwnUn bnwE gE[espRkwr anky ...wrw Bwrq my< dws pRQw ko is© krny ky iLE km hl shI, Tos pRmwx idE hY<[

pRáquq inbND my< khI< khI< AiBÛXi#q p@ kl ZuitXo< kl Aor BI ÍXwn jwqw hY[dwspRQw sy sMbiNDq sNdb~ Ek lVI my< iproE huE nhI< hY< ijs sy sNdb~ my< swm<jáX nHI bYT pwqw[adwhrx ky iLE dwso< ko aphwr áv)p By<t ikE jwny kw vx~n phly inbND ky AwrMB my< hl #^vyd ky hwwly sy ikXw[míX my< iviBNn hwwly dyqy huE dwso< ko dwn krny v ankl bil idE jwny kw sNdb~ pRáquq hY[qËpÛcwq` iPr aphwr my< idE jwny kw sNdb~ hY[Eysw SwXd ivcwro< kl bhulqw v Bwwwiqryk ky kwrx huAw ho[esl pRkwr AwBU†xo< ky sMbND my< ávx~-suvx~ SÑd kl As<giq hY[

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iv†X pirsImn: Bwrq my< dws pRQw ky pRcln ko is© krny ky ilE suryNdr Azwq awrw idE gE hvwlo< pr qQw es iv†X my< muJy jo qln-cwr adwhrx AOr BI iml- en pr muJy ivÜvws krqy huE Apnw KojpZ qYXwr krnw pVw[esky Aiqir#q anky dUsry inbNDoc kl BI ccw~ ho skqI hY[es iv†X sy sMbiNDq AOr logo< kl k÷iqXo< kl BI ccw~ v qulnw sMBv hY[ijNho<ny Eysw ilKw ik dws pRQw nhl< QI, anky swQ BI quØnwEmk AÍXXn ikXw jw skqw hY[espRkwr smX AOr piriáQiqXo< ky Anuswr es iv†X pr AOr kwm kl s<BwvwnwE>> hY<[

inàkt~ : suryNdr Azwq ky inbND 'Bwrq my< dws pRQw'ko pFCEkr Eysw lgqw hY ik pRwcln Bwrq my< jYsy dws pRQw AËX<q BI†x }p my< QI[prNqu ds hjwr v†o~< ky eiqhws my< bls-qls-pcws Xw sO adwhrx EkiZq kr lyny sy #Xw asy smwj kl sv~ávIk÷q pRv÷iËq mwnw jw skqw hY? es d÷iàt sy Xid hm ivcwr kry< qo pwE> gy ik pRwcln s<ák÷q v pwil Bw†w²² ky gRNQo< my< dws pRQw ky ivroD ko lykr BI ke~ adwhrx mOjUd hY<[Bwrq my< dws pRQw nhl< rhl-esky smQ~ko< ...wrw jutwE gE bls-qls-pcws Xw sO adwhrxo< ky AwDwr pr Xh khw jw skqw hY ik Bwrq my< dws pRQw QI hl nhl<? Xid nhl< QI qo dws pRQw ky Xy adwhrx ik dws-dwisXo< ko aphwr my< idXw jwqw Qw[aNhy< dwn my< dynw Awm hl pRcilq Qw[dyvdwsl pRQw ky qhq IVikXW miNdro< my< dwn áv}p By<t kr dl jwql QI<[dws-dwisXo< kw kRX-ivkRX BI hoqw Qw[aNhy< igrvl BI rKw jwqw Qw[bhuq sy log rwjd&f Adw n kr pwny kl iáQiq my< dws bnw ilE jwqy Qy[m&fl my< ankl nllwml BI hoql QI-khw sy AwE?es pRkwr ápàt hY ik kuC adwhrxo< ky AwDwr pr iksl pRcln ko smwj kw ÚXwpk rvYXw nhl< mwn skqy AOr n hl Xh kh skqy hY< ik as kwl my< Xh rvYXw Qw hl nhl<[suryNdr Azwq ky es inbND sy zwq hoqw hY ik Bwrq my< BI iáQiq kuC Eysl hl QI[#Xo< ik dws pRQw QI, eslilE bwqy< aTwe~ ge~< v adwhrx pRáquq huE ijs ky Pláv}p Ab kwnUn²³ BI bny hY<[

dUsry, Apnl s<ák÷iq v Apny rwàtö ky gOrv sy lgwv rKnw pRËXyk nwgirk kw nYiqk kq~ÚX hoqw hY[es kq~ÚX kw pwln krnw áváQ mwniskqw kw ich`n hY[es vg~ kw nwgirk Xh kdwp nhl< cwhqw ik jo pRQwE> rwàtö ky gOrv pr DÑbw swibq hoql hY< ankl Aor e<igq n ikXw jwE[dws pRQw kl Aor e<igq krky suryNdr Azwq ny mwnv sÒXqw ky ivkws ko drpyS es cunOql kw mukwblw krny kw rwh idKwXw hY[sv~ividq hY ik ivkws pRwk÷iqk ho Xw mwnvIX ho-kBI srl ryKw my< nhl clqw[es my< iviBNn pRkwr kl SwKwE>-pRiqSwKwE> v idSwE>-pRiqidSwE> aGVql imtql clql hY<[esl s<dB~ my< pRwcln BwrqIX smwj ke~ sNdbo~< my< AwSwqlq aNnq Qw prNqu dws pRQw jYsl kupRQwE> khI< n khI< pRÜn KVy krql hY<[Eysl kupRQwAo< ko iCpwny kl nhl<, pRËXuq pRkws my< lwny kl AwvÜXkqw hoql hY[

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'Bwrq my< dws pRQw'ky pRcln kl Aor a<gll aTwny my< sPl rhy hY<[

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8. (enswe#loplifXw AwP soSl sw<esyj, Bwg 14, p÷Ä 74[, ad`D÷q vhl
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127. सूर्यकांत त्रिपाठी निराला : बहू प्रतिभा संपन्न कलाकार एवं साहित्यकार

पूजा शर्मा (शोधार्थी)

सिटी यूनिवर्सिटी लुधियाना, पंजाब

सारांश-

सूर्यकांत त्रिपाठी 'निराला' एक कवि, उपन्यासकार, निबन्धकार और कहानीकार थे। वे **जयशंकर प्रसाद, सुमित्रानंदन पंत** और **महादेवी वर्मा** के साथ **हिंदी साहित्य** के चार प्रमुख स्तंभों में से एक माने जाते हैं। निराला जी के काव्य में फक्कड़पन, निर्भीकता, क्रांतिकारी, स्वच्छंदता तथा प्रगतिशील युक्त नवीन भावों को देखा जा सकता है। उन्होंने निर्भीकता के साथ व्यक्तिगत अनुभूति के भावों की स्वच्छंद अभिव्यक्ति को महत्व दिया। इसलिए स्वभावतः उनके काव्य में हमें आत्मस्वीकृति और आत्मभिव्यक्ति मिलती है।

निराला जी के काव्य में प्रगतिशील तत्व आरंभ से ही विद्यमान थे। वास्तव में आधुनिक साहित्य के जितने भी प्रगतिशील मूल्य हैं उन सब को उनकी रचनाओं में देखा जा सकता है। उन्होंने गद्य और पद्य दोनों में ही हाथ आजमाया। उनके गद्य को पढ़े बिना प्रगतिशील मूल्यों को समझा नहीं जा सकता। बहुमुखी प्रतिभा के धनी निराला वास्तव में निराले ही थे। उन्होंने अपने समय की हर समस्या को ना केवल साहित्य का विषय बनाया बल्कि उसे सशक्त अभिव्यक्ति भी दी।

निराले व्यक्तित्व के कारण इन्हें सैकड़ों में सरलता से पहचाना जा सकता था। सूर्यकांत त्रिपाठी 'निराला' एक कवि, उपन्यासकार, निबन्धकार और कहानीकार थे। निराला ने 1920 ई० के आसपास से लेखन कार्य आरंभ किया। निराला की प्रथम रचना '**जूही की कली**' 1922 ई० में पहली बार प्रकाशित हुई थी। उन्होंने कई कहानियां उपन्यास और निबंध भी लिखे हैं। निराला जी को विशेष प्रसिद्धि उनकी कविता के कारण मिली।

बीज शब्द-

सूर्यकांत त्रिपाठी 'निराला', स्वच्छंदता, फक्कड़पन, प्रगतिशील, निर्भीकता।

.उद्देश्य-

इस इकाई के अध्ययन के पश्चात सक्षम होंगे:

निराला के जीवन को समझने में

निराला जी के काव्यगत विशेषताओं के बारे में जाने में

निराला जी की हिंदी साहित्य में जगह तथा योगदान का आंकलन कर सकेंगे



साहित्य की समीक्षा

सूर्यकान्त त्रिपाठी 'निराला' प्रारम्भिक जीवन—

निराला जी हिंदी साहित्य के बहू प्रतिभा संपन्न कलाकार एवं साहित्यकार हैं। अपने युग की काव्य परम्परा के प्रति प्रबल विद्रोह एवं स्वच्छंदता का भाव लेकर काव्य – रचना करने वाले महाकवि निराला को हिंदी – काव्य जगत में एक विशिष्ट कवि के रूप में जाना जाता है।

13 वर्ष की अल्पायु में **मनोहरा देवी** से इनका विवाह हुआ। लेकिन वह भी शीघ्र ही एक पुत्र और पुत्री का भार इनके ऊपर छोड़ कर इस संसार से विदा हो गयी। सन् 1919 ईस्वी की महामारी में इनकी चाचा एवं पिता की भी मृत्यु हो गयी। पिता की मृत्यु के बाद उन्होंने अपने परिवार के भरण-पोषण के लिए महिषादल में नौकरी कर ली। किन्तु स्वजनों के स्नेह से वंचित होने के कारण उनके हृदय को बड़ा आघात लगा और नौकरी छोड़कर वह घुमक्कड़ बन गये। इस बीच उन्हें पर्याप्त आर्थिक संकटों से जूझना पड़ा। 1942 ईस्वी तक किसी प्रकार निराला जी लखनऊ में रहे। बाद में वे प्रयाग आ गये।

यहां उन्हें परम प्रिय युवा एवं विवाहिता **पुत्री सरोज की दुःखद मृत्यु** का सामना करना पड़ा। सूर्यकान्त त्रिपाठी 'निराला' जी अपनी इस विवाहिता पुत्री व आर्थिक दुरवस्था एवं काल के क्रूर थपेड़ों से चोट खाकर वे मानसिक दृष्टि से विकृष्ट हो गये। उनमें दार्शनिकता का समावेश होता गया। मैथिलीशरण गुप्त, सुमित्रानंदन पंत एवं महादेवी वर्मा से उन्हें पर्याप्त आत्मीयता मिली। विषम परिस्थितियों एवं जीवन – संघर्षों ने उन्हें बाहर से तो पर्याप्त कठोर बना दिया, पर उनका हृदय भीतर से मृदुल एवं कुसुम – कोमल बना रहा। जो भी हो, जीवन में प्रतिकूलता एवं व्यथा झेलते हुए वे थक से गए थे। अतः इनका पारिवारिक जीवन अत्यन्त कष्टमय रहा।

जन्म – स्थान—

कविवर निराला का जन्म **बंगाल प्रांत के महिषादल राज्य के मेदिनीपुर जिले की महिषादल** नामक रियासत में 28 फरवरी सन् 1899 ई० में हुआ था।

माता – पिता —

महाकवि सूर्यकान्त त्रिपाठी 'निराला' के पिता का नाम **पंडित रामसहाय त्रिपाठी** था। तथा इनके **माता के नाम** के सम्बन्ध में हिंदी – साहित्य में कोई साक्ष्य – प्रमाण प्राप्त नहीं। उस समय उनकी आर्थिक स्थिति अच्छी थी, अतः उन्होंने अपने बालक का पालन – पोषण बड़े दुलार – प्यार से किया। जब निराला जी मात्र **3 वर्ष के थे तभी उन्हें मातृ – स्नेह से वंचित होना** पड़ा दुर्भाग्यवश उनकी मां परलोक सिधार गयी।

नाम —

सूर्यकान्त त्रिपाठी 'निराला' जी के बचपन का नाम **'सूर्यकुमार'** था।

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सूर्यकान्त त्रिपाठी की माता जी सूर्य का व्रत रखती थी तथा रविवार को ही 'निराला' का जन्म हुआ, अतः पहले उनका नाम सूर्यकुमार रखा गया। बाद में इनका यही नाम सूर्यकान्त हो गया और उनके **विशिष्ट व निराले स्वभाव के कारण** लोग उन्हें 'निराला' कहने लगे। इस प्रकार इनका नाम **सूर्यकांत त्रिपाठी 'निराला'** पड़ा।

शिक्षा –

सूर्यकान्त त्रिपाठी 'निराला' जी की **प्रारंभिक शिक्षा – व्यवस्था महिषादल के हाई स्कूल** में की गई, पर वह पध्दति उन्हें कम रुचिकर लगी। राज्य में समय-समय पर संगीतज्ञों का आना – जाना लगा रहता था, अतः उनका रुझान संगीत की ओर भी गया। बचपन से ही सदग्रंथों के अवलोकन से दर्शन – शास्त्र के अध्ययन में भी उनकी रुचि जगी। **रामकृष्ण परमहंस तथा स्वामी विवेकानंद से भी बहुत प्रभावित थे।** स्कूली शिक्षा तो उनकी नवे दर्जे तक ही हुई थी, किंतु स्वाध्यय से उन्होंने **हिंदी, अंग्रेजी, बँगला एवं संस्कृत** का अच्छा ज्ञान प्राप्त कर लिया था। संगीतकला में उनकी अच्छी अभिरुचि थी।

निराला जी का व्यक्तित्व –

हिंदी के साहित्यकारों और कवियों में निराला – जैसे व्यक्तित्व के लोग बहुत कम मिलेंगे। उनमें **पौरुष का अहंकार** था, वाणी का स्वच्छंदता, जीवन की **आत्माभिव्यक्ति** थी, विचारों की **अक्खड़ता** थी और सबसे बढ़कर **निर्भय होकर सच्ची बात कहने** का स्वभाव था। निराला जी को बचपन से ही घुड़सवारी, कुश्ती और खेती का बड़ा शौक था। वे साधारण पुरुष थे। बहुत कवि एवं लेखक ऐसे होते हैं जिनकी कृतियों को पढ़कर उनका जो रूप सामने आता है वैसा ही उनका वास्तविक जीवन होता है।

निराला जी इसी प्रकार के अनन्य साधारण व्यक्ति थे। अपने **उदार व निराले स्वभाव के कारण** निराला जी को बार-बार आर्थिक कठिनाइयों का सामना करना पड़ता था। आर्थिक आभावों के बीच ही पुत्री सरोज का देहांत हो गया। इस अवसादपूर्ण घटना से व्यथित होकर ही उन्होंने सरोज – स्मृति नामक कविता लिखी। दुःख और कष्ट से परिपूर्ण उनके व्यक्तित्व में अहम की मात्रा बहुत अधिक थी। निराला जी अपने लिए कठोर तो दूसरों के लिए नितान्त कोमल थे।

वास्तव में निराला का व्यक्तित्व सबसे अनूठा था। उनके अंदर की विषमताओं ने ही उन्हें असाधारण, असामान्य और निराला बना दिया था।

सूर्यकान्त त्रिपाठी 'निराला' जी का वैवाहिक और पारिवारिक जीवन –

निराला जी का विवाह **13 वर्ष की अल्पायु में ही सन् 1911 ई० में मनोहरा देवी** से कर दिया गया। वे रूप – गुण सम्पन्न और सुशिक्षित युवती थी। लेकिन वह भी शीघ्र ही इनमें साहित्यिक संस्कार जगाकर **एक पुत्र और पुत्री** का भार इनके ऊपर छोड़ कर इस संसार से विदा हो गयी। सन् 1919 ईस्वी की महामारी में इनकी चाचा एवं पिता की भी मृत्यु हो गयी। पिता की मृत्यु के बाद उन्होंने अपने परिवार के भरण-पोषण के लिए महिषादल में नौकरी कर ली। किन्तु प्रिय जनों के प्यार और अपनेपन से वंचित होने के कारण उनके हृदय को बड़ा आघात लगा और नौकरी छोड़कर वह घुमक्कड़ बन



गये। इस बीच उन्हें पर्याप्त आर्थिक संकटों से जूझना पड़ा। 1942 ईस्वी तक किसी प्रकार निराला जी लखनऊ में रहे। बाद में वे प्रयाग आ गये।

यहां उन्हें प्रिय **पुत्री सरोज की दुःखद मृत्यु** का सामना करना पड़ा। सूर्यकांत त्रिपाठी जी की पुत्री की आकस्मिक मृत्यु ने उन्हें मानसिक दृष्टि से विक्षिप्त कर दिया। इसके बाद का सारा जीवन आर्थिक अनर्थ और संघर्ष का जीवन है। निराला के जीवन की सबसे विशेष बात यह है कि कठिन-से-कठिन परिस्थिति में भी इन्होंने सिद्धान्त त्यागकर समझौते का रास्ता नहीं अपनाया, संघर्ष का साहस नहीं गवाँया। अतः इनका पारिवारिक जीवन अत्यन्त कष्टमय रहा।

मृत्यु – स्थान—

निराला जी का देहावसान **15 अक्टूबर 1961** ई० रविवार को चित्रकार कमला शंकर के दारागंज प्रयाग (इलाहाबाद) वाले मकान में प्रातः लगभग 9 बजकर 23 मिनट पर हुआ था।।

सूर्यकान्त त्रिपाठी 'निराला' जी द्वारा किए गए महत्वपूर्ण कार्य—

आचार्य महावीर प्रसाद द्विवेदी से प्रभावित होकर इन्होंने कलकत्ता में अपनी रुचि के अनुरूप **रामकृष्ण मिशन** के पत्र का समन्वय का सम्पादन भार संभाला। उसके बाद **'मतवाला'** के सम्पादक मण्डल में सम्मिलित हुए। 13 वर्ष बाद लखनऊ आकर **'गंगा पुस्तकमाला'** का संपादन करने लगे तथा सुधा के संपादकीय लिखने लगे। फक्कड़ और निर्भीक स्वभाव के कारण यहां भी उनकी नहीं निभी और लखनऊ छोड़कर यह प्रयाग (इलाहाबाद) में रहने लगे। अपना शेष जीवन उन्होंने इलाहाबाद में ही स्वतंत्र रूप से काव्य – साधना करते हुए व्यतीत किया।

सूर्यकान्त त्रिपाठी 'निराला' साहित्यिक – परिचय—

निराला जी जीवन भर अपने काव्य को भव्यता, वेदना और अनुराग से भरते रहे। अपनी **उग्र स्वच्छन्दता** और **फक्कड़पन** में निराला कबीर से तुलनीय हैं। वैसे ही **मस्त – मौला स्वभाव**, वैसा ही **क्रांतिकारी** स्वर और वैसी ही प्रगाढ़ तन्मयता- दोनों की वाणी **रूढ़ियों और बंधनों के विरोध** में रही है।

उस भारती के पुत्र ने अपना सब कुछ लुटा दिया, अपने आप लुट गया, पर मरते दम तक उस **स्वाभिमानी, निर्भीक कवि** ने हार नहीं मानी और साहित्यकार की सम्मान को सबसे ऊंचा रखा। निराला ने विविध प्रकार के **नवीन भावों एवं विचारों पर आधारित रचनाओं का सृजन किया**। उन्होंने छंद संबंधित तत्कालीन नियमों को तोड़कर **छंदमुक्त रचनाएं** की और हिंदी काव्य के क्षेत्र में एक नए शिल्प का सूत्रपात किया। वर्तमान युग की **छंदमुक्त कविताओं के सूत्रधार निराला** ही थे।

निस्संदेह वे एक ऐसे युग – प्रवर्तक साहित्यस्रष्टा थे जिन्होंने युगो से चली आ रही रीत को बदला। निराला के काव्य में **प्रगतिशील और प्रयोगशील** तो आरंभ से ही थे। समाज - हित को लक्ष्य करने वाले कवि की अधिकांश कविताएँ प्रगतिशील तत्वों का उत्रायन करने वाली हैं। युग - चेतना से प्रेरित कवि ने **रूढ़िवाद का खण्डन**, ब्रिटिश शासन की दमन नीतियाँ, अछूत प्रथा, जातिवाद एवं सांप्रदायिकता, नारी विमोचन,



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आर्थिक असन्तुलन एवं शोषण से प्रेरित मज़दूर आन्दोलन एवं किसान आन्दोलन, नव साहित्यन्दोलन आदि प्रगतिशील तत्वों को अपनी कविताओं में विशेष महत्व दिया। निराला जी हिंदी – साहित्य के युग प्रतिनिधि कवि थे।

कृतियाँ—

निराला बहुमुखी प्रतिभा सम्पन्न साहित्यकार थे। बंगला और पाश्चात्य साहित्य के अनुशीलन से प्रेरित होकर निराला ने सन् 1916 ई० में प्रकाशित अपनी रचना “जूही की कली” से हिंदी – जगत में प्रवेश किया। इसमें स्वच्छंदतावादी काव्यधारा की संपूर्ण विशेषताएं निहित हैं। इसके बाद वे सतत काव्य – रचना में संलग्न रहे। उनकी अनेक रचनाओं का हिंदी साहित्य में महत्वपूर्ण स्थान है। सम्पूर्ण निराला साहित्य का विहंगावलोकन निम्न प्रकार से किया जा सकता है –

काव्य –

अनामिका, परिमल, गीतिका, अनामिका (दूसरा संग्रह) तुलसीदास, कुकुरमुत्ता, अणिमा, अपरा, बेला, नये पत्ते, अर्चना, आराधना, गीतगुंज एवं सांध्य – काकली आदि।

उपन्यास—

अप्सरा, अलका, प्रभावती, निरुपमा, चोटी की पकड़, काले कारनामे एवं चमेली (अपूर्ण)।

रेखाचित्र—

कुल्लीभाट, बिल्लेसुर बकरिहा।

निबंध – संग्रह—

प्रबन्ध – पद्म, प्रबन्ध – प्रतिभा एवं चाबुक।

आलोचना – ग्रंथ—

रविंद्र कविता कानन, ग्यारह बंगला उपन्यासों का हिंदी अनुवाद, तीन अप्रकाशित नाटक एवं दो जीवन – चरित्र।

अनुदित – कृतियां—

देवी चौधरानी, कपाल कुंडला, चंद्रशेखर, स्वामी विवेकानंद के भाषण, आनन्दमठ एवं हिंदी – बंगला – शिक्षा।

साहित्यिक विशेषताएं-

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1. आत्माभिव्यक्ति का काव्य

निराला जी की काव्य आत्माभिव्यक्ति का काव्य है। उनके काव्य में व्यक्तित्व जीवन का सत्य वक्त हुआ है। निराला छायावादी कवियों में ऐसे कवि हैं जिन्होंने अपनी रचनाओं में अपने व्यक्तिगत सुख-दुख की अनुभूतियों को व्यक्त किया है। उनका पूर्ण जीवन दुख, करुणा एवं निराशा के साथ साथ संघर्ष एवं विषमताओं के साथ बीता, इन्हीं सभी की अभिव्यक्ति उन्होंने अपने काव्य में की है। 'जूही की कली', 'मैं अकेला', 'राम की शक्ति पूजा', 'स्नेह निर्झर बह गया', 'सरोज-स्मृति' असंख्य उनकी ऐसी रचनाएं हैं जिनमें व्यक्तिगत सुख-दुखों को सुंदर अभिव्यक्ति के साथ पिरोया गया है। एक उदाहरण देखिए-

स्नेह निर्झर बह गया है
रेत ज्यों तन रह गया है
आम की यह डाल जो सुखी दिखी
कह रही है, "अब यहां पिक या शिखी"
नहीं आते, पंक्ति मैं वह हूं लिख

नहीं जिसका अर्थ
जीवन ढह गया है।

- स्नेह निर्झर बह गया'

"राम की शक्ति पूजा" में राम की हताशा और निराशा के जरिए कवि ने अपने जीवन की निराशा की अभिव्यक्ति की जान पड़ती है। उन्हें जीवन भर लोगों के जिस विरोध का सामना किया उसकी गूंज उनकी कविताओं की पंक्तियों में देखी जा सकती है।

"धिक जीवन को जो पाता ही आया विरोध,

धिक साधन जिसके लिए सदा ही किया शोध ठीक जीवन

"अनामिका" कविता की व्याख्या करते हुए डॉ रामविलास शर्मा बताते हैं कि इस कविता में सूखी भूमि, सूखी तरु, सूखे वक्त आलवाल जैसे प्रमुख सार्वजनिक और सामाजिक संघर्ष का बोध कराते हैं। " -जला है जीवन मेरा" निराला का जीवन जला है। निराला के मन की निराशा, उल्लास, निषाद, राज, दुख का वर्णन हिंदी साहित्य रचनाओं से जुड़ा हुआ है।

2- आत्माभिमान का काव्य:

निराला का संपूर्ण काव्य आत्माभिमान का काव्य है। अपने उग्र स्वभाव एवं आत्माभिमान के कारण वह धीरे-धीरे अपने समकालीनों से कटते गए। निर्भय होकर सच्ची बात कहने के कारण उन्होंने साहित्य जगत में अनेक शत्रु बना लिए। इस कारण कई बार उनकी उपेक्षा भी हुई, जिसके कारण उनका आहत अभिमान और अधिक बढ़ गया। वे लिखते हैं-



दिए हैं मैंने जगत को फूल फल
किया है अपनी प्रभा से चकित चल

3- प्रेम एवं सौंदर्य का काव्य:

निराला की आरंभिक रचनाओं में प्रेम और सौंदर्य का प्रभावशाली वर्णन हुआ है। कई स्थानों पर उनका प्रेम निरूपण लौकिक होने के साथ-साथ अलौकिक भी बन गया है। 'जूही की कली' नामक कविता प्रेम और सौंदर्य का उत्कृष्ट उदाहरण है-

निर्दई उस नायक ने
निपट निठुराई की
कि झोंको की झाड़ियों से
सुंदर सुकुमार देह सारी झकझोर डाली

4- प्रकृति चित्रण:

अन्य छायावादी कवियों के समान निराला ने भी प्रकृति का बड़ा सुंदर एवं मनोहारी वर्णन किया है। उनका गंभीर और विद्रोही स्वभाव उनके प्रकृति चित्र में देखा जा सकता है। इसलिए उनकी प्रकृति कभी रोती है, तो कभी हंसती हुई दिखाई देती है, तो कभी प्रेमी प्रेमिका की भांति क्रीडा करती हुई दिखाई देती है। निराला जी के काव्य में प्रकृति चित्रण में बादल, फूल आदि का प्रमुख वर्णन रहा है। जैसे "बादल राग", "जूही की कली" में प्रकृति का मानवीकरण हुआ है। उनकी कविता में प्रकृति निर्जीव पदार्थ की तरह अंकित नहीं है बल्कि वह सजीव एवं प्राणवान है। बसंत हो या वर्षा, ग्रीष्म हो या शरद ऋतु उनकी कविता समान रूप से प्रकृति के भव्य रूपों का अंकन करती है। निराला के शब्दों में संध्या का भावपूर्ण चित्र देखिए-

दिवसावसान का समय-
मेघमय आसमान से उतर रही है
वह संध्या सुंदर परी सी,
धीरे, धीरे, धीरे

- जूही की कली

5- रहस्यानुभूति का काव्य:

निराला जी वेदांत दर्शन से अधिक प्रभावित थे और वे भक्ति को सर्वोपरि मानते थे। 'पंचवटी प्रसंग' में उन्होंने मुक्ति और भक्ति पर गंभीर विचार किया है, साथ ही इस कविता में उन्होंने भक्ति, योग, कर्म, ज्ञान आदि का समन्वय करने का प्रयास किया है

भक्ति-योग-कर्म-ज्ञान एक ही है
यद्यपि अधिकारियों के निकट मित्र दिखते हैं



एक ही है दूसरा नहीं है कुछ
द्वैत भाव ही है भ्रम

6- देश प्रेम और राष्ट्रीय भावना:

हिंदी साहित्य में जिस समय को छायावाद के नाम से जाना जाता है वह समय हमारा राष्ट्र के सामाजिक स्तर पर एक नाजुक दौर था चारों तरफ स्वाधीनता आंदोलन का बोलबाला था। इस जागरण में छायावादी कवि निराला जी की प्रमुख योगदान रहा। उनकी काव्य में देश प्रेम और राष्ट्रीय भावना का स्वर अत्यंत प्रखर है। 'खून की होली जो खेली', 'जागो फिर एक बार', 'भारती वंदन', 'वीणा वादिनी वर दे', आदि कविताओं में कवि ने बार-बार देश प्रेम की भावना को व्यक्त किया है-

भारती जय विजय करें
कनक शस्य कमल धरे
लंका पददल शतदल
गर्जितोर्मि सागर जल
होता शुचि चरण यूगल
धवल धार हार गले

-भारती वंदन'

बलिदान चाहती है जन्मभूमि

खेलोगे जान ले हथेली पर

-महाराज शिवाजी का पत्र

7- प्रगतिशील विचारधारा:

निराला केवल छायावादी कवि ही नहीं थे अपितु वे प्रगतिवादी कवि भी थे। उनका काव्य दलितों और कमजोर वर्गों के प्रति विशेष सहानुभूति रखता है। निराला के हृदय का करुण भाव समाज के उपेक्षित, कमजोर, पीड़ित एवं शोषित वर्गों की रक्षा को अर्पित है। 'विधवा' की पीड़ा उन्हें द्रवित करती है तो 'भिखारी' की दीनता एवं भूख उन्हें करुणा से भर जाती है। कड़कड़ाती धूप में इलाहाबाद के पथ पर पत्थर तोड़ती मजदूर नारी का करुण चित्रण पाठक के मन को अनायास ही छू जाता है

वह तोड़ती पत्थर
देखा मैंने उसे इलाहाबाद के पथ पर
देख कर कोई नहीं
देखा मुझे उस दृष्टि से
जो मार खा रोई नहीं



8- व्यंग्य एवं हास्य का पुटः

निराला ने समाज में फैली विकृतियों एवं विद्रूपताओं का **व्यंग्यात्मक चित्रण** किया है। कुकुरमुत्ता, सूर्यकांत त्रिपाठी निराला की एक प्रसिद्ध लंबी कविता है जिसमें कवि ने पूंजीवादी सभ्यता पर कुकुरमुत्ता के बयान के बहाने करारा व्यंग्य किया गया है। 'कुकुरमुत्ता' कविता में उनके तीक्ष्ण व्यंग्य को देखा जा सकता है। 'कुकुरमुत्ता' निम्न एवं कमजोर वर्ग का प्रतिनिधि है और वह पूंजीवादी गुलाब को चुनौती देता हुआ कहता है

अबे सुन बे गुलाब
भूल मत पर भाई तूने खुशबू रंगो आब
खून चूसा खाद का तूने अशिष्ट
दाल पर इतरा रहा है कैपिटलिस्ट

-'कुकुरमुत्ता'

9- सामाजिक चेतना और विद्रोह का काव्यः

निराला के काव्य की एक विशेषता यह भी है कि उनका संपूर्ण काव्य **सामाजिक चेतना और विद्रोह** का काव्य है। 'वीणा वादिनी वर दे' नामक कविता में कवि समाज में नवीन शक्ति का प्रादुर्भाव देखना चाहता है। वह समाज के शोषित और उपेक्षितों की कथा को व्यक्त करता है। अन्य छायावादी कवियों की अपेक्षा निराला अधिक **विरोधी और स्वच्छंदतावादी** दिखाई देते हैं। निराला उन पुरानी रूढ़ियों और जड़ परंपराओं को नष्ट करना चाहते थे जो समाज को खोखला करती जा रही है। काव्य जगत में **मुक्त छंद का प्रवर्तक इसी विद्रोह और जड़ परंपराओं का विरोध है। 'सरोज स्मृति'** में वे लिखते हैं-

तुम करो ब्याह तोड़ता नियम
मैं सामाजिक योग के प्रथम
लग्न में पढ़ंगा स्वयं मंत्र
यदि पंडित जी होंगे स्वतंत्र

10- कला पक्षः

काव्य जगत में **मुक्त छंद** को प्रतिष्ठित करने का श्रेय निराला को ही जाता है। उन्होंने कविता को छंदों की कैद से मुक्त करवाया। उनकी काव्य भाषा **भावपूर्ण एवं विषय अनुकूल** है। उनकी रचनाओं में **उर्दू, फारसी और अंग्रेजी के शब्द** खेलते हुए हैं तो कहीं **संस्कृत निश्चित तत्सम शब्दावली** का **खड़ी बोली** हिंदी को काव्य की श्रेष्ठ भाषा शुद्ध करने का शेर भी निराला को ही जाता। **सरल और सुबोध शैली** प्रतिवादी रचनाओं में **कूलेष्ट और दुरु शैली** रहस्यवादी और छायावादी रचनाओं में, **हास्य व्यंग्य पूर्ण शैली** हास्य व्यंग्य पूर्ण रचनाओं में देखी जा सकती है। उनके काव्य प्रयोगों की विविधता और मौलिकता ने अनेक काव्य आयाम को जन्म दिया और एकही स्तर पर विविध भाषा प्रयोग कर सके। **भाव के अनुसार भाषा और लय का निर्वाह करने** वाले निराला सर्वश्रेष्ठ कवि है। 'राम की शक्तिपूजा' कविता का उदारण देखिएः



रवि हुआ अस्त; ज्योति के पत्र पर लिखा अमर
रह गया राम-रावण का अपराजेय समर
आज का तीक्ष्ण शर-विधृत-क्षिप्रकर, वेग-प्रखर,
शतशेलसम्वरणशील, नील नभगर्जित-स्वर,
प्रतिपल – परिवर्तित – व्यूह – भेद कौशल समूह
राक्षस – विरुद्ध प्रत्यूह, -क्रुद्ध – कपि विषम हूह,
विच्छुरित वह्नि – राजीवनयन – हतलक्ष्य – बाण,
लोहितलोचन – रावण मदमोचन – महीयान,
राघव-लाघव – रावण – वारण – गत – युगम – प्रहर,

- राम की शक्तिपूजा

हिंदी – साहित्य में स्थान

हिंदी – साहित्य में निराला जी का गौरवपूर्ण स्थान है। साहित्य जगत में **मुक्त – छंद के प्रणेता** सूर्यकांत त्रिपाठी 'निराला' है। 'महाप्राण निराला' **नवीनता के कवि** हैं। जिस समय हिंदी साहित्य में छंद शास्त्र का बोलबाला था उस समय निराला जी ने छंद मुक्त रचनाएं प्रस्तुत कर हिंदी कविता को छंद शास्त्र की बड़ियों से मुक्त कराया। वे जीवन, साहित्य तथा समाज में सर्वत्र नवीनता के पक्षपाती तथा **रूढ़ियों के कट्टर विरोधी** हैं। वे **छायावादी, प्रगतिवादी और प्रगतिशील** होने के साथ ही **दार्शनिक एवं अद्वितीय प्रतिभा के महान कवि** हैं। उनके कृतित्व में छायावादी और प्रगतिवादी दोनों युगों की विचारधाराओं का सुंदर समन्वय है। उनके काव्य में छायावाद, प्रगतिवाद, प्रयोगवाद और नई कविता की समस्त विशेषताएं साकार हुई हैं। उन्होंने छंद, भाषा और भाव आदि को नवीनता प्रदान की है। वह **तत्वज्ञानी और रहस्यवादी भी हैं**, साथ ही **उनमें सामाजिक चेतना भी उत्कृष्ट रूप में विद्यमान** है। उनकी इन्हीं विशेषताओं ने उन्हें हिंदी साहित्य – जगत में निराला स्थान प्रदान किया। अपने निराले व्यक्तित्व से **हिंदी साहित्य – जगत को जो निराला पथ दिखाया**। महाप्राण निराला हिन्दी के साहित्य जगत में एक चमकता तारा है जो हिन्दी के छायावादी सोपान में 'तुलसीदास', 'राम की शक्ति-पूजा', 'जूही की कली', 'सरोज-स्मृति', 'जागो फिर एक बार', जैसी युगांतरकारी रचनाएँ देकर सुनहरे अक्षरों में अपना नाम दर्ज कराया। वहीं दूसरी ओर समाज में व्याप्त अन्याय एवं शोषण के विरुद्ध 'भिक्षुक', 'वह तोड़ती पत्थर', 'कुकुरमुत्ता', जैसी क्रान्तिकारी स्वर-प्रधान मार्मिक रचनाएँ रच कर वे प्रगतिवादी, प्रगतिशील कविता के अग्रदूत बन जाते हैं। भारत के लाखों-करोड़ों खेतिहर किसानों, मज़दूरों, मेहनतकशों, साधनहीन धनहीनों को; हज़ारों वर्षों से बेजुबान भारतीय बनी महिलाओं को, पिछड़े वर्गों को पहली बार साहित्य-जगत का काव्यात्मक विषय बनाने का चुनौतिपूर्ण कार्य 'निराला' जी ने करके काव्य-जगत को एकदम नई दिशा दी। निराला जी हिंदी साहित्य के बहू प्रतिभा संपन्न कलाकार एवं साहित्यकार हैं।

सीमाएं

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निराला जी का हिंदी साहित्य जगत में अद्भुत स्थान है तथा उन्होंने अपने रचनाओं से हिंदी साहित्य जगत को अचंभित किया है।, मैं बहुत ही सीमित अध्ययन कर पाई हूं, भविष्य में अध्ययन की अभी बहुत संभावना है। निराला के काव्य में समाज के हर क्षेत्र का वर्णन देखा जा सकता है। किसी भी विषय पर शोध की जा सकती है।

निष्कर्ष-

कहा जा सकता है कि निराला का काव्य **एक चित्रशाला** है जहां जीवन और जगत के बहुरंगी स्वरूप को सुव्यवस्थित किया गया है। उनके काव्य में सुख-दुख, हास्य-करुणा, राग-विराग, शांति-विद्रोह, अध्यात्म-श्रृंगार, आदर्श और यथार्थ जैसे बहुरंगी चित्र अंकित है। उनकी आस्था मानवतावाद में थी और मानव जीवन को सुखमय एवं गौरव में बनाने के लिए ही उन्होंने साहित्य सृजन का काम किया। निःसंदेह वे महान व्यक्ति होने के साथ-साथ एक महान साहित्यकार थे इसीलिए उन्हें **महाप्राण निराला** के नाम से संबोधित किया जाता है।

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128 Depiction of Marginalization in Mahasweta Devi's *Hajar Chaurashir Ma*.

Shweta Sambyal

Ph.D Research Scholar, Department of English

CT University Punjab (India)

Abstract: Mahasweta Devi is an unexpected writer who has been writing, functioning and combating for the marginalized untiringly for the precedent six decades. She is a bizarre mix of an objector and a writer who has accepted both duties ferociously all her life. Away on or after the spotlight, she keeps operational for the interests and betterment of persons whom the media and the conventional expediently keep forgetting. Her inscription is troubling because it shows the person who reads her or his own true face.

Introduction: Mahasweta Devi is celebrated particularly for her works correlated to the lessons of rural tribal communities of West Bengal, women and Dalits. In her convoluted Bengali fiction, she repeatedly depicts the atrocious repression of tribal people and untouchables by strong demanding upper-caste landlords, money-lenders and administration officials.

Mahasweta Devi actually deals with an immediate past event in order to comment on the present as a cautionary tale universalizing human experience - an experience which drove many a mother and son to martyrdom. Though the novel, at one level, reads like a mere account of the inhuman suppression of the Naxalites revolt in Bengal, it is a tragedy of an 'apolitical' mother who awakens one day to a greater truth and dies a martyr. The realistic surface details such as the mass killing of the young activists, the torture scene and the elaborate party scene are provided only to enable us to penetrate that surface to the hidden truth beneath. The play enacts a single day in the life of the principal character. Sujata, the mother of corpse number 1084, hails from a fairly affluent middle -class family.



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The Naxalites raised their right to be heard alongside the reputable arrange, and happening to combat for the grounds of the unfortunate, browbeaten by the landlords, industrialists and bureaucrats. The domineering and unbendable position of these high-headed men enforced a collection of young men to obtain up the cudgels adjacent to them. The revolution of the farmers of Naxalbari further grows firewood to the blazing intellect of bitterness touching the capitalist financial system. The interest and animosity extend like wildfire amongst the people of the neighboring areas. They were not only piqued, but they feel astonished at the reality that the unusual supporting parties and intellectuals tacitly arranged to such domination and repression. The incursion of refugees from Bangladesh added motivated the circumstances. In fact, the intellectuals seemed to be supplementary troubled concerning the Bangladesh difficulty than the one ravaging the people inside the country. The upper class remained complacently unresponsive. A radical fanaticism set in. Displeased at the rebellion, the government attempted to control the association at an early stage. Police strength was used violently. This gave ascend to brutality. Discontented parties tried to oust each further in the procedure. As Sujit Mukherjee rightly states, Mahashweta Devi turns, with *Hajar Chaurashir ma* "to recording the present instead of reconstructing the past" (07). It is a typical play of documentation in which she seeks the roots of the "revolutionary fervor" of the urban rebels "in their discontent with a system that upheld a corrupt and insensitive establishment both in the family and in the State's, there was confusion in the social order which was trapped in this common disorderly confusion.

A deepening societal consciousness and fictional adulthood converged in her watershed novel of 1974, *Hajar Chaurashir ma* which is one of Mahashweta Devi's the majority extensively read workings. Mahasweta Devi documents the traumatic experiences in the life of a sensitive mother, Sujata, who loses her favourite son in the holocaust during the suppression of the Naxalite Movement. Exactly two years after the brutal killing of her son, she becomes not only aware of the need for a sacrifice to defend one's right to live

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but also her inner urge to protest against the patriarchal authority represented by her husband. The years 1970-72 witnessed the rise of The Naxalite movement in West Bengal.

Exactly two years after the death of her favourite son, Brati, coinciding with his birthday At the end of the play Sujata, shorn of all prejudices, finds herself drifting towards a kinship with her son's ideology as she bursts out angrily at the apathy of the audience, Sujata gets to know of the facts behind his sacrifice. The learning process continues until the end of the play involving her in a series of encounters with the people whose cause Brati championed. Divided into twelve scenes, *Hajar Chaurashir ma* is a neatly structured play beginning with the identification of Corpse no. 1084 and moving on to Sujata's discovery of Brati. Her passionate appeal to the people forms the ending of the play. Mahasweta Devi moves the time-scale backwards and forward by presenting the past and the present in alternating scenes, very much in the manner of a memory narrative. The stage is free of superfluous theatrical properties which give the playwright great freedom to present different situations more by suggestion than by scenic displays. Furthermore, it allows her to be more faithful in her portrayal of the contemporary realities. Besides, the playwright uses the 'tape' to great advantage.

When the narrative opens, Sujata has been married for thirty-four years to Dibyanath Chatterjee who symbolizes an honest representation of the male-dominated society. They have four children, two sons, Jyoti and Brati, and two daughters, Nipa and Tuli. Jyoti has already been married to Bina and Nipa to Amrit. In the eyes of the world, all of them are leading blissful lives but Sujata goes on to discover later, that this happiness is only superficial. Dibyanath Chatterjee, Sujata's husband, is an overbearing and complacent man. He does not hesitate to risk the private sentiments to keep his public stature untarnished. This attitude of his is vividly depicted in the opening scene of the play when they receive a phone call from the police to

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identify corpse number 1084 which is, in fact, Brati's, who has in the meantime been divested of his identity as a person and given another 'dehumanized identity' as corpse number 1084.

The most dominant character in the play is Sujata Chatterjee. She is one of the persons wounded whose kith and kin had been completely missing within disagreement with the citizens in authority. In fact, with Sujata, the playwright seeks to bring to light the darker areas of life where the persecution of the innocent continues unabated. Having felt alienated from her corrupt household, Sujata takes up a job in the bank. Although it is two long years since Brati was killed, her mind is filled with his memories. Like Sujata, Brati has no fancy for the luxuries that their rich background is to offer. Being aware of economic deprivation and exploitation, he swears by the cause of the exploited. And he revolts against the senseless ethics of all those institutions that add to the woes of the underdog. It is, however, unexpected of a person like him who is a member of a family which has been built on the mound of corruption which touches the play with a curious mix of the elements of surprise, innocence and youth imminent in life and history. It is indeed surprising that Sujata, with an innate resentment, like her favourite son, against all the shams that are inherent in the patriarchal institution, fails to take cognizance of the rising tide of revolt in Brati. Thus, Sujata, is caught in the conflict within herself between a sympathetic mother and a silent protester against the immoral life which her household stands for. This conflict assumes an altogether different form when her motherly love is contrasted with the indifference of the members of her family towards the news of Brati's death with which the play begins.

While Sujata is all concerned and helpless, Dibyanath searches ways to hush up the incident. One important feature of the play is that it sets off with characters not already formed but emerging from the play. As such, all the characters, except Sujata Chatterjee, are given minor portions in the play. Even Brati, around whom the entire story of the play is woven, is allotted only a few dialogues and he appears in the



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beginning as Corpse number 1084. He appears a living character only twice in the play, once in the company of his mother in scene 5 and the second time with his friends in scene 7. However, Brati and his activities are revealed to us when the principal character Sujata gets herself engaged in conversations with different characters at different places which make the progress of the novel.

Sujata feels suffocated under the weight of the stifling values enjoined on her by the patriarchal institution. Yet she never ventures to disentangle herself from them. Though aware of her husband's womanizing and corrupt practices she does not protest. Rather, she starts working in a bank in order to escape all the constraints. Her work is in itself a form of protest and self-assertion against the patriarchal authority of her husband. Many a time she resents the immoral acts of her children but continues to discharge her familial duties, calmly bearing all kinds of humiliations. She is very fond of her youngest son, Brati, who unlike her other children is a man of integrity. She appears to find in his company what she misses in her household.

The barriers that separated Sujata from the rest of the people like Somu's mother appear to be dwindling away. She could find an echo of her own silent scream of torment and desperation in their unending sufferings. However, finding in her a rebel in the making, the vested interests do not allow her to visit the settlements of the underdog. The relationship, established between Sujata and Somu's mother – both of them victims of the holocaust during the 1970s – is not unnatural and it possibly turns a major threat to the prevailing social system as the victims learn to make common cause by revolting against all kinds of oppression.

Hence there is a conflict between the exploiter and the exploited-leading to senseless assaults and counter assaults a kind of an orgy of violence and murder in the name of false encounters. Saroj Pal, an

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archetype of bureaucracy, surpasses all those persecutors who have come to stay in our memory by virtues of their notoriety. Thus, Sujata goes through a painful process of discovering Brati and her own being while others in the family including Dibyanath, the father, enjoy socializing with those persons who have been overtly a part of the Establishment that cause Brati's death. She is now fully aware of the situation in which she lives. The more she learns about Brati, the closer she feels to him. She can find him among the people who he strove and died for. Though initially, grief had brought them and Sujata together, she finds herself always on the receiving end.

Conclusion: It is the influence of a universal complaint alongside the outwardly permanent and callous civilization in which we live. And, by the time she makes this inspiring formally request to the spectators, Sujata shakes herself off the shackles of the patriarchal values enjoined on a woman. Enlightened, she takes up cudgels against the society itself. Symbolically, Sujata moves from the world of innocence to the world of experience. As a result, she discovers inside herself a wish for self-realization which has been so far suppressed due to the lack of courage. Sujata lashes out at the police and the ignorant class of rich people. She calls them out to arise or befallen forever. With this outburst, directed against the pleasure-seeking people, Sujata collapses on the stage. However, her search for Brati does not end with her death. It continues as a problem very much alive.

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129 Job Satisfaction of School Teachers of Different Streams in Relation to Mental Health

- 1 Deepak Kumar Research Scholar Department of Education CT University Ludhiana (Punjab) India
- 2 Dr. Namesh Kumar Professor CT Group of Institution Jalandhar (Punjab) India

Abstract

Teachers cannot limit his responsibility to simply transferring knowledge from his old brittle notebook pages to the student's notebook without touching their minds. Job satisfaction and mental health are the two important factors in the life of teachers. Teachers mental health is important and be judged on their ability to do their jobs well, jobhappiness, pride in their work and positive attitude. Mental health and job satisfaction lead to a sense of fulfillment and accomplishment in life. They are other's cause and consequence. Teacher's job satisfaction is a major indicator of their mental health. The worth of teachers and their professional concern with the job have dramatically changed as a result of the changing socioeconomic context and increased unemployment, negatively affecting their mental health. In the covid-19 scenario all educational institutions have adopted virtual courses and an online education system from the physical environment. As a result of this Teacher's mental Health and job satisfaction has affected a lot. The present study was conducted to study the job satisfaction of school teachers of different streams in relation to mental health.

Key words- Job Satisfaction, Mental Health, School Teachers, Stream.

Introduction

Education has long held a special role in the worldwide community. Many people have emphasized education's central role and unique relevance in national development. Education is a broad term that covers a wide range of topics. It could be referring to formal education or the lifelong process of learning from experiences. It has been described as the acquisition of knowledge, attitudes, skills, culture transmission, bringing out and developing one's full potential, disciplining, personality molding and among other things. Education is the sum of all processes that a person goes through in the society in which he lives and No doubt Effective and successful teachers are the foundation of a country's progress. As a result, it is correct to say that a nation's future may be seen in its schools and educational institutions. Teacher's job



Satisfaction is very important characteristic of the teaching profession that has a significant impact on their work performance. It's one of those professions that come with unique benefits and responsibilities for people who perform it. The teaching is seen as a noble occupation. The teaching profession should attract applicants who are professionally sound, have a strong interest in this field and are committed to it. He cannot limit his responsibility to simply transferring knowledge from his old brittle notebook pages to the student's notebook without touching their minds. As a result, Teacher's Job Satisfaction is an important factor.

The growing population and failing conditions threaten everyone in today's globe. One of the most important areas on which we must focus our attention is health. The term health refers to more than just physical well-being; it also refers to emotional control as well as sound and efficient mind. This suggests that both the mind and the body are in good working order. In the broadest sense, mental health refers to a sense of positive conformity and satisfaction in situations that need a state of mind as well as the ability to build good personal and social relations. A mentally healthy person acts in a balanced manner and fearlessly challenges life's realities. As a result of changing socio-economic picture and growing unemployment, teacher's values and professional concerns with the job have been forcibly transformed, which has a severe influence on their mental health. The state of a teacher's mental health can have an impact on both his work and the environment in which he works. If a teacher is not in good mental health, he or she will be unable to concentrate in class and recall the information presented to the students. He also won't be able to have a balanced and well-adjusted personality. As a result, Teacher's mental health is crucial to the teaching and learning process.

Need and Significance of Study

There are many studies conducted on job satisfaction and mental health of school teachers, but most of the studies are pre covid-19 situations. Covid-19 has affected school environment and mental health of school teachers. Mostly the teachers are not satisfied with their performance; especially teachers having Science Stream background are less satisfied than those are having arts stream background. The widespread of corona virus also known as Covid-19, has affected everyone's life and working style. And the year 2020 had brought significant changes in everyone's life. The govt of many countries established travel restriction, social distance and finally lockdown to control the spread of covid-19. School Organizations were closed down and Teachers were forced to work from home. Due to the Corona Pandemic in 2020 schools



were supposed to handle a challenging situation. They needed to find solutions of many questions how lessons can proceed in times of physical distancing and also teachers were performing their duty from home.

The Covid-19 outbreak has broadened the area of research. There has already been research done on it, and there is still a scope for further research. Researchers have studied the effects of Covid-19 on several sectors and the elements that influence job satisfaction among workers in various sectors. Education sector has also affected from this new crises. Teachers around the country were forced to shift gears quickly in response to the Covid-19 situation during school closures to respond the need of students. When Teachers are asked to teach in new methods. They proceeded immediately to a new situation. They have made video themselves conducting experiments, held zoom meeting sessions to show and tell the study topics and also generated materials for students who don't have access to the Internet and even presented topics outside of pupil's screen door. There is no doubt that instructors at all levels in all sectors of education are capable of extraordinary thing. The Covid-19 Pandemic has forced the Nation' teachers to participate in surprising and unpleasant conditions. And there was immense pressure on the mental health of teachers. As a result of this job satisfaction of teachers also affected. So there is a need to go research on the job satisfaction and mental health of school teachers.

Job Satisfaction

Job satisfaction describes how content an individual is with his/her job. the people who are satisfied with their job are more happier than other people who are not satisfied their job. Job satisfaction is a pleasurable emotional state resulting from the appraisal of one's job, an effective reaction to one' job and towards one's job.

Job satisfaction was mainly classified into two areas-(i) Intrinsic Factors. (ii) Extrinsic Factors. There is other way to classify Job satisfaction also that is – (i) Organizational Factors. (ii) Work Environment Factors. (iii) Work Itself. (iv) Personal Factors.

Job Satisfaction is influenced by variety of factors for example the quality of one's relationship with their supervisor, the quality of physical environment in which they work, degree of fulfillment in their work etc. The process of education and teacher's condition of work are highly correlated. Job satisfaction refers to a person's sense of fulfillment or enjoyment at work. And level of contentment is determined by the ratio of



what we have to what we want. Age, gender, salary, length of service, tenure, working conditions, job security and social status are all important factors which affect job satisfaction.

Job satisfaction is described as the degree to which an individual's needs are filled and how that fulfillment is perceived. Thus job satisfaction can be considered a generalized attribute in an individual. As a result, job satisfaction can be defined in terms of human needs and the environment sources of these requirements. Job Satisfaction is a mental state that emerges as a result of the performance in job.

Job satisfaction comprises of two words "job" and "satisfaction". Satisfaction is defined as the fulfillment of gratification of a desire, need or appetite. Gratification is a stage of being gratified or satisfied. Therefore one can conclude that "satisfaction" is an internal feeling and no amount of external pleasures or comforts can satisfy you unless you want "to feel" satisfied. As rightly stated by Armstrong (2006), Job satisfaction refers to the attitudes and feelings people have about their work. Positive and favorable attitudes towards the job indicate job satisfaction. Negative and unfavorable attitudes towards the job indicate dissatisfaction.

Hoppock defined job satisfaction as "any combination of psychological, physiological and environmental circumstances that cause a person truthfully to say I am satisfied with my job" (Hoppock, 1935). Vroom (1964) defined job satisfaction as "affective orientations on the part of individuals toward work roles which they are presently occupying." According to Hirschfeld (2000) job satisfaction is the extent to which people like their jobs. According to Statt (2004) job satisfaction can be defined also as the extent to which a worker is content with the rewards he or she gets out of his or her job, particularly in terms of intrinsic motivation. According to Sharma (2019) job satisfaction can be described as the way employees feel about their job and different aspects of their jobs.

Job Satisfaction of Teachers

Teacher's job satisfaction is influenced by their engagement, commitment, and motivation, all of which are linked to their performance on the job. It's important not only for teachers, but also for students and schools as a whole.

A strong educational system relies on high quality teaching personnel. Teachers, particularly at the school level are both the highest expense and the highest human capital resource in an educational



system. Educating institutions must therefore prioritize attracting and maintaining high quality teachers. A teacher, who is happy with his job, plays an important role in educational system and he can make his efforts to uplift the society. A contented teacher can make a big difference in a student's life.

If education is at the root of the progress of any country, the teacher is the root of education in every organization or institution. But for the last ten years of teachers have been following the path of strike, fasts, and other rigorous measures which reveal that they are dissatisfied from their profession. This means that the work has discontinued to give satisfaction to our teachers, which ultimately goes a long way in deteriorating the already deteriorated standard of education. Thus we can say that job satisfaction influences the efficiency of teachers irrespective of other qualities.

Job satisfaction improves the quality of work to a great extent. Satisfied teachers contribute much to the progress of society. Unless the teachers on the job are happy, the school will not be able to give the results that are expected of them, because a high level of job satisfaction among the members of this profession is like a backbone of the profession. As a result regardless of other traits, job satisfaction has an impact on teacher efficiency. Teachers who are mentally healthy and satisfied contribute significantly to the advancement of society.

The level of satisfaction of a teacher's job has a significant impact on student learning, it may have an impact on the quality and consistency of instruction provided to students. Several studies have shown that teachers who don't feel encouraged in their job are less likely to perform at their best in the classroom. Furthermore highly satisfied teachers are less likely to change schools or leave the profession entirely than those who are dissatisfied with a variety of aspects of their profession.

Mental Health

Mental health is a global term refers to that condition of an individual which results from the moral organization and functioning of his mind. Like physical health, mental health is also an aspect of the totality of an individual. It is a combined outcome of five types of health i.e. Physical, emotional, moral, spiritual and social health. Mental health can also be called as the process of human self-realization, self-satisfaction and fully successful existence. Mental health of a person among other things is chiefly concerned with his total sense of growth and development and adjustment, peace, success, happiness and effective membership of



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group or community. The expression *'Mental Health'* consists of two words-The word 'mental' usually implies something more than purely cerebral functioning of a person. It includes one's emotional affective states. It is the equilibrium in one's Socio cultural context that is reflected by the relationship one establishes with others. Similarly, 'health' refers to more than physical wellbeing. It also connotes the individual's intra-physic balance, the interaction of one's physic-structure with the external and social environment.

Characteristics of mentally healthy person are good physical health, Psychological comfort,intellectually developed, and emotionallycontrolled, sociallyadjustable, socially approved goals,sense of satisfaction, flexibility in behavior, enthusiastic and reasonable, healthy habits,attitudes and interests,healthy philosophy of life,self understanding,and understanding of environment.

According to Lewkan (1949) mentally healthy person is one who is happy, lives peacefully with his neighbors, makes his children healthy citizen and fulfilling such basic responsibilities is still empowered with sufficient strength to serve the cause of the society in any way. According to Crow and Crow (1951) mental health includes physical well-being, adjustment to mental ability, emotional control, social and sex adjustment. According to Hadfield (1952) mental health is full and harmonious functioning of the wholepersonality.According to Bernard (1961)mental health may be defined as the adjustment of individuals to themselves and the world with a large and maximum of effectiveness, satisfaction, cheerfulness and socially considerate behavior and the ability of facing and accepting the realities of life. The highest degree of mental health might, therefore, be described as that which permits an individual to realize the greatest success which his capabilities will permit, with maximum of satisfaction to himself and to social order and minimum of friction and tension.

According to the World Health Organization (2004) mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. According to Legg and Felman (2020) mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave.

In brief we can say that mental health is a condition which permits the Maximum development of Physical,intellectual,social and emotional state of the individual so that he can contribute maximum to the welfare of society and can also realize his aims and ideas in life.

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Mental Health of Teachers

The issue of teacher mental health has been a topic of interest and concern to researcher in the field of education and psychology from a longer period of time .Since ancient times,teaching has been regarded as one of the noblest professions.With the changing socioeconomics situation and rising unemployment,teacher's ideals and professional concerns about their job have been forced to undergo a severe transition,which has harmed them. So it has an impact on their mental health.

The state of a teacher's mental health can have an impact on both his work and the environment in which he works. If a teacher is not a good mental health, he or she will be unable to concentrate in class and recall the information presented to students. He also won't be able to have a balanced and well adjusted personality.

Furthermore teachers have been regarded as the constructors of a country's future. Schools are more than just locations for pupils to learn;they are also considered temples of education,with teachers serving in a similar capacity to a priest in a religious environment.Teachers and students working together as a team are responsible for the school's success .Teacher serve as anintermediate between students,the principal,management, and parents in addition to providing instruction to children. Teacher's manner and language show their warm relationship with students. Positive professional relationships with students,parents,coworkers and management may help to improve a teacher's mental health.

The mental health of teachers is essential for improving the instructional environment and service quality. The teacher's mental health can be improved if he can have a better awareness of himself, accept himself mainly as he is. And take an active role in shaping his life rather than only reacting to demands.As a result teacher mental health is crucial to the teaching and learning process.

Review of Related Literature

Bala (2015) conducted a study on 400 teachers from Una, Kangra, Hamirpur and Bilaspur district of Himachal Pradesh, India. Result of the study showed no significant difference in Job satisfaction of teachers on the basis of stream.

Kavitha and Venkateswaran (2015) focused their study on 60 secondary school teachers in Salem District of Tamil Nadu, India .Result of the study showed that there is no significance difference between Arts and Science secondary school teachers in job satisfaction.

Thakur (2015) conducted a study of 120 secondary teachers selected as a sample in an accidental way from different 30 schools of MehsanaDistrict of Gujarat state,India. Result of the study indicated that



secondary school teachers of science stream have more job satisfaction than that of General Stream secondary school teachers belonging to Science and General Streams of Financed schools and other schools have equal job satisfaction. More and less experienced teachers of secondary school belonging to Science and General Streams have equal job satisfaction. More and less experienced Secondary School Teachers belonging to Science and General Streams of Self-Financed schools and others schools have equal job satisfaction.

Kumar and Rajendran (2016) focused their study on 98 higher Secondary Teachers working in the schools of Kumbakonam Taluk, Thanjavur District of Tamil Nadu State and found that there is no significant difference between higher secondary teachers handling Arts and Science subjects in their Job satisfaction.

Sivakumar and Arun (2019) conducted a study on 215 middle and high school teachers from the Coimbatore District of Tamil Nadu, India and found that there is no significant difference of the school teachers towards job satisfaction between Arts and Science subjects.

Rinsangi (2019) conducted a study on 300 college teachers from targeted 22 degree college from 32 different colleges offering Science, Arts and commerce streams of Aizawl, Lunglei, Lawngtlai, Champhai, Serchhip, Kolasib, Saiha, and Mamit districts of Mizoram state. Result of the study showed that there is significant difference in job satisfaction of college teachers of science and arts stream.

Mistry (2010) focused a study on 90 teachers (45 male and 45 female) working in the different schools of Ahmadabad district of Gujarat, India and found that there is a positive relationship between job satisfaction and mental health of teachers.

Maheshbabu (2012) conducted a study on 50 secondary school couple teachers selected randomly from Gulbarga and Yadagir districts of Karnataka State. Result of study showed that there is a positive and significant correlation was found between Job Satisfaction and mental Health of couple teachers.

Galgotra (2013) had undertaken an empirical study on mental health of 250 higher secondary school teachers with reference to their sex, type of school and job satisfaction in Jammu and Kashmir. Result of the study showed that teachers with higher job satisfaction possessed good mental health in comparison to teachers with low job satisfaction.

Nadinloyi, Sadeghi and Hajloo (2013) conducted a study on 90 workers of two industrial companies in the city of Ardabil. The result of the study revealed significant negative relationship between depression and job satisfaction.



Babu (2014) conducted a study and revealed that there is no significant correlation between job satisfaction and mental health.

Baro and Panda (2014) studied a relationship between mental health and job satisfaction among 130 primary school teacher of Bongaigaon District of Assam. Result of the study showed there was a positive relationship between mental health and teachers' job satisfaction.

Behera (2014) conducted a study on relationship between job satisfaction and mental health of 600 mainstream school teachers in west Bengal. Result of the study showed a significant positive correlation between job satisfaction and mental health of mainstream school teachers.

Singh (2015) conducted a study on job satisfaction of government school teachers and private school teachers in relation to their mental health and found that there is a significant positive relationship between job satisfaction and mental health of government school teachers and private school teachers.

Azami, Shamsuddin, Akmal and Azami (2015) conducted a study on Malaysian women working in the public sector. The result of the study revealed significant negative relationship between job satisfaction and psychological distress.

Rinsangi (2019) conducted a study on 300 college teachers from targeted 22 degree college from 32 different colleges offering Science, Arts and commerce streams of Aizawl, Lunglei, Lawngtlai, Champhai, Serchhip, Kolasib, Saiha, and Mamit districts of Mizoram state. Result of the study showed that significant linear positive correlation exists in the Mental Health and job satisfaction of college teachers of Mizoram.

Reena (2020) conducted a study on difference in the job satisfaction of 40 school teachers (20 Government and 20 Private) of senior secondary level of 8 schools of Delhi. Result of the study showed that high satisfaction of Govt. School Teachers and low Satisfaction of Private school teachers.

Suganya and Sankarshwari (2020) conducted a study on 260 school teachers who are handling higher secondary class's students of the state of TamilNadu. The result of the study showed that there is significant difference between online teaching and traditional teaching and also found that a significant relationship between the level of job satisfaction and online teaching among school teachers.

Conclusion on the basis of related literature

No significant difference was found in job satisfaction of teachers on the basis of stream Bala (2015); Kavitha and Venkateswaran (2015); Kumar and Rajendran (2016); Sivakumar and Arun (2019) but Rinsangi



(2019) found that there is significant difference in job satisfaction of college teachers of Science and Arts stream. Whereas Thakur (2015) found that teachers of science stream have more job satisfaction than General stream. Significant positive relationship between job satisfaction and mental health of teachers was reported by Mistry (2010); Maheshbabu (2012); Galgotra (2013); Behera (2014); Baro and Panda (2014); Singh (2015); Rinsangi (2019). Azami, et. al. (2015) revealed significant negative relationship between job satisfaction and psychological distress. Nadinloyi, et. al. (2013) found significant negative relationship between depression and job satisfaction. Babu (2014) on the other hand revealed no significant correlation between job satisfaction and mental health. Reena (2020) found that high satisfaction of Govt. School Teachers and low Satisfaction of Private school teachers. Whereas Suganya and Sankarshwari (2020) found that there is significant difference between online teaching and traditional teaching and also found that a significant relationship between the level of job satisfaction and online teaching among school teachers.

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130 A Comparative Study of Customers' Perception on Banking Services of Selected District Co-Operative Banks of North Gujarat

Virendrasinh Kaluji Chavda

Ph. D. Research Scholar

C V M University, Vallabh Vidyanagar

Gujarat

INTRODUCTION: The banking industry is facing rapid changes in the market, such as: new technologies, economic uncertainties, fierce competition, more demanding customers and the changing climate which lead to an unprecedented set of challenges. The banking sector offers several facilities and opportunities to their customers. The products of the banking industry broadly include deposit products, credit products and customized banking services. Most banks offer the same kind of products with minor variations. The basic differentiation is attained through quality of service and the delivery channels that are adopted. The Banking Sector in India is classified into four categories viz; Commercial Banks, Small Finance Banks, Payments Banks and Co-operative Banks. The Co-operative credit structure for meeting the short-term, medium term and long term credit needs of cultivators in Gujarat consists of (i) State Co-operative bank at the apex level (ii) Central Co-operative Banks at the district level & (iii) Primary Agriculture Credit. The State Co-operative Agricultural and Rural Development Bank fulfil long-term credit needs through its branches. The customer is the king of market. The existence of the business unit depends on the market-share achieved by it. The customers at the present juncture are well exposed to unstoppable innovations in communication technologies. He / She is aware of the kind of service level available around the world and thus expects the best from his / her bank. Customer service is not only a critical function but plays a vital role for the business. It is next most important business strategy. The improved customer service will definitely increase profitability.

REVIEW OF LITERATURE:

Oliver (1989) As per the study, the Satisfaction is a summary psychological state resulting when the emotion surrounding disconfirmed expectations is coupled with the consumer's prior feelings about the consumption experience. Therefore, satisfaction relate to a specific transaction. Comparative studies revealed that regardless of the type of service, customers used basically the same general criteria in arriving at an evaluative judgment about service quality. Measurement of customer satisfaction regarding the service quality of firms is a necessary means by which organizations delve into the minds of its customers for useful feedback that could form the basis for effective marketing strategy. Customer satisfaction is one of the important outcomes of marketing activity. In the competitive banking industry, customer satisfaction is considered as the fundamental of success. Businesses recognize that keeping current customers is more profitable than having to win new ones to replace those lost. Good customer



satisfaction has an effect on the profitability of nearly every business stated that satisfied customers improve business and dissatisfied customers impair business.

Heryanto. (2011): As per the study, there is a significant relation between service quality and the customer satisfaction and it consist of actions like quick response, commitment, staff availability, competency and capability of staff in the bank. has done a comparative performance analysis of District Central Co-operative Banks (DCCBs) of Western India, namely Maharashtra, Gujarat and Rajasthan and found that DCCBs of Rajasthan have performed better in profitability and liquidity as compared to Gujarat and Maharashtra.

Jain, V., Gupta, S., Jain and Smriti (2012): The study was conducted to understand the perception of service quality in banking sector and also to evaluate how it helps in enhancing the reputation and attract customer loyalty. The study, analyzed the lending practices of co-operative banks in India, comparison of efficiency of cooperative banks in India, Impact of size on the efficiency of the co-operative banks and different types of loans preferred by different set of customer from these banks.

Mistry, S.H. (2013): The study was conducted to identify the factors affecting customer satisfaction in Banks and analyzes their effects on the level of customer satisfaction. It found that sound financial health of a bank is the guarantee not only to its depositors but is equally significant for the shareholders, employees and whole economy as well. In this paper, an effort has been made to evaluate the financial performance of the two major banks in northern India.

RESEARCH GAP:

It was found from literature review that comparative studies of banks were conducted by number of researchers across India and around the world. There is also some significant work done in the area of cooperative banks in India as well as around the world. But it was found that no research study has been conducted in the functional area of Service Marketing specifically for Cooperative banks Gujarat. To fulfill the research gap, the present study has been selected.

TITLE OF THE STUDY:

The title of the present study is as follows:

A COMPARATIVE STUDY OF CUSTOMERS' PERCEPTION ON BANKING SERVICES OF SELECTED DISTRICT CO-OPERATIVE BANKS OF NORTH GUJARAT

OBJECTIVES OF STUDY:

The research study has been undertaken keeping in view the following objectives:

- To study the customers' perception of banking services with regard to Tangibility Dimension of their bank.



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- To study the customers' perception of banking services with regard to Responsiveness Dimension of their bank. Satisfaction Dimension
- To study the customers' perception of banking services with regard to Satisfaction Dimension of their bank.
- To make suggestions to improve the quality of Banking Services of selected Co-operative bank.

SOURCES OF DATA:

The research study is purely based on primary data and supported by secondary data. The main source of primary data are the customers of selected two Co-operative Banks. The sources of secondary data are journals, magazines, subject related books, web-sites, records and documents published by various governmental and non-governmental organizations.

DATA COLLECTION:

For the purpose of collecting primary data, the researcher has prepared a structured questionnaire. The secondary data has been collected from subject related journals, magazines, subject related books, web-sites, records and documents published by various governmental and non-governmental organizations.

SCOPE OF STUDY:

The research study is a micro level study. The scope of the study is as under:

Functional Scope: - Functional scope of this research study is Service Marketing especially focusing to measure perception level of customers for the service quality of selected Co-operative Banks from the view point of three dimensions – Tangibility, Responsiveness and Satisfaction.

Geographical Scope: - The area of Banaskantha and Sabarkantha District of North Gujarat is geographical scope for present research study.

SAMPLE DESIGN:

Universe of the Study: All the Customers of Co-operative Banks of North Gujarat who are having bank account constitutes the universe of this study.

Population of the Study: All the Customers of Banaskantha District Central Co-operative Bank and Sabarkantha District Central Co-operative Bank of North Gujarat who are having bank account constitutes the universe of this study.

Sample Size: The sample size of this study is in total 100 Customers (50 each of Banaskantha District Central Co-operative Bank and Sabarkantha District Central Co-operative Bank) from the population of the study.

Sampling Technique: The researcher has used non-probability sampling technique - Convenient Random Sampling has been used for the selection of sample.

HYPOTHESIS: The following null hypothesis were tested during the research study:

- There no existence of Tangibility Dimension in banking services with regard to their banks.

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- The bank is not responsive for services towards its customers for banking services with regard to Responsiveness Dimension.
- There no existence of Satisfaction Dimension in banking services with regard to their banks.

ANALYSIS OF DATA:

The questionnaire contained 08 demographic profile of the respondents and their opinion from the view point of three dimensions – Tangibility (04 Statements), Responsiveness (05 Statements) and Satisfaction (03 Statements) – based on Linkert's 5-point scaling techniques. The primary data collected from the respondents has been tabulated, coded and arranged as per the requirements of the study. The computer programme SPSS was used to tabulate the primary data keeping in view various variables to be studied. The qualitative data has been converted into quantitative form with the help of linkers' five-point scaling technique. For the purpose of analysis of data and to test various hypotheses as per requirement; non-parametric tests and other statistical measures have been used.

MAJOR FINDINGS OF THE STUDY: The major findings of the present research study have been narrated from four different aspects. The major findings are as under:

(1). Findings based on Demographic Profile of the Respondents:

Sr. No.	Demographic Factor	Major Findings
1	Age	Maximum (38 %) are in the age group 25 years to 35 years.
2	Gender	Maximum (69 %) are male.
3	Marital Status	Maximum (88.7 %) are married.
4	Educational Qualification	Maximum (54 %) are graduate qualified
5	Occupation	Maximum (59 %) are Business Person.
6	Family Income	Maximum (32 %) have an income from 20,001 – 50,000
7	Types of Account	Maximum (94 %) have the savings account.
8	Account Holding Period	Maximum (43.5 %) were having account since last 3 – 6 years.



(2). Findings based on Tangibility Dimension:

(A). For these four different statements based on Empathy were given

5. The first statement was about "Bank has visually appealing facilities." For which the standard deviation was 0.720 and mean was 1.93. The mean value was near to 2. Hence it can be said that bank customers were agreed that the Co-operative bank where they have account, has visually appealing facilities.
6. The second statement was about "Bank has employees who have a neat, professional appearance." For which the standard deviation was 0.602 and mean was 2.10. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the Co-operative bank where they have account, has employees who have a neat, professional appearance.
7. The third statement was about "Bank has modern equipments and technology." For which the standard deviation was 0.79 and mean was 2.18. The mean value was more than 2. Hence it can be said that bank customers were agreed that Co-operative bank where they have account has modern equipments and technology.
8. The fourth statement was about "Bank has visually appealing material associated with the service." For which the standard deviation was 0.781 and mean was 2.19. The mean value was more than 2. Hence it can be said that bank customers were agreed that Co-operative bank where they have account has visually appealing material associated with the service.

(B). Findings of Comparative Study Analysis:

4. The standard deviation of Banaskantha District Central Co-operative Bank was 0.641 and mean was 2.10. The mean value was more than 2. Hence it can be said that bank customers were agreed that the Banaskantha District Central Co-operative Bank has tangibility in its services.
5. The standard deviation of Sabarkantha District Central Co-operative Bank was 0.433 and mean was 2. The mean value was more than 2. Hence it can be said that bank customers were agreed that the Sabarkantha District Central Co-operative Bank has tangibility in its services.
6. Response for Tangibility dimension of bank services showed that Sabarkantha District Central Co-operative Bank was found better than Banaskantha District Central Co-operative Bank.

(3). Findings based on Responsiveness Dimension:

(A). For these five different statements based on Responsiveness were given.

6. The first statement was about "The bank employees give the prompt service to customer." For which the standard deviation was 0.8 and mean was 2.02. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the employees of Co-operative bank where they have account give them the prompt service.
7. The second statement was about "The bank employees instill confidence in customers." For which the standard deviation was 0.62 and mean was 2.11. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the employees of Co-operative bank where they have account instill confidence in customers.
8. The third statement was about "The bank employees are never too busy to respond to customers' requests." For which the standard deviation was 0.810 and mean was 2.5. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the employees of Co-operative bank in which they have account are never too busy to respond to customers' requests.



9. The fourth statement was about "The bank employees are always willing to help customers." For which the standard deviation was 0.721 and mean was 2.14. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the employees of Co-operative bank in where they have account are always willing to help them.
10. The fifth statement was about "The bank employees tell to the customers exactly when services will be performed." For which the standard deviation was 0.791 and mean was 2.28. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the employees of Co-operative bank where they have account tell to the customers exactly when services will be performed.

(B). Findings of Comparative Study Analysis:

4. The standard deviation of Banaskantha District Central Co-operative Bank was 0.525 and means was 2.12. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the Banaskantha District Central Co-operative Bank is responsive for services towards its customers.
5. The standard deviation of Sabarkantha District Central Co-operative Bank was 0.368 and means was 2.10. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the Sabarkantha District Central Co-operative Bank is responsive for services towards its customers.
6. Response for Responsiveness dimension of bank services showed that Sabarkantha District Central Co-operative Bank was found better than Banaskantha District Central Co-operative Bank.

(4). Findings based on Satisfaction Dimension:

(A). For these three different statements based on Satisfaction were given.

4. The first statement was "Respondent completely satisfied with the services delivered by co-operative bank." For which the standard deviation was 0.781 and mean was 2.12. The mean value was more than 2. Hence it can be said that the bank customers were agreed that they were satisfied with the services provided by co-operative bank where they have an account.
5. The second statement was "Respondent feels very pleased with services offered by co-operative bank." For which the standard deviation was 0.691 and mean was 2.16. The mean value was more than 2. Hence it can be said that the bank customers were agreed that they feel very pleased with services offered by co-operative bank where they have an account.
6. The third statement was "Respondent feels absolutely delighted with services of Co-operative bank in which respondent has an account." For which the standard deviation was 0.772 and mean was 2.19. The mean value was more than 2. Hence it can be said that the bank customers were agreed that they feel absolutely delighted with services of Co-operative bank.

(B). Findings of Comparative Study Analysis:

4. The standard deviation of Banaskantha District Central Cooperative Bank was 0.681 and means was 2.11. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the Banaskantha District Central Co-operative Bank is providing satisfaction to its customers in terms of services.
5. The standard deviation of Sabarkantha District Central Co-operative Bank was 0.476 and means was 2.01. The mean value was more than 2. Hence it can be said that the bank customers were agreed that the Sabarkantha District Central Co-operative Bank is providing satisfaction to its customers in terms of services.
6. Response for Satisfaction dimension of bank services showed that Sabarkantha District Central Co-operative Bank was found better than Banaskantha District Central Co-operative Bank.



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SUGGESTIONS:

3. From the view point of all three dimensions, Sabarkantha was found better than Banaskantha District Central Co-operative Bank. Hence, Banaskantha District Central Co-operative Bank should try to improve its banking services.
4. The infrastructural facility needs to improve by both the District Central Co-operative Banks.

LIMITATIONS OF THE STUDY: The limitations of the study are as follow:

5. Present study is limited to 100 Customer Respondents of only 02 District Co-operative Banks of North Gujarat.
6. The personal beliefs, attitude and understanding of customer respondents vary from one to another. This may affect the quality of data. This is called the inverse halo effect.
7. The statistical tools used for the study will have their own limitations which will also apply to the present study.
8. The outcomes of the study cannot be generalized, as the sample size is too small.

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131 Effectiveness of perceptions on English Achievement Test and English Language Achievement of Class 12 students

Hirenkumar P. Chaudhary

Research Scholar

Madhav University, Pindarwara (Sirohi), Rajasthan

Introduction

Education is one of the basic needs of human beings. Education has the capacity for bringing about change. Education is one of the most important building blocks for a nation as it serves as an instrument of economic and social development. It is through education that a child gets equipped with skills and competencies essential for a successful life. Education is a process of development from birth to death. Education refines sensitivities and perception that contribute to individual growth and development, social cohesion and national spirit. Education hence, as a system becomes a potent instrument for achievement of society's goals. Modern educationists may answer to education as an essential requirement for social justice and equity.

Human beings are social animals, who always have the thirst of eagerness to know things in and around. To satisfy the thirst of eagerness interaction and communication are necessary and to fulfill this purpose language plays an important role in the life of mankind. Without language human beings are unthinkable. It promotes our thoughts, mediates our relations with others and even creeps in our dreams. It plays an important part in unifying a vast and complex world. Without it, society as we now know would be impossible. The overwhelming buck of human knowledge is stored and transmitted in language. Language learning requires active participation of learners. Whatever is learnt needs constant practice and use for consolidation of knowledge. **Hutchison and Waters (1987)** pertinently point out, "learning a language is not just a mental process but a process of negotiation between individuals and society".

English has been rightly described as a window on the rapid progress of technology and scientific knowledge that is constantly taking place in the world. It has been described as a pipeline for the stream learning. The **NCERT (1966)** observed, "English is a language which is rich in literature-humanistic, scientific and technical. If under sentimental urges we give up English we could out ourselves off from the living stream of ever growing knowledge. **Education Commission (1964-1966)** as rightly stressed that English would play a vital role in higher education as an important library language. The Commission has said that no student should be considered as qualified for a degree, in particular Master's degree, unless he has acquired a reasonable proficiency in English.



Statement of the Problem

Effectiveness of perceptions on English Achievement Test and English Language Achievement of Class 12 students

Objectives of the Study

1. To Construct and try-out of perceptions on English Achievement Test scale for students of Class 12.
2. To Construct and try-out of English Language Achievement for students of Class 12.
3. To study the effectiveness of English Language Achievement for students of Class 12 with reference to gender, habitat, types of Socio-economics status and level of intelligence.
4. To study the Effect of Type of Socio-Economics Status-wise, Habitat-wise and Gender-wise and its interaction on Achievement Score on English of students having low Intelligence.
5. To study the Effect of Type of Socio-Economics Status-wise, Habitat-wise and Gender-wise and its interaction on Achievement Score on English of students having moderate Intelligence.
6. To study the Effect of Type of Socio-Economics Status-wise, Habitat-wise and Gender-wise and its interaction on Achievement Score on English of students having High Intelligence.
7. To study the Effect of Type of Socio-Economics Status-wise, Habitat-wise and Gender-wise and its interaction on Achievement Score on English of students having Intelligence.
8. To study the Effect of Type of Socio-Economics Status-wise, Habitat-wise, Gender-wise, intelligence-wise and its interaction on Achievement Score on English.

Operational Definitions

English Language Achievement

By English Language Achievement, the investigator means, how far Class 12 students have reached the expected level of achievement of the pre-defined skills namely listening, speaking, reading, writing, grammar, vocabulary and comprehension assessed through appropriate tests.

Delimitations Of The Study

The present investigation has the following delimitations:

1. This study is delimited to English Achievement Test and home environment only.
2. The Study is delimited to government schools and private school only.
3. For collection of data regarding English language achievement, the investigator will construct and administer a tool considering the components like chapter and class of 12 of higher secondary school of the Mehsana district during the year of 2021-2022.

Method Used For The Present Study

After reviewing the characteristics of the different methods of educational research, the investigator had decided to use the survey type of research for the present study.

Population And Sample

All the students studying in Class 12 in the Government and private school with traditional and English medium language of instruction were considered as the population for the present study. Stratified random sample technique were used for the selection of the sample for the present study.

Tools Used For The Present Study

By keeping various objectives and purposes of the study in mind, the investigator were prepared the



following tools for the present study for the purpose of data collection.

- A. Bio-data form
- B. English Language Achievement Test
- C. Score in Previous Examination as the level of the Intelligence

Administration Of The Tools

Investigator were get the prior permission from the headmasters/ headmistresses concerned schools. Then with the help of the class teachers, he were met the students of these schools, were introduced himself, were explained the purpose of his visit and also the items in the research tool. The students were ask to fill in the bio-data form. Then they were instructed to respond to the items in the tools. The filled-in response sheets were properly collected. Thus the tools were administered.

Major findings of the study

Major findings of the study

Ho No	Hypothesis	F-Value	Sig
1	There will be no significant difference between mean score of the students having low Intelligence with low, moderate and high Socio-Economics status on the achievement Test of English of the Class: 12.	1.88	NS
2	There will be no significant difference between mean score of the gender of students having moderate Intelligence on the achievement Test of English of the Class: 12.	1.23	NS
3	There will be no significant difference between mean score of the students having intelligence of total sample with low, moderate and high Intelligence on the achievement Test of English of the Class: 12.	12.22	SIG
4	There will be no significant difference between interaction of Type of Socio-economics status X Habitat X Gender X Intelligence of the students having intelligence of total sample with low, moderate and high Socio-Economics status on the achievement Test of English of the Class: 12.	1.01	NS

Conclusion

A problem cannot be solving with the help of preparing research plan only. Research plan directs only direction to solve the problem, and every problem is related with the different variables they may be directly or indirectly. Attempts and practice to solve the selected each problem makes the phenomena to understand the problem and this is makes the situation to probable solution of the problem. Effectiveness of the present research were useful and fruitfulness either it were applied at the various level of the research of the English Achievement of the students. In this present research there is intelligence-wise significant difference found, it has been also seen that there habitat-wise, gender-wise and SES-wise no any significant difference found on the English Achievement Test.



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132 PAGE RANKING ALGORITHM – ADDITION WITH PROPOSED PRAGMETIC DETERMINATION CONTENT INCREASE FACTOR

Dhavat Shah

Managing Director,

Dhavat InfoTech Private Limited, Anand, India

Abstract - *The growth in the number of websites has been increasing tremendously over the years and the data over the web has been increasing accordingly. Retrieving the required information from the web thereby fulfilling the needs of the web user has become a challenging job for website owners. This paper shows how page rank increase with adding pragmatics determination content factor.*

Key Words: PageRank, Web Structure, Web mining, Web content, Web usage, pragmatics determination content factor

1. INTRODUCTION

The web is huge, diverse, and dynamic. Retrieving of the required web page on the web, efficiently and effectively, is becoming a challenge. Whenever a user wants to search the relevant pages, he/she prefers those relevant pages to be at hand. The bulk amount of information becomes very difficult for the users to find, extract, filter or evaluate the relevant information. This issue raises the necessity of some technique that can solve these challenges. Most of the web information is in semi-structured form [1] and extracting knowledge from such semi-structured data is difficult.

Today's search engines are plagued by various problems:

- The abundance problem (99% of info of no interest to 99% of people)
- Limited coverage of the web (internet sources hidden behind search interfaces)
- Largest crawlers cover less than 18% of all webpages.
- Limited query interface based on keyword oriented search.
- Limited customization to individual users.

There are 3 vital components in a search engine: Crawler, Indexer and Ranking mechanism.

The Crawler is also called as a robot or spider that navigates the web and downloads the web pages. The downloaded pages are being transferred to an indexing module that parses the web pages and erect the index based on the keywords in individual pages. An alphabetical index is normally sustaining using the keywords. When a query is being floated by a user, it means the query transferred in terms of keywords on the interface of a search engine, the query mainframe section examine the query keywords with the index and precedes the URLs of the pages to the client. But before presenting the pages to the client, a ranking mechanism is completed by the search engines to present the most relevant pages at the top and less significant ones at the substructure. It makes the search outcomes routing easier for the user. In this regard web mining and ranking mechanism becomes very significant for effective information retrieval.

Web mining:

Web mining refers to the overall process of discovering potentially useful and previously unknown information or knowledge from web data.

Web mining subtasks:

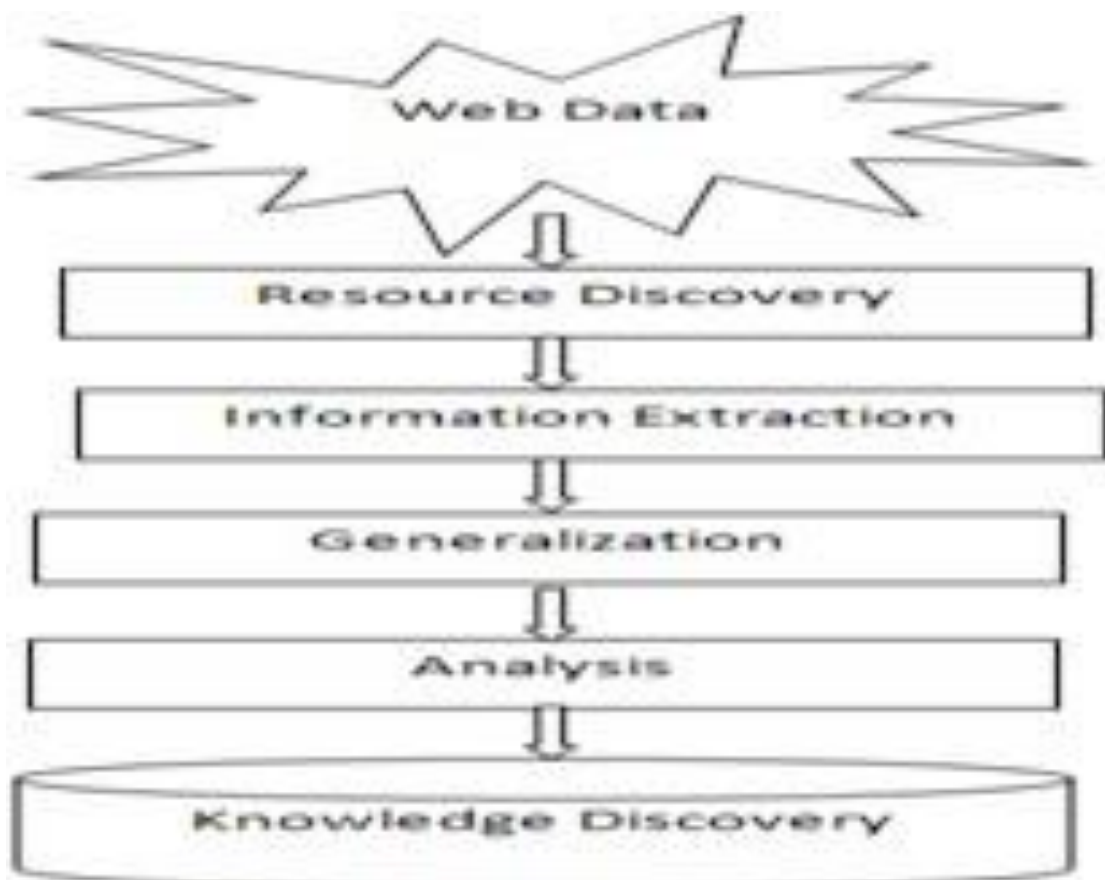


Fig.1 Web mining subtasks

The subtasks of web mining is consists of the following phases as shown in Fig. 1

Resource finding deals with retrieving the intended documents. *Information selection or Preprocessing* which selects and preprocesses the specific information from selected documents. *Generalization* which discovers general patterns within and across web sites and *Analysis* which performs validation and

interpretation of mined patterns.

Web mining types:

Web mining is divided into the following 3 types as shown in Fig. 2

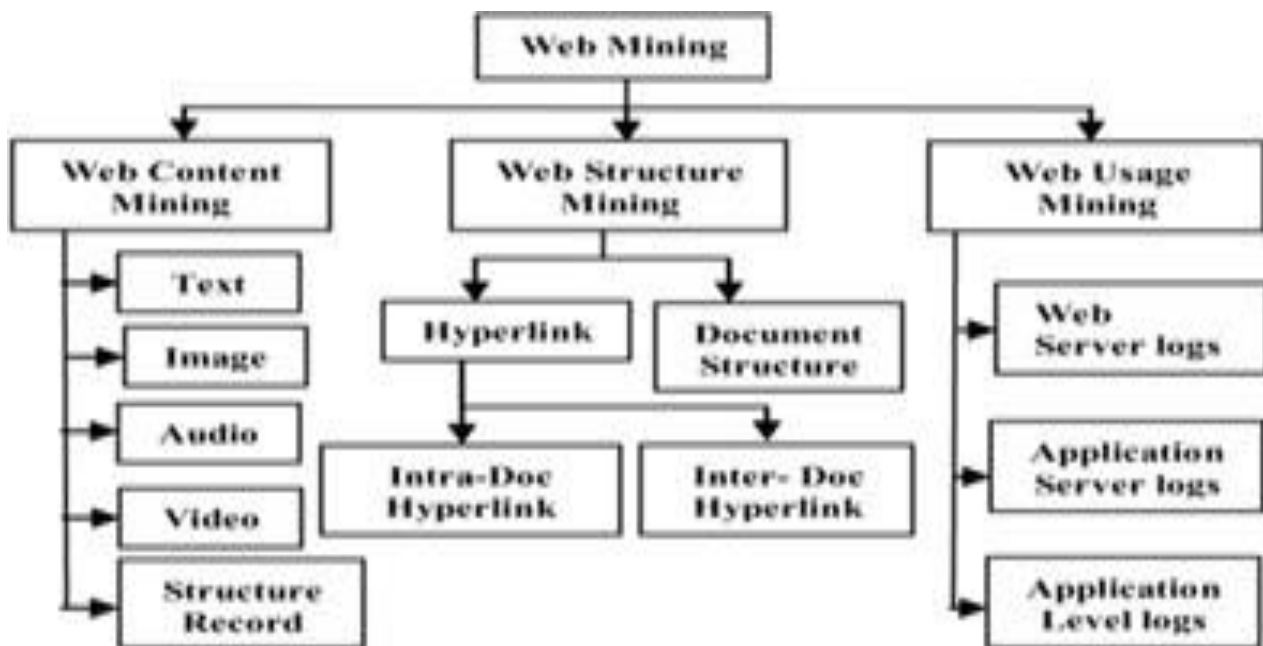


Fig. 2 Web mining Types

Web Content mining:

Web content mining is the process of extracting useful information from the contents of web documents. It includes extraction of structured data from web pages, identify, match and integration of semantically similar data, opinion extraction from online sources, and concept hierarchy, ontology, or knowledge integration. Web content mining is the analogue of data mining techniques for relational databases since we can expect to find similar types of knowledge from unstructured data residing in web documents. The content data consist of text, images, audio, video or structured records.

Web Usage mining:

Web usage mining analyses the transaction data, which is logged when users interact with the web. Web usage mining is sometimes referred to as log mining, because it involves mining the web server logs. Web server logs, which is maintaining an account of each user browsing activity. Web servers automatically, generate large data stored in server referred as logs containing information about the user profile, access



pattern for pages, and so on. The world's largest portal like Yahoo, MSN, and so on, needs a lot of insights from the behavior of their user's web visits. Web usage mining collects the data from web log records to discover users' access patterns of web pages. This can provide information that can be used for efficient and effective web site management and user behavior.

Web Structure mining:

Web structure mining focuses on analysis of the link structure of the web and one of its purposes is to identify more preferable documents. The structure of a typical web graph consists of web pages as nodes and hyperlinks as edges connecting between two related pages. Web page can also be organized in a tree-structures format, based on the various HTML and XML tags within the page. Technically, web content mining mainly focuses on the structure of the inner document, while web structure mining tries to discover the link structure of the hyperlinks at the inter- document level. Based on the topology of the hyperlinks, web structure mining will categorize the web pages and generate the information, such as the similarity and relationship between different web sites. The goal of web structure mining is to generate structural summary about the web site and web page.

LINK ANALYSIS ALGORITHMS

Web mining technique provides the additional information through hyperlinks where different documents are connected. We can view the web as a directed labeled graph whose nodes are the documents or pages and edges are the hyperlinks between them. This directed graph structure is known as web graph.

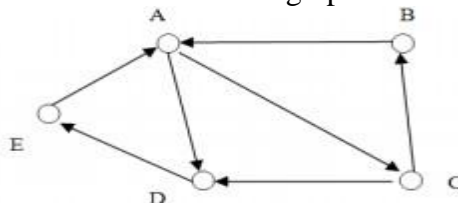


Fig.3 An example of a web graph

There are several algorithms proposed based on link analysis. Three important algorithms PageRank [2], Weighted PageRank [3] and HITS (Hyper-link Induced Topic Search) [4] are discussed below. There are number of algorithms proposed based on link analysis.

A. PageRank Algorithm

PageRank (PR) is an algorithm used by Google Search to rank websites in their search engine results. It is not the only algorithm used by Google to order search engine results, but it is the first algorithm that was used by the company, and it is the best-known. PageRank was named after Larry Page, [5] one of the founders of Google. PageRank is a way of measuring the importance of website pages. It is considered the basis for all modern Search Engines. The underlying assumption is that more important websites are likely to receive more links from other websites.



According to Google PageRank works by counting the number and quality of links to a page to determine a rough estimate of how important the website is. It Ranks pages based on the number of backlinks pointing to them. The algorithm assigns pages a Total PageRank based on the PageRank's of the Backlinks pointing to the page. The links to a page can be categorized into the following types: Inbound links which are links into the given site from outside so from other pages. Outbound links which are links from the given page to pages in the same site or other sites and Dangling links which are links that point to any page with no outgoing links.

The PageRank of a web page is calculated as a sum of the PageRank's of all pages linking to it (its incoming links),

divided by the number of out links on each of those pages (its outgoing links).

$$PR(A) = (1-d) + d \sum_{i=1}^n \frac{PR(T_i)}{C(T_i)} \quad [6]$$

Where PR(A) is the PageRank of page A

PR(T_i) is the PageRank of pages T_i which link to page A C(T_i) is the number of outbound links on page T_i

d is a damping factor which can be set between 0 and 1. It depends on the number of clicks, usually set to 0.85

n is the number of in links of page A.

Iterative Method of Page Rank

In iterative calculation, each page is assigned a starting page rank value of 1. These rank values are iteratively substituted in page rank equations to find the final values. In general, much iteration could be followed to normalize the page ranks.

The PageRank algorithm can be iteratively applied as:

- 1) Initially let Page rank of all web pages is one.
- 2) Calculate page ranks of all pages by using above formula.
- 3) Repeat step 2 until values of two consecutive iterations match.

Advantages:

- Since it pre computes the rank score it takes less time and hence it is fast.
- It is more feasible as it computes rank score at indexing time not at query time. It returns important pages as Rank is calculated on the basis of the popularity of a page.



Disadvantages:

- The main disadvantage is that it favors older pages, because a new page, even a very good one, will not have many links unless it is part of an existing website.
- Relevancy of the resultant pages to the user query is very less as it does not consider the content of webpage.
- Other problems exist in the form of Dangling links which occurs when a page contains a link such that the hypertext points to a page with no outgoing links.
- It leads to Rank sinks problem occurs when in a network pages get in infinite link cycles.
- Dead Ends are possible i.e. pages with no outgoing links.
- Another problem in PageRank is Spider Traps. A group of pages is a spider trap if there are no links from within the group to outside the group.
- If you have circle references in your website, then it will reduce your front page's PageRank.

Now Addition of pragmatic determination content increase factors and analysis work

Simplified algorithm

The PageRank moved from an offered page to the objectives of its outbound connections upon the following emphasis is partitioned similarly among every single outbound connection. On the off chance that the solitary connections in the framework were from pages B, C, and D to A, each connection would move 0.25 PageRank upon the following emphasis, for an aggregate of 0.75.

$$PR(A) = PR(B) + PR(C) + PR(D)$$

Assume rather that page B had a connect to pages C and A, page C had a connect to page A, and page D had connections to every one of the three pages. Subsequently, upon the primary emphasis, page B would move half of its current worth, or 0.125, to page A and the other half, or 0.125, to page C. Page C would move the entirety of its current worth, 0.25, to the one page it connects to, A. Since D had three outbound connections, it would move 33% of its current worth, or around 0.083, to A. Toward the finishing of this cycle, page A will have a PageRank of around 0.458.

$$PR(A) = PR(B)/2 + PR(C)/1 + PR(D)/3$$

In other words, the PageRank conferred by an outbound link is equal to the document's own PageRank score divided by the number of outbound links $L(v)$.

$$PR(A) = PR(B)/L(B) + PR(C)/L(C) + PR(D)/L(D)$$

In the general case, the PageRank value for any page u can be expressed as:

$$PR(u) = \sum_{v \in B_u} PR(v) / L(v)$$

i.e. the PageRank value for a page u is dependent on the PageRank values for each page v contained in the set B_u (the set containing all pages linking to page u), divided by the number $L(v)$ of links from page v . The



algorithm involves a damping factor for the calculation of the page rank. It is like the income tax which the govt. extracts from one despite paying him itself.

Damping factor

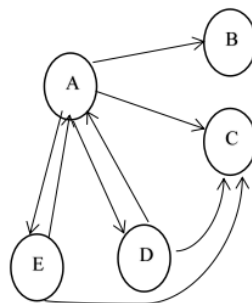
The PageRank theory holds that an imaginary surfer who is randomly clicking on links will eventually stop clicking. The probability, at any step, that the person will continue is a damping factor d . Various studies have tested different damping factors, but it is generally assumed that the damping factor will be set around 0.85.

The damping factor is subtracted from 1 (and in some variations of the algorithm, the result is divided by the number of documents (N) in the collection) and this term is then added to the product of the damping factor and the sum of the incoming PageRank scores.

When calculating PageRank, pages with no outbound links are assumed to link out to all other pages in the collection. Their PageRank scores are therefore divided evenly among all other pages. In other words, to be fair with pages that are not sinks, these random transitions are added to all nodes in the Web. This residual probability, d , is usually set to 0.85, estimated from the frequency that an average surfer uses his or her browser's bookmark feature. So, the equation is as follows:

$$PR(p_i) = (1-d / N) + d (\sum_{p_j \in M(p_i)} PR(p_j)/L(p_j))$$

where $p_1, p_2, p_3, \dots, p_n$ are the pages under consideration, $M(p_i)$ is the set of pages that link to p_i , $L(p_j)$ is the number of outbound links on page p_j , and N is the total number of pages.



Home: A, About Us : B, Contact Us : C, Pharmaceutical Desiccant : D, Inquiry : E



Figure: 1 Graph Without CPF

	A	B	C	D	E	
A	0	0.20/4	0.20/4	0.20/4	0.20/4	* 0.85
B	0	0	0	0	0	0.85
C	0	0	0	0	0	0.85
D	0.20/2	0	0.20/2	0	0	0.85
E	0.20/2	0	0.20/2	0	0	0.85

Now as per the rule of Matrix we have to transpose the matrix for iteration purpose and multiplied their values with dumping factor so iteration 1 value found as per the below matrix and table.

$$M1 = M^T * DF$$

0	0	0	0.20/2	0.20/2	* =	0.85	=	0.170
0.20/4	0	0	0	0		0.85		0.0425
0.20/4	0	0	0.20/2	0.20/2		0.85		0.2125
0.20/4	0	0	0	0		0.85		0.0425
0.20/4	0	0	0	0		0.85		0.0425

Now we calculate another iteration till we found same value or nearest value so

$$M_2 = M_T * DF$$

0	0	0	0.20/2	0.20/2
0.20/4	0	0	0	0
0.20/4	0	0	0.20/2	0.20/2
0.20/4	0	0	0	0
0.20/4	0	0	0	0

$$* \begin{pmatrix} 0.170 \\ 0.0425 \\ 0.2125 \\ 0.0425 \\ 0.0425 \end{pmatrix} = \begin{pmatrix} 0.0085 \\ 0.0085 \\ 0.017 \\ 0.0085 \\ 0.0085 \end{pmatrix}$$

Now see the nearest value we found during Iteration 2 so, now we got our required value for similar page ranking.

Proposed Formula

Now, we have added new CPF (Content Parameter Factor) in the formula for improving page rank for explaining this parameter. The graph for it can be obtained as depicted in the Figure 2 representing the added parameters for getting high rank.

$$PR(v) = (1-d / N) + d[\sum_{v \in c_{pf}} PR(v) / L(v) + \sum_{v \in B_u} PR(v) / L(v)]$$

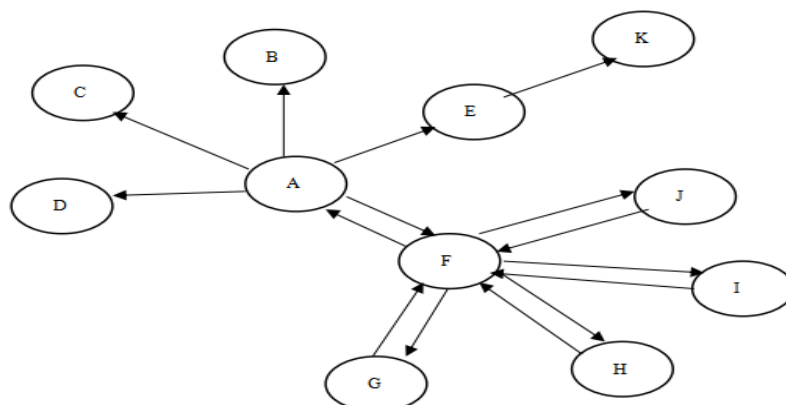


Figure 2: Graph with Added CP Factor



Experiments based on Link based classified algorithm, Content Parameter Factor added in it generate the results on following data provided.

- (1) Product keyword Name & Synonyms
- (2) Product Short Description
- (3) Product Long Details description
- (4) Product Usages
- (5) Product Applications
- (6) Product Features
- (7) Product advantages and dis-advantages
- (8) Product Quality

After applying above factors the calculation of matrix shows as below

	A	B	C	D	E	F	G	H	I	J	K
A	0	0.09/5	0.09/5	0.09/5	0.09/5	0.09/5	0	0	0	0	0
B	0	0	0	0	0	0	0	0	0	0	0
C	0	0	0	0	0	0	0	0	0	0	0
D	0	0	0	0	0	0	0	0	0	0	0
E	0	0	0	0	0	0	0	0	0	0	0.09
F	0.09/5	0	0	0	0	0	0.09/5	0.09/5	0.09/5	0.09/5	0
G	0	0	0	0	0	0.09	0	0	0	0	0
H	0	0	0	0	0	0.09	0	0	0	0	0
I	0	0	0	0	0	0.09	0	0	0	0	0
J	0	0	0	0	0	0.09	0	0	0	0	0
K	0	0	0	0	0	0	0	0	0	0	0

Same procedures applied for getting page rank means Transpose of matrix multiplied with dumping factor and found the Iteration Value.

$$M1 = MT * DF$$



while applying all the CPF and observed the rank of Page found very higher compared to page rank.

	A	B	C	D	E	F	G	H	I	J	K
A	0	0	0	0	0	0.09/5	0	0	0	0	0
B	0.09/5	0	0	0	0	0	0	0	0	0	0
C	0.09/5	0	0	0	0	0	0	0	0	0	0
D	0.09/5	0	0	0	0	0	0	0	0	0	0
E	0.09/5	0	0	0	0	0	0	0	0	0	0.09
F	0.09/5	0	0	0	0	0	0.09	0.09	0.09	0.09	0
G	0	0	0	0	0	0.09/5	0	0	0	0	0
H	0	0	0	0	0	0.09/5	0	0	0	0	0
I	0	0	0	0	0	0.09/5	0	0	0	0	0
J	0	0	0	0	0	0.09/5	0	0	0	0	0
K	0	0	0	0	0.09	0	0	0	0	0	0

$$* \begin{matrix} 0.85 \\ 0.85 \\ 0.85 \\ 0.85 \\ 0.85 \\ 0.85 \\ 0.85 \\ 0.85 \\ 0.85 \\ 0.85 \\ 0.85 \end{matrix} = \begin{matrix} 0.0153 \\ 0.0153 \\ 0.0153 \\ 0.0153 \\ 0.0918 \\ 0.3213 \\ 0.0153 \\ 0.0153 \\ 0.0153 \\ 0.0153 \\ 0.0765 \end{matrix}$$

CONCLUSIONS

Web mining is the Data Mining technique that automatically discovers or extracts the information from web documents. Page Rank and Weighted Page Rank algorithms are used in Web Structure Mining to rank the relevant pages. Such parameters, we are adding for increasing page rank which are relevancy of results and importance of the outcome.

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133 Community participation in education: A case study of the Boards of Trustees' experience in Anand District

PhD Scholar

Ms. Rupalben Bhupendrabhai Patel

Assistant Professor, Motibhai Amin P S A Mandir, Mogari

rupalpatel30587@gmail.com, 9998817502

Dr Nusrat Kadri

Principal, Shri I J Patel B.Ed. College, Mogari

dri227@gmail.com, 9879004887

Abstract

The present study examines the case of community participation in education in Anand district and its experience in developing Board of Trustees (BOTs) in public schools. Through field surveys with members of the Board of Trustees, their perceptions of the BOT's efficiency, effectiveness, and problems in the context of the theoretical literature and other international experiences are analyzed. The main findings point to the fact that Anand district is consistent with the ongoing pattern in education and calls for increasing shared responsibility for provision. Although respondents were generally optimistic about potential opportunities for BOTs to improve the quality of the educational process, their current level of assessment of actual effectiveness was not uniform. Obviously, more needs to be done to transform the experience of establishing and managing BOT from just one form of pseudo participation to becoming more real.

Keywords: community participation, boards of trustees, public schools, Anand District

1.0 Introduction

The Anand district was found on 2-10-97 i.e. on Mahatma Gandhi's birthday from heather to exiting Kheda district. In Anand District, according to the year 2001 census literary ratio of male is 86.31% whereas female literacy ratio is 62.54% and total literacy ratio is 74.75 %. The women average literacy ratio is 71.34% in Anand district. The same is 52.34% in Tarapur is considered as N.R.I district highly educated and least educated villages exist in this district. The district administration since years is making efforts to encourages girl child's education in primary schools, So as to gradually reduce the average difference of 35% education

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ratio between men and women. At present there are only 17 village having less than 35 women literacy ratio. There is not a single village with less than 27% women literacy ratio. Looking at this, the Anand district's contribution in education field is well spread, large and important.

Anand district's primary education framework consists of 8 (eight) talukas, 20 Bits and 125 pay centres'. B.R.C and C.R.C centres' are 08 and 125 respectively. The district primary education network covers total 1034 schools. The member of students studying in primary schools having standard 1 to 7 are 10827 which in clouds girls and boys of schedule caste, 4497 including boys and girls of Schedule Tribe categories. In this way the total number of students is 230618 which shows good progress in the field of primary education.

The children are given diverse education in district primary schools. To teach children with joy and cheer and to keep them informed, internship activities like children festival, children games competition, science festival, cultural program like dance and garba, exhibition of teaching instruments, months competition, etc. are arranged. Thus the primary education base in the district is strong.

1.1 Community participation in education: the concept and rising international interest

This section provides a conceptual framework of community participation in education. It focuses on the relationship between community participation, as a term and a process, and other related concepts such as decentralization. It also addresses reasons behind the growing interest in community participation in education and reviews the different theoretical models interpreting the link between schools and their surrounding communities.

1.2 Community participation and related concepts.

The term 'community' has many different implications. It may be used to refer to a network of shared interests and concerns. Communities may also be categorized based on many different criteria: geographic, ethnic and religious, or in relation to a school (Rose 2003, 47). In education, the term community is considered by some scholars to have reached a critical mass. According to Bodine (2005, 98), so many of the world development institutions are using the concept of community in their education development work, that it is now considered a core component of the "world model of educational governance".

As for participation, it is now considered a 'buzzword' in the field of social development, although it has many different interpretations. Some scholars may use the word participation to refer to the degree of influence, others use it to refer to empowerment, while still another group may use it as an equivalent to the notion of democracy in general (Suzuki 2002, 243).

In practice, community participation can fall anywhere between the above mentioned two extremes depending on the degree of involvement of community members in carrying out or delivering the various schooling functions, including: policy design, curriculum development, teacher hiring and firing, supervision, payment of teachers, training of teachers, textbook design, building and maintenance, and the mobilization of resources (Rose 2003, 47).

Both the concepts of education decentralization and community participation are strongly linked. Decentralization and centralization are not two opposite terms but rather points on a continuum with devolution, delegation and de-concentration representing different stages or levels along that continuum. Some also add privatization as a part of the decentralization process. Decentralization involves the transfer



of decision-making power from the Ministry of Education to intermediate governments, local governments, communities and schools. It involves the transfer of authorities and responsibilities for the provision of educational services to lower levels of government and agents of the state.

Decentralization of education, as in any other type of decentralization, includes both an administrative and a political aspect. Administrative decentralization may be considered to be that which concentrates on the transfer of decision-making authorities and responsibilities to lower levels in the administrative system. However, political decentralization is that which is related to implementing a greater degree of democracy at the local levels, and therefore entails a greater degree of community participation and sharing of stakeholders in the decision-making process. In Egypt, in order to implement a greater degree of education decentralization there is a need to utilize two approaches, a top-down approach in order to achieve a greater degree of administrative and financial decentralization, and a bottom up approach in order to achieve a greater degree of political decentralization, encompassing within it community participation and greater involvement of various stakeholders (El Baradei 2005, 18-9).

If education decentralization means bringing the point of decision-making closer or nearer to the local people, then participation is likely to be the mechanism for holding the decentralized institutions accountable to the people. School governing committees and councils are considered one of the tools for practicing community participation, however for real participation to occur, these committees and councils should be accountable to the people, meaning the community members should be able to influence and sanction governance at the school level (Suzuki 2002, 247).

1.3 Models of community participation in education

The theoretical conceptualization for the link between schools and the surrounding community has been discussed in the literature using various frameworks and models, ranging from 'Theory C', to one of the principles within the 'New Emerging Paradigm for Inclusive Education' to 'site-based management' to 'community schools' to 'the Overlapping Spheres Model', and all with a great deal of overlapping ideas and concepts.

To begin with, a *community oriented approach to education*, or as some experts refer to it as Theory C, although not fully developed and tested, centers around ideas that the community should play a central role in determining educational goals and school locations, that the school building design should fit with the local needs, and that the local communities should participate in financing local education to ensure ownership (Cummings 1997, 216-37).

A third conceptualization for the link between schools and their community is what is referred to as *site-based management* (SBM). There are many different interpretations for SBM, although the majority agree that it involves a process of democratic school management allowing for participation of different stakeholders at the school level, including the principal, teachers, parents, students, support staff, and other community members in the decision-making process (Crump 1999, 8). The main justification or rationale for employing an SBM system is the assumption that the principal, teachers and parents in an individual school have greater knowledge of the needs and resources in their school and thus should make decisions in a more effective manner. Some theorists believe that the closer the decisions are made to those affected by the decision, the better they are likely to serve the students (Crump 1999, 9).

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SBM was implemented intensively in American schools starting from 1995 (Hess Jr. 1999, 217).

Meanwhile, a fourth conceptualization for the link between schools and their community is the idea of *community schools*. The community school represents a type of schooling that is strongly linked to the community it falls in and where there is active participation by the parents in school life. Several studies conclude that community schools represent an effective strategy for educating all children to their full potential (Blank 2003; Bodine 2005, 95; Dryfoos 2003, 204).

Finally, the *Overlapping spheres model* refers to the three most important spheres influencing a child's education, which are the family, school and community. According to this model, each of the three parties has obligations in terms of educating children (Davies 1999, 52-3) and there is continuous collaboration between families, schools and communities. Many different forms of collaboration exist including the case, which is most important to our study, of the families and communities collaborating with schools in the decision-making process through school councils, parents' associations or boards. A typology of six possible forms of collaboration exists as follows:

- Type I: From Community to Family: Examples include home visits from members of the community to the families to guide them about health issues of children, and provide them with work or training opportunities;
- Type II: From School to Family: Examples include all communication between the school and the family such as report cards, phone calls, visits, conferences at school, use of the e-mail or other forms of communication;
- Type III: From Family to Schools: Parents volunteering to help schools as tutors, class aides, or on field trips;
- Type IV: From Families to Children: Parents helping their own children with homework and studying;
- Type V: From Families and Community to Schools: Participating in decision-making through school councils, parents' associations, or boards;
- Type VI: From Schools to Community: Schools collaborating with business or cultural organizations, libraries or universities for the purpose of improving children's education (Davies, 1999, pp. 76-77).

So as we have seen from the above both the concepts of education decentralization and community participation are linked. And as decentralization means bringing the point of decision-making closer or nearer to local people, then participation is the mechanism for holding the decentralized institutions accountable to the people. In order to achieve real participation there are some essential push factors: rising international interest in community participation in education; managerial push factors; political and economic push factors; pedagogical push factors; developmental push factors and human rights perspective. The link between schools and the surrounding community is explained in various theories and models: Theory C, or community-oriented approach to education; emerging paradigm for inclusive education; site-based management; community schools and overlapping spheres model.



1.4 Introducing community participation to Anand district education.

After reviewing the interest in community participation in education and its various models and forms, this section of the research paper discusses the situation in the Anand district education system and the rationale behind the move towards a greater degree of community participation in school education.

The ruling district specific responsibilities within the framework of the existing Education Law. These responsibilities are as follows:

1. Participating with school management in developing an integrated plan to implement the BOT objectives and to develop the school.
2. Monitoring and following up on the implementation of the plans and working with the school management in facing problems and difficulties.
3. Supporting and modernizing the educational process through innovative financing mechanisms including community contributions and private sector donations.
4. Maintaining effective connections with businessmen, public figures, and civil society organizations and involving them in community participation activities.
5. Cooperating with the school management in designing an implementation plan for maintaining the school building, premises, and equipment.
6. Supporting educational interventions that target special students and those with disabilities.
7. Assuring cooperation between the school and relevant institutions like universities, NGOs, youth centers, and public libraries.
8. Supporting the effort of building a school-based database that covers students and teachers' issues, in addition to physical infrastructure issues.
9. Providing consultancy and advice to the school management regarding educational and schooling issues.
10. Discussing and approving the final accounts of the projects decided by the BOT.
11. Preparing an annual report that provides detailed information about the board's activities and their allocated budgets.

2.0 Empirical study methodology

Anand district was selected as a case study for a number of reasons. First of all, Anand has a very diversified composition, since it has an agricultural, industrial, and touristic nature, but also in terms of predominant culture, values, and traditions. Secondly, Anand was one of the pilot governorates selected by both the Ministry of Education and by the international donor community for the first wave of decentralization in pre-university education and therefore sufficient time has elapsed to enable an assessment of the experience. Lastly, as discussed earlier, Anand was among the governorates that witnessed the highest rate of improvement in Gross Enrollment Ratios ever since the 90s despite historically being one of the most disadvantaged governorates. Therefore, for all these reasons we thought



we should use the Anand district as a case study.

3.0 Empirical study main findings

Among the main findings of the empirical study were the following:

3.1 Reasons for pursuance of community participation

On asking respondents what the main reason was that led to the Ministry of Education to adopt the concept of Community Participation in Education through the establishment of Schools' Boards of Trustees, we found that the most frequently mentioned reason by the majority of respondents (77%) was the enhancement of the interaction between the school and its surrounding environment, while the least frequently mentioned reason (23%) was monitoring what takes place inside the school. Other mentioned reasons with various levels of frequency included: the contribution to solving school problems, improvement of the educational process, promoting the concept of decentralization in school management, and benefiting from the external assistance of businessmen and non-governmental organizations.

It seems that there is general appreciation and understanding by the members of the BOTs for the motives of the Ministry of Education in deciding to establish schools' BOTs as a tool for promoting community participation in education. Members perceive the need to be based on the desire to realize improvements in the quality of the educational service. Only a few members mentioned that one of the reasons may be to increase surveillance and monitoring of school activities. Thus, mostly the perceived reasons for the MOE initiative were related to pedagogical factors, followed by managerial considerations, then finally economic and financial issues.

3.2 Role of BOTs in developing the educational process

On asking interviewees about the roles that the BOT can undertake to develop the various aspects of the educational process, the respondents cited a number of significant roles, including in descending order of the number of times cited: participation in problem-solving, improving the educational level of students, participating and enhancing school activities, participating in developing short-term plans and identifying school needs; follow-up on the educational process; facilitating the role of the school administration in achieving its objectives; providing subsidies to the school; providing communication channels with external bodies — whether non-governmental organizations, the business community or local councils, contributing towards resource mobilization for the school, providing a link between the family and the school, and promoting parents' and students' awareness regarding various issues.

3.3 BOTs perceived areas of influence on school performance

On asking respondents how and in what way they thought the BOT has influenced the school performance, a number of determinants for the quality of school performance were mentioned, in terms of frequency of citation in the following descending order: activation of extra-curricular activities, decrease in students' dropout rates, improvement in both teachers' and students' school attendance, improvement in ethical climate in schools, improvement in students' school grades, and curtailment in students' resort to private tutoring.

Activation of extra-curricular school activities ranked first in the list of areas where BOTs influence the quality of school performance.



3.4 Relationship between the BOTs and the school management

On asking interviewees about how they would describe the relationship between the BOT and the school administration, content analysis of the respondents' descriptions revealed the presence of four distinct perceived trends for that relationship. More than 42% of the respondents perceived that there is an *interactive relationship between the BOT and the school administration*. Evidence for the perceived interaction was cited in how the school administration presents its problems to the BOT, like the problem with school attendance, low academic achievement for some students, the problem of dropouts, and how the board helps the school administration in identifying solutions to these problems. The BOT was also perceived to cooperate with the school administration in organizing competitions and celebrations for various events; examples being the celebration for Mother's Day, Orphan's Day, Teacher's Day, Exemplary Mother and the honoring of High Achievers.

3.5 Perceived forms of potential community participation at the school level

On asking interviewees about what the different potential forms of community participation at the school level were, whether through the BOT or other means, they mentioned diverse forms for potential community participation possible in either case; a matter which points to the high level of the BOT members' awareness regarding the potentialities of this form of interaction. The most important forms of community participation through BOTs perceived by interviewees are sharing in solving the problems that might face the administration; sharing in and enhancing various school activities; developing the interim plan and identification of the school needs; participation in encouraging distinguished students through organizing parties or celebrating exemplary mothers and contribute to the support groups that explain lessons for students who need extra help. The most important forms of participation from outside the BOT as perceived by interviewees are: financial contributions by businessmen to schools and in-kind contributions to economically underprivileged students. Calling on craftsmen and workers to carry out school maintenance and repair; contributions by clergymen in raising awareness about the importance of education; and partnership between BOTs and the Community Development Association in arranging means of transportation for students coming from remote areas.

3.6 Recommendations for improving the experience of BOTs

On asking the members of the BOTs interviewed about what the different recommendations they had for improving the experience of BOTs in the education sector in Egypt were, they mentioned a list of possible interventions. The issue that ranked highest on their list of recommendations was the one that has to do with activating the financial duties of the BOT (75%). Evidently, the financial responsibilities of the BOT include: the signing of financial memorandums and monitoring the disbursement of funds, discussing financial issues during board meetings, presenting formal records and reports to the authorized financial auditors; following-up on the disbursement of funds from different budget items in cooperation with the financial auditor, and finally authorizing the end of year balance sheet and income statements. However, respondents pointed out to a number of problems and obstacles that BOT members usually encounter in carrying out their financial responsibilities. Among these identified problems were: the lack of financial experience and lack of training afforded to BOT members regarding financial issues, the lack of awareness of BOT members of ministerial decrees regulating their work, the lack of cooperation of the school administration and its sometimes refusal to present the school budget to the



board, the lack of presence of a special account for the BOT and the sometimes weak financial capabilities of the BOT in general. As a result, respondents came up with a number of recommendations to try to overcome some of the previously cited problems, including suggested mechanisms for improving BOTs performance and enhancing BOTs financial activities. Some of the recommendations they suggested for improving BOTs performance.

4.0 Conclusion

The Anand model is in conformance with the ongoing paradigm in education calling for increasing site-based management and shared responsibility for provision. Overlapping between the family, school and community spheres does occur in the Anand model of community participation. Among the different possible collaboration mechanisms between the three spheres, are Type V from Families and Community to Schools, where the families and community members participate in decision making through school councils, Type III from Family to Schools where the parents may volunteer to help on field trips, and Type VI from Schools to Community, where the schools reach out to the business community for the purpose of improving children's education. Less prevalent forms of collaboration are: Type I from Community to Family, Type II from School to Family, or Type IV from families to children, such as parents helping their own children with homework, which is not likely to happen because of the relatively high illiteracy rate among parents.

Although members of the BOTs in Anand were generally optimistic about the many ways BOTs can help improve the quality of the educational process, yet their evaluation of the real level of BOTs effectiveness was not similar. In assessing the impact of the BOTs on the quality of school performance, the performance indicators which were given the highest ranking were those related to activation of extra-curricular activities in schools. Other impacts identified were those related to reducing school dropout rates, improving teachers' and students' attendance, followed by inducing improvements in the ethical environments within schools and hopefully improving students' grades. A much lesser impact was perceived to have occurred on the persistent problem of students needing private lessons.

Many shortcomings related to BOTs work were identified including: the limited financial responsibilities, the withdrawal of their right to sign cheques, the sometimes irregular attendance of board meetings, the low community awareness regarding the role of BOTs: the lack of understanding of some of the BOTs members of their various roles and responsibilities, the lack of transparency regarding how BOT members are selected, and the lack of authority of BOTs in sanctioning teachers' performance.

Respondents varied in describing the type and level of interaction between the school administration and the BOTs and which of the two plays the most dominant role. Sometimes the relationship is interactive in nature, sometimes the school administration takes the lead and at other times it is the BOT which takes the lead. Although in general the relationship is cooperative in nature, there were incidents cited to the contrary, resulting mostly from lack of transparency in activities performed by either one of the parties concerned.

BOT members were generally aware of other potential roles that may be performed by the BOT and by other actors in the external environment to enhance community participation in the educational process. However, they were largely restricted to the confines imposed in their legal mandates and did not discuss any potential roles in policy-making, curriculum development, teacher hiring or firing, teachers' compensation, training, textbook design or textbook distribution.



Finally, although the experience of the establishment and operationalization of boards of trustees as a form of community participation in education in Anand governorate has been ongoing for a number of years, yet more needs to be done to transform it from being merely a form of pseudo-participation into being a more genuine and effective form. The BOT members interviewed came up with a number of useful recommendations for reform focusing heavily on the need for activating the financial duties of the BOT, followed by a recommendation for an expansion in the BOT responsibilities related to the 'core' of the educational process, plus extending training efforts to BOT members to better enable them to perform their roles, and greater community and media awareness regarding the role of BOTs in schools.

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6.0 Annexure Table 1: Sample Profile

Type of school	# of schools represented	# of interviewees
Primary schools	28	30
Preparatory schools	13	16
<ul style="list-style-type: none"> • Secondary schools: • General High Schools • Vocational High Schools • Hotel Business Schools 	(6) 3 2 1	6
	47	52

Table 2: Reasons for Introducing BOTs to the Education System in Anand

Reasons	Frequency	Approximate Percentage
1. Enhancing interaction and establishing links between the school and the surrounding environment	33	63%
2. Contributing to solving the school problems	21	40%
3. Improving the quality of the educational process	17	33%
4. Promoting the concept of decentralization in school management	9	17%



5. Benefiting from the external assistance of businessmen and Non-Governmental Organizations	7	13%
6. Protecting public monies and enhancing transparency in financial issues	4	8%
7. Monitoring all what takes place inside schools	2	3%

Table 3: BOTs Perceived Roles

Roles	Frequency	Approximate Percentage
1. Participation in problem-solving	27	52%
2. Improving the educational level of students	18	35%
3. Participating and enhancing school activities	14	27%
4. Participating in developing short-term plans and identifying school needs	12	23%
5. Follow up of the educational process	12	23%
6. Providing all types of subsidies whether technical, material or in-kind	9	17%
7. Communicating with external bodies (Non-Governmental Organizations, businessmen, local councils)	9	17%
8. Organizing awareness parties for parents and students	7	13%
9. Facilitating the role of the school administration in achieving its objectives	10	19%
10. Establishing links between the family and the school	8	15%
11. Contributing to resource mobilization necessary for improving the educational process	9	17%



Table 4: BOTs Empowerment Level

Answer	A) Yes was sufficiently activated	B) To a certain extent	C) No	Total
Frequency	28	14	10	52
Percentage	54%	27%	19%	100%

Table 5: BOTs Perceived Areas of Influence

Areas of Influence	Frequency	Approximate Percentage
1. School Activities	44	85%
2. Dropout	39	75%
3. School Attendance (students-teachers)	28	54%
4. Ethics	16	31%
5. Students' Grades	14	27%
6. Private Tutoring	11	21%

Table 6: The Relationship between BOTs and School Management

Relationship Features	Frequency	Percentage
1. There is an interactive relationship between the BOT and the school administration	22	42.3%
2. The school administration is the one which activates the BOT	9	17.3%
3. The BOT is the one which energizes the school administration	7	13.5%
4. The cooperative relationship is stressful	14	26.9%
Total	52	100%



Table 7: Community Participation Forms Provided by BOTs

Forms of community participation through the BOT	Forms of Participation from outside theBOT
1. Participation in solving problems faced by the school administration	1. Financial donations from businessmen to schools, in additionto in-kind contributions provided to economically underprivilegedstudents
2. Participation and enhancement of various school activities	2. Calling on some craftsmen and workers to carry out some maintenance and repair jobs at the school
3. Participation in developing the interim plan and identification ofschool needs	3. Contributions by clergymen in promoting awareness regarding the importance of education whichleads to a reduction in dropout rates
4. Participation in organizing parties (celebrating top achieving students, contributing to the Orphan’s Day, Mother Day’s parties, celebrating the Exemplary Mother)	4. Partnership between the BOT andthe Community Development Association in arranging means of transportation for the studentscoming from remote areas to theschools, in order to reduce the probability of dropping out
5. Contribution to ‘Support Groups’ held for students who need extra help with their lessons after schoolhours	5. Cooperation between the BOT and the Youth Centre in the villagein organizing trips and free sports activities for students
6. Communication with external organizations (Non-Governmental Organizations, businessmen, local councils)	6. Cooperation with the Traffic Authority to develop safe outlets for schools overlooking main roads
7. Appointing some workers by the BOT	7. Contribution to the Dutch Day organized for the purpose of planting trees in schools
9. Contribution to the payment of application and tuition fees for students in need	9. Contributions by the local units in helping schools in the provision of sewage systems and planting trees



10. Contributing to the repair of school furniture	10. Cooperation between some of the politicians (members of the People's Assembly) and some of the locals (members of the local administrative councils) in solving school problems
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Table 8: Suggested Mechanisms for Improving BOTs Performance

Recommendations	Frequency	Approximate Percentage
1. Activating the financial duties of the BOT	39	75%
2. Increasing the duties of the BOT that are related to the core of the educational process	13	25%
3. Organizing sufficient training for the BOT to enable it to perform its responsibilities effectively	10	19%
4. Allowing the BOT to extend the duration of its meetings so as to improve its performance	9	17%
5. Greater community and media awareness regarding the importance of the role played by the BOT in developing the educational process	7	13.5%
6. The necessity of the school administration understanding the role of the BOT	7	13.5%
7. Disseminating the BOT experience and implementing it in all schools nationwide rather than confining it to specific schools	5	9.6%
8. Maximizing the benefits derived from the successful pilot BOT experiences	5	9.5%
9. Giving symbolic bonuses to the BOT members with distinguished performance	3	6%
10. Other Recommendations : <ul style="list-style-type: none"> • Making use of the employees in the education and pedagogy sector to activate the role of the BOTs • To limit the participation of individuals as members in the BOT based on their capacity to give • Continuous monitoring by other authorities to the decisions of the BOTs 	5	9.6%



Table 9: Mechanisms for Enhancing BOTs Financial Activities

The Different Suggestions relating to the financial activation of the BOTs	Frequency	Approximate %
1. Increasing the financial responsibilities of the BOT	16	41%
• By increasing monitoring on the school expenditures	6	15.4%
• By requiring the approval and authorization of the BOT on any expenditure order or bill	4	10.3%
• By supervising the school budget	4	10.3%
• By signing on the cheques book	2	5%
2. Increasing the number of training courses in financial management offered to the BOT members	15	38.5%
3. By increasing the percentage deducted from the school fees to support the BOTs	4	10.3%
4. Removing all obstacles facing the BOT in collecting donations	2	5%
5. The necessity of celebrating and honoring the BOTs which managed to positively impact the performance of schools through collection of donations	1	2.6%
6. The necessity of establishing a special account for the BOT to provide it with the discretion required to work on improving both the school physical conditions and the educational process.	1	2.6%
Total	39	100%



134. EXPLORING THE CONCEPT OF FEMINISM IN MANJU KAPUR'S NOVELS

Reva Rani Ph. D Research Scholar C. T University Ludhiana Punjab	Dr. Ashwani Rana Associate Professor C. T University Ludhiana Punjab
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Abstract: The novels of Kapur follow the common pattern in English of contemporary Indian women's literature. The middle one focus of her novels concentrates around woman characters within the territory of home and society. Like her illustrated contemporaries, Kapur too has fore grounded women's lives in her novels which depict both the external and internal dimensions of female-community. Out of her five novels, only three novels-*Difficult Daughters*, *A Married Woman* and *Home* incorporate the theme of female bonding in varying shades and degrees. These novels offer a fascinating glimpse into women's consciousness and their interrelations. Her female protagonists forge bonds or make attempts to do so as a strategy of survival and empowerment in contemporary society marked by unforeseen social change.

Keywords: Bonding, feminism, Home, Patriarchy, Society etc

Introduction: Her novels orchestrate a wide range of theme related to women's lives in a context of patriarchal society: Women's Lives within the family, their relationships with the male and female members, their ambition for education and independence, their conflicts with other women and men in their journey towards the self-realization, their desire to have and possess children and finally their bonding with other women as a means of emotional support, survival and empower.

Joya Chakravarty also examined that the novels that are written by that Manju Kapur mostly describes the feminist struggle and provides An impression of a feminist fight against gender-like biases. As a result, while reading the novel written by Manju Kapur, readers get the impression about the life of a woman which is similar to the life of the nation that is going through several trials and tribulations" (Chakravarty 207).

The concept of patriarchy that still prevails in the society confines them to the four walls of their homes and ignores their wishes and aspirations and also discourages them in their struggle for their upliftment in society. The myths and legends create the images and the problems of Indian women rather



than from the situations that are present in society and through their personal experience of their life and social situation.

Indian Women

Women in India have a different status, which is tracked historically and is considered as subordination and marginalization that is given to the socio-cultural and religious system. Many changes have taken place over years and the condition and role of women the Indian society have been changing from the times of Shastras, Smritis and Vedas. Vedas along with Shastras and many other religious scriptures that are read by Hindus would talk about the female species and the relation between man and woman. However, the Shastras has given the status of women based on the caste system, which was in 3rd century B.C. The religious treatises were authored by Brahmins, who belong to the upper caste in Hindus and would be regulating the life of women as per the ideologies. Based on religious scriptures, women were given the key position. They had the freedom and enjoy equal status to the male during the pre-Vedic era. Women education was promoted where they used to read and study Vedas along with male counterparts and take part in the debates on various topics in scriptures.

There was also a Gandhian Movement where women are allowed to take part in the social as well as political activities happening in the country along with men. Mahatma Gandhi stated that there is a dire need to eliminate the blogs that is explained in our Shastras, which are the traits that women have to ingrain. The social awakening has given right for women to show they are independent and promote themselves as self-made individuals in the patriarchal society.

Her very first novel *Difficult Daughters* reveals the idea of women's emancipation. It has an autobiographical tinge and touch. The narrator Ida in *Difficult Daughters* goes to Amritsar to clarify the name of her mother and she has taken the root from her relatives. She discovers many truths related to her mother's life and the sufferings that have been tolerated during her whole life to be a tiny mother of younger brothers and sisters; Virmati has to bear the burden. After meeting Shakuntala, she thinks she wants to make her own life come true and she tries to break the tradition of an orthodox family. However, she becomes a pendulum between education and marriage. She protests, and she writes to Harish, the teacher she loves the most. Piper always tries to feel her that she has to go away from her family, and tries to establish in her mind that she can lead her way. She has no interest in making her family- her children, her husband, and mother-

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in-law strong. In the end, Astha stands nowhere. Moreover, at the time of this state of mind, she comes back to her family and readjusts herself in ancient traditions. As Christopher Rollason remarks: “The woman in India have indeed achieved their successes in half a century of independence; but if there is to be a true female independence too, much remains to be done.” (Rollason 31)The novel Home by Manju Kapoor unravels the life story of a middle-class family of the Banwari Lal who lives in Karol Bagh Delhi. It also represents the patriarchal attitude that is still prevalent in Indian societies towards the birth and upbringing of the girl child. She significantly describes it in Nisha’s dilemma, her migration from Lahore, arranged marriage and upbringing etc. Kapoor presents the girls who suffer physically and emotionally at violence at a very age. They have been denied to give a special space even in their own home. They suffer domestic violence and sexual assault even by their relatives. They have been considered as alien in their land. It throws light on the smothering closeness of Indian families and their devastating restrictions that leads them to live an unsuccessful life.Nisha, the protagonist, grows up as a beautiful girl. Vicky, her cousin, is now fifteen and he begins to take interest in Nisha. She cannot understand his intension. She becomes mentally disturbed and nobody could understand what to do. Then her parents sent her to her aunty’s home who is nonetheless than Rupa. After spending most of his in her aunty home she managed to pass her graduation. Her aunty is very cautious about her freedom and she wants that she should pursue her higher education. From her childhood, she has to suffer through the hands of her mother who has the notion that daughters are mere helpers in the kitchen and they should be confined to their homes. Nisha has to perform all the pujas despite of his unwillingness. She’s got to do the lessons and the art of domesticity and service. Maybe she’s a riddle to her parents when she discovers manglik. To a great degree, her life changes when she meets Suresh. However, she is a modern girl with conventional opinions. She protects her chastity and never lets her chastity be abused by Suresh. She faced several questions when her affair is established, and each member of the family looks at her with suspicion. She becomes the prisoner in her own house. After that, only an issue of her marriage is discussed day and night. She convinces her uncle Premnath to meet Suresh and send him to inquire Suresh. However, on the other side, Suresh responds calmly on marriage and gives priority to his family more than marriage. She thinks that she is cheated badly. Then she decided to do business that deals in Salwar Suits. Her father has much trust in her more than her mother does. Her father encourages her mostly to do new things in her business. Now she is free to marry herself and she decides to the match with a family who will let her work. She marries thirty-four- year old manglik widower, Arvind. She does not give up her business She has four-fold duties as a wife, a daughter-in law, a grandmother, and

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a business woman. Then she becomes pregnant and her mother cares her good and does not let her go for the business. She does not like too much concern about Arvind for his mother. She feels that Arvind does not love her. She feels pleased with her position as a mother and daughter when she gives birth to twins, a boy and a girl.

HOME:

The novel portrays the struggle of Nisha between conventional values and the way of life of modems with the assistance of institutions such as family. Her character is delineated by business, schooling, Caste, marriage and class. In Indian culture, a tiny but important unit of society is the family. A conventional fact is the joint family structure in India. The *Home* of Manju Kapur deals with the cultural contact of a common family. The family head, clearly a patriarch, adhered to others and forced them to obey. Women in such a family were unquestionably expected to follow the normative ways. These women were made conscious of their rights by the progressive spread of education in the new world. I've begun to lift their voices against the undemocratic regime. *Home* not only deals with women's issues but also outlines the rising consciousness of women in changing times. Yashpal discarded the traditions of the family, which produced dust in the family.

A significant factor in the fixation of marriage in Indian culture is also the family history of the Boy and women. In relation to class and caste, two families should be equal in credibility. The same class should belong to both families. Yashpal and Sona belonged to two financial states that were opposite. Therefore, the marriage was opposed by Yashpal's kin. Yashpal's mother held Sona to be responsible for the snare. On the marriage question, there is hardly any compromise between the rich and the poor. Yashpal agreed to marry a girl whose family history did not match his context. When they realised that, his parents did not approve of the marriage. Yashpal did not have his mind altered. The father, a practical businessman, endorsed the decision of his son to save the family from fragmentation. Daughters are required to maintain the unity and dignity of the family at all costs in the laws of the family; they need to sacrifice their interest and personal reputation for the family's name and popularity. The same condition was faced by Sona. In the interests of togetherness, she has been subdued. She decided to move on with higher education.



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Home is a representation of Indian culture's paradoxes in terms of gender, class and caste. It deals with the rules and regulations of the middle class's conventional world. A girl moans under the pressure of the patriarchy at home in India. She finds in her own house, herself homeless and lifeless. She tries to make room for herself. In order to survive, she seeks to be self-sufficient. Lastly, she has to abide by the laws and regulations.

The novel tackles the plight of women in middle-class families in India. It's about their misery and their awareness that time changes. Their perception calls for more room for them. In order to reinforce the marginal parts of society, this pushes social thinking. Each person in society claims their room. When conflict is rejected based on of class, caste, gender and language, conflict is produced. Individuals do not want to be marked by their class or sex in the post modern period.

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**COMPARATIVE STUDY OF SELF- CONCEPT AND SPORTS
COMPETITION ANXIETY BETWEEN HIGH ACHIEVING AND LOW
ACHIEVING NATIONAL LEVEL FOOTBALLERS**

Geeta Rani

Ph.D. Scholar. CT University. Punjab.

cgeeta25@gmail.com

Dr Pravin Kumar

Professor and Dean SOHPE.

CT University. Punjab.

Abstract:

The purpose of the study was “Comparative Study of self- concept and sports competition anxiety between High Achieving and Low Achieving National Level Footballers”. The subjects for this study were male National Football players. One hundred forty-four subjects were selected for the study. Seventy two were those High Achieving National Level Footballers and Seventy two were those Low Achieving National Level Footballers. The age group of footballers was ranged between 19 to 28 years. To find out the self- concept, sports competition anxiety of different National level football players, the research scholar selected the questionnaires namely self- concept, sports competition anxiety Questionnaire. To determine the comparative differentials of self- concept, sports competition anxiety between High Achieving and Low Achieving National Level Footballers, the test of significance (‘t’-Ratio) was employed. Further, the level of significance was set at 0.05 level of confidence. The findings of the study reveal that there was significant difference in case of self-concept where High Achieving National Level Footballers exhibited better self-



concept in comparison with the Low Achieving National Level Footballers. The insignificant difference was found in case of sports competition anxiety test between High Achieving and Low Achieving National Level Footballers may be due to the reason that the players were almost of the same standard with a similar kind of experience which must have been a probable cause.

Keyword: self- concept and sports competition anxiety.

Introduction

Sports are as old as the human society and it holds a prominent place in the modern life. Millions of people participate in sports activities, watch and read about them and spend billions of dollars annually on sports activities and equipment. It now enjoys a popularity which outstrips any other form of social activity. It has become an integral part of the educational process as physical education and sports have been included in the regular curriculum. The students are taught various games and sports in a systematic manner. Besides teaching, the students are evaluated in their performance. Many people participate in games and sports for deriving physical, mental, social and emotional benefits. self concept as “An organized configuration of perception of the self which are admissible to awareness. It is compared of such elements as the perception of one’s characteristics and abilities, the percept and concept of the self in relation to others and to the environment”. The mental and conceptual awareness one holds of himself. Includes: physical, psychological, and social attributes; and can be influenced by its attitudes, habits, beliefs and ideas. These components and attributes can each be condensed to the general concepts of self-image and the self-esteem. It is the state of mind in which the individual responds with discomfort to some event that has occurred or is going to occur. The person’s worries about the event, their occurrence and consequences in general are the sources of anxiety; however, the anxiety can be either somatic or cognitive in nature. The unpleasant emotional state consisting of psycho-physiological responses to anticipation of unreal or imagined danger, ostensibly resulting from unrecognized intra-psychic conflict. Physiological concomitants include increased heart rate, altered respiration rate, sweating, trembling, weakness and fatigue; psychological concomitants include feelings of impending danger, apprehension and tension. Anxiety is a state of emotional and physical disturbances included in a person by real or imagined threat. In psychology the term refers to disturbances caused by threats that are only apparent to the individual and cause him to behave in a way that is not relevant to the true situations. It is the state of mind in which the individual responds with



discomfort to some event that has occurred or is going to occur. The person's worries about the event, their occurrence and consequences in general are the sources of anxiety; however the anxiety can be either somatic or cognitive in nature.

Objectives:

- To explore the self-concept and sports competition anxiety of High Achieving and Low Achieving National Level Footballers.
- To compare the self-concept of High Achieving and Low Achieving National Level Footballers.
- To compare the anxiety of High Achieving and Low Achieving National Level Footballers.
- The results of the study and the quantum of knowledge in physical education especially in the area of sports psychology and football.

Hypothesis It was hypothesized that there may not be any significant difference in self-concept, Sports Competition anxiety, between High Achieving and Low Achieving National Level Footballers.

Methodology The study was confined to One hundred forty four Senior Level Footballers .Seventy two High Achieving and Seventy two Low Achieving National Level Footballers were selected (age group of 19 to 28 years). One hundred forty four subjects by administering the tests for the selected test items on the different National level football players.

Sampling The subjects for this study were male National Football players, One hundred forty four subjects were selected for the study. Seventy two were those High Achieving National Level Footballers and Seventy two were those Low Achieving National Level Footballers. The age group of footballers was ranged between 19 to 28 years.

Procedures

The self-concept score of the subjects was obtained by using Self-Concept Questionnaire (SCQ) developed by Dr. Raj Kumar Saraswat. The sports competition anxiety score of the subjects was obtained by using Sports Competition Anxiety Questionnaire developed by Renier-Martin.



Statistical procedure

To determine the comparative differentials of Self-Concept and The sports competition anxiety between High Achieving and Low Achieving National Level Footballers, the test of significance ('t'-Ratio) was employed. Further, the level of significance was set at 0.05 level of confidence.

Results

Table – 1

SIGNIFICANCE OF DIFFERENCE BETWEEN HIGH ACHIEVING AND LOW ACHIEVING NATIONAL LEVEL FOOTBALLERS ON SELF CONCEPT IN NUMBERS

Variables	M-1	M-2	MD	SE	't' Ratio	Required 't' Ratio
Self-Concept	186,00	180.18	05.82	01.65	03.52*	01.98

* Significant at 0.05 level of Confidence

M_1 = Mean of High Achieving National Level Footballers

M_2 = Mean of Low Achieving National Level Footballers

From the above table 1, it is revealed that there was significant difference in case of Self Concept Test as calculated 't' value (03.52) was greater than tabulated 't' value (1.98) at 0.05 level of significance with 142 degree of freedom. Thus, it may be concluded that there was significant difference between High Achieving and Low Achieving National Level Footballers related to Self Concept Test, in which mean Self Concept Test is significantly higher for High Achieving National Level Footballers than Low Achieving National Level Footballers at 0.05 level of significance. The findings of the table 1 are presented in figure 1.

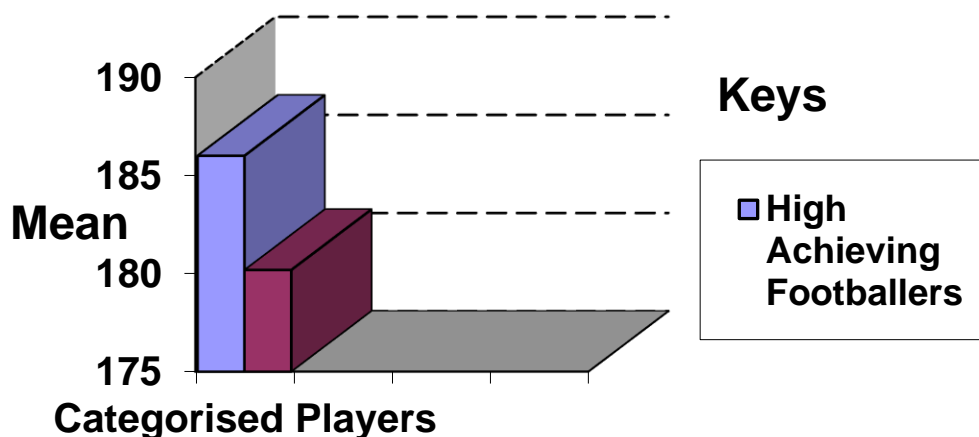


Figure 1: Graphical Depiction of Mean values of Self-Concept test between High Achieving and Low Achieving National Level Footballers.

Table – 2

SIGNIFICANCE OF DIFFERENCE BETWEEN HIGH ACHIEVING AND LOW ACHIEVING NATIONAL LEVEL FOOTBALLERS ON SPORTS COMPETITION ANXIETY IN NUMBERS

Variables	M-1	M-2	MD	SE	`t' Ratio	Required `t' Ratio
Sports Competition Anxiety	20.46	19.84	00.62	00.56	01.10	01.98

* Significant at 0.05 level of Confidence

M₁ = Mean of High Achieving National Level Footballers

M₂ = Mean of Low Achieving National Level Footballers

From the above table 2, it is revealed that there was insignificant difference in case of Sports Competition Anxiety Test as calculated 't' value (01.10) was less than tabulated 't' value (1.98) at 0.05 level of significance with 142 degree of freedom. Thus, it may be concluded that there was insignificant difference between High Achieving and Low Achieving National Level Footballers related to Sports Competition Anxiety Test, in which mean Sports Competition Anxiety Test is insignificantly higher for High Achieving National Level Footballers than Low Achieving National Level Footballers at 0.05 level of significance. The findings of the table 2 are presented in figure 2.

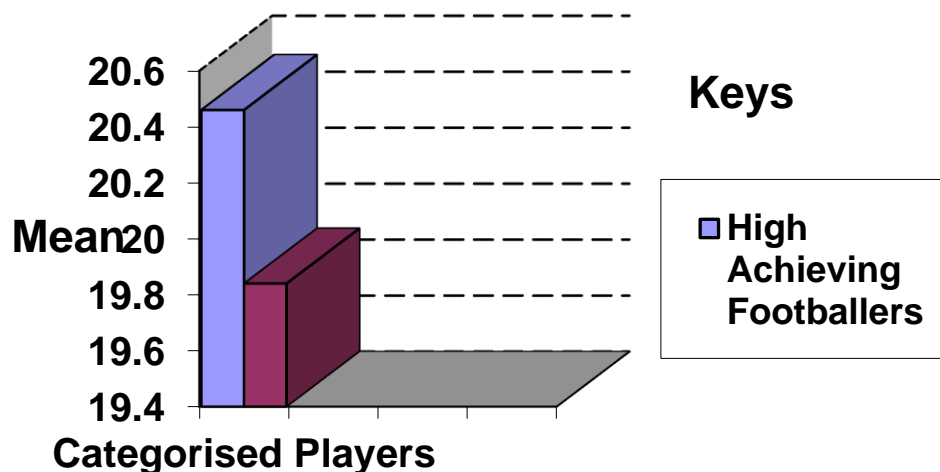


Figure 2: Graphical Depiction of Mean values of Sports Competition Anxiety test between High Achieving and Low Achieving National Level Footballers.

Discussion

Significant difference was found in case of self-concept where High Achieving National Level Footballers exhibited better self-concept in comparison with the Low Achieving National Level Footballers. It may be due to the greater awareness of High Achieving National Level Footballers towards physical, social, temperamental, educational, moral and intellectual ability. The insignificant difference in sports competition



anxiety test between High Achieving and Low Achieving National Level Footballers may be due to the reason that the players were almost of the same standard with a similar kind of experience which must have been a probable cause. In addition, players have been coached by specialist coaches who must have played a significant role by imparting psychological aspects in the coaching which might have been a contributing factor in not finding out the significant difference. In addition, the High Achieving and Low Achieving National Level Footballers get a similar kind of exposure which also must be a contributing factor in the insignificant difference.

Conclusions

Within the limitations of the study and on the basis of the results of the study, the following conclusions may be drawn:

- There was Significant difference was found in case of self-concept where High Achieving National Level Footballers exhibited better self-concept and in comparison, with the Low Achieving National Level Footballers.
- The insignificant difference was found in case of sports competition anxiety where High Achieving National Level Footballers exhibited less anxiety in comparison with the Low Achieving National Level Footballers.



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Effect of Yoga and its ability on Health and Wellness

Geeta Rani

Ph.D. Scholar. CT University. Punjab

cgeeta25@gmail.com

Dr Pravin Kumar.

Professor and Dean SOHPE.

CT University Punjab.

Abstract:

The present study was conducted with the objective to determine the integrated therapeutic effect of yoga and its ability on health and wellness. Forty (N=40) female subjects between the age group of 17-28 years (Mean \pm SD; height 5.46 ± 0.21 m; body mass 57.43 ± 3.45 kg; age 17.30 ± 2.04 years) were selected. The subject was purposively assigned into two groups: Group-A: Experimental (N1=20) and Group-B: Control (N2=20). Student's t-test for independent data was used to assess the between-group differences and for dependent data to assess the Pre-Post differences. Based on the analysis of the obtained, and concluded that the significant between-group differences were found in health related Variables; found Resting Pulse Rate (Num.) ($t= 3.60^*$), Respiratory Rate (Num.) ($t=4.03^*$), Positive Breath Holding (Sec) ($t=2.70^*$) Negative Breath Holding (Sec) (3.07), Systolic Blood Pressure (MMHg) (2.56), Diastolic Blood Pressure (MMHg)(2.82), Maximum Expiratory Pressure (Liters) (2.36) and Body Composition (Mm) ($t=2.38^*$), since the calculated value of t is greater than tabulated value of t (2.09) for the selected degree of freedom and level of significance. No significant changes were noted in the control group.



Keywords: Yoga, Health and Wellness.

Introduction

The physical body that is exposed to the processes of yoga is freed from old age, disease and death.

- Svetasvatara Upanishad

The civilization of India has produced a great variety of systems of spiritual beliefs and practices. Ancient seers used yoga as a means to explore the exterior and interior world and, perhaps, ultimately to achieve wisdom and knowledge of the sacred Indian texts: the Vedas, Upanishads and Shastras^[1]. The classical yogic practices of pranayama have been known in India for over 4,000 years. In the Bhagavad Gita, a text dated to the Mahabharata period, the reference to pranayama indicates that the practices were as commonly known during that period as was yajna, fire sacrifice. Many Upanishads written in the pre-Buddhist period also refer to techniques of pranayama (to attain higher states of consciousness).

योगश्चित्तवृत्तिनिरोधः

Yoga (yogah) is the suppression (nirodhah) of the modifications (vṛtti) of mind. Yoga may be as effective as or better than exercise at improving a variety of health-related outcome measures^[2]. Certain yoga asanas, if practiced regularly, are known to have beneficial effects on human body. These yoga practices might be interacting with various somatic and neuro-endocrine mechanisms bringing about therapeutic effects^[3]. The overall performance is known to be improved by practicing yoga techniques^[4] and their effects on physical functions were reported^[5]. Yoga practices can also be used as psycho-physiological stimuli to increase the secretion of melatonin which, in turn, might be responsible for perceived well-being^[6].

Materials and Methods

Subjects: The study was employ the method of data collection and analysis quantitatively. The *purposive sampling technique (Figure 1)* was used to attain the objectives of the study^[7]. Forty (N=40) female subjects between the age group of 17-28 years (Mean \pm SD; height 5.46 ± 0.21 m; body mass 57.43 ± 3.45 kg; age 17.30 ± 2.04 years) were selected.

Measurement of Health-related fitness Variables

The following health related variables were measured 3 times with the use of a wet spirometer, the respective average values being used in the analysis: For measuring the Resting Pulse Rate, Respiratory Rate, the stop watches were used. The suppliers, Krishna Watch Company, Mumbai, assured the accurate calibration of their watches. Positive Breath Holding, Negative Breath Holding, Systolic Blood Pressure, Diastolic Blood Pressure. The Wet- Spiro meter used to measure Maximum Expiratory Pressure and Body Composition. Thus the instrument reliability was assumed.

The subjects from Group A: Experimental will be subjected to a 6-week yogic training programme and consist of daily sessions, lasting 60 min. each, which include 7 positions: A- Poorna Bhujangasana, B – Baddhapadmasana, C – Kukkut asana, D – Hal asana, E – ArdhaMatsyendrasana, F – Veerasana (Warrior Pose) and G – Kapalbhathi (Figure 2).

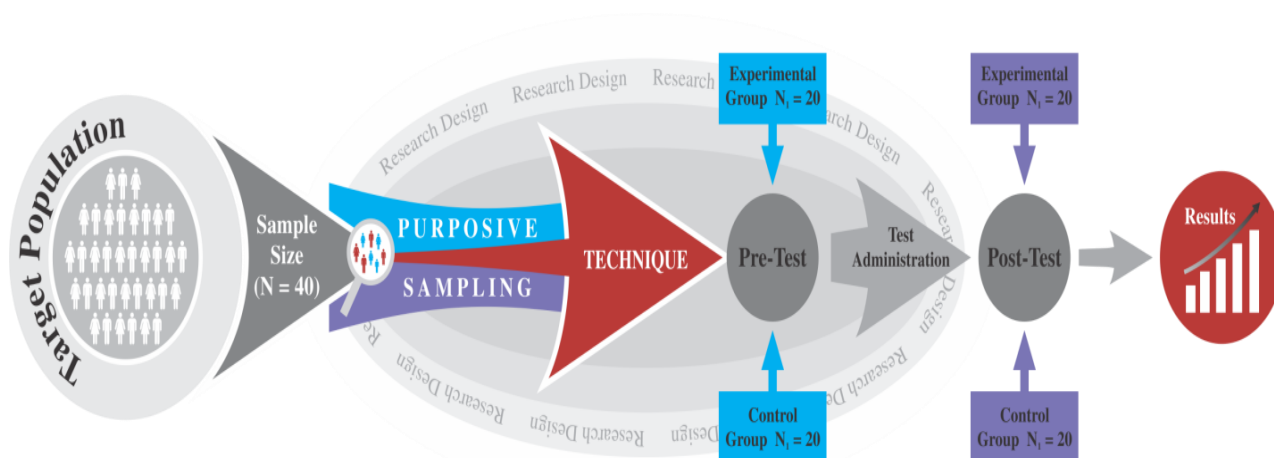


Figure 1: Design of the Study

Statistical Analysis

Student's t-test for independent data was used to assess the between-group differences^[7] and for dependent data to assess the Pre-Post differences.

Six (6)-Week Yogic Training Programme



Figure. 2. Yoga Asanas

- A – Poorna Bhujangasana
- B – Baddhapadmasana
- C – Kukkut asana
- D – Hal asana
- E – ArdhaMatsyendrasana
- F – Veerasana (Warrior Pose)
- G – Kapalbhata

Results

The study was conducted to determine the health related fitness of yoga practitioners. The statistical analysis of data collected on Forty (N=40) subjects. For each of the chosen variable, the results pertaining to significant difference, if any, between yoga groups and control group were assessed by “t” test and are presented in tables 1.

Table 1. Mean values (\pm SD) of health related variables in yoga group and control groups (n = 20 each) before (Pre) and after (Post) 6-weeks of training (Yoga group only).

Variables	Yoga Group			Control Group		
	Pre	Post	‘t’ Value	Pre	Post	‘t’ Value
Resting Pulse Rate (Num.)	60.0	63.8	3.60*	60.0	59.5	0.65
Respiratory Rate (Num.)	160.6	169.3	4.03*	161.8	159.1	0.76
Positive Breath Holding (Sec)	51.2	47.35	2.70*	50.6	48.4	1.40
Negative Breath Holding (Sec)	28.2	33.05	3.07*	29.8	28.3	1.08
Systolic Blood Pressure (MMHg)	110.5	112.8	2.56*	111.6	110.2	1.06



Diastolic Blood Pressure (MMHg)	74.5	76.3	2.82*	75.5	74.7	0.86
Maximum Expiratory Pressure (Liters)	3.67	3.89	2.36*	3.77	3.77	0.03
Body Composition (Mm)	11.46	12.36	2.38*	11.45	12.38	1.27

“t” value to be significant at (19) degree of freedom is 2.09.

The results of health-related fitness in 6-week yoga asana (Y) and control (C) groups are presented in Tables 1. Significant between-group differences were found Resting Pulse Rate (Num.) ($t= 3.60^*$), Respiratory Rate (Num.) ($t=4.03^*$), Positive Breath Holding (Sec) ($t=2.70^*$) Negative Breath Holding (Sec) (3.07), Systolic Blood Pressure (MMHg) (2.56), Diastolic Blood Pressure (MMHg)(2.82), Maximum Expiratory Pressure (Liters) (2.36) and Body Composition (Mm) ($t=2.38^*$) since the calculated value of t is greater than tabulated value of t (2.09) for the selected degree of freedom and level of significance. No significant changes were noted in the control group. The graphical representation of t-value of biomechanical parameters in the yoga training (Y) and control (C) groups (n=20 each) of 6 week Yoga Asana training exhibited in figure 3, respectively.

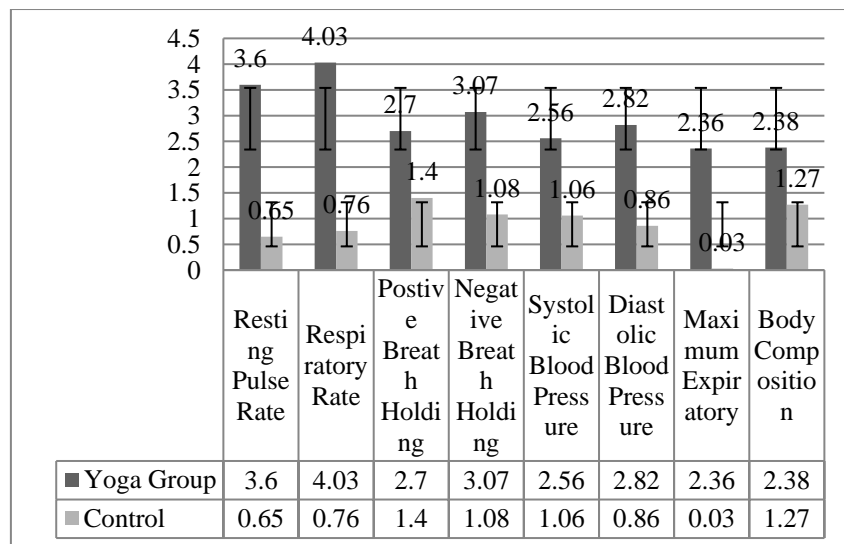


Figure 3. Test statistics t of health related variables in Yoga group and control groups (n = 20 each) before (Pre) and after (Post) 6-weeks of training (Yoga group only).



Discussion

The present study evaluates the health-related fitness of yoga group . India. Medical science and Physiological responses to physical training has done a significant amount of research on the effects of pranayama over the last few decades. It may be expected to positively influence many health related functions, physiological and respiratory indices. Once translated as 'breathing exercises', pranayama is now recognized by scientists throughout the world as a means of invigorating, enhancing and accelerating the revitalizing processes in the body. Studies have been published on pranayama research undertaken in countries such as Australia, Russia, Turkey, Germany, USA, India and others. In a previous study of Yoga, a method of learning that aims to attain the unity of mind, body, and spirit through exercise, breathing and meditation (1,5) that may be expected to positively influence many biochemical functions including respiration. The results of this study showed that yoga training lasting 6 week Significant between-group differences were found Resting Pulse Rate (Num.) ($t= 3.60^*$), Respiratory Rate (Num.) ($t=4.03^*$), Positive Breath Holding (Sec) ($t=2.70^*$) Negative Breath Holding (Sec) (3.07), Systolic Blood Pressure (MMHg) (2.56), Diastolic Blood Pressure (MMHg)(2.82), Maximum Expiratory Pressure (Liters) (2.36) and Body Composition (Mm) ($t=2.38^*$) since the calculated value of t is greater than tabulated value of t (2.09) for the selected degree of freedom and level of significance. No significant changes were noted in the control group. The significant importance of these physical performance measures is related to the development of gross motor skills, improved quality of life and social well-being. Sport activities and physical education classes are essential components of a physical and health related fitness development. The study fills a research gap by examining an under studied region of the country and by assessing several components of fitness of yoga practitioners in Guwahati, Assam, India. On the other hand, the result of this study will be helpful to the health department, educational planners, further researchers and teachers etc. in providing awareness about the various ways through which people can maintain good health.

Conclusions

Findings of this exploratory study suggest that the treatment of 6-week of yogic practices training programme showed significant improvement in Resting Pulse Rate, Respiratory Rate, Positive Breath Holding, Negative Breath Holding, Systolic Blood Pressure, Diastolic Blood Pressure, Maximum Expiratory Pressure and Body Composition. As per the study the above remark can be given at 95% confidence.



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