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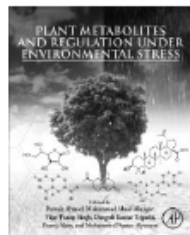
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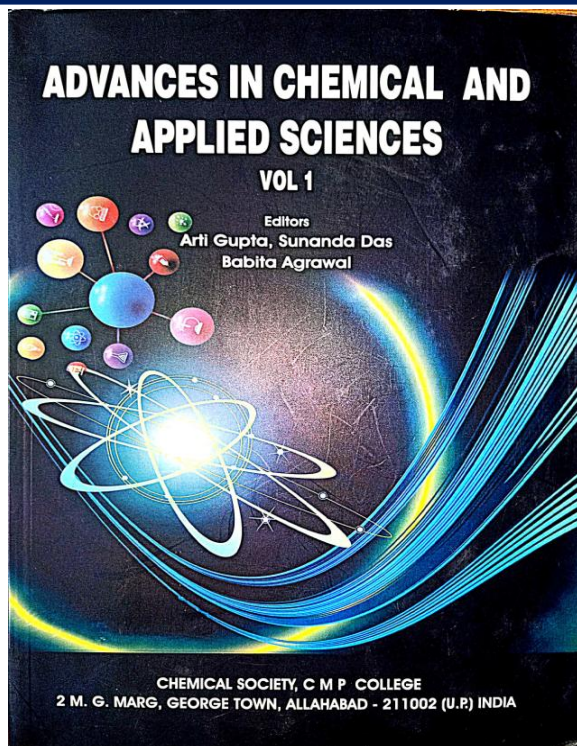


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Dr. Sunanda Das
Dr. Babita Agrawal

Associate Editors : Dr. Archana Pandey
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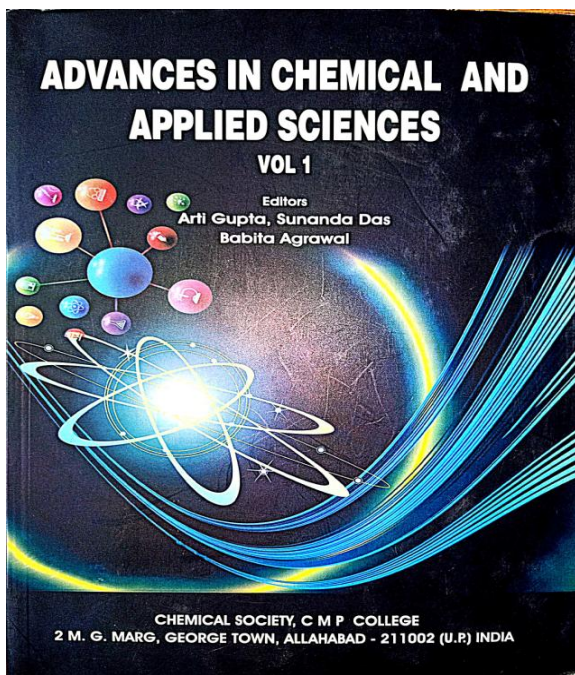


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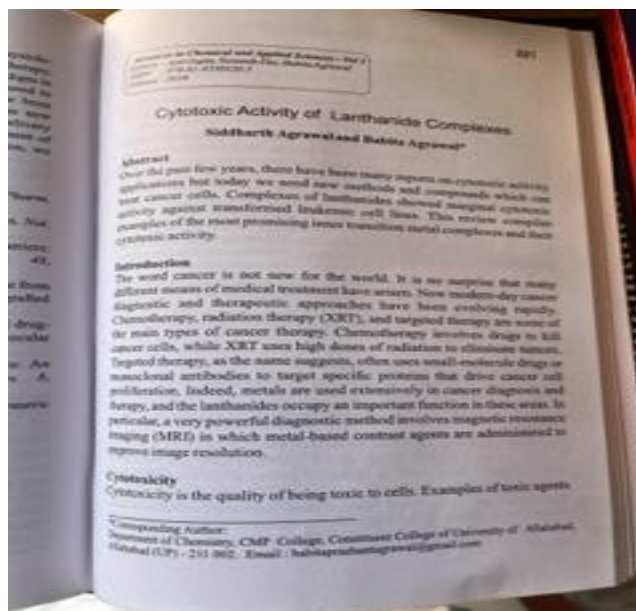


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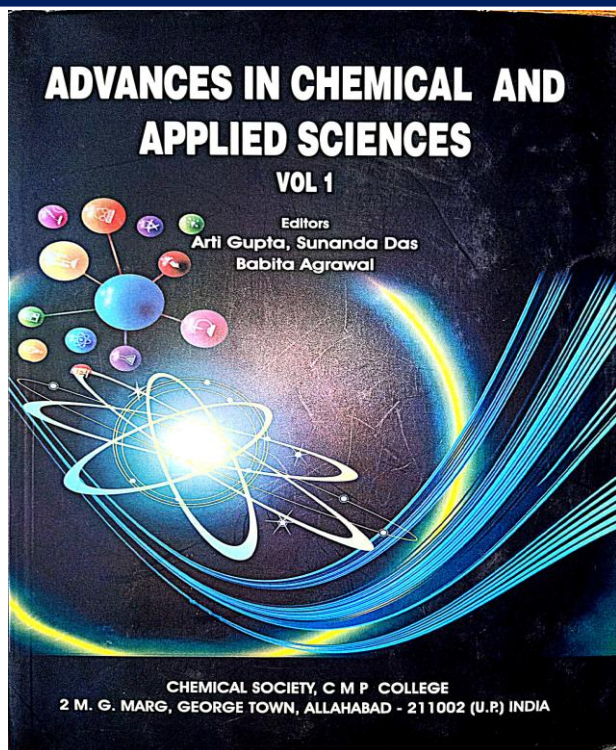


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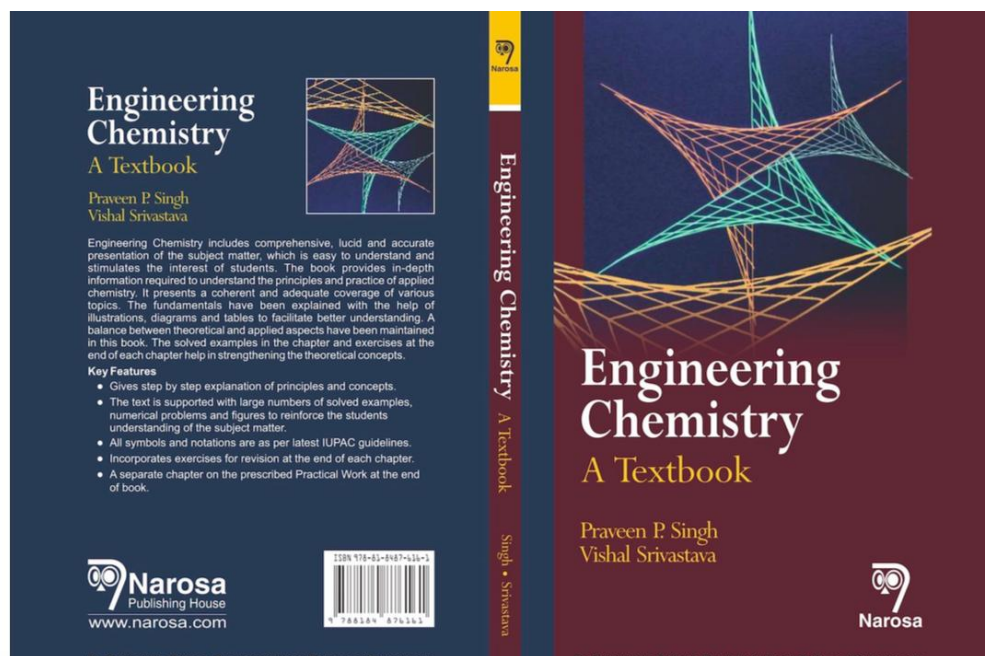
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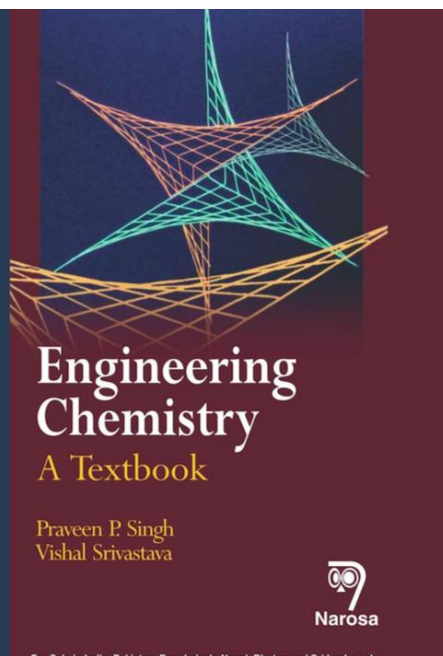
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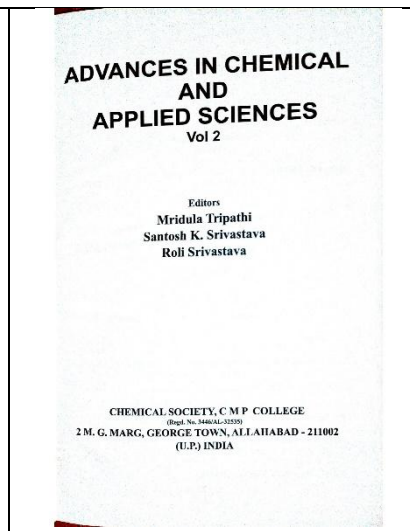
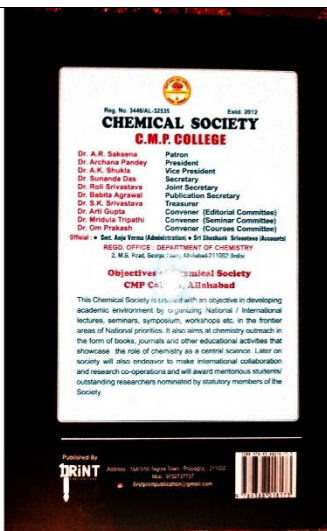
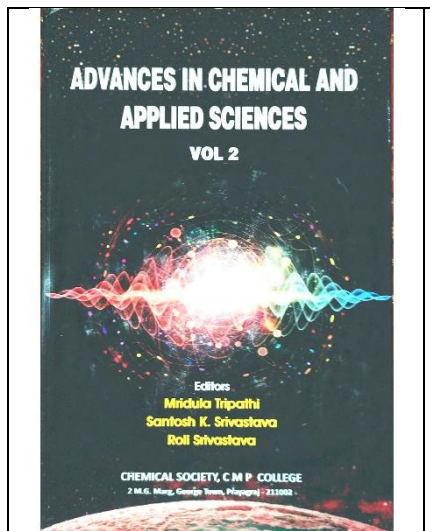
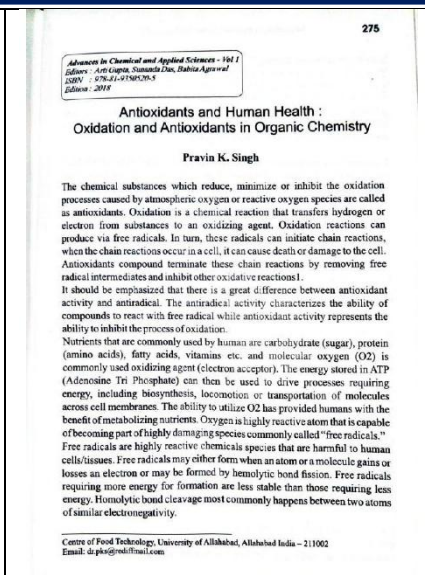
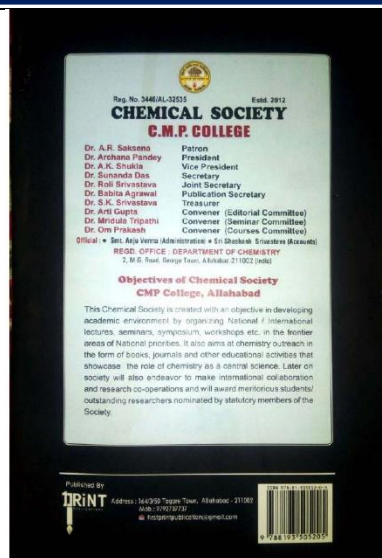
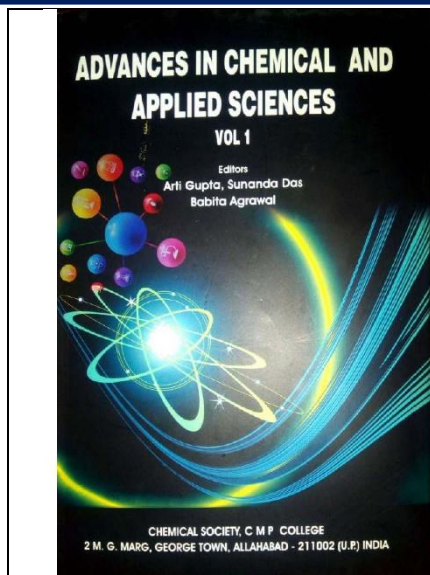


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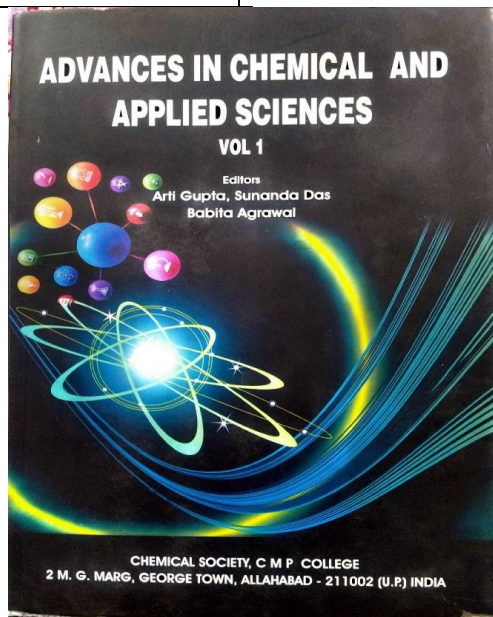
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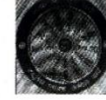
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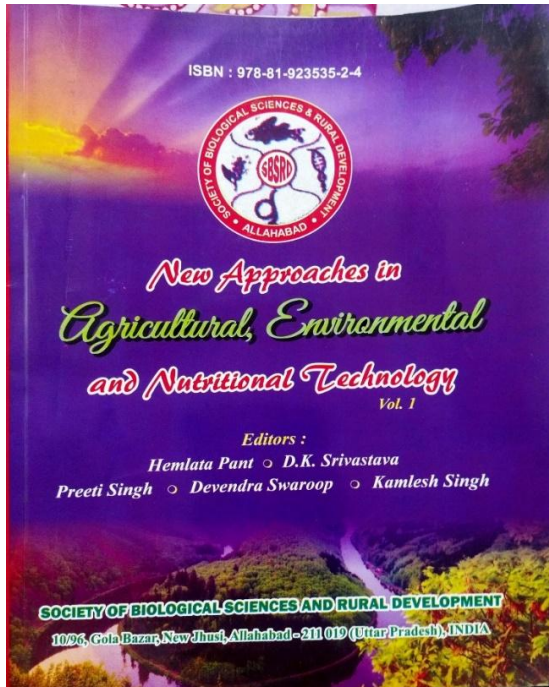
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 Allahabad, (U.P.), India

Omega - 3 - fatty acids is important in human physiology. It helps in keeping the body healthy. Health is a resource for every day life, not the objective of living. Thus the mental, intellectual, emotional and social health referred to a person's ability to handle stress, to acquire skills, to maintain relationship, all of which from resources for resiliency and independent living. For good health, good nutrition is necessary. We can say nutrition is the process of providing or obtaining the food necessary for health and growth.

2500 years ago, Hippocrates, "The father of medicine" said to his student, "Let thy (your) food be thy medicine and thy medicine be thy food." Moses Maimonides, the great 12th century physician repeated the Hippocratic statement when he said, "No illness which can be treated by diet should be treated by any other means." Actually Hippocrates and Maimonides were insisting their students practice "nutrient therapy."

In 1968, one of the minds of this century, twice Nobel Prize Winners Linus Pauling coined a term - orthomolecular Nutrition where orthomolecular means - pertaining to the right molecule. In other words - optimum nutrition is the medicine of the future. Now a days, the evidence for nutritional therapy is becoming so strong that if the doctors today don't become nutritionists, the nutritionist will become the doctors of tomorrow.

The health benefits of omega - 3 - fatty acid are immense and they have been proven effective in the treatment and prevention of hundreds of medical conditions. It is actually polyunsaturated fatty acid with double bond. In human physiology three types of omega - 3 fatty acids are involved -

1. α - linolenic acid (ALA)- 18 carbon and three double bonds
2. eicosapentaenoic acid (EPA) 20 carbons and 5 double bonds
3. docosahexaenoic acid (DHA) 22 carbons and 6 double bonds

Mammals are unable to synthesize omega - 3 - fatty acid but ALA can obtain through diet & use it to form EPA and EPA forms DHA.
 Its dietary sources are - Highest amount is present in flax seeds [11.4g/85g]. It is present in very little amount in eggs [0.109/85g], strawberry and kiwi fruits [0.10-0.20g/85g], broccoli [0.10-0.20g/85g], some fishes eg. Salmon [1.1-1.9g/85g], tuna [0.21-1.1g/85g] sword & Tile fish [0.9g/85g], Cod and Catfish [0.22-0.30g/85g] in milk, it is absent.

Flax seeds are the richest source of omega-3 - fatty acid. Flax is also known as common flax or linseed. Its botanical name is *Linum usitatissimum* belongs to genus *linum* in the family *Linaceae*. Its oil is known as linseed oil. It is an annual plant grow to 1.2 m tall with slender stems. The leaves are glaucous green, slender lanceolate, 20-40 mm long and 3 mm broad. The flowers are pure blue, 15-25 mm in diameter with five petals. Flax seeds occur in two basic varieties - brown and yellow or golden. Both have similar nutritional characteristics and equal numbers of short chain omega-3-fatty acid. Three natural phenolic glucosides, secoisolaricresinol diglucoside p-coumaric acid glucoside and ferulic acid glucoside are found in commercial flax seeds. As a percentage of total fat, flaxseeds contain 54% omega-3-fatty acid (ALA) 18% omega-9-fatty acid [oleic acid] and 6% omega-6-fatty acid [linoleic acid].

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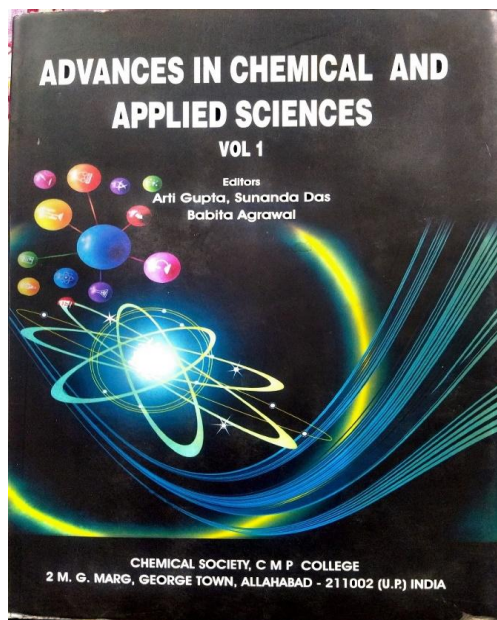


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Effect of Phytochemicals on Ageing Brain Archana Pandey

Scientists have long been interested in the ageing process and age related diseases, common disorders of aging brain are:

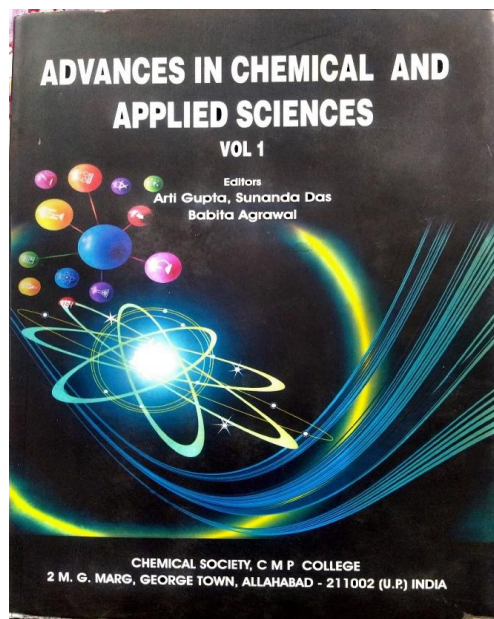
Alzheimer's disease

Alzheimer is a general term for memory loss. It is a progressive disease. In its early stage, memory loss is mild but with late stage alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. At first, someone may notice mild confusion and difficulty remembering but gradually they may even forget important people in their lives and undergo dramatic personality changes. In this disease, the brain cells degenerate and die, causing a steady decline in memory and mental function. In alzheimer's patients, two types of abnormalities in brain cells are observed-

1. A protein called β -amyloid clumps and forms plaques which may damage and destroy brain cells. Although the ultimate cause of brain cell death in alzheimer's is not known, the collection of β -amyloid on the outside of brain cells is a prime suspect.
2. In brain cells, nutrients and other essential materials are transported through long extensions called tau. Tau is a protein and the threads of tau twist into abnormal tangles inside the brain cells, leading to failure of the transport system.

Scientists believe that for most people, alzheimer's disease is caused by a combination of genetic, lifestyle and environmental factors that affect the brain over time. The average life of an alzheimer patient is eight years after their symptoms become noticeable to others but depending on age and other health

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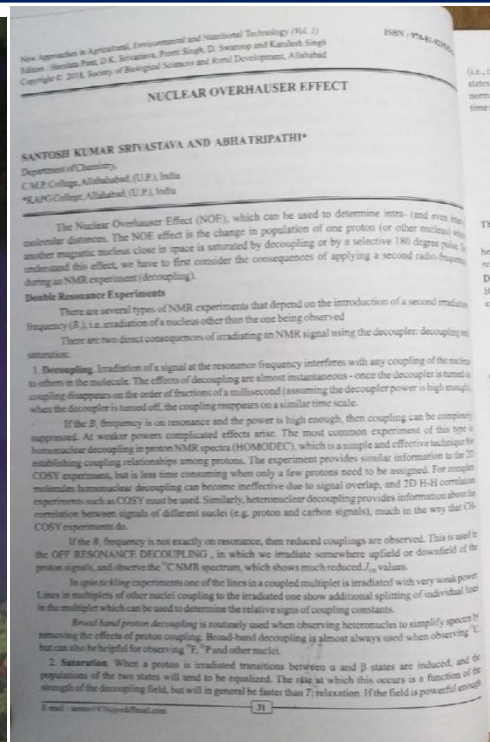
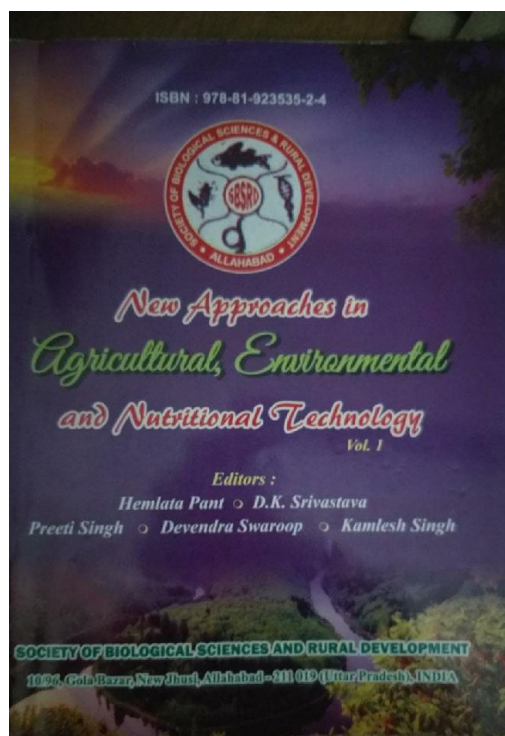


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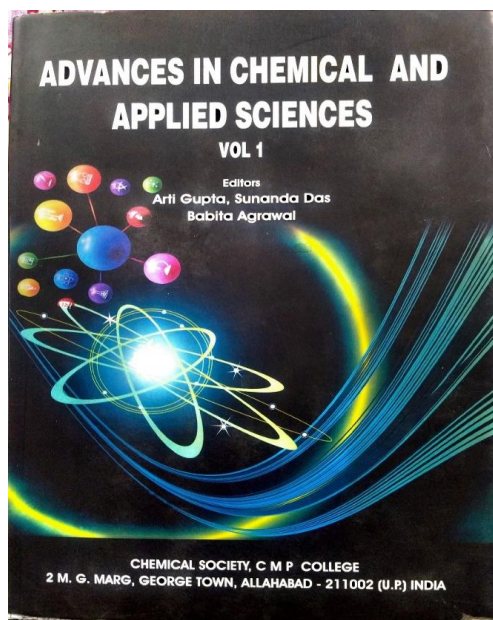
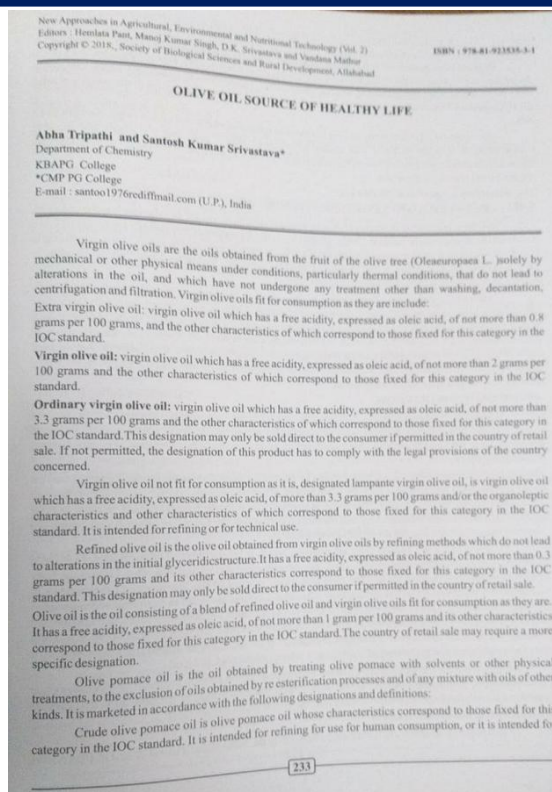


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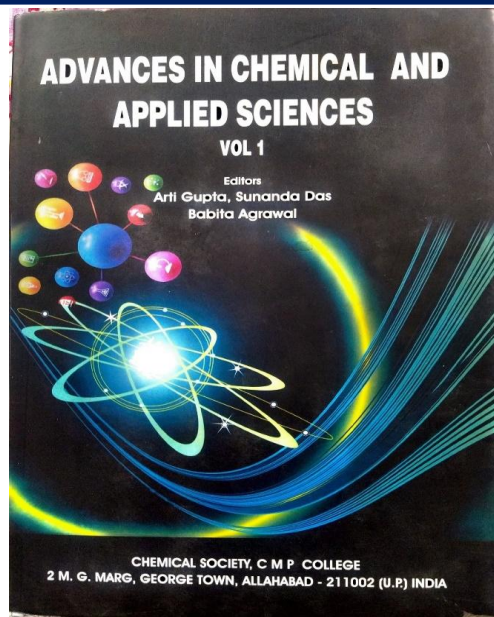


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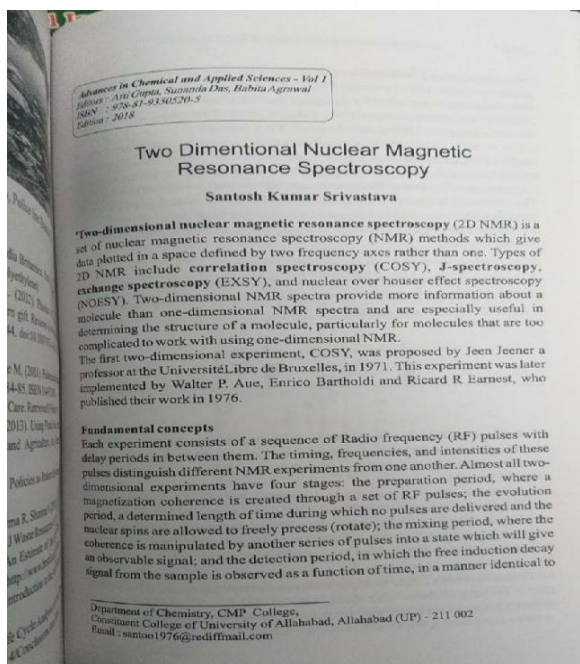
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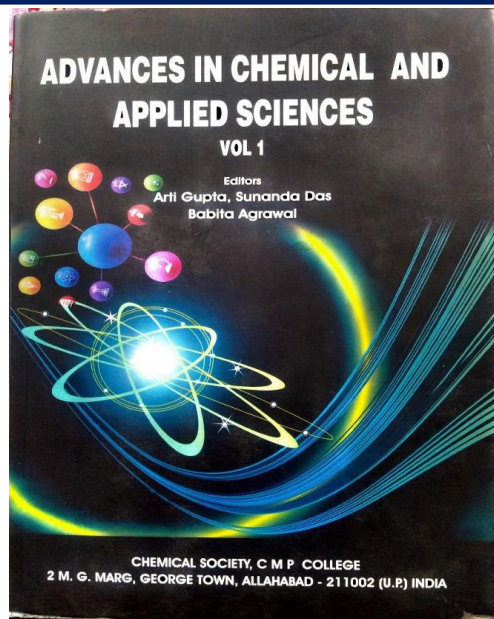


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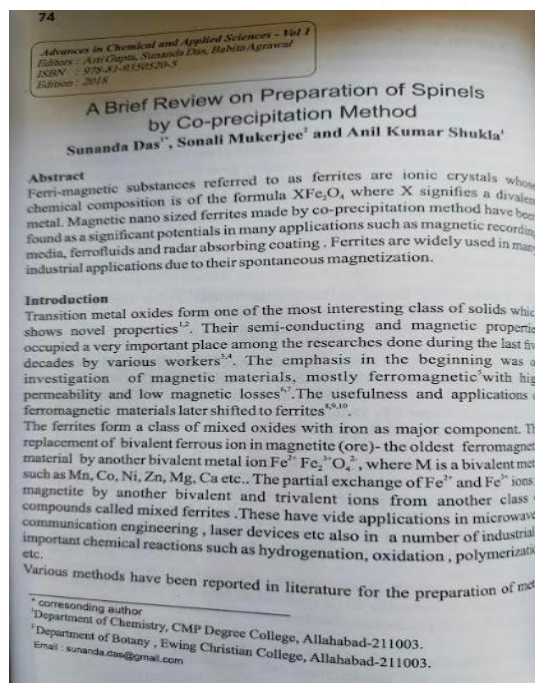
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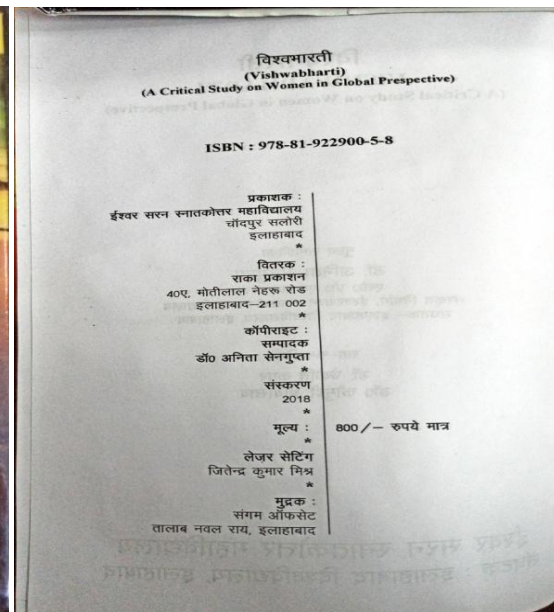
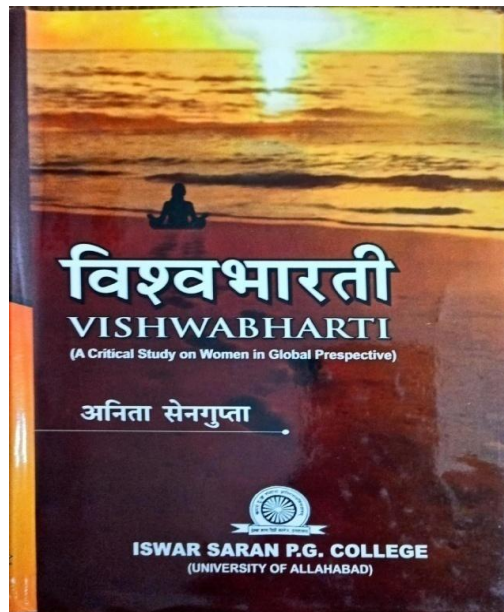
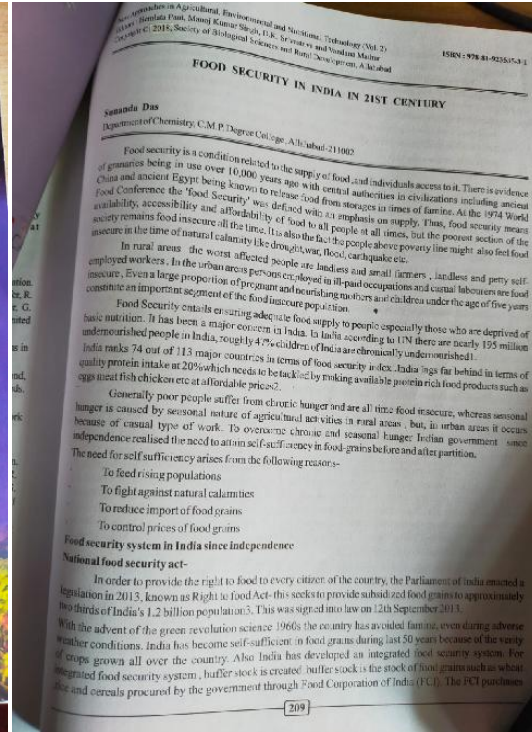
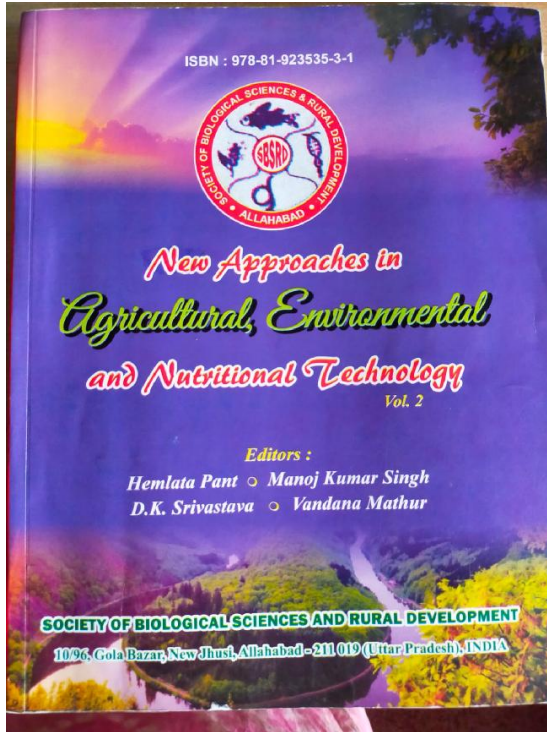


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The untold stories of Women Contribution in Science and Technology

Dr. Deepa Srivastava
S.S. Khanna Girls' Degree College,
Allahabad

Abstract :
Women have made significant contributions to science from the earliest times. Historians with an interest in gender and science have illuminated the scientific endeavors and accomplishments of women, the barrier: they have faced, and the strategies implemented to have their work peer-reviewed and accepted in major scientific journals and other publications.

The involvement of women in the field of medicine occurred in several early civilizations, and the study of natural philosophy in ancient Greece was open to women. Women contributed to the proto-science of alchemy in the first or second centuries AD.

Although gender roles were largely defined in the eighteenth century, women experienced great advances in science. During the nineteenth century, women were excluded from most formal scientific education, but they began to be admitted into learned societies during this period. In the later nineteenth century, the rise of the women's college provided jobs for women scientists and opportunities for education.

At the present moment all over the world, with small exceptions, women take an active scientific role and demonstrate their abilities in a lot of spheres. The history shows a lot of examples of great input made by women to the development of science, technology and innovations (STI). It is hard to overestimate the role of women in the development of different sphere. Earlier history also contains data about the famous female specialists in science and technology.

In life sciences, women researchers have achieved parity (45-55% of researchers) in many countries.

In India, the substantial increase in women undergraduates in engineering may be indicative of a change in the 'masculine' perception of

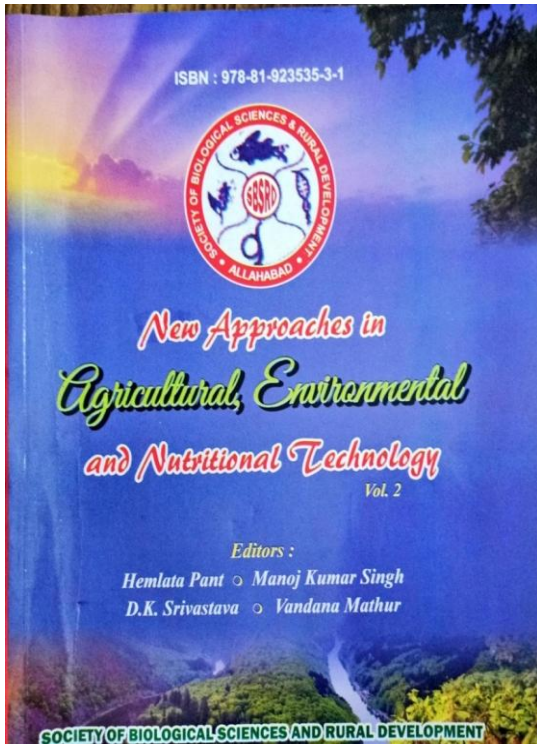


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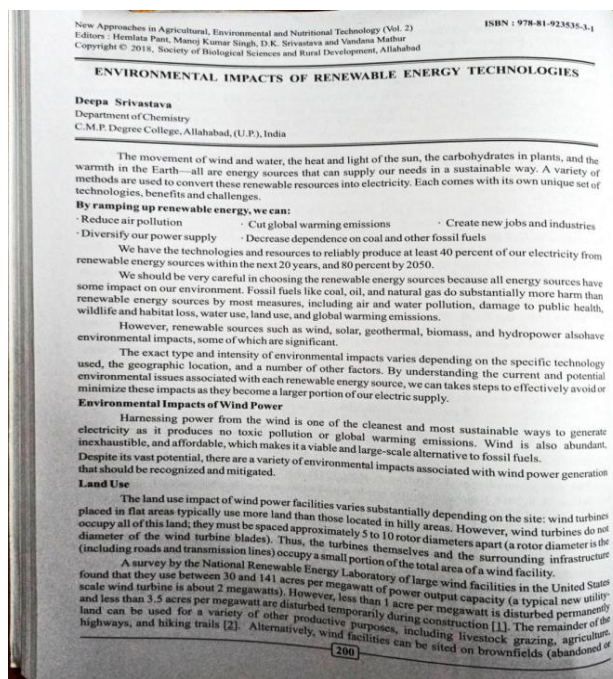


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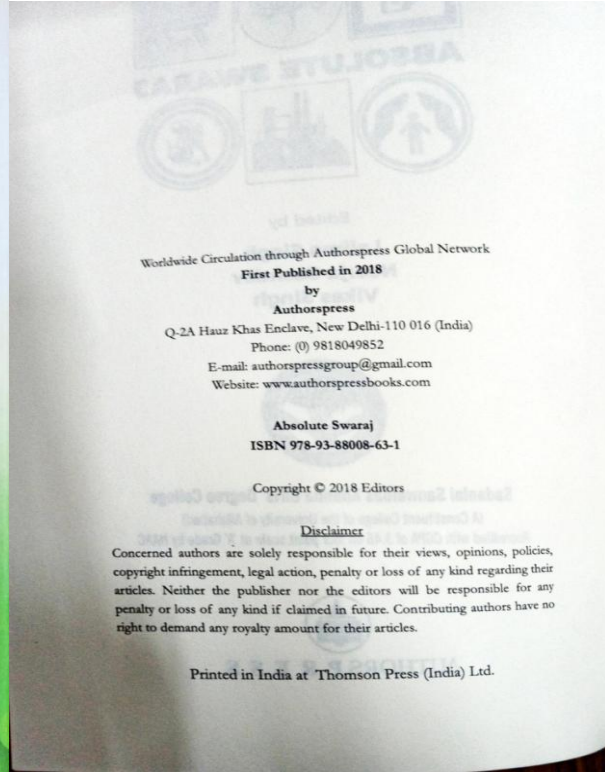
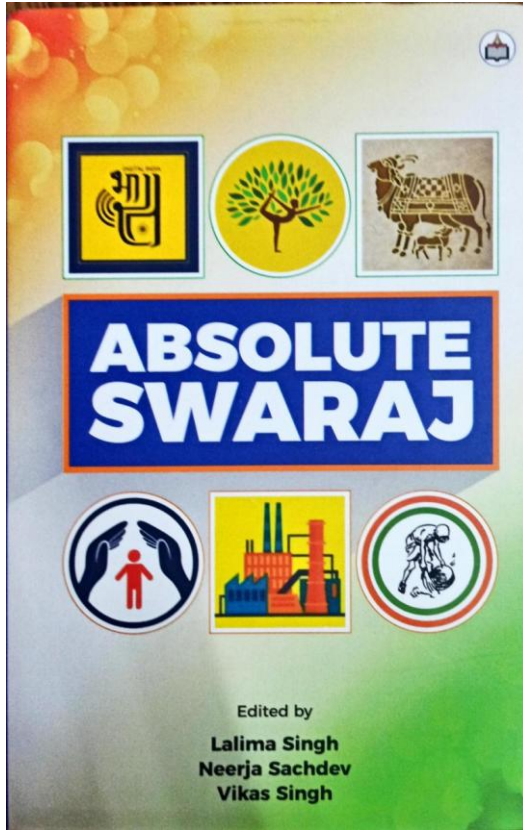


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1

Kitchen Waste Management: The Need of the Hour for a Cleaner, Greener Future

Deepa Srivastava

ABSTRACT

The production of waste specially solid waste, has become a common problem worldwide. Solid waste is normally defined as unwanted solid, semi-solid material ensuing from human or animal activities.

Recycling and composting, which transform waste into useful products, are forms of waste management. The management of waste also includes disposal, such as landfilling.

Kitchen wastes (KW) comprises of household kitchen wastes. There are various methods for kitchen waste degradation like aerobic, anaerobic digestion, vermicomposting.

In modern researches Biodegradable Kitchen waste has been used as a substrate and optimised to produce Fungal Cellulose System by different Statistical Modelling Methods.

A primary objective of waste management today is to protect the public and the environment from potentially harmful effects of waste.

Every individual, business, or organisation must make decisions and take some responsibility regarding the management of his or her waste.

Keywords: Kitchen wastes, aerobic, anaerobic, digestion, vermicomposting, waste management, Fungal Cellulose System.

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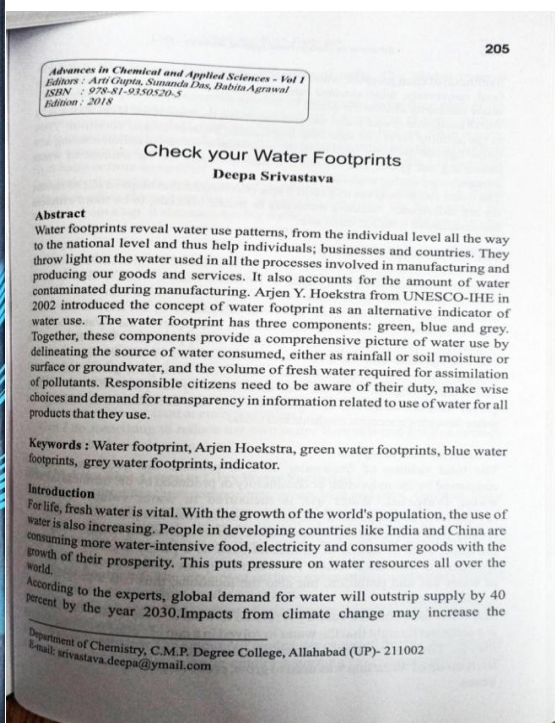
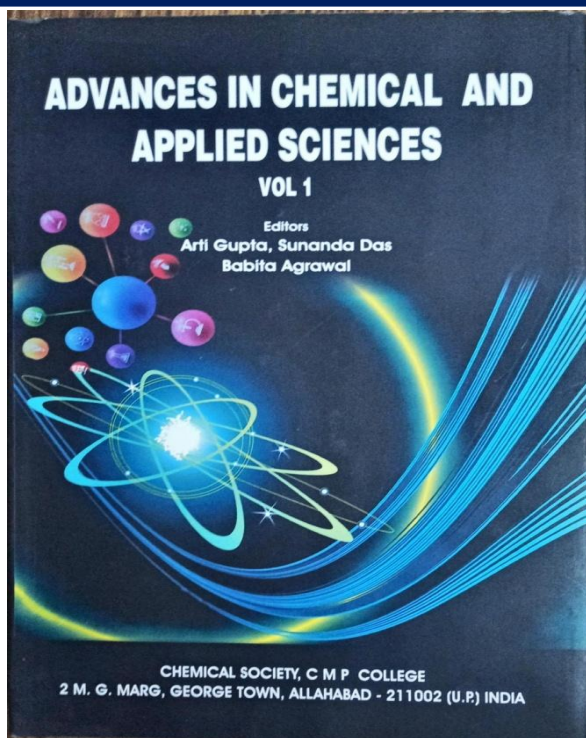


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LIBS - A versatile Tool Deepa Srivastava and A.K.Shukla

Abstract

Laser-induced breakdown spectroscopy (LIBS) as a novel analytical technique has been developing into a versatile tool in various fields because of its distinct abilities, especially the simple, rapid, in situ detection of any material (solid, liquid, or gas).

This technique does not require any special sample preparation, and requires only a small volume or mass of material to be tested. Laser-induced breakdown spectroscopy (LIBS) is a spectrochemical technique which uses an intense laser pulse to determine the elemental composition of a sample and the relative quantities of the target's constituent elements.

LIBS is an excellent technique for analysis of metals and metal alloys, studies of pottery, marble and stone, glass and biomaterials.

Thus LIBS is a versatile analytical technique which combines key analytical features and has the potential to become a useful tool in various fields of science.

Introduction

Laser-induced breakdown spectroscopy (LIBS) as a novel analytical technique has been developing into a versatile tool in various fields because of its distinct abilities, especially the simple, rapid, in situ detection of any material (solid, liquid, or gas).

LIBS technique is used for elemental analysis based on laser-generated plasma. In this technique, laser pulses are applied for ablation of the sample, resulting in the vaporization and ionization of sample in hot plasma which is finally analysed by the spectrometer. The elements are identified by their unique

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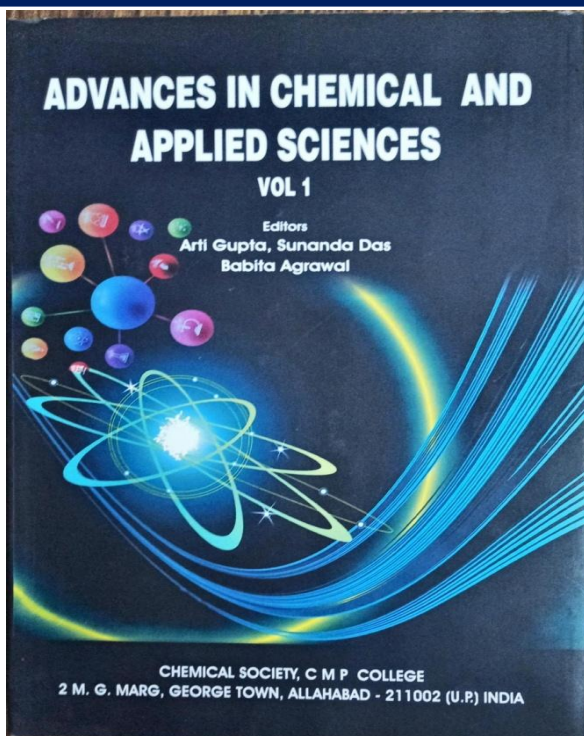


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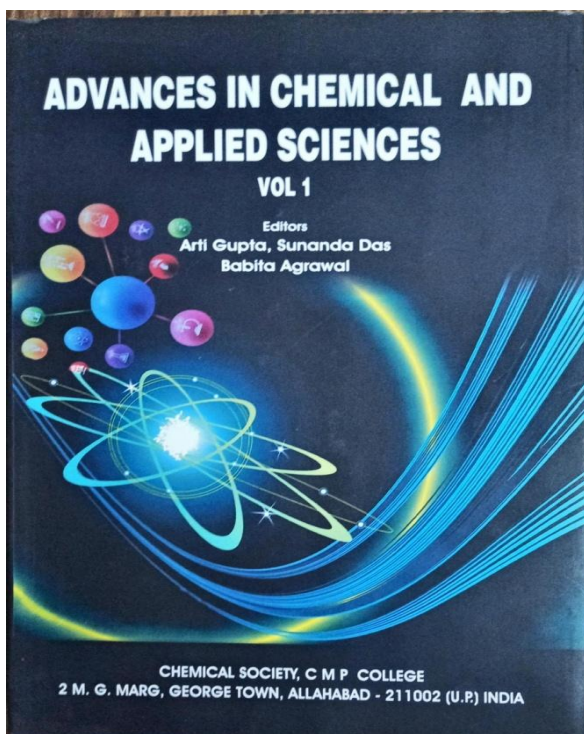
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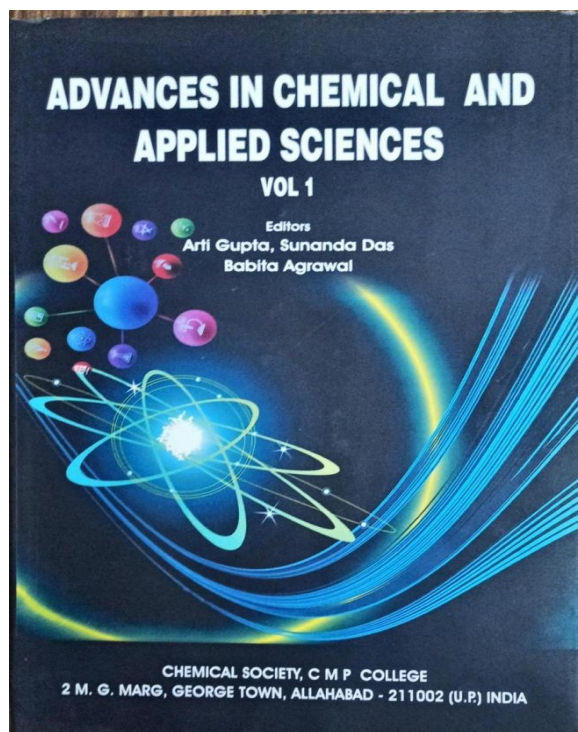
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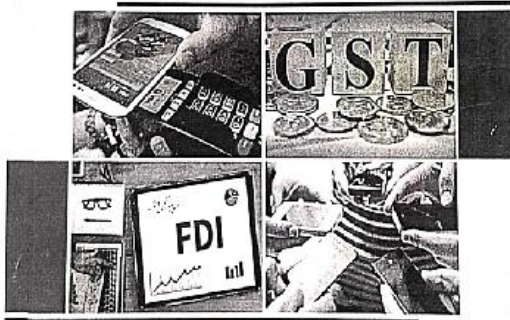
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Financial Reforms & Sustainable Development

Empowering Indian Economy: Volume 2



Chinmoy Kumar Roy
Amit Manglani
Ashish Kant Chaudhari



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CHAPTER

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The Tenuous Relationship Between Make in India and FDI Inflows

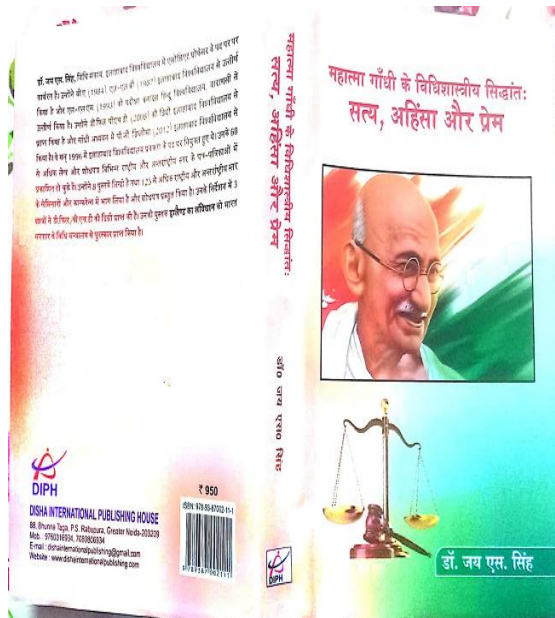
Abstract

Make in India is an initiative launched by the Government of India to encourage multi-national, as well as national companies to manufacture their products in India. It was launched by Prime Minister Narendra Modi on 25 September 2014. Prime minister described the plan as a key step in overcoming that problem at a launch in New Delhi. "Today China is the world's manufacturing hub and with this scheme, playing to our strength, India can aim to be the world's human resource capital." India emerged, after initiation of the program, as the top destination globally for foreign direct investment (FDI). The present study made an attempt to trap the initiation and development of make in India programme as well as its contribution to boost the FDI in Indian economy.

Key words: Make in India, FDI, Manufacturing sector, Economy.

INTRODUCTION

Make in India is an initiative launched by the Government of India to encourage multinational



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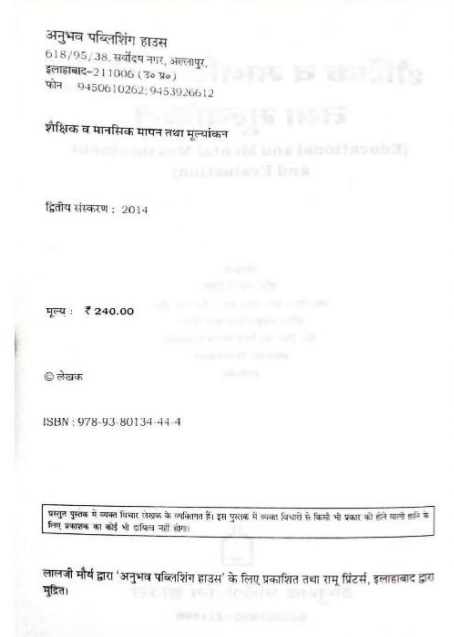
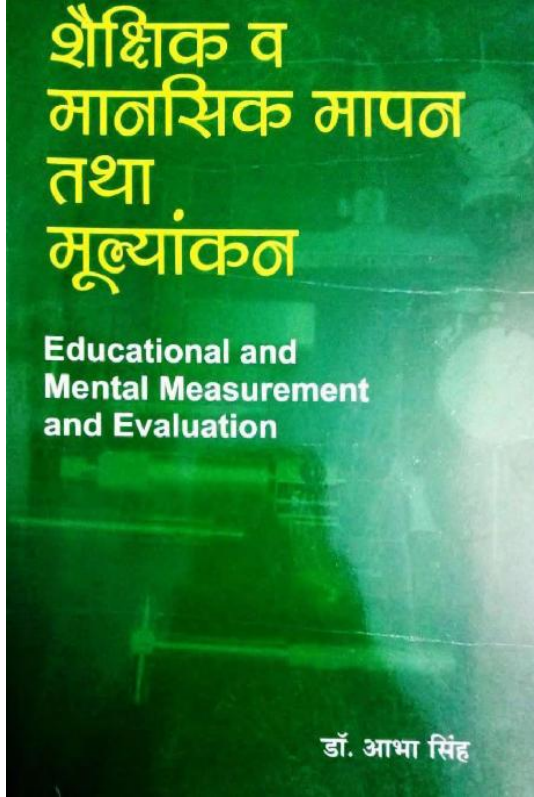
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The Impact of Digitalization of Public Services on Society

Editors
Prof. Susmita Chandra Dr. Amit Kumar Yadav

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शिक्षा में क्लाउड कम्प्यूटिंग तकनीक की संभावनाएँ एवं सीमाएँ

डॉ. अमिता कुमार यदव
कौशिकी विश्व विद्यालय, इलाहाबाद

क्लाउड कम्प्यूटिंग औद्योगिक संशोधन प्राप्त करने की तेज़ी से देखी जाती है जो अपने कम लागत पर बिना व अन्य विचारणाओं के ही बरतती दुनिया में सबसे प्रचलित हो रही है। क्लाउड कम्प्यूटिंग इंटरनेट के माध्यम से कम्प्यूटिंग सेवा है। इसके अंतर्गत एक इंटरनेट सुधार को अपने कम्प्यूटर पर सभी सॉफ्टवेयर और एप्लिकेशन को स्टोर कर इंटरनेट करने की क्षमता को होते है। इसके सॉफ्टवेयर और सेवाओं को जोड़ते हैं कि एक सुचारु बिजनेस एप्लिकेशन को आधार पर औद्योगिक प्राप्त कर सकते है। इस प्रकार इंटरनेट के तहत ही डाटाबेस की संरचनाएं और अन्य एप्लिकेशन की सॉफ्टवेयर प्राप्त कर लेने की प्रक्रिया ही क्लाउड कम्प्यूटिंग (Cloud Computing) कहलाता है।

सामान्यतः क्लाउड कम्प्यूटिंग को इंटरनेट और नेटवर्क संरचना के माध्यम से परिभाषित किया जा सकता है कि वेब के द्वारा विभिन्न प्रकार की क्लाउड कम्प्यूटिंग को यू.एस. नेक्लाउड इंटीग्रेट ऑफ स्टोरेज एवं टेक्नोलॉजी ने परिभाषित करते हुए कहा है - "क्लाउड कम्प्यूटिंग एक मॉडल है जो मूलभूत प्रबंधन प्रदाता और सर्विस प्रोवाइडर के बीच किया द्वारा सुविधाओं, नेटवर्क स्टोरेज को माध्यम पर निरंतर क्लाउड कम्प्यूटिंग संसाधन को बंटने के लिए तीन गति प्रदान करता है।

संरचना प्रदाता के बिना वेब में क्लाउड कम्प्यूटिंग को प्रयोग की गति तीव्र होती जा रही है। सर्वप्रथम यह अपने इंटरनेट आधारित है कि क्लाउड है क्या ? क्लाउड कम्प्यूटिंग हमें हम अपने सभी में बदल भी सकते है। ये क्लाउड डिजिटल प्राप्त से परे होते है। कम्प्यूटर, टेबलेट या स्मार्ट फोन को क्लाउड या क्लाउड क्लाउड से तब तक जोड़ सकते है कि वे तब तक क्लाउड या टेबलेट की प्रयोग में प्रयोग नहीं करते है, आखिर जहाँ कहीं है। इसका कारण है क्लाउड पर। क्लाउड कम्प्यूटिंग द्वारा से अगर पहले से ही परिभाषित है। यदि ऊपर इंटरनेट या इंटरनेट करने है अर्थात् क्लाउड कम्प्यूटिंग सर्वर और वेब ब्राउजर के माध्यम से इंटरनेट की सॉफ्टवेयर को अलग-अलग से प्रयोग किया जा सकते है। क्लाउड कम्प्यूटिंग सर्वरों के द्वारा सॉफ्टवेयर व अन्य एप्लिकेशन को जानकारी प्राप्त होती है जो डिजिटल वेब के लिए आवश्यक मान्य प्राप्त है।

क्लाउड कम्प्यूटिंग में प्रयोग होने वाली तकनीक

क्लाउड कम्प्यूटिंग तकनीक दुर्गम को एक विश्व प्रदान करती है जिसके माध्यम से युवाओं में गंभीर सूचना को असादी से प्राप्त करता है जो निम्नलिखित है -

- क्लाउड प्रोवाइडर - जो संस्था क्लाउड पर आधारित दुर्गमों के टेक्नोलॉजी की सर्विस प्रोवाइड करती है। उनके क्लाउड प्रोवाइडर कहा जाता है। इन संस्था या कम्पनी के पास क्लाउड कम्प्यूटिंग विस्तारित होते है जो क्लाउड कम्प्यूटिंग को अक्षरों में करने होते है।
- क्लाउड सर्विस प्रोवाइडर - क्लाउड कम्प्यूटिंग को सर्विस एक क्लाउड कम्प्यूटिंग प्रोवाइडर और क्लाउड कम्प्यूटिंग कंन्ट्रोल के माध्यम से प्राप्त करने से हो सकता है।
- डिजिटली कम्प्यूटिंग - इसके अंतर्गत युवा अपनी अस्तित्व के विषय से कम्प्यूटिंग सॉफ्टवेयर को खरीदता है और उनका प्रयोग करता है। यह अवधारणा 'ये घर घूम' मॉडल पर आधारित है।

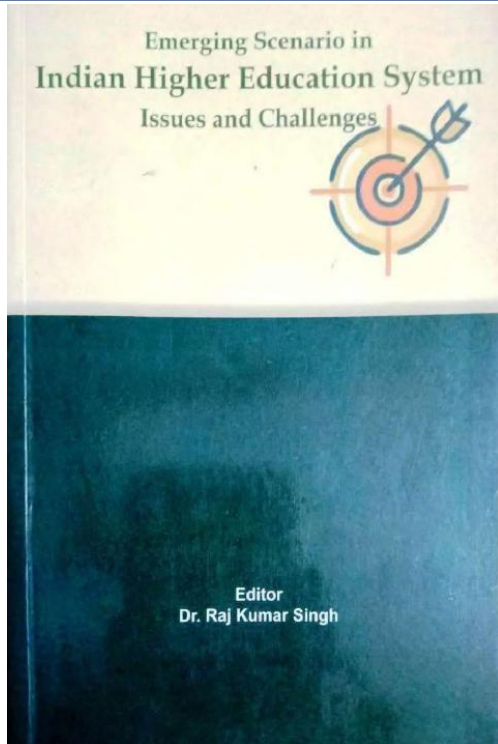


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Effectiveness of Online Learning with Reference to Moocs

DR. ABHA SINGH*

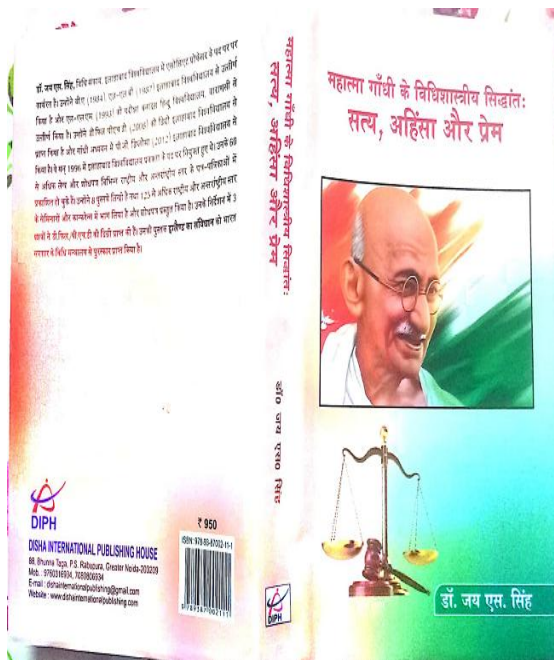
Education has always been promoted in our society as the key to a successful job. Massive open online courses cover relevant concepts. A well-executed Massive open online course can unlock creative thinking, inspire innovation, and accelerate career mobility. Online learning and virtual education is the latest tool in the educational arsenal available to learners and teachers. However it does not replace in-person learning, it only augments it. It gives an opportunity to students to study their four-year course in a much time conserving and budget saving manner. Students can come after taking a one-year course online, they would then have to spend only two years in the campus and spend the final year in the industry, earning while studying. This is how Massive open online course have been building bridges to close in the gap between students and jobs. Online learning tools and technologies are advancing at a rapid pace. Massive open online courses look committed to increase access to quality education, to improve teaching and learning on campus and to conduct research into how students learn. It will continue to reach more and more learners and provide them with high quality online education.

Learning Online is an evolutionary approach that keeps evolving and changing due to the continuous evolution of technology. Open learning is a new phenomenon of online learning that allows learning materials to be easily accessible on the Internet for students and teachers.

Open Learning -As mentioned earlier the evolution of technology leads to continual changing and development in online learning approaches. Recently, open learning has emerged as a new form of online learning based on the utilization of cloud computing capabilities. These resources are provided by different learning providers, who could be lecturers representing learning institutions or individuals who have appropriate knowledge. Learners: Open learning offers the opportunity for individuals to access educational materials for free and without any restrictions. Learners can learn

* Asstt. Professor Education Department, C.M.P. Degree College, University Of Allahabad

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गाँधी की विचारधारा वर्तमान सन्दर्भ में

□ डॉ० आमा सिंह

“एक देश की संस्कृति दिलों में और अपने लोगों की आत्मा में रहती है।”
—महात्मा गाँधी

‘भारत की प्रत्येक चीज मुझे, आकर्षित करती है क्योंकि यहाँ विकास की प्रत्येक चीज है।’ सम्पूर्ण विश्व में भारत सदा से सर्वाधिक आकर्षण का केन्द्र रहा है। इस देश ने समय-समय पर ऐसे जगदगुरु विद्वे जो मानवता के सर्वोच्च शिखर पर पहुँच कर देश की सीमाओं के पार जाकर संसार के पर्य प्रदर्शक बने। सैकड़ों वर्ष व्यतीत हो जाने के उपरान्त आज भी ये सभी गुरु अपने विचारों और कार्य द्वारा प्रत्येक जनमानस के हृदय में हैं। इन महापुरुषों के विचार और कार्य वर्तमान समय में भी परिस्थितियों की माँग के अनुरूप मानव समाज का मार्ग दर्शन करने में सक्षम हैं। इन दर्शनिकों ने अपने विचार, कार्य समाज के प्रत्येक वर्ग के हितों को ध्यान में रख कर दिया। जिससे विश्व का प्रत्येक व्यक्ति समान रूप से उन्नति कर जीवन लक्ष्यों को प्राप्त करे। ऐसे ही वार्षिकों में मोहनदास करम चन्द्र गाँधी का नाम अग्रणीय है, जिनका जीवन स्वयं एक दर्शन है, उनके विचार आज भी उतने ही प्रासंगिक हैं जितने कि कल थे और उतने ही कल रहेंगे। उनका कहना था ‘यदि आज से बिना विचार कल भरे सामने आया तो कल मैंने क्या कहा था, इसकी ज़रा भी परवाह किए बिना मैं ताजा विचार रखने में नहीं हिच-किचाऊँगा।’² महात्मा गाँधी अपने इन्हीं लकीले विचारों के कारण कृतिपरायण कर्मयोगी और अन्याय के विरुद्ध लड़ने वाले योद्धा रहे हैं।

गाँधी की विचारधारा वर्तमान सन्दर्भ में

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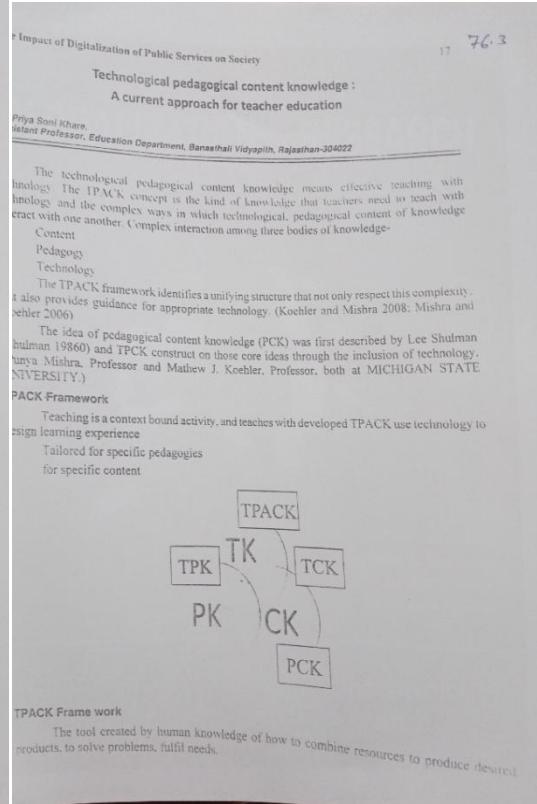
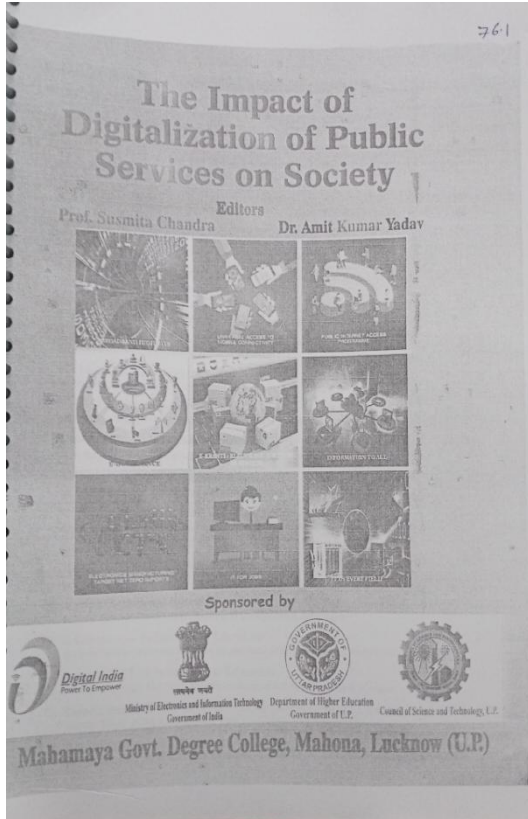


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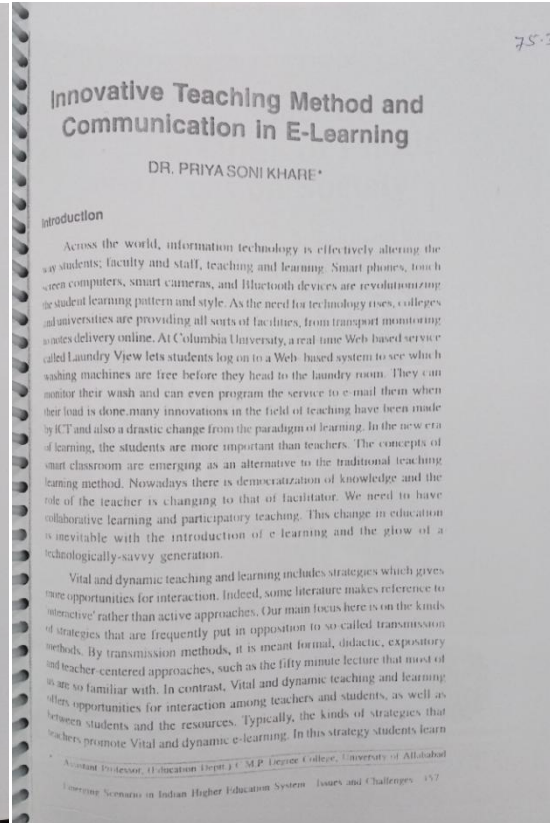
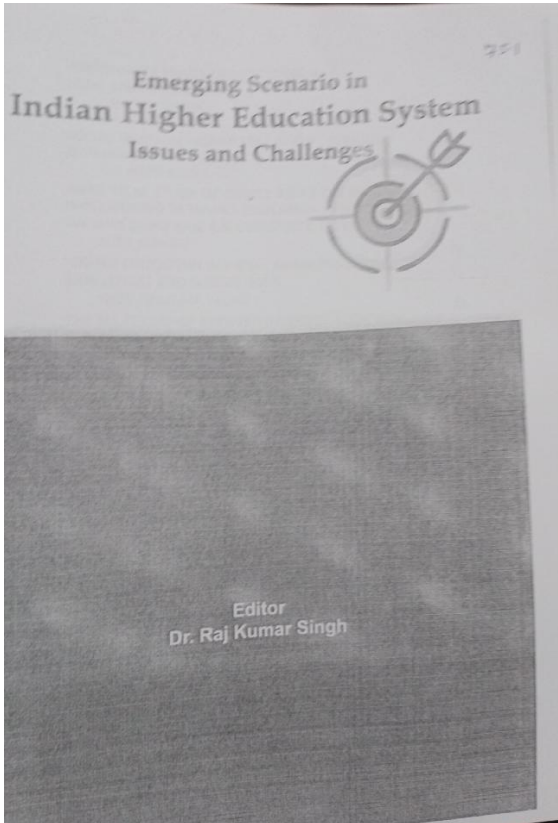


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Changing Paradigm in Teacher Education

Prof. (Dr.) G.S. Zamen
Dr. Vidyapati
Dr. Justin P. Sahae



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Emerging Scenario in Indian Higher Education System : Issues and Challenges

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Learning Utility of Science & Digital Era-An Analytical Study

DR. JITENDRA KUMAR*

Introduction

According to Francis Bacon, science begins with collection of data by careful observations and experiments. Here collection of data is done in an objective manner by the observer. The observer is supposed to be unbiased, quite neutral, and almost aloof. The next step involves the analysis and classification of data in order that some connection may emerge and be recognized. Based on this finite selection of data, a generalization is induced and a hypothesis, fit for testing by further observation, is proposed. Controlled experiments are now designed to test the hypothesis. Depending on the experiments, the hypothesis finds recognition and is incorporated in the body of scientific knowledge, or rejected or modified and rested. In this approach of pursuing science, there is definite logical sequencing of processes in which these are considered. Here observations and experimentation play very important roles. This approach should be contrasted with the secret activities of the alchemists and experimentation which was carried out for practical purposes without any desire to understand the underlying principles.

Justification of the Study

As we discussed before, we are living in digital world where almost necessary electronic devices are available easily and we know that when children grow and come to school to learn science, they are confronted with many directions with certain pre-notions and beliefs about natural phenomena which they normally get from parents, society and environment. The cultural, emotional and religious values which they got from their family remain with them. When students are given some demonstrates of certain scientific facts and explanation in actual class room situations, there is conflict between their beliefs and the science explanations. There is need to consider those beliefs and values which the child has learnt before coming to school, and to

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A Text Book of Values Education

Dr Mujibul Hasan Siddiqui



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Our society is based on a value system. Dynamic system of education transmits culture, value system, our heritage, knowledge, and skills from one person to another person. Values make meaningful and functional life of a person to achieve his goal. The whole practice of education is based on values. Value "may be described as treating actions themselves as abstract objects, putting value to them." Value is "a measure of the benefit that may be gained from goods or service".

This book entitled "A Text Book of Values Education" consists of eighteen chapters.

1. The first chapter highlights the value education: need of the hour.
2. The second chapter describes conceptual value education.
3. The third chapter describes the approaches and strategies of value education.
4. The fourth chapter states as VITAL - innovative strategy for value education.
5. The fifth chapter deals with values and education and globalization.
6. The sixth chapter describes about values and globalisation and education.
7. The seventh chapter highlights value education: shaping the mankind.
8. The eighth chapter makes stress on value orientation in teacher education. It consists of objectives of value education in the modern context, education and value development, universal values, values and human development: spiritual, ethical, educational, aesthetic, material, assessment of value attainment at school level, role of parents.
9. The ninth chapter gives emphasis on value education of M K Gandhi - Our Father the Nation gave practical aspect of non-violence and experiment with truth.
10. The tenth chapter highlights the value of technology in education. These days, it seems that everyone - from local school boards to higher level of academics - has very strong opinions about the value of the internet and technology in education. Ironically, the values of teachers, who observe classrooms occupying every day, rarely are heard. Education technology influences the teaching-learning process for all teachers and students to achieve objectives. Technology provides avenues for anytime-anywhere learning, student engagement in a subject, the possibility of incorporating multimedia in the teaching and learning dynamic, and greater access to research materials, teacher input, and the expansion of the learning environment.
11. The eleventh chapter gives stress on value education in digital era. This chapter shows various focuses of value education, deterioration of values, importance of value education, and the role of teachers in imparting values in digital era.
12. The twelve chapter states religious values and education and its benefits: secular usage, religious education is the teaching of a particular religion and its varied aspects: its beliefs, doctrines, rituals, customs, rites, and personal rules. In Western and secular culture, religious education implies a type of education which is largely separate from academia, and which (generally) regards religious belief as a fundamental force and operating reality, as well as a prerequisite for attendance.
13. The thirteenth chapter describes about Shri madh Bhagavad Gita and social harmony. It consists of status of Bhagavad Gita: metaphysics, epistemology, and axiology.
14. The fourteenth chapter shows degradation of moral values among Indian students in new era.
15. The fifteenth chapter highlights organizational commitment of secondary school teachers of IGNOU: teachers regards to work value and care evaluation in Arunachal Pradesh.
16. The sixteenth chapter highlights value education and development towards sensitising the students. It further consists of school curriculum for moral values, self-reality and role of teachers in value based education.
17. The seventeenth chapter give emphasis on ethics and values in legal education. This chapter focuses on need for value education in law domain, objectives of legal education, constitutional and legal basis and the role of legal education in society.
18. The eighteenth chapter deals with value analysis: a comprehensive model for valuing and socio-emotional conflicts resolution. Further, it focuses on the socio-cultural, consist values, value-education, approaches and model of value education, value processing, socio-emotional conflict resolution and educational implications of value analysis.

This book is very useful for students, teachers, thinkers, philosophers and researchers in school, colleges and universities in all over the world.

About the Author

Dr Mujibul Hasan Siddiqui M.A.(Economics), M.Ed., M.Phil.(Education), Ph.D.(Education), PGDHE, PGDDE, MADE CCIPALA(Arabic) is working as Associate Professor Department of Education Aligarh Muslim University Aligarh-202002 Uttar Pradesh India.



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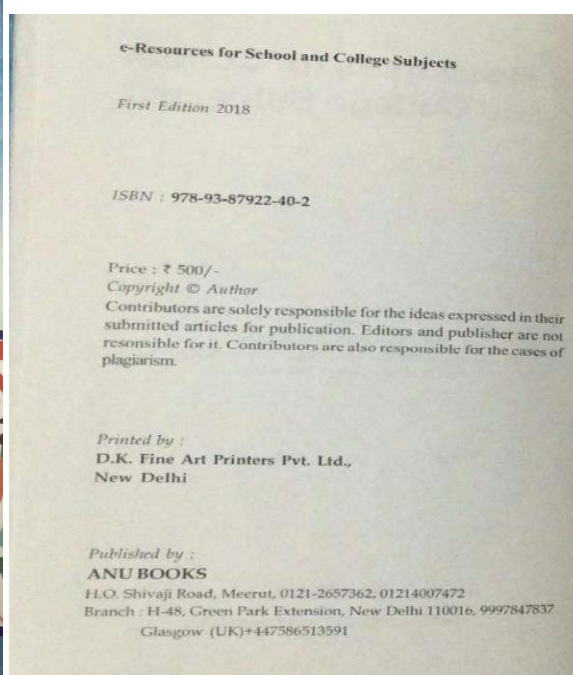
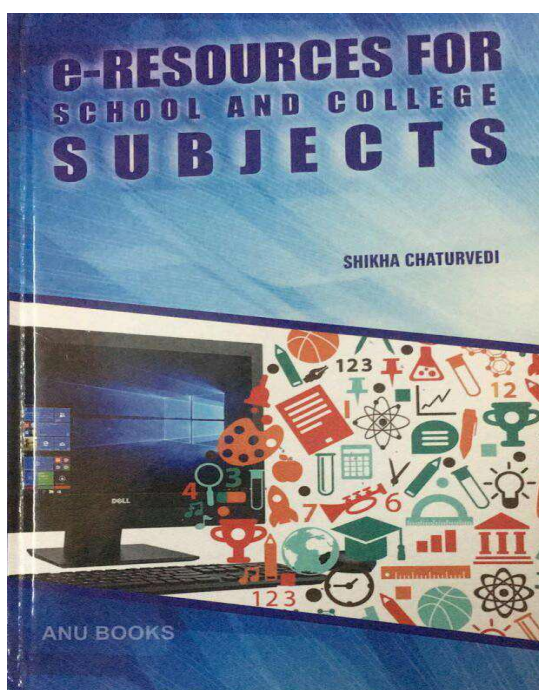
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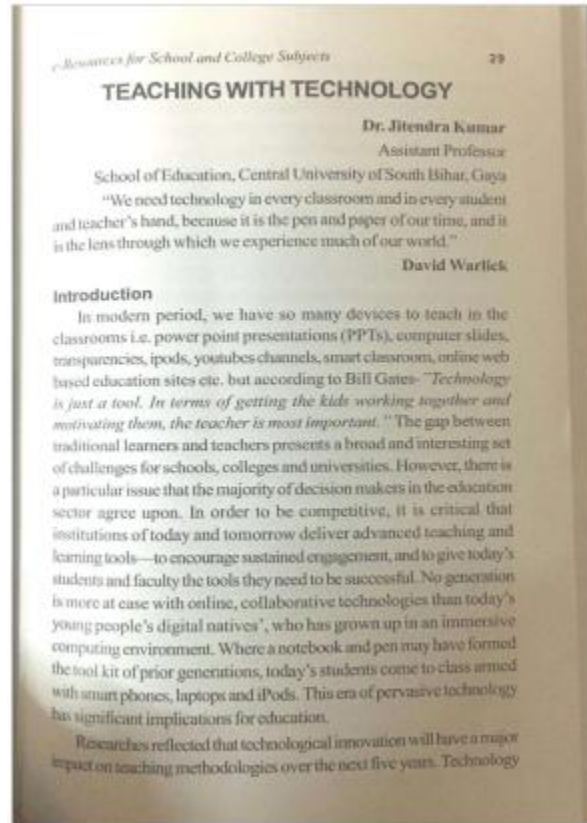


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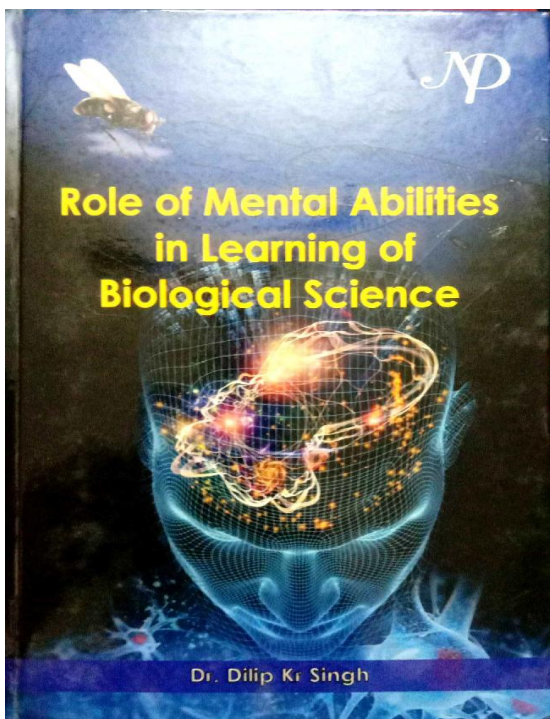


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Changing Paradigm in Teacher Education

Prof. (Dr.) G.S. Zamen
Dr. Vidyapati
Dr. Justin P. Sahae



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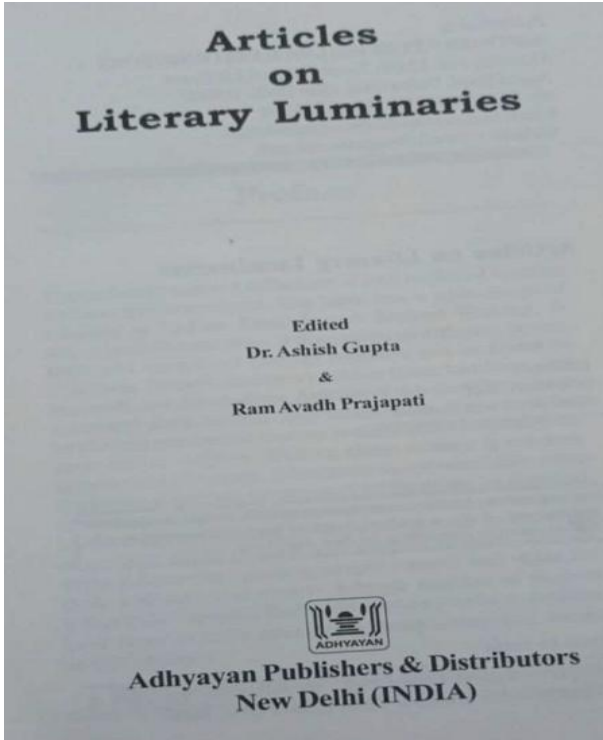


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8

Nationalism a Boon or a Bane in Ghosh's
The Shadow Lines
Dr. Neeti Agarwal

Nationalism is the love, the dedication, the zeal for one's country. Thamma a strong nationalist is critical of Tridib for she feels that he wastes his time. She is critical of Ila as she cannot tolerate that Ila should feel at home in London. She believes in national borders that motivate her to bring her old uncle Jethamoshai to India from Dhaka but unfortunately he is killed by a violent mob. Ila's sense of nationalism derives from the personal freedom that a nation can give her. She does not like the weight of national culture and tradition. On the contrary the narrator believes in nation and national borders, the security that a nation offers. Robi and May seek for psychological freedom. They do not believe in defining themselves by the parameter of nationality rather see themselves as a global one. Tridib's notion of nationalism is also transnational. Through a union with May he wants to wipe all borderlines. Thus *The Shadow Lines* presents a study of nationalism from the various points of view suggesting that the notions of nationalism can be very difficult to define.

Nationalism is the love, the dedication, the zeal for one's country. Rahul Sapra says with the collapse of Soviet socialism, nationalism has once more appeared

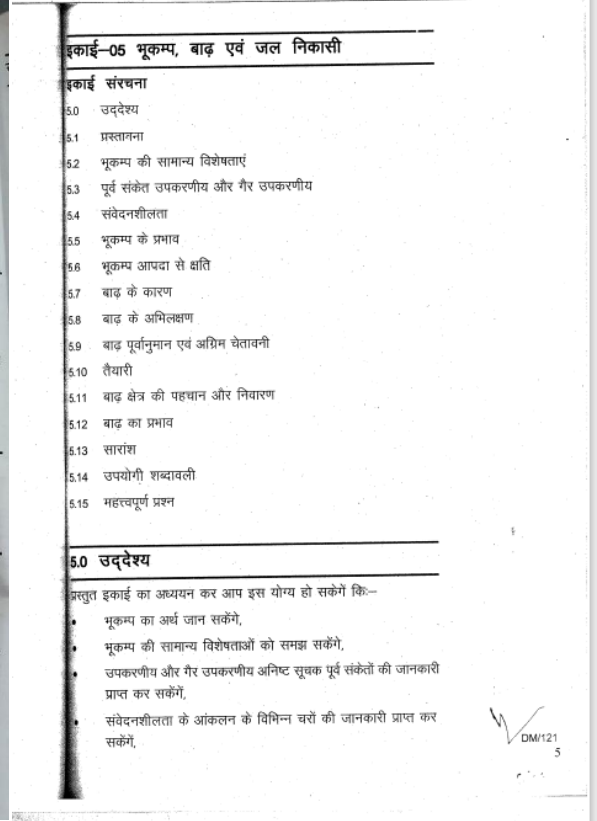
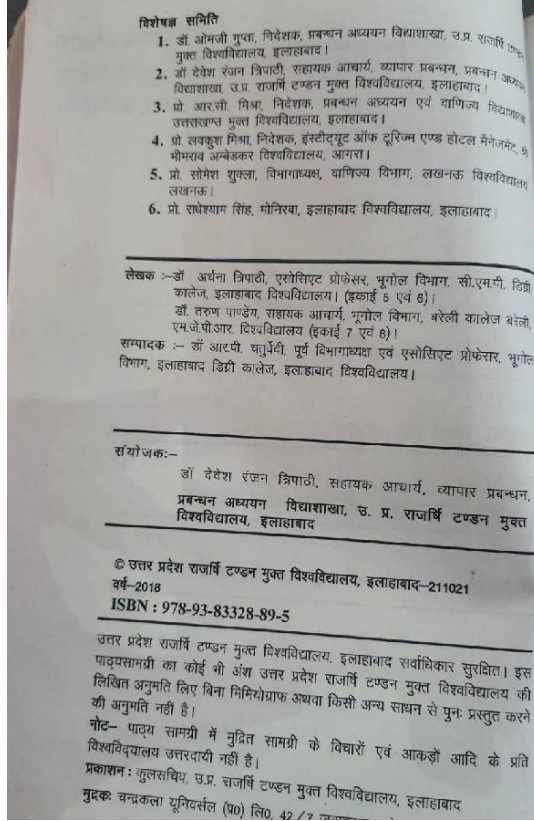


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सत्य, अहिंसा और प्रेम



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□ डॉ० सरोज सिद्ध

आपने आपको जीवन में दृढ़ता है तो लोगों की मदद में खो जाओ।

—महात्मा गाँधी

आधुनिक भारतीय इतिहास में गाँधी जी का आधिपत्य एक ऐसी घटना है जिसके बिना भारत की अखिरता और अजायबता की पहचान असम्भव है। गाँधी जी के वैचारिक और व्यावहारिक दोनों ही धरातल कहीं-कहीं आधुनिक भारत को निशा और लक्ष प्रदान करते रहे हैं और रहेंगे। गाँधी जी के दर्शन और चिन्तन आज भी प्रासंगिक है, क्योंकि बीसवीं शताब्दी से हम दो विनाशकारी महायुद्ध देख चुके हैं, हमने राजनीतिक क्षेत्र में जिस सत्ता-लोलुपता के दर्शन किये हैं, उससे हमारी शक्यता और भी तीव्र हो जाती है, हम जानना चाहते हैं कि ऐसा तो नहीं कि गाँधीवाद एक न्यून प्रायः नगानदी कगोल-कल्पना मात्र रह गया है? क्या गाँधीवाद की पुनरुत्थिता सम्भव है? क्या आज भी इसकी प्राणव्यक्ती शक्ति, हमारा सम्बल बन सकती है? ये सभी प्रश्न महत्त्वपूर्ण एवं विचारणीय हैं। किन्तु इन विचारों को बिना प्रयोग या आगल किये हम इसे अप्रासंगिक नहीं कह सकते। आज हम साम्यवाद जैसी प्रखर और प्रखल राजनीतिक व्यवस्था को शनैः-शनैः बिछारते देख रहे हैं और एक नया विचार मन में आ रहा है, हम सोचने लगे हैं कि कहीं ऐसा तो नहीं कि साम्यवाद की असफलता का मूल कारण इसमें निहित अनीतिक तत्व है जो मानव की मूल प्रवृत्तियों के विरुद्ध है? जब सारे 'बाद' अपनी-अपनी भूमिवर्धन विधा चुके हैं, गाँधीवाद के सिद्धान्त अभी तक प्रायः अनुभूत ही रह गये हैं, इसके प्रासंगिक अथवा अप्रासंगिक होने की बात इसी तथ्य से जुड़ी है। इसकी शक्यता बढ़ी



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आत्मकथा के समानान्तर—सत्य के प्रयोग

डॉ० आभा त्रिपाठी

“सत्य एव है मार्ग कर्तव्य” —महात्मा गाँधी

गाँधी भारत वर्ष के ही नहीं विश्व की अमूल्य धाती हैं। उनके विचार उनके अपने अनुभवों से लते हैं, व्यावहारिक दृष्टिकोण से परखे जाते हैं और सिद्धान्त रूप में पुष्ट होते हैं। परन्तु भारत के लिये उन्होंने रामराज्य का स्वप्न देखा था। उनकी दृष्टि में इन्सान के स्तर पर कोई भेद नहीं है, न खी-पुरुष की दृष्टि से, न वर्णभेद ही दृष्टि से और न आर्थिक मापदण्ड की दृष्टि से। गाँधी बीसवीं सदी के ऐसे विचारक के रूप में विश्व पटल पर उभरते हैं जिनके सिद्धान्त व्यावहारिकता की कसौटी पर कसे जा सकते हैं। उनके अनेक सिद्धान्त भेद आधारित अनीति के त्राण जन्म लेते हैं। वे तब तक संघर्ष करते हैं जब तक समस्या समाप्त न हो जाय, चाहे वह दक्षिण अफ्रीका में उनका रंगभेद सम्बन्धी आन्दोलन हो, चारन में नील की खेती से सम्बन्धित आन्दोलन हो या भारतीय स्वाधीनता संग्राम हो। समस्या को समूल नष्ट करने के लिये वे अनेक सिद्धान्त बनाते हैं जैसे—अहिंसा का सिद्धान्त, सत्याग्रह का सिद्धान्त, विकेन्द्रीकरण का सिद्धान्त, कुटीर उद्योगों को प्रश्रय देने का सिद्धान्त, राजनीति को धर्म और नैतिकता से सम्बद्ध करने का सिद्धान्त तथा आचरण एवं साधनों की पवित्रता को स्वीकारने का सिद्धान्त।

इस शोध आलेख में गाँधी की आत्मकथा “सत्य के प्रयोग” का विश्लेषण किया गया है। आत्मकथा में वर्णित घटनाओं और व्यौरों के माध्यम से गाँधी की विचारधारा को समझा जा सकता है। अध्ययन की सुविधा के लिये

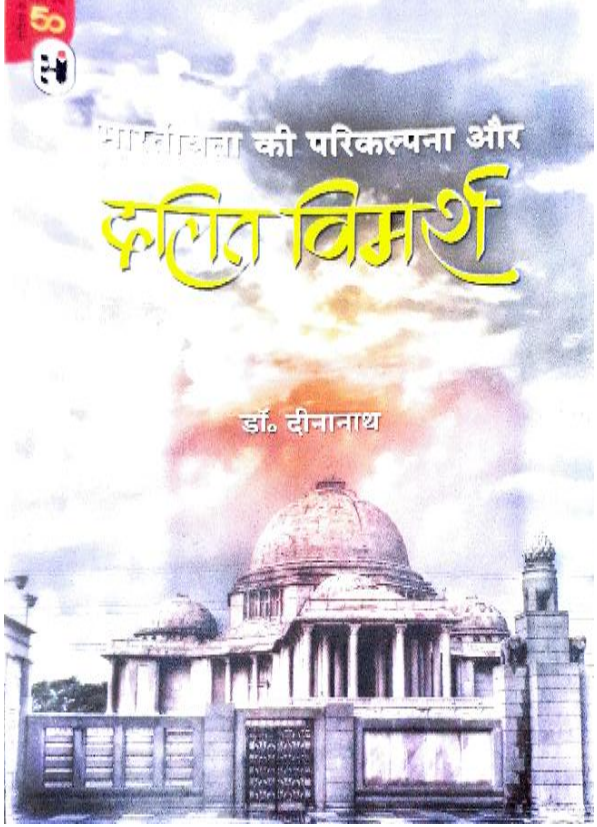


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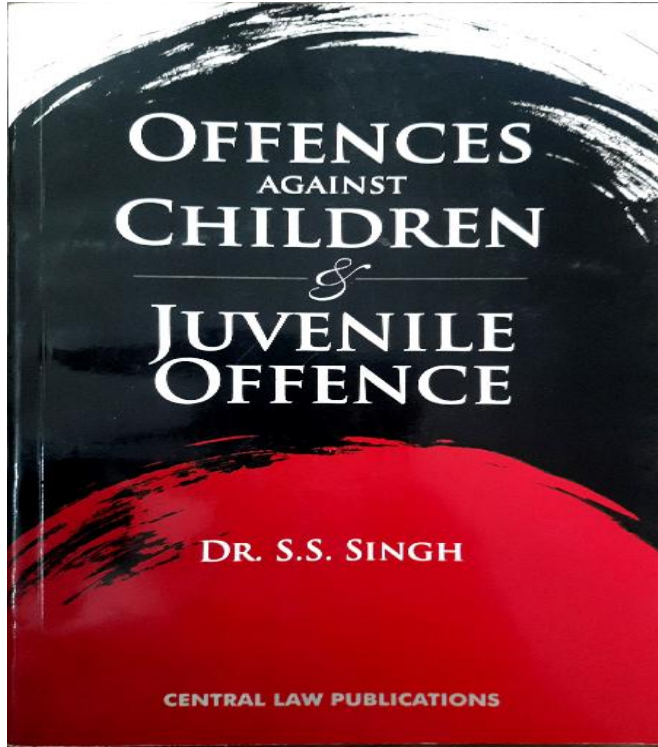


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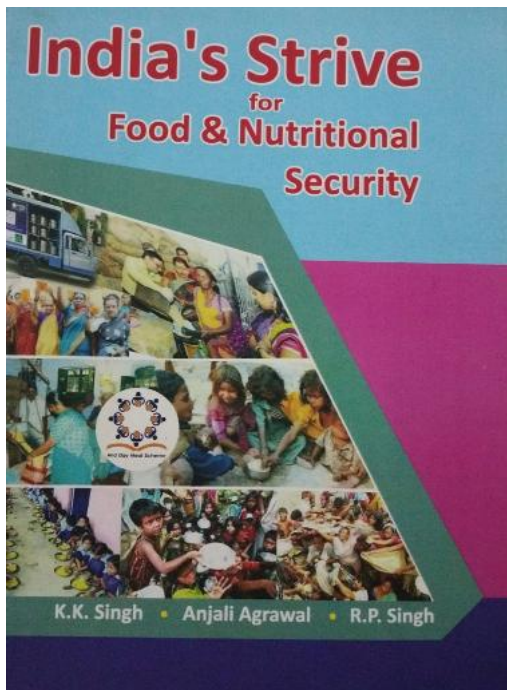
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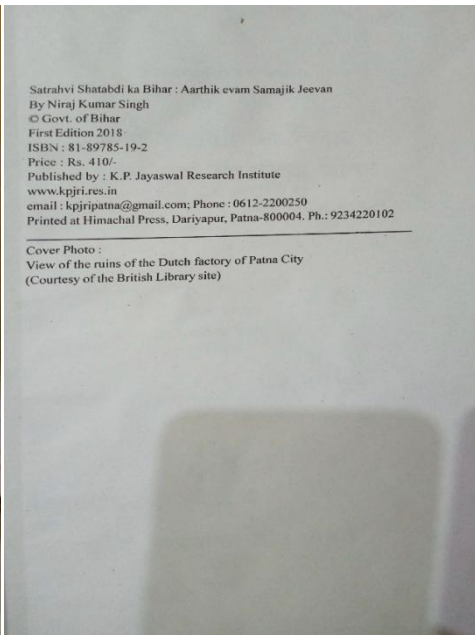
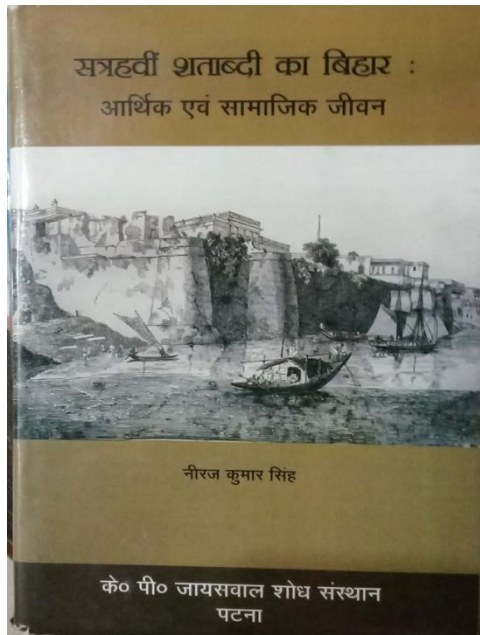
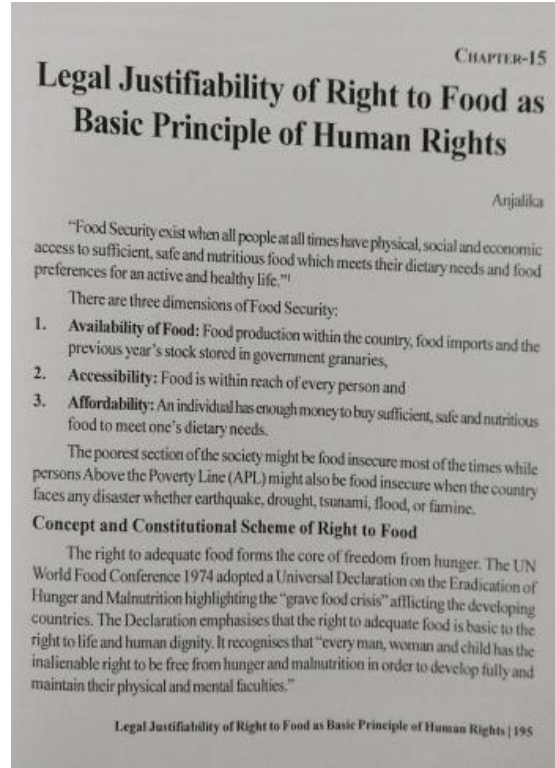


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(Proceeding of International Seminar)

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प्रकाशनीय के कालीय का प्रकाशन है।

काली में काली



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कु० आकांक्षा पाल

शोध छात्रा (नेट)

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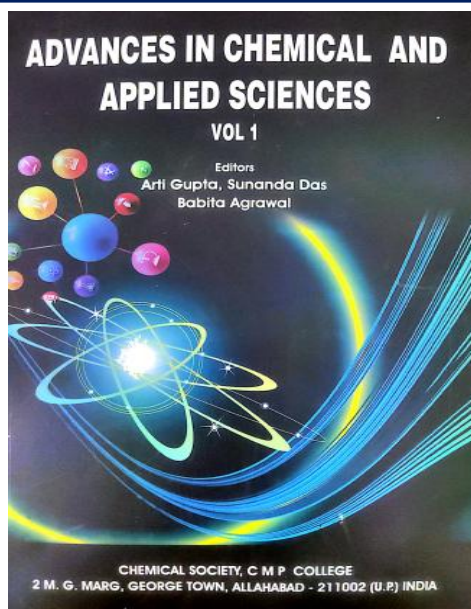


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Graphical demonstration of missing spectra in double slit diffraction pattern

Gyan Prakash

Abstract

The explanation of missing spectra in double slit diffraction is discussed in many literatures, but the present article deals with the pictorial representation of the same. The concept of missing spectra is graphically shown in this article, which makes the concept clear to the reader. All graphs have been plotted by software *Mathematica*.

Key word : Diffraction, double slit, missing spectra

The intensity profile (I) of a double slit diffraction pattern⁽¹⁾ can be given as

$$I = \left(\mathcal{A} \frac{\sin^2 \alpha}{\alpha^2} \right) \cos^2 \beta$$

$$\text{Where, } \alpha = \frac{\pi}{\lambda} a \sin \theta \text{ and } \beta = \frac{\pi}{\lambda} (a+b) \sin \theta$$

The above equation contains two terms, $\mathcal{A} \frac{\sin^2 \alpha}{\alpha^2}$ term represent the diffraction term and $\cos^2 \beta$ term represent the interference term. Where, a is the width of the open portion of the slit and b is the width of the opaque portion between the two slits. θ is the angle of diffraction.

Missing spectra

When the diffraction pattern of a double slit is seen, it can be observed that some orders of spectra are missing from the observed pattern. The explanation of this is very easy and can be found in any standard text book of optics^(2,3). But the graphical (or pictorial) representation of this gives a clear understanding of the topic⁽¹⁾.

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Globalized India Contemporary Dialogue

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Globalization and the Nation-State

Govind Gaurav

The 21st century is witnessing a complex transformation in the world that is widely known as Globalization. Globalization has not only increased the interconnectedness and interdependence among states but also seems to pose a threat to the nation-states. It leads to significant changes in the structure and functioning of nation-states, which are reflected primarily in the erosion of absolute sovereignty, deterritorialization and hybridization of people's identity. Hence, there is an intense scholarly debate over the impact of globalization on the nation-states. In this context, the article makes an attempt to investigate whether globalization is undermining the role of nation-state. The article evaluates the relationship between globalization and the state as both continuity and change. It is continuous because states relations persist in the globalized world. However, there are some changes in the capacity and character of the states. Consequently, this article analyses various dimensions and perspectives of globalization to examine and understand the ongoing transformations in the nation-states.

Globalization

"Globalization is most simply defined as a process of increasing interconnectedness between societies, such that events in one part of the world increasingly have effects on peoples and societies far away" (Smith et al. 2011:8). Harvey (1989) defined globalization in terms of "time-space compression". However, globalization is more than simply interconnectedness and

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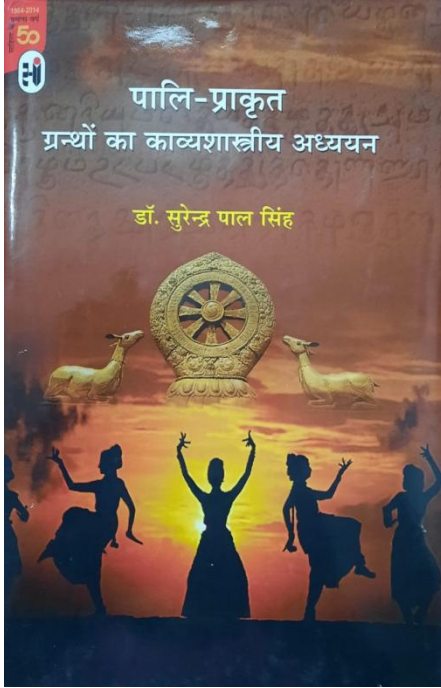


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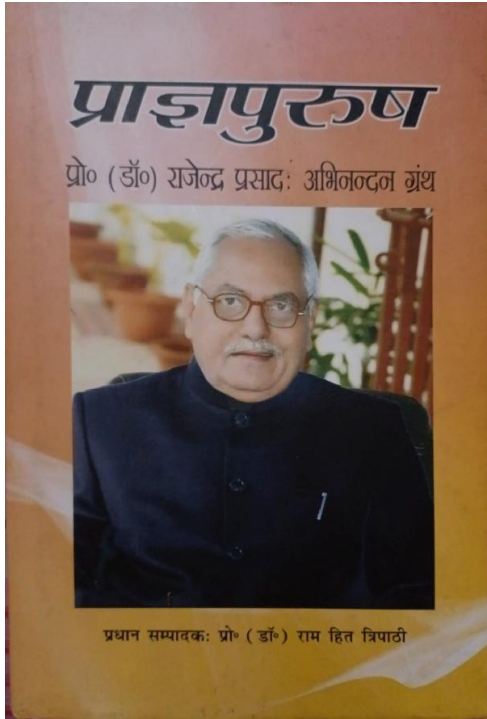
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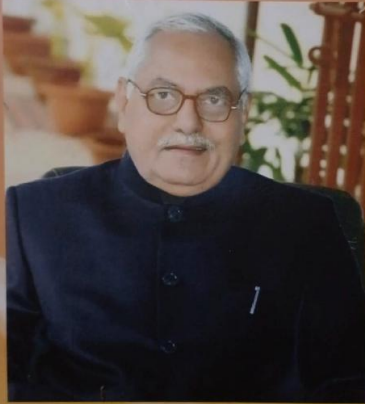
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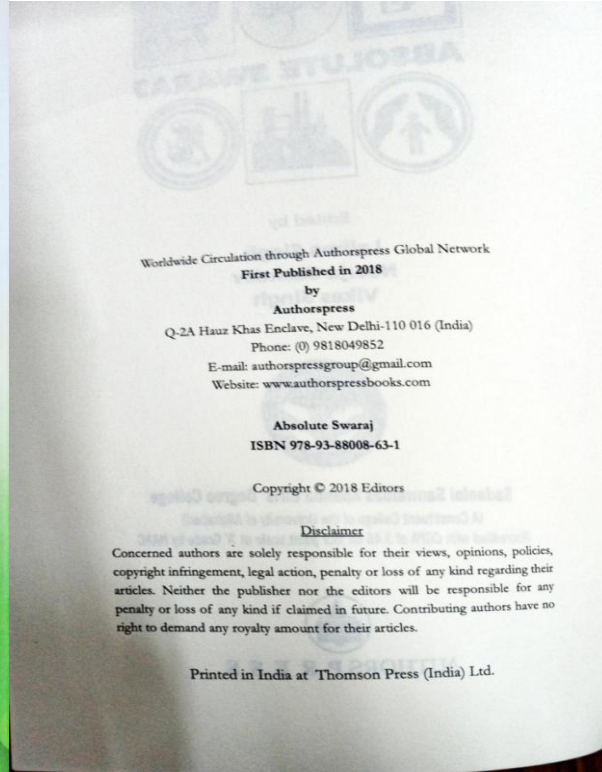
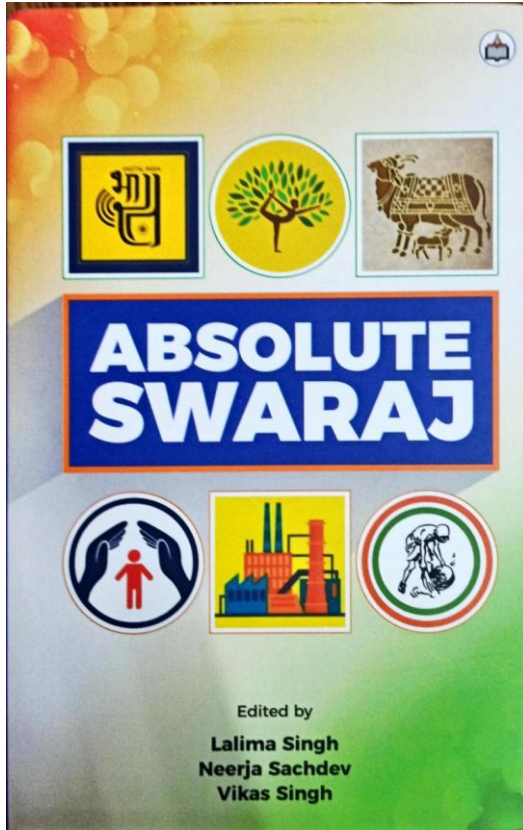


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26

Importance of Yoga for Children

Singh Anant Jaiyang

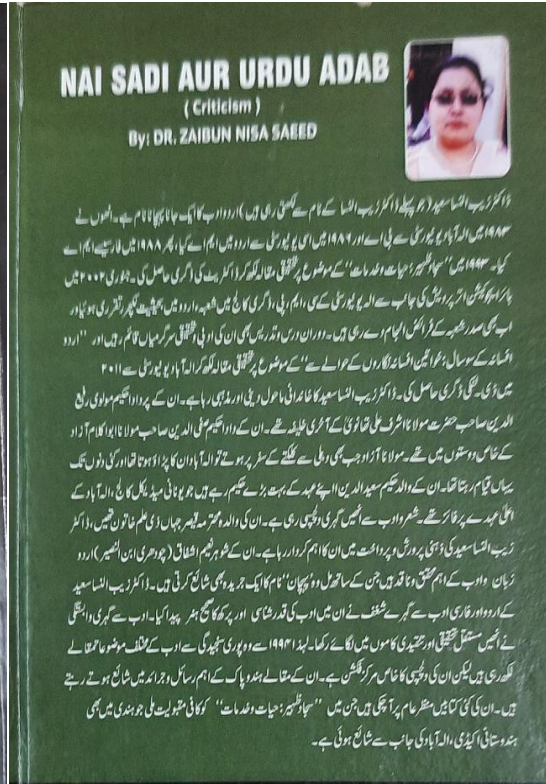
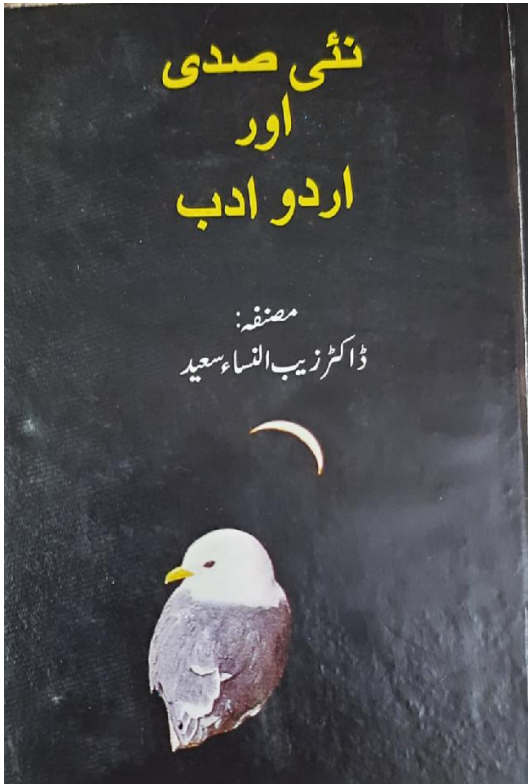
ABSTRACT

The purpose of this study is to draw effect of yoga exercise on the health-related physical fitness of children. Despite slight but increasing evidence supporting the worth of yoga in children, special yoga programs within schools are being developed for children and adolescents. This rising popularity of the latent benefits of yoga may push parents to consider yoga for their children and request referrals or illumination of the purported effects. A description of the truth-seeking basis of yoga, the basic components of a yoga practice, safety concerns, and how to locate and assess a yoga program for children will be addressed. This paper summarizes the current evidence on the effects of yoga interventions on various components of mental and physical health. The research has found a positive association between exercise habit after school and muscular strength and endurance among asthmatic children. Compared to the control group, the exercise group showed favorable outcomes in terms of flexibility and muscular endurance. Yoga is just one of the many ways kids can stay active to maintain a healthy weight. It will also teach them tools necessary for maintaining a healthy weight during adulthood. So the increasing interest in the use of yoga for children will definitely result to calm the mind and increase health and wellbeing. Thus it needs a proper promotion.

Keywords: yoga, endurance, asthmatic

INTRODUCTION

Yoga is the oldest system of personal development encompassing body, mind, and spirit. The origin of Yoga goes



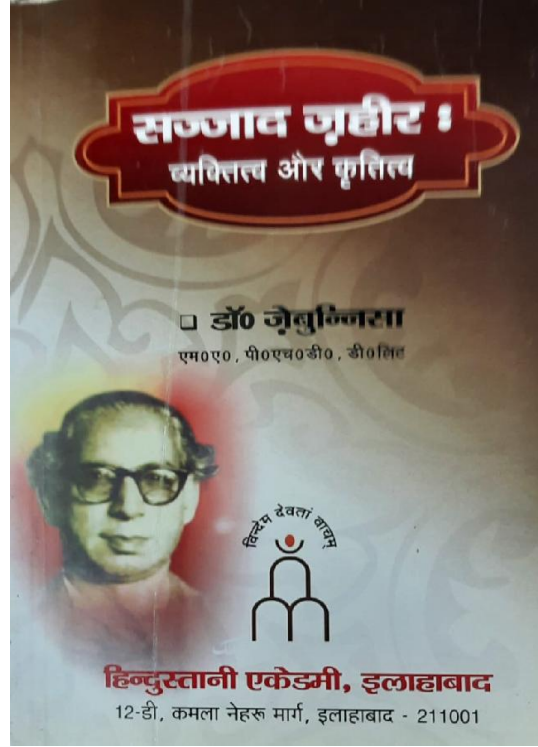


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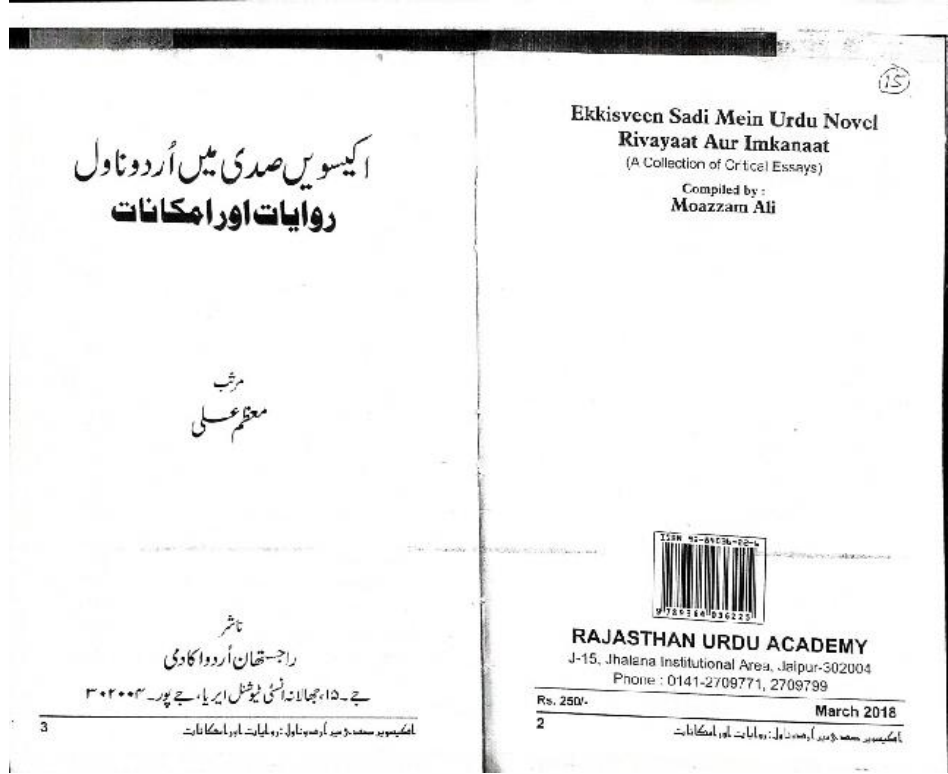


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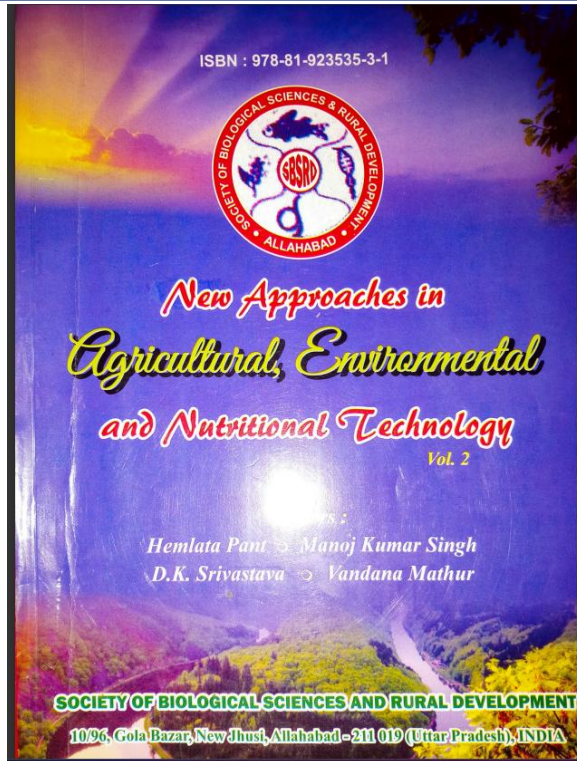


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CHANGE DETECTION IN LAND USE AND LAND COVER OF TEHRI RESERVOIR IN UTTARAKHAND, USING REMOTE SENSING DATA AND GIS

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Abstract

Land-use and land-cover change (LULCC), especially those caused by human activities, is one of the most important components of global environmental change. In this study the LULCC are analysed in surroundings of Tehri reservoir using remotely sensed satellite imagery (Landsat Thematic Mapper) acquired from 2005 and 2015 from National Remote Sensing Centre (NRSC). The study area was classified into ten categories on the basis of field study, geographical conditions, and remote sensing data. The comparison of LULC in 2005 to 2015 derived from the area of the Forest has decreased whereas the scrub, agriculture land and area of water have increased within the period. Most of the lands are dominated by Forest and dense scrub.

Introduction

Land use and Land cover changes, especially those caused by human activities, is one of the most important components of global environmental change (Jensen, 2005). Land cover change also plays an important role in local and regional environmental change. LULCC is local and place-specific, and collectively these changes add up to global environmental change. These changes in turn affect other components of the earth - atmosphere system, often with adverse consequences such as biodiversity loss, desertification, and climate change.

Land Use Land Cover (LULC) refers to two separate terminologies that are often used interchangeably (Rawat and Kumar 2015; Butt, et al., 2015). Land Cover can be defined as the physical characteristics of the earth's surface which involve vegetation, water, soil, and other physical features created through human activities like settlements, while Land Use refers to land used by humans for habitats concerning economic activities (Rawat and Kumar, 2015).

Timely and accurate change detection of Earth's surface features provides the foundation for better understanding of the relationships and interactions between human and natural phenomena to better management and use natural resources (Lu et al., 2004). The change is usually detected by comparison between two or multiple-dates satellite images, or sometimes between old maps and a recent remote sensing images. Most of the change detection techniques are based on a pixel-to-pixel analysis and essentially comprise quantification of temporal phenomena through multispectral sensors. The effective use of remote sensing as a tool for generating land cover information is highly dependent on the measurable quality of this information (Congleton and Green, 1999).

Though many studies were undertaken to understand the land use and land cover in different parts of