

October 2010 *Entire Research, Vol. 2, Issue-IV* 1
**Effects of Globalization on Indian Industries with Special
Reference To Nashik Region**

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This article tries to have a glance on the effects of globalization not only in industries but also on the economic and political scenario in India. The introduction of globalization in India has made the people to see the changes in market and has given them an opportunity to see the products all over the world and buy the goods of their choice. Apart from it also has created a black doom for the industries due to high competitive market, where there was only monopoly existing before. But the government before taking any active decision for going on globalization would had a second thought because 70 % Of GNP comes from agriculture.

2.5. Research Methodology

This study is an empirical investigation of a micro nature covering the aspects of HRD in industries. The main objective is to obtain true insight in the practices in different large scale such as MAHINDRA & MAHINDRA, MICO, VIP, CEAT, ABB, and medium scale industries like JYOTI STRUCTURES, SWILL, on the basis of trend analysis as well as comparative analysis of the different manufacturing industries. This intended with the objective to evaluate strength and weakness of industries, on the overall performance basis. For this purpose employees development have been considered and they are compared with the relative figures of medium and large scale industries which enable us to judge the performance and growth of every industry under study. This research work is based on primary and secondary data. Primary data has been a major source of data collection. The views and opinions of the different employees and managers concerned has been taken into interpretation. The total number of respondents interviewed were 135 out of which 88 are employees, 33 are from management cadre and 14 are the trade union leaders. Specific breakup of employees from 7 industries. In MAHINDRA & MAHINDRA 20, MICO 15, VIP 16, ABB 12, CEAT 10, JYOTI STRUCTURES 8, SWILL 7. From Management cadre the break up is like this, In MAHINDRA & MAHINDRA 7, MICO 7, VIP 7, ABB 5, CEAT 3, JYOTI STRUCTURES 2, SWILL 2. From each industry 2 trade union leaders were interviewed.

Sources Of Data And Data Interpretation.

The primary and secondary data forms the main source of data collection.

2.5.1. Sources Of Primary Data

The primary data that has been collected from all the 7 industries and total respondents are 135. Two questionnaires were prepared, one for the employees and other for the higher management cadre. The total number of employees interviewed are 88 from different industries and different segments because by knowing different views and perceptions it helps in judging the scenario of HRD. From management cadre 33 G.M., D.G.M, were interviewed from different segments basically to know the managements perceptions on HRD. The trade union leaders that were interviewed were 14 basically to know their opinions on HRD between the management and the trade union leaders.

Details regarding various items are collected through Questionnaire, discussions and deliberations with concerned officers during interview in industries.

Objectives Of The Article :

1. To see the effects of Globalization in Nashik Industrial area.
2. To judge what measures are taken to cope up with the situation
3. To judge the consequences of globalization on SSI (Small Scale Industries)

MSI (Medium scale industries) how it has effected.

4. To Judge the effects on employment situation in Industries.

Highlights Of The Article.

1. The article first highlights the introduction of Globalization and why the developed countries made an idea for going on globalization all over the World.
2. Measures taken, and policies made for Globalization.
3. EXIM policy of India.
4. HRD Practices in industries before and after introduction of Globalization.
5. Effects of Globalization on NASHIK Industries.

Analysis And Interpretations

EFFECTS OF GLOBALIZATION IN NASHIK INDUSTRIAL AREA.

Name Of the Organization	1996	1997	1998	1999	2000	%increase 1997-98	%increase 1999-2000
Mahindra & Mahindra		9,250	9,788	9,788	10,620	5.81 %	8.50 %
MICO	11,636	13,732	12,372	13,982	13,982	- 9.9 %	0 %
VIP	93,628	33,091	32,581	44,612	83,128	- 1.54 %	86.33 %
JYOTI STRUCTURES	11,968	14,458	18,447	20,779	23,112	27.6 %	11.22 %
ABB	16,214	16,216	16,215	52,069	-----	0 %	-----

Source: Primary Data Collected From Industries.

The above table shows the annual turnover of each and every organization where there is increase and decrease in the profits of the organizations. This can be viewed as the effect of globalization on industries, in this region. The total number of industries covered in this area are round about 400, which includes all the large scale, medium scale, and small scale industries. The effect of globalization was such that most of the industries were facing tremendous problems in competing the market, and to achieve their targets. Most of the small scale and medium scale industries were closed down due to lack of orders from large scale industries and decrease in market share. They were lockouts in many industries.

Corporations have been continuously innovating to remain competitive in global market. The last few years of twentieth century have witnessed enormous changes in technologies of product process and information. Industries have undergone tremendous disturbances in their activities and with the implication of global market in India, which has led to the closing of many units of large scale and small-scale industries. And therefore many units have been termed as sick units. The globalization of markets and economy has driven corporate to search ways and means to remain leaders in the fierce competition. The customer preference has become the motto of many industries, adding extra dimension to the already existing brutal competition. In order to survive in such a tough competitive environment the industries are indulging themselves in many developmental activities like imparting necessary training programs such as Value Engineering, TQM, KAIZEN and ISO9000activities, which envisages its importance to the employees. And another implementation in industries is giving computer training, enhancing knowledge about the present global scenario to the workers and its effects in future. This increases the competitiveness, which vary from improving in house business process from having collaboration in strategic business area.

The organizations are continuously learning and increasing their competencies to remain ahead and be a leader. They have been investing in various facets of the organization for updating without losing time and who have not been left behind in competition, ultimately loosing business. The surest way to enhance capabilities of the industries is to learn from best corporate. The effect of globalization in industries is VRS declaration for employee's retentions of workers with some statutory benefits, because they are not able to cope up with the market even after 5 years. At present even

October 2010 Entire Research, Vol. 2, Issue-IV

3

conditions are still been worsening with the employees working for 4 days a week, and workers for 3 days a week in shift system. This has raised an employment in majority. In industries basically there is divergence of competent people and non-competent people are in havoc. It has also led to the degradation of promotions, recruitment, an employment etc, which leads to some disorder in society, where in everything has come to saturated level. Industries are adopting the process of automation, which will increase their productivity and decrease in their input cost. That will ensure the reduction of workers on shop floor. Some of the companies are selling away their sister concern units to foreign corporate due to the huge losses faced by the organizations, and lack of vision and mismanagement by corporate heads. The small sector heads are also reclusive, facing turbulence and are forced to shut down their units. The organization in Satpur Industrial Area is not able to cope up with the tough competition, the management employees and workers employed before are forced to remove by compulsive VRS or by the retrenching without any prior notice. The employees retrenched are given 3 months salary, and the workers 2 to 3 lakhs. The change in the Industrial Dispute act has made the employer to adopt the Contract based workers, because they are recruited on daily wage basis and they are not given the benefits. These are some of the reflections of the Industrial scenario of Nashik district. The effect of globalization is all over the world but more effect can be observed in India and Third World Countries, with the declaration of Free Trade policy by WTO. There is demarcation in prices of goods with the invent of China, USA, and Germany market in India where there is cheaper price paid for either electrical or non-electrical goods. This has led to major downfall in Automobile industries, Engineering industries. Only surviving industries are Pharmaceuticals industries and Information Technology. Even this has not only effected the industrial sector, but also the agricultural sector with nonchalant of proper shipping facilities, where the export duties were little bit higher than import duties by which the whole market was driven of by Multinational Corporate.

The global effect is such that people are now looking for quality and not for quantity because it has widened their knowledge. One of the most striking feature of globalization is the exponential growth of Foreign Direct Investment flows with multinationals enterprises with the expanding magnitude over 1990 have promoted the government both in developed and developing countries to attract with various packages, incentives to access among others to expedite the process of development. There is retrenchment going on in industries with the inflow of Foreign Direct investments where the market price has shrink due to lack of finance and quality. With this we can say that by 2020 India can face the problem of UN employment approximately 10 million people if there is no population control. This phase is due to lack of future vision, or forecast because they were always protected by government, and now they are thrown away in market to survive themselves as saying goes ' Be bold and fierce like a lion rather than a cowardice sheep'. The massacre in Gujarat have lead a tremendous downfall in industries because this state was having a maximum number of industries after Maharashtra where many people were employed. The communal riots led a paroxysm between Hindus and Muslims. Apart from it the unprecedented calamity of earthquake last year in Gujarat have proved a fatal because many lives have gone and people were still trying to cope up but this massacre lead the state into down fall which has affected the economy. Due to Govt. releasing relief funds for the state. The another point to have an glimpse is on agriculture because 70 % of the GDP comes from this sector, and the Govt. has least concentrated on this sector, due to least subsidies provided, and also the veggaries that affect this sector, mostly it has to depend on Monsoon and the Market. This is from a point of view that major GDP of the country comes from Industry as well as

October 2010 *Entire Research, Vol. 2, Issue-IV*

4

agriculture. We can say that they are both interlinked as many commodities of agriculture are used in industry.

Liberalization and Globalization are the two sides of the same coin which has a greater access to Foreign Direct Investment, which means huge capital in the country which can prevail more employment in future at least after the recession of 2 to 3 years to cope up with the present market. The implementation of GATT from this year has created an open market with the international trade where borders are to real for any agriculture and industrial sectors. Globalization has led to address long establish concerns with developed countries and developing countries with a risk of fragmentation. The year 2002 have proved to be a miracle for industries due to rise up in the economic situation. But it can also be predicted that if the war comes then there is going to be a tremendous disaster for the industries and also the economy.

Conclusion

In the light of above discussion and analysis the globalization and its effects on Indian economy can be summarized as follows.

- 1) It is inevitable that India should go for globalization. But due to lack of infra-structural facilities it has created lot of unemployment problems both in urban and rural areas.
- 2) Due to political instability, ever increasing population and vagaries of the monsoon we cannot extract the GDP from agriculture, to meet the national fiscal deficit. The ever increasing fiscal deficit has not only affected lot of welfare and development schemes all over the country but also the floating of new industries, agro based industries and employment potential both for educated and uneducated unemployed youths.
- 3) By taking into consideration the worst financial position of number of state governments of Indian union territory it has created lot of hurdles and barriers in the process of development.
- 4) It would not be unwise to say that we have to be after quality, competition and open market policy, but at the same time we have to take into consideration our social, political, educational and financial constraints. Therefore, we have to change the mindset of majority of our population. And it is needless to say that it will take some years together. Price of product is the main constraint to common Indian person as compare it to quality of product, naturally unless and until the economic and industrial policy will not ensure the elevation in the standard of living and per capita income of common Indian, the globalization would be a myth to him and not the reality.
- 5) As there is high literacy rate in India, the awareness created by inputting of foreign products few people have understood what globalizations is, but other constraints like poverty, lack of infrastructure, lack of resources and political disturbances, created in the government, have made it an unprospective word for illiterate people.

Glossary:-

1. WTO- By Kumar Ratnesh published in 1999.
2. GLOBALIZATION -By B.S. Bhatia published in 2001

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October 2010 *Entire Research, Vol. 2, Issue-IV* 5

Health Related Fitness and Special Population

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Being physically fit means having the strength and endurance to carry-out every day activities without undue stress and still have enough energy to participate in leisure activities and be able to deal with an unexpected emergency. When you are physically fit, your heart, lungs, and muscles are strong and your body is firm and flexible. Your body weight and percent of body fat are also within a desirable range.

Physical Fitness Components and Their Relationship to Health

(a) Cardiovascular Endurance :

One of the greatest causes of death in the world is coronary heart disease (CHD). CHD usually present warning signs in the form of the following risk factors, such as elevated blood lipids, hypertension, and disturbances in heart rhythms. These risk factors have been shown to be related to people's lifestyles. Stress, cigarette smoking, consumption of fat, and physical inactivity are lifestyle habits that have a direct tie to CHD mortality. According to a recent report from the Surgeon General, lack of regular exercise and physical activity contribute to the development of other CHD risk factors.

Research suggests that by engaging in regular exercise and physical activity that improves the cardiovascular system (aerobic capacity) individuals can reduce many risk factors associated with coronary heart disease. This is especially true for young people. There is strong evidence that the onset and rapid development of CHD can begin during youth, and may eventually become irreversible.

Aerobic (another name for cardiovascular: cardio = heart, vascular = veins and arteries) activities are incorporated throughout the physical education curriculum in order to improve this component. These activities include walking activities, jogging, running, jumping rope, distance swims, stationary bicycling, aerobic dance, step aerobics, basketball, team handball, touch football or any other activities which utilize the large muscles of the legs and elevate the heart rate.

Cardiovascular Endurance is defined as the ability of the heart and lungs to provide an adequate supply of oxygen to the body over an extended period of time.

(b) Muscular Endurance:

Weak abdominal muscles can promote health-related problems by contributing to a misalignment of the spine. When weak abdominal muscles add strain to the lower back muscles, low back problems can result. Research studies conducted to investigate ways to provide relief to people who suffer from back pain have demonstrated that improving the endurance of the abdominal muscles can decrease the incidence and severity of the pain.

Having muscular endurance indicates that your muscles are strong enough to move for long periods of time and can complete numerous repetitions. In Physical Education program each day, during the warm-up phase of each lesson, students must develop muscular endurance by participating in sets of abdominal exercises (including crunches, ab curls and ab twists) and push-ups (including wide base, regular base and triceps push-ups) in increasing numbers (progressive overload) as the time passes.

Muscular Endurance is defined as the ability of the muscles to sustain repeated productions of force at low to moderate intensities over an extended amount of time.

(c) Muscular Strength:

Upper body strength is important, for individuals to perform daily activities and tasks such as taking out the trash, moving furniture or appliances, or changing a tire and lifting, pulling, or pushing objects. Many tasks involve use of the upper body and limbs. In an emergency a strong individual has a better chance of avoiding serious injury than a weak person. In many cases upper body strength can make the difference between a serious injury and escaping harm.

Muscular Strength is defined as the ability of the muscles to produce force at high intensities over short intervals.

(d) Flexibility:

Most people will, at one time or another, suffer back problems. Approximately 80% of these low back problems are due to weak and and/or tense muscles. Many daily activities place a great deal of strain on these muscles. Physical inactivity can also contribute to the risk factors that promote back problems. This means that these problems can be reduced or limited through improved physical fitness. Physical inactivity contributes to a loss of flexibility for the lower back and the hip flexors. Sitting for long periods of time promotes a sedentary existence which will result in a loss of flexibility. Individuals with a sedentary life style who perform occasional physical labour are at high risk for developing back problems. Physicians prescribe specific trunk and thigh flexibility exercises stretching for their patients with lower back problems, supporting the value of stretching exercises to prevent low back problems.

Flexibility is defined as the ability to move muscles and joints through their full range of motion.

(e) Body Composition:

The human body can be divided into two parts: lean weight (muscle, bone, an internal organs] and fat weight. For good health, the body should maintain a proper ratio of one to the other. Obesity is an excessive accumulation of fat weight. Low levels of activity, resulting in fewer calories used than consumed, contribute to the high incidence of obesity. Young people are more obese now than ever before. Obesity is associated with many risk factors of coronary heart disease, stroke, and diabetes. Reversal of these risk factors can be achieved by reducing an individual's total body fat. Exercise along with proper diet by observing good nutritional principles relating to lowering personal consumption of saturated fats, sweets, and excessive calories are important life style changes that individuals must make.

To Improve Physical Fitness Follow The Principles of Exercise

- I. Progression: Gradually increase how hard, how long and how many times you do an exercise over a period of time. It takes six to eight weeks for physical improvement to take place.
- II. Regularity: Be regular with your exercise routine. Set up a regular schedule and work out every day or at least 3-5 times per week. Do not take time off for too long because what you don't use, you lose!
- III. Overload: For a muscle to get stronger increased demands must be placed upon the body. This increased stress causes the body to adapt or adjust and consequently an improvement in physical condition will take place. There are three ways to increase overload. These include:
 1. Frequency: increasing how often one exercises. The number of times per day or week that an activity is performed can be increased.
 2. Intensity: Increasing the level of difficulty of an exercise. You can increase how much is lifted or the speed of a run to be completed.
 3. Time: Increasing the length of a training session or the duration of the

exercise session.

- IV. Specificity: Exercise is specific. For example, aerobic exercises will not develop flexibility and stretching exercise will not make one stronger. To be flexible, one has to stretch and to be strong one has to make your muscles work hard.

Exercise Prescription for Special Population

Obesity

Obesity is an excess accumulation of body fat, particularly intra-abdominal fat, that is associated with increased health risks (e.g., hypertension, coronary artery disease, type 2 diabetes).

1. Currently, approximately 65% of Americans are estimated to be overweight (BMI, >25 kg/m²), and more than 30% estimated to be obese (BMI, >30.0 kg/m²).
2. Fat loss is best attained through a combination of diet and aerobic exercise.
3. Even modest weight loss (5-10%) is associated with clinically significant health improvements.
4. Prevention of further weight gain should be a priority.
5. The objective of exercise programs for the treatment of obesity should be to maximize caloric expenditure safely.
6. The rate of weight loss should be gradual and generally, not exceeding 2 pounds (7,000 kcal) per week.
7. Objective Evidence of Obesity
 - a. BMI: greater than 30 kg/m².
 - b. Waist Circumference
 - 1) Males: greater than 102 cm.
 - 2) Females: greater than 88 cm.
 - c. Body Fat
 - 1) Men: greater than 25%.
 - 2) Women: greater than 32%.
 - 3) Variability in measurement often makes this value difficult to interpret and apply.
 - 4) Use this measure in conjunction with BMI and waist circumference.
8. Aerobic Exercise
 - a. Mode
 - 1) Walking is a generally accessible activity and should be within the tolerance limits of most obese clients.
 - 2) Cross-training with combinations of weight-bearing and non weight bearing activities may be effective.
 - 3) Non weight bearing activities (e.g., cycling, water exercises) should be included for client with lower extremity orthopedic problems.
 - b. Frequency: 5-7 days per week.
 - c. Intensity: 40-60% of HRR, progressing to 50-75%.
 - d. Duration: 45-60 minutes. Initial weekly training volume should be approximately 150 minutes per week, progressing to 200 to 300 minutes.
9. Resistance training is recommended as an adjunct to an aerobic exercise program, but it is not the primary means for caloric expenditure.
10. Special Considerations
 - a. Adequate thermoregulation often is a problem,
 - b. Equipment modification may be necessary (e.g., wider seats on cycles and

- rowers).
c. Behavior modification strategies should be included in the management of obesity.

HYPERTENSION

1. Hypertension is defined as a resting systolic BP >140 mm Hg and/or a resting diastolic BP >90 mm Hg.
2. The majority of hypertensive cases may be classified as primary (of unknown origin) and typically warrant multifactorial therapy, including some or all of the following:
 - a. Pharmacological management,
 - b. Dietary management,
 - c. Weight loss,
 - d. Relaxation therapies.
3. Exercise is an effective tool in managing hypertension, with a reduction of 5 to 8 mm in both systolic and diastolic BP after daily exercise training.
4. If resting BP is 160/100 mm Hg or greater, drug therapy is indicated either before or coincident with initiation of an exercise program.
5. Aerobic Exercise
 - a. Cardiovascular endurance activities (e.g., walking, cycling, swimming) are appropriate.
 - b. Frequency: 3-7 days per week,
 - c. Duration: 30-60 minutes,
 - d. Intensity: 40-70% of HRR.
 - e. Multiple bouts of short-duration (10-15 min), low-intensity activity (e.g., walking) throughout the day may provide a viable option for control of BP.
6. Resistance Exercise
 - a. Resistance exercise should be included for those with hypertension, but not as the primary form of activity,
 - b. Isometric exercise, Valsalva maneuvers, and maximal effort should be specifically avoided,
 - c. Terminate a set when the RPE is between 13 and 15.
 - d. High-repetition, low-intensity (e.g., resistance) programs are usually recommended.
7. Special Considerations
 - a. Exercise is contraindicated if pre exercise systolic BP is greater than 200 mm Hg or diastolic BP is greater than 110 mm Hg.
 - b. Terminate an exercise session if exercise systolic BP is greater than 220 mm Hg or diastolic BP is greater than 105.
 - c. For those on vasodilator medications, prolong cool-down and avoid abrupt postural change.
 - d. β -Blockers attenuate the HR and necessitate use of the RPE.

DIABETES MELLITUS

1. A metabolic disorder characterized by hyperglycemia (fasting plasma glucose, >126 mg/dL).
2. Blood glucose levels that define diabetes according to the American Diabetes Association (ADA) in the 2004 Clinical Practice Guidelines are as follows:
 - a. A fasting plasma glucose of less than 100 mg/dL (5.6 mmol/L) is normal,
 - b. A fasting plasma glucose of 100 to 125 mg/dL (5.6-6.9 mmol/L) is impaired,

October 2010 *Entire Research, Vol. 2, Issue-IV* 9

- c. A fasting plasma glucose of 126 mg/dL (7.0 mmol/L) or greater indicates a provisional diagnosis of diabetes.
3. This condition is associated with increased risk for cardiovascular disease, renal failure, neuropathic disorders, and ophthalmic dysfunction, including blindness.
4. Benefits of exercise include:
 - a. Improved insulin sensitivity,
 - b. Increased glucose control,
 - c. Decreased body fat (for type 2 diabetes),
 - d. Improved lipid profile.

5. Classification

There are two major classifications of diabetes mellitus.

- a. Type 1 is caused by insulin deficiency and usually is an immune-mediated diabetes mellitus.
- b. Type 2 is caused by insulin resistance and generally is associated with obesity. Most cases of diabetes involve type 2.
- c. The treatment goal for diabetes is glucose control, which is accomplished through diet, medications, and exercise.

6. Complications

- a. Can include autonomic neuropathy, peripheral neuropathy, claudication, hypertension, retinopathy, and nephropathy.
- b. Often necessitate modification of the exercise program.

7. Aerobic Exercise

Exercise has an "insulin-like" effect on blood glucose through enhanced insulin-receptor sensitivity. Therefore, avoidance of hypoglycemia during or after exercise is important,

- a. Frequency: 3-7 days per week.
 - 1) Those with type 2 diabetes should strive to expend at least 1,000 kcal per week.
 - 2) Daily exercise may provide for better glycemic control,
- b. Intensity: 50-80% of HRR.
- c. Duration: 20—60 minutes.

8. Resistance Training

Lower intensity,
Consider complications.

9. Special Considerations

- a. Monitor glucose pre- and post exercise, especially during the initial stages of an exercise program.
- b. Exercise is contraindicated if the fasting glucose level is greater than 250 mg/dL with ketones or greater than 300 mg/dL without ketones.
- c. Carbohydrate intake and insulin dosage should be adjusted before exercise (e.g., decrease insulin, increase carbohydrate intake).
- d. Avoid injecting insulin into exercising muscle; abdominal injection is recommended.
- e. Consume carbohydrates following late-evening exercise to avoid nocturnal hypoglycemia.
- f. Maintain adequate hydration.
- g. Clothing should allow proper thermoregulation so that any signs of hypoglycemia are not masked.

October 2010 *Entire Research, Vol. 2, Issue-IV*

10

Anorexia Nervosa

1. A clinically diagnosed eating disorder.
2. Extremely thin appearance.
 - a. Body weight is 15% below the lowest range from height/weight charts,
 - b. BMI: <17.5 kg/m²
3. Refusal to consume food/self-starvation.
4. Preoccupation with food.
5. Distortion of body image (appearance is very thin, but self-perception is overweight).
6. Intense fear of weight gain.
7. More common in females, but males can be affected.
8. More common in Caucasians.
9. Medical treatment required.

Bulimia Nervosa

1. A clinically diagnosed eating disorder.
2. Body weight may be of normal range, overweight, or underweight.
3. Binge behavior (eating large quantities of food) at least twice a week for several months.
4. Purge behavior:
 - a. Vomiting.
 - b. Laxative abuse.
 - c. Excessive exercise.
 - d. Sauna suits.
 - e. Use of diuretics.
5. More common in females, but males may be at risk, especially if they participate in sports where body weight is a concern.
6. More common in Caucasians, but incidence is increasing in other racial/ethnic groups.
7. Medical treatment required.

Exercise-Induced Asthma (Eia)

1. Definition and manifestations
 - EIA is a reversible airway obstruction that is a direct result of the ventilatory response to exercise. It is thought to occur as a consequence of fluid loss in the airways as the inspired air is conditioned (warmed, humidified, and filtered) during exercise. The deconditioned air is thought to trigger an immune or allergic response, which may manifest in bronchospasm. The nose warms, cleans, and humidifies.
 - EIA is characterized by coughing, wheezing, mucus production, and general shortness of breath.
 - EIA attacks usually occur within 10 minutes after exercise, but can occur at any time during exercise. They usually subside spontaneously with complete resolution within 1 hour.
2. Medications that may prevent or reverse asthma attacks
 - a. Beta2-agonists
 - most effective in preventing EIA
 - b. Glucocorticosteroids
 - May be effective due to anti-inflammatory properties.
 - c. Cromolyn sodium
 - free of side effects; is generally effective
 - d. Theophylline

- slow onset of action; associated side effects
- 3. Exercise modifications for the client with EIA
Modifications in exercise programming coupled with the appropriate pharmacological regimen can minimize frequency and severity of episodes.
 - a. Use a prolonged, gradual warm-up.
 - b. Exercise in warm, humid environments when possible.
 - c. Intermittent exercise may be effective.
 - d. Use a mask or scarf over the nose and mouth in cold environments.
 - e. Avoid outdoor activity during periods of peak pollen count or air pollution.

Pregnancy

1. Exercise generally is considered to be safe both during and after pregnancy if hyperthermia is avoided and adequate fuel is available for the mother and the fetus.
2. The American College of Obstetricians and Gynecologists (ACOG) have established contraindications to exercise during pregnancy (see below).
3. Aerobic Exercise
 - a. Frequency: 3-7 days per week,
 - b. Intensity: RPE of 11-13.
 - c. Duration: 30-40 minutes.
4. Resistance Training
 - a. Decreased intensity.
 - b. Avoid Valsalva maneuvers.
5. Special Considerations
 - a. Avoid exercise in the supine posture after the first trimester.
 - b. Pregnancy requires an additional 300 kcal per day, so additional calories must be consumed to meet the needs of exercise and pregnancy.
 - c. Avoid motionless standing during and in the short term after exercise, because it may exacerbate venous blood pooling.
 - d. Avoid all risk of abdominal trauma.
 - e. Facilitate thermoregulation.
 - 1) Consider temperature and humidity when planning and performing exercise.
 - 2) Wear proper clothing.
 - 3) Maintain adequate hydration.
 - 4) Avoid extreme intensity and duration of exercise.
 - f. Consume between 30 and 50 g of carbohydrate before exercise.

American College of Obstetricians and Gynecologists (ACOG)

Recommendations for Exercise in Pregnancy and Postpartum

1. During pregnancy, women can continue to exercise and derive health benefits even from mild to moderate exercise routines. Regular exercise (at least 3 times per week) is preferable to intermittent activity.
2. Women should avoid exercise in the supine position after the first trimester. Such a position is associated with decreased cardiac output in most pregnant women. Because the remaining cardiac output will be preferentially distributed away from splanchnic beds (including the uterus) during vigorous exercise, such regimens are best avoided during pregnancy. Prolonged periods of motionless standing should also be avoided.
3. Women should be aware of the decreased oxygen available for aerobic exercise during pregnancy. They should be encouraged to modify the intensity of their

October 2010 Entire Research, Vol. 2, Issue-IV

12

exercise according to maternal symptoms. Pregnant women should stop exercising when fatigued and not exercise to exhaustion. Weight-bearing exercises may under some circumstances be continued at intensities similar to those prior to pregnancy throughout pregnancy. Non-weight-bearing exercises, such as cycling or swimming, will minimize the risk of injury and facilitate the continuation of exercise during pregnancy.

4. Morphologic changes in pregnancy should serve as a relative contraindication to types of exercise in which loss of balance could be detrimental to maternal or fetal well-being, especially in the third trimester. Further, any type of exercise involving the potential for even mild abdominal trauma should be avoided.
5. Pregnancy requires an additional 300 kcal/day to maintain metabolic homeostasis. Thus, women who exercise during pregnancy should be particularly careful to ensure an adequate diet.
6. Pregnant women who exercise in the first trimester should augment heat dissipation by ensuring adequate hydration, appropriate clothing, and optimal environmental surroundings during exercise.
7. Many of the physiologic and morphologic changes of pregnancy persist 4 to 6 weeks postpartum. Thus, prepregnancy exercise routines.

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October 2010

Entire Research, Vol. 2, Issue-IV

13

**Solid Waste Management and Creation of Slums' –
Spatial Analysis to Dharavi, Mumbai
(Environmental Management)**

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Abstract:

During the first century of the industrial revolution, the volume of waste produced in the World was relatively small and could be handled by a concept of dilute and disperse. Factories were located near rivers because it provided a number of benefits, including easy transport of materials by boat, sufficient water for processing and cooling, and easy disposal of waste into the river. As the no. of factories were very limited the problem of pollution was not that much serious and was not noticed as it is at present.

Unfortunately, with the expansion of industrialization & urbanization the concepts of dilute & disperse became inadequate and new concept, known as concentrate & contain became popular. However the concept of containment was not always achieved as containers, whether landfills or drums, natural or artificial may leak or break & allow waste to escape. In present situation perceived hazards related to waste disposal ultimately, resulted into creation of slums as many people have little confidence in govt. or industry to preserve & protect public health which relates to waste disposal have led to the present situation, where many people have little confidence in government or industry to preserve and protect public health as it relates to waste disposal. Ultimately resulted into creation of slums.

Keywords :

Solid waste management, spatial analysis.

Introduction:

Waste management refers to a carefully organized system in which wastes go through appropriate pathways to their ultimate elimination or disposal in ways that protect human health and the environment. Solid waste substances are those materials which become useless and hence waste after short period of their use such as newspapers, different types of cans, bottles, broken glass wares, plastic containers, polythene bags, ashes and domestic garbage. These discarded solid substance after their uses are called refuse, garbage, rubbish, solid wastes. These solid substances require proper and ample space for their dumping and disposal.

The problem of disposal of ever increasing quantities of solid substances has become a headache. Mumbai city alone produces at much as 2500 truck load of waste solid substances such as beer and coke cans, milk bottles, other types of bottles, papers, plastic goods, containers, polythene bags, domestic garbage measuring about 25,000 tones every day. Daily outcome of municipal wastes from greater Mumbai is about 3,000 tonnes. About 16,000 persons and 270 carriers are employed to collect the garbage, to dispose them off at suitable dumpsites. However simply dumping and bearing waste is no longer an suitable practice from an environmental or health perspective. Sometime this results into another problem i.e. creation of slums.

October 2010 *Entire Research, Vol. 2, Issue-IV*

14

Objectives:

01. To evaluate the general environmental conditions of the study area in terms of the physical economic and socio-cultural aspects.
02. To know the solid waste management practices in the study area.
03. To analyse the spatial distribution of dumping sites in the study area.
04. To know the impact of solid waste management in the creation of slum.
05. To study & suggest the solid waste management methods to minimize creation of slums.

Hypothesis:

1. The inefficient handling of solid waste gives rise to slums.
2. Solid waste is in adequately managed in the study area.
3. Dumping sites are not properly distributed throughout the study area.
4. The major cause for the creation of slums is the unplanned disposal of solid waste.
5. People are ignorant of the solid waste management techniques in the study area.

Methodology:

The present study is based on primary data and secondary data. The primary data is based on survey conducted & field study out which is collected by visiting & observing the facts from the slums numbers of dumping sites which generates solid waste.

The secondary data is collected from the Authorities of Brihanmumbai Municipal Corporation and other dilations from the different NGO's census offices, Slum Boards. Statistical tolls & techniques are used to summarise the data.

Study Area:

Dharavi is largest slum in whole of Asia. It is located in the heart of great Mumbai. Dharavi is located between Mumbai's two main sub-urban railway lines, the western and central railways. To its West are Mahim and Bandra and to the North lies the Mithi river, which empties into the Arabian Sea through the Mahim creek. To its South and East are Sion and Matunga.

Findings and Suggestions:

It is observed that there are un-serviced areas. First off all it is necessary to cover these un-serviced areas for daily collection of garbage & mere available the transportation service in un-serviced areas. Daily service to households & twice service in a day to bulk solid waste generators (hotels, food-hawking zones, and markets) is very much necessary. But it should not be at the cost of neglecting are waste spots or road side collections other public places. Simultaneously, focused efforts are needed on segregation, carrying away of dry waste separately by NGOs and in-house composting of bio-degradable waste are likely to reduce the amount of wet / mixed waste to be transported. Assistant Head Supervisor (A.H.S.) and Junior Overseer (J.O.) should make necessary transportation arrangement as per time schedule for disposal of refuse from the slum to the dumping ground. The refuse, debris, silt removed from the area or from the nallah shall be immediately removed & taken to the Dumping Ground. Deputy Chief Engineer (SWM) should see that such transport arrangement is successfully implemented. Similarly they must also ensure that the said scheme is successfully implemented. Asstt. Commissioner of respective Ward shall make assessment of Additional requirement of vehicles for collection garbage and should submit the proposal in advance to Chief Engineer (SWM). Dy. Chief Engineer (SWM) shall accordingly provide the additional vehicles. The concerned Junior Overseer (J.O.) shall prepare the layout / drawings of the area adopted by the CBO wherein roads, walkways, nallahs, toilet, Garbage collection points etc. shall be marked. They should also make required notes of time and place of disposal of garbage in the layout. The area of toilet blocks

October 2010 *Entire Research, Vol. 2, Issue-IV*

15

shall be thoroughly cleaned and disinfected daily. The nallahs, drains should get clean with the help of Chief Block Officers with the participation of residents through 'Shramdan' and be maintained clean and free flowing. The garbage so collected shall be transported to the designated collection center as specified by the ward. They should arrange to collect the garbage from the slum area and should bring it to the nearest collection point. The CBO should make necessary arrangement for house-to-house collection of garbage at predetermined time either in the morning or in the evening or both as per convenience of the local residence sop as to ensure cent percent cleanliness in the area. Maintenance of cleanliness in slums through the revised Dattak Vasti Yojana. The yojana should be implemented across all slums. Management of debris (construction and demolition waste) through debris license. Sweeping and mopping through municipal and NGO or contracted agencies in various shifts. Maintenance of cleanliness on beaches. Maintenance of cleanliness in slums. Management of debris (construction and demolition waste). Collection and transportation of daily refuse. Storage of daily refuse from household, commercial establishments (hotels, markets) in covered bins. Proper sweeping of roads. There will be a common contractor for each zone however the execution of the contract (submitting requirements, approval of bills etc.) will happen at a ward level. The vehicles can be requisitioned in 4 shifts as follows:

- > 1000 hrs to 1800 hrs
- > 0630 hrs to 1400 hrs
- > 1400 hrs to 2200 hrs
- > 2200 hrs to 0600 hrs

The route planning should be done in such a way that all small vehicles (1 ton) empty their contents into compactors and all mini-compactors (2.5 ton) empty their contents into the designated transfer stations for the ward. All the larger compactors routes will directly terminate at the designated dumping ground for the ward. The weight at the sanitary landfill / dumping ground / transfer station confirms that a minimum of 2.5 ton / 5 ton has been collected by the vehicle. Considering the width of the roads and configuration of houses, the plan should incorporate the required numbers of large compactors, mini compactors and small (1 ton) vehicles. A weekly service of dry-waste collection has been incorporated in this contract since it is the responsibility of MCGM to transport waste separately once it is get segregated if it is not collected by NGOs / scrap vendors / private recyclers the MCGM should look in to thee matter considering the importance of this basic service. Considering the fact it is difficult to predict the pattern of segregation over the next 5 years, wards should annually contract sufficient number of vehicles to aid segregation and recycling. Wards are advised to prepare a plan for providing segregation and carrying away of 'dry' waste with the help of NGOs. While the recyclable component of dry waste will be carried away by the NGOs / scrap vendors / private recyclers arrangements will have to be made to carry the non-recyclable component from the ward to the sanitary landfill / dumping ground. Sweeping in the first shift will be carried out by municipal sweepers. Additional sweeping, mopping and collection and transportation of waste throughout the day should be carried out in order to ensure complete cleanliness. Comprehensive cleaning of highways, arterial road, mechanized sweeping and mopping for major roads should be done with the help of other agencies. The most important requirement is of micro-planning of the routes of vehicles for collection and transportation in the refuse transportation contracts.

Conclusion:

In India 50-60 % of waste posses a potential hazards to human health or to the environment, when improperly treated, stored, transported, disposed of or otherwise ill

managed. Many of the present waste management programmes includes simply moving waste from one site to another and not really managing it. Waste from Urban areas is placed in landfills, but these cause new problems if they produce methane gas or noxious liquids that leak from the site and contaminate the surrounding areas. Disposal sites produce significant air pollution problem. The sewage treatment plants too produce air pollutants some of which are carcinogenic.

In Mumbai dumping sites have risen the slums. Considerable population of Mumbai is a slum dwellers whose lively hood is depending directly or indirectly on the waste, Dharavi slum at Mahim in Mumbai is the largest slum in Asia. It provides shelter to more than 7,00,000 people and there are more than 400 leather processing units situated in that location, which contributes air and water pollution.

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October 2010 *Entire Research, Vol. 2, Issue-IV* 17

Effect of Physical Activity Programme on Health Related Physical Fitness of Obese Boys

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Abstract

The purpose of the study was to study the Effect of Physical Activity Programme on Health related physical fitness components of obese boys. With the help of purposive sampling technique researcher was select 20 obese boys from P. Jog high school. Their age Ranged between 11 to 15 years. For the collection of data researcher was used Omron body fat monitor, Physical fitness was measured by standard physical fitness test 9 min. Run/Walk, Pushups, Bent knee sit ups, Sit and reach. To determine the effect of physical Activity programme Paired Sample't' test was used. On the basis of findings of the study, There was a significant effect of physical activity program on Cardiovascular endurance, Muscular strength and endurance and flexibility but there was no significant effect of physical activity program on % body fat.

Introduction

Presently obesity is a serious health problem throughout the world, in advanced countries like U.S.A, Japan, European countries and even in developing country like India. The sudden boom in obesity is mostly attributed to technological advances that have left us more sedentary. We drive rather than walk or cycle; we spend a lot of time sitting in front of computers; we have an abundance of junk food. Children particularly spend a lot of time playing computer games, watching television and eating fatty snacks like chips and chocolates, instead of playing outside and eating nutritious meal.

The daily routine of school going children is quite compressive that makes them physically inactive and susceptible to obesity. Incorporating more physical activity into daily routine of school going children will help them avail the benefits of physical activity. Lack of physical activity, consumption of junk food, competition, pollution, environment changes are some of the salient features of today's life style. Life style is in itself is a threat to health. Obesity is one of the major consequences which in itself is a disease and the root cause of various other life threatening disorders.

A significant body of research supports the need for activity and health related physical fitness in the lives of youth. Given the substantial increase in obesity among children, physical activity has an important role in helping to combat this serious problem. Physical activity for obese children should be provided in a setting that is enjoyable and capable of engendering a positive experience. The benefits of physical activity in childhood are numerous (Tomson, Cuddihy, & Pangrazi, 2007). Physical activity is generally defined as bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure. Therefore, physical activity is an all encompassing term that includes exercise, sports, dance and leisure activity. According to WHO (world health organization) Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. This study aims to study the effect of Physical Activity Programme on Health related physical fitness components of obese boys.

Methodology

The objective of this study was to find out the effect of physical activity program on percent body fat and physical fitness. For this purpose Experimental method was employed. For experiment, researcher was use the *Single group, pretest- posttest*

October 2010 Entire Research, Vol. 2, Issue-IV

design. The study was conducted on school going obese boys from P. Jog high school in the city of Pune, Maharashtra. For the selection of sample **Purposive sampling Technique** was used. Out of 25 obese student (age ranged between 11 to 15) 20 student were selected considering their availability, willingness and parents permission to participate as subject in experiment. Measurement of Health Related physical fitness 9 min. run/walk, Push-ups, Bent Knee Sit ups, Sit & Reach, BMI and Body Fat % were used for collection data.

Statistical Analysis: Mean, standard deviation and Paired sample 't' test were adopted for statistical analysis of data. Statistical Package for social Sciences (SPSS) MS windows Release 11.5 was used for statistical analysis.

Results and Discussion:

The descriptive measures in terms of means and standard deviation of the variables are shown in table-1

Table- I
Descriptive Analysis Of Experimental Group (N= 20)

Variable	Test	M	Mode	Mdn	S. E. M	S.D.
BMI	Pre	27.03	25	26.35	0.47	2.12
	Post	25.8	24.24	24.94	0.45	2.02
Fat %	Pre	31.73	30.2	31.05	0.45	2.02
	Post	31.005	29.2	30.35	0.49	2.18
S. U.	Pre	14	13	14	0.65	2.9
	Post	16	15	16	0.65	2.94
P.U	Pre	4	2	4	0.54	2.47
	Post	6	4	6	0.56	2.51
S& R	Pre	15	14	15	0.38	1.71
	Post	15	16	15	0.38	1.69
R/ W	Pre	1107	1050	1100	16.33	73.04
	Post	1232	1250	1250	16.73	74.82

TABLE- II
Difference Between Pre And Post Test Of The Experimental Group

Variables	Paired Differences		S. E. M	df	Sig. (One-tailed)	T
	M	S. D.				
BMI	1.23	0.78	0.17	19	1.07	7.03
Fat %	0.72	1.01	0.22	19	4.9	3.18
S. U.	2	1.28	0.28	19	4.96	6.28
P. U.	2	0.83	0.18	19	3.09	9.65
S.& R.	0.44	0.25	0.05	19	2.14	7.86
R/ W	93.75	28.53	6.38	19	7.91	14.69

October 2010 *Entire Research, Vol. 2, Issue-IV* 19

Mean - M	Std. Error of Mean - S.E.M.
Median - Mdn.	Std. Deviation - S. D.
Sit- Ups - S.U.	Push- Ups - P.U.
Sit & Reach - S & R	Run & Walk - R/W

Table II shows the findings of Experiment are as follow:

- There is statistically significant effect of Physical activity exercise programme on components of BMI, Muscular strength and Endurance, Cardiovascular Endurance and Flexibility. Thus, It is interpret that effect of physical activity programme improve in muscular strength and Endurance (Sit ups), of obese boys. Cardiovascular Endurance (9 min. R/W) and Flexibility (Sit & reach) also effect of physical activity programme decline in BMI of obese boys.
- There is not statistically significant effect of physical activity programme on Components of Body Composition (% Body Fat). It is interpret that effect of physical activity programme not reduces in Percent body fat of obese boys.

The results showed that due to physical activity program performance was increases in the component of Health Related physical fitness significantly and reduces, BMI. But not in percent body fat. It may be because researcher can't control diet and all the subject was day scholars. This study has a special significance from the research point of view in a sense that more than a required amount or vice versa of any thing will not yield the desired results. The researcher do feel that the study in this direction i.e. to find out the exact amount of physical activity which is beneficial to the student considering all the other related factors to the human performance is a challenge which the researchers should accept.

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October 2010

Entire Research, Vol. 2, Issue-IV

20

Limitations of Cdm Projects and Copenhagen Accord to Control Emissions and the Way Ahead To Prevent It

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Abstract

The most recent report of the Intergovernmental Panel on Climate Change (IPCC) is unequivocal both about the current warming of the climate system and the cause of observed increase in global average temperatures which is attributable to increase in anthropogenic greenhouse gas (GHG) concentrations. If humankind persists with same level of high polluting industrial and transportation activities, it would bring about the fall down of major snow covered zones and rise in sea level in few decades to come. GHG emissions of these activities distort climate conditions and rise in global temperature which would result in ecological disorder and significant genus disappearance. Since the first commitment of the Kyoto Protocol comes to end in 2012 and the Copenhagen Accord ended without legal binding and serious agreement on reduction of Green House Gases (GHG) emissions, it becomes serious need of all nations to come together and should take concrete steps towards global low GHG emitting economy. This article critically evaluates problem of global warming, limitations Clean Development Mechanism (CDM) projects and Copenhagen Accord to control it; also it gives some suggestions to improve the global negotiation for controlling evil effects of global warming.

Challenges and threats of Global Warming:

According to mitigation ambition expressed in the Copenhagen Accord, at given economic growth rate the world is heading towards 4^o C rises in temperature which will create disappearance of almost all island states. This level of effect will mean that most parts of Africa and south Asia including India, followed by rest of the world will experience large scale hunger and destruction of livelihoods and resultant social conflicts, economic crisis and political turmoil by 2020.¹ The emission of this Greenhouse Gases (GHG) retains a portion of the sun's warmth without allowing it to reflect back into space which in turn warms the earth.

This triggers the serious consequences like rise in average temperature, shift in weather conditions and change in seasonal cycles around the world.² According to **James Hansen**, Director of the NASA Goddard Institute for Space studies, "business as usual would bring about the collapse of major ice sheets with the sea level rising by several meters in the century alone, additionally rapid global warming lead to changing climate zones and a substantial increase in species extinction. Continued emissions and further warming could also trigger natural feedback mechanism in the climate system with the potential to exaggerate and sustain the warming effect even after human greenhouse gas emissions are reduced. These feedbacks are likely to be distortive and irreversible. Also according to **James Hansen** these feedbacks may begin at lower lever of warming than previously anticipated and therefore the time period to cut the greenhouse gas emission is effectively reduced."³

October 2010

Entire Research, Vol. 2, Issue-IV

21

Critical evaluation of Clean Development Mechanism (CDM):

RK Pachauri has preferred need for new legally binding climate pact which essentially incorporates the principle of equity to decide emissions limits for every nation. Kyoto Protocol did not work as it does not have provisions for strict measures against the defaulters, developed countries just want to push the burden on developing countries which have done pretty well to combat climate change, whether it was taking up CDM projects or submitting national communication on climate change to the UN. Kyoto Protocol, Bali Action Plan and UN Framework Convention on Climate Change (UNFCCC) mandate that rich countries take deep emission cuts in a legally-binding manner and if legally binding agreement could not be worked out by the end of 2010 valuable time to save the Earth could be lost⁴

Critically evaluating Clean Development Mechanism (CDM) under Kyoto Protocol, Firstly mechanism allows countries of **Annex I** to emit more GHG by buying Certified Emission Reduction (CERs) from developing countries of **Non- Annex I**. Developed countries historically bear the greatest responsibility for global warming as they have had far higher levels of GHG emissions than developing countries.⁵ Secondly on one hand CDM projects reduce the GHG emissions by inventing low GHG emitting technology in host countries but on the other hand, the CDM projects generate CERs for investing country as a result allow them to emit more GHG than their Kyoto commitments level. Thirdly CDM projects' time frame may not assist long-term development strategies. The time frame for CDM is only foreseeable till 2012, so most of the projects are being developed with this short term perspective. Fourthly Clean Development Mechanism is the problem of "**low-hanging fruit**". The low-hanging fruit critique follows economic principle of diminishing returns. To the extent under CDM, technology transfers from developed countries to developing countries include only direct transfers; future cost of technology transfers will increase. Proponents of the "**low-hanging fruit**" theory worry that if developed countries receive credit now for performing the cheapest emissions reductions options in developing countries, these options will be unavailable for later use by developing countries.

James Hansen is the Director of the NASA Goddard Institute for Space Studies, who gave his opinion in "scientific Reticence and Sea level Rise – Environmental Research Paper"

RK Pachauri is the Chairman of United Nations Inter-governmental Panel on Climate Change (IPCC)

Annex I:- Under Kyoto Protocol, countries which are subject to GHG emissions caps (limits) are in Annex I Developed countries like US, UK, Japan, Australia, France, Germany etc. are the members of Annex I

Non- Annex I: - under Kyoto Protocol, countries which are not subject to GHG emissions caps (limits) are called Non- Annex I countries. Developing countries like India, China Malaysia, Kenya, Saudi Arabia etc. are the examples of Non- Annex I countries.

Low-hanging fruit: When new GHG emissions mitigation technology will be transferred by developed countries to developing countries under CDM, in return developing countries will give emissions reductions rights (CER: - Certified emissions reductions) to allow developed countries to emit more GHG as a compensation for technology transfer When technology transfer increases, its cost for developing countries in the form of making more emissions reductions rights available also increases, it means with every rise in technology transfer net returns (fruits) for developing countries will decrease. This is called "Low hanging fruit".

As such, these countries will be worse off when later attempting to reduce emissions on their own, and will be less willing to agree to binding emissions reductions

October 2010 *Entire Research, Vol. 2, Issue-IV*

22

at a later date. In essence, such projects move a country to a higher point on their *marginal abatement cost*.⁶

Critical evaluation of Copenhagen Accord:

The 15th Conference of Parties of the United Nations Framework Convention on Climate Change (UNFCCC) attracted the attention of the whole world in December 2009. Thousands of delegates and observers as well as activists marching on the streets descend upon Copenhagen, while many millions followed proceedings around the planet through media and cyberspace. There were high expectations that "political agreement" would be clinched for the Bali Action Plan and through an appropriate legal instrument and the Kyoto Protocol would be sealed. This was how the world would begin to move towards solving problems of GHG emissions based on collaboration and solidarity of all countries - developed and developing, big and small. This happy and fruitful end however, did not happen.⁷ Critically evaluating the accord, *Firstly* the negotiators of the accord could not complete their negotiations, the ministers who arrived a little earlier than their heads of State could not make much headway either, leaving the heads of State to handle a maze of contentious issues that have flawed climate negotiations since Bali Action Plan. *Secondly* at the heart of the deadlock in the negotiation, there were differences between the developed and developing, big and small, capable and not so capable countries regarding their respective responsibilities to deal with climate change.

According to the framework agreed upon under the Bali Action Plan, the rich developed countries were to substantially reduce their own emissions at least 40 per cent below 1990 levels by 2020 as suggested by the latest scientific evidence which is not accepted. *Thirdly* this document was drafted by a handful of countries. It was not agreed by the United Nations Framework Convention on Climate Change (UNFCCC) plenary of 192+ parties, which merely "noted it". It is therefore not legally binding.⁸ *Fourthly* it does not contain mid-term or long-term targets for emissions reductions, also critically does not refer to a "**peaking year**" for global emissions in order to keep the environment within the safe limit of 2°C (3.6°F) warming since pre-industrial times.⁹

Marginal abatement cost:-Abatement cost means cost of abating (reducing) emissions to developing countries on account of technology transfer made by developed countries under CDM. It is a cost associated with current technology. Marginal abatement cost means change in abatement cost due to increase in technology transfer. According to theory of "low hanging fruit", this cost increases with every technology transfer made to developing countries because developing countries have to give more emissions reductions rights available to developed countries for providing for increase in technology transfer

Fifthly It has also failed to follow the guidance of the UN Intergovernmental Panel on Climate Change (IPCC), which indicates three benchmarks for avoiding dangerous climate change i.e. developed countries must reduce emissions by 25-40% by 2020 from 1990 levels, global emissions must peak and then begin to decline by 2020 and global emissions must decline by 50% by 2050 from 1990 levels. The Copenhagen Accord takes a reference to the 2°C limit, but does not endorse it. *Sixthly* the biggest gain from the accord is earned by the most powerful country in the world. USA came to the table with just a 4% emission reduction target below 1990 and a vague offer lacking credibility to help in raising long term finances. **Annexure 1** countries did not make any additional commitments for either emission reduction or financial support. Large developing countries, China, India, Brazil and South Africa held on national interest by not allowing any mention of a **peaking year** of their emissions. In case of other developing countries including small islands states and least developed countries got a promise of \$ 30 billion climate funding for the next three years. However this is not additional and is to be

October 2010

Entire Research, Vol. 2, Issue-IV

23

repackaged as climate funding. In short accord could not stand on world's expectations and need.

Solutions and Recommendations:

We have been taking steps to control climate change and high temperature problems occurred due to global warming. Having discussed limitations of CDM projects and Copenhagen Accord, Author is giving some suggestions which would be useful for controlling global warming. To tackle this problem *Firstly* world needs to begin within the confines of the current system to manage expected future economic growth and its problems.¹¹ According to Tim Jackson, if the global economy continues to grow at the same rate; it would be 80 times larger in 2100 than it was in 1960. This raises questions about economic, political, social and ethical systems. So we need to work in current system by expecting future economic growth and its other problems. *Secondly* to avoid failure of global negotiations all nations should come together with honest attitude to make legally binding agreement in the next Climate meet to combat climate change. All nations should give up their political interest and make collaborative efforts to financially support the long term projects which will work on reductions of carbon emissions. *Thirdly* efforts should also be taken to promote research and development activities to use renewable energy up to maximum extent possible to make lower level carbon global economy.

Peaking year: - It means a year having maximum permissible GHG emissions. From this year country should cut its GHG emissions and manage it to remain below the level of Peaking year.

Spillovers: - Technology transfer can be direct or indirect. Direct transfers include those in which developed countries finance carbon mitigation projects in developing countries. Under direct transfers, mitigation technology is made available for recipient country which is financed by the developed country. Such transfers do not necessarily give the recipient country the ability to replicate the technology on their own. In contrast, indirect technology transfers involve sharing of intangible knowledge. Examples include demonstration projects, training local staff, and local firms hiring away staff from multinational firms operating in a developing country etc. These knowledge sharing activities enable recipient country to acquire the skills and invent other technology to make more GHG emissions reductions. Thus recipient countries get more in the form acquiring skills and knowledge than they have actually paid for technology transfers which offset the increasing cost for increasing technology transfer. This is called Spillovers.

Fourthly spillovers can solve the problem of **low-hanging fruit** of CDM, by offsetting impact of diminishing returns. Spillovers provide intangible knowledge sharing which makes recipient Country to acquire knowledge and skills. These skills can be utilized by recipient countries to reduce more GHG emissions or to invent another GHG emissions mitigation technology. This can lead to more emission reduction in recipient countries, which recipient countries can use for paying cost of future technology transfer by allotting more emission reductions rights (CER:- certified emissions reductions) to technology providers. This way increase in cost due to increase in technology transfer can be absorbed by increase in more GHG emissions reductions by skills and knowledge sharing. It will partially offset the diminishing returns effects of technology transfer due to **low-hanging fruit** problem of CDM. By lowering future marginal abatement costs, such technology transfers also increase the possibility that developing countries will agree to future emission constraints. In CDM projects cost of additional emissions reductions at a given time will increase as more projects are completed, but the arrival of new

October 2010

Entire Research, Vol. 2, Issue-IV

24

technologies along with knowledge and skills sharing provide new opportunities for emissions reductions, it will give more emissions reductions rights to developing countries, which developing countries can utilize for meeting the cost of technology transfer. In this way developing countries can be able to meet increase in cost due to increase in technology transfer, so that CDM projects can become mutually beneficial.¹² *finally* we now shift the focus on the improvement in CO₂ capture and storage (CCS) technologies. It allows the continuation of using fossil fuels while reducing the corresponding CO₂ emissions. CCS may therefore play an important role, especially in countries that heavily rely on coal for the generation of electricity, such as China and India. A second important characteristic of CCS is that it has a value only if there is a price on carbon. If a very stringent climate policy, as that in line with a 2° C stabilization target, is enacted then bio energy coupled with CCS is the only way to obtain negative emissions. CCS technologies could play a relevant role in the power sector. If electrification of the transport sector becomes one of the major responses to the quest for the decarbonization of transport, then CCS could play even a larger role. *Finally*, if CCS technologies are coupled with biomass both to produce fuels and electricity, then CCS could have a crucial role in providing negative emissions as well. Assuming that all non technical barriers to the large scale diffusion of CCS technologies can be overcome, then investing in R&D in CCS technologies would pass the cost benefit test.¹³

Concluding Remarks:

The world is not given to our generation by our parents but we borrowed it from our children. Any adverse impact on nature would surely affect our existence in future. That is why we cannot pamper ourselves by exploiting nature haphazardly to gain low and short profits which would definitely turn to big losses to the world in future. If we study the most recent report of the Intergovernmental Panel on Climate Change (IPCC) on seriousness of GHG emissions problem, it is cleared that anthropogenic greenhouse gas concentrations are responsible for current warming of the climate system and increase in global average temperatures. There is a broad scientific consensus that continued emissions at or above current level will cause further warming and stimulate many changes in the climate system during the 21st century. These climate changes will likely to be larger with more adverse impacts than those seen during the 20th century. For instance, a first time global scale analysis done by the International Union of Forest Research Organizations shows that forests could become carbon sources not sink, if temperature continues to rise. The carbon storing capacity of global forests could be lost entirely if the earth heats up 2° C above pre-industrial level. Under growing emissions scenarios, forests will have difficulty to control climate change, droughts, insect invasions and storms. Another example is the decrease in the Arctic sea-ice extent of almost 25% per year from 1979 to 2006. In 2007, this reached its lowest level since satellite observations began and remained low in 2008. New projections show that with forecasted future GHG emissions, the Arctic Ocean will probably be iceless before the end of the 21st century.¹⁴

Understanding the seriousness of climate change challenge, at this stage we cannot continue our business activities at same level of GHG emissions, and on the other hand we cannot reduce our business activities to reduce GHG emissions. In short globe is in dilemma of 'Growth versus Conservation of nature'. We need growth of global economy but not at the cost of nothing saved for our next generation. To come out of this impasse what we want is sustainable development, in every parts of the world which will achieve business growth as well as environmental balance. Growth and environmental protection both can be achieved by making systematic economic planning, research and

October 2010 *Entire Research, Vol. 2, Issue-IV* 25

development in pollution mitigation technology and use of zero polluting renewable resources or low polluting technological invention along with its global transfer and finally legally binding agreement among all nations to reduce GHG emissions. Author strongly believes that we should analyze this predicament focusing on solution with honest approach and determination rather to indulge ourselves to commercialize the situation.

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October 2010

Entire Research, Vol. 2, Issue-IV

26

Effect of Practice of Yogasana Programme on the performance of 12 to 14 years Boys Swimmers

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Abstract

In this present study 30 swimmers aged 12 to 14 years were selected as subjects and divided randomly in to two equal groups namely control groups (CG) and Experimental Group (EG). The purpose of the study was to see the effect of practice of yogasana programme on 50 M. free style swimming front crawl speed. For this study 12 weeks yogasana programme was designed. The entire study and yogasana programme was conducted in three phases (A) Pretest, (B) Yogasana Programme of 12weeks, and (C) Post test. Norms were not required as performance of swimmers' was tested for comparison.

The yogasana programme was administered to the subject in an indoor hall for 45 minutes per day thrice a week for the period of 12 weeks. After conducting pre test the training programme of yogasana was began. Only the experimental group was given selected yogasana programme for 12 weeks. After collecting data independent sample t-test was administered to test null hypothesis. Analysis of data revealed that yogasana programme has no significant effect on 50 M. free style swimming front crawl speed.

Importance of Yogasanas

In modern scientific era, in every field of human endeavor systematic objectives and scientific procedures are followed in accordance with the principles based on experience understanding and application of knowledge of science. Yoga is a very ancient discipline. It has been proved through many researches that Yoga has sure remedies for human's physical as well as physiological ailment. Yoga makes the organs of the body active in their functioning and has good effect on internal functioning of human body. There are many other benefits of Yoga, as proved by scientific researches, out of which, benefits of Yoga to sports are presented below to understand the real significance of Yoga.

Yoga Benefits and Sports¹

Whatever sport you choose to practice, yoga can enhance and complement your ability. Most sports build muscular strength and stamina, often in specific areas of the body. Yoga can help to check any imbalance in muscular development and will enable both your body and mind to function more efficiently. If your body is flexible and supple you will be less prone to sports injuries, as your joints will be kept lubricated.

- Yoga breathing techniques help swimmers to breathe in a relaxed way when exercising.
- For bicyclists, back bends can relieve any stiffness caused by bending over handlebars. Because a cyclist's back stays in one position for long periods, the muscles may become tense. This can be remedied with asanas. Gentle stretching exercises also ease stiffness in the legs and shoulders. Yoga asanas will also improve flexibility.
- Racket sports often involve intense physical effort. Yoga practice can help players to relax and replenish their energy after strenuous games. It also promotes calm, clear

thinking, even in situations that call for fast reactions. Asanas for joint mobility can make hips and shoulders more flexible.

Yoga for Swimmers

To be a successful swimmer, one needs a unique formula of strength and flexibility (Pingluo, 2007)². The act of 'early application of force' becomes the key in many occasions. Ease and fluidity stems from coordination of muscles, breath, and body allowing the focus of energy in the right places instead of being expended it unnecessarily. Yoga can help to develop this coordination.

It is a known fact that to get more distance for every stroke a swimmer does not use arms and legs alone. The muscles of the arms and legs are connected to the core body muscles. Heightened awareness developed as a result of yoga will allow the swimmer to maintain this connection, helping to improve strokes per distance ratio.

A specific alignment of muscle fibers allows for optimal efficiency. In yoga strength is not seen as a function of muscle bulk, it is a consequence of the consolidation and concerted, coordinated effort of the individual fibers within the muscle, an attribute which will aid the swimmers to achieve the 'early application of force. Consistent practice of yoga yields muscles that are both lengthened and strong with less fibrotic (scar) tissue than what commonly develops as a result of weight training with its often insufficient focus on stretching.

Mentally the swimmer must be able to focus on the task at hand, have tremendous confidence, be able to stay calm and have flexibility to adapt to various challenges. Regular yoga practice relieves muscle tension and joint restriction while Pranayama (yogic breathing) slows respiration and normalizes the breath. This engages the parasympathetic nervous system, a complex biological mechanism that calms and soothes us.

Hypothesis : Research Hypothesis

According review of related literature it was decided to formulate research hypothesis as follows

H₁: There would be significant change in the performance of 50 M. free style swimming performance of boys due to Yogasana programme

Method

Present research followed the Experimental Research Method for this present investigation.

Design of the Study

A complete discussion of experimental design would be too lengthy and complex for this introductory treatment. Therefore, only a relatively design is described. The researcher has chosen a parallel group design for conducting experiment in the present study. This study consists of one control group and the other experimental group. The experimental group received selected Yogasanas practice, whereas the control one did not. Pre-test and post-test were organized before and after experimental period of 12 weeks. The design is as follows.

R: O₁ - X - O₃
R: O₂ - C - O₄

Where R is randomization, X is treatment given to experimental group, C is no treatment to control group

O₁, O₂, O₃ and O₄ are observations

October 2010 *Entire Research, Vol. 2, Issue-IV*

28

Sampling

The population decided for present investigation was male swimmers of age group 12 to 14 years. They were clinically fit. Thirty students were selected from the population and were divided into two equal groups viz., one experimental group and another control group, consisting of 15 students each. Experimental group was given Yogasana programme of 12 weeks to observe its effect on 50 M. swimming performance.

Selection of Variables and Tests

The following dependent and independent variables were chosen.

Dependent Variables

In the present study, dependent variable was the 50 M. freestyle swimming performance. It was a single variant study.

Independent Variables

A set of 19 selected Yogasanas was included in practice training programme. The following Yogasanas were selected on the basis of the fact that they are beneficial as they promote more to develop speed ability and agility.

- | | | |
|-----------------------|------------------|------------------|
| 1. Chakrasana | 2. Padhastasana | 3. Bhujangasana |
| 4. Garudasana | 5. Tadasana | 6. Dhanurasana |
| 7. Vrukshasana | 8. Natarajasana | 9. Vakrasana |
| 10. Paschimottanasana | 11. Ushtrasana | 12. Naukasana |
| 13. Pawanmuktasana | 14. Sarvangasana | 15. Shalabhasana |
| 16. Matsyasana | 17. Halasana | 18. Gomukhasana |
| 19. Suptavajrasana | | |

Data Collection

Pre test and post test was conducted before and after experiment respectively on both control and experimental groups. As the purpose of the study was to find the effect of yogasana programme on swimming performance of boy, 50 M. freestyle swim test was considered.

Analysis of Data

After collecting data i.e. performance in 50 M. freestyle swim test, independent sample t-test was administered on the data collected to find the results. Detail analysis is given as under.

TABLE 1

Descriptive Statistics of 50 M. freestyle swimming of Control and Experimental Groups

	N	Test	Mean	S.D.	S.E.M.
Control	15	Pre	53.51	8.63	2.23
		Post	52.29	8.36	2.16
Experiment	15	Pre	53.88	7.22	1.86
		Post	52.23	8.25	2.13

There were 15 subjects in control & experimental groups they performed 50 M. freestyle swim test. Control group subjects performed it with mean of 53.51 sec. (SD=8.63 & SEM=2.23) and 52.29 sec. (SD=8.36 & SEM=2.16) respectively in pre and

post test, while experimental group subjects scored mean timing for 50 M. freestyle swim test with mean of 53.88 sec. (SD=7.22 & SEM=1.86) and 52.23 sec. (SD=8.25 & SEM=2.13) respectively in pre and post test. (Table 1)

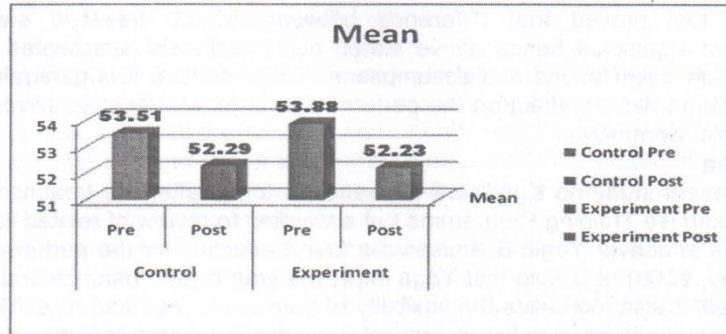


Figure 1: Comparison between pre & post test

TABLE 2

Independent Samples t-Test for Comparison between Performance of Control and Experimental Groups

Test	t	df	Sig.	M. D.	S.E. D.
Pre	0.13	28	0.898	0.38	2.90
Post	0.021	28	0.983	0.064	3.03

Comparison between Performance of Control and Experimental Groups

The data collected was analyzed with independent sample 't' test to find the difference between the pre test of control & experimental groups as well as post tests of control & experimental groups. From table 2, mean difference, for the 50 Meter swimming pretest, between control group and experimental group was found 0.38 seconds & has 't' value of 0.130 with 28 degrees of freedom which was not found statistically significant at 0.05 significance level (p =0.898). This implies that the both the groups were statistically equivalent at the time of pretest.

Mean difference, for the 50 Meter swimming posttest, between control group and experimental group was found 0.064 seconds & has 't' value of 0.021 with 28 degrees of freedom which was not found statistically significant at 0.05 significance level (p =0.983). This implies that both the groups were statistically equivalent at the time of posttest too.

Hence it is inferred that 12 weeks Yogic treatment has no significant effect on 50 M. freestyle swimming performance of boys from 12 to 14 years old.

Testing Hypotheses

Null Hypothesis

Research hypothesis cannot be statistically checked hence researcher formulated the Null hypothesis. There is 50 % probability of rejecting null hypothesis in such situation researcher accepts alternative hypothesis which may be stated as follows

H₁: There would be no significant change in the performance of 50 M. free style swimming performance of boys due to Yogasana programme

$$H_1: M_1 = M_2$$

October 2010 *Entire Research, Vol. 2, Issue-IV*

30

Alternative hypothesis (Research Hypothesis)

H₁: There would be significant change in the performance of 50 M. free style swimming performance of boys due to Yogasana programme

$$H_1: M_1 \neq M_2$$

Statistical tool proved that difference between 50 M. freestyle swimming performance is not significant hence above stated null hypothesis is accepted for the generalization within delimitations and assumptions of the study & it is generalize that Yogasana programme has no effect on the performance of 50 M. freestyle swimming of 12 to 14 years male swimmers.

Discussion

In this present study no significant difference is found after the treatment of 12 weeks of Yogic Exercise Training Programme but according to review of related literature studied during this endeavor Yogic Exercises are found effective for the performance in swimming (Granny, 2006). It is said that Yoga improves your body's balance and makes it more streamlined; it also increases the flexibility of your arms, legs and hips. This may be the case with senior swimmers but in present investigation researcher applied Yogic Exercise on 12 to 14 years old boys swimmer.

Yoga exercises show effect on fitness factors and selected track & field events (Kanade and Gharote). In this study physical fitness factors were not measured and effect of Yogic Exercises was also not studied on it. Yogic Exercise Training Programme could not show significant effect on 50 M. swimming performance but there was difference found between pretest and posttest which might be because of improvement in fitness factors.

Results may contrast with respect to age group though it was proved by different researcher (Granny, Megan. etc.) that Yogic Exercises are effective for improving swimming performance in different cases, they may have conducted their researches on different groups. It could have been justified if physical fitness factors were measured and the effect was study on the same.

Conclusion

Yogic exercise training programme of selected asanas was not found effective in bringing about significant improvement in the performance of 50 M. freestyle swimming performance of 12 to 14 years male swimmer.

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October 2010

Entire Research, Vol. 2, Issue-IV

31

Dr.B.R.Ambedkar's The Buddha and His Dhamma: Historical Importance

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Introduction

This paper studies the historical importance of **The Buddha and His Dhamma** written by Dr. B.R.Ambedkar which is a unique contribution to modern Buddhist writing. This work is **essence** of the established Buddhist text. His views of Buddhism are neither Hinyan nor Mahayan, in this book he shows a scientific understanding of Buddhism itself and reinterpreted the importance of Buddhism. This indicates a definite mind of Dr.Ambedkar as to the outline of Buddhism.

The Buddha and His Dhamma: Historical Importance

Dr.Babasaheb Ambedkar was a Constitutional luminary, the Economist, a Sociologist, an authority on religion, a legal expert, a Philosopher and, not only has this but he contributed in field of history too. His knowledge of history and historical writing is a first grade historian.

Dr.Ambedkar evolved his own Historical Method and interpreted history in a scientific way to suit to the criteria of history. He mentions that history must be studied and interpreted impartially. He has his personal views but stuck to the historical methodology. He interpreted the events from History which have historical valued. Dr.Ambedkar Wrote **The Buddha and His Dhamma** very much scientifically and tested by the accepted rules of evidence. Dr. Ambedkar desires to publish this book before his conversion to Buddhism but unfortunately Dr. Ambedkar did not published this because of his health problems. Peoples Education society Published this book in 1957.

Buddhism was the all time favorite subject of Dr.Ambedkar. He opines, "*Gautam Buddha was a greatest social reformer and history must take account of his reforms. Buddhism was a revolution. Buddhism arose to reform the degraded conditions of the Aryan civilization at the time when Buddha started on the mission of his life.*"

Dr. Ambedkar's **The Buddha And His Dhamma** is a masterpiece, this book is known as "the Buddhist Bible", encompasses the life and a personality of the Buddha, and assents an analytical exposition of the Dhamma. That the Buddha Dhamma as presented by Dr. Ambedkar, is almost based on the Pali Tipitika and other Canonical and Buddha charita of Aswaghosha, Dr. Ambedkar made clear on this in his unpublished preface for this book "*to disarm all criticism I would like to make it clear that I claim no originality for the Book. It is a compilation and assembly-plant. The material has been gathered from various Books. I would particularly like to Ashvaghoshas Buddhacharita whose poetry no one can excel. In the narrative of certain events have borrowed his language.*"

Dr. Ambedkar made clear in his unpublished preface for this book "*I turned to the Buddha, with the help of the book given to me by Dada Keluskar. It was not with an empty mind that I went to the Buddha at that early age. I had a background, and in reading the Buddhist Lore I could always compare and contrast. This is the origin of my interest in the Buddha and His Dhamma.*"

In his book '**The Buddha and His Dhamma**' Dr.Ambedkar gives the scientific reasons for the '**Great Renunciation**' of the Buddha. That stands on the historical test of truth and authenticity. In **The Buddha and his Dhamma** he deals with the Buddha's renunciation at the age of 29. The common belief is that he came across a dead person, a sick person and an old person and a sanyasi. Dr. Ambedkar comments, "*these are common events occurring by hundred and the Buddha could not have failed to come across them earlier.*"

October 2010 *Entire Research, Vol. 2, Issue-IV*

32

Ambedkar believes that *the Buddha undertook a renunciation because of the dispute between the Sakyas and the Koliyas over the water of the river Rohini.*

Dr. Ambedkar's life and struggle itself is an tribute to the whole humanity and Buddha's humanism had a strong impact and appeal to him, Dr. Ambedkar's fundamental approach is to solve the religious tangle and to bring about a radical social change in India. With redefining and rediscovering the tenets of Buddhism for instance social services being attributed to the Buddhist Bhikkus and in doing so, he reduced the Dhamma to a Social system and Bhikku as a kind of social worker. Dr. Ambedkar saw that the ideal of democratic equality is very strong in Buddhism. According to Gail she also saw the 'Dhamma' as a Fundamental alternative to Marxism. He further says that Dr. Ambedkar held out the Sangha as the ideal Communist society. Dr. Ambedkar stated that, "My philosophical has a root in religion and not in political science. I have derived them from the teaching of my master, the Buddha", *liberty, equality and fraternity.* In his work he attempted to bring Buddhism the world of social action and social change. Buddhism was not simply spirituality for Dr. Ambedkar, but a rational, psychologically oriented 'Dhamma' designed to help humans living in the world and transform that world into one free from Sorrow or Dukkha. Dr. Ambedkar saw Buddhism as an ideology that engages with the world privileging the poor and exploited. His emphasis is on social gospel of the Buddha. According to him, to maintain purity in life is Dhamma to give up craving is Dhamma to believe that all things are impermanent is Dhamma to believe that Karma is the instrument of moral order is Dhamma. And Dhamma is Saddhamma as it makes learning open to all as it teaches that mere 'Prajna' (wisdom) is not enough, it must be accompanied by Sila, Karuna and Maitri. Dhamma is Sadhamma as it breaks down barriers between man and man it teaches that worth and not birth is the measure of man as it promotes equality between man and man and also between man and women. In brief, Dhamma teaches equality in all respects. It is all embracing and for the entire humanity.

Dr. Ambedkar makes four main points with regard to Bhikku Sangha they are firstly, Sangha consists of people committed to self culture i.e. righteous and enlightened man. Secondly, Sangha is like society which practicing the Buddhist principles and serve as a model to the layman¹. The purpose of Dhamma according to Dr. Ambedkar was to bring about a perfect society or kingdom of righteousness. And thirdly, Sangha should become model of commitment. Lastly, Sangha is a fellowship whose members are free to help others.

Dr. Ambedkar write Sangha is a model of a society realizing the Dhamma preached by the Buddha. It is social and moral order. Dr. Ambedkar sees them as a kind of social worker and not an ascetic. The Sangha represents intellectual elite whose members are completely dedicated to the service of mankind. Thus Dr. Ambedkar's interpretations regarding the Sangha is that, it should be community dedicated to social service, it seems to go counter in the traditional notion of any monastic organization in the primary goal is the spiritual self realization of its members. These are important interpretations of Dr. Ambedkar by this he gave new turn to Buddhism.

In 1995 Education Department, Government of Maharashtra, Mr. Vasant Moon published the Pali and other sources of The Buddha and His Dhamma, which were used by Dr. Ambedkar for writing The Buddha And His Dhamma. The Great Renunciation is based on Aswaghosha's 'Buddha charita'. Dr. Ambedkar's description of missionary life of Buddha is based on the Pali sources. Dr. Ambedkar referred the teachings of Buddha from Pali Tipitaka. Dr. Ambedkar had also relied on the Pali commentaries and the Milinda-Panna. Dr. Ambedkar used analytical references in his work are mainly based on

October 2010 *Entire Research, Vol. 2, Issue-IV* 33

the following sources Buddhacharita, Anguttara Nikaya, Diggaha Nikaya, Majjhima Nikaya, Sammutta Nikaya, Khuddaka Nikaya, Dhammapada Vinaya Pitaka etc..

Especially Dr. Ambedkar realized the relevance and importance of the 'Dhammapada' from which he had quoted 170 select verses and had re-arranged those under 13 headings in order of their significance. The Buddhist way of life is entirely based on this 'Dhammapada'. Dr. Ambedkar used some non-canonical literature also to substantiate his theory.

Conclusion

Dr. Ambedkar's interpretations constitute his doctrinal legacy to followers of Buddhism in modern India and world. He interpreted so to bring truth to light. Dr. Ambedkar re-interpreted canonicals of Buddhism and also the Bhikkhu Sangha and had emphasized social aspects than the spiritual dimensions. Even the life of Buddha is depicted in the light of socio-political orientations, as an ideal social reformer, have a social message than merely religious- philosophical considerations. Thus socio-ethical principal is the priority of his interpretation than philosophical and mystical.

D.C. Ahir, asserts that, the 'Dhamma' as told by Dr. Ambedkar is the same as the 'Dhamma' preached by the Buddha. Even in order to present the Buddha's teaching in right perspective the modern Bodhisatva which is a need of the hour taking into consideration of his followers and their conditions. Gail Omvedt also supports that the new interpretations of Dr. Ambedkar aimed at to provide, what might be called 'Buddhist answer to Marxist question i.e. bloodless, peaceful and democratic revolution to establish classless and casteless society in India. His interpretation of the Dhamma is thus not to be ignored. It provides an important entry into the question of what role in a future, modernized Indian society could back

Nanak Chand Rattu once asked Dr. Ambedkar regarding his interpretations, and how these were different from those stated by the learned Bhikkhus. Dr. Ambedkar replied that "the Bhikkhus would be annoyed, but 'Never Mind'. The Buddhist Bhikkhus abused him over this, but why should the truth be hiding for all times to come".

The Buddha And His Dhamma is an objective and scientific historical text on Buddhism. While speaking about the books, Dr. Ambedkar himself pointed, "books to be examined and tested by the accepted rules of evidence without recognizing any distinction between the sacred and the profane and with sole object of finding the truth"

After 50 years now the Burma Buddhist organizations, Taiwan Buddhist organizations, Srilankan Buddhist organizations coming forward and published The Buddha And His Dhamma in different languages for spreading Buddhism in world, which was written by Dr. Ambedkar very much scientifically. This is the big achievement of this book; book became the Bible of Buddhism in contemporary period.

Reference :

1. Dr. B.R. Ambedkar The Author of The Buddha And His Dhamma which was First published in 1957, now this published in all the major languages of India and foreign, and also he revived Buddhism in Modern India.
2. Two sects of Buddhism Hinyana and Mahayana
3. Dr. B.R. Ambedkar converted into Buddhism with more than 5 lakhs member of Hindu religion on 14th October 1956 at Nagpur

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A Study of Skill Test & Actual Match Performance of Handball Players

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Abstract

Even though the player is physically fit and skillful, he may not perform well in the actual match because execution of skill in the match situation is totally different ability (Barrow). Due to the small duration of competition and hectic schedule of the matches, most of the time it is difficult to conduct the standardized test battery for the selection of the players. In such situations if performance is measured with the help of Rating Scale it could be helpful. But still there is confusion that the skill performance measured with standardized test battery and rating scale is same? The present research aimed at finding out the answer of this question. The players of different schools from Pune under 19 age group playing Handball were the population of the study. (N=120). All the players from participating teams were tested and rated. Thus the incidental sampling method was used for selecting the sample (n=61). Survey method was used for this research. With the help of tools such as skill test battery and rating scale, data was collected. Pearson Correlation was used for analysis. It was found that there is no correlation between skill performance of handball players measured with Skill Tests and Actual Match Performance rated by Rating Scale.

Although Rating scale is a subjective tool, it can be used to assess the proficiency in execution of skills per se when is not feasible to administer standardized skill tests.

Introduction

Team handball is a team game and is played popularly by the worldwide nations and is recognized by the International Olympic Association. It is also played professionally in many European countries. In Asia, including India this game has become significant among other popular games in early seventies, Handball started in India and field version (11 a side) was played in its infant days in India. Soon it spread all over the country but states like Punjab, Hariyana, Jammu-Kashmir, Andhra Pradesh and Maharashtra have edge over other states as far as standard and popularity of handball in India is concerned.

For the better performance of the team, the most important factor is selection of the players in the team. When players are selected through proper criteria, it helps team in boosting its performance.

In the case of Handball, no such "Selection Criteria" was available in India. As well In Maharashtra also the selection procedure was traditional i.e. a player, who score more was selected. But Dr. Sopan Kangane had worked very hard in this area and developed a new test battery for the selection of Junior Handball players.

Analysis of Skill Performance in Handball

In team handball, the performance of the team totally depends on the individual performance of each player. Therefore selection of the player plays an important role. Standardized test battery, developed by experts helps the selectors to select the players. With this battery one can check only the fitness level and skill talent of the players. But even though the player is physically fit and skillful, he may not perform well in the actual match because execution of skill in the match situation is totally different ability (Barrow)

October 2010 Entire Research, Vol. 2, Issue -IV

1988). Also the highest scores on some physical and skill tests are not always the best player in game situation (Barrow1988). Also due to the small duration of competition and hectic schedule of the matches, most of the time it is difficult to conduct the standardized test battery for the selection of the players. In such situations if performance is measured with the help of Rating Scale it could be helpful. But still there is confusion that the skill performance measured with standardized test battery and rating scale is same?

Methodology

The study was confined for the male junior level Handball players, aged between 15 to 19 years (i.e., under 19 years) from Pune city therefore all the players of different school of this age group playing Handball was the population of the study. (N=120)

Data was collected in the Pune District Association's, District level junior handball championship was held at Chandrashekhar Agashe College, Pune on 10th and 11th March 07. Every player, playing in this match was considered as a sample. Total eight teams had participated at district level Handball tournament. All the players from participated teams were tested and rated. Thus the incidental sampling method was used for selecting the sample (n=61)

Skill tests from Standardized handball test battery developed by Sopan Kangane were used to measure skill performance. Rating scale was used to measure skill performance during match. The following points were considered for designing the rating scale (Barrow1988) i. e. Determination of the purpose for rating, Determination of Traits and Definitions, The traits or skills selected should be significant, Division of Traits into sub traits, Selections of categories, Use of number values for the point on the scale, Preparation of the rating sheet etc.

The rating scale itself is actually a tool or and to be used by the teacher in evaluating the performance of students

Pune District Association's, District level junior handball championship was held at Chandrashekha Agashe College, Pune on 10th and 11th March 07. On the same days, the skill tests were conducted and the rating of the players was done during the matches. For each match, there were two experts one for each team, who were rating the players during the match. Data was collected using following tools

Table 1 Test Items of the Test Battery

Tool	Name of Test Items	Recommended Measures	Method Used for Data collection
Handball Skills Tests Battery Kangane (2000)	Front Shoot Speed Pass Accuracy Throw Agility Dribble Foot Work	Shooting ability Passing ability Throwing ability Dribbling ability Defensive foot work	Standard field measurements

Table 2 Test Items of the Rating Scale

Tool	Name of Test Items	Recommended Measures	Method Used for Data collection
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Rating Scale	Shoot Pass Dribble Dodge Defense	Shooting ability Passing ability Dribbling ability Dodging ability Defensive foot work	Observations by Experts
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Test Retest reliability was conducted to establish the Subject's reliability (Vincent 1995). Test-retest reliability coefficient of samples on the skills i.e. Shoot, Pass, Dribble, Dodge, Defense were calculated .90, .82, .81, .91 and .88 respectively.

Results

Table 3 Correlation of rating scale Performance and skill test performance

	Front shoot	Speed pass	Accuracy throw	Agility dribble	Foot work	Foot work	Significance
Rating scale shoot	-.307(*)						0.016
Rating scale pass		.008					0.953
Rating scale pass			-.096				0.463
Rating scale dribble				-.013			0.923
Rating scale dodging					-.064		0.623
Rating scale defense						.108	0.409

After using the Pearson Correlation on collected data it was found that there is no correlation between skill performance of handball players measured with Skill Tests and Actual Match Performance rated by Rating Scale.

Discussion

With the help of conclusions made, it can be said that the method of using skill test battery for the selection of the player can not be replaced with the rating scale method. Although Rating scale is a subjective tool, it can be used to assess the proficiency in execution of skills per se when is not feasible to administer standardized skill tests.

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October 2010 *Entire Research, Vol. 2, Issue -IV*

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October 2010 *Entire Research, Vol. 2, Issue -IV*

Low Birth Weight among Babies and Factors Related to it: A Statistical Analysis

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Executive Summary:

How much does a newborn baby weigh? Does it matter? The weight of a newborn baby determines its health. A highly underweight baby may have to struggle in order to simply survive, let alone ward off various health problems. WHO specifies the weight of a normal baby to be above 2.5 kilogram. Anything below that is considered as low.

This study explores reasons of low birth weight of infants. After considering and investigating several factors responsible for the weight of an infant at birth, some factors were found more prominently recurring in normal babies and another set was found recurring in babies of less weight.

Simply by reducing or nullifying the adversely affecting factors, and by making the favourable factors consistent for all would-be mothers; healthier babies can be brought into the world.

Introduction:

WHO defines Health is a state of complete physical, mental and social well being, and not merely the absence of disease or infirmity.” Here researcher is studying the relationship of maternal health and its outcome. For a baby to be born healthy, several factors come into play. The weight of a newborn infant significantly affects its health at birth as well as its development at later stages. Children weighing less at birth weight are more likely than children of normal birth to have mild learning disabilities, attention disorders, development impairments, and breathing problems such as asthma. Children born with very low birth weight have more learning problems and lower levels of achievement in reading, spelling and math than moderately low birth weight children. The adverse consequences of being born with low birth weight are apparent in adolescence and experts believe that these abnormalities are lifelong and don't improve in adulthood. Low birth weight is also an intergenerational problem. This means, if a girl is born with low birth weight, she may grow up stunted and may give birth to a low birth weight baby.

This study takes an in-depth look and statistically evaluates the data collected, thereby exploring the underlying cause of low birth weight in children. This study will play a role in tracking health patterns and in explaining health seeking behavior in order to devise appropriate policies to protect and maintain child health.

Mothers who had given birth to normal weight child as well as mothers of low birth weight child (defined as weighing less than 2,500g) were interviewed while in the hospital's recovery ward about their social and demographic characteristics and certain behavioral factors (i.e., smoking during pregnancy, prenatal care and pregnancy-related weight gain), and whether they had experienced health problems or hospitalization during pregnancy for collecting data for this study. The most constantly recurring factors, i.e. the predictors of normal birth weight children were found to be: current age as well as age at consummation of marriage, high standard of living, ANC check-up, consumption of leafy vegetables as well proteinex, good past obstetric history, high carbohydrate level and sex of child.

The predictors of low birth weight children were found to be current age as well as age at consummation of marriage, low total weight gain, short height of mother,

October 2010 Entire Research, Vol. 2, Issue -IV

gestational period, high stress level of mother, bad past obstetric record, pregnancy related health problem II and low calorie intake.

Method and Analysis:

The data was collected through a questionnaire which includes information on the following categories

- ❖ **General/ Past History:** This includes the information on Name and address of patient, information on anthropometry (Height, Weight, Maternal size), menstrual cycle, number of pregnancies, postpartum complication as sepsis, gynecologic problems, place of delivery and baby's survival after birth etc.
- ❖ **Attitude of Pregnant Women:** This was mainly intended to find mothers feelings for pregnancy, family planning practices. It was to provide information on whether the pregnancy was planned or a contraceptive failure and in case of an unplanned pregnancy whether she wanted to continue or seek its termination. It also provided information on work during pregnancy i.e. the nature of work, number of hours of work, her and spouse's personal habits such as smoking, chewing tobacco, liquor consumption and consumption of Tea/Coffee. It also elicited information on maternal services which she was likely to use during pregnancy viz: maternal weight, BP, Hb, pregnancy complication, medicine, T. T injection, and iron/folic and acid/calcium tablets[2].
- ❖ **Health seeking Behaviour:** This includes information on before pregnancy and during pregnancy health complications. She was assessed for risk to herself or the fetus.
- ❖ **Delivery:** This was used to provide the information on the outcome of pregnancy whether a live birth or otherwise, nature of delivery, obstructed labour, person conducting the delivery, sex, birth weight, gestation, weight during three trimester, use of analgesic or anesthesia
- ❖ **Family Background/ Environment of Pregnant women:** This includes information on number of family members, religion, type of family i.e. nuclear or joint, total family income, housing, water facility and source of drinking water, socio-economic condition, environmental, sanitation, and their educational status. How stressful has her life been during entire pregnancy period. It includes those items, which believed to cause stress.
- ❖ **Nutrition and Dietary Recall:** This includes the food frequency questionnaire. This is used to determine the quantitative and qualitative adequacy of food which she is eating, Knowledge about nutrition, allergies, intolerances or food avoidances, special requirements of pregnancy, purchasing and consumption habits, storing and cooking methods. This information will require for calculation of macro-nutrients[3][4].

Structured interviews in Hindi, Marathi and English languages were taken to fill in the questionnaire by hundred-two mothers from Cama Hospital, St. Elizabeth Hospital, Laxmi hospital. Patients are admitted in this hospitals from Mumbai and surrounding districts. Only those mothers were interviewed whose children were not more than one day old during summer and diwali vacations by simple random sampling technique. The diet survey of each mother was recorded in a pretested and predesigned Performa by 24 hours recall oral questionnaire techniques. In order to have the analytical accuracy, standardized utensil technique was adopted to know the exact quantity eaten by mother. Standardized utensils of various sizes like katories, spoons were purchased. According to

October 2010 Entire Research, Vol. 2, Issue -IV

the weight of different food items in dry and cooked, a detail code list prepared by K.E.M. hospital's diet unit and reference book of "Nutritive Value of Indian Foods"(ICMR, 1981)[1] was used. The nutritional value of consumed food by the mothers was calculated in terms of calories, protein, fats, carbohydrate. In life stress survey, the score is calculated by assigning 5 points to first 11 items, 3 points to next 13 items and 1 point to remaining items of category 5 for coded list of variables .

All of those interviewed were divided into two categories: normal birth weight group (≥ 2.5 kg) and low birth group (< 2.5 kg) irrespective of gestation age.

To find out the factors associated with birth weight of a child, stepwise multiple regression analysis[7] has been used for both the groups. Here the dependent variable is birth weight of the child. The set of thirty-three independent variables includes height of mother, current age, age at marriage, pre-pregnancy weight, total weight gain, past obstetric history, smoking/alcohol/drugs consumption habits of father as well as mother, religion, education of mother and father, household's standard of living, family income, adequacy of ANC check-up, Hb level, blood pressure, adequacy of iron and folic acid tablets, presence of health problems (I and II), chronic disease, gestation period in days, type of delivery, sex of baby, duration of labour pain, family member, nature of mother's work, safe water facility, stress level of mother, consumption of protinex, consumption of leafy vegetables, calorie intake, and macronutrients like protein, fats, carbohydrates.

The following two models were found to be good fit:

In case of low birth weight children group...

Model 1

Low Birth Weight = $a + b_1(\text{Gestation period in days}) + b_2(\text{calorie intake}) + b_3(\text{age at consummation of marriage}) + b_4(\text{health problem type II}) + b_5(\text{stress level of mother}) + b_6(\text{total Wt. Gain}) + b_7(\text{height of mother}) + b_8(\text{current age}) + b_9(\text{Past obstetric history})$

In case of normal birth weight children group...

Model 2

Normal Birth Weight = $a + b_1(\text{current age}) + b_2(\text{age at consummation of marriage}) + b_3(\text{consumption of leafy vegetables}) + b_4(\text{household's standard of living}) + b_5(\text{consumption of protinex}) + b_6(\text{adequacy of ANC checkup}) + b_7(\text{Use of leafy vegetables}) + b_8(\text{Past obstetric history}) + b_9(\text{Carbohydrate level})$

The research hypothesis for the F test claims that there is some predictive relationship between the X variables (independent) and Y variable (dependent) in the population.

ANOVA TABLE

Model		Sum of Squares	df	Mean Square	F	ig.
1	Regression	3826495.666	9	425166.185	2.942	.000
	Residual	704235.584	38	18532.515		
	Total	4530731.250	47			
Model		Sum of Squares	df	Mean Square	F	ig.
2	Regression	6665064.883	9	740562.765	8.240	.000

October 2010 *Entire Research, Vol. 2, Issue -IV*

Residual	1786464.320	44	40601.46 2		
Total	8451529.204	53			

Since the p-value found to be less than 0.05, hence the result found to be significant for both the models.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.919	.845	.808	136.134
2	.888	.789	.745	201.49780

Since the R Square value is larger than the critical value (0.336) in the R Square table for model I.

Since the R Square value is larger than the critical value (0.301) in the R Square table for model II.

Besides this, R square value and adjusted R square value are almost same for both the models

as well as standard error of estimate are small for both the models.

Hence model found to be significant in both the groups.

A T Test For Each Coefficient:

Coefficients

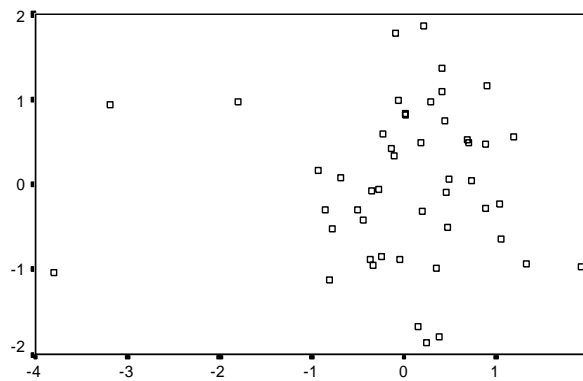
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta	B	Std. Error
1	(Constant)	1580.387	767.155		2.060	.046
	HTOFMOTH	-13.395	3.974	-.238	3.371	.002
	AGEOFMO	19.580	7.276	.307	2.691	.011
	AGEATMAR	-40.335	8.925	-.482	4.519	.000
	PAST	26.947	11.676	.181	2.308	.027
	TOTWTGAI	40.193	10.700	.356	3.756	.001
	PRO2	-41.890	7.570	-.419	5.534	.000
	GESTATIO	7.181	1.526	.435	4.705	.000
	STRESSMO	15.648	4.122	.267	3.796	.001
	CAL	.240	.059	.321	4.084	.000
Model		Unstandardized		Standardized	t	Sig.

		Coefficients		Coefficients		Std. Error
		B	Std. Error	Beta	B	
2	(Constant)	2711.501	366.284		7.403	.000
	AGEOFMO	33.853	9.379	.327	3.610	.001
	AGEATMAR	-29.361	12.213	-.257	2.404	.020
	A	-608.641	248.619	-.187	2.448	.018
	SEX	145.513	58.506	.179	2.487	.017
	FAMSTATU	194.932	36.442	.589	5.349	.000
	CHO	-.874	.418	-.159	2.090	.042
	PROTINEX	293.151	70.686	.325	4.147	.000
	USELEAFY	281.875	69.832	.352	4.036	.000
	PAST	-32.563	17.330	-.156	1.879	.067

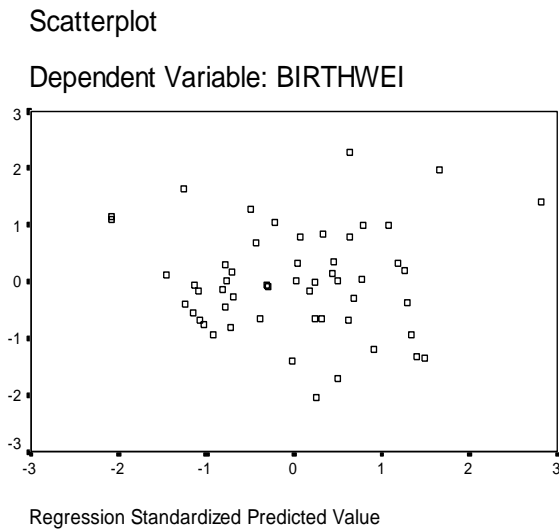
The t test for each coefficient found to be significant in both the models.

Scatterplot

Dependent Variable: BIRTHWEI



Regression Standardized Predicted Value



The diagnostic plot shows no relationship for both the models. No problems are indicated. Some improvements may still be possible but the diagnostic plot cannot detect them.

Conclusion:

The factors common in low birth weight children show that improvement in dietary habits, protein, leafy vegetables consumption habits of the mother, pre pregnancy age and weight, pregnancy related health problems and total weight gain, adequacy of iron and folic acid tablets, smoking/alcohol/drug consumption habits of father will moderately increase birth weight of child.

Social awareness can be created amongst people, especially women, regarding the association between child health (low birth weight, preterm pregnancy) and others factors. This will give an idea as to what should and could be done to reduce the problem of low birth weight among children and its devastating effects can be reversed by providing medical and educational services, support for both parents and children and appropriate health policies to ensure the best possible healthcare of pregnant women.

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An Analytical View on Sports Dimensions

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There are various definition and explanations are available to elaborate the term sport and the various dimensions of it. There could be varied terms or a concept associated with sports and it's very difficult to memories and understands the differences in it. This paper is an attempt of understanding these sports dimensions. It's very important to make them more lucid and applicable in real world.

Sport

A sport is commonly defined as an organized, competitive, and skillful physical activity requiring commitment and fair play. It is governed by a set of rules or customs. In a sport the key factors are the physical capabilities and skills of the competitor when determining the outcome (winning or losing). The physical activity involves the movement of people, animals and/or a variety of objects such as balls and machines. In contrast, games such as card games and board games, though these could be called mind sports, require only mental skills. Non-competitive activities such as jogging and rock-climbing, are usually classified as recreations.

Physical events such as scoring goals or crossing a line first often define the result of a sport. However the degree of skill in some sports such as diving, dressage and figure skating is judged according to well-defined criteria. This is in contrast with other judged activities such as beauty pageants and body-building shows, where skill does not have to be shown and the criteria are not as well defined.

Accurate records are kept and updated for most sports at the highest levels, while failures and accomplishments are widely announced in sport news. Sports are most often played just for fun or for the simple fact that people need exercise to stay in good physical condition. However professional sport is a major source of entertainment.

Although they do not always succeed, sports participants are expected to display good sportsmanship, standards of conduct such as being respectful of opponents and officials, and congratulating the winner when losing.

History of Sports

There are artifacts and structures that suggest that the Chinese engaged in sporting activities as early as 4000 BC. Gymnastics appears to have been a popular sport in China's ancient past. Monuments to the Pharaohs indicate that a number of sports, including swimming and fishing, were well-developed and regulated several thousands of years ago in ancient Egypt. Other Egyptian sports included javelin throwing, high jump, and wrestling. Ancient Persian sports such as the traditional Iranian martial art of Zourkhaneh had a close connection to the warfare skills. Among other sports that originate in Persia are polo and jousting.

A wide range of sports were already established by the time of Ancient Greece and the military culture and the development of sports in Greece influenced one another considerably. Sports became such a prominent part of their culture that the Greeks created the Olympic Games, which in ancient times were held every four years in a small village in the Peloponnesus called Olympia.

Sports have been increasingly organized and regulated from the time of the Ancient Olympics up to the present century. Industrialization has brought increased leisure time to the citizens of developed and developing countries, leading to more time for citizens to attend and follow spectator sports, greater participation in athletic activities, and increased accessibility. These trends continued with the advent of mass media and

October 2010 Entire Research, Vol. 2, Issue -IV

global communication. Professionalism became prevalent, further adding to the increase in sport's popularity, as sports fans began following the exploits of professional athletes through radio, television, and the internet—all while enjoying the exercise and competition associated with amateur participation in sports.

In the new millennium, new sports have been going further from the physical aspect to the mental or psychological aspect of competing. Electronic sports organizations are becoming more and more popular.

Activities where the outcome is determined by judgement over execution are considered performances, or competition.

The Concept of Sportsmanship

Sportsmanship is an attitude that strives for fair play, courtesy toward teammates and opponents, ethical behaviour and integrity, and grace in victory or defeat.^{[5][6]}

Sportsmanship expresses an aspiration or ethos that the activity will be enjoyed for its own sake. The well-known sentiment by sports journalist Grantland Rice, that it's "not that you won or lost but how you played the game," and the Modern Olympic creed expressed by its founder Pierre de Coubertin: "The most important thing . . . is not winning but taking part" are typical expressions of this sentiment.

Violence in sports involves crossing the line between fair competition and intentional aggressive violence. Athletes, coaches, fans, and parents sometimes unleash violent behaviour on people or property, in misguided shows of loyalty, dominance, anger, or celebration. Rioting or hooliganism are common and ongoing problems at national and international sporting contests.

The Concept of Professionalism

The entertainment aspect of sports, together with the spread of mass media and increased leisure time, has led to professionalism in sports. This has resulted in some conflict, where the paycheck can be seen as more important than recreational aspects, or where the sports are changed simply to make them more profitable and popular, thereby losing certain valued traditions.

The entertainment aspect also means that sportsmen and women are often elevated to celebrity status.

Sport management

Sport management is a field of education and vocation concerning the business aspect of sport. Some examples of sport managers include the front office system in professional sports, college sports managers, recreational sport managers, sports marketing, event management, facility management, sports economics, sport finance, and sports information. Many colleges offer this in many degrees.

Sport psychology

Sport psychology (or sports psychology) is the study of a person's behavior in sport. It is also a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity, and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, using rituals, attribution training, and periodization.

Commercialization of Sports

Since its formative years sport has had a commercial component to its operation. As early as 590 BC Greek athletes were financially rewarded for an Olympic victory (Harris,

October 2010 Entire Research, Vol. 2, Issue -IV

1964). However, in no previous time period have we seen the type of growth in the commercialization of sport, that we have seen in the last two decades. Today, sport is big business and big businesses are heavily involved in sport. Athletes in the major spectator sports are marketable commodities, sports teams are traded on the stock market, sponsorship rights at major events can cost millions of dollars, network television stations pay large fees to broadcast games, and the merchandising and licensing of sporting goods is a major multi-national business. These trends are not just restricted to professional athletes and events, many of them are equally applicable to the so-called amateur sports.

In some ways paralleling the increased commercialization of sport has been the emergence of academic interest in the business and management of sport. Much of the work in this area, including some of my own, has been concerned directly or indirectly with issues of effectiveness and efficiency and has the implicit or explicit aim of improving managerial practice and the functioning of organizations. From this perspective, sports goods and services are commodities which, like other goods and services, are subject to market forces. The managers of sport organizations are presented as purveyors of rationality and the management of a sport organization is considered to be a socially valuable technical function that is carried out in the general interest of athletes, employers, sponsors, and spectators alike.

Commercialization of sports in India

Sports is a word that is often misunderstood with wastage of time. Having pursued sports at various levels, I have now realized that the only way to promote sports is through the media, active participation of the corporate world and with government support. The last I wouldn't vouch for, as it is extremely difficult to break through the high walls of bureaucracy and hierarchy. So the only way to enhance the quality of sports in India is by commercializing it and making it within the reach of the common man.

In fact with the advent of KPL and IPL, we get to see lots of talented youngsters play and this has limited the extent of corruption in the game.

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Teacher Appraisal

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Every school should develop a teacher appraisal process. The appraisal process is to be led, coordinated and supported by the principal and negotiated at the school. All teachers other than the principal are to participate in the appraisal process, through a range of negotiated collegial practices. Teacher appraisal is a process of review by teachers, school heads, deputy school heads and other senior teachers of individual competencies, performance, and professional needs. It is a process in which an individual teacher and a senior colleague collaborate in evaluating that teacher's work as a professional person. This means appraising all aspects of a teacher's organization of their classroom, how they manage classroom activities, including the use of time and materials, how they behave towards pupils, other teachers, the school head, parents and the community.

Need For Teacher Appraisal

Appraisal is directed towards helping a teacher to become as effective as possible in the teaching/learning process, and also towards meeting a teacher's needs for professional development. From this, they are more likely to become independent thinkers and doers. For the majority of teachers, this requires a change of attitude, and this can only come from a willingness to review continually what takes place in the classroom and the school.

However, unfortunately, with many teachers those who have been in service for many years, the reality is quite different. These teachers feel very satisfied with their knowledge and skills they have obtained. They do not make any attempt to enrich their knowledge and experience regarding the content of the subject they teach. In order to improve the effectiveness of the teaching – learning process an effective system of appraisal is required, through which the professional needs of the teachers are identified and then fulfilled through proper professional development program me.



The Learner

Teacher Appraisal and Teacher Development : Teacher appraisal supports and recognizes individual achievement and provides directions for teacher development. Teacher development is an on-going process which takes account of the teacher as a professional, as a member of the school team working within the framework of the school plan, and as a valued professional within the public education system.

Teacher appraisal is clearly linked to teacher development in that:

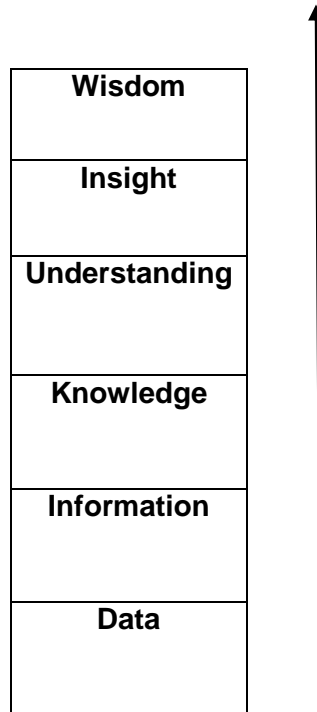
- Teacher development is an integral part of the total school program;
- Appraisal brings with it the opportunity for teachers to develop new skills, or at least the ability to use existing skills in new situations;
- Outcomes of appraisal inform further teacher development which may take a variety of forms including access to on-the-job learning, formal education, team teaching, networking, research, writing journal articles, preparing case studies from action research etc.

Appraisal recognizes and acknowledges the existing skills of teachers, ensures the sharing and disseminating of those skills and provides a feedback mechanism to enhance these skills; In order for professional development programmes to work best, they have to be intentional, continuous and systematic. For example, making teachers attend some workshops and seminars here and there from time to time does not really help much. What is actually needed is to create among teachers a culture of lifelong

October 2010
learning.

Entire Research, Vol. 2, Issue -IV

The Learning Ladder- From Data to Wisdom



Source: Longworth N. and Davies, W.K lifelong learning
London : Kogan Page, 1996,p.93

Therefore, it can be said that teachers should adopt the notions of lifelong learning throughout their professional life span in order to be effective teachers. All teachers should have the benefit of an ongoing professional development program which includes a range of activities both in and outside the school, designed to assist them to enhance the learning outcomes of students, reach their full potential as a teacher .

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October 2010 *Entire Research, Vol. 2, Issue -IV*

An Analytical Study of the Sports News Coverage in Times of India

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Abstract : *The present study is concerned with the analysis of the quantity of coverage of sports news in reputed daily Times of India published in Mumbai, between the Local, Maharashtra state, Indian and International Sports News Coverage .between the months of 1st August 2009 to 31st December 2009. The methodology used for this study is descriptive research under Comparative Survey method. The data was collected on the basis of the length of text and photographs measured in inches. The result of the present study is the period of August 2009 to December 2009 the International Sports News Coverage 36.12%, India Sports News Coverage 35.324%, Mharashtra Sports News Coverage 5.116%, and Local Sports News23.446%. considering with this result of this study is indicate that, India sports news coverage and international sports news coverage percentages are very less but Maharashtra and local news there are very less coverage given compare with national and international sports news in Times of India news paper.*

Key notes- News coverage

Introduction : In the 21st century there has been rapid growth and development in the filed of mass media communication technology. Mass media is also known as the central nervous system of society. One of the Oldest and Important mass media communications which still exist today is Newspaper. The present study is concerned with the analysis of the quantity of coverage of sports news in reputed daily Times of India published in Mumbai, between the Local, Maharashtra state, Indian and International Sports News Coverage .between the months of 1st August 2009 to 31st December 2009

The purpose of the study was to collect comparative data of Sports News Coverage of Local, Maharashtra state, Indian and International Sports with the evident information and analyze it on above various levels. The details of the study and methodology for collecting data have presented bellow.

Methodology : The methodology used for this study is descriptive research under Comparative Survey method. The Times of India_ daily published in Mumbai on specific days of the week viz, Monday, Wednesday and Friday for the period of 1st August 2009 to 31st December 2009 total duration 5 months (65 editions) were selected as a sample. The data was collected on the basis of the length of text and photographs measured in inches. The editions of Sunday, Tuesday and Saturday has not taken into consideration, since data collected of all days sports news for the research was so large. Hence, the researcher was considered only the data collected for the days stated above.

Variables of the study

- 1 Local sports news coverage. (Restricted to Mumbai city only)
- 2 Maharashtra sports news coverage. (Excluding Mumbai city news),
- 3 India sports news coverage. (Excluding Mumbai and Maharashtra)
- 4 International sports news coverage. (Excluding Mumbai, Maharashtra and India)

Statistical procedure

As per the research design collected data were analyses by using Simple Percentage Technique systematically, to conclude this investigation through following tables and graphs.

Table No.1 Sports News Coverage from 1st August 2009 to 31st December 2009 in square inches.

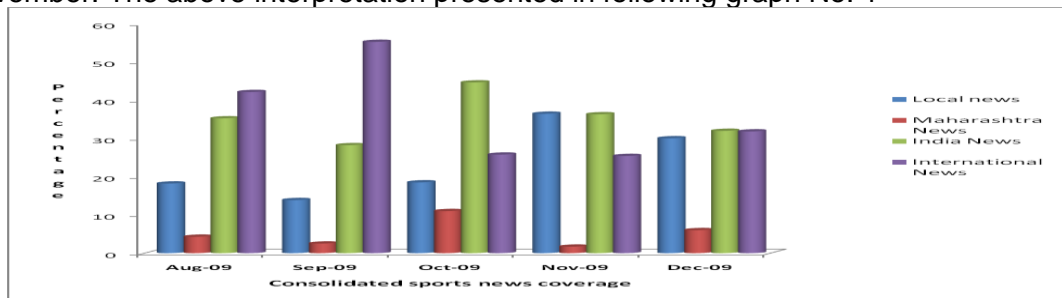
Month	Local news	Maharashtra News	India News	International News
August 2009	1125.59	265.63	2178.86	2604.41
September 2009	842.31	152.57	1713.39	3352.06
October 2009	1287.61	762.55	3104.86	1792.33
November 2009	2120.46	99.29	2112.32	1478.31
December 2009	1745.49	350.01	1858.54	1849.66

The data which is presented in table No. 1 is helps to understand, the statistics of Local, State, National and International sports news coverage which is classified by month viz and measured in square inches. The same data of this table is converted in percentage and presented in table No.2.

Table No. 2 Sports News Coverage from 1st August 2009 to 31st December 2009 in Percentage.

Month	Local news	Maharashtra News	India News	International News
August 2009	18.23%	4.30%	35.29%	42.18%
September 2009	13.90%	2.52%	28.27%	55.31%
October 2009	18.53%	11.02%	44.69%	25.80%
November 2009	36.49%	1.71%	36.35%	25.44%
December 2009	30.08%	6.03%	32.02%	31.87%

International sport news coverage was maximum 55.31%, in the month of September 2009. India sport news coverage was maximum 44.69%. in the month of October 2009. Local Sports News coverage and the Maharashtra Sports News coverage was maximum 36.49% and 11.02% in the month of November and October 2009 respectively. The minimum percentage of Local, Maharashtra, India and international sports was 13.90%, 1.71%, 28.27% and 25.44% in the month of September and November. The above interpretation presented in following graph No. 1

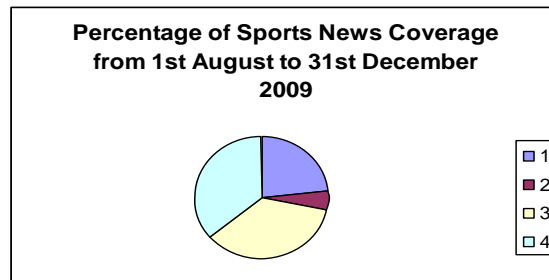


Graph No. 1 Sports news coverage from 1st August 2009 to 31st December 2009 Finding

Table No.3 Total percentage of Sports News Coverage from 1st August 2009 to 31st December 2009 in Percentage.

Local Sports News	Maharashtra Sports News	India Sports News	International Sports News
23.446%	5.116%	35.324%	36.12%

It is observed that for the period August 2009 to December 2009 the International Sports News Coverage 36.12%, India Sports News Coverage 35.324%, Mharashtra Sports News Coverage 5.116%, and Local Sports News23.446% this finding also graphically presented below.

**Graph No.2****Indications: -**

- 1 Local sports news coverage.
- 2 Maharashtra sports news coverage.
- 3 India sports news coverage.
- 4 International sports news coverage

Discussion

The finding indicates that International sports news is given maximum 36.56 percentage coverage in the entire news papers. The next important is India sports news coverage which is 35.19 which is closely to the international news coverage. The Local sport news coverage is given less importance.

Conclusion

The result of this study is indicate that, India sports news coverage and international sports news coverage percentages are very less but in case of Maharashtra and local news there are very less coverage given compare with national and international sports news in Times of India news paper.

Acknowledgement

We are thankful to our mother institution B. P. C. A. Bhartiya Krida Mandir, Wadala, Mumbai-31., to encouragement, motivation and suggestions in this endeavor.

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October 2010 *Entire Research, Vol. 2, Issue -IV*

E = MC²: An Effective Way of Teaching Mathematics

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INTRODUCTION: Mathematics is considered as one of the toughest subject in the teaching learning process. Easier said than done is the complex reality of this subject, what conceive by the parents and the society at large. No one can deny the application and scope of the subject in ones career development. The complex process of teaching learning of this subject restrains the development of learners mind in a right direction. Author, being a lecturer of mathematics has seen the pinch dilemma of the students from a very close imminent. Eventually there is a jumble in the teaching learning process of this subject. Issue acquires, to conquer the murkiness of teaching learning method in the subject. Imperative endeavor is necessary in the teaching learning method. *Clairvoyant hypothesis E = MC²* of giant scientist Einstein in Physics facilitates us to prevail over the intricacy of teaching learning process of the subject. Effective teaching learning process depends upon three primitive concepts, which are:

1. Motivation 2. Consistency 3. Commitment

E = MC² is considered in education as follows,

E = Excellence, M = Motivation, C = Consistency, C = Commitment

MOTIVATION: Motivation is a determining factor in students' ability to learn and achieve academic success. It is not only a challenge to most teachers to motivate students, but rather more challenging to maintain their motivation high¹. Student's motivation may be the single most-powerful indicator of a student likelihood of persisting. One of the major sources of stimulation of motivation is the teacher. His enthusiasm and values have much to do with his students' interest in the subject matter. The significance of motivation in teaching learning process is well defined by Erickson as a effective learning in the class-room depends on teachers' ability to maintain the interest that brought students to the course in first place². Doesn't matter what intensity of motivation your students convey to the classroom will be imprecise for enhanced or grubby, by what happens in that class rooms. The importance of motivation for a teacher is well defined by William Arthur Ward as the mediocre teacher tells; the good teacher explains, the superior teacher demonstrates, the great teacher inspires³. There are realistic approaches to motivate the students in classroom which are as follows:

Boost self-confidence: Teacher should develop self confidence in him and for the students too. Importance of self development for a teacher is well defined by Leiblazarow as one who has confidence in himself will gain the confidence of others⁴. A teacher can get a self confidence in him by organizing subject matter well and present the same in an easy manner before the students. Importance of preparation is well said by Arthur Ashe as "One important key of success is self confidence and an important key to self confidence is preparation the same in easy manner"⁵. Teacher should develop a technique for self evolution and learn to evaluate himself independently bring harmonious relationship with the students. Self confidence gives the freedom to make mistakes and to cope up with failure without feeling that one's worth has come to an end or person is worthless. Teacher should appreciate the solution provided by a student in respect of its correctness: teacher should also consider mistakes committed by the students as an area of improvement within the students and the same should be a challenge in teachers' professional life. This practice will help to the students to overcome the inferiority complex and suicide cases among the students.

Caution of idiocy: Sense of humor is also a key factor for self confidence. Importance of sense of humor is defined as: it is not only essential to surviving as a teacher, it is absolutely vital in maintaining ones sanity as a teacher. Berk claims that humor has the ability to

October 2010 Entire Research, Vol. 2, Issue -IV

decrease student's anxiety to improve the ability to learn and boost self esteem"⁶. Humor can make potentially boring subjects more interesting. Mathematics facts can be memorized under stress; but the development of its intelligence and use in appropriate thinking can best be done in relaxed environment which humor can do. Some realistic approach to create sense of humor in class is as follows:

(i) Enter in class-room with cheerful expression, enthusiasm, well-dressed and make your class live. If teacher happen to be boring or lazy then students will follow the same.

(ii) It is most essential that a teachers' enthusiasm comes from passion, excitement about the content and genius pleasure in teaching. Develop the most electrifying way to present the material, however dull is the material in order to engage and challenge students to enhance learning and encourage student participation.

Identify the students' self factor: Students are more aware of their self identity, hence, in order to motivate them, if one calls them by their names, they feel esteemed and identified. They will feel that the teacher is more concerned about their studies and progress will boost up the morale of student to learn all the things with receivable mind frame. This acts as a positive reinforcement for the student to help in a better learning process and ultimately students become more involved in the studies with proper direction to further grasp any difficult concept. A motivated student can perform definitely better than any normal student of a classroom. Some realistic approaches to realize self-respect in students are:

(i) Call student by name not by their roll number, so the students visualize that the teacher is generous on me. Also assist students to feel that they are esteemed member of learning society

(ii) Deliver blessing on the student birthday. Involve themselves in colleges /schools functions with learners' to treat students as co-learners and encourage teamwork activities.

By Reward: Both positive and negative remarks influence every learner but research consistency indicates that student is more affected by positive remark and achievement. Praise student composure, proficiency, and self esteem. Recognize sincere effort, even if the result is less than stellar. If a student's performance is inadequate, then also the students recognize that mentor deems that he or she can improve and flourish over time. Respond positively to student questions, and praise students verbally for work well done. Use written encouraging remarks in the evaluation of students work when deserved. (E.g. "good job", "well done", etc). Build quality relationships with all students and show them that you care about their success/problems. One should avoid the following:

*Don't award negative criticism to the parents but appreciate the qualities of learner.

*Don't mistreat the student in group of pupils.

*Make known ambiguity done by students forlorn.

*Avoid by means of grade as coercion.

As Mckeachie points out, "The threat of low grades may prompt some students work hard but other students resort to academic dishonesty, excuse for late work, and other counterproductive behavior"⁷.

CONSISTENCY: Consistency is an important factor to develop teaching learning process more effective. One important teaching strategy is that the teacher should be consistent in his efforts. Consistency in teachers' action is one of the steps towards creating a self learning environment for the students and they will be more likely to succeed. When the rules change constantly, students will react poorly. Teachers lose his credibility and students have a tendency to turn out or act out⁸.

Broad spectrum tactic to endure consistency in teaching:

Apportion some time of lecture for subject matter/content learned in previous lecture for discuss by short questions. Homework should prearrange and offer to student on routine basis and also test result should return as quickly as possible to the students, put best answer papers on institution notice board. Organize the content matter in advance and

October 2010 Entire Research, Vol. 2, Issue -IV

revamp matter with new trend. Explain unique mistakes made by previous students of same standard and scratch aim/question on board unmistakably. Educate students to communicate the Mathematical expressions properly. Avoid offer plenty of home-work. Avoid provide boring/or long drawn out questions in homework/ question paper.

COMMITMENTS TO TEACHING: Commitment to teaching is also a very important aspect to create teaching learning process more effective. Importance of commitment in teaching – learning process is well defined by Peter F Ducker as “Unless commitment is made there are only promises and hopes but no plans”⁹. In order to teach in a manner that respects and cares for the souls of our students is essential if we are to provide the necessary conditions where learning can most deeply and intimately begin”¹⁰.

General approach to endure commitment in teaching:

- Our high prospect demands extraordinary commitment.
- Avoid doing fake promise with students.
- Teacher expectations should be lofty but pragmatic.
- Avoid doing preferential treatment with the students.
- Facilitate students in aim setting.
- Envisage dreams to your students.
- Don't show torpor in writing on black-board.

CONCLUSION: The main purpose of any teacher is to motivate their pupils to improve and enrich their knowledge. There is no learning without a motive. Only motivated pupils and teachers can be successful. Every successful group has a culture of consistency. Students do not like to be in classroom where they do not know where what is going to happen next. Students like consistency as it create a school climate where everyone knows what to expect and what to do. Consistency builds a work environment that is safe and inviting. Teacher like consistency as there is no more yelling and berating students to do something, because they all know what to do. When there is culture of consistency, the students will work, produce, learn, and achieve. Students can hit any target that they can see and that does not move. Students most likely to accept and follow through on their part of the covenant when the expectations are realistic, authentic and meaningful. To be effective, teachers one must know and understand deeply the mathematics they are teaching and be able to draw on that knowledge with flexibility in their teaching tasks. They need to understand and be committed to their students as learners of mathematics and as human beings and be skillful in choosing from and using a variety of pedagogical and assessment strategies. In addition, effective teaching requires reflection and continual efforts to seek improvement. Teachers must have frequent and ample opportunities and resources to enhance and refresh their knowledge. Teaching mathematics well involves creating, enriching, maintain, and adapting instructions to move towards mathematical goals, capture and sustain interest, and engage students in building mathematical understanding. Effective mathematics teaching requires a serious commitment to the development of students' understanding of mathematics. Because student learns by connecting new ideas to prior knowledge, teachers must understand what their students already know. Effective teachers know how to ask questions and plan lessons that reveal students' prior knowledge; they can then deign experiences and lessons that respond to, and build on, this knowledge. At last successful teaching entirely depends almost on teacher's attitude and his approach towards what he is delivering.

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October 2010 *Entire Research, Vol. 2, Issue -IV*

Socio Economical and Educational Status of Shiv Chhatrapati Awardes of Different Sports Dliiscipline

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Sports signify not merely physical movements and gymnastics but it is something more. Really it is based on the philosophy of zeal education and development of personality. Education does not mean only intellectual development or collecting some information. Sports can achieve the goal of global unity, peace, character building and can foster values likes benevolence, kindness, love, sacrifice, service etc. It may be stated here that potential man can be made more happy and healthy if sports is cultivated in real spirit. This will make potential man healthier physically, intellectually and spiritually. He will be better man physically because if he practices sports in true spirit, then this will mean his devotion and "SADHANA" for better life. This will not only mean better physical heath but also better mental and moral health.

Sports generally foster team spirit and it discourages individualistic approach, it can lead people to realize the goal of universal brotherhood. Politicians and philosophers talk about this goal of brotherhood and of "Vasudhaiv Kutumbkam" but this idea can be easily realized if we practice sports in the true spirit. Some ways and means may be chalked out for betterment of the world through sports which signifies forces of love, unity and discipline which is needed in sports for an institutionalized competitive activity that involves vigorous exertion or the use of relatively complex physical skill by individuals whose participation is motivated by combination of intrinsic and extrinsic factors". Sports hold a prominent place in modern life. Millions of people participate in sports activities watch and read about them and millions of dollars are spent annually on sports, related activities and equipments. Sports have grown immeasurably in scope and in social importance but the meaning of sports have received little in the way of serious attention. Sports are an organized competitive form of play. Some persons view sports simply as an organized form of play, which might put it closer to Physical Education as we have defined it. However close consideration will show that sports has traditionally involved competitive activities.

Sports can be classified in various of way's such as team v/s individual, quantitative v/s qualitative, absolute v/s judgment, external v/s human, physiological v/s precision; competitive v/s leisure. Status and specific level of individual influences the choice of sports in which people participate on individual decision in sports are shaped by a complex dynamic process in which factors like: economical, class and gender, parental and peer group influence, leadership and economic intersect plays a vital role. Therefore, it is logical to assume that people in upper and upper-middle class may be inclined to participate in sports such as golf, tennis and polo, and then of lower

Socio Economic Status (SES) class may be more likely to participate in team sports such as foot ball, basketball, volleyball and base ball. Sports helps to define moral and political community; sports is not a reflection of some postulated essence of society and one more over, which may be used as a mean of reflecting on society.

Sports commitment is psychological state representing the desire or resolve to continue sports participation. Increasing participation commitment is an important task for participation, since research has shown that about number of individuals who take part in sports dropout within a short period of time (Dishman,2001).The sports commitment model is grounded in theoretical and empirical research in the social psychological

October 2010 Entire Research, Vol. 2, Issue -IV

literature (Kelly.1983), Becker (1960), Scanlon et.al.(1993) proposed the sports commitment questionnaire included sports commitment sports enjoyment, personal investment social constraints & involvement opportunities and introduced the theoretical model sports commitments to examine the motivation underlying persistence in organized sports.

Research have shown that self determination is associated with commitment (Alexandra'et.al. 2002) suggested that high self determination is supportive of sports commitment among young athlete. (Brustad et.al.2001)state that; "understanding psychological attachment can be useful in explaining individual differences in participation motivational level. According to Vollerand & Rousseau's (2001) study, sports participation adherences and true commitment to participation are consequent to motivation. Oman & McCauley's (1993) study of adult's participation in aerobic sessions suggested that higher intrinsic motivation was related to increased intension to continue participating in activities, while extrinsic motivation was related to lower intension to participate in exercise. Forter and Grenier (1999) examined exercise adherence in various sports; concluded that high self determination was related to sports adherence, while low self determination was associated to low adherence in sports.

Society is divided in strata; or layers of stratification socio economic status is the primary way that most of the people identify stratification in society sports is not exceptional for it. In short some people are poor, some are wealthy and the majority are somewhere in between. Socio-economic status (SES) is an important determinant of health and well-being because it influences people's attitudes, experiences, and exposure to several health risk factors. Socio economical status is evaluated as a combination of factor including income, level of education and occupation. It is a way of looking at how individual or families fit in to society using income and social measures that have been shown impact on individual health and well being.

This information regarding sports persons SES is being provided to all in the interest of increasing communication and understanding in the sports concern field. Some of the information on education is just pleasant to know is to help everyone in planning their future assignment and careers by an individual or group position within a hierarchical social structure. SES depends on a combination of variables including education, occupation and income levels in comparison to their country's statistical average from others socio economic status is a measure of an individuals or group standing in the income, occupation, education, achievements and wealth of either an individual or group. These types of variables are summarized in to a single figure or socio-economic index. There is no general agreement or the definition of socio economic status and so different socio economic index are constructed for different uses.

Number of investigation of the socio economic status has been increasing, but the status concept remain undetermined finding appear to be in conflict. SES is assessed by looking at an individual or group housing, occupation education and income levels in comparison to statistical surveys, What does SES mean?, How is SES related to health and expectancy?. What does SES influence of sports mean? Why SES effect your interest status in specific?

SES influence the choice of sports person in which people participate. Clodey and White (1992); support the notion as they suggest that, individual decision to participate in activity are shaped by a complex dynamic, in which economic factors class and gender, parental and peer influences, leadership and location interest. Therefore, it's logical to assume that people in lower SES may be more likely to participate in team sports such

October 2010 Entire Research, Vol. 2, Issue -IV

as Foot Ball, Basket Ball, Volleyball and Base Ball. Sports helps in defining moral and political community noted by McClancy(1996). He goes on to say that, "Sports is not a reflection of some postulated essence of society; but an integral part of society and one, moreover, which may be used as a means of reflecting on society. Question arises do lower SES emphasize sports as a way out as opposed to the upper class that might view sports as strictly recreation? Do these opinions on sports vary from class to class?

Sports tend to play for the fun of it? Research has provided evidence and athletic participation promotes growth and changes in high school student (Ishee 2004) Marsh and Kleitman (2003) examined athletes' participation and reported that sports participation increased in school identity and commitment to school activities. This increase identification and commitment benefited academic and nonacademic outcomes. Academic grade increased and higher educational aspiration also increased enrollments in physical activities also. Sports results in increased health and well being, which enhance academic achievement .

Ryska (2003) presented the notion that an individual has a motivation perspective that influence views of success in achievement related settings such as sports and academics. Participation in sports helps develop a dimension of self identity, impact the self evaluation process. The history of sports has allowed for a real or valid sense of diversity, liking representation from different backgrounds. Sports can provide mobility for many athletes those most attracted to sports as a mean of upward mobility are from the lower SES, which are disproportionately composed of minority members.

SES is a component of stratification system that exists in all groups' origination and societies (Tim & Tim, 2009). Several studies have shown that low socioeconomic characteristics (e.g., household income, education level) are related to a variety of chronic diseases and all-cause mortality. The relation between low SES and health is not limited to adults, as children who grow up in a low SES family have a higher risk for an unhealthier lifestyle.

Habitual physical activity is considered to be essential for optimal physical growth and development of the child. Despite the widely known benefits of physical activity and sports participation, many young people do not meet recommended levels of physical activity. Furthermore, several studies show an inverse relationship between physical activity levels in youth and parental educational level. Others have also found that parental income is inversely related to sedentary behavior such as time spent watching television. Despite these findings, Raudsepp points out that the relationship between SES and physical activity has not been well quantified since physical activity levels are typically assessed by self-report / recall. Recent studies using objective measurements have reported equivocal findings. Household income was used as the indicator of SES and was obtained by self-report from the sportspersons on a demographic and health survey. Ferreira et. al. reported that family income is a consistent correlate of PA in children and adolescents. In both samples, categories were established using annual household income with the income categories varying by study. In study 1, the sample was divided into five groups by annual household income (< \$ 24,999; \$ 25,000 - \$ 35,999; \$36,000 - \$ 54,999; \$ 55,000 - \$ 100,000; > \$ 100,000). Due to the smaller sample size, subjects in study two were grouped in to three groups i.e. low, medium, and high. (Low/< \$ 50,000; medium/ \$ 50,000 - \$ 75,000; high/> \$ 75,000).

To better understand the socioeconomic status of awardees information from different sports group and to get more information on the impact of socio-economic factors on sports participation and achievements is needed further. This paper will

October 2010 Entire Research, Vol. 2, Issue -IV

consider the socioeconomic status of sportsperson awardees from different sports which has not been addressed sufficiently in previous studies. In this paper, data collected by questionnaire from the awardees of different sports discipline is utilized to examine socio-economic status as determined by household income, education and social status.

Procedure: - The purpose of present study was to find out benefits of sports participation and effect of sports participation on students habits and academic goals. And to gather information about socio economical and educational status of sportspersons who have conferred the shiv-chhatrapati award of government of Maharashtra in different sixteen sports disciplines. Ninety seven (seventy five male & twenty two female) shiv-chhatrapati awardees from sixteen competitive sports discipline were selected. All the awardees voluntarily agreed to participate in this study. The questionnaires were completed on income, status, education, status of thirty Question divided into section A10, B10, & C10, were circulated and information were gathered. To draw a conclusion the data analyze by descriptive statistics were used to show the most significant subscales of questionnaires.

Conclusion and Findings:- Information gather on socio economical and educational status of sports persons reveal that out of ninety seven, seventy five male & twenty two female shiv-chhatrapati awardees from sixteen competitive sports discipline. The educational status of the players is SSC and below 25, (25.77%) HSC-24 (24.742%), Graduate-29 (29.896%), post graduate-11 (11.34%), qualification not mention by 8 awardees it reveals that most of the awardees are qualified. Sports achievement of the players is fourteen awardees participated at Inter-National and remaining at National.

SOCIAL STATUS: - Their social status was decided on the basis of their occupation and income. The occupation of 85 awardees was employees, and got retirement pension the pension holders awardees are 75. Remaining 12 have not mention about their jobs. The living status are 95% stay in urban having own house of 500 sq. ft. 40% awardees has employed servant for their house hard work 100% awardees having mobile phone, color TV. 58% awardees having two wheeler 100% awardees have subscription of magazine. Awardees having Club membership are 43 (80%) club Association with social organization 70% & 49% with sports.

Economical status: - 78% awardees having savings in between 1000 to 6000 per month 59% awardees having own farm houses that indicates most of the awardees comes from lower income group. Personal profile of the respondent is that 75% were graduates, while 25% were post graduates which show that most of the awardees are highly qualified. 75% respondents had nuclear family where as 27% had joint family. An economical profile of the respondent reveals that their annual income is below Rs 10000 (16.67%), below Rs 20000 (47.33%), and above Rs 20000 (36%). Social status of 17.34% respondents' falls under upper class and 58.66% respondents comes under middle class whereas 20% respondents come under lower class. Awardees possess moderate to high socio economical status.

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October 2010 Entire Research, Vol. 2, Issue -IV

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Mental Health and Health Related Fitness of Women Handball and Basketball Players in Maharashtra

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Abstract : Basketball and handball players require adequate degree of mental health and various physical fitness qualities to exhibit successful performance. However, there are very few studies on the status of health related fitness and mental health among women handball and basketball players. Hence, this study was conducted with a view to find out the status of mental health and health related fitness of women handball and basketball players in Maharashtra. Total three hundred and forty five (n=345; handball:196; basketball:149) elite women players of handball and basketball, age ranged from 18 to 25 years, from almost all the districts of Maharashtra were participated. Mental health and health related fitness were surveyed by administering standard questionnaires. The result revealed that that there was significant difference in health related fitness among the Handball and Basketball players especially who are participating in state level championship ($X^2=37$, $p<0.01$). Thus, this study concludes that the state level women Basketball players possess better level of mental health and health related fitness than the Handball players.

Key words: *mental health, health related fitness, handball, basketball.*

Introduction : There has been remarkable development in the handball and basketball game. Success in these games seems heavily reliant on players possessing an adequate degree of mental health and various physical fitness qualities as well as the individual skills and team tactical abilities. However, there are scant data on the status of health related fitness and mental health among women handball and basketball players.

Previous research reports suggest that players require to have well developed aerobic and anaerobic capacities (Delamarce *et al.*, 1987; Gorostiaga *et al.*, 2006). Several motor abilities such as sprinting, jumping, flexibility, and throwing velocity are considered as important aspects of the game that contribute to the high performance of the team (Granados *et al.*, 2007; Marques & Gonzalez-Badillo 2006; Marczinka 1993). It has been also documented that Handball players with specific anthropometric characteristics play a supportive role in helping athletes perform better under the actual competitive conditions (Srhoj *et al.*, 2002; Skoufas *et al.*, 2003). More specifically, body height, body mass, palm span and palm length are important in improving athletes' performance and are considered as basic criterion for athletes' selection in various playing positions (Taborsky, 2007).

Further, in modern sports, international competition has become fierce, involving ever younger ages. The evaluation of young athletes' performance is mainly based on health related physical fitness and mental health. The mental ability is a necessity in the achievement of the physical condition and it includes mental-behavior manifestations during the game and the training (Cervar, 2004; Czerwinski, 2000; Morris, Spittle, Watt, 2005; Pollany, 2001). Any movement act performed consciously by a sportsman has a certain degree of mental effort (Constantini, 2002; Sevim, 2004).

In Maharashtra state women's Basketball and Handball teams are regularly participating in national level sports competitions. Generally, a state level team is formed with the elite players, who are representing the district level competitions. Therefore, elite players of the state are to be properly and scientifically selected in such a way so that along with performance oriented fitness they should maintain excellent level of mental health and health related fitness.

It is observed that today elite sportsmen / sports women and coaches are giving more importance to the performance oriented fitness than health related fitness to exhibit top performance. The main intention is to win a medal by any means; but they never consider the

October 2010 Entire Research, Vol. 2, Issue -IV

post competition health situation of these players. It is assumed that elite female players have suitable level of performance oriented fitness, but there is a doubt that they have good mental health as well as acceptable state of health related fitness. Therefore, this study was conducted to analyze the condition of mental health and health related fitness of elite women Basketball and Handball players in the state of Maharashtra.

Materials and Method

The Subjects : The female players of Basketball and Handball from all the districts of Maharashtra attending the state level competition were considered as sample. Total Three hundred and forty five (n=345) elite women players of handball and basketball were participated. Out of 345 subjects, age ranged from 18 to 25 years, 196 were handball players and 149 were basketball players.

Methods of Survey : Performance ability of all the state level female players of Handball and Basketball was assessed for mental health (Agashe and Helede, 1998),¹ and health related physical fitness (Bera, 2004)². Before such assessment, the researcher approached to the head quarter of the particular sports association of each district of the state for availing permission to collect data. Further, written consent was obtained from all the subjects prior to testing procedure.

Statistics : Descriptive statistics was applied to process the data. Further, percentage-wise analysis was done to assess the level of mental health and health related fitness of the state level women Handball and Basketball players. Non-parametric data were then processed for Chi-Square test to see the difference in mental health and health related fitness between the players of Handball and Basketball.

Results

Mental Health of Handball and Basketball players:

Percentage-wise data analysis of the women players on mental health revealed that (Table-1).

- In case of Jalgaon district, 72.65% of the women Handball players had higher state of mental health, whereas 88.67% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- For Aurangabad district, 66.34% of the women Handball players had higher state of mental health, whereas 75.68% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- 34.57% of the women Handball players had higher state of mental health, whereas 51.00% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players representing Mumbai.
- In case of Raigad district, 57.65% of the women Handball players had higher state of mental health, whereas 59.87% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- For Nasik district, 25.62% of the women Handball players had higher state of mental health, whereas 64.23% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.

¹ C.D. Agashe and Helede, 1998.

² T.K.Bera, "Development of a Questionnaire on Health related fitness. (Lonavla: Scientific Research Department, Kaivalyadhama S.M.Y.M. Samiti, 2004), pp.1-14.

October 2010 Entire Research, Vol. 2, Issue -IV

- 59.22% of the women Handball players had higher state of mental health, whereas 72.46% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players representing Yeotmal district.
- In case of Akola district, 44.26% of the women Handball players had higher state of mental health, whereas 34.13% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- For Buldhana district, 56.82% of the women Handball players had higher state of mental health, whereas 48.96% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- 61.22% of the women Handball players had higher state of mental health, whereas 72.85% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players representing Beed district.
- In case of Parbhani district, 67.58% of the women Handball players had higher state of mental health, whereas 79.82% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- For Dhule district, 79.22% of the women Handball players had higher state of mental health, whereas 86.57% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- 45.82% of the women Handball players had higher state of mental health, whereas 78.73% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players representing Pune district.
- In case of Amaravati district, 68.22% of the women Handball players had higher state of mental health, whereas 55.36% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- For Wardha district, 61.42% of the women Handball players had higher state of mental health, whereas 73.63% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- 32.20% of the women Handball players had higher state of mental health, whereas 56.72% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players representing Ahmednagar district.
- In case of Satara district, 54.52% of the women Handball players had higher state of mental health, whereas 67.27% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- For Nagpur district, 61.63% of the women Handball players had higher state of mental health, whereas 84.54% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- 74.33% of the women Handball players had higher state of mental health, whereas 72.79% of Basketball players expressed higher level of mental health. This indicates that there may

October 2010 Entire Research, Vol. 2, Issue -IV

be difference in mental health between state level women Handball and Basketball players representing Kolhapur district.

- In case of Chandrapur district, 34.87% of the women Handball players had higher state of mental health, whereas 58.56% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- For Latur district, 52.26% of the women Handball players had higher state of mental health, whereas 44.37% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- 77.54% of the women Handball players had higher state of mental health, whereas 85.43% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players representing Sangli district.
- In case of Solapur district, 55.32% of the women Handball players had higher state of mental health, whereas 68.48% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- For Nanded district, 63.42% of the women Handball players had higher state of mental health, whereas 73.29% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players.
- 43.62% of the women Handball players had higher state of mental health, whereas 63.43% of Basketball players expressed higher level of mental health. This indicates that there may be difference in mental health between state level women Handball and Basketball players representing Bhandara district.

Table 1

Percentage-wise results in Mental health of the Handball and Basketball players

HIGHER LEVEL OF MENTAL HEALTH			
No.	Districts	Handball Players	Basketball Players
01	Jalgaon	72.65%	88.67%
02	Aurangawad	66.34%	75.68%
03	Mumbai	34.57%	51.00%
04	Raigad	57.65%	59.87%
05	Nasik	25.62%	64.23%
06	Yatmal	59.22%	72.46%
07	Akola	44.26%	34.13%
08	Buldana	56.82%	48.96%
09	Beed	61.22%	72.85%
10	Parbhani	67.58%	79.82%
11	Dhule	79.22%	86.57%
12	Pune	45.82%	78.73%
13	Amaravati	68.22%	55.36%
14	Wardha	61.42%	73.63%
15	Ahmednagar	32.20%	56.72%
16	Satara	54.52%	67.27%
17	Nagpur	61.63%	84.54%
18	Kolhapur	74.33%	72.79%
19	Chandrapur	34.87%	58.56%
20	Latur	52.26%	44.37%
21	Sangli	77.54%	85.43%
22	Solapur	55.32%	68.48%

23	Nanded	63.42%	73.29%
24	Bhandara	43.62%	63.43%

Health related fitness of Handball and Basketball players:

Percentage-wise data analysis of the women players on health related fitness revealed that (Table 2) –

- In case of Jalgaon district, 67.26% of the women Handball players had higher state of health related fitness, whereas 77.86% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- For Aurangabad district, 63.63% of the women Handball players had higher state of health related fitness, whereas 77.56% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- 53.45% of the women Handball players had higher state of health related fitness, whereas 65.10% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players representing Mumbai.
- In case of Raigad district, 65.76% of the women Handball players had higher state of health related fitness, whereas 55.98% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- For Nasik district, 32.56% of the women Handball players had higher state of health related fitness, whereas 56.42% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- 45.92% of the women Handball players had higher state of health related fitness, whereas 67.24% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players representing Yeotmal district.
- In case of Akola district, 74.42% of the women Handball players had higher state of health related fitness, whereas 83.41% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- For Buldhana district, 45.68%% of the women Handball players had higher state of health related fitness, whereas 64.89% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- 46.12% of the women Handball players had higher state of health related fitness, whereas 77.28% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players representing Beed district.
- In case of Parbhani district, 66.75% of the women Handball players had higher state of health related fitness, whereas 47.98% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- For Dhule district, 27.92% of the women Handball players had higher state of health related fitness, whereas 58.65% of Basketball players expressed higher level of health related

October 2010 Entire Research, Vol. 2, Issue -IV

fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.

- 84.58% of the women Handball players had higher state of health related fitness, whereas 97.87% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players representing Pune district.
- In case of Amaravati district, 56.82% of the women Handball players had higher state of health related fitness, whereas 65.53% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- For Wardha district, 36.14% of the women Handball players had higher state of health related fitness, whereas 67.36% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- 53.22% of the women Handball players had higher state of health related fitness, whereas 75.67% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players representing Ahmednagar district.
- In case of Satara district, 65.45% of the women Handball players had higher state of health related fitness, whereas 66.72% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- For Nagpur district, 68.16% of the women Handball players had higher state of health related fitness, whereas 78.45% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- 57.43% of the women Handball players had higher state of health related fitness, whereas 57.27% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players representing Kolhapur district.
- In case of Chandrapur district, 63.48% of the women Handball players had higher state of health related fitness, whereas 75.85% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- For Latur district, 65.22% of the women Handball players had higher state of health related fitness, whereas 64.43% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.
- 37.75% of the women Handball players had higher state of health related fitness, whereas 58.54% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players representing Sangli district.
- In case of Solapur district, 45.53% of the women Handball players had higher state of health related fitness, whereas 56.84% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.

For Nanded district, 46.34% of the women Handball players had higher state of health

October 2010 Entire Research, Vol. 2, Issue -IV

related fitness, whereas 67.32% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players.

- 54.36% of the women Handball players had higher state of health related fitness, whereas 66.34% of Basketball players expressed higher level of health related fitness. This indicates that there may be difference in health related fitness between state level women Handball and Basketball players representing Bhandara district.

Table 2
Percentage-wise results in Health related fitness of the Handball and Basketball players

HIGHER LEVEL OF HEALTH RELATED FITNESS			
No.	Districts	Handball Players	Basketball Players
01	Jalgaon	67.26%	77.86%
02	Aurangawad	63.63%	77.56%
03	Mumbai	53.45%	65.10%
04	Raigad	65.76%	55.98%
05	Nasik	32.56%	56.42%
06	Yatmal	45.92%	67.24%
07	Akola	74.42%	83.41%
08	Buldana	45.68%	64.89%
09	Beed	46.12%	77.28%
10	Parbhani	66.75%	47.98%
11	Dhule	27.92%	58.65%
12	Pune	84.58%	97.87%
13	Amaravati	56.82%	65.53%
14	Wardha	36.14%	67.36%
15	Ahmednagar	53.22%	75.67%
16	Satara	65.45%	66.72%
17	Nagpur	68.16%	78.45%
18	Kolhapur	57.43%	57.27%
19	Chandrapur	63.48%	75.85%
20	Latur	65.22%	64.43%
21	Sangli	37.75%	58.54%
22	Solapur	45.53%	56.84%
23	Nanded	46.34%	67.32%
24	Bhandara	54.36%	66.34%

Difference in Mental Health between Handball and Basketball players

The status of mental health and its comparison among the women state level Handball and Basketball players has been presented in Table 3.

The result revealed that the women state level Handball and Basketball players possess a high level of mental health and their percentages were 56.26 and 67.37 respectively.

The result of Chi-square test revealed that the mental health of the state level women Handball and Basketball players were different (Table 3). The result further indicates that there was significant difference in mental health among the Handball and Basketball players especially who are participating in state level championship ($X^2=39$, $p<0.01$).

Thus, Basketball players had better mental health than the Handball players.

Difference in Health Related Fitness and Mental Health between Handball and Basketball Players

The status of health related fitness and its comparison among the women state level

October 2010 Entire Research, Vol. 2, Issue -IV

Handball and Basketball players has been presented in Table 3.

The result revealed that the women state level Handball and Basketball players possess a high level of health related fitness and their percentages were 55.16 and 67.94 respectively.

The result of Chi-square test revealed that the health related fitness of the state level women Handball and Basketball players were different (Table 3). The result further indicates that there was significant difference in health related fitness among the Handball and Basketball players especially who are participating in state level championship ($X^2=37$, $p<0.01$).

Thus, Basketball players had better health related fitness than the Handball players.

Table 3
Status of Mental health and Health related fitness of state level handball and basketball players

Subjects	Level of personality of women basketball & handball players (percentage)	
	Mental Health	Health related fitness
Handball players	56.26	55.16
Basketball players	67.37	67.94
Chi-Square Test (X^2)	$X^2=39$ ($p<0.01$)	$X^2=37$ ($p<0.01$)

Discussion

State level players in almost all the games already have a good status of performance. So it was hypothesized that they must have a well balanced mental health and health related fitness. Since there is no experimental evidence available till date to assure this statement, this study, therefore, was undertaken especially for the women Handball and Basketball players of Maharashtra state.

The first phase assures the comparative status in mental health, health related fitness and personality profiles of the state level women Handball and Basketball players. Standard tests were administered to measure mental health and personality during survey. However, administration of Field-test (1 mile run, Sit & Reach, Body fat, and Sit up) for such a large sample was practically not feasible. The researcher, therefore, administered a Questionnaire that measures the perception of players about their health related fitness. The applicability of this Questionnaire has been verified in this piece of research too. The result indicates that this Questionnaire can predict one's level of health related physical fitness significantly. Thus, along with the questionnaire of mental health and health related fitness was also administered. Further, the result revealed that the women Basketball players had significantly better state of mental health ($X^2=39$, $p<0.01$) and health related fitness ($X^2=37$, $p<0.01$) than the Handball players. Thus, the null hypothesis-*"HO: There will be no significant difference between Basketball and Handball women players in Mental Health, Health Related Fitness and Personality profiles"* as formulated in this study has been refuted, which in turn indicates that Basketball players had better status of these variables than the Handball players.

Conclusion

From the results of this study it can be concluded that the state level women Basketball players possess better level of mental health and health related fitness than the Handball players.

October 2010 Entire Research, Vol. 2, Issue -IV

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Rajiv Gandhi Khel Ratna Awards Anjali Bhagwat: A Case Study

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INTRODUCTION : A traditional sport, shooting has come a long way in India, from just being confined to the maharajas of the erstwhile princely states of the country, to a sport that has gained immense popularity amongst the young sports enthusiasts. Veteran shooters including Abhinav Bindra, Major Rajyavardhan Singh Rathore, Anjali Bhagwat and other prominent shooters have brought laurels to the country, thus contributing to the upliftment of the game. Primarily used for military training, the game requires great concentration skills, in order to acquire precision while shooting the target.

The shooting sport in India has gained worldwide recognition, after Major Rajyavardhan Rathore won the first individual silver medal at the 2004 Athen Olympic Games. India touched another milestone in 2008, when Indian shooter Abhinav Bindra won the country's first Olympic individual gold medal at the Beijing Olympics. Some of the legendary Indian shooters, who have excelled in the sports and have brought a lot of glory to the country, include Gagan Narang, Rajyavardhan Rathore, Anjali Bhagat, Dr Karni Singh, Randhir Singh, Samresh Jung, Jaspal Rana.

STATEMENT OF THE PROBLEM : The investigator will be conducting a study on the renowned personality and Rajiv Gandhi khel Ratna Awardee Mrs. Anjali Bhagwat and the performance she made to the field of shooting.

Hence, to achieve this purpose the problem selected by the present investigator was cited as below:

RAJIV GANDHI KHEL RATNA AWARDEE ANJALI BHAGWAT: A CASE STUDY THE NEED AND SIGNIFICANCE OF THE PROBLEM

The present study will contribute to the knowledge in the following Ways. This study will point out need of case study for shooting player.

- Results and conclusions of this study will influence the policies and practices in physical education and sports. This study will generate further interest in research in physical educationists and coaches.
- This report will be a document, which can be preserved by the government for the national interest in the field of physical education and sport
- The present study can also help to motivate and encourage the other researcher to undertake a similar problem in other sports. It will become an important guide for future researchers.

OBJECTIVES OF THE STUDY : To study of Biography of Anjali Bhagwat.

LIMITATIONS : The information regarding the events and occasions covers the published records.

- The investigator will collect the information from all possible written sources available from literature.

DELIMITATIONS : The study is delimitate to Mrs. Anjali Bhagwat family background, her birth place, childhood days, education background, facilities and motivation, choosing the sport, daily routine work where and now she has grown up to the field of physical education and sports, award and incentives.

ASSUMPTIONS : It is assumed that in personal interview of Anjali Bhagwat will give true information about her life and contribution in the field of shooting.

METHODOLOGY

- **DESIGN OF THE STUDY**

To investigate the role and contribution of Anjali Bhagwat towards the promotion of shooting and physical education and sports in the country of India. A case study has been designed in which historical, biographical, analytical in nature.

- **SELECTION OF SUBJECT**

Anjali Bhagwat was selected as the subject.

- **TOOLS AND TECHNIQUE OF THE STUDY**

- **Questionnaire**

- **Interview Technique**

The investigator personally contacted Anjali Bhagwat for the interview and conducted the interview with well-prepared questionnaire. It has the obvious advantage of insuring a greater response. The focus of the interview was mainly around family history, environment influence, childhood, education and career, training, personality, contribution, honors and awards.

- **METHODS FOR ANALYSING DATA**

The collected data has been analyzed based on following chapters.

Study deals with the entire biography of Anjali Bhagwat. Her birthplace, childhood, education, financial and personal condition and information about her family, friends, and society. Her sporting career. Her physical training like physical fitness, methods of training and nutrition, Mental or psychological training, Her participation in various level in shooting, Her role of coach and mentor, Her exposure, supports from government Performance and its effect, Awards and incentives Problems and issues. Her contribution in other sports.

ANALYSIS OF DATA : Her achievements in a sport like shooting have inspired many young women to take up the sport. She is Anjali Bhagwat; India's ace rifle shooter. Anjali is also famously known by the names of 'Arjuna of India' and 'Indian shooting queen'. In a sport, which is traditionally considered a men's game, Anjali has come a long way as an ace shooter.

Born in Mumbai, the Indian shooting queen was brought up in a Marathi family. Her first claim to fame in shooting came during her stint as a cadet in the National Cadet Corps (NCC). Under the guidance of Sanjay Chakravarthy, Anjali clinched her maiden national title in 1990 and since then she continued climbing up the steps of glory. In 1992, she claimed the Shree Shiv Chattrapati Award, and then the Maharashtra Gaurav Puraskar and Vasant Naik Pratishthan Puraskar in the following year.

Anjali's first taste of glory with her country came in 1995 at the SAF games at Madras. India won bronze medal in Air Rifle (Team) event and both silver and gold medals in Sports 3p event. Her good run at the SAF championships continued when India won a gold medal in Air Rifle (Team), a silver and gold medal again in Sport prone event.

The ace shooter created a new record with the Indian team at the 1999 SAF games in Nepal when she won four gold medals in Air Rifle (Team) and Sports 3p event. A silver and a bronze medal at the Sport prone event was an icing on the cake. In the same year, Anjali kept on creating new records by clinching three gold medals (Air Rifle and Sports 3p) at the Commonwealth Championships in Auckland. She also clinched a gold medal at the Oceania Championships, 1999 in Sydney.

2000 was a peak year for the 'Arjuna of India'. At the Sydney Olympics, Anjali competed as a last minute wildcard. She put up a spirited effort to become only the

October 2010 Entire Research, Vol. 2, Issue -IV

second Indian woman to reach an Olympic final and ended a creditable seventh. At the Grand Prix event in Czech Republic and the Asian Championships in Malaysia, the Indian number one shooter settled for a silver medal. For her record-breaking feats in that year, Anjali Bhagwat was honoured with the Arjuna award.

In the 2001 Commonwealth Championships which were held in England, Anjali claimed two gold medals in Air Rifle event and a single gold and silver medal at the Sports 3p event (a new record in shooting).

Year 2002 saw a legend in making as Anjali grabbed four gold medals at the 10 meter Air Rifle and 50 meter Rifle 3-position events at the 2002 Manchester Commonwealth Games. In June, she became the 1st Indian shooter to be Ranked World No.1 in 10m. Air Rifle Event - Women as per ISSF rating. Anjali also became the first women to win a silver medal in 'WORLD CUP' Finals at Munich 2002-with score of 399/400. She also clinched the most coveted ISSF Champion's Trophy-2002 in Air Rifle Men & Women mixed event at Munich and with a score of 397/400, she bagged a silver at the Sydney 'WORLD CUP' 2002.

She bettered her performance at the World Cup with a score of 399/400 and a silver medal at Atlanta (USA) in 2002, thus confirming an Olympic quota for Athens 2004. Anjali won a record 4 Gold, 7 Silver & 1 Bronze medals at the European circuit 2002 & also equaled up WORLD RECORD in the Den Hague Air Weapon championship at Hague (Holland) in January, 2002.

In recognition to her outstanding achievements, Anjali was honoured with India's highest sporting honour, the Rajiv Gandhi Khel Ratna Award, jointly with sprinter K. M. Beenamol in 2002-03.

At the 2003 Afro Asian Games, the Khel Ratna Award winner became the first Indian to win a gold and a silver medal in the Sports 3p and Air Rifle events respectively. At the Athens Olympic in 2004, Anjali finished at 8th position.

Till date, Anjali Bhagwat has won 28 Gold, 22 Silver, 6 Bronze establishing new records 13 times in International competitions. The Mumbai-born shooter also won 54 Gold, 35 Silver and 14 Bronze with 8 times new records in National competitions. She is still the record holder in 10mtr Air Rifle and Sports Rifle 3position in Common Wealth games.

The Indian shooting queen has secured third consecutive Olympic quota for Beijing Olympics 2008 after finishing 4th at the Brazil World cup 2006. A lot lies on her shoulder to win India a gold medal in shooting at the Olympics.

CONCLUSIONS :

- Through Mrs. Anjali Bhagwat belongs to a middle class family, still she is the self-respect, will power, parents supports, strong and firm determination played a vital role in shaping the career of Anjali Bhagwat as shooting player and took her top position in shooting career.

RECOMMENDATIONS :

- If discipline practice, regular practice, and punctuality makes player perfect if they don't have any background in the game they can become good player through they are from middle class family.

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Effect of Different Exercise Schedules on Health Neuro-Psycho-Physiological and Biochemical Status of Urban Indians suffering from selected Geriatric Disorders

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Introduction:

It has become our prime duty to extend care for the senior citizens and needy people who have done their mite for the society for so long a time. In an age of uncertainty and insecurity by set with resource crunch punctuated with ravages of war, drought and exploitation by fellow human being the care of the old has become a challenging and complex task, particularly in a country like India where social welfare system is in its infancy and where family remain largely the only resource for the old age care.

It is estimated that there are about 45 million people above 65 years of age, of which in India 2-3 million suffer from dementia, Majorities of population are in rural areas. Nearly 50% of this population is supported either by spouses and children and the rest live with self help or in old age homes.

Since aging is inevitably natural process, degeneration can at best be postponed to an extent. Yet, the scriptural claims of esoteric sciences and Indian traditional exercise such as yoga indicate that it can fruitfully prevent and treat pathological conditions related to such a process (Digambarji & Gharote, 1997, Digambarji & Jha, 1980, Karambelkar, 1987) and Scientific investigations have substantiated some of the claims (Desai 1987, Gore 1988, Joshi, 1992, Karambelkar et al; 1977, Moorthy, 1987, Moorthy et al; 1978, Sahay, 1988)

In aging all aerobic organisms are exposed to oxidative stress. However its uncontrolled production is generally considered as prime causative factor in the etiology of pathological condition, such as myocardial infraction, rheumatoid arthritis, cardiovascular disorders, ischaemia, reperfusion and many cancer diseases (Hemnani & Parihar, 1996)

As non-pathological and healthy aging individual can remain a socially useful component of the social fabric at the same time making best of his personal abilities and self worth lending to his continual internal growth. It is our one of the prime responsibilities to take care of the well being of our elderly spirits, This investigation is an Endeavour to establish the efficacy of some exercises and a yogic life style, as suggested by our ancestors and researches, for the welfare of aging personalities in the Indian milieu.

Materials and Method:

Sixty subjects (n=60) age : 55 to 80 years, from urban areas, suffering from specific geriatric disorders (essential hypertension and rheumatoid, arthritis), were pooled as subjects for this controlled experiment. These subjects were divided into two groups. Viz; Gr A (n₁=30 hypertensives) and Gr. B(n₂=30, rheumatoid arthritis patients). Further, the hypertensive subjects of Gr. A were sub-divided equally into three homogeneous groups viz; GrA₁ (Yoga) Gr.A₂ (Exercise), and Gr.A₃ (Control). Similarly the rheumatoid arthritis subjects of GrB were subdivided equally into three homogeneous groups Viz; Gr.B₁(Yoga) Gr.B₂ (Exercise), and Gr.₃ (Control). This infers that for each stratum (either hypertension or rheumatoid arthritis), there were residential Yoga group, residential exercise group and residential control group and it will be seen that the equal number of sample represented each group. All the subject would comprise of those cases of

October 2010 Entire Research, Vol. 2, Issue -IV

geriatric disorders selected from the medically certified pool and of those willing to attend yoga and exercise camps at Vriddhashramas or old age homes (NAB-Lions homes for aging blind) in Lonavala-Khandala, Pune district, Maharashtra.

Design of the Experiment:

Considering the strata-wise availability of subjects, irrespective of either sex, a randomized block design was incorporated as a research methodology (Rothstein, 1985). The status and intensity of geriatric disorders (specifically hypertension and rheumatoid arthritis) and health related fitness involving neuro-psycho-physio-biochemical profiles of all the groups were assessed by using standard methods and considering pre-post-test design with proper periodical follow-up.

The subjects of two experimental groups (Gr-A1 & Gr-B1) received training with “Yoga Module” whereas the groups (Gr-A2 & Gr-B2) underwent through and “exercise module” (to be developed in this investigation)” for two hours day⁻¹ (1 hr. in morning and 1 hr. in evening) and everyday, week⁻¹ except Sundays and holidays for a total period of at least 6 weeks along with periodical free health check-up and follow-ups.

Training Intervention :

Intervention	Hypertensive Group	Rheumatoid Arthritis
Yoga	Shavasana, Pavanmuktasana, Ardha Halasana, Viparitarani, Ardha Matsyasana, Makarasana, Bhujangasana, Ardha Shalabhasana Vakrasana, Vajrasana, Yoga Mudra, Chakrasana, Tadasana, Nadishodhan Pranayama, Sitali Pranayama, Omkar Recitation & Dhana	Shavasana, Viparitakami, Shalabhasana, Bhujangasana, Vakrasana, Dhannurasann, Supta Vajrasana, Paschimottanasann, Kapalabhati, Ujjayi, Anuloma-Viloma, Dhauti (Vamana) Omkar, Dhyana
Physical Exercise	Joints rotation (from head to leg) walking, jogging.	Slow-medium intensity and cool down exercises.

Variables Tested:

The variables proposed were subjected for lab testing and their assessment procedures are as follows :

Sr. No.	Variables	Objectives	Tools/Techniques used
I)	Health related fitness		
a)	Flexibility (cm)	To measure extent of body flexibility	Flexomeasure
b)	Abdominal muscle strength & Endurance (no/min)	To assess strength and endurance	Sit-ups
c)	Body fat %	To determine body fat %	Skin fold
d)	Cardio vascular Endurance (Time/or m)	To evaluate cardiovascular	One mile Run-walk

		efficiency	
II)	Physiological Variables		
a)	Peak exploratory flow rate(Lit)	To measure capacity of respiratory function	Peak flow meter
b)	Blood Pressure (Systolic & Diastolic MM.Hg.	To measure functional ability of vascular system.	Digital Sphygmomano meter
c)	ECG (heart rhythm, electrical impulses pulse rate interval pulse rate)	Heart function	ECG machine
III)	Psychological variables		
a)	Anxiety (pts)	To measure level of anxiety	Anxiety scale
b)	Neuroticism (pts)	To measure functional ability of vascular system	Digital spirometer.
IV)	Biochemical Variables		
a)	Haematological Analysis	To evaluate blood pictone	Estimated in 9/dl using sahalis method (Ramnik, 1990) Normal range male; 14-18, Female; 12-16
b)	SGOT and Lipid profile estimation	To assess coroner risk factor	Applied 2,4-DNPH (Dinitropheny Hydrazine) Method (Bergmeyer & Bernt, 1974) (Normal range; 5-35 unit ml)
c)	SGPT	To test liver function	Employed 2,4-DNPH (Dinitropheny Hydrazine) Method (Bergmeyer & Bernt, 1974) (Normal range; 8-40 unit ml)
d)	RA Factor	To test factor of arthritis	Followed latex slide test of Cecil, Nicols & Stain (1931) and heller Jacobson & Koloday (1954)

Assessment of selected specific geriatric Disorders

Heart Disorders ie – Essential Hypertension

Auto Immune Mediated Disease ie-Rheumatoid Arthritis.

The Variables presented above were assessed by considering standard method at the time of pre-test, post-test, and follow up test. In addition to the above the patients of all the groups were allowed to elicit their reactions to the whole therapeutic intervention.

Major Findings:

In case of Health related physical fitness, the intervention of physical exercise was found better than yoga training for improving abdominal muscles strength and cardio vascular endurance of both the hypertensive and rheumatoid arthritis patients. On the contrary Yoga training was more effective in improving flexibility and in reducing body fat. Overall findings indicate that yoga training has much more potentialities than physical exercise in improving Health related physical fitness.

Results were different in case of selected physiological variables. Physical exercise

October 2010 Entire Research, Vol. 2, Issue -IV

training was found better than Yoga training for improving lungs function ability only. However, Yoga training was superior to physical exercise intervention in reducing blood pressure and pulse rate where as in improving pulse rate internal, cardiac rhythm and electrical impulses to heart.

Results on hematological variables revealed that both the training interventions ie (Yoga and Physical exercises) could not help to improve hemoglobin level, however they were effective in improving total leucocytes and lymphocyte counts. Most of the veteran people have problems with higher count of eosinophil in blood. The results infers that physical exercise training has no effect in lowering eosinophil, where as Yoga training could reduce it's level significantly. It seems, Yoga training is superior to physical exercises in improving hematological status.

The findings revealed that Yoga training played a significant role in reducing total cholesterol, LDL, Blood glucose and cardiovascular risk ratio and improves HDL level than physical exercise training intervention. This in fact infers that yoga training is very much important than physical exercises especially for veteran Indians.

Biochemical analysis also indicates that Yoga training is much more effective than physical exercise regimen in reducing SGOT (Indicates good cardiac function) SGPT (Liver Function) and total cholesterol, LDL, Blood glucose, Blood Urea and Cardio Vascular risk ratio and improves HDL level than physical exercise training intervention.

Psychological variables revealed no changes in anxiety and neuroticism scores in physical exercises group, where as significant reduction was evident in case of yoga training group. This results helps to interpret that yoga lowers the level of anxiety among both the hypertensive and rheumatoid arthritis patients. Thus, physical exercise training was not useful in reduction anxiety and neuroticism levels of veterans suffering from selected geriatric disorders. On the contrary yoga training was found useful.

Conclusion:

This study was delimited to two geriatric disorders viz. hypertension and rheumatoid arthritis. The old aged people suffering from either hypertension or rheumatoid arthritis were exposed to two experimental intervention viz. Yoga and Physical Exercise with a controlled trial including follow-up. However the overall results of this study warrants the following conclusions.

Although physical exercise training is good for common man to maintain general health and fitness. However, its effects were not found as impressive especially for the old people. Thus the exercise training regimen is not advocated for the old aged people especially who are suffering from geriatric disorders like hypertension and rheumatoid arthritis.

Yoga was found suitable for the old aged population who are the victim of age related hypertension and rheumatoid arthritis. Thus, Yoga practices as suggested in this study are without doubt. Useful for the patients suffering from selected geriatric disorders.

Yoga training has also a significant follow-up effect than physical exercise regimen for the age related hypertensive and rheumatoid arthritis patients.

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October 2010 *Entire Research, Vol. 2, Issue -IV*

A Study of Job Satisfaction and Attitude towards Teaching among Physical Education Lecturers working under self finance courses

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Guide: Dr. H. S. Kang

INTRODUCTION

A teacher has a special responsibility in maintaining healthy relationship with the community. He has to act as a binding force between the educational institute and the community. A teacher has to understand the needs of the students and can chalk out the various programs according to their needs. A teacher is expected to be an ideal person and therefore it is necessary that a teacher should have positive attitude towards his profession and he should be provided with such conditions that he may be satisfied and do justice to his work.

So it was considered appropriate by the research scholar to investigate the satisfaction level and his attitude towards the teaching so as to attain this purpose. The following topic was selected, "JOB SATISFACTION AND ATTITUDE TOWARDS TEACHING AMONG PHYSICAL EDUCATION LECTURERS WORKING UNDER SELF FINANCE COURSES."

OBJECTIVES OF THE STUDY

- To compare job satisfaction between male and female lecturer working under self finance courses.
- To compare job satisfaction between post graduate and M. Phil./ Ph.D/NET qualified lecturers working under self finance courses.
- To compare job satisfaction between married and unmarried lecturers working under self finance courses
- To compare the attitude towards teaching between male and female lecturers working under self finance courses.
- To compare the attitude towards teaching between post graduate and M. Phil./ Ph.D/NET qualified lecturers working under self finance courses.
- To compare the attitude towards teaching between married and unmarried lecturers working under self finance courses.

SAMPLE

A sample of 74 physical education lecturers working under self finance courses of Kurukshetra University was selected.

PROCEDURE AND TECHNIQUE

Survey method was used in the research and data was collected by distributing the following questionnaires.

- Job satisfaction scale by Promod D.N. Mutha
- Attitude scale by Sujata Mishra.

METHOD OF ANALYSIS

Variables	Group compared	Score unit	Mean gain	Standard deviation	't'	Significance
Job satisfaction	Male vs Female	points	26.33 22.92	1.41 1.82	3.98	P > 0.01
Job satisfaction	Married vs Unmarried	Points	24.81 25.40	1.77 2.51	0.25	P < 0.05
Job satisfaction	PG vs Ph.D/M.Phil./NET qualified	Points	21.50 25.89	1.09 1.63	2.97	P > 0.01
Attitude	Male vs Female	Points	118.71 110.84	5.84 8.49	1.29	P < 0.05
Attitude	Married vs Unmarried	Points	114.56 117.67	7.66 7.67	0.17	P < 0.05
Attitude	PG vs Ph.D/M.Phil./NET qualified	Points	111.92 116.85	18.71 7.26	1.67	P > 0.10

RESULTS AND CONCLUSIONS

- Males are more satisfied than female lecturers in physical education working under self finance courses.
- Unmarried are more satisfied than married lecturers in physical education working under self finance courses.
- M.Phil. / Ph. D./ NET qualified are more satisfied than post graduate lecturers in physical education working under self finance courses.
- Males have more attitude towards teaching than female lecturers in physical education working under self finance courses.
- Unmarried have more attitude towards teaching than married lecturers in physical education working under self finance courses.
- M.Phil. / Ph. D./ NET qualified have more attitude towards teaching than post graduate lecturers in physical education working under self finance courses.

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Effectiveness of Activity- Based Teaching Method Used for the Development of Knowledge of Science of Students.

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Need For This Research

Educational attitude has changed along with the times. Education is not just imparting knowledge to students, but also developing skills to enable them to learn on their own. No skills can be acquired unless the fundamental concepts are clear, the knowledge cannot be used in daily life.

The school education helps the students in their psychological and intellectual development and livelihood so the students should have a good grasp over fundamental concepts. The researcher has attempted to use the Activity-based method for the above purpose.

Objectives of The Research

1. To identify concepts, from the Science textbooks used up-to 4th standard, which are difficult to understand to 5th standard students from schools in rural regions.
2. To device various educational activity-based programs for concept clarity and development based on the defined characteristics of activity-based method.
3. To study the effectiveness of the said activity-based method.
4. To compare the concept understanding capability of grantable and non-grantable schools in the rural areas.
5. To compare the concept understanding capability of male students and female students from schools in the rural areas.

Null Hypothesis

1. There is no significant difference between the concept understanding capabilities of the 5th standard students from rural area schools taught by traditional teaching method and those taught by activity-based teaching method.
2. There is no significant difference seen in the concept understanding capabilities of the 5th standard students from rural grantable and non-grantable schools, even though they are taught by activity-based method.
3. There is no significant difference seen in the concept understanding capabilities of the 5th standard female students and 5th standard male students, from rural schools, even if they are taught by activity-based method.

Assumption : Effective audio-visual aids use in teaching helps the students for better understanding of concept.

Scope : This piece of research applies the activity-based programs developed and adapted for the rural environment, so as to study the concept understanding capabilities of students in general science from grantable and non-grantable schools in rural regions.

Delimitations:

1. This study includes only the 5th standard students from Marathi medium schools in rural areas.
2. This research involved only grantable and non-grantable schools from 6 Talukas in the Pune district.

October 2010 Entire Research, Vol. 2, Issue -IV

- Only the Science subject for 5th standard were in scope. Only the fundamental concepts for science subjects were used.

Limitations: Conclusions are based on responses given by students of pre and post test for dependent variable.

Research Methodology : The mixed method has been used.

Survey method The following information has been gathered using the survey method .

- The concepts, that are difficult to understand by the students, are identified with the help of teacher's survey

The environment details are gathered from the parent's survey. **Experimental Method** employed to study the effectiveness of activity based teaching, experimental method has been used.

Variables : Independents variable- Activity- Based teaching

Dependent Variable- Academic Achievement of students in science

Experimental Design Pre –Post test equivalent group design has been used.

Pre test

Activity Based Teaching Traditional teaching

[Experimental group] [control group]

Post test

Sample: Out of 13 talukas in Pune district 6 talukas were selected for research

School	Experimental Group	Control Grpoup
Grantable	290 Students	290 Students
Non-grantable	248 Students	248 Students
Total	1076 Students	

Research Tools and Techniques

Teachers' interview and Questionnaire:

- The questionnaire for 10 Science teacher was used to identify concepts difficult to understand for secondary school 5th standard students, for the Science subject.
- Parents' questionnaire:
- Their upbringing and home environment affects the students' learning. The parents' educational and economic levels affect the students' concept formation. Hence a questionnaire was administered to the parents for getting information of educational & economical level. 386 parents have responded to this questionnaire.
- Students' pre-test:
- Researcher made pre-test based on concepts in general science textbooks used up to 4th standard were administered to 1076 students from 5th standard schools.
- Students' Post-test:
- After the teaching program was over, the post-test in Science are administered to the above students.

Statistical tools

The collected data was categorized and analyzed using the following statistics – Mean, T-test, Correlation factor, Percentages.

Analysis of collected data

Table No.1 Experimental & control Group

School	Group	N	M	S.D	Gain t value	t Value from table
All schools	Expt. Group	538	26.86	9.28	12.98	7.53
	Control. Group	538	19.33	9.73		
Grantable	Expt. Group	290	27.19	9.55	9.78	7.86

October 2010 Entire Research, Vol. 2, Issue -IV

	Control. Group	290	19.33	9.80		
Non-grantable	Expt. Group	248	26.47	8.93	8.55	7.14
	Control. Group	248	19.33	9.64		
Control. Girls		116	21.02.	9.86		

Interpretation – From the above table number 1, it is clear that Activity based method is more effective than traditional method.

Table Number.2 Boys & Girls

Experimental	Group	N	M	SD	Gain t value	Table t value	Significant
All Schools	Boys	296	26.68	9.28	-0.39	-0.48	Same level of effectiveness
	Girls	242	27.07	9.27			
Grantable schools	Boys	167	27.30	9.87	0.25	0.22	Same level of effectiveness
	Girls	123	27.04	9.11			
Non-grantable schools	Boys	129	25.89	8.39	-1.06	-1.21	Same level of effectiveness
	Girls	119	27.10	9.44			

Interpretation – From the above Table number 2 it is clear that the activity- based method has same level of effectiveness (equally effective) for male students as for Female students.

Table Number.3 Grantable & Non-grantable

Experimental Group		N	M	S.D	Gain t value	T values	Significance
All schools	Grantable	290	27.19	9.55	0.905	0.72	Same level of effectiveness
	Non-grantable	248	26.47	8.93			
Boys	Grantable	167	27.30	9.87	1.41	1.326	Same level of effectiveness
	Non-grantable	129	25.89	8.39			
Girls	Grantable	123	27.04	9.11	-0.044	-0.05	Same level of effectiveness
	Non-grantable	119	27.10	9.44			

Interpretation – From the above Table Number 3 it is clear that the activity- based method has same level of effectiveness for grantable schools as for Non-grantable schools

Conclusions

1. If the rural school 5th standard students are instructed Science using activity-based teaching method, the concept understanding is excellent.
2. The activity-based method is equally effective for male students (5th standard, rural schools) as compared to the for the female students (5th standard, rural schools).
3. The activity-based method is equally effective for the students from Grantable Schools (5th standard, rural schools) as compared to that for the students from Non-grantable Schools (5th standard, rural schools). For Mathematics, it is more effective for Non-grantable schools.

Educational Implementation

This research is useful to understand the effectiveness of activity-based primary education & efforts can be put in toward improving the syllabus.

Variorum, Vol.-01, Issue-II, November 2010

This research is also useful for teacher to understand activity based method & its importance for rural students.

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October 2010 Entire Research, Vol. 2, Issue -IV

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A critical Study on Training to SHGs in Eastern (U.P.)

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Abstract:

Micro-finance interventions are well-recognized world over, as an effective tool for poverty alleviation and improving socio- economic conditions of the poor. In India too, micro-finance is making head way in its efforts for reducing poverty and empowering women in particular. The impact of micro-finance programme through SHG's has been effective in making positive social change to all members, irrespective of the direct borrowers of the micro-credit. Importantly, in the rural context, the SHG's have facilitated the poor, especially the women to overcome the existing constraints grappling the formal credit institutions. These groups provide considerable social protection and income opportunities to the members. The SHG's have acquired a prominent status in maximizing social and financial returns. The promotion of income generation activities for the poor rural women is perceived as a powerful medium to resolve several socio-economic problems such as reduction in poverty, provision of goods and services appropriate to local needs, redistribution of income and opportunities in the community etc. The above all factors are depend upon a strong SHGs .So empowered to SHGs need a provide strong capacity building training to SHGs Member. The present article tries to draw attention to the SHGs orientation, exposure, participating, imparting of training , Positive impact of training of SHG's in Eastern U.P_ Introduction

In order to facilitate the confidence building and improve the credit absorption capacity of the SHG, the capacity of its members has to be built up. The purpose of training and other capacity building efforts is to develop skills and encourage behavioural and altitudinal changes in the members. Group members would have to be trained with at the formal, as well as informal levels. It is the responsibility of the SHG's, promoter, institutions and the facilitator to ensure that the trainings take place, as and when required. The purpose of training is to help women improve their performance, which might be achieved by helping them to solve performance problems. A training need is said to exist when a gap between the required performances of an individual member or group and a desired level of competency is perceived. Training mode can then be described as a set of specific skills, knowledge, and attitudes, which are needed by individuals/ groups in order to perform a particular job or task more efficiently. Training is best provided by experienced trainers or persons familiar with SHG's. The trainer has to motivate the members to learn and provide them with learning opportunities. The main task is to facilitate the development of the group's capacity to organize and manage its activities. The trainer may also act as advisor or promoter to the group. The trainer may leave the decision making to the group members and promote altitudes of self-help and reliance. The trainers need to be good communicators and be familiar with basic technological skills needed for the development of a SHG. They need to have a sound knowledge base of management, planning, accounting, lending etc., and other skills needed for the SHG. One of the objectives of SHG is to inculcate the democratic principles of functioning among the members. It is expected that all members would take part in the decisions and actions of the group. The training to SHG's, members requires participatory methods and focused goals.

Objectives of Study : This article will examine the Impact of training to Self Help Groups in enabling women's access to credit in Eastern U.P. The study will identify key sociological and economical issue, which affects the formation of SHGs and their credit linkage—what leads to their successful /failure .It will focus on the linkage between SHGs, microfinance, poverty reduction and women's empowerment .The main objects of this article is to highlights the following aspects of training to SHGs .

- Whether Received Training/ Orientation/ Exposure
- Participation in Training Programmes
- Imparting of Training
- Impact of Training

Hypothesis:

Following hypotheses have been empirically tested:

- (i) SHG's are playing crucial role in channelization of institutional credit to rural poor women;
- (ii) SHG's have direct bearing on socio-economic empowerment of poor women'
- (iii) A number of NGO's, voluntary organizations and government agencies are involved in promotion of SHG's to ensure institutional credit to poor rural women;
- (iv) The functioning of SHG's is not up to the desired satisfaction level due to various socio-cultural factors;
- (v) Capacity building for strengthening SHG's is beyond satisfaction;
- (vi) There is large scope for promotion of SHG's to ensure participatory development and people- centered and decentralized governance.

Research Design:

Present study is empirical in nature based on mainly primary data collected through field survey. The field survey has been carried out in Uttar Pradesh and The coverage of area and sample is shown in Table 1.1. Total 3 districts viz. Gorakhpur (Eastern U.P.), Basti (Eastern U.P.) Siddharthnagar (Eastern U.P.) were selected. Four blocks in each selected district were further identified randomly while in each selected block four scheduled caste populated villages were randomly selected. In each selected village, two SHG's were selected, however, in the absence of SHG's in the village, number of SHG's in larger villages has been increased to meet the target. Total of 96 SHG's and 480 members of SHG's were randomly selected for field survey. Different sets of questionnaires were made for SHG's members, representatives of NGO's or SHG's promoters and bank officials. The questionnaires pertained to the relevant questions, scales of view point and issues related to literacy, level of participation in decision making, awareness regarding rights, entitlements and development programmes, owning of resources, health and sanitation, girl child education, nutrition, attention towards family income, family planning and accessibility to institutional credit etc. The filled in schedules and questionnaires were thoroughly checked and edited. The data has been tabulated to draw out inference, trends, patterns and conclusions. The policy measures are based on critical appreciation of pertinent literature and analysis of research findings.

Table:-1.1 : Coverage of area

DISTRICT	No. of Villages	Sample		Development Functionaries			
		SHG Group	Beneficiary	Dev. Officers	NGO Promoter	Rural Elites	Bank Officers
Gorakhpur	21	32	160	3	6	10	4
Basti	16	32	160	4	4	15	4

Siddharthnagar	20	32	160	8	2	14	4
TOTAL	57	96	480	15	12	39	12

Analysis and Interpretation:-

The field survey revealed that only half of the respondents have received training. This was reported highest in Basti (61.88 percent) followed by Gorakhpur (47.50 percent). Thus, the training to SHG's, Mausers, lacking in the majority of the cases (Table 1.2).

Table No. 1.2

Whether Received Training/ Orientation/ Exposure

	Gorakhpur	Basti	Siddharth-nagar	Total
Yes	76 [47.50]	99 [61.88]	72 [45.00]	247 [51.45]
No	84 [52.50]	61 [38.13]	88 [55.00]	233 [48.54]
sN.	160	160	160	480

Source: Field Survey

* Figures given in brackets indicates percentage

The respondents were asked about their participation in training programme. It is startling that in most of the training programmes, participation of only few some members of SHG's was reported. However, in the workshop, rallies, awareness and policy advocacy programmes, all members of the SHG's have participated (Table 1.3).

Table No. 1.3

Participation in Training Programmes

	If Yes, Number of Participant			If yes, usefulness of Training/ orientation		
	All Members	Few / Some Members	N	Yes	No	N
Off Site Training	10 [2.08]	470 [97.92]	480	154 [32.08]	326 [67.92]	480
In house Training	25 [5.20]	455 [94.80]	480	434 [89.58]	46 [10.42]	480
Orientation	4 [0.83]	476 [99.28]	480	480 [100.00]		480
Exposure Tour		480 [100.00]	480		480 [100.00]	480
Confidence Building	54 [11.25]	426 [88.75]	480	476 [99.16]	4 [0.84]	480
Workshop	450 [93.75]	30 [6.25]	480	480 [100.00]		480
Rallies	300 [62.50]	180 [37.50]	480		480 [100.00]	480
Skill Development	40 [8.33]	440 [91.67]	480	50 [10.41]	480 [89.59]	480

Marketing Linkages		480 [100.00]	480	324 [67.50]	156 [32.50]	480
Micro Enterprises Development		480 [100.00]	480	224 [46.66]	256 [53.34]	480
Others	434 [90.41]	46 [9.59]	480	54 [11.25]	426 [88.75]	480
Total	1317 [24.94]	3963 [75.06]	5280	2676 [50.68]	2604 [49.32]	5280

Source: Field Survey

* Figures given in brackets indicates percentage

The effectiveness of training has not been reported significant in most of the cases since the majority of the respondents said that training and orientation programme is not useful to them. The training was mainly provided by NGO's activists (56.47 percent) and resource persons (81.963 percent). The training to SHG's members is mainly imparted by NGO's workers and facilitators. Since most of the NGO's lack quality, experienced and competent trainers, the quality of training could not be ensured (Table 1.4).

**Table No. 1.4
Imparting of Training**

	Gorakhpur	Basti	Siddharth-nagar	Total
N.G.O. Activist	36 [42.86]	36 [36.36]	72 [100.00]	144 [56.47]
Resource Persons	55 [65.48]	91 [91.92]	63 [87.50]	209 [81.96]
Govt. Officials	69 [82.14]	99 [100.00]	68 [94.44]	236 [92.54]
Others		20 [20.20]		20 [7.84]
N.	84	99	72	255

Source: Field Survey

* Figures given in brackets indicates percentage

However, training programmes have great impact on the members of SHG's. They have enabled members to take active part in-group activities, decision-making process, development programmes, enhance confidence building, skill development and income & earnings (Table 1.5).

The effectiveness of training has not been reported significant in most of the cases since the majority of the respondents said that training and orientation programme is not useful to them. The training was mainly provided by NGO's activists (56.47 percent) and resource persons (81.96 percent). The training to SHG's members is mainly imparted by NGO's workers and facilitators. Since most of the NGO's lack quality, experienced and competent trainers, the quality of training could not be ensured (Table 1.5).

Table No. 1.5 - Impact of Training

	Gorakhpur	Basti	Siddharth-nagar	Total
Confidence Building	69 [82.14]	81 [81.82]	71 [98.61]	221 [86.66]
Skill Development	49 [58.33]	77 [77.78]	69 [95.83]	195 [73.58]

Marketing Linkage	62 [73.81]	32 [32.32]	59 [81.94]	153 [57.73]
Bank Linkage	71 [84.52]	40 [40.40]	64 [88.89]	175 [66.03]
Linkage With Govt. Officials	57 [67.86]	50 [50.51]	70 [97.22]	177 [64.26]
Knowledge On RightEntitlements & Development Programme	59 [70.24]	45 [45.45]	61 [84.72]	165 [66.79]
Management Efficiency	62 [73.81]	65 [65.66]	64 [88.89]	191 [72.07]
Enhanced Income & Earning	67 [79.76]	60 [60.61]	69 [95.83]	196 [73.96]
Active Participation In Decision Making In Family	65 [77.38]	99 [100.00]	61 [84.72]	225 [84.90]
Active Participation In Development	46 [54.76]	99 [100.00]	64 [88.89]	209 [81.96]
Active Participation In Decision Making Outside Of Family	53 [63.10]	99 [100.00]	66 [91.67]	218 [85.49]
Others				
N.	84	99	72	255

Source: Field Survey

* Figures given in brackets indicates percentage

Conclusions & Suggestion:-

The field survey revealed that only half of the respondents have received training. The respondents were asked about their participation in training programme. It is startling that in most of the training programmes, participation of only few some members of SHG's was reported. However, in the workshop, rallies, awareness and policy advocacy programmes, all members of the SHG's have participated. However, training programmes have great impact on the members of SHG's. They have enabled members to take active part in-group activities, decision-making process, development programmes, enhance confidence building, skill development and income & earnings. The effectiveness of training has not been reported significant in most of the cases since the majority of the respondents said that training and orientation programme is not useful to them. The training was mainly provided by NGO's activists and resource persons. The training to SHG's members is mainly imparted by NGO's workers and facilitators. Since most of the NGO's lack quality, experienced and competent.

It is clear that the critical functional areas of training for SHG groups should be included with Operational rules development – for group leaders and members, Record keeping and accounting., Preparation of receipts and payments statement, Fund management, Default management, Organization and conduct of meetings, Peer review, Network management and development, Rights, entitlement, development programmes, Panchayat functioning and stabilization of governance, Confidence building, Leadership building, Communication skills and promoter of marketing intelligence, Conflict resolution, Creative problem solving, Team building, Functional literacy, Bank linkages, Health, hygiene and sanitation. Convergence with government schemes. Drudgery reduction. Micro-enterprises., Market linkage Entrepreneurship, skill up gradation and management efficiency. Participating methods of learning, training and evaluation of programmes. And other related areas.

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October 2010 Entire Research, Vol. 2, Issue -IV

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October 2010 *Entire Research, Vol. 2, Issue -IV*

Yoga- A Tool for Improving Mental Health in Modern Life

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Abstract : Mental health disorders are on the rise throughout the world. This results in anxiety, fear, depression, low confidence and similar emotions. Yoga offers comprehensive solutions for managing mental health. In fact Yoga has tremendous positive effect on our mental health. It has a holistic approach towards life and several mental health problems like hostility, frustration, memory loss, depression, pessimism and so on can be effectively cured through Yoga. Yoga changes our perceptions of the world. It alters our attitude towards the achievable goals and approach towards success and failures.

The purpose of the study was to know the physical, social, psychological and spiritual benefits of yogic practice through asana, postures etc. The study describes about yoga, mental health and yogic exercise impact on mental health. Yoga for mental health problems has been a popularized association for ages. This characteristic of Yoga owes to its effective asanas and meditative processes that bring forth a calm and settled mind. Yoga has long been seen as a tool for improving mental health, although concepts of what that entails have shifted over time and is distinct in different cultures.

Text : Despite the fact that over the last maybe twenty years, Yoga has gone from a marginal activity to an almost mainstream in the World, The concept of Yoga is still not altogether well understood. Most of us have heard of Yoga, but not everyone really knows what it involves.

Yoga originated in India several thousand years ago as a system of physical and spiritual practices. It was formalized in the second century BC in the form of the [Yoga Sutras](#), attributed to the scholar **Patanjali**. The word 'Yoga' means 'union' or 'joining'. Originally, Yoga was (and is in places where it is practiced as such) a method for joining a regular imperfect human being with the divine principle, or God. We could liken it to a form of prayer which serves a similar purpose, only prayer tends to be verbal, while Yoga tends to involve action.

Importantly, the bulk of the religious aspect of Yoga has not understood in the world, probably because it is more esoteric and mystical than the materialist and practical so our mind can easily appreciate. What has successfully understood in the world is a highly developed disciplined system of physical exercise that offers many benefits (physical, social, psychological and spiritual) to those who practice it. While probably regarded as a bit of an abomination by yogis in India, the secularization of Yoga has made accessible a set of powerful techniques for tangible self-improvement that would otherwise not be available.

Mental Health

Mental health refers to the overall well-being of an individual. It is about the balance of the social, physical, spiritual and emotional aspects of a person's life. Mental health is can be defined as the human ability to face and solve problems and select the correct alternative that results in happiness of mind. The mental state of a person is characterized by the personal growth, sense of purpose, self-acceptance, and positive relationship with other people. It is also highly affected by environmental factors like family life, social life, and life at work. The general well-being is decreased by any

October 2010 Entire Research, Vol. 2, Issue -IV

negative experiences in any of the mentioned areas.

Yogic advantages for Mental Health

Yoga has tremendous positive effect on our mental health.. The mind is made stronger and less vulnerable to outside impressions by an eight-step process known as Asthanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara Dharna, Dhyana and Samadhi). Theoretical and philosophical aspects of yoga endow one an impartial and healthy outlook towards life.

Yoga offers the following benefits:

• **Yoga Provides The Health Benefits Of Physical Exercise**

Psychologists have long known that moderate exercise is good for depression and anxiety. Such exercise can easily be found in Yogic practice. Yoga postures are designed to promote physical strength, flexibility and balance. There are cardio/heart benefits to be had; the heart rate is frequently up while performing postures much as it would be if we were performing more conventional exercise. Though Yoga gets the heart rate up and the endorphins pumping, it also provides for many rest periods. These rest periods lend a gentle quality to the conditioning that makes it easier to endure than 'marathon' style exercise.

• **Yoga Promotes Relaxation And Emotional Control**

As much as we mentally healthy to emphasize language and verbal expression as the best ways of dealing with emotional problems, body-based therapeutic interventions have a role to play too. After all, the 'stress response that so many anxious and depressed people have problems with begins with the fight or flight reflex - the physical preparation of the body to defend, or flee. Chronic stress has an impact on the body in the form of chronic muscle tension and stiffness, and this very stiffness and tension seems to produce some of the worry and agony that anxious and stressed out persons report.

Yoga is a very effective *stress reduction and relaxation tool*. Performance of various postures requires the tensing and stretching and then relaxing of muscle groups and joints, which effectively produces relaxation in much the same way that a massage or Progressive Muscle Relaxation (a technique used by behavioral psychologists) does. Yoga practice also draws attention towards breathing, which produces a meditative and soothing state of mind. Yogic practice for stress reduction and self-soothing are generally cheaper than other professional interventions pretty much safe, free of side effects, and empowering in comparison to medication alternatives. Psychologists recognize that moderate exercise is good for depression and anxiety. Yoga practice provides one with such exercise. Yoga postures are developed to promote physical strength, flexibility and balance. Any Yoga posture has cardio/heart benefits associated with it. Heart rate is frequently up while performing these postures. So practicing Yoga postures becomes much easier than doing conventional exercise.

The word "*depression*" has become a very common problem in the contemporary society. Depression is continuous stage of mental sadness. However, it is not major depression, which is a mental condition characterized by a severe state of sadness or melancholy that reaches the point of hindering a person from functioning well in society. Though simple depression can be treated easily, major depression lasts for a longer time, and is dangerous. It could have serious symptoms like being fatigued physically and mentally, change in appetite, feeling of intense fear or melancholy, irritability, loss of interest in usual activities, changes in sleeping patterns, feelings of guilt and

October 2010 Entire Research, Vol. 2, Issue -IV

hopelessness, hallucinations, and recurring thoughts of suicide or death. Dysthymia is a long-term depression that lasts for at least two years; while Bipolar Disorder is characterized by mood swings that go from depression to mania (extremely elevated mood) and vice versa. Yoga is handy in curing one of these problems. Yogic practice acts as a supplement to the treatment. It helps to reduce stress and creates a peaceful state of mind.

Anxiety has become omnipresent mental problem in today's world. Severe anxiety could lead to health-related problems like palpitations, fatigue, and nausea, difficulty in breathing, restlessness, and even head and chest pains. Yoga asanas aid in healing the problem after treatments like psychotherapy and some anti-anxiety medication. Yoga helps one develop a stronger state of mind, thus overcoming fears and preventing the dangers of anxiety. Asanas assisting nervous system should be practiced in this stage and one can gain better self-awareness and cultivate focus of the mind. Practicing yoga changes our perceptions of the world. It alters our attitude towards the achievable goals and approach towards success and failures. Yoga philosophy teaches us not to be depressed in frustrations. Several Yogic theories are important in this regard. On a more theoretical note: In the last decade, leading therapists have discovered that coupling a self-soothing, relaxation-inducing group of techniques with action oriented (cognitive behavioral) therapy often produces better results for difficult-to-treat patient populations than action-oriented therapies alone. Promoting relaxation, self-soothing and body awareness skills are a good fit with these newer therapeutic approaches, and might prove helpful in getting impulsive and chaotically driven patients to engage the structured tools and techniques of cognitive therapy that could help them progress.

- ***Yoga Provides Prearranged Social Opportunities***

With due respect to stereotypes of yogic mystics sitting cross legged in splendid isolation on a mountain top, most Yoga in the world is done in classrooms. As such, the practice of Yoga on any regular basis becomes a significant social opportunity as much as anything else. Participation in social events is a way to combat depressive withdrawal.

End notes:

- www.abc-of-yoga.com/yoga...health/yoga-for-mental-health
- www.healthandyoga.com/html/news/yoga_psyco.html
- www.psychologytoday.com/articles
- www.healthandyoga.com/html/news/yoga
- Rachel Brahinsky , yoga for mental illness, www.iayt.org, www.ciis.edu
- www.yoga.iloveindia.com/yoga-benefits/mental-health

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October 2010 *Entire Research, Vol. 2, Issue -IV*

A Comparison of Selected Physical Fitness and Motor Fitness Components of Higher Secondary School Children Belonging To Rural and Urban Areas of Thane District

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Modern sports are becoming more and more competitive and the margin of error is decreasing from seconds to micro seconds, inches to millimeters, kilos to grams, so why this all is changing it is due to development in the sports science and with this there are lot of changes taking place and those are defiantly helping our youth to achieve greater heights day by day, for which researchers are doing studies, for studying the factors which directly or indirectly affect the performance of the athletes, for understanding one of this factor the research scholar had investigated weather environment does play any role in morphological, physical and motor fitness variable on individuals.

Many research works have been conducted related to health and physical fitness & Motor Fitness, it is known that any competitive sports performance cannot be improved however the role of physical Education and sports the improvement especially for sportsman is not known.

By understanding the Physical Education Fields requirement the researcher has selected **"A Comparison Of Selected Physical Fitness And Motor Fitness Components Of Higher Secondary School Children Belonging To Rural And Urban Areas Of Thane District"**

Objective of the study : To study the difference between physical fitness & Motor Fitness Components of Higher Secondary school students.

To suggest some guidelines to the concerned professional in the context of assessing, classifying and understanding the physical and motor fitness of higher secondary students in Thane district.

The Sample : A sample of 1000 subjects was selected from the student's population of the 10 colleges from thane rural district and 1000 from 5 colleges of urban district. All subjects of the sample were divided into two equal groups. Each group consists of 1000 subjects. The two groups were named as rural group and urban group respectively. The mean, age, height and weight of the sample wear 16 to 18

Procedure and Tools

Descriptive method is used to study this problem. Researcher had used the following test, which includes

Standing Height	Body weight	Skin fold measurement	Sit & reach test
Bent Knee Sit ups	12 min run & walk test	4 X 10 yards shuttle run	Stork stand test
Vertical jump	50 mt/s dash	Suryanamaskar (12 min)	

Method of Analysis

The data was analyzed primarily by using spss software for intra group comparison. 't' scale value was used. Independent't' test

Comparison on Urban and Rural XI Std Boy Students on Physical and Motor Fitness Variable.

Variable	Urban Std. XI Boys		Rural Std. XI Boys		Mean. Dif	t'	p
	Mean	SD	Mean	SD			
Height	156.2	10.7	162.87	8.96	-6.716	-7.60	P<(0.00)

Weight	49.58	9.07	51.68	7.93	-2.100	-2.76	P<(0.006)
Sit Ups	24.72	7.41	27.66	7.48	-2.948	-4.37	P<(0.00)
12 Min run/Walk	2130	1.350	2206	418	-75.6	-3.19	P<(0.029)
Sit & Reach	43.56	3.93	42.1	19.3	1.49	1.20	P<(0.232)
Sum of 4 Skin Fold	44.45	0.29	27.19	0.33	17.264	39.51	P<(0.00)
Vertical Jump	34.86	9.51	30.63	9.13	4.228	5.07	P<(0.00)
50mt. Dash	0.4202	0.0864	0.4266	0.0939	-0.006	-0.77	P<(0.441)
Stork Stand	0.244	0.015	0.254	0.019	-0.0093	-0.39	P<(0.694)
4x10 Shuttle Run	1.041	0.0083	1.121	0.0091	-0.0800	-6.49	P<(0.00)
Suryanamaskar	30.8	0.75	23.91	0.55	6.892	7.42	P<(0.00)

Comparison on Urban and Rural XII Std Boy Students on Physical and Motor Fitness Variable.

Variable	Urban Std. XII Boys		Rural Std. XII Boys		Mean. Dif	t'	p
	Mean	SD	Mean	SD			
Height	156.2	10.7	161.37	9.41	-5.220	-5.79	P<(0.00)
Weight	51.74	7.69	51.3	12.3	0.416	0.45	P<(0.651)
Sit Ups	27.17	8.73	23.07	8.19	4.100	5.42	P<(0.00)
12 Min Run/Walk	2313	454	2246	399	67.8	1.77	P<(0.077)
Sit & Reach	42.56	4.26	42.01	3.57	0.548	1.56	P<(0.120)
Skin Fold	28.18	8.33	26.87	8.92	1.308	1.69	P<(0.091)
Vertical Jump	33.6	11.0	27.6	10.3	5.996	6.29	P<(0.00)
50mt. Dash	0.4089	0.0831	0.4232	0.0764	-0.01427	-1.94	P<(0.052)
Stork Stand	0.261	0.244	0.251	0.288	0.0093	0.37	P<(0.709)
4x10 Shuttle Run	1.103	0.142	1.127	0.134	-0.0237	-1.87	P<(0.062)
Suryanamaskar	29.28	8.65	25.58	9.33	3.704	4.60	P<(0.00)

Comparison on Urban and Rural XI Std Girls Students on Physical and Motor Fitness Variable.

Variable	Urban Std. XI Girls		Rural Std. XI Girls		Mean.Dif	t'	p
	Mean	SD	Mean	SD			
Height	152.7	11.7	150.3	20.7	2.40	1.60	P<(0.112)
Weight	49.87	9.87	44.1	10.8	5.740	6.21	P<(0.00)
Sit Ups	15.02	7.99	14.90	6.73	0.112	0.17	P<(0.86)
12 Min Run/Walk	1707	325	1716	299	-9.1	0.33	P<(0.75)
Sit & Reach	42.30	3.29	42.0	27.3	0.32	0.19	P<(0.852)
Skin Fold	34.7	13.5	31.9	10.9	2.79	2.54	P<(0.011)
Vertical Jump	20.50	8.09	24.0	10.2	-3.504	-4.26	P<(0.00)
50mt. Dash	0.547	0.121	0.5317	0.0882	0.01559	1.64	P<(0.103)
Stork Stand	0.201	0.104	0.219	0.144	-0.0176	-1.53	P<(0.126)
4x10 Shuttle Run	1.300	0.217	1.272	0.239	0.0285	1.39	P<(0.165)
Suryanamaskar	22.5	12.7	21.62	7.68	0.908	0.97	P<(0.409)

Comparison on Urban and Rural XII Std Girls Students on Physical and Motor Fitness Variable.

Variable	Urban Std. XII Girls		Rural Std. XII Girls		Mean. Dif	t'	p
	Mean	SD	Mean	SD			
Height	155.41	7.73	145.3	26.7	10.10	5.75	P<(0.00)
Weight	48.64	9.56	44.0	14.4	4.69	4.29	P<(0.00)
Sit Ups	14.66	7.41	15.90	8.35	-1.240	-1.76	P<(0.080)
12 Min Run/Walk	1691	234	1676	278	14.4	0.62	P<(0.533)
Sit & Reach	42.19	3.36	39.69	3.93	2.496	7.63	P<(0.00)
Skin Fold	37.5	13.4	35.1	12.5	2.35	2.03	P<(0.043)
Vertical Jump	21.88	7.88	20.98	9.35	0.900	1.16	P<(0.245)
50mt. Dash	0.5559	0.0967	0.553	0.103	0.00276	0.31	P<(0.757)
Stork Stand	0.184	0.127	0.199	0.216	-0.0149	-0.94	P<(0.349)
4x10 Shuttle Run	1.270	0.204	1.269	0.200	0.0005	0.03	P<(0.976)
Suryanamaskar	18.95	9.27	22.02	8.72	-3.072	-3.81	P<(0.496)

Conclusions

On the basis of the above, the results can be concluded as follows:

- The study clearly shows that there is a significant difference in morphological ,physical fitness and motor fitness components of rural and urban boys studying in XI std
- The study clearly shows that there is a significant difference in morphological , physical fitness and motor fitness components of rural and urban boys studying in XII std
- The study clearly shows that there is a significant difference in morphological , physical fitness and motor fitness components of rural and urban Girls studying in XI std
- The study clearly shows that there is a significant difference in morphological ,physical fitness and motor fitness components of rural and urban Girls studying in XII std

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इसे कहते हैं जिन्दगी!

श्री. तिलकराज खुराना : पूर्व प्रधानाचार्य मंगलास्कूल ठाणे (पूर्व)

जिन्दगी जिन्दा दिली का नाम है।

मुर्दादिल क्या खाक जिया करते हैं।

किसी शायर की उपरोक्त पंक्तियाँ हमारी जिन्दगी की सही दिशा को रेखांकित करती है। मानव जीवन बहुमूल्य है। हमारे पुराण एवं ग्रन्थों में मानव जीवन को अत्याधिक महत्त्व दिया गया है। जल थल और नभ के असंख्य विभिन्न प्राणियों में मनुष्य को ही सर्वश्रेष्ठ माना गया है। गोस्वामी तुलसीदास ने “रामचरित मानस” में इस तथ्य का निम्नलिखित चौपाई में उजागर किया है:-

बड़े भाग्य मानुष तन पावा।

सुर दुर्लभ सद् ग्रन्थहि गावा।।

मनुष्य को भी सबसे अधिक प्रिय अपनी जिन्दगी लगती है। तो क्या इतनी महत्त्वपूर्ण जिन्दगी को यो ही बिता दिया जाय? दर्शिनिकों, मनीषियों, विचारकों एवं कर्मयोगियों ने सर्व सम्मति से यह मत व्यक्त किया है कि जिन्दगी का कुछ ना कुछ उद्देश्य होना चाहिए। सार्थक लक्ष्य जिन्दगी की आवश्यकता है। रोटी, कपड़ा और मकान जिन्दगी जीने के मूलभूत आधार स्तम्भ है। इन का उपार्जन करना मनुष्य के लिए आवश्यक है, क्योंकि इनके बिना वह जी नहीं सकता। किन्तु इन आवश्यकताओं की पूर्ति करने में ही अपने आप को खपा देना और जीवन को समाप्त कर देना जीवन नहीं है। अपना घर, अपना परिवार तो हर कोई संभाल लेता है, संभालना भी चाहिए क्योंकि जीवन की सर्वप्रथम आवश्यकता यही है। किन्तु मनुष्य के रूप में रिशतों और स्वार्थ के दायरे से हट कर अथवा स्वार्थ के सीमित दायरे में रहकर यदि दूसरों के लिए कुछ किया जा सके तो न सिर्फ नैराश्य हटेगा, जीने की राह भी सरल हो जाएगी, सोद्देश्य एवं अर्थपूर्ण हो जायगी। इस से मानवीय गरिमा तथा मानव जन्म की सार्थकता का मूल्य बढ़ेगा। वस्तुतः मनुष्य के रूप में जन्म लेना और मनुष्य की तरह जीवन स्थापन करना अलग अलग चीजें हैं। किसी निश्चित उद्देश्य को लेकर चलनेवाला जीवन ही सार्थक है।

मानव जीवन द्वंद्वत्मक है। जीवन-मृत्यु, सफलता-असफलता, सुख-दुख, निर्माण-विनाश, उत्थान-पतन, शांति-युद्ध, प्रेम-घृणा, वर्षा-सूखा, जय-पराजय, उन्नति-अवनति, शांत-क्रोध, अच्छाई-बुराई, समरसता-उद्वेग, उदारता-अहंकार और इस प्रकार की अनेक विरोधी स्थितियों से मनुष्य का यह कार्य है कि वह संतुलन बना कर श्रेष्ठता को ग्रहण करें और उसे अपने स्वभाव का हिस्सा बना ले। जीवन सुख-दुख की धूप-छाँव का खेल है। इसी को जिन्दगी कहते हैं। मनुष्य कभी कभी धन, पद, प्रतिष्ठा को जुटाने के लिए गलत साधनों को अपना लेता है। इसी को वह जिन्दगी मान लेता है, पर यह जीवन नहीं है। मनुष्य स्वयं को ही धोखा देता रहता है। जिस दिन वह यह समझ जाएगा, सही जिन्दगी का अर्थ भी जान लेगा।

स्वामी विवेकानन्द के द्वारा कही गई निम्नलिखित पंक्तियाँ इस सोच को स्पष्ट करती हैं :

“जीवन का पहला और स्पष्ट लक्षण है विस्तार। यदि तुम जीवित रहना चाहते हो तो तुम्हें फैलना ही होगा। जिस क्षण तुम जीवन का विस्तार बन्द कर दोगे उसी क्षण जान लेना कि मृत्यु ने तुम्हें घेर लिया है, विपत्तियाँ तुम्हारे सामने हैं।”

नेताजी सुभाष चन्द्र बोस द्वारा रचित निम्नलिखित काव्यमय पंक्तियाँ जीवन को उत्साह से पूर्ण कर देती हैं:

“क्या आप पूरी तरह से खिले हुए गुलाब की सुगंध चाहते हैं? यदि हाँ तो आपको कांटे भी स्वीकार करने

चाहिए।”

“क्या आप मुस्कराती हुई ऊषा का माधुर्य चाहते हैं? यदि हां तो आपको रात्रि के सधन अंहकार में से गुजरना होगा।”

“क्या आप स्वाधीनता का आनन्द लेना चाहते हैं?.....यदि हां तो आपको इसकी कीमत चुकानी चाहिए और आजादी की कीमत है - कष्ट और बलिदान।”

वास्तव में कुछ कर जाने को ही कहते हैं जिन्दगी:-

नतीजा जिन्दगानी का है कुछ दुनियां में कर जाना

ख्याले मौत बैजा है वह जब आए तो मर जाना

यदि मनुष्य जीवन की गरिमा न समझी जाय, तो उसे एक प्रकार से अभिशाप ही कहा जायगा, क्योंकि वह अन्य प्राणियों की तुलना में अधिक रूग्णचिन्तित, उद्विग्न और समस्याओं से ग्रसित पाता जाता है। पग-पग पर दुर्गति भी उसकी होती है। इसके विपरीत यदि यह समझा जाय कि उसे ईश्वर के वैभव भंडार का सर्वोपरि उपहार उपलब्ध है जिसकी असंख्य सम्भावनाएँ हैं, तो उस के उत्साह का ठिकाना न रहेगा। सिर्फ मनुष्य को अपनी सोच सकारात्मक दिशा को ओर उन्मुख करने की आवश्यकता है। नकरात्मक दिशा उसे कभी भी खुशी प्रदान नहीं करेगी। मनुष्य जीवन ईश्वर का उपहार है उसे सार्थक, सुखद और सफल बनाना मनुष्य का उत्तरदायित्व है। आवश्यक नहीं कि इसके लिए आयु लम्बी हो। स्वामी विवेकानन्द की तरह छोटा जीवन भी महान सफलता प्राप्त कर सकता है। छोटी आयु में भी अनेक अच्छे एवं सकारात्मक कार्य किये जा सकते हैं। किसी शायर ने कहा है:

किसी की चार दिन की जिन्दगी सौ काम करती है,

किसी की सौ बरस की जिन्दगी से कुछ नहीं होता।

मानव जीवन में आन्तरिक अथवा भीतरी सौन्दर्य का अत्याधिक महत्व है। दैहिक या बाहरी सौन्दर्य की तुलना में भीतरी गुणों से सम्पन्न खूबसूरती मनुष्य के व्यक्तित्व में चार चाँद लगा देती है। प्रेम, सद्व्यवहार, क्षमा, उत्साह, दृढता, श्रद्धा, सहिष्णुता, हिम्मत तथा आत्मविश्वास आदि आन्तरिक गुणों से सम्पन्न व्यक्ति क्या नहीं कर सकता? इसी को आत्मा का सौन्दर्य कहा जाता है। आत्मिक शक्ति का विकास तभी हो सकता है जब मनुष्य का मन-मस्तिष्क आन्तरिक गुणों से सुशोभित हो। मनुष्य आज बाह्य सुख सुविधाओं को जुटाने में व्यस्त है। भौतिक सुविधाओं को प्राप्त करने के लिए वह अनैतिक कार्य करने में भी कोई संकोच नहीं करता। उसको इस बात का अनुमान नहीं रहता कि वह अशांति के बीज बो रहा है और परिणाम यह होता है कि उसका पारिवारिक और सामाजिक जीवन अनेक प्रकार की मुसीबतों में उलझ जाता है। जीना दूभर हो जाता है। ऐसे समय में सद्विवेक द्वारा उठाया गया कदम ही मनुष्य को सांत्वना दे सकता है और मंजिल की ओर बढ़ने की प्रेरणा दे सकता है।

मानव जीवन में राष्ट्रभक्ति का जज्बा होना श्रेष्ठ जीवन जीने की निशानी है। जिन लोगों ने देश को स्वतंत्र कराने में अपने जीवन की बाजी लगा दी, उनसे हमें प्रेरणा मिलती है। बिस्मिल ने फाँसी के पूर्व अपनी माँ को जो पत्र लिखा, उसकी कुछ पंक्तियाँ इस प्रकार हैं:

“यदि नवयुवकों के हृदय में कोई जोश, उमंग तथा उत्तेजना हुई तो उन्हें उचित है कि वे ग्रामों में जाकर कृषकों की दशा सुधारें, श्रमजीवियों की स्थिति को उन्नत बनाएँ, जहां तक हो सके सर्व साधारण जनसमूह को सुशिक्षा दे, और यथाशक्ति दलितों के लिए कार्य करें।”

फाँसी की पूर्व संध्या पर जब उन्हें दूध पीने को दिया गया तो उन्होंने यह कह कर उसे अस्वीकार कर दिया कि

October 2010 Entire Research, Vol. 2, Issue -IV

अब तो माता का दूध पीऊँगा। दूसरे दिन प्रातःकाल सन्ध्योपासना के बाद अपनी माता को उक्त पत्र लिखकर जब फाँसी के तख्ते की ओर बढ़े तो उनके शब्द थे:

“मालिक तेरी रजा रहे और तू ही तू रहे, बाकी न मैं रहूँ न मेरी आरजू रहे।

जब तक कि जान में जान रगों में लहू रहे, तेरा ही जिक्र और तेरी ही जुस्तजू रहे।” इसे कहते हैं जिन्दगी।

नोबल पुरस्कार से सन्मानित भारतीय वैज्ञानिक रामन् में ज्ञानार्जन करने इच्छा बहुत तीव्र थी। एक बार उनका परिचय एक युवा डॉक्टर से हुआ। रामन् ने उस युवक को रंग और दृष्टि के संबंध में अपनी नवीनतम खोजों की जानकारी दी। अंत में उन्होंने उस युवक से कहा, “दृष्टि के भौतिक शास्त्रीय पहलू पर तो मैं बहुत कुछ जान पाया हूँ, परन्तु उसका शारीरिक क्रिया से सम्बंधित पहलू मुझे उतना स्पष्ट नहीं है। बताइए आपको कब फुरसत होगी, ताकि मैं यह आपसे समझ सकूँ।” युवक डॉक्टर बीच में ही बोल पड़ा, “सर आप आज्ञा कीजिए, आप जब चाहेंगे, मैं फौरन नक्शे आदि लेकर आपके पास आ जाऊँगा, यह है मेरा फोन नंबर।” यह सुनकर रामन् ने जवाब दिया, “नहीं मित्र, सीखना मुझे है, अतः मुझे ही आपने गुरु के पास आना होगा।” इसे कहते हैं जिन्दगी!

एक बार हिन्दी के मूर्धन्य छायावादी कवि महाप्राण निराला प्रकाशक से लगभग तीन सौ रूपए लेकर घर की ओर जा रहे थे। रास्ते में एक भिखारिन ने याचना की, “बेटा, इस भूखी-प्यासी भिखारिन को कुछ दे दो।” निरालाजी ठिठककर खड़े हो गए और उन्होंने उस से पूछा, “बताओ तुम्हें कितने पैसे मिल जायं तो तुम भीख मांगना छोड़ दोगी?” इस पर भिखारिन बोली, “बेटा, क्यों हंसी करते हों?” निरालाजी गंभीर हो उठे, “तुमने मुझे बेटा कहा है और निराला की मां भीख नहीं मांग सकती,” इतना कहकर निरालाजी ने पूरे के पूरे रूपए उसे दे दिए और आगे बढ़ गए। भिखारिन बुढ़िया उन्हें आश्चर्य से देखती रह गई। इसे कहते हैं जिन्दगी!

ग्रांट मेडिकल कॉलेज तथा सर जे.जे. हॉस्पिटल के नेत्ररोग विभाग के समुख डॉ. तात्याराव पुंडलिकराव लहाने एक ऐसे कर्मयोगी हैं जिनके दिल में गरीबों के लिए दर्द है। उनकी दोनों किडनी क्षतिग्रस्त हो गई। १९९५ से दान की किडनी और जीवन रक्षक दवाओं पर चल रहे डॉ. लहाने ने अब तक कोई अवकाश नहीं लिया है। नवभारत टाइम्स (दिनांक १८-०९-२००८) में प्रकाशित एक साक्षात्कार में उनसे पूछा गया, “आपको भी प्राइवेट अस्पतालों के ऑफर सरकारी तनख्वाह से कई गुना अधिक होते हैं। लेकिन मैं उनसे एक ही बात कहता हूँ - मैं वहां आऊँगा, तो गरीबों का इलाज मुफ्त करूँगा। पर वे तो मेरे नाम से पैसा बनाने के लिए ही मुझे बुलाना चाहते हैं। पैसा मेरे लिए इतना महत्वपूर्ण नहीं है। सरकार अच्छा खासा पैसा देती है। भले ही रोज मल्टिप्लेक्स, रेस्तरां और मॉल न जा पाऊ, लेकिन मैं संतुष्ट हूँ। जिन्दगी का कोई लक्ष्य होना चाहिए। मेरे लिए वह लक्ष्य गरीबों की सेवा है।” डॉ. लहाने अब तक लगभग एक लाख लोगों को आँखों की रोशनी प्रदान कर चुके हैं। हैं न आश्चर्य मय संतुष्ट जीवन। औरों के लिए जीने में कितना आनन्द है। इसे कहते हैं जिन्दगी। जीवन का क्या उद्देश्य है? इस सम्बंध में अनेक विचार हैं। किन्तु निष्कर्ष यही है कि जीवन का दृष्टिकोण सकारात्मक हो। सोच सार्थक हो। राष्ट्रीय चरित्र के निर्माण में योगदान हो। जो भी कार्य किया जाय उसमें समाविष्ट का ध्यान हो। जैसा गांधी जी ने कहा है कि जब हम कुछ भी करें या सोचे, तो हमारा ध्यान उस व्यक्ति की ओर निश्चित ही हो जो पंक्ति में सब से पीछे खड़ा है। मानवता की सेवा करने में ही जीवन की सार्थकता है। किसी शायर ने कहा है:

काश हम फूलों से पूछे मुद्दा-ए-जिन्दगी,

जो महकते भी हैं और चमन को महकाते भी हैं। इसे कहते हैं जिन्दगी!

Causes of World Recession

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Recession

An economic recession is a situation in which a nation's gross domestic product or output is maintaining a negative increase for at least two successive quarters or six months. The decline in the economy lasts for more than just a couple of months. This decline also lasts from eleven months to possibly up to two years. A situation which is short lived is known as an economic correction. However, a prolonged recession becomes what is known as a depression.

Concept of Recession

A recession is meant by an economic decline. It is an activity, which is spread from corner to corner the economic condition of more than three months. The studies of macro economies show us that a recession is generated due to decline in Gross domestic product (GDP), Gross national product (GNP), inflation, deflation, stagflation and hyperinflation. The economists declare these conditions as the economic collapse.

Causes of recession

Demand and supply factor

A recession can take place in the national cultural system because of the excessive supply and demand of things. It is occurred at time, when the industrial production is made on a huge level by employing the labor and machine. But the demands of the consumers do not come up according to the supply conditions. Therefore the excessive supply factor would be reduced and slump.

On the other hand, when the consumer needs exceeds on a large amount of level. It leads the more demanding aspect of the people. At that time, the industrial production is reduced. The prices of the item would also be higher than the previous. The consumers would buy the things on the huge amount to satisfy their needs and wants. This is happened because of the poor industrial and marketing policies, where the demand and supply factor is not counted into a balancing framework. Therefore the roles of think tanks come into play at that time of industrial recession.

Inflation

The general rise in the price value can cause the recession in the world marketing system. In this way, the prices of domestic item such as wheat, flour, oil, sugar, vegetables, meat, bread, fruits etc are stunningly increased. Moreover the oil prices in the world around would be increased at an alarming level. Now a day the oil prices in all over the world has been increased at a huge level. It led the whole world into recession phase. The United States of America has been under the threat of recession. The economists are saying that the next world recession would be the ever lasting. This is a very concerning sign for all of us.

Stock market plunge

One of the major reasons of recession is the down fall in stock marketing system in the world around. Recently the United States war against Iraq led the US into absolute recession phase. Most of the civilians of United States are saying that this war led their stock market into downfall stage. Moreover the day by day alarming events of terrorism led the United States into recession. Therefore stock market boom has gone down badly. According the economic

analysts, the stock market of the United States and all around the world is getting affected due to increasing events of terrorism. That is the major concern of US.

Stock sells off

A recession can also be occurred due to the whole sell out of the stock market shares and bonds .It is mainly occurred due to the over all speculating trend of stock marketing system around the world. The alarming cultural events such as war, catastrophe, inflation, deflation, stagflation and hyper inflation could also create such situation of stock market sell out.

Households saving factor

This is the most rotating trend in the economic cycle theory that the saving of a consumer is very important from all of the contents. A household saving can cause the recession in the global market. It is occurring at the current phase of the world. Most of the people of world are saving their money in the stocks. The flown of money in not rotating. Which led the world into absolute recession? The majority of the investments stocks are in the hands of the rich people of the world .They are not exposing their money. So we are facing a recession in our globe.

Over consumption

The recession is caused by over consuming. Most of the people of world are spending money more than their needs and wants. People have become luxurious. They want to show off .Every one is the race of fashion and designing. Hells of costly costumes are being purchased to keep the beauty. Then the heavy as well as costly food stuff is being eaten. The over consumption led the world into absolute recession and poverty really. Meanwhile it has been the major worry of United States that consumed billions of dollars over the Iraq war. The economists are saying accordingly that the united states have got to be careful regarding to its consumption plans in the future.

Asian contamination

The economists are saying that the Asia has been under the strong threat of terrorism which can cause the United States into absolute recession phase. In this way, the US has been continuously implementing its policies regarding all the concerns of economic recession. Moreover the economic activity has been slumped in the regions of Asia .The inflation, deflation, hyperinflation, stagflation, poverty, flood, earthquake, stock market downfall, dirty environment are the alarming factors of the Asian countries. This led the United States attentions and inquiries towards the recession. Therefore the United States has been studying the Asian contaminations very seriously to put the world back on track really.

• Conclusion

Although there are several causes to bring about a recession, the hardest part is recovering from the affects of the economic turmoil. However, there are steps each person can taken to help lessen the impact the economy can have on them personally.

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Relationship Study On Sports Competition Anxiety of North Zone Badminton Players with Their Performance

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Abstract

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. The competition anxiety may be positive motivating force or it may interfere with successful performance in sport events. For the purpose of the study 25 male badminton players were selected from north zone badminton tournament held at Aligarh Muslim University, Aligarh. The competition inventory develop by Martin 1977 was used for assessing the level of competition anxiety of the players. The points scored in the total tournament were taken as the performance of the players. Product moment coefficient correlation technique was applied for seeing the relationship between the competition anxiety and their performance. A positive correlation was observed between the competition anxiety and the performance of the players

Introduction

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' half of the court. A rally ends once the shuttlecock has struck the ground, and each side may only strike the shuttlecock once before it passes over the net. Since 1992, badminton has been an Olympic sport with five events: men's and women's singles, men's and women's doubles, and mixed doubles, in which each pair consists of a man and a woman. At high levels of play, the sport demands excellent fitness: players require aerobic stamina, agility, strength, speed and precision. It is also a technical sport, requiring good motor coordination, the development of sophisticated racquet movements and adequate psychological development.

The feeling that you can control a particular stress or such as a menacing rival or a niggling injury will mean that the symptoms of anxiety – butterflies in the stomach, elevated heart rate, sweat secretion, and so on – are interpreted as facilitative or helpful towards performance. The major problem in competition is letting your mind work against you rather than for you. You must accept anxiety symptoms as part and parcel of the competition experience; only then will anxiety begin to facilitate your performance. Team sport players who reported positive expectations of goal achievement and indicated some input into the goal generation process experienced the most facilitative interpretations of anxiety symptoms.

Anxiety experienced during competition, known as competitive anxiety, can be defined as the feeling of apprehension an individual may experience in response to perceived threats during competition (Martens, 1977). Clearly there are situations in sport where athletes will doubt their

own ability to put across a desired impression, either because of their own perceived lack of ability or due to external factors. For example, a skilled athlete who feels he needs to win, to demonstrate his ability may still lose to a better competitor, because of factors beyond his control such as illness or injury. In these situations the inability to convey the desired impression may be perceived as a threat to athlete’s social-identity, which may result in feelings of anxiety. Gerson and Deshaies (1978) conducted a study on competitive trait anxiety and performance as predictors of pre-competitive state anxiety. The results yielded a significant positive relationship between SCAT and pre-competitive state anxiety. It was found that the anxiety measures were significant predictors of performance in this setting. This finding is in agreement with the results obtained by martens and gill (1976)and Scanlan and Passer(1978).

This issue of competitive anxiety and performance is of great interest to both researchers and athletes, and emphasis has been placed on the importance of understanding anxiety and the factors which contribute towards it (Martin & Mack, 1996). It has been suggested that through understanding the influences on competitive anxiety psychologists and sport practitioners will be able to more effectively help athletes manage their apprehension.

This study was an attempt to investigate the relationship existing between the competition anxiety and performance of north zone male Indian badminton players.

Methodology

The purpose of this research work was to find out the relationship of north zone inter-University badminton players with their performance. For the purpose of this study 22 male badminton players were randomly selected from the north zone inter-university badminton tournament 2009-10 held by Aligarh Muslim University in Aligarh. The total points scored by the players during the whole tournament were considered as their Performance.

The present study is a status study, which did not require the investigator basically to manipulate any of the variables included in it. Rather the collection of data became instrumental in providing correct insight into the sports competition anxiety. Sport competition anxiety test questionnaire (SCAT) prepared by Rainer Martens (1977) used for the present study is a single variable questionnaire, which carries a maximum score of 30 and a minimum score of 10.

Scoring of SCAT

The score for the response to each question in detail is given below. The Score for each question was put in the “Athlete’s Score” column and than it was summed up to provide a SCAT score.

Note that questions 1, 4,7,10 and 13 score zero regardless of the response,

NAME	COMPETITION ANXIETY	PERFORMANCE
GAURAV CHHABARA	17	14
SHAIL	17	87
MUKESH GOYAL	23	65
PANKAJ	22	20
BHUPENDRA KUMAR	19	20
JAVED AKHTAR	23	19
ISHAN BHASIN	19	63
ANURAJ SHARMA	26	114
VIKAP TIWARI	27	113

MUKESH SHARMA	22	49
ANUJ KUMAR	24	63
RAVI RAM	24	17
AMIT THAKUR	18	8
RAVI SINGH	20	76
AMAR SINGH	19	11
KAUSHAL HARIRIYA	23	31
ANSHU	20	17
OMENDRA SINGH	18	17
ASHISH KANNOJIYA	22	22
SUMIT TOMTA	20	18
ANTRIKSH SINGH	21	99
RAVI PRATAP	23	10

SCAT Score Analysis

Less than 17 have a low level of anxiety

17 to 24 have an average level of anxiety

More than 24 have a high level of anxiety

This table on anxiety score shows us that all the players had moderate(average) level of anxiety, that we can also say a optimal level of anxiety

STATISTICAL TECHNIQUE

Reiterating the objective of the study, we have to point out that we intend to investigate the correlation between the sports competition anxiety and performance of the north zone inter-university male badminton players. Thus we had applied the pearson’s product-moment correlation for this purpose.

ANALYSIS OF DATA

Result of analysis obtained through product- moment correlation technique for competition anxiety is produced below:

Table-2 The correlation between male north zone inter-university badminton players’ competition anxiety and their performance.

Variable	Mean Value	Coefficient Correlation
Competition Anxiety	21.23	0.403
Performance	43.32	

The table shows a positive correlation ship (**0.403**) between the sports competition anxiety of the male north zone inter-university badminton players with their performance.

Figure -1

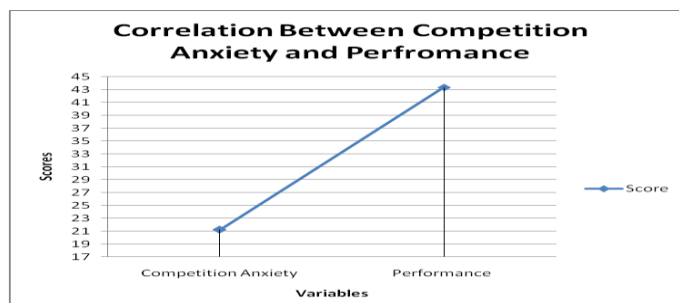


Figure: The figure has shown the mean value of competition anxiety and performance of North Zone Inter-University Badminton players.

FINDING AND DISCUSSION

The finding of our study had shown a Positive correlation between the competition anxieties of male north zone inter-university badminton players with their performance. The sports competition anxiety of male north zone inter-university badminton players is having positive correlation (0.403) with their performance. The competitive anxiety is a prominent factor among the male north zone inter-university badminton players, the greater competitive anxiety provides the higher concentration to mind which help to provide the greater confidence to score higher score against opponent.

It is generally recognized that psychological factors are of crucial important in high level competitive sports. The relation between anxiety and performance has been the subject of many thorough researches as Craft, Magyar, Becker & Feltz, 2003; Parfitt & Pates, 1999; Martens, Vealey & Burton, 1990). Karne and Williams (1994) found no gender differences for competitive anxiety. They also demonstrated that the more experienced college player is he or she would show lower levels of cognitive and somatic anxiety than the less experienced player.

Thus our findings are in line with Gerson and Deshaies(1978) who conducted a study on competitive trait anxiety and performance as predictors of pre-competitive state anxiety. The results yielded a significant positive relationship between SCAT and pre-competitive state anxiety. It was found that the anxiety measures were significant predictors of performance in this setting

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The Theme of Employment and Education in Shaw's Pygmalion

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The theme of employment and education is the universal theme of Shaw's play. However, a number of dramatists in modern period dealt the theme of education. For ex. John Galsworthy and Charles Dickens are the masters of this field. Dickens in his 'Oliver Twist' deals the problem of education of Oliver Twist. In the same fashion Shaw's Pygmalion is a complex word of art and as such a number of themes and ideas stand out. However, its central theme is the education of Eliza Doolittle, and the progress of her soul from spiritual darkness to light. In relation to this a famous critic E. Albert points out

After Shakespeare no English
Dramatist equals Shaw in the variety
And vividness of his themes. Certainly

Employment is the basic problem of Characters. (1)

Eliza Doolittle achieves spiritual illumination through successive stages of despair, self-realization, illumination and the ultimate achievement of social identity and a sense of belonging. When the play opens, we find that Eliza is an illiterate ignorant girl. She sells flowers in Covent Garden and speaking the kind of cockney which only the native Londoners can understand. She is at this time crude, ill-mannered and saucy girl. On account of this a renowned scholar puts forth his ideas in the following lines.

Eliza has received no education
At all. Her education begins when
The very next day, she comes to the
Residence of professor Higgins. Higgins
Is the ideal reformer in the plays of
G. B. Shaw. He tries to improve the

The situation of downtrodden people. (2)

Here G. B. Shaw presents that all lower class of people are in search of employment. Eliza's business is her bread and butter. She is dependent on her business. We find the ideas of Karl Marx in relation to this. Marx who advocates that. Man should struggle for his life. He should be in search of job for future progress. Eliza's going home in a taxi, when she can hardly afford this luxury, also shows a spirit of defiance in her and as also her pride and ambition. Prof. Higgins accepts the bet of Pickering that he would transform the shabby flower girl into a lady who would be able to pass on as a duchess in the order of an ambassador. The process of her education is difficult one. First she has to be scrubbed and cleaned and dressed decently. She creates difficulties. She defiantly refuses to be cowed down by Higgins, and threatens to call the police if she is ill-treated and coerced.

Eliza education in phonetics is a severe ordeal for her, but she has courage, talents and determination and so is able to face the ordeal. As her education proceeds, she realizes that the difference between a flower girl is not how she behaves but how she is treated. Her experience is that apart from the things any one can pick up (the dressing and the proper way of speaking and so on) what gives estimation to a person is the attitude of the person to whom he or she is

related. Eliza became a duchess in the eyes of others, except in those of Higgins whose pupil she was and who could not forget her earlier status.

Higgins has picked her up as “a guttersnipe” girl and even when his science of phonetics had refined her speech and improved her personal impression, he continues to treat her as a low-class flower girl. On the other hand, Colonel Pickering always regarded Eliza as a lady because, from the very beginning, he had adopted an encouraging attitude towards her. As a modern reader we analyze Eliza’s education as a source of employment for her. To change in personal appearance is good sign of development.

In Act III of the play, Eliza’s progress in her education is feasted. She is dressed like a lady, behaves like a lady, and all are impressed. She has progressed considerably. Eliza of Act III is quite different from the flower girl- of Act I. In relation to this her own remarks about her transformation is worth to see.

Lord loves you! Why should she
Die of influenza? She comes through
Diphtheria right enough the year before.
I saw her with my own eyes. Fairly blue
With it, she was. They all thought she was
Dead; down her throat till she come to so

Sudden that she bit the bowl off the spoon. (3)

But her education is not complete. Eliza of Act III is quite different from the flower girl of Act I. She still does not know what a lady should talk about at a social gathering. When a reference is made to the possible outbreak of influenza, Eliza says that her aunt was supposed to have died of influenza, but that actually her aunt had been murdered by some of her own relatives who had killed her only to take possession of the old woman’s new straw hat. And then Eliza goes on to speak of the habitual drunkenness of her father. In short, Eliza talks about matters which easily betray her low origin, even though the language which she speaks is almost flawless and the manner in which she speaks it is worthy of a highly educated person. The upshot of this test is that Eliza is found wanting and in need of some further instruction. Her mother tells Higgins that Eliza is a triumph of his art and also of the art of her dress-maker, but that every sentence that Eliza has uttered had given her away.

At the time that this play was written, the idea of female professionals was somewhat new. Aside from the profession of prostitution; women were generally house-wives before this period. There is some residual resistance to the idea of many male professions being entered by females in the play. Moreover, Pickering is initially horrified by the idea of Eliza opening a flower shop, since being involved in a trade was a mark of belonging to the lower class. Pickering is shaken similarly after his experience of watching Eliza fool everyone at a garden and dinner party, saying that she played her part almost too well. The idea of a professional female socialite is somehow threatening to him.

Good manners (or any manners at all) were mostly associated with the upper class at this time. Shaw’s position on manners is somewhat unclear; as a socialist, one would think that he would have the time for them because they are a maker of class divisions. Yet, Higgins’s pattern of treating everyone like dairy - while just as democratic as Pickering’s of treating everyone like a duke or duchess- is less satisfactory than Pickering’s. It is a poignant moment at the end of *Pygmalion* when Eliza thanks Pickering for teaching her manners and pointedly comments that otherwise she would have been a tenant. *Pygmalion* is primarily a play about speech or English phonetics. Shaw says in his preface to the play. “The English have no respect for their language, and will not teach their children to speak it.” So, in the play, he emphasizes the need to speak the language properly. Higgins is the phonetician one who can teach people how to do

as Shaw says that professor Higgins is has touches of sweet and brilliant but unpleasant phonetician at Oxford. In act I, Higgins is able to place all the bystanders simply on the basic of their accents.

Here, we can find out that Higgins has a good sense of phonetic subject. Furthermore he adds that a woman who utters such depressing and disgusting sounds has no right to be anywhere- no right to live. But by listening these words Eliza suddenly reacts. Her protest becomes quite pronounced after she wins his bet. And he responds to all her efforts by simply expressing his sense of relief that everything is over. She explodes by throwing her slippers at him and trying to scratch his face with her nails. She can not accept the fact that she is merely a common ignorant girl to him and there cannot be any feeling between them.

To an extent, Eliza also represents the Shavian Life force and moderate kind of Feminism. Here Shaw has presented that Eliza has the will and the ambition to go up in the world and she learns things with an astonishing rapidity, Eliza, is not willing to accept the humble subservient position of a women.

Pygmalion, as the entire world knows, is the story of a flower girl who passes as a duchess offer taking phonetic lessons. Shaw has nicely pointed out the common man's mentality. The common how sells his daughter for hunger and thirst is presented in the present drama. When Alfred Doolittle first appears in Wimpole street in the hypocritical role of virtuous father, rather after the fashion of fragment in Ibsen's Ghosts, his intention being to blackmail the two men who have taken up Eliza. Shaw had shown how the mentality of modern man is becoming day to day. He is becoming a hypocrite. This is a fine one example which shows the problem of earning money during these days.

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Effect of Eight Weeks Training of Yogic Practices on Cardio-Vascular Response and Recovery Period among College Students of Kolhapur

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Abstract:

Various researches so far have showed that, a practice of different Yogic Practices viz. Asans, Pranayams, kriyas, bandhs and mudras, improve both health as well as motor related fitness of an individual. However, through this study an effort has been made to find-out the effect of eight weeks training of a scheduled set of yoga practices on cardiovascular response to exercise and the recovery period thereafter, among the college students of Kolhapur.

For the said experimental study 60 college students (37 male and 23 female) were randomly selected as subjects from different colleges from Kolhapur. Harvard Step Test (HST) was used to determine the cardiovascular response to exercise and recovery period thereafter. The subjects were asked to step up and down the platform of 45 cm height, at a rate of 30/min for a total duration of 5 minutes or until they get fatigued, whichever was earlier. Heart Rate (HR) and Blood Pressure (BP) were measured in supine position before exercise and at 1, 2, 3, 4, 5, 7 and 10 minutes after the exercise. The Rate-Pressure Product [$RPP = (HR \times SP)/100$] and Double Product ($DoP = HR \times MP$), which are the indices of work done by the heart were also calculated. The HST was conducted twice, first on a day prior to beginning of training and second on the last day of training, i.e. at the end of eight weeks.

After a training of eight weeks, it was noticed that, scheduled yoga practices induced significant changes in the health related parameters namely, Heart Rate (HR), Systolic Pressure (SP), Diastolic Pressure (DP), while the calculated PP, MP, RPP & DoP showed that, the training developed better exercise tolerance. The difference in the post test readings showed a faster recovery period.

It is therefore concluded that, an eight weeks training of Yoga Practices leads to a milder cardiovascular response, better exercise tolerance and a faster recovery period.

Key words: Yoga Training, Harvard step test, Cardio-vascular response, Recovery period, rate-pressure product, double product.

Introduction

Yoga is basically one of the six darshanas (i.e. traditional systems of thought) of Hindu Philosophy. The discipline of Yoga is mainly spiritual in nature and aims at Samadhi, which means the union between the individual, whose existence is finite, and the Devine, which is infinite. The Yoga ultimately leads to Mukti (i.e. liberation) from Sansara (i.e. a continuous cycle of birth and death). Maharshi Patanjali, the father of Yoga has enumerated the total system of Yoga through 195 sutras (i.e. aphorisms) in Sanskrit around 5000 years ago. According to him, the system of Yoga has eight-limbs (i.e. steps or stages) called "Ashtanga" and by strictly following these steps, one can achieve the aim of Yoga.

The word "YOGA" is derived from a root word "YUJ" from Sanskrit language, which means 'to merge or join or unite'. According to Hindu Philosophy, every human on the earth has three aspects in him viz. Body, Mind and Atma (i.e. Soul) and Tri-Dosha (i.e. Kaph, Vata and pitta).

The practice of Yoga helps to achieve the union three aspects and develop a proper harmony and balancing among the three Doshas.

However, the system of Yoga, that has today become most popular and being practiced in our country and abroad, is not the one specified by Patanjali, but it is another system of Yoga which was developed during 12th century and named as "Hath-Yoga". The word "HATHA" is a composite of "HA" meaning 'Sun' and "THA" meaning 'Moon'. Since both these concepts of Sun and Moon are opposite to each other in nature, they are the indicators of duality of the world. Almost similar conditions most often occur in our body depending on the environmental conditions outside. To stay healthy, energetic and cheerful, there is a need to develop proper balance and harmony in various dualities that occur in our life. This system of Yoga helps us to achieve this aim and it is therefore known as "HATHA YOGA". Thus, it concerns more over cultivating and integrating the human personality at the physical, mental, emotional, moral, spiritual and intellectual levels by means of various yogic practices such as Asanas (postures), Pranayam (breathing techniques), Kriyas (Cleansing processes), Mudras (Symbolic poses) and Bandha (Lockages).

Many researches in Medical Sciences, Yoga and Physical Education have evidenced and has been experienced by many people in the world that, (1) the Asanas make the body supple and flexible, improves the function of various internal systems of human body and also conserve the energies and transform them to subtle forms of mental energies; (2) the Pranayams are breathing exercise patterns, which improves functions of respiratory and circulatory systems and helps the development of inner mental energies or divine power; (3) the Kriyas are the cleansing techniques, they clean the respiratory, circulatory, nervous and digestive systems in particular and rest of the body in general and bring-in a balanced and efficient functioning of the body; (4) the Bandhs and Mudras help other yogic practices to achieve their results. Thus in brief, it can be deduced that, various Yogic practices or techniques improve one's overall performance and work capacity.

There have been several reports on the beneficial effects of yoga training on physiological functions so far. However, few of them, which are more concerned with the current subject are : Rangan S.C.B.¹ in his experimental research has found that the basal metabolic rate increases significantly by the performance of Sarvangasana and Halasana, as compared to general physical activities. Muralidhara and Ranganathan² have reported an improvement in cardiac recovery index after 10 week yoga training programme. Mall³ has resolved through her experimental research that, the mean values arrived at by the Yogic practices was greater than that of Gymnastics in respiratory functions and forced Expiratory Volume. Raju et al⁴ have found a significant increase in maximal work output and a significant increase in oxygen consumption per unit work after yoga training. Mathew⁵ has derived a conclusion after his study that, the Cardio-Respiratory Endurance and Peak Expiratory Flow Rate can be improved significantly and the Resting Pulse Rate be reduced considerably through a programme of physical training of six weeks duration. Bera & Rajapurkar⁶ have reported a significant improvement in cardiovascular endurance and anaerobic power as a result of yoga training. Balasubramanian and Pansare⁷ have reported that yoga training produces a significant decrease in anaerobic power. Ghadiyal⁸, has noticed that, the Reaction Time, Agility and Flexibility can be improved significantly by selected asanas than gymnastic exercises. Chundawat⁹ has realised that, the Harward Step Test is more significantly related to Cooper's 12 Minute Run/Walk Test, 3 Minutes Shittle Run Test in evaluating the physical fitness of an individual.

Exercise stress testing is a valuable tool for evaluating physical fitness and cardio-respiratory status. The effect of physical training on exercise tolerance is well known. However, there are limited studies on the effect of yoga training on cardiovascular response to stress.

Moreover, there is a paucity of information on the effect of yoga training on the time course of the cardiovascular response following exercise. In view of this, the present study was planned with the objective of determining the effect of yoga training on the cardiovascular response to exercise through Harvard step test and the recovery period thereafter, among the normal college students of Kolhapur.

Method

In order to determine the cardiovascular response to exercise and recovery period Harvard step test was used. In which a platform of 45 cm height was used and the subjects were asked to step up and down the platform at a rate of 30/ min for a total duration of 5 min or until they get fatigued, whichever was earlier. The HR and BP of the subjects were measured in supine position before exercise and at 1, 2, 3, 4, 5, 7 and 10 minutes after the exercise.

For the present study, 60 normal students (37 male and 23 female) from different colleges from Kolhapur city, aged between 17 and 22 years, were randomly selected as subjects. In selecting the subjects, those who actively participate in sports training or yoga practice, as well as those who suffer various medical illnesses such as tuberculosis, hypertension, diabetes mellitus, bronchial asthma or undergone any major surgery in the recent past, were excluded. The selected subjects were initially explained about purpose and design of the study, and their consent was obtained. Also necessary permissions were sought from their parents and head of their Institutions for the conduct of the said study.

A few days before actual conduct of the Harvard Step Test, subjects were given the necessary instructions and familiarized with the experimental procedure. On the day of the test, the subjects reported at our laboratory in the morning, two hours after a light breakfast. As soon as they arrive, they were asked not to make much movement and take total rest. After 15 minutes of rest in supine position, their Heart Rate (HR) and Blood Pressure (BP) were recorded with semi-automatic blood pressure monitor (using the oscillometric method Press-Mate BP 8800, Colin Corporation, Japan). Then the Pulse Pressure ($PP = SP - DP$), Mean Pressure ($MP = DP + PP/3$) and Rate Pressure Product [$RPP = (HR \times SP)/100$] and Double Product ($Do P = HR \times MP$) were calculated for each recordings. Three BP recordings at one-minute intervals were taken and the lowest of these values was included for calculation.

The subjects were initially taught various yogic practices viz. Asana, Pranayama, simple Kriyas, Bands and Mudras. Then they practiced the same under our direct supervision of the expert, daily for 60 minutes, for a total period of eight weeks. The yogic practices taught and practiced were : Siddhasan, Vajrasan, Utkatasan, Ushtrasan, Trikonasan, Pashchimottanasan, Vakrasan, Ardha-matsyendrasan, Pavanmuktasan, Noukasan, Matsyasan, Ardha-Halasan, Sarvangasan, Halasan, Bhujangasan, Shalabhasan, Shavasana, Bhastrika, Anulom-Vilom, Ujjai, Bhramari, Udgeet Pranayam, Pranav Pranayam, Shwasan-marg shuddhi kriya, Kapalabhati, Agnisar, Uddiyan, Mool bandh, and Jalandar bandh.

The cardiovascular response to exercise was measured again at the end of 8 weeks of study period utilizing the Harvard Step Test, in the same way as it was performed prior to the beginning of training. The data was then analyzed using 't' test to compare the pre and post training values. A "P" value of less than 0.05 was accepted as indicating significant difference between the compared values.

Results:

Results are given in Table I.

Data in the above table 1 showed that, eight week's Yoga training produced a significant reduction in basal HR, SP, DP, MP, RPP and DoP. Harvard step test conducted before starting

the yoga training showed a marked rise in all these parameters except DP which showed a significant decrease. After eight week's training of yoga practices, the exercise induced change in these parameters was significantly less as compared to their pre-training responses. Before yoga training, only MP returned to pre-exercise basal value whereas other parameters continued to be significantly different from their basal values at the end of 10 min post-exercise period. After yoga training, in addition to MP, SP, DP and PP also returned to their pre-exercise basal values by the end of 10 min study period. All these parameters showed subsequent progressive recovery throughout the ten minute study period

Discussion:

The purpose of this study was to verify, whether a training of specified set of yoga practices modulates the cardiovascular response to exercise and recovery period after the exercise. A regular yoga training given to the subjects for eight weeks resulted in a significant decrease in basal HR and BP. The calculated RPP and DoP also decreased significantly. Gobel FL and others¹⁰ have showed that, the RPP is an index of myocardial oxygen consumption and load on the heart. In reference to this, our results indicate that after a yoga training of eight weeks, the workload of exercise is less taxing for the heart.

During the pre-training period, the exercise stress to body that occurred during Harvard step test produced a marked and significant increase in all the parameters measured except DP which showed a significant decrease. However, it was noticed that, after yoga training, the same exercise stress induced changes (i.e. decrease in DP and increase in other parameters) were significantly reduced. Here it is interesting to note that before yoga training only MP had returned to pre-exercise value at the end of 10 minutes study period. After yoga training, SP, DP and PP also returned to the pre-exercise basal values indicating faster recovery of cardiovascular parameters.

The results of our study are similar to the recent findings of O' Sullivan and Bell¹¹, who have reported that physical training blunts the pressure, tachycardia and vasodilator responses and attributed this to blunting of sympathetic vasodilator activation. Bera and Rajapurkar⁶ have reported that yoga training results in significant improvement in cardiovascular endurance and anaerobic threshold. This is consistent with the findings of Muralidhara and Ranganathan² that yoga training improves physical efficiency as indicated by significant increase in cardiac recovery index measured by Harvard step test.

Our findings of lesser increase in BP, HR and RPP after yoga training are consistent with the findings of Ray et al^{12 & 13} that yoga training increases muscular endurance, delays onset of fatigue and enables one to perform work at lesser VO₂ max. Palatini¹⁴ has reported that in comparison to normo-tensive, the increase in DP in response to isometric exercise is substantially more in hypertensive. An exaggerated cardiovascular reactivity to the stressors is known to be a risk factor for cardiovascular diseases whereas reduced reactivity is an indicator of fitness. Therefore a reduction in exercise-induced stress on cardiovascular system by yoga training has physiological significance as well as clinical applications.

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A Study of Emotional Intelligence and Personality of Prospective Teachers

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This paper focuses on the analysis of Emotional Intelligence and personality of prospective teachers. The research was carried out in Dhule, Maharashtra on a sample of 150 prospective teachers. Emotional Intelligence and personality was assessed with the help of Emotional Quotient test developed by Prof. Chaddha and Dr. Singh and Personality Inventory by Prof. Singh Yashwar and Prof. Harmohan Singh respectively. The data were collected through issue of questionnaire with prior permission of the heads of the institutions. The results were computed by mean scores, t – test, Persons r. Analysis of data revealed that female prospective teachers were found with high EQ level compared to male prospective teachers, there is significant difference between the Emotional intelligence of male and female prospective teachers. There is no significant difference between the personality of male and female prospective teachers and significant relationship was found in Emotional Intelligence and personality of prospective teachers.

This 21st century is the era of Information Communication Technology. Today at, each and every second the new knowledge is created. According to Mc-Luhan, 'The whole world is a Global Village.' Today's world is world of Globalization, privatization and Liberalization. The progress of every nation depends on the powerful human resources. Knowledge has a vital importance in this century. The present paper primarily aims at an enquiry on Emotional Intelligence and Personality of prospective teachers keeping in view the impact of their teaching, training and imparting knowledge to their students. The prospective teachers, for the present study refer to the teachers who were under B.Ed. training as this group of teachers would be the teachers of tomorrow. They have to shape their students; also they have the responsibility of overall development of students for fighting well in this competitive era, for better survival. That's why 21st century there are so many challenges before prospective teachers also..

At first it was assumed that the success depends on I.Q. but now a day it is proved that success depends not only on I.Q. but on E.Q. Again as there is difference between thinking of every teacher having different personality. The 20% of success of any person depends on I.Q. but the remaining 80% part depends on E.Q. Teachers Emotional Intelligence may depend upon the teacher's psychological State of mind as well as respective personal characteristics. The concept, "Emotional Intelligence" refers to how intelligently we can control our emotions. It refers to the capacity for recognizing our own feelings and those of others for motivation ourselves and for managing our emotions well. (Goleman,1995). Also personality is the stable set of Characteristics and tendencies that determine those commonalities and difference in the Psychological behavior (thoughts, feelings and actions) of people that may or may not be easily understood in terms of the social and biological pressures of the immediate situation alone. (Maddi S.R., 1976)

REVIEW OF RELATED LITERATURE:-

Leela, A.V.S. (1988) found out the difference in mean scores of the high religious group on personality factors were significantly higher than those for the law group of college students.

Samuel, Premala Goodchild (1988) found a significant association between the moral developments stage and personality traits on one hand and social factor on other hand.

Madhosh A.G.(1989) revealed that the kashmiri populars personality appeared to possess strong emotional stability, Spontaneity and high mental ability and they were generally not frusted and relaxed.

Kumari sushama , (1990) found pout urban and rural juvenile delinquents, adult rural and urban juvenile delinquents ,adult and urban offenders total adjustments was significantly correlated with social and emotional adjustment. In case of juvenile and adult female offenders, no significant differences were observed in case of personality characteristics, intelligence, achievement, motivation and adjustment.

Soni (2005) concluded that there exist no relationship between emotional intelligence and different dimensions of rigidity and fatal rigidity of adolescents.

Usha P. (2007) revealed that Emotional adjustment and family acceptance of the child are effective factor contributing to academic achievement.

Darshana M. (2007) found significant relationship between Emotional Intelligence and academic motivation among higher secondary school students.

So many researches had been conducted on personality emotional intelligence and but personality study has been conducted on emotional intelligence and personality of prospective teachers in Dhule, Maharashtra.

OBJECTIVES OF THE STUDY:-

- To identify the number of prospective teachers with high and low E.Q. Level.
- To find out the emotional Quotient of male and female prospective teachers.
- To find out the personality of male and female prospective teachers.
- To find out the relationship between the emotional intelligence and personality of prospective teachers.

HYPOTHESIS OF THE STUDY:-

The following hypotheses were formulated for testing.

1. All the teachers have same level of E.Q.
2. There is no significant difference between the emotional intelligence of male and female prospective teachers.
3. There is no significant difference between the personality of male female prospective teachers.
4. There is no significant intelligence and personality of prospective teachers.

SAMPLE METHODOLOGY

150 randomly selected (75 male and 75 female) prospective teachers was the sample for the study. Random sampling technique was used for selecting the sample for the study.

TOOLS USED:-

In the investigation the following tools were used for the data collection.

1. Emotional Quotient test by Prof. N. K. Chaddha and Dr. Dalip Singh (Third Ed.). The validity and reliability of the test is 0.89 and 0.78 respectively.
2. Personality Inventory by Prof. Yashwar Singh and Harmohan Singh. The validity and reliability of the test is 0.80 and 0.54 respectively.

STASTISTICAL TECHNIQUE:-

Mean scores, ‘t’ test & person’s r etc.

ANALYSIS OF DATA, INTERPRETATION AND DISCUSSION OF RESULTS.

Table – 1 :- Table showing number of prospective teachers with high and low E.Q.

Sr. No.	Grade of Scores	Level. of E.Q.	Number of Teachers		Total
			Male	Female	
1	366 & above	High	8	7	15
2	356 & below	Low	6	7	13

The above table shows that 13 prospective teachers have low E.Q. and 15 prospective

teachers have High E.Q. So the prospective teachers with high E.Q. are more in number than prospective teachers with low E. Q.

Table – 2 : Value of mean, SD and t – ratio, Difference in the Emotional Intelligence of Male and Female Prospective Teachers.

Sr. No.	Variables	Number (N)	Mean (M)	Standard Deviation (SD)	't' Value	Significance
1	Male	75	330.46	38.10	3.12	Significant at 0.05 level
2	Female	75	350	38.62		

The above table shows that the calculated't' Value 3.12 is greater than the tabulated Value 1.97 at 0.05 level. Therefore the null hypothesis is rejected. It can be inferred that there is significant difference between emotional intelligence of Male and Female prospective teachers.

Table – 3: Value of Mean, SD and t – ratio, Difference in personality of Male and Female prospective Teachers.

Sr. No.	Variables	Number (N)	Mean (M)	Standard Deviation (SD)	't' Value	Significance
1	Male	75	26.01	7.10	0.67	Not Significant at 0.05 Level
2	Female	75	26.66	4.28		

The above table shows that the Calculated't' Value 0.67 is less than the tabulated ' t ' Value 1.97. Therefore the null hypothesis is accepted. So it is concluded that, there is no significant difference between personality of male and female prospective teachers.

Table – 4: Values of mean, SD and person 'r' to be locate relationship in Emotional Quotient and Personality of Prospective Teachers.

Sr. No.	Variables	Number	Mean (M)	Standard Deviation (SD)	'r' Value	Significance
1	E. Q.	150	340.53	76.72	0.0015	Not Significant at 0.05 level
2	Personality	150	26.34	11.68		

The above table shows that ' r ' Values 0.0015 is less than the tabulated r Value. Therefore the null hypothesis is accepted. so it is concluded that there is no significant relationship between emotional quotient and personality of prospective teachers.

MAJOR FINDINGS OF THE STUDY:-

1. The prospective teachers with high E.Q. are more in number than the prospective teachers with low E.Q.
2. There is significant difference between emotional intelligence of male and female prospective teachers.
3. There is no significant difference between the personality of male and female prospective teachers.
4. No relationship was found between emotional intelligence and personality of prospective teachers.

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Application of Manipulative Therapy To The Rehabilitation Programme For The Athletes

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Abstract

Manipulative therapy is used to control and limit the negative effects of inflammation by providing the optimum environment for healing. Manipulative therapy consists of soft tissue.

This aspect of physiotherapy involves skillful restoration of Mobility to soft tissues and joints. Though examination, assessment of findings, formulation of working hypothesis and identification of tests for ensuring that objectives which being achieved are essential for competent treatment of Athlete by manipulative therapy. Ultimately, however, it is precision, sensitivity, care and concentration with which techniques are applied that will achieves success, and this needs dedicated practice, complementary, posture training and relaxation are essential in the overall management of the Athlete. We know very well Rehabilitation is the restoration or normal form and function after injury.

Manipulative therapy provides a progressive, systematic programme that develops range of motion, muscular strength endurance co-coordinated movements, functional activities, and Manipulative therapy also provides the total body conditioning occurring concurrently with restoration of the injured area.

Introduction

Manipulative therapy consists of soft tissue techniques, passive mobilization of joints, passive stretching of soft tissue and outstretching of soft tissues. The manipulative aspect of physiotherapy involves skillful restoration of mobility to soft tissue and joints. Soft tissues are muscles and their facial sheaths, ligaments, tendons, fascia including specialized structures such as the Ilio-tibial tract and skin.

The term 'massage' has been replaced in the vocabulary of some physiotherapist by soft tissue techniques because of the bad publicity accorded to massage in the late 1960 and 1970. The image of unscientific was unfortunate as it led to the reduction of practice and application of this highly effective technique.

However, once injury does occur, rehabilitation of the injured athlete must begin immediately the player's contribution to the team objective will be directly related to his physiologic readiness and physical ability to participate to his maximum potential. Immediate rehabilitation enables him to attain this state of readiness of its earliest possible moment.

The prevalent aims of the manipulative therapy are; Re educate and strengthen pelvic floor muscles, instruct in the care of the perineum, relieve pain in the perineum strengthen abdomen muscles, provided of back strain with activities related to the sportsman and give instructions in a long term exercise.

Rehabilitation Programme

Manipulative therapy consists of four inspirable factor are as follows:-

Soft tissue techniques, passive rehabilitation of joints, passive stretching of soft tissue and auto stretching the soft tissues.

Soft tissue are the muscle and their fascia sheathes ligaments, tendon fascia including specialized structures such as the ilio-tibial tract and skin.

Soft Tissue Technique

Soft tissue technique is widely used to rehabilitation programme in athletes; it is the simple, frequent treatment, convenient and proper method at rehabilitation programme in injured

athletes.

The technique used in soft tissue technique are :-

(A) Stroking: This may be performed with the whole hand or fingers.

(B) Effleurage: In this technique the hand pass over the skin with pressure and speed which is both shooting and such as to assist fluid to flow through the tissue spaces, lymph vessels and veins.

The effect at Effleurage are, stretching at subcutaneous tissue, increasing of tissue fluid, lymph and venous flow, Removal of edematous fluid from tissues spaces into lymph vessels, relief of pain due to stimulation of touch and pressure receptors in the skin, removal of excess fluid and removal of metabolites from the site of injury, disease or disorder.

Kneading:-

In this technique, the hands are placed on the skin and allowed to mould to the part, then they move in a circular direction with pressure gradually applied over the top of the circle and released towards the bottom of the circle.

Picking Up:-

Picking up has effects similar to those of kneading but the technique involves lifting the tissues up at right angles to the underlying bone, squeezing and releasing.

Wringing:-

Wringing involves lifting the tissues up as in picking up, and applying a twist to enhance the stretching effect.

Skin Rolling:-

This involves lifting and stretching the skin between thumbs and fingers.

This is particularly useful where there is a long standing chronic problem and improvement will not be complete until the skill is moving treaty.

Frictions:-

These are small range movements applied with the thumb or fingers starting superficially and working deeper. They are used to mobilize structures on underlying tissues. e.g. supraspinatus tendon, the lateral ligament at the ankle.

Connective Tissue Massage (Ctm)

This is the special type of stroking which pulls the skin and subcutaneous tissue away from the underlying fascia. The injured athlete is usually treat in sitting but may be in lying.

The effect claimed for this treatment is related to balancing the sympathetic and parasympathetic components of the autonomic nervous system. The principle result of this is improvement of the blood supply to the garget area.

Other Effect of Massage:-

- i) Increase in flow of circulation local to the area treated.
- ii) Reduction of tone in muscles which are in a state of excess tension.
- iii) Stretching of tight fascia and restoration of mobility of soft tissues.
- iv) Pain relief is obtained by releasing acute or chronic tension in muscles and by affecting pressure and touch nerve endings.
- v) Where there is chronic oedema, the fibrin within the fluid can be stretched.

It is essential to see that these techniques are applied within a scientific method. For, example, it is inappropriate to treat the oedema of kidney or heart failure. In fact, the underlying pathology must be considered and soft-tissue technique must be used as an adjust to the total injured player rehabilitation.

Passive Mobilization of Joints:-

These techniques are appropriate to restore movement and relieve pain to any component of the musculoskeletal system provided that the contradictions have been ruled out.

Movement at a joint may be lost in association with postural stress, trauma, or degenerative changes.

The restricting factors may be pain, muscle spasm oedema, fibrous, contracture of fascia, ligaments or capsule, or cartilage flake trapped between the joint surfaces.

Application Of Passive Joint Mobilization:-

The physiotherapist should follow a logical procedure

1. Meticulous examination, assessment of examination finding and decision to treat with PJM. During these the physiotherapist applies examination principles, clarifies the patient's problems and relates these to the examination findings. Objectives and goals are identified together with indications and contraindications for the techniques to be used.
2. Selection of joints to be treated.
As a general rule, the joint treated should on examination reproduce the pain, On either active or passive movement, otherwise, there should be a lack of mobility which is likely to be contributing to the injured player's problems.
3. Selection of test movement:-
When manipulative therapy is applied skillfully there should be an immediate effect improvement is indicated by.
 - (i) Increased range of movement.
 - (ii) Less pain on the same range of movement.
 - (iii) Patient is more willing to move generally the movement chosen is the most restricted on active testing but care must be taken not to provoke a painful joint by too much testing.
 - (iv) Passive movement or testing may be chosen, e.g. straight leg raising or a quadrant of a joint may be used.
 - (v) Sometimes the physiotherapist has to judge improvement by palpation.

Selected technique:-

Mobilization is oscillatory, rhythmical, repetitive movements which may be physiotherapist.

Physiological movements are the normal voluntary patterns, e.g. flexion, abduction side flexion and rotation.

Passive Stretching Of Soft Tissues:-

Passive stretching is often useful in treatment of the following:-

- 1) Causalities of the gleno-humeral joint to gain elevation through flexion.
- 2) Tightness of the neck side flexors, for example if the left side flexors are tight the techniques is to hold the head in as much right side flexion as possible and depress the left shoulder.
- 3) Tethered sciatic nerve-straight leg rising.
- 4) Stiff lumber spine-rotation with or without straight leg rising.
- 5) Hip flexor tightness the patient lies prone, the pelvic is fixed and the flexed knee is lifted up to stretch the hip into extension.
- 6) Hip adductors-passive hip abduction is performed with the other leg flexed.
- 7) Tight gastronomies- The knee must be kept straight and the calcneum pulled down while the ankle is dorsi-flexed.
- 8) Following ankle sprain-inversion of the substalar joint by holding the calcaneus in a position which the middle band of the lateral ligament of the ankle.

Auto Stretching Of Soft Tissue:-

Prior to activity auto-stretching develops flexibility particularly in sport but also in other activities such as gardening, decorating and even housework. The value of stretching is the subject of some debate and the evidence for its value is largely empirical.

However, there is considerable belief that stretching is useful for:

- (1) Prevention of injury.
- (2) Providing flexibility and therefore a greater range of movements.
- (3) Promoting coordination by enabling symmetrical free movement.
- (4) Reduction of muscle tension or tightness.
- (5) Physiological preparation – makes the person feel ready for the activity to be undertaken.

The Technique:-

The injured athlete takes up the position with the appropriate structure or tissue on the stretches feels the tightness and hold for 30-60, then as the tightness reduces he takes up the slack and holds again. This is repeated 3-4 times. The procedure is then applied to the opposite side. The technique should be performed daily.

Conclusions

1. The injured athlete presents a different and unique problem to the physician and paramedical staff. The problems are different because the periods of rest necessary for healing to occur are shortened for the injured athlete.
2. Rehabilitation is the restoration of normal form and function after an injury. Manipulative therapy provides an Athletic rehabilitation is the reconditions of an injured athlete to his or her highest level of function in the shortest possible time. Athletic trainers must be skilled in developing programs to effectively rehabilitate an athlete in minimal amount of time.
3. The goal of manipulative therapy is to return the injured athlete to activity as soon as possible without risking further injury.
4. Manipulative therapy developed method of effective and active medical rehabilitation for the injured athlete. Manipulative therapy is also useful for maintaining strength up to a functional level.
5. Immediate and proper care and rehabilitation of the injured athlete are vital to the success of most athlete programs. It is imperative that the coach and medical staff should be well educated in the field of sports medicine.

Finally manipulative therapy attempts to provide the optimal environment for healing to take place.

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A Study of Change Management

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1. Introduction:

Change may be regarded as one of the few constants of recorded history. Often society's 'winners', both historically and contemporary, can be characterized by their common ability to effectively manage and exploit change situations. Individuals, societies, nations, and enterprises who have at some time been at forefront of commercial and / or technological expansion, have achieved domination, or at least competitive advantage, by being innovative in thought and / or action. They have been both enterprising and entrepreneurial.

Management and change are synonymous; it is impossible to undertake a journey, for in many respects that what change is, without first addressing purpose of the trip, the route you wish to travel and with whom you wish to travel. Maintaining change is about handling the complexities of travel. It is about evaluating, planning, and implementing operational, tactical and strategic journeys.

Change is a necessary way of life in most organizations. In Fact, change is all around people. In seasons, in their social environment, and in their own biological processes beginning with the first few moments of life, a person learns to meet change by adapting to the change. A person's very first breath depends on ability to adapt from one environment to another. Each second of our life is different giving some different experience. Since human beings are adaptive and used to change, still human resists change in their work environment.

Change is dynamic in nature. It affects the whole social system. All elements of the social system are involved. Its, people, formal organization, informal organization, operating environment, communications pattern, decision making, and patterns of cooperation. Whether we are speaking of a department, branch plant, state government, or a whole society, the system is operating in some sort of equilibrium by which the parts are harmoniously related to each other.

With the passage of time each social system develops programs of action that it can put into effect to accommodate change as it occurs. When a change is minor and within the scope of the correcting program, adjustment is fairly routine; but when change is major or unusual, more serious upsets may occur.

Changes within an organization need a catalyst. We call the person or persons who act as catalyst, and assume the responsibility for managing the change process, the change agent. A change agent may be a manager or non-manager. For major, systems wide changes, internal management will often hire the services of outside consultants to provide advice and assistance. Because they are from outside, they can offer an objective perspective usually lacking in the insiders. However the outside consultants are not completely aware of the situation within the industry. They may not be aware of the history, culture, operating procedures, and personnel. Outside consultants may also be prone to initiate more drastic changes than insiders. This may be an added benefit or may damage the organization. The consultants do not have to live with the repercussions after the change is effected. In contrast internal managers, when acting as change agents, may be more thoughtful, because they must live with the consequences of their action.

Any organization that ignores change does so at its own peril. One might suggest that for many the peril would come sooner rather than later. To survive and prosper, organizations must adopt strategies that realistically reflect their ability to manage multiple future scenarios.

2. Importance:

A realistic approach to change must take into account multiple and varied forces. This approach note the importance, in relation to a realistic take on change, of the history of organization, customers, suppliers, and the economic environment, while stressing the need to also take into account both national and international legislation. The inevitability of organizational restructuring in the face of ever changing competitive, economic and social factors. The need to consider the actual practice of change, the internal environment, and the need to align strategic aspirations with practical realities. In short, restructuring must take into account those at the sharp end the middle management. The management can understand the overall approach of the employees.

We are living in technological world, scientific devices and technological developments have changed the life style of various industrial organization, medical field and even the social life of human being. The tendency of replacing the men by machine is fast developing. Computers as a technological tool is widely used in almost all spheres of life. Leben, Mahindra and Mahindra and Yeshshree are using computers in their day to day working. The use of computers in the design of components has made the design work faster and easier. The designer can now see all three sides of the designed component. Thus it facilitates for easier decision making on part of the management also.

The industries are therefore pushing the workers to learn computers. If the workers know how the work is to be done on computers then it will be make their work more easier.

3. Research Methodology

The survey method is used to study the change management.

4. Data Collection:

4.1 Primary Data:

For this study primary data was collected by using a questionnaire, the questionnaire had 15 close ended questions.

4.2 Secondary Data:

The data collected from the various technical sources like books, internet, manuals and circulars.

4.3 Objectives:

The primary aim of change is to improve the productivity, morale and satisfaction of employees in an organization.

- 1) To study the increasing level of trust and natural emotional support among all organizational members.
- 2) To study an environment in which the authority is based on knowledge and skill.
- 3) To study opportunities provide to people to function as human beings rather than mere inputs in production process.
- 4) To study opportunities for people in organizations to influence the way in which they relate to work, the organization and the environment.

4.4 Hypothesis:

It is hypothesised that for the organization to survive over a period it is essential to make changes in the organization according to the internal or external pressures. If these pressures are taken care of, such timely action can save the organization.

It is also hypnotized that the change may be in any form either technological or non technological change. New changes may reduce the work of workers or pave way for other workers also.

4.5 Sampling Plan:

The sample size for the survey was 220 respondents. The research was conducted in Akola, Aurangabad and Nagpur M.I.D.C. for the three different companies. Managers, administrative staff and workers were selected for the study.

4.6 Sampling Method:

The sampling method chosen for the study was non-probability convenience sampling. The descriptions of samples are as follows.

Table No. 1

Name of Company	Area	Sample Size
Leben Laboratories Pvt. Ltd.,	Akola	65
Yeshshree	Aurangabad	76
Mahindra & Mahindra	Nagpur	79
Total		220

5. Analysis and Interpretation of Data

Table No. 2

Opinion	Particulars	Number of Respondents	Percentage (%)
2.(a) Working Period	0-10	33	15
	10-20	55	25
	20-30	110	50
	30-40	22	10
2. (b) Changes in Working	Yes	220	100
	No	000	000
2. (c) Changes in working	Technical	000	000
	Non-Technical	000	000
	Both	220	100
2. (d) Like changes in working	Yes	55	25
	No	110	50
	Don't Know	55	25

From the table 2(a) we see that, 15% workers are having an experience of less than 10 years, 25% of the workers are having an experience of 10-20 years and 50% of the workers are having the experience of 20-30 years. 10% workers are having an experience of more than 30 years.

From the above table 2(b) we see that, all the workers agree to the fact that changes were made in the industry.

From the above table 2(c) we see that, all the workers agree with the fact that the changes done in the industry were of both types. Technical changes as well as non-technical changes. 100% workers agree with this fact.

From the above table 2(d) it is clear that, 50% of the workers were not in favour of the change. 25% were in favour of the change. 25% did not know whether to oppose the change or favour the change.

Table No. 03

Opinion	Particulars	Number of Respondents	Percentage (%)
3. (a) Oppose the change	Yes	110	50
	No	55	25
	Don't Know	55	25

3. (b) Remain Neutral	Yes	55	25
	No	175	75
3. (c) Management take you in confidence before implementing the change	Yes	220	100
	No	000	000
3. (d) Union oppose the change	Yes	220	100
	No	000	000

From the above table 3(a) we see that, 50% workers clearly opposed the change according to human nature. 25% of the workers clearly opposed the change according to human nature. 25% of the workers were ready to accept the change. 25% did not know what their stand should be?

From the table 3(b) it is clear that, only 25% workers remained neutral. 75% of the workers either opposed the change or were in favour of the change.

From the above table 3(c) it is clear that, the management did try to take the workers into confidence while implementing the change but the workers according to natural human tendency resisted the change. 100% workers agree efforts were made to take them into confidence.

From the above table 3(d) we see that, 100% workers agree to the fact that unions opposed change in the industry.

Table No. 4

Opinion	Particulars	Number of Respondents	Percentage (%)
4.(a) Management makes unnecessary changes	Yes	110	50
	No	55	25
	Don't Know	55	25
4.(b) Changes are essential to change the quality of life	Yes	176	80
	No	44	20
4.(c) Technical Developments are Insecure	Yes	198	90
	No	22	10

From the table 4(a) it is clear that, only 50% of the workers feel that managements makes unnecessary changes. 25% workers feel that change is essential to sustain the organization. The remaining 25% are not sure whether change is required or not.

The table 4(b) indicates that, 80% of the workers believe change is necessary to change the quality of life. 20% of the workers do not agree with this statement.

From the table 4(c) we see that, 90% of the workers feel insecure with technical change. They are afraid they may not be able to learn the new technique. 10% of the workers feel they keep pace with the new changes.

6. Findings and Suggestions:

6.1 Findings:

1. Technical and Non-Technical changes were made at these organizations.
2. Their was resistance to change as expected.
3. Initially the production dropped as expected from theory of change management.
4. The production slowed down for a few days as expected.
5. No worker was removed from the companies, which shows carefully planned strategy.
6. Workers in the companies agree to it they are better today than initially.
7. The companies have achieved many things like awards during the change management process.
8. Now the workers are satisfied also.
9. The leadership at these companies played an important role in bringing about the change.

6.2 Suggestions:

1. It is suggested that their should be sharing of information between the management and workers through some means like a lecture.
2. The unions should supply books to the workers containing success stories of industries adopting change successfully.
3. Attitude plays an important role in the learning process more positive you are faster you will learn.
4. Workers should understand it is utmost important for an organization to change in changing atmosphere to survive.
5. The organizations should understand it has to change to make itself sustainable and viable.

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Effectiveness of Specific Training Programme for Athletes of 100 M. Sprint Event

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ABSTRACT:

The purpose of this study was to determine effectiveness of specific training programme for athletes of 100 m sprint event. 20 male students of Age group 14 to 16 years of N.K. Highschool, Kautha Nanded were randomly selected as single experimental group. The Experimental group underwent a specific training programme, which was constructed on the basis of modern perspective sport training. Single group pre and post test design had been used for the study. In pre and post test only 100 m. sprint training in seconds was taken into consideration.

The analysis of out comes of training in terms of score of 100 m. sprint timing in seconds shown the effectiveness of the training programme. Statistically the hypothesis testing by 't' test also proved the effectiveness of the training programme.

Introduction:

Physical training and fitness is considered as important part of life style in all periods. Since an ancient period physical training and fitness was necessity of defense, agriculture, traveling, commerce, creation etc. in an ancient and medieval period physical fitness was developed and maintained through different activities like horse riding, hunting, playing weapons, Yoga etc.

In the modern age science and technological development has given turn to the concept of fitness and sport training.

To day, sport training has become more systematic and scientific to enhance the sport performance. But we do not implement the procedure of modern sport training for the school or college level athletes. For these athletes generally we use repetition method and gives some instructions about the sprint start. But for good sprinting requires fast reaction, good acceleration and an efficient style of running. Sprinter must also develop an excellent sprint start and maintain top speed for as long as possible.

In present study the researchers have tried to find out the effectiveness of specific training programme for the athletes of 100 m. sprint event. This specific training programme is prepared on the guidelines of Dr.Hardayal Singh, explanted in his book; scientific methods of training and coaching.

So this training programme is based on modern perspective sport training. The details of objectives, hypothesis and limitations of the study are given below.

Objectives o the study:

- 1) To construct a specific training programme for school and college level athletes, specially for 100 M. sprint event.
- 2) To determine the effectiveness of specific training programme for athletes of 100 M. sprint event.
- 3) To promote the utilization of modern perspective sport training among school level athletes and coaches.

Hypothesis:

It is hypothesized that the specific training programme for athletes in 100 M. sprint event will improve the 100 M. sprint performance of the athletes

Delimitation of study:

- a) The study has special concern of 100 M. sprint only.
- b) The study is delimited to the age group 14 to 16 years.
- c) The study is delimited to selected exercises.
- d) The study is delimited to 100 M. sprint performance only.
- e) The experimental period was delimited to 7 weeks only.
- f) The samples for the experiment are beginners.

Limitation of study:

- a) The sample of the study is limited to the male students of N.K. High School Kautha, Nanded only.
- b) It was not possible to control day to day activities of the subjects selected for the experiment.
- c) Although students were clinically healthy, there food habits and style of daily living could not be controlled by the investigators.

Procedure:

Here an experimental study has been carried out to observe the effect of specific training for 7 weeks (daily 90 M. except Sunday) on the 100 m sprint performance of athletes. Single group pre and post test design has been used for the study. In pre and post test only 100 M. sprint timing was taken in to consideration. Total number of samples are 20. Training was given as below.

Table No.1

Sr.No.	Task	Time (Min.)
1.	General Warming-up	10
2.	Specific Warming-up	15
3.	Part Method	
	a) To improve leg power	15
	b) To improve sprint endurance	15
	c) To improve reaction time	10
4.	Sensory method	10
5.	Limbering down	15
Total Session Time		90 Min.

Explanation of tasks performed during training session

- 1) General warming up:
The warm up should begin with light, easy running and flexibility exercises.
- 2) Specific Warming up:
The athlete must be particularly careful with some of the special activities used for developing sprinting technique, which can avoid hamstring pulls and other muscle injuries.
 - a) High-knee marching:
Each participant marches forward slowly, forcefully driving the thigh of the leading leg up to horizontal. The arms are bent at 90 degrees at the elbow. The supporting leg extends fully up onto the toes as the participant lifts the opposing knee.
 - b) High-Knee Marching with Extension of the lower leg.
This differs from the previous practice in that the lower leg of the leading leg is extended after the thigh has been raised to horizontal.
 - c) High-knee Running with lower leg extension:
This movement is similar to the prancing action of a horse. Movement forward is still slow, but the speed of the legs resembles running in place. The performer can begin

with simple high-knee running and then include the lower leg extension once the rhythm of the high-knee lift is established.

d) Seat Kicks:

Each athlete moves slowly forward, kicking up the heels to the rear and attempting to hit the buttocks.

e) Sprint Arm Action:

In this practice, the athlete concentrates on maintaining the 90° angle of the arms at the elbow, together with a forward and backward swing that must be parallel to the direction of run. This is initially practiced standing still, then walking and thereafter jogging and sprinting.

3) Part Method:

This method aims at improving the movement time and reaction time separately. For the improvement of movement time the factors on which it depends are improved e.g. technique, explosive strength, speed endurance. Reaction time is improved separately through reaction exercises.

a) Exercises to improve leg power

i) Distance Hopping

Each athlete hops 2 to 3 paces with the left leg, then repeats the same action with the right leg. With each hop athletes swing their arms forward and up ward and drive their legs as powerfully as possible. The thigh of the free leg is lifted to horizontal on each hop.

ii) Bounding (Striding) for distance.

Lean forward slightly and jump long and low, not up-ward keep the momentum going. Drive forward and upward with arms on each stride. Each bounding stride is long and 2 to 3 are performed in sequence.

iii) Rabbit Hops

These are two legged jumps in 2 to 3 are performed in sequence.

b) Exercises to improve sprint endurance.

i) Rolling Sprints

Teams of four or more (ABCD) jog or runs slowly in a single line around the track. At the signal runner D sprints to the front of the team. On the next signal runner C sprints to the front and so on. Reducing the time between signals and increasing the size of teams will increase the intensity. Two full laps of 200 meter track are adequate for beginners.

ii) Interval sprints

Athletes sprint the curve and jog or walk the straightaway on a 200 meter track or they sprint 50 meters and jog or walk 200 to 300 meters. They repeat the interval 3 to 4 times. The length and type of rest depends on the fitness and performance ability of the athlete.

c) Exercises to improve reaction time

i) Different starting positions

Athletes use different starting position e.g. sitting, lying, kneeling or the set position in sprints starts.

ii) Starts on different signals

Starts can be given by saying set 'go' or using clap, whistle or clapper.

4) Sensory method

The sensory method is based on the assumption that reaction ability is very intimately linked with the ability to differentiate time intervals.

- i) Athlete tries to cover 100 M. distance with top speed. Each time coach has to tell him his accurate time.
 - ii) Athlete covers 100 M. distance with top speed each time coach asks him to gauge about his timing.
- 5) Limbering down

Training session should not finish abruptly. At least 15 min should given to cool down. This helps to come body in homiostate and helps to enhance recovery process. During cool down period movements of low intensity should be taken. At the end of training session short time games like Basket ball or Hand ball can be taken to avoid mental fatigue but these should not be of competitive nature.

Table No.2

	Pre test	Post Test
Total Sample	$N_1 = 20$	$N_2 = 20$
Mean	$M_1 = 19.9$	$M_2 = 18.15$
S.D.	$\sigma_1 = 1.46$	$\sigma_2 = 3.34$

Calculation

't' value (critical ratio) is calculated from above table 2 as following.

$$D = M_1 - M_2 = 19.9 - 18.15 = 1.75$$

$$Df = (N_1 - 1) + (N_2 - 1)$$

$$= (20 - 1) + (20 - 1)$$

$$= 19 + 19 = 38$$

$$Df = 38$$

't' value of pre and post test.

$$T = D / \sigma D \quad \sigma D = \sqrt{\sigma_1^2 / N_1 + \sigma_2^2 / N_2}$$

$$\sigma D = 1.46 / 20 + 3.34 / 20$$

$$\sigma D = 0.42$$

$$t = 1.75 / 0.42 = 4.16$$

$$t = 4.16$$

Observed t > table t (0.01) level

Result: the difference between pre and post test is significant on 0.01 levels.

CONCLUSIONS

The analysis of out comes of training program in terms of score of time in seconds shown the effectiveness of the training program by the application of 't' test from hypothesis testing.

The observation during the training period shown the improvement in the sprint start, acceleration, maintenance of top speed for long time (locomotor ability) and shown enhancement in running style. Thus, the time for 100 M. sprint is reduced and shown change in the pre and post test. Statistically, the hypothesis testing also proved the effectiveness of the training programme.

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“Human Relationships in Modern Urban Society in the Dramatic World of Mahesh Dattani”

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Mahesh Dattani's plays put forth the harrowing fact about the concealed issues of the contemporary society wherein human relationships are not based on values, emotions and love but on selfish motives. The relationships are fractured at physical, emotional, psychological as well as spiritual level.

The fragmentation of the family, the deceit, discord and power equations within the family are portrayed with sensitivity and psychological insight. In most of his plays Dattani forces the present to confront the past- a past that is dark, hidden and often shameful.

Dattani himself says:

Thematically I talk about the areas where the individual feels exhausted. My plays are about such people who are striving to expand this space. They live on the fringes of the society and are not looking for acceptance, but are struggling to grab as much fringe space for themselves as they can.

This statement by Dattani is one of the most definitive descriptions of his themes and concerns. His plays deal with real scenarios that are tough to turn away from. They are couched in Indian urban speak. He has explored and pinpointed his unerring vision. His is a voice unafraid of to joust with a bleak today. He does not seek to cut a path through the difficulties his characters encounter with in his plays; instead he leads his audience to see just how caught up we all are in the complications and contradictions of our values and assumptions. By revealing the complexity, he makes the world a better place for all of us. The dramatic canvas of Dattani is coloured with real life situations and the vivid experiences related with urban cosmopolitan and middle class Indians with radical, unconventional, contemporary and issues free from taboos. Homosexuality, lesbianism, child-sexual abuse, communalism and gender discrimination are some of the favourite subjects with him. The dramatic representation of subalterns, the humiliation of women in patriarchy, political and social injustice, the ordeal of taboos like homosexuality became a necessity of the time.

All the plays of Dattani prominently emphasize the heterogeneous aspects of conjugal relationships which have changed drastically in the modern urban society. The plays display a staggering variety of husband-wife relationships. All the conjugal relationships are in a sorry state. They are no more trustworthy. There is betrayal on either side. There is no commitment. Frustration, alienation, depression, suppression, rootlessness and helplessness—all go with the women characters of Dattani. The conjugal life of Patel and Bharati in “**Tara**” describes the psychopathic condition of the husband and wife and the horrors of the forced harmony wherein man's subjugation to cultural inhibitions dominate the course of life. Aruna and Ramnik in “**Final Solutions**” is a couple with different approaches in life. Aruna is a very God fearing lady, obsessed with religious rituals whereas Ramnik is a liberal minded person. They are worried more of their self-esteem and ego and so they keep on transferring their guilt on others. “**Bravely Fought the Queen**” is the epitome of distorted conjugal relationships. There is absolutely no coordination between the husband and wife. The wives are left to survive in the confined spaces of domesticity, kept in dark to bear the burden of patriarchy in silence and sobbing. But Dattani is very skilful in his art of characterization. He does not want his women characters to be weak throughout their lives. So later they image as strong and confident women to identify the oppressor and fight against injustice. They too question the faithfulness of men. Sridhar and

Lalita's life is symbolic of a bonsai. They live a very confined and trimmed life like the bonsai. Bunny and Ranjit deceive their wives by living a bisexual life in the play **On a Muggy Night in Mumbai**. The strangest of all the couples in the plays of Dattani are Alpesh and Lata in **"Do The Needful"**. Parental pressures make them marry. But they decide that after marriage also they will continue their pre-marital sexual relations with their respective partners. For them marriage is only an expedient mode of existence. Thus Dattani's plays exhibit the life of camouflage every couple lives in modern urban society.

"Homosexual Relationships" envelopes a path-breaking play **"On a Muggy Night in Mumbai"**. The play is like a charter of demands of homosexuals whose activities are absolutely taboo in the Indian society. The play samples a wide range of male homosexuals present in the Indian society. They present daunting challenges to the development and maintenance of a positive self-image in gay, lesbian and bisexual persons, and often to their families also. They suffer because they can't face society and cannot make their relationships acceptable. They want to live a life free from stigma of the society.

Dattani here clearly pleads for social sanction of the homosexuals. **'Do the Needful'** also deals with a strange couple, Alpesh and Lata. Alpesh is gay and Lata is in love with Salim, a terrorist. Parental pressures force them to marry but the couple resolves to pursue their own ways along with sexual preferences of life after marriage also. Thus, they have to live a life of camouflage. Dattani also represents the marginalization of the 'Hijra Community' through his play **'Seven Steps Around the Fire'**. The eunuchs only expect to live and love like any normal human being. Thus, **'Homosexual Relationships'** speaks of issues that are very much in existence but generally brushed under the carpet by polite society.

'Other relationships' discloses several other relationships within and without the family like-the relationship between AIDS patients and society, Hindu-Muslim, Mother-Daughter, Brother-Sister, Father-Son, Sister-Sister, Guru-Shishya and Brother-Brother relationship.

The victims of AIDS receive an outlandish treatment from the society in the play **'Ek Alag Mausam'**. George and Aparna decide to get married and live happily serving the hospice 'Jeevan-Jyoti' meant for AIDS victims till the last breath of life. **'Final Solution'** is a powerful indictment of the communal passions that threatens to split our country. Hindu-Muslim relations have always been sensitive. But the answer to all these problematic communal relationships lies in the statements of Alyque Padamsee: "The demons of communal hatred are not out in the streets... they are lurking inside ourselves". Change of attitude in the society is the only answer for the harmony between their relationships.

The mother-daughter relationship is at the core of every woman's physical and emotional health. Fingerman, the author of 'Aging Mothers and Their Adult Daughters: A Study of Mixed Emotions' rightly says:

"Women generally are better than man at maintaining relationship involving a high degree of intimacy and mothers and daughters share an investment in family that enhance their bond late in life".

The relationship between Bharati and her daughter Tara is at one alluring and terrifying. The mother herself manipulated to favour her son and handicap her daughter. But after the operation her guilt pricks her conscience constantly and later she wants to compensate for the same. But all in vain. Aparna's mother gives her a very compassionate support when her daughter gets the tremendous jolt of being an AIDS victim in the play **'Ek Alag Mausam'**. She gives her the inner strength. Dattani brings home the horror and the pain of a very identifiable mother-daughter relationship in **'Thirty Days in September'**. It is the first play of incest or child-sexual abuse. Throughout the play the daughter, Mala, endeavour's to explain to her mother the pain she is undergoing due to child sexual abuse of her maternal uncle-Vinay. The mother's

silence is disturbing to the core. But the play takes a turn when the mother breaks her silence in front of the molestor Vinay and discloses the truth of, she, herself being a victim of child sexual abuse by the same Vinay for ten long years. This truth strengthens the mother daughter relationship to face the injustice together. **'Dance like a Man'** expresses the obsession a mother has for her daughter regarding her carrer. Thus, mother-daughter relationships, though seem to be estranged in the beginning, become the strongest as they grow.

The brother-sister relationship is very prominent in three plays **'Tara'**, **'Thirty Days in September'** and **'Bravely fought the Queen'**. Tara's emotional separation with her brother Chandan after the operation is very painful. Shanti and Vinay's relationship is that of a silenced victim of molest by her own brother is most horrifying in **'Thirty Days in September'**. Alka and Praful too have a strange relation. Praful is a gay who loves Nitin. Just to retain his relation safely and conveniently, he gets his sister Alka married to him. All these relationships perturb one to the core of the heart. The relationship between a father and son is usually for either the will or freedom of career choice. Jairaj wants to pursue his career as a Bharatnatyam dancer but Amritlal, his father, cannot digest the idea, hence the consequences. **Hasmukh in 'Where There's a Will'** wants to control his son Ajit before and after his death also through the 'will'. This has never brought up a respectable relationship beteen them. Dolly and Alka in "Bravely Fought the Queen" are not only sisters but also co-sisters. They are at times each other's strength and at times with differences. In the same play, the two brothers, Jiten and Nitin have different ways of life but both of them show their brotherhood by hiding each other's secret and private life they live. They also come up with verbal fights at times. Thus, Dattani has portrayed myriad shades of relationships existing in life.

To conclude, Dattani with his innovative approach against conventional canons and his daring spirit to bring new and radical issues in theatre, has witnessed a new dawn of Indian drama with Indian identity, representing Indian soil and influencing Indian sensibilities.

* * *

Development of Effective Risk Management

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ABSTRACT

Risk management is not an add-on feature to the decisionmaking process but rather a fully integrated element of planning and executing operations. Risk management helps us preserve combat power and retain the flexibility for bold and decisive action. Proper risk management is a combat multiplier that we can ill afford to squander.

Risk is the net negative impact of the exercise of vulnerability, considering both the probability and the impact of occurrence. Risk management is the process of identifying risk, assessing risk, and taking steps to reduce risk to an acceptable level.

This phenomenal expansion of the risk industry reflects a number of different but convergent pressures for change in organizational practices for dealing with uncertainty. Risk has entered private and public sector management thinking to become an organising concept as never before. Since the mid-1990s considerable effort has been expended on making risk management into a value proposition and in both private and public sectors the concept of risk is being enrolled in a new focus on outcomes and performance. Research has shown that there is very considerable variety in the manner in which risks are processed by organisational agencies; the 'government of risk' is by no means uniform across problems and functions, with public perceptions, moral frameworks, institutional arrangements and the nature of the risk itself giving rise to variation in 'risk regulation regimes'

This paper provides a foundation for the development of an effective risk management program, and the practical guidance necessary for assessing and mitigating risks identified in business. The ultimate goal is to help organizations to better manage organization related mission risks.

To better understand risk analysis and risk management processes, covered entities should be familiar with several important terms, including "vulnerability," "threat," and "risk," and the relationship between the three terms.

Introduction:-

Risk can be defined as the combination of the probability of an event and its Consequences. Risk management is a central part of any organisation's strategic management. Risk management is the total process of identifying, measuring, and minimizing uncertain events affecting resources. This paper was written to help in the objective analysis of the risk management process. It is the process whereby organizations methodically address the risks attaching to their activities with the goal of achieving sustained benefit within each activity and across the portfolio of all activities. The focus of good risk management is the identification and treatment of these risks. Its objective is to add maximum sustainable value to all the activities of the organisation. It marshals the understanding of the potential upside and downside of all those factors which can affect the organisation. It increases the probability of success, and reduces both the probability of failure and the uncertainty of achieving the organisation's overall objectives. Risk management should be a continuous and developing process which runs throughout the organisation's strategy and the implementation of that strategy. It should address methodically all the risks surrounding the organisation's activities past, present and in particular, future. It must be integrated into the culture of the organisation with an effective policy and a programme led by the most senior management. It must translate the strategy into tactical and

operational objectives, assigning responsibility throughout the organisation with each manager and employee responsible for the management of risk as part of their job description. It supports accountability, performance measurement and reward, thus promoting operational efficiency at all levels.

Risk Management Process :-

Risk management protects and adds value to the organisation and its stakeholders through supporting the organisation's objectives by:

- *providing a framework for an organisation that enables future activity to take place in a consistent and controlled manner.*
- *improving decision making, planning and prioritisation by comprehensive and structured understanding of business activity, volatility and project opportunity/threat.*
- *contributing to more efficient use/allocation of capital and resources within the organization.*
- *reducing volatility in the non essential areas of the business.*
- *protecting and enhancing assets and company image.*
- *developing and supporting people and the organisation's knowledge base.*
- *optimising operational efficiency.*

Goals Of Risk Management :-

- The process of analyzing exposure to risk, measuring or assessing risk and then developing strategies to adapt to risk exposures.
- Includes transferring the risk to another party, avoiding the risk, reducing the negative effects of the risk, and accepting some or all of the consequences of a particular risk.
- Minimizes both risk and costs.

Risk Identification:-

Risk identification sets out to identify an organisation's exposure to uncertainty. This requires an intimate knowledge of the organisation, the market in which it operates, the legal, social, political and cultural environment in which it exists, as well as the development of a sound understanding of its strategic and operational objectives, including factors critical to its success and the threats and opportunities related to the achievement of these objectives. Risk identification should be approached in a methodical way to ensure that all significant activities within the organization have been identified and all the risks

flowing from these activities defined. All associated volatility related to these activities should be identified and categorised. Business activities and decisions can be classified in a range of ways, examples of which include :

- Strategic - These concern the long-term strategic objectives of the organisation. They can be affected by such areas as capital availability, sovereign and political risks, legal and regulatory changes, reputation and changes in the physical environment.
- Operational - These concern the day-today issues that the organisation is confronted with as it strives to deliver its strategic objectives.
- Financial - These concern the effective management and control of the finances of the organisation and the effects of external factors such as availability of credit, foreign exchange rates, interest rate movement and other market exposures.
- Knowledge management - These concern the effective management and control of the knowledge resources, the production, protection and communication thereof.

- External factors might include the unauthorised use or abuse of intellectual property, area power failures, and competitive technology. Internal factors might be system malfunction or loss of key staff.
- Compliance - These concern such issues as health & safety, environmental, trade descriptions, consumer protection, data protection, employment practices and regulatory issues. Whilst risk identification can be carried out by outside consultants, an in-house approach with well communicated, consistent and co-ordinated processes and tools is likely to be more effective. In-house 'ownership' of the risk management process is essential.

Monitoring & Review Of The Risk Management Process:-

Effective risk management requires a reporting and review structure to ensure that risks are effectively identified and assessed and that appropriate controls and responses are in place. Regular audits of policy and standards compliance should be carried out and standards performance reviewed to identify opportunities for improvement. It should be remembered that organisations are dynamic and operate in dynamic environments. Changes in the organisation and the environment in which it operates must be identified and appropriate modifications made to systems. The monitoring process should provide assurance that there are appropriate controls in place for the organisation's activities and that the procedures are understood and followed. Changes in the organisation and the environment in which it operates must be identified and appropriate changes made to systems. Any monitoring and review process should also determine whether :

- *The measures adopted resulted in what was intended.*
- *The procedures adopted and information gathered for undertaking the assessment were appropriate.*
- *Improved knowledge would have helped to reach better decisions and identify.*
- *what lessons could be learned for future assessments and management of risks.*

Risk Handling :-

Risk handling includes the application of specific, pre-determined approaches to identified risks. The approach includes identifying the risk's owner or responsible party. Risk handling is iterative, following risk analysis, because it involves identifying the cost and schedule associated with implementing the risk handling strategy. Since many parameters of the project change over time that impact the risk handling strategies (e.g., scope of the project, available resources, internal and external environments, technical advancements, et al.), the process is iterative to account for these and other impacts upon this portion of the process.

Risk handling covers a number of risk strategies, including:

1. Risk Acceptance-
2. Avoidance-
3. Mitigation-
4. and Transfer –

Acceptance:-

Acceptance as a risk handling strategy should be a deliberate decision by the signatories to the risk management plan. Acceptance of the risk does not mean that the risk is ignored. The risk should be included in the cost and schedule contingency impact analysis. An example of a risk that might be accepted is the fact that there will be fewer bidders on a design-build request-

for-proposal than might be desired, but that there will still be some competition.

Avoidance:-

Avoidance, as a risk handling strategy, is done by planning the project activities in such a way as to eliminate the potential threat. Avoidance should be considered the most desirable risk handling strategy. Avoidance strategies often involve a change in requirements, specifications, or practices to eliminate the risk. Avoidance can also be the rejection of an approach to doing a piece of scope, as the risk involved in the approach cannot be reduced to an acceptable level.

Mitigation:-

Mitigation is a risk handling strategy that is taken to reduce the likelihood of occurrence and/or impact of an identified negative risk or threat, or to increase the likelihood of occurrence and/or benefit of an identified positive risk or opportunity. The goal of a mitigation risk handling strategy is to reduce the risk to an acceptable level. The risk's mitigation strategy should be developed as a step-wise plan that can be included in the project baseline. The mitigation plan should be analyzed to ensure that it is feasible and that resources are available.

Transfer:-

When risk has been transferred, the transfer of the risk should be reviewed to ensure it did not create other risks. Therefore, as was done for the acceptance strategy, an analysis review should be conducted to fully understand inter-relationships. The transferred risk should ensure that it does not impact the project mission and objectives. In private industry, transferring risk often involves the purchase of insurance or bonds as the transference of the risk. The risk is passed to the insurance company that accepted the risk for a fee.

Difficulties To Develop Risk Management:

- Obtaining Data.
- Building an accurate view of risks across the business.
- Measuring risks.
- Integrating risks.
- From Assessment to better decision making

Limits Of Risk Management:-

- Risk management is a scientific approach that anticipate bad things before they actually happen and reduce the negative effects when they occur.
- It is a process of analyzing exposure to risk and then developing strategies to best handle such exposure.
- The objective of risk management is first to decide the amount of effort which is worthwhile to reduce uncertainty, by a cost benefit analysis, and then to model the randomness which is structural and the uncertainty which remains after reduction.
- Risk management does not actually remove the risk. It just reduces the negative effects when bad things happen.

Conclusion :-

An organisation's risk management policy should set out its approach to and appetite for risk and its approach to risk management. The policy should also set out responsibilities for risk management throughout the organisation. Furthermore, it should refer to any legal requirements for policy statements eg. For Health and Safety. Attaching to the risk management process is an

integrated set of tools and techniques for use in the various stages of the business process. The resources required to implement the organisation's risk management policy should be clearly established at each level of management and within each business unit. Risk Management should be embedded within the organisation through the strategy and budget processes. It should be highlighted in induction and all other training and development as well as within in organisation. Operational Risk Management (ORM) is a decision-making process to systematically evaluate possible courses of action, identify risks and benefits, and determine the best course of action for any given situation. ORM enables commanders, functional managers, supervisors, and individuals to maximize operational capabilities while limiting all dimensions of risk by applying a simple, systematic process appropriate for all personnel and functions both on- and off-duty. Appropriate use of ORM increases both an organization's and individual's ability to accomplish their mission.

In many cases, there are benefits from these developments. Not least, a better sense of risk in private and public sector organizations may enhance the quality of decisions. However, as this essay has argued, there is also a dark side to this trend, namely the emergence of secondary or reputation risk management at all levels of society. The management of uncertainty is inherently paradoxical, an effort to know the unknowable. It has been said that the present age is more aware of what it does not know, but the rise of a broad risk management mandate since the mid-1990s suggests also a continuing ambition to control and managerialise the future.

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दलित महिला कथाकारों की कहानियों में दलित विमर्श

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‘दलित’ शब्द का अर्थ है मसला हुआ, कुचला हुआ, दबाया हुआ। अर्थात् जिसका दलन किया गया उसे दलित कहते हैं। ‘विमर्श’ याने विचार, विनिमय, चिंतन, चर्चा आदि। इस अर्थ में ‘दलित विमर्श’ अर्थात् दलित वर्ग की उन शोषित, पीड़ित जातियों के जनजीवन का उनकी समस्याओं का विचार विनिमय यां चिंतन साहित्य में होना। इसी प्रकार दलित साहित्य स्वानुभूति साहित्य होने के कारण इसकी परिभाषा इस प्रकार है - “दलितों के द्वारा दलितों के लिए लिखा गया साहित्य अर्थात् दलित साहित्य।”

साहित्य की विभिन्न धाराओं में ‘दलित साहित्य’ नामकी प्रमुख धारा प्रवाह में आ चुकी है। जिसमें प्रमुख स्थान मराठी दलित साहित्यकारों का आता है। जिसमें नामदेव ढसाळ, प्रमानंद गझवी, गंगाधर पानतावने, आदि आते हैं। तो हिन्दी दलित साहित्यकारों में ओमप्रकाश वाल्मीकी, मोहनदास नेमिशराय, जयप्रकाश कर्दम, श्योराजसिंह बेचैन, आदि उल्लेखनीय हैं। इन पुरुष रचनाकारों के अलावा महिला कथाकारों की एक लम्बी कतार ‘दलित साहित्य’ में उभरी जिसमें सुशिला टाकभोरे, रजतरानी ‘मिनु, कुसुम मेघवाल, कावेरी रजनी, वंदिता कमलेश्वर सुमन प्रभा आदि महिलाएं आती हैं।

प्राचीनकाल से ही भारतीय समाज में महिला को दुय्यम स्थान दिया गया है। महिला का क्षेत्र केवल अपने पति और बच्चों तक सीमित था उनके सुख के लिए जीना उसके जीवन का एकमात्र उद्देश्य था। तत्कालीन व्यवस्था वर्ण व्यवस्था पर आधारित होने के कारण इससे भी कठिन परिस्थिति दलित महिलाओं की थी। उपर्युक्त सभी कठिनाईयों के बावजूद दलित महिला को सवर्णों की उपेक्षा भी सहनी पड़ती थी। दलित महिला को एक तुच्छ और हीन दृष्टि से देखा जाता था। लेकिन धीरे-धीरे परिस्थिति बदलने लगी और डॉ. बाबासाहेब अम्बेडकर, महात्मा फुले, सावित्रीबाई फुले आदि समाज सुधारकों ने दलितों को ही नहीं बल्कि सवर्ण महिला वर्ग को भी इन जंजीरो से बाहर निकाला और उन्हें शिक्षित होने की प्रेरणा दी। इन लोगों की प्रेरणा के कारण ही आज हर महिला शिक्षित होती दिखाई दे रही है।

इसका प्रमाण हमें दलित महिलाओं की कहानियों में मिलता है। दलित महिला कथाकारोंने अपनी कहानियों के द्वारा अपनी स्व अनुभूति को पाठकों के सामने रखा है। और बतलाने का प्रयास किया है कि, आज के आधुनिक युग में भी हर तरफ जाति भेद फैला हुआ है। और सवर्ण वर्ग दलित वर्ग को सहजता से अपना नहीं पाता, दलित महिला कथाकारों की ऐसी ही कुछ कहानियोंका संक्षेप में विवेचन करेंगे।

सुशिला टाकभोरे लिखित ‘टूटता वहम’ एक प्रमुख कहानी है जिसमें उन्होंने स्व अनुभूति को पाठकों के सामने रखा है। सुशीला इस कहानी में आदर्श शिक्षिका के रूप में उभरकर आई हैं। इतनी पढ़ी लिखी होने के बावजूद भी उसे किस प्रकार जातिगत भेद भाव को सामना करना पड़ा है, इसका सूक्ष्मता से चित्रण इस कहानी में किया है। लेखिका नागपुर के प्रतिष्ठित स्कुल में कार्यरत थी। जिस स्कुल में उसे सभी लोगों से प्यार और अपनापन मिलता है। लेकिन स्कुल के प्राचार्य जब उनका परिचय किसी कार्यक्रम में किसी मेहमान से कराते तो उनके जाति का विशेष उल्लेख करते। जिससे लेखिका को यह महसूस होता की उनकी नियुक्ति अपनी योग्यता से नहीं बल्कि अपनी जाति से हुई थी और जिसमें प्राचार्य की दया और भीख दिखाई देती है। अपना दूसरा अनुभव बताते हुए लेखिका कहती है कि, जब वह प्राध्यापिका के रूप में १९८६ में कामठी के एस. के. पी. कॉलेज में गई तो सभी प्राध्यापिकाएँ उनसे हिल मिल गईं रोज किसी के घर दावतें होने लगीं लेकिन जब लेखिका की बारी आई तो सभी महिलाओं ने उपवास का या मेहमान का बहाना बना देती हैं। यहाँ पर लेखिका

कहती है :

“मैं चुप रही क्या बोल सकती थी, मगर मन में कड़वाहट आ गयी थी। दूसरों के दिखावे की परतों के पीछें उनके मन की सिलवटें नजर आने लगी थी। सुशिलाजी ने इस कहानी के द्वारा सवर्ण वर्ग की चेहरे पर चढ़ी उस परत को उतारा है जिसमें सभी धर्म को समान मानने का ढोंग छुपा है।”

सुशीला टाकभोर की दूसरी कहानी ‘सिलिया’ है जिसमें उन्होंने सवर्णों के द्वारा दलितों पर हुए अन्याय और अत्याचार का उल्लेख किया है। जिस समाज में दलित वर्ग को गाँव के बाहर रखा जाता था और उन्हें अलग कुएँ से पानी भरना पड़ता था। सवर्णों के कुएँ से दलित लोग पानी नहीं ले सकते थे। इसी समस्या का उद्घाटन सुशीला जी ने इस कहानी में किया है। ‘सिलिया’ इस कहानी की प्रमुख पात्र है। जो पढ़ाई में तेज और खेल कुद में अक्ल रहनेवाली लड़की है। उसकी माँ उसे पढ़ा लिखाकर एक उच्च पद पर देखना चाहती है। जब सिलियाँ पाँचवी कक्षा में होती है। तब वह खेल – कूद की स्पर्धाओं में भाग लेती है। जो स्पर्धाएँ उसके मामा – मामी के गाँव के स्कूल में आयोजित होती है। जब वह अपने मामा – मामी के गाँव जाती है तब वहाँपर देखती है कि उसकी मामी की लड़की मालती जब सवर्णों के कुएँ से पानी पीती है तो मामी से उसे बहोत मार पड़ती है। और जब वह अपनी सहेली के घर जाती है तब वहाँ पर उसके घर वालों को वह सवर्ण नहीं होने की बात पता चलती है तो उसे प्यास लगने पर पानी नहीं दिया जाता। लेखिका यहाँपर लिखती है –

“सिलिया की आँखों में वह घटना बार – बार तैर जाती थी, जब प्यास से उसका कंठ सूख रहा था और उसकी ओर बढ़ता हुआ पानी का गिलास एकाएक महज इसलिए वापिस हो गया कि वह अछूत थी। इन सभी घटनाओं के कारण सिलिया के मन में एक आग लग जाती है। वह इन सभी परिस्थितियों का सामना करने के लिए कलम का सहारा लेती है। और पढ़लिखकर एक बहुत बड़े साहित्यकार के रूप में उभरकर आती है। अंत में जब उसका सत्कार मंत्री के हाथों करवाया जाता है। और जब वह अपने विचार प्रगट करने के लिए स्टेज पर खड़ी होती है तब बोलते वक्त उसका गला न सूखे इसलिए उसके पीछे तश्तरी में शीतल जलका गिलास लेकर सवर्ण महिला खड़ी रहती है।”

सुशीलाजी इस कहानी के द्वारा पाठकों को यह संदेश देना चाहती है कि, समाज में फैले इस जाति भेद को मिटाने के लिए महत्वपूर्ण हाथियार शिक्षा है।

कावेरी द्वारा लिखित ‘द्रोणाचार्य एक नहीं’ कहानी दलित वर्ग के लोगों को आज के आधुनिक युग में भी किस प्रकार कठिनाइयों का सामना करना पड़ता है इसका विश्लेषण किया है। तथा शिक्षा व्यवस्था में चल रहे जातिगत भेदभाव को भी वह अपनी इस कहानी के द्वारा पाठकों के सामने प्रस्तुत करना चाहती है। सुवास इस कहानी का नायक है जो पढ़ने – लिखने में तेज और क्लास में अक्ल रहता है लेकिन सवर्ण वर्ग के शिक्षक उसे आगे बढ़ता नहीं देख सकते इसलिए उसे स्कूल की परिक्षाओं में कम नम्बर मिलते। लिखित परिक्षा में तो वह प्रथम श्रेणी में पास होता लेकिन प्रयोगशाला की परीक्षा में उसे हमेशा कम अंक मिलते जिस प्रकार द्रोणाचार्य ने एकलव्य का अंगूठा इसीलिए दक्षिणा में उसे हमेशा कम अंक मिलते। जिस प्रकार द्रोणाचार्य ने एकलव्य का अंगुठा दक्षिणा में माँगा था कि वह अच्छी तरह से बाण न चला सके उसी प्रकार दलित वर्ग के विद्यार्थियों को भी स्कूल में ली गई परिक्षाओं में अंक कम उन्हें आगे जाने से रोका जाता है। उसमें योग्यता होकर भी उसे पदोन्नति नहीं दी जाती बल्की अलग – अलग आरोप लगाकर उसकी पद अवनति कर दी जाती है। रजतरानी ‘मीनू’ द्वारा लिखी गई कहानी ‘गिरोह’ भी दलित वर्ग को केंद्र में रखकर लिखी गई कहानी है। यह कहानी अनुसूचित जाति और जनजातियोंको मिले आरक्षण पर आधारित है। इसमें बतलाया गया है कि किस प्रकार दलितों को इन

आरक्षणों का फायदा उठाने नहीं दिया जाता और किस प्रकार इन आरक्षणों का फायदा सर्वर्ण वर्ग जाली कास्ट सर्टिफिकेट बनाकर लेता है। और दलित वर्ग के आरक्षित पदोपर खुद आसीन होते हैं।

अतंतः स्पष्ट हो जाता है कि, इन दलित महिला कथाकारोंने अपने कहानियों के द्वारा दलित वर्ग की उन सभी समस्याओं को सामने लाने का प्रयास किया है जो आज भी कहीं न कहीं दिखाई देती है। समाज कितना भी आधुनिक हो गया है। उसने कितनी भी प्रगति कर ली हो लेकिन धर्म के मामले में आज भी समाज १०० वर्ष पिछडा दिखाई देता है। आज भी समाज में कहीं ने कहीं पर दलितो पर हो रहे अत्याचारों के चित्र दिखाई देता है। अतः भारत ने भले ही हर क्षेत्र में अधिक प्रगति कर ली है लेकिन धर्म के क्षेत्र में भारत आज भी पिछडा दिखाई देता है।

संदर्भ ग्रंथ :

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|----|--|---|----------------------|
| १. | दलित महिला कथाकारों की चर्चित कहानियाँ | - | सं. डॉ. कुसुम वियोगी |
| २. | दलित साहित्यका सौंदर्यशास्त्र | - | ओमप्रकाश वाल्मीकि |
| ३. | दलित साहित्यकी भूमिका | - | हरपाल सिंह 'हरूष' |

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‘स्त्री’ अस्तित्व की पहचान

प्रा.पत्की अर्चना चंद्रकांतराव, पीपल्स कॉलेज, नांदेड

समय ने अब नारी-चित्रण, नारी-चेतना, स्त्री-संवेदना, स्त्री-मुक्ति और स्त्री-विमर्श तक जो यात्रा तय की है उसमें स्त्री ने जीवन को स्वीकारते हुए धैर्य धारण किया है, अपने स्वाभिमान और साहस का परिचय दिया है, अपनी अलग पहचान बनाने के लिए स्वतंत्रता के विविध रूपों को अपनाया, तब इस समय को खतरनाक कहा गया और अब साहित्य अपने प्रचलित दायरों को तोड़कर ‘मै’ की शैली में लेखक - वाचक - पात्र - कथा - प्रसंग सब से सीधी बातचीत करने लगा है।

दुनियाभर में स्त्री की स्थिति को लेकर अनेक उतार - चढ़ाव आते रहे हैं। पहले स्त्रियों की स्थिति कुछ अच्छी थी, बाद में उनकी स्थिति में बराबर गिरावट आती गयी। इधर पिछली डेढ़ - दो शताब्दियों से स्त्रियों की स्थिति को लेकर उठापोह शुरु हुआ है। पश्चिम में ‘विमन इमेनसिपेशन’ तथा ‘विमन लिबरेशन’ जैसे कई आंदोलन भी छिड़ चुके हैं। बदली हुई परिस्थितियों में स्त्रियाँ जीवन के नाना क्षेत्रों में अपनी शक्ति, बुद्धिमत्ता, साहस आदि का परिचय दे रही हैं। हम ऐसी भारतीय महिलाओं के नामोउल्लेख के, बिना नहीं रह सकते जिन्होंने जीवन के किसी - न - किसी क्षेत्र में पहल की है - उनमें प्रमुख हैं - भीकाजी कामा - प्रथम पहिला क्रांतिकारी, श्रीमती सूचेता कृपलानी - प्रथम महिला मुख्यमंत्री, श्रीमती मागरिट कजिन्स - प्रथम महिला मताधिकार आंदोलन की सूत्रधार, श्रीमती इंदिरा गांधी - प्रथम महिला प्रधानमंत्री, श्रीमती किरण बेदी - प्रथम महिला आई.पी.एस., कु.कल्पना चावला - प्रथम महिला, प्रथम महिला लोकसभा अध्यक्षा - मीरा कुमारी।

संक्षेप में जीवन के विविध क्षेत्रों में स्त्रियाँ दिन-प्रतिदिन आगे बढ़ रही हैं। पिछले दस वर्षों की हम बात करें तो दसवीं और बारहवीं के बोर्ड के प्रथम दस में आने वाले छात्रों की सूची में पचास प्रतिशत के उपर छात्राएँ पायी जाती हैं।

अब हम स्त्री और स्त्री - साहित्य का संबंध देखेंगे तो हमें यह एहसास होगा कि स्त्री साहित्य स्त्री द्वारा रचित वह साहित्य है जो अनुभवों की प्रामाणिक अभिव्यक्ति है। ये ऐसी अनुभूतियाँ हैं, जो अभी तक दबी हुई थीं। प्रभुत्वशाली पुरुषवादी समूह ने स्त्री को अब तक समाज एवं साहित्य से बहिष्कृत रखा था। स्त्री साहित्य में अनुभवों की प्रामाणिक अभिव्यक्ति मिलती है। और उसका विशेष महत्व भी है, क्योंकि वह स्त्री द्वारा और उसकी अनुभूति का साहित्य है। स्त्रियों के अनुभवों की पूँजी को वैचारिक उर्जा के उष्म और दीप्त किये जाने के प्रमाण स्त्री की नियति और स्त्री - मुक्ति से संबंधित साहित्य में दिखायी देती है। समता, समानता और न्याय पर बल देने वाली व्यवस्था में स्त्री के दूसरे दर्जे की हैसियत पर साहित्यकारों ने चिंता की दृष्टि से देखा है।

प्रसिद्ध फ्रेंच लेखिका ‘सिमोन द बोआ’ ने नारी की स्थिति को स्पष्ट करते हुए ‘द सेकंड सेक्स’ नामक पुस्तक लिखी। उन्होंने अपने नारी - संबंधी विचारों को प्रस्तुत किया और कहा, “औरत को औरत होना सिखाया जाता है। औरत बनी रहने के लिए अनुकूल बनाया जाता है।” पुरुष प्रधान व्यवस्था में बचपन से एक लड़की को स्त्रीत्व के गुणों को सिखाकर आदर्श नारी रूप में ढला जाता है।

समाज में नारी को कनिष्ठ दर्जा दिया है और उसके विकास में अनेक बाधाएँ निर्माण की हैं। इस गौण स्थिति में परिवर्तन कर उसे पुरुष के समान स्थान देना ‘स्त्रीवाद’ है। पाश्चात्य इतिहासकार लिंडा गोर्डन के शब्दों में “नारीवाद नारी के गौण स्थान का विश्लेषण मात्र है, जिसका हेतु उसकी स्थिति में बदलाव लाना मात्र है।” नारी का अपनी देह पर पूर्ण अधिकार ही वास्तविक नारी - मुक्ति होगी।

हिंदी साहित्य में नारी मन की दुर्बलताएँ उनका संघर्ष, दहेज प्रथा, अनमेल विवाह, धर्म की ओट में नारी का शोषण, मानसिक शोषण, इच्छा - आकांक्षाओं का त्याग, स्त्री - पुरुष संबंध, शारीरिक शोषण, दाम्पत्य संबंध, उसके जीवन से जुड़े नैतिक मूल्य, नारी की व्यथा, विधवा की मानसिकता, आदि विषयों को लेकर लेखन किया गया। हिंदी साहित्य को स्त्रीवादी साहित्य का उद्देश था जैसे - नारी की स्थिति में सुधार लाने के लिए समस्त समाज में परिवर्तन, स्त्री को 'व्यक्ति / मानव' के रूप में प्रतिष्ठित करना, उसकी विभिन्न समस्याओं पर विचार, अन्याय - अत्याचार एवं शोषण के विरोध में संघर्ष, स्त्री की मानसिकता में परिवर्तन, इत्यादि। इन सारी विचारधाराओं से प्रभावित होकर ही स्त्री साहित्य लिखा जा रहा है। यह स्त्री के लिए एक उपलब्धि मानी जा सकती है। क्योंकि साहित्य द्वारा समाज में परिवर्तन लाया जा सकता है।

इस विवेचन के आधार पर कहा जा सकता है कि स्त्रीवादी विचारधारा ने भारतीय महिला लेखन को प्रभावित किया है। किंतु भारत में स्त्रीवाद का वह आक्रामक रूप नहीं मिलता जो पश्चिम में है। यहाँ की महिला लेखिकाओं ने स्त्रियों के अधिकारों के लिए कड़ा रुख जरूर अपनाया है। इन लेखिकाओं ने समाज में अपनी दायम स्थिति को नकारा है। इसमें विशेष रूप से तसलीमा नसरीन का भी नाम लिया जाता है। इक्कीसवीं शती में स्त्री की जुझारु वृत्ति को प्रभय देने का काम तसलीमा नसरीन ने किया। भूमंडलीकरण और उत्तराधुनिकता की चर्चाएँ आज जहाँ हो रही हैं, वहाँ दुनिया भर के दलित, आदिवासी और नारी जैसे हाशिए के सर्वाहारा वर्ग की अंतिम मंजिल वही अनागत वसन्त ही है। भारतीय नारीलेखन का भी अंतिम लक्ष्य उससे भिन्न नहीं हो सकता।

स्त्री की अनन्य शक्ति जो समाज, मानव, देश और विश्व की सृष्टि में सक्षम है। वह शक्ति इस सांसारिक जीवन को खुशबूदार, सुंदर बनाने के साथ - साथ सृष्टि का स्रोत भी है, जीवन की उर्वरता है। सही मायने में 'हिंदी साहित्य' स्त्री - शक्ति का दस्तावेज है। मुझे लगता है कि स्त्री अस्तित्व की तलाश में 'हिंदी साहित्य' सार्थक कदम उठा रहा है। और यह प्रयत्न हिंदी साहित्य में महिला लेखिकाएँ कर रही हैं। आज जीवन के क्षेत्र में प्रत्येक विधा में वह पारंगत होने में जुट गयी है, अपनी कोमलता, और कर्मठता के साथ हर पेशे में उसने उपस्थिति दर्ज करवाई है। सामाजिक दायित्व बोध से युक्त आज की नारी भविष्य में एक सुंदर समाज का निर्माण चाहती है। और वह काम महिला लेखिकाएँ कर रही हैं। साथ ही स्त्री अस्तित्व को पहचानने की कोशिश कर रही हैं।

संदर्भ ग्रंथ सूची

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| १. | उत्तर शती का हिंदी साहित्य | - | डॉ. सुरेश कुमार जैन |
| २. | आधुनिक हिंदी उपन्यासों में नारी के विविध रूपों का चित्रण | - | डॉ. मोहमद अजहर ठेरीवाला |
| ३. | दसवे दशक का हिंदी साहित्य | - | डॉ. हरिचरण शर्मा एवं डॉ. वेदप्रकाश अमिताभ |
| ४. | स्त्री उपेक्षिता | - | प्रभा खेतान |
| ५. | फेमिनिज्म एण्ड रिसैंट फिक्शन इन इंग्लिश | - | सुशीला सिंह |
| ६. | कुतुबनुमा (जुलाई -सितंबर- २००९) | | |
| ७. | स्त्रीवाद और महिला उपन्यासकार | - | डॉ. वैशाली देशपांडे |
| ८. | मृदुला गर्ग के कथा साहित्य में नारी | - | डॉ. रमा नवले |
| ९. | समकालीन हिंदी उपन्यास | - | एम. षण्मुखन |

दलित - साहित्य विमर्श

डॉ. संगीता अरविंद शुक्ला, अधिव्याख्याती, पीपल्स कॉलेज, नांदेड

‘दलित’ शब्द का अर्थ एवं व्युत्पत्ती विभिन्न शब्दकोशों में विभिन्न रूपों में प्राप्त होती है। किंतु इस शब्द का प्रयोग १९३३ के दरम्यान तत्कालिन सरकार ने किया उन्होंने जो जातीय निर्णय लिया उसमें ‘डिप्रस्ड क्लासेस’ शब्द का प्रयोग किया जिसका अर्थ है ‘पददलित’। ‘पददलित’ शब्द दलित के पर्यायवाची रूप में प्रयुक्त किया जाता है। समाजवादी विचारधारा के अनुसार दलित अर्थात् आर्थिक और सामाजिक दृष्टि से दबा हुआ और इस वर्ग को ही दलित वर्ग के रूप में देखा गया अर्थात् १९ वीं शताब्दी से ही भारत में दलित शब्द का प्रयोग होता रहा है।

‘दलित’ शब्द का अर्थ है - जिसका दलन और दमन हुआ है, दबाया गया है, शोषित, सताया हुआ, उपेक्षित, घृणित, रौंदा हुआ, मसला हुआ, वंचित इ.।

डॉ. श्योराजसिंह बेचैन ने दलित शब्द की व्याख्या करते हुए कहा है - दलित वह है जिसे भारतीय संविधानने अनुसूचित जाति का दर्जा दिया है।

दलित शब्द लगभग पचास - साठ वर्षापूर्व का अर्थात् आधुनिक है किंतु दमान प्राचीन है। प्राचीन साहित्य में शुद्र अतिशुद्र, चांडाल, अत्यंज, अस्पृश्य आदि शब्दों का प्रयोग किया गया है। जब कि ये सारे शब्द दलित से सम्बन्धित हैं। सन १९६० में माणिकजी दादाभाई ने इम्पीरिएल लेजिस्लेटिव काउन्सिल में दलित वर्ग के अंतर्गत घुमंतु जाति, जरायमपेशा, खानाबदोश और अस्पृश्यों को ही दलित नहीं कहा है।

सारांश, दलित शब्द व्यापक अर्थबोध की अभिव्यंजना करता है। भारतीय समाज में जिसे अस्पृश्य माना गया वह व्यक्ति ही दलित है। दुर्गम पहाड़ों, घने जंगलों के बीच जीवनयापन करने के लिए बाध्य जन-जातियाँ और जरायमपेशा घोषित जनजातियाँ सभी इस दायरे में आता है। सभी वर्गों की स्त्रियाँ दलित हैं। बहुत कम श्रममूल्यपर चौबीसों घंटे काम करनेवाले श्रमिक, बँधुआ मजदूर दलित की श्रेणी में आते हैं।

भारतीय संस्कृति में चार्तुवर्ण व्यवस्था विद्यमान रही है। ये व्यवस्था आज भी किसी - न किसी रूप में विद्यमान है। प्राचीन काल में शुद्र की स्थिति नगण्य थी। उनका कर्तव्य था कि वे दास्य भाव से ब्राह्मणों की सेवा करें। उनसे कोई अपराध हो जाय तो उनके लिए दण्ड के नियम कठोर थे। सवर्ण शुद्रों की स्त्रियों से सम्बन्ध रख सकते थे किंतु यह अधिकार शुद्रों को नहीं था कि वह उच्च जाति की स्त्री से सम्बन्ध रखे। आज शुद्र जाति नाम से कोई अलग जाति नहीं है बावजूद इसके की शुद्रों की सामाजिक स्थिति और अछूतों हरिजनो एवं दलितों की सामाजिक स्थिति में कोई अंतर नहीं है। उच्च जाति और शुद्रों को जो नाता प्राचीन काल में था वही आज कि जाति व्यवस्था में भी है।

शहरीकरण के कारण आज जाति प्रथा का कुछ अंशों में ज्हास हुआ है लेकिन शुद्रों अस्पृश्यों एवं दलितों की सामाजिक स्थिति एक सी रही है। आज का दलित देहातो में रहकर रोटी, कपड़ा, पानी मकान के लिए तरसता है। शहरों में रहनेवाले दलित को सामाजिक दृष्टि प्राप्त हुई सी महसूस होती है लेकिन देहातीसमाज में दलित की वही दयनीय विपन्न दशा है जो शुद्रों और अस्पृश्यों की है।

दलित एवं दलितेतर का प्रश्न केवल भारत में ही नहीं यह समस्या सम्पूर्ण विश्व में है। साम्राज्यवाद और पूँजीवाद के प्रभाव में मानवता स्पष्ट रूप से दो वर्गों में विभाजित है अमीर और गरीब या शोषक और शोषित। विश्व में शोषितों और गुलामों का एक दूसरा वर्ग भी है जो हब्शी या नीग्रो कहलाता है। स्वतंत्रता के पुरस्कर्ता अमेरिका ने अपने यहाँ इन दलितों को अभी तक समानता एवं न्याय नहीं दिया है। यहाँ के ये ब्लैक स्कीनवाले समानता की मांग करते हैं और

श्र्वेतपंथी उसे नकारते हैं । उनका अपना साहित्य है जिसे ब्लॉक लिटरेचर कहते हैं ठीक उसी तरह जैसे मराठी में दलित साहित्य जो दलितों द्वारा लिखा हुआ ही माना जाता है ।

दलित साहित्य पर विचार करें तो दलित शब्द साहित्य के साथ जुड़कर एक ऐसी साहित्यिक धारा की ओर संकेत करता है जो मानवीय सरोकारों और संवेदनाओं की यथार्थवादी अभिव्यक्ति है । जहाँ तक हिंदी में दलित साहित्य और दलित साहित्यकार का प्रश्न है तो हिंदी की अपेक्षा मराठी साहित्य में दलित-साहित्य को अत्याधिक महत्व प्राप्त हुआ है । मराठी से दलित साहित्य ने अपना अलग मंच स्थापित किया है । अनेक विद्वानों ने दलित - साहित्य की व्याख्या करते हुए उसे परिभाषित किया है । दलित चिंतक कँवल भारती के अनुसार दलित साहित्य से अभिप्राय उस साहित्य से है जिसमें दलितों ने स्वयं अपनी पीड़ा को रूपायित किया है । अपने जीवन संघर्षों में दलितों ने जिस यथार्थ को भोगा है, दलित साहित्य उनकी उसी अभिव्यक्ति का साहित्य है । यह कला के लिए नहीं बल्कि जीवन की जिजीविषा का साहित्य है । इसलिए कहना न होगा कि वास्तव में दलितों द्वारा लिखा गया साहित्य ही दलित साहित्य की कोटि में आता है ।

भगवान सिंह ने भी, दलित साहित्यकार कौन है ? इसपर विचार करते हुए कहा है, “इस में क्षोभ असंतोष ग्लानि और द्विदोह का एक ऐसा परिपाक संभव है जो सरलीकृत सहानुभूति का कातर लेखन में संभव नहीं । अतः दलित समस्या पर सवर्ण लेखन और दलित लेखनमें अंतर का होना स्वाभाविक है । समस्त सहानुभूति के बाद भी सवर्ण संवेदनाशीलता और, कुरता को या तो ईमानदारी से रख नहीं सकता या अपने बचाव का रास्ता निकालते हुए रखेगा जब कि दूसरे के लेखन में तीखा आघात होगा क्योंकि सवर्ण का शुद्र से के सम्बन्ध है । इनके पारस्परिक टकराव गुणात्मक रूप से भिन्न होने को बाध्य है । (कथाक्रम जुलाई - सितंबर - २००२) इससे स्पष्ट है कि दलितों की समस्याओं को गैरदलितों के द्वारा केवल समझा जा सकता है, उसको महसूस नहीं किया जा सकता है इस प्रकार समझसे पैदा हुई सहानुभूति संवेदना तो जगा सकती है पर अनुभवजन्य विद्रोह को द्वंद्व के धरातल पर खड़ा करने में सफल नहीं हो सकती । एक अन्य मत यह भी है कि दलित साहित्य किसी विशिष्ट जाति से जुड़ा नहीं यह शुद्ध मानवतावाद से जुड़ा है । दलितों के द्वारा दलितों पर लिखा गया साहित्य ही दलित साहित्य है इस मत के अनुसार देखा जाय तो हिंदी में दलित लेखकों की संख्या कम है । इसके कई कारण हो सकते हैं । जैसे उत्तर भारतीय तथा हिंदी प्रांत के अस्पृश्यों हरिजनों में शिक्षा का अभाव, आर्थिक समस्याएँ इ । शुद्र अस्पृश्य हरिजनों के साथ - साथ सामाजिक एवं राजनैतिक दृष्टि से पिछड़ा हुआ तथा शोषण का शिकार एवं पीड़ित चाहे वह किसी भी जाति का या लिंग का क्यों नहीं दलित वर्ग के अंतर्गत ही आता है । इस आधार पर कहा जा सकता है जो लेखक फिर वह किसी भी जाति का हो, प्रस्तुत दलित वर्ग का संवेदनापूर्ण चित्रण अपने साहित्य में करता है और उसके कारण पाठकों में तीव्र संवेदना और विद्रोह जागता है तो उसे दलित साहित्यकार कहा जाय ।

इस दृष्टि से हिंदी में सबसे पहले कबीर और तुलसी ने दलित वर्ग की करुणा एवं वेदना को साहित्यिक रूप दिया कबीर स्वयं निम्न जाति के थे । आधुनिक काल में हिंदी गद्य साहित्य में दलित वर्ग का मार्मिक वर्णन करनेवाले लेखकों में प्रथम है , -प्रस्तुत किया है । प्रेमचंद, उन्होंने अपने कथासाहित्य में दलितों के जीवन का जीता - जागता चित्र है । आगे चलकर प्रगतिवादी कवियों ने भी मार्क्सवाद से प्रेरित होकर दलित वर्ग की पीड़ा को काव्य के द्वारा व्यक्त किया । दलित चेतना और दलित अनुभूति का पहला विस्फोट मराठी में काव्य और आत्मकथा इन दो विधाओं द्वारा हुआ । मराठी की ये रचनाएँ जब हिंदी में अनुदिन होकर छपने लगीं तो उससे प्रेरणा लेकर हिंदी में स्वतंत्र दलित अनुभूति व्यक्त होने लगी । इस दृष्टि से ओमप्रकाश वाल्मिकी की आत्मकथा ‘जुठन’ महत्वपूर्ण है । हिंदी में स्वतंत्र दलित साहित्य की शुरुवात इसी से होती है । कुछ आलोचक हिरा डोम को पहला दलित कवि मानते हैं जिनका भोजपुरी में एक गीत “अछूत की शिकायत”

नाम से सरस्वती मे १९९४ के सितम्बर अंक मे छपा । इसके पूर्व १९९२मे स्वाती अछूतानंद की कविताएँ भी छपी । इसके बावजूद भी 'जूठन' से दलित साहित्य की सुरुवात मानने का कारण यही है कि इसमे विशुद्ध मानवीय दृष्टि है, दयाभाव नहीं ।

हिंदी मे दलित साहित्य का सृजन आठवे तथा नौवे दशक से होने लगता है । ओम प्रकाश वाल्मिकी, श्योराज सिंह बैचेन, डॉ.चन्द्रकांत बराठे, डॉ.दयानंद बटोही, कुसुम वियोगी आदि इस धारा के प्रमुख कवि है । वाल्मिकी जी के दो काव्य संग्रह 'सदिया का संताप' तथा 'तब तुम क्या करोगे' प्रकाशित हो चुके है । धीरे - धीरे दलित लेखको की कहानियाँ अनुदित होकर हिंदी मे आती रही इन कहानी कारो में ओमप्रकाश वाल्मिकी, डॉ.प्रेमशंकर, जयप्रकाश कर्दम, मोहनदास नैमिषराय जैसे दलित लेखको ने हिन्दी दलित कथा को सम्पन्न किया । शिवमूर्ति की 'तर्पण' कहानी इस दृष्टि से उल्लेखनीय है । मराठी मे दलित साहित्य ने आत्मकथा को सम्पन्न किया । हिन्दी मे 'जूठन' के अलावा मोहनदास नैमिषराय की 'अपने अपने पिंजरे,' सूरजपाल चौहान की 'तिरस्कृत' तथा कौशल्या बैसंत्री की 'दोहरा अभिशाप' आत्मकथा प्रसिद्ध है धीरे - धीरे क्यो न हो साहित्य कि सभी विधाओ से दलितसंवदेना व्यक्त हो रही है । आज हिन्दी मे दलित साहित्य को समर्पित स्वतंत्र पत्रिकाएं निकल रही है । इनमे आश्वस्त (उज्जैन), संघर्षरत् आम आदमी (दिल्ली), शेष दुनिया (दिल्ली), अकार (कानपूर) महत्वपूर्ण है । रमणिका गुप्ता तो हर भारतीय भाषा में व्यक्त दलित चेतना पर विशेषांक निकाल रही है ।

दलित साहित्य का उद्देश्य दलित समुदाय मे जागृती पैदा करके उनमे स्वाभिमान भरना और अपने ऊपर होनेवाले अन्यायो के विरुद्ध संघर्ष करने को उद्यत करना है । दलित साहित्य मे केवल दलितो के दर्द, आह, पीडा और कसक की ही अभिव्यक्ति नहीं की जाती बल्कि उनके शमन के उपाय भी बताए जाते है । (उत्तरप्रदेश, सितम्बर अक्तुबर - २००२ पृ. ६४)

आज दलित - साहित्य चर्चा मे है । दलित - साहित्य के विद्वान इसका इतिहास प्राचीन मानते है । सिध्द कवि, भक्तकवियो की रचनाओ मे दलित चेतना का बीज वे मानते है । सरस्वती मे प्रकाशित हीरा डोम की कविता को भी कई विद्वान पहली हिंदी दलित कविता मानते है । माताप्रसाद, मासांराम विद्रोही आदिने बहुतायत मे दलित लेखन किया है ।

दलित-साहित्य समाजाभिमुख है । इस साहित्य में मनुष्य की स्वतंत्रता समता और बंधुत्व की भावना सर्वोपरि है । दलित रचनाकार इस साहित्य को अपने मुक्ति आन्दोलन का हिस्सा मानते है । दलित-साहित्य का केन्द्र बिंदु मानव है, और वह मानव के इर्द - गिर्द घूमता है ।

डॉ.गंगाधर पानतावणे दलित - साहित्य की अन्तचेतना को व्याख्यायित करते हुए कहते है । दलित - साहित्य हमारे समाज के दर्पण है, जो हमने देखा है, अनुभव किया, भोगा, जाना, समझा, उसका अंकन उत्कटता पूर्वक हुआ है । "दलित्व का निर्मूलन हमारे साहित्य का' हथियार है । इसलिए सर्वव्यापि क्रान्ति का यह आहवान करता है । दलित लेखन केवल दलितो के अधिकार एवं मूल्यो तक ही सीमित नहीं है बल्कि सामाजिक सन्दर्भो के साथ जुडकर समूचे समाज की अस्मिता और मूल्यो की पहचान बनता है ।"

संदर्भ ग्रंथ सूची

१. डॉ.श्योराज सिंह बैचैन - युध्दरत आम आदमी (अंक ४१-४२) १९९७ पृ.१४.
२. कँवल भारती - युध्दरत आम आदमी (अंक ४१-४२) १९९८ पृ.४१
३. डॉ.गंगाधर पानतावणे - अम्बेडकरवाद : दलित साहित्य की प्रेरणा शिखर की ओर (सं.डॉ.एन.सिंह)

यज्ञों में ललित कला

डॉ. अर्चना लालसिंग : प्रभारी प्राचार्य व संस्कृत विभाग प्रमुख, सी. क. महाविद्यालय, अकोला

सारांश :

वैदिक संस्कृति धर्म प्रधान है। यज्ञविधान के विना वैदिक धर्म की कल्पना भी नहीं कर सकते। “वेदास्तावद्यकर्मप्रवृत्ता यज्ञा प्रोक्तास्तेषु कालाश्रयेण”। वैदिक युग में यज्ञ कर्म के आधार पर ही काल निश्चित किया जाता था। “यज्ञो वै संवस्तरः अर्थात् - यज्ञ ही संवस्तर है। वैदिक साहित्य में ही अनेक ललित कलाएं पल्लवित होती हैं। ललित कला में काव्य, संगीत और चित्रकला का समावेश होता है। यज्ञ में कलाओं के होने के कारण मनुष्य के मनोरंजन का प्रबलतम साधन है, कला, शब्द की उत्पत्ति कल् धातू से हुई है। जिसका अर्थ है उत्पन्न करना या कुछ नवीन रचना करना। ललित कला का दूसरा मनमोहक विषय काव्य है। वेद स्वयं काव्यरूप है। वेदों से अच्छा काव्य आजतक संसार में अन्यत्र नहीं प्राप्त होता। वेदों के भाव बहुत गूढ होते हैं। समग्र वैदिक साहित्य में दिव्य गुणयुक्त देवताओं के स्तोत्रों में उच्च कोटी का काव्य – सौंदर्य प्राप्त होता है।”

वैदिक संस्कृति धर्म प्रधान होती है। यज्ञविधान के विना वैदिक धर्म की कल्पना भी नहीं कर सकते। “वेदास्तावद्यकर्मप्रवृत्ता यज्ञा प्रोक्तास्तेषु कालाश्रयेण”। वैदिक युग में यज्ञ कर्म के आधार पर ही काल निश्चित किया जाता था। “यज्ञो वै संवस्तरः अर्थात् - यज्ञ ही संवस्तर है। वैदिक साहित्य में ही अनेक ललित कलाएं पल्लवित होती हैं। ललित कला में काव्य, संगीत और चित्रकला का समावेश होता है। यज्ञ में कलाओं के होने के कारण मनुष्य के मनोरंजन का प्रबलतम साधन है, अतः यज्ञ विधान में ही काव्य, संगीत, चित्रण एवं साजसज्जा का पूर्ण प्रबंध होता है, फलस्वरूप मानव जातिका अंतःकरण सदैव प्रफुल्लित रहता है। मनोरंजन का सर्वाधिक साधन संगीत को ही माना जाता है। “साहित्य संगीत कला विहीनः साक्षात् पशुपुच्छ विषाणहीनः”। प्राचीन मनीषियों ने मानवता के बारे में अपने विचार हैं जो सदैव वीणा का द्वारा सामगायन किया करते हैं। वीणा, मृदंग, स्वर व ताल के साथ बनते हैं सात स्वरों के उदात्त, अनुदान और स्वरित भेद से तिनों ग्रामों के साथ श्रुति मूच्छना और तानों को साम मंत्रों द्वारा प्रकट किया जाता है। जिससे अलौकिक आनंद की प्राप्ति होती है। संगीत के आदि प्रचारक वैदिक यात्रिक ही हैं। उनके द्वारा निकाले हुए सात स्वरों के अतिरिक्त आज तक किसी संशोधक, जिज्ञासु विद्वान ने आठवे स्वर की उत्पत्ति नहीं की।

कला, शब्द की उत्पत्ति कल् धातू से हुई है। जिसका अर्थ है उत्पन्न करना या कुछ नवीन रचना करना। तैत्तरीय ब्राह्मण में कहा गया है कि “दिवत शिल्पम् अवतलम्” अर्थात् कला का स्वर्ग से अन्य शब्दों में प्रकृति से अवतरण हुआ है। भारतीय कला दर्शनशास्त्र के अनुसार एक ओर भौतिक जीवनी अनुपम उपलब्धि है तो दूसरी ओर आध्यात्मिक उत्थान का सुंदर माध्यम है। ऐतरेय ऋषि के अनुसार धर्म, अर्थ, काम, मोक्ष इन चारों पुरुषार्थों की सिद्धि का साधन है, तो उच्चतम स्तर पर आत्मिक अमृत तत्त्व अर्थात् मोक्ष की प्राप्ति भी करा सकती है। पाश्चात्य विद्वान गोथे के अनुसार – “कला आत्मा का जादू है।”

प्लेटो – कला सत्य की अनुकृति है।

मैथिली शरणगुप्तजी के अनुसार – अभिव्यक्ती कि कुशल शक्ती ही कला है।

आचार्य रामचंद्र शुक्लजी के अनुसार — एक अनुभूति को दूसरे तक पहुंचना ही कला है।

प्राचीन काल से भारतीय जीवन यज्ञ के द्वारा अध्यात्म से जुड़ा है। ललित कलाओं व कल्पनाशीलता के साथ एकाग्र मन से परमपिता का ध्यान करते हुए जिज्ञासु भक्त भावविभोर हो उठता है। संस्कृत साहित्य में कुल पांच ललित कलाओं का उल्लेख प्राप्त होता है। वास्तुकला, चित्रकला, मूर्तिकला, काव्यकला और संगीत कला। ललित कलाओं में सौंदर्य व आकर्षण निहित होने के साथ साथ विशिष्ट मानसिक तृप्ति कि योजना निहित होती है, यह मानव जाति के सौंदर्यबोध की विकसित अवस्था का बोध कराती है। ललित कलाओं का प्रमुख अलौकिक आनंद की प्तिप्त कराना है। अतः आनंद का माध्यम जितना सूक्ष्म होगा आनंद का स्तर उतना ही ऊंचा होगा। ललित कलाओं की श्रेणी में जिस कलामें उपकरणों की संख्या अल्पतम होती है। वह सर्वश्रेष्ठ मानी जाती है।

वैदिक कालमें यज्ञों में काव्य, संगीत चित्रण और सजावट का प्रबंध होने के कारण मनुष्य का हृदय सदैव प्रफुल्लित रहता है, यह सर्वविदित है कि मनोरंजन का सर्वाधिक प्रभावी साधन संगीत ही है। यज्ञों सामगायन के लिए उद्गाताओं की नियुक्ति होती है जो सदैव वीणा के द्वारा सामगायन किया करते थे। वीणा और मृदंग स्वर और ताल के साथ बजते हैं। सप्त स्वरों के उदात्त अनुदात्त और स्वरित भेद से तीन ग्रामों के साथ श्रुति मूर्च्छना ओर तानों को सामतंत्रों के द्वारा प्रकट किया जाता है। वैदिक साहित्य और संगीत ग्रंथों के आधारपर यही निश्चित होता है कि संगीत की उत्पत्ति “प्रणव” (ओंकार) से हुई है। प्रणव नादात्मक ब्रह्म है। सृष्टि से आदिसे पितामह ब्रह्मा के दीर्घ निश्वासरूप से वेदों का ज्ञान प्रणव से प्राप्त हुआ है। वेद परमात्मा के विश्वास रूप है इसलिये उसे अपौरुषेय माना जाता है। संगीत के आदि प्रचार वैदिक याज्ञिक हैं। सामनाग के रूप में गाये जानेवाला गान अपौरुषेय है और उसमें प्रयुक्त स्वरों का अपौरुषेयत्व स्वयंसिद्ध है। तैत्तरीयोपनिषद् में कहा गया है कि ओउम् ही ब्रह्म है। ओउम् से ही सामगायक गान प्रारंभ करते हैं। ओउम् के उच्चारण के पश्चात मंत्रों को पढते हैं। कठोपनिषद् में कहा गया है की ओउम् यह अक्षर ही तो ब्रह्म और परब्रह्म है। ” इससे यह निष्कर्ष निकलता है की अक्षर रूप नादब्रह्म ओउम् का सर्वप्रथम ज्ञान ब्रह्माजी को हुआ। उन्हे ब्रह्म की अनुभूति ओउम् के रूप में सांगीतिक स्वर के रूप में हुई। छादोग्य उपनिषद् में कहा गया है कि ओउम् शब्द और स्वर साहित्य और संगीत का आदि समन्वित रूप हैं। अब हम निश्चित रूपसे कह सकते हैं की भारतीय वैदिक मंत्र संगीत की उत्पत्ति को पंचभूतों से भी प्राचीन मानता है। संगीत के सप्तस्वरों का आदि रूप नाद ब्रह्ममय ओंकार हैं। यही शब्द भी है और स्वर भी हैं।

वेदों में स्वरों का विज्ञान भी अपूर्व है। स्वरों के हेर फेर से ऋचाओं के अर्थ में बहुत अंतर पड जाता है। “भिक्षां देहि” इस उदाहरण में प्रथम पद में करुणोत्पादक स्वर होते हैं और दूसरे पद में दर्पोत्पादक स्वर होते हैं।

मन्त्रोहीनः स्वरतो वर्नतो वा मिश्र्याप्रयुक्तोन मतर्थमाह।

स वाग्वज्रो यजमानं हिनस्ति यथेन्द्रशत्रु स्वरतोऽपराधात्।।

अर्थात् जो मंत्रों के स्वरों और वर्णों के उच्चारणों को अशुद्ध करके वेदपाठ करता है वह यजमान का नाश करता है। वेदों के अशुद्ध उच्चारण से यजमान के वध का पाप लगता है। वैदिक शास्त्रज्ञों ने इसी परम्पराप्राप्त पापभय के कारण ही वेदों को ध्यानपूर्वक याद रखा है। अतः जिन वेदों के शुद्ध पाठ करने पर इतना जोर दिया गया है, वे न तो कभी अशुद्ध ही हो सकते हैं और न अपभ्रंश, क्योंकि वेदों की वर्णमाला पूर्ण है। वह न तो कम है न ज्यादा वैदिक भाषा पांचो वर्ग के पांच पांच वर्णोंसे मर्यादित और वैज्ञानिक बना दि गई है। जिन मर्यादित उच्चारणों से देशभाषा बनी है। उन्ही उच्चारणों के व्यक्त करनेवाले लिपिचिन्हो (अक्षरों) के दवारा ही वह लिपिबद्ध होतीचली आ रही है। शास्त्रज्ञों के पास लिखने की कला आरंभ से ही अस्तित्व में थी। आर्य ब्राह्मणों के पास लिपि आदि काल से न होती तो वे इतने बड़े वैदिक साहित्य का विस्तार न कर

पाते। वेद कालीन वैज्ञानिक लिपि तो एकमात्र ब्राह्मी हैं।

ऋचो अक्षरे परमे व्योमन

यस्मिन्देवा अधि विश्वे निषेदुः।

यस्तन्न वेद किमृचा करिष्यति

य इतद्विदुस्त इमे समासते।। ऋग्वेद १।१६४।३

अर्थात् ऋचाएँ परम अविनाशी शब्दमय अक्षर में ठहरी हैं जिनमें देवता अर्थात् शब्द के विषय (अर्थ) ठहरे है। जो उस अक्षरार्थ को नहीं जानता, वह ऋचाओं से क्या लाभ प्राप्त करेगा। वाणी का विषय वर्णज्ञान के बिना वेद का ज्ञान नहीं हो सकता।

वैदिक ज्ञान का स्वरूप यज्ञ में ही समाहित है। वेदों का समस्त ज्ञानभंडार अकेले यज्ञ ही में चरितार्थ है। वेद में जो कुछ कहा गया है, वह यज्ञ के ही लिए वैदिक ज्ञान यज्ञों से ही ओत प्रोत है। ईश्वर जीव, पुर्नजन्म, कर्मफल, सृष्टि, प्रलय, वर्ण, आश्रम और स्वाध्याय आदि ज्ञानयज्ञ से संबंध रखते हैं।

पुरुषों वै यज्ञः पुरुषस्तेन यज्ञो यदेनं पुरुषस्तनुते

एषवै तायमानो यावानेव पुरुषस्तावानविधीयते तस्मात् पुरुषो यज्ञः।

अर्थात् पुरुष ही यज्ञ है क्योंकि वह यज्ञ को करता है। वह उतनाही सत्कर्म करता है जितना वह स्वयं होता है। इसीलिए पुरुष ही यज्ञ हैं।

यज्ञों में ललित कलामें जिसे इण्डस्ट्री कहा जाता है उसे वैदिक युग में शिल्पशास्त्र अथवा कलाज्ञान कहते है। इसके मर्मज्ञाता विश्वकर्मा या शिल्पी कहलाते थे। यज्ञ मण्डप, कुण्ड, यज्ञपात्र, शस्त्रास्त्र, शकट और रथ आदि जितने कारीगरी से संबंध रखनेवाले याज्ञिक पदार्थ है, सबका समावेश उक्ताशास्त्र में किया जा सकता है। यज्ञपात्र मिट्टी, काष्ठ, पत्थर, बास्य (लकड़ी) तांवा, पीतल, सुवर्ण और चांदी आदिके होते थे। यज्ञों में अनेक प्रकार के अन्नों और औषधियों की आवश्यकता होती थी अतः। उनके उत्पन्न करने में जिन औजारों की आवश्यकता होती वे भी बनाए जाते थे। हल इत्यादि जोतने के लिए, चक्र इत्यादी पानी निकालने के लिए और जमीन खोदने, काटने, पीटने, पीसने, कूटने आदि सभी के यंत्र बनाए जाते थे। इसी तरह यज्ञरक्षा के लिए बाणों से लदी हुई गाडियां और रथ भी होते थे उनकी निर्मिती के सभी साधन उपलब्ध थे। पंच महायज्ञों के स्तुवा प्रणेता से लेकर अश्वमेध यज्ञ के युद्धकालीन उपकरणों तक सभी कारीगरी के पदार्थ बनाये जाते थे। वीणा, मृदंग आदि संगीतके शंख, घंटा आदि उत्सव के और रणभैरी आदि युद्धों के वाद्य भी बनाए जाते थे। एक चक्रवर्ती राजासे लेकर सामान्य कृषक तक के आवश्यक यंत्र और शस्त्रास्त्र तैयार होते थे। वैदिक युग मे कारिगरी का बहुत मान था। यजुर्वेद में कुलालेभ्यः कमरिश्यश्च वोनमः कुम्हार और बढाई का समाज मे बहुत सम्मान होता था। शिल्पियों और रथकारों को यज्ञ में सम्मिलित होने का आदेश था इन्हे ब्राह्मण तुल्य समझा जाता था। यज्ञ में कला कौशल की महिमा महान है।

ललित कला का दूसरा मनमोहक विषय काव्य है। वेद स्वयं काव्यरूप है। वेदों से अच्छा काव्य आजतक संसार में अन्यत्र नहीं प्राप्त होता। वेदों के भाव बहुत गूढ होते है। समग्र वैदिक साहित्य में दिव्य गुणयुक्त देवताओं के स्तोत्रों में उच्च कोटि के भाव बहुत गूढ होते है। समग्र वैदिक साहित्य में दिव्य गुणयुक्त देवताओं के स्तोत्रों में उच्च कोटि का काव्य – सौंदर्य प्राप्त होता है। साहित्यिक गुण रस छन्द व अलंकारों के अलावा उच्च कोटि की आध्यात्मिक भावना उनमें छिपी

हुई हैं। अग्नि, इंद्र, सवितृ, उषस् इत्यादि अनेक सूक्ति है जिनमें ऋषि जनोंने मुक्तकण्ठ से प्रशंसा की है। जब पाश्चात्य देशों में छायावाद, रहस्यवाद और भाववाद की कविता का प्रचार हुआ है तभी से वेदों की काव्यछटा पर विशेष प्रकाश पडा है। वेदों की सी छायामयी और भावमयी कविता, उनके व्यवस्थित और मुक्त छंद व उनके जैसे मनुष्य समाज के हर आवश्यक अंग पर नवरसपूर्ण अलंकार संसार में अन्यत्र प्राप्त नहीं होते। वीणा के साथ ताल, स्वर और अनेक प्रकार की तानों के साथ गायी जानेवाली इतनी उत्कृष्ट कविता के श्रवण सुनने का आनंद बिना सुने कैसे बयान किया जा सकता है। ऐसा उत्कृष्ट काव्य सुनकर व समझकर भी यदि किसी का मनोरंजन न हो तोहठात् अंतःकरण से यही उदगार प्रस्फुटित होते है, “अरसिकेषु कवित्व – निवेदनं मा लिख, म। लिख, मा, लिख।”

ललित कला की तीसरी महान वस्तु वास्तुकला है। आर्य लोगों के मकान तो अत्यंत सादे, मिट्टी और फूस के ही होते थे पर प्रत्येक गृहस्थ यज्ञ मण्डप को वे बहुत मजबूत और सुंदर बनवाते थे। सामान्यतः यज्ञ शालाएं तो फूस की ही होती थी, पर जहां हमेशा यज्ञ हुआ करते ते ऐसी यज्ञशालाएं प्रत्येक ग्राम में ईंट की पुख्ता बनती थी। आजकल गांव वाले शिवालय को भी मंडप कहते है। यज्ञ मण्डप वास्तवमें यज्ञ मण्डप ही होता है। इसमें कुल आठ दरवाजे होते है पर सात बन्द कर दिए जाते है और एक निकलने के लिए रखा जाता है। जहाँ शिवजी की मूर्ति स्थापित होती है वही हवनकुण्ड का स्थान निश्चित किया जाता है।

इयं वेदिः परो अन्तः पृथिव्या अयं यज्ञो भुवनस्य नाभिः ॥ (यजु. २३/६२।)

यह अर्थात् - यह यज्ञ ही भुवन का मध्य है ओर यही यज्ञवेदी ही पृथ्वी का अंत है। यज्ञकी व्याख्या करते हुए विद्वान लोग कहते है की यज्ञ कर्म की प्रवृत्ति और वासनाओं कि निवृत्ति की तुला (तराजू) होती है। यज्ञ के द्वारा जीव मानवी जीवन की प्रत्येक क्रिया को अत्यंत कल्याणकारी व पवित्र बनानेवाली जीवन के सहज विकास की गाथा है अतः यज्ञ का आचरण वैदिक आचार्यों के द्वारा मान्य जीवन शैली है। “यस्यैवं विदुषो यज्ञस्यात्मा यजमानः।” इत्यादि वेदोक्त रूपकों के दवारा यज्ञकर्ता की आकांक्षाओं से स्पष्ट हो जाता है।

यज्ञ शालामें यज्ञ के लिए यूप (स्तंभ) का स्वरूप व किस भांति वह प्रस्थापित किया जाए इस विषय में वैदिक साहित्य में विस्तारपूर्वक विवेचन किया गया है। बेल या खैर वृक्षों से निर्मित यूप यज्ञीय स्तंभ होना चाहिए इस तरह का उल्लेख पातंजल महाभाष्य में आया है – बैल्वःकादिरो वा यूपः स्यात् इत्युच्यते।

वैदिक वास्तुशास्त्र का यज्ञ के साथ अंक ओर रेखागणित का अत्यंत घनिष्ठ संबंध है।

ललित कला का चौथा महान व महत्वपूर्ण तत्व चित्रकला है। चित्रकला के अंतर्गत रंगोली कला का भी समावेश होता है। यज्ञ क्रिया के समय गृहप्रवेश और महादेवों की प्रतिष्ठा करते समय उनके रंगके अन्नों से अत्यंत कुशलतापूर्वक यज्ञवेदियां चित्रित की जाती है। छिलके वाली मूंग, उडद की दाल, चावल, तिल, तूअर, चनादाल इनका प्रयोग करके मनोहारी चित्रकला को बनाकर देवताओं को संतुष्ट करने का प्रयत्न किया जाता है। आम के पत्रों के द्वारा विभिन्न रंगों के फूलों से तोरणमालिका बनाकर सम्पूर्ण यज्ञ शाला व यज्ञकी वेदी को सुसज्जित किया जाता है। पीले, लाल, गुलाबी, नीले इ. अनेक रंग बिरंगे फूलोंसे विविध रंगोली सजाई जाती है। यज्ञ वेदिका के आसपास रंगोली व फूलों की सहायता से ओजूम्, स्वस्तिक, शंख, कलश इत्यादी शुभ चिन्ह अंकीत किए जाते है। प्रौढ यज्ञ काल में बहुत बडी चित्रकला का प्रदर्शन किया जाता था।

यज्ञों में प्रसंगानुकूल पक्षियों के आकार प्रकार के कुण्ड बनाए जाते थे। उनके पंख, पुच्छ और चोंच आदि रूप उसी रंग के बनाए जाते थे जैसे उन पक्षियों के होते थे। इससे यही होता था विराट रूप में साक्षात वही पक्षी बैठा है। इसके

अतिरिक्त ध्वजा, पताका, तोरण और वंदनवारों से यज्ञवेदी, मंडप और यज्ञ प्रदेश को इतना दिव्य चित्ताकर्षक ओर मोहक बनाया जाता था कि आंखों की पूर्णतः तृप्ति हो जाती थी। रंगोली सजाने के लिए कल्पना शीलता के साथ-साथ बहुरंगी धान्य का जो उपयोग किया जाता था वह तत्कालीन समृद्धि व पावित्र्य का प्रतीक होता था। यज्ञकर्ता निस्वार्थभाव से श्रद्धापूर्वक इष्टदेवताओं का आव्हान करते हुए पवित्र अग्नि प्रज्वलित करते थे। यज्ञकालीन मनोहारी वातावरण को देखकर निश्चित रूप से यही प्रतीत होता था कि तत्कालीन समाज में रहनेवाले धार्मिक वृत्तिके लोगों के मन में श्रद्धा के साथ-साथ नानाविध कलाओं का विभिन्न रूपों में वास रहता था।

संगीतके, कर्ण, चित्रकला और सजावट से नेत्र, हवन की सुगंधि से नासिका, नानाप्रकार के हविष्यान्न, मधुपर्क और फलों के पुरोडाश से जिह्वा तथा सायं पातः आग्नेय हवन की उष्णता से तथा अपरान्ह में जलीय यज्ञ की सर्दी से त्वचा की तृप्ति होती हैं। इस प्रकार के समस्त आवश्यक ज्ञान विज्ञानों और कलाओं में ललित कला की भी गिना है। वेदों में काव्य और संगीत का बहुतवर्णन है। अथर्ववेद में काव्य के लिए लिखा है — देवस्य पश्यकाव्यं न ममार न जीर्यति अर्थात् परमेश्वर का संसार रुपी काव्य को पढो जो न कभी पुराना होता है और न कभी नष्ट होता है।

गायन्ति त्वा गायत्रिणोऽर्थन्त्यर्कमर्किणः।

ब्रम्हाणस्त्वा शतक्रत उध्शंमिव येमिरे।।ऋ१।१०।१

अर्थात् हे शतक्रत। तुम्हारे गीत गायत्री आदि गाती है, सूर्य पुजा करते है और ब्रह्मण तुम्हारे वंश का बखान किया गया है। इसके अतिरिक्त चारो वेदकाव्य मयस्वरूपमें है। सामवेद तो पूर्णतः गेय है। वेदों में वीणा वाद्य का भी उल्लेख है। वेदों में काव्य और संगीत की शिक्षा प्रचुर मात्रा में है। वेदोक्त काव्य संगीत मानव समूह को चैतन्य युक्त जीवन प्रदान करनेवाले है। इति

संदर्भ ग्रंथ सूचि :

- १) संस्कृत साहित्य का इतिहास — आचार्य बल्देव, चौखम्बा संस्कृत सीरीज वाराणसी
- २) यज्ञ आशय आणि आविष्कार — डॉ. गणेश थिटे, याज्ञवल्क्य प्रकाशन, पुणे
- ३) वैदिक संपत्ती — पं. रघुनाथ शर्मा
- ४) संगीतातुन — डॉ. सीमा जौहरी, राधा पब्लिकेशन्स, नई दिल्ली.

* * *

जागतिकीकरण व भारतातील सामाजिक न्याय : एक अध्ययन

प्रा. तंगलवाड दिगंबर माधवरावर, समाजशास्त्र विभाग, कला वाणिज्य व विज्ञान महाविद्यालय,
शंकरनगर जि. नांदेड (महाराष्ट्र)

संक्षिप्त :

जागतिकीकरण भारतासाठी नवीन नसून भारतीय समाज जीवनाच्या सर्वच क्षेत्रावर जागतिकीकरणाचा प्रभाव पडलेला आहे. जागतिकीकरण ही खुली बाजारपेठ असल्यामुळे जगातील कोणतेही देश कोणत्याही देशात आपले आर्थिक साम्राज्य वाढवू शकतात. याचा परिणाम असा झाला की, भारतासारख्या विकसनशील देशाने जागतिकीकरणाचे धोरण स्विकारले असले तरी देशाच्या आर्थिक विकासात भरभराट न येता आर्थिक सामाजिक क्षेत्रात देशाची प्रचंड पिछेहाट झाली व दलितावरील अन्याय अत्याचारात वाढ झालेली आहे. थोडक्यात जागतिकीकरण हे भारतासाठी वरदान नसून शाप ठरत आहे.

प्रस्तावना :

जागतिकीकरणाची प्रक्रिया आता काही नवीन राहिलेली नाही. भांडवलशाही साम्राज्यवाद जसा – जसा वाढत गेला त्याच प्रमाणात जागतिकीकरण भांडवलशाहीचा मुलभूत गुणधर्म बनत गेला. १९ व्या शतकाच्या उत्तरार्धापासून २० व्या शतकाच्या पूर्वार्धापर्यंत (१९७०-१९७३) भांडवलशाही घडवून आणलेले जागतिकीकरण माहिती व तंत्र ज्ञानाने सुसज्ज, परिपक्व मक्तेदारी व भांडवलशाहीचे नवउदारमतवादी जागतिकीकरण आहे.

नवउदारमतवादी जागतिकीकरणाची खऱ्या अर्थाने सुरुवात ११ सप्टेंबर १९७३ रोजी चिलीच्या सॅन दियागो शहरात घडलेल्या रक्तपातातून झाली. यावेळी अमेरिकेतल्या सी.आय.ए. पुरस्कृत सैनिकांनी उठाव केला. लॅटिन अमेरिकेतील पुरोगामी राजकारणाचे वैशिष्ट्ये असणाऱ्या या छोट्या देशातील गणराज्य पध्दतीने निवडून आलेल्या साल्वादोर आय दे च्या सरकारचा पाडाव केला व त्याच्या साथीदारांची कत्तल केली आणि त्याचवेळी ऑगस्तो पिनोचे या नावाच्या एका सामान्य मिलिटरी जनरलला चिलीचा हुकूमशहा करून चिलीला नवउदारमतपंथाच्या गुरुस्थानी असणाऱ्या अर्थशास्त्रज्ञ मिल्टन फ्रिडमनच्या नेतृत्वाखाली शिकागो स्कूलच्या अर्थशास्त्रज्ञांकडे त्याच्या नवउदारमतवादी आर्थिक धोरणासाठी प्रयोगभूमी म्हणून सोपविण्यात आले व हाच वर्तमान जागतिकीकरणाचा जन्म होय.

जागतिकीकरण या संकल्पनेला काळाच्या ओघात खुली बाजारपेठ तथा विचार - कल्पना आणि भांडवल यांची मोकळ्या वातावरणात देवाणघेवाणच्या पध्दतीने आकार मिळत गेला. परंतु स्वातंत्र्यानंतर भारतीय समाजात जाणिवपूर्वक लोकशाही मुल्य रुजविण्याच्या अनुषंगाने अनन्य साधारण महत्व दिले होते. परंतु जागतिकीकरणाच्या वर्तुळात सामाजिक न्यायाला नाकारण्यात आले. सध्या सामाजिक न्याय हा शब्द जाणिवपूर्वक वापरल्या जात असला तरी समाजात सामाजिक समता नको असते, याच अनुषंगाने जागतिकीकरणाचा भारतीय सामाजिक न्यायावर काय परिणाम झाला. याचा शोध घेण्यासाठी प्रस्तुत विषय संशोधनासाठी निवडण्यात आला आहे.

गृहित कृत्य :

१. जागतिकीकरणामुळे आर्थिक भरभराट आली नाही.
२. जागतिकीकरण हे विकसित राष्ट्रांसाठीच फायदेशीर आहे.
३. जागतिकीकरणामुळे सामान्य माणसावर शैक्षणिक व सामाजिक बाबतीत अन्यायच झाला.

अध्ययन पध्दती :

पस्तुत संशोधनात निश्चित स्वरुपाच्या सामाजशास्त्रीय संशोधन पध्दतीचा अवलंब करण्यात आला असून त्यासाठी तथ्य संकलनाच्या दुय्यम सामुग्रीचा अवलंब करताना संदर्भग्रंथ, क्रमिक पुस्तके, मासिके यांचा आधार घेण्यात आला आहे.

जागतिकीकरण संकल्पना :

जागतिकीकरण ही व्यापक संकल्पना असली तरी त्याचा अर्थ काही तज्ञांनी स्पष्ट करण्याचा प्रयत्न केला आहे. सी.प. खेर म्हणतात “व्यापार, वित्त, रोजगार, तंत्रज्ञान, विदेशी स्थलांतर, पर्यावरण, राहणीमान, प्रशासन, समाजव्यवस्था, संस्कृती इत्यादी घटकांमधील परिवर्तनाला जागतिकीकरण म्हणतात.” न्युयॉर्क स्टे युनिव्हर्सिटीचे समाजशास्त्राचे प्राध्यापक जेम्स पेन्स व मेक्सिकोचे प्रध्यापक हेन्री वेल्स रेअर यांनी लिहिलेल्या “जागतिकीकरणाचे सत्यरूप” या ग्रंथात पुढील निष्कर्ष मांडला. जागतिकीकरणासंबंधी जितकी गोड भाषा बोलली जाते. तो एक मुखवटा आहे. ज्याच्या आड अमेरिकन मक्तेदारांची पिळवणूक करण्याची व त्या कंपनी, त्यांचे मुख्य कार्यकारी अधिकारी अपूर्व असे श्रीमंत होण्याची व्यवस्था आहे.

सामाजिक न्याय संकल्पना :

सामाजिक न्यायाच्या वैश्विक संकल्पना प्रथम १५०० ते २५०० वर्षापूर्वी ज्युडा इज्म, ख्रिश्चानिटी, इस्लाम, बौध्द यासारख्या जगातील धर्माच्या शिकवणीमधून व त्याच काळातील क्लिझ व सोफो एस्क्लसच्या ग्रीक शोकांतिका सारख्या पाश्चिमात्य साहित्यातून आलेली आहे. न्याय या संकल्पनेचा आणखी ऐतिहासिक दृष्ट्या विचार केल्यास इ.स. १८४० मध्ये लुईजी तपोरेली द अझेग्लिओ नावाच्या सिसिलियन धर्मगुरूने प्रथम व्यवहारात आणली असे असले तरी सामाजिक न्याय ही संकल्पना मानवाच्या जन्मा एवढीच जुनी आहे. मानवाला संस्कृती देण्यासाठी अस्तित्वात आलेल्या सर्वच धर्मातील संस्करण व नितीप्रणाली सामाजिक न्यायावरच आधारित आहेत.

ग्रीक विचारवंत प्लेटो ने त्याच्या “द रिपब्लिक” आणि त्याचा शिष्य अॅरिस्टॉटल यांनी मांडलेल्या सामाजिक न्यायाच्या विचारात मानवाच्या मूलभूत समतेच्या विचाराला नाकरलेच होते. माणसाला त्याच्या सामाजिक पायरीप्रमाणे देय गोष्टी दिल्य की सामाजिक न्याय होतो अशी त्यांची धारणा होती.

नंतरच्या कालखंडात सामाजिक न्यायाचे विश्लेषण अमेरिकन व फ्रेंच राज्यक्रांतीमधून अनुक्रमे “अमेरिकेच्या स्वातंत्र्याचे घोषणापत्र” व माणसांच्या व नागरीकांच्या अधिकारांची घोषणा या दस्ताऐवजांनी केले. परंतु खऱ्या अर्थाने सामाजिक न्यायाची आधुनिक व्याख्या जॉन रॉल्स या तत्ववेत्यांने इ.स. १९७१ मध्ये ‘थिअरी ऑफ जस्टीस’ या ग्रंथात मांडली. त्यांच्या मतानुसार समाजाची मुलभूत संरचना मुळात सत्ता, स्वातंत्र्य, अधिकार, संधी, मिळकत आणि संपत्ती इत्यादीशी संबंधित असणाऱ्या सामाजिक न्यायावर आधारित असली पाहिजे. व्यक्तीला इतर काही लागत असो किंवा नसो त्याच्या प्राथमिक गरजांची पूर्ती व्हायलाच हवी व त्याचीच हमी म्हणजेच सामाजिक न्याय होय.

भारताने इ.स. १९५० ते १९८० च्या कालखंडात सामाजिक न्यायाच्या क्षेत्रात उल्लेखनीय प्रगती केलेली आहे यात सत्यता असली तरी यानंतर जागतिकीकरणाच्या तथा नवउदारमतवादाच्या प्रत्यक्ष - अप्रत्यक्ष प्रभावामुळे सामाजिक न्यायाची गती मंदावली असून आम्ही विकासाकडे जात आहोत की अधोगतीकडे हा संशोधनाचा विषय असून पस्तुत संशोधनात याच अनुषंगाने अभ्यास करण्यात आला आहे.

जागतिकीकरण व सामाजिक न्याय :**१. आर्थिक क्षेत्र :**

जागतिकीकरणाच्या नंतरच्या कालखंडात आर्थिक क्षेत्रात सामाजिक न्याय मोडीत निघाला आहे. जागतिकीकरणात असे स्पष्ट करण्यात आले की, यामुळे आर्थिक भरभराट होईल आणि ती झिरपत जाऊन खालच्या स्तरातील समाजाचाही विकास होईल. या स्पष्टीकरणातच जागतिकीकरण प्राथमिक स्तरावर गरीबांसाठी नाही याचीच कबूली आहे. जागतिकीकरणाच्या दोन दशकांच्या कालावधीत जगाच्या आर्थिक विकासाचा दर घसरत गेला आहे. तो आपणास खालील तक्त्यावरून लक्षात येईल विविध देशात केवळ जपानचा अपवाद आहे.

**सन १८२० ते २००१ या काळातील दरडोई जीडीपीच्या वृद्धीचे दर
(सरासरी वार्षिक चक्रवाढ दर – टक्यांमध्ये)**

प्रदेश	१८२० १८७०	१८७० १९१३	१९१३ १९५०	१९५० १९७३	१९७३ २००१
पश्चिम युरोप	०.९५	१.३०	०.७६	४.०५	१.८८
पश्चिमात्य इतर देश	१.४२	१.८१	१.५५	२.४५	१.८४
जपान	०.१९	१.४८	०.८९	८.०६	२.१४
पुर्व युरोप	०.६३	१.३९	०.६०	३.८१	०.६८
पूर्वापार सो. रशिया	०.६३	१.०६	१.७६	३.३५	०.९६
लॅटिन अमेरिका	०.१०	१.८१	१.४२	२.५२	०.९१
जपान वगळून आशिया	०.११	०.३८	०.०२	२.९२	३.५५
अफ्रिका	०.१२	०.६४	१.०२	२.०७	०.११
संपूर्ण जग	०.५३	१.३०	०.९१	२.९२	१.४१

Source :- Maddison Angus, 2003, The word Economy Historical Statitic Development of the ofganaisation for Economics co-operation and Development paris Table.

वरील तक्त्यावरून हे स्पष्ट होते की, जपान वगळता जागतिकीकरणामुळे दरडोई जी डीपीच्या वृद्धीचा दर हा दिवसेंदिवस घसरला आहे. यावरून हे स्पष्ट होते की, जागतिकीकरणाने आर्थिक क्षेत्रात न्याय दिला नसून अन्यायच केला आहे.

संयुक्त राष्ट्र संघाच्या मानवी विकास अहवालानुसार इ.स. २००२ मध्ये जगातील १% श्रीमंत लोकांची मिळकत ५७% गरीबांच्या उत्पन्नाएवढी आहे. उत्पन्नाच्या क्षेत्रात वरच्या आणि खालच्या २०% लोकांमधील दरी १९६० मध्ये ३०:१ अशी होती ती १९९० मध्ये ६०:१ अशी दुप्पट झाली आणि पुढच्या ९ वर्षांत ७४.१ एवढी वाढली. २०१५ पर्यंत ती १००:१ वर जाण्याचा त्यात अंदाज आहे. १९९९ मध्ये जगातील २८० कोटी लोक दिवसाला २ डॉलर्स पेक्षा कमी मिळकतीवर म्हणजे दारिद्र्यरेषेखाली जगत होते. ८४ काटी लोक कुपोषित होते. २४० कोटी लोकांना कुठल्याही प्रकारच्या सेवा उपलब्ध नव्हत्या व शाळायोग्य वयाच्या प्रत्येक लहान मुलांच्या मागे एक मुल शाळे बाहेर होते. त्याचबरोबर जगातील ५०% शेतीबाहेरील श्रमशक्ती बेकार किंवा अर्धबेकार होती.

समाजाच्या निम्न स्तराची दयनीय अवस्था दाखविणारे हे आकडे जागतिकीकरणाचे प्रत्यक्ष परिणाम आहेत. विशेषतः जगातील ५६० कोटी लोकसंख्येत २८० कोटी लोक काम करण्याच्या वयोगटातील आहेत. त्यांच्यातील १४० कोटी म्हणजे ४१% बेरोजगार किंवा अर्धबेरोजगार आहेत.

जागतिकीकरणाच्या पुर्वीच्या व नंतरच्या दशकातील भारतातील आर्थिक विकासाची तुलना

परीणामातील वृद्धी प्रमाण	१९८० चे दशक सरासरी वार्षिक वाढ	१९९० चे दशक सरासरी वार्षिक वाढ
एकंदर राष्ट्रीय उत्पादन	५.६०%	५.९०%
वस्तू उत्पादन	५.००%	४.३०%
कृषी उत्पादन	३.८४%	१.२४%
खाद्यान्न उत्पादन	३.४६%	१.२२%
संगठित सेवातील नौकऱ्यात वाढ	१६.८०%	५.८०%
उद्योग	७.७०%	५.८०%
भांडवल निर्मिती	७.३०%	४.२०%
वीज उत्पादन	१२.४०%	३.५०%
निर्यात	८.३०%	८.३०%
स्रोत :- वार्षिक आर्थिक सर्वेक्षणे		

वरील कोष्टकावरून हे स्पष्ट होते की, केवळ राष्ट्रीय उत्पादन व निर्यात वगळता बाकी सर्वच बाबतीत १९८० ते १९९० च्या दशकात वृद्धी ऐवजी घटकच झालेली आहे. यावरून जागतिकीकरणाचा आर्थिक क्षेत्रावर वाईट परिणाम झाल्याचे दिसते.

शैक्षणिक क्षेत्र आणि आरक्षण व्यवस्था :

दलितांना संविधानात मिळालेल्या संधीचा विचार केल्यास त्यांना लाभलेल्या शैक्षणिक क्षेत्रातील सवलती व सार्वजनिक नौकऱ्यातील आरक्षण यांचा समावेश होता आणि त्याचे दलितांच्या जिवनातील महत्व अनन्यसाधारण आहे. परंतु जागतिकीकरणामुळे शैक्षणिक क्षेत्राचे मोठ्या प्रमाणात खाजगीकरण व्यापारीकरण व अभिजातीकरण झालेले आहे. विशेषतः खाजगी संस्थांमध्ये जागतिकीकरणाच्या नावाखाली दलितांना आरक्षण नाकारण्यात आले आहे. शासनाने उच्च शिक्षणातून स्वतःची जबाबदारी झटकून टाकून केवळ प्राथमिक शिक्षणाचीच मर्यादित जबाबदारी घेण्यावर भर दिला आहे. पुण्य्या समिती १९९३, स्वामिनाथन समिती १९६४, बिरला - अंबानी अहवाल २००० यातून तेच स्पष्ट होते. मुलांना वयाच्या १४ वर्षापर्यंत सर्व मुलांना सक्तीचे शिक्षण देण्याची जबाबदारी घटनेने शासनावर घालून दिलेली असतांना शासनाने घटनेत दुरुस्ती करून ती जबाबारी शासनाची असली तरी पालकांचीही जबाबदारी राहिल असे सांगितले. याचा जास्तीत जास्त फटका दलित मुलांना बसणार आहे. एका बाजूने शिक्षणाचे खाजगीकरण यामुळे दलितांना असलेल्या सवलती व आरक्षण यात मोठ्या प्रमाणात कपात होत आहे. दुसऱ्या बाजूने शिक्षणासाठी वाढत चाललेला खर्च यामुळे

दलित व अल्पसंख्यांकासाठी शिक्षणाची दारे जणू बंद झाल्यासारखी आहेत. या जागतिकीकरणाच्या कालखंडात प्राथमिक शिक्षणाच्या क्षेत्रात प्रचंड व्यापारीकरण आले. वर्षाला लाखो रुपये घेणाऱ्या उच्चभू पब्लिक स्कूल, इंटरनॅशनल स्कूल, बोर्डिंग स्कूल यामुळे ७०% ग्रामीण भारत शिक्षणापासून वंचित आहे.

देशात सार्वजनिक उद्योगाच्या खाजगीकरणामुळे दलितांच्या आरक्षणाचे जणू कंबरडेच मोडले आहे. एका बाजूने नौकऱ्या वृद्धीचा दर शुन्य होत असून दुसरीकडे आरक्षण विरोधी धोरणे यामुळे दलितांची अवस्था अत्यंत बिकट झाली आहे. एकंदरीत दलितांची सद्यस्थिती ध्यानात घेतली तर जागतिकीकरणांचा परिणाम सामाजिक न्यायाशी पूर्णपणे विसंगतच आहे.

सामाजिक क्षेत्र :

समाजाच्या सामाजिक – राजकीय सबलीकरणात लोकशाहीला विशेष महत्व असते. कारण त्यातूनच सामाजिक चळवळीला चालना मिळते. परंतु जागतिकीकरणाचा स्रोत नवउदारमतवादाचे तत्वज्ञान हे कोणत्याही प्रकारच्या लोकशाहीशी सुसंगत नाही. विश्व बँक, आंतरराष्ट्रीय नाणेनिधी व जागतिक व्यापार संघटना या जागतिकीकरणाला चालना देणाऱ्या प्रमुख तीन संस्था आहेत. ज्याला 'जागतिक शासन संस्था' म्हणतात. ज्या जगातल्या कोणत्याही मतदाराला विचारून निर्माण झाल्या नाहीत. भारतात जागतिकीकरण आणताना संसदेत कोणतीही चर्चा झाली नाही. भारतासाठी जागतिकीकरणाचा सखोल अभ्यास केल्यास येथे जागतिकीकरणामुळे लोकशाहीचे खच्चीकरण झालेले आहे. कारण त्यामुळे दहशतवाद वाढत आहे व त्याला नियंत्रणात ठेवण्यासाठी पोलिस यंत्रणा मजबूत करण्यात येत असून पोलिसांच्या नियंत्रणातच मुंबईच्या आझाद मैदानाच्या ठिकाणी विशिष्ट चौकटीतच लोकशाहीचा उपभोग घ्यावा लागतो. जागतिकीकरणाच्या काळातच संरक्षणात चार पटीने वाढ करावी लागली आहे. याच काळात धार्मिक शक्तीचा मुलतत्ववाद, संप्रदायवाद, वंशवाद, नाझीवाद, फॅसीझम यासारख्या प्रतिगामी विचार बोकाळत गेला, याच काळात हिंदुत्वाची पुनरुज्जीवनवादी चळवळ वाढली व त्यातूनच बाबरी मस्जिद उध्वस्त केली. याच काळात आदिवासी भागातून लाखो एकर जमिनी खनिज उत्पादनासाठी ताब्यात घेण्यात आल्या. ओरिसा, मध्यप्रदेश, झारखंड, छत्तीसगड येथिल आदिवासींची शेकडो वर्षांपासूनची वतन उध्वस्त करण्यात आले. ०२ जानेवारी २००६ ला टाटा च्या पोलाद प्रकल्पासाठी जमीनीचा ताबा घेताना आदिवासींवर अमानुषपणे गोळीबार केला. त्यात १२ आदिवासी ठार तर ४० जखमी झाले. त्यालाच जागतिकीकरणातून आलेला सामाजिक न्याय म्हणायचा काय? ही गांभिर्याने घेण्यासारखी घटना आहे. त्याचबरोबर याच काळात जातीवाद कमालीचा वाढून दलितांवरील अत्याचारही तेवढ्याच प्रमाणात वाढले. याची आकडेवारी बोलकी आहे. ती आपणास खालील कोष्टकावरून लक्षात येईल.

दलितांविरुद्ध अपराध व अत्याचार सन १९८१ ते २०००

वर्ष	खून	जबरडजा	बलात्कार	लुट	इतर	पि.ओ.ए. खालील गुन्हे	एकूण
१९८१	४९३	१४९२	६०४	१२९५	१०४३४	१४३८१	२८६९९
१९८२	५१४	१९९२	६३५	१०३५	११४४१	१५०५४	३०६७१
१९८३	५२५	१३५१	६४०	९९३	११४४०	१४१४९	२९०९८
१९८४	५४१	१४५४	६९२	९७३	१२३२७	१५९८७	३१९७४
१९८५	५०२	१३६७	७००	९८०	११८२४	१५३७३	३०७४६

१९८६	५६४	१४०८	७२७	१००२	११७१५	१५४१६	३०८३२
१९८९	५५६	१६३०	८३०	५१	१२०८०	NA	१५१४७
१९९०	५८४	१६९१	८८५	५९९	१३९०८	NA	१७६६७
सरासरी	५३४.९	१४७७.८	७१४.१	८६६	११८९६.१	१५१८२.८	३०३६५.७
१९९१	६१०	१७०६	७८४	६०२	१३९४४	NA	२३१६
१९९२	६१६	-	८४९	४०६	१९५९२	NA	२१४६३
१९९५	५७१	४५४४	८३७	५००	११०५६	१३९२५	२१४३३
१९९६	५४३	४५८५	९४९	४६४	१३८६२	९६२०	३००२३
१९९७	४०४	३४६२	१००२	३८४	१२१४९	७८३१	२५२३२
१९९९	५०६	३२४१	१०००	३३७	१४९२५	५०८४	२५०९३
२०००	४८६	३२९८	१०३४	२६०	१३५८६	५०७८	२३७४२
सरासरी	५४८	३४७२.७	९२२.१	४२१.९	१४१५९.१	८३०७.६	२१८७७.८

Source :- Anand Teltumbde, Anti-Imperialism and Annihilation of castes, Rambai Prakashan Mumbai 2005 P. 271

वरील कोष्टकावरून असे स्पष्ट होते की, १९८१ पासून २०० पर्यंत दलितांवरील अपराध व अत्याचारात वाढ झालेली आहे. अर्थात जागतिकीकरणात दलितांना सामाजिक न्याय मिळाला नसून त्यांच्यावर अत्याचारच झालेला आहे.

निष्कर्ष :

सामाजिक न्यायाच्या बाबतीत जागतिकीकरणाचा शोध घेतला असता, असे स्पष्ट होते की, जागतिकीकरण हे सामाजिक न्यायाच्या बाबतीत मृगजळ आहे. वरवर भारताचा विकास होत आहे. असे वाटत असले तरी आजून भार पोखरून निघत आहे. म्हणून सामाजिक न्यायाची या उदारमतवादी भांडवलशाही तथा जागतिकीकरणबरोबर सांगड घालणे चूकीचे आहे. तरीही बहुसंख्य लोकांच्या मनात या भांडवलशाही संबंधी मानवीय, लोकशाहीप्रवन, व सामाजिक न्यायाशी सुसंगत असा खोटा प्रचार झाला आहे. कारण सामाजिक न्यायाची संकल्पना ही समता, सहयोग, निती, बंधूभाव या मुलभूत तत्वावर आधारित असून यापैकी एकही तत्व या नवउदारमतवादी जागतिकीकरणाला मान्य नाही. त्यामुळे जागतिकीकरणाचा व सामाजिक न्यायाचा काहीही संबंध नाही. हे सूर्यप्रकाशाइतके सत्य आहे.

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"पतंजली प्रणित तथा हठप्रदीपिका दिग्दर्शित प्राणायाम"

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गोषावरा (Abstract) :

पतंजली ऋषींनी मनुष्याला सर्व सुखांचा उपभोग चांगल्या तऱ्हेने घेता यावा म्हणून अष्टांग योगाची निर्मिती केली आहे. त्या आठ अंगातील एक महत्वाचे अंग म्हणजे मनुष्याला संजीवनी देणारा 'प्राणायाम' हा होय. काही पुस्तके / ग्रंथ यांच्या आधारावर सामान्य मनुष्याने अनुलोम-विलोम प्राणायाम व नाडी शोधन प्राणायाम अगदी सोप्या व वेळेच्या आधारावर कसा करावा हे या संशोधनात सांगितले आहे. प्राणायामाचे आठ प्रकार करण्यासाठी तज्ञ व्यक्तीची आवश्यकता असते. पण वरील दोन प्राणायाम करण्यासाठी त्याची आवश्यकता नाही. या संशोधनात प्राणायामाला कोणत्या वयात सुरुवात करावी, कुठे करावा. पूरक-कुंभक-रेचक यांना किती वेळ द्यावा हे शास्त्रीय पध्दतीने सांगितले आहे. प्राणायामामुळे टी.बी. कॅन्सर बरे होण्यास मदत झाली आहे. यांचे उदाहरणे ही दिली गेली आहेत म्हणूनच हे संशोधन सामान्य मनुष्यासाठी किती उपयुक्त व महत्वाचे आहे हे दिसून येते.

प्रस्तावना :

आजच्या विज्ञान युगात मनुष्य फक्त पैसा, सत्ता व अधिकार यांच्या मागे पळताना दिसतो. हे सर्व काही मनुष्य स्वतःच्या सुखाकरीताच करतो. यासाठी तो मग वाईट मार्गाचा स्विकार करणे, मग भ्रष्टाचार सुरू होतो व हे सर्व करीत असतांना त्याला हे ही कळत नाही की तो कधी रोगाचा शिकार झाला. दगदगीच्या जीवनात मनावर सतत ताण राहणे, रक्तदाब वाढणे, (हृदयरोग होणे या अगदी सहज होणाऱ्या गोष्टी आहेत. आम्ही हे विसरतो की, पैसा, सत्ता, अधिकार यांचा उपयोग आम्ही तेव्हाच घेऊ शकतो जेव्हा आमचे आरोग्य चांगले राहिल. आरोग्याच्या दृष्टीने स्वतः करिता वेळ काढावयास हवा. यासाठी योग क्लासेस, जिम, हेल्थ सेंटर सुरू करणे यासाठी वेळ काढणे, जाण्या-येण्यात वेळ जाणे या गोष्टी ओघाने आल्याच.

मनुष्याला तर जीवंत राहण्यासाठी प्राणवायुची अत्यंत आवश्यकता असते व हा प्राणवायू जास्तीत जास्त शरीरात जाणे आवश्यकता असते. हे काम फक्त प्राणयामाद्वारेच होऊ शकते. अगदी घरच्याघरी व मोफत. स्वामी रामदेवबाबांनी एकट्या प्राणयामामुळे होणारे फायदे सांगतांना म्हटले आहे "मस्तिष्क की क्षमता बढाकर स्मरण-शक्ती, कुशाग्रता, सुझबुझ, दुरदर्शिता, सुक्ष्मनिरीक्षक, धारणा, प्रज्ञा, मेघा आदी मानसिक विशेषताओं का आभिवर्धन करके "प्राणायाम" द्वारा दिर्घजीवी बनकर जीवका वास्तविक आनंद प्राप्त किया जा सकता है ।"^१

पतंजली ऋषींनी आपल्या योगदर्शनामध्ये "आत्म्याचे परमात्म्याशी मिलन" कसे करावे हे सांगितले आहे. या मार्गामध्ये एकूण आठ टप्पे आहेत. त्यातील प्राणायाम हा चौथा टप्पा आहे. आता प्राणायाम म्हणजे काय? प्राण + आयाम = प्राणायाम. आयाम म्हणजे नियमित म्हणजे कधीही न चुकणारा. प्राणाला अर्थात प्राणरूपी श्वासाला इतके नियंत्रित करायचे, नियमित बनवायचे की, ते कधीही चुकणार नाही. याचे स्पष्टीकरण म्हणजे श्वसन प्रक्रियेवर जाणीवपूर्वक तथा यथाशक्ती नियंत्रण आणून श्वसनाच्या गतीला सुव्यवस्थित बनविणे, सामान्य लोक सहज प्राणायाम करू शकतील याच दृष्टीने हे संशोधन केले आहे.

पतंजली योगदर्शनामध्ये प्राणायामाची व्याख्या सूत्रबद्ध केली आहे ती अशी ...

तस्मिन्सती श्वास प्रश्वासयोः गतिविच्छेदः प्राणायामः 1 (२४९)३

म्हणजे आसनात स्थिर झाल्यावर श्वास व निःश्वास यांच्या गतीचा जाणीवपूर्वक केलेला छेद म्हणजे प्राणायाम होय.

प्राणायामाचे एकूण आठ प्रकार आहेत. परंतु त्याचा विचार न करता फक्त नाडी शुध्दी व प्राणायाम प्रक्रिया याचाच विचार या लेखात केला आहे.

- १) मनाची तयारी करणे : कोणी सांगितले म्हणून प्राणायाम न करता स्वतःची इच्छा असल्यासच करा.
- २) शरीराची शुध्दी करणे : पोट साफ असावे. सर्दी नसावी, डोके दुखत नसावे, भावनात्मक काही ताण मनावर नसावा.
- ३) कानावर नेहमी बाहेर जातांना कपडा बांधावा.
- ४) डोळ्यांनी वाईट, विभित्स पाहू नये, ज्यामुळे मन विचलित होणार नाही शांत राहिल.
- ५) श्वसन प्रक्रिया व प्राणायामाच्या परिभाषा समजून घ्याव्यात.

या सर्व गोष्टी यौगिक षट्कर्म किंवा आयुर्वेदिक पंचकर्मात सांगितल्या आहेत. व्यक्तिगत मनुष्याने या सर्व गोष्टी पाळण्याचा सदैव प्रयत्न करावा.

नाडी शुध्दी : नाडी शुध्दी ही आपल्या श्वासाच्या माध्यमातून करता येते. कुंभक न करता म्हणजे श्वास रोखून न ठेवता नाकपुड्या बदलून दीर्घ श्वसन करणे म्हणजे थोडक्यात नाडी शुध्दी होय.

प्राणायाम तीन क्रियांच्याद्वारे पूर्ण होतो त्या म्हणजे पुरक, कुंभक व रेचक होत.

- १) **पुरक** : एखादा घडा भरतो तशी श्वासाने फुफ्फुसे पुर्ण हवा आत ओढून भरणे म्हणजे पुरक होय.
- २) **कुंभक** : आत ओढलेला श्वास विशिष्ट कालावधीपर्यंत आतच राहू देणे म्हणजे कुंभक होय. याला अंतर कुंभक म्हणतात व बोहर सोडून दिलेली हवा आत येऊ नये म्हणून रोखून धरणे याला बाह्य कुंभक म्हणतात. हा बाह्य कुंभक प्राणायामाच्या अती प्रगत अवस्थेमध्येच केला जातो. सामान्य व्यक्तींनी बाह्य कुंभक करू नये.
- ३) **रेचक** : आत ओढून घेतलेला श्वास म्हणजे हवा बाहेर सोडणे म्हणजे रेचक होय.

प्रमाण : प्रमाण हे सर्वसाधारणपणे कालावधीशी संबंधीत असते. यथाशक्ती प्रत्येकाने आपल्या कुवतीप्रमाणे करावे व पुढे वाढविण्याचा प्रयत्न करावा. जितके सेकंद पूरक केला आहे, त्याच्या दुप्पट वेळेपर्यंत रेचक व्हायला हवा. कुंभक मात्र यथाशक्ती असावा.

प्राणायाम प्रक्रिया :

पूर्व तयारी व्यवस्थित झाल्यानंतर शांत स्थळी पवित्र वातावरणात, आराम वाटेल अशा स्थितीत (योग्य आसनात उदा. पद्मासन, सिध्दासन किंवा मांडी घालून) प्रसन्न चित्ताने प्राणायामाला सुरुवात करावी. प्रथम दीर्घ श्वसन करावे अर्थात दोन्ही नाकपुड्यांनी खोलवर श्वास हळू हळू आत घेणे व त्याही पेक्षा कमी वेगाने श्वास बाहेर सोडणे, ही क्रिया उत्साह व मनःशांती वाढेपर्यंत करावी. त्यानंतर यथाशक्ती पूरक त्यानंतर कुंभक मग रेचक करावा. यानंतर पुन्हा पूरक पासून सुरुवात करावी. अशी ८० प्रवर्तने एका दिवसात अपेक्षित असतात. परंतु प्रत्येक अभ्यासकाने आपली शक्ती, वेळेची उपलब्धता, शरीराची अवस्था इत्यादी सर्व बाबींचा विचार करून हे प्रमाण ठरवावे. जबरदस्ती करू नये. इंटरनेट वरील एका "ई-बुक" मध्ये आदर्श प्रमाण दिले आहे की, चार सेकंद पूरक, सात सेकंद कुंभक आणि आठ सेकंद रेचक अशा प्रकारे एक आवर्तन करावे व यथाशक्ती आवर्तनांची संख्या ठरवावी.

कुंभकाची वेळ शुन्यापासून सात सेकंदपर्यंत प्रती महिन्यास १ सेकंद या प्रमाणात वाढवत न्यावा व यातही त्रास झाल्यास कुंभकाची संख्या वाढवू नये. हे सामान्य व्यक्तींनी लक्षात घ्यावे.

कुंभक कोणी करु नये

- १) श्वसनाचे विकार : ज्यांना दमा, सर्दी खोकला, उचकी इत्यादी विकार आहेत त्यांनी वैद्यकीय परामर्शानुसारच कुंभकरहित प्राणायाम करावा.
- २) गर्भिणी स्त्रिया : प्रेगनन्ट असणाऱ्या स्त्रियांनी कोणत्याच परिस्थितीत कुंभक करू नये. पोटातील गर्भाला त्रास होतो.
- ३) रजस्वला स्त्रिया : मासिक धर्म चालू असताना प्राणायाम करू नये. त्यावेळेस शरीराची अंतर्गत शुध्दी चालू असते त्यात व्यत्यय येता कामा नये.
- ४) मुलांना समज आल्यावर करणे : साधारणतः बारा वर्षांनंतर मुलांना चांगले काय ? वाईट काय ? हे समजायला लागते. याच वयात प्राणायाम मोठ्या व्यक्ती किंवा तज्ञ यांच्या मार्गदर्शनातच सुरू करावे.

प्राणायामाच्या आठ प्रकारांना तज्ञ व्यक्तींच्या मार्गदर्शनाशिवाय करणे शक्यच नाही. त्यामुळे सामान्य मनुष्याच्या दृष्टीने अनुलोम – विलोम व नाडी शोधन प्राणायाम उपयुक्त व सहज थोड्या प्रयत्नाने करण्यासारखे आहे.

अनुलोम – विलोम प्राणायाम :

विशिष्ट पध्दतीने श्वास घेणे व सोडणे म्हणजे अनुलोम – विलोम होय. अर्थात आसनात स्थित होऊन उजव्या हाताच्या अंगठ्याने उजवी नाकपुडी बंद करावी. डाव्या नाकपुडीने श्वास आत भरावा (चार सेकंद) लगेच डावी नाकपुडी अनामिकेने (करंगळी जवळील बोट) बंद करावी. उजव्या नाकपुडीवरील अंगठा काढून तिला मोकळी करावी व श्वास बाहेर सोडवा (आठ सेकंदात) हीच क्रिया नाकपुडी बदलून करावी म्हणजे एक अनुलोम- विलोम आवर्तन पूर्ण होईल यात कुंभक क्रिया नसते.

नाडी शोधन प्राणायाम :

हा प्राणायाम कुंभकसहित करावा लागतो. अनुलोम-विलोम प्राणायामाप्रमाणेच यथाविधी पूरक केल्यानंतर (श्वास आत ओढल्यानंतर) यथाशक्ती कुंभक (श्वास आत रोखून घेणे) करावा. (जास्तीत जास्त सोळा सेकंद पर्यंत) व त्यानंतर रेचक (श्वास बाहेर सोडणे) म्हणजे नाडी शोधन प्राणायाम होय. (वरील प्रमाणे हे स्वामी रामदेव लिखित 'प्राणायाम रहस्य' या पुस्तकात पृ.क्र. ३४ वर उल्लेखित केल्यानुसार दिले आहे)

प्राणायाममुळे होणारे फायदे :

आता आपण अनुलोम – विलोम प्राणायाम व नाडी शोधन प्राणायामामुळे होणारे फायदे काय आहेत हे पाहू. तसे सुरूवातीलाच एकट्या प्राणायामामुळे किती फायदा होतो हे स्वामी रामदेव बाबांच्या उदाहरावरून वाचलेच आहे. ते सविस्तर पाहू.

- १) शरीरातील सर्व नाड्या शुध्द होतात.
- २) सर्व प्रकारचे वात विकार बरे होतात.
- ३) त्रिदोष म्हणजे वात, पित्त, कफ समप्रमाणात राहतात.
- ४) रक्तवाहिन्या जास्त प्राणवायू मिळाल्यामुळे मोकळ्या होतात व रक्ताभिसरण सुरळीतपणे होण्यास मदत होते.
- ५) क्षयरोग (टी.बी.) मुत्ररोग, टॉन्सिल्लस यांचे त्रास कमी होतात.
- ६) आपले विचार सकारात्मक (पॉझिटीव्ह) बनतात व आध्यात्मिक प्रगती होते. यामुळे आत्मविश्वास वाढतो.
- ७) निर्भयता, आनंद उत्साह वाढतो व शरीराला, मस्तिष्काला तरतरी – ताजेपणा प्राप्त होतो.

प्राणायाम करण्याचा वेळ :

प्राणायाम करण्याचा सर्वात उत्तम समय म्हणजे पहाटेचा "ब्राम्हामुहूर्त" होय म्हणजे सकाळी सहाच्या आत करावयास हवा. परंतु ही वेळ जमत नसेल तर शौच्यास साफ झाल्यानंतर काहीही खाण्यापिण्यापूर्वी करण्यास हरकत नाही. पहाटे चार ते सहा ही वेळ शांत असल्याने मन लवकर एकाग्र होण्यास मदत होते.

एकदा टि.व्ही. वर रामदेवबाबांच्या शिबीराच्या वेळेस पत्रकारांनी प्रश्न विचारले असता कॅन्सर झालेल्या एका महिलेने तिला प्राणायामामुळे आराम मिळाल्याचे सांगितले होते. तसेच टि.बी. (रक्तक्षय), ब्लडप्रेसर झालेल्या लोकांनीही प्राणायामामुळे त्यांना आराम मिळत असल्याचे सांगितले होते. हे सर्व पाहता प्राणायाम सामान्य माणसासाठी किती उपयोगी आहे, हे दिसून येते. फक्त येवढेच की प्राणायाम एकदा सुरू केल्यास तो नियमित केला पाहिजे तेव्हाच प्राणायामाचे लाभ प्राप्त होऊ शकतात. प्राणायामामुळे मनुष्याची शारीरिक, मानसिक, बौद्धिक व आध्यात्मिक उन्नती होते. त्यामुळे प्राणायाम नित्यनेमाने वेळात वेळ काढून करावयास हवा.

संदर्भसुची : (क्रमानुसार)

- १) स्वामी रामदेव : प्राणायाम रहस्य, दिव्य प्रकाशन, पतंजली योगपिठ, महर्षी दयानंद ग्राम, दिल्ली-हरिद्वार राजमार्ग, बहादुराबाद, हरिद्वार, वर्ष-नाही पृ.क्र. १६
- २) मंडलिक विश्वास : योग सिद्धांत, प्रकाशक, योग चैतन्य प्रकाशन विभाग, 'योग चैतन्य' कल्पना नगर, नाशिक वर्ष-नाही पृ.क्र. ६८
- ३) स्वानंद सरस्वती : प्राणायाम साधना व अदभूत चमत्कार, प्रकाशक, र.वी. रघुवंशी, श्री गजानन बुक डेपो, कबुतरखाना, दादर मुंबई वर्ष १९८४ पृ.क्र. १३६
- ४) मंडलिक विश्वास : योगाभ्यास, प्रकाशक, योग चैतन्य प्रकाशन विभाग 'योग चैतन्य' कल्पना नगर, नाशिक वर्ष

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कंधार येथील गणपती प्रतिमा

डॉ. अरूण दळवे : यशवंतराव चव्हाण महाविद्यालय, (इतिहास विभाग), अंबाजोगाई, जि. बीड,)

कंधार हे नगर महाराष्ट्रातील एक प्राचीन शहर असून ते नांदेडच्या दक्षिणेस ५२ किलोमीटर अंतरावर बालाघाट डोंगराच्या उतरनीला मन्याड नदीच्या उत्तर किनाऱ्यावर वसले^१ आहे. या नगराला प्राचीन इतिहास आणि संस्कृतीचा फार मोठा वारसा लाभलेला आहे. हे नगर राष्ट्रकुटांच्या सुरुवातीच्या काळातील राजधानीचे ठिकाण होते. त्यामुळे राष्ट्रकुटांच्या काळात हे नगर एक वैभवशाली शहर म्हणून प्रसिध्दीस आले.

विविध कालखंडात कंधारची विविध नावे दिसून येतात. पांचाळपूर^२, पांचाळपूरी^३, पांचाळनगरी^४, कृष्णपूर^५, कृष्णपूरा^६, कंधारपूर^७, कंधारपूरा^८, कन्हार^९, खंधार^{१०}, कंधार, पंचलेश्वर^{११} व कंधार शरीफ^{१२} ही कंधार नगरीची विविध प्राचीन नावे आहेत.

डॉ. देव प्रभाकर यांनी कंधार नगरीच्या स्थापनेच्या संदर्भात म्हटले की, कंधार येथे उपलब्ध अवशेषावरून स्पष्ट होते की, इ.स. नाच्या आठव्या शतकात या नगरीची स्थापना झाली असावी. राष्ट्रकुट नृपती कृष्ण पहिला^{१३} याने या नगरीला राजधानीचे स्वरूप दिले. कंधार^{१४} ही राष्ट्रकुटांची दुसरी राजधानी होती.

पुरातत्वाच्या दृष्टीकोनातून कंधारला फार महत्व आहे. कंधार आणि कंधारच्या परिसरात प्राचीन काळातील प्रामुख्याने राष्ट्रकुट काळातील विभिन्न प्रकारचे पुरातत्वीय अवशेष उपलब्ध झाले आहेत. यामध्ये विविध प्रकारचे मणी, बांगड्यांचे तूकडे, मातीची खेळणी, घरगुती दैनंदिन वापरातील वस्तू, मुर्ती, शस्त्रे व खापरे यांचा समावेश आहे. ऐतिहासिक सर्वेक्षण व उत्खनन या संदर्भातही ही नगरी उपेक्षितच राहिले आहे.

कंधार येथे राष्ट्रकुट कालीन हिन्दू, बौद्ध व जैन धर्माचे पुराने अवशेष आजही दिसून येतात. या ठिकाणी हिन्दूची २६, जैनांची ४० तर बौद्धाची ७ वास्तू मंदिरे होती. मंदिरांचा उल्लेख राष्ट्रकुट सम्राट कृष्ण तिसरा याच्या कंधार शिलालेखात आढळतो. तीन्ही धर्म राष्ट्रकुटांच्या काळात अस्तित्वात होते याचा हा पुरावाच म्हणावा लागेल.

प्रतिमा या शब्दाचा प्रयोग अशाच मूर्तीसाठी केला जातो, की ज्या मूर्ती कोणत्या ना कोणत्या धर्माशी किंवा दर्शनाशी संबंधित असतात. प्रतिमा या शब्दाचा अर्थ प्रतिरूप असा होतो. प्रतिरूप म्हणजेच समान आकृती किंवा प्रतिकृती, प्रतिबिंब होय. 'पाणीणी' ने सुद्धा आपल्या सुत्रात समान आकृतिसाठी प्रतिकृति^{१५} या शब्दाचा प्रयोग केला आहे.

प्राचीन भारताच्या इतिहासावरून प्रतिमा निर्माण करण्याची परंपरा अति प्राचीन आहे. प्राचीन भारतात प्रतिमा या शब्दाचा प्रयोग वैदिक काळापासूनच चालत आला आहे. ऋग्वेदात^{१६} यज्ञाच्या स्वरूपाच्या संबंधात प्रतिमा हा शब्द प्रयुक्त झालेला आहे. ऋग्वेदात प्रतिमासाठी 'अर्चा'^{१७} या शब्दाचाही प्रयोग केलेला आढळतो. पंतजलि^{१८} नेही आपल्या महाभाष्यात प्रतिमासाठी 'अर्चा' या शब्दाचा प्रयोग केला आहे.

गणपती प्रतिमा :

हिन्दू देवदेवतात गणपती या देवतेला महत्वाचे स्थान आहे. विघ्ननाशक आणि मंगलकारी देव म्हणून गणपतीचे अस्तित्व आहे. शिव आणि पार्वतीच्या पुत्राच्या रूपांत या देवतेचे वर्णन केले आहे. विघ्न विनायक, विघ्नेश्वर, विघ्नराज, शुर्पकर्ण, सिध्दीदायक, गजमुख, एकदंत, वक्रतुंड व लंबोदर इत्यादी नावानेही गणपतीला आळखले जाते. गणपतीला सिध्दी आणि बुध्दी^{१९} ह्या दोन्ही पत्नी होत्या. प्राचीन काळापासूनच भारतीय समाजात गणपती या देवतेची पूजा प्रचलित होती. महाराष्ट्रात सातवाहन काळापासून गणपती पुजा सुरू झाली. गणपतीचे चतुर्भुज, षडभुज, दशभुज, अष्टादशभुज इत्यादी

अनेक रूपांत वर्णन केलेले आढळते. इ.स.पू. दसऱ्या शतकापासून गणपतीच्या प्रतिमा निर्माण होण्यास शुंग-कुषाण काळापासून उत्तरेत मथूरा^{२०} व दक्षिणेत अमरावती^{२१} येथे मिळाल्या आहेत. प्रारंभिक काळातील गणपती प्रतिमा यक्ष प्रतिमा समानच निर्माण झालेल्या आहेत. गुप्त काळापासून गणपतीच्या प्रतिमेला खरे रूप आले.

कंधार येथे राष्ट्रकूट कालिन बौद्ध, जैन धर्माच्या प्रतिमाप्रमाणेच हिन्दूच्या प्रतिमा पण आढळून येतात. राष्ट्रकूट भवन आणि किल्ल्यात गणपतीच्या मोठमोठ्या मूर्ती पहावयास मिळतात. याशिवाय इतरत्र ठिकाणीही गणपतीच्या कांही प्रतिमा पाहावयास मिळतात. त्यापैकी कांही प्रतिमांची माहिती पुढीलप्रमाणे आहे.

१) शिवेवरचा गणपती :

कंधार-घाडेजच्या शिवेवर मन्याड नदीच्या उत्तर किनाऱ्यावर राष्ट्रकूटकालीन गणपतीची एक भव्य प्रतिमा आहे. या गणपतीची उंची साडेपाच फूट व रूंदी साडेचार फूट आहे. हा गणपती जमिनीत गाडला गेला होता. परंतु हा गणपती येथील साधू २२ महाराजांच्या स्वप्नात गेला त्यामुळे साधू महाराजांनी हा गणपती जमिनीतून बाहेर काढला व त्याची त्याच ठिकाणी स्थापना केली तेव्हा पासून हा गणपती तेथेच आहे.

कंधार-बचोटीच्या शिवेवरही साडेतीन फूट उंचीचा व दोन फूट रूंदीचा भव्य गणपती आहे.

२) वाड्यातला गणपती :

कंधार शहरात शामराव जहागीरदार यांचा जुना मोठा वाडा आहे. या वाड्यात गणपतीची एक मूर्ती आहे. या मूर्तीची उंची दोन फूट असून रूंदीही दोनच फूट आहे.

राम मंदिर गल्लीत श्री. नरसिंग करेवाड यांचा जुना वाडा आहे. या वाड्यात तीन फूट उंचीची व दोन फूट रूंदीची गणेश मूर्ती आहे.

३) वडवळकरांचा गणपती :

जोशी गल्लीत दोन फूट उंचीचा गणपती आहे. हा गणपती वडवळकरांचा गणपती म्हणून ओळखला जातो. हा गणपती चतुर्भुज असून त्याची सोड डाव्या बाजूस आहे. मांडी घालून बसलेला वडवळकरांचा गणपती आणि जहागीरदार वाड्यातील गणपती यांच्यात बरेच साम्य आहे. हा गणपती गोलाकार आहे.

४) तळ्यातला गणपती :

राष्ट्रकूट काळातील जगत्तुंग नावाच्या तलावात एकाकडेला चार फूट उंचीची गणपतीची मुर्ती आहे. ही मूर्ती चतुर्भुज असून तिची सोड डाव्या बाजूस आहे. हा गणपती कंधारचा ग्रामदैवत मानला जातो.

५) सत्य गणपती :

कंधार-घोडज रस्त्यावर डाव्या बाजूस स्मशानभूमीच्या पाठीमागे गणपतीची एक 'सर्वतोभद्र' प्रतिमा आहे. हा गणपती सत्य गणपती या नावाने ओळखला जातो. एका पंधरा बाय पंधरा चौरस फूट क्षेत्रफळाच्या अखंड दगडात चारही बाजूने गणपतीच्या प्रतिमा कोरलेल्या आहेत.

६) मध्य वसतीतील गणपती :

कंधार शहरात मध्य वसतीत साधू महाराजांच्या मठासमोर डाव्या बाजूस तीन फूट उंची व दोन फूट रूंदीचा गणपती आहे.

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शेतकऱ्यांच्या आत्महत्यांचे दाहक वास्तव - समस्या, कारणे व उपाययोजना

प्रा.डॉ. दिनकर उंबरकर : प्रमुख, पदव्युत्तर समाजशास्त्र विभाग, सीताबाई कला महाविद्यालय, अकोला

सारांश :

संपूर्ण भारतामध्ये आज “शेतकरी आत्महत्या” हा एक ज्वलंत प्रश्न बनलेला आहे. भारताची अर्थव्यवस्था कृषीवर निर्भर आहे व कृषीवर निर्भर असणाऱ्यांची संख्या ६८ टक्के इतकी असली तरी आज शेती क्षेत्राकडे अक्षम्य दुर्लक्ष होत आहे. सावकारी कर्ज, सिंचनाच्या सोयीचा अभाव, कृषी मालाला योग्य मोबदला न मिळणे तसेच अस्मानी व सुलतानी संकटामुळे आज भारतीय शेती व शेती व्यवसाय धोक्यात आलेला आहे. राष्ट्रीय उत्पन्नातील शेतीचे योगदान दिवसेंदिवस कमी होत आहे. केंद्र व राज्य शासनाच्या भरघोस आर्थिक पॅकेजानंतर देखील शेतकऱ्यांच्या आत्महत्या थांबू शकल्या नाहीत ही खेदाची बाब आहे. आज या ज्वलंत प्रश्नाची सोडवणूक करण्याकरिता शासन व समाजाने मिळून आर्थिक व सामाजिक दृष्टिकोनातून काही उपाययोजना करण्याची आवश्यकता आहे. त्याचाच उहापोह या शोध निबंधामध्ये केलेला आहे.

प्रस्तावना :

प्राचीन काळापासून शेती व्यवसाय भारतीय अर्थव्यवस्थेचा प्रमुख आधार आहे. बहुतांश लोकांचा शेती हा प्रमुख व्यवसाय असल्याने देशाची आर्थिक प्रगती करण्याकरिता आणि येथील बेरोजगारी दूर करण्यामध्ये शेती विकासाचे अनन्यसाधारण महत्व आहे. त्याचबरोबर भारतातील उद्योगधंदे, विदेशी व्यापार, विदेशी मुद्रा प्राप्तीचे साधन, सामाजिक आणि राजकीय व्यवस्थेला स्थिरत्व देण्याचे कार्यसुध्दा शेतीच्या माध्यमातूनच होतांना आढळते. त्यामुळे या ठिकाणी शेतीला इतर क्षेत्रापेक्षा, व्यवसायापेक्षा जास्त महत्व द्यावे लागते. देशाच्या आर्थिक विकासाकरिता शेती विकासाला महत्व यासाठीही देणे आवश्यक आहे की शेती क्षेत्रात अन्य व्यावसायिक क्षेत्रापेक्षा भांडवली गुंतवणूकीची आवश्यकता पडत नाही जी औद्योगिक विकासाकरिता अत्यावश्यक असते. हेच कारण आहे की भारतात आज नियोजनकर्त्यांनी देशाच्या प्रगतीकरिता जी रुपरेखा तयार केली. त्यामध्ये औद्योगिकरणप्रमाणेच शेती विकासावरही बल दिल्याचे आढळून येते. अशाप्रकारे आपल्या देशात शेती आणि शेतकरी यांना महत्व असून त्यांच्या विकासाला प्राधान्य देणे आवश्यक आहे. भारतात शेतीचे महत्व पुढीलप्रमाणे होते –

तक्ता क्र. १

भारतीय कृषीचे अर्थव्यवस्थेतील एकूण राष्ट्रीय उत्पन्नातील (जी डी पी टक्केवारीतील) योगदान दर्शविणारी सारणी.

वर्ष	राष्ट्रीय उत्पन्नातील शेतीचे योगदान (टक्केवारीत)
१९५०-५१	५६.४६
१९६०-६१	५२.१३
१९७०-७१	४५.७७
१९८०-८१	३९.६०
१९९०-९१	३२.९१

१९९५-९६	३०.६६
२०००-०१	२६.१०
२००१-०२	२६.००
२००५-०६	२०.००
	स्त्रोत: आर्थिक समीक्षा, २००२ ते २००६

उपरोक्त तक्त्यावरून असे लक्षात येते की, एकंदरीत राष्ट्रीय उत्पन्नामधील शेतीचे योगदान दिवसेंदिवस कमी होत आहे. परंतु शेतीवर असणाऱ्या लोकांचे प्रमाण आजही कमी झालेले नाही.

भारत हा खेड्यांचा देश आहे. येथे एकूण ६,०५,२२४ गावांमध्ये देशाची जवळजवळ ७२.०२ प्रतिशत लोकसंख्या वास्तव्यास आहे आणि त्यांचा मुख्य व्यवसाय शेती आहे. या लोक संख्येमध्ये ३१.०७ टक्के शेतकरी आणि शेष कृषी मजूर म्हणून कार्यरत आहे. देशातील उद्योगधंदे, विदेशी व्यापार, परकीय गंगाजळी, विभिन्न योजनांचे यश एवढेच नाही तर राजकीय स्थैर्यसुध्दा कृषीवरच अवलंबून आहे.

- भारताच्या राष्ट्रीय उत्पादनात मोठा वाटा. (२४.३%) स्त्रोत - 'भारतीय अर्थव्यवस्था', प्रतियोगीता साहित्य विशेषांक - २००३, पृ. १९.
- एकूण रोजगार प्राप्तीत शेतीचे योगदान. (५८.४%) स्त्रोत - 'भारतीय अर्थव्यवस्था', प्रतियोगीता साहित्य विशेषांक - २००७, पृ. ७३.
- भारताच्या विदेशी व्यापारात (आयात व निर्यात) शेतीचे योगदान. (२८.५८%) स्त्रोत - 'अर्थशास्त्र विशेषांक' प्रतियोगीता साहित्य विशेषांक - पृ. ५१२-५१३.
- भारतातील एकूण जमिनीपैकी मोठा वापर शेतीकरिता होतो. (४३.२%) स्त्रोत - 'अर्थशास्त्र विशेषांक' प्रतियोगीता साहित्य विशेषांक - पृ. ५१२-५१३.
- भू-राजस्व प्राप्त करून देण्यात मोठे योगदान. (२६४२.०० करोड) स्त्रोत - 'कृषी अर्थशास्त्र', डॉ. जयप्रकाश मिश्र, पृ. ४३९.
- शेती आयकर पासून प्राप्त आय. (१९२.० करोड) स्त्रोत - 'कृषी अर्थशास्त्र', डॉ. जयप्रकाश मिश्र, पृ. ४४२.

यावरून स्पष्ट होते की, भारतीय शेती आणि शेतकरी हा राष्ट्रीय विकासाचा मुलाधार आहे. शेतीद्वारेच मोठ्या प्रमाणावर राष्ट्रीय अर्थव्यवस्थेतील वस्तू आणि सेवा प्रवाहीत केल्या जातात आणि ही गोष्टी भारतासारख्या विकसनशील अर्थव्यवस्थेच्या संदर्भात यथायोग्य रूपात सत्य असल्याचे आढळून येते.

आत्महत्या - एक सामाजिक समस्या :

आधुनिक काळात ग्रामीण भागात अनेक समस्या आहेत. उदा. कर्जबाजारीपणा, बेकारी, दारिद्र्य, नापिकी इत्यादीमुळे या व्यवसायाप्रती दुरावा निर्माण होत आहे. ज्यामुळे गैरकिसानीकरण होऊन ग्रामीण भागात उदरनिर्वाहाचा प्रश्न निर्माण होतांना आढळून येतो. परिणामतः भारतात प्रामुख्याने आज आंध्र प्रदेश (१६ जिल्हे), महाराष्ट्र (६ जिल्हे), कर्नाटक (६ जिल्हे) आणि केरळ (३ जिल्हे), अशा ४ राज्यातील ३१ जिल्ह्यात शेतकरी आत्महत्या करतांना दिसून येतात. या समस्येकडे लवकरच लक्ष दिले नाही तर ही समस्या विक्राळ रूप धारण करून देशाचा 'पोशिंदा' वर्ग नष्ट करेल

व त्याचे परीणाम सर्व देशालाच भोगावे लागतील.

भारत देशाला स्वातंत्र्य मिळून ६० वर्षे पूर्ण झाली. १९४७ मध्ये देश स्वातंत्र्य झाल्यावर लोकशाही राज्य प्रस्थापित करण्यात आले. लोकशाहीचा अर्थ स्पष्ट करतांना अब्राहम लिंकन म्हणतात, “लोकांनी, लोकांसाठी, लोकांद्वारे चालविलेले राज्य म्हणजे लोकराज्य होय”. मात्र या लोकराज्यात लिंकन यांच्या मते, राज्य हे लोककल्याणकारी म्हणजेच सर्वांच्या समानरित्या गरजा पूर्ण करणारे राज्य असावे. स्वातंत्र्याचा फार मोठा कालखंड मागे पडला, काळ बदलला, लोक बदलले, भारत हा कृषीप्रधान देश म्हणून जगात ओळखला जाऊ लागला. या सर्व कालखंडात देशाने अनेक क्षेत्रात प्रगती केली आणि म्हणूनच भारत तिसरी महाशक्ती म्हणून जगात पुढे येत आहे. दुसरीकडे मात्र देशात ६५ ते ७० लोक ज्या शेतीक्षेत्रावर अवलंबून आहेत त्या क्षेत्राकडे पूर्णपणे दुर्लक्ष करण्यात आले आहे. त्यामुळे शेतकऱ्यांच्या समस्या अत्यंत बिकट होत आहेत. पूर्वी नापिकी, साथीचे रोग, मालाला हमी भाव न मिळणे, शेतकऱ्यांचे आरोग्य, निवासाच्या समस्या, शेतकऱ्यांची निरक्षरता, अंधश्रद्धाळूपणा, परंपरागत उत्पादन पध्दतीचा वापर, अतिवर्षन – अवर्षनाची समस्या, कुळप्रथा, वेढबिगारी इत्यादी समस्या प्रमुख होत्या. यातील काही समस्या आजही कायम असून शेतकऱ्यांच्या आत्महत्या ही समस्या नव्यानेच निर्माण होऊ पाहत आहे.

परंतु आज भारतीय लोकशाही प्रगल्भतेच्या दिशेने वाटचाल करत असतांना देशातील आंध्र प्रदेश (१६ जिल्हे), महाराष्ट्र (६ जिल्हे), कर्नाटक (६ जिल्हे) आणि केरळ (३ जिल्हे), या चार राज्यातील ३१ जिल्यांमध्ये प्रामुख्याने ‘शेतकरी आत्महत्या’ ही समस्या प्रखरतेने जाणवत आहे. देशात मागील दोन वर्षात तर या समस्येने राष्ट्रीय आपत्तीचे रूप धारण केले आहे. सद्यस्थितीत ही समस्या भारतातील काही राज्यापूर्ती मर्यादीत दिसत असली तरी शेतकरी आत्महत्येची दैनंदिन सरासरी पाहिल्यास लक्षात येईल की थोड्याच दिवसात ती संपूर्ण देशात पसरायला वेळ लागणार नाही. ज्या शेती व शेतकऱ्यांनी आजपर्यंत देशाचा उदरनिर्वाह केला व देशाला आर्थिक बाबतीत स्वावलंबी केले तसेच दुष्काळग्रस्त स्थितीमध्ये शेतीचे उत्पादन तिप्पट-चौप्पट वाढवून देशातील अन्नधान्याची समस्या सोडविली होती, त्याच शेतकऱ्यांवर आज आत्महत्या करण्याची पाळी आली आहे. ही गोष्ट मानवी समाजाच्या ऐतिहासिक अस्तित्वावर, संस्कृतिवर येणाऱ्या महासंकटाची चाहूल आहे.

प्रस्तुत समस्येची प्रखरता यावरून लक्षात येते की, भारतात एका दशकात दिड लाख शेतकऱ्यांनी आत्महत्या केल्या तर दरवर्षी १७३८४ शेतकरी आत्महत्या करत आहेत परंतु त्या सर्वामागे नापिकी, कर्जबाजारीपणा या गोष्टी जबाबदार नाही ही माहिती भारताचे केंद्रीय कृषिमंत्रि शरद पवार यांनी राज्यसभेत एका प्रश्नाच्या लेखी उत्तरात दिली आहे. त्यांनी म्हटले आहे की, “१९९७ ते २००५ या ०८ वर्षांच्या कालावधीत १ लाख ४९ हजार २४४ शेतकऱ्यांनी आत्महत्या केल्या. अलीकडच्या काळात आत्महत्यांचे प्रमाण वाढले आहे. १९९७ ते २००१ कालावधीत वर्षाकाळी सरासरी १५ हजार ७४४ शेतकरी आत्महत्या नोंदविल्या गेल्या तर २००१ ते २००५ या कालावधीत ही सरासरी जवळपास ०२ हजारांनी वाढली असूनही नंतरची वार्षिक सरासरी १७ हजार ३८४ इतकी आहे अशी नोंद (N.C.R.B.) नॅशनल क्राईम रेकॉर्ड्स ब्युरो या संस्थेने केली आहे.”

“देशातील इतर राज्यांच्या तुलनेत महाराष्ट्रात शेतकऱ्यांच्या आत्महत्या सर्वाधिक घडल्या आहेत. अडीच वर्षांच्या काळात एप्रिल २००७ पर्यंत राज्यात २९६२ शेतकऱ्यांनी आत्महत्या केल्या. यापैकी एकटया विदर्भातच १८२३ शेतकऱ्यांनी आत्महत्या केल्या आहेत. अशी माहिती कृषी राज्यमंत्री कांतीलाल भुरीया यांनी लोकसभेत प्रश्नोत्तराच्या तासात दिली आहे.”

महाराष्ट्रात 'शेतकरी आत्महत्या' या समस्येचे स्वरूप किती भीषण आहे हे पुढील तालिकेवरून स्पष्ट होते.

तक्ता क्रमांक २

“महाराष्ट्रात २००१ ते जानेवारी २००८ पर्यंत शेतकरी आत्महत्यांची आकडेवारी”

विवरण	आत्महत्यांची मासिक सरासरी	एकूण आत्महत्या
१ जानेवारी २००१ ते ३१ डिसेंबर २००६	३८	२७२५
पॅकेज जाहीर केल्यानंतर १ जानेवारी २००७ ते ३१ डिसेंबर २००७	१०१	१२११
१ जानेवारी ते ७ जानेवारी २००८	-	१७
१ जानेवारी २००१ पासून एकूण आत्महत्या		३९५३

वरील तक्ता क्र. २ वरून असे दिसून येते की, जाने २००१ ते डिसेंबर २००७ या सात वर्षांच्या काळात महाराष्ट्रात जवळपास ४००० शेतकऱ्यांनी आत्महत्या केलेल्या आहेत. पुरोगामी व विकासाच्या मार्गावर असलेल्या महाराष्ट्राकरिता ही अत्यंत दुर्दैवाची गोष्ट आहे.

महाराष्ट्रात मुख्यमंत्र्यांच्या पॅकेजनंतरच्या आत्महत्या:

मुख्यमंत्र्यांनी आत्महत्येच्या नियंत्रणासाठी विशेष पॅकेज जाहीर केल्यानंतर घडून आलेल्या शेतकऱ्यांच्या आत्महत्या तक्ता क्रमांक ३ मध्ये दिलेल्या आहेत.

तक्ता क्रमांक ३

मुख्यमंत्र्यांच्या पॅकेज नंतर घडून आलेल्या शेतकऱ्यांच्या आत्महत्या

अ.क्र.	महिना	झालेल्या आत्महत्या	मदतीस पात्र कुटुंबे	पात्र कुटुंबांचे प्रमाण
१	जानेवारी	११८	५८	४९.१५
२	फेब्रुवारी	१०९	४९	४४.९५
३	मार्च	१११	६१	५४.९५
४	एप्रिल	८८	५	६७.०५
५	मे	१११	५५	४७.०१
६	जून	१०८	५०	४६.३०
७	जुलै	१०९	४९	४४.९५
८	ऑगस्ट	११९	४३	३६.१३
९	सप्टेंबर	१५६	४०	२५.६४
१०	ऑक्टोबर	१६०	३६	२२.५०
	एकूण	११९५	५००	४१.८४

मदतीसाठी पात्र ठरलेल्या कुटुंबांची संख्या ५०% पेक्षाही कमी आहे.

मदती संदर्भात ऑक्टोबर २००६ पर्यंतची स्थिती:

१७.६४ लक्ष शेतकऱ्यांपैकी ९.१७ लाख शेतकऱ्यांना १६६८ कोटी रु. चे कर्ज वाटप करण्यात आले.

७.७२ लाख खातेदारांच्या १३६५ कोटी रु. च्या कर्जावरील ६२० कोटी रु. चे कर्ज माफ करण्यात आले. ७.९९ लाख खातेदारांच्या ११५१ कोटी रु. कर्जाची पुनर्रचना करण्यात आली. दामदुपटीच्या अंतर्गत घेतलेल्या भूविकास बँकाकडील ५०,००० खातेदारांचे ४६ कोटी रु. चे कर्ज माफ करण्यात आले. २००६-०७ च्या खरीप हंगामात ३.८० लाख नवीन शेतकऱ्यांना क्रेडीट कार्ड देण्यात आले.

पीक वीमा योजनेत २.८२ लाख शेतकऱ्यांचा समावेश करण्यात आला. विम्याच्या हप्त्यासाठी १०.९४ कोटी रु. चे अनुदान देण्याचे ठरले. २००५-०६ मध्ये फक्त ६८,००० अंतर्गत कर्जाच्या पुनर्रचनेसाठी शेतकऱ्यांना ४८ कोटी रु. ची व्याज माफी देण्याचा निर्णय घेण्यात आला.

थकीत कर्जावरील व्याज माफ करण्यासाठी राज्य सरकारकडून २४० कोटी रु. चा निधी प्राप्त झाला. ११६ कोटी रु. चा अतिरिक्त निधी मंजूर करण्यात आला. कापूस उत्पादक शेतकऱ्यांना १३० कोटी रु. देण्यात आला. ५० टक्के दराने बियाणे वाटप करण्यासाठी १.२४ लाख क्विंटल बियाणे उपलब्ध करून देण्यात आले.

शेती सुधारणेसाठी मदत म्हणून राज्य सरकारद्वारे ५० कोटी रु. चा निधी प्राप्त झाला. लाभार्थीची निवड करण्यात आली. राष्ट्रीय फलोद्यान मिशनद्वारे या सहा जिल्ह्याकरीता २७ कोटी रु. चे प्रकल्प मंजूर करण्यात आले. केंद्र शासनाद्वारे १४.५ कोटी रु. चा पहिला हप्ता निर्गमित करण्यात आला.

सूक्ष्म सिंचनासाठी १५ कोटी रु. चा निधी केंद्र शासनाने मंजूर केला. आतापर्यंत २००० हेक्टर जमिनीवर सूक्ष्म सिंचनाची कामे पूर्ण झाली आहे. शेतकऱ्यांना पूरक व्यवसायासाठी ३० कोटी रु. चा निधी उपलब्ध करून देण्यात आला. २१०० लाभार्थींना प्रत्येकी एक दुधाळ जनावराचे वाटप करण्यात आले. विवाह योजनेअंतर्गत चालू हंगामात ७००० विवाह संपन्न झाले.

६ जिल्ह्यातील १७.६४ लाख शेतकऱ्यांचे सर्वेक्षण पूर्ण झाले. १२.२६ लाख शेतकरी सतत नापिकीमुळे, ८.१०० लाख शेतकरी कर्जांमुळे, ३.०६ लाख शेतकरी विवाह योग्य मुलीच्या लग्नामुळे, ०.९२ लाख शेतकरी कुटुंबे गंभीर आजाराने प्रभावित झाले. विदर्भातील ४.३४ लाख शेतकरी आर्थिकदृष्ट्या अत्यंत दुर्बल झाले आहेत. त्यांना मदत करणे अत्यंत आवश्यक असल्याचे अमरावतीच्या विभागीय आयुक्तांनी म्हटले आहे.

कोणतीही व्यक्ती सहजा-सहजी आत्महत्या करित नाही, तर त्याकरिता अनेक गोष्टी जसे वैयक्तिक विघटन, कौटुंबिक विघटन, सामाजिक विघटन जबाबदार असते. महाराष्ट्रातील शेतकरी आज आत्महत्या करित आहेत. याकरीता समाजव्यवस्थेतील विषमता, सततची नापिकी, शासनाची आयात-निर्यात धोरण, बाजारव्यवस्थेतील दोष, निसर्गाचा लहरीपणा, शेतीसाठी सिंचनाचा अभाव, गैरकिसानीकरणाची प्रक्रिया, दारिद्र्यजन्य जीवन, कर्जबाजारीपणा इत्यादीमुळे शेतकरी वर्गाला अनेक प्रकारच्या समस्यांना तोंड द्यावे लागते व त्याचे दुष्परिणाम त्यांच्यावर व त्यांच्या कुटुंबावर होतांना आढळतात या दुष्परिणामांचा व आत्महत्येचा संबंध शोधण्याच्या हेतुने संशोधन कर्त्यांनी हा विषय संशोधन कार्याकरिता निवडला आहे.

शेतकरी आत्महत्येची कारणे :

१) सावकारी कर्ज

भारतातील शेतकऱ्यांना सावकारी कर्जावर अवलंबून रहावे लागते. त्यांच्याकडे सावकाराचे बरेच कर्ज आहे. त्या कर्जाचा भार किती असेल याविषयी अंदाज बांधणे कठीण आहे. सावकाराचे कृषी वित्त पुरवठ्यातील स्थान आजही महत्वपूर्ण आहे. ७५३ शेतकरी सावकाराकडून जास्त व्याज दराने कर्ज घेतात. कर्जाची परतफेड करण्यास ते असमर्थ

असल्यामुळे आत्महत्येचा मार्ग अवलंबितात.

२) सिंचन सोयीचा अभाव :

भारतीय शेती निसर्गाच्या लहरीपणावर अवलंबून असल्यामुळेच भारतीय शेतीला जुगाराचे स्वरूप प्राप्त झाले आहे. स्वातंत्र्योत्तर कालखंडात सिंचनाच्या सोयीची उपलब्धता काही प्रमाणात वाढली असली तरी सिंचनाच्या योजना राबविताना राज्यकर्त्यांनी असमतोलाचा जाणिवपूर्वक खतपाणी घातले असल्यामुळे काही भागातील शेती आजही निसर्गाच्या पाण्यावर अवलंबून आहे.

३) कृषी उत्पादनाला उचित मूल्य प्राप्त न होणे :

कृषी उत्पादनाला उत्पादन खर्चावर आधारीत उचित मूल्य प्राप्त होत नसल्यामुळे शेतकऱ्यांच्या मूलभूत गरजांची पूर्तता होत नाही. परिणामतः त्यांच्यावर आत्महत्या करण्याची पाळी येते. उदा. १९७२ पासून सोन्याच्या भावात झालेली वाढ व कापसाच्या भावात झालेली वाढ यांची तुलना करता शेती उत्पादनाची दरवाढ अतिशय कमी झाली आहे.

४) नियोजनकर्त्यांचे शेती क्षेत्राकडे दुर्लक्ष :

नियोजन हा आर्थिक विकास घडवून आणण्याचा प्रभावी मार्ग आहे. पंचवार्षिक योजनांच्या माध्यमातून कृषी व ग्रामीण विकास घडवून आणण्याचे भारताचे पहिले पंतप्रधान पंडीत जवाहरलाल नेहरू यांचे स्वप्न आजही २१ व्या शतकातसुद्धा अपूर्णच आहे. १९५१ ते १९५६ या पहिल्या पंचवार्षिक योजनेच्या काळात कृषी व ग्रामीण विकासावर भर देण्यात आला. परंतु नंतरच्या योजनाकाळामध्ये कृषी व ग्रामीण क्षेत्र पूर्णतः दुर्लक्षिल्या गेली.

५) जागतिकीकरण :

भारतीय शासनाने १९९१ मध्ये गॅट करारावर स्वाक्षरी केली. या करारानुसार अग्रगत राष्ट्रातील शासनाकडून शेतकऱ्यांना देण्यात येणारे संरक्षण खुला बाजार आणि कार्यक्षमता यांच्या नावाखाली काढून टाकण्यात आले. १९९३ पासून आजपर्यंत १ लाखापेक्षाही जास्त शेतकऱ्यांना आत्महत्या केल्या. यावरून सिध्द होते की, जागतिकीकरण शेतकऱ्यांच्या फायद्याचे नाही.

६) कौटुंबिक कारणे :

ग्रामीण भागात एकत्र कुटुंब पध्दती आजही अस्तित्वात आहे. त्यामुळे कुटुंबातील मुलामुलींचे शिक्षण त्यांचे लग्नकार्य, बारसे, तेरवी यासारखे विधी, कोर्टकचेऱ्या या सर्व गोष्टीवर खर्च करावा लागतो. बऱ्याच वेळ कर्जबाजारी होवून उधार उसनवारीचे व्यवहार करून वरील कौटुंबिक बाबींवर खर्च करावा लागतो. परंतु परिस्थितीजन्य शेतकरी उपरोक्त बाबींसाठी केलेले व्यवहार चुकते करण्यास अपयशी ठरतात व आत्महत्या करण्याच्या निर्णयापर्यंत येतात.

७) जोडधंद्यांचा अभाव :

विदर्भाचा औद्योगिक विकास फारसा झालेला नाही. त्यामुळे शहरी भागात रोजगारीच्या फारशा संधी उपलब्ध नाहीत. ग्रामीण भागात जोडधंदे नाहीत व दुसऱ्या बाजूला लोकसंख्येला शेती रोजगार देवू शकत नाही अशा विचित्र कोंडीत विदर्भातील शेतकरी अडकलेला आहे.

काही ठळक निष्कर्ष :

१) खाजगी सावकारी कर्जाच्या ओझ्यामुळे शेतकरी आत्महत्येची गर्तेत ढकलल्या जातो.

२) अस्मानी व सुलतानी संकटामुळे शेतकऱ्यांच्या आर्थिक विकासात अडथळा निर्माण होतो.

३) सण-समारंभ, लग्नविधी व इतर पारंपारिक विधीमध्ये शेतकऱ्यांच्या उत्पन्नाचा बराच भाग खर्ची होतो.

- ४) शेतकऱ्यांच्या उत्पादन मालाला योग्य बाजारभाव मिळत नसल्यामुळे त्याला आर्थिकदृष्टीने शेती करणे परवडत नाही.
 ५) सिंचनाच्या योग्य सोयीच्या अभावी शेतकरी कृषी उत्पादनात वाढ करू शकत नाही.
 ६) केंद्र व राज्य शासनाचे भरघोस आर्थिक पॅकेज देखील शेतकऱ्यांच्या आत्महत्या रोखण्यास अपयशी ठरले आहे.

शेतकरी आत्महत्यांवर उपाय योजना :

- १) डॉ. पंजाबराव देशमुख यांचे शेतकऱ्यांना कर्जमुक्त करण्याचे कर्जलवाद बिल प्रत्यक्षात नियोजनात यायला पाहिजे.
 २) ग्रामीण भागात कृषक बँकांची स्थापना करून त्याद्वारे कमी दराने कर्ज पुरवठा करण्यात यावा.
 ३) कापसाला उत्पादन खर्चावर आधारीत भाव देण्यात यावा.
 ४) कापूस उत्पादक क्षेत्रात कापूस प्रक्रिया उद्योग सुरु करण्यात यावे.
 ५) शेतकऱ्यांवरील कर्जाचा बोजा दूर करून त्यांना कृषी कामासाठी तातडीने लागणाऱ्या खर्चाची सोय केली पाहिजे.
 ६) ग्राम पातळीवर संपर्कसभा घेवून शेतकऱ्यांना त्यांच्या हक्काची जाणीव करून द्यावी व त्यांच्यात आत्मविश्वास निर्माण करण्यात यावा.
 ७) मोफत किंवा माफक दरात दर्जेदार व सुधारीत बी-बियाणे शासनाकडून शेतकऱ्यांना पुरविण्यात यावे.
 ८) आत्महत्याग्रस्त कुटूंबातील एका सदस्याला पात्रतेनुसार नोकरी देण्यात यावी.
 ९) शेतमालाला शासन अथवा सहकार तत्वावरील योग्य व त्वरीत मोबदल्यासाठी आश्वासीत बाजारपेठ निर्माण करावी.
 १०) शेतकऱ्यांना शेतीसाठी आवश्यक असलेला पाणीपुरवठा वर्षभर उपलब्ध करून देण्यासाठी सिंचन प्रकल्प तात्काळ सुरु करावे.
 ११) नैसर्गिक आपत्तींना समर्थपणे तोंड देण्यासाठी शेतकऱ्यांना आपत्ती व्यवस्थापनाचे प्रशिक्षण तालुक्या स्तरांवर उपलब्ध करून द्यावे.
 १२) पाणी अडवा, पाणी जिरवा ही योजना अधिक प्रभावीपणे राबवावी.
 १३) पीक विमा योजनेचे सुरक्षा कवच वाढविण्यात यावे.
 १४) शेतीच्या विकासाकरीता शेतजमिनीची तपासणी करून त्यावर कोणती पिके घेता येतील या संबंधी मार्गदर्शन करावे.

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 ७. संचालक, विस्तार शिक्षण : 'कृषि संवादिनी - २००७' डॉ. पं.दे.कृ.विद्यापीठ, अकोला

८. विजय कविमंडन : 'कृषि अर्थशास्त्र', श्री. मंगेश प्रकाशन, नागपूर - २००२.

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गंगाखेड तालुक्यातील बालमजुरीचा चिकित्सक अभ्यास

डॉ. एन. एन. मुंढे : प्रपाठक व अर्थशास्त्र विभाग प्रमुख, संत गाडगे महाराज महाविद्यालय, लोहा जि. नांदेड

प्रा. राहुल धुमाळ : अर्थशास्त्र विभाग प्रमुख, संत जनाबाई शिक्षण संस्थेचे, कला, वाणिज्य व विज्ञान महाविद्यालय, गंगाखेड जि. परभणी.

सारांश (Abstract) :

बालकामगार ही समस्या मुलांच्या हक्काचे उल्लंघन करणारी अतिशय गंभीर व गुंतागुंतीची समस्या आहे. काम करणारी मुले आपल्या जगण्याच्या, विकासाच्या, शिक्षणाच्या, खेळण्याच्या, आवश्यक अशा राहणीमानाच्या व्यक्तिमत्व विकास संबंधीच्या, बौद्धिक, शारिरिक, मानसिक पात्रते संबंधीच्या हक्कापासून दूर आहेत. त्याचप्रमाणे त्यांचा केला जाणारा दुरुपयोग, उपेक्षा यासंबंधी असणारा संरक्षणाचा हक्क यापासून देखील ते दूर आहेत. या समस्येमुळेच प्राथमिक शाळेतील त्यांची नांवनोंदणी तसेच साक्षरता पातळी यात वाढ झालेली नाही. या अनुशंगाने प्रेरीत होवून संशोधकानी प्रस्तुत संशोधनात गंगाखेड तालुक्यातील बालमजुरीचा चिकित्सक अभ्यास व त्यावरील उपाय यास अनुसरून संशोधन करण्यात आले आहे.

बालमजुरीची व्याख्या :

१८ वयाखालील व्यक्तिला भारतात कायदयाने बालक मानले जाते. तथापी शारिरीक श्रम आणि मोलमजुरीच्या संदर्भात हीच वयाची अट १४ इतकी आहे. म्हणजेच १४ हे वय बालपण या संज्ञेत समर्पक मानले जाते.

“५ ते १५ वयाखालील मुल जेव्हा मोबदला मिळो अथवा न मिळो कुटूंबात किंवा कुटूंबापासून दूर राहून कुठल्याही वेळी आर्थोत्पादन कार्याच्या कामात गर्क असतात तेव्हा ती बालमजुरी असते”.

- Operation Research Group Baroda.

संशोधनाची उद्दिष्टे :

- १) बालमजुरीचे स्वरूप व व्याप्तीचा अभ्यास करणे.
- २) बालमजुरीच्या कारणांचा अभ्यास करणे.
- ३) विविध वयोगटानुसार बालकामगारांचा अभ्यास करणे.
- ४) व्यवसायानुसार बालकामगारांचा अभ्यास करणे.
- ५) जातीनिहाय बालकामगारांचा अभ्यास करणे.
- ६) बालकामगारांच्या कौटूंबिक परिस्थितीचा अभ्यास करणे.
- ७) बालमजुरीच्या परिणामाचा अभ्यास करणे.
- ८) बालमजुरी प्रतिबंधासाठी उपाय सुचविणे.

संशोधन पध्दती : (Methodlogy)

अभ्यासासाठी गंगाखेड शहरातील व तालुक्यातील १६ खेडयामधून एकुण ३०० कुटूंब नमुना पध्दतीने निवडलेले आहेत. यामध्ये गंगाखेड शहरातील ७० कुटूंब तर गंगाखेड तालुक्यातील २३० कुटूंबाचा समावेश आहे. गंगाखेड तालुक्यातील १६ गावे निवडतांना नमुना निवडीच्या लॉटरी पध्दतीचा आधार घेतला आहे. तर गंगाखेड शहरातील व तालुक्यातील १६ खेडयामधून जी ३०० कुटूंब नमुना पध्दतीने निवडली आहेत. ते कुटूंब निवडतांना नमुना निवडीच्या सोयीस्कर नमुना निवड या पध्दतीचा आधारे घेतला आहे. या ३०० कुटूंबियांकडून प्रश्नावली व अनुसूची भरून घेतली असता त्यात एकुण ५०० बालकामगार आढळून आले. प्रश्नावली व अनुसूची भरून घेतली असता त्यात एकुण ५०० बालकामगार आढळून आले. प्रश्नावली व अनुसूची मध्ये प्रामुख्याने बालकामगारांची जात, धर्म, लिंग, शाळा सोडतेवेळेसचा वर्ग, शाळा सोडण्याचे कारण, बालकामगारांचे उत्पन्न, कामाचे तास, कामाच्या ठिकाणची परिस्थिती, कुटूंबाची माहिती इत्यादी बाबीची माहिती घेतली जमा केलेल्या माहितीचे अभ्यासास अनुरूप स्तर पाडले. व त्यानंतर नमुना निवडीच्या स्तरीत यादृच्छिक नमुना निवड पध्दतीद्वारे प्रत्येक स्तरातून नमुन्याची निवड प्रमाणबध्द स्तरीत नमुना (Proportionate Stratified Sampling) या पध्दतीचा आधार घेवून प्रातिनिधीक नमुन्याची निवड केली. खालील तक्ता क्र.०१ मध्ये गंगाखेड शहरातील प्रश्नावली संख्या व एकुण बालकामगार तसेच गंगाखेड तालुक्यातील प्रश्नावली संख्या व एकुण बालकामगार अनुक्रमाने दर्शाविले आहेत.

तक्ता क्र. ०१

अ.क्र.	प्रतिसादक	प्रश्नावली संख्या	प्रतिसादक संख्या (एकुण कुटूंब)	एकुण बालकामगार
०१	गंगाखेड शहरातील कुटूंब	७०	७०	१००
०२	गंगाखेड तालुका (ग्रामीण भागातील कुटूंब)	२३०	२३०	४००
	एकुण	३००	३००	५००

संशोधन अभ्यासाचे महत्वाचे निष्कर्ष (Findings) :

१. गंगाखेड तालुक्यातील बालकामगारांना आर्थिक तसेच सामाजिक कारणामुळे काम करावे लागत असल्याचे आढळून येते. आर्थिक कारणामध्ये दरिद्रय हे एक प्रमुख कारण तर सामाजिक कारणामध्ये आई-वडीलांची निरक्षरता, तसेच वडीलांची व्यसनाधिनता इत्यादी कारणे आढळून आली.
२. गंगाखेड तालुक्यात ग्रामीण तसेच शहरी भागात बालकामगार म्हणून कार्य करणाऱ्या मुलांचे प्रमाण हे मुलीपेक्षा जास्त आहे.
३. गंगाखेड शहरामध्ये कार्य करणाऱ्या बालकामगारांच्या एकुण संख्येवरून असे दिसून येते की, १२-१४ वयोगटात सर्वात जास्त बालकामगार आहेत तर ६-८ या वयोगटात सर्वात कमी बालकामगार आहेत.
४. गंगाखेड तालुक्यातील ग्रामीण भागात कार्य करणाऱ्या बालकामगारांच्या एकुण संख्येवरून असे दिसून येते की, ९-११ या वयोगटात सर्वात जास्त बालकामगार आहेत.
५. गंगाखेड शहरामध्ये कार्य करणाऱ्या बालकामगारांच्या एकुण संख्येवरून असे दिसून येते की, Industry and other services या वयोगटात सर्वात जास्त बालकामगार आहेत.

६. गंगाखेड तालुक्यातील ग्रामीण भागात कार्य करणाऱ्या बालकामगारांच्या एकूण संख्येवरून असे दिसून येते की, शेती व्यवसायात सर्वात जास्त बालकामगार कार्य करतात.
७. गंगाखेड शहरातील एकूण बालकामगारांच्या संख्येवरून असे दिसून येते की, शहरात मुस्लिम समाजामध्ये सर्वात जास्त बालकामगार आहेत.
८. गंगाखेड तालुक्यातील ग्रामीण भागात सर्वात जास्त बालकामगार दलित समाजामध्ये आहेत.
९. गंगाखेड शहरातील बालकामगार कुटूंबियांच्या वार्षिक उत्पनावरून असे दिसून येते की, ३० हजार रूपयापेक्षा जास्त उत्पन्न मिळवणाऱ्या कुटूंबियांची संख्या सर्वात जास्त आहे.
१०. गंगाखेड तालुक्यातील बालकामगार कुटूंबियांच्या वार्षिक उत्पनावरून असे दिसून येते की, १००० ते १०,००० रुपये दरम्यान उत्पन्न मिळवणाऱ्या कुटूंबियांची संख्या सर्वात जास्त आहे.
११. गंगाखेड तालुक्यातील बालकामगारांना बालवयात काम केल्याने शैक्षणिक परिणाम, आरोग्य विषयक परिणाम, वैयक्तिक तसेच सामाजिक परिणामांना तोंड द्यावे लागत असल्याचे आढळते.
१२. गंगाखेड शहरातील तसेच तालुक्यातील बालकामगारांना करावे लागणारे काम व त्यांना दिले जाणारे वेतन याचा विचार केला असता या तालुक्यामध्ये बालकामगारांना कामाच्या मानाने अतिशय कमी वेतन मिळत असल्याचे दिसून येते.

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मराठवाड्यातील उच्च शिक्षणाचा दर्जा - उणिवा व उपाययोजना

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प्रा. गणेश अनंतराव मुडेगावकर, अधिव्याख्याता, शिक्षणशास्त्र विभाग, सोलापूर विद्यापीठ, सोलापूर.

सारांश :

या संशोधनामध्ये मराठवाड्यातील उच्च शिक्षणाचा दर्जा - उणिवा व उपाययोजना या संदर्भात सर्वेक्षण पध्दतीने प्रश्नावली, मुलाखत या साधनांचा वापर करून एकूण १२४५ एवढा नमुन्याची निवड केली आहे. यामध्ये विद्यार्थी, शिक्षक, पालक, शिक्षण तज्ञ आणि उच्च शिक्षणाशी संबंधीत असलेल्या व्यक्तींचा समावेश करण्यात आलेला आहे.

स्वातंत्र्याच्या अर्धशतकानंतर विकासाशी विसंगती असलेला, वेग आणि परिवर्तन यांच्यापासून दुरावलेला आणि संध गतीने प्रगती करत इतिहास सांगणांरा संताची भूमी लाभलेला पण स्वतःच्या क्षमतेची पूर्ण ओळख नसलेल्या आणि कायम विविध समस्यांच्या दृष्टचक्रात अडकलेल्या या प्रादेशिक विभागास उच्च शिक्षणाचे आत्मचिंतनाची गरज आहे.

Quality आणि Quantity चे व्यस्त समीकरण असते असे असेल तरी काळाप्रमाणे बदलावे लागते म्हणून शाळा, महाविद्यालये आणि विद्यापीठ यांच्या संख्येत भर पडली पण गुणवत्तेचे काय? असा यक्ष प्रश्न निर्माण झाल्यानंतर सातत्याने होणारी सुधारणा म्हणजे गुणवत्ता होय. ही गुणवत्ता अध्ययन, अध्यापन आणि मूल्यमापन अशा माध्यमातून प्राप्त होत असते पण अध्ययन, अध्यापन, विस्तार आणि संशोधन यावर आधारलेले आमचे उच्च शिक्षण सध्या कसे आहे? काही मोजक्या गुणवंताचे नावे देऊन गुणवत्ता मापन करता येणार नाही. एवढेच नव्हे तर नव्यानेच नॅक ने केलेल्या मूल्यांकनात आमच्या महाविद्यालयांचा दर्जा काय आहे हे ही उत्तर झाकुन ठेवण्यासारखेच आहे. आमचा देश उच्च शिक्षणाच्या बाबतीत जागतिक सरासरीच्या २३% मागे आहे U.G.C. च्या ११व्या योजनेनुसार अधिकाधिक युवकांना उच्च शिक्षणात सहभागी करून त्यांना गुणवत्तापूर्ण शिक्षण द्यावयाचे आहे.

संशोधनाची उद्दिष्टे :

१. मराठवाड्यातील उच्च शिक्षणाचा सद्यस्थिती अभ्यास करणे.
२. मराठवाड्यातील उच्च शिक्षणात गुणवत्ता निर्माण होण्यासाठी उपाययोजना सुचवणे.

संशोधन पध्दती: सर्वेक्षण

सदर संशोधनात सर्वेक्षण पध्दतीस वापरण्यात आले आहे. सर्वेक्षण पध्दतीस आदर्शमूलक किंवा वर्णनात्मक पध्दती या नावाने संबोधले जाते. यात वर्तमानावर भर दिला जातो.

विशिष्ट बाबतीत असलेली सदःस्थिती जाणून घेण्यासाठी उपयोगी पडणाऱ्या संशोधन पध्दतीला सर्वेक्षण पध्दती असे म्हणतात.

संशोधन साधने:

प्रश्नावली : १) शिक्षक प्रश्नावली २) विद्यार्थी प्रश्नावली ३) पालक प्रश्नावली

सदर संशोधनात प्रश्नावली हे साधन वापरण्यात आले आहे. संशोधन कार्यात समस्या व साधने हे परस्परपुरक व पोषक असावे लागतात.

प्रश्नावलीत अभ्यास वस्तू संबंधीचा मोजक्या लिखित व पुर्वनियोजित प्रश्नांची उत्तरे प्राप्त केली जातात. प्रश्नावली नियंत्रित, वस्तूनिष्ठ व गटाच्या मुलाखतीसारखी असते. कारण सामान्यतः सारख्याच परिस्थिती व एकच

प्रश्नसंच प्रत्येकाला सोडावयाचा असतो. शिवाय एकाच वेळी अनेकांना देता येते. म्हणून सदर संशोधनात शिक्षक व विद्यार्थ्यांसाठी प्रश्नावली या साधनाचा माहिती संकलित करण्यासाठी निवड केली.

नमुना निवड :

सदर नमुना निवड सुगम यादृच्छिक पध्दतीतील लॉटरी पध्दतीने चिठ्ठ्या टाकून करण्यात आली आहे.

(१) शिक्षक — १०० २) विद्यार्थी — ५०० ३) पालक — १००.

निष्कर्ष :

- ०१) अध्यापकाची निवड पध्दत फारशी परिणामकारक नाही.
- ०२) शिक्षकांचा दृष्टीकोन सकारात्मक नाही.
- ०३) संस्थाचालक, प्राचार्य, शिक्षक यांच्यात सेवावृत्तीचा अभाव आहे.
- ०४) जीवन उपयोगी अभ्यासक्रम नाही.
- ०५) गुणवत्तापूर्ण शिक्षणाचा अभाव आहे.
- ०६) १००% कॉपीमुक्त शिक्षण नाही.
- ०७) मूल्यमापन पध्दतीचे पुनर्रचना आवश्यक आहे.
- ०८) भौतिक सुविधांचा अभाव आहे.
- ०९) उपलब्ध सुविधा विद्यार्थ्यांपर्यंत पोहचत नाही.
- १०) शेतीसाठी पुरक अभ्यासक्रम उपलब्ध नाहीत.
- ११) सकारात्मक, परिवर्तनशील आणि कुशल मनुष्यबळाची मोठया प्रमाणावर उपलब्ध करण्याची आजच्या उच्च शिक्षणात क्षमता नाही.
- १२) प्रतिष्ठेला अवाजवी महत्व प्राप्त झाले आहे.
- १३) केवळ उस्मानाबाद जिल्हयाचा विचार केला तर कुंथलगिरीचा खवा व पेढा, तेरखेडयाचा फटाका उद्योग, येडशीचा चर्मउद्योग, आणि द्राक्ष उत्पादने याबाबतच्या प्रक्रिया आणि बाजारपेठ याबद्दल अथावावत योजना शिक्षणात नाही.
- १४) प्रादेशिक स्थिती आणि गरजा आणि उच्च शिक्षण यांचात समन्वय नाही.
- १५) ज्ञानार्थी बनण्यापेक्षा परीक्षार्थी बनविण्यामध्ये अधिक चुरस आहे त्यामुळे आत्मविश्वास निर्माण होत नाही.
- १६) अध्ययन अध्यापनात आधुनिक तंत्रज्ञानाचा वापर मोठया प्रमाणावर होत नाही.
- १७) नापासाच्या भितीमुळे अधिकाधिक प्रवेश ग्रामीण भागातील महाविद्यालयात होतात.
- १८) शिक्षणाच्या सोयीचे केंद्रीकरण झालेले आहे. केवळ चर्चेत ग्रामीण भागातील विद्यार्थी केंद्रबिंदू आहे.

मराठवाडयातील उच्च शिक्षणास भवितव्य निर्माण करून दयावयाचे असेल तर उच्च शिक्षणात गुणवत्ता निर्माण करून त्याचा परीघ विस्तारणे गरजेचे आहे. ज्येष्ठ समाजसेवक बाबा आमटे यांनी म्हटलय “भानावर राहून नियोजन करावे व बेभान होऊन ते राबवावे” अशी गरज आज निर्माण झालेली आहे.

एकुणच मराठवाडयातील उच्च शिक्षणाची स्थिती ही Beauty is only see not to touch अशी आहे. केवळ पदवी आहे पण जीवन जगण्याचा आत्मविश्वास, कौशल्य विकासीत झालेली नाही. तेव्हा जे नाही त्यामुळे खचून न जाता जे आहे त्या आधारावर जे नाही ते प्राप्त करण्यासाठी प्रामाणिक व सकारात्मक प्रयत्न होणे गरजेचे आहे.

जागतिकीकरण, आंतरराष्ट्रीयकरण, खाजगीकरण या प्रवाहात उच्च शिक्षणास भवितव्य निर्माण होण्यासाठी पुढील

बाबीचा अवलंब करणे गरजेचे आहे.

उपाययोजना :

१. १००% विद्यार्थ्यांना प्राथमिक, माध्यमिक व उच्च शिक्षणात सहभागी करून घेणे.
२. जिल्हा निहाय विद्यापीठाची निर्मिती करणे.
३. ग्रामीण भागात प्रादेशिक गरजेनुसार अभ्यासक्रम सुरु करणे.
४. शिक्षणाचे विकेंद्रीकरण करणे.
५. आधुनिक शैक्षणिक साधनाचा वापर १०० करणे त्यासाठी अनुकूल वातावरणाची निर्मिती करणे.
६. व्यवसायनिष्ठ आणि दर्जेदार शिक्षकाची निवड करणे.
७. शिक्षकांना पुरेसे शैक्षणिक स्वातंत्र्य देणे.
८. परीक्षापध्दतीत बदल करणे. उदा. Open Book Exam, On Line Exam.
९. शिक्षक आणि संस्थाचालक यांच्यात सेवा वृत्तीची जोपासना करणे.
१०. दर्जेदार संशोधन आणि त्याचा उपयोग यावर भर देणे.
११. संप्रेषण, वेळेचे नियोजन, व्यक्तीमत्व विकास अशा उपक्रमाची जाणीवपूर्वक अंमलबजावणी करणे.
१२. अभ्यासक्रम निर्मिती समितीमध्ये उद्योग क्षेत्रात कार्य करण्याचा आणि प्रयोगशील व्यक्तींचा समावेश करण्यात यावा.
१३. शेतीतील आणि इतर क्षेत्रातील संशोधन प्रत्यक्ष शेतकरी अथवा व्यक्तिपर्यंत मुळ शुध्द स्वरूपात पोहचण्यासाठी आणि त्याचा उपयोग होण्यासाठी शेतीचाच प्रयोगशाळा म्हणून वापर करावा.
१४. शिक्षणाची सुरुवात व्याकरणापासून न करता वापरापासून करावी.
१५. आधुनिक तंत्रज्ञानाचा, इंटरनेट, संगणक इत्यादी बाबतचे प्रशिक्षण ग्रामीण भागात देण्यासाठी मोबाईल लॅब ची व्यवस्था करण्यात यावी.
१६. उच्च शिक्षणात गुणवत्ता निर्माण होण्यासाठी विविध दर्जेदार संस्था अथवा विद्यापीठे यांच्याशी समन्वय करार करण्यात यावा.

प्रत्येक शिक्षकाकडून झालेली सुरुवातच मराठवाड्यातील उच्च शिक्षणास योग्य आकार देऊ शकते. कारण स्वामी विवेकानंद म्हणतात. “कुठलेही राष्ट्र बुडायला लागले तर त्याला एकच व्यक्ती वाचवू शकतो तो म्हणजे त्या राष्ट्रातील शिक्षक.”

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०५. घोरमोडे के. यु., घोरमोडे कला, शैक्षणिक संशोधनाची मुलतत्वे, प्रथम आवृत्ती २००८, नागपूर : विद्या प्रकाशक.
०६. कऱ्हाडे बी. एम., शास्त्रीय संशोधन पध्दती, नागपूर : पिपंळपूरे अॅण्ड कंपनी पब्लिशर्स.
०७. लोकसत्ता दि. २ जानेवारी २००८ बुधवार पान क्र. ०४ शेतकऱ्यांच्या आत्महत्या.

जागतिकीकरण आणि मानवी विकास

प्रा. कोल्हे तुकाराम त्रिंबकराव: समाजशास्त्र विभागप्रमुख, वि. पा. शि. प्र. मं. सं. कला, वाणिज्य आणि विज्ञान महाविद्यालय, कन्नड, ता. कन्नड, जि. औरंगाबाद.

जगातील सर्वच देशामध्ये साधारणतः १९८५ नंतर जागतिकीकरण ही संकल्पना महत्वाची मानली जावू लागली. जागतिकीकरण ही संकल्पना भारतीय संस्कृतीत अत्यंत प्राचीन काळापासून आहे. 'वसुधैव कुटुंबकम्' ही भूमिका जागतिकीकरणाचा अर्थ सांगणारी आहे. दुस-या महायुद्धानंतर यू. नो, गॅट, नाणेनिधी, जागतिक बँक इ. जागतिक संघटना स्थापना करण्यात आल्या. या सर्वांचा उद्देश जगातील विविध देशांनी कोणत्याही अडथळ्याविना विविध प्रकारचे व्यवहार एकमेकांत करावे. त्यांनी जागतिकीकरणाची प्रक्रिया सुरु केली. जागतिकीकरणाचा परिणाम जगातील सर्व देशांवर होत आहे. बहुसंख्य कंपन्यांचा विस्तार होवून विदेशात त्यांची गुंतवणूक वाढत आहे. जागतिकीकरण हा २० व्या शतकाच्या अखेरीचा व २१ व्या शतकाच्या प्रारंभीचा परवलीचा शब्द बनला आहे.

जागतिकीकरण म्हणजे देशाच्या राजकीय सीमेबाहेर आर्थिक व्यवहाराचा विस्तार करणे होय. जागतिकीकरण ही आर्थिक एकीकरणाची प्रक्रिया आहे. त्याचे सामाजिक स्वरूपात अनेक बदल झालेले दिसून येतात.

व्याख्या :

- १) जागतिकीकरण म्हणजे व्यापार, वित्त, रोजगार, तंत्रज्ञान, दळणवळण, विदेशी स्थलांतर, पर्यावरण, राहणी, शासन, समाजव्यवस्था, संस्कृती अशा सर्व क्षेत्रातून होत राहणारे रूपांतर होय असे म्हणता येईल.
- २) जागतिकीकरण म्हणजे आर्थिक, सामाजिक आणि सांस्कृतिक सीमांची मर्यादा दूर करून आजवर उभी केलेली अडथळांची नीती काढून टाकणे.
- ३) जागतिकीकरण म्हणजे खुली स्पर्धा आणि नवे तंत्रज्ञान यातून उत्पादक आणि उत्पादन वाढविणे तसेच संपूर्ण जगाची एकच बाजारपेठ निर्माण करणे आणि वस्तू व सेवा यांची विक्री करणे होय.
- ४) जागतिकीकरण म्हणजे उपभोग्य वस्तूंच्या समावेशासह सर्व वस्तूंवरील आयात नियंत्रणे हळूहळू रद्द करणे. आयात जकातीचे दर कमी करणे. सार्वजनिक क्षेत्रातील उपक्रमांचे खाजगीकरण करणे होय.
- ५) जागतिक अर्थव्यवस्था म्हणजे विविधता असलेल्या अर्थ व्यवस्थांचा समूह होय. ज्यामध्ये निरनिराळ्या कार्यक्रमांने जे एकमेकांशी विविध मार्गांनी परस्परांवर क्रिया करतात आणि अशा रीतीने कालांतराने त्यांच्या वृत्तीने बदल करतात.

जागतिकीकरण म्हणजे काय पाहिल्यानंतर त्याचा महिला सबलीकरणावर कसा परिणाम झाला हे पाहणे व जागतिकीकरणामुळे मोठ्या प्रमाणात कसं उदारीकरण झालं आणि वित्तपुरवठा वाढला तसेच १९८० च्या दशकात अर्थकारणाच्या वाढीवर परिणाम झाला. तसेच विशेष करून या पेपरचा मुख्य उद्देश हा आहे की, या सर्व पॉलिसीचा परिणाम स्त्रीयांच्या रोजगार निर्मितीवर आणि त्यांच्या सामाजिक हक्कांवर कसा झाला हे पाहणे आहे. जागतिकीकरणामुळे विकसनशील देशातध्ये स्त्रीयांच्या रोजगाराच्या संधी वाढल्या आहे. या प्रस्तुत पेपरमध्ये ही चर्चा उपस्थित केलेली आहे.

स्त्रीयांच्या रोजगार आणि सामाजिक पॉलिसी यांच्यामध्ये आंतरसंबंध आहे. अनेक विकसनशील देशामध्ये गरीब स्त्रीयांनाही सामाजिक अधिकार प्राप्त झालेले आहे. अनेक समीक्षकांचं मत आहे की, जागतिकीकरणामुळे स्त्रीयांच्या

रोजगार निर्मितीत वाढ झाली असं म्हणणं अर्थहीन आहे. कारण या सुवर्ण युगामध्ये स्त्रीयांना फारच थोडे सामाजिक हक्क प्राप्त झालेले आहेत. दुसऱ्या शब्दात सांगावयाचे झाल्यास अनेक विकसनशील देशामध्ये पुरुषांसाठी रोजगार निर्माण केला गेला व स्त्रीयांना मात्र त्यांच्यावर अवलंबून राहाव लागलं. त्यांना त्यांच्या हक्कापासून वंचित राहावं लागलं.

आज आपण पाहतो की, विकसनशील देशामध्ये स्त्रीयांना अनेक रोजगारापासून वंचित राहावं लागत आहे. उदा. पब्लिक सर्व्हीसेस, इत्यादी. खरं तर आंतरराष्ट्रीय आर्थिक एकीकरणाची सुरुवात १८८० ला सुरु होऊन १९१३ पर्यंत चालू होती. सद्यकाळात व्यापारातील अनेक अडथळे कमी झाले आहेत. खासकरून पूर्व आशिया व लॅटिन अमेरिकेमध्ये १९९० पेक्षा १९६४-७३ दरम्यान हे अडथळे जास्त होते.

याचा अर्थ असा नाही की, सध्याच्या जागतिकीकरणामध्ये काहीच नवीन नाही, दूरसंचार, दळणवळण आणि माहिती तंत्रज्ञानमध्ये आमूलाग्र बदल झाले आहेत. आज जगाच्या एखाद्या काना-कोपऱ्यात जर एखादी घटना घडली तर त्याचे पडसाद लगेच जगाच्या दुसऱ्या भागात उमटतात. त्यातच आर्थिक विश्वात झालेल्या बदलाबाबत तर अधिकच जाणवते.

जगातील विकसनशील देश वैश्विक अर्थजगताशी जुळली नाहीत. FDI (फॉरेन डायरेक्ट इन्वेस्टमेंट) मध्ये चार भाग आहेत. एक भाग युरोपीयन युनीयनचा, दुसरा भाग उत्तर अमेरिकेचा आहे तर तिसरा भाग या चार भागांनी FDI चा ९० टक्के पैसा वापरला आहे.

जागतिकीकरणाच्या बाजारामध्ये वित्त बाजाराची स्थिती अतिवादीत स्वरूपाची असलेली दिसून येत आहे. १९७१ मध्ये सोन्याची किंमत कमी झाल्यामुळे आणि अदलाबदलावरील मुक्तपणामुळे आंतरराष्ट्रीय वित्तपुरवठा अतिउच्च पातळीवर गेला आहे. FDI पुरवठ्यासारखंच वित्त पुरवठा सुध्दा प्रामुख्याने लक्ष केंद्रित झालेला आहे आणि विकसनशील देशामध्ये दहा टक्के गुंतवणूक झाली आहे. तरी विकसनशील देशामध्ये महत्त्वपूर्ण बदल घडले आहेत. आशिया खंडात औद्योगिक पॉलिसीची एक मोठी भूमिका पार पाडतांना दिसत आहे. प्रत्येक देशाची कुवत वेगळी असल्यामुळे आंतरराष्ट्रीय आर्थिक बदलाची झळ वेगवेगळ्या देशांना वेगवेगळी बसते.

शेवटी कट्टरपंथीय उदारिकरणवादीयांच्या अधिकारहिन राज्य/ देश हा दावा सामाजिक पॉलिसी क्षेत्राला लागू केला आहे. देशातील खालच्या स्तरावरील घटकाला प्रोत्साहित करून सामाजिक नियम आणि राष्ट्रीय नियमांचं जतन केले जात आहे. यामुळे कर, सामाजिक संरक्षण आणि इतर सामाजिक खर्च कमी प्रमाणत केला जातो आणि यामुळे कामगार कमी होता आणि पर्यावरणाचे मानक नाहीसे होते. अशा प्रकारच्या स्थितीला 'सोशल डंपिंग' किंवा 'रेस टू द वेलफेअर बॉटम' असे म्हणतात. याबद्दल अनेक विवाद व हरकती घेण्याची सुरुवात झाली.

कंपन्या क्षेत्रीय आधार निर्माण करण्यास इच्छुक असतात. त्याची काही रचनात्मक कारणे आहे. FDI जास्त पगार असणाऱ्या देशातच आहे. जगातील सर्वात मोठा बहुराष्ट्रीय गुंतवणुक करणारा म्हणून भारतात, बांग्लादेशात नाही तर जास्त पगार असणाऱ्या अमेरिका इत्यादी देशात आहेत. कमी पगार किंवा कामगारांचा कमी दर्जा हे त्याचे आकर्षण असलेले दिसून येत नाही.

यामध्ये मजेशीर गोष्ट म्हणजे चायनासारखा देश जो की, प्रगतशील देशातला पैसा घेणारा सर्वात मोठा देश आहे. तो IMF/World Bank च महत्त्वपूर्ण भाग प्रभावित करतो. चायनाचे यश हे आहे की, त्याने FDI ला आकर्षित केले आहे, आपल्या भाषेच्या आणि सांस्कृतिक तसेच हॉगकॉग आणि परदेशी चायनीज उद्योगपतीच्या भावनिक आकर्षणामुळे, तरी स्वस्त व शिस्तप्रिय काम करणाऱ्या कामगारांच्या उपलब्धतेमुळे आणि शिक्षणामुळे तसेच आहाराच्या

अशा गुतवणूकी आकर्षित करता येतात.

स्टिफन फीच्या निष्कर्षानुसार चिली हा देश लॅटीन अमेरिकेमध्ये सर्वात मुक्त व सामाजिक सुधारणा झालेला देश आहे. प्रगतशील देशांसाठी 'सोशल डंपिंग' ही गृहितके बरोबर लागू पडतात. या प्रश्नांच उत्तर देण्यासाठी सखोल असं संशोधन होण अत्यंत गरजेच असलेले दिसून येते. वरील प्रकारच्या ILO प्रोजेक्टने काही क्षेत्रीय भाग तसेच विविधता दाखवून दिली आहे. त्यांचा प्रामुख्याने निष्कर्ष खालीलप्रमाणे असलेले दिसून येतात. पश्चिम युरोप आणि पूर्व आशियाई देश युरोपियन देशांचं अनुकरण करतांना दिसत आहे. परंतु पूर्व युरोपियन आणि लॅटीन अमेरिकन देश इंस्टीट्यूशनॅलिस्ट युरोपियन आणि रेसीड्युलिस्ट अमेरिकन मॉडेलमध्ये वाटले गेले आहेत व त्यांच भविष्य अंधकारमय बनवत आहेत. सध्याच्या जनकल्याणाच्या योजनेत अनेक विरोधाभास आहेत. हेच या अभ्यासाचे महत्वाचे निष्कर्ष आहेत.

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मराठी आत्मचरित्रातील स्त्री : एक दृष्टिक्षेप

डॉ. शारदा सा. कदम: मराठी विभाग, दिगंबरराव बिंदू महाविद्यालय, भोकर जि. नांदेड, ९८८१७४७२०८

इंग्रज भारतात आले तेव्हा भारतीय स्त्रीला सामाजिक पातळीवर अतिशय दुय्यम स्थान होते. सामाजिक रुढींनी तिला बांधून ठेवले होते. तिला शिक्षणाचा अधिकार नव्हता. म्हणजे तिच्या विकासाची दारे बंद झालेलीच होती. कुटुंबाच्या चौकटीत प्रथम वडील नंतर पती आणि शेवटी मुलगा यांच्या सत्तेखाली ती आयुष्य घालवत होती. पाश्चात्य देशातही यापेक्षा वेगळी स्थिती नव्हती.

दोन जागतिक महायुद्धानंतर काही वेगळ्या समस्या निर्माण झाल्या महायुद्धाच्या काळात पुरुष सैन्यात भरती झाले होते. आणि स्त्रियांवर पुरुषांची बाहेरची कामे करण्याची जबाबदारी पडली होती. स्त्रिया घर आणि बाहेरील जबाबदाऱ्या दोन्ही व्यवस्थित पार पाडत होत्या. युद्ध संपले पुरुष परत आले आणि स्त्रिया घरात फेकल्या गेल्या. आपण जर दोन्ही जबाबदाऱ्या नीटपणे पार पाडू शकतो तर आपल्यावर फक्त घरकामाचीच जबाबदारी का? सोपविण्यात आली आहे. असा त्यांना प्रश्न पडला. स्त्रीसाठी घर मुलेबाळे आणि पुरुषासाठी बाहेरचे विश्व ही विभागणी विषम आहे. अन्यायकारक आहे असे त्यांना जाणवू लागले. आणि या विषम समाज व्यवस्थेविरुद्ध पाश्चात्य देशातील स्त्री वर्गात असंतोष खदखदू लागला.

भारतात मात्र परिस्थिती काहिशी निराळी होती. इंग्रज भारतात आले. पाठोपाठ अनेक सुधारणा आल्या. महत्वाचे म्हणजे शिक्षण आणि आले बहुजन माणूस आणि स्त्री मुक्तपणे शाळा महाविद्यालयात जावू लागली आणि हजारो वर्षांपासून चालत आलेले 'स्त्री चित्रिची न दखवे' हे सुभाषित कालबाहय झाले. सामाजिक परिमाणे बदलली स्वातंत्र्याचा अर्थ समजायला लागला आणि हळुहळु बदलणाऱ्या सामाजिक परिस्थितीतून बदलेले साहित्य आकाराला आले. हजार वर्षांपासून अज्ञानाच्या अंधःकारात चाचपडणारी स्त्री हातात लेखणी धरून ती सक्षमपणे चालवू लागली. जगण्याची परंपरावादी चौकट झुगारून देवून नवा उंबरठा रोवू लागली यातून आकाराला आला स्त्रीवाद. न्यूटनच्या गतिविषयक तिसऱ्या नियमाप्रमाणे हजारो वर्षांपासून लादलेल्या बंदिस्त नियमात जखडलेल्या स्त्रीला मुक्तपणे श्वास घ्यावयाला संधी मिळताच तिने या परंपरा नाकारायला सुरुवात करून स्वयंभू जगणे स्विकारले आणि त्यातूनच स्वयंभू साहित्य उदयाला आले. यातील महत्वाचा वाडःमय प्रकार म्हणजे आत्मचरित्र हा होय.

आत्मचरित्र म्हणजे काय ?

"आत्मचरित्र हे स्वतःचे चरित्र असल्यामुळे चरित्राकडून अपेक्षित असलेली वाडःमयीन गुणवत्ता आत्मचरित्राकडून अपेक्षित असतेच शिवाय आत्मशोधवर आधारलेले असल्यामुळे आत्मनिष्ठेतून निर्माण होणारी मूल्यगर्भता आणि रम्यता चरित्रापेक्षा आत्मचरित्रात अधिक असते. अशा वेळी आत्मचरित्रकाराने घटनांची सत्यासत्यता शास्त्र कारावर पारखून घेऊन केवळ भागत नाही भूतकालीन जड घटनांच्या आधारे जीवन चैतन्य उभे करू शकणारी भाषा. प्रसंगांची व्यक्तिरेखांच्या मांडणीवरील प्रभुत्व, मानवी मनासारख्या संपन्न आणि गुंतागुंतीच्या घटकाचा शोध घेण्यासाठी आवश्यक असणारी विचारशक्ती व चिंतनशीलता आत्मचरित्रकारापाशी असणे आवश्यक असते".

थोडक्यात स्वतःचे त्रयस्थासारखे तटस्थपणे केलेले मूल्यमापण म्हणजे आत्मचरित्र होय.

मराठी साहित्यात जी जी आत्मचरित्रे, स्त्रीयांनी लिहिलेली आहेत त्या त्या आत्मचरित्राचा विचार करता असे दिसते की बहुतांशपणे स्त्रियांची आत्मचरित्रे म्हणजे त्यांच्या पतीची चरित्रे दिसतात. प्रारंभीच्या काळात असे दिसत असले तरी नंतर नंतर मात्र याचे स्वरूप बदलत जावून ते अधिक सुक्ष्म हातांना दिसते. स्वतःचा शोध घेण्याची प्रवृत्ती आत्मचरित्रात नंतरच्या काळात दिसायला लागलीय.

आजच्या या काळात तर परंपरेना घालून दिलेली चौकट झुगारून देवून स्त्री जगतांना दिसते. नव्हे काळाची गरज आज ती बनलेली आहे. त्यामुळे त्या गृहिणी वर्तुळातून बाहेर पडून समाजाच्या प्रगतीत मोलाचा ठसा उमटवतांना दिसत आहे यांचा संदर्भ अनेक आत्मचरित्रातून समोर येतांना मराठीत गृहिणींपासून ते बारबाला पर्यंत अनेक क्षेत्रातील स्त्रीयांनी आत्मचरित्र लेखन केलेले आढळून येते.

मराठीत हंसा वाडकर, सरोजिनी शारंगपाणी, शांता गोखले, स्नेहप्रभा प्रधान, दुर्गा खोटे, सिंधुताई सपकाळ, वैशाली हळदणकर अशा अनेक वेगवेगळ्या क्षेत्रातील स्त्रियांनी आत्मचरित्रलेखन केलेले आढळून येते. यातही बहुतांशपणे स्वतःचे (आयुष्य) चित्र रंगवण्यापेक्षा कौटुंबिक जीवन रंगवण्यावर या आत्मचरित्राचा भर दिसतो. काही आत्मचरित्रात मात्र नायिका प्रचंड बंड करतांना दिसतात.

१९७२ साली आनंदीबाई विजापूर यांचे अजून चालतेचि वाट! हे आत्मचरित्र प्रकाशित झाले. संसाराच्या चौकटीत न रमणाऱ्या स्त्रीचे हे आत्मचरित्र आहे. लेखिकेचे लग्न बायको वारलेल्या विधूर माणसाशी झाले. पतीच्या पहिल्याच दर्शनाने या स्त्रीच्या मनाला निराशेचा धक्का तर बसलाच परंतु तिच्या कलासक्त मनाची ओढ एकीकडे तर जे विवाहित जीवन तिच्या वाट्याला आले त्याची ओढ दुसरीकडे अशी स्थिती होतांना दिसते. पण इथेच ही स्त्री थांबत नाही तर यातून मार्ग काढण्यासाठी त्या नर्सिंग शिकण्यासाठी जातात. इथेच त्यांचा व ग.वा.बेहरे यांचा परिचय होतो व ओळख वाढते. ओळखीचे रूपांतर प्रेमात होते व लेखिका म्हणजे आनंदीबाई विजापुरे ठरवतात की यानंतर आयुष्याची वाटचाल बेहरे यांच्या सोबत करावयाची.

सौ. आनंदीबाई विजापुरे यांनी तरुणपणाच्या वळणावर घेतलेल्या हा निर्णय त्यांच्या जीवनावर पुढे खूपच घातच ठरलेला आहे. १४ वर्षे बेहरे यांनी आनंदीबाईच्या शरिराचा, संपत्तीचा कष्टाचा उपभोग घेतला व शेवटी निघून गेला. तरीही ही स्त्री डगमगली नाही. पुन्हा आपले स्वतंत्र विश्व ती उभे करते. एक कारखाना चालवते. कारखाना चालला नाही तेव्हा स्वतःचे दागिने विकून कर्ज फेडते. उतारवयात बंगला बांधते म्हणूनच हे आत्मचरित्र म्हणजे समाजाशी, काळाशी, भवितव्याशी, व आपल्या संचिताशी झगडणाऱ्या स्त्रीचे आहे. अतिशय खडतर जीवन प्रवास करूनही नायिका समाधानी आहे.

समोर येणाऱ्या आव्हानांना सामोरे जाण्याची अन् आपर कष्ट करण्याची वृत्ती स्त्रीत असलेली ती आनंदीबाईतही दिसते. साहित्य व समाजाचा आरसा असतो अस म्हणतांना अनेक सामाजिक बदला बरोबर स्त्रीचे भावविश्व बदलले तिचा संघर्ष अनेक पातळीवर वाढला तरीही तिचे लढणे अखंडपणे चालूच असलेले दिसते.

तसे पाहता १९७२ हे वर्ष स्त्रीवादी विचारांच्या जाणीवा लोकांपर्यंत पोहोचण्याचा हा काळ फार मोठं संक्रमण या काळात दिसून येते. एकिकडे प्रचंड परंपरा जोपासणारा प्रथा परंपरासाठी बंड करणारा समाज अन दुसरीकडे शतकानुशतकापासून चालत आलेल्या प्रथा परंपरा नाकारणारा, स्त्री-पुरुषापेक्षा 'माणूस'पणाचं मूल्य समाजासमोर ठेवणारा, स्त्री ही माणूस आहे तिला ही इतर प्राणीमात्रांसारखे जगण्याचे अधिकार आहेत तिचं माणूसपण ओळखा हा संदेश देणारा वर्ग या प्रचंड संक्रमणाच्या सुरुवातीच्या काळात अनेक स्त्री यांची आत्मचरित्रे प्रकाशित झाली. ही त्याकाळाचे संदर्भ देतात.

आनंदीबाई विजापुरे ही असाच एक संदर्भ जिला आत्मभान आले. जी स्वतःच्या मनाप्रमाणे जगू पाहते. जगण्याचे स्वप्न साकार करू पाहते. यातूनच झालेला पुनर्विवाह. पहिल्या विवाहात कुस्करल्या गेलेलं त्यांचं मन आई झाल्यावरही सगळे बंध झुगारून देते. हे समाजाशी, काळाशी, भवितव्याशी व आपल्या संचिताशी झगडणाऱ्या स्त्रीचे आत्मचरित्र असून त्यांच्या आयुष्याचा प्रवास हा जीवघेणा असला तरी शेवटी त्यांनी आपल्या जीवन प्रवासाबद्दल समाधानच व्यक्त केलेले आहे. आनंदीबाई विजापुरे यांच्या आयुष्यात जगावेगळ्या घटना घडलेल्या आहेत. प्रथम त्यांच्या वडिलांनी मोलकरणीशी लग्न केल्यामुळेच बालपणीच सामाजिक बहिष्काराचे दुःख त्यांना पाहावे लागले. पुढे त्यांचे लग्न गणपतराव विजापुरे या वयस्क पुरुषाशी करून दिल्यामुळे पतीच्या प्रथम दर्शनानेच त्यांच्या मनाला निराशेचा धक्का बसलेला आहे. तरीही या स्त्रीने संगीत, चित्रकला, प्रसूतिशास्त्र या विषयात प्रगती केलेली असून शेवटी कारखानाही उभा केला याच काळात त्यांचा परिचय ग.वा.बेहरे यांच्याशी झाला. नकळत त्या बेहरेत गुंतल्या गेल्या. बेहरेचेही आपल्यावर प्रेम आहे या भ्रमात त्या सापडल्या. बेहरेचे लग्न झालेले होते. त्यांनाही मुलेबाळे होती त्या बेहरेंच्या खोट्या भुलथापांना बळी पडल्या आणि त्यांनी वेळप्रसंगी आपले दागिनेही विकले व बेहरेंच्या अडचणी सोडविल्या. कालांतराने बेहरे त्यांना सोडून निघून गेले पण त्यांनी घटस्फोट घेतला नाही. पहिले पत्नी व घोरोबा टिकवून ठेवला इकडे आनंदीबाई मात्र घटस्फोट घेऊन विभक्त झाल्या होत्या. पण या धक्यातून त्या सावरल्या व आपले दुःख समाजासमोर मांडण्याचे धाडस ठेवले. आपल्या चुकांनाही तटस्थपणे मोजले एखादी ध्येयवेडी कलासक्त स्त्री आपल्या आयुष्यातील दुःखांना किती बेडरपणे समोर जाऊ शकते. त्याचे हे आत्मचरित्र उत्तम उदाहरण होय.

त्याचबरोबर १९७५ साली प्रकाशित झालेले सौ. शरोजिनी शारंगपाणी यांचे 'दुदैवाशी दोन हात' नावाचे आत्मचरित्र प्रकाशित झाले. त्यांच्या जन्माच्या वेळाची परिस्थिती सांगतांना त्या म्हणतात, "माझ्या आईला एकापाठोपाठ चार मुलीच झाल्या. आसहाय्य शारिरीक वेदनांतून मुक्त झाल्यावर सुटकेचा निःश्वास टाकताच माझ्या आईने विचारलं काय झालं? मुलगी! आणि मग काही काळ शांतता यातून तत्कालिन सामाजिक स्थिती लक्षात येते. तत्कालीन समाजाच्या चालीरितीमुळे लेखिकेला सातवीपर्यंत शिक्षण घेता आले. कमी वयातच लग्नाच्या बोहल्यावर उभे राहून त्यांना विवाह करून घ्यावा लागला आहे. यातच या स्त्रीचे दुदैव वयाने जास्त असलेला व डोळ्यांनी अधु असलेला पती मामांच्या आईवडिलांच्या मर्जीमुळे स्वीकारावा लागलेला आहे. विशेष म्हणजे आपले डोळे काही दिवसातच जाणर व आपल्याला संपूर्ण अंधत्व येणार म्हणूनही श्री. शारंगपाणी यांनी लवकरात लवकर हे लग्न केलेले आहे. हे सत्य सरोजिनी बाईंनी जीवनाचा शेवटी समजलेले आहे. तर आपली फसगत झाली हे वास्तव सरोजिनी शारंगपाणी यांच्या मामांना अर्ध्या आयुष्यातच समजलेले आहे व आपल्या हातून चुक झाल्याचं शल्य त्यांना टोचत राहतं.

पण या सर्वात होरपळ होते ती लेखिकेची लेखिकेच्या मानसिकतेची सामाजिक स्थित्यंतराचा इतिहास पाहता असे अनेक संदर्भ स्त्री यांच्या सामाजिक बदलाच्या इतिहासात सापडतात आणि अनेक प्रश्नात होरपळणाऱ्या स्त्रीयांचे आढळून येतात.

हे १९७० चे दशक होते. आजची परिस्थितीही फारशी वेगळी नाही. २००० नंतर प्रकाशित झालेले वैशाली हळदणकर या बारबालेचे 'बारबाला' हे आत्मचरित्र हजारो वर्षांच्या स्त्री दुःखाला विसर पडावा असेच आहे. आज जागतिकीकरणाच्या रगाड्यात भरडली जाणारी एक स्त्री आणि तिचा संघर्ष समाजापुढे येवू पाहतो आहे. हजारो वर्षांपासून स्त्रीला पुरुषसत्तेने भोगासाठी वापरलेली वृत्ती आजही फारसी बदलेली दिसून येत नाही. आज स्त्री प्रत्येक क्षेत्रात वावरते पण आजूबाजूची परिस्थिती तिला तिचं बाईपण विसरून जगू देत नाही.

आज तिला आत्मभान आलं. ती संघर्ष करायला शिकली. चौकटीबाहेर पडली पण एका वेगळ्या चौकटीत अडकलेली दिसते. धावपळीच्या स्पर्धेत तिच्या वेदनेला आज वेगळा चेहरा प्राप्त झालाय. आज ती आर्थिकदृष्ट्या स्थिरावलीय पण मानसिकदृष्ट्या तिची होरपळ प्रचंड प्रमाणात होतांना दिसून येते.

वैशाली हळदणकर यांचे 'बारबाला' हे आत्मचरित्र प्रकाशित झाले आणि वाचकांच्या मनोविश्वाच्या हजारो मैल असणारं दुःख अन् अशा दुःखात जगणाऱ्या अन् मरणाऱ्या कित्येक स्त्रिया एकिकडे आभाळाला स्पर्श करणाऱ्या इमारती दुसरीकडे प्रचंड दलदलित राहाणारी माणसे यातली प्रचंड पोकळी जगण्याची दोन वेळेच्या अन्नासाठी आजही ती बळी पडते. अशा स्त्रीया बळी पडतांना दिसतात. आपल्या आत्मचरित्राच्या मनोगतातच लेखिका म्हणते आयुष्यात खूप पैसा मिळावा, प्रतिष्ठा मिळावी यासाठी मी कधीच धडपड केली नाही पण जगण्यापुरत्या थोड्याशा पैशांसाठी छोट्याशा, संसारासाठी मला जीवाचा आटापीटा करावा लागला. मी जन्माने बारबाला नव्हते. कुठलीच बारबाला जन्मतःच बारबाला नसते. परिस्थितीने मी हळूहळू बारच्या दिशेने ढकलली गेली. मला कुणी जबरदस्तीने बारमध्ये काम करायला भाग पाडलेले नाही. मी सतरा वर्षे बारमध्ये काम केलं माझ्या मुलांचं पोट भरण्यासाठी, स्वतःचे छोटसं घर घेण्यासाठी मला कमवण्याची गरज होती. पैसे कमवण्याचे सगळे प्रयत्न निष्फळ ठरल्यावर मी बारचा मार्ग निवडला. बारमध्ये गायिकेचे काम करणे मला मनापासून आवडत असले तरी मी ते काम सोडण्याचे ही अनेकदा प्रयत्न केले. पण शेवटी परिस्थितीला शरण गेले"^३

भुक माणसाला पशु बनवते अस म्हणतात ते काही खोट नाही हे या आत्मचरित्रावरून सिध्द झाले. माणसाने आपल्या गरजांवर नियंत्रण ठेवावे असे भरल्या पोटी सांगणारे तत्वज्ञान नैतिकतेचे शिकवण एकिकडे अन ज्याला पोटभर अन्न, निवारा, अन कपडा ही मिळत नाही हे रिकाम्या पोटापुढे प्रश्न माणसाला हतबल करून सोडतात. अन मग निती अनितीचे बंधन गळून पडतात. वैशाली हळदणकरांच्या आत्मचरित्रातून अशा अनेक घटना स्पष्ट होतात. तिथे काय चूक काय बरोबर ह्या पुढेही वाचक जातो. अन तो निःशब्द होतो आपल्या आत्मचरित्रातील एका प्रसंगात वैशाली हळदणकर म्हणते.

"इकडे बबलू (मुलगा) खुपच बेताल वागू लागला. रात्रीबेरात्री खायला करून मागायचा लाईट सुरू ठेवायचा. झोपू घायचा नाही. वाईट वाईट बोलायचा अंगाशी यायचा. एकदा विचारत होता." आई तुला टारझन का आवडायचा ? काय सांगणार ? मला कोणी कसे छळले ते सांगण्यातही काही अर्थ नव्हता. मी गप्प बसायची. कामावर निघाले की पाठीवरून हात फिरवायचा "काय फिगर आहे" म्हणायचा. मग मी ठाण्याच्या मॅटल हॉस्पिटलमध्ये गेले त्यांच्याशी बोलले. तेही ठेवून घ्यायला तयार होईनात. बाबलूचा छळ संपत नव्हता. तो रात्रभर आम्हाला जागे ठेवी व दिवसभर स्वतः झोपून जाई. तो झोपल्यावर आम्ही इतर कामे करत असू जागरणाने आम्ही त्रस्त झालो. उठला की वाईट वाईट इशारे करीत राही. मी दुर्लक्ष करत असे. पण हा जाच कमी झालाच नाही. वाढतच गेला.

शेवटी सव्वीस जुलैला माझ्या मुलाने माझ्यावर बलात्कार केला. बलात्कार कसला मी हतबल होऊन त्याला शरण गेले. मी खूप जणांशी बोलत होते पण माझ्याबरोबर नक्की काय घडतयं कुणालाच कळत नव्हते. कदाचित ही घटना घडेपर्यंत मलाही असे घडेल याचा विश्वास नव्हता. मी वेगवेगळ्या कल्पना करत होते. त्याने असे काही केले तर सरळ शरण जायचे असे मनाने ठरवले होते. सव्वीस जुलैच्या आधीही त्याने एक दोनदा असा प्रयत्न केला होता. त्यावेळी मला वाटले होते की, याला लाज वाटेल हा बदलेल पण, अगदी अंतर्बाह्य बदलेल. पण नाही, तसे घडायचे नव्हते.

त्यालाही मी नको होते. त्याला माझ्यापासून दूर जायचे होते. म्हणून त्याने हे अघोरी कृत्य केले असावे. मी क्षणोक्षणी त्याच्या मरणाची वाट पाहू लागले."४

वैशाली हळदणकरांच्या आत्मचरित्रातील हा प्रसंग वाचकांना आव्हान देतो. माणूस म्हणून जगण्याचा अधिकार ही जेव्हा माणसं नाकारतात. तेव्हा माणसाला, माणसाच्या माणूसपणाला काडीचाही अर्थ उरत नाही आणि काडीमोल ठरलेली माणसं जेव्हा बंड करायला लागतात तेव्हा काळासमोर एक आव्हान बनून समोर येतात त्यांच्या वेदनांचा नवा पट समाजासमोर येतो. पाठोपाठ नवीन समाज व्यवस्था उदयाला येते. वैशाली हळदणकरांच्या आत्मचरित्रातून हे स्पष्ट होते. वैशाली हळदणकर यांच्या आत्मचरित्रातून एका नव्या वेदनेचा चेहरा समाजासमोर आला. कालपर्यंतची आभाळाला पुरून उरणारी दुःख या आत्मचरित्रासमोर खुजी वाटायला लागतात. जागतिकीकरणाने जन्मास घातलेली नवी वेदना वाचकांसमोर आली आणि हजारो वर्षांपासून समाजव्यवस्थेला बळी पडणारी उध्वस्त झालेली स्त्री समोर येते. कधी राजकीय व्यवस्था, कधी समाजव्यवस्था तर कधी आधुनिकीकरण असे संदर्भ येताच पाठोपाठ चिरडल्या गेलेलं तिचं बाईपण समोर येतं. असाच एक उध्वस्त चेहरा वैशाली हळदणकरांचा 'बारबाला' या आत्मचरित्रातून वाचकांसमोर येतो.

निष्कर्ष :

- १) हे आत्मचरित्र वाचतांना प्रकर्षाने एक गोष्ट जाणवते ती म्हणजे वाट्याला दुःख जगतांना या काळातल्या स्त्रीया दुःखापासून पळत नाहीत तर जगण्याचा मार्ग काढतात. आत्महत्या करत नाहीत तर दुःखाला आव्हान देतात.
- २) कधी समाजाने, कधी परिस्थितीने लादलेली दुःख संघर्ष या स्त्रिया ताठ मानेने जगतात, भोगतात.
- ३) आयुष्याच्या वाटचालीत कधी स्वतःकडून चुका होतांना दिसतात. अशावेळी त्यातून पळ न काढता आपल्या चुकांचं तटस्थ मूल्यमापन या स्त्रीया करतांना दिसतात.
- ४) आत्मचरित्राच्या सुरुवातीच्या काळात स्त्रीयांची आत्मचरित्रे म्हणजे त्यांच्या पतीची चरित्रे होती. पण बदलत्या काळातल्या स्त्रीया बदलणाऱ्या सामाजिक परिस्थितीचे बदल स्वीकारताना आपल स्वतःच, आपल्या व्यक्तिमत्त्वाचं तटस्थ मूल्यमापन करतात.
- ५) आपण आयुष्यात जर जगलो ज्या चुका केल्या त्या स्पष्टपणे मांडण्याचं धाडस या स्त्रीयांमध्ये दिसते.
- ६) आपण जे दुःख भोगल त्याचा ठपका या स्त्रीया दुसऱ्यावर ठेवत नाहीत तर त्याचे कारण त्रयस्थपणे न्याहाळतात. कधी सुधारण्याचा प्रयत्न करतात.
- ७) या स्त्रीया अभिव्यक्तीच्या दृष्टीतही भक्कम दिसतात. जे भोगल ते व्यक्त करतांना त्या वाचकांची तमा बाळगत नाहीत.

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माहितीचा अधिकार व प्रशासनाची पारदर्शकता

प्रा. डॉ. चव्हाण पंडित लक्ष्मणराव, लोक प्रशासन विभाग, वसंतराव नाईक महाविद्यालय, वसरणी नांदेड.

गोषवारा :

प्रस्तुत अध्ययनात माहितीच्या अधिकारामुळे प्रशासनात पारदर्शकता निर्माण होण्यास कोणते घटक कारणीभूत ठरतात याचे अध्ययन करण्यात आलेले आहे. प्रशासनात लिहीले गेलेले अभिलेख यावर जनतेचा अधिकार आहे कारण ज्या प्रशासनाने हे अभिलेख निर्माण केले ते प्रशासन जनतेकडून गोळा केलेल्या कराच्या पैशावर चालते. अभिलेख जनतेला उपलब्ध करून देणे हे प्रशासनाचे कर्तव्य आहे. प्रशासनातील अभिलेख मिळविण्याचा अधिकार हा माहितीचा अधिकार आहे. हि माहिती जनतेला उपलब्ध करून दिल्यामुळे जनतेला प्रशासनाबद्दल विश्वास वाटतो.

प्रस्तावना :

मानवाने स्वतःला विकसित करत असतांना अनेक संस्था व नियमांची निर्मिती केली व त्या संस्था व नियमाप्रमाणे तो वर्तन करू लागला. ज्या रूढी, परंपरा कायदे आणि नियमाद्वारे मानवाचे जीवन नियंत्रित केले जाते ते त्याला माहित असणे हा त्याचा अधिकार आहे. त्या गोष्टी जत त्याला माहित नसतील तर तो कायदे व नियमाप्रमाणे वागणार कसा? कायदे किंवा ज्ञान गुप्त ठेवल्याचे व सामान्य जनांची प्रतारणा केल्याचे अनेक प्रकार जगात घडलेले आहेत. स्वतः ज्ञानी राहून इतरांना अज्ञानी ठेवणे हा मानवते विरुद्ध केलेला गुन्हा आहे. ज्या प्रशासनामध्ये या बाबी घडतात ते प्रशासन अमानवी आहे. त्यामुळे असे प्रशासन पारदर्शक न राहता अन्यायी व अत्याचारी बनते. म्हणून लोकशाही प्रशासन व्यवस्थेत प्रशासनाची सर्व माहिती जनतेला असणे आवश्यक आहे.

आंतरराष्ट्रीय राष्ट्रसंघाने दिनांक १० डिसेंबर १९४८ रोजी जनरल ऑसेंब्लीमध्ये जागतिक मानवी हक्काची घोषणा करून जगातील सर्व मानव समुहास माहिती मिळविण्याचा हक्क प्रदान केला. आर्टिकल १९ नुसार सर्व मानवाला माहिती देण्याचा, मिळविण्याचा व वेगवेगळ्या माध्यमाद्वारे सर्व जगभर प्रसारीत करण्याचा अधिकार प्राप्त झाला. गोपनीय या शब्दाखाली माहिती दडवून ठेवण्याची अमानवीय पद्धत या कायद्यामुळे बंद होण्यास सुरुवात झाली. १९६६ मध्ये नागरी राजकिय अधिकाराची पुनर्घोषणा करण्यात आली. सन १९२३ मध्ये ब्रिटीश सरकारने भारतात ऑफिस सिंक्रेट अॅक्ट तयार करून प्रशासनाबाबतची माहिती गोपनीय म्हणून जनतेपासून दडवून ठेवली होती. १२ ऑक्टोबर २००५ रोजी भारताच्या केंद्र सरकारने माहितीचा अधिकार कायदा हा मंजूर करून सर्व माहिती जनतेला खुली करून दिली.

संशोधनाची उद्दिष्टे :

- माहितीच्या अधिकाराचा जागतिक आढावा घेणे.
- माहितीच्या अधिकाराबाबत सरकारचे कर्तव्य जाणून घेणे.
- प्रशासनाच्या पारदर्शकतेची मोजमापे जाणून घेणे.
- प्रशासनाच्या पारदर्शकतेतून सुशासन तपासणे.

संशोधनाची गृहीतकृत्ये :

- माहितीचा अधिकार ही संकल्पना जागतिक पातळीवर स्विकारली गेली आहे.
- भारतातही माहितीच्या अधिकाराबाबत सर्व राज्यांनी कायदे केले आहेत.

- माहितीच्या अधिकारामुळे प्रशासनात पारदर्शकता निर्माण होत आहे.
- प्रशासनाच्या पारदर्शकतेमुळे प्रशासनात जनसहभाग वाढत आहे.

संशोधन पद्धती :

प्रस्तुत संशोधन शास्त्रीय पद्धतीचा अवलंब करून करण्यात आले आहे. उद्देश प्राप्तीसाठी नियोजन बद्ध संशोधन कार्याची आखणी करण्यात आली असून विश्लेषणात्मक व वर्णनात्मक अध्ययनपद्धतीचा उपयोग करून अध्ययन करण्यात आले आहे. संशोधनाच्या अंती निष्कर्ष मांडण्यात आले आहे.

माहितीच्या अधिकाराचा जागतिक अधिकार :

मानवी समुह जेवढा जुना आहे तेवढा माहितीच्या अधिकाराचा इतिहास जुना आहे. माहितीचा अधिकार शासन व जनता यांचे संबंध मजबुत करण्याचा मुख्य आधार आहे. याबाबत उपलब्ध माहितीनुसार विविध देशाने माहितीचा अधिकार आपल्या जनतेला देण्याचा प्रयत्न केला आहे.

- सर्व प्रथम १७६६ मध्ये स्विडन या देशाने माहितीचा अधिकार आपल्या जनतेला प्रदान केला.
- ऑगस्ट १७८९ मध्ये फ्रान्सने या क्रांतीकारी माहितीचा अधिकार तत्वाचा अवलंब केला.
- १७९१ च्या अमेरिकन स्वातंत्र्याच्या उद्घोषणेमध्ये माहितीचा अधिकार बाबतच्या काही तत्वाचा समावेश होता.
- फिन्लँड या देशाने प्रथमतः १९५१ मध्ये आधुनिक माहितीच्या अधिकाराचा कायदा केला. संयुक्त राज्य अमेरिकेने १९६६ मध्ये माहितीचा अधिकाराचा कायदा केला.
- १९८० ते २००१ दरम्यान सर्व साधारणपणे जगातील ८० टक्के देशाने माहितीचा अधिकार आपल्या जनतेला उपलब्ध करून दिलेला आहे.
- भारतात माहितीचा अधिकार मिळविण्याच्या चळवळीचे श्रेय “मजदूर किसान शक्ती संघटना राजस्थान” या संघटनेकडे जाते.
- भारतातील विविध राज्याने पुढीलप्रमाणे माहितीच्या अधिकाराची अंमलबजावणी केली आहे. तामिळनाडू १९९७, गोवा १९९७, राज्यस्थान २०००, कर्नाटका २०००, दिल्ली २००१, महाराष्ट्र २००२, केरळ २००२ इत्यादी राज्याने माहितीच्या अधिकाराच्या संदर्भात कायदे केलेले आहे.
- भारत सरकारने माहितीचा अधिकार कायदा २००५, १२ ऑक्टोबर २००५ रोजी मंजूर केला व त्याची अंमलबजावणी १२ डिसेंबर २००५ पासून सुरु झाली.

माहितीचा अधिकार भारतीय संकल्पना :

- मानवी विकास निर्देशांकानुसार जगातील १७५ देशांमध्ये विकासाच्या बाबीत भारताचा १३२ वा क्रमांक लागतो.
- जागतिक स्पर्धात्मक निर्देशांकानुसार भारत हा ५८ व्या स्थानी आहे.
- भ्रष्टाचार समजुत निर्देशांकानुसार भारत हा ६६ व्या स्थानी आहे.

उपरोक्त सर्व बाबी लक्षात घेता भारतामध्ये सुशासन निर्माण होणे आवश्यक आहे. याबाबत सर्वांचे एक मत होणे क्रमप्राप्त आहे. राष्ट्र निर्माण करण्याचे कार्य अनादीकाळापासून जनता करत आली आहे. जनतेला परिस्थितीचे गुलाम

बनवून त्यावर राज्य करणे ही संकल्पना आधुनिक जगामध्ये कालबाह्य झालेली आहे. आधुनिक जगामध्ये जनता, राष्ट्र, राज्य हे जगाचे निर्माते आहेत. जनतेला सुविधा पुरविणे व त्यांचे संरक्षण करणे ही शासनाची जबाबदारी आहे.

कर देणारी जनता अधिकार प्राप्त करण्यासाठी पात्र आहे. जी जनता कर देऊ शकत नाही त्याला कर देण्याची परिस्थिती इतके समृद्ध करणे ही शासनाची जबाबदारी आहे. राष्ट्र हे सर्वस्वी त्या भुमीवर जगणाऱ्या सर्व जिवीत मानवाचे असते.

माहितीच्या अधिकाराचा अर्थ :

माहितीचा अधिकार या जोड शब्दाचा अर्थ शोधण्यापुर्वी माहिती म्हणजे काय हे जाणुन घेणे आवश्यक आहे.

माहिती :

माहिती म्हणजे कोणत्याही स्वरूपाची कोणतीही विषय वस्तु यात अभिलेख, दस्तावेज, पत्र व्यवहार, ई-मेल, मत, सल्ला, बातमी, नियमावली, आदेश, खतावणी, करार, अहवाल, कागदपत्रे, नमुने, तथ्य सामुग्री इत्यादी लिखित अथवा इलेक्ट्रिक स्वरूपातील जे कि कायद्याद्वारे निर्मित कोणत्याही अस्थापनेद्वारे निर्मिली जाते मग ती खाजगी अस्थापना असेल तरीही. या सर्व स्वरूपात असलेली बाब म्हणजे माहिती होय.

माहितीचा अधिकार :

माहितीचा अधिकार या शब्दांतर्गत शासकीय प्रशासनाची माहिती मिळविणे असा अर्थ बोध होतो. माहितीचा अधिकार उपयोगास आणल्यास त्यात खालील कृतीचा समावेश होतो.

- नागरिकाला शासनाच्या नियम व कायद्याची माहिती होते.
- नागरिक शासनाच्या कार्यावर देखरेख ठेवू शकतात.
- नागरिक शासनाच्या आर्थिक उलाढालीवर देखरेख ठेवू शकतात.
- ई-प्रशासनामुळे प्रशासन, नागरिक आणि व्यवहार यात सुसंवाद निर्माण होतो.

लोकसहभागाचा अधिकार :

प्रशासनाच्या बाबतीत नागरिकाने आपले मत व्यक्त करणे, स्थान निर्देश करणे, निवेदन देणे व प्रस्ताव मांडण्याचा अधिकार असणे म्हणजे लोक सहभागाचा अधिकार होय. शासनाने घेतलेल्या निर्णयाच्या बाबतीत जेव्हा ती लोक चर्चेला टाकली जातील त्या कालावधीत नागरिक या अधिकाराचा वापर करू शकतात. यामुळे शासनाच्या कार्यात जनतेचा सहभाग नोंदवला जातो.

अपवाद :

माहितीच्या अधिकारात काही बाबी अपवाद करण्यात आलेल्या आहेत त्यात संरक्षण व राष्ट्रीय सुरक्षाच्या बाबी आणि अतिमहत्वाच्या बाबींचा समावेश होतो.

सरकारचे कर्तव्य :

१९९२ च्या जागतिक बँकेच्या म्हणण्यानुसार “देशाच्या आर्थिक व सामाजिक संसाधनाचे विकासासाठी व्यवस्थापन करणे हे शासनाचे कर्तव्य आहे.” माहितीच्या अधिकाराबाबत प्रत्येक कार्यालयामध्ये माहिती अधिकारी नेमुन जनतेच्या मागणीनुसार ठराविक काळात माहिती उपलब्ध करून देणे हे सरकारचे कर्तव्य आहे. उपरोक्त माहितीचा अधिकार कायद्यान्वये स्वतंत्र माहिती अधिकार आयोग स्थापण्याची तरतुद करण्यात आली आहे. या आयोगाच्या प्रमुखपदी एक मुख्य माहिती आयुक्त आणि इतर माहिती आयुक्त असतील या कायद्यातील संदर्भात झालेल्या गुन्हाबाबतची तक्रार

या माहिती आयुक्तांकडे करण्यात येईल. यात पहिले अपील याचिका PIO कडे व दुसरे राज्य किंवा केंद्र आयोगाकडे करण्यात येईल. सदर याचिका ही माहिती अधिकाऱ्यांने माहिती देण्यात विलंब केला किंवा अशी माहिती देण्यास नकार दिल्यास अशी अपील करता येऊ शकते.

शिक्षा :

माहिती उपलब्ध करून देण्यात जर वाजवीपेक्षा जास्त विलंब झाला तर आयोग त्यासाठी शिक्षा म्हणून प्रतिदिनी PIO ला रू. २५०/- इतकी दंडाची शिक्षा ठोठावू शकते. त्याचबरोबर माहिती देण्यासाठी नकार देणे, गैरहेतूने दिशाभूल करणारी भलतीच माहिती उपलब्ध करून देणे, खोटी माहिती देणे इत्यादी करीता त्याला जास्तीत जास्त रू. २५,०००/- इतकी दंडाची शिक्षा होऊ शकते.

सार्वत्रिक अधिकाराबाबत जागृत होणे :

- सर्व शासकीय संस्था व संबंधीत लोकांना माहितीच्या अधिकाराबाबत जागृत होणे आवश्यक आहे. ज्या जनतेच्या करातून आपण पगार घेतो. त्यांच्या गरजा व आवश्यकता पूर्ण करणे आपले कर्तव्य आहे.
- ज्या शासनाचे व प्राधिकरणाचे आपण सेवक आहोत त्या प्राधिकरणाला सेवा देणे आपले कर्तव्य आहे.
- ज्या कर्तव्यसाठी आपली नियुक्ती झाली आहे. त्या कर्तव्याच्या सर्व बाबीबाबत आपण काळ सुसंगत असणे हे आपले कर्तव्य आहे.
- जे प्राधिकरण आपले कर्तव्य करत असतांना आपल्या कर्तव्याला बाधा आणते त्या प्राधिकरणास आपले कर्तव्य बजावण्यास सांगणे हे आपले कर्तव्य आहे.
- स्वतंत्र भारताचा नागरिक म्हणून स्वतंत्र भारतामध्ये भारतीय राज्य घटना, हक्क आणि अधिकार या बाबत जागृत राहणे सर्व जनतेचे कर्तव्य आहे.

माहितीच्या अधिकाराचे फायदे :

- प्रशासनात पारदर्शकता निर्माण होते.
- नागरिकांमधील कायदा व नियमाबाबतची भीती नाहीशी होते व जनसहभाग वाढतो.
- सभ्य नागरिक निर्माण होण्यास मदत होते.
- भ्रष्टाचाराला आळा बसतो.
- गैर मार्गाला आळा बसतो.
- स्वाभिमानी समाज निर्मितीसाठी मदत होते.
- जागतिक पात्रतेचा जनसमुह निर्माण होण्यास मदत होते.
- प्रशासनाची माहिती सर्व जनतेला झाल्यामुळे एकाधिकारशाही संपुष्टात येते.
- देशात लोकशाही मजबुत होण्यास मदत होते.

माहितीच्या अधिकाराचे तोटे :

- पारंपारिक विचार सोडावा लागतो.
- जात, परंपरा व धर्म सोडल्यामुळे यांत्रिकपणा येतो.

- जनजागृतीमुळे जनता हक्काची मागणी करू लागते.
- माहितीच्या अधिकाराचा दुरुपयोग होऊन प्रशासनाच्या कार्यात अडथळे निर्माण होऊ शकतात.

प्रशासनाची पारदर्शकता :

- प्रशासनाची पारदर्शकता खाली सांगितलेल्या मोजमापानुसार मोजण्यात येते.
- प्रशासनाचा लोक व्यवहारातील खुलेपण.
- सेवा वितरण प्रक्रिये संबंधीचा माहितीचा अधिकार.
- नियमावली व त्याच्या वापरासंबंधीचा माहितीचा अधिकार.
- नियम निर्मिती संबंधीचा माहितीचा अधिकार.
- शासकीय प्रकल्पाची किंमत, गुणवत्ता व दर्जाबाबत खुलेपणा.

पारदर्शकतेसाठी प्रशासनाने करावयाची कामे :

- जनतेने माहिती मागितल्यानंतर त्याला पुरविणे ही प्रशासनाची जबाबदारी आहे. पण त्यापूर्वी आपली पारदर्शकता दर्शविण्यासाठी प्रशासनाने पुढील कार्य करावी.
- प्रशासनाचे जिवीत कार्य प्रसारीत करावे.
- प्रशासनाचे उद्दिष्टे प्रसारित करावे.
- नागरीकाची सनद प्रसारीत करावी.
- प्रशासनाचे स्वतःचे इन्टरनेट संकेत स्थळ उघडून रोज झालेल्या निर्णयाची माहिती त्यावर प्रसारीत करावी.
- प्रशासनाने वर्षाची दिनदर्शिका प्रसारीत करावी.
- प्रशासनाचे मासिक, त्रैमासिक, सामासिक व वार्षिक अहवाल प्रसारीत करावे.
- प्रशासनाचे कार्य व कार्यपद्धतीची माहिती देणारे माहिती पुस्तक तयार करून जनतेला उपलब्ध करून द्यावे.
- वेळोवेळी नियम नियमावलीत झालेली सुधारणा व बदल जनतेला प्रसारीत करून कळवावे.
- प्रशासनात जनतेचा सहभाग नोंदविण्यासाठी जनसंपर्क अधिकारी नेमावे.

सुशासन :

लोकशाहीमध्ये जनतेद्वारे निर्वाचीत व नियुक्त शासनास सुशासनात परिवर्तीत होण्यासाठी जनसहयोगी, जागृत, उत्तरदायी, पारदर्शक, जबाबदार, परिणामकारक व तत्पर शासनामध्ये रुपांतरीत व्हावे लागले जे की जनतेने निर्माण केलेल्या कायद्यावर आधारीत असते. सुशासन पारंपारीक दृष्ट्या उपलब्ध संसाधनाचे सुयोग्य व्यवस्थापन होय. याबाबत सॉक्रेटिस पासून महात्मा गांधी पर्यंत विविध विचारवंतांने आपले मत दिले आहे. सुशासनाची आठ प्रमुख वैशिष्ट्ये आहेत.

- जनसहभाग
- कायद्याचे राज्य
- पारदर्शकता

- जबाबदारपणा
- समजदारपणा
- समानता व सहभागीता
- परिणामकारकता आणि तत्परता
- उत्तरदायित्व

निष्कर्ष :

माहितीच्या अधिकारामुळे प्रशासनात पारदर्शकता निर्माण झाली आहे. जनतेच्या बौद्धिक विकासामध्ये काही प्रमाणात भर पडत आहे. व्यवहाराच्या प्रत्येक टप्प्यावर हक्क अधिकारापासून वंचित असलेला समाज या माध्यमातून जागृत होण्यास सुरुवात झाली आहे. प्रशासनाच्या प्रत्येक स्तरावर माहितीच्या अधिकाराचा उपयोग करताना समाज घटक दिसतो. अधिकारी वर्गही हेकेखोरपणा सोडून जनतेस माहिती देताना दिसतात. या सर्व बाबी माहितीचा अधिकार कायद्यामुळे शक्य झाल्या आहेत यामुळे प्रशासनात पारदर्शकता निर्माण झाली आहे.

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ऋत तत्वाचे पलायण

रवीकुमार संभाजी राठोड : विद्यार्थी, स्वा.रा.ती.म.वि. नांदेड

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प्रा.डॉ.चव्हाण पंडित लक्ष्मणराव : वसंतराव नाईक महाविद्यालय वसरणी, नांदेड

ऋत तत्त्व हे सिंधु कालीन निसर्ग नियमणाचे पालन करणारे व मानवी जीवनाच्या समानतेवर असलेले आधारभूत तत्त्व होते. या तत्कालीन तत्वाचे पालन करणारी सिंधु संस्कृती ही जगविख्यात होती. जागतिक स्तरावर सत्ता मिळविण्यासाठी अनेक सत्तांतरे झाली. यावे पडसाद पाहतांना सिंधु संस्कृतीमधील रणकंदन ऋषी इंद्राची प्रार्थना करताना, हे इंद्रदेवा शत्रु आपल्या दिशेने येत आहे. आजच्या या शुभदिनी शत्रुचे धन आम्हास लुटून दे. तो मायावी वरून आमचे वर्तन ऋतविरोधी आहे असे मानतो. आम्हाला वाटणारी वरूणाची भिती नाहीशी कर यापुढे तर हळुहळु वैदिक ऋषींनी वरूणाच्या जागी इंद्राचीच स्थापना केली.

आशियाई समाजाच्या आद्य राष्ट्रीय देवतेचे हनन करून अंगीरस ऋषींनी अलक्ष्मी मानून तिला निघून जाण्यास सांगितले. तिचा संबंध पाप या तिस्करणीय संकल्पनेशी जोडला गेला. असे पापलक्षणनाश सुक्त स्पष्ट करते. असे असले तरी बहुजनानी अप्रत्यक्षरित्या भुतकाळाच्या आठवणी ठेवण्याचा प्रयत्न केला याचे सर्वोत्तम उदाहरण म्हणजे “परडीचा विधी” सिंधूकालीन निऋती एक प्रमुख जल देवता होती. जलदेवता साती आसरांसाठी परडी सोडली जाते. त्या परडीच्या जागी पिठाने सर्वप्रथम वर्तुळ काढले जाते. त्या वर्तुळात अधिक चिन्ह काढले जाते. या चोकोवरच बोकडाचा बळी दिला जातो. करण निऋतीला द्यावयाचा बळी चौरस्त्यावर द्यावा असे स्मृतीकार सांगतात. याचबरोबर यक्षांना द्यायचे बळीही असे चौकात म्हणजेच आयतनात दिले जात. निऋतिचा पती वरून याचा ऋग्वेद अत्यंत स्पष्टपणे यक्षिन म्हणून उल्लेख करतो.

मणिभद्र हा यक्षांचा प्रमुख आहे व सार्थवाहांचा म्हणजेच भटक्या व्यापाऱ्यांचा रक्षक आहे. पाणिनीने वर्णिलेल्या कुरू राजा व यक्ष पुत्रकातील द्यूताच्या खेळाचे हुबेहुब वर्णन जातक ग्रंथामधून आलेले आहे. जातक ग्रंथानुसार कुरू राजाने अपयशी फेक केली तर यक्ष पुत्रकाने विजयी खेळी केली असे वर्णन येते. पणी हे गोर “बंजारा” स्त्रीयांमध्ये नाव असते. शुर स्त्रीस बंजारा हरपणी म्हणतात. पणीची संपत्ती विषयी व आर्यांचे शत्रू म्हणून ऋग्वेदात उल्लेख येतो. राक्षसाची लक्ष्मी तू निऋती आहेस ही साक्ष पाहताना सिंग धारण करणाऱ्यांचा राक्षस म्हणून उल्लेख केला जातो. आजही पेहराव करतांना गोर “बंजारा” गणात ते शुभ मानतात.

हडप्पा संस्कृतीच्या उतरणीला लागल्यानंतर गंगा आणि तिच्या उपनद्यांच्या खोऱ्यात ऋत या संकल्पनेत अंतर्भूत असलेली समाजव्यवस्था लयास गेली. विश्वाचे नियंत्रण करणारे ऋतत्व नव्या युगात लुप्त झाले. ऋताचा पालनकर्ता वरून हतप्रभ होऊन आर्यांच्या दैवत शास्त्रातुन त्याचे अस्तित्व जवळ जवळ नाहीसे झाले. आणि युद्ध व लुटमार याचा अधिपती इंद्र हा नव्या युगाचा प्रमुख देव बनला. या असुर यतींनी इंद्राचे स्वामित्व नाकारल्यामुळे यांना इंद्राने कुत्र्याचे भक्ष बनविले होते. असा उल्लेख वैदिक वाङ्मयात मिळतो. या सिंधूकालीन यतींच्या संस्कृतीतून आश्रम संस्कृतीचा विकास प्रल्हाद पुत्र असुर कपील मुनीने केला, याच आश्रम संस्कृतीचा विकास जैन तिर्थंकर पार्श्वनाथ व महाविर तसेच बौद्धधर्माचे संस्थापक भगवान बुद्ध यांनी घडवून आणला. ही श्रमण संस्कृती अवैदिक असल्याचे मानले जाते.

वरून आणि ऋत यांच्या बरोबर प्राचीन भारतीय समाजातील नैतिक मुल्यांचा लोप होऊन नव्या वर्गीय आणि वर्णाधिष्ठित नितीकल्पनांचा उदय झाला. काळाच्या ओघात भुत, पिशाच, राक्षस, असुर हे आप्तजण आपले शत्रुच आहेत ही शारणा बळावत गेली.

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