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Differentials on Physical Fitness between Offence and Defence of Kho-Kho Players

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Abstract

The purpose of the study was to find out the differentials on physical fitness variable-speed, between offence and defence of college level kho-kho players. To achieve this purpose of the study 15 offences and 15 defences from various colleges were selected as subjects. The subjects who participated in St. Josephs inter collegiate level tournament, Cuddalore, Tamil Nadu, India during the academic year 2013-2014 were randomly selected as subjects. The age of the selected subjects ranged from 18 to 25 years. The selected subjects were tested on selected criterion variable namely speed. The subjects were tested by 50 mts dash. The collected data were statistically analyzed among offence and defence of college level kho-kho players by using t-test. The level of significance was 0.05 levels.

Keywords: Offence, Defence, Speed, T – Ratio

Introduction

Physical fitness is an inseparable component of total fitness for effective being. Fitness involves inter relationship between intellectuals and emotional as well as physical factors. Good health is a basic component of fitness that implies in addition to freedom from disease, sufficient strength, agility and endurance to meet the demands of daily living and sufficient reserves to withstand ordinary stress. Adequate nutrition and exercise, sufficient rest and relaxation, suitable work and appropriate medical and dental care are important in maintaining fitness. Physical fitness has frequently been defined as “the ability to carry out everyday tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure time pursuits and to meet the exigencies of emergencies.

Kennedy said “physical fitness is the basis of all the activities of our society. And if our bodies grow soft and inactive, if we fail to encourage physical development, we will determine our capacity for thought and work”. This led to great stress on physical fitness and its role in the development of good personality, character, adjustment and success of an individual.

Methodology

The purpose of the study was to find out the differentials on physical fitness variable-speed, between offence and defence of college level kho-kho players. To achieve this purpose of the study 15 offences and 15 defences from various colleges were selected as subjects. The subjects who participated in St. Josephs inter collegiate level tournament, Cuddalore, Tamil Nadu, India during the academic year 2013-2014 were randomly selected as subjects. The age of the selected subjects ranged from 18 to 25 years. The selected subjects were tested on selected criterion variable namely speed. The subjects were tested by 50 mts dash. The collected data were statistically analyzed among offence and defence of college level kho-kho players by using t-test. The level of significance was 0.05 levels.

Analysis of the data

The analysis of the data for physical performance variable among college level offence and defence players have been analyzed and presented.

Speed

The data collected on college level offence and defence players on speed were analyzed and presented in Table I.

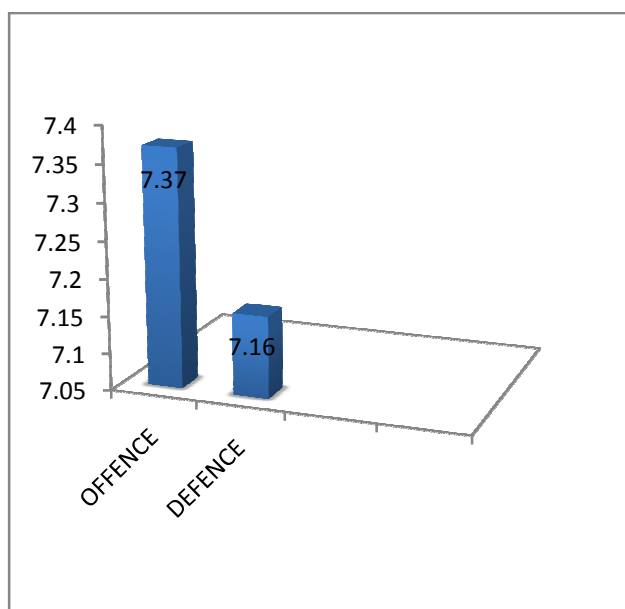
Table – I
The mean, standard deviation, and ‘t’ ratio value of offence and defence players on speed

GROUP	Mean	Standard Deviation	t - ratio
OFFENCE	7.37	0.22	2.80*
DEFENCE	7.16	0.26	

* Significant at 0.05 level of confidence.

(The table value required for significance at 0.05 levels with df 1, 28 was at 2.05). Table I indicated that the mean values of college level offence and defence players on speed were 7.16 and 7.37 respectively. The obtained t-ratio value of 2.80 was greater than required table value 2.05 for significance at 0.05 level of confidence with df 1, 28. The results of the study show that there was a significant difference that exists among college level offence and defence players on speed. The mean value of college level offence and defence players on speed were graphically represented in Figure I.

Figure-I
The mean value of offence and defence of kho-kho players on speed



Results

The results shows that there is a significance difference among offence and defence of kho-kho players in this selected variable-Speed.

OFFENCES are better in speed than the DEFENCE among kho-kho players.

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Economic Rights of Indian Women -A Critical Analysis

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Abstract:

The Socio-economic rights are a significant aspect of human rights issues for women. The radical change in recognizing the rights of women to a greater extent has helped to build her own Identity and withstand her rights against all discrimination. This has been revealed in a study undertaken for a long period of time. The women's feminists' movement questioned several discriminatory practices ratio against women being practiced. Discriminatory issues with women are hazardous for built up national economy. However, there was a foremost need for revolution to debar the discriminatory practice of status on the ground of gender. And gender based issues are violating the living rights of women in social life and revolution was created by feminist Movement. These movements largely contributed by feminist writing recognized the need to develop the socio-political and economical livelihood among women. Feminist theory emerged from these feminist movements includes general theories and theories about the origins of inequality, economic injustice and unlawful acts in some cases, about the social construction of sex and gender, in a variety of disciplines prevalent in a society. Feminist activists have campaigned for women's rights as such, in contract, property, equal status and voting, while also promoting women's rights from human right's perspective at large. They have opposed domestic violence, sexual harassment and sexual assault, in economics, they have advocated for workplace rights, Reservations in service sectors including equal pay, duty hours and opportunities for careers and to start Entrepreneurships. Interventions of national and international legal instruments and legislations have added advantage, grace and recognized women's rights. All this resulted in increase participation of women both in formal and informal job and service sector. However, the journey to heed her right did not end here; it was the beginning, the beginning to fight for her survival.

The Aim and Object of the Paper

Though women are contributing to the economic development of the country; considerations for her service recognition are unsatisfactory. Study reveal, the women workers encompasses equal to that of men in any job sector around the world. However, the same wage gap and duty hours between men and women differ considerably. Today women are not just turning out as self independent, but are also giving financial help and dignity to her family, simultaneously any kind of discrimination against the women worker will not only affect her status in work place but will also affect her social life scenario altogether. This paper attempts to find the causes for such discrimination from legal perspective and focuses on the following major issues whether the methodology of discriminatory practice against women changes with changing time? What constitute economic discrimination? Whether it hinders the due process of economic justice? Are women subjected to gender discrimination with regard to economic right? Whether violation of economic right amounts to violation of women's human right? Whether women have equal right to equal wage and service and working conditions? Whether discrimination in equal right to wage violates the correlated rights? What are the rights associated with the economic and social right? All these issues constitute major loopholes that warrant legal enquiry.

Thus the paper investigates principle factors contributing the economic discrimination and subdues the practice as violation of women's human right and to study the role of justice in legal jurisprudence and practice of economic discrimination.

Introduction

The law of nature never discriminated the right of man and women, differently. Both endowed with same sense of reason, responsibility and rights altogether. Unfortunately the practice of gender discrimination is the most humiliating situation a woman is subjected to around the world.

Gender is the wide-set of characteristics that distinguish between male and female entities, extending from once biological sex to, inhuman to one's social role. Gender discrimination is the prejudicial treatment of an individual based on their membership in a certain group or category in a society. Discrimination is the actual behavior towards member of another group in a society. It involves excluding or restricting members of one group from opportunities that are available to other groups or set of people in a society. Discrimination denotes **Elite Status** in perception and insight. In the views of legal jurisprudence When the Elite status, becomes a ground to distinguish the right of one human being from that of the other, the reason for such discrimination should be enquired. Is this difference due to intellectual capacity or performance ability between men and women, certainly not because today women have perceived her excellence in almost all field of occupation and service sectors. The difference in elite status is definitely due to the variation in economic status of men and women in society. The United Nations stance on discrimination includes a statement that: "Discriminatory behaviors take many forms, but they all involve some form of exclusion or rejection altogether". This denotes **Asymmetrical approach** adopted to exclude this class of people from social and economic activity prevalent in our society. Today, women represent approximately 70% of the 1.2 billion people living in poverty throughout the universe. In equality with respect to economic, political social and cultural rights is a central fact of women's lives in every country around the world, and is a central manifestation of women's lesser social, economic and political power. Ongoing inequality in the sphere of economic rights contributes to the continuing subordination of women and makes them especially vulnerable to violence, exploitation and other forms of abuse in their daily life. To address the core issues of social prejudice the feminist legal theory has become formidable and sought to dismantle the positive legal barriers that have denied women equal opportunity with men in the society. Feminist activism also had major impact on many areas of law debating in favor of women's right. Most of the times violation of Economic rights are affects on women's liberty. However, the ideology of feminism today goes far beyond the original purpose and widely supports the goal of equal treatment for both sexes. With the emergence of radical feminism, principles as neutrality of the law, inequality, and individual autonomy got discarded because of their "patriarchal" roots in our society. The liberal feminist theory also emphasized on the legal rights of women entitling her to equal right to property, equal right to wage and social security aspects. Today the necessity is not to identify the gender based rights but to recognize the rights of individuals beyond gender which connects the individual spiritually and morally and works against asymmetrical approach prevalent in our society.

Asymmetrical approach (which also includes exclusion of class of people from engaging in social and economic activity) adopted to classify the social and economical rights of individual on gender base are a discriminatory act violating the universal rule of justice and equity. Women's social and economic rights are natural and inalienable rights which associate with right to life and livelihood which forms an integral part of a women's life. Any act of marginalization or exclusion, seriously violate the fundamental right of women resulting in economic inequality, social deprivation, gender wage gap, against equal participation and development of economic and social life.

Economic Inequality Based on Gender Discrimination:

The core factor of economic inequality and injustice is that it can never be studied independently because economic inequalities are the outcome of social distortion. As mentioned above discriminatory practice include some form of exclusion or rejection, and social exclusion is a kind discrimination detaching groups and individuals from social relations and institutions and preventing them from full participation in the normal, normative prescribed manner and activities of the society in which they live.

Forms of social exclusion which amounts to discrimination include exclusion from rights, opportunity and resource which results in economic inequality among women. Economic inequality or discrimination is an outcome of social exclusion. Gender discrimination of economic right

amounts to economic inequality or economic discrimination. Economic discrimination is a term that defines a form of discrimination based on economic factors. These factors can include job processing and outsourcing, wages, the prices or availability of goods and services, and the amount of capital investment funding providing to minorities for business. The term is broadly used in economic research, and includes discrimination against workers, consumers, and minority-owned entrepreneurs.

An economic inequality includes all disparities in distribution of economic assets and income. The term economic inequality is subjected to broad debate based upon its nature cause and importance and exists in wide range of societies and historical period. Women are subjected to economic inequality due to the social and cultural practice of society and gender based identification of economic right. Subject of women to economic inequality has no limitation of its own sometime the exclusion extends beyond gender to include discrimination on the ground of class, race and colour.

Gender based discrimination of economic right also varies from nations to other nations territory, according to National Organization for women U.S. reports that, for full-time, year-round workers, women are paid on average, only 78 percent of what men are paid; for women of color, the gap is much wider. These wage gaps stubbornly remained the same in spite the passage of the Equal Pay Act in 1963, and a variety of legislation prohibiting employment discrimination. Women still are not receiving equal pay for equal work that they do.

The Numerous international and regional instruments have drawn attention to gender-related dimensions of human rights issues, the most important being the UN Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) adopted in 1979. The Convention defines the prohibiting discrimination against women and sets the core principles to protect this right. It maintain an portfolio for national action to end discrimination, and provides the basis for achieving equality between men and women through ensuring women's equal access to, and equal opportunities in, political and public life as well as education, health and employment sector.

The Convention is ratified by 180 states, making it one of the most ratified international treaties; State parties to the Convention must submit periodic reports on women's status in their respective countries. CEDAW's Optional Protocol establishes procedures for individual complaint on alleged violations of the Convention by State parties, and sets enquiry procedure that allows the Committee to conduct inquiries into serious and systematic abuses and bypass of women's human rights in countries. So far 71 States have ratified the Protocol.

In 1993, 45 years, after the Universal Declaration of Human rights approval and eight years after CEDAW entered into enforcement, the UN World Conference on Human Rights in Vienna confirmed and ratified that women's rights were human rights. That this statement is confirmed that women's rights were human rights. That this statement was even necessary is striking women's status as human beings entitled to equal rights should have never been in doubt. And yet this was a step forward in recognizing the rightful claims of one half of humanity, in identifying and inspecting neglectful of women's rights as a human rights violation and in drawing attention to the relationship between gender and human rights violations around the globe. In 1994, the International Conference on Population and Development in Cairo (ICPD) articulated and affirmed the relationship between advancement and fulfillment of rights and gender equality and equity among both genders. It also clarified the concepts of women's empowerment, gender equity, and reproductive health and rights are universally recognized. The Programme of Action of ICPD emphasized that the empowerment and autonomy of women's political, social, economic, and health status was highly important end in itself and essential for the achievement of sustainable growth. In 1995, the Fourth World Conference on Women in Beijing generated global commitments to advance a wider range of women's rights. The inclusion of gender equality and women's empowerment as one of the eight Millennium Development Goals was a reminder that many of those promises made were yet to be achieved. It also represents a critical opportunity to implement those promises. Beside these international

agreements, the denial of women's basic fundamental human rights is persistent and widespread and still there is a long way to go.

As mentioned in the introductory part, if both the features like the elite's status and Asymmetrical approach are to be considered as the characteristic of gender discrimination depriving economic right of women, it will be easy to debate that the paradoxical changes that can be expected through legal intervention brought about by bringing legislations.

Economic Justice v/s Gender Discrimination:

The practice of gender discrimination violates divine principle of justice. Justice is the concept of moral rightness based on ethics, rationality, law, natural law, religion, fairness, or equity along with the punishment for breach of said ethical rules. One definition of justice is "giving to each what he or she is due." But the problem is in knowing what is "due". If we analyze the economic right of women from theoretical perspective of justice whether she has right of choice with regard to work, service and the right of equal pay for equal work? Whether gender based discrimination of economic justice violates theory of natural justice?

Economic justice, which attracts the individual person as well as the social order, encompasses the moral principles which guide us in designing our economic policies and institutions. These institutions determine how each person earns a living, enters into contracts, exchanges goods and services with others and otherwise produces an independent material foundation for his or her economic sustenance that is vital. The ultimate purpose of economic justice is to free each person to engage creatively in the unlimited work beyond economics, that of the mind and the spirit to benefit him/her.

Theory of justice specifies Justice as transparent within which comprises two main principles of liberty and equality. According to the first principle every individual has equal right to basic freedom and that certain rights and freedoms are more important than the other which include right to hold personal property to extend of enjoying the basic liberty compatible with the similar liberty. The second principle of equality is the component of fair justice wherein, even if social and economical inequalities are to be arranged both reaches to the greatest benefit of the least advantaged and deprived, consistent with the just savings principles, and attached to offices and positions open to all under conditions of fair equality of opportunity. It was however pointed out that society cannot arrange inequalities to maximize the share of the least advantaged lot whilst the exploited suffer in silent agony.

Allowing Access to Certain Offices or Positions

The principle of fair justice also emphasizes on the difference principle which seem to be discriminatory because it regulates inequality but stress on positive discrimination like it only permits inequalities that work to the advantage of the worst-off and down-trodden. The third aspect of the theory is worth notable from the feminist point of economic justice which includes fair equal opportunity for all. This principle maintains that "offices and positions should be open to any individual, regardless of his or her social background, ethnicity, gender or caste and/or religion. It is stronger than the theory of "Formal Equality of Opportunities" in that Rawls argues that individual should not only have the right to opportunities, but should have an effective equal chance as another of similar natural attitude.

Theory of Distributive Justice based on egalitarianism gives more weight age to the right of economic harmony. Distributive justice is related with the fair allocation of resources among members of a community. Fair allocation typically takes into account the total amount of goods to be distributed, the distributing procedure, and the pattern of distribution of those output.

Like every system, economic justice includes input, output, and feedback for restoring harmony or balance between input and output. Within the system of economic justice as defined by Louis Kelso and Mortimer Adler, there are three essential and interdependent principles: 1) The Principle of Participation. 2) The Principle of Distribution and 3) The Principle of Harmony. Like the legs of a three-legged stool, if any of these principles so far outlined, with the exception of strict

egalitarianism, could be classified as liberal theories and are the product of the liberal democracies which have emerged over the last two centuries. Lumping them together this way, though clumsy, makes the task of understanding the emergence of feminist critiques (and the subsequent positive theories) much easier to understand.

John Stuart Mill in *The Subjection of Women* (1869) gives one of the clearest early feminist critiques of the political and distributive structures of the emerging liberal democracies in nations. His causes for economic inequality are associated with social injustice and that the economic injustice is the outcome of social distortion.

Economic rights are significant parts of rights of all member of human family when these human rights are summarized and categorized under gender base; the violation of human right takes place. The women being the vulnerable group subjected to economic inequality suffers terribly under distortion of social change were there women are forced to be independent mother, widow or single. Causes of economic inequality can have profound ill effect, which can push low income family into poverty in any society. Radical based income inequality could invite social unrest, increase sense of vulnerability may deprive up morality rate and crime. Thus the inequality can rob the very factors of law, order and efficiency. Attempts have been made to provide complete and robust security system that addresses the long-lasting issue of gender discrimination.

Breaking the Pattern:

To address the pertinent issue of women's human right feminist movement, women organizations, both national and international laws have played important role in protecting human rights of women. Several international conventions have adopted feminist approach to tackle the situation of discrimination and bias against the women.

a) The feminist movement

A change is an outcome of revolution; a change can never be sudden, but only through slow and radical process. A change through revolution is necessary either to stabilize society or re-establish justice system. Revolution is nonetheless a child of agony and pain.

Feminist revolutionary movement was an effort to fight against inequality and retain gender equality. This effort resulted in defining the gender equality in terms of human rights, especially women's rights, and economic development, as level playing field for girls and women by ensuring that all children have equal opportunity to develop their talents and caliber across the world. The feminist movements were classified into first second and third wave of feminism. First-wave of feminism was started in a period of activity during the nineteenth century and early twentieth century. This period was known as the feminism of classical liberalism and the feminism of social democracy. In the U.K. and U.S., it focused on promotion of equal contract, marriage, parenting, and property rights for women. However, by the end of the nineteenth century, activism focused primarily on gaining political power, particularly the right of women's sufferings, though some feminists were active in campaigning for women's sexual, reproductive, and economic rights at this time. First-wave feminism sought equality in property rights, changes in the marriage laws, and, eventually, in women's suffrage, or women's right to vote.

Second-wave feminism also called as women's liberation, began in the 1960s and focused on discrimination on social, cultural, and political issues. The so-called "Second Wave" of Women's Liberation, the modern Women's Liberation movement, had its origins in the entry of women into the industrial labour force during World War Two, the changing requirements for labour power in modern industry creating new jobs opportunity for women, the development of trading, manufacturing, service industries and food processing which opened up women's domestic labour requirement for "socialization", making domestic appliances and processing food for sale in the market, rather than depending on women's domestic servitude for this work.

Third- wave feminism began in 1980s or early 1990s and addresses feminism across class and race lines, as being grounded in culture rather than biology, and through many issues, there existed less concentration and observation on particular issues.

The feminist movement largely influenced and attracted the women's around the world reckoning the fundamental rights, that she is also the child of nature and have absolute right to survive with complete dignity as her male counterpart.

b) Legal instruments acclaiming the rights of women

Several national and international conventions, conferences, and seminars were held till date to recognize and protect the right of this suppressed class. The following conventions prohibit gender discrimination and emphasizes on the social and economic liberty of women in society. These are as follows:

1. Universal Declaration of Human Rights, 1948.

Nearly all international human rights instruments adopted by the United Nations bodies since 1948 elaborates principles set out in the Universal Declaration of Human Rights. The framers of the Universal Declaration of Human Rights considered fair status of women and granted them the equal rights enjoyed by menkind. Convention on the Political Rights of Women, 1952 provides for equal political rights for women. Under this convention, states are under obligations to ensure that women have the right to vote in elections, to be elected and to hold public office on equal terms with men. Women are entitled to be free from discrimination in exercise of these rights given to them.

2. The International Bill of Human Rights

The international bill of right covers wide range of issue on human right and concludes the right against bias. UDHR acts as the world constitution of human rights and allows space for need of conventions which includes:-

- Equal Remuneration Conventions, 1951
- Discrimination (Employment and Occupation) Convention, 1958
- Convention against discrimination in Education 1960
- Protocol Instituting a Conciliation and Good Offices Commission to be responsible for seeking a settlement of any disputes which may arise between States Parties to the Convention against discrimination in Education 1962
- International Convention on the Elimination of all Forms of Racial discrimination (ICERD) 1969
- Declaration on Race and Racial Prejudice 1978
- Declaration on the Elimination of all Forms of Intolerance and of Discrimination Based on Religion or Belief 1981
- World Conference against Racism, 2001 (Durban Declaration and Programme of Action)

Un's Approach to Women

One of the primary ways United Nations Convention on women works to advance women's human rights is by providing support to national actors, in government and in civil society, for their efforts to implement CEDAW in both letter and spirit. The focus of UN Women Support in this area is threefold:

1. Facilitating the improvement of national human rights frameworks in line with CEDAW, such as Bringing amendment in Constitutional law and policies.
2. Supporting the implementation of existing human rights to help ensure impact and rights Realization; and
3. Putting special focus on particularly vulnerable and marginalized groups, such as poor or Illiterate women, so that national frameworks become more inclusive or and responsive to the full range of women's rights concerns.

Under CEDAW, States are required to eliminate the many different forms of gender-based discrimination women come across, not only by making sure that there are no existing laws that directly discriminate women, but also by ensuring that all necessary arrangements are put in place

that will allow women to actually experience equality in their individual lives. Governments around the world have undertaken and motivated legal human rights obligations to combat gender inequalities. The key international agreement on women's human rights is the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW), which is also described as the international bill of women's rights vis-à-vis their dignity. Ratified by 185 UN Member States, CEDAW encompasses a universal consensus on the changes that need to take place in order to realize women's human rights.

c) National Law:

The Indian Constitution guarantees equality as "Fundamental Rights" under Part III. The fundamental rights were included in the constitution because they were considered essential for the development of the personality of every individual and to preserve human dignity in general for all. Charter of rights contained in the Constitution of India guarantees civil liberties such as that all Indians can lead their lives in peace and harmony as citizens of India and law will not discriminate against each other on the basis of gender. These include individual rights common to most liberal democracies, such as equality before law and equal protection of law while the Constitution not only grants equality but also empowers states to adopt positive measures of positive discrimination in favour of women for neutralizing cumulative socio economic, education and political disadvantage faced by them in Indian society. The Constitutional (74th Amendment) Act, 1992, brought in provisions mandating one-third reservations for women in local governance bodies to give them much sought power. These guarantees apply to state and public local body institutions.

In India women workforce forms an integral part of total workforce, there is a serious under-estimation of women's contribution as workers and is far fewer women in the paid workforce than men. This discrepancy not only affects women's spending power, it penalizes their retirement security by creating gaps in Social Security and pensions. It's sad to see such situation in country like India where the legal systems are largely shaped by its unique history of fundamental freedom and right to equality, for instance principle of gender equality is enshrined in the Indian Constitution, in its Preamble, Fundamental Rights, Fundamental Duties and Directive Principles. The Constitution not only grants equality to women, but also empowers the State to adopt measures of positive discrimination in favor of women since they are oppressed lot. India has also ratified various international conventions and human rights instruments committing to secure equal rights for women in India.

Part IV of the Indian Constitution is dedicated to uplift social, economic, political acclivity of depressed and deprived class. It enlists socio-economic and cultural rights under the title of "Directive Principles of State Policies" (DPSP). The Judiciary under Article 32 and 226 respectively, has the power to enforce and implement constitutional guarantees of fundamental rights, thus making the right to Constitutional Remedies as one among the fundamental rights.

d) Need for a Strong Legislative Framework in India

1. There is no complete anti-discrimination code in India although there are laws that address specific aspects related to equality. For instance, laws like the Maternity Benefits Act, 1961, Equal Remuneration Act, 1976 and the National Rural Employment Guarantee Act, 2005 attempt to address the existent systemic discrimination towards women in employment in India. Based on the guarantee of equality, laws have been enacted to address violence against women under civil and criminal laws. The Protection of Domestic Violence Act, 2005 is an example of the civil law to address violence within the home. On the other hand, the Scheduled Caste and Scheduled Tribe (Prevention of Atrocities) Act, 1989 is an example of criminal law to counter acts of comprehensive statutory definition of discrimination that takes into account different manifestations of discrimination and its impact based on the caste lines in India.
2. Also there is a necessity to identify right of individual beyond gender and replace those notions and concepts with new breed of philosophy and jurisprudence based on "connection" between persons and accordingly Law should be seen as an instrument to "Change the distribution of

power,” which requires not just equal treatment but work, against an asymmetrical approach that adopts the perspective of the less powerful group with the specific goal of equitable power sharing among diverse groups.”

Conclusion:

Somewhere in the course of human history we have allowed ourselves to fall prey and consequently victim to the gross ambitions of power-starved people. The sad reality is that it is not the fault of such people that our world has become one of suppression and oppression, but the fault of the silent masses of the past and present so willing to allow their rights and Liberty to be bought and sold by the masters of empty promises and false hope. The law must be recognized and acceptable for what it is truly is, not the simple proclamations of mere mortals. The law is the perpetual axiom of pacific human interaction between people. The law is the incontrovertible origination of what we call the “golden rule,” coming into existence long before the words ever needed to be spoken in this society. The sooner this self-evident truth becomes clear within the minds of not just Indians, but of people throughout the entire universe, the sooner the world will be rid of such iniquities as

Institutionalized inequality and utter despair.

Law which distinguishes the right and liberty of individual based on gender is not a law but a mockery of law. As a matter of fact, they are quite contradictory to the rule of law that truly should exist. That all men and women are equal under the scanner is law. That all men and women are free to pursue their own endeavors so long as they do not encroach upon those of another is called as law. That all men and women have the right to acquire and dispose of property in any manner which does not violate the Liberty or property of another is called as law. That all men and women have a right to defend themselves from the encroachment of others is law. These are laws, natural and immutable, existing before the first state ever issued its first decree, and anything to the contrary is an affront to humanity in general.

To quote Justice Sujata V. Manohar of Supreme Court of India

“.... It is not easy to eradicate deep seated cultural values or to alter traditions that perpetuate discrimination. It is fashionable to denigrate the role of law reform in bringing about social change. Obviously law, by itself, may not be enough. Law is only an instrument. It must be effectively used. And this effective use depends as much on a supportive judiciary as on the social will to change. An active social reform movement, if accompanied by legal reform, properly enforced, can transform society and women in particular. And an effective social reform movement does need the help of law and a sympathetic judiciary to achieve its objectives.”

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Effect of Selected Weight Training Exercise on Percentage of Body Fat among the Females Aged 30-35 yrs

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Abstract:

Now day's weight training exercises are getting popularity among the population irrespective of age, sex, creed and colour, as means for maintenance of physical fitness. Therefore to improve the general physical fitness of females the weight training program has been chosen by the researcher. Thus the research project entitled "Effect of selected weight training exercise on percentage of body fat among the females aged 30 to 35 yrs". The investigator has used a single group method of true experimental design for the present study that consists of one experimental group. The investigator was carried out in the Talwalkars Better Value fitness. For the experimental Students (n=20), who were randomly selected.

After the pre-test with the Percentage of body fat, the experimental group underwent a weight training programmed of exercises. All the training programmed have been conducted daily 1hour in the evening, three days in a week except Saturday and Sunday for a total period of 8 weeks.

The Percentage of Body Fat was considered as the main dependent variable as selected in this study. This variable had some components viz., waist to hip ratio, body mass index, Percentage of body. Here training interventions Weight training was considered as the independent variables. After the experimental period was over, the subjects of all the groups were post-tested with the items of the Percentage of Body Fat. There was significant improvement in Waist to hip ratio, Body mass Index and fat percentage of Experimental group at pre and post tests which may be due the training given to the subjects of Experimental group.

Definition: Body Mass Index, waist Hip Ratio, body fat, weight training etc

Introduction:

Weight training is a common type of strength training for developing the strength and size of skeletal muscles. It uses the weight force of gravity (in the form of weighted bars, dumbbells or weight stacks) to oppose the force generated by muscle through concentric or eccentric contraction. Weight training uses a variety of specialized equipment to target specific muscle groups and types of movement.

Need of the study:

Many working women's/middle women's/ house wife may not want to participate in activities because they feel tired. But in the "couch-potato" era, where both children and adults spend hours and hours each day in front of the television or computers. This inactive lifestyle is leading to an ever-increasing number of overweight. Unfortunately, more and more females are also facing the same challenge.

Our females are our future-and understanding and supporting their natural yearning for physical activity will help lead them to a lifetime of happy and healthy living. If we joyfully teach them how to include healthy exercise routine from the early stages of their development, we will be giving our children a gift that will endure throughout their lives.

Significance of the study:

The present study will be of significance in the following ways, i.e.

- This research will encourage the female's population to practice weight training for improving their Body Fat Percentage.
- This research will also useful to the working woman's, middle age woman/ house wife for improve their Body Fat Percentage.

- This study will help the female's interest towards the fitness.

Hypotheses of the study:

H₁: The weight training will significantly enhance waist to hip ratio of females.

H₂: The weight training will significantly enhance body mass index of females.

H₃: The weight training will significantly decrease the fat percentage of females.

Objectives of the study:

- To find out the percentage of body fat of the females
- To prepare the weight training program for females.
- To find out the waist to hips ratio, body mass index & fat percentage of the females
- To see effect of weight training program to improve the general fitness on females

Delimitations of the study:

- The study was delimited only for the women's residing in Talwalkar's Better Value Fitness area, Dombivali.
- The study was delimited to the age group 30-35 years.
- The study was delimited to single group of 20 subjects only.
- The study was delimited for one hour of weekly three days for eight weeks.
- The study was delimited to weight training.
- The study was delimited to general fitness waist to hips ratio, body mass index, and fat percentage.

Limitations of the study:

- Weather / climate which may have effect on training and performance were considered as limitation.
- It could not be possible to control the day to day activities of the subject selected for the group which include diet, food, habits and rest.

Methodology:

Selection of the subjects:

Twenty women's aged 30 to 35 years from Talwalkar's better value Fitness were randomly selected as subjects for this study and they were physically fit.

Design of the study:

The researcher has chosen a one group design for conducting experiment in this study. The pre test was conducted on fat percentage variables groups of females. The weight training was given to the subjects of the experimental groups of females for eight weeks for 3 days in a week i.e. on Monday, Wednesday and Friday in the evening for one hour. After the weight training program the post test was conducted same as pre test.

Selection of the variables

The following are the variables selected for this study

Independent variable- Weight Training: Squat, Leg press, Leg extension, Leg curl, Calf raises, Vertical chest press, Lat pull down, Shoulder Press, Biceps curl, Triceps extension and Sit ups etc.

Dependent variables: Waist - hip ratio, Body mass index and Fat percentage

Statistical procedures:

The collected data were analyzed by using the (t) test as Suggested by McGuigan for significance of difference within experimental group.

Analysis and interpretation of data:

The analysis of the data collected by the researcher before and after the training intervention has been presented in this study. The data was analyzed by using paired sample 't' test. Within group comparison was done paired sample 't' test. The comparison of mean gain of selected variables of experimental group has been presented in this chapter.

Table no. 1 The comparison of experimental group mean between pre and post test.

Variable	Pre Test		Post Test		Mean Diff	Std Err Mean	't'	sig.
	Mean	SD	Mean	SD				
Waist to hip ratio	0.78	0.05	0.77	0.04	0.005	0.006	0.75	P<0.000
Body mass index	30.82	3.017	29.02	2.99	1.80	0.006	12.62	P<0.000
Fat percentage	48.84	8.49	45.07	9.14	3.77	0.53	7.14	P<0.000

Significance at 0.00 level, where $df = 19, 't' = 2.04$

1. Comparison of mean between Pre and Post test of Waist to hip ratio in experimental group

In the case of Waist to Hip ratio the mean performance of experimental group in the pre and post tests were 0.78 (SD = 0.05) and 0.77 (SD = 0.04) respectively. The mean difference for experimental group was 0.005 ($SE_M = 0.006$) since calculated 't' (0.75) is greater than tab (2.04), H_1 will be accepted at 0.00 level of significance.

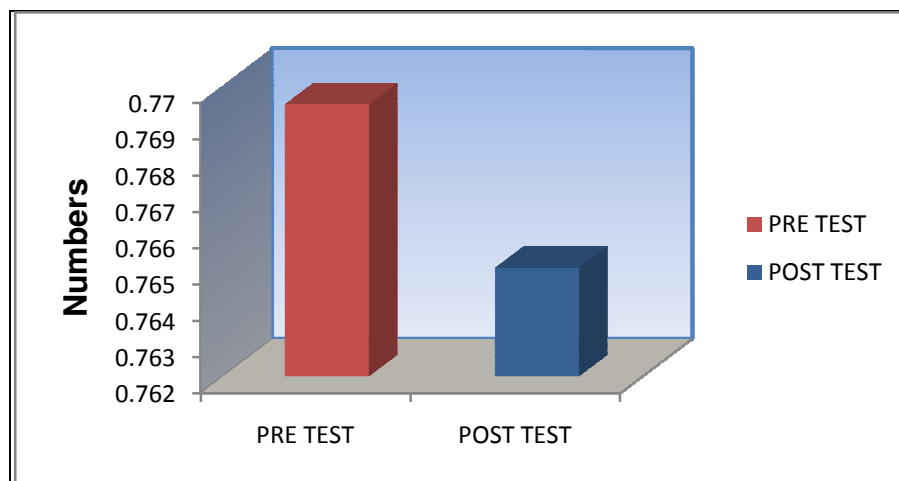


Fig. no.1 Comparison of mean between Pre and Post test of Waist to hip ratio

It can be seen from the graph that there was significant improvement in waist to hip ratio of Experimental group at pre and post tests which may be due the training given to the subjects.

2. Comparison of mean between Pre and Post test of Body mass Index in experimental group

In the case of Waist to Hip ratio the mean performance of experimental group in the pre and post tests were 30.82 (SD = 3.017) and 29.02 (SD = 2.99) respectively. The mean difference for experimental group was 1.80 ($SE_M = 0.006$) since calculated't' (12.62) is greater than tab (2.04), H_1 will be accepted at 0.00 level of significance.

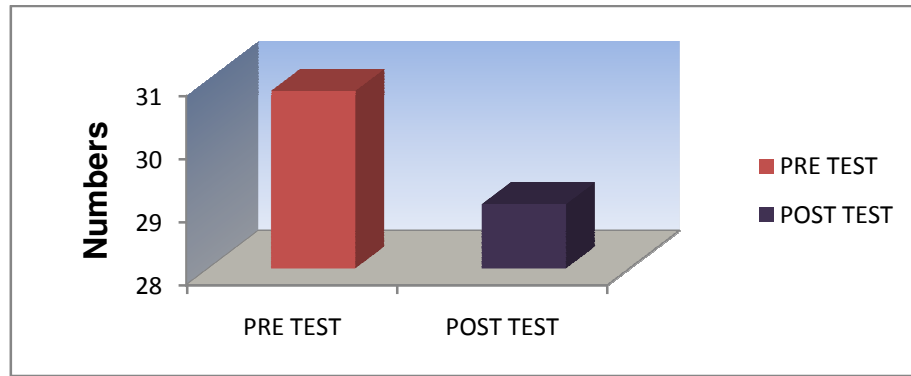


Fig. no. 2 Comparison of mean between Pre and Post test of Body Mass Index

It can be seen from the graph that there was significant improvement in Body mass index of Experimental group at pre and post tests which may be due the training given to the subjects.

3. Comparison of mean between Pre and Post test of Fat percentage in experimental group

In the case of Waist to Hip ratio the mean performance of experimental group in the pre and post tests were 48.84 (SD = 8.49) and 45.07 (SD = 9.14) respectively. The mean difference for experimental group was 3.77 (SE_M = 0.53) since calculated 't' (7.14) is greater than tab (2.04), H₁ will be accepted at 0.00 level of significance.

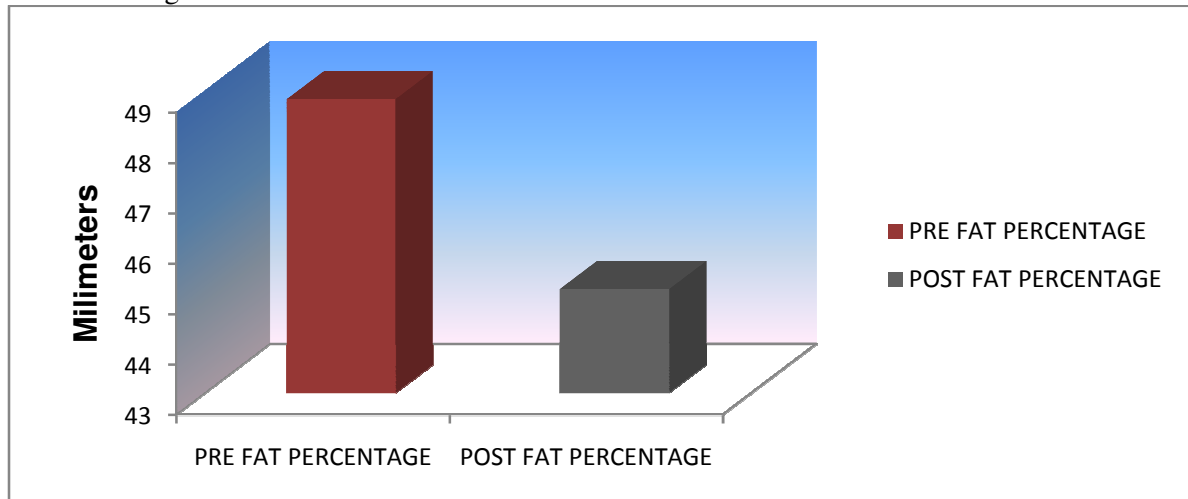


Fig. no. 3 Comparison of mean between Pre and Post test of Fat Percentage

It can be seen from the graph that there was significant improvement in fat percentage of Experimental group at pre and post tests which may be due the training given to the subjects.

Findings:

The findings of this experiment, within limitations, help to conclude that-

- There was significant improvement in Waist to hip ratio of Experimental group at pre and post tests which may be due the training given to the subjects of Experimental group.
- There was significant improvement in body mass index of Experimental group at pre and post tests which may be due the training given to the subjects of Experimental group.
- There was significant improvement in fat percentage of Experimental group at pre and post tests which may be due the training given to the subjects of Experimental group.

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Study of Body Composition of 11 Years School Students from Nashik District

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Abstract

The purpose of the study was to **study the body composition of 11 years school students from Nashik District**. Three Thousand Twenty Six male students (n=3026) of Rural, Tribal, & Urban schools were selected randomly as sample by employing Fishers random Table. The subject's **age group was 11 years**. The score in each criterion measure (Body Height, Body Weight, BMI, & % Body Fat) were taken. **Descriptive statistics** have been applied to process the data prior to employing inferential statistics **One way ANOVA**. Further, **Scheffe's post hoc** test was employed for comparison among school students. The result summarized that there was significant difference among school students.

Key words: Body Composition, BMI, & % Body Fat

Introduction

Considering the new trend, "Physical Fitness" is one of the aspects of physical education, which can be easily measured and evaluated in view of the existing facilities. Physical fitness is a product of physical activity, and can play a positive role in the prevention of many diseases. Thus we need to develop and structure a programme that includes an emphasis on fitness developing activities.

As result of various surveys done in India and abroad, the definition of physical fitness has changed considerable over the years AAHPER (American Alliance of Health, Physical Education and Recreation) in 1958, which is now known as AAHPERD (American Alliance of Health, Physical Education and Recreation and Dance), though the Youth Fitness Tests, has tried to measure fitness abilities. Here health criteria were not central to the selection of test items¹.

Through the years, various test items have been included as well as discarded from the test to evaluate one's level of Physical fitness. In recent past, physical education became sports oriented that preferred Physical fitness towards "skill related" rather than "health related".

The remarkable change has been noted in the evolution of definition of physical fitness, when United States of America declared the year 2000 as the "year of public Health" and simultaneously AAHPERD, being an organization of physical education, has received full responsibility for the improvement of national public health. The current definition of fitness as recognized by AAHPERD (1994) includes those parts of fitness that relate to good health specially the essential components of physical fitness are cardio-respiratory fitness, flexibility, muscular strength, endurance and body composition.

India is basically a rural country with agricultural base and hence about 70 percent of the population is tribal & rural while only about 30 percent is urban. The educational system does not differentiate between these two strata. However, there is a district difference in lifestyle of the tribal rural and urban areas in India. The exposure received by the urban population of school going children is positively more and varied as compared to the tribal & rural school going population with regard to physical education. Also the facilities and the infrastructure required in the school are definitely inadequate in this sector. This has a bearing on the performance of the tribal & rural population in the physical activities as compared to their urban counterpart. There also exists a wide culture gap between the two sections thereby leading to the orthodox attitude prevalent amongst the female sex. Participation of girls and boys in physical activities from the rural areas seems to be less

¹ AAHPERD. (1984). *Health related physical fitness: technical manual*. Washington, D. C.: American Alliance of Health, Physical Education, Recreation, and Dance.

as compared to the girls and boys from the urban areas².

It, thus, becomes necessary to study their real status of health – related physical fitness and, to compare whether a significant difference exists in the fitness level between rural, tribal and urban school going boys.

It was, therefore, thought desirable to undertake the problem entitled, “**Study of Body Composition of School Students from Nashik District**”.

Material and methods

A survey was conducted in this study. Three Thousand Twenty Six male students (n=3026) of Rural, Tribal, & Urban schools were selected randomly as sample by employing Fishers random Table. The subject's **age group was 11 year** was surveyed for Body Height, Body Weight, Body Mass Index, & % Body Fat.

The data was collected administering Body Height & Body weight measurement test for BMI and Omron Digital Monitor test for % Body Fat.

Results

Descriptive statistics were used for obtaining normality of data (**Table 1**). The percentile method was used to prepare the norms and One Way ANOVA and Scheff's Post Hoc test was used for comparison (All values are significant at 0.05 level) (**Table 2**).

Table 1 Descriptive Analysis of Rural, Tribal and Urban area 11 years Boys

Test Items	Area	Mean	SD
1. Body Height	Rural	1.32	0.04
	Tribal	1.30	0.05
	Urban	1.38	0.06
2. Body Weight	Rural	29	3.04
	Tribal	25	3.85
	Urban	32	3.99
3. BMI	Rural	16.96	2.06
	Tribal	14.82	2.19
	Urban	16.90	1.87
4. % Body Fat	Rural	13.95	3.01
	Tribal	11.16	3.17
	Urban	13.15	3.16

From table 1, the mean scores & Standard deviation of 11 years Rural, Tribal and Urban boys in **Body height** were 1.32, 1.30 & 1.38 m. (SD=0.04, 0.05 & 0.06), **Body weight** 29, 25 & 32 Kg. (SD=3.04, 3.85, & 3.99), **BMI** 16.96, 14.82, & 16.90 index (SD=2.06, 2.19, & 1.87), and **Percent Body fat**, 13.95, 11.16, & 13.15 (SD=3.01, 3.17 & 3.16)

Table 2 One Way ANOVA- Rural, Tribal and Urban area of 11 Years School Boys

		Sum of Squares	f	Mean Square	F	ig.
Height	Between Groups	3.694623514		1.847311757	623.7306847	
	Within Groups	8.953260723	023	0.002961714		
	Total	12.64788424	025			
Weight	Between Groups	26887.64115		13443.82057	1010.915946	
	Within Groups	40201.82862	023	13.2986532		

²Ministry of Human Resource Development. (1986). *National policy of education programme of action*. New Delhi. Govt. of India.

	Total	67089.46977	3025		
BMI	Between Groups	2984.598804	2	1492.299402	357.2949032
	Within Groups	12626.04379	3023	4.176660201	
	Total	15610.64259	3025		
% Body Fat	Between Groups	4180.58326	2	2090.29163	215.6305151
	Within Groups	29304.53324	3023	9.693858168	
	Total	33485.1165	3025		

From Table 2, F value of Rural, Tribal and Urban area wise comparison of all variables i.e. 623.7306847 for height, 1010.915946 for weight, 357.2949032 for BMI, 215.6305151 for % body fat which are statistically significant at 0.05.

Discussion

This study has a great impact in the field of physical education at the school level. The result of this study will help various academic and sports agencies in different manners. Suggestions from this study also guide the teacher education colleges to modify their curriculum according to current needs of the society. On the basis of the diagnostic tools (norms), Govt. can take immediate intervention to launch a suitable state Health Related Physical Fitness among the school students. This study throws a light on the importance of active lifestyle and prevention of lifestyle diseases, thereby motivating the parents, teachers & the students in adopting an active lifestyle.

Conclusion

With the help of present investigation the following conclusion are drawn.

- Height of Rural Boys was higher than Tribal Boys.
- Height of Urban Boys was higher than Tribal and Rural Boys.
- Height of Tribal Boys was lower than the Urban and Rural Boys.
- Weight of Rural Boys was higher than Tribal Boys.
- Weight of Urban Boys was higher than Tribal and Rural Boys.
- Weight of Tribal Boys was lower than the Urban and Rural Boys.
- BMI of Rural Boys was higher than Tribal and Urban Boys.
- BMI of Urban Boys was higher than Tribal Boys.
- BMI of Tribal Boys was lower than the Urban and Rural Boys.
- % Body Fat of Rural Boys was higher than Tribal and Urban Boys.
- % Body Fat of Urban Boys was higher than Tribal Boys.
- % Body Fat of Tribal Boys was lower than the Urban and Rural Boys.

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Employee Satisfaction among the Teaching and Non Teaching Employees of Private and Govt. Colleges in Rajasthan: A Comparative Analysis

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Abstract:

Employee satisfaction is wider than the job satisfaction, and it is one of the most widely discussed issues in organizational behavior and Human Resource Management. This article examines the present level of employee satisfaction among professors and non teaching employees. In this research 100 Govt colleges and 100 private colleges, total 200 working in different institutions were examined while doing the research, the data is collected from both primary and secondary data. Primary data is collected thru Questionnaires, interview and via observations thru various colleges and universities departments and secondary is collected thru employee registration data. The study revealed that there is no significant difference in the level of satisfaction of govt. and private teaching and non teaching employees.

Keywords: Remuneration, Work Life Balance, Recognition, Training Programmes, Team Spirit and Recognition.

Introduction:

Employee satisfaction is the terminology used to describe whether employees are happy and fulfilling their desires and need at work. Employee satisfaction is a factor in employees motivation. It is a combination of psychological and emotional experiences at work. Employee satisfaction determines how well the result of job meets the expectation of employees.

Some of the important factors influencing employee satisfaction

- a) Environmental factors: performance appraisal system, recognition, remuneration, worklife-balance, promotion, training programmes and team spirit.
- b) Personal Factors: Age, Sex, Marital Status and Experience.

Objectives of the Study:

- A) To measure the level of satisfaction of teaching and non teaching employees of private and govt. colleges.
- B) Ascertain the areas of concerns where improvement is necessary.
- C) To study the areas of strength and weakness of the employees.
- D) Ascertain the expectations of employees regarding job satisfaction.

Research Methodology:

Hypothesis:

- 1) There is no significant difference in the job satisfaction of govt and private colleges teaching staff.
- 2) There is no significant difference in the job satisfaction of govt. and private colleges non teaching staff.

Sampling Method and Sampling Size:

The sample of the study consisted of the professors and non teaching employees working in govt. and private colleges restricted to the Jhunjhunu and Sikar districts of Rajasthan. A sample of 200 employees both teaching and non teaching employees of both govt. and private institutions were taken into consideration.

Research Methods:

For present study the primary data has been collected thru a structured questionnaire. A questionnaire has been divided into two sections. Part A consisting questions related to the personal

information and Part B consisting of questions related employee satisfaction.

Data Analysis and Interpretation:

The sample size was taken as 200 and the data has been analyzed by taking into the account the following seven (7) factors of “employee’s satisfaction”. The factors are:

- 1) Rumuneration 2) Work Life Balance 3) Performance Appraisal
- 3) Team Spirit 4) Recognition 5) Training Rogrammes 6)Promotion
- 7) Performance Appraisal

Descriptive statistics has been used to measure the level of employee satisfaction.tha data has been analysed by calculating percentage and frequency. Mean scores were calculated by allocating values of 1,2,3,4,5 respectively to the responses „Strongly Disagree□, „Disagree□, „Neutral□, „Agree□, „Strongly Agree□ Hence Mean score greater than 3 on any statement implies positive response of the respondent.

Conclusions and Recommendations:

Study reveals than Govt. employees both teaching and non-teaching staff are more satisfied than the private colleges, this is due to the flexibility security of job, high salary and independence enjoyed by govt. employees (teaching and non-teaching employees)

Research shows that the private colleges teachers are very sensitive as regards as salary, the private sector revise the salary structure. The authorities should include teachers at the time of restructuring their salary. At the same time both private and govt employees are dissatisfied on fair promotion can increase the level of satisfaction among the teachers in this regard.

Analysis also show that both private and Govt. employees show low satisfaction level regarding the factor “TEACHERS TRAINING” therefore authorities should organize regular training programmes to enrich and equip teachers with latest development.

Analysis also shows that both private and govt colleges shows low satisfaction level regarding the factor opportunity for carrier development. For increasing the satisfaction level of the employees in this regard authorities should try to provide opportunity for carrier development to the teachers.

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The Mental Makeup of Abhin Shyam Gupta the International Badminton Player

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Abstract

The purpose of this study was to explore the mental make up of wonder boy shutler Abhin Shyam Gupta the legendary Badminton player of our country whose achievement were the greatest from all the contemporary players of his time. The researcher formulated a questionnaire set of sixteen test items intending to explore the mental makeup of Abhin Shyam Gupta. The conclusion drawn upon by the researcher from the responses he got from Abhin Shyam Gupta's seniors, Juniors, co-players of the national tournaments and experts who had been associated with his training and coaching programme was that maximum of them agreed with the concept that. He dislikes losing. Punctuality and discipline is a part of his life. He appreciates innovative ideas/ suggestions. He likes to perform much better than others. He wanted to reach at different level from others. He is very particular about sport kit. He like challenges. Public criticism of playing never bothers Abhin. He is having natural talent for badminton. He admired good performances. He believes in learning by mistakes. He had good grasping power. He had a positive attitude. He is very conscious for his fitness. He likes to see his name in the sports section of newspaper. He like doing new things in sports. Only a very few negligible percentage of the respondents diverge from this view.

Introduction

Badminton is one of the most widely-played sports in the world. The badminton world federation (BWF) estimated that about 150 million people play the game worldwide and that more than 2,000 players participate in international competitions. It is played by people of all ages and at all levels.

Badminton is a non-contact racquet sport requiring jumps, lunges, quick changes in direction and rapid arm movements from a wide variety of postural positions with calm and cool gestures, attitude and behaviors. And **Abhin Shyam Gupta is a churner of these professional and personal qualities.**

The purpose of this study is to explore the mental set up of wonder boy shutler Abhin Shyam Gupta the legendary Badminton player of our country whose achievement were the greatest from all the contemporary players of his time. He won **Kenya Open 2005, Morituss Open 2004, Asian Satellite 2002, French Open 2001, SARC Tournament 1997 in Sri Lanka.** Findings of this study would be a great source of inspiration to the present and future sports, promoters, sports organizers, sports managers and sports persons.

This study focuses on his mental make up, the contributing factor in his performance. This study would motivate budding players to develop these traits which may help them in achieving this level of performance.

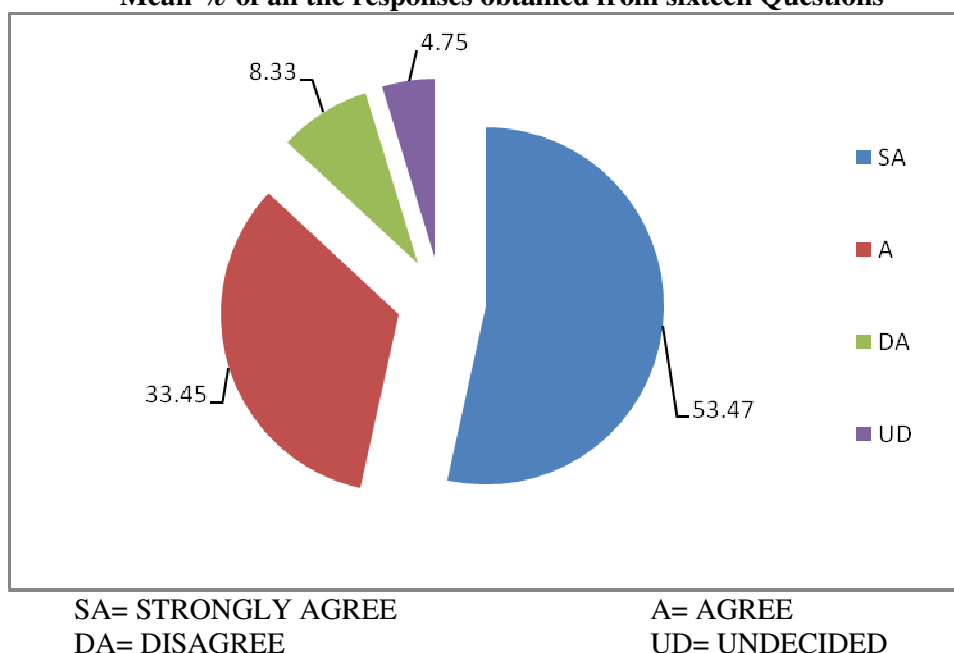
The researcher formulated a questionnaire set of sixteen test items intending to explore the mental make up of Abhin Shyam Gupta which made him to accomplish this status of performance. The questionnaire reliability and validity was ensured through several trial runs conducted under expert guidance.

The Researcher personally approached fifty four respondents from Allahabad and other places related closely to Abhin Shyam Gupta in some or the other way and who were witness to his developmental years. They were his seniors, Juniors, co-players who played with him in many of the national tournaments and certain experts of the game who had closely watched him preparing for the game and playing in the competition. The researcher asks them to give their impartial judgment in the form of responses to the questions posed to them in the questionnaire.

Respondents views on Abhin Shyam Gupta's mental set up.

1. From 54 respondents, 46.29% strongly agree and 33.33% only agree that He dislike losing, while 16.67% of the respondents disagree for it and rest 1.85% were undecided.
2. Punctuality and disciplines is a part of his life, of 54 respondents, 77.77% strongly agreed and 16.66% only agree, while 1.85% of the respondents disagreed to this view and rest 3.70% were undecided.
3. Abhinn Shyam Gupta appreciates innovative ideas/suggestions, of 54 respondents 46.44% strongly agree and 44.44% only agree while 3.70% of the respondents disagreed to this view and rest 5.55% were undecided.
4. Out of 54 respondents, 62.96% strongly agree and 31.48% only agree that He likes to perform much better than others, while 3.70% of the respondents disagreed to this view and rest 1.85% were undecided.
5. From 54 respondents, 57.40% strongly agree and 35.18% only agree that He wanted to reach at different level from others, while 5.55% of the respondents disagree for it and rest 1.85% were undecided.
6. He is very particular about sport kit, of 54 respondents, 25.92% strongly agreed and 42.59% only agree, while 25.92% of the respondents disagreed to this view and rest 5.55% were undecided.
7. Abhinn Shyam Gupta like challenges, of 54 respondents 51.85% strongly agree and 40.74% only agree while 1.85% of the respondents disagreed to this view and rest 5.55% were undecided.
8. Public criticism of playing never bothers Abhinn, of 54 respondents, 55.55% strongly agree and 25.92% only agree while 14.81% of the respondents disagreed to this view and rest 3.70% were undecided.
9. From 54 respondents, 59.25% strongly agree and 27.77% only agree that He is having natural talent for badminton, while 9.25% of the respondents disagree for it and rest 3.70% were undecided.
10. He admired good performances, of 54 respondents, 61.11% strongly agreed and 35.18% only agree, while 1.85% of the respondents disagreed to this view and rest 1.85% were undecided.
11. Abhinn Shyam Gupta believes in learning by mistakes, of 54 respondents 62.96% strongly agree and 33.33% only agree while 3.70% were undecided.
12. Out of 54 respondents, 48.14% strongly agree and 46.29% only agree that He had good grasping power, while 1.85% of the respondents disagreed to this view and rest 3.70% were undecided.
13. From 54 respondents, 66.66% strongly agree and 31.48% only agree that He had a positive attitude while 1.85% of the respondents disagree for this view.
14. He is very conscious for his fitness, of 54 respondents, 59.25% strongly agreed and 33.33% only agree, while 1.85% of the respondents disagreed to this view and rest 5.55% were undecided.
15. Abhinn Shyam Gupta likes to see his name in the sports section of newspaper, of 54 respondents 40.74% strongly agree and 27.77% only agree while 18.51% of the respondents disagreed to this view and rest 12.96% were undecided.
16. Out of 54 respondents, 33.33% strongly agree and 29.62% only agree that He like doing new things in sports, while 24.07% of the respondents disagreed to this view and rest 12.96% were undecided.

Figure-1
Mean % of all the responses obtained from sixteen Questions



Conclusion

The conclusion drawn upon by the researcher from the responses he got from Abhinn Shyam Gupta's seniors, Juniors, co-players of the national tournaments and experts who had been associated with his training and coaching programme was that maximum of them agreed with the concept that. He dislikes losing. Punctuality and discipline is a part of his life. He appreciates innovative ideas/suggestions. He likes to perform much better than others. He wanted to reach at different level from others. He is very particular about sport kit. He like challenges. Public criticism of playing never bothers Abhinn. He is having natural talent for badminton. He admired good performances. He believes in learning by mistakes. He had good grasping power. He had a positive attitude. He is very conscious for his fitness. He likes to see his name in the sports section of newspaper. He like doing new things in sports. Only a very few negligible percentage of the respondents diverge from this view. Indeed these qualities are the hall mark material for top class athletes. The level of these qualities in an athlete determines his rise in world of his sports. On the other hand **Miroslave Vanek (1970) reported on Dick an international archer** to be introvert and reserve. He was emotionally unstable in some ways particularly when tension and pressure on his performance would mount. His intelligence was high. Dick's frustration tolerance seemed to lessen. However, as he approached the final rounds in each competition, he evidenced needs of dominance and also at times controlled aggression. His moral character was high and he held up high standards for those around him himself as a man of principle. He was more realistic than philosophical. He lived in a world of facts rather than physical. He was punctual when beginning a workout. His teammates said that they could set their watches by his comings and goings around the training areas. If he was in charge of a meeting it was well known that they would wait not more than two minutes after starting time before calling it to order. He was generally low in sociability. His tension level was usually high. He was at time explosive. **Elizabeth A. (2000)** milfred "Babe" Didrekson who secured 2 gold medals out of 3 events she entered in 1932 Olympics, worked hard, and even with the hardships she went through, she accomplished her goals. She showed that women are just as good as men and can do everything's that men can.

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Cognitive Process in Sports

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Dealing with Negative thoughts:

In various situations, a Person finds himself trapped in negative thoughts. The reasons of such thoughts can be various, but it is necessary to deal with such kind of thoughts as it affects a person's performance in all the fields to a lot of extent. It is vary necessary for the sports coach to have thorough knowledge of these processes as only by applying them in reality he can perform his function properly and can create outstanding players.

First Step-Thought Awareness:

Today's life has become full of stress and in this situation;various kinds of negative feelings arise in human beings. It is found that generally such kind of feelings arise in a person who does not have self confidence and who thinks about his future negatively. It is found various studies that such kind of negative thanking damages a person's performance to a lot of extent and even also hampers his mental skills.

Once arise, negative thoughts do not get vanish in short period of time. Generally it is found that negative thoughts get flit in to one's consciousness and they keep on arising from time to time. They begin to affect one's daily life when the person does not challenge them. It is impossible for someone to observe or analyze the thoughts arising in other person's mind, but the person him self can perform this function properly and can understand kind of thoughts arising in his mind. The process through which this function being performed is known as thought Awareness.

Second step - Rational Thinking:

Generally it is found that various kinds of negative thoughts get arise in player's mind when they feel that they are not trained properly or have got inadequate training. There are other reasons. Which led to arousal of negative thoughts, one of which is feeling of anxiety about the factors which are out of control. It is not difficult to challenge these negative thoughts for a player. For instance, to challenge the feeling of inadequacy of training, a player can ask him self before participating in the competition whether he has got adequate raining or not. If he gets the positive answer, then feeling of inadequacy will automatically get relieved. In the same way to destruct feeling of anxiety about uncontrollable factors, person should analyses whether he has conducted contingency planning properly or not.

Peak performance training:

There are various barriers which can hamper a player's performance in competitions. These barriers can be destroyed by peak performance training strategies. Player's cam learns traits of champions through peak performance training. To develop traits of champions, coach should boost the motivation of players. He should develop the ability to concentrate on specific things and also make use of stress management techniques to raise the performance level of players.

Players getting peak performance training have winning edge. They do not fear from the problems rather consider them as challenges. They participate in the game to win.

For boosting the performance level of player mental training is also provided to them in which mental features relating to high achievement and top performance are being identified and are being tried to attain. To teach the players these mental skills, coach develop the appropriate programs.

Many times question is asked by some people that although players get coaching from same coach and they are provided with same equipments and environment, then what is the reason that difference is being found in their performance level. The main reason of this fact is that during competition, players have to face various kinds of challenge which put them under a lot of stress. Only

that player can perform well in such condition who knows how to keep oneself away from stress. This quality can only be found in players getting peak performance training.

For boosting the performance level of a player, mental training also plays a very important and crucial role one can learn the mental characteristics which are being associated with top achievement players. In reality these characteristics are learnable and can be learned easily, for instance, by learning relaxation techniques, one can keep him self away from pressure.

In sports activities, only that player can perform well who have mental clarity, has the excellent judgment ability, perceptual sharpness and sense of whole concentration. Only a player fully motivated can perform outstandingly even in pressure.

Enhancing the performance level:

Generally it is found that if any player could not perform well in any competition, then he or she says that he was unable to provide his maximum. This kind of feeling put lot of pressure on him to perform outstandingly well in succeeding competitions. The main reason of such pressure is that player's consider their abilities too much in comparison to what they are in reality. For enhancing the performance level, it is necessity that player should have considerable knowledge of how to measure his or her existing performance level and never to over estimate his abilities. He should set very realistic goals and then try to achieve them. Another very important factor which helps the players to enhance their performance level is self confidence. After knowing about their actual abilities, players should try to achieve the goals set by them and should begin this work by the attitude that they can attain set gals and they are capable of doing this, only with this attitude, they can achieve set goals and can perform out standing in the competitions.

Thus it can be said at the end that negative thinking and negative moods can affect performance of a player negatively because of which it is suggested to put an end to them as quickly as possible.

Ref: Sports Dynamics - Dr. B. J. Srinivasaraja.

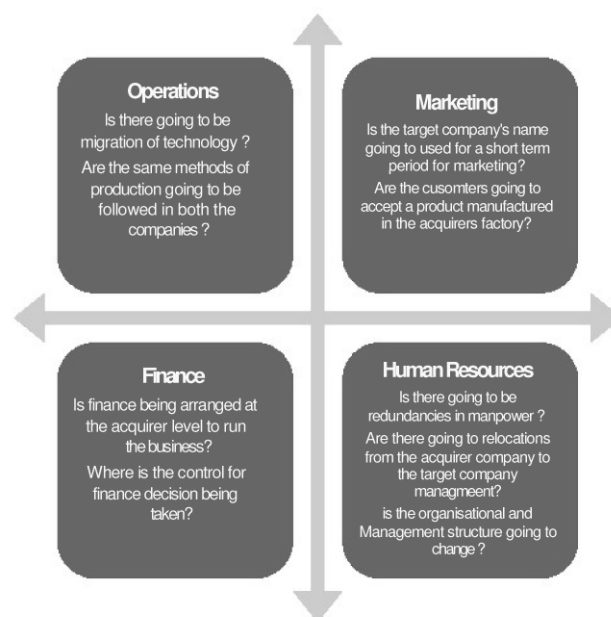
Successful M & A Process in Modern Time

Dr. Adarsh Mishra: Director, VIVA Institute of Management, Virar.

We always read that most mergers and acquisition fail to meet the objectives for which they were initially set up. Despite the best intentions, many M&A deals fall short to live up to the expectations that the management promised to the shareholders at the time of approval for the deal. Many a times the acquirer is left thinking at the end of a few years after the acquisition was it the right deal? Why are we not able to meet the shareholder targets set at the time of purchase of the target? And so on.

Empirical studies conducted indicate that one of every two post-merger integrations efforts fares poorly. This shows that an M&A deal has a success rate of about 50%- a toss of a coin. Most deals look good in a power point presentation and on paper. But very few pay attention to the steps post the signing of the deal i.e. the integration process on how the deal will be executed.

Based on various studies, the integration plan needs to be discussed and drafted as soon as the due diligence is completed and should be put forth to the target company management to see if it is viable or there will be a resistance across some of the stakeholders of the company. The level of integration depends upon the amount of independence that the target company would be felt with. If the target company would give up its existence over a period of time, the integration would across all functions and in details across all lines of decision making. The integration plan primarily focuses on Operations, Finance, Marketing and Human Resources. Each of these functions needs further analysis on the level of integration that the acquirer desires.



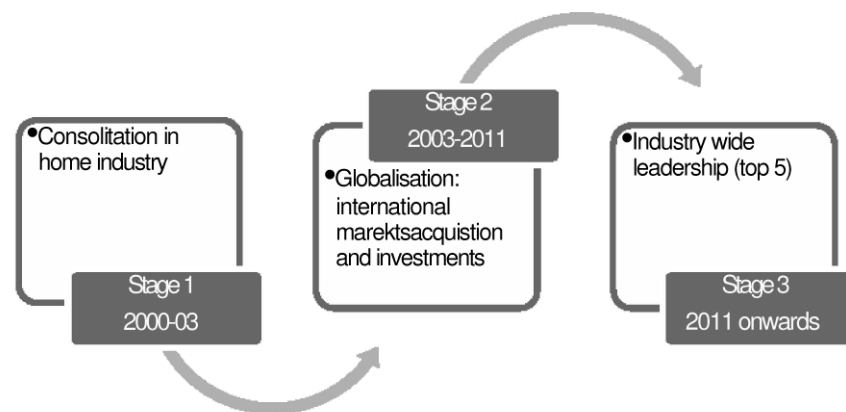
The above are just some of the questions that need to be asked at the time of deciding of going ahead with the purchase of the target. If at any point of time, there is a concern from the target on any of these issues. It is important to tackle this immediately rather than wait till the deal is closed. Most of the companies follow the following integration plans across the domains mentioned above. However the success does not depend on what we do in the above domains but on how we execute the plans in each of these domains.

Based on many research articles, some of the common steps for an integration plan are:

1. Set the clear goals of the integration plan and define the integration strategy.
2. Goals should be measurable and achievable. Focus on decisions that drive value
3. Take fast action
4. Ensure frequent communication with all stakeholders
5. Develop tight process controls with clear line of authority
6. Address employee issues at the earliest

Taking the case of Crompton Greaves acquisition of Pauwels Group in 2005, we can see that the acquisition put Crompton greaves on the global map and its success depended majorly upon the above six tenets.

Background of the deal: the name Crompton Greaves has become synonymous with electricity in India for the past 70 years. It is India's largest private sector enterprise, extensively engaging in designing, manufacturing and marketing high technology electrical products and services. It has been related to fields like power generation, transmission, distribution as well as executing turnkey projects. In 1999, the company was facing great difficulties and was a loss making company for three consecutive years. In 1999-2000 they recorded a loss of 147 crores. All-in-all the company was going through a phase of complete downturn. As they were looking at a restoration plan, they had a three pronged strategy



Once the company corrected its internal issues and gain ground in the home country, it started to focus on expanding its business globally. Pauwels group was an opportunity to acquire. It has a low material cost and a share of 2.8% of the world transformer market with products complementary to Crompton greaves. It was an international brand with a very wide distribution network. With Pauwels, Crompton greaves could address 75% of the world transformer market. It could be among the top 10 transformer manufacturers of the world. Crompton greaves entered into the agreement in February 2005 to acquire entire stake in Pauwels for Euro 28.25 million.

The synergies that could be bought were in the following areas:

- Design and technology
- Purchasing
- Manufacturing engineering

Integration plan: using the above 6 tenets, the company had the following 100 days game plan:

1.	Set the clear goals of the integration "Best of both and transformation process". plan and define the integration strategy.	7 Cross functional teams of HR, Quality, R&D across various manufacturing locations were setup for further integration of the synergies between the two groups
2.	Goals should be measurable and achievable. Focus on decisions that 100 value.	There were small targets to be achieved over days drive
3.	Take fast action.	Immediate action was taken streamline all the systems across the Pauwels group in line with that followed by Crompton Greaves in the area of Production, Finance, Quality, Marketing and HR.
4.	Ensure frequent communication with all stakeholders.	The MD Mr. Trehan has direct meeting with the employees and major customers and vendors, who gave him direct feedback on the process
5.	Develop tight process controls with clear line of authority	Performance and creative lead was given to the employee.
6.	Address employee issues at the earliest The key management of Pauwels continued to	The key management of Pauwels continued to remain with the company at the time of ransition to Crompton greaves which gave comfort to the existing employees of Pauwels and helped in implementation of the integration plan

The above acquisition was only a start, with this and as well as the other acquisition of Ganz, these international operations added Rs. 23,322 million to the top line, more heartening is the improvement in profits of over 58% to Rs.1,493 million in 2006-07. All of this was achievable in a span of 2 years due to the integration on time and as planned.

At the other end we have the example of Sprint and Nextel merger was a disaster and the result was a write down of billions of dollars.

Background of the deal: In 2005, Sprint bought Nextel for \$35 billion in a deal that was classified as a merger of equals. The CEOs of the two companies believed that their respective strengths complemented each other. Sprint was a leader in wireless data communications and had consumers as its primary customer base. Nextel had been a pioneer in the walkie-talkie service and had a stronger presence in the business segment. The deal was expected to create a \$70 billion firm with a stronger customer base and generate cost savings with a present value of \$12 billion. However, the benefits failed to materialize largely due to a culture clash. Nextel had an informal, aggressive, entrepreneurial, customer-centric culture that valued flexibility and the ability to respond quickly to market changes. In contrast, Sprint had a formal, bureaucratic, top-down, number-driven culture. These sharply different cultures led to mistrust and clashes in everything from cellphone technologies to advertising strategy. When the combined entity decided to use Sprint's number-driven approach, service quality dropped dramatically, and many subscribers fled out of frustration about customer service quality. By 2008, Sprint had written down 80% of Nextel's value. In late 2010, Sprint announced it would totally shut down the Nextel network by mid-2013 Based on the above cases, we can see that a disciplined approach will always bring about success to the deal. The critical factors should include focusing on the key value drivers, proper communication, proper planning. The

integration team that is diligent in the above tenets will have better odds at building momentum, gaining support, and instilling confidence in stakeholders.

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महाराष्ट्रातील पाण्याचे नियोजन आणि विकास एक भौगोलिक अभ्यास

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प्रस्तावना :

भारत हा कृषीप्रधान देश आहे. भारतीय अर्थव्यवस्थेचा कणा म्हणून शेती व्यवसायाला ओळखले जाते. मानवाच्या मुलभूत गरजा भागविण्यासाठी मानव अहोरात्र धडपडत असतो. राज्यांच्या किंवा देशाच्या विकासात पाण्याचे महत्व फारमोठे आहे. जगातील मोठमोठ्या संस्कृती मुबलक पाण्याच्या नदी खोऱ्यातच उदय पावून विकसीत झाल्या आहेत. नागरी जीवन आणि शेतीसाठी पुरेसे पाणी असेल तर त्या प्रदेशाचा विकास होऊ शकतो. पाण्याचे महत्व वेदकाळापासून गायले गेले आहे.

पाणी पवित्र आहे गुणकारी आहे. आणि राष्ट्राचे वर्धन करणारे आहे सजीव प्राण्यासाठी पाण्याची अत्यंत आवश्यकता आहे. मानवाचे संपूर्ण जिवन पाण्यावर अवलंबून आहे. म्हणूनच पाण्याला जिवन असे म्हटले जाते. ग्रामीण भागापासून शहरी भागापर्यंतचा विकास, राहणीमान, पाण्यावरच अवलंबून आहे. भूजलसाठी ही एक नैसर्गिक देणगी आहे. दरवर्षी पडणाऱ्या पावसामुळे ह्या संपत्तीत वाढ होत असते पण महाराष्ट्राचे पर्जन्यमान असमान वितरणाचे असल्यामुळे पाणीसाठी होवू लागला आहे. राज्यामध्ये बऱ्याच ठिकाणी जानेवारी ते फेब्रुवारी महिन्यातच बऱ्याच नद्या कोरड्या पडतात. आजच्या आधुनिक युगात दिवसेंदिवस पाण्याची मोठ्या प्रमाणात आवश्यकता आहे पण वरचेवर पाणी दुर्भिक्ष जाणवते. महाराष्ट्रात शेतीच्या विकासासाठी पाणी फार महत्वाचे आहे. पडणाऱ्या पावसाचे संचयन कसे होईल हे अभ्यासने आवश्यक आहे.

संशोधनाची ध्येय, उद्दिष्टे :

१. भू-पृष्ठातील पाण्याची उपलब्धता अभ्यासणे.
२. पाणी उपलब्धता व लोकसंख्या यांच्यातील पाणी वापर अभ्यासणे.
३. महाराष्ट्रातील असणाऱ्या नदी खोऱ्याचा अभ्यास करणे.
४. पाणी साठवण्यासाठी अनेक नविन योजना अभ्यासणे.
५. उपलब्ध साठा व लागवडी योग्य जमीन यांची वर्गवारी अभ्यासणे.
६. पुर्नभरणासाठी योजनाचा अभ्यास करणे.

अभ्यास पध्दती :

प्रस्तुत शोधनिबंध हा महाराष्ट्रातील पाणी उपलब्धीनुसार असून पावसाच्या वितरणानुसार लिखित आहे. शोध निबंधाच्या संशोधनासाठी दुय्यम सामग्रीचा विचार करण्यात आला आहे. मासीके, वृत्तपत्रे, महाराष्ट्र राज्याची आर्थीक पाहणी, अहवाल, जिल्हा सांख्यिकिय अहवाल, कृषी कार्यालय अहवाल, पाटबंधारे कार्यालय अहवाल इ. दुय्यम सामग्रीचा आधार

घेतला आहे.

अभ्यास क्षेत्र :

भारतातील २८ राज्यांपैकी महाराष्ट्र राज्य एक आहे. महाराष्ट्राचे स्थान भारताच्या मध्यवर्ती ठिकाणी असून उत्तर भारताला व दक्षिण भारताला जोडणारा महाराष्ट्र राज्य आहे. महाराष्ट्राचा सर्वसाधारण आकार त्रिकोणाकृती असून दक्षिणेकडे चिंचोळा तर उत्तरेकडे रुंद होत गेलेला आहे. महाराष्ट्राला ७२० किमी. लांबीचा समुद्र किनारा लाभला आहे.

महाराष्ट्र राज्य हे क्षेत्रफळ व लोकसंख्याच्या दृष्टीने भारतातील तिसऱ्या क्रमांकाचे राज्य आहे. राज्याचे भौगोलिक क्षेत्र ३०७,४३ हेक्टर असून क्षेत्रफळाच्या बाबतीत महाराष्ट्र राज्याने भारताच्या एकूण क्षेत्रफळाच्या ९.३६% क्षेत्र व्यापले आहे. महाराष्ट्रात लागवडी योग्य क्षेत्र २२५.४२ लक्ष हेक्टर वार्षिक सरासरी पर्जन्य १३६० मी.मी. आहे. महाराष्ट्र राज्याची लोकसंख्या ९.६७ कोटी आहे. सरासरी पर्जन्यापैकी ८८% पर्जन्य जून ते सप्टेंबर महिन्यात पडतो. महाराष्ट्रातील ७०% लोकसंख्या ही ग्रामीण भागात राहत आहे. त्याचे संपूर्ण जिवन पावसावर शेतीवर अवलंबून आहे. शेती उत्पादन वाढीसाठी जलसिंचनाची अत्यंत आवश्यकता आहे.

राज्याच्या विकासात, जल व्यवस्थापन, जलनियोजन, सिंचन क्षमता अतिशय महत्वाची आहे. या महत्वाच्या विषयावरच पुढील विचार केला आहे.

महाराष्ट्रातील भूपृष्ठीय पाणी :

कोणत्याही प्रदेशातील पाण्याची उपलब्धता ही त्या ठिकाणी पावसावरच अवलंबून आहे. भूपृष्ठावरील पाणी व भूपृष्ठीय पाणी संचित करण्यासाठी अनेक योजना कार्यान्वित आहेत. तसेच पाणी उपलब्धतीसाठी अनेक पध्दती आहेत. त्याचा अंदाज घेतला जातो.

तक्ता नं. १ : पाण्याची उपलब्धता (जग, भारत, महाराष्ट्र, मराठवाडा, विदर्भ, उ. महाराष्ट्र)

अ. क्र.	प्रदेश	पाणी उपलब्धी		लोकसंख्या		दरडोही पाणी
		अ.घ.फु.	टक्के	कोटी	टक्के	घ.मी.पाणी
१	जग	१६.६ लक्ष	१००%	६.४५	१००%	७२८५
२	भारत	६४ हजार	४%	१.३	१६%	१८३०
३	महाराष्ट्र	४६४७	०.२८%	९.६८	१.६%	१३६०
४	मराठवाडा	३०६	०.०२%	१.५६	०.२४%	५५५
५	विदर्भ	९७०	०.०६%	२.०६	०.३२%	१३३३
६	उ.महाराष्ट्र	३३७१	०.२१%	६.०५	०.९४%	१५७७

वरील माहितीच्या आधारे आपणास असे जाणवते की, जगाच्या तुलनेत भारत व भारताच्या तुलनेत महाराष्ट्र आणि अनेक विभागात पाण्याची उपलब्धी कमी-कमी होत जात आहे. भारताची लोकसंख्या १६% असतांना पाण्याची उपलब्धता फक्त ४% आहे. महाराष्ट्राची लोकसंख्या १.६% असतांना पाण्याची उपलब्धता ०.२८% आहे.

याहीपेक्षा महाराष्ट्राची पाण्याची उपलब्धता कमी आहे. व विभागावरील पाण्याची उपलब्धता कमी आहे. यावरून आपणास असे जाणवते की पाणी हे वापरापेक्षा कमी असल्यामुळे पाणी आपण जपूनच वापरले पाहिजे. पाण्याचा वापर योग्य पध्दतीने केला पाहिजे. किंवा वापरासाठी अनेक नवीन पध्दतीचा वापर केला पाहिजे. दरडोही पाणी विगतवारीनुसार १७०० घ.मी. पाणी असलेला प्रदेश विकसनशील होऊ शकतो. तर ५०० घ.मी. प्रतीडोई पाण्याचा प्रदेश अत्यंत दुष्काळी समजला जातो.

तक्ता नं. २: महाराष्ट्राची भौगोलिक विभागणी :

महाराष्ट्र राज्यांची भौगोलिक विभागणी पाच खोऱ्यात झालेली असून या विभागात पाणी उपलब्धीमध्ये मोठ्या प्रमाणात फरक जाणवतो. महाराष्ट्रामध्ये- १) गोदावरी- ५०% २) कृष्णा खोरे- २३% ३) तापी खोरे- १६% ४) कोकण- ११% ५) नर्मदा खोरे- ०.३% भाग व्यापला आहे.

महाराष्ट्रामध्ये लहान-मोठ्या ४०० नद्या आहेत. त्याची एकूण लांबी २० हजार कि.मी. आहे. महाराष्ट्र राज्याची प्रशासकीय विभागणी- मराठवाडा, विदर्भ, महाराष्ट्र प्रदेश अशी असून तेथील पाण्याची नैसर्गिक उपलब्धी- वर्षे २०३० पर्यंतची गरजेची आहे.

अ. क्र.	प्रदेश	भौ.क्षेत्र	लागवडी योग्य क्षेत्र		पाणी उपलब्धी		२०३० पर्यंत आवश्यकता			पाण्याची तुट अ.फु.	अतिरिक्त पाणी
							S	B.S.	एकूण		
१	मराठवाडा	६४.८१ (२१%)	५७.३२	२६%	३०६	७%	५८०	७८	६५८	३५२	-
२	विदर्भ	९६.८१ (३१%)	६२.९२	२८%	१७०	२१%	६२४	१०२	७२६	-	२४४
३	उर्व. महाराष्ट्र	१४५.८१ (४८)	१०५.१८	४६%	३३७१	७२%	१०२७	३०८	१३३५	-	२०२६

४	म.राज्य	३०७.४३ (१००%)	२२५.४२	१००%	४६४७	१००%	२२३१	४८८	२७१९	३५२	२२८०
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आधार- सिंचन आयोग अहवाल खंड-३

वरील माहितीच्या आधारे राज्यातील एकूण पाणी उपलब्धी ४६४७ घ.मी. असून वर्षे २०३० एकूण आवश्यकता २७१९ घ.मी. आहे. विभागणीय पाण्याची साठे उपलब्ध नसून मराठवाड्यात पाण्याची तुट दिसत आहे. मराठवाड्यात पाण्याची गरज भागविण्यासाठी अतिरीक्त पाणी संचित करणे गरजेचे आहे.

तक्ता क्र. ३: जिल्हानिहाय पाण्याची उपलब्धता व क्रमवारी आणि प्रतिहेक्टरी व दरडोई पाणी :-

अ. क्र.	जिल्ह्याचे नाव	लागवडी योग्य क्षेत्र	७५% विश्वासाहैतीने पाणी उपलब्धी	लागवडी योग्य क्षेत्राच्या प्रति हे./घ.मी.	जिल्ह्याची लोकसंख्या	दरडोई पाणी घ.मी.
१	उस्मानाबाद	६.९५	१८	७३५	१४७२	३४६
२	रत्नागिरी	५.४९	५९०	३८३८३	१६५४	९८४४
३	ठाणे	३.१२	५२३	३४३३४०	८९.३९	१८२०
४	रायगड	३.०९	४१५	३३१७६	२२.०६	१३२४
५	कोल्हापूर	५.०७	३६१	१८२७६	३५.२६	२९८६
६	सिंधुदुर्ग	३.४५	३०२	६४५४२	८.८७	१३०८६
७	सातारा	६.८६	३७२	४५९८	२७.९२	२७५२
८	गडचिरोली	५.०५	२६२	७२६८२	८.७३	७६१४
९	पुणे	०.७५	२३८	५५७३	२३.२८	९०५
१०	नाशिक	०.५९	१९३	४८४३	४२.६८	१०९५
११	यवतमाळ	१०.४०	२६३	४४३५	२९.६०	१६७५
१२	चंद्रपूर	६.४९	१३८	२२२०	२०.७६	१९८९
१३	अहमदनगर	१८.५२	१२८	२८१९	४८.४८	३७८५
१४	भंडारा	५.२२	११२	६३४०	२१.४६	७८२

१५	नागपूर	५.९८	७३	५३२०	९६.६३	१७७६
१६	सांगली	७.१३	७३	२९४३	२५.६३	७६९
१७	धुळे+नंदुरबार	८.८१	६९	२३०१	१७.३८	४६२
१८	अमरावती	८.७९	६४	२१७२	२६.०७	६३३
१९	जळगाव	८.२४	६३	२१८३	३६.३०	६४४
२०	नांदेड	९.२१	६२	१९७२	२८.४६	११००
२१	औरंगाबाद	८.२०	५८	२१४४	२८.२०	८९६
२२	परभणी+हिंगोली	९.९०	५७	१६७१	१८.९१	८७६
२३	अकोला	८.१०	५३	१८२५	१६.२०	६२९
२४	बुलढाणा	७.५९	४८	१२६२	२२.२६	९८४
२५	बीड	९.२०	६१	१२८९	२१.९३	२८६
२६	वर्धा	८.७६	३९	३४४९	१७.२१	६१४
२७	सोलापूर	१३.१७	५५	८५८	३८.५५	९४
२८	जालना	६.९६	३१	१८२१	१५.१२	३४०
२९	मुंबई	३.४५	२५	१९४९५	२०.२६	७४
३०	लातूर	६.५०	२५	११२२	१४.२१	३४६
	एकूण		४६४७		९६७.६२	१३५१

आधार :-महाराष्ट्रातील पाण्याचे नियोजन व सिंचन विकास या.रा.जाधव सुवर्ण महोत्सव सिंहावलोकन परिषद-२०१० औरंगाबाद.

तक्ता क्रमांक ३ नुसार रत्नागिरी जिल्ह्यात सर्वात अधिक पाणी उलपब्ध असून सर्वात कमी पाण्याचा जिल्हा उस्मानाबाद आहे प्रतिहेक्टर पाणी उपलब्धेमध्ये ठाणे जिल्हा प्रति हेक्टर ३४३४० घ.मी. पाणी असल्यामुळे सर्वात वर असून उस्मानाबाद ७३५ घ.मी.असून उपलब्धता सर्वात कमी आहे.

दरडोई पाणी उपलब्धतेच्या बाबतीत सिंधुदुर्ग जिल्हा (१००९० घ.मी.) सर्वात वर असून मुंबई वगळता, सोलापूर

जिल्हा (२८६ घ.मी) सर्वात खाली आहे. ही क्रमवारी पाण्याच्या नैसर्गिक उपलब्धेनुसार असून अनेक ठिकाणी नद्यावर धरणे आणि कालवे झाल्यामुळे लवादाच्या निर्णयाप्रमाणे राज्यातील गोदावरी, कृष्णा, तापी, नर्मदा व खोऱ्यातील पाणी वापरावर बंधने आली आहेत. राज्याची पाण्याची एकूण नैसर्गिक उपलब्धी जशी ४६४७ घ.मी. घ.फु. असली तरी या नद्यामुळे त्यापैकी ३९२१ अ.घ.फु. पाणी राज्याला वापरता येते.

निष्कर्ष :

१. राज्यातील विभागनिहाय पाणी समान नसल्यामुळे मराठवाडा विभाग पाण्याच्या तुटीमध्ये मोडतो.
२. महाराष्ट्रात पाणी उपलब्धता कमी असल्यामुळे पाण्याचा वापर काटकसरीने होणे योग्य होईल.
३. राज्यातील असणाऱ्या खोऱ्यातील पाण्याची उपलब्धीमध्ये समानता दिसून येत नाही.
४. मराठवाडा हा विभाग निसर्गाने दुष्काळ परिस्थितीत टाकलेला असल्याने अनेक समस्या दिसून येतात.
५. महाराष्ट्रात पाणी उपलब्धी कमी असल्यामुळे अनेक सिंचन पध्दतीचा वापर करणे आवश्यक आहे.

संदर्भ सुची :-

१. या रा.जाधव (२०१०) 'महाराष्ट्रातील पाण्याचे नियोजन- सिंहावलोकन परिषद', औरंगाबाद.
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३. डॉ. सुरेश फुले (२००९) 'महाराष्ट्राचा भूगोल', शशिकांत पिंपळापुरे प्रकाशन, औरंगाबाद.
४. के.सागर (२००२) 'भारताचा भूगोल', प्रगती पब्लीकेशन, पुणे
५. योजना, मे-२०१२.
६. योजना, जुलै- २०१२.
७. योजना, मार्च- २०१२.
८. 'Role Of Women in rain water conservation and its, management' (rwrwcim-२०११), Lokyasnya Prakashan, Beed.
९. 'Shodhankan', (Feb.२०१२) special Issue, prathmesh Publication, Ahmednagar.

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रावेर तालुक्यातील इंदिरा आवास योजनेचा अभ्यास

(कालावधी सन २०००-२००५)

प्रा. वैशाली लक्ष्मण कोष्टी : सहा. प्राध्यापिका धनाजी नाना महाविद्यालय, फैजपूर, जि. जळगांव,

सारांश :-

ग्रामीण भागातील दुर्बल घटकांना निवासाची व्यवस्था प्राप्त करून देण्यासाठी सन १९८५ -८६ पासून इंदिरा आवास योजनेची सुरुवात करण्यात आली. व १ जानेवारी १९८६ पासून राबविण्यात येत आहे. सुरुवात करण्यात आली. व १ जानेवारी १९८६ पासून ती एक स्वतंत्र योजना राबविण्यात येत आहे. सुरुवात करण्यात आली. व रावेर तालुक्यात ही योजना १९८९-९० पासून राबविण्यात येत आहे. शन २००० ते २००५ या ५ वर्षांच्या काळात केवळ २०००-२००१ याच वर्षी मंजूर झालेली घरकुले बांधण्याचे उद्दिष्ट साध्य झालेली आहे. २००१-२००५ या ४ वर्षांच्या काळात मात्र मंजूर झालेली संपूर्ण घरकुले बांधण्याची उद्दिष्टे साध्य झालेली नाही. शन २००४-२००५ या वर्षात म्हणजेच सर्वात जास्त म्हणजे एकूण ७६ घरकुले रद्द झालेली आहेत. योजनेत मंजूर झालेली संपूर्ण घरकुले बांधण्यासाठी शासनाने अनुदानात वाढ करणे, शासनाने बांधकामासाठी स्वतःचे अभियंते व कामगार वर्गाचा वापर करावा व लांबांभीची निवड ग्रामसभेतूनच करावी अशा प्रकारच्या उपाययोजना कराव्यात.

१) प्रस्तावना :-

निवारा ही मानवाची अस्तित्वात राहण्यासाठी आवश्यक असलेल्या मूलभूत गरजांपैकी एक गरज आहे. सामान्य नागरिकाला स्वतःचे घर असल्यास महत्वाची सुरक्षितता मिळते व समाजात दर्जा प्राप्त होतो. निराश्रित व्यक्तीच्या आयुष्यात घर सामाजिकदृष्ट्या मोठा बदल घडवून आणते. त्याला ओळख प्राप्त करून देते.

स्वातंत्र्य प्राप्तीनंतरच्या सुरुवातीच्या पहिल्या २५ वर्षात ग्रामीण गृहनिर्माणाच्या समस्येची शासनाने कोणत्याही प्रकारे गंभीर दखल घेतली नाही. निर्वासितांच्या पुर्नवसनासाठी हा गृहनिर्माण कार्यक्रम फाळणीनंतर लगेच 'पुर्नवसन मंत्रालयाने हाती घेतला होता आणि सुमारे १९६० पर्यंत तो चालू होता. या कार्यक्रमान्वये अंदाजे ५ लाख कुटुंबांना वेगवेगळ्या ठिकाणी घरे देण्यात आली. १९५७ मध्ये केंद्राच्या सामूहीक चळवळींचा एक भाग म्हणून 'ग्रामीण गृहनिर्माण योजना' सुरु करण्यात आली होती. त्यात प्रत्येक व्यक्तीला व सहकारी संस्थांना एका घरामागे कामाला ५,००० रु. पर्यंत कर्ज देण्यात आली. व १९८० पर्यंत या योजनेअंतर्गत केवळ ६७,००० घरे बांधण्यात आली. १९७२-७३ मध्ये लोकसभेच्या अंदाज समितीने भारतातील एकूण लोकसंख्येपैकी ८३% लोक खेड्यात राहत असून त्यापैकी सुमारे ७३ % लोक कच्चे बांधकाम असलेल्या घरांमध्ये राहतात, असे निदर्शनास आणून दिले व त्यावर उपाय म्हणून शासनाने चौथ्या योजनेत केंद्रीय योजनेचा अंतर्भाव केला.

१९८०च्या प्रारंभी सुरु झालेल्या 'ग्रामीण रोजगार कार्यक्रमातून 'इंदिरा आवास योजनेची ' मूळ कल्पना शोधता येईल ,या योजने अंतर्गत १९८३ मध्ये सुरु झालेल्या 'ग्रामिण भूमिहीन रोजगार हमी' कार्यक्रमांतर्गत घरांचे बांधकाम करणे हा प्रमुख कार्यक्रम होता.

शन १९८५ मध्ये शासनाने केलेल्या घोषणेनुसार अनूसचित जाती/जमाती व मुक्त वेठबिगार यांच्यासाठी घरांचे बांधकाम करण्याकरिता 'ग्रामीण भूमिहीन रोजगार हमी कार्यक्रम' निधीचा काही भाग राखून ठेवण्यात आल्याने या योजनेची उपयोजना म्हणून १९८५-८६ मध्ये 'इंदिरा आवास योजना' सुरु करण्यात आली त्यानंतर ही योजना एप्रिल १९८९ मध्ये 'जवाहर रोजगार योजना' सुरु झाल्याने तिची उपयोजना म्हणून पुढे चालू राहिली व इंदिरा

आवास योजनेच्या अंमलबजावणीसाठी जवाहर रोजगार योजनेच्या एकूण निधीपैकी ६% निधी वाटण्यात येवू लागला आणि १९९३-९४ पासून ग्रामीण भागातील दारिद्र्य रेषेखालील बिगर अनुसूचित जाती-जमातीच्या कुटूंबाना समाविष्ट करण्यात आले व १९९५-९६ पासून उत्पन्नाची अट लक्षात न घेता सैनिकी कारवाईत मारल्या गेलेल्या संरक्षण दलातील कर्मचारी व निमलष्करी दलातील विधवांना किंवा त्यांच्या जवळील नातेवाईकांना या योजनेत समाविष्ट करून या योजनेची व्याप्ती वाढविण्यात आल्याने इंदिरा आवास योजनेसाठी जवाहर रोजगार योजनेतून वाटण्यात येणाऱ्या हिस्स्याच्या प्रमाणात ६% वरून १०% पर्यंत वाढ करण्यात आली व १ जानेवारी १९९६ पासून 'इंदिरा आवास योजना' ही एक स्वतंत्र योजना म्हणून तयार करण्यात आली. या योजने अंतर्गत घर बांधणीसाठी सपाट प्रदेशात दर घरामागे २५,००० रु. व डोंगराळ भागात २७,५०० रु. कच्ची घरे पक्की व अर्धपक्की करण्यासाठी १२,५०० रु. दर घरामागे पुरविली जातात तसेच शौचालय व धूर विरहीत चूल हे या घरांचा अविभाज्य भाग असतो. हे घर लाभधारकांना कुटूंबातील स्त्रीच्या नावे किंवा पति-पत्निच्या दिली जातात. ही योजना केंद्र सरकार पुरस्कृत असून या योजनेचा खर्च भारत सरकार व राज्य सरकार मिळून अनुक्रमे ७५:२५ या प्रमाणात सोसतात व केंद्रशासित प्रदेशाच्या बाबतीत या योजनेसाठी संपूर्ण निधी भारत सरकार पुरविते. या योजनेचा ६०% हिस्सा हा अनुसूचित जाती-जमातीसाठी ४०% इतर अन्य दारिद्र्य रेषेखालील लोकांसाठी वापरण्यात येतो. इंदिरा आवास योजनेची अंमल बजावणी करण्यात येते. त्या पैकी जळगाव जिल्ह्यातील ' रावेर तालुक्यातील इंदिरा आवास योजनेचा अभ्यास' प्रस्तुत संशोधनात करण्यात आलेला आहे.

२) संशोधनाचे महत्त्व :-

संशोधिकेने केलेल्या संशोधनाचा उपयोग शासनाला इंदिरा आवास योजनेच्या

संदर्भात योग्य ते धोरण ठरविण्यासाठी उपयुक्त ठरेल त्याच बरोबर इंदिरा आवास योजनेची अंमलबजावणी करणाऱ्या अधिकारी वर्गाला देखील या योजनेचा निधी वापरण्याबाबतीत उपयुक्त ठरेल. एवढेच नव्हे तर रावेर तालुक्यातील इंदिरा आवास योजनेच्या संदर्भात भविष्य काळात जे संशोधन अध्ययन किंवा संशोधन करतील त्यांना मार्गदर्शक ठरेल असे संशोधिकेला वाटते.

३) संशोधनाची उद्दिष्टे :-

१ रावेर तालुक्यातील दारिद्र्य रेषेखालील लोकांच्या आर्थिक परिस्थितीचा अभ्यास करणे.

२ रावेर तालुक्यातील इंदिरा आवास योजनेची अंमल बजावणी योग्य रितीने आहे का ? ३ तपासून पाहणे

३ या योजनेच्या अंमल येणाऱ्या अडचणीचा अभ्यास करणे.

४) संशोधनाची गृहितके :-

१ रावेर तालुक्यातील दुर्बल घटकांचे प्रमाण लक्षात घेतल्यास या योजनेअंतर्गत मिळणारे अनुदान फारच कमी आहे. २ रावेर तालुक्यातील पुरेशा प्रमाणात योजनेची अंमलबजावणी झालेली नाही.

५) संशोधन पध्दती :-

संशोधनाचा हेतू जुन्या तत्त्वांचे / सिध्दतांचे पुनपरिक्षण करणे किंवा नवीन तत्त्वांचा शोध घेणे हा असतो. प्रस्तुत संशोधनाचा हेतू हा नवीन तत्त्वांचा शोध घेणे हा आहे. रावेर तालुक्यातील इंदिरा आवास योजनेचा अभ्यास या विषयाचे अध्ययन सर्वेक्षणात्मक संशोधन पध्दतीने केलेले आहे त्यासाठी नमुन्यांची निवड करून सर्वेक्षण केलेले आहे. अशा नमुन्यांची लॉटरी पध्दतीने निवड केलेली आहे व या पध्दतीच्या साहाय्याने

तालुक्यातील ११६ गावांपैकी निवड करून प्राथमिक माहिती मिळविलेली आहे. थ्या माहितीचे विश्लेषण निर्वचन करून निष्कर्ष काढलेली आहेत.

६) संशोधनाची व्याप्ती व मर्यादा :-

१ इंदिरा आवास योजनेचा अभ्यास केवळ रावेर तालुक्यापुरताच केला जात आहे.

२ संशोधन अभ्यासाठी सन २०००-२००५ हा कालखंड निवडलेली असून आवश्यक असणारी माहिती व आकडेवारी याच कालखंडातील आहे.

३ प्रस्तुत संशोधनातून निघालेले निष्कर्ष हे केवळ रावेर तालुक्या पुरताच व सन २००० ते २००५ या कालखंडा पुरतेच मर्यादीत राहतील.

७) रावेर तालुक्यातील इंदिरा आवास योजना :-

स्वातंत्र्य प्राप्ती नंतर भारत सरकारने आर्थिक विकासासाठी व समाज कल्याणासाठी ज्या काही अनेक योजना राबविल्या त्यापैकीच इंदिरा आवास योजना ही एक योजना होय. रावेर तालुक्यातील या योजेच्या अंमलबजावणीला १९८९-९० पासून सुरुवात झालेली दिसून येते. सन २०००-२००५ या काळात रावेर तालुक्यात या योजने अंतर्गत किती घरकुले बांधण्यात आली हे पुढील तक्त्याद्वारे दाखविता येते.

तक्ता

रावेर तालुक्यातील इंदिरा आवास योजनेअंतर्गत बांधण्यात आलेली घरकुले

अ.नं.	वर्ष	मंजूर घरकुले	रद्द घरकुले	पूर्ण घरकुले
१	२०००-०१	७८	०	७८
२	२००१-०२	३०९	३	३०६
३	२००२-०३	४०३	६	४००
४	२००३-०४	४४७	६	४३७
५	२००४-०५	४०८	७६	३३२

(स्रोत - जिल्हा ग्रामीण विकास यंत्रणा)

वरील तक्त्यावरून हे स्पष्ट होते की, सन २०००-०१ साली एकूण ७८ घरकुले मंजूर होवून त्या संपूर्ण घरकुलाचे बांधकाम पूर्ण झालेले आहे. सन २००१ ते २००२ ते २००२-२००३ व २००३-२००४ साली अनुक्रमे ९९.०२%, ९९.२५% व ९८.६४% घरांचे बांधकाम पूर्ण झालेले आहे व २००४-२००५ साली मात्र ४०८ घरकुले मंजूर झालेली असून त्यापैकी केवळ ३३२ म्हणजेच ८१.३७% घरकुलांचेच बांधकाम पूर्ण झालेले आहे व ७६ घरकुले बांधली गेलेली नाहीत. अशा प्रकार ५ वर्षांच्या काळात एकूण १,६४१ घरकुलांपैकी ८८ घरकुले रद्द होवून केवळ १,५५३ घरकुलांचे बांधकाम पूर्ण होवू शकले नाही.

८) निष्कर्ष :-

१. संशोधन कालखंड सन २०००-२००५ या वर्षांच्या काळात केवळ २०००-०१ या वर्षातच संपूर्ण मंजूर घरकुले बांधण्याचे उद्दिष्ट पूर्ण झालेले आहे व बाकी ४ वर्षात संपूर्ण घरकुले बांधण्याचे उद्दिष्ट पूर्ण होवू शकले नाही. त्यामुळे आपल्या संशोधनातील २रे रावेर तालुक्यातील या योजनेची अंमलबजावणी पूर्ण होत नाही याचा आधार मिळतो.

२. ही योजना अनुसूचित जाती – जमातींच्या दारिद्र्य रेषेखालील कुटूंबासाठी राबविली जाते सर्वेक्षणाच्या आधारे असे आढळून आले आहे की, ६५ ते ७० % लाभार्थी हे अशिक्षित आहेत. त्यामुळे ते योजनेअंतर्गत घरकुल प्राप्त करण्यासाठी ज्या वेगवेगळ्या कागदपत्रांची पूर्तता करावी लागते, त्या कागदपत्रांची पूर्तता करून शकल्याने त्यांना या योजनेचा लाभ मिळू शकत नाही.

३. योजनेतील अनुसूचित जमातीचे हंगामाच्या काळात शेती क्षेत्रात कामे उपलब्ध असल्याने आपल्या गावी राहतात व हंगामा व्यतिरिक्त काळात कामासाठी शहराकडे वळतात. थ्यांच्या तात्पुरत्या वास्तव्यासाठी त्यांना या योजनेचा लाभ मिळू शकत नाही.

४. या योजनेअंतर्गत मिळणारे अनुदान २७,००० रु. असून आजच्या परिस्थितीत घराच्या बांधकाम साहित्यासाठी लागणारे हे अनुदान फारच कमी असल्याने संशोधनातील पहिले गृहीतकही बरोबर ठरते.

८) उपाययोजना :-

१. आजच्या महागाईच्या परिस्थितीचा विचार करून शासनाने या अनुदानात वाढ करायला पाहिजे, तसेच हे अनुदान वेळेवर उपलब्ध करून द्यायला पाहिजे की, जेणेकरून लाभार्थीसाठी उत्तम प्रकारच्या घरकुलाची निर्मिती करता येवून त्यांना या योजनेचा पूर्ण लाभ मिळवून देता येईल.
२. घरकुलाचे बांधकाम करण्यासाठी शासनाने खाजगी अभियंते व कामगार वर्गाचा वापर न करता सरकारी अभियंते व कामगार वर्गाचा वापर करावा म्हणजे घरकुलाचे बांधकाम हे स्वतः प्रशासनानेच करावे की, जेणेकरून चांगल्या दर्जाच्या घरकुलाची निर्मिती होवून त्यांचे आयुष्यही दीर्घका राहिल.
३. सन २००२ पासून घरकुलांचे वाटप ग्रामपंचायतीने केलेल्या ग्रामीण प्रतिक्षा यादी नुसारच केले जाते. परंतु ज्यांना घरकुलांची नितांत आवश्यकता आहे अशांना घरकुल लवकर उपलब्ध होणे आवश्यक आहे. म्हणून शासनाने घरकुलाचे वाटप या यादीनुसार न करता लाभधारकांची निवड थेट ग्रामसभेतूनच करावी.

संदर्भ सूची :-

१. इंदिरा आवास योजनेची माहिती पुस्तिका
२. जिल्हा ग्रामीण विकास यंत्रणेद्वारा प्रकाशित अहवाल लेखन.
३. पंचायत समिती, रावेर यांचे कडील अहवाल.
४. प्रकल्प संचालक, जिल्हा ग्रामीण विकास मंत्रालय.
५. जिल्हा ग्रामीण विकास यंत्रणेद्वारे केलेले सन २००२ चे बेघर कुटूंबाचे सर्वेक्षण
६. रुद्रदत्त सुंदरम, भारतीय अर्थव्यवस्था.
७. मिश्रापूरी, भारतीय अर्थव्यवस्था.
८. कै.डॉ. स. श्री. मु. देसाई व डॉ. शौ. निर्मला भालेराव, भारतीय अर्थव्यवस्था, सुधारीत ५वी आवृत्ती, सप्टेंबर २००४, निराली प्रकाशन, पुणे.
९. ९ प्रतियोगिता दर्पण / भारतीय अर्थव्यवस्था, संशोधित एवं परिवर्धित संस्करण, जून २०१३, उपकार प्रकाशन, आगरा.

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छत्रपती शिवाजी महाराज क्रिडा संकुलातील बास्केट बॉल खेळणाऱ्या खेळाडूंच्या स्व-संकल्पनेचा अभ्यास

प्रा. अमोल गोपाळ पाटील: सातपुडा विकास मंडळ संचलित, कला, वाणिज्य व विज्ञान महाविद्यालय, पाल, ता., रावेर.जि. जळगाव.

डॉ. व्ही.एस. वांगवाड: प्राचार्य, सुशील कुमार शिंदे शारिरीक शिक्षणशास्त्र महाविद्यालय, सोलापूर.

प्रस्तावना :

मानसशास्त्रीय घटक क्रिडा कार्यमानावर परिणाम करतो तो म्हणजे क्रिडापटूची स्वतःबद्दलची स्वसंकल्पना जेव्हा एखादा खेळाडू एखाद्या खेळामध्ये भाग घेतो तेव्हा तो स्वतःबद्दल काय विचार करतो म्हणजेच त्याची स्वतःबद्दलची त्याच्याच विचारात असणारी प्रतिमा होय. स्व-संकल्पनेमध्ये आकलन, विचार आणि अभिवृत्ती यांचा समावेश होतो. स्व-संकल्पनातील आकलन विचार अभिवृत्ती म्हणजे एखाद्या खेळाडूची स्वतःच्या आकलनाबद्दल असणारी विचारसरणी, स्व-संकल्पनाचे स्वतःची शारीरिक क्षमता, स्वतःची सामाजिक स्थिती, स्वतःची आकलनक्षमता आणि स्वतःची प्रतिष्ठा हे महत्वाचे चार घटक आहेत. ज्यावरून खेळाडूंच्या क्षमतेनुसार खेळाडूची स्व विषयक विचारसरणी कशी आहे आणि क्रिडाकार्यमान उंचावण्यासाठी ती आदर्श कशी असली पाहिजे हे ठरविता येते.

आधुनिक जगात बास्केट बॉल या खेळाचा विकास हा अत्यंत शास्त्रोक्त व कौशल्यपूर्ण पध्दतीने झालेला आढळून येतो. ज्यामुळे खेळाडूंचे कार्यमान हे अत्यंत उच्च पातळीवर पोहोचलेले दिसते. या सर्व गोष्टींचा विचार करता कार्यमानाच्या एका विशिष्ट पातळीनंतर केवळ शरीरक्रिया शास्त्रीय व शारीरिक कार्यमान एवढेच घटक पुरेसे नसल्याचे आढळून येते. उच्च पातळीच्या कार्यमानासाठी खेळाडूची स्व-संकल्पना सोबतच आवश्यक त्या प्रमाणात मानसशास्त्रीय प्रशिक्षण गरजेचे असते. ज्यामध्ये खेळाडूंच्या आत्मविश्वास, चिंता, ताण, प्रेरणा खेळाडूंकडे बघण्याचा दृष्टिकोन, शारीरिक व मानसिक क्षमता इत्यादी घटकांचे मूल्यमापन केले जाते. ज्याचा फायदा उच्च पातळीच्या कार्यमानासाठी आवश्यक कौशल्य, तंत्रे व ठावपेच ठरवतांना होतो.

या सर्व प्रक्रियेत मानसशास्त्र हे वर्तणुकीचे शास्त्र म्हणून आपले योगदान देते. या शास्त्राची मदत अधिशिक्षकास कार्यक्षमतेने मार्गदर्शन करण्यासाठी तसेच खेळाडूंचे कार्यमान कुशलतेने वाढविण्यासाठी होते.

स्व-संकल्पना व्याख्या :

- १) खेळाडूंच्या गुणविशेष व कौशल्याचा इतरांवर पडणाऱ्या प्रभावी व्यक्तिमत्त्वाला स्व-संकल्पना असे म्हणतात.
- २) "व्यक्तिचा स्वतःकडे बघण्याचा दृष्टिकोन म्हणजेच स्व-संकल्पना होय."

खेळाडू व स्व-संकल्पना :

खेळाडूंच्या स्व-कर्तृत्वाच्या माध्यमातून स्वतःचा ठसा निर्माण करण्याच्या प्रक्रियेशी स्वसामर्थ्याचा संबंध जोडता येतो. खेळाडूंची स्वतःच्या योग्यतांचे केलेले मूल्यमापन किंवा खेळाडूंची कार्यनिर्वर्तनाची, ध्येयापर्यंत पोहोचण्याची, अडथळांतातून यशस्वीपणे बाहेर येण्याची क्षमता म्हणजेच स्व-संकल्पना होय.

सशक्त स्व-संकल्पनेच्या भावनेमुळे खेळाडूंच्या शारीरिक आणि शैक्षणिक कार्यात कामाच्या ठिकाणाच्या कार्यनिर्वर्तनात चिंता आणि अवसाद व्यवस्थापनाची योग्यता इत्यादी गुणवैशिष्ट्यांमध्ये वाढ होते. निर्धारित केलेले ध्येय साध्य करण्याची क्षमता आपल्यात असल्यामुळेच खेळाडू त्या विशिष्ट ध्येयाने प्रेरित होतो.

संशोधनाची गरज :

खेळाडूंची स्व-संकल्पना ही जीवनामध्ये अतिशय महत्वाची आहे. खेळाडूची खेळाकडे बघण्याची उच्च प्रतीचे स्व-संकल्पनेमुळे खेळाडूचे कार्यमान चांगले होऊ शकते. क्रीडा , प्रदर्शने व प्रात्यक्षिके घडत असतां स्व-संकल्पनेची आणि मनाची सतत आंतरक्रिया होत असते. त्याशिवाय खेळ दमदार व जोरदार होत नाही. त्याच दृष्टिकोनातून संशोधकाला छत्रपती शिवाजी महाराज क्रिडा संकुलातील बास्केट बॉल खेळणाऱ्या खेळाडूंच्या स्व-संकल्पनेचा अभ्यासातून १४ ते १६ वर्षे वयोगटातील जळगांव शहरातील माध्यमिक खेळाडूंच्या सादरीकरण स्तरानुसार स्व-संकल्पनेचा सर्वेक्षणात्मक अभ्यास करणे गरजेचे वाटले. येथे संशोधकाने खेळाडूंच्या स्व-संकल्पनेचा विचार केला आहे. या संशोधनामध्ये आर.के.सारस्वत यांनी विकसित केलेल्या चाचणीतील शारीरिक, सामाजिक, स्वाभाविक, शैक्षणिक, नैतिक, बौद्धिक या घटकाचा मापनासाठी उपयोग करण्यात आला. यामुळे खेळाडूंची स्व-संकल्पनेच्या गुणांचाही क्रिडाकार्यमानासाठी खूपच आवश्यक झाले आहे.

संशोधनाचे सिंहावलोकन :**मॅक क्लेनी :- १**

याने उच्च सुदृढता गट आणि कमी सुदृढता गट नावाचे दोन महाविद्यालयीन पुरुषांचे गट तयार करून कॅटलच्या १६ व्यक्तिमत्व घटक प्रश्नावलीच्या सहाय्याने त्यांच्या व्यक्तिमत्व गुणवैशिष्ट्ये, स्व-संकल्पना आणि शैक्षणिक कल यांचा तुलनात्मक अभ्यास केला. त्याला असा नित्कर्ष मिळाला की, उच्च सुदृढता गट हा अधिक अवलंबून तसेच कमी सुदृढता गट हा अधिक स्व-पुरेसा असा होता. तसेच उच्च सुदृढता गटातील पुरुष हे अधिक विश्वासु आणि मत्सर रहित होते. त्याचप्रमाणे कमी सुदृढता गट हा जास्त संशयास्पद आणि स्व-नेमणूक करणारा दिसत होता.

मॅक चॅनी :- २

याने शारीरिक सुदृढता चाचणीतील कार्यमानाच्या आधाराने निवडक महाविद्यालयीन पुरुषांचे वर्गीकरण करून व्यक्तिमत्व गुणवैशिष्ट्ये, स्व-संकल्पना आणि शैक्षणिक कल यांचे मूल्यमापन करण्यासाठी एक अभ्यास केला. याने उच्च सुदृढता गट आणि कमी सुदृढता गट नावाचे महाविद्यालयीन पुरुषांचे दोन गट तयार करून कॅटलची व्यक्तिमत्व घटक प्रश्नावली अवलंबवली. त्यातून असे नित्कर्ष समोर आले की, उच्च सुदृढता गट हा जास्त गट अवलंबून तर कमी सुदृढ गट हा स्व-पुरेसा असतो. तसेच उच्च सुदृढता गटातील पुरुष हे अधिक विश्वासु आणि मत्सर रहित होते. त्याचप्रमाणे कमी सुदृढता गट हा जास्त संशयास्पद आणि स्वतःच्या मतांविषयी अकारणच गर्व बाळगणारा असा होता.

कोईंग :- ३

कोईंगला असे सापडले की, खेळाडू आणि अ खेळाडू हे सामाजिकता, गट आवड आणि भावनिक नियंत्रण या व्यक्तिमत्व गटात भिन्नता असते. विद्यापीठ संघातील सदस्य आणि आंतरकूल खेळाडू या दोन्हीची स्व-संकल्पना अ-खेळाडूपेक्षा जास्त असते आणि खेळाडूवृत्ती , फॅमिनीटीची पदवी आणि कुटूंब प्रभाव यामध्ये तीन्ही गटांत कोणताही फरक नव्हता.

संशोधनाची उद्दिष्टे :

१) माध्यमिक शाळेतील बास्केटबॉल या सांघिक खेळ खेळणाऱ्या खेळाडूंच्या स्व-संकल्पनेचा अभ्यास करणे.

संशोधनाची परिकल्पना :

१) बास्केटबॉल खेळणाऱ्या मुली खेळाडूंची स्व-संकल्पना मुले खेळाडूपेक्षा उच्च दर्जाची आढळून येईल.

संशोधनाची परिसीमा :

- १) संशोधनाची व्याप्ती जळगांव शहरातील छत्रपती शिवाजी महाराज क्रिडा संकुलातील बास्केट बॉल खेळाडूंपुरती ठरविण्यात आली आहे.
- २) संशोधनाची व्याप्ती १४ ते १६ वर्षे वयोगटाकरीता आहे.
- ३) संशोधनाची व्याप्ती स्व-संकल्पना चाचणीपुरती ठरविण्यात आली आहे.
- ४) संशोधनाची व्याप्ती जळगांव शहरातील माध्यमिक विद्यालयापुरती ठरविण्यात आली आहे.
- ५) संशोधनाची व्याप्ती छत्रपती शिवाजी महाराज क्रिडा संकुलाच्या वेळापत्रकानुसार ठरविण्यात आली आहे.

नमुना निवड :

- १) ८वी, ९वी आणि १०वी वर्गातील खेळाडू विद्यार्थ्यांची संशोधनासाठी निवड करण्यात आली.
- २) जळगांव शहरातील छत्रपती शिवाजी महाराज क्रिडा संकुलातील बास्केट बॉल खेळाडूंचाच सहभाग केला जाईल.
- ३) प्रस्तुत संशोधनासाठी एकूण ६० विद्यार्थ्यांची अभ्यासाठी निवड करण्यात आली. यात ३० विद्यार्थी आणि ३० विद्यार्थिनींचा नमुना निवडण्यात आला.

संशोधनाची मर्यादा :

प्रस्तुत संशोधन जळगांव शहरातील माध्यमिक विद्यालयातील विद्यार्थ्यांपुरताच मर्यादित आहे.

पध्दती :**नमुना प्रक्रिया :**

प्रस्तुत संशोधनासाठी नमुना निवड हे जळगांव शहरातील माध्यमिक विद्यालयातील मुलांची यादृच्छिक पध्दतीने निवड करण्यात आली.सर्व निवड करण्यात आलेली मुले व मुली ह्या संशोधनाच्या दृष्टीने अप्रशिक्षित असल्याची खात्री करून घेतली.या संशोधनासाठी एकूण ६० मुलांकडून प्रश्नावली भरून घेण्यात आली.प्रत्येकास सांकेतांक व वैयक्तिक फॉर्म देण्यात आला.निवड केलेली चाचणी स्व-संकल्पनेच्या विकासाशी संबंधित आहे. यामध्ये आर.के. सारस्वत यांनी विकसित केलेल्या शारीरिक, सामाजिक, स्वाभाविक, शैक्षणिक, नैतिक, बौद्धिक या घटकांच्या प्रश्नांचा समावेश होता.

चले :**स्वायश्री चल : (स्वतंत्र परिवर्त्य)**

- १) विद्यार्थी - मुले-मुली

मध्यस्य चल :

- १) वय १४-१६ वर्षे

आश्रयी चल :

- १)आर. के . सारस्वत स्व-संकल्पना मापन चाचणी

साधने व तंत्रे :

- १) प्रस्तुत संशोधनासाठी आर.के. सारस्वत यांची स्व-संकल्पना मापन चाचणी वापरण्यात आली.

विश्वसनीयता - १) चाचणी पुर्नचाचणी

विश्वसनीयता ०.९१

२) यथार्थता :-

प्रस्तुत चाचणीची यथार्थता - ०.८१ इतकी आहे.

सांख्यिकी पध्दत :

प्रस्तुत संशोधनात मिळालेल्या प्राप्तांकाचे संख्याशास्त्रीय विश्लेषण करण्यासाठी टी चाचणी पध्दतीचा वापर करण्यात आला.

संख्याशास्त्रीय विश्लेषण :

तक्ता क्र.-१.१ सांघिक खेळ खेळणारे खेळाडू व स्व-संकल्पना

लिंग	नमुना	मध्यमान	प्रमाण विचलन	मुक्त प्रमाण संख्या	टी मुल्य	सार्थक पातळी
मुले	३०	१६८.००	१३.४८			
मुली	३०	१६५.६६	१२.०६	५८	०.७०	सार्थक नाही.

चर्चा :

वरील तक्ता क्र.१.१ मधील संख्याशास्त्रीय विश्लेषणावरूनअसे निर्दशनास येते की, बास्केटबॉल खेळ खेळणारे मुले आणि मुली यांच्या स्व-संकल्पनेत फरक आढळून येत नाही.म्हणजे संशोधकाने मांडलेली सिध्दांत कल्पना/परिकल्पना स्वीकार्य नाही.

संदर्भ सुची :

१. जॅक.एच.एल.बीवीलेम अँड ज्युडी अ. ब्लुकर, सायकोलॉजी ऑफ कोचिंग : थिअरी अँड ऑप्लिकेशन (न्यू दिल्ली सुरजित पब्लिकेशन, १९८२) , पृ. ७
२. “प्रगत सामाजिक मानसशास्त्र” केशव ना. गाडेकर,अमिता म. पाटील, मुकुंद कृ.इमानदार,डायमंड पब्लिकेशन, प्रथम आवृत्ती २००७ पान क्र. ४३, ६२
३. बेरॉन नेल्सन मॅक क्लेनी, “ अ-कॅम्पॅरिझन ऑफ पर्सनॅलिटी चॅरॅक्टरीस्टिक्स, सेल्फ-कन्सेप्ट अँड अॅकॅडमिक ऑप्टिच्युड ओड सिलेक्टेड कॉलेजमेन क्लासिफाइड अॅकॉर्डिंग टू परफॉर्मन्स ऑन टेस्ट ऑफ फिजिकल फिटनेस” डेझरटेशन अॅबस्ट्रॅक्ट इंटरनॅशनल ३०(ऑक्टोबर -१९६९) : १४२३-
४. बेरॉन नेल्सन मॅक चॅनी, अ-कॅम्पॅरिझन ऑफ पर्सनॅलिटी चॅरॅक्टरीस्टिक्स, सेल्फ-कन्सेप्ट अँड अॅकॅडमिक ऑप्टिच्युड ओड सिलेक्टेड कॉलेजमेन क्लासिफाइड अॅकॉर्डिंग टू परफॉर्मन्स ऑन टेस्ट ऑफ फिजिकल फिटनेस” डेझरटेशन अॅबस्ट्रॅक्ट इंटरनॅशनल ३०(ऑक्टोबर -१९६९) : १४२३-
५. फ्रान्सेन्स बुकेर कोर्डिंग, कॅम्पॅरेटिव्ह अॅनालेसिस ऑफ सिलेक्टेड पर्सनल अँड सोशल बॅक-ग्राउंड चॅरॅक्टरीस्टिक्स ऑफ हायस्कूल गर्ल्स अँ श्री लेव्हल्स ऑफ पार्टीसिपेशन इन बास्केटबॉल “डेझरटेशन अॅबस्ट्रॅक्ट इंटरनॅशनल ३०(डिसेंबर -१९६९) : २३६१

साहित्याचे स्वरूप : आकलन आणि आस्वाद

प्रा. अनिल किसनराव चव्हाण: (मराठी विभाग) मत्स्योदरी कला व विज्ञान, महाविद्यालय, रंजणाता. घनसावंगी, जि. जालना.

स्वरूप :

आपण दैनंदिन व्यवहारात 'साहित्य' या शब्दाचा अनेक अर्थानी वापर करत असतो. वास्तविक 'साहित्य' याचा अर्थ साधन सामुग्री असा होतो. स्वयंपाकाचे साहित्य. इत्यादी असे शब्द प्रयोग आपण करत असतो. परंतु साहित्य हा शब्द मात्र एकच विशिष्ट अर्थ सांगतो. वाङ्मयाच्या प्रांतात 'साहित्य' या संज्ञेचा पर्यायी 'वाङ्मय' ही संज्ञा वापरली जाते.

'वाङ्मय' ही संज्ञा व्यापक आणि समावेशक अशी आहे. जे-जे वाणीमय ते-ते-वाङ्मय होय. 'साहित्य व वाङ्मय' या शब्दांची व्याप्ती विस्तृत करण्याचा प्रयत्न साहित्य सम्राट न.चि.केळकर म्हणतात. मनुष्यमात्राची बुद्धी व भावना यांना ज्या ज्या गोष्टींना विकसित होण्याचे साध्य होईल त्या सर्वांना तो साहित्य हे नाव द्यावे असे त्यांनी सांगितले. संगीत कला, त्यात संगीत कला, नाटय, नृत्यकला, चित्रकला या सर्व कलांचा अंतर्भाव साहित्यात होतो.

साहित्याचे स्वरूप पाहत असतांना साहित्य म्हणजे भावनांचा अविष्कार घडविणारे साहित्य अनुभव आणि अभिव्यक्ती यांचा भाषिक संगम लिखित अथवा मौखिक प्रकारचे साहित्य त्यात कथा, काव्य, कादंबरी, नाटक, आत्मचरित्र, प्रवास वर्णन इत्यादी.

कथित साहित्याचे प्रकार येतात तर शास्त्रीय साहित्यात विविध शास्त्रांची माहिती राजकारण, अर्थकारण, इतिहास, भौतिकशास्त्र, भूगोल, विज्ञान, पंचांग इत्यादी.

रा.भी. पाटणकर यांच्या मते काव्याची काटेकोर व्याख्याच करता येत नाही. काही गोष्टींचे वर्णन करता येते परंतु त्यांची काटेकोर व्याख्या करता येत नाही.

व्याख्या :

१. भामह :- 'शब्दार्थो संहित काव्यम' शब्द आणि अर्थ यांचे सहितत्व म्हणजे काव्यम एकत्रीपणा म्हणजे काव्य.
२. वाचन :- 'रीतीरात्मा काव्यम' रीती म्हणजे विशिष्ट गुणांनी युक्त अशी पदावली.
३. रुद्रट :- ननुशब्दार्थोकाव्यम शब्द आणि अर्थ म्हणजे काव्य
४. न.चि.केळकर :- ज्यांच्या सेवनाने अधिकाधिक कल्पना आणि भुमिका अनुभवता येतील ते उत्कृष्ट साहित्य होय.

पाश्चात्य :

१. कोलरीज: The best words in the best order - उत्तम शब्दांची उत्तम रचना म्हणजे काव्य.
२. हॅजलिट : The Language of the imejination and the passions - कल्पना आणि भावना यांची भाषा म्हणजे काव्य.
३. कर्लाइल : Poetry is a musical thought काव्य म्हणजे संगीतमय-लयबद्ध विचार.

साहित्याचे दोन भाग करता येतात.

१. ललित साहित्य
२. ललितेतर साहित्य

१. ललित साहित्य :

वाचकांच्या भावनांना आवाहन करते. भावनांचे आरोह-अवरोह टिपले जातात. काव्य, कथा, कादंबरी,

ललितगदय, नाटक असे प्रकार आहे. ललित साहित्यात भावगित, नाटयात्मक खंडकाव्य, सुनीत विलापिका कथाकाव्य अनेक उपप्रकार पडतात. ललित साहित्य ही एक फार व्यापक संज्ञा आहे. प्रा. वा.ल. कुलकर्णी - ललित साहित्य हे व्यक्तिनिष्ठ, भावप्रेरित कल्पना, प्रतिभानिर्मित सौंदर्य सिध्दीच्या नियमात अनुकरण करणारे वैशिष्टपूर्ण सुसंघटन असणारे.

२. ललितेतर साहित्य :

वाचकांच्या विचाराना आवाहन करते. ज्ञानात्मक अशा विचारांचा सुसंगत व सुस्पष्ट मांडणीवर असतो लेखन प्रकार नसतात. वस्तुनिष्ठ, बुद्धिप्रेरित, तर्क-अनुमानावर भर देणारे म्हणून तर्काधिष्ठीत सुसंघटन असणारे आशयारूपी सिध्दांताची अवस्थांतरे असणारे अविष्कारचे ठराविक साचा असणारे.

४. साहित्यातून व्यक्त होणाऱ्या अनुभवाचे विशेष.

१. संवेदनात्मक :

इंद्रिय संवेदनात्मक हा कलात्मक अनुभवाच्या प्रधान विशेष होय. सर्वच कलांमध्ये इंद्रिय संवेदना जागृतीला महत्वाचे स्थान प्राप्त झालेले आहे. कलावंतांच्या ठिकाणी तीव्र संवेदन क्षमता हवी असते. कवी हा संवेदनशील असतो असे म्हणतात.

संवेदनात्मक हेतुंनीच सौंदर्याची प्रचीती येते.

२. भावनात्मक :

हा अनुभवाचा एक भाग होय. ललित साहित्याचा खरा आधार भावनात्मकता होय. सौंदर्यानुभवात एक सुखद भावना असते. संस्कृत मध्ये रसाला म्हणजेच भावनेला महत्व दिले गेले. 'वाक्य रसात्मक काव्य' विश्वनाथ यांच्या मते रस म्हणजे भावनेचीच एक विशिष्ट अवस्था होय.

वैचारिकता :

साहित्यात विचाराला अतिशय महत्व आहे. हरीभाऊ आपटयांची सामाजिक कादंबरी केसवसुत, मर्हेकर, करंदीकर यांची कविता विजय तेंडुलकर, खांडिलकर, देशपांडे यांची नाटके यांचा विचार केला तर असे दिसते की कलाकृती काही एक निश्चित विचार वैचारिक दृष्टीकोन आपल्याला देतात त्यांचे साहित्य आनंद देतेच पण आनंदाबरोबर विचार ही देते. वैचारिकता फक्त लालीत्यांच्या अंगाने विकसित झाले पाहिजे. साहित्य हे एक विशेष विचार चिंतन वैचारिक दृष्टीकोन देतात त्यांचे साहित्य आनंद देतेच.

४ . सुचकता :

कलेचा भर नेहमी सुचविण्यावर असावा असे म्हटले जाते. सुचकतेचे महत्व पाश्चात्य काव्यविचारानेही मानलेले आहे. संस्कृतीतील ध्वनी विचार ध्वनी म्हणजे सुचकता व्यंगार्थ या विशेषणाचे महत्व सांगतो. सुचकतेमूळे ललीत साहित्य अधिक आकर्षक कलात्मक बनते सुचकता केवळ कलाकाराच्या कलात्मक अनुभवाचा अविष्कार असतो.

५. विश्वत्मकता :

या विशेषणाचे लक्षण ललीत साहित्यातून गोचर होते. तसेच ते ललितेतर साहित्यातूनच दिसते. कवीचा विशिष्ट अनुभव जेव्हा काव्यातून व्यक्त होतो तेव्हा तो व्यक्ती सापेक्ष असला तरी त्यांचे खाजगीपणातून जावून तो सर्वांचा अनुभव बनतो. व त्याला विश्वात्मकता प्राप्त होते. तो अनुरूप विश्वात्मकता बनतो.

६. सेंद्रियत्व :

ऑरिस्टाटलने साहित्य कृतीत सेंद्रियत्वाची संकल्पना मांडून सजीव शरीराप्रमाणे कलाकृतीची रचना असावी असे प्रतिपादन केले. प्रा.अरविंद कुलकर्णी म्हणतात ललित साहित्यांतून व्यक्त होणारा अनुभव जिवंत हवा, स्वतंत्र हवा, चैतन्यमय हवा मुख्य म्हणजे अंतर्बाह्य सुसंघटित हवा.असाच सेंद्रियतेच्या संदर्भात अर्थ आहे.

साहित्याचे लक्षणे :

१. अलंकार २. वक्रोक्ती ३. रिती ४. औचित्य ५. ध्वनी ६. रस

साहित्याचे प्रकार :

१. कथा २. कादंबरी. ३. कविता. ४. नाटक. ५. प्रवासवर्णने ६. चरित्रे ७. आत्मचरित्र

संदर्भसूची :

- १.सरकटे डॉ. सदाशिव साहित्यशास्त्र प्रकाशक के.एस. अतकरे, प्रकाशन कैलास पब्लिकेशन. औरंगपुरा, औरंगाबाद, जानेवारी २०१२
२. इंगळे डॉ.विजय, साहित्य प्रकाशन, श्री. मंगेश प्रकाशन, श्री.शांतादुर्गा निवास तरुण भारत जवळ रामदास पेठ नागपूर ४४००१०, सन १९९५
३. तुपे डॉ.केशव साहित्य विचार, प्रकाशन दिपाली कुलकर्णी, प्रकाशन, चिन्मय प्रकाशन, औरंगपुरा, औरंगाबाद, जानेवारी २०११
४. प्रा. कुलकर्णी, अरविंद वामन, साहित्यविचार, श्री. प्रतिमा प्रकाशन.
५. हंडिभाग डॉ.भारत, माने डॉ. हनुमंत,यल्लावाड डॉ.राजकुमार, साहित्य विचार, प्रकाशक के.एस.अतकरे, प्रकाशन कैलास पब्लिकेशन, औरंगपुरा, औरंगाबाद, जानेवारी २०११
६. प्रा. सुर्यवंशी नानासाहेब, भारतीय साहित्य शास्त्र, प्रकाशन विद्याभारती प्रकाशन सन ऑगस्ट १९९७.

क्रीडा महर्षी कॅ. शिवरामपंत विष्णू दामले एक जीवन अभ्यास

दिनेश पांडे : महाराष्ट्रीय मंडळाचे चंद्रशेखर आगाशे शारीरिक शिक्षण महाविद्यालय गुलटेकडी पुणे

सोपान कांगणे : महाराष्ट्रीय मंडळाचे चंद्रशेखर आगाशे शारीरिक शिक्षण महाविद्यालय गुलटेकडी पुणे

प्रस्तावना

महाराष्ट्रीय मंडळ स्थापने पासून ज्यांनी व्यायाम, आरोग्य शिक्षण व शारीरिक शिक्षण, समाजकार्याचे न उद्यापन होणारे असे जे व्रत घेतले होते, त्या व्रताची इत्यंभूत माहिती नवीन पिढीला माहित होणे गरजेचे आहे. शिक्षण, शारीरिक शिक्षण आरोग्य संघटन, प्रशिक्षण यासर्व कार्यांची स्वप्ने ज्यांनी पाहिली, आपल्या व सहकाऱ्यांच्या अथक परिश्रमाने ज्यांनी युवा पिढी आरोग्यदायी घडविण्याचे महान कार्य केले. त्या कार्याला मूर्त स्वरूप दिले आणि मानवी आयुष्याला काळाची बंधने असतात हे जाणून, पुढच्या कर्तृत्वान पिढीची उभारणी व समाजाची घडी ज्यांनी बसविली त्या कॅ. शिवरामपंत दामले यांचे महाराष्ट्रीय मंडळ संस्थेच्या उभारणी ते वैभवाच्या शिखरावर नेण्यापर्यंत पडद्यामागे राहून केलेल्या कार्याची ओळख या संशोधनातून समाजापुढे मांडण्याचा हा प्रयत्न आहे.

इंग्रज सरकार आरंभापासूनच तालिमखान्याकडे संशयाने पाहत असे. त्यांना वाटे या तालमीतूनच क्रांतीकारक निर्माण होत आहे. त्यामुळे अशा तालमींचा त्यांनी धसका घेतला होता. सरकारचा हा दृष्टीकोन घालविण्यासाठी कॅ. दामले यांनी बरीच मेहनत घेतली. निरनिराळ्या सरकारी अधिकाऱ्यांना मंडळास भेट देण्यासाठी बोलाविले, त्यांचे व संस्थेचे कार्य पाहून ते प्रशंसोद्गार काढीत.

ज्या जमान्यात स्त्रिया बाहेर निघत नव्हत्या अशा वेळेस कॅ. दामले यांनी आपल्या कार्यकर्त्यांच्या फौजेसह स्त्रियांच्या वसतिगृहात जावून त्यांना शारीरिक शिक्षणाचे धडे दिले. सन १९३३ पासून स्त्रियांनाही पोहण्याचे शिक्षण देण्यास सुरुवात केली. यातून प्रशिक्षित झालेल्या ८/१० स्त्रियांनी १९३८ च्या मुळा-मुठा नदीच्या पुरातील पाण्यात बिनधास्त पोहल्या व त्याची छायाचित्रे वर्तमानपत्रात प्रसिध्द झाली होती. याचे प्रमुख श्रेय कॅ. दामले यांच्या धाडसी निर्णयाला व विचारी दृष्टीला जाते.

संशोधनातून प्राप्त होणाऱ्या माहितीचा विविध शारीरिक शिक्षण संस्था, त्यांचे पदाधिकारी, कार्यकर्ते, व्यायाम, क्रीडा, शारीरिक शिक्षण या क्षेत्रात आपला वेगळा ठसा उमटविण्याची इर्षा, जिद्द बाळगणाऱ्या उमद्या व्यक्तींना ही माहिती प्रेरणास्त्रोत ठरून त्यांचा फायदा होईल.

सन १९२६ साली आखाडा बांधून कुस्तीने व्यायाम शिक्षणास प्रारंभ केलेल्या कॅ. दामले यांनी आपल्या कार्याचे बघता बघता वठवृक्षात कसे रुपांत केले याचा इतिहास आजच्या तरुण पिढीसाठी आदर्शव्रत ठरावा हयाकरीता कॅ. दामले यांच्या योगदानाचा, विधायक जीवन कार्याचा आढावा या संशोधनातून घेणे महत्वाचे आहे.

भारतीय क्रीडा, व्यायाम, शारीरिक शिक्षण क्षेत्रातील अग्रगण्य व नामांकित संस्था म्हणून ओळखल्या जाणाऱ्या महाराष्ट्रीय मंडळाचे प्रमुख संस्थापक, संस्थेच्या उत्कर्षासाठी व समाजाच्या उन्नती व सर्वांगीण विकासासाठी १९२४ ते १९७४ पर्यंत आपले आयुष्य वाहून कार्य सातत्याने व अविश्रांत श्रम करून कॅ. दामले यांनी शारीरिक शिक्षण व सामाजिक क्षेत्रात अमूल्य असे योगदान देऊन वेगळे असे स्थान निर्माण केले आहे. त्यांनी केलेल्या या अलौकिक कार्याची माहिती समाजापुढे यावी ही या संशोधनाची गरज आहे.

प्रस्तुत संशोधन समस्येवर आत्तापर्यंत काहीच संशोधन झाले नाही. त्यामुळे या विषयावर संशोधन होणे संशोधकास नितांत आवश्यक वाटते. त्यामुळे संशोधकाने सद्यस्थितीत प्रस्तुत समस्या निवडली याचा अभ्यास होणे

महत्वाचे व उपयुक्त ठरू शकेल. म्हणून संशोधनाची गरज निर्विवाद लक्षात येते

संशोधन पध्दती

प्रामाणिकपणे व योग्यरीतीने एका व्यक्तीचा संपूर्ण अभ्यास करणे म्हणजे व्यक्ती अभ्यास होय. प्रस्तुत संशोधनामध्ये कॅ.शिवरामपंत विष्णू दामले यांचे व्यायाम, क्रीडा, शारीरिक शिक्षण व सामाजिक क्षेत्रातील योगदानाचा अभ्यास व्यक्ती अभ्यास या पध्दतीने करणार आहे.

प्रस्तुत संशोधन व्यक्ती अभ्यासाशी संबंधित असल्यामुळे संशोधकाने उद्देशिय नमुना निवड पध्दतीचा (Purposive Sampling) उपयोग केला आहे. यामध्ये कॅ.शिवराम दामले यांच्या परिवारातील सदस्य, आप्तप्रेष्ट, समकालीन स्नेही, महाराष्ट्रीय मंडळाचा आजी-माजी पदाधिकारी यांची निवड करण्यात आली आहे.

खालील संशोधन साधनांचा वापर संशोधनात करण्यात आला आहे.

१) प्रश्नावली

अ) क्रीडामहर्षी कॅ.शिवरामपंत विष्णू दामले यांच्या परिवारातील सदस्य व आप्तप्रेष्टांसाठी

ब) क्रीडामहर्षी कॅ.शिवरामपंत विष्णू दामले यांचे स्नेही, समकालीन व्यक्ती व सहकारी वर्गासाठी

२) मुलाखत

३) वर्तमानपत्रे, मासिक, विशेषकातील लेख

४) क्रीडामहर्षी कॅ.शिवरामपंत विष्णू दामले यांचा पत्रव्यवहार

५) क्रीडामहर्षी कॅ.शिवरामपंत विष्णू दामले यांची महत्वाची भाषणे

६) फोटो, अल्बम, प्रमाणपत्रे, स्मृतीचिन्ह, गौरविका

निष्कर्ष

प्रस्तुत संशोधन क्रीडामहर्षी कॅ.शिवरामपंत विष्णू दामले एक जीवन अभ्यास असून या अभ्यासावरून संशोधकाने खालील निष्कर्ष काढले आहेत.

१. प्रथम कृती व उक्ती या प्रमाणे कॅ.शिवरामपंत विष्णू दामले यांच्या स्वतः व्यायामामध्ये रुची घेतली.
२. कॅ.शिवरामपंत दामले यांचा स्वतःच्या मेहनत व कष्टांवर अत्यंत विश्वास होता.
३. स्त्री वर्ग हा अबला न राहता सबला झाला पाहिजे हा त्यांचा आग्रह - पोहण्याचे स्त्रियांसाठी विशेष वर्ग सुरु करून प्रत्यक्ष कृतीत आणून दाखविला.
४. समाजातील प्रसिध्द व्यक्ती, थोर नेते, मोठे सरकारी अधिकारी, उद्योगपती, कारखानदार, सैन्यदलातील मान्यवर यांना महाराष्ट्रीय मंडळाचे कार्य प्रत्यक्ष दाखवून माणसे जोडणे, महाराष्ट्रीय मंडळाच्या परिवाराचा परिघ वाढविणे व त्याचा विस्तार सर्वदूरपणे करणे हा त्यांच्या दूरदर्शीपणाचा पैलू वाखाणण्यासारखा होता.
५. कॅ.शिवरामपंत दामले यांना सामाजिक कार्याची पण मनापासून आवड होती.
६. इंग्रजी माध्यमाची शाळा सुरु केली, एन.डी.ए.चे पुण्यातील आगमनानंतर सैनिक भरती प्रशिक्षण वर्ग सुरु केले व मराठी युवकांनी मोठ्या प्रमाणात सैन्यात जावे म्हणून ते स्वतः सैन्य दलात दाखल होवून नोकरी सुरु केली.
७. शिक्षण, व्यायाम, शारीरिक शिक्षण यांच्या रुचीमधून त्यांनी विविध संस्थांची निर्मिती केली व यशस्वीपणे त्यांचा कार्यभार चालविला.

- ८) कॅ.शिवरामपंत दामले यांनी आपले संपूर्ण आयुष्य महाराष्ट्रीय मंडळाच्या कार्यासाठी, सामाजिक बांधिलकी पूर्णत्वासाठी समर्पित केलेले आहे.
- ९) कॅ.शिवरामपंत दामले हे स्वतः शिस्तप्रिय, वक्तशीर व आपण घेतलेल्या निर्णयावर ठाम असत.

संदर्भ

१. बेस्ट जॉन डब्ल्यू- कान्ह जेम्स व्ही (२०१०). रिसर्च इन एज्युकेशन (दहावी आवृत्ती), नवी दिल्ली:प्रेन टाईस हॉल ऑफ इंडिया.
२. बेस्ट जॉन डब्ल्यू (१९७८). रिसर्च इन एज्युकेशन, नवी दिल्ली: प्रेनटाईस हॉल ऑफ इंडिया.
३. क्लार्क डी.एच. अँड क्लार्क एच.एच. (१९७०) रिसर्च प्रोसेस इन फिजिकल एज्युकेशन, रिक्रेशन अँड हेल्थ, नवी दिल्ली: प्रेनटाईस हॉल ऑफ इंडिया.
४. गुडी, विल्यम आय. आणि हॅट, पॉल के. (१९८१) मेथड इन सोशल रिसर्च, मॅक ग्रॉ - हिल बुक कंपनी.
५. यंग, पॉलीन व्ही. सायंटिफिक सर्वेज अँड रिसर्च.
६. आहेर शरद आणि कांगणे सोपान (२०११) क्रीडामहर्षी कॅ.शिवरामपंत दामले , पुणे : महाराष्ट्रीय मंडळ.

शालेय विद्यार्थ्यांची शारीरिक तंदुरुस्ती, मानसिक स्वास्थ्य व शैक्षणिक कार्यमान यांचा सहसंबंधात्मक अभ्यास

संजय बबन डफळ: महाराष्ट्रीय मंडळाचे चंद्रशेखर आगाशे शारीरिक शिक्षण महाविद्यालय गुलटेकडी पुणे
सोपान कांगणे: महाराष्ट्रीय मंडळाचे चंद्रशेखर आगाशे शारीरिक शिक्षण महाविद्यालय गुलटेकडी पुणे

प्रस्तावना

‘शरीर माद्यम खलु धर्म साधनम्’ असे संस्कृत वचन आहे. याचा अर्थ निरोगी शरीर मानवधर्म पाळण्याचे एक महत्वाचे साधन आहे. म्हणूनच त्याची काळजी घेतली पाहिजे. चांगल्या शारीरिक क्षमतेवर संपुर्ण भावी जीवनात मिळणारी सुखे भोगण्याची व दुःख झेलण्याची शक्ती अवलंबून आहे. आजचे युग हे स्पर्धात्मकयुग आहे या स्पर्धात्मक युगात टिकण्यासाठी शरीर तंदुरुस्त, निरोगी मन व शिक्षणामध्ये प्रगती आवश्यक आहे. निरोगी मन हे निरोगी शरीरातच वास करते म्हणून हे देखील तंदुरुस्त असणे आवश्यक आहे. व्यक्तीचा सर्वांगीण विकास होणे गरजेचे असते हा विकास करण्यासाठी शारीरिक दृष्ट्या तंदुरुस्त असणे महत्वाचे आहे. असा विकास व्यायामाच्या माध्यमातून अतिशय चांगल्या प्रकारे साधता येतो.

सध्याच्या युगात शारीरिक शिक्षणात मोठ्या प्रमाणात संशोधन होत आहे आणि त्यातून नवनवीन तंत्र, कौशल्य विकसित होत आहेत. परंतु त्या प्रमाणात ग्रामीण भागात तसे संशोधन होत नाही. ग्रामीण भागातील मुलांना शारीरिक तंदुरुस्तीच्या कसोट्या, शारीरिक तंदुरुस्तीचे घटक असतात तसेच मानसिक स्वास्थ्याचे मापन केले जाते या बद्दल अतिशय अल्प प्रमाणात माहिती आहे. मानसिक स्वास्थ चांगले असेल तर शैक्षणिक कार्यमान सुधारू शकते याविषयी अतिशय अल्प प्रमाणात माहिती आहे म्हणूनच विद्यार्थी हा शारीरिक दृष्ट्या तंदुरुस्त असेल व त्याचे मानसिक स्वास्थ्य चांगले राहते. व शालेय विद्यार्थ्यांचे शारीरिक तंदुरुस्ती व मानसिक स्वास्थ्य चांगले असेल तर शैक्षणिक कार्यमानामध्ये सहसा कमी पडत नाही. यावरून संशोधकाने शालेय विद्यार्थ्यांचे शारीरिक तंदुरुस्ती, मानसिक स्वास्थ्य व शैक्षणिक कार्यमान यांचा संबंध पाहण्यास ठरविले.

संशोधन पध्दती

संशोधनाच्या विविध पध्दती आहेत त्यापैकी प्रस्तुत संशोधनात संशोधकाने वर्णनात्मक सर्वेक्षण संशोधन पध्दतीतील सहसंबंधात्मक पध्दतीचा अवलंब केला आहे.

प्रस्तुत संशोधनात सन २०१२ ते २०१३ या शैक्षणिक वर्षात इ. ९वी च्या वर्गात शिक्षण घेत असलेले ३०२ विद्यार्थी हे न्यादर्श होय. यासाठी यादृच्छिक न्यादर्श पध्दतीतील गुच्छ न्यादर्श तंत्राचा अवलंब करण्यात आला.

कोष्टक क्र. १ शारीरिक तंदुरुस्ती, मानसिक स्वास्थ्य व शैक्षणिक कार्यमान कसोट्या

अ.क्र.	कसोटी	घटक	मापन
अ	शारीरिक तंदुरुस्ती घटक	१) १२ मिनिटे धावणे, पळणे चाचणी २) १ मिनिट पुश अप्स ३) सिट व रिच	१) रुधिराभिसरण दमदारपणा २) स्नायूची ताकद व दमदारपणा ३) लवचिकता

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- ४) ४ बाय १० मीटर शटल रन ४) दिशाभिमूखता
 ५) १ मिनिट दोरीवरच्या उड्या ५) समन्वय
 ब) मानसशास्त्रीय कसोटया मानसिक स्वास्थ्य आगाशे आणि हेलेडे (पेपर पन्सिल टेस्ट)
 क) शैक्षणिक कार्यमान वार्षिक परीक्षेतील शेकडा गुण टक्केवारी

विश्लेषण

कोष्टक क्र.२ शालेय विद्यार्थ्यांची शारीरिक तंदुरुस्ती, मानसिक स्वास्थ्य व शैक्षणिक कार्यमान या चलांची सांख्यिकी गुणधर्म

	मध्यमान	मध्यगा	बहुलक	प्रमाण विचलन
रुधिराभिसरण दमदारपणा	१८७८	१८५०	१९२०	२१७
हात व खांद्याच्या स्नायुंची ताकद व दमदारपणा	२७	२५	२१	९
लवचिकता	४३	४२	४८	९
दिशाभिमूखता	११	११	११	१
समन्वय	४७	४५	२५	१९
शारीरिक तंदुरुस्ती	३५०	३४८	३४३	२६.८२
मानसिक स्वास्थ्य	२१	२१	१८	५
शैक्षणिक कार्यमान	५५.३५	५१.७४	५०.६६	९.१४

कोष्टक क्र ४.१ वरून शारीरिक तंदुरुस्तीचे रुधिराभिसरण दमदारपणा (१२ मिनिट रन अँड वॉक), हात व खांद्याच्या स्नायुंची ताकद व दमदारपणा (१ मिनिट पुश अप्स), लवचिकता (सिट अँड रिच) दिशाभिमूखता (४ बाय १० मिटर शटल रन), समन्वय (१ मिनिट कसोटी) आणि शैक्षणिक कार्यमान (वार्षिक गुण), चलांच्या मध्यमान मध्यगा बहुलक प्रमाण विचलन अनुक्रमे १८७८, १८५०, १९२०, २१७, २७, २५, २१, ९, ४३, ४२, ४८, १, ११, ११, ११, ११, १, ४७, ४५, २५, १९, ३५०, ३४८, ३४३, २६.८२, २१, २१, १८, ५, ५५.३५, ५१.७४, ५०.६६, ९.१४ अशी आहे.

निष्कर्ष :

- रुधिराभिसरण दमदारपणा कसोटी कार्यमानाचा शालेय विद्यार्थ्यांना मानसिक स्वास्थ्य आणि शैक्षणिक कार्यमान या घटकावर ००.५ सार्थकता स्तरावर संख्याशास्त्रीय दृष्टीकोनातून सार्थक फरक आढळला नाही.
- खांद्याच्या स्नायुंची ताकद आणि दमदारपणा कसोटी कार्यमानाचा शालेय विद्यार्थ्यांना मानसिक स्वास्थ्य आणि शैक्षणिक कार्यमान या घटकावर ००.५ सार्थकता स्तरावर संख्याशास्त्रीय दृष्टीकोनातून सार्थक फरक आढळला नाही.

३. लवचिकता या कसोटी कार्यमानाचा शालेय विद्यार्थ्यांना मानसिक स्वास्थ्य आणि शैक्षणिक कार्यमान या घटकावर ००.५ सार्थकता स्तरावर संख्याशास्त्रीय दृष्टीकोनातून सार्थक फरक आढळला नाही.
४. दिशाभिमुखता या कसोटी कार्यमानाचा शालेय विद्यार्थ्यांना मानसिक स्वास्थ्य आणि शैक्षणिक कार्यमान या घटकावर ००.५ सार्थकता स्तरावर संख्याशास्त्रीय दृष्टीकोनातून सार्थक फरक आढळला नाही.
५. समन्वय या कसोटी कार्यमानाचा शालेय विद्यार्थ्यांना मानसिक स्वास्थ्य आणि शैक्षणिक कार्यमान या घटकावर ००.५ सार्थकता स्तरावर संख्याशास्त्रीय दृष्टीकोनातून सार्थक फरक आढळला नाही.
६. मानसिक स्वास्थ्य कसोटी कार्यमानाचा शालेय विद्यार्थ्यांना मानसिक स्वास्थ्य आणि शैक्षणिक कार्यमान या घटकावर ००.५ सार्थकता स्तरावर संख्याशास्त्रीय दृष्टीकोनातून सार्थक फरक आढळला नाही.
७. संख्याशास्त्रीय विश्लेषणावरून संशोधकास शालेय विद्यार्थ्यांची शारीरिक तंदुरुस्ती, मानसिक स्वास्थ्य व शैक्षणिक कार्यमानामध्ये सहसंबंध आढळून आला नाही.

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स्थूलता :

स्थूलता म्हणजे वजन जास्त असणे किंवा लठ्ठपणा असणे नव्हे तर शरीरातील हाडे व स्नायू यांचे पेक्षा चरबीचे / मेदाचे प्रमाण जास्त असणे स्थूलता होय.

शरीरात चरबी ही आवश्यक आहे. परंतु ती प्रमाणात असणे अत्यंत आवश्यक आहे. शरीरात चरबी नसेल तर शरीर टिकू शकणार नाही. आपण जो आहार घेतो त्या आहारामुळे शरीरात ऊर्जा उत्पन्न होते. व ही ऊर्जा शारीरिक हालचाल, व्यायाम यामुळे खर्च होते. परंतु, सध्याच्या आधुनिक व यांत्रिकीकरणाच्या युगात मानवाला ऐशआरामी जीवनशैली प्राप्त झाली आहे. त्यामुळे जी थोडी-बहुत कामे मानव करतो ती सध्या बैठ्या स्वरूपाची कार्यालयीन कामकाजे असतात. तसेच या स्पर्धात्मक युगात माणूस पैशाच्या मागे सतत धावतो आहे व स्पर्धेत टिकून राहण्याचा प्रयत्न करीत आहे. यामुळे मानवाला व्यायामाची सवय राहिली नाही. त्याप्रमाणे बैठी कामे व उद्योग करणे, आहाराचे नियोजन नसणे, तयार करून ठेवलेले टिकवून ठेवलेले व प्रक्रिया केलेले पदार्थ खाणे, या सवयीमुळे हालचाल कमी झाली च आहार सेवनाचे प्रमाण वाढले आणि पर्यायाने यामुळे शरीरात निर्माण झालेली ऊर्जा वापरली न गेल्याने तिचे रूपांतर मेदामध्ये / चरबीमध्ये होऊन ती साठु लागली व यामुळे लठ्ठपणा येवू लागला. आणि शरीराचे वजन वाढले.

स्थूलता येण्याची कारणे :

१. जास्त खाण्याची सवय :

हे स्थूलतेचे मुख्य कारण आहे. खाण्याच्या वेळा निश्चित नसणे तसेच खाण्यावर नियंत्रण नसणे व हालचाल कमी असणे.

२. सेट पॉईंट उपपत्ती :

प्रत्येक व्यक्तीचे वजन हे त्या व्यक्तीचे आदर्श वजन असते व ते एका ठराविक पॉईंटवर स्थिर झालेले असते हा पॉईंट म्हणजे सेट पॉईंट होय. वजन फार तर त्या पॉईंटच्या जवळपास ठेवणे अत्यंत आवश्यक असते.

३. लहानपणाच्या खाण्याच्या सवयी :

बालपणात व लहान वयात असतांना अति अन्न सेवनाच्या सवयी लागलेल्या असतात. तसेच दिवसातून जास्त वेळा खाण्याच्या सवयी लागलेल्या असतात या सवयी कमी होत नाहीत आणि त्यामुळे चरबीचे प्रमाण वाढते.

४. शारीरिक हालचाली / व्यायाम कमी :

अति खाण्याच्या सवयी आणि शरीराची अजिबात हालचाल नसणे किंवा कमी हालचाल असणे यामुळे शरीरात खालिलेल्या अन्नामुळे ऊर्जा निर्माण झालेली असते. ती न वापरल्याने तिचे रूपांतर चरबीत होते. या साठवलेल्या चरबीमुळे शरीराचे वजन वाढते. चरबी ही नितंब, पोट, पाठ, मांड्या, दंड, पोटरा या ठिकाणी साठुन राहते.

५. मेदपेशी :

बालवयात असतांना मेदपेशींची संख्या कमी असते व आकारमान लहान असते परंतु जसजसे वय वाढत जाते तशी या पेशींची संख्या व आकारमान वाढते. यामुळे स्थूलता वाढते.

६. अनुवंशिकता :

अनुवंशिकतेचा बऱ्याच अंशी परीणाम होत असतो आई वडील जर स्थूल असतील तर पाल्यही स्थूल होण्याची शक्यता जास्त असते.

७. वातावरणातील घटक :

वातावरणाचा जास्त परीणाम शरीरावर होत असतो. घरात सर्व सुखसोई आणि आरामदायी वातावरण असेल तर मुले तशीच वागतात. जास्त उष्मांक असणारे अन्न खाणे. एका जागेवर दिर्घकाळ वेळ घालविणे, दिर्घकाळ टि.व्ही पाहणे, जेवतांना पेपर वाचणे, टि.व्ही. पाहणे, दिवसातून जास्त वेळा खाणे, चरबीयुक्त अन्नाचा जेवणात जास्त समावेश असणे, व्यायाम व हालचालींची सवय नसणे, आहाराबद्दल ज्ञान नसणे अशा प्रकारचे वातावरण असेल तर आपोआपच शरीराचे वजन वाढून स्थूलता वाढते.

८. औषधांच्या अतिसेवनामुळे :

औषधांच्या अतिसेवनामुळे तसेच विविध प्रकारच्या व्याधिमुळे व संप्रेकराच्या असंतुलनामुळे चरबी वाढते. शरीरयष्टी सांभाळून ठेवायची असल्यास किंबहुना शारीरिक सुदृढता राखावयची असल्यास आहार व व्यायाम यांचामेळ घालणे अत्यंत आवश्यक आहे.

स्थूलता व्यवस्थापनाची उद्दिष्टे :

- १) कॅलरीचा समतोल प्राप्त करणे.
- २) उत्तीचे प्रमाण योग्य राखण्याचे काम करणे.
- ३) शरीरातील चरबीचे प्रमाण - सावकाश थोड्या-थोड्या प्रमाणात कमी करणे व चरबी जास्त प्रमाणात कमी होण्याचे प्रमाण टाळणे.
- ४) आवश्यक असलेली ऊर्जा प्राप्त करून कार्बोहायड्रेटचे प्रमाण ६० टक्के पर्यंत वाढविणे आणि चरबीचे प्रमाण कमी करणे.
- ५) जीवनसत्वे आणि खनिजपदार्थांचे योग्य सेवन करून चरबी किंवा लठ्ठपणा नियंत्रीत करणे.

स्थूलता कमी करण्याचे उपाय :

स्थूलता व्यवस्थापन अनेक प्रकारे करता येते, परंतू ते सहज व सोपे नाही. वजन कमी करणे व ते टिकविणे ही अवघड बाब आहे. आताच्या आधुनिक युगात अनेक प्रकारची औषधे व उत्तेजके वापरात येवू लागली आहे त्याच बरोबर शस्त्रक्रिया सुध्दा केल्या जातात परंतु या सर्वांमध्ये आहार व व्यायाम यांचे संतुलन राखून केलेले उपाय हे सर्वात परिणामकारक उपाय आहेत.

१. भुक लागल्यानंतर खाणे.
२. जेवणाच्या वेळा निश्चित असाव्यात.
३. कोठेही, केव्हाही व कोणत्याही प्रकारचे अन्न खाऊ नयेत.
४. जेवतांना सावकाश व चावून अन्न खावे.
५. जेवतांना इतर कामे करू नयेत.
६. जेवतांना अगोदर भरपूर सलाड खावे.

७. जेवतांना पाणी कमी प्यावे व जेवणानंतर सुद्धा एकदम जास्त पाणी पिऊ नयेत.
८. चटकदार व मसालेदार पदार्थ वर्ज्य करावेत.
९. चेरबीयुक्त आहार टाळावा.
१०. दिवसभर नित्याची हालचालींची कामे जाणूनबुजून करावीत.
११. झोप प्रमाणात घ्यावी.
१२. ऐश आरामी सवय टाळाव्यात.
१३. वजन कमी करण्यासाठी उपाय चालू असतील व स्पर्धात्मक कार्यमान उंचवायचे असेल तर प्रोटीनयुक्त आहार घ्यावा.
१४. प्रोटीनयुक्त आहार घेतल्यामुळे तो भुकेवर मात करण्यात उपयुक्त ठरतो. भूक नियंत्रित ठेवणे शक्य होते.
१५. व्यायाम करतांना त्याची तीव्रता एवढी असावी की, जास्तीत जास्त कॅलरीज खर्च होतील व चरबी कमी होईल.
१६. वजन कमी करण्याच्या प्रशिक्षण काळात व्यायामात हळु-हळु वाढ करावी. व्यायामाची तीव्रता व रिपीटेशन हळु-हळु वाढवावे.
१७. व्यायामात सातत्य राखावे.
