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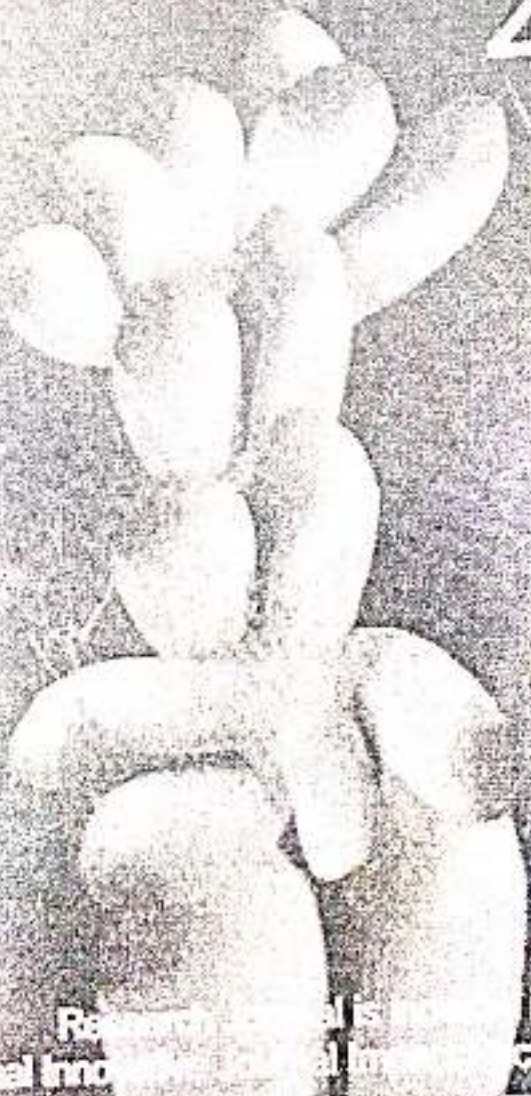
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पाँच बहतरीन कहानियाँ : अजय नावरिया सामाजिक यथार्थ का एक दस्तावेज

डॉ० कंचन पुरी, शोध निर्देशक
एसोसिएट प्रोफेसर, आर०जी०पी०जी० कॉलेज, मेरठ
श्रीमती स्नेहलता, शोध छात्रा
आर०जी०पी०जी० कॉलेज, मेरठ

अजय नावरिया हिंदी साहित्य के प्रसिद्ध युवा सशक्त कहानीकार हैं। इन्होंने समाज के नए-नए मुद्दों को अलग दृष्टि से हमारे सम्मुख प्रस्तुत किया है। अजय नावरिया का कहानी-संग्रह 'पाँच बहतरीन कहानियाँ' चर्चित कहानी संग्रह है। यह संग्रह सन् 2013 में चाणी प्रकाशन, नई दिल्ली से प्रकाशित है। इसमें लेखक ने 'न्यास कथा', 'निर्वासन', 'शार्प क्वे', 'बलि' और 'चौख' शीर्षकों से पाँच कहानियाँ दी हैं। 'बलि' कहानी उनकी प्रारंभिक कहानियों में से एक प्रमुख कहानी है। ये सभी कहानियाँ जाति, राजनीति और दलित पर हमारी संवेदना को झकझोर देती हैं। इसमें लेखक ने गाँव और शहर के द्वंद को व्यक्त किया है। लेखक स्वयं दलित हैं और दलितों के यथार्थ को अभिव्यक्ति देने के कारण उन पर दलित लेखक होने का टप्पा भी लगा है। भारतीय समाज जाति-आधारित समाज है। जातिव्यता या जाति-व्यवस्था हजारों सालों से भारतीय संस्कृति में व्यवस्थित है। जाति और वर्ण के आधार पर संपूर्ण समाज बँटा हुआ है। यह जाति-व्यवस्था गाँवों से लेकर शहरों, नगरों और महानगरों तक बालक से लेकर बड़ों तक सभी में एक समान रूप से विद्यमान है। गाँवों में जातियाँ एक-दूसरे से संबंध नहीं रखतीं। एक जाति के लोग दूसरी जाति के लोगों में विवाह-संबंध नहीं करते। यहाँ निम्नजाति के लोगों को सिके मजदूरी करवाने हेतु उँ पुकारा जाता है। उनसे कोई आत्मीयता नहीं होती। यहाँ तक की सर्वर्ण (उच्च जाति) के लोग भी आपस में एक-दूसरे के साथ खा-पी नहीं सकते, उठ-बैठ नहीं सकते। राजनीतिक गुटबाजी ने उन्हें भी बँट दिया है। जातिवाद, गुटबाजी की संकीर्ण सोच आपसो भाईचारे और मेल-मिलाप में बाधक है। यह इन कहानियों में पूर्णतः स्पष्ट होता है।

गाँव और शहर के समाज के अंतर को लेखक ने बहुत ही सूक्ष्म ढंग से चित्रित किया है। 'बलि' कहानी में लेखक ने स्पष्ट किया है कि लोग आगे बढ़ जाने पर अपनी ही जाति के गरीब लोगों के साथ अभद्र व्यवहार करने लगते हैं। वे उन्हें नीचा मानकर घैसा ही व्यवहार करते हैं जो वे स्वयं झेल चुके हैं। वे अपनी जाति, अपने लोगों को ऊपर उठाने के विषय में नहीं सोचते। इस कहानी में 'कालू' नाम का व्यक्ति अपनी ही जाति के अविनाश के घर जाता है तो निम्न व्यक्ति की भाँति ही वह वहाँ रहता है। इस कहानी में अविनाश को समझते हुए कालू चाचा कहते हैं—

2017-18

DR. SONIKA

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INDEX

1. RECENT SCENARIO OF HUMAN RESOURCE DEVELOPMENT IN INDIA
DR. MEELU C. LALU DEY 1
2. LOVE AS A SYNCRETIC EXPERIENCE IN R. PARHANSARATHY'S 'WORLD JOURNALS'
DR. NOOAN PRASAD VEDHAM SURESH SESHU 10
3. BUREAUCRACY REGULATION BILL 2016 - AN OVERVIEW
DR. RAJESH KUMAR 12
4. INDIA AND THE VISION OF A NEW WORLD ORDER
AKASH KUMAR 20
5. ANALYSIS OF HUMAN RESOURCES SYSTEMS ON ECONOMIC GROWTH AND MARKET SECTOR
DR. NITESH CHAUDHARY 25
6. IDENTITY POLITICS AMONG THE DALITS: AN ANALYSIS OF PUNJAB PRADESHI MEDHA AROH 30
7. LEGAL RIGHTS OF WOMEN AGAINST DOMESTIC VIOLENCE
SARVANI KUMAR, PRAVEEN KUMAR 33
8. MARKET ECONOMY, HANDICAPED AND CREATIVE DESTRUCTION
DR. DEEPA KUMAR 34
9. EMOTIONAL INTELLIGENCE AS A DETERMINANT OF MENTAL HEALTH AMONG COLLEGE STUDENTS
DR. M. NEELI C. ALTHAM 35
10. FINANCIAL INCLUSION IN INDIA
RESHMI 38

11. EXCEPTION OF PRINCIPLE OF DOCUMENTARY CREDIT HEMANT KUMAR HARTI, ISHWAR PRASAD HARWA	77
12. A LORD SHIVA (KOTESHWAR NATH DHAM) TEMPLE IN GAYA DISTRICT : A STUDY WITH SPECIAL REFERENCE TO EARLY BIHAR BRIJESH	83
13. AN ANALYSIS OF REPRODUCTIVE AND CHILD HEALTH PROGRAM: ITS OBJECTIVES, IMPACT, AND SERVICES. SHALINI PATEL	90
14. OBSESSION WITH GRADES AND EXAMS AND STRESS EXPERIENCED BY ADOLESCENTS MS. BHAVANA V. DR. KUMUDINIACHICH	98
15. WOMAN AS GIFTED MOTHERS IN THE NOVELS OF CHARLES DICKENS SUMAN MISHRA	108
16. KEY WAYS TO LEGAL PROTECTION OF WOMEN GLOBALLY : AN OVERVIEW Dr. DWARIKA PRASAD	114
17. A COMPARATIVE STUDY ON BUYING PRACTICES OF CLOTHING AMONG FEMALES NEHA GUPTA, DR. MITNU AGARWAL	121
18. INTERPRETING THE LITERATURE ON ECOTOXICOLOGICAL SIGNIFICANCE OF POLLUTANTS AND HUMAN DEVELOPMENT DR. SONIKACTOUDHARY	127
19. YOUNG JESUS CHRIST - THE MISSING YEARS IN INDIA DR. DIVYA SHARMA	146
20. A COMPARATIVE STUDY OF ATTITUDE OF SECONDARY SCHOOL TEACHERS, TOWARDS TEACHING AS CAREER DR. ANJALI GUPTA	158
21. REFLECTION OF LEADERSHIP BEHAVIOUR ON SCHOOL ORGANIZATIONAL CLIMATE DR. KEISHAMSHITALJIT SINGH	164
22. REFLECTION OF UNMIRRORED FEUD IN ALL MY SONS DR. BRIJESH HRAR, G.C. ISRANA	173
23. WOMEN ENTREPRENEURSHIP IN ONLINE TOURISM SERVICES NITIN GARG, TAPESH TYAGI	177
24. CONSTRUCTIVISM IN EVALUATION BASANAGOUTA MULIMANI	183
25. A STUDY ON ATTITUDE OF CIVIL SOCIETY TOWARDS INTER-CASTE MARRIAGES (Caste Exogamy) IN INDIA" Dr. BUBHABHARAT SHANKARRAO	191

Ch 1

Human Resource
 managing human resource
 constructive for an organization
 in the long run. It aims to
 contribute for the well-being
 Out of the fundamental
 adjudged as the most important
 four Ms i.e. money, man, material
 most significant and difficult to
 out in an organization
 various areas of administrative
 Resource Development
Key words : Human Resource

INTRODUCTION

It is well known that China is a
 delayed one. Compared to other
 its economic reforms and
 crises created by the global
 as a planned shift to open
 China, was unprepared for
 It had not gone through
 ideally precede trade liberalization
 variety of internal economic
 of globalization. Amongst
 of the industrial environment

INTERPRETING THE LITERATURE ON ECOTOXICOLOGICAL SIGNIFICANCE OF POLLUTANTS AND HUMAN DEVELOPMENT

DR. SONIKA CHOUDHARY

Associate Professor,

Department of Home-Science,

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ABSTRACT

Environment and human development are interrelated. Different sources of environment affect us as assessed by various biomarkers. The influence is more pronounced on the children due to their greater relative exposure, less developed metabolism and higher rates of cell production, growth and change which is manifested over a life time of growth to adulthood and senescence. Majority of the toxicants in the ecology are an indispensable part of our industrial progress. Hence, the only option that remains is to search for their antidotes.

KEYWORDS: *Human development, Children, environment, toxicants, copper, arsenic, cadmium, fluoride, selenium, polychlorinated biphenyls*

INTRODUCTION

Human development and growth patterns are an indicator of the environmental health. For the same reason increasing concern is being expressed to the increase in environmental pollution that is releasing potentially dangerous chemicals or toxicants in the air we breathe, water we drink and the land we live on. However, it has been widely recognized that developing individuals (embryos, fetuses, newborns, infants and children) are a uniquely susceptible population to insults from environmental hazards (Grandjean and Landrigan 2006 and Bearer 1995). Their increased susceptibility can arise from increased exposure to environmental toxins (pound for pound of body weight; children drink more water, eat more food and breathe more air than adults), increased exposure of individual organ systems from differences in distribution of toxins, immaturity of excretory pathways, alterations in target organ susceptibility, and a longer life span in which to express illness. Children

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28/09/21

● Peoples Participation, Democracy in Good Governance- A Roving Eye
DR. M. RAMANA REDDY (71) 86

SOCIAL WORK
 ● Gender Perspective in City Development Activity - A Case Study of Nanded City
DR. MARUTI NIVARATI GAJWAD (47) 89

● Internal Migration in India - Problem to Local Democracy
Ms. SUPAL G. BAIKAL (34) 92

SOCIOLOGY
 ● The Relationship between Education and Social Mobility of Women on The Bases of Their Castes
DR. DEEPIKA GIPTA (44) 95

● वर्तमान समय में श्रमिक परिवर्तनों की परिस्थिति - एक अध्ययन
डॉ.वर्तिका ओझा (59) 98

Arts & Humanities

DRAWING
 ● मुद्रांकन की विरलता - अन्वय के विशेष चर्च में डॉ. (श्रीमती) वीणा श्रीवे (II) 100

ENGLISH LITERATURE
 ● Modern Criticism of Wordsworth's Philosophy of Nature
DR. SATYA PRIYA MISRA (39) 102

● Various Themes in William Shakespeare's Plays and Poems
DR. SATYAJA (77) 104

HINDI LITERATURE
 ● एक अन्वय की रचनाओं में आदिवासी एवं दलित विचारों
डॉ.बंदिता कुमार एवं मधना सिंह (64) 106

● मद्रास विनायकी लोक कलाओं एवं अन्य लोक कलाओं में महानता के हल
डॉ.डी.एस.भारद्वाजी (74) 108

● पहिल स्वयंसेवक विवेकी के निरूपण का विश्लेषण
डॉ.सुबेन्द्र पाण्डेय एवं श्रीमती सीमा चंद्राकर (29) 110

● समकालीन समाज की अर्थव्यवस्था - 'एक अनुशासित'
संजीता पादिल (55) 112

● हरिओम द्वारा रचित 'विश्वकर्मादेवी के पैरुके प्रयोग' : एक अध्ययन
डॉ.आरती शर्मा (65) 114

HISTORY
 ● The Organisational Set up of The Shiromani Gurdwara Parbandhak Committee in Akali Movement
DILBAG SINGH (37) 116

MUSIC
 ● Propagation of Indian Classical Music Through the Media
GURWINDER SINGH (80) 120

PUNJABI LITERATURE
 ● महाकाव्य 'एक-बाँधी' : कसलदासी परिप्रेक्ष्य ('बुधवार' खबर की उल्लेख) बाँधी संस्कृति के आधार 'उ'।
उज्ज्वल कुमार शंकरा (81) 122

MULTIDISCIPLINARY (MISC)

HOME SCIENCE
 ● The Profile of Enterprise Run by Women in Kota, District of Rajasthan
TRUPTI DAMODAR & DR. DEEPA SHARMA (38) 125

● To Study About The Effectiveness of Yoga / Exercise on Menstrual Cramps
DR. SUREKA TEJAS (448) 129

RESEARCH PAPER
 ● Land Boundary Agreement: A Critique of Indo-Bangladesh Issue
DR. AJAY KUMAR CHANDRASEKAR & MISS RAJANI CHAKRABARTY (73) 131

● 'रिसर्च लिंक' सदस्यता फॉर्म 134

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<http://unc.sath.virginia.edu/interpret/exhibits/hill/hill.html>

(7) गुजराती माध्यम के शोध-पत्र हेतुकृष्णा (Harekrushna), टेराफॉन्ट वरुण (Terafont Varun), टेराफॉन्ट आकाश (Terafont Akash) में दर्शन करवाकर 'रिसर्च लिंक' में भेजे जा सकते हैं।

'रिसर्च लिंक' की सदस्यता का शुल्क भारतीय रुपयों में बैंक के द्वाारा जमा करवाकर या जमा किया जा सकता है। बैंक का विवरण निम्नानुसार है -
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Self Attest
 Sushu
 28/09/21



To Study About The Effectiveness of Yoga / Exercise on Menstrual Cramps

In this present study, the purpose is to observe the effectiveness of yoga/exercise on menstrual cramps. A sample of 25 women was selected. The locale was confined to Meerut city. So after this research the result showed that yoga is very helpful and effective to relieve menstrual cramps.

DR. SHWETA TYAGI

Introduction :

Yoga, an ancient system of healing, exerts a positive influence on health and well-being, by changing the way we think, feel and respond to life situations. Yoga is also an alternative therapy for relieving pain and fatigue.

A woman's menstrual cycle is often linked to her emotional well-being. Many also believe that one must avoid exercising during periods. But how true is this claim? Should a woman actually take a 4-5 day break from workouts every month.

Everyone is aware of the basic, ground benefits of regular exercise. It helps in regulating healthy blood pressure, keeps the heart healthy, conditions and tones muscles, helps in joint flexibility - all while helping healthy weight control. Exercise also keeps a host of lifestyle diseases at bay, and is a known way to fight and recover from life-threatening serious illnesses as well. But exercising, while menstruating, is proven to be even more beneficial. A moderate intensity workout helps in alleviating cramps (also known as dysmenorrhea) and also keeps the bloating at bay. From Day One until the menstruation ends one should stick to the practice of those asanas that help women keep healthy and that do not create obstruction to the menstrual flow. Those asanas have to be selected which do not make her run out of energy or any hormonal disturbance.

The standing forward extensions (uttistha paschimatasthiti), such as Urdhva Dhanurasana, Adho Mukha Svanasana, Pawanasana, Parsvotthanasana preferably with supported help during menstruation. In order to do the abdominal one has to first do the concave back posture before going to the final posture.

Assistant Professor, R.G.P.G. College, Meerut (Uttar Pradesh)

Ardha Chandrasana and Utthita Hasta Padangusthasana II, help to check the heavy bleeding, back-ache and abdominal cramps.

Dr Archana Dhawan Bajaj, Consultant Obesity/Gyne, Fertility and IVF Expert at Nurture, New Delhi, says (about the relationship between exercise and menstruation cycle): "A menstrual cycle can be divided into six different phases. On an average, the first three are related to changes in the lining of the uterus and the final three are related with the processes occurring in the ovary. As a physiological effect of menstruation, one might feel tired, fatigue, depressed and more prone to acne. This makes the menstruation period an uneasy time. Therefore, an increased intensity in strength training is beneficial during the menstruation: Since the metabolic rate lowers during menses, hence one should increase their exercise and calories intake by 20-25%."

Other than this, exercising or doing yoga during your periods also helps in effective blood circulation, thus relieving headaches and other aches and pains caused by the blood loss and iron depletion. In some, exercising regularly also helps in curbing the insatiable craving for junk food.

Hypothesis :

- (1) There is significant difference between the effects of yoga/exercise on menstrual cramps.
- (2) Yoga/exercise during menstruation is helpful in relieving menstrual cramps.

Method :

Sample :

Sample was selected from territorial boundaries of Meerut city. The sample consisted of 25 subjects.

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Tools of the Study :

For the purpose of present study, one tool will be used as given below. The questionnaire on the effect of stress and painkiller on working women.

Procedure :

To collect the real facts, contact was established with them. After making instructions clear to them they were asked to fill the questionnaire. For the purpose of data collection there are total 50 questions in questionnaire researcher figure out some questions related to the effect of stress and painkiller on working women. Data has been analysed by chi-square. On the basis of that questions, researcher scored them to count total number of 'yes' response and 'no' response. It is ensured that each subject has responded to each of the item. At the end scoring was done with the help of manual.

Interpretation :

After the calculation the total score of knowledge of painkillers according to all the dimension 13 out of 25 women did not know the effect of painkiller they use to consume during menstruation to relieve the abdominal pain and rest 12 were, aware about its result on health, which indicated that from the selected data only 48% women scored high in 'no' response that means less women score knowledge of effect of painkillers.

Result and Discussion :

Table 1 : Total Percentage of Women doing Yoga / Exercise to Relieve Menstrual Cramps

Variable	Yes	No
Women doing yoga/exercise	44%	56%

Table 1 indicates that 56% women do not do yoga/exercise to control their menstrual cramps. And 44% of women do yoga to relieve menstrual cramps. So we find that the percentage of women who do not do yoga/exercise to control menstrual pain is higher. Researchers found that yoga/exercise have a great impact on menstrual cramps. So the percentage of women should be increased who believe in yoga/exercise to control abdominal pain during menstruation.

According to The New York Times, gentle and restorative yoga poses, along with meditation help to ease cramps, pain and mood dysfunction during menstruation. Currently there is no medical or scientific literature that deems any yoga pose dangerous for menstruating women.

Conclusion :

(1) It is concluded that yoga/exercise is very helpful to control abdominal pain during menstruation.

(2) According to the percentage fewer women do yoga/exercise to relieve menstrual cramps. So this percentage must increase.

(3) Women doing yoga/exercise finds it helpful controlling abdominal pain. So they don't use drug/medication which is good for health.

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CERTIFICATE OF PUBLICATION

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With best wishes,

Yours Sincerely

(Dr. Anish Kumar Verma)
Director - Editor

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Back



Forward



Home



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Index

- Life Skills : New Hope For Present Era 1-3
Dr. Bhawan Bisht
- Gandhian Spiritual Approach and its Relevance in Present Era 4-5
Dr. Sangita Sinha
- The Effect Of Yogic Practices on Blood Pressure Variables of Senior
citizens 6-7
Dr. Bhawna Mittal
- Status and Performance of Agricultural Sector during the Period of
Globalization in India 8-10
Rahul Kumar
- Lohia's Immanent Critique of Caste 11-12
Dr. Mukesh Prasad Nirala
- African American Novels : An Analysis 13-14
Dr. Manjula Kumari
- MGNREGA: A Milestone for Women Empowerment 15-17
Subash Chand Chauhan
- Can Biological Psychology Provide the Best Answers? 18-20
Dr. Laxmi Kumari
- WOMEN'S HEALTH 21-22
Neelu Srivastav
- Need of Women Empowerment 23-24
Dr. Gyanendra Pratap Singh

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The Effect Of Yogic Practices on Blood Pressure Variables of Senior citizens

Dr. Bhawna Mittal*

*Assistant prof and Head, Physical Education
Department, Raghunath Girls P.G. College, Meerut.

Abstract : Yoga is the science that has been practiced for thousands of years. It is a way of life, which can be practiced by any human being regardless of age, sex and condition of health, thus it is based on general physical and spiritual. Yogic exercises can help a person to improve physical and mental health and provide firm control over body and mind especially to overcome most of dangerous diseases. The purpose of the present study was to find out the significant effects of Yogic Practices on Blood pressure variables of senior citizens. 30 subjects were selected randomly from old Mohanpuri colony of Meerut district. Sphygmomanometer test were used for the assessment of yogic training program. To find out the significant effect of yoga training programme on blood pressure variables of senior citizens, 't-test' was used as statistical tool. The level of significance was set at 0.05 levels. The result revealed that there was significant effect of yogic practice on blood pressure variables of senior citizen.

Keywords : Yogic Practice, Blood Pressure, Senior citizen, Physical health, Mental health etc.

Introduction : Health is an important concern for all human being. Health is the level of functional or metabolic efficiency of a living organism. In humans it is the general condition of a person's mind and body, usually meaning to be free from illness, injury or pain. Physical health means energy, stamina and adequate strength or resources for the requirements of the work as well as mental health indicates strength of purpose, coordinate of efforts, steady pursuit of well chosen goals and a high degree of mental organisation and integration. Yoga is the kind of bodily movement with mental concentration, it is now being realised in all over the world that yoga is not only for better development of mind, socio control and moral aspects but also a therapy. yoga is the science practiced in India since ancient times. Modern medical science tries to achieve optimum physical and mental health of the individual through preventive, curative & promotive approach. Numerous people all over the world have derived subjective benefits by practicing yoga regularly but to prove its efficiency as a health science it must be studied in the light of modern medicine. So the present study was planned to investigate the effect of 4 weeks yogic training on the blood pressure variables of senior citizens.

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संराजतां निरभिमानबुधेषु नित्यम् ॥

सम्पादकः सञ्चालकश्च

डॉ. विश्वनाथस्वर्ण

पुरुषोत्तमप्राच्यविद्याशोधप्रतिष्ठानम्, पुरी, ओडिशा
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PURI, ODISHA

विषयसूची

पृष्ठाङ्कः	विषयः	लेखकाः
३.	सम्पादकीयम्	प्रो. विश्वनाथस्वर्णै
५.	विष्णुपुराणे नरकाः	महामहोपाध्यायखिण्टी डॉ. सुधाकराचार्यः
७.	उत्तररामचरिते पर्यावरणचर्चा	डॉ. वसन्तकुमारमिश्रः
१२.	अलङ्कारशास्त्रस्योद्गमस्रोतः	प्रो. सूर्यमणिरथः
१५.	विष्णुपुराणे कालस्वरूपः	डॉ. पूनम लखनपालः ✓
१७.	साहित्यशास्त्रदृष्ट्या शिक्षासम्बन्धयः	डॉ. कृपाशङ्करशर्मा
२२.	शास्त्रेषु मनुस्मृतेः प्रमाणताविचारः	डॉ. विश्वनाथ हेगडे
२६.	लकारार्थविश्लेषणम्	डॉ. द्वारिकानाथत्रिपाठी
३२.	स्फोट-विमर्शः	प्रो. विनोदकुमार झा
३६.	विष्णुपुराणे आत्मस्वरूपम्	डॉ. उमा चौरीसिया (राहुल)
३८.	ऋग्वेदे मण्डूकः	डॉ. शत्रुघ्नपाणिग्राही
४२.	मुक्तिः श्रीपुराणोत्तमे	डॉ. लक्ष्मीकान्तपडझी
४६.	आनन्दवर्द्धनस्य संवादः	डॉ. हीरालालदाशः
४९.	कौटिल्यार्थशास्त्रे विवाहः	डॉ. राजवीरः
५१.	उत्तररामचरिते पर्यावरणपरिशीलनम्	डॉ. गीताञ्जली नायकः
५५.	वैष्णव्युत्क्रान्तिः	डॉ. सन्तोषकुमारी
५७.	महाभारते श्राद्धतत्त्वम्	डॉ. प्रकाशकुमारशतपथी
५९.	रुक्मिणीशविजयकाव्ये भक्तिरसः	लड्डू पार्थ सारथिः
६५.	छान्दोग्योपनिषद्दृशा प्राणसाधनसोपानानि	डॉ. पराम्बा श्रीयोगमाया
७२.	शास्त्राधिगमे शिक्षणविधिः	डॉ. प्रियदर्शिनी मेकाप
७६.	ज्योतिषशास्त्रे वनस्पतिप्रयोगः	डॉ. रमेशचन्द्रशुक्लः
८२.	स्कन्दपुराणे कूर्मावलदर्शनम्	डॉ. कीर्तिवल्लभ शर्मा
८६.	धर्मविजयनाटकस्य प्रासङ्गिकता	नम्रता उपाध्यायः
९०.	विष्णुपुराणालोके यादवत्वविमर्शः	डॉ. भारतेन्दुपाण्डेयः
९३.	वामनपुराणे सरस्वती	डॉ. सङ्गीता अग्रवाल
९५.	जगन्नाथदर्शने रथयात्रा	डॉ. गगनचन्द्र दे
१००.	Declaration	

विष्णुपुराणे कालस्वरूपः

डॉ. पूनम लखनपालः

लक्ष्या देव्या मुदितमनसा सेवितो विष्णुलोकं
विष्णुर्विष्णुर्विलसति शुभः शोभमानो नु देवः ।
दिव्याभं तं कमलनयनं केशवं वासुदेवं
श्रद्धाभावेर्मधुरवचसा चक्रपाणिं नमामि ॥१॥

भूतं भव्यं कलयति कलौ क्रम्यमाणः सदा यो
नव्यां सृष्टिं रचयति तथा राजमानः समन्तात् ।
मन्दं मन्दं चरति सततं मन्दमानो यथाऽयं
गत्या गत्वा गतिमयकलाकालकालं नमामि ॥२॥

व्यक्तोऽव्यक्तो यम^१ इव यथा धर्मराजो हि देवः
कृष्णः^२ कृष्णश्चपलचपलो गोकुले विद्यमानः ।
संलग्ना ये विविधविधिना कर्मभिः सर्वभावैः
कालै^३ भान्ति प्रथितगतिभिः कालपाशानुबद्धाः ॥३॥

सूर्यं चन्द्रं ग्रसति गगने राहुरेव स्वकालः
प्राणिप्राणान् प्रणुतहरणो ह्यन्ति कालप्रभावैः ।
स्वाधीनौ तौ प्रबलसबलौ कर्मभिः कालपाशाद्-
धन्यः कालः कलयति सदा भाति साक्षीह सृष्ट्यै ॥४॥

सृष्टिर्वृष्टिः सगररचिता विद्यमाना सकृष्टिः
पूता नद्यः सकलभुवने शोभमाना नदन्ति ।
देवा दैत्याः क्षितितलचरा मानवा जन्तवो ये
कालाधीनाः सततमिह ते कालगर्तप्रविष्टाः^४ ॥५॥

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प्राचीमुखा/अक्टूबर-२०१७ - मार्च-२०१८

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व्यक्तोऽव्यक्तो विविधविभिन्ना दिव्यभावहकारिणः ।
भिन्नो भिन्नः कलयति मुदा यो विराट् स प्रथमो
विष्णुर्विष्णुर्विपुलजगतो भाति नित्यं विराटः ॥६॥

सयुक्तो यो विचरति सदा सृष्टिकाले स्वरूपै-
र्विष्णुरूपात् प्रलयसमये यो विद्युक्तोऽन्यरूपैः ।
कालः नाम्ना प्रचरति शुभो भात्यनन्तस्वरूपः
रूपैः सर्वैः प्रभवति तदा विष्णुरूपः स विष्णुः ॥७॥

कालेऽकालेऽवरति^१ सदा लोककालः स्वकान्त्या
कीले कीले कलयति कलां कालकूटप्रकल्पः ।
कूले कूले कुलककुलिकः कालकीलकलाभिः
लङ्का रामो प्रविशति तथा विष्णुरेवं हि लोके ॥८॥

सन्दर्भसङ्केताः -

१. अमरकोषे - १.१.६१ ।
२. तत्रैव - १.६.१४, ३.३.१९३ ।
३. तत्रैव - १.४.१ ।
४. विष्णुपुराणे - ५.३८.५६, ५७ ।
५. तत्रैव - १.२.१७ ।
६. तत्रैव - १.२.२४, २६ ।
७. तत्रैव - ५.३८.५८-६० ।

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विभागमुख्या, संस्कृतविभागाय
रघुनाथ-कन्या महाविद्यालयः, मेरठ (यु. पी.)



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शोध विमर्श

डॉ. राजनी शrivastava, श्रीवास्तव

विवरणिका

1. हिन्द-फ्रांस दोन-भारत-बीन आर्थिक एवं रणनीतिक विस्तार का इति अर्थ
Dr. Sanjay Kumar
2. Emerging dimensions on india-france strategic partnership
Dr. Sanjay Kumar
3. WAR IN YEMEN AND SAUDI DILEMMA
Dr. Wasil Raza
4. Conservation of resource: issues and challenges
Dr. Ashok Kumar Kaithal
5. भारत-चीन सम्बन्धों में भूदान का सामरिक महत्व
डॉ. एनके सिंह एवं डॉ. संजय सिंह
6. वर्तमान शिक्षा के परिप्रेक्ष्य में गुणकालीन शिक्षा के स्वरूप का अध्ययन
डॉ. अमरपाल सिंह
7. वर्तमान युग में मानवतावादी बौद्ध धर्म की उपादेयता
डॉ. एस. सुमला
8. मध्यकालीन युग में स्त्रियों की स्थिति
सर्वरंजन राय मिश्रा
9. Integration of iot in educational sector
Vanshaj Srivastava
10. A complicated issue in patrilineal society - honour killing
Dr. Rajani Srivastava
11. Unique aspects of students behaviour towards caste system
Dr. Brij Mohan Srivastava

A Complicated Issue in Patrilineal Society – Honour Killing

Dr. Rajani Srivastava
Asstt. Professor
Deptt. Of Sociology
P. G. (P. G.) College, Meerut

There are many cases of honour killings where the families were peace loving and law abiding and were liberal toward their children. They later on went to kill their children to save their honour in the society.

Honour killings, however, point toward a much larger problem of violence against women. In India, over 8,191 dowry deaths were reported. These are, however, not reported as honour killings. Unlike other crimes such as domestic violence or rape, however, honour killings are premeditated and deliberate. Most or all family members are involved and perpetrators are rarely remorseful.

In 2010, a leading Indian newspaper reported over 1600 cases of honour killings across the country. And 90 percent cases amongst these are reported from the states of Haryana, Punjab and Uttar Pradesh.

In Pakistan, a form of honour killing called *karo-kari* is the cause of death among over 10,000 women each year. Official records, however, carry less than a tenth of these figures. In 2011, human rights groups recorded 720 cases of honour killings in Pakistan. Among these, about 605 are women. There have been over 4,000 official reports of honour killings in Pakistan between 1998 and 2004 with over 2700 women victims. There are, however, obvious discrepancies in reporting. In 2010, the Human Rights Commission of Pakistan reported 790 cases of honour killings. The same year, there were about 960 such cases reported by Amnesty International. Honour killings have popular support in rural Pakistan, mostly in the Punjab, Sindh and Baluchistan provinces.

Historical Background

Dr. Manju Lata

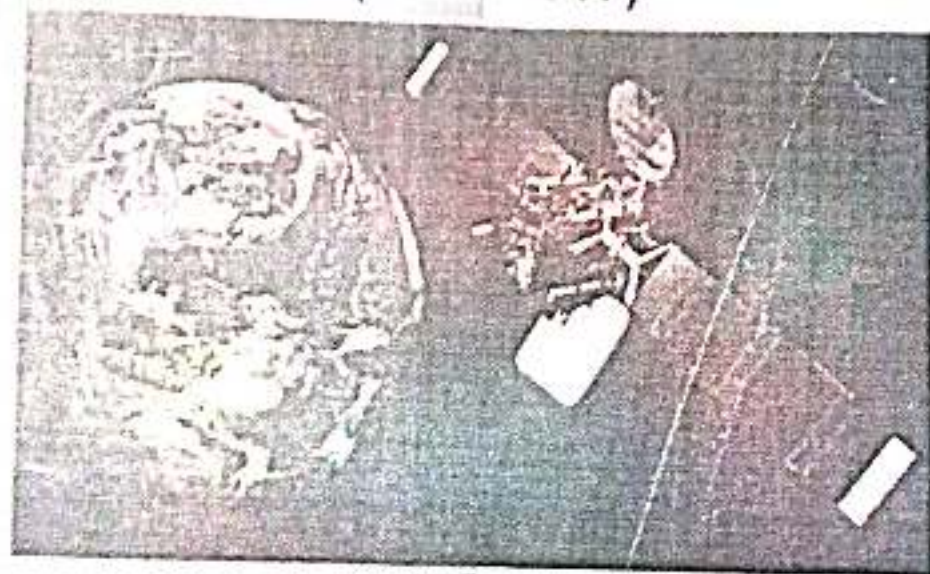
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DEPARTMENT OF GEOGRAPHY
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CONTENTS

Author's Name	Title of the Paper	Page No
Dr. Manju Lata	<i>Child Labour Problem : National Plans & Policies in Different Sectors</i> ✓	01 - 14
Dr. Babita Sharma	<i>Inclusive Education: The Need of Hour</i>	15 - 21
Dr. Rakesh Rai	<i>Employment : Prospects and Opportunities</i>	22 - 27
Dr. Rakesh Rai	<i>Economic Growth & Employment Generation in India</i>	28 - 35
श्री प्रवीन कुमार	कृषि उत्पादन पर बदलती मौसम प्रवृत्तियों का प्रभाव : ब्लॉक गढमुक्तेश्वर जिला हापुड का एक विशिष्ट अध्ययन।	36 - 65
डॉ० गूपेन्द्र सिंह एवं	अध्यापक शिक्षा - समस्याएँ और चुनौतियाँ।	66 - 72
डॉ० बबीता शर्मा डॉ० शालू	कृषि भूमि उपयोग का विवरण जनपद-मेरठ।	73 - 77

Dr. Deepshikha Sharma (Geogr)

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Contents

1. Regional Variation of Coral Health Deterioration Through Industrial Wastage (Case Study of Karumbhar and Pirotan Island in Southern Gulf of Kutchh) <i>Dr. Deepshikha Sharma & Mrs. Varsha Devi</i>	1
2. Contribution & Role of Human Activities to Climate Change <i>Dr. Neeraj Tomar & Dr. Megha Chaudhary</i>	8
3. Tourism Development in Himachal Pradesh <i>Dr. S.C Bansal & Dr. Anita Malik</i>	16
4. Unprotected Delhi for Women <i>Dr. Deepak Kumar, Geetanjali Sharma & Gajoor Ahlyed</i>	21
5. Effects of Climate Change on Human Health <i>Dr. Susati Thakur</i>	27
6. A Study of Chemical Composition of Some Leafy Vegetables of Nidhauli Kalan-Etah <i>Pavni Kumar & Meenukumari Aihar</i>	36
7. Revival of Old Silk Route and New Maritime Route: An Opportunity or Hidden Geopolitics of China <i>Geetanjali Sharma</i>	42
8. Kali River in Uttar Pradesh - Pollution and Health Effects <i>Dr. Nayan Shukla & Madan</i>	52
9. Occupational Structure of Population in Varanasi District (Uttar Pradesh): A Geographical Analysis <i>Prashant & Dr. A. K. Mishra</i>	55
10. Tourism Arrivals Trends in Uttarakhand State by Using Time Series <i>Dr. Anshu K. Singh & Dr. P. P. Singh</i>	65
11. Electricity Consumption Demand & Forecasting: A Case Study of <i>Dr. Anshu K. Singh & Dr. P. P. Singh</i>	73

ERPA

(D.9)

1

Regional Variation of Coral Health Deterioration Through Industrial Wastage (Case Study of Karumbhar and Pirotan Island in Southern Gulf of Kutchh)

Dr. Deepshikha Sharma* & Mrs. Vaisha Devi†

ABSTRACT

Coral reef is a most diverse ecosystem on the earth. Coral reefs are distributed on east and west coast of India. This paper attempts to highlight regional variations of coral reef health affected by industrial wastage in gulf of Kutchh. Corals of Pirotan and Karumbhar Island are dying due to the hazardous pollutants released by industries which released in gulf of Kutchh. In this research paper we find the intensity of pollutants and impact on coral health.

Keywords: Coral Reef, Industrial Wastage, Gulf of Kutchh, Pirotan and Karumbhar.

Introduction

Coral reefs are geologically formations that have been constructed from the accumulated skeletons of invertebrate animals and plants. Coral reefs are some of the most diverse ecosystems in the world, housing tens of thousands of marine species. About 75% of all marine species lives on coral reefs. Coral reefs are found all around the world in the tropical and subtropical oceans. They are usually found in shallow areas of about 100 meters depth.

They are also known as the rainforests of the sea. They are home to many species of fish and other marine life. They are also important for tourism and the environment.

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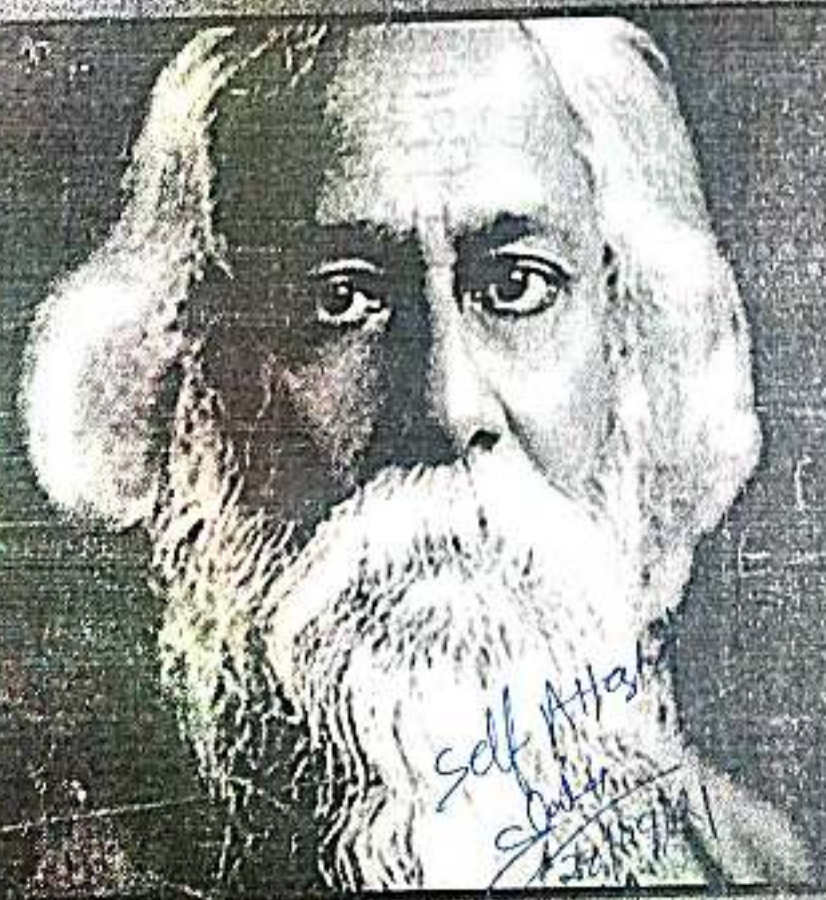
154

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*"Where the mind is without fear
and the head is held high,
where knowledge is free,
where the world has not been
broken up into fragments by narrow
domestic walls.
Where words come out from the
depth of truth,
where tireless striving stretches its
arms toward perfection.
Where the clear stream of reason has
not lost its way
into the dreary desert sand of dead
habit.
Where the mind is led forward by
thee
into ever widening thought and
action.
In to that heaven of freedom, my
father,
LET MY COUNTRY AWAKE!"*

Rabindranath Tagore ; Noble Prize in
Literature 1913



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- विषय-सूची में संयुक्त रूप से एक ही सूचिका, भारत के संविधान में डॉ.अशोक कुमार एवं डॉ.निखिल खान (345).....98

EDUCATION

- Role of Teachers in Fostering Peace Education
Dr. Usha Rao (298).....101
- उत्पीड़न, निरीकरण, वैश्वीकरण के संदर्भ में शिक्षण की विधि एवं एक ही सूचिका : पर अध्ययन
डॉ.अमोब मिश्र (407).....103

DRAWING

- स्टूडेंट्स को सुनिश्चित करने का सर्वोत्तम माध्यम
डॉ.ई.श्रीमती) सीमा चौबे (440).....106

LAW

- Protection against Governmental Lawlessness and Public Interest Litigation
Dr. SANJOGITA THAKUR (412).....108
- Protection of Women's Human Rights With Special Reference to Domestic Violence
VIDYA SHUKTARAT & ASHUTOSH PITALIA (435).....111

ECONOMICS

- Significance of M.P. Warehousing & Logistic Corporation in Food Grains Storage in M.P.
Dr. KALPANA SHARMA (413).....113
- State Tourism Policy of Madhya Pradesh
Dr. MATTYUNJAY KUMAR & SURYA KUMAR (395).....116

COMMERCE

- Foreign Direct Investment in Indian Retail Sector Two Aspects of Coit
Dr. PRAMOD KUMAR SHARMA (409).....118
- Impact of Television Advertisement on Purchasing Behaviour of Indian Customers
Dr. L.S. BANJAL (406).....121
- Measurement of Consumer's Consciousness and Satisfaction towards HDFC Bank
Dr. INDRJIT (431).....124
- Goods and Services Tax An Indirect Tax Regium in India
Dr. SURENDRA KUMAR AGRAWAL & GAURAV SHARMA (389).....127
- नेटवर्क के क्षेत्र में "डिजिटल पैसे" : एक अध्ययन
डॉ.सत्यम मोदी (H).....130
- कृषि विज्ञान के क्षेत्र में व्यापक उद्योगिकरण
डॉ.कृष्णा घुमिया एवं डॉ.जोगेश्वर मैदमवार (397 (A)).....132
- इंडिया अर्थव्यवस्था एवं नीतिगत समीक्षा (संगठन विज्ञान के विशेष संदर्भ में)
डॉ.सुमेन्द्र चौरी (397 (B)).....135
- कृषि उद्यम मंडी समिति राजकोटगंज को आदर्श मंडी के रूप में विकसित करने में उत्पीड़न विषय (मंडी) बोर्ड की सूचिका श्रीमती आकांक्षा राठी एवं डॉ.पी.सी.अग्रवाल (403).....137
- नकदीयन अव्यवस्था की ओर देश के बढ़ते कदम
डॉ.प्रीति आनंद उदयपुर (404).....140
- संयोग में परिवर्तन का अर्थव्यवस्था को सुनिश्चित करने का अध्ययन (राजपुर विज्ञान के विशेष संदर्भ में)
डॉ.राजेश्वर कुमार जैन एवं सुनील आडवानी (417).....142

HOME SCIENCE

- A Study on The Relationship between Menstruation and Alcohol Consumption
Dr. SURETA TANGI (379).....145

LIBRARY SCIENCE

- Utility of E-Resources Under N-Lite Programme
Dr. SURAL SIBRASTAR (400).....147

RESEARCH PAPER

- Use of Chi-Square Test in Reference to Business
Dr. SANJAY SINGH & SHEKH AADIL DALLA (355).....150
- First Generation Students : A Preliminary Study (At Govt. V.Y.T.P. Girls College Campus, Durg, Chhattisgarh)
Usha Saha (398).....153
- Causes, Challenges and Strategies to Overcome Forest Fire
Dr. SURENA BHATT, DR. RANJU BISHT & DR. G.K. SEMPAL (408).....156

- 'गोपनीय' प्रकरण संबंधी नियम..... 29, 157
- 'रिसर्व लिंक' सदस्यता फॉर्म.....158



बधाई	
डा. रीना जैन को पी-एच.डी. उपाधि	
	<p>प्रदेशीय शिक्षण महाविद्यालय में प्रमुख व्याख्याता डॉ. रीना जैन को राजी दुर्गावती विश्वविद्यालय, जबलपुर द्वारा उनके शिक्षण संकाय में शोध स्वतंत्रता प्राप्ति के बादमालिका शिक्षा की विभिन्न योजनाओं का बालिकाओं की प्रगति पर प्रभाव पर पी-एच.डी. उपाधि प्रदान की गयी है। डॉ. रीना जैन ने अपना शोध कार्य डॉ. के. जोहर के निर्देशन में पूर्ण किया है। सातत्य हो कि पूर्व में वर्ष 1992 में डॉ. रीना जैन, डॉ. हरीसिंह गौर विश्वविद्यालय, सागर से हिंदी संकाय में पी-एच.डी. उपाधि अर्जित कर चुकी है।</p>

'रिसर्व लिंक' की सदस्यता का शुल्क भुगतान राष्ट्रीयकृत बैंकों द्वारा सीधे ट्रांसफर या जमा किया जा सकता है। बैंक का विवरण निम्नानुसार है-

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Self Attested
Shukla
 28/09/21



A Study on The Relationship between Menstruation and Alcohol Consumption

The purpose of this study is to assess the prevalence of hormonal dysfunction in women addicted to alcohol or prone to alcohol consumption. The locale was confined to Meerut city. The sample consisted of 25 subjects. So after this study the result showed that its consumption can make period temporarily irregular and you can have extra periods or have skipped or have late periods too.

DR. SHWETA TYAGI

Introuction :

Menstrual refers to the monthly cycle in women, which prepares the female for ovulation, generally once per month, what is that time of month that the egg can be fertilized by the male sperm, for the purpose of reproduction.

Alcohol use affects men and women differently, with women being more affected by the health effects of alcohol use. Yet, a dearth of information investigating the alcohol use in women exists (SAMSHA 2011). In particular, one dispositional factor hypothesized to contribute to alcohol consumption in women is the menstrual cycle.

Women and Alcohol :

Alcohol use disorders place a high burden upon society, with estimations of annual public health costs exceeding \$223 billion. Although alcohol use disorders have historically been higher in men, recent epidemiological evidence suggests the gap in prevalence of alcohol use and dependence between men and women is decreasing.

However, research regarding alcohol consumption and menstrual cycle has been mixed. The studies may help us understand the underpinnings of menstrual cycle phase posited that the menstrual cycle is disrupted, and disruption leads to drinking.

What does alcohol do before or during your period? :

Alcohol can "temporarily increase levels of estrogen and testosterone". Estrogen and Testosterone are two very important hormones a people with periods, and when they are increased by alcohol consumption, they can alter when you ovulate and thus change when you menstruate. This makes for irregular periods, which can be frustrating to deal

with. Fortunately though, hormone levels aren't typically disrupted by mild amounts of alcohol and even through this does vary by person, it would take quite a bit of booze to drastically alter hormones.

According to this incredibly informative piece from the New York Times, alcohol does not cause period pain, but it can prolong the pain experienced by those who suffer from dysmenorrhea, which is a menstrual disorder that causes severe cramps. The piece also states that "alcohol worsens PMS symptoms" although it does not say how. Today Health claims that alcohol can decrease blood sugar levels, it emphasizes the emotional symptoms of PMS.

Hypothesis :

(1) There is significant between the menstrual cycle and the consumption of alcohol.

(2) There must be the negative impact of alcohol consumption on menstrual cycle.

Method :

Sample :

Sample was selected from territorial boundaries of Meerut city. The sample consisted of 25 subjects.

Tools of the Study :

For the purpose of present study, one tool will be used as given below : The questionnaire on the effect of stress and painkiller on working women.

Procedure :

To collect the real facts, contact was established with them. After making instructions clear to them they were asked to fill the questionnaire. For the purpose of data collection there are total 50 questions in questionnaire researcher figure out some questions related to the effect

Assistant Professor (Department of Home Science), R.G.P.G. College, Meerut (Uttar Pradesh)

*Self Attached
28/09/21*

Annex- 11A
Dr. Bhawna Mittal
2017-18



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INDEX

ENVIRONMENTAL IMPACT OF TOURISM 1-3

Dr. Laxmi Awasthi

✓ The Effect of Yogic Asana on Body Balance Variable of School Female Students 4-5

Dr. Bhawna Mittal

PROBLEMS AND PROSPECTS OF TOURISM INDUSTRY IN BIHAR – WITH SPECIAL REFERENCE TO MOTIHARI (BIHAR) 6-7

Swarna Rani

Religion as a major factor for Gross National Happiness in Bhutan 8-11

Dr. Sandeep Kumar

Role of Indian Communist Parties in Anti-Apartheid

Struggle in South Africa 12-15

Dr. Rajesh Kumar

Dominating Role Of Feminism In The Novels Of

Anita Desai 16-17

Dr. Gyanendra Pratap Singh

Right To Information : A Tool Of Good Governace 18-20

Dr. Brijesh Chandra Tripathi

Manohar Malgonkar As A Great Indo-Anglian Novelist 21-23

Dr Lila Ohar Mishra

Place and Problems of Agriculture in Indian Economy 24-26

Shreeprakash Choubey

Production Trends and Weaknesses in Indian Agriculture 27-28

Dr. Dharmendra Kumar

Transparency International Corruption Index : An Analysis 29-30

Dr. Ranjit Kumar Singh

An Analysis Shift from Self-Reliance To Globalization and Marketization 31-32

Dr. Shatrudhan Prasad

Indian National Movements (1885 -2012) : A Study 33-35

Dr. Ram Sundar Prasad

The Buddhist Concept of Money 36-38

Dr. Narendra Kumar

An Analysis of Trends and Patterns of Household Savings in India 39-41

Dr. Krishna Kant Mishra

Intrepid females in Chetan Bhagat's Novels 42-44

Dr. Bishun Kumar &

Ms. Kalpana Singh

Dalton's "Bravely Fought the Queen" : A Critical Analysis 45-47

Dr. Bishun Kumar &

Sonia Awasthi

Jharkhand : Need to Protect Its Natural Resources 48-49

Dr. Sangita Sinha

The Effect of Yogic Asana on Body Balance Variable of School Female Students

Dr. Bhawna Mittal*

*Assistant Prof and Head, Physical Education Department, Rajasthan Girls P.G. College, Alwar, U.P.

Abstract: Yoga is the form of physical activity that provides complete exercise to the entire body and massages all the internal organs and glands. It is a perfect way to incorporate balancing exercises into the training routine. Balance exercises are often overlooked by athletes but are one of the most effective ways to correct muscle imbalance or body posture problems. Yoga helps persons to feel and understand the body processes more accurately, thereby learning what the body needs. It is a science practiced in India since ancient times. The present study was carried out in 40 school female students of R.G. School, Alwar.

20 female students remain in control group and 20 remain in experimental group. Experimental group was practiced daily 45 minutes yoga session with following Asanas till 4 weeks. After training period, both groups were tested by foot test and statistical analysis was done by single sample group test. There was significant difference appeared between both groups. Experimental group achieved good body balance after the training than the control group.

Keywords: Yogic Asana, Body Balance, Posture, Statistical analysis, Empirical studies, Ashtanga Yoga etc.

Introduction: Health is an important concern for all human being. Yogic exercises are extremely helpful in increasing body balance with good posture. Empirical studies were shown that Yogic practices contribute to improve flexibility, muscular fitness and correct postural defects among school children and help to control and reduce excessive body fat. It is a good way to improve the body balance with good posture. Patanjali, the father of yoga has suggested eight limbs of Yoga to secure health of body, mind and soul which are known as Ashtanga Yoga. In Ashtanga Yoga, Asanas are more important to improve good body postures with proper breathing and rhythm. The present study was undertaken to find out the effects of yoga Asanas on body balance variable on school female students.

Objective of the study: To find out the effect of different yogic Asana practices on body balance of school female students.

Hypothesis: There will be significant difference appear on body balance of students.

Sampling and Methodology: The present study was experimental. To achieve the objective, 40 girls of R.G. School, Alwar under the age of 18 were selected for pilot study randomly. The training was planned to continue for a four weeks period and included 3 sessions per week of 45 minutes duration of their games period. The subjects were divided into 2 equal groups named experimental group and other was control group.

The experimental group underwent 4 weeks duration training. The control group maintain their routine activities and no special training was given. The full training was given following ways in 45 min.

1. pranayam 5 min
2. stretching 4/10 - 5 min
3. sarvangasana practice 5 min
4. Yogic Asanas 11 (Chandala, Trikonasana, paradasana, natrasaranga, vrkshasana, dhanurasana, shalabhasana, amritasana, sarvangasana, setubandhasana, chakrasana)
5. pranayama

Before starting training period we have taken pre test on subject. After training period post test conducted. The members of the two groups were tested using stork test on the selected variable before and after training period to find out the training effects.

Observation and results: The pre-test and post-test performance of the subjects in the selected variables was subjected to appropriate statistical analysis to find out the significance of yogic Asanas at 0.5 level of significance. The results are presented in Table 1.

Group	Mean	SD	SD error mean	df	F ratio
Experimental group	Pre	9.57	04	25	0.317
	Post	8.20	04	25	
	Pre	9.57	1.06	25	
Control group	Pre	9.57	1.06	25	1.229
	Post	9.44	1.02	25	
	Pre	9.44	1.02	25	

Dr. Preksha Yajurvedi Chemistry
(2018-19)

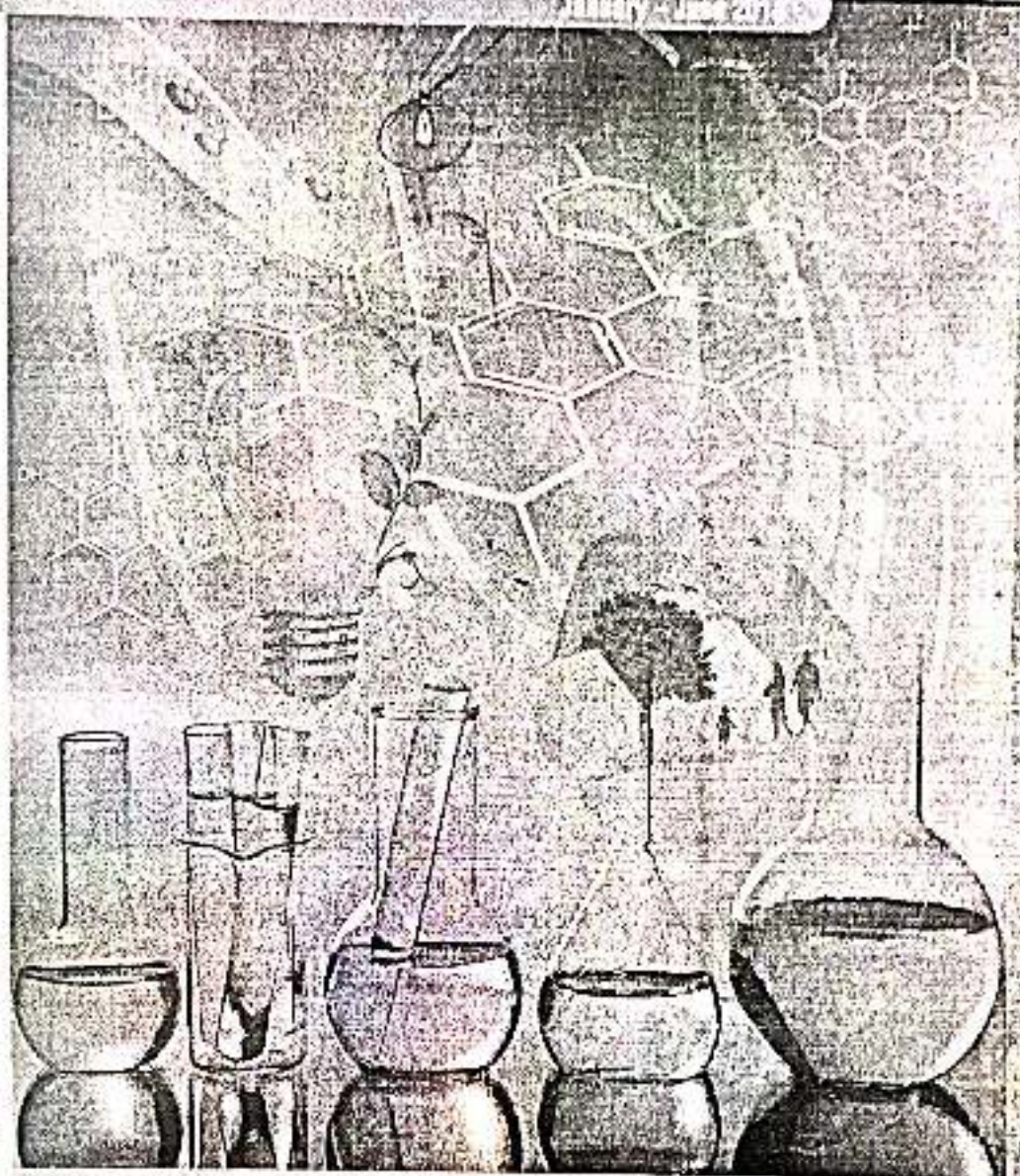
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Contents

	Page No.
Synthesis and Anticonvulsant Activity of Newer 5,6-Dichloroindolyl Thiadiazoles and their Thiazolidinones and Formazans Archana	1-6
Synthesis of Fluorescent Conjugated Polyacrylic Acid Rajesh Kumar Malik and Anuradha	7-9
Kinetics and Mechanism of Oxidation of Some Unsaturated Acids by Tetraethylammonium Chlorochromate in Aqueous Acetic Acid Medium -A Comparative Study J.V. Singh and Ashish Tumar	10-14
Biodegradation of Melanoidins from Sugarcane Molasses based Distillery Effluent: A Review Deeksha Vajurvedi	15-20
Confined Spaces in Biomolecules Rajesh Malik and Ashima Malik	21-25
Oxidation of D-Xylose with Quinolinium Chlorochromate : A Kinetic and Mechanistic Study J.V. Singh and Ashish Tumar	26-30
Nanotechnology : Applications in the Field of the Water Neelam Kumari, Swati Kumari and Nupur Shishodia	31-33
Technological Options & Limitations for Climate Change Mitigation: A Brief Review (India Perspective) Abha Awasthi	34-39
Green Chemistry: Steps to Sustainable Development V.P. Sharma and Rakesh Kumar	40-42
Air Pollution and Human Health Sanjay Vats	43-47
Medicinal Benefits of Pineapple Guava : Feijoa (Acca Sellowiana) Meenakshi Yadav, Renu Saraswat, Bina Rani, Raaz K Maheshwari	48-53
Future of Biofuels in India Anita Sharma	54-59

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BIODEGRADATION OF MELANOIDINS FROM SUGARCANE MOLASSES BASED DISTILLERY EFFLUENT: A REVIEW

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ABSTRACT

Many industries are playing a crucial role in water pollution such as textile industries, dairy industries and distillery etc. Distilleries are the major agro-based industries, which utilize molasses as raw material for the production of rectified spirit. This distillery effluent or spent wash is a major source of aquatic and soil pollution. The spent wash is highly acidic in nature and has a variety of recalcitrant colouring compounds as melanoidins. Dark colour of distillery effluent may be attributed due to the presence of these coloured compounds called melanoidins, phenolics and metal sulphides. Melanoidins are high molecular weight amino-carbonyl compounds which are produced by non-enzymatic browning reactions called as Maillard reactions during the food processing and preservation. Biological decolourisation by using fungi such as *Coriolus*, *Aspergillus*, *Phanerochaete* and certain bacterial sp. as *Bacillus* *Lactobacillus* have been successfully achieved and thus can be applied as a bioremediation techniques. In this review, we aim to emphasise on composition of spent wash and melanoidins providing a simple understanding of various methods of degradation. Bioremediation by use of bacteria and fungi is greatly emphasised and work done by various group of researchers has been compiled for better understanding of greener technologies.

Keywords: Spent wash, Distillery effluent, Melanoidins, BOD, Maillard Reaction, Biodegradation

INTRODUCTION

Sustainable development is a concept and ideology which has direct implications on climate change. Need for sustainable development arises due to adverse effects of urbanisation. One of the most important global environmental challenges today is the climate change which has direct implications on food crop production, water supply, health and energy security, forest ecosystem etc. A good scientific understanding as well as coordination is required for dealing the challenge of impacts of sustainable development on climate change at national as well as global level. The effective way to address climate change is to shift the sustainable development towards sustainable technologies using green chemistry approach. Green chemistry or environmental benign chemistry is the design of chemical products and processes that reduce or eliminate the use and generation of hazardous substance. It is a fundamentally new approach to environmental protection transitioning away from managing toxic chemicals at the end of the life cycle, to reducing or eliminating their use altogether. Green chemistry advocates prevention of waste, designing safer chemicals, maximum incorporation of reactants and minimization of hazardous products. It is the dire need of the hour to include impacts of climate

change in environmental or economic policy agendas of developing countries to which greener chemistry approach comes as a promising solution. Building cost effective strategies and integrated institutional capacity in response to climate change would be an important step towards preservation of biodiversity. Environmental sustainability requires society to design such activities to meet human needs while preserving the life support system.

One such aspect which needs stringent concern is the impact of distillery effluents on water and soil fertility. Colour pollution is one of the major environmental problems which gains attention. Waste waters from sugarcane molasses based distilleries are found to be coloured which is attributed to the presence of melanoidins. Agro based industries, distilleries and fermentation industries are responsible for the release of effluents which becomes prime source of soil and water pollution which may be owed to the presence of water soluble recalcitrant colouring compounds called melanoidins. Melanoidins are found to pose a serious threat to environment. They affect the soil and aquatic ecosystem by causing serious problems like reduction in penetration of sunlight resulting in decreased photosynthesis and also decreased concentration of

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Contents

	Page No.
Synthesis and Anticancer Activity of Newer 5,6-Dichloromethyl Thiadiazoles and their Thiazolidinones and Formazans Archana	1-6
Synthesis of Fluorescent Conjugated Polyacrylic Acid Rajesh Kumar Malik and Anuradha	7-9
Kinetics and Mechanism of Oxidation of Some Unsaturated Acids by Tetraethylammonium Chlorochromate in Aqueous Acetic Acid Medium -A Comparative Study J.V. Singh and Ashish Tomar	10-14
Biodegradation of Melanoidins from Sugarcane Molasses based Distillery Effluent: A Review Deeksha Yajurvedi	15-20
Confined Spaces in Biomolecules Rajesh Malik and Ashima Malik	21-25
Oxidation of D-Xylose with Quinolinium Chlorochromate : A Kinetic and Mechanistic Study J.V. Singh and Ashish Tomar	26-30
Nanotechnology : Applications in the Field of the Water Neelam Kumari, Swati Kumari and Nupur Shishodia	31-33
Technological Options & Limitations for Climate Change Mitigation: A Brief Review (India Perspective) Abha Awasthi	34-39
Green Chemistry: Steps to Sustainable Development V.P. Sharma and Rakesh Kumar	40-42
Air Pollution and Human Health Sanjay Vats	43-47
Medicinal Benefits of Pineapple Guava : Feijoa (Actinidia chinensis) Meerakshi Yadav, Renu Saraswat, Bina Rani, Ravi K. Maheshwari	48-53
Future of Biofuels in India Anita Sharma	54-59

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	Page No.
Synthesis of Thiazole Incorporated Azetidinone Derivatives and Their Biological Properties Indu Singh	60-63
Effect of Different Concentration of Ethylene Diamine Tetra Acetic Acid on Alkaline Phosphatase Activity Hari Om Sharma and Kalpana	64-66
Ionic Liquids : A Revolution in Green Chemistry Manisha Singhal and Vinay Prabha Sharma	68-72
Nitrate Contaminated Water : Its Mitigation Measures, Clinical Manifestations and Preventive Strategies Meenakshi Yadav, Renu Saraswat, Bina Rani, Raaz K Maheshwari	73-82
Synthesis of Novel Benzodiazepinyl Substituted Pyrazoline / Isoxazoline Derivatives as Broad Spectrum Anticonvulsant Agents Archana and Sachin Saini	81-87
Green Chemistry Approach to Solvent Free Reactions Indu Singh	88-91
Synthesis, Characterization and Antibacterial Activity of Transition Metal Complexes with Tetra Aza Macrocyclic Ligand Neelam Kumari and Pratibha	92-98
Synthetic and Spectral Studies of Complexing Behaviour of Isothiocyanato Complexes of 4-[(N-4-Diethylamino 2-Methyl Benzalidene) Amino] Antipyrine Sakshi Chaudhary and Sachin Kumar	99-104
Synthesis of New Evaluation Benzimidazole 2 Substituted Derivative Compounds and their Anticancer Activity Dhiraj Singh Yadav, Poonam Kumari and Kaushal Tomer	105-107
A Review of Applications of Nanotechnology in Biology and Medicine Sachin Kumar and Sakshi Chaudhary	108-111
Spectral Analysis and Electronic Structure by Density Functional Theory of Some Substituted Anilines Vishrat Chaudhary, B.S. Yadav and Seema	112-115

IONIC LIQUIDS: A REVOLUTION IN GREEN CHEMISTRY

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ABSTRACT

Climate change is one of the most severe threats for earth. One of the major causes of it is the use of hazardous solvent in various reactions. So there is always an urge for provision of proper solvation media rather than conventional solvents like organic solvents. Ionic liquid is an answer to this urge. This review brings in notice the properties, history and applications of ionic liquids that can be used as a substitute to conventional solvents.

INTRODUCTION

One of the main principle of green chemistry out of the twelve principles is that the use of auxiliary substances as solvents should be made unnecessary and even if the solvent is required it should be nontoxic [1]. According to green chemistry principles, to make a reaction environment friendly, there should be a provision of proper solvation media for a chemical reaction. But beside this ideal approach volatile organic solvents that pollute our environment have been used for centuries. The use of many of these solvents, notably chlorinated hydrocarbons is made prohibitive as these causes' serious environmental issues like atmospheric emissions and contamination of aqueous effluents. It is recognized that rigorous management of use of unconventional solvent as an alternative for traditional solvent that are environment unfriendly, can reduce waste solvent production and hence reduce the negative impact on environment to a great extent[2].

Aqueous and organic reaction media have been used invariably for conduction of chemical processes and material synthesis. Water is used as a suitable solvent due to its readily availability, nontoxicity, noninflammability and environment friendly properties. But it is liquid only between 0-100°C hence not suitable for high or low temperature reaction conditions. Similarly not suitable for organic solutes that are insoluble in water. Organic solvents are less preferred due to their inability to dissolve inorganic reactants, high vapour pressure and low melting points[3].

Ionic liquids are one of the most rapidly growing areas of research that have been found to be as one of the most

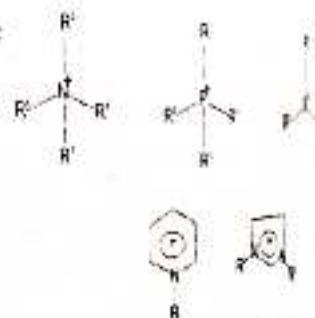
suitable nonconventional alternative solvents.

Ionic Liquids

Ionic liquids are the salts with melting point below 100°C, sometimes even below room temperature [4]. Ionic liquids are a material that is fluid at ambient temperature, can be easily handled, has low viscosity, is colorless or white, that can be used as a suitable solvent. The first ionic liquid (ethylammonium nitrate) was reported by Paul Berthelot in 1914, who at that time never realized that this would become a major scientific area after almost one century [7]. Interest in ionic liquids developed with the discovery of binary ionic liquids made from mixtures of ionic (III) Chloride and N-alkylpyrrolidinium Chloride [5, 6], 1,3-dialkylimidazolium Chloride [10,11].

Ionic liquids are formed from organic cations like 1,3-dialkylimidazolium, tetraalkylphosphonium, tetraalkylammonium, N-alkylpyrrolidinium and malachite green cations. (fig.1)

Cations:



Anions: BF_4^- , PF_6^- , SbF_6^- , NO_3^- , CF_3COO^- , CH_3COO^- , $CF_3SO_3^-$, $[CF_3SO_3]^-$, $N^+A^+R^-$
 Fig.1: Structures of Ionic liquids