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Paper Id: IJMPERDJUN2020967

Date: 08/29/2020

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*This is to certify that the research paper entitled " **COMPARATIVE STUDY OF SELECTED URBAN CO-OPERATIVE BANKS IN PUNE AND NAGPUR BASED ON CAMEL MODEL** " authored by " **APARNA A. KULKARNI & DR. SUJIT G. METRE** " had been reviewed by the board and published in " **INTERNATIONAL JOURNAL OF MECHANICAL AND PRODUCTION ENGINEERING RESEARCH AND DEVELOPMENT (IJMPERD)**; ISSN (ONLINE): 2249-8001; ISSN (PRINT): 2249-6890; IMPACT FACTOR(JCC) (2019): 8.8746; INDEX COPERNICUS VALUE (ICV) - (2016): 60.6; NAAS RATING: 3.11; VOL - 10, ISSUE - 3; EDITION: JUN2020 "*

Associate Editor-TJPRC

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COMPARATIVE STUDY OF SELECTED URBAN CO-OPERATIVE BANKS IN PUNE AND NAGPUR BASED ON CAMEL MODEL

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ABSTRACT

Urban co-operative banks are an integral part of the banking system. Their survival, growth, and development depend upon various factors like profitability, capital base, the volume of business operational efficiency, NPAs, etc. With limited resources, they find it difficult to grow many times their survival also becomes difficult. Some banks are performing best. For example, recently Model Co-operative Bank Ltd. Mumbai has been awarded by the Maharashtra State Co-operative Bank Association Ltd. for best bank among Co-operative Banks in the Mumbai region in the category of deposits above Rs. 500 crores.

In the year 2020 SVC Co-operative Bank Ltd. has been awarded for best co-operative bank and most future-ready bank. However certain banks like CKP Co-operative Bank Ltd., Navodaya Urban Co-operative Bank Ltd., Nagpur, etc. are the examples failed banks. This indicates that some banks are doing excellent performance while some are getting a failure. All this has necessitated studying the comparison of the financial performance of Urban Co-operative banks.

KEYWORDS: Urban Co-Operative Banks, CAMEL MODEL, Performance

Received: Jun 10, 2020; **Accepted:** Jun 30, 2020; **Published:** Aug 29, 2020; **Paper Id.:** IJMPERDJUN2020967

INTRODUCTION

Urban co-operative banks are more than 100 years old. In India co-operative movement started in the 19th century. In October 1904 1st Urban Credit Society was registered in Canjeevaram in Madras Province. Few societies were formed in Madras and Bombay provinces... The Mehta Bhansali Committee, 1939 defined, for the first time, an 'Urban Co-operative Bank'. The term Urban Co-operative Banks (UCBs), though not formally defined, refers to primary cooperative banks located in urban and semi-urban areas.

Maximum co-operative banks are located in the states of Maharashtra, Gujrat, and Karnataka. They help in channelizing the small savings of the people into profitable ventures by helping small, medium, and nowadays some big entrepreneurs also. In the years 2014-15, 2015-16, and 2016-17 there were 1579, 1574, and 1562 urban co-operative banks respectively. This indicates that every year some urban co-operative banks are falling, which is not a good sign. During the last few years, the licenses of some urban co-operative banks have also been canceled by RBI due to financial irregularities while some banks are under the close watch by RBI. Hence it is necessary to make the comparative study of the financial performance of urban co-operative banks.

Objectives of the Study

- To analyze capital adequacy of the banks between two regions.
- To analyze the asset quality of the banks between the two regions.

- To analyze the management efficiency of the banks between the two regions.
- To analyze the earning capacity of the banks between the two regions.
- To analyze the liquidity of the banks between the two regions.

REVIEW OF LITERATURE

Nagaraja R.C., Assistant Professor, Department of Commerce, Government First Grade College, Holalkere and **J. Madegowda**, Professor, Department of Commerce, Kuvempu University, Jnana Sahyadri, Shankaraghatta published a paper on A Comparative Study of Non Performing Assets in DCCBs and UCBs. After making a comparative analysis of Gross NPA and NPA between three DCCBs (namely, Bagalkot DCCB, Bijapur DCCB & Davangere DCCB) and Basaveshwara UCB Bagalkot, DAVANGERE UCB Davangere, Merchant UCB Gadag), the study found that the NPAs are high in UCBs as compared to DCCBs, which is affecting the profitability of the bank adversely and hence the management of UCBs should take serious efforts.

Prof. Bharati R. Hiremath, M. Com, M. Phil, (Ph.D.) Lecturer Research Scholar: Research and Development Centre, Bharathiar University, Coimbatore-641 046 published a research article on Analysis of the financial performance of co-operative banks in the Bijapur District (Karnataka State): A comparative study. After studying the various financial ratios of twenty banks in Bijapur District for the period, 2008-09 to 2012-13 the researcher found that the banks are facing g problems of the high cost of business operations, low capital base, inadequate loan appraisal, and credit planning, poor recovery performance, mounting overdue, high level of nonperforming assets, political influence, lack of professional skills and relatively low level of customer satisfaction, etc. Hence, the researcher has tried to suggest the measures to improve the financial strength as well as the overall efficiency in both administration and operational management and to overcome the existing deficiency and irregularities of the selected UCBs in the Bijapur district.

Manisha D. Patel (June 2016) Assistant Professor Humanities and Social Science Department, 1 Shree Swami AtmanandSaraswati Institute of Technology, Surat, Gujarat, India published a research article on Ratio Analysis of Co-operative Banks of Surat. She studied VARACHHA Co-operative Bank, THE SARVODAYA SAHKARI BANK.LTD and SURAT NATIONAL CO OP. BANK LTD (all Surat Based) based on various financial ratios (for the period – 2007-08 to 2011-12). She found the major problem of all the banks is NPA. She also found a poor resource base and conservative credit policy. Hence she suggested for better management of NPAs and a high degree of professionalism.

Ruth Smiley.S P.hD (Research Scholar) **Dr. P.Kannapiran** Assistant Professor & Head in their research article named “A STUDY ON FINANCIAL PERFORMANCE OF NILGIRIS DISTRICT CENTRAL CO-OPERATIVE BANK LIMITED, TAMIL NADU” after studying various factors for the period 2012-13-2016-17, they found that Nilgiris District Central Co-operative Bank obtained significant growth in earnings and revealed a good performance

Damayanti Reuel Premier, Asst. Professor, Shankar Narayan College of Arts, Commerce and Self Finance Courses. Bhayandar (East) (MS) INDIA published a paper on Financial Analysis Of Thane District Central Co-Operative Bank. After studying the annual reports of Thane District Central Co-Operative Bank, for two years (that is 2013-14 and 2014-15) it was recommended that the bank there must be an improvement in the credit deposit ratio, modern marketing strategies should be introduced, the bank should generate non-interest income.

Smt. R. S. Renuka Research Scholar, DoS in Economics and Cooperation, Manasagangotri, University of Mysore, **Dr. A. R. Viswanatha** Research Scholar, DoS in Economics and Cooperation, Manasagangotri, University of Mysore, Mysore Corresponding Author published a paper on A Comparative Analysis Of MahilaSahakara Banks In Karnataka. The researchers studied Mysore Zilla, Mahila Sahakara Bank Niyamita, Mysore, and Lokapavan Mahila Sahakara Bank Niyamita, Mandya by taking the financial data concerning share capital, reserve fund, deposits, loans & advances, and investments, for 15 years, that is form 2002-03 to 2016-17. The study found that there is a significant difference share capital, reserve fund, deposits, loans & advances and investments

RESEARCH METHODOLOGY

The study is descriptive and is based on secondary data drawn from the annual reports from the following four banks of Pune and four banks in Nagpur in Maharashtra

- Shree Sharada Sahakari Bank Ltd., Pune (SSSBL)
- The Muslim Co-operative Bank Ltd.,Pune(MCBL)
- Pune Merchants Co-operative Bank Ltd., Pune (PMCBL)
- SampadaSahakari Bank Ltd., Pune (SSBL)
- Dr. Baba Saheb Ambedkar Urban Co-operative Bank Ltd., Nagpur (DBSAUCBL)
- The ChitanvispuraSahakari Bank Ltd., Nagpur (CSBL)
- GandhibagSahakari Bank Ltd., Nagpur (GSBL)
- Tirupati Urban Co-operative Bank Ltd., Nagpur (TUCBL)

A data of 5 years that is from the year 2012-13 to 2016-17 have been taken into consideration for the study purpose. The financial performance of the above mentioned four banks has been assessed based on CAMEL Model. Various ratios have been calculated. And the statistical toll of the T-test has been used.

Table 1

C	CAPITAL ADEQUACY RATIOS	(i)Capital Adequacy Ratio,
		(ii)Debt -Equity Ratio,
		(iii)Advances to Total Assets
		(vi)Government Securities to total Investment Ratio
A	ASSETS QUALITY RATIOS:	(i)Gross NPA to Net Advances,
		(ii)Net NPA to Net Advances,
		(iii)Total Investments to Total Assets Ratio
		(iv)Net NPAS to Total Assets Ratio.
M	MANAGEMENT CAPABILITY RATIOS:	(i)Total Advances to Total Deposits Ratio
		(ii)Business per Employee Ratio
		(iii)Profit Per Employee Ratio
E	EARNING RATIOS:	(i)Operating Profit to Working Fund Ratio,
		(ii)Spread to total Assets Ratio.
		(iii)Net Profit to Average Assets Ratio.
		(iv)Interest Income to Total Income Ratio.
L	LIQUIDITY RATIOS:	(i)Liquid Assets to Total Assets Ratio.
		(ii)G-Sec. to Total Assets Ratio.
		(iii)Liquid Assets to Demand Deposits Ratio.
		(iv)Liquid Assets to Total Deposits Ratio

HYPOTHESIS

- Ho1. There is no significant difference between the CRAR among two regions of the selected banks during the study.
- Ho2. There is no significant difference between the Debt-Equity ratio among two regions of the selected banks during the study.
- Ho3. There is no significant difference between Advances to Total Assets ratio among two regions of the selected banks during the study.
- Ho4. There is no significant difference between Government Securities to Total Investment ratio among two regions of the selected banks during the study.
- Ho5. There is no significant difference between Gross NPAs and Net Advances ratio among two regions of the selected banks during the study.
- Ho6. There is no significant difference between NET NPAs and Net Advances ratio among two regions of the selected banks during the study.
- Ho7. There is no significant difference between the Total Investment Total Assets ratio among two regions of the selected banks during the study.
- Ho8. There is no significant difference between Net NPA to Total assets ratio among two regions of the selected banks during the study.
- Ho9. There is no significant difference between Total Advances to Total Deposit ratio among two regions of the selected banks during the study.
- Ho10. There is no significant difference between the Business Per Employee ratio among two regions of the selected banks during the study.
- Ho11. There is no significant difference between Profit Per Employee among two regions ratio of the selected banks during the study.
- Ho12. There is no significant difference between Operating Profit to the Working Fund ratio among two regions of the selected banks during the study.
- Ho13. There is no significant difference between the Spread to the Total Asset ratio among two regions of the selected banks during the study.
- Ho14. There is no significant difference between Net Profit to the Average Asset ratio among two regions of the selected banks during the study.
- Ho15. There is no significant difference between Interest Income to Total Income ratio among two regions of the selected banks during study
- Ho16. There is no significant difference between Liquid Assets to Total Assets ratio among two regions of the selected banks during study

- Ho17 There is no significant difference between G-SEC to Total Assets ratio among two regions of the selected banks during study
- Ho18 There is no significant difference between Liquid Assets to Demand Deposits ratio among two regions of the selected banks during study
- Ho19 There is no significant difference between Liquid Assets to Total Deposits ratio among two regions of the selected banks during study

RESULTS AND DISCUSSIONS

Table 2

Region Nagpur = 1 And Pune = 2	CRAR From 2012-13 To 2016-17	Debt Equity Ratio From 2012-13 To 2016-17	Advances To Total Assets From 2012-13 To 2016-17	Govt. Sec. To Total Investments From 2012-13 To 2016-17
1	18.04	0.45	0.42	0.51
1	17.05	0.00	0.41	0.54
1	17.60	0.00	0.42	0.62
1	15.86	0.00	0.39	0.55
1	20.40	0.00	0.36	0.65
1	18.51	0.00	0.58	0.66
1	19.01	0.00	0.59	0.68
1	20.60	0.00	0.57	0.69
1	20.35	0.00	0.56	0.60
1	19.55	0.00	0.50	0.53
1	14.11	0.00	0.60	0.75
1	12.78	0.00	0.61	0.79
1	12.74	0.00	0.62	0.69
1	12.44	0.00	0.60	0.56
1	13.63	0.00	0.56	0.55
1	16.91	0.00	0.54	0.61
1	17.05	0.03	0.53	0.69
1	18.38	0.03	0.53	0.67
1	18.44	0.04	0.48	0.65
1	17.00	0.00	0.49	0.68
Mean For 1	17.02	0.0275	0.52	0.63
S.D. For 1	2.63	0.10	0.08	0.08
Rank	2	2	1	2
2	18.62	0.00	0.52	0.51
2	17.88	0.20	0.55	0.55
2	20.58	0.00	0.49	0.67
2	17.43	0.00	0.54	0.67
2	19.69	0.00	0.45	0.73
2	19.15	0.00	0.53	0.63
2	19.15	0.00	0.53	0.59
2	19.78	0.00	0.53	0.58
2	21.35	0.00	0.52	0.52
2	24.38	0.00	0.47	0.64
2	18.68	0.00	0.44	0.45
2	19.74	0.00	0.45	0.44
2	21.40	0.00	0.45	0.62
2	21.08	0.00	0.46	0.66
2	22.35	0.00	0.43	0.83
2	15.13	0.30	0.49	0.82

2	14.90	0.00	0.50	0.81
2	13.88	0.00	0.48	0.67
2	14.09	0.00	0.49	0.81
2	13.64	0.00	0.45	0.67
Mean For 2	18.65	0.0250	0.49	0.64
S.D. For 2	3.01	0.08	0.04	0.12
Rank	1	1	2	1
t test P value	0.077782807	0.930543264	0.14888563	0.75086127

Ho1. There is no significant difference between the CRAR among two regions of the selected banks during the study. [**p-value = 0.077782807 therefore Null Hypothesis Accepted**]

Ho2 There is no significant difference between the Debt-Equity ratio among two regions of the selected banks during the study. [**p-value = 0.930543264 therefore Null Hypothesis Accepted**]

Ho3 There is no significant difference between Advances to Total Assets ratio among two regions of the selected banks during the study. [**p-value = 0.14888563 therefore Null Hypothesis Accepted**]

Ho4 There is no significant difference between Government Securities to Total Investment ratio among two regions of the selected banks during the study. [**p-value = 0.75086127 therefore Null Hypothesis Accepted**]

Analysis

Table – 2 show that the banks in both regions have maintained a good level of CRAR. Because as per RBI norms it should be 9%. The banks in Pune region have maintained more levels of CRAR compared to banks in the Nagpur region. Further, it shows that in all the selected banks, (in case of both the regions) there is very little burden of external debt. It also shows that the advances to total assets ratio falls between 0.49 to 0.52, which indicates that the banks in both regions are not very much aggressive in their lending practices and on average the banks in Nagpur and Pune regions have invested 63 % and 64% in government securities respectively.

Table 3

Region Nagpur = 1 And Pune = 2	Gross NPA To Net Advances From 2012-13 To 2016-17	Net NPA To Net Advances From 2012-13 To 2016-17	Total Investments To Total Assets From 2012-13 To 2016-17	Net NPA To Total Assets From 2012-13 To 2016-17
1	0.19	0.02	0.26	0
1	0.16	0.04	0.29	0.02
1	0.18	0.06	0.24	0.02
1	0.3	0.15	0.28	0.05
1	0.29	0.15	0.22	0.05
1	0.06	0.02	0.36	0
1	0.06	0.02	0.34	0.01
1	0.07	0.03	0.35	0.02
1	0.08	0.04	0.38	0.02
1	0.07	0.03	0.42	0.01
1	0.02	0	0.30	0
1	0.04	0.03	0.32	0.02
1	0.09	0.08	0.28	0.05
1	0.05	0.03	0.32	0.02
1	0.06	0.05	0.33	0.05
1	0.02	0	0.33	0
1	0.02	0	0.35	0
1	0.03	0.01	0.37	0

1	0.03	0.02	0.39	0
1	0.05	1	0.39	0.01
Mean For 1	0.09	0.0890	0.33	0.018
S.D. For 1	0.09	0.22	0.05	0.02
Rank	2	2	1	2
2	0.02	0	0.41	0
2	0.02	0	0.38	0
2	0.02	0	0.41	0
2	0.02	0	0.36	0
2	0.04	0	0.44	0
2	0.04	-0.02	0.35	0
2	0.10	0.04	0.35	0.02
2	0.06	0	0.34	0
2	0.08	0.03	0.36	0.01
2	0.10	0.05	0.34	0.02
2	0.07	0	0.47	0
2	0.05	0	0.49	0
2	0.02	0	0.44	0
2	0.03	0	0.45	0
2	0.03	0	0.46	0
2	0.05	0.02	0.25	0
2	0.05	0.01	0.24	0
2	0.06	0	0.26	0
2	0.07	0.01	0.22	0
2	0.07	0	0.27	0
Mean For 2	0.05	0.0070	0.36	0.003
S.D. For 2	0.03	0.02	0.08	0.01
Rank	1	1	2	1
t test P value	0.03997138	0.11065948	0.089582226	0.002395764

Ho5. There is a significant difference between the Gross NPA To Net Advances among two regions of the selected banks during the study. [**p-value** = 0.03997138

Therefore Null Hypothesis Rejected]

Ho6 There is no significant difference between the Net NPA to Net Advances among two regions of the selected banks during the study. [**p-value** = 0.11065948

Therefore Null Hypothesis Accepted]

Ho7 There is no significant difference between Total Investments To Total Assets ratio among two regions of the selected banks during the study. [**p-value** = 0.089582226

Therefore Null Hypothesis Accepted]

Ho8 There is a significant difference between Net NPA To Total Assets ratio among two regions of the selected banks during the study. [**p-value** = 0.002395764 **Therefore Null Hypothesis Rejected]**

Analysis

Table – 3 shows that the banks in Pune region have a better quality of assets compared to the banks in the Nagpur region. Further it shows that on average out of the total assets only 33% and 36 % have been deployed in investment by Nagpur and Pune regions respectively. It also shows that regarding Net NPA to Total Assets ratio is concerned the banks in Nagpur have 2% and the banks in Pune have 0%.

Table 4

Region Nagpur = 1 And Pune = 2	Total Adv. To Total Deposits From 2012-13 To 2016-17	Business Per Employee From 2012-13 To 2016-17	Profit Per Employee From 2012-13 To 2016-17
1	0.69	1.69	0
1	0.65	1.80	0
1	0.68	1.80	0
1	0.59	1.78	0
1	0.56	1.91	0
1	0.71	1.94	0.02
1	0.72	2.22	0.02
1	0.69	2.38	0.02
1	0.67	2.60	0.02
1	0.61	3.01	0.02
1	0.66	3.69	0
1	0.70	4.02	0.01
1	0.69	4.80	0
1	0.66	5.48	0.01
1	0.63	6.71	0.02
1	0.60	4.68	0.03
1	0.60	4.60	0.03
1	0.60	4.60	0.03
1	0.56	5.39	0.04
1	0.56	6.47	0.04
Mean For 1	0.64	3.5785	0.0155
S.D. For 1	0.05	1.67	0.01
Rank	1	2	2
2	0.60	3.76	0.02
2	0.63	4.34	0.02
2	0.56	4.63	0.03
2	0.62	4.94	0.02
2	0.51	5.26	0.02
2	0.67	2.70	0.02
2	0.66	2.92	0.02
2	0.65	3.13	0.02
2	0.65	3.19	0.02
2	0.58	3.71	0.02
2	0.55	3.44	0.02
2	0.54	3.44	0.01
2	0.54	3.11	0.02
2	0.55	3.59	0.02
2	0.55	3.73	0.02
2	0.63	2.83	0.02
2	0.64	3.17	0.03
2	0.62	3.33	0.03
2	0.65	3.31	0.03
2	0.61	3.40	0.02
Mean For 2	0.60	3.5965	0.0215
S.D. For 2	0.05	0.69	0.00
Rank	2	1	1
t test P value	0.01498114	0.96491291	0.081948169

Ho9 There is a significant difference between the Total Advances to Deposits among two regions of the selected banks during the study. [**p-value** =0.01498114 **therefore Null Hypothesis Rejected**]

Ho10 There is no significant difference between the Business Per Employee ratio among two regions of the selected banks during the study. [p-value =0.96491291 Therefore Null Hypothesis Accepted]

Ho11 There is no significant difference between the Profit Per Employee ratio among two regions of the selected banks during the study. [p-value =0.081948169 Therefore Null Hypothesis Accepted]

Analysis

Table 4 shows that on average the ratio of Advances to Total Deposits is 64% and 60% for the banks in Nagpur and Pune regions respectively. Further, it shows that on average Business per Employee is 3.58 and 3.60for the banks in the Nagpur region and Pune region respectively. It also shows that on an average Profit per Employee ratio is almost all same for the banks in both the regions.

Table 5

Region Nagpur = 1 And Pune = 2	Operating Profit To Working Fund From 2012-13 To 2016-17	Spread To Total Assets From 2012-13 To 2016-17	Net Profit To Average Assets From 2012-13 To 2016-17	Interest Income To Total Income From 2012-13 To 2016-17
1	0.02	12.92	0	0.98
1	0.02	19.01	0	0.96
1	0.01	16.62	0	0.98
1	0	13.22	0	0.99
1	0.03	22.25	0	0.94
1	0.02	4.26	0.01	0.94
1	0.02	4.53	0.01	0.93
1	0.02	4.47	0.01	0.93
1	0.02	4.21	0.01	0.93
1	0.01	3.46	0	0.92
1	0	1.65	0	0.93
1	0	1.88	0	0.92
1	0	2.48	0	0.96
1	0	2.41	0	0.96
1	0	1.7	0	0.93
1	0.01	1.2	0.01	0.89
1	0.01	1.15	0	0.94
1	0.02	1.06	0	0.90
1	0.01	1.04	0	0.92
1	0	0.76	0	0.88
Mean For 1	0.0110	6.0140	0.00250	0.937
S.D. For 1	0.01	6.75	0.00	0.03
Rank	2	1	1	1
2	0.01	0.92	0	0.96
2	0	0.68	0	0.97
2	0.01	1.02	0	0.94
2	0.01	0.81	0	0.94
2	0	0.94	0	0.88
2	0.02	1.13	0	0.97
2	0.01	1.11	0	0.95
2	0.02	1.21	0	0.98
2	0.01	0.88	0	0.97
2	0.02	0.77	0	0.93
2	0.01	4.69	0	0.98
2	0.01	3.26	0	0.98
2	0.01	3.4	0	0.93
2	0.01	2.85	0	0.93

2	0.01	3.18	0	0.92
2	0.02	3.1	0.01	0.93
2	0.02	3.63	0.01	0.91
2	0.02	3.16	0.01	0.76
2	0.02	3.09	0.01	0.88
2	0	2.79	0	0.87
Mean For 2	0.0120	2.1310	0.00200	0.929
S.D. For 2	0.01	1.28	0.00	0.05
Rank	1	2	2	2
t test P value	0.709875917	0.02002285	0.713645893	0.578735132

Ho12 There is no significant difference between the Operating Profit To Working Fund ratio among two regions of the selected banks during the study. [**p-value =0.709875917 therefore Null Hypothesis Accepted**]

Ho13 There is a significant difference between the Spread To Total Asset ratio among two regions of the selected banks during the study. [**p-value =0.02002285 therefore Null Hypothesis Rejected**]

Ho14 There is no significant difference between the NetProfit To Average Assets ratio among two regions of the selected banks during the study. [**p-value =0.713645893 therefore Null Hypothesis Accepted**]

Ho15 There is no significant difference between Interest Income to Total Income ratio among two regions of the selected banks during the study. [**p-value =0.578735132 therefore Null Hypothesis Accepted**]

Analysis

Table 5 shows that average banks in both regions have the same level of operating profit. It also shows that on average spread to total assets ratio is 6.01% and 2.13 % and for the banks in Nagpur and Pune region respectively. Further, it shows an average zero percentage return on assets for all the banks in both the regions, which is not a good sign. And an average Interest income to Total Income is 94% and 93% of Nagpur and Pune region respectively

Table 6

Region Nagpur = 1 And Pune = 2	Liquid Assets To Total Assets From 2012-13 To 2016-17	G-Sec. To Total Assets From 2012-13 To 2016-17	Liquid Assets To Demand Deposits From 2012-13 To 2016-17	Liquid Assets To Total Deposits From 2012-13 To 2016-17
1	0.18	0.13	0.88	0.30
1	0.17	0.16	0.88	0.27
1	0.15	0.15	0.81	0.24
1	0.21	0.15	1.02	0.32
1	0.25	0.14	1.18	0.39
1	0.17	0.23	0.70	0.21
1	0.16	0.23	0.78	0.20
1	0.17	0.24	0.86	0.21
1	0.20	0.22	0.95	0.24
1	0.26	0.22	1.00	0.31
1	0.15	0.23	0.71	0.17
1	0.10	0.25	0.56	0.11
1	0.15	0.20	0.90	0.16
1	0.18	0.18	0.90	0.20
1	0.20	0.18	1.00	0.22
1	0.23	0.20	1.43	0.26
1	0.20	0.24	1.21	0.23
1	0.19	0.25	1.19	0.22
1	0.22	0.25	1.40	0.26

1	0.19	0.26	1.09	0.22
Mean For 1	0.1865	0.2055	0.97250	0.237
S.D. For 1	0.04	0.04	0.23	0.06
Rank	2	2	1	2
2	0.23	0.21	1.08	0.26
2	0.20	0.21	1.04	0.24
2	0.19	0.27	1.00	0.22
2	0.19	0.24	0.97	0.21
2	0.19	0.32	0.91	0.22
2	0.16	0.22	0.42	0.20
2	0.18	0.21	0.48	0.23
2	0.20	0.20	0.54	0.25
2	0.21	0.19	0.58	0.26
2	0.25	0.22	0.65	0.31
2	0.29	0.21	1.21	0.36
2	0.31	0.22	1.38	0.38
2	0.21	0.27	1.03	0.26
2	0.19	0.30	0.93	0.23
2	0.13	0.38	0.58	0.15
2	0.19	0.21	0.83	0.25
2	0.20	0.19	0.90	0.25
2	0.21	0.17	1	0.28
2	0.20	0.17	1	0.26
2	0.22	0.18	1	0.29
Mean For 2	0.2075	0.2295	0.87650	0.256
S.D. For 2	0.04	0.05	0.26	0.05
Rank	1	1	2	1
t test P value	0.095197869	0.123497881	0.216264502	0.314562112

Ho16 There is no significant difference between the Liquid Assets To Total Assets ratio among two regions of the selected banks during the study. [**p-value =0.095197869 therefore Null Hypothesis Accepted**]

Ho17 There is no significant difference between the G-Sec. To Total Asset ratio among two regions of the selected banks during the study. [**p-value =0.123497881 therefore Null Hypothesis Accepted**]

Ho18 There is no significant difference between Liquid Assets to Demand Deposits ratio among two regions of the selected banks during the study. [**p-value =0.216264502 therefore Null Hypothesis Accepted**]

Ho19 There is no significant difference between Liquid Assets to Total Deposits ratio among two regions of the selected banks during the study. [**p-value =0.314562112 therefore Null Hypothesis Accepted**]

Analysis

Table 6 shows on average the overall liquidity of the banks is 19 % and 21% of the Nagpur and Pune regions respectively. It also shows that an average investment in government securities is 21 % and 23% for Nagpur and Pune regions respectively. Further, it shows that on average the ability of the banks to fulfill the demand is 97% and 88% of the Nagpur and Pune regions respectively. And the average liquidity position of total deposits is 24% and 26% for Nagpur region and Pune regions respectively.

FINDINGS AND SUGGESTIONS

- All the banks in both regions have maintained a very much satisfactory level of CRAR. (Because as per RBI norms it should be 9%) Hence, care should be taken to maintain at least the same CRAR

- For all the banks in both the regions, there is no burden of outside long-term liabilities. Hence, if required, they can opt for debt to a certain extent.
- For advances, in case of all the banks in both the regions instead of an aggressive policy, they can follow a liberal policy to a certain extent.
- The position of the NPA is very much satisfactory for all the banks in the Pune region. And in the case of Nagpur region, NPA of 9% is not very much bad. But attempts should be made to reduce the same.
- All the banks in both regions should make deliberate efforts for converting the deposits into advances.
- All the banks in both regions should see to it how they can improve upon business per employee.
- All the banks in both the regions show, on average, only 2 % profit per employee which is not satisfactory. Hence, attempts should be made by all the banks to increase the profit per employee.
- On average, only 1% operating profit of all the banks in both regions is very much unsatisfactory, which should be improved.
- The interest expenses of all the banks in both regions are more than the interest income, which indicates the high costs of deposits, which should be reduced.
- For all the banks in both the regions, there is a good backing for the demand depositors in the form of liquid assets.

CONCLUSIONS

Based on the ratios, CAMEL Model and ranking, and following tables, the conclusions can be drawn as under.

Table 7: Capital Adequacy Ratios

RATIOS	RANKING OF REGIONS BASED ON RATIOS	
	Nagpur	Pune
CRAR	2	1
Debt - Equity Ratio	2	1
Advances To Total Assets	1	2
Government Securities to Total Investments	2	1
MEAN	1.75	1.25
RANK	2	1

As far as CRAR is concerned banks in Pune region have better performance compared to banks in the Nagpur region.

Table 8: Asset Quality Ratio

RATIOS	RANKING OF REGIONS BASED ON RATIOS	
	Nagpur	Pune
Gross NPA To Net Advances	2	1
Net NPA To Net Advances	2	1
Total Investment To Total Assets	1	2
Net NPA To Total Assets	2	1
MEAN	1.75	1.25
RANK	2	1

As far as Asset quality is concerned banks in Pune region stand first.

Table 9: Management Efficiency Ratios

RATIOS	RANKING OF REGIONS BASED ON RATIOS	
	Nagpur	Pune
Total Advances To Total Deposits	1	2
Business Per Employee	2	1
Profit Per Employee	2	1
MEAN	1.67	1.33
RANK	2	1

As far as ratios under Management Efficiency is concerned, banks in Pune region stand first.

Table 10: Earning Ratios

RATIOS	RANKING OF REGIONS BASED ON RATIOS	
	Nagpur	Pune
Operating Profit To Working Fund	2	1
Spread To Total Assets	1	2
Net Profit to Average Assets	1	2
Interest Income to Total Income	1	2
MEAN	1.25	1.75
RANK	1	2

As far as Earning ratios are considered banks in Nagpur region stand first

Table 11: Liquidity Ratios

RATIOS	RANKING OF REGIONS BASED ON RATIOS	
	Nagpur	Pune
Liquid Assets To Total Assets	2	1
G-Sec. To Total Asset	2	1
Liquid Asset to Demand Deposit	1	2
Liquid Assets to Total Deposits	2	1
MEAN	1.75	1.25
RANK	2	1

As far as liquidity ratios are concerned, banks in the Pune region stand first.

Table 12: Overall Ranking

OVERALL PERFORMANCE RATIOS	RANKING	
	Nagpur	Pune
Capital Adequacy Ratio	2	1
Asset Quality Ratio	2	1
Management Efficiency Ratio	2	1
Earning Ratios	1	2
Liquidity Ratios	2	1
MEAN	1.80	1.20
RANK	2	1

Finally, it can be concluded that as far as overall performance is concerned, banks in the Pune region are performing better compared to banks in the Nagpur region...

Further, it can be concluded that the ratios which are responsible for bringing down the performance of Nagpur region are CRAR, Debt-Equity, Government Securities To Total Investment, Gross NPA to Net Advances, Net NPA to Net Advances, Net NPA to Total Assets, Business Per Employee, Profit Per Employee, Operating Profit to Working Fund, Liquid Assets to Total Assets, G-Sec. Total Assets and Liquid Assets to Total Deposits. Therefore, the Nagpur region should improve upon these ratios.

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INTERNATIONAL JOURNAL OF MANAGEMENT (IJM)

Scopus Indexed Journal

www.iaeme.com/ijm/index.asp



Paper ID: IJM_11_09_113

Date: 02-Oct-2020

Certificate of Publication

This is to certify that the research paper entitled "A COMPARATIVE STUDY OF CUSTOMER SATISFACTION OF URBAN CO-OPERATIVE BANK WITH SPECIAL REFERENCE TO PUNE, MUMBAI AND NAGPUR REGIONS" authored by "Aparna A. Kulkarni and Dr. Sujit G. Metre " had been reviewed by the Editorial Board and published in "International Journal of Management (IJM), Volume 11, Issue 9, September 2020, pp. 1192-1199; ISSN Print: 0976-6502 and ISSN Online: 0976-6510; Journal Impact Factor (2020): 10.1471 Calculated by GISI (www.jifactor.com)".



Chief Editor

A COMPARATIVE STUDY OF CUSTOMER SATISFACTION OF URBAN CO-OPERATIVE BANK WITH SPECIAL REFERENCE TO PUNE, MUMBAI AND NAGPUR REGIONS

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ABSTRACT

The banking sector is the backbone of economic development of India. Especially Urban Co-operative bank with its reach to the bottom of the pyramid gained the confidence of common people for various their financial needs. This study is aimed at finding out the difference between the customer satisfaction of Pune, Mumbai and Nagpur region concerning five aspects of banking services. It includes – Telephonic Contact, Various banking parameters, mailed statement, Banking officer behaviour and Branch aspects.

This study is based on primary data. In all 40 responses from each region collected from Urban Bank customers. Random sampling method adopted for collection of the responses and MS excels used for the analysis of the collected data. The finding has shown variations in responses based on region and aspects considered for the study..

Keywords: Urban Co-operative Bank, Customer Satisfaction, Branch Aspect, Behaviour of Bank officer

Cite this Article: Aparna A. Kulkarni and Dr. Sujit G. Metre, A Comparative Study of Customer Satisfaction of Urban Co-Operative Bank with Special Reference to Pune, Mumbai And Nagpur Regions, *International Journal of Management*, 11(9), 2020, pp. 1192-1199.

<http://www.iaeme.com/IJM/issues.asp?JType=IJM&VType=11&IType=9>

1. INTRODUCTION

The banking is the need of an hour. As per RBI, the market size of Indian banking is huge and well regulated. Today, there are 20 public sector banks, 22 private sector banks, 44 foreign banks, 44 regional rural banks, 1,542 urban cooperative banks and 94,384 rural cooperative banks in addition to cooperative credit institutions. The emphasis is more on providing

improved banking services with cutting edge technology. The banking industry is becoming more and more customer-centric with affordable banking along with an innovative approach. The Urban Co-operative Banks have become important facet for the economic sustainability of India. These types of bank mainly providing help to the weaker section of the society as well as various sectors like Health, Education, Agriculture, Cottage Industries and Small-Scale Industries.

The need for Urban Co-operative Bank and Rural Credit Co-operatives was emphasized with the passing of first co-operative credit society act in 1904. Further, in 1915, the Maclagan committee suggested some policies for co-operative societies which channelized the growth of co-operative societies. “ Anyonya Shakari Mandal ”, Baroda (Gujarat) was the first urban co-operative society formed in India on 5th February 1889. The Urban Co-operative movement provided a better replacement for control of money lenders. The main aim of such a banking system is to cater the banking and credit need of middle or lower middle class which includes small businesses, artist, factory workers or the people with a limited income source. Thus, to become successful, it becomes essential for urban co-operative societies to fulfil the need and provide satisfactory services to their customers. Hence this research paper is aimed at understanding the customer satisfaction with regards to various aspects from Mumbai, Pune and Nagpur regions.

2. OBJECTIVES

1. To understand the customer satisfaction of Urban Co-operative Bank from the selected region based on the following parameters –
 - Telephonic Contact
 - Banking Services
 - Mailed Statement
 - Banking Officer Behaviour
 - Branch Aspects
2. To know overall satisfaction of the customers from Mumbai, Pune and Nagpur region

3. LITERATURE REVIEW

As defined by RBI, Urban Co-operative Banks is the “Small-sized Co-operatively organized banking units which operate in metropolitan, urban and semi-urban centres to cater mainly to the needs of small borrowers, viz., owners of small-scale industrial units, retail traders, professional and salaried classes”. As stated by Mr. Uma Shankar, “Co-operative banks are playing a larger role for the grass root community. Co-operative banks are using advanced technology and recruit more efficient people to compete with commercial banks.

In general, urban co-operative banks are expected to fulfil banking and credit requirement of the urban middle class. The working of urban of the co-operative bank is carried out by mobilizing the saving from the lower- or middle-income group or attracting deposit from members and non- members, distribute credit or advance loans to small borrower especially from bottom of the pyramid. The urban co-operative banks offer sizable loans and advances to priority sectors which includes small business houses, retailers, traders, road and water transport operators, professionals and self-employed persons etc.

In March 1996, Urban Co-operative banks come under the horizon of State Government and RBI become the regulatory supervisory authority. These banks mostly located nearby towns

or cities. The urban co-operative banks with multi-state presence regulated by the Central Government and registered under the Multi-state Co-operative Societies Act.

The key features of urban co-operative banks are listed below –

3. The main purpose of the urban co-operative banks is to provide various banking services.
4. The urban co-operative banks distribute the surplus according to the proportion of business operations.
5. The urban co-operative banks work under dual control which is governed by the state government as well as RBI.
6. Generally, the operations of these types of banks are having local touch and operations are limited to semi-urban and urban areas.
7. Comparatively higher rate of interest on deposits, lower lending rates, exemption of payment of tax on interest and profits, better Capital Reserve Ratio and Statutory Liquidity Ratios are some of the facets of urban co-operative banks.

The various functionalities of urban co-operatives banks are – raising of funds for lending money, borrowing funds and use it for providing loan to needful, attracting deposit from the people, boosting saving and mutual aids, to provide safe deposit vaults, carry out various banking operations and most important is to serve customer satisfactorily.

Thus, it can be stated that UCBs has become a medium to improve the socio-economic status of the urban people.

Banking has now become more and more customer-centric. The determinants of customer satisfaction changed significantly. The competition has to lead the banking sector to innovate their service to retain and satisfy the customer as per their needs. Banking being service industry customer focus functioning becomes prime importance. For the development and stability of the banking business, it is necessary to engage the customer to satisfy their demands. Nakhuda Amina I. (2016) in their article on “Factors that Determine Customer Satisfaction in Banking Institutions: Evidence From Indian Banking Industry” defined that ‘Satisfaction is an overall customer attitude or behaviour towards a service provider, or an emotional reaction towards the difference between what customers expect and what they receive, regarding the fulfilment of some desire, need or goal.’

Anand S.Vijay and Selvaraj M. (2012) in their study titled, “Impact of Demographic Variables on Customer Satisfaction in Banking Sector - An Empirical Study” found that there is no significant relationship between the demographic variables and customer satisfaction except the choice of the bank and the status of a residential area.

Beevi. Tks Fathima A. (2014), in her research paper, “Customer Satisfaction and Perception towards the Services of Co-operative Bank” pointed out that, customer have a positive attitude towards the services rendered by Malappuram Service Co-operative Bank. The author considered following parameters to know satisfaction and perception about the bank – Document formalities, Interest rates on loan, Convenience to reach the bank, Relationship of employees, Overall services, Modern equipment/ technology used, Time is taken for operations, physical facilities of the bank, Employees attitude and behaviour, Bank interests in customer’s solving problems and Convenience of operating hours.

Sharmi Rosybala G., Dr Prabhakar L. (2017) wrote an article on, “Customer Satisfaction in Imphal Urban Co-operative Bank Ltd, Manipur”. The duo considered Reliability, Empathy, Responsiveness, Assurance and Tangibility as an attribute for understanding customer satisfaction. The result was neutral towards all the aspects. The author emphasized the need for the establishment of a professional relationship with customer empowerment.

Dr P. Radhakrishnan (2018) in his research work namely, “Customer Satisfaction in Co-Operative Banks in Comparison with Nationalised Banks with Special Reference to Palakkad District” compared the customer satisfaction level. The author concluded that there is no significant difference between customer satisfaction aspect related to national and urban co-operative banks even though these banks are catering the needs of the different segments of the society with the varied socio-economic background.

4. RESEARCH METHODOLOGY

Area of Study – Pune, Mumbai and Nagpur region.

Sample Design – Two urban co-operative banks from each region are selected for the study. The simple random judgemental sampling method is used for collecting data form 20 customers of each bank,

Data Source – The primary data is collected through a structured questionnaire which was personally distributed to the customers.

Hypotheses –

There is a significant difference between the Customer satisfaction about the various parameters across the Pune, Mumbai and Nagpur region.

The parameters are - Telephonic Contact, Banking Services, Mailed Statement, Banking Officer Behaviour and Branch Aspects

5. DATA ANALYSIS

In all 120 responses of the customers of urban co-operative banks collected respectively 40 from each region. The data then segregated in an excel sheet. To carry out comparative analysis t-test is used for testing the hypothesis. The comparison is done for customer satisfaction related to parameters within the region – Pune-Mumbai, Mumbai- Nagpur and Pune- Nagpur.

1. H_1 : There was a significant difference between the satisfaction of the customers related to telephonic contact service provided by urban co-operative banks from Pune, Mumbai and Nagpur region.

The attributes which considered for customer satisfaction related to telephonic contacts are – Prompt Call handling, Courteous and Professional response, Quick connect with the right person and Satisfactory handling of problems/issues The t-table statistic is presented below –

Table 1 t-test statistics: Telephonic Contact

t-Test: Paired Two Sample for Means			t-Test: Paired Two Sample for Means			t-Test: Paired Two Sample for Means		
	Variable 1	Variable 2		Variable 1	Variable 2		Variable 1	Variable 2
Mean	3.4625	3.75	Mean	3.4625	3.75	Mean	3.14375	3.75
Variance	0.27419872	0.346154	Variance	0.274198718	0.3461538	Variance	0.121434295	0.34615385
Observations	40	40	Observations	40	40	Observations	40	40
Pearson Correlation	0.34331443		Pearson Correlation	0.343314428		Pearson Correlation	-0.19541152	
Hypothesized Mean Difference	0		Hypothesized Mean Difference	0		Hypothesized Mean Difference	0	
df	39		df	39		df	39	
t Stat	-2.84383837		t Stat	-2.84383837		t Stat	-5.18088433	
P(T<=t) one-tail	0.00353088		P(T<=t) one-tail	0.003530885		P(T<=t) one-tail	3.53327E-06	
t Critical one-tail	1.68487512		t Critical one-tail	1.684875122		t Critical one-tail	1.684875122	
P(T<=t) two-tail	0.00706177		P(T<=t) two-tail	0.00706177		P(T<=t) two-tail	7.06654E-06	
t Critical two-tail	2.02269092		t Critical two-tail	2.02269092		t Critical two-tail	2.02269092	
Pune-Mumbai			Mumbai - Nagpur			Pune- Nagpur		

A Comparative Study of Customer Satisfaction of Urban Co-Operative Bank with Special Reference to Pune, Mumbai And Nagpur Regions

In the case of responses related to satisfaction about telephonic contact concerning Pune-Mumbai region, Mumbai Nagpur region and Pune – Nagpur region indicated that p-value for each pair is 0.0071, 0.0071 and 7.01E-06 respectively. As these values are less the 0.05, it suggests acceptance of a hypothesis. There is significant difference related to customer satisfaction about various aspects of telephonic contacts.

2. H_2 : There is a significant difference between customer satisfaction about banking services provided by urban co-operative banks from Pune, Mumbai and Nagpur region.

The banking services included for the study are as follows – Catering all banking needs, Competitive interest rate, Availability of staff at the counter, Human touch, Excellent phone or online or personal banking service, Provision of basic banking services during connection failure, Prompt return of dishonoured cheque, Prompt handling of TDS certificate at the end of each quarter, Prompt provision to issue loan interest certificate at the end of years, Satisfactory resolving of complaint and Receipt of account monthly statement. Thus, in all 12 parameters are considered to know about satisfaction related to banking services of urban co-operative banks from regions selected for the study.

The t-test outcome reveals that there is a significant difference in the satisfaction level of the customer from different regions considered for the study.

Table 2 t-test statistics: Banking Services

t-Test: Paired Two Sample for Means			t-Test: Paired Two Sample for Means			t-Test: Paired Two Sample for Means		
	<i>Variable 1</i>	<i>Variable 2</i>		<i>Variable 1</i>	<i>Variable 2</i>		<i>Variable 1</i>	<i>Variable 2</i>
Mean	3.72604167	2.775926	Mean	2.85308642	2.7759259	Mean	2.85308642	3.72604167
Variance	0.02921363	0.03327	Variance	0.02626085	0.03327	Variance	0.02626085	0.02921363
Observations	40	40	Observations	40	40	Observations	40	40
Pearson Correlation	0.12588668		Pearson Correlation	0.345427846		Pearson Correlation	0.386819563	
Hypothesized Mean Difference	0		Hypothesized Mean Difference	0		Hypothesized Mean Difference	0	
df	39		df	39		df	39	
t Stat	25.7083068		t Stat	2.467627021		t Stat	-29.9217578	
P(T<=t) one-tail	2.3002E-26		P(T<=t) one-tail	0.009047361		P(T<=t) one-tail	8.17643E-29	
t Critical one-tail	1.68487512		t Critical one-tail	1.684875122		t Critical one-tail	1.684875122	
P(T<=t) two-tail	4.6005E-26		P(T<=t) two-tail	0.018094721		P(T<=t) two-tail	1.63529E-28	
t Critical two-tail	2.02269092		t Critical two-tail	2.02269092		t Critical two-tail	2.02269092	
Pune-Mumbai			Mumbai - Nagpur			Pune- Nagpur		

All the p-values shown in the above table in the case of Pune and Mumbai region and Pune and Nagpur are less than 0.05. It directs that the stated hypothesis is accepted. It means there is a significant difference observed which is linked to satisfaction about various banking services provided by urban co-operative banks from the customers of Pune, Mumbai and Nagpur region.

3. H_3 : There is a significant difference in customer satisfaction related to mailed statement facility provided by urban co-operative banks positioned in the Pune, Mumbai and Nagpur region.

Some of the aspects considered about mail communications are - Mailed statements sent out on time, Statements contain a complete record of transactions, Mailed statements are accurate and easy to read. The t-test results are presented below –

Table 3 t-test statistics: Mailed Statement

t-Test: Paired Two Sample for Means			t-Test: Paired Two Sample for Means			t-Test: Paired Two Sample for Means		
	Variable 1	Variable 2		Variable 1	Variable 2		Variable 1	Variable 2
Mean	2.95	3.05	Mean	3.1	3.05	Mean	3.1	2.95
Variance	0.1	0.048718	Variance	0.194871795	0.0487179	Variance	0.194871795	0.1
Observations	40	40	Observations	40	40	Observations	40	40
Pearson Correlation	0.03673592		Pearson Correlation	0.473684211		Pearson Correlation	0.036735918	
Hypothesized Mean	0		Hypothesized Mean	0		Hypothesized Mean	0	
df	39		df	39		df	39	
t Stat	-1.66904592		t Stat	0.813029488		t Stat	1.778246935	
P(T<=t) one-tail	0.05155893		P(T<=t) one-tail	0.210568466		P(T<=t) one-tail	0.041580245	
t Critical one-tail	1.68487512		t Critical one-tail	1.684875122		t Critical one-tail	1.684875122	
P(T<=t) two-tail	0.10311785		P(T<=t) two-tail	0.421136931		P(T<=t) two-tail	0.083160489	
t Critical two-tail	2.02269092		t Critical two-tail	2.02269092		t Critical two-tail	2.02269092	
Pune-Mumbai			Mumbai - Nagpur			Pune- Nagpur		

The p-value of t-test statistics about satisfaction related to mailed statement service provided by urban co-operative bank directs that there is no significant difference among the customer of all the three regions. It is indicated by the p-values highlighted in the above table. The p-value for customer satisfaction comparison from Pune-Mumbai region is 0.103, Mumbai-Nagpur region is 0.421 and Pune-Nagpur region is 0.083. All the values are greater than 0.05 which reject the stated hypothesis.

- H₄: There is a significant difference between customer satisfaction related to bank officer behaviour of urban co-operative bank situated at Pune, Mumbai and Nagpur region.

The various facet of bank officer behaviour selected for study are – Friendliness, Knowledge of banks Products and services, Willingness to listen and Respond to need, Fast and Efficient Services and Professional Attitude.

Table 4 t-test statistics: Bank officer Behaviour

t-Test: Paired Two Sample for Means			t-Test: Paired Two Sample for Means			t-Test: Paired Two Sample for Means		
	Variable 1	Variable 2		Variable 1	Variable 2		Variable 1	Variable 2
Mean	3.945	4.02	Mean	3.945	4.035	Mean	4.035	4.02
Variance	0.10048718	0.07959	Variance	0.100487179	0.0756667	Variance	0.075666667	0.07958974
Observations	40	40	Observations	40	40	Observations	40	40
Pearson Correlation	0.06995864		Pearson Correlation	0.081453084		Pearson Correlation	0.043614256	
Hypothesized Mean	0		Hypothesized Mean	0		Hypothesized Mean	0	
df	39		df	39		df	39	
t Stat	-1.1587794		t Stat	-1.41443745		t Stat	0.24619361	
P(T<=t) one-tail	0.12679624		P(T<=t) one-tail	0.082583965		P(T<=t) one-tail	0.40341177	
t Critical one-tail	1.68487512		t Critical one-tail	1.684875122		t Critical one-tail	1.684875122	
P(T<=t) two-tail	0.25359247		P(T<=t) two-tail	0.165167929		P(T<=t) two-tail	0.80682354	
t Critical two-tail	2.02269092		t Critical two-tail	2.02269092		t Critical two-tail	2.02269092	
Pune-Mumbai			Mumbai - Nagpur			Pune- Nagpur		

Above table shows that there is no significant difference in the satisfaction related to bank officer behaviour among the customer respondents from Pune Mumbai and Nagpur region. The value of t-test in the case of Pune-Mumbai, Mumbai-Nagpur and Pune- Nagpur region is greater than 0.05 which indicates rejection of the stated hypothesis.

- H₅: There is a significant difference between customer satisfaction related to branch aspects of the urban co-operative bank from Pune, Mumbai and Nagpur region

A Comparative Study of Customer Satisfaction of Urban Co-Operative Bank with Special Reference to Pune, Mumbai And Nagpur Regions

The branch aspects considered are as follows – Clean and well-cared facilities, Efficient, no longer wait, No long line ups at the counter, Availability of Information brochures, Pleasant and Attractive Décor, Availability of Automated Teller Machines and Located at Convenient Places, The t-test statistics outcome presented below –

Table 5 t-test statistics: Branch Aspects

t-Test: Paired Two Sample for Means			t-Test: Paired Two Sample for Means			t-Test: Paired Two Sample for Means		
	Variable 1	Variable 2		Variable 1	Variable 2		Variable 1	Variable 2
Mean	3.11111111	2.861111	Mean	3.11111111	3.075	Mean	2.86111111	3.075
Variance	0.03545426	0.100506	Variance	0.035454258	0.0350665	Variance	0.100506489	0.03506648
Observations	40	40	Observations	40	40	Observations	40	40
Pearson Correlation	-0.0689386		Pearson Correlation	0.26035631		Pearson Correlation	0.09464673	
Hypothesized Mean	0		Hypothesized Mean	0		Hypothesized Mean	0	
df	39		df	39		df	39	
t Stat	4.16390322		t Stat	1		t Stat	-3.83637555	
P(T<=t) one-tail	8.3618E-05		P(T<=t) one-tail	0.161737473		P(T<=t) one-tail	0.000222591	
t Critical one-tail	1.68487512		t Critical one-tail	1.684875122		t Critical one-tail	1.684875122	
P(T<=t) two-tail	0.00016724		P(T<=t) two-tail	0.323474945		P(T<=t) two-tail	0.000445182	
t Critical two-tail	2.02269092		t Critical two-tail	2.02269092		t Critical two-tail	2.02269092	
Pune-Mumbai			Mumbai - Nagpur			Pune- Nagpur		

There is variation observed in comparative analysis through t-test in the case of Branch Aspects. The customer respondents from Pune-Mumbai and Pune- Nagpur shown significant difference related to satisfaction about branch aspects as p-values are 0.00017 and 0.00044 which are less than 0.05. It means the stated hypothesis is accepted in this case. But in the case response analysis of Mumbai-Nagpur region, as the p-value (0.3235) is greater than 0.05, the hypothesis is rejected i.e. there is no significant difference about satisfaction related to branch aspects of the urban co-operative bank from Mumbai and Nagpur region.

Overall Satisfaction –

By considering positive responses about various parameters selected for the study (Telephonic Contact, Banking Services, Mailed Statement, Banking Officer Behaviour and Branch Aspects), overall satisfaction is found out for Pune, Mumbai and Nagpur region distinctly.

Table 6 Customer Satisfaction about Parameters – Region wise

Region	Pune		Mumbai		Nagpur	
Parameter	No. of Satisfied Customers	% of Satisfaction	No. of Satisfied Customers	% of Satisfaction	No. of Satisfied Customers	% of Satisfaction
Telephonic Contact	6	15	18	45	27	67.5
Banking Services	34	85	1	2.5	2	5
Mailed Statement	0	0	2	5	2	5
Bank officer Behaviour	39	97.5	37	92.5	40	100
Bank Aspects	1	2.5	2	5	2	5

From the table, it can be stated that Customers of the selected urban co-operative bank from Nagpur region are more satisfied with Telephonic contact service provided by the bank as compared to the customers from other regions. In the case of Banking Services, customers of urban co-operative banks from Pune region far more satisfied than customers from Mumbai and Nagpur region. About the facility Mailed statement, very few of the customers from either of the regions are satisfied. The customers from Nagpur region are most satisfied (100%) about Bank officer behaviour towards them followed by customers from Pune region (97.5%) and

Mumbai region (92.5%). Branch Aspect is not so much accepted facility from the customers of all the three regions as a percentage of satisfaction is 2.5% in the case of customers from Pune region and 5% in the case of customers from Mumbai and Nagpur region respectively.

The overall satisfaction considering all the positive responses for all the parameters together specifies that customers of urban co-operative banks from Pune are more satisfied (80%) as compared to other regional customers. The overall customer satisfaction percentage is shown in the table below –

Table 7 Overall Customer Satisfaction – Region wise

Region	Total No. of Satisfied Customers	% of Satisfaction
Pune	80	66.67
Mumbai	60	50
Nagpur	73	60.83

6. CONCLUSION

Customer satisfaction plays a pivotal role in the survival and success of any business. Numerous studies had been carried out to understand customer needs and satisfaction, in this regard, this research paper throw lights on various aspects of customer satisfaction about the urban co-operative bank. It can be stated that the expectation of customers from different regions differs from each other. The acceptance hypothesis related to Telephonic contact, Banking services and Bank officer behaviour pointed out the significant difference between the customer satisfaction of urban co-operative bank customers from Pune, Mumbai and Nagpur region. It is necessary to pay attention towards mailed statement service provided by the urban co-operative bank as satisfaction level found to be very less. The customer satisfaction level points out that apart from Banking services and Banking officer behaviour, other services need to be improved by adopting better way to provide the services and dealing effectively with the dissatisfied customers by attempting their complaints positively.

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Impact of Outcome based Education (OBE) on Teaching Effectiveness of Faculty Members of Professional Program

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Abstract: The growth and development of a country relies heavily on the Higher education which powers the supply of skilled and technologically advanced manpower.

Outcome based education is potentially successful curricular innovation for educational institutions as it not only overcomes the lacuna of traditional learning process but also it has the advantage of being future driven. OBE aims at assessing the learners on understanding, critical thinking, reasoning, reflection and action. It aims at ensuring that the students have an integration of knowledge and learning relevant and connected to real-life situations. Looking at the growing importance of Outcome based Education (OBE), This study is conducted to find the OBE literacy quotient of the faculty members in Management & Engineering colleges. A preview is generated with respect to the acceptance and/or reluctance of faculty members towards implementing OBE practices. The study also postulates the relationship between OBE knowledge and teaching effectiveness.

The data is analyzed through descriptive and inferential statistics.

The outcome of the research would be significant for the policy makers and administrators in determining the means to improve quality of education by proper implementation of OBE practices.

Key words: Outcome based Education (OBE), OBE literacy quotient, teaching effectiveness

1. Introduction

Looking at the fast changing global environment, it has become imperative to make changes accordingly in the teaching learning process. The regulatory bodies in India had proposed the outcome based education format earlier for the Engineering and Medical Institutions and now have percolated the policies in all the educational institutions.

It is a task to change the mindset of the teachers who have been following the traditional classroom instructional pedagogy for years together. Thus there is a necessity to create awareness, train the faculty members, motivate them to design activities which targets towards the outcomes. The role of the teacher has to be changed from merely an instructor to a facilitator. Active learning rather than passive learning is the need of the hour for the students to sustain in the competitive world.

According to Pretorius (1998) and Genis (1997) OBE is a system that is relevant and appropriate to address future needs in a better manner compared to traditional approach. It also intends to implement the changes in technology and work environment more effectively.

OBE implies a paradigm shift toward supporting high levels of learning for all students. It focuses on what students can do and how do students relate to teaching (Biggs and Tang 2007).

That is, the instructor should provide guidance for students to achieve their outcomes by choreographing specific learning activities and assessment tasks (Van Schalkwyk 2007). Considering the above the most important aspect of OBE is to determine the learning outcomes.

“Pretorius (1998) has also laid down several characteristics of OBE:

- It is a learner-centered approach based on the philosophical assumption that all learners are achievers if allowed sufficient time to do so.
- There is freedom and flexibility for self-motivated learners to engage in enriching activities in order to attain the required outcome.
- Learners are focused on what is expected of them since they are exposed to the outcome right from the onset.
- Learners become accountable for their own learning when having to attain outcomes.
- An opportunity for flexible teaching strategies is offered to teachers since the emphasis is not only on whether the learner attains the selected outcome, but also on procedure.

- Learner success is established purely on whether the learner has attained the required outcome or not – and not in terms of the achievements of other learners.
- A variety of opportunities are offered to learners to demonstrate whether the outcome has been attained.
- Learner progression is based on demonstrated achievements.
- It is a long-term commitment based on the premise of continuous improvement.
- The notion of “great expectations for all to succeed”, is emphasized.
- It focusses on the future and is able to address the changing needs of the community more readily.
- Community requirements tend to be addressed more directly because, in determining the required outcomes, there is the involvement of an extensive range of stakeholders such as parents, teachers and business leaders.
- The focus is on skills needed in everyday living and the requirements of the career environment, rather than on memorizing factual knowledge”

2. Rationale

There are very few studies related to OBE in Indian context with respect to analyzing the awareness, understanding ,the reluctance and implementation of OBE practices in professional educational institutions.

Unemployment statistics of Indian youth especially in the days of reaping benefits of demographic dividend, has put forward a need to restructure the educational scenario.

This study makes a modest effort to give a visualization of the current scenario in educational sector by providing results about OBE quotient amongst faculty members,their perspective on application of the OBE and the effectiveness of OBE.

3. Literature review

In a study conducted by Botha(2002) , the research concluded that OBE is concerned with what students have learnt and how well they have learnt rather than what they were supposed to learn.

The shift in focus from teacher to student has led to constructivism in higher education (Ertmer and Newby 1993) where constructivism emerges from philosophy, psychology,

sociology and education (Carlson 2003). It lays emphasis on knowledge as a social endeavor (Otting 2000).

In OBE teachers are stimulators of meaningful knowledge rather than mere transmitters of existing knowledge (Harris and Alexander 1998 in Kember 1997).

Black and Wiliam (2009) argue that every instruction is aimed at achieving some goals such as improving learning skills.

Transmission approach to knowledge delivery leads to superficial learning while an approach focused on students leads to in-depth learning. It is thus important to use appropriate method to transform superficial learning to in-depth learning (Trigwell et al. (1999).

Ebrahim (2010) and Allawneh and Mallah (2008) highlighted in their study that administrators incorporated the outcome based education concept in their system without adequate training to the members of faculty on how to execute these concepts and render student centric learning. This leads to inability of the members of faculty to develop and enhance their teaching skills.

Further to this (McAlpine et al., 2006) stated that there was a lack of alignment between course goals, plans and classroom activities may be due to the lack of understanding of OBE by the administrators similar to the members of faculty.

Recent trends in higher education industry reflect that for assurance of quality in education focus should be on identification of outcomes of the course or program to be taught and alignment of these learning outcomes with the teaching pedagogy and assessment strategy in a manner to maximize the achievement of these outcomes. It's a process that begins with identification of outcomes i.e. what the students should be able to do at the end of the program, then organizing the curriculum accordingly, defining instruction and pedagogy and finally the assessment to ascertain that the intended learning has actually taken place. (Baron & Boschee, 1996; Deneen, 2009; Spady, 1994; Webb, 2009).

Laguador, J. M., & Dotong, C. I. (2014) in this study found out that faculty members may possess appropriate knowledge in certain area of the OBE implementation but not being practiced. Continuous participation of the faculty members in training and seminars is highly encouraged to provide them updates of the OBE process. Faculty members with high level of knowledge and understanding on the implementation of OBE have also higher possibility to contribute in the realization of the objectives of OBE through practice.

4. Research Methodology

Questionnaire Design

Structured close ended questionnaire has been used to collect data for the research. The questionnaire was developed based on literature review and objectives of the research. It takes into account the major components of OBE i.e. PO, CO, Pedagogy and Assessment.

The data is analyzed using both descriptive & inferential statistics

The study uses Convenience sampling method for data collection and data was collected based on the availability and willingness of the respondents.

Objectives

Objective 1: To assess the knowledge of OBE amongst the faculties (Mgt&Engg)

Objective 2: To understand if OBE quotient differs with Gender and Age.

Objective 3: To understand the relationship between knowledge of OBE and acceptance/Reluctance of Teachers towards implementing/practice of OBE

Objective 4: To analyse the impact of OBE on teaching effectiveness of Faculty members.

Prominent Variables used in the research:

OBE literacy quotient: OBE literacy quotient is the extent of knowledge pertaining to OBE concept and practices.

Items related to assess the OBE Quotient:

1. I have the conceptual knowledge of OBE.
2. I have gained the knowledge of OBE through the Seminars/Workshops/Self study
3. I understand how the Program Outcomes and Program Educational Outcomes of the College were formulated
4. I am aware of the process to formulate Course Outcomes using Bloom's Taxonomy
5. I understand the relationship between Course outcomes and Program outcomes.
6. I have clear understanding on how to do the OBE assessment
7. I understand the use of the direct assessment techniques in assessing the course outcomes.
8. I can assess the students by using Activities, Exercises, Projects, assignments to attain the course outcomes.
9. I understand the principle of making and using the rubrics for assessment.
10. I am ready to apply the OBE curriculum in the delivery of my instructions
11. I have used different techniques related to OBE in the delivery of my instructions

12. I was involved in implementing OBE at my college/institute.
13. I understand the difference between PO, PSO, PE and GA
14. I can comfortably map COs with POs.
15. I can measure attainment of my course.

Teaching effectiveness: Teaching Effectiveness is the result of the application of OBE practices and getting a positive evident learning outcomes.

Items related to Teaching Effectiveness:

I find the students more engaged.

The students are able to think out of box.

The Teaching-Learning has become two way interactive process.

Higher order thinking skills of the students have improved

Clear teaching objectives and predefined expectations have inspired students to become creative and innovative thinkers.

Students understand WHY they are learning.

Increased student involvement allows students to feel responsible for their own learning

Students gained real world experience

Students are able to recall and implement/execute the concept.

Students are inspired and motivated about the subject

Hypothesis 1:

Context:

The concept of OBE was first adopted in Engineering Colleges in India soon after India became a signatory member of Washington accord and later percolated to the various programs. So the researchers found it imperative to find if there was any difference in the OBE knowledge of the faculties in Management and Engineering colleges.

Ho1: There is no significant difference between the OBE Literacy Quotient of Various faculties of technical education (Engineering, Management)

Ha1: There is a significant difference between the OBE Literacy Quotient of Various faculties of technical education (Engineering, Management)

Hypothesis 2:

Context:

It is well established from the Literature review that OBE knowledge is the need of the hour. But merely having knowledge will not suffice. So it was essential to explore the relationship between OBE quotient and acceptance of the faculties/teachers to implement the OBE practices in their classroom.

Ho2: There is no significant relationship between knowledge and acceptance of Teachers towards implementing/practice of OBE

Ha2: There is significant relationship between knowledge and acceptance of Teachers towards implementing/practice of OBE

Hypothesis 3:

Context:

The employability of the students will enhance only if the teaching is effective especially if the students are able to apply the concepts taught by the teachers. Thus it was necessary to explore whether there exists any relationship between OBE literacy quotient and teaching effectiveness.

Ho3: Teaching effectiveness is independent of OBE literacy quotient.

Ha3: Teaching effectiveness is dependent on OBE literacy quotient.

Sample size:

75 faculty members of Engineering & Management institutions (across Maharashtra).

5. Data Analysis & Interpretation

Descriptive and inferential statistics have been used, by applying SPSS 21 software package. Descriptive statistics have been used for summarizing the data to draw a meaning from the data.

Mean & Standard Deviation were computed to describe all the variables and Cronbach's Alpha test was performed to check the reliability of the data.

Reliability Statistics

Cronbach's Alpha	N of items
.960	45

Inferential statistics have been used for testing the hypothesis and drawing conclusions. T-Test was used to generalize the results of the sample for the complete population.

Analysis 1:

Test of normality

Shapiro-Wilk Test of Normality

To assess whether the data is normally distributed, Shapiro-Wilk Test of Normality is used for both data collected from Members of Faculty. The test reveals whether sample data are drawn from a normally distributed population or not.

Applying Shapiro-Wilk test of normality to mean values determined and results obtained have been given in following Table

Tests of Normality							
	Teaching in	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statisti c	df	Sig.	Statisti c	df	Sig.
OBE quotient	MBA	.150	47	.010	.947	47	.033
	ENGG.	.144	25	.195	.949	25	.235

The statistical value (p value) for the data is .235. Assumed level of significance is .05. Since the *p* value is greater than .05 ($p > .05$) the results are significant which means that the data is normally distributed.

Analysis 2:

OBE Quotient

The OBE quotient was calculated and the mean score was found as under:

OBE Quotient

Faculty	Mean	N	Std. Deviation
Management	3.7951	47	.58815
Engineering	3.9048	25	.48254
Total	3.8332	72	.55280

Group Statistics					
	gender	N	Mean	Std. Deviation	Std. Error Mean
OBE literacyQuotient	MALE	49	3.8812	.59549	.08507
	FEMALE	26	3.8185	.48580	.09527

Independent Samples Test											
		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
										Lower	Upper
OBE literacy Quotient	Equal variances assumed	.614	.436	.462	73	.646	.06276	.13596	-.20820	.33372	
	Equal variances not assumed			.491	60.670	.625	.06276	.12772	-.19267	.31819	

The significance value is greater than .05, which means that the null hypothesis is accepted. There is no significant difference between the OBE Literacy Quotient of Various faculties of technical education (Engineering, Management)

Analysis 3:

Understanding of OBE differs by gender

Independent Sample T-test was used to study the difference in the understanding of OBE by gender & Age of Members of Faculty(Teachers)

Group Statistics					
	Gender	N	Mean	Std. Deviation	Std. Error Mean
OBE literacy Quotient	MALE	49	3.8812	.59549	.08507
	FEMALE	26	3.8185	.48580	.09527

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
				F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
		Lower	Upper							
OBE literacy Quotient	Equal variances assumed	.614	.436	.462	73	.646	.06276	.13596	-.20820	.33372
	Equal variances not assumed			.491	60.670	.625	.06276	.12772	-.19267	.31819

Independent sample test was conducted to generalize the results of the sample for the population. The results show that understanding of male members of faculty (3.88) did not show statistically significant difference to the understanding of female members of faculty (3.81), $t(75) = .462$, $p = .646$

Results are significant when calculated p value is less than assumed p value. Since $p > 0.05$, the null hypothesis is accepted & hence we conclude that understanding of OBE does not differ by gender of members of faculty.

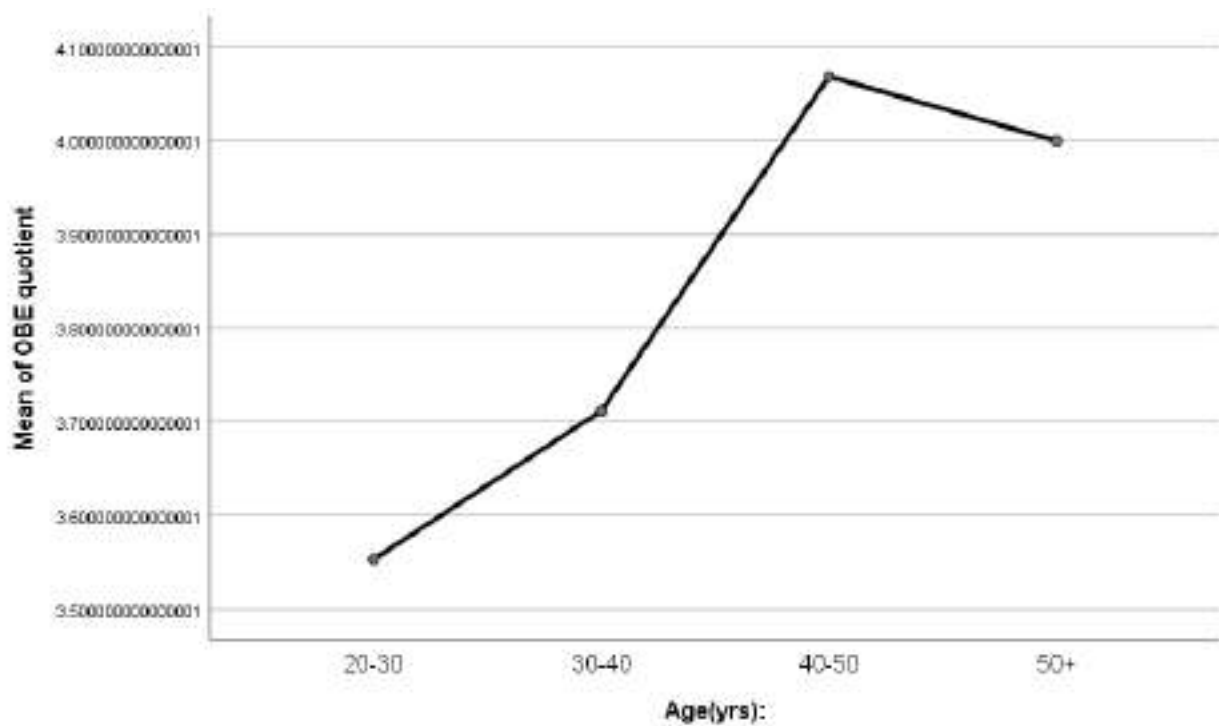
Analysis 4:

Different age groups shows different levels of OBE understanding.

Descriptives
OBE quotient

	N	Mean	Std. Deviation	Std. Error
20-30	8	3.55	.5574	.19710
30-40	31	3.711	.5857	.1052
40-50	27	4.068	.4878	.0938
50+	9	4.000	.4386	.14620
Total	75	3.8578	.5573	.0643

A Turkey Post hoc test revealed that the group with experience of 40-50 years showed higher level of understanding compared to 20-30 years & 30-40 & 50 above groups.



The graph clearly shows that members of faculty with experience between 40-50 years shows higher level of understanding of OBE compared to other members of faculty from the other two groups.

Analysis 5:**Relationship between knowledge(OBE literacy quotient) and acceptance of Teachers towards implementing/practice of OBE**

Correlations			
		OBE quotient	Acceptance for practice of OBE
OBE literacy quotient	Pearson Correlation	1	.293*
	Sig. (2-tailed)		.011
	N	75	75
Acceptance for practice of OBE	Pearson Correlation	.293*	1
	Sig. (2-tailed)	.011	
	N	75	75
*. Correlation is significant at the 0.05 level (2-tailed).			

The p value is 0.011) which is less than 0.05, it means that we reject the null hypothesis and the correlation is significant and looking at the correlation quotient ($r=0.293$) the value of r is positive which means that there is a positive correlation between OBE Quotient and Acceptance of the Teachers to implement OBE practices.

Analysis 6:**Relation between Understanding OBE and reluctance of the teachers to implement OBE practices.**

Correlations			
		OBE quotient	Reluctance
OBE literacy quotient	Pearson Correlation	1	-.187
	Sig. (2-tailed)		.109
	N	75	75
Reluctance	Pearson Correlation	-.187	1
	Sig. (2-tailed)	.109	

	N	75	75
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The p value is 0.109 which is more than 0.05, it means that we accept the null hypothesis and the correlation is insignificant and looking at the correlation quotient ($r=-0.187$) the value of r is negative with means that this is a negative correlation between OBE quotient and Reluctance of teachers to implement OBE practices. This means that low knowledge of OBE leads to reluctance of implementation of OBE.

Analysis 7:

OBE QUOTIENT AND TEACHING EFFECTIVENESS

Descriptive Statistics

	Mean	Std. Deviation	N
OBE Quotient	3.8595	.55736	75
Teaching effectiveness	3.6320	.99351	75

Correlations

		OBE Quotient	Teaching effectiveness
OBE Quotient	Pearson Correlation	1	.345**
	Sig. (2-tailed)		.002
	N	75	75
Teaching effectiveness	Pearson Correlation	.345**	1
	Sig. (2-tailed)	.002	
	N	75	75

** . Correlation is significant at the 0.01 level (2-tailed).

We have used Pearsons correlation to find relation between OBE quotient and Teaching effectiveness. The p value is 0.002($p=0.002$)which is less than 0.05, it means that we reject the null hypothesis and the correlation is significant and looking at the correlation quotient ($r=0.347$) the value of r is positive which means that there is a positive correlation between OBE knowledge and Teaching effectiveness.

Analysis 8:

Relation between OBE literacy quotient, Teaching effectiveness and Acceptance of the teachers to implement OBE practices.

Descriptive Statistics			
	Mean	Std. Deviation	N
OBE Quotient	3.8595	.55736	75
Teaching effectiveness	3.6320	.99351	75
Acceptance	3.7720	.95387	75

Correlations

		OBE Quotient	Teaching effectiveness	Acceptance
OBE literacy Quotient	Pearson Correlation	1		
	Sig. (2-tailed)			
	N	75		
Teaching effectiveness	Pearson Correlation	.345**	1	
	Sig. (2-tailed)	.002		
	N	75	75	
Acceptance	Pearson Correlation	.249*	.715**	1
	Sig. (2-tailed)	.031	.000	
	N	75	75	75

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

There is a significant correlation between Acceptance of teachers for OBE implementation and Teaching effectiveness. Thus , to increase the teaching effectiveness, knowledge and implementation of OBE practices is required.

Interpretation

	Alternate Hypothesis	Statistical Tool	Interpretation

Ha1	There is a significant difference between the OBE Literacy Quotient of Various faculties of technical education (Engineering, Management)	T-test	The null hypothesis is accepted. There is no significant difference between the OBE Literacy Quotient of Various faculties of technical education (Engineering, Management)
Ha2	There is significant relationship between knowledge and acceptance of Teachers towards implementing/practice of OBE	Bi Variate Correlation	The alternate hypothesis is accepted
Ha3	Teaching effectiveness is dependent on OBE literacy quotient.	Bi Variate Correlation	The alternate hypothesis is accepted

6. Conclusion

The findings have demonstrated that some of the faculties lack the understanding of OBE which leads to monotonous teaching and less teaching effectiveness. It is a well-established fact that OBE is the need of the hour considering the fact that traditional education system is yielding unemployable youth due to a wide gap between the theory taught & practical knowledge required. Members of faculty have also depicted low level of understanding of OBE which in turn leads to inadequate application of the concept in the education system and reluctance to implement OBE. The findings of the study also suggests that there is a clear linkage between Understanding the concept of OBE, Implementation of OBE in classroom teaching and Effectiveness in teaching. Proper training programs should be organized for the teachers in all technical programs.

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Power distribution operational risk model driven by FMEA and ISM approach

Power
distribution
operational
risk model

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Received 12 August 2019
Revised 16 October 2020
Accepted 7 December 2020

Abstract

Purpose – The purpose of this paper is to identify various risks in the power distribution supply chain and further to prioritize the risk variables and propose a model to the power distribution industry for managing the interruptions in its supply chain. To accomplish this objective, a case of a major power distribution company has been considered.

Design/methodology/approach – Failure mode and effects analysis (FMEA) analysis has been done to identify the potential failure modes, their severity, and occurrence and detection scores. Then an interpretive structural model (ISM) has been developed to identify and understand the interrelationships among these enablers followed by MICMAC analysis, to classify the risk variables in four quadrants based on their driving and dependency powers.

Findings – The results of this study exhibit that technical failure in the information and technology system, the use of improper equipment, poor maintenance and housekeeping in the internal operations are the major risk drivers. Exposure to live wires and commercial loss in power supply has strong dependence power.

Research limitations/implications – This study is limited to a single power distribution company and not the whole power distribution sector.

Practical implications – This study suggests the managers of the power distribution company develop an initial understanding of the drivers and the dependent powers on the supply chain risks.

Social implications – Through prioritization, identification of drivers and the dependent risks, the losses in the power distribution supply chain can be minimized.

Originality/value – Various failures in the power distribution have been studied in the past, but they have not investigated the supply chain risks in the power distribution of a power distribution company.

Keywords Failure mode and effects analysis (FMEA), Interpretive structural modeling (ISM), MICMAC analysis, Supply chain

Paper type Research paper

Introduction

Power distribution is a crucial connection between the power supply company and the end-user. Proper distribution of power provides customer satisfaction and further proper revenue in the whole supply chain. The power distribution supply chain begins from the electricity producers who generate electricity through the sources of thermal, hydro or renewable sources. This power is supplied to the transmitters and finally, the distribution is done. Various drivers aid smooth functioning in this distribution supply chain. These drivers are those process functions that can impact the whole chain thereby resulting in the economic and financial condition of the firm.

Hence the failures or risks that can arise at any level in the execution of these process functions must be identified, prioritized and treated as they can not only cause financial and commercial losses, but the service quality loss and further loss of the company goodwill can surface. Hence risk management has to be aimed to safeguard the organization from the adverse effects and improve the overall performance (Maheshwari and Jain, 2014). Past



studies have shown various models developed by the researchers to analyze and model the supply chain risks. (Pandey and Sharma, 2017) developed an interpretive structural model (ISM) for assessing the risks in the supply chain that can help the supply chain managers to take decisions on treating the risk effects. Sharma and Bhat (2014) developed an ISM model for the agile supply chain and identified various enablers involved in the agile supply chain and their relative importance to the decision-makers.

Literature review

Researches in the field of supply chain risks have prominently discussed the risks associated with the supply chain networks and also have formulated the models to interrelate these risk variables. These studies have identified various gaps and future scopes for modification, updating and expanding their models. These research gaps derived from the literature review of the reviewed papers of supply chain risks of the power distribution sector are presented in Table 1.

The study of the existing literature has revealed multiple variables influencing the power distribution supply chain. Figure 1 describes the same in the form of a fishbone diagram.

Research methodology

A case of a major power distribution company has been undertaken to study the risks associated with it. The author developed a framework on failure mode and effects analysis (FMEA) to identify, analyze and model the risks. Further structural equation modeling (SEM) is used to identify and represent the interrelationships among the various risks in the power distribution company. The author collected the data in two phases. In the first phase, a detailed review of the literature was done to study the various risks in the execution of the core functions of the power distribution company. The experts from the power distribution industry were consulted to validate the risk variables and their quantification. Two experts holding the managerial position in the company agreed to validate the risk variables and further rate the risk variables for its severity, occurrence and detectability. The FMEA sheet, composing of 17 risk elements, was filled through the common censuses of the experts (see Table 2).

In the next phase, based on the risk priority number (RPN) generated by the FMEA model, 11 top risk elements were selected for further analysis of their structural relationships. ISM is used to understand the structural interrelations among these risk elements. This process was also based on the same expert's judgment. The experts were given eight days to understand the ISM model and further derive the relationships among the risk elements through common consensus. Structural self-interaction matrix represented in Table 3, shows these interrelationships. The researcher's perspectives that compelled the implementation of FMEA and ISM and their method of implementation are explained as under. Further the complete flow of the proposed model is represented in Figure 2.

What is failure mode and effect analysis?

FMEA is a systematic and qualitative tool used to identify the possible failure modes in a process, causes of failures and the effects of the failure on the whole system. It begins during the earliest conceptual stages of design and continues throughout the life of the product or service. FMEA is a tool that identifies the risks in the products or the processes that are designed, and further begins the risks reducing actions through the highest potential impact (Beyene *et al.*, 2018). It excludes the prospective risks or failures from the system to boost the reliability and safety of the complex systems. This supports proper information provision for decision-making in risk management. Thus it helps to prioritize the risks in the process

Author	Research objectives	Possible gaps
Ahsen (2008)	The author aimed at developing an improved approach to prioritizing failures within the procedure of the FMEA	The author suggested that focusing on the possibilities of including interdependencies among the failure modes identified through FMEA
Moja <i>et al.</i> (2016)	The authors aimed at identifying and assessing the risks associated with the electricity sector through the operations department of a Swaziland Electricity Company	The authors recommended that further study can be undertaken to determine the risks and their magnitudes
Liu <i>et al.</i> (2010)	The authors have introduced the risk management techniques adopted by the electricity market	The authors suggested developing specific techniques of risk management to be applied to electricity markets
Holmukhe (2016)	The author studied various challenges faced by the electricity distribution sector in India and suggested possible solutions to the problems	The author suggested several measures for utility infrastructure as drivers to the successful transition of the power sector, which can be further studies
Narayanagounder and Gurusami (2009)	This paper demonstrates the new approach to prioritize failure modes and resolved the limitations of the traditional FMEA technique	The authors suggested the other possible methods can further be studied to drain away from the limitation of traditional FMEA
Dewangan <i>et al.</i> (2015)	The authors used interpretive structural modeling (ISM) to identify the enablers that play a vital role in enhancing the competitiveness of the manufacturing industry	The future scope of the study expands to identifying the enablers of the manufacturing competitiveness of the industries in India and abroad
Prabu <i>et al.</i> (2015)	The authors established the interdependency of the supply chain intricacy drivers using interpretive structural modeling (ISM) and impact matrix cross-reference multiplication (MICMAC)	The author suggested future work for identifying the industry-specific intricacy drivers
Dube and Gawande (2016)	The authors aimed at identifying the enablers for the implementation of green supply chain and the interrelationships among them using ISM model and MICMAC analysis	The authors suggested the need to develop model specific to the industries like automobile, electrical, electronic and chemical
Maheshwari and Jain (2014)	The authors reviewed the past studies from various authors which addressed the supplier's perspective risks in the supply chain	The authors suggested future research for the validation of various risk models and the development of algorithms for certain situations
Rogers <i>et al.</i> (2015)	The authors studied works of literature to identify, discuss and elaborate on the impact and origin of focal supply chain risk factors in the Indian concept	The authors suggested future study on various supply chain risks in the Indian business environment and future scope of improvement

Table 1.
Literature review
detailing the
research gaps

thereby aiding proper risk treatment (Liu *et al.*, 2013). For evaluating the performances of different risk modes, that are categorized as occurrence (*O*), severity (*S*) and detection (*D*), FMEA uses the method of calculating the RPN. Integer scale of 1–10 is used for the estimation of the values of *O*, *S* and *D*. Further, RPN value is calculated by multiplying these three values. The risks are then prioritized based on the value of RPN. The higher the RPN, the higher is the risk. Thus, the risk estimation in FMEA with the RPN method is said to be the most effective method for the prevention of risks in advance (Lv *et al.*, 2019).

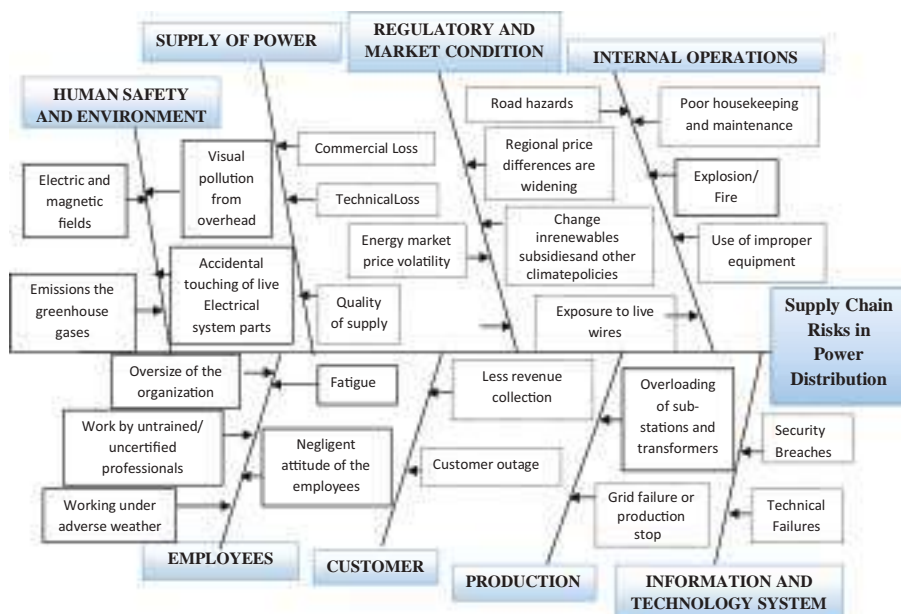


Figure 1. Fishbone diagram for the supply chain risks in power distribution as derived from literature

In this research work, the issues or the risks in the process functions of the power distribution supply chain are categorized as:

- (1) Internal operations risks;
- (2) Production risks;
- (3) Information and technology systems-related risks;
- (4) Market and regulatory risks;
- (5) Human resources-related issues;
- (6) Risks at the customer level;
- (7) Issues in the supply of power.

Internal operations risk in power distribution is those that may arise while the distribution operations are active. These were identified as road hazards, the use of improper equipment, exposure to live wires, poor housekeeping and maintenance, explosions/fire, grid failure. Production-related risks are the risks of a grid failure or production stoppage. Information and technology systems-related risks relate to the security breaches and technical failures in the use of computers and software for managing the data, distribution flow, etc. Market and regulatory framework issues that are identified change in renewables subsidies and other climate policies, energy market price volatility, rising energy prices and widening regional price differences. Human resources-related issues relating to the power distribution company were the oversizing of the company. Risks at the customer level that can occur are less revenue collection from the customer and customer outage due to the power supply cut. Issues in the supply of power are the risks of technical and commercial failure and degradation in the quality of power supply.

Supply chain process function	Potential failure mode	Potential effect(s) of failure	Severity (S)	Potential cause(s) of failure	Occurrence (O)	Current process controls	Detectability (D)	Risk priority number (RPN)
Internal operations	Road hazards	Supply failure	3	Road excavation works damaging cables, dash by vehicles to poles	3	Proper cable markers in place/coordination with agencies/alternate power feeding arrangement	1	9
	Use of improper equipment	Equipment failure leading to a threat to operator life, failure to supply power	7	Overloading, substandard equipment	4	Monitoring equipment, factory testing, routine maintenance, plan for up gradation/modernization	3	84
	Exposure to live wires	Risk of accidents to outsiders, animals	5	Electrocution	2	Awareness of safety, identifying and correcting loose span, tilted poles	9	90
	Poor housekeeping and maintenance	Equipment failure, frequent breakdowns, loss of revenue, customer complaints	5	Earth faults, tree branches touching lines, tilted poles, loose contacts, poor workmanship	8	Timely maintenance	7	280
	Explosions/fire	Risk of accidents to outsiders/employee	6	Poor maintenance, poor quality equipment	2	Training for fire hazards	9	108
Production	Grid failure or production stop	Total supply failure	10	Demand generation gap, failure of islanding system	2	Preventive maintenance/effective islanding mechanism for generators. Redundancy of power evacuation lines	6	120

(continued)

Power distribution operational risk model

Table 2.
Application of FMEA to power distribution supply chain

Table 2.

Supply chain process function	Potential failure mode	Potential effect(s) of failure	Severity (S)	Potential cause(s) of failure	Occurrence (O)	Current process controls	Detectability (D)	Risk priority number (RPN)
Information and technology system	Security breaches	Risk of mal-operation may lead to accidents/ no supply, equipment failure/data corruption	7	Phishing, application vulnerabilities	1	Technical training the employees to remain vigilant and identify suspicious links, all software and applications receive regular updates. The impact depends upon the degree of automation and no of control centers. At present automation is less. However, billing is fully IT-based. The provision of back up data at the separate server at a different location	7	49
	Technical failures	Operational activity/control problems	5	Hardware failure or severe software issues	2	No control mechanism	10	120

(continued)

Supply chain process function	Potential failure mode	Potential effect(s) of failure	Severity (S)	Potential cause(s) of failure	Occurrence (O)	Current process controls	Detectability (D)	Risk priority number (RPN)
Regulatory process and market condition	Change in renewables subsidies and other climate policies	Average billing rate lowers affecting cash flow	6	More focus on renewable energy. Limited coal availability	2	Increase operational efficiency, being regulated business, regulator takes necessary steps	4	48
	Energy market price volatility	Has to spare more money for additional power/sale of power at a lower rate, power surplus/shortage scenario	5	Disturbances in source of power via water, coal, gas	4	Early steps to cover shortages. Accuracy in demand prediction. Close watch on happenings worldwide	7	140
Human resource function	The rising energy prices and regional price differences are widening	Migration of industrial consumers, affecting cash flow and demand growth	5	Every state tries to attract industry with sops	3	Better quality and uninterrupted supply to be maintained. Ease in doing business	8	120
	Oversize of the organization	Lack of effective control, coordination and proper communication	4	Poor supervision	4	No control mechanism	10	160

(continued)

Table 2.

Table 2.

Supply chain process function	Potential failure mode	Potential effect(s) of failure	Severity (S)	Potential cause(s) of failure	Occurrence (O)	Current process controls	Detectability (D)	Risk priority number (RPN)
Customer	Less revenue collection	Financial condition weak, no provision for <i>R</i> and <i>M</i> work	2	Theft of electrical energy	7	Prompt collections implementing, Surprise inspections are carried out by vigilance squads. The energy meter is housed in a separate box sealed and made inaccessible to the consumers. Multicore PVC cables are used as service mains instead of single core VIR wires. Heavy fines are imposed on consumers found committing theft of energy	3	42
	Customer outage	Less revenue collection	9	Grid failure or production stop	2	No control mechanism	10	180

(continued)

Supply chain process function	Potential failure mode	Potential effect(s) of failure	Severity (S)	Potential cause(s) of failure	Occurrence (O)	Current process controls	Detectability (D)	Risk priority number (RPN)
Supply of power	Technical loss	Distribution loss	5	The energy dissipated in the conductors, transformers and other equipment used for transmission, transformation, subtransmission and distribution of power	5	Anti-theft drive, meter shifting, mass meter replacement project/ balancing of load, maintaining power factor, avoid overloading, proper earthing	2	50
	Commercial loss	Distribution loss	5	Nonperforming and underperforming meters, wrong applications of multiplying factors, defects in CT and PT circuitry, meters not read, pilferage by manipulating or bypassing of meters, theft by direct tapping	5	Accurate metering, appropriate range of meter concerning connected load, electronic meters with (TOD, tamper-proof data and remote reading facility) for HT and HV services, intensive inspections by pooling up staff members, reduce meter exceptionally, use energy audit as a tool to pinpoint areas of high losses. Eradication of theft. AMR systems. With IT support, analyze data of consumption at the micro level	3	75
	Quality of supply	Power not supplied, supply at low voltage, fluctuating frequency or voltage, high harmonics	3	Revenue caps are adjusted in accordance with the customers' interruption costs. Improper load centre, demand supply mismatch. Poor workmanship in joints. High use of harmonics generation appliances	2	Proper planning and implementation of system improvement works, use of harmonic filters, proper crimping at joints	8	48

Power distribution operational risk model

Table 2.

S. no.	SSIM	1	2	3	4	5	6	7	8	9	10	11
1	Poor housekeeping and maintenance risk	X	0	0	0	0	V	V	V	V	0	X
2	Customer outrage risk	X	0	0	0	A	A	0	0	0	0	V
3	Organization oversize risk			X	0	0	0	0	0	0	0	V
4	Energy market price volatility risk				X	X	0	0	0	0	V	0
5	Risk of regional price difference widening					X	0	0	0	0	V	0
6	Risk of a grid failure or production stop						X	A	A	X	V	A
7	Technical failure risk							X	V	V	V	A
8	Explosion or fire risk								X	X	V	A
9	Exposure to live wires									X	0	A
10	Risk of commercial loss										X	0
11	Risk of use of improper equipment											X

Table 3.
Structural self-interaction matrix (SSIM)

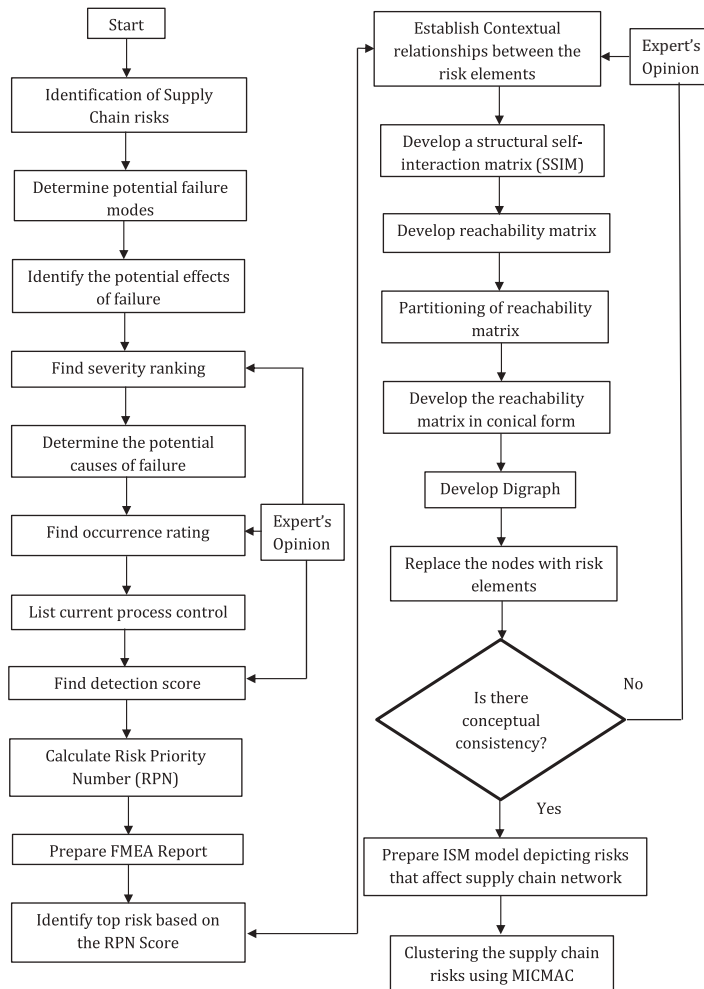


Figure 2.
Flow diagram for the proposed model

These abovementioned risks are incorporated into the FMEA model for further quantification and prioritization.

Risk prioritization. The abovementioned risks may need immediate treatment since the effects may be devastating. And hence prioritizing these risks to identify those which must be addressed first needs to be done. This is done through the quantification of the risks based on its three determinants.

First, the risks associated with the given process or system is identified. Each risk is determined based on its severity level (*S*). This level is rated from 1 to 10, 1 being insignificant and 10 being catastrophic. Further, the occurrence (*O*) of the risk is identified, i.e. the frequency with which the risks occur. This is again rated on a scale of 1–10, 1 being unlikely and 10 being inevitable. The third determinant is the detection rating (*D*). This rating estimates how well the controls can detect either the cause or its failure mode after they have happened represented by a value from 1 to 10, 1 being the control is certain to detect the problem and 10 being the control is certain not to detect the problem.

Finally, a RPN is calculated, which is the product of severity, occurrence and detectability.

$$RPN = S * O * D$$

In this research work, these three determinant values are identified through the expert's judgment for all the entities of the risks.

The FMEA table for the risks identified for the power distribution company under the study is given in [Table 2](#). Potential causes of failure for certain risks and the current process controls were also identified through a thorough study of the secondary data.

In the case of the security breaches in the Information and Communication Technologies (ICT) system, the potential causes of failure can be phishing and application vulnerabilities and the process control would be technical training the employees to remain vigilant and identify suspicious links, all software and applications receive regular updates ([Seqrite, 2018](#)).

One of the process functions identified is power distribution loss. These losses arise due to technical and commercial losses. The reasons for the elevation in these losses is because of resistance to power flow by the power system, nonperforming and underperforming meters, wrong applications of multiplying factors, defects in Current Transformer (CT) and Potential Transformer (PT) circuitry, meters not read, pilferage by manipulating or bypassing of meters, theft by direct tapping. The current control mechanism to loss reduction is "Accurate Metering, Appropriate range of meter concerning connected load, Electronic meters with (TOD, tamper-proof data and remote reading facility) for HT and HV services, intensive inspections by pooling up staff, reducing meter exceptional, using energy Audit as a tool to pinpoint areas of high losses, eradication of theft and AMR systems". ([Concepts and Principles of Distribution Loss, 2006](#)).

The risk of a grid failure or production stop thereby causing total supply failure, is attributed to the demand generation gap and failure of the islanding system. The current control mechanism is preventive maintenance (power distribution reforms in Maharashtra, 2009).

Analysis of FMEA

[Table 2](#) shows the calculation of RPN for all the possible failures.

For the process functions of the supply chain in the power distribution firm under study, the failures or the risks that are prioritized (based on RPN value) are:

- (1) Internal operations: Highest RPN for "Poor housekeeping and maintenance" (280) followed by "Explosion or fire" (108), "Exposure to live wires" (90), use of improper equipment (84).

-
- (2) Production: “Grid failure or production stops” (120).
 - (3) Information technology system: “Technical failures” (120).
 - (4) Regulatory and market condition on power supply chain: “Energy market price volatility” (140) followed by “Rising energy prices and regional price differences are widening” (120).
 - (5) Employees: “Oversize of the organization” (160).
 - (6) Customer: “Customer Outrage” (180).
 - (7) Supply of power: “Commercial loss” (75).

Thus these abovementioned failure modes become the high-level risks in the system.

Why consolidate of the ISM approach to FMEA methodology?

FMEA is an effective method for ensuring better reliability of a system through the identification of the failure modes in the performance of a system and affects the failure produces on the performance. This would gradually prevent the unacceptable failures to reach the customers thereby aiding the management in proper resource allocation. At times FMEA analysis may be confusing. The same RPN number for two or more risks may lead to confusion in prioritizing the risks. A high RPN number may not necessarily mean high risk or two failure modes with the same RPN number may not have the same risk level. Hence risk can also be prioritized through the team discussion. But a large number of risks may lead to a lengthier and unending discussion. A matrix for combining the RPN and the severity, occurrence and detectability can be used. In cases where the company finds it difficult to find the detection rank, detection rank can be misused and the critical number can be used. Critical number (CN) = severity (S) × occurrence (O) (Hartwell). The study (Narayanagounder and Gurusami, 2009) presented a new approach to improve the evaluation of RPN. The traditional limitation of FMEA of two or more risks having the same RPN number is removed by risk priority code. The proposed method of evaluation of RPN in design FMEA has benefits when two or more failure modes have the same RPN and when the team has a disagreement in the ranking scale for severity, occurrence and detection.

A more logical approach to confront the limitations of FMEA can be to identify the driving power of the risks which may lead to the risk origin and further to identify the dependency among these risks. An interrelationship approach for the risks would be an answer to the disruptions in the power distribution supply chain. This process is facilitated through the use of the ISM approach.

Interpretive structural modeling. ISM is a general-purpose technique for analysis and decision supporting system for identifying and structuring relationships among the important issues or problems. It provides a structured method for dealing with complex situations. The output of the ISM model is the visual map of the problems generated through the dependencies of the risks within. (Pandey and Sharma, 2017) used the ISM model approach to finding out the structural relationship among the risks in the automotive supply chain. ISM is a well-established methodology for identifying and arranging the relationships between important problems. These relationships between the factors or the risks develop a better understanding of the overall problem of the given system than understanding the factors individually. For identifying the enablers for the competitiveness of the Indian manufacturing sector, ISM was used to understand the relationships among the different enablers (Dewangana *et al.*, 2015). This helped the authors get the primary idea for developing a map of the complex associations between the numerous elements in the manufacturing sector concerned with multifaceted conditions. (Aeeni *et al.*, 2019) used ISM to map the hierarchical relationships of the main

factors/challenges of the Urban Management System in Iranian New Towns. Thus after examining the relationship between the variables, the approach was further used to determine the driving power and dependence of the factors. According to (Srivastava and Pandey, 2018), ISM is optimally suited to deal with the multifaceted situation and further deriving solutions. In their study, they identified different factors that were responsible for a change in responsiveness of customers toward advertisement, and later ISM modeling was done to forecast the association between various variables. (Kuo *et al.*, 2010) used ISM to partition the barriers for the product service system into a multilevel structural hierarchy established on their associations. This hierarchical relationship presented a clear understanding of the significance of each barrier that further supported strategic analysis.

Development of structural self-interaction matrix (SSIM). To identify the contextual relationship among the risks, the experts from academia and industry are consulted. SSIM matrix is built using four symbols that denote the relationship among the factors as shown in Table 3.

For any two factors “*i*” and “*j*”, the terminologies used are:

V: if factor *i* influence the factor *j*;

A: if factor *j* influence the factor *i*;

X: if both the factors influence each other;

O: if the factors are unrelated.

The reachability matrix is prepared from the SSIM table. The symbols *V*, *A*, *X*, *O* are converted into Zero “0” and one “1” based on the rules as follows.

If (*i*, *j*) position in the SSIM table is *V*, the position in the reachability matrix will become 1, and the (*j*, *i*) positions will become 0. If the (*i*, *j*) position is *A*, then the position in the reachability matrix will become 0 and the (*j*, *i*) position will become 1. If the (*i*, *j*) position in the SSIM is *X*, then positions (*i*, *j*) and (*j*, *i*) both will become 1. If the position of the SSIM is *O*, then in the reachability matrix, both the positions, (*i*, *j*) and (*j*, *i*) will become 0. Based on this rule, the reachability matrix is formed as shown in Table 4. Further, the total driving and the dependence power are calculated as shown in Table 5.

Partitioning of reachability matrix into different levels or level partitioning:

The final reachability matrix is fragmented by grouping the variables into different levels through an algorithm-based process of level partitioning. This is used to develop the structural model depending upon the interrelationships between the risk variables. Thus an

S. no.	Reachability matrix	1	2	3	4	5	6	7	8	9	10	11
1	Poor housekeeping and maintenance risk	1	0	0	0	0	1	1	1	1	0	1
2	Customer outage risk	0	1	0	0	1	0	0	0	0	1	0
3	Organization oversize risk	0	0	1	0	0	0	0	0	0	0	1
4	Energy market price volatility risk	0	0	0	1	1	0	0	0	0	1	0
5	Risk of regional price difference widening	0	1	0	1	1	0	0	0	0	1	0
6	Risk of a grid failure or production stop	0	1	0	0	0	1	0	0	1	1	0
7	Technical failure risk	0	0	0	0	0	1	1	1	1	1	0
8	Explosion or fire risk	0	0	0	0	0	1	0	1	1	1	0
9	Exposure to live wires	0	0	0	0	0	1	0	1	1	0	0
10	Risk of commercial loss	0	0	0	0	0	0	0	0	0	1	0
11	Risk of use of improper equipment	1	0	0	0	0	1	1	1	1	0	1

Table 4.
Reachability matrix

S. no.	Risks	1	2	3	4	5	6	7	8	9	10	11	Driving power
1	Poor housekeeping and maintenance risk	1	0	0	0	0	1	1	1	1	0	1	6
2	Customer outage risk	0	1	0	0	1	0	0	0	0	1	0	3
3	Organization oversize risk	0	0	1	0	0	0	0	0	0	0	1	2
4	Energy market price volatility risk	0	0	0	1	1	0	0	0	0	1	0	3
5	Risk of regional price difference widening	0	1	0	1	1	0	0	0	0	1	0	4
6	Risk of a grid failure or production stop	0	1	0	0	0	1	0	0	1	1	0	4
7	Technical failure risk	0	0	0	0	0	1	1	1	1	1	0	5
8	Explosion or fire risk	0	0	0	0	0	1	0	1	1	1	0	4
9	Exposure to live wires	0	0	0	0	0	1	0	1	1	0	0	3
10	Risk of commercial loss	0	0	0	0	0	0	0	0	0	1	0	1
11	Risk of use of improper equipment	1	0	0	0	0	1	1	1	1	0	1	6
	Dependence power	2	3	1	2	3	6	3	5	6	7	3	41/41

Table 5.
Reachability matrix with driving and dependence power

ISM is built having multilevel of the risk variables ([Developing the Structural Relationship Model for RSSC, 2014](#)).

Level partitioning is done with the help of the reachability set, antecedent set and intersection sets that are generated for each risk factor. The reachability set is a combination of the risk variable i and the other risk variables which are affected by it. Similarly, the antecedent set is the combination of the risk variable j and the other variables which are affected by it. The intersection set consists of those variables which are common to both, reachability set and antecedent set. A risk factor's level is identified by checking those risks having the same set of reachability and intersection ([Singhal et al., 2018](#)). [Table 6](#) shows the first iteration of level partitioning.

The risk variables 9 and 10 are the first level risks that have the highest priority in the ISM hierarchy. Hence they are removed from all the sets and the second iteration is done as shown in [Table 7](#).

S. no.	Risks	Reachability set	Antecedent set	Intersection set	Level
1	Poor housekeeping and maintenance risk	1, 6, 7, 8, 9, 11	1, 11	1, 11	
2	Customer outage risk	2, 5, 10	2, 5, 6	2, 5	
3	Organization oversize risk	3, 11	3	3	
4	Energy market price volatility risk	4, 5, 10	4, 5	4, 5	
5	Risk of regional price difference widening	2, 4, 5, 10	2, 4, 5	2, 4, 5	
6	Risk of a grid failure or production stop	2, 6, 9, 10	1, 6, 7, 8, 9, 11	6, 9	
7	Technical failure risk	6, 7, 8, 9, 10	1, 7, 11	7	
8	Explosion or fire risk	6, 8, 9, 10	1, 7, 8, 9, 11	8	
9	Exposure to live wires	6, 8, 9	1, 6, 7, 8, 9, 11	6, 8, 9	I
10	Risk of commercial loss	10	2, 4, 5, 6, 7, 8, 10	10	I
11	Risk of use of improper equipment	1, 6, 7, 8, 9, 11	1, 3, 11	1, 11	

Table 6.
Iteration 1

The risk variables 2, 4 and 5 are the second level risks that have the next highest priority in the ISM hierarchy. Hence they are removed from all the sets and third iteration is done as shown in [Table 8](#).

The risk variable 6 is the second level risk that has the next highest priority in the ISM hierarchy. Hence it is removed from all the sets and the fourth iteration is done as show in [Table 9](#).

The risk variable 8 is the second level risk that has the next highest priority in the ISM hierarchy. Hence it is removed from all the sets and fifth iteration is done as shown in [Table 10](#).

S. no.	Risks	Reachability set	Antecedent set	Intersection set	Level
1	Poor housekeeping and maintenance risk	1, 6, 7, 8, 11	1, 11	1, 11	
2	Customer outrage risk	2, 5	2, 5, 6	2, 5	II
3	Organization oversize risk	3, 11	3	3	
4	Energy market price volatility risk	4, 5	4, 5	4, 5	II
5	Risk of regional price difference widening	2, 4, 5	2, 4, 5	2, 4, 5	II
6	Risk of a grid failure or production stop	2, 6	1, 6, 7, 8, 11	6	
7	Technical failure risk	6, 7, 8	1, 7, 11	7	
8	Explosion or fire risk	6, 8	1, 7, 8, 11	8	
11	Risk of use of improper equipment	1, 6, 7, 8, 11	1, 3, 11	1, 11	

Table 7.
Iteration 2

S. no.	Risks	Reachability set	Antecedent set	Intersection set	Level
1	Poor housekeeping and maintenance risk	1, 6, 7, 8, 11	1, 11	1, 11	
3	Organization oversize risk	3, 11	3	3	
6	Risk of a grid failure or production stop	6	1, 6, 7, 8, 11	6	III
7	Technical failure risk	6, 7, 8	1, 7, 11	7	
8	Explosion or fire risk	6, 8	1, 7, 8, 11	8	
11	Risk of use of improper equipment	1, 6, 7, 8, 11	1, 3, 11	1, 11	

Table 8.
Iteration 3

S. no.	Risks	Reachability set	Antecedent set	Intersection set	Level
1	Poor housekeeping and maintenance risk	1, 7, 8, 11	1, 11	1, 11	
3	Organization oversize risk	3, 11	3	3	
7	Technical failure risk	7, 8	1, 7, 11	7	
8	Explosion or fire risk	8	1, 7, 8, 11	8	IV
11	Risk of use of improper equipment	1, 7, 8, 11	1, 3, 11	1, 11	

Table 9.
Iteration 4

The risk variable 7 is the second level risk that has the next highest priority in the ISM hierarchy. Hence it is removed from all the sets and sixth iteration is done as shown in [Table 11](#).

The risk variables 1 and 11 are the second level risks that have the next highest priority in the ISM hierarchy. Hence they are removed from all the sets and seventh iteration is done as shown in [Table 12](#).

The complete level partitioning of the risk variables from first to final is shown in [Table 13](#).

Table 10.
Iteration 5

S. no.	Risks	Reachability set	Antecedent set	Intersection set	Level
1	Poor housekeeping and maintenance risk	1, 7, 11	1, 11	1, 11	
3	Organization oversize risk	3, 11	3	3	
7	Technical failure risk	7	1, 7, 11	7	V
11	Risk of use of improper equipment	1, 7, 11	1, 3, 11	1, 11	

Table 11.
Iteration 6

S. no.	Risks	Reachability set	Antecedent set	Intersection set	Level
1	Poor housekeeping and maintenance risk	1, 11	1, 11	1, 11	VI
3	Organization oversize risk	3, 11	3	3	
11	Risk of use of improper equipment	1, 11	1, 3, 11	1, 11	VI

Table 12.
Iteration 7

S. no.	Risks	Reachability set	Antecedent set	Intersection set	Level
3	Organization oversize risk	3	3	3	V

Table 13.
Level partitioning –
first to final iteration

S. no.	Risks	Reachability set	Antecedent set	Intersection set	Level
1	Poor housekeeping and maintenance risk	1, 6, 7, 8, 9, 10, 11	1, 11	1	VI
2	Customer outrage risk	2, 5, 10	2, 5, 6	2	II
3	Organization oversize risk	3, 11	3	3	VII
4	Energy market price volatility risk	4, 5, 10	4, 5	4	II
5	Risk of regional price difference widening	2, 4, 5, 10	2, 4, 5	5	II
6	Risk of a grid failure or production stop	2, 6, 9, 10	1, 6, 7, 8, 9, 11	6	III
7	Technical failure risk	6, 7, 8, 9, 10	1, 7, 11	7	V
8	Explosion or fire risk	6, 8, 9, 10	1, 7, 8, 11	8	IV
9	Exposure to live wires	6, 9, 11	1, 6, 7, 8, 9, 11	9	I
10	Risk of commercial loss	10	1, 2, 4, 5, 6, 7, 8, 10	10	I
11	Risk of use of improper equipment	1, 6, 7, 8, 9, 11	1, 3, 9, 11	11	VI

S. no.	Risks	9	10	2	4	5	6	8	7	1	11	3	Driving power
9	Exposure to live wires	1	0	0	0	0	1	1	0	0	0	0	3
10	Risk of commercial loss	0	1	0	0	0	0	0	0	0	0	0	1
2	Customer outage risk	0	1	1	0	1	0	0	0	0	0	0	3
4	Energy market price volatility risk	0	1	0	1	1	0	0	0	0	0	0	3
5	Risk of regional price difference widening	0	1	1	1	1	0	0	0	0	0	0	4
6	Risk of a grid failure or production stop	1	1	1	0	0	1	0	0	0	0	0	4
8	Explosion or fire risk	1	1	0	0	0	1	1	0	0	0	0	4
7	Technical failure risk	1	1	0	0	0	1	1	1	0	0	0	5
1	Poor housekeeping and maintenance risk	1	0	0	0	0	1	1	1	1	1	0	6
11	Risk of use of improper equipment	1	0	0	0	0	1	1	1	1	1	0	6
3	Organization oversize risk	0	0	0	0	0	0	0	0	0	1	1	2
	Dependence power	6	7	3	2	3	6	5	3	2	3	1	41/41

Power distribution operational risk model

Table 14.
Conical matrix

The conical form of the reachability matrix

A conical matrix is developed by bringing together the risk variables of the rows and columns in the order of the rank from high to low. Driving power and dependence power are calculated by summing up the 1s in the rows and columns, respectively, as shown in Table 14.

Node digraph: Based on the relationship between the risks identified in the Power Distribution Supply Chain, a node digraph is constructed. Nodes are the risks that are prioritized through the FMEA analysis and further level partitioning of the reachability matrix (see Figure 3).

ISM digraph: The nodal digraph is converted into the ISM model by replacing the nodes with the risk variable associated with the node number (see Figure 4).

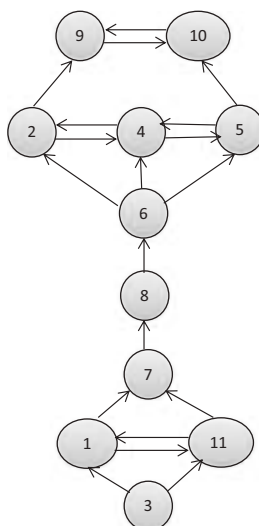


Figure 3.
Digraph displaying the level of power distribution supply chain risks

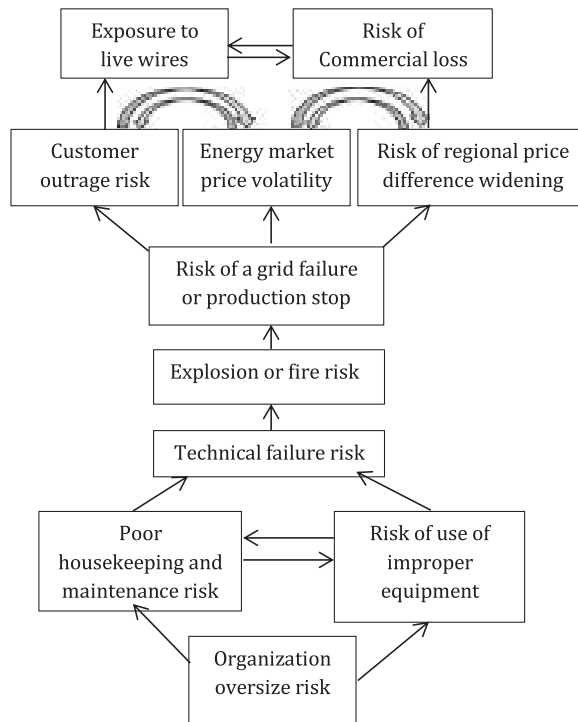


Figure 4.
ISM model

Findings and conclusion

To analyze and model the risks in the power distribution supply chain, seven supply chain process functions were identified with 17 failure modes.

Firstly, FMEA analysis has been done to identify the potential failure modes, their severity, and occurrence and detection scores. This helped the author to identify 11 enablers or risk variables that needed to be attended. The results of FMEA showed that in the internal operations process function, the highest RPN was obtained for “Poor housekeeping and maintenance” of 280, followed by “Explosion or fire” (108), “Exposure to live wires” (90), use of improper equipment (84). In production function, the “Grid failure or production stops” risk showed the RPN of (120), technical failures under Information Technology System as (120), under Regulatory and Market Condition on Power Supply Chain: “Energy market price volatility” (140) followed by “Rising energy prices and regional price differences are widening” (120), Employees: “Oversize of the organization” (160), Customer: “Customer Outrage” (180), Supply of Power: “Commercial loss” (75).

Secondly, an ISM model (Figure 4) has been developed to identify and understand the interrelationships among these enablers. Seven iterations were done in level partitioning to sequence/prioritize the risk variables.

Further, the Matriced’ Impacts Croise’s Multiplication Appliquée a UN Classement (MICMAC) analysis is done to compartmentalize the risk variables in four quadrants based on their combination of driving and dependency powers. In MICMAC analysis, the variables are grouped based upon the driving power and the dependency power derived from the ISM’s reachability matrix (Pandey and Sharma, 2017). This analysis is used to identify the driving and the dependence power of various elements through the outputs of ISM. The outcomes of ISM are fed to MICMAC analysis as inputs to identify which element is performing as the

most leading one. (Dewangana *et al.*, 2015) identified the driving power and dependence power of enablers of the competitiveness of the manufacturing sector using MICMAC analysis. This analysis was used to establish the interdependence of supply chain intricacy drivers of a typical mining and construction equipment located in India. This helped the authors to identify the driving and the dependency powers of the supply chain intricacy drivers (Prabu *et al.*, 2015). Thus, a lot of studies show the significant application of MICMAC analysis for understanding the variables through their driving and dependency power.

Figure 5 shows the risk variables clustered in four types as driving variables, linkage variables, autonomous variables and dependent variables based on their driving power and dependency powers.

MICMAC analysis divides the risk variables into four clusters as below.

Cluster 1: Autonomous variables: These variables are least connected to the system since their driving power and dependency power are weak. In this study, the autonomous variables are customer outrage risk, organization oversize risk and energy market price volatility risk. Therefore, among the 11 selected risk variables in the supply chain, these three variables do not have much influence on the supply chain practices.

Cluster 2: Linked variables: These are the variables that have strong driving power and strong dependency power. Change in any of these variables will affect themselves and others in the system. Hence they are said to be unstable and may affect the supply chain. In this study, the linked variables are the risk of a grid failure or production stop and the risk of explosion or fire.

Cluster 3: Dependent variables: These are the variables that have weak driving power but strong dependent power. In this study, exposure to live wires and risk of commercial loss are seen as strong dependent risks. Since these are dependent on the other risks, they have top priority in the ISM model and hence needs to be addressed on high priority.

Cluster 4: Driving variables: These are the variables that have strong driving power and low dependent power. This means that these variables are capable of driving the other risks variable in the supply chain and hence they are also called as the independent variables. Poor housekeeping and maintenance risk, risk of regional price difference widening, technical failure risk and risk of use of improper equipment are derived as the independent variables in the supply chain of the power distribution company.

Thus this study concludes that there are various risks associated with the supply chain function of the distribution of power. Internal operations, customer and supplier's linkage,

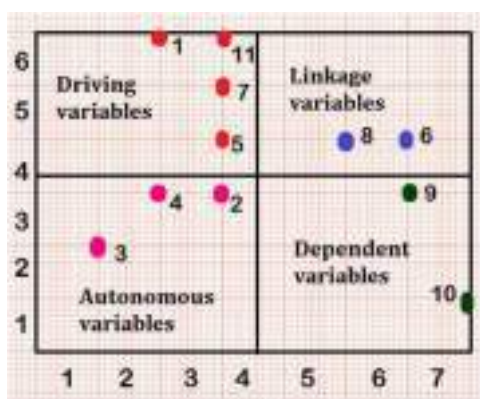


Figure 5.
Cluster of supply
chain risks

regulatory and market conditions, and other drivers of the supply chain in distribution may encounter various problems in the form of risks. These risks need proper identification and treatment before they reach the end-user. Hence the organization needs to be cautious about identifying and prioritizing the risks. Since the power distribution sector requires a large number of human resources at different levels, gradually the organization starts oversizing. This causes less controlling and improper maintenance of the oversized workplace. This factor has given rise to the other risks like poor housekeeping, poor maintenance and improper usage of the equipment used in the distribution-related activities.

In power distribution-related activities, the risk of hazards is high and maintenance of the facilities, equipment, training to the employees is crucial. Improper usage of the equipment may lead to other risks like a technical failure. Technical failure can cause explosion or fire at the workplace this may further result in grid failure or production stoppages. ISM model represents the sources of risk and other risks arising from it in the power distribution sector. Hence the supply chain practitioners need to identify ways to reduce the risks occurring at the bottom level. Supply chain practitioners in this sector would get a better insight into those critical areas, which if addressed, would reduce the risks in the sector and a proper risk assessment would be done. This assessment would help them tackle the supply chain risks by now identifying ways to remove or mitigate them through various measures, processes and control mechanisms.

Through FMEA and ISM analysis, the risk assessment for power distribution is done. Future research studies can be initiated to identify various measures, ways or control mechanisms to reduce the intensity and impact of the risks on the sector. The proposed model developed through the ISM technique is based on the expert's judgment. SEM analysis may be used in the future to confirm this model. This study was limited to a power distribution supply chain. This study can further be extended to the power generation supply chain.

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Impact Factor – 6.625

E-ISSN – 2348-7143

INTERNATIONAL RESEARCH FELLOWS ASSOCIATION'S

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INDEX

No.	Title of the Paper	Author's Name	Page No.
1	<i>Performance Evaluation of Selected Urban Co-Operative Banks From Mumbai</i>	Aparna A. Kulkarni & Dr. Sujit G. Metre	05
2	<i>Indian Multinational Companies Outward Foreign Direct Investment in the World</i>	Ms. Bhagyashree Hiremath	14
3	<i>An analysis of understanding level of Goods and services tax in major two city of Gujarat (with special reference to traders)</i>	Rashmi Parmar	19
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			



25

26

27

28

29

30

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Performance Evaluation of Selected Urban Co-Operative Banks From Mumbai

Aparna A. Kulkarni¹ & Dr. Sujit G. Metre²

1. Research Scholar, Datta Meghe Institute of Management Studies, Nagpur, Maharashtra, India

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Abstract:

Urban Co-operative Banks are established based on co-operative for dealing with banking operations. The reach of urban co-operative banks is increased manifold to serve small industries and self-employed workers. The Urban Co-operative banks are Co-operative registered under societies act 2012 and governed by the Reserve Bank of India. It necessitates evaluating the performance of Urban cooperative banks as well-known co-operative banks coming under the scrutiny of RBI because of their poor performance. Recently RBI is empowered to restructure financially weak co-operative banks.

This study is based on secondary data where data is gathered from the annual reports of the selected banks. The Researcher selected four banks from Mumbai city. The data is referred from FY 2012-13 to 2016-17. The trend analysis is used to evaluate the performance of the selected banks.

Key Words: Urban Co-operative Bank, Reserve Bank of India, Net Profit, NPA

Introduction:

Urban cooperative banks become the backbone of economic activities in India. These banks are catering to the needs of small business start-ups, providing money to self-employed persons, facilitating small traders or cottage industries, financial help to self-help groups. These banks are the medium to keep money safe and brought that money into circulation thereby contributing to the nation's economy.

The primary co-operative banks are known as Urban Co-operative Banks. These types of banks are registered under the Co-operative Societies Act related to the states or multi-state wherever they are operating. Reserve Bank of India acts as a controlling and inspecting authority for Urban cooperative banks. To sustain in the current scenario, these banks must perform well which enables them to attract more customers. The performance of any bank is depending on how the bank is providing services to the customers and their satisfaction with these services. Hence carrying out performance evaluations on regular basis is necessary for the up gradation and it reflects the rate of growth of the banking system in the country. By considering financial and operational parameters, it is possible to carry out performance evaluation of the bank which will help concern bank to improve their process to provide quality services to the customer. The researcher selected some of the Urban Co-operative Banks from Mumbai for the study. This study is expected to help these banks to know weaker areas and work on these areas for better performance in the future.

Objectives:

- To evaluate the performance of selected Urban Co-operative Banks from Mumbai Cities
- To suggest measures for the improvement of the performance of the Urban Co-operative Banks.

Literature Review:

RBI defines Urban Co-operative Banks as “Small-sized Co-operatively organized banking units which operate in metropolitan, urban and semi-urban centers to cater mainly to the needs of small borrowers, viz., owners of small-scale industrial units, retail traders, professional and salaried classes”. Thus, Urban Co-operative bank provides banking as well as financing services.

The Co-operative banks are classified as follows -

Cooperative Banks				
Rural cooperative credit institutions			Urban cooperative credit institutions	
Short term		Long term	Scheduled	Non-Scheduled
State Co-operative Banks, Primary	District Central Co-operative Banks,	Agricultural Credit Societies.	State Cooperative Agriculture and Rural Development Banks (SCARDBs)	1. Multi-state 2. Those operating in a single state.

Table1: Classification of Co-operative Bank

(Source: <https://www.jatinverma.org/urban-cooperative-banks>)

Banking is always being growing service industry across the globe. The performance of any business is indicated in terms of profit. In the case of the bank, the performance indicators are different than other businesses. The loan-to-deposit ratio is one of the indicators of banks' profitability as it portrays the status of asset-liability administration of banks (Jahangir et al. 2007). The other way of doing performance evaluation of the bank is comparing the present ratio with the past ratio considering various aspects of the banks. This ratio indicates the tendency of change, how the performance of banks altered over a period.

Patil M. R. (1999), in his doctoral thesis, “A Study on The Performance Evaluation of Urban Cooperative Banks in Goa” evaluated the growth and performance of urban co-operative banks in terms of physical and financial parameters and suggested measures for better performance of the banks. This secondary data-based research used data of FY 1985-86 to FY1996-97 which mainly included annual reports and official records of all the urban co-operative banks from Goa. The growth rate parameters and ratio analysis are used for evaluating the performance. A comparative study and SWOT analysis of the banks were also carried out. The researcher suggested that urban co-operative banks must implement an education program for bank employees, customers, and non-customers for creating awareness and significance of co-operative banks. Further added that Urban Co-operative Bank must ensure value-added services in terms of cost, service quality for various types of customers which includes depositors and borrowers.

Ramu N. (2007) in his article, “Performance and Challenges of Urban Cooperative Banks in India – An Appraisal” stated that Urban Co-operative Banks in India went through sea



changes right from the beginning. These changes transformed these banks for the betterment. The author pointed out that growing competition, tightening of practical standards, lack of manpower planning, lack of control of expenditures, non-appraisal of loans, and multiple control may be the reasons for the bad performance of Urban Co-operative Bank. The need for solving operational, financial, and managerial issues is highlighted by the researcher.

Dr. S. Raju and Dr. S. Mohan (2013), wrote an article on, "Performance Appraisal of the Urban Cooperatives Banks". Duo examined three Urban Co-operative Banks from Thanjavur district. The study was based on both primary and secondary data. The questionnaire method was adopted for gathering the information. The researchers suggested that the selected Urban Co-operative bank should shift their focus from fixed deposit to saving and current account. The CAR should be kept at an optimum level. The Urban Co-operative banks must enhance their loan and advances as well as a review of investment to be done on regular basis. The NPA should be reduced and steps must be taken to modernize the operation with the adoption of technology. The researcher emphasized the need for an increase of spread over the Urban Co-operative Banks.

Paul K. Lawrence Seekan and Dr. Selvakumar A. Xavior (2019), carried out research work titled, "Financial Performance of Urban Cooperative Banks in Thanjavur District - A Study". The authors selected five Urban Co-operative Banks from the Thanjavur district. The study was aimed at understanding the function of the selected banks. The solvency analysis and ratio analysis technique were used to evaluate the financial performance of the banks. The overall performance was not up to the mark as expected. According to the authors, the financial well-being of urban cooperative banks is significant to the Indian economy. Urban Banks must learn from their past experiences and adjust to the new normal to improve their performance.

Dr. Ram Prakash (2019) carried out an analysis of Urban Co-operative Bank namely, "Evaluation and Analysis of Profitability of Urban Co-Operative Banks: A Case Study of Uttar Pradesh". The researcher analyzed the financial and operational performance of the banks from Uttar Pradesh. It was observed that, in the case of Urban Co-operative Banks, there was a decreasing trend of the net and gross losses. It was mainly due to the strict implementation of RBI rules and regulations and audits on regular basis. But political influence reducing the profitability of the bank. Lack of security of staff, Lack of branch aspects, and Lack of adoption of technology are some of the reasons for the poor performance of the Urban Co-operative banks from Uttar Pradesh. The author suggested that RBI should provide proper assistance to these banks for better performance.

Research Methodology:

Sampling Frame – Urban Co-operative Banks from Mumbai City

Sample Design – Four urban co-operative banks from the city selected for the study. Following Banks from Mumbai City for the study

1. Shreeram Sahakari Bank Ltd.
2. Patan Co-operative Bank Ltd.
3. Mogaveera Co-operative Bank Ltd.
4. The Malad Sahakari Bank Ltd.

Data Source – The secondary data is collected through annual reports of the selected banks.

Data Analysis:

The trend line analysis represents the performance of the bank over a period. The trendline equation is written as $Y = b + aX$. Here Y represents trend values while “b” represents Y-intercept and “a” is the slope of the line. The amount of change in the value of Y is related to the one-unit change of variable X. r^2 is the square of the correlation coefficient. Its value lies between 0 and 1. The value of r^2 indicates to what extent the variance of one variable varies with the second variable.

Trend Analysis – The trend analysis of various data like Employees, Members, Paid-up Capital, Total Deposit, Total Advances, Total Income, Net Profit, and NPA done by finding out growth rate then followed by the presentation of trend equations and correlation coefficient.

1. Employees -

The growth rate and trend line equation for employees represented below.

Name of Bank	No. of Employees				
	2012-13	2013-14	2014-15	2015-16	2016-17
Shreeram Sahakari Bank Ltd.	16	17	16	15	13
Growth in %		6.25	-5.88	-6.25	-13.33
Patan Co-operative Bank Ltd.	31	30	29	30	30
Growth in %		-3.23	-3.33	3.45	0.00
Mogaveera Co-operative Bank Ltd.	194	189	217	219	214
Growth in %		-2.58	14.81	0.92	-2.28
The Malad Sahakari Bank Ltd.	98	92	88	88	102
Growth in %		-6.12	-4.35	0.00	15.91

Table No.2: Growth Rate – Employee

The table indicates that except for The Malad Sahakari Bank Ltd. the employee growth rate is decreasing. Only Patan Co-operative Bank Ltd. after a reduction in employees again reach near to initial value i.e. no. of employees.

Name of the Bank	$Y = b + aX$	r^2
Shreeram Sahakari Bank Ltd.	$Y = 8.71 - 4.12x$	0.75
Patan Co-operative Bank Ltd.	$Y = 1.82 + 0.47x$	0.06
Mogaveera Co-operative Bank Ltd.	$Y = 3.29 - 0.31x$	0.01
The Malad Sahakari Bank Ltd.	$Y = 9.49 + 3.59x$	0.43

Table No.3: Trend Line Equation and r^2 – Employee

A negative trend of growth was observed in the case of Shreeram Sahakari Bank Ltd. and Mogaveera Co-operative Bank Ltd. while the remaining two banks showed a positive trend in the selected period.

2. Members –

Name of Bank	No. of Members				
	2012-13	2013-14	2014-15	2015-16	2016-17
Shreeram Sahakari Bank Ltd.	7746	7935	8015	8032	8163
Growth in %		2.44	1.01	0.21	1.63
Patan Co-operative Bank Ltd.	7602	7562	7482	7511	7607
Growth in %		-0.53	-1.06	0.39	1.28
Mogaveera Co-operative Bank Ltd.	45193	45576	46241	46351	46663
Growth in %		0.85	1.46	0.24	0.67
The Malad Sahakari Bank Ltd.	20451	21158	21643	21941	22014
Growth in %		3.46	2.29	1.38	0.33

Table No.4: Growth Rate – Members

There was overall percentage growth observed in the case of three banks except in the case of Patan Co-operative Bank Ltd. it was not up to the mark. The Malad Sahakari Bank Ltd. was ahead about percentage increase in no. of members.

Name of the Bank	Y=b+aX	r ²
Shreeram Sahakari Bank Ltd.	Y= 1.55-0.1x	0.03
Patan Co-operative Bank Ltd.	Y= -0.22+0.15x	0.05
Mogaveera Co-operative Bank Ltd.	Y= 1.22-0.13x	0.2
The Malad Sahakari Bank Ltd.	Y= 2.71-0.34x	0.2

Table No.5: Trend Line Equation and r² – Members

The trend line equation and value r² suggest that, though there is a good growth rate of members but only Patan Co-operative Bank Ltd. depicting a positive trend.

3. Paid-up Capital –

Name of Bank	Paid-up Capital				
	2012-13	2013-14	2014-15	2015-16	2016-17
Shreeram Sahakari Bank Ltd.	1	1.17	1.21	1.17	1.16
Growth in %		17.00	3.42	-3.31	-0.85
Patan Co-operative Bank Ltd.	2.92	2.98	3.1	3.01	3.05
Growth in %		2.05	4.03	-2.90	1.33
Mogaveera Co-operative Bank Ltd.	16.11	15.77	16.08	16.51	17.04
Growth in %		-2.11	1.97	2.67	3.21
The Malad Sahakari Bank Ltd.	5.34	6.16	6.74	7.40	7.82
Growth in %		15.36	9.42	9.79	5.68

Table No.6: Growth Rate – Paid-up Capital

The table is indicative that, The Malad Sahakari Bank Ltd. showing positive growth with respective previous years. In the year 2013-14, the growth of paid-up capital was negative in the case of Mogaveera Co-operative Bank Ltd. In the year 2015-16, Shreeram Sahakari Bank Ltd. and Patan Co-operative Bank Ltd. paid-up capital decreased as compare to previous years.

Name of the Bank	Y=b+aX	r ²
Shreeram Sahakari Bank Ltd.	Y= 10.65-2.40x	0.23
Patan Co-operative Bank Ltd.	Y= 2.39-0.43x	0.07
Mogaveera Co-operative Bank Ltd.	Y= -1.41+0.92x	0.48
The Malad Sahakari Bank Ltd.	Y= 7.11+0.38x	0.01

Table No.7: Trend Line Equation and r² – Paid-up Capital

The Mogaveera Co-operative Bank Ltd. with an initial decrease in paid-up capital shown a good positive trend followed by The Malad Sahakari Bank Ltd.

4. Total Deposit –

The percentage growth observed negative in the case of Shreeram Sahakari Bank Ltd. in the period selected for the study. Good positive growth was observed in the case of Patan Co-operative Bank Ltd. irrespective of negative growth in the FY 2015-16. It is shown in the table given below.

Name of Bank	Total Deposit				
	2012-13	2013-14	2014-15	2015-16	2016-17
Shreeram Sahakari Bank Ltd.	14.87	19.01	19.59	18.27	17.27
Growth in %		27.84	3.05	-6.74	-5.47
Patan Co-operative Bank Ltd.	68.93	72.18	75.8	75.66	88.3
Growth in %		4.71	5.02	-0.18	16.71
Mogaveera Co-operative Bank Ltd.	559.1	644.27	691.39	718.06	812.54
Growth in %		15.23	7.31	3.86	13.16
The Malad Sahakari Bank Ltd.	213.82	251.29	281.90	327.32	386.11
Growth in %		17.52	12.18	16.11	17.96

Table No.8: Growth Rate – Total Deposit

Name of the Bank	Y=b+aX	r ²
Shreeram Sahakari Bank Ltd.	Y= 18.19-4.75x	0.29
Patan Co-operative Bank Ltd.	Y= -2.50+2.65x	0.39
Mogaveera Co-operative Bank Ltd.	Y= 4.23+1.29x	0.11
The Malad Sahakari Bank Ltd.	Y= 3.20+3.25x	0.53

Table No.9: Trend Line Equation and r² – Total Deposit

The trendline equation reflects that except for Shreeram Sahakari Bank Ltd. other banks shown a positive trend in the case of deposit. The Malad Sahakari Bank Ltd. was ahead of other banks for gathering deposit.

5. Total Advances –

Name of Bank	Total Advances				
	2012-13	2013-14	2014-15	2015-16	2016-17
Shreeram Sahakari Bank Ltd.	10.67	13.14	13.25	12.05	9.74
Growth in %		23.15	0.84	-9.06	-19.17
Patan Co-operative Bank Ltd.	40.04	45.51	30.41	34.94	30.63
Growth in %		13.66	-33.18	14.90	-12.34



Mogaveera Co-operative Bank Ltd.	342.64	355.12	339.03	360.99	384.56
Growth in %		3.64	-4.53	6.48	6.53
The Malad Sahakari Bank Ltd.	118.09	142.44	153.15	174.78	187.62
Growth in %		20.62	7.52	14.12	7.35

Table No.10: Growth Rate – Total Advances

The growth rate was found to decrease from FY2012-13 to FY2016-17. Only Mogaveera Co-operative Bank Ltd. able to increase total advances though there was a decrease in total advances in the FY 2014-15.

The trend line equation and value of r^2 show that, The Malad Sahakari Bank Ltd. and Mogaveera Co-operative Bank Ltd. shown a positive trend while Shreeram Sahakari Bank Ltd. and Patan Co-operative Bank Ltd. showed a negative trend in the study period. The table is presented below.

Name of the Bank	Y=b+aX	r^2
Shreeram Sahakari Bank Ltd.	Y= 21.11-7.25x	0.53
Patan Co-operative Bank Ltd.	Y= 4.44-2.54x	0.04
Mogaveera Co-operative Bank Ltd.	Y= -1.54+1.39x	0.23
The Malad Sahakari Bank Ltd.	Y= 8.26+0.62x	0.02

Table No.11: Trend Line Equation and r^2 – Total Advances

6. Net Profit –

Name of Bank	Net Profit				
	2012-13	2013-14	2014-15	2015-16	2016-17
Shreeram Sahakari Bank Ltd.	-0.12	0.01	0.05	-0.21	-0.35
Growth in %		-108.33	400.00	-520.00	66.67
Patan Co-operative Bank Ltd.	1.21	1.41	0.62	0.44	0.6
Growth in %		16.53	-56.03	-29.03	36.36
Mogaveera Co-operative Bank Ltd.	4.66	3.06	3.55	2.02	0.52
Growth in %		-34.33	16.01	-43.10	-74.26
The Malad Sahakari Bank Ltd.	2.84	2.67	2.86	2.81	3.41
Growth in %		-5.99	7.12	-1.75	21.35

Table No.12: Growth Rate – Net Profit

The above table indicative that, only The Malad Sahakari Bank Ltd. able to advance their Net Profit in the study period as compared to other banks selected for the study. The Mogaveera Co-operative Bank was shown a substantial decrease in the Net Profit.

Name of the Bank	Y=b+aX	r^2
Shreeram Sahakari Bank Ltd.	Y= 51.97-28.03x	0.02
Patan Co-operative Bank Ltd.	Y= -13.78+2.52x	0.01
Mogaveera Co-operative Bank Ltd.	Y= 20.85-15.93x	0.49
The Malad Sahakari Bank Ltd.	Y= -9.14+4.49x	0.45

Table No.13: Trend Line Equation and r^2 – Net Profit

The above table shows that the positive trend in Net Profit depicted by The Malad Sahakari Bank followed by Patan Co-operative Bank Ltd. The declining trends are shown by Shreeram Sahakari Bank Ltd.

7. Net NPA –

As indicated in the presented table, the rate of growth of Net NPA was increasing in the case of Shreeram Sahakari Bank Ltd. followed by Mogaveera Co-operative Bank. Patan Co-operative Bank Ltd. and The Malad Sahakari Bank Ltd. shown a decrease in Net NPA.

Name of Bank	Net NPA				
	2012-13	2013-14	2014-15	2015-16	2016-17
Shreeram Sahakari Bank Ltd.	0.01	0.06	0.16	0.75	1.23
Growth in %		500.00	166.67	368.75	64.00
Patan Co-operative Bank Ltd.	1	0.08	0	0.41	0
Growth in %		-92.00	-100.00	412.50	-100.00
Mogaveera Co-operative Bank Ltd.	10.65	3.37	26.75	21.39	36.45
Growth in %		-68.36	693.77	-20.04	70.41
The Malad Sahakari Bank Ltd.	1.28	0.00	0.00	0.00	2.75
Growth in %		-100.00	-100.00	-100.00	114.84

Table No.14: Growth Rate – Net NPA

Name of the Bank	Y=b+aX	r ²
Shreeram Sahakari Bank Ltd.	Y= 221.66-0.52x	2.00E-05
Patan Co-operative Bank Ltd.	Y= -66.45-30.25x	0.05
Mogaveera Co-operative Bank Ltd.	Y= 79.22+18.71x	0.01
The Malad Sahakari Bank Ltd.	Y= -105.14+22.77x	0.14

Table No.15: Trend Line Equation and r² – Net NPA

The trend line equation and r² value show that there are a decreasing trend and rise of the trend observed in the case of The Malad Sahakari Bank Ltd. and Patan Co-operative Bank Ltd. In the case, Shreeram Sahakari Bank Ltd. shown a steady increasing trend in Net NPA.

Findings:

The performance of The Malad Sahakari Bank Ltd. was better as compared to other banks selected for the study from Mumbai city. But the bank should take care of NPA as net NPA was shown to be nil from the middle three years and there was an increase in net NPA in FY 2016-17. Comparatively worst performance observed in the case of Shreeram Sahakari Bank Ltd. Though there was an increase in Members and Total Deposit, the net Profit and net NPA was not up to the Mark. In the case of Patan Co-operative Bank Ltd. decrease in Advances and Net Profit affected the performance. An increase in Net NPA and a decrease in Net Profit affected the performance of Mogaveera Co-operative Bank Ltd. During the period i.e. FY 2012-13 to FY 2016-17 though there was an increase in no. of members and Paid-up capitals, there was no much impact observed on the performance of the banks.



Conclusion:

The Banking sector especially Urban Co-operative banks are playing a pivotal role in the elevation of economic growth for the middle-income group and small business. Hence these banks must provide better services to their customers. The performance evaluation of a bank helps to know the effectiveness of banking operations and policies. This study is expected to offer an overview of the performance trend of the selected bank to concerned banking authorities and to take appropriate measures to enhance the performance in the future. This study may provide viable information to other banks for taking necessary action for better performance.

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Indian Multinational Companies Outward Foreign Direct Investment in the World

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Abstract:

India, an emerging economy in the world, has footprint in the global economy through the multinational company's foreign direct investment rigorously since 2000 with various mode of entry into the abroad and OFDI compositions like equity, loan and guarantee issued. The research paper analyses the trend, composition and sector wise share of the Indian companies investment from 2012-2019. Statistical tools and graphs as well as linear regression model are fitted. Paper concludes with - India has to boost companies OFDI in the days ahead to benefit both home and host countries with implementing pull and push factors to gain.

Key Words: India, Multinational Companies, European Union, OFDI. JEL Classification: F21, F23

Introduction:

India as an emerging economy in the world incepted in the global economy outward foreign direct investment, hence forth referred to as OFDI, through the multinational company's since 2000, in particular developed countries like UK and European Union. Tata Tetley, Tata steel, Tata consultancy, Reliance Energy Generation & Distribution Limited, Bharti Airtel Limited etc in various sectors over a period of time, Indian companies stepped into the world through OFDI to augment market with brand , to access resources available at less cost and technology etc. OFDI in turn gains to the both home and host countries.

Review of literature:

Pradhan (2008) explained in his study the overview of the changing patterns of OFDI from India. The rise in the propensity of Indian firms to undertake international production is being driven by several internal as well as external factors. He showed that the increasing number of Indian MNCs during the nineties have been accompanied by a number of changes in the character of such investments which include the tendency of Indian Outward investors to have full or majority ownership, expansion, into new industries and service sectors. The overall study shows that the motives of Indian-MNCs for investing abroad is not only of market seeking but also expand the strategic assets and skills overseas through establishing trade-supporting infrastructure.

Pedersen (2008) made an assessment of the recent international expansion of Indian companies in the second wave of investments abroad. The study elaborated the policies towards Outward FDI since 1969 and continued up to liberalization and thereafter as well. The Indian companies are targeting the markets in Europe and the U.S.A. through acquisitions of local companies. Consequently, Indian companies have continued investment in developed and developing countries to expand their market and brand name at the global level.

Dunning (1988) argued that the emergence of outward direct investment from developing countries could also be explained by his eclectic theory of international production. Along with GNP per capita increase, inward and outward FDI flows and balances are linked to each stage of economic development, within an “investment development cycle”. The existence of a positive correlation and a J-shaped relationship between net outward FDI and GNP per capita was assumed. Dunning therefore argued that the ownership advantages of Developing Countries’ MNCs tend to reflect the structure of their countries’ resource endowment, such as capital, labor, raw materials, individual entrepreneurship, and ability to adapt imported know-how and technology, as well as their better knowledge of other developing countries’ markets, a better mastering of technologies and skills that are particularly suitable for these countries and a shorter institutional distance.

Statement of the problem:

Since new economic policy inception - India boosted foreign direct investment. Indian multinational companies marked footprints in the globe through outward foreign direct investment since its third wave. Due to market access, brand, resource availability at less cost, and technology augmentation are few determinants of company’s interest in investing outward. Various companies with joint venture and wholly owned subsidiaries entered into global economy.

Research objectives:

- To analyze the Indian Outward Foreign Direct Investment trend.
- To evaluate the composition of Outward Foreign Direct Investment.
- To identify the sector wise share of MNCs Outward Foreign Direct Investment
- To offer policy suggestions in the light of findings based on the availability of data.

Research questions:

- Is Indian Multinational companies OFDI trend increased over period of time?
- What is the composition of Indian Multinational companies OFDI?

Research Methodology:

Research paper is based on the secondary data source - Reserve Bank of India. Data is Compiled yearly from 2012 to 2019. There are three components of OFDI data available in RBI such as, equity, loan and guarantee issued, was collected. Statistical tools such as - percentage, average used for the data analysis and also the linear regression model using MS Excel. Graphs like line graph, multiple bar diagram were used wherever necessary.

Data collection and analysis:

Data was collected from RBI, rbi.org.in and analysis was carried out in the following ways by framing suitable tables and figures.

Table 1: Composition of Indian OFDI 2012-19

US Billion \$

Year	Equity	Loan	Guarantee issued	Total
2012	5.6	4.9	15.1	25.6
2013	5.3	3.9	20.4	29.6
2014	9.1	2.9	26.3	38.2
2015	3.5	3.3	15.7	22.5



2016	9.0	3.4	13.1	25.5
2017	7.1	5.3	8.7	21.1
2018	6.2	4.2	8.0	18.4
2019	5.2	5.8	8.0	18.9
Cumulative 2012-19	51.0	33.7	115.2	199.9
Average	6.4	4.2	14.4	25.0
Percentage	25.5	16.9	57.6	100.0

Source: RBI

Table 2: Indian OFDI through JV/WOS 2012-2019

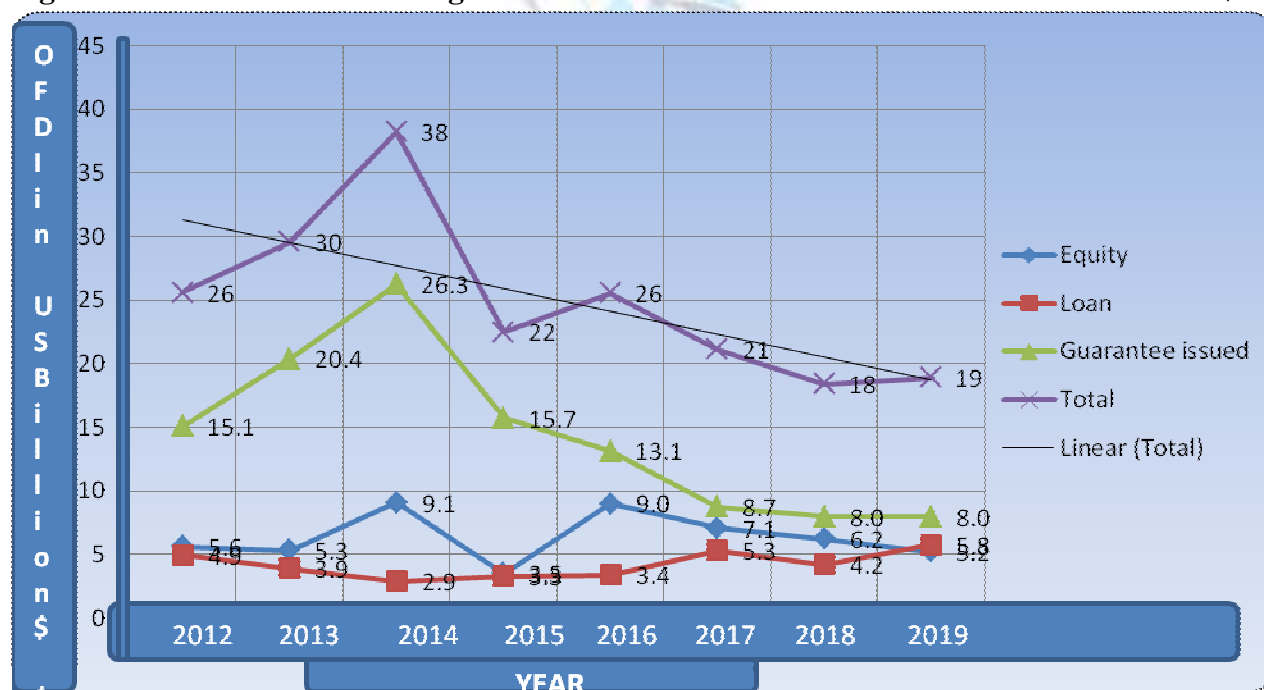
US Billion \$

Mode	No.	Equity	Loan	Guarantee- Issued	Total
Joint Venture	13019 (29)	14.7 (28.8)	7.7 (22.9)	28.7 (24.9)	51.2 (25. 6)
Wholly Owned Subsidiary	31905 (71)	36.3 (71.2)	26.0 (77.1)	86.5 (75.1)	148.8 (74.4)
Total	44924 (100)	51.0 (100)	33.7 (100)	115.2 (100)	199.9 (100)

- Source: RBI, Figures in parentheses in percentage.

Figure1: Indian Outward Foreign Direct Investment Trend 2012-19

US Billion \$



Source: RBI

Linear regression Model: $Y = 3.98 - 1.97X + u_i^{\wedge}$

Whereas, Y= OFDI, X= Year, u_i^{\wedge} = stochastic disturbance term

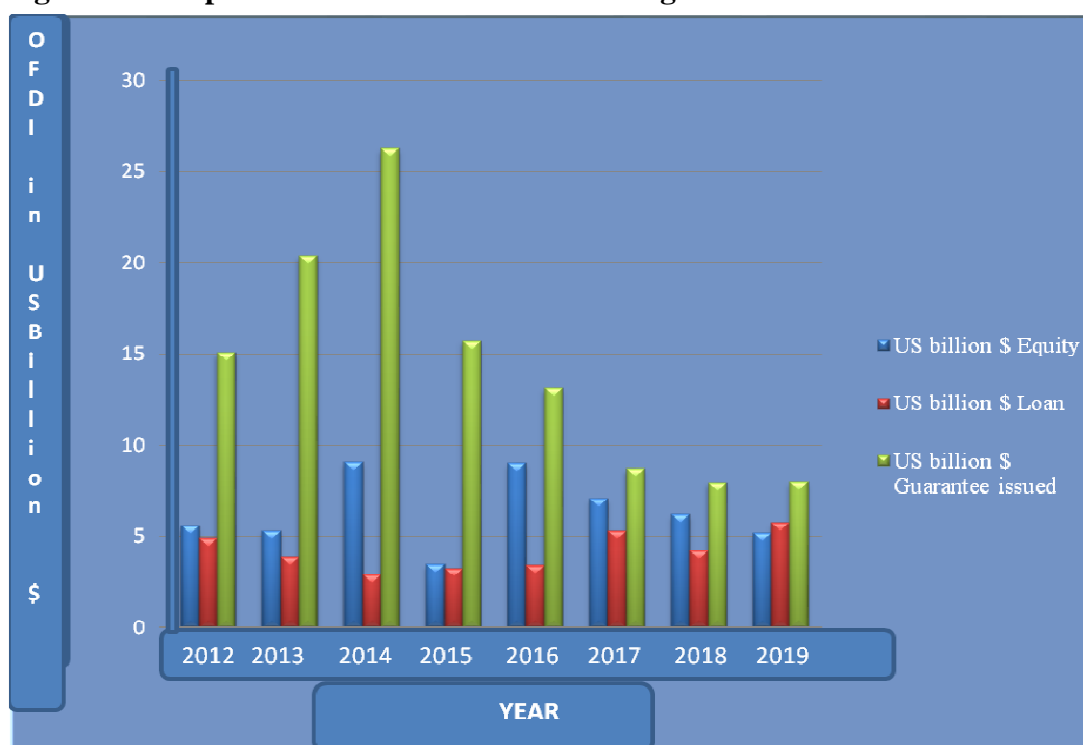
There is decreasing trend, i.e., 1.97 unit means 1.97 billion dollar OFDI has been declined for a year.

Table 3: Sector wise share of Indian OFDI

Sector	US Billion \$	
	2019	2012
Agriculture and Mining	7.1	11.6
Community, social and personal services	1.7	5.0
Construction	13.8	6.5
Electricity, gas and water	3.5	0.1
Financial, insurance, real estate and business services	27.8	7.8
Manufacturing	25.7	31.7
Miscellaneous	0.3	0.1
Transport, storage and communication services	5.7	24.7
Wholesale, retail trade, restaurants and hotels	14.5	12.5
Total	100.0	100.0

Source: RBI

Figure 2: Composition of Indian Outward Foreign Direct Investment



Source: RBI

Table 4: Top Ten Indian Multinational Companies OFDI in the World US Billion \$

Year	2012	2013	2014	2015	2016	2017	2018	2019
Top 10 MNCs OFDI	10.4	10.3	22.9	5.8	11.1	7.9	5.3	7.0
Total OFDI	25.6	29.6	38.3	22.5	25.5	21.1	18.4	18.9
Percentage of OFDI	40.5	34.8	59.9	25.9	43.6	37.5	28.8	37.1
Average	1.0	0.1	2.3	0.6	1.1	0.8	0.5	0.7

Source: RBI

Findings and Conclusion:

Indian outward foreign direct investment has been increasing in terms of equity and 2014 was the highest, in between slight variation towards downward trend was observed. In 2019 there



is a slight increase in total OFDI. Among three components of OFDI guarantee issued shares is the highest and loan is least. However trend of loan composition is upward, means increasing share in OFDI among three components over a period of time. Since 2012 sector share is increased in the construction and financial, insurance, real estate and business services domain and share is declined in agriculture and mining, manufacturing and transport, storage and communication services. Almost $\frac{3}{4}$ th of the OFDI goes through wholly owned subsidiaries. There is decline in Indian multinational company's outward direct investment trend. Top ten Indian multinational companies share is 60% during the period considered for the research. indicates these companies contribution is more than half of the total Indian OFDI in the year 2014 and only around $\frac{1}{4}$ th share is contributed in 2015 and 43.6% in 2016 which clearly indicates there is need of boosting outward direct investment policies. Hence, government of India needs to boost and implement policies to acquire global market, to adopt technology access by the multinational companies through outward foreign direct investment with determinants of push and pull factors in the days ahead for the gains of both home and host countries.

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An analysis of understanding level of Goods and services tax in major two city of Gujarat (with special reference to traders)

Rashmi Parmar

Abstract

Goods and services tax is implemented on 1st July 2017 and it is a new tax regime to Indian economy as plays a vital role in business vendors and many stakeholders. After its implementation its been 2 years completed and now it is important to know how traders are react on that and are they understand it and facing any problem or not?. To answer such questions the present research paper gives idea about understanding level of goods and services tax on the basis of different variables and demographic factor. To measure association between variable researcher use chi-square and to examine the level of understanding towards GST researcher use krushkal Wallis test. Result shows that there is age group, type of business plays vital role in understanding of GST.

Key words: goods and services tax, understanding level

Introduction

India has worlds one of the biggest democratic countries to follow the federal tax system for the levy and collection of various taxes. Different types of indirect taxes are levied and collected at different point in the supply chain. The centre and the states are empowered to levy respective taxes as per the Constitution of India in this way the proposed GST is likely to change the whole scenario of present indirect tax system. After passing the constitution's 122nd amendment bill 2014 for Goods and Service tax (GST) in the Lok Sabha on 6th May 2015 the prospects of replacement of all the indirect taxes levied on goods and services by the centre and state government. GST would be a compressive indirect tax on manufacture, sale and consumption of goods and services through India, to replace the various indirect tax levied by both central and state government. France was first country I the world to introduce GST system in 1954. Almost 160 countries across the world have already implemented the GST. On 1st july 2017 it finally been implemented in Indian and its completed 2 years recently.

Review of literature

1. **Vinayak revjigandal (2018)**, study examines the awareness of GST amongst traders, particularly in Khalapur Taluka of Raigad district in Maharashtra. Based on literatures and previous studies, three factors have been identified that posed the most impacts to traders towards the GST implementation. These factors are the level of knowledge, subjective norm and demographic factors of traders. This study utilised survey method in gathering the data and 150 questionnaires has been distributed to traders in the area of Khalapur Taluka. Findings from this study would contribute to a more comprehensive understanding on awareness towards GST and their impacts on traders. Also, it could be used by the relevant authorities to come up with better policies on GST or taxation in general. Practitioners or business owners and general public also could benefit from the findings in dealing with their own taxation matters.
2. **Sanjay nandal & diksha(2018)**, purpose of present study is to investigate the perceptions of traders and manufacturers towards GST, their satisfaction level from GST's implementation and significant differences between their perceptions and satisfaction. This study has conducted particularly in three regions i.e. Rohtak, Gurgaon and Faridabad of Haryana state and total 200 respondents were selected on the random sampling basis and t-test was used. The results of the study conclude that 73% of respondents are satisfied from GST's implementation. This study suggests for successful

implementation of GST, government should organize the awareness and training programs to increase the GST knowledge, reduce the technical error of GSTN, expand the digital infrastructure, properly check whether the benefits of reduced cascading effect is passing to end customer or not and reduce the return filing formalities.

Objective

1. To observe understanding level of GST of Ahmadabad and surat
2. To compare understanding level of GST of traders of surat and ahemdabad city.

Research methodology

Descriptive Research Method is used for analysis,data is collected through primary sources and questionnaire is used for collecting the data

Sampling

Convenient sampling method is used to collect the data , **Sample size** Is 100 questionnaires are collected for research.50 from Ahmadabad and 50 from surat.

Tools and technique

Ms excel and spss is used for analyze the data.

Analysis

Table -1

Particular		City		Total
		ahemdabad	Surat	
type of business	individual firm	8	20	28
	partnership firm	22	22	44
	Franchisee	3	4	7
	pvt.ltd.co.	17	3	20
	Services	0	1	1
Total		50	50	100
Locality	urban area	46	31	77
	semi-urban area	2	13	15
	rural area	2	6	8
Total		50	50	100
Income group (monthly)	upto 10000	2	0	2
	10001 to 25000	9	9	18
	25001 to 50000	25	22	47
	Above 50000	14	19	33
Total		50	50	100
Turn over (annual)	Less than 20lakhs	9	7	16
	Up to 20lakh	30	23	53
	20lakhs to 1cr.	11	13	24
	More than 1cr.	0	7	7
Total		50	50	100
Age Group	18 TO 25	0	8	8
	26 TO 40	47	39	86
	41 TO 60	3	3	6
Total		50	50	100

Tables 1 is descriptive data of collected sample. majority of respondents are having partnership business and living in urban area and majority of them are having monthly 25001 to 50000

income.on the other hand turn over up to 20 lakh is major in respondents and over all 26 to 40 age group respondents are more in the showing data.

The below table no 2 and 3 are showing the knowledge about GST.

Table 2 Did you know about GST?

		Did you know about GST?		Total
		yes	no	
Name of the city	Ahemdabad	46	4	50
	Surat	48	2	50
Total		94	6	100

Surat traders are having more knowledge about GST as compare to ahmdabad but there is not vast difference in numbers so that the both the city traders have knowledge about GST.

Table 3 From where you get information about GST

		From where you get information about GST					Total
		News paper/magazine	TV/radio	Internet	Professionals	Word of mouth	
Name of the city	Ahemdabad	5	9	19	16	1	50
	Surat	6	6	14	22	2	50
Total		11	15	33	38	3	100

Internet and professionally information are getting by traders mostly. Ahmadabad traders more depend on internet where surat traders are getting information from professionals.

Below table shows that registration about gst

Table 4 Are you registered for GST?

		Are you registered for GST?		Total
		yes	no	
Name of the city	Ahemdabad	47	3	50
	Surat	45	5	50
Total		92	8	100

Table 5 If yes, how you calculate it?

		If yes, how you calculate it?				Total
		Manually(by yourself)	By using a software	By expert	other	
Name of the city	Ahemdabad	0	16	2	29	47
	Surat	1	13	18	13	45
Total		1	29	20	42	92

Registration of gst is more in numbers in Ahmadabad than of surat and most of Ahmadabad traders use software for calculation of GST. while surat traders are more prefer expert for the calculation of GST.

Objective and Hypothesis

To compare understanding level of GST among surat and ahemdabad city.

H0 : There is no significant difference in understanding about GST in surat and ahmdabad.

Table 6 Ranks

	Name of the city	N	Mean Rank	Sum of Ranks
understand purpose & objectives	Ahemdabad	50	64.10	3205.00
	Surat	50	36.90	1845.00
	Total	100		
structure & mechanism	Ahemdabad	50	59.07	2953.50
	Surat	50	41.93	2096.50
	Total	100		
process of implication of GST	Ahemdabad	50	54.83	2741.50
	Surat	50	46.17	2308.50
	Total	100		
applicable for each n every product.	Ahemdabad	50	48.29	2414.50
	Surat	50	52.71	2635.50
	Total	100		
best tax system by our country.	Ahemdabad	50	51.95	2597.50
	Surat	50	49.05	2452.50
	Total	100		

Table 7 Test Statistics^a

	understand purpose & objectives	structure & mechanism	process of implication of GST	applicable for each n every product.	best tax system by our country.
Mann-Whitney U	570.000	821.500	1033.500	1139.500	1177.500
Wilcoxon W	1845.000	2096.500	2308.500	2414.500	2452.500
Z	-4.855	-3.131	-1.584	-.803	-.551
Asymp. Sig. (2-tailed)	.000	.002	.113	.422	.582

Grouping Variable: Name of the city

From the above table it is summarized that at 5% of level of significance, the value of mann – whitney U test in all variable are different. Out of total variable two variables has value less than 0.05 which means it rejects the null hypothesis.

There is difference in ahemdabad and surat traders understanding of purpose and objectives about GST and also about structure and mechanism.in both variable ahemdabad traders are more understand than of surat traders.

Interpretation

Descriptive analysis shows that there is more over young respondents are there having 26 to 40 year age group and they know about GST and most of them use interenet and professional through knowledge regarding GST. Most of the ahmdabad traders are understand and they registered in GST compare to surat and they prefer software to calculate.

Suggestions

Most respondents are young and using internet to improve knowledge and letting them update through internet is beneficial and convenient option for government and here also we see that more they understand more positively they registered for it.so make traders understand and aware is important for government.



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A STUDY ON JAMES BALDWIN'S -'ANOTHER COUNTRY'

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Abstract

The question of transcending the material self and freeing the being from its surrounding influences has always embroiled humanity in an unsurmountable duel. But, the perceptible impossibility of developing an ability to transcend reflexive obedience to the laws of nature has also fascinated researchers for long. The very nature of this apparent impossibility can be traced to the ingrained conventions of human cultural practices, the reluctance to interrogate standards, and the inexplicable insularity. By analysing the belief in a transcendent reality, and the possibility of personal transformation through community engagement projected in James Baldwin's *Another Country*, I contend that these facets of the novel can help us comprehend the axiological significance of the inclusive humanism contained in it. Baldwin has been particularly critical of existentialist notions of alienation, angst and nothingness. He values individuality but sees social redemption as coming through replacing individuality with concern for and engagement with others.

Keywords: Immanent Frame, Exclusive Humanity, Inclusive Humanity, Reflexive Obedience

The question of transcending the material self and freeing the being from its surrounding influences has always embroiled humanity in an unsurmountable duel. But, the perceptible impossibility of developing an ability to transcend reflexive obedience to the laws of nature has also fascinated researchers for long. The very nature of this apparent impossibility can be traced to the ingrained conventions of human cultural practices, the reluctance to interrogate standards, and the inexplicable insularity.

Despite the pervasiveness of these nodes of reflexive obedience, human history has been perfused by instances of transcending the limits of immanence. In this article, I will suggest that the interrogation and transcendence of the immanent frame is not necessarily a phenomenon pertaining to theoretical positions, but a broader cultural phenomenon partaking of the inclusive forms of humanism. By analysing the belief in a transcendent reality, and the possibility of personal transformation through community engagement projected in James Baldwin's *Another Country*, I propose that these facets of the novel can help us comprehend the axiological significance of the inclusive humanism contained in it.

The roots of the concept immanent frame is traced to the seminal work *A Secular Age* by Charles Taylor who has encapsulated our locational processes and the captivation of our minds in the modern world. To expound his idea of the immanent frame, Taylor suggests:
So the buffered identity of the disciplined individual moves in a constructed social space, where instrumental rationality is a key value, and time is pervasively secular. All of this makes up what I

want to call “the immanent frame”. There remains to add just one background idea: that this frame constitutes a “natural” order, to be contrasted with a supernatural one, an “immanent” world over against a possible “transcendent” one. (542)

It is important to note here how Taylor is trying to juxtapose two world orders: The immanent, and the transcendent. His idea is to explore the plausibility of moral pluralism and transcendence as modes for fostering more inclusive forms of humanism. Central to Taylor’s criticism of the immanent frame is his finding that transcendence is no longer considered to be attainable, and this inability has led to exclusive humanism

– a reductionist approach to humanism which ignores any good beyond humanity.

Instead, Taylor proposes an inclusive humanist doctrine which not only unravels the inadequacy of exclusive humanism, but also presupposes the possibility of an inclusive humanism.

But long before Taylor developed his ratiocination over the problematic category of transcendence and inclusive humanism in the secular age, the black American novelist James Baldwin had shown strong convictions about the possibility of and the need for such transcendence over the immanent frame. All his life Baldwin remained engaged with the idea of exploring the extent and significance of human development towards greater compatibility and a more meaningful existence. Long after, Charles Taylor redeemed Baldwin by advocating the need for belief in transcendence:

By “humanist doctrine” I mean some view of man which tries to show the scope and/or importance of human development towards greater well-being freedom, unity, justice... All these views have been anti-Christian for at least one main reason: that Christianity has seemed to their protagonists a doctrine preaching the impossibility of human betterment or its irrelevance. (*Clericalism* 177)

Informed by this fascinating correspondence between the ideas of Baldwin and Taylor, I have analysed Baldwin’s *Another Country* (1962) which conspicuously anticipated most of Taylor’s philosophical engagements with the question of transcendence.

Critical approaches to Baldwin usually claim for him a redemptive and transcendental humanism. The central moment of experience of his characters are those in which they strive to transcend the immediate pressures of their environment and the limiting conditions of the social matrix, and ask themselves the fundamental questions about the nature of their own humanity. Although most of his protagonists are burdened by the pressure of concrete circumstances, the bitter taste of anxiety and inauthenticity, they still move towards disburdenment and reconciliation. Baldwin has been particularly critical of existentialist notions of alienation, angst and nothingness. His is a deep conviction that the way into blessedness and felicity is by entering into the complexity of oneself as well as the other.

Baldwin takes cognisance of the despair, alienation and emptiness of modern life and the angst arising out of it, but takes a stand against the spiritual wasteland and opts for brotherhood and community. He values individuality but sees social redemption as coming through replacing

individuality with concern for and engagement with others. The contours of his religious existentialism are quite clearly drawn out: the heart as a guide to morality, the psychic and spiritual triumph over angst, the celebration of individual identity while aiming for an equilibrium between self and the other. Baldwin offers love and suffering as elements to cope with the disturbing feeling of anxiety emanating from the void of nothingness. Almost all his protagonists most readily accept love and suffering as means to their self-discovery. Cass in *Another Country* voices Baldwin's philosophy of suffering: "Growing just means learning more and more about anguish. That poison becomes your diet—you drink a little of it every day. Once you've seen it, you can't stop seeing it that's the trouble" (341).

Another Country makes a serious and ambitious attempt by James Baldwin at presenting the quest for transcendence undertaken by a group of characters. The novel is different from his *Go Tell It On the Mountain* (1953) and *Giovanni's Room* (1956) in at least three ways: first, Baldwin shifts his attention from the existential search of the individual in solitariness to the quest for transcendence in a community; secondly, 'the sexual experience as liberating' which was in an inchoate shape in *Giovanni's Room* comes full circle in the course of this narrative; and thirdly, the all-black experience of *Go Tell It On the Mountain* and the all-white concern in *Giovanni's Room* are combined into a conglomerate black-white community experience. Transcendence in *Another Country* is presented not as a private but as a community affair which can be achieved only with spiritual communion with others.

The struggle for self-discovery by Eric, Vivaldo, Ida and Cass is not presented as a private affair but as one in which all of them try to understand each other through the recognition of their anguish. By understanding each other's pain and accepting their humanity they all recognize and accept themselves. This idea of conquering the existential void of otherness through recognition and acceptance of humanity forms the narrative content of *Another Country*.

Another Country raises the problem of the functional 'being' quite succinctly which entails the existentialist struggle of arriving at a definition of one's being that will be adequately sustaining in the face of the paradoxes of life, and to support another's complexity with love. The narrative abounds in both heterosexual and homosexual experiences like that in *Giovanni's Room*, but with the same purpose: "These are instruments for the exploration of being, the metaphors for self-definition and for responsibility centering the complexity of another" (Kent 26-27). *Another Country* can be easily divided into two structurally articulating parts though there are originally three. Book I is concerned with the existential failure of Rufus, the Negro musician, who is fighting within himself both the real and the imaginary existential concerns. Books II and III encompass the successful existential search by Eric, Vivaldo, Ida and their transcendence into "another country".

Rufus Scott is the most complex character in the novel. Engulfed by the ambiguity of his existence he becomes a living paradox. Outwitted by his inability to surmount the meaninglessness of his life he recoils from the demands of an authentic existence. As a consequence, he is rendered incapable of communicating either physically (sexually) or emotionally. His frustrations resulting from his existential failure lead to the accretion of hatred in

him and his inability to articulate that outrage renders him "a peculiarly passive Bigger Thomas, whose murderous impulses turn back upon himself" (Bone 43). Rufus is unable to either love or hate; all he can do is show a miserable despair and a self-pity. He goes on throwing excuses for his failure in extreme bad faith by squarely blaming the whites for his despair: "He was so tired, he had fallen so low, that he scarcely had the energy to be angry; nothing of his belonged to him anymore—you took the best, why not take the rest?"(9). As his hatred accrues within himself for the want of an outlet, Rufus becomes gradually estranged from his vital 'being', which culminates in his ambiguous attitude to people around him. He identifies himself with the Negro saxophonist who repeatedly wails from the saxophone the question, "do you love me?" (13), but fails to register his protest by hurling his outrage at the audience. Rufus' attitude to love is one of the uncanny dread, for he fears what he desires. Like the Negro saxophonist's music (do you love me?) he also gropes for love, but fails to comply when it was needed. His affair with Leona is one of attraction and repulsion, he never becomes able to participate in a relationship with Leona. A true existence is identified with participation, and 'esse' with 'co-esse'; one's existence, in fact, arises in communication with that of another. In complete bad faith Rufus spills the opportunity to come to terms with his (lost) functional being by not entering into a compatible relationship with Leona. He picks her with the conscious purpose of transmuting his fantasies of hatred and violence. The intimacy (mostly sexual) with Leona is a conscious self-deception adopted by Rufus, and therefore the feeling and reaching out for the other is completely absent. The sex between them, which ought to have been a functional and fulfilling experience turns out to be mechanical as Rufus deliberately denies himself an entry into the complexity of Leona's existence: "Her breath came with moaning and short cries, with words he couldn't understand... He wanted her to remember him the longest day she lived. Under his breath he cursed the milk-white bitch and groaned and rode his weapon between her thighs" (24).

Rufus' ambiguous attitude to the love making with Leona is the result of his guilt, "The true, inculpable guilt of having spurned possibilities of existenz" (Jasper 218). As a result, when Leona tries to "bug" him in her complexity as a person, instead of exploring his true 'being' in a relationship with her, he gets rid of her. By denying himself the opportunity of a search for being, Rufus forces himself further into the realm of inauthentic existence. He finally drives Leona into a nervous breakdown and plunges himself into despair. His ontic anxiety forces him into committing suicide, negation of the self as he throws himself into the Hudson river.

Against the existential failure of Rufus, the other characters' journey for self-hood is measured. "Rufus' failure in being is then re-tested in the lives of other characters who were, in varying degrees associated with him" (Kent 27). At the funeral of Rufus, Cass ponders over Rufus' failure and the existential struggle of other characters: Perhaps such secrets, the secrets of every one, were only expressed when the person laboriously dragged them into the light of the world, imposed them on the world, and made them a part of world's experience. Without this effort, the secret place was merely a dungeon in which the person perished; without this effort, indeed, the entire world would be an uninhabitable darkness. (98)

Rufus' death shifts the focus of the narrative to the existential search of Vivaldo, Cass, Ida and Eric. George E. Kent focuses on the responsibility of the characters to struggle for their functional being:

Vivaldo Moore, the Irish-Italian attracted to Rufus' sister at first partly through being a "liberal" and partly because of his sense of having failed her brother, must be made to confront her as a complex human conundrum.... Cass and Richard Silenski must abandon their oversimplified classification of each other and achieve a sense of reality in their marriage. Eric, the homosexual, must overthrow his Southern background and come to terms with himself in France. Everybody, indeed, must learn his own name. Thus, the lives of successive sets of people must come against the problems of being, love and involvement. (27)

Books II and III present Eric Jones as the existential epicenter towards which the other characters gravitate in their search for 'being'. Eric is a homosexual who has had several gay affairs since his adolescence in Alabama. As everyone knows, sex for Baldwin is replete with existential connotations as it helps a person enter the complexity of another human being and ascribe meaning to his own existence. Sexuality, particularly homosexuality, is a metaphor for the search for identity, for an understanding of life and responsibility to others within it, for the possibilities of rebirth. Eric's homosexual affair with Yves, a Paris street-boy happens to be the turning point both in the narrative and in the life of Eric. At the beginning of Book II the homoerotic description of Eric and Yves is rich in existentialist psychology: "Eric sat naked in his rented garden. Flies buzzed and boomed in the brilliant heat, and a yellow bee circled his head. Yves' tiny black-and-white kitten stalked the garden as though it were Africa, crouching beneath the mimosas like a panther and leaping into the air. (157)"

The association of the idea of homosexuality with that of Africa points to a kind of primal chaos, a kind of nothingness that offers the prospect of creating form out of formlessness. Bone says of Eric's achievement of a sense of self: "Through his commitment to Yves, he introduces an element of order into the chaos of his personal life. This precarious victory wrested in anguish from the heart of darkness, is the real subject of *Another Country*" (49). Baldwin treats homosexuality as a metaphor for the modern condition denuded of conventional standards, values and of sexual normality. Stripped of all traditional standards and values Eric is one of Marcel's being—an absolute plenitude—who is free from encumbrances and has to create, all by himself, his own values:

There were no standards... except those he could make for himself. There were no standards for him because he could not accept the definitions, the hideously mechanical jargon of the age... he had to create his standards and make up his definitions as he went along. It was up to him to find out who he was and it was his necessity to do this... (181)

Eric, the homosexual, becomes the paradigm of the existential man left with the responsibility of choosing his own values, and in choosing them he serves as a footnote to the twentieth century torment (278). Eric's self-revelation comes through his selfless love experiences with Yves which invests him with miraculous prowess. When he left New York, he was miserable without knowing what would become of him (200), but his love for Yves

transforms his misery into happiness and liberates his anguished existence. When he comes back to New York, Cass confesses to the radiance that has become a part of him: "You seem much happier. There's a kind of light around you" (199). In his love for Yves, Eric not only achieves his functional being, but also serves as a catalyst who helps Cass, Richard, Vivaldo and Ida come to terms with their anguished existence. Once he discovers his functional being, Eric puts on the priestly garb and sets out to lend his healing touch to the desiccated lives of Cass and Richard and Vivaldo and Ida. With his knowledge and experience of pain, suffering and love, the inclusive humanist leads the lost souls into the realm of meaningful existence.

Cass' and Richard's lives have been utter existential failures. With no love, understanding or compassion between them they are groping for self-discovery. Both of them have failed miserably to understand each other's complexity. The apprehension of the failure of communion which Cass has already expressed at Rufus' funeral, has taken over their lives. Cass and Richard live together, but like strangers and outsiders. During a conversation with Eric, Cass not only confesses her existential failure to him but also expresses her surprise at his newly found happiness. The illuminated life of Eric is nicely juxtaposed with the lacklustre existence of Cass asserting the liberating power of love and sex. Cass recognizes an unfailing confidence in Eric: "You seem very sure of yourself" (200), which is both enviable and laudable. She acknowledges the growth in him: "Growth is what will become of you. It's what has become of you" (201), and promptly reveals her failure in achieving any meaning in life: "Great men's wives, indeed! How I'd love to explode that literary myth" (201).

To give herself the feel of her presence as a human being Cass enters into an emotionally gratifying sexual affair with Eric that has no future as Eric himself confesses: "something is happening between us which I don't really understand but I'm willing to trust it. I have the feeling, somehow, that I must trust it" (244). Cass' sexual encounter proves to be immensely liberating through which she is introduced, by Eric's past experiences, to an unsafe, treacherous, but real vision of the world: "... She was relieved to discover that she was apprehensive, but not guilty. She really felt that a weight had rolled away, and that she was herself again, in her own skin, for the first time in a long time" (247).

The existentialist priest's healing touch engenders a new sense of being in Cass. She discovers the liberating prowess of love and the realization helps her understand Richard much better than before, as she says of him: "I did love him very much, he was my whole life, and he'll always be very important to me" (339). Cass' discovery of the meaning of her life comes close to her acceptance of suffering as the gateway to meaningful existence: "I am beginning to think that growing just means learning more and more about anguish. That poison becomes your diet—you drink a little of it every day" (341). The endurance of suffering leads her to self-knowledge and she understands her responsibility for Richard better than ever: "I watched Richard this morning and I thought to myself, as I've thought before, how much responsibility I must take for who he is, for what he's become" (341). The emancipating power of love tinged with suffering leads Cass to define herself through a committed, compassionate and reciprocal understanding of Richard.

Vivaldo is another character who is groping for his functional being in the labyrinth of existential chaos. Rufus' demise drives him to reflect on his own existence. In a highly suggestive scene where he is struggling with characters of his novel who will not "surrender up to him their privacy"; "they were waiting for him to find the key, press the nerve, tell the truth," he realizes that the condition of these characters is similar to his. He wonders "whether or not he had ever, really, been present at this life" or whether he, like others, had passed his life in a kind of limbo, of denied and unexamined pain" (111). He suffers terribly in his love for Ida, who is only playing with him as a mark of revenge for her brother Rufus' death. Ida never enters into any kind of compassionate communion with Vivaldo who shows serious concerns for her. He struggles with his doubts about Ida's compatibility. Torn between his despair and hope, Vivaldo passes through a phase of intense soul searching:

How did he take her what did he bring to her? If he despised his flesh, then he must despise her—and did he despise his flesh? And she despised her flesh, then she must despise him What were all those flicking confessions about? I have sinned in thought and deed. (260)

Since Ida is unrelenting in her revenge and does not give herself readily to the love of Vivaldo, the stalemate between the two continues. Vivaldo's excruciating passage alone does not suffice as his and Ida's conflicts are further compounded: "There was [sic] speedily accumulating great areas of the unspoken, vast minefields which neither dared to cross" (270).

The distance between them remains and compatibility still eludes their relationship, rendering them both incapable of attaining a spiritual communion and self-knowledge. He struggles to define him in the face of utter anguish emanating from the existential void:

And beneath all this was the void where anguish lived and questions crouched, which referred only to Vivaldo and to no one else on earth. Down there, down there, lived the raw unformed substance for the creation of Vivaldo, and only he, Vivaldo alone, could master it. (258)

At a time when Vivaldo is beaten down by his anguish, Eric's healing touch saves him from complete despair and gives him a hope of self-knowledge. The total spiritual and physical love experience between Eric and him turns out to be the turning point and immensely meaningful act of his life:

He held Eric very tightly and covered Eric's body with his own, as though he were shielding him from falling heavens. i But it was as though he were, at the same instant, being shielded—by Eric's love. It was strangely and insistently double edged, it was like death by drowning Vivaldo seemed to have fallen through hole in time, back to his innocence; he felt clear, washed, and empty, waiting to be filled. (324-325)

The liberating power of sex enables Vivaldo to come to terms with himself. His experience with Eric turns out to be epiphanic as he re-discovers himself: "All of his hope, which had grown so pale, flushed into life again... It was a great revelation...and made for unprecedented steadiness and freedom" (326). This revelation, charged with confidence and acceptance enable Vivaldo to go back to Ida, and listen to her confession unfazed, know her, trust her completely. By understanding Ida, he understands himself and thus spans the void between him and the

other. From the void of nothingness Vivaldo creates his values and achieves his being, and his (sexual) identity also emerges from the void.

Throughout the novel, Ida renders her life as a vast ocean of self-deception and thus keeping herself from entering into a meaningful relationship with Vivaldo. In bad faith she keeps herself detached from the love of Vivaldo and from self-discovery. At the end she is relieved of her entirely self-estranged life and her negative view of the world by the unfailing love of Vivaldo who enables her to come to terms with the meaning of her existence. Ida, who enters into an affair (an ostensible one) with Vivaldo in order to avenge the death of her brother, confesses to her deception and signs the bond of love and fidelity with him. As a sign of her self-acceptance she also "slips from her finger a ruby-eyed snake ring—a gift from Rufus, a symbol of her heritage of hate" (Bone 45).

The texture of *Another Country* runs parallel to Marcel's concept of 'being' which can be achieved by means of love, hope, fidelity and intense participation. "Love is real knowledge" and to "love someone truly is to love God" says Marcel in his *Metaphysical Journal* (62, 158). Love and fidelity bring Eric, Vivaldo and Ida to a definition of their lives and they find themselves on the verge of transcending their facticity. Eric stands at the epicentre of the novel. By accepting his pain, he becomes a fully aware, alive human and translates his love into healing others' pain and helping them overcome their anguish and lead a meaningful existence. He is the existentialist priest who performs the ceremonies of love and spreads the message of compatibility. His message to the people groping for meaning in their lives is clear in what he tells Vivaldo. Vivaldo says: "I think that you can begin to become admirable if, when you're hurt, you don't try to pay back. Perhaps if you can accept the pain that almost kills you, you can use it, you can become better" (329). Eric agrees and replies: "Otherwise, you just get stopped with whatever it was that ruined you and you make it happen over and over again and your life has—ceased, really—because you can't move or change or love anymore" (329).

Baldwin has always been a professed humanist, striving for the general wellbeing of man. To enable people to ascribe meaning to their otherwise precarious existence in the face of a contingent world fraught with uncertainties is his sole aim. He dared to see the reality in its naked majesty. He had his protagonists present a definitive attitude of looking at life, which expounds man's search for himself and his potentialities to create his own values in the world. Both Baldwin and Taylor are known for their questioning of the immanent frame which strategically excludes transcendence as a possibility. But, both of them have been able to decipher the not-so-absoluteness of the immanent frame, which, as Baldwin has shown in his *Another Country*, can be surmounted with a reflective acceptance of a meaningful life. Baldwin's core idea of transcendence is oriented towards developing a compatibility with inclusive humanism as a non-exclusive form. The perspective that emerges from our reading of *Another Country* is the transformative perspective which is articulated in terms of community transformation through transcending the immanent frame.

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ISSN : 2278-4632

JUNI KHYAT जूनी ख्यात

इतिहास, कला एवं संस्कृति की शोध पत्रिका



संपादक

डॉ. बी.एल. भादानी

Dr. Mohini Bhanu
2020-21

JUNI KHYAT

जूनी ख्यात

(संयुक्तांक)

सपादक

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पूर्व विभागाध्यक्ष

इतिहास विभाग,

अलिगढ़ मुस्लिम विश्वविद्यालय, अलीगढ़

प्रबन्धक सपादक

श्याम महर्षि



मरुभूमि शोध संस्थान

संस्कृति भवन

एन.एच. 11, श्रीडूंगरगढ़ (बीकानेर) राजस्थान

INDEX

S.No.	TITLE	Page No.
1	TRACING THE SCIENTIFIC OUTPUTS IN THE FIELD OF SURGERY BASED ON PUBLICATIONS: A SCIENTOMETRIC ANALYSIS	1
2	CRIME ANALYSIS AND PREDICTION ARE APPROACHING VARIOUS METHODS USING DATAMINING TECHNIQUES	8
3 ✓	COVID ERA AND ISSUE OF DISPERSAL OF LIBRARY SERVICES	12
4	THE HOLY QURAN: GUIDANCE FOR HUMANITY	14
5	A STUDY OF SELECTING A FITNESS CENTRES BY FEMALES IN JAIPUR CITY	19
6	ANALYTIC PERSPECTIVES ON INDIAN STOCK MARKET DURING PRE AND POST COVID-19	27
7	DIGITAL ACCOUNTING: INTERNET BANKING OPPORTUNITIES AND CHALLENGES IN INDIA	31
8	A STUDY ON THE PELL -LIKE EQUATION $3x^2 - 8y^2 = -20$	35
9	कबीर के साहित्य में है प्रकृतिवाद	44
10	A STUDY ON IMPACT OF PEER PRESSURE ON THE ACADEMIC ACHIEVEMENT OF HIGH SCHOOL STUDENTS	48
11	IMPACT OF COVID-19 ON THE PERFORMANCE OF SMALL SCALE INDUSTRIES IN INDIA	53
12	A PANEL DATA ANALYSIS ON AGRICULTURE PRODUCTION IN INDIA	57
13	GLASS CEILING A FEMINISTIC APPROACH	61
14	INFLUENCE OF WORKER'S PASSION TOWARDS THEIR WORK AND ITS IMPACT ON WORK EFFECIENCY: WITH REFERENCE TO SELECTED FIRMS IN PUNE	67
15	CASE STUDY ON KEY COMPETENCIES EXPECTED AMONGST HOSPITALITY STUDENTS: EMPHASIZED BY INDUSTRY LEADERS IN INDIA	74
16	ANALYSIS AND PREDICTIONS OF EDUCATIONAL DATA MINING	84
17	DEVELOPMENT OF WOMEN ENTREPRENEURS IN INDIA	91
18	E-CUSTOMER SATISFACTION OF MOBILE BANKING IN KASHMIR	99
19	A REVIEW ON PHYTOCHEMICAL AND PHARMACOLOGICAL PROFILE OF <i>PTEROCARPUS SANTALINUS</i> LINN	109
20	EFFECT OF LIBERALIZATION AND GLOBALIZATION ON INDIAN ADMINISTRATION	115
21	महिलाओं की प्रस्थिति के परिवर्तित प्रतिमान	120
22	THE GIFT OF MAGI BY O.HENRY: A TRUE EPITOME OF PURE HUMAN RELATIONSHIP	125

23	A SPATIAL ANALYSIS CROP COMBINATION PATTERN IN HAVERI DISTRICT, KARNATAKA STATE	128
24	RURAL LITERACY IN BIDAR DISTRICT OF KARNATAKA (2001)	133
25	AN INVESTIGATION INTO THE IMPLEMENTATION OF CONTINUOUS AND COMPREHENSIVE EVALUATION AT SECENCORY LEVEL OF BANGALORE RURAL DISTRICT	139
26	A STUDY ON SOCIO ECONOMIC CONDITIONS OF THE KALAMKARI ARTISANS IN ANDHRA PRADESH WITH REFERENCE TO CHITTOOR DISTRICT	143
27	LANGUAGE TEACHING IN INDIA –PRESENT DAY CHALLENGES	152
28	SOLUTIONS IN INTEGERS FOR THE QUADRATIC DIOPHANTINE EQUATION $w^2 - 3z^2 + 6w - 12z - 36 = 0$ INVOLVING HARSHAD NUMBERS	156
29	AN ECONOMETRIC ANALYSIS OF INORGANIC INPUTS ON THE GROWTH OF COMMERCIAL CROPS OF INDIA	161
30	हिंदी और मराठी लोकगीतों में मायके का वर्णन - स्वरूप और संवेदना	165

COVID ERA AND ISSUE OF DISPERSAL OF LIBRARY SERVICES

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Abstract

The world has been put in lock down but the work of imparting knowledge can not be stopped. Students are getting educated online through google classroom and other online methods. They require learning resources for their education. The technological advancements and innovations have transformed the traditional libraries to the present smart Libraries. We librarian have got a number of ways of imparting services. In this paper some online tools for interacting with the library clientele are given.

Keywords: pandemic, covid 19, virtual era, application based platforms

Introduction

Libraries having significant number of e-resources may have enough opportunities to serve their users even in the lockdown period throughout the world. The important role of libraries in selective dissemination of information and knowledge among its users predefine the scope of libraries. In the case of Libraries where books come in contact of many persons at a time, therefore, the chances of virus transmission can occur by direct contact with infected user and indirect contact with surfaces in the library or with objects used by the infected user/staff. This is time for library professionals to avail opportunities and improve their skills/ability for outreach in virtual environment.

Students can access online open access material available. Few links of E Resources are given below:

Sr. No.	Title	Description	URL
1.	Project Gutenberg	Project Gutenberg is a volunteer effort to digitize and archive cultural works.	www.gutenberg.org
2.	Hathitrust	HathiTrust is a partnership of academic and research institutions, offering a collection of millions of titles digitized from libraries around the world.	www.hathitrust.org
3.	World Digital Library	The World Digital Library provides free access to manuscripts, rare books, maps, photographs, and other important cultural documents from all countries.	www.wdl.org/en
4.	NDLI	Educational materials available for all subject areas like Technology, Social Science, Literature, Law, Medical, etc.	http://ndl.iitkgp.ac.in
5	Khan Academy	Khan Academy non-profit educational organization. It provides short lessons in the form of videos.	www.khanacademy.org/

Handling of study materials in the libraries

Though, there is a big risk of corona infection through objects yet the use of library resources is equally important to complete the research projects under taken. Librarian today has to depart library services on a safer mode by adopting the standard procedure of house keeping operations. Hence different libraries are adopting different ways of imparting library services because the show must go on. Some are providing online catalogue through MOPac whereas some are telling them about new

arrivals through google platform like google meet, webex meeting etc. libraries which are procuring e books have extended the no. of users whom to provide the online services.

Some libraries are asking the students to take prior appointment from librarian to access library offline resources so that there should not be any crowd in the library. They have made all the arrangements of corona safety like sanitizers, safe distance marks, thermometers etc.

Opportunities of Learning with the Virtual Platform/Webinar in the Libraries

This is time for librarian to take opportunities and improve their skills to outreach the library services in virtual environment. They can arrange virtual seminar or webinar, when a seminar is conducted online with the help of application, it is called as the webinar. There are specialized applications / software to conduct virtual meeting, webinar, video conferencing, live chat, etc. Virtual seminar platform can be utilized to conduct online meetings, lectures and conferences. Webinar software provides online platform, where face to face interaction between the speakers and audience can take place very easily. Following are widely used webinar hosting software worldwide:

S.No.	Application	Connecting Links
1	Google Meet	http://meet.google.com/
2	GoToMeeting	http://www.gotomeeting.com
3	Business Hangouts	http://business-hangouts.com/
4	CISCO Webex	www.webex.com
5	Zoom	http://zoom.us/signin
6	Skype	http://www.skype.com
7	Microsoft Team	http://www.microsoft.com
8	Zoho Meeting	http://www.zoho.com
9	My Own Conference	http://myownconference.com
10	Join Me	http://www.join.me/

Conclusion

Technological advancements have modernized the library services in virtual era. Libraries on the web have become more efficient and self reliant in terms of resource management and digitalization. Knowledge societies are getting information in digital format, therefore, library services depends upon techno savvy professionals. Library plays important role in data capturing, storage, disbursing, interpretation and spreading of information among the library users. This paper has brought out opportunity to learn recent technological advancements in order to maximize the usage of learning resources and services in global lockdown and pandemic situations prevailing in the country.

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Dogo Rangsang Research Journal
(A Bilingual Research Journal, Indexed in UGC-Care list)
Vol-11, Issue. 04 No.01 April 2021

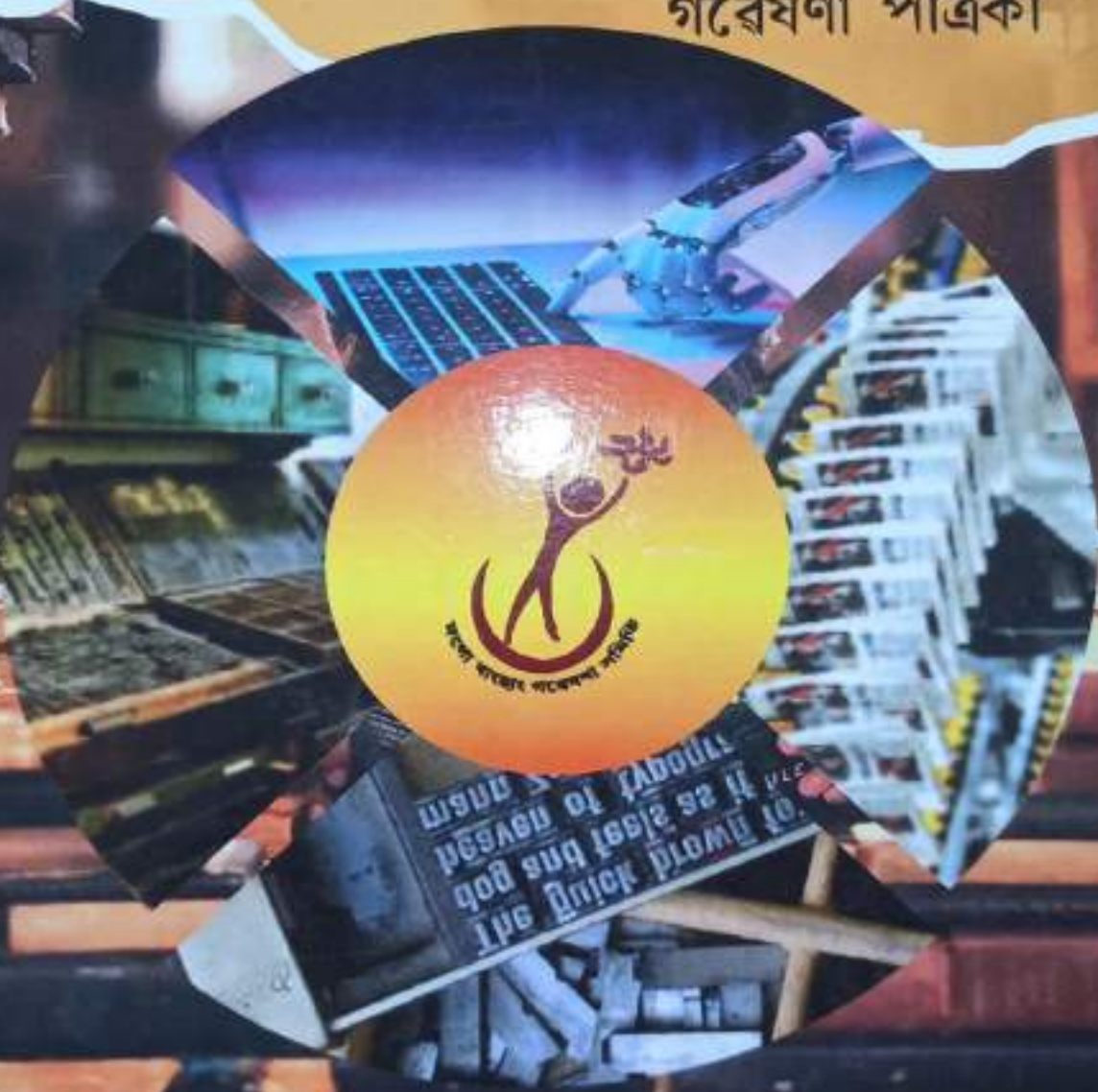
ISSN : 2347-7180

DOGO RANGSANG

Research Journal

দগো রাংছাং

গবেষণা পত্রিকা



CHIEF EDITOR (HON.):
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মুখ্য সম্পাদক (অবৈতনিক):
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D. Mohini Bhoswari

2020-21

A Peer Reviewed Bilingual Research Journal
(Indexed in UGC-CARE List)

ISSN 2347-7180

DOGO RANGSANG RESEARCH JOURNAL

দগো বাংছাং গৱেষণা পত্ৰিকা

Vol. 11 Issue 04 No. 01

February 2021

Chief Editor (Hon.) : Dr. Upen Rabha Hakacham
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মুখ্য সম্পাদক (অবৈতনিক) : ড° উপেন ৰাভা হাকাচাম
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INDEX

S.No	TITLE	Page No
1	A CASE STUDY OF CUSTOMER SATISFACTION ABOUT ICICI BANK – WITH RESPECT TO COIMBATORE CITY	1
2	A STUDY ON TRIBAL CULTURE AND CHALLENGES FACED BY THE TRIBES	9
3	“THE FARMERS PERCEPTION ABOUT PRADHAN MANTRI FASAL BIMA YOJANA (PMFBY)”-AN EMPIRICAL EVIDENCE FROM GADAG DISTRICT	15
4	ADJUSTMENT LEVEL AMONG MALE AND FEMALE SECONDARY SCHOOL STUDENTS OF BHOLAJHAR VILLAGE OF BAKSA DISTRICTS, ASSAM	22
5	STEPHEN KING AS A FINEST STORYTELLER: A CRITICAL ANALYSIS OF THE NOVEL <i>BAG OF BONES</i>	33
6	THE MACHIAVELLIAN QUEEN “DIDDA”: AS GLEANED THROUGH KALHANA’S RAJATARANGINI	36
7	UNTAPPED POTENTIAL AND CHALLENGES FOR TOURISM ENTREPRENEURSHIP IN MADHYA PRADESH	40
8	ONLINE EDUCATION: FACTORS INFLUENCING USER ADOPTION IN EDUCATION SECTOR	48
9	EFFECT OF EXTERNAL ELECTRIC FIELD ON RADIUS OF CRITICAL NUCLEUS AND NUMBER OF ICE MOLECULES DURING ICE GLACIATION	55
10	A STUDY ON LEARNING METHODS AND ITS APPLICATIONS OF DATA MINING IN AGRICULTURE SECTOR	58
11	A DEEP ECOLOGICAL ANALYSIS OF SELECT <i>THIRUKUTRALA KURAVANJI</i> POEMS	61
12	REGIONALISM IN INDIAN POLITICS: A STUDY OF NATIONAL CONFERENCE OF JAMMU AND KASHMIR	65
13	BLACK LIVES MATTER: REINCARNATION OF THE CIVIL RIGHTS MOVEMENT	76
14	WOMEN PERCEPTION ABOUT DOMESTIC VIOLENCE	79
15	“FACTOR INFLUENCING ON CHANNEL PARTNERS TO PREFER THE MAXIMA SEEDS”. - A CASE ON RANGAREDDY DISTRICT OF TELANGANA STATE	84
16	DESPAIR SYNDROME IN TONI MORRISON’S <i>BELLOVED</i>	89

17	CLASSICS CONDENSED IN EMOJIS- A STUDY BASED ON READERS' RESPONSES	92
18	TRAFFIC PERFORMANCE IN V.O. CHIDAMBARANAR PORT TRUST: AN OVERVIEW	95
✓ 19	SIGNIFICANCE OF METADATA IN DIGITAL ENVIRONMENT	99
20	ADIVASI AS A CULTURAL DIFFUSION IN ASSAM: A GEOGRAPHICAL ANALYSIS	101
21	SOCIETY AND CULTURE IN JANE AUSTEN'S <i>PRIDE AND PREJUDICE</i> – AN ANALYSIS	105
22	PERFORMANCE OF DIGITALIZED PRIVATE AND PUBLIC BANKS IN PRE AND POST DEMONETIZATION PERIOD	109
23	IMPACT OF FINANCIAL LITERACY PROGRAMME ON THE SAVING ATTITUDE OF KUDUMBASHREE WOMEN IN KERALA	117
24	IMPACT OF GLOBALIZATION ON SOCIAL EQUALITY IN INDIA	123
25	PEACE EDUCATION WHY ? WHERE ? HOW?	126
26	FOOD AND THE METAPHOR OF HOSPITALITY AND FREEDOM IN SOORAJ BARJATYA'S <i>VIVAH</i> (10 NOVEMBER 2006, INDIA) AND ANUBHAV SINHA'S <i>THAAPAD</i> (28 FEBRUARY 2020, INDIA)	130
27	INTEGRATED HEALTH MONITORING SYSTEM FOR COMA PATIENTS	133
28	COVID'S LOCKDOWN EFFECT ON AGRICULTURIST AND AGRICULTURAL LABOR: A CASE STUDY AT HONDARABALU VILLAGE	137
29	"PROMINANCE OF TOURISM INDUSTRY DURING PANDEMIC: AN ANALYTICAL VIEW AMONGST TOURIST PERSONNEL"	149
30	IOT BASED AUTOMATIC RESTAURANT MENU CARD	158

SIGNIFICANCE OF METADATA IN DIGITAL ENVIRONMENT

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Abstract

Metadata is information of information. Metadata solves many significant purposes like data description, data browsing, data transformation. Metadata has an important initiative in digital resource management. Metadata means information that a machine can understand to identify, locate and to describe a web resources. Selections of a particular metadata standard which surround the preservation of digital information are discussed, and in particular the act of metadata in all aspects of the system design for describing how the idea of metadata sometimes is used. Here various metadata used in digital environment are discussed.

Keywords: Collection Management, Digital Preservation, Preservation Metadata, Selection for Preservation, Dublin Core

Introduction:

Metadata is information about information, data about data. It is a machine understandable bibliographical details to identify, locate and or description of web resources. Traditionally card catalogues were used in library. Those cards contained the bibliographical information like title of the book, subject of the book, author, date of publication, pages of the book. Those card catalogues were metadata. This catalogue card is a form of metadata and it makes use of MARC 21 and set of rules associated with it, such as AACR2 and metadata standards. Metadata may consists of bibliographic information, Libraries and librarians have been using metadata since a long time. They address it as cataloguing rules, controlled vocabulary and Indexing format etc. for machines they have developed. It is a set of rules and norms to enable machine exchanges of cataloguing records. Dublin Core has the capacity of being accepted as an international standard for resource description and discovery on the web and as Linger Franca for metadata, partly because of the simplicity. In recent development of digital libraries, Librarians have joined the other efforts concerned with metadata.

What is Metadata?

Metadata is data about data. "It is data associated with document or object, which makes their potential users to have full advance knowledge of their existence and characteristics. In other words standard bibliographic information, indexing terms, summaries and abstracts is all substitutes for the original information and hence they can also be called metadata. The term metadata is generally applicable to e resources and refers to "data" in the broadest sense of data sets, graphics, textual information and anything else that is likely to appear electrically. Information about authenticity availability and accessibility, digital signature, copyright, reproduction etc is also metadata.

Metadata Definitions:

The most popular description of metadata is "data about data". Metadata describes the aspects of information bearing object document, data set, database, image, artificial, collection etc. Metadata acts as a representation of the content, context, structure, quality, province, condition and other characteristics of document for the purpose of representing the document to a potential user for evaluation, discovery, access, fitness for use, citation and transfer.

Getty Information Institute (2000): "Metadata consists of data related with either an information object or an information system for purposes of description, legal requirements, administration, usage, technical functionality use and preservation."

Velucci (1998) defines: "Metadata is data that describes aspects of resources, characterize its relationships. It supports its discovery and effective use and exist in an electronic environment."

Three features of metadata:

- 1) Content: Content relates to what the object contains or is about, and is intrinsic to an information object.
- 2) Context: Context presents what, who, where, why, and how aspects associated with the objects creation and is extrinsic to an information object.
- 3) Structure: Structure is related to the formal set of associations within or among individual information objects and can be intrinsic or extrinsic.

Types of Metadata:

1. Administrative Metadata: Administrative metadata presents information that manages the source of resource e.g. when and how the resource has been created.
2. Descriptive Metadata: Descriptive metadata presents the bibliographical information of the resource e.g. title, author, abstract, page no. etc.
3. Structural Metadata: The information which is necessary to record the internal structure of a resource so that it can be presented to the user in a sensible form (for instance, a book must be delivered in its page order.) This type of metadata is important as an item may often be comprised of multiple (often thousands) of files. For example, the images of individual pages that makes up a digitized book.

Significance of Metadata

Metadata is significant because it works to process and identify some types of important information needed for a wide variety of organizational and marketing purposes – to be used later. As mentioned above metadata helps in marketing and sales purposes, search engine rankings, security reasons, document organization, and much more.

Also, an added value of metadata is helpful in making affiliations and connections among things that everyday clientele, users and customers interact regularly such as an ERP or CRM system. In these kind of applications, metadata will check out and find the whole advanced lifecycle of significant business data, including the procedures, methodology, and clients that influence parts and procedure of the business. In the end, this helps us in giving an exact review and "audit trail" for our industries and businesses and alike. Arranging and securing an audit trail like this is just one more reason for metadata should be used in the professional and business life.

While explaining the characteristics of museum objects, metadata describes them in a systematic way. : Metadata is important for organizing informational resources of the article, It is necessary to create new patterns and standards to organize, store and precisely recall digital resources while referring to metadata as a solution to this new need. The most common metadata standards are Dublin Core, METS and MODS. Metadata designs to boot and organize digital resources.

Conclusion

There are two methods of metadata creation: manual or through an automated process. The manual creation is more precise, using a person's eyes to input and cross-check information. Manual feeded information is more relevant, accurate and more appropriate. Whereas, the automated metadata creation is more basic, it usually displays pre-calculated information which puts a number of limitations. Metadata also plays an important function in helping manage a wide variety of content. Smart marketers have realized that one more sophisticated metadata use is tracking usage of documents, and connecting that data to other contents.

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Peer reviewed Journal

Impact Factor: 7.265

ISSN-2230-9578

Journal of Research and Development

A Multidisciplinary International Level Referred Journal

April-2021 Volume-11 Issue-11

Recent Trends in Social Sciences

Chief Editor

Dr. R. V. Bhole

*'Ravichandram' Survey No-101/1, Plot
No-23, Mundada Nagar, Jalgaon (M.S.)*



Address

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Mundada Nagar, Jalgaon (M.S.) 425102*

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Published by- Chief Editor, Dr. R. V. Bhole, (Maharashtra)

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CONTENTS

Sr. No.	Paper Title	Page No.
1	Study of Biodiversity of Phytoplankton and Zooplankton of A Fish Culture Pond and Wild Village Pond of Bhilawadi in Sangli District MS Rakshanda. L. Shinde, Swpnali. B. Lad	1-5
2	Physico-Chemical Characterization of Farmland Soil in Some Villages of Palus Taluka, Dist. Sangli (Maharashtra) Dhanashri V. Bandgar, Urmila V. Bandgar	6-7
3	Studies of Physicochemical Parameters to Assces the Water Quality of River Yerrala for Drinking Purposes in Palus and Khanapur Tehsil (Sangli Distra) Kamble P. D, Lad S. B., Suryawanshi P.T.	8-11
4	Physico-Chemical Analysis of Borewell Water Samples of Palus Taluka Dist-Sangli, MS, India Urmila V.Bandgar, Dhanashri V. Bandgar	12-14
5	Investigation of Antioxident Activity and Total Phenolic Content in Red Raspberry Rakshanda. L. Shinde	15-16
6	Impact of Saltwater Intrusion on the Agricultural Land of Coastal Tract: An Investigation Along Malvan Coast, Maharashtra Nilesh.K. Susware, Jagdish B. Sapkale, Balu L.Rathod, Vinaya N. Susware	17-20
7	The study of natural Symmetry of dihedral group (D _n) Namrata. N.Patil, Rakshanda. L. Shinde	21-28
8	Management and Performance of States in Sustainable Development Goals (SDG): An Analysis Mr. Aditya Rajendra Ankush	29-31
9	An Analysis of Data Visualization Methods and Techniques in MS Excel Ritaja Ravindra Vyapari	32-35
10	Exploring Dalit Consciousness in Baby Kamble's The Prisons We Broke Dr. Shivaji D. Sargar, Navale Dattatray Prabhakar	36-37
11	History of Indian Cinema and Women's portrayal Farheen Tai	38-41
12	Challenges and Opportunities in the Sustainable Agriculture Development in India Dr. Ashok Shamrao Patil	42-45
13	Comparative Thermal Analysis Studies on Gel Grown Crystals of Li, Cu and Mixed Li-Cu tartrate Dadaji V. Sonawane	46-48
14	Recent Trends, Methods and Problems in Geographical Education Dr. Jadhav Hanumant Lahu	49-50
15	Education is the Key of Sustainable Development for Future Mr. Suresh Ragho Pagar	51-53
16	Service Industry - Opportunities Challenges and Recent Initiatives in India Dr. G. M. Hugar	54-56
17	"Jhansi Rani of Travancore": Assessing the Pioneering Contributions of Accamma Cherian to the Nationalist Movement in Travancore Abhishek Abraham Mathews	57-59
18	Ecommerce Testing Mr. Dnyaneshwar Fairrao Pathrikar, Mr. Dattatraya Bhikaji Raymal, Mr Hushikesh Rajendra Lahane	60-62
19	Technological Revolution: The Future of Agriculture Mr. Shivaling B. Rajmane	63-64
20	Economic Empowerment of Women in India Mr. Manish Annasaheb Maske	65-67
21	The Role Employee Participation in Human Resource Development Prof. Deepali R. Chandramore	68-70
22	Geographical Study of Tribal Main Workers in Nashik District, Maharashtra Rajendra S. Pawar	71-74
23	An Overview of Digital Revolution for Implementing the New Trends of Online Marketing Dr. Arti C. Lokhande	75-76
24	Over The Top (OTT) Platforms In India: Issues And Challenges - An Empirical Study Sujith.T.S, Dr.M.Sumathy	77-78
25	The Geographical Study of Rural Settlements Size in Daund Tahsil, Pune District(MS) Mr. Parkhe Sakharam Baban, Dr. Chimangunde Vishavraj S	79-82
26	Importance of E-Resources: Issues and Challenges Mrs. Rakte Jyoti Bhansaheb	83-86
27	Importance Enterprise Resource Planning (ERP) in Business: A Study Gourab Das, Subrata Das	87-90
28	Feature Based distance Measurement Approach for Detection, Verification and Authentication of Individual Ghugre Vijaymala Tanaji	91-95

A Study of Benefit and Challenges of Goods and Service Tax (GST) In Retail Industry in India Mr. Sanjay J. Kasabe, Dr. Bharat Patil	96-99
Artificial SuperIntelligence : Present View and Future Prospects Prof Yaseera Tausif Nevrekar, Dr Saima Shaikh	100-106
Recent trends in Psychological Research Rakhonde M.K.	107-108
Dr. B. R. Ambedkar: As A Real Humanist Dr. Jagadish Asode	109-111
Dr. B. R. Ambedkar's Idea of Socio-Political Philosophy Dr. Madhuri Chougule	112-114
The Importance of Health Facilities in Badalpur Block District Jaunpur: A Geographical Study Babita Shukla, Dr. Sanjay Kumar Singh	115-122
मानवी कल्याणासाठी शाश्वत विकासाची आवश्यकता सहा. प्रा. कैलास सत्यवान सेनार	123-127
उत्तर महाराष्ट्रातील कृषी प्रक्रिया योग्य शेतमालाचे उत्पादन व विपणनाचा विश्लेषणात्मक अभ्यास सहा. प्रा. शशिकांत सूर्यभान खेमनर, प्रा. डॉ. जे. आर. भोर	128-131
सहिला सशक्तीकरण आणि उद्योजकता प्रा. डॉ. जलका दहिकर	132-134
आदिनात्मकता निरपेक्ष, आदिपवाद आणि सार्वत्रिकता: एक सौलनिक अध्ययन (आर. एम. हेअर व ईम्बन्युअल कांटन्वा संदर्भात) डॉ. नरेंद्र बसंत रघटाटे	135-139
उत्तर प्रदेश लोकसभा पुनाव 2014 मे मतदान करने वाले का स्थानिक विश्लेषण: एक भौगोलिक अध्ययन डॉ. संजय कुमार सिंह, जयप्रकाश	140-146
पशु संसाधन का स्थानिक वितरण प्रतिकरुप: जनपद हरदोई का भौगोलिक विवरण डॉ. संजय कुमार सिंह, निशात फतीमा	147-154
जनपद गोण्डा मे न्यूनतम समर्थन मूल्य का गेहूं और जौ फसल के उत्पादन पर प्रभाव का एक भौगोलिक अध्ययन अक्षय प्रताप पाल, डॉ. (श्रीमती) पुष्पा सिंह	155-161
सिंचाई सुविधाओं का कृषी विकास पर प्रभाव शिवपुरी जिले मे विशेष संदर्भ में वीरेंद्र कुमार अहिरवार	162-166
बुद्धी प्रामाण्यवादी विचारवंत मानवेन्द्रनाथ राय यांच्या कार्याचा विश्लेषणात्मक अभ्यास डॉ. संभाजी संतोष पाटील	167-171
अनुसूचित जातीच्या संकल्पनेचा विश्लेषणात्मक अभ्यास प्रा. डॉ. बसंत तुकाराम नाईक, नारायण हनमंतराव पांचाळ	172-175

**अदेशात्मकता, निरपेक्ष आदेशवाद आणि सार्वत्रिकता : एक तौलनिक अध्ययन
(आर. एम. हेअर व इन्व्हेंच्युअल कांटच्या संदर्भात)
डॉ. नरेंद्र वसंत शेट्टे**

सहायक प्राध्यापक (तत्त्वज्ञान) श्री विज्ञानी नगर महाविद्यालय, नागपूर

प्रस्तावना

१९५२ मध्ये आर.एम.हेअर यांनी त्यांच्या "Language of Marals" ह्या ग्रंथात नैतिक भाषेचे स्वरूप व कार्य याविषयी विवेचन करताना असे प्रतिपादले आहे की, नैतिक भाषेद्वारे, कृतिविषयक मार्गदर्शनाचे म्हणजेच उपलब्ध असणाऱ्या कृतिविषयी मार्गदर्शन करित असते. त्याचे हे मत अतिनीतिशास्त्रातील एक महत्त्वाचा सिद्धांत 'अदेशवाद' (Prescriptivism) म्हणून प्रख्यात झाला. त्यांच्या अदेशवादानुसार नैतिक निर्णयांद्वारे करण्यात येणारे कृतिविषयक मार्गदर्शन केवळ शोचांसाठीच असते असे नव्हे तर वक्ता आणि इतर सर्व त्या अदेशना बांधील असतात. यावरून एकंदरीतच नीतीची भाषा ही सार्वत्रिक (Universal) असते.

Origin of Research Problem -संशोधनाच्या समस्येचा उगम :-

नैतिक भाषेचा स्वरूपाविषयीची चर्चा पण्डितश्रीरूपणे G.M.Moore यांच्या 'Principia Ethica' या ग्रंथापासून सुरुवात झाल्याचे समजण्यात येते. तेव्हा तेव्हा आणि अतिनीतिशास्त्राचा 'Principia Ethica' असल्याने नमूद करण्यात येत असले तरी असे विचार यापूर्वी बर्ले आणि ह्यूम ह्यांचा लिखाणात सुद्धा दिसून येते. अधिनीतिशास्त्रात विभिन्न सिद्धांत-निरासवाद, व निरासवाद, भावनिष्ठावाद, अदेशवाद, इ. दिसून येतात. त्यातला त्यात अदेशवाद हा अधिकडील साठ वर्षांतच प्रचारास यायला लागला आहे, असे समजण्यात येते. परंतु नैतिक तत्वांच्या स्वरूपाविषयीचे विचार करताना इन्व्हेंच्युअल कॉन्ट यांनी सुद्धा अदेशवादी भूमिका स्वीकारून नैतिक निर्णय हे 'नैतिक अदेश' (Moral law) सुद्धा असल्याचे म्हणतात. त्याचप्रमाणे कॉन्टने सुद्धा नैतिक निर्णयाचे पार्श्वभूमी नितिव्या भाषेचे स्वरूप सांगताना सार्वत्रिकतेची संकल्पना अत्याधिक महत्त्वाची असल्याचे नमूद केले आहे. किंबहुना सार्वत्रिकतेच्या अभावात कुठलेही नैतिक निर्णय असूच शकणार नाही असे त्यांचे मत दिसून येते.

प्रस्तुत लेखात नितिव्या भाषेच्या स्वरूपाचे हेयरेच्या अदेशवादी भूमिकेतून अध्ययन करताना कांटच्या मताचे संदर्भ तपासून देण्याची तुलना आवश्यक ठरते.

Interdisciplinary Relevance:- आंतरशास्त्रीय संबंध

प्रस्तुत अध्ययन नितिशस्त्राच्या अतिनीतिशास्त्र या उपशास्त्राच्या अंतर्गत असले तरी त्याचा संबंध नीतिशास्त्रातील दुसरी उपशाखा आदर्शनीतिशास्त्र यांच्याशी आहे. त्याचप्रमाणे एखादे नैतिक निर्णय सार्वत्रिक असू शकतो का? याविषयी विचार करताना विधीशास्त्रातील तत्वांशी त्याचे नाते जोडणारे दिसत असल्यामुळे आपल्या अध्ययनाचा संबंध विधीशास्त्राशी सुद्धा जोडता येऊ शकतो. नैतिक निर्णय मालवी आचरणाना मार्गदर्शक आणि सार्वत्रिक ठरत असतील तर आणि मनुष्य एक सामाजिक प्राणि असेल तर आपल्या अध्ययनाची उपयोगिता समाजशास्त्रीय अध्ययनाकरीता प्रस्तुत ठरवी.

Review of Research And Development In The Subject :-

International status- आंतरराष्ट्रीय स्थिती-

Denise Meyerson(1979) 'Against Prescriptivism in Ethics'
Harry J. Gensler (1976) The prescriptivism in Completeness Theorem -Mind 85(340)589-596
Anthony Skelton(2001) Review of R.M.Hare Sorting out Ethics (Review) Australasian Journal of Philosophy 79(4)583-585

उपरोक्त लेखांद्वारे असे दिसून येते की, आंतरराष्ट्रीय स्तरावर सार्वत्रिकता, अदेशवाद यावर चर्चा सुरु आहे.

National Status&राष्ट्रीय स्थिती-

D.Y.Deshpande-Ethical problems & S.W.Gaidhane

उपरोक्त लेखांद्वारे असे दिसून येते की, राष्ट्रीय स्तरावर सार्वत्रिकता, अदेशवाद यावर चर्चा सुरु आहे.

Significance of the study:- अभ्यासाची प्रासंगिकता

प्रस्तुत अध्ययनाद्वारे २०व्या शतकातील अधिनीतिशास्त्रीय तत्त्वज्ञान आर.एम.हेअर यांच्या अधिनीतिशास्त्रीय विचारांची तुलना १९व्या शतकातील बुद्धीवादी तत्त्वज्ञान इन्व्हेंच्युअल कॉन्ट च्या मताशी करण्यात येणार असून नैतिक निर्णयाच्या स्वरूपाविषयीचे विचार केवळ २०व्या शतकातच नव्हे तर तत्पूर्वीही झालेले आहे. हे दाखवून त्यासोबतच अधिनीतिशास्त्रात असा तौलनिक अध्ययनाला भरपूर वाम असल्याचे दिसून येईल.

Obejective - प्रकल्पाची उद्दिष्टे

मानवी आवरणव्या संदर्भात सार्वत्रिकता या संकल्पनेचे अध्ययन करणे
आर.एम.हेअर यांच्या नीतिव्या भाषेविषयक मतांचा अभ्यास करणे.
इंग्लॅन्डुअल कॉन्ट यांचे नीतिविषयक मत जाणणे
इंग्लॅन्डुअल कॉन्ट आणि आर.एम.हेअर यांच्या उपरोक्त मताची परस्पर तुलना
नैतिक निर्णयात्मक वस्तुनिष्ठता असू शकते काय? या समस्येचा विचार करणे.

Methodology- संशोधन पद्धती

प्रस्तुत अध्ययन तौलनिक स्वरूपाचे असल्यामुळे आपण विश्लेषणात्मक आणि संश्लेषणात्मक ह्या दोन्ही संशोधन पद्धतींचा अवलंब करू. हेअर संपुर्ण नीतिव्या भाषेला आदेशात्मक भाषेचा एक प्रकार असल्याचे मानतात, जी वर्णजात्मक किंवा वस्तुस्थितिनिष्ठक भाषेपेक्षा भिन्न असते. याच कारणाने आदेशात्मकतेवर आधारित नैतिक शब्द तथा निर्णयाच्या अर्थाचे स्पष्टिकरण केले जाते. नीतिव्या भाषेचा संबंध प्रत्यक्षपणे मानवी आवरणशी असतो. त्यांचा विचार आहे की, आदेशात्मक भाषेचे क्षेत्र फार व्यापक आहे ज्याच्या अंतर्गत अज्ञातक वलय, न-नैतिक मूल्यात्मक सिद्धेदल आणि नैतिक निर्णय यांचा समावेश होतो. आदेशात्मकता -अर्थात कोणत्या काही करणे किंवा न करण्यासाठी म्हणणे किंवा त्याचे मार्गदर्शन करणे- या भाषेच्या या सर्व रूपांची मुलमूल वैशिष्ट्ये आहेत. 'लॅम्बेज ऑफ मॉरल्स' या पुस्तकात आदेशात्मक भाषेच्या वरील सर्व स्वरूप आणि वस्तुस्थितिनिष्ठक भाषेची त्याची भिन्नता याचे विस्तृत विवेचन केलेले आढळते. एखाद्या व्यक्तीने कोणती नैतिक तत्त्वे स्वीकारली आहेत या प्रश्नावि उत्तर तो काय करतो, त्याचे आवरण कोणत्या प्रकारचे आहे याचे अध्ययन करून मिळू शकते. म्हणजेच व्यक्तीचे आवरण हे त्याने कोणत्या नैतिक तत्त्वांचा स्वीकार करून केले आहे यावरून करतात. नैतिक तत्त्वांचा आधिकार कृतिपूज होत असतो. याचे कारण हे आहे की नैतिक तत्त्वांचे कार्य आवरणविषयी मार्गदर्शन करणे असते. नैतिक भाषा ही आदेशपर भाषेचाच एक प्रकार ठरते. म्हणून ज्या भाषेतून या समस्येचा मांडण्यात येतात त्या भाषेचे स्वरूप समजावून घेणे नितांत गरजेचे ठरते. हेअर नीतिव्या भाषेचे आदेशपर स्वरूप स्पष्ट करताना दोन मुद्दे स्पष्ट करतात ज्यावरून व्यक्ती भाषा (Language of Morals) आदेशपर (Prescriptive) असल्याचे स्पष्ट होते. हेअर नीतिव्या भाषा आदेशात्मक आहे हे मान्य करतात त्यांच्या मते नैतिक निर्णयास दोन कार्ये असतात - मूल्यात्मक आणि वर्णजात्मक. यावरून असे म्हटले जाते की नैतिक निर्णयास दोन अर्थ असतात - मूल्यात्मक अर्थ आणि वर्णजात्मक अर्थ. याद्विधा मूल्यात्मक अर्थ प्रदान तर वर्णजात्मक अर्थ नग्न असतो. वर्णजात्मक अर्थ नैतिक निर्णयाचा सार्वत्रिक बलवित असतो. परंतु या निर्णयाचा प्राथमिक अर्थ जो असतो. त्यामुळे नीतिव्या भाषेचे कार्य आदेशपर असते. याद्वारे आपण एखाद्या वस्तू किंवा कृतीची श्लाघा करून स्वतः किंवा इतरांना शिष्ट करण्याविषयी मार्गदर्शन करणारे कार्य करित असतो. म्हणून नीतिव्या भाषा मुख्यत्वे आदेशपर असते जी न-ज्ञानात्मक असते. हेअरचे दुसरे पुस्तक 'फिडम एंड रिजल' जे 1963 मध्ये प्रसिद्ध झाले. यात तो असे सांगतो की, जे खास करून नैतिक आदेश असतात त्यांच्या ठिकाणी सार्वत्रिक होण्याची क्षमता असली पाहिजे. एखादी कृती नैतिक दृष्ट्या चांगली आहे या कारणाकरिता तुम्ही ती करावी असा आदेश मी देत असेल तर समाज परिस्थितीत तुम्ही अथवा इतर कोणीही ती कृती पुनः करावी अशी बाजू मला घेता आली पाहिजे.

नैतिक निर्णयाचे प्रथम तत्त्व -आदेशात्मक- या विषयापेक्षा या निर्णयाचे एक अन्य महत्त्वपूर्ण तत्त्व -सार्वत्रिकता- याचा विचार घेणे करणार आहे. आपण पाहिलेच आहे की, नैतिक निर्णयाच्या आदेशात्मक अर्थसोबतच या निर्णयाच्या वर्णजात्मक अर्थाचा सुद्धा हेअर विशेष महत्त्व देतो. याचे कारण हे आहे की, त्यांच्या विचारानुसार ह्या वर्णजात्मक अर्थ नैतिक निर्णयाचा स्वरोपरीत 'सार्वत्रिक' निर्णय बलवितो. नैतिक निर्णयाच्या सार्वत्रिकतेबरोबर वर्णजात्मक अर्थाचा अनिवार्यतः संबंध मान्य होत आहे म्हणतात की, 'तर्कसंभारतीच्या हे मानणे अशक्य आहे की, नैतिक निर्णय वर्णजात्मक आहे परंतु ते सार्वत्रिक नाही...जे तत्त्वज्ञ सार्वत्रिकतेचा अस्वीकार करतात ते हे मानण्यास बाध्य आहे की, नैतिक निर्णयांचा वर्णजात्मक अर्थ असतो.' हेअरच्या विचारांनी हे स्पष्ट होते की, ते नैतिक निर्णयाकरीता सार्वत्रिकते बरोबरच वर्णजात्मक अर्थाचा सुद्धा अनिवार्य मानतात. कारण वर्णजात्मक अर्थ जो दुसऱ्या आहे तोच अर्थ नैतिक निर्णयाला सार्वत्रिक बलवितो. आदेशात्मकते सारखेच सार्वत्रिकता सुद्धा या निर्णयाचे अनिवार्य स्वरूप आहे, ज्याच्या अभावत यांना नैतिक निर्णय म्हटल्या जाऊ शकत नाही. जेव्हा हेअर एखाद्या निर्णयाला 'सार्वत्रिक निर्णय' म्हणतो तेव्हा त्याचा तात्पर्य ह्याच होय की, तो निर्णय सारख्या परिस्थितीमध्ये सर्वत्र सारख्या वस्तुवर कोणत्याही अपवादशिवाय अनिवार्यतः लागू होतो. या दृष्टिकोणातून वर्णजात्मक निर्णय तथा नैतिक निर्णयात कोणतेही अंतर नाही कारण दोन्हीही सारख्याच रूपात सार्वत्रिक निर्णय होत. या सांगण्या हेअर स्पष्ट करताना उदाहरण देतात की, 'जर मी एखाद्या वस्तुस लाल म्हणतो तेव्हा मी त्याच्या सारख्या अन्य वस्तुंना सुद्धा लाल म्हणण्यास तर्कतः बांधित आहे आणि जर मी एखाद्या वस्तुस चांगला 'क' म्हणतो तेव्हा मी त्यासारख्या कोणत्याही 'क' ला चांगले म्हणण्यास बांधित आहे... सुसंगत दृष्ट्या हे मानणे अशक्य आहे की नैतिक निर्णय वर्णजात्मक आहे आणि ते सार्वत्रिक नाही. याच गोष्टीला दुसऱ्या प्रकारे असे म्हटले जाते की जो तत्त्वज्ञ सार्वत्रिकतेचा अस्वीकार करतो तो त्या विचारांचा मानण्यास प्रतिबध्द आहे की नैतिक निर्णयाचा कोणताच वर्णजात्मक अर्थ असतो.' याद्वारे हेअरचे हे निश्चित मत आहे की, सार्वत्रिकता सुद्धा वर्णजात्मक निर्णयासारखेच नैतिक निर्णयाचे अनिवार्य वैशिष्ट्य आहे.

दस्तुतः सार्वत्रिकतेसंबंधी ह्याच वैशिष्ट्यामुळे आपण सारख्या गुणांनी युक्त दोन व्यक्तींची एकत्रा चांगला आणि दुसऱ्याला वाईट किंवा दोन सारख्या कर्मांची एकत्रा योग्य आणि दुसऱ्या कर्मांना ज्योभ्य म्हणू शकत नाही. जर असे केले तर आपल्या निवेदनात तार्किक विसंगती उत्पन्न होणे अनिवार्य आहे. याचे कारण हे आहे की सार्वत्रिकता युक्ता वर्णनात्मक शब्दांसारखीच नैतिक शब्दांच्या अर्थाचा अनिवार्य भाग आहे. हेयच्या अनुसार, नैतिक निर्णयात निर्देश, परामर्श आणि आदेशाव्यतिरिक्त एक महत्त्वाचे तत्त्व सार्वत्रिकता असते ज्यामुळे सामान्य आदेश आणि नैतिक निर्णयात अंतर केल्या जाऊ शकते. हेय या संदर्भात काही असे तर्क प्रस्तुत करतो ज्यांच्या आधारे सार्वत्रिकता सामान्य आदेशांपासून नैतिक निर्णयाला वेगळे केल्या जाऊ शकते, या तर्कामध्ये सार्वत्रिकतेचा नियम हा प्रमुख असल्याचे म्हटल्या जाते, ते तर्क खालीलप्रमाणे आहेत :

१) हेयच्या अनुसार, नैतिक निर्णय निश्चितरीत्या सार्वत्रिक असतात. दुसऱ्या शब्दात, सारख्या परिस्थितीत नैतिक निर्णय सर्वत्र व्यक्तीवर सारख्या प्रमाणात लागू होते, जर असे केल्या गेले नाही तर अर्थात एखादे कारण सांगून कधी स्वीकारल्या गेले किंवा कधी नाकारल्या गेले तर त्यात तार्किक विसंगती उत्पन्न होईल. याप्रकारे हेय हे मानतात की, दस्तुस्थितीविषयक निर्णयांसारखेच नैतिक निर्णय युक्ता निश्चितरीत्या सार्वत्रिक असतात. सामान्य आदेशात सार्वत्रिकतेचे तत्त्व नसते. सामान्य आदेशाच्या पालनात व्यक्तीला स्वातंत्र्य असते, परंतु नैतिक निर्णय (आदेश) यात ही स्वातंत्र्यता व्यक्तीला नसते. नैतिक निर्णयात एक प्रकारची बांधिलकी असते. सार्वत्रिकतेच्या या तत्त्वाने हे युक्ता स्पष्ट होते की, नैतिक निर्णयात व्यापकतेचे तत्त्व युक्ता अंतर्भूत असते जे सामान्य आदेशात दिसत नाही. यावरून हे स्पष्ट होते की, नैतिक निर्णयाला सामान्य आदेश मानल्या जाऊ शकत नाही.

येथे हे उल्लेखनीय आहे की, सार्वत्रिकतेच्या नियमासंदर्भात हेयच्या मतावर कांटच्या विचारांचा पर्याप्त प्रभाव पडलेला दिसतो. कांट नैतिक नियमाला आदेश म्हणतो, ते पुढीलप्रमाणे :

- १) शोषाधिक आदेश (Hypothetical Imperative) २) निश्चितार्थक आदेश (Assertorical Imperative),
३) निरूपाधिक आदेश (Categorical Imperative)

कांटच्या मतानुसार, जी कृती निरूपाधिक आदेशानुसार म्हणजेच त्या तत्त्वानुसार होते तीच कृती करणे आपले कर्तव्य असते आणि म्हणून तीच कृती योग्य असते. सापेक्ष आदेशानुसार कृतीचे मूल्यमापन केल्यास त्यात एकदावयता येणार नाही. परंतु निरूपाधिक आदेशानुसार कृतीचे मूल्यमापन केल्यास त्यात एकदावयता येऊ शकते.

कांटच्या मतानुसार हा नियम सर्वांना लागू पडतो, तसेच हा एक 'आदेश' आहे, आदेश म्हटला की तो सर्वांना बंधनकारक असतो. म्हणून ह्या नियमानुसार प्रत्येकाने कृती करायला पाहिजे. 'आदेश' या शब्दावरूनच हे स्पष्ट होते की, हा शब्द एखादे कर्म करणे किंवा न करण्याकरीता बाध्य करतो. कांटच्या अनुसार, प्रत्येक आदेशाला 'पाहिजे' हे अवश्य अंतर्भूत असते. म्हणजेच प्रत्येक आदेश मानताला हे सांगिते की, अमुक एक कर्म करायला पाहिजे किंवा नाही. थोडक्यात, कांटच्या मते, निरूपाधिक आदेशात एकमेव नैतिक आदेश आहेत. तसेच याची बाध्यता बाध्य नसून अंतरीक असते.

निरूपाधिक आदेश कर्तव्य सांगतो. म्हणजेच सद्दर्शन नैतिक कर्तव्यानुसार किंवा कर्तव्याशी सुसंगत असू शकते. परंतु जेव्हा ते कर्तव्य करण्याच्या हेतूने (from duty) केले जाते तेव्हाच त्याला नैतिक मूल्य लागते.

या संदर्भात कांट म्हणतो, नैतिक कृतीचे मूल्य त्या कृतीच्या फळाच्या निरपेक्ष असते. कांटच्या मते मानवाने आपल्या आवडी निवडी, इच्छा, आकांक्षा, कला, विकार आणि झट्टा यांची काहीही असोत, त्यांच्याकडे दुर्लक्ष करून, त्याची उपेक्षा करून, त्यांच्यावर आपले स्वामित्व प्रस्थापित करायचे व शुद्ध नीतियमावा आदर्श समोर ठेवून इतर कोणाचाही हिताद्विधा विचार न करता आपली शुद्ध व्यावहारिक प्रज्ञा आदेश देते किंवा आज्ञा करते म्हणून त्याचे निरपेक्षपणे पालन करावे हेच कांटच्या मते 'कर्तव्य' (Duty) ठरते. असा आदेश आपली शुद्ध प्रज्ञा किंवा बुद्धी देत असते व निरूपाधिक रीतीने, म्हणजे कर्मफलाची यत्किंवाही अपेक्षा न धरता तिच्या आदेशाचे पालन करणे वालाच कांट स्वऱ्या अर्थाने निरूपाधिक आदेशाचे तत्त्व (categorical imperative) म्हणतो.^१

कांटेने आपल्या 'ग्राउंडवर्क ऑफ दी मेटाफिजिक्स ऑफ मॉरल्स' ('Groundwork of The Metaphysics of Morals')चा पुस्तकात इतर नैतिक नियमांसोबतच सार्वत्रिकतेच्या नियमाला युक्ता अनिवार्य नियमाच्या रूपात स्वीकारले आहे. या नियमाची व्याख्या करतांना ते म्हणतात की, जर मी एखादे कर्म करू इच्छितो तर मला स्वतःला हा प्रश्न विचारयला ह्या की काय, अन्य सर्वत्र व्यक्तीने ते कर्म करावे - अर्थात काय ते कर्म करणे सार्वत्रिक नियम व्हायला ह्या. ते अशा प्रत्येक कर्माच्या अनैतिक माननात जे सार्वत्रिकतेच्या ह्या नियमाविरुद्ध आहे - अर्थात ज्यास करतेवेळी व्यक्ती या नियमाचे उल्लंघन करतो. हेय, कांटच्या याच नियमाचे समर्थन करतो. यासंबंधात हेय लिहीतात, 'हे विचारणे की या परिस्थितीत मी 'क' हे कर्म करावे काय? (एक छेदने परंतु महत्त्वपूर्ण संशोधनासोबत कांटच्या शाबेचा प्रयोग करीत) हे विचारणे आहे की, काय मी ही इच्छा करतो की अशा परिस्थितीत 'क' निर्मित कर्म करण्याप्रति मी कोणाच्या प्रकारच्या दृष्टिकोणाचा अवलंब केला पाहिजे?' याप्रकारे हे स्पष्ट आहे की सार्वत्रिकतेच्या नियमाचे प्रतिपादन करतांना हेय कांटच्या विचारांनी अवश्य प्रभावित झालेले दिसतात.

कांटव्या निरुपाधिक आदेश विषयीच्या सिध्दांत आणि हेयरचा आदेशवाद यांचा अभ्यास करतांना या दोघांच्या मतांमध्ये काही प्रमाणात साम्य आढळून येते हे साम्य म्हणजे दोघांच्याही मतात आपल्याला सार्वत्रिकता आढळून येते. तसेच दोघांचेही मत आदेशवादी असल्याचे किंवा त्यांची भाषा आदेशपर असल्याचे दिसून येते हे होय. परंतु हे साम्य असतांना देखील त्या दोघांच्या मतांमध्ये काही **भेदही** आपल्याला आढळून येतात. तो भेद हा वरी जेथे कांटची भाषा किंवा आदेश हे आदर्श नीतिशास्त्रांतर्गत येतात किंवा त्यांची भाषा ही आपल्याला नियमांसंदर्भात लागू होते तशी हेयर यांची भाषा नव्हे. हेयर यांचे कार्य हे नीतिशास्त्रांतर्गत येणाऱ्या भाषेच्या विश्लेषणांतर्गत म्हणजेच अतिनीतिशास्त्रीय भाषा होय किंवा त्यांचे क्षेत्र हे अतिनीतिशास्त्रीय आहे. ते भाषेच्या विश्लेषणाचा अभ्यास करतात. ते आपल्या संदर्भात कोणतेही नियम देत नाही. तसेच कांटचा निरुपाधिक आदेशाचा सिध्दांत हा सार्वत्रिक आहे. परंतु कांटची ही सार्वत्रिकता नैतिक होय तर हेयरच्या आदेशावादातील सार्वत्रिकता ही नैतिक नसून तार्किक आहे. परंतु या दोघांची तुलना करीत असता असे आढळते की, जेव्हा कांट निरुपाधिक आदेशाचा विचार करतो तेव्हा त्यात आदेश हा तपलेला असतोच. याद्वारे तो शेत्यास एखादा उपदेश, आदेश, सल्ला, मार्गदर्शन, परामर्श देत असतो. तुम्ही असे असे आपण करावे याविषयी त्याद्वारे मार्गदर्शनच घडत असते. तसेच हेयर आपल्या आदेशावादाद्वारे ही हेच कार्य करीत असतो.

- २) सामान्य आदेश आणि नैतिक नियमांत भिन्नतेचा एक मुख्य आधार तर्काद्वारे नैतिक निर्णयांच्या समर्थनाला म्हणता येईल. अर्थात नैतिक निर्णय (आदेशाचे) समर्थन तर्काद्वारे केल्या जाऊ शकते, परंतु सामान्य आदेशांच्या समर्थनार्थ हे आवश्यक नाही की त्याचे तर्काद्वारे समर्थन केल्या जावे. 'एक व्यक्ती जो आदेश देते तो तार्किकरीत्या बाध्य नाही की ते तर्क प्रस्तुत करावे की कां त्याच्या आदेशाचे पालन करावे. परंतु एक व्यक्ती जेव्हा हे म्हणते की 'तुम्ही ते करावे तर त्यांच्या निवेदनात हे अंतर्भूत आहे की काही असे कारण (तर्क) आहेत ज्याने त्यांच्या आदेशाचे पालन द्यावे' या संदर्भात आपण असे म्हणू शकतो की, सामान्य आदेशात व्यक्तीची आपली इच्छा असते, परंतु नैतिक निर्णयात व्यक्तीची इच्छा अंतर्भूत नसते, तरी नैतिक निर्णय सार्वत्रिक असतो. नैतिक निर्णयात तर्काची आवश्यकता स्वीकारली जाते. म्हणून हे नैतिक निर्णय (आदेश) सामान्य आदेशांपासून भिन्न आहेत.

हेयरने आपले दुसरे पुस्तक 'फिझ एंड रिजल' मध्ये 'तार्किक नियमांच्या रूपात सार्वत्रिकतेचे विस्तृत विवेचन केले आहे. यासंबंधी त्यांचे म्हणणे आहे की, 'नैतिक निर्णय त्याचप्रकारे सार्वत्रिक होत ज्याप्रकारे वर्णनात्मक निर्णय - अर्थात नैतिक निर्णय आणि वर्णनात्मक निर्णय दोघांनाही वर्णनात्मक अर्थ असतो; परंतु जो सार्वत्रिक नियम नैतिक निर्णयांच्या या वर्णनात्मक अर्थाला निषेधित करतो तो केवळ अर्थासंबंधी नियमत नसतो तर तो एक महत्वपूर्ण नैतिक सिध्दांत होय.... 'तार्किक सिध्दांत' याव्यतिरीत माझा तात्पर्य शब्दांच्या अर्थासंबंधी सिध्दांतांशी आहे...मी हे मानित आलो की 'पाहिजे' शब्द तथा इतर नैतिक शब्दांचा अर्थ याप्रकारे होतो की जो व्यक्ती त्याचा प्रयोजन करतो तो त्याद्वारे आपल्या स्वतःचा सार्वत्रिक नियमाचे पालन करण्याकरिता प्रतिबद्ध करतो. हाच सार्वत्रिकतेचा नियम होय. सार्वत्रिकतेच्या नियमाचे उल्लंघन करणे तार्किक दोष आहे, नैतिक दोष नाही. हा सिध्दांत आपल्याला सांगतो की असे करणे तार्किक दृष्ट्या दोन विसंगत निर्णय देणे होय.' हेयर द्वय सार्वत्रिकतेच्या वरील केल्या गेलेल्या स्पष्टिकरणावरून हे पूर्णपणे स्पष्ट होते की ते याचा 'तार्किक नियमांच्या रूपात स्वीकार करतात; अतः त्यांचा हा नियम कांटच्या नैतिक नियमा पासून निश्चितरीत्या भिन्न आहे. आपल्या या सार्वत्रिकतेच्या तार्किक नियमांच्या आवासरवर हेयर नैतिक निर्णय तथा आज्ञा (आदेश) यात फरक करतात.

- ३) सामान्य आदेश आणि नैतिक निर्णयामध्ये हा एक फरक आहे की, सामान्य आदेश एकाच व्यक्तीला नियोजित करतो, परंतु नैतिक निर्णय अनेक लोकांना (एकपेशा जास्त) अनेक प्रकारच्या नैतिक कार्यासाठी नियोजित करू शकतो.

हेयरच्या विवादात सार्वत्रिकतेचा नियम नैतिक निर्णयांना तर्कसंगत निर्णय बनवितो. **सिंगरने** सुद्धा नैतिकतेचा आकार कांटप्रमाणेच सामाजिकीकरणाला रूपात व्यक्त केला आहे. तथापी त्यात मुत्सुत फरक आहे. कांटच्या सामाजिकीकरणाला संबंध प्रेरणेशी, क्रिया, इच्छेशी आहे तर सिंगरचे सामाजिकीकरणे तत्त्व परिणामाविषयी आहे. परिणामाविषयी असते तरी ते अकार्यक आहे हे मात्र निश्चित. तो त्यास 'सामाजिकीकरण' तत्त्व म्हणतो. ते म्हणजे 'एक विशिष्ट पध्दतीने प्रत्येक व्यक्ती वागत असतो, त्या वर्तनाचे परिणाम अवांछित असता कामा नये' यातील व कांटच्या तत्त्वातील फरक सिंगरने स्वतः स्पष्ट केला आहे."

वरील विवेचनावरून नैतिक निर्णयांच्या सार्वत्रिकतेविषयी काही महत्वाची मुद्दे थोडक्यात पुढीलप्रमाणे :

- १) नैतिक निर्णय आदेशात्मकते सोबतच अनिवार्यतः सार्वत्रिक सुद्धा असतात.
- २) तार्किक दृष्ट्या अनिवार्यतः प्रतिबद्ध करतो की त्याचा तो नैतिक निर्णय सारख्या परिस्थितीत सर्वदा मनुष्यांवर सारख्या रूपात लागू होतो ज्याचा तो स्वतः एक घटक आहे.
- ३) तो आपल्या नैतिक निर्णयांना सार्वत्रिक निर्णयांच्या रूपात स्वीकार करण्यात तार्किक दृष्ट्या प्रतिबद्ध असतो.
- ४) आदेशावादांच्या अनुसार सार्वत्रिकतेचे हे तत्त्व सर्वदा नैतिक निर्णयात अनिवार्यतः विद्यमान असते.
- ५) हेच तत्त्व या निर्णयांना वस्तुस्थितीविषयक निर्णयांसारखे वस्तुनिष्ठ बनवितो आणि सोबतच यास नावनात्मक निर्णयांपासून वेगळे करते.
- ६) याच्या उभावात आपण कोणत्याही निवेदनाला किंवा निर्णयाला 'नैतिक निर्णय' म्हणू शकत नाही.

७) आदेशवादानुसार, सार्वत्रिकता आणि आदेशात्मकता ही दोन्ही ताचे नैतिक निर्णयाची अनिवार्य वैशिष्ट्ये आहेत ज्यांच्या अभावात आपण कोणत्याही निवेदनाला 'नैतिक निर्णय' ही संज्ञा देऊ शकत नाही.

८) नैतिक निर्णयाकरिता जे तर्क दिले जाते त्याचे सार्वत्रिकरण होणे अनिवार्य आहे.

९) नैतिक निर्णयाकरिता सार्वत्रिकतेबरोबरच वर्णनात्मक अर्थसुध्दा महत्त्वाचा आहे.

१०) सार्वत्रिकते संदर्भात हेयर कांटच्या मताने प्रभावित होतो.

११) कांटच्या सार्वत्रिकतेचा नियम आणि हेयरचा सार्वत्रिकतेचा नियम यात काही भिन्नता आहे. हेयरचा सार्वत्रिकतेचा नियम 'तार्किक नियम' होय तर कांटचा सार्वत्रिकतेचा नियम 'नैतिक नियम' आहे.

१२) आपल्या सार्वत्रिकतेच्या नियमाद्वारे हेयर नैतिक नियम आणि आज्ञा किंवा सामान्य आदेशात फरक करतात.

१३) सामान्य आदेश आणि नैतिक निर्णयात फरक असा की, सामान्य आदेश विश्वस्त रूपात एकाच व्यक्तीला नियोजित करतो तर नैतिक आदेश एकाच वेळी अनेकांना अनेक प्रकारच्या नैतिक कार्याकरिता नियोजित करू शकतो.

१४) सार्वत्रिकतेचा नियमच नैतिक निर्णयांना तर्कसंगत निर्णय बनविते.

हेयर, नीतिव्या भाषेला मुख्यतः आदेशात्मक मानतात तसेच आज्ञा, आदेश, मार्गदर्शन करणे हा त्याचा प्राथमिक अर्थ व त्याचे वर्णन करणे हा दुय्यम अर्थ ते मानतात. तसेच वर्णनात्मक अर्थावरच त्याची सार्वत्रिकता ही अवलंबून असते. तसेच वर्णनात्मक अर्थ हा गौण असला तरी तो कधीही अनुपस्थित नसतो. म्हणून संपूर्ण नीतिवी भाषा ही सार्वत्रिक असते असे हेयरचे मत आहे. हेयर नीतिव्या मूल्यात्मक आणि मार्गदर्शक भाषेत भेद करित नसल्याने हे सार्वत्रिकतेचे तत्त्व तो दोन्ही भाषा प्रकरणात लावतो. म्हणजे मूल्यात्मक नैतिक भाषेप्रमाणेच मार्गदर्शकवर नैतिक भाषा (आदेशात्मक भाषा) ही दोन्ही पर स्पष्ट केल्याप्रमाणे एकच असल्यामुळे दोन्ही सारख्या रूपात सार्वत्रिक आहे.

परंतु आपण आत्ताच वर उल्लेखितल्या प्रमाणे या दोन्ही भाषा प्रकार - मूल्यात्मक भाषा आणि मार्गदर्शन पर भाषा-भिन्न-भिन्न असल्या कारणाने जे तत्त्व एकाचे असेल तेच दुसऱ्याचे असणार नाही आणि म्हणून जर सार्वत्रिकतेचे तत्त्व, जर हेयरच्या आदेशवादी सिध्दांताला मानले तर, ते तत्त्व केवळ अशाच नैतिक भाषा प्रकाराला लागू होईल जी आदेशावर असेल, मूल्यात्मकवर नैतिक भाषेला हे तत्त्व लागू होऊ शकत नाही.

आपल्या अध्ययनाच्या संदर्भात आपण काही गोष्टी विशेषत्वाने लक्षात घ्यायला पाहिजे की, नैतिक निर्णयाच्या संदर्भात वर्णनात्मक अर्थ कधीही नैरहस्य नसतो, तो निकष असतो तसेच त्यामुळेच नैतिक निर्णय सार्वत्रिक ठरते, तसेच वस्तुनिष्ठ ठरते. म्हणून मूल्यात्मकवर नैतिक निर्णयाच्या संदर्भात वर्णनात्मक अर्थाने महत्त्व दिसून येत जाऊ शकते नाही. किंबहुना वर्णनात्मक अर्थच या निर्णयांच्या संदर्भात मूलभूत असतो असे म्हणावे लागेल. तसेच, मूल्यानिवेदन वस्तुनिष्ठ ठरतात. या संदर्भात असे म्हणता येते की, भावनिकवादाने मूल्यानिवेदनाची वस्तुनिष्ठता नाकारली. परंतु हेयर यांनी पुन्हा ती वस्तुनिष्ठता या निवेदनाच्या (नैतिक निर्णयांच्या) सार्वत्रिकतेच्या वैशिष्ट्यावर आधारीत यादून मिळवून दिली. हेयर असे करताना वर्णनात्मक अर्थाला महत्त्व देत असल्याचे दिसून येते.

संदर्भ ग्रंथ सूची

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Mundada Nagar, Jalgaon (M.S.) 425102

ISSN : 2349-638X
IMPACT FACTOR : 7.149



Aayushi International
Interdisciplinary Research Journal

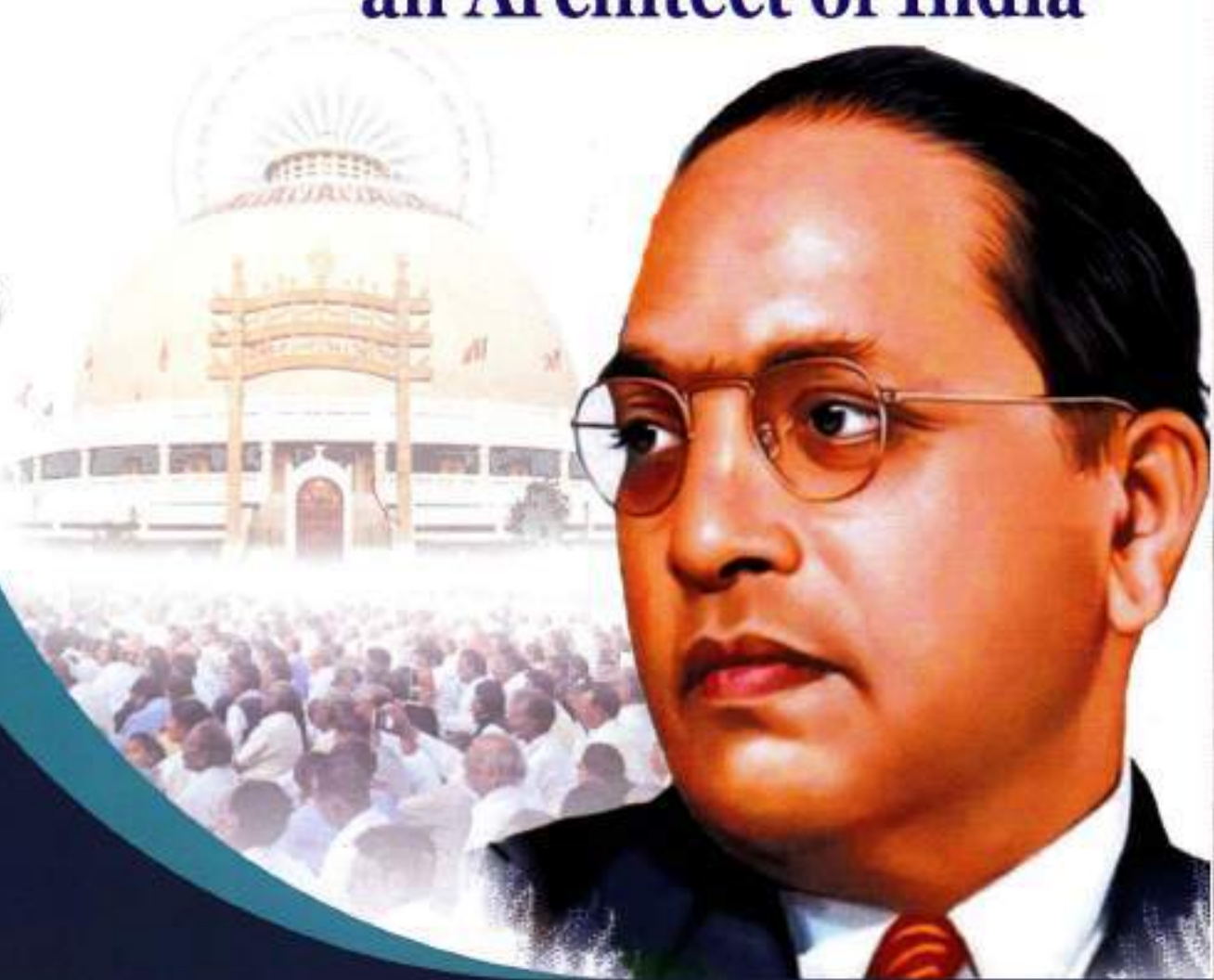
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Peer Reviewed & Indexed Journal

Special issue No. 84

Dr. Babasaheb Ambedkar an Architect of India

Vol. VI
Marathi



Chief Editor

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Impact Factor – 7.149

ISSN-2349-638x

Aayushi
International Interdisciplinary
Research Journal (AIIRJ)

PEER REVIEWED & INDEXED JOURNAL

April - 2021

Theme of the Special Issue

Dr. Babasaheb Ambedkar : An Architect of India

Chief Editor

Pramod P. Tandale

Editor

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IMPACT FACTOR

SJIF 7.149

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Sr. No.	Name of the Author	Title of the Paper	Page No.
264	प्रा. विशाखा मानकर	स्त्रियांच्या विकासाच्या वाटचालीत डॉ. बाबासाहेब आंबेडकरांचे योगदान	1237
265	प्रा. संध्या फटिंग	डॉ. बाबासाहेब आंबेडकरांचा शैक्षणिक दृष्टिकोण	1240
266	डॉ. राहुल यशवंतराव निकम	भारतरत्न डॉक्टर बाबासाहेब आंबेडकर यांची श्रद्धास्थाने	1243
267	प्रा. राहुल पंडीत आहेर	डॉ. बाबासाहेब आंबेडकर यांचे अस्पृश्यांच्या जाणीव-जागृतीचे योगदान एक अभ्यास (१९१९-१९३०)	1247
268	प्रा. डॉ. कृष्णा शंकर शहाणे	औद्योगिक विकासातील डॉ. बाबासाहेब आंबेडकर यांचे योगदान	1253
269	डॉ. विजय शंकर शिंदे	डॉ. बाबासाहेब आंबेडकरांचे आर्थिक व शैक्षणिक विचार	1258
270	डॉ. नरेन्द्र रघटाटे	डॉ. बाबासाहेब, आंबेडकर आणि 'अस्पृश्यता निर्मुलन'	1262
271	डॉ. करुणा एम. गोवर्धन	डॉ. बाबासाहेब आंबेडकर व सामाजिक न्याय	1267
272	डॉ. दयाराम दुधाराम पवार	डॉ. बाबासाहेब आंबेडकरांच्या शैक्षणिक विचारांचे मंथन	1273
273	प्रा. नरेश वासुदेवराव पाटील	डॉ. बाबासाहेब आंबेडकर आणि आंबेडकरी जलसा कविता, गाणी, लोकगीते लोकगीतांमधील डॉ. बाबासाहेब आंबेडकर	1276
274	डॉ. सौ. स्वप्नाली अनिकेत भिलवडे	डॉ. बाबासाहेब आंबेडकर : एक अर्थतज्ञ	1283
275	प्रा. दयानंद सखाराम कांबळे	राष्ट्र उभारणीत डॉ. बाबासाहेब आंबेडकर यांचे योगदान	1289

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संक्षेप :-

या भारत भूमीवर मानवी कल्याणासाठी आजपर्यंत तीन धम्मचक्र प्रवर्तन घडून आले. पहिले भगवान गौतम बुद्धांचे, दुसरे अशोकाचे आणि डॉ. बाबासाहेब आंबेडकरांचे धम्मचक्र प्रवर्तन हे तिसरे धम्मचक्र प्रवर्तन आहे. डॉ. आंबेडकर यांचे विचार आज सर्वस्पर्शी झाले आहेत. जगात त्यांच्या विचारांची कास धरून या विश्वव्यापकप्रमाणे जग बदलताना दिसत आहे. येथे विचार करण्याचा हा मुद्दा आहे की, डॉ. आंबेडकरांना तिसरे धम्मचक्र प्रवर्तन करण्याची गरज का भासली. याचा अभ्यास केला असता असे लक्षात येते की, वैचारीक दृष्ट्या मुळे बुद्ध काळात वर्णजातीच्या अमानवीय शिकवणीमुळे माणसा-माणसातील सामाजिक सुसंबंध नष्ट झाले होते.

वर्णजातीच्या उच्चनिचतेच्या व भेदभावयुक्त शिकवणीमुळे एका वर्णाचा माणूस दुसऱ्या वर्णाच्या माणसापेक्षा भेदभाव करून, एक दुसऱ्यांचा प्रचंड द्वेष, तिरस्कार, मत्सर, असुया, क्रोध, प्रतिशोध करू लागला. या तिसऱ्या धम्मचक्रांतीचा किंवा प्रवर्तनाचा विचार करतांना बाबासाहेबांच्या जन्मापूर्वीच्या समाजाच्या विचार करणे फार आवश्यक बनून जाते. तर यांच्या जन्मापूर्वीपासूनच भारतीय समाजव्यवस्था ही वर्णभेद, जातीभेद, उच्चनिचता यांनी व्यापलेली होती. डॉ. बाबासाहेब आंबेडकरांनी त्यांच्या जन्मापासूनच अपमानाचे तडाखे सोसले. संपूर्ण समाजाची दैनावस्था, गुलामीचे जीवन, सवर्णांचे अन्याय आणि अत्याचार यांचे ज्वलंत तडाखे त्यांच्या समोर होते. स्वतः त्यांचा अनुभव घेत घेतच डॉ. बाबासाहेब आंबेडकर मोठे झाले.

अस्पृश्यतेसंबंधी विचार करतांना असे म्हणता येईल की डॉ. आंबेडकरांनी हिंदू-धर्मग्रंथांचा व समाजहित जातीव्यवस्था, वर्णव्यवस्था यांचा अभ्यास करून हिंदूधर्म अस्पृश्यांना कसा कमी लेखतो, ते त्यांनी स्पष्ट केले आणि अस्पृश्यतेविषयी, हिंदूधर्माविरूद्ध लढा देण्यास सुरवात केली. अस्पृश्य वर्गाला समाजातूनच मुक्त करून त्याला समता, बंधुता, स्वातंत्र्य, न्याय यांच्या मोकळ्या वातावरणात आणले जावे यासाठी त्यांनी संघर्ष करण्यास सुरवात केली.

राजकीय साधनाद्वारे एकता प्रस्थापित करण्यात आणि अस्पृश्यता निवारण करण्यासाठी डॉ. आंबेडकर यांना राजकीय क्षेत्रात यश प्राप्त झाले असले तरी सामाजिक क्षेत्रात मात्र परिस्थितीत फारसा फरक झाला नव्हता. यामुळे डॉ. आंबेडकर यांना अस्पृश्य समाजाच्या विकासासाठी हिंदू धर्माचा त्याग करण्याऐवजी दुसरा मार्ग दिसत नव्हता. तसेच आपल्या बांधवांसमवेत बौद्ध धर्माचा स्विकार करून एक ताठर आणि उच्चव्यायोग्य समाजाची निर्मिती केली ज्यामुळे समाजातील अस्पृश्यता निर्मुलन शक्य झाले व ज्याची निर्मिती म्हणजे, आज आपण समाजात समता, एकता, स्वातंत्र्य, न्याय बंधुभावाने वे सन्मानाने जगू शकत आहोत.

या भारत भूमीवर मानवी कल्याणासाठी आजपर्यंत तीन धम्मचक्र प्रवर्तन घडून आले. पहिले धम्मचक्र प्रवर्तन गौतम बुद्धांचे सारनाथ येथे भिक्षुना उद्देशून जो धम्म सांगितला हे होय, ज्यास उत्क्रांतीचा धम्म म्हणतात. दुसरे धम्मचक्र प्रवर्तन कर्लीगच्या युद्धातील भयंकर रक्तपात पाहून द्रवललेल्या व्यथित झालेल्या मनाने

सम्राट अशोकाने याच भारत भूमीवर दुसरे धम्मचक्र प्रवर्तन घडवून आणले. हे धम्मचक्र प्रवर्तन म्हणजे मानवी हृदय परिवर्तन होय. डॉ. बाबासाहेब आंबेडकरांचे धम्मचक्र प्रवर्तन हे तिसरे धम्मचक्र प्रवर्तन होय की ज्यामुळे लाखो जीवांना माणूस म्हणून जगण्याचा अधिकार मिळाला.

डॉ. आंबेडकर यांचे विचार आज सर्व स्पर्शां शाले आहेत. जगात त्यांच्या विचारांची कास धरून या विचारवंताप्रमाणे जग बदलतांना दिसत आहे. कारण आंबेडकरांचे व्यक्तिमत्व सान्या जगाला ठाऊक आहे. त्यांनी मांडलेले विचार मग ते सामाजिक, शैक्षणिक, धार्मिक, ऐतिहासिक असो की राजकीय अशा कितीतरी पैलूवरील विचार समाजाला व देशाला प्रगतिच्या दिशेने वाटचाल करायला प्रोत्साहित आणि दिशादर्शक ठरले आहेत.

येथे विचार करण्याचा हा मुद्दा आहे की, डॉ. आंबेडकरांना तिसरे धम्मचक्र प्रवर्तन करण्याची गरज कां भासली. याचा अभ्यास केला असता असे लक्षात येते की, वैचारीक दहशतीमुळे बुध्द काळात वर्णजातीच्या अमानवीय शिकवणुकीमुळे माणसा-माणसातील सामाजिक सुसंबंध संपुष्टात आले होते. वर्णजातीच्या उच्चनिच्वतेच्या व भेदभावयुक्त शिकवणीमुळे एका वर्णाचा माणूस दुसऱ्या वर्णाच्या कार्यानुसार भेदभाव करून, एक दुसऱ्याचा प्रचंड द्वेष, तिरस्कार, मत्सर, असुया, क्रोध, प्रतिशोध करू लागला. उच्चवर्गीयांत प्रचंड अहंकार, वर्ण वर्चस्वाची भावना तर दुसऱ्यात पोसलेली न्युनगंडता, उच्चवर्णीयांकडे सर्वच अधिकारांचे केंद्रिकरण, तर दुसरे अधिकारहीन, गुढवाढीची प्रचंड पेरणी, अताकिक कर्मकांडाचा सुळसुळाट, यज्ञातील पशु मानव हत्या व राजमान्यता, भेदभावात्मक अमानविय बंधनामुळे माणसाची माणसापासून समूळ झालेली ताटातूट, कुत्र्याचे मुके घेणारी आणि माणसास हाड! हाड! करणारे तयार झालेले विषाक्त मन, ही मनोवस्था आजही तशीच कार्यरत आहे, जणू काही माणसाचा जन्म त्यासाठीच झालेला आहे.

या तिसऱ्या धम्मक्रांतीचा किंवा प्रवर्तनाचा विचार करतांना बाबासाहेबांच्या जन्मापूर्वीच्या समाजाच्या विचार करणे फार आवश्यक बनून जाते. तर यांच्या जन्मापूर्वीपासूनच भारतीय समाजव्यवस्था ही वर्णभेद, जातीभेद, उच्चनिचता यांनी व्यापलेली होती. स्वतःला उच्चवर्णीय समजल्या जाणाऱ्या समाजव्यवस्थेतील व्यक्ती या धर्मग्रंथांचा आधार घेऊन समाजातील इतर व्यक्तींना आपल्याहून निच मानायचे, वेद, स्मृती, पुराणे इत्यादी धर्मग्रंथातून चातुर्वर्ण्याचा जन्म झाला. या चातुर्वर्ण्याच्या कुशीतून अनेक जाती-जमाती उदयास आल्या. तसेच या चातुर्वर्ण्याच्या विषवृक्षाला असंख्य उच्चनीच जातींची कडू फळे आली. या धर्मग्रंथात शुद्र, अतिशुद्र, चांडाळ, दास, अशा हीन जातींचा सुध्दा जन्म झाला. त्यांनाच तुच्छ लेखण्यात आले आणि अस्पृश्य मानले गेले. अस्पृश्य वर्गाला समाजातून निष्कासीत करण्यात आले. अपमानाचे जीवन जगतांना अस्पृश्यवर्गाचे जीवन करपून गेले. अस्पृश्य मनुष्य हा इतर मनुष्यांप्रमाणेच असून देखील त्याला माणूस म्हणून समजले जात नव्हते. इतका भयंकर एका वर्गाचा दुसऱ्या वर्गावर अन्याय होत होता की, एकप्रकारे ही माणुसकीची विटंबनाच होय. अस्पृश्यांना ना शान ना सम्मान केवळ त्यांच्या वाटयाला आली ती घुणा आणि अपमान. मरेपर्यंत त्यांची त्यातून सुटका होत नसे, अशाप्रकारे, मरणयातना सहन करून तो जगत होता. किंबहुना, जिवंतपणीच तो नरकयातना भोगत होता. अशा समाज व्यवस्थेत डॉ. बाबासाहेब आंबेडकरांचा जन्म झाला. त्यांनी त्यांच्या जन्मापासूनच अपमानाचे चटके सोसले. संपूर्ण समाजाची दैनावस्था, गुलामीचे जीवन, सवर्णांचे अन्याय आणि अत्याचार यांचे ज्वलंत चित्र त्यांच्या समोर होते. स्वतः त्यांचा अनुभव घेत घेतच डॉ. बाबासाहेब आंबेडकर मोठे झाले.

डॉ. भिमराव रामजी आंबेडकर ह्यांचे घराने महार जातीचे, महार जात ही हिंदू समाजातील अस्पृश्य, अदृश्यानी ज्यांच्याजवळ जाऊ नये हया अर्थ अतंतव्य मानला जाई. हया अस्पृश्य समाजाची लोकसंख्या त्याकाळी सहा कोटींवर असावी. म्हणजे हिंदू समाजातील प्रत्येक पाचवा घटक, पुरुष, स्त्री व मुले अस्पृश्य

महणत येई. भारताच्या विविध भागात कोणी त्यांना बहिष्कृत, अस्पृश्य, एरिया किंवा अतिशुद्ध, म्हणत, तर कोणी त्यांचे जीवन शापून कलंकीत केले होते. वस्तुस्थिती अशी होती की, जातीभेदाच्या उच्चनिचतादर्शक जाल्याच्या खालच्या पायऱ्यांवर अपमानित जीवन कठीत असणारे न्हावी नी धोबी हे सुध्दा महार मांगांचा विटाळ मानीत असत.

अस्पृश्यतेसंबंधी विचार करतांना असे म्हणता येईल की डॉ. आंबेडकरांनी हिंदू-धर्मग्रंथांचा व जातीयव्यवस्था, वर्णव्यवस्था यांचा अभ्यास करून हिंदूधर्म अस्पृश्यांना कसा कमी लेखतो, ते त्यांनी स्पष्ट केले आणि अस्पृश्यतेविषयी, हिंदूधर्माविरुद्ध लढा देण्यास सुरवात केली. अस्पृश्य वर्गाला जातीयव्यवस्थेनूनच मुक्त करून त्याला समता, बंधुता, स्वातंत्र्य, न्याय्य यांच्या मोकळ्या वातावरणात आणले पाहिजे. यासाठी त्यांनी संघर्ष करण्यास सुरवात केली. या संघर्षाची पहिली सुरवात त्यांनी महाडपासून केली. हा सत्याग्रह पाण्यासाठी नव्हता तर खऱ्या अर्थाने तो सामाजिक समतेसाठी होता असे म्हणावे लागेल. याच काळी त्यांनी 'मनुस्मृती' या ग्रंथाचेही दहन करून हिंदू समाजाला हादरा दिला. मनुस्मृती जाळण्याचे मुख्य कारण म्हणजे मनुस्मृतीने जातीयव्यवस्थेचा पुरस्कार करून अस्पृश्यांना हिन लेखले होते.

त्या काळात अस्पृश्यांना हिंदूच्या देवळात प्रवेश मिळत नव्हता. हिंदूंच्या मंदिरात प्रवेश मिळवा म्हणून त्यांनी नाशिक येथे सत्याग्रह सुरू केला. यावेळी डॉ. आंबेडकर म्हणाले होते की, 'मंदिरात प्रवेश करण्यामुळे आमचे प्रश्न सुटणार नाहीत. आमच्या प्रश्नाचे स्वरूप व्यापक आहे. त्याचे स्वरूप राजकीय, सामाजिक, धार्मिक, आर्थिक आणि शैक्षणिक अशा स्वरूपाचे आहे. परंतु एकाएकी त्यांनी आपल्या धोरणात बदल केला. त्यांनी असल्या चळवळीचे चक्र निराळ्या दिशेकडे फिरविले. आपल्या लोकांनी राजकीय लढ्याकडेच अधिक लक्ष द्यावे, असे ते आग्रहाने प्रतिपादु लागले. कारण धार्मिक हक्क आपल्याला पोटाची कडवई परण्यासाठी काहीही मदत करीत नाही. अस्पृश्यता नष्ट करून व स्पृश्यास्पृश्य भेद नष्ट करून आपल्या व दुर्बल झालेला हिंदू समाज अभंग, अखंड, संघटित व सामर्थ्यवान व्हावा, असाच त्यांच्या सत्याग्रहाचा, हिंदू समाजाच्या व आपल्या राष्ट्राच्या हिताचा मुळ उद्येश होता. म्हणूनच काही जागृत विचारवंत म्हणून देखील त्यांच्या सत्याग्रहाला मनापासून सक्रिय सहकार्य करीत राहिले होते. डॉ. आंबेडकर यांनी आपल्या अस्पृश्योध्दाराच्या जीवित कार्यासंबंधीची सत्याग्रहरूपी पहिलीच कृती राष्ट्रहिताची होती, हे सत्याग्रहाइतके स्पष्ट होते. तसेच डॉ. आंबेडकर आपल्या राष्ट्राच्या अखंडतेची सुरक्षिततेची आणि स्वातंत्र्याची निरंतर काळजी करणारे दुरदृष्टिचे जागरूक राष्ट्रभक्त नेता होते.'

व्यक्तित्वासंदर्भात डॉ. आंबेडकर म्हणतात की, व्यक्ति विकासासाठी तीन गोष्टींची आवश्यकता असते. त्या म्हणजे सहानुभूती, समता आणि स्वातंत्र्य. हिंदू धर्मात या तीनपैकी एकतरी बाब तुमच्याकरीता नसतच आहे काय? माणूस केवळ भाकरीवर जगत नाही. त्याला श्रध्देचीही जोड हवीच. त्यांना हे चांगले वाटत होते की, हिंदू समाज हा एक मनोरं आहे, व एक जात म्हणजे एकएक मजलाच; पण त्या मनोऱ्यात काही नाही. म्हणून एक मजल्यावरून दुसऱ्या मजल्यावर जाण्यासाठी मार्ग नाही, ज्या मजल्यात त्यांनी जन्म घेतला त्याच मजल्यात त्यांनी मरावे. खालच्या मजल्यातला माणूस मग तो कितीही लायक असो, त्याला उच्च मजल्यात प्रवेश नाही व वरच्या मजल्यातला माणूस मग तो कितीही नालायक असो त्याला खालच्या मजल्यात लोटून देण्याची कोणाची प्राज्ञा नाही आणि या सर्व गोष्टींच्या मागे धर्म आहे हे त्यांना निश्चित वाटत होते. म्हणून त्यांना या संदर्भात काहीतरी करावे असे सतत वाटत होते. या संदर्भात डॉ. आंबेडकर म्हणतात, 'धर्माची आवश्यकता गरीबांनाच आहे, पिडीत लोकांना धर्माची आवश्यकता आहे. गरीब मनुष्य आता को आरोवर. जीवनाचे मुळ आशेत आहे. ही आशाच नष्ट झाली तर जीवन कसे होईल? धर्म समाजासाठी बनवतो व संदेश देतो'. 'ज्या धर्मात व्यक्तिला प्राधान्य नाही, तो धर्म मला स्वतःला मान्य

नाही. व्यक्तिच्या जीवनाला समाजाची आवश्यकता असली तरी समाजाची धारणा हे धर्माचे अंतिम धेय्य होऊ शकत नाही. व्यक्तिचा विकास हेच धर्माचे खरे धेय्य आहे. धर्माचे प्रयोजन हे या विश्वाची पुनर्रचना करणे हे आहे.¹³ तसेच पुढे डॉ. आंबेडकर आपले मत व्यक्त करतांना म्हणतात की, 'ज्या देशातील लोक मानसिक संस्कारापेक्षा भाकरीला जास्त महत्व देतात, त्या देशाशी मी संबंध ठेवणार नाही.'¹⁴ यासंदर्भात बाबासाहेब म्हणत, 'जो धर्म तुमच्या माणुसकीस किंमत देत नाही त्या धर्मात तुम्ही कां राहता?' जो धर्म तुम्हाला देवव्यत जाऊ देत नाही, त्या धर्मात तुम्ही कां राहता? जो धर्म तुम्हाला शिक्षण घेऊ देत नाही, त्या धर्मात तुम्ही कां राहता? माणुस धर्माकरीता नाही, तर धर्म माणुसाकरीता आहे. माणुसकी प्राप्त करून घ्यायची असेल तर धर्मातर करा.'¹⁵

तसेच अस्पृश्यांच्या या बंदीवासाच्या बेड्या त्यांना तोडायच्या होत्या. त्यांचे समाजात चाललेले हाल, अत्याचार त्यांना सहन होत नव्हते. म्हणून त्यांच्या मुक्तिया ते विचार करू लागले, साहित्य निर्मिती करू लागले, प्रबोधनाचे कार्य, समाज सुधारण्याचे कार्य त्यांनी हाती घेतले. तसेच यातून मुक्त होण्याच्या आदर्शापर्यंत त्यांना पोहोचायचे होते. परंतु ते फक्त मानसिक प्रबोधनाच्या वाटेनेच अंगुलीमालाला मारायचे नाही. आपल्या माणुसपणाच्या शक्तीने सदाचरणी माणूस निर्माण करणे ही एक सुंदर, विधात्मक आणि नवा माणूस जन्माला घालणारी प्रक्रिया आहे असे ते मानित. अशा विचारानेच त्यांनी १३ ऑक्टोबर १९३५ रोजी येवले यथे अस्पृश्यांच्या सभेत 'अस्पृश्यांनी धर्मातर करावे' अशी जाहीर घोषणा केली. त्यानंतर त्यांनी मुंबई येथे ३० मे १९३६ रोजी अस्पृश्यांच्या जाहीर सभेत धर्मातराचे महत्व पटवून देणारे अत्यंत महत्वपूर्ण भाषण करून अस्पृश्यांना धर्मातर करण्यास प्रवृत्त केले.

पुढे डॉ. बाबासाहेब आंबेडकर जात निर्मुलनाच्या कामी, धर्मातर कसे कामी पडू शकते, यावर भाष्य करतात व म्हणतात, 'जात ही भावना आहे, मनाची अवस्था आहे; म्हणून तिचे निर्मुलन हे बाह्य अडथळ्याचे निर्मुलन व्हावे. जात पाळतात म्हणून लोक दोषी आहेत असे नाही. चूक काम असेल तर तो त्यांचा धर्म.'¹⁶ जातीची भावना त्यांच्या मनावर बिंबविणारा धर्म. त्यांचे म्हणणे होते, 'गोन्या लोकांच्या हातून निग्नो लोकांचा जितका छळ होतो, त्याच्या शतपट स्पृश्यांच्या हातून अस्पृश्यांचा होतो. फरक एवढाच की, निग्नो गुलामांचा छळ शारीरिक असतो आणि अस्पृश्यांचा मानसिक असतो. गोन्या लोकांनी निग्नो लोकांचे देह मारले असेल तर स्पृश्यांनी अस्पृश्यांची मने मारली आहेत आणि देह मारण्यापेक्षा मने मारणे जास्त भयंकर असे कोणीही म्हणेल.'¹⁷

डॉ. बाबासाहेब आंबेडकर यांचे जीवन आणि कार्य म्हणजे सामाजिक क्रांतीचे एक महाकाव्य आहे. या महाकाव्यातील आशयस्त्रोत म्हणजे मानवतावाद, ग्रंथप्रामाण्य, अंधश्रद्धा व अज्ञ समजुती यांनी कित्येक धर्मांना ग्रासून टाकलेले आहे. मेलेल्या माणसांचे विचार यांच्यावरच सध्याची रणे माजलेली आहेत. सत्य काय आहे, हे कोणीच पाहत नाही.

डॉ. बाबासाहेब आंबेडकरांच्या मानवतावादी संघर्षाचा विचार करता असे म्हणावेसे वाटते की, इतर राष्ट्रीय पुढारी जसे लो. टिळक, म. गांधी आपल्या राजकारणासाठी धर्माचा जसा आधार घेतात तसा धर्माचा आधार डॉ. आंबेडकरांनी घेण्याचे नाकारले. त्याचे कारण म्हणजे त्यांचा जन्म ज्या हिंदू धर्म सदस्याच्या पोटे झाला होता, त्या हिंदूचे धर्मशास्त्र परस्परांनी माणुसपण नाकारलेले होते. त्यामुळे अपरिहार्यपणे सामाजिक विषमता व तटनुषंगाने येणारी उपेक्षा व तेजोभाव पदोपदी होत होता.

राजकीय साधनाद्वारे एकता प्रस्थापित करण्यात आणि अस्पृश्यता निवारण करण्यासाठी डॉ. आंबेडकर यांना राजकीय क्षेत्रात यश प्राप्त झाले असले तरी सामाजिक क्षेत्रात मात्र परिस्थितीत फारसा फरक पडला नव्हता. यामुळे डॉ. आंबेडकर यांना अस्पृश्य समाजाच्या विकासासाठी हिंदू धर्माचा त्या

कल्याणशिवाय दुसरा मार्ग दिसत नव्हता. त्यांनी १९३५ मध्ये धर्मातराची घोषणा केली होती. परंतु प्रत्यक्षात १९५६ मध्ये त्यांनी स्वतः आणि आपल्या बांधवांसह बौध्द धर्माचा स्विकार केला. तसेच त्यांनी आपल्या लेखणी द्वारे सुद्धा समाजात वैचारीक क्रांती घडवून आणली व समाजात एक जगण्यास पोषक अशी सनातन्यवस्था निर्माण करून दिली. तसेच आपल्या बांधवांसमवेत बौध्द धर्माचा स्विकार करून एक ताठ सनातने जगण्यायोग्य समाजाची निर्मिती केली ज्यामुळे समाजातील अस्पृश्यता निर्मुलन पक्क्य झाले व ज्याची पत्तिवती म्हणजे, आज आपण समाजात समता, एकता, स्वातंत्र्य, न्याय्य बंधुभावाने वे सन्मानाने जगू शकत आहोत.

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RNI MAHIMAR

36829-2010

ISSN- 2229-4929

Peer Reviewed

Akshar Wangmay

International Research Journal
UGC-CARE LISTED

Special Issue - I
Environmental Changes, Biodiversity And Sustainable
Resource Management

September 2020

Executive Editor : Prin. Dr. B. M. Bhanje

Principal, Santosh Bhimrao Patil Arts commerce &
Science College, Mandrup &
Former BCUD Director, Punyashlok Ahilyadevi
Holkar Solapur University, Solapur

Co-Editor : Dr. D. K. Dede

Chief Editor : Dr. Nanasheb Survawanshi



Address

'Pranav', Rukmenagar,
Thodga Road, Ahmadpur, Dist- Latur 413515 (MS)

AKSHAR WANGMAY

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PRATIK PRAKASHAN, 'PRANAV, RUKMENAGAR, THODGA ROAD AHMEDPUR,
DIST. LATUR, -433515, MAHARASHTRA

Published by - Dr. B. M. Bhanje, Principal, Santosh Bhimrao Patil Arts commerce & Science College, Mandrup

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CONTENTS

Sr. No.	Paper Title	Page No.
1.	Review of Environmental Disasters in India - 2019 Dr. Vijay Purushottam Gorde	1-4
2	Density, Viscosity and deviation in viscosity of p-anisaldehyde in their binary mixtures with ethanol at 298.15K, 308.15K and 318.15 K Satish B. Maulage	5-9
3	Global Warming and its Effects on Bio-Diversity Prof. Parag Shrikrushna Meshram	10-13
4	Role of Bharat Nirman Yojana in Rural Drinking Water with Special Reference to Sangli District Mr. Hanamant Shahaji Sawant & Dr. Sou. Tejswini B. Mudekar	14-18
5	Greenhouse Technology in Agricultural of Ahmednagar District-A Geographical Study Dr. Amol S. Shinde & Dr. T. N. Lokhande	19-23
6	Growth and Trend of Agri-Tourism Centres in Pune District Dr. Thorat Shatrughan Dattatray	24-26
7	Study on the algal flora as an indicator of organic pollution on Darna River, Nasik (M.S.) Mrs. Yogita S. Patil, Dr. H. A. Thakur & Dr. B.N. Zaware	27-30
8	Green Marketing: A key Approach towards the World of Sustainability Management Gourab Das	31-37
9	Impact of Climate Change on Biodiversity in India Dr. L. Malleswara Rao, J Rama Mohan, Dr. APV Appa Rao & P Rama Krishna Rao	38-47
10	Quantitative Morphometric Analysis of the Agrani River watershed using reconditioned ALOS PALSAR DEM and Geospatial technology Sawant Sushant Anil & Arun Das S.	48-52
11	Impact of Physical and Cultural Factors on Place-Names of Rural Settlements in Shrigonda Tahsil Mr. Vijay Jaysing Dalvi	53-56
12	Geoinformative Approach for Assessment of Vegetation Cover Dr. Avinash Narayan Shelar	57-61
13	An Assessment of the Ecological Consequences of Industrialized Urban expansion of Kolhapur City Maharashtra Dr. R.A. Jadhav & Dr. D.A. Pawar	62-66
14	Impact of Lockdown on The Dietary Habit Of People of Different Age Group Dr. Ghadge Shrikant Tukaram	67-70
15	Green Library: An Outline, Problems With Special Reference to Indian Libraries. Mr. Gadagi Vinayak S.	71-75
16	Nature And Extent of Panchganga River Water Pollution in Kolhapur City Momin Shahnaz Moinuddin	76-79
17	Wetlands: An Ecological View In Indian Context Dr. S. B. Ashture	80-82
18	Livestock Management: A Case Study of Latur Tahsil Dr. S. G. Birajdar	83-85
19	A Study on Environmental Change With Special Reference to Jiringaon Village of West Karbi Anglong District Dr. Dipalee Haflongber	86-88
20	Menstrual Myths and Hygiene Issues among Muslim Women in Bhiwandi. Dr. Farid Oneza Tanveer & Ms Don Sana Irfan	89-93
21	Understanding The Modalities Of Impact Of Covid-19 On Environment: A Theoretical Perspective Shubhra Chandra	94-97
22	Health Problems and Prospects related to slums in Solapur city Dr. Babu Bhima Raut	98-101
23	Identification of MSMEs Problem During Covid -19 Lockdown and its Impact on Industrial Unit in Chandrapur District Dr. Haresh T. Gajbhiye	102-105
24	Municipal Solid Waste Management And its Effects of Satara City: A Geographical Analysis P. R. Vhatkar, Dr. A. S. Patil & Dr. R. S. Mane-Deshmukh	106-109
25	Geographical Analysis of Environmental Impact of Solid Waste in Satara City P. R. Vhatkar, Dr. R. S. Mane-Deshmukh & Dr. A. S. Patil	110-113

26	The Nature of Sports Marketing	Dr. Toravi Shivanand Sharanappa	114-116
27	Problems of Agritourism in Kolhapur District	Dr. Arun A. Patil	117-121
28	Environmental Impact of Irrigation Transformation in Nasik District (M. S.)	Dr. Sunil Motilal Patil	122-124
29	Rainfall Trend in Osmanabad (Marathwada) and Solapur (W. Maharashtra) Districts in Maharashtra: A Comparative Study	Dr. Maruti Trimbak Musande	125-129
30	Food Security and Sustainable Resource Management	Gyanaranjan Sahoo, Afaq Majid Wani, Amita Sharma & Sandeep Rout	130-137
31	A Geographical Analysis of Brick Kilm Distribution in Vadoli bhikeshwar Village of Karad Tehsil.	Gouri Mahadeo Pund & Dr. A. S. Patil	138-141
32	Linking Development and Decays: A Theoretical Review of Biodiversity in Relation to COVID-19 Pandemic	Lipika Mandal	142-145
33	Application of Geospatial-Technologies in Coastal Land Use and Land Cover Studies: A Case Study of Select Coastal Villages of Bardez Taluka, Goa-India	Dr. Pravina Kerkar, Dr. F. M. Nadaf, & Venkatesh G Prabhu Gaonkar	146-153
34	Effect of Land Use on Infiltration: A Survey and Perspective	R. J. Bagade & N. G. Shinde	154-158
35	Environmental and Social Problems in Resettlement and Rehabilitation Colonies of Mumbai Metropolitan Region	Mrs. Rachana Atul Indurkar & Dr. Sameer Pralhad Narkhede	159-161
36	Revival of Sustainable Community Farming: A Case Study on Chorao Island Farmer's Club, Goa-India	Devanand Velingkar, Dr. Pravina Kerka and Dr. F. M. Nadaf	162-166
37	Hypsometric Analysis of Patalganga River Basin using Geographic Information System.	R. J. Bagade, N.G.Shinde	167-171
38	Impact of Urbanization on the Health of Common People Reflected through R. K. Laxman's Cartoons	Dr. Prashant Dhondiba Kasabe	172-175
39	The Geographical Study of Cropping Pattern in Maharashtra State	Dr. Ankush Shankar Shinde.	176-179
40	Attitude of Youth Towards Entrepreneurship in Kannur District - Kerala	Soorya Thankachan & Dr. Anitha M.N	180-183
41	Relationship of Humans and Animals under Major Religions	Bhumika Sharma & Priyanka Sharma	184-187
42	An Analysis of Soil-Chemical Characteristics in Satara District, Maharashtra	Ms. Kavita S. Maske	188-192
43	Educational Schemes for Development of Scheduled Caste Women in Solapur District	Dr. Sachin A. Rajguru & Prin. Dr. B. M. Bhanje	193-195
44	Biodiversity and Agro Biodiversity	Dr. Vijaya Haridas Gaikwad	196-199
45	The Study of Social Forestry in Solapur District	Dr. D.S.Harwalkar	200-203
46	The Use of Technology in English Language Learning: A Sociolinguistic Study	Dr. Sidhartha B. Sawant	204-207
47	Role of Ternary Chalcopyrites in enhancing Green Technologies and Innovations	Ajay Kumar Sharma, Sanjay Kumar Gorai & Shraddha Prasad	208-210
48	Ground Water Resource in Drought Prone Area in Solapur District – A Geographical Analysis	Dr. Nagnath I. Dhayagode & Dr. Vijaykumar K. Pukale	211-215
49	Air Quality Variation in Pune City During The Covid-19 Lockdown	Dr. Vilas Vasant Patil & Mr. Agastirishi Bharat Toradmal	216-219
50	Forest Cover Inventory in Mutha valley Catchment, Pune District, by using NDVI (Normalized Difference Vegetation Index) Method.	Sumitra N. Nikam	220-222

51	Eco-critical Analysis of Anita Desai's novel The Village by the Sea Prof. Dr. Bagul Jitendra Bhimrao	223-227
52	Location Quotient of Edible Oil Industries of Kolhapur District Shashikant S. Patil & Dr. Arun A. Patil	228-231
53	Impact of Irrigation on Agriculture Development in Hingani Village in Barshi Tahsil in Solapur District Dr. Vijaykumar K. Pukale & Dr. Nagnath I. Dhayagode	232-236
54	Spatio Temporal Analysis of Crop Diversification Pattern in Sangli District Mr. Amol S. Mahajan & Dr. A. A. Pujari	237-240
55	A Descriptive Analysis Of Prospects Of Retail Trade After Implementation Of Goods & Services Tax In India Anamika Kumari & Dr. Pawan Kumar Sharma	241-244
56	Sustainable Development Through Higher Education Dr. Jadal M .M.	245-249
57	Identification of Topographic Effects on Rainfall Distribution in the Godavari River Basin Using SRTM and TRMM Data Dr. Bhagwat Rashinkar	250-255
58	Drought Area In Satara District (Maharashtra): An Environmental Health Analysis Dr. S. M. Mulani & Mr. Amol M. Pawar	256-263
59	Study of Low Cost and Eco-friendly Bioabsorbent Punica granatum peel powder for the Decolorization and Treatment of Textile Wastewater K.H. Kute, S. M. Pore & V. P. Dhulap	264-269
60	Marketing Problems of Rice Cultivation in Kolhapur District of Maharashtra Dr. R. V. Hajare & Mr. D. A. Sardesai	270-274
61	Technology and Psyche For Environment Conservation Nutan Suhas Pathak	275-278
62	Spatio-Temporal Scenario Of Cows In Satara District: A Geographical Study Prof. Vidya Shivaji Mohite & Dr. Arun Bhagawan Patil	279-282
63	Assessment of Water Quality of Kumbhar Kini Dam of Yavatmal District (M. S.) Dr. Shubhangi Bhagwan Misal	283-288
64	Agro-Tourism as a Support Occupation of Farmers for Rural Development in Maharashtra: A Geographical Study Shri. Suresh. V. Ingale & Dr. Arun A. Patil	289-293
65	To Study Composition of Female Agricultural Labourers in Rural Area of Solapur District Prof. Shivaji Mane Dr. D. S. Bagade	294-297
66	The Role Of Green Economy In Reducing Environmental Risks And Ecological Scarcities: A Study Of Environmental Changes Dr. Md. Mahtab Alam	298-301
67	Impact of Shirpur Pattern of Water Harvesting and Conservation on Pisciculture in Shirpur Tehsil Jitendra Vasant Patil & Prof. Dr. V. J. Patil	302-305
68	Study of linear Morphometry Aspects of Upper Darna River Basin Dr. Jyoti A. Pathare & Dr. Anilkumar R. Pathare	306-310
69	Impact Of Tourism On Environment Dr. H L Jadhav	311-314
70	Storage Containers & pH Impact on Seed Mycoflora of Teak (Tectona Grandis) Dr. Smita S. Harane	315-318
71	To Study Changing Pattern of Female Agricultural Labour in Rural Area with special reference to Solapur District Prof. Shivaji Mane & Dr. D. S. Bagade	319-321
72	Tourism Potential of Great Indian Bustard (Ardeotis Nigriceps) Bird Sanctuary: Nanraj Dr. Smita S. Harane	322-325
73	Assessment of Certain Physico-Chemical Parameters of Textile Industry Effluent Chaithra C, Hina Kousar & Akshatha K U	326-329
74	Environmental Ethics, Environmental Justice and Postcolonial Literature Dr. Asit Panda	330-335
75	Effectiveness of Environment Awareness Program on Ecological Intelligence and Environmental Attitude of Students Dr. Kailas Sahebrao Daundkar	336-340
76	Influence Of Urbanization On Wellbeing And Sustenance Dr. Dede Deepak Kashinath	341-344
77	Problems of Expansion In Floriculture Business - A Overview from Solapur District, Maharashtra Prin. Dr. B.M. Bhanje & Ranjann H. Rathod	345-348

78	Occupational Structure of Scheduled Tribe Population in Kolhapur District Mr. ManikNaik & Dr. Adinath D. Gade	349-353
79	A study of Potential of wildlife Tourism in Tadola Aradhari Tiger Reserve in Chandrapur District of Maharashtra, India Dilip B Choudhari	354-360
80	Groundwater Modeling for Sustainable Resource Management in Karapur Nagar District of India Dr. Sukama I Maity & Dr. Girijesh Lal Srivastava	361-366
81	Water Quality Index Development for Groundwater Quality Assessment Of District Karapur Nagar, U.P., India Dr. Sukamal Maity	367-373
82	Geographical Analysis of Socio-Economic Status of Female Workers in Some Selected Brick Units in Ahmednagar District, Maharashtra, India Dr. Ashali Kharake	374-377
83	Environment Changes Biodiversity and Sustainable Resource Management Vijay S. Javir	378-381
✓ 84	A Study Of R. K. Narayan's The Doctor's Word As Medical Fiction Dr Mrs. Pranjali Sujit Kane & Mr. Shashank Siddharth Bulkunde	382-386
85	Environmental Awareness in A. K. Ramanujan's Poem Ecology Kale Rajesh Mahesh	387-388
86	Prospects of Tourist in Goa Region Kumari Sonam & Dr. Jagat Prasad Singh	389-392
87	A Study on Air Quality of Pune, Maharashtra Momin Shahnaz Moinuddin	393-397
88	Effect of Agricultural Development on Environmental Aspects: A Geographical Study Dr. Konade B. N.	398-401
✓ 89	Literature Highlighting The Point That Teaching to Dyslexics Demands A Paradigm Shift in Pedagogy Dr. Mrs. Pranjali Sujit Kane & Mr. Shashank Siddharth Bulkunde	402-406
90	Role of Waste Management for Improving The Environmental Sustainability Dr. R. L. Rupwate	407-412
91	Floristic Diversity of Coastal Village Eco-complex - A Case Study on Gokharkuda Village of Garjam District, Odisha RajKumar Baitharu, Nihar Ranjan Rout, Hara Prasad Sahoo and C. Bhim Sen Baitharu	413-419
92	Morphometric Analysis of Pushpavati Basin, Maharashtra, India Mr. Funde G.T & Dr. Patil A. A.	420-423
93	A Geographical Distribution of Infants Mortality in Marathawada Region Dr. Tathe Sarjerao Vishwanath	424-428
94	A Comparative Study Of Population And Primary Healthcare Centres In Solapur District Prin. Dr. B. M. Bhanje & Dr. Sangameshwar A. Nimbargi	429-431

A Study Of R. K. Narayan's The Doctor's Word As Medical Fiction

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Abstract:

The relation between a doctor and a patient is like that of two sides of the same coin. It is a fact that people are not comfortable to visit a doctor or a physician but they have to visit them in hospitals despite of their unwillingness when they are not well. They visit them only when they are not well or are severely injured. In India, people go to doctors only when their household remedies fail. Because of this passive attitude of patients, many a times a simple disease becomes chronic and proves to be fatal. They avoid to visit a doctor because of one simple reason and it is the heavy consultation charges. In a developing country like India, the per capita income is very low and people can spend least on their health care. Another thing studied in this paper is attitude of doctors towards patients. If the doctor is strict and straight forward, people try to avoid such a doctor. The paper also emphasizes on the point on how a cordial doctor-patient relationship proves elixir for the patient's health. The impact of moral and mental support by the doctor is studied. At last, importance of optimism and faith in the doctor and his treatment at the same time and its positive impact on the patient's health is studied by taking R. K. Narayan's short story *The Doctor's Word* as base.

Keywords: Medical fiction, doctor, doctor-patient relationship, hospital, faith and optimism

Introduction:

The twenty-first century has witnessed a remarkable advancement in medical science and technology. Because of this advancement, the approach of an individual towards his health and diseases has completely changed. People have become more aware about human body and its functioning but at the same time, it can also be said that more practicality towards death is seen and it results in insensitivity towards emotions of an individual. This has been reflected in the literature. The recent theory like Disability studies has provided the scholars with new lenses to look at the particular piece of literature. By using this theory, a text can be introspected from a doctor's as well as from a patient's perspective. In this study, the text having character with physical impairment or suffering from a chronic disease is studied from social and psychological point of view. At the same time some medical terminologies related to cause and cure of the disease or disability is studied. One such branch of literature is Medical fiction. Where the setting of hospital is always in the background and to build up the main storyline, it takes the incidences from hospital, rehabilitation centre or mental asylum. A Medical fiction can be roughly defined as *a fiction whose events centre around hospital, an ambulance staff, or any medical environment*. The present text under study, a short story by R. K. Narayan, *The Doctor's Word* (Narayan) is one of the perfect examples of medical fiction. When it is analysed as Medical fiction, we find that R. K. Narayan has brilliantly created the atmosphere which makes readers feel as if they are in an environment of a hospital. He has shown the relationship between a doctor and a patient. He explains it by using the character of Dr. Raman and his fast friend Gopal. Narayan has

realistically shown the different aspects of the relation between a doctor and a patient. When the story begins in the fictional town, Malgudi located in South India, the readers find that the author has created a perfect atmosphere of Medical fiction by using the setting of hospital full of doctors, nurses and patients. Here the patients are being carried on wheelchair by ward boys, family members are waiting anxiously outside the operation theatre and praying for safety of their relative. They are anxiously waiting, by keeping their fingers crossed, in the anticipation that the doctor will come out and tell them that everything is fine with the patient. After creating a typical scene of Indian hospital, Narayan introduces Dr. Raman, who is shown busy in treating his patient. It is shown that Dr. Raman is annoyed by the trivial questions of the patients and their relatives. He gives them a blunt and straight forward advice about the condition of their health. He is unhappy and shocked at the same time when he sees the secondary attitude of people towards their health problems. He always tries to make people understand the importance of health care. When people don't understand the importance of his words, he feels annoyed and frustrated. He shares his worries and finds a relaxing time while talking to his fast friend Gopal, who is not a doctor. Gopal is a typical middle-class fellow who gives Dr. Raman realistic views about the struggle of common people for their basic needs. Dr. Raman always listens to his friend and feels rejuvenated after talking to him. They usually meet once in a week or two weeks and share talk about their lives. As the story progresses, the readers find that Dr. Raman learns that Gopal is seriously ill and he urgently needs medical help. Like a true professional, Dr. Raman examines Gopal's medical condition and does proper preliminary treatment on him. Even after giving first aid and doing preliminary treatment, he finds that the condition of Gopal is getting deteriorated by each passing minute and he is unable to free his friend from the clutches of death. When Gopal's wife asks him about her husband's condition he bluntly replies that nothing can be said at this point of time. But when Gopal, in subconscious state asks him, Dr. Raman who is very practical and straightforward, gives his friend a false hope that he will be fine soon and he too crosses his fingers for the life of his friend. At this moment, Narayan shows how faith and optimism can work wonders where science fails, and Gopal is miraculously healed and gets well.

Attitude Of People Towards Health Care:

Traditionally in Indian scenario, visiting a doctor is not considered good. People have a misconception that only diseased people go to doctors and one should visit a doctor only when one is critically ill and there is no conception of routine check-up or healthcare in India. The only reason behind this is the prevailing poverty. According to World Health Organisation, India ranks 145 in Attainment of goals Health Distribution in 195 member countries of WHO. It is because the per capita income of the people in India is very low and they are striving hard to fulfil the basic needs i.e. food, clothing and shelter of their large family. So, to spend even the micro share of their income on health care is very difficult. As we are seeing in this global pandemic of COVID-19, thousands of daily wage labourers are migrating on foot from one state to another covering thousands of kilometres to satisfy their basic needs without caring about the danger of getting infected. Many a times people repeat the medicine which doctor has prescribed them in the previous illness. They think taking same medicine for similar symptoms will cure their disease. No one should take medicines or

repeat prescribed medicine without consulting a doctor. Another thing which people do when they get ill is, they choose that doctor, who charges a low consultation fee. They are not concerned whether the doctor is specialized for treating their particular problem or not. This shows the passive attitude of people towards health. One can notice the same in the short story *The Doctor's Word* where Narayan has sketched a fictional character of Dr. Raman, who is a very skilled surgeon. He is very straightforward person. He is very upset to find people neglecting their health problems and avoiding consulting a doctor in the early stage of their illness. He is annoyed when people consult him when they are on the last leg of their illness. He doesn't understand why patients do not come to him in the early stages of their illness so that he can treat them more effectively and without any risk. He discusses this issue with his friend Gopal: People came to him when the patient was on his last legs. Dr Raman often burst out, "Why couldn't you have come a day earlier?" The reason was obvious __ visiting fee twenty-five rupees, and more than that people like to shirk the fact that the time had come to call in Dr Raman; for them there was something omniums in the very association. (The Doctor's Word, 41)

From the above passage of the short story it is very clear that the most obvious reason why patients consult Dr. Raman when they are left with no option is the consultation charge, which is twenty-five rupees and it is quite heavy on the pockets of the poor patients. When this point is analysed in the real circumstances, it is noticed that it is a fact. One of the major reasons for the passive attitude of people towards health care is economic backwardness because of which people are unable to afford the heavy consultation charges, costly tests and medicines. This secondary attitude and ignorance are the reason why the average life span and the quality of life is adversely affected in the recent past.

Approach Of Doctor Towards Patient:

This paper attempts to study how the behavioural conduct of the doctor makes a great difference to the patient's health. It is the psychology of any doctor not to get emotionally involved with any of his patients because doctors have to take a tough call for the patient's well-being in crucial situations. Doctor treats his patient as a subject so that he can take tough decisions in difficult situations for the good of the patient but if the doctor is attached emotionally with the patient, it will affect his decision making. This notion is prevailing from ages in medical science. When the readers start reading R. K. Narayan's short story *The Doctor's Words*, the central character of the story is Dr. Raman, who is a perfect embodiment of stereotype doctors of Government Hospitals in India. He treats each of his patient as a body which he wants to bring back to proper working condition. He tells the actual condition of the patient very bluntly on their faces and people take his words as verdict passed by the judge. Dr. Raman remains busy with his practice and patients, and time just passes by. One day Dr. Raman finds that Gopal's eldest son is waiting for him. He comes to Dr. Raman to give him the message that Gopal is not well from last couple of months and at that time Dr. Raman realises that he and Gopal had not met with each other for last three months. After finishing his work when Dr. Raman goes to meet Gopal around three in afternoon at that time, he finds that Gopal is in a very serious condition and he has to be operated as soon as possible. Notice these lines, *There was hardly any time to be lost. He took off his coat and opened his bag. He took out an injection tube, the needle sizzled over the stove.* (The Doctor's

Word, 42) By forgetting his tiredness of his work in hospital, he immediately starts treating Gopal at his home.

He tells about the critical condition to Gopal's wife and tells her that the eight hours after surgery are very crucial for Gopal and if he survives this time he will live for another forty years but at the same time, he says that he doesn't assure for his life and if the family wants to sign the will, they should do it right now. After a few hours of operation when Dr. Raman's assistant gets excited by seeing the improvement in Gopal's pulse rate, Dr. Raman tells his assistant that it might be a false flash-up. He asks Gopal's wife to go out of room along with the younger children because he knows they might get frightened by seeing blood during the process of the operation. This shows that he is strict but not senseless. It also shows that Dr. Raman doesn't believe in giving the false hope to any of the patients and their family members. Such blunt approach of doctors has been shown by Narayan taking the example of Dr. Raman in the present short story. From this discussion, we can infer that sometimes doctors need to behave bluntly do avoid distraction because of emotions.

How Faith And Optimism Work Wonders Even When Medical Science Fails:

Theoretical facts, logical reasoning and experimental evidences are the base of medical science. It doesn't believe in miracles. R. K. Narayan in the short story *The Doctor's Word* has shown Dr. Raman as the embodiment of an ideal doctor, who believes only in medical science and reason. He doesn't believe in miracles. He doesn't want to give any false hope to any of his patients and same he does with Gopal and his family. That is the reason he remains quiet when Gopal's wife expresses her gratitude towards him and says that he has brought back Gopal's life from Yama's hand and saved her husband. Dr. Raman knows that the eight hours after surgery are very crucial and Gopal's pulse rate is sinking, which was not at all an encouraging sign. He is worried about the life of his friend. But when Gopal asks Dr Raman about his condition, that time Dr. Raman lies for the first time in his entire life of medical practice. He gives Gopal a false hope and tells him that he will be fine soon. Gopal has a firm belief in his words and says that he has complete faith in his friend, Dr. Raman and on his treatment. This faith brings an optimism in Gopal and he gains that much of courage and inner strength that he pulls off even the death challenge. The story ends showing Gopal is saved and Dr. Raman is wondering upon the mystery as to how this miracle has happened. Medical science does not believe in miracles it believes in reasons and evidences. But sometimes nature has some other plans. One should remain optimistic in all situations and try all possible efforts without caring about its result. If one is optimistic and persistent in efforts, miracles may happen like in the case of Gopal. Notice these last lines of the short story uttered by Dr Raman...*He has turned the corner. How he has survived this attack will be a puzzle to me all my life...*(The Doctor's Word, 46) In this manner, Narayan has shown the power of staying optimistic and having faith.

In this difficult time of COVID-19 pandemic, the researcher appeals to the readers not to repeat the mistake of hiding the symptoms and doing treatment without consulting the expert doctors like Gopal and his family did. It may cost their life. A proper treatment in the supervision of an expert doctor can cure the Covid-19 disease. We should not think about the treatment but should take precautionary measures by following the guidelines of social distancing, keep ourselves and our surroundings clean, washing our hands with soap or

handwash till 20 seconds and use sanitizers if water is not available and sanitize things we use from time to time and each time we use them. As R. K. Narayan suggests faith and optimism can work wonders in any difficult situation and even can defeat death, we all must keep faith and remain optimistic so that soon this difficult time ends.

Conclusion

This paper introspects the short story, *The Doctor's Words* by R. K. Narayan from the patient's as well as from doctor's perspective. It also shows how Narayan has skilfully handled the theme of hospital to show the psychology of the patients towards their medical health. Moreover, it has been noticed that because of the poor economic backwardness, people avoid visiting doctors till their illness becomes chronic. By portraying fictional characters, Dr Raman and his fast friend Gopal, Narayan has shown how optimism and faith can work wonders even in the case of medical science.

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RNI MAHIMAR

36829-2010

ISSN- 2229-4929

Peer Reviewed

Akshar Wangmay

International Research Journal
UGC-CARE LISTED

Special Issue - I
Environmental Changes, Biodiversity And Sustainable
Resource Management

September 2020

Executive Editor : Prin. Dr. B. M. Bhanje

Principal, Santosh Bhimrao Patil Arts commerce &
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Former BCUD Director, Punyashlok Ahilyadevi
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Co-Editor : Dr. D. K. Dede

Chief Editor : Dr. Nanasheb Survawanshi



Address

'Pranav', Rukmenagar,
Thodga Road, Ahmadpur, Dist- Latur 413515 (MS)

AKSHAR WANGMAY

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PRATIK PRAKASHAN, 'PRANAV, RUKMENAGAR, THODGA ROAD AHMEDPUR,
DIST. LATUR, -433515, MAHARASHTRA

Published by - Dr. B. M. Bhanje, Principal, Santosh Bhimrao Patil Arts commerce & Science College, Mandrup

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CONTENTS

Sr. No.	Paper Title	Page No.
1.	Review of Environmental Disasters in India - 2019 Dr. Vijay Purushottam Gorde	1-4
2	Density, Viscosity and deviation in viscosity of p-anisaldehyde in their binary mixtures with ethanol at 298.15K, 308.15K and 318.15 K Satish B. Maulage	5-9
3	Global Warming and its Effects on Bio-Diversity Prof. Parag Shrikrushna Meshram	10-13
4	Role of Bharat Nirman Yojana in Rural Drinking Water with Special Reference to Sangli District Mr. Hanamant Shahaji Sawant & Dr. Sou. Tejswini B. Mudekar	14-18
5	Greenhouse Technology in Agricultural of Ahmednagar District-A Geographical Study Dr. Amol S. Shinde & Dr. T. N. Lokhande	19-23
6	Growth and Trend of Agri-Tourism Centres in Pune District Dr. Thorat Shatrughan Dattatray	24-26
7	Study on the algal flora as an indicator of organic pollution on Darna River, Nasik (M.S.) Mrs. Yogita S. Patil, Dr. H. A. Thakur & Dr. B.N. Zaware	27-30
8	Green Marketing: A key Approach towards the World of Sustainability Management Gourab Das	31-37
9	Impact of Climate Change on Biodiversity in India Dr. L. Malleswara Rao, J Rama Mohan, Dr. APV Appa Rao & P Rama Krishna Rao	38-47
10	Quantitative Morphometric Analysis of the Agrani River watershed using reconditioned ALOS PALSAR DEM and Geospatial technology Sawant Sushant Anil & Arun Das S.	48-52
11	Impact of Physical and Cultural Factors on Place-Names of Rural Settlements in Shrigonda Tahsil Mr. Vijay Jaysing Dalvi	53-56
12	Geoinformative Approach for Assessment of Vegetation Cover Dr. Avinash Narayan Shelar	57-61
13	An Assessment of the Ecological Consequences of Industrialized Urban expansion of Kolhapur City Maharashtra Dr. R.A. Jadhav & Dr. D.A. Pawar	62-66
14	Impact of Lockdown on The Dietary Habit Of People of Different Age Group Dr. Ghadge Shrikant Tukaram	67-70
15	Green Library: An Outline, Problems With Special Reference to Indian Libraries. Mr. Gadagi Vinayak S.	71-75
16	Nature And Extent of Panchganga River Water Pollution in Kolhapur City Momin Shahnaz Moinuddin	76-79
17	Wetlands: An Ecological View In Indian Context Dr. S. B. Ashture	80-82
18	Livestock Management: A Case Study of Latur Tahsil Dr. S. G. Birajdar	83-85
19	A Study on Environmental Change With Special Reference to Jiringaon Village of West Karbi Anglong District Dr. Dipalee Haflongber	86-88
20	Menstrual Myths and Hygiene Issues among Muslim Women in Bhiwandi. Dr. Farid Oneza Tanveer & Ms Don Sana Irfan	89-93
21	Understanding The Modalities Of Impact Of Covid-19 On Environment: A Theoretical Perspective Shubhra Chandra	94-97
22	Health Problems and Prospects related to slums in Solapur city Dr. Babu Bhima Raut	98-101
23	Identification of MSMEs Problem During Covid -19 Lockdown and its Impact on Industrial Unit in Chandrapur District Dr. Hareesh T. Gajbhiye	102-105
24	Municipal Solid Waste Management And its Effects of Satara City: A Geographical Analysis P. R. Vhatkar, Dr. A. S. Patil & Dr. R. S. Mane-Deshmukh	106-109
25	Geographical Analysis of Environmental Impact of Solid Waste in Satara City P. R. Vhatkar, Dr. R. S. Mane-Deshmukh & Dr. A. S. Patil	110-113

26	The Nature of Sports Marketing	Dr. Toravi Shivanand Sharanappa	114-116
27	Problems of Agritourism in Kolhapur District	Dr. Arun A. Patil	117-121
28	Environmental Impact of Irrigation Transformation in Nasik District (M. S.)	Dr. Sunil Motilal Patil	122-124
29	Rainfall Trend in Osmanabad (Marathwada) and Solapur (W. Maharashtra) Districts in Maharashtra: A Comparative Study	Dr. Maruti Trimbak Musande	125-129
30	Food Security and Sustainable Resource Management	Gyanaranjan Sahoo, Afaq Majid Wani, Amita Sharma & Sandeep Rout	130-137
31	A Geographical Analysis of Brick Kilm Distribution in Vadoli bhikeshwar Village of Karad Tehsil.	Gouri Mahadeo Pund & Dr. A. S. Patil	138-141
32	Linking Development and Decays: A Theoretical Review of Biodiversity in Relation to COVID-19 Pandemic	Lipika Mandal	142-145
33	Application of Geospatial-Technologies in Coastal Land Use and Land Cover Studies: A Case Study of Select Coastal Villages of Bardez Taluka, Goa-India	Dr. Pravina Kerkar, Dr. F. M. Nadaf, & Venkatesh G Prabhu Gaonkar	146-153
34	Effect of Land Use on Infiltration: A Survey and Perspective	R. J. Bagade & N. G. Shinde	154-158
35	Environmental and Social Problems in Resettlement and Rehabilitation Colonies of Mumbai Metropolitan Region	Mrs. Rachana Atul Indurkar & Dr. Sameer Pralhad Narkhede	159-161
36	Revival of Sustainable Community Farming: A Case Study on Chorao Island Farmer's Club, Goa-India	Devanand Velingkar, Dr. Pravina Kerka and Dr. F. M. Nadaf	162-166
37	Hypsometric Analysis of Patalganga River Basin using Geographic Information System.	R. J. Bagade, N.G.Shinde	167-171
38	Impact of Urbanization on the Health of Common People Reflected through R. K. Laxman's Cartoons	Dr. Prashant Dhondiba Kasabe	172-175
39	The Geographical Study of Cropping Pattern in Maharashtra State	Dr. Ankush Shankar Shinde.	176-179
40	Attitude of Youth Towards Entrepreneurship in Kannur District - Kerala	Soorya Thankachan & Dr. Anitha M.N	180-183
41	Relationship of Humans and Animals under Major Religions	Bhumika Sharma & Priyanka Sharma	184-187
42	An Analysis of Soil-Chemical Characteristics in Satara District, Maharashtra	Ms. Kavita S. Maske	188-192
43	Educational Schemes for Development of Scheduled Caste Women in Solapur District	Dr. Sachin A. Rajguru & Prin. Dr. B. M. Bhanje	193-195
44	Biodiversity and Agro Biodiversity	Dr. Vijaya Haridas Gaikwad	196-199
45	The Study of Social Forestry in Solapur District	Dr. D.S.Harwalkar	200-203
46	The Use of Technology in English Language Learning: A Sociolinguistic Study	Dr. Sidhartha B. Sawant	204-207
47	Role of Ternary Chalcopyrites in enhancing Green Technologies and Innovations	Ajay Kumar Sharma, Sanjay Kumar Gorai & Shraddha Prasad	208-210
48	Ground Water Resource in Drought Prone Area in Solapur District – A Geographical Analysis	Dr. Nagnath I. Dhayagode & Dr. Vijaykumar K. Pukale	211-215
49	Air Quality Variation in Pune City During The Covid-19 Lockdown	Dr. Vilas Vasant Patil & Mr. Agastirishi Bharat Toradmal	216-219
50	Forest Cover Inventory in Mutha valley Catchment, Pune District, by using NDVI (Normalized Difference Vegetation Index) Method.	Sumitra N. Nikam	220-222

51	Eco-critical Analysis of Anita Desai's novel The Village by the Sea Prof. Dr. Bagul Jitendra Bhimrao	223-227
52	Location Quotient of Edible Oil Industries of Kolhapur District Shashikant S. Patil & Dr. Arun A. Patil	228-231
53	Impact of Irrigation on Agriculture Development in Hingani Village in Barshi Tahsil in Solapur District Dr. Vijaykumar K. Pukale & Dr. Nagnath I. Dhayagode	232-236
54	Spatio Temporal Analysis of Crop Diversification Pattern in Sangli District Mr. Amol S. Mahajan & Dr. A. A. Pujari	237-240
55	A Descriptive Analysis Of Prospects Of Retail Trade After Implementation Of Goods & Services Tax In India Anamika Kumari & Dr. Pawan Kumar Sharma	241-244
56	Sustainable Development Through Higher Education Dr. Jadal M .M.	245-249
57	Identification of Topographic Effects on Rainfall Distribution in the Godavari River Basin Using SRTM and TRMM Data Dr. Bhagwat Rashinkar	250-255
58	Drought Area In Satara District (Maharashtra): An Environmental Health Analysis Dr. S. M. Mulani & Mr. Amol M. Pawar	256-263
59	Study of Low Cost and Eco-friendly Bioabsorbent Punica granatum peel powder for the Decolorization and Treatment of Textile Wastewater K.H. Kute, S. M. Pore & V. P. Dhulap	264-269
60	Marketing Problems of Rice Cultivation in Kolhapur District of Maharashtra Dr. R. V. Hajare & Mr. D. A. Sardesai	270-274
61	Technology and Psyche For Environment Conservation Nutan Suhas Pathak	275-278
62	Spatio-Temporal Scenario Of Cows In Satara District: A Geographical Study Prof. Vidya Shivaji Mohite & Dr. Arun Bhagawan Patil	279-282
63	Assessment of Water Quality of Kumbhar Kini Dam of Yavatmal District (M. S.) Dr. Shubhangi Bhagwan Misal	283-288
64	Agro-Tourism as a Support Occupation of Farmers for Rural Development in Maharashtra: A Geographical Study Shri. Suresh. V. Ingale & Dr. Arun A. Patil	289-293
65	To Study Composition of Female Agricultural Labourers in Rural Area of Solapur District Prof. Shivaji Mane Dr. D. S. Bagade	294-297
66	The Role Of Green Economy In Reducing Environmental Risks And Ecological Scarcities: A Study Of Environmental Changes Dr. Md. Mahtab Alam	298-301
67	Impact of Shirpur Pattern of Water Harvesting and Conservation on Pisciculture in Shirpur Tehsil Jitendra Vasant Patil & Prof. Dr. V. J. Patil	302-305
68	Study of linear Morphometry Aspects of Upper Darna River Basin Dr. Jyoti A. Pathare & Dr. Anilkumar R. Pathare	306-310
69	Impact Of Tourism On Environment Dr. H L Jadhav	311-314
70	Storage Containers & pH Impact on Seed Mycoflora of Teak (Tectona Grandis) Dr. Smita S. Harane	315-318
71	To Study Changing Pattern of Female Agricultural Labour in Rural Area with special reference to Solapur District Prof. Shivaji Mane & Dr. D. S. Bagade	319-321
72	Tourism Potential of Great Indian Bustard (Ardeotis Nigriceps) Bird Sanctuary: Nanraj Dr. Smita S. Harane	322-325
73	Assessment of Certain Physico-Chemical Parameters of Textile Industry Effluent Chaithra C, Hina Kousar & Akshatha K U	326-329
74	Environmental Ethics, Environmental Justice and Postcolonial Literature Dr. Asit Panda	330-335
75	Effectiveness of Environment Awareness Program on Ecological Intelligence and Environmental Attitude of Students Dr. Kailas Sahebrao Daundkar	336-340
76	Influence Of Urbanization On Wellbeing And Sustenance Dr. Dede Deepak Kashinath	341-344
77	Problems of Expansion In Floriculture Business - A Overview from Solapur District, Maharashtra Prin. Dr. B.M. Bhanje & Ranjann H. Rathod	345-348

78	Occupational Structure of Scheduled Tribe Population in Kolhapur District Mr. ManikNaik & Dr. Adinath D. Gade	349-353
79	A study of Potential of wildlife Tourism in Tadola Aradhari Tiger Reserve in Chandrapur District of Maharashtra, India Dilip B Choudhari	354-360
80	Groundwater Modeling for Sustainable Resource Management in Karapur Nagar District of India Dr. Sukama I Maity & Dr. Girijesh Lal Srivastava	361-366
81	Water Quality Index Development for Groundwater Quality Assessment Of District Karapur Nagar, U.P., India Dr. Sukamal Maity	367-373
82	Geographical Analysis of Socio-Economic Status of Female Workers in Some Selected Brick Units in Ahmednagar District, Maharashtra, India Dr. Ashali Kharake	374-377
83	Environment Changes Biodiversity and Sustainable Resource Management Vijay S. Javir	378-381
✓ 84	A Study Of R. K. Narayan's The Doctor's Word As Medical Fiction Dr Mrs. Pranjali Sujit Kane & Mr. Shashank Siddharth Bulkunde	382-386
85	Environmental Awareness in A. K. Ramanujan's Poem Ecology Kale Rajesh Mahesh	387-388
86	Prospects of Tourist in Goa Region Kumari Sonam & Dr. Jagat Prasad Singh	389-392
87	A Study on Air Quality of Pune, Maharashtra Momin Shahnaz Moinuddin	393-397
88	Effect of Agricultural Development on Environmental Aspects: A Geographical Study Dr. Konade B. N.	398-401
✓ 89	Literature Highlighting The Point That Teaching to Dyslexics Demands A Paradigm Shift in Pedagogy Dr. Mrs. Pranjali Sujit Kane & Mr. Shashank Siddharth Bulkunde	402-406
90	Role of Waste Management for Improving The Environmental Sustainability Dr. R. L. Rupwate	407-412
91	Floristic Diversity of Coastal Village Eco-complex - A Case Study on Gokharkuda Village of Garjam District, Odisha RajKumar Baitharu, Nihar Ranjan Rout, Hara Prasad Sahoo and C. Bhim Sen Baitharu	413-419
92	Morphometric Analysis of Pushpavati Basin, Maharashtra, India Mr. Funde G.T & Dr. Patil A. A.	420-423
93	A Geographical Distribution of Infants Mortality in Marathawada Region Dr. Tathe Sarjerao Vishwanath	424-428
94	A Comparative Study Of Population And Primary Healthcare Centres In Solapur District Prin. Dr. B. M. Bhanje & Dr. Sangameshwar A. Nimbargi	429-431

Literature Highlighting The Point That Teaching to Dyslexics Demands A Paradigm Shift in Pedagogy

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Abstract

Teachers are the base of education pyramid. They stand as pillar for nation building. They are the only people who can create and promote a system in which education for all and on the same platform is possible. In the present research paper entitled as *Literature Highlighting the Point that Teaching to Dyslexics Demands a Paradigm Shift in Pedagogy*, the researchers have studied the basic problem of dyslexics, which is difficulty in reading the written script because of which they lose interest in reading. They try to hide their lacuna by mischievous and stubborn behaviour. Sometimes they alienate themselves and it results in their marginalization. At this time, if the teachers don't pay attention towards these students, they might get emotionally traumatized. The role of teachers becomes important in such situations. The present research paper is an attempt to highlight the need of paradigm shift in pedagogy, the teachers of the early classes i.e. pre-primary and primary level should be trained to diagnose if student is suffering from any kind of disability like dyslexia or other and at the same time, they should be provided with specialised trainer to help them to teach such students. By doing this the developing country like India can fulfil the criteria of 'inclusion in education'. To show this the researchers have selected a Bollywood film *Taare Zameen Par* and three fictional novels namely, *Fish in a Tree* by Linda Mually Hunt, *Josh: A with Dyslexia* by Caroline Janover and *My Name is Brian* by Jeanne Betancourt.

Keywords: teacher, dyslexia, paradigm shift in pedagogy, fiction (literature) with dyslexic protagonist, impact and need of specialised trainer for dyslexics

Introduction:

Teacher plays a pivotal role not only in the field of education but also in nation building. Education is one of the most important pillars of development and teachers lay the foundation for it. To educate someone doesn't mean to pass on the information and knowledge to the individual but it also means to nurture values and make the students understand their duties and responsibilities towards society and to build a society which is having equality. To bring equality in the society means to provide each and every individual with equal opportunities. For example, in schools teachers need to give equal chances to the students of all intellectual abilities. If even the student is suffering from learning disabilities like dyslexia, dysgraphia or dyscalculia and same goes for the student having some other disabilities like low vision or etc. The teachers need to find innovative ways to boost the confidence of these differently abled children. By doing this they will bring all the student on the same platform and the ultimate aim of inclusion in education gets fulfilled. For this the teachers have to pay special attention towards the students with special needs. A proper infrastructure and specialized trainers should be provided to teachers to help such students. For example, if the students are not excelling in reading and writing skills teachers

should give attention and try to inquire the matter if they are suffering from any problem. Like the teachers in the fictions selected for this paper are helping students. The efforts and responsibilities of the teacher gets multiplied when such students are diagnosed in the class. Because these students are not able to communicate and convey their problem because of lack of awareness or for any reason. Now, teacher need to go to the students and try to know their problems, this paradigm shift has been discussed in the present paper by taking the fictions where the central characters are suffering from a learning disability which affects the reading ability of the student and that is dyslexia. Dyslexia is the learning disability which affects the reading ability of the individual. In this learning disability, the individual is unable to identify the letters in sequence. Hence the letters inverted or jumbled. He is unable to read the text fluently like the other students in the class. This doesn't mean that he has low IQ or he is mentally unfit to study in the classroom. The dyslexics have same intellectual abilities as the other students in the class. The Constitution of India grants equal rights to all and Right to Education is fundamental right of every citizen in India, which makes the aims inclusion in education a practical thing. The policies like Sarva Shiksha Abhiyan (SSA) promotes education for all on same platform. In India teacher is called as *guru* which means the person who is having knowledge of everything. Teachers are given place next to God or say worshipped as God and Sanskrit sholka:

Gurur-Brahma

Gurur-Vishnu

Gurur-Devo Maheshwaraha

which means Guru i.e. teacher is Lord Brahma, who is the 'Creator' of new thought, is Lord Vishnu, who is 'Preserver' of thoughts which are good and helpful for nurturing of knowledge, is Lord Maheshwara (Lord Shiva) who is 'Destroyer' of old, useless and unwanted thoughts and knowledge which are harmful for society. In India, teachers are given the place of God but at the same time, it is also found that sometimes teachers are not able to reach to the level of students because of their elevated status. They fail to reach such students and understand their problem. In this research paper the researchers have selected particular fictions having central characters unaware about their lacuna of reading and writing, which is because of dyslexia but how teachers help these students in diagnosing their problem and the solutions they provide to their difficulty is discussed.

The popular Bollywood film *Taare Zameen Par: Every Child is Special* (Amole) is a 2007 drama film in Hindi-language, internationally it is realised in English language with the title *Like Stars on Earth*. The film is starring Aamir Khan as a teacher and child artist Darsheel Safary as a boy suffering from dyslexia. The film shows how difficulty in reading and writing becomes the reason for the traumatic experiences for an eight-year-old boy in school and surrounding. The real tragedy is, at his own home his father and elder brother always used to bully him that he is a dumb person and lazy to try and learn new things but in real the character of Ishaan Nandkishore Awasti is very sensible. Ishaan is very sensitive and creative; he is excellent painter. But his parents want him to excel in reading and writing skills. Because of dyslexia he is not able to read and performs miserably in exams. His parents always compare him with his elder brother, Yohan who is a good reader and excel in studies. Ishaan fails in his exams and his parents send him to boarding school. There also, he

continues to perform poorly under the strict and abusive teachers of boarding school until the arts teacher Ram Shankar Nikumb, Aamir Khan joins the school. As soon as, Nikumb joins the school, he finds that Ishaan is going through some trouble. When he investigates into the matter, he finds Ishaan is dyslexic. Ishaan is so traumatized by the treatment he gets from his boarding school teachers that he remains to himself and alienates himself. Nikumb requests the school authority to take Ishaan's exams aurally and he starts working on his reading and writing skill. As Nikumb has experience to work with students with special needs, he uses his experiences to teach Ishaan and helps him to overcome dyslexia to a large extent. Nikumb fulfils the need of specialized trainer and he also finds Ishaan is a creative person, a genius painter. He supports him and he himself makes effort that Ishaan should perceive his passion for painting. Because of the efforts of his teacher, Ram Shankar Nikumb, Ishaan learns to read and write and wins the drawing competition at school. The background music by Shankar-Ehsaan-Loy and songs by different artists add emotional depth to the film. But for the present research paper the researchers have focused on the role of teacher. The impact of support of teacher is discussed in short.

When one starts reading the children's fiction *Josh: A Boy with Dyslexia* (Janover) by Caroline Janover. On the first day of his new school when Josh, a student of fifth grade, enters the classroom his class teacher, Mrs. Mantimer welcomes him and asks him to sit on any seat he feels like and just to make Josh come to his new school she starts teaching the class by asking Josh where does he stay. While he is telling her, she prompts him wherever he gets stuck in pronouncing the names. She picks the word Central Park from his description and teaches the class how to break it into syllables aptly and pronounce it correctly while reading. By doing same she also teaches the class how to write the correct spelling. Instead of forcing students to spell the particular words from the textbook and ask them to learn those words, she takes the words which the students use in their daily lives. By doing so, she involves them in teaching-learning process by having their active participation and at the same time she gives them practical knowledge. In the arts class, Mr. Moody an old arts teacher welcomes Josh to the art room which is bright and full of colour. Mr. Moody hands him a sheet and asks him to draw whatever he wants, may be a memory from summer holidays. Josh is not a good painter, he tells this to his classmate, Kip, that he is an average painter but good runner but he is enjoying his time in Mr. Moody's arts class. In this way we find when teachers try to approach students, they try to learn the things in which they are not good.

In one of the fictions selected for the present research paper, which is written by Jeanne Betancourt, *My Name is Brian* (Betancourt), the author tells the readers about Brian Toomey. He is suffering from dyslexia but he is not aware about it until his new teacher, Mr. Bigham asks his parents to take Brian's test about dyslexia. When he is tested positive with dyslexia, Mr. Bigham suggests Brian's parents to appoint a special trainer for him, who can teach him how to break words according to the phonic sounds, into syllables and spell as well as pronounce them properly. He asks him to put in some extra effort in studies but at the same time Mr. Bigham takes promise from Brian that no matter what extra effort he has to take to improve his reading and writing skills but he will attend his karate lessons regularly. Mr. Bigham takes an extra effort by arranging a specialised trainer for Brian. Mr. Bigham arranges Mrs. Samuels, a specialist trainer to teach Brian and she trains him how to break

words into syllables according to phonics. She works with him after his school. She also teaches him to use computer and how to type words on it. In the resource room, Ms. Crandal helps him to make notes by handing him a tape recorder so that he can record the dictation given to him in different classes and she can help him in writing it correctly in resource room class. When the animal-life project is announced, like an excellent teacher, as a mentor, Mr. Bigham encourages Brian to use innovative and creative means for collecting information for the project. He allows him to use audio recording and video recording tool for the project. From this fiction the researcher has tried to bring forward several instances where the teachers have gone an extra mile to help the dyslexic student which makes him feel comfortable and encourage him to work harder on his lacuna.

In another fiction *Fish in a Tree*(Hunt) by Lynda Mullaly Hunt, the author realistically tells the readers about the problems of Ally Nickerson in her day to day reading and writing activity in school. Ally tries to hide her inability to read and write either by making fun of everything or behave in stubborn manner. She always hides herself behind the drawing book where she expresses herself by drawing sketches and colour paintings until Mr. Daniels comes to her school. He joins Ally's school as her class teacher and soon realises that she is suffering from dyslexia. Mr. Daniels is the best example for this research paper, to show the paradigm shift in pedagogy. Ally avoids him as if, she has no trouble in reading and pretending to be lazy but he makes her realise that the problem she is facing is not something which cannot be solved, he tells her it is true that dyslexia can't be eliminated but it can be minimised by using proper guiding tools and training. He works with her on her reading, writing as well as spelling after school. As Mr. Daniels is learning to teach such students he practices those teaching methods with Ally. She gets training of a specialised trainer from Mr. Daniels only. Ally shows tremendous improvement in short span of time and she asks him to help her brother, Tarvis also because he is also suffering from similar problem. The author is trying to convey the point that teachers have to be more considerate with dyslexics by providing them confidence avoiding their mistakes which many a times are unintentional.

The Dyslexics have different brain mechanism. They, themselves don't understand the reason why they are unable to read fluently like other students in their class. Because of continuous failure their self-confidence is shattered and they try to find escape routes and excuses for not studying. As early this disorder is diagnosed by the teachers it is better for for the students. They can work with them separately, not by marginalising them from the mainstream education but just giving them special attention and affection. Teachers should avoid asking dyslexic to read aloud in class and oversee their spelling errors. Help from specialised trainers must be taken. The teachers must follow this slogan of Maharashtra Dyslexia Association which reads like "if I can't learn the way you teach. Can you teach me the way I can learn". This slogan of MDA summaries the present research paper which demands for the paradigm shift in pedagogy while teaching to dyslexic.

CONCLUSION:

The present research paper, *Literature Highlighting the Point that Teaching to Dyslexics Demands a Paradigm Shift in Pedagogy* discusses that literature; may it be a film or the novels selected by the researchers for the paper, makes a point that most of the time

dyslexic students, their parents and sometimes even teachers are unaware about the reason behind the inability of these students to read and write properly. As these students themselves are unaware they try to hide their problem by stubborn behaviour and by idiotic or mischievous activities. Sometimes, they pretend to be dumb. The teachers must approach and try to help such students. To spread awareness about dyslexia and to create an approachable atmosphere for learning.

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SPECIAL ISSUE

ISSN : 2231-1629

**KNOWLEDGE
RESONANCE**

**A HALF YEARLY PEER
REVIEWED REASERCH JOURNAL**

(Evaluated in the SJIF Journal Masters List Evaluating
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CONTENTS

Sr. No.	Topic	Page No.
1.	Indian Ethos as Reflected in the Works of British Writers Dr. Jyoti Patil	01
2.	Partitioned Identity in Mahesh Dattani's Final Solutions Dr. Urmila Dabir	05
3.	All about Cats and Mice: Trauma and Testimony in Art Spiegelman's Maus Dr. Prantik Banerjee	07
4.	Emotional and Intellectual Oscillation in Chitra Banerjee's Queen of Dreams Dr. Sonia Singh Kushwah	11
5.	Science, Technology and Supernatural Elements in Chetan Bhagat's One Night @ the Call Centre Dr. Shitalkumar G. Gaikawad	15
6.	Themes of rebellion and independence in A House for Mr. Biswas Dr. Dnyanesh Naik	18
7.	Poetry Reciting Nation (India): A Reading of Select Poems of Jayant Mahapatra Dr. Somnath Barure	22
8.	SOCIAL MORALITY IN GODAAN Dr. Vinita Virgandham	26
9.	Plight of Parsi Community and Indian Nationalism in Rohinton Mistry's Such a Long Journey Someshwar Vinodrao Wasekar Dr. Anuradha D. Kherdekar	29
10.	DEPICTION OF INDIA IN JAYANTA MAHAPATRA'S POETRY Dr. Abhinandan. G. Pakhmode	32
11.	Multiculturalism -Social Cohesion and Conflict in Mistry's Fiction Abdul Shamim Kapil Singhel	35
12.	Expatriate Sensibility in Bharti Mukherjee's The Tiger's Daughter Dr. Alka Bansal	40
13.	INDIAN DIASPORIC WRITINGS AND POST 9/11 WORLD: RESPONSES DECODED Sulok Birendrasingh Raghuvanshi	43
14.	Sudha Murty's Dollar Bahu: A Literary Panopticon of Indian Values Shekhar B. Vispute Dr. Bhupendra N. Kesur	46
15.	Use of Narratives in Amitav Ghosh's The Calcutta Chromosome Dr. Ajiat Ravikant Jachak	50
16.	In Pursuit of Self: A Feminist Reading of Githa Hariharan's Fugitive Histories Dr. Leena V. Phate	52
17.	Portrayal of Indian Values in select works of Sudha Murthy Dr.G.R.Hashmi	57
18.	Manju Kapur's Difficult Daughters: A Chronicle of Discovery and Resurrection Dr. Manish R. Chakravarty	60

Sr. No.	Topic	Page No.
19.	A Critical Study of Patrilineal Family Set-up in Manju Kapur's Home Dr. Renuka L.Roy	63
20.	Indian Elements in the Works of Sir Arthur Conan Doyle Dr. Shafiulla Alim Khan	67
21.	Girish Karnad's Plays: A Reworking of Mythology and Folklores Dr. Pragyasa Harshendu Upadhyaya	69
22.	Shashi Deshpande's That Long Silence: A Quest for Selfhood Dr. Vandana Bhagdikar	72
23.	Communal Conflicts in Mahesh Dattani's Final Solutions Dr. Rameshchandra F. Agrawal	75
24.	Inventive Portrayals of India's Partition in Indian literature Dr. Veena Ilame	78
25.	Indira Gandhi as a Prototype of Duryodhana in The Mahabharata: A Close Peep into Shashi Tharoor's The Great Indian Novel Dr. Rajkumar B. Bhairam	82
26.	Fiction as Custodian of Facts: Courtesan Literature and Depiction of an India Secreted by Bourgeois Squeamishness Shirin Badar	87
27.	Indian Culture and Hinduism: A Study of Jim Corbett's Work Dr. Archana K. Deshmukh	91
28.	Depiction of Typical Pre-Independence Indian Market in Sarojini Naidu's Poem 'In the Bazaars of Hyderabad' Dr. Sawan Giridhar Dharmपुरiwar	95
29.	Rabindranath Tagore and the English Language Dr. Priti Singh	97
30.	Study of Double Consciousness in Jhumpa Lahiri's The Namesake Dr. Meenakshi V. Wasnik	100
31.	Tragedy of an Idealistic Father in Vijay Tendulkar's Play Kanyadaan Dr. Harish G. Tapadia	104
32.	Understanding the Self of Enlightened Feminists Dr. Manjusha Y. Dhoble	108
33.	Identity Crisis in Jhumpa Lahiri's The Namesake Dr. Kanchan Joshi	111
34.	Mistress: A Saga of Misery and Dislocation Dr. Anup V. Gumble	114
35.	Existentialism in Arun Joshi's the Foreigner Dr. Madhuri Phule	117
✓ 36.	Kaleidoscopic Representation of the Human Ties in Mahesh Elkunchwar's Old Stone Mansion Amol Ghumade, Dr. Pranjali Kane	120

Sr. No.	Topic	Page No.
37.	Reflection of 'Himalayan Beauty' in Ruskin Bond's Short Stories Prasannata Ramtirth, Dr. Santosh Chouthaiwale	123
38.	Gomata and Other Poems: The Female alter-ego in Rukmini Bhaya Nair's Poetry Dr. Deepshikha Shekhar	126
39.	Indian Writing in English and Contribution of Indian Writers Dr. Balkrishna Kongre	129
40.	QUEST FOR IDENTITY AND SELF ASSERTION IN PREETI SHENOY'S TEA FOR TWO AND A PIECE OF CAKE Kishor Nanaji Mahajan	133
41.	Jhabvala's World: Influences on Writer's Sensibilities as an Artist Dr. Parag Bombatkar	136
42.	Exploration of Multicultural Perspective in Shashi Tharoor's India: From Midnight to the Millennium and Beyond Dr. Sharad R. Vihirkar	139
43.	Human aspects in Indian English Writing With Reference to D. Surya Rao's Novel Dr. Yogesh M. Sarode	143
44.	Microscopic India in the Booker Winning Indian English Novels Dr. Sadashiv Pawar	147
45.	Social Environment in the Literary World of Mahasweta Devi Dr. Rashmi Rajak, Dr. Amar Singh, (Professor)	150
46.	Depiction of Indian Slum Life in Vikas Swarup's Q & A Prashant Jambhulkar	153
47.	Reflection of 'Multiculturalism' in the Selected Novels of Chetan Bhagat Dr. Santosh Chouthaiwale	157
48.	Indian Ethos in the Popular Novels of Amitav Ghosh Dr. Smita Kamdi	160
49.	Indianness in The Novel of Mulk Raj Anand's Gauri Mr. Punyashil Shalikram Tembhumne	163
50.	The Theme of Alienation in Anita Desai's Fire on the Mountain Dr. Vinod R. Shende	166
51.	Karnad's Yayati: A Saga of an Un-heroic Filial Sacrifice and Existential Dilemma Mrs. Sarita Uttamrao Chandankar (Chapke), Dr. Sanjay Singh	169
52.	Literary Scapes of Urban India in the selected fiction of Nikita Singh Pratima Dhande, Dr. Pranjali Kane	172
53.	Battle of Relations and Refinement in Anita Nair's The Better Man Dr. Vishakha Nanir, Asstt. Prof., Dr. Vasant R. Shedge	176
54.	Struggle for Existence in Bhabani Bhattacharya's Novels of Survival Dr. Yogesh A. Patil, Dr. Vasant R. Shedge	179

Kaleidoscopic Representation of the Human Ties in Mahesh Elkunchwar's Old Stone Mansion

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Abstract

Mahesh Elkunchwar as an experimental postmodern playwright marked his entry in Indian literary circle as regional playwright and his translated plays gained national and International attention His Old Stone Mansion (Wada Chirebandi) is a remarkable psychological wonder. After British rule a gradual degeneration of of feudal order occurred in all over India and landlords were helplessly attempting to retain their dignity. Dharangaonkar Deshpande were not exception to it, being landlords they were also undergoing to suffer with financial crises. After post-independence feudal order were witnessing their degeneration, on the other side other people they worked hard for their prosperity. Old Stone Mansion revolves round a Deshpande family where after a demise of father, Vyankatesh all the family members gets more conscious about their rights and fell down in power politics and try to locate their own space that creates a psychological tension amongst them. This paper deals with the kaleidoscopic nature of their personality in the light of their dialogues, their facial expressions, and through their action in complete atmosphere. This paper will also deal with the human ties and postmodern survival of the characters for concrete human existence.

Keywords: Power politics, Existential estrangement, Post-Independence, Psychological tension, Generation gap, Kaleidoscope

Mahesh Elkunchwar as phenomenal post-independence playwright and Sahitya Academi recipient left his footprints on Indian literary firmament. Along with his theoretical writings he is active in Cinema as actor and screenwriter. He is considered as a successor to Vijay Tendulkar in his writing style. His plays shows the reflection of middle class society that juxtaposes the socio-political issues of Indian rural bourgeois society at large. In all his plays the characters tries their best to cope up with the situation but finds unable to escape from existential trap that spoils their relationships in family. We see the constant changing pattern of human behavior at various level that creates existential turmoil amongst them.

Old Stone Mansion, is a family drama of Deshpande family of Dharangaon in Vidarbha region of Maharashtra.

This play considered to be his excellent play ever come across. The Deshpande family consists of Bhaskar, the elder son and his wife everyone calls her "Vahini". His young son Parag and daughter Ranju. Mother "Aai" and father Vyankatesh who has recently died. His younger brother Sudhir and his wife Anjali who lives in Mumbai. Bhaskar's sister Pratibha and youngest brother Chandu all are the family members. The play begins on the fifth day after the sudden demise of Tatyaji (Vyankatesh), the landlord. Aai, the widow of Tatyaji, Dadi, Bhaskar, Vahini, Prabha, and Chandu awaiting the arrival of Sudhir and his wife Anjali from Mumbai, to attend 13th day rites. In the meantime, the eldest son Bhaskar and his wife Vahini, have taken over the charge of two objects on command, the keys and the ancestral jewellery box.

When Sudhir arrives at home, he meets Aai in the back room. On seeing Sudhir, Aai burst into tears and cries that their shelter has now gone. Prabha says that Tatyaji did not speak to her till the end. She complains to Sudhir that when Tatyaji dies, nobody gave her the news when she was in Panchayat library. She says that after tatyaji's death Vahini has changed alot.

she says-

PRABHA: Let me tell you Sudhir, it's not even five days since Tatyaji died. Five days. And Vahini has changed already. The house keys moved instantly into her keep. And Aai went instantly into the shadows of the back room. When Tatyaji was alive, you couldn't hear Vahini's footfall on the verandah. But within five days her orders are heard way outside the wada. (141)

Power shifts to Vahini from henceforth. Prabha is noticing a transformation of submissive woman to commanding woman which disrupts their mutual understanding. As Prabha and Chandu have no other option. The educated Prabha could not tolerate Vahini's behavior so she expresses her pain to Sudhir. Whereas, Chandu is

helpless. Prabha has completely changed her opinion about Vahini. When, Sudhir says that he has bought shawls for Dadi and Aai which he did not bring either because this was not the occasion to bring these gifts. On this Prabha says with preconceived notions.

PRABHA: For Dadi! Who's ever given her anything new to wear! Her shawl will go straight into Vahini's trunk. Dadi doesn't need more than some tattered old rug thrown over her. Save me from Such old age! (142)

From the above statement we can see how healthy relationship Vahini and Prabha have in their family. The demise of Tatyja brings this change in Deshpande's family as Vahini has become more powerful and self-centered.

We see that Sudhir is also self-centered, he is already advised on the way by his wife Anjali to not to take initiatives in 13th day ritual expenses. There is one incident that takes place where Bhaskar asks Chandu to take some 700 to 800 rupees from Sudhir, here Sudhir declines that he don't have money and he gives the most convincing answer.

He says-

SUDHIR: Seven or Eight hundred? Where will I suddenly produce that much from? We left in such a hurry when the telegram came, there was no time even to go to the bank. (147)

Here Sudhir wants to escape from his responsibility. Whereas, Bhaskar intends to conduct the rituals in full traditional fanfare even when the family faces financial crises. Bhaskar expects Sudhir to share the expenses, as his image from a big city is that of financially well off. Sudhir wonders to know that the whole village is invited for 13th day ceremony. He does not like the old traditions of expenditure. So they speak of putting their land and gold on mortgage. Sudhir then speaks of getting his share in the ancestor's land. On this, Bhaskar gives detailed explanation. Bhaskar appears to be more practical now.

He says-

BHASKAR: Only in name. You know that as well as I do. He passed on the whole responsibility of your education, your marriage, to me and sat back. Did that cost nothing? And here you are demanding your share! (169)

Bhaskar says that they had spent money on his education and on marriage. Sudhir replies that Bhaskar and his

family have been using the whole income of the farms. Bhaskar defending himself by saying that, that they had spent money on the sickness of Tatyaji and operation of Aai. Similarly, they had to spend money in the government office for the division of the farm. Actually, Deshpande's themselves are a big family with a big loan. The play presents the personal conflict between brothers which ultimately becomes the social conflict. Extreme money mindedness pushes the wada towards degeneration and finally they have to accept them. Interpersonal relationship gets spoiled. But when Ranju elopes with English teacher he comes forward to save the status of wada.

Women in this play, Vahini, Prabha, and Aai remained marginalized throughout the play. Vahini always tries to maintain peace in the family. Her nature is submissive whereas Bhaskar is arrogant. When Bhaskar tells her that he will not divide his ancestral land into equal share, instead he will keep all land with him, on this Vahini alerts him that this is not ethically correct. She says the land should be divide into four equal parts.

She says-

VAHINI: Give each one his share. And let's be free. (186)

Here we see Vahini is very conscious about the future aftermath of land dispute. It is quite clear that Bhaskar will not listen to her but Vahini can see the future of Prabha, Chandu, Aai, and Sudhir if they are deprived of their share from the land. In another instance we can see she is not ready to wear the ornaments. After Bhaskar's request she wears them but she is willing to ready to have all them. She warns Bhaskar not to take anybody's curse on him. She warns Bhaskar not to take anybody's curse on him.

She says-

VAHINI: Put it in the pooja room, (Bhaskar is speechless.) First thing Tomorrow, give each one his share. (188)

Vahini is an important character in this play although she is illiterate but she has a sense of moral values. On the other side Bhaskar seems to be selfish and self-centered. Bhaskar is looking for securing his children's future by absorbing all lands and gold whereas Vahini is looking for welfare of their joint family. Vahini is also protective about her children that's why she deliberately hides Parag's bad habits and in inclination to wrongs company from Sudhir. She is also conscious about Ranju when Prabha makes allegation on Ranju as Prabha finds Ranju is always before the mirror. Prabha alerts Vahini about

Ranju's English teacher. At this time time Vahini comes forward and defend her child from Prabha's allegation. In such a way we can notice Vahini is a noble woman who takes care of her and who doesn't have any interest in property too. She develops a kind relation with all the family members. She maintains an equilibrium all family members. Prabha has some misconceptions about her but Vahini also thinking of her future and tries to convince her to get marry. But graduate Prabha is not willing to marry uneducated husband that creates a communication gap between Prabha and Bhaskar. Vahini acts as a bridge between them. In this way Vahini burns in a mental turmoil but she is helpless as all power is with Bhaskar.

Prabha is misfortunate character from this play. She completes her graduation in arts. She is an extremely intelligent girl. But Brahmin aristocratic family's conception of prestige couldn't allow her to continue her further education. She is denied any opportunity to continue her education and work outside. According to her Bhaskar is the reason and the force behind him is Vahini. She carries hatred of Vahini because of misconception. Prabha also looks for staying at her brother's house, but Anjali avoid her idea by saying what difficult life they lead in Bombay. When she points it out, Anjali seems to be indifferent to her brother Sudhir. Prabha finds no way out. She thinks mansion (wada) is devouring her. She feels like existential estrangement inside. She burns internally. After the death of Tatyaji, she feels somewhat liberated. She thinks that with the share of gold she will again come out as a strong person. She wants to sell off her share of gold. She feels pity for Aai's condition. She wants to escape from the mansion (wada) and go Amrawati for any part time work. In a discussion with Aai she express her dream and hope.

She says-

PRABHA: I will put the money in the bank, Aai. That gold should fetch fifty to Sixty thousand rupees. I will able to manage my studies from the interest on the amount. (127)

Prabha's this hope is wasted when Ranju runs away with gold. For Prabha everything is bleak and no hope from somewhere. Yet Prabha expresses great faith in her aspiration.

Ranju, an adolescent girl creates a great blunder in the play. She fantasizes with herself with cinema world. She thinks that her English teacher can be a vehicle to reach Bombay. She somehow manages to escape to Bombay for film actress. All over the play she projects her childish behavior and her liking towards films. As a result without

any knowing she runs away with gold. She spoils Prabha's hope and family's status. Here we can see Ranju's adolescence age dilemma. And from here we could see the role of Sudhir as a savior. Sudhir somehow manages to reach police station and escorts Ranju safely and returns in the midnight to the villages. Bhaskar feels helpless over this situation. Sudhir stands firmly for their family status. This is the prominent incident of the play. And from here this family experiences unity in themselves apart from their misunderstandings. The towering ego of all characters gets down. They becomes speechless but they carry inward unity amongst them. Ranju's plight and her safely escorting brings family members closer.

To conclude, The Old Stone mansion is a representative family drama where characters undergo existential experience. They shows their kaleidoscopic nature, nobody is exception. In real life people might also experience the same as their own. This is the social reality highlighted in this play.

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Literary Scapes of Urban India in the selected fiction of Nikita Singh

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Abstract

With the turn of the millennium, it has been noticed that life has become fast-paced, from bullock carts to steam engines and from cars to bullet trains. Mirroring to this transition, one can notice that the Indian literature has transformed itself to go hand in hand with the modifications of the prevalent society. It is observed that there is a sudden surge in the writings of many accomplished women writers of India, who have announced themselves by their colloquial style of writing. Their predecessors canvassed their female protagonists as struggling individuals whose stories were generally woven around dull and dingy settings, such as old mansions of countryside, ancient villas, manor houses, etc. On the contrary, the Post-Millennial Indian women writers have brought a new flair not only to the thought process of the female protagonists, but also to the literary scapes of the asphalt juggle. This gives an ultra-modern look to the settings of the fictions, which assists in reaffirming the mindset of the characters. Another striking feature of their writings is the use of virtual space as a dwelling place of today's generation. All these aspects have been examined by the researchers in Post-Millennial Indian women writer, Nikita Singh's fictions - Love @ Facebook, Accidentally in Love and After All this Time.

Keywords: Post-Millennial Indian women writers, story settings, literary scape of urban India, virtual space, Nikita Singh

The women writers of India have stood as the fourth pillar of the Indian Writing in English over a great span of time, right from its germination to its escalation into a Brobdingnagian structure. During the formative years of the Indian Writing in English, it was the young mind of Toru Dutt, which paved a new pathway for English novel in India and this legacy was shouldered by the latter generation of women writers, like Kamala Markendaya, Amrita Pritam and others. These writers wove the lives of their protagonists intricately depicting various colourful landscapes of India, stained with the horrors of partition and presented a tattered picture of the lives of Indian women in the divided land. Going ahead, the genre of novel writing got a changeover in the hands of Anita Desai, Shashi Deshpande, Anita Nair, etc., who painted a dull and stodgy image of the society. On the other hand, in the last two decades, a literary paradigm shift is seen in the

depiction of the story settings. Post-Millennial Indian women writers like Preeti Shenoy, Madhuri Banerjee, Nikita Singh, Saavi Sharma, Anuja Chauhan, Ira Trivedi, etc. have nailed the art of portraying urban scapes. In their writings, one can easily notice the wide spectrum of new vistas in the contemporary settings of Indian city life, which is vibrant and dynamic and equally visible in the personalities portrayed in the fictions.

Nikita Singh is one of the most known faces in the literary fraternity of the Post-Millennial era. She is a graduate in pharmacy from Indore, who moved to New York for a Masters in Fine Arts in creative writing. She has as many as 14 books in her kitty and she is one of the bestselling novelists of India in the current times. She is known for her reader-centric writing, which brings her novels close to the readers' hearts. Her fictions are like neighbourhood stories, which one can easily identify with. Through her writings, she paints a candid canvass of the present urban Indian scenario, which the readers easily resonate with. Her characters and their surroundings are painted with great simplicity and serenity. This leads the readers to get romanticised and sink into her skilfully penned scapes. Her candidness strums the strings of the readers' hearts and leave them craving for more such content from her.

In the present research paper entitled A Depiction of Literary Scapes of Urban India in the Selected Fictions of Nikita Singh, a Post-Millennial Indian Woman Writer, the researchers have tried to highlight the urbanised panorama of the story settings, which go in tandem with the female psyche of the protagonists. They are trying to shed light on the classic features of an Indian English fiction, which are depiction of beauty of the country and its culture and tradition, but now in a much modernized manner. The story-setting becomes a catalyst in propagating the diverse and rich culture of India, in spite of it being in its most modern age. The novels of this writer speak volumes about the liberated souls of today's female protagonists, who are shown as strong decision-making individuals as opposed to the old traditional marginalized ones.

In the fiction, Love @ Facebook (Singh), the story is woven around Vatsala Rathode, who is a 19-year-old college

student, who loves to mingle with her best friends, Ankit and Jaanvi. While Vatsala is fond of fast racing cars and is proud to be a citizen of Ranchi where Dhoni lives, she is just like any other small town girl, but not like the typical girls. Vatsala is seen at her college campus and canteen having fun with her friends. She is also seen in classroom attending classes with her best friends. There are instances in the fiction which portray the perfect modern-day college culture. College campus is a perfect setting for today's generation. As the story goes ahead, we see Vatsala hanging out in the virtual alleys and encountering a strikingly handsome hunk over the Facebook platform and she seems to be completely smitten by him. A trail of messenger chats representing Vatsala's true self and also her hidden desires to woo this boy, Ronit Oberoi, a VJ, are seen floating throughout the fiction. It is a common trend these days that young people are seen hanging out in this virtual space sharing their minds and hearts to friends and to even strangers. Such virtual scapes have come out as a new literary scape, where characters are divulged and the story takes shape. It is evident how today's generation is dependent on the virtual world such as Facebook for their interpersonal interactions. In the real world, we see Vatsala and her friends going out shopping in busy market areas. This is where the youngsters love to move round. They find their solace in the humdrums of these market places. Similarly, the pub culture comes into picture. Young generation is full of energy and weekend parties mark as their life's inseparable part.

It is a hideout where they prefer to be as they celebrate the joy of their youth while drinking the potion of life. These scenarios are well displayed in this fiction, where Vatsala and her friends are seen enjoying at one such location. Also, weekend getaways are a favourite trend seen in the current times, which is another literary scape to escape from the daily hustle-bustle. The characters are seen going away from the routine to these beautiful outskirts for some respite and enjoyment in the lap of nature. The story settings are described in such a fluid manner that the readers get engrossed and get a feeling of being a part of the story, which is so close to life, relatable, hence enjoyable. Ultimately, after all the virtual and real world tussle, Vatsala ends up confessing her love towards her real world best friend, Ankit and finally giving up on her virtual world crush, Ronit.

In the next fiction, *Accidentally in Love* (Singh, *Accidentally*), a sequel to *Love @ Facebook*, we meet Chhavi Mukharjee, who is a model settled in Mumbai, struggling to get big banners in her kitty. The story begins in a studio apartment shared by Vatsala and her, which is a typical living scenario of a metro-life. We see both the girls working for

Metro News and the story setting here is not typical of what is seen in the traditional Indian English writings. The sets are not dull and gloomy, but full of life and light. Chhavi is a strong girl and knows how to keep her integrity intact when her self-respect is at stake. On one occasion, she encounters a certain casting couch producer, whom she bashes verbally and storms out proving her mettle. Later she meets a successful handsome photographer, Tushar and a steaming chemistry between the two begins there. In this fiction, the author has depicted lavish hotels and pubs where the couple dwells and spends their time together. She has also made a vivid description of the corporate offices and workplaces where Chhavi and Vatsala are seen doing their parts. Later in the story, Naitik Mittal surfaces as Chhavi's manager, a high-end perfectionist, who helps Chhavi build her career, but on his own terms. While the story takes its turns and twirls, the author steers the readers through a myriad of discos and pubs, such as Club Escape, where the protagonist is seen mingling with other characters. Here the metro life is delicately handled and the story then tiptoes to the strict ad-shoots where the models are supposed to give their best to be a part of the modelling world, else be thrown in the streets, unemployed. In this urban set-up, where alcohol and weed consumption is a common sight, Chhavi's story waltzes away to a no-strings-attached relationship with Tushar, which is the most common relationship status quo of today's generation. The couple is found spending their time going out for dinners at the Blue Frog hotel and later on spending time in their car and ending up in hotel rooms. They also take road trips to scenic natural surroundings, such as the one to the Powai Lake.

There also is an outrageous description of a high-end wedding reception where Chhavi is supposed to go where she would get a chance to meet many modelling industry people and root for new projects. We also see the protagonists touring the gym, trying to get fit, one of the most essential things in their to-do list. While Chhavi and Tushar are having a time of their lives, soon they are in a fix, trying to save their relationship, which is sabotaged by Tushar's project at Malaysia which warrants him to travel and stay there for the most part. Chhavi too struggles to make up her mind for staying separated from him for such a long time. Around the same time, we also see Vatsala and Ankit having a difficult time in their relationship, as Ronit joins the scene and there is a total faux pas. Chhavi and Vatsala emerge as strong female characters, who do not compromise on their choices when it comes to profession or choosing a suitable partner. At the end, after a lot of heartbreak, everything falls in place, when Tushar decides to stay back at Mumbai, buy a house

and pursue his photography career there, only to be with Chhavi. The story glides from busy Mumbai streets to a quiet apartment, from modelling studios to corporate offices, from clubs to hotel rooms and from gyms to quiet nature getaways, which are in sync with the present era.

After All This Time (Singh, After all), another bestseller by Nikita Singh, takes the readers on a journey with Lavanya Suryavanshi, a young girl from New Delhi, working hard at New York's largest law firm, PSM, trying to make a good impression on her mentor. This is yet another composition from the writer, which draws parallel from the modern life of today's youth. With intricate fluidity, the writer takes us from lavish corporate office premises to the Times Square and then hops to the Indian urban neighbourhood. The landscapes change with the emotions of the protagonists. At times she is seen working overtime at her office, fetching coffee from modern cafes like Starbucks and getting ready for meetings in the office boardroom and at other times, she is seen going around the streets of New York watching the street performers and splurging money for helping the needy. Although Lavanya is an intelligent and independent girl, she is initially portrayed as an escapist, who struggles to confront the reality and therefore steers herself away from any circumstances that make her uncomfortable.

The memories from her school days haunt her where the secret of her desperation lies, the reason why she doesn't wish to return to her parents' house in India. Another character, Shourya Kapoor is introduced, who is Lavanya's long lost school best friend, whose story is narrated parallelly to hers. His past life with his girlfriend, Deepti includes their college and canteen life. He is a graduate from UC Berkeley with an internship at a finance company in Fremont and who then settles with SQ Inc in Berkeley, in the beautiful bay area. When Lavanya learns that she is HIV positive, her whole world comes crashing down and she wishes to run away. She tries to calm herself down but is unable to do so. Finally, she decides to return to India, after seven long years. While she is keeping this medical condition of hers aloof from her family, she is seen struggling to find any peace at home and driving on the Indian roads is making her go insane. She accidentally meets Shourya at a supermarket in New Delhi and from there the story takes off. Shourya is suffering a heart-break and is in India for his sister's wedding and that's where the long lost friends unite for an intriguing journey together. The author has taken real efforts describing Lavanya's house and her room. Later on the two best friends are seen solving each other's misery and checking off items from Lavanya's bucket list. While Shourya is hustling with his sister's shopping and visits to modern

boutiques for the wedding dress fittings, both Shourya and Lavanya spend time together unravelling the past and making plans for striking out Lavanya's wishes.

One of those wishes of Lavanya is colouring her hair red, for which she goes to a snobbishly posh salon and forces the hairdresser to give her the desired colour. Later she is seen visiting a dingy tattoo parlour. As we go ahead, we see that the author has managed to bring out the hidden personality of the protagonist. Lavanya finally tells her parents that she is HIV positive and she is immediately taken to AIIMS where it is declared to her that since she is in the second stage of the disease, she can be treated. Later, Lavanya and Shourya plan to go on a road trip to Agra and Rishikesh on a 1000 cc sports-bike. The author has described the beautiful Mughal architecture and lush green lawns of Taj Mahal. Later as only five days are left for Shourya to return to the US, they plan to go to Goa. At their halt in Mumbai, they go to see Salman Khan's house and enjoy the Marine Drive breeze while relishing on tasty Mumbai wada-pav. Finally, they reach Goa. By giving the description of these places, the author shows the readers the beautiful landscapes of India in an aesthetic manner.

In the Post-Millennial era, with the advent of Facebook in 2004, a completely new virtual realm got evolved, where young minds over the world can get connected through gadgets working on their fingertips. The author designs the formation of the virtual space in a story setting in such a manner that the characters get drawn towards it. The Post-Millennial writers especially the women writers have made use of virtual space as a new narrative environment to explore the forbidden lanes of their minds, which have remained Subaltern in the clamour of the city life. The chat narratives engineered by these authors are somewhat of an epistolary form of writing which resembles one of the Victorian styles of writing from authors such as Jane Austin, Bronte sisters, etc. These chat narratives serve as a bridge between the readers and the characters of the fiction and it acts as a relief from the monotonous narrations. These small chat narratives act as a window through which readers can peep into the personal space of the characters. Another aspect of these narratives is that with a very little use of words and space, one can understand the psyche of the character brilliantly. The social medial chats which have been a part of the narrative in the writings of Nikita Singh, give a vivid panoramic view of the thought process of the female characters.

In the present research paper entitled A Depiction of Literary Scapes of Urban India in the Selected Fictions of Nikita Singh, a Post-Millennial Indian Woman Writer,

the researchers have brought forward the newest arenas for depiction of spaces in the story settings of the Indian Writing in English, where the panoramic portrait of urban India has been sketched on the literary canvass, which talks about the campus life, life in a metro city, pub culture and the most raging of all the hideouts of cafeterias, etc. Another space which the researchers wish to highlight in the paper is the virtual space and a new form of storytelling through virtual conversations in fiction writings. This gives the readers a peep into the minds of the characters. With the portrayal of this virtual space in the writings, the augmented reality and the true feelings of the characters get amalgamated in the form of a script. It is interesting to conclude that the paradigm shift in the story settings symbolizes a modern era, while preserving the glorious and varied landscapes of India.

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ISSN 2278-4632

JUNI KHYAT

जूनी ख्यात

IMPACT FACTOR : 6.625

UGC CARE Group I Journal

Vol-10 Issue-11 No.01 November 2020

 JUNI KHYAT
जूनी ख्यात

INDEX

S.NO.	TITLE	PAGE NO.
1	HUMAN TRAFFICKING IN SCHEDULE TRIBAL AREAS OF CHHATTISGARH – RESPONSIVE ROLE OF STATE GOVERNMENT	1
2	FORMULATION OF METFORMIN SUSTAINED RELEASE TABLET USING NATURAL POLYMER	5
3	EFFECTS OF <i>MADHU TAILIK BASTI</i> IN THE MANAGEMENT OF <i>MEDOROGA</i> WITH SPECIAL REFERENCE TO OBESITY	15
4	E-GOVERNANCE, PUBLIC SERVICE DELIVERY AND BHOOMI PROJECT INITIATIVE'S IN KARNATAKA	20
5	विवाह की न्यूनतम आयु बढ़ाने पर जोर व उसका समाजशास्त्रीय प्रभाव	23
6	A CRITICAL STUDY OF MEASURES TAKEN BY SPORTSPERSONS OF VIDARBHA TO REMAIN PHYSICALLY FIT DURING THE COVID-19 INDUCED LOCKDOWN	29
7	COMPARATIVE EVALUATION OF THE PHYSICO-CHEMICAL AND IN-VITRO DISSOLUTION PROPERTIES OF SOME FAMOTIDINE TABLET PREPARATIONS ON THE INDIAN MARKET	34
8	DRUGS TARGETING RNA – SMALL MOLECULES TO COMBAT MAJOR DISEASES	52
9	A REVIEW OF DIFFERENT HPLC METHODS USED FOR EVALUATION OF MONTELUKAST SODIUM IMPURITIES	57
10	NATIONAL EDUCATION POLICY A GUIDELINE FOR MANAGEMENT EDUCATION TO GAIN COMPETITIVENESS & HELP IN BRIDGING THE INDUSTRY-ACADEMIA GAP	67
11	A STUDY ON FINANCIAL ASPECTS AND ITS IMPACT ON DIGITAL ENTREPRENEURSHIP WITH SPECIAL REFERENCE TO BENGALURU	73
12	SHEDDING INSIGHT ON SUSTAINABLE FOOD CONSUMPTION: A CASE STUDY ON CUSTOMER PERCEPTIBLE BEHAVIOUR TOWARDS ORGANIC PRODUCTS	81
13	1857 का सैनिक विद्रोह एवं हिन्दी नवजागरण	88
14	भारतेन्दुयुगीन रचनाओं में स्वाधीनता आन्दोलन की अभिव्यक्ति	94
15	TOURISM IN THE SEARCH OF RELIGIOUS TRANSFORMATION: FROM A PRODUCT FORM TO AN AGENT FORM	101

16	PROFITABILITY OF GREENHOUSE VEGETABLE FARMING IN KERALA: THREE CASE STUDIES	109
17	सामाजिक परिवर्तन एवं संचार सुविधाएँ	116
18	अस्तित्ववाद और मानववाद	119
19	TO STUDY THE EFFECT OF TEACHING EXPERIENCE ON THE TEACHING COMPETENCY OF TEACHERS	123
20	USE OF WHATSAPP: A WAY TO IMPROVE ENGLISH LANGUAGE SKILLS AMONG UNDERGRADUATES LEARNERS	129
21	A LITERATURE REVIEW ON CORPORATE SOCIAL RESPONSIBILITY	133
22	PERFORMANCE EVOLUTION OF EMPLOYMENT GENERATION UNDER MGNREGA IN THE STATE OF KARNATAKA	138
23	SOCIO-ECONOMIC CONDITIONS OF KADUGOLLA TRIBE IN CHITRADURGA DISTRICT OF KARNATAKA	145
24	AQUATIC RESOURCE MANAGEMENT AND ITS IMPACT ON THE TRADE AND COMMERCE: A CASE STUDY OF THE NAYAKAS OF KELADI (A.D. 1500 – 1763), SOUTHWEST KARNATAKA, INDIA	151

A Critical Study of measures taken by Sportspersons of Vidarbha to remain physically fit during the Covid-19 induced Lockdown

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1.0 Abstract

The importance of sports has been accepted by one and all. However, in the times of Covid-19 pandemic, they have become very critical as the new norm of social distancing wearing of masks has made the physical activities more difficult. This is particularly more severe problem for the elite athletes, as missing their regular practice affects their physical conditioning as well as the psychological state as the anxiety of substandard performance creeps into their mind. In view of this situation, this study was carried out to understand the various measures taken by these sportspersons to remain physical fit during the Covid-19 induced Lockdown. The data was collected from 120 sportspersons (residing in the Vidarbha region) through an online survey method. The collected data was analyzed using SPSS 18.0 Software. The survey data revealed that most of the sportspersons of Vidarbha region have made sincere efforts to remain fit but have carried out moderate level of physical activities (mostly walking) during lockdown. In addition to above, majority of sportspersons did not attend online physical fitness training classes and also did not have clear focus on their diet.

Keywords: *Covid-19 pandemic, social distancing, lockdown, wearing of masks, physical activities, athletes*

2.0 Introduction

Sports and games are very important in today's world as they provide means not only to the sportspersons to become good performers but also make it as their profession. Hence, physical fitness of the sportspersons is critical. Sports and games are means of mental and physical growth and any hindrance in regular sports activity may affect the psychological well being of the sportspersons. Physical fitness is not just crucial for a healthy body but imperative for a healthy mind and emotional wellbeing. Even though laziness seems the new normal amidst others 'newness' that staying at home (due to the Covid-19 pandemic) has brought, there's no substitute to physical fitness for the professional sportspersons.

As the sports fraternity has been navigating through their professional and personal lives during the Covid-19 lockdown, some fitness sportspersons have been trying new ways to remain physically fit. For these players, physical fitness is not just crucial for a healthy body but imperative for a healthy mind and emotional wellbeing so that post lockdown they can perform as per their previous capacity. Though laziness seems the new normal amidst these lockdown times for the sportspersons, there's no substitute to self-care and fitness in every possible way – physical, mental and emotional. In view of the above, this study was carried out to assess the measures taken by Sportspersons of Vidarbha to remain Physically Fit during the Covid-19 induced Lockdown in the region.

3.0 Research Methodology

2.1 Selection of Subjects

The subjects (sportspersons) were selected from Vidarbha, with representation from Nagpur, Wardha, Gondia, Bhandara, Amravati, Akola, Chandrapur and Yavatmal Districts. A total of 120 sportspersons provided the necessary data.

2.2 Primary Data Collection

The primary data related to research criterion and objective of the study was collected by using standardized psychological test through telephonic survey and also by using Google forms.

2.3 Reliability and Validity of Data

The reliability of data was confirmed by establishing the instruments reliability, tester's competency and reliability of the test. The tester's reliability was evaluated together with the reliability of tests. A person's product moment co-relation was computed between the two measures of each variable. The results of this test indicated that the correlation coefficients were above 0.89, which indicated adequate level of reliability. All the standard methods as well as instruments were used for data collection in the present study. The reliability and validity of the research instrument was determined prior to actual data collection.

2.4 Statistical Analysis of Data

Analysis of data was done with the help of suitable statistical tests. The descriptive statistics, such as mode, frequency, percentage, etc. were determined from the collected data. The data generated during the study was processed using Statistical Package for Social Sciences (SPSS) 18.0 software.

3.0 Results and Discussion

3.1 Age-wise distribution of sportspersons

Table 1: Age-wise distribution of sportspersons of Vidarbha

Age Group	No.	Percentage
Less than 20	16	13.3
20 to 25	69	57.5
25 to 30	24	20.0
Above 30	11	9.2
Total	120	100.0

Above Table 1 presents information regarding age-wise distribution of sportspersons of Vidarbha. The study results show that 13.3% sportspersons belonged to the age-group less than 20 years. In addition to this 57.5% and 20.0% sportspersons belonged to the age-group 20 to 25 years and 25 to 30 years respectively. Furthermore 9.2% sportspersons belonged to the age-group above 30 years.

3.2: Gender-wise distribution of sportspersons

Table 2: Gender-wise distribution of sportspersons of Vidarbha

Gender	No.	Percentage
Male	78	65.0
Female	42	35.0
Total	120	100.0

Above Table 2 presents information regarding gender-wise distribution of sportspersons of Vidarbha. The study results show that 65.0% sportspersons are male however 35.0% sportspersons are female.

3.3: Intensity of Physical Activity during lockdown

Table 3: Intensity of Physical Activity during lockdown

Level of intensity	No.	Percentage
Low	30	25.0
Moderate	55	45.8
High	29	24.2
Very High	6	5.0
Total	120	100.0

Above Table 3 presents information regarding intensity of physical activity undertaken during lockdown by the sportspersons of Vidarbha. The study results show that 25.0% sportspersons have low intensity of physical activity while 45.8% sportspersons have undertaken moderate level of physical activities during lockdown. In addition to this 24.2% and 5.0% sportspersons have high and very high intensity of physical activity during lockdown.

Table 3.4: Made sincere efforts during lockdown to remain physical fit

Table 4: Made sincere efforts during lockdown to remain physical fit

Response	No.	Percentage
Yes	30	25.0
No	90	75.0
Total	120	100.0

Above Table 4 presents information pertaining to making sincere efforts during lockdown to remain physically fit by the sportspersons of Vidarbha. The study results show that 25.0% sportspersons have made sincere efforts while 75.0% sportspersons have not made sincere efforts during lockdown to remain physically fit.

Table 3.5: Followed online physical fitness training class

Table 5: Followed online physical fitness training class

Response	No.	Percentage
Yes	22	18.3
No	98	81.7
Total	120	100.0

Above Table 5 presents information pertaining to following online physical fitness training class by the sportspersons of Vidarbha. The study results show that 18.3% sportspersons have followed online physical fitness training class while 81.7% sportspersons have not followed online physical fitness training class.

Table 3.6: Major physical activities during lockdown

Table 6: Major physical activities during lockdown

Activity	No.	Percentage
Walking	64	53.3
Jogging	19	15.8
Yoga	42	35.0
Total	125	104.2

Above Table 6 presents information pertaining to major physical activities undertaken during lockdown by the sportspersons of Vidarbha. The study results show that 53.3% sportspersons performed walking while 51.8% sportspersons performed jogging during lockdown. In addition to this 35.0% sportspersons performed yoga during lockdown.

Table 3.7: Followed specific diet during lockdown

Table 7: Followed specific diet during lockdown

Response	No.	Percentage
Yes	44	36.7
No	76	63.3
Total	120	100.0

Above Table 7 presents information pertaining to following specific diet during lockdown by the sportspersons of Vidarbha. The study results show that 36.7% sportspersons followed specific diet while 63.3% sportspersons does not followed specific diet during lockdown.

Table 3.8: Prepared plan for physical activity post lockdown

Table 8: Prepared plan for physical activity post lockdown

Response	No.	Percentage
Yes	86	71.7
No	34	28.3
Total	120	100.0

Above Table 8 presents information pertaining to preparing plan for physical activity post lockdown by the sportspersons of Vidarbha. The study results show that 71.7% sportspersons prepared plan for physical activity while 28.3% sportspersons does not prepared plan for physical activity post lockdown.

4.0 Conclusions

4.1: Age-wise distribution of sportspersons of Vidarbha

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region belonged to the age-group 20 to 25 years.

4.2: Gender-wise distribution of sportspersons of Vidarbha

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region are male.

4.3 Intensity of Physical Activity during lockdown

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region have undertaken moderate level of physical activities during lockdown.

4.4: Made sincere efforts during lockdown to remain physical fit

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region have not made sincere efforts during lockdown to remain physically fit.

4.5: Followed online physical fitness training class

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region have not followed online physical fitness training class.

4.6: Major physical activities during lockdown

- On the basis of the study results it is evident that high percentages of the sportspersons of Vidarbha region have mostly done walking during lockdown.

4.7: Followed specific diet during lockdown

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region do not followed specific diet during lockdown.

4.8: Prepared plan for physical activity post lockdown

- On the basis of the study results it is evident that most of the sportspersons of Vidarbha region prepared plan for physical activity post lockdown.

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Importance of Physical Fitness and Exercise

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Abstract

Physical activity and exercise is important for everyone. Children, adolescents, and adults of all ages need regular physical activity. Physical activity promotes good health, and you should stay active throughout all stages of your life regardless of your body type or BMI. Understanding the benefits of physical fitness and knowing how active you should be can help you maintain good health and improve your overall quality of life. Here are a few benefits of regular physical activity that demonstrate the importance of physical fitness.

Keywords:- Cardiovascular Endurance, Muscular Strength, Muscular endurance.

Physical Fitness

Fitness is defined as the ability of the body to carry out various types of daily activities without feeling tired. Physical fitness is measured on the basis of some devices, and many scientific tests, and then compared to the ideal level of fitness, and determined the ability of the individual, and fitness efficiency. Fitness is divided into two parts: general fitness, which refers to health and well-being, and special fitness, which relates to a particular type of exercise. Good fitness can be obtained by getting proper nutrition and taking enough breaks.

Five Components of Physical Fitness

The 5 components of physical fitness are often used in our school systems, health clubs and fitness centers to gauge how good a shape we are truly in. The 5 components that make up total fitness are:

- Cardiovascular Endurance
- Muscular Strength
- Muscular endurance
- Flexibility
- Body Composition

Cardiovascular endurance is the ability of the heart and lungs to work together to provide the needed oxygen and fuel to the body during sustained workloads. Examples would be jogging, cycling and swimming. The Cooper Run is used most often to test cardiovascular endurance. Cardiovascular

endurance (also known as cardiorespiratory endurance or aerobic fitness) refers to your body's ability to efficiently and effectively intake oxygen and deliver it to your body's tissues by way of the heart, lungs, arteries, vessels, and veins. By engaging in regular exercise that challenges your heart and lungs, you can maintain or even improve the efficient delivery and uptake of oxygen to your body's systems. Enhance cellular metabolism.

Muscular strength is the amount of force a muscle can produce. Examples would be the bench press, leg press or bicep curl. The push up test is most often used to test muscular strength. An effective muscular endurance training program uses lighter weights while doing a higher number of reps. Research has shown that this approach appears to be the most effective for improving local and high-intensity (or strength) endurance.

Muscular endurance is the ability of the muscles to perform continuously without fatiguing. Examples would be cycling, step machines and elliptical machines. The sit up test is most often used to test muscular endurance. Muscular endurance is one of two factors that contribute to overall muscular health. Think of muscular endurance as a particular muscle group's ability to continuously contract against a given resistance.

Flexibility is the ability of each joint to move through the available range of motion for a specific joint. Examples would be stretching individual muscles or the ability to perform certain

functional movements such as the lunge. The sit and reach test is most often used to test flexibility. Flexibility is important at any age. It plays a role in unhindered movement and can affect your balance, coordination, and agility. Maintaining a full range of motion through your major joints can reduce the likelihood of injury and enhance athletic performance.

Body composition is the amount of fat mass compared to lean muscle mass, bone and organs. This can be measured using underwater weighing, Skinfold readings, and bioelectrical impedance. Underwater weighing is considered the “gold standard” for body fat measurement, however because of the size and expense of the equipment needed very few places are set up to do this kind of measurement. Your body's ratio of fat mass to fat-free mass, is the final component of health-related physical fitness. Because high levels of fat mass are associated with negative health outcomes, such as heart disease and type 2 diabetes, attaining and maintaining a healthy body composition is a goal of just about all regular exercise routines.

Increase your life expectancy

Numerous studies have shown that regular physical activity increases life expectancy and reduces the risk of premature mortality. There's not a magic formula that translates hours of physical activity into hours of life gained, but research suggests that people who are more active tend to be healthier and tend to live longer.

Reduce your risk of injury

Regular exercise and physical activity increase muscle strength, bone density, flexibility, and stability. Physical fitness can reduce your risk for and resilience to accidental injuries, especially as you get older. For example, stronger muscles and better balance mean that you're less likely to slip and fall, and stronger bones mean that you're less likely to suffer bone injuries should you take a tumble.

Improve your quality of life

A sedentary lifestyle and a lack of physical activity can take a toll on a person's body. Physical inactivity is associated with an increased risk for certain types of cancer, numerous chronic diseases, and mental health issues. Exercise, however, has been shown to improve mood and mental health, and provides numerous health benefits. Of course

physical fitness also allows you to do things that you may not otherwise be able to do.

Improve your health

There are numerous health advantages to physical fitness. Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers. In other words, staying active is a crucial part of maintaining good health and wellness.

The importance of Physical Fitness in a Student's life

Being Physically active and fit holds utmost importance especially among today's younger generation who are busy enjoying the luxuries of mobile, laptop and TV at an alarming rate and aren't active and spirited on a daily basis. Being involved in electronic devices isn't bad until and unless it is used as a source of entertainment for a limited time. In order to enjoy the beauty of life and to experience it to the fullest you must start getting involved in physical activities or sports. Being young, students have a lot of potential to develop a hobby that keeps their fitness regulated for their lifetime.

Physical fitness provides strong bones and muscles, leads to better health and well-being, prevents various health problems, reduces the risk of several diseases like blood pressure, diabetes, cancer, etc. and improves a better quality of life.

Physical fitness reduces stress, tension and chances of being depressed and makes you feel better. You can improve your physical fitness and body composition by making healthier food choices and regularly engaging in both aerobic and anaerobic exercises.

Social Benefits of Physical Fitness:

Fitness provides someone with more social experiences, which builds his personality, enhances his belonging to the group, increases his social and moral values, and improves his socialization and interaction with society.

Psychological Benefits of Physical Fitness:

Sports allow the individual to express himself, and increase his ability to control his emotions, which improves his actions, especially in embarrassing situations.

Health Benefits of Physical Fitness:

Physical fitness improves the overall health of the individual and has an important role in promoting the lungs and stimulating them to work efficiently. It helps regulate the heart rate, increases the size, and develops the organs of the muscular system.

Additional fitness tips:

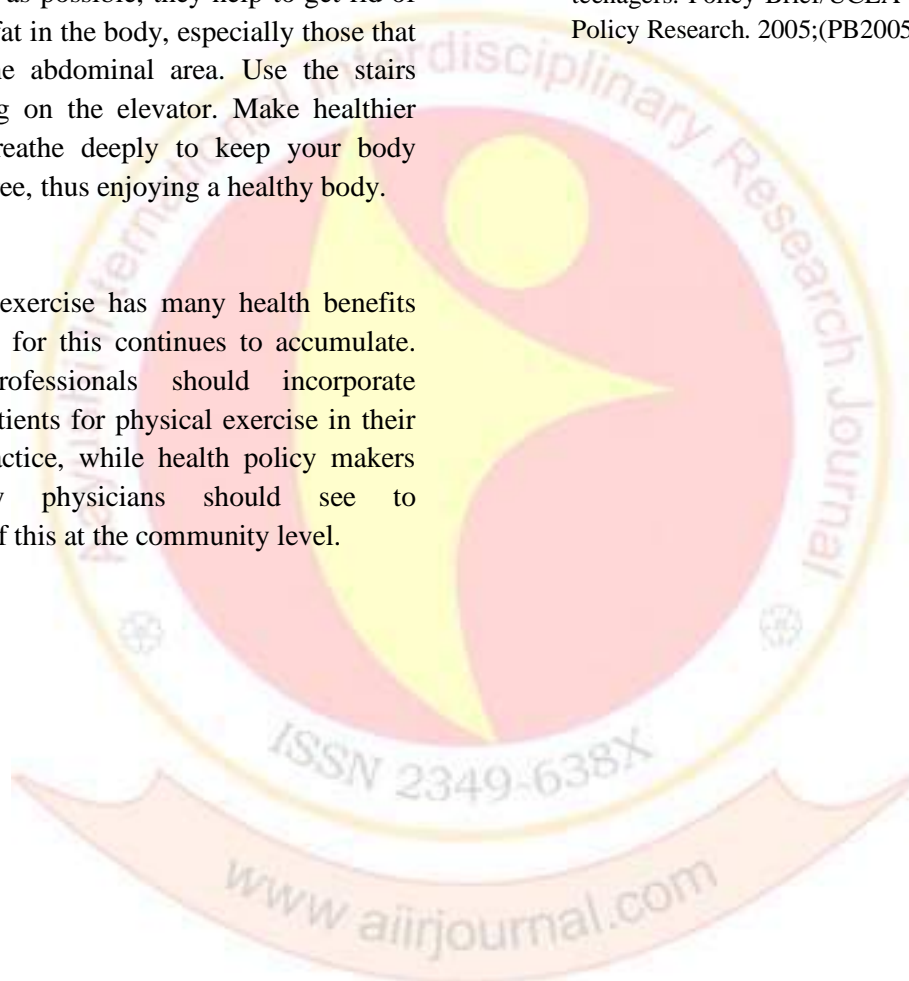
Lift some heavy weights to increase the strength of your body muscles. Running and jumping as much as possible, they help to get rid of the accumulated fat in the body, especially those that accumulate in the abdominal area. Use the stairs instead of relying on the elevator. Make healthier food choices. Breathe deeply to keep your body clean and toxin-free, thus enjoying a healthy body.

Conclusion:

Physical exercise has many health benefits and the evidence for this continues to accumulate. Health care professionals should incorporate counselling to patients for physical exercise in their daily clinical practice, while health policy makers and community physicians should see to implementation of this at the community level.

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IMPACT OF HEALTH- RELATED PHYSICAL FITNESS PROGRAMMES ON ACADEMIC STRESSORS OF VARSITY STUDENTS

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Abstract: The purpose of the study is to examine the effects of health- related physical fitness programmes (HRPFP) that on the Academic Stressors among students. Twenty five male students studying in different Departments of the Swami Ramanand Teerth Marathwada University Nanded, Maharashtra (India) had attended the study voluntarily. Exclusion criteria were the presence of chronic medical conditions such as asthma, heart disease or any other condition that would put the subjects at risk when performing the experimental tests. The subjects were free of smoking, alcohol and caffeine consumption, antioxidant supplementation and drugs during the programmes. Stress was taken in the laboratory of physical education department for academic year 2012-13 of the study. Academic stress of students measured by using Gadzella's Life Stress Inventory (B. M. Gadzella, 1991). The applied program was planned for six weeks, 5 days a week and 45 minutes a day, as the statistical techniques, Mean scores and standard deviation were taking and paired t-test was applied. There was significant effects of health- related physical fitness programmes on academic stressors ($t=p<.05$), frustrations ($t=p<.05$), and conflicts ($t=p<.05$) were found in students Health- related physical fitness programmes decrease frustrations, conflicts and academic stressors of the.

Key words: Stressors , varsity , frustrations , pressure conflicts

INTRODUCTION

Academic stress is mental and emotional pressure, tension, or stress that occurs due to the demands of college life (DeDeyn,2008). health- related physical fitness is important components of a healthy lifestyle. There are many benefits of fitness: a better functioning of cardio vascular system and an improved sense of psychological well- being and decrease the stress. The physical fitness related benefits are especially important for people associated with psychological disorders which are at greater risk of coronary artery diseases, obesity, hypertension, hypotension and other health problems (Armstrong 1991, Maynard 1991). Various authors (Horton's Es 1998, Armstrong 1991 and Maynard1991) have reported that regular exercise has improved the cardio vascular system, decreased some of the risk factors leading to a cardiovascular disease, promoted fat loss, increased muscle mass, increased glucose intake by cells and enhanced well-being of the sedentary students. In other research (Jackson J et.al. 1968, Clausen J P 1997) Health related physical fitness was noted to improve psychological health and work capacity, The importance of health related physical fitness programmes(HRPFP) is linked to a higher quality of life as well as academic achievements. It is well- documented that regular physical activity in childhood and adolescence improve strength & endurance, health build, healthy bones & muscles, hips control weights, reduce anxiety and stress, increases self- esteem and may improve cardio reparatory function. Physical fitness is recognized as an important component of health (limb et.al 1998; Twisk et.al. 2002) and it may be important for the performance of functional activities and quality of life (Noreau and Shepherd 1995; Stewart et.al. 1994). Low physical fitness may result in high physical strain during the performance of activities (Bruining et. al. 2007). As a consequence, activity levels may decrease due to fatigue and discomfort, exacerbating low physical fitness.

MATERIALS AND METHODS

Subjects: Twenty five sedentary students from various department of Swami Ramanand Teerth Marathwada University Nanded, voluntary to participate in the health related physical fitness programmes. Exclusion criteria were the presence of chronic medical conditions such as asthma, heart disease or any other condition that would put the subjects at risk when performing the experimental tests. The subjects were free of smoking, alcohol and caffeine consumption, antioxidant supplementation and drugs during the programmes.. All 25 acted as experimental group for health- related physical fitness programmes with no control groups.



APPLIED TRAINING PROGRAMME

A training programme was planned for 06 weeks, 5 days a week and 45 minutes a day. Exercise that use large muscles groups that can be maintained continuously and are aerobic in nature. These exercises include walking, running on treadmill, jogging, light weight exercise, . There was training programmes in the academic schedule of physical education department. The exercise session should consist of the following procedure:

Warm - up period will be approximately 10 min., this was combine callisthenic – type stretching, exercise and progressive aerobic activity. However, cool down period was 5 to 10 min.

MEASUREMENT OF ACADEMIC STRESS AND DATA ANALYSIS

The academic stress was measurement through the before and after health related physical fitness programme on twenty five sedentary students using with Students-life Stress Inventory. The data was checked for accuracy and completeness and was coded and put-up into the SPSS. Descriptive statistics for all studied variables, mean, standard deviation and t-ratio was considered statistically technique throughout the study and the level of significant was set-up at 0.05 level. For measure the academic stress, Gadzella’s (1991) Students-life Stress Inventory was used. It was compose of 51 items to be divided into two major sections: types of stressors and reactions to stressors. The type of stressors section was including both personal and academic stressors and is divided into the following five categories: frustrations, conflicts, pressures, changes, and self-imposed. The researcher only analyses academic stressors and exclude reaction to stressors. Participants respond to a five-point scale using 1 = never, 2 = seldom, 3 = occasionally, 4 = often, and 5 = most of the time. The Statistical technique used for analyzing the collected data in the study was ‘t’ value.

RESULTS AND DISCUSSION

The results and discussion have been presented in concise and comprehensive manner that is easy to comprehend.

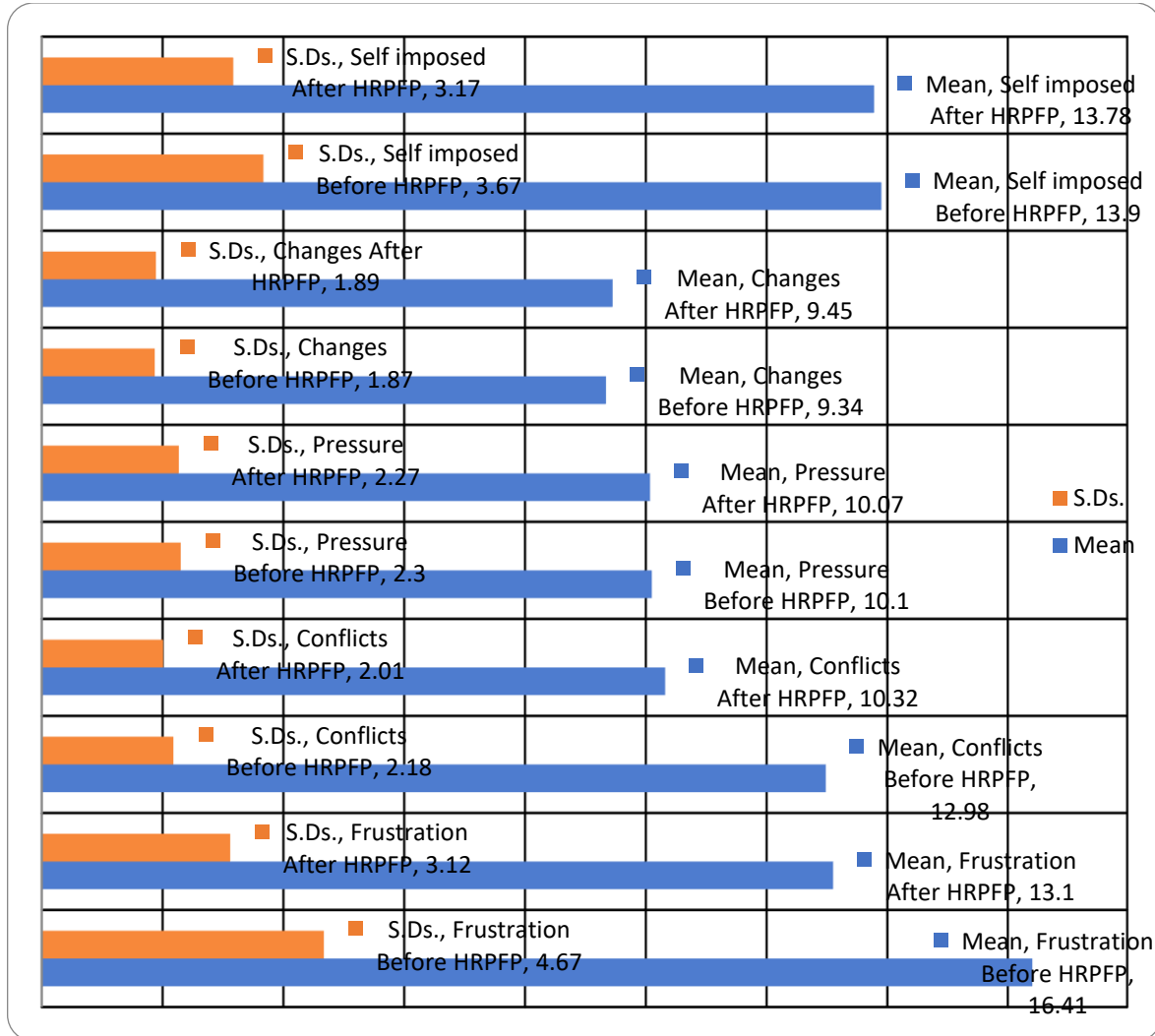
Table-1

Mean Scores, Standard Deviation and t-ratio of the academic stressors between before and after HRPFP.

<i>Dimension</i>	<i>Programmes</i>	<i>Number</i>	<i>Mean</i>	<i>S.Ds.</i>	<i>t-ratio</i>
Frustration	Before HRPFP	25	16.41	4.67	2.95*
	After HRPFP	25	13.10	3.12	
Conflicts	Before HRPFP	25	12.98	2.18	4.50*
	After HRPFP	25	10.32	2.01	
Pressure	Before HRPFP	25	10.10	2.30	0.04
	After HRPFP	25	10.07	2.27	
Changes	Before HRPFP	25	09.34	1.87	0.21
	After HRPFP	25	9.45	1.89	
Self imposed	Before HRPFP	25	13.90	3.67	1.77
	After HRPFP	25	13.78	3.17	
Academic Stressors	Before HRPFP	25	64.56	14.54	2.15*
	After HRPFP	25	56.34	12.34	

Table-1 depicted Mean Scores, Standard Deviation and t-ratio of the academic stressors along with its five categories between before and after HRPFP. The result given in Table 1 reveals that significant effects of HRPFP on Academic stress was found between before and after health related physical fitness programme (HRPFP) on sedentary students (t=<.05). In order to find out the effects of five categories of academic stressors between before and after HRPFP; t-ratio was computed for each category separately. The result reveals that significant effects were found in academic stress with respect to Frustration (t=<.05) and conflict (t=<.05) between Before and after HRPFP . However, insignificant effects were found in Pressure (t=0.04.), changes and Self imposed (t=0.21.) between before and after HRPFP on academic stress.

Figure -1 illustrates the Mean Scores, Standard Deviation five categories of academic stressors between before and after HRPFP



DISCUSSION

The findings of the study indicate the health related physical fitness programme significantly decrease academic stressors, frustration and conflicts. Academic stressors include the student’s perception of the extensive knowledge base required and the perception of inadequate time to develop it (Carveth, Geese, & Moss, 1996). Regular physical fitness programme may overcome the stress hormones (Cortisol) and strengthens the nervous system while also stimulating the lymphatic system, which removes toxins from the body. The regular practice of yoga stimulate the secretion of Norepinephrine, serotonin and dopamine in brain and contribute to sound sleep, which is attributed for wellness; sleep is one of the most important factors in healing and maintaining a psychological health Preliminary evidence suggests that physically active people have lower rates of stress and anxiety. Economos, Hildebrant, & Hyatt, (2008), Shangare(2014) investigated that Engaging in more physical activity improves psychological health and decreases stress. The several researches have also shown that physical activity is an effective means of reducing anxiety and various indices of stress among adults (Bhui, 2002; Dunn, Trivedi, & O’Neal, 2001). Finally, health- related fitness programme has an important role for sedentary students to feel themselves better and achieve their academic performance. Participation to physical activities is rapidly decreased specially in the college and university education due to computerization , and urbanization . Academic education in the universities focuses on the specialization in preferred fields. Physical fitness has an important role in the education of new generation in the frame of physical and mental health and now a days it is treated as a piece of education in the developed societies and education programmes. According to the result, I conclude that health- related physical fitness programme (HRPFP) is beneficial to decrease the Academic stress and to improve mental health of students improve learning, academic performance, and mental health.



LIMITATIONS

Results of this study are limited by a relatively small preliminary survey of self-reported academic stress rather than a study of actual behavior, which would be very difficult to achieve. As such, participants may have answered questions in a socially desirable manner to avoid the stigma associated with admitting personal inadequacies. To keep the student data-collection time within reasonable limits, information on Academic stress self-reported and no special psychometric instruments were used to measure it. Future research is warranted on estimating the level of stress by psychometric instruments.

ACKNOWLEDGEMENTS

The author is indebted to sedentary students for giving me permission to take these health-related fitness programmes. I would like to gradually acknowledge our research students for assistance in data collection.

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(SJIF) Impact Factor-7.675

ISSN-2278-9308

B.Aadhar

Peer-Reviewed & Refreed Indexed

Multidisciplinary International Research Journal

March -2021

ISSUE No- CCLXXVIII (278) B

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The Journal is indexed in:

Scientific Journal Impact Factor (SJIF)

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Impact Factor – 7.675

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'CONTEMPORARY APPROACHES AND APPLICATIONS IN PHYSICAL
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**INDEX**

No.	Title of the Paper	Authors' Name	Page No.
1	Role Of Aerobic Exercise In Daily Routine: Maintaining Fitness	Mr. Parag Bansole	1
2	Health and Mental Toughness during Covid-19	Dr. Alka Anil Thodge	5
3	Sports Goods Export By India	Dr. Amit Tembhurne /Dr. Parveen Kumar	8
4	Effect of Yoga Training on Flexibility of College Students of Ludhiana Punjab	Dr. Ajay Kumar	10
5	Reflection On Sports Nutrition: Nourishing Health And Exercise	Dr. Ajay Atmaram Moon	13
6	Effect Of Yogic Practices On Flexibility And co-Ordination Of Kho-Kho Players	Dr. Ajay S. Bonde /Dr. Prashant G. Gawande	19
7	Effect Of Yogic Exercises On Pulse Rate On High School Boys	Dr. Anil Charde /Dr. Shyam Charde	23
8	A Critical Study Of Eating Disorder Prevaling in Female Players And Non Players Referring To Their Overall Physique	Dr. Anita Mudliar	26
9	Importance Of Physical Education For The Development Of An Individual	Assist. Prof. Ashish Diliprao Painkar	30
10	Sports Psychology	Dr. A.M.Chandel	36
11	Effect Of Treadmill Exercises On School Students	Dr. Bablu Shrigiriwar	41
12	Yoga As An Intervention Against Anxiety And Stress In Modern Era	Dr. Devendra Gawande	43
13	The Study Of The Changing Approaches Of Gym, Yoga, And Exercise Methods	Dr. G. Ramchandra Rao	48
14	How To Understand Coaches To Important Of Health Behaviors Associated With Success In Sport To Develop Performance And Health Of Athletes	Pro. Kumud V. Charmode	54
15	A Comparative Study Of Socio-Economic Status Of Male And Female Kho-Kho Players	Dr. Madhav D. Shejul / Prof. Chatse Ashok Jayaji	58
16	Impact Of Covid 19 On Global sports	Meena Balpande /Harish C. Mohite	60
17	Importance of sports management and leadership	Dr. Rahul Madhukarrao Rode	66
18	World Sports is facing financial crisis due to COVID-19	Dr. Rajendra Shalikram Gore	69
19	Psychological Aspects Of Sports And Physical Education	Dr. Romi Bisht	74



20	Attitude Of Parents Towards Indian Games	Dr. Sandeep B. Satao	78
21	Food and Health	Dr. Sanjay Khalatkar	81
22	Ethnobotanical survey based on biodiversity of some antioxidant medicinal plants from bichawa pather, chhindwara dist. (m.p)	Meshram S.M/Tembhurne A.K / Khaparde K.P	86
23	Yoga For Health In Modern Era Yoga for Obesity	Dr. Shugnesh Chudasama	91
24	Women Centric Sports In India	Dr. Somappa Badiger	98
25	Sports Injuries: A Preventive Approach	Dr. Sonali Sirbhate /Dr. Sharad Suryawanshi	103
26	A Study on the Strength and Endurance test of Army and Maharashtra Police in Nagpur	Dr.Surendra R. Tiwari	107
27	Resuming Exercise after Recovering from COVID-19	Dr.Sushama Narayan Chougule / Dr.Sandeep Sadashivrao Shinde	111
28	Biorhythmic Variation in Selected Physiological Variables of School Going Children – A Study	Dr. Vijay B. Datarkar	118
29	A Study of Anthropometry On Physique Based Performance Among Hockey And Football Players	Edgar Joseph Mackenzie	123
30	The Comparative Study Of Effect Of Traditional Lezim And Advanced Circuit Training Exercises On Physical Fitness Of School Going Childerns	Mr. Abhijeet Sadashiv Kharade Dr. Mahendra Anandrao Kadam-Patil	127
31	Sports Injuries And Rehabilitation	Prof. Shalik S. Rathod	136
32	The Contributions of Physical Activity and Fitness to Optimal Health and Wellness	Prof. Sangita R. Bambode	140
33	Comparative Study of Mental Imagery between Successful and Unsuccessful Players and Its Relationship with Their Mental Toughness	Dr. Ravijeet O. Gawande	145
34	राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठाअंतर्गत येणार्या शारीरिक शिक्षण महाविद्यालयात उपलब्ध प्रयोगशाळेत फिजिओथेरेपी आणि शैक्षणिक , तंत्रज्ञान व दृक्श्राव्य उपकरणांचा चिकित्सक अभ्यास	प्राचार्य .डॉ.सुनीता एस .सोनारे	151
35	आर्टिस्टिक जिम्नॅस्टिक्सच्या प्राथमिक कार्यक्रमाचा मुलांच्या फ्लोअर एक्सरसाईज कौशल्य पातळीवर होणार्या परिणामांचा अभ्यास	रणजित अरविंद पाटील /डॉ.प्रा.महेश देशपांडे	155
36	उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन स्तर का तुलनात्मक अध्ययन	संजय राजाराम चौधरी	163
37	Aerobic Exercise का विद्यार्थियों की श्वसन धारण क्षमता पर पडने वाला प्रभाव का अध्ययन	Dr.Satender Balwant. Singh	168



Role Of Aerobic Exercise In Daily Routine: Maintaining Fitness

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Abstract

Aerobic exercise is a type of actual exercise that joins muscular oxygen consuming activity with extending and strength preparing schedules with the objective of improving all components of wellness (adaptability, solid strength, and cardio-vascular wellness). Vigorous exercise is any actual work that makes you sweat, makes you inhale more diligently, and gets your heart thumping quicker than very still. High-impact practice utilizes your huge muscle gatherings, is muscular in nature, and can be kept up constantly for in any event 10 minutes.

Introduction

Aerobic exercise, arrangement of actual molding that builds the proficiency of the body's admission of oxygen, consequently invigorating the cardiovascular framework, creating perseverance, and decreasing muscle to fat ratio. Expanded energy, lower circulatory strain and cholesterol, more noteworthy flexibility, more grounded bones, better stance, and diminished feelings of anxiety are different advantages that may build from vigorous movement. To be viable, vigorous preparing should incorporate at least three meetings each week. During every meeting, typically enduring 60 minutes, the exerciser's pulse should be raised to a preparation level for at any rate 20 minutes.

The idea of aerobic exercise was spearheaded in the United States by doctor Kenneth H. Cooper's framework utilizes direct graphs toward rate the vigorous estimation of different activities for various age-gatherings. As people dynamically overhaul the amount and nature of their activity, they can measure the improvement in their state of being through the point framework. During the 1980s high impact exercise was promoted by Jane Fonda and Richard Simmons through exercise tapes and instructional projects. Now and again called bunch wellness, heart stimulating exercise is regularly polished in wellbeing and wellness clubs where gatherings of one to two dozen exercisers follow the lead of a teacher whose developments are synchronized to up-beat mainstream music.

High-impact practice includes multitudinous forms. when all is said in done, it is performed at a moderate degree of force over a generally extensive stretch of time. For instance, running a significant distance at a moderate speed is a vigorous exercise, yet running isn't. Playing singles tennis, with close constant movement, is by and large viewed as high-impact action, while golf or two man group tennis, with brief eruptions of action accentuated by more incessant breaks, may not be prevalently oxygen consuming. A few games are along these lines innately "high-impact", while other oxygen consuming activities, for example, fartlek preparing or high-impact dance classes, are planned explicitly to improve high-impact limit and wellness. It is generally normal for vigorous activities to include the leg muscles, basically or only. There are a few exemptions. For instance, paddling to distances of 2,000 meters or more is an oxygen consuming game that



practices a few significant muscle gatherings, including those of the legs, abs, chest, and arms.

What are a few instances of high-impact work out?

Types of oxygen consuming activity incorporates:

- Swimming.
- Cycling.
- Using a curved mentor.
- Walking.
- Rowing.
- Using a chest area ergometer (a piece of hardware that gives a cardiovascular exercise that objectifies the chest area as it were).

Higher effect oxygen consuming activity incorporates:

- Running.
- Jumping rope.

It is suitable to do high-impact practice each day. There is no compelling reason to rest in the middle of meetings except if you are at a limit level of preparing, for example, getting ready for a long distance race, or on the off chance that you experience reoccurring joint agony. On the off chance that joint agony is a restricting component, it is proper to substitute less difficult activities with those that may cause joint torment or suspend the agonizing activity out and out.

Clarification of power

The power is dictated by how hard you are functioning. The power of the activity is dictated by what your objectives are, what restrictions you have, and your present wellness level.

Pulse and exercise

Your pulse expansions in direct connection with the power of the activity. Pulse levels can differ fundamentally starting with one individual then onto the next dependent on wellness level, hereditary qualities, climate, and exercise resistance. In the event that you wish to prepare dependent on pulse, contact your medical care supplier to figure out what the proper reach is for you. A few meds, frequently pulse drugs, control pulse, making it difficult to decide practice power thusly. Request that your doctor decide whether you are on any of these meds.

Observing force

How might you know whether you are working at the correct power? Utilizing a RPE (Rate of Perceived Exertion) diagram can assist you with deciding the suitable force. The scale utilizes a 1 to 10 rating framework. One is light, like strolling to the fridge for a glass of milk. Ten would be an extremely critical level, addressing maximal exercise. Ten would be characteristic of not having the option to make another stride unafraid of breakdown. It isn't prescribed for anybody to work at a pace of 10 without severe oversight by a medical care supplier. Moderate force is the degree of activity that is most suggested, and can be controlled by a rating between a 3 and a 5.

Heating up and chilling off

Each meeting of oxygen consuming activity ought to incorporate a warm-up and chill off. The warm-up period ought exclude static extending, however ought to rather be a



slow expansion in speed and force of the activity. This permits the body to expand blood stream to the muscles and diminishes the probability of a muscle or joint injury. The warm-up should last somewhere in the range of 5 and 10 minutes. The chill off meeting should last a comparable measure of time as the warm-up, with the speed continuously diminishing. Extending activities would be suitable after oxygen consuming activity.

Movement of vigorous exercise

Movement to higher forces of activity ought to be founded on singular exercise resilience.

There are 3 techniques for testing vigorous wellness:

- Increase speed.
- Increase the obstruction.
- Increase the span.

Any of these techniques, or a mix of these strategies, will improve vigorous wellness. Expanding power ought to be done step by step. You should challenge yourself for a couple of moments all at once. Standard high-impact action, like strolling, bicycling or swimming, can help you live more and better. Perceive what high-impact practice means for your heart, lungs and blood stream. At that point get rolling and begin receiving the benefits.

How your body reacts to high-impact work out

During high-impact action, you consistently move huge muscles in your arms, legs and hips. You'll see your body's reactions rapidly. You'll inhale quicker and all the more profoundly. This amplifies the measure of oxygen in your blood. Your little veins (vessels) will broaden to convey more oxygen to your muscles and divert byproducts, like carbon dioxide and lactic corrosive. Your body will even delivery endorphins, regular painkillers that advance an expanded feeling of prosperity.

How high-impact practice helps your wellbeing

Despite age, weight or athletic capacity, vigorous movement is beneficial for you. Vigorous movement has numerous medical advantages, regardless of your age. As your body adjusts to customary vigorous exercise, you'll get more grounded and fitter. Consider the accompanying 10 different ways that high-impact action can help you feel good and appreciate life without limit.

Oxygen consuming action can help you:

1. Keep abundance pounds under control

Joined with a solid eating regimen, high-impact practice encourages you get thinner and keep it off.

2. Increase your endurance, wellness and strength

You may feel tired when you first beginning customary high-impact work out. Yet, over the long haul, you'll appreciate expanded endurance and decreased weakness..

3. Ward off viral diseases

High-impact practice actuates your insusceptible framework positively. This may leave you less powerless to minor viral ailments, like colds and influenza.

4. Reduce your wellbeing chances

Vigorous exercise decreases the danger of numerous conditions, including stoutness, coronary illness, hypertension, type 2 diabetes, metabolic disorder, stroke and specific



kinds of malignancy. Weight-bearing high-impact works out, like strolling, help decline the danger of osteoporosis.

5. Manage ongoing conditions

High-impact exercise may help lower pulse and control glucose. It can decrease torment and improve work in individuals with joint pain. It can likewise improve the personal satisfaction and wellness in individuals who've had malignancy. In the event that you have coronary course sickness, high-impact exercise may assist you with dealing with your condition.

6. Strengthen your heart

A more grounded heart doesn't have to pulsate as quick and improves blood stream to all pieces of your body.

7. Boost your temperament

Oxygen consuming activity may facilitate the anguish of gloom, decrease the strain related with nervousness and advance unwinding. It can likewise improve your rest.

8. Stay dynamic and autonomous as you age

High-impact practice keeps your muscles solid, which can assist you with keeping up portability as you get more established. What's more, it can improve your personal satisfaction. High-impact practice likewise keeps your psyche sharp. Standard actual work may help ensure memory, thinking, judgment and thinking abilities (intellectual capacity) in more seasoned grown-ups. It can even assistance forestall the beginning of dementia and improve cognizance in individuals with dementia.

10. Live longer

Studies show that individuals who take part in standard oxygen consuming activity live more than the individuals who don't practice consistently. They may likewise have a lower danger of biting the dust, everything being equal, like coronary illness and certain diseases.

Conclusion

Aerobic exercise alludes to the kind of monotonous, organized active work that requires the body's metabolic framework to utilize oxygen to deliver energy. Vigorous exercise: Improves the limit of the cardiovascular framework to take-up and transport oxygen.

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Health and Mental Toughness during Covid-19

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Introduction:

According to World Health Organization “**Health** is complete **Physical, Mental, Social** and **Emotional stability** and **wellbeing** to enjoy some **leisure time** without getting undue **fatigue**”. A very popular note says “Health is Wealth” in a broader sense it adds meaning to life, which considers most valuable because good health is not only absence of disease in the body but a complete **Physical, Mental, Social** as well as **Spiritual** well being of an individual. In India, the climatic conditions and the season’s (summer, winter, rainy) which fulfills the complete environment to keep healthy and availing the complete nutritive food, with 7 to 8 hrs. Sound sleep, though there may be variations and conditions may differ from place to place, where more or less 55% to 80% of the total population having their complete health and mental toughness or sound mind to enjoy the well being.

Since March 2020, the World is completely facing the adverse situation not due to any specific climatic or foodie condition but frightened due to new virus called “**CORONA, COVID -19**”. Which even not seen by the naked eyes and suddenly the human being all over the world restrict with their Physical/Social/Educational/Daily schedule to attend the livelihood, all of sudden everybody were focused not to expose with social gatherings, taking care of personal cleanliness and have some of the ayurvedic kadhha or medicine to boost the immunity.

“**Mental Toughness** is frequently used colloquially to refer to any set of positive attributes that helps a person to cope up with difficult situation”. The “Mental Toughness refers to the idea of being able to push past failures by remaining positive and competitive. It also involves training and preparing oneself to be mentally ready for whatever challenges comes our way”. In same or the other way. “Mental toughness refer the term, how an individual gets free from the stress arousal”, whichever the cause may be and that relief from the stress arousal leads the healthy and happy daily routine of the individual. During early days nobody were aware about the virus, how it influence suddenly on the functioning of the lungs and all of sudden the consumption of the oxygen level dropped down below the normal and also feels severe pain and tidiness, body ache. Everybody was frightened for this and from here there was such a challenge to adopt the daily life in this Pandemic situation.

As the time passes, everybody with proper care and having a proper social distancing, wearing the masks and washing the hands frequently started the daily tasks. From here everybody started thinking the importance of exercise to stay fit and healthy, as well to keep our self mentally fit. Everybody was attentive and started getting the information the exercise pattern to follow for increasing immunity system, muscle power, sound mental relaxation. Every resources were analyze to get awareness, mouth to mouth publication for what pattern of exercise to follow during the nationwide lockdown period and also within the four walls of the house.



Till this date, in every country various measures were taken and within a due course of time some of the restrictions made by the authorities were made relaxed. Now everybody is well acquainted with this situation and feels free to take care about it. Somehow it seems to be coming down to normal conditions, still all the human being in the entire world life is still collapsed to set their normal routine work and family life to enjoy. Still everyone is in fear how to cope up with the life in every aspect (Physical, Social, Economical, Mental, Emotional and many more)

Here comes the role of Health and Mental fitness of an individual. The **Health and Mental Fitness** goes hand- in- hand, both are interdependent on each other. So, one must focus on Physical Health first. Which cannot purchase at any cost in any market, one must acquire through doing certain set of exercises under the guidance and supervision of the expert. Everyone should know about the basics of the physical standards of one's health, such as

- The body type?
- Is I am having the fitness in terms of strength and endurance to cope up with my daily schedule?
- Should I get proper and Sound sleep daily for 7 to 8 hours?
- Should I am getting proper nutritive balance diet?
- Should I am getting a leisure time left to enjoy?
- Is there any one, who is properly guiding me for my exercise pattern to follow?
- Is am I going for regular for the exercise schedule?.....and many more

If an individual follows the set routine with the schedule and balance diet with proper rest one is going to achieve the mental toughness automatically because the internal functions of the body system works so efficiently that the supply of oxygen and the other blood nutrient to the **Brain** is optimum. And once it is obtained there is no question to arousal of the stress (Mental/Physical) and how the mental toughness builds. By practicing regularly and attending the precise work-load the each and every parameter of the Physical Fitness is achieved automatically.

Now the entire world is standing on the second wave of the virus, and vaccine is available after a testing but still its spreading and harming the human being. Now once again the mission begins again to handle this virus in every aspect of human life. Now everybody is well aware about the virus and how to take care about by wearing masks, washing hands, maintaining the social distancing, by avoiding going in a crowd etc. still I **conclude** that health and mental toughness can be achieved by practicing certain set pattern of life style, which are as follows



- Spiritual/Inner self is the about the inner peace you have ,that is the personal nourishment one should regularly follow by deep breathing, meditation and yogic exercises. In which at least 10/15 min. daily practice to follow
- Physical health is to give top priority, where a set of regular exercise to follow.
- Mind set- “It is everything in life”, which defines your success and how confident you are to derive your desire in terms of personal life or professional life.
- Family,in which the quality time you have shared with loved ones.
- Professional life ,in which keeping the paceto achieve the professional goals
- Adventure,how you utilize your leisure time as well how easily you get relaxed
- Love, it has a tremendous power to have a healthy bond among the human being and how you share your feelings towards every aspect of life
- Impact is that phase that how far and how much you are returning back to the society, from where you have achieved.

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Sports Goods Export By India

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Abstract

Present study sports goods export by India is survey based study, for current study researcher collected the data from website of ministry of commerce and trade government of India. Data was collected from financial year 2016-2017 to financial year 2019-2020. After collection of the data total market share of sports goods industry in total export of India was also analyzed. On the basis of data available on government website annual growth is also analyzed which is presented in this paper.

Key words :- Spots goods Industry, Export.

Introduction

India's sports goods industry is nearly a century old and has flourished, driven by a skilled workforce. Being labour-intensive in nature, the industry provides employment to more than 500,000 people. India's sporting goods are popular around the world and have made a mark in the global sports goods market. The domestic industry exports nearly 60 per cent of its total output.

Table 01

Table showing annual export of sports goods from year 2016-17 to 2019-20

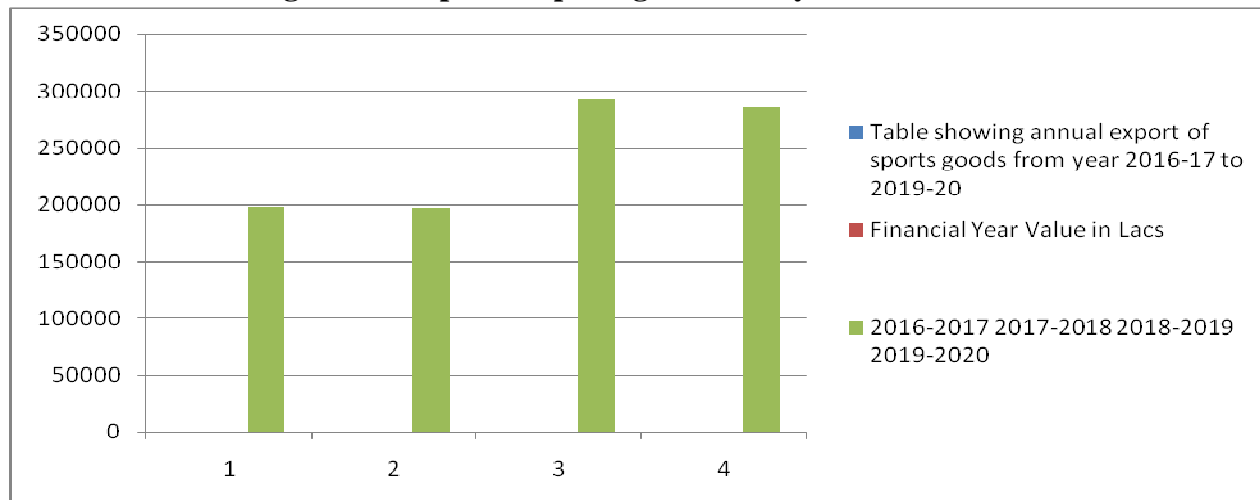
Financial Year	Value in Lacs	Market share	Growth
2016-2017	197,762.86	0.1069	4.41
2017-2018	197,093.05	0.1007	-0.34
2018-2019	292,427.42	0.1267	48.37
2019-2020	285,965.65	0.1288	-2.21

Above table present the last four years export data of sports goods industry in India. In Financial year 2016-2017 total exports was 197,762.86 lacs and share in total exports was 0.1069% and with annual growth of 4.41%. In Financial year 2017-2018 total exports was 197,093.05 lacs and share in total exports was 0.1007 and with annual growth of -0.34. In Financial year 2018-2019 total exports was 292,427.42 lacs and share in total exports was 0.1267 and with annual growth of 48.37. In Financial year 2019-2020 total exports was 285,965.65 lacs and share in total exports was 0.1288 and with annual growth of -2.21.



Graph 01

Table showing annual export of sports goods from year 2016-17 to 2019-20



Results

1. In Financial year 2016-2017 total exports was 197,762.86 lacs and share in total exports was 0.1069% and with annual growth of 4.41%.
2. In Financial year 2017-2018 total exports was 197,093.05 lacs and share in total exports was 0.1007 and with annual growth of -0.34.
3. In Financial year 2018-2019 total exports was 292,427.42 lacs and share in total exports was 0.1267 and with annual growth of 48.37.
4. In Financial year 2019-2020 total exports was 285,965.65 lacs and share in total exports was 0.1288 and with annual growth of -2.21

Export Highlights

- Top ten destinations for export of Sports Goods in 2018-19 were the US, UAE, UK, Australia, Germany, Netherlands, France, South Africa, Sweden and Canada.
- Major exported items were inflatable balls and accessories, nets, general exercise equipment, boxing equipment's, toys and games, protective equipment, cricket equipment, sportswear, carrom boards and hammock.
- Indian sports products have been exported for global events.

India has emerged as the leading international sourcing destination for inflatable balls and other sports goods for international brands such as Mitre, Lotto, Umbro and Wilson.

Sports Goods Export Promotion Council The Sports Goods Export Promotion Council (SGEPC) promotes the export of sports goods and toys from India. SGEPC represents the leading 200 manufacturers and exporters of sports goods and toys in India.

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Effect of Yoga Training on Flexibility of College Students of Ludhina Punjab

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Abstract

The purpose of the study was find out the effect of Yoga Asanas on the Flexibility of College Students. A total number of 60 samples were selected from M.G.K.M. Shahi Sports College of Physical Education Jhakroudi, Ludhina Punjab. The study was conducted by Experimental Method. The selected Variable for study was Flexibility. The criterion measure Flexibility, was measured by Sit and Reach Test. For the present study single group pretest-posttest design was used. It was also observed from the findings that there was significant difference between Pretest and Post Test of flexibility. This indicated that Yoga Asanas training program had positive effect on flexibility of Students. From the result of the study, it can be concluded that Yoga asana training for the period of 4 weeks was over all effective to increase the flexibility of School Students.

Keywords: Yoga Asanas, Flexibility, College Students.

Introduction:

Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. Yoga increases the flexibility of the spine, improves body's physical condition and heightened awareness to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each position and always with full concentration. Yoga teaches you to focus on breathing while you hold the poses. This attention to breath is calming it dissolves stress and anxiety. Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep. Yoga can help fight fatigue and maintain your energy throughout the day. Yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue, and weakness. Even children can benefit from yoga. Those with attention deficit disorder and hyperactivity can learn to relax and get control by using yoga breathing and yoga asanas. Yoga has been used to help heal victims of torture or other trauma. Because yoga is a form of meditation, it results in a sense of inner peace and purpose, which has far-reaching health benefits. The benefits of yoga are extensive. Not only does yoga affect the physical aspect of the body, it addresses the mind and spirit as well. Daily exercises are a great way to help relieve the stress of your day.



and can bring a sense of well-being to your life. Here are the top ten benefits of yoga. The purpose of the study was find out the effect of Yoga Asanas on the Flexibility of College Students.

Materials and Methods

Both male and female students of from M.G.K.M. Shahi Sports College of Physical Education Jharkroudi, Ludhina Punjab ranged between the age group of 18 to 25 Years were selected purposively for the study. A total number of 60 samples were selected. The study was conducted by Experimental Method. The selected Variable for study was Flexibility. The criterion measure Flexibility, was measured by Sit and Reach Test. For the present study single group pretest-posttest design was used. Scores on flexibility were obtained before and after the experimental period of 4 weeks. For testing the statistical significant difference among the pretest and posttest, the data was analyzed by Descriptive statistics and paired samples 't'-test. The level of significance was kept 0.05 in order to test the Hypothesis.

Results

Table No. 1
Descriptive statistics of pre and post test of Flexibility

Test	N	Mean	Std. Deviation	Std. Error Mean
Pretest	60	13.5833	1.64977	.21298
Posttest	60	20.7333	2.26893	.29292

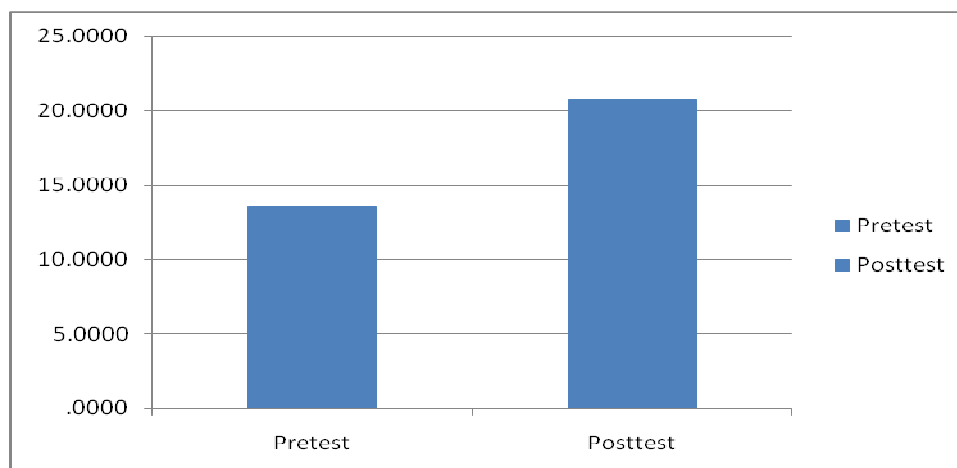
Table No. 2
Paired Samples Correlations
Pretest and posttest of Flexibility

Test	N	Correlation	Sig.
Pretest and Posttest	60	.432	.047

Table No. 3
Paired Samples 't' test of Flexibility

t	df	Sig. (2-tailed)	Mean difference	Std. Error Difference
-22.370	59	.000	-7.15000	.31963

Figure 1



**Discussion of Findings**

It was also observed from the findings that there was significant difference between Pretest and Post Test of Flexibility. This indicated that Yoga Asanas training program had positive effect on Flexibility of Students.

Conclusion

From the result of the study, it can be concluded that Yoga Asanastraining for the period of 4 week was over all effective to increase the Flexibilityof College Students.

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Reflection On Sports Nutrition: Nourishing Health And Exercise

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Abstract

Nutrition assumes a fundamental part on sports execution. Following a sufficient nourishment design decides winning the gold decoration or coming up short in the endeavor. That is the reason it is ordinarily alluded to as "undetected preparing." However, in regards to food and execution, it isn't just alluded to proficient competitors. These days, an enormous number of novice competitors perform every day active work both casually and semiprofessionally. That populace likewise looks to accomplish an improvement in their own brands, which can be arrived at following appropriate healthful rules. In competitor populace, supplement prerequisites are augmented contrasted and non-competitor populace. In this way, it is fundamental for complete a nourishing methodology adjusted to the competitor and instructional meetings. What's more, different benefits of satisfactory food admission in sports are identified with changes in body organization, decrease of wounds, and prolongation of expert vocation length. The goal of this section is to decide the nourishing necessities of competitor populace that permit to accomplish their donning objectives. Wholesome systems will be tended to regarding macronutrients utilization, hydration, and timing relying upon type and force of activity.

Introduction

Sports nutrition is a specialization inside the field of nourishment that accomplices intimately with the investigation of the human body and exercise science. Sports nourishment can be characterized as the use of sustenance information to a viable every day eating plan zeroed in on giving the fuel to active work, encouraging the maintenance and revamping measure following hard actual work, and improving athletic execution in serious occasions, while likewise advancing generally wellbeing and health. The zone of sports nourishment is frequently thought to be held distinctly for "competitors," which implies the incorporation of just those people who are performing at the first class level. In this content, the term competitor alludes to any person who is routinely dynamic, going from the wellness fan to the serious novice or expert. Contrasts may exist in explicit supplement needs along this assigned range of competitors, making the energizing test of individualizing sports sustenance plans. To completely comprehend and consequently apply sports sustenance ideas, experts training competitors on legitimate eating methodologies first need to have an order of general nourishment just as exercise science. The subsequent advance is to acquire the information on how nourishment and exercise science are interwoven, understanding that actual preparing and dietary propensities are dependent on one another to deliver ideal execution. The last advance can be viewed as quite possibly the most basic—the pragmatic utilization of sports sustenance information to singular competitors partaking in a game or actual work. Sports nourishment experts should have the option to show competitors by putting "book" information into training with real food determination and supper arranging, while at the same time remembering the difficulties introduced by occupied timetables of



activity, rivalries, work, school, and different responsibilities. It is this third step that numerous experts need in the wake of moving on from an undergrad or graduate program in sports sustenance, dietetics, practice science, or athletic preparing.

Need to study sports nutrition

Sports nutrition has as of late arose as a perceived claim to fame zone inside the field of nourishment. Competitors challenge their bodies consistently through actual preparing and rivalries. To stay aware of the actual requests of their action or game, competitors need to fuel their bodies enough consistently. This filling cycle requires a specific methodology; thusly, competitors who need to roll out dietary improvements should search out experts who are specialists in sports nourishment and experienced in creating individualized plans. In light of its relative early stages, sports sustenance research is giving new and energizing data consistently. It is important that sports nourishment experts stay current so they can be evidence based specialists. Gone are the times of proposing dietary practices dependent on narrative perceptions or encounters. Turning into a proof based specialist requires utilization of sustenance rules and dietary practices that have been reported as being successful through peer-checked on research. Experts who have contemplated sports sustenance, have insight in the field, and keep on keeping up to date with the most recent nourishment examination can recommend individualized dietary plans that meet essential wholesome necessities, improve execution, and speed recuperation in competitors, all things considered. Turning into a proof based games sustenance expert can prompt an energizing and satisfying vocation.

Basic nutrition sustenance is significant for development, accomplishing great wellbeing and academic accomplishment, and giving energy. Sports nourishment improves athletic execution by diminishing exhaustion and the danger of sickness and injury; it additionally empowers competitors to advance preparing and recuperate quicker. Offsetting energy consumption with energy use is significant to forestall an energy shortage or abundance. Energy shortages can cause short height, postponed pubescence, feminine brokenness, loss of bulk and expanded helplessness for weariness, injury or ailment. Energy abundance can bring about overweight and heftiness.

Prior to adolescence, least dietary and energy prerequisites (caloric requirements) are comparative for young men and young ladies. Energy necessities for young people are more factors, contingent upon age, action level, development rate and phase of actual development. These suggested energy recompenses are the base important to guarantee appropriate development and real capacities. Additional calories are required during development sprays and to recharge energy consumed during athletic undertakings. For instance, a 30 kg young lady playing soccer for 60 min would consume a normal of 270 calories, or a 60 kg kid playing ice hockey for 60 min would use a normal of 936 calories.



Age, years	Male	Female
4-6	1800	1800
7-10	2000	2000
11-14	2500	2200
15-18	3000	2200

Macronutrients, like starches, protein and fats, give the fuel to actual work and sports cooperation.

Carbohydrates

Carbohydrates are the main fuel hotspot for competitors since they give the glucose used to energy. One gram of carb contains around four kilocalories of energy. Muscle glycogen is the most promptly accessible fuel hotspot for working muscle and can be delivered more rapidly than other fuel sources. Carbs ought to contain 45% to 65% of complete caloric admission for four-to 18-year-olds. Great wellsprings of starches incorporate entire grains, vegetables, organic products, milk and yogurt.

Protein

Proteins construct and fix muscle, hair, nails and skin. For gentle exercise and exercise of brief term, proteins don't go about as an essential wellspring of energy. Be that as it may, as exercise length expands, proteins help to keep up blood glucose through liver gluconeogenesis. One gram of protein gives four kilocalories of energy. Protein ought to include roughly 10% to 30% of absolute energy consumption for four-to 18-year-olds. Great wellsprings of protein incorporate lean meat and poultry, fish, eggs, dairy items, beans and nuts, including peanuts.

Fats

Fat is fundamental nutrient which retain fat-solvent nutrients like (A, D, E, K), to give fundamental unsaturated fats, secure indispensable organs and give protection. Fat likewise gives the sensation of satiety. It is a calorie-thick wellspring of energy (one gram gives nine kilocalories) however is more hard to utilize. Fats ought to contain 25% to 35% of absolute energy consumption for four-to 18-year-olds. Immersed fats ought to include close to 10% of absolute energy consumption. Great wellsprings of fat incorporate lean meat



and poultry, fish, nuts, seeds, dairy items, and olive and canola oils. Fat from chips, treats, seared food sources and prepared products ought to be limited.

Micronutrients

Despite the fact that there are numerous nutrients and minerals needed for great wellbeing, specific consideration ought to be dedicated to guaranteeing that competitors devour appropriate measures of calcium, nutrient D and iron. Calcium is significant for bone wellbeing, typical catalyst movement and muscle compression. The day by day suggested admission of calcium is 1000 mg/day for four-to eight-year-olds and 1300 mg/day for nine-to 18-year-olds. Calcium is contained in an assortment of food varieties and refreshments, including milk, yogurt, cheddar, broccoli, spinach and strengthened grain items.

Vitamin D is important for bone wellbeing and is associated with the retention and guideline of calcium. Current proposals recommend 600 IU/day for four-to 18-year-olds. Ordinary estimations of nutrient D additionally change contingent upon topographical area and race. Competitors living in northern scopes or who train inside (eg, olympic skaters, gymnasts, artists) are bound to be nutrient D insufficient. Wellsprings of nutrient D incorporate invigorated food sources, like milk, and sun openness. Dairy items other than milk, like yogurt, don't contain vitamin D.

Iron is significant for oxygen conveyance to body tissues. During youth, more iron is needed to help development just as expansions in blood volume and fit bulk. Young men and young ladies nine to 13 years old ought to ingest 8 mg/day to stay away from exhaustion of iron stores and iron-inadequacy paleness. Teenagers 14 to 18 years old require more iron, up to 11 mg/day for guys and 15 mg/day for females. Iron consumption is normal in competitors as a result of diets poor in meat, fish and poultry, or expanded iron misfortunes in pee, excrement, sweat or feminine blood. In this manner, competitors, especially female competitors, veggie lovers and distance sprinters ought to be screened occasionally for iron status. Iron-rich food sources incorporate eggs, verdant green vegetables, invigorated entire grains and lean meat.

Fluids

Fluids, especially water, are significant supplements for competitors. Athletic execution can be influenced by what, how much and when a competitor drinks. Liquids help to direct internal heat level and supplant sweat misfortunes during exercise. Natural temperature and dampness can influence how much a competitor sweats and how much liquid admission is required. More sizzling temperatures and higher moistness make an individual perspiration more, and more liquid is expected to look after hydration. Parchedness can diminish execution and put competitors in danger for heat fatigue or warmth stroke.

Appropriate hydration requires liquid admission previously, during and after exercise or movement. The measure of liquid required relies upon numerous components, including age and body size. Prior to action, competitors ought to devour 400 mL to 600 mL of cold water 2 h to 3 h before their occasion. During donning exercises, competitors ought to devour 150 mL to 300 mL of liquid each 15 min to 20 min. For occasions enduring under 1 h, water is adequate. For occasions enduring longer than 60 min, as well as occurring in sweltering, sticky climate, sports drinks containing 6% carbs and 20 mEq/L to 30 mEq/L of sodium chloride are prescribed to supplant energy stores and liquid/electrolyte misfortunes.



Following action, competitors should drink sufficient liquid to supplant sweat misfortunes. This typically requires burning-through roughly 1.5 L of liquid/kg of body weight lost. The utilization of sodium-containing liquids and snacks after practice assists with rehydration by animating thirst and liquid maintenance. For non-competitors, routine ingestion of starch containing sports beverages can bring about utilization of unreasonable calories, expanding the dangers of overweight and stoutness, just as dental caries and, thusly, ought to be dodged.

Balanced diet

An even eating routine is fundamental for developing competitors to keep up legitimate development and advance execution in athletic undertakings. An ideal eating regimen contains 45% to 65% starches, 10% to 30% protein and 25% to 35% fat. Liquids are vital for keeping up hydration and ought to be burned-through previously, during and after athletic occasions to forestall parchedness. Timing of food utilization is essential to streamline execution. Suppers ought to be eaten at least 3 h before exercise and tidbits ought to be eaten 1 h to 2 h before movement. Recuperation food sources ought to be devoured inside 30 min of activity and again inside 1 h to 2 h of action to permit muscles to reconstruct and guarantee legitimate recuperation.

Importance of sports nutrition

At the most essential level, nutrition is significant for competitors since it gives a wellspring of energy needed to play out the action. The food we eat impacts on our solidarity, preparing, execution and recuperation. Not exclusively is the sort of food significant for sports nourishment yet the occasions we eat for the duration of the day additionally affects our presentation levels and our bodies capacity to recuperate in the wake of working out.

Suppers eaten when exercise are the most significant in sports nourishment yet you should be cautious with all that you put into your body. When in doubt of thumb competitors ought to eat around two hours prior to practicing and this supper ought to be high in starches, low in fat and low to direct in protein. Carbs are the primary wellspring of energy that controls your activity system and protein is needed to help muscle development and fix. In the wake of practicing you need to supplant the starches you have lost and you need to guarantee legitimate muscle recuperation by remembering protein for your post preparing feast.

The extents of protein and sugars that you require will change contingent upon both the power and kind of game so to get your individual equilibrium right you should contact a certified dietitian for proficient assistance with your games nourishment.

Conclusion

Sports nutrition zeros in its investigations on the kind, just as the amount of liquids and food taken by a competitor. Likewise, it manages the utilization of supplements like nutrients, minerals, enhancements and natural substances that incorporate sugars, proteins and fats. Sports nourishment is significant for competitors since it gives a wellspring of energy needed to play out the movement. The food we eat impacts on our solidarity, preparing, execution and recuperation.



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Effect Of Yogic Practices On Flexibility Andco-Ordination Of Kho-Kho Players

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ABSTRACT

Kho-Kho is one of the most popular sports in the world. It appeals to young age groups of various skill levels, boys and girls play it for action as well as competition. Flexibility and co-ordination play important role for the development of Kho-Kho skills. It has been observed from the result of the finding of this study that the training group had shown significant improvement in flexibility and coordinative ability, It could be because of the essence of consistent yogic exercises. Daily yogic exercises may have improved muscle tone, joint mobility, and neuromuscular cohesion. As a result, the chosen subjects' performance has improved significantly.

Key Words: Yogic Practices, Flexibility, coordination and Player.

INTRODUCTION :-

The game of Kho-Kho is passing through an exciting period of changes and development that is making teachers and coaches reevaluate their coaching methods, techniques and tactics. Many research studies have also been completed for the development of the Kho-Kho game. But in western country such researches have been left behind in comparison with our countries. Therefore, the present researcher has selected the such type of study, related to Kho-Kho. Yogic practices like asana, pranayama and meditation increases the performance of the player. This helps to relax the mind and improves focus. Memory lapses can also be avoided by engaging in yogic activities that improve recall. Through continuous yogic effort, one can access the tremendous power of the mind.

METHODOLOGY

Twenty Kho-Kho players were selected randomly from Darwha, Yawatmal district, who have participated in inter-university and inter-collegiate tournament. The age group of the subjects were ranged between 18 to 28 year. The following tests were administered for data collection:-

- (1) Sit and Reach test was administered to measure trunk flexibility and the score was recorded in centimeters.
- (2) Shoulder Elevation test was used to measure shoulder and wrist flexibility and the score was be recorded in centimeters.
- (3) Eye- Hand Co-Ordination test was applied to assess the co-ordination between eye and hand, and the score was recorded in seconds.
- (4) Eye-Foot Co-Ordination test was applied to assess the co-ordination between eye and foot, and the score was recorded in seconds.



RESULT OF STUDY:-

The t-ratio statistical technique was used to calculate the difference in results between the Pre-test and Post-test means. Where t-ratio differences were found to be significant, a tabulated t value was used to measure the significant difference between the means.

Table No: 01

Mean Difference between Pre-test and Post test: Sit and Reach test

	Mean	S.D.	M.D.	S.E.	t- ratio
Pre Test	199.48	18.93	7.65	8.14	0.94
Post Test	207.13	17.46			

@ Not significant at 0.05 level of confidence. Tabulated $t_{0.05(9)} = 2.262$

From the above Table it is revealed that there is no significant difference between the Pre-test and Post-test of Sit and Reach test. Because the calculated 't' value i.e. 0.94 is less than the tabulated t value i.e. 2.26.

Calculated $t = 0.94 < \text{tabulated } t_{0.05(9)} = 2.262$

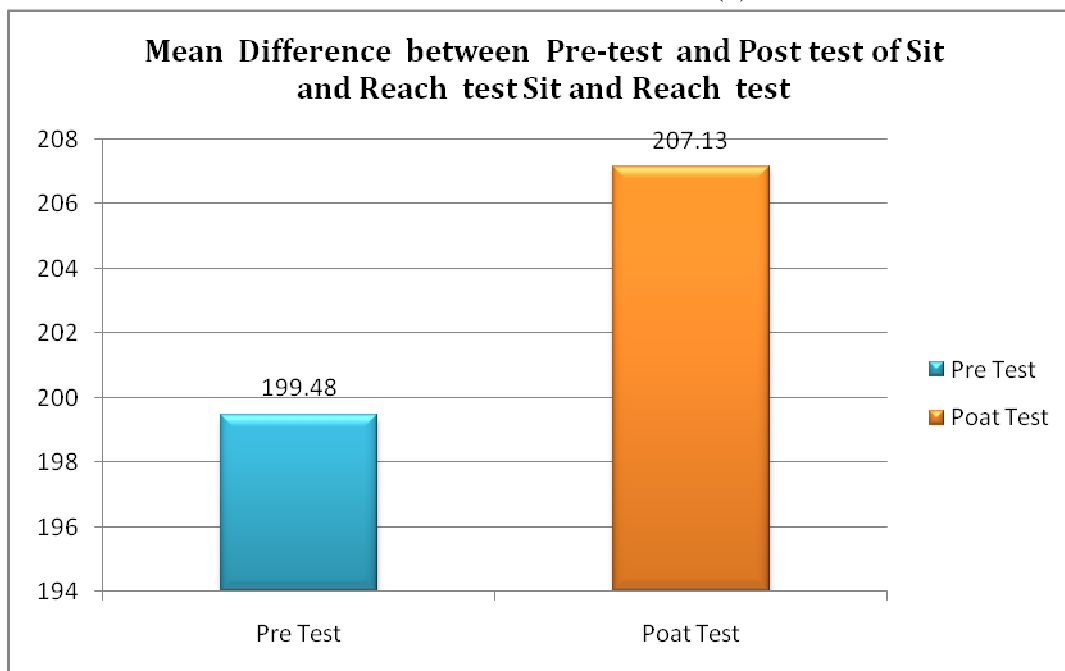


Table No.2

Significant of Mean Difference between Pre-test and Post test: Shoulder Elevation test

	Mean	S.D.	M.D.	S.E.	t- ratio
Pre Test	198.46	27.75	34.25	10.83	3.25
Post Test	232.71	15.91			

*significant at 0.05 level of confidence. Tabulated $t_{0.05(9)} = 2.262$

If calculated 't' is greater than the tabulated $t_{0.05}$ then there is a significant difference between the Means of two test performance of group. From the above table it is revealed that there is significant difference between the Pre-test and Post-test of Shoulder Elevation test. Because the calculated 't' value i.e. 3.25 is greater than the tabulated t value i.e. 2.26.



Calculated $t=3.25 >$ tabulated $t 0.05(9) = 2.26$

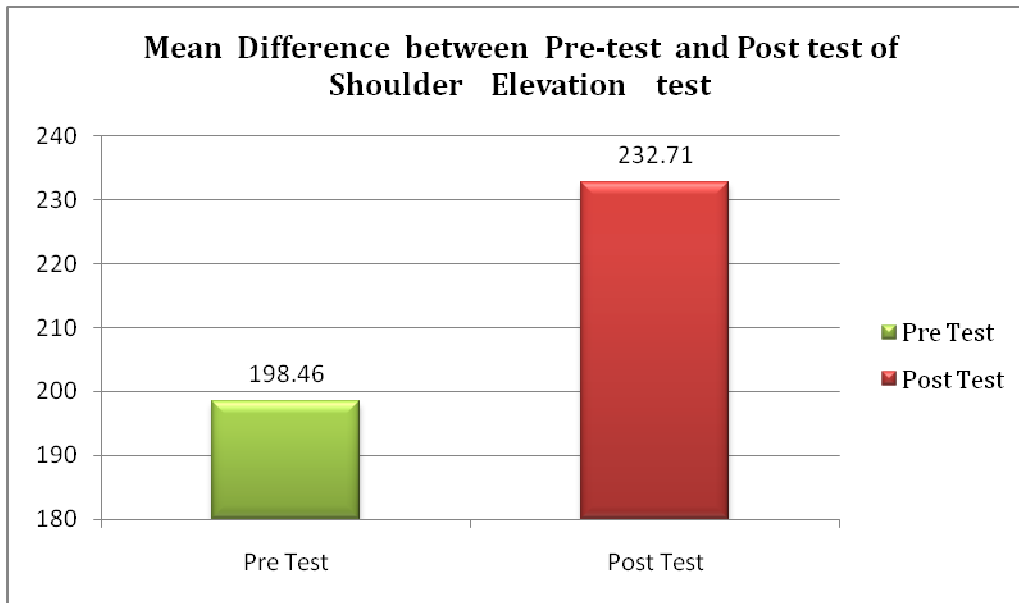


Table No: 03

Significant of Mean Difference between Pre-test and Post test of Eye- Hand Co-Ordination test

	Mean	S.D.	M.D.	S.E.	t- ratio
Pre Test	207.13	17.46	27.60	7.69	3.57 [^]
Post Test	232.71	15.91			

*significant at 0.05 level of confidence.

[^]Tabulated $t 0.05(18) = 2.31$

If calculated 't' is greater than the tabulated t 0.05 then there is a significant difference between the Means of two test performance of group. From the above table it was revealed that there is significant difference between the Eye- Hand Co-Ordination test. Because the calculated 't' value i.e. 3.57 is greater than the tabulated 't' value i.e. 2.31. Tabulated $t 0.05(9) = 2.262$

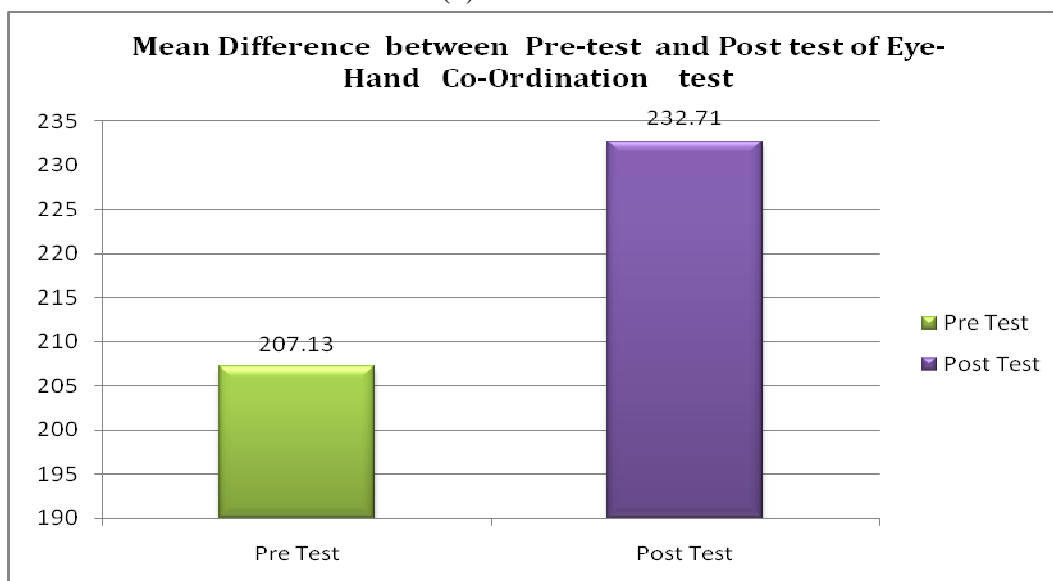




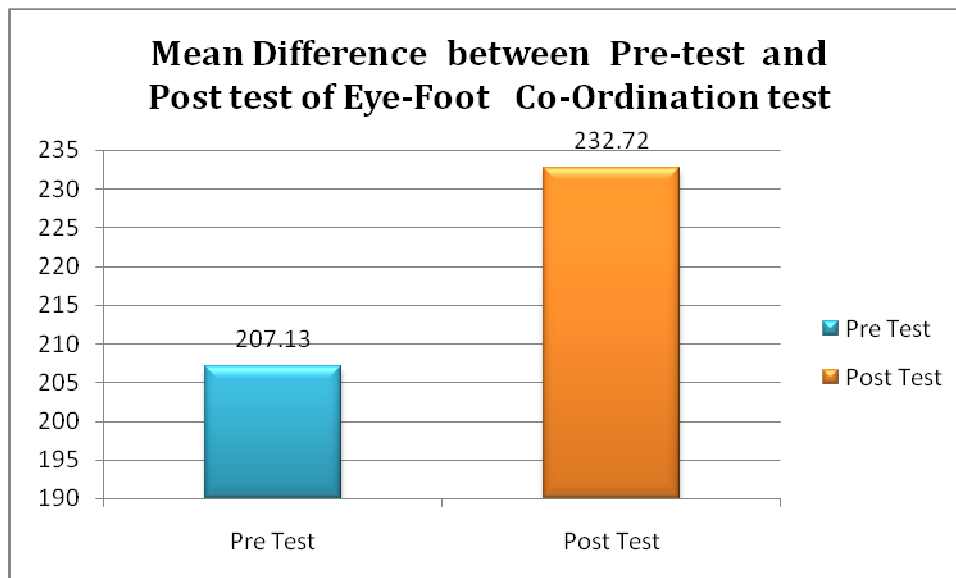
Table No: 04

Significant of Mean Difference between Pre-test and Post test of Eye-Foot Co-Ordination test

	Mean	S.D.	M.D.	S.E.	t- ratio
Pre Test	207.13	17.46	27.60	7.69	3.57 [^]
Post Test	232.72	15.91			

*significant at 0.05 level of confidence [^]Tabulated
t_{0.05(18)} = 2.31

If calculated 't' is greater than the tabulated t_{0.05} then there is a significant difference between the Means of two test performance of group. From the above table it was revealed that there is significant difference between the Eye-Foot Co-Ordination test. Because the calculated 't' value i.e. 3.57 is greater than the tabulated 't' value i.e. 2.31



CONCLUSION :-

It has been observed from the result of the finding of this study that the training had shown significant improvement in flexibility and coordinative ability, which may be attributed to the essence of daily yogic exercises. Regular yogic exercises may have enhanced muscle tone, joint stability, and neuromuscular coordination. Hence, the selected subjects have shown a significant increase in performance.

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**Effect Of Yogic Exercises On Pulse Rate On High School Boys****Dr. Anil Charde**

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Dr. Shyam Charde

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Abstract

For the purpose of present study (n= 40) school going students were selected as subjects by using simple random sampling method. Yogic exercises were given for 6(six) weeks to the subjects. Pretest and posttest was conducted by measuring pulse rate. Results shown significant mean difference at 0.05 level of significance.

Key words-: Pulse rate, Yogic exercises.

Introduction

Yoga as exercise is a physical activity consisting mainly of postures, often connected by flowing sequences, sometimes accompanied by breathing exercises, and frequently ending with relaxation lying down or meditation. Yoga in this form has become familiar across the world, especially in America and Europe. It is derived from the postures used in the medieval spiritual discipline of Haha yoga, but it is generally simply called "yoga". Academics have given yoga as exercise a variety of names, including **modern postural yoga** and **transnational anglophone yoga**.

Postures were not central in any of the older traditions of yoga; posture practice was revived in the 1920s by yoga gurus including Yogendra and Kavalayananda, who emphasised its health benefits. The flowing sequences of Salute to the Sun (Surya Namaskar) were pioneered by the Rajah of Aundh, Bhawanrao Shrinivasrao Pant Pratinidhi, in the 1920s. It and many standing poses used in gymnastics were incorporated into yoga by the yoga teacher Krishnamacharya in Mysore from the 1930s to the 1950s. Several of his students went on to found influential schools of yoga: Pattabhi Jois created Ashtanga Vinyasa Yoga, which in turn led to Power Yoga; B. K. S. Iyengar created Iyengar Yoga, and defined a modern set of yoga postures in his 1966 book *Light on Yoga*; and Indra Devi taught yoga as exercise to many celebrities in Hollywood. Other major schools founded in the 20th century include Bikram Yoga and Sivananda Yoga. Yoga as exercise spread across America and Europe, and then the rest of the world.

Haha yoga's non-postural practices such as its purifications are much reduced or absent in yoga as exercise. The term "hatha yoga" is also in use with a different meaning, a gentle unbranded yoga practice, independent of the major schools, often mainly for women. Practices vary from wholly secular, for exercise and relaxation, through to undoubtedly spiritual, whether in traditions like Sivananda Yoga or in personal rituals. Yoga as exercise's relationship to Hinduism is complex and contested; some Christians have rejected it on the grounds that it is covertly Hindu, while the "Take Back Yoga" campaign insisted that it was necessarily connected to Hinduism. Scholars have identified multiple trends in the changing nature of yoga since the end of the 19th century.

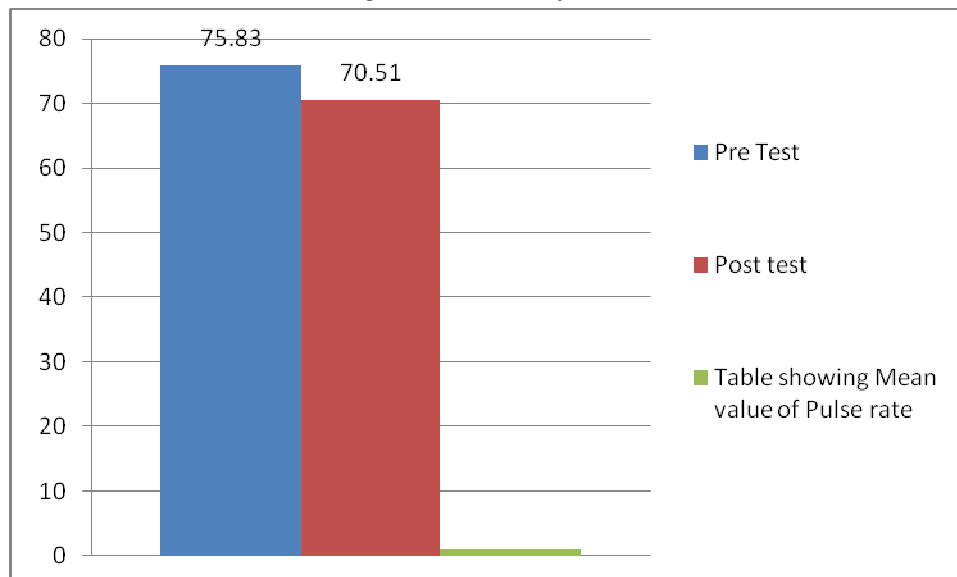


Table showing Mean value of Pulse rate

<i>N</i>	<i>Pre Test</i>	<i>Post test</i>	<i>MD</i>	<i>"t"</i>
40	75.83	70.51	5.32	5.09

Above table showing the mean values of pre and post data of Pulse rate of high school boys. Where pre test results were found 75.83 and post test results were found 70.51. Mean difference was found 5.32. whereas the *t* value was found 5.09 which found significant at 0.05 level of significance.

Graph no 1
Showing Mean value of Pulse rate

**Results**

1. Pre test mean value was found 75.83.
2. Post test mean value was found 70.51
3. Mean Difference of test was found 05.32
4. "t" value was found 05.09

Conclusion

Results shows significant effect of Yogic exercise on Pulse rate of high school boys.

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A Critical Study Of Eating Disorder Prevaling in Female Players And Non Players Referring To Their Overall Physique

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Abstract:-

For the present study 400 sample consisting of 200 players and 200 non players was selected from various schools of Nagpur city. The age range of the sample was on random basis. To know the 'Physique' of the individual health carter somotyping matter (1967) was used. This test is highly valid and reliable To measure 'eating disorder' of female players and non player's, eating disorder questionnaire prepared by agashe and karkare (2008) was used

INTRODUCTION

Competitive sports are ranked according to the level of intensity of competition involved. The highest level of competition in which the intensity of play raises the pulse rate of the player to approximately 180 beats per minute is designated as top sports. The sports have developed in to distinct scientific discipline in itself as each nation is varying with other to produce top class players to win laurels in International competitions. A somatotype is a description of the present morphological conformation. It is expressed in a three numeral rating.

It consisting of three sequential numerals, always recorded in the same manner each numeral represents the evaluation of three primary components of physique which describe individual variations in human morphology and composition. The sport persons and non sports person are differentiated on all the scales. They differ in personality structure. Sport persons are more extrovert and social and non sports persons are characterized by introversion and lack of sociability. The sports men are happy minded, co-operative, energetic as well as enthusiastic to gain and get anything. They have leadership qualities. Non sport men are always negative and non-energetic.

Eating disorders are generally understood as an intense preoccupation with food, body image/weight, behaviour associated with eating that significantly affects an individual's thoughts, feelings, behaviour, and relationship with others.

Eating disorders can be viewed as being on a continuum that does not easily fit into specific categories. However, it can be helpful to understand two of the most prevalent eating disorders that are on this continuum: anorexia nervosa and Bulimia Nervosa. According to the diagnostic manual of American psychiatric Association (DSM III- R) the essential features of anorexia are: refusal to maintain body weight over a minimal normal weight for age and height; intense fear of gaining weight or becoming fat, even though underweight; a distorted body image; and amenorrhea (absence of menstruation) for females. Anorexia has been referred to as the relentless pursuit of thinness.

Mudliar Anita (2014) A Comparative Study on Physique and Eating Disorder Of Female Players and Non Players Fw:- Second Edition : International Journal of Fitness, Health, Physical Education and Iron Games



Key words : Physique , Eating, Somatotype

METHODOLOGY

For the present study 400 sample consisting of 200 players and 200 non players was selected from various schools of Nagpur city. The age range of the sample was 12 to 16 years. All the sample were selected on random basis.

CRITERION MEASURES

To conduct above mentioned study following tests were conducted.

- ▶ **a) Physique:** To know the physique of the individual heath Carter somotyping matter (1967) was used. This test is highly valid and reliable to identify physique.
- ▶ **b) Eating disorder:** To measure eating disorder of female players and non players, eating disorder questionnaire prepared by Agashe and Karkare (2008) was used. This test is highly valid and reliable.

DATA ANALYSIS AND RESULTS OF THE STUDY

Comparison of values on selected anthropometric measurements among female players and non players

Table 1.1

Variable	Female Players (N=200)		Non Player Females(N=200)		Mean Diff.	't'
	M	S.D.	M	S.D.		
Height	151.11	5.96	152.01	5.16	0.90	1.62(NS)
Weight	45.81	9.25	42.11	6.98	3.70	4.51**
Tricep Skinfold	17.02	6.50	14.44	5.43	2.57	4.28**
Calf Skinfold	23.57	7.77	20.43	6.60	3.14	4.35**
Subscapular Skinfold	16.48	5.73	13.65	5.09	2.83	5.22**

Significant at .01 level, NS Not Significant

Table No. 2

Comparison of values on selected anthropometric measurements among female players and non players

Variable	Female Players (N=200)		Non Player Females(N=200)		Mean Diff.	't'
	M	S.D.	M	S.D.		
Supraspinale Skinfold	16.95	6.45	13.48	5.52	3.47	5.78**
Humerus bi-epi condylar dia.	5.86	0.91	5.87	.81	.08	0.06(NS)
Femur bi-epi condylar dia	8.27	1.23	7.66	1.14	0.61	5.11**
Mid upper arm circumference	24.62	2.69	23.47	2.19	1.15	4.67**
Calf Girth	33.40	3.45	31.82	2.63	1.57	5.12**



** Significant at .01 level, NS Not Significant

Table No. 3

Comparison of somatotype characteristics of female players and non players

Somatotype	Female Players (N=200)		Non Player Females(N=200)		Mean Diff.	't'
	M	S.D.	M	S.D.		
Endomorphy	4.94	1.31	4.14	1.23	0.79	6.22**
Mesomorphy	4.02	1.86	3.16	1.60	0.85	4.93**
Ectomorphy	2.84	1.65	3.58	1.49	0.93	5.95**

Significant at .01 level

Table No. 4

Comparison of percent body fat between female players and non players

	Female Players (N=200)		Non Player Female(N=200)		Mean Diff.	't'
	M	S.D.	M	S.D.		
Percent Fat	20.32	5.34	17.42	4.64	2.89	5.78**
Fat mass	9.63	4.26	7.57	3.31	2.06	5.41**
Free Fat Mass	36.17	5.83	34.53	4.38	1.63	3.17**

** Significant at .01 level

RESULTS

- Female players and non players have not shown any significant difference on eating disorder.
- Non player females have been found to be reserved as compared to female players who have been found to be warm hearted.
- Female players have shown more zestfulness quality as compared to female non players.
- Female players and non players have not shown significant difference on apprehensive or self assurances.
- Female players and non players have not been found significantly different on self sufficiency.
- Female players have been found to be more controlled group as compared to female non players group.
- Female players have been found to be more tensed as compared to female non players.



- Female players have shown their superiority on anthropometric measurements i.e. weight, triceps skinfold, calf skinfold, supraspinal skinfold, subscapular skinfold, femur diameter, arm circumference and calf girth as compared to female non players.
- Female players have shown their superiority on endomorphy and mesomorphy rating as compared to female non players. But female players have been found to be inferior on ectomorphy rating as compared to female non players.
- Female players have shown more fat percentage, fat mass and fat free mass as compared to female non players.
- The joint effect of fat percentage and participation in sports is not found on eating behavior of female players and non players.
- Participation in sports and eating disorder has shown their joint effect on personality dimensions i.e. dimension B, C, I and Q4. In other personality dimensions joint effect of participation in sports and eating disorder has not been found for the present study.

RECOMMENDATIONS FOR FURTHER RESEARCH

- Same type of study may be conducted on boys' sample.
- Same type of study may be conducted on senior groups.
- Same type of study may be possible on players who belong to different games which are being played individually or team game.
- Same type of study may be possible taking into consideration boys and girl players.

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Importance Of Physical Education For The Development Of An Individual

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Abstract

Physical education is important part of human life. It helps an individual to improve their endurance, strength, flexibility, balance, cardiovascular endurance, speed, reaction time, agility and power. Physical education motivates people to participate in various physical activities and exercises. It promotes importance of physical education amongst the people. The purpose of the paper was the importance of physical education for the development of an individual. There are various importance of physical education e.g. physical growth and development, reduce stress, character development, physical fitness, mental development etc. it was concluded that there are so many importance of physical education. Physical education is a one of the most impotent medium to become physically fit. It promotes various types of activities and exercises. With the help of physical education an individual can achieve his goal in the life.

Key words: physical education, endurance, strength, physical fitness, growth and development.

Introduction:

The most beautiful thing on the earth is human life. The most important responsibility of the human being is to protect human life to achieve higher goals and objectives and live a happy and meaningful life. This can be possible by giving attention to physical health, physical fitness, mental health, emotional health etc. the physical education teacher, health experts give more attention in the field of physical education, health and fitness. In the modern world the life of human being became more complex and complicated due to lack of physical work, without adequate physical exercises the human being become lazy and obese. Now a day's man uses electronic devices and ignored physical work. He live a luxurious, easy and comfortable life and invited various fatal diseases. The primary principle of existence is related to physical activities rather than intellectual. As man progressed intellectually he began to reduce the importance of physical activities, physical exercise etc. Human being is designed by nature to be biologically active and energetic being. Each human being is vigorously active and energetic. It is only through physical activities and physical exercise and physical workout. Through hard physical work and physical activities human being can achieve physical, mental, emotional, social, intellectual and spiritual fitness beside a good health.

Physical education is not only related to sports but also in the development of health, fitness, intellectual, social, emotional development etc.

The daily physical activities improve good health of an individual. Physical education motivates individuals to participate in physical activities, sports and games. It promotes the



importance of physical education amongst the people. It improves endurance, speed, balance, reaction time, strength, coordination, cardiovascular endurance, basic movement pattern etc. Physical education is a part of education. It develop an individual with mentally, physically, intellectually, socially etc .Physical education involves sports, games, recreational activities, yoga, adventure camp etc.

Purpose of the present paper was the importance of physical education for the development of an individual.

Aim of physical education is the wholesome development of an individual. Aim of the present paper is to know about the important of physical education in the development of an individual.

Definition of physical Education:

According to C. A. Bucher, "Physical education, is an integral part of total education process, is a field of endeavor which has as its aim the development of physically, mentally, socially, and emotionally fit citizens through the medium of physical activities which have been selected with a view to realizing these outcomes".

Physical education is to educate an individual with the help of physical activities. It develops physical competence and knowledge of movement and safety, the ability of performance, of an individual. It also helps an individual in the development of an active and healthy life style.

Physical education plays important role in the life of an individual foe better physical, mental, social, emotional and spiritual life. Human being can start his first education form physical education. It is well said that 'healthy mind lies in healthy body'. Physical education is important for individual for all round development and for quality of life.

Importance of Physical Education:

Following are the importance of physical education in the development of an individual:

Improve physical fitness:

with the help of physical activities an individual become physically fit. Physical fitness is a positive quality. It is essential for general health, fitness and physical requirement. Physical fitness is one of the important factor in an individual's life.

Reduce stress:

physical education is important for reduction of stress. Today people are more under pressure stress than ever. Physical education helpful for them to reduce pressure and stress. Physical education helps to maintain mental fitness. An individual can engaged him in various physical activities, exercises, programmers etc. It encourage staying mentally fit.

Physical growth and development: for physical growth and development physical education play important role. Physical activities are necessary to the development of the organic system and proper functioning of the body. It enhances the ability of an individual to resist fatigue, improve performance, and make him more active and healthy. It also important for the physical growth.

Intellectual development: with the help of physical education an individual became intellectually active. Physical activities are necessary for development of an individual's scientific insight, intelligence and reflective thinki8ng.



Emotional development: with the help of physical education an individual can control their emotions. It is very important in the life of an individual to control their emotions in various life situations.

Social adjustment: physical education gives the opportunity of interaction between participants and other participants in various situation to learn social qualities like sportsmanship, honesty, cooperation, self discipline, friendship, leadership, respect for others and authority which promote social adjustment of an individual. **Personal adjustment:** physical education helps to individual in personal adjustment which help him to realize self expression, satisfaction, self image, self respect, self control etc.

Character development: physical education gives opportunity to an individual for character development in a group. Group efforts, loyalty about group or team, cooperation provide a valuable contribution to the development of an individual.

Mental development: through learning of skills, games, sports, exercises, rules, regulation and strategies equip an individual to interpret new situation effectively and more meaningfully. Physical education programmed also aware an individual about health, hygiene and sanitation and their importance in day to day life. All these are important for mental development of an individual.

Neuromuscular development: physical education programmed also important for the neuromuscular development of an individual. An individual can learn coordination of muscular and nervous system. Neuromuscular coordination develops well with the help of various physical activities and different types of exercises with regular repetition. It provides quick and efficient movement.

Cultural development: physical education is also important for cultural development of an individual life. There are various types of activities and programmers where people come together. During such activities individuals interact with each other and come to know about various customs, culture, tradition, and way of life. It helps an individual for the development of culture.

Leadership qualities: physical education is important for the development of leadership qualities in the people. Self confidence, intelligence, loyalty, honesty, dedication and resourcefulness are some of the qualities of leaders. In play ground, at the time of competition, and camping are the best laboratory for developing these leadership qualities.

Mental relaxation: physical activities like yoga, aerobics, fitness programmers, recreational activities, sports and games are important for mental relaxation.

PHYSICAL ACTIVITY AND THE CONCEPT OF MOTOR LEARNING

An active lifestyle significantly contributes to a child's motor skills development, motor learning, and motor control. Exposure to physical activity allows children to develop certain important components of motor learning, including:

- **Motor skills:** activities or tasks that require voluntary head, body, and/or limb movement to achieve a specific purpose or goal
- **Motor control:** how neuromuscular system functions to activate and coordinate the muscles and limbs involved in the performance of a motor skill
- **Motor development:** the pattern of motor skill and motor control development from infancy to adulthood an active lifestyle in childhood is paramount to providing the foundation from which a child can pursue and excel in more specific sport skills and interests. Below are



a few examples that illustrate the role of an active lifestyle in the development of this motor skills platform

- **Multi-limb coordination**
- E.g. playing the piano, where both hands and feet are involved
- **Response orientation**
- E.g. soccer player with the ball responding to opponents movements
- **Reaction time**
- E.g. start of a race in swimming
- **Manual dexterity**
- E.g. dribbling and maintaining control of a basketball whilst running
- **Aiming**
- E.g. a drummer rapidly moving a stick from a snare drum to a cymbal

Educational Models

Experiential Learning: Schools focused on experiential learning provide hands-on educational experiences. For instance, students might work in groups exploring different learning styles to determine which styles are most effective for them. Holistic, experiential techniques often include problem-solving exercises to address community problems or create innovative products.

Self-Guided Learning: In self-guided educational environments, teachers allow students to learn at their own pace in the style that best suits them. The self-guided culture allows for personalization to mitigate the inadequacies of one-size-fits-all learning models. Low-stakes assessments are used to adjust the curriculum's content and pace. Classrooms may be smaller and contain students of different ages and ability levels.

Community Schools: Community schools are based on the idea that people find meaning through connections with their community. Teachers partner with community members, including families, residents, organizations, and officials, to provide integrated support and expanded learning opportunities, including after-school and summer programs. Schools are a hub of the community bringing together academic, social, development, and engagement activities.

Interdisciplinary Coursework: Part of what makes up holistic education is the idea that students' cognitive growth is improved when multiple subjects are addressed together. Some schools are creating integrated programs where teachers from different disciplines come together to teach thematic courses that address issues from multiple perspectives. Coursework might also include independent research, travel, fieldwork, and internships.

Teacher Strategies

Strong Student-Teacher Relationships: When teachers are able to form strong bonds with students, performance and engagement is positively impacted. At-risk students have a higher chance of success when they feel safe and nurtured. Teachers can foster strong relationships by responding to students' strengths and needs and by acting in a culturally sensitive manner. Allowing students to help develop classroom rules and take on leadership roles helps encourage trust and communication among students and enhances their motivation to succeed.

Encouraging Self-Confidence: Students need to believe that they belong at school and have the ability to succeed. Teachers can help build self-confidence by providing multiple



opportunities for students to digest structured information and communicate their understanding in a variety of ways. Teachers must recognize students' unique strengths and treat all students equally. Student motivation can be enhanced by making sure that lessons are relevant to students' lives and focus on realistic issues.

Incorporating Emotional Reflection: As a teacher, it's not always easy to look beyond academic performance to nurture the mental and emotional well-being of a child. To encourage emotional reflection in daily routines, teachers might provide moments for students to reflect, contemplate, or meditate. Lessons to teach empathy could focus on effective listening and observation techniques or literature that presents varying perspectives on social issues.

Benefits of Holistic Education

Holistic education is based on a learning philosophy that brings a number of benefits to students, teachers, schools, and communities. Students are empowered to improve their educational outcomes and gain the life skills necessary to take on a successful professional career.

Improved Academic Achievement: Holistic education can improve the academic achievements of all children, regardless of background and circumstances, by catering to individual learning styles and providing a supportive learning environment. Children's brain capacities are increased when they feel physically and emotionally safe and connected to others, according to the Learning Policy Institute.

Enhanced Mental and Emotional Well-Being: In a supportive environment, where social and emotional learning is emphasized along with academics, students have a better chance of emerging with self-awareness, confidence, and a sense of social responsibility.

Increased Problem-Solving Ability: Students who are tasked with solving real-world problems that exist in their communities emerge with strong critical-thinking skills. These hands-on projects give students skills that will apply to their adult careers, such as how to gather, analyze, and report data and how to collaborate with others.

Reduced Impact of Inequities: By emphasizing integrated learning concepts, the whole-child approach to education has been shown to reduce the psychological impact of issues such as violence, abuse, or poverty on academic achievement, according to the Learning Policy Institute.

Conclusions

It is important to improve physical education programmer in the community with ways to live healthy lifestyle. Now a day's importance of physical education increases positively. There are various types of physical activities, exercise, physical education programmers that an individual can participated in these activities actively. The results of such a activities are positive. Physical education may assist physical education teacher and coaches in how to promote the importance of physical education, physical activities, exercises etc. This paper improve the knowledge of physical education participation in physical activities maintain healthy bones, muscles and joints and promote normal growth and development.

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Sports Psychology

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ABSTRACT:

It has been always understood that psychological skills are very important for sportspersons at the topmost level. Athletes who have the required mental toughness are very likely to get successes. Previously it was assumed that skills were passed on from one generation to the next and those who were blessed with similar skill as their parents did not have any sort of worries. But now in the present day scenario people have started to recognize the importance of psychological skills and how it can play a very important role in sports and physical exercise learning.

It would not be wrong to say that sports psychology is making its way not only in the academic field but in the field of practice as well. We cannot forget that an athlete has to be prepared for a competition both mentally and physically. They have to maintain a particular mindset that will be beneficial for them throughout the competition.

“A sound mind resides in a sound body”. This quote aptly shows the importance of physical fitness which can be achieved with a much focused mind. An injured athlete often is left to recover on his own but a sports psychologist has the power to bring him back on the field with twice as much dedication and will power as the athlete is able to give. Hence the importance of Sports Psychology in the field of Physical Education and Sports cannot be overlooked.

Keywords: sport psychology, physical education, sports.

INTRODUCTION:

“ You can have all the talent in the world but it takes mental strength to be a Champion.”

“The body achieves what the mind believes.”

Have you ever wondered why is it that a volleyball player can serve faultlessly all match and then when required to serve the ball on match point, misses? How does a tennis player loose after being two sets up? How does a footballer miss the winning conversion or a basketballer miss an important free throw?

An athlete can spend years or developing and sculpting their body for a perfect physical performance, however when the time comes to compete something else needs to be trained and prepared – The Brain! After all it has the ultimate control over the effectiveness of that body.

Through Development, through practice, and additional training a perfect physical body is formed. But improvement, consistency and training of the mind, with the addition of SPORTS PSYCHOLOGY CHAMPIONS are made and success can be achieved.

**DEFINITION:**

As defined by the American Psychological Association “¹Sport psychology is a proficiency that uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation, and systemic issues associated with sports settings and organizations.” APA recognizes sport psychology as a proficiency acquired after a doctoral degree in one of the primary areas of psychology and licensure as a psychologist.

²The most important certifying body in sport psychology, the Association for Applied Sport Psychology (AASP), states that they “promote the ethical practice, science, and advocacy of sport and exercise psychology”.

³Sports psychology is the study of psychological factors that affect participation and performance in sports activities. It is also a specialization within the brain psychology and kinesiology that seeks to understand mental or psychological factors that affect performance in sports, physical activity and exercise and apply these to enhance individual and team performance.

Sports psychology is the study of the psychological and mental factors that influence and re influenced by participation and performance in sport, exercise and physical activity. Sport Psychology interventions are designed to assist athletes and other sports participants (e.g., coaches, administrators, parents) from a wide array of settings, levels of competition and ages, ranging from recreational youth participants to professional and Olympic athletes to master’s level performers.

Brief History of Sports Psychology:

Sport psychology has been in use in some form or the other since a very long time. The first study in sport psychology took place the end of the nineteenth century. Norman Triplett (1898) performed the first experiment in social psychology as well as the first in sport psychology. Triplett investigated the phenomenon of social facilitation, in which he stated that performance is affected by the presence of others. He demonstrated that cyclists tended to cycle faster when racing against other cyclists than they did alone.

In 1925, Coleman Griffith set up the Athletic Research Laboratory at the University of Illinois. Griffith, who established a university course, published two major textbooks and acted as a consultant to professional sports teams, is often called the ‘father of sport psychology’.

Between the 1930s and the 1960s, there was very little activity in the field of sport psychology. During the 1960 Melbourne Olympics, Eastern European teams employed sport psychologists (Kremer & Scully, 1994).

In 1986, the American Psychological Association officially recognised sport psychology as a branch of psychology, and in 1993 the British Psychological Society formed a Sport and Exercise Psychology Section.

¹<https://www.apa.org/ed/graduate/specialize/sports>

²<http://appliedsportpsych.org/>

³<https://bizschool.wordpress.com/2015/12/26/sport-psychology-meaning-definition-terms/>



What do Sports Psychologists do?

With reference to this question it may be said that the work of a sports psychologist is very varied. The European Federation of Sport Psychology (1996) has laid down three integrated tasks which are performed by sport psychologists:

- **Research**- investigation into the two aspects of the psychology of sport, i.e. theoretical and applied
- **Education** - teaching students, sportspersons and professionals about sport psychology
- **Application** - assessment of and finding solutions to the psychological problems connected to sport.

This can involve working with complete teams or counselling of individual sportspersons.

It deals with increasing overall performance by managing emotions effectively and minimising the psychological effect of injury and low level of performance. Some of the foremost and important skills which are taught in sports psychology are goal setting, visualization, self-talk, relaxation, awareness, control, confidence and concentration.

Nowadays sport psychology has become a very broad field and hence it is becoming impossible for sport psychologists to keep up with all related disciplines in their field. Therefore, many sport psychologists are working towards specialising in particular disciplines. They may specialise on the topic of motivation. They may carry out research work related to motivation, or teach coaches about motivation and also work with individual sportspersons to improve their level of motivation.

METHODS AND PROCEDURES USED:

Many methods and procedures are used to solve the problems faced by athletes and other sports participants. Some of the main areas include:

- **Cognitive and behavioral skills training for performance enhancement.**
Goal setting; imagery and performance planning; concentration and attention control strategies; development of self-confidence, self-esteem and competence in sports; cognitive-behavioral self-regulation techniques; emotion management, sportsmanship and leadership skills.
- **Counseling and clinical interventions.**
Athletic motivation; eating disorders and weight management; substance abuse; grief, depression, loss and suicide; over-training and burnout; sexual identity issues; aggression and violence; athletic injury and rehabilitation; career transitions and identity crises.
- **Consultation and training.**
Team building; sports organization consultation; systems interventions with parents and families involved in youth sports participation; education of coaches regarding motivation, interpersonal and leadership skills and talent development; education of coaches and administrators regarding early identification and prevention of psychological difficulties.

ROLE OF SPORTS PSYCHOLOGY:

Stress, Anxiety, Distractions, Under / Over arousal, Poor motivation, Poor team cohesion

These problems can be overcome through psychological skills or "MENTAL SKILLS". Psychological skills to enhance athlete's performance include visualisation,



concentration, self-talk, motivation, relaxation, performance routines, music, pep talks and goal setting.

CONCENTRATION: it is the ability to maintain attentional focus to relevant environmental cues. Concentration techniques rescue the effects of distractions, focus on task ahead and ability to rapidly change attentional focus to meet the environmental demands.

MENTAL REHEARSAL (IMAGERY): This is when an athlete practises in his or her mind the physical skills that the athlete wishes to perform. In this process, there is no visible physical movement; the athlete imagines the performance and rehearses the activity in his or her mind to try to prepare the mind and body for competition.

MUSIC / PEP TALKS: Music forms part of the pre-competition environment for many athletes by evoking a relaxation response. Music's tempo has an effect on athlete's movements. Upbeats = increase arousal. Motivational talks, commonly known as pep talks by a Coach, Teacher, Team mate or parent are a popular way of increasing athlete's motivation and arousal.

MOTIVATION: Motivation is defined as the "direction and intensity of one's efforts. Motivation is primarily concerned with encouraging others to achieve a goal. It can influence how people feel, act and think. Motivation includes: Positive, Negative, Intrinsic and Extrinsic

GOAL SETTING: Goal setting is a means by which individuals and teams direct their focus. Goals give a team direction and mental focus and enable athletes to focus attention on the process of achieving success. Three main types of goals in sport are- outcome goals, performance goals and process goals. Goals are not to be confused with dreams or wishes. Goals need to be realistic and achievable at the performer's skill level.

SELF TALK: Self-talk is a technique used to improve concentration. Self-talk is based on the theory that what people say to themselves has an effect on the way they behave. It includes It includes positive, negative, technical, or instructional and neutral talk.

PERFORMANCE ROUTINE: This a routine established by the athlete in order to maintain focus. Many athletes take a moment to perform routines before closed skills, such as serves and pitches, to increase their concentration. For instance, a basketballer might use the same routine when shooting free throw such as bouncing the ball a certain number of times before shooting.

RELAXATION TECHNIQUES: Relaxation Techniques are often used by athletes to calm themselves thereby decreasing anxiety and controlling over arousal. Relaxation is the state in which one is physically and psychologically free from uncontrolled tension, anxiety and negative thoughts. It is commonly characterised by feelings of ease, looseness and readiness. It includes progressive muscle relaxation, meditation, and focus on breathing or bio feedback.

CONCLUSION:

Several research studies report that psychological factors especially stress and anxiety are related to sports injuries. Numerous studies have used Imagery, Team building strategies, relaxation techniques and attentional control interventions in order to reduce risk of sport injury with surprisingly positive results. Every athlete follows a cool down routine of some sort aimed at removal of lactic acid from the muscles or other such recoveries. A psychological recovery is how athletes warm down their brains post physical activity. Psychological skills are aimed at controlling emotions and the link between the mental and



physical state should never be underestimated. Athletes cannot truly rely on physical formation to be successful – Sports Psychology is an essential component of long term sporting success.

Psychology in Physical Education and Sports is not only a subject for training purposes in colleges but it is also practiced by coaches and sports persons on the field. Psychological intervention, coping strategies, and mental skills such as imagery, concentration and focus are all a kind of practical task in which all sportspersons and teachers or coaches and sports psychologists play a very cooperative and decisive role.

**Effect Of Treadmill Exercises On School Stuednts****Dr. Bablu Shrigiriwar**Director of Physical Education and Sports, Annasaheb Gundewar college,
Nagpur**Abstract**

For the purpose of present study (n= 80) school going students were selected as subjects by using simple random sampling method. Treadmill exercises were given for 6(six) weeks to the subjects. Pretest and posttest was conducted using peak flow spirometer. Results shown significant mean difference at 0.01 level of significance.

Key words:- Vital capacity, spirometer.

Introduction

Vital capacity (VC) is the maximum amount of air a person can expel from the lungs after a maximum inhalation. It is equal to the sum of inspiratory reserve volume, tidal volume, and expiratory reserve volume. It is approximately equal to Forced Vital Capacity.

A person's vital capacity can be measured by a wet or regular spirometer. In combination with other physiological measurements, the vital capacity can help make a diagnosis of underlying lung disease. Furthermore, the vital capacity is used to determine the severity of respiratory muscle involvement in neuromuscular disease, and can guide treatment decisions in Guillain-Barré syndrome and myasthenic crisis.

A normal adult has a vital capacity between 3 and 5 liters. A human's vital capacity depends on age, sex, height, mass, and possibly ethnicity. However, the dependence on ethnicity is poorly understood or defined, as it was first established by studying black slaves in the 19th century and may be the result of conflation with environmental factors. Lung volumes and lung capacities refer to the volume of air associated with different phases of the respiratory cycle. Lung volumes are directly measured, whereas lung capacities are inferred from volumes.

Table showing Mean value of vital capacity

N	Pre Test	Post test	MD	"t"
80	228.18	236.81	8.62	3.49

Above table showing the mean values of pre and post data of vital capacity of school going boys. Where pre test results were found 228.18 and post test results were found 236.8. Mean difference was found 8.62. whereas the t value was found 3.49 which found significant at significance 0.01.

Graph no 1



Showing Mean value of vital capacity

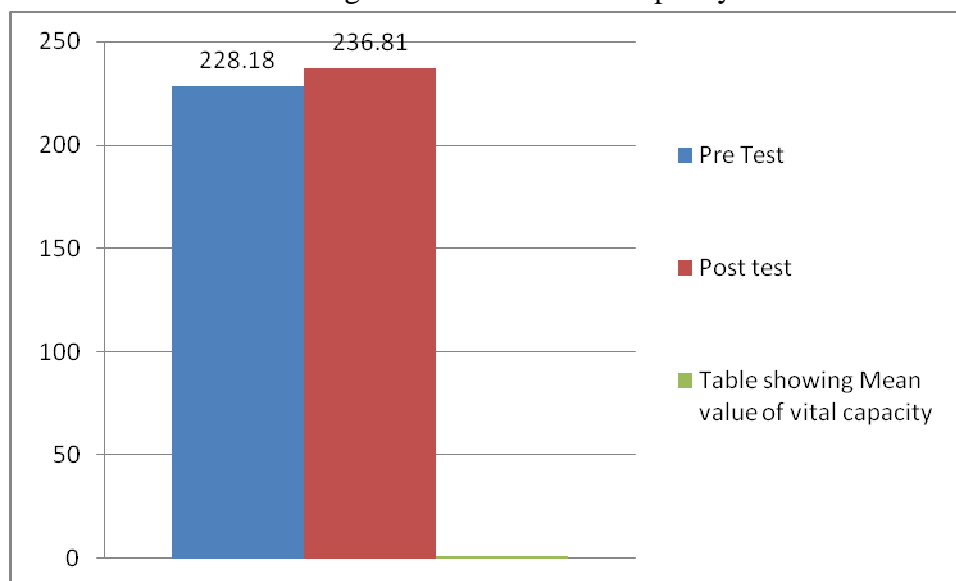


Table no 2

Results

5. Pre test mean value was found 228.18.
6. Post test mean value was found 236.81
7. Mean Difference of test was found 8.62
8. "t" value was found 3.49

Conclusion

Results shows significant effect of treadmill exercise on vital capacity of school boys.

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Yoga As An Intervention Against Anxiety And Stress In Modern Era

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Abstract

Yoga is basically an otherworldly order dependent on an incredibly inconspicuous science, which centers around bringing amicability among brain and body. It is a workmanship and science of solid living. As indicated by current researchers, everything in the universe is only an appearance of a similar quantum atmosphere. One who encounters this unity of presence is supposed to be in yoga, and is named as a yogi, having accomplished a condition of opportunity alluded to as mukti, nirvana or moksha. In this way the point of Yoga is Self-acknowledgment, to beat a wide range of sufferings prompting 'the condition of freedom' (Moksha) or 'opportunity' (Kaivalya). Living with opportunity altogether different backgrounds, wellbeing and congruity will be the principle destinations of Yoga practice.

Introduction

The act of Yoga is accepted to have begun with the actual first light of progress. The study of yoga has its source millennia prior, well before the main religions or conviction frameworks were conceived. The sages conveyed this incredible yogic science to various pieces of the world, including Asia, the Middle East, Northern Africa and South America. Curiously, current researchers have noted and wondered about the nearby equals found between antiquated societies across the globe. In any case, it was in India that the yogic framework tracked down its fullest articulation. Agastya, the Saptarishi who traversed the Indian subcontinent, made this culture around a center yogic lifestyle.

In the advanced world Yoga is generally sought after as an order for wellness and wellbeing and has demonstrated to be exceptionally compelling in that capacity. Most of individuals seeking after Yoga today do as such with a true assumption for some wellbeing related advantages to improve their life and capacity. Yoga's complete philosophy incorporates numerous procedures that serve the famous objectives of improving or reestablishing wellness and wellbeing. At the point when we take a gander at the set of experiences and improvement of Yoga over centuries, Yoga was rarely truly proposed as a helpful methodology for the imbalanced or debilitated individual however was systematized for the typical individual intrigued by higher evolutionar try.

Yoga isn't only a physical or mental treatment however it doubtlessly contains a remedial component. It is a practice of psycho-profound development prompting internal harmony and opportunity. It likewise gives some Yoga practices to the overall wellbeing of ladies and specifically the significant time of each lady's life, that of pregnancy.

The Fundamentals of Yoga Sadhana:

Yoga deals with the level of one's body, brain, feeling and energy. Each individual is an interesting mix of these four elements. "Every one of the antiquated editorials on Yoga



have focused on that it is crucial for work under the course of a Guru." The explanation being that lone a Guru can blend the fitting mix of the four essential ways, as is important for each seeker. Yoga Education: Traditionally, Yoga Education was bestowed by learned, experienced, and astute people in the families (similar with the training granted in religious communities in the west) and afterward by the Seers (Rishis/Munis/Acharyas) in Ashramas (contrasted and monasteries). Yoga Education, then again, targets dealing with the individual, the 'Being'. It is assumed that a decent, adjusted, coordinated, honest, perfect, straightforward individual will be more helpful to oneself, family, society, country, nature and mankind on the loose. Yoga training is 'Being focused'. Subtleties of working with 'being focused' angle have been illustrated in different living practices and messages and the technique adding to this significant field is known as 'Yoga'.

Present days, Yoga Education is being granted by numerous famous Yoga Institutions, Yoga Colleges, Yoga Universities, Yoga Departments in the Universities, Naturopathy schools and Private trusts and social orders. Numerous Yoga Clinics, Yoga Therapy and Training Centers, Preventive Health Care Units of Yoga, Yoga Research Centers and so forth have been set up in Hospitals, Dispensories, Medical Institutions and Therapeutical arrangements.

Standards of yoga

- Become mindful of your body, feelings and psyche
- Improve your dietary propensities
- Facilitate the common end of waste from your body by the act of Yoga Shuddi Kriyas like Dhauti, Basti and Neti.
- Slow down your breath by making it tranquil and profound
- Calm down your brain and center it internally
- Improve the progression of Healing Pranic Life Energy to all pieces of your body, particularly to those unhealthy parts, hence unwinding, recovering and revitalizing yourself
- Decrease your anxiety by invigorating yourself against the different ubiquitous stressors in your day to day existence
- Increase your independence and self-assurance
- Remember that eventually "YOU" are liable for your wellbeing and should step up to the plate and create positive wellbeing to hold you over testing seasons of chronic sickness.

Advantages of Yoga rehearses

Yoga is beneficial for you. A steady practice offers a wide range of mental and actual medical advantages. A few, as improved adaptability, are unmistakably apparent.

Others, including mental lucidity and stress decrease, might be more inconspicuous however are comparably incredible. When assembling, every one of the advantages beneath add to an expanded sensation of prosperity, which clarifies why such countless individuals discover yoga so addictive.

Improves Flexibility

Moving and extending in new manners will assist you with getting adaptable, carrying a more noteworthy scope of movement to tight areas. Over time, you can hope to acquire adaptability in your hamstrings, back, shoulders, and hips. As we age, our adaptability normally diminishes, particularly on the off chance that you invest a great



deal of energy sitting, which prompts torment and idleness. Yoga can help invert this interaction.

Develops Fortitude

Holding these stances throughout the span of a few breaths helps assemble solid strength.

Expands Muscle Tone

As a side-effect of getting more grounded, you can hope to see expanded muscle tone. Yoga helps shape long, slender muscles in your legs, arms, back, and mid-region.

Improves Balance

Improved equilibrium is perhaps the main advantages of yoga as you get older. Poses where you remain on one leg and, for further developed understudies, reversals, are incredible approaches to develop the center fortitude that keeps you upstanding.

Supports Joint Health

The developments essential for yoga are low effect, permitting you to utilize your joints without harming them. Yoga additionally fortifies the muscles around the joints, reducing their heap. Individuals with joint inflammation frequently see a stamped improvement in their agony and versatility with customary delicate yoga practice.⁴

Forestalls Back Pain

Expanded adaptability and strength can help forestall the reasons for certain sorts of back torment. Yoga balances these conditions.

Shows Better Breathing

Particular kinds of breath can likewise help clear the nasal sections (accommodating for individuals with hypersensitivities) and surprisingly quiet the sensory system, which has physical and mental advantages on and off the tangle.

Cultivates Mental Calmness

Yoga asana practice is seriously physical. Focusing so eagerly on the thing your body is doing carries serenity to your brain. Yoga additionally acquaints you with reflection methods, like how to zero in on your breath and separate from your considerations

Lessens Stress

Actual work is useful for soothing pressure, and this is especially valid for yoga. As a result of the focus required, your every day inconveniences, both enormous and little, appear to liquefy away during the time you are on the tangle. This gives a genuinely necessary break from your stressors, just as assisting with placing your issues into viewpoint.

The accentuation yoga puts on being right now can likewise help as you learn not to harp on past occasions or expect what's to come. You will leave a yoga class feeling less pushed than when you started.

Builds Self Confidence

Doing yoga improves your psyche body association, giving you your very own superior consciousness body. Over the long run, this prompts feeling more good in your own body, boosting your self-assurance.

The Importance of Yoga in Modern Life

Improves concentration and helps to stay focused:



Probably the best exercise yoga instructs us is to zero in on the present. In late examinations, it was discovered that rehearsing yoga consistently improves our IQ and memory. Ordinary our concentration and fixation get barraged by our cutting edge way of life in type of cells, PCs, TVs and web-based media. Fortunately yoga can carry our attention to the current second and assist us with remaining centered and improve our focus.

For the city occupants, yoga works like enchantment. Normal act of yoga can improve the coordination and response time and help them with their bustling timetable. It likewise improves their focus and encourages them to be less diverted by their considerations.

The steady breathing act of yoga assists with unwinding and move the equilibrium from the thoughtful sensory system to the parasympathetic sensory system.

Assists with developing fortitude:

Yoga assumes a fundamental part with regards to fortifying your body. Specialists these days propose their patients perform yoga consistently. For instance, for another moms, yoga is fundamental. The explanation for this is, yoga includes a ton of extending works out. We begin losing bulk around 40 and by 50 the interaction just speed up. In the event that we don't successfully practice our muscles, we will just get more vulnerable and lose freedom later in our life. However, because of yoga, we can forestall this cycle. Yoga includes a bunch of activity where you continually progress into various positions. By doing this, we challenge our muscles to help the heaviness of our body and fortify it. Normal act of yoga conditions the muscles and causes us to look more appealing.

Our bustling life makes us go through uneasiness, low energy level or even now and again through discouragement to adjust our work and individual life. In such a case, yoga can carry harmony and care to our life. One of the significance of yoga in present day life is it assists with quieting our fluctuating energy level. Yoga isn't only an activity to be lean and slender. It causes us to fabricate solid muscle. Furthermore, solid muscle helps out us than look great. Specialists presently recommend to rehearse yoga to forestall back agony and joint inflammation.

Improves adaptability and stance:

Importance of yoga in today's life is that it encourages us to have a more adaptable body and therefore, our life turns out to be slightly more reasonable. Frequently we experience the ill effects of knee joint agony. Another uneasiness happens because of the firmness of muscle is back agony and helpless stance. Tight hamstring levels the lumbar spine and causes back torment. Firmness in muscle and connective tissue causes helpless stance.

Conclusion

The cutting edge life baits us with comfort. To make our life advantageous and agreeable we experience the ill effects of hypertension, stoutness and heart issues. In any case, our nation have hello tech clinical offices yet we are as yet driving an undesirable, precarious and unpleasant life. In this condition, yoga can carry harmony to mind, soul and body. Yoga instructs us to have a solid existence. It improves inventiveness, focus and hones our memory. In the buzzing about of current life, our enthusiastic security decays.



In any case, yoga forestalls that circumstance and improve endurance, muscle strength and mental dependability.

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The Study Of The Changing Approaches Of Gym, Yoga, And Exercise Methods

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ABSTRACT:

Today, at some places in rural areas, young and old people can be seen exercising with the traditional exercise method. Now people just seem to talk about the gym. Old and traditional practices have so much efficiency that if practiced properly, there will not be many diseases in the body. But today the old and effective exercise system is fading in the name of modernism and new technology. Its effect on normal life is also evident. Yoga is an effective and necessary method to keep the body fit and healthy. According to yoga experts, yoga practice is not as simple as they seem. Yoga teacher's guidance is very important for practicing yoga. Not knowing the right method and doing yoga can also cause harm, so it is believed that yoga should be done under the supervision of a knowledgeable and trained guide, but this does not seem to be the case today. People try to do yoga by watching it on TV or on the Internet. To understand the changing approaches of traditional exercise methods, modern yoga, and gym methods, the research topic has been chosen.

KEYWORDS: Traditional Exercise Methods, Yoga, Approaches, Gym Methods

DATA COLLECTION METHOD USED FOR RESEARCH:

Data for the research paper has collected from books, newspapers, and websites.

OBJECTIVE OF RESEARCH:

- 1) To find out the merits and demerits of modern exercise methods of yoga and gym.
- 2) To study the changing nature of traditional exercise methods, modern yoga, and gym practices.
- 3) Understanding the benefits of yoga and exercise.
- 4) Suggesting remedies for proper use of yoga and gym exercise methods.

INTRODUCTION:

In earlier times the village of Akhara was seen as a prosperous village. The village where the largest number of people gathered in the arena to learn wrestling was considered prosperous. But today the arena is disappearing in the blind race of modernity. New people do not want to put too much effort into the arena; instead, they go to air- conditioned gym and exercise with the help of a machine. Compared to both, the akhada tradition was less expensive and more profitable, while exercising in yoga or a gym is more expensive. Yoga is becoming fashionable today.

While the promotion of yoga is concerned, its international branding has also started. This is the ancient system of India, but as it is happening now, yoga is far from universalism. Yoga instructors believe that doing yoga or teaching yoga has become a profession and profession nowadays. Large yoga training centers are being set up in cities and people are entering yoga classes every month by paying a hefty fee. On the other hand, the traditional workout method is simple. It can be explained to others in a very simple way and anyone can



do it at their convenience. Yoga has not yet reached the rural areas and the way in which it is being promoted is also the wrong way.

The simplest and most popular system in the Indian workout system is Surya Namaskar. Surya Namaskar is a form of worship and is a unique model of whole-body exercise. This is because it makes it easier to exercise the whole body. Apart from the arena tradition of sunbathing, there are methods such as barrage setting, flat hitting, and mall exercises that anyone can easily learn and keep them healthy. Apart from this, back walking and running are the most beneficial ways to keep the body warm, which is practiced by thousands of people in India. But in the storm of yoga and gym, they are all forgotten. Today the attitude of people towards exercise is changing day by day.

THE CHANGING APPROACHES OF GYM, YOGA, AND EXERCISE METHODS:

There was a time when there were many misconceptions about yoga and some of them still exist today. Yoga is only for ascetics. Thus many misconceptions about yoga were prevalent. Over the past few decades, through the efforts of Vivekananda, Swami Kunalayananda, Swami Shivanand Maharishi Yogi, Acharya Shri Rajneesh, Head of Yoga Department, Gurukul Kashi University, Morarji Rai Yoga Institute, Delhi, Baba Ramdev, Dr. Ishwar Bhardwaj, etc. The scientific form of yoga has come to the fore. But the exercise system that has been in existence for thousands of years is disappearing.

The proper study of the science of yoga is also necessary because for many people the meaning of yoga is limited to certain asanas and pranayama. Research has also shown that some diseases can be cured by yoga, but yoga should be used in a civilized way to keep the body healthy. In the same way, an exercise system that has been introduced for thousands of years to keep the body healthy is also useful. Yogasana can be made a part of the lifestyle as a complementary therapy method, as each medical system has its own importance and use.

There are different ways of yoga between groups of people and seekers. Such as Jnana Yoga, Karma Yoga, Sannyas Yoga, Hatha Yoga, Mantra Yoga, Tantra Yoga, Kundalini Yoga, Bhakti Yoga etc. So it is worth considering what is the scientific method of yoga? In this context, the types of yoga found in the ancient and authentic books of yoga, 'Gorakshastra' and 'Shiva Samhita' are the most prominent of all 'Raj Yogas', as they contain facts related to each type of yoga. Yama, niyam, asana, pranayama, pratyahara, meditation, samadhi are the stages of yoga, if we see the whole science of yoga is in one sentence. The systematic observance of these 8 limbs is called yoga science. These eight organs have a very close relationship. His order cannot be changed. Like ordinary people follow the third and fourth parts of yoga very much and do not follow the first and second part (Yama and Niyam).

Yama is the first part of yoga. Yama is perfect for destroying attachment and misrule. How humans treat other people depends on their purity of mind. So the first one has to make this practical life pure and divine through Yama. The number of Yama in yoga is non-violence, truth, astheya, celibacy, and aparigraha. The second part and phase of yoga is the rule. There are five types of rules for advancing virtues - hobby, contentment, austerity, self-study, and God providence. The rules relate only to his personality and conscience. By following this, a person is born of divinity and purification, and purity. Asana is the third stage of yoga. Today most of the people of the society are familiar with this part of yoga; common people understand a certain position of the body and the position of the posture,



while Patanjali has not given any such description. Today it is well known. Patanjali has defined asana, 'stambhasukhasanam' which means steady and comfortable. The position of the body in which it can stabilize is called asana.

The fourth part of the scientific process of yoga is pranayama. When our body is in a happy and calm state through the sacred, breathing can be controlled in a regular and calm state of the body. Pranayama is particularly important for mental and spiritual progress as well as physical progress. Breathing control in the general sense is called Pranayama. Pratyahara is the fifth part of yoga. The suffix is the senses and diet is the subject consumed by the senses. In the Yoga Sutra, explaining pratyahara, it is said that the practice of mixing the external senses of the senses with the mind from all sides is called pratyahara. The pratyahara is that the senses should not move towards subjects. The senses are controlled by pratyahara. When the senses are introverted through retention,

The sixth stage of yoga comes after retention. This is called capturing the mind at a certain place. It is a method of stabilizing the mind at a particular place using the moon, stars, trees, candle flames, etc. Meditation is the seventh stage of yoga. It helps to get rid of unnecessary imagination and thoughts and to walk in peace. The definition of meditation in the Yoga Sutra states that 'things which have the perception of the mind continuously flow in the same flow in such a way that no other approach comes into it, it is called meditation.' When it flows in an unbroken stream, a belief is called meditation. Today it is known from scientific research and research that meditation provides health to human beings. We generally think that the disease is related to the body and the disease comes into the body. Psychologists say that this disease not only occurs in the body but also in the mind. Samadhi is the eighth and final part of yoga. When the yogi does not know his goal and its subject, this condition is called 'samadhi'.

In other words, when the experience of meditation is so deep that the experience becomes void, that state is called samadhi. Samadhi is a situation where all problems are solved. Samadhi is in complete health. One part of the brain is full of emotions and the other part is full of Buddha and thoughts. When there is an imbalance between the two for some reason, there is no harmony in our thoughts and feelings. Thus, imbalances in brain function cause confusion and discomfort. In the state of samadhi, all these remedies are removed and divine power and knowledge are also attained.

In addition to metaphysics, yoga can also be called psychology, because the science of yoga begins with the purification of the mind. Indian philosophers have been searching in this direction from the beginning. Western psychology is also working in this direction. Western psychologists have so far studied only the conscious and unconscious mind. For the first time, German physicist Max Planck stated that light is not a wave, but an energy unit called quanta. This reflects the nature of life and if we look at Indian yoga, the importance of life in yoga is well known. Stephen Hawkins considered the pinnacle of intelligence in this era, explained that space-time would end in a black hole. If we look at it from the point of view of yoga, then it is a state of samadhi in which time becomes zero. In addition, Stephen Hawkins stated that a black hole is three-dimensional and has rotating photon particles in its tail. Scientist Michael Talbot has tried to establish his likeness with Kundalini Shakti. According to him, Kundalini Shakti is also sleeping like a black hole, but when awakened, it wakes up like a strong wave. Black holes and Kundalini are reserves of infinite power. Yoga has many of the



above benefits in addition to exercise. But the main reason for the modern youth to get away from this benefit is that they do not have the proper knowledge of the yoga system or they do not do yoga properly.

Exercise is an activity that keeps the body healthy and enhances a person's overall health. This is done for many different reasons, the benefits of exercise are to strengthen muscles, strengthen the cardiovascular system, boost athletic skills, lose weight, and more. Regular physical exercise boosts the immune system and reduces your sleep problems. It protects against diseases like heart disease, type 2 diabetes, and obesity. It improves mental health and helps prevent stress. Exercise can generally be classified into three types based on its overall effect on the human body. It increases the movement of muscles and joints in some parts of the body. Aerobic exercise such as cycling, swimming, walking, boating, running, hiking, or playing tennis improves cardiovascular health. Anaerobic exercises such as weight loss, functional training, or running for short distances increase muscle strength for shorter periods of time. Exercise is an important way to keep the human body healthy. There are many types of sports like running, penalty meetings, walk, wrestling, gymnastics, hockey, cricket, tennis, etc. Every vein of the body, every cell comes into action because exercise shakes the body. When we exercise, our body parts work in such a way that we get pleasure as well as work. It keeps every part of your body healthy. When we exercise we move the limbs, this makes our heart and lungs work more, as a result, the breath we breathe cleans every drop of our blood, which makes our body lighter.

Exercise is necessary for people working with the brain because the person, who earns bread by working from the body, does manual labor, but exercise is very important for a teacher, doctor, lawyer, computer-operator, etc. Exercise makes the body beautiful and increases the power to fight against diseases. But too much exercise can also cause harm. You should stop exercising when you feel tired. But today youngsters have forgotten it in the tone of bodybuilding.

Yoga is a thousand-year-old style of Indian knowledge. There are still thousands of idols in the form of yoga. The word Yoga is sometimes mentioned in the Bhagavad Gita. Evidence of yoga has been found in the Indus Valley, Vedic culture, and Buddhist and Jain philosophy. Among the famous texts of Yoga are Yogasutras composed by Patanjali and Yogabhasya composed by Veda Vyasa. The Yogasutra composed by Nagesh Bhatt is famous. Yoga and exercise are not the same. The difference is that most people think that yoga and exercise are the same, but they are not the same. These two have their own separate significance. Yoga is not just an exercise. In exercise, we do only physical processes, but in yoga, we do physical, mental and emotional processes. Yoga maintains the stability of the body while exercise increases the speed of the body. In yoga, balance is taught when breathing and breathing are done on a sacred basis. Yogasana has a great effect on the internal organs. When exercising, the body looks strong from the outside. Yoga makes the body flexible, while exercise makes the muscles strong. Emphasizes exercise intensity and strength, which can also cause muscle damage. Yoga is done slowly and increases strength. Doing yoga does not make the muscles weak. Exercise increases digestion, which increases appetite, and man eats more. Yoga reduces digestion, which reduces hunger and makes the person eat less food. You need enough space and equipment for exercise but for yoga, you only need a mat and a little space. You do not need to concentrate while exercising. While



doing yoga, you have to pay attention to your breathing and spontaneity, which increases awareness in the body. Yoga increases mental strength and controls the senses.

Exercise is good for the body. Exercise is necessary to keep your body healthy, disease-free, and healthy. There are different types of exercises, methods. Yoga, Pranayama, Asanas, different types of stretching, gym equipment are some of the methods that people of different ages use to maintain their body health. Yoga and asanas are not so popular among the youth and they like to do modern exercises like gym, Zumba, etc. Among them, push-ups are the most popular type of exercise for today's youth. Push-ups have become a major part of Indian exercise and push-ups are the most important part of bodybuilding. The reason why pushups have become so important in today's youth is that it is easy to do, but this type of exercise is not a waste of time. The benefits to the body are huge. Since push-ups are important for bodybuilding, youth are more inclined towards push-ups for bodybuilding. But when you do push-ups, you often make mistakes that affect the overall type of push-up exercise.

Exercising in the gym every day is a good habit. It keeps the body fit and healthy. In the changing lifestyle, everyone likes to look fit and slim. For this, people sweat in the gym for hours. But skipping the gym all of a sudden can be harmful to your health. Quitting the gym first affects your fitness. Within a few months, your fitness may disappear and your energy levels may decrease.

Nowadays people pay more attention to fitness. Not only do people who are involved in modeling or filmmaking care about keeping their bodies fit, but now everyone, be it an IT professional or a housewife, wants to keep everyone fit. However, most people go to the park or spend hours sweating in a modern gym. There are many people who exercise at home and do yoga. You need to be a little careful before exercising at home, otherwise, they can harm you rather than good. Before exercising at home, you should take care that you do not exercise in a closed room or take a detox or protein drink without any advice. Physicians believe that there should always be an open field or open space for exercise so that the body gets plenty of oxygen during hard work. Exercising in the room can be harmful to health. Doctors say that some special things should be kept in mind while exercising in a closed room (gym). Body temperature rises rapidly during exercise. Subsequently, due to a lack of oxygen, the body also feels a lack of water. Keeping this in mind, we should do different exercises. It is necessary to have a skilled trainer and dietician for exercise. But today we ignore it. Thus today, the traditional exercise method has been replaced by modern yoga and gym practice.

CONCLUSION:

The study found that people nowadays pay more attention to fitness. Most people go to the park or spend hours sweating in a modern gym. There are many people who exercise at home and do yoga. But they exercise incorrectly. Exercise is an activity that keeps the body healthy and enhances a person's overall health. This is done in many different ways. Most people think that yoga and exercise are the same, but they are not the same. These two have their own separate significance. Today, youngsters have forgotten the traditional exercise method for bodybuilding. This is fading today. It is replaced by Jim. If you do yoga and exercise properly, then it has benefits, otherwise, it can also have adverse effects.

**SUGGESTIONS:**

- 1) Body temperature increases rapidly after exercise. After this, bathing should be avoided. Allow the body to rest for half an hour and then take a bath.
- 2) Do not exercise in a closed room in front of fans or air conditioning. It prevents sweat from coming out of the body and is harmful to the body.
- 3) Exercising a hungry stomach is the most harmful. This causes weakness and fatigue in the body.
- 4) Use cotton clothes during exercise.
- 5) Sweating comes out of the body during exercise. In such situations, drink water frequently during exercise.
- 6) Using an energy drink in a closed room before or during exercise increases the body's energy manifold which is harmful to health. Energy drinks should be avoided.
- 7) Avoid earrings and exercise while listening to loud music.
- 8) People with high blood pressure should do only light exercise.

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How To Understand Coaches To Important Of Health Behaviors Associated With Success In Sport To Develop Performance And Health Of Athletes

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Aspect: -

In this paper we have presented information that will help to keep athlete's health. Coaches understand important of health behaviors to success in sports. Here we want to try to present a number of health behaviors that contribute to an athlete's ability to train and achieve success. Nutrition, hydration, and adequate rest may be outside the direct control of the coach, it is important that you encourage, teach, and model good examples. Other behaviors, like stress response, substance abuse, and disordered eating, are behaviors that too often require the attention of the coach. Also outlines psychological skills that help athletes play their best game more often. These skills must be taught and practiced if they are to use in competition. Coaches use these mechanic develop the sports skill of an athletes and any sport person. Here we discuss those behaviors related to physical health. The most important- good nutrition, hydration, and adequate rest-are outside the direct control of the coach. It is important to encourage these behaviors and to use every opportunity to teach and model good behaviors. The coach can have some control over athlete's level of acclimatization, however, and we discuss strategies to prepare athletes for performing in the heat and at attitude. Here coach also uses all these things, the performance of athletes definitely increases and they achieve their best goal in computation.

Introduction: -

A number, of behaviors contribute to athletes physical and mental health and therefore their ability to train and achieve success. Here we discuss those behaviors related to physical health. The most important- good nutrition, hydration, and adequate rest-are outside the direct control of the coach. It is important to encourage these behaviors and to use every opportunity to teach and model good behaviors. The coach can have some control over athlete's level of acclimatization, however strategies to prepare athletes for performing in the heat and coaches use these mechanic develop the sports skill of an athletes . Here we discuss those behaviors related to physical health. The most important- good nutrition, hydration, and adequate rest-are outside the direct control of the coach. It is important to encourage these behaviors and to use every opportunity to teach and model good behaviors. The coach can have some control over athlete's level of acclimatization, however, and we discuss strategies to prepare athletes for performing in events. Coaches understand how to develop sport skill of athletes and what is required to them. Coach is most important factor in sport field .Coach is first teacher of students .Every players respected to their coaches because he know that which training scheduled is mostly required to players .Mostly coaches use the simple training method and focusing athlete's nutrition and diet and rest also.

**Nutrition:** -

Athletes don't always make good choice, even when they live and eat at home. Coach can influence that choice and help athletes understand the subtleties of sport nutrition. In strength training both resistances exercise and optimal nutrition are major independent stimuli of muscle protein synthesis and muscle growth. Appropriate portion eaten before or often resistance training promotes amino acid uptake when the synthesis capability of the muscle fiber is highly activated. The provision of solid or liquid carbohydrate energy during long duration practice or competition has been shown to reduce fatigue, increase work output, and improve mood and decision making, and the energy supplement help to maintain the function of our immune system.

It is very important to coach for the time of tournaments and the hard practice are concerned about their eating behaviors consider fresh fruit or juice breaks at practice or as the team physician about the need for daily multiple vitamin and mineral supplementation. But remember, vitamins in food have proven more effective than those in supplements. Nutrition can help enhance athletic performance. An active lifestyle and exercise routine, along with eating well, is the best way to stay healthy.

HYDRATION : - Hydration is most important part in our body fitness and sport person also. Many athletes live in a state of voluntary dehydration brought on by physical activity and the consumption of caffeinated drinks. Caffeine is a mild diuretic and alcohol, another diuretic contributes to dehydration. While some of those beverages are acceptable when used in moderation, they should not be relied on the fluid needs. The body loses fluid in sweat, urine, faces, and respiration. It is duty for coach to teach athletes to replace fluids regularly using water or approved sports drinks. . The electrolytes replace sodium and potassium losses and help reduce urinary fluid loss, when mixed from powder concentrates, the sports drinks are cheaper than bottled water.

REST AND SLEEP: - Every person needs sufficient rest and sleep also. In sport field growing athletes need of rest. Many of the adaptations that result from training take place during sleep, . Sleep is important for health as well as performance. Schedule time for apply rest in the training programs. It is most important to coach that observe your athletes closely. If they appear overtired, insists they take time off for rest and recovery.

ACCLIMATIZATION : - A moment to mention two other important factors that can influence health and performance and that necessitate acclimatization with the help of Heat and Altitude

Heat: - Coach knows how to attend their athletes for heat and altitude. Failure to acclimatize to the heat can certainly affect performance, and it may threaten life itself. Acclimatization is achieved during periods of exercise in the heat, with attention paid to rest breaks and fluid replacement. After several days the body begins to adjust to the heat. Whenever you exercise in the heat provide water for athletes to drinks before, during, and after practices.

Altitude: - It takes longer to adjust or acclimate to altitude. . These adjustments improve one's ability to take in transport and utilize oxygen reducing but never a eliminating the effect of altitude on endurance performance while living and training at altitude contribute to acclimatization.



Mental Health Behaviors: - Mentally behavior is most important factor in sports field .Every coach understand players mental health and behavior's also because if coach gave the training with players health and mental behaviors. Number of other behaviors can be loosely categorized as related to mental health and can influence the overall health and performance of athletes. Stress, substance abuse, and disordered eating can reduce immune function and affect the ability to perform in sport. Development of psychological skills can enhance performance with the following section.

Stress Managements :- Coaches certainly need to learn and practice the relaxation response. . Coach and athletes are by nature aggressive so it is important that they learn to manage stress and their reaction to it. Stress Management techniques include simple meditation techniques such as relaxation response. Meditation has also been shown to improve immune function.

Substance abuse: - Coach Want to don's risk to the athlete's health by encouraging or allowing the use of unproven and untested supplements .Recreation drugs can interfere with an athlete's ability to practice and perform.

Dishoarding Eating: - Eating disorders are common in sports such as gymnastics and dance, sport in which excess weight may have negative effect on appearance or performance. Disordered eating ranges from the Starve and Stuff practices , Coaches should know the signs of disordered eating so they can help athletes get psychological and medical help they need. Coaches must avoid placing undue emphasis on weight loss.

Psychological skill: - In the sport field psychological effort is most powerful training method to improving player's mental stress. Performance depends on more than training, skills and tactics. Athletes need psychological skill so they can play their best game more often.

Relaxation: - Practice relaxation at home in a quite places important. Then transfer practice to relax and let the movement's flow. Continue to practice the skill in early competitions.

Concentration: - . Monitor your technique and make adjustments as necessary. Players want to focus your breath to help maintain focus and concentration.

Imagery: - Mentally practice specific skills and movements; visualize yourself performing in good form. See yourself as a skilled and successful performer. Fatigued begins to set in during a grueling event use emotionally charged words to pep yours

Activation: - . Competitions evaluate performance in athletic contests strictly. Athletes set individual goals in terms of performance instead of wins, medals, and trophies. As they achieve good performance, the win will take care of them.

Avoiding overtraining: - overtraining syndrome develops when insufficient rest accompanies high volume training. Physical and psychological stress increase secretion of hormone cortisol which suppresses immune function. Athlete can avoid the overtraining syndrome if they get sufficient test eat properly, minimize, stressors and curtail hard training during periods of illness. Overtraining can be digamous with observation of performance, mood, fatigue, and other signs. Some coaches use walking heart rate, bodyweight, or even body temperature to try to avoid overtraining. The fatigue is a tool athletes can use to self monitor stress and fatigue and avoid overtraining.

Career Development: - Athletes go through various stages in their carriers and the training must be appropriate for each stage. Competition should emphasize performance over



winning; science immature athletes may get discouraged in contests with early developers. Most coaches work with the youth or young adult stages, then watch as the athletes move on to high school or college programs. It is important that coaches recognized their role and limitation in the development of young athletes. Coaches need to design training programs suitable to the maturity and development of the athletes.

Multiyear planning: - If any athletes are involved in a program that covers multiple years, such as age group or cadmic programs periodized , multiple-year plan. Set out general performance and training goal for each year.

Four principles guide the organization of multiple year planning

- 1 Progress from multisport developments to specialization as needed.
- 2 from individual skill development progress to team tactics and strategies. .
- 3 Build anaerobic fitness base first adding no more than a 10 percent annual increase in training volume.
- 4 Advanced skill and coordination may require strength and power. Add strength and power training as need to meet the skill and co-ordination demands of the sport.

Sports teach teamwork and problem solving skill- Fighting for a common goal with a group of players and coaches teaches you how to build teamwork and effectively communicate is helpful when encountering problems at work or at home . Reduce pressure and stress with sports help of exercising is a natural way to loosen up a diet goes of stress. Player's can also make new friends which is a support system to us.

The purpose and goals of trainings should change as children grow and develop. Athletes in a few sports seem to achieve top performances young adults. In general top performance are achieved by mature, well trained, well rested athletes. Coaches should also consider the needs of athletes who annually compete in more than one sport. The athletes and coaches of each sport should discuss a training program that maintains health and improve performance over the school year. When planning multiyear programs it is a common practice to reduce the training load using years of important competitions, such as the Olympics. Knowledgeable coaches help all players by varying their training appropriately.

Conclusion: - Sporting performance and food is most important factor for athletes. Here coach take care about their players. He suggests good nutrition can enhance sporting performance. A well -planned, nutrition diet should meet most of an athlete's vitamin and mineral needs and provide enough protein to promote muscle growth and repair. Increase training performance pressure and you risk burnout, and possibly dropout Coach understand their role in the carrier development of their athletes, and take justifiable pride in their accomplishments. - In this research paper coach should alerts about their athletes in case of sport development program .He watch every time about nutrition, hydration, rest of players ,Here is some thought on sport or event selection and career development. Once an athlete's has made a commitment to a sport, help the person develop a long term plan for successes one that include long term goals and a plan to achieve them.

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A Comparative Study Of Socio-Economic Status Of Male And Female Kho-Kho Players

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ABSTRACT

Kho kho is the most popular and traditional games of Maharashtra. Various tournaments have been organized for these games from grass root levels to national levels. The participation, practice and perfection of the games have direct or indirect influence of socio-economic status. The study conducted in Parbhani district of Maharashtra state. Overall 100 kho kho players of which 50 were female players who have participated in intercollegiate kho kho tournaments have been surveyed and by administering data have been collected and analyzed with the help of frequency, percentage mean and t ratio. The obtained values of male and female kho kho players were 5.32 and 4.96 respectively. The calculate t value is 3.92 which is significant at 0.05 level means that the difference was found out between male and female and kho kho players in terms of their socio-economic status.

Key words : Socio-economic status, male and female players and kho-kho

Introduction:

Traditionally Maharashtra state is a native of kho kho game. The game have been played throughtout the state from ancient period. The game are much known to the masses and well versed with the rules and regulations. The game is played outdoor, strenuous, aggressive and fully contact. The kho kho game is refer in terms of speed, stamina, skills, techniques, strategies and physical fitness. There are many psychological factors like socio-economic status, attitude, motives, spectators, self concept, motivation, adjustment etc which influence the participation and performance of the players. The socio-economic status of an individual plays an important role in their achievement in every field of life. The socio-economic status of the group and the status of an individual in high group influence competitive and co-operative behaviour for different reasons and the different factors than those motivating people in the middle and upper economic group influencing the well being of the player. Considerable research have been conducted on the socio-economic status of sports persons, team sport versus individual sport. Men players versus women players. But very few research studies are available in published from socio-economic status of games like male and female kho kho players. It has been recognized that socio-economic factors play a vital role in an individual's performance in sports. Therefore, the present study "Comparision of socio-economic status of intercollegiate male and female kho kho players" have been selected.

Objective of the study

To compare the socio-economic status of male and female kho kho players.

**Hypothesis of the study:**

The male and female kho kho players differ significantly in terms of their socio-economic status.

Review of literature

Verma and Kumar (2011) studied psycho-socio factors affecting the over reaction time. They concluded that there are several factors either psychological or physiological responsible for reaction time ability of a player. *Chapell (2015)* found that personal characteristics can be encouraged through sports in education, psychomotor skills, personal and social skills enables young people to appreciate the place of sports.

Methodology:**Selection of subject**

Total 100 i.e., 50 male and 50 female kho kho players who participated in inter collegiate tournaments belongs to Parbhani district of Maharashtra have been selected.

Administration of the test

Socio-economic status scale by Bawazir (1984) were distributed to male and female kho kho players. The scale seek information about respondents male and female kho kho players. The respondents were requested to give appropriate information about their families, frequency, percentage, mean, standard deviation and t ratio as a statistical tools have been used.

Results

Table 1 : Mean score, standard deviation and t ratio of socio-economic status of male and female kho kho players.

Players	N	Mean score	Standard deviation	't' value
Male Kho kho	50	5.32	2.09	3.92*
Female Kho kho	50	4.96	3.94	

* significant at 0.05 level

Table No.1 reveals the socio-economic status of male and female kho kho players. The obtained mean values of male and female kho kho players were 5.32 and 4.96 respectively. The calculated 't' value 3.92 which is significant at 0.05 means that the significant difference was found out between male and female kho kho players.

Conclusion

There are significance difference in socio-economic status between male and female kho kho players.

Recommendations

The similar studies can be carried out between different team, within the players of same team and outside the teams of different status etc.

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**Impact Of Covid 19 On Globalsports****Meena Balpande**

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ABSTRACT

The COVID-19 pandemic is considered as the most crucial global health calamity of the century and the greatest challenges that the humankind is faced. According to the report of the World Health Organization, the current outbreak of COVID-19, has affected more people and killed more than 26 lakh people from 200 countries throughout the world. From the month of January there is report of clinically approved antiviral drugs and vaccines that are effective against COVID-19. It has rapidly spread around the world, posing enormous health, economic, environmental and social challenges to the entire human population. This paper describes the impact of COVID-19 on sport in related to social developments and physical activity.

Key word: COVID 19, Sports, Physical activity, Social Development.

Introduction

COVID 19 is not merely serious public health concern, rather these trigger disastrous socio-economic and political crises in the infected countries.. The first modern COVID-19 pandemic was reported in December 2019, in Wuhan, Hubei province, China and most initial cases were related to source infection from a seafood wholesale market [1]. Since then, the disease rapidly circled the globe and has eventually affected every continent except Antarctica. It has been categorized as a pandemic by the World Health Organization. International Committee on Taxonomy of Viruses (ICTV) named the virus as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) [2]. According to WHO, in 2002–2003, more than 8000 people suffered and 774 died of a coronavirus, called SARS. In 2012, MERS-CoV pandemic broke out infecting more than 2494 persons and killing over 858 lives worldwide. Coronaviruses belong to a large diverse family of viruses. These worldwide outbreaks triggered a large number of fatalities, morbidities, and cost billions of dollars [3]. Compared to other diseases and their respective burdens, COVID-19 is likely to cause as much or greater human suffering than other contagious diseases in the whole world. In addition, other global environmental changes such as soil degradation, ozone layer depletion, pollution, and urbanization, changing environment creates an indisputable threat to our planet and human health. Global warming has its roots in industrial development, with the huge release of CO during the industrial revolution and beyond, finally allowing the greenhouse effect to take place. To some extent COVID-19 outbreak may be considered as an indirect consequence of global environmental changes. Besides its upsetting effects on human life, the novel corona virus disease (COVID-19) has the potential to significantly slow down the economy not only of China, USA, or India but also of the world as a whole. Therefore,



healthcare personnel, governments and the public in general need to show solidarity and fight shoulder to shoulder for prevention and containment of the pandemic [4].

Sport is a major contributor to economic and social development. Its role is well recognized by Governments, including in the Political Declaration of the 2030 Agenda, which reflects on “the contribution sports make to the empowerment of women and of young people, individuals and communities, as well as to health, education and social inclusion objectives.”

Since its onset, the COVID-19 pandemic has spread to almost all countries of the world. Social and physical distancing measures, lockdowns of businesses, schools and overall social life, which have become commonplace to curtail the spread of the disease, have also disrupted many regular aspects of life, including sport and physical activity (5- 6). This policy brief highlights the challenges COVID-19 has posed to both the sporting world and to physical activity and well-being, including for marginalized or vulnerable groups. It further provides recommendations for Governments and other stakeholders, as well as for the UN system, to support the safe reopening of sporting events, as well as to support physical activity during the pandemic and beyond.

The impact of COVID-19 on sporting events and the implications for social development

To safeguard the health of athletes and others involved, most major sporting events at international, regional and national levels have been cancelled or postponed – from marathons to football tournaments, athletics championships to basketball games, handball to ice hockey, rugby, cricket, sailing, skiing, weightlifting to wrestling and more. The Olympics and Paralympics, for the first time in the history of the modern games, have been postponed, and will be held in 2021.

The global value of the sports industry is estimated at US\$756 billion annually. In the face of COVID-19, many millions of jobs are therefore at risk globally, not only for sports professionals but also for those in related retail and sporting services industries connected with leagues and events, which include travel, tourism, infrastructure, transportation, catering and media broadcasting, among others. Professional athletes are also under pressure to reschedule their training, while trying to stay fit at home, and they risk losing professional sponsors who may not support them as initially agreed.

In addition to economic repercussions, the cancellation of games also impacts many social benefits of global and regional sport events, which can cement social cohesion, contribute to the social and emotional excitement of fans, as well as their identification with athletes leading to greater physical activity of individuals. Sport has long been considered a valuable tool for fostering communication and building bridges between communities and generations. Through sport, various social groups are able to play a more central role towards social transformation and development, particularly in divided societies. Within this context, sport is used as a tool for creating learning opportunities and accessing often marginal or at-risk populations.

Major sporting organizations have shown their solidarity with efforts to reduce the spread of the virus. For example, FIFA has teamed up with the World Health Organization (WHO) and launched a ‘Pass the message to kick out coronavirus’ campaign led by well-known football players in 13 languages, calling on people to follow five key steps to stop the



spread of the disease focused on hand washing, coughing etiquette, not touching one's face, physical distance and staying home if feeling unwell. Other international sport for development and peace organizations have come together to support one another in solidarity during this time, for example, through periodic online community discussions to share challenges and issues. Participants in such online dialogues have also sought to devise innovative solutions to larger social issues, for example, by identifying ways that sporting organizations can respond to problems faced by vulnerable people who normally participate in sporting programmes in low income communities but who are now unable to, given restriction to movement.

The closure of education institutions around the world due to COVID-19 has also impacted the sports education sector, which is comprised of a broad range of stakeholders, including national ministries and local authorities, public and private education institutions, sports organizations and athletes, NGOs and the business community, teachers, scholars and coaches, parents and, first and foremost, the – mostly young – learners. While this community has been severely impacted by the current crisis, it can also be a key contributor to solutions to contain and overcome it, as well as in promoting rights and values in times of social distancing.

As the world begins to recover from COVID-19, there will be significant issues to be addressed to ensure the safety of sporting events at all levels and the well-being of sporting organizations. In the short term, these will include the adaptation of events to ensure the safety of athletes, fans and vendors, among others. In the medium term, in the face of an anticipated global recession, there may also be a need to take measures to support participation in sporting organizations, particularly for youth sports.

The impact of COVID-19 on physical activity and well-being

The global outbreak of COVID-19 has resulted in closure of gyms, stadiums, pools, dance and fitness studios, physiotherapy centers, parks and playgrounds. Many individuals are therefore not able to actively participate in their regular individual or group sporting or physical activities outside of their homes. Under such conditions, many tend to be less physically active, have longer screen time, irregular sleep patterns as well as worse diets, resulting in weight gain and loss of physical fitness. Low-income families are especially vulnerable to negative effects of stay at home rules as they tend to have sub-standard accommodations and more confined spaces, making it difficult to engage in physical exercise.

The WHO recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week. The benefits of such periodic exercise are proven very helpful, especially in times of anxiety, crisis and fear. There are concerns therefore that, in the context of the pandemic, lack of access to regular sporting or exercise routines may result in challenges to the immune system, physical health, including by leading to the commencement of or exacerbating existing diseases that have their roots in a sedentary lifestyle.

Lack of access to exercise and physical activity can also have mental health impacts, which can compound stress or anxiety that many will experience in the face of isolation from normal social life. Possible loss of family or friends from the virus and impact of the virus on one's economic wellbeing and access to nutrition will exacerbate these effects.



For many, exercising at home without any equipment and limited space can still be possible. For those whose home life can involve long periods of sitting, there may be options to be more active during the day, for example by stretching, doing housework, climbing stairs or dancing to music. In addition, particularly for those who have internet access, there are many free resources on how to stay active during the pandemic. Physical fitness games, for example, can be appealing to people of all ages and be used in small spaces. Another important aspect of maintain physical fitness is strength training which does not require large spaces but helps maintain muscle strength, which is especially important for older persons or persons with physical disabilities.

The global community has adapted rapidly by creating online content tailored to different people; from free tutorials on social media, to stretching, meditation, yoga and dance classes in which the whole family can participate. Educational institutions are providing online learning resources for students to follow at home.

Many fitness studios are offering reduced rate subscriptions to apps and online video and audio classes of varying lengths that change daily. There are countless live fitness demonstrations available on social media platforms. Many of these classes do not require special equipment and some feature everyday household objects instead of weights.

Such online offerings can serve to increase access to instructors or classes that would otherwise be inaccessible. However, access to such resources is far from universal, as not everyone has access to digital technologies. For individuals in poorer communities and in many developing countries, access to broadband Internet is often problematic or non-existent. The digital divide has thus not only an impact on distance banking, learning or communication, but also on benefitting from accessing virtual sport opportunities. Radio and television programmers that activate people as well as distribution of printed material that encourages physical activity are crucial in bridging the digital divide for many households living in precarious conditions. Young people are particularly affected by social and physical distancing, considering sport is commonly used as a tool to foster cooperation and sportsmanship, promote respectful competition, and learn to manage conflict. Without sport, many young people are losing the support system that such participation provided. Currently some organizations, and schools have begun using virtual training as a method for leagues, coaches and young people to remain engaged in sport activities while remaining in their homes.

Conclusions and Recommendations

The COVID-19 pandemic has had and will continue to have very considerable effects on the sporting world as well as on the physical and mental well-being of people around the world. The following recommendations seek to both support the safe re-opening of sporting events and tournaments following the pandemic, as well as to maximize the benefits that sport and physical activity can bring in the age of COVID-19 and beyond.

The impact of COVID-19 on sporting events

1. Sporting federations and organizations.

Governments and intergovernmental organizations may provide sports federations, clubs and organizations around the world with guidance related to safety, health, labor and other international standards and protocols that would apply to future sport events and related safe working conditions. This would allow all stakeholders to work cooperatively as a team



with the objective to address the current challenges and to facilitate future sports events that are safe and enjoyable for all.

2. Professional sport ecosystem.

The sport ecosystem, comprising of producers, broadcasters, fans, businesses, owners and players among others, need to find new and innovative solutions to mitigate the negative effects of COVID19 on the world of sport. This includes finding ways to engage with fans in order to ensure safe sport events in the future while maintaining the workforce, creating new operating models and venue strategies.

The impact of COVID-19 on physical activity and well-being

1. Supporting physical activity.

Governments should work collaboratively with health and care services, schools and civil society organizations representing various social groups to support physical activity at home. Enhancing access to online resources to facilitate sport activities where available should be a key goal in order to maintain social distancing. However, low-tech and no-tech solutions must also be sought for those who currently lack access to the internet. Creating a flexible but consistent daily routine including physical exercise every day to help with stress and restlessness is advisable.

2. Research and policy guidance.

The United Nations system, through its sports policy instruments and mechanisms such as the Intergovernmental Committee for Physical Education and Sport,⁷ as well as through its research and policy guidance should support Governments and other stakeholders to ensure effective recovery and reorientation of the sports sector and, at the same time, strengthen the use of sports to achieve sustainable development and peace. Scientific research and higher education will also be indispensable pillars to inform and orient future policies.

3. Technical cooperation and capacity development.

Governments, UN entities and other key stakeholders should ensure the provision of capacity development and technical cooperation services to support the development and implementation of national policies and approaches for the best use of sport to advance health and well-being, particularly in the age of COVID-19.

4. Outreach and awareness raising.

Governments, the United Nations and the sporting community, including the sporting education community, should disseminate WHO and other guidance on individual and collective measures to counter the pandemic. Measures must be taken to reach communities that have limited access to the Internet and social media and that can be reached through cascading the sport education pyramid from the national/ministerial level down to the provincial/municipal level, from the national physical education inspector down to the teacher, from the national sport federation down to the clubs. In turn, escalating the pyramid provides for important feedback to identify needs and share specific solutions. Athletes, while deeply affected by the pandemic, remain key influencers to ensure that – especially young – audiences understand risks and respect guidance.

5. Promoting positive social attitudes and behavior.

Sport education is a powerful means to foster physical fitness, mental well-being, as well as social attitudes and behaviors while populations are locked down. International rights and values based sport education instruments and tools, such as the International Charter of



Physical Education, Physical Activity and Sport, the Quality Physical Education Policy package and the Values Education through Sport toolkit remain highly relevant references to ensure that the many online physical activity modules that are being currently deployed comply with gender equality, non-discrimination, safety and quality standards.

ACKNOWLEDGEMENT

I express my thanks to Principal Dayanand Arya Kanya Mahavidyalaya Nagpur for providing facilities to submit the paper.

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Importance of sports management and leadership

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ABSTRACT

In primitive times, sports provided a social identity as well as a way to adapt to the environment. The practice of sports formed part of daily life: our ancestors ran in order to escape from bigger animals, fought against their enemies, and swam to get from one place to another by crossing rivers. Sports have been widely investigated throughout history. In primitive times, it was a competition characterized by ethics, values and survival. In today's society, it is an activity promoted as a way of growth, development of healthy habits, entertainment, and leisure.

KEYWORDS: Management, Leadership.

What is sports management ?

sport employs many millions of people around the globe, is played or watched by the majority of the world's population, and at the elite level, has moved from being an amateur pastime to a significant industry. The growth and professionalization of sport has driven changes in consumption, production and management of sporting events and organizations at all level and Managing sport organizations at the start of the 21st century involves the application of techniques and strategies evident in the majority of modern business, government and non-profit organizations. Sport managers engage in strategic planning, manage large numbers of human resources, deal with broadcasting contracts worth billions of dollars, manage the welfare of elite athletes who sometimes earn 100 times the average working wage, and work within highly integrated global networks of international sports federations, national sport organizations, government agencies, media corporations, sponsors and community organizations. sport management therefore need to develop an understanding of the special features of sport and its allied industries, the environment in which sport organizations operate, and the types of sport organizations that operate in the public, nonprofit and professional sectors of the sport industry. The remainder of the chapter is devoted to a discussion of these points and highlights the unique aspects of sport organization management.

Three sectors of sports:-

1. Public sector
2. Professional sector
3. Non profit sector

Area of management:-

- Strategic management
- Organizational structure
- Human resource management
- Leadership
- Organizational culture



- Governance
- Performance management

Managerial style

Difference in managerial styles:-

- | | |
|-------------------------------|--------------------------|
| ● Administers | Directs, leads |
| ● Maintains | Creates, transform |
| ● Gives order to group | Leads a team |
| ● Carries out technical tasks | Bring about change |
| ● Control | Innovates |
| ● Structured and rigid | Flexible and imaginative |
| ● Methodological | Delegative |
| ● Analytical | Visionary |

Active: participants, users, entities, associations **Structural:** equipment, activity space
Organizational: administration and management Applied sports management becomes a process that requires a coordinated and interdependent effort (Mestre, 2013) on the part of the manager of some basic elements, namely:

The sports needs and objectives of the population (socio-demographic profile)

- Legislation regarding sports
- The sports manager
- Sports organizations and their directors
- Planning as a work method
- Economic resources (budget)
- Sports programs
- The sports installation
- The trainers
- Ethics and values of sports
- The environment and its protection
- Quality

Managing in times of crisis It is therefore of utmost importance to conduct an exhaustive diagnosis in order to plan adequately for the medium- and long-term, using a participatory model based on the right balance between the commercial, public and social sectors. administer, coordinate, manage, integrate, invest, and plan. These functions should lead to the achievement of strategies based on actions and tasks that the municipalities can develop in an autonomous way and to their capacity to provide quality services.

Leadership:

It is clear that leadership is fundamental for the effectiveness of work groups and for the organizations to which they belong Leadership must respond effectively to the new needs of organizations: innovation, cultural diversity, work-based knowledge, communication, and work groups. Work groups play a central role in organizations, and leadership is essential for the effectiveness of these teams. The need to face new challenges in a globalized world requires leaders to accept a complex role which involves combining continuity with innovation, based on a solid foundation of social values, ethical principles and the practice of integrating groups of professionals from different areas.

**Sports has a number of unique features:**

- people develop irrational passions
- Differences in judging performance
- Anti-competitive behaviour
- Sport product (a game or contest) is of variable quality
- It enjoys a high degree of product or brand loyalty
- It engenders vicarious identification
- Sport fans exhibit a high degree of optimism
- Sport organizations are relatively reluctant to adopt new technology; and
- Sport often has a limited supply.

Conclusions:-

The leader of a sports institution knows how to use all the resources he has at hand. He has not only administers and controls, but develops and innovates. In the face of the economic crisis, many sports institutions have been able to keep their doors open as a result of a different managerial style. The desired quality a sports institution achieves is a product of the new role the leader has assumed, sports marketing, and above all, the day to day reality of greater cooperation and sense of purpose the institution now experiences.

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World Sports is facing financial crisis due to COVID-19

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Director of Physical Education

Shivaji Mahavidyalaya, Gadchiroli

Abstract:

Sport is a major contributor to economic and social development. Its role is well recognized by Governments, including in the Political Declaration of the 2030 Agenda, which reflects on “the contribution sports make to the empowerment of women and of young people, individuals and communities, as well as to health, education and social inclusion objectives.” Since its onset, the COVID-19 pandemic has spread to almost all countries of the world. Social and physical distancing measures, lockdowns of businesses, schools and overall social life, which have become commonplace to curtail the spread of the disease; have also disrupted many regular aspects of life, including sport and physical activity. This policy brief highlights the challenges COVID-19 has posed to both the sporting world and to physical activity and well-being, including for marginalized or vulnerable groups. It further provides recommendations for Governments and other stakeholders, as well as for the UN system, to support the safe reopening of sporting events, as well as to support physical activity during the pandemic and beyond.

Keyword: COVID-19, World Sports, Finance

The global economic slump triggered by the Covid-19 pandemic could change the entire sports industry in ways thought unthinkable till now. Some sports will be hit harder than others. The economic structure of international cricket is likely to change and lower-ranked nations will face a crunch in funds. Sports like hockey stare at an uncertain future.

“The key revenue generation for sports bodies is through licensing of television broadcast rights. With the stoppage in sporting events, it is likely that most sporting bodies will face financial hits. Smaller countries like West Indies, Bangladesh and Sri Lanka could face challenges if their respective media contracts are not renewed,” said Manish Desai, partner in Deloitte India. Desai said sports other than cricket might find it harder to return to normal in India, because they do not have as deep financial pockets.

The impact of COVID-19 on sporting events and the implications for social development

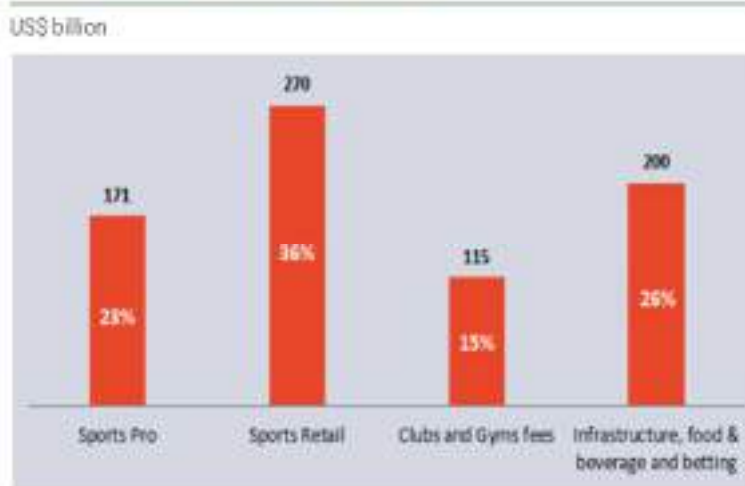
To safeguard the health of athletes and others involved, most major sporting events at international, regional and national levels have been cancelled or postponed – from marathons to football tournaments, athletics championships to basketball games, handball to ice hockey, rugby, cricket, sailing, skiing, weightlifting to wrestling and more. The Olympics and Paralympics, for the first time in the history of the modern games, have been postponed, and will be held in 2021.

The global value of the sports industry is estimated at US\$756 billion annually. In the face of COVID-19, many millions of jobs are therefore at risk globally, not only for sports professionals but also for those in related retail and sporting services industries connected with leagues and events, which include travel, tourism, infrastructure, transportation, catering



and media broadcasting, among others. Professional athletes are also under pressure to reschedule their training, while trying to stay fit at home, and they risk losing professional sponsors who may not support them as initially agreed.

Global Revenues – Sports Industry



Source: Sports Value.

In addition to economic repercussions, the cancellation of games also impacts many social benefits of global and regional sport events, which can cement social cohesion, contribute to the social and emotional excitement of fans, as well as their identification with athletes leading to greater physical activity of individuals. Sport has long been considered a valuable tool for fostering communication and building bridges between communities and generations. Through sport, various social groups are able to play a more central role towards social transformation and development, particularly in divided societies. Within this context, sport is used as a tool for creating learning opportunities and accessing often marginal or at-risk populations.

Major sporting organizations have shown their solidarity with efforts to reduce the spread of the virus. For example, FIFA has teamed up with the World Health Organization (WHO) and launched a 'Pass the message to kick out corona virus' campaign led by well-known football players in 13 languages, calling on people to follow five key steps to stop the spread of the disease focused on hand washing, coughing etiquette, not touching one's face, physical distance and staying home if feeling unwell. Other international sport for development and peace organizations have come together to support one another in solidarity during this time, for example, through periodic online community discussions to share challenge and issues. Participants in such online dialogues have also sought to devise innovative solutions to larger social issues, for example, by identifying ways that sporting organizations can respond to problems faced by vulnerable people who normally participate in sporting programmes in low income communities but who are now unable to, given restriction to movement.

The closure of education institutions around the world due to COVID-19 has also impacted the sports education sector, which is comprised of a broad range of stakeholders, including national ministries and local authorities, public and private education institutions, sports organizations and athletes, NGOs and the business community, teachers, scholars and



coaches, parents and, first and foremost, the – mostly young – learners. While this community has been severely impacted by the current crisis, it can also be a key contributor to solutions to contain and overcome it, as well as in promoting rights and values in times of social distancing.

As the world begins to recover from COVID-19, there will be significant issues to be addressed to ensure the safety of sporting events at all levels and the well-being of sporting organizations. In the short term, these will include the adaptation of events to ensure the safety of athletes, fans and vendors, among others. In the medium term, in the face of an anticipated global recession, there may also be a need to take measures to support participation in sporting organizations, particularly for youth sports.

The impact of COVID-19 on physical activity and well-being

In winter 2020, a novel corona virus (COVID-19) that originated in Wuhan, China, began to present itself in Canada. COVID-19 was classified as a global pandemic by the World Health Organization (WHO) on March 12, 2020 with a decree that preemptive measures be taken to mitigate the viral spread. Canada implemented a number of public health measures such as restricting international travel, closing most non-essential business services (including city and provincial recreation facilities, national parks and playgrounds), self-isolation for those that may have been in contact with COVID-19 and requesting that Canadian citizens stay home as much as possible to delay and mitigate the community-based transmission. In addition to these public health measures, citizens were requested to practice social distancing, which is described as maintaining a distance of 2 m between yourself and other people and avoiding social gatherings, limiting contact with older individuals and those in poor health, avoiding common greetings such as handshakes, and avoiding crowded places and non-essential gatherings . With these public health measures in place it would be expected that Canadians would be faced with changes to their physical activity behavior and associated dimensions of well-being. For instance, the closure of recreation facilities, city parks and playgrounds would require Canadians to be innovative in their physical activity practices. While the public health priority is ascertaining that Canadians stay as safe as possible, the unintended consequences may be a reduction in physical activity and an. A noted increase in negative psychological side-effects such as post-traumatic stress syndrome, confusion and anger have been reported as an outcome of the pandemic and associated quarantine. Social isolation, financial uncertainty, job loss and childcare challenges, amongst other factors, may impact various well-being outcomes for Canadians. Physical activity is strongly associated with mental health and wellness. Physically active individuals generally experience less stress, depression and anxiety, and physical activity has received attention in recent years as a potential treatment for depression and anxiety in addition to, or in place of, pharmaceuticals¹⁰. An especially promising benefit of physical activity arises from research done in an outdoor environment with increased nature exposure. Research has indicated that exposure to nature increases positive psychological health outcomes such as happiness, mood and self-esteem, enhances vitality, and reduces stress. The objectives of this study were to gain an understanding of the impact of the global pandemic and public health restrictions on Canadians. Specifically, we aim to report changes since COVID-19 began on physical activity barriers and facilitators and engagement, as well as well-being (anxiety, general mental-health), in active and inactive individuals. Further, we aim to explore differences in

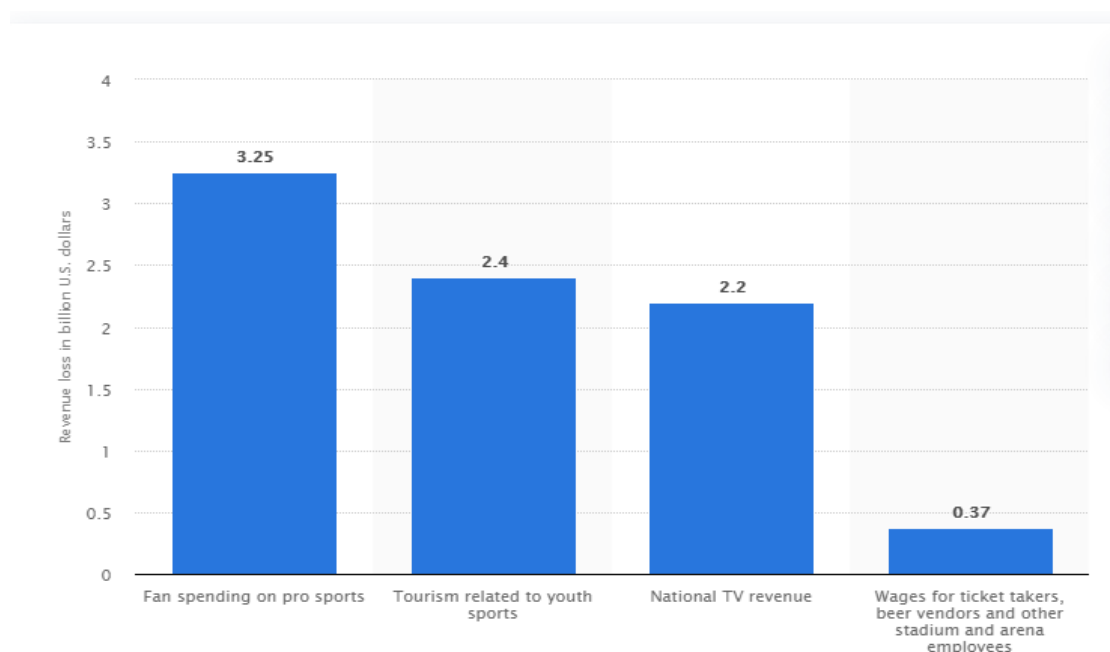


outdoor physical activity and nature exposure based on classifications of generalized anxiety and well-being. We hypothesize that COVID-19 would negatively impact physical activity participation overall and that this would be associated with barriers to physical activity. Additionally, we expect this to have a negative impact on Canadian well-being especially amongst those who reduced their physical activity levels. Lastly, we expect that those participants who spend more time being physically active in the outdoors would have greater well-being

Financial Crises

- The COVID-19 pandemic has upended all areas of life - and sports are no exception.
- Social distancing measures, brought in to limit the spread of corona virus, have had a significant effect on sporting fixtures.
- Every aspect of sport has been affected, from the athletes themselves to media coverage.

Loss of revenue in the sports industry due to the corona virus (COVID-19) pandemic as of May 2020, by segment



The corona virus pandemic has sent shockwaves around the world, leading to a public health emergency that has killed thousands and plunged the global economy into what the International Monetary Fund warns could be the sharpest downturn since the Great Depression.

Not surprisingly, COVID-19 has also upended the sporting calendar, with professional leagues everywhere suspending their activities to limit the spread of the virus. Even the Summer Olympics, typically one of the world's most-watched sporting broadcasts, has been pushed back a year.

The global value of the sports industry was estimated to be \$471bn in 2018 – an increase of 45% since 2011 – and before corona virus stopped play, the only trajectory



seemed to be upwards. Now, every part of the sporting value chain has been affected, from athletes, teams and leagues, to the media that broadcast and cover games.

The business model of sports

To begin, the basics. In the simplest terms, there are three main income streams for sports leagues: broadcasting (sales of media rights), commercial (sponsorship and advertising partnerships) and match day revenue (ticketing and hospitality).

Professional sports leagues are analogous to entertainment companies, where each team in a league is like a different channel. The teams have their own identities, employees and fan bases, but the overall 'programming schedule' (the rules of the game and the fixture list) are set by the leagues. This comparison may not please the purists, but the reality in both sports and entertainment is that the more eyeballs on the product, the more valuable it is.

The major sports are all reliant on broadcasting income, as demonstrated by revenue data from the biggest leagues over the last five years. The global value of sports media rights is around \$50bn – but 60% of that is accounted for by just 10 sports leagues.

Conclusion

Covid-19 (epidemic disease) Outbreaks all over the country or epidemic disease have had and continue to have a significant impact on the sports world as well as the physical and mental health of people around the world. And this is causing a financial deficit in the entire game creation. World-famous sports such as cricket, hockey, and football have had a huge impact on year-round turnovers.

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Psychological Aspects Of Sports And Physical Education

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ABSTRACT:

The study of psychology has implications for physical educators in such areas as learning theory, motor learning, motor control, motor development and psychology of sports. Motor learning and sports psychology have their legacy in psychology. Both fields of study have expanded tremendously in the past decade. Motor learning is the acquisition of movement skills as consequences of practice. The physical educator needs to be aware that individuals pass through several stages when learning motor skills. Fitts and Posner identified three stages of learning: Cognitive, associative and autonomic. Learning is influenced by several forces. Five of these forces are readiness, level of development, motivation, reinforcement and individual differences. To facilitate learning, the physical educator should design practices based on sound motor learning concepts. Sports psychology is concerned with the application of psychological theories and concepts to sports and physical activity. Psychological assessment techniques and intervention strategies are used by the sports psychologist to help individuals attain their optimal level of performance.

Key Words: psychology, sports, motor skills, physical education

INTRODUCTION:

Human beings and animals are product of a long process of biological evolution. Their activities are highly complex in nature and directed from within. The origin of psychology is often traced to the Greek Philosophers. The term 'psychology' is derived from two Greek words 'psyche; and 'logos', wherein psyche means the soul or mind, and the meaning of logos is to talk about, or science or study. Thus the literal meaning of psychology is the science or study of soul.

Definition of Sports Psychology:

"Sports psychology is the application of psychological principles to sports and physical activity at all levels of skill improvement." - Browne and Mahoney

"Sports psychology encompasses various branches of psychology as they are related to our ability to understand athlete performance, how to make it better, and how to improve exercise programmes." – Singer(1981)

The historical development of sports psychology indicate that it began with the application of general principles of psychology to the process of skill acquisition and gradually to other specific areas. Most of the first experimental psychologist focused on movement and motor related factors, and thus a kind motor psychology preceded the emergence of sports psychology and a broad foundation of movement psychology was established. This results in opening of motor learning laboratories where the focus was on physical skill and skill acquisition.

LEARNING:

Learning can be defined as a change in the internal state of the learner as a result of instruction, experiences, study, and practice. These internal changes are not readily



discernible; thus learning must be inferred from behavior or performance. Learning is typically divided into three areas of study: i. Cognitive, ii. Affective and iii. Psychomotor. The physical educator is concerned with facilitating learning in all three domains.

COGNITIVE LEARNING:

In teaching for cognitive learning the physical educator is concerned with increasing the individual's knowledge, improving problem –solving abilities, clarifying understanding and developing and identifying concepts. The development of cognitive learning makes use of the mental process as a primary form of activity.

AFFECTIVE LEARNING:

In teaching for affective learning the teacher is concerned with attitudes, appreciations and values. The primary goal of such teaching is to develop proper and positive attitudes towards physical activity. Teachers may also be concerned about instilling such qualities as sportsmanship, leadership, followership, teamwork, and the need to play according to the rules that governs the game or activity.

PSYCHOMOTOR LEARNING:

In teaching for psychomotor learning the physical educator is concerned with the development and improvement of motor skills. This type of learning is the heart of the physical education and sport experience. The focus of psychomotor learning is on the acquisition of motor skills; this includes both fundamental motor skills as well as selective skills in various physical education activities geared to the age, maturation level and physical condition of each individuals.

SKILL LEARNING:

Motor learning is the study of the acquisition of movement skills as a consequence of practice. Learning of a movement skill is inferred from performance. For example, let us say the goal of instruction is to learn a tennis serve. To assess how well an individual learned the tennis serve, the instructor would observe the person performing this skill.

PSYCHOLOGICAL FACTORS EFFECTING PHYSICAL PERFORMANCE

Physical performance or performance in sports is no longer dependent on physiological well-being of the athlete. It is well established by now that there are numerous psychological factors which effect and improve the physical performance.

1. **Individual differences among the athletes:** Each athlete is unique to oneself. Apart from physiological differences such as height, weight etc., there is bound to be psychological differences as well. Some athlete may be outgoing and extrovert whereas other may be shy, introvert and withdraw, and they may also differ in their levels of perceptions.

2. **Personality:** The human personality is a marvelously intricate structure; delicately woven of motives, emotions, habits and thoughts, into a pattern that balances the pull and pushes of the outside world. It is the totality of his being, and includes his physical, mental emotional and temperamental makeup. His experience, perception memory, imagination, instincts, habits, thoughts and sentiments constitutes his personality. Therefore, personality differences are in evitable, as two individual cannot process similar personality traits.

3. **Intelligence:** Intelligence is the aggregate mental capacity or energy of an individual to act purposefully, to think rationally, and to deal effectively with one's environment; intelligence involves awareness, is goal directed, and has value. It is an ability to undertake



the activities that are difficult, complex, and which led to the creation of something new and different, intelligence of an individual plays an important role in affecting physical performance.

4. **Attitude:** Attitudes are about thoughts and feelings. Attitude is often thought to predict behaviour. Attitudinal responses are also evaluative in nature. They are significant in deciding the kind and extent of the learning that takes place and reflect the likes and dislikes concerning a specified object of action. For example if a child says "I like running", it reflects is attitude towards running, and if a child says, " I don't like running" it shows this child attitude towards running. Attitude involves knowledge and believes.

5. **Motivation:** Motivation is a force, a drive which prompts, compels, and energizes an individual to act or behave in a particular manner, at a particular time, for attaining the Specific goal or purpose. In the absence of motivation, either there will be no learning, or very little learning, and the learning activity or skill will be forgotten very soon. Motivation is the first requisite of efficient learning.

6. **Aggression:**Aggression is a part of human behaviour and is necessary for an individual to life and struggle for higher achievements. Struggle for Supremacy, dominance, and excellence in sports. Aggression in one form or the other is inevitable and inescapable in sports activities. Aggression may help in the performance of an athlete because it arouses the athlete to put in the harder effort for the success of the team.

7. **Anxiety:** Anxiety means a disturbed state of mind; emotional reactivity; arousal; nervousness; and realistic and unpleasant state of mind. Anxiety e is an essential ingredient of any competitive situation and without certain level of anxiety, there cannot be competitive performance.

8. **Attention and Concentration:** Attention is the concentration of consciousness upon one object rather than upon an-other. It is the process of getting an object or thought clearly before the mind. It helps in bringing mental alertness and preparedness, and as a result, one becomes alert and alive, and tries to exercise ones mental and physical power as efficiently as possible.

9. **Group Dynamics:** Sports team is comprised of various individual athletes; each having different orientation and perception, and at times, this differences may interfere with performance of the team. Better performance will result if each member of the team merges his personal feelings and abilities into a total team effort. Success of team depends on adjustment within i.e. How closely with the team seems to be working and feeling together.

CONCLUSION:

The physical educator should be aware of the psychological benefits to be derived from participation in physical activity as well as the effect of physical activity on individual body image. An individual's personality, anxiety and arousal, and attention can influence his or her performance. Intervention strategies can be used to help individuals to prepare for athletic events. Sports psychology offers the promise of Greater insight into the factor that influences performance.



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**Attitude Of Parents Towards Indian Games****Dr. Sandeep B. Satao**

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Introduction**Attitude**

Psychologists define attitudes as a learned tendency to evaluate things in a certain way. This can include evaluations of people, issues, objects, or events. Such evaluations are often positive or negative, but they can also be uncertain at times. For example, you might have mixed feelings about a particular person or issue. Researchers also suggest that there are several different components that make up attitudes.

Table no 1

Table showing Attitude of Parents of Kabaddi players towards Indian games

N	Highly Positive	Positive	Null	Negative	Highly Negative
50	19.6%	41.2%	11.5%	26.3%	1.4%

Above table showing the Attitude responses of Parents of Kabaddi players towards Indian games in which 19.6% found highly positive towards Indian games, 41.2% shows positive attitude, 11.5% shows null attitude, 26.3% shows negative attitude and only 1.4% shown highly negative attitude towards Indian games.

Graph no 1

Table showing Attitude of Parents of Kabaddi players towards Indian games

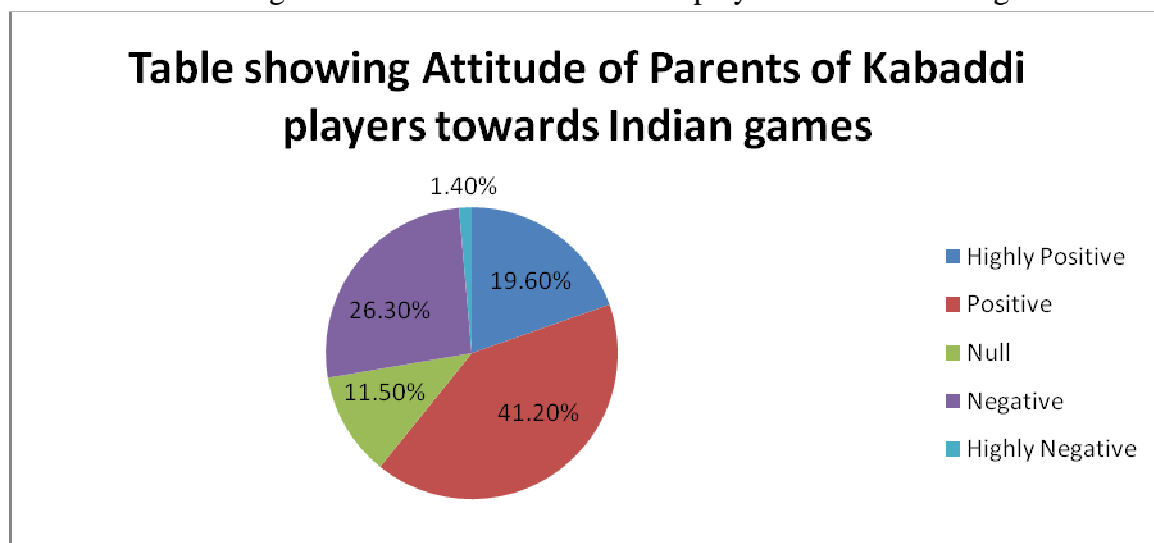




Table no 2

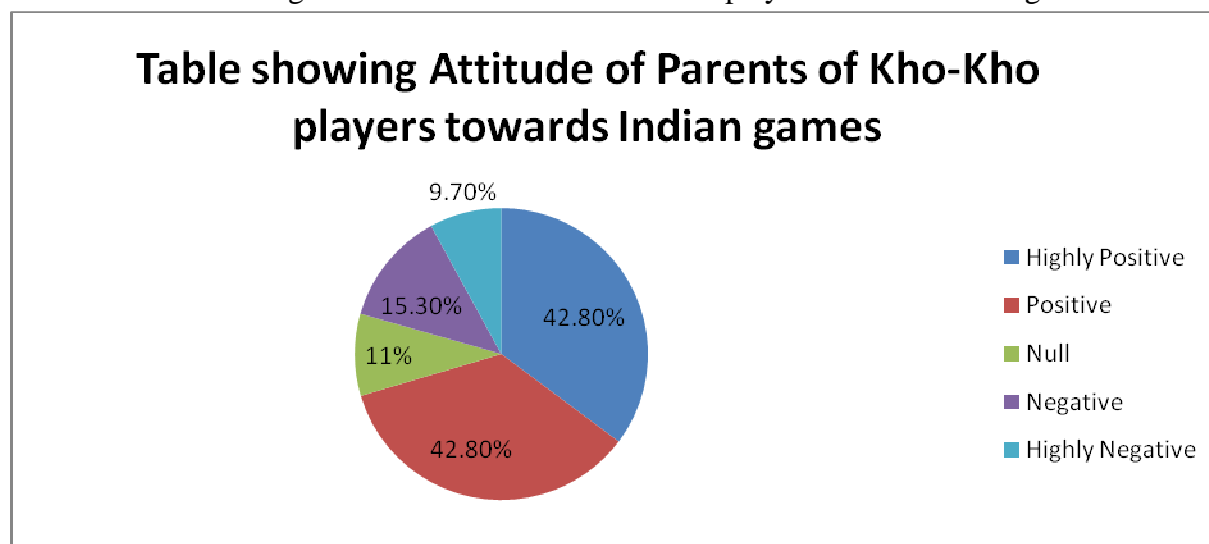
Table showing Attitude of Parents of Kho-Kho players towards Indian games

N	Highly Positive	Positive	Null	Negative	Highly Negative
50	21.2%	42.8%	11%	15.3%	9.7%

Above table showing the Attitude responses of parents of Kho-Kho players towards Indian games in which 21.2% found highly positive towards Indian games, 42.8% shows positive attitude, 11% shows null attitude, 15.3% shows negative attitude and only 9.7% shown highly negative attitude towards Indian games.

Table no 2

Table showing Attitude of Parents of Kho-Kho players towards Indian games

**Results**

- 1) 19.6% Parents of Kabaddi showed highly positive attitude towards Indian Games.
- 2) 41.2% Parents of Kabaddi showed positive attitude towards Indian Games.
- 3) 11.5% Parents of Kabaddi showed Null attitude towards Indian Games.
- 4) 26.3% Parents of Kabaddi showed Negative attitude towards Indian Games.
- 5) 1.4% Parents of Kabaddi showed Highly Negative attitude towards Indian Games.
- 6) 21.2% Parents of Kho-Kho showed highly positive attitude towards Indian Games.
- 7) 42.8% Parents of Kho-Kho showed positive attitude towards Indian Games.
- 8) 11% Parents of Kho-Kho showed Null attitude towards Indian Games.
- 9) 15.3% % Parents of Kho-Kho showed Negative attitude towards Indian Games.
- 10) 9.7% Parents of Kho-Kho showed Highly Negative attitude towards Indian Games

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Food and Health

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Abstract

Health is the personal responsibility of an individual; its upkeep depends on the personal efforts. Food plays a very important role in it. Body is nourished according to the fed to it. If it is strong, it withstands the pressures and stress in life. Therefore, the real joy of the life lies in good health and good health springs from good food. Good food is the smallest amount of food which is sufficient to maintain the strength of body and mind which is essential to good health to maintain the highest degree of physical and mental activity with the smallest amount of friction and the least expenditure of energy and to preserve and heighten, if possible the ordinary resistance of the body to disease germs.

Human body is like a machine which needs energy to run. Food provides the required energy to the body for its proper functioning. The type of the food and the way it is taken, are the factors which determine the health of the body. Therefore, there is a need to be aware of these dietary information to lead a healthy life. The following statement throws light of the awareness level of modern man about food.

“Never before has the average men and women been better fed and poorly nourished.”

A full-fledged science of diet named Dietetics has been developed over years. Dietetics deals at length with different types of diets with their respective benefits and harms. Dietetics has prescribed the best food to promote and preserve the health of human body. The best food, also known as balanced food, is a food containing all the nutrients required for the nourishment of the body. In other words, we can say that a balanced diet provides the required nutrition for sustaining life

For the sake of convenience, nutrients essential for sustaining life and performing various functions are divided into five types.

1 Carbohydrates

Carbohydrates provide energy and heat to the body. It helps in controlling the breakdown of proteins. Body is protected from toxin by Carbohydrates. Carbohydrates are instrumental in the use of fat as a source of energy.

Carbohydrates are of two types, that is simple and complex. Simple carbohydrate is the carbohydrate which is easily converted into energy. Sugar, honey and jaggery are examples of simple carbohydrates. Glucose is the basic chemical of the simple type of Carbohydrates. Complex carbohydrates are formed by coming together of different glucose particles. This type of carbohydrate is found in cereals, fruits, grains and vegetables.

Carbohydrate provides the fuel needed to generate energy in the body.

2 Proteins

Proteins are the tissue building materials of human body. They are called the building blocks of the body. Proteins contain an important element called nitrogen this nitrogen. This nitrogen is very necessary to maintain health and efficiency of the body. Enzymes and hormones which are necessary for exchange of energy cannot be produced without proteins.



Proteins play a vital role in the growth of infants and maintaining as well as repairing the various tissues of the body. Metabolism of human body is accelerated by proteins. Hence, excess fat present in the body is burnt in this process. Lack of proteins causes accumulation of fat in the body leading to obesity.

Proteins are categorised into two types, that is Vegetable and Animal. Milk, buttermilk, curd, pulses and cereals, etc., are some of the examples of vegetable proteins. Fish, meat, eggs are sources of animal proteins.

Human body requires One gram of protein per kilogram of body weight per day.

3 Fats

Fats generate heat and energy in concentrated form. Excess of food consumed is transformed into fat and gets deposited in the body. So, fat is called the store energy of the body which can be utilized afterwards when needed. Fats protect human body from cold also. Vitamins A, D, E and K are soluble only in fats. Hence, lack of fats results in the diseases caused by the deficiency of these vitamins.

Oil, butter, ghee, some grains and animal flesh are the sources of fats.

4 Vitamins

Vitamins are the organic substances present in food. They are necessary for perfect health, better metabolism, vigour, vitality and growth of the body.

The body itself cannot produce vitamins. So, they are obtained from food. There are two types of vitamins, that is fat soluble and water soluble. A, D, E and K are fat soluble. Water soluble vitamins include B1 to B12 and C.

5 Minerals

Minerals are the inorganic substances needed for several functions of the body. Formation of teeth, bones and blood cells, regulation of body fluids and helping in the chemical reactions of body cells are facilitated by minerals.

The importance of water in the process of Nutrition. Water regulates the body processes. It conveys to the cells the nutritive substances and carries away the waste products of metabolism. It works as a stimulant also, as one feels fresh after having a glass of water. About two-third of person's weight is water.

The above mentioned nutrients are essential for healthy body. Ill health or any ailment is caused by either deficiency or excess of these nutrients. Therefore, the balanced intake of these nutrients is a must for good health.

Dietitians and nutritionists have got divergent opinions regarding the quantity of food one needs to eat. One school of expert describes that the quantity of food, one should eat, depends upon the factors like age, sex, weight, physical activity or type of work. On the other hand, some experts say that the amount of food to be eaten should be determined by the digestive capacity of the person. One person's digestive power sharply differs from that of another. Therefore, the same type of diet is not suitable for each and every person. Thus, food should not be recommended in the form of number of calories. Calorie is that amount of heat which is required to raise the temperature of One gram of water by One Degree Celsius. Hence, one should eat as much as one can digest.

In this contest the difference between hunger and appetite needs to be spelled out. Hunger is physical while appetite is mental. Hunger is the need of the body for food whereas appetite as the desire of the body to eat. Even after our hunger is satisfied our desire



to eat continuous, if the food is tasty for delicious. This appetite leads to overeating. Therefore, nutritionists suggest that our food intake should be decided by our hunger rather than appetite. According to Indian Ayurvedic tradition, half of the stomach should be filled with food, 1/4 with water and the rest to be left for air circulation.

Good digestion is essential for producing the best nutrients for healthy body. Good digestion is possible if proper food is consumed in proper manner. Proper food means the combination of foods required to produce the needed nutrition for human body. Cereals and grain products, pulses and legumes, milk and meat products, fruits and vegetables, fats and sugars are the food groups needed to be consumed in balanced to produce the best health.

Chemically speaking, the proportion of alkalinity and acidity in human blood is 60 and 40% respectively. The purity of blood depends upon the maintenance of this ratio of alkali and acid. Any disturbance in this proportion causes diseases and illness. Blood is made of the food stuff one consumes. Therefore 60% of foodstuffs should be alkaline and 40% acidic. Most of the fruits and vegetables are alkaline and their consumption reduces acidity in human body. Fruits and vegetables are supposed to be effective vehicles removing toxin from human body. Cereals, nuts, animal products, salt, coffee, meat products, etc., are acidic in nature. Therefore, in order to maintain purity of blood, the proportion of alkaline and acidic foods should be 60 and 40% respectively. Hence, the intake of fruit and vegetable should be more.

According to the source of food, it is divided into two groups, that is organic and inorganic. Organic foods are derived from plant sources, while inorganic foods are mainly synthetic in nature. Organic foods are natural and well digestible. So, their consumption is very health-promoting. On the other hand, inorganic or synthetic foods are not readily acceptable to the body. Therefore, synthetic products are mostly removed from the body, as waste. If they are not removed from the body, they get accumulated and cause lots of elements. That's why, in case of any deficiency of vitamins and minerals natural foods rich in the nutrients should be taken.

Fibrous foods are very useful for cleansing the bowel and delaying the absorption of cholesterol, sugar etc. Fibrous are the parts of plant food that is not digested in the body. They are of two-types soluble and insoluble. Soluble fibres found in oat bran, rice bran, carrots, etc., delay absorption of carbohydrates and regulate blood glucose level. The excretion of cholesterol is also expedited by these fibres. Insoluble fibres remove constipation and reduce time for passage of stools in the intestine. So, the exposure of stools to toxin is minimized. Wheat bran is the best source of insoluble fibre.

Cooking is an essential part of the process of preparing food. Its purpose is to make food digestible, destroy the germs causing diseases and add taste and flavour. Normal and moderate cooking is necessary to make carbohydrates, proteins and fats digestible. Normal cooking does not destroy the nutritious value of vitamins and minerals. But deep frying, baking and roasting destroy the nutrients value of foods to a great extent.

The importance of uncooked and raw foods cannot be overlooked in diet. Uncooked and raw foods have more nutritious values than cooked food. The natural defence mechanism of the body increases by regular intake of raw and uncooked food. Nutritionists are of the opinion that one should eat raw and cooked foods regularly without spices and condiments. Uncooked food is chewed more because of its hardness. Hence, more saliva is secreted



making food more digestible. As there is no any addition to uncooked foods, so it is digested with the within one hour. As a result of early digestion, less secretion of gastric juices take place. This prevents more strain on digestive system. Uncooked and raw foods have more fibre. Therefore, they prevent constipation very effectively. Thus, they absorb toxin and prevent diseases like cancer of colon, piles etc.

The use of spices and condiments is not conducive to digestive system. Spices and condiments irritate the digestive system. The excessive use of spices and condiments interferes with digestion and strains the system. It can cause indigestion.

Indigestion is the root-cause of many diseases. As a result of indigestion excess toxin get accumulated in the body. This condition is called toxaemia. Human body has got an inbuilt system to expel toxin and poisonous substances out of the body through sweat, urine and stools etc. If these toxins are not expelled out of the body, their accumulation causes many diseases. Increased toxins in the blood get distributed in the whole body causing wide range of diseases. Indigestion or toxaemia is caused by many factors like excessive to consumption of spices and condiments, imbalanced and denatured foods, excessive intake or irregular timing of food, etc.

More intake of preserved and processed foods in not beneficial for the system. The processing of foods destroy most of the nutritive value. So, such foods should be avoided.

In order to improve the digestive system and cure the digestive ailments, fasting and regular interval is very useful, fasting means refraining from food for a specific interval. Fasting may be short, for one day, or long, for more than one day. But long fasting should be undertaken under expert guidance. Fasting once a week or a fortnight with liquids or fruit juices is very useful. Some of the benefits of fasting are listed below.

1. It gives the much required to the digestive system.
2. Reserved food in the body is consumed during this time reducing the excess fat.
3. Digestive system excretes the toxin and poisonous substances during this time.
4. The digestive system gets rejuvenated.

Beverages play an important role in our dietary system. When our body needs water, we drink beverages to quench thirst. Water is the best best beverage to serve this purpose. But there are other beverages like coffee, tea, soft drinks, or other aerated drinks. These drinks are not very useful to our human body. Soft drinks contain preservatives and phosphoric acid. This phosphoric acid adversely affects the digestive system. Coffee and tea contain caffeine and nicotine respectively which are acidic in nature. After consumption, thereby stimulate the body system, so one feels very energetic for some time. But once the effect is over, one feels more exhausted. Hence, one again text is leading to addiction. Therefore, instead of these beverages, coconut water or fruit juices are very useful.

There has been a lot of debate regarding the preferability of vegetarian and non-vegetarian foods but scientists have come to the conclusion that vegetarian food is better as it is easily digestible, less toxic and contains almost all the nutritive value of non-vegetarian food. Fruits, vegetables and raw foods promote longevity very effectively.

Nutritionists have suggested some hints for better nutrition.

1. Natural, simple, fresh, high in water content and rich in nutrients food should be consumed.



2. Chewing the food properly is very necessary for proper digestion. It is said that food should be chewed properly as stomach does not have teeth the following saying reflects this point "Eat liquids and drink solids."

3. Food should be taken in a relaxed manner. There should not be any worry or anxiety while eating worry hampers the secretion of digestive juices.

4. Water should be drunk about half to one hour before meals or one hour after meals. If water is taken during meals, it dilutes the digestive juices and makes them less effective. If water is even a bit cold, it contracts the blood vessels of the stomach and hampers digestion. Water increases the volume of food. Hence, food passes into the intestine even before being digested properly.

5. Immediate sleep after meal should be avoided. Effective digestion needs lots of blood if one sleeps just after eating, sufficient blood is not supplied to the stomach. This hampers digestion.

6. One should not exercise just after meals. Exercise increases blood supply to the limbs where pressure is exerted. Therefore, blood supply to the stomach is minimized. Hence, there should be a gap of at least 4 hours after meals if one wants exercise.

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Ethnobotanical survey based on biodiversity of some antioxidant medicinal plants from bichawa pather, chhindwara dist. (m.p)

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ABSTRACT

Ethnobotany is the study of the relationship between tribal man and their surrounding plants. One has to understand the human interaction and role of plants in their lives. An ethnobotanical study contributes in the field of medicine. The ethnic and the rural people of India have traditional knowledge of medicinal uses of plants growing around them. Bichwa Pather being a tribal area is surrounded by the forest regions and the people (Gond Adivasi) residing here still practices herbal medicine for treating various diseases. A large number of ethnomedicinal information remained endemic to many regions or people due to lack of communication. Hence a survey was carried out Bichawa Pather of Chhindwara district to collect information regarding medicinal plant species used by the tribal people for curing various external and internal diseases. The present paper enumerates about list of some medicinal plant species with their correct botanical names, vernacular names, family and plant part used to cure various diseases.

KEY WORDS: Ethnobotany, Ethnomedicinal, GondAdivasi, Tribes, Bichawa Pather.

INTRODUCTION

In ethnobotanical studies, the major contribution has been in the field of medicine. A large number of ethnomedicinal information remained endemic to many regions or people due to lack of communication. The ethnic and rural people of India have preserved a large bulk of traditional knowledge of medicinal uses of plants growing around them (Yigra, 2010). This knowledge is handed down to generations through word of mouth and extensively used for the treatment of diseases and conditions (Mishra *et al.*, 2008). But this knowledge transmission is in danger because of older and younger generation is not always assured. Therefore proper documentation of traditional knowledge especially of medicinally useful plants will be of great importance as it can provide important information for the modern drugs. Even today this area holds much more hidden thesaurus (Joseph *et al.*, 2011). Keeping in view this objective the present work was undertaken to collect the traditional information from the rural (Adivasi) people of Bichwa Pather region about some medicinally important plant species used by them for treating various diseases.

RESEARCH DESIGN AND METHODOLOGY

Following methods were adopted during the course of investigation

A. Ethnobotanical survey was conducted to collect information regarding medicinal trees used by the ethnic and rural people of Bichawa Pather region.

B. The medicinal trees used for the treatment of various diseases were collected by the investigators from the different study sites from Jan-2019 to March-2020



C. Field and survey work was made after carefully planned field trips. During the field trip personal, interview was made between the authors and tribes of the regions.

D. Data regarding herbal remedies were collected as per native informants who were hakims, priests, tribal people and the common people who have knowledge of the therapeutic value of the plants.

E. Plant species were photographed and identified using proper Flora.

RESULTS

The present study focuses mainly on some of the traditional trees reported by the tribal people of Bichawa Pather for their medicinal uses.

S.N	Botanical Name	family	Local Name	Plant parts and uses
1	<i>Acacia arabica</i>	Mimosaceae	Hiwar	Bark, for tooth infection and skin diseases
2	<i>Acacia nilotica</i>	Mimosaceae	Babul	Bark, gum, leaves fruits used as antifungal, antiplasmodial, anti-inflammatory agent
3	<i>Albizia lebbeck</i>	Mimosaceae	Siris	Stem, Bark, To remove swelling and wound healing
4	<i>Aegle marmilos</i>	Rutaceae	Bel	Young leaves, fruit, for stomach disorder, antidiabetic
5	<i>Australian acacia</i>	Mimosaceae	Australian Babul	Bark used for skin infection
6	<i>Azardirachta indica</i>	Meliaceae	Neem	Roots, Stem, Leaves, fruit, seed, as antiseptic, for toothache, blood purifier, antibacterial, for preserving grains, for treating worms ,treatment of smallpox
7	<i>Bauhinia variegata</i>	Caesalpinaceae	Apta	Bark, Leaves, flowers, seeds ,to cure diarrhea, to treat tumors, antibacterial, antihelmentic, as laxative
8	<i>Bombax ceiba</i>	Bombacaceae	Sesamule	Roots, stem, bark, gum, leaf, fruit, flower, seeds, used as astringent, diuretic, effective in dysentery, anti inflammatory, hepatoprotective
9	<i>Butea monosperma</i>	Fabaceae	Palas	Bark, flower, gum, seed antidiabetic, diuretic, anthelmintic
10	<i>Cassia fistula</i>	Caesalpinaceae	Amaltas	Roots, Bark,, Fruit, as laxative, anti-inflammatory, for swelling. Fruits used for asthma, diabetes and eczema.
11	<i>Cassia siamia</i>	Caesalpinaceae	Kased	Leaves, Root, used as purgative, for worms and convulsions in kids. plant as avenue for aorestation, food for cattle
12	<i>Citrus lemon</i>	Rutaceae	Nimbu	Fruits rich source of vit c, used for stomach problems, indigestion, for tooth problem.



				used in making pickles, jams jelly, as preservative .antioxidant properties
13	<i>Dalbergia sisso</i>	Fabaceae	Sissam	Leaves for skin diseases, Wood and Bark for anal disorder, blood pressure, leukoderma, burning sensation, dysentery, and Dhaturoga.
14	<i>Delonix regia</i>	Caesalpinaceae	Gulmohar	Leaf extract used for diabetes, constipation, arthritis
15	<i>Diospyrus melanoxylon</i>	Ebenaceae	Tendu	Bark for fungal diseases, fruits used for making pickles.
16	<i>Embilica officianalis</i>	Euphorbiaceae	Amla	Fruits edible, good source of vitamin-C, minerals, amino acids and used to treat ulcer, anemia, gum bleeding, to improve eye sight, pitta, in diabetes, colitis, antioxidant properties
17	<i>Eucalyptus citriodora</i>	Myrtaceae	Nilgiri	Leaves, for asthma, cold and flu, chest cognition, bronchitis, pneumonia, respiratory infection, liquid inhalers
18	<i>Ficus bengalensis</i>	Moraceae	Bargad	Bark, stem, for wound healing, treating ulcers
19	<i>Ficus racemosa</i>	Moraceae	Umbar	Bark used for skin treatment and insect bites, fruits used for treating intestinal worms, to purify blood, leprosy, bowl complain, fatigue, etc.
20	<i>Ficus religiosa</i>	Moraceae	Pipal	Stem, Bark, as cardi tonic and skin disease
21	<i>Madhuca indica</i>	Sapotaceae	Mahua	Flowers edible, used for making jam, jelly, sauce, Bark used for diabetes and is antibacterial
22	<i>Mangifera indica</i>	Anacardiaceae	Aam	The bark is used in treatment of leucorrhoea, menorrhagea, dysmenorrhoea and other menstrial disorders and eczema. Flowers are used in treatment of dysentery and they repel mosquitoes. Young leaves are antidiabetic
23	<i>Melia azedarach</i>	Meliaceae	Bakneem	Root, Leaves, Seed, Flowers used for vata, pitta, headache, skin diseases, wounds, ulcers, worm infestations, cough, diabetes, fever, vomiting, burning sensation, urinary tract infections and general debility.
24	<i>Moringa oliefera</i>	Moringaceae	Mungna	Leaves, Bark, Cough cold, Uterine disorder
25	<i>Peltophorum</i>	Caesalpinaceae		Bark used for dysentery, tooth



	<i>pterocarpum</i>		Pilagulmohar	powder, for eye lotion
26	<i>Pithecolobium dulce</i>	Mimosaceae	Chebelie	Bark used to make herbal tea which is given in dysentery, eye infection and skin infection
27	<i>Pongamia pinnata</i>	Fabeceae	Karanj	Bark and seed oil, for skin diseases
28	<i>Psidium guajava</i>	Myrtaceae	Jam/Amrood	Leaves, fruits, for pyrosis of teeth, for diarrhea, dysentery, antidiabetic, cardiovascular, antioxidant
29	<i>Syzygium cumini</i>	Myrtaceae	Jamun	fruits, leaves, antidiabetic for stomach disorder
30	<i>Tamarindus indica</i>	Caesalpiniaceae	Emli	Fruit, Seeds, fruit pulp used to flavor confection, curry, sauce, Leaves as antioxidant, anti-inflammatory
31	<i>Terminalia arjuna</i>	Cambretaceae	Arjun	Bark used as cardio tonic, Diuretic
32	<i>Terminalia chebula</i>	Cambretaceae	Harna	Fruit, Digestive probably antidysentery
33	<i>Terminalia bellerica</i>	Cambretaceae	Behda	It is used for controlling Kapha. The fruit is one among the triphala formula of ayurveda which is commonly prescribed in treating asthma, biliousness, bronchitis, inflammations, sore throat, eye, nose, heart and bladder disorders.
34	<i>Ziziphus jujube</i>	Rhamnaceae	Ber	Fruit extract used as sedation, in constipation and in liver cancer

The present data is the general result of ethnobotanical survey conducted for 12 months (Jan 2019 to March-2020). About 34 Plant species were recorded which are being used by the tribes for curing various diseases. The list of which is being enumerated here.

DISCUSSION AND CONCLUSION

Ethnobotany is multidisciplinary science defined as the interaction between plants and people which records the history and current state of human kind evenwhile foretelling the future. In rural communities health care seems to be the first and foremost line of defense (Chaudhary *et al.*, 2008). The WHO has already recognized the contribution of traditional healthcare in tribal communities. In the present work 34 plant species were recorded from different sites which are used to cure various ailments. (Table 1) In this region the general feeling is that the future of traditional medicine is bright, because it is widely used and respected, especially by the rural population that constitutes the majority. The ethnobotanical survey of the area revealed that the people of this area (Bichwa Pather) possess good knowledge of herbal drugs but as the people are in progressive exposure to modernization, their knowledge of traditional uses of plants may be lost in due course. So it is important to study and record the uses of plants by different tribes for future study.



Such studies may provide useful and important information to scientific companies for screening active compounds that can be formulated into drugs. Further the isolated drugs can be used for the treatment of various other diseases

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Yoga For Health In Modern Era

Yoga for Obesity

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“YOG BHAGAYEN ROG”

“YOGA AB SABSE HOGA”

Today's time is known, as a fastest time in the current scenario. All are behaving like a machine, today we all are busy and running for wealth. Because it is the aim of human being to be sitting in 1st row in the race of earning. People today reach the height of maximum luxury upgrading from the days of their very ancient Stone and Cave age. No doubt, today the life/living standard/ life style of human being is much better than previous standard. Most of us have been developed technologically.

Today, men have reasons enough to be proud for unique achievements. But in this race we have forgot something due to busyness and that is HEALTH. Health is the most important thing for any one, because body is only the way to do/achieve/gain any aim. To have a good body posture, one should have good physique and for good physique one should do some physically work. We are not giving full time to take rest or not giving few minutes for our health. And the result more and more peoples are suffering with physical and mental problems such as stress, anxiety, insomnia, due to in imbalance of physical activity and proper exercise. Thus today's man has lots of physical mental problems. How can we stop these problems? What should we leave /abandon discovery of science? What should we again live like native inhabitant in cave? No actually these are not the real answers or solution in practical life. But the proper answer is Physical activity with mental relaxation would be the best solution. Both could be involved in YOGA only. YOGA has, the practical answer to many mental-physical problems. Yoga is one of the oldest sciences of the world originated from India, which is very useful for both getting and maintaining the physical, mental and moral health, As we know that yoga has been founded/innovated by ancient RISHIS, after long research work. They lived long life without any serious problem because of regular yoga practice. Yoga helps to massage internal organs of our body and mind, Yoga helps to make our body and mind healthy, and the truth is undisputed. We can fight against many type of disease by regular practice of Yoga with rules, Yoga improves our internal as well as external body power, and it also helps to change the view of thinking and we can see its good effect on health

शरीरमाद्यंखलुधर्मसाधनम्

Body is the way to achieve anything. If our body is not in control we are unable to do anything properly continuing. Yoga is the best way to maintain our physique in well balance. We all know that the word “Yoga” originates from Sanskrit and means “to join, to unite”. Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. In this way Yoga assists us in coping with everyday demands, problems and worries.



Yoga helps to develop a greater understanding of our self, the purpose of life and our relationship to God. On the spiritual path, Yoga leads us to supreme knowledge and eternal bliss in the union of the individual Self with the universal Self. Yoga is that supreme, cosmic principle. It is the light of life, the universal creative consciousness that is always awake and never sleeps; that always was, always is, and always will be.

Yoga, has been founded for physical, mental, and spiritual practices or disciplines, which originated in ancient India with a view to attain a state of permanent peace of mind in order to experience one's true self.

Yoga teaches us the knowledge of how to lead a healthy living. It improves our concentration, creativity and sharpens our memory. To maintain a positive physical and mental health, yoga is a must.

Benefits of yoga are : Improve Muscle Flexibility, Corrects body posture and alignment, Provides better digestive system, Strengthens internal organs, Treats asthma, treatment of diabetes, Helps in the treatment of heart problems, Helps in skin glow, Promotes strength and stamina, Improve concentration, Control helps control the mind and thoughts, Stay calm to remove anxiety, stress and depression. Reduces stress Burns calories, Keeps the muscles and joints strong and flexible, Promotes mental and emotional wellbeing, Has anti-aging benefits.

YOGA FOR HEALTH IN MODERN ERA:

Above mentioned benefits are enough to justify the benefits of yoga in modern life but, This days many peoples are suffering from the over fat and overweight, there is no need to measure over fat or over weight one could easily identify over fat by BMI calculator. If the person who has over fat and will not stop the next step will be the obesity.

What is Obesity?

Obesity is a growing public health concern in modern societies. Physical inactivity and unhealthy diet have been identified as major risk factors for obesity. Ample research has highlighted the role of obesity as a risk factor for a large number of chronic health complications, such as cardiovascular disease, hypertension, type 2 diabetes, stroke, sleep apnea and certain types of cancer, as well as in mood change and depression in obese individual.

Abdominal obesity has been suggested to be associated with overstimulation of the hypothalamic pituitary-adrenal (HPA) axis due to chronic stress and altering diurnal cortisol secretion. Abnormal regulation of the HPA axis and perceived stress-dependent cortisol levels are strongly related to perturbations of the endocrine axis as well as abdominal obesity with metabolic abnormalities. A complex set of interrelationships occur between life style, anthropometric, psychological and physical activity variables of particular interest is the apparent relationship between physical and mental health

The WHO recommended body weight based on BMI values for the Adults. It is used for both men and women age 18 or old.

Obesity, also called corpulence or fatness, excessive accumulation of body fat, usually caused by the consumption of more calories than the body can use. The excess calories are then stored as fat, or adipose tissue. Overweight, if moderate, is not necessarily obesity, particularly in muscular or large-boned individuals.



Category	BMI Range kg/m ²
Severe Thinness	<16
Moderate Thinness	16-17
Mild Thinness	17-18.5
Normal	18.5-25
Over Weight	25-30
Obese Class I	30-35
Obese Class II	35-40
Obese Class III	>40

- Enlargement of fat cell in size i.e. hypertrophic obesity.
- Increase in the number of fat cell i.e. hyper plastic obesity
- A combination of both

Here the modern terminology obesity can be understood as a disease. This is further responsible for the

associated disease like diabetes, cardiac problems, CHD etc.

Jean-Pierre Després (2001) -It is generally accepted that obesity is a health hazard because of its

association with numerous metabolic complications such as dyslipidaemia, type 2 diabetes, and

cardiovascular diseases.¹ On that basis, health agencies have proposed that obesity should be defined on

the basis of weight in kg expressed over height in m, the so called body mass index, Epidemiological

studies have reported a progressive increase in the incidence of chronic diseases such as hypertension,

diabetes, and coronary heart disease with increasing body mass index. However, despite this well

documented evidence, physicians are, in their daily practice, perplexed by the remarkable heterogeneity

found in their obese patients.

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is used for both men and women, age 18 or older

What are the Yogic exercises and their benefits in reducing the Over Obese person?

Only few exercises were selected for the said task and the purpose of this study of the effect of Yogic Exercises on the Obese person. The exercises have been mentioned below:

ShukshmaVyayama, SooryaNamaskara, Twisting Exercises Dhayana and Shavasan

The program was selected after the discussion mentioned below with the subjects

- No limitation on food just follow the Mantra Enjoy the food in limit.
अतिसर्वत्रवर्जयेत्= Excess of everything is bad
- Advised to avoid Junk Food during the holidays
- Only 5 days in a week the classes will be conducted
- On holidays there were no classes
- Only Self-control and self-confidence could effect your workout

Selected person

A Teacher who was obese: weight 120 KG and was suffering from over fat near the stomach.

A house wife: who was suffering from over fat near the stomach and weight was 80 KG.

- Chart for the Teacher

Sr. No.	Activity/ Exercise	Aim	Guidance	Evaluation	Benifit
1.	Stretching and Conditing exercises	Relaxation	Pose, physical Condition and menatl relax	Physical condition	Mental piece
2.	Yogic Exercises	Warm- up, preapre for further exercises in proper Channel	Proper Movement and pose	Mental physical conditions like concentration, pose, balance, interest.	Mental/ physical condition for exercises
	Yogic	Flexibility	Do	do	Flexibility



3.	Twisting Exercises with some Weight				
5.	Pranayama and Kapal Bhanti	Creat internal energy to lungs, heart and mind	Proper exercise and sitting pose	Mental physical condition	Creat internal energy to lungs, heart and mind
6.	Savasana	Relaxation	Pose, physical condition and menatl relax	Physical condition	Mental piece

• Training Program for the Teacher

	First Week	Four Weeks	Last Four Weeks
Discussion	2 minute	2 minute	2 minute
Stretching and Conditing exercises	3-5 minute	3-5 minute	3-5 minute
Yogic Exercises	12 minute	15 minute	20 minute
Gym Exercises	15 minute	20 minute	20 minute
Pranayama and KapalBhanti	3-5 minute	5-7 minute	7-10 minute
Shavasana	5 minute	7 minute	10 minute

• Chart for the Subject 2

Sr. No.	Activity/ Exercise	Aim	Guidance	Evaluation	Benifit
1.	Prayer	Piece	Positiveness	Physical /mantal balance	Self confidance to start any kind of work
2.	Shavasana	Relaxation	Pose, physical Condition and menatl relax	Physical condition	Mental piece
3.	Yogic Exercises	Warm- preapre for further exercises in proper Channel	Proper Movement and pose	Mental physical conditions like concentration, pose, balance, interest.	Mental/ physical condition for exercises
4.	Soorya Namaskara	Flexiblity	Pose	Physical condition	Flexibility
5.	Asana	Flexiblity	Pose	Physical condition	Flexibility
6	Pranayama				



	and Kapal Bhanti	Creat internal energy to lungs, heart and mind	Proper exercise and sitting pose	Mental physical condition	Creat internal energy to lungs, heart and mind
7	Dhyana	Mental/physical condition	Concentration sitting position	Mental physical condition	Mental/ physical piece
8	Savasana	Relaxation	Pose, physical condition and menatl relax	Physical condition	Mental piece

• Training Program for the Subject 2

	First Four Week	2nd Four Weeks	Last Four Weeks
Prayer	2 minute	2 minute	2 minute
Shavasana	3-5 minute	3-5 minute	3-5 minute
Yogic Exercises	12 minute	15 minute	20 minute
Soorya Namaskara	10 minute	15 minute	20 minute
Asana	10 minute	15 minute	20 minute
Pranayama and Kapal Bhanti	7 minute	10 minute	12 minute
Dhyana	3-5 minute	5-7 minute	7-10 minute
Savasana	5 minute	7 minute	10 minute

Before starting training BMI and body fat were taken of all the subjects and then training program was introduced in which Saturday and Sunday were declared as holidays, the training program was declared for 12 weeks. At the end of training program BMI and body fat were taken.

Calculation of the body Fat and BMI before Yoga Practice

Subject	Age	weight	height	Neck	waist	hip	BMI
1	<u>35</u>	<u>120</u>	<u>165</u>	52	116.84	114	<u>44.1</u>
2	<u>35</u>	<u>80</u>	<u>158</u>	43	96.52	92	<u>31.6</u>

Calculation of the body Fat and BMI after Yoga Practice

Subject	Age	weight	height	Neck	waist	hip	BMI
1	<u>35</u>	<u>104</u>	<u>165</u>	47	106.68	106	<u>38.9</u>
2	<u>35</u>	<u>71</u>	<u>158</u>	39	83.82	86	<u>28.4</u>

Conclusion:

In this era we all are in hurry and want to get everything in short time. Hence we have forgotten something and that is our body, if our body is not in proper way we can't do anything properly for the long time, and thus we all are suffering from a common problem



and that is heavyness. It starts from our lazyness. After some time we are thinking that, it is not possible now, but no nothing is too late.

If one cold not able to go to the Gym or in Yoga class he /she could do so many exercises at the home, on the chair, table or on the bed. The Practioner has to controll on the taste and build some confidence then he could reduce over fat and weight within few days with the help of some Yogic Exercises which are mentioned above. The said exercises can definitely helps to reduce over fat and weight. But the Mantra is REGULARITY.

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Women Centric Sports In India

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Abstract:

The status of women in complex society like india isn't uniform . As of late, the conventional roles of Women have experienced a few changes because of financial needs and a few endeavors were made to convey perceivability and standard women's commitment to the general development and improvement of society. This paper research whether the Women's in India are having same status and rights as we are asserting in regards to Equality, Education , Health , Labor , Employment , Marriage and Family life , Race and Gender related , Religion and Culture and so on .The present examination is identified with status of women in Indian society from antiquated days till today. It gives significance on the situation of women in different fields like family life, social life and work circumstance. It features on female foeticide, low education level of women, women's low nourishing status, women's role in basic leadership, their situation according to Indian convention and so on. This paper additionally gives accentuation on number of women in all out workforce, torment of them by men in family life, social life and in different fields where they are members. In conclusion it finishes up on significance of women and role of society for the liberation of women from male commanded society and their persecution and concealment.

Keywords : Women ,Political Context ,1Status of Empowerment ,Social Framework , Men

Introduction:

Women's sports, both amateur and professional, have existed throughout the world for centuries in all varieties of sports. Female participation and popularity in sports increased dramatically in the 20th century, especially in the last quarter-century, reflecting changes in modern societies that emphasize gender parity. Although the level of participation and performance still varies greatly by country and by sport, women's sports are generally accepted throughout the world today. However, despite a rise in women's participation in sports, a large disparity in participation rates between women and men remains. These disparities are prevalent globally and continue to hinder equality in sports. Many institutions and programs still remain conservative and do not contribute to gender equity in sports. Women who play sports face many obstacles today, such as lower pay, less media coverage, and different injuries compared to their male counterparts. Many female athletes have engaged in peaceful protests, such as playing strikes, social media campaigns, and even federal lawsuits to address these inequalities'

Contribution and growth of women in sports in India

Although today Serena Williams, Saina Nehwal and P.V. Sindhu and Mary Kom are household names but 120 years ago, when first modern Olympics were held girls were not allowed even as spectators. They have proved time and again that they are not weaker section of the society and they too can put up with the physical stress of competitive sports. Feminine



sports included gag stories where beauty assumed its best as gentle, passive and frail had to fight long battle to pedal their way to glory in sports in opposition to the idea that because of their biological specifications, exercise will cause their muscles to grow like men with tanned skin and body unable to sustain shocks. Women physiology and objectification of their body were other main reasons for non-allowance into sports.

But breaking all the folklore the women since 1970 have proved their prowess and represented in recreational sports and fitness activities regularly. Title IX and the Amateur Sports Act of 1972 opened the doors for women to participate in the male-dominated institution of American sports as it prohibits discrimination on the basis of gender, race, and physical disability in open, amateur sports. Historian Kathleen E. McCrone writes in her book "Playing the Game: Sport and the Physical Emancipation of English Women 1870-1914." That physical effort, like running, jumping and climbing might damage their reproductive organs and make them unattractive to men."

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In India a country where there is general lethargic attitude towards sports, lack of encouragement toward sports-oriented mindset up from family because of traditional way of living and despite the limited support from the government both in infrastructure and morale boost up, we observe the role of women in sports has been quite appreciable and we celebrate it as well. They have combated all odds and conquered challenges to play for the nation. There are women who have taken firmed pathways, struggled hard and stood for the country internationally. Some got noticed and well recognized like P.T. Usha, Saina Nehwal, Mary Kom, Sania Mirza. But few are less known but their accomplishments no less than the distinguished counterparts. Ishita Malviya, 1st Indian woman surfer, Mira Erda, the first Indian female formula racer, Archana Sardana, India's 1st, woman BASE (Building Aerial Span Earth) jumper, Koneru Humpy, the World Women Chess Champion, are a few, who are chasing their dreams with vigor and passion and hooked on to their quest of achieving excellence Sports for many women are not a leisure pursuit but a way of livelihood. Professional sporting performance sometimes is not a public significance but acquires an individualistic approach when taken as professional sporting career. Wall Street Journal states "from 2016 to 2018, revenue collected from women's games was \$50.8 million as compared to \$49.9 million for men surprisingly only 5% sports segments belong to women while 92% to men and 3% combined. But alas! Still women face gender parity, less media coverage and lower pay which is prevalent globally. Even social media campaigns and federal lawsuits have been found unable to address these inequalities. Women sportspersons are socking up all stereotypes doing directional work on elevated accomplishment ambitions. India as to go long way to upgrade women's sport and needs to be more encouraging in terms of funding and social barriers overall. Despite divisional hierarchy, the role and status of



Indian women in sports is not only drawing parallels with men but rather outshining them. The Olympic 2019 results are proof to the commanding presence exhibited by women and glory brought to the country. "Sport has huge potential to empower women and girls" Women in sport: Challenges and solutions in India

1. Encouraging mass participation: The women's sport landscape is evolving at a rapid rate globally, evidenced by the number of professional women's leagues that have emerged in recent years and the growth in the number of female athletes competing internationally. Supporting this agenda has been a push from government, sport and other stakeholders to encourage more women and girls participate in sport and active recreation. Studies show that women and girls face a specific range of participation barriers which may constrain their participation. Such barriers can be can be addressed through policy and programming intervention, where commitment from government and other relevant stakeholders exists. The Indian Government and commercial stakeholders have indicated interest in the women's sport agenda, from both a commercial and mass participation standpoint. Yet, mass sport participation amongst Indian women and girls remains constrained and opportunities exist for growth and change. In order for change to occur in the female sport participation landscape, in India, participation barriers and opportunities for growth, require attention and action. While some nations have made progress in advancing the women's sport agenda, substantial work remains globally, and in India specifically. During the workshop, examples were presented of female sport and recreation promotional campaigns, programs and strategies that had been implemented in Australian and English contexts. These included Sport England's "This Girl Can" campaign, British Cycling's "Breeze program" (women's cycling), VicHealth's suite of female focused grants and programs and Sport and Recreation Victoria's "Change Our Game" campaign. These are in addition to the pathways and programs that have been established at grassroots level, in the Australian context, to support professional women's sport leagues established in sports such as cricket, soccer and Australian Rules football. Workshop participants were encouraged to consider ideas and lessons from these examples and how such lessons might hold relevance in the Indian sport participation landscape. Thus, stimulating a conversation around female sport participation in India and the way forward.

2. Women and sport leadership: Women do lead, they are competitive, and they have much to offer the changing face of sport. Yet globally women remain under represented as coaches, administrators, and officials at all levels of competition. The patriarchal culture of sport and the marginalization of women in the sport workplace leave women feeling unsupported and isolated. Women represent 49.5% of the global population yet are treated as a minority group in sport; however, this minority group refuse to remain or be silenced and are making themselves more visible. The status quo needs to be challenged with disruption and change at the systemic level required.

3. Organisational leadership and governance: The issues regarding the lack of women in leadership positions are even more predominant at the executive and boardroom levels. In India, less than 10% of board members of national sport federations are wome. As with all areas of women in sport, women are kept out of the executive level due to an ingrained patriarchy accompanied by inaccurate myths. Current board members often recruit future board members from within their network, which are usually mostly men, perpetuating the



lack of gender equality in governance. Furthermore, a series of myths exist surrounding women in governance such as women aren't capable, interested, or available for governance positions. More likely, women haven't been asked! Increasing the number of women in leadership and governance positions can improve the leadership of sport organisations through the integration of diverse perspectives and experiences into decision-making processes as well as a potentially more collaborative approach to governance. Additionally, the inclusion of women in governance positions sends the powerful signal that an organisation values women in sport. Effective strategies for increasing the number of women in governance include the use of quotas, funding incentives, and nominations committees.

4. Challenges and solutions in India Over the past 10 years, sport as an industry in India has changed fundamentally. The promotion of sport across all spectrums of society not only encourages inclusivity, it also creates employment opportunities. However, even with a number of developments in this space, the rare successes have often occurred in spite of the system rather than because of the system. Moreover, there is still a lack of a sports culture which will present its own challenges for those wanting to make advances in this space. The women's sport workshop focused on a range of barriers commonly reported as limiting female participation, framed somewhat by socio-ecological concepts. In particular, the group discussed issues including fear of judgement, intimidation, lack of skills, poor selfconfidence or self-efficacy, limited participation options and safety considerations. Workshop participants, who represented national and state sport bodies, government and other related areas, discussed some of the specific barriers that exist in the Indian context. In particular, they identified the absence of a cultural norm around participation for women and girls, family priorities which focus on studies and supporting the household, lack of infrastructure and programming targeting females, in addition to the broader influence of male dominated in sport and societal cultures. Participants indicated that these challenges were more problematic in rural areas than in cities. These observations echo some of the findings presented [8], and highlight relevant areas requiring government intervention, in the context of encouraging female participation in sport. We know that sport and education have the power to transform lives and to unite communities. We are committed to ensuring that we provide opportunities for women to excel in whatever field they chose and we know that sport provides women with opportunities to lead. Together there are four broad areas where we can work together collaboratively in this space, using sport as a vehicle for development, promoting health, improving academic achievement and increasing community safety. Deakin WISE hopes to influence cultural change and promote positive role models with the goal of supporting all levels of female participation and engagement in sport. We welcome expressions of interest to pursue this work collaboratively moving forward.

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Sports Injuries: A Preventive Approach

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ABSTRACT:

Sports have combinations of coordinated activities of various musculoskeletal units, which by ignorance or by chance are overworked or are subjected to trauma resulting in injuries. Various modalities are practiced once tissue insult is done but less is practiced before the injury which is more beneficial, thus the focus of this paper on the preventive aspects rather than the curative once.

KEYWORDS:

Acute injury, Overuse injury, trauma, rehabilitation and prevention.

INTRODUCTION:

It's a general notion that physical activities and sports are supposed to keep us away from diseases and suffering. But, this is not translated to reality as contemplated before. When we look at sports seriously as career option or even while participating at recreational level we are prone to certain types of musculoskeletal injuries as commonly known as "SPORTS INJURIES"(1). Injuries can be defined as damage to tissues and those occurring due to or during sports are categorized into sports injuries.

When we consider sports/ physical exercises as an etiological factor for injuries there can be two main reasons to it (2)– 1.Acute injury, 2. Overuse injury.

1. Acute Injury – Sudden impact or trauma to the tissue presenting at most immediately are categorized into acute injuries. The mechanism of injury in this case will be when the force of the impact transferred to the tissue at the time of injury. Surpasses the adaptive strength of that tissue injury occur. Acute injuries can be direct or contact injury and indirect or noncontact injury.

Direct or contact injury- A collision with another individual during a tackle or being hit by an object (short-put, bat, ball).

Indirect or non-contact injury- In this type of injury it is not necessary that the injury is at the impact site (falling off with an over stretched arm resulting into dislocation of shoulder joint)as the injury does not result from an actual physical contact but due to internal force build up(muscle strain or sprain).

2. Overuse Injury – Any repetitive form of activity can ultimately leads to abuse of the tissue leading to an overuse injury. Such types of injuries are not results of few bouts of activity but, are outcome of series of excessive and recurrent loading of tissues. The symptoms are also presenting like the nature of the abuse.

**Brukner and khan's clinical sports medicine (3)**

Usually the most common cause is inability to provide adequate rest required for an uneventful recovery. With time the incidence of trauma increases and it eventually overloads the healing capacity of the tissue unit itself. The capability of tissues to undergo adaptive changes to withstand similar type of micro-traumas in future is exceeded and tissue injury occurs. Hence the over enthusiastic attitude of an athlete not giving enough time for the fore mentioned changes occur before the next physical sessions should be discouraged. Various risk factors work in cumulation (age, training errors, nutritive status, environmental conditions, psychological factors, anatomical factors).

DISCUSSION:**Treatment and rehabilitation-**

Treatment and rehabilitation of injuries ranging from mild tendonitis to sever disc herniation(4) need comprehensive treatment and often lead to break from practice sessions, losing the touch of game, significant financial loss with psychological stress and burn out apart from the rehabilitative difficulties athlete will be facing in future.(5)

Primordial prevention in sports injuries-

In severe cases specialize attention not only from the consulting doctor but also from the physic, dietitian, and psychologists for quick and normal recovery, which are not necessary but imperatively available facilities? But on a broader perspective a treatment based solution would only suffice the need in the current time span. But will not reduce the number of injuries occurring as, merely treating the injury is not the only option rather a better approach would be preventing it from the first place. To reduce the incidence with the aim of decreasing the prevalence of sports injury, a systematic and well structured panel should be made.

As it is better said (prevention is better than cure) following things should be kept in mind-

• Multidisciplinary Action-

A multi disciplinary approach towards injury prevention should be implemented in training over conventional streamlined training. Yogic practices relaxation, regular physical therapy session, Meditation should be practiced.(6)

• Early Inclusion Of Idealism-

It is seen and said that "brave men and women play close to the line", so it can be rationalized for an elite athlete who has been constantly pushing himself constantly to try and do the things, he has never done or attempted before and this is the secret of successful athlete.(7) As we get older or matured in life or sport our movements linear our neuromuscular capabilities are better at young age and so our muscle memory should be precise and correct since the beginning of the career as it is difficult to change at later age. Hence forth inclusion of better warm-up activities, flexibility drills, stretching should be incorporated in the pre participation or warm-up program of school age program. So that these drills are inculcated into their personalities as habits. (8)

• Early Participation-

Since the severity of the injuries is almost always directly proportional to the energy spent in traumatic event. As certain sports include highly technical and coordinated musculoskeletal movement. As younger individuals have more elasticity, flexibility, regenerative and



reparative potential in the tissues. An individual learning such activities is less likely to get injured than its older counterpart.

- **Being Updated-**

Instructor should be updated regarding new advances, frequent complaints of athletes to recognize the reflags when shown. As most of the time it has been found that athletes were complaining about certain issue since long but the coach ignores it just due to his lack of knowledge and then the athlete has to suffer the consequences. Hence regular refresher courses should be arranged and scheduled for athletes as well as other staff members.

- **Equipments-**

Understanding the safety aspect of the game and the grave injuries which can happen if not taken caution, and also imparting the same knowledge to the students regarding protective equipments like helmet, mouthguards.

Making athletes examine condition of their sports equipments beforehand like javelins pole etc.(9)

- **Understanding When To Call The Doctor-**

A sport medicine team includes physician, orthopedic surgeon, sports dentists and a psychotherapist should evaluate the individual with respect to the area of concern.

A doctor should examine any athlete exhibiting the below mentioned symptoms-

1. Any visible deformities in arms or legs.
2. Individuals who are refrained from the field due to some severe pain associated.
3. Athletes whose ability has been declined evidently in post injury period or due to any long term consequences of the injury.
4. Any injury to head should be taken seriously and is to examine immediately by the doctor.
5. Any event of dizziness, head ache, nausea, vomiting and visual disturbances. After fall should be taken as a serious event.

The physician will inquire about the nature and symptoms of the injury, if required will perform advanced imaging studies.

CONCLUSION:

Sports Injuries cause a lot of physical, economical, Psychological loss along with the talent of an athlete, with the advent of technology and progress of medical science quantum of injuries are treatable. But as sports related professional it's our prime duty to learn and practice methods aimed towards prevention of such injuries not being the only, but best way to tackle this issue as "Nothing can be more beautiful than a prevented injury than a treated one."

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A Study on the Strength and Endurance test of Army and Maharashtra Police in Nagpur

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Abstract:

The main aim of this research paper is to get information about the initial physical ability and to get information about the effect on after-test physical ability by doing strength and endurance test of both trainees of Army and Maharashtra Police. This paper helps to find out the information about the effect on before and after-test physical ability. For the purpose of the study hundred (100) Army and Maharashtra Police selected as sample. The results of this study show that after training of Army and Maharashtra Police trainees, there has been significant variation in the level of qualification in the pull up. The result of this study shows that after training of Army, there has been significant variation in the qualification level of sit up and after training of Maharashtra Police trainees there has no significant variation in the qualification level of sit up,

Keywords: Strength, Endurance, Army, Maharashtra Police

Introduction:

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, physical exercise and rest.

Strength and endurance contribute significantly to the test of a man's physical ability. It is confirmed by the strength, that the man's ability to work and the strength of the force generated by his muscles shows the man's ability to do a work continuously for a long time. These two characteristics are going to affect the performance of the army and police personnel recruited. For attaining physical maturity, it is necessary to have the right level of factors like force, strength, speed, strength, balance, etc. In the research work presented, the strength of the trainees is a necessity for their regular activities.

Importance of the problem:

- To get data about the underlying actual capacity of both the destinations.
- To get data about the preparation devices of the two gatherings.
- To get data about the impact on post-test actual capacity.
- Coordinate the preparation projects of the security powers.

Purpose:

- The purpose of the problem is to get information about the sources of Army and police training.
- To compile sources related to physical training to be given to the soldiers.
- To provide new direction to the physical program of the security forces.
- To find physical strength found in Army forces.



- To submit necessary suggestions for increasing physical strength of the soldiers based on the findings obtained.

Limitations

- Who were recruited in the Police Training Centre, Nagpur at Guard Regiment Kamathi Training Centre were studied.
- The study was done between the age group of 19 to 25 years.
- The number of participants for the test was only 100.
- Diet of the soldiers was not controlled.
- I was not given a break during training.
- Disease, weather and intoxicants were not controlled.
- The studiers' control over the economic and social status of the soldiers was not given.
- Tests were conducted in the morning as a rule.
- The training program was conducted according to the achievement of facilities.

Strength and Endurance test:

Strength and endurance of the trainees was measured with the ability to do pull-ups and sit-ups.

Pull up:

A pull-up is an upper-body strength exercise. The pull-up is a closed-chain movement where the body is suspended by the hands and pulls up. As this happens, the elbows flex and the shoulders adduct and extend to bring the elbows to the torso.

Sit up:

The sit-up is a stomach intense exercise to reinforce, fix and tone the muscular strength. It is like a crunch, yet sit-ups have a more scope of movement and condition extra muscles.

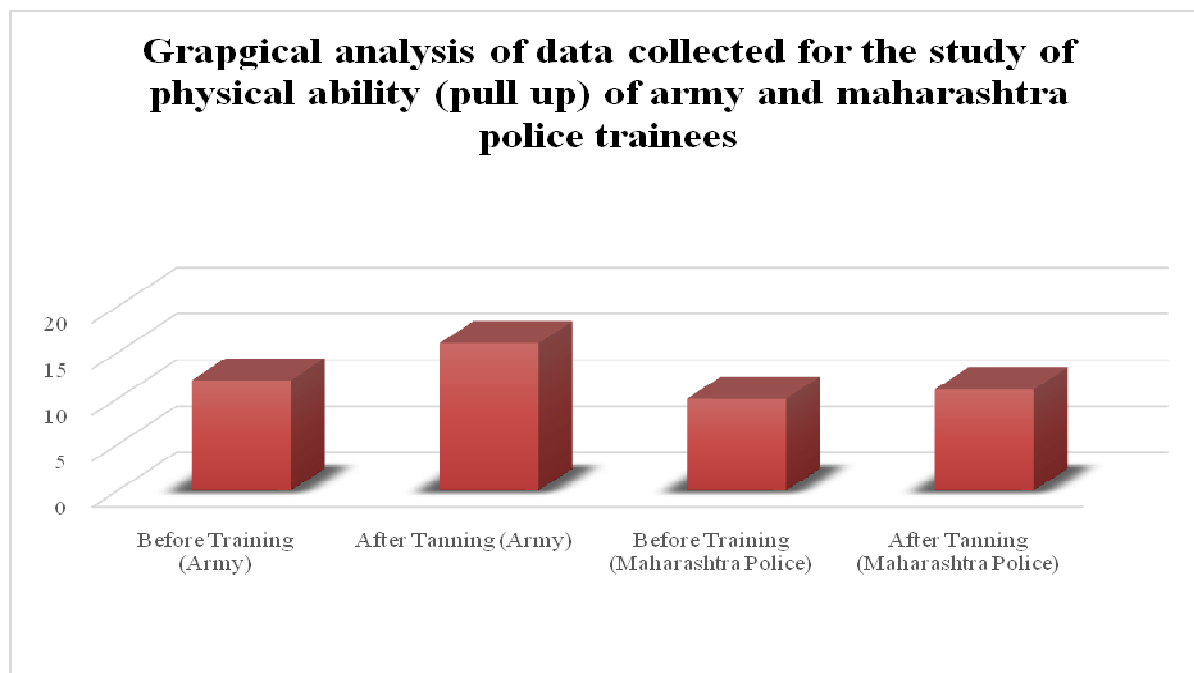
Pull up**Table - 1**

Physical Ability of Army and Maharashtra Police Statistical analysis of data collected for the study of physical ability (pull up) of Army and Maharashtra Police trainees

Pull up	Training	Mean \pm SD	Mean diff	Std. Error	T	P
Army	Before Training	12 \pm 2	4	0.3	25.408	<0.01
	After Tanning	16 \pm 2		0.2		
Maharashtra Police	Before Training	10 \pm 2	1	0.5	10.75	<0.01
	After Tanning	11 \pm 2		0.2		



Chart - 1



The data is shown in Table No. 1, for the trainees of the two group of pull up. The data has also taken before and after training by the trainees of Army and Maharashtra Police. Before training It has shown that the average Pull ups by the trainees of Army (12 ± 2) and after training It has shown that the Pull ups by the trainees of Army (16 ± 2). Before training It has shown that the average Pull ups by the trainees of Maharashtra Police (10 ± 2) and after training It has shown that the Pull ups by the trainees of Maharashtra Police (11 ± 2).

The results from the training show that there has been a change in the speed of all the trainees by comparing the Pull ups required for the trainees recruited in the Army and Maharashtra Police to complete the Pull ups, it shows that the before and after training trend shows the trainees of Army took extra Pull ups from the trainees of the Maharashtra Police.

Sit up

Table - 2

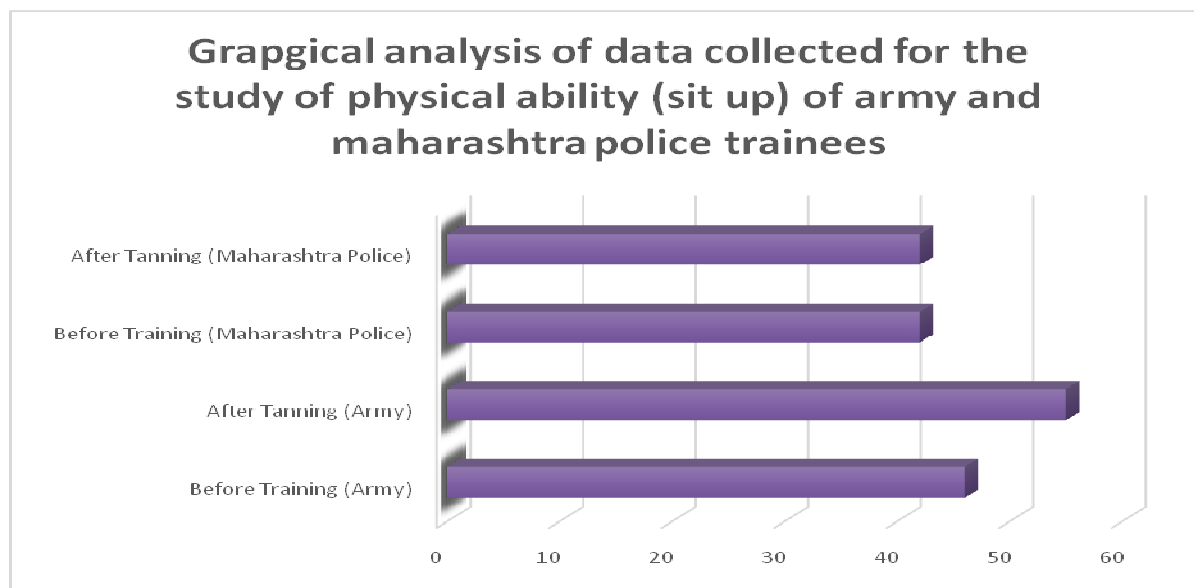
Physical Ability of Army and Maharashtra Police

Statistical analysis of data collected for the study of physical ability (sit up) of Army and Maharashtra Police trainees

Sit up	Training	Mean ± SD	Mean diff	Std. Error	T	P
Army	Before Training	46 ± 5	9	<1	14.650	<0.01
	After Tanning	55 ± 8		<1		
Maharashtra Police	Before Training	42 ± 12	Nil	<1	1.040	<0.30
	After Tanning	42 ± 12		<1		



Chart - 2



The data is shown in Table No. 2, for the trainees of the two group of sit up. The data has also taken before and after training by the trainees of Army and Maharashtra Police. Before training It has shown that the average sit up by the trainees of Army (46 ± 5) and after training It has shown that sit up did by the trainees of Army (55 ± 8). Before training It has shown that the average sit up did by the trainees of Maharashtra Police (42 ± 12) and after training It has shown that the sit up did by the trainees of Maharashtra Police (42 ± 12).

The results from the training show that there has been a change in the sit up did of all the trainees by comparing the sit up required for the trainees recruited in the Army and Maharashtra Police to complete the sit up, it shows that the before and after training trend shows the trainees of Maharashtra Police did same sit up and Army did the extra sit up.

Conclusions:

Based on the results of this study, the following conclusions have been drawn. The results of this study show that after training of Army and Maharashtra Police trainees, there has been significant variation in the level of qualification in the pull up. The result of this study shows that after training of Army, there has been significant variation in the qualification level of sit up and after training of Maharashtra Police trainees there has no significant variation in the qualification level of sit up, The results of this study demonstrate that significant variation has been found in the both strength and endurance test. And it suggested that training is very much important to maintain and improvement of physical fitness in both trainee of Army and Maharashtra Police.

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**Resuming Exercise after Recovering from COVID-19****Dr.Sushama Narayan Chougule**

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ABSTRACT

Outbreak of the novel SARS-Coronavirus-2 (COVID-19) has suspended practically all formal participation in sports and fitness activities which were specially performed outdoor has now restricted oneself to four corners of the wall. Mass gatherings at sporting events have also been severely restricted.¹; such gatherings are a known source of infectious disease transmission, with the potential for global spread upon return to home country.² Maintaining Social distancing norms have become mandatory, due to lockdown in many parts of the country people are still jobless, schools and colleges are shut down and online lectures and classes taking place which reflect that overall life is disturbed counting sports and physical activities also even after the arrival of the vaccine. The aim of this paper is to give a concise analysis of how people and fitness enthusiasts were influenced during pandemic. Even long term effects are still uncharted associated with overall fitness. The paper throws light on how people have recovered from COVID-19 and resumed fitness activity with utmost caution and ensure a smooth return to overrule the uncertainty of COVID-19 by just following simple levels of safety. A case study was conducted to analyse the duration taken for the come back to normal fitness level from COVID -19.

Keywords: Coronavirus, Isolation and Quarantine Period**Introduction**

Everything is unfamiliar and bizarre about COVID-19. The world is experiencing an extraordinary; life-altering challenge due to the COVID-19 pandemic.³ Patients going through the agony of COVID -19 a deadly viral infection need to be caution about exercising. The COVID-19 pandemic has brought the world to a halt with the onset of global lockdowns and sport occupied a prominent position in discussions about pandemic.⁴ Fitness activity may worsen the situation after becoming the victim of COVID-19 viral infection. The virus infection can do lot of disturbance to many internal organs such as lungs, heart, brain, and kidney. Exact victim to which organ cannot be aforesaid. Active individual who perform fitness activity everyday must be especially aware about legitimate of COVID-19 long term effect. For some individual getting back to the old workout regimen may be fine, while others to reach the earlier performance will be a big task. Need to understand that it was a deadly viral infection from where he has done a comeback. Majority of athlete will find returning back will be a very slow process and require patience rather being harsh to oneself. Seeking advice from Health provider and monitoring the symptoms must be antecedent.



Objective

The objective of this research paper is to study the Resuming Exercise after Recovering from COVID-19 which plays a core role in maintaining the health, leading life with safely, and indulging in exercise slowly and steady.

Literature Review

Marcy C. McCall, Carl Heneghan, and David Nunan (2020). The aim of this paper is to propose that low quality demonstrate exercise has no impact on the rate and duration of acute respiratory infection but reduced the severity of symptoms. Moderate exertion may decrease the risk of acute respiratory infection.

Silveira, Fagundes, Rossi, et al. (2021). The study investigated that exercise performed with appropriate intensity level will improve immune competence and control the pathogens susceptibility of the elderly population

Scope

The virus that causes COVID-19 is in an offspring of virus called Coronaviridae. Antibiotic constraint tasks against viruses. Maximum people that are affected by COVID-19 have mild or moderate and can improve in health but slowly and steady with assistance of supportive care. Thermal scanners are competent in discovering whether the people having a fever (i.e. have a higher than normal body temperature) and cannot disclose people who are infected with COVID-19. Exercising when infected by virus may lead to complication.

Research Methodology

Research design is descriptive in nature. The research process has been carried out by reviewing literature related to the research problem faced, Resuming Exercise after Recovering from COVID-19. Secondary data has been collected for research purpose from books and research journals and articles that are related to the research problem along with a case study carried out to know the fitness level duration to resume daily practice.

During Isolation and Quarantine Period

- **Constraint Activity**

Quarantine separate and restricts oneself from the unaffected person. Movement of the patient who were effectuating to a contagious disease are restrained to the four corners of the wall where he is quarantine. Athletes and active individuals can perform workout in quarantine as long as they are able to retain the restrictions to go out in the gym or practice outdoor. Patient can alternatively try for at home workout so that social distancing norms are also followed. If an athlete in quarantine while perform workout get triggered by feel sick or incapable to execute further, need to hold on immediately. Ferreira M.J, Iregoyen MC, Consolim-Colombo F, Angelis K. (2020). It is important to emphasize that physical activity should be interrupted and a health professional should be consulted in case symptoms such as fever, dyspnoea at rest and dry cough are manifested, because these symptoms can be related to COVID-19.⁵

- **Diagnosed with positive test**

Virally infected COVID-19 patients are kept in Isolation either in hospital or home quarantined. If they are home quarantined utmost care ought to be taken that the patient abstains to come in contact with other members or pets. Patient who is isolated in one room are suggested to provide a separate dishes, glasses, cups and eating utensils after using run them through the hot soapy water. Even detach bedding and towels, wearing



face mask properly, cover coughs and sneezes with tissue, after utilizing the tissue dispose off in a right manner, and then washing hands with soap at least for 20 seconds or use alcohol-based hand sanitizer. It is better if athletes who are in isolation exempt from performing any exercise until they are discharge from isolation and given a clean chit by a healthcare provider to recommence the activity.

- **Timeline to join**

The Timeline depends on the severity of the infection. The body will react the differently to different people subsequently depending on the mild, moderate or severe of the case. Why in hurry? Take time for complete recovery. Be fortunate to be the survivor of COVID-19. Reconcile on rest, keep body more hydrated, proper dietetics to be followed, keep away from annoying thoughts and follow the advice of healthcare providers. If an athlete only has a mild illness without experiencing any symptoms, they can join proximately ten days minimum after tested negative should be considered as a frame time to begin easy workout. If an athlete had moderate or a severe illness they need to be hospitalised under a proper healthcare provider. Additional test including ECG's, heart imaging or blood test whatever is suggested or prescribed by the doctor to be followed religiously. After a green signal from the doctor the slowly and steady get into training proper. Meditation and stretching will help to break the sedentary lifestyle. Silveira, Fagundes, Rossi and et al. (2021). It is important to avoid long rest periods, which should be intercalated with active practices.⁵

- **Myocarditis**

When survivors return to regular workout there is a high risk of heart issues such as myocarditis. Viral infection such as COVID-19 has left a high impact on the inflammatory response of the heart means myocarditis, and arrhythmia, an abnormal heartbeat. It has given rise to many other complications like lung damage, blood clots keeping in mind the age factor. They need to get a clean chit from the healthcare provider by undergoing additional test before starting the workout. Gradual return is advisable to physical activity. Monitor for signs and symptoms during the early age of practice after COVID-19 is advisable. As myocarditis is observed in the survivors who had be exposed to moderate or severe case of the viral illness of COVID-19. Young and healthy people who are free from complications may results normalcy early. A.I.P. Caforio, S. Pankuweit, E. Arbustini, et al. (2013). Myocarditis can have a variety of Clinical presentations, ranging from mild symptoms such as fatigue, chest pan, and palpitations to life-threatening presentations such as cardiogenic shock or sudden cardiac death associated with ventricular arrhythmias.⁷

Diagnosed with Negative Testing

- **Gradual return**

Spring back after coronavirus infection is not an easy task. Need to be a gradual process after tested negative. Post-recovery after symptoms can linger on for a few months as immune system needs to boost up and the trauma recovery phase need some span to come in normalcy. Two-thirds of COVID-19 survivors complain about shortness of breath, body aches, fatigue which can put on hold any activity longer than other expected. To carry on day to day task will be a challenge. In such a situation, it is desirable that health must be ranked first. Staying active is good for health and even in general, when people



are unwell they are recommend to do movement. A COVID case is to be treated or handled in different way and need extra care. One key concern of people after COVID-19 recovery is about the right time to resume their workout session only suggestion is that it needs to take its own natural time as everyone body react differently. Viral illness cannot be compared with other illness as multiple parts of the body are affected in coronavirus. Keep monitoring and talk to the healthcare provider (Doctor). Progression will take time Athletes of all ages need to bear in mind. Counselling from right person is required without falling for false advice and suggestion.

After tested negative the athlete need to proceed or Return to Play. (RTP) is a progressive stage to the training period. Athlete will not move to next stage until comfort zone is adopted with free symptom. Under a proper vigilance of coach and parents by ensuring safety and proceed further for practice. If athlete suffer or complaints any discomfort in the training stop immediately. After complete recovery of 24 hours the training may persist and if not resolved follow up with the doctor for further evaluation and testing.

Chart:1 Return to Play can be taken in to consideration by seven safety levels per week

Level 1	Diagnosis, Illness & Recovery(10 days minimum from onset) <ul style="list-style-type: none"> ✓ Clean Chit from Health provider ✓ Less symptoms except loss of smell and taste prior to exercise
Level 2	Light Exercise (10 days minimum) <ul style="list-style-type: none"> ✓ Walking, Light jogging and stretching ✓ ≤ 70% maximum heart rate ✓ Duration of exercise ≤ 15 minutes
Level 3	Light to moderate Exercise (One day minimum) <ul style="list-style-type: none"> ✓ Running Drills, Body weight resistance, Circuit training ✓ ≤ 80% maximum heart rate ✓ Duration of exercise ≤ 30 minutes
Level 4	Moderate Exercise (One day minimum) <ul style="list-style-type: none"> ✓ Complex training, Weight resistance, Sports Specific drill ✓ ≤ 80% maximum heart rate ✓ Duration of exercise ≤ 45 minutes
Level 5	Light to moderate Exercise (One day minimum) <ul style="list-style-type: none"> ✓ Running Drills, Body weight resistance, Circuit training ✓ ≤ 80% maximum heart rate ✓ Duration of exercise ≤ 60 minutes
Level 6	Resume normal Training (One day minimum) <ul style="list-style-type: none"> ✓ Complete one day of traditional sports practice or normal exercise routine
Level 7	Return to Unrestricted competition and exercise



- **Initial Stage of Exercising**

After negative testing outset with slow and simple exercises with low-intensity and performing any activities not more than 5 to 10 minutes a day. Begin with jogging or walking in the first week of post-Covid recovery. In the second week, double the timing and increase the pace gradually. The most important thing is to listen to your body any sign of discomfort stop immediately. Need to note that every person responds to treatment differently so no requirement of comparing with others. Bear in mind that every person response differently even if having same symptoms but recovery rate differs. Body gives signals need to listen it wisely and do what can be handled by care with utmost precaution. ACSM. (2020). When possible, walking or running outdoors, cycling, gardening work and family games are interesting alternatives, as long as infection prevention measures are maintained.⁶

- **Consult the Doctor**

Severity of the symptoms, clearly indicate when a person intend to return for workout. For patient who is infected by COVID-19 and notice any blood-related symptoms, they are advised by the Doctors to indulge in body movement a bit throughout the day and beginning with low-intensity exercises which can reduce the risk factor of blood clot. The patience with respiratory symptoms like pneumonia, complete rest till any symptoms are observed and feel comfortable then resume for light workout 10 days but avoid strenuous exercise. Need to keep monitoring their respiration routine. If uneasiness or breathless noticed consult the doctor at the earliest. More rest required for patients infected with virus and dealing with chronic cardiac issues. Exercise regimen should be taken a break of 2-3 weeks before returning to the workout. Consult the Doctor if any serious cardiac issue, before resuming any exercises routine. Lastly, normal workout routine should be included for patients dealing with gastrointestinal and musculoskeletal symptoms. Be happy, lead life without stress, consume healthy diet, proper rest and drink plenty of water for a speedy recovery.

A Case Study

On May 12, 2020, 20 years old female State level Kho-Kho player studying in third year of Arts in Kirti College, Dadar, Mumbai, State- Maharashtra.-India who is residing in Dadar and was involved in daily hard core practice session of kho-kho for two hours. She was detected COVID positive. During the month of May, 2020 Mumbai was at its peak period of COVID-19, lockdown was strictly followed as numbers of COVID cases were increasing day by day. She was practicing in her courtyard during the lockdown period as club were shut down. She got infected due to one of her family member who was detected COVID positive. She was quarantined in salvation COVID Center at Shivaji Park, Mumbai for 10 days after her test showed positive. Experience of the COVID Centre was not bad. Hygiene was maintained, healthy diet and proper medication was provided. It was totally cost free hospitalization. After discharge she was prescribed Vitamin C tablets and home quarantined for 10 days with no restriction in food intake. After negative test report and the quarantine period was over. She stayed home for two weeks. During this period negative thoughts were pondering. Fear and stress level had increased. Nearly after a break of 40 days she resumed her practice. Initial stage of practice wasn't easy, as she got tired with easy jogging activity also. More than two months was required to regain her fitness level but her fear and stress



level had gone down after resuming the practice. Her take on taking COVID vaccine was not so positive. She said if her family members insist to take then she will otherwise not interested as her cousin who is working as nurse got vaccinated had to undergo fever and body aches. Fear factor is still prevailing back of the mind or can be considered unaware about the vaccine side effects last for two to three days.

Discussion

Normal population need to be educated about the pros and cons of the current scenario. J.A. Ezekowitz, E.O'Meara, M.A. McDonald, et.al.(2017). Heart transplantation would not be an option for patients with COVID-19 associated myocarditis because of their active and on-going infection.⁸The world will rescue from all the setback but the health which had lost its effect of function is a questionable during the COVID-19 pandemic.

Conclusion

An appropriate level of intensity training is required to gain the benefit of exercise during and post covid period. Staying active rather than passive at appropriate level looks to be challenging tasks during social isolation and to get acclimatise with the new routine. Fortunately, there are practicable alternatives which can be enjoyed while performing physical fitness in this COVID-19 situation. Patient dealing with myocarditis may require more attention and care.

Funding Sources

The authors have no funding source to declare.

Disclosures

The authors have no conflicts of interest to disclose.

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Biorhythmic Variation in Selected Physiological Variables of School Going Children – A Study

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1.0 Abstract

The importance of sports performance has grown in leaps and bounds in last few years. The expectation from school children has also grown exponentially. Hence, the knowledge regarding the physical as well as physiological fitness is very critical to make decisions pertaining their practice. In view of the above, this study was carried out to understand the physiological status of the school going children with respect to different time of the day i.e. morning, afternoon and evening. For this study all the data was collected using standardized research methods and was analysed using various statistical tests such as one-way analysis of variance. The study results showed that the time of day has significant impact on the physiological parameters of the school going children. Pulse rate and chest expansion were better of optimal during the time period of 4.00 to 6.00 pm. While respiration rate and lung capacity were optimal at the morning time i.e. 8.00 to 10.00 am.

Keywords: Sports performance, school children, physiological fitness

2.0 Introduction

The modern day lifestyles demands that the children should take efforts to remain active, for remaining healthy. In view of this, sports and games are very important. They keep the participant's healthy and fit and offer a change from the monotony of daily life. Besides, it is a useful means of entertainment and physical activity. In the school days, sports and games help children in character building apart from giving them energy and strength to perform different tasks. They are also means of mental and physical growth and the engagement in physical activity develops a sense of friendliness and team spirit. In general, sports requiring group coordination in strenuous physical activity with an emphasis on precision will require some control of physical activity cycles of individual participant for maximal performance. This control can be achieved by attention to the routines of sleep and wakefulness, meal times, rest and recreation times, and practice time of each participant.

Here the physiological parameters seem to play a very important role in the production of excellent performance in the modern competitive sports, because competitions are organized more frequently than ever before in different parts of the world, which the sun sets at one place, at a particular time, it may rise at the other place. Moreover, because of physiological parameters and difference in time, the players producing peak performance at one place, at a particular time, may show poor results at the same time, at another place. It is known that the individual's performance in any sports activity follows the diurnal physiological parameters patterns, methods may be devised to condition the athlete to produce peak performance with changed diurnal physiological parameters. Unfortunately, little research literature is available on this aspect of sports.

Hence, we can say that there is a growing realization of the importance of physiological variables enhancing human health and performance. Therefore, physiological,



parameters such as pulse rate, respiratory rate, lung capacity and others receive a special consideration and it is an important requisite for outstanding performance in any sports activity. Since, very little research has been done in this area, which has an indispensable effect on sports performance in the world of competitive sports. It is a well known fact the physical as well as physiological fitness forms the basic elements of an athlete's fitness to excel in any sports. It is also an established truth that every normal individual body will function in a unique order throughout the day which is otherwise known as "bio-rhythm". In view of the above, this study was carried out to understand the effect of biorhythmic variation on selected physiological variables of school going children.

3.0 Research Methodology

3.1 Selection of Subjects

In this investigation a total of 100 male students of Mundle School, Nagpur were selected as subjects. The age of the subjects ranged between 14 and 17 years.

3.2 Criterion Measures and test used

The criterion measures of selected psycho-physiological variables were Pulse Rate, Respiration Rate, Chest Expansion and Vital Capacity. All the tests were performed as per the standard procedures. The Pulse Rate was measured by feeling palpation on the left radial artery. The respiration rate was taken immediately after the pulse rate. While counting respirations, it is best to continue grasping the wrist as if still taking the pulse. This procedure assists the researchers in preventing alteration of breathing by the individual undergoing test. A metallic tape was used to measure the chest expansion. The measurement was taken at the nipple level. The same tension in holding the tape was ensured while taking the measurements. The measurements were taken after the deepest possible inspiration follow by deepest possible expiration. The difference between the two readings gave the chest expansion of the subject. Lung capacity is the amount of air that can be forcibly expired after the deepest possible imputation, lung capacity, it is also called vital capacity, is related to one's size and, to a lesser extent, the strength of one's respiratory muscles. It was measured with the help of Wet-Spiro meter.

3.3 Data Collection

Prior to administration of all the above mentioned tests, a meeting of all the subjects and tester was held at the play field of Mundle School, Nagpur. The requirement of testing procedure was explained to them in detailed so that no doubt was left in their mind, regarding the effort and strain; they had to endure.

3.4 Tester's Reliability and Reliability of Test

To ensure that the investigator was well versed with the techniques of conducting the tests, the investigator along with his assistant had a number of practice sessions in testing procedure. The tester's reliability was evaluated together with reliability of tests. The correlation coefficients indicated that the reliability of the tests selected was satisfactory.

3.5 Data Collection

The data of selected physical fitness variables was collected at different times of day by administering different tests on separate days at the following timings, which are i) between 8.00 am to 10.00 am, ii) between 12.00 pm to 2.00 pm and iii) between 4.00 pm to 6.00 pm.



3.6 Statistical Techniques Used

The statistical significance of the effect of bio-rhythmic variation in selected physiological variables of school going children was determined by administering one way analysis of variance (ANOVA) statistic method. The significance level was chosen to be 0.05.

4.0 Analysis and Interpretation of Data

4.1 Pulse Rate

Table 1: Pulse Rate of the school going children

Time of the day	Mean	±SD	Min	Max	F ratio	p
8.00 am to 10.00 am	76.8	±5.6	70	84	74.087	<0.05
12.00 pm to 2.00 pm	80.2	±6.7	74	86		
4.00 pm to 6.00 pm	70.4	±4.9	66	76		

SD: Standard deviation; **Min:** Minimum; **Max:** Maximum; **p:** Probability Value

Above **Table 1** presents results regarding the assessment of pulse rate of the school going children at different time intervals of the day. The results indicated that the mean pulse rate of the school going children at 8.00 am to 10.00 am is 76.8±5.6 (Overall variation in the pulse rate of the children varied from 70 to 84). However, mean pulse rate of the school going children at 12.00 pm. to 2.00 pm is 80.2±6.7 (Overall variation in the pulse rate of the children varied from 74 to 86). Furthermore, mean pulse rate of the school going children at 4.00 pm to 6.00 pm is 70.4±4.9 (Overall variation in the pulse rate of the children varied from 66 to 76).

4.2 Respiration Rate

Table 2: Respiration Rate of the school going children

Time of the day	Mean	±SD	Min	Max	F ratio	p
8.00 am to 10.00 am	14.2	±2.1	12	16	17.956	<0.05
12.00 pm to 2.00 pm	15.4	±2.4	12	17		
4.00 pm to 6.00 pm	16.2	±2.6	14	18		

SD: Standard deviation; **Min:** Minimum; **Max:** Maximum; **p:** Probability Value

Above **Table 2** presents results regarding the assessment of respiration rate of the school going children at different time intervals of the day. The results indicated that the mean respiration rate of the school going children at 8.00 am to 10.00 am is 14.2±2.1 (Overall variation in the respiration rate of the children varied from 12 to 16). However, mean respiration rate of the school going children at 12.00 pm to 2.00 pm is 15.4±2.4 (Overall variation in the respiration rate of the children varied from 12 to 17). Furthermore, mean respiration rate of the school going children at 4.00 pm to 6.00 pm is 16.2±2.6 (Overall variation in the respiration rate of the children varied from 14 to 18).

4.3 Chest Expansion

Table 3: Chest expansion of the school going children

Time of the day	Mean	±SD	Min	Max	F ratio	p
8.00 am to 10.00 am	4.3	±1.2	3.2	5.2	12.248	<0.05
12.00 pm to 2.00 pm	5.1	±1.6	4.4	5.6		
4.00 pm to 6.00 pm	5.2	±1.4	4.5	5.8		



SD: Standard deviation; **Min:** Minimum; **Max:** Maximum; **p:** Probability Value

Above **Table 3** presents results regarding the assessment of chest expansion of the school going children at different time intervals of the day. The results indicated that the mean chest expansion of the school going children at 8.00 am to 10.00 am is 4.3 ± 1.2 mm (Overall variation in the chest expansion of the children varied from 3.2 to 5.2). However, mean chest expansion of the school going children at 12.00 pm to 2.00 pm is 5.1 ± 1.6 mm (Overall variation in the chest expansion of the children varied from 4.4 to 5.6). Furthermore, mean chest expansion of the school going children at 4.00 pm to 6.00 pm is 5.2 ± 1.4 mm (Overall variation in the chest expansion of the children varied from 4.5 to 5.8).

4.4 Vital Capacity

Table 4: Vital capacity of the school going children

Time of the day	Mean	\pm SD	Min	Max	F ratio	p
8.00 am to 10.00 am	2580	\pm 230	2420	2690	36.902	<0.05
12.00 pm to 2.00 pm	2460	\pm 158	2350	2580		
4.00 pm to 6.00 pm	2340	\pm 198	2240	2484		

SD: Standard deviation; **Min:** Minimum; **Max:** Maximum; **p:** Probability Value

Above **Table 4** presents results regarding the assessment of vital capacity of the school going children at different time intervals of the day. The results indicated that the mean vital capacity of the school going children at 8.00 am to 10.00 am is 2580 ± 230 cc (Overall variation in the vital capacity of the children varied from 2420 to 2690). However, mean vital capacity of the school going children at 12.00 pm to 2.00 pm is 2460 ± 158 cc (Overall variation in the vital capacity of the children varied from 2350 to 2580). Furthermore, mean vital capacity of the school going children at 4.00 pm to 6.00 pm is 2340 ± 198 cc (Overall variation in the vital capacity of the children varied from 2240 to 2484).

5.0 Conclusion

5.1 Pulse Rate

- From the study results it is evident that there is ($P < 0.05$) significant difference in the pulse rate of the school going children of study area at various time intervals of a day. However, school going children had better pulse rate during 4.00 pm to 6.00 pm.

5.2 Respiration Rate

- From the study results it is evident that there is ($P < 0.05$) significant difference in the respiration rate of the school going children of study area at various time intervals of a day. However, school going children had better respiration rate during 8.00 am to 10.00 am.



5.3 Chest Expansion

- From the study results it is evident that there is ($P < 0.05$) significant difference in the chest expansion of the school going children of study area at various time intervals of a day. However, school going children had better chest expansion during 4.00 pm to 6.00 pm.

5.4 Vital Capacity

- From the study results it is evident that there is ($P < 0.05$) significant difference in the vital capacity of the school going children of study area at various time intervals of a day. However, school going children had better vital capacity during 8.00 am to 10.00 am.

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A Study of Anthropometry On Physique Based Performance Among Hockey And Football Players

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INTRODUCTION :-

Sports performance is determined by a combination of physiological factors, technical skill, tactical insight and state of mind. All four factors are critical to peak performance. Today, anthropometry plays an important role in industrial and clothing designs, ergonomics and architecture, where statistical data about the distribution of body dimensions in the population are used to optimize products. Anthropometry ("measurement of humans"), in physical anthropology, refers to the measurement of the human individual for the purposes of understanding human physical variation. Anthropometry follows a rigorous set of guidelines that include standardization of the measurement techniques, uniform landmarks and establishing conditions of the measurements.

Statement of The Problem :-The purpose of this study was to determine the relationship of Anthropometry On physique based performance among hockey and football players

Delimitation

1. The study was delimited to the Hockey and Football players Nagpur only.
2. the study was delimited to male players only.
3. The study was delimited to 300 hockey and football of players of Nagpur only. i.e. 150 hockey and 150 football.
4. The age of the subjects was between age group below 18 years.
5. The study was further delimited following physique (anthropometric)

Limitation

1. The socio-economic condition, and dietary pattern were the limitations of this study.
2. Non-availability of sophisticated instruments for the limitation of this study.
3. Certain factors like facilities, training, geographical conditions that might have affected the results of the study was also considered as limitation of the study.

Hypothesis

From the scholar's own understanding of the problem and as gleaned through the literature, it was hypothesized that, there would be no significant relationship between physique with performance of Nagpur hockey and football players.

Significance of the Study

The study may make the following significant contribution:

1. The results and findings of this study may provide criteria for selecting potential athletes of young age.
2. The findings of this study may be used as a screening technique in analyzing and classifying the players.
- 3 This study may be helpful to know the selected anthropometric characteristics of hockey and football players.



Procedure

Selection of subject

For the purpose of this study three hundred male hockey and football players of Nagpur. who had participated in inter-school & district championships were randomly selected as subjects. The ages of the subjects were below 18.

SELECTION OF VARIABLES

The study was taken on the basis of available literature on anthropometric (physique) of the related research studies. Keeping in the mind about specific purpose of the study following anthropometric (Physique) variables were selected:

1. Standing Height
2. Body Weight
3. Arm Length
4. Lower Arm Length
5. Upper Arm Length
6. Leg Length
7. Lower Leg Length

ADMINISTRATION OF ANTHROPOMETRIC VARIABLES (Physique)

1. Standing Height

Subjects were made to stand erect without shoes against a marked scale on the wall. The hills, buttocks and back were touching the wall. The subjects were instructed to keep the hills together, head straight and hold a full breath in while measurement was taken. A stiff hard board was held horizontally on the head and touching the scale marked on the wall. The subjects were asked to step out and the reading indicated by the hard board was recorded. This was repeated twice to ensure accurate measurement and height was recorded to the nearest half a centimeter.

2. Body weight

The subjects were allowed to wear short vest and were made to stand at the centre of the weighing machine. The weight was recorded from the indicator of dial to a nearest half of kilogram.

3. Arm Length

Arm Length was measured with the flexible steel tape. The subjects were made to stand erect, arm completely hung, relaxed by the side of the body and arm length was taken from the acromion process, the point just above the shoulder joint to the tip of the middle finger. The arm length was recorded to the nearest half centimeter.

4. Lower Arm Length

The subjects were instructed to stand erect and relaxed. Fore Arm length was measured with the flexible steel tape. The tip of the tape was placed at the upper edge of the head of radius to the tip of the middle finger. The Fore Arm Length was recorded to the nearest half centimeter.

5. Upper Arm Length

Upper Arm Length was measured by subtracting Fore Arm Length from Arm Length.

6. Leg Length

Subjects were instructed to stand erect and leg length was taken with the flexible steel tape from the greater trochanter to the floor. Leg length was recorded to the nearest half



centimeter.

7. Lower Leg Length

Lower leg length was measured by subtracting Thigh Length from Leg Length.

STATISTICAL TECHNIQUE FOR ANALYSIS OF DATA

The skinfold caliper, weighing machine, stadiometer, steel measure tape, etc. used in this study was calibrated and supplied by the leading firms and their reliability was insured by manufactures. Thus, the instruments were considered reliable for the purpose of this study.

ANALYSIS OF DATA AND RESULTS OF THE STUDY

The statistical analysis of data has been presented in this chapter. The Anthropometric (Physique) variables namely Standing Height, Body Weight, Arm Length, Upper Arm Length, Leg Length, Lower Leg Length, and physical activity fitness variables namely strength, endurance, speed, flexibility and agility were collected on 300 male subjects.

To determine the relationship between selected anthropometric (Physique) with performance in hockey and football players Pearson's product moment correlation was used.

FINDINGS

The result pertaining to the relationships of selected anthropometric (Physique) to performance have been presented in tabular form:-

Table No.- 1

Mean and Standard Deviation hockey and football players in Relation to Anthropometric Variables (Physique)

S. No.	Variables	Mean	Standard deviation
1	Standing Height	173.48	5.473
2	Weight	62.27	7.52
3	Sitting Height	68.44	5.39
4	Leg Length	94.365	6.62
5	Upper Leg Length	46.963	4.716
6	Arm Length	78.60	6.651
7	Upper Arm Length	34.32	5.07
8	Lower Arm Length	41.46	3.65

Table No. 1 reveals the anthropometric (Physique) profile of school and district levels hockey and football players. The mean standing height was 173.48, ± 5.473 , the mean weight was 62.27kg, ± 7.52 , the mean sitting height was 68.44, ± 5.39 , the mean leg length was 94.365, ± 6.62 , the mean upper leg length was 46.963, ± 4.716 , the mean arm length was 78.60, ± 6.651 , the mean upper arm length was 34.32, ± 5.07 and the mean lower leg length was 41.46. ± 3.65 .

Table No. 2

Relationship of Anthropometric Variables to Performance in Hockey & football players.

Variables	Correlation Coefficient
Standing Height	0.584*
Weight	0.464*
Sitting height	0.724*
Leg length	0.026



Upper leg length	0.014
Arm length	0.641*
Upper arm length	0.487*
Lower arm length	0.036

* Significant at .05 level

$r_{.05}(298) = 0.113$

Table No. 2 clearly indicates that there was significant relationship between hockey & football players performance and the standing height, weight, sitting height, arm length and upper arm length because the calculated values of $r_{.05}(298) = 0.584, 0.646, 0.724, 0.641, 0.487$ were greater than the tabulated value $r_{.05}(298) = 0.113$. Whereas there was no significant relationship between hockey and football players performance and Leg length, Upper leg length and lower arm length because the calculated values of $r_{.05}(298) = 0.026, 0.014, 0.036$ were lower than the tabulated value $r_{.05}(298) = 0.113$

DISCUSSION OF FINDINGS

The statistical analysis of the data has clearly indicated that there was significant relationship between hockey and football performance and the standing height, weight, sitting height, arm length and upper arm length. Where there was no significant relationship between hockey and football performance and leg length, upper leg length and lower leg length. This may be due to the fact that the mass is directly proportional to the strength.

Discussion of Hypothesis

It was hypothesized that there would be no significant relationship between selected anthropometric variables with hockey and football performance. The hypothesis was not accepted in case of weight, standing height, sitting-height arm length and upper arm length; because the significant relationships exist between above mentioned anthropometric variables. In cases of leg length, upper leg length and lower arm length no significance relationship were found, hence the hypothesis was accepted in cases of these variables.

Conclusions:

On the basis of the findings following conclusions may be drawn:

1. There was significant relationship between hockey and football performance and the standing height, weight, sitting height, arm length and upper arm length
2. There was no significant relationship between hockey and football performance and leg length, upper leg length and lower arm length.
3. The combined contributions of anthropometric variables were highly related to the hockey and football performance of district level players of Nagpur.

Recommendations

1. Similar type study may be repeated by selecting larger sample.
2. Same study may be conducted by selecting physiological and psychological variables.
3. Same type of study may be conducted on female subjects.



The Comparative Study Of Effect Of Traditional Lezim And Advanced Circuit Training Exercises On Physical Fitness Of School Going Childrens

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Abstract:

As per Darwin 'Fittest must survive'. This means every living being in this Universe is only survive if he is fit to struggle with any life condition. As we are doing study related to human species there is a need to find out the fitness level of human offspring. If a human want to develop a total fitness to survive in the nature then he has to study about the Physical fitness and also find out some concrete assumptions about it.

The actual nature of school going children are to play and to study the new things. They are most energetic and playful in nature. But now a days as we are seeing the much more effect of TV, Mobile, Computer and extra steady activities with fast food affecting childrens natural growth. As a result of this the natural physical capacity of children are decreasing. In this growing age if we are able to give some combination of traditional Indian exercises with advanced exercises we will defiantly find the great results regarding physical fitness.

Key words: Lezim, Circuit Training, Physical Fitness, Children

Terms Used:

Lezium: An ancient Indian instrument made up for recreation and exercise.

Circuit Training: Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to High-intensity interval training.

Physical fitness: Physical fitness is state of health and wellbeing and, more specially, the ability to perform aspects of sports, occupations and daily activities.

School children: Students who acquire knowledge and curious about the new knowledge.

Introduction:

We all knows about the Lezium is a traditional folk dance as well as the aerobic and vigorous exercise with recreation and fun in India. Besides that, Circuit training is also an aerobic, fast and vigorous exercise.

History of Lezium:

The word 'Lezium' is originated from Farsi word 'Lajam'. It means iron wire attached to a 'Bow'. In ancient period bow was used to fight with enemies. To aquire the proper strengthing of arms and shoulders soldiers uses the heavy lezium for exercise. In Maharashtra Lezium has a cultural heritage. Historical evidence related to lezium at the time of Chatrapati Shivaji Maharaj when the Mavla of Maratha Samrajya (Soldiers of Chatrapati



Shivaji Maharaj) uses the Lezium to make them physically fit. 200 years old heavy iron Lezium is available in the Aakhada of G. P. Kondbhatt which are barrowed from Jumma Dada Vayayam Mandir.

On the occasion of opening ceremony of 9th Asian games held at Delhi in 1982 Maharashtra Lezium group won first prize. There are different styles of Lezium for Ex. Badodha Lezium, Dakhhani Lezium, Ghati Lezium, Aeshiyad, N.D.S Lezium etc. Lezium demonstration attracts spectator's concentration because of its music, rhythm, sound and footwork. As a time goes on people accepted Lezium as a rhythmical, recreational, physiological, demonstrative purpose.

History of Circuit Training:

Traditionally histories of circuit training have begun in the 1950s, when two British scientists, R.E. Morgan and G.T. Anderson, published a series of articles on the topic.

In Germany, Johann Basedow and Friedrich Ludwig Jahn set up their own gymnastic schools for adults and children. In the early 1800s, men focused solely on bodyweight exercises. for example, dips and pull ups to build the strength. Some fitness community of the 19th century cautioned about exercising too vigorously.

After the 1860s the British military carry out its training system under the supervision of Archibald MacLaren, where soldiers were given three months physical training like rope-climbing, trapeze work, and the obstacles with carrying of packs and rifles.

Educationalists Dio Lewis, tries to find new styles of exercise for children. Lewis' 1860 often split classes into groups using different exercises. This meant that groups could simultaneously use exercises of different types.

But all the credit goes to R.E. Morgan and G.T. Anderson to develop Circuit training program that was developed by in 1953 at the University of Leeds in England (Kravitz 1996).

Objectives of the Study:

1. To study the Physical fitness of school children.
2. To Prepare a Lezium exercise and Circuit training exercise training program in an experimental setup by keeping in mind about the Physical fitness development of the school going children.
3. To collect the information and effect of the Lezium exercise and Circuit training exercise training program.
4. To suggest the right program of Lezium exercise and Circuit training exercise for school going children.
5. To study the effect of Lezium exercise and Circuit training exercise training program on school children.

Hypothesis:

- H 0.** Lezium exercise and Circuit training exercises would not help to improve physical fitness of school children.
- H 1.** Lezium exercise and Circuit training exercises would help to improve physical fitness of school going children.
- H 2.** All students will cooperate with Lezium exercise and Circuit training training program and tests related to it.



H 3. The tests used for measurements are approved.

Delimitation Of the study:

1. The study has been delimited to the school children of age group between 14 to 16 years.
2. This study has been delimited to some selected Physical Fitness Components.
3. The duration of the study was restricted to 12 weeks.

Limitations of the study:

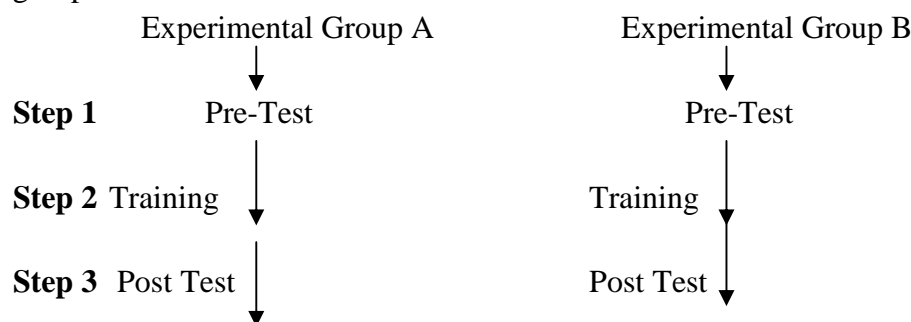
1. The study is limited only to selected Leziium exercise and Circuit training exercises.
2. Researcher can't control diet, social difference, day to day routine, encouragement and guidance of children.
3. The effect on physical fitness by Injury and absence cannot be controlled.

Significance of the Study:

1. The observations made in this study would be helpful to Secondary school physical teachers, Trainers and Coaches to develop a Physical fitness.
2. The finding of the study may be beneficial to Teachers who want to acquire physical fitness of their students by Leziium exercise and Circuit training exercise.
3. This study may give an opportunity to the researchers to conduct further studies on different aspects of Leziium exercise and Circuit training exercises

Methodology:

Design of study: The researcher used a true experimental method with two experimental groups.



Step 4 Comparison of final points

Sampling: The researcher carried out the research with forty students of age group 14 to 16 years. Population selected by random method and divided samples in two groups with simple random method by lottery method. Experimental group A (Circuit training) and group B (Leziium Group). Each group consists of 20 students.

Procedure:

Experimental Group 'A' Leziium Exercises

1	Zole ek jagaha	2	Char awaj
3	Aath awaj	4	Mor chal
5	Jodi	6	Hul hul palat
7	Hul hul firki	8	Bhadang chal
9	Age pav	10	Talase kadam
11	Piche pav	12	Ghoda nrutya

**Experimental Group 'B' Circuit Training Exercises**

1	Box exercises	7	Side sit ups
2	Knee rises	8	Dumbbell picking
3	Sit ups with medicine ball	9	Leg rises and twisting
4	Dips	10	Medicine ball passing
5	Rope Skipping	11	Sit ups for abdomen
6	Arm action	12	Dips on box

Time Table:**1 Experimental Group 'A' Lezium**

Week	Exercise number	Repetition / Time
1 st to 4 th Monday to Saturday	Warming up exercises	15 Min.
	Lezium exercises no. 1 to 12	30 Min.
	Relaxation exercises	15 Min.
5 th to 8 th Monday to Saturday	Warming up exercises	15 Min.
	Lezium exercises no. 1 to 12	30 Min.
	Relaxation exercises	15 Min.
9 th to 12 th Monday to Saturday	Warming up exercises	15 Min.
	Lezium exercises no. 1 to 12	30 Min.
	Relaxation exercises	15 in.

2 Experimental Group 'B' Circuit Training

Week / Days	Exercise number	Repetition / Time
1 st to 4 th Monday, Tuesday, Wednesday	Warming up exercises	15 Min.
	Circuit training exercises no. 1 to 6	Each exercise for 30 Sec
	Relaxation exercises	15 Min.
1 st to 4 th Thursday, Friday, Saturday	Warming up exercises	15 Min.
	Circuit training exercises no. 7 to 12	Each exercise for 30 Sec
	Relaxation exercises	15 Min.
5 st to 8 th Monday, Tuesday, Wednesday	Warming up exercises	15 Min.
	Circuit training exercises no. 1 to 6	Each exercise for 40 Sec
	Relaxation exercises	15 Min.



5 st to 8 th Monday, Tuesday, Wednesday	Warming up exercises	15 Min.
	Circuit training exercises no. 7 to 12	Each exercise for 40 Sec
	Relaxation exercises	15 Min.
9 st to 12 th Monday, Tuesday, Wednesday	Warming up exercises	15 Min.
	Circuit training exercises no. 1 to 06	Each exercise for 50 Sec
	Relaxation exercises	15 Min.
9 st to 12 th Monday, Tuesday, Wednesday	Warming up exercises	15 Min.
	Circuit training exercises no. 7 to 12	Each exercise for 50 Sec
	Relaxation exercises	15 Min.

Selection of Variables and Tests:

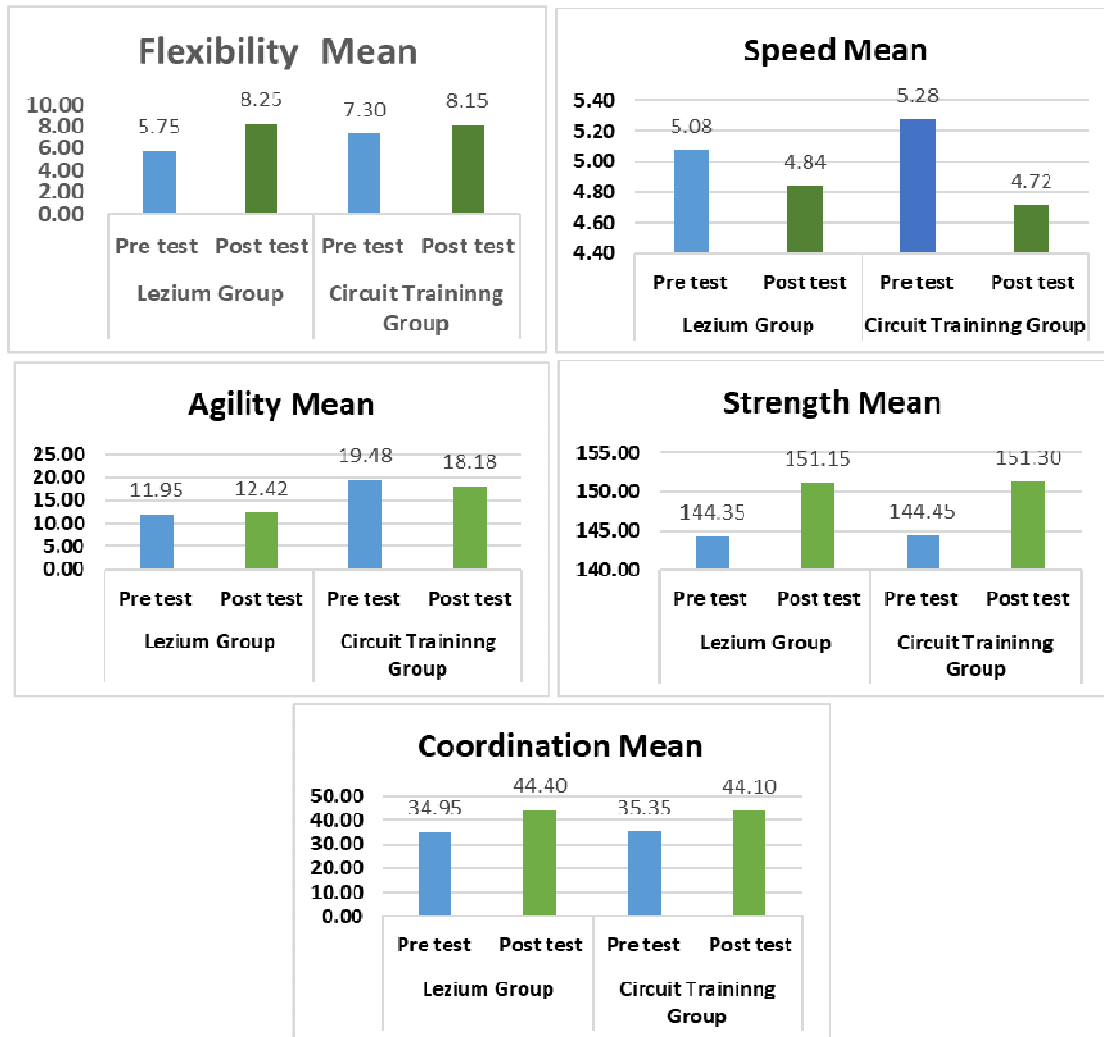
Circuit Training is an aerobic activity where vigorous training techniques are used. The Circuit training exercises make an effect on physiological systems of the body as well as they also effects on Physical Fitness. Thus, assessment of Physical fitness is measured scientifically by various approved tests as follows,

Sr. No.	Variable	Test
1	Flexibility	Modified Sit and Reach
2	Speed	30 M Flying Start
3	Agility	6 X 10 M Shuttle Run
4	Strength	Standing Broad Jump
5	Coordination	Wall Volley

Data Analysis :

Various statistical scales were used to analysis the data collected by tests. The statistical scales like mean, mode, median, t scale, anova and ancova were used for conclusion.

Test Variable	Lezium Group		Circuit Training Group	
	Pre test	Post test	Pre test	Post test
Flexibility Mean	5.75	8.25	7.30	8.15
Speed Mean	5.08	4.84	5.28	4.72
Agility Mean	11.95	12.42	19.48	18.18
Strength Mean	144.35	151.15	144.45	151.30
Coordination Mean	34.95	44.40	35.35	44.10

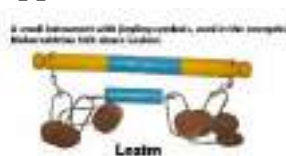


Conclusion:

Here researcher finds that if a proper combination of Lezium exercise and Circuit training Exercises are given to the growing age children it will make a great effect on physical fitness on school going childrens. Results of research are Lezium Group is slightly superior in Flexibility, Agility and Coordination while Circuit Training Group is slightly superior in Speed and Strength. So Lezium and Circuit training activities are recommended in schools for improving important factors of physical fitness. Also, it is recommended that the Lezium and Circuit training activities are used to be fit at home too. Where at home individual can make their own group of exercise chain by which they will fill recreated.

Thus, the hypothesis Lezium exercise and Circuit training exercises would help to improve physical fitness of school going children is accepted.

Appendix A Tools of Lezium :



Lezim



Halgi and its Sticks



Ghumke, Halgi and Kaital



Appendix B Exercises of Leziium :



Zole ek jagaha



Chaar away



Aath away



Mor chal



Jodi



Hul hul palat



Hul hul firki



Bhadang chal



Age pav



Taal se Kadam



Piche paav



Ghoda nrutya

Appendix C Circuit Training Exercises Ckt. I



Box exercises



Knee rises



Sit ups with medicine ball



Dips



Rope Skipping



Arm action



Circuit Training Exercises Ckt. II



Side sit ups



Dumbbell picking



Leg rises and twisting



Medicine ball passing



Sit ups for abdomen

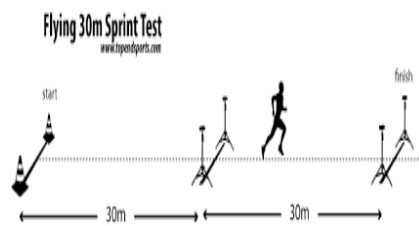


Dips on box

Appendix D Tests



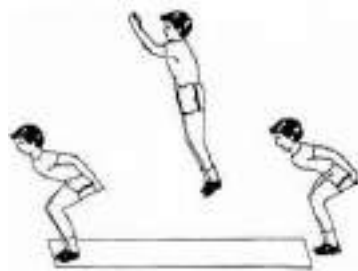
Modified Sit and Reach



30 M Flying Start



6 X 10 M Shuttle Run



Standing Broad Jump



Wall Volley

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Sports Injuries And Rehabilitation

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ABSTRACT:

In the modern era, rehabilitation after sports injury has become a domain for specialists, and its evolution has necessarily brought together the sports physiotherapist, the sports physician, and the orthopaedic surgeon. The changing profile of sports related injury, as well as limited availability of facilities for rehabilitation in many areas of India, is a matter of concern. Elite sportspersons have some protection, but the average athlete is often left to fend for himself. Sports injuries occur during exercise or while participating in a sport. Children are particularly at risk for these types of injuries, but adults can get them, too. Proper team work and proper Rehabilitation planning is necessary by the help of trained sports physiotherapist. Injury specific rehabilitation protocols are being practiced worldwide but need to be introduced according to the nature of the sport as well as available facilities. Even in India, sports physicians are increasingly joining specialist rehabilitation teams, and they can help with medication, nutritional supplements, and specialized tests that could improve injury understanding. Inputs from surgeons are mandatory if surgical interventions have been performed. Close coordination with trainers and coaches is mandatory, and all need to understand that the reconditioning phase is crucial; skill assessment before progression has now become a specialized domain and needs to be introduced at all levels of the sport. This paper reflects the types of injuries and their rehabilitation process.

Keywords: *physiotherapy, sports injury, sports rehabilitation*

INTRODUCTION:

Sports Injury Rehabilitation is a multi-disciplinary approach to the prevention, evaluation, and treatment of injuries. The first step towards recovery is getting an accurate diagnosis from a certified sports-injury specialist. Typically, the initial stage of treatment involves reducing pain and promoting healing. Participation in sports is widespread all over the world, with well-described physical, psychological and social consequences for involved athletes. The benefits associated with physical activity in both youth and elderly are well documented. Regular participation in sports is associated with a better quality of life and reduced risk of several diseases, allowing people involved to improve cardiovascular health. Injuries can occur in any sporting activity. Professional athletes, in particular, are prone to injuries due to the excessive wear and tear associated with the demands of competitive sport. The right exercise program to maintain strength, flexibility and stability can help athletes recover quickly after an injury, empowering them to resume athletic activities. Sports injuries, by definition, include injuries involving the musculoskeletal system. The musculoskeletal system includes the bones, tissues, muscles and cartilage. Every injury is different and every person heals differently. The purpose of rehabilitation is to help the injured tissues recover in a controlled and supervised manner. It takes time for an injury to heal, and it's best to seek the guidance of an experienced physiotherapist during this time. The therapist can design a safe and effective recovery program specifically geared towards the



individual's abilities. A physiotherapist can identify the cause of the injury and create a treatment plan to prevent future injuries.

You're at risk for sports injuries if you:

- haven't been regularly active
- don't warm up properly before exercise
- play contact sports

TYPES OF SPORTS INJURIES

Different sports injuries produce different symptoms and complications. The most common types of sports injuries include:

- **Sprains.** Overstretching or tearing the ligaments results in a sprain. Ligaments are pieces of tissue that connect two bones to one another in a joint.
- **Strains.** Overstretching or tearing muscles or tendons results in a sprain. Tendons are thick, fibrous cords of tissue that connect bone to muscle. Strains are commonly mistaken for sprains. Here's how tell them apart.
- **Knee injuries.** Any injury that interferes with how the knee joint moves could be a sports injury. It could range from an overstretch to a tear in the muscles or tissues in the knee.
- **Swollen muscles.** Swelling is a natural reaction to an injury. Swollen muscles may also be painful and weak.
- **Achilles tendon rupture.** The Achilles tendon is a thin, powerful tendon at the back of your ankle. During sports, this tendon can break or rupture. When it does, you may experience sudden, severe pain and difficulty walking.
- **Fractures.** Bone fractures are also known as broken bones.
- **Dislocations.** Sports injuries may dislocate a bone in your body. When that happens, a bone is forced out of its socket. This can be painful and lead to swelling and weakness.
- **Rotator cuff injury.** Four pieces of muscle work together to form the rotator cuff. The rotator cuff keeps your shoulder moving in all directions. A tear in any of these muscles can weaken the rotator cuff.

RISKS FACTORS:

Anyone may find themselves coping with a sports injury, regardless of the last time they suited up for the baseball diamond or squared off with a linebacker on the gridiron. But some factors put you or a loved one at an increased risk for injury.

Childhood: Because of their active nature, children are especially at risk for sports injuries. Children often don't know their physical limits. That means they may push themselves to injury more easily than adults or teenagers.

Age: The older you grow, the more likely you are to experience an injury. Age also increases the odds that you have sports injuries that linger. New injuries may aggravate these previous injuries.

Lack of Care: Sometimes, serious injuries start off as small ones. Many injuries that result from overuse, such as tendonitis and stress fractures, can be recognized early by a doctor. If they're left untreated or ignored, they can develop into a serious injury.



Being Overweight: Carrying around extra weight can put unnecessary stress on your joints, including your hips, knees, and ankles. The pressure is magnified with exercise or sports. This increases your risk for sports injury.

Children or adults who plan to begin participating in sports can benefit by having a physical examination by a doctor first.

SPORTS INJURIES TREATMENT:

The **RICE** method is a common treatment regimen for sports injuries. It stands for:

- Rest
- Ice
- Compression
- Elevation

This treatment method is helpful for mild sports injuries. For best results, follow the RICE method within the first 24 to 36 hours after the injury. It can help reduce swelling and prevent additional pain and bruising in the early days after a sports injury.

If your sports injury looks or feels severe, make an appointment to see your doctor. Seek emergency care if the injured joint shows signs of:

- severe swelling and pain
- visible lumps, bumps, or other deformities
- popping or crunching sounds when you use the joint
- weakness or inability to put weight on the joint
- instability

SPORTS INJURIES PREVENTION:

The best way to prevent a sports injury is to warm up properly and stretch. Cold muscles are prone to overstretching and tears. Warm muscles are more flexible. They can absorb quick movements, bends, and jerks, making injury less likely.

Use the proper technique: Learn the proper way to move during your sport or activity. Different types of exercise require different stances and postures. For example, in some sports, bending your knees at the right time can help avoid an injury to your spine or hips.

Have the proper equipment: Wear the right shoes. Make sure you have the proper athletic protection. Ill-fitting shoes or gear can increase your risk for injury.

Don't overdo: If you do get hurt, make sure you're healed before you start the activity again. Don't try to "work through" the pain. When you return after letting your body recover, you may need to ease yourself back into the exercise or sport rather than jumping back in at the same intensity.

Cool down: Remember to cool down after your activity. Usually, this involves doing the same stretching and exercises involved in a warmup.

Resume activity slowly: Don't be tempted to nurse your injury for too long. Excessive rest may delay healing. After the initial 48-hour period of RICE, you can start using heat to help relax tight muscles. Take things slowly, and ease back in to exercise or your sport of choice.

CONCLUSION:

Effective rehabilitation should always be a staged process aimed at promoting recovery, expediting return to sport, optimizing performance, and preventing reinjury



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The Contributions of Physical Activity and Fitness to Optimal Health and Wellness

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Abstract

The paper examined the role of physical activity and fitness more especially in the area of disease prevention and control by looking at the major ways by which regular physical activity and fitness contributes to optimal health and wellness. The Surgeon General's Report (1996), stressed that physical inactivity is a national problem which contributes to the burden of unnecessary illness and premature death. The emphasis is therefore on moderate physical activity and the focus on integration of physical activity into one's lifestyle which offers additional opportunities for sedentary individuals to improve their health through participation in physical activities that are enjoyable, personally meaningful and fit more easily into daily schedules. There was considerable evidence which showed that the risk of hyperkinetic conditions can be greatly reduced among people who engage in regular physical activity to achieve good physical fitness. It was revealed that optimal health is more than

Freedom from diseases. Therefore people who regularly participate in moderate amounts of physical activity and fitness can live longer and healthier and also, physical activity and fitness not only help prevent illness and diseases, but also promote quality of life.

Keywords: Physical Activity, Physical Fitness, Wellness, Hypo kinetic Conditions, Optimal Health.

Introduction

At no time in our history has so much evidence been accumulated to demonstrate the health and wellness benefits of physical activity and fitness. There is no doubt that the public is becoming more aware of the importance of Physical activity and fitness programmes. Most people believe that regular exercise is important to health and well-being, but yet do not exercise at all. The recent surgeon general's report on physical activity and health is an amazing document summarizing the benefits of regular physical activity and good physical fitness. Healthy people 2010, the national health goals that take us into the twenty-first century, emphasizes physical activity as one of the key healthy lifestyles contributing to optimal health, wellness and fitness. Leading a physically active lifestyle can help to prevent disease and positively contribute to health and well-being. Physical activity practiced on a regular basis is associated with a great amount of physical, psychological and physiological benefits (Boule, N. G. 1993) and plays an exceptional role in preventing a variety of illness. A large amount of the population are aware of the benefits of regular physical activity in conjunction with a healthy life style, but also that physical inactivity and low fitness levels are one of the main problems of worldwide health. However, there is still a high prevalence of sedentary habits (Kuiet al 2006;



Nieman, 1997), both in childhood and adolescence (Trost and Loprinzi, 2008). Olubayo-Fatiregun Ayodele and Olorunisola (2014), stated that regular physical activity and exercise are critically significant for the health, fitness and well-being of people.

1. Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all. To reap the benefits of exercise, just get more active throughout your day — take the stairs instead of the elevator or rev up your household chores. Consistency is key.

2. Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

Regular exercise helps prevent or manage many health problems and concerns, including:

1. Stroke
2. Metabolic syndrome
3. High blood pressure
4. Type 2 diabetes
5. Depression
6. Anxiety
7. Many types of cancer
8. Arthritis
- . Falls

It can also help improve cognitive function and helps lower the risk of death from all causes.

3. Exercise improves mood

Need an emotional lift Or need to blow off some steam after a stressful day? A gym session or brisk walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

4. Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

5. Exercise promotes better sleep

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

6. Exercise puts the spark back into your sex life

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and increase your confidence about your physical appearance, which may boost your sex life. But there's even more to it than that. Regular physical activity may enhance arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.



Benefits of Regular Exercise on Cardiovascular Risk Factors

1. Increase in exercise tolerance 2.Reduction in body weight 3.Reduction in blood pressure
4.Reduction in bad (LDL and total) cholesterol 5.Increase in good (HDL) cholesterol
6.Increase in insulin sensitivity.

There are a number of physiological benefits of exercise; 2 examples are improvements in muscular function and strength and improvement in the body's ability to take in and use oxygen (maximal oxygen consumption or aerobic capacity). As one's ability to transport and use oxygen improves, regular daily activities can be performed with less fatigue. This is particularly important for patients with cardiovascular disease, whose exercise capacity is typically lower than that of healthy individuals. There is also evidence that exercise training improves the capacity of the blood vessels to dilate in response to exercise or hormones, consistent with better vascular wall function and an improved ability to provide oxygen to the muscles during exercise. Studies measuring muscular strength and flexibility before and after exercise programs suggest that there are improvements in bone health and ability to perform daily activities, as well as a lower likelihood of developing back pain and of disability, particularly in older age groups.

Patients with newly diagnosed heart disease who participate in an exercise program report an earlier return to work and improvements in other measures of quality of life, such as more self-confidence, lower stress, and less anxiety. Importantly, by combining controlled studies, researchers have found that for heart attack patients who participated in a formal exercise program, the death rate is reduced by 20% to 25%. This is strong evidence in support of physical activity for patients with heart disease. Although the benefits of exercise are unquestionable, it should be noted that exercise programs alone for patients with heart disease have not convincingly shown improvement in the heart's pumping ability or the diameter of the coronary vessels that supply oxygen to the heart muscle

Physical Activity and Heart Attack, Health tips to prevent heart diseases:

1. Cholesterol levels:

High blood cholesterol is a major risk factor for heart disease. Preventing and treating high blood cholesterol includes eating a diet low in saturated fat and cholesterol and high in fiber, keeping a healthy weight, and getting regular exercise. All adults should have their cholesterol levels checked once every five years. If yours is high, your doctor may prescribe medicines to help lower it.

2. Prevent and control high blood pressure:

Lifestyle actions such as healthy diet, regular physical activity, not smoking, and: healthy weight will help you to keep normal blood pressure levels and all adults should have their blood pressure checked on a regular basis. Blood pressure is easily checked. If your blood pressure is high, you can work with your doctor to treat it and bring it down to the normal range.

3. Control diabetes:

People with diabetes have an increased risk of heart disease but can reduce their risk through weight loss and regular physical activity.

4. No tobacco:

Smoking increases the risk of high blood pressure, heart disease, and stroke. Never smoking



is one of the best things a person can do to lower their risk. And, quitting smoking will also help lower a person's risk of heart disease.

5. Moderate alcohol use:

Excessive alcohol use increases the risk of high blood pressure, heart attack, and stroke. People who drink should do so only in moderation and always responsibly.

6. Maintain a healthy weight:

Healthy weight status in adults is usually assessed by using weight and height to compute a number called the "body mass index" (BMI). BMI usually indicates the amount of body fat. An adult who has a BMI of 30 or higher is considered obese. Overweight is a BMI between 25 and 29.9. Normal weight is a BMI of 18 to 24.9. Proper diet and regular physical activity can help to maintain a healthy weight.

7. Regular physical activity:

Adults should engage in moderate level physical activities for at least 30 minutes on most days of the week.

8. Diet and nutrition:

Along with healthy weight and regular physical activity, an overall healthy diet can help to lower blood pressure and cholesterol levels and prevent obesity, diabetes, heart disease, and stroke. This includes eating lots of fresh fruits and vegetables, lowering or cutting out added salt or sodium, and eating less saturated fat and cholesterol to lower these risks

The best heart healthy exercises:

- **Suryanamaskar** – This yoga move will strengthen the upper body and keep it supple. The repetitive movement of going up from the ground to standing is a great heart-pumping exercise.
- **Swimming** – Water can be a great medium to give you a super effective cardiovascular workout. It is a safe and intense workout.
- **Cycling** – The continuous non-impact pedalling can place smooth and constant tension on the leg muscles and make the heart work as hard as you want it to.

Conclusion

It can be deduced from this paper that people who do regular physical activity can reduce their risk of death, regardless of the cause and that active people increase their life expectancy by two years compared to those who are inactive. It was also established that sedentary people experience a 20 percent to two-fold increase in early death compared to active people. Physical activity is also seen to be associated with better and more restful sleep. Other benefits of regular physical activity are increased self-esteem, improvement in fitness and appearance, self-confidence. The ability to regulate behaviour and perform new tasks can also promote higher self-esteem. Appropriate and regular physical activity and fitness programmes also helps to mitigate the negative consequences of excess weight, by reducing the risk of cardiovascular diseases, obesity, hypertension etc. It should be clear, that physical fitness is much more than being well or being sick, just as health is an essential quality of good life. In conclusion, the benefits of physical activity in late years are beginning to be understood. Along with appropriate diet, exercise appears to be a key factor in controlling the effects of aging. Participating in physical activities has been linked with reduction in tension, reduced state of anxiety, depression thus enhancing sense of wellness and reduction rate in both developed and underdeveloped nations of the world. There is an



overwhelming amount of scientific evidence on the positive effects of sports and physical activity as part of a healthy lifestyle. The positive effects of engaging in regular physical activity are particularly apparent in the prevention of several chronic diseases as previously stated to include cardiovascular disease, Diabetes, Cancer, Hypertension, Depression, Obesity, Stress and Osteoporosis.

Recommendations

1. City wide campaigns that incorporates many different components of physical activities should be

Encouraged by the government.

2. Access to places or physical activity such as facilities and building should be provided or people to use.

3. Most physical activity should be moderate-intensity aerobic activity such as walking, running, skipping and biking.

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Comparative Study of Mental Imagery between Successful and Unsuccessful Players and Its Relationship with Their Mental Toughness

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Abstract:

Sport is competitive psycho-social physical activity. So, psychological information is also important beside adeptness in skills to achieve the optimal performance of sports persons. The knowledge of psychology helps the sports persons to manage over their emotions. So, the researcher wants to compare the mental imagery among successful and unsuccessful players of sports and also find its relationship with their mental toughness. The researcher estimated the data of mental imagery and mental toughness from intercollegiate level players of the affiliated colleges of Sant Gadge Baba Amravati University, Amravati, Maharashtra. Here, the players who got at least two medals in any individual event within last three years are taken as successful players and players have not got a single medal in previous three years are taken as unsuccessful players. To fulfil the purpose the researcher has selected 25 male subjects from successful players and 25 from unsuccessful players by available sampling method. The researcher has collected the data by using standard questionnaire of Mental Imagery developed by Prof. M. Rajamanickam and another standard questionnaire of mental toughness developed by Dr. Alen Goldberg and analyzed the data by using t-test and Product moment correlation. At last it was found that there is significant difference in mental imagery between successful and unsuccessful players. Also, there is no significant relationship between mental imagery and mental toughness of successful and unsuccessful players. So, the researcher's hypothesis is partially accepted.

Key Words: Comparison, Mental imagery, Mental toughness, Successful players, unsuccessful players, Relation.

Introduction:

Sport is a medium, which can afford a sense of purpose, a sense of continuous dare, as well as arrange of emotion, which is sometime difficult to practice elsewhere. There are few occasions where we have some close get in touch with with other people, with our physical atmosphere and with ourselves, as in sports. There are many opportunities for personal development and for stretching forth the confines of human prospective, both physically and psychologically. In this modern era of competition, the psychological training of a team is as important as teaching the different skill of the game on the technical lines. Because, Psychology is a behavioural science has made it involvement in this regard. It has helped coaches to coach more resourcefully and enhance sportsman performance more proficiently. The application of psychological principles to the upgrading of performance in sports as received greater attention in these days.

Mental Imagery:

Imagery can be influential tool in attractive sporting performances. The reputation of imagery probably has a number of starts. It is certainly spontaneously appealing, as many people musing and mentally prepare them for future action. It is readily received that greater



success is likely if one rehearses an activity mentally before performing it. Mental ability and imagery help the athletes to cast their emotional state and the way they draw near the physical efforts. Such activity enables the athlete to get better the execution and exactitude of the given skill or task by thinking and imagining about it.

Imagery may play an essential role in translating verbal teaching into information that action systems can utilize. Imagery allows for persons to practice under circumstances that start again all aspects of actual performance.

Mental toughness:

Mental toughness is a contentious term, in that many people use the term factually to refer to any set of positive attributes that helps a person to cope with tricky situations. Coaches and sports commentators freely use the term mental toughness to explain the mental condition of athletes who persevere through difficult sport conditions to succeed or it can be defined as “the ability to time after time perform toward the upper array of own talent and skill despite of competitive circumstances.” Many athletes look for the answer for how to become “psychologically tough” and many athletes don’t know how to grow it, because, a lack of mental toughness is the biggest adversary of athletes. Lacking mental toughness causes athletes to give up, give in or tank up the match to the challenger and give less. So, it could be said that, talent without mental toughness can be average when it comes to constant performance. But average talent with mental toughness makes good athletes achieve great things.

Objectives:

The objectives of the study are as under:

1. To find out the mental imagery of successful and unsuccessful players.
2. To find out the mental toughness of successful and unsuccessful players.
3. To compare the mental imagery between successful and unsuccessful players.
4. To find out the relationship between mental imagery and mental toughness of successful and unsuccessful players.

Hypothesis:

On the basis of experience and knowledge it was hypothesized by the researcher that,

1. There should be significant difference in the mental imagery between successful and unsuccessful players.
2. There would be significant relationship between mental imagery and mental toughness of both the group.

Methodology:**Source of Data:**

For the present study the subjects were selected from intercollegiate level players of the affiliated colleges of Sant Gadge Baba Amravati University, Amravati, Maharashtra.

Selection of subjects:

For the present study, 50 intercollegiate level players were selected. 25 players who got at least two medals in any individual event within last three years are taken as successful players and another 25 players who have not got a single medal in previous three years are taken as unsuccessful players.

Sampling method:

For the present study the subjects were selected by using available sampling method.



Tools use for collection of data:

The standard questionnaire of Mental Imagery was used for collection of data developed by Prof. M. Rajamanickam. This mental imagery questionnaire includes six areas of sensory experiences such as (1) visual, (2) auditory, (3) gustatory, (4) olfactory, (5) tactual, (6) bodily. Each area is designed as a sub-test. Each Sub-set is independent and estimates the strength of mental images of an individual in an area. In each test questionnaire, there are fifteen items relating to the respective sensory experience or event or object.

Also, the standard questionnaire of Mental Toughness designed by Dr. Alan Goldberg has been used for the collection of data. Mental toughness questionnaire consists of 30 items, measuring the mental toughness in 5 areas, i.e. rebound ability, ability to handle pressure, concentration, confidence and motivation. There is also only true/false answers option in the questionnaire and subject has to tick only one option.

Collection of Data:

The data was collected from the intercollegiate level players of the affiliated colleges of Sant Gadge Baba Amravati University, Amravati. The subjects were first explained about the aim of the research study; thereafter Standard questionnaire was administered. The subjects were assured confidentiality of their responses. The data was collected in the presence of investigator to avoid consultation with each other and to remove the doubts raised. No time limit was fixed for filling in the questionnaire. No motivational technique was used to filling the questionnaire.

Statistical Analysis:

Table: 1 Statistical Comparison of Mental Imagery between Successful and Unsuccessful Players

Group	Mean	S. D.	M. D.	S. E.	df	Obtained 't'	Tabulated 't'
Successful player	347.48	39.24	28.52	12.28	48	2.322	2.010
Unsuccessful player	318.96	47.24					

Graph: 1 Showing Mean of Mental Imagery of Successful and Unsuccessful Players

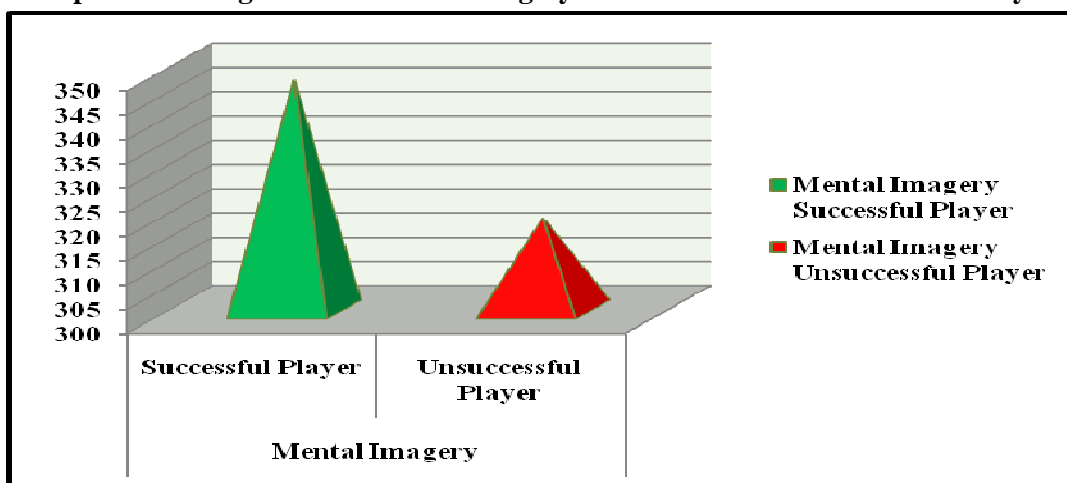




Table: 2 Mean of Mental imagery of Successful and Unsuccessful Players

Group	Mean	S.D.	Maximum Score	Minimum Score
Successful players	347.48	39.24	399	252
Unsuccessful players	318.96	47.24	397	228

Table: 3 Mean of Mental Toughness of Successful and Unsuccessful Players

Group	Mean	S.D.	Maximum Score	Minimum Score
Successful players	21.52	3.27	27	15
Unsuccessful players	17.4	2.31	21	13

Graph: 2 Showing Mean of Mental Toughness of Successful and Unsuccessful Players

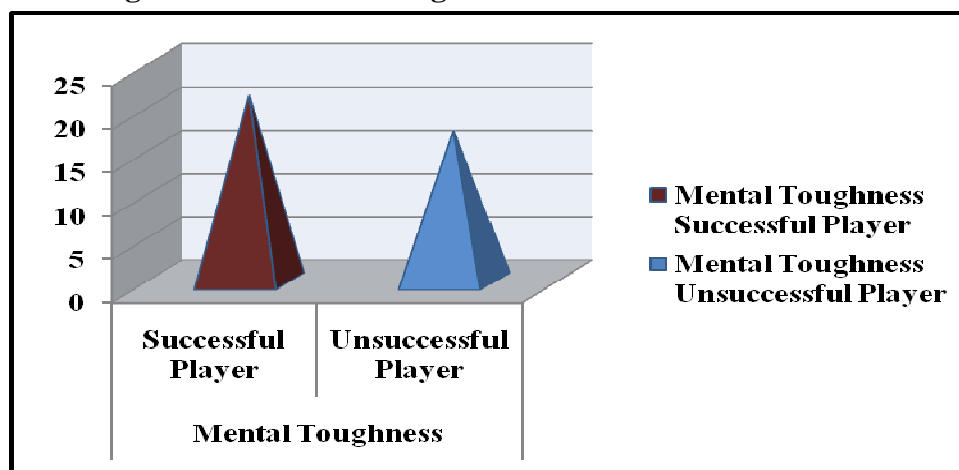
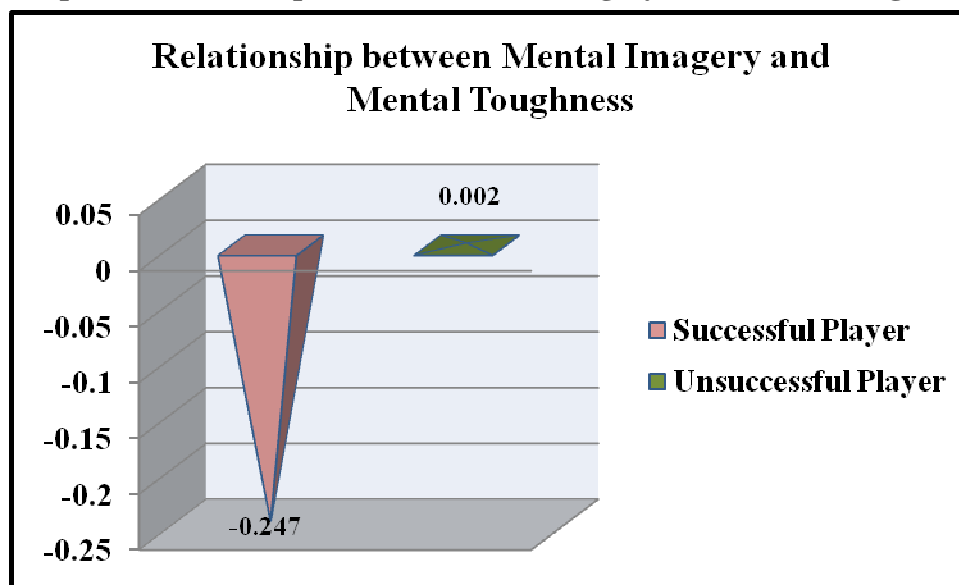


Table: 4 Relationship between Mental-Imagery and Mental Toughness of Successful and Unsuccessful Players

Subject	Relationship	Mean of Mental-imagery	Mean of Mental Toughness	Obtained 'r'	Tabulated 'r' (df =48)	Remarks
Successful Players	Mental-imagery and Mental Toughness	347.48	21.52	-0.247	0.278	Moderate Negative Relation
Unsuccessful Players	Mental-imagery and Mental Toughness	318.96	17.4	0.002	0.278	None

**Graph 3: Relationship between Mental Imagery and Mental Toughness****Conclusion:**

Following are the conclusion of the study:

1. There is significant difference in mental imagery between successful and unsuccessful players. So, the researcher's hypothesis is accepted.
2. There is no significant relationship between mental imagery and mental toughness of Successful players. So, the researcher's hypothesis is rejected.
3. Also, there is no significant relationship between mental imagery and mental toughness of unsuccessful players. So, the researcher's hypothesis is rejected.

So, At last it can be conclude that, the researcher's hypothesis is partially accepted.

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राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठांतर्गत येणाऱ्या शारीरिक शिक्षण
महाविद्यालयात उपलब्ध प्रयोगशाळेत फिजिओथेरेपी आणि शैक्षणिक , तंत्रज्ञान व दृक्श्राव्य
उपकरणांचा चिकित्सक अभ्यास
प्राचार्य .डॉ.सुनीता एस .सोनारे
नगाजी महाराज शारीरिक शिक्षण महाविद्यालय , नागपूर

सारांश :-

प्रस्तुत संशोधनाचा उद्देश राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठांतर्गत येणाऱ्या शारीरिक शिक्षण महाविद्यालयात उपलब्ध प्रयोगशाळेत फिजिओथेरेपी आणि शैक्षणिक , तंत्रज्ञान व दृक्श्राव्य उपकरणांचा चिकित्सक अभ्यास हा आहे . राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठांतर्गत येणाऱ्या ४५ शारीरिक शिक्षण महाविद्यालयातील कार्यरत असणारे एकंदर पुरुष व स्त्री २०० प्राध्यापक व प्राचार्य , निवडक विद्यार्थ्यांची मुले व मुली १०० न्यादर्श म्हणून निवड कार्यात आली.

संशोधन पध्दतीमध्ये सर्वेक्षण करण्यात पद्धतीचा उपयोग कार्यात आला. साहित्य गोळा करतांना नमुना निवड प्रक्रियेद्वारे प्रश्नावली तयार करण्यात आली व cronbachas alpha ह्या सांख्यिकिय परीक्षणातून प्रश्नावलीची विश्वसनीयता माहिती करून घेण्यात आली व त्यावरून निष्कर्ष काढण्यात आली.

प्रस्तावना :-

प्राचीन युगापासून मानव समाजाने शारीरिक शिक्षणाला महत्व दिले. मानवी समाजाचा व संस्कृतीच्या विकासाबरोबरच शारीरिक शिक्षणाचा विकास सुद्धा होत आहे. आधुनिक युग यांत्रिक युग असल्यामुळे शक्तीचा उपयोग कमी होत असून बौद्धिक शक्तीचा उपयोग जास्त होत आहे .

शारीरिक शिक्षणाची प्रयोगशाळेतील नवीन तंत्रे , विद्यार्थ्यांचे मानसशास्त्र , त्यांची बुद्धीमत्ता , त्यांचे क्रीडा कौशल्य , त्यांच्या समस्या व त्यांचे निराकरण करण्याच्या विविध पद्धती विविध प्रकल्पांची शास्त्र शुद्ध माहिती आधुनिक पद्धतीची क्रीडा कौशल्ये , देश -विदेशी खेळांचे प्रशिक्षण व विज्ञान युगातील ह्या महाविद्यालयातून मिळणे आवश्यक आहे.भावी पिढी घडविण्याची क्षमता व्यक्तिमत्व , दर्जा शैक्षणिक व व्यावसायिक पात्रता ह्या महाविद्यालयातून प्रशिक्षणाद्वारेनिर्माण व्हावयास पाहिजे या दृष्टीने शारीरिक शिक्षण महाविद्यालये स्वयंपूर्ण असावीत अशी अपेक्षा आहे .

**प्रयोगशाळेत उपकरणाची आवश्यकता :-**

शारीरिक शिक्षणासंबंधित सर्व कार्ये प्रयोग शाळेतील उपकरणांच्या मदतीने चालविल्या जातात. प्रयोगशाळेतील उपकरणशिवाय शारीरिक शिक्षण याप्रमाणे होते जसे ' जलबिना मछली ' शारीरिक शिक्षण विद्यार्थ्यांना मौखिक आणि लिखिक अशा दोन्ही प्रकारे ज्ञान देतात परंतु जेव्हा विद्यार्थी स्वतः प्रॅक्टिकल करून बघत नाही तो पर्यंत त्याला ज्ञान प्राप्त होणार नाही. म्हणून प्रयोग शाळेतील उपकरणे असणे अनिवार्य आहे.

" राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठा अंतर्गत येणाऱ्या शारीरिक शिक्षण महाविद्यालयात उपलब्ध प्रयोगशाळेत फिजिओथेरपी आणि शैक्षणिक , तंत्रज्ञान व दृक्श्राव्य उपकरणांचा चिकित्सक अभ्यास " या संशोधन कार्यासाठी नागपूर विद्यापीठ अंतर्गत येणाऱ्या ४५ शारीरिक शिक्षण महाविद्यालयातील कार्यरत असणारे एकंदर पुरुष व स्त्री २०० प्राध्यापक व प्राचार्य , निवडक विद्यार्थ्यांची मुले व मुली १०० न्यादर्श म्हणून निवड करण्यात आली. उपलब्ध प्रयोगशाळेत फिजिओथेरपी संशोधन आणि शैक्षणिक तंत्रज्ञान व दृक्श्राव्य उपकरणांची निवड केल्या गेली .

न्यादर्श:-

संशोधन पध्दतीमध्ये सर्वेक्षण पध्दतीचा उपयोग करण्यात आला . साहित्य गोळा करून Simple Random पध्दतीची निवड केल्या गेली .

प्रश्नावली ची रचना करण्याकरिता मार्गदर्शका बरोबर चर्चा करून तसेच अनुभवी तज्ञ , प्राचार्य व प्राध्यापक यांच्याशी चर्चा करून त्यांनी दिलेल्या मताचा , प्रश्नावली उल्लेख करण्यात आला . Cronbachs alpha ह्या सांख्यिकिय परीक्षणातून प्रश्नावलीची विश्वसनीयता माहिती करून घेण्यात आली .

तथ्यांचे संकलन :-

प्रश्नावली द्वारे प्राप्त झालेल्या आकड्यानुसार शारीरिक शिक्षण महाविद्यालयात उपलब्ध प्रयोगशाळेत फिजिओथेरपी आणि शैक्षणिक तंत्रज्ञान व दृक्श्राव्य उपकरणांचा चिकित्सक अभ्यासासंबंधी माहिती दर्शविणारे विवरण खालील प्रमाणे दिलेले आहे.

सारणी:-

राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठा अंतर्गत येणाऱ्या शारीरिक शिक्षण महाविद्यालयात उपलब्ध प्रयोगशाळेत फिजिओथेरपी आणि शैक्षणिक , तंत्रज्ञान व दृक्श्राव्य उपकरणांच्या अभ्यासासंबंधी माहिती दर्शविणारी सारणी

अनु. क्र	प्रयोगशाळेतील उपकरण	टक्केवारी	
		होय	नाही
१.	फिजिओथेरपी प्रयोगशाळा	८८	१२



२.	प्रथमोपचार पेटी	६३	३७
३.	मोनिओमिटर	६९	३१
४.	व्हील चेअर	९०	१०
५.	स्टेथोस्कोप	१२	८८
६.	अल्ट्रासाउंड थेरेपी युनिट	२८	७२
७.	शार्ट विव्ह थेरपी युनिट	२०	८०
८.	ओरल थर्मामीटर	१२	८८
९.	पेअर ऑफ क्रटचेस	६२	३८
१०.	इलेक्ट्रॉनिक बायसिकल इरामोमीटर	५०	५०
११.	स्टॅन्डर्ड वेईन्ग मशीन	६२	३८
१२.	ऑपरेशन टेबल टेडमिल	०६	९४
१३.	व्हायब्रेटर	७०	३०
१४.	शैक्षणिक तंत्रज्ञान व दृक्श्राव्य प्रयोगशाळा	९७	०३

वरील सारणीचे अवलोकन केल्यास असे दिसून आले कि , नागपूर विद्यापीठ अंतर्गत येणाऱ्या शारीरिक शिक्षण महाविद्यालयात ८८ टक्के महाविद्यालयात फिजिओथेरेपी आहे तर १२ टक्के नाही . ६३ टक्के महाविद्यालयात प्रथमोपचार पेटी आहे तर ३७ टक्के नाही. ६९ टक्के महाविद्यालयात मोनिओमिटर आहे तर ३१ टक्के नाही . ९० टक्के महाविद्यालयात व्हील चेअर आहे तर १० टक्के नाही १२ टक्के महाविद्यालयात स्टेथोस्कोप आहे तर ८८ टक्के नाही . २८ टक्के महाविद्यालयात अल्ट्रासाउंड थेरपी युनिट आहे तर ७२ टक्के नाही . २० टक्के महाविद्यालयात शॉर्ट विव्ह थेरपी युनिट आहे तर ८८ टक्के नाही . ६२ टक्के महाविद्यालयात पेअर ऑफ क्रटचेस आहे तर ३८ टक्के नाही. ५० टक्के महाविद्यालयात इलेक्ट्रॉनिक बायसिकल इरामोमीटर आहे तर ५० टक्के नाही . ६२ टक्के महाविद्यालयात स्टॅन्डर्ड वेअरिंग मशीन आहे तर ३८ टक्के नाही . ६ टक्के महाविद्यालयात ऑपरेशन टेबल टेडमिल आहे तर ९४ टक्के नाही . ७० टक्के महाविद्यालयात व्हायब्रेटर आहे तर ३० टक्के नाही . ९७ टक्के महाविद्यालय शैक्षणिक तंत्रज्ञान व दृक्श्राव्य प्रयोगशाळा आहे तर ०३ टक्के नाही .

निष्कर्ष :

राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठा अंतर्गत येणाऱ्या शारीरिक शिक्षण महाविद्यालयात प्राचार्य तथा प्राध्यापकांकडून प्राप्त माहिती वरून असे आढळून येते कि विविध शारीरिक शिक्षण



महाविद्यालयात फिजोथेरपी प्रयोगशाळेतील उपलब्ध उपकरणामध्ये लक्षणीय तफावत आढळते . हि तफावत विविध महाविद्यालयामध्ये शिकवणाऱ्या शिक्षकांच्या अध्यापनावर नकारात्मक परिणाम आणल्यास कारणीभूत ठरू शकतात .

संदर्भ सूची :-

प्रा. कोठीवाले द. व. - ' शारीरिक विकास' भाग -१

श्री. लेखन वाचन भांडार - पृ .क्र . २३ (१९७७)

सिंह अजमारे व इतर - शारीरिक शिक्षा ताठ ओलीमिपाक

अभियान , कल्याणी पब्लिशिंग , लुथीयांना

नई दिल्ली , पृ .क्र २००४



आर्टिस्टिक जिम्नॅस्टिक्सच्या प्राथमिक कार्यक्रमाचा मुलांच्या फ्लोअर एक्सरसाईज कौशल्य पातळीवर होणाऱ्या परिणामांचा अभ्यास

संशोधक

रणजित अरविंद पाटील

चंद्रशेखर आगाशे शा.शि महाविद्यालय,

गुलटेकडी पुणे - ४११०३७

मार्गदर्शक

डॉ.प्रा.महेश देशपांडे

चंद्रशेखर आगाशे शा.शि महाविद्यालय,

गुलटेकडी पुणे - ४११०३७

सारांश

सदर संशोधनाचा उद्देश आर्टिस्टिक जिम्नॅस्टिक्सच्या प्राथमिक कार्यक्रमाचा मुलांच्या फ्लोअर एक्सरसाईजकौशल्य पातळीवर होणाऱ्या परिणामांचा अभ्यासणे. संशोधनासाठी जिम्नॅस्टिक्स मधील बेसिक क्षमता व सुदृढता कसोटी घेण्यासाठी एकूण ३४३ सामान्यविद्यार्थ्यांची निवड करण्यात आली. पुणे शहरामध्ये समाविष्ट असणाऱ्या आर्टिस्टिक जिम्नॅस्टिक्स मधील एक शाळा किंवा क्लब मधील ८० मुलांची असंभाव्य सहेतुक पद्धतीने न्यादर्श म्हणून निवड करण्यात आली व कसोट्यांच्या आधारे क्षमतांनुसार दोन समान (N=४० प्रत्येकी) गटामध्ये विभागणी करण्यात आली. आर्टिस्टिक जिम्नॅस्टिक्सच्या प्राथमिक व पातळीकार्यक्रमाचा होणाऱ्या परिणाम पाहण्यासाठी फ्लोअर एक्सरसाईजकौशल्यसाधनाचा वापर करण्यात आला. माहिती विश्लेषण करण्याकरीता वर्णानात्मक सांख्यिकी सोबतच अप्राचलनीय संख्याशास्त्रीय साधनांचा वापर केला आहे. अप्राचलनीय सांख्यिकीतील 'z' परीक्षिका वापरून नियंत्रीत व प्रायोगिक गटांची तुलना केली असता उत्तरजिम्नॅस्टिक्सफ्लोअर एक्ससाइज स्पर्धात्मक कार्यमानकसोटी पूर्व नियंत्रीत व प्रायोगिक गटातील मुलांचे 'z' मुल्य अनुक्रमे -२.६६६ सार्थकता स्तर अनुक्रमे ०.००८ यावरून असे दिसून येते की, उत्तरजिम्नॅस्टिक्सफ्लोअर एक्ससाइज स्पर्धात्मक कार्यमान कसोटी नियंत्रीत व प्रायोगिक गटामध्ये सार्थक परिणाम झालेला पाहायला मिळतो.

महत्वाचे शब्द: जिम्नॅस्टिक्स, आर्टिस्टिक.

१. प्रस्तावना

मनोरंजन, शिस्त, शारीरिक सुदृढता, संघभावना विकास, नियम पालन यासारख्या विविध अपेक्षांनी शारीरिक शिक्षण हे आवश्यक तर आहेच शिवाय ते प्रत्येकाला काही किमान कौशल्ये शिकवून तरबेज होण्यास सहायक ठरणारे आहे. प्रथम दर्जाचा क्रीडाप्रकार म्हणून ओळखल्या जाणाऱ्या जिम्नॅस्टिक्सकडे लक्ष वेधणे गरजेचे आहे.

जीवनातील आनंद, निरामय जीवन, सर्वांगीण विकास ही उद्देश प्राप्त करण्यासाठी जिम्नॅस्टिक्स उपयुक्त नव्हे तर, आवश्यक आहे. शारीरिक शिक्षणातील तो एक आत्मा आहे. म्हणूनच प्लेटो या थोर शास्त्रज्ञाने आपल्या प्रसिद्ध 'दी रिपब्लिक' या ग्रंथात म्हटले आहे. संगीत व जिम्नॅस्टिक्सचा अंतर्भाव



असल्याशिवाय कुठलेही शिक्षण अपूर्णच आहे. जिम्नॅस्टिक्स शारीरिक शिक्षण जीवनातील महत्त्वपूर्ण संकल्पना आहे.

जिम्नॅस्टिक्स पार्श्वभूमी

या शब्दाची उत्पत्ती जिमनाॅस या ग्रीक शब्दापासून झालेली आहे केवळ अर्थाने पाहिल्यास कमीत कमी कपडे घालून शरीर संवर्धनार्थ केले जाणारे विविध व्यायाम प्रकार असा पूर्वी प्राचीन काळात समजला जात असे.

अठराव्या व एकोणिसाव्या शतकात व्यक्तीचे शारीरिक व मानसिक सामर्थ्य वृद्धिंगत व्हावे म्हणून बेंचेस, रोप, लेडर, डंबेल्स, वेटलिफ्टिंग सेट इत्यादी विविध खेळांचा पहिल्या आधुनिक ऑलिम्पिकमध्ये समावेश करण्यात आला. पूर्वी जिम्नॅस्टिक्समध्येच दोर चढणे, पळणे, वजन उचलणे, डबलबार आधी प्रकार अंतर्भूत होते या नंतरच्या काळात यात बऱ्याच मोठ्या प्रमाणात बदल होत गेलेले पहावयास मिळतात. (आरोसकर, १९९८)

२. संशोधन पद्धती

प्रस्तुत संशोधनात संशोधक वर्तमान स्थिती कशी आहे हे तपासण्या करता सर्वेक्षण पद्धतीचा अवलंब केला आहे व त्यानंतर समस्येचे निराकरण करण्यासाठी जो गट निवडला आहे, त्याच्या वरती प्रयोग राबवणे आवश्यक आहे त्यासाठी प्रायोगिक पद्धतीचा अवलंब केला आहे. प्रस्तुत संशोधनासाठी पूर्वचाचणी म्हणून जिम्नॅस्टिक्स मधील बेसिक कौशल्यांची कसोटी घेण्यात आली. त्यानंतर आठवड्यातून पाच दिवस व दिवसातून एक तास असे तीन-तीन महिन्यांचे प्रशिक्षण कार्यक्रम मुलांना देण्यात आला. पहिले तीन महिने फक्त प्रायोगिक गटाला प्राथमिक कार्यक्रम देण्यात आला. प्राथमिक कार्यक्रम हा शरीरातील महत्त्वाच्या स्नायूंची ताकद वाढवण्यासाठी, शरीर सुस्थितीत व नियंत्रित राहण्यासाठी तसेच लवचिकता वाढवण्यासाठी या कार्यक्रमांमुळे मदत मिळाली. यानंतर पुढील तीन महिने पातळी कार्यक्रम हा दोन गटाला देण्यात आला. पातळी कार्यक्रमांमध्ये जिम्नॅस्टिक्समधील लहान लहान कौशल्य स्तरानुसार शिकवण्यात आले. पातळी प्रशिक्षण देत असताना त्यांच्या शारीरिक हालचालीवरती व कौशल्यावरती विशेष नियंत्रण ठेवण्यात आले. आर्टिस्टिक जिम्नॅस्टिक्स मधील प्राथमिक व पातळी कार्यक्रम पूर्ण झाल्यानंतर प्रशिक्षण कार्यक्रमाचा परिणाम तपासण्यासाठी उत्तर चाचणी घेण्यात आली. पूर्व व उत्तर चाचणीचे सांख्यिकीय विश्लेषण करून निष्कर्ष मांडण्यात आला.

३. जनसंख्या व न्यादर्श

पुणे शहरामध्ये समाविष्ट असणाऱ्या आर्टिस्टिक जिम्नॅस्टिक्स मधील एकूण १० जिम्नॅस्टिक्स क्लब व शाळांची निवड करण्यात आली. तसेच जिम्नॅस्टिक्स मधील बेसिक क्षमता व सुदृढता कसोटी घेण्यासाठी एकूण ३४३ सामान्यविद्यार्थ्यांची निवड करण्यात आली. पुणे शहरामध्ये समाविष्ट असणाऱ्या आर्टिस्टिक जिम्नॅस्टिक्स मधील एक शाळा किंवा क्लब मधील ८० मुलांची असंभाव्य सहेतुक पद्धतीने न्यादर्श म्हणून निवड करण्यात आली व कसोट्यांच्या आधारे क्षमतांनुसार दोन समान (N=४० प्रत्येकी) गटामध्ये विभागणी करण्यात आली. यामध्ये सर्वेक्षण व एक्स उत्तर गट अभिकल्प हा अभिकल्प म्हणजे एक स्थिर गट तुलना होय. परंतु, यात उपचारमात्र ही प्रयोगकर्त्यांच्या नियंत्रणात नसते. या अभिकल्पास 'कारण



तुलनात्मक अभिकल्प' असे ही म्हणतात. यात आपण गटातील वेगळेपणा सिद्ध करणारे घटक शोधत असतो. या अभिकल्पाचा अवलंब संशोधनात करण्यात येणार आहे.

४. सांख्यिकीय साधने

प्रस्तुत संशोधनामध्ये गोळा केलेल्या माहितीचे विश्लेषण करण्याकरीता वर्णनात्मक सांख्यिकी सोबतच अप्राचलनीय संख्याशास्त्रीय साधनांचा वापर केला आहे. अप्राचलनीय सांख्यिकीतील 'z' परीक्षिका वापरून नियंत्रित व प्रायोगिक गटांची तुलना केली आहे.

कोष्टक क्र.१

पूर्वचाचणीच्या वर्णनात्मक संख्यिकीय विश्लेषणाचे विवरण(N=३४३)

वर्णनात्मक	मूलभूत क्षमता	मूलभूत जिम्नॅस्टिक सुदृढता			
		सिट रिच	ॲण्ड ब्रिज	साईड स्प्लिट	
परिमाणे	एकूण गुण				
मध्यमान	१६.७५	३७.५७	४३.४३	१३०.८९	
मध्यमानप्रमाण त्रुटी	०.३४	०.५९	०.८९	१.१५	
मध्यगा	१७	३८	४५.५	१३०	
प्रमाण विचलन	४.४६	७.७९	११.७१	१५.०९	
किमान	७	१२	०	९५	
कमाल	३१	५२	६०	१७५	

कोष्टक क्रमांक १ मध्ये पूर्व वर्णनात्मक संख्यिकीय विश्लेषणाचे विवरण केलेले पुढीलप्रमाणे.पूर्व चाचणी मूलभूत जिम्नॅस्टिक्स क्षमताकसोटीमध्ये मिळालेले कार्यमान ७ ते ३१ दरम्यान होते तर पूर्व चाचणी मूलभूत जिम्नॅस्टिक सुदृढताकसोटीमध्ये मिळालेले कार्यमान १२ ते ५२ दरम्यान आढळून आले.पूर्व चाचणी प्राप्तांकाची गणितीय मध्यमान सरासरी अनुक्रमे मूलभूत जिम्नॅस्टिक्स क्षमतामध्यमान १६.७५,मध्यमानप्रमाण त्रुटी०.३४, मध्यगा १७, प्रमाण विचलन ४.४६, किमान ७, कमाल ३१. मूलभूत जिम्नॅस्टिक सुदृढतासिट ॲण्ड रिच मध्यमान ३७.५७,मध्यमानप्रमाण त्रुटी०.५९, मध्यगा ३८, प्रमाण विचलन ७.७९, किमान १२, कमाल ५२. ब्रिज मध्यमान ४३.४३,मध्यमानप्रमाण त्रुटी०.८९, मध्यगा ४५.५, प्रमाण विचलन ११.७१, किमान ०, कमाल ६०. साईड स्प्लिटमध्यमान १३०.८९,मध्यमानप्रमाण त्रुटी१.१५, मध्यगा १३०, प्रमाण विचलन १५.०९, किमान ९५, कमाल १७५. आढळून आले.



कोष्टक क्र.२

नियंत्रितव प्रायोगिक गटाच्या पूर्व व उत्तर चाचणीच्या वर्णनात्मक संख्यिकीय विश्लेषणाचे विवरण(N=४० प्रत्येकी)

जिन्सटिक्स	वर्णनात्मक संख्याशास्त्रीय	नियंत्रितगट		प्रायोगिक गट	
कसोटी	परिमाणे	पूर्व	उत्तर	पूर्व	उत्तर
मूलभूत जिन्सटिक्स	मध्यमान	१८.३०	२८.८०	१८.२३	३०.९०
क्षमता	प्रमाण विचलन	४.००८	३.२२८	३.३६३	२.६२९
मूलभूत जिन्सटिक	मध्यमान	८.८५	९.५३	९.०८	१०.६३
सुदृढता	प्रमाण विचलन	०.९७५	१.०३७	१.४२१	१.४०९
सिट अँड रिच	मध्यमान	३९.५९	४३.५५	४०.१५	४८.०६
	प्रमाण विचलन	६.०२७	६.३६१	७.०९७	६.४०२
ब्रिज	मध्यमान	४६.९४	५०.४०	४४.९१	४९.९६
	प्रमाण विचलन	१०.८४७	७.२७१	९.५२५	८.३२३
साईड स्प्लिट	मध्यमान	१३०.४८	१३८.४३	१३६.०८	१५२.९८
	प्रमाण विचलन	१०.३४०	१०.०८४	१६.४१७	१८.५९६
फ्लोअर एक्ससाइज	मध्यमान	१२.७४		१३.८१	
स्पर्धात्मक कार्यमान	प्रमाण विचलन	१.३०५		१.६१७	

कोष्टक क्रमांक २ मध्ये पूर्व-उत्तर नियंत्रितव प्रायोगिक गटातील वर्णनात्मक संख्यिकीय विश्लेषणाचे विवरण केलेले पुढीलप्रमाणे.नियंत्रितव प्रायोगिक गटाच्या पूर्व-उत्तर चाचणी प्राप्तांकाची गणितीय मध्यमान सरासरी अनुक्रमे मुलभूत जिन्सटिक्स क्षमता, मूलभूत जिन्सटिक सुदृढता, सिट अँड रिच, ब्रिज, साईड स्प्लिटनियंत्रित गट पूर्वाचाचणी १८.३०, ८.८५, ३९.५९, ४६.९४, १३०.४८, १२.७४ व उत्तर चाचणी मुलभूत जिन्सटिक्स क्षमता, मूलभूत जिन्सटिक सुदृढता, सिट अँड रिच, ब्रिज, साईड स्प्लिट व फ्लोअर एक्ससाइज स्पर्धात्मक कार्यमान २८.८०, ९.५३, ४३.५५, ५०.४०, १३८.४३, १२.७४तर प्रायोगिकगट पूर्वाचाचणीमुलभूत जिन्सटिक्स क्षमता, मूलभूत जिन्सटिक सुदृढता, सिट अँड रिच, ब्रिज, साईड स्प्लिट १८.२३, ९.०८, ४०.१५, ४४.९६, १३६.०८ व उत्तर चाचणी मुलभूत जिन्सटिक्स क्षमता, मूलभूत जिन्सटिक सुदृढता, सिट अँड रिच, ब्रिज, साईड स्प्लिट व फ्लोअर एक्ससाइज स्पर्धात्मक कार्यमान ३०.९०, १०.५३, ४८.०६, ४९.९६, १५२.९८, १३.८१ प्रायोगिक गटातील सर्व प्राप्तांकाची गणितीय मध्यमान सरासरीमध्ये नियंत्रितगटापेक्षा वाढ झालेली दिसून आली. प्रमाण विचलन म्हणजे पूर्व-उत्तर नियंत्रितव प्रायोगिक गटातीलगुणसंख्या मध्यमान यांच्या फरकाच्या वर्गाच्यासरासरीच्या वर्गमुळ.नियंत्रितगटप्रमाण विचलन पूर्व चाचणी मुलभूत जिन्सटिक्स क्षमता, मूलभूत जिन्सटिक सुदृढता, सिट अँड रिच, ब्रिज, साईड स्प्लिट अनुक्रमे ४.००८, ०.९७५, ६.०२७, १०.८४७, १०.३४० व उत्तर चाचणी मुलभूत जिन्सटिक्स क्षमता, मूलभूत जिन्सटिक सुदृढता, सिट अँड रिच, ब्रिज, साईड स्प्लिट व फ्लोअर एक्ससाइज स्पर्धात्मक कार्यमानअनुक्रमे ३.२२८, १.०३७, ६.३६१, ७.२७१, १०.०८४, १.३०५ तर प्रायोगिकगट प्रमाण विचलन पूर्व चाचणीमुलभूत जिन्सटिक्स क्षमता, मूलभूत जिन्सटिक सुदृढता, सिट अँड रिच, ब्रिज, साईड स्प्लिट अनुक्रमे ३.३६३, १.४२१, ७.०९७, ९.५२५, १६.४१७ व उत्तर चाचणी



मुलभुत जिम्नॅस्टिक्स क्षमता, मूलभूत जिम्नॅस्टिक सुदृढता, सिट अॅण्ड रिच, ब्रिज, साईड स्प्लिट व फ्लोअर एक्ससाइज स्पर्धात्मक कार्यमानअनुक्रमे २.६२९, १.४०९, ६.४०२, ८.३२३, १८.५९६, १.६१७ आढळून आले.

कोष्टक क्र. ३

मुलभुत जिम्नॅस्टिक्स क्षमता, सुदृढता व फ्लोअर एक्ससाइज रुपांतरित गुणांची वारंवारिता (N=४० प्रत्येकी)

क्षमता श्रेणी	मुलभुत क्षमता		जिम्नॅस्टिक्स		मूलभूत जिम्नॅस्टिक सुदृढता				फ्लोअर एक्ससाइज			
	नियंत्रित गट		प्रायोगिक गट		नियंत्रित गट		प्रायोगिक गट		नियंत्रित गट		प्रायोगिक गट	
	पूर्व	उत्तर	पूर्व	उत्तर	पूर्व	उत्तर	पूर्व	उत्तर	उत्तर	उत्तर		
निम्न दर्जा	४	१	५	०	२	१	२	०	०	०	०	
साधारण	२६	३	२४	०	४	१	६	१	११	६	६	
चांगला	८	२७	१०	१	३४	३४	२७	२१	२२	१५	१५	
अतिचांगला	२	९	०१	२३	०	४	५	१७	७	१९	१९	
उत्कृष्ट	०	०	०	१६	०	०	०	१	०	०	०	

कोष्टक क्र. ३मध्ये पूर्व- उत्तरमुलभुतजिम्नॅस्टिक्सक्षमता, सुदृढता व फ्लोअर एक्ससाइजकसोट्यांचेसांख्यिकी विश्लेषण पुढीलप्रमाणे दोन्ही क्षमता कसोटी पूर्व नियंत्रित व प्रायोगिक गटातील मुलांची वारंवारता ही समान आढळून येते. त्याचप्रमाणे उत्तर नियंत्रित गटाची मुलांची वारंवारता ही वरील सर्व श्रेणीमध्ये आढळून येते तर उत्तर प्रायोगिक गटाची मुलांची वारंवारता ही अनुक्रमे चांगला, अति चांगला व उत्कृष्ट या श्रेणीमध्ये आढळून येतात यावरून असे दिसून येते की, प्रायोगिक गटातील मुलांच्या उत्तरमुलभुतजिम्नॅस्टिक्सक्षमता पातळीमध्ये वाढ झालेली दिसून येते. त्याचप्रमाणे मुलभुत जिम्नॅस्टिक्ससुदृढताउत्तर नियंत्रित गटाची मुलांची वारंवारता ही पहिल्या चार श्रेणीमध्ये आढळून येते तर उत्तर प्रायोगिक गटाची मुलांची वारंवारता ही अनुक्रमे साधारण, चांगला, अति चांगला व उत्कृष्ट या श्रेणीमध्ये आढळून येतात यावरून असे दिसून येते की, प्रायोगिक गटातील मुलांच्या उत्तरमुलभुत जिम्नॅस्टिक्ससुदृढता पातळीमध्ये वाढ झालेली दिसून येते. उत्तरजिम्नॅस्टिक्सफ्लोअर एक्ससाइज स्पर्धात्मक कार्यमाननियंत्रित गटाची मुलांची वारंवारता ही साधारण व चांगला या श्रेणी आढळून येतात तर प्रायोगिक गटातील गटाची मुलांची वारंवारता ही चांगला व अति चांगला या श्रेणी आढळून येते, यावरून असे दिसून येते की, प्रायोगिक गटातील मुलांच्या उत्तरजिम्नॅस्टिक्सफ्लोअर एक्ससाइज स्पर्धात्मक कार्यमानपातळीमध्ये वाढ झालेली दिसून येते.



कोष्टक क्र.४

जिम्नॅस्टिक्स संबंधीत क्षमता कसोट्यांचे मॅन व्हिटणी यु चाचणीद्वारे केलेल्या तुलनेचे विवरण(N=४० प्रत्येकी)

कसोट्या	चाचणी	'Z' मुल्य	सार्थकता
मुलभुतजिम्नॅस्टिक्सक्षमता	पूर्व	-०.०३३	०.९७३
	उत्तर	-१.९५५	०.०५१
मूलभूत जिम्नॅस्टिक	पूर्व	-०.६०७	०.५४४
सुदृढता	उत्तर	-३.४०१	०.००१
फ्लोअर एक्ससाइज	उत्तर	-२.६६६	०.००८
स्पर्धात्मक कार्यमान			

कोष्टक क्र. ४मध्ये पूर्व- उत्तरजिम्नॅस्टिक्स संबंधीत सर्व क्षमता कसोट्यांचे मॅन व्हिटणी यु चाचणीद्वारे केलेल्या तुलनेचेसांख्यिकी विवरणपुढीलप्रमाणे पूर्व मुलभुतजिम्नॅस्टिक्सक्षमता व पूर्व मूलभूत जिम्नॅस्टिक सुदृढता दोन्ही क्षमता कसोटी पूर्व नियंत्रित व प्रायोगिक गटातील मुलांचे 'Z' मुल्य अनुक्रमे - ०.०३३ व -०.६०७ सार्थकता स्तर अनुक्रमे ०.९७३ व ०.५४४ यावरून असे दिसून येते की, पूर्व नियंत्रित व प्रायोगिक गटामध्ये सार्थक परिणाम आढळून आला नाही. उत्तर मुलभुतजिम्नॅस्टिक्सक्षमता व उत्तर मुलभुत जिम्नॅस्टिक सुदृढता दोन्ही क्षमता कसोटी पूर्व नियंत्रित व प्रायोगिक गटातील मुलांचे 'Z' मुल्य अनुक्रमे -१.९५५ व -३.४०१ सार्थकता स्तर अनुक्रमे ०.०५१ व ०.००१ यावरून असे दिसून येते की, उत्तर मूलभूतजिम्नॅस्टिक्सक्षमता नियंत्रित व प्रायोगिक गटामध्ये सार्थक परिणाम आढळून आला नाही व उत्तर मुलभुत जिम्नॅस्टिकसुदृढता नियंत्रित व प्रायोगिक गटामध्ये सार्थक परिणाम आढळून आला. उत्तरजिम्नॅस्टिक्सफ्लोअर एक्ससाइज स्पर्धात्मक कार्यमानकसोटी पूर्व नियंत्रित व प्रायोगिक गटातील मुलांचे 'Z' मुल्य अनुक्रमे -२.६६६सार्थकता स्तर अनुक्रमे ०.००८ यावरून असे दिसून येते की, उत्तर जिम्नॅस्टिक्स फ्लोअर एक्ससाइज स्पर्धात्मक कार्यमान कसोटी नियंत्रित व प्रायोगिक गटामध्ये सार्थक परिणाम आढळून आला.

परिकल्पनेचे परीक्षण: संख्याशास्त्रीय विश्लेषणावरून सार्थक परिणाम आढळून आल्यामुळे असा निष्कर्ष निघतो की, आर्टिस्टिक जिम्नॅस्टिक्सच्या प्राथमिक कार्यक्रमाचा मुलांच्या फ्लोअर एक्ससाइज कौशल्य पातळीवर होणाऱ्या परिणामांचा सार्थक परिणाम आढळून आला यावरून संशोधन परिकल्पनेचा स्विकार करण्यात येत आहे.

५. निष्कर्ष

आर्टिस्टिक जिम्नॅस्टिक्समधील मुलभुत जिम्नॅस्टिक्स क्षमता प्राथमिक प्रशिक्षण कार्यक्रमाचा प्रायोगिक गटाच्या कार्यमानावर सार्थक परिणाम आढळून आला नाही.

आर्टिस्टिक जिम्नॅस्टिक्स मधील मुलभुत जिम्नॅस्टिक सुदृढता प्राथमिक प्रशिक्षण कार्यक्रमाचा प्रायोगिक गटाच्या कार्यमानावर सार्थक परिणाम झाला.



आर्टिस्टिक जिम्नॅस्टिक्स मधील पातळी प्रशिक्षण कार्यक्रमाचा प्रायोगिक गटाच्या कार्यमानावर सार्थक परिणाम झाला.

प्रायोगिक गटातील मुलांच्या फ्लोअर एक्ससाइज पातळी प्रशिक्षण कार्यक्रमाचा मुलांच्या स्पर्धात्मक कार्यमानावर सार्थक परिणाम झाला.

आर्टिस्टिक जिम्नॅस्टिक्समधील प्राथमिक व पातळी प्रशिक्षण कार्यक्रमाचा प्रायोगिक गटातील मुलांच्या फ्लोअर एक्ससाइज स्पर्धात्मक कार्यमानावर सार्थक परिणाम झाला.

६. चर्चा

पूर्व संशोधनाचा आढावा घेतल्यानंतर हे निदर्शनास आले की, संबधीत समस्येचे पुर्णपणे संबधित असे संशोधन झालेले नाही यावरून संशोधनासाठी निवडलेला विषय हा सर्वस्वी नवीन असल्याचे स्पष्ट होते.

आजच्या स्पर्धात्मक युगामध्ये टिकून राहण्यासाठी व उच्च कार्यमान संपादन करण्यासाठी शारीरिक सुदृढतेचे बरोबर त्या खेळातील कौशल्य आत्मसात करणे आवश्यक आहे, व ते अंगवळणी येण्यासाठी सरावामध्ये सातत्य असणे आवश्यक आहे. अशा खेळाडूंना त्या खेळातील लहान लहान गोष्टींचा विचार करून बेसिक पासून स्पर्धात्मक पर्यंत प्राथमिक व पातळी प्रशिक्षण दिले तर निश्चितच त्यांच्या स्पर्धात्मक कार्यमानामध्ये सार्थक परिणाम झालेला पहावयास मिळतो. व अशा प्रकारचे प्रशिक्षण प्रत्येक क्लब व शाळामध्ये सुरु केले तर निश्चितच त्याचा परिणाम खेळाडूचे भविष्यातील कार्यमान उंचावण्यासाठी मदत होईल.

म्हणून संशोधकाने आर्टिस्टिक जिम्नॅस्टिक्सच्या प्राथमिक कार्यक्रमाचा मुलांच्या फ्लोअर एक्ससाइज कौशल्य पातळीवर होणाऱ्या परिणामांचा अभ्यासहा विषय आपल्या पीएच.डी शारीरिक शिक्षणाच्या संशोधन कार्यासाठी निवडला व त्यामधून मिळालेला परिणाम सर्वांच्या समोर मांडण्याचा प्रयत्न केला आहे.

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उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन स्तर का तुलनात्मक अध्ययन

संजय राजाराम चौधरी

श्री बिंझाणी सिटी कॉलेज, नागपुर

१.० प्रस्तावना

किसी भी कार्य की प्रकृति तुलनात्मक रूप से अच्छी, उपयुक्त और अच्छी होगी जो व्यक्ति को इसे करने के लिए प्रेरित करेगी। ऐसे काम या गतिशील कार्यवाही को प्रेरक माना जाता है। यदि कोई खिलाड़ी शारीरिक शिक्षा के विभिन्न क्षेत्रों में उत्कृष्ट प्रदर्शन करता है, तो उसे अपने शिक्षकों, कोचों और परिचितों द्वारा उनकी उपलब्धियों के लिए प्रशंसा करनी चाहिए। सम्मान की ये विधियाँ मनुष्य को स्वयं प्रोत्साहित करती हैं। खो-खो इस भारतीय खेल खेलने वाले खिलाड़ियों में भी उत्प्रेरक प्रोत्साहन इस कारक का बहुत महत्व है। विभिन्न प्रतियोगिताओं में खिलाड़ियों का प्रदर्शन काफी हद तक उत्प्रेरक प्रोत्साहन पर ही निर्भर करता है। उत्प्रेरक प्रोत्साहन के काफी उपकारक हैं, जैसे स्वतंत्रता, सफलता, संबद्धता, आक्रमकता, शक्ति एवं श्रेष्ठता यह साहित्य में पाये गये हैं।

तो उस कौशल को वापस पाने की जिज्ञासा उनके दिमाग में रहती है। जब प्रशंसा या प्रमाणन खिलाड़ियों में आत्म-प्रेरणा पैदा करता है, तो प्रशिक्षकों को विभिन्न माध्यम से उनके लिए प्रभावशाली परिणामों का संचार करना चाहिए। ताकि खिलाड़ियों को निरंतर सफलता के लिए उत्साह, प्रोत्साहन और प्रेरणा मिले, ताकि वह संतुष्ट हो सकें और फिर से पाने के अवसर का लाभ उठा सकें। प्रतियोगिता के माध्यम से, एक अच्छा कोच न केवल प्रशिक्षकों को उनकी ताकत और कमजोरियों को बताकर उनकी कमियों को दूर करने में मदद करता है, बल्कि उन्हें कड़ी मेहनत करने का अधिकार भी देता है। महाविद्यालय स्तर पर जो खो-खो की प्रतियोगिताये होती हैं, उनमें काफी प्रतिस्पर्धा होती है। हालांकि कुछ ही टिमें जीतती हैं लेकिन हालने वाली टिम मनोविद्यालयानिक रोप से सशक्त होने की सम्भावना होती है। इसके मद्देनजर उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन स्तर का तुलनात्मक अध्ययन करने का प्रयास इस अनुसंधान में किया गया है। यहा उच्च स्तर कि खिलाड़ि याने ऐसे खिलाड़ी है जिन्होने अन्तर महाविद्यालयन स्तर पर विजय हासिल की है और निम्न स्तर के खिलाड़ी याने वो खिलाड़ी है जिन्हे इन स्पर्धाओ में हार का सामना करना पडा था।

उत्प्रेरक प्रोत्साहन सिद्धांत बताता है कि व्यवहार जीवन को सुदृढ़ करने और पुरस्कार प्राप्त करने की इच्छा से प्रेरित है, और यह इच्छा व्यवहार को नियंत्रित करती है। वातावरण में उत्तेजना जीवों के व्यवहार को निर्धारित करती है। यह एक व्यवहार सिद्धांत है जो व्यवहार को प्रभावित करने वाले पर्यावरण के महत्व पर जोर देता है। यदि परिणाम सकारात्मक है, तो एक जीव व्यवहार जारी रखने की अधिक संभावना है। यदि परिणाम नकारात्मक है, तो जीवन में व्यवहार जारी रखने की संभावना कम है। प्रेरणा वातावरण में बाहरी शक्तियों द्वारा संचालित होती है। इन्हीं बातों को ध्यान में रखकर शोधकर्ताने उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों की मनोवैज्ञानिक रूपरेखा का तुलनात्मक अध्ययन किया है।

२.० अध्ययन पद्धती

इस अध्ययन के लिए कुल १३० खो-खो खिलाड़ियों का चयन किया गया था। विषय का चयन **Random** विधी द्वारा किया गया था, कुल १३० विषय में ६५ उच्च स्तरीय खो-खो खिलाड़ि तथा ६५ निम्न स्तरीय खो-खो खिलाड़ि लिए गए थे। खिलाड़ियों के उत्प्रेरक प्रोत्साहन का मापन एन.एल.वुड, द्वारा निर्मित "इन्सेन्टीव मोटीवेशन इन्वेन्टरी" (Incentive Motivation Inventory) के द्वारा किया गया। इस अध्ययन में प्राप्त आकड़ों का विश्लेषण टी रेशीओ सांख्यिकीय परीक्षणद्वारा किया गया।

**३.० ऑकड़ों का विश्लेषण एवं अध्ययन का परिणाम****३.१ उत्प्रेरक प्रोत्साहन (स्वतंत्रता)**

तालिका क्र. १: उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों का उत्प्रेरक प्रोत्साहन सम्बन्धित स्वतंत्रता

(Independence) कारक

खो-खो	मध्यमान	±मा.वि.	मध्यमान अंतर	टी-रेशीयो	पी-मूल्य
उच्च स्तरीय	२८.१७	±२.८४	२.०७	२.११*	P< 0.05
निम्न स्तरीय	२६.१०	±२.५६			

मा.वी.: मानक विचलन; 't': 't' मूल्य; P: P मूल्य

तालिका क्र. १ में अध्ययन हेतु चयनित उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन सम्बन्धित स्वतंत्रता कारक का अध्ययन किया गया। उपरोक्त जानकारी से यह प्रतीत होता है की, उच्च स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन के स्वतंत्रता कारक का मध्यमान गुणांक २८.१७±२.८४ है। उसी प्रकार निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन स्वतंत्रता कारक का मध्यमान गुणांक २६.१०±२.५६ है।

३.२ उत्प्रेरक प्रोत्साहन (सफलता)

तालिका क्र. २: उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों का उत्प्रेरक प्रोत्साहन सम्बन्धित सफलता (Success)

कारक

खो-खो	मध्यमान	मा.वि.	मध्यमान अंतर	टी-रेशीयो	पी-मूल्य
उच्च स्तरीय	२२.६५	±२.४७	१.८४	२.०९*	P< 0.05
निम्न स्तरीय	२०.८१	±२.२१			

मा.वी.: मानक विचलन; 't': 't' मूल्य; P: P मूल्य

तालिका क्र. २ में अध्ययन हेतु चयनित उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन सम्बन्धित सफलता कारक का अध्ययन किया गया। उपरोक्त जानकारी से यह प्रतीत होता है की, उच्च स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन के सफलता कारक का मध्यमान गुणांक २२.६५±२.४७ है। उसी प्रकार निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन सफलता कारक का मध्यमान गुणांक २०.८१±२.२१ है।

३.३ उत्प्रेरक प्रोत्साहन (आक्रमकता)

तालिका क्र. ३: उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों का उत्प्रेरक प्रोत्साहन सम्बन्धित आक्रमकता

(Aggression) कारक

खो-खो	मध्यमान	मा.वि.	मध्यमान अंतर	टी-रेशीयो	पी-मूल्य
उच्च स्तरीय	२८.२१	±२.७१	१.९६	२.१५*	P< 0.05
निम्न स्तरीय	२६.२५	±२.४५			

मा.वी.: मानक विचलन; 't': 't' मूल्य; P: P मूल्य

तालिका क्र. ३ में अध्ययन हेतु चयनित उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन सम्बन्धित आक्रमकता कारक का अध्ययन किया गया। उपरोक्त जानकारी से यह प्रतीत होता है की, उच्च स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन के आक्रमकता कारक का मध्यमान गुणांक २८.२१±२.७१ है। उसी प्रकार निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन आक्रमकता कारक का मध्यमान गुणांक २६.२५±२.४५ है।



३.४ उत्प्रेरक प्रोत्साहन (आक्रमकता)

तालिका क्र. ४: उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों का उत्प्रेरक प्रोत्साहन सम्बन्धित संबद्धता (Affiliation) कारक

खो-खो	मध्यमान	मा.वि.	मध्यमान अंतर	टी-रेशीयो	पी-मूल्य
उच्च स्तरीय	२३.३३	±२.२८	१.६४	२.००*	P< 0.05
निम्न स्तरीय	२१.६९	±२.१६			

मा.वी.: मानक विचलन; 't': 't' मूल्य; P: P मूल्य

तालिका क्र. ४ में अध्ययन हेतु चयनित उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन सम्बन्धित संबद्धता कारक का अध्ययन किया गया। उपरोक्त जानकारी से यह प्रतीत होता है की, उच्च स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन के संबद्धता कारक का मध्यमान गुणांक २३.३३±२.२८ है। उसी प्रकार निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन संबद्धता कारक का मध्यमान गुणांक २१.६९±२.१६ है।

३.५ उत्प्रेरक प्रोत्साहन (आक्रमकता)

तालिका क्र. ५: उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों का उत्प्रेरक प्रोत्साहन सम्बन्धित शक्ति (Power) कारक

खो-खो	मध्यमान	मा.वि.	मध्यमान अंतर	टी-रेशीयो	पी-मूल्य
उच्च स्तरीय	२३.२३	±२.२८	१.५४	२.४४*	P< 0.05
निम्न स्तरीय	२१.६९	±२.१६			

मा.वी.: मानक विचलन; 't': 't' मूल्य; P: P मूल्य

तालिका क्र. ५ में अध्ययन हेतु चयनित उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन सम्बन्धित शक्ति कारक का अध्ययन किया गया। उपरोक्त जानकारी से यह प्रतीत होता है की, उच्च स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन के शक्ति कारक का मध्यमान गुणांक २३.२३±२.२८ है। उसी प्रकार निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन शक्ति कारक का मध्यमान गुणांक २१.६९±२.१६ है।

३.६ उत्प्रेरक प्रोत्साहन (आक्रमकता)

तालिका क्र. ६: उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों का उत्प्रेरक प्रोत्साहन सम्बन्धित श्रेष्ठता (Excellence) कारक

खो-खो	मध्यमान	मा.वि.	मध्यमान अंतर	टी-रेशीयो	पी-मूल्य
उच्च स्तरीय	२७.७३	±२.४७	७.७३	८.१४*	P< 0.05
निम्न स्तरीय	२०.००	±२.१२			

मा.वी.: मानक विचलन; 't': 't' मूल्य; P: P मूल्य

तालिका क्र. ६ में अध्ययन हेतु चयनित उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन सम्बन्धित श्रेष्ठता कारक का अध्ययन किया गया। उपरोक्त जानकारी से यह प्रतीत होता है की, उच्च स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन के श्रेष्ठता कारक का मध्यमान गुणांक २७.७३±२.४७ है। उसी प्रकार निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन श्रेष्ठता कारक का मध्यमान गुणांक २०.००±२.१२ है।

४.० निष्कर्ष

४.१ उत्प्रेरक प्रोत्साहन (स्वतंत्रता)

- अध्ययन में प्राप्त परिणाम यह दर्शाते हैं की, अध्ययन क्षेत्र के उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन सम्बन्धित स्वतंत्रता कारक के मध्य सार्थक भिन्नता है। जबकि उच्च स्तरीय खो-खो खिलाड़ियों का उत्प्रेरक प्रोत्साहन सम्बन्धित स्वतंत्रता कारक उत्तम पाया गया।

**४.२ उत्प्रेरक प्रोत्साहन (सफलता)**

- अध्ययन में प्राप्त परिणाम यह दर्शाते हैं की, अध्ययन क्षेत्र के उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन संबन्धित सफलता कारक के मध्य सार्थक भिन्नता है। जबकि उच्च स्तरीय खो-खो खिलाड़ियों का उत्प्रेरक प्रोत्साहन संबन्धित सफलता कारक उत्तम पाया गया।

४.३ उत्प्रेरक प्रोत्साहन (आक्रमकता)

- अध्ययन में प्राप्त परिणाम यह दर्शाते हैं की, अध्ययन क्षेत्र के उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन संबन्धित आक्रमकता कारक के मध्य सार्थक भिन्नता है। जबकि उच्च स्तरीय खो-खो खिलाड़ियों का उत्प्रेरक प्रोत्साहन संबन्धित आक्रमकता कारक उत्तम पाया गया।

४.४ उत्प्रेरक प्रोत्साहन (आक्रमकता)

- अध्ययन में प्राप्त परिणाम यह दर्शाते हैं की, अध्ययन क्षेत्र के उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन संबन्धित संबद्धता कारक के मध्य सार्थक भिन्नता है। जबकि उच्च स्तरीय खो-खो खिलाड़ियों का उत्प्रेरक प्रोत्साहन संबन्धित संबद्धता कारक उत्तम पाया गया।

४.५ उत्प्रेरक प्रोत्साहन (आक्रमकता)

- अध्ययन में प्राप्त परिणाम यह दर्शाते हैं की, अध्ययन क्षेत्र के उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन संबन्धित शक्ति कारक के मध्य सार्थक भिन्नता है। जबकि उच्च स्तरीय खो-खो खिलाड़ियों का उत्प्रेरक प्रोत्साहन संबन्धित शक्ति कारक उत्तम पाया गया।

४.६ उत्प्रेरक प्रोत्साहन (आक्रमकता)

- अध्ययन में प्राप्त परिणाम यह दर्शाते हैं की, अध्ययन क्षेत्र के उच्च एवं निम्न स्तरीय खो-खो खिलाड़ियों के उत्प्रेरक प्रोत्साहन संबन्धित श्रेष्ठता कारक के मध्य सार्थक भिन्नता है। जबकि उच्च स्तरीय खो-खो खिलाड़ियों का उत्प्रेरक प्रोत्साहन संबन्धित श्रेष्ठता कारक उत्तम पाया गया।

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Aerobic Exercise का विद्यार्थियों की श्वसन धारण क्षमता पर पड़ने वाला प्रभाव का
अध्ययन

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Abstract: प्रस्तावना

ऐरोबिक ये कुछ नहीं बल्कि व्यायाम करने की पद्धति है। जो कोरोनारी आरटरी इन रोगों से संरक्षण दिलाता है। और इसे चिकित्सक डॉ. केनेथ एच. कापर ने टेक्सास में अन्टोनियो एअर फोर्स हॉस्पिटल ने आगे लाया। इस व्यायाम के किताब को कापर ने प्रकाशित किया। उसके थोड़े समय बाद ही जैकी सोरेनसन नाम के व्यक्ति ने एक डांस, नृत्य जिसे ऐरोबिक नृत्य कहा जाता है जो विकसित किया। इस तरह से ऐरोबिक नृत्य और दूसरे प्रकार या स्वरूप के व्यायाम अस्तित्व में आये और ये दो दशकों से चला आ रहा है। अकेले संघराष्ट्र में ऐरोबिक सहभागियों की संख्या १९७८ में ६ मिलीयन हो गई। इस तरह से उपर से प्राप्त की गई जानकारी से कोई भी समझ सकता है कि, कितनी ख्याती ऐरोबिक के प्रति दुनिया के लोगों में हो रही है। या कितनी रूची दुनिया के लोगों की ऐरोबिक के प्रति बढ़ती जा रही है। यह सब कथन इस बात के प्रमाण हैं।

Aerobic इस शब्द का अर्थ है oxygen प्राणवायु के साथ अनुसंधान संशोधन से यह ज्ञान होता है कि रोज मरहा की व्यायाम द्वारा स्वस्थ आहार सेवन करके इस से अपने आप को संतुलित और स्वस्थ रखा जाता है।

इसका मुख्य लक्ष्य है, कि बड़ी मांसपेशियों का समूह में लम्बे समय के लिए मध्यम खिचाव होता है, जिसके दौरान अधिकतम कार्डिया रिसपोरेटी समायोजन जरूरी है। जैसे तैरना, बाइसाईकिल चलाना तथा लम्बी दौड़। क्योंकि ऐरोबिक सहनशक्ति का अर्थ है कि दिल, वैस्कुलर सिस्टम फेफड़ों की काम करने वाले उत्तकों को ऑक्सीजन तथा पोषक तत्व उपलब्ध करवाने की क्षमता तथा मेटाबोलिज्म के अपशिष्ट पदार्थों बाहर निकालना जो निम्न हैं।

श्वसन क्रिया :-

श्वसन क्रिया ही ऐसी क्रिया है, जिसके आधार पर यह निश्चित किया जाता है कि मानव जीवित है अथवा मृत। सभी मानव तथा जीव श्वसन क्रिया द्वारा सांस लेते हैं। वह ऑक्सीजन ग्रहण करते हैं और कार्बनडॉई ऑक्साईड छोड़ते हैं। यदि मनुष्य को पर्याप्त मात्रा में ऑक्सीजन प्राप्त न हो तो वह अधिक समय तक जीवित नहीं रह सकता।

जीवित रहने के लिए हम नाक द्वारा प्रथम श्वास लेते हैं तथा फिर इसको बाहर छोड़ते हैं। श्वास लेने तथा छोड़ने की क्रिया ही श्वास क्रिया है। अर्थात् श्वास क्रिया दो क्रियाओं का मेल है। : श्वास भीतर ले जाने की क्रिया, जिसको सांस खींचने की क्रिया कहते हैं तथा श्वास बाहर निकालने की क्रिया, जिसको सांस छोड़ने की क्रिया कहते हैं। श्वास क्रिया का मानवीय जीवन के लिए विशेष महत्व है। जब हम सांस लेते हैं तो हवा के मध्य की ऑक्सीजन हमारे शरीर के भीतर पहुंचती है। यह गैस फेफड़ों में पहुंचकर शरीर में पहले से बची हुई दूषित तथा जहरीली गैसें जैसे कार्बन डाई ऑक्साईड आदि को बाहर निकालती है।

**Recognized Benefits of Regular Aerobic Exercise Include**

1. नियमित एरोबिक व्यायाम शामिल की मान्यता प्राप्त लाभ
2. श्वसन में शामिल मांसपेशियों को मजबूत करना, फेफड़ों के अंदर और बाहर हवा के प्रवाह को सुविधाजनक बनाना।
3. परिसंचरण क्षमता में सुधार और रक्तचाप को कम करना।
4. शरीर में लाल रक्त कोशिकाओं की कुल संख्या में वृद्धि, ऑक्सीजन के परिवहन की सुविधा।
5. तनाव को कम करने और अवसाद की घटनाओं को कम करने सहित बेहतर मानसिक स्वास्थ्य।
6. हृदय की मांसपेशियों को मजबूत करना और बढ़ाना, इसकी पंपिंग दक्षता में सुधार करना और आराम दिल की दर को कम करना।

पूरे शरीर में मांसपेशियों को टोन करना।

भीतर सांस खींचने की क्रिया, श्वास :-

हमारे शरीर का भीतरी डायफ्राम एक गोल मीनार जैसा होता है। जब यह मांसपेशी सिकुड़ती है तो यह चपटे आकार की हो जाती है तथा छाती गुहा का आयतन बढ़ जाता है। जब हम श्वास द्वारा वायु लेते हैं तो वायु में नाइट्रोजन ७९ : ऑक्सीजन २० : कार्बन डाई ऑक्साईड की ०.०४ : की मात्राएं शरीर में पहुंचती हैं।

श्वास छोड़ने की क्रिया :-

मांसपेशियों के फैलने से डायफ्राम पुनः अपनी वास्तविक अवस्था में आ जाता है। इस तरह दो पसलियों को बांधने वाली पसलिया नीचे को झुक जाती हैं। इससे छाती गुहा का आयतन कम हो जाता है। जब हम सांस छोड़ते हैं तो उनमें नाइट्रोजन गैस ७९%, ऑक्सीजन १६% कार्बन डाई ऑक्साईड ४.०४% बाहर निकलती है। तन्दुरस्ती की अवस्था में बलिंग व्यक्ति की सांस लेने की दर सोलह बार प्रति मिनट होती है।

Features of Airboard :

व्यायाम का वो प्रकार है, जिसमें संगीत के साथ व्यायाम किया जाता है। **VkodkUMk** के आधार पर इसकी गतिविधिया नृत्य, बॉक्सींग और अलग-अलग मार्शल आर्ट से संयुक्त हैं।

1. Embossed Surface
2. Solid Body
3. Cutting edge Air Cushion
4. Sophisticated Design
5. Separation of Air Cushion
6. Rhy-Rwon on the air board
7. Board-rabics with the airboard
8. Airboard Speed Diet

Effect of Air board:-

- If you exercise with the Air Board for 40 minutes a day for 2 months, you may lose 9.3 kg in total.
- After working out with the Air Board for 40 minutes a day for 2 months (5 days a week)
- We could see this amazing result, loss of 9.3 kg.

श्वसन संस्था (Respiratory System)

इस संस्था के द्वारा हवा से प्राप्त प्राणवायु (ऑक्सीजन) रक्त में शोषित की जाती है तथा शरीर कोशिकाओं तक पहुंचाई जाती है, इसके साथ-साथ शरीर कोशिकाओं में निर्मित कार्बनडाईऑक्साईड वायु को जमा करके शरीर के बाहर भेजा जाता है।



अनुसन्धान का उद्देश्य विद्यार्थियों के श्वसन क्षमता को मापना तथा विद्यार्थियों की श्वसन क्षमता पर प्रभाव का अध्ययन करना था।

अनुसन्धानकर्ता के द्वारा पदव्युत्तर शारीरिक शिक्षण विभाग नागपूर, राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ के एम.पी.एड. प्रथम वर्ष के २० विद्यार्थियों की श्वसन धारण क्षमता का स्पाइरोमीटर द्वारा पूर्व परीक्षण तथा पश्चात् परीक्षण लिया गया। विद्यार्थियों से सुबह के सत्र में प्रतिदिन ३० दिनों तक Airboard पर क्रियाएँ करवाई।

सांख्यिकीय विश्लेषण :-

विद्यार्थियों की श्वसन धारण क्षमता पर Airboard Exercise का प्रभाव ज्ञात करने के लिए पूर्व परीक्षण और पश्चात परीक्षण के आधार पर संकलित आंकड़ों के आधार पर प्राप्त परिणाम को आगे तालिका क्रमांक एक से चार तक दर्शाया गया है।

Sr. No.	Test	Mean	S.D.	M.D.	S.E.	't' ratio
१.	पूर्व परीक्षण	459	89.36	5.5	28.62	0.19
२.	पश्चात परीक्षण	464.5	91.66			

निष्कर्ष :

इस अध्ययन के परिणाम स्वरूप निम्नलिखित निष्कर्ष निकाला गया है।

इस अध्ययन का परिणाम यह प्रदर्शित करता है कि ऐरोबिक क्रियाओं से विद्यार्थियों की श्वसन धारण क्षमता में वृद्धि होती है।

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- 5- W.W.W. Scesperls Exerc. Org

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[https://www.lesmills.com/us/workouts/fitness-](https://www.lesmills.com/us/workouts/fitness-classes/bodystep/#/facType=modal&filterType=0&classes.bs)

[classes/bodystep/#/facType=modal&filterType=0&classes.bs](https://www.lesmills.com/us/workouts/fitness-classes/bodystep/#/facType=modal&filterType=0&classes.bs) से प्राप्त किया गया।

ग्राम स्वावलंबन

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सारांश

गांधीजीच्या पुर्वी आधुनिक भारतातील कोणत्याही चितकाने किंवा विचारवंताने गांधीजीसारख्या सर्वयार्थी विचार केल्याचे दिसत नाही. शिक्षा धर्म नाती राजकारण अर्थकारण कायदा शेती लघुउद्योग अस्पृश्यता दानबंदी यांसारखे कोणतेही क्षेत्र सोडलेले नाही. खेडेगावापासूनतर विश्वापर्यंत गांधीजीचे विचार व्यापलेले असल्याचे दिसून येते. त्यांनी सर्व क्षेत्राचे मुलगामी चिंतन केलेले आहे. गांधीजींनी जातधर्मपंथवर्ग राष्ट्र अशाप्रकारचा कोणताही भेदभाव न करता मानव आणि मानवी समस्याबाबत समनदृष्टीचे विचार करणे हे गांधीजीच्या विचारसरणीचे एकसंपूर्ण वैशिष्ट्य समजले जाते. अशा समग्र दृष्ट्याचा जन्म २ ऑक्टोबर १८६९ रोजी गुजरात मधील पोरबंदर येथे झाला असून त्याचे पूर्ण नावमोहनदास करमचंद गांधी होते.

गांधीजीचे कार्य हे मुळातच मानवतावादी होते, मानवजातीच्या कल्याणाच्या ध्येयाने प्रेरित होवूनचमानवजातीसाठी आपले विचार मांडलेत, समास्वातत्य, बंधुत्व, विकेंद्रीकरण आणि ग्रामस्वराज्यहयासारख्या लोकशाही तत्वांना त्यांनी आपल्या विचारात अतिशय महत्त्वाचे स्थानदिलेले आहे. गांधीजीचे विचार भारतात लढ्यापूरतेच मर्यादित नव्हते तर स्वातंत्र्य प्राप्तीनंतर भारतात कोणत्या प्रकारची शासनपद्धती आणवयाची जेणेकरून आदर्श राज्य साकारता येईल. व आदर्श राज्यासाठी असा समाज उभारायचा. गांधीजींनी अशा समाजाला "अहिंसात्मक समाज" असेम्हटले आहेव हया अहिंसात्मक समाजाची स्वयंपुर्ण-स्वयंशासिक खेडे व ग्रामस्वराज्य ही वैशिष्ट्ये होते.

ज्या राज्यात उच्च-निचता नसेल, गरीब-श्रीमंत असा भेद नसेल, वंश, पंथ, जात यावरून भेदभाव केला जात नसेल. कायदे म्हणजे स्वेच्छेनेमानले

जाणारे नैतिक नियम असतील आणि ज्यात समृद्ध, सुखी व स्वयंपूर्ण गावे असतील असे राज्य म्हणजे 'रामराज्य' होय. व रामराज्यालाच ती आदर्श राज्य म्हटलेलेआहे गांधींनी खेडेगाव हा केंद्रेभूत घटक मानून शासन व्यवस्थेची कल्पना मांडलेली आहे या खेडे गावाला जास्तीत जास्त स्वायत्तता मिळावी खेडेगावचा कारभार लोकांनी निवडून दिलेल्या पंचायती मार्फत चालवा अश्या प्रकारे ग्रामराज्य हा गांधीजींच्या आदर्श राज्याचा पायाभूत घटक आहे.

गांधीजींची सर्वोदयाची कल्पना

भारत हा खेड्यांचा देश आहे. त्यामुळे खेड्यांचा विकास झाल्याशिवाय देशाचा विकास होवू शकत नाही. म्हणून खेड्याला केंद्रबिंदु मानूनआर्थिक विकासाच्या योजना आखणे आवश्यक आहे. प्रत्येक खेडे हा एकक समजून त्याला समर्थ केले पाहिजे, असे गांधीजीचे मत होते.साध्यामते प्रत्येक खेडे हे उत्पादनाच्या दृष्टीने स्वयंपूर्ण बनले पाहिजे. अशा

ग्रामस्वराज्य योजनेची रूपरेषा गांधीजींनी
पुढीलप्रमाणे पाडलेली

- 1) अन्न, वस्त्र व निवारा यासारख्या आवश्यक गरजांच्या बाबतीत प्रत्येक खेडे हे स्वयंपूर्ण व्हावयास हवे.
 - 2) ग्रामसफाईची पूर्ण व्यवस्था व्हावयास हवी.
 - 3) खेड्याचे स्वास्थ्य चांगले राहण्याकरीता निसर्गोपचाराची व्यवस्था व्हावयास हवी.
 - 4) खेड्यातील प्रत्येक व्यक्तीला संतुलीत आहार मिळावा म्हणून दुध, फळ, फळावळे, ताज्या भाज्या हयांची व्यवस्था असावी
 - 5) प्रत्येक खेड्यात एक सार्वजनिक सभागृह, शाळा असली पाहिजे.
 - 6) खेड्यां-खेड्यांमध्ये बुनियादी शिक्षणाची व्यवस्था होणे अनिवार्य आहे.
 - 7) दोर, दरोडेखोर, जंगली स्वापदे हयापासून खेड्याचे रक्षण करण्याकरीता ग्रामरक्षक असले पाहिजेत
 - 8) घरोघरी स्वच्छ व सुंदर देवघर असले पाहिजे.
 - 9) प्रदूषक खेड्याला पुरेशी पाणी पुरवठ्याची व्यवस्था झाली पाहिजे.
 - 10) प्रत्येक खेड्यात क्रिडांगण, पाळीव जनावरांकरीता गोठे व त्यांच्या चान्यापाण्याची स्वतंत्र व्यवस्था असावी.
 - 11) खेड्यात कारभार चालविण्यासाठी पंचायत असावी.
 - 12) जातीव्यवस्थेचे उच्चाटन व्हावे.
- हया सर्वोदय योजनेमुळे प्रत्येक खेडे आदर्श खेडे होवून तेथील जनता सुखी समाधानाने जीवन जगू शकेल असा गांधीजींचा विश्वासहोता. तात्पर्य- आधुनिक काळातील यंत्रयुगाने पूर्वीच्या खेडेगावातील सरळ-साध्याजीवनपद्धतीचा अंत केला आहे. माणसाने जीवन यांत्रिक बनविले आहे. त्यांच्या जीवनातील पुर्वीचा आनंद

व गोडवा नष्ट केला आहे. अशी गांधीजींची धारणा होती. यातून ग्रामीणाची सुटका व मुक्तता करण्यासाठी त्यांनी स्वयंपूर्ण व स्वयंशासीत खेड्याची कल्पना मांडली. लोकांना स्वावलंबी बनवायचे असेल, त्यांचे दारीद्र्य दुर करावयाचे असेल आणि बेरोजगारीचे निर्मूलन करावयाचे असेल तर खेडेगावात लहान लहान हस्तव्यवसाय, कुटीर उद्योग, ग्रामोद्योग सुरू झाले पाहिजे. असे गांधीजींचे मत होते.

वर्तमानकाळातील गांधीजींच्या ग्रामस्वराज्याची वास्तवता

वर्तमान काळात ग्रामस्वराज्याच्या संकल्पनेला सकार करण्यासाठी केंद्र सरकारने व महाराष्ट्र राज्य सरकारने अनेक योजना हाती घेतल्या आहेत. ग्रामस्वच्छतेकरीता केंद्र सरकारची निर्मलग्राम पुरस्कार योजना, महाराष्ट्र सरकारने संत गाडगेबाबा ग्राम स्वच्छता अभियान, स्वच्छ व मुबलकपाण्यासाठी जलस्वराज्य योजना, संतुलीत आहारांसाठी शालेय सकस आहार योजना, खेड्यातील बेरोजगारांसाठी महाराष्ट्र ग्रामीण रोजगारहमी योजना, खेड्यातील स्वास्थ्य चांगले राहण्यासाठी २ कोटी वृक्षोरोपनयोजना, ग्रामीण भागातील प्राथमिक शिक्षणाचा दर्जा सुधारण्यासाठी "सर्व शिक्षा अभियान" व गांधीजींच्या ग्रामस्वराज्य किंवा सर्वोदय संकल्पनेवर आधारीत इतर योजना तयार करून राबविल्या जात आहेत. परंतु त्यायोजनांची अंमलबजावणी होत असतांना शेवटच्या घटकापर्यंत किती लाभ पोहोचतो आहे. हा महत्वाचा मुद्दा ठरतो. हयांसंबंधात भारताने माजीपंतप्रधान दिवंगत राजीव गांधी म्हणाले होते देशतील सरकार देश विकासाच्या व समाज विकासाच्या दृष्टीनेच योजना तयार करित असते परंतु योजनेच्या 1

रूपायाकरिता फक्त 15 पैसेच शेवटच्या घातकापर्यंत पोहचतात व 85 पैसे मधातला वर्ग खाऊन बसतो म्हणून योजना यशस्वी होऊ शकत नाहीत.

थोडक्यात

गांधीजींनी मांडलेली ग्रामस्वराज्याची संकल्पना आजही आर्थिक विकासाच्या दृष्टीने महत्वाची समजली जाते. त्यांच्या मते आर्थिक विकासाला खालच्या पातळीवरून सुरवात व्हायला पहिजे त्यासाठी गाव पंचायतीला अधिकाचे अधिकार देऊन समाजाची प्रगति करणे आवश्यक आहे.

निष्कर्ष

एकंदरीत ग्रामस्वराज्याच्या संकल्पनेत लोकशाही समाजवादाचा क्रांतिकारी समन्वय साधता येऊ शकतो उदा. ग्रामस्वराज्याच्या संकल्पनेचे तपस्वी सेवक श्री अण्णा हजारे यांच्या नगर जिल्ह्यातील राळेगण सिद्धी येथील दुष्काळ ग्रस्त, भांडखोर, दारिद्री व व्यसनी असलेल्या जनमानसिक व सामाजिक परिवर्तनाच्या माध्यमातून तेथील गावकऱ्यांच्या एकजुटीने, सामुहिक श्रमाने व ग्रामक्रांतीच्या जिद्दीने भारतात आदर्श निर्यातकरणारे एक गाव निर्माण केले. महाराष्ट्रात अशी तिनशे गावे या मार्गाने वाटचाल करीत आहेत. राळेगण सिद्धी या गावात आज दारू, बिडी, सिगरेटनाही, मांसाहार नाही, चोरी नाही, कोणीही उपाशी नाही. जमीन बगायतीखाली असून पंधरा वर्षात कोर्ट कचेरी नाही. अध्यात्मशक्ती, विज्ञानशक्ती, आणि ग्रामशक्ती यांचा त्रिवेणी संगम झाला तर ग्राम क्रांती कशी होते याचा आदर्श पाठ या विज्ञान युगात दिसून येतो. ग्रामस्वराज्याच्यायोग्यतेचा व यशाचा राळेगणसिद्धी गाव ठोस पुरावा आहे.

नवा भारत निर्माण करण्यासाठी आजचा दृष्टीकोन बदलणे आवश्यक आहे. आर्थिक, सामाजिक व राजकीय व्यवहारांना इंचाइंचाने आपल्यालोकसत्तेची बांधणी करीत जावे लागेल हे करण्यासाठी खंबीर हृदयाची गरज आहे. आजच्या आधुनिक काळात आपण जागतिकीकरण व आर्थिकउदारीकरणाचे धोरण स्विकारले, सेझ सारखा प्रयोग ग्रामांमधून सुरू केला आहे. घराघरातील प्रत्येक माणूस माहिती तंत्रज्ञानाच्या माध्यमातूनजगण्योयाग्य झाला आहे. असे असतांनाही जेव्हा आपण या आधुनिक जगाचा खोलवर विचार करतो तेव्हा गांधी विचारातील पैलू आत्मसातकेल्याशिवाय तरणोपाय नाही, याची जाणीव होऊ लागते. कारण सद्याच्या या भरकटलेल्या अवस्थेतील माणसाला गांधी विचारच ग्रामस्वराज्याच्यासार्थक वाटचालीतून विकासाची दिशा दाखवू शकतो.

गांधीच्या ग्रामविकास संकल्पनेचे फलित असे की, आज महात्मा गांधी तंटामुक्त गाव मोहिम, ग्रामसुधार योजना, निर्मल ग्राम योजना,ग्रामविकास योजना, निर्मल ग्रामयोजना, ग्रामविकास योजन, ग्रामोद्योगांना चालना या सारख्या उपाययोजना गावागावातून राबविल्या जात आहेत.लोकन्यायालयाचे आयोजन ही देखील या संकल्पनेची एक जमेची बाजू आहे. ग्रामोद्योग, हस्तोद्योग, पशुपालन, कुटिरउद्योग अशा लहान मोठ्याउद्योगांचे सरकारद्वारे अनुदान देऊन जास्तीत जास्त लोकांना स्वावलंबनाचा धडा शिकवून बेकारी सारखी समस्या सोडवण्याचा प्रयत्न केला जातनाही. ग्रामसफाई, ग्रामस्वच्छता या सारख्या मोहिमा राबवून उत्तमनाम पुरस्काराचे आयोजन सरकारद्वारे केल्यामुळे गावे स्वच्छ ठेवून बालमृत्यू,साथीचे आजार यांना आळा

बसला आहे. अशाप्रकारे ग्रामीण जीवनाचा विकास या ग्राम स्वराज्य संकल्पनेद्वारा साधण्याचा प्रयत्न केला जात आहे. पण या प्रयत्नाला जोड हवी ती आजच्या युवाशक्तीची. युवाशक्ती जर पुढाकार घेईल तर ती आणखी जोमाने यशस्वी दिशेने वाटचाल करित व आजच्या माहिती तंत्रज्ञानाच्या युगातही यशस्वी ठरेल.

सूचना

१) संतुलित विकासासाठी शासनाने शहरी विकासासोबतच ग्रामीण विकासाचाही विचार करावा.

२) औद्योगिकरणासोबतच पर्यावरणाचा -हास होणार नाही या दिशेने पाऊस उचलून शेतीचा विकास करावा.

३) यांत्रिकीकरणाच्या अती वापराविषयी होणाऱ्या धोक्यांची माहिती जनसामान्यांपर्यंत पोहचवावी.

४) मनुष्याने गांधीजी सारख्या विचारवंतांच्या विचारांचा स्विकार करून आध्यत्म, समाज इत्यादी सोबत जोडावे.

५) कृषीमध्ये यांत्रिकीकरण करतांना त्याचा अतिरेक होणार नाही तसेच देशातील लघु व कुटीर उद्योग बंद पडणार नाही याची दक्षता घ्यावं

संदर्भ ग्रंथ सूची

१) गांधी मोहनदास करमचंद, 'सत्य के साथ मेरे प्रयोग', नवजीवन प्रकाशन हाऊस, अहमदाबाद, १९५७

२) सिंह, रामजी, 'गांधी और भावी विश्व व्यवस्था कामनवेल्थ पब्लिशर्स, नई दिल्ली, २०००

३) दास, रतन 'द ग्लोबल विजन ऑफ महात्मा गांधी' स्वरूप एण्ड सन्स पब्लिशर्स, नई दिल्ली, २००५

४) गांधी मो.क. 'ग्राम स्वराज्य,' नवजीवन ट्रस्ट प्रकाशन, अहमदाबाद.

५) गांधी मो.क, 'हिंद स्वराज्य', नवजीवन ट्रस्ट प्रकाशन अहमदाबाद.

६) गांधी मो.क. 'स्वराज्य का अर्थ', सस्ता साहित्य मंजुल प्रकाशन, नई दिल्ली.

७) व्यास हरिप्रसाद, 'गांधीजी की अपेक्षा', नवजीवन प्रकाशन मंदिर, अहमदाबाद- १४

८) यादव रामजी, 'भारत में ग्रामीण विकास', अनुप पब्लिशिंग हाऊस, नई दिल्ली.

९) www.wikipedia.com.

१०) www.google.com.

1857 ई० के विश्वासनीय एवं प्रमाणिक उर्दू स्रोत

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शोधसार

1857 ई० के क्रांति भारत इतिहास की एक अत्यन्त महत्वपूर्ण घटना है, जो भारत का प्रथम स्वतंत्रता संग्राम था। इसके इतिहास की जानकारी हेतु अनेक प्राथमिक एवं द्वितीय स्रोत उपलब्ध हैं। परंतु क्रांति के विभिन्न आयामों पर प्रकाश तत्कालीन लोगों जो उस घटना के प्रत्यक्षदर्शी थे, के द्वारा लिखित इतिहास से पड़ता है चूंकि वह सभी लोग उस घटना के प्रत्यक्षदर्शी थे। अतः उनके द्वारा लिखी गई कृतियों विश्वासनीय एवं प्रमाणिक है। प्रस्तुत शोध पत्र 1857 ई० के प्राथमिक उर्दू स्रोतों में से चार महत्वपूर्ण स्रोतों पर आधारित है। जिन्हें विभिन्न पुस्तकालयों व अभिलेखागारों से खोज निकाला गया है। यह चार उर्दू स्रोत इस प्रकार हैं :

सन् 1857 ई० में अवध का मुहाज मअसिर-ए-उर्दू माख़ज़ की रौशनी में, कश्फ़-अल-बगावत, तारीख़-ए-अवध तथा तारीख़-ए-आईन-ए-अख़्बार । इन उर्दू स्रोतों की विशेषता यह है कि सभी लेखकों एवं कवियों ने सारी घटनाओं का आंखों देखा हाल का वर्णन किया है। इन प्रारंभिक स्रोतों में से कुछ दुर्लभ पांडुलिपियां हैं और कुछ उस समय की प्रेस से क्रांति के तुरंत बाद के वर्षों में छापे गए हैं। यह गद्य एवं पद्य दोनों में हैं। परंतु इन स्रोतों से तत्कालीन इतिहास का विस्तृत विवरण प्राप्त होता है। घटनाओं की दिनांक, सन्, सेना की संख्या, समाज संस्कृति, तालिकाएं, युद्धों का विषय वर्णन, महत्वपूर्ण व्यक्तियों के नाम एवं पद, तत्कालीन शासन व्यवस्था तथा अनेकों सत्य पर आधारित ऐतिहासिक तथ्य सामने आते हैं। इन उर्दू स्रोतों पर इतिहासकारों ने बहुत कम काम किया है।

Keywords : 1857 ई० के प्राथमिक उर्दू स्रोत, दुर्लभ पांडुलिपियां, प्रत्यक्षदर्शियों द्वारा वर्णित घटनाओं का विवरण तथा विश्वासनीय एवं प्रमाणिक ऐतिहासिक बहुमूल्य उर्दू सामग्री।

1857 ई० के विश्वासनीय एवं प्रमाणिक उर्दू स्रोत

भारतीय स्वतंत्रता संघर्ष के इतिहास में 1857 ई० की क्रांति एक महत्वपूर्ण स्थान रखती है। वास्तव में यह भारत का 'प्रथम स्वतंत्रता संग्राम' था जिसने भविष्य में जनक्रांति का रूप धारण कर लिया। देशवासियों के मन में अंग्रेजी सरकार के प्रति घृणा भाव थे, जिसके कारण भारत के प्रत्येक राज्य एवं प्रांत के कोने-कोने से समाज के सभी वर्गों के लोगों ने इसमें भाग लिया। भारत वासियों का अंग्रेजों को देश से बाहर निकालने का संकल्प ही था कि भविष्य में अंग्रेजों को भारत छोड़कर जाना पड़ा और देश स्वतंत्र हुआ।

1857 ई० की घटनाओं के विषय में जानकारी हेतु असंख्य सामग्री देश-विदेश के अभिलेखागारों और

पुस्तकालयों में उपलब्ध हैं। इन ऐतिहासिक स्रोतों में कुछ स्रोत प्राथमिक हैं तो कुछ स्रोत द्वितीय हैं। सरकारी रिकॉर्ड, पांडुलिपि, समाचार पत्र, गद्य एवं पद्य दोनों में प्रकाशित पुस्तकें तथा पांडुलिपियां मौजूद हैं। इन सामग्री में से बहुत पर शोध कार्य हो चुका है परंतु बहुत सी सामग्री ऐसी है, जिन्हें पढ़ा नहीं गया है या पढ़ा गया है तो उस पर कार्य नहीं हुआ है। उन दुर्लभ पुस्तकों व पांडुलिपियों की जानकारी लोगों को नहीं है, क्योंकि वह कृतियां आरंभिक उर्दू में हैं। उनमें से बहुत कृतियों पर लोगों की दृष्टि नहीं गई है या गई भी है तो उर्दू भाषा का ज्ञान ना होने के कारण अधिकतर इतिहासकारों की पहुंच से दूर है। अतः उन पुस्तकों को प्राथमिक स्रोतों के तौर पर उपयोग बहुत कम लोगों ने किया

है जबकि इन पुस्तकों के लेखक या कवि घटनास्थल पर मौजूद थे और उन्होंने आंखों देखा हाल लिखा है। अतः इन पुस्तकों में लिखित घटनाओं की विश्वसनीयता व प्रामाणिकता पर संदेह उत्पन्न नहीं होता अपितु सभी घटनाओं के सूक्ष्म से सूक्ष्म तथा विस्तारपूर्वक वर्णन से तत्कालीन ऐतिहासिक साक्ष्य सामने आते हैं।

प्रस्तुत शोध पत्र में इन अमूल्य ऐतिहासिक उर्दू ग्रंथों में उपलब्ध जानकारी इतिहास में रुचि रखने वालों के लिए बहुत महत्वपूर्ण हैं। इनमें प्रथम पुस्तक 'नौनगह मौसूम बह मुहारबह—ए—गदर' हैं, जिसमें अवध में घटित होने वाली घटनाओं का आंखों देखा वर्णन है। इसके लेखक मुंशी मेडीलाल थे। जिनका संबंध एक कायस्थ परिवार से था।¹ उनकी यह पुस्तक नौ भागों में विभाजित है तथा उस समय की आरंभिक उर्दू में है। उन्होंने यह पुस्तक 1857 ई० में लिखी। उन्होंने अवध में फैली हुई अराजकता का हाल बताया है। यद्यपि यह पुस्तक बहुत जल्दी में लिखी गई थी और इसमें यदा—कदा अंग्रेजों का पक्ष लिया गया है परंतु उनके वर्णन से महत्वपूर्ण घटनाओं का विस्तृत विवरण प्राप्त हो जाता है। जैसे अवध पर कुशासन का आरोप लगाकर वाजिद अलीशाह को पेंशन देकर कलकत्ता भेज दिया गया और वाजिद अलीशाह ने अंग्रेजों का मुकाबला नहीं किया तो जनता की प्रतिक्रिया क्या थी? जनता की भावनाओं की अभिव्यक्ति का उल्लेख लेखक पुस्तक के प्रथम भाग में इस प्रकार करता है :

दरूनी और बेरूनी (आंतरिक व वाहय) को बुरा भला कहने का यारा हुआ। शहर के बेफिकरे . . . अफीनियों की दुकान पर घोले लगा कर नशे के तरंग में बेदरंग आशनाओं से कहने लगे कि किबला हज़रत के मिजाज़ में इंतहा का जुबन (कायरता) था कि ज़रा भी ना बोले ना मनके, मुपत सलतनत

छिनवा दी, अगर कुछ भी जी करते तो सलतनत क्या मुंह का निवाला खा जाता कि अंग्रेज खा जाते, लखनऊ की खलिकत दांत खट्टे कर देती नाकों चने चबाना पड़ता, दांतों पसीना आता भागते राह न मिलती।²

पुस्तक के दूसरे भाग में लेखक अंग्रेजों की वीरता की प्रशंसा करता है कि उनके पास नवीन अस्त्र—शस्त्र थे तथा व रूढ़िवादिता से दूर और चूँकि वाजिद अलीशाह में इतना साहस नहीं था कि उनका मुकाबला कर सकता। अतः उसने चुपचाप अंग्रेजों की बात मान लेने में भी अपना भला समझा और जनता को एक बड़ी तबाही से बचा लिया। मेडीलाल इस बात का अभिव्यक्ति इस प्रकार करता है :

"गवालियर, भरतपुर, पवना और सातारा नागपुर तमाम विलायते हिंद कब्ज़ह — ए — अख्तियार — ए — सरकार — ए — इंग्लिशियह में हो गई। फ़कत एक लखनऊ उर्दू के मंजूर से बाकी रहा था, सो उसको अब क्या किसी की ताकत है कि शेर के मुंह से निवाला निकाल ले बजुज़ सब्र और चश्मपोशी और खामोशी के और कोई चारा उस उम्र—ए—खास में नहीं इसमें खैरियत है अगर खुदानखास्ता (ईश्वर ना करे) किसी को तह अंदेशाखिरद दुश्मन (छुपे हुए चालाक शत्रु) ने सहवन (गलती से) पटाखा भी छोड़ दिया तो यह सब मुल्क और शहर तोहमत—ए—जंग में मुब्तला (लिप्त) होकर रुक जाएगा। लोगों बंदगान—ए—खुदा का खून हो जाएगा। अमाकुन—ए—शहर (नगर स्थल) खुद जाएंगे। नाम बाकी न रहेगा . . . गर्ज ऐसा समझ कर वाजिद अली बादशाह गाजी ने आई बला टाली और यहां खुसारान—ए—नए बेदम मरदुम—ए—जुहाल (निर्दोष अज्ञानियों) ने जुबान निकाली।³

मेडीलाल अपनी कृति के तृतीय भाग में अंग्रेजों की प्रशंसा और अवध की जनता के नवाब वाजिद अली

को बुरा भला कहने पर उनकी निंदा करते हुए लिखते हैं :

“जिस वक्त से कि शाह-ए-अवध ने इनान-ए-अजीमत तरफ कलकत्ते के मौतूफ़ फ़रमाई (कलकत्ते की ओर प्रस्थान करने का निश्चय किया) उस जमाने तक की अकरीब आशोब (अराजकता) और ग़दर होने वाला था वह मरहलह गुफ़्तगू-ए-दहक़ान किसानों की बातें ना अंजाम अंदेश हैं यौनी ग़ैर मुफ़स्सला (विस्तृत नहीं) रहा, क्योंकि ऐसा कौन हाकिम था कि तय करता और बरमला (खुले तौर पर) कहता कि वाजिद अली शाह अच्छा समझे और तुम लोग बुरा समझे या वह बुरा समझे तुम अच्छा समझे किसी तरह से तय न हुआ मगर कुर्बान उस हाकिम और मुंसिफ़-ए- हकीकी के कि उसने दफ़तन (अचानक) एक ऐसा सबब उस उम्र-ए-खास (विशेषादेश) में उठा खड़ा किया कि कहीं ना हुआ था और ना होगा वह बेहूदा बकने वाले अपने-अपने जी में ऐसा शर्मशार और ख़फ़ीफ़ और ख़्वार हुआ कि तमाम तर को हौसला बलन्द उनका पस्त हो गया और हमेशा को नामा-ए-आमाल उनके में मजमूने निदामत व इन्फ़ॉल (लज्जा का काम) मुन्दर्ज हो गया (लिख गया)।”⁴

इस पुस्तक के चौथे भाग में 1857 ई० की बगावत के समय लखनऊ में तिलंगों का निडर होना और हर ओर घूमने से अंग्रेज़ों के अंदर जो डर उत्पन्न हुआ, फिर अंग्रेज़ों द्वारा छतर मंजिल वह बेलीगारद में पनाह लेने का वर्णन सत्यता पर आधारित है क्योंकि लेखक उसका प्रत्यक्ष दृष्टा है। उसके लेखन से संपूर्ण दृश्य आंखों के सामने आ जाता है :

“यकायक सन 1857 ई० में शहर ब शहर और छावनी ब छावनी वह हड़बोंग (हंगामा) और बलवह-ए-फ़रन्ग (अंग्रेज़ों का भ्रष्टाचार) की अज़

आन्दम ता इन्दम (यहां से वहां तक) कभी हिंदुस्तान में ना हुआ था और ना होगा तमाम विलायत तवाएफ़-अल-मलूकी की (कुप्रबन्ध) हो गई। हर शख्स दम-ए-अनानयत (घमंड) मारने लगा। ज़मीदारों और ताल्लुक़ेदारों और राजों को अहद-ए-वाजिद अलीशाह से ज्यादा तर सरवत (धन) और मुक़दिरत (भाग्य) की कुदरत (शक्ति) हासिल हुई। ज़ेमा इलाक़ा दरद ब बस्त-ए-बे मुजाहमत (प्रतिरोध) हाथ आने लगी और लूट और गनीमत (लूट का माल) उनको गनीमत हुई। सब पर उन्होंने इज़ाफ़ा लिखा और बैन-अल-सल्तनत (राज्यों के मध्य) लखनऊ बज़ाहिर तहत-अल-हुक़म (आज्ञानुसार) मिर्जा बिरजीस क़द्र बहादुर व बाद वतन मुताल्लिक़ (संबंधित) साथ तिलंगान-ए-फ़ौज बहादुर हुआ। और साहिब-ए-ऑलीशान (अंग्रेज़ अधिकारी) मक़तज़ा-ए-दानिश खुदा (बुद्धिमानी से काम लेते हुए) और रफ़ता-रफ़ता (शनैः शनैः) छतर मंजिल में क्याम पज़ीर (सुस्थित) हुए। तमाशाइयां नैरंगबाजी-ए-रोज़गार को अजीब व गरीब और दीद का जमाना हुआ और तिलंगों को जमाने से यारा ना हुआ। कूचह ब कूचह (गली गली) ख़ानह ब ख़ानह (घर-घर) फ़ौजी, बागी और कोरोल जा गई। . . . तिलंगों का भी क्या पूछना बकौल शख्सअपने मुंह मियां मिट्टू बने हुए थे। यौनी (अर्थात्) ख़िताब (उपाधि) अपना फ़ौज-ए-बहादुर रखा था। अदना-अदना (निम्न से निम्न) तिलंगो पोशॉक-ए-शाहाना लूट की पहने सर-ए-चौक यूं अपनी बहादुरी बघार रहा था कि जिस तरह शराब में उबाल आता है जुबान के आगे खंदक ना किसी का डर ना दहशत मानिंद-ए-शुतर-ए-बेमुहार (बेलगाम ऊंट) बिलबिला रहे थे। दिमाग हर एक का जुकाम-ए-नख़वत (अहंकार) की ठंड से रौंदा गया था। फिरऔन बा सामान (अत्याचारी) हो रहे थे।⁵

एक अन्य उर्दू कृति जो पघ में है, उसका नाम है 'कशफ-अल-बगावत' है जिसके रचयिता गोरखपुर इमामबाड़े के संरक्षक सय्यद अहमद अली शाह थे। यह पुस्तक 1860 ई० आगरा के मतबॉ-ए-हैदरी से प्रेस से मिर्जा अली हुसैन द्वारा मुद्रित की गई है। यद्यपि रईस ऑजम सय्यद अलीशाह ने भी अपनी कृति में अंग्रेजों की प्रशंसा की है, परंतु उनके वृत्तांतों से तत्कालीन घटनाओं की पूर्ण जानकारी प्राप्त होती है। उनके सामने गोरखपुर में जो भी कार्रवाइयां हुईं और बगावत का प्रभाव कहां-कहां रहा सब कुछ उन्होंने लिखा है। अंग्रेज अफसरों के नाम, बगावत कहां कहां? कब और किस प्रकार हुई। दिनांक, दिन अंग्रेजी व फारसी कैलेंडर महीने, स्थान तथा अन्य महत्वपूर्ण सूचनाएं प्राप्त होती हैं।

पुस्तक का आरंभ में ईश्वरीय वंदना के पश्चात् मेरठ में होने वाली घटना का वर्णन इस प्रकार करते हैं :

“मगर पहले मेरठ से आगाज़ (आरंभ) है
अयां (स्पष्ट) हम पर अखबार से राज है
मई का महीना था अए होशियार
थी तारीख दसवीं यह है आशकार
थे आँदाद (संख्या) बारह सौ सद व सशस्त वह चार
(लगभग 164)

इसी फसली सन् में हुआ खलीफिशार (खलबली)

सन् हिजरी बारह सौ हफ्ता दो सह (1276 ई०)

ईशारह हुआ दोस्तों का तो यह

मुनासिब है अब ईस्वी सन् लिखूं

है सत्तावन अट्टारह सौ पर फजूं(अधिक)

महीना था रोज़ दिन का गर्मी की फसल

हुई शहर मेरठ से झगड़े की असल

यकायक यह सुल्तान से बागी हुई

कि सब फौज दिल्ली को राही हुई।”⁶

आगे 'खबर ज़िला आजमगढ़
मौका-ए-तारीख सोम (तीन) माह जून सन् 1857
ई०' शीर्षक से लिखते हैं :

“आजमगढ़ का अहवाल आगे सुनो
जरा बागियों पर तास्सुफ़ (अफ़सोस) करो
यह शैतान ने उनको दी है दगा
कि आका-ए-नेमत से की है दगा
मुखलिफ़ यहां का भी लश्कर हुआ
मिसाल-ए-शुतुर (ऊंट) वह भी देहली चला
वह जब आठ लाख नक़द ज़र (सोना) ले
चुके

तो सीधे वह देहली को राही हुए (चल पड़े)
हर एक शहर व करयह (गांव) को ताराज
(हवंस) किया

ज़्यादा हुआ बुज़दिली-ए-ख़ैरह सर”⁷

‘हेकायत (किस्सा) ज़िला गोरखपुर’ शीर्षक में
इस प्रकार वर्णन करते हैं :

गोरखपुर का आगे अहवाल (वृत्तांत) है
यहां की हकीकत में यह काल (दिखावा) है
यहां की भी अफ़वाज (सेनाएं) बागी हुईं
शरारत से अपने वह दागी हुईं
यहां पर जो कंपनी फौज थी
बहुत भीड़ से मौज दर मौज थी
आजमगढ़ का अहवाल उसने सुना कि
हाकिम से सब ने बगावत किया
लुटा माल व असबाब हुक्काम (प्रशांसकों) का
बगावत की दिल में समाई हवा
खजाना लेने पे तैयार हो
हुए मुस्ताइद (उपयुक्त) वह कि पैकार”⁸

इस प्रकार यह तथ्य सामने आता है कि सन् 1857
ई० में गोरखपुर की जनता ने अंग्रेजों के प्रति
विद्रोही रुख अपनाया, परंतु वहां के धनी कुलीन
लोग अंग्रेजी सरकार के सहयोगी और चापलूस बने

रहें। 'कैफ़ियत तॉल्ललुका गणेशपुर व बिदत कौम गौतम' के शीर्षक से इस कृति में वहां की बगावत का हाल लिखा है :

गोरखपुर में एक गणेशपुर है
यह मौजों बहुत दूर मशहूर है
वह साबिक (पहले) में गौतम के था दखल में
कुछ हाकिम ने बेहतर समझ अकल में
कादिर बख़्श जमादार को दे दिया
तो कब्जे से गौतम के खाली किया
बहुत खूब थे आदमी बेनजीर
शरीफ़ का नजीब वह सखी व अमीर
अमान अल्लाह एक उनके दिलबंद हैं
बहुत माल व हश्मत (वैभव) से खूरसन्द (प्रसन्न) है
पड़ी उन पे भी गरदिश—ए—आसमान
किया चर्ख़ ने उनको बे खानमा (बेघर)
यकायक नजर आया जब इंकलाब
लिया लूट घर गौतमों ने शेताब (शीघ्र)
बदी (बुराई) से सिपह के खबरदार हो
चलिए लूटने उनको तैयार हो
लिया छीन मौजा बसद जोर व शोर
जताया हर एक गांव वाले को जोर
सब असबाब और माल गारत (नष्ट) किया
ख़स वह ख़ार (घास तथा कांटे) तक ले गए बेजा
(बिना कारण)⁹

“कैफ़ियत पांडेपुर” शीर्षक में वहां के बाबू द्वारा अंग्रेज़ अधिकारियों को लूटना तथा वहां उत्पन्न अराजकता का वर्णन करते हुए कहते हैं :

पांडेपुर का बाबू अज़ बस है बद (बुरा)
किया लूट पर उसने भी ज़द व कद
वनीट साहब माल कश्ती पे था
उसे उसने बेख़ौफ़ गारत (नष्ट) किया
और बोर का भी माल सब ले लिया ख़तावार
हुक्काम—ए—ऑली हुआ

किया तंग राजा बेतिया को भी
किया तंग राजा बेतिया को भी
रेआया को उससे अज़ीयत हुई
है राजपूर पुण्या के बाबू ख़राब
ज़रूर उन पर हो वेगा नाज़िल अज़ाब
बहुत सोरिश उन सब ने की जाबजा
सितम और वलवह निहायत (अधिक) किया
बगावत की उसकी यही है अज बस धूम
ख़राबी का बाएस (कारण) है जून बूम शूम
बदी पर हुआ मुस्तइद (तैयार) इस कदर
कि हर एक ने उससे अल हज़र (दूर होना) किया
बगावत पे था अपने उसको ग़रूर
वह जायगा अब काले पानी ज़रूर
अज़ब तरह का जुल्म उसने किया¹⁰

चर्बी वाले कारतूस की घटना घटित होने के बाद जब भारत देश में कई स्थानों पर विद्रोह होने लगा तब उत्तर भारत में जो कुछ हुआ उसका वर्णन हर स्थान के हाकिमों के नाम के साथ इस प्रकार किया है :

“यह उनके नामों की तफ़सील है
बुरा क्यों ना जाने जो कोई सुने
यॉनी मुंसिफ़ों में सलामत अली
ख़बर हमको साहिबो यह मिली
इलाहाबाद का यह तो मुंसिफ़ रहा
तिलंगों का दमसाज यह भी हुआ
रहे मुर्तज़ा खां का इलाहाबाद में
क़दम अपना रखा था फ़साद में
अबुल कासिम था एक सद्र—अल—सुदूर
डिप्टी हिकमत उल्लाह खां था फ़तेहपुर
वह कानपुर का डिप्टी था राम लाल
अबस (बिना कारण) सब अपना खोते थे जाह व
जलाल (वैभव)
बागी बन हाकिम हुए सब ख़राब

नमक ख़वार होकर फंसे दरे अज़ाब
जो मुल्ला व पंडित के दम में पड़े
अक्ल और फ़हम क्या न रखते रहे
नानाराव विठूर का है शरीर
थोड़े रोज़ में वह भी होगा असीर (कैदी)
रहा अहल-ए-पेंशन यह सरकार का
वह मरदूद भी ज़्यादा बागी बना¹¹

नेपाल का राजा सदैव से अंग्रेज़ों का वफ़ादार था।
देशव्यापी विद्रोह से परेशान होकर जब अंग्रेज़ों ने
नेपाल के राजा से सहायता मांगी उसने सहर्ष अपनी
सेना भेज दी। उसका पूर्ण वर्णन है और विशेष बात
है कि नेपाली सेना की वर्दी किस प्रकार थी उसका
स्पष्ट वर्णन इस पुस्तक से प्राप्त होता है :

हर एक के है कांधे पे चंगी तुफ़्ना (बन्दूक)
गिराने में दुश्मन की है बेदरंग
सियह (काला) पाजामा सियह मिर्ज़ई (सदरी)
यह नेपालियों की है वर्दी बनी
सियह उन की सर की दस्तार (पगड़ी) है
सियह क़त्व दुश्मन से पैकार (मुक़ाबला) है¹²

अंग्रेज़ों द्वारा अवध के नवाब वाजिद अलीशाह पर
जब कुशासन का आरोप लगाकर उन्हें पेंशन देकर
कलकत्ता भेजा गया उस समय का इतिहास जानने
के लिए उर्दू का एक मख़तूतह (पांडुलिपि)
तारीख़-ए-अवध के नाम से प्राप्त होता है, जिसे
कर्नल सिलीमैन के कहने पर उर्दू भाषा में बाबू हैबत
प्रसाद ने लिखा, जो 11 अगस्त 1860 ई० को
फ़र्रुखाबाद की प्रेस 'मत्वा-ए-दिलकुशा
मुफ़ीद-अल-इमाम' फ़तेहगढ़ में स्थिति मुंशी राम
स्वरूप के एहतेमाम से प्रकाशित है। इसमें अवध का
आरंभिक इतिहास से लेकर नवाब वाजिद अलीशाह
के उपदस्त हो कर कलकत्ता जाने और उनकी माता
और भाई द्वारा रानी विक्टोरिया से उनकी पैरवी

करने लंदन जाने और निराशा हाथ आने का वर्णन
है।

इस के साथ-साथ विभिन्न स्थानों और वहां की
इमारतों का विवरण है। पुल, दमदमा और अवध में
अंग्रेज़ों ने जो प्रबंध किया उसमें कितना व्यय हुआ
सब का संपूर्ण हिसाब तालिका बनाकर स्पष्ट दिया
गया है। इस प्रकार यह पांडुलिपि अत्यंत सूक्ष्म और
स्पष्ट जानकारियों से परिपूर्ण है। इस में अवध का
भौगोलिक क्षेत्र भी दिया गया है। पांडुलिपि के अंत
की तालिका भी ऐतिहासिक दृष्टि से महत्वपूर्ण है।
अवध के इतिहास को सही ढंग से जानने के लिए
यह पांडुलिपि प्राथमिक स्रोत होने का काम करती
है। पांडुलिपि में नवाब वाजिद अलीशाह के
कलकत्ता पलायन का वर्णन और अंग्रेज़ी सरकार
द्वारा वहां के प्रबंध की जानकारी इस में इस प्रकार
दी गई है :

“जब पादशह ने देखा कि सरकार अंग्रेज़ी का
बंदोबस्त बख़ूबी हो गया और सरकार गवर्नमेंट से
कुछ पर्दाशत सिवाए रोज़ीना की निस्बत उनकी न
हुई तब लखनऊ तर्क (छोड़) कर के कलकत्ता चले
गए और वहां से वलीअहद (उत्तराधिकारी) व वलीदह
(माता) और भाई अपने को, वास्ते पैरवी करने
मुक़द्दमे की, कि हनूज़ (अभी तक) वह मुक़द्दमा
अदालत मलिका-ए-मुअज़्जामा (महान् मलिका) में
दादरसी और यकीन है कि वहां से भी कुछ ना
होगा, क्योंकि ज़ब्ती इस रियासत की बईमाए (आज्ञा
से) नाज़िमान-ए-विलायत-ए-हिंद (भारत में ब्रिटिश
प्रबंध) अमल में आई है। सन् 1857 ई० में मुफ़सिदह
(झगड़ा) बर्पा हो गया (आरंभ हो गया)
हुक्म-ए-हुक्काम अंग्रेज़ (अंग्रेज़ी शासक) को यह
बाबत (विषय में) हुआ कि इस फ़साद के, उसके
बादशाह मॉज़ूल (उपदस्थ) हैं, इसलिए उनको और
नवाब नकी अली खां को हिरासत (कैद) में रख

दिया था और अमल दारी-ए-सरकार अंग्रेज़ बहादुर बदस्तूर मुल्क-ए-अवध में कायम है बाद इंतेजाम मुफसिदह के जरनैल उस्तर साहब बहादुर ने वास्ते दमदमा (युद्ध के लिए मोर्चा) की जानिब उत्तर शहर की और दिलकुशा से बजानिब पूरब और मूसा बाग के उसी बजानिब पश्चिम जगह तजवीज़ की, और चंद जगह यॉनी (अर्थात) कोठी दिलकुशा और कोठी बेगम साहेबा और मोती महल और कैसर बाग और छतर मंज़िल और फ़रह बख़्श और कोठी रेज़िडेंसी और पुल-ए-आहिनी (लोहे का पुल और पुख़्ता (पक्का) पुल और हुसैनाबाद और अली नकी खां का मकान वाक़्या (स्थित) दरिया-ए-गोमती दाख़िाल-ए-दमदमा के हुए। और मिन्जुमला (समेत) इन मकानात के तीन मकान ऐसे मुकर्रर किए कि शहर को और पुल वगैरह दरिया-ए-गोमती को होवे तफसील (ब्योरा) उसकी यह है।¹³

आगे उसका संपूर्ण विवरण से स्पष्ट रूप से इस

प्रकार दिया है :

“पुख़्ता (पक्का) पुल, पुल-ए-आहिनी (लोहे का पुल), कोठी रेज़िडेंसी और पुख़्ता पुल को तूल (लंबाई) दीदह मील का, और उसमें मच्छी महल यॉनी मच्छी भवन भी मख़लूत (मिला हुआ) है। और वक्त् ज़रूरत के इस मकान में तीन हजार आदमी रह सकते हैं और पांच सौ आदमी से मुकाबला भी कर सकते हैं। और मकान वास्ते रखने असवाब-ए-लड़ाई (युद्ध सामग्री) के यॉनी सिलाह ख़ाना (शस्त्रागार) मुकर्रर (निर्धारित) हुआ और उसमें सिलहा ख़ाना (शस्त्रागार) रहेगा और उसकी तॉमीर (मरम्मत) में चार लाख रुपया सर्फ-ए-सरकार (सरकार का व्यय) हुआ, और पुल-ए-आहिनी (लोहे का पुल) और मच्छी महल यॉनी मच्छी भवन के दरमियान (मध्य) हैं और उसमें एक क़िला है कि जो किफ़ायत करे वास्ते सकूनत (रहने का स्थान) दो सौ आदमी के और

क़िला-ए-रेज़िडेंसी का अन्क़रीब में तैयार होने वाला है और इन जगहों की वास्ते सकूनत दो सौ आदमी के . . .¹⁴

एक उर्दू की दुर्लभ पांडुलिपि मैंने खोजी है और उसे पढ़ा वह 1276 हिजरी सन् अर्थात् सन् 1860 ई० की लिखी हुई है जिसका नाम ‘ज़फ़रनामा तारीखा-ए-आईन-ए-अख़्तर’ जिसके लेखक कवि गुलाम हैदर सगीर हैं। जो वाजिद अलीशाह के दरबार में आते-जाते थे। उनकी यह पांडुलिपि पद्य में है, जिसमें अध्याय का शीर्षक फ़ारसी भाषा में है परंतु अध्याय के अंदर संपूर्ण कृति उर्दू भाषा में है, जो 1857 ई० में विशेषकर अवध तथा उसके आस पास की घटनाओं का आंखों देखा हाल है। अतः उसकी प्रामाणिकता पर संदेह नहीं किया जा सकता। वह कृति भी 1857 ई० के इतिहास का प्राथमिक स्रोत है। इस कृति में अवध के आरंभिक इतिहास से लेकर, वाजिद अलीशाह का उपदस्थ होना अनेकों किस्से, युद्ध का वर्णन तथा बेगम हज़रत महल की वीरता और साहस का वर्णन है। कृति का अन्त बेगम हज़रत महल के नेपाल चले जाने पर समाप्त होता है। उस कृति की समाप्ति कवि सगीर के मित्र कवियों द्वारा उनकी कृति की दिनांक निकालने पर होती है।

तारीख-ए-आईन-ए-अख़्तर में कवि सगीर ने चिन्हट में होने वाले युद्ध का विवरण इस प्रकार दिया है :

“मुनज़्ज़िम (ज्योतिष) जो लश्कर के हम राह थे
वह कुछ रोज़-ए-साअत आगाह थे
गरज़ उनकी पोथी मंगाई गई
पै जंग साअत (महूर्त) दिखाई गई
उन्होंने कहा पोथियां देखकर
कि है रोज़ सह शबा (मंगल) रोज़-ए-ज़फ़र
(सफलता का दिन)

जफ़रयाबी (सफलता) फ़ौज-ए-दुश्मन नहीं

बचन झूठ हो तो ब्राह्मण नहीं¹⁵

इन पंक्तियों से ज्ञात होता है कि युद्ध से पूर्ण ज्योतिषियों से मुहूर्त निकलवाया जाता था तथा चिन्हट का युद्ध मंगलवार को आरंभ हुआ था।

इसी प्रकार आगे इस युद्ध में विद्रोहियों व अंग्रेज़ी सैनिकों की संख्या भी ज्ञात होती है तथा युद्ध का संपूर्ण ब्यौरा है :

“हुआ जब बलन्द आफ़ताब-ए-सहर (प्रातः का सूर्य)

दिया चीफ़ ने हुक्म बांधों कमर

वह सब आदमी थे करीब हजार

सिवाए पियादह (पैदल) थे दो सौ सवार

तिलंगे थे कुछ फ़ौज नौ सौ से सवा (अधिक)

मगर गोरे थे तीन सौ से सवा (अधिक)

सब से आगे सवारान-ए-जांबाज़ थे

अक़ब (पीछे) से नए बर्क अंदाज़ (बिजली के समान

तेज़ गति) थे

जो हमराह (साथ) तोंपे थी अज़ दर-ए-नक्श

वह दो हूट थीं और जब (भार) में अर्श (आकाश)

कई घोड़े थे गुहर (मोती) जड़ी तोप में

दिए पील (हाथी) थे हूट के तोप में¹⁶

इसी प्रकार प्रत्येक महत्वपूर्ण घटना का वर्णन इस प्रकार दिया है कि सारा दृश्य आंखों के सामने आ जाता है साथ ही युद्ध में प्रयोग होने वाले शस्त्र तथा सेनाओं का रख रखाव सभी कुछ है। यह कृति ऐतिहासिक घटनाओं का भंडार है। इसके अवध का संपूर्ण इतिहास समोया है।

यदि उर्दू भाषा के प्राथमिक स्रोतों को खोजा जाए और उनको पढ़ कर इतिहास लिखा जाए तो हमारा गौरव पूर्ण ऐतिहासिक भंडार समृद्ध होगा। इन ऐतिहासिक सामग्रियों को एकत्र कर इन पर शोध कार्य होना चाहिए तथा इन सब कृतियों का अनुवाद हिंदी तथा अंग्रेज़ी भाषा में किया जाए ताकि हमारे देश के प्रत्येक नागरिक को अपने देश के इतिहास का सही ज्ञान हो। यह हमारे भारत देश की ऐतिहासिक निधि है, अतः इन्हें संजो कर रखना है।

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महिला और बच्चों के विकास में कुपोषण एक समस्या

दर्शना बंडूजी मेश्राम

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स्वास्थ्य मनुष्य के जीवन में एक अनमोल सम्पत्ति है। विकास की अवधारणा में स्वास्थ्य एक महत्वपूर्ण मुद्दा है। स्वास्थ्य मुद्दे को महिला और बच्चों के दृष्टि से भी देखना अहम होता है। क्योंकि माँ के स्वास्थ्य से ही बच्चों की सेहत जुड़ी होती है। और बच्चों आने वाले कल का भविष्य होते हैं। महिलाओं में कुपोषण और खून की कमी से प्रसव के दौरान उनकी और उनके द्वारा उत्पन्न बच्चों की मौतों का बड़ा कारण है। युनिसेफ के आंकड़े भी बताते हैं कि 0 से 5 सालके उम्र में सबसे अधिक मरनेवाले बच्चों की संख्या पांच देशों की सूची में भारत प्रथम स्थान पर है। जिसका कारण कुपोषण है। कुपोषण की स्थिति निर्माण होना सभी के लिए हानिप्रद ही रहता है। चाहे महिलाएं हो बच्चें हो तथा बढ़ती अवस्था में किशोरवय हो सभीका कुपोषित होना पुरे समाज के लिए दुष्प्रभावकारी होता है। बेहतर स्वास्थ्य ही किसी भी समाज की आर्थिक, सामाजिक, शैक्षणिक प्रगति के लिए अनिवार्य है।

भारत में गरीबी, बेरोजगारी, अशिक्षा, स्वच्छ वसुरक्षित एवं पर्याप्त पेय जल की कमी है। इन सभी समस्याओं में से ओर भी एक गंभीर समस्या है, वह कुपोषण है। कुपोषण वह है जो खाएं जाने वाले आहार से शरीर की भूक तो मिट जाती है लेकिन उस आहार से मिलने वाले पौष्टिक तत्व शरीर की जरूरत को पूरा नहीं करते इसकारण लम्बे समय तक शरीर को संतुलित अर्थात् पोषक तत्वों वाला आहार नहीं मिलता जिससे बार-बार बीमार होने से प्रतिदिन का व्यवहार और सामाजिक बहिष्कार की परिस्थितियां आदि से कुपोषण की स्थिति आ जाती है। कुपोषण प्रायः पर्याप्त संतुलित आहार के अभाव में होता है। कुपोषण के कारण ही महिलाओं और बच्चों की रोग प्रतिरोधक क्षमता कम हो जाती है। जिससे रक्ताल्पता, घेंघा रोग, सुखा रोग रतौंधी अंधत्व स्क्वी जैसे रोग विटामिनों की कमी कुपोषण के ही दुष्परिणाम हैं।

कुपोषणके लिए सबसे ज्यादा निर्धनता, गरीबी, स्वास्थ्य के प्रति अज्ञानता इन सबका प्रभाव जिम्मेदार रहा है। गरीबी के कारण अधिकतर कई ऐसे परिवार हैं जिनको दो जून का भरपेट भोजन नसीब नहीं होता। धन के अभाव में गरीब लोग पर्याप्त, पौष्टिक चीजें जैसे दूध, फल घी इत्यादी नहीं खरीद पाते। कुछ तो केवल अनाज से ही मुश्किल से पेट भर पाते हैं। दूसरा अज्ञानता व निरक्षरता के कारण अधिकांश लोगों को विशेषकर गाव, देहांत में रहने वाले व्यक्तियों को संतुलित भोजन के बारे में जानकारी नहीं होती इसकारण वे स्वयं अपने बच्चों के भोजन में आवश्यक वस्तुओं का समावेश नहीं कर पाते। इन सभी मुद्दों की वजह से कुपोषण की स्थिति पैदा होती है जिसकी वजह से उनमें और

बच्चोंमें रोग प्रतिरोधक क्षमता कम होती ऐसे स्थिति में भयंकर बिमारी के चापेट में आ जाते है तथा बच्चों के बाल व रूखी त्वचा और बेजान हो जाती है। चेहरे पर निरुत्साह दिखाई देता है और कम वजन होने लगता है। इस अवस्था से बच्चों का विकास अवरूद्ध हो जाता है। और महिलाओं में भी इसका बुरा प्रभाव होता है। कुपोषण के चलते कई प्रकार के शारीरिक रोगों को खुला आमंत्रण मिलता है। महिला परिवार की आधारशिला है। वह पुरे परिवार को संचालित करती है। महिला का कुपोषित होना केवल उसपर ही नहीं बल्कि उसके घर-परिवार तथा आगामी पीढ़ी तक इसका प्रभाव भुगतना पड़ता है। सवाल यह उठता है की आखिर कुपोषण का शिकार खासकर महिलाओं को क्यों होना पड़ता है। इस का कारण निम्नलिखित रूप से बताया गया है –

- पारिवारिक परिस्थितियोंके कारण कई बार भोजन उपलब्ध होने के बावजूद घर की महिलाओं का मजबूर होकर कुपोषण से पीड़ित रहना पड़ता है। जिसका प्रमुख कारण लिंगभेद आधारित पक्षपात पूर्ण व्यवहार है जिसकी वजह से महिलाओं को संपूर्ण पोषक तत्वों से दूर रहना पड़ता है क्योंकि लड़कें की तुलना में लड़की की उपेक्षा उसके जन्म से ही की जाती है। जो की यह बहुत गलत परंपरा है। जिसमें लड़कियों का ही शोषण किया जाता है।
- कौन से व किस प्रकार के खाद्य पदार्थों से पर्याप्त मात्रामें पोषक तत्व प्राप्त हो सकते हैं। इस जानकारी के अभाव में महिलाएं संतुलित आहार से वंचित रह जाती हैं।
- कोई भी विटामिन हो या प्रोटीन या वसा सभी को पर्याप्त मात्रा में लेना चाहिए अगर इसका सेवन विषमतापूर्ण ढंग से करते हैं तो शरीरमें किसी एक की मात्रा कम या अधिक होने से शरीर में असंतुलन की स्थिति बनी रहेगी।
- जबमन चाहें भोजन करना तथा समय पर भोजन न करने से भी शरीर का रूटिंग बदलता है। जिससे अनेक समस्या शरीर में आ जाती है।
- किसी महिला को अस्वस्थ रहने की शिकायत रहती हो तो जिस तकलीफ से अस्वस्थ है उसी के योग्य चिकित्सक तथा पोषण विशेषज्ञ से राय ली जानी चाहिए। न की किसी बाबाओं के पास या नीम हकीमों की शरण में जाकर अपना उपचार करना चाहिए। यह निति हर हालत में नुकसान दायक होती है। कम व्यय के चक्कर में

जादू टोना-टोटका आदि पर विश्वास करना आत्मघाती कदम सिद्ध होता है।

- सामाजिक- आर्थिक परिस्थिति से उपजी तानाबस्तता या रोगग्रस्तता के कारण कुछ भी खाने की इच्छा नहीं होती भूक भी नहीं लगती हैं ऐसी स्थिति में रहने से शरीर कमजोर हो जाता है क्योंकि पर्याप्त मात्र में पोषक तत्वों की पूर्ति नहीं हो पाती है।
- भागदौड़ वाली जीवनशैली की वजह से पर्याप्त पौष्टिक आहार न मिलना या न लेना साथ ही महिलाओं का नशेली चिजों का सेवन करना जैसे शराब, खर्चा, गुटखा, फास्टफूड, कोल्डड्रिंक आदि के कारण स्वास्थ्य पर इसका दुष्प्रभाव होता है।
- फास्टफूड, जंकफूड खाने में तो अच्छे लगते हैं, लेकिन इनमें पोषण की मात्रा ना के बराबर होती है। जमिनीस्तर पर आज ऐसी महिलाएं, लडकियां, बच्चों जो जंकफूड, चाऊमिन, बर्गर, पास्ता, पिझा आदि ऐसी चिजे खाती है जो सेहत के लिये स्वास्थ्य वर्धक नहीं है।
- सिर्फ शाकाहारी होना या किसी धर्म के देवी-देवता के विशेष दिन पर विशिष्ट आहार पदार्थ को न खाना। फलस्वरूप शरीर में पोषक तत्व के आवश्यकताओं की पूर्ति नहीं हो पाती। जिसके चलते पोषक तत्वों की कमी हो जाती है।
- महिलाओं को गर्भावस्था तथा स्तनपान के अंतराल में पर्याप्त पोषक तत्वों की आवश्यकताओं की पूर्ति की जानी चाहिये। इसके आभाव में कुपोषण का खतरा उनमें और उनके होने वाले बच्चों में हो जाता है।
- यदि शल्क क्रिया के बाद लंबी अवधि तक ग्लूकोज चढ़ाया गया हो तो भी कुपोषित होने की आशंका उत्पन्न हो जाती है।
- लंबी चिकित्सा अवधि के दौरान लगातार एंटीबायोटिक लेने से आंतों के बैक्टीरिया की क्रियाशीलता घट जाती है तथा रोगी अंततः कुपोषण का शिकार हो जाता है।¹ उपयुक्त कारणों की वजह से कुपोषण की समस्याएं होने की संभावनाएं बहुत ज्यादा रहती है कुपोषण होने के कारणों के लक्षणों की पहचान करके योग्य चिकित्सक से जांच सही करके कुपोषण से बचा जा सकता है। यह तब होगा जब महिलाएं इस परिप्रेक्ष्य में जागरूक रह कर परिस्थिति पर नियंत्रण पाने में सक्षम हों लेकिन ज्यादातर महिलाएं घर के बड़े, बुजुर्ग, बच्चों, परिवार आदि लोगों की सेवा करने के चक्कर में खुद की ओर ध्यान देना भूल

जाती हैं। बेहतर यही होगा की घर के सभी सदस्यों ने सक्रिय तथा सकारात्मक सहयोग देना चाहिए।

महिला और बच्चों के कुपोषण की समस्याओं का निवारण करने के लिए, भारत सरकार ने समेकित बाल विकास कार्यक्रम, सर्व शिक्षा अभियान के तहत मध्याह्न भोजन कार्यक्रम और राष्ट्रीय ग्रामीण स्वास्थ्य कार्यक्रम के अंतर्गत विभिन्न योजनाएं लागू की गई है। साथ ही महिलाओं के गर्भावस्था के पहले और गर्भावस्था के बाद की स्थिति तथा बच्चों के 6 साल तक के पोषण आहार की व्यवस्था की गई है। महिला और बच्चों के बेहतर स्वास्थ्य विकास के लिए तथा बच्चों के शारीरिक और मानसिक विकास के लिए अनेक योजनाएं मुहैया कराई जा रही है। ताकि महिलाओं और बच्चों का विकास हो सके।

महिला और बच्चों के कुपोषण मुक्त विकास के लिए भारत सरकार के मुख्य कार्यक्रम और योजनाएं

1. **समेकित बाल विकास योजना (ICDS)**- बच्चों के संपूर्ण विकास के लिए इस सेवाओं का क्रियावयन किया गया है। जिसके तहत पूरक पोषण, टीकाकरण, स्वास्थ्य जांच और रेलफेल सेवाएं, स्कूल जाने से पहले प्रारंभिक शिक्षा दी जाती है। इस योजना द्वारा 0 से 6 साल तक की आयु के बच्चों तथा गर्भवती और स्तनपान (धार्त्री महिलाएं) कराने वाली माताओं को आयरन और फोलिक एसिड की गोलियां दी जाती है घर ले जाने वाला राशन (THR के पॅकेट) दिये जाते है तथा स्वास्थ्य और पोषण संबंधित शिक्षा दी जाती है।
2. **इंदिरा गाँधी मातृत्व सहयोग योजना (IGMSY)**- के अंतर्गत भुगतान सहित मातृत्व अवकाश प्राप्त करने वाली (सरकारी कर्मचारी) महिलाओं को छोड़कर 19 साल की या उससे अधिक उम्र की गर्भवती महिलाओं को दिए जाने वाला लाभ बच्चे के प्रसव के दौरान वेतन-नुकसान के लिए आंशिक मुआवजे के तौर पर पहले दो जीवित जन्मों और बच्चे की देखभाल और सुरक्षित प्रसव और अच्छा पोषण आहार प्रदान करने के लिए 3000 रूपये नगद राशी दी जाती है।
3. **मेरी कन्या भाग्यश्री योजना**-महाराष्ट्र शासन द्वारा सबसे पहले 1 अगस्त 2017 से यह योजना आरंभ की गई इसके अंतर्गत लडकियों के लिए आर्थिक सहायता प्रदान की जाती है। गरीबी रेखा के नीचे जीवनयापन करने वाले परिवार में जन्म लेने वाली एक लडकी के लिए 18 साल होने पर 50,000 रु. देने की योजना है। राज्य की यह योजना लाने का उद्देश्य लडकियों को शिक्षा तथा स्वास्थ्य में सुधार करना, बालविवाह रोकना, लडकियों के उज्ज्व

- भविष्य के लिए आर्थिक सहायता प्रदान करना, भ्रूणहत्या रोकना और लडकियों का जन्मदर बढ़ाना हैं।
4. **बेटीबचाओ बेटी पढ़ाओ योजना-** यह योजना राज्य में बच्चों के लिंगानुपात में वृद्धि करना, गर्भस्थ शिशु के लिंग परीक्षण पर प्रतिबन्ध लगाकर कन्या भ्रूण हत्या को रोकना है। यह योजना महाराष्ट्र में सामान्यता:बीड, जलगांव, अहमदनगर, बुलढाना, औरंगाबाद, वाशिम, कोल्हापुर,उस्मानाबाद,सांगली आणि जालना इन दस जिल्लों में लागू की गई है। जनगणना रिपोर्ट,2011 के अनुसार भारत में 2001की जनगणना में 1000 लडकों के पीछे लडकियों की संख्या 927 थीं वहीं 2011 की जनगणना में घटकर यह अनुपात 919 हो गया। इस प्रकार का यह लिंगानुपात का असमान होना पारिवार के अस्तित्व के लिए खतरा है।
 5. **जननी शिशु सुरक्षा कार्यक्रम (JSSK)-**के तहत सार्वजनिक स्वास्थ्य संस्थानों में प्रसव के लिये आने वाली गर्भवती महिलाएं तथा एक साल तक के बिमार शिशु के लिए, निःशुल्क उपचार निः शुल्क दवाएँ, निदान एवं आहार, बिना पैसे से रक्त का प्रावधान गर्भवती महिलाओं को स्वास्थ्य संस्थानों के लिए निः शुल्क परिवहन
 6. **बाल संगोपन योजना** (बच्चों के लिए पारिवारिक देखभाल)- इस योजना के द्वारा जिन बच्चों के माता पिता एक लंबेसमय तक बीमारी से पीड़ित हैं, या मृत्यु हुआ है, या अलग-अलग हुए हैं, दोनों मेसे किसी एक को छोड़ दिया हों आदि स्थितियों की वजह से बच्चों की देखभाल करने में असमर्थ होते हैं। ऐसे में उन बच्चों की देखभाल के लिए कुछ समय अंतराल के लिए दूसरा परिवार मुहैया कराया जाता है। इस तरह के देखभाल करने वाले परिवार(माता-पिता) को प्रति माह 425 रु. भुक्तान किया जाता है।
 7. **सर्व शिक्षा अभियान के तहत मध्याह्न भोजन (SSA) -** 6 से 14 साल तक स्कूल जाने वाले बच्चों के लिए मध्याह्न भोजन की सरकारी स्कूलों में व्यवस्था की गई है तथा स्कूलों में आयरन और फोलिक एसिड तथा कृमि नाशक गोलियाँ दी जाती है।
 8. **किशोरी शक्ति योजना-** इस योजना के तहत किशोरीयों को आयरन और फोलिक एसिड की तथा कृमि नाशक गोलियाँ दी जाती है। आंगणवाडी में जो लडकियाँ स्कूल में नहीं जाती उन लडकियों को दिया जाता है। बाकी लडकियों को स्कूल से ही दी जाती है।
 9. **पोषाहार पूनर्वास केंद्र और कुपोषण उपचार केंद्र-** के द्वारा जो गंभीर रूप से कुपोषित अवस्था में हैं उसे 14 दिनों के लिए आहार चिकित्सा के साथ इलाज की व्यवस्था तथा भोजन और देखभाल के संबंधित प्रथाओं पर माताओं को परामर्श दिया जाता है।
 10. **सार्वजनिक वितरण प्रणाली-** इस योजना के अंतर्गत गरीबी रेखा से निचे रहने वाले लोगों को कम रियायती दरों पर राशन दिया जाता है जैसे चीनी, चावल और अनाज सभी सरकारी अनुदान प्राप्त प्राथमिक और उच्च प्राथमिक विद्यालयों, मदरसों, और अन्य सभी शिक्षा केंद्रों में दोपहर का भोजन बच्चों को दिया जाता है।

सरकार के इस कार्यक्रमो, योजनाओ द्वारा उनके नीतियो से हाल के वर्षों में कुछ सदर्थों में जरूरी सुधार हुआ है। फिर भी महिला और बच्चों के स्वास्थ्य और कुपोषण के मामले में देश में सबसे बुरी स्थिति है। इनमे, कुपोषण, रक्ताल्पता जैसी समस्याएँ और देश में बढ़ती मंहगाई की वृद्धि दर और उसमे कैंसर व मधुमेय हृदय रोग जैसी गंभीर बिमारियाँ तथा जिवनरक्षक दवाइयाँ ले पाना मुश्किल है इन सभी चिजो से निपटना आज देश की जनता की पहुच से बहुत दूर है। ऐसे में सरकार को स्वास्थ्य नीति पर ध्यान देने की जरूरत है। महिला और बाल विकास के लिए स्वास्थ्य नितियों को स्वास्थ्य सेवाओं को ओर मजबुत करने का संकल्प करने की जरूरत है।

हालांकि इस कार्यक्रम द्वारा यह लक्ष्य रखा गया कि सबसे ज्यादा कुपोषित बच्चों और गरीब बच्चों की जरूरतों का समग्र ख्याल रखा जाए फिर भी प्रायः देखाजाता है की शासन द्वारा चलाये गए कार्यक्रमों का लक्ष्य और बच्चों की जमीनी स्थिति में बहुत विभिन्नताएं होती हैं। अभी हाल ही में महाराष्ट्र के नागपूर जिले में अध्ययन के दौरान महिला व बाल कल्याण विभाग द्वारा प्राप्त आंकड़ो से बढ़ती हुई कुपोषण की समस्या पर गहरी चिंता व्यक्त होती है।

0 ते 5 वर्ष वयोगट बालकों की श्रेणीनिहाय स्थिति(अप्रैल-2018)

अक्र	जिला परिषद	आंगणवाडी केंद्र संख्या	मिनी आंगणवाडी केंद्र संख्या	कुल	सर्वेक्षित बालकों की संख्या	वजन किये गये बालके	साधारण बालके Normal	कम वजन के बालके MUW	तीव्र कम वजन के बालके SUW	मध्यम तीव्र कुपोषित बालके MAM	अति तीव्र कुपोषित बालके SAM
1	2	3	4	5	6	7	8	9	10	11	12
1	रामटेक	192	10	202	9406	9304	8461	725	118	67	14
2	काटोल	158	35	193	7470	7470	6930	475	65	25	9
3	कळमेश्वर	127	5	132	6244	6189	5517	563	109	64	9
4	सावनेर	211	6	217	11724	11447	10402	912	133	109	19
5	भिवापूर	112	25	137	4828	4787	4295	411	81	41	3
6	पारशिवणी	159	21	180	10479	10386	9399	824	163	57	18
7	नरखेड	156	16	172	6813	6752	6364	328	60	44	13
8	कुही	152	26	178	7567	7477	6851	547	79	48	14
9	उमरेड	126	35	161	6317	6281	5587	597	97	18	9
10	हिंगणा	233	33	266	20922	20904	19685	1004	215	77	19
11	नागपूर	224	28	252	20152	19908	18482	1264	162	63	3

महिला बाल कल्याण विभाग

आंकड़ों के अनुसार नागपुर जिले में कम वजन के बच्चों की संख्या बहुत ज्यादा है। अगर उन्हें सही समय पर पोषण आहार न दिया गया तो आगे चलकर कुपोषण की स्थिति मृत्यु का कारण बनती है। अति कुपोषित बालकों की संख्या सबसे ज्यादा सावनेर और हिंगणा तहसीलों में है जिसका आंकड़ा 19 है। जो बच्चे अति कुपोषण के स्थिति में रहते हैं जिसके देखभाल के अभाव में या पोषक आहार न मिलने से एक साल के अंदर ही उनकी मौत हो जाती है। आंकड़ों के अनुसार सबसे कम वजन वाले बच्चे हिंगणा में है जो बच्चों की पोषण स्थिति को खराब दर्शाती है। विचारणीय तथ्य यह है की सरकार की अनेक योजनाएँ व नीतियाँ होने के बावजूद देशके बच्चों में कुपोषण का प्रमाण ज्यादा है। सरकार द्वारा सुविधाएँ दीजा रही वह अधिकतर कागजों पर ही है। क्योंकि कुछ नगरों में आंगनवाडी जैसे सुविधाएँ मौजूद नहीं हैं जिससे वहाँ की महिलाएँ इन सुविधाओं से वंचित हैं। उसीतरह आंगणवाडी में महिलाओं को आहार मिलता है वो अधिकतर महिला खाती हीनही है उस आहार (सुकड़ी, रवा, शिरा) में सूक्ष्मकंकक होने से ज्यादातर उसका उपयोग नहीं करती हैं। परिमाणस्वरूप महिलाओं में कुपोषण बना रहता है और यह कुपोषण का चक्र माँ से बच्चों में परिवर्तित होता है। इसकारण आंगनवाडी केंद्रों में चलाए जा रहे कार्यक्रमोंको और अधिक बेहतर बनाने की आवश्यकता है ताकि पोषाहार जैसे कार्यक्रम मुख्य रूप से गरीब महिलाओं एवं बच्चों के पोषण में उपयोग कर सकें। जिससे सरकार ने गुणवत्तापूर्ण आहार प्रदान करना चाहिए और इसके दुरुपयोग पर और कालाबाजारी पर पूर्ण रोक होना चाहिए तथा सामुदायिक जागरूकता की भी आवश्यकता है। साथ ही माँ को खुद भी सेहत के प्रति जागरूक होना है साथ ही साथ बच्चों के

पोषण आहार पर ध्यान देना है। तभी महिला और बच्चों का विकास संभव है।

महिला और बच्चों के विकास के लिए पोषण की आवश्यकता

अंतर्राष्ट्रीय खाद्य नीति अनुसंधान संस्थान (International Food Policy Research institute-IFPRI) द्वारा जारी की गई ग्लोबल हंगर इंडेक्स रिपोर्ट के अनुसार 119 देशों के ग्लोबल हंगर इंडेक्स में भारत 100 वें स्थान पर है पिछले साल भारत 97 वें स्थान पर था। इसका मतलब भारत में कुपोषण कम होने के बजाय और बढ़ता नजर आता है। उसीतरह संयुक्त राष्ट्र के रिपोर्ट में पाया गया है, भारत में अनुसूचित जनजाति (28) अनुसूचित जाति (21) पिछड़ा जाति (20) और ग्रामीण समुदाय (21) पर अत्यधिक कुपोषण है। साथ ही देश में खाने की बर्बादी और बच्चों को भोजन भारत में न मिलना, बढ़ता कुपोषण, सामाजिक-राजनैतिक कारणों का परिणाम है। कुपोषण होना मतलब सही मायने में शरीर और आयु के अनुरूप मसलन आयु के मानदंड के अनुसार वजन और लंबाई का न होना त्रिकुपोषणकी वजह से शारीरिक विकास में बाधा आती है और यह मानसिक विकास की प्रक्रिया को भी रोकती है। हांलाकी यह विकृती छोटी-छोटी बिमारियाँ उनकी मृत्यु का कारण भी बनती है। बच्चों के महत्वपूर्ण स्वस्थ जीवन के लिए अनाज, दालें, हरी सब्जियाँ, सलाद, दूध और मौसमी फल सभी को मिलना बेहत जरूरी है। स्वस्थ शरीर को रखने के लिए पोषण की आवश्यकता होती है। वह छः पौष्टिक तत्व हैं जिसमें खासकर शरीर में प्रोटीन, कार्बोहाइड्रेट, वसा, विटामिन, खनिज

लवन और पाणी शामिल हैं। इसकेकमी की वजह से या खराब पोषण की वजह से कई तरह की बीमारियाँ उत्पन्न होती हैं। उनमें एनीमिया, बेरी-बेरी, रतौंधी और मधुमेह आदि हैं। हाल ही में संयुक्त राष्ट्र के आकड़े बताते हैं कि प्रजनन की आयु की 51.4% महिलाएं एनीमिया से पीड़ित हैं। महिलाओं को स्वस्थ रहने के लिए तथा एनीमिया से मुक्त होने के लिए 19 से 50 वर्ष की महिलाओं को प्रतिदिन 18 मिलीग्राम आयरन की आवश्यकता होती है। गर्भावस्था में आयरन की जरूरत और बढ़ जाती है। 50 से कम उम्र की महिलाओं को प्रतिदिन 1,000 मिलीग्राम कैल्शियम की जरूरत होती है। उसी तरह पुरुषों की अपेक्षा महिलाओं को ऑस्टियोपोरोसिस का खतरा ज्यादा होता है। मोनोपॉज के बाद जिन महिलाओं के भोजन में प्रोटीन की मात्रा कम होती है उनमें ऑस्टियोपोरोसिस होने की संभावना 30% तक बढ़ जाती है। साधारणता जिन महिलाओं के खाने में कैल्शियम की मात्रा कम होती है उनमें ऑस्टियोपोरोसिस की संभावना 25 प्रतिशत तक बढ़ जाती है। इसलिए महिलाओं को सही मात्र में पोषक तत्व की आवश्यकता होती है। प्रत्येक आहार अपने पोषक-मूल्यों के मुताबिक ही महत्वपूर्ण होता है। जिस खाद्य से पोषक तत्व प्राप्त होते हैं वह कुछ इस तरह हैं: 1) अनाज और ज्वार बाजरी 2) फलियाँ (दालें) 3) तिलहल और गिरियाँ 4) सब्जियाँ (उसमें अ) हरी सब्जियाँ, ब) कंदमूल क) अन्य सब्जियाँ 5) फल 6) वसा और तेल 7) प्राणिज स्रोत के आहार 8) दूध और दूध से बने निर्मित पदार्थ 9) स्टार्च और शर्करा आहार तथा 10) मिर्च – मसाले।³ इन विभिन्न आहारों में पोषण तत्व के अलग अलग मात्र होती हैं। जिससे कुपोषण को दूर किया जा सकता है।

अतः महिला और बच्चों के विकास के लिए तथा कुपोषण की समस्या को दूर करने के लिए चल रहे पीढ़ी- दर- पीढ़ी कुपोषण के चक्र को तोड़ने के लिए पौष्टिक आहार विशेष तौर पर किशोरियों, महिलाओं के लिए फोलिक एसिड, लौह तथा पौष्टिक तत्वों से भरपूर उपयुक्त कैलोरीयुक्त भोजन मुहैया करवाना समाज, परिवार व सरकार का उत्तरदायित्व है। जिससे आने वाले समय में मातृत्व का बोझ भली प्रकार से उठा सके। उसी तरह आज के भागदौड़वाली जिंदगी में व्यक्ति की जीवनशैली बहुत मायने रखती है। परिस्थितियों के साथ जीवन शैली को बदलना भी जरूरी होता है। जो अपने शरीर की जरूरतों को आदतों को नहीं बदलता उसे भविष्य में जीवनशैली से जुड़ी बीमारियाँ न चाहते हुए भी मिल जाती है। अतः उचित पोषण आहार, व्यायाम, जीवनशैली में बदलाव आदि कारणों से बच्चे और महिलाओं में बीमारियों से लड़ने की ताकत मीलेगी उत्पादकता में बढ़ोत्तरी होगी और समाज और राष्ट्र का विकास होगा।

संदर्भ

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महिलाओं की आत्मनिर्भरता में स्व-सहायता समूहों की भूमिका का अध्ययन (वाशीम जिले के विशेष संदर्भ में)

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सारांश

पुरुषप्रधान समाज में सत्ता पुरुषों के हाथ में रहने के कारण सदैव ही पुरुषों ने महिलाओं को दोगुना दर्जे का स्थान दिया है। यही कारण है कि पुरुष प्रधान समाज में महिलाओं के प्रति उनका शोषण करने की भावना बलवती रही है। लेकिन आज महिलाएं आर्थिक संपन्न होकर आत्मनिर्भर हुई हैं। प्रस्तुत अध्ययन में महिलाओं की आत्मनिर्भरता में स्व-सहायता समूहों की भूमिका, आत्मनिर्भरता के लिए किये गये प्रयास, महिलाओं का स्व-सहायता समूह के माध्यम से आत्मविश्वास में परिवर्तन की स्थिति, पारिवारिक निर्णय में सहभागिता की स्थिति का अध्ययन किया गया है। शासकीय योजनाओं की जागरूकता से महिलाओं में आत्मनिर्भरता का निर्माण हुआ है।

मुख्य शब्द- महिला आत्मनिर्भरता, आत्मविश्वास में परिवर्तन, पारिवारिक निर्णय में सहभागिता।

प्रस्तावना

सातवीं शताब्दी के पहले या उसके बहुत बाद तक स्त्री की भूमिका परिवार में सर्वाधिक महत्वपूर्ण थी। प्राचीन आर्यसमाज में इन्हें सामान्यतया "जनि" कहा जाता है। जिसका अर्थ था जन्म देने वाली। आगे चलकर उसे जननी कहा गया। क्योंकि स्त्री ही वह इकाई थी जिसे अपने कुल या वंश कापता था और उसी ने परिवार को अधिक सुसंगठित और सुसंगत बनाया। कालान्तर में स्त्रीको हाशिए पर धकेलने के प्रयास हुए, क्योंकि पुरुष सम्पत्ति और विरासत पर अधिकार रखने लगे। इस तरह परिवार के अन्दर नारी की तुलना में पुरुष की हैसियत बढ़ती गई। पुरुषप्रधान समाज में सत्ता पुरुषों के हाथ में रहने के कारण सदैव ही पुरुषों ने महिलाओं को दोगुना दर्जे का स्थान दिया है। यही कारण है कि पुरुष प्रधान समाज में महिलाओं के प्रति अपराध, कम महत्व देने

तथा उनका शोषण करने की भावना बलवती रही है। ईरान, अफगानिस्तान की तरह अमेरिका जैसे विकासशील देश में भी महिलाओं के साथ भेदभावपूर्ण व्यवहार किया जाता है। दुनिया के सबसे अधिक शक्तिशाली व उन्नत राष्ट्र होने के बावजूद अमेरिका में अनेक क्षेत्रों में महिलाओं को पुरुषों के समान अधिकार प्राप्त नहीं हैं। भारत में स्व-सहायता समूहों के द्वारा न केवल ग्रामीण महिलाओं की व्यक्तिगत आर्थिक आवश्यकताओं की पूर्ति हो रही है बल्कि परिवार और समाज भी इससे लाभान्वित हो रहा है। ग्रामीण विकास में स्व-सहायता समूहों के प्रभाव को स्पष्ट रूप से देखा जा सकता है। स्व-सहायता समूह की महिलाएं आपसी वार्तालाप से कई समस्याओं के हल स्वयं निकाल रही हैं जिनमें रोजमर्रा के मसलों से लेकर ग्राम विकास तक की समस्याएं सम्मिलित हैं। समूहकी महिलायें सामाजिक

स्तर पर भी प्रभावशाली भूमिका निभा रही है।¹ एक ओर इनमहिलाओं की सहभागिता शासन की विभिन्न योजनाओं जैसे, पल्स पोलियो, एड्सजागरूकता अभियान में देखी जा रही है तो दूसरी ओर सामाजिक कुरीतियों का बहिष्कारकर पिछड़ेपन के कारणों को दूर करने सहायक हो रही जैसे- शराबखोरी, जुआ, दहेजप्रथा, बाल विवाह आदि। स्व-सहायता समूह की महिलाएं अपने परिवार को आर्थिकसंबल प्रदान करने के साथ-साथ ग्रामीण सामाजिक-आर्थिक एवं राजनैतिक गतिशीलतामें भी अभूतपूर्व योगदान दे रही है। इन महिलाओं में स्वयं के, परिवार के, ग्राम के, व्यवसाय के एवं राजनीति के सम्बन्ध में निर्णय लेने की क्षमता को विकसित होते देखाजा रहा है, जिसे ग्रामीण महिला आत्मनिर्भरता के एकयुग का प्रारम्भिक स्तर कहा जा सकता है। राष्ट्रीय महिला सशक्तिकरण नीति को भारत सरकार ने 20 मार्च 2001को स्वीकार किया था। महिलाओं की उन्नति एवं विकास और सशक्तिकरण एवं उनके प्रति हर भेदभाव को खत्म करना तथा जीवन व सामाजिक गतिविधियों के हर क्षेत्र में उनकी भागीदारी को सुनिश्चित करना है। आर्थिक व सामाजिक एवं राजनैतिक क्षेत्रों में महिलाओं के सशक्तिकरण एवं निर्णय की प्रक्रिया में उन्हें शामिल किया जाना एवं न्यायिक कानून व्यवस्था को उनके प्रति संवेदनशील बनाना, उनके प्रति सब प्रकार की हिंसा को खत्म करना, इन सबके अलावा बालिकाओं को जन्म के साथ ही उनके सम्पूर्ण मौलिक अधिकारों की प्राप्ति इसका मुख्य लक्ष्य है। इस नीति का एक मुख्य बिन्दु महिलाओं को शिक्षा विशेषकर व्यवसायिक शिक्षा प्रदान करना है।² वर्तमान में आवश्यकता इस बात की है कि महिलाओं में इन

नीतियों के प्रति जागरूकता लाई जाये। इस परिप्रेक्ष्यमें स्त्री शिक्षा के क्षेत्र में किया गया कार्य निश्चित ही महिला सशक्तिकरण की दिशा में उठाया गया एक उल्लेखनीय कदम साबित हो सकता है।

अध्ययन के उद्देश्य

वाशीम जिला निजाम रियासत का एक अंग था। वाशीम जिले का समाज परम्पराओं तथा रूढ़ियों से जकड़ा था। यहाँ शिक्षा का अभाव था, स्त्रियों की शिक्षा के प्रति उदासीनता थी। पंचायतीराज व्यवस्था ने स्त्रियों को पंचायतों की सहभागिता में आरक्षण प्रदान किया है। इस आरक्षण के कारण वो आज के पंचायतीराज व्यवस्था के विभिन्न पदों पर है। प्रस्तावित अध्ययन का मुख्य उद्देश्य "महिलाओं की आत्मनिर्भर में स्व-सहायता समूहों की भूमिका का अध्ययन" करना है। शोध की आवश्यकता को पूरा करते हुये इसके निम्नलिखित उद्देश्य निर्धारित किये गये हैं। प्रस्तावित अध्ययन के प्रमुख उद्देश्य निम्नलिखित हैं-

1. महिलाओं की आत्मनिर्भरता में स्व-सहायता समूह की भूमिका का अध्ययन।
2. स्व-सहायता समूह ने महिलाओं के आत्मनिर्भरता के लिए किये गये प्रयास का अध्ययन।
3. महिलाओं का स्व-सहायता समूह के माध्यम से आत्मविश्वास में परिवर्तन की स्थिति को ज्ञात करना।
4. स्व-सहायता समूहों के विकास हेतु आवश्यक एवं उपयोगी सुझाव करना।

शोध अध्ययन की परिकल्पनाएँ

किसी भी अध्ययन के लिये राजकीय, आर्थिक एवं सामाजिक घटनाओं का वैज्ञानिक अध्ययन किया जाता है। प्रारम्भिक ज्ञान एवं अनुभव

केआधार पर शोधार्थी अपने अध्ययन विषय के विभिन्न पहलुओं से सम्बन्धित पक्षों का एकसामान्य अनुमान लगा लेता है। इस अनुमान के आधार पर शोधार्थी को एक नयी दिशामिलती है जिससे उसका ध्यान विषय पर ही केन्द्रित रहता है। गुड तथा स्केट्स के अनुसार- "“उपकल्पना एक अनुमान है, जिसे अन्तिम अथवाअस्थायी रूप में किसी निरीक्षित तथ्य अथवा दशाओं की व्याख्या हेतु स्वीकार किया गयाहो एवं जिससे अन्वेषक को आगे पथ प्रदर्शन प्राप्त होता है।” संक्षेप में अनुसंधान प्रारम्भकरने से पहले अनुसंधान के कारणों और परिणामों के बारे में हम जो एक निश्चित अवधारणा लेते हैं उसे ही उपकल्पना कहते हैं।³ अतः शोधार्थी ने अपने अध्ययन विषय से सम्बन्धित निम्न परिकल्पनाओं का निर्माण किया है-

- 1) ग्रामीण महिलाओं की आत्मनिर्भरता अनेक कारकों से प्रभावित होती है।
- 2) ग्रामीण महिलाओं ने आत्मनिर्भरता निर्माण के लिये विभिन्न प्रयास किए हैं।
- 3) ग्रामीण महिलाओं में नेतृत्व का विकास हुआ है।

शोध प्रविधि

प्रस्तुत अध्ययन “महिलाओं की आत्मनिर्भर में स्व-सहायता समूहों की भूमिका का अध्ययन (वाशीम जिले के विशेष संदर्भ में)” यह प्राथमिक एवं द्वितीयकसंमको पर आधारित है। शोध प्रविधि का आशय उन सुव्यवस्थित तरीकों, विधियों से है जिनके द्वारा शोधार्थी अध्ययन विषय से सम्बन्धित विश्वसनीय एवं यथार्थ तथ्यों का संकलन करता है तथा उन्हें व्यवस्थित करता है। शोध पत्र को पूर्ण करने के लिए उपलब्ध प्रश्नावली का प्रयोग किया गया है। समंक संकलन हेतु प्राथमिक एवं

द्वितीयक समंकों के समस्त स्रोतों से समंक प्राप्त करने का प्रयास किया गया है। प्राथमिक समंक व्यक्तिगत साक्षात्कार एवं प्रश्नावली द्वारा संकलित किए गए हैं। द्वितीयक समंक समाज में उपलब्ध साहित्य, शासकीय एवं अशासकीय प्रकाशनों, पत्र-पत्रिकाएँ, जर्नल्स एवं दैनिक समाचार पत्रों का अध्ययन कर प्राप्त किए गए हैं।

न्यादर्शों की संख्या

अध्ययन के लिए चयनित वाशीम जिले के 535 स्व-सहायतासमूहों में से 300 महिलाओं का दैव-निर्दर्शन पद्धति से चयन करने के पश्चात् उनका सर्वेक्षण किया गया है। आंकड़ों का विश्लेषण- तालिका क्रमांक के अंतर्गत महिला आत्मनिर्भरता के लिए किया गया प्रयास का विवरण प्रस्तुत किया गया है।

शोध क्षेत्र का सामान्य परिचय

इस अध्ययन हेतु वाशीम जिले का चयन किया गया है। वाशीम जिला महाराष्ट्र के विदर्भ में है। 2011 की जनगणना के अनुसार , जिले में 5150 वर्ग किमी का भौगोलिक क्षेत्र है। इसकी आबादी 1297160 है। इसमें से क्रमशः अ.जाती और अनु. जाती की आबादी क्रमशः 229462 और 80471 है। इस जिले के लोगों का घनत्व 244 व्यक्ति प्रति वर्ग किमी है। वाशीम जिले के लिंग अनुपात में 1000 पुरुषों के मुकाबले 930 महिलाएँ हैं। लोगोकी साक्षरता 83.25 % है। जिले के अधिकांश लोग मराठी बोलते हैं। उसके बाद हिंदी और अन्य भाषाएँ बोली जाती है। वाशीम जिले की जलवायु में गर्मी के मौसम में गर्मी और उच्च आर्द्रता और सर्दियों के मौसम में शुष्क स्थिती रहती है। अधिकांश आबादी कृषि क्षेत्रों में काम करती है। 2011 की जनगणना के अनुसार, कुल

जनसंख्या में से 17.7% लोग शहरी क्षेत्रों में रहते हैं जबकि 82.3% ग्रामीण क्षेत्रों में रहते हैं। शहरी क्षेत्रों में आसत साक्षरता दर 81.7 है। शहरीक्षेत्रोंका लिंग अनुपात 947, जबकि ग्रामीण क्षेत्रों का लिंगानुपात 926 है। वाशीम महाराष्ट्र के उत्तर पूर्वी सीमा के मध्य स्थित वर्तमान अमरावती संभाग का एक महत्वपूर्ण व्यावसायिक एवं औद्योगिक प्रधान जिला है। जिला अपनी धार्मिक विरासतों, औद्योगिक संस्थानों, सांस्कृतिक ऐतिहासिक परिदृश्यों, प्रमुख वनोपज एवं खनिज के कारण सर्वोच्च शिखर पर है। जिला वीर, पराक्रमी, योद्धाओं, वीरांगणाओं, आदि से जाना पहचाना जाता है। जिले का निर्माण सन् 1998 में हुआ इसके पूर्व वाशीम यह अकोला जिले के अधीन था। जिले को वाशीम, रिसोड, मालेगाव, मानोरा, कारंजा, मंगरुळपीर कुल आठ विकासखण्डों में बांटा गया है।

शोध कार्य की आवश्यकता एवं महत्व

प्रस्तुत शोध "महिलाओं की आत्मनिर्भर में स्व-सहायता समूहों की भूमिका का अध्ययन" (वाशीम जिले के विशेष संदर्भ में) अत्यंत उपयोगी होगा तथा भारत में आत्मनिर्भर व्यवस्था के क्रियान्वयन में इसकी अहम भूमिका होगी। 73वें संविधान संशोधन विधेयक के द्वारा देश में पहली बार महिलाएँ प्रजातांत्रिक राज व्यवस्था के विभिन्न पदों पर कार्य कर रही हैं। उनकी यह आत्मनिर्भरता उन्हें कितना संतोष प्रदान करती हैं तथा क्या वे अपनी आकांक्षाओं और निर्णयों से संतुष्ट हैं, यह जानकारी मिलेगी। इस अध्ययन के माध्यम से यह जानने का प्रयास किया जाएगा कि क्या महिलाओं की क्षमताओं का विकास हुआ है या नहीं? प्रस्तुत अध्ययन के द्वारा यह जानने का प्रयास किया जायेगा कि यह प्रभाव सकारात्मक

हैं या नहीं | इस प्रकार प्रस्तुत शोध की एक महत्वपूर्ण उपयोगिता होगी। साथ ही भावी शोधार्थियों के लिये यह एक सुदृढ़ आधार प्रस्तुत करेगा जो इस क्षेत्र में कार्य करना चाहते हैं, जिससे कि वे अपने लक्ष्य को प्राप्त कर सकेंगे।

तथ्यों का वर्गीकरण एवं विश्लेषण

1) महिला आत्मनिर्भरता प्रयास-

भारत की ज्यादातर आबादी ग्रामीण क्षेत्र में रहती है। ग्रामीण विकास के साथ ही भारत का विकास संभव है। ग्रामीण आबादी आत्मनिर्भर होनेसे संपूर्ण देश आत्मनिर्भर होगा। ग्रामीण महिलावर्ग की आत्मनिर्भरता के लिये ग्रामीण क्षेत्र में स्व-सहायता समूह का निर्माण किया गया है। तालिका क्रमांक-1 के अंतर्गत स्व-सहायता समूह के महिला आत्मनिर्भरता के लिए किया गया प्रयास का विवरण प्रस्तुत किया गया है। उत्तरदाता महिलाओं से इस सम्बन्ध में प्राप्त जानकारी को निम्न तालिका में प्रस्तुत किया जा रहा है।

तालिका क्रमांक-1

महिला आत्मनिर्भरता के लिए किये गये प्रयास

अ.क्र.	विवरण	उत्तरदाता महिलाओं की संख्या	प्रतिशत
1	महिला रोजगार योजना	120	40.00
2	सक्षम योजना	80	26.65
3	उक्त दोनों योजना	100	33.35
	कुल	300	100

(स्रोत:- व्यक्तिगत सर्वेक्षण पर आधारित)

तालिका क्रमांक-1 के विश्लेषण से ज्ञात होता है कि स्व-सहायता समूह की महिलाओं को सशक्त करने के लिए जो योजनाएँ चलायी जा रही हैं। उनमें 44 प्रतिशत महिलाएं महिला रोजगार योजना से, 26.65 प्रतिशत महिलाएं सक्षम योजना से सशक्त हो रही हैं एवं 33.35 प्रतिशत

उत्तरदाता महिलाएं उक्त दोनों योजना से सशक्त हो रही हैं।

2) आत्मविश्वास में परिवर्तन की स्थिति का अध्ययन-

महिलाओं की आत्मनिर्भरता के लिये महिलाओं में आत्मविश्वास जागृत होना जरूरी है। ग्रामीण महिलाओं में आत्मविश्वास निर्माण करने का कार्य स्व-सहायता समूह के माध्यम से हो रहा है। इसका अध्ययन तालिका क्रमांक 2 के अंतर्गत उत्तरदाता महिलाओं का स्व-सहायता समूह के माध्यम से आत्मविश्वास में परिवर्तन की स्थिति को प्रस्तुत किया गया है। उत्तरदाता महिलाओं से इस सम्बन्ध में प्राप्त जानकारी को निम्न तालिका में प्रस्तुत किया जा रहा है।

तालिका क्रमांक-2

स्व-सहायता समूह के माध्यम से आत्मविश्वास में परिवर्तन

अ.क्र.	आत्मविश्वास में परिवर्तन	उत्तरदाता महिलाओं की संख्या	प्रतिशत
1	हां	255	85
2	नहीं	35	11.65
3	पता नहीं	10	3.34
	कुल	300	100

(स्रोत:- व्यक्तिगत सर्वेक्षण पर आधारित)

तालिका क्रमांक 2 से स्पष्ट होता है कि सर्वाधिक 85 प्रतिशत निरदर्श महिलाओं में स्व-सहायता समूह के माध्यम से आत्मविश्वास का स्तर बढ़ा है, केवल 11.65 प्रतिशत महिलाओं का कहना है कि उनके आत्मविश्वास में परिवर्तन नहीं हुआ है। 3.34 प्रतिशत महिलाओं को इस बारे में पता नहीं है। लेकिन जिन महिलाओं के आत्मविश्वास में परिवर्तन आया है समूह संलग्नता के पश्चात् बढ़ा है। यह विश्लेषण

महिला स्व-सहायता समूह और महिला सशक्तिकरण के अन्तर्सम्बन्धों को दर्शाता है।

3) पारिवारिक निर्णय में सहभागिता की स्थिति का अध्ययन-

भारत में ग्रामीण ही नहीं वरन् नगरीय समाज में परिवार का मुखिया आमतौर पर पुरुष ही होता है। परिवार की शक्ति और सत्ता उसके हाथ में रहती है। अशिक्षित परिवारों में पुरुष अपनी श्रेष्ठता, शक्ति एवं पुरुषत्व को स्थापित करने एवं साबित करने के लिये महिलाओं पर अत्याचार करता है, जिससे घरेलू हिंसा होती है। न्यायमूर्ति डॉ. वेनूगोपाल ने एक सर्वेक्षण की समीक्षा करते हुये कुछ तथ्य प्रस्तुत किये हैं, जिनसे यह स्पष्ट होता है कि आज भी परिवारों में नारियां पुरुषों के अधीन हैं।⁴ पारिवारिक निर्णय में उनकी सहभागिता महिलाओं के विकास को दर्शाती है। तालिका क्रमांक-3 के अंतर्गत उत्तरदाता महिलाओं का पारिवारिक निर्णय में सहभागिता की स्थिति को प्रस्तुत किया गया है। उत्तरदाता महिलाओं से इस सम्बन्ध में प्राप्त जानकारी को निम्न तालिका में प्रस्तुत किया जा रहा है।

तालिका क्रमांक-3

महिलाओं की पारिवारिक निर्णय में सहभागिता की स्थिति

अ.क्र.	सहभागिता	उत्तरदाता महिलाओं की संख्या	प्रतिशत
1	हां	220	73.34
2	नहीं	71	23.65
3	पता नहीं	09	3.00
	कुल	300	100

(स्रोत:- व्यक्तिगत सर्वेक्षण पर आधारित)

तालिका क्रमांक 3 से स्पष्ट होता है कि सर्वाधिक 73.34 प्रतिशत उत्तरदाता महिलाओं की सहभागिता पारिवारिक निर्णय में लेने में है, जैसे- घर के खर्च, बचत, बच्चों की शिक्षा, घरेलू

वस्तुओं की क्रय आदि सभी विषयों में होती है, केवल 23.65 प्रतिशत महिलाएं जो पारिवारिक निर्णय लेने में सहभागी नहीं हैं। तथा 3 प्रतिशत उत्तरदाता महिलाओं की सहभागिता पारिवारिक निर्णय में लेने के संबंध में पता नहीं है। परिवार के समस्त निर्णयों में सहभागी महिलाओं का प्रतिशत महिलाओं की सशक्त पारिवारिक स्थिति को दर्शाता है। इससे महिलाओं की आत्मनिरता में वृद्धि हो रही है।

4) महिलाओं की जागरूकता की स्थिति का अध्ययन-

अशिक्षित परिवारों में पुरुष अपनी श्रेष्ठता, शक्ति एवं पुरुषत्व को स्थापित करने एवं साबित करने के लिये महिलाओं पर अत्याचार करता है। वैदिक काल में महिलाएं वेद की ऋचाएं लिखने में समर्थ थीं। दूसरे शब्दों में शिक्षा-दीक्षा में वे पुरुषों के समान थीं। इसीलिए उस काल में स्त्रियों का समाज में प्राथमिक स्थान था। मध्यकाल से प्रारम्भ हुए हास ने महिलाओं की शैक्षणिक स्थिति को निम्नतर बना दिया है। स्वतंत्र काल में भारत में महिला साक्षरता की दिशा में उठाए गए कदमों के बावजूद महिला साक्षरता दर में पर्याप्त कमी है। पुरुषों की तुलना में स्त्रियों की साक्षरता दर अभी भी बहुत कम है। आज भी ग्रामीण अंचलों में प्राथमिक शिक्षा के ऊपर लड़कियों को शिक्षा दिलाना पसन्द नहीं किया जाता है। माध्यमिक या उच्च शिक्षा दिलाने की जगह उनका विवाह कर दिया जाता है।⁵ इसका परिणाम यह होता है कि ऐसी लड़कियां परिवार में जीवन भर अपनी आर्थिक आवश्यकताओं को पूरा करने के लिये पुरुषों पर आश्रित रहती हैं। नगरीय समाज के श्रमिक वर्ग में जहां महिलाएं आजीविका उपार्जित करने में पुरुषों के बराबर ही श्रम करती हैं, वहां

भी अशिक्षा के कारण वे अपने पारिवारिक, सामाजिक और आर्थिक अधिकारों से वंचित रह जाती हैं। इस प्रकार अशिक्षा के कारण महिलाएं अपने अधिकारों के प्रति जागरूक नहीं हो पा रही हैं। महिलाओं और बेटियों के साथ हो रहे सामाजिक अन्याय के खिलाफ आवाज उठाने की क्षमता का विकास शिक्षा द्वारा ही सम्भव है। इसी तरह जनसंख्या वृद्धि दर को कम करने में भी महिलाओं का शिक्षित होना आवश्यक है। महिलाओं में शिक्षा द्वारा जागरूकता निर्माण होती है। शासकीय योजना के माध्यम से महिलाओं में जागरूकता निर्माण हुई है या नहीं यह जानने का प्रयास किया गया है। उत्तरदाता महिलाओं से इस सम्बन्ध में प्राप्त जानकारी को निम्न तालिका में प्रस्तुत किया जा रहा है। तालिका क्रमांक-4 के अंतर्गत शासकीय योजनाओं से उत्तरदाता महिलाओं की जागरूकता की स्थिति को प्रस्तुत किया गया है। उत्तरदाता महिलाओं से इस सम्बन्ध में प्राप्त जानकारी को निम्न तालिका में प्रस्तुत किया जा रहा है।

तालिका क्रमांक-4

शासकीय योजनाओं से उत्तरदाता महिलाओं की जागरूकता की स्थिति

अ.क्र.	महिलाओं की जागरूकता	उत्तरदाता महिलाओं की संख्या	प्रतिशत
1	हां	258	86
2	नहीं	37	12.34
3	पता नहीं	05	1.67
	कुल	300	100

(स्रोत:- व्यक्तिगत सर्वेक्षण पर आधारित)

तालिका क्रमांक-4 के विश्लेषण से ज्ञात होता है कि सर्वाधिक 86 प्रतिशत उत्तरदाता महिलाएं ग्रामीण क्षेत्रों में चल रही शासकीय योजनाओं के प्रति जागरूक हैं जैसे- किशोरी शक्ति योजना,

आयुष्मति योजना, सक्षम योजना, स्वावलम्बी योजना, महिलापोषाहार योजना आदि। केवल 12.34 प्रतिशत महिलाएं शासकीय योजनाओं के प्रति जागरूक नहीं हैं। इन महिलाओं को चल रही शासकीय योजनाओं के प्रति जागरूक करनेकी आवश्यकता है, एवं उन्हें इन शासकीय योजनाओं से मिलने वाले लाभ की जानकारी देनी चाहिए जिससे ये महिलाएँ इन योजनाओं के प्रति जागरूक हो। जबकी 1.67 प्रतिशत महिलाओंको शासकीय योजना के प्रति कोई जानकारी नहीं है।

सुझाव

1. सामाजिक, आर्थिक तथा रचनात्मक कार्य में स्व-सहायता समूहके द्वारा महिलाएँ बढ़-चढ़कर हिस्सालें।
2. स्व-सहायता समूह द्वारा किये गये आर्थिक सामाजिक व रचनात्मक कार्य का विवरण समाचारपत्र में प्रकाशित करवायें जिससे अन्य महिलाएं भी समूह में जुड़ने के लिए प्रेरितहो।
3. स्व-सहायता समूहके द्वारा महिलाएँ सभी शासकीय योजनाओं का लाभ उठाने का प्रयास करें।

4. स्व-सहायता समूह अपना निर्णय सामूहिक विचार-विमर्श कर लें।
5. बैठक की अध्यक्षता हेतु स्व-सहायता समूह के हर सदस्य को अवसर दें, बैठक में सदस्य को क्रमानुसार अध्यक्षता करने के लिए कहें।

निष्कर्ष

उक्त विश्लेषण के आधार पर यह निश्चित हो गया है कि ग्रामीण महिलाओं में स्व-सहायता समूह के माध्यम से जागरण के स्वर्णिम युग का शंखनाद हो चुका है। भविष्यमें एक ऐसे युग के आगमन की पूर्ण संभावना है जो भारत के केवल ग्रामीण क्षेत्र को नहीं बल्कि पूरे भारत की सामाजिक, आर्थिक एवं राजनैतिक परिस्थिति को सकारात्मकपरिणाम देगा। स्व-सहायता समूह निर्धन एवं ग्रामीण महिलाओं का वह ठोस धरातलसाबित हो रहा है जहां ग्रामीण महिलाएं स्वतंत्रता पूर्वक अपने इच्छाओं के पंख फैला रही हैं, जिन्हें अब रोका नहीं जा सकता। स्व-सहायता समूह के द्वारा ग्रामीण महिलाओं में आत्मनिर्भरता, आत्मविश्वास की वृद्धि हो रही है। वे परिवार के निर्णय प्रक्रिया में सहभागी हो रही हैं। आत्मनिर्भर भारत निर्माण में यह महत्वपूर्ण पहल है।

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सारांश

कोरोना विषाणूमुळे उद्भवलेल्या जागतिक संकटाने आर्थिक, शैक्षणिक, सामाजिक व धार्मिक व्यवस्था कोलमडल्याने तसेच चीन आणि पाकिस्तानच्या भारताविरोधी भूमिकेतून पंतप्रधान नरेंद्र मोदींनी आत्मनिर्भर भारताची हाक दिली. गरजा पूर्तीच्या साधनांचे जेव्हा चिंतन सुरु झाले, तेव्हा महात्मा गांधीजींच्या 'रामराज्य' या विचारांची आठवण झाली. रामराज्य किंवा आदर्श राज्य या संकल्पनेतील मूळ गाभा म्हणजेच खेडे स्वयंपूर्ण बनविणे होय. स्वतः महात्मा गांधीजी म्हणाले होते की, 'ग्रामस्वराज्याची माझी कल्पना अशी आहे की, ते एक संपूर्ण लोकसत्ताक राज्य आहे. आपल्या अत्यंत महत्त्वाच्या गरजांच्या बाबतीत ते आपल्या शेजाऱ्यावर अवलंबून असणार नाहीत.' याचा अर्थ आम्ही कोणावरही अवलंबून असणार नाही, तर आम्ही आमच्या गरजा पूर्ण करणारी साधने स्वतः निर्माण करू. लघु व कुटीर उद्योगांना विशेष महत्व देण्यामागे गांधीजींचा आत्मनिर्भर दृष्टिकोन होता. भारताचा ऐतिहासिक आढावा घेतल्यास असे दिसते की, भारतात पूर्वी बारा बलुतेदार पद्धती होती. यानुसारच आपसात व्यवहार चालायचे. काही दशकानंतर या व्यवसायाने जाती निश्चित केल्या. परिणामी हळूहळू पारंपारिक व्यवसाय मागे पडले. तसेच औद्योगिकीकरणाची कास धरल्याने लघु व कुटीर उद्योगांना कठीण दिवस आलेत. छोट्या - मोट्या गरजांसाठी दुसऱ्यावर अवलंबून राहण्याची वेळ आली. जागतिकीकरणाच्या प्रक्रियेत तर एका देशाची दुसऱ्या देशात अफाट गुंतवणूक वाढली. गुंतवणूक करणाऱ्या देशाने संबंधित देशाची अर्थव्यवस्था काबीज केली. असे असताना दोन देशांमधील संघर्ष कमी व्हायला हवे होते, मात्र झाले उलटेच. परिणामी भारतासारख्या देशाने आत्मनिर्भर होण्याचा संकल्प करण्याशिवाय पर्याय नव्हता. गांधीजींनी मांडलेली ग्रामस्वराज्याची संकल्पना आजही आर्थिक विकासाच्या दृष्टीने महत्त्वाची समजली जाते. त्यांच्या मते, आर्थिक विकासाला खालच्या पातळीवरून सुरुवात व्हायला पाहिजे. शहरी भागाबरोबरच ग्रामीण भागाचा विकास व्हावा म्हणून त्यांनी आर्थिक विकेंद्रीकरणाचा आग्रह धरला. खेड्याच्या सर्वांगीण विकासासाठी चरखा, खादी उद्योग, लघु उद्योग, कुटीर उद्योग, गोरक्षण व निसर्गोपचार इत्यादी ग्रामोद्योगांना प्राधान्य दिले. मात्र जागतिकीकरण आणि उदारीकरणाच्या वादळात महात्मा गांधीजींच्या विचारांकडे दुर्लक्ष झाले. महात्मा गांधीजींच्या विचारातच आत्मनिर्भरता होती, त्यादृष्टीने भारत सरकारने प्रयत्न केले असते तर कदाचित आज आत्मनिर्भर भारत लढा उभारण्याची वेळच आली नसती. कृषिप्रधान देशातील कृषीसह इतर क्षेत्रासमोर आव्हाने उभे राहिली नसती. लोकशाहीतील विधिमंडळे जनहिताची धोरणे राबविणारी असावीत, पण ती पक्ष हिताची धोरण राबविणारे बनल्यामुळे व्यवस्थेसमोर प्रश्न निर्माण झालेत.

शोधनिबंधाची उद्दिष्टे

- १) ग्रामस्वराज्याच्या संकल्पनेद्वारे भारतीय खेड्यांच्या विकासाचे विश्लेषण करणे.
- २) रामराज्यातील आत्मनिर्भर विचारांचा शोध घेणे.
- ३) शेती व्यवसायाला पूरक लघु आणि कुटीर उद्योगाची प्रासंगिकता तपासणे.

गृहितके

- १) ग्रामस्वराज्य देशाच्या समतोल व संतुलित विकासाचे प्रभावी माध्यम आहे.

- २) ग्रामस्वराज्य निर्मितीत आत्मनिर्भर होण्याचा मार्ग आहे.

- ३) शेती व्यवसायाला पूरक असणारे लघु आणि कुटीर उद्योग दुर्लक्षित आहे.

ही गृहितके संबंधित शोधनिबंधासाठी निश्चित केली आहेत.

प्रस्तावना

महात्मा गांधीजींच्या योगदानामुळे अहिंसात्मक सभ्यतेकडे पोहोचण्याचा लघुतम मार्ग म्हणजे गतकालीन ग्रामीण गणराज्याचा पाया हा होय,

अशी गांधीजींची खात्री होती आणि म्हणूनच भारतीय खेड्यांच्या विकासासाठी ग्रामस्वराज्य या संकल्पनेचा आधार घेण्यात यावा, असा गांधीजींचा आग्रह होता. आज अनेक पातळ्यांवर या विचाराला स्वीकृती मिळू लागली आहे. भारतातीलच नव्हे तर जगातीलही अनेक विचारवंत या दिशेकडे वळताना दिसत आहेत.

रामराज्य संकल्पना

मानवी विकासाची विस्तृत प्रयोगशाळा असणाऱ्या समाजामध्ये वेळोवेळी सत्य व अहिंसेचा उपयोग करून निर्माण होणाऱ्या आदर्श समाजाला गांधीजी रामराज्य संबोधतात. त्यांना रामराज्य संकल्पनेमध्ये स्वातंत्र्य, समता, न्याय, एकता, प्रेम, आत्मनिर्भरता व एकमेकांप्रती सहकार्य असणे अपेक्षित होते. ते रामराज्य संकल्पनेत विषमतेला मुळीच स्थान देत नाहीत. लोकांनी स्वच्छेने शिस्त पालन केले तरच त्यांना स्वातंत्र्याचा खरा उपभोग घेता येईल यावर त्यांचे ठाम मत होते. भारत हा खेड्यांचा देश आहे. जोपर्यंत खेडे स्वयंपूर्ण होणार नाहीत तोपर्यंत देशाचा विकास अशक्य आहे. याकरिता त्यांनी आर्थिक विकेंद्रीकरणाकडे अधिक लक्ष देण्याची गरज प्रतिपादित केली. खेड्यांमध्ये लघु व कुटीर उद्योगांना महत्त्व द्यावे. यामुळे खेड्यातच रोजगार प्राप्त होईल व आर्थिक विषमता वाढणार नाही. खेडे हाच देशाच्या पाठीचा कणा आहे. स्वावलंबी खेड्याची राष्ट्र उभारणीत महत्त्वाची भूमिका आहे. त्यांच्या मते रामराज्य आणि स्वराज्य या दोन्ही गोष्टी एकच आहेत. भारताचे स्वराज्य म्हणजे सर्व लोकांचे स्वराज्य आणि न्यायाचे राज्य अशी व्याख्या केली. लोकशाहीत शेतकरी राजा झाला पाहिजे. आमच्या देशाचे अध्यक्ष, पंतप्रधान शेतकऱ्यांमधून घेतले पाहिजेत असे मत सुद्धा गांधींनी व्यक्त केले होते. आचार्य जावडेकर

म्हणतात, गांधीप्रणीत ग्रामीण पुनर्रचना हा पाश्चात्यांच्या औद्योगिक समाजरचनेतील दोषांवर उतारा होता

श्रमाची प्रतिष्ठा

मोठ्या प्रमाणावर यंत्राचा उपयोग करण्यास गांधीजींचा विरोध होता. प्रत्येकाने आपला चरितार्थ चालविण्यासाठी परिश्रम केले पाहिजे. स्वतः काम केले नाही तर जेवण नाही असे त्यांचे मत होते. प्रत्येकाने स्वतःचे पोट भरण्याएवढे उत्पन्न मिळविण्यासाठी कोणतेही काम स्वीकारले पाहिजे. कोणतेही श्रम करण्याची व्यक्तीने लाज बाळगू नये. श्रमाच्या आधारावर श्रेष्ठ व कनिष्ठ ठरवू नये. अशाप्रकारे गांधीजींनी आपल्या आदर्श राज्यात श्रमाला अधिक महत्त्व दिले.

यांत्रिकीकरणाला विरोध

यंत्रामुळे बेकारी व अर्ध बेकारी निर्माण होते. तसेच मानवी श्रमाचे उच्चाटन होते. फार थोड्या लोकांच्या हाती संपत्तीचे विकेंद्रीकरण होते, म्हणून त्यांचा यंत्राला विरोध होता मोठ्याप्रमाणावर यांत्रिकीकरण असू नये असे गांधीजींचे स्पष्ट मत होते. त्यांनी शिवणयंत्र, चरखा यासारख्या मानवाचा त्रास कमी करणाऱ्या लहान- सहान यंत्राचा उपयोग करण्याला पाठिंबा दिला. अशाप्रकारे गांधीजी रामराज्यात यांत्रिकीकरणाला व महानगरांना विरोध करतात. त्यांच्या मते मोठ्या आकारांच्या शहरांपेक्षा लहान आकाराची खेडी संपूर्ण देशातील जनतेच्या दृष्टीने उपयुक्त ठरतात. थोडक्यात त्यांनी लघु व कुटीर उद्योगांना अधिक प्राधान्य दिले. आपल्या प्राथमिक गरजा स्थानिक स्तरावरच पूर्ण झाल्या पाहिजे. यालाच त्यांनी स्वराज्य असे म्हटले आहे

आत्मनिर्भर भारत

आत्मनिर्भर भारताचा ऐतिहासिक आढावा घेतला तर असे दिसते की, पूर्वी बारा बलुतेदार पद्धती होती. त्यानुसार व्यवसाय करून उदरनिर्वाह चालायचा आणि यामध्ये कृषीक्षेत्र महत्त्वपूर्ण होते. भारतात मुस्लिम साम्राज्य प्रस्थापित झाले. त्यानंतर ब्रिटिश काळात प्राचीन ग्रामराज्याचा ग्राम उद्योग हा आर्थिक पाया उखडून पडला आणि एकटा शेतीचा धंदा तेवढाच खेड्यात राहिला. त्यामुळे जमीन मालकांची व सावकारांची कुळे आणि अर्धबेकार शेतमजूर सर्वत्र फैलावले. गुन्हेगारीला आळा घालण्यासाठी अधिकारीवर्ग गुन्हेगारी बंद करू शकला नाही उलट तोच त्यात सामील झाला. या गोष्टींना आळा घालण्यास जनतेने आपला कारभार आपल्या हाती घेतला पाहिजे. ग्रामराज्य संघटित व शुद्ध स्वरूपात निर्माण केली पाहिजेत. या दृष्टीने आर्थिक व सामाजिक क्रांती करण्यासाठी गावात ग्रामपंचायती संघटित करण्याचे शिक्षण शेतकरी कामकरी जनतेला मिळाले पाहिजे याचेच नाव समाजवादी लोकशाही. आमच्या देशात भांडवलशाहीचा प्रवेश ब्रिटिश राजवटीत झाला व आज ब्रिटिश साम्राज्य या देशातून गेले असले तरी त्या सत्तेच्या आश्रयाने वाढलेली भांडवलशाही मात्र जिवंत आहे. तेव्हा भारतीय लोकशाहीला समाजवादी स्वरूप द्यावयाची असेल तर ग्रामराज्य संघटित केली पाहिजे. यासाठी शरीरबळ, अंतःप्रेरणा, बुद्धिबळ यांची एकाच वेळी समान प्रगती झाली पाहिजे. मनुष्यनिर्मित जग हे एक नंदनवन होण्यासाठी या तिन्ही शक्तीचे विकेंद्रीकरण झाले पाहिजे आणि याच विकेंद्रीकरणतून ग्रामराज्याचा जन्म होतो. अशा तऱ्हेने राष्ट्रनिर्मिती केल्यास ते चिरकाळ शांततावादी व उत्कर्षवादी बनेल आणि ते

करण्याचा एकच मार्ग म्हणजे ग्रामराज्य होय. हेच महात्मा गांधीजींचे रामराज्य होय. स्वातंत्र्यानंतर काही दशके कृषी क्षेत्राला चांगले दिवस होते मात्र हळूहळू चुकीचे शासकीय धोरणे आणि नैसर्गिक प्रकोप यामुळे शेतकरी हवालदिल बनत गेला. ऊस, धान, कापूस उत्पादक शेतकरी हमी भावाकरिता सतत आंदोलने करित असतात. गांधीजींना अपेक्षित लघु आणि कुटीर उद्योग फारश्या प्रमाणात स्थिर झाले नाही. परिणामी उत्पादन खर्चाच्या प्रमाणात शेतमालाला हमीभाव मिळत नसल्याने तसेच पूरक व्यवसाय नसल्याने जगाचा पोशिंदा आत्महत्या करण्याकडे वळला. त्यात जागतिकीकरण उदारीकरण आणि मुक्त अर्थव्यवस्था इत्यादींची भर पडली. शासकीय धोरणे खासगीकरणकडे वेगाने जात असल्याने तसेच सर्व क्षेत्रातील कंत्राटी पद्धत कंत्राटी शेतीला लावल्याने आत्मनिर्भर भारताचे स्वप्न पूर्ण होईल असे वाटत नाही.

निष्कर्ष

संशोधनासाठी निश्चित केलेले तिन्ही गृहितके सिद्ध झाली आहेत. ग्रामस्वराज्य देशाच्या संतुलित आणि समतोल विकासाचे प्रभावी माध्यम असताना शेती व्यवसायाला पूरक असणारे लघु आणि कुटीर उद्योग उपेक्षित व दुर्लक्षित राहिले. केंद्र व राज्य सरकारांनी पंचायत राजव्यवस्थे अंतर्गत काही प्रमाणात योजना तयार केल्या, मात्र अंमलबजावणीतील दोषांमुळे खेडे स्वयंपूर्ण बनू शकली नाहीत. म्हणूनच स्वातंत्र्याच्या सात दशकानंतरही आम्हाला आत्मनिर्भर होता आले नाही. आत्मनिर्भर व्हायचे असेल तर महात्मा गांधीजींच्या रामराज्याची प्रभावीपणे अंमलबजावणी करण्यावर भर द्यावा लागेल.

शेतीला पूरक असणारे लघु व कुटीर उद्योग उपेक्षित व दुर्लक्षित झाल्याने गांधीजींना अपेक्षित खेडे स्वयंपूर्ण बनली नाहीत. एकीकडे आत्मनिर्भर भारताची हाक तर दुसरीकडे कृषी क्षेत्र खुले करून कंत्राटी शेतीला परवानगी देणारी दोन विधेयके लोकसभेत १७ सप्टेबर २०२० ला मंजूर झाली. कंत्राटी शेती करण्यास व्यापाऱ्यांना परवानगी देणारे विधेयक म्हणजेच लहान शेतकऱ्यांना आत्महत्या करण्यास प्रवृत्त करणारे ठरू शकते. व्यापाऱ्यांनी व्यापार करावा तसेच शेती पण करावी, तर मग शेतकऱ्यांनी आणि शेतकऱ्यांच्या मुलांनी मजुरीच करावी. निश्चितच आत्मनिर्भर भारत निर्माण करण्यात अडचणी येतील. शेतकऱ्यांना लघु व कुटीर उद्योगाच्या माध्यमातून पूरक व्यवसाय

करणारी व्यवस्था निर्माण करण्याऐवजी पुन्हा गुलामगिरीची व्यवस्था निर्माण करणारे धोरण आत्मनिर्भर भारत निर्माण करू शकत नाही. स्वातंत्र्यापासून शेतकऱ्यांना उत्पादन खर्चाच्या तुलनेत शेतमालाला हमीभाव मिळाला नाही. कर्ज माफ करणारे धोरण तात्पुरते असल्याने शेतकरी आत्महत्या सुरू असतात. दुसरीकडे नैसर्गिक संकट अशा परिस्थितीत आत्मनिर्भर भारताचे स्वप्न पूर्ण होणार नाही. भारताला आत्मनिर्भर बनवायचे असेल तर खेडे स्वयंपूर्ण बनविण्याकरिता कृषी व्यवसायाबरोबरच लघु आणि कुटीर उद्योगांना प्राधान्य देणारे धोरणे राबवावे लागेल. म्हणूनच येते महात्मा गांधीजींच्या रामराज्याची आठवण होते.

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Covid-19 ने दोन महत्वाच्या गोष्टी कळत नकळत ऐरणीवर आणल्याने राज्यकर्त्यांना यावर भाष्य करण्याची अपरिहार्यता निर्माण झाली आरोग्याचा प्रश्न व त्याचे व्यवस्थापन मागील तीन दशकापासून ज्या त्वरेने सार्वजनिकते कडून खाजगी अथवा व्यक्तिगत मालकीच्या धोरणाकडे सरकविला गेला त्याला एका विषाणूने चाप लावला व आत्मनिर्भर तेची अनिवार्यता दर्शवून दिली. प्रतिकूल परिस्थितीत जगभरातील राज्यकर्ते समस्येच्या निराकरणासाठी हतबल ठरतात तेव्हा कोडी फोडण्याकरिता जनमाणसाच्या हृदयाला साद घालणाऱ्या प्रतीकांचा, प्रतिमांचा रूढ असलेल्या शब्दांचा चपखलपणे वापर करतात 'आत्मनिर्भरता' हा शब्दप्रयोग असहाय्य परिस्थितीतून बाहेर पडण्याकरिता अतिशय चाणाक्ष पद्धतीने उपयोगात आणण्यात आला. देशाच्या बौद्धिक तंत्राचे विस्कळीत आणि व्यवच्छेदक लक्षण म्हणजे अशा शब्दाच्या मूळ स्वरूपापर्यंत आणि खोलीपर्यंत न जाता केवळ आभासी आशयावर व्यक्त होण्याची परंपरा होय.

राजकीय व्यवस्था धारक सर्व प्रकारच्या आयुधांनी संपन्न असतात विशेषत जेव्हा स्वतःचे व्यक्तिमत्व आणि त्या व्यक्तिमत्त्वाची समूहमनावर संमोहन टाकण्याची प्रभावी शक्ती यामुळे इतरांवर आपला प्रभाव कायम करित सर्वसामान्यांना आपल्या संमोहनाखाली आणतात त्या वेळी जनमानस संदर्भ तपशील समजून घेण्याऐवजी केवळ लोकप्रिय प्रचार सूत्राप्रमाणे वर्तन करतात. या प्रकारच्या वर्तन व्यवहारात दोन महत्वाच्या गोष्टींकडे दुर्लक्ष होते एक म्हणजे शब्दरूपी संकल्पना वापरल्या गेली तिचा मुलभूत मतितार्थ कोणता आहे व दुसरे म्हणजे उद्भवलेल्या समस्येपासून लक्ष विचलित करणे, कारण राज्य करताना आपले अपयश आहे हे दर्शवायचे नसते त्यातूनच दैववादी मुल्यांना

प्रमाणित करण्याचा प्रयत्न केला जातो जो 'covid-19 ही दैवी आपत्ती आहे' असे व्यवस्था संचालनातील अग्रपंक्तीतील व्यक्तीने जनमानसाला पटवून देण्याची घेतलेली भूमिका तपासली तर स्पष्ट होते. वस्तुतः आत्मनिर्भर तेचा विचार भांडवलवादी, साम्यवादी, अलोकशाहीवादी साच्यातील नसून तो विश्ववादाचे पर्यायाने मानवतावादाचे प्रगटीकरण करणारा आणि दृश्यमान स्थिती स्पष्ट करणारा आहे. या मधील पहिली अट आत्मनिर्भरते करिता इतरांची गरज आहे व दुसरी म्हणजे आत्मनिर्भरता संकुचित संकल्पना नसून ती व्यापक व समूहहितेशी आहे. भांडवली व्यवस्था निर्भरतेचा विचार करतात त्यामुळेच 'निर्भरता'(Reliance) असे नामाभिधान असणारी कंपनी त्याचे शीर्षस्थ कर्ते 'करलो दुनिया मुठ्ठी मे' या घोषतंत्राला अधिकाधिक धारदार बनवताना आढळतात. हे तंत्र भारतीय संविधानातील सरनाम्याला आणि नागरी व्यवस्थेच्या मूलभूत रचनेला छेद देणारा आहे. covid-19 नंतर 'आत्मनिर्भर'तेचा साक्षात्कार होणे हे व्यवस्थेचे अपयश होय. त्यातील पहिले म्हणजे स्वस्थ देशाच्या दृष्टीने ज्या धोरणांची नितांत गरज आहे त्याला आपल्या दायित्वा पासून दूर सारण्याचा प्रयत्न केंद्र-राज्य यांनी सातत्याने केला त्यातूनच सार्वजनिक आरोग्याची दुरावस्था निर्माण झाली विविध नियम, दाखले, अध्यादेश यांच्या माध्यमातून सध्याच्या परिस्थितीत खाजगी वैद्यकीय क्षेत्राला धाक दाखविण्याचा प्रयत्न राज्यकर्त्यांच्या मार्फत सुरु आहे तो व्यापकदंडसत्तेला उजागर करणारा आहे.

यातून आत्मनिर्भरता येत नाही. दुसरे म्हणजे आत्मनिर्भर तेला लागणारा कालावधी लोकप्रिय नेत्यांच्या लोकप्रिय घोषणेतून लगेचच तशा स्वरूपात आकारास येइल याबाबत याची

शाश्वती नसते. **covid-19** असाधारण परिस्थिती आहे हे लक्षात घेऊन धोरण आणण्याची प्रक्रिया हे मात्र आत्मनिर्भरता ठरले असते, **59,00,000** लक्ष रुग्णांचा आकडा पार होतानाच लक्ष संख्येच्या उंबरठ्यावर मृत्युसंख्या पोहोचली आहे. सोबतच जीडीपी **24** प्रतिशत उणे या घरात गेलाय. सार्वजनिक आरोग्य क्षेत्रावर प्रचंड ताण आलेला आहे जवळपास **387** तज्ञ वैद्यकीय चिकित्सकांनी आपले प्राण गमावले आहे. महाराष्ट्रातील संख्येचा विचार करता या मधील रुग्ण वाटा व मृत्युदर ते **30** प्रतिशत आहे तर जवळपास **17** प्रतिशत चिकित्सक गमावलेत. महाराष्ट्राच्या वाट्याला येणारा जीएसटीचा पैसा जवळपास **24** हजार कोटी रुपये हे अद्यापि महाराष्ट्र शासनाला प्राप्त झालेले नाहीत. त्याचप्रमाणे महाराष्ट्रामध्ये एकूण असणारी रुग्ण संख्या आणि वाढती रुग्णसंख्या याचं व्यस्तप्रमाण पाहू जाता सोबतच वस्तुचा पुरवठा आणि अन्य असणाऱ्या बाबी विशेषतः व्हेटिलेटरची रचना या बाबतीमध्ये महाराष्ट्रवरचा ताण हा प्रचंड आहे. केंद्र-राज्य संबंधा मध्ये ज्या वेळी केंद्रीय सत्ता आणि राज्यसत्ता भिन्नभिन्न पक्षांचे असतात त्यावेळी साहाजिकपणेच राजकीय दृष्टिकोनातून निर्णय घेत असताना पहावयास मिळते. मागील सात दशकांचा इतिहास पाहू जाता त्यात अद्यापही कुठल्याच केंद्रीय सत्तेने नवा धडा घेतलेला दिसत नाही. परिणामत जिथे जिथे केंद्रांमधील पक्षाची राज्यांमध्ये सत्ता नाही तेथील धोरणे सापत्नभावाची आणि दुय्यम दिसून येतात या परिस्थितीत आत्मनिर्भरतेचा विचार हा केवळ औपचारिक ठरतो. महाराष्ट्रातील एकूणच आकडेवारी पाहता येथील ग्रामीण रुग्णालय, जिल्हा रुग्णालय, शहरी रुग्णालय त्यातील वैद्यकीय अधिकारी आणि

त्यांची संख्या या सगळ्यांच्या प्रमाणामध्ये आपण नव्याने आत्मनिर्भर तिकडे पाऊल टाकावयाचे असेल तर आमूलाग्र रचनेकडे जाण्याची गरज आहे आणि त्याकरिता केंद्रीय सत्तेच्या पाठबळाशिवाय तुम्हाला ही सगळी असणारी स्थिती वाहून नेण्याची, त्यास सामोरे जाण्याची शक्यता नाही कारण याच कालावधीत केंद्र सरकारने निर्णय घेत असताना राज्य सरकारांनी कर्ज उभे करावेत या प्रकारची उद्भवलेली स्थिती हा त्या-त्या राज्यांच्या आर्थिक सक्षमतेला धक्का देणारी बाब आहे आणि त्यामुळे राज्य आत्मनिर्भरतेच्या बाबतीत सक्षम बनतील का हा प्रश्न या ठिकाणी मग कायम राहतो. परंतु अशा परिस्थितीत प्रथम पाऊल खरंतर व्यवस्थापन आणि नियोजनाचे असायला हवे होते. दुर्दैवाने अनेक वर्षांपासून आरोग्याचा प्रश्न कळीचा ठरला आहे, त्याला शासन व्यवहाराच्या बाहेर आणण्याचा प्रयत्न केल्याने आता आव्हान उभे झाले आहेत नागरिकांच्या मूलभूत अधिकारा बाबत सर्वोच्च न्यायालयाने **1951** मध्ये परमानंद कटरा विरुद्ध भारत सरकार या निर्णयात **21** व्या कलमात आरोग्याची भर टाकत त्याची व्याप्ती वाढवली. कृष्णा अय्यर यानी **1980** च्या दशकात एका निर्णयातून आरोग्य दुर्लक्षित असा घटक नसून तो मूलभूत अधिकाराचा भाग आहे हे स्पष्ट केले आरोग्याविषय राज्य सूचीतील असला तरी केंद्रीय पातळीवर त्याचे नियंत्रण करणारे मंत्रालय आहे त्यामुळे आरोग्याबाबत केंद्राला जबाबदारी झटकता येत नाही. भारत सरकारच्या संसदेतील ताज्या निवेदनात त्यांच्याकडे स्थलांतरनात मृत्यू पावलेले नागरिक आणि **covid-19** च्या काळात सेवा देताना मृत्यू पत्करावे लागलेल्या कोरोना योद्ध्याबाबत काहीच आकडेवारी नसल्याचे

संबंधित मंत्र्यांचे विधान आत्मनिर्भरतेची पोल खोलणारे आणि दायित्वा पासून ढळणारी मानसिकता प्रगट करणारी आहे त्यामुळे शाब्दिक कल्पनेत न जाता त्यातील आशयाला स्पष्ट करित समस्येच्या परिमार्जनाचा विचार होणे महत्वाचे आहे.

विषयाची उकल करण्याच्या दृष्टीने 'देशांतर्गत उद्भवलेल्या आरोग्याच्या क्षेत्रातील परिस्थितीला सावरण्याकरिता उक्ती पेक्षा कृतीची अधिक गरज आहे' या व्यापक गृहितकाच्या आधारावर विषयाची समिक्षा करण्यात आली आहे.

मूळ शब्द : आत्मनिर्भरता, आरोग्य क्षेत्र, शासन,संविधानातील कलमे, कल्याणकारी राज्य

विषय प्रवेश

भारतात आत्मनिर्भरता शब्द पहिल्यांदा रुजविला तो गांधींनी स्वातंत्र्य आंदोलनातील प्रवेशापूर्वी त्यांच्याकडे चंपारण्यातील नीळ शेतीचा प्रश्न आला त्याप्रसंगी! शेतकऱ्यावरील सक्ती, शोषण, वेठबिगार, ब्रिटिश अधिकारी व जमीनदार यांच्या पिळवणुकीतून बेहाल झालेल्या स्थानिक शेतकऱ्यांनी आपली आपबीती मांडण्याकरिता 1915 च्या काँग्रेसच्या लखनऊ अधिवेशनाची वेळ निवडली, त्यावेळी प्रमुख नेत्यांनी गांधींना भेटावे असा सल्ला दिला गांधींना दक्षिण आफ्रिकेतील आंदोलनाचा अनुभव होता त्यामुळे तो प्रश्न गांधींकडे आला. त्यांनी खरंतर प्रारंभी फारशी उत्सुकता दाखविली नव्हती परंतु तेथील शेतकरी नेत्यांनी प्रश्न सातत्याने त्यांच्याकडे धसाच लावल्यामुळे 1917 मध्ये नीळ शेतीचा प्रश्न हाती घेतला. त्यापूर्वी संपूर्ण भारतात भ्रमण करून गांधींनी स्थानिक प्रश्न, विपन्नावस्था अनारोग्य तेथील परिस्थितीचा अभ्यास केल्यानंतर त्यांना

जाणवले ते म्हणजे विविधांगी प्रश्नातून देशाला बाहेर पडायचे असेल तर 'आत्मनिर्भरतेची' गरज आहे गांधींनी.याबाबतचा प्रयोग दक्षिण आफ्रिकेत केला होता व आश्रम जीवन पद्धतीतून त्याची उत्तरे शोधण्याचे प्रयत्न गाठीशी होता. भारतातील रविंदनाथ टागोरांचे शांतिनिकेतन त्यांना भावले तोच किता त्यांनी अहमदाबादच्या कोचरब येथून सुरू केला. फिनिक्स व टॉलस्टॉय आश्रम जीवनपद्धतीतील क्रमना त्यांनी कोचरब येथे आरंभीली हा 'आत्मनिर्भरतेचा ' प्रयोग होता हा प्रयोग याकरिता कारण स्वयंपूर्णता येईपर्यंत त्यांना इतरांच्या मदतीवर दानावर अवलंबून राहावे लागले त्यामुळे गांधींचची आत्मनिर्भरता व नवी आत्मनिर्भरता यामध्ये अंतर दिसून येतेगांधींच्या .

आत्मनिर्भरतेतआत्मविश्वास जागविण्याला स्थान आहे तर नवा संदर्भ कोणालातरी विरोध यातून अवतरला आहे. महत्वाच्या मूलभूत फरक म्हणजे नवे स्वरूप 'शासनकृत आहे ' तिला राजकीय पृष्ठभूमी आहे तर गांधींच्या आत्मनिर्भरतेला स्वराज्यातून सुराज्य ही दिशा होती. तद्वतच गांधी म्हणतात मला आत्मनिर्भरतेचा विचार इमर्सन यांच्याकडून मिळाला गांधींनी.प्रतिपादन केलेली तत्वे ही माझीच आहे मी त्याचा प्रणेता आहे या विचारांशी निगडीत नाही गांधी जेव्हा. आत्मनिर्भरतेचा विचार देतात त्यावेळी त्यात इतरांचे सहकार्य, प्रेम, मैत्री यांना स्थान असते. चंपारण्य लढा दोन पातळ्यांवर होता एक लोकांमध्ये हृदय परिवर्तन घडवून आणतत्यांना स्वयंपूर्ण बनविणे व स्वराज्य स्थापन करणे तर दुसऱ्या बाजूला ब्रिटिशांच्या मनोवृत्तीत बदल घडवून येण्याकरता कार्य करणे, त्यामुळे त्यांच्या त्या कार्यातील आत्मनिर्भरता वस्तुतः एक शतकापूर्वीच रुजवल्या गेली. भारतीय

व्यवस्था व येथील प्रजासत्ताक यांना संविधानिक रचनेतून हे उभे करता आले नाही उलट परिस्थिती अधिक बिकट बनल्यानंतर आलेला विचार सहजगत्या साध्य प्राप्तीच्या करिता सुलभ राहिल असे म्हणता येत नाही याचे मुख्यत्वे दोन पैलू आहेत एक म्हणजे जागतिकीकरणाच्या काळात आत्मनिर्भरता हा टीकेचा व प्रवाहाच्या बाहेर फेकला जाण्याचा भाग ठरू शकतो व दुसरे म्हणजे भारतचीन - सीमा विवादाने गंभीर वळण घेतल्यानंतर राजकीय आघाडीवर झालेल्या कोंडीतून बाहेर पडण्यासाठी दूरदर्शीपणाचा विचार न करता उपयोगात आणलेली शब्दरचनासंदेह निर्माणाला . वावमिळाला.

मुख्यत्वे राज्यकर्त्याकडून ते 'शासन धोरण' म्हणून यायला हवे असते परंतु अशा उद्घोषणा लोकप्रिय ठरू शकतात. सत्ता प्राप्त करून देण्यात असमर्थ ठरतात असा अदमास येत असल्याने घोषणापत्र अथवा शासन धोरण याचा भाग ठरत नाही. वस्तुतः प्रत्येक देशाला आपली उन्नति करण्याचा ती वहिवाट विस्तारण्याचा हक्क आहे परंतु त्याला राजकीय पृष्ठभूमी मिळाली ही घोषणा कितीही चांगली असली तरी त्याचा प्रभाव पडत नाही.

covid-19 चे नियोजन करताना या संकल्पनेला अनुसरून काम करण्याची गरज होती भारतात मार्च ते मे या तीन महिन्यात फारसा प्रकोप नसताना या आजारा विरुद्धच्या लढाईत लागणारे अनेक साहित्य देश पातळीवर तयार करता आले असते मास्कपीपीई , सेनीटीज़र, किटकमी दरातील जेनेरिक औषधे, व्हेंटिलेटर, खाटा, अँम्बुलन्स, सरकार इमारतीचा वापर करून रुग्ण व्यवस्था, घरातच विलगीकरण करण्याबाबतचे निर्देश ऑक्सिजन , संयंत्रेया व अन्य बाबींवर अधिक लक्ष केंद्रित

करून त्यांच्या निर्मितीला चालना दिली असती तर ती वास्तवपणे आत्मनिर्भरता ठरली असती. सुरुवातीच्या वेळी चीनमधून आलेल्या वस्तू पाहू जाता सीमाविवाद पर्यंत चीनला लक्ष्य करण्यास आपण बचावात्मक पवित्रा घेतल्याने योग्य संधी येऊनही आपले धोरण आत्मनिर्भर बनवता आले नाही. उलट विदेशात असलेले प्रवासी यांच्याकरिता दाखवलेल्या तत्परतेपेक्षा स्थानीक संदर्भांना सुयोग्यपणे हाताळण्याची गरज सातत्याने अधोरेखित झाली त्यामुळे या विषयाकडे पाहताना त्यातल्या त्यात आरोग्य सारख्या कळीचा प्रश्न दुर्लक्षित बंगला त्याची समीक्षा होताना त्या आधारांवर आत्मनिर्भरता तपासण्याची आवश्यकता आहे.

आत्मनिर्भरतेचे मूलभूत प्रमेय इमर्सन व गांधी यांनी प्रतिपादले तत्व आणि विद्यमान तत्व यातील अंतर व एकवाक्यता तपासल्यास त्यातील मतितार्थ व व्यूहरचना समजू शकते रॉल्फ वाल्डो इमर्सन. यांच्या एका लेखाचे शीर्षक 'सेल्फ रिलायन्स म्हणजेच' आत्मनिर्भरता आहे " .Insight of yourself, never imitate. Every great man is unique". "Reliance on property ,including the reliance on government which protect it is the want of self-reliance" They measure their esteem of each other by what each has and not by what each is. But a cultivated man becomes ashamed of his property but of new respect of his nature" अंधानुकरण न करता इतरांच्या विचारधनाचा परामर्श जरूर घ्या यामध्ये इतरांच्या सहकार्याची बाब अंतर्भूत आहे तसेच समाजातील धनाची प्रतिष्ठा आणि त्यासाठी होणारा राज्यव्यवस्थेचा कालापव्यय व शक्तीचा अपव्यय हे आत्मनिर्भरतेच्या अभावाचे द्योतक होय¹ .

महाराष्ट्रातील आरोग्याची स्थिती

'भारतीय संविधानाच्या घटना कलम 39 42 आणि 47 या कलमांमध्ये आरोग्यविषयक तरतुदींचा समावेश आहे. मुख्यत्वे केंद्र आणि राज्यांमध्ये अधिकार विभागणी असल्याने हा विषय राज्य सरकारांच्या अंतर्गत आलेला आहे. राज्यसूची मधील 6,8,51 या क्रमांकावरील विषयात आरोग्यविषयक तरतुदींचा समावेश करण्यात आलेला आहे². केंद्रीय पातळीवर केवळ सागरी तळाशी निगडित असणाऱ्या बाबींवर आरोग्य विषय हाताळला गेला आहे. परिणामतः आरोग्याच्या बाबतीत देशपातळीवर एकसमान स्थिती अथवा त्या संदर्भातील समान नियमावली नसल्यामुळे प्रत्येक राज्यांनी आपापल्या परीने अशा प्रकारच्या आरोग्यविषयक तरतुदींना आपल्या प्रशासकीय प्रणालीमध्ये स्थान दिले आहे, परिणामतः लोक आणि यंत्रणा यांच्या बाबतीमध्ये एक प्रकारची एकवाक्यता नसल्याने त्यातून उद्भवलेले प्रश्न आपल्यासमोर भयावह पद्धतीने समोर येताना दिसतात अशा प्रकारच्या आपत्कालीन परिस्थितीत प्रश्नांना समजून घेणे आणि त्याची हाताळणी करणे मग कठीण होऊन बसते. सध्या केंद्राचा कायदा जरी याबाबतीत निर्देश आणि नियंत्रण करित असला तरी दुसऱ्या बाजूला राज्य सरकारे आपापल्या कायद्यांचा वापर करून प्रश्नांची हाताळणी करताना दिसताहेत. स्वतंत्र भारताच्या पूर्वी आरोग्यविषयक तरतुदी बाबत नेमलेल्या कमीट्यांनी अहवाल देत त्यात सुधारणा सुचविण्यात आल्यात. 1940 मधील भोरे कमीटीची स्थापना, 1948 मध्ये सोखे कमीटीचा आलेला अहवाल नी त्यानंतर स्वतंत्र भारतात 1961 पासून तर आजतागायत वेगवेगळ्या समित्यांच्या माध्यमातून आलेल्या शिफारशी पाहू जाता आरोग्याचा प्रश्न महत्त्वाचा आणि

अनेक संदर्भ बिंदू म्हणून असावा ही अपेक्षा दिसून येते. दुसऱ्या बाजूला न्यायपालिकेने सुद्धा या प्रश्नांच्या बाबतीत राज्य आणि केंद्र सरकारनी सकारात्मक निर्णय घ्यावे याबाबत बरेच समुपदेशन केले आहेत. तरी पण एकूण स्थिती पाहू जाता भारतीय जनसंख्या आणि त्यातील खर्च आरोग्याच्या बाबतीत मध्ये होणारा अभ्यास यामध्ये बऱ्याच प्रकारची विषमता व मोठ्या प्रकारची पोकळी निर्माण झालेली दिसून येते. जगभर यांचा विचार करता भारत सध्या आरोग्याच्या क्रमवारीत १०४ व्या क्रमांकावर आहे 140 कोटीच्या घरात आज भारताची लोकसंख्या आहे तर डॉक्टर केवळ अकरा लक्ष 14000 आहे, भारताच्या जीडीपीच्या केवळ 1.2 प्रतिशत खर्च हा आरोग्यावर होतो. एक हजार लोकांमागे 0.8खाटा आहे, चौदाशे पंचेचाळीस रुग्णांमागे एक डॉक्टर आहे. भोरे समितीने तीस हजार लोकसंख्येमागे एक प्राथमिक आरोग्य केंद्र त्याअंतर्गत पाच उपकेंद्रे डॉक्टर नर्स यांचा समावेश असावा असे म्हटले होते अजूनही स्थिती बदललेली नसून ती विषमता प्रधान दिसून येते अमेरिकेत. 390 रुग्णां मागे एक डॉक्टर आहे तर पाच हजार लोकांमागे सुसज्ज वैद्यकीय व्यवस्था आहे. खाजगी स्वरूपाच्या जरी व्यवस्था असल्या तरी त्या परिपूर्ण दिसून येतात. भारतात सर्वसमावेशक प्राथमिक आरोग्य सेवा पुरविल्या जात नाहीत. 2022 पर्यंत दीड लाख उपकेंद्र सुधारण्याचे प्रयत्न चालविले जाणार आहे. महाराष्ट्राच्या आरोग्य स्थितीचा विचार केला तर अकरा कोटी जनसंख्यासाठी ही स्थिती आहे ती पाहू जाता आरोग्यविषयक असणाऱ्या तरतुदी योग्य रीतीने वाटचालीच्या अंकेक्षणात आल्या आहेत असे म्हणता येत नाही. प्राथमिक आरोग्य केंद्र 828, ग्रामीण रुग्णालय 361,

उपजिल्हा रुग्णालय ६०, सामान्य रुग्णालय 6, प्राथमिक आरोग्य उपकेंद्र 6668, जिल्हा रुग्णालय 23, महिला रुग्णालय 12, कुष्ठ रुग्णालय, 4 क्षय रुग्णालय, 4 अतिविशेष रुग्णालय दोन, मानसिक रुग्णालय ,4 आरोग्य संस्थांच्या आरोग्य व कुटुंब कल्याण प्रशिक्षण संस्थेच्या या स्थितीसोबतच , सरकारी व खाजगी रक्तपेढ्या 336, आश्रम शाळा आरोग्य तपासणी पथक 37, बिगर आदिवासी विभागात 3 हजार लोकसंख्येमागे प्राथमिक आरोग्य केंद्र, 30000 आदिवासी करता हेच प्रमाण 1 ,केंद्र प्राथमिक आरोग्य वीस हजार लोकसंख्येच्या मागे . आरोग्य केंद्र 1 सर्व संस्थेत मिळून 7532 वैद्यकीय अधिकारी आहेत . महत्त्वाचे म्हणजे 30 टक्के जागा म्हणजेच जवळपास 2611 जगा अद्यापही रिक्त आहे. हे सर्व लक्षात घेतले तर आरोग्याची स्थिती कुठल्या पातळीवर आहे हे जाणवू लागते दुर्गम भागातील नागरिकारिता असणाऱ्या सेवा कोलमडल्या गेलेल्या दिसून येतात एकूणच या परिस्थितीचा अभ्यास करताना महाराष्ट्राच्या आरोग्य संस्थेला आत्मनिर्भर होताना अनेक मोठ्या असणाऱ्या प्रयत्नाची आणि सुधारण्याची आवश्यकता आहे हा सुधारण्याचा प्रयत्न कशा पद्धतीने होतो यावरच या संपूर्ण प्रक्रियेचे स्वरूप अवलंबून असेल तेव्हा आत्मनिर्भरता शब्दांचा उपयोग केल्यामुळे ते बदलल्या जातील असे मात्र म्हणता येत नाही.

मुल्यांकन

आत्मनिर्भरतेचा केंद्रबिंदु व्यक्ति आहे त्याचे पोषण केल्याशिवाय ही संकल्पना आकर घेऊ शकत नाही हे वास्तव लक्षात घेउन प्रक्रिया अवलंबन करण्याची गरज आहेगांधी . आत्मनिर्भरता व स्वावलंबन या बाबी एकत्रित करताना व्यक्ति आणि खेडी या दोन बिन्दुवर

आणून विचार मांडतात 'आजची आमची खेडी उद्वस्त झालेली आहेत उकिरडा प्रमाने झालेली आहेत .उद्या तीच सुंदर उद्यान बनतील गावकऱ्यांना लुबाडने, त्यांचे शोषण करणे अशक्यप्राय होईल खेड्यांना.स्वावलंबी व स्वयंपूर्ण बनविण्यावर पूर्ण कटाक्ष ठेवावा आणि स्वतःच्या गरजा भागवण्याकरता उत्पादन करावे त्यांना उपयोगी व सुधारित तंत्र शोधून काढावीत परंतु त्याचा उपयोग इतरांना नागवीण्याकरिता करू नये ,आपल्या 'कॅन्फेक्शन ऑफ अंन इकॉनॉमिक हिटमॅन' या पुस्तकात म्हणतो जागतिकीकरण म्हणजे आर्थिक सामाजिक सांस्कृतिक क्षेत्राचे विलोपण, आजपर्यंत उभ्या केलेल्या अडचनिचे विसर्जन आणि मोकळपण होय . राजकीय सीमांच्या यामध्ये बाधा असत नाही⁴ सीखेर यांची ही .प. मांडनी लक्षात घेतली तर आत्मनिर्भरता एकांगी पणे आकर घेऊ शकत नाहीभारतातील पुढील . आरोग्य क्षेत्रातील स्थिती अभ्यासल्यास या .निष्कर्शाला बळकटी मिळतेभारतातील मेडिकल कॉलेज ची स्थिती सध्या याप्रमाणे अनुभवायला येते 529 शासकीय 260 खाजगी ऍलोपॅथिक महाविद्यालय, 289 आयुर्वेदिक, 182 होमोपॅथिक, 41 युनानी, 396 फिजिओथेरेपी आहेत केवळ एक लक्ष तेरा हजार विद्यार्थी क्षमता या सर्व महाविद्यालयांची आहे. महाराष्ट्रात सर्व प्रकारच्या शाखेतील वैद्यकीय महाविद्यालय 456 आहे त्यात सरकारी व खाजगी असे दोन्ही आहेत तर केवळ 5850 विद्यार्थी दरवर्षी डॉक्टर बनू शकतात तर डॉक्टर होण्याकरता लागणारा खर्च सुद्धा सारखा नाही एम्समध्ये 7130 रुपये वार्षिक फी आहे तर खाजगी कॉलेजमध्ये हीच एक लक्ष 70 हजार रुपये. शिक्षणाची फी मधील प्रचंड विषमता अनेक अनैतिक बजुना दृढ करणारी आहे. आपली

जागा कायम राखण्याकरिता लक्षावधी रुपयांचे अतिरिक्त डोनेशन त्याला सहाय्य निधी म्हटल्या जाते याची तरतूद आणि वशिलाचा वापर यामधून डॉक्टर तयार होउन बाहेर पडतील तेंव्हा त्यांच्यात रुग्णा प्रति सेवा व कर्तव्य नसणारी भावना असेल हे पाहू जाताआत्मनिर्भर दावा पोकळ असल्याचे दिसून , .येते गांधींनी 1909 मध्ये यात'हिन्द स्वराज्य' याबाबत विस्तृत आढावा घेतलेला आहेत्यांचे .

निदान अचूक ठरत असल्याचे शासन नियोजनातून बरेचदा स्पष्ट झालेले आहे. अधिकचा पैसा खर्च करून डॉक्टर बनतील पण तेथे रुग्णांचा सेवेचा, विचार येणार नाही केवळ खर्च झालेला पैसा प्राप्त करणे एवढाच विचार राहिलआरोग्य क्षेत्र ात दोन स्तरावर प्रयत्नाची गरज आहे एक म्हणजे भारतासारख्या देशांना लूट करून प्रचंड माया जमणाऱ्या डॉक्टरांची अपेक्षा नाही तर तो सेवा मिळावी अशी आस लावून बसलाय त्या करीता आरोग्य हा विषय पूर्णपणे शासन पातळीवर असावा आणि वैद्यकीय क्षेत्राची खाजगी मालकी समाप्त करण्याची गरज आहे. हा विचार किती बाळबोध मूर्खतापूर्ण वाटत असला तरी आरोग्याच्या बाबतीत देशाने समाजवादी धोरण स्वीकारण्याची गरज आहे त्याशिवाय हा प्रश्न निकालात निघू शकत नाही. समाजवादाची तत्व आत्मनिर्भर तिकडे जाणारी आहेत भारतात पुढील 50 वर्षात किमान दोन लक्ष डॉक्टर दरवर्षी बाहेर पडतील अशी योजना आखायला हवी वाटल्यास .लष्कर,कार्यकारी मंडळ, प्रशासन खर्च कपात करून निर्णय घेण्याची आवश्यकता आहेदुसरे म्हणजे आरोग्यातील . आत्मनिर्भरता प्राप्त करायची असेल तर नेहमी शुद्ध (1.पंचसूत्री स्वीकारावी लागेल (2 विचार कराशुद्ध ताजी हवा घ्या (3शरीर व

मन यांचा एकत्रित ताळमंळ ठेवा (4स्वच्छता राखा (5मानव सेवा करण्याकरिता अन्न ग्रहण करास्थिती सामान्य असो व विपरीत स्वस्थ . .जीवनाचा मूलमंत्र आत्मनिर्भर बनवू शकतो आत्मनिर्भरता संकुचित शब्द नसून तो विश्वव्यापक आहे त्या अर्थाने तो समजून

घेतला तरचसामाजिक व आर्थिक दृष्टीने उपयोगी ठरेल अन्यथा त्याचे स्वरूप राजकीय बनेलगांधींनी आरोग्या बाबत टिपणी . करताना आत्मनिर्भरतेचा मूलमंत्र भारतीयांन " ते म्हणतात,समोर ठेवला आहेकुदरती उपचार करणे वाला प्राकृतिक उपचार रोगी को उसके रोग के लिए कोई जडीबुटी नहीं बेचता वह तो अपने रोगी को जीवन जीने का ऐसा तरीका सिखाता है, जिससे रोगी अपने घर में रहकर अच्छी तरह जीवन बिता सखे और आगे कभी बीमार न पड़े वह. अपने रोगी की खास तरह की बीमारी को मिटा कर ही संतुष्ट नहीं हो जाता. मामुली डॉक्टरों या वैद्य को इतनी ही दिलचस्पी रहती है कि वे अपने रोगियों के रोग को और उसके लक्षण समझ ले, उसका इलाज ढूँढ निकाले और इस तरह सिर्फ रोगसंबंधी बातों काही अभ्यास करे इसके.के खिलाफ कुदरती उपचार करने वालों को तंदुरुस्ती के नियमों का अभ्यास करने में जादा दिलचस्पी होती है जंहा.साधारण डॉक्टर की दिलचस्पी खत्म हो जाती है वहां कुदरती उपचार के डॉक्टर की सच्ची दिलचस्पी शुरू होती हैदरती उपचार की पद्धति से रोगी के कु. बीमारी को बिलकुल मिटा देने के साथ ही उसके लिए एक एसी जीवनपद्धति का आरंभ जिस में बीमारी के लिए कोई गुंजाइश ,होता है इस तरह कुदरति उपचार .ही नहीं रह जाती जीवन जीने की पद्धति हैरोग मिटाने के . के कुदरती उपचार .उपचारों की पद्धति नहीं

लिए यह दावा नहीं किया जाता की उससे सब दारू का एसा कोई भी -दवा.होती है.बीमारियाँ दूर तरीका नहीं है जिस से सब रोग मिट जाते अगर ऐसा होता है तो हम सब अमर हो .है

⁵."जातेगांधी तत्वज्ञानातील स्वरूप पाहता आरोग्याचा मूलमंत्र आत्मनिर्भरता ठरतो परंतु तो समग्राशी निगडित आहे.

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लोकशाही एक उत्कृष्ट शासन पध्दत

संभाजी संतोष पाटील

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प्रस्तावना

लोकशाही ही कल्पना नविन नाही.प्राचीन काळात ग्रीक नगर राज्यांमध्ये लोकशाही होती.पण आधुनिक काळात लोकशाही हा एक गुणधर्म झाला आहे. दुसऱ्या महायुद्धा नंतरच्या काळात लोकशाहीचे विरोधक दुर्मिळ झाले आहेत. प्रत्येकजण स्वतःला लोकशाहीवादी म्हणून उद्घोषित करतांना आढळतात. आपली लोकशाही हिच खरी लोकशाही आहे व दुसऱ्या देशातील लोकशाही शुध्द स्वरूपाची नाही असा दावा करण्यात येतो. लोकशाही हा एक शासनसंस्थेचा प्रकार असून त्यात लोक सार्वभौम असतात. लोकप्रतिनिधी मार्फत सरकारचे कार्य चालते व जनकल्याण हे त्यांचे उद्दीष्ट असते.स्वातंत्र्य, समता, बंधुता व न्याय ही लोकशाहीची प्रधान तत्त्वे आहेत समाज जीवनाच्या निरनिराळ्या क्षेत्रात ती प्रतिबिंबित झाली पाहिजे.प्रामुख्याने सामाजिक, आर्थिक, राजकीय जीवनात लोकशाही तत्वांचे उपयोजन अनुभवास आले पाहिजे.लोकशाही ही केवळ शासनपध्दती नाही तर ती एक जीवनपध्दती आहे. लोकशाहीच्या संदर्भातील दृष्टीकोन काही नवीन नाही. अॅरिस्टॉटल या पाश्चिमात्य ग्रीक विचारवंताने लोकशाही हा शासनसंस्थेचा एक प्रकार मानला.त्याने केलेल्या राज्याच्या वर्गीकरणात हा प्रकार आढळतो.हुकूमशाहीमध्ये एकाच व्यक्तीच्या हातात सत्तेचे केंद्रीकरण झालेले असते.याउलट लोकशाहीत सत्ता लोकांच्या हाती असते लोकशाही शासनपध्दतीत सत्ता बहुसंख्याकांच्या हाती असते.संपूर्ण

समाजातील प्रत्येक नागरिकाचा शासन संस्थेत प्रत्येक प्रश्नांच्या बाबतीत सक्रीय सहभाग असतोच असे नाही. राज्यातील अनेक प्रश्न गुंतागुंतीचे व तांत्रिक स्वरूपाचे असतात. त्यांचा सर्वांगीण विचार करण्याची पात्रता प्रत्येक नागरिकांमध्ये असतेच असे नाही कोणत्याही प्रश्नांच्या बाबतीत सर्व लोकांचे एकमत होईलच असे म्हणता येणार नाही. अशा स्थितीत त्या प्रश्नांच्या बाबतीत समाजामध्ये बहुसंख्याक आणि अल्पसंख्याक असे गट होणे अपरिहार्य आहे. त्या प्रश्नांच्या संदर्भातील निर्णय बहुसंख्याकाकडून घेतला जातो यातून असे स्पष्ट होते की, लोकशाही म्हणजे सर्व लोकांची सत्ता नसून बहुसंख्याकांची सत्ता असते. अल्पसंख्याकांना बहुसंख्याकांचा दृष्टीकोन स्विकारावा लागतो.लोकशाही राज्यापेक्षा लोकशाही समाजव्यवस्था ही जास्त व्यापक संकल्पना आहे.त्यानुसार लोकशाही शासन संकल्पना ही केवळ राजकीय व्यवस्था नसून सामाजिक आर्थिक व्यवस्था आहे असे मानले जाते. आर्थिक क्षेत्रात लोकशाही नसेल तर राजकीय लोकशाहीला काहीच अर्थ नाही असे लास्की म्हणतात. जोपर्यंत सामाजिक विषमता व आर्थिक शोषण कायम आहे तोपर्यंत लोकशाहीचा आधार मजबुत होऊ शकत नाही. समता व बंधुत्व हेच त्याचे खरे आधार आहेत. लोकशाही हे एक समाज संघटन आहे.लोकशाहीचा आत्मा म्हणजे त्याचे जीवनविषयक तत्वज्ञान होय. ती एक मूल्यव्यवस्था आहे.ग्रॅहम वालास, मॅक्सी लिंडसे,

लिप्सेट या विचारवंतांनी या भूमिकेचे समर्थन केले आहे. सामाजिक जीवनाच्या प्रत्येक क्षेत्रात लोकशाही मुल्यांचा पुरस्कार व संवर्धन म्हणजे त्यांची वैचारिक जीवनाच्या प्रत्येक व्यक्तीला त्याच्या व्यक्तीत्व विकासाची संधी व लोकशाही मूल्यांवर श्रद्धा त्याचे जतन करण्याची प्रवृत्ती आणि त्या सर्वांना पोषक अशी परिस्थिती निर्माण करण्याचा निर्धार व प्रयत्न म्हणजे लोकशाही जीवनाचे तत्वज्ञान होय.

जॉन स्टुअर्स मिल, अब्राहम लिंकन, लॉर्डब्राईस, डायसी, सिली यांनी लोकशाही शासन पध्दतीच्या विवेचनावर भर दिलेला आहे. फ्रेंच राज्यक्रांतीतुन उदयाला आलेले. स्वातंत्र्य समतेचे तत्व आणि औद्योगिक क्रांतीतुन उदयाला आलेली भांडवलशाही विषमता व अन्याय या परस्परविरोधी प्रवृत्तीचा परिणाम म्हणून ज्याप्रमाणे जहाल क्रांतीकारक विचार प्रणालीचा उदय झाला. त्याचप्रमाणे सुख व न्याय यांचा पुरस्कार करणारी उदारमतवादी लोकशाही विकसीत झाली ते राज्य शासन, समाजव्यवस्था, राजकीय मुल्ये, राजकीय नियंत्रण इत्यादीचा भिन्न दृष्टीकोनातुन विचार करतात, जहालमत प्रणालीचा भर क्रांती संपूर्ण व अचानक परिवर्तन, हिंसात्मक मार्ग व शासनपध्दती व अल्पसंख्येतील जहालवादी नेतृत्वाच्या परंपरेपर असतो. याउलट उदारमतवादी विचार प्रणालीचा भर शांततामय व सनदशिर मार्गाने हळूहळू परिवर्तन करण्यावर असतो. मानवाचे सुख व न्याय हे अंतिम साध्य मानून त्याला स्वतःचा विकास करून घेणे शक्य व्हावे अशी स्थिती निर्माण करणे हे लोकशाहीचे उद्दिष्ट असते. त्यामुळे लोकशाही ही एक अत्यंत व्यापक संकल्पना ठरते.

संशोधनाचा उद्देश

लोकशाही एक उत्कृष्ट शासन पध्दतीचा अभ्यास करणे हा प्रस्तुत लघुशोधनिबंधाचा उद्देश आहे.

संशोधनाची उद्दिष्टे

- (१) लोकशाही शासन पध्दतीची माहिती अभ्यासणे.
- (२) लोकशाही प्रक्रियेची माहिती जाणून घेणे.
- (३) लोकशाही तत्वांचा अभ्यास करणे.

संशोधन पध्दत

हुकूमशाही शासन पध्दतीत लोकांच्या हिताकडे हुकूमशहा लक्ष देत नाही पण लोकशाही हे लोकांचे शासन असल्यामुळे शासनकर्ते जनतेच्या समस्यांकडे लक्ष देत असतात. लोकशाहीत प्रत्येक व्यक्तीचे मज्जातंतु गुंतलेले असतात. त्यामुळे व्यक्ती समाज व राज्य यांच्यातील संबंध सुरळीत ठेवणे अगत्याचे ठरते म्हणूनच जे.एस.मिलने लोकशाहीस शासनसंस्थेचा आदर्श प्रकार मानतो. लोकशाहीत लोकांच्या शासनातील भागीदारीस महत्व असते.राज्य लोकांसाठी आहे.लोक राज्यांसाठी नाहीत वा राज्य हे लोकांच्या विकासाचे महत्वाचे साधन आहे, साध्य नाही असे प्रमुख तत्व लोकशाहीत मान्य केलेले असते.स्वातंत्र्य, समता, बंधुता ही लोकशाहीची तत्वे आहेत.

व्यक्तीव्यक्तीतील कोणताच प्रकारचा भेदभाव लोकशाही मान्य करीत नाही.मानवनिर्मिती विषमता नष्ट करून व्यक्तीमत्वाचा विकास करण्याची समानसंधी प्रत्येकास लोकशाहीमध्ये प्राप्त होते.आपण सर्व एक आहोत अशी बंधुत्वाची भावना लोकशाहीमध्ये निर्माण होते.लोकशाहीत प्रत्येकाला तिच्या पात्रतेनुसार राज्यकारभारा मध्ये भाग घेण्याची समान संधी प्राप्त होते.तसेच लोकशाही हे जबाबदार शासन आहे लोकशाही स्वदेशीविषयी प्रेम आणि सद् भावना निर्माण करते.लोकशाहीत राष्ट्रपुरुषांचा

गौरव त्यांचे पुण्यस्मरण त्या अंगी असलेल्या गुणकतृत्वामुळे आपण करतो.लोकशाहीत शासन कारभाराचे विकेंद्रीकरण करण्यात येते. त्यामुळे पात्रतेनुसार लोकांचा सहभाग असलेला दिसून येतो एकंदरीत इतर कोणत्याही शासन पध्दतीपेक्षा लोकशाही शासन श्रेष्ठ आहे म्हणूनच लोकशाही शासनपध्दतीला फारच महत्व दिलेजाते.

लोकशाहीचा उदय आणि विकास

राष्ट्र राज्याच्या उदयानंतर निरंकुश राजांच्या सत्तेविरुद्ध पहिल्यांदा इंग्लंड नंतर फ्रान्स व युरोपातील अन्य देशांमध्ये मोठ्या प्रमाणात संघर्ष झालेत. त्यातून लोकशाहीचे आधुनिक विचार निर्माण झाले. पाश्चीमात्य देशातील लोकशाहीचे विचार आणि साम्यवादी देशाचे विचार यातील जो संघर्ष आहे तो लोकशाही संबंधीचाच आहे. दुसऱ्या महायुध्दानंतर सर्वत्र लोकशाहीचे समर्थन करण्यात आले.आज लोकशाहीलाकुठेच विरोध दिसून येत नाही.“युरोपियन राज्यांमध्ये राजेशाही होती.तेथे प्रजेचा अनन्वित छळ झाला.त्यामुळे राजेशाहीला लोक कंटाळले व गुलामगिरीपेक्षा मरण बरे ह्याच भूमिकेतून लोकांनी राजसत्तेला प्रतिकार केला.प्रत्येक व्यक्तीला शासनामध्ये भाग घेण्याचा नैसर्गिक अधिकार आहे.ह्या विचारसरणीला सतराव्या शतकात जोर चढू लागला. लॉक रूसो व्होल्टेअर ह्या शास्त्रज्ञांच्या लिखाणाचाही परिणाम लोकांच्या मनावर झाला. बहुमताचा निर्णय राजाने मान्य करावा असा संकेत रुढ झाला.शासनकर्त्यांचे मूल्यमापन जनतेनेच केले पाहिजे व जनतेच्या पाठींब्यावरच शासनसंस्था अवलंबून असते.अशी विचारप्रणाली रुढ झाली.त्यामुळे राजसत्ता डळमळीत होऊ लागली. तशातच नैसर्गिक अधिकार सिध्दांताशी लोकशाहीच्या विकासात मदत झाली”^११९व्या

शतकात इंग्लंडमध्ये उपयुक्तता वाद उदयास आला अधिकतमांचे अधिकतम संपादनाचे शासनाने कार्य करावे असा लोकशाही संकेत या उपयुक्तता वादाने मांडला. व्यक्तीला आपल्या व्यक्तीमत्वाच्या विकासाची संधी द्यावी असे आग्रही प्रतिपादन उपयुक्तता वाद्यांनी केले.व्यक्तीला साधन नव्हेतर साध्य मानावे आणि लोकशाहीमध्ये व्यक्तीचा नैतिक बौध्दिक व आत्मीक विकास होतो असे विधान सर्वमान्य झाले.२०व्या शतकामध्ये लोकशाहीचा विकास झाला.

लोकशाहीची व्याख्या आणि अर्थ

अब्राहम लिंकनच्या मते “लोकांनी लोकांचे व लोकांसाठी चालविलेले शासन होय.” अब्राहम लिंकनच्या व्याख्यानात लोकशाहीच्या व्यवस्थेत लोकशाही कशी असावी या संबंधीचा अर्थ स्पष्ट करण्यात आला आहे. लोकशाहीत लोकांचे शासन अप्रत्यक्ष लोकशाहीत लोकांनी निवडून दिलेले प्रतिनिधी निश्चित काळासाठी निवडलेले असतात. निश्चित अवधी संपल्यानंतर पुन्हा निवडणुका होऊन नविन प्रतिनिधी पाठविण्यात येतात. अशाप्रकारे लोकांना शासनावर नियंत्रण ठेवता येते. निश्चित अवधीच्या समाप्तीनंतर प्रतिनिधींच्या कार्याबद्दल पसंती आणि नापसंती त्यांना पुन्हा निवडून किंवा पराजीत करून व्यक्त करता येते.

(१) जॉन स्टुअर्ट मील म्हणतात “ज्या शासनसंस्थेत समाजातील बहुसंख्य पात्र नागरिकांची इच्छा सार्वभौम असून त्यानुसार राज्यकारभार चालतो असे नागरिक समाजात बहुसंख्य म्हणजे तीन चतुर्थांश असतात. नागरिकांची संख्या सामर्थ्य त्यांच्या मत सामर्थ्याबरोबरीचे असते ती लोकशाही होय.”^२

(२) लॉर्ड ब्राईस यांच्या मते “ज्या शासनसंस्थेत राज्यांची सत्ता कायद्याने त्या समाजातील एक किंवा अनेक वर्गांच्या हातात दिलेली नसते. तर समाजातील व्यक्तींच्या हाती सामुदायिकरित्या दिलेली असते अशी व्यवस्था म्हणजे लोकशाही होय.”^३

(३) हेनरीमनच्या मते “लोकशाही म्हणजे शासनाचा प्रकार होय” ज्या शासनाच्या प्रकारात लोकांच्या हातात राजकीय नियंत्रण असते त्याला लोकशाही म्हणतात.

काही विचारवंतांनी लोकशाहीचा विचार एक जीवनप्रणाली या अर्थाने केला आहे. व्यक्तीव्यक्तीत श्रेष्ठ, कनिष्ठ, उच्च, नीच असा भेदभाव करण्यात येत नाही. प्रत्येक व्यक्ती समान आहे. ही गोष्टमान्य करण्यात येते. प्रत्येकाला आपल्या विकासासाठी पूर्ण स्वातंत्र्य देण्यात येते. लोकशाही म्हणजे जीवनाची अशी पध्दत होय ज्याज प्रत्येक व्यक्तीला आपल्या व्यक्तीत्वाचा विकास करण्याची समान संधी प्राप्त होते. या व्यक्तीमध्ये उच्चतेच्या आधारावर शोषणाला वाव नसतो लोकशाही शासन प्रकारात व्यक्तीचा किंवा व्यक्तीगटाच्या लहरी चे राज्य निर्माण न होता कायद्याचे राज्य निर्माण व्हावे अशी अपेक्षा आहे. शासनाचे विविध घटक, कायदेमंडळ, कार्यकारी मंडळ आणि न्यायमंडळ यांनी राज्यघटनेने निश्चित केलेल्या सत्ता चौकटीतच आपले कार्य करावे की ज्यामुळे कायद्याचे राज्य निर्माण होईल. या संदर्भात नागरिकांवर ही मर्यादा येते ती म्हणजे जनआंदोलने ही सनदशीर असावीत. घटनाबाह्य हिंसक अथवा विध्वंसक असू नयेत. तसेच लोकशाहीमध्ये प्रत्येक नागरिकांना प्रतिष्ठा प्राप्त होत असते. सर्वांचा दर्जा समान असतो. सर्वांना विकासाची संधी देण्यात येते. वस्तु

व सेवारूपवस्तुचे उत्पादन समाजहीताशी निगडित असते. त्यांचे वितरण न्याय पध्दतीने होते. लोकशाहीत एकापेक्षा जास्त राजकीय पक्ष असू शकतात. लोकमत व्यक्त करण्याची साधने मुक्त असतात. सामाजिक व आर्थिक व राजकीय क्षेत्रात अशा प्रकारची स्थिती असेल तर खऱ्या अर्थाने तेथे लोकशाही असते. भारतात स्वातंत्र्यानंतर काळात लोकशाही शासन पध्दत निर्माण झाली. त्यानुसार राज्य घटना तयार करण्यात आली. लोकशाही रुजविण्यासाठी प्रयत्न झालेत.

लोकशाहीची तत्वे

(१) जनतेचे सार्वभौमत्व :- लोकशाही राज्याची संकल्पना जनतेच्या सार्वभौमत्वाच्या तत्वावर आधारलेली आहे. रूसो या विचारवंतांने राज्याचा आधार “सामुदायिकरित्या” म्हणजेच समाजाची एकत्रित अशी विधायक ईच्छा मानली आहे. त्यास जनतेचे सार्वभौमत्व म्हटले गेले आहे. जनतेचे सार्वभौमत्व म्हणजे निर्णय सर्वश्रेष्ठत्व जनतेचा निर्णय ईच्छा ही सर्वश्रेष्ठ अथवा अंतिम आहे. या सार्वभौमत्वाच्या आधारे जनता शासन नियुक्त करते तसेच पदच्युत करते. जनमताच्या आधारे शासकीय धोरण व प्रशासनावर आपला अंकुश नागरिक ठेवतात. जनतेच्या ईच्छा आकांक्षानुसार शासनाला आपले धोरण, कायदे, योजना व निर्णय बदलावे लागतात. “जनशक्ती” हाच राज्याचा खरा आधार आहे. “दंडशक्ती नव्हे” हे पाश्चिमात्य राजकीय विचारवंत टी.एच. ग्रीन यांचे विधान या संदर्भात लक्षात घ्यावे लागेल.

(२) सर्वश्रेष्ठ कायदेमंडळ :- लोकशाहीत जनता सार्वभौम असते त्यांच्याकडे निर्णायक सत्ता

असते ते आपले प्रतिनिधी विशिष्ट काळासाठी निवडत असतात आणि त्यांच्या मार्फत मंत्रीमंडळ नियंत्रीत करतात. कायदेमंडळाची ईच्छा किंवा विश्वास असेपर्यंतच मंत्रीमंडळ अधिकारावर राहते. यातून कायदेमंडळाचे क्षेष्ठत्व प्रस्थापित होते. कायदेमंडळ निर्गमीत करण्याच्या लोकांचे सार्वभौमत्व प्रस्थापित होते.

- (3) सत्तेचे विकेंद्रीकरण :- “लोकशाही शिक्षणाच्या शाळा आणि लोकशाहीचा पाया ह्या दृष्टीने स्थानिक स्वराज्य संस्था स्थापन कराव्या लागतात. लोकशाही पध्दती यशस्वी होण्यासाठी सत्तेचे विकेंद्रीकरण करणे आवश्यक होत असते. राज्यकारभारामध्ये लोकांना सहभागी केल्याशिवाय लोकशाही टिकू शकत नाही. लोकशाही कारभाराचे प्राथमिक शिक्षण आणि अनुभव स्थानिक स्वराज्य संस्थातच मिळू शकतो. लोकशाही यशस्वी होण्यासाठी जबाबदार आणि कर्तव्यनिष्ठ नागरिकांची आवश्यकता असते असे नागरीक स्थानिक प्रशासन संस्थाच निर्माण करू शकतात. लोकशाही यशस्वी होण्यासाठी नागरिकांमध्ये सहकार, सहिष्णुता, कर्तव्यबुद्धी, सार्वजनिक हीत करण्याची दृष्टी, व्यापक दृष्टीकोन इत्यादी गुण आवश्यक असतात आणि ते स्थानिक स्वराज्य संस्थांच्या कार्यात भाग घेतल्यामुळे वाढीस लागत असतात.”^४ लोकशाही हे लोकांचे शासन आहे. स्थानिक प्रश्न, स्थानिक नागरिकांनी सोडविले पाहिजेत. नागरिकांना राज्यकारभार करण्याचे प्रशिक्षण स्थानिक

स्वराज्य संस्था देतात नागरीकांमध्ये जबाबदारीची जाणिव वाढविण्यासाठी सत्तेचे विकेंद्रीकरण होणे गरजेचे असते. आपले प्रश्न आपल्यालाच सोडवावयाचे आहेत. या भावनेतून लोक प्रशासनाच्या कार्यामध्ये सहभाग घेतात. यासाठी ग्रामपंचायत, पंचायत समिती, नगरपालिका, महानगरपालिका इत्यादी स्थानिक स्वराज्य संस्थांची निर्माती करणे. लोकशाहीसाठी उपयुक्त असते. हुकूमशाही निर्माण होण्याचे प्रमुख कारण म्हणजे सत्तेचे केंद्रीकरण होय. त्यामुळे राजकीय आणि आर्थिक सत्तेचे विकेंद्रीकरण लोकशाहीसाठी उपयुक्त आहे.

- (४) राजकीय पक्ष :- “लोकांच्या मागण्यांचे प्रगटीकरण आणि सुसूत्री करण्याची कार्ये राजकीय पक्ष करतात. राजकीय पक्ष करतात. राजकीय पक्षांच्या संघटनेचा आधार व्यापार राजकीय भावना असली पाहिजे याचा अर्थ असा की, पक्षाच्या संघटनेचा आधार, जाती, धर्म, भाषा, प्रादेशिकता नसावा. पक्षाच्या आधार संकुचीत असला तर पक्षात संघर्ष निर्माण होऊन लोकशाहीचा धोका निर्माण होतो. राजकीय पक्षाचे कार्य राजकीय सामाजीकरणाचे आहे. त्याचप्रमाणे जनतेला योग्य मार्गदर्शन करण्याची जबाबदारी राजकीय पक्षांची असते. अशाप्रकारे राजकीय पक्ष हा लोकशाहीचा पाया होय.”^५ लोकशाहीत राजकीय पक्षाचे अस्तित्व अपरिहार्य असते. लोकमत संघटीत आणि प्रभावी करून आपली भूमिका व कार्यक्रम यांच्या मदतीने बहुमताचा पाठींबा मिळवून राजकीय सत्ता यांच्या मदतीने बहुमताचा पाठींबा मिळवून

राजकीय सत्ता काबीज करणे आणि ती सत्ता आपला कार्यक्रम व्यवहारात आणण्याकरिता वापरून लोकहीत साधणे या उद्देशाने राजकीय पक्ष स्थापन केले जातात. राजकीय पक्षांचा उल्लेख राज्यघटनेत केलेला नसला तरीही असे पक्ष स्थापन केलेले आढळून येतात. लोकमत सुसंघटीत आणि परिणामकारक होण्यासाठी सुसंघटीत अशा राजकीय पक्षांची आवश्यकता असते.

- (५) स्वातंत्र्य व समता :- स्वातंत्र्य हे लोकशाहीचे सर्वोच्च मूल्य आहे. फ्रेंच राज्यक्रांतीस प्रेरणा देणाऱ्या विचारवंतांनी स्वातंत्र्य, समता व बंधुता ही लोकशाहीची प्रधान मूल्ये मानलेली आहेत. या क्रांतीकालीन मानवी हक्क घोषणापत्रात म्हटलेले आहे की, आपल्या अधिकाराबाबत मानव जन्मतः मुक्त व समान आहेत व ते तसेच राहतील. स्वातंत्र्याचे पहिले स्वरूप व्यक्ती स्वातंत्र्य हे आहे. त्यात जीवित, विचार, उच्चार, अभिव्यक्ती, कृती आणि मत स्वातंत्र्याचा समावेश होतो. लोकशाहीत मतस्वातंत्र्य महत्वाचे मानलेले आहे. कारण त्या आधारेच नागरिक आपल्या पसंतीच्या शासनाची नियुक्ती आणि नापसंतीच्या शासनाची पदच्युती करू शकतात. मतस्वातंत्र्यामुळे शांततामय परिवर्तन शक्य होते. क्रांती कट कारस्थाने इत्यादीची आवश्यकता भासत नाही. मतस्वातंत्र्याच्या पुढील टप्पा, राजकीय कृती स्वातंत्र्य आहे. शासनाच्या समाज व राष्ट्रहित वर्धक विधायक कृतीचे समर्थन व हितास छेद देणाऱ्या स्वार्थी, संकुचित, अविवेकी धोरणास विरोध दर्शविण्यासाठी

कृती स्वातंत्र्ये हवे. राजकीय संघटन, प्रचार रूप घेराव कार्ये, चर्चा निवेदने, निदर्शने आणि शिष्ट मंडळाच्या भेटीसाठी इत्यादी कृती करण्याचे स्वातंत्र्य त्यांत समाविष्ट असते. लोकशाहीतील स्वातंत्र्यानंतर दुसरे महत्वाचे स्थान समता हे आहे. कारण समाजात विषमता, असंतोष असेल तर लोकशाही टिकणार नाही. समतेचा दुसरा अर्थ म्हणजे समान परिस्थितीत सर्व समाज घटकांना धर्म, संप्रदाय वंश, भाषा, लिंग, प्रदेश इत्यादी आधारे भेदाभेद न करता समान वागणुक देणे होय. उदा.भारतीय राज्यघटनेत सर्वांना समान हक्क व कायद्यापुढील समानता होय. लोकशाही विचार हा स्वातंत्र्य, समता, बंधुता आणि न्याय ह्या महत्त्वपूर्ण तत्वावर आधारलेला आहे. साम्यवादी, लोकशाही समतेला प्राधान्य देणे तर पश्चिमी लोकशाही ही व्यक्ती स्वातंत्र्यवादी आहे. “स्वातंत्र्य हा लोकशाहीचा आधार आहे लोकशाही शासनामध्ये व्यक्तीला आचार, विचार, उच्चार, श्रद्धा, धर्म व संस्कृती यांचे स्वातंत्र्य दिले नाही तर लोकशाही निष्प्राण होईल. लोकशाहीत प्रत्येक व्यक्ती आपल्या सारासार विवेकानुसार स्वातंत्र्याचा उपभोग घेऊ शकते पण व्यक्तीने राज्यविरोधी कृती करू नये असे तिच्यावर बंधन असते. अन्यथा ती शिक्षेस पात्र ठरते.”^६

- (६) विरोधी पक्षाला महत्त्व :- विरोधी पक्ष सरकारच्या कार्यावर व ध्येय धोरणावर लक्ष ठेवत असते. सभागृहामध्ये व सार्वजनिकरित्या सरकारवर टिका केली जाते. त्यातून विरोधी पक्षाला अनकुल

ठरेल असे लोकमत निर्माण करण्याचा प्रयत्न असतो. सरकारला विरोधी पक्षाची व लोकमताची दखल घ्यावी लागते. लोकशाहीला व्दीपक्ष पध्दती अतिशय पोषक ठरते एक बहुमतातील सत्तारूढ पक्ष व दुसरा विरोधी पक्ष असेल तर राजकीय शिस्त निर्माण होते. सत्तारूढ पक्षाला पुरेसे बहुमत नसेल तर सरकार केव्हाही बरखास्त होऊ शकते. नव्याने निवडणुका घ्याव्या लागतात. दोनपक्षा अधिक राजकीय पक्ष असतील व अनेक पक्षांनी एकत्र येवुन संयुक्त सरकार निर्माण केले असेल तर ते देखील अस्थिर ठरते. कारण पक्षांची आघाडी फार काळ टिकेल अशी खात्री नसते. लोकशाहीत राजकीय पक्षात सहिष्णुता व विधायकदृष्टी असावी लागते. राज्यकर्ता पक्षाच्या मनात विरोधी पक्षाविषयी आदर व सहानुभूती असावी लागते. विरोधी पक्षाने सरकारला केवळ विरोधासाठी विरोध करता कामा नये. राष्ट्रहीताच्या दृष्टीने सरकारला सहकार्य केले पाहिजे.

- (७) कायद्याचे राज्य:- लोकशाहीमध्ये कायद्याचे राज्य असते. व्यक्ती व गटाच्या लहरीनुसार निर्णय घेतले जात नाहीत. लोकशाहीत राज्यघटना सर्वश्रेष्ठ असते. शासकीय सर्व घटक व सत्ताकेंद्रे घटनेने प्रदान केलेल्या अधिकार मर्यादेतच कार्य करतात. राज्यघटनेने नागरिकांना जी स्वातंत्र्ये हक्क प्राप्त करून दिलेले आहेत त्यास संरक्षण प्राप्त करून दिलेले असते. देशातील नागरिकांवर राज्यसंस्थेकडून अन्याय झाला तर तो न्यायालयात त्याविरुद्ध दाद मागु शकतो यासाठी जबाबदार शासन निःपक्षपाती

न्याससंस्था, निःपक्षपाती पोलीस यंत्रणा, कायद्याचे सर्वांना समान संरक्षण याची निर्मिती केलेली असते.

- (८) दोन प्रमुख :- लोकशाहीत कार्यकारी मंडळाचे दोन प्रमुख असतात. एक खरा प्रमुख तर दुसरा नामधारी प्रमुख असतो. इंग्लंडमध्ये पंतप्रधान हा खरा प्रमुख तर राजा नामधारी प्रमुख आहे. भारतात पंतप्रधान हे खरे प्रमुख आहेत. मात्र राष्ट्रपती हे नामधारी प्रमुख आहेत की नाहीत हा विवाद विषय बनला होता. राज्यघटनेच्या ७४ च्या कलमात अशी तरतुद होती की, राष्ट्रपतींना सल्ला देण्यासाठी पंतप्रधानांच्या नेतृत्वाखाली मंत्रीमंडळ असेल हा सल्ला मानलाच पाहिजे असे बंधन राष्ट्रपतींवर नव्हते. या वादावर घटनेच्या ४२ व्या दुरुस्तीने पडदा पडला आहे. घटनेच्या ७४ व्या कलमामध्ये दुरुस्ती झाली असून मंत्रीमंडळचीसत्ता राष्ट्रपतींवर बंधनकारक करण्यात आला आहे. राष्ट्रपती हे राज्यप्रमुख आहेत. त्यांच्या नावाने राज्य कारभार चालतो. परंतु प्रत्यक्षात पंतप्रधान व मंत्रीमंडळाकडून राज्यकारभार चालवला जातो.

मुलमापन

लोकशाही यशस्वी होण्यासाठी नागरीकांची लोकशाहीवर प्रामाणिक निष्ठा असली पाहिजे. लोकशाही दृष्टीकोन व मनोप्रवृत्ती त्यांनी अंगी बाणवली पाहिजे. आवश्यक ते बदल लोकशाही मुलतत्वे आणि यंत्रणेत करण्याचे धाडस दाखविले पाहिजे. नागरिकांनी लोकशाही यशस्वी होण्यासाठी स्वातंत्र्य, समता, बंधुता, न्याय, धर्मनिरपेक्षता, सहिष्णुता, शांततामय, परिवर्तन, अहिंसा, सहजीवन, सहकार्य इत्यादी

लोकशाहीस पोषक अशी मुल्ये जपली पाहीजेत. तसेच दहशतवाद, भ्रष्टाचार, अज्ञान, अंधश्रद्धा, हिंसा, संपत्तीचे केंद्रीकरण आदि लोकशाहीस छेद देणारे घटक दुर ठेवले पाहीजेत. लोकशाही बलशाली होण्यासाठी लोकशाही संस्था, संसद, पंतप्रधानपद, न्यायसंस्था इत्यादीचे पावित्र्य टिकविले गेले पाहीजे.लोकप्रतिनिधी, नागरिक व शासन यांचेकडून अशी कोणतीही कृती होऊ नये की, ज्यामुळे लोकशाही धोक्यात येईल.आधुनिक समाजव्यवस्थेतील जटील प्रश्न सोडविण्यात लोकशाही यशस्वी ठरली आहे.लोकशाहीने समाजात शांतता निर्माण करून व्यक्तीचे स्वातंत्र्य अबाधीत राखले आहे.राज्यकारभारात

कार्यक्षमता आणलेली आहे.समाजाच्या दुर्लक्षित वर्गाकडे लक्ष पुरवून त्याच्या हिताच्या दृष्टीने कायदे करण्याचा उपक्रम केलेला आहे.लोकशाही ही एक उपलब्ध शासन पध्दतीतील एक उत्कृष्ट पध्दती आहे.लोकशाहीचा सतत विकास होत आहे.लोकशाहीचे भवितव्य निश्चितच उज्वल आहे. राज्यशास्त्राचे अभ्यासक व भारतीय संसद सदस्य प्रा.पु.ग.मावळंकर म्हणतात की, “लोकशाही ही एक जिवंत, सतत गतीशील आणि उत्क्रांतीमय प्रक्रिया आहे” त्यामुळे सर्व आव्हानाना पेलवून लोकशाही आपले अस्तित्व टिकवेल यात शंका नाही.

संदर्भ ग्रंथ सुची

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| (१) प्रा.देशपांडे श्रीकांत -राजकीय सिध्दांत, मंगेश प्रकाशन, नागपुर, आवृत्ती २००३, पृष्ठ क्रमांक १६३ | (४) प्रा.गोखले रामचंद्र महादेव - राजकीय विचार प्रणाली, कॉन्टिनेन्टल प्रकाशन, पुणे, आवृत्ती पहिली १९७८ पृष्ठ क्रमांक ५० |
| (२) प्रा.कुळकर्णी अ.ना.-आधुनिक राजकीय विचार प्रणाली, विद्या प्रकाशन, नागपुर, प्रथम आवृत्ती १९९७, पृष्ठ क्रमांक १६ | (५) प्रा.मुठाळ राम - राजकीय सिध्दांत, अंशुल पब्लिकेशन्स, नागपूर, प्रथमावृत्ती २००२, पृष्ठ क्रमांक १३६ |
| (३) प्रा.गोखले रामचंद्र महादेव -राजकीय विचार प्रणाली, कॉन्टिनेन्टल प्रकाशन, पुणे, आवृत्ती पहिली १९७८ पृष्ठ क्रमांक ३६ | (६) प्रा.घांगरेकर चिं.ग. - आधुनिक राजकीय विश्लेषण, विद्या प्रकाशन, नागपुर, प्रथमावृत्ती १९९९, पृष्ठ क्रमांक १३९,१४० |

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सारांश

कोरोना महामारीचा सामना करताना भविष्यासाठी भारताला पुनःनिर्माण करण्यासाठी पंतप्रधानांनी 20 लाख करोड रुपयांची योजना जाहीर केली. जे भारताच्या जी.डी.पी. च्या 10 टक्के आहे. ज्याचा उद्देश देशाचा विकास करणे आहे. आत्मनिर्भर भारत बनविण्यासाठी आत्मनिर्भर अभियान या योजनेची घोषणा 12 मे 2020 रोजी करण्यात आली. कोरोनासारख्या जीवघेण्या महामारीने लॉकडाऊन करण्याची वेळ सरकारवर आली. त्यामध्ये जनसामान्यांचे जीवन विस्कळीत झाले. त्याचे परिणाम अनेकांचे उद्योग, व्यवसाय, छोटी-छोटी दुकाने, असंघटीत कामगार वर्ग यांना आर्थिक समस्यांचा सामना करावा लागला व आजही त्यांना या समस्या भेडसावत आहेत. आज बेरोजगारांची संख्या वाढत आहे. त्यामुळे या उद्भवलेल्या आर्थिक समस्यातून बाहेर येण्यासाठी आणि या संकटास एक संधीच्या रूपात त्याकडे “आत्मनिर्भर भारत” या योजनेची घोषणा केंद्राकडून करण्यात आली आणि एक आर्थिक निती ठरविणे गरजेचे ठरले. “आत्मनिर्भर” भारत याचा अर्थ जगाशी संपर्कात राहून आर्थिक विकासासोबत आपल्या देशातील लोकांच्या आयुष्याची गुणवत्ता सुधारणे आणि भारताच्या भविष्याचे पुनः निर्माण करणे. परंतु आत्मनिर्भर भारत योजना अमलात आणताना काही प्रमुख घकांवर लक्ष केंद्रीत करणे गरजेचे आहे उदा. कृषीक्षेत्र, लघु उद्योग कुटीर उद्योग, असंघटीत कामगार क्षेत्र या क्षेत्रांना या योजनेमध्ये अधिक स्थान देणे महत्वाचे ठरते. त्या अनुशंगोने आत्मनिर्भर भारतासमोर काही आव्हाने आहेत. ही आव्हाने फक्त सरकार सोडवू शकणार नाही. तर त्यासाठी जनसामान्यांचा सहभाग यामध्ये झाला पाहिजे.

प्रस्तावना

आज सर्व जगात कोरोना महामारीने थैमान घातले आहे. या विषाणुच्या माध्यमातून सर्व देशांसमोर अनेक समस्या निर्माण झाल्या आहेत. उत्पादनाच्या व उत्पन्नाच्या सर्व क्षेत्रात आज आर्थिक समस्या निर्माण झाली. उदा: कृषी क्षेत्र, लघु उद्योग, कुटीर उद्योग, छोटे व्यावसायिक, दुकानदार, भाजी विकणारे अशा सर्व घटकांवर त्यांचा परिणाम दिसून येत आहे. त्यामध्ये जनतेच्या मनामध्ये कोरोना विषाणुमुळे भितीचे वातावरण तयार झाले आहे. अनेक तरुण बेरोजगार झाले

आहेत. रोजगाराच्या संधी उपलब्ध होत नाहीत. विदेशी गुंतवणुकदारांमध्ये उद्योगासंदर्भात संभ्रमता निर्माण झाली आहे. त्याचे परिणाम आज मानवाच्या मानसिकतेवर होताना दिसत आहे. तसेच कौटुंबिक प्रश्न देखील लोकांना भेडसावत आहेत. कोरोना विषाणुमुळे आज सर्व स्तरांवर सामाजिक, आर्थिक, मानसिक, वैद्यकीय, औद्योगिक, कृषि विषयक, व्यावसायिक सर्वच स्तरावरील क्षेत्रात अडचणी निर्माण झाल्या आहेत.

एकीकडे कोरोना महामारीने आज सर्वच क्षेत्रात समस्या निर्माण केल्या आहेत.

परंतु या संकटातून बाहेर येण्यासाठी प्रत्येक देश विविध धोरण आखत आहे. या सर्व समस्यांमध्ये आर्थिक समस्या या फार महत्वाच्या ठरतात. आर्थिक समस्यांचे निराकरण करण्यासाठी आर्थिक निती ठरवून या सर्व घटकांना न्याय मिळेल व त्यांना आर्थिक संकटातून बाहेर काढण्यासाठी सरकारी स्तरांवर आर्थिक धोरण आखणे महत्वाचे ठरते. याच आधारावर केंद्र सरकारने या संकटातून बाहेर येण्यासाठी “आत्मनिर्भर भारत” या योजनेची घोषणा केली. 12 मे 2020 रोजी पंतप्रधानांनी या योजनेची घोषणा करून त्यातील माहिती दिली. या योजनेमध्ये 20 लाख करोड रुपयांची तरतुद केली गेली जे की भारताच्या जी.डी.पी. च्या 10 टक्के आहे. देशांतर्गत परस्पर सहकार्यातून स्वावलंबन साधण्याचा हेतु त्यामध्ये दिसून येतो. आर्थिक नियोजनाच्या माध्यमातून “वोकल फॉर लोकल” या योजनेच्या माध्यमातून आत्मनिर्भर भारताचा विचार मांडण्यात आला. लॉकडाऊन नंतरचे जनजीवन सुरळीत करण्याचा प्रयत्न करणे फार महत्वाचे ठरते. आत्मनिर्भर ही संकल्पना भारतास नवीन नाही. भारताने स्वातंत्र्य चळवळी दरम्यान दिलेल्या स्वदेशीचा नारा आणि महात्मा गांधी यांची ग्रामस्वराज्याची संकल्पना याचेच आधुनिक रूप म्हणजे आत्मनिर्भर भारत होय. महात्मा गांधींनी स्वावलंबी होण्यासाठी ग्रामस्वराज्याचा विचार मांडून खेड्यातील कुटीर उद्योगांना स्वावलंबी बनविण्याचा विचार मांडला. आज चीन

मधील गुंतवणुकदार व विदेशी गुंतवणुकदार यांना भारतामध्ये गुंतवणुक करण्यासाठी आकर्षिक करणे गरजेचे आहे. या महामारीमुळे आलेल्या संकटातून योग्य संधीचा शोध घेऊन आत्मनिर्भर भारताची निर्मिती नव्याने करणे महत्वाचे ठरते. त्यासाठी आंतरराष्ट्रीय स्तरावर एक आर्थिक धोरण असले पाहिजे व देशांतर्गत विविध घटकांचा विकास करणे आवश्यक आहे. आत्मनिर्भर भारतामध्ये संधी समानता असली पाहिजे. समानता, सामाजिक व आर्थिक न्याय या संकल्पना त्यात अंतर्भूत असल्या पाहिजेत. म्हणजेच एकमेकांच्या साथ संगतीने सर्व समावेशक सहभागाने सर्वांचा विकास शक्य आहे. तेव्हाच सामाजिक समानता व आर्थिक न्याय स्थापित होऊ शकेल. आणि परस्पर सहकार्यातून स्वावलंबन साधण्याचा प्रयत्न करण्यात यावा. स्टार्टअप इंडिया, स्टँड अप इंडिया यासारख्या योजनांना आधिक पाठबळ देऊन उद्योगता विकासांवर भर देण्याचा प्रयत्न करण्यात यावा. भारताने खुल अर्थव्यवस्थेचा स्विकार सन 1990 साली पर्यंत केला नव्हता. शेवटी सन 1991 साली आर्थिक संकटामुळे भारतास खुली अर्थव्यवस्था स्विकारण्याशिवाय पर्याय नव्हता. आज भारत पुन्हा एकदा आत्मनिर्भर होण्यासाठी स्वतःताकडे बघत आहे. परंतु हे भारतास एवढे सोपे नाही. विशेष करून जागतिक अर्थव्यवस्थेच्या अशा परिस्थितीत जिथे विविध संकटे उभी आहेत. तसेच भारतासहीत जगातील प्रत्येक देश आज

आत्मनिर्भरतेच्या दिशेने वाटचाल करीत आहे. आपणास आज हे प्रामुख्याने जाणवते.

उद्देश

- 1) भारतासाठी आर्थिक निती / आर्थिक व्यवस्था विकसीत करणे.
- 2) आर्थिक विकासाचे मुख्य केंद्र ग्रामीण व छोटी शहरे.
- 3) लघु-कुटीर उद्योगांच्या विकासासाठी योजना तयार करणे.
- 4) विकासाच्या प्रवाहात खेड्यांना आणण्यासाठी उद्योगांचे विकेंद्रीकरण.
- 5) विदेशी कंपन्यांना भारतात गुंतवणुक करण्यासाठी आकर्षित करणे.
- 6) ग्रामीण व शहरी रोजगार सुचना केंद्राची स्थापना करणे.
- 7) कामगारांच्या समस्या दूर करणे.
- 8) कृषी उद्योगांना प्राधान्य देणे.
- 9) असंघटीत क्षेत्रासाठी धोरण ठरविणे.
- 10) रोजगाराची निर्मिती करणे.

आत्मनिर्भर भारत योजनेच्या अंतर्गत महत्वाच्या तरतुदी

12 मे 2020 रोजी पंतप्रधानांनी आत्मनिर्भर भारत योजनेची घोषणा केली. ज्याचा उद्देश समृद्ध आणि संपन्न भारत निर्माण करणे असे आहे. या योजने अंतर्गत 20 लाख करोड रुपयांची तरतुद करण्यात आली. जी भारताच्या जी.डी.पी.च्या 10 टक्के आहे.

- 1) **योजनेचे लाभार्थी**- देशातील गरिब नागरिक, कामगार, प्रवासी कामगार, पशुपालक, मच्छीमार,

शेतकरी, संघटित व असंघटीत क्षेत्रातील व्यक्ती, लघु-कुटीर उद्योग, मध्यम उद्योग.

आत्मनिर्भर योजनेअंतर्गत येणारी

महत्त्वपूर्ण क्षेत्र

कृषी क्षेत्र, कृषी पुरवठासारखी व्यवस्था, स्पष्ट नियम व कायदे, चांगले इन्फ्रास्ट्रक्चर, प्रशिक्षित कामगार, चांगली वित्तीय सेवा, नवीन उद्योगांना प्रेरित करणे, गुंतवणुकदारांना प्रेरित करणे व मेक इन इंडिया.

केंद्राने आत्मनिर्भरतेच्या योजनेत जे लक्ष्य ठरविले आहे त्यामध्ये चार लक्ष्य म्हणजे लँड, लेबर, लिक्विडीटी आणि लॉ या प्रमुख मुद्द्यांवर लक्ष केंद्रीत करून इकॉनॉमी, इन्फ्रास्ट्रक्चर, सिस्टम डेमोग्राफी आणि डिमांड सारख्या पाच घटकांवर जोर देण्याचे आवाहन करण्यात आले.

1) भारतासाठी एक मजबुत आर्थिक व्यवस्था विकसीत करणे:

आर्थिक व्यवस्थेमध्ये केवळ करप्रणाली सोपी करणे असा त्यांचा उद्देश नाही तर आर्थिक समस्यांचा सामना करण्यासाठी मजबुत आर्थिक व्यवस्था विकसीत करावी लागेल. केंद्रासोबत राज्यांनासुद्धा या कार्यात योगदान द्यावे लागेल. लोकांच्या सहभागाशिवाय आत्मनिर्भर भारताचे स्वप्न साकार होऊ शकणार नाही त्यामुळे लोकांचा सहभाग हा महत्वाचा ठरतो. त्यामुळे आधारभूत रचनेच्या विकासाससुद्धा बळ

मिळेल. चांगले शिक्षण, स्वास्थ्य व राहण्यासाठी घर यासारखी सुविधा प्रत्येक नागरिकांस मिळू शकेल. योग्य आर्थिक नितीच्या आधारे आत्मनिर्भर भारताचे स्वप्न साकार होऊ शकेल.

2) आर्थिक विकासाची मुख्य केंद्र ग्रामीण व छोटी शहरे:

आर्थिक विकासाची नीती राष्ट्रीय स्तरावर न होता घटक राज्यांशी प्रेरित होऊन जिल्हा आधारित ज्यांचे मुख्य केंद्र ग्रामीण भाग असले पाहिजे. कारण राष्ट्रीय स्तरावर जी धोरण आखली जातात ते संपुर्ण राष्ट्रास एका सुत्रांमध्ये ठेवण्याचे काम करते. परंतु आर्थिक विकासाची धोरणे जी वरील स्तरावरून खालील स्तरांवर राबविली जातात त्याचा लाभ शेवटच्या स्तरावर उभा असणाऱ्या व्यक्तित्पर्यंत पोहचत नाही. त्यामुळे आर्थिक निती ठरविताना केंद्रस्थानी ग्रामीण भाग छोटी शहरे यांना ठेवून बनविली जावीत.

3) लघु-कुटीर उद्योगांच्या विकासासाठी योजना तयार करणे:

लॉकडाऊनच्या काळात सर्वात जास्त नुकसान लघु व कुटीर उद्योग क्षेत्राचे झाले आहे. त्यामुळे त्यांना या संकटातून बाहेर काढण्यासाठी या क्षेत्रांसाठी आर्थिक तरतुद करून आधुनिक प्रशिक्षणाच्या साहय्याने आत्मनिर्भरता वाढविली जाऊ शकते. जे कामगार पहिल्यापासून प्रशिक्षित

व शिक्षित आहे त्यांना अन्न पदार्थ, फळ-भाज्या, दुध उत्पादन, मासे, स्थानिक उत्पादन इत्यादीं कार्याविषयी मार्केटींगविषयी आकर्षित केले जाऊ शकते. ग्रामीण भागातील उद्योगांच्या विकासावर विशेष लक्ष देणे गरजेचे आहे. त्यामुळे स्थानिक स्तरावर रोजगाराची निर्मिती होते.

4) उद्योगांचे विकेंद्रीकरण:

औद्योगिकीकरणाच्या नितीमध्ये बदल करून उद्योगांच्या विकेंद्रीकरणांवर विशेष जोर दिले गेले पाहिजे, त्यामुळे विकासाच्या प्रवाहात ग्रामीण छोटी शहरे यांना आणले जाऊ शकते. यासाठी सरकारी नियम सोपी सरळ असणे महत्वाचे ठरते. नोकरशाहीच्या कामकाजामध्ये अशा योजना मार्गी लावताना अडथळे निर्माण होतात त्या दुर केल्या जावेत. त्यामुळे नियमांमध्ये सुधारणा करून जास्तीत-जास्त सोप्या पद्धतीने त्यांची रचना असावी.

5) विदेशी कंपन्यांना

गुंतवणुकीसाठी आकर्षित करणे:

विदेशी कंपन्यांना गुंतवणुकीसाठी आकर्षित करण्यासाठी आंतरराष्ट्रीय स्तरांवर रचनात्मक धोरण ठरविणे गरजेचे आहे. भारतात अल्प वेतनात काम करणाऱ्या कामगारांची संख्या मोठी आहे. तसेच मोठी बाजारपेठसुद्धा भारतात आहे. त्यामुळे विदेशी कंपन्यांना भारतात गुंतवणुक करण्यासाठी त्या पद्धतीची

कुशल प्रशिक्षित कामगारांची निर्मिती करणे आणि उच्च स्तरावर धोरण ठरविणे गरजेचे आहे.

6) ग्रामीण व शहरी रोजगार

सुचना केंद्राची स्थापना करणे :

ग्रामीण स्तरावर रोजगार व कामगार यांचा संबंध स्थापित करण्यासाठी ऑनलाईन ग्रामीण-शहरी रोजगार सुचना केंद्राची स्थापना करण्याची गरज आहे. ग्रामीण व छोट्या शहरातील तरुणांना स्थानिक आवश्यकतेनुसार स्थानिक ठिकाणी प्रशिक्षणाची सुविधा मिळाली तर स्थानिक लघु, सुक्ष्म, कुटीर व मध्यम उद्योगांमध्ये रोजगाराचे नव-नविन मार्ग निर्माण झाले तर फक्त बेरोजगारांची समस्या सुटनार नाही तर स्थलांतराचे प्रमाण देखील कमी होऊन स्थानिक लोकांना रोजगार मिळेल. कौशल्य विकास योजनेच्या माध्यमातून तरुणांना प्रोत्साहित करण्यासाठी प्रशिक्षणासाठी शिष्यवृत्ती दिली पाहिजे ज्यामुळे पारंपारिक शिक्षणपद्धतीमध्ये परिवर्तण घडून येईल.

7) कामगारांच्या समस्या दुर करणे :

भारतास आत्मनिर्भर बनविण्यासाठी कामगारांच्या समस्या दुर करण्यासोबत संस्थात्मक सुधारेणर विशेष लक्ष द्यावे लागेल. यासाठी एक आर्थिक निती निर्माण करावी लागेल. कामगारांच्या समस्या समजून लॉकडाऊन नंतर कुशल कामगारांना रोजगाराच्या संधी

उपलब्ध केले पाहिजे. कौशल्य विकास योजनेच्या माध्यमातून कामगारांना आधुनिक पद्धतीचे ज्ञान देऊन प्रशिक्षित केले जावे.

8) कृषी उद्योगांना प्राधान्य देणे :

भारत हा कृषी प्रधान देश आहे. कृषी क्षेत्रातील मोठी बाजारपेठ भारतात आहे. स्ट्रॉबेरी, संत्री, मोसंबी सारखे फळ मोठ्या प्रमाणात घेतले जातात त्यामुळे फळांची साठवणुकीसाठी शीतगृहांची निर्मिती करणे, त्याच्या विक्रीसाठी मार्केटींग प्रोसेसिंग, पॅकेजिंग अशा घटकांवर लक्ष देऊन शेती उद्योगाचा विकास करावा शेतमालाला योग्य भाव मिळविण्याच्या संधी शेतकऱ्यांना उपलब्ध व्हाव्यात यासाठी कृषी उत्पन्न व्यवस्थेत सुधारणा करणे, अन्न प्रक्रीया उद्योगांचा विकास आणि कृषी पर्यटनासारख्या कृषि आधारित नव उद्योगांना चालना देण्याचे धोरण ठरविणे महत्वाचे ठरते.

भारताला आत्मनिर्भर

बनविण्यासाठी पुढील समस्या

सोडविणे गरजेचे आहे :

केंद्रसरकारने कोरोना महामारीमुळे उद्भवलेल्या समस्यातून मार्ग काढण्यासाठी विशेष देशाची आर्थिक स्थिती सुधारण्यासाठी, रोजगारांचा प्रश्न सोडविण्यासाठी भारतीयांसाठी 20 लाख करोड रुपयांचे आर्थिक पॅकेज जाहीर केले. त्यामध्यमातून “वोकल फॉर

लोकल” ही योजना जाहीर करुन भारतीय उद्योगांना प्राधान्य देण्यात आले. आत्मनिर्भर योजनेच्या माध्यमातून स्वदेशी, ग्रामस्वराज्य सारख्या मुद्यांना महत्त्व देण्यात आलेल. सकारात्मक जनसहभाग आणि नियम-उपनियमच्या माध्यमातून हे लक्ष्य गाढले जाऊ शकते. परंतु प्रश्न हा आहे की ज्या देशात समान मताधिकाराचा अधिकार आहे परंतु अन्य सामाजिक समानतेसाठी असणाऱ्या कायद्यांना अभिजन वर्ग पाठिंबा देण्यास मान्यता देत नसेलसेल तर त्यावरून दिसून येते की, जनसामान्यांची वास्तविक परिस्थिती किती विपरीत असेल त्यामुळे समतावादी समाज आणि अर्थव्यवस्था याची स्थापना करण्यासाठी दलित, मागसवर्गीय, गरिब, उच्च अशी सर्व भेदभाव तसेच व्यवस्थेस निकृष्ट करणाऱ्या प्रथेच्या विरोधात निर्णायक पावले उचलली जावी. ज्यामुळे आत्मनिर्भर भारत बनविण्यासाठी कमीत कमी समस्यांचा सामना करावा लागेल.

येथे हे स्पष्ट करणे सुद्धा महत्त्वाचे ठरते की, सुधारणांच्या माध्यमातून भारताच्या नवनिर्माणाचे ध्येय ठरवले जाते तर ते जनसामान्यांच्या जनजीवनाच्या प्रत्येक क्षेत्रामध्ये पुरस्कृत करणे गरजेचे आहे.

निष्कर्ष

भारताच्या आत्मनिर्भरतेचे लक्ष्य हे विश्व कल्याणासाठी आहे. तसेच आंतरराष्ट्रीय सहयोग आणि शांती या घटकांचा सुद्धा विचार करण्यात आला आहे. कोरोनामुळे जगामध्ये अकल्पनीय असे संकट निर्माण झाले. त्यातून सावरणे व आयुष्याची नवी सुरुवात करणे तरच आपण मानवी संस्कृती टिकवू व या महामारीमुळे आलेले आर्थिक संकट व त्यामुळे जनसामान्यांचे विस्कळीत झालेले जीवन या सर्वांतून आर्थिक नितीच्या माध्यमातून जन सहभागाद्वारे आपले जीवन पुन्हा पुर्वपदावर आणण्याचा प्रयत्न सर्वांनी मिळून केला पाहिजे.

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महात्मा गांधी, हिंद-स्वराज्य आणि आत्मनिर्भर भारत

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सारांश

भारताचे खरे स्वातंत्र्य आत्मनिर्भर भारत निर्माण करण्यात आहे, हा विचार म. गांधीजींनी एक शतकापूर्वी लिहिलेल्या 'हिंद-स्वराज्य' या पुस्तकेत मांडला आहे. भारताची खरी प्रगती, खरा विकास, स्वतंत्रता ही भारताच्या स्वतःच्या हिंदू सभ्यता व संस्कृतीतील जीवमूल्यात आहे, तीची स्थापना म्हणजेच स्वराज्याची स्थापना, आत्मनिर्भर भारताची स्थापना होय असे गांधीजींचे विचार 'हिंद-स्वराज्य' या पुस्तिकेतून प्रतिबिंबित होतात.

पंधराव्या सोळाव्या शतकानंतर युरोपात आधुनिक युगाची सुरुवात झाली व त्यातून पाश्चात्य सभ्यतेचा अविष्कार झाला. गेल्या दोन शतकात पाश्चात्य सभ्यता व आधुनिकीकरणाचे वारे जगभर पसरले. भोगवादी संस्कृतीचे स्तोम माजले. भौतिक प्रगतीतच मानवी सुख आहे असा अपसमज पसरला. परिणामतः व्यक्तिगत व सामाजिक जीवनात परावलंबन, अस्थिरता, अस्वस्थता, हिंसा, कौर्य, पिळवणुक, लुबाडणुक, वासना असे विकार निर्माण झाले. पाश्चात्य सभ्यतेचे हे सर्व दुष्परिणाम गांधीजींनी 100 वर्षापूर्वीच 'हिंद-स्वराज्य' या पुस्तिकेत सांगितले होते. पण त्यावेळेस गांधीजींना आधुनिकीकरणाचे विरोधक मानल्या गेले पण जेव्हा जग या सर्व अनुभवातून गेले तेव्हा संपूर्ण जगाचे लक्ष्य गांधी विचारांकडे वेधल्या गेले. कोरोनाच्या वैश्विक महामारीने मानवी जीवनशैली संबंधी तसेच खरी प्रगती व विकास यासंबंधी पुर्नविचार करण्यास भाग पाडले. या पार्श्वभूमीवर गांधीजींचे पाश्चात्य सभ्यता व आधुनिकीकरण यावरील विचार, खरी सभ्यतेची गांधीजींची संकल्पना व त्याची प्रासंगिकता याचे अध्ययन प्रस्तुत शोधनिबंधात करण्यात आले आहे.

प्रस्तावना

1909 मध्ये म. गांधीजी दक्षिण आफ्रिकेतील 'ट्रान्सव्हाल' शिष्टमंडळा सोबत इंग्लंडला गेले होते. चार महिने इंग्लंडमध्ये त्यांचे वास्तव्य होते. या काळात भारताच्या स्वातंत्र्यासंबंधी इंग्लंडमधील अनेक भारतीयांशी त्यांनी चर्चा केली. तत्कालीन भारतीयांच्या मनातील स्वराज्याची कल्पना, त्यासंबंधी त्यांच्या मनात उमटणारे प्रश्न, स्वातंत्र्याचे साध्य प्राप्त करण्यासाठी हिंसेच्या साधनाचा होणारा अवलंब अशा अनेक गोष्टींचे चिंतन गांधीजींनी केले. या चिंतनाला 'हिंद-स्वराज्य' या पुस्तिकेत शब्दरूप मिळाले. परतीच्या प्रवासात फिलडोनन कॅसल ह्या जहाजात दिनांक 13 ते 22 नोव्हेंबर 1909 एवढ्या 10 दिवसात गांधीजींनी गुजरातीतून 271 पानांचा मजकूर लिहिला, तो मजकूर 'हिंद-स्वराज्य' या छोट्या पुस्तिकेच्या

स्वरूपात प्रकाशित झाला. खरे स्वातंत्र्य, स्वराज्य म्हणजे काय? हे शोधतांना भारतीय गुलामी ही फक्त राजकीय नसून पाश्चात्य सभ्यतेची गुलामी आहे. हे गांधीजींनी हेरले. इंग्रज भारतातून गेले पण जर इंग्रजांची सभ्यता भारतीयांच्या मनात व जीवनात वास करित राहिली तर भारताचे स्वातंत्र्य आभासी राहिल. गांधीजींना आत्मनिर्भर, स्वावलंबी भारत हवा होता आणि तो संपूर्णतः भारतीयत्व धारण केलेल्या समाजातच शक्य होता. भारतावर इंग्रजांचे नव्हे तर भोगवादी पाश्चात्य सभ्यतेचे राज्य आहे, असे गांधीजी स्पष्ट विचार मांडतात. पाश्चात्य सभ्यतेचे मानवी समाजावर होणारे महाभयंकर दुष्परिणाम गांधीजींच्या दूरदृष्टीने पाहिले आणि हिंद-स्वराज्य या पुस्तिकेत ते मांडले. आज याची तथ्यता जगाने अनुभवली आहे.

गांधीजींनी हिंद-स्वराज्य या पुस्तिकेत आधुनिक सभ्यतेचा तीव्र शब्दात धीक्कार केला. पाश्चात्य सभ्यतेच्या विनाशातून मानवजातीला वाचविण्याकरिता त्यांनी हिंद-स्वराज्यातून बंड पुकारले. मानवी जीवन सुखमय व्हावे यासंबंधीची गांधीजींची तळमळ, कळकळ हिंद-स्वराज्य या पुस्तकातील शब्दा-शब्दात ध्वनीत होते. स्वावलंबी, आत्मनिर्भर, नीतिसंपन्न मानवी जीवन म्हणजे उन्नती व प्रगती होय असे गांधीजींचे मत होते. आधुनिकीकरण, नागरीकरण, औद्योगिकीकरण यातून निर्माण झालेली पाश्चात्य सभ्यता मानवी जीवन प्रगत व सुखी करू शकत नाही याचे स्पष्टीकरण गांधीजी सोदाहरण या पुस्तिकेत मांडतात. आज याचा प्रत्यय प्रकर्षाने येत आहे. आज भोगवादी पाश्चात्य सभ्यतेने जगाला दुःखाच्या खाईत लोटले आणि म्हणूनच एक शतकापूर्वी 'हिंद-स्वराज्य' मध्ये गांधीजींनी केलेले भाष्य जागतिक चर्चेचा विषय झाले आहे. गांधीजींनी सुचविलेल्या जीवनपध्दतीची उचितता आज सिध्द होत आहे. या पार्श्वभूमिवर गांधीजींचे आधुनिक पाश्चात्य सभ्यता आणि खरी सभ्यता संबंधी विचारांचे अध्ययन करणे आणि स्वावलंबी व आत्मनिर्भर जीवनपध्दती समजून घेणे आणि त्याची प्रासंगिकता शोधणे हे उद्दिष्ट समोर ठेवून प्रस्तुत विषय अध्ययनासाठी निवडला आहे.

गृहितके

- 1) भोगवादी पाश्चात्य सभ्यतेने मानवी जीवनात अनेक समस्या निर्माण केल्या आहेत.
- 2) मानवी मूल्यसंपन्न नैतिक जीवन आणि आत्मोन्नती हेच खरे उन्नत व सुसंस्कृत मानवी जीवन आहे.

3) आत्मनिर्भर भारताच्या निर्मितीसाठी गांधीजींचे 'हिंद-स्वराज्य' ही पुस्तिका मार्गदर्शक ठरणारी आहे.

पाश्चात्य सभ्यतेचे दुष्परिणाम

"It is not British that are responsible for the misfortunes of India but we who have succumbed to modern civilization"¹ M.K. Gandhi

गेल्या दोन शतकात पाश्चात्य सभ्यतेने संपूर्ण जग व्यापले. आधुनिकीकरणाच्या भोगवादी चकाकणाऱ्या संस्कृतीने संपूर्ण मानव जातीला आकर्षित केले. पण ही संस्कृती मानवाला सुखी करू शकली नाही उलट मानवी जीवन दुःखी, कष्टी, निराशामय झाले. अनेक प्रश्न व समस्यांने मानवी जीवन वेढल्या गेले. यंत्र संस्कृतीने निर्माण केलेली आधुनिक जीवनशैली शरीरश्रमाला कमी करणारी आणि अनेक रोगांना निमंत्रण देणारी ठरली. नागरीकरणामुळे, औद्योगिकीकरणामुळे खेडी ओस पडली व शहरात गर्दी झाली. स्थलांतरीतांचे प्रश्न निर्माण झाले. असंख्य वस्त्या निर्माण झाल्या आणि त्या अनेक समस्यांनी वेढल्या गेल्या. यांत पर्यावरणाचे अतोनात नुकसान झाले. भांडवलवादी वा समाजवादी अर्थव्यवस्थेने गरिबी कमी केली नाही उलट ती वाढतच गेली. या सर्व समस्यांचे चित्रण म. गांधींनी 100 वर्षापूर्वी हिंद-स्वराज्य पुस्तिकेत केले होते आणि म्हणूनच पाश्चात्य सभ्यतेचे जोरदार खांडण गांधीजींनी केले. आधुनिक सभ्यतेचा त्याग करण्यातच भारताचा लाभ आहे असे गांधीजी स्पष्टपणे मांडतात. गांधीजी सुधारणासंबंधी लोकमत स्पष्ट करतांना सांगतात की, "सभ्यतेची खरी ओळख अशी की लोक बाह्य वस्तूंच्या शोधात आणि शरीरसुखात सार्थकता आणि पुरुषार्थ मानतात"²

आधुनिकतेचा सुधारणा विषयक दृष्टिकोन काय ? तर लोक पूर्वी पेक्षा चांगल्या घरात राहायला लागलीत, पूर्वीच्या कातड्याच्या वस्त्राएवजी विजारी घालायला लागलीत, भाल्याएवजी बंदूके वापरायला लागलीत, पूर्वी लोक बैलगाडीने प्रवास करीत आता रेल्वेने प्रवास करतात, राहणीमानातील या बदलालाच सुधारणा आणि आधुनिकता म्हणायचे काय ? सर्व कामे यंत्राने होणे म्हणजे सुधारणा काय ? शरीरसुखाची साधने म्हणजे सुधारणा काय ? असे प्रश्न गांधीजी उपस्थित करतात ? आधी भाकरी-भाजी ने पोट भरायचे, लोक पूर्वी 2 किंवा 3 वेळा जेवत व सशक्त राहत. आता 2,2 तासाने नवनवीन पदार्थ खायला लागलीत ही सुधारणेची चिन्हे आहेत काय ? सुधारणाच्या या चिन्हांशी नीतिधर्माचा संबंध नाही. शरीराच्या भोगासाठी एवढी धडपड करूनही मानव सुखी नाही. गांधीजींच्या मते अशी सभ्यता अधर्म आहे. अशा सभ्यतेला पैगंबर महंमदांच्या शिकवणीत सैतानी राज्य म्हणतात तर हिंदू धर्मात घोर कलियुग म्हणतात. अशी सभ्यता हा एक रोग आहे व तो इंग्रज समाजात पसरला आहे यापासून दूर राहणेच योग्य आहे. “हिंदुस्थान इंग्रजांच्या टाचेखाली नव्हे तर आधुनिक सभ्यतेच्या टाचेखाली चिरडले आहे”³ असे सांगून हिंदुस्थान धर्मभ्रष्ट होत असल्याचे दुःख गांधीजी व्यक्त करतात. ‘धर्म’ म्हणजे हिंदु, मुसलमान, पारशी असा अर्थ गांधीजी घेत नाही तर ते म्हणतात, “या धर्मांमधला धर्म नाहीसा होत चालला आहे. हिंदु, मुसलमान, पारसी, ख्रिस्ती या सर्व धर्मांची शिकवण अशी आहे की “ऐहिक लोभाला मर्यादा घालावी आणि धर्मविषयीचा लोभ मोकळा सोडावा याचाच उत्साह धरावा”⁴

गांधीजींनी पाश्चात्य सभ्यतेचे मूळ शोधले. ही सभ्यता भौतिकवादी आहे. इंदियसुख तिचे मुख्य ध्येय आहे. सुखवाद व भोगवाद यालाच आधुनिक सभ्यतेने विकासाचे मापदंड मानले. मानव स्वार्थ आणि स्पर्धा यामुळे मानवताच गमावून बसला. आज इतक्या वर्षांनंतरही भोगवाद वाढतच चालला आहे. चैनीच्या साधनांची रेलचेल आहे पण तरीही मानव सुखी नाही. दिवसेंदिवस भोगवादाच्या गुलामीत जखडाला जात आहे. लाखो लोक भुखेने मरत आहे. ज्याला आपण विकास म्हणतो त्या विकासाता माणसाचे बळी जात आहे. बेकारी, गरीबी, बालमजुरी, शोषण ही या विकासाची फळ आहे. दूध नष्ट करून बेबी फूड निर्माण करणे म्हणजे विकास आहे काय ? अन्नधान्यातून, भाजी पाल्यातून शरीरात केमीकल्स, फर्टिलायझर जातात याला विकास म्हणायचे काय ? पाश्चात्य जीवनपध्दती ही विकासाची जीवनपध्दती आहे हा भ्रम आहे, यातील फोलपणा आता लक्षात येत आहे. गांधीजी रेल्वेचे दुष्परिणाम स्पष्ट करतांना सांगतात की रेल्वेमुळे सांसर्गिक रोग पसरतात, जिकडे महागाई तिकडे धान्य पोहोचविल्या जाते त्यामुळे दुष्काळ निर्माण होतो. रेल्वेमुळे भारताला एकसूत्रात बांधले या विचाराचे खंडण करतांना गांधीजी सांगतात ईश्वरभजन घरबसल्या होते हे ठाऊक असूनही सेतुबंध रामेश्वर, जगन्नाथ, हरिद्वार अशी तिर्थक्षेत्रे वेगवेगळ्या ठिकाणी पूर्वजांनी स्थापन केली आणि एकराष्ट्रीयत्वाच्या धाग्यात भारतीयांना गुंफले. ईश्वराने मानव प्राण्यांना अशा रितीने निर्माण केले आहे की त्याने आपल्या हातापायांनी जमेल तेवढेच जाणे-येणे करावे. माणसाच्या मर्यादा शरीराला विशिष्ट आकार देऊन बांधण्यात आल्या पण बुद्धि आत्म्याच्या

विकासासाठी अमर्याद ठेवली. मानव बुद्धिचा उपयोग शरीराच्या मर्यादा ओलांडण्यामध्ये करू लागला व आत्मिक उन्नती थांबविल्या गेली.

गांधीजींनी तत्कालीन काळात डॉक्टर व वकिली व्यवसायाला आलेल्या आत्यंतिक महत्वाकडे लक्ष वेधले. वकील परदुःख दुर करण्याकरिता नव्हे तर पैसा मिळविण्यासाठी होतात वकिलाचा स्वार्थ भांडणे मिटविण्यासाठी नाही तर भांडणे वाढवण्यामध्ये आहे. आपल्या निष्काळजीपणामुळे, चुकीच्या जीवनशैलीमुळे आपण आजारी पडलो की डॉक्टरांच्या औषधाने बरे होतो आणि परत आपण चुकीची जीवनशैली सुरु ठेवतो. डॉक्टर निरोगीजीवन कसे जगावे याचे मार्गदर्शन करित नाही उलट पैसाच्या लोभापायी आजारी होण्यास हातभार लावतात.

अशाप्रकारे गांधीजींनी पाश्चात्य सभ्यतेच्या दोषांचे वास्तव चित्रण 1909 मध्येच 'हिंद-स्वराज्य' या पुस्तिकेत केले होते.

खरी सभ्यता

पाश्चात्य सभ्यतेचे, आधुनिकीकरणाचे दोष दाखवून त्याचे जोरदार खंडन करून खरी सभ्यता म्हणजे काय ? या संकल्पनेचे स्पष्टीकरण गांधीजी करतात. गांधीजी म्हणतात, "सभ्यता म्हणजे मनुष्याला कर्तव्याचा मार्ग दाखविणारी वागणुकीची पध्दती, कर्तव्य बजावणे म्हणजे नीतीचे पालन करणे, नीतीचे पालन म्हणजे आपल्या मन-इंद्रियांना ताब्यात ठेवणे. असे केल्याने आपण स्वतःला ओळखतो. हीच सभ्यता किंवा सुधारणा याच्या विरुद्ध ती कुधारणा"⁵ सभ्यतेची व्याख्या सांगून गांधीजी प्राचीन समाजरचनेची आखणी पूर्वजांनी विचारपूर्वक केल्याचे स्पष्ट करतात. गांधीजींच्या मते- माणासाचे मन चंचल असल्यामुळे, शरीराला जीतके जास्त द्यावे तितके ते जास्त मागते आणि कितीही जास्त

मिळाले तरी मनुष्य सुखी होत नाही. पूर्वजांनी मर्यादा बांधून दिल्या ते यासाठीच कारण भोग भोगल्याने भोगाची इच्छा वाढत जाते. गांधीजी म्हणतात, "पृथ्वी प्रत्येकाच्या गरजा पूर्ण करू शकते, परंतु कोणा एकाचाही लोभ नव्हे"⁶ पुष्कळ विचार केल्यानंतर पूर्वजांनी ओळखले की सुख दुःख हे मनामुळे आहे. धनवान हे श्रीमंतीमुळे सुखी नाहीत, गरीब हे गरीबीमुळे दुःखी नाहीत. श्रीमंत दुःखी आढळतात, गरिबही सुखी आढळतात. म्हणजेच काय, पैसाच सुख देतो हा भ्रम आहे. हजारो वर्षापूर्वी नांगराने काम चालत होते, हजारो वर्षापूर्वी झोपड्यात माणस राहत होती, हजारो वर्षापूर्वी जसे आपले शिक्षण होते तसे ते आपण चालू ठेवले होते. आपण घातक स्पर्धा समाजात ठेवली नव्हती. प्रत्येकजण आपआपला धंदा करित असे. गांधीजी पुढे सांगतात की आपल्या पूर्वजांना यंत्रे शोधता आली असती, शरीर उपभोगाचे आधुनिक साधन शोधता आले असते पण त्यांनी हे ओळखले होते की यंत्राने माणूस यंत्राचा गुलाम होईल. शरीरश्रम न केल्याने शरीर रोगी होईल. म्हणून पूर्वजांनी विचारपूर्वक सांगितले की आपण हातापायांनी जे होईल तेच करावे. हातपाय वापरण्यातच खरे सुख आहे, त्यातच आरोग्य आहे. मोठी शहरे निर्माण केल्याने लोक सुखी होणार असती तर पूर्वजांनी ती निर्माण केली असती परंतु त्यांनी हा उठाठेव यासाठी केला नाही की त्यामुळे घाणेरड्या वस्त्या निर्माण झाल्या असत्या. गरीब माणसांना धनिकाने लुबाडले असते. म्हणून त्यांनी लहान लहान खेड्यातच संतोष मानले. राजे लोकांच्या तलवारीच्या बळापेक्षा नीतिबळ बलवान आहे म्हणून नीतिमान ऋषींना राजापेक्षा श्रेष्ठ प्रतीचे मानले. या समाजरचनेतही वकील, वैद्य होते परंतु हे धंदे

वजनदार समजल्या जात नव्हते. वैद्य, वकील लोकांची लूट करित नसत; ते लोकांचे आश्रित होते. सर्वसामान्य लोक स्वतंत्र असत आणि शेतीचे व्यवसाय करित आणि खऱ्या स्वराज्याचा ते उपभोग घेत असत असे गांधीजी विचार व्यक्त करतात. गांधीजी म्हणतात. “जेथे ही चांडाळीण सभ्यता पोहचलेली नाही तेथे तसे हिंदुस्थान अजूनही अस्तित्वात आहे”⁷

अशाप्रकारे खरी सभ्यता किंवा संस्कृती कशात आहे हे गांधीजी स्पष्ट करतात. गांधीजींनी शिक्षण म्हणजे काय यासंबंधी भाष्य केले. शिक्षणाचा सर्वसामान्य अर्थ अक्षरज्ञान असाच घेतला जातो पण हा शिक्षणाचा अर्थ गांधीजींना अभिप्रेत नाही. शिक्षण प्राथमिक घेतलेले असो की उच्च शिक्षण पण शिक्षणाचा उद्देश साध्य व्हायला हवा. गांधीजी हा उद्देश स्पष्ट करतात. ज्या योगाने आपण मनुष्य बनत नाही, आपण आपले कर्तव्य करायला समर्थ होत नाही, स्वावलंबी व आत्मनिर्भर होत नाही असे शिक्षण खरे शिक्षण नव्हे. शिक्षणाचा खरा अर्थ सांगतांना गांधीजी हक्सले नावाच्या इंग्रज विद्वानाचे उद्गार हिंद-स्वराज्य पुस्तकात मांडतात- “ज्या मनुष्याला तरुणपणीच असे शिक्षण मिळाले आहे की शरीराने त्याच्या ताब्यात असावे आणि अवयवांची जी काही शक्ति असेल ती वापरून सर्व कामे सहजगत्या व आनंदपूर्वक करावी, ज्या मनुष्याची बुद्धि सुस्पष्ट रीतीने, अनासक्तिपूर्वक, संयुक्तिक रीतीने विचार करते, ज्याचे मन निसर्ग नियमांसंबंधीच्या ज्ञानाचे भांडार बनले आहे, ज्याची इच्छाशक्ति सत्वशील विवेकाची दासी होऊन विकारांना आपल्या ताब्यात ठेवते, आणि ज्याला सर्व प्रकारच्या दुष्टपणाचा तिटकारा करून इतर माणसांना आपल्याप्रमाणेच मानाने वागविण्यांचे वळण मिळाले आहे, असा मनुष्य

खरा शिकलेला आहे असे मी मानतो, कारण त्याचे निसर्गाशी अनुसंधान असते, त्यामुळे तो निसर्गाचा आणि निसर्ग त्याचा चांगला उपयोग करून घेतो.”

अशाप्रकारे मानवीय मूल्यांचा विकास, माणसाच्या सांस्कृतिक व आध्यात्मिक विकास हाच खरा विकास आहे. असे गांधीजी स्पष्ट करतात. समाजाच्या शेवटच्या माणसापर्यंत विकास पोहोचावा. समाजात विषमता कमी व्हावी. समाजात प्रत्येकाला अर्थपूर्ण व प्रतिष्ठित काम मिळावे. स्वावलंबी व आत्मनिर्भरता निर्माण करण्यासाठी अशी समाजरचनेची आवश्यकता गांधीजी प्रतिपादन करतात.

गांधीजी म्हणतात, “कोणत्याहि देशात कोणत्याहि सभ्यतेने सगळी माणसे पूर्णतेला पोचतात असे होत नाही. हिंदी संस्कृतीचा रोख निति दृढ करण्याकडे आहे. पश्चिमेकडील सभ्यतेचा रोख अनीति दृढ करण्याकडे आहे, म्हणून तिला कुधारणा म्हटले. पश्चिमेकडील सभ्यता निरीश्वरवादी आहे, हिंदुस्तानची संस्कृति ईश्वरवादी आहे. हे लक्षात घेऊन, श्रद्धा ठेवून, हिंदुस्तानच्या हितचिंतकांनी, मूल जसे आईला बिलगून राहते त्याप्रमाणे, हिंदी संस्कृतीला चिकटून राहाणेच योग्य आहे.”⁹

हिंदी सभ्यता व संस्कृतीतच स्वावलंबी, आत्मनिर्भर भारताची पाळेमुळे आहेत. याला आत्मसात करून, रुजवून, वाढवूनच आत्मनिर्भर भारताचे वृक्ष मळेल व फुलेल. म्हणून आत्मनिर्भर भारताच्या स्थापनेकरिता, खरे स्वराज्य प्रतिष्ठापणा आणि खऱ्या स्वातंत्र्याचा उपभोग घेण्यासाठी, स्वावलंबी व आत्मनिर्भर जीवनासाठी हिंदी सभ्यता व संस्कृतीतील जीवनमूल्यांवर आधारीत नवसमाजरचना पुर्नस्थापीत करण्याचा गांधीजी आग्रह धरतात.

गांधीजी म्हणतात, “माझा उद्देश केवळ देशाची सेवा करण्याचा, सत्य शोधण्याचा आणि त्यानुसार आचरण करण्याचा आहे म्हणून ते विचार चुकीचे ठरले तरी त्यांना चिकटून राहण्याचा माझा आग्रह नाही. पण ते बरोबर ठरले तर इतरांनीही त्यानुसार चालावे अशी देशहिताच्या दृष्टीने माझी भावना राहिल”¹⁰

निष्कर्ष

एक शतकापूर्वी गांधीजींनी पाश्चात्य सभ्यतेचे जे दोष दाखविले त्याची तथ्यता आपल्या समोर आली आहे. पारंपारिक मूल्ये, सहिष्णूता, खुप कष्ट करण्याची प्रवृत्ती याची जागा भौतिक सुख, भौतिक वाद, उपभोक्ततावाद याने घेतली. औद्योगिकीकरणामुळे गरीबी कमी झाली असे नाही, तर गरीबी वाढतच गेली. सध्याच्या जागतिक आर्थिक मंदीने भांडवलशाही अर्थव्यवस्थेवर प्रश्नचिन्ह उभे केले आहे. नरक यातना भोगणाऱ्या माणसांच्या गलिच्छ वस्त्या निर्माण झाल्या. महाभयंकर असे नवनवीन प्रश्न निर्माण झाले. आधुनिकीकरणाला दिलेले अवास्तव महत्वाने माणसाची जीवनशैली बदलली. नागरिकरण, जागतिकीकरणाने मानवी जीवनात अनेक समस्या निर्माण झाल्या. गांधीजींनी हे सर्व ओळखले यातून मानवसमाजाला वाचविण्यासाठी हिंद-स्वराज्य पुस्तक लिहिले. गांधीजींचे विचार प्रासंगिक असल्याचे आपल्याला आज प्रकर्षाने दिसून येत आहे. कोरोनाच्या वैश्विक संकटात हिंद स्वराज्याची कालसंगतता अजूनच स्पष्ट झाली आहे. कोरोनाने मानवी समाजाला धडा शिकविला असेच म्हणावे लागेल. पुरातन जीवनशैली कडे मानवास वळविण्या करिता कोरोनाने जोरदार धक्का दिला आहे. सर्वशक्तीमान पश्चिमात्य देशापेक्षा पूर्वीकडील राष्ट्रांनी कोरोनावर जास्त प्रभावी नियंत्रण

केल्याचे दिसून येते. प्राध्यापक किशोर महबूबांनी या सिंगापूर मधल्या जागतिक व्यवहाराच्या तज्ज्ञाने भविष्यवाणी केली आहे, “कोविड-19 च्या पॅनडेमिकनंतर प्रभावी नेतृत्वासाठी जग पश्चिमेकडे नव्हे, पूर्वेकडे बघेल. हे जागतिक सत्तांतर होईल”¹¹

पाश्चात्य सभ्यतेच्या अवाजवी आकर्षणामुळे, आधुनिकीकरणाच्या प्रक्रियेमुळे मानवी मूल्यांचा न्हास झाला. ही सभ्यता माणवाच्या नैतिक विकासाला घातक ठरली पर्यावरणाचे अतोनात नुकसान झाले, ग्लोबल वार्मिंगची मोठी समस्या निर्माण झाली. आपण वेळीच गांधीजींचे विचार समजून घ्यायला पाहिजे होते हे लक्षात येत आहे. हिंद-स्वराज्यात गांधीजींनी आधुनिक सभ्यता, यांत्रिकीकरण, शिक्षणपध्दती, डॉक्टर व वकीली व्यवसाय यावर केलेली टीका अनेकांना अनाकलनीय वाटत होती पण जसजसे गांधीजींच्या विचारांचे आपण चिंतन करतो, तेव्हा त्याची उचितता आपल्याला जाणवू लागते. गेल्या शतकभरात सारं जग अशाच अनुभव प्रक्रियेतून जात आहे, आज याचा प्रत्यय प्रकर्षाने येत आहे.

गांधीजींच्या हिंद-स्वराज्य या पुस्तकाची प्रासंगिकता स्पष्ट करतांना डॉ. अभय बंग म्हणतात, “कोविडच्या साथीमुळे कारखान्यांची महाकाय चाकं थांबली. त्याचं राक्षसी महोत्पादन थांबलं. ते विकणारे मॉल्स, दुकाने, जाहिराती सर्व थांबलं. मोटारींची घरघर थांबली, धूर थांबला. दिल्लीची व बहुतेक शहरांची हवा गेल्या दहा वर्षात शुध्द झाली. यमुना पुन्हा स्वच्छ झाली... अनेक नद्या पुनर्जीवित झाल्या. वन्यप्राणी निर्भय झाली. शहरांतली गर्दी कमी झाली. विनाकारणची खरेदी थांबली. धावपळ शांत झाली. माणसं घरी निवांत वेळ घालवायला लागली... छंद जोपासायला लागली, स्वतःच्या

आतमध्ये डोकावून बघायला उसंत मिळायला लागली. कारखान्यांचा, वाहनांचा सार्वजनिक कार्यक्रमांचा कर्कश आवाज बंद झाला. धार्मिक गर्दी थांबली. देव शांत व स्वतंत्र झाला. संसद थांबली. त्यात दिल्या जाणारे शिव्याशाप थांबले. सरकारी कार्यालय बंद झाली. तिथली दिरंगाई व भ्रष्टाचार थांबला. कोर्ट व दवाखाने ओस पडली. रेल्वेची गतिमान चाकं थांबली. आणि तरी जग बुडालं नाही म्हणजे सर्व विनाकारणच सुरु होतं तर ? हे काय घडत आहे ? 1909 मध्ये, म्हणजे आजपासून एकशेअकरा वर्षापूर्वी, 'हिंद-स्वराज्य' या छोटेखाणी पुस्तकात मोहनदास करमचंद गांधी या दक्षिण अफ्रिकेत राहणाऱ्या वकिलाने आधुनिक संस्कृतीच्या नेमक्या याच गोष्टींवर टीका केली होती. त्यावेळी आधुनिकतेच्या व पाश्चिमेतील प्रगतीच्या झगमगाटाने डोळे दिपलेल्या सर्वांना गांधी आधुनिकता विरोधी वाटला होता. पण शंभर वर्षांनी आपण तिथेच परततो आहोत का ? ... ग्लोबलायझेशन ऐवजी गांधीचं ग्रामस्वराज्य व ग्राम स्वावलंबन अधिक व्यावहारिक आहे, वांछनीय आहे असं जाणवत आहे"¹²

खऱ्या अर्थाने, भारतीय समाजाला सूसंस्कृत व सभ्य स्वरूप देण्याकरिता आत्मनिर्भर भारताच्या उभारणीकरिता आदर्श नमुना म्हणजे गांधीजींचे 'हिंद-स्वराज्य' हे पुस्तक होय. आधुनिक पाश्चात्य सभ्यतेचे चटके, आपण सोसले आहे. म्हणून नवीन सभ्यता निर्माण करणे काळाची गरज बनली आहे. नवसभ्यतेची उभारणी करण्यासाठीची मार्गदर्शक तत्वे हिंद-स्वराज्य या पुस्तिकेत आहेत. झपाट्याने वेड्यासारखे धावणाऱ्या या जगाला विकासाची वाटचाल नव्याने ठरवावी लागेल यासाठी गांधीजींचे विचार प्रेरक ठरतात. गांधी विचारांवर आधारित नव संस्कृती आणि सभ्यता निर्माण करण्यासाठी वैश्विक स्वरावर सस्थात्मक नेतृत्वाची आज गरज आहे. कान्तिभाई शाह म्हणतात, "हिंद-स्वराज्य' ला मी गांधींचा जाहीरनामा मानतो. सर्वादयाचे घोषणापत्र मानतो. ते एका सर्वनाशक तत्वज्ञानापुढे बुलंद आव्हान आहे, एका नव्या युगाचे प्रवर्तन करणारे दिव्य दर्शन आहे"¹³

संदर्भ

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राजकीय श्रेष्ठीजन सिध्दांत

संभाजी संतोष पाटील

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प्रस्तावना

समाज कोणत्याही स्वरूपाचा व विचारांचा असो त्यात काही लोकांचे स्थान श्रेष्ठ व उच्च मानले जाते. राजकीय व्यवस्थेतील राजकीय श्रेष्ठजनांचे अस्तीत्वही सामाजिक अपरिहार्यता होय. प्रत्येक राजकीय व्यवस्थेत मग ती प्राचीन मध्ययुगीन किंवा आधुनिक काळातील असो. सत्तेचा वापर फारच कमी लोक करीत असतात. सामाजिक व राजकीय क्षेत्रामध्ये नियमन करण्याचे गुणकौशल्य मोजक्या लोकांकडे असते. आदर्श राजकीय व्यवस्थेत देखील अल्पलोकांचे शासन असते. पाश्चिमात्य राजकीय विचारवंत प्लेटोच्या राजकीय तत्वज्ञानामध्ये वर्णन केलेल्या आदर्श शासनामध्ये राजकीय श्रेष्ठीजन या संकल्पनेची बीजे आहेत. पेरटो आणि मोस्का या राजकीय विचारवंतांनी ही संकल्पना मांडलेली दिसून येते. जे लोक संख्येने कमी असतात त्यांना श्रेष्ठत्व हे वेगवेगळ्या आधारावर प्राप्त झाले असते. उच्च कुळात, जन्म, गुणवत्ता, संपत्ती, बुद्धीमत्ता आणि शारिरीक सामर्थ्य असे आधार होत. समाजातील विविध क्षेत्रात अशा श्रेष्ठीजनांचा वर्ग आढळून येतो. श्रेष्ठीजन वर्ग सोडून समाजातील इतर लोकांना जनता म्हणून ओळखले जाते. मनुष्य हा सर्वसाधारणरित्या सारखा आहे असे जरी समजले जात असले तरी प्रत्यक्ष व्यवहारात मात्र एक मनुष्य दुसऱ्या मनुष्यासारख्या असतो असे नाही. प्रगती व उन्नती व समान संधी या अर्थाने सर्व माणसे सारखी आहेत ही गोष्ट मान्य झाली आहे पण असे असूनही समान संधीचा लाभ प्राप्त करून घेण्याची क्षमता सर्वांमध्ये सारखीच असते असे नाही. प्रत्येक माणसाच्या ठिकाणी असलेली क्षमता ही एक नैसर्गिक गोष्ट आहे. म्हणूनच या आधारावर निर्माण झालेली माणसा-माणसातील भिन्नता ही नैसर्गिक स्वरूपाची असते. शेतकऱ्यांमध्ये काही शेतकरी उत्तम शेतकरी असतात. तसेच खेळाडूतही काही उत्तम खेळाडू असतात असे सर्वच क्षेत्रामध्ये आढळून येते. श्रेष्ठजनांची समस्या ही एक सामाजिक समस्या आहे. समाजातील लोकात सर्व प्रकारची समानता प्रस्थापित करून सुध्दा समाजातील हा श्रेष्ठीजनांचा वर्ग नाहीसा करणे शक्य नाही अशा रितीने श्रेष्ठीजनांचा वर्ग ही समाजातील एक कायम स्वरूपाची संस्था होय. राजकीय जीवनाचा इतिहास म्हणजे श्रेष्ठीजनांचा इतिहास असे म्हणण्यात येते. समाजाचे ध्येय व उद्देश श्रेष्ठीजनांची रचना यावर अवलंबून असते. श्रेष्ठीजनातील बदल हा समाज विकासाचा निकष मानला गेला आहे. मार्क्स वर्ग संघर्षाचा सिध्दांत हा श्रेष्ठीजनातील बदलासंबंधीचा सिध्दांत होय. 'जनादेश' हा लोकशाहीमध्ये महत्त्वाचा मानला जातो. तो शासनाचा आधार असतो त्यामुळे श्रेष्ठीजनांना राजकीय सत्ता वापरण्यासाठी अधिमान्यता मिळते. निवडणुकीची प्रक्रिया ही जनादेश व्यक्त होऊन अधिमान्यता प्राप्त करण्याची प्रक्रिया होय. लोकशाहीमध्ये लोकांचे शासन असते. लोकांसाठी शासन चालविले जाते. मात्र लोकांकडून निश्चितच चालविले जात नाही तर ते राजकीय श्रेष्ठीजनांकडून चालविले जाते. सत्तामुठभर लोकांच्या हाती केंद्रीत झालेली असते. श्रेष्ठीजनवादाच्या मते लोकशाहीत सत्तेचे मोठ्या प्रमाणात विभाजन होणे योग्य नसते. लोकशाहीच्या संवर्धनासाठी आणि अस्तित्वासाठी थोड्या लोकांच्या हाती सत्ता असणे आवश्यक असते. सत्ता वापरण्याचे तंत्र, कौशल्य, क्षमता, नेतृत्वगुण सर्वांकडे असणे शक्य नसते. सत्ता ज्यांना सुपूर्द करावयाची अशा व्यक्तींची निवड सर्वसामान्य करू शकतात. श्रेष्ठीजन म्हणजे निवडलेले तत्व होय. सत्ता वापरण्याची क्षमता नसलेल्या सामान्य व्यक्तींकडून सत्तेचा अयोग्य पध्दतीने वापर होऊ शकतो त्यातून झुंडशाही निर्माण होते. सत्ता काही व्यक्तींच्या हाती राहिल्याने लोकशाहीस अल्पतंत्र म्हटले जाते मात्र दिर्घकाळ सत्तेचा उपभोग घेण्याच्या प्रवृत्तीला लोकशाहीत आळा घातला जातो. त्यासाठीच अभिसरण प्रक्रिया सुरु असते. जुने श्रेष्ठीजन जाऊन त्याची नव्या श्रेष्ठीजनांनी घेणे म्हणजे श्रेष्ठीजनांचे अभिसरण होय.

शोधनिबंधाचा उद्देश

राजकीय श्रेष्ठीजन सिध्दांताचा अभ्यास करणे हा प्रस्तुत लघुशोध निबंधाचा उद्देश आहे.

संशोधनाची उद्दिष्टे

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- (२) पॅरेटोचा श्रेष्ठीजन सिध्दांताची माहिती जाणून घेणे.
- (३) मोस्काचा श्रेष्ठीजन सिध्दांताची माहिती अभ्यासणे.

संशोधन पध्दत

प्रस्तुत लघुशोध निबंधासाठी दुय्यम साधनांचा वापर करण्यात आला आहे. त्यात प्रकाशित, अप्रकाशित ग्रंथ, पुस्तके, मासिके, वर्तमानपत्रे, इंटरनेट, इत्यादींचा वापर करण्यात आला आहे. संकलीत माहितीच्या आधारे शोधनिबंधाच्या अभ्यासाची मांडणी करण्यात आली आहे.

श्रेष्ठीजनाची व्याख्या आणि अर्थ

राजकीय श्रेष्ठीजनवादी असे मानतात की, सत्तास्थानावर राहणाऱ्या लोकांची संख्या मर्यादीत असली तरी सत्तेवर प्रभाव टाकणाऱ्या राजकीय निर्णयात सहभागी होणाऱ्या आणि त्याचे प्रत्यक्ष नियंत्रण करणाऱ्या लोकांचा एक गट असतो. सत्ताधारक अथवा शासक आणि सत्ताहीन अथवा शासित यांचे दरम्यान हा गट वावरतो त्यालाच श्रेष्ठीजन वर्ग म्हणतात. कोणत्याही कालखंडात सत्तेवर प्रभाव टाकण्याची अथवा स्वतः सत्ताधीश होण्याची क्षमता असणारे लोक या गटात सामील होत असतात. त्यामुळे विशिष्ट ऐतिहासिक सामाजिक, आर्थिक व राजकीय स्थितीच्या संदर्भात दृष्टीकोन, दर्जा, कार्य संपादीत शक्ती इत्यादी बाबतीत समानता असणाऱ्या लोकांचा हा गट असल्यामुळे त्याला वर्णनात्मक स्वरूप प्राप्त होते. श्रेष्ठीजन वर्गाचे विविध प्रकार दिसून येतात. व्यवसाय, प्रतिष्ठा, सामाजिक दर्जा, शिक्षण संशोधन, सांस्कृतिक कार्य इत्यादी क्षेत्रात स्थान, सत्ता प्रभाव इत्यादीनुसार श्रेष्ठीजन वर्गाचे प्रकार आढळतात हे राजकीय सत्ता व प्रभाव असणाऱ्या राजकीय

श्रेष्ठीजनासंबंधी आहे हा वर्ग निरनिराळ्या कालखंडात राजकीय व्यवस्थेचा प्रकारानुसार ठरतो. त्यामुळे उमराव व पुरोहित वर्ग, जमीनदार व सामंत, धनिक व्यापारी भांडवलदार, पक्षनेते असे निरनिराळ्या कालखंडामध्ये वेगवेगळे श्रेष्ठीजन वर्ग हा स्थिर नसून बदलणारा असतो. सत्तास्थानावर कोण आहेत व त्यांचेवर कोणाचा प्रभाव आहे. यावर त्यांचे स्वरूप अवलंबून असते.

व्याख्या

- (१) रॉबर्ट ढाल यांच्या मते “राजकीय संघर्षाच्या निराकरणात ज्या विशिष्ट लोकांच्या पसंतीनुसार सातत्याने निर्णय घेतले जाते”.
- (२) बटोमोर यांच्या मते “राजकीय सत्तेवर प्रभाव पाडणारा व सत्ता स्पर्धा किंवा सत्ता संघर्षात गुंतलेला अशा व्यक्तींचा गट जो वर्ग असतो त्यापैकी विशिष्टवेळी सत्तेचा प्रत्यक्ष वापर करणारा गट म्हणजे राजकीय अभिजनांचा गट होय”.

राजकीय श्रेष्ठीजनवर्गाच्या अध्ययनाची सुरुवात सर्वप्रथम मोस्का, गिटानो व पॅरेटो या इटालीयन लेखकांनी केली. त्यामुळे त्यांना या संकल्पनेचे जनक मानले जाते. याशिवाय मिचेल्स सी.राईट मिल्स, गॅसट, थोरोस्टिन बेवलीन इत्यादींनी त्यावर विस्तृत लिखाण केले आहे. भारतातील ग्रामीण क्षेत्रातील श्रेष्ठीजन वर्गासंबंधी अॅथनी कार्टर यांचे संशोधन उल्लेखनीय आहे.

राजकीय श्रेष्ठीजन यावर पाश्चिमात्य विचारवंतांनी व्यापक चिंतन केलेले असून सिध्दांतांच्या रूपात मोलाची भर घातलेली दिसून येते. सर्वमान्य असा सिध्दांत दर्शविता येत नसला तरी श्रेष्ठीजनवाद्यांनी त्याच्या सिध्दांतात श्रेष्ठीजनाच्या निर्मितीला आधारभूत

मानलेल्या विविध घटकांमुळे “श्रेष्ठीजन” ही संकल्पना सर्व बाजूंनी समजण्यास मदत होते. काहीनी आर्थिक घटकाला महत्व देऊन या क्षेत्रातील व्यक्तींमधून राजकीय नेतृत्व निर्माण होते असे वाटते तर काही विचारवंतांच्या मते सामाजिक क्षेत्रातील विविध हितसंबंधी गटांमधील स्पर्धेतून राजकीय नेतृत्व निर्माण होते. काही विचारवंतांना समाजात ज्यांचे कुणी नियंत्रण करू शकत नाही अशा श्रेष्ठीजनांचा गट असतो असे वाटते. यात अर्थशास्त्रज्ञ, राजकारणी, कायदेतज्ञ, प्रशासक यांचा समावेश होतो. यातून राजकीय श्रेष्ठीजनांची निर्मिती होते.

पॅरेटोचा श्रेष्ठीजन सिध्दांत

पॅरेटो यांच्या मते “प्रत्येक व्यवसायात व सामाजिक स्तरात सर्वोच्च स्थानावर असणाऱ्या यशस्वी व्यक्ती म्हणजे अभिजन होय आणि सर्व क्षेत्रातील अभिजन एकाच वर्गाचे असतात त्यात शासकीय व अशासकीय अभिजन असे दोन प्रकार आहेत. त्यांना शासकीय अभिजनांच्या अभ्यासाला महत्व दिले त्यांच्या मते शासकीय अथवा राजकीय अभिजन वर्गाकडे शासन कण्यास आवश्यक गुण व कौशल्य असते आणि आवश्यकता भासल्यास बलप्रयोग करण्याची त्यांची मानसिक तयारी असते”^२ ते असे म्हणतात की, श्रेष्ठीजनांचा मुळ गाभा असा आहे की, प्रत्येक समाजामध्ये दोन प्रकारचे गट असतात. ते समाजाच्या हिताचे महत्वाचे निर्णय घेतात त्या निर्णयाची व्याप्ती फारच व्यापक असते. त्याचा परिणाम अनेक नागरीकांवर होतो त्यास राजकीय निर्णय असे नांव देण्यात आले तरी ते नेहमीच्या अर्थाने शासनामध्ये अधिकाऱ्यांकडून आणि विधीमंडळातून निर्णय घेतले जात नाही तर ते मुठभर लोकांकडून घेतले जातात. जीवनाच्या

क्षेत्रामध्ये जे सर्वोच्च पदावर असतात त्यांना “श्रेष्ठीजन” वर्गात समाविष्ट केले जाते हा श्रेष्ठीजन वर्ग तार्कीक, अतार्कीक कृतीव्दारे सत्ता संपादन करित असतो. त्यांच्या मते अभिजन तर्कविसंगत कृतींनी सत्तेवर येतो व नंतर कृती कशी तर्कसंगत आहे हे पटवून देतो. श्रेष्ठीजन हुशार असतो. त्यास तार्कीकतेचे महत्व माहित असते. अतिशय कौशल्याने आपल्या बुद्धीमत्तेचा वापर तो त्याच्या कृती तर्कसंगत दाखविण्यासाठी करित असतो. श्रेष्ठीजन मार्कीक, अतार्कीक कृतीने सत्ता प्राप्त करतो मात्र सत्ता प्राप्तीनंतर त्याच्या सर्व क्रिया तो तर्कात बसवितो. पॅरेटोच्या मते सत्ता प्राप्तीसाठी व सत्तास्थान टिकविण्यासाठी श्रेष्ठीजनांजवळ विशिष्ट गुणांची आवश्यकता असते वा गुणांना पॅरेटो प्रेरक म्हणतो या प्रेरक गुणांमुळे तो शासीत वर्गामध्ये जातो व तेथे स्थिरावतो. ‘प्रेरक’ ही अभिजनांच्या गुणांची व क्षमतेची अभिव्यक्ती आहे. “पॅरेटो यांच्या मते प्रत्येक व्यक्ती मुळ क्षमतांनुसार दुसरीहून भिन्न असते. समाजामध्ये विषमता निर्माण होण्याची जैविक कारणे असतात. काही व्यक्तींना अधिक क्षमता प्राप्त झालेल्या असल्याने समाजात उच्च स्थान प्राप्त करता येते. तर अशा क्षमता नसलेल्या व्यक्तींचे स्थान निम्न दर्जाचे राहते अशा क्षमतांना पॅरेटो बौध्दीक आणि आंतरीक क्षमता आणि गुण असे म्हणतात. राजकीय कृतीमध्ये पुढाकार घेणे, योजना तयार करणे आणि राबविणे, निर्णय घेणे यासाठी आवश्यक असलेले चातुर्य आणि बौध्दीक क्षमता त्यांना उपजतच असते. सत्ता, ज्ञान, बुद्धीमत्ता, संपत्ती अशा सर्व गुणांनी युक्त अशी श्रेष्ठीजन हि संकल्पना मुल्य, मुक्त असते. समाजातील सर्व चांगल्या आणि वाईट प्रवृत्तींना नियंत्रीत करण्यासाठी श्रेष्ठीजन

सर्वाधीक बलशाली, बुद्धीमान असतात. राजकीय आणि आर्थिक क्षेत्राप्रमाणे धार्मिक कलाक्षेत्र नितीमत्ता इत्यादी क्षेत्रातील श्रेष्ठीजनांचा निर्देश पॅरेटो करतात”³.

पॅरेटो यांनी सांगितले की,समाजामध्ये दोन प्रकारचे वर्ग असतात.

(१) शासक अभिजन :- समाजामध्ये जे प्रभावशाली व्यक्ती असतात त्यांचा यात समावेश करण्यात येतो. या वर्गातील व्यक्ती, कूशल, बुद्धीमान, चतुर, समर्थ असतात या गुणवैशिष्ट्यांमुळे ते वरच्या पदावर पोहचत असतात आणि समाजावर आपली सत्ता प्रस्तापीत करतात.

(२) अशासक अभिजन :- या वर्गातील श्रेष्ठीजनांमध्ये शासक श्रेष्ठीजनांपेक्षा कमी कर्तृत्व असते. या प्रकारच्या वर्गामध्ये सेनाधिकारी, व्यापारी, धार्मिक क्षेत्रातील वरिष्ठ व्यक्ती इत्यादींचा समावेश होतो. शासक अभिजन व अशासक अभिजन वर्गायात नेहमीच अभिसरण सुरु असते. शासक श्रेष्ठीजन वर्गातील व्यक्ती अशासक व अभिजन वर्गात तर अशासक अभिजन वर्गाचे शासक अभिजन वर्गात स्थलांतर सतत होत असते. अशा प्रकारे अभिसरण होते कारण

(अ)अभिजनाजवळ सत्ता असते ती त्यांना भ्रष्ट करते व त्याचे पतन होते.

(आ) अभिजनाचा वर्ग बंद वर्ग नसतो.

(इ) केवळ संधी न मिळालेल्या पण क्षमता असलेल्या व्यक्ती संधी मिळताच वरच्या वर्गात जातात.

प्रत्येक देशामध्ये श्रेष्ठीजन वर्गातील ही अभिसरण प्रक्रिया दिसून येते. याच कारणाने अभिजन वर्ग कालांतराने समाप्त होतो. दुसरा वर्ग त्यांची जागा घेतो ही अविरत प्रक्रिया सुरु

असते याच कारणामुळे पॅरेटो म्हणतो की, “इतिहास सामंतवादी वर्गाचे स्मशान आहे”लोकशाहीत श्रेष्ठीजन वर्गात अभिसरण मोठ्या प्रमाणात विशिष्ट कालावधीनंतर पहावयास मिळते. कारण तेथे सत्तेसाठी खुली स्पर्धा असते. या व्यवस्थेत जनसंपर्क, जनतेच्या भावनांना संघटीत करण्याच्या कौशल्यावरच श्रेष्ठीजन वर्गात जाता येते. साधारणतः निवडणुकीव्दारे किंवा क्रांतीव्दारे श्रेष्ठीजन वर्गात लक्षणीय बदल होत असतो. “अभिजनाची संकल्पना केवळ वर्गाच्याच नव्हे तर कौशल्याच्या परिभाषेतही समजावून सांगावी लागेल. अखेर वर्ग म्हणजे काय तर समान दर्जा कार्य व दृष्टीकोन असणारा तो एक प्रमुख सामाजिक गट असतो. अशा गटांची जडणघडण होण्याच्या आधुनिक जागतिक राजकारणातील प्रमुख प्रकार म्हणजे उमरावसत्ता, धनिकसत्ता, मध्यमवर्ग व श्रमिक होत.”^४ पॅरेटोनीश्रेष्ठीजन सिध्दांताला कौशल्य गुण यांन जास्त महत्व दिले आहे. श्रेष्ठीजन वर्गात होणारा बदल देखील “शासक” श्रेष्ठीजन वर्गातील अवनतीमुळे होतो तर अशासक अभिजन गुणांमुळे शासक होतो.

मोस्काचा श्रेष्ठजन सिध्दांत

“मोस्का याने श्रेष्ठजनातील फेरबदलांसंबंधी निरनिराळे विचार मांडले आहेत समाजाचा जसजसा विकास होत जातो तस तसे त्यात नविन वर्ग व हितसंबंध निर्माण होतात. नव्याने निर्माण झालेले हे वर्ग स्वाभाविकच समाजात श्रेष्ठ स्थान मिळविण्याचा प्रयत्न करतात. प्रस्थापित श्रेष्ठजनांना पदच्युत करून त्याचे स्थान ग्रहण करण्याची त्यांची धडपड चालू असते. कार्लमाक्सच्या मनासारखेच मोस्का यांचेही मत आहे.मोस्का यांचे मत पॅरेटोच्या मतापेक्षा जास्त व्यापक स्वरूपाचे आहे.

श्रेष्ठजनातील फेरबदल केवळ पॅरेटो जे म्हणतो त्यानुसार होतो असे नाही मोस्का असे म्हणतो की, समाज हा गतीशील आहे व त्याच्या विकासात नविन वर्ग आणि नविन हितसंबंध निर्माण होतात हे नविन वर्ग हितसंबंध प्रस्थापित श्रेष्ठजनांना आव्हान देत असतात आणि त्यांचे स्थान प्राप्त करण्याचा प्रयत्न करतात कार्लमार्क्सची वर्गकलहाची कल्पना अशाच स्वरूपाची आहे. ती मोस्का यांना मान्य झालेली दिसते. मात्र मोस्काच्या मतानुसार ही प्रक्रिया सतत चालू राहते”⁴ मोस्का यांनी “द रूलींग क्लास” या ग्रंथात शासक वर्गाच्या शिर्षकाखाली श्रेष्ठीजन वर्गाचा सिध्दांत मांडला. मोस्काच्या मते राजकीय व्यवस्थेमध्ये दोन वर्ग असतात.

(अ) शासक वर्ग :- हा वर्ग सत्तेमध्ये असतो. त्याच्या जवळ शक्ती निर्धारण करणारे घटक एकवटलेले असतात. हा वर्ग बहुसंख्याकावर राज्य करतो. श्रेष्ठीजन वर्ग हा सर्वोच्च पदावद असणारा व्यक्तीसमूह असतो. समाजाला नियंत्रित करण्याची शक्ती या वर्गात असते. हा वर्ग सतर्क, चपळ, साधनांचा योग्य वापर करणारा असतो. हा वर्ग अधिक संघटीत असतो.

(ब) शास्तीत वर्ग :- मोठ्या संख्येने व्यक्ती यामध्ये असतात. त्यांच्याकडे सत्ता असते तो स्वतःचा नव्हे तर शासक वर्गाच्या तंत्राने काम करतो. मोस्का यांनी शासक व शासीत वर्गामध्ये तीन प्रकारचे फरक असल्याचे सांगितले.

(१) सर्व राजकीय निर्णय शासक वर्ग घेतो यात शासित वर्गाची भूमिक नगण्य असते.

(२) सत्तेचे केंद्रीकरण शासक वर्गाच्या हातात झालेले असते तर शासित वर्ग शासक वर्गाद्वारे व निर्देशित केलेला असतो.

(३) शासक वर्ग अल्पसंख्य असतो तर शासित वर्ग संख्येने जास्त असतो.

शासक वर्गाला हि शक्ती कशाप्रकारे प्राप्त होते याचे विश्लेषण करतांना मोस्का यांनी सांगितले की शासक वर्ग संख्येने कमी असतो त्यामुळे तो लवकर संघटीत होतो हे अशा प्रकारचे संघटन शासीत वर्गास शक्य नसते शासक वर्गात परस्पर विचारांची देवाण घेवाण सल्लामसलत लवकर होते जी त्यांना शक्ती प्रदान करते शासीत वर्गातील मोठ्या संख्येमुळे ते शक्य नसते संकटाच्या वेळी शासक वर्ग लवकर उपस्थित होतो याचा मोठा अभाव शासित वर्गात आढळतो शासक वर्गात निश्चित वैशिष्ट्यपूर्णगुण असतो तो त्यांना शक्ती प्रदान करीत असतो मोस्का यांच्या मते शासक वर्गामध्ये बदल होतो पण बदल अभिजन वर्गातर्गत बदल असतो याचा अर्थ अभिजन वर्गातील दुसरा गट शासक वर्ग होतो व एक गट विरोधक होतो अभिजत वर्गात शासक वर्ग असतोच फक्त व्यक्ती बदलतात वर्ग बदलत नाही उदा भारतात सर्व राजकीय पक्षाचे प्रमुख व प्रतिनिधीअभिजन वर्गात येतात जेव्हा सरकार बदलते तेव्हा केवळ अभिजन बदलतात या बदलास मोस्का अभिसरणम्हणतो. “मोस्का यांच्या मते प्रगत व अप्रगत आणि सर्वच समाजात शासक व शासित असे दोन वर्ग असतात. शासक वर्ग संख्येने लहान असतो. राजकीय स्वरूपाची कार्य करतो. सत्तेचा एकाधिकार बाळगतो आणि त्या सत्तेपासून प्राप्त होणाऱ्या सर्व लाभांचा उपयोग होतो. दुसरा वर्ग संख्येने मोठा असून शासक वर्गाकडून कमी अधिक प्रमाणात वैधानिक लहरी व हिंसात्मक पध्दतीने निर्देशित व नियंत्रीत होत असतो”^६. मोस्काच्या मते सर्वसाधारण स्थितीत या व्यवस्थेत बदल होत नाही मात्र यात बदल होत

असतो. साधारणतः समाजात संपत्तीचा नविनस्त्रोत निर्माण झाला. ज्ञानाचे व्यावहारीक महत्व वाढते. जुन्या धर्माची समाप्ती झाली. नवा धर्म अस्तित्वात आला. नवी विचारसरणी समाजात आली व प्रभावी झाली. सत्ताधारी वर्ग अत्याचारी झाला. समाजात स्वातंत्र्याची व नव्या विचारांची तीव्रता वाढली. अशावेळी अभिजन वर्गातील एक गट सक्रीय होतो व तो सत्ताधीश होत असतो. मात्र श्रेष्ठीजन वर्गच सत्तेवर राहतो. श्रेष्ठीजन वर्ग नवा विचार नवी पध्दती शोधत असतो. हा नवाविचार व पध्दती त्यास बदललेल्या समाज व्यवस्थेत सत्तेवर राहण्यास उपयुक्त असतो.

समारोप

श्रेष्ठीजनांच्या संदर्भात मांडलेल्या सिध्दांतामध्ये तथ्य दिसून येते. लोकशाहीत समाजवादी व्यवस्थेतील कठोर वास्तविकता श्रेष्ठीजनांच्या सिध्दांताचे समाजासमोर ठेवणे हा वर्ग विविध प्रकारचा असतो तो पारंपारिक, मध्यमवर्गीय क्रांतीतून निर्माण झालेला राष्ट्रवादी इत्यादी प्रकारचा असतो तो स्वार्थप्रेरीत असू शकतो किंवा सार्थ आणि समाजसेवा यांचा एकत्र भाव धरणारा असू शकतो. श्रेष्ठीजन वर्गावर कोणत्या

मुल्यांचा प्रभाव आहे त्याची सामाजिक एकरूपता व सेवाभाव किती जागृत आहे त्याला राष्ट्र व समाजाविषयी कोणते आदर्श मान्य आहेत यावर त्यांचे स्वरूप अवलंबून असते. याशिवाय जनता किती सुशिक्षित, संघटीत व जागृत आहे यावर त्यांची सेवाबुध्दी अवलंबून असते. श्रेष्ठीजनातील फेरबदलाची कल्पना पॅरेटो व मोस्का ह्या दोघांनाही मान्य आहे. परंतु पॅरेटोची कल्पना ही व्यक्तीप्रधान स्वरूपाची आहे. तर मोस्काची कल्पना ही समाजाभिमुख आहे. पॅरेटो हा आपल्या कल्पनेत व्यक्तीच्या गुणवत्तेला महत्व देतो. तर मोठ्या समाजातील वर्ग व हितसंबंध यात होणाऱ्या फेरबदलांना महत्व देतो. लोकशाही स्वरूपाच्या समाज व्यवस्थेत समाजातील सर्वच लोकांना श्रेष्ठीजन वर्गात प्रवेश मिळण्याची संधी प्राप्त झालेली आहे. श्रेष्ठीजनाचा वर्ग बदलणारा वर्ग असून जुन्या श्रेष्ठीजन वर्ग नाहीसा होऊन त्याची जागा नविन श्रेष्ठीजन वर्ग घेत असतो. श्रेष्ठीजन वर्ग हा समाजात श्रेष्ठ मानला जातो. श्रेष्ठीजन हा आधुनिक दृष्टीकोन आहे. सामाजिक बदलांशी संबंधीत असलेला हा दृष्टीकोन आहे.

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MUMBAI AIR WITNESSED AFFIRMATIVE CONSEQUENCE OF COVID-19 LOCKDOWN

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ABSTRACT

COVID-19 Pandemic is the first and foremost a global health emergency with severe consequences for health and economy, having a dramatic impact on pollution levels in Mumbai. Present study focus on the positive spin offs in air pollution due to sudden dropdown in concentration level of nitrogendioxide, particulate matter as inter and intra city movement severely restricted during lockdown. The novel coronavirus (SARS-CoV2) has generated novel impact on many parts of the world, the World Health Organization declared the situation as a pandemic. This lockdown has helped to bring pollution at lowest levels as there was marked decline in GHGs emission resulted from shut down of industries and not allowed to function, the decrease in the use of private and public transportation and almost everything came to a standstill. It has been proved as a boon for the environment purification. This change was indeed required. Lockdown has colossal impact on nature and now we are witnessing clean environment. Before the start of COVID-19 Pandemic lockdown, the atmosphere in Mumbai have been analyzed very toxic to breathe due to excessive increase of GHGs over the years resulted from human interference. Air pollution turned as one of the leading risk factors for death. Several government initiatives have been launched to reduce pollution, but still there should be increasing political momentum in India to address air pollution. The study highlighted that the experience in lowering air pollution during lockdown could prove "instructive" for future planning to deal with the extremely high pollution levels in number of cities in India specifically in Mumbai. The Environmental Protection Act (EPA) was passed in 1986 to close the gaps in the Water and Air Act, by adding some more functions to the CPCB. But this could be brought under control only by the amendment of some strict Rules and Regulations such as one Family One Car, maximum use of public transport, etc. to reduce vehicular load in Mumbai which is the root cause of air pollution.

Keywords : Witnessing, Nature's detox, Lockdown, Mumbai, air pollution, CPCB, EPA.

Introduction

"Covid-19 is like a command from Mother Nature ordering us to stay still" Late December 2019 in Wuhan city (China), an unusual pneumonia was noticed with a link to an animal market that sells poultry and other animals to the public. The causal microorganism had been identified as a novel coronavirus that was named COVID-19. Due to Global spread of corona virus and increasing number of deaths the World Health Organization had declared the nationwide lockdown. Including travel restrictions, the strict lockdown rules and regulations have helped to control the spread of this highly contagious virus. Depending on the level of COVID-19 impact in each state of country, as well as depending on specific situations and capacity, the state governments adopted different levels of decisions. Maharashtra government started gradual lockdown since mid-March, after the first case of Covid-19 was reported in Pune on 9th March. The lockdown across the state, sealing district and state boundaries resulted in very distressing

situation, but the environment (biotic part) have been benefitted by less interference of Industrial and Social environment.^[1] Overall 18% reduction was recorded in petroleum products use during March 2020 as compared to March 2019. Lockdown situation not only resulted in clearing water of sea and river but also proved beneficial for the survival of aquatic life due to less human intervention.^[2,3] Its BOD has fallen below 6 ppm. Covid-19 and its associated lockdown has been proved a godsend event as far as Mumbai environment is concerned. These conditions have resulted in an unprecedented event as there's highest decline in particulate matter and NO₂ concentration levels in its air.^[4] According to SAFAR, there was a 76% decline in the NO₂ level concentration, while PM_{2.5} was down by 45%. "This battle is for a reason by god's grace. This is going to make us stronger and healthier by purifying air, water, i.e. our wholesurrounding."

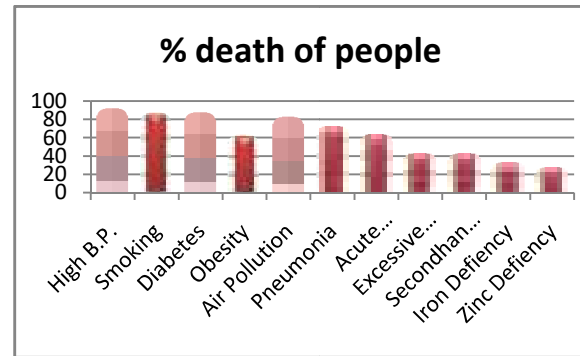
Need of Study

Air pollution is a health and environmental issue across all countries of the world, but with large differences in severity. Due to the unusual outbreak of COVID-19, almost every big and small city and village in India, was under partial or total lockdown for a long period of time ranging from a few weeks upto few months. In Maharashtra it has been observed that there is significant drop in pollution during Covid-19 lockdown specifically in Mumbai.^[5] The Mumbai metropolitan area of 437 km has a resident population of 12.5 million as per 2011 census and floating population of 5 million visiting everyday, the city is facing pressures in terms of increased exigencies for resources, infrastructure and urban services.^[4] The present population is 20 million. There is an exponential rise in population. Mumbai have been into focus for present study, as air pollution is the largest health and environment threatening factor here. The Climate resilience of environment during lockdown would reap benefits that would go beyond environmental concerns, fostering social and economic sustainability.^[6] The fall in NO₂ levels is largely due to the sharp drop in fossil fuel combustion in transport, industrial and energy sectors after the lockdown.^[7] A number of factors contribute to the capital's contaminated air. The vehicular traffic load is a primary one.

Research and Methodology

India is the world's largest emitter of GHGs , after China and the US. GHG emissions jumped to 6.3% .It has been observed that the share of deaths attributed to air pollution is ranged from a low of 2% across high-income cities, to close to 15% across many cities in west zone of India. In the visualization we see the number of deaths per year attributed to each risk factor. The present study suggest the covid -19 lockdown impact on death rates due to air pollution and. This graph is shown for the total,air pollution in addition to the individual contributions but explore that Air pollution is one of the leading risk factors attributed to 9% of deaths every year. Toxic air can provoke health difficulties.

Figure1: An interactive graph showing death rates due to various reasons



The Institute for Health Metrics and Evaluation (IHME) in its Global Burden of Disease study provide estimates of the number of deaths attributed to the range of risk factors for disease. We look in detail health impacts of pollution and attributed deaths. As air pollution just not only takes years from our life but also has large effect on quality while we are still living and in turn adds up to the extremity of illness. Pollution has been responsible for the most non-communicable disease deaths. Pollution is responsible for more deaths than obesity (4.0 million), Improper diet (1.4 million), Road accidents (1.4 million). Pollution was also responsible for three times as many deaths as AIDS, Tuberculosis, and Malaria combined.^[8,9] With 2.51 million deaths in 2015, India has been ranked No.1 in pollution related deaths, according to a report by the Lancet Commission on pollution and health. Air pollution contributes substantially to premature mortality and disease burden globally. The study highlighted the remarkable drop down in AQI during and postlockdown.

Table 1. Air Quality of major cities in Mumbai before Pandemic was below satisfactory level

Location	AQI	Status
Borivali	209	Poor
Malad (Most Polluted)	311	Very Poor
BKC	298	Poor
Bhandup	190	Moderate
Andheri	306	Very Poor
Chembur	257	Poor
Colaba	201	Poor
Mazgaon	295	Poor
Worli	236	Poor
Navi Mumbai	309	Very Poor

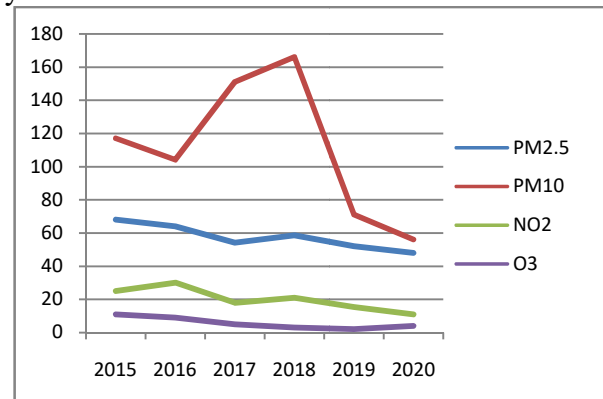


Human activities since the beginning of industrial revolution around 1750 have produced 45% increase in the atmospheric concentration of carbon dioxide (CO₂), from 280ppm to 406 ppm till 2017.^[9] Concentration of CO₂ in atmosphere have increased by more than one third since the beginning of the industrial age. India emits CO₂ about 2274 million metric tons per year. Table 2. Record of Mumbai AQI for last 5 years

Year	AQI	Status
2015	279- 313	Poor-Very Poor
2016	201-273	Poor-Very Poor
2017	204-319	Poor-Very Poor
2018	187-220	Poor-Very Poor
2019	182-232	Poor-Very Poor
2020	Decreased from 200 - 48	Poor- Good

PM_{2.5} in 2017 was recorded 54.2µg/m³ which has been increased to 58.6µg/m³ in 2018. Average annual increase noted 4.4 µg/m³. Mumbai, the financial capital of India was competing with the national capital which recorded worst AQI till 2019.^[10] Air quality was deteriorating rapidly as moderate to unhealthy and unhealthy to poor. As per Maharashtra economic survey, in 2019 Mumbai saw 9.9% increase in the number of private vehicles registered. 29% of PM_{2.5} comes from road and construction dust and 20 % contributed by powerplants.^[11] Every 10µ/m³ increase in PM_{2.5}, increases all cause mortality

between 3-26%, chances of childhood asthma by 16%, chances of lung cancer by 36% and heart attacks by 44%.Figure 2 : Variation in Particulate pollution in Mumbai for last 5 years



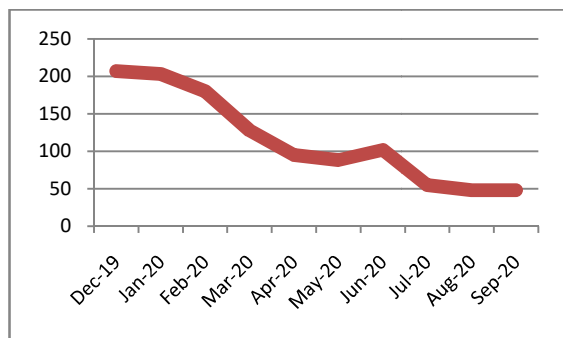
Lockdown that started on 24th March 2020, reveals a mixed trend. In 2018, the concentration of nitrogen dioxide in ambient air in Mumbai, India was over 20 µg/m³.^[12] Nitrogen dioxide is capable of causing many health problems, especially to the lungs. 50% reduction for Mumbai and 58% for Thane was witnessed for nitrogen dioxide (NO₂) levels that comes mostly from burning of coal and vehicular exhaust. Ozone levels increased during lockdown says CSE's new analysis. The latest study found a 10.3% rise in ozone in the first two months of lockdown period and presently Kalyan(Mumbai) is showing the highest average ozone levels at 70µg/m³ against the safe limit of 80 µg/m³ which is considered by NCAP as a secondary pollutant. While the RSPM curves fell and flattened dramatically.^[13] Ozone is not directly emitted by any source but is formed by photochemical reactions between oxides of nitrogen and other volatile organic compounds and gases in the air under the influence of sunlight and heat. Maintenance of air quality monitoring is essential to understand the long-term impact of city-level air pollution trends. The long-running monitoring done in Bandra which has shown as 42% fall in data provided during the lockdown as compared to the same period in 2019.

Data collection and Plan of work

Latest satellite data on air quality before and during coronavirus lockdown show a big improvement in the air quality, mainly for

nitrogen dioxide levels in Mumbai. NO₂ emissions caused by electricity generation and motor vehicles. According to official data of^[14]Central Pollution Control Board (CPCB) real-time data, electricity generation and petroleum product consumption across India by the Centre for Research on Energy and Clean Air (CREA) and satellite images (TROPOMI/S5P satellite data) there was an improvement in the air quality and most of the states in India were either in 'good' or 'satisfactory' category. Thirteen cities recorded 'moderate' air quality. According to CPCB, Mumbai, which chokes under a noxious cloud of pollutants for most of the year, has seen a particularly clean air phase, with this being the cleanest March in the last five years, with an average AQI of 128. Comparing this with the AQI of last five years- 207 (2019), 203 (2018), 261 (2017), 237.58 (2016), 296 (2015). The city recorded its cleanest air ,since real time air quality monitoring began in Mumbai. However researchers have predicted marginal spike in pollution level. SAFAR also predicted the concentration of PM_{2.5} likely to surpass the safe limit of 60 µg/m³. The findings were revealed during assessment done by SAFAR. As per CPCB data Mumbai lockdown has monumental impacts on our environment. It has improved air quality dramatically and slashed our material consumption, water usage and waste production. During the first phase of lockdown (25th March to 15th April) sharp decrease in AQI levels.

Figure 3: This year Mumbai witnesses best AQI so far



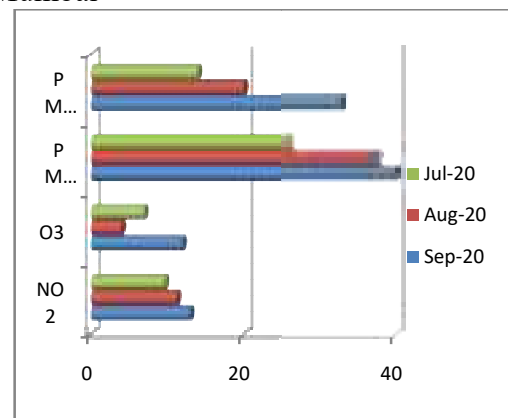
Current air quality in Mumbai is acceptable for healthy adults but still pose threat to sensitive individual. Since lockdown restrictions were relaxed on June 6, the city has recorded a little rise in levels of traffic pollution than other major cities in India.

"If the pandemic eventually subsides, do the lockdown relaxation bounce back the increase in pollution levels? "

Table 3: July AQI 55 (Moderate), August AQI 48(Good) , September AQI 57 (Moderate)

Pollutant	Concentration in July	Concentration in Aug.	Concentration in Sept.
PM _{2.5}	14.1	20.1	33
PM ₁₀	26	37.5	40
NO ₂	9.7	11.3	13
O ₃	7	4	12

Figure 4: Consecutive threemonths air quality in Mumbai



The particles less than 2.5 micrometer formed as a result of burning fuel and chemical reactions that takes place in atmosphere. Primary reason for occurrence of smog.^[15] A pound of Nitrous oxide gas has the equivalent warming effect of 300 times that of 300 pound of CO₂. Nitrous oxide occurs naturally in earth's atmosphere as a part of nitrogen cycle. But fossil fuel combustion, agricultural waste, H₂O management, industrial processes, are increasing its atmospheric concentrations... EPA says

Now in the month of August20 air quality is considered satiafactory and air pollution poses

little or no risk. Is this just a fleeting change or could it lead to longer lasting falls in emissions? These emissions could simply come back if people return to their old habits.

Table 4: Air Quality Index values in key cities ranging from 'good' to 'satisfactory' .

Areas	Status	AQI	PM _{2.5}	PM ₁₀	O ₃	NO ₂
Borivali (E)	Good	31	0	18	4	2
BKC	Poor	36	32	52	7	15
Colaba	Moderate	65	14	29	3	14
Kurla	Good	57	9	47	5	8
Powai	Good	33	0	32	4	6
Sion	Moderate	51	12	51	2	13
Navi Mumbai	Good	65	42	33	3	12
Worli	Good	41	4	41	5	9

Overall Mumbai AQI has improved to 47 showing average PM_{2.5} is 14.1 µg/m³ and PM₁₀ 38 µg/m³. In the month of August the AQI values reported were above satisfactory level. **Analysis** Mumbai AQI levels have improved substantially during lockdown period. When we come out of the outbreak the havoc that Covid-19 has wreaked across the globe results in revivification of environment. Table 5: This forecast is looking at an considerable reduction in local emissions due to lockdown

Pollutant	Pre-lockdown	Post-lockdown
PM 2.5	87.25	48.30
PM 10	28.80	18.08
NO ₂	51.10	11.18
O ₃	26.22	31.58

Above data gives a lot of encouragement and hope that we can bring pollution down. As the air quality gets better and the pollution level decreases due to the coronavirus lockdown, the international airport which is usually covered in smog is now clearly visible from Tilaknagar, Mumbai. Navi Mumbai was declared the most toxic city in the state and 51st most polluted in

the world according to the latest World Quality Report 2019. Present AQI of Navi Mumbai is 65. Increasing the fleet of electric vehicles and its charging infrastructure in India will be a key to improve air quality in cities, enhance energy security by reduced dependence on imported crude and is also a key solution to fight climate change. India has one of the lowest motorization rates in the world. Biggest causes are vehicular pollution, industrial emissions, thermal powerplants, construction dust, waste burning and millions of poor households, use of cheap and dirty fuels such as wood and cow dung for cooking.^[16]

Environment is our surrounding which involves all living and non-living elements those are interdependent and therefore, we should be ready to work with alacrity to work for environment protection, even though reluctant to change in routine.

Results

Although the lockdown began on March 23, Mumbai had come to a halt on March 22. The capital has other factors, too, to thank for its exceptional clear skies and crisp air. We have battled severe air pollution. The study examines the positive impact of lockdown on environment. The findings reported today systematically serve as a useful guide for making further progress in reducing the adverse impact of air pollution in the city. Mumbai saw 'satisfactory' AQI days. Mumbai had the biggest drop in PM_{2.5} at 53%, followed by Pune (38%). Hence the commitment should be made to instill the principles of sustainable development in our social and individual lifestyle to keep our environment clean and sustainable. As lesser travelling done by people, whether it be by their own cars, or by trains and flights. Awareness about issues related to environment like air pollution, marine pollution, global warming, human over population, etc. should be created. Some measures should be implemented to limit the emissions of environmental pollutants.

Discussions: Lockdown in Maharashtra to be lifted in stepwise manner. The operations of international services remain suspended since late March when government imposed nationwide lockdown on 25th March. Although

CPCB plays a vital role in diminution and control of pollution in the country by generating relevant data, providing scientific information, rendering technical inputs for formation of national policies and programs, training and development of manpower and organizing activities for promoting awareness at different levels of the government and public, collective efforts should be encouraged to tackle environmental issues.^[17] The year 2020 taught us that people from all sectors of society must work together to repair and rejuvenate environment not just for short term benefit but for tackling our deep rooted probable risks. Only decreasing in greenhouse gases concentrations^[18] for the short period of time is not a sustainable way to decontaminate the environment but also secondary aspects such as reduction, recycling and reusing the increasing waste. This Study provides the most comprehensive estimates of the reduction of air pollution in each state of India so far.

Self-decline serve as a valuable resource for planning air pollution reduction in all parts of India. Mumbai is the ultimate survivor. It takes its knocks hard but has the gumption to pick itself up, dust itself off and get going again. **Soon Mumbai will be COVID-19 free and Environment will be POLLUTION free.**

Acknowledgment

The authors are grateful to Environmental Protection Agency (EPA), Central Pollution Control Board (CPCB), System of Air Quality and Weather Forecasting and Research (SAFAR) for providing PM_{2.5} and AQI data. The authors also thank NASA Giovanni team for facilitating use of NO₂ satellite data,^[19] as space-based observations of tropospheric composition remain an invaluable resource for the determination of air pollutant emissions. We are grateful to referees for their useful comments and suggestions that have helped us to improve earlier version of the manuscript.

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MICROWAVE ASSISTED SYNTHESIS, SPECTRAL CHARACTERIZATION AND ANTIMICROBIAL ACTIVITY OF NOVEL LIGAND AND ITS METAL COMPLEXES DERIVED FROM 2-HYDRAZINO BENZOTHIAZOLE AND TEREPHTHALALDEHYDE

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ABSTRACT

A novel ligand synthesized from 2-hydrazino benzothiazole and Terephthalaldehyde forms stable complexes with transition metal ions with Mn(II) chloride and Cu(II), Ni(II), Co(II), Zn(II), Cd(II), Ag(I), Fe(III) nitrate salts. They were identified by melting point, TLC, elemental analysis, FT-IR, ¹HNMR spectra, LC-MS, UV visible spectroscopy, TGA. The antibacterial activities of the ligand and its metal complexes were tested against bacteria such as E.coli, S.aureus and S.typhi. The ligand and its most of metal complexes shows good antibacterial activity for the above bacteria.

Keywords - 2-hydrazino benzothiazole, Terephthalaldehyde, metal complexes, antibacterial activity.

Introduction

The reaction of aldehyde or ketone with primary amine in which carbonyl group is replaced by imine group is called as Schiff base or ligand[1]. Compound containing azomethine group (C=N) are known as Schiff base or ligand[2]. Microwave assisted synthesis is one of the modern green synthetic methodologies for ligand and its metal complexes. Microwave assisted reaction under solvent free or less solvent condition, reduces pollution, low cost, larger yield, safe handling, simple reaction conditions and time saving[3-10]. Schiff bases are biological active compounds, they possess a lot of biological activities such as anticancer[11], plant growth inhibitors[12], insecticidal[13], antidepressant[14], antibacterial[15], anti-inflammatory[16], anti tuberculosis[17], antimicrobial[18], and anticonvulsant[19] activity.

Experimental section

Material and method

+2H₂O All the starting chemical are of analytical grade 2-hydrazino benzothiazole and Terephthalaldehyde are purchased from Sigma aldrich and metal salts from Lobachem and MERCK. The novel ligand was synthesized by using microwave oven. Syntheses of metal

complexes were performed by reacting ligand with metal salts in scientific microwave oven.

Techniques

Synthesis were perform in scientific microwave oven. Melting point were measured on digital melting point apparatus. The electronic spectra were recorded in the wavelength range 200 to 800 nm in DMSO using UV spectrophotometer. IR spectra were recorded on SimadzuDr 8031. ¹HNMR spectra was recorded in DMSO D6 on Brakers 400Mhz instrument. The mass spectrum was recorded by LCMS spectrophotometer. The TGA were carried out in dynamic nitrogen atmosphere (30ml/min) with heating rate of 10⁰c/min using Simadzu TGA 50H thermal analyser. TLC analysis were performed on precoated aluminium plates.

Preparation of ligand

The novel ligand was prepared by the reaction between 2- hydrazinobenzothiazole and Terephthalaldehyde under solvent free condition in scientific microwave oven about for 14 minutes. The product after cooling at room temperature washed with dry ether. The yield obtained was 1.17 gram and the melting point was 342⁰C. The purity of the product was confirmed by TLC.

Preparation of metal complexes

The metal complexes were also synthesized under solvent free condition by mixing metal salts with the required amount of the ligand. The reaction mixture was irradiated in microwave oven. The product were washed with ether, filtered and dried at room temperature. The metal salts used were $MnCl_2$, $Fe(NO_3)_3 \cdot 9H_2O$, $Co(NO_3)_2 \cdot 6H_2O$, $Ni(NO_3)_2 \cdot 6H_2O$, $Cu(NO_3)_2 \cdot 3H_2O$, $Zn(NO_3)_2 \cdot 6H_2O$, $Cd(NO_3)_2 \cdot 4H_2O$ and $AgNO_3$.

Result and discussion

The synthesis of ligand and metal complexes was in two steps. In first 2-hydrazino

benzothiazole is irradiated with Terephthalaldehyde to get ligand.

In second step the metal salts were irradiated with ligand to form metal complexes.

All metal complexes are colored compounds. They are solid in state and stable at room temperature. They possess sharp melting point. The metal complexes are insoluble in common organic solvents but soluble in DMF and DMSO.

Elemental composition analysis

The elemental analysis data for this ligand

Table1 elemental analysis (CHNS) data for this ligand.

Compound	Empirical formula	Molecular weight	C found (cal)	H found (cal)	N found (cal)	S found (cal)
Novel ligand	$C_{22}H_{16}N_6S_2$	428	60.83 (61.68)	4.48 (3.74)	20.49 (19.63)	14.20 (14.95)

Physical properties

The detail physical properties of the novel ligand and its metal complexes

Table 2 Physical properties of the novel ligand and its metal complexes.

Sr.No	Molecular formula	Color	Melting point ($^{\circ}C$)	Time	Yield
1	$C_{22}H_{16}N_6S_2$	Brown	342	14 min.	1.17gm
2	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Mn$	Olive green	312	30 sec.	170 mg
3	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Fe$	Dark blue	97	10sec.	160mg
4	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Co$	Dark brown	178	30sec.	180mg
5	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Ni$	Dark green	72	30sec.	180mg
6	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Cu$	Green	96	20sec.	190mg
7	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Zn$	Brown	192	90sec.	190mg
8	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Cd$	Greenish brown	102	20sec.	160mg
9	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Ag$	Olive green	109	240sec.	180mg

Infrared spectra analysis

Table 3 selected infrared frequencies of novel ligand and its metal complexes.

Sr. No	Ligand/complex	C=C (cm^{-1})	C=N (cm^{-1})	M-N (cm^{-1})	M-S (cm^{-1})	Phenyl ring vibrations
1	$C_{22}H_{16}N_6S_2$	1565	1645	-----	-----	1470,1100,750
2	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Fe$	1554	1641	597	418	1126,1465,756
3	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Cd$	1554	1647	599	450	1454,1101,744

Analysis of present novel ligand. The IR spectrum of novel ligand show characteristics band at 1645cm^{-1} due to azomethaine (C=N) stretching[20-21]. Also a band at 1565cm^{-1} due to (C=C) stretching. The bands appearing in the regions $1480\text{-}1440\text{cm}^{-1}$, $1100\text{-}1064\text{cm}^{-1}$ and $805\text{-}740\text{cm}^{-1}$ were usual mode of phenyl ring vibrations[22].

Analysis of metal complexes. IR spectrum of ligand-Fe complex it shows stretching at 1641cm^{-1} due to azomethaine (C=N)

¹HNMR spectral studies

Table 4 Observed ¹HNMR peaks (ppm) of novel ligand.

Compound	H - from azomethaine	H-from aromatic ring	H - from phenolic & imidazole
C ₂₂ H ₁₆ N ₆ S ₂	8.99 ppm	7.98-7.30 ppm	5.1 ppm

The peaks observe in spectra of novel ligand are as follows. The most characteristics peaks at 8.99ppm observe due to H from azomethaine group. The peaks observed at 7.98-7.30ppm due to H from aromatic ring. The peak observed at 5.1ppm due to H from imidazole.

Electronic spectra

Table 5 Electronic spectral data and probable geometry for the metal complexes.

Sr. No	Complex	UV-visible major bands. Absorption Maxima cm^{-1} (nm)	Assignment	Proposed geometry
1	[(C ₂₂ H ₁₆ N ₆ S ₂) ₂ (H ₂ O) ₂] ₂ Fe	49504.49(202)	⁶ A _{1g} (S) → ⁴ T _{1g} (G)	Octahedral
		49261.08(203)	⁶ A _{1g} (S) → ⁴ T _{2g} (G)	
		34482.75(290)	⁶ A _{1g} (S) → ⁴ E _g , ⁴ A _{1g}	
2	[(C ₂₂ H ₁₆ N ₆ S ₂) ₂ (H ₂ O) ₂] ₂ Cd	47169.81(212)	Charge transfer	Octahedral
		44444.44(225)	-----	
		38167.93(262)	-----	

The electronic spectrum of the metal complexes shows absorption bands, these transition may be attributed to the charge transfer band which proves the coordination of the ligand to the metal ion[26]. Electronic spectrum of Fe(III) complex assign to ⁶A_{1g}(S) → ⁴T_{1g}(G), ⁶A_{1g}(S) → ⁴T_{2g}(G) and ⁶A_{1g}(S) → ⁴E_g, ⁴A_{1g} transitions respectively indicating that

stretching. The most characteristics bands of this metal complex are that of M-N and M-S. The M-N band appeared at 597cm^{-1} [23] and M-S at 418cm^{-1} . These bands confirm formation of stable ligand metal bonding.

IR spectrum of ligand-Cd complex. It shows stretching at 1647cm^{-1} due to azomethaine (C=N) stretching. The band appeared at 599cm^{-1} and 450cm^{-1} due to M-N and M-S respectively these bands confirmed formation of stable ligand metal bonding[24-25].

Mass spectral studies

The mass spectrum study of novel ligand show a peak at m/z 429(M+1). Which compounds to molecular weight of the novel ligand ie 428.

complex possess octahedral geometry[27-28]. Electronic spectrum of Cd(II) complex enters in to d¹⁰ orbital. So it did not show any d-d electronic transition. On the basis of elemental analysis infrared spectra thermal analysis octahedral geometry is suggested for Cd(II) complex.

Thermal analysis of metal complexes

Table 6 Thermogravimetric analytical data of metal complexes.

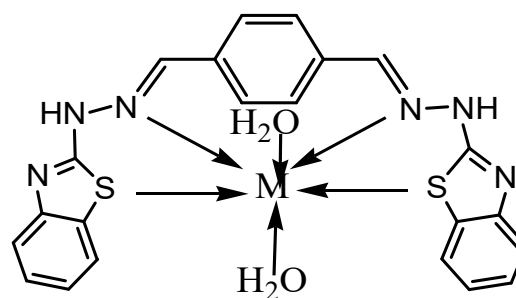
[(C ₂₂ H ₁₆ N ₆ S ₂) ₂ (H ₂ O) ₂]Fe		[(C ₂₂ H ₁₆ N ₆ S ₂) ₂ (H ₂ O) ₂]Cd	
Weight loss %	Temperature °C	Weight loss %	Temperature °C
0	34.63	0	32.61
10	194.65	10	200.55
20	211.43	20	215.61
30	221.11	30	224.85
40	228.42	40	232.01
50	234.52	50	238.10
60	241.16	60	244.93
70	277.08	70	270.78
80	380.16	80	390
83.086% (Total wt loss)	500	82.38% (Total wt loss)	500

The TGA of metal complexes were carried out in the temperature range from room temperature upto 500°C. The heating is carried out in the dynamic nitrogen atmosphere. Heating rate was controlled at 10°Cmin⁻¹.

The ligand-Fe complex thermogram clearly shows Total weight loss of 83.086%. In first step water of crystallization remove in the range of 34.63 to 194.65°C with 10% weight loss observed. After this weight loss of water of crystallization it's followed loss of organic moiety with total weight loss of 83.086% upto 500°C. A stable curve indicates formation of stable metal oxide (FeO).

The ligand-Cd thermogram clearly shows a total weight loss of 82.38%. In first step water of crystallization removed in the range of 32.61 to 200.55°C with 10% loss observed. Followed

by this weight loss of organic moiety with total weight loss of 82.38% upto 500°C. A stable curve indicates stable metal oxide (CdO).



Proposed structure of metal complex (M)=Mn(II),Fe(III),Co(II),Ni(II),Cu(II),Zn(I),Cd(II),Ag(I).

Bioactivity study

Table-7 Antibacterial activity of novel ligand and their metal complexes

Sr. No.	Compound	Minimal inhibition concentration (ug/ml)		
		<i>E. Coli</i>	<i>S. Aureus</i>	<i>S. Typhi</i>
1	C ₂₂ H ₁₆ N ₆ S ₂	500	100	500
2	[(C ₂₂ H ₁₆ N ₆ S ₂) ₂ (H ₂ O) ₂]Mn	100	100	250
3	[(C ₂₂ H ₁₆ N ₆ S ₂) ₂ (H ₂ O) ₂]Fe	125	125	100
4	[(C ₂₂ H ₁₆ N ₆ S ₂) ₂ (H ₂ O) ₂]Co	250	125	125

5	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Ni$	500	100	500
6	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Cu$	500	500	250
7	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Zn$	500	100	500
8	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Cd$	250	62.5	500
9	$[(C_{22}H_{16}N_6S_2)_2(H_2O)_2]Ag$	500	125	125

Antibacterial activity of synthesized novel ligand and its metal complexes were screened. The cultures of *Echeericha coli*, *Staphylococcus aureus* and *Salmonella typhi* where grown overnight at 37°C temperature minimal inhibitory concentration (MIC) were evaluated against test bacteria with concentration ranging between 0.4ug/ml to 100ug/ml.

Mn(II) and Fe(III) shows good antibacterial activity on *E.coli* as compared to rest of complexes and parent ligand. Cd(II) shows excellent antibacterial activity also parent ligand, Mn(II), Ni(II) and Zn(II) shows good

antibacterial activity on *S.aureus*. Fe(III) shows good antibacterial activity on *S.typhi* as compared to rest of complexes and parent ligand.

Conclusion

In the present research work, synthesis of Novel ligand and its eight metal complexes were satisfactory carried out by using scientific microwave oven. it is green and efficient method of synthesis. This method shows new and simple way of synthesis. Novel ligand and its eight metal complexes shows good antibacterial activity.

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FINANCIAL EDUCATION - TOWARDS SUSTAINABLE DEVELOPMENT IN INDIA**Suresh G. and K. Devan**

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ABSTRACT

At global level, new concepts and trends are being developed and changes take place include transformations among the people's behavior and thinking. Sustainable Development is the important concept among other dealing social developments in recent years. To set development goals in the society is the main idea towards sustainable development. Ensuring sustainable development in the society needs every individuals to behave in a sustainable manner, by applying the area of financial management and handling of funds. With regard to sustainable behavior of individuals, Financial Education has become increasingly significant in light of the managing finances. Bryant (2013) states that economic growth and sustainability is rooted in financial literacy of individuals. Various institutions have begun to deal with this issue and have attempted to tailor educational programs so that individuals receive the appropriate economic and financial knowledge and skills. At the same time, it is believed that an economically educated public may result in better market outcomes. Many studies deal with this relationship and examine whether economical or financial education actually improves economic or financial literacy or personal outcomes. It is necessary to increase financial literacy especially among young people who will form economy in the future. In today's turbulent world, however, financial education is becoming a lifelong process. It is necessary to develop their skills and knowledge in the area of finance and financial management. Individuals should be able to realize the consequences of the socio-economic development of society, particularly with regard to the prevention of indebtedness and ensuring financial security for the future. Ultimately, the financial literacy of individuals should lead to the sustainable development of society as a whole. This paper aims to highlight the significance of Financial Education for sustainable development of the society. It deals with the definition of financial education and how the financial agencies work for sustainable India by providing financial education.

Keywords: Financial Education, Financial Literacy, Financial Agencies, RBI, SEBI, IRDA.

1. Introduction

Financial Education leads each and every one for better financial planning which is the essential skill and helps to meet future goals of people as well as for country. Every one, be it a school child or common citizen needs to be aware of the necessity to deal with finances. Financial education requires for every school going children to save money for future to use it rightly to make his financial goals best. If the younger generation people understand the importance of financial education at their younger age, they can achieve their future financial goals surely as a fruitful opportunity by savings, budgeting, investing in many products to meet their needs.

There is an acute requirement for attaining sustainable developments of countries. Financial Education is an important component for the life of people to manage their finances. Considering those facts, the Government of India has taken various effective initiatives for providing financial education for people of each sectors through its agencies such as Reserve Bank of India (RBI), National Council of Educational Research and Training

(NCERT), Securities and Exchange Board of India (SEBI), Pension Fund Regulatory & Development Authority (PFRDA), Insurance Regulatory and Development Authority (IRDA), National Centre for Financial Education (NCFE). Each Agency have involved for providing valuable schemes, better financial services, for creating awareness on financial services, financial products, financial practices through uploading, creating effective messages, a number of lectures, in websites of the financial agencies in many Indian languages for the beneficial of each sector of people in India.

2. Objectives of the Paper

1. To summarize the current scenario of Financial Education in India and figure out the agencies which provide financial education for betterment of the people in each sectors.
2. To critically analyze the initiatives and key services on Financial Education implementing by the agencies for making sustainability entire country.

3. Methodology

This present study is descriptive in nature and based on the secondary data that have been collected through various articles, newspapers, journals, websites of agencies of RBI, SEBI, PFRDA, IRDA, NCFE and the Annual reports, the bulletin, booklets, statements, Financial literacy guides/posters, various reputed journals and newspapers.

4. Review of Literature

The author reviewed many research articles, research papers from reputed journals, newspapers on Financial Education, Financial Literacy, Financial Inclusion, and Financial Management.

M. BalaSwamy and R. Priya (2017) investigated the financial literacy of the students of Post Graduate Management in Jawaharlal Nehru Technological University Kakinada. The authors employed the technique of stratified random sampling to sample two hundred and three students using the questionnaire as research instrument. Their study revealed that the formal education is main source of the students' financial literacy, by following parents, peers and media and concluded that financial is the highest amongst accounting students following by marketing, banking and finance and the students' human resource management.

Arya P.(2018) conducted a research to provide the snapshot of existing status of Financial Literacy in India by many survey results and programs related to financial literacy in India. According to the survey of researcher, the access to finance by the poor sections in the society living depends on degree of financial literacy available for the people. Further, for reduction of poverty, social cohesion, such group of people must be financially educated and to be brought to the normal financial climates.

Chijwani, M., & Vidyapeeth, D. Y. P. (2014) studied the financial literacy level of working women and in the research, the authors have assessed the knowledge of women on investment in many financial instrument by structured closed ended tools among them. The result of the analysis provide that women in India, inspite of their illiteracy on finance, they possess such kind of knowldege on financial

matters and majority of women are ignorant on different investment opportunities as they are not having Demate account and not doing trade normally.

5. Financial Education in India

Financial Education is connected with the life path of each and every individual with the Learning of basic concepts of financial knowledge such as making money, savings, responsible borrowing, making budgets, plan for investments, finding effective banking services, insurances, etc. Our country has a fast growing economy through natural resources with special features and with enormous human resources. Earlier studies on Financial Education among the students in India reveal that younger generation people have less number of capabilities on finance matters. As per the Standard & Poor's global financial literacy survey, India, which ranks second of the world's population, almost 76% of its adult population hasn't aware of fundamental financial concepts. Further, the study surveyed by the VISA (2012) shows the ranks of India with 23rd position on financial education among the 28 countries.

In India, there is a greater need to increase the level of financial literacy as the researches reveal the literacy level in low and large amount of young generation in this country with less financial skills such as making money, future savings, responsible borrowings, making budgets, plan for investments, finding effective banking services such as educational loan, insurances, pension schemes. Financial Education informs and helps everyone for proper planning and decisions on each financial matter.

All the academicians, elderly and expert people distinguish the essentiality for inculcating a fair and appropriate education on Finance which make the young generation people to realize their responsibilities, the obligations belong to the citizenship and for prosperous future of their life. In our country, people from poor sectors face lot of challenges on financial management at household level due to lack of required financial skills and proper decision on financial matters and it leads to the depth of debt, loss of households, lands, properties and extreme loss of life.

6. Financial Educational Programs in India by the Government and its agencies

Making the young generation Financial Educated, the Government of India has taken a lot number of key initiatives for promoting financial literacy among them especially for school students by making involvement of many Agencies for strengthening the financial life of them. Formulating required strategies for providing financial literacy targeting the young generation, the Government of India directed the various Agencies such as Reserve Bank of India(RBI), National Council of Educational Research and Training (NCERT), Securities and Exchange Board of India (SEBI), Pension Fund Regulatory & Development Authority (PFRDA), Insurance Regulatory and Development Authority (IRDA), National Centre for Financial Education(NCFE) have come up with huge number of learning resources on financial literacy for younger generation.

In India, to enhance the financial literacy level, the government has taken necessary efforts over last decade by the Central Banker of the Country – the Reserve Bank of India mandating all the banks for initiating to increase the financial literacy and for financial inclusion in the country. Accordingly, a Draft National Strategy for financial education was formulated and released by the Reserve Bank of India in the year 2012 by including such observations on not only the regular role of banks but also the necessity for financial education at schools.

The strategies formulated for creating awareness and educating the school students for accessing better financial services, for changing attitudes and behavior, making responsibility, understanding the rights and obligations of financial services, for active involvement of each individuals for obtaining the financial skills required and making effective contribution of Educational institutions, Non Governmental organizations, regulators on financial sectors and many organizations at national and international level.

6.1 Reserve Bank of India

The *Reserve Bank of India* has made sustained efforts to generate awareness on

Financial Education by undertaking the “*Project Financial Literacy*” with the aim of disseminating the information regarding general banking concepts, central bank, for various target groups, include the students of schools and colleges, defense personnel, women, senior citizens, rural and urban poor. The materials and modules cover the matters on Banking in India and General Indian Economics were created in 13 languages. Further, arrangements for visit to RBI for the students of Schools and Colleges are organized and quiz program for students of Standards 7th to 12th has organized for generating interest on Banking, Economy and Insurance. Through the following initiatives on Financial Education, the RBI has adopted a very well structured, planned and integrated approach towards Financial Education which the focuses on improving access to financial services.

- i. Financial Awareness Messages (FAME)
- ii. Financial Literacy Week (FLW)
- iii. Quiz ,Essay Programs, Visits to RBI by school children
- iv. Audio Visuals/Films
- v. Booklets/Materials
- vi. Financial Counseling & Literacy Centers
- vii. organize workshops for the selected groups
- viii. Camps Activities on Financial Education in remote places

6.2 National Council of Educational Research and Training(NCERT)

National Council of Educational Research and Training (NCERT) is an autonomous organization of Government of India under Ministry of Human Resource Development(MHRD), is set up to assist in providing qualitative improvement in school education in India. NCERT owns for major responsibility for developing and publishing text books for the school students. Moreover, educational kits and digital materials on have been developed by NCERT to help the younger generation along with their studies.

As a responsible pillar of school education, the NCERT has provided Personal Finance-Reading Materials including modules such as Financial Plan, Managing money, Budgeting, Investing Money, Taxes, Career planning, Financing Assets and Protections of Assets.

This reading material includes a discussion on helping the financially marginalized also improve their situation arises as and when. Moreover, this booklet is an outcome of the initiatives by various organizations to impart financial education among young learners, enabling the country to pursue its goal of financial inclusion

6.3 Securities and Exchanges Board of India (SEBI)

SEBI conducts various work shop across the country, on investors' education and awareness by resource persons with expertise in financial market, with knowledge on investing. SEBI has provided various Modules with enormous information on Financial Education in its website. School Students Modules, College Students Young Investors Module, Middle Income Group Modules, Home Makers Module, Executive Module, Retirement People Module, Pocket Money, Handbook for Children, Workshop Material. All the modules prepared by SEBI provides the financial education for each sector of people especially targeting school students and younger generation and the messages in the modules have been given with colorful pictures, tables, required examples, simplified messages on savings, investing, financial planning for future and the beneficiaries can understand the concepts of banking, services provided by financial institutions, investment planning, financial benefits provided by the government and other organizations.

6.4 Insurance Regulatory and Development Authority (IRDA)

The IRDA has initiated and developed many useful messages on financial awareness in through animation films of the Comic Strips on Consumer education for understanding the concept of insurance, conducts insurance awareness surveys. As a part of publicity campaign, IRDA organize Essay Competitions for students with the topics such as Role of Insurance in Finance sector growth in India, Increasing awareness about insurance, Increasing Insurance penetration in India. EBooks such as Introduction to Insurance, Handbook on Insurance, Employment opportunities in Insurance Sector have been uploaded in the website of IRDA and this

handbook is available in 13 Indian regional languages. Further, 'Young Corner' has been developed in its website, in which young corner games on the concept of insurance have been provided for the younger generation to aware on insurance matters.

6.7 National Centre for Financial Education (NCFE)

The NCFE has developed large number of blogs in its website on Financial Literacy, Financial planning, Loan & Borrowing, Banking, mutual fund, investment, retirement planning. It has initiated a program Financial Education Programme for Adults (FEPA) for creating financial awareness to the adult population of the country and for generating generate a confidence in the financially excluded sections of the society to use the financial services and products more effectively thereby bringing more people to the formal financial sector. It has initiated a program 'Money Smart School Program (MSSP) to provide unbiased financial education in schools for improving financial literacy of the students. Further, it has initiated a program- 'Financial Education Training Programme(FETP) for providing unbiased financial education to the people and organizations for enhancing financial literacy of the country. Furthermore, the NCFE has initiated a program-'financial Awareness and Consumer Training (FACT) for providing effective financial education for young graduate and post graduate students.

8. Conclusion

It has come a general truth by the research conducted around the world, the level of financial literacy among the common people and well educated people prevails in low level as considering the understanding about financial concepts such as savings, budgeting, Money management, insurances, financial assets, interests, investing, government initiatives, credit scores, better borrowings, time value of money and one's rights connected to finance and money. Financial Education is nowadays attractive new trend in most of developing and developed countries to extend the awareness on financial concepts. Most of the countries adopted unified and

coordinated strategies for financial education for the people. India has a large population and fast growing economy with focusing inclusive growth and vital need for developing an energetic and stable financial system for all sectors of people, especially for young generation.

The Government of India has taken various effective initiative measures for providing financial education for younger generation especially for school students through its agencies such as Reserve Bank of India (RBI), National Council of Educational Research and Training (NCERT), Securities and Exchange Board of India (SEBI), Pension Fund Regulatory & Development Authority (PFRDA), Insurance Regulatory and Development Authority (IRDA), National Centre for Financial Education (NCFE). Each

Agency have involved for providing valuable schemes, better financial services, for creating awareness on financial services, financial products, financial practices through uploading necessary inputs on financial concepts, creating effective messages, a number of lectures, in websites of the financial agencies in many Indian languages for the beneficial of the students.

The Educational Institutions around the country may take necessary initiatives for utilizing the services of financial institutions such RBI, SEBI, PFRDA, IRDA, NSE, NCFE through their website for providing and promoting the basic financial literacy skills and awareness among the young generation so that our country can lead towards a path way of Sustainable India.

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STUDY OF REMOVAL OF ACIDIC DYE FROM WATER EFFLUENTS USING NEEM LEAVES

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ABSTRACT

Increasing use of synthetic dyes from various industries release some untreated dyes directly or indirectly in the water ecosystem. Harmful effects of these dyes are well known. Here, we attempted to study the reduction of the concentration of these dye from industrial wastes by adsorption phenomenon. The biomaterial, matured neem leaves, was used as bio-adsorbent. In laboratory scale, maximum uptake of Acid blue dye was up to 85% using batch adsorption technique and thermodynamic equilibrium and kinetic parameter studies had suggested to us that adsorption process followed the correlations with Freundlich isotherm models and pseudo first order kinetic model. Other parameters were also studied to optimize the adsorption of Acid Blue 25 dye on Neem leaves. According to findings of the experiments, it can be concluded that neem leaves as bio-sorbent is also a promising alternative for the uptake of acid dye from water effluents.

Keywords: *Neem leaves, Acid Blue, Adsorption, Freundlich*

Introduction

Synthetic dyes are used by various industries like pulp, paint, pigments, textile, tanner¹. To meet the demand of various types of synthetic dyes, production of these types of dyes crossed 7×10^5 tons annually globally^{2,4}. Due to inadequacy or inefficiency in the dying process nearly two lakh tones of synthetic dyes are discharged directly or indirectly into the ecosystem. These untreated dye waste becomes pollutant and contaminants to drinking water system⁵. The synthetic dyes are carcinogenic and produce problems like changing the colour of water, decreasing the access of sunlight by flora and fauna of aquatic systems⁶. Stability due to aromatic rings or conjugations in the structure of dyes imparts bio degradation problems⁷. Detoxification or proper treatment to unused or untreated synthetic dyes is required to before release as water effluent from industries into the environment.

To remove or minimize the concentration of dyes from waste water, various process such as adsorption, reverse osmosis⁸, precipitation⁹, coagulation¹⁰, microbial degradation¹¹, electrochemical methods¹², ultra filtration¹³ are reported in the literature.

Among all these methods, adsorption process is preferred due to lower cost of the equipments, ease of availability and efficiency for treating the waste water contaminated by synthetic

dyes¹⁴. Bio-adsorbents are the biomass like leaf, bark, peanut hulls, lignin, fungi, bacteria, algae¹⁵. Use of *Azadirachta Indica* leaves as bio-adsorbent has been reported in the literature¹⁶. *Azadirachta Indica*, commonly known as Neem in India, is widely popular for its use as herbal medicine to treat diseases found in human kind¹⁷⁻²³. For adsorption process to remove organic dyes from effluents, Neem leaf powder is effectively applied to remove dyes such as methylene blue^{24,25}, orange MERL²⁶, Blue BFG²⁶, Red EV8V5²⁶, crystal violet²⁷, congo red²⁸, malachite green²⁹, brilliant green³⁰, Direct Red 81³¹ and toxic heavy metal such as Chromium (VI)³², zinc³³, lead³⁴, cadmium³⁵. Acid blue 25 dye belonging to anthraquinone dye is ranked second after azo dyes. Being freely soluble in water, Acid blue 25 dye is applied to dye leather, wood, ink, wool, fur etc.³⁶. In the literature, adsorption process is utilized to remove Acid Blue 25 dye by using some adsorbents like cempedak durian peel³⁷, rubber leaf powder³⁸, titania³⁹, water lettuce and tarap peel⁴⁰, turmeric⁴¹, cellulose⁴², shrimp shell⁴³, bentonite⁴⁴, sawdust⁴⁵, sepiolite⁴⁶, lychee peel⁴⁷, chitosan modified cotton⁴⁸.

In the present study, matured neem leaf powder is used for removal of Acid Blue 25 dye from water effluent. The study encompassed effects of adsorbent dosage, pH, contact time etc.

Materials and Methods

Preparation of Adsorbent

Matured neem leaves (Figure 1) obtained locally were washed with distilled water to make free dirt and soluble impurities present on the surface. Washed neem leaves were allowed to dry at 85°-90°C. Dried neem leaves were crushed using grinder and sieved to obtain mesh size < 15µm. Dried powdered leaves (25 gm) were chemically activated after treating with 20 ml ortho phosphoric acid in silica crucible at 250°C for 25-30 minutes in furnace. Acidified neem leaf powder was cooled and washed frequently with water to remove excess of acid. The powder free from acid is dried again to remove moisture and stored in a bottle for further use.



Figure 1

Acid Blue 25 dye solution

Stock solution of 1000 ppm of dye was prepared by boiling water and cooled solution was filtered to remove undissolved particles. Stock solution with dilution was used for further studies.

Methods

50 ml of 100 ppm diluted Acid Blue 25 dye solution was mixed with 110 mg of sieved neem leaf powder and mixture was mechanically stirred for predetermined time interval. The stirred mixture was filtered and analyzed using UV-Visible spectrophotometer at 602nm. Desorption studies were performed using uploaded neem leaves with dye by stirring 50 ml of water for 100 minutes at various pH.

Structure of Adsorbate

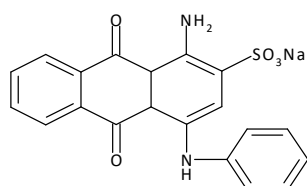


Figure 2

Batch adsorption studies

Adsorption Experiments: Sieved powdered neem leaves (110 mg) were used to study the adsorption of acid blue 25 dye by Batch experiments.

Effect of Contact time: 50 ml of 100 ppm of Acid Blue 25 dye solution with 110 mg powdered neem leaves was mechanically agitated at 180 rpm at its natural pH for defined timed intervals.

Effect of adsorbent dose: 50 ml of 100 ppm Acid Blue 25 dye solution with different doses of powdered neem leaves (0.05 – 2.5 g) was stirred at 180 rpm at its natural pH for 70 minutes.

Effect of pH: Different pH (between 2 - 12) were attained with 0.1 M HCl or 0.1 M NaOH to investigate the uptake of dye by mixing 50 ml of 100 ppm dye solution with 110 mg of powdered neem leaves at 180 rpm for 70 minutes.

Desorption Study: This was investigated by mixing 110 mg of powdered neem leaves with 50 ml of 100 ppm dye maintained at different pH ranges.

Results and Discussion

Effect of Contact Time: With 110 mg of adsorbent, maximum percentage of dye removal was seen at 70 minutes. Before reaching to equilibrium, initially high rate of adsorption was noted. Results obtained were shown in figure 3.

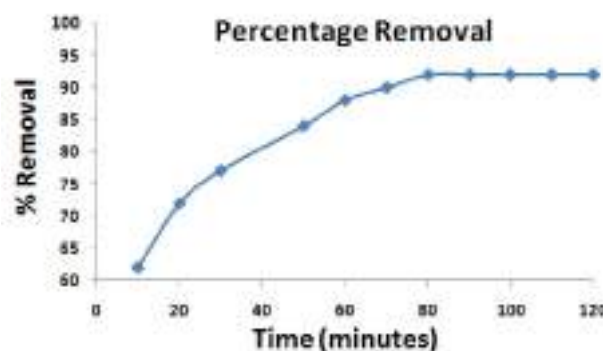


Figure 3 Percentage removal Vs Time (minutes)

Effect of adsorbent dose: With increase in dose size, number of active sites increases and maximum uptake of dye was observed in the range of 70 to 92% with active dose of 110 mg.

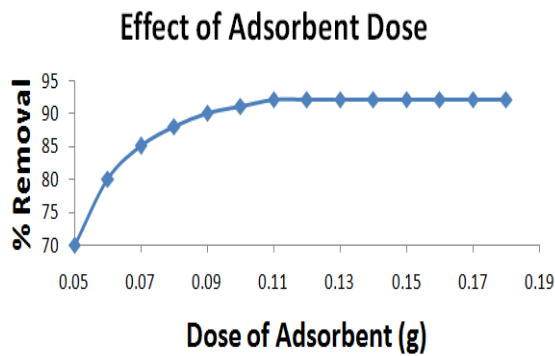


Figure 4 Percentage removal Vs Dose adsorbent

Effect of pH: Study of percentage removal of dye from aqueous solution was found to decrease with increase of pH. Effective uptake of dye was seen at pH range between 2 to 4.

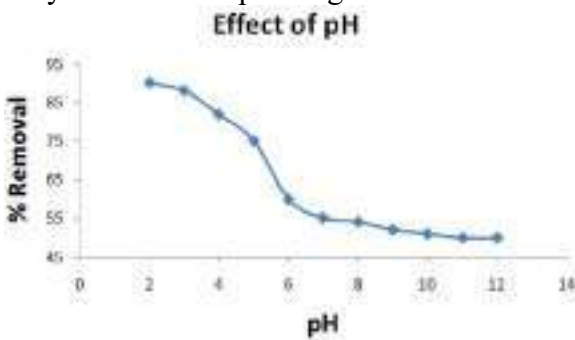


Figure 5 Percentage removal Vs pH

Desorption Study: Reusability of bio-adsorbent was also investigated and shown in figure 6. Percentage of adsorption decreased gradually at lower pH values and became almost constant at higher values of pH.

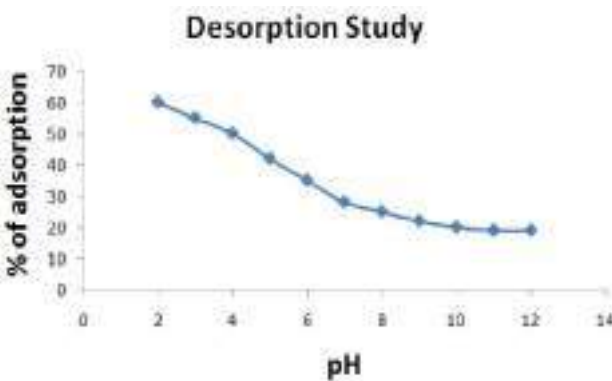


Figure 6 percentage of Adsorption Vs pH

Adsorption Isotherms

Among various isotherm models, Freundlich isotherm⁴⁸ was found appropriate model to elucidate interaction between powdered Neem Leaves and Acid Blue 25 dye. Freundlich isotherm model in linear form can be

characterized as $\log Q_e = \log K_f + \frac{1}{n} \log C_e$ where Q_e is amount of dye adsorbed (mg/g), C_e is the equilibrium concentration of dye (mg/l), K_f and n are coefficients of adsorption capacity and intensity respectively. K is a function of energy of adsorption as well as temperature and $1/n$ determines intensity of adsorption.^{49, 50} From regression analysis depicted in figure 7, values of K_f and n calculated as 25.89 and 5.45 respectively explained the equilibrium for dye loaded powdered Neem Leaves.

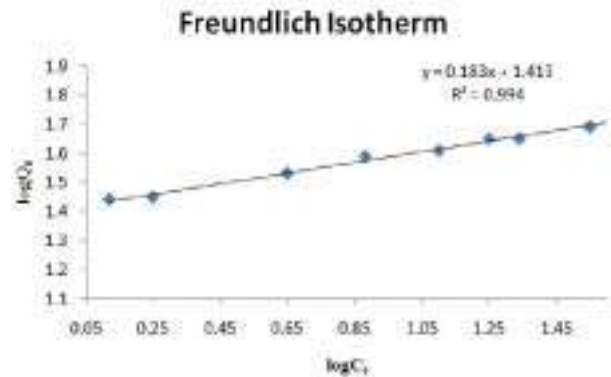


Figure7 Freundlich Adsorption Isotherm

Kinetics

Kinetic parameters describe rate of adsorption and time for retention of adsorbate at interface between adsorbate and adsorbent. Best fitting model was correlated with pseudo first-order using the Langergen’s equation⁵¹ to explain the kinetics of adsorption between Acid Blue 25 dye and powdered Neem Leaves.

$\log(Q_e - Q_t) = \log Q_e - \frac{K_{ad}}{2.303} t$; where Q_t is the amount of dye adsorbed (mg/g) at time t , Q_e is the amount of dye adsorbed at equilibrium, and K_{ad} is the rate constant of first-order sorption (min^{-1}). Correlation value ($R^2 = 0.990$) (Figure 8) for pseudo first-order equation was suggestive that the pseudo first-order model could be the plausible kinetic for adsorption of Acid Blue 25 dye on powdered Neem Leaves.

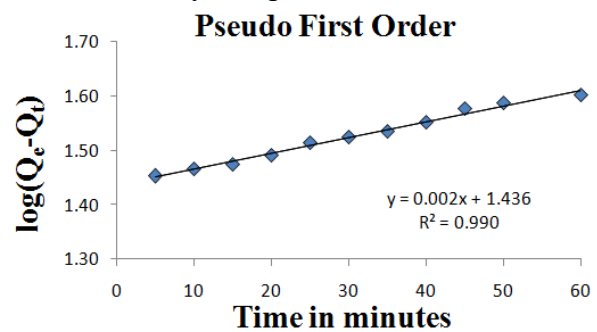


Figure 8

Conclusion

Removal of Acid Blue dye by using chemically activated powdered Neem Leaves can be achieved but complete removal was not obtained. The study was performed on pilot basis and by Batch adsorption method, hence there could slight differences in the findings if adsorption was carried out in industries on continuous batch method. In laboratory, lower pH values favoured the high percentage of

removal for dye from water effluent and Freundlich isotherm model follows the surface heterogeneity of adsorbent and exponential scattering of active pores⁵². The value of 'n' i.e between 2 to 10 followed the good adsorption⁵³. However; presence of neem leaves in water effluents can pose secondary level of toxic effects like killing of micro-organisms.

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BACTERIOLOGICAL PROFILE WITH ANTIBIOTIC RESISTANCE PATTERN AMONG DIABETIC AND NON-DIABETIC PATIENTS

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ABSTRACT

Diabetes mellitus is a metabolic disorder which impedes the normal steps of the process of wound healing. It has high risk of foot infection and postoperative wound infection that is polymicrobial with increased antibiotic resistance. A comparative study of bacteriological profile from the wound samples of diabetic and non-diabetic patients and to understand the relationship between bacterial load and high glycemic index among diabetic patients. A cross sectional study involving 50 diabetic and 50 non-diabetic patients wound swab or pus samples collected under aseptic precautions. Results: Polymicrobial infection is mostly observed. Among the isolates, gram negative bacilli were about 55% and gram-positive cocci were about 45%. The most common organism isolated was Staphylococcus aureus in diabetic and non-diabetic wound. In diabetic wound the predominant organism isolated was Staphylococcus aureus and followed by Pseudomonas species. In non-diabetic wound, the predominant organism isolated was Staphylococcus aureus followed by Pseudomonas species. The Total Extended spectrum beta lactamase producer was about 77% where as total Methicillin Resistant Staphylococcus aureus was 22%. In diabetic wound, glycemic index was poorly controlled in which fasting blood glucose level was >150mg and post prandial blood glucose level was >210mg among majority of cases. Antibiotic susceptibility test screening showed gram positive cocci isolates to more sensitive towards Erythromycin, Vancomycin, Linezolid and gram-negative bacilli isolates to be more sensitive for Amikacin, Cefoperazone and Imipenem. Thus, early diagnosis of diabetic wound infection is required for the antimicrobial therapy.

Keywords: Bacteriological profile, Diabetic wound, Glycemic index, Non diabetic wound.

1. Introduction

Diabetes Mellitus a global disease, which was declared as an epidemic in developing countries where there is insulin deficiency causing increased blood glucose level. Approximately 347 million people are suffering from Diabetes Mellitus worldwide, which would be double by the year 2025 (Jones RN. *et al* 2006). With increased blood glucose level, there is always a lack of enough nutrients and oxygen to the energizing cells which reduces the normal functional activity of immune system and increases the process of inflammation in the body cells. Reduced process of wound healing leads to the peripheral arterial diseases and peripheral neuropathy causing reduced circulation and reduced oxygen supply, essential in the wound healing process. Hyperglycemia facilitates growth of many organisms as well as colonization by bacterial and fungal pathogens (Karmakar M. *et al* 2016). Commonly isolated organisms include Staphylococcus aureus, Gram negative bacteria like Escherichia coli, Pseudomonas aeruginosa, Klebsiella species,

Proteus species and anaerobic organisms. These infections are mostly polymicrobial with serious complications (Rani V. *et al* 2014). On comparing the microbial profile of diabetic wound to that of non-diabetic wound, the severity of infection can be seen much aggravated among diabetic patients. This condition brings in recurrence of infection which further results in more comorbid conditions (Jonkhwal S. *et al* 2014). Once an infection has developed in diabetic patients, it is difficult to treat because of impairment in microvascular circulation that limits phagocytic cell action and curtails the reach of antibiotics to the infected sites (Singhai M. *et al* 2012) Early diagnosis of diabetic wound infection is required for the antimicrobial therapy. This study is expected to generate valuable information, which will be helpful in the management and prevention of diabetic infection in our population and will guide clinicians in the management of such condition with appropriate as well as judicious use of antimicrobial therapy.

2. Material and Methods

The present study was carried out in the Department of Microbiology for a period of two months between January to February 2020. A total of 100 wound swab or pus samples were collected from 50 diabetic patients and 50 non-diabetic patients of any age group for the study. To avoid contamination, wound and tissue debris were thoroughly cleaned with sterile normal saline followed by gentle rubbing of the wound site with 70% alcohol prior to swabbing the pus sample. Samples were collected in sterile screw-capped containers and were transported to the laboratory immediately. If it was wound swab, two swabs were collected per patient where one was used for microscopy (Gram's staining) and the other for routine conventional culture method. Blood was also collected for biochemical analysis for the estimation of glycemic index. Samples were properly labeled and transported to the laboratory for further investigation. In further methodology, the identification of aerobic bacteria and detection of its antimicrobial susceptibility was performed by Kirby Bauer disk diffusion method as per the Clinical and Laboratory Standards Institute (CLSI) guidelines 2017. Extended spectrum beta-lactamases (ESBL) positive organisms were screened by observing an increase 5mm in zone diameter with ceftazidime/clavulanate versus its zone size when tested with ceftazidime disc alone (Rawat D. *et al* 2010). An inhibition zone diameter of 21mm in case of Staphylococcus aureus and 24 mm for coagulase negative Staphylococcus was considered as methicillin resistant organisms.

3. Results

A total of 100 samples were collected for 50 diabetic and 50 non diabetic included in the study. The study population represented 65% male whereas 35% as female patients. The mean age of the patients was 52 years ranging from 10 to 85 years. All patients presented with ulcers which were graded 0-5 in the Wagner classification and majority belonged to Grade 2 (i.e., deep ulcer, penetrating down to ligaments and muscles, but no bone involvement or abscess formation). (Sun JH. 2012 and

Noor S. 2015). Among the total 100 samples, 55% were wound swabs and 45% accounted for the pus samples received from the surgery department. All the samples showed bacterial growth of aerobic bacteria. The distribution of bacteriological profile is shown in the Tables 1 and 2. Our study showed polymicrobial distribution of infection and it was found to be about 32% among the total samples. The most common organism isolated was Staphylococcus aureus in both diabetic and non-diabetic wound samples. There was 45% of gram-positive isolates whereas 55% were identified as gram-negative isolates. Among all the isolates, Staphylococcus aureus was the most frequent pathogen (35%), followed by Pseudomonas aeruginosa (20%). Among the gram-positive organisms, Staphylococcus aureus (77.8%) was most frequent in which 6% were found to be Staphylococcus aureus. The second common Gram positive organism was Enterococcus spp. (26.7%) followed by coagulase negative staphylococci (17.8%) which are mainly recognized as normal commensals. Pseudomonas aeruginosa (36.4%) was the predominant pathogen isolated among the gram-negative organisms followed by Escherichia coli (18.2%). In-vitro antibiotic susceptibility pattern are depicted in Table 3 & 4. All gram-positive isolates were sensitive towards vancomycin and linezolid was found to be efficient against all Staphylococcus species isolates. Among the gram negative, most of the isolates were sensitive to Amikacin, Cotrimoxazole and Imipenem. The total Staphylococcus aureus was 6%, in which both diabetic and non-diabetic wound was about 4% each. The total extended spectrum beta lactamases organism in our study was about 27% among which 22% was diabetic whereas only 5% was non-diabetic. On comparison among diabetic wound, the glycaemic index was poorly controlled wherein fasting blood glucose level was found to be >150mg/dL in 35 patients and postprandial blood glucose level was about >210mg/dL in 43 patients. These patients also found to have polymicrobial growth of microbial pathogens which were resistant to most of the antibiotics.

Table 1: Distribution of bacterial isolates among the clinical samples (N=100)

Sr. No.	Name of Organisms	N (%)
1	<i>Staphylococcus aureus</i> (MR)	35
2	<i>Enterococcus Spp.</i>	12
3	<i>Staphylococcus</i> (Coagulase negative)	8
4	<i>Streptococcus Spp.</i>	3
5	<i>Pseudomonas aeruginosa</i>	20
6	<i>Escherichia coli</i>	10
7	<i>Klebsiellapneumonia</i>	12

- MR- Methicillin resistant

Table 2: Percentage distribution of organisms among the clinical isolates

Sr. No.	Name of Organisms	DM Wound	Non-DM Wound
1	<i>Staphylococcus aureus</i> (MR)	20	15
2	<i>Enterococcus Spp.</i>	5	7
3	<i>Staphylococcus</i> (Coagulase negative)	4	4
4	<i>Streptococcus Spp.</i>	1	2
5	<i>Pseudomonas aeruginosa</i>	12	8
6	<i>Escherichia coli</i>	7	3
7	<i>Klebsiellapneumonia</i>	6	6

Table 3: In-vitro susceptibility pattern of Gram-positive organisms (N= 45) to various antimicrobials (%)

Sr. No.	Name of Organisms	AZIT	CD	CIP	COT	ERY	LZ	P	VAN
1	<i>Staphylococcus aureus</i> (MR)	46	58	54	48	82	100	2	100
2	<i>Enterococcus Spp.</i>	25	72	84	72	31	100	10	100
3	<i>Staphylococcus</i> (Coagulase negative)	22	73	80	74	27	100	0	100
4	<i>Streptococcus Spp.</i>	50	27	66	46	62	100	4	100

P – Penicillin; ERY- erythromycin; CIP- ciprofloxacin; COT- cotrimoxazole; AZIT-azithromycin, clindamycin, VAN- vancomycin, LZ-linolid.

Table 4: In-vitro susceptibility pattern of Gram-negative organisms (N= 55) to various antimicrobials (%)

Sr. No.	Name of Organisms	AK	AMC	ATM	CES	CIP	COT	CTX	IPM
1	<i>Pseudomonas aeruginosa</i>	64	10	88	87	52	57	24	100
2	<i>Escherichia coli</i>	83	51	61	98	81	84	52	100
3	<i>Klebsiellapneumoniae</i>	84	40	72	62	73	64	42	100

AK-amikacin; CTX- cefotaxime; CIP- ciprofloxacin; COT- cotrimoxazole; AMC-amoxicillin/clavulanic acid, IPM- imipenem, ATM- aztreonam, CES- cefoperazone.

4. Discussion

In our study, diabetics mostly in the aged category were more prone and susceptible for the diabetic foot infections. This was found to be in similar with the study from Bangladesh which too reports most of their patients being in the older category (Karmakar M. *et al* 2016) The mean age of the patients was 52 years which was similar to the 55-mean age of the subjects reported from the Bangladesh study. Isolation of only aerobic pathogens were found in both the diabetic and non-diabetic categories which included gram positive and gram-negative organisms owing to the aerobic incubation conditions followed in the laboratory whereas other studies

showed isolation of anaerobic pathogens also in the diabetic foot infections. Among the isolated pathogens *Staphylococcus aureus* was the commonest gram-positive bacteria and, in the gram, negative category *Pseudomonas aeruginosa* was the frequently isolated microbial pathogen in the diabetic foot ulcer patients as well as in non-diabetic patient. These findings were similar to the many other Indian and international studies carried out among the diabetic foot infections (Ramakant P. *et al* 2011 and Almobarak AO. *et al* 2017) Diabetic foot infections are considered to be polymicrobial in nature. This polymicrobial infection rate was comparable to the other studies where polymicrobial isolation of

pathogens were more when compared to the monomicrobial organisms (Ogba OM. *et al* 2019 and Anyim O. *et al* 2019). Also, preponderance of the organisms isolated is gram positive followed by gram negative and anaerobic pathogens (Lipsky BA. *et al* 2012). The polymicrobial nature of the diabetic foot infections reveals indirect relationship between the occurrence of bacterial infections and increased duration of the diabetic foot ulcer which results in many complications. Effective antimicrobial usage is prerequisite in the control and care of the diabetic foot infections. Antibiotics susceptibility pattern of the commonly isolated organisms are low and none of the isolates prove 100% efficient in treating the infections. Also, like other reported studies there is presence of multiple antibiotic resistances in the isolated microorganisms (Keteel R. *et al* 2018 and Belefquih B. *et al* 2016). This low susceptibility for antimicrobial agents' attributes for the extensive usage of the available treatment options without the judicious thinking. Though, *Pseudomonas* species show the highest rate of isolation among diabetic as well as non-diabetic like other studies, we also recommend adequate

Like other reported studies, our findings state presence of antibiotic resistant organisms like methicillin resistance and ESBL producers more common among the diabetic people on comparing with non-diabetic patients (Braun LR. *et al* 2014).

Care like avoiding moisture frequent wound dressings etc. to eradicate this pathogen (Shanmugam P. *et al* 2013). Also, overall incidence of *Staphylococcus* spp. is considered to be more as stated in other similar studies among diabetic as well as among non-diabetic patients (Chhibber S. *et al* 2013). Our findings are comparable to a recent study done suggesting more chronic and complicated diabetic foot infections are by gram negative pathogen predominantly (Turhan V. *et al* 2013).

5. Conclusion

It is concluded through our study that polymicrobial infections are more prevalent among diabetic patients when compared to non-diabetic group of patients. Hence, early diagnosis of diabetic wound infections with proper therapy and care is essential in order to avoid complications and deep seeded systemic infections among diabetic patients.

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अनुसूचित जाति के छात्रों के घर की प्रकृति का अध्ययन

एस. जि. साळवे

भारतीय सामाजिक विज्ञान अनुसंधान परिषद नई दिल्ली

सारांश

प्रस्तुत अनुसंधान कार्य में अनुसूचित जाति के छात्रों के घर की प्रकृति के अंतर्गत खुद का घर, घर में कमरो की संख्या, इंडोर सीटिंग प्रणाली, घर की छत, दिवार का प्रकार, पीने का साफ पाणी, मलजल प्रणाली, शौचालय की व्यवस्था, के अंदर रोशन प्रणाली, स्वाना पकाने के लिए ईंधन का उपयोग आदी कारको का अध्ययन किया गया है।

प्रस्तावना

सामान्य तोर पर अनुसूचित जाति के अधिकांश लोग भूमिहीन स्वेतिपर मजदुर और श्रमिक है। उनका जीवन स्तर बहुत खराब है। गरीबी और अज्ञानता उनकी विशेषता है। बहुतांश लोग साधारण तरिके से बने घर में रहते है। अनुसूचित जाति के अधिकांश लोगों को अपने दैनिक निर्वाह के लिए दिन में कई घंटों तक काम करना पडता है। नतीजन उनके घर की प्रकृति बहुत जीर्ण - शीर्ण दिखाई देती है।

अनुसंधान का उद्देश्य

१) अनुसूचित जाति के छात्रों के घर की प्रकृति का अध्ययन करना।

अनुसंधान परिकल्पना

१) अनुसूचित जाति के छात्रों के घर की प्रकृति की गुणकता निम्ने रूप की है।

अनुसंधान पध्दति

प्रस्तुत अनुसंधान कार्य वर्तमान काल से संबंधित हे। इसलिए वर्तमान अनुसंधान पूर्ति के लिए सर्वेक्षण पध्दति का उपयोग किया गया है। तथ्य संकलन हेतू क्षेत्रीय स्रोत की तथ्य संकलन की प्रश्नावली इस प्रविधि का उपयोग किया गया है।

अनुसंधान की सीमाएं/ दायरा

अनुसूचित जाति के स्नातकोत्तर और विद्यावाचस्पती के छात्रों के घर के प्रकृति के अध्ययन तक ही प्रस्तुत अनुसंधान का दायरा सिमित है।

निदर्शन का चुनाव

अनुसूचित जाति के स्नातकोत्तर और विद्यावाचस्पती के १० छात्रों का साद्देश्य नमुना चयन विधी का उपयोग करके निदर्शन का चयन किया गया है।

विश्लेषण

तालिका - १ लडको और लडकियों की संख्या

अ. क्र	लिंग	संख्या	प्रतिशत
१	लडकियों	०१	१०
२	लडके	०९	९०
३	कुल	१०	१००

स्रोत - फिल्ड वर्क
तालिका -२ छात्रों की शिक्षा स्तर

अ. क्र	प्रकृति	छात्र	प्रतिशत
१	स्नातकोत्तर	०५	५०
२	विद्यावाचस्पती	०५	५०
३	कुल	१०	१००

स्रोत - फिल्ड वर्क
तालिका -३ अनुसूचित जाति के छात्रों के घर की प्रकृति

अ. क्र	प्रकृति	विकल्प	कुल	प्रतिशत
१	सुद का घर	हाँ	०८	८०
		नहीं	०२	२०
२	घर में कमरों की संख्या	दो कमरे	०७	७०
		तीन कमरे	०१	१०
		चार कमरे	०२	२०
३	इंडोर सीटींग प्रणाली	सिमेंट	०३	३०
		मिटटी	०२	२०
४	घर की छत	फर्श	०५	५०
		लोहे की चादर	०७	७०
		सिमेंट की चादर	०३	३०
५	घर की दीवारे	ठोस ईटों की	१०	१००
		लकड़ी के तख्त	००	००
		पत्र	००	००
		मिटटी	००	००

स्रोत - फिल्ड वर्क
तालिका -४ अनुसूचित जाति के छात्रों के घर की प्रकृति

अ. क्र	प्रकृति	विकल्प	कुल	प्रतिशत
१	पीने का साफ पाणी	पाईपलाइन	०७	७०
		जार	०३	३०
२	मलजल प्रणाली	हाँ	०५	५०
		नहीं	०५	५०
३	शौचालय की व्यवस्था	हाँ	०९	९०
		नहीं	०१	१०
४	घर के अंदर रोशनी की व्यवस्था	बिजली	-	-
		सौर ऊर्जा	१०	१००
		मिटटी का तेल	००	००
५	स्नाना पकाने के लिए इंधन	गैस	०६	६०
		लकड़ी और गैस	०४	४०

स्रोत - फिल्ड वर्क

निष्कर्ष

१. कुल उत्तरदाताओं में से २० उत्तरदाताओं के पास खुद का घर नहीं है।
२. कुल उत्तरदाताओं में से २० उत्तरदाताओं को घर में बैठने के लिए मिट्टी की जगह का उपयोग करना पड़ता है।
३. कुल उत्तरदाताओं में से १०० उत्तरदाताओं के घर के दिवारे ठोस ईटों की बनी हुई दिखाई देती है।

४. कुल उत्तरदाताओं में से ५० उत्तरदाताओं को मलजल प्रणाली की समस्या दिखाई देती है।
५. कुल उत्तरदाताओं में से १० उत्तरदाताओं शौचालय प्रणाली की समस्या दिखाई देती है।
६. कुल उत्तरदाताओं में से ४० उत्तरदाताओं के घर पर खाना पकाने के लिए लकड़ी और गैस का उपयोग किया जाता है।

संदर्भसूची

१. सरवदे आशोक शिवाजी , “बीड जिल्ह्यातील अनुसूचित जातीचे आर्थिक व सामाजिक अध्ययन” विद्यावचस्पती प्रबंध -डॉ.बाबासाहेब आंबेडकर मराठवाडा विद्यापीठ औरंगाबाद (महाराष्ट्र), २०१३.
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STUDIES IN SOLUTION GROWTH OF Γ -GLYCINE DOPED WITH MIXED SULPHATE AND NLO PROPERTIES

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ABSTRACT

Non-linear semi-organic crystals of glycine (GPS) doped with sulphates of sodium and potassium was developed by slow evaporation process at room temperature from aqueous acidic medium i.e. pH = 5.0 after 25-28 days. The glycine, sodium sulphate and potassium sulphate were mixed in molar ratio of (3.0: 0.5: 0.5) to obtain GPS crystals with about dimensions of (10mm x 4mm x 3mm) and non centro-symmetric elongated crystals in orthorhombic shape. The lattice lengths were $a= 11.9780$ A.U, $b= 8.6189$ A.U and $c= 7.6599$ A.U with unit cell volume of 790.79 A.U. The intense peak at 25.43° in XRD spectrum suggested the crystal associated with (220) plane. EDAX and CHNS investigations were performed to identify the elements present in the grown GPS crystal. Identification of functional groups and other frequencies for GPS crystal was approved by the PMR, CMR, FTIR and Raman spectral scans. Other useful studies such as Second Harmonic Generation efficiency, I-V characteristics, dielectric constant, dielectric loss and Positive photoconductivity had given significant results.

Introduction

Glycine¹, non essential and simple amino acid, reported to be in six polymorphic forms ($-\alpha$, $-\beta$, $-\gamma$, $-\delta$, $-\varepsilon$, $-\beta'$ Glycine)²⁻⁴, had been extensively exploited for the NLO researches. Gamma glycine easily crystallizes with non-centrosymmetric space lattice group $P3_1$ or $P3_2$ ^{5,6}, making γ -Glycine suitable material for piezoelectric and NLO effects. Researchers had amalgamated γ -Glycine with various inorganic salts and inorganic acids to enhance the physical and mechanical properties of γ -Glycine. Glycine with inorganic salts and acids evolved as a new series of crystalline materials exhibiting excellent non linear optical properties as well as enhanced mechanical and thermal properties. Gamma glycine doped with nitrate⁷⁻⁹, sulphate¹⁰⁻¹², metal halides¹³⁻¹⁵, phthalate¹⁶, hydrochloric acid¹⁷, hydrobromic acid¹⁸, hydrofluoric acid^{19,20}, potassium carbonate²¹, ammonium chloride^{22,23}, phosphate²⁴ etc. had been studied in the literature. It was worthwhile to do research on γ -glycine doped with inorganic materials as plethora of references was in literature for the reference to us.

In the past, we had successfully worked on growth of semi-organic crystal of alpha glycine and inorganic nitrates²⁵⁻²⁸ and sulphate²⁹ with appreciable outcomes for optoelectronic

properties. In recent literature survey, alpha glycine with lithium sulphate³⁰, cadmium sulphate³¹, zinc sulphate³² etc. crystals were reported to possess NLO characteristics. Here, we had attempted to grow crystals of gamma glycine mixed with mixed sulphates of group I metals i.e. sodium and potassium metal by conventional methods namely slow evaporation technique from feeble acidic aqueous solution. So, gamma glycine doped with mixed sulphate (GPS) will also grow in same pattern and will possess improved opto- and photonic properties. Well grown crystal (GPS) was subjected to identification, characterization and application studies.

Experimental

AR grade Glycine, potassium sulfate and sodium sulfate in the mole ratio 3.0:0.5:0.5 was made soluble in 250 mL of doubly distilled water and solution was maintained at pH = 5 in a 500 mL beaker. The mixture was stirred using mechanical stirrer for 4-5 hours to ensure maximum solubility in the water and making solution homogeneous. The homogeneous solution was filtered using Whatmann filter paper to remove any undissolved material and clear filtrate was obtained. The filtrate was collected in a beaker and then beaker was covered with perforated paper to assist in the slow evaporation of filtrate. The resulting

solution was left on nearly vibration less table at room temperature for slow evaporation of water. After 25-28 days, distinguished transparent GPS crystals of dimension 10 x 4 x

3 mm³ as depicted in figure 1 was seen. Saturated solution was prepared as per the solubility curve (figure 2) obtained for the GPS materials for the mentioned mole ratio.



Figure 1 The grown GPS crystal

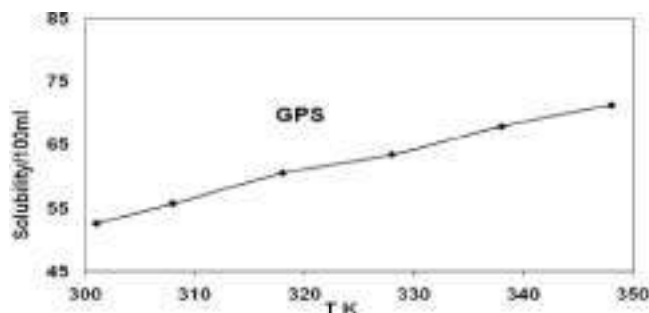


Figure 2 Solubility curve of GPS crystal

Results and discussion

X-ray powder diffraction

X-ray powder diffraction data were recorded on JEOL JDX – 8030 Series. The data tabulated in table 1 were in agreement with

orthorhombic crystalline structure. The 2θ value arranged for 10° - 80° with 2° per minute is as recorded in figure 3. Density of GPS crystal was 1.160 gm/cc determined from floatation process.

Table 1: XRD Structure of GPS Crystal

Symmetry	Lattice Parameter (A.U)			Vol. (A.U ³)
	a	b	c	
Orthorhombic				
Sample : GPS	11.9780	8.6189	7.6599	790.79

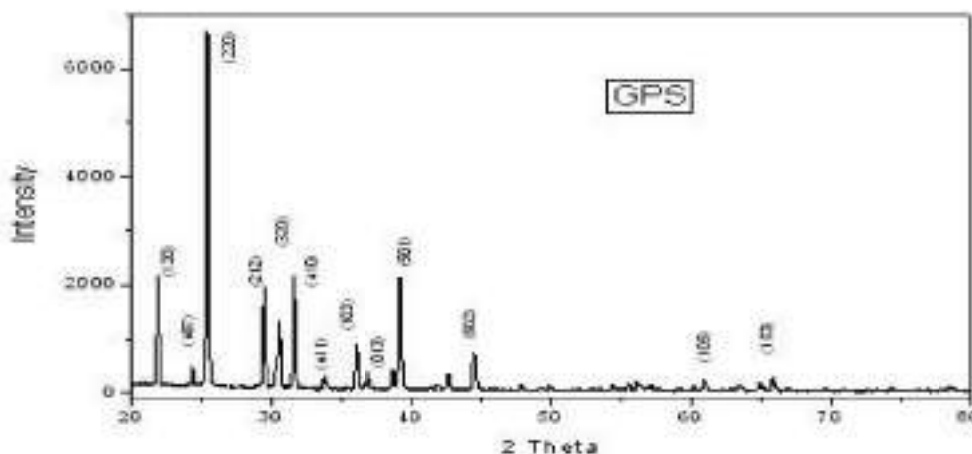


Figure 3 XRD Profile of GPS Crystal

FT-IR and RAMAN spectral studies

FTIR was recorded using KBr disc method. The IR spectrum (figure 4) was characteristic of amino acids in the region of 2800 cm⁻¹ to

3400 cm⁻¹ and 2172 cm⁻¹ to 2227.9 cm⁻¹. The strong NH₃⁺ deformation occurs at 1505 cm⁻¹ to 1664 cm⁻¹.

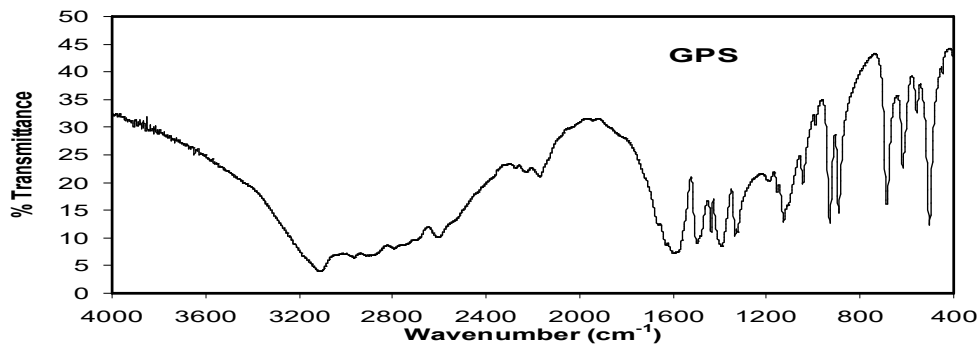


Figure 4 FTIR spectrum of the crystal GPS

In Raman scattering (figure 5), the region 892.1 cm^{-1} to 1048.6 cm^{-1} is assigned to CCN symmetric stretching frequency. The observed spread of 2945.39 cm^{-1} to 3038.11 cm^{-1} in spectra is attributed to the combination band

for GPS crystal. In comparison, IR spectrum is weak for C-H stretching peaks as compared to Raman spectrum. However, a background radiation is noted in the Raman spectrum.

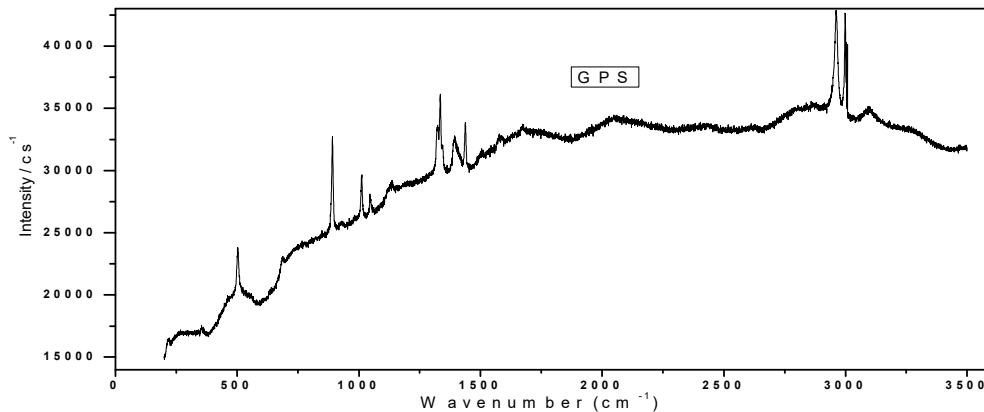


Figure 5 RAMAN spectrum of the crystal GPS

UV-VIS-NIR spectral studies

Varian Cary 5E UV spectrophotometer was used to scan the absorption behavior of GPS crystal in UV to NIR region. The spectra obtained (figure 6) proved the transparency of crystal for the visible region^{33,34}. With lower cut off wavelength at $\lambda_{\text{max}} = 204 \text{ nm}$, the GPS

crystals become compatible for the SHG investigations. Calculated band energy gap from cut off wavelength was 6.093 eV . The transparency window for GPS crystal was found to be from $210 - 800 \text{ nm}$ which is supposed to be good for optical studies.

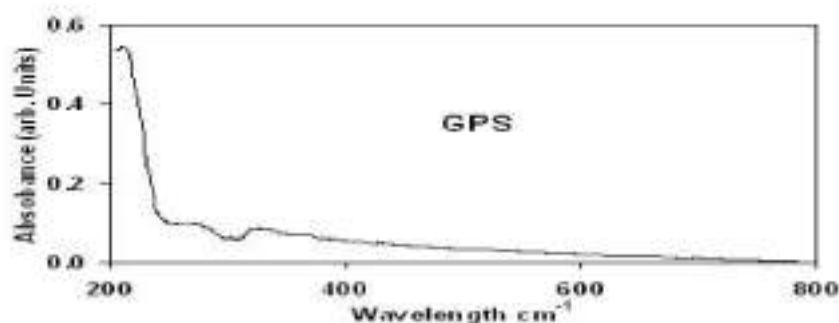


Figure 6 Ultraviolet spectrum of GPS

NLO property of GPS crystals was investigated by Kurtz powder second harmonic generation (SHG) method^{35,36}. The powdered crystals were filled in micro-capillary and illuminated with Q-switched Nd: YAG laser beam tuned at a first harmonic output of wavelength 1064 nm with pulse width of 8 ns and repetition rate of 10 Hz. The randomly orientated crystals produced bright emission conforming of SHG signal when potassium dihydrogen phosphate (KDP) was used reference material. With input beam energy of 2.69 mJ / pulse,

SHG signal of 90 mV was recorded against the KDP crystal of 185 mV for the same input. GPS crystal is less efficient than the standard used.

Characterization

Simultaneous elemental and EDAX analysis were performed and outcome is as per the figure 7 for CHNS analysis. The presence of Oxygen and other elements can be estimated from EDAX (figure 8, Table 2 and Table 3).

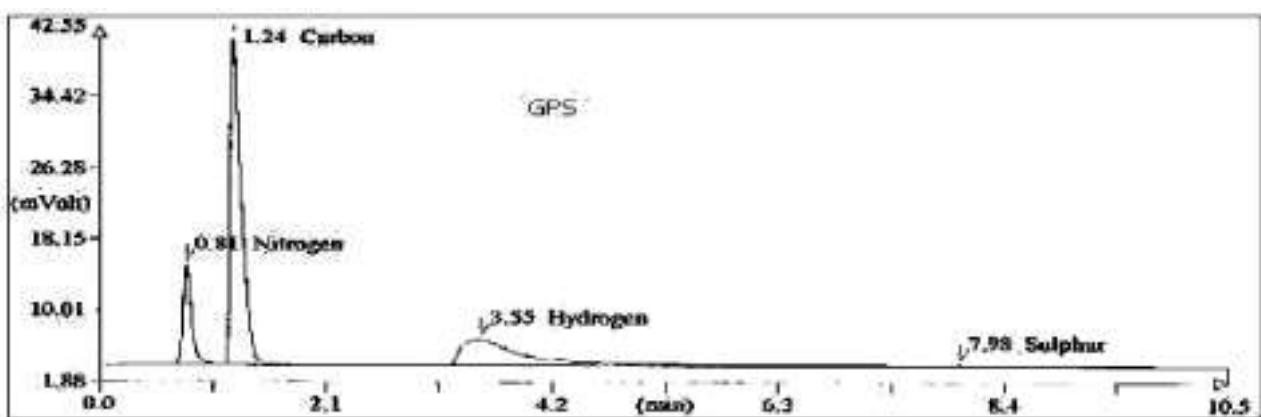


Figure 7 CHNS analysis of GPS

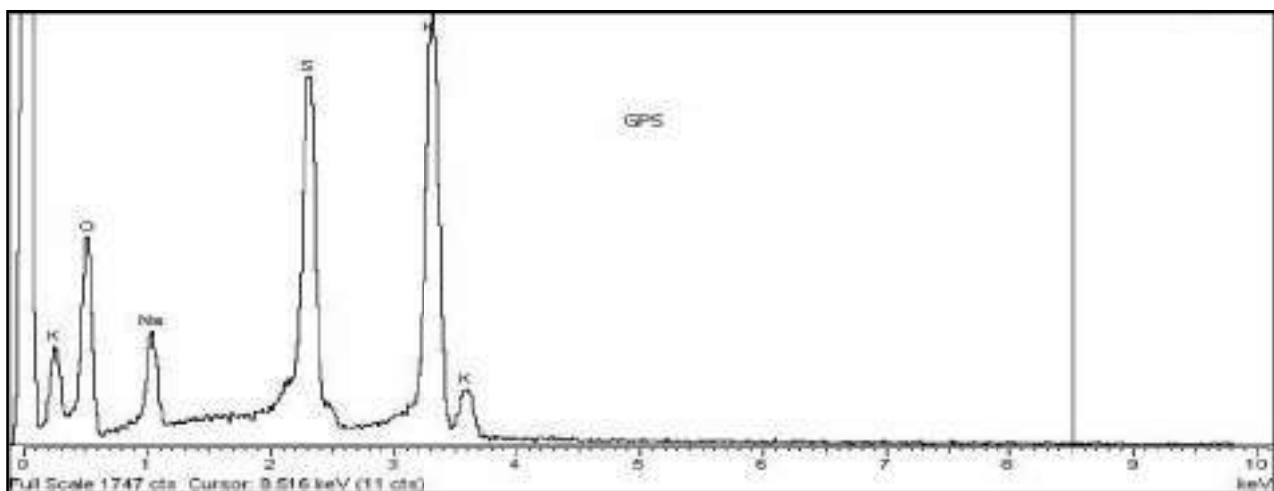


Figure 8 EDAX analysis of GPS

PeakNo.	Retentiontime	Element %	Componentname
1	0.81	10.83	Nitrogen
2	1.24	19.46	Carbon
3	3.55	3.92	Hydrogen
4	7.98	0.07	Sulfur
	Total	34.28	

Table 2

Element	Weight %	Atomic %
O K	49.04	66.89
Na K	6.79	6.45
S K	16.48	11.22
K K	27.68	15.45
Total	100.00	

Table 3

Though the later methods are not as accurate as the CHNS analysis but they are effective. The GPS crystal was also scanned for ^{13}C and ^1H NMR using D_2O as solvent. ^{13}C NMR suggested the presence of carboxylate ion (COO^-) and methylene group ($-\text{CH}_2-$) in GPS

crystal by the peak at 172.51 ppm and 41.42 ppm respectively in figure 9. Further, amino ($-\text{NH}_2$) and methylene ($-\text{CH}_2-$) groups were ascertained by peaks present at 4.68 ppm and 3.47 ppm respectively in ^1H NMR (figure 10).

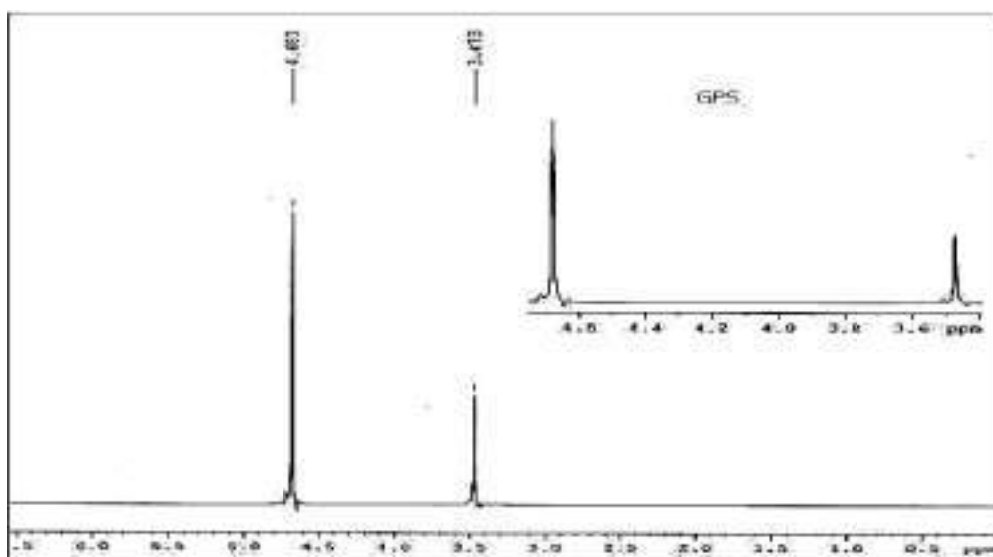
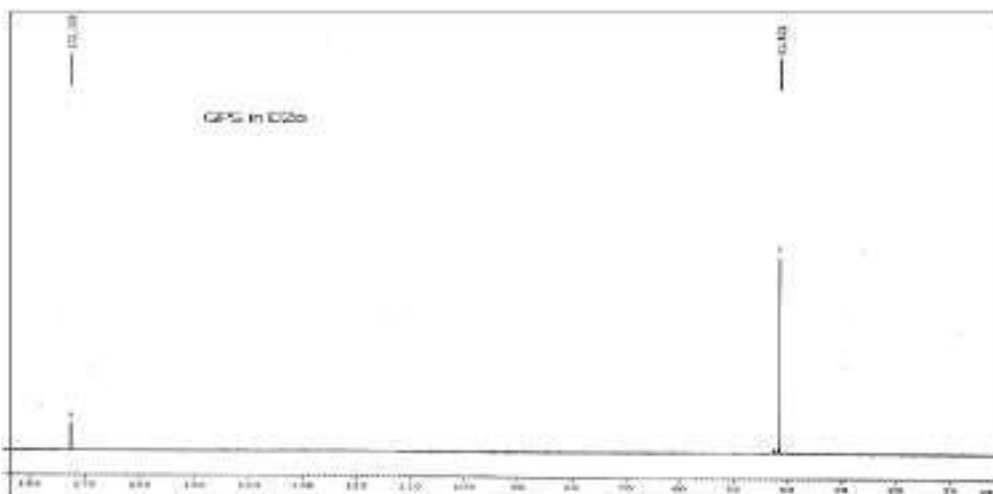
**Figure 9** ^{13}C Analysis of GPS

Figure 10^H Analysis of GPS

Photoconductivity studies

Well grown GPS crystals were cleaned with acetone to remove any organic impurities or oily / grease nature present on the surface due to ambience. Moisture free surface of GPS crystal was polished with silver. Photoconductivity properties were studied by arranging the crystal, Keithley 485 picoammeter and DC source in series at room temperature. The crystal is isolated by covering with black cloth to eliminate any interference

from outside radiations. The dark current and photo current were measured by focusing with 100 W halogen lamp. The variation was recorded as per the figure 11. Linear increase in the current was observed with increase in voltage. From the figure 11, it was observed that dark current nearly equals the bright current. Hence there is increase in the charge carriers after illuminating the doped GPS crystal.

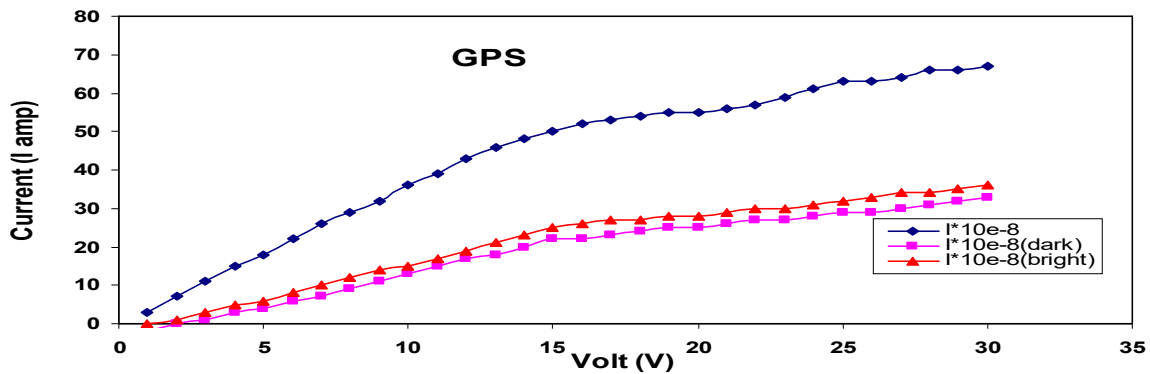


Figure 11I-V Characteristics of GPS

Dielectric Constant and dielectric loss

The basic electrical property like dielectric constant and dielectric losses are measures of electrical response to the applied frequency and provide useful information about extent of electrical fields within the solid crystals. These properties decide the applications of solid materials. Figure 12 is the record of dielectric constant with applied frequency for GPS crystal and expressed that maximum value for

dielectric constant is at lower frequency. As the frequency was increased the value for dielectric constant decreased and became almost constant at log2.5. The maximum value of dielectric constant at lower frequency may be due to presence of space charge, electronic or ionic polarization within the GPS crystal. Decrease in dielectric constant with applied frequency may be due to loss in polarization at high frequency.

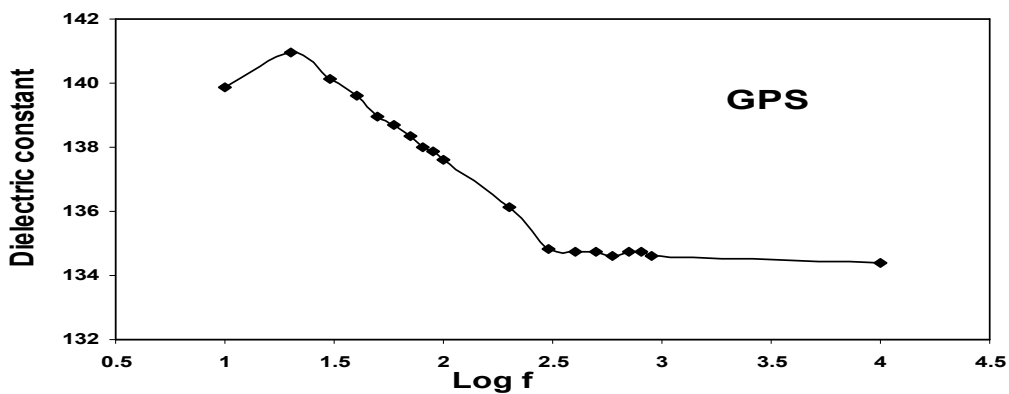


Figure 12 Dielectric Constant against frequency

Figure 13 depicts the dielectric loss of GPS crystal with $\log f$. Lower values of dielectric loss at higher frequencies pointed out the sufficient grade of optical quality for GPS crystal to be used as NLO materials. Low loss

of dielectricity may be assumed as all polarization mechanism is not active or functional at high frequencies hence it can be mentioned that GPS crystal has less electrical defects.

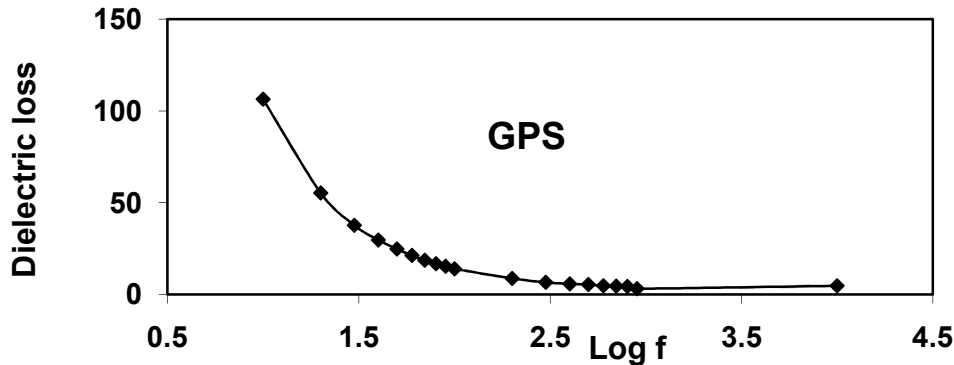


Figure 13 dielectric losses against frequency

Conclusion

Present research was made to see any improvement in the NLO characteristics or properties in gamma glycine doped with sulphates by varying the combination ratios as compared to other reported in literature. Grown crystal was of orthorhombic shape with significant unit cell volume. The GPS material was characterized and tested its ability towards the optical properties. Unexpectedly, the doped GPS crystal was found less efficient i.e. 0.486 times for SHG signal generation as compared

to standard KDP crystal. Still, we believe that efficiency for second order SHG signal can be improved by increasing the combination ratio of sulphates while growing the crystal. Findings of other properties such as photoconductivity, dielectric constant and dielectric loss predicted that doped GPS crystal can be used as NLO material. However, there are many other properties for which the GPS crystal must be probed for and which will ensure its application in the opto-electronic devices as NLO material.

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**"A STUDY OF THE PATTERN OF CASTEWISE PARTY
REPRESENTATION IN VIDHAN SABHA ELECTIONS IN
VIDARBHA - 2009-2019"**

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PATTERN OF CASTEWISE PARTY REPRESENTATION IN VIDHAN SABHA
ELECTIONS IN VIDARBHA - 2009-2019-- Palarch's Journal Of Archaeology Of
Egypt/Egyptology 18(4). ISSN 1567-214x**

Keywords: Representation, Caste-Category, Political Parties, Social democracy,

ABSTRACT

Caste is an undeniable reality in Indian Social-Political Life. Various factors such as political process, voting, candidature, composition of council of Ministers are compulsorily and irrevocably affected by caste. Castewise reservation was given in post-independence era for the transformation of political democracy into social democracy.

All political parties claim to be all inclusive. They try to get support of all castes and religions in order to get elected and to continue the acquired power. The present paper has tried to shed light on social representation of various political parties in last three Vidhan Sabha Elections in Vidarbha Region of Maharashtra State in India. It also tries to understand social mass basis of political parties and different communities' priority of political parties.

Need of study: The social mass base of political parties need to be strong in order to win elections and preserve the acquired power in Indian democracy. During last nine Vidhan Sabha elections in Maharashtra from 1990 to 2019, no single political party has got majority. As such political parties have been forced to make alliances to form government. Whether somebody wishes to do so or not, following the obligation of alliance-government has become political need in Maharashtra. The public voted for change of power in the 1995, 1999, 2014 and 2019 elections. The changing social mass base and representation of political parties is responsible to a large extent for these frequent changes in power. Thus study is necessary to understand this phenomenon.

Significance of Study: The success and failure and strength in elections of political parties in

democracy depends on what social group they represent. In democracy representation of various social groups should reflect through political power. Hence study of social representation of political parties is important.

Objectives: Following are the objectives of this research paper.

- (1) To find out exactly which social group do the political parties represent.
- (2) To understand which social group choose which political parties for representation.
- (3) To inspect which social group gets how much representation or not.

Research Question:

- (1) The question whether political parties represent all social groups as per their claim is important in any democratic society?
- (2) Whether all social groups get appropriate and legitimate opportunity of representation in Vidhan Sabha in Vidarbha?

Scope and Limitations:

The study in this research paper is confined to the 186 MLA's elected from Vidarbha in Vidhan Sabha Elections of 2009, 2014 and 2019.

Research Method:

The information gathered during surveys made in 2009, 2014 and 2019 election of Vidhan Sabha in Vidarbha has been used in these study. Newspaper filings and statistics of Election results published by Election Commission have also been used.

Hypothesis:

- (1) As general category is mostly represented by the two national political parties BJP and Congress, these two parties have maximum support of general category.
- (2) Though BJP has got support of other castes and categories, it is mostly a party of upper caste people.
- (3) OBC category is mostly represented by BJP.
- (4) As most OBC MLA's are getting elected from general category even without reservation, their political empowerment is happenings.
- (5) BJP is the most powerful party which represents SC's one-sided.
- (6) BJP has got maximum support from SC's by using the experiment of social engineering.
- (7) Though BJP is the biggest party in ST category, but Congress is still in the race.
- (8) Among the ST's Congress has retained its mass base to a large extent.
- (9) BJP has forcibly entered into the traditional Congress mass basis by using social engineering.
- (10) The State Level party have not got much success in increasing their social mass base.
- (11) There is one dominant caste in every category such as Brahmin in general, Kunbi in OBC, Mahar in SC and Gond in ST and because of this other social communities do not get proper representation and share in power.

Introduction:

There is an immense variety in Indian democracy various social groups and political parties give preferences to each other and some social groups avoid supporting certain parties. As a result the society recognizes certain parties as being parties of certain social groups. The political future of a party depends on its categorywise social representation and the success it gets in this. The pattern of caste-categorywise representation of political parties in Vidhan Sabha Elections of 2009, 2014 and 2019 is displayed in Table No.1 as follows -

TABLE NO 1
TABLE SHOWING NO.OF MLAs CATEGORYWISE OF DIFFERENT
POLITICAL PARTIES IN LEGISLATIVE ASSEMBLY ELECTIONS FROM
2009 TO 2019 IN VIDARBHA

Sr. No.	CASTE (Category)	BJP	SHIV SENA	CONG.	N.C.P	IND.	OTHER	TOTAL
1	OPEN	24 (12-90)	03 (1.61)	13 (6.98)	02 (1.07)	01 (1.04)	0.00	43 (23.11)
2	OBC	41 (22.04)	08 (4.30)	21 (11.29)	07 (3.76)	09 (4.83)	03 (1.61)	89 (47.48)
3	S.C.	17 (09.13)	05 (2.68)	05 (2.68)	01 (0.53)	02 (1.07)	0.00	30 (16-12)
4	S.T.	11 (11.29)	00	07 (3.86)	01 (0.53)	01 (0.53)	03 (1.61)	21 (11-29)
5	Unknown	0	0	3 (1.61)	0	0	0	3 (1.61)
6	TOTAL	93 (50.00)	16 (8.60)	49 (26.34)	11 (11.91)	13 (6.98)	04 (2.91)	186 (100.00)

Source - (1) DATA collected through survey

(2) Election Commission Report % on the basis of total MLAs of Vidarbha 186.

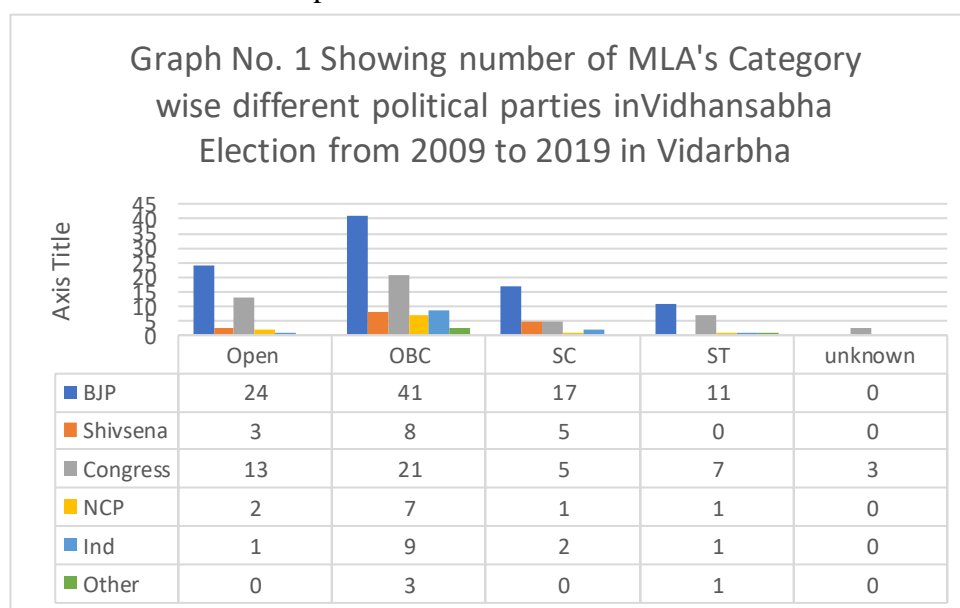


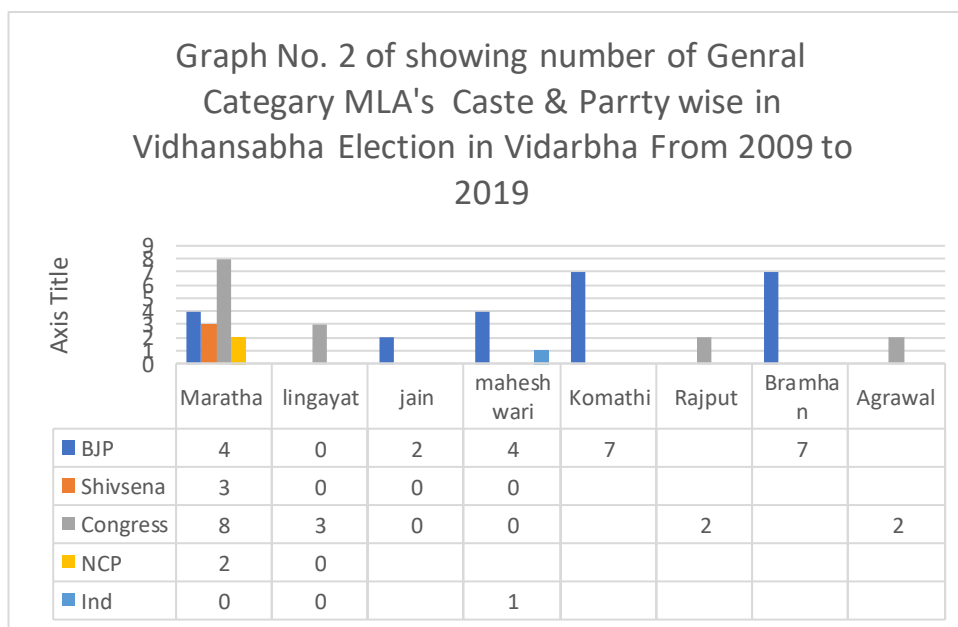
TABLE NO. 2

**TABLE SHOWING NO.OF GENERAL CATEGORY ELECTED MLAs
CAST WISE AND PARTIWISE IN LEGISLATIVE ASSEMBLY
ELECTIONS FROM 2009 TO 2019 IN VIDARBHA**

Sr. No.	CASTE Category	BJP	SHIV SENA	CONG.	N.C.P	IND.	TOTAL
1	MARATHA	04 (2.15)	03 (1.61)	08 (4.30)	02 (1.07)	00	15 (8.8)
2	LINGAYAT	00	00	03 (1.61)	00	00	3 (1.61)
3	JAIN	02 (1.07)	00	00	00	00	2 (1.07)
4	MAHESHWARI	04 (2.15)	00	00	00	01 (0.53)	5 (2.68)
5	KOMATHI	07 (3.86)	00	00	00	00	7 (3.86)
6	BRAHMIN	07 (3.86)	00	00	00	00	6 (3.86)
7	RAJPUT	00	00	02 (1.07)	00	00	2 (1.07)
8	AGRAWAL	00	00	02 (1.07)	00	00	2 (1.07)
9	GRAND TOTAL	24 (12.90)	03 (1.61)	15 (6.98)	02 (1.07)	01 (0.53)	43 (23.11)

Source - (1) DATA collected through survey

(3) Election Commission Report , % on the basis of total MLAs of Vidarbha 186.



Out of the total 186 MLA's in last three Vidhan Sabha Elections of 2009, 2014, 2019 and BJP 93 (50.00), Congress 49 (26.34), Shivsena 16 (8.07), Independent 13 (6.98), NCP 11 (7.91) and other 4 (2.51), candidates got elected.

On the basis of this data it is clear that BJP is number 1 and Congress No.2 party in Vidarbha. Thus the competition in Vidarbha is mainly between the two national parties, BJP and Congress. Shivsena is at third place, NCP at 5th place, Independents at 4th place and other parties are at 6th place.

Out of 186 elected MLAs in Vidarbha 43 (23.11) MLA's of general category got elected, out of 43 general category MLA's, the highest 24 (12.90) got elected from BJP after that Congress 13 (6.58), Shivsena 3(1.61), NCP 2 (1.07) Independents 1 (1.04), MLA's got elected. From this data following things become clear -

- (1) In last 3 Vidhan Sabha Elections in Vidarbha, voters in general category have given first preference to BJP (12.90%)
- (2) The second preference of general category voters has gone to Congress (6.98%)
- (3) The national parties like BJP and Congress have got most success in general category in Vidhan Sabha Elections in Vidarbha. Out of 43 general category MLAs, 19.89% MLA's of these two parties got elected.
- (4) The State level parties like Shivsena and NCP have collectively got only 5 seats in general category. Their performance is not very good. It proves that state level parties are not preferred by voters in general category.
- (5) The miserable conditions of Republican Party, BSP and Left parties can be seen from the fact that they don't got even a single seat.

In general category, BJP gets the highest chances because of the issue of Hindutva. As top leaders of BJP and Congress are from general or OBC categories. Naturally the support of general category voters goes to these two parties. That is why these two national parties have got success in general category seats. They also get benefit because Republican Party and BSP has not concentrated on these voters. Support and representation of various communities in general category castewise to political parties.

To understand social mass base of political parties, we need to analyse the caste-wise support to them.

Caste wise Representation and support base of Political Parties in General Category -

(1) Maratha -

Though 23.11% MLAs from general category have been elected from general category seats, most of them are from Maratha-Brahmin communities. In last three Vidhan Sabha Elections, out of general category 43 MLAs, 15 (8.08) are from Maratha Community. The Maratha Community uhas got 34.88% representation on general category seats. Out of 15 Maratha MLAs highest 8 are from Congress, 4 from BJP , 3 from Shivsena and 2 from NCP. Thus shows that Congress and Maratha community have given performance to each other in these elections. With respect to Maratha MLA's BJP is 2nd, Shivsena 3rd and NCP 4th number party in representation.

(2) Brahmin -

From general category after Maratha community, Brahmin and Komti MLAs are highest in number. This success in election is achieved by the candidates of those communities. Whose voters are less in number but who get support from other

communities also. Out of 43 general category MLA's, 7 MLA's from Brahmin community are elected. They have got 16.27% representation in general category. All 7 MLAs are from BJP. Thus it is clear that Brahmins and BJP are each other's alternatives. The leadership of Devendra Phadanavis and Nintin Gadkari is benefiting BJP.

(3) **Komti** -

Komti and Brahmin castes are at 2nd spot collectively in general category MLAs. Komti is a traders community spread in Chandrapur, Yavatmal districts. The former Ministers like Sudhir Mungantiwar and Madan Yerawar are BJP leaders of Komti caste. This caste is considered as economically advanced. Out of 43 general category MLAs, all 7 MLAs have been elected from BJP in Chandrapur and Yavatmal District. The trader communities are traditionally regarded as BJP supporters. Komti caste has got important place in MLAs as well as Council of Ministers. Along with Brahmins, Komti Caste is at 2nd Number in number of MLAs in general category.

(4) **Maheshwari** -

The Maheshwari Caste has got third number representation among MLA's from general category. Out of 43 general category, MLAs, 5 are from this caste. After Komti, Maheshwari Caste is a trader community which is close to BJP. Out of these 5 MLAs, 4 are from BJP and 1 was independent. It shows their closeness with BJP.

(5) **Lingayat** -

Out of 43 general category MLAs, 3 are from Lingayat Caste. These 3 MLAs have got elected from Congress in Yavatmal, Buldhana District. Other parties have not shown interest in giving candidature to Lingayat. Its benefits has gone to Congress. This caste is mainly present in Yavatmal, Amravati and Akola District and is spread in Nagpur, Gadchiroli and Chandrapur District. Lingayat which is a Shudra Caste has got 1.61% representation among total 186 MLAs and 6.67% as compared to general category. But no Lingayat MLA was made a Minister.

(6) **Jain** -

Two MLAs of Jain religion have been elected from BJP from Buldhana District. After trader communities like Komti, Maheshwari, Jain also a trader caste has got MLAs elected from BJP. It shows the pattern of closeness between trader castes and BJP.

(7) **Rajput** -

Two MLAs of Rajput community have got elected from Buldhana and Amravati District on Congress's candidature. In Vidarbha the Kshatriya castes like Rajput and Maratha seem to be inclined towards Congress.

(8) **Agrawal** -

Two MLA's of this community have got elected from Gondia district on behalf of Congress. It shows that Agrawal Caste from the trader Community is inclined towards Congress but others are being represented mostly by BJP.

On the basis of above data and analysis, following facts and inferences are found -

- (1) In general category voters have given 1st and 2nd performance to National Parties such as BJP and Congress respectively, hence it can be inferred that the highest representation of general category is done by BJP and Congress.
- (2) The State Level Parties such as Shivsena and NCP are BJP and Congress' younger brothers so far as the representation of general category is concerned.

- (3) In general category the political parties and leaders other than BJP-Shivsena and Congress have an insignificant position.
- (4) Though BJP has got support of other communities but mainly it is a party of Shetji-Bhatji. (Upper caste).
- (5) This proves that farming castes such as Maratha and Lingayat are inclined towards Congress.
- (6) The non-Marathi trader castes such as Komti, Maheshwari and Jain are inclined towards BJP.

From above statistics and analysis, **Hypothesis No.1 As general category is mostly represented by BJP and Congress, these 2nd National Parties have maximum support of general category is proved. The Hypothesis No. 2 Though BJP has support of other castes, it is mostly a party of upper caste people** is also proved.

Partywise representation of OBC MLAs -

Out of total 186 elected MLA's in Vidhan Sabha Elections of 2005, 2014 and 2019 from Vidarbha, 89 (47.84) OBC MLA's have got elected. From East Vidarbha 51 and from West Vidarbha 28 OBC MLA's have been elected.

Out of total 89 elected OBC MLAs, BJP's 41, Congress 21, Independent 9, Shivsena's 8, NCP's 7 and other political parties 3 MLAs have been elected. BJP had started working in non-Brahmin communities through social engineering from the 1980 decade. Pandurang Fundkar and other OBC Leader represented the OBC category in BJP. BJP increased its acceptability among the OBC's through them. They are getting its benefit BJP has got most OBC MLA's elected in last 3 Vidhan Sabha Elections from Vidarbha. BJP has maintained its No.1 position in the OBC category.

The mass base of Congress among OBC's has gone on decreasing gradually after 1990. Still Congress has got 21 OBC MLA's, second only to BJP. It shows that there is a group among the OBC's and general category which supports Congress.

When a powerful leader is refused candidature by a political party then also people have elected such leader as MLA. At the 3rd number after BJP and Congress, 9 OBC candidates have got elected as MLAs, as independent contestants. Some important leaders among them are Ravi Rana and Bachhu Kadu.

As far as OBC MLA's are concerned Shivsena is at 4th place with 8 MLAs and NCP at 5th place with 7 MLAs. Other parties have got 3 OBC MLAs elected. They are at the 6th and the last place in OBC MLAs representation.

From above data and analysis following things come to light -

- (1) As BJP and Congress are at 1st and 2nd position in the beginning OBC MLAs elected. The National Party like BJP and Congress are big brothers of state level party like Shivsena and NCP in OBC representation.
- (2) Shivsena and NCP are inferior to BJP and Congress in representation of OBCs.
- (3) OBC category has the highest capacity to get elected as independent MLAs. It is because among 13 independents, 9 are OBC, 2 are SC's, 1 ST and 1 General category MLA.

Caste and party wise representation and share in power of OBC MLAs.

An analysis of caste-wise representation and share in power of particular caste is essential to understand whether that group is socially - politically empowered and whether it has got sufficient political representation or not.

In Vidhan Sabha Elections of 2009, 2014 and 2019 in Vidarbha, out of total 186 seats, 89 (47.48) OBC MLA's got elected on general category seats. Out of these 89 OBC MLAs, BJP contributed 41, Congress 21, Independent 9, Shivsena 8, NCP 7 and other parties 3 OBC MLAs. In last three Vidhadhan Sabha Elections 13 OBC castes got elected and represented from different political parties. We have to understand the caste and partywise representation of these OBC MLAs to understand their Social-Political hierarchy. OBC MLAs castewise representation is as follows -

1. **Kunbi** -

Out of 189 MLAs in Vidarbha, 89 were OBCs and 52 (27.41) of them were from Kunbi Caste. Out of 89 OBC (MLA), 53.30% are from this community. So Kunbi is the dominant caste among OBC.

Out of 51 Kunbi MLAs, 24 (47.05) were from BJP, 15 from Congress, 5 Independence, 3 Shivsena and others 1. From this, it is clear that BJP has focused on Kunbi Community and got their highest MLAs elected. They have destroyed Congress's mass base among Kunbis. Hence Congress has been reduced to secondary position in last three Vidhan Sabha Elections. Out of 51 Kunbi MLAs, 15 (29.41) are from Congress's Kunbi MLAs are 9 less than BJP collectively. BJP and Congress have got 39 (76.47) MLAs out of total 51 MLAs. Thus Kunbi community is supporting these national parties. It also means that BJP and congress have given them first preference to Kunbi community. All political parties are endeavoring for the support of OBC and specially of Kunbis to become successful in Vidarbha Politics.

From the number of independence Kunbi MLA's, it is clear that they give preference to state level parties if they are unable to get candidature from national parties. Out of 51 Kunbi MLAs, 5 are independents. They are as 3rd place after BJP and Congress.

From State Level Political Party like Shivsena and NCP, 3 Kunbi MLA's each have got elected. After the independents, they are of the 4th place collectively. Other parties have got only 1 Kunbi MLA. Devendra Bhuyar of Swabhimani Shetkari Sanghatana got elected defeating Agriculture Minister Dr. Anil Bonde.

There is approximately 30% Maratha-Kunbi community in Vidarbha. In Vidarbha, Kunbi community is advanced in the field of educational institutions, co-operative societies, land ownership, contractorship, so their chances of getting elected are more. So they can get elected from any political party on even as independents. So non-Kunbi castes don't have much say in electoral politics. This data and analysis shows that Kunbi is the dominant caste in Vidarbha Politics.

From non-Kunbi castes, 12 OBC castes have got elected from various political parties. These caste and party-wise details are as follows

(1) **Teli** -

In east Vidarbha Teli community is in majority after Kunbi Caste in numbers. Specially this caste is dominant in Nagpur, Bhandara and Wardha district. This caste's main occupation is agriculture and they have some educational institutions in their control. In recent times they have getting active in the field of jobs through reservations. There are sub-castes such as Ekl-Baili, Don-Baili, Sahu, Lingayat in Teli caste but they are united politically to counter the dominance of Congress, Maratha, Kunbi supremacy, this caste is supporting BJP since 1990. Its reflection

can be seen in the number of Teli MLAs in Vidhan Sabha elections of 2009, 2014 and 2019.

In last 3 Vidhan Sabha Elections, out of 89 OBC MLAs in Vidarbha, 9 (10.11), Teli MLAs got elected from various parties. Out of these 9 Teli MLAs, BJP has 7 (7.86), Congress 1 (1.12) and NCP 1(1.12) elected MLAs Chandrashekhar Bavankule is the main representative of Teli in BJP in Vidarbha. He was given an important place in BJP's Council of Ministers and was Nagpur's Guardian Minister. In Non-BJP parties there is no strong Teli Leadership. Thus data and analysis shows that BJP has successfully brought Teli Caste into its support by giving it preference. The Kunbis are seems to be inclined towards Congress.

(2) **Banjara** -

After Kunbi and Teli Castes, the OBC minority Banjara Community has got highest representation and share in power from Vidarbha. This caste is advanced in agriculture, land ownership, educational institutions, jobs and cooperative field too. It is dominant caste in Yavatmal District. Especially in Pusad and Digras Vidhan Sabha Constituencies, other castes candidates find it very tough to defeat Banjara Candidate as they get maximum votes. of Banjaras. And otherhand non-Banjara castes are not united and they are scattered. Last 3 Vidhan Sabha Elections have demonstrated this fact. The leaders from Banjara Caste like Vasantrao Naik, Sudhakar Rao Naik, Manohar Naik, Indranil Naik have represented Congress and NCP from Pusad Constituency and Sanjay Rathod as Minister and MLA from Digras constituency. Pusad and Digras Constituencies are an example of Congress, BJP and Shivsena having given preference to a minority caste at their candidate is getting elected repeatedly from a specific plea.

After Kunbi-Teli-Banjara castes, 3 MLAs each of Halba, Beldar and Gandhali castes have ben elected in last three elections. Their analysis is as follows -

(4) **Halba** -

Halba caste is politically important community in Nagpur city. Their role in Nagpur Municipal Corporation Elections is specially important. BJP has adopted the policy of attracting non-Maratha-Kunbi castes towards it from the beginning Halba Caste has been asking for its inclusion among the S.T.'s from a long time. As BJP has promised to fulfil their demand, this caste has been supporting it. The post of Mayor was given to this caste by BJP. But as BJP could not keep its promise, this caste is somewhat annoyed with it. Vikas Kumbhare of Halba Caste has been elected thrice from BJP as MLA.

(3) **Beldar** -

This is a minority OBC community specially from Amravati and Yavatmal district. Out of 89 OBC MLA's, 2 Beldar MLAs were elected from BJP and one from Congress.

(4) **Gandli** -

This caste resides in the borderlines districts of Chandrapur and Gadchiroli in east Vidarbha. Vijay Wadettiwar from Congress has been elected continuously more than 3 times.

(7) Kalal -

Ashish Jaiswal was elected in 2009 from Shivsena and as Shivsena's rebellious candidate from Ramtek Constituency in 2019. He has been the Shivsenas OBC face in Nagpur District.

(8) Mali -

Baliram Siraskar of Mali Caste has been elected every time as a candidate of Congress and RPI (Ambekar Group)

(9) Powar -

This caste mostly resides in Gondia-Bhandara district. It is present mainly in education, professions and jobs. Ravi Rana, an independent, has been getting elected every time from Badnera constituency in Amravati District. He gets elected every time as he has an image of always doing works of the public though belonging to minority. His wife Navneet Rana is M.P. from Amravati. BJP has got power caste's candidate elected thrice continuously was Tiroda constituency in Bhandara District. Moreover, Ravi Rana seems to be inclined toward BJP. Powar caste is at 3rd place collectively with Banjara Caste having got 6 of its MLAs elected. This seems to suggest that the Hindi siders, power caste is inclined towards BJP.

Other OBC minorities have got one MLA elected every time. Their details are as follows -

(10) Kohli -

This caste lives in Chandrapur, Bhandara and Gondia districts in East Vidarbha. It is connected with BJP through the medium of RSS. One candidate of this caste has been elected as MLA from BJP.

(11) Yelam Reddy -

Mallikarjun Reddy, a social worker from Yelam/Reddy caste was elected in 2014 from Ramtek constituency in Nagpur during the Modi wave.

(12) Dangar -

The candidate of this community has been elected once in Akola district from candidature of RPI according to Akola pattern in politics.

(13) Gurav -

One Gurav candidate got elected from Shivsena. By giving candidature to minority caste, Shivsena got its candidates elected.

Following things become clear from above statistics and analysis -

- (1) As Kumbi caste among the OBC's has got highest representation, it is the dominant caste in Vidarbha (27.06%)
- (2) Amount non-kunbi OBC's, minority castes like Teli and Banjara get the highest representation.
- (3) The OBC castes which are not concentrated in any specific constituency get very less representation as MLA and many times don't get representation. Only 13

OBC castes have got representation as MLA in Vidarbha. Only 3 of them got the chance to work as Minister, CM or Governor. Others did not get the chance.

(4) All political parties have given candidature and representation as MLA To Kunbi, Teli and Banajara castes among the OBCs.

(5) As a result the minority OBC castes are neglected by all political parties and don't get much chance of representation.

(6) Though Kunbi caste has got highest representation from BJP, the non-BJP parties like Congress, NCP, Shivsena and independent have also given preference to Kunbis.

(7) The Teli caste gets highest representation from BJP and the first choice of opposition is Kunbi caste.

(8) BJP has given preference to candidates of Powar, Kohali, Halba, Yelam-Reddy communities whereas Congress has preferred Gandli caste candidates.

(9) RPI Bahujan Mahasabha has given preference to Non-kunbi castes like Mali, Dhangar through the medium of Akola pattern politics.

From above statistics and analysis, Hypothesis no.3 (OBC category's highest representation is done by BJP) and Hypothesis No.4 (Most OBC MLA's are getting elected from general category even without representation, so they are becoming political empowered) are proved.

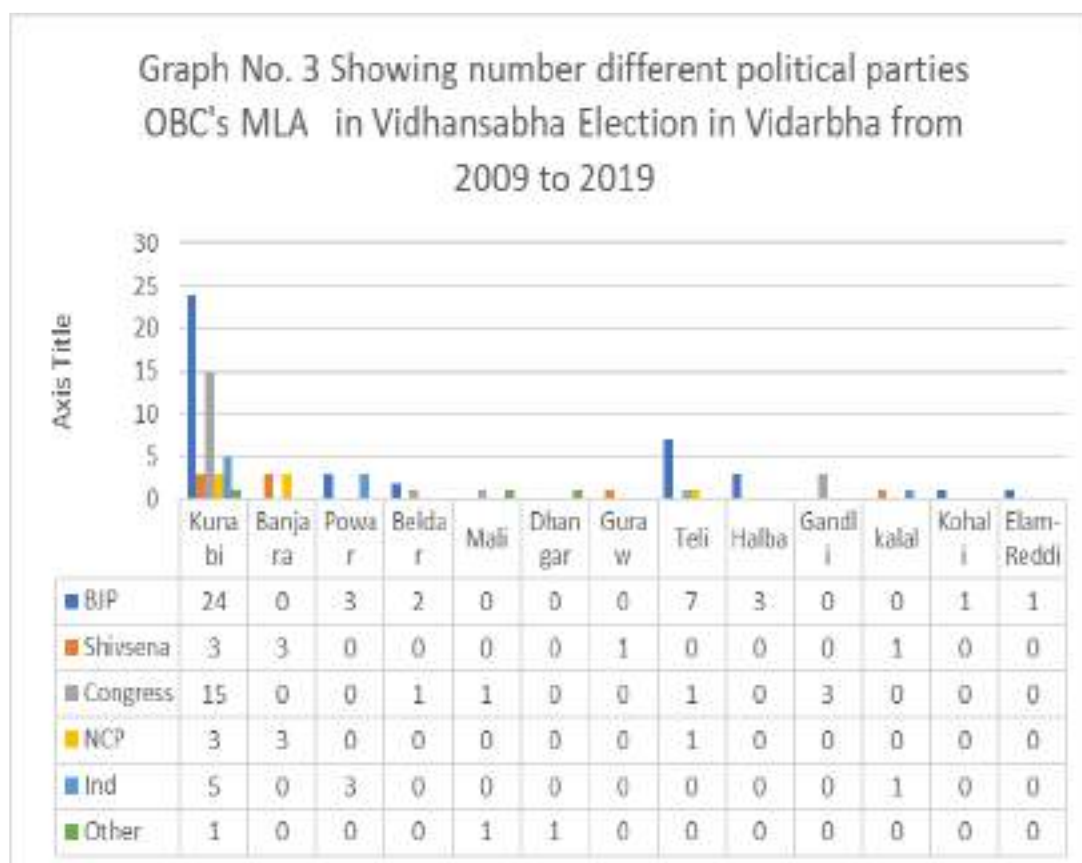
TABLE NO III
TABLE SHOWING NO.OF OBC MLAs IN DIFFERENT POLITICAL
PARTIES CASTEWISE IN LEGISLATIVE ASSEMBLY ELECTIONS
FROM 2009 TO 2019 IN VIDARBHA

Sr. No.	CASTE Category	BJP	SHIV SENA	CONG.	N.C.P	IND.	OTHER	TOTAL
1	Kunbi	24 (12.90)	03 (1.61)	15 (8.06)	3 (1.61)	05 (2.68)	1 (053)	51 (27.41)
2	Banjara	00	03 (1.61)	00	3 (1.61)	00	00	06 (3.22)
3	Powar	3 (1.61)	00	00	00	00	00	06 (3.22)
4	Beldar	2 (1.07)	00	1 (0.53)	00	00	00	03 (1.61)
5	Mali	00	00	1 (0.53)	00	00	1 (0.53)	2 (1.07)
6	Dhangar	00	00	00	00	00	1 (0.53)	01 (0.53)
7	Gurav	00	1 (0.53)	00	00	00	00	01 (0.53)
8	Tali	07 (3.76)	00	1 (0.53)	1 (0.53)	00	00	09 (4.83)
9	Halba	03 (1.61)	00	00	00	00	00	03. (1.61)
10	Gandali	00	00	03	00	00	00	03.

				(1.61)				(1.61)
11	Kalal	00	1 (0.53)	00	00	1 (0.53)	00	2 (1.07)
12	Kohali	01 (0.53)	00	00	00	00	00	01 (0.53)
13	Yelam Readj	01 (0.53)	00	00	00	00	00	01 (0.53)
Grand Total		41 (22.04)	08 (4.30)	21 (11.29)	7 (3.76)	9 (4.83)	03 (1.61)	89 (47.84)

Source - (1) DATA collected through survey

(2) Election Commission Report % on the basis of total MLAs of Vidarbha 186.



Representation and share in power of scheduled castes -

Out of 186 elected MLAs in Vidarbha in 2009, 2014, 2019 elections, 30 SC MLAs were elected from reserved seats. Out of these 30, BJP has 17, Congress 5 and Shivsena 5, Independent 2 and NCP 1 MLA's. As far as getting SC MLAs elected is concerned, BJP is at 1st place, Shivsena and Congress jointly at 2nd place, Independent at 3rd place and NCP at 4th and last place. BJP's experiment of social engineering has succeeded in case of SC's following things become clear from above data.

- (1) BJP has destroyed Congress's traditional mass base among SC's and made its social engineering experiment successful in this category.
- (2) The condition of Congress has weakened in reserved constituencies for SCs.
- (3) As Shivsena and Congress are jointly at 2nd place in SC category, their equal representation in this category becomes clear.

Nature of castewise representation among the SCs -

The main competition is between Navboudh and Hindu Dalits in constituencies reserved for SC's. Out of 30 SC MLA's 12 are Bouddha, 12 Hindu and 3 Lingayat Dalits. Their castewise details are as follows -

1. Mahar (Navboudha) -

The number of SC's and their place in politics is quite important in Vidarbha's social success. Among SC's, Mahar community is the big brother. It is dominant and advanced in the field of educational institutions, jobs, land ownership and politics. Specially in East Vidarbha, Mahar is a dominant caste. So both BJP-Shivsena and Congress have to give preference to Mahar caste. All the political parties are inclined in their favour due to their capability to get elected.

In Vidhan Sabha Election of 2009, 2014 and 2019 in Vidarbha, out of 186 MLAs, 30 were SC's. Out of 30, 12 Mahar MLAs got elected from various parties. Out of 12 Mahar MLAs, BJP's 6 (50.00), Congress 4 and 1 each of Independent and NCP got elected. It is clear that BJP has given highest representation to Mahar caste. Congress has given second number representation to them. After this NCP and independent are placed. From this it is seen that Mahar-Naubuddha caste candidates have chosen BJP as 1st choice in the changed circumstances and also BJP has accepted this. After Mandal Politics of 1990s Mahar caste has turned towards BJP and this is an important event in Vidarbha's politics. It is a political social transformation which is going to help socialization of democracy a lot.

The main competition is between Buddha and Hindu Dalits in politics of SC's in Vidarbha. The castewise representation of Hindu Dalits is as follows.

Hindu Dalits -

- (2) **Charmakar** - Out of 30 SC MLAs, 15 are Hindu-Dalits. As these Hindu Dalit candidates get more votes from OBC and general category, their chances of getting elected increase. Taking note of this BJP-Sena and sometimes after parties too have given preference to Hindu candidates.

From 2009 to 2019 out of 30 SC MLA's, 6 are of Charmakar caste. After Mahar, the Charmakar get highest representation among the SC's from east and west Vidarbha, 3 Charmakar candidates each have been elected out of those 6, 3 are from BJP, 2 from Shivsena and 1 from Independence. It shows that Charmakar caste is inclined towards BJP-Shivsena. As BJP-Shivsena has been given preference to Hindu Dalit from 1990s, this is its natural result.

- (3) **Sutar - Balai** - Shivsena's Raymulkar has got three times continuously elected from Mehkar Constituency in Buldhana District. Though there was controversy about his Sutar-Balai caste certificate, he won the legal battle.

- (4) **Mehtar** - BJP's Lakhan Malik has got elected 3 times continuously from

Washim constituency as Mehtar candidates.

(5) **Khatik** - From east Vidarbha, Khatik MLA has got elected 3 times. From Umrer constituency in Nagpur District BJP's Sudhir Parve got elected in 2009 and 2014. In 2019 Congress Rajiv Parve got elected defeating him.

Out of 15 elected Hindu Dalit MLAs, BJP has 8, Shivsena 5, Congress 1, Independent 1 MLA. Out of those 15, 6 MLAs are Charmakar, 3 Balai, 3 Mehtar and 3 Khatik. In local self-Govt. institutions elections, Mahar-Navbuddha caste has been getting highest representation but this picture has become more competitive in Vidhan Sabha Elections. Thus data and analysis shows that Hindu Dalits are inclined towards BJP and BJP is also inclined towards Hindu Dalits. But BJP has given attention to Bouddha and Lingayat Dalits also, which becomes clear from election results.

(6) **Lingayat Dalit** -

Lingayat Burud Caste's Harish Marotiappa Pimpale has got elected 3 times from Murtizapur Constituency in Akola District on BJP's candidature.

From above statistics and analysis, following facts become clear:

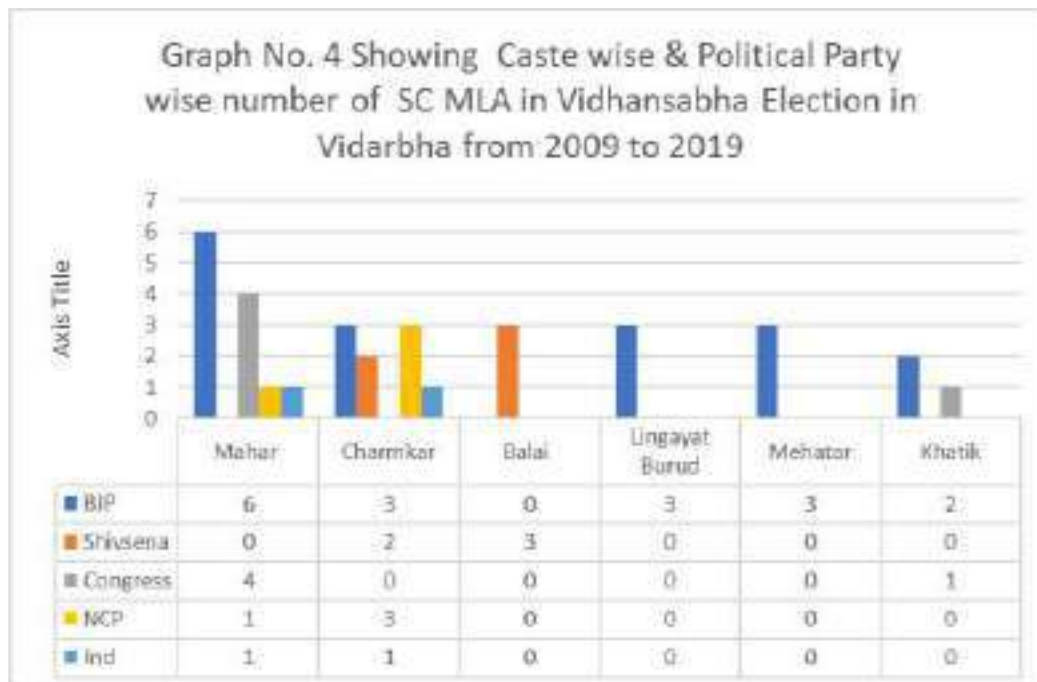
- (1) Mahar - Naubuddha caste candidate have got elected most times in SC category, so they set highest representation (12 out of 30)
- (2) The Competition for SC category seats is mainly between Buddha and Hindu Dalits Other Dalits don't have any place (Bouddha 12, Hindu 15, Lingayat 3)
- (3) Out of 30 SC MLAs, BJP has 17, Shivsena 5, Congress 5, Independent 2 and NCP 1 MLA party wise. It proves that BJP's social engineering policy is succeeding. BJP is no. 1 party in SC's representation and support.
- (4) As far as support and representation of SC's is concerned, Congress and other opposition parties need to regain their lost traditional social mass base.

TABLE NO IV
TABLE SHOWING NO.OF CASTESWISE AND PARTYWISE NOS. OF
SCHEDULED CASTE MLAs IN LEGISLATIVE ASSEMBLY ELECTIONS
FROM 2009 TO 2019 IN VIDARBHA

Sr. No.	CASTE Category	BJP	SHIV SENA	CONG.	N.C.P	IND.	TOTAL
1	MAHAR	06 (3.22)	00	04 (2.15)	01 (0.53)	1 (0.53)	12 (6.45)
2	CHARM A KAR	03 (1.61)	02 (0.07)	00	00	1 (0.53)	06 (3.22)
3	SUTAR BALAI	00	03 (1.61)	00	00	00	03 (1.61)
4	LINGAY AT BURUD	03 (1.61)	00	00	00	00	03 (1.61)
5	MEHET AR	03 (1.61)	00	00	00	00	03 (1.61)
6	KHATIK	02 (1.07)	00	01 (0.53)	00	00	03 (1.61)

GRAND TOTAL	17 (09.13)	05 (2.68)	5 (2.68)	1 (0.53)	02 (1.07)	30 (16.12)
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Source - (1) DATA collected through survey
 (2) Election Commission Report % on the basis of total MLAs of Vidarbha 186.



On the basis of above statistics and analysis **Hypothesis No. 6 - BJP has now become the strongest parts to singlehandedly represent SC's and Hypothesis no. 7 - in SC Category BJP has succeeded in using social engineering experiment and got highest support,** are proved to be true.

Political representation and share in power of Scheduled Tribes and Political Parties -

In last 3 Vidhan Sabha elections out of 186 MLAs, 21 (11.29) ST MLAs got elected. Out of 21, BJP has 11 (5.51), Congress 7 (3.86), NCP 1 (0.53), others 3 (1.61) and Independents have 1 (0.51) MLAs . In the support and representation of ST category, BJP is at 1st, Congress 2nd and NCP and other jointly at 3rd position. Though BJP is at 1st place in ST category, Congress has kept its challenge alive. So like general category, OBC's and SC's, BJP's experiment of social engineering has not succeeded in case of ST category.

The castewise political representation and support in ST category is as shown in Table No.6.

The caste wise political representation and support -

(1) **Gond** - Out of 21 ST MLAs, the highest 15 MLAs are from Gond caste. Out of 15, BJP has 7, Congress 4, NCP 1, Independents 1 and others 3 MLAs partywise. In support and representation of Gond MLAs, BJP is at 1st and Congress at 2nd position. Other parties are jointly at 3rd position. Gond caste has got place in council of ministers from NCP and BJP.

In ST category, there is political competition between Gonds and non-Gond castes. The non-Gonds are falling behind in it. Their castewise representation is analysed as follows -

(2) **Korku** - Out of 2 Korku MLAs, one is from BJP and other is from other parties.

(3) **Andh** - One MLA of this caste was elected from Congress and got a place in council of ministers.

(4) **Pardhan** - One MLA of this caste got elected. (BJP).

(5) **Mana** : Two MLAs of this caste got elected from BJP, however, they could not get a place in council of Ministers.

From these statistics and analysis, following things are clear -

(1) Out of 47 Adivasi Caste, only 5 got representation in Vidhan Sabha.

(2) Out of 5 castes which got represented in Vidhan Sabha, 4 were from BJP. Congress has represented 2, NCP 1, Others 1 and independents 1 caste in Vidhan Sabha. It shows that BJP has created its place among the non-Gond castes also.

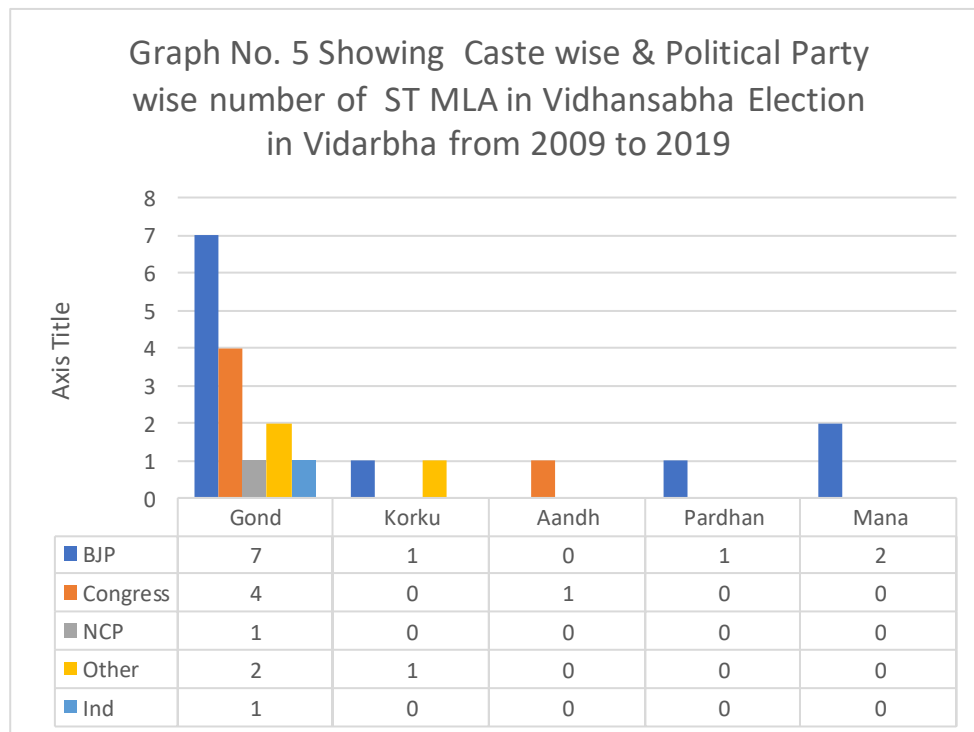
(3) Though BJP is No.1 in ST category, Congress is not far behind. Thus the experiment of social engineering of BJP has not succeeded in ST category as much as it has in other categories. This is a truth.

From above analysis, **Hypothesis no. 7 - though BJP is the biggest party in ST" category, congress is not far behind and Hypothesis No.8 - Congress has preserved its mass base in ST category to a large extend, are found to be true.**

TABLE NO V
TABLE SHOWING CASTEWISE AND PARTYWISE NO. OF SCHEDULED
TRIBES MLAs IN LEGISLATIVE ASSEMBLY ELECTIONS FROM 2009 TO
2019 IN VIDARBHA

Sr. No.	CASTE Category	BJP	CONG.	N.C.P	OTHER S	IND.	TOTAL
1	GOND	07 (3.86)	04 (2.15)	1 (0.53)	02 (1.07)	1 (0.53)	15 (8.06)
2	KORKU	01 (00.53)	00	00	01 (0.53)	00	02 (1.07)
3	ANDHA	00	1 (0.53)	00	00	00	01 (0.53)
4	PARDHAN	01 (0.53)	00	00	00	00	01 (0.53)
5	MANA	02 (1.07)	00	00	00	00	02 (1.07)
GRAND TOTAL		11 (5.91)	07 (3.86)	1 (0.53)	03 (1.61)	1 (0.53)	21 (11.29)

Source - (1) DATA collected through survey
 (2) Election Commission Report % on the basis of total MLAs of Vidarbha 186.



After analyzing and consolidating the castewise representation and support of general category, OBCs, SCs and STs by political parties, Hypothesis no. 9 - BJP has forcibly entered into the traditional Congress mass base by using social engineering, Hypothesis no. 10 - That the state level political party have not succeeded much in increasing their social mass base, and Hypothesis no. 11 - there is one dominant caste in every category such as Brahmin in general, Kunbi in OBCs, Mahar in SC and Gond in ST and hence other social communities don't get proper representation and share in power, are proved.

In last 3 Vidhan Sabha Elections in Vidarbha, 8 castes from general category, 13 out of 404 in OBC category, 6 out of 59 in SC category, and 5 out of 47 in ST category, could get representation in Vidhan Sabha. As far as Ministership as CM's post is concerned - from general category, 4 from OBC, 1 from SC and 2 from ST categories, got place in council of ministers. Even among them the candidates from dominant castes have remained ministers of important departments for longer time.

From this it can be easily understood whom the political parties represent. It also makes clear that the social need for political reservation exists even today. But no caste has benefited from this in the last 70 years. Following recommendations are made for giving the benefits of reservation to common people.

(1) Census and survey of all castes should be done and reservation should be given

by taking needs of each caste into account based on the facts found during the surveys.

(2) General category should be given reservation in proportion to their population. It should be divided into four categories - Brahmin, Kshatriya, Vaishya, Shudra and they should be given political, educational, and Employment reservation in proportion to their population.

(3) OBC's should be given reservation in proportion to their population. Among OBCs (1) Farmer OBC and Artisan OBC, these two categories should be made.

(4) The reservation given to SCs in proportion to their population should be continued. They should be divided into 3 categories - (1) Bouddha Dalit/Nav-Buddhist (2) Hindu Dalit and (3) Lingayat Dalit and each of them should be given reservation in proportion to their population.

(5) The reservation given to STs in proportion to their population should be continued. They should be divided into two categories - Gonds and non-Gonds.

(6) It should be clearly declared that one person would get the benefit of reservation only once.

(7) The political reservation given to castes should be for only next 10 years.

If reservation is given in such manner, then it would facilitate conversion of political democracy into social democracy. It will lessen the conflict and tensions among different castes and we will march towards social compatibility and social democracy will be strengthened. For this to happen, all social group need to come forward. The quality of democracy in our country will depend on how the various political party, leaders and social group show such political will.

Glossary

(1) Caste and Indian Politics -

Castes in India is a social system one borns with. One can change one's own religion by will but one cannot change castes even today besides an individual's status and reputation. In India, castes play a major role in deciding the political carrier of people. Even political parties seriously consider caste factor while representing their manifesto. Hence in this research paper, castes politics has been considered as an integral social system. Its interrelations with political system has also been discussed with length.

(2) SC - Scheduled Caste -

(3) ST - Schedule Tribes

(4) OBC - Other Backward Castes -

(5) Open/General - who are not SC/ST/OBC they are general.

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Impact Factor-7.675 (SJIF)

ISSN-2278-9308

B.Aadhar

Peer-Reviewed & Refreed Indexed
Multidisciplinary International Research Journal

Human Rights : Reality & Challanges

SPECIAL ISSUE
December-2020



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- Scientific Journal Impact Factor (SJIF)
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**INDEX**

No.	Title of the Paper	Authors' Name	Page No.
1	आरोग्य आणि मानवी हक्का समोरील जागतिकीकरणाने संकट संदीप तुंडूरवार / डॉ. शरद सांबारे		1
2	समकालीन नक्षलवादी चळवळ आणि मानवी हक्क	डॉ. रतन व्ही. राठोड	10
3	सुशासनाच्या संदर्भात माहितीचा अधिकार आणि मानवी हक्क	डॉ. संदीप बी. काळे	14
4	आरोग्य कंत्राटी कर्मचारी कोरोना योद्धा आणि मानवी हक्क प्रा. विनोद को. गायकवाड		19
5	भारतातील शिक्षण विषयक अधिकारचा विकास	डॉ. बी. जी जोगदंड	23
6	महिला आणि मानवी हक्क	प्रा. डॉ. अरुण मुकुंदराव शेळके	27
7	मानवाधिकाराचा जागतिक जाहीरनामा आणि भारतीय संविधान	डॉ. नरेश कवाडे	31
8	मानवी हक्क आणि शिक्षण	डॉ. संजय गोरे	38
9	महिला शोषण आणि मानवाधिकार	प्रा.डॉ.संतोष गोपालकृष्ण कुळकर्णी	42
10	मानवाधिकार शिक्षण आजची सामाजिक गरज	डॉ. प्रमोदकुमार नदेश्वर	45
11	मानवाधिकार आणि भारतीय संविधान	प्रा. नितिन माणिकराव विहाडे	48
12	महिलांची स्थिती व मानवाधिकार	प्रा. नितेश आर. रामटेके	52
13	मानवी हक्क आणि शिक्षण	प्रा. डॉ. नंदाजी राघोबाजी सातपुते	55
14	मानवी हक्कांच्या संरक्षणात प्रसार माध्यमांची भूमिका प्रा.डॉ. मुक्ता गोविंदराव सोमवंशी		59
15	लिंग समानता आणि मानवी हक्क	प्रा. विनोद मारोतराव मूडे	65
16	भारतीय राज्यघटना व मानवी हक्क	प्रा.डॉ. मनोज साताप्पा जाधव	72
17	मानवी हक्क व पर्यावरण संवर्धन	प्रा. बुध्दधोष मधुकरराव लोहकरे	76
18	बालकामगारांसाठी मानवाधिकार: काळाची गरज श्री. उमेश शंकरराव कुन्हाडे		80
19	मानवी हक्क आणि आदिवासी महिला लोकप्रतिनिधी डॉ. राजेश उत्तमराव भटकर		84
20	महिला आणि मानवाधिकार	डॉ. योगेश म. वडतकर	87
21	भारतीय संविधान : आदिवासी व मानवाधिकार प्रा. डॉ. हिराचंद चौखाजी वेस्कडे		91



22	मानवी हक्क आणि शिक्षण	डॉ. मालिनी मोहन वडतकर	95
23	भारतीय संविधान आणि मानवाधिकार	डॉ. विलास कनहाळे	99
24	आरोग्य आणि मानवी हक्क	प्रा. डॉ. वर्षा यशोधन पाटील	102
25	मानवी हक्कांचा इतिहास— एक समिक्षात्मक अभ्यास	डॉ. संजय गोपाळराव ठवळे	107
26	मानवी हक्क आणि महिला	प्रा. तेलंगे एन.एन.	111
27	भारतीय राज्यघटना आणि मानवाधिकार	प्रा. एस.एस. तायडे	113
28	भारतीय संविधान आणि मानव अधिकार	प्रा. सिध्दार्थ बी. टेभूर्णे	118
29	शिक्षण आणि मानवी हक्क' विषयक महात्मा फुलेंचे योगदान	प्रा. महेंद्र झालके	122
30	भारतीय संविधानातील मानव अधिकार प्रवर्धित करणारी तत्वे	शरद बाबुराव सोनवणे	126
31	स्त्रियांचे मानवी अधिकार	प्रा. डॉ. सरला वसंतराव मेश्राम	130
32	भारतीय संविधानमानवाधिकारातील साम्य	डॉ. संजय सागरू सपकाळ	133
33	मानवाधिकार आणि भारतीय संविधानातील तरतुदी	संदीप तुपसमिंद्रे	136
34	मानव अधिकार व जैवविविधता	श्री. संभाजी संतोष पाटील	140
35	भारतीय संविधान आणि मानवी हक्क	रुपसिंग दशरथ राठोड,	144
36	भारतीय राज्यघटना व मानवी हक्क	प्रा. आशिष व. पेठे	150
37	भारतीय संविधान आणि मानवी हक्क	डॉ. रविंद्र आर सहारे	154
38	महिलांची स्थिती आणि मानवाधिकार	डॉ. राष्ट्रपाल गणवीर	158
39	भारतीय संविधानातील मानवअधिकाराची मूल्ये	डॉ. साहेब राठोड	164
40	मानव अधिकार आणि महिला सबलीकरण'	रामेश्वर जनार्दन मुळे	167
41	युद्धे, आरोग्याचा मानवाधिकार आणि आंतरराष्ट्रीय रेडक्रॉसची भूमिका	प्रा. एकनाथ आर. मुरकुटे	170
42	वर्तमान परिप्रेक्ष्य में मानवाधिकार की प्रासंगिकता	रणेंद्रप्रसाद दि. पटले	175
43	मानवाधिकार आणि भारतीय समाज : एक समाजशास्त्रीय अध्ययन	डॉ. पद्मानंद मनोहर तायडे	178
44	आरोग्य आणि मानवाधिकार	डॉ. मिनाक्षी मधुकर कांबळे	182
45	मानव अधिकार एवं आतंकवाद	डॉ. माया एस बाटाणे	186



46	भारतीय राज्यघटना व मानवी अधिकार	अश्विन खांडेकर	191
47	महिला आणि मानवी हक्क	मा. डॉ. ममता आर. साहू	196
48	स्वीयाचेसबलीकरण आणि मानवाधिकार	प्रा.डॉ. हरीदास लाडके	200
49	कौटुंबिक हिंसाचार – महिलांच्या विकासातील एक अडथळा	सहा.प्रा. कु. प्रतिभा सुभाषराव काठकर	203

**आरोग्य आणि मानवी हक्का समोरील जागतिकीकरणाने संकट****संदीप तुंडूरवार**

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सारांश

मानव जातीच्या उत्क्रांतीच्या समग्र इतिहास पाहू जाता त्याने प्राण केलेली स्थिरता त्यानून विकसित पावलेली राज्यव्यवस्था यामध्ये वर्तमान संदर्भात विचार होतो तो केवळ सिंधू घाटी, ग्रीक, मोसेपोटेनिया, रोम येथील मानवी सभ्यतेचा! जगाच्या म्हणूनच पटलाचा विचार करता केवळ तीनच खंडात मानवी समाज जीवन उदयाला येऊन विकास पावलेत असे म्हणता येऊ शकते. यामध्ये आशिया, युरोप व आफ्रिकाने सुध्दा इजिप्तला खेटून असणाऱ्या प्रदेशापर्यंत या काळात व्यापार, उदिम व्यवसाय यांना निश्चितच चालना मिळालेली असेल, त्याशिवाय वैभवशाली आणि दिपवून टाकणारी रजवाडे, नगरे यांची उभारणी झाली नसती. 'माक्सच्या भाषेत संपत्ती प्राप्तीचा तो व्यवहार होता.' याचा अर्थ देशांच्या सीमा उल्लंघून व्यापार व्यवसायाला प्रारंभ झाला म्हणजेच नव्या संदर्भात जे जागतिकीकरणाने परिभाषा वापरली जाते, तो त्यावेळी निश्चितच अस्तित्वात होतो. आद्रे गुडर फ्रँक म्हणतो 'आजच्या प्रचलित भाषेप्रमाणे जरी नाही तरी ग्रीस, युरोप, अरब, इजिप्त, चीन, भारत असा व्यापार कायना आजच्या काळात भांडवल, बौद्धिक संपदा यांचे दळणवळण ज्या मोठ्या प्रमाणात दिसून येते. तो भाग नसला तरी मसाले, रत्ने, मानके, सोने, रेशम यांच्या बाबतचा व्यापार मोठा होता. ख्रिश्चन व मुस्लिम धर्माच्या उदयानंतर यामध्ये मात्र व्यत्यय यायला सुरुवात झाली व दोन गोष्टींवर ज्या परिभाषेत नसल्या तरी मोठा परिणाम घडून आला. एक म्हणजे आदान-प्रदान (यामध्ये विद्या, सांस्कृतिकता, खान-पान, वेशभुषा, केशभुषा, सौंदर्य प्रसाधने, वस्त्रे-वत्कले, आरोग्य, उपचार पध्दती, यावर आणि दुसरे म्हणजे नागरिकत्वाच्या हक्कावर! तो पर्यंत हक्क ही परिभाषा नसली तरी प्रजा राजांची गरज होती. छोटी युध्द वगळता दूरगामी परिणाम होतील अशा युध्द व्यवस्था आकारास आलेल्या नव्हत्या. अपवाद कुरूक्षेत्रावरील युध्दाचा ज्यामध्ये ते जागतिक महायुध्दाप्रमाणे संहार घडून आला त्यामुळे मानवी हक्काचा शब्द आजच्या अनुषंगाने वापरता येत नाही. तरी तिची व्यापकता वगळल्यास मोठी क्रांती घडून आलेली नव्हती. युध्द तंत्राचा एक मोठा परिणाम मानवी आरोग्यावर घडून आला तोपर्यंत शल्यचिकित्सा, अंगपत्यारोपन, विशेषतः भारतीय आस्थेचे प्रतिक गपतीवर जगातली पहिली प्लास्टिक सर्जरी झालेली म्हटल्या जात असेल तरी ते मिश्रक म्हणून लक्षात घ्यावे लागते. दुसरे म्हणजे अशा बाबी श्रेष्ठत्वाच्या अहगडातून प्रकट होत असतात.) वेदनाशमन करणारी औषधी (अफु, गाजा, सोमरस अस्तित्वात असला तरी) लगेचच परिणाम करणारी औषधीमात्र यांचा शोध लागलेला नव्हता. भारतीय आयुर्वेद विकसीत होते असे म्हटल्या जाते ज्यामध्ये धन्वंतरी, चरक, जीवक यांचा उल्लेख येतो तरी यातील आयुर्वेद विशारदांचा कालखंड अतिशय प्राप्य अशा स्थितीत नेता येत नाही. साधारणतः ज्या ज्या ठिकाणी सभ्यता अस्तित्वात येऊ लागल्या म्हणजेच स्थिर जीवन, राजा-प्रजा यांचे नाते त्यावेळी त्या-त्या ठिकाणाच्या अनुभवी ज्ञानातून शरीर रचना योग्य हाताळण्याचे तंत्र विकसीत होऊ लागले. इ.स.पूर्व ४४० मधील ग्रीकातील हिप्पोक्रेटस याचा उल्लेख त्याच अनुषंगाने घ्यावा लागतो. असे असले तरी त्यावेळच्या जागतिकीकरणाने आजच्यासारखे प्रश्न उद्भवले नव्हते. विकासाचा वेगळा वेग आणि नफेवादी अर्थव्यवस्थेचा उदय झालेला नव्हता त्यामुळे आरोग्य, मानवी हक्क यांचा प्रश्न उपस्थित व्हावा अशी स्थिती नव्हती मात्र युध्द व्यवस्थेने अनेक



प्रकारचे ज्ञान जायवदी केलेत हे तेव्हाच सत्य होय. मध्ययुगात आणि औद्योगिक क्रांतीनंतर जग पुन्हा अधिक त्वरेने जवळ येऊ लागले तेव्हा आरोग्याचे प्रश्न भीषण व्हायला लागल्याचा इतिहास आहे. देवी, पटकी, मलेरिया, फ्लेग, प्लू, स्वाईन फ्लू, पिवळ्या ताप, क्षयरोग, कॅन्सर, या आजारांने मृत्युमुखी पडलेल्यांची संख्या इतकी अधिक आहे की, जेवढी भीषण युद्धातून झालेली नाही उलट सत्ताभिशांनी सत्ता राबवितांना कोट्यावधी माणसे उार मारलीत १९१० ते १९९० या कालखंडात मारल्या गेलेल्या लोकांची संख्या आहे. १८ कोटी, तर आजारांनी मृत्यु पावलेल्यांची संख्या होती तीन कोटी. १६०० ते १९०० या कालखंडात जगभर तीस कोटी लोक मृत्यु पावलेत. आजार आणि मानवी आपत्तीतून मानवाचा इतिहासच वाद ठरविण्याचा प्रयत्न झाला हे होतानाच युरोपात लपून-छपून का होईना जीवावर उदार होत आधुनिक वैद्यकीय क्षेत्राचा पाया रोवल्या गेला. ग्रीसमधील सॅम्युअल इथामनन (१८१०) याच्याकडे याचे श्रेय जाते. धर्मगुरू, राजसत्ता यांचा क्षोभ अंगावर घेऊन तर अनेकांनी आपले जीवन बहाल करून वैद्यकीय क्षेत्रात क्रांती घडवून आणली. आयुर्वेदाच्या बरोबरीने, होमेओपॅथी, अल्युपॅथी, युनानी चिकित्सा यांचाही उदय झाला आणि माणसाचे आरोग्य व एकापरीने यांच्या जीवून जगण्याचा हक्क यांना सर्व मान्यता मिळू लागली. असा एक प्रवाह आहे की, येशू ख्रिस्त कश्मिरात येऊन बिसावला त्याच्या अंतिम काळात त्याला वृत्तावर चढविण्यात आले होते. त्यावेळी त्याच्या शिष्यांनी येशूला सुरक्षित आणले आणि अरबस्थानामार्गे भारतात उपचार व सुरक्षिततेकरिता पाठविले असे जे म्हटल्या जाते त्यात तथ्य असेल तर तो जागतिकीकरण आणि आरोग्याचा हक्क शाबूत राखणारी व्यवस्था यांच्या दृष्टीने महत्त्वाचा अध्याय ठरेल. भारतातील प्रचलीत आयुर्वेद या काळात बहरला आले होते असे अनुमान वर्तविले जात असले तरी तो उपचार पध्दती पृथ्वीवर याच ठिकाणी अस्तित्वात होती. याला अहमान्यतेच्या आधारावर पाहता येत नाही. यातील भावार्थ एकच दृष्टण वळण आणि लाभ होणे. हा संदर्भ तपासला तर आज जागतिकीकरण CAA च्या प्रश्नावर किती संकुचित होत चालले आहे हे सुध्दा निदर्शनात येते. प्राचीन-मध्ययुगीन-आधुनिक या स्तरावर आरोग्याचा संदर्भ लक्षात घेतला तर त्याला कितीतरी कंगोरे प्राप्त आलेले दिसून येतात.

मुळ शब्द - जागतिकीकरण, आरोग्य, मानवी हक्क, बदलात, समस्या, स्थित्यंतर, दृष्टिकोन
विषय प्रवेश

भारताच्या बाजारवाद व्यवस्थेला संबोधित होणारा जागतिकीकरण हा विशेष शब्दप्रयोग १९९१ मध्ये राजकीय अर्थव्यवस्थेच्या दोलायमान संघर्षात सर्वांना परिचित झालेला असला तरी त्याची छटा प्रथमतः १९६० मध्ये कॅनाडाची साहित्यिक मार्शल मॅकलुहान यांनी त्यांच्या ग्रंथात 'वैश्विक गाव' या मांडणीत रेखाटले. तदनंतरच तो शब्द जगभरात चर्चीला आला. भारतात उदारवाद, खाजगीकरण व जागतिकीकरण या नावाने अधिक खोलवर रुजल्या गेल्या की तो येथील चांगल्या वॉर्ड कार्याच्या अनुषंगाने वापरल्या जाऊ लागला. जगभरात मात्र हा शब्द आर्थिक अमान्यतेचे घेतल्या जातो व त्या दृष्टीने विचारार्थ ठेवण्याचा प्रयत्न होतो. मात्र जागतिकीकरण ही सर्वव्यापी प्रक्रिया आहे. ती केवळ वस्तु, सेवा व खरेदी-विक्री पर्यंत मर्यादित नाही. समाजाच्या मानसिकतेवर प्रहार करणारी आहे. लोकांची मानसिकता, दृष्टिकोन यांना बदलविणारी ही संकल्पना आहे. असे जरी असले तरी वर्तमान व प्राचीन काळात ती अर्थरचनेचा भाग होती व आहे. यावर मात्र एकमत होऊ शकते. जागतिक पटलावर ज्या सभ्यताचा विचार होतो त्यात सिंधु घाटीतील संस्कृती व सुमेरियन अर्थात मासेपोटेमिया संस्कृती जी परिश्रम आखतात विकसित झाली त्यांच्यात देवाण घेवाण, व्यापार होत असल्याचे दाखले मिळालेले आहेत. तलम वस्त्र, मसाले, आरोग्य विषयक औषधे यांचा सहसंबंध दिसून येतो. मध्ययुगातील धार्मिक अनागोंदी तीव्र होईपर्यंत येथील वाणिज्यिक व व्यापार यांना अडचण नव्हती असे अनेक अभ्यासकांचे मत आहे. भारतात अनेक लेण्या शिकांच्या पुढाकारातून तयार झालेल्या आहे. बुध्द लेण्यातील इंडो-ग्रिक स्थापत्यशैली



लक्षात घेतली तर त्याचे भागेदोरे त्यावेळच्या व्यापार क्षेत्रात दिगुन येतात. आदि गुडर फ्रँक ने '१५०० इ.स. पूर्व पासूनच वैश्विक अर्थव्यवस्था असल्याचे सुतोवाच केले आहे. तर जेरी सेंटले यांनी कृषी, औद्योगिक उत्पादन यांचे वैश्विकरण झाल्याचे मत मांडलेत.^१ जागतिकीकरणाचा हा संदर्भ भारताशी प्राचीन असल्याचे वेगळे संदर्भ देण्याची गरज नाही. बुध्दकाळ आणि त्यानंतर मौर्य कालखंडात मॅगस्थेनिस, हयुएनत्संग यांची नावे लक्षात घेतली तरी त्याची स्पष्टतः होते. भारतातील नालंदा, तक्षशिला प्राचीन जागतिक दर्जाची शिक्षणकेंद्रे होती आणि त्यात भूमार्गिने जोडलेला आशिया, आफ्रिका, युरोप या खंडातील आवागमन झाल्याचे दिसून येते. अलेक्झांडरने भारतीय स्वारीच्या वेळी तक्षशिलेतील कल्याण नामक आयुर्वेद चिकित्सकाला घेऊन गेल्याची नोंद आहे. आजचा अमेरिका, ऑस्ट्रेलिया यापासून विभक्त असला तरी जग म्हणून भूमार्गिने जोडलेल्या देशांतर्गत व्यवहाराची नोंद दिसून येते. येशु ख्रिस्ताच्या जन्माच्या वेळी पूर्वेकडून मागी लोका आल्याची व त्यांनी येशूला पाहिल्याची नोंद आहे. हेरोद राजाने त्यांना माग काढण्यास सांगितले असतानाही त्यांनी मात्र येशु ईश्वराचा पुत्र असल्याचे लक्षात घेऊन त्याविषयी हेरोदला न कळवता पूर्वेला आपल्या देशात निघून गेल्याची बाबचलमध्ये जो उल्लेख आहे.^२ तो आजच्या आशियाशी निश्चितच निगडित मानावा लागतो.

जागतिकीकरणातील हा धार्मिक पैलू लक्षात घेतला तर त्याचे स्वरूप विस्तारीत दिसते असे असले तरी त्याचा मुळ गाभा आजच्या अर्थकारणाशीच निगडित होता, हे निश्चित. जागतिकीकरण ही प्रक्रिया विद्यमान अवस्थेतून अथवा कोलंबस, वास्को दी गामा यांच्या १४९२, १४९८ नंतर अस्तित्वात यायला प्रारंभित झाली असे म्हणत येत नाही, मात्र अर्थवादाची किनार घप्प होत साम्राज्यवाद, उद्योगवाद आणि आजचा प्रचलित बाजारवाद वाढला अथवा तो प्रस्थापित झाला असे म्हणता येते. या व्यवहारवादात मानवी जीवनाच्या सर्वच वस्तूंचे, बुद्धीचे, कुशलतेचे, सेवांचे रूपांतरण बाजारवादात नक्कीच झाले व त्यातून आरोग्य सुध्दा सुटले नाही. उलट सेवेच्या ऐवजी नफेखोरी, उपभोगवाद, साम्राज्यवाद, उद्योगवाद यांचे प्रमुख हत्यार बनलेत. जागतिक विडंबना लक्षात घेतली तर जगातील सर्वच देशातील जीडीपीवैकी सर्वाधिक संरक्षण सामुग्री देशाची (सीमांची) व जनतेचे आरोग्य (जीवन संरक्षण) यावर खर्च होतय आणि त्याचाच व्यापार मोठया प्रमाणात आज आहे. जागतिकीकरण प्राचीन काळातील आणि आजचे यामध्ये हे अंतर दिसून येते. याला जोडून एका महत्वाच्या संदर्भाचा यामध्ये समावेश करावा लागतो तो म्हणजे पूर्वाच्या जागतिकीकरणाच्या प्रक्रियेत "मानवी हक्क" अशा स्वरूपातील विचार सुरुही झालेला नव्हता. याचे कारण त्यावेळची व्यवस्था नीतिगत, सेवावादी अशी होती असे नव्हे तर राजा त्याचे ईश्वरी स्थान आणि प्रजा राजेच्छाधारित असते हा विचार पुढे चालून तो धर्मव्यवस्थेच्या आश्रित झाला, त्यामुळे दास्यत्व, गुलामी, छळ, पिळवणूक यांच्या कथा-कहाण्यांनी समग्र मांडणी भरलेली दिसून येते. सर्वच धर्मांच्या ग्रंथातील मानवी विभागणी जन्म, संस्कृती, देवदेवता, रंग, वर्ण, भाषा, लिंग यांच्या बाबतीत दिसून येते ती मानवी हक्काला दूर लोटणारी आहे. जगाच्या इतिहासात त्याचा प्रारंभ १२१५ मध्ये 'मॅग्नाचार्टा' (जनतेचे घोषणापत्र) मंजूर झाल्यापासून अस्पष्ट स्वरूपात का होईना तो दिसू लागला. त्यानंतरच समाजासाठी का होईना कल्याणकारी राज्याच्या अनुषंगाने विचारप्रवृत्त उरला. त्याचे पडसाद विस्तारत युनोच्या निर्मितीनंतर १९४८ मध्ये मुर्तरूपात साकारले आणि जगभर त्याच्या कार्यान्वयनाचा विचार होऊ लागला. आरोग्य मानवी हक्काचा एक घटक आहे हे वास्तव यामधूनच सामोरे आले. तोपर्यंत मात्र जगातल्या भावविश्वाचा ठाव घेण्याची मानवी वृत्ती चर्चेला सुध्दा आलेली नव्हती. जागतिकीकरणाचा प्रवास इतिहास कदाचित सात हजार वर्षांचा असेल परंतु सुत्रबुध्द मानवी हक्काचा विचार मागच्या शतकातील आहे तेही दोन मोठया नरसंहार घडून गेलेल्या वैश्विक महायुद्धानंतर! हे चित्र जेव्हा अभ्यासले तेव्हा एका बाजूला मानवी हक्कांची पखरण



करणारी भूमिका तर दुसऱ्या बाजूला तिच्या समांतर हक्कांचे निर्दालन घडवून आणत असलेली व्यावसायिकता लक्षात घेतली तर संशोधन प्रश्नाची उकल करणे अत्यावश्यक ठरेल.

मानवी हक्काचा प्रवास

मानवी हक्काचा सुत्रबद्ध विकास अलिकडच्या शतकातील देण असली तरी त्याचे कवडसे प्राचीन व्यवस्थेत विखुरलेले असल्याची भावना आहे. मनुष्य नवी संदर्भ आपल्या मुळ चारश्यामध्ये ज्यामध्ये धर्मग्रंथ, प्रचलित लोकव्यवहार, संस्कृती, परंपरा, बोलीभाषा, पुराणकथा यांच्यात शोभत असतो. ऋग्वेदातील 'एकच वंश आहे' मानवाचा किंवा बुध्द, जैन तत्त्वज्ञानातून आलेली मानवीय मूल्ये, पाण्याकरिता तधागताने केलेला राजपदाचा त्याग, स्वीकारलेले चिंवार, आरण्यक जीवन आणि बोधप्राप्ती तर महाविराचा व्यक्ती स्वातंत्र्याचा शोभ हे निसर्गदत्त अधिकाराना सिध्द करणारे आहे. राजाज्ञा, भर्माज्ञा, घटना यांच्या प्रमाणेच किंबहुना निसर्ग कायदा वरचढ असतो असे म्हटल्या जाते जॉन लॉक, रूसो, ग्रीन तापूर्वीचे स्टॉईक, सिसेरो, थॉमस एक्विनास यांनी पुरस्कृत व समर्थित केलेले विचार अन्य आज्ञापेशा महत्वाचे असून ते मानव संरक्षक आणि विकासाभिमुख आहेत. याबाबत घेतलेली भूमिका मानवी हक्कांना प्रवर्धित करणारी आहे असे म्हटले जाते. **Two treated of government** या ग्रंथात जॉन लॉक म्हणतो, 'व्यक्तीला त्याच्या व्यक्तीमत्त्वात निसर्गतःच मूलभूत मानवाधिकार मिळालेले असतात. जे मूलभूत मानवाधिकार राजाने मान्यता दिलेले आहेत की नाही या प्रश्नापासून स्वतंत्र असतात. व्यक्तीचे मानवाधिकार हे माणसाच्या व्यक्तीमत्त्वाशी निगडित असून ते प्राचीन काळाच्या सुरुवातीपासून निर्माण झालेले असून समाज अथवा राजाने मर्जी म्हणून व्यक्तीला दिलेले अथवा मंजूर केलेले नसतात.' या विचाराला बळकटी देणारी ग्रीक इतिहासातील घटना आहे. सोफोक्लिसच्या 'ऑन्टिगोन' नाटकात राजा क्रॅआन आहे तो चिर्वासचा अधिपती आहे तो आज्ञा देतो पॉलीनीकस हा देशद्रोही असल्याने त्याचे रणागणात पडलेले शरीर न दफण करता उघडयावर कुत्रे व गिधाडे यांना खाण्याकरिता ठेवण्यात यावे या आज्ञेविरुध्द पॉलीनीकसची बहिण ऑन्टिगोन बंड करते. भावाचे शरीर ताब्यात घेऊन दफण करते. क्रॅआन ऑन्टिगोनला अटक करण्याचे आदेश देतो. तिला राजासमोर इजर केले जाते तेव्हा तिने राजाज्ञा तोडली म्हणून शिक्षेस पात्र आहे असे म्हणतो, त्यावर उत्तर देताना ती म्हणते 'जी आज्ञा राजाज्ञा असली तरी सदसद्विवेकबुध्दीला पटणारी नसेल. तर ती मोडलीच पाहिजेत कारण ती न्यायाच्या विरुध्द आहे.' पुढे ती म्हणते, 'मला स्वप्नात देखील वाटले नव्हते, की तुझ्या सारखे मर्त्य मानव, जे अलिखित स्वर्गीय कायदे आहेत. जे मिटविता येत नाही ते कायदे एका श्वासोश्वासात रद्द करून पायदळी तुडवू शकेल.' राजाला विवेक व बुध्दीप्रामान्यवादाचा धडा देणारी ही घटना मानवी विकासाच्या वाटचालीतीलच प्रारंभिक वारसा या न्यायाने मांडल्या गेली आहे. वर्तमान संदर्भ लक्षात घेतले तर त्याला आलेला विवेकवाद, बुध्दीप्रामान्यता, भेदभाव नाकारणे, आणि वैश्विकता जोपासने या अर्थाने लक्षात घेतल्या गेला आहे. वस्तुतः निसर्गकायदा, मानवता, बुध्दीप्रामान्य यावर मानवमुक्तीचे लढे आकारास आलेले नाहीत. ज्ञानेश्वर, तुकाराम, कबीर, नामदेव, एकनाथ, बसवेश्वर असा प्रदिर्भ मानवतावादी वारसा असतानाही या प्रश्नाविरोधात धर्म, देश, यांच्या विरोधात जाऊन विवेकानंद, फुले, गांधी, अंबेडकर यांना रोष पत्करून घ्यावा लागला तर गांधींना आपला किंमती जीवही द्यावा लागला. ग्रंथातील सुक्त, ऋचा, कथा कधीकाळी मानवतेच्या विरोधी उभ्या राहिल्यात हे चित्र लक्षात घेतले तर प्रवास खडतर दिसून येतो. त्यामुळे हे अधिकार निसर्गदत्त असले तरी जोपर्यंत घटनात्मक बनून त्याला संरक्षण प्राप्त होत नाही तोपर्यंत ती प्रतिकार निर्माण करणारी मूल्य ठरत नाही. जात, धर्म, लिंग भेदानंतर आरोग्याच्या आधारावर उभी झालेली उतरंड लक्षात घेतली तर मानवी हक्कासमोरील भयावह संकट सामोरे येते. भारतात शतकानुशकते मागील जन्मातील पाप म्हणून अनेक आजारांकडे पाहिल्या जाते जसे कुष्ठरोग, कोंड, त्वचेचे रोग, यांना प्रधाच्या दाखल्यतही मांडले जाताना दिसते. त्यांच्याप्रतीचा व्यवहार



आत्यंत निष्ठुर राहिलेला आहे. एखादा व्यक्ती एखाद्या असाध्य आजाराचे त्रासून मृत्युमुखी पावला तरी त्याच्या पापाचे प्रायश्चित्त म्हणून त्याची हेटाळणी केली जाणे हे वर्तमान लक्षात घेतले तर त्यातील भयसूचकता स्पष्ट होत. गाडगे महाराज, गांधी, बाबा आमटे, शिवाजी पटवर्धन यांनी कुष्ठरोग्यांतील सामाजिक अंतर संपविण्याचा प्रयत्न केला तेव्हा त्यांना किती मोठ्या अग्निदिव्यातून सामोरे जावे लागले याचा तपशील अभ्यासला तर सामाजिक मनोवृत्ती बदलण्याची किती मोठी गरज आहे हे स्पष्ट होते. रंग वर्णानरून आफ्रिकन, आशियाई समुदायाला सामोरे जावे लागले तेव्हा अनेक पिढ्यांच्या नामशेषानंतरच उरलेल्यांच्या वाट्याला 'मानवी हक्क' आल्याचे लक्षात येते. ४ जुलै १७७६ रोजी 'अमेरिकन स्वातंत्र्याचा जाहिरनामा' प्रकाशित करून जागतिक मंचावर स्वतःला प्रतिष्ठित करून घेतले त्याने हा जाहिरनामा लिहितांना फिलिडॉ-डेलफीया परिषदेत त्याच्या पदरी असलेल्या १२ वर्षांच्या निम्मो गुलामाकडून स्वतःचे पादयाग स्वच्छ करून घेत असे. भारतातीलही एक वास्ताव सममनोहर लोहिया यांनी मांडलेले आहे मग जेफरसनच असो ज्याने स्वातंत्र्य कायदा मांडला व दुसरा भारतातील कायद्याचे पालन करवून घेणारा या दोघांच्याही मनोवृत्ती सारख्याच दिसतात, तेव्हा गांधी, मार्टिन ल्युथर किंग, लिंकन, आवेडकर, लोहिया यांची कार्ये विश्वाला गवसनी घालणारी मानवतावादी दिसतात, या दृष्ट्या नेतृत्वाच्या कार्यामोबतय संयुक्त राष्ट्रसंघाने घेतलेला कृती कार्यक्रम महत्वाचा उरतो.

कर्तव्यवादी जागतिक पाऊल

२० व्या शतकातील पहिल्या पाव शतकात जागतिक दोन महायुद्ध घडलीत, विचारधारा, अस्तित्व, जागतिक प्रभुत्व या अभिलाषांच्या जोरावर जगाला वेढीस धरल्या गेलेत. युरोपातील अंतर्गत यादवीचा जसा तो परिणाम होता तसाच तो साम्राज्यवाद घट्ट करण्याचा आणि प्रस्थापितांचा लढा होता. कोटयावधी माणसे केवळ टारव झाली नाहीत तर विस्थापन, स्थलांतरण, दारिद्र्य, कुपोषण आणि पिढ्यानुपिढ्याने विकलांगत्व घेऊन ती देशोधडीला लागली. रक्तवंश, वाशिकता या चर्मसिमेला पोहचलेल्या विकृतीने पाच खंडांना त्याने बाधित केले. अमेरिकेने जपानवर अणुबॉम्ब टाकून त्यांच्यातील पशुनाही लाजविणाऱ्या अमानुषतेचा परिचय घडविला. ट्रमनपासून सुरू झालेला नरसंहारावादी प्रवास आजच्या ट्रम्पपर्यंत कमीअधिक फरकाने तो तसाच कायम आहे, त्यांच्या जोडीला आता नव्याने इंग्लंड, रशिया, बाहेल, कॅनडा, चीन, भारत, उत्तर कोरिया जोडल्या जाताना दिसतात. तेव्हा १९४८ च्या जाहिरनाम्याने औचित्य पुन्हा तपासावे लागते. १९४८ मध्ये एका बाजूला मानवाधिकाराचे घोषणापत्र बाहेर येत होते तर १९४५ मध्येच जागतिक शांततेचा वसा घेऊन युनो तयार झाली. या दरम्यान भारत-पाकिस्तान फाळणीतून चिरकाल टिकणारे मानवतेवर धाव पडलेत, किमान अर्धे डझन लक्षावधी माणसे कापल्या गेलीत, रक्ताचे पाट वाहालेत, दिड कोटी लोक विस्थापित झालेले, स्त्रियांच्या विटंबना, परांगदा, अपहरण, त्यांची विक्री, जबरदस्ती धर्मंतर या मानवतेवरील कलकात घटनाही घडल्यात, जबरन व स्वेच्छाविरुध्दा झालेले हे स्थलांतरण जगातील इतिहासातील पहिली अमानुष घटना ठरली.^१ सोबतच विश्वासकतेचा वसा घेतलेल्या गांधींना खून करण्यात आला आणि वरकरी म्हणजे जाहिरपणे त्यांचे तेव्हाही व आताही प्रदर्शन करणाऱ्या वृत्ती कायम राहिल्यात, माणसाच्या विखारी यातनांना उध नेणारा हा कालखंड लक्षात घेतला तर घटनात्मक अधिकारांची गरज जाणवू लागते.

या सर्व पार्श्वभूमीवर १ जानेवारी १९४२ मध्ये २६ राष्ट्रांनी एकत्रित येऊन युनोच्या स्थापनेचा विचार मांडला. १९४५ मध्ये ४७ देशांनी त्यावर स्वाक्षरी केली, त्यावेळी बसाहतीक भारतही त्यात समाविष्ट होता. मास्को येथे भरलेल्या ४९ राष्ट्रांच्या परिषदेत ८५० प्रतिनिधींनी सहभाग नोंदविला तर २४ ऑक्टोबर १९४५ ला युनो जन्माला आली. त्याचे पहिले अधिवेशन १० जानेवारी १९४६ मध्ये इंग्लंड येथे संपन्न झाले.^१ संयुक्त राष्ट्रसंघटनेची स्थापना म्हणजेच 'सैतानाने बायबल लिहावे' या हास्यपदाची संगती होती. मात्र सैतानाना सुध्दा शांती असावी, जग भयमुक्त



आणि भितीमुक्त असावे असे वाटणे एक प्रकारे गांधीच्या अहिंसात्मक धोरणाचाच विस्तार होता. गांधीचा विश्वास सैतानाचेही हृदय परिवर्तन करता येऊ शकते यावर होता. हे तपासले तर युनो जन्माला घालणाऱ्या राष्ट्रांमध्ये झालेले परिवर्तन समर्थनिय ठरते. या युनोटूनच पुढे जाऊन मानवी हक्कांची घोषणा आणि आरोग्य क्षेत्रातील जागतिक संघटनेचा झालेला जन्म यांचे महत्त्व अधोरेखित होते. संयुक्त राष्ट्रांच्या पहिल्याच अनुच्छेदांमध्ये 'संयुक्त राष्ट्रे मानव अधिकारांच्या रक्षण व प्रसारासाठी त्याचबरोबर अधिकाराविषयी लोकांमध्ये आदर निर्माण करेल. धर्म, वंश, लिंग आणि भाषा इ. भेदभावाना मोडीत काढून प्रत्येक व्यक्तीचा मानवाधिकार शाबुत राखेल.'⁸ अशी स्पष्टता अंतर्भूत असल्याचे पुढे जाऊन इलेन्हॉर रुझवेल्ट यांच्या परिश्रमातून मानवी हक्कांची सनद तयार झाली व १० डिसेंबर १९४८ रोजी तिची उद्घोषणा करण्यात आली. याकरिता जो आयोग तयार करण्यात आला होता त्यात ५३ सदस्य सहभागी होती. जागतिक मानवाधिकार आयोगाची वाटचाल अत्यंत प्रभावी राहिली असली तरी तिने दिलेली आश्वासने व उमलाने आणण्याची स्थिती महत्त्वाची होती.

अधिकार व हक्कांचे विवेचन

युनोच्या अंतर्गत स्थापीत मानवी हक्कांना अधिकार म्हणूनच संबोधिल्या जाते. विशेषतः सर्वच पातळ्यावर त्याचा विचार त्याच अनुषंगाने होतो, परंतु संकल्पनांच्या पातळीवर त्यातील भेद लक्षात घेण्याची गरज आहे. अधिकार हे जबाबदारीवर अवलंबून असतात व ते विशिष्ट काळापर्यंत त्या व्यक्तीच्या पदावर असेपर्यंत आणि कार्यावर अवलंबून असतात, त्यामुळे अधिकार व्यक्तीच्या, समाजाच्या अंतिम गतव्यापर्यंत राहिलेच याची खात्री नसते. दुसऱ्या बाजूला हक्क या शब्दातच दोन घटक आहेत यामध्ये पहिला जो त्या व्यक्तीचा असतो व दुसरा हक्क प्रस्थापित करून देणारी जबाबदार संस्था. हक्कांना पूर्ण करण्याची अथवा ती कायम राखण्याची जबाबदारी शासनाची असते. 'गरजांचे रूपांतरण जेव्हा हक्कात होते तेव्हा तिचे उत्तरदायित्व शासनाकडे जाते.'⁹ मानवी गरजांची स्थिती अथवा त्याची आवश्यकता लक्षात घेतल्याशिवाय हक्क मिळत नाहीत व ते जबाबदारीने पूर्ण करण्याची खात्री मिळत नाही. तोपर्यंत त्याचे रूपांतरण अधिकारात होत नाही. युनोने कितीही नितांत सुंदर हक्क दिलेले असले तरी त्या त्या देशांच्या पातळीवर त्याला घटनात्मक संरक्षण व आधार प्राप्त करून दिल्या जात नाही. तोपर्यंत ती भंगूर ठरतात. भारताच्या राज्य घटनेतून गरजांना हक्कांमध्ये परावर्तीत व्यवस्थेने करून घेतले आणि घटनेने त्याला कवच निर्माण करून दिले तेव्हाच ती अधिकारसंपन्न बनलीत हे लक्षात घेतले तर अधिकार प्राप्तीचा प्रवास वरवर वाटणे तेवढा सहज पध्दतीत मोडणारा नाही. विशेषतः भारतासारख्या देशात त्याचे महत्त्व वेगळ्या भाटणीचे ठरते. आरोग्याचा हक्क तपासण्यापूर्वी तिची हक्कातील विस्तृतता तपासण्याची गरज अनिवार्य ठरते. मानवाच्या हक्कांचा पटल विस्तृत आहे. त्यातील अनेक पटलापैकी एक पटल व्यक्तीच्या आरोग्याशी निगडित आहे. पण हा पटल व्यक्तीच्या जीवित असल्याशी, त्याच्या विकासाशी, अस्मिताशी निगडित असल्यामुळे त्याच्या संदर्भातील मांडणी महत्त्वाची असल्याचे स्पष्ट होते.

संयुक्त राष्ट्रांचे घोषणापत्र व त्यातील तरतुदी

संयुक्त राष्ट्रसंघाच्या वैश्विक घोषणापत्रात एकूण मुख्य ३० तरतुदी आहेत. मानवी हक्काला समर्पित या तरतुदींमधील अनुच्छेद २५(१) मध्ये मानवी आरोग्याच्या हक्काची तरतूद करण्यात आलेली आहे. "Everyone has the right to standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control".⁹ संयुक्त राष्ट्रांच्या स्थापनेपूर्वी आणि नंतरही जगभरात आरोग्य विषयक प्रश्नांवर



चर्चा होत आलेली आहे. पूर्वीचा विचार व्यापक नसल्या तरी नंतरच्या काळात त्याला विस्तारण्याचे प्रयत्न जाणिवपूर्वक होऊ लागलेत. २८ सप्टेंबर १९२६ ला युरोपात मानवी पैलूच्या अनुषंगाने चर्चा झाली. परंतु त्याचे प्रारूप स्थानिक होते. १९३० मध्ये श्रमाच्या पध्दतीवर संपन्न झालेल्या नैश्विक सम्मेलनात हा विचार अधिक प्रभावीपणे मांडण्यात आला, त्यातून चर्चा घडत गेली. मुळामीच्या प्रश्नात आरोग्याची बाजू अंतर्भूत होती. १९७८ मध्ये अल्टा-मारा येथे आरोग्याचा कुती आराखडा तयार करण्यात आला व पोषणापत्र प्रसारित झाले. २००० पर्यंत सर्वांनाच आरोग्य सुविधा यावर भर होता. भारताने स्वाक्षरी करून आरोग्य संरक्षणाची जबाबदारी स्वीकारली. १९९० मध्ये जागतिक मानवी विकास अहवालात आरोग्याला जागा देण्यात आली आणि मानवी विकासाचा तो एक महत्त्वाचा पैलू ठरविण्यात आला. २००० मध्ये पार पडलेल्या संयुक्त राष्ट्र विकासविषयक परिषदेत २०१५ पर्यंत आरोग्याच्या बाबतीत गाठायच्या तरतुदीचा समावेश करण्यात आला व यामध्येच २०३० पर्यंत जी साध्य करावयाची १७ शाश्वत उद्दिष्टे होती त्यामध्ये आरोग्याचा समावेश करण्यात आला. २०१५ पूर्वीच २०१३ मध्ये शाश्वत विकासावर भर देण्यात आलेला होता. जागतिक क्षेत्रात उचलण्यात आलेले पाऊल तरतुदी आणि जबाबदारी यांच्या दृष्टीने खर्चीतच महत्त्वाच्या होत्या. यामधील सकारात्मक बाब म्हणजे ४ ऑक्टोबर २००१ पासून हा दिवस 'जागतिक आरोग्य दिन' घोषित करण्यात आला.

जागतिक आरोग्य संघटना

७ एप्रिल १९४८ मध्ये जागतिक आरोग्य संघटना उदयास आली. तत्पूर्वी १९०३ मध्येच पहिल्या महायुद्धापूर्वी "International Office of Public Health" ही संस्था आकारास आलेली होती. १९२३ मध्ये राष्ट्रसंघाच्या अंतर्गत "Health Organisation" स्थापन झाली. मात्र तिला आपला फारसा प्रभाव दाखविता आला नाही. १९४८ नंतर तिला आपल्या कार्याचा उसा उमटविता आला. ज्या १५ महत्त्वाच्या संघटना आहेत त्यात WHO चे महत्व अग्रंकीत आहे. विविध आजार, विषाणू, अस्वच्छता यांच्या विरोधातील लढ्या सोबतच पिण्याचे शुध्द पाणी, लसीकरण, औषधे, उपचार, शस्त्रक्रिया यांच्यासोबतच जिवाणू-विषाणूच्या संक्रमणाबाबतची दक्षता कार्यक्रम महत्त्वाचा उरला. आरोग्याच्या प्रश्नावर आयोजित २००० मधील शिखर सम्मेलनात बिल क्लिंटन यानी भूमिका विषद करतांना म्हटले होते 'सुरक्षा परिषदेची संकल्पना व्यापक व्हायला हवी, आपल्या समोर जे आव्हान आहे ते परस्परांच्या विनाशापासून व रोगापासून मुक्ती मिळविण्याचे मलेरिया, क्षय, एचआयव्ही संक्रमण दूर केले पाहिजेत.' २००४ मध्ये WHO ने "Health for all" घोषणा करून विश्वाच्या सुदृढ आरोग्याचा विचार मांडला. HIV AIDS च्या वाढत्या प्रसारावर प्रतिबंध आणण्याच्या दृष्टिने २००५ पर्यंत "315 Stratigy" ही योजना आखण्यात आली. त्यावेळचे आरोग्य संघटनेचे महानिर्देशक जैकपोच यांनी याला महामारी संबोधिले होते. त्यावर आळा घालण्याच्या दृष्टीने महत्वाकांक्षी प्रकल्प WHO ने राबविला. त्याच्या प्रयत्नातून आफ्रिका, लॅटीन अमेरिका, आशिया खंडातील आरोग्याच्या प्रश्नावर काम व्हायला सुरुवात झाली. वाढती लोकसंख्या लक्षात घेऊन त्याच्या आव्हानांची चर्चा करण्यात आली. उपयुक्त उपाययोजनाच्या दृष्टीने प्रयत्न व्हायला लागले. कोलंबिया विद्यापीठातील प्रा. जगदीश भगवती या सदर्भात मत मांडताना म्हणतात, 'जागतिकीकरण ही संधी असून अनेक समस्यांचे त्यामुळे निराकरण होऊ शकते. भारतात सामान्य माणसांना सकस आहार मिळत नाही, रोगावर ताबडतोब इलाज करून औषधे पुरविण्यात येत नाहीत. खेड्यात शिक्षणाचा अभाव आहे. बालमजुर प्रमाण अधिक आहे. त्याचे ब्रमाचे व मजुरीचे शोषण केले जाते.' जागतिक आरोग्य संघटनेची वाटचाल पाहता आरोग्य मानवी हक्क म्हणून प्रतिष्ठित करण्यावर भर आहे. जागतिकीकरण देशनिहाय लाभाचे वा हावीचे ठरू शकते, परंतु



युनोद्धार राबविण्यात येणाऱ्या विभिन्न संस्थाने कार्य मानवी सभ्यता जपण्याच्या दृष्टीने महत्वाच्या ठरतात.

समालोचन

नव्वदी नंतरच्या जागतिकीकरण हे मानवी चेहरा गमावलेले आहे, त्याच्या तळाशी आणि सर्वांत अग्रेसरी जागावरही अर्थवादाची पुरे असल्याने त्यात मानवी मुल्यांना धारा नाही. तरीही मानवी मुल्ये पायदळी तुडविण्याचा जागतिक चारसा पाहू जाता व्यवस्थांच्या असावत स्वरूपांना टोकने केवळ बाह्य उपचाराचा एक आदर्श भाग वून राहतो, असे असले तरी लोकशाहीच्या आणि घटनात्मक साच्यात जे वावरतात त्यांना त्याची समिक्षा करणे दायित्वाच्या दृष्टीने अत्यावश्यक आहे.

१९४५ नंतर जागतिकीकरणाने आपली पकड आणि बस्तान बसवायला सुरुवात केली असली तरी त्याचे वस्तुतः पडसाद जागतिक क्षेत्रावर १९९० नंतर पडू लागलेत. बर्लिनची भिंत १९८९ मध्ये ढासळल्यानंतर लगोलग १९९० मध्ये रशिया विखरून त्याची शकले झालीत आणि नवे १३ राष्ट्र जगाच्या नकाशावर विराजमान झाले. यात जागतिकीकरण महत्वाची कडी होती. याच कडीने नंतरचे जग आपल्या कवेत घ्यायला सुरुवात झाली आणि सार्वभौमत्व संकुचित वून लागले. व्यवस्था उभ्या करणे वा संपविणे हे अर्थवादाचे नवे प्रारूप म्हणून विकसित झाले. त्यातून भौतिकवाद, सुखवाद आणि चंगळवाद उदयास येऊ लागला तर सर्वसमावेशक मानवी व्यवस्था वजा होऊ लागली.

मानवी मुल्यांना अवकाश जागतिकीकरणाच्या प्रक्रियेत कितपत पैसे आहे हे कोवीड-१९ ने प्रकर्षाने दाखवून दिले. जागतिकीकरणात आरोग्याचा क्रमांक तळला होता याचे कारण सामान्यांच्या आरोग्याची जबाबदारी व्यवस्थांची नाही हा त्यातील अंतर्भूत मामला त्यामुळेच भारतात केवळ २.५ टक्के आरोग्यावर खर्च होता तर ब्रिटन, अमेरिका, जर्मनी वा अन्य युरोपियन देशांनी जीडीपीच्या ५ ते ११ टक्के तरतूद केलेली असली तरी ती कितती तोकडी आहे हे सुध्दा जाणवते. भारताने २० लक्ष ७० हजार कोटी तर अमेरिकेने भारतीय रूपातील २१० लक्ष कोटी रूपये अनुदानाची घोषणा केली. परंतु यतील आरोग्यावरील खर्च केवळ ७ टक्के ते १९ टक्के इतकाच केल्या गेला. भारतातील मृत्युदराचा लाख भराहून अधिक आकडा तर अमेरिकेतील २ लक्ष ६१ हजार हा आकडा लक्षात घेतला तर जागतिकीकरणाने मानवी जीवन सुरक्षित ठेवण्यात पूर्णतः शरणागती पत्करल्याचेच स्पष्ट झाले. जागतिकीकरणाने पायाभूत सोयी-सुविधा निर्माण करून जनतेच्या आरोग्याला सक्षम करण्यास प्राधान्य दिले असते तर केवळ जैविक युध्दावर उद्भवलेल्या परिस्थितीचे खापर फोडण्याची अगतिकता आली नसती, भनाढय आणि तंत्रज्ञानाचा बादशाह असलेल्या अमेरिकेत आरोग्य व्यवस्थेने जी लोळण घेतली ती पाहता अमेरिकन साम्राज्याचा भेसुर चेहराच सामोरा आलेला पाहायला मिळाला. रंगभेद, वर्णभेदाच्या चौकटीत जखडलेल्या अमेरिकेत आरोग्यासाठी मानवी इक्काची बोळवन झाल्याचेच दृष्टीपथास पडले. अमेरिका, चीन, युरोप, भारतातील प्रमुख कंपन्यांचे प्रवर्तक व त्यांचे राजकीय वाठीराखे यांना जागतिक व्यवहारवादाचा अदमास आलेला नाही असेच म्हणाने लागेल. उलट दुसऱ्या महायुध्दातील अमेरिकेचा प्रवेश अमेरिकेतील शस्त्र कंपन्यांना फायदेशीर ठरला आणि अमेरिका केंद्रस्थानी आली. तसेच कोवीड-१९ मुळे आरोग्याचा शस्त्रवत वापर करित औषध कंपन्या पैसा कमविण्याच्या मानसिकतेत आहे. त्यामुळेच सतत या जैविक विषाणूची भीती जगभरात माध्यमांच्या माध्यमातून जिवंत ठेवल्या जात आहे. इंग्लंड, रशिया, चीन, जर्मनी, अमेरिका, ऑस्ट्रेलिया येथील कंपन्यातील चुरस पाहू जाता जागतिकीकरणाने सामान्यांना नागविण्याचे व त्याला भक्ष्यस्थानी पाडण्याचा जोरकस आटापीटा चालविलेला आहे. सुमार दर्जाच्या लसी आणि अतिशय अल्पवेळात चाचण्यांच्या प्रमाणात काही लावत उद्घोषणाचा पाडल्या जाणाऱ्या रतिव पाहू जाता मूठभर कंपन्यांचा अर्थवाद मानवी मुल्यांनाच



नवे तर विश्वासावर उभ्या असलेल्या समाजव्यवस्थेला धाराशाही करू पाहत आहे. ही कृती आरोग्याच्या निमित्ताने जागतिकीकरणाला मिळालेले बळ असले तरी आरोग्य आणि मानवी हक्कापुढचे गंभीर संकट आहे व पुढच्या वाटचालीतील वैश्विक गुलामीकरणान्या प्रक्रियेत पुढे टाकल्या गेलेले पाऊल आहे.

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Impact Factor-7.675 (SJIF)

ISSN-2278-9308

B.Aadhar

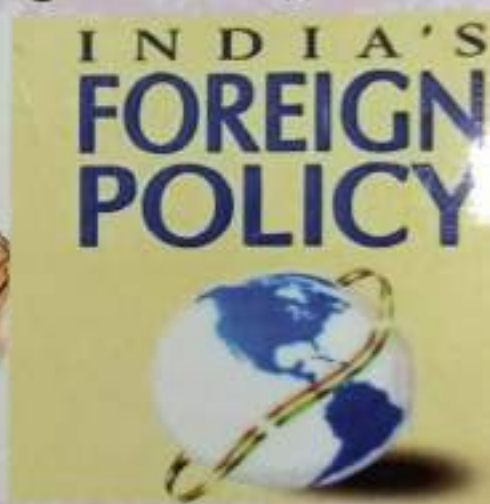
Peer-Reviewed & Refreed Indexed

Multidisciplinary International Research Journal

ISSUE No- (CCLXXXIII) 283 (A)

April -2021

Contemporary India's Foreign Policy



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This Journal is indexed in :

- Scientific Journal Impact Factor (SJIF)
- Cosmos Impact Factor (CIF)
- International Impact Factor Services (IIFS)

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Aadhar PUBLICATIONS

INDEX-A

No.	Title of the Paper	Authors' Name	Page No.
1	मोदीकालखंडातील परराष्ट्र व संरक्षण धोरण : उपलब्धी विपुल आणि आव्हाने बाकी	डॉ. शैलेंद्र देवळाणकर	1
2	डॉ. रतन व्ही. राठोड - एक स्थितप्रज्ञ व्यक्तिमत्व	डॉ. संदीप भिमराव काळे	11
3	सहृदय व्यक्तिमत्व - डॉ. रतन राठोड	डॉ. अलका विनायक देशमुख	16
4	सच्चा जीवनसाथी : डॉ. रतन राठोड	सौ. सुनिता रतन राठोड	18
5	माझ्या जीवनातील दीपस्तंभ : डॉ. रतन व्ही. राठोड	डॉ. संदीप व्ही. काळे	20
6	उमद व्यक्तिमत्व : डॉ. रतन राठोड	डॉ. संदीप तुंडुरवार, / डॉ. शरद सांचारे, / डॉ. वकील शेख,	24
7	आदरणीय गुरुवर्य : डॉ. रतन राठोड	डॉ. दिपाली श्रीराम घोगरे	26
8	कर्तव्यदक्ष आणि विद्यार्थीप्रिय शिक्षक : डॉ. रतन व्ही. राठोड	प्रा. विजया नारायणराव शिरसाट	29
9	माझ्या जिजनाचे आधार स्तंभ	डॉ. अर्चना ज्ञा. पाटील	31
10	डॉ. राठोड सर - एक अज्ञातशत्रु व्यक्तीमत्व	प्रा. गोपालकृष्ण श्री. राखोडे	33
11	प्रा.डॉ.रतन राठोड : ज्ञानदानाचा अखंड नंदादीप डॉ. अनंत मदन आवटी,		35
12	भारत आणि चीन राजनीती संबंधाचे बदलते स्वरूप	प्रा.भागवत शंकर महाले	36
13	संयुक्त राष्ट्रातील भारताची भूमिका व स्थान आणि समकालीन जागतिक आव्हाने	डॉ.प्रा. प्रतिभा टावरी	43
14	भारताचे परराष्ट्र धोरण निर्धारणात राजकीय पक्ष व त्याच्या दबावगटांची भूमिका: एक अभ्यास	प्रा. एन.ए.पाटील	47
15	भारताचे परराष्ट्र धोरण निर्धारणात पंडित जवाहरलाल नेहरू यांचे योगदान: एक अभ्यास	प्रा.पांचगे अंबादास नरसिंगराव	53
16	भारतीय विदेश नीति के निर्धारक तत्व	डॉ. कोनेरु बाबूराव इमलवाड	57
17	समकालीन भारताचे परराष्ट्रधोरण	प्रा.डॉ. प्रतिभा गडवे	60
18	भारतीय परराष्ट्र धोरण : स्वरूप आणि आव्हाने	प्रा. राधा मुरुमकार	63
19	श्रीलंकेतील चांसीक संपर्क	प्रा.अरुण महादेव राव	65



20	क्वाड आणि भारताचे परराष्ट्र धोरण	प्रा.डॉ.ज्योती प्रमोद राखुंडे	69
21	भारतीय परराष्ट्र धोरणाचे बदलते संदर्भ :- विश्लेषणात्मक अभ्यास	प्रा.डॉ.जे.जे. जाधव	71
22	भारत आणि चीन संघर्षात्मक संबंध	डॉ. रूपराव उकंडराव गायकवाड	75
23	सार्क चे यशापयश	प्रा. सचिन जयस्वाल	79
24	सार्क राष्ट्रे : सुरक्षितता आणि दहशतवाद	डॉ. संजय गोरे	82
25	भारताच्या परराष्ट्र धोरणाची तत्कालीन उद्दिष्टे	प्रा.विजया नारायणराव शिरसाट	85
26	भारत आणि परराष्ट्रीय धोरण	डॉ. अरविंद सोमनाथे	89
27	भारत व चीन संबंध	प्रा.डी.टी. स्वर्ण	94
28	भारताचे आण्विक धोरण (Indias Nuclear Policy)	प्रा. डॉ. संभाजी शामराव तनपुरे	97
29	भारत आणि चीन संबंध	डॉ. अनंत मदन आवटी	103
30	भारतीय विदेशनीतिचे बदलते स्वरूप	संदीप तुंडूरवार / डॉ.शरद सांबारे	112
31	संयुक्त राष्ट्र संघटनेत भारताची भूमिका	डॉ.वसंत रामसिंग पवार	120
32	भारत- चीन सीमाविवाद	डॉ. विनोद को. गायकवाड	123
33	समकालीन भारत-चिन संबंध	प्रा. विनोद म. पुनवटकर	126
34	भारत आणि चीन संबंधातील परिवर्तन	डॉ. अर्चना ज्ञा. पाटील	130
35	सार्क आणि भारत यांचे समकालीन संबंध	डॉ. दिपाली श्रीराम घोगरे	134
36	भारतीय परराष्ट्र धोरण -एक निरिक्षण	प्रा. गोपालकृष्ण श्री राखुंडे	138
37	भारताच्या परराष्ट्र धोरणाच्या विकासाचे विश्लेषणात्मक अध्ययन. (विशेष संदर्भ - सार्क आणि विमस्टेक क्षेत्रिय संघटना)	डॉ. ममता विजयराव पाधीकर	141
38	समकालीन भारत कि परमाणू नीती	प्रा.डॉ.प्रमिला डी.भोयर	146
39	भारत का मेक्सिको एवं वेनेजुएला के साथ सम-सामयिक संबंध की पड़ताल	डॉ. रवी कुमार	150
40	समकालीन भारत की विदेश नीति के उद्देश्य	डॉ. किशोर बी. वासनिक	154
41	भारत-पाकिस्तान संबंध : 2000 ते 2010	डॉ. संजय गव्हाणे	157



42	भारत आणि पाकिस्तान संबंध एक विश्लेषणात्मक अभ्यास सहा.प्रा. पवन महंत	160
43	भारत श्रीलंका संबंध प्रा. नितिन माणिकराव विहाडे	165
44	भारताचे परराष्ट्र धोरण स्वरूप आणि आव्हाने निता दत्तू घडलिंग/अमित नानाभाऊ कुटे	168
45	भारतीय परराष्ट्र धोरणाचे बदलते स्वरूप स्नेहा सोन्याबापु सोळंके	171



उमद व्यक्तिमत्व : डॉ. रतन राठोड

डॉ. संदीप तुंडुवरवार,
सचिव,

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आपल्या प्रदीर्घ वाटचालीत अनेकानेक व्यक्ती संपन्नता येतात. काही लक्षात राहतात, काही स्मृती घाळवत राहतात, तर खुपच कमी मनाचा ठाव घेणारे असतात. ज्यांच्या आठवणीने आजण मोहरून जातो. विशेषतः आपल्या वाटचालीतील मार्गदर्शक म्हणून इवेहवेसे वाटायला लागतात. अशा ह्याइह्याशा व्यक्तिमत्वात आमचे ज्येष्ठ मार्गदर्शक डॉ. रतन व्ही. राठोड यांचा अंतर्भाव आहे. मनाला अत्याधिक आनंद देणारे आणि स्नेहाची उधळण करणारे व्यक्तिमत्व अशी त्यांची आठवण आहे. एकूणच व्यक्तिमत्व मितभाषी, परंतु आपल्या शोड स्मितहास्याने समोरच्यांच्या काळजाला हात घालणारे, संयत-समंजनसपणा असलेले, कुठल्याही ओळखीच्या वा अनोळखी गरजूंना नेहमीच मनस्वी सहकार्य करणारे. खुप सान्या चांगूलपणा जोपासणारे हे व्यक्तीत्व विमटोते पकटून शब्दबद्ध करता येण्याजोगे नाही. खरं तर त्यांच्या नावातच रतन आहे ! अर्थाने लाखांमोलाचे हे रत्न कुटुंबाकरिता महाविद्यालयाकरिता, आप्लेष्ट-मिग्रमंडळी आणि ज्यांचे ज्यांचे भावविन्व घडविले त्यांच्याकरिता रत्नमाणका सम आहे. आपलो प्रदीर्घ विनाखंड सेवा देत ते ३० एप्रिलला शासन नियमाप्रमाणे निवृत्त होत आहेत. मात्र त्यांच्या एकूणच ऊर्जावान प्रकृतीकडे पाहिले तर कुठल्याच पातळीवर ते निवृत्तीच्या उंबरठ्यावर आलेले असे वाटत नाही. त्यांच्यातील उत्साह आजही लितकाच चेतन्यशील आहे. जेवढा त्यांनी घडविलेल्या शिक्षकांमध्ये दिसून येतो. सरांच्या मुशीतून घडलेल्या डॉ. संदीप काळे आणि त्यांच्या स्नेहोजणांनी फुडाकार घेत सरांच्या कार्यकर्तृत्वाची स्मृती कायम जपण्याकरिता "परराष्ट्रीय धोरण" यावर संशोधन लेखकांचे पेंपर बोलावून संदर्भग्रंथ प्रकाशित करण्याचा मनोदय प्रत्यक्षात अतिस्वात आणल्या जात आहे. तो सरांच्या संस्कारो कृतिशीलतेचा आम्हाला पदर वाटतोय. आपल्या गुरुवर्षांचा अवकाश त्यांच्याच काळात कळ्यात आणून त्यांना पूर्णतः झोकाळून टाकण्याचा सोकावलेला काळ असताना आपल्या मुरुचे पांग फेडण्याच्या कृतार्थतेने टाकलेले पाऊल गुरुशिष्यांमधील प्राचीन नाते जिवंत राखणारी सहदयी व्यक्तीत्व अजुन्ही आहेत याचा आनंद वाटतोय. शिक्षण क्षेत्रातील चांगूलपणा कायम राखणारे वातावरण वा अंगाने त्याकडे आपल्याला वधता येते.

डॉ. रतन व्ही. राठोड यांच्या गुरु संस्कारातून घडलेल्या डॉ. संदीप काळे विषयी आम्ही नेहमीच नोंदविताना म्हणत असतो, "अमरावती विद्यापीठाने नागपूर विद्यापीठाच्या राज्यशास्त्र विषयाला दिलेले हे अनमोल रत्न हांय" सरांची उज्विता, संयम, खळखळत स्मित, चैतन्य, सर्वांना मदत करण्याची त्यांची तत्परता, आपल्या अध्ययनात रममाण होतानाच शिषिध मंचावरून ज्ञानाला विस्तारणे, उपक्रमाचे आयोजन हे सर्व पाहू जाता डॉ. रतन व्ही. राठोड यांचा आठव होत राहतो. आपल्या हाताखाली किती विद्यार्थी अध्ययन, संशोधन करून गेलेत यापेक्षा त्यातील किती जणांनी सुयोग्य ज्ञानाभूत घेतले हे अधिक महत्त्वाचे. या निकषात डॉ. संदीप काळे वसतात आणि आम्हाला डॉ. रतन व्ही. राठोड यांच्या ज्ञानाचा तो विस्तार वाटतोय. भरून पावलो, कृतार्थ झालो ही बाब यज्ञुनच मग आविष्कृत होते.

उमद्या व्यक्तिमत्वाशी माझ व्यक्तीगत संबंध अमरावती विद्यापीठात असताना, अभ्यास मंडळाच्या निमित्ताने जाला. त्यावेळी तो औपचारिक पातळीवर होता. आमच्यातील अनुबंध विस्तारत अधिक अनौपचारिक बनलेत ते नागपूर विद्यापीठात आल्यानंतर. त्यांचे आचार्य पदवी आमच्या गुरुमाऊली डॉ. अलका देशमुख यांच्या मार्गदर्शनात साकार झाल्याने वेगवेगळ्या निमित्ताने का होईना कधी नवळ आलोत या जवळीकीतील दोन घटक अधिक महत्त्वाचे राहिले. एक म्हणजे डॉ. संदीप काळे आणि डॉ. बाळासाहेब जांगदंड यांच्याशी स्तुतत्याने संवाद आणि दुसरा घटक डॉ. व्ही. एम. पेशवे सामाजिक संशोधन संस्था, यवतमाळ द्वारा आयोजित परिषदा. य संस्थानी आयोजिलेल्या परिषदा कुठेही असोत डॉ. रतन राठोड यांचे उपस्थिती नाही हे कधी घडले नाही. दोन प्रसंग फारच आठवणीतील आणि सरांच्या स्वभावाचे दर्शन घडविणारे आहेत. पहिला म्हणजे विदर्भाच्या एका टांकावर अकोला शहर तर दुसऱ्या टांकावर तेलंगणाला खेटून असणारे राजुरा. राजुरा येथे प्रसारमाध्यमांवर परिषद होती. आम्ही नागपुरातून परिषदेच्या वेळच्या एक तास अगोदर पोचलो मात्र सर सकाळी आठ वाजता इनर ! दिलेला शब्द, वेळ पाळण्याचे त्यांचे तंत्र त्यादिपशी लक्षात आले. फाटल्या वेळी निवृत्त परिषदस्वळी पेशोपणे आणि शोषटच्या सत्रापरीत त्याच उर्जेने वसणे अशी ऊर्जा व्यक्तीत्व घेणे



दुमिळच. त्यांच्यातला हा गुण फारच भावणारा राहिला. असे व्यक्तिमत्व अधिक असतील तर आपल्या क्षेत्रात अधिक चैतन्य येईल. दुसरा प्रसंग म्हणजे सीताबाई कला, वाणिज्य व विज्ञान महाविद्यालयातील रान्यशास्त्र विभागाने डिसेंबर २०१७ मध्ये "भारतीय लोकशाही" या विषयावर परिषद आयोजित केली होती. आयोजकांवर जेव्हा ताण दिसत नव्हता तेव्हा मात्र आयोजनाचे ठक्क देणाऱ्या घटक संस्थेच्या पदाधिकाऱ्यांवर दिसत होता. सर मात्र निश्चित होते, परिषदेच्या यशस्वी आणि भरीव आयोजनाबाबत, प्रत्यक्षात परिषद जेव्हा सुरु झाली त्यावेळी त्यांच्यातल्या आडळलेल्या दोन गुणांनी मात्र आम्ही सुखवलो. ते म्हणजे त्यांची संघटनशक्ती विसून आली आणि दुसरे म्हणजे परिस्थिती कशीही उदभवली तरी अत्यंत संयम राखत येहऱ्यावर उद्रेग न दिसता हस्तमुखाने सामोरे जाणे. अमरावती विद्यापीठाचे कुलगुरु डॉ. मुरलीधर चांदेकर, संस्थेचे अध्यक्ष, सचिव, पदाधिकारी यांनी व्यासपीठावरून कौतुक करीत त्यांच्या उपक्रमशिलतेची याखाणणी केली आणि त्यांच्या कार्याला सलाम केला.

आजही आम्ही फारसं नियमित बोलत असतो असे नाही. परंतु मनाचे धागे अत्यंत एकजीव होऊन गेले आहेत. डॉ. संदीप काळे यांनी ते अधिकच गहिरें केलेले आहे. आमच्या या ज्येष्ठ बंधूच्या निवृत्त समारंभाच्या निमित्ताने त्यांच्या पैलूविषयी रेखाटन करताना स्वतःलाच तपासण्याची संधी मिळाली आणि मैत्री नाल्याला जो नव्याने उजाळा मिळाला तो पुढील वाटचालीत स्नेहसुगंध पेरणारा आहे. आमच्या या जिवलग सख्खाला आयुष्याचा आनंद लुटता यावा असे दीर्घायुष्य, निरोगी आयुष्य लाभाय अशी जगनिर्यातपाकडे प्रार्थना करतो. त्यांना व त्यांच्या परिवारांना अनंत शुभेच्छा !

AKSHARA

Multidisciplinary Research Journal

Peer-Reviewed & Refereed International Research Journal
July-September 2020 Vol.02 ISSUE. II (A)



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Index

Sr.No	Title of the Paper	Author's Name	Page No.
01	नव्वदोत्तर मराठी स्त्री कथाकारांच्या कथांचा रूपबंध	प्रा.डॉ. रविकांत शिंदे	4-10
02	स्त्रीवादी मराठी कादंबरी: बदलते आयाम	प्रा.डॉ. अनिल बोपचे	11-14
03	कविता महाजन ह्यांच्या 'ब्र'कादंबरीतील स्त्रीविषयक जीवन जाणिवा	डॉ.अशोक भक्ते	15-20
04	पारंपरिक मराठी नाट्यवाङ्मयातील स्त्रीवादी प्रतिमा	डॉ. प्रज्ञा राजेश निनावे	21-27
05	स्त्रीवाद आणि स्त्रीवादी समीक्षा	प्रा.डॉ. विजय रैवतकर	28-33
06	दलित स्त्रीवादी मराठी आत्मकथने: बदलते आयाम एक दृष्टिक्षेप	प्रा.डॉ.हिरालाल सोमा पाटील	34-39
07	स्त्रीवादी साहित्य : लेखन प्रक्रियेतील शैली	डॉ.विशाखा संजय कांबळे	40-45
08	सुरेश भटानंतर विदर्भाच्या मराठी गझलेतील स्त्रीविषयक जाणीव	प्रा.संजय एस. पोहरे	46-49
09	मराठी आत्मकथन : स्त्रीचे बदलते विश्व	डॉ. जयदेवी पवार	50-55
10	मराठी नवकाव्यातील दत्तात्रय धिवरे यांची षटकोळी आशयगर्भ नवकविता	प्रा. आनंदा बाबुराव सोनवणे	56-61
11	आंबेडकरवादी कवयित्रींच्या कवितेतील स्त्रीवादाचे बदलते आयाम	डॉ. अजय चिकाटे	62-72
12	पाली वाङ्मयात प्रतिबिंबित स्त्रीवादी साहित्य	डॉ. मनोहर तुळशीराम कुंभारे	73-76
13	मराठी विज्ञान साहित्यातील स्त्रीवाद : बदलते आयाम	डॉ.वंदना लव्हाळे	77-81
14	स्त्रीवादी कथा : बदलते आयाम	सौ.कल्पना सतीष पवार	82-85
15	स्त्रीवादी मराठी कादंबरी: बदलते आयाम	प्रा. नरेंद्र घरत	86-91
16	स्त्रीवाद आणि स्त्रीवादी कथा	डॉ. आशालता के. जावळे	92-97
17	स्त्रीवादी मराठी कविता : बदलते आयाम	डॉ. जितेंद्र शामसिंग गिरासे	98-104
18	स्त्रीवादी समीक्षेचे बदलते आयाम: डॉ. वंदना लव्हाळे यांची विज्ञान साहित्य समीक्षा	प्रा. डॉ. गोपीनाथ बोडखे	105-109



Index

Sr.No	Title of the Paper	Author's Name	Page No.
19	स्त्रीवादी मराठी कथा : बदलते आयाम	डॉ. बोबडे वैशाली अरुण	110-114
20	स्त्रीवादी कविता बदलते आयाम	डॉ. बळवंत भोयर	115-118
21	मराठी साहित्यातील स्त्री वादाचे बदलते स्वरूप	प्रा.डॉ.तुषार गि.पटेल	119-122
22	समकालीन मराठी ग्रामीण साहित्यातील स्त्री जीवन आणि पाणी समस्या	प्रा. सौ मोरे निर्मला वसंतराव	123-125
23	स्त्रीवादी साहित्य प्रवाह	डॉ.अशोक गौरीशंकर माळगे	126-136
24	स्त्रीवादी मराठी कथा : बदलते आयाम	प्रा.डॉ.राजश्री तुकाराम सोनवणे	137-140
25	स्त्रीवाद एक आढावा	डॉ. कांतिलाल डी सोनवणे	141-144
26	स्त्रीवादी मराठी कथा : बदलते आयाम	प्रा. डॉ. गणेश नारायण चुदरी	145-147
27	मराठी लेखिकांच्या कादंबरीतील स्त्रीरूपे	डॉ.राजेन्द्र मुंढे	148-154
28	आंबेडकरी कवियत्रींच्या कवितेतील नवे आयाम	डॉ.लहू दिगंबर वाघमारे	155-162
29	मकरंद-मुमताज' मधील स्त्रीपात्र	प्रा. डॉ. अरविंद भ. कटरे	163-169
30	गौरी देशपांडे यांच्या कादंबरीतील स्त्रीवाद	कु.उज्वला नामदेव जानवे	170-172
31	मराठी विज्ञान कथेतील स्त्रीपात्र चित्रण	डॉ. विलास दिगंबर धनवे	173-175
32	जगाचे नेतृत्व स्त्रियांकडे दिले तर ?	डॉ. सुदर्शन दिवसे	176-183
33	स्त्रीवादी मराठी कविता : बदलते आयाम	डॉ.सुवर्णागुंड -चव्हाण	184-192
34	स्त्रीवादी मराठी कविता - बदलते आयाम	डॉ. शकुंतला एम. भरांबे	193-196
35	स्त्रीवादी मराठी आत्मकथने : बदलते आयाम	डॉ. वंदना रवींद्र बडगुजर	197-199
36	स्त्रीवादी मराठी कविता बदलते आयाम	डॉ. पंकज रघुनाथ देवरे	200-202
37	मेघना पेठे यांच्या कथेतील स्त्रीवादी जाणीवा	प्रा. तुकाराम भवर	203-206



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स्त्रीवादी मराठी कादंबरी : बदलते आयाम

प्रा. नरेंद्र घरत

मराठी विभागप्रमुखश्री बिंझाणी नगर महाविद्यालय, नागपूर

प्रास्ताविक :

एकोणिसाव्या शतकातील एकूण जागरण व्यक्ती जीवनाला महत्त्वाचा आयाम देऊन गेले. पुढे विसाव्या शतकात समाजाच्या सर्वच स्तरांवर त्याला पूरक असे नवविचारांचे मंथन सुरु झाले. शिक्षण, विज्ञान, तंत्रज्ञान यांच्या विकासाची फलश्रुती म्हणून झालेला प्रज्ञाजाणिवांचा विकास व आलेले जीवनभान याची परिणती म्हणून व्यक्तिजीवनात आणि सामाजिक जीवनात आमूलाग्र परिवर्तन होत गेले. साहित्य आणि समाज यांच्यात अनोन्य संबंध असल्याने साहित्यातही कालमान परिस्थितीनुरूप वेगवेगळी रूपे धारण करत गेले. साहित्यातील या बदलत्या रूपांचा वेध घेण्यासाठी अभिजातवाद, सौंदर्यवाद, वास्तववाद, अतिवास्तववाद, मार्क्सवाद, रूपवाद, देशीवाद असे विविध वाद अस्तित्वात आले. या वादांमुळे साहित्यविषयक आकलनाच्या व मूल्यमापनाच्या दिशा अधिक विस्तृत आणि सखोल झाल्या. मानवाच्या बौद्धिक व्यापारातील अत्यंत महत्त्वाची बाब असलेल्या साहित्याभ्यासातून समाजाच्या सर्व स्तरांमध्ये अस्तित्वभान येऊ लागले. साहित्यविषयक वादाची बिजे ही नेहमी अशा अस्तित्वभान निर्मितीच्या प्रक्रियेत असतात. विविध वाङ्मयीन वाद व यातून आलेले भान साहित्याच्या आकलनाला व मूल्यमापनाला नवे परिमाण देते. या वादापैकीच आधुनिक कालखंडामध्ये उदयास आलेला एक महत्त्वाचा वाद म्हणजे 'स्त्रीवाद' होय.

जगभरातील सर्वच स्त्रियांना कोणत्या ना कोणत्या प्रकारच्या दास्यात रहावे लागले. विविध प्रकारच्या शोषणाचे बळी ठरावे लागले आहे. अन्याय, अत्याचार निमूटपणे सहन करावे लागले आहेत. हे आपल्यावर, स्त्री जातीवर होणारे अन्याय आहेत आणि ते दूर करण्यासाठी संघर्ष करायला हवा; त्यासाठी हे अन्याय कोणकोणत्या प्रकारे होतात हे समजून घेतले पाहिजे, त्यांची कारणे शोधली पाहिजेत, त्या कारणांची मीमांसा केली पाहिजे याचे भान जसजसे स्त्रियांना येत गेले तसतसा या अन्यायाविरुद्धचा स्त्रियांचा लढा अधिक व्यापक व सूक्ष्मतर होत गेला. भूतकाळाच्या तुलनेने आज स्त्रियांची जी 'बरी स्थिती' दिसते आहे, ती स्त्रीने प्रदीर्घ काळ केलेल्या संघर्षाची फलनिष्पत्ती आहे.

स्वातंत्र्योत्तर काळात भारतीय घटनेने स्त्रियांना पुरुषांच्या बरोबरीने आणले. शिक्षणामुळे व कर्तृत्वाला संधी मिळाल्याने अनेक कर्तृत्वसंपन्न स्त्रियांनी स्वातंत्र्योत्तर काळात महानिय कामगिरी केली स्त्री पुरुषापेक्षा कमी आहे ही धारणा व तद्भूत 'कमीपणा' स्त्रीवर लादलेला आहे याचे भान स्त्रीला येऊ लागले. हे भान अल्पसंख्य स्त्रियांनी समाज जागृतीसाठी आणि हक्कांसाठी विविध प्रकारच्या चळवळी सुरु केल्या. त्यातून एक स्वतंत्र 'स्त्रीवादी' दृष्टिकोण विकसित होत गेला. एकूणच जीवन व्यवहाराची तपासणी व मांडणी स्त्रीच्या दृष्टीने होऊ लागली. समाजमनावर प्रभुत्व गाजवणाऱ्या साहित्याचा अभ्यासदेखील स्त्री जाणिवेतून साहित्याचे पुनर्मूल्यांकन करण्यातून स्त्रीवाद उदयास आला.

स्त्रीवाद : संकल्पना :-



मानवी समाजव्यवस्थेत 'स्त्री' ही हजारो वर्षांपासून गुलाम, दास म्हणून जीवन जगत आहे. समाजाने 'स्त्री'या घटकाला वगळून अनेकदा सुधारणेचे प्रयत्न केले. शिवाय कालपरत्वे समाजाने अनेक परिवर्तन स्वीकारलेली होती. मात्र विकासाचा उत्कर्षबिंदू समाजाला गाठता आलेला नाही. कारण समाजाच्या विकास प्रक्रियेत समाजाचा निम्मा भाग गृहितच धरला जात नव्हता. परिणामी विकासाला सर्वांगीण व सार्वत्रिक स्वरूपाचा अर्थ समाज देऊ शकलेला नाही. याची जाणीव ऐतदेशीयांना प्रबोधन काळात प्रकर्षाने झाली. म्हणून स्त्रियांना धर्म, संस्कृती, प्रथा, परंपरेच्या संमोहनातून मुक्त करून स्त्रियांचा पर्यायाने समाजाचा, देशाचा, मानवाचा विकास घडवून आणण्याचा प्रयत्न सुधारकांनी सुरू केला. पाश्चात्य ज्ञान-विज्ञान, साहित्य, कला, संस्कृती बरोबरच स्त्रीवादाची नवी जाणीवही बदलत्या काळात भारतीय समाजात मूळ धरू लागली होती. परिणामी देशकालपरिस्थितीचे संदर्भ घेऊन भारतीय स्त्रीवाद विकसित झाला. स्त्रीवाद हे एक समताधिष्ठित सामाजिक पुनर्रचना करू पाहणारी सामाजिक व राजकीय स्वरूपाची विचारसरणी आहे. या स्त्रीवादाचा नेमका अर्थ स्पष्ट होण्यासाठी विविध व्याख्यांचा परामर्श घेणे महत्त्वाचे ठरते.

स्त्रीवाद म्हणजे काय? :-

स्त्रीवाद ही एक सामाजिक परिवर्तनवादी विचारसरणी आहे. 'Feminism' या इंग्रजी शब्दाला मराठी पर्याय म्हणून 'स्त्रीवाद' ही संज्ञा वापरली जाते. Feminism हा शब्द मूळ लॅटिन भाषेतील शब्द आहे. त्यामधील Femina या शब्दाचा अर्थ Woman असा आहे. इ.स. 1890 च्या दशकात Womanizam च्या ऐवजी Feminism हा शब्द सर्वप्रथम वापरला गेला. त्यानंतर एलिस रॉसी यांनी 1895 ला The Athenaeum या नियतकालिकात ग्रंथपरीक्षण लिहिताना प्रथम हा शब्द लेखनात वापरला आणि त्यानंतर तो सगळीकडे प्रसारित झाला. 'स्त्रीवाद' या शब्दाचा अर्थ एका उपेक्षित घटकांच्या मुक्तीचा अर्थ ध्वनित करतो. म्हणून ती समूहवाचक संज्ञा आहे.

अनेक पाश्चात्य व मराठी विचारवंतांच्या स्त्रीवादाच्या व्याख्या आहेत. त्यापैकी काही व्याख्या खालीलप्रमाणे -

- 1) **सिमॉन दि बोव्हुआर :-** "स्त्रीवाद" म्हणजे केवळ स्त्री हक्कांचे समर्थन नव्हेतर स्त्रीची 'स्त्री' अशी ओळख करून देणे, स्त्री प्रश्नांप्रती आस्था निर्माण करणे" ¹
- 2) "The Principle that women should have political rights equal to those men"
- Webster's Dictionary
- 3) **तर्कतीर्थ लक्ष्मणशास्त्री जोशी :-** "स्त्रीवाद ही केवळ सैद्धांतिक विचारप्रणाली नसून ती गतीशील आणि कृतीनिष्ठ स्वरूपाची आहे. आपल्या भोवतालचे जग केवळ समजून घेणे एवढ्यापुरते तिचे उद्दिष्ट मर्यादित नसून ती जग बदलण्याचा प्रयत्न करणारी विचारप्रणाली आहे." ²
- 4) **अश्विनी धोंगडे :-** "स्त्रीवाद म्हणजे पुरुषांपासून फारकत घेऊन स्वतःचा सवतासुभा निर्माण करणे नव्हे, पण संस्कृतीच्या हजारो वर्षांच्या इतिहासाने बाईचे मानवपण नाकारून तिला पशूतुल्य अवस्था प्राप्त करून दिली, त्यातून बाहेर पडून आपले हक्क प्रस्थापित करून घेण्यासाठी निर्माण केलेले हे व्यासपीठ आहे." ³

वरील व्याख्यांवरून थोडक्यात एवढेच सांगता येईल की स्त्रीवाद म्हणजे जीवनाच्या सर्वच पातळ्यांवरील समानता होय.

स्त्रीवादी साहित्याचे स्वरूप :-

मानवी समाजरचनेत असलेले दुय्यम, दडपलेले स्थान उघडे करून एक निकोप भावना रुजवण्याचे संस्कारपैलू स्त्रीवादी साहित्यात आहे. स्त्रीच्या खास भावानुभवांची अभिव्यक्ती व जगातील भौतिक घटनांकडे स्त्रीच्या दृष्टिकोनातून कसे पाहिले जाते? याचा अनन्यसाधारण



आविष्कार स्त्रीवादी साहित्यात आढळतो. जगाचा नवा अन्वयार्थ लावणारे, नवी मूल्ये, नवी भाषा, नवे साहित्यिक आयाम व मापदंड निर्माण करणारे स्त्रीवादी साहित्य हे स्त्रीवादाप्रमाणेच एक बृहत् वर्तुळ आहे. स्त्रीवादाचे स्वरूप कसे असावे? यासंबंधी 'हेलन सिझू' या पाश्चात्य लेखिकेची भूमिका मंगला वरखेडे उद्धृत करतात. त्यांच्यामते, "स्त्रियांचे साहित्य हे एकाच वेळी सर्व बाजूंनी विकसित होत जाणारे लेखन असले पाहिजे." ⁴ अर्थात पुरुषी वर्चस्वाला सर्व बाजूने हादरे देणे हे स्त्रीवादी साहित्याचे वैशिष्ट्य आहे. तसेच पुरुषी वर्चस्वाला प्रतिवाद करून नव्या पर्यायाची मांडणी स्त्रीवादी साहित्य करते.

स्त्रीवादी साहित्याला जगण्याचा आधार आहे. कारण पुरुषाला स्त्रीविशिष्ट अनुभव केवळ कल्पनांच्या आधारावर मांडणे शक्य नाही. स्त्रियांचे ऋतुप्राप्तीचे अनुभव, गर्भधारणा, मातृत्व हे स्त्रीशरीरनिष्ठ अनुभव आहेत. म्हणून स्त्रीचा देहनिष्ठ अनुभव हा तिचा स्वतःचा आहे. स्त्रीचे शरीर पुरुषापेक्षा भिन्न आहे. त्यामुळे अनुभवांबरोबर त्यांची अभिव्यक्ती ही वेगळीच असणार आहे. या वेगळेपणाची व स्वतःमध्ये असणाऱ्या उर्जास्रोताची जाणीव झाल्यास स्त्री स्वतःचा शोध घेते. या संदर्भात शरणकुमार लिंबाळे म्हणतात, "मी कोण? या घरात माझं स्थान काय? माझ्या जीवनाचा अर्थ काय? असे प्रश्न स्त्रियांना पडू लागले." ⁵ त्यामुळे साहित्याला प्रश्नार्थक व आत्मशोधात्मक स्वरूप प्राप्त होते. तसेच व्यक्ती म्हणून स्वतःचा शोध घेण्याची प्रक्रिया वाढते.

वरील स्त्रीवाद व स्त्रीवादी साहित्याच्या स्वरूपाच्या अनुषंगाने प्रस्तुत शोधनिबंधातून स्त्रीवादी मराठी कादंबरीचा परामर्श घ्यावयाचा आहे.

स्त्रीवादी मराठी कादंबरी :-

स्त्रियांनी कथा लेखनाबरोबरच विपूल प्रमाणात कादंबरी लेखनही केलेले दिसून येते. यातून त्यांनी स्त्रीशक्तीच्या जाणिवे प्रखरपणे मांडल्या आहेत. सुरुवातीला स्त्रियांनी लिहिलेल्या कादंबर्या या 'संकट-साहस-सुटका' या पठडीतल्याच होत्या. केवळ मनोरंजन, अद्भूतता यांचे वलय या प्रकारच्या कादंबर्यांना होते. "1850 ते 1950 या शंभरीत जवळपास शंभर कादंबर्या प्रकाशित झाल्या." ⁶ असे विद्या देवधर यांनी 'स्त्री साहित्याचा मागोवा' या ग्रंथात म्हटले आहे. या कादंबर्यावर शौर्यकथा, प्रेमकथा, आरंभकालीन कादंबरीकारांचे आकर्षण होते. साळूबाई तांबेकर, गोदावरीबाई पंडित यांच्या सारख्या आरंभकालीन लेखिकांच्या कादंबर्या या प्रस्तुत चौकटीतल्या होत्या. त्यानंतर मात्र स्त्रीच्या वास्तवजीवनातील विविध घटनाप्रसंगाकडे लेखिका वळल्या. स्त्रीलिखित कादंबरी सामाजिक अंगाने फुलत गेली. कुमुदिनी रांगणेकर, लीला देशमुख यांच्या कादंबर्यातून केविलवाणी स्त्री येत नाही तर ती बंडखोरवृत्तीची येते. स्त्रीचे राज्य चालविणारी नायिका काशीबाई कानिटकारांनी रंगविली. त्यातूनच स्त्रीशक्तीची जाणीव प्रकट होते.

याचकाळात लेखिकांनी स्त्री शिक्षणाचे महत्त्व, आर्थिक स्वावलंबन हे प्रश्नही हाताळवयास सुरुवात केली. काशिबाई कानिटकर यांनी 'रंगराव' (1903) या कादंबरीतून स्त्री शिक्षणाचा प्रश्न मांडला. यशोदाबाई भट यांनी 'मुलांचे बंड' (1921) मधून विधवांच्या समस्या मांडल्या. स्त्री-स्वातंत्र्य, मानवता याबाबत त्यांनी काही प्रश्न मांडले आहेत. कमलाबाई सोहनी यांनी 'हाच का धर्म' (1930) मधून मुलींवर होणारे संस्कार यांचा वेध घेतला आहे. संस्कारहीनतेमुळे मुलींची होणारी अवस्था मांडण्याचा त्यांचा प्रयत्न दिसतो. यासंदर्भात विद्या देवधर म्हणतात, "सदोष मांडणीमुळे या काळातील स्त्री कादंबरीकारिकांचा प्रयत्न फसलेला दिसतो", ⁷ त्यांचे हे मत यथार्थ वाटते.

पिरोज आनंदकर 'माझं बाळ ते' (1927) मधून अनाथ मुलांना दत्तक घेऊन स्त्रीने आपल्या मातृत्वाला साकार करावे असा विचार मांडते. शांताबाई नाशिककर यांनी बरेच कादंबरी लेखन केले आहे. 'कौमुदी' (1926), 'लग्नाचा बाजार' (1929), इत्यादी. याशिवाय कमलाबाई बंबेवाले यांनी 'बंधमुक्ता' (1930) मधून घटस्फोटाचा प्रश्न मांडून घटस्फोटाची जोरदार मागणी केली आहे.



विवाहसंस्थेमध्ये स्त्रीच्या बुद्धीचा कोंडमारा होतो. स्त्रियांना बंदिवान करणारा हा पिंजरा आहे असे परखड विचार 1930 च्या काळात मांडण्याचे धाडस त्यांनी दाखविले होते. विभावरी शिरूरकर (मालतीबाई बेडेकर) यांनी आपल्या कादंबऱ्यातून दलितांचे वास्तववादी दर्शन घडविले. त्यांची 'बळी' (1950) ही कादंबरी त्या काळात अधिक लोकप्रिय व चर्चेचा विषय बनली होती.

यानंतरच्या काळात कादंबरीचे क्षेत्र विस्तारत जाऊन कादंबरी लेखिकांची संख्याही वाढत गेली आणि आशयविश्वही विस्तारत गेले. प्रेमाकंटक यांच्या कादंबऱ्या राजकीय क्षेत्रातील निष्ठावान कार्यकर्त्यांवर प्रकाश टाकतात. शाली सरदार यांची कादंबरी अंधश्रद्धेचा बुरखा फाडते. उषा मंत्री यांची कादंबरी व्यभिचाराचे समर्थन करते. कुमुदिनी रांगणेकर यांनी परकीय कादंबऱ्यांची भाषांतरे करून परकीय समाजजीवनाची ओळख करून दिली. आनंदीबाई जयवंत यांची कादंबरी, कुमारी माता, सरस्वती दामोळकर यांची कादंबरी पुरुषांच्या द्वितीय विवाहामुळे स्त्रियांवर होणारा अन्यायाचा प्रश्न उपस्थित करते.

साठोत्तरी मराठी कादंबरीक्षेत्रात ग्रामीण, दलित असे वाङ्मयप्रवाह निर्माण झाले. याचकाळात स्त्रीवादी साहित्यकारांनीही आपले अस्तित्व संक्रमित करण्यास सुरुवात केली. 1975 नंतरच्या स्त्रीवादी भूमिकांचा प्रभाव स्त्रीवादी साहित्यातून अधिक व्यापक होत गेलेला दिसून येतो. त्याचे पडसाद स्त्रीवादी कादंबऱ्यातून उमटू लागले. आधुनिकतावादातून स्त्रीवाद असा हा प्रवास प्रस्तुत कादंबऱ्यांचा केंद्रबिंदू आहे.

आधुनिकतेची संकल्पना युरोपात धर्मसुधारणा आणि प्रबोधन यांच्या चर्चेतून पुढे आली. आधुनिक विज्ञान व तंत्रज्ञान यांच्या वाढत्या वर्चस्वातून तिचा समाजावर होणारा परिणाम यांचा अभ्यास होऊ लागला. कला, साहित्य, संस्कृती, समाजकारण, राजकारण, अर्थकारण यासारख्या जीवनाच्या सर्वच क्षेत्रात आधुनिकतेची चर्चा सुरु झाली. या आधुनिकतेची सरळ व्याख्या म्हणजे, "रूढी आणि परंपरा यांच्या विरोधात निर्माण केलेल्या गोष्टी म्हणजे आधुनिकता." ⁸ स्त्रीवादी कादंबरीत या आधुनिकवादने प्रवेश केला. समाजजीवनात परिवर्तनाचे युग आले. प्राचीन रूढी व परंपरा यांना छेद देण्यात येऊ लागले. या रूढी परंपरेने स्त्रियांभोवती जो गुलामीचा विळखा घातला होता त्यातून स्त्रीला मुक्त करण्यासाठी साहित्यरूपी शस्त्र उगारण्यात आले. त्यातूनच 1980 नंतरची स्त्रीवादी कादंबरी एक वेगळा प्रबंध घेऊन अवतरू लागली.

या संदर्भात डॉ. सरोजिनी वैद्य म्हणतात, "या काळातील कादंबरीचा आशय बदलला, रूप बदलले. या काळातील स्त्रियांचे कादंबरी लेखन हे स्त्री सुधारणेकडून स्त्री स्वातंत्र्याकडे विकसित होताना जाणवते. आजवर दडपून गेलेल्या लैंगिक भावनाही धीटपणे स्त्रियांनी मांडण्यास सुरुवात केली." ⁹ अशाप्रकारे जीवनाच्या प्रत्येक क्षेत्रात पुरुषांच्या बरोबरीने वावरताना येणारे अनुभव हे आजवरच्या अनुभवापेक्षा वेगळे होते.

नवसाहित्यातील 'परात्मता' कमल देसाई यांच्या कादंबऱ्यातून व्यक्त होताना दिसते. 'काळासूर्य व हैट घालणारी बाई' (1974), 'रात्रंदिन आम्हा' (1964) इत्यादी कादंबऱ्यातून त्यांनी अस्तित्ववादाची पेरणी केली आहे. त्याचप्रमाणे या कालखंडातील कादंबऱ्यातून शिक्षणामुळे राजकीय हक्कांमुळे स्त्रीविषयक कायद्यामुळे स्त्रीची पारंपरिक प्रतिमा बदललेली दिसते. अर्थार्जनामुळे तिचे स्थानही बदलले आहे. तिलाही निर्णय घेण्याचा अधिकार आहे याची जाणीव व्यक्त होताना दिसते. स्त्रियांचा संघटित आवाज, स्त्री-पुरुष विषमतेवर हल्ला, जुन्या पुरुषसत्ताक मूल्यांचा उपहास इ. विषय या कादंबऱ्यांतून व्यक्त होतात.

महिला वर्ष व महिला दशकाने स्त्रियांच्या कार्याला गती मिळाली. स्त्रियांवर होणाऱ्या अन्याय अत्याचाराविरुद्ध स्त्रिया संघटितपणे आवाज उठवू लागल्या. पारंपरिक पुरुषप्रधानतेच्या मूल्यांना तकलादू ठरवून स्वतःकडे एकव्यक्ती म्हणून पाहण्याचा प्रयत्न करीत आहेत याचे प्रतिबिंब कादंबरीतही पडलेले दिसते. यामध्ये शांता मिसळ यांची 'बेघर' (1976), गौरी देशपांडे यांच्या 'कारावासातून पत्रे', 'मध्य लटपटीत', 'एकेक पान गळावया' (1980), निर्मला देशपांडे यांची



‘टिकली एवढं तळं’ (1980), ‘बन्सी काहे को बजायी’ (1984), प्रतिभा रानडे यांची ‘मानुषी’ (1984), प्रिया तेंडूलकर यांची ‘ज्याचा त्याचा प्रश्न’ (1985), निर्मला देशपांडे यांची ‘मर्ल’ (1986), माधवी देसाई यांच्या ‘मांजिरी’, नियती’ (1986), शांता गोखले यांची ‘रिटा वेलीणकर’ (1990), जाई निंबकर यांची ‘साथ’ (1990), शांता योजी यांची ‘परकी’ (1990), प्रिया तेंडूलकर यांची ‘जन्मलेल्या प्रत्येकाला’ (1991), माधवी देसाई यांची ‘हरवलेल्या वाटा’ (1991), सानिया यांची ‘स्थलांतर’ (1994), अंजली सोमण यांची ‘बंदिश’ (1994), आशा बगे यांची ‘त्रिदल’ (1994), प्रतिमा इंगोले यांची ‘बुढाई’ (1999) इ. कादंबऱ्या कमी अधिक प्रमाणातील स्त्रीवादी जाणिवेतून निर्माण झाल्या आहेत.

अशाप्रकारे स्त्रीवादी कादंबरीचे हे अनुभवविश्व आधुनिक जीवनातील स्त्रियांचे प्रश्न मांडून थांबत नाहीत तर त्या प्रश्नांची सोडवणूक करण्याकरिता सशक्तपणे स्त्री-नायिका सामोरी जाते. पारंपरिक रंजनवाद हे मूल्य स्त्रीवादी कादंबरीने केव्हाच मागे टाकले असून ‘स्त्री-मुक्ती’ ला प्राधान्य दिले आहे.

स्त्रीवादी कादंबरीतून व्यक्त होणारे वेगळेपण :-

- 1) प्रारंभी लिहिलेल्या कादंबऱ्या या मनोरंजनात्मक, ‘संकट साहस व सुटका’ या पठडीतील होत्या.
- 2) प्रारंभी लेखिकांनी स्त्रियांचे प्रश्न भीतभीतच मांडले.
- 3) परंपरेच्या परिघाबाहेर पडू इच्छिणारी स्त्रीची मानसिकता व्यक्त होऊ लागली.
- 4) अन्याय, अत्याचाराविरुद्ध बंड करण्याची प्रबळ इच्छा व्यक्त होत गेली.
- 5) साठोत्तरी स्त्रीवादी कादंबरीला आधुनिकतेचा स्पर्श होत गेला.
- 6) नवसाहित्यातील परात्मता व्यक्त होऊ लागली.
- 7) स्त्रीविषयक कायद्यामुळे स्त्रीची पारंपरिक प्रतिमा बदलत गेली.
- 8) स्त्री-पुरुष विषमतेवर हल्ला, जुन्या पुरुषसत्ताक मूल्यांचा उपहास करण्याचे सामर्थ्य स्त्री नायिकांच्या ठिकाणी आलेले दिसते.
- 9) 1980 नंतरच्या कादंबरीतील नायिका, सशक्त, स्वतंत्र विचारांची, निर्णयक्षमता असलेली धाडसी व्यक्तिमत्त्वाची दिसते.
- 10) आधुनिक स्त्री रंगवितांना लैंगिक उत्तेजना निर्माण करणारी वर्णनेही बिनधास्त येतात.

अशाप्रकारे स्त्रीवादी कादंबरीतून व्यक्त होणारे आशयविश्व व मांडलेले प्रश्न सोडविण्यासाठी अंगी जे बळ हवे त्या बाबीतील चिंतन, विचार या सर्वांचे चित्रण साठोत्तरी कादंबरीतून प्रकर्षाने दिसून येते.

समारोप :-

‘स्त्रीवादी मराठी कादंबरी : बदलते आयाम’ या शोधनिबंधातून प्रथम स्त्रीवादाची संकल्पना स्पष्ट करण्यात आली, स्त्रीच्या आत्मजागरणाचे व्यापक अभियान असे स्त्रीवादाचे स्वरूप आहे. स्त्रीचे सामाजिक, धार्मिक, सांस्कृतिक, आर्थिक, शैक्षणिक, राजकीय अशा प्रस्थापित समाजव्यवस्थेच्या प्रत्येक पातळीवरून शोषण होत असते. या शोषणाविरुद्धचा आवाज व समाजात समान दर्जाची मागणी यासाठीचा वाद म्हणजे स्त्रीवाद होय. याच अनुषंगाने स्त्रीवादी साहित्यातून मराठी स्त्रीवादी कादंबरीचे बदललेले आयाम लक्षात घेण्याचा प्रयत्न केलेला आहे.

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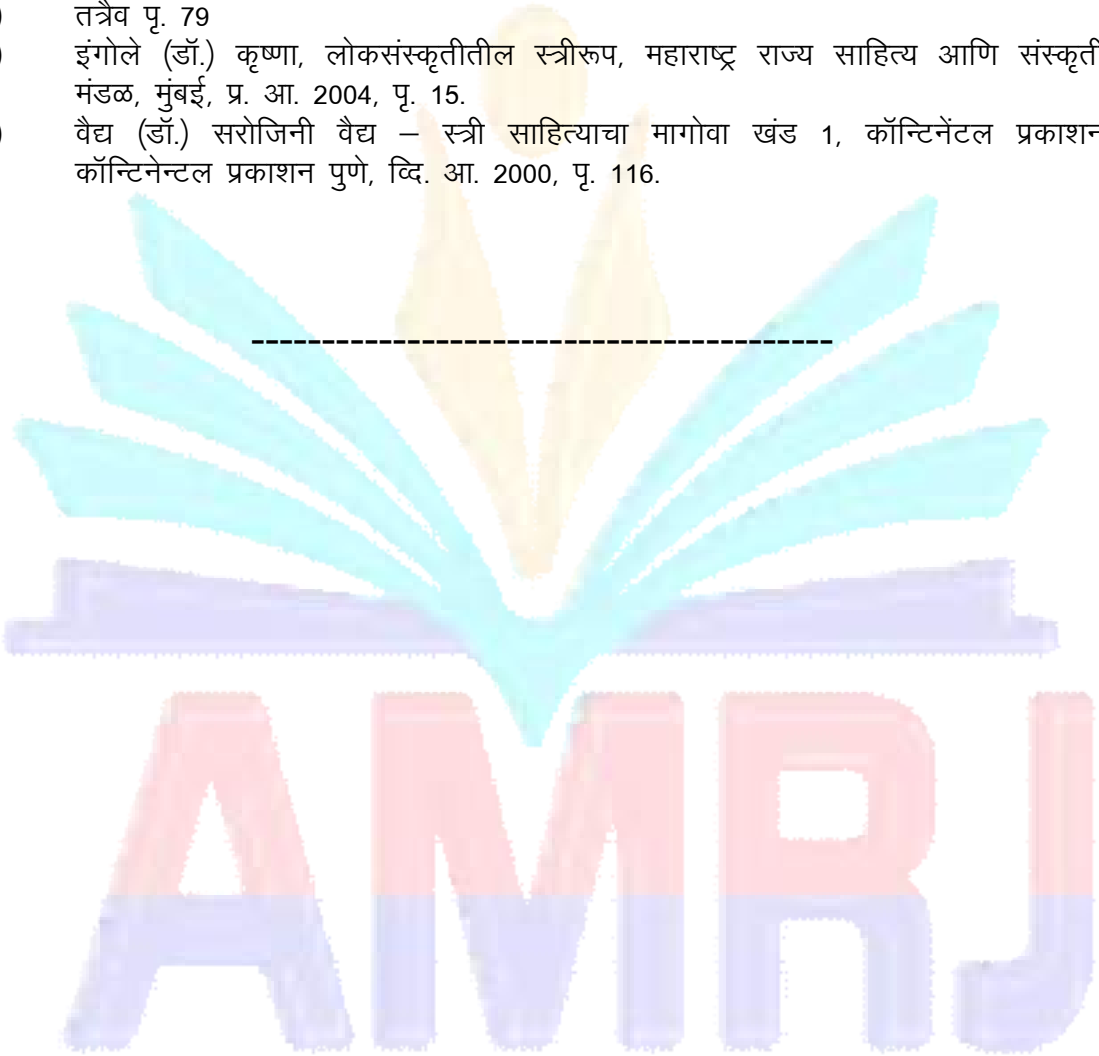


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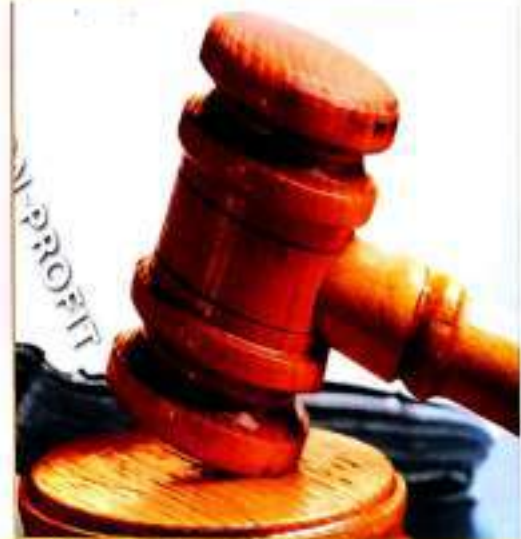
Impact Factor-7.675 (SJIF)

ISSN-2278-9308

B.Aadhar

Peer-Reviewed & Refreed Indexed
Multidisciplinary International Research Journal

November-2020



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**INDEX**

No.	Title of the Paper	Authors' Name	Page No.
1	शिवाजी—इस्लाम संबंध	प्रा. मंगेश वाहाणे	1
2	गोपीनाथराव मुंडे यांचे सामाजिक कार्य	प्रा.झरेकर रमेश सोनु	5
3	साने गुरूजींचे अनुवादित साहित्य	डॉ. जयश्री शास्त्री	9
4	भटक्या विमुक्तांच्या साहित्याची भाषा : विशेष संदर्भ 'पालावरचं जग'	प्रा. गणेश दिगंबर सावजी	14
5	धरण प्रभावित क्षेत्रातील विस्थापित कुटुंबांच्या समस्या संजय नामदेवराव तोरवणे / प्राचार्य.डॉ.डी.एस.पाटील		18
6	स्त्री भुणहत्या कारणे व उपाययोजना	सौ. किर्ती नितीन सांगळे	22
7	मानवाधिकार आणि आदिवासी समाज	प्रा.डॉ.उल्हास एन राठोड	25
8	राजे लखुजी जाधवराव कार्य व कर्तृत्व— एक समालोचन रविंद्र शंकरराव फटींग		30
9	इक्कीसवीं सदी के महिला उपन्यासकारों के उपन्यासोंमें चित्रित नारी डॉ.प्रमोद परदेशी		36
10	भारतातील बौद्धिक संपदा अधिकाराचे महत्त्व व फायदे : एक दृष्टीक्षेप संशोधक प्रा. सचिन ग. कर्णेवार / डॉ. प्रशांत म. पुराणिक		42
11	युवावर्गातील फास्ट फुडचे वाढते आकर्षण : आरोग्याची एक भोषण समस्या प्रा. डॉ. सोनाली राजेश बन्सोड		46
12	जागतिकीकरण आणि शिक्षण यांच्यातील तुलनात्मक अभ्यास प्रा. डॉ. मंजुषा समर्थ		50
13	बहामनी सुलतान व नरसिंगदेव राय संघर्षातून हिंदू राज्य स्थापनेचे प्रयत्न डॉ. गजेन्द्र बी. ढवळे		54
14	भारतीय राजनीति में भ्रष्टाचार: एक वास्तव डॉ. आर. जी. बांबोळे		58
15	मंदोदरीबाई पाटीलयांचे जागृति वृत्तपत्रातील स्त्री सुधारणविषयक विचार प्रा. सचिन ज्ञानेश्वर मोरे		63
16	महाराष्ट्र आणि तेलंगणा राज्यातील अनुसूचित जमाती मधील 'आंध' समुदायाची बोलीभाषा प्रा. गणेश बंडूजी माघाडे		66
17	कोविड - १९ मधील प्लाझ्मा दान आणि लोकभ्रम प्रा. कमलेश मानकर		74
18	राष्ट्रसंत तुकडोजी महाराजांचे आरोग्यासंबंधी विचारांची कोरोना काळामध्ये गरज प्रा. डॉ. अनुराधा रा. मुळे		79



19	बौद्ध मनोविज्ञान : अभिधमत्थसंगहो	डॉ. मनोहर कुंभारे	84
20	भारतीय अर्थव्यवस्था मंदीच्या उंबरठ्यावर जाण्याची कारणे	डॉ. केशव सुर्यभानसा गुल्हाने	88
21	कोविड-१९ आणि मानसीक अस्वस्थता	डॉ. कमल रविंद्र पोटदुखे	91
22	राजर्षी शाहू महाराजांचे शिक्षण विषयक विचार आणि कार्य	प्रा.डॉ.विठ्ठल जीवतोडे	94
23	स्त्रीवादी समीक्षा : बदलते आयाम	डॉ. नरेंद्र घरत	99
24	वर्धा जिल्ह्यातील तालुकानिहाय लोकसंख्या वाढीचे भौगोलिक विश्लेषण	प्रा. एन. जी. सोनुले	104
25	राजर्षी शाहू महाराजांचे पाणी व्यवस्थापन व शेतीमध्ये नवनवीन प्रयोग	संगशेटी आर एम	112
26	पंडीत जवाहरलाल नेहरू यांचे आर्थिक विचार	प्रा. डॉ. देवेंद्र शिवदास रंगाचार्य	118
27	आदिवासींच्या समस्या	प्रा. डॉ. नलिनी भगत	120
28	कोरोना : भारतातील सामाजिक, आर्थिक परिस्थिती.	प्रा. विशाखा मानकर	123
29	एक नजर धारा ३७० के क्रियान्वयन पर	हर्ष कुमार	127
30	'तत्त्वज्ञान म्हणजे विज्ञानाचे तर्कशास्त्र' ह्या ए. जे. एयरच्या मताच्या समर्थनार्थ	प्रा. सुमेरू गोंडाणे	131
31	आर्थिक परिस्थितीचा गर्भवती स्त्रिया आरोग्यावर होणारा परिणाम	कु. सीमा देशमुख / डॉ. विभा काटे	135
32	वृद्धांच्या समस्या : एक समाजशास्त्रीय अभ्यास	प्रा.डॉ.आक्काड भगवान भानुदास	139
33	भारतीय संघराज्य में क्षेत्रीयवाद की समस्या विशेष संदर्भ पृथक् राज्यों की मांग	डॉ.नागेश खुशालराव गायकवाड	143

**स्त्रीवादी समीक्षा : बदलते आयाम**

डॉ. नरेंद्र घरत

मराठी विभागप्रमुख श्री बिंझाणी नगर महाविद्यालय, नागपूर

प्रास्ताविक :

जगभरातील मानवी समाजव्यवस्थेला प्रदीर्घ असा इतिहास आहे. प्रत्येक समूहाच्या, प्रदेशाच्या, कालखंडाच्या समकालीन घटनांचा विचार करताना जगातील बहुतांश समाज समूहामध्ये पुरुषांच्या तुलनेत स्त्रियांना गौण स्थान होते, असेच दिसून येते. भारतीय समाजाच्या इतिहासातील प्राचीनतम कालखंडापासून स्त्रीचे स्थान दुय्यम असल्याचे आढळते. असे असले तरी कालखंडपरत्वे स्त्रियांच्या सामाजिक, आर्थिक, राजकीय, शैक्षणिक, सांस्कृतिक, कौटुंबिक जीवनशैलीत व एकूणच मूल्यव्यवस्थेतील स्त्रियांचे स्थान व दर्जा यामध्ये बदल होत गेलेला दिसून येतो. वैदिक कालखंडाचा विचार केला तर स्पष्ट लक्षात येते की, स्त्रियांना पुरुषांच्या बरोबरीचे स्वातंत्र्य होते, याची अनेकविध उदाहरणे ऐतिहासिक पुराव्याने सिद्ध करता येतील. म्हणून हा काळ स्त्रियांच्या प्रगतीस अनुकूल काळा होता, असे आपणास म्हणता येईल. मात्र उत्तर वैदिक काळापासून स्त्रियांच्या स्वातंत्र्याला ग्रहण लागलेले दिसते. स्त्री स्वातंत्र्यावर अधिक मर्यादा येऊन तिच्यावर अनंक बंधने लादली गेली. पारंपरिक विवाहपद्धतीला संस्काराचे ताठर स्वरूप प्राप्त होऊन स्त्रियांच्या हक्कांचा संकोच झाला. त्याबरोबरच युद्ध, हिंस्वपशुंशी सामना करण्याच्या, शिकार करण्याच्या प्रक्रियेने पुरुष घराबाहेरील तर स्त्री ही घराच्या चार भिंतीतील कर्ते-करविते झाले. परिणामी स्त्रियांचे कार्यक्षेत्र मर्यादित होऊन त्या अधोगतीस वाटचाल करू लागल्या. याशिवाय युद्धप्रसंगी व संकटकाळात पुरुषांनी संपत्तीप्रमाणेच स्त्रीचे संरक्षण केल्याने तिची गणना संपत्तीशी करण्याची प्रथा रूढ झाली. तदनंतरच्या काळापासून स्त्री ही पुरुषाची दास, गुलाम झाली असे म्हणता येईल.

उत्तर वैदिक काळात स्त्रियांची तुलना मालमत्तेशी केल्याने संपत्तीचा अधिकार पुत्राकडे म्हणजेच पुरुषाकडे हस्तांतरित झाला. वरदक्षिणा पद्धती, अग्रोपभोगाची पद्धती, कन्यादान पद्धतीने तर स्त्रियांच्या हस्तांतरणाला प्रारंभ झालेला दिसून येतो. यातून स्त्रियांचे आर्थिक परावलंबन वाढत गेले. समाजजीवनात घडणारे विपरित परिवर्तन स्त्रियांच्या प्रगतीस मारक आहे. याची जाणीव काही अंशी मध्ययुगात झालेली दिसते. म्हणून काही खास प्रयत्न करण्यात आलेले आहे. अशा काही पाऊलखुणा इतिहासात सापडतात. पुढे मात्र ब्रिटिशांच्या उदारमतवादी राजवटीत स्त्रीसुधारणेला, प्रगतीला मोठा अवकाश निर्माण झाला व विशेष प्रयत्नही झालेले आहेत, असे आपणास म्हणता येईल.

स्त्रीवादाची व्याख्या :-

'स्त्रीवाद' या विचारप्रणालीची निश्चित अशी संज्ञा किंवा मूलभूत पार्श्वभूमी नसल्यामुळे स्त्रीवादाची व्याख्या स्थळानुरूप, काळानुरूप बदलत असल्याचे दिसून येते. म्हणूनच स्त्रीवादी अभ्यासक, कार्यकर्त्या यांनी केलेल्या व्याख्येमध्ये वैविध्य दिसून येते ते पुढीलप्रमाणे -

- 1) डॉ. शोभा पाटील - "समाजकारण अर्थकारण, राजकारण, कला व वाङ्मय व्यवहार या सर्व क्षेत्रांत स्त्रियांच्या वाटचाल आलेले दुय्यम स्थान नाकारून, माणुसपणाचा क्षमताधिष्ठित हक्क प्राप्त करण्यासाठी केलेली राजकीय चळवळ म्हणजे स्त्रीवाद होय."



- २) मंगला वरखेडे - "पुरूषाला समाजरचनेत जसे एक अर्धपूर्ण स्थान आहे, तसे स्त्रियालाही प्राप्त व्हावे यासाठी जीवनाच्या सर्व क्षेत्रांत संघर्षशील राहणारी 'स्त्रीवाद' ही एक विचारप्रणाली आहे".^२
 - ३) प्रीती सदावर्ते - "स्त्रियांच्या एकूणच जीवनाविषयी समाजापुढे निर्माण झालेले प्रश्न - उपप्रश्नांची सांगोपांग चर्चा."^३
 - ४) माया पंडित - "कोणत्याही समाजामध्ये काही विशिष्ट संरचनामुळे, संकल्पनांमुळे, काही विशिष्ट कल्पनाप्रणालींमुळे, काही विशिष्ट व्यवहारांमुळे अन्याय होत असतो आणि त्या अन्यायाच्या विरुद्ध झगडण्याची भूमिका घेऊन उभे राहणे म्हणजे स्त्रीवाद."^४
 - ५) डॉ. सीमा साखरे - "स्त्रीवाद म्हणजे स्त्रियांच्या शोषणाबद्दल अत्याचारांबद्दल समाजात, कुटुंबात कामाच्या जागी जागृती निर्माण करणे आणि ही परिस्थिती बदलण्यासाठी स्त्री-पुरूषांनी जाणीवपूर्वक विचार आणि कृती करणे म्हणजे स्त्रीवाद होय."^५
- एकूणच स्त्रियांचे अधिकार, हक्क, कर्तव्य, बदलते सामाजिक संदर्भ, प्रश्न, योजना, उपाय, पुरूषप्रधान व्यवस्थेशी असलेला संदर्भ या गोष्टी परस्परावलंबी व एकमेकांवर परिणाम करणाऱ्या असल्यामुळे स्त्रीवादी प्रणालीच्या मूळ गाभ्यामध्ये सतत बदल होताना दिसून येतो. स्त्री-पुरूष समानतेस पोषक ठरणाऱ्या स्त्रीवादी विचारसरणीमध्ये सातत्याने नवनवीन भर पडत असल्याने, त्यानुसार स्त्रीवादाच्या व्याख्येमध्ये बदल होताना दिसून येतो. म्हणूनच स्त्रीवादाची एकच एक व्याख्या करणे कठीण असून त्यामध्ये वैविध्य दिसून येते.

स्त्रीवादाचे स्वरूप :-

स्त्रीवादाच्या व्याख्येमध्ये वैविध्य असल्याने स्त्रीवादाचे स्वरूपदेखील व्यापक झाल्याचे दिसून येते. प्रथमतः 'स्त्रीवाद' हे नाव संबोधले गेल्याचा उल्लेख 'स्त्री जीवनाची गुंतागुंत' या पुस्तकात केलेला दिसून येतो. "स्त्रीवाद सभोवतालच्या परिस्थितीचे विश्लेषण करायला शिकवितो, स्त्रीला स्वतःच्या हक्काची, स्वातंत्र्याची, न्यायाची जाणीव करून देतो. ही बंधने तोडण्याची ताकद देतो. संघर्ष करायला शिकवितो. स्त्रीवाद म्हणजे स्त्रियांच्या अंतरमनात दबलेल्या उर्मा आहेत, आकांक्षा आहेत."^६

पुरूषप्रधान व्यवस्थेत होणाऱ्या आपल्या शोषणाची जाणीव स्त्रीला अनेक शतकांपासून कमी अधिक प्रमाणात होती, परंतु आधुनिक कालखंडात ही जाणीव तीव्रपणे होऊ लागली. त्यामुळे प्रस्थापित व्यवस्थेविरुद्ध बंड करून त्या जाणिवेचा आविष्कार ती आपल्या कृतीतून, वाणीतून व लेखणीतून प्रभावीपणे करू लागली. अशारीतीने स्त्रीवाद ही संकल्पना स्त्रीच्या अस्मितेच्या लढायतून उत्क्रांत झाली. समाजव्यवस्थेचे केंद्रस्थान असणाऱ्या पुरूषाप्रमाणेच स्त्रीलाही समाजरचनेत 'अर्धपूर्ण स्थान' प्राप्त व्हावे यासाठी संघर्षशील राहणारी ही विचारधारा आहे. "The Female is a Female by virtue of a certain lack of qualities."^७ या अॅरिस्टॉटलपासून चालत आलेल्या अभावात्मक विचारसरणीला नकार देणे, स्त्रीही 'अपूर्ण मानव' कार्याची दिशा निश्चित झाल्याचे दिसते. या संदर्भात मंगला वरखेडे म्हणतात की, "धर्मसंस्था, मतलबीपणा उघड करणे, रूढी-परंपरा, कायदा, तत्त्वज्ञान, सौंदर्यविचार, भाषा यातील पुरूषसत्ताक मूल्यांना प्रश्नांकित करणे आणि जीवनाच्या सर्वच क्षेत्रांतील आचार विचारांत शोध घेणे हे स्त्रीवादी तत्त्वज्ञानाचे स्वरूप आहे."^८

बदलते समाजजीवन, विज्ञानयुगाचा उदय, शिक्षणाने मिळालेला आत्मविश्वास यामुळे आपल्या दुर्बल, पराधीन आयुश्याची जाणीव होत गेल्याने स्त्रिया आपला आवाज उंचावू



लागल्या. स्त्रीने डोळे उघडून जगाकडे पहायला सुरुवात केल्यावर तिला मुख्य प्रवाहापासून फेकलो गेल्याची जाणीव झाली, तेव्हा आपल्या अस्तित्वासाठी पाय रोवायला तिने संपूर्ण सामर्थ्यानिशी सुरुवात केली. स्त्रीच्या अधःपतनाचे पुरुषी राजकारण तिला समजू लागले. त्यावेळी स्त्रीला या दुय्यम स्थानावरून केंद्रस्थानी आणणे हे स्त्रीवादाचे मुख्य उद्दिष्ट व प्रस्थापित पुरुषी राजकारणाला छेद देणे हे कार्य बनले.

स्त्रीवादाच्या वरील सर्व व्याख्यांचे व स्वरूपांचे परिशीलन करता लक्षात येते की स्त्रीवाद ही स्त्रियांना माणूसपणाचा मूल्ययुक्त हक्क प्राप्त करून देण्यासाठी वचनबद्ध असणारी विचारधारा आहे. जीवनाच्या सर्व क्षेत्रांमध्ये होणारी स्त्रीशोषण व दुय्यम स्थान नष्ट करणे हे तिचे पायाभूत उद्दिष्ट आहे. समाजातील शोषणप्रवृत्तींना छेद दिल्यावर स्त्रीवादाचा समाजातील इतर दुर्बल घटकांशी संवाद साधला जाईल आणि या संवादातूनच समताधिष्ठित नवसमाजनिर्मितीचे स्वप्न लवकरात लवकर साकार होईल.

स्त्रीवादी समीक्षा : स्वरूप, कार्य, उद्दिष्टे :-

शतकानुशतकाच्या लिंगभेदात्मक अनुभवविश्वातून आकारास आलेला स्त्रीवाद साहित्य समीक्षाक्षेत्रात १९६० पासून सादृश्य रूपात अवतरला. जीवनाच्या सर्व महत्त्वाच्या स्तरावर चाललेली स्त्रीची गळचेपी दूर करण्यासाठी स्त्रीवादाने मानवी प्रज्ञा व प्रतिभेच्या सर्व पातळींवर स्वतःचे निशाण रोवले. साहित्यासारख्या सामाजिकदृष्ट्य महत्त्वपूर्ण क्षेत्रामध्ये स्त्रीवादी दृष्टीकोण प्रस्थापित करण्याच्या निकडीतून पाश्चात्य स्त्रियांनी स्त्रीवादी विचारपद्धती अस्तित्वात आणली. त्या त्या कालखंडात समाजजीवनामध्ये अस्तित्वात असणाऱ्या जाणिवांचे प्रतिबिंब अपरिहार्यपणे वाङ्मयकृतीतून घेण्याचा विचार मूळ धरू लागला. पुरुषनिर्मित वाङ्मयातील स्त्रीदर्शनाचे स्त्रीवादी भूमिकेतून पुनर्वाचन झाले पाहिजे, स्त्रियांचे दुर्लक्षित वाङ्मय या नव्या भूमिकेतून पुन्हा उजेडात आणले पाहिजे असा विचार अलिकडच्या काळात रूजू लागला. या वैचारिक मंथनाची अपरिहार्य फलश्रुती म्हणून 'स्त्रीवाद समीक्षे'चा उदय झाला. स्त्रीवादांतर्गत विचारमंथनातून आकारास आलेल्या स्त्रीवादी समीक्षा पद्धतीला सैद्धांतिक पातळीवर ठसठपीत रूप प्राप्त झाले ते १९८० च्या दरम्यान.

संस्कृतीतील स्त्रियांचे दुय्यमत्व अधोरेखित करणारा स्त्री-पुरुष यातील गुणभेद विविध सांस्कृतिक व्यवहारामध्ये कार्यरत आहे. तसेच तो साहित्यातही प्रतिबिंबित होताना दिसतो. या प्रवृत्तीविषयी स्त्रीवादी समीक्षेची भूमिका स्पष्ट करताना माया पंडित म्हणतात, "स्त्रियांविषयीचा पारंपारिक दृष्टिकोण जतन करणाऱ्या प्रवृत्ती कशा पद्धतीने साहित्यात जतन होतात याची मीमांसा, लेखकाची त्याबाबतची कोणती भूमिका असते व तो कोणत्या पद्धतीने आविष्कृत होते याची समीक्षा म्हणजे स्त्रीवादी समीक्षा होय."^१

स्त्रीवादी समीक्षा हा स्त्रीवादातून निर्माण झालेला बहुआयामी असा सामर्थ्यशाली वाङ्मयीन वाद आहे. लेखक, वाचक, समीक्षक यांच्यामध्ये एक वैशिष्ट्यपूर्ण जागरण आणण्यासाठी वचनबद्ध असणारा हा वाद साहित्य निर्मिती, आस्वाद व समीक्षण या अत्यंत महत्त्वाच्या प्रक्रियांमधील भूमिकांची स्त्रीवादीदृष्टीने छाननी करतो. साहित्यातून व्यक्त झालेली पुरुषप्रधान संस्कृती, तिची आपमतलबी विचारसरणी, विषममूल्यव्यवस्था यांचा दंभस्फोट करणे, स्त्रीनिष्ठ साहित्यातील स्त्रीविशिष्ट अनुभवविश्व, स्त्रीसंस्कृती, स्त्रीभाषा आदींचे स्वरूप पाहणे, त्याचे अर्थनिर्णय व मूल्यमापन करणे हे स्त्रीवादी समीक्षेचे ध्येय आहे.

स्त्री साहित्याची परंपरा शोभून, त्यातून अभिव्यक्त होणाऱ्या तिच्या आत्मप्रतिष्ठेच्या जाणिवांची दखल घेऊन त्याचे आजच्या स्त्रीमुक्ती जाणिवांशी नाते जोडण्याचे कार्य स्त्रीवादी समीक्षा करते. पुरुषमूल्यदृष्टीतून आलेल्या रचनाबंधांना, विचारव्यूहांना छेद देते. वाङ्मयाचे पुरुषकेंद्री मानदंड, प्रमाणके यांचे पुनर्मूल्यांकन करून नवे मानदंड, नवी मूल्ये निर्माण करण्याचा



प्रयत्न करते. स्त्रीवादी समीक्षा पुरुषांच्या साहित्यातील स्त्रीचित्रणातून व्यक्त होणाऱ्या पुरुषी दृष्टिकोणाचा व स्त्रीविषयक तिरस्काराचा शोध घेते. पुरुषप्रधान व्यवस्थेने शतकानुशतकापासून घडवलेली स्त्रीची प्रतिमा, स्त्रीविषयक मूल्ये, स्त्रीत्वाचे ठरावीक नमुने साहित्यातून कसे शब्दांकित होतात याचा अभ्यास करते. पुरुषांच्या साहित्यातून प्रकटणाऱ्या स्त्रीप्रतिमा तपासून पुरुषी वर्चस्व स्पष्ट करणाऱ्या व स्त्रियाविषयी चुकीची धारणा धारण करणाऱ्या दृष्टिकोणाची छाननी करते. स्त्रीचे जीवनानुभव हा तिचे मन, तिला घडविणारी परिस्थिती, तिचे वय, लिंग, सामाजिक निर्बंध या सर्वांशी निगडित असतो. स्त्रियांच्या साहित्यातून हा अनुभव कसा व्यक्त होतो याची तपासणी स्त्रीवादी समीक्षा करते. स्त्रीवादी समीक्षेचे कार्य स्पष्ट करताना माया पंडित म्हणतात, "साहित्यसमीक्षा या सांस्कृतिक व्यवहारातून आजतागायत अदृश्य मानण्यात / समजण्यात आलेला लिंगभेदात्मक दृष्टिकोण उघड करणे आणि स्त्री व पुरुष या संकल्पनांची सांस्कृतिक जडणघडण साहित्यातून कशा पद्धतीने दर्शविली व घडविली जाते याची मीमांसा करणे हे स्त्रीवादी समीक्षेचे कार्य आहे."^{१९} एकंदरीत साहित्यातील स्त्री प्रतिमांतील एकांगीपणा अधोरेखित करून, पुरुषप्रधान दृष्टीला छेद देऊन साहित्यिकाला अधिक सजग बनविणारी, प्रस्थापित संकल्पनांच्या जोखडातून मुक्त होण्यासाठी साहाय्यभूत होणारी ही समीक्षा पद्धती आहे.

साहित्याभ्यास पारंपरिक पद्धतीने न होता स्त्रीवादी आत्मभानातून, अस्मितेतून, स्वत्वाच्या जाणिवेतून निर्माण झालेल्या दृष्टिकोणातून साहित्यातील प्रतिमांचा व एकूणच साहित्याचा अभ्यास व्हावा या हेतूने स्त्रीवादी समीक्षा कार्यरत असल्याचे दिसून येते. स्त्रियांचे समाजातील दुय्यम स्थान आणि गुलामगिरी हा प्रस्थापित सत्ताकारणाचा परिणाम आहे. त्यामुळे स्त्रीबाबतच्या तथाकथित संकल्पनांमध्ये अडकून स्त्रीप्रतिमेचे चित्रण न करता एक 'व्यक्ती' म्हणून स्त्रीप्रतिमेचे रेखाटन व्हावे अशी अपेक्षा स्त्रीवादी समीक्षा करते. स्त्रीत्वशोध हे या समीक्षेचे महत्त्वाचे उद्दिष्ट आहे. पुरुषप्रणीत जीवनादर्श नाकारताना, पुरुषप्रणीत सौंदर्यशास्त्रही नाकारून समीक्षा विचारांची नवी मांडणी स्त्रीवादी समीक्षेने केली. स्त्रीवादी समीक्षेने साहित्यातील स्त्री चित्रणाकडे स्त्रीच्या दृष्टिकोणातून बघण्याची नवी दृष्टी दिली. पुरुषप्रधान व्यवस्थेतील सर्व पातळंबवरचे हक्क मिळविण्यासाठी झालेल्या स्त्री चळवळीतील अस्तित्व शोधाच्या प्रवासातील अत्यंत महत्त्वाचा टप्पा म्हणजे स्त्रीवादी समीक्षा होय.

समारोप :-

अशाप्रकारे प्रस्तुत शोधनिबंधातून 'स्त्रीवादी समीक्षेचे' बदलते आयाम स्पष्ट करण्याचा प्रयत्न केलेला आहे. त्या अनुषंगाने स्त्रीवादाची संकल्पना व स्त्रीवादाचे स्वरूप स्पष्ट केले आहे. स्त्रीवादी समीक्षेची चळवळ निर्माण होण्यासाठी कारणीभूत उरलेली पार्श्वभूमी म्हणजे त्याकाळात लेखिकेच्या साहित्याकडे दुर्लक्ष केले जात होते. त्यांनी निर्माण केलेले साहित्य प्रकाशित केले जात नव्हते. स्त्रियांच्या साहित्यावर अनेक आक्षेप घेतले जात होते, टीका केल्या जात होत्या यातूनच स्त्रीवादी समीक्षेचा उदय झालेला आपणांस दिसून येतो.

निष्कर्ष :-

- १) कला, कायदा, रूढी, संस्था आणि लोकमत या सर्व स्तरांवर स्त्रियांना माणूसपणाचा मूल्ययुक्त हक्क प्राप्त होण्यासाठी जाणीवपूर्वक दिली जाणारी लढाई म्हणजे 'स्त्रीवाद' होय.
- २) युरोपीय देशात 'स्त्रीवाद'स सुरुवात झाली. इंग्रजी लेखिका व्हर्जिनिया वुल्फ आणि फ्रेंच लेखिका सिर्मान द बोव्हा या दोघांनी स्त्रीवादी विचाराचा पाया घातला.
- ३) भारतामध्ये स्त्रीवादाने १९७५ पासून चांगलाच जोर धरला. स्त्रीवादाचा या काळात सर्वत्र प्रसार होऊन स्त्रियांमध्ये नवचैतन्य, आत्मविश्वास निर्माण होऊन सर्व स्त्रियांनी आपल्या हक्कासाठी लढा दिला.



४) "वाङ्मयीन कलाकृतीकडे पाहण्याचा स्त्रीकेंद्री दृष्टिकोन आणि समाजातील रूढ पितृसत्ताक पद्धतीला वाङ्मयीन समीक्षेच्या माध्यमातून दिलेला धक्का" म्हणजे स्त्रीवादी समीक्षा होय.

५) स्त्रियांच्या साहित्याचे अचूक मूल्यमापन स्त्रीवादी भूमिकेतून करणारी समीक्षा म्हणजे स्त्रीवादी समीक्षा होय.

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- १) पाटील (डॉ.) शोभा, स्त्रीवादी विचार आणि समीक्षेचा मागोवा, पृ. ९३, ९४.
- २) वरखेडे मंगला, स्त्रीवाद, पृ. ६४.
- ३) सदावर्ते प्रीती, स्त्रीवाद (संपा.) सुमती लांडे, पृ. ६२.
- ४) पंडित माया, स्त्रीवाद (संपा.) सुमती लांडे, पृ. ८३.
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- ७) ठमअवपतए^१पउवदम कमए शजीम^२मबवदक^३मगश स्वदकवद चंद ठववा स्जकण १९८८ए च्हम १५.१६७
- ८) वरखेडे मंगला, 'स्त्रीवाद, समीक्षेतील नव्या संकल्पना' जाधव मनोहर (संपा.) स्वरूप प्रकाशन, औरंगाबाद, प्र. आ. २००१, पृ. १२४.
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Impact Factor - 6.625

E-ISSN - 2348-7143

INTERNATIONAL RESEARCH FELLOWS ASSOCIATION'S

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PEER REFREED & INDEXED JOURNAL

July-August-September 2020

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झालेल्या या नाटकांनाही तिथल्या रसिकांनी तेवढीच दाद दिलेली आहे. काळ बदलला, जीवनाचे मर्म बदलले तरी या नाटकावरचे रसिकांचे प्रेम कमी होत नाही, ते मैलाचा दगड बनून राहिले आहे, असे ज्ञानेश्वरी नाटकाने म्हणतात. अतिचोखंदळ समजल्या जाणाऱ्या विजयाबाईनामुद्दा अभिप्राय वया - "तुझे आहे : तुजपाशी हे पाहिले नाटक - ज्याच्यामुळे मराठी रंगभूमी पुन्हा मुरू झाली... हे पहिले नाटक मला आठवतंय जिथे माणसांनी रंगच रंग लागत असे आणि मग शेवटी प्रत्येकाला पानच निकट देण्यात येतील, असा बाई माटया माहितीप्रमाणे पहिल्यांदा तिथे लागला त्या वेळेला..." महिनेच्या आणि प्रयोगाच्या अंगाने, वाङ्मयमूल्यांच्या आणि प्रयोगमूल्यांच्या अंगाने आवश्यक असणारी अनेक गुणवैशिष्ट्ये या विनोदप्रधान नाटकात एकवटली असल्याने पुलची एकमेव स्वतंत्र नाटककृती म्हणूनही मराठी रंगभूमीवरची 'तुझे आहे तुजपाशी' ही एक अजरामर कलाकृती ठरली आहे.

पुलचे नाटककर्तृत्व किंवा रंगमंचीय कर्तृत्व हे केवळ त्यांच्या नऊ नाटककृतींमध्येच पूर्ण होत नाही, तर ते त्यांच्या एकाकिका, त्यांचे एकपात्री (बहुरूपी) प्रयोग, त्यांची अभिवानने, त्यांची काव्यवाननाची सादरीकरणे इत्यादी रंगमंचीय प्रयोगांसहच ते खऱ्या अर्थाने परिपूर्ण होऊ शकते. कारण पुलची बहुपैलू नाटकप्रतिभा एकाच वेळी अनेक रूपात रंगमंचावर सहजतेने वावरते आणि मानवी जीवनाचा, समकालीन प्रश्नसमस्यांचा अचूक वेध घेत मराठी रसिकांचे प्रबोधनासह मनरंजन करते. इथे त्यांच्या स्वतंत्र नाटककृती म्हणून निर्माण झालेल्या एकाकिकांचा प्रथम विचार करून त्यानंतर त्यांच्या रूपांतरित वा आधारित नाटककृतींकडे वळायचे आहे. थोडेफार दुर्लक्षित राहिलेले पुलचे एकाकिकाविषय खरेतर त्यांच्या नाटककृतोद्दत्तेकच महत्त्वाचे व बहुआयामी स्वरूपाचे आहे. पुलच्या साहित्यावर काही लोक जो एकांगीपणाचा व विशिष्ट मध्यमवर्गीय पारंपरिकतेचा आश्रय घेतात, तो निरस्त करण्याचे सामर्थ्य त्यांच्या एकाकिकालेखनात व रूपांतरित नाटकात सामावलेले स्पष्ट दिसते. पुलच्या प्रतिभेला व्यक्तिचित्र ललितबंध, विनोदी लेख हे स्फुट लेखनप्रकार अधिक मानवतात व अशा प्रकारात ते लेखनाचे मानदंडही निर्माण करतात, हे वास्तव लक्षात घेतले तर त्यांच्या एकाकिकांमधील सामर्थ्य जाणवते. १९५४ मध्ये कीर्ती कॉलेजात अध्यापन करीत असताना 'माझी पाठ घरते' ह्या एकाकिकेचे प्रथमतः लेखन त्यांनी केले. १९५७ ला 'सारं कसं शांत शांत', 'मदू आणि दादू', 'मोठे मामे, छोटे मामे' या तीन एकाकिकांचा संग्रह 'मोठे मामे...' नावाने प्रकाशित झाला. त्यानंतर १९६१ मध्ये 'विद्रुल तो आला आला' हा संग्रह प्रकाशित झाला. ज्यात 'सांत्वन' व 'नाही आम्ही नाही माया' या एकाकिका आहेत. पुढे १९७५ साली 'आम्ही लटिके ना बोलू' हा संग्रह आला, ज्यात मोबत 'भगवान श्रीमस्वाराज बाईडर' व 'एका रविवारची कहाणी' या एकाकिका होत्या. याशिवाय 'पूर्वज', 'मागी यांची कृपा', 'वन डॉटर शो' व पहिली उल्लेखित 'माझी पाठ घरते', ह्या 'नस्ती उठावे' या लेखसंग्रहात समाविष्ट आहेत. तसेच 'खुर्च्या : भाड्याने आणलेल्या' ही एकाकिका 'साठवण' मध्ये आली असून अशाप्रकारे पुलच्या बहुतांशी एकाकिकांना एक निश्चित असे आणखी अमने व त्या भोवतीच पात्र व घटनाप्रमंगाची नेटकी गुंफण ते करतात. रेखीवपणा, काटेकोरपणा, नेमकेपणा, मुबकता यांच्यामागे रंजनप्रबोधनाचे सामर्थ्य आणि प्रेक्षकांशी अचूक संवादाने सामर्थ्य आपोआप येते. उदा. 'विद्रुल...' मध्ये फॅटसीच्या आधाराने समाजातील धार्मिक हांगीपणावर व अनावश्यक कर्मकांडावर ते अचूक प्रहार करतात. 'सांत्वन' मधून कथित उच्छ्वर्णाच्या जीवनातील विसंगतीचे आणि दंभाचे प्रभावी दर्शन ते घडवतात. हायफाय सोसायटीतील एका व्यक्तीच्या वडिलांचा मृत्यू आणि त्यानंतरचे खोटा महापुरुषाचे घडणारे दर्शन पुलनी नेमके टिपले आहे. 'नाही आम्ही...' ह्यात एका हायस्कूलच्या स्टाफरूममध्ये घडणाऱ्या संभाषणातून शिक्षण क्षेत्रातील दंभाचाराचे व अनीतिमान व्यवहाराचे नेमके नाट्य ते पकडतात. विनोदाच्या अंतरंगात लपलेले गाभीर्य व कठोर



टीका, उपहास व उपरोधाची धार असलेल्या संवादांतून रंगभूमीवर सहजन अवतीर्ण होते. पुलंच्या भाषेवरील पकडीमुळे व नेमक्या विषयवस्तुसापेश संवादांमुळे आशय घेत वाचक-प्रेक्षकांपर्यंत पोहोचतो. कमी अवकाश, कमी प्रसंग, छोट्यासा विषय, मर्यादित कथावस्तु ह्या सान्यांना सोबत घेऊन व्यापक समाजस्पर्शी गंभीर आशय मांडण्याचे कसब पुलंच्या सर्वच एकाकिकात प्रत्ययाला येते. 'एकाकिका' या कलाप्रकाराचे आदर्श रूपच पुल साकारतात. 'आम्ही लटिके ना बोलू' यात नाट्यक्षेत्रातील व्यवहारवागणुकीची आंतरचिकित्सा करताना एकूणच मानवी जीवनातील अर्थशून्यतेचाही प्रत्यय ते आणून देतात. 'निव्वळ करमणुकीसाठी विनोद निर्मिती' हे लेखकाचे प्रस्तावनेतील बोल विसंगत ठरावे अशी ही एक गंभीर एकाकिका आहे. एरव्ही 'खुर्च्या : भाड्याने आणलेल्या' सारख्या नाटककृतीत ते न-नाट्यवाल्या प्रायोगिक रंगभूमीची टिंगलटवाळी करतात, पण इथे 'आम्ही लटिके...'त मात्र अॅक्सर्ड थिएटरचा प्रभाव जाणवतो. काहीना बोधप्रधान वा नीतिप्रधान नाट्याचे स्वरूप प्राप्त झाले आहे. ह्या सर्व नाट्यसंभारातील आशयाची विविधता व रंगमंचीय यशस्वीता नजरेत भरणारी व पुलंच्या बहुपैलू प्रतिभेचे दर्शन घडविणारी आहे. बांधिलकी आणि कलात्मकता ह्यांचा जो सम्यक समन्वय पुलंच्या कलावंत-व्यक्तित्वात आहे, त्याचे दर्शन ह्या एकाकिका-गुच्छातून आपल्याला घडते.

नाटक आणि एकाकिकांप्रमाणेच त्यांच्या भव्य विनोदी लेखनाचे व इतरांच्या लेखनाचे जे रंगमंचीय सादरीकरण पुलंनी केले त्यांच्या वेगळेपणाला व प्रभावी आविष्करणांला मराठीत तोड नाही. यातले घडू करणारे प्रयोग म्हणजे 'बटाट्याची चाळ' आणि 'वाऱ्यावरची वरात'. 'वाऱ्यावरची वरात'चा उल्लेख अनेकजण 'नाटक' असा करीत असले, तरी एकपात्री, फार्स, वगनाट्य, लोकनाट्य, आदिच्या सरमिसळीतून तयार झालेला तो एक निखळ मनोरंजनपर असा नाटकवजा मुक्त-मोकळ असा रंगमंचीय प्रयोग आहे. पुलंच्या स्वतःच्या भूमिकेने व त्याला मिळालेल्या गायन-संगीताच्या साथीने तो विलक्षण रंजक, तुफान लोकप्रिय झाला. 'बटाट्याची चाळ' हा पुलंचा एकपात्री प्रयोग. त्यास ते 'बहुरूपी' असा शब्दप्रयोग करीत. पहिले दोन-अडीच तास विनोद आणि संगीत यात भिजणारा प्रेक्षक, वर्ग 'चाळ : एक चिंतन' या अंतिम भागात डोळ्यांच्या कडा ओल्या होऊन अंतर्मुख होत असे. 'गडकरी दर्शन', 'वटवट', 'असा मी असामी' हे गद्य-सादरीकरणाचे प्रयोग किंवा 'व्यक्ती आणि वल्ली' वगैरेसारखे इतर, कथनप्रयोग किंवा काव्यवाचनाचे महाराष्ट्रात लोकप्रिय झालेले प्रयोग ह्या सान्यांतून लीलया संचार करणारी पुलंची प्रतिभा विलक्षण आणि एकमेवाद्वितीयच म्हटली पाहिजे. शिवाय त्यांची भाषणे (मित्रहो !, रसिकहो !, श्रोतेहो : संपादक शांता शेळके) व त्यांची निवेदने ही सुद्धा रंगमंचीय सादरीकरणाचेच आविष्कार ठरतील अशी वतायची! 'एक अद्भुत प्रतिभावान कलावंतांच्या जन्मजात कलागुणांचा तो समयस्फूर्त आविष्कार असायचा ! ह्या पु. ल. देशपांडे ह्यांच्या रंगमंचीय अनभिषिक्त सम्राटपदाला मराठी आणि भारतीय भाषा साहित्यविश्वात-नाट्यविश्वात पर्याय नाही, असे म्हटल्याम अतिशयोक्ती होऊ नये !

'तुझे आहे तुजपाशी' शिवायची पुलंची नाट्यमूढी रूपांतरित, आधारित वा भाषांतरित नाटकांची अमून ती आपल्याला जगभराच्या उत्तमोत्तम नाटककृतींचा अस्सल मराठमोढ्या रूपात परिचय घडविणारी आहे. अपवाद काहीसा याला, म्हणजे त्यांच्या पहिल्यावहिल्या पण अपयशी ठरलेल्या 'तुका म्हणे आता' या नाटकाचा म्हणता येईल ! मराठी संतसाहित्याच्या प्रभावातून संत तुकारामांच्या जीवनावरील त्यांची ही नग्ननात्मक नाटककृती जन्माला आली. जिचा प्रथम प्रयोग १९४८ साली झाला. पण दोन-तीन प्रयोगांपुरतेच ते रंगभूमीवर राहिले. "पुण्यातल्या भानुविलास थिएटरात 'नाटककार' म्हणून प्रेक्षकांनी पहिल्याच वॉलला मला आऊट केले," अशी ह्या अपयशाविषयी खुद्द पुलंचीच कबुली आहे ! त्यानंतरच्या त्यांच्या बहुतांशी रूपांतरित नाटकांनी मात्र चांगले



यश रंगभूमीवर संपादन केले ह्या नाटकांमध्ये 'अमलदार', 'भाग्यवान', 'सुंदर मी होणार', 'ती फुलराणी', 'तीन पैशांचा तमाशा', 'गजा ओयदिपौस' व 'एक झुंज वाच्यागी' ह्या कलाकृतींना समावेश होतो. १९५० ते १९९० अशा नऊ आवृत्त्या निघालेले व शेकडो प्रयोग झालेले 'अमलदार' हे नाटक मूळ रंगियन नाटकाच्या (निकोलाय गोगोल, रेव्हिगार, १८३६) 'गव्हर्नमेंट इन्स्पेक्टर' ह्या इंग्रजी भाषांतरावरून पुलंनी बेतले होते. (इंग्रजी - डी जे कॉम्बेल) अर्थात पुलंच्या वैशिष्ट्यानुसार त्यांनी मराठी मातीतला 'अमलदार' अनुकूपणे उभा केला व मराठी रंगभूमीवर एक रूपांतरणाचा मानदंड; जो पुढे त्यांच्या अन्य कृतींनी प्रस्थापित झाला, यशस्वीपणे साकार केला. पुढचे त्यांचे 'भाग्यवान' हे नाटक सॉमरसेट मॉमच्या 'गेवी' नाटकावरून मुचल्याचे ते सांगतात. परंतु हे कल्पनासूत्र आधारला घेऊन लिहिलेले जवळजवळ स्वतंत्र अमेच नाटक आहे. यात पुल व मुनीताबाई ह्यांनी भूमिका केल्या होत्या. रंगभूमीवर मात्र ह्या बऱ्यापैकी रंजक नाटकाचा फारसा प्रभाव पडू शकला नाही. ह्या तुलनेत त्यांचे पुढचे 'सुंदर मी होणार' हे अधिक जमलेले व गाजलेले नाटक ! हे नाटक विशेषतः रुडॉल्फ बेसियारच्या 'बरेट्स ऑफ विपोल स्ट्रीट' या नाटकावर आधारलेले असले, तरी विख्यात कवी गॅबरील गार्डनियंग व त्याची प्रेयसी एलिझाबेथ बरेट यांचे चित्र 'इम्पॉर्टल लव्ह'चाही मंदर्भ याला आहे. पुलची ही नाटककृती अतिशय यशस्वीपणे रंगभूमीवर वावरली. अन्य संस्कृतीतून उचललेली ही प्रणयकथा आपल्या मातीत मुग्वुन इतक्या कौशल्याने पुल उभी करतात की, कुणालाही हे स्वतंत्र नाटक वाटावे ! मराठी रंगभूमीवर, असे रूपांतरण कौशल्य अपवादानेच पहायला मिळते. ह्या रूपांतरित नाटकप्रवामाचा प्रकर्ष गाठला गेला तो 'ती फुलराणी'च्या निमित्ताने ! सहिता आणि प्रयोग हा दोन्ही स्तरावर तुफान यशस्वी ठरलेले हे नाटक जॉर्ज बर्नार्ड शांचा नायक प्रो. हेन्री हिगिन्स हा उच्चारशास्त्राचा अभ्यासक असून झोपटपट्टीतल्या एका फुलवाल्या अडाणी स्त्रीचे, इलायझाचे रूपांतर तो एका उच्च समाजातील स्त्रीमध्ये करू पाहतो की, जिला कुणीही ओळखू शकणार नाही, हे साधारणपणे 'पिगमॅलियन'चे मूळ कथामूत्र आहे.

ह्याचे अत्यंत देखणे आणि सफाईदार मराठीकरण पुलंनी 'फुलराणी'च्या रूपात केले. खऱ्या अर्थाने भाषाप्रभू असणाऱ्या पुलचे मराठी भाषेवरील असाधारण प्रभुत्व (ज्या ग्रीसीचे अनुकरण व अनुसरण काही प्रमाणात पुढे भालचंद्र नेमाडजांसारख्यांच्या लेखनात अप्रत्यक्षपणे, तर टाकमाळे, कणेकर आदिंच्या विनोदी लेखनात प्रत्यक्षपणे दिसून येते !) या नाटकात स्पष्टपणे दिसून येते. मराठी भाषाविष्काराचा मानदंड ठरणाऱे हे नाटक त्यामुळे केवळ भाषांतर, रूपांतर न ठरता 'अनुसर्जन' ठरले ! मराठी संस्कृतीशी एकरूप पुलचे व्यक्तित्व आपल्याला सर्वत्र वाङ्मयप्रकारात लीलया संचार करताना दिसते. 'ती फुलराणी'त दिवसागी हळुवार काव्यात्मकता, मराठीतील शब्दकळा, वाक्प्रयोग, लकवी-लयी ह्यांचरील असामान्य प्रभुत्व या गोष्टींनी हे नाटक उचलले गेले. ह्याच्या हजारांवर प्रयोगांचे काही एक श्रेय भक्ती बर्वे आदि कलावंतांना जात असले तरी ते मूलतः पुलंच्या भाषाप्रभुत्वाचे व नाटकप्रतिभेचेच श्रेय आहे, हे विस्मृता येणार नाही. ह्यानंतर 'तीन पैशांचा तमाशा' (बर्टॉल्ड ब्रेश्ट - श्री पेनी अपिगा), 'गजा ओयदिपौस' (सॉफ्टक्लिझ या ग्रीक नाटककाराचे ओट्टोपम रेक्स हे नाटक व शंभु मित्र यांचा बंगाली अनुवाद) आणि 'एक झुंज वाच्यागी' (क्लाइलेन टोशोट्सेय - ट. लास्ट अपॉईंटमेंट) ही तीन नाटके पुलंनी अनुवादित केली. यापैकी 'गजा...' हे सगळ्या भाषांतर होते. ते ग्रीक रंगभूमीची मराठी प्रेक्षकांना ओळख व्हावी म्हणून केलेले ! ते रंगभूमीवर मात्र येऊ शकले नाही. 'तीन पैशांचा तमाशा', या एका मार्कसवादी विचारकाच्या प्रबोधनप्रधान नाटकाला पुलंनी तमाशाप्रधान स्पर्श देऊन गाणी-मगीत यांनी खूप रंजक बनवले आहे. 'सूत्रधार' हे नवे पात्र निर्माण करून व नाटकाची सूत्रे त्यांच्या हाती देऊन एक उत्तम कल्पना वापरली आहे. थिएटर अर्कॅडमी, पुणे या संस्थेतर्फे बालगंधर्व, पुणे येथे १९५८ मध्ये नाटकाचा



पहिला प्रयोग झाला. मूळतले नाटक 'अपिग' असल्याने पुलंच्या प्रतिभेला ते भावले व अप्रतिम मराठी रूपाने ते रंगभूमीवर साकारही झाले. तशीच काहीशी गोष्ट अशाच सामाजिक व राजकीय आशयाच्या दुसऱ्या एका नाटकाबाबत 'एक झुज वाऱ्याशी'च्या रूपाने मराठी रंगभूमीवर घडली. समाजाच्या विविध क्षेत्रांना मुशमपणे व्यापून उरलेला प्रयत्न हा भारतीय परिस्थितीत चपखल उरणाऱ्या विषय पुलनी ह्या नाटकात नेमकेपणाने हाताळला आहे. एन.सी.पी.ए. ह्या मान्यताप्राप्त संस्थेच्या रंगभूमी विकास प्रकल्पासाठी अशोक गनडे व वामन केद्रे ह्यांनी हे नाटक पुलंकडून आग्रहाने लिहून घेतले. "रूपांतरकारांसाठी 'एक झुज वाऱ्याशी' हा एक आदर्श पाठ ठरावा" हा दिग्दर्शक वामन केद्रे यांचा अभिप्राय, "केवळ एक प्रयोग करून वपु असे ठरवून रंगभूमीवर आले... आणि प्रेक्षकांच्या, समीक्षकांच्या, जाणकारांच्या आग्रहामुळे आणि उदंड प्रेमामुळे जवळपास एकशेचाळीस प्रयोगापर्यंत पोहोचू शकले..." ही त्यांची नोंद आणि "या गंभीर नाटकात दोन मोठे घोळे होते. ते म्हणजे ह्या गंभीर नाटकाचे गंभीर रूपांतर विनोदी लेखक पु. ल. देशपांडे यांनी करणे आणि ह्या गंभीर नाटकात अतिशय गंभीर भूमिका विनोदी नट दिलीप प्रभावळकर यांनी करणे... परंतु असा एकही प्रेक्षक मला भेटला नाही, की ज्याने या गंभीर नाटकावर प्रेम केले नाही." ही त्यांची प्रतिक्रिया ! या साऱ्यातून ह्या नाटकाचे वेगळेपण आणि पुलंच्या अष्टपैलू प्रतिभेचे मोठेपण महजच अचोखित होते ! पुलंच्या एकूण साहित्यावर किंवा नाट्यवाङ्मयावर आक्षेप घेण्याची एक जी पुरोगामी फॅशन मराठीत प्रचलित आहे, त्यातील 'मकुचित मध्यमवर्गीय रजनपर' ह्या आक्षेपास पुलंची ही उत्तम रूपांतरित नाटके परम्पर उतर देणारी ठरतात. 'मराठी रंगभूमीच्या तीम रात्री' या पुस्तकात मकरंद साठे यांनी व्यक्त केलेल्या अभिप्रायाचा वानगोदाखल परामर्श घेणे प्रातिनिधिक व संयुक्तिक ठरेल ! "मध्यमवर्गीय मनोरंजनपर व्यावसायिक रंगभूमीचे अध्वर्यु... लोकप्रिय साहित्यातल्या (Popular lit. म्हणजे सर्वंग ह्या अर्थाने) पहिल्या मानाच्या गणपतीपैकी एक... नॉस्टॅल्जिया (पुलंच्या नाटकाचा विशेष) बहुसंख्य प्रसंगी संस्कृतिरक्षणाकडे वळतो. पुलं यांच्या नाटकातही तो दिसतोच... हे खरे तर स्वप्नील मुलभीकरण... असं करण्यातून आपण कशाची भलावण करतो यांचं भानच नसणारं... तेंडुलकर जी खास्तवाची 'काळी' वाजू पाहत होते... त्याचं भानच पुलंच्या जीवनदृष्टीला असलेलं दिसत नाही..." हा साठे यांचा पुलंच्या नाट्यवाङ्मयावरील आक्षेप ! नागपुरचे एक ज्येष्ठ नाट्यकर्मी—नाट्याभ्यासक डॉ. अ. द. वेलणकर यांनी एकदा साठे यांच्या 'ह्या' पुस्तकाविषयी (तीन खंड) प्रतिकूल अभिप्राय नोंदविल्यावर मी त्या 'रात्रीच्या' होतो. वाचनाकडे वळलो तेव्हा प्रथमदर्शनीच लक्षात आले की, मार्क्सवादी अफुच्या अतिमेवनामुळे तर नशेत रंगलेल्या व मराठी रंगभूमीच्या सामग्र्याचे व समावेशकतेचे भान हरवलेल्या ह्या साठ्यांच्या विशिष्ट राजकीय—प्रचाराच्या रात्री आहेत ! खरे तर पुलंना 'भान हरवलेला' म्हणणाऱ्या हा आगंतुक, नाटककार स्वतः मराठी रंगभूमीबाबतचे विवेकी भान हरवून बसलेला दिसतो ! मानवी जीवनाचे, मराठी भाषेचे—संस्कृतीचे आणि तिचे प्रतिरूपण असणाऱ्या रंगभूमीचे—साहित्यभूमीचे नेमके भान असणारा लेखक म्हणजे पु. ल. ! हे ढळढळीत सत्य साठ्यांच्या दृष्टीला दिसत नाही ! ह्याचे उदाहरण म्हणजे पुलंवरील सर्वसमावेशक अशा 'अमृतमिठी' ह्या दिखंडीय बृहद्ग्रंथाचा कुठलाही संदर्भ साठ्यांच्या २०११ मधील पुस्तकात नाही ! खरे तर पुलंच्या लेखनातील मर्यादा त्यांनीच अनेकदा प्रांजळपणे मांडल्या आहेत ! एखाद्या कलावंताची विशिष्ट जीवनदृष्टी व्यापक आस्थेने समजून न घेता केवळ पोधीनिष्ठ विचारांच्या आंधळ्या अनुकरणातून त्यांच्यावर सर्वंग टीकाटिपणी करणारे मकरंदासारखे लेखक खूप आले आणि गेले ! परंतु पुलंनी आपल्या अस्मल प्रतिभावळाने आणि निरामय मनुष्यतेच्या कळवळ्यातून उभारलेला मराठी रसिकता व मराठी साहित्य ह्यातला संवादमेतू — 'पुल', काळही भंगला नाही आणि पुढेही तो अभंगच राहणार यात शंका नाही ! नाटक, एकांकिका, चित्रपट, अभिवाचन, काव्यवाचन,



एकपात्री, बहुरूपी, गीतसंगीत इत्यादी कलाप्रकारातून पुलंचा 'खेळिया आनंदयात्री परफॉर्मर' आपली उच्चतम कला आयुष्यभर भरभरून सादर करीत गेला आणि मराठी माणसाच्या अंतर्गातली एक अमृतकुपी कायम बनून राहिला. दोन समानधर्मी प्रतिक्रिया नोंदवून थांबतो; जरी पुलंच्या वाड्मयाचा व्यापक पैस आणि गहन खोली अनेक वर्षे अनुभवताना 'अब्द अब्द मनी येते' अशीच अवस्था होऊन जाते तरीही ! पद्याकर गोवईकर पुलविषयी म्हणतात— "आपल्या देशात एक गंभीर बुद्ध होऊन गेला, दुसरा प्रबुद्ध देशाची घटना लिहून गेला. तिसरा बाजारात उभा राहून एका मुलुखाला हसवीत आहे. 'हसवणाग बुद्ध ! पु. ल. देशपांडे हीही एक घटनाच आहे." आणि कुमुमाप्रजांचे शब्द बघा पुलविषयी — "जगभराच्या अनेक देशात / देशस्थ होऊन फिरले / पण मनातील मराठीपणा / कधी मावळला नाही / दुनियेच्या बाजारपेठेत / मनमगद वावरले / पण काळजातील बुद्ध / कधी काजळला नाही."³

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Aadhar Publication ,Aadhar Social Research & Development Training Institute, New Hanuman Nagar, In Front Of Pathyapustak Mandal, Behind V.M.V. College,Amravati

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20	भारतीय शेती उत्पादकता कमी असण्याची कारणे, परिणाम व उपाय डॉ.दिलीप पांडुरंग महाजन	87
21	डॉ. बाबासाहब अम्बेडकर के राजनीतिक विचार प्रा. डॉ. यशवंत मेश्राम	96
22	राष्ट्रसंत तुकडोजी आणि जपानमधील विश्वधर्म परिषद कु. माधुरी दौलतराव शेळके	100
23	जगतीकीकरणाना कृषी क्षेत्रावर झालेल्या परिणामांचा अभ्यास करणे प्रा.डॉ. बाळकृष्ण पुं. अढाऊ	103
24	दलित-आंबेडकरी कवयित्रींच्या काव्यातील 'आंबेडकरी दर्शन' प्रा. डॉ. अजय चिकाटे	107
25	समाजसुधारणेचे महामेरू राजर्षी छत्रपती शाहू महाराज प्रा.डॉ. वामन खोब्रागडे	115
26	कोरोना संचारबंदी कालखंडात महिलांवर होणारा कौटुंबिक हिंसाचार आणि शासनाची भूमिका – एक अभ्यास डॉ. सुर्यकांत जाऊळकर	119
27	परविन सुल्ताना- स्वरधुंदी व सुरेलता डॉ. सरिता इंगळे (बोदिले)	123
28	समाज प्रबोधनाच्या प्रक्रियेमध्ये मार्क्सवादी कवींचे योगदान प्रा.डॉ.अरविंद युगंधर	132
29	किरण नगरकर यांची कादंबरी प्रतिस्पर्धी (ककलड) : एक चिंतन डॉ. राजेंद्र गोविंदराव नाईकवाडे	142
30	पाली साहित्यात प्रतिबिंबित बुध्दकालीन चेतिय (चैत्य) डॉ. मनोहर तुळशीराम कुंभारे	145
31	संत तुकारामांची कविता प्रा.डॉ.विलास खुणे	150
32	अंतर्मनाचा सच्चा सूर – कदाचित अजूनही डॉ.मीता दिनकरराव कांबळे	155
33	Perspectives on role of the library in the emerging wisdom society Dr. Damodhar Z. Raut	160
34	The Contribution of Local Level Banks in the Post Independence Urbanisation of Nashik City: A Historical study Milind R. Thorat	166



किरण नगरकर यांची कादंबरी प्रतिस्पर्धी (ककलड) : एक चिंतन

डॉ. राजेंद्र गोविंदराव नाईकवाडे

सहयोगी प्राध्यापक मराठी विभाग

श्री विज्ञाणी नगर महाविद्यालय, सक्करदरा चौक, उमरेड मार्ग, नागपूर-४४००२४.

मराठीकडून इंग्रजीकडे वळलेल्या किरण नगरकर या लेखकाची 'ककलड' (मराठी अनुवाद- 'प्रतिस्पर्धी' - रेखा सबनीस) ही एक बहुचर्चित कादंबरी आहे. संत मीराबाईच्या जीवनावर आधारित ही कादंबरी १९९७ मध्ये इंग्रजीत व २००८ मध्ये मराठीत (पॉप्युलर प्रकाशन) प्रसिद्ध झाली. तिला इंग्रजीतील साहित्य अकादमी पुरस्कारही प्राप्त झाला. भारतीय संतसाहित्याविषयीचा एक अपारंपरिक, वादग्रस्त व विकृत ठरणारा असा दृष्टीकोण प्रस्थापित करू पाहणारी ही कादंबरी त्यातील रंजक मांडणीमुळे विशिष्ट अभिरूचीच्या व विचारसरणीच्या वाचकांना आवडली व ती त्यांनी उचलूनही घरली. अलीकडे त्या कादंबरीवर समाज माध्यमातूनही मोठ्या प्रमाणात चर्चा झाली. त्यामुळे एकूणच कादंबरी या वाङ्मयप्रकाराच्या पार्श्वभूमीवर प्रस्तुत कादंबरीतील विचारव्यूहाची, त्यातील भारतीयत्वाच्या घटकांची चर्चा करणे महत्त्वाचे ठरते. या कादंबरीवर एका वेगळ्या अंगाने विचारज्ञांत टाकून विश्लेषण करण्याचा प्रयत्न प्रस्तुत लेखात केला आहे.

'ककलड' ही किरण नगरकरांची कादंबरी मूळतः इंग्रजीतून लिहिलेली असल्याने व त्याचा मराठी अनुवाद उपलब्ध असल्याने या कादंबरीचा विचार करताना 'भारतीयांचे इंग्रजीतील साहित्य' या परीक्षेच्यातून तिच्याकडे बघणे इष्ट ठरते. त्यामुळे स्वाभाविकच तिच्या शैलीविशेषापेक्षा तिच्यातील आशयमूळावर, त्यात प्रकटलेल्या लेखकाच्या जीवनदृष्टीवर आणि विचारदृष्टीवर अधिक भर द्यावा लागतो. ६१२ पृष्ठांची ही बृहद् कथा ज्या विशिष्ट सांस्कृतिक, सामाजिक व राजकीय दृष्टीने व हेतूने सिद्ध करण्यात आली आहे त्यामागील मुख्य प्रेरणांचा शोध घेणे म्हणूनच महत्त्वाचे ठरते. 'ककलड' चे मराठी अनुवादातील शीर्षक 'प्रतिस्पर्धी' असे असले तरी इंग्रजीतील 'Cuckold' या शब्दाचा अर्थ मराठीत प्रतिस्पर्धी असा होत नाही ! ककलड या शब्दाचा अर्थ 'व्यभिचारिणी स्त्रीचा पती' अथवा 'जारिणीचा पती' असा होतो. इथे संत मीराबाईस 'व्यभिचारी स्त्री' असे संबोधले आहे हे मराठीतील स्त्रीवादाच्या समर्थकांनी लक्षात घ्यावी अशी गोष्ट आहे! खरा अर्थ लपविण्याची व्यावसायिक क्लृप्ती जशी इथे लेखक व प्रकाशक वापरतो तशा अनेक क्लृप्ती कादंबरीच्या निर्मितीत वापरलेल्या दिसतात. जसे कादंबरी संत मीराबाईच्या जीवनावर असली आणि तिचा उद्देश भारतीय संतसाहित्य परंपरेचे विरुपीकरण व विकृतीकरण करण्याचा असला तरी, कादंबरीत कुठेही 'मीरा' हे नाव येत नाही! भारतीय घटनेच्या व कायद्याच्या चौकटीतून मुटण्यामाठी ही युक्ती करून लेखकाने आपल्या पलायनवादी अनैतिक वृत्तीचा परीचय करून दिला आहे. कादंबरीत सर्वत्र मीराबाई हा शब्द कमोर्शीने टाळून राजकुमारी, संतमाई इत्यादी संबोधणे वापरण्यात आली आहेत ! ककलड शीर्षकातून कादंबरीचा नायक व केंद्रबिंदू हा मीराबाईचा पती 'भोजराज' असल्याचे निर्देशित केले असून याउलट मीराबाई व तिचा काल्पनिक प्रियकर कृष्ण यांना खलनायकी जामा घडविण्यात आला आहे ! कादंबरी बरकाईने वाचणाऱ्या वाचकांनाच या गोष्टी कळू शकतील असे चकते व संम व्यक्तचित्रणात बेमालूमपणे लेखकाने पेरून ठेवले आहेत.

'ककलड'च्या मुखपृष्ठावर रेखाटलेले "संत मीराबाईच्या उपड्या स्तनांवर नक्षी काढतानाचे भगवान श्रीकृष्णाचे चित्र" म्हणजे मीराबाईच्याच नव्हे तर एकूणच भारतीय भक्तिसाहित्याचा लेखकाने काढलेला लैंगिक-मानसशास्त्रीय अन्वयार्थ आहे ! या दृष्टीने कादंबरीचे मुखपृष्ठ नेमके कादंबरीचे आशयमूत्र आणि विचारमूत्र प्रकट करणारे आहे. तेच



तर ककलडच्या लेखनामागचे मुख्य गृहितक आहे ! मीराबाईच्या पदांना 'सॉफ्ट पोर्नोग्राफी' म्हणणाऱ्या व लोकमानसातील मधुराभक्तीची आणि त्या अभंग गीतांची आवड ही भारतीय संस्कृतीतील एक विकृत कीड आहे असे समजणाऱ्या देसाईची प्रस्तावना कमल देसाई, प्रस्तावना प्रतिस्पर्धा ह्याच गृहितकाकडे अंगुलीनिर्देश करते. इथे लेखकाच्या मनोरचनेचा विचार करता नगरकर आणि देसाई यांचे गोर जुळते. चंद्रकांत बांदिवडेकरांमारखा सौम्य वृत्तीचा समीक्षकही देसाईच्या कथांवरील समीक्षेला 'आत्मपीडक मनाच्या विकृतीची कथा' असे शीर्षक का देतो ह्याचाही इथे अनायास उलगडा होतो ! मराठी साहित्य : प्रेरणा व स्वरूप संपादक पवार, हातकवंगळेकर, मीराबाईच्या भक्तिसाहित्याला लेखकाने लावलेला सॉफ्ट पोर्नोग्राफीवाला दृष्टिकोन मराठीतील वारकरी सांप्रदायिक संतपरंपरेलाही खरेतर लावता येऊ शकतो !

'ककलड'च्या वाचनीय व रंजक रूपाने प्रभावित झालेल्या वाचकांना लेखकाची प्रतिभाशक्ती भौतिकदृष्ट्या सुंदर आणि रंजकता प्रसवणारी वाटते. तरी ती विशिष्ट अभिरूचीच्या स्वप्नरंजनवादी वाचकांस वाटते, परंतु मानसिक व आध्यात्मिकदृष्ट्या ती दुर्बल आणि विकृत आहे, हे कादंबरीतील अनेक प्रसंगवर्णनातून व निवेदकाच्या मनःपूत, अनर्गल विधानांतून सहजपणे लक्षात येते. मागणी तसा पुरवठा हे इंग्रजी वाचक-मार्केटचे तंत्र लेखकाला इतर लोकप्रिय भारतीय इंग्रजी लेखकांच्या अनुभवावरून नीट कळलेले आहे! त्यामुळे कामूक वर्णनातील (पोर्न चित्रपटांप्रमाणे) जितकी काही पम्प्टुशेन्स-कॉम्बिनेशन्स अमु शकतील ती सद्बळपणे कादंबरीत अवतरतात. ती प्रसंगवर्णने इतकी भडक आहेत, की उदाहरणार्थ देऊ म्हटले तरीदेखील प्रश्न पडतो ! ज्या लेखनकौशल्याने व चित्रमय प्रसंगवर्णने काही वाचक प्रभावित झालेले दिसतात त्या प्रतिभेचे मूळ स्वरूप बा. सी. मर्डेकरांच्या एका प्रसिद्ध कवितेतील त्या 'नकट्या' वेश्यप्रमाणे आहे! जी प्रतिभाशक्ती आणि कल्पनाशक्ती भोगव्ययेचे लिंगगंडप्रदर्शन करून जगातील बाजारात आपला उतारवयातील 'प्रतिभा-माल' विकण्याचा केविलवाणा प्रयास करते. मर्डेकरांची कविता? बा. सी. मर्डेकर, मौज प्रकाशन 'भोगव्ययेचे लिंगगंड प्रच्छन्न प्रदर्शन' या ओळीचा अर्थ "भोगव्ययेने (उतारवयातील) निर्माण झालेल्या लिंगगंडाचे (Sex complex) अर्धसुप्त, अर्धउघडे प्रदर्शन" असा डॉ. अश्वयकुमार काळे करतात, तो ककलडच्या 'लेखनप्रेरेणेला' चपखल लागू पडतो. मर्डेकरांची कविता, डॉ. अश्वयकुमार काळे, विजय प्रकाशन, नागपूर.

१९७४ मध्ये प्रसिद्ध झालेल्या 'सात सक्कं त्रेचाळीस' या मराठी कादंबरीनंतर १९९५ रावण अॅन्ड एडी व १९९७ ककलड असे इंग्रजी कादंबरीलेखनाकडे लेखक वळला कारण प्राधान्याने इंग्रजी भाषेचाच विचारासाठी व व्यवहारासाठी उपयोग करणाऱ्या, आंग्लळलेल्या प्रार्थनासमाजिस्ट घरात जन्माला आलेल्या लेखकाचे हे वळण स्वाभाविकच होते! लेखकाच्या व्यक्तिमत्त्वाचा व त्याच्या विशिष्ट विचारदृष्टीचा विचार केला तर ककलड मधील विचित्र आशयमांडणीचे विविध पदर उलगडता येऊ शकतात. मानसशास्त्रीय अंगाने तसा विचार करता प्रौढवयात लिहिलेल्या या मुक्त-स्वैर कादंबरीची प्रेरक शक्ती विशिष्ट प्रकारच्या दमित कामविकारांशी तसेच विशिष्ट प्रकारच्या पाश्चात्यशरण वसाहतवादी जीवनदृष्टीशी निगडित दिसून येते. त्यातील मीरा-कृष्ण-भोज हा प्रेमत्रिकोण विशिष्ट कोनातून रेखाटण्यामागे हीच कामविकारग्रस्त वसाहतवादी जीवनदृष्टी प्राधान्याने व्यक्त होते. त्या अनवट प्रेमकवेभोवतीचा ऐतिहासिक मालमसाला एखाद्या हॉलीवूडपटासारखा हिंसा, क्रौर्य आणि लिंगपिसाट भावभावनांनी मग आपोआपच भरला जातो. परंपरा आणि संस्कृतीच्या मानदंडांची वसाहतवादप्रभावित दृष्टीने मोडतोड व उलटापालट केली जाते; सहजच पण जाणिवपूर्वक! त्यातील बाबरादि मोगल आक्रमकांच्या आणि त्या आक्रमणाचा सामना करणाऱ्या भारतीय राजेरजवाड्यांच्या ऐतिहासिक भूमिकांची आणि प्रत्यक्षातील वर्तनांची लेखकाने केलेली उलटापालट काळजीपूर्वक बघावी ! बाबर ते औरंगजेब अशा मूर्तिभंजकांच्या आणि संस्कृतिभंजकांच्या वास्तव इतिहासाच्या पार्श्वभूमीवर ककलड ने केलेली व्यक्तिरेखांची उफराटी मांडणी वसा ! कृष्ण, भगवद्गीता, महाभारत, भारतीय तन्त्रज्ञान, संत मीरेची भजने, भारतीय भक्तिसाहित्य इत्यादीविषयी निवेदक अत्रतत्र बंधडक जो अनर्गल व अमत्य विधाने करित जातो, त्यावरून पूर्वीपासूनच इंग्रज-मिशरनी-वसाहतवादी जो बरोल सर्व गोष्टींचा विशिष्ट भंजनवादी विचारविकृत अन्वयार्थ लावत आले आहेत, त्याचाच भडक पुनरुच्चार इथे झालेला दिसतो. कादंबरीच्या रंजनवादी सूत्रात न अडकता व कामूक वर्णनांच्या



स्वप्नरंजनी दुनियेत न भरकटता जर वायकाईने तटस्थपणे निरीक्षण केले तर जाणकार वाचकांना हे सत्य नक्की दिसू शकते! शेवटी नगरकर काय करतात? भारतीय इंग्रजी लेखकांच्या परंपरेतच पाह्यात्य आणि पाह्यात्यशरण वाचकांच्या स्वप्नरंजक आनंदासाठी लिहितात! भारतीय साहित्यातील एक विशिष्ट मंत्रदायानेच ते लेखक उरतात! फक्त थोड्या वेगळ्या पद्धतीने व शैलीने तोच विरपरिचित मालमसाला वापरून लिहितात, या संदर्भात नेमाड्यांचा 'भारतीयांचे इंग्रजी लेखन' हा मास्टरपीस लेख डोळ्यासमोर घेते! तसेच त्यांनी केलेले कोलटकरांच्या जेजूरीचे विश्लेषण जमेच्या तमे नगरकरांना लागू होते ! हा एक मोठा योगायोगच म्हटला पाहिजे! नेमाडे कोलटकरांविषयी काय म्हणताहेत वया "... त्याला (कबीला) खास इंग्रजी वाचकांसाठी नृणनृणीत होणे आवश्यक अमते. हा नृणनृणीतपणाचा मोठा पटच इंग्रजी लेखन करणाऱ्या भारतीय लेखकांच्या साहित्यात दिसतो, जेजूरी तही तो दिसतो : परदेशी लोकांना हसवणारे भारतीय उदोर, झुरळे, धर्मांना ख्याशी वापर, भारतीयांचा आध्यात्मिक नसलेला पण तसा आव आणणारा धर्म, पाण्याची टंचाई.... पुरातन काळातल्या दंतकथा पटना म्हणून सांगणे- हा उरीव गोष्टींना आणि एकूण हिंदुध्मानातल्या उद्वेग्न परंपरांना, गरिद्रयाला आणि स्वतःचा अभिमान असलेल्या संस्कृतीला मजेदार रूप देऊन इंग्रजी वाचकांचे रंजन कोलटकरांनीही करावे हे मराठी कवितेच्या तेजस्वी परंपरेला शोभणारे नाही.... हावरून शहरी व इंग्रजी वसाहतवादी बटमयनी देशी सांस्कृतिक रूपांच्या तुलनेत स्पष्ट होते. हा वसाहतवादी वृत्तीचे एक लक्षण म्हणजे भारतीय नीतिमूल्यांपेक्षा इंग्रजी नीतिमूल्यांनी जास्त कटार केलेली असते." (पृ. १६५, १६६ टीकास्वयंवर, भालचंद्र नेमाडे, पाँपुलर प्रकाशन).

एक पाहिले तर ज्याप्रमाणे ग. बा. सरदार 'संत वाङ्मयाची 'सामाजिक' फलश्रुती' ग. बा. सरदार, मत वाङ्मयाची सामाजिक फलश्रुती शोधतात त्याच धर्तीवर नगरकर संत वाङ्मयाची 'मानसशास्त्रीय लैंगिक' फलश्रुती आपल्या या विशिष्ट वसाहतवादी संस्कृतिभजक विचारांच्या मंडनासाठी लिहिलेल्या 'कादंबरीरूप प्रबंधात' शोधण्याचा प्रयत्न करतात ! अशा प्रकारच्या विशिष्ट संवेदनशीलतेविषयी डॉ. सुधीर रमाळ यांनी मांडलेल्या विचारांनी या विश्लेषणाचा शंभट करणे योग्य ठरते. कारण कुठलीही विशिष्ट प्रकारची राजकीय, आयातीत, कृत्रिम, विकृत व वसाहतवादी जीवनदृष्टी ही निरामय, निकोप, दर्जेदार व महान साहित्यनिर्मितीला बाधकच उरलेली एरव्ही दिसते. अशा विशिष्ट विचारांच्या बाधिलकोतून वैश्विक श्रेष्ठ कलाकृती निर्माण झाल्याचे एकही उदाहरण मराठीत नाही ! संस्कृतिसंपन्न देशीय जीवनद्रीतूनच खरी श्रेष्ठ कलाकृती निर्माण होते हे सत्य जागतिक व भारतीय वाङ्मयाच्या इतिहासात अधोरेखित झालेले आहे ! ह्याच संदर्भात मुश्रमिष्ट समोशक डॉ. सुधीर रमाळ यांचे वाङ्मयीन संस्कृतीविषयीचे एक अवतरण सादरून लेखाचा शंभट करणे इष्ट ठरते.

डॉ. रमाळ म्हणतात -

प्रत्येक भाषेतील ललित वाङ्मय हे स्वाभाविकपणे 'देशी' असते. परंतु जेव्हा एखाद्या संस्कृतीतील लेखक-वाचकांच्या संवेदनशीलतेत काही विकृती निर्माण होतात, जेव्हा लेखक स्वतःच्या संस्कृतीतून मिळालेल्या संवेदनशीलतेवजा परसंस्कृतीतून दंतक पंतलेल्या संवेदनशीलतेतून अनुभव घेण्याचा प्रयत्न करू लागतात आणि परसंस्कृतीतून मिळालेल्या वाङ्मयीन मकेलाच्या साहाय्येने वाङ्मयनिर्मिती करण्याचा प्रयत्न करू लागतात तसेच अशाच संवेदनशीलतेच्या प्रभावातून जेव्हा वाचकांनी अशा वाङ्मयाचा 'चांगले वाङ्मय' म्हणून स्वीकार करू लागतात तेव्हा त्या भाषेतील वाङ्मयनिर्मिती आणि सर्वत्र वाङ्मयव्यवहार 'रोषग्रस्त' झालेले असतात. हा 'रोषग्रस्ता' नष्ट केल्याशिवाय त्या संस्कृतीच्या स्वतःच्या वाङ्मयीन परंपरा जीव धरत नाहीत. अशा परिस्थितीतून 'देशीपणाचा' आग्रह धरणे गरजेचे असते. (डॉ. सुधीर रमाळ, वाङ्मयीन संस्कृती, २०१०).

Impact Factor-7.675 (SJIF)

ISSN-2278-9308

B.Aadhar

Peer-Reviewed Indexed

Multidisciplinary International Research Journal

September-2020



Chief Editor

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- Scientific Journal Impact Factor (SJIF)
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Published by -

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Aadhar Publication ,Aadhar Social Research & Development Training Institute, New Hanuman Nagar,

In Front Of Pathyapustak Mandal, Behind V.M.V. College,Amravati

(M.S) India Pin- 444604 Email : aadharpublication@gmail.com

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**INDEX**

No.	Title of the Paper	Authors' Name	Page No.
1	एका कोळीयाने : एक चिंतन	डॉ. राजेंद्र गोविंदराव नाईकवाडे	1
2	नागपूर जिल्हातील कळमेश्वर तहसिलमधील शिक्षणसंस्थांचे अभिषेकीय स्वरूप - एक भौगोलीक अध्ययन	डॉ. प्रमोद आसाराम वडते	5
3	डॉ. सुरशचन्द्र शुक्ल के नाटकों में दर्शनिक चिंतन	डॉ. प्रमोद परदेशी	10
4	लोकशाही प्रकियेत महिला व तरुणांचा सहभाग	प्रा. ज्योती काळवाडे	14
5	संत साहित्यातील लोकतत्त्वीय विचार	प्रा. मोरे भास्कर निवृत्ती	19
6	संतसाहित्यातील उपेक्षितांचा प्रतिनिधी : 'चोखामेळा	प्रा. डॉ. प्रल्हाद वावरे	23
7	पंथर ज. वि. पवार रू चळवळ आणि साहित्य : एक स्रोत	डॉ. प्रफुल्ल गवई	27
8	वर्तमान भारत—अमेरिका संबंधों में निर्भरता।	डॉ. कांतराव पोले	31
9	भारतीय शेती व कृषी धोरण	डॉ. अनिल श्री. खांडेकर	33
10	मराठी लोकगीतातील समाज जीवन	प्रा. पुरुषोत्तम एस. निर्मळ	37
11	इंदिरा संत यांच्या कवितेची आस्वादक सौंदर्यस्थळे	डॉ. मीता दिनकरराव कांबळे	43
12	जगतिक व्यापार संघटना आणि भारताच्या आंतरराष्ट्रीय व्यापारावरील परिणाम	कदम विश्वनाथ बाजीराव	47
13	अध्ययन अधमता असणाऱ्या विद्यार्थ्यांच्या शिक्षणात येणाऱ्या अडचणी व उपाययोजना	कु. योगिता गायकवाड / डॉ. हृषिकेश दलाई	50
14	प्राचीन भारतीय शिक्षणाची उद्दिष्टे व ध्येये	प्रा. डॉ. डी. एल. पाटील	59
15	पंचशील में प्रतिबिंबित नैतिक मूल्य	डॉ. मनोहर तुळशीराम कुंभारे	63
16	कोरोना विषाणूचा भारतीय अर्थव्यवस्थेवरील परिणाम आणि उपलब्ध संधी (उपाय)	प्रा. डॉ. गोवर्धन खेडकर	69
17	शंकराचार्यांचा अद्वैत सिध्दान्त आणि संत ज्ञानदेवांचा अमृतानुभव	प्रा. डॉ. राजेंद्र हावरे	73
18	म. गांधी यांच्या विचारांचे विविध पैलू	प्रा. डॉ. सुदर्शन सदाशिव क्षेत्री	81
19	कोरोना बेरोजगारीत वाढ व रोजगारातील मंदी	प्रा. डॉ. जयंत एम. बनसोड	84
20	कोविड १९ के कारण तालाबंदी से श्रमिकों के आंतरिक रिवर्समाइग्रेशन उत्पन्न चुनौतियां एवं समाधान	नितिन प्यारेलालजी सिंघवी	93



एका कोळीयाने : एक चिंतन

डॉ. राजेंद्र गोविंदराव नाईकवाडे

सहयोगी प्राध्यापक मराठी विभाग श्री विज्ञाणी नगर महाविद्यालय,सक्करदरा चौक,
उमरेड मार्ग, नागपूर-४४००२४.

'एका कोळीयाने' आणि पु.ल.

पु. ल. देशपांडे यांच्या अनुवादित साहित्यापैकी त्यांचे कादंबरी लेखन महत्वाचे मानले जाते. जागतिक वाङ्मयातील चांगल्या कलाकृती निवडून त्यांचा मराठी वाचकांसाठी अनुवाद करण्याचे एक व्रतच पु. ल. नि चालविलेले दिसते. त्या अंतर्गत त्यांनी काही भाषांतरे केली. त्यांच्या एकूण साहित्यात या अनुवादित साहित्यकृतींनाही मानाचे स्थान प्राप्त झाले आहे. कारण पु. ल. नी केलेले अनुवाद हे अतिशय प्रामाणिकपणे व गंभीरपणे केलेले प्रयत्न होते. मराठी रसिकांना अस्पर्शित असलेले आणि जागतिक वाङ्मयाने निर्माण केलेले जीवनाभूत मराठी भाषेतून उपलब्ध व्हावे ही प्रामाणिक कळकळ पु. ल. च्या अनुवादांमागे होती. त्यांचे हरहुनरी आणि बहुश्रुत व बहुपैलू व्यक्तिमत्त्व अशा ठिकाणी प्रकटने जाणवते. जाणत्या कलावंतांच्या मधुकर वृत्तीने त्यांनी केलेले असे प्रयत्न म्हणजे मराठी वाङ्मयात त्यांनी घातलेली महत्वाची भर होय. असेच म्हटले पाहिजे. या त्यांच्या प्रामाणिक प्रयत्नाचा एक भाग म्हणून 'अर्नेस्ट मिलर हेमिंग्वे' ह्या लेखकाच्या "The old man and the sea" या कादंबरीचा त्यांनी केलेला अनुवाद हा होय.

हेमिंग्वे हा एक अमेरिकन कादंबरीकार व कथाकार म्हणून विख्यात होता. 'अ फेअरवेल टू आर्मस्', 'हुम द बेल टूलस्' सारख्या त्यांच्या कलाकृती जागतिक वाङ्मयात महत्वाच्या ठरल्या. त्यांच्या जीवनाच्या शेवटच्या कालखंडात १९५२ मध्ये लिहिलेली "The old man and the sea" ही लघु कादंबरी तत्कालीन वाङ्मयक्षेत्रात अतिशय गाजली. एका म्हातान्या 'क्यूबन' मासेमाराची कथा ह्यात चित्रित केली गेली आहे. हेमिंग्वे ची ही शेवटची कादंबरी होती. या कादंबरीसाठी त्यांना १९५३ सालचे 'पुल्झर प्राईझ' प्राप्त झाले होते. हेमिंग्वेला पुढील काळात म्हणजे १९५४ साली साहित्याचे नोबेल पारितोषिकही मिळाले.^१ या कादंबरीची शक्तीस्थाने सांगतांना एका इंग्रजी समीक्षकाने म्हटले, "In a story like 'the old man and the sea' the code hero acts alone, displaying his tough, space, nobility in fighting a loosing battle." अशी ही कथा पु. ल. नी मराठी भाषेत अनुवादित करून मराठीतील अनुवादित साहित्यात मोलाची भर घातली आहे.

मराठीत 'देशमुख अधिकांणी' ने ही कादंबरी प्रकाशित करण्याचे फार पूर्वीपासून प्रयत्न केले. वि. स. खांडेकर, अनंत काणेकर इ. मंडळींनी ही कादंबरी अनुवादित करण्याचा प्रयत्न करून पाहिला. परंतु, सरतेशेवटी पु. ल. देशपांडे यांच्याकडे हे भाषांतराचे काम येऊन ते त्यांनी पूर्णत्वास नेले. १९६५ च्या सुमारास या कादंबरीची पहिली आवृत्ती प्रकाशित झाली. मराठी साहित्यक्षेत्रात आनंदाने स्वागतही झाले. हेमिंग्वेने मांडलेला 'छोट्या अवकाशातला मोठा आशय' जवळपास मुळावरहुकूम मराठी भाषेत आणण्यात पु. ल. ना यश लाभले. देशमुख आणि कंपनीने १९९९ मध्ये हेमिंग्वेच्या जन्मशताब्दी निमित्त या पुस्तकाची विशेष आवृत्ती मराठी वाचकांना उपलब्ध करून दिली.^२

पु.ल. च्या कादंबरीची चिकित्सा करतांना पुढील घटकांच्या आधारे या कादंबरीचा विचार करणे योग्य ठरते.



- (१) कादंबरीचे कथानक
- (२) कादंबरीतील पात्रचित्रण
- (३) एका कोळीयानेची भाषाशैली व संवादशैली
- (४) पु.लं.नी केलेल्या अनुवादातील कौशल्य
- (५) कथानक

एका कोळीयाने ही समुद्र किनाऱ्यावर वास्तव्य करणाऱ्या एका म्हातऱ्या कोळ्याची कथा आहे. 'सांतीयागो' नावाच्या या वृद्ध पण धाडसी मासेमाराचे अवघे आयुष्य समुद्रावर मासेमारी करण्यात गेलं आहे. हा म्हातारा एकाकी असून एकटाच माशांच्या शिकारीला जातो. बरेच दिवसात त्याला कोणताही मोठा मासा गवसला नसल्याने तो छोटा फार निराश झाला असला तरी त्याने उमेद सोडलेली नाही, एखाद्या तरुणाला लाजवेल अशी उमेद व असा आशावाद त्याच्या मनात अजूनही कायम आहे. या एकाकीपणाच्या जीवनात त्याला त्याच्या तरुणपणाच्या परक्रमाच्या आठवणी येतात. कुणीही साथील नसलेल्या या म्हातऱ्याची साथ एक छोटा मुलगा करतो. काही दिवसानंतर हा मुलगा सुद्धा म्हातऱ्याला एकही मासा गवसत नसल्याने त्याची साथ सोडून देतो व दुसऱ्या कोळ्यांच्या गटासोबत मासेमारीला जातो. सरतेशेवटी एक दिवस खोल समुद्रात दूरवर सांतीयागोच्या गळ्याला एक विशालकाय 'ताडमासा' लागतो. आणि त्या माशाशी म्हातऱ्याची झुंज सुरु होते. जवळजवळ दोन दिवस व दोन रात्री समुद्राच्या व निसर्गाच्या साक्षीने म्हातऱ्याची त्या माशाशी झुंज सुरु असते. त्याला आटोक्यात आणण्यात शेवटी तो यश मिळवितो व समुद्र किनाऱ्याकडे निघतो. पण, किनाऱ्याकडे परतताना त्याने पकडलेल्या ताडमासावर हल्ला करणारे इतर मासे त्यांच्याशीही म्हातऱ्याला झुंजवे लागते. शरिराने अत्यंत दकलेल्या या वृद्ध कोळ्याची आणि माशांची विराट झुंज अत्यंत प्रभावीपणे लेखकाने ह्या कादंबरीत साकार केली आहे. किनाऱ्यावर आणता-आणता ताडमाशाचा सांगाडा केवळ उरतो. आणि अत्यंत शकलेल्या मनःस्थितीतला नायक सांतीयागो निद्रेच्या अधिन होऊन ही कादंबरी संपते. त्याला पुन्हा परक्रमाची व आशावादाची स्वप्ने पडू लागतात. एवढ्या अविश्रांत संघर्षानंतरही त्याच्या मनातील दुर्दम्य आशावाद कायमच राहतो.

(२) पात्रचित्रण किंवा व्यक्तिचित्रण

या कादंबरीचा 'अवकाश' अतिशय छोटा असल्याने यात पात्राची गर्दी आपल्याला दिसत नाही. अनेकांअनेक व्यक्तींच्या संबंधाची गुंतागुंत जशी इतर कादंबऱ्यांमध्ये प्रत्येकाला येते, तसे ह्या कादंबरीत घडत नाही. ही संपूर्ण कादंबरी सुरुवातीपासूनच शेवटपर्यंत सांतीयागो नावाच्या एका म्हातऱ्या कोळ्यावर व त्याच्या विशिष्ट क्रियाकलापावर केंद्रित झालेली दिसते. ही कादंबरी व्यक्तिचित्रणात्मक व व्यक्तिप्रधान अशा स्वरूपाची असून सांतीयागो खेरीज इतर पात्रांना यात फारसे महत्त्वाचे स्थान नाही. एका व्यक्तीच्या जीवनात चाललेला अंतर्बाह्य संघर्ष विविध पात्रांच्यावर चित्रित करणे हेच या कादंबरीचे प्रमुख 'लक्ष्य' असून त्यानुसार यातील पात्रचित्रण घडलेले आहे. सांतीयागो हाच या कादंबरीचा नायक व प्रधान पात्र आहे. त्याचे मासेमारीतील आयुष्य, त्याच्या वृद्धपणातील समस्या, वृद्धत्वामुळे व इतर कारणामुळे त्याच्या वाटचाला येणारे एकाकीपण, या एकाकीपणातही सतत नेवत राहणारा त्याच्या मनातला दुर्दम्य आशावाद, त्याची अखंड क्रियाशीलवृत्ती, त्याच्या मनाच्या अविश्रांत संघर्ष करणाऱ्या प्रेरणा, त्याचे धाडस व त्याचा पराक्रम, त्याचा स्वतःशी चालणारा संवाद इत्यादी सर्व गोष्टी एकाच व्यक्तीच्या म्हणजे सांतीयागोच्या जीवनप्रवासाचे नाट्य आपल्यापुढे मांडतात. त्यामुळे या कादंबरीतील पात्रचित्रणाचा विचार म्हणजे प्रामुख्याने सांतीयागोच्या व्यक्तिमत्त्वाचा विचार ठरतो. या कादंबरीचे कथानक व्यक्तिजीवनातील विविध प्रकारचे जीवननाट्य टिपण्याचे प्रयत्न करित असल्याने सांतीयागो हे एकच पात्र या कादंबरीत मध्यवर्ती असे आहे. सांतीयागोशिवाय 'मनोलीन' नावाचा छोटा मुलगा, जो एकट्या पडलेल्या सांतीयागोची काही काळ साथ-संगत करतो. हे या कादंबरीतील दुसरे पात्र आहे. अवती-भवतीच्या समाजाशी संपर्क खंडित झालेला नायक व हा छोटा मुलगा यांच्यात एक जिक्काड्याचे नाते प्रस्थापित होते. 'मनोलीन' हा मुलगा सांतीयागोला आणि



त्याच्या ध्येयवादाचा कुठेतरी समजू शकतो व साद घालू शकतो. म्हणून तो त्याच्यासोबत मासेमारीला जातो. त्याची काळजी घेतो. मानवी जीवनातील विशुद्ध प्रेम व जिज्ञाळा हाच या दोघांचा जोडणारा विशिष्ट दुवा आहे. मनाची विशुद्धता व निष्पापता मनोलीनत्र सांतीयागोशी जोडते. या कादंबरीत या दोघांशिवाय इतर कुठल्याही मानवी पात्रांचा निर्देश येत नाही. या उलट, मानवेतर सृष्टीत वावरणारे पशु-पक्षी काही ठिकाणी कादंबरीची पात्रे झालेली दिसतात. समुद्र, समुद्रातील छोटे-मोठे मासे, सांतीयागोने पकडलेला विशालकाय ताडमासा, त्याचे लचके तोडणारे समुद्रातील इतर मासे, समुद्रपक्षी इत्यादी गोष्टी वेळप्रसंगी या कादंबरीच्या पात्रांची भूमिका निभावताना दिसतात. सांतीयागोच्या मनात व मनाबाहेरचा संघर्ष चित्रित करतांना ह्या मानवेतर सृष्टीचे साह्य लेखकाने घेतले आहे.

(३) भाषाशैली

हेमिंग्वेच्या मूळ इंग्रजी कादंबरीचे मोठेपण दोन गोष्टीत सृष्टीचे मुख्यतः मानले गेले होते.

(१) त्यातील मानवी जीवनाविषयीचा संघर्ष.^३

(२) ह्या कादंबरीची अनलंकृत व साधी सरळ भाषाशैली.^४

पु. लं. नी अनुवाद करताना ह्या कादंबरीच्या भाषेचे मूळ सौंदर्य टिकविण्याचा आटोकाट प्रयत्न केलेला दिसतो. या कादंबरीची भाषाशैली आशयानुगामी असून कादंबरीत असलेला मूळ संघर्ष प्रभावीपणे प्रगट केला आहे. कादंबरीचा नायक असलेल्या सांतीयागोच्या जीवन चरित्राशीही शैली सुसंगत असून त्याचे व्यक्तिमत्त्व प्रभावीपणे साकार करण्यासाठी ही भाषा सुसंगत ठरलेली दिसते. समुद्रकिनाऱ्यावरील कोळी जीवन या शब्दशैलीतून योग्यपणे साकार होते. पु. लं. नी आपल्या अनुवादित कादंबरीत भारतीय मासेमारांच्या जीवनात वापरलेले जाणारे शब्दप्रयोग यात चपखलपणे वापरलेले दिसतात. 'एका कोळीयाने'ची भाषा व त्यातील संवाद हे मूळ कादंबरीनुसार साधे सरळ आणि अनलंकारिक असे उतरलेले दिसतात. बहुधा यातील संवादाची रचना छोट्या आकाराची असली तरी सांतीयागोच्या जीवनातील सुसंगत मोठ्या स्वगताची रचनाही इथे केलेली दिसते. नायकाच्या जीवनातील तिहेरी संघर्ष प्रामुख्याने संवादाच्या माध्यमातूनच या कादंबरीत आकारास आला आहे. स्वमन, मासे, आणि तिसरी शक्ती या तीन गोष्टींच्या संघर्षाचे चित्रण भाषाशैलीमुळेच शक्य होते. नायकाचे आत्मबल जागवणारे व त्याच्या मनातील आशावाद जिवंत ठेवणारे प्रभावी संवाद या कादंबरीत येतात. नायकाच्या स्वतःशी चाललेल्या संवादाचेही कादंबरीच्या जडण-घडणीत मोलाचे योगदान आहे. मानवी जीवनातील मुलभूत संघर्ष कवेत घेण्याचा प्रयत्न या कादंबरीत केला असल्यामुळे काही गंभीर जीवनचित्रण मांडणारे संवादही या ठिकाणी येतात. कादंबरीची निवेदनशैली तृतीय पुरुषी असून हा निवेदक सांतीयागो नावाचा शूर म्हाताऱ्या कोळ्याची कथा वाचकांना सांगत आहे. ही कादंबरी अनुवादित असल्यामुळे यातील कुठल्याही घटकाचा विचार करतांना हेमिंग्वेच्या मूळ कादंबरीचे संदर्भ जराही नजरेआड करून चालणार नाही. भाषाशैलीच्या संदर्भातही हाच विचार करावा लागतो आणि त्याचे बहुतांशी त्यातील कलात्मकतेचे व वाङ्मयीन गुणवत्तेचे बहुतांशी श्रेय हेमिंग्वेलाच द्यावे लागते.

(४) अनुवादातील कौशल्य -

कादंबरीच्या प्रस्तावनेत पु. लं. नी हेमिंग्वेच्या "The old man and the sea" या जगप्रसिद्ध कादंबरीच्या भाषांतरमागौल आपली भूमिका नम्रपणे विशद केली आहे. "इंग्रजी भाषा अवगत नसल्यासाठी केलेले भाषांतर" असे या प्रत्यनाचे वर्णन करतात. ही एक मूळ कादंबरी अलौकिक स्वरूपाची असून त्यात आपल्या नावापलीकडे कसलाही बदल केलेला नाही. ही पु. लं. ची भूमिका लक्षात घेणे आवश्यक आहे. या संदर्भात त्यांनी कालीदासाच्या "तितीषुर्दुस्तरं मोह्यत... उडपे नामि सागरम्" (रघुवंशम्) कालीदासाच्या या वचनाचा आधार आपल्या भाषांतराचा प्रयत्न म्हणजे छोट्या नावेने समुद्र पार करणे असा आहे असे नम्रपणे सांगितले आहे.^५



"The driving force of this genuinely powerful novel is more spiritual than physical." ^१ हे या कादंबरीबाबत एका इंग्रजी समीक्षकाने काढलेले उद्गार या कादंबरीच्या आशयसूत्राकडे अंगुलिनिर्देश करतात. एक म्हातारा कोळी आणि एक मासा यांच्यातील जीवघेणी झुज असे वरवर बघता या कादंबरीचे कथानक आहे. पण या झुजीचे व संघर्षाचे स्वरूप केवळ भौतिक स्वरूपाचे नमुन ते मानसिक व अध्यात्मिक स्वरूपाचे आहे. या कादंबरीना प्राण म्हणजे हा संघर्षच आहे. वरील अवतरणातून हेच सत्य सुचविलेले दिसते. दोवळ शौर्य व प्रयत्नवाद यांचीच केवळ ही कथा नाही. यातील संघर्षाचे स्वरूप यापेक्षाही अधिक गुंतागुंतीचे व मानवी जीवनाचे अनेक प्रश्न उपस्थित करणारे आहे. इथे सांतीयागोची एकाच वेळी दोन युद्धे आपल्याला दिसतात. एक स्वतःशी व दुसरे माशाशी चाललेले दिसते! यावेळी सांतीयागोच्या मनात अनेक प्रकारचे व्यक्तिगत व नैतिक प्रश्न गोथळ घालतात. हा कोळी या संघर्षात स्वतःशीच बोलतो व आधार शोधतो. इथे लेखकाला जीवनातील अंतिम मूल्यांचा शोध घ्यायचा आहे. असे लक्षात येते जेव्हा सांतीयागो म्हणतो "If you love him it is not a sin to kill him" हे त्याचे वाक्य मानवी जीवनातील पाप-पुण्य संकल्पनेला व इतर अनेक प्रश्नांना व्यक्त करते. अवतीभवतीच्या विराट विश्वासाठी एका व्यक्तीच्या पराक्रमाला व संघर्षाला कितपत अर्थ असतो? जीवनातील खरे वैफल्य कोणते? कुणालाही कशाने काहीही फरक पडत नाही हेच ते वैफल्य असते का? असे काही प्रश्न वाचकांपुढे ठेवून लेखक कादंबरी संपवतो. माशाचा सांगाडा बघून एक तिन्हाइत महिला विचारते. "हे काय आहे?" या वाक्यातून व्यक्तिगत पराक्रमातील निरर्थकता जाणवून दिली जाते. या कादंबरीतील संघर्षाचे स्वरूप मानव व नियती यांच्यातील संघर्षासारखे प्रतीत होते. इथे मानवाचे प्रतिनिधित्व करतो सांतीयागो व मानवेतर सृष्टीचे प्रतिनिधित्व करतो विशालकाय ताडमासा. सांतीयागोच्या मनातील दुर्दम्य आशावाद जिवंत ठेवण्यासाठी या संघर्षात त्याचा आत्मसंवाद महत्त्वाचा ठरतो. हा आत्मसंवाद त्याला आत्मबल प्रदान करतो.

उदा - "माणसाला ठार करता येईल पण त्याची हार करता येणार नाही... माणसाला हरण्याकरिता जमाला घातले नाही." "अशी या नायकाची श्रद्धा आहे. माशाला ठार मारताना "जीवो जीवस्य जीवनम्" असा मानवी अस्तित्वासंबंधीचा अपरिहार्य नियमही नायकाच्या मनात येतो. एकूण मानवी जीवनातील कर्म, अकर्म यांचाही विचार ही कादंबरी आपल्यापुढे प्रभावीपणे मांडते.

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ISSN : 2231 4377

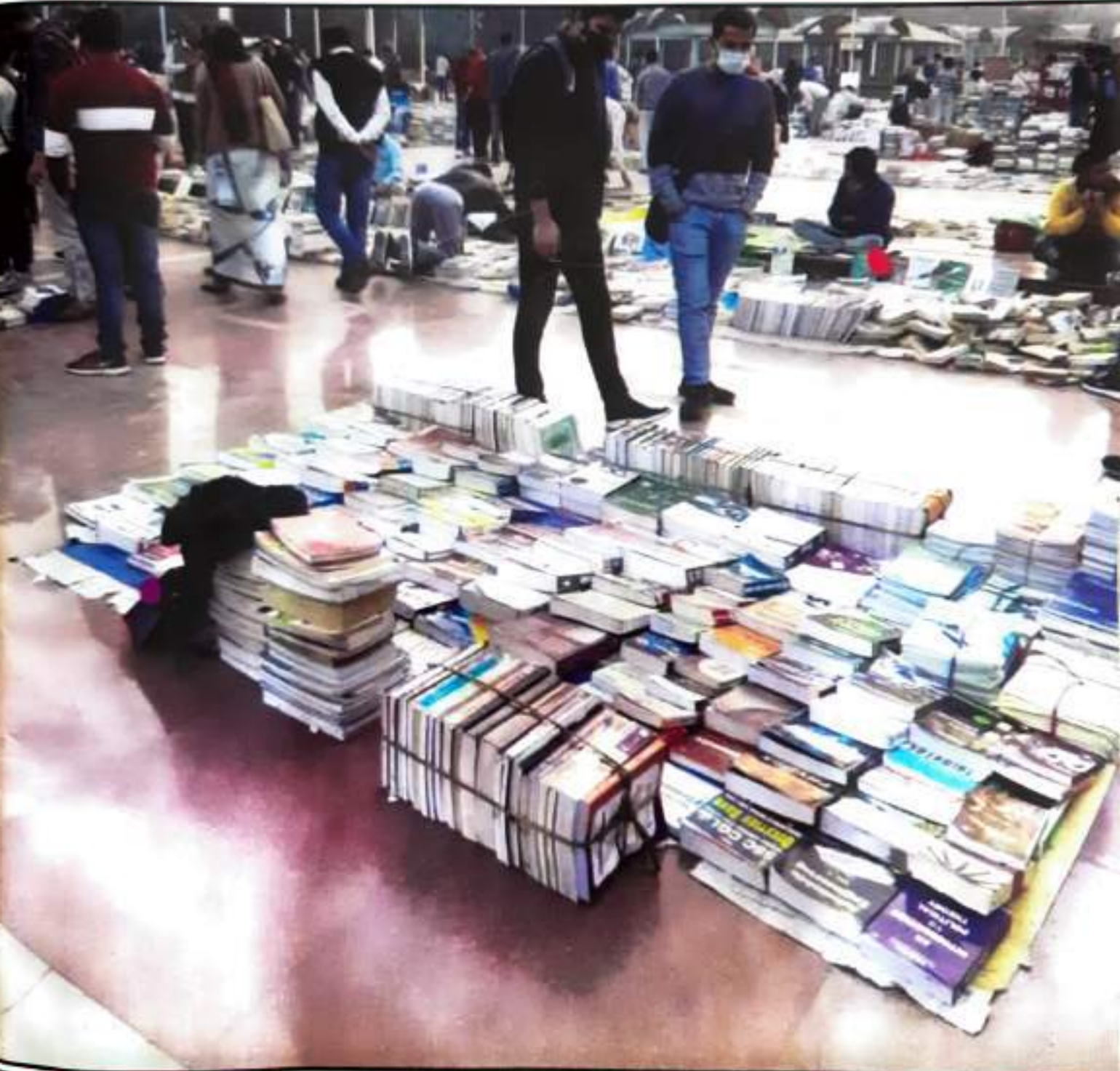
(Peer Reviewed Journal)



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वर्ष : १० वे अंक : दुसरा
जुलै-ऑगस्ट-सप्टेंबर २०२०

मराठी भाषा-वाङ्मय व संशोधन यासाठी असलेला मंच
संपादक : प्रा. डॉ. शैलेश विश्वनाथ त्रिभुवन



वितरण क्षेत्र : दिल्ली, पश्चिम बंगाल (कलकत्ता), उत्तर प्रदेश (वागणसी), कर्नाटक, गोवा, गुजरात (बड़ोदा), तेलंगणा (हैदराबाद), बंगलोर, पुणे, नग, मद्रास, मुंबई, ठाणे, सवागिरी, रायगड, सिंधुदुर्ग, त्रुळण, घवतमाड, कोल्हापूर, मातारा, मोंगली, कराड, सोलापूर, लातूर, परभणी, जालना, औरंगबाद, नागपूर, अमरावती, अकोला, नांदेड, नळगाव, धुळे, नंदुरवार, चंद्रपूर, गडचिरोली, वारिग, भंडारा, काशी.

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प्रा. डॉ. शैलेश विश्वनाथ त्रिभुवन
(एम.ए., एम.फिल., पीएच.डी. - मराठी)

मराठी भाषा-वाङ्मय व संशोधन यासाठी असलेला मंच

■ वर्ष : १० वे ■ अंक : दुसरा ■ जुलै-ऑगस्ट-सप्टेंबर २०२०

■ प्रकाशक, मालक, मुद्रक :

सुनिता शैलेश त्रिभुवन (एम.ए. - मराठी)

■ पत्र व्यवहारचा पत्ता : शब्दाली प्रकाशन

बी-५/२०६/दुसरा मजला, राहुलनिसर्ग, अतुलनगर,
वारजे-माळवाडी, पुणे - ४११ ०५८.

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■ मुखपृष्ठ : संपादक

■ मुद्रित शोधन : प्रा. सुरेखा पंडित, मो. ९९२२२६५७३३

■ वर्गणी : वार्षिक: व्यक्ती: रु.४००/- संस्था : रु.४५०

पाच वर्षे : व्यक्ती: रु.२,०००/- संस्था: रु.२,२५०

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■ वार्षिक व पंचवार्षिक वर्गणी :

आपल्या स्थानिक बँकेत - बँक ऑफ महाराष्ट्र,
कर्णेनगर, पुणे.

(IFCS Code - MAHB 00 00 970)

'शब्दाली प्रकाशन' पुणे. (खाते क्र. : 60058138435)

या खात्यावर जमा करून सदर पावती

शब्दाली प्रकाशनाच्या पत्त्यावर पाठवावी.

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२. हे वयचं असं असतं : लक्षणीय भाषिक प्रयोग	प्रा. डॉ. फुला बागुल (धुळे)	०६
३. समाजप्रबोधनकार : संत तुकाराम	प्रा. डॉ. तानाजी पाटील (सातारा)	१०
४. अर्थपूर्ण काव्यरूपांतर...	प्रा. दत्ता भगत (औरंगाबाद)	१४
५. रूढ संस्कृतिविषयक धारणांना धक्का देणारी कविता ... !	प्रा. डॉ. पी. विठ्ठल (नांदेड)	१८
६. 'जाता नाही जात' च्या निमित्ताने	मा. प्रेमानंद गज्वी (मुंबई)	२२
७. अक्षरांची भाकरगीता..... !!	प्रा. डॉ. संजीवकुमार सोनवणे (जळगाव) ...	२५
८. पुलंची व्यक्तिचित्रे : जीवननिष्ठांची मांदियाळी	प्रा. डॉ. राजेंद्र नाईकवाडे (नागपूर)	२९
९. ग्रामीण साहित्यिक दि. बा. पाटील यांच्या 'वाल्या' कथासंग्रहातील सामाजिक जाणीव	प्रा. डॉ. उदय जाधव (सातारा)	३७
१०. ग्रामसंस्कृतीतल्या स्त्री जाणिवांचा आविष्कार : शेणाला गेलेल्या पोरी	धनाजी घोरपडे (सांगली).....	४१
११. वारकरी संप्रदायाचे योगदान	प्रा. डॉ. राजेंद्र थोरात (पुणे)	४४
१२. डॉ. जयंत नारळीकर यांचे विज्ञानसाहित्य :	प्रा. डॉ. अनिल सपकाळ (मुंबई)	४७
१३. एका अपूर्व ग्रंथाच्या जन्माची कहाणी	प्रा. डॉ. आनंद पाटील (कोल्हापूर).....	५७
१४. सटवाईच्या निमित्ताने	प्राचार्य योगीराज वाघमारे (सोलापूर)	६०

मराठी रसिक आणि मराठी रसिकता या मराठी वाङ्मयव्यवहाराच्या दोन्ही अंगांनी विचार करता, पुरुषोत्तम लक्ष्मण देशपांडे हा लेखक एक अढळ असा मानदंड होता. गेल्या अर्धशतकाच्या कालखंडात पुलंचा आणि मराठी रसिकांचा विलक्षण असा ऋणानुबंध निर्माण झाला होता. या ऋणानुबंधाचे दर्शन त्यांच्या सर्वस्तरीय लोकप्रियतेतून आपल्याला होतो. इतकी अफाट वाचकप्रियता मराठी साहित्यात अन्य कुणाच्याही वाट्याला आजवर आली नाही. वाचकवर्गातील 'सर्वहारांच्या' अभिरूचीवर आणि रसिकांवर प्रश्नचिन्ह उपस्थित करणारे 'नवसाहित्य' निर्माण होण्याच्या काळातच योगायोगाने हा लेखक उदयाला आला. मराठी साहित्य आणि मराठी रसिकता यांच्यातला क्षीण होऊ पाहणारा सेतूबंध आपल्या विलक्षण आणि अष्टपैलू प्रतिभा सामर्थ्याच्या बळावर ह्याने तोलून धरला. जणू या कारणासाठीच या 'पुरुषोत्तम' 'अवतार' होता. एकूणच मराठी साहित्य, मराठी संस्कृती, मराठी माणूस आणि साहित्य व कलाक्षेत्रातील विविध वाटावळणांना सच्च्या कलावंतांच्या विशाल अंतःकरणाने पुलंणी पोटाशी धरले. मराठी साहित्य व मराठी रसिकता यांच्या एक दृढ आणि आस्थापूर्ण नाते निर्माण केले. एक मराठी लेखक म्हणून हेच पुलंचे युगप्रवर्तक असे कार्य ठरते. हे सर्व पुलंणी आपल्या विविधरंगी, विविधदंगी, सर्वस्पर्शी आणि चैतन्यशील अशा वाङ्मयाच्या भ्रवशावर केले. पुलंचे हे वाङ्मयभांडार मराठी माणसासाठी एक अक्षय आणि ऐतिहासिक असा आनंदाचा ठेवा सिद्ध होणारे आहे.

पुलंच्या व्यक्तित्वाचे प्रधान अंग : 'व्यक्तिचित्रणकार'

पु. ल. देशपांडे यांनी आपल्या जवळपास सहा दशकांच्या साहित्यिक कालखंडात नाटक, एकांकिका, विनोदी लेख, व्यक्तिचित्रे, प्रवासवर्णन, कादंबरी, चरित्र हे वाङ्मयप्रकार प्रामुख्याने हाताळले. अनुवादित कादंबऱ्यांचा व बाल-कुमारांसाठी लिहिलेल्या गांधीजींच्या छोटेखानी चरित्राचा अपवाद वगळता उर्वरित सर्व वाङ्मयप्रकारात पुलंणी एक स्वतंत्र आणि शीर्षस्थ स्थान प्राप्त केलेले दिसते. या वाङ्मयप्रकारांचा एक आदर्श मानदंडच त्यांनी आपल्या अनोख्या लेखनशैलीने निर्माण केला. या सर्वच लेखनाला उदंड लोकप्रियता आणि सर्वस्तरीय समाजमान्यता लाभली. त्यातही पुलंच्या व्यक्तिचित्रांनी वाचकांना सर्वाधिक वेड लावले. पुलंणी शब्दांनी साकारलेली ही सर्व ज्ञात, अज्ञात माणसे वाचकांच्यात जणू सदेह वावरली. त्यांच्या जीवनातील सुखदुःखाच्या प्रसंगातला एक भाग झाली. पुलंच्या शब्दाच्या जादूने निगुर्ण-निराकार असलेली सगुण-साकार झाली. तर वास्तवात वावरणाऱ्यांनी पुलंच्या लेखणीतून नवा जन्म घेतला. अनेक व्यक्तिचित्रांचे प्रभाव रेखाटन करणाऱ्या पुलंणी आपल्या बहुतेक साहित्यातून विविध दंगाच्या आणि रंगरूपाच्या माणसांचाच अखंड शोध घेतलेला दिसतो. माणसांविषयीच्या अपार आपुलकीतूनच ते जीवनपर्यंत माणसे रेखाटित राहिले. माणसांचे शेकडो नमुने त्यांनी आपल्या साहित्यातून नवा जन्म घेतला. अनेक व्यक्तिचित्रांचे प्रभाव रेखाटन करणाऱ्या पुलंणी आपल्या बहुतेक साहित्यातून विविध दंगाच्या आणि रंगरूपाच्या माणसांचाच अखंड शोध घेतलेला दिसतो. माणसांविषयीच्या अपार आपुलकीतूनच ते जीवन पर्यंत माणसे रेखाटित राहिले.

**पुलंची व्यक्तिचित्रे :
जीवनविघांती
मांदियाळी**



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पु. ल. देशपांडे

माणसांचे शेकडो नमुने त्यांनी आपल्या साहित्यातून साकार केले. व्यक्तिचित्रांच्या घडणीत पुलं उघडपणे व्यक्तिचित्रणकार असले तरी इतरत्रही त्यांची हीच भूमिका असल्याचे दिसते. पुलंच्या काही पुस्तकातील चित्ररेखाटनातून माणसांची गर्दी दाखविलेली दिसते. त्यांच्या एकूण साहित्यात अशीच माणसांची गर्दी होती. व्यक्ती, वल्ली आणि त्यांचे अनेक समूह त्यांच्या साहित्यात जागोजाग भेटतात. 'बटाट्याच्या चाळी'तली अनेकानेक रंगढंगांची माणसे, 'विठ्ठल तो आला आला' वा तत्सम इतर एकांकिकांतून येणारे विविध व्यवसायातील अनेक समाजस्तरांतील माणसांचे समूह, 'तुझे आहे तुजपाशी' सारख्या नाटकातून भेटणारी विविध वृत्ती-प्रवृत्तींची माणसे, 'जावे त्यांच्या देश', 'अपूर्वाई' आदि प्रवासवर्णनातून येणारी देशोदेशीची लेखकाला भेटलेली माणसे, असे अनेक पातळीवर पुलंनी केलेले व्यक्तिचित्रण वाचकांचे लक्ष वेधून घेते पुलंच्या साहित्याच्या केंद्रस्थानी त्यांची ही माणसे टिपण्याची आणि गोठवण्याची प्रवृत्ती दिसते. त्यांनी साकारलेल्या, जिवंत केलेल्या आणि अेरामर झालेल्या असंख्य व्यक्तींनीच पुलंचे साहित्य भरून गेले आहे. अशा अनेकानेक व्यक्तींची संपूर्ण यादी करून, त्यांच्यातले आणि लेखकाच्या व्यक्तिमत्त्वातले अनुबंध शोधणे हा एक स्वतंत्र संशोधनविषय होऊ शकतो, इतके अपार महत्त्व पुलंच्या लेखनातील व्यक्तींना लाभलेले आहे. म्हणूनच लेखक म्हणून पुलंच्या व्यक्तिमत्त्वाचे प्रधान अंग 'व्यक्तिचित्रणकार' हेच असल्याचे म्हणता येते. पुलंच्या अशा व्यक्तीप्रेमी व्यक्तिमत्त्वामुळेच असेल कदाचित, परंतु त्यांनी हाताळलेल्या विविध वाङ्मयप्रकारात 'व्यक्तिचित्रे' विशेषकरून उठून दिसतात. वाङ्मयीन मूल्यमापनाच्या अंगाने आणि वाचकप्रियतेच्या अंगानेही व्यक्तिचित्रांचे महत्त्व त्यांच्या एकूण साहित्यात मध्यवर्ती आहे. त्यांचे सर्वाधिक खपाचे आणि लोकप्रिय पुस्तक म्हणून 'व्यक्ती आणि वल्ली' या कल्पनाप्रधान व्यक्तिचित्रसंग्रहाचा उल्लेख केला जातो. या पुस्तकाच्या आजवर पन्नास हजाराहून अधिक प्रती विकल्या गेल्या आहेत, त्यावरूनही त्यांच्या

व्यक्तिचित्रांची महती घ्यानात येते.

पुलंची भूमिका : 'गणगोता'चे 'गुण गाईन आवडी'

मु. ल. देशपांडे यांच्या सर्वच लेखनामागे त्यांची निश्चित अशी काहीएक भूमिका प्रत्ययाला येते. स्वतः लेखकाने आपल्या भूमिकेचा विविध प्रसंगी आणि विविध पुस्तकातून वारंवार उच्चार केलेला दिसतो. त्यांच्या एकंदर साहित्यविषयक भूमिकेचे वर्णन शांता शेळके यांनी 'आनंदवादी' असे केले आहे. यासंदर्भात पुलंनी केलेल्या विधानांचा त्या आधार घेतात. यात "साहित्य हे मनाची मशागत करते", "माणसाची मने जोडणे हे साहित्याचे कार्य आहे", "आपल्याला आलेला अनुभव इतरांना सांगण्याची ओढ ही फक्त माणसालाच आहे", "जीवनाबद्दलचे प्रेम, माणसाबद्दलचे प्रेम हा साहित्याचा मूलाधार आहे." "साहित्य खेळ नाही ती एक अतिशय गंभीर गोष्ट आहे" इत्यादिचा पुलवचनांचा समावेश होतो. व्यक्तिचित्रांबाबतही पुलंनी काही विशिष्ट अशी भूमिका स्वीकारलेली दिसते. 'गणगोत'च्या प्रस्तावनेत ते म्हणतात, "माझे गणगोत फार मोठे आहे. अनिलांनी म्हटल्याप्रमाणे 'इथे सखे नि सोबती कुणी इथे कुणी तिथे!' पुढल्या शे-दिडशे पानातून दिसणारी माणसे खरोखरच तशी आहेत की नाहीत, हे मला ठाऊक नाहीत. आपुलकीच्या डोळ्यांनी पाहताना त्यांचे जे दर्शन मला घडले त्याची ही चित्रे आहेत. न जाणो, त्यांचा आणि माझा जो सहवास घडला त्या सहवासाचीच ही चित्रे असतील एखादे वेळी !" आपल्या विशिष्ट दृष्टीकोणाचा पुनरुच्चार ते 'गुण गाईन आवडी'च्या प्रस्तावनेतही करतात."..... काही माणसांचे हे गुणगायन आहे. त्यांच्या गुणांची आरास माझ्या अंतःकरणात सदैव मांडलेली आहे त्यातल्या एखाद्याच्या कलेतून, निःस्वार्थ जगण्यातून, निरपेक्ष स्नेहातून, सुरातून, ग्रंथातून, गीतांतून किंवा व्यक्तिमत्त्वाच्या एखाद्या देखण्या पैलूतून मला लाभलेला आनंद जिवंत आहे. त्या आनंदाला मी रूप देण्याचा प्रयत्न केला आहे." अवतीभवतीच्या समाजातील सामान्य-असामान्य माणसांतील माणुसकीच्या झऱ्याची आपल्या लेखनातून सातत्याने

जपणूकच पुलंनी केलेली दिसते. त्यांच्या व्यक्तिचित्रणात दिसणारे माणूसप्रेम, माणसांमधील चांगुलपणा हेरण्याची वृत्ती, कर्तृत्ववान आणि गुणवान माणसांचे भान हरपून गुणगान करण्याची वृत्ती, आवडलेल्या गोष्टींना दिलखुलास व मनमोकळी दाद देणे, जीवनातील उत्कटतेची व भव्यतेची उपासना व त्यापुढे नतमस्तक होणे या सर्व गोष्टी त्यांच्या भूमिकेशी सुसंवादी अशाच आहेत. पुलंच्या सर्वच व्यक्तिचित्रात वाचकमनाला भावणारी उत्कटता आणि आर्तता भरून राहिलेली दिसते. ही उत्कटता त्यांच्या जीवनविषयक आणि लेखनविषयक दृष्टीकोनाचेच एक रूप आहे. 'व्यक्ती आणि वल्ली' या कल्पनाप्रधान, तर 'मैत्र', 'गणगोत', 'गुण गाईन आवडी' आणि 'आपुलकी' या वास्तवप्रधान व्यक्तिचित्रसंग्रहातील जवळपास शंभर व्यक्तिंच्या शब्दरेखाटनातून पुलंच्या उत्कट माणूसप्रेमाचा भरभरून प्रत्यय येतो.

व्यक्तींची आणि वल्लींची विविधता - व्यापकता

आजवर पुलंचे पाच व्यक्तिचित्रांचे संग्रह प्रसिद्ध झाले आहेत. ते १९६२ ते १९९९ या दरम्यान प्रसिद्ध झाले. यातील लेखन पुलंनी साधारणपणे १९४४ ते १९९८ या जवळपास पन्नास वर्षांच्या कालखंडात केलेले दिसते. 'व्यक्ती आणि वल्ली' या एका संग्रहाचा अपवाद वगळता इतर संग्रहात पुलंनी त्यांना जीवनप्रवासात भेटलेल्या आणि भावलेल्या वास्तवातील व्यक्तींना लेखनविषय केले आहे. 'व्यक्ती आणि वल्ली'तील व्यक्ती या सामाजिक पातळीवर प्रत्यक्ष वावरणाऱ्या नसल्या तरी अवतीभवतीच्या समाजवास्तवाचे भक्कम अधिष्ठान त्यांना आहे. पुलंनी स्वतः म्हटल्याप्रमाणे ('नारायण' या एका लोकप्रिय काल्पनिक व्यक्तिचित्रा बाबत पुलंनी असे विधान केले आहे.) या काल्पनिक व्यक्तिरेखा एका अर्थी समाजातील व्यक्तींचे काही ठळक नमुने आहेत. अशा काल्पनिक व्यक्तीरेखांनी पुलंचे विनोदी साहित्य प्रामुख्याने व्यापले आहे. 'बटाट्याची चाळ', 'असा मी असामी' सारख्या विनोदी लेखसंग्रहातून अशा अनेक व्यक्ती दाटीवाटीने उभ्या असलेल्या दिसतात. त्यामुळे 'व्यक्ती आणि वल्ली' तील व्यक्तिरेखांची तुलना इतर व्यक्ती

चित्रसंग्रहातील 'सामाजिक' व्यक्तीपेक्षा विनोद लेखनातील व्यक्तीरेखांशी अधिक करता येते. वास्तवाधारीत व्यक्तिचित्रांच्या तुलनेत या अशा काल्पनिक व्यक्तींनीच वाचक-रसिकांच्या मनाचा अधिक कब्जा घेतलेला दिसतो. 'व्यक्ती आणि वल्ली' व 'बटाट्याची चाळ' या पुलंच्या दोन सर्वाधिक लोकप्रिय पुस्तकांनी हेच सिद्ध केले आहे. पुलंच्या व्यक्तिचित्रांचे समीक्षकांनी साधारणपणे 'वास्तव' व 'काल्पनिक' अशा दोन गटात वर्गीकरण केलेले दिसते. काल्पनिक व्यक्ती या सर्वाथनि काल्पनिक नसल्याने आणि वास्तवातील व्यक्तींची शब्दचित्रे ही सुद्धा लेखकाची प्रतिभाजन्य नवनिर्मिती असल्याने असे वर्गीकरण किंवा असे नामकरण नेमके व चपखल म्हणता येणारे नाही. त्यात अतिव्याप्तीचा दोष आहे. दोन्ही प्रकारच्या चित्रणात विषयवस्तू किंवा वर्ण्य विषय कुणीतरी व्यक्तीच असल्या तरी एकात त्या प्रत्यक्ष जीवनघटीत, समाजमान्य, समाजवास्तवात नावानिशी वावरणाऱ्या, विद्यमान असणाऱ्या किंवा राहिलेल्या, तर दुसऱ्यात प्रत्यक्ष जीवनघटीत नसलेल्या, समाजात प्रत्यक्षरूपात नावनिशाणीसह विद्यमान नसणाऱ्या, कल्पनात्मक पातळीवर लेखकाने नव्याने प्रस्थापित केलेल्या अशा आहेत. त्यामुळे काल्पनिक व वास्तव या संज्ञांऐवजी 'कल्पनाप्रधान' व 'वास्तवप्रधान' असे त्यांचे वर्गीकरण करणे योग्य ठरावे. पुलंच्या एकूण व्यक्तिमत्त्वाचा चटकन डोळ्यात भरणारा विशेष म्हणजे या व्यक्तिमत्त्वाचे बहूपैलूत्व ! या विलक्षण माणसाने कलेच्या आणि जीवनाच्या विविध क्षेत्रात केलेला मुक्त संचार, त्यांचे संपूर्ण साहित्य वाचनाऱ्यास थक्क करून सोडते. अशा नानादेशी-नानाक्षेत्री अनिर्बंध संचारातून अनुभवलेले आणि भावलेले विशाल 'गणगोत' आणि व्यापक 'मैत्र' त्यांच्या व्यक्तिचित्रणाची विशेषता ठरते. 'व्यक्ती आणि वल्ली' तील विविध वृत्ती प्रवृत्तीच्या नमून्यातही हा विशेष प्रत्ययास येतो. कुठल्याही लग्नात स्वयंसेवकगिरी करण्यास सदैव सिद्ध असणारा नारायण, जीवनविषयक पुस्तकी कल्पनांच्या आधारे जगू पाहणारा सखाराम गटणे, इतिहासात आकंठ बुडालेले तऱ्हेवाईक आणि विक्षिप्त वाटणारे हरितात्या,

कोडगेपणा व चिवटपणा अंगी बाणलेला नामू परीट, शापित यक्षासारखे आयुष्य लाभलेला नंदा प्रधान, परस्परविरोधी आदर्शाना एकाचवेळी जपू पाहणारा बिनधास्त, बेफिकीर असा भय्या नागपूरकर, पारशी माणसाचे सज्जन आणि भाबडे मन ज्यात प्रतिबिंबित होते असे हंड्रेड पसेंट पेस्टनकाका, गुन्हेगारी विश्वात वावरणारा बदनाम बबड्या, कल्पनेच्या राज्यात वावरणारा स्त्रीलंपट आणि रंगेल तरूण नाथा कामत, आपल्या जीवनातल्या एका दिव्य क्षणाची आठवण सोबत घेऊन आयुष्य जगणारे दोन वस्ताद टिल्या तबलजी व ज्योतीबा, दुटप्पीपणा, लाचारी आणि फसवणूक यांच्या घोर गर्तेत धडपडणारा बोगस बुद्धीजीवी लखू रिसबुड इत्यादी समाजाच्या विविध स्तरावरील विविध नमुने पुलंजी सर्व बारकाव्यांसह, तपशीलांसह आणि संदर्भांसह विलक्षण प्रत्ययकारी स्वरूपात साकार केले आहेत. याचप्रमाणे पुलंजीच्या अवतीभवती असणाऱ्या व त्यांना प्रभावित करणाऱ्या प्रत्यक्षातील व्यक्तींची शब्दचित्रेही त्यांनी मोठ्या प्रमाणावर रंगवली आहेत. यातील बहुतांशी व्यक्ती या समाजमान्य व आपापल्या क्षेत्रात नाव कमावलेल्या आहेत. राजकारण, समाजकारण, इतिहास, साहित्य, इतर ललितकला, संस्कृती, शिक्षण इत्यादी सर्वच क्षेत्रातील लेखकाचे ऋणानुबंधी लोक यात आहेत. ऋग्वेदी, बाय, आप्पा यासारख्या नात्यागोत्याच्या माणसांपासून ते दादा धर्माधिकारी, नानासाहेब गोरे, राममनोहर लोहिया या राजकारणी पुरुषांपर्यंत माणसे यात आहेत. यात हिराबाई बडोदेकर, पंडित मल्लिकार्जुन मन्सूर, बेगम अख्तर, पंडित विष्णू दिगंबर पलुस्कर, वसंतराव देशपांडे अशा भारतीय शास्त्रीय संगीतातील मोठमोठ्या असामी आहेत आणि केशवराव भोळे, बापूराव माने, चिंतामणराव कोल्हटकर यासारखे नट-अभिनेतेही आहेत. विनोबा भावे, बाबा आमटे, हमीद दलवाई यासारखी विविध सामाजिक चळवळी चालविणारी नेतेमंडळी आणि दुसऱ्या बाजूला रामूभैया दाते, रा. ज. देशमुख, रावसाहेब यासारखी वेगळ्या पठडीतली माणसेही पुलंजी या 'मांदियाळीत' भेटतात. चि. त्र्यं. खानोलकर, बा. भ. बोरकर, व्यंकटेश माडगूळकर

यांच्यासारखे लेखक आणि बाबासाहेब पुरंदर्यासारखे लेखक-इतिहासकार इथे आहेत. शिल्पकार फडके, समाजसुधारक शाहू महाराज, बंगाली शिल्प-चित्रकार रामकिंकर बैज, गौरकिशोर घोष, समीक्षक मंगेश विठ्ठल राजाध्यक्ष, व्यंगचित्रकार वसंत सबनीस, जगप्रसिद्ध विनोदी लेखक पी. जी. वुडहाऊस असे नाना प्रकारचे नाना देशीचे लोक यात आहेत. अलिकडे प्रकाशित पुलंजीच्या 'आपुलकी' या नव्या व्यक्तिचित्रसंग्रहात आणखी काही माणसे भेटतात. इतिहासकार दत्तो वामन पोतदार, पत्रकार श्री. रा. टीकेकर, मराठीतील नामवंत लेखक आणि पुलंजी निकटवर्ती स्नेही माधव आचवल, शरद तळवलकर, अनंत काणेकर, गोविंद तळवलकर, कवी गिरीश यासारखी कर्तृत्ववान महाराष्ट्रीय माणसे यात आहेत. यातील 'बालगंधर्व : एक अटळ स्मरण' आणि 'अब्द अब्द मनी येते' हे अनुक्रमे बालगंधर्व आणि वसंतराव देशपांडे यांच्यावरील 'व्यक्तीलेख' ही या नव्या संग्रहात आहेत. या दोन व्यक्तींची शब्दचित्रे पुलंजी पूर्वीच काढली असल्याने या लेखनाचे स्वरूप 'व्यक्तिरेखा' सारखे झाले आहे. एकाच व्यक्तीवर पुन्हा पुन्हा लिहिण्यामागे लेखकाची आंतरिक गरज जाणवते. वर उल्लेख केलेली आणि ज्यांचा उल्लेख करायचा राहून गेला अशी विविध निष्ठा आणि श्रद्धा यांनी झपाटलेली ही सगळी माणसे आहेत. या मंडळींचा सामाजिक-आर्थिक स्तर, त्यांची सामाजिक, शैक्षणिक पार्श्वभूमी, त्यांच्या जीवनविषयक धारणा, त्यांचे व्यवसाय, त्यांचे जगण्याचे मार्ग, त्यांच्या सुखदुःखाच्या परी, सारे वेगवेगळे आहे. विविध विचारांची, पक्ष-प्रणालींची, सवयी-लकबींची माणसे या पसाऱ्यात भेटतात. हा सगळा गोतावळा त्यांच्या साऱ्या विशेषांसह आणि पृथक्तेसह कवेत घेणाऱ्या देशपांडे नामक 'पूर्णावतार पुरुषोत्तमाचे' प्रतिभासामर्थ्य वाचकास थक्क आणि नतमस्तक करून सोडते. विविधता आणि व्यापकता हे पुलंजीच्या व्यक्तिरेखातील महत्त्वाचे सामर्थ्यस्थळ आहे. वाङ्मयगुणांचे एकत्रीकरण पुलंजी बहुतांशी व्यक्तिचित्रे ही बांधेसुद्ध, सुसंघटित आणि आकर्षक रूप घेऊन अवतरलेली दिसतात. या शब्दचित्रांचे आरंभ आणि

शेवट, त्यांतील पार्श्वभूमि वर येणारा वर्ण्य व्यक्तीसंबंधीचा परिसर, त्या व्यक्तींचे अंतरंग आणि बहिरंग, त्यांच्या व्यक्तिमत्त्वातील पृथकात्मक वैशिष्ट्यांवर अचूकपणे दिलेला भर, त्याचे तपशीलवार, ससंदर्भ आणि बारकाव्यांनिशी रेखाटन, योग्य प्रसंगी केलेली विनोदाची पखरण, वर्ण्य व्यक्ती अधिक वास्तव आणि जिवंत करणारी 'व्यक्तीसापेक्ष' भाषाशैली, व्यक्तिचित्रणात जाणवणारी काव्यात्मता आणि भावपूर्णता, अंतर्मुखता आणि गांभीर्य इत्यादी अनेक वाङ्मयगुणांचे 'समसमासंयोग' असे एकत्रीकरण या व्यक्तिचित्रांत आढळते. वाङ्मयाचे आणि वाङ्मयप्रकारांच्या विशिष्ट स्वरूपाचे सखोल आणि सम्यक भान पुलंमध्ये असल्यानेच हा निर्मितीतला काटेकोरपणा त्यांच्या व्यक्तिचित्रांना लाभला आहे. बहुतेक व्यक्तिचित्रांचे प्रारंभ अतिशय आकर्षक, वाचकमनाचा ठाव घेणारे, उत्कंठोत्पादक आणि कायम लक्षात राहणारे असे आहेत. लेखकाच्या आणि वर्ण्य व्यक्तीच्या सहवासाचा किंवा भावबंधाचा प्रारंभ हाच बहुधा व्यक्तिचित्रांचा प्रारंभ असतो. हे प्रारंभ काही क्षणातच वाचकांना त्या व्यक्तींच्या वातावरणात नेऊन सोडतात. त्यांच्यावर आपली पक्की पकड बसवतात. 'दिनेश'ची सुरुवात, "दिनेशची आणि माझी ओळख होऊन जवळजवळ सव्वा वर्षे झाली. त्याहून जास्त होणे शक्यही नाही; कारण दोन-तीन महिन्यांपूर्वीच त्याला दोन वर्षे पूर्ण झाली." अशी मिस्किल स्वरूपाची, तर 'हिराबाई'ची सुरुवात, "परवाच कुणीतरी म्हणाला की, हिराबाईच्या वयाला साठ वर्षे पुरी होताहेत. मी चटकन म्हणालो, 'हॅट !' आणि मग माझ्या लक्षात आले की, मी हिराबाईचे वय सुरांच्या हिशेबात मोजत होतो" अशी त्यांच्या गायन नैपुण्याचा गौरव करणारी. चिं. त्र्यं. खानोलकर उर्फ कवी आरती प्रभू यांच्या वरील शब्दचित्र," असे वाटते की खानोलकरवर काही लिहू नये. त्यांच्या पुस्तकातून जो खानोलकर हाती उरला आहे, त्यालाच घेऊन एकटे बसावे. त्या पुस्तकातून त्यालाच बोलू द्यावे. त्याचेच ऐकत रहावे. त्यांच्या त्या लोकविलक्षण अनुभवांची खोली गाठण्याची आपली ऐपत आहे की नाही ते

आजमावीत राहावे." अशा प्रभावी आणि भावपूर्ण शब्दांनी ते करतात.

पु. ल. आपल्या व्यक्तिचित्रांच्या प्रारंभीच वाचकमनावर घट्ट पकड बसवतात आणि पुढे मग त्या विशिष्ट व्यक्तिमत्त्वाचे विविध पैलू अनेक तपशीलांनी आणि बारकाव्यांनी रेखाटू लागतात. त्या व्यक्तींच्या जीवनातील अनेकविध छोटेमोठे घटना प्रसंग, त्या व्यक्तींच्या सवयी-लकबी, चालण्याबोलण्याचा ढंग, त्याचे बाह्य व्यक्तिमत्त्व, त्याच्या निष्ठा-श्रद्धा, त्यासाठी वेडे होण्याची त्यांची वृत्ती, अशा अनेक गोष्टी अत्यंत गतिमान शैलीत पुल साकारू लागतात. एखादा कुशल चित्रकार भरभर रेषा रंगांनी एखाद्या व्यक्तीचे जिवंत चित्र साकार करतो, तसे इथे होऊ लागते. वाचकांसमोर झपाट्याने ती व्यक्ती शब्दांच्या पलीकडून स्पष्ट दिसू लागते. त्या व्यक्तिमत्त्वाच्या पृथक् वैशिष्ट्यांसह आणि त्यासोबतच्या इतरही पैलूसह त्या विवक्षित व्यक्तीचा जिवंत आणि चैतन्यपूर्ण प्रत्यय वाचकास येऊ लागतो. "चेहऱ्यावर हवा गेलेल्या फुटबॉलचा भाव.... अर्ध्या विजारीत पांढरा सद्रा खोचलेला, नाकासमोर गांधी टोपी घातलेला, लहानसेसे भावशून्य डोळे, काळा रंग, वेडेवाकडे दात" (सखाराम गटणे, व्यक्ती आणि वल्ली) अशा बाह्यवर्णनाने हे रेखाटन बहुधा सुरू होते. याप्रमाणेच परिचित व्यक्तींचेही बाह्य रंगरूप, "अस्सल मराठी वर्ण, साऱ्या देहावर दिंडीतल्या अबीर-बुक्यासारखा रांगडेपणा उधळलेला, डोक्यावर बारीक कापलेल्या ताठ केसांचे छत, तिरकस पाहण्याची पद्धत, एखाद्याला आपण ठेवून देतो तसे ठेवून दिलेले नाक, अंगावर लोडाच्या अभ्रासारखा चढवलेला सद्रा, खाली रूंद पायजामा...." (रा. ज. देशमुख आणि कंपनी, गणगोत) असे साकारले जाते. या बाह्याकारात मग विविध संदर्भांचे, तपशीलांचे, सहवासाचे, घटनांचे, व्यक्तिविषयक भाष्याचे रंग भरले जातात. चित्र- शिल्पकार रामकिंकर बैज असोत, किंवा लेखक पी. जी. वुडहाऊस, साऱ्यांचे व्यक्तिमत्त्व अतिशय अभ्यासपूर्ण पद्धतीने ते साकार करतात. रामकिंकर यांची चित्रे व शिल्पे, त्यांचे आत्मकथन, त्यांच्या लोकविलक्षण सवयी, त्यांचा आजार, त्यांनी

रूग्णशय्येवर घडविलेली दुर्गेची मूर्ती, त्यांनी साकारलेला रवींद्रनाथांचा 'बस्त' इत्यादी गोष्टींच्या सूक्ष्म वर्णनातून लेखकाचा आणि वर्ण्य व्यक्तीचा भावबंध जसा प्रकटतो, तसेच ती व्यक्तीसुद्धा परिपूर्ण रूप घेऊन साकार होत जाते. विनोबांच्या चिंतनशील, ध्येयनिष्ठ, आध्यात्मिक, संतत्वाला स्पर्श करणाऱ्या, काहीशा गूढ अशा व्यक्तिमत्त्वाचे रेखाटन 'मला दिसलेले विनोबा' या लेखात अतिशय बारकाव्याने, छोट्या-छोट्या घटना प्रसंगांच्या आधारे पुलंनी केले आहे. विनोबांच्या भूदान यात्रेच्या पार्श्वभूीवर रेखाटलेले ते व्यक्तिचित्र इतर व्यक्तिचित्रांच्या तुलनेत काहीसे अपुरे आणि अस्पष्ट वाटत असले, तरी त्यातून पुलंची व्यक्तिरेखाटनातील लोकविलक्षण हातोटी दृष्टीस पडते. पुलंच्या सुसंघटित, मोहक आणि आकर्षक व्यक्तिचित्रांचे शेवट वैशिष्ट्यपूर्ण आणि समर्पक असतात. ते व्यक्तिचित्रांच्या यशस्वी रेखाटनावर कळस चढविणारे ठरतात. त्यावेळी बहुधा निरोपाच्या भावनेने खुद्द लेखकच व्याकूळ झालेला असतो, असे जाणवते. जणूकाही त्या व्यक्तीशी एक कलावंत म्हणून होणारी ताटातूट त्याला विद्ध करून टाकते. सहवास संपल्याची जाणीव लेखकास व्यथामम करते. त्यामुळे बहुतेक व्यक्तिचित्रांचे शेवट हे अतिशय भावपूर्ण, काव्यात्म आणि वाचकमन काबीज करणारे झाले आहेत. पुलंच्या एकूणच लेखनात दिसणारे 'तारतम्य' आणि 'कलात्मक संयम' हे वाङ्मयीन गुण हे चपखल शेवट वाचताना प्रकर्षाने जाणवतात. पुलंच्या गोष्टीवेल्हाळ शैलीत एरव्ही दिसणारा ऐसपैसपणा इथे समर्पक परिणामकारकतेत परिवर्तीत झालेला दिसतो. उत्कर्षाच्या आणि उत्कटतेच्या चरमबिंदूवर एखादे चपखल असे छोटेसेच वाक्य लिहून पुल थांबतात. याठिकाणी व्यक्तिचित्राची परिणामकारकता, उत्कटता, भावपूर्णता आणि आकर्षकता अनेक पर्तींनी वाढलेली असते. 'बाय' या आपल्या आजीवरील व्यक्तिचित्राचा शेवट करताना ते लिहितात, "आज तुळशीच्या पानाने बायच्या आठवणी जागवल्या. मी पुन्हा लहान लहान झालो. ती वारली तेव्हा मी शेकडो मैल दूर होतो. दिवसा पत्र वाचले आणि रात्री माझ्याच उशीत मान

खुपसून मुळमुळू रडलो. मला लहान करण्याचे सामर्थ्य बायच्या आठवणीखेरीज दुसऱ्या कशातही नाही. "असे उत्कट, हळवे आणि भावव्याकूळ शेवट पुलंच्या अनेक व्यक्तिचित्रांना लाभलेले आहेत. पुलंच्या व्यक्तिचित्रात अनेक वाङ्मय गुण खच्चून भरलेले आहेत. प्रत्येक व्यक्तिमत्त्व अतिशय समरसून लेखक साकारतो असे जाणवत राहते. एक अखंड अशी भारलेपणाची जादू वाक्यावाक्यात पसरलेली असते. शब्द, वाक्य, वाक्यबंध यांच्यात पानोपानी रंजकता आणि रोचकता भरलेली असते. कितीतरी म्हणी, वाक्यप्रचार, सुभाषिते, रूढ वचने, प्रसिद्ध कविता-गीतांच्या ओळी, संस्कृतातील 'न्याय' यांचा यथायोग्य वापर पु. ल. करतात. या गोष्टींची काही व्यक्तिरेखात खूप गर्दीही झालेली दिसते. पण तरीही कृत्रिमता आणि बाळबोधपणा टाळण्यात पुलंची लेखणी यशस्वी होते. या सर्व वर्णनातून लेखकाच्या व्यक्तिमत्त्वाचा बहुश्रुतपणा, विविध कला-वाङ्मयाचा दांडगा व्यासंग आणि पाहिलेल्या-अनुभवलेल्या-वाचलेल्या क्षणातून नेके चैतन्य शोधून घेऊन त्याची समर्पक मांडणी करणारे अद्भूत प्रतिभासामर्थ्य वारंवार जाणवत राहते. व्यक्तिचित्रात एकवटलेल्या अशा वाङ्मय गुणांची अनेक उदाहरणे पुलंच्या लेखनातून काढून दाखवता येतील, पण या लेखाच्या मर्यादित त्यांना सामावणे शक्य होणारे नाही.

जीवनव्रतांचे आराधन पुलंनी रेखाटलेल्या व्यक्तिचित्रांचे आशयकेंद्र लेखक आणि वर्ण्य व्यक्तीच्या भावबंधात सापडू शकते. स्वतःकडे खेचणाऱ्या आणि प्रभावित करणाऱ्या या विविध व्यक्तीरेखांशी लेखकाचे अनुबंध कशामुळे जुळले आहेत, याचा शोध घेतला तर त्या विशिष्ट व्यक्तींच्या जीवनव्रतांवर, वेडांवर, ध्येयावर, श्रद्धांवर आणि जीवननिष्ठांवर हा 'पुरूषोत्तम' भाळला आहे असे दिसून येते. लेखकाचे हे भाळणे आणि भारावणे व्यक्तिचित्रांच्या पानोपानी प्रकट झाले आहे. विविध क्षेत्रातील कलाव्रती आणि जीवनव्रती माणसे पुलंच्या लेखणीचा विषय झाली, त्यांना भावपूर्ण रूप लाभले, जिवंतपणाचा आणि चैतन्यशीलतेचा प्रत्यय वाचकांना

त्यातून आला. यामागे लेखकांचे भारलेपणच होते. त्यांना वेडांनी आणि व्रतांनी लेखकही वेडा झाला आणि अशा अनेक ज्ञात-अज्ञात माणुसकीसंपन्न व्यक्तिमत्त्वांचा परिचय समाजाला करून देण्याचे व्रतच त्याने अंगिकारले. परिचित आणि समाजमान्य व्यक्तींच्या जीवननिष्ठांपुढे जसा तो नतमस्तक झाला, तसेच सामान्य माणसातील माणुसकीने त्याला गहिवर आणला. काल्पनिक व्यक्तिरेखांतही विशिष्ट ध्येयाने पछाडलेली हरीतात्या, चितळे मास्तर, नारायण यासारखी काही माणसे त्यांनी टिपली. काल्पनिक व्यक्तिरेखांबाबत अशा जीवननिष्ठांची जागा लेखकाला प्रभावित करण्याच्या सामान्यातील माणुसकीने आणि एकूण मानवी जीवनातील कारुण्याने घेतलेली दिसते. चिरपरिचित व्यक्तिरेखातून मात्र सातत्याने पु. ल. ह्याच जीवननिष्ठांचा शोध घेताना दिसतात. मानवतेला दिलासा देणाऱ्या या जीवनव्रतांवर, माणुसकीवर आणि कारुण्यावरच लेखकाने सगळे लक्ष वेधलेले दिसते. 'दि' सारखी एखादी वास्तव व्यक्तिरेखा यासंदर्भात काटेकोरपणे वर्गीकृत करता येणार नाही, परंतु असा एखादा अपवाद वगळता बहुधा जीवनव्रतींचे आराधन करणे हेच या व्यक्तिचित्रांचे आशयकेंद्र राहिलेले दिसते. पुलंजी रेखाटलेल्या व्यक्तिरेखांपैकी बहुतेक माणसे वयाने त्यांच्यापेक्षा ज्येष्ठ आहेत. जे तसे नाहीत त्यांचे कर्तृत्व फार मोठे आहे. कलेच्या समाजाच्या, विचारांच्या क्षेत्रात उत्तुंग कामगिरी करणारी ही माणसे पुलंजा बंदनीय आणि आदरणीय वाटतात. त्यामुळे त्यांच्या वर्णनात कित्येकदा, नतमस्तक होण्याचे, पायावर डोके ठेवण्याचे, आशीर्वाद घेतल्याचे, त्यांच्या कायनि दिपून जाण्याचे उल्लेख येतात. यासाठी पुलंजा कधी संकोच वाटलेला नाही. पुलंजी शोधक नजर सतत या माणसांच्या बाह्य व्यक्तिमत्त्वामागे दडलेल्या मोठेपणाचा शोध घेत राहिली. त्या व्यक्तींच्या स्वधर्म पाळण्याच्या धडपडीचा, निष्ठांचा, कार्यावरील श्रद्धेचाच प्रभाव लेखकावर पडला. त्या भावनिक आणि मानसिक गरजेतूनच या जीवननिष्ठांना शब्दातून साकार करण्याची अखंड धडपड त्यांनी केली. जितक्या त्या त्या माणसांच्या निष्ठा आणि श्रद्धा मोठ्या, तितकी ती

माणसे पुलंजाच्या मूल्यमापनात मोठी झाली. आचार्य अत्रे यांनी पुलंजाच्या व्यक्तिचित्रांचे मोठेपण सांगतांना हाच मुद्दा मांडलेला दिसतो. ते म्हणतात - "पुलं यांच्या अंतःकरणात मधुरा भक्तीची आर्तता आहे. म्हणूनच त्यांची व्यक्तिचित्रे इतकी जिवंत आहेत. आम्ही खूप आहोत ते त्यांच्या तीव्र बुद्धिमतेपेक्षाही नम्र भक्तिभावावर. या भक्तिभावाचा सुगंध त्यांच्या लिखाणात सर्वत्र दरवळतो आहे. माणसांच्या अभ्यास त्यांनी कसून केला आहे आणि तो देखील भक्तीच्या डोळ्यांनी." इतिहासकार बाबासाहेब पुरंदरे, नटश्रेष्ठ चिंतामणराव कोल्हटकर, संगीत दिग्दर्शक केशवराव भोळे, हिराबाई बडोदेकर, बेगम अख्तर, कुमार गंधर्व, लता मंगेशकर, बालगंधर्व, मल्लिकार्जुन मन्सूर, वसंतराव देशपांडे, माणिक वर्मा, ज्योत्सना भोळे, केसरबाई केरकर इत्यादी गायक-गायिका, विनोबा भावे, राममनोहर लोहिया, दादा धर्माधिकारी यासारखी समाजकारणातील उत्तुंग व्यक्तिमत्त्वे, रामकिंकर बैज, पी. जी. वुडहाऊस, गौरीकिशोर घोष इत्यादी परभाषिक, परप्रांतीय, परदेशस्थ कलावंत, श्री. म. माटे, अनंत काणेकर, चिं. त्र्यं. खानोलकर, ग. दि. माडगूळकर, म. वि. राजाध्यक्ष, बा. भ. बोरकर, इरावती कर्वे, राम गणेश गडकरी, माधव आचवल, कवी स. अ. शुक्ल, गोविंद तळवलकर हे मराठी लेखक, समीक्षक, कवी यांची व्यक्तिचित्रे कुठल्या ना कुठल्यातरी जीवनव्रतांनी व्याप्त आहेत. या सर्वांच्या व्यक्तिमत्त्वात असलेले आणि लेखक-वाचक यांना प्रभावित करणारे साम्य जर कुठले असेल, तर ते त्यांनी व्रतस्थपणे जोपासलेल्या जीवननिष्ठांचे !

मानवी करुणेचा अंतःस्त्रोत वास्तव व्यक्तिरेखांच्या संदर्भात 'जीवननिष्ठांचा शोध' हे तत्त्व जसे केंद्रस्थानी आहे, तसे काल्पनिक म्हटल्या जाणाऱ्या 'व्यक्ती आणि वल्ली'तील व्यक्तिरेखांत मानव-मनातील कारुण्याच्या अंतःप्रवाहाचा शोध हे तत्त्व केंद्रीभूत असल्याचे ध्यानात येते. पुलंजा निखळ विनोदी लेखक म्हणून सरधोपटपणे ओळखले जात असले, तरी तेवढ्यावरच पुलंजी खरी ओळख संपत नाही. उलट वरवरचा गुदगुल्या करणारा विनोदी किस्स्यांचा पापुद्रा उलगडून पुलंजी लेखणी थेट

मानव मनातील करुण्याला भिडताना दिसते. श्रेष्ठ विनोदाला असणारा कारुण्याचा पदर पुलंच्या लेखनात असल्याचे सांगताना नरहर कुरंदकर म्हणतात- "सहानुभूती, हळवेपणा, दुःख, अनुकंपा, कीव ही ज्या विनोदाचा पाया आहे त्याचे स्वरूप मग केवळ बौद्धिक राहत नाही; ते तर्काची दारे ओलांडून आत्म्याइतकेच खोल जाते आणि वेदनेच्या दर्शनाप्रमाणेच एकाच वेळी माणसाला उल्हासितही करते आणि गुदमरूनही टाकते. मराठीला अनोखी असणारी विनोदाची ही पातळी पहिल्यांदा पुलंनी गाठली." कुरंदकरांच्या या प्रतिपादनाचा प्रत्यय पुलंच्या नारायण, हरितात्या, बोलट, हंडेड पसेंट पेस्टनकाका, गजा खोत, सखाराम गटणे, अन्तू बर्वा इत्यादी 'व्यक्ती आणि वल्ली'तील जवळजवळ सर्वच व्यक्तिचित्रात प्रकर्षाने येतो. हसता हसता वाचकांचे डोळे केव्हा पाणावतात हे त्यांना कळत नाही. लेखकाचे लक्ष विनोदावर केंद्रीत नसून कारुण्यावर केंद्रीत झालेले असते. तसे ते उघडपणे लेखक सांगत नाही, ते वाचकास समजून घ्यायचे असते. 'नारायण' वाचल्यावर विचक्षण वाचकाचे मन विनोदाने प्रसन्न होत नाही, तर ते खिन्न आणि उदास होते. कारुण्याने व्याप्त होते. 'नारायण' या व्यक्तिचित्राच्या प्रारंभी सर्वांना केवळ नारायणाचीच आठवण येते. शेवटी मात्र कुणाचेही लक्ष नसलेला, मांडवाच्या एका कोचावर अंगाची मुटकुळी करून झोपलेला नारायण आपल्याला दिसतो. या प्रसंगी नारायणाच्या मुलाचे आणि पत्नीचे या लेखातील हे पहिले बहिले दर्शन अनेक प्रश्नांची मालिका मनात उत्पन्न करून जाते. स्वार्थी माणसांच्या जगात नारायण एक सोयीपुरती व कामापुरती वापरण्याची वस्तू ठरतो का? त्याला स्वतःच्या अगतिकतेची, लाचारीची, दुःख-दैन्याची जाणीव आहे का? की अशा वागण्यातून तो ते दुःख विसरण्याचा प्रयत्न करतोय? नारायण निष्पाप, भाबडा, निरागस व बावळट आहे? की लाचार? नारायणाच्या या लाचारीचे आणि अगतिकतेचे लेखक उदात्तीकरण तर करीत नाही ना? किंवा ही पुलंची सामाजिक विसंगतीवरची टीका आहे का? असे काही अस्वस्थ प्रश्न 'नारायण' वाचकमनात पेरून देतो. हे वरवर थट्टेखोर व हास्यप्रचूर वाटणारे

व्यक्तिमत्व जरा बारकाईने न्याहाळले आणि या व्यक्तिचित्राचा अंतर्मुख करणारा शेवट बघितला की पुलंच्या विलक्षण अंतर्भेदी प्रतिभेची साक्ष पटते. 'व्यक्ती आणि वल्ली'तील बहुतेक व्यक्तिरेखांचा प्रवास असाच विनोदाकडून कारुण्याकडे होताना दिसतो. ही माणसे कुठल्यातरी दुःखाने, अपुरेपणाने गांजलेली, पिडलेली, पण तरी जीवनात पाय रोवून उभी असलेली दिसतात. ती नुस्तीच उभी नसतात, तर त्यांच्यात माणुसकीचा एक प्रवाह अखंड जिवंत असतो. याच प्रवाहावर नेके लेखकाने लक्ष केंद्रीत केलेले दिसते. वरवरच्या विनोदप्रचूर, उपहास-उपरोधप्रधान, विडंबनपर, टीकात्मक अशा लेखनशैलीच्या खाली वाहणारा मानवी करुण्यामूल्यांचा हा शांत आणि संथ अंतःप्रवाह पुलंच्या लेखनाचे सामर्थ्य आहे. त्यांच्या लेखनातील सगळी आवाहनक्षमता आणि संवादक्षमता याच अंतःप्रवाहाशी निगडीत आहे. हाच प्रवाह पुलंच्या साहित्यातील रचनात्मकता आणि सामाजिकता अंगी साठवून वाहतो आहे. पु. ल. देशपांडे नामक कलावंताच्या व्यक्तिमत्त्वानेच प्रसवलेला हा प्रवाह असल्याने, त्या व्यक्तिमत्त्वापुढे मराठी रसिक सदैव नतमस्तक होत राहिला आहे. पुलंच्या एकूण लिखाणाचाही या पार्श्वभूमीवर विचार करता, व्यक्ती-व्यक्तीत आढळणारा स्नेह-जिव्हाळा आणि कारुण्य यांचा एक-एक बिंदू मिळून अखिल माणुसकीचा सिंधूच पुलं निर्माण करतात. त्यांच्या एकंदर लिखाणातील संगतीचेही सूत्र हेच आहे. "पुलंच्या विनोदाचे आकलन प्रामुख्याने भावनिक असते व ते एकदम माणुसकीच्या गाभ्याजवळ नेते." हा कुरंदकरांचा शेर या संदर्भात महत्त्वाचा ठरतो. पुलंनी शब्दांनी चित्रित केलेल्या अनेक व्यक्तींशी ज्यावेळी आपली ओळख होते तेव्हा कारुण्याचा हा अंतःस्रोत आपल्याला अनेक ठिकाणी भेटतो आणि एका निरामय उत्कटतेत आणि स्नेहार्द ओलाव्यात न्हाऊन टाकतो. कलावंताच्या अथांग अशा करुणाव्याप्त मनाचा प्रत्यय घडवून पुलंची व्यक्तिचित्रे वाचकमने समृद्ध आणि संपन्न करतात.

ISSN : 2229-4996

महाराष्ट्र राज्य साहित्य व संस्कृती मंडळ पुरस्कृत

संशोधन क्षितिज

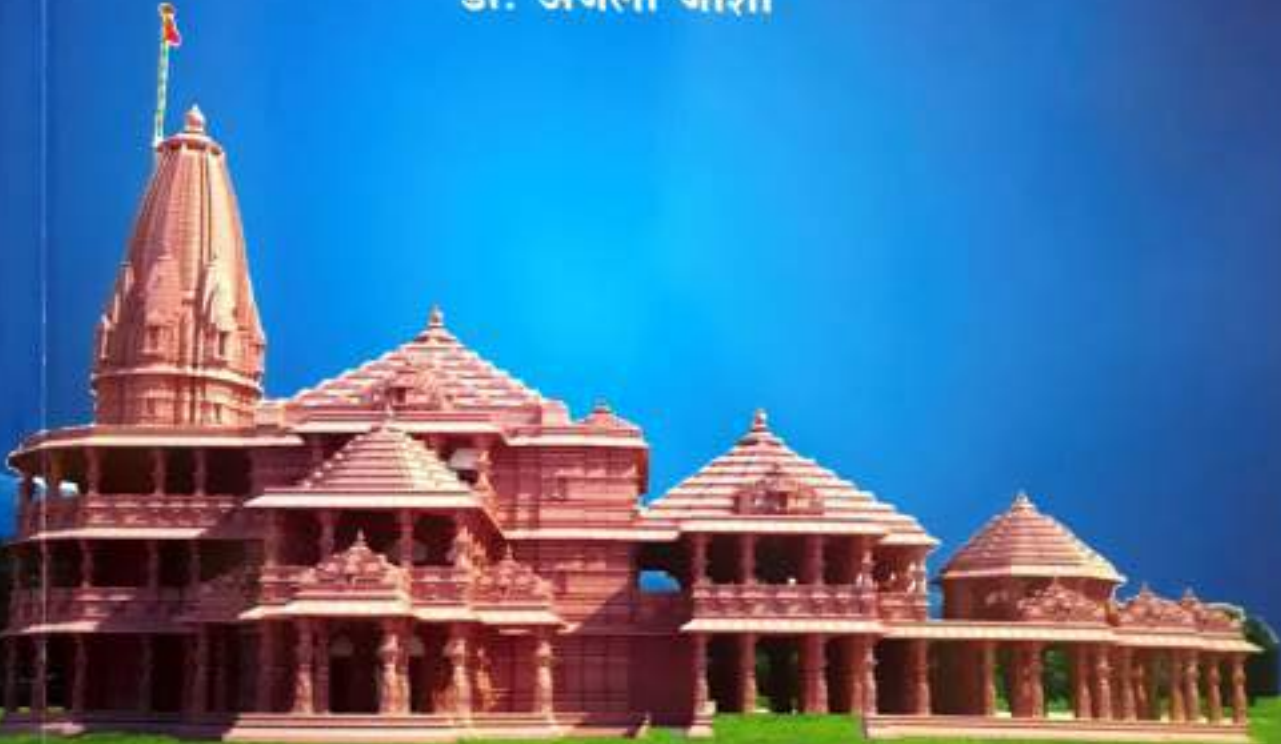
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संपादक

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डॉ. राजेंद्र वाटाणे

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प्रकाशक :

विदर्भ संशोधन मंडळ

पश्चिम हायकोर्ट मार्ग, नागपूर ४४० ००१

'संशोधन क्षितिज'

वार्षिकांक क्रमांक : ५४

(सर्व हक्क विदर्भ संशोधन मंडळाच्या स्वाधीन)

- * ह्या वार्षिकांकातील लेखांशी प्रकाशक, संपादक आणि विदर्भ संशोधन मंडळ सहमत असतीलच, असे नाही.
- ** प्रस्तुत वार्षिकांकाला महाराष्ट्र राज्य साहित्य आणि संस्कृती मंडळाचे अनुदान लाभलेले असून या अंकातील मजकुराशी म.रा.सा.सं.मं. सहमत असेलच, असे नाही.

संगणक जुळवणी :

प्रोस्क्रिन प्रिंटिंग्स अॅण्ड कम्प्यूटर्स,

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मो. : ९८६०४२६२६४

मुद्रक :

महालक्ष्मी ऑफसेट

सिरसपेठ, नागपूर.

मो. : ९८६०४२६२६४

अनुक्रमणिका

१. रामजन्मभूमीचे रामायण
- डॉ. अजय कुळकर्णी १
२. अयोध्या रामजन्मभूमी : पुरातत्त्वीय आणि साहित्यातील पुरावे
(पद्यविभूषण डॉ. बी. बी. लाल ते पद्मश्री के. के. मुहम्मद)
- डॉ. राजेंद्र वाटाणे ७
३. भारतीय साहित्यातील रामदर्शन
- राजेंद्र गोविंदराव नाईकवाडे १५
४. त्रिवार जयजयकार, रामा, त्रिवार जयजयकार
- डॉ. अजय कुळकर्णी ४१
५. एक आगळीवेगळी वाकाटक ताम्र-मुद्रा
- प्रा. डॉ. चन्द्रशेखर गुप्त ४७
६. अचलपूर परिसरातील वाकाटककालीन शिल्प-मूर्ती
- अशोक रा. टेमझरे ५४
७. विदर्भातील एक अभिनव कराधान पद्धती राजबेटी कर
- डॉ. शेषशयन देशमुख ६६
८. चंद्रपूरचा विद्वान पंडित
पंडित सुभाजी बापू
- दत्ता तन्नीरवार ६९
९. कौटिल्य, शिवाजी महाराज
आजची भारतीय ध्येयधोरणे
- डॉ. अरविंद मोतेवार ७७
१०. जनाबाई - एक अलौकिक कवयित्री
- अर्चना मिरजकर ८५
११. मेरूस्वामींची हस्तलिखिते : एक अवलोकन
- डॉ. संजीवनी भाडेकर ९५
१२. संत माधवदास महाराजांचा 'अलक्षनिधान' ग्रंथ
- डॉ. राजेन्द्र डोळके १०३

३. भारतीय साहित्यातील रामदर्शन

- राजेंद्र गोविंदराव नाईकवाडे

नागपूर

भ्रमणध्वनी : ९८५०३५१०२५



गेल्या जवळजवळ दोन हजार वर्षांच्या संस्कृतेतर भारतीय साहित्याच्या विविधांगी आणि वैशिष्ट्यपूर्ण महावस्त्राचा एक मध्यवर्ती बळकट धागा महाभारतकथेने तर दुसरा चिवट धागा रामायणकथेने विणलेला दिसतो. भारतीय संस्कृतीच्या महावस्त्राची जटील आणि सघन वीण आणि त्याचे अभिजात भरजरी पोत समजून घेण्यासाठी ह्या दोन प्रमुख धाग्यांचा निर्मितिप्रवास समजून घेणे महत्त्वाचे ठरते. यापैकी रामकथाधारित भारतीय साहित्याचा काहीएक प्रातिनिधिक स्वरूपात विचार प्रस्तुत लेखात करावयाचा आहे. अलीकडच्या काळात भारतीय स्तरावर घडणा-या काही ऐतिहासिक घटनांची प्रेरणा या प्रयत्नास आहे. त्याचप्रमाणे डॉ. निशिकांत मिरजकरांसारख्या बहुभाषिक ज्येष्ठ व श्रेष्ठ मराठी अभ्यासकांनी यापूर्वी मांडून ठेवलेल्या व्यापक तुलना अभ्यासातूनही अशा प्रकारच्या प्रेरणा नव्या अभ्यासकांना मिळत राहतात. भारतीय साहित्याच्या आसेतूहिमाचल अशा विराट परंपरेतील राम-साहित्याचा शोध घेणे एक खूपच आव्हानात्मक कार्य ठरते. हा शोध काहीसा प्रातिनिधिक स्वरूपातच घेता येणे शक्य आहे हे प्रारंभीच लक्षात आल्याने निवडक अशाच रामसापेक्ष साहित्यकृतींचा विचार इथे केला.

समाजाचे विविध प्रकारच्या संकटांमधून संरक्षण आणि सामाजिक व नैतिक अशा जीवनमूल्यांचे प्रस्थापन, हेच राम आणि इतर ईश्वरी अवतारांचे म्हणजे एकप्रकारे सर्वच महान पुरुषांच्या जिवितकार्याचे प्रयोजन असते. त्यामुळेच आणि त्यासाठीच हजारो वर्षे इथल्या समाजमनात रामचरित्राचे कथन, गायन, भजन, मनन, चिंतन चालले आहे यात संशय नाही. म्हणूनच ह्या संस्कृत सुभाषितात रमन्ते योगिनोअनन्ते नित्यानंदे चिदात्मनि/इति रामपदेनासौ परब्रह्मभिधीयते। असा राममहिमा वर्णित आहे.

संपूर्ण भारतीय समाजाने एका समान आदर्शाच्या रूपात भगवान रामचन्द्राला उत्तरेपासून दक्षिणेपर्यंत निःशंकपणे स्वीकारले आहे. अगदी गुरु गोविंदसिंहांपासून अनेकांनी रामकथा लिहिली आहे. ह्या भारतव्यापी रामचरिताचे वर्णन करताना तुलसी

म्हणतात - नाना भांति राम अवतारा। रामायण सत कोटि अपारा। म्हणूनच राष्ट्रकवी वैदिलीशरण गुप्त सहजपणे लिहून जातात - राम तुम्हारा चरित्र स्वयं ही काव्य है/ कोई कवि बन जाए सहज संपाद्य है. श्रीरामचरित्र हे सदासर्वकाळ मानवी जीवन जगण्याचा एक आदर्श आणि तेजस्वी असा दीपस्तंभ मानले गेले. तद्गतच मर्वादांच्या परमादर्श रूपातही राम भारतीय मनात विराजमान आहेत. त्यांच्या दोन्ही सगुण-निर्गुण रूपांचे नेमके वर्णन करताना एक कवी म्हणतो - एक राम दशरथ का बेटा/ एक राम घट-घट में लेटा/एक राम का सकल पसास/ एक राम है सबसे न्यारा. यात श्रीरामाची चार रूपे दिदर्शित केली असून त्या सर्वांमध्ये मर्वादापुरस्कोतम श्रीरामाचे चरित्र सर्वाधिक पूजनीय ठरलेले दिसते.

भवभूतिचे संस्कृत नाट्यरूप रामचरित :

भवभूती हा संस्कृत साहित्यातील कालिदासानंतरचा असा मान्यताप्राप्त भारतीय नाटककार आहे, ज्याच्या वाङ्मयवैशेष्याच्या केंद्रस्थानी राम आहे ! संस्कृतपामसु प्रारंभ करून हा शोध पुढे इतर भारतीय भाषांपर्यंत न्यायचा असल्याने व या शृंखलेतील भवभूती ही अखंड महत्त्वाची कडी असल्याने इथून सुरुवात करणे योग्य वाटते. त्याचा लेखनकाल इ.स. ७०० ते ७३० हा मानला जातो. त्याच्या तीन नाटकांपैकी महावीरचरित आणि उत्तररामचरित ही दोन नाटके रामचरितकेंद्री आहेत. (तिसरे मालतीमाधव) ह्या नाटकांची रचना श्लोकरूप म्हणजे काव्यरूप असल्याने कालिदास काय किंवा भवभूती काय, ते खरेतर मूलतः कवीच आहेत! एकूणच साहित्यनिर्मितीच्या अभिव्यक्तीची जी तीन आद्यरूपे संभवतात; कथात्म, काव्यात्म आणि नाट्यात्म, ह्यांचा समन्वय प्राचीन भारतीय साहित्याचे एक वैशिष्ट्य ठरले. भवभूतीही त्यास अपवाद नाही. रामायणातील विविध घटनाप्रसंगांची स्थलकालाच्या संदर्भात पुनर्मांडणी करून रचलेले हे नाटक अपुरे राहिले. पाचव्या अंकापर्यंत त्यात सीताहरण आणि बालीनिर्दालनापर्यंतचा कथाभाग आला असून उर्वरित अंक उत्तरकालीन लेखकांनी पूर्ण केले. भवभूती नाटकाच्या प्रारंभी स्वतःच्या रामभक्त वृत्तीचे वर्णन करताना म्हणतो -

प्राद्येतसो मुनिवृषा प्रथमः कवीनां

यत्पावनं रघुपतेः प्रणिनाथ वृत्तम्।

भक्तस्य तत्र समरंसत मेऽपि वाच-

स्ताः सुप्रसन्नमनसः कृतिनो भजन्ताम्॥

(आद्य कवी भगवान् वाल्मिकी मुनी यांनी जे रामचंद्राचे पावन चरित्र रचले त्यामध्ये मी रामभक्त असल्यामुळे माझी वाणी रममाण झाली. सजनांनी प्रसन्न अंतःकरणाने या माझ्या कृतीचा आस्वाद घ्यावा.)

रामाने परशुरामाच्या घनुष्याचा भंग केल्याने रामाला मारण्यासाठी आलेले परशुराम त्याच्या वर्तनाने व वाणीने प्रसन्न होऊन त्याला म्हणतात - रामा, तू मनाने धोर तसाच रूपांनेही सुंदर आहेस. कल्पना करण्यासाठी अशक्य अशा रमणीय गुणांचा तू मला सर्वस्वी हृदयंगम झाला आहेस. (भवभूति, डॉ. ना.वि. मिराशी, पॉप्युलर प्रकाशन, मुंबई, १९६८) अज्ञाप्रकारे रामाचे व्यक्तिमत्त्व सदासर्वकाळ भारतीय जनमानसाला प्रभावित आणि प्रेरित करित राहिले आहे. रामायणातील प्रक्षिप्त मानल्या गेलेल्या उत्तरकांडावर आधारित भवभूतीची उत्तररामचरित ही नाट्यकृतीही भारतीय साहित्याचे भूषण मानली जाते. उत्तरे रामचरिते भवभूतिवैशेष्याचे या सुभाषितावरून ह्याची प्रचिती येते. सात अंकी नाटकांची परंपरा इथे पाळलेली असून स्वतंत्र व्यक्तिरेखाटने, नाट्यमय घटनाप्रसंग, आणि आनंदपर्यवसायी सेवट हे मूळ कथेत करणात आलेले बदल भवभूतीच्या प्रतिभे गुणांची साक्ष देतात. अलीकडे प्रकाशित झालेल्या एस.एल. भैरपा यांच्या उत्तरकांड या सीताकेंद्री कांदबरीची तुलना उत्तररामचरित शी करणे उद्बोधक ठरते!

हिंदीची बुलंद रामकाव्य परंपरा :

भारतीय भाषांतील काही मोजक्या भाषांचाच तेवढा विचार ह्या संदर्भात करणे योग्य ठरते. त्यातही इतर सर्व भाषांच्या तुलनेत हिंदीतील रामकाव्याची परंपरा स्वाभाविकपणे अधिक सघन, वैशिष्ट्यपूर्ण आणि सातत्यपूर्ण राहिलेली दिसते. या संदर्भात त्या भाषेत विस्तृत संशोधन उपलब्ध असल्यानेही हिंदी रामकाव्य परंपरेची नीट व स्पष्ट स्पष्टे आपल्या डोळ्यासमोर उभी राहते. हिंदी की रामकाव्य परंपरा जशी अभ्यासरूपात, ग्रंथ रूपात आणि प्रबंध रूपात आपल्यासमोर येते तशी इतर भाषांत दिसून येत नाही.

हिंदी रामकाव्याची परंपरा आदिकाल, भक्तिकाल, रीतिकाल आणि आधुनिक फाल ह्या हिंदीतील प्रचलित चारही कालखंडात कमीअधिक प्रमाणात विद्यमान असलेली दिसते. संस्कृत साहित्य, बौद्ध रामसाहित्य, जैन रामसाहित्य अशा विकासक्रमाने हिंदी साहित्याला रामाची अलौकिक आणि अवतारी अशी दोन्ही रूपे वासा म्हणून प्राप्त झालेली दिसतात. भक्तिकालात स्वामी रामानंद यांच्याकडे उत्तर भारतातील रामभक्ती प्रचाराचे श्रेय जाते. निर्गुण आणि सगुण अशा दोन्ही रूपात आणि सोबत त्यांच्या समन्वयरूपात रामचरित्राची प्रतिष्ठापना तिथे झाली. त्यामुळे संतसाहित्य आणि भक्तसाहित्य, दोन्ही प्रवाहाचे जणू आधारकेंद्रच प्रभू रामचंद्र बनले. स्वामी रामानंद, विष्णुदास, ईश्वरदास, तुलसीदास, केसवदास, सेनापती, प्राणचंद चौहान, माधवदास चारण अशी रामभक्तिसाहित्याची एक मोठी आणि समृद्ध परंपराच निर्माण झाली. विद्यापती, सूरदास (सगुण), मीराबाई (निर्गुण) ह्या कृष्णभक्त कवींमध्येही राममुभिरन अखंडपणे चाललेले दिसून येते. पडे रीतिकाळत (म्हणजे

मराठीतील एकप्रकारचा पंडिती काळ) बालानंद, छत्रसाल, जमनादास आदि शंभरेक कवींनी रामकथेचे गायन अशापल्या पदरचनांमधून आणि आख्यानकाव्यांमधून उत्कटपणे केलेले दिसते.

या संपूर्ण रामकाव्यप्रवाहात जे मुकुटमणी शोभातात आणि ज्यांच्या उतंग संतकवी-व्यक्तित्वाची विराट साचली केवळ उतरकाळीन हिंदीच नव्हे तर एकूणच भारतीय साहित्यावर पडलेली पाहता येते, ते म्हणजे गोस्वामी तुलसीदासजी! त्यांच्या रामचरितमानसचा प्रभाव आधुनिक काळातील महारामा गांधीसारख्या अलौकिक नेतृत्वापर्यंत आलेला दिसतो. त्यांच्या प्रमुख रचनांमध्ये मानससोबतच, विनयपत्रिका, जानकी मंगल, दोहावली, कवित्तवली, हनुमान चालिसा, बरवै रामायण, रामाज्ञा प्रश्न, वैराग्य झडिपनी आदि काव्यरचनांचा समावेश होतो. मानस हे महाकाव्य आणि इतर दीर्घ आख्यान काव्यांप्रमाणेच तुलसीदासांनी अनेकानेक स्फुटकविताही भारतभर प्रसिद्ध असून त्या एकूण भारतीय जनजीवनाच्या अविभाज्य अंगच बनल्या आहेत.

श्रीरामचंद्र कृपालु भजमन हरणभवभयदारुणं ।
नवकंजलोचन कंजमुख करकंज पदकंजारुणं ॥
कन्दर्प अगणित अमित छवि नवनीलनीरदसुन्दरं ।
पटपीतमानह तडित रुचिसुधि नौमिजनकसुतावरं ॥
भजदीनबन्धु दिनेश दानवदैत्यबंशनिन्दन ।
रघुनन्द आनन्दकन्द कोशलचन्द्र दशरथनन्दन ॥
शिरमुकुटकुण्डल तिलकचारु उदारुअंगविभूषणं ।
आजानुभुज शरचापधर संग्रामजितखरदूषणं ॥
इति वदति तुलसीदास शङ्करशेषमुनिमनरंजनं ।
ममहृदयकंजनिवासकुट कामादिखलदलगंजनं ॥

(भावार्थ : जो शिव, शेष और मुनियों के मन को प्रसन्न करने वाले और काम, क्रोध, लोभादि शत्रुओं का नाश करने वाले हैं, तुलसीदास प्रार्थना करते हैं वे श्रीरघुनाथजी मेरे हृदय कमल में सदा निवास करें।)

किवा

दुमक चलत रामचंद्र, बाजत पैजनियां ॥
किलकि-किलकि उठत धाय। गिरत भूमि लटपटाय ।
धाय मात गोद लेत, दशरथ की रनियां ॥
अंचल रज अंग झारि, विविध भांति सो दुलारि ।
तन मन धन बारि-बारि, कहत मृतु वचनियां ॥

• • •

तुलसीदास अति आनंद, देख के मुखारविंद ।

रघुवर छवि के समान, रघुवर छवि बनियां ॥

अशा अनेक रचना आणि मानसातील दोहे जनतेच्या तोंडी आजही एकविसाव्या शतकात बसलेले दिसतात.

विर्गुणोपासक भारतीय संतकवींमध्ये रामनामसंकीर्तन आवर्जून पुनरावृत्त होते. यामध्ये विशेषकरून रामनाम हे परब्रह्म ईश्वरी तत्त्वाचे प्रतीक म्हणून अवतरते. परंतु बरेचदा त्या अवतरणाला रामाव्यातील रामाच्या जीवनप्रसंगाचीही पार्श्वभूमी लाभलेली असते. त्यामुळे कुठेतरी राजा रामचंद्राच्या सगुण चरित्राचा ह्या संतांच्या जाणीव-नेणीकित अडकलेला असाही त्यांच्या काव्यातून प्रकट होत असतो.

सिम्बळ धर्माचे संस्थापक गुरु नानकदेव ह्यांचे राम सुमिर, राम सुमिर, एही तेरो काज है ॥ मायाको संग त्याग, हरिजूकी सरन लाग । जगत सुख मान मिथ्या, झूठी सब साज है ॥

....

मानक जन कहत बात, बिनसि जेहै तेरो गात । छिन छिन करि गवौ काल्ह तैसे जात आज है ॥

अशाच प्रकारे संत मीराबाई आणि संत कबीर ह्यांच्या काव्यातील रामचंद्र आजच्या आधुनिक माणसाचेही मन त्यातल्या भावपूर्ण लयबद्ध शब्दांनी वेधून घेते.

बहुत दिनन की जेवती बात तुम्हारी राम,

शिव तरसै तुझ मिलन कूं, मनि नाहि विश्राम असे कबीर एका दोह्यात म्हणतात. आपल्या भारत देशाची विशेषता अद्वैताच्या आध्यात्मिक दर्शनारी कशी निगडोत आहे हेही सत्य कबीरदास व्यक्त करतात.

हम वासी उस देश के जहाँ बारह मास विलास प्रेम झरे, विकसै कँवल, तेजपुंज परकास

• • •

हम वासी वा देश के जहाँ पारब्रह्म का खेल दीपक जरे अगम्य का बिन वाती बिन तेल (गीतावली- कबीर)

त्यांची इतरही अनेक वचने रामसंकीर्तनाने ओथंबलेली आहेत.

राम रस पाईया रे

ताथै बिसरि गये रस और

• • •

बिनती एक राम सुनि थोरी,
अब न बचाई रखि पति मोरी

• • •
कहै कबीर पेरी नाच उठावौ,
तुम्हरे चरन केवल दिखलावौ (गीतावली - कबीर)

• • •
एक कहावत मुला काजी
रामबिना सब फोकटबाजी

• • •
कहै कबीर यह तन काधा,
सबद निरंजन रामनाम साधा,
(दोहावली, कबीर, मंगेश पाडगावकर)

मीराबाईचे जीवन आणि काव्य कृष्णमय असले तरी त्यातही रामनाम की लूट
हे लूट मकै तो लूट (कबीर) ही अनुभूती काही भजनामधून पहायला मिळते.

राम मिलन के काज सखी मेरे आरति उर में जागी री
तलफत तलफत कल न परत है बिरहबाण उरि लागी री

• • •
मीरा व्याकुल अति उकलाणी पिघा की उमंग अति लागी री
राम मिलन के काज सखी मेरे आरति उर मे जागी री
किवा

परम सनेही राम की निती ओलूं री आवै
राम हमारे हम है राम के हरिबिन कछु न सुहावै
किवा

रामनामरस पीजे मनुआ रामनामरस पीजे
(मीरा, मंगेश पाडगावकर, मौज प्रकाशन, १९६५)

हिंदीत साहित्यविश्व आणि विचारविश्व इतके पुरेसे रामनामाने व्यापले आहे;
अगदी प्राचीन ते अर्वाचीन, की त्याची तुलना इतर कुठल्याही (इव्हन संस्कृत सुद्धा)
भारतीय भाषेतील रामश्रेयक साहित्याजती करता येणार नाही. आधुनिकता जसे निरालांचे
'राम की शक्तिपूजा' किंवा मैथिलीशरणोंचे 'साकेत' हे काव्य चर्चिते जाते, तशी
सुमित्रानंदन पंत (१९००-१९७३) यांची 'मर्यादा पुरुषोत्तम के प्रति' ही कविता सुद्धा
तिक्तकीध महात्त्वपूर्ण ठरते. रामकालीन समाजरचनेचे विशिष्ट 'वनजीवीपुनर्जीवी'

(त्यावेच शब्द) रूप अंकित करून त्या पार्श्वभूमीवर रामाने वेगळेपण अधोरेखित
करतात ते म्हणतात -

उत्तरे क्षे तुम रजत पुरुष तब अंतर्नम से
सदाचार की दिव्य शुभ आभा से मंडित

• • •
मानव के घट तल पर, तुमने तन के ऊपर
मन को किया प्रतिहित था, जब मंगल के हित!

• • •
मर्यादा पुरुषोत्तम! उर्ध्वमूर्खी जीवन के
दश शीशों को मनोभूमि पर किया विलुटित
रश्मि शुभ चेतना तीर से, चीर भू-तमस
वैदेही सी मनश्चेतना को विदेह कर!

• • •
मर्यादा के पुलिनों में जीवन शोभा का
दिव्य ज्वार लहरा, - अंतर के रस से झंकृत
जीवन का आनंद, प्रेम, सौन्दर्य बोध दे!
यह विक्रम परिणति का स्वर्णिम वैभव युग था!

(सुमित्रानंदन पंत रचना संचयन, साहित्य अकादमी, २००६, पृ. २३१, २३२)

अशाप्रकारे रामधर्माज्जालीन महात्मतेची आधुनिक कविमनाला जाणवणारी मुख्य
लक्षणेच ते प्रकट करतात. कवितेचा शेवट करताना, प्राणों की मोरभ-विद्युत से हर्षित
कर दिक्! / इदत कमल में धू के फिर उतरो पुरुषोत्तम! असे भावपूर्ण आवाहन ते करतात.

मैथिलीशरण गुप्त (१८८६-१९६४) यांची रामायणावरील दोन खंडकाव्ये
'साकेत' आणि 'पंचवटी' प्रसिद्ध असून त्यांच्या एका गाजलेल्या तुम निरखो या
गीतात ते रामाला उद्देशून म्हणतात -

तुम निरखो, हम नाट्य करें !
राम, तुम्हारी रंगभूमि में कहो, कौन-सा रूप धरें ?....

• • •
किन्तु धारणा तुच्छ हमारी
पावें हम सब बारी-बारी
अलख सूचना सदा तुम्हारी
तारो तो हम क्यों न तरें ।
तुम देखो, हम नाट्य करें !

राष्ट्रीय वृत्तीचे एकांकीकार व नाटककार, कवी, समीक्षक आणि वाङ्मयवैतिहासकार डॉ. रामकुमार वर्मा (१९०५-१९७०) यांनी आपल्या उतरायण नावाच्या कथाकाव्यात तुलसीदासजींना एक पात्र बनविले आहे. सीतानिर्वासन प्रसंगाबाबत स्मृतः वाल्मिकी तुलसीदासांच्या स्वरूपात येऊन खुलासा करतात -

पर मै कहता हूँ रामायण
घट काण्ड लिखी हो भाव-भ्रान्त ।
जोड़ा है उत्तरकाण्ड किसी
निर्मम कवि ने हो हृदय हीन ।

सूर्यकांत त्रिपाठी-निराला (१८९६-१९६१) यांची राम की शक्तिपूजा ही हिंदी साहित्यविश्वातील एक लक्षणीय काव्यकृती मानली जाते. तशीच त्यांची पंचकटीतील शूर्पणखा प्रसंगावरची परिमल ही रूपकात्मक कविताही वैशिष्ट्यपूर्ण आहे. रावणाच्या पराक्रमामुळे शंकित झालेल्या रामाने आपल्या शक्तीचे केलेले जागरण, अग्नी चितनदिशा 'राम की शक्तिपूजा' सा लागली आहे. काही काव्यांसाठीून त्यातला शब्दांचा प्रवाह आणि प्रभाव बघण्यासारखा आहे -

रवि हुआ अस्त, ज्योति के पत्र पर लिखा
अमर रह गया राम-रावण का अपराजेय सम्पर।
आज का तीक्ष्ण शरविभूतक्षिप्रकर, वेगप्रखर,
शतशैल सम्भरणशील, नील नभगर्जित स्वर,
प्रतिपल परिवर्तित व्यूह भेद कौशल समूह
राक्षस विरुद्ध प्रत्यूह, क्रुद्ध कपि विषम हूह,
विच्युरित बह्नि राजीवनयन हतलक्ष्य बाण,
लौहित लोचन रावण मदमोचन महीवान,
राघव लाघव रावण जारणगत चुम्ब प्रहर,
उद्गत लंकापति मर्दित कपि दलबल विस्तर,
अनिमेष राम विश्वजिदिय्य शरभंग भाव,
विद्वांगबद्ध कोदण्ड मुष्टि खर रुधिर साध,
रावण प्रहार दुर्वार विकल वानर दलबल,
मुष्टित मुष्टीवांगद भीषण गवाक्ष गय नल,
वारित सौमित्र भल्लपति अगणित मल्ल रोध,
गर्जित प्रलयाब्धि क्षुब्ध हनुमत्
उद्गीरित बह्नि भीम पर्वत.....

आणि या पार्श्वभूमीवर मग कवितेचा शेवट....

साधु, साधु, साधक धीर, धर्म-धन धन्य राम
कह, लिखा भगवती ने राघव का हस्त धाम।
देखा राम ने, सामने श्री दुर्गा, भास्वर
वामपद असुर स्कन्ध पर, रहा दक्षिण हरि पर।
ज्योतिर्मय रूप, हस्त दश विविध अस्त्र सजित,
मन्द स्मित मुख, लख हुई विश्व की श्री लजित।
हैं दक्षिण में लक्ष्मी, सरस्वती वाम भाग,
दक्षिण गणेश, कार्तिक बायें रणरंग राग,
मस्तक पर शंकर! पदपद्मों पर श्रद्धाधर
श्री राघव हुए प्रणत मन्द स्वरवन्दन कर।
होगी जय, होगी जय, हे पुरुषोत्तम नवीन।
कह महाशक्ति राम के बदन में हुई लीन।

अशाप्रकारे समकालीन समाजमनात अदम्य आत्मविश्वास भरण्याचा प्रयत्न कवी करतोय हे जाणवत राहते.

ज्ञानपीठ पुरस्कार प्राप्त कवी नरेश मेहता (१९२२-२०००) रामकथेच्या संदर्भात निर्माण होणा-या काही प्रश्नांची उत्तरे शोधण्याचा प्रयत्न मानवीय पातळीवर संशय की एक रात आणि शबरी या दोन रचनांतून करतात. केवळ एका सीतेसाठी सा-या समाजाला बुद्धात झोकून देणे योग्य आहे का? या प्रश्नापासून सुरू होऊन सीताच इथे हरण केलेल्या स्वातंत्र्याचे प्रतीक बनते आणि मग निःशंकपणे राम आपल्या कर्तव्यकर्मास प्रवृत्त होतात या उतरात समाप्त होते. अशाप्रकारे हिंदीची रामसंस्कृतिधारा आधुनिक काळापर्यंत सतत अधुनातन होत होत वाहत आलेली दिसते.

गुजराती रामसाहित्य, मल्लयाळम् मणिप्रवालम् आणि दक्षिणी रामभक्त :

गुजराती साहित्याची परंपराही साधारणपणे मराठी सारखीच गत एक हजार वर्षांची असून इकडे वारकरी पंथाच्या आश्रयाने साहित्यनिर्मिती होताना दिसते तर तिथे जैन पंथाच्या आश्रयाने ! जैन साध असलेला हेमचंद्र (१०८८-१९७२) हा देशीनाममाला वगैरे ग्रंथांचा लेखक (भाषाशास्त्र व काव्यशास्त्र यांचे लेखन) गुजरातीचा मुस्वातीचा उल्लेखनीय ग्रंथकार. त्यानंतर १५व्या शतकात जेव्हा भक्तिसाहित्याची चळवळ तिथे सुरू झाली, तेव्हा भाल्ल (१४०५-१४८९) आणि नरसी मेहता (१४१४-१४८०) हे दोन कवी ठारलेले दिसतात. त्यांच्या विशेषतः मेहता यांच्या काव्यरचना आजही गुजराती संस्कृतीचा अविभाज्य भाग बनलेल्या दिसतात. त्यांचे लोकप्रिय भजन वैष्णव जन तो तेने कहीए/ जे पीड पराई जाणे रे/ परतुःखे उपकार करे

तोये/ मन अभिमान न आपणे रे ह्यातला भाव जसा तुकारामांच्या जे का रजले गांजले सारख्या अभांगाशी साम्य दर्शवतो, तसेच त्यांचे जीवनचरित्रही तुकोबांच्या चरित्राशी साम्य राखणारे आहे. आख्यान काव्यप्रकाराचे जनक भालण यांनी साणभड्याच्या कादंबरीचा गुजराती अनुवाद केला असून राम-कृष्णांच्या लीलांचे वर्णन करणारी अनेक पदे लिहिली आहेत. नरसीची बहुतांशी काव्ये मात्र कृष्णचरित्राशी निगडित आहेत. त्यानंतर १५व्या शतकाच्या अखेरीस लिहिलेली सीताहरण (कर्मन मंत्री) आणि रामायण (मांडण बंधारे) ही दोन गुजराती रामचरितकाव्ये महत्त्वपूर्ण ठरतात. पुढे १८व्या शतकात श्यामळभट्ट यांनी अंगदविष्टी व रावण-मंदोदरी संवाद ही दीर्घकाव्ये, तर प्रीतमदास यांचे अध्यात्म रामायण विशेष मानायला हवे. त्याच काळात सर्वाधिक लोकप्रिय व गुजरातेत घरोघरी पठण होणारे रामायण लिहिले ते गिरधर (१७८७-१८५२) या कवीने. त्यानंतरचा रामचरित्रावरील लक्षणीय ग्रंथ म्हणजे मुक्तामंदाचा रामलीला. अशाप्रकारे रामकाव्याची परंपरा थेट अर्वाचीन काळापर्यंत येऊन भिडलेली दिसते. आधुनिक गुजराती साहित्याचे जनक समजले जाणारे नर्मद आणि दत्तपतराम हे दोन कवी. त्यापैकी केसवसुतांप्रमाणे आधुनिक गुजराती काव्याचे जनक मानले जाणाऱ्या नर्मद (नर्मदाशंकर दवे) यांनी लिहिलेले १५०० ओळींचे चर्चित काव्य हिंदुओली पडती हे आपल्या विषयानुषंगाने लक्षणीय ठरणारे आहे. दरम्यान वल्लभजी हरिदास आचार्य (१८४०-१९११) यांनी केलेले रामायणाचे गुजराती समम्लोकी भाषांतर, मणिलाल (१८५८-१८९८) यांची भवभूतीच्या उत्तररामचरित, मालतीमाधव या कृतीची गुजराती भाषांतर, विहारी (१८६६-१९३७) यांचे उत्तररामचरित आणि शिवलाल धनेश्वर (१८५०-१८९९) यांनी केलेले तुलसीरामायणाचे गुजराती भाषांतर, या सर्व साहित्यकृती गुजराती साहित्य-संस्कृतीवरील रामप्रभावाचे निदर्शक ठरतात. पुढे २० व्या शतकातही गांधीजी, ललित (जन्मशंकर बुच), ज्ञानपीठप्राप्त उमाशंकर जोशी इत्यादी गुजराती लेखकांनी आपले रामचरित्राशी नाते जपलेले पहायला मिळते. ललित यांचे राम-सीता विरहावरचे काव्य आणि जोशी यांचा उत्तररामचरिताचा अनुवाद ह्या रामप्रभावाची साक्ष ठरतात.

मणिप्रवालम् :

गुजरातीप्रमाणेच केरळच्या मल्लयाळम् साहित्यातील रामकथेचा अगदी थोडक्यात आढावा घेऊन हे विवेचन पूर्ण करावचे आहे. इतर भारतीय भाषांप्रमाणेच किंवा त्यापेक्षा थोडा अधिकच मल्लयाळम्चा संस्कृतशी अनुबंध असल्याचे लक्षात येते. आणि हे मल्लयाळम् भाषेचे आणि त्यातील साहित्याचे पृथगात्म असते लक्षण म्हणायला हवे. मल्लयाळम् पूर्व संस्कृतचे केरळातील जगप्रसिद्ध लेखक-तत्त्वज्ञ म्हणजे श्रीमद् आद्य शंकराचार्य! (इ.स. ७वे-८वे शतक) पुढील काळात मल्लयाळी व संस्कृत यांच्या

मिश्रणातून एक नवी मणिप्रवाल भाषा निर्माण झाली. सोबतच मल्लयाळी व तामिळ या दोन साम्यदर्शक भाषांच्या अनुबंधातून पाट्ट या भाषेचीही निर्मिती झालेली दिसते. तत्कालीन त्रावणकोर राज्यात वीर रामवर्माचे पाट्ट प्रकारातील रामचरितम् हे मल्लयाळम् मधील अगदी शारभीचे (१२वे शतक) रामकाव्य मानले पाहिजे. मणिप्रवालमचा एक अर्थ माणिक आणि प्रवाल यांची एकत्र माला असाही मानला जातो. पुढील काळातील पुनम नंबूद्री यांचे रामायणचम्पू हे संपूकाव्य (म्हणजे गद्यपद्यरूप मिश्र काव्य) मणिप्रवाल रचनेचे एक आदर्श उदाहरण मानले जाते. १६व्या शतकाच्या उत्तरार्धात भक्तकवी एणुतच्छनः यांचे अध्यात्म रामायण हे महत्त्वाचे रामकाव्य ठरते. त्यागराज उर्फ त्यागरव्या :

भारतभक्तिस्तोत्र म्हणतांना सूरदासस्त्यागराजो रसखानश्च मत्कविः ह्या ओळीतून त्यांची ओळख होते ते कर्नाटक संगीताला नवी दिशा देणाऱ्या त्रिमूर्तीपैकी एक, तेलगूचे भक्तिमार्गी कवी आणि प्रसिद्ध रामभक्त त्यागराज उर्फ त्यागरव्या. त्यांची रामभक्तीपर पदे केवळ दक्षिण भारतातच नव्हे तर संपूर्ण भारतात प्रसिद्धी पावली आहेत. तामिळनाडूच्या तंजावर भागात सीताम्मा आणि रामब्रह्म यांच्या पोटी जन्मलेल्या (१७६७-१८४७) त्यागराजस्वामींनी संपूर्ण दक्षिण भारतात फिरून रामभक्तीचा असा काही प्रसार केला की संपूर्ण वातावरण भक्तिमय करून टाकले. ज्या संस्कारांचे सूर आजही त्या भाषांतून आणि प्रदेशातून ऐकू येतात. नमो नमो राधा! त्यांच्या जीवनकाळाचे कर्नाटक संगीत, तेलगू-तामिळ साहित्य आणि रामभक्तिपरंपरा हे तीनही आवाम एकरूपतेने व्यक्त झालेले दिसतात. त्यांनी जवळजवळ ८०० रामभक्तिपदे रचली. सोबतच त्यांची 'प्रल्हाद भक्ति विजयम्' व 'नौकाचरितम्' ही दोन तेलगू नाटकेही प्रसिद्ध आहेत.

राम कोदण्डराम राम कल्याणराम।

राम कोदण्डराम राम पट्टाभिराम।।

• • •

राम नाममे मेलु राम चिंतने चालु।

राम नीव नत्रेलु राम राधडे चालु।।

राम नेनेन्देनु राम खेरेंचलेनु।

राम एनईनु राम बायकलेनु।।

राम विराजितराज राम मुखजितराज।

राम भक्तममाज रक्षित त्यागराज।।

किंवा

दीनजनावन श्रीरामा दानवहरण श्रीरामा।

वीनविमान श्रीरामा मीनशरीर श्रीरामा॥

* * *

अद्यतिमिरादित्य श्रीरामा विकलित मोह श्रीरामा।

रघुकुल तिलक श्रीरामा भृगुमुत रूप श्रीरामा॥

भागवतप्रिय श्रीरामा आगममूल श्रीरामा।

नागसुशयन श्रीरामा त्यागराजार्चित श्रीरामा॥

(विविध भजन १, रामकृष्ण मठ, चेन्नई)

ह्या त्यांच्या भजनांमधून तसेच इतरही दाक्षिणात्य कवींच्या भजनांमधून

आपल्याला संस्कृत 'रामरक्षास्तोत्राचे' शब्दस्वर ऐकू येतात.

रामाय रामभद्राय रामचंद्राय वेधसे

रघुनाथाय नाथाय सीतायः पतये नमः

* * *

लौकाभिरामं रणरंगधीरं

राजीवनेत्रं रघुवंशनाथम्

कारुण्यरूपं करुणाकरं तं

श्रीरामचन्द्रं शरणं प्रपद्ये

* * *

श्रीराम राम रघुनन्दन राम राम

श्रीराम राम भरताग्रज राम राम

श्रीराम राम रणकरकेश राम राम

श्रीराम राम शरणं भव राम राम

(श्रीरामरक्षास्तोत्रम्, सेविका प्रकाशन, नागपूर)

तसेही संस्कृतचा आणि इतर भारतीय भाषांचा अनुबंधही मोठा रमणीय स्वरूपाचा आहे. जसे ज्ञानदेवांच्या ज्ञानदेवी या गीताभाष्यापासून ते आगदी आधुनिक काळातील हरिवंशराय बच्चन यांच्या भगवद्गीता या समस्थोकी भावानुवादापर्यंत (राजपाल एण्ड सन्ज, दिल्ली, २०१२) हा अनुबंध दृष्टीस पडतो. मल्याळी, तामिळ, तेलगू आणि कन्नड ह्या भाषांमधील साहित्यातून तर तो अधिकच प्रतीत होतो. त्यातून जसे आपल्याला रामभक्तीचे सूर ऐकू येतात, तसेच भारताच्या सांस्कृतिक एकात्मतेचेही संगीत त्यातून निनादत राहते.

भद्राचल रामदास

महाराष्ट्रातील समर्थ रामदासांशी व्यक्तित्वाच्या आणि कर्तृत्वाच्या अंगांने विलक्षण साम्य असणारे व त्यांना समकालीन असणारे तेलगू रामभक्तकवी कंचरा

गोपना उर्फ भक्तरामदास उर्फ भद्राचल रामदास (१६२०-१६८०) हे त्यांच्या राममय जीवनासाठी आणि सुंदर भावकवितांसाठी प्रसिद्ध आहेत. भद्राचलम् येथील रामदाराचे निमित्त म्हणूनही त्यांची ख्याती आहे. 'दाशरथी शतकाम्', 'माकूताम्', 'दाशरथी करुणापयोनिधि' (१०८ रामगीते) या त्यांच्या प्रमुख साहित्यकृती. त्यांची रामभक्तीपर गीते 'रामदास कीर्तनाल्' ह्या नावाने ओळखली जातात.

श्रीदशरथ नन्दन घादारविन्द वन्द रे

राम सीता राम राम गाओ अभिराम् छन्द रे

मारुति प्रीति यर्धन मकरध्वज मर्वन

धम यन्त्रणा भजन भज रघुकल छन्द रे

आदि त्यांच्या अनेकानेक रचना आजही जनतेच्या तोंडी आहेत.

पुरन्दरदास

आपल्या रामभजनांसाठी प्रसिद्ध

कन्नड संतकवी आणि कर्नाटक संगीताचे पितामह पुरन्दरदास(१४८४-१५६५) हे एक मध्ययुगातील महत्वपूर्ण नाव. हे कन्नडदासांचे समकालीन. संस्कृत आणि कन्नड या दोन्ही भाषांत त्यांनी रचना केल्या. त्यांच्या काही गीतांमधून कानडाऊ विठल कर्नाटक ह्या ज्ञानदेवांच्या रचनेतील ऐतिहासिक सत्याचाही परिचय आपल्याला होतो, तेव्हा भारतराष्ट्राच्या प्राचीन ते अर्जाचीन एकतेची सुत्रेही अनायास गवसतात. प्रेतायुगात राम, द्वापरयुगात कृष्ण तर कलियुगात पुरंदरांची भजने अशी त्यांच्या रामनामाची मान्यता आहे! त्यांचे विठ्ठमाऊलीचा संदर्भ असलेले हे 'तिलंग त्रिताल' या रागातील भजन वया -

राम नाम पायसळ्ळे कृष्ण नाम सळ्ळे

विठ्ठल नाम तुप्प बेरसि पायस डडिसिरो

* * *

हृदय वेम्ब पात्रेयळ्ळी भाववेम्ब असलं नीकि

बुद्धि पाकमाडि अनिरुद्ध हरिय नेनेयिरो

आनन्द आनन्ददिन्द तेगुबन्द वेरु

आनन्द मूरुति पुरन्दर विठ्ठल नेनेयिरो

(विविध भजन, भाग १, श्रीरामकृष्ण मठ, चेन्नई, २००७, पृ. २५०)

महात्मा गांधी आणि त्यांचे रामराज्य :

महात्मा गांधी आणि त्यांची रामराज्याची म्हणजे आदर्श राज्याची आवडती संकल्पना सर्वश्रुत आहे. अयोध्याच्या प्रभू रामचंद्राचे तत्कालीन राज्य हे एक आदर्श

अज्ञाप्रकारचे राज्य होते ही मूळ कल्पना त्यामागे आहे. गौस्वामी तुलसीदास आणि त्यांचे रामचरित्र श्रीरामचरितमानस हा पूज्य बापूंच्या आस्थेचा आणि श्रद्धेचा विषय होता. त्यांच्या आश्रमातील रोजच्या प्रार्थनेत तुलसीदासांच्या अनेक सुवचनांचा व भजनांचा समावेश असायचा.

रघुकुल रीति सदा चलि आई
 प्रान जाहुं बरु बधन न जाई
 नहि असत्य सम पातक-पुंजा
 गिरि सम होहि कि कोटिक गुंजा
 किंवा
 परहित सरिस धरम नहि भाई
 पर पीडा सम नहि अधमाई

या नित्य पाठातील सुभाषितांप्रमाणेच 'श्रीरामचंद्र कृपालु भजमन' हेही त्यांचा एक आवडतं भजन होतं. गांधीजींच्या प्रार्थनासभेच्या प्रकाशित आश्रमभजनावलीची अनेक पृष्ठ रामनामाच्या भजनांनी व्यापली आहेत. (आश्रमभजनावली, नवजीवन प्रकाशन मंदिर, अहमदाबाद १९२२, न.आ. १९९८)

गांधीजींच्या राम आणि रामायणाप्रेमाचा त्रास आजच्यासारखाच त्याही काळात अनेकांना होत होता ! साधारणपणे रामायणावर आणि त्यातील रामचरित्रावर सीतेवरील अन्यायाबाबत जे टिपिकल आक्षेप घेतले जातात, ते तेव्हाही वारंवार घेण्यात आले; तेव्हा १९२९ मध्ये बापूंनी दिलेली उत्तरे मार्मिक व आजही प्रासंगिक आहेत. ते म्हणतात - कोणत्याही पुस्तकाचे योग्य परीक्षण करावयाचे असेल तर त्याचे समग्र मूल्यमापन केले पाहिजे. ही तर बाह्य टीकेची गोष्ट झाली. आंतरिक कसोटीचा विचार करावयाचा झाल्यास त्या ग्रंथाच्या वाचनाने बहुसंख्य वाचकांच्या मनावर कोणता परिणाम झाला हे लक्षात घेतले पाहिजे. या दोन्हीपैकी कोणत्याही कसोटीचा विचार केला तरीही, रामायणाचे उत्कृष्ट ग्रंथ म्हणून असलेले स्थान निर्विवाद आहे. याचा अर्थ असा नव्हे की त्यात कोणताही दोष नाही. पण रामायणाने लाखो लोकांना मनःशांती दिली आहे, श्रद्धाहीनांना श्रद्धा दिली आहे. ...रामाला मदत करून बिभीषणाने आपल्या देशाची (म्हणजे त्याच्या) खऱ्या अर्थाने सेवा केलेली आहे. रामाने सीतेला दिलेली वागणूक निर्दोषी व कठोरपणाचे द्योतक नाही, राजाची कर्तव्ये व पत्नीचे प्रेम या दोन भावनांमधील संघर्षाचे ते एक उत्तम उदाहरण आहे. (हिंदू धर्म म्हणजे काय?, महात्मा गांधी, नॅशनल बुक ट्रस्ट, इंडिया, १९९५)

आदिवासी-वनवासींचा राम :

आदिवासी-वनवासी समाजातही कवी रामायण (उत्तर-पूर्व भारतातील कवी जनजाती), बिरहोर रामायण (छोटा नागपूर, झारखंड मधील बिरहोर आदिवासी),

मुंडारी रामायण (मुण्डारी आदिवासी), भिलोडी रामायण (गुजरात व राजस्थानातील भिल्ल समाज) या विविध रामकथाप्रमाणेच विदर्भातील कोलाम व कोरकू समाजातील काही लोकगीतांमधूनही रामचरित्राचे मनोरम दर्शन घडते. राम नाम लेना, ओ मैना राम का नाम लेना/ चुन चुन कंकर का महल बनाया, वे महल तेरा कि मेरा/ ओ मैना राम का नाम लेना/ कवडी कवडी माया जोडी, जोड के फिर भी काम में न आते रे/ ओ मैना राम का नाम लेना(कोरकू लोकगीत, मेळघाट, अमरावती) (संदर्भ - जनजातियों के हृदय में श्रीराम, जनजाति चेतना परिषद, विदर्भ)

या संदर्भात वसंत निरगुणे यांनी संपादित केलेले 'वनजातीय जीवन में राम' हे पुस्तक, किंवा राजीव रंजन प्रसाद यांचा गुगलवर उपलब्ध लेख 'बस्तर के इतिहास में रामायण की पैठ' इत्यादी साहित्यातून हा अनुबंध स्पष्ट केलेला दिसतो.

स्वातंत्र्योत्तर इंग्रजी रामकथेचा प्रवास :

आधुनिक भारतीय साहित्याचा इतिहास अनेक भारतीय भाषांतील विविधगंगी साहित्याने अत्यंत समृद्ध आणि अनेकांगी बनला असून त्यात विशेष म्हणजे इंग्रजीतील साहित्यप्रवाहानेही भारतीयत्व जपलेले दिसून येते. हळुमध्मे रामायणाच्या परिप्रेक्ष्यात विचार करता स्वतंत्र भारताचे पहिले भारतीय गव्हर्नर जनरल आणि भारताने गृहमंत्री राहिलेले चक्रवर्ती राजगोपालाचारी ह्यांच्या जगप्रसिद्ध ठरकरण या ग्रंथाचा निर्देश राहिलेला करावला हवा. भारतीय विद्या भवन, मुंबई या संस्थेने १९५९ मध्ये प्रकाशित केलेल्या या रामायणाचा प्रभाव अनेक स्वातंत्र्योत्तर आधुनिक लेखकांवर पडलेला दिसतो. विशेषतः दक्षिणेत आणि विदेशात काल्मिकींची मूळ रामकथा (प्रसिद्ध उत्तरकांड नसलेली) सर्वदूर पोचविण्याचे कार्य राजाजींच्या 'रामायणा'ने केले आहे. आजवर या ग्रंथाच्या (२०११ पर्यंत) ५० आकृती निघाल्या असून १० लाखवर प्रती जगात विकल्या गेल्या आहेत. आपल्या रामायणाचा ठकण एखक करताना राजाजी म्हणतात

- I have re-told in brief compass the story of the prince of Ayodhya as sung by Vaalmeeki. Those who read or listen to the tale, it is said, will be saved from sin and sorrow. Shri Shankara, the master of wisdom, has said that, if one keeps in one's heart the son of Dasaratha and meditates on him with reverence, one's sin will all be burnt up as chaff in a fire.(Ramayan, Bharatiya Vidya Bhavan, Mumbai, 2011, 50th edition)

रामायणाचा हा स्वातंत्र्योत्तर आन्तर्भाविक साहित्यप्रवाह आज २१ व्या शतकातही तितक्याच जोमदारपणे आणि डोलाने वाहताना दिसतो तो जगप्रसिद्ध भारतीय लेखक अमिशच्या रूपाने ! रामकथा भारतीय जनमानसात एका विशिष्ट जीवनादर्शाच्या आणि संस्काराच्या रूपाने किती खोलवर रुजली आहे ह्याचे मूर्तिमंत उदाहरण म्हणजे अमीश त्रिपाठीची Rambhandra Series! आजचा लोकप्रिय लेखक

असलेल्या अभिमाने 'शिव दिलांजी'च्या यशानंतर प्रभूरागाच्या कथेला आपुनिक वास्तववादी शैलीतून कादंबरीरूप दिले. या कादंबरी-मालिकेची सुरुवात त्याने RAM : SCION OF IKSHVAKU या रामावरील कादंबरीने केली. त्यानंतर या मालिकेचा दुसरा व तिसरा भाग अनुक्रमेे SITA : WARRIOR OF MITHIL आणि RAVANA : ENEMY OF ARYAVARTA अशा व्यक्तिखाकेद्री पद्धतीने त्याने रचला. या तिन्ही कादंबऱ्यांचे कथानक सीतेच्या अपहरण प्रसंगापर्यंत आणून देवताना त्याने भारताचा ३ हजार वर्षापूर्वीचा विविध जातिजमातीचा व राज्यकार्याचा इतिहास जिवंत केला आहे. (त्याच्या मान्यतेनुसार 'रामायण' म्हणजे ख्रिस्तपूर्व ३ हजार पूर्वीचा भारताचा इतिहासाच आहे!) या कथनमालिकेचा चौथा आणि अखेरचा भाग लवकरच प्रसिद्ध होणार असल्याचे कळते. (अलीकडे त्याची LEGEND OF SUHELDEV ही, मुसलमान विदेशी आक्रमकाविरूद्ध लढणाऱ्या राजा सुहेलदेवच्या पराक्रमाची गाथा सांगणारी एक नवी कादंबरी २०२० मध्ये प्रकाशित झाली आहे.)

मराठी साहित्यातील रामदर्शन :

मराठी साहित्यविश्वातील रामरायांच्या शोधार्थ आपण ज्यावेळी या साहित्यधारेच्या उगमाकडे म्हणजे वारकरी संतसाहित्याच्या समृद्ध दालनाकडे जातो, तेव्हा बहामनीकालीन भागवतोनम संत एकनाथ आणि शिवकालीन संतद्वय तुकाराम-रामदास ह्यांच्या साहित्यात ठळकपणे आपल्याला रामदर्शन होते. ज्ञानदेवकालीन वारकरी संप्रदायातही जयजयरामकृष्णहरी गजराच्या रूपाने विविध देवतांचे ऐक्य दृष्टीस पडत असले, तरी विशेषतः विठ्ठलभक्तीभोवतीच ही काव्यसंरिता प्रदक्षिणा करताना दिसते. सांघतच भगवतधर्माच्या ह्या भक्तिधारवर भगवतपुराणसापेक्ष कृष्णभक्तीचा अधिक प्रभाव गौळणी आणि विरहिणीच्या रूपाने दिसून येतो. कदाचित स्वकीय राज्यकर्ते जावून परकीय अत्याच्य राजवटीचा अंधार पसरू लागल्यावर क्षात्रतेजाच्या जागरणासाठी कोदंडधारी रामाचे स्मरण करणे नंतरच्या काळात अधिक प्रासंगिक ठरले असावे ! प्रारंभीचे काहूमेय यादवकालात (साधारण इ.स. १२५० ते १३५०) म्हणजे स्वकीय राजवटीत बहरले-फुलले. नंतर मात्र मुसलमानी परकीय आक्रमकांच्या क्रूर टोळधाडीखाली चिरडले जाताना एकप्रकारचे तमोयुग महाराष्ट्राच्या वाटघाला आलेले दिसते. तो काळ म्हणजे बहामनीकाल १३५०-१६००. याच काळात एकनाथांनी (१५३३-१५९९) आपल्या प्रचंड अशा शब्दसाधनेद्वारा समापुरुषाचे चित्तमन जागविताना भावार्थ रामायणासारख्या महाकाव्याची रचना केली. एकनाथांनी उतरायुष्यात लिहिलेले ४० हजार ओव्यांचे हे बृहद् काव्य भारतीय भाषांतील भिन्न भिन्न रामकथांमध्ये एक रसाळ व उल्लेखनीय रामचरित्र मानले जाते. २९६ अध्यायांपैकी ४० अध्यायापर्यंतचे लेखन एकनाथांनी व पुढील लेखन त्यांचे शिष्य गावबा यांनी केले

अशी मान्यता आहे. हाशिवायपी एकनाथांनी केलेल्या रामावरील अनेक अंधारचना प्रसिद्ध पावलेल्या दिसतात. उदाहरणार्थ -

मन रामी रंगले अवघे मनचि राम झाले
सवाह्य अम्पंतरी अवघे रामरूप कोंदले

• • •

निर्धारिता व कळे रामस्वरूपी जडली प्रीती
एका जनार्दनी अवघा रामची आदिअंती

एकनाथांच्या निर्घणानंतर काही वर्षांतच मराठी आईच्या पोटी दान कवीरत्नांचा जन्म झालेला दिसतो, ते म्हणजे तुकाराम आणि रामदास. रामदास तर नावछमालांचे रामचंद्र चरित्राचे मराठी भाषेतील एक महान, परछड आणि कर्ते भाष्यकार. त्यांचे अवघे जीवनच राममेय होते. त्यांच्या साहित्यविश्वाचा पैस व्यापक अमून रामबोध, मनाचे श्लोक, आत्मराम, करुणाष्टके, आनंदजनभुवन, मारुती स्तोत्र, विविध देवतांच्या आरत्या, शिवाजी-संभाजी यांना लिहिलेली पत्रे, आणि शिवाय द्तर स्फुट रचना असा तो प्रबोधनाचा पसारा पाहताना त्यांच्या प्रचंड जागरण-उद्योगाची कल्पना येते. रामाला आणि हनुमंताला उपास्य मानणा-या रामदासांच्या बहुतांजी रचना राममेय झालेल्या दिसतात.

राम गावा राम ध्यावा। राम जीवीचा विमावा।।

कल्याणाचे जे कल्याण। रघुरायाचे गुणगान।।

मंगळाचे जे मंगळ। राम कौसल्येचा बाळ।।

राम कैवल्याचा दानी। रामदास अभिमानी।।

किंदा

राम आकाश पाताळी। राम नांदे भूमंडळी।।

राम योगियांचे मेळी। सर्वकाळी तिष्ठत।।

....राम योग्यांचे मंडण। राम भक्तांचे भूषण।।

राम आनंदाचा घन। करी रक्षण दासाचे।

असे सर्वव्यापक रामाचे स्वरूप वितारणारे समर्थ अनेकप्रसंगी आम्ही काय कुणाचे खातो रे। तो राम आम्हाला देतो रे।। असे रोकडे बोलही मुनावताना दिसतात. तर कधी करुणाष्टका सारख्या आर्त भावपूर्ण रचनेतून अनुदिन अनुतापे तापलो रामराया/ परमदीनदयाळ नौरसी मोहमावा/ अचपळ मन माझे नावे आवरिता/ बुजवीण शीण होतो धाब रे धाब आता अशी त्याची करुणा भाकताना दिसतात.

समकालीन तुकोबारायांचा संपूर्ण काव्यकर्तृत्व ज्ञानोबांनी पाया रचलेल्या आणि एकोबांनी खांब दिलेल्या वारकरी संप्रदायाच्या मंदिरावर कळस चढविल्यात ज्योतीत

झालं असलं तरी रामनामाचा महिमा त्यांनीही गाविलेला दिसतो. रामाचे अभंग या शीर्षकाखाली त्यांचे १३ अभंग स्वतंत्रपणे गाथेत आले आहेत. (क्र. ३६६६ ते ३६६९, सार्थ श्रीतुकारामाची गाथा, विष्णुबुवा जोग, केशव भिकाजी ढवळे, १९०९) ह्यामध्ये रामकथेचे संदर्भ येतात.

रामा वनवास। तेणे वसे(वोस) सर्व देश।।

केला नामाचे जतन। समर्थ तो नव्हे भिन्न।।

वनांतरी रडे। ऐसी पुराणी पवाडे।।

तुका म्हणे ऋषिनेम। ऐसा कळोनी का भ्रम।।

यातच एका अभंगात ते रामराज्य संकल्पनेचाही उच्चार करतात.

झाले रामराज्य काय उणे आम्हासी।

धरणी धरी पिक गाईं बोळल्या म्हैसी।।

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तुका म्हणे रामे सुख दिधले आपुले।

तया गर्भवासा येणे जाणे खुंटले।।

एका अभंगात तुज न भे मी कळिकाळा। मज नामाचा जिन्हाळा।।' असे काळाला आव्हान देताना ते विविध अवतारांच्या पराक्रमाचे वर्णन करताना - शिळा प्रतापे सागरी तारी। स्थापी विभीषण रावणा मारी।। असे रामावताराचे वैशिष्ट्यपूर्ण वर्णन करतात. भागवत पंथाच्या प्रेरणामंत्रात येणारं रामकृष्ण हे युग्म त्यांच्याही इतर अनेक अभंगातून स्वाभाविकरूपेच आले आहे. अज्ञाप्रकारे रामनामाचा महिमा सगुण आणि निर्गुण अशा दोन्ही रूपात तुकोबा कथन करतात.

आधुनिक काळाच्या थोडे पूर्वी आणखी एक राममय कवीद्वय आपल्याला भेटतं ते म्हणजे कविवर मोरोपंतांचे ! त्यांनी रामायणकथेचे विविध आविष्कार १०८ प्रकारच्या रामायणातून साधल्याचे त्यांच्या विपुल काव्यसंभारात दिसून येते. त्यांच्या जीवनकालाच्या अखेरच्या तपात त्यांनी ही अष्टोत्तरशत रामायणे रचली. त्याशिवाय सीतागीत, मंत्ररामायण, साररामायण चाही रचना त्यांच्या रामायणाशी संबंधित आहेत. 'आर्यभारत', 'केकावली' आदि रचनांसाठी व 'आर्या मयुरपंताची' अशी प्रसिद्धी असणाऱ्या मोरोपंतांच्या कार्याचे वर्णन त्यांच्याच शब्दात - 'झाले बह, होती सम हा' असे करणे इष्ट ठरते.

प्राचीनांकडून ज्यावेळी आपण अर्वाचीनांकडे येतो तेव्हा मराठीच्या अर्वाचीन कालखंडात रामचरित्राचा प्रभाव हिंदी साहित्याच्या तुलनेत स्वाभाविकरूपेच फार तुरळक स्वरूपात जाणवतो. अर्थात ही कटाचित शोधकार्याचीही मर्यादा मानला येईल. पण राष्ट्रमंत तुकडोजी महाराजांसारखे आधुनिक संत आणि गदिमांसारखे कवी-गीतकार वगळता काव्यरूपात रामायणाचा प्रभाव फारसा दिसून येत नाही.

साहित्याच्या कथान्य आणि नाट्यात्मक रुपातील कलाकृतींनी मात्र हा अभाव काही प्रमाणात भरून काढलेला दिसतो. पण त्यातही इत्येवढीच असे काही आढळत नाही.

मराठी साहित्याच्या चौफेर वाचकाला साधारण एक अंदाज आलेला असतो, की जे शोधायचे आहे ते कुठे कुठे सापडू शकते ! कुठली कविमने कोणत्या विचारांनी व्यापली आहेत आणि कोणाच्या भावविशी काय कोंदाटले आहे ! अगदी केशवमुतांपामून महेकरापर्यंत आणि मुक्तिबोधांपामून प्रेमांपर्यंत विविध प्रकारच्या कवींच्या काव्यविज्ञान परंपरेच्या धाव्यांनी विपलेले शब्दांचे पोट मोडता प्रमाणात आढळत असले तरी, मराठी संतकाव्यधारेची त्यांनी आपले अनुबंध राखले असले तरी, घेत रामचरित्राचा वा रामायणाचा प्रभाव त्या कवींच्या आधुनिक मनाने आणि त्यांच्या स्पुट व उत्स्फूर्त स्वरूपाच्या भावकाव्याचा पडणे जरा कठीणच वाटते. प्रथमा आणि प्रतीकांतून मात्र हा संस्कृतिसंघिताचा प्रभाव निहितपणेच जगणवत राहतो. केशवमुतांच्या हस्तलिखित संग्रहामध्ये मू मू तुलसी मसी उदुण केसव ओर/अबके कवि खद्योत भये चमकत ठोरही ठोर अशी दोन ओळींची एक हिंदी रचना आढळते, ज्यात सुरदास आणि तुलसीदासांना वंद्याची तर त्यांच्या कारकण्यांची उपमा ते देतात. एवढाच काय तो रामचरित्राचा संदर्भ! मात्र केशवमुत, बातकवी, तांबे आणि गोविंदाग्रज या आधुनिक कवितेच्या स्वातंत्र्यपूर्व टप्प्यावरील महत्त्वाच्या कवींमध्ये भारतीय आणि महाराष्ट्रीय सांस्कृतिक संचिताची सखोल जाण आणि परंपरांचे योग्य भान दिसून येते. गोविंदाग्रजांच्या म्हणजे गडकऱ्यांच्या 'एकच प्याला'तील प्रतिपादावर रामायणातील न पिता नामजो कात्मा न माता न सखिजन / इह प्रेत्यच नारिणाम् पतिरेको गति सदाः या सीतामुखी वचनाचा प्रभाव असल्याचे टीकाकारांनी(बहुधा शीरसागर) दाखवून दिले आहे. आधुनिक मराठी गीतकाव्याचे जनक असलेल्या तांब्यांची कविताही भारतीय परंपरांच्या आणि अद्वैत चिंतनाच्या संस्कारांनी समृद्ध झालेली दिसते. त्यांनी आपल्या जय जन्मिकी नावाच्या कवितेत रामकथेचे रूप पुढीलप्रमाणे मान्य केलेले दिसते.

जय जन्मिकी! तुज हे तर्पण;

तव चरणी सर्वस्य समर्पण!

* * *

त्रिभुवनपति जो राम स्तुतम,

सुनरकित्ररतुत पुरुबोधम,

हे वाङ्मयकोकिल, निरुपम

त्या रामा तू देशि रामपण.

* * *

हात दिला नू किति बुडत्यांना !
धीर दिला किति नू व्यथितांना!
उरी लाविले किति पतिताना!

जय भवनाविक पतितोद्धारण! (तांबे यांची स.क.पू.१३३)

कवी साने गुरुजींच्या अत्यंत श्रद्धाळू मनाचे प्रकटीकरण त्यांच्या काव्यातून आणि साहित्यातून झाले असल्याने त्यांच्या कवितेत रामाचा शोध घ्यायला हवा असे वाटून आपण त्या वाटेला जातो तेव्हा फारसा भ्रमनिरास पट्टी पडत नाही !

जागृत हो माझ्या रामा !
हे हृदयस्था! मुख-धामा !

• • •
लाविले तुजकडे डोळे
शतवार जाहले ओले
हे हृदय कित्ती गहिवरले
घेता नामा

अशी रामदर्शनाची आस लागलेले मन गुरुजींच्या कवितेत दिवते. अशीच एक रामवेष्टा शीर्षकाची भक्तिपर रचना ते करतात तुम्हाला!

... मला झडकर कुणी राम दाखवा रे।
तथावीण मला शून्य गये सारे
कोण उकलील त्यावीण मोहवेढा।
मला सांगा, मी असे रामवेष्टा।।

• • •
राम कोठे? तव अंतरंगी आहे।
राम कोठे ? सर्वत्र शोभताहे
नयन वेष्ट्या! उषडून बघे नीट।
धीट होऊन घे, ऊठ रामभेट।

असातीतने ते सुगणभक्तिकडून निर्गुणाकडे जातात. ह्या कवितांमध्ये काव्यदृष्ट्या व आशयदृष्ट्या दुबळेपणा जाणवत असला तरी कवींच्या विशिष्ट भावभोड्या जीवनदृष्टीचा मात्र ठळकपणे प्रत्यक्ष वेतो. त्यांच्या 'जीवनात माझ्या सदा राम मुक्ति', 'करणाष्टक', 'कधी वेशिल हृदयी रामराया' इत्यादी काही कवितांमध्येही रामप्रभावाचे दर्शन घडते. पत्नी संग्रहाच्या आईला असलेल्या अर्पण पत्रिकेत प्रारंभीचा श्रीराम हा शब्दही गुरुजींच्या अंतःकरणातील रामाचे स्थान दर्शविणारा आहे.

स्वातंत्र्यपूर्व ते स्वातंत्र्योत्तर या सीमारेषेवर घेतल्याच्या राष्ट्रमत तुकडोजी महाराजांनी आपल्या अनेक भजनांतून रामरावाचे गुणगान तसेच रामरायाच्या चरित्रातून प्रेरणा घेण्याचे आवाहनही केले आहे. त्यांनी ज्याप्रमाणे सामुदायिक प्रार्थनेतील गुरुवंदनेमध्ये, छोटं न हो हम बुद्धी से, हो विश्वमय से ईशमय / हो राममय अथ कुष्णमय, जगदेवमय जगदीशमय असा राममय होत व्यापक होण्याचा संदेश दिला आहे. तसाच त्यांच्या अनेक मराठी-हिंदी भजनांतूनही रामनामाचा जवळोष केला आहे. 'राम जबाबे हृदयी राहे', 'रामनाम ध्या मनाशी', 'रामनाम सतत मुखी राहू दे मना', 'रेत हो मना! राम गुण गाई' इत्यादी अनेकानेक रचनांमधून महाराजांनी रामभक्ती उजागर होते. त्यांच्यामते - रामभजन सबसे अति प्यारा/ राम भजने कई जीव तारा/राम कहत हनुमान उदरे/ कूट पडे लंका हर डारा/ तुकडुधादास कहे तुम सुमरो/ तबहि कते धक्सागर सारा (भजन १०४, भजनानुसंगार खंड १)

छुरे तर केवळ काव्यापुरता हा शोध सीमित असला, तरी एक विशिष्ट अशी प्रसंगनिष्ठेची सीमाही माझ्या या लेखाला असल्याचे लक्षात घ्यायला हवे. त्यामुळे सर्वथ आधुनिक कवींच्या कवितांची तपासणी करण्याच्या शक्यतेपासून अलिप्तता राखलेली आहे. इथे आता रतिनांच्या गीतरामायणाला प्रस्तावना (पारायणापूर्वी) लिहिल्याचा बा.भ. बोरकरांच्या काव्यातील रामाचे दर्शन घेऊन मग गीतरामायणाकडे वळायचे आहे. नाही पुण्याची यांत्रणी/ नाही पायाची टोचणी/ जिने गंगीघाबे पाणी अशी जीवनदृष्टी व्यक्त करणारे बोरकर 'आठवा जिवी रघुराणा' या गीतरावनेतून रामस्मरण करताना दिवतात.

हे जीवन सरते जाणा/ आठवा जिवी रघुराणा
खिन्तार दिसे जो सारा/ त्याचाच सचिच पसारा
हे अविना ध्यानी आणा/ आठवा जिवी रघुराणा
तो स्मरता हरते पाप/ तो स्मरता सरती नाप
त्याच्याचमुळे मुख प्राणा/आठवा जिवी रघुराणा

(बोरकरांची निवडक कविता, साहित्य अकादेमी, १९९६, पृ.१३५)

गीत या काव्यप्रकाराची प्रासादिकता, सुबोधता, झटितिप्रत्यक्षपणा, पारंपरिकता, छंदोबद्धता, ध्वजपटुत्वा आदि सर्व वैशिष्ट्ये या रचनेला लाभलेली दिसतात. अर्थात इथे कबीरमोरेच्या पद्धतीने निर्गुणत्वाचे साम्यचिंतन प्रकटताना दिसते. त्यांच्या महात्वाचान या अपूर्ण काव्याची सुलवातही कवीने नारदपुत्री रघुपतिराघव म्हणत वीणाध्वनी छेदित आहेत अशा सूचनेने केली आहे. पुढे शौनक-सुत असा संवादाचा आकृतिबंध घेऊन कबीरमोरे नारदपुत्री/छेदित स्वानदवीणाध्वनी/रामनाम संकीर्तनी/मंत्र आजन्म विशेष ते असा रामराणा आलंवितात.

पाडगावकरांसारखे लोकप्रिय कवी-गीतकारही कबीर, सूरदास, मीरा ह्यांच्या मुरस अनुवादांच्या माध्यमातून आपले नाते रामनामाशी जोडून घेताना दिसतात. कमला सुब्रमण्यम यांच्या इंग्रजी महाभारत कथेचा अनुवाद करणाऱ्या पाडगावकरांनी पुढे कदाचित रामकथेचाही उतम अनुवाद केला असा असे वाटत राहते!

संस्कृतीच्या सकस स्तन्यावर पोसलेला आणि समृद्ध साहित्याची सृष्टी मराठीत निर्माण होऊन देशी प्रतिभावंत लेखक-कादंबरीकार म्हणजे गोपाळ निळकंठ दांडेकर, मराठी मातीतून उमललेले त्यांचे कादंबरीविद्य जितकं महत्त्वाचं, तेवढ्याच त्यांनी बालकृमारांसाठी निर्माण केलेले संस्कारशील वाङ्मयही महत्त्वाचं. आईची देणगी, भक्तिमार्गदीप, श्रीरामायण ह्या अशा त्यांच्या रचना महत्त्वपूर्ण ठरतात. संपूर्ण रामायणाची बालकांड ते उत्तरकांडापर्यंतची कथा गद्यरूपात अतिशय रसाळपणे गोविंदांनी श्रीरामायण (मॅजेस्टिक, मुंबई, १९५८) या पुस्तकात कथन केले आहे. आधुनिक मराठीत गोविंदांची ही रामकथा लक्षणीय ठरते.

आता आधुनिक मराठी साहित्यातील रामायणसापेक्ष अशी प्रभावी, महत्त्वपूर्ण आणि काव्यात्म साहित्यकृती कोणती? असा प्रश्न जर आपण विचारला तर त्याचे एकमेव निःसंदिग्ध उत्तर सहस्रमुखाने वेईल - गदिमांचे गीतरामायण! आधुनिकच नव्हे, तर मराठीतील आजवरच्या विविध काव्यात्म रामकथांची तुलना करता गदिमांची ही रामचरित्राधारित ५६ रचनांची मालिका-कविता अत्यंत सरस उतरलेली दिसते. गदिमांच्या प्रतिभेचा मगळा कंठ जणू गीतरामायणाच्या रूपाने अलौकिक रीतीने अवतरत झालेला दिसतो. आदीरामतपोवनादिगमनम् मारण्या संस्कृत श्लोकांमध्ये जसे रामायणाने अचूक संक्षिप्त वर्णन साधलेले दिसते तसेच गदिमांनी केवळ ५६ स्फुटरचनांतून जी संपूर्ण रामकथेची बांधणी केली ती अद्वितीय स्वरूपाचीच म्हटली पाहिजे. ही एक स्वतंत्र निर्मिती आहे हे बोरकरांचे प्रस्तावनेतील मतही, या काव्यरूपाची काळानुरूप प्रकटलेली वैशिष्ट्ये बघता ग्राह्य होण्यासारखे आहे. नेमांड्यांसारख्या तिरकस आणि विशिष्ट (काही विशिष्ट प्रसंगी) लेखकांनी, फार रवी. अगदी ऐकावंसं वाटत नाही. बेसिक कविताही नाही ती. असले हास्यास्पद अभिप्राय याबाबत दिले असले तरी, त्यांच्या असल्या प्रासंगिक, थिल्लर, असूयाग्रस्त अन् विघ्नसंतुष्ट अभिप्रायांची दखल घेण्याचीही गरज नाही! त्यांनी सर्व ५६ कविता-गीते ऐकून वगैरे हा असला धडा-न-गतिचा पार्सिंग रिमार्क दिला असण्याची अजिबात शक्यता नाही! त्यामुळे आपण न्यावेळी स्वतः ही गीते रामायणकथेच्या पार्श्वभूमीवर ऐकत असतो निरंतर, तेव्हा त्याची गोडवी आणि थोरवी दोन्ही आपल्याला जाणवल्याशिवाय राहत नाही. म्हणून त्यांच्या विश्लेषणात न शिरता बोरकरांचा अभिप्राय तेवढा नोंदवतो - आदिकवी बाल्मिकीने आपल्या स्वतंत्र सौंदर्यदृष्टीने

विधात्याच्या सूक्ष्म आणि स्पूल सुश्रीतून नेमके सौंदर्य टिपून काढून त्यातून आपली रामकथा रचली. त्याचप्रमाणे कवित्री माहशुळकरांनी बाल्मिकीच्या काव्यसुश्रीतेले वेचीत सौंदर्य आपल्या स्वकम्पू प्रतिभेने भिन्नरूपाने निवडले आहे, आणि अकथ्या छप्पन गीतांत आपली सजीव आणि चलन चित्रकथा तुमच्या-आमच्या समोर भूर्तिवंत केली आहे. (पारायणापूर्वी, गीत रामायण, प्रकाशन विभाग, मुवना न प्रकाशन मंत्रालय, भारत सरकार, १९५५) आता यापुढे काय ते बोलायचे राहते? (सुराचित असल्याने गीतरामायणाची उदा. मुद्रण घेतलेली नाहीत!)

यानंतर प्रेसांच्या काव्याचा विचार करून मराठी साहित्यातुला हा शोध अल्पण आजवरता घेणार आहोत.

प्रेसांच्या कवितांमध्ये राम-गीता हे युग विविध रंगीत वावरतांना दिसते. विशेषतः कविमनातील विविध भावभावनांची रूपे घेऊन राम वा राघव हे प्रेसांचे आवडते पात्र कवितेत अवतरते.

हे रंग राघवाचे मी / मिथिलेहून घेऊन आलो
किंवा

हा झरणात स्वर एकांती
दगडापधले पिऊन दंभपण
तिन्हीसांजेलता वाचित बसतो
रामकथेतील मुळे 'शिळा' पण !
किंवा

'लता मंगेशकर' या कवितेत रामकथेचा संदर्भ पुढीलप्रमाणे घेतो -
या वाटेवर रघुपती आहे
त्या वाटेवर असे शिळा
सांग साजणी कुठे ठेवू मी
तुझा उमलता गळा

ही कविता कवीमनाचे लताबाईंच्या स्वरुपी असलेले नाते शोधणारी अनवर गौरीची कविता आहे. हा राघवप्रभाव प्रेमकाव्याचे देशी अनुबंध स्पष्ट करणारा आहे. प्रभाव आणि अभाव :

आधुनिक काळातील रामायणाच्या तुळक प्रभावाची आणि लक्षणीय अभावाची कारणमीमांसा करताना आपल्याला स्वातंत्र्योत्तर काळातील राजसत्तेने विशिष्ट प्रकारच्या बसाहतवादी विचारदृष्टीतून भारतीय मनांवर लादलेल्या संस्कृतिविरोधी धारणांच्या प्रभावाची चिकित्सा करावी लागते. ज्या विशिष्ट विचारधारेच्या लेखक-विचारक-इतिहासकार ह्यांनी स्वातंत्र्योत्तर राजसत्तेच्या

माध्यमातून आपली विचारसत्ता विविध जनसंवाद माध्यमांच्या क्षेत्रात प्रस्थापित केली आणि एक प्रकारचे कॅनल फॉर्मेशन विचारांच्या क्षेत्रात दृढमूल केले ही विचारदृष्टीत बहतांशी अभारतीय. अराष्ट्रीय आणि अहिंद अशी होती. महात्मा गांधी किंवा पुढे त्यांचे अनुयायी प्रोफेसर धर्मपाल किंवा डॉ. गणेश देवी, एबन वर्मा, मकरंद परांजपे, डॉ. भालचंद्र नेमाडे यासारखे देशीवादी-संस्कृतिवादी लेखक-विचारवंत जो वसाहतवादविषयक अथवा स्मृतिभ्रंशविषयक दृष्टीकोन मांडतात तो इ. लक्षात घेतला पाहिजे. आपल्या भारतीय देशी परंपरेचा विराट संस्कृतिवृक्ष (The Beautiful Tree) इंग्रजी वसाहतवादाने कसा घट्टतशीरणे उध्वस्त करण्याचा प्रयत्न केला हे धर्मपालांनी आपल्या विविध ग्रंथातून विस्ताराने मांडून दाखविले होते. अठराव्या शतकातील भारतीय विज्ञान आणि तंत्रज्ञान, भारताची परंपरा, डेरेंदार ज्ञानवृक्ष : १८व्या शतकातील भारतीय शिक्षण, हे त्यांचे वा संदर्भातील महत्त्वाचे ग्रंथ. (भारतीय शिक्षण मंडळ, नागपूर वर्षे २०१३ मध्ये धर्मपाल समग्र साहित्य मराठीतून १० खंडात प्रकाशित केले.) ह्या इंग्रजी वसाहतवादाचे एक नवे रूप म्हणजे ही स्वातंत्र्योत्तर भारतात प्रभाव गाजविणारी विचारसत्ता! गिरीश कार्नाड, अनंतमूर्ती, किरण नगरकर यासारखे साहित्यिक किंवा रोमिला थापर, इरफान हबीब, रामचंद्र गुल सारखे परभूत मार्क्सवादी इतिहासलेखक, ही त्यातली काही प्रतिनिधिक नावे! अशा मंडळींनी एक भारतद्वेष्टी आणि संस्कृतिविरोधी दृष्टी समाजमानावर राजसत्तेच्या आश्रयाने लादण्याचा जो मोठा दीर्घ उद्योग केल त्यात ह्या अभावाचा आपल्याला सापडू शकतात. या स्वातंत्र्योत्तर भारतातील वैचारिक वसाहतवादाचे स्वरूप पूर्वीच्या वर्चस्ववादी दृष्टीशी कसे जोडलेले आहे हेही लक्षात घ्यायला हवे.

वसाहतवाद हा जवळ प्रामुख्याने इंग्रजी राजवटीशी जोडला जात असला तरी आपल्या भारतीय सांस्कृतिक भावविश्वाची मूळे कुरतडगारा वसाहतवाद प्रामुख्याने तीन रूपात पहायला मिळतो. एक म्हणजे इस्लामी वसाहतवाद. जो इस्लाम धर्मपंथ, मुस्लिम आक्रमकांच्या राजवटी ह्या रूपातून प्रवाहीत होताना दिसतो. दुसरा इंग्रजी वसाहतवाद. ही गुलामगिरी ख्रिस्ती धर्म-पंथ, इंग्रजी राजवट आणि इंग्रजी भाषा या तीन माध्यमातून आपल्या देशी संस्कृतीवर लादण्यात आलेली दिसते. आणि तिसऱ्या प्रकारचा वसाहतवाद स्वातंत्र्योत्तर भारतात विशेषे कार्यरत असलेला तो म्हणजे मार्क्सवादी वसाहतवाद. ह्याचेही अर्थातच दोन प्रमुख आयाम म्हणजे मार्क्सवादी विचारधारा आणि विशिष्ट भारतविरोधी संकल्पनांनी युक्त इंग्रजी भाषा. हा अर्थातच देशी भाषांतूनही झिरपलेला. आपल्या संस्कृतीचे महावक्त्र कुरतडगारा. उपरोल्लिखित काहींनी समांतरपणे ह्याही वसाहतवादाशी संघर्ष केला असला तरी प्रामुख्याने राष्ट्रीय स्वयंसेवक संघ आणि इतर देशी धार्मिक-आध्यात्मिक-सांस्कृतिक संस्थासंघटनांनी व

विचारधारांनी या कम्युनिस्ट वसाहतवादविरुद्ध बहुआयामी लढा दिलेला दिसतोय. जो आजही सुरूच आहे. ९० नंतरच्या कालखंडात उदयाला आलेल्या जातिविकारणाच्या प्रक्रियेलाही काही निचारवंत (उदा. भालचंद्र नेमाडे) वसाहतवादाचे नवे रूप मानतात. त्यात काही प्रमाणात तथ्यही आहे. या सर्व वसाहतवादविरुद्धच्या संघर्षाला एक आयाम 'देशीकरणाचा'ही आहे हे विसरून घालणार नाही. ज्यात परकीय पण जे ग्राह्य ते स्वीकारण्याची रीत आहे. त्यास 'आत्मसातीकरण' अथवा 'समावेशीकरण' असेही म्हणतात. या सर्व प्रभावाचा परिणाम आपल्या सांस्कृतिक प्रतीकांकडे व संचितकाडे न्युनंगडप्रधान दृष्टीने बघण्यात झाला. भारतीय साहित्यातील रामदर्शनाचा शोध घेताना हे परिप्रेक्ष्यही लक्षात घ्यावे लागते.

राम-दर्शन : एकविसाव्या शतकातील प्रारंभिकता

भारतीय साहित्यातील राम-दर्शनाचा शोध म्हणजे एकप्रकारे भारतीय साहित्यातील भारतीयत्वाचा शोध! इथे राम म्हणजे भारतीयतेचा मानदंड आणि दर्शन म्हणजे भारतीयतेचे अट्टे अथवा वेदान्तदर्शन! साने गुरूजी म्हणतात त्याप्रमाणे भारतीय संस्कृतीला अट्टेचा सुगंध येत असतो. भारतीय रामकाव्याचा इतिहास म्हणजे, हा सुगंध, हा दरबळ, ही भावधारा सदांतून टिपण्याचा अनवरत प्रवास. भारतीय साहित्याचे चैतन्य बनून राहिलेला हा अध्यात्माचा धणा आजच्याही श्रेष्ठ साहित्याची चैतन्यशक्ती आहे. मराठीतील अध्यात्मवादी समीक्षक जे. वि. सरदेशमुख म्हणाले होते - आधुनिक मराठी साहित्य आपली थोर संतपरंपरा विसरल्याने व त्याची प्रेरणा व अधिष्ठान अध्यात्म न राहिल्याने आधुनिक मराठी साहित्यात मूल्यवान फारसे काही नाही. (स्पष्टिकदिवे) ह्या अभावाचा निरास करण्याचा प्रयत्न १९१० नंतरच्या देशीतेच्या पाईकांनी मराठीत तसेच विविध भारतीय भाषांतही केलेला दिसतो. पौरुषा(कन्नड) आणि नेमाडे (मराठी) ही दोन ह्याची ठळक उदाहरणे सांगता येतात. राम का गुणगान करीए/ राम प्रभु की भट्टा का, सभ्यता का ध्यान धरिये/ राम के गुण, गुण विरतन, राम गुण सुमिरन रतन धन/ मनुज्जा को कर विभूषित, मनुज को धनवान करीए/ ध्यान धरिये, राम का गुणगान करिये/ सगण ब्रह्म स्वरूप संदर, सजल रंजन भव सखकर/ राम आत्मा राम आत्मा, राम का सम्मान करिये/ ध्यान धरिये (पं.नरेंद्र शर्मा) असं म्हणणारी जाल्मिकीपासून भवभूतिपर्यंत, तुलसीदासांपासून निरालांपर्यंत, रामदास-एकनाथांपासून गदिमांपर्यंत आणि राजगोपालाचारीपासून अमिषा त्रिपाठीपर्यंत ही एक साहित्यांगा आजवर बाह्य आलेली दिसते.

तरीही जे काही मोजके लोक राममंदिराच्या निर्मितीवर विधिर टीकाटीपणी करण्यात धन्यता मानतात त्यांनी कैफी आझमीची सोमनाथ ही कविता जरूर चाळायी!

बुतशिकन कोई कहीं से भी ना आने पाये
हमने कुछ बुत अभी सीने में सजा रखे हैं
अपनी यादों में बसा रखे हैं...

• • •

वह शत-ए-बुत शिकनी देख के हैरान हूँ मैं
बुतपरस्ती मिरा शेवा है के इंसान हूँ मैं
इक न इक बुत तो हर दिल में छिपा होता है
उस के सौ नामों में इक नाम खुदा होता है
(सरमाया, पृ.२११, वाणी प्रकाशन, २००९)

एकविसाव्या शतकातही ही रामनामाची निर्मल धारा विधायक रूपात
साहित्यातून पल्लवित रहावी ह्याच निरामय आकांक्षेसह पूर्णविराम. जय श्रीराम.

संदर्भ :

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A Comparative Study of Incentive Motivation of University Level Basketball and Volleyball Players

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1.0 Abstract

For engaging in any activity, motivation is the key aspect and sports participation is no different. Moreover, the human behaviour is often the outcome of the level of motivation, which is comprised of basic needs, such as desire, hobbies, goal, state of being, or ideal. In addition to these, the motivation for a behavior can also be attributed to less-obvious reasons, like self-sacrifice or morality. Hence, a systematic study has been carried out to determine and compare the motivation levels of the university level male basketball and volleyball players of central India. The study was carried out by following standard methods. The Incentive Motivation of the players was obtained by using Incentive Motivation Inventory developed by Aldermen and N. L. Wood. The test measures incentive motivation on various scales, which include excellence, power, sensation, independence, success, aggression and affiliation attributes. All the data collected from the players was statistically analysed by using SPSS 18.0 software. The study results showed that there was significant difference in the motivation levels of the university level basketball and volleyball players. The study results points towards the necessity for basketball and volleyball game coaches to device game specific methods for keeping the players highly motivated.

Keywords: *Motivation, sports participation, basketball, volleyball, players*

2.0 Introduction

Motivation is the primary reason for engaging in a particular activity or behavior, especially the human behavior. These reasons may include basic needs, such as food or a desired object, hobbies, goal, state of being, or ideal. In case of the sports field motivation for a behavior may also be attributed to many reasons, such as team spirit, pride, personality, etc. Basically, it (motivation) refers to the initiation, direction, intensity and persistence of human behavior. Moreover, anything a person does is driven by some certain desire to acquire a predetermined goal. Players do one thing in order to achieve a specific goal; however understanding that doing one thing is necessary to achieve another thing is insufficient for a person to start doing the "one thing". This fact leaves nothing else but to bring out the idea of desire. Therefore, the knowledge, or the cognition, about particular characteristics of actions and objects is required but is not enough to motivate a person to start doing relevant things.

People can be motivated in numerous ways. Researchers state that motivation is "a process through which a person makes use of available resources, time, talent, and energy, and distributes them in a way they choose." This process is called the personal investment theory, the personal investment involves an inner drive, a desire, or an intention an individual possesses as a reaction to external influences. Different athletes have different forms of motivation to keep them dedicate to a particular sport. It may be enjoyment, physical fitness, social relationships, or goal attainment. The Incentive theory of Motivation states that a reward, tangible or intangible, is presented after the occurrence of an action (i.e. behavior) with the intent to cause the behavior to occur again. In view of the importance of this aspect, present study was carried out to study and compare the Incentive Motivation of University Level Basketball and Volleyball Players.



3.0 Research Methodology

3.1 Selection of Subjects

In order to collect data for this study, a total of 150 men players who have represented Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur in Basketball and Volleyball games were selected. Furthermore, 75 men players each from Basketball and Volleyball games were selected. The age of the subjects varied between 18 and 25 years.

3.2 Criterion Measure and Tool Used for Primary Data Collection

The criterion measure chosen to test the hypothesis was Incentive Motivation. The Incentive Motivation Scores of the subjects were obtained by using Incentive Motivation Inventory developed by Aldermen and N. L. Wood. The test measures sub factors of incentive motivation such as excellence, power, sensation, independence, prestige, aggression and affiliation.

3.3 Design of the Study and Collection of Data

In the present study a random group design was followed. The necessary data related the study was collected 24 hours prior to the start of the competition in respective games.

3.4 Statistical Technique Employed

The data characteristics (descriptive statistics) such as Mean, Standard deviation, Minimum, Maximum, etc. were determined. The comparative assessment was done using independent 't' test using SPSS 18.0 Statistical package. The significance level was chosen to be 0.05 (or equivalently, 5%).

4.0 Results and Discussion

4.1 Incentive Motivation – Excellence Factor

Table 1: Incentive motivation test scores of university level Basketball and Volleyball players – Excellence Scale

Games	Mean	± SD	Min	Max	MD	t	P
Basketball	25.2	± 2.2	16	31	3.9	4.028	< 0.05
Volleyball	21.3	± 3.0	14	27			

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 1** presents results regarding the comparative assessment of incentive motivation test scores with respect to excellence factor of the basketball players and volleyball players. The results indicated that the mean incentive motivation-excellence score of the basketball players is 25.2 ± 2.2 . Overall variation in the incentive motivation-excellence score of the basketball players varied from 16 to 31. In addition to it mean incentive motivation-excellence score of the volleyball players is 21.3 ± 3.0 . Overall variation in the incentive motivation-excellence score of the volleyball players varied from 14 to 27.

4.2 Incentive motivation – Power Dimension Factor

Table 2: Incentive motivation test scores of university level Basketball and Volleyball players – Power Scale

Games	Mean	± SD	Min	Max	MD	t	P
Basketball	26.7	± 3.1	16	31	4.3	4.731	< 0.05
Volleyball	22.4	± 3.5	14	26			

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 2** presents results regarding the comparative assessment of incentive motivation test scores with respect to power dimension. The results indicated that the mean incentive motivation-power dimension score of the basketball players is 26.7 ± 3.1 . Overall variation in the incentive motivation-power dimension score of the basketball players varied from 16 to 31. In addition to it



mean incentive motivation-power dimension score of the volleyball players is 22.4 ± 3.5 . Overall variation in the incentive motivation-power dimension score of the volleyball players varied from 14 to 26.

4.3 Incentive motivation – Sensation Factor

Table 3: Incentive motivation test scores of university level Basketball and Volleyball players – Sensation scale

Games	Mean	± SD	Min	Max	MD	t	P
Basketball	25.5	± 3.3	17	31	1.6	0.627	Not Significant
Volleyball	23.9	± 3.5	16	30			

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 3** presents results regarding the comparative assessment of incentive motivation test scores with respect to sensation factor. The results indicated that the mean incentive motivation-sensation score of the basketball players is 25.5 ± 3.3 . Overall variation in the incentive motivation-sensation score of the basketball players varied from 17 to 31. In addition to it mean incentive motivation-sensation score of the volleyball players is 23.9 ± 3.5 . Overall variation in the incentive motivation-sensation score of the volleyball players varied from 16 to 30.

4.4 Incentive motivation – Independence Factor

Table 4: Incentive motivation test scores of university level Basketball and Volleyball players – Independence scale

Games	Mean	± SD	Min	Max	MD	t	P
Basketball	25.3	± 2.8	18	33	1.5	-0.329	Not Significant
Volleyball	26.8	± 2.4	19	32			

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 4** presents results regarding the comparative assessment of incentive motivation test scores with respect to independence factor. The results indicated that the mean incentive motivation-independence score of the basketball players is 25.3 ± 2.8 . Overall variation in the incentive motivation-independence score of the basketball players varied from 18 to 33. In addition to it mean incentive motivation-independence score of the volleyball players is 26.8 ± 2.4 . Overall variation in the incentive motivation-independence score of the volleyball players varied from 19 to 32.

4.5 Incentive motivation – Success Factor

Table 5: Incentive motivation test scores of university level Basketball and Volleyball players – Success scale

Games	Mean	± SD	Min	Max	MD	t	P
Basketball	24.9	± 3.2	17	30	1.1	1.027	Not Significant
Volleyball	23.8	± 3.9	15	32			

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 5** presents results regarding the comparative assessment of incentive motivation test scores with respect to success factor. The results indicated that the mean incentive motivation-success score of the basketball players is 24.9 ± 3.2 . Overall variation in the incentive motivation-success score of the basketball players varied from 17 to 30. In addition to it mean incentive motivation-success score of the volleyball players is 23.8 ± 3.9 . Overall variation in the incentive motivation-success score of the volleyball players varied from 15 to 32.



4.6 Incentive motivation – Aggression scale

Table 6: Incentive motivation test scores of university level Basketball and Volleyball players – Aggression Scale

Games	Mean	± SD	Min	Max	MD	t	P
Basketball	28.4	± 2.9	17	32	1.1	1.224	Not Significant
Volleyball	27.3	± 3.4	16	34			

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 6** presents results regarding the comparative assessment of incentive motivation test scores with respect to aggression factor. The results indicated that the mean incentive motivation-aggression score of the basketball players is 28.4 ± 2.9 . Overall variation in the incentive motivation-aggression score of the basketball players varied from 17 to 32. In addition to it mean incentive motivation-aggression score of the volleyball players is 27.3 ± 3.4 . Overall variation in the incentive motivation-aggression score of the volleyball players varied from 16 to 34.

4.7 Incentive motivation – Affiliation scale

Table 7: Incentive motivation test scores of university level Basketball and Volleyball players – Affiliation Scale

Games	Mean	± SD	Min	Max	MD	t	P
Basketball	25.1	± 3.2	15	30	3.1	2.987	<0.05
Volleyball	22.0	± 2.7	16	28			

SD: Standard deviation; Min: Minimum; Max: Maximum; MD: Mean Difference; t: 't' ratio; P: Probability

Above **Table 7** presents results regarding the comparative assessment of incentive motivation test scores with respect to affiliation factor. The results indicated that the mean incentive motivation-affiliation score of the basketball players is 25.1 ± 3.2 . Overall variation in the incentive motivation-affiliation score of the basketball players varied from 15 to 30. In addition to it mean incentive motivation-affiliation score of the volleyball players is 22.0 ± 2.7 . Overall variation in the incentive motivation-affiliation score of the volleyball players varied from 16 to 28.

5.0 Conclusions

5.1 Incentive Motivation – Excellence Factor

- From the study results it is evident that there is significant ($P < 0.05$) difference in the excellence factor of incentive motivation of basketball and volleyball players. Specifically, basketball players had better incentive motivation with respect to excellence factor than volleyball players.

5.2 Incentive motivation – Power Dimension Factor

- In view of the study results it is clear that there is significant ($P < 0.05$) difference in the power factor of incentive motivation of basketball and volleyball players. While basketball players had better incentive motivation vis-à-vis power factor than volleyball players.

5.3 Incentive motivation – Sensation Factor

- From the study results it is evident that there is significant ($P < 0.05$) difference in the sensation factor of incentive motivation of basketball and volleyball players. While basketball players had better incentive motivation sensation scores than volleyball players.

5.4 Incentive motivation – Independence Factor

- On the basis of the study results it is evident that there is significant ($P < 0.05$) difference in the independence factor of incentive motivation basketball and volleyball players. Generally, volleyball players had better incentive motivation than basketball players as far as independence factor of incentive motivation is concerned.

**5.5 Incentive motivation – Success Factor**

- From the study results it is evident that there is significant ($P < 0.05$) difference in the incentive motivation success scores of basketball and volleyball players. While basketball players had better incentive motivation success scores than volleyball players.

5.6 Incentive motivation – Aggression scale

- In view of the study results it is evident that there is no significant difference in the incentive motivation aggression scores of basketball and volleyball players. While basketball players had better incentive motivation aggression scores than volleyball players.

5.7 Incentive motivation – Affiliation scale

- From the study results it is evident that there is significant ($P < 0.05$) difference in the incentive motivation affiliation scores of basketball and volleyball players. While basketball players had better incentive motivation affiliation scores than volleyball players.

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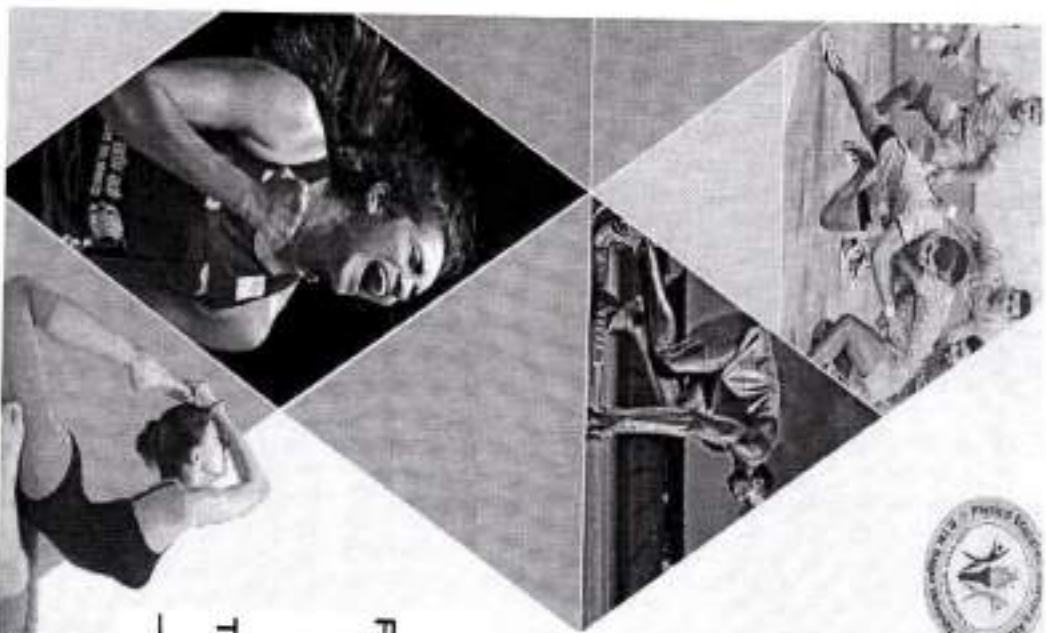
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Topic A Comparative Study of Incentive Motivation of
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THE EFFECT OF COVID-19 ON MENTAL HEALTH AND WELL BEING IN SPORTS

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Abstract:

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including, Physical distancing measures to combat the spread of the novel coronavirus have presented challenges for the mental health and well-being of college students, sports persons and common people.

Keywords: COVID-19, Social cure, Social support, Sports, health warning.

Introduction:

Physical distancing measures to combat the spread of the novel coronavirus have presented challenges for the mental health and well-being of college students And sports persons. As campus activities ceased, student-athletes abruptly became isolated from teammates and were no longer able to participate in sport activities that are often central to their identity as an athlete and player. However, student-athletes who have supportive social connections with teammates during this pandemic may maintain their athletic identity to a greater extent and report better mental health. The present study examined how student-athletes' mental health was associated with teammate social support, connectedness, and changes to athletic identity from before to during COVID-19.

Early Warning Signs

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems
- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true

- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school.

Mental Health and Wellness

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

Methodology:

A sample of 234 student-athletes completed surveys before COVID-19 physical distancing (February 2020), with 135 (63% female) participating in a follow-up in the month following school closures (April 2020). Path models estimated the effects of teammate social support and connectedness (during COVID-19), as well as changes in athletic identity on indices of mental health. Considering all path models tested, student-athletes who received more social support and reported more connectedness with teammates reported less dissolution of their athletic identity and-in most models-reported better mental health and well-being. Indirect effects indicated that student-athletes' change in athletic identity mediated the effects of teammate social support on psychological well-being and depression symptoms.

Conclusion:

Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic. Added to the fear of contracting the virus in a pandemic such as COVID-19 are the significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health.

WHO, together with partners, is providing guidance and advice during the COVID-19 pandemic for health workers, managers of health facilities, people who are looking after children, older adults, people in isolation and members of the public more generally, to help us look after our mental health. In addition to advancing theory on how small groups relate to mental health, these findings

demonstrate the value in remaining socially connected with peers and maintaining role identities during the COVID-19 pandemic.

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Kalyan Bharati

Journal on Indian History & Culture

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This is to certify that the article entitled

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Published in Vol. 36, No.(IX) : 2021

Kalyan Bharati with ISSN : 0976-0822

UGC-CARE List Group I

Impact Factor 5.90

