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# *B.Aadhar*

Peer-Reviewed & Refereed Indexed

Multidisciplinary International Research Journal

**May -2022**

**Emerging Trends in Higher  
Education and Human Rights.**



**Prof. Virag.S.Gawande**

Chief Editor

Director

Aadhar Social Research & Development Training Institute, Amravati.

**Dr.Vijay M. Gawande**

Editor,

Off.Principal,

**Smt. Savitabai Uttamrao Deshmukh Mahavidyalay,  
Digras, Dist. Yavatmal**

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## Smt .Savitabai Uttamrao Deshmukh Mahavidyalay, Digras

### *Our Inspiration*



**SHRI SANJAYRAO UTTAMRAO DESHMUKH**

**Ex. State Minister of Sports, Maharashtra**

Founder ,Shri Durgamata Bahu-Uddeshiye  
Kridava Shaishanik Sanstha Chincholi No 2

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**SMT. SAVITABAI UTTAMRAO DESHMUKH**

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Kridava Shaishanik Sanstha Chincholi No 2  
Digras



**SAU. VAISHALI SANJAYRAO DESHMUKH**

Secretary, Shri Durgamata Bahu-Uddeshiye Kridava  
Shaishanik Sanstha Chincholi No 2 Digras



## Message

I am pleased to know that Smt. Savitabai Uttamrao Deshmukh Mahavidyalay, Digras is organizing One Day Multidisciplinary National Level Conference on Emerging Trends in Higher education and Human Rights on Friday 29<sup>th</sup> April 2022. To improve the quality of higher education is the need of the time. It has to be more inclusive to the last segment of the society. The institution has to pay valuable contribution to the entire development of the rural and urban students; I hope through this conference the scholars will throw light on this aspect. Information and Technology (IT) based education helps them to learn and gain more. For the faculties, Higher Education should not only to promote Research and innovation but also be an agent of change. I am sure that the conference will gain much attention on the emerging trends of development and modernization of Higher Education.

On this occasion I extend my warm greetings to the organizers and participants of the conference.

**Hon'ble Sanjay U. Deshmukh**  
**Ex.State Minister of Sports (MS)**



## Principal's Message

I am very much happy that our IQAC, Smt. Savitabai Uttamrao Deshmukh Mahavidyalay is going to organize One Day Multidisciplinary National Level Conference on Emerging Trends in Higher education and Human Rights. This National Conference is a type of platform to generate new, innovative, sustainable and strategic ideas on the field of Higher Education. I am very much glad with the theme chosen for the conference which is more relevant and suitable in the present scenario of Higher Education. Today's world is the world of Information and Technology and every corner of the world is touched by its effects. And the higher education is not an exception to it. Inculcation of innovative ideas is indispensable need of Higher Education; which will definitely fulfill by such conference. The present event will play the role of catalyst in this process of innovation and research. I extend my warm wishes and grand success for the conference.

**Dr. Vijay M. Gawande**  
**Off. Principal,**  
**Smt. Savitabai Uttamrao Deshmukh Mahavidyalay,**  
**Digras, Dist. Yavatmal**



It is with utmost pride and pleasure we place the special issue of One Day Multidisciplinary National level Conference on Emerging Trends in Higher Education and Human Rights. held on Friday 29<sup>th</sup> April 2022 . It was a venture organised by IQAC, Smt. Savitabai Uttamrao Deshmukh Mahavidyalay, Digras, Dist.Yavatmal run by Shri Durga Mata Bahuuddeshiya Krida va Shaikshanik Sanstha, Chincholi No.2, Tq.Digras, Dist. Yavatmal. Special invitees were the founder of the institution Shri. Sanjayrao Deshmukh (Ex State Minister of Sports, Maharashtra); Dr. Subhash Gawai (Chairman BOS of Political Science SGB Amravati University); Dr. Dhananjay Sontakke (HOD Sociology, Priyadarshani Mahila Mahavidyalay, Wardha); Dr. Sandip Kale (HOD Political Science Yashawant Mahavidyalay, Seloo).

The objective of this conference to give access to academicians, facilities and research scholars to share their genuine thoughts and innovative ideas. For the proceeding of the conference 117 faculties and research scholars contributed by their scholarly, genuine, informative and knowledgeable research papers. An Editorial board comprises of Dr. Tukaram Kamble, Dr Dipak Ulemale, Dr Damodar Dudhe, Dr. Vijay Gawande, Dr. Avinash Jadhav, Dr. Priti Gawande, , Asst.Prof. Goldie Jambhulkar and Asst.Prof. Syed Anisoddine. All these members have been imbued by the spirit of Higher Education in the context of Multidisciplinary nature of their respective teaching subjects and are committed to the cause.

The present volume contains the literature related to emerging trends in Higher Education, Arts and Humanities, It is the specialty of this volume that it tries to bring the knowledge from all branches of higher education. The editorial board members have faith in the scholarly articles of the present volume will bring change in the higher education through its multidimensional streams and disciplines. The participants discussed various topics of human values, gender issues, environment, Indian polity, economy, history, art, culture, literature and criticism.

**Dr. Avinash U. Jadhao**  
**IQAC Co-ordinator**  
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*Our Editors have reviewed paper with experts' committee, and they have checked the papers on their level best to stop furtive literature. Except it, the respective authors of the papers are responicible for originality of the papers and intensive thoughts in the papers.*

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## Vermicomposting And Its Importance In Improvement Of Soil Nutrients And Agricultural Crops

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### ABSTRACT

The tremendous increase in population, urbanization, industrialization and agricultural production results in accumulation quantities of solid wastes. This has created serious problem in the environment. In order to dispose this waste safely it should be converted effectively. This is achieved by bio-composting and vermicomposting of farm, urban and agro-industrial waste. It is being increasing realized that composting is an environment friendly process, convert wide variety of wastes into valuable agricultural inputs. Compost is excellent source of humus and plant nutrients, on application of which improve soil biophysical properties and organic matter status of the soil. This present review focused on vermicomposting and its importance in improvement of soil nutrition and agricultural crops. This review assesses the following topics: vermicomposting, raw materials of vermicomposting, microbiology of vermicomposting, effect of vermicompost materials in agriculture and physico-chemical properties of soil, and importance of vermicompost. Recycling organic wastes through vermicomposting is being considered as an economically viable solution. Earthworms are considered as natural bioreactors while proliferate along with other microorganisms and provide required conditions for the biodegradation of wastes.

**Key words:** Composting, Vermicomposting, Earthworm, Organic wastes, Soil nutrients and Agricultural crops.

### INTRODUCTION

Composting, generally defined as the biological aerobic transformation of an organic byproduct into a different organic product that can be added to the soil without detrimental effects on crop growth [1]. In the process of composting, organic wastes are recycled into stabilized products that can be applied to the soil as an odorless and relatively dry source of organic matter, which would respond more efficiently and safely than the fresh material to soil organic fertility requirements. The conventional and most traditional method of composting consists of an accelerated biooxidation of the organic matter as it passes through a thermophilic stage (45° to 65°C) where microorganisms liberate heat, carbon dioxide and water. However, in recent years, researchers have become progressively interested in using another related biological process for stabilizing organic wastes, which does not include a thermophilic stage, but involves the use of earthworms for breaking down and stabilizing the organic wastes. Composting is a biotechnological process by which different microbial communities convert organic wastes into a stabilized form. During the process, thermophilic temperatures arise because of the heat released due to biological activity. The treatment by composting leads to the development of microbial populations, which causes numerous physicochemical changes within mixture. These changes could influence the metal distribution through release of heavy metals during organic matter mineralization or the metal solubilization by the decrease of pH, metal biosorption by the microbial biomass or metal complexation with the newly formed humic substances (HS) or other factors.

### VERMICOMPOSTING

Earthworms are often referred to as farmer's friends and nature's ploughmen. Earthworms are extremely important in soil formation, principally through their activities in consuming organic matter, fragmenting and mixing it intimately with mineral particles to form aggregates. During their feeding, earthworms promote microbial activity greatly, which in turn accelerates the breakdown of organic matter and stabilization of soil aggregates. Vermicomposting is a simple biotechnological process of composting, in which certain species of earthworms are used to enhance the process of waste conversion and produce a better end product. Vermicomposting differs from composting in several ways. The process is faster than composting because the material passes through the earthworm gut, a significant but not yet fully understood transformation takes place, whereby the resulting earthworm castings (worm manure) are rich in microbial activity and plant growth



regulators, and fortified with pest repellence attributes as well in short, earthworms, through a type of biological alchemy are capable of transforming garbage into 'gold'.

#### **Raw materials for vermicomposting**

The residues like sugarcane trash, press mud, sugar factory effluent, broiler ash, spent wash, etc, should be bio processed and added to the soil, to complete their natural cycle. Bicycling of these residues through vermiculture biotechnology reduces the use of chemical fertilizers derived from non-renewable sources. "BIOAGRO" compost was produced from the city garbage. By the addition of neem cake, rock phosphate and gypsum in small quantities to this compost "BIOAGRORICH" compost were made. Organic wastes such as poultry manure, cattle dung, pig manure as well as agricultural waste like sugarcane trash were fed to earthworm to hasten the process of decomposition. Karthikeyan *et al.*, reported that the waste consist of decomposable organic matter with high carbon nitrogen ratio. Swati Pattnaik and Vikram Reddy reported that the vegetable market waste is leftover and discarded rotten vegetables fruits and flowers in the market. This urban waste can be converted to a potential plant nutrient enriched resource compost and vermicompost that can be utilized for sustainable land restoration practices.

#### **Microbiology of vermicomposting**

Due to inoculation of microorganisms the period of composting was reduced by about 4 weeks. The results also indicate that by utilizing mesophilic cellulolytic fungi, the process of composting a high C/N homogenous material can be accelerated and the quality of the resulting composting can be improved. Various studies also indicated the possibility of augmenting the quality of compost through inoculation with Azotobacter and phosphate solubilizing microorganisms in the presence of rock phosphate.

Edward *et al.*, studies the symbiotic interaction between earthworms and microorganisms in the breakdown and fragment organic matter progressively. The gut isolates included the Actinomycetes, Streptomyces lipmanii and the oxalatedegrading bacterium Pseudomonas oxalaticus and anaerobes have not been enumerated from the worm gut but several nitrogen fixers (Clostridium butyricum, Clostridium beijerinckii and Clostridium paraputrificum) have been isolated from Eiseniafoetida casts, microbial growth was limited by the amount of available carbon immobilization of phosphate in earthworm casts is probably caused by mainly abiotic processes, carbon mineralization by soil microflora fertilizer with glucose and phosphorous was limited by nitrogen, except in freshly deposited casts.

#### **EFFECT OF VERMICOMPOST MATERIALS IN AGRICULTURE**

Vermicomposting is a process of biotransforming and stabilizing organic materials (often waste) into humus by the combined activity of earthworms and microorganisms. Earthworms excrete partially digested materials, known as vermicasts or castings, which are more homogeneous in composition than the source material, have reduced levels of contamination, and contain elevated levels of plant growth regulators or symbiotic microbes and organic acids such as humic and fulvic acids. It also resulted in higher content of phosphorus significantly. The casting by earthworms was seen to improve, the soil organic matter and nutrient status, by recycling available nutrients especially N, P, K, Ca and Mg. Application of coir dust coir pith into soil contributes 20.7 kg N, 10.5 kg, P<sub>2</sub>O<sub>5</sub> and 30.8 kg K<sub>2</sub>O ha annually. Coir pith being a rich potash source also helps to retain moisture in the soil for a long time.

#### **EFFECT OF VERMICOMPOST ON PHYSICO-CHEMICAL CHARACTERISTICS OF SOIL**

The composted organic wastes exert variety of physical, chemical and biochemical influences upon the soil making the soil a favourable substrate for plant growth. It maintains the soil in a proper homeostatic state. It also removes excessive amounts of heavy metals such as copper and lead and there by served as a means of detoxification. Kumaresan *et al.*, reported that there was a slight decrease of pH due to the organic acids released during the decomposition of the various farm wastes. The application of organic wastes into soil has considerably increased the available K status also. Application of vermicomposting in combination with NPK fertilizers resulted in higher content of total nitrogen compared to FYM in combination with NPK fertilizers or control. It also resulted in higher content of phosphorus significantly (Kale *et al.*). The casting by earthworms was seen to improve, the soil organic matter and nutrients status, by recycling available nutrients especially N, P,



K, Ca and Mg. Application of coir dust coir pith into soil contributes 20.7 kg N, 10.5 kg, P<sub>2</sub>O<sub>5</sub> and 30.8 kg K<sub>2</sub>O ha annually.

#### **IMPORTANCE OF VERICOMPOST**

Source of plant nutrients Earthworms consume various organic wastes and reduce the volume by 40–60%. Each earthworm weighs about 0.5 to 0.6 g, eats waste equivalent to its body weight and produces cast equivalent to about 50% of the waste it consumes in a day. These worm castings have been analyzed for chemical and biological properties. Soil available N increased significantly with increasing levels of vermicompost and highest N uptake was obtained at 50% of the recommended fertilizer rate plus 10 t ha<sup>-1</sup> vermicompost. Similarly, the uptake of N, phosphorus (P), Potassium (K) and magnesium (Mg) by rice (*Oryzasativa*) plant was highest when fertilizer was applied in combination with vermicompost.

#### **Improvement of plant growth and yield**

Vermicompost plays a major role in improving growth and yield of different field crops, vegetables, and flower and fruit crops. The application of vermicompost gave higher germination (93%) of mung bean (*Vignaradiata*) compared to the control (84%). Further, the growth and yield of mung bean was also significantly higher with vermicompost application. Likewise, in another pot experiment, the fresh and dry matter yields of cowpea (*Vignaungiculata*) were higher when soil was amended with vermicompost than with biodigested slurry.

#### **Role in Nitrogen cycle**

Earthworms play an important role in the recycling of N in different agro-ecosystems, especially under jhum (shifting cultivation) where the use of agrochemicals is minimal. Karmegam and Daniel reported that during the fallow period intervening between two crops at the same site in 5- to 15-year jhum system, earthworms participated in N cycle through cast-egestion, mucus production and dead tissue decomposition. Soil N losses were more pronounced over a period of 15-year jhum system. The total soil N made available for plant uptake was higher than the total input of N to the soil through the addition of slashed vegetation, inorganic and organic manure, recycled crop residues and weeds.

#### **Improvement of soil physical, chemical and biological properties.**

Limited studies on vermicompost indicate that it increases macropore space ranging from 50 to 500 m, resulting in improved air-water relationship in the soil which favorably affects plant growth. The application of organic matter including vermicompost favorably affects soil pH, microbial population and soil enzyme activities. It also reduces the proportion of water-soluble chemical species, which cause possible environmental contamination.

#### **CONCLUSION**

In recent years, the ecological characteristics and beneficial effects of earthworm have been clearly demonstrated, focused by scientific research. Earthworm's activity influences the rate of soil turnover, mineralization and humification of soil organic matter. Improvement in the consistency of soil texture with a concomitant increase in porosity, infiltration and soilwater retention are other characteristics of worm-worked soils. There are multiple benefits of vermitechnology; low cost production of biofertilizer, environmental management of solid wastes and agricultural residues, enhanced soil productivity, tastier quality food, among others. Vermitechnology also aids in the reduction of soil salinity, soil erosion with less runoff and wasteland development. From this present review, it is concluded that the organic wastes are effectively recycled by microorganisms followed by earthworms and plays a major role in the development of growth and yield of agricultural crops. The nutritive value of compost material is high and the composting process effectively converts the waste product into useful by-product.

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## Stress and Women Health

**Dr. Priti P. Gawande**

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### Abstract

Stress is a reaction to a change or a challenge. In the short term, stress can be helpful. It makes you more alert and gives you energy to get things done. But long-term stress can lead to serious health problems. Women are more likely than men to report symptoms of stress, including headaches and upset stomach. Women are also more likely to have mental health conditions that are made worse by stress, such as depression or anxiety.

### What is stress?

Stress is how your body reacts to certain situations, such as sudden danger or long-lasting challenge. During stressful events, your body releases chemicals called hormones, such as adrenaline. Adrenaline gives you a burst of energy that helps you cope and respond to stress. For example, one kind of stress is the jolt you may feel when a car pulls out in front of you. This jolt of adrenaline helps you quickly hit the brakes to avoid an accident. Stress can range from mild and short-term to more extreme and long-lasting. Chronic (long-lasting) stress can affect your mental and physical health.

### What are some symptoms of stress?

Stress affects everyone differently. Some ways that chronic or long-term stress affects women include:

- Pain, including back pain
- Acne and other skin problems, like rashes or hives
- Headaches
- Upset stomach
- Feeling like you have no control
- Forgetfulness
- Lack of energy
- Lack of focus
- Overeating or not eating enough
- Being easily angered
- Trouble sleeping
- Drug and alcohol misuse
- Loss of interest in things you once enjoyed
- Less interest in sex than usual

### What causes stress?

People can feel stress from many different things. Examples of common causes of short-term stress include:

- Getting stuck in traffic or missing the bus
- An argument with your spouse or partner
- Money problems
- A deadline at work

### Examples of common causes of long-term stress include:

Poverty and financial worries. Depression is more common in women whose families live below the federal poverty line.<sup>2</sup> Women in poverty who care for children or other family members as well as themselves may experience more severe stress.<sup>3</sup>

Discrimination. All women are at risk for discrimination, such as gender discrimination at work. Some women experience discrimination based on their race, ethnicity, or sexual orientation.<sup>5,6</sup> Stressful events, such as learning a new culture (for those new to the United States) or experiencing discrimination, put women at higher risk for depression or anxiety.

Traumatic events. Experiencing trauma, such as being in an accident or disaster or going through emotional, physical, or sexual assault or abuse as a child or an adult, may put you at higher risk of depression<sup>7</sup> and other disorders.<sup>8</sup> Women are more likely than men to experience certain types of





violence, such as sexual violence,<sup>9</sup> that are more likely to cause mental health conditions, such as post-traumatic stress disorder (PTSD).

Ongoing, low-level stress can be hard to notice, but it can also lead to serious health problems. If you feel stressed, try these tips to help you manage your stress. If you need more help managing stress, talk to a doctor, nurse, or mental health professional.

How does stress affect women's health?

Some of the health effects of stress are the same for men and women. For example, stress can cause trouble sleeping and weaker immune systems. But there are other ways that stress affects women.

Headaches and migraines. When you are stressed, your muscles tense up. Long-term tension can lead to headache, migraine, and general body aches and pains. Tension-type headaches are common in women.<sup>10</sup>

Depression and anxiety. In the past year, women were almost twice as likely as men to have symptoms of depression.<sup>11</sup> Women are more likely than men to have an anxiety disorder, including post-traumatic stress disorder, panic disorder, or obsessive-compulsive disorder.<sup>12</sup> Research suggests that women may feel the symptoms of stress more or get more of the symptoms of stress than men. This can raise their risk of depression and anxiety.<sup>1</sup>

Heart problems. High stress levels can raise your blood pressure and heart rate. Over time, high blood pressure can cause serious health problems, such as stroke and heart attacks. Younger women with a history of heart problems especially may be at risk of the negative effects of stress on the heart.<sup>13</sup> Learn more about stress and heart disease.

Upset stomach. Short-term stress can cause stomach issues such as diarrhea or vomiting. Long-term stress can lead to irritable bowel syndrome (IBS), a condition that is twice as common in women as in men.<sup>14</sup> Stress can make IBS symptoms such as gas and bloating worse.

Obesity. The link between stress and weight gain is stronger for women than for men.<sup>15</sup> Stress increases the amount of a hormone in your body called cortisol, which can lead to overeating and cause your body to store fat.

Problems getting pregnant. Women with higher levels of stress are more likely to have problems getting pregnant than women with lower levels of stress. Also, not being able to get pregnant when you want to can be a source of stress.<sup>16</sup>

Do women react to stress differently than men do?

Yes, studies show that women are more likely than men to experience symptoms of stress. Women who are stressed are more likely than men who are stressed to experience depression and anxiety.<sup>21</sup> Experts do not fully know the reason for the differences, but it may be related to how men's and women's bodies process stress hormones. Long-term stress especially is more likely to cause problems with moods and anxiety in women.<sup>22</sup>

### **How does stress affect pregnancy?**

It is normal to feel stressed during pregnancy. Your body and your hormones are changing, and you may worry about your baby and the changes he or she will bring to your life. But too much stress during pregnancy can hurt you and your baby's health.

Stress during pregnancy can make normal pregnancy discomforts, like trouble sleeping and body aches, even worse. It can also lead to more serious problems, such as:

Depression. Depression during pregnancy or after birth can affect your baby's development. Learn more about depression during and after pregnancy.

Problems eating (not eating enough or eating too much). Women who are underweight or who gain too much weight during pregnancy are at risk for complications, including premature delivery (delivery before 37 weeks of pregnancy) and gestational diabetes. Get a personalized recommendation on how much weight to gain during pregnancy.

High blood pressure. High blood pressure during pregnancy puts you at risk of a serious condition called preeclampsia, premature delivery, and having a low-birth-weight infant (baby weighing less than 5½ pounds).

Talk to your doctor about your stress, and try these tips to help manage your stress. Learn about how stress affects breastfeeding too  
What can I do to help manage my stress?



Everyone has to deal with stress at some point in their lives. You can take steps to help handle stress in a positive way.

Take deep breaths. This forces you to breathe slower and helps your muscles relax. The extra oxygen sends a message to your brain to calm and relax the body.

Stretch. Stretching can also help relax your muscles and make you feel less tense.

Write out your thoughts. Keeping a journal or simply writing down the things you are thankful for can help you handle stress.

Take time for yourself. It could be listening to music, reading a good book, or going to a movie.

Meditate. Studies show that meditation, a set time of stillness to focus the mind on a positive or neutral thought, can help lower stress.<sup>23</sup> In addition to traditional medical treatments, meditation also may help improve anxiety, some menopause symptoms, and side effects from cancer treatments and may lower blood pressure. Meditation is generally safe for everyone, and free meditation guides are widely available online.

Get enough sleep. Most adults need 7 to 9 hours of sleep a night to feel rested.

Eat right. Caffeine or high-sugar snack foods give you jolts of energy that wear off quickly. Instead, eat foods with B vitamins, such as bananas, fish, avocados, chicken, and dark green, leafy vegetables. Studies show that B vitamins can help relieve stress by regulating nerves and brain cells.<sup>25</sup> You can also take a vitamin B supplement if your doctor or nurse says it is OK.

Get moving. Physical activity can relax your muscles and improve your mood. Physical activity also may help relieve symptoms of depression and anxiety.<sup>26</sup> Physical activity boosts the levels of “feel-good” chemicals in your body called endorphins. Endorphins can help improve your mood.

Try not to deal with stress in unhealthy ways. This includes drinking too much alcohol, using drugs, smoking, or overeating. These coping mechanisms may help you feel better in the moment but can add to your stress levels in the long term. Try substituting healthier ways to cope, such as spending time with friends and family, exercising, or finding a new hobby.

Talk to friends or family members. They might help you see your problems in new ways and suggest solutions. Or, just being able to talk to a family member or friend about a source of stress may help you feel better.

Get help from a professional if you need it. Your doctor or nurse may suggest counseling or prescribe medicines, such as antidepressants or sleep aids. You can also find a therapist in your area using the mental health services locator on the top left side (desktop view) or bottom (mobile view) of this page. If important relationships with family or friends are a source of stress, a counselor can help you learn new emotional and relationship skills.

Get organized. Being disorganized is a sign of stress, but it can also cause stress. To-do lists help organize both your work and home life. Figure out what is most important to do at home and at work and do those things first.

### **Conclusion:**

Stress is a fact of life. Stress can be short term period or longer period. But all stress is not negative. Stress is sometime avoidable but sometimes it is unavoidable. Women may feel the symptoms of stress more or get more of the symptoms of stress than men. Self-care can help women manage stress and empower themselves to make healthy life changes.

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## Innovations in Teaching Learning Process in English Language

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### **Abstract:-**

Education is considered to be a powerful and fundamental force in the life of man which is instrumental in shaping the destiny of the individual and the future mankind. In spite of the fact technological advancements have made headway in the process of teaching learning, it has not been found possible to replace the teacher. If teacher acquire professional competencies and commitment, then high quality learning can be achieved by bringing about positive changes in the cognitive, affective and psychomotor areas of human development of their students. In the context of the present day college realities, aims and objectives of education, a teacher is expected to perform various roles. Therefore teacher should be competent to handle various roles and the teacher ought to be relevant to the demands of teacher's job. In the field of education teachers should equip themselves to perform their professional duties meaningfully. Competencies are the key in today's teacher performance. The teaching profession demands teacher to be innovative in their attitudes, flexible in their approach, always updating themselves with their subject knowledge.

English has come to be widely regarded by students and parents like as the language of opportunity, opening the door to higher education, a better job, upward social mobility. A better foundation to the language is sure to entitle the learners to this entire prospect in the modern world. Hence we have to leave behind the traditional teaching process and follow modern and innovative techniques for betterment of students. Teaching in 21<sup>st</sup> century has been completely transformed from text book learning to modern innovative methods of teaching. Use of audio – visual aids, LCD's, Language laboratory, Multimedia tools, Internet etc innovative techniques will be more beneficial for teaching process.

### **Introduction:-**

The English language seems to take over the world in the course of twenty first century and become the global language, English has acquired the enormous importance for worldwide communication. English is also used as the intercontinental language of IT in general. The amalgamation of modern IT and globalization make a formidable force for cultural and educational transformation. English in India has proved to be a great inspiring force almost in all fields. A.C. Bough says that "An artificial language might serve sufficiently the needs of business and travel, but no one has proved willing to make it the medium of political, historical or scientific thought, to say nothing of the impossibilities of making it serve the purpose of pure literature involving sustained emotion and creative imagination. It is the lingua franca of professional communication today. Most employment opportunities require an ability to understand and answer questions in English and also to succeed in interviews and at the work place. There is an increasing utility of the English language in day to day life. In the present scenario the role of teaching and learning of English language has a tremendous importance. Now a days there is a demand of the methods of teaching and learning and it is a challenging task.

Traditional class-room based teaching in which students are just passive recipients of information provided by a teacher has commonly been replaced. Living in the technological age, a wide range of tools which boost the effectiveness of second language teaching and help to avoid boredom and the routine of using only a course book can be observed in the classroom. In the theoretical part, six of them- Whiteboard, Smartphone, Skype, Blogging, Podcasts and Online games which, in our opinion, have mostly changed English language teaching and learning will be presented.

### **Theoretical Part**

English language teaching is evolving all the time following the technological development. However, which technological innovation have had the strongest impact on teaching English? Six of them were selected which seem to be the most important ones.

### **Smartphones**

Mobile phones enable learners to access educational materials anywhere and anytime using internet technologies. Some features of mobile devices are that they are generally cheap, portable and



flexible. Therefore mobile technology seems to be very attractive to learners and usable in the learning process. Mobile phones have several applications that can be useful in the teaching learning process, including general software, such as Word, Excel and Power point and other applications such as language learning, mathematical problem, solving software etc. Mobile phones for younger generation is not only phone or text but mainly for taking pictures, playing games and downloading different apps. Such applications can be used for that focus on general or concrete knowledge, vocabulary, listening comprehension and speaking. Google Translate is definitely the app that everyone who learns or teach foreign languages should have on their phone, It can translate almost all the languages, not just English, and can be used in many activities. It has wide usage either when being abroad, travelling or working on a project outside the classroom. Google Docs is a free-web-based application where the files and spreadsheets are created, edited and stored online. This enables viewing of files offline, use your device camera to scan in paper documents, access pictures and videos from Google photos.

**Whiteboard:-**

Interactive whiteboards have become more and more prevalent in the classroom over the years. And it is no wonder, the benefits are vast and offer teachers new, inventive ways to demonstrate core and supplemental concepts. As children become more familiar with smart technology at home, the classroom is catching up and teachers are using the benefits of technology to their advantage Using this interactive whiteboards, teachers have much more opportunities for learners to engage. Most of the learners are visual, they use colourpictures, images to organize, separate and learn information so the existing curriculum can be supported by videos, moving diagrams, stories hence teacher can increase student interest by this tool.

**Skype**

Skype was released 15 years ago in 2003, but its potential for teaching English is undoubtable. It is an easy and inexpensive way which gives students and teachers an opportunity to connect with the outside world without leaving their seats. In the language classroom, learners can contact native speakers everywhere in the world and fine tune their English language skills. Learning becomes more authentic, inspirational and engaging when it transcends the walls of the classroom. Skype can be used to provide a variety of authentic language experiences, including an interview with an English author or the international collaborative projects other classrooms. Moreover, it does not have to be used only for developing speaking skills. Function of instant messaging and chatting is great for students who need to practice writing and reading skills.

**Podcasts**

A podcast is an audio or video file which is produced in a series and could be broadcast via Internet or downloaded to a computer or mobile device. In terms of language teaching, students can listen to existing podcasts and to improve listening comprehension or to create their own podcasts and to practice speaking skills. There are many existing resources that can be used for language learning purposes. Podcast are released by broadcasters from all over the world and are primarily intended for native speakers, also language learning podcasts are focused on the specific area of language e.g. vocabulary, colloquial language, idiomatic phrases or grammatical structures. Podcasts can be created by students on their own, or as a group, introducing some interesting personal information, stories or books and film reviews. All they need is computer, the internet and a headset. More the learners practice podcast texts, rehearse them and record them the more proficiency will come in their speech.

**Blogging**

As podcasts can serve as a great tool for improving learners listening and speaking skills, blogging mainly focuses on the area of reading and writing. A blog is a frequently update website that often resembles an online journal. In terms of English language teaching class blog could be used as a shared space in which teacher and students can actively participate on building its content. Blogging builds confidence, self-expression, autonomous learning and providing a space in which even the shyest student can participate. With the classroom based blogged activities, assignments can require the student blogger to communicate closely with a specific group of student bloggers. Its multimedia features, simple web publishing interactivity and ability to support cooperative can effectively facilitate language teaching and learning. It is seen that the role of teacher and classmates is crucial when students upload their posts on the blog and receives comments and feedbacks from their teachers, they feel highly motivated and learning is much more effective.

**Online Games**

Online games are perceived as the source of entertainment, als they can be used for teaching English. The learners are eager to solve the problems, answer the questions and complete the mission to go to the next level. By doing this it is seen that English students playing online language games tend to learn more appropriately, could retain the new words for longer period of time. If the games are fun, relaxing, motivating and confidence boosting the learners interest will increase. Among the most popular , 'The Grammar Doom' is an adventure style game where learners explore secrets hidden within an old, magical temple.

**Conclusion**

In this changing scenario of the world, learning is also changing. The entire world is at the finger tips. Technology helps teacher to create visual aids for teaching, improving access to resources, such as online literature, libraries, review and comment on student work more efficiently, integrated video clips into presentations and broaden choices for students to demonstrate learning. The realization that "technology is essentially" important without creative and imaginative application. Therefore it is important that the language teacher should shoulder the task of making technology interactive, interesting and learner friendly.

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## Women, Peace And Security

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### Abstract

On women, peace and security on 23 October 2000 that afforded an opportunity for the members of the Council to discuss the impact of armed conflict on women, and the role of women in peace processes, with women representatives of non-governmental organizations (NGOs) from various part of the world. They presented the experiences of women and girls in armed conflict and also raised the concerns of grass-roots movements of women committed to preventing and solving conflicts, and bringing peace, security and sustainable development to their communities.

### Introduction

On 31 October 2000, the Security Council adopted resolution 1325 (2000) on women, peace and security, which builds on the Presidential Statement of 8 March 2000 and a series of Council resolutions on children and armed conflict, the protection of civilians in armed conflict and the prevention of armed conflict. On 24 and 25 October 2000, the Security Council held an open discussion on women, peace and security, in which 40 Member States made statements supporting the mainstreaming of gender perspectives into peace support operations and the participation of women in all aspects of peace processes. The discussion followed an Aria Formula meeting. They presented the experiences of women and girls in armed conflict and also raised the concerns of grass-roots movements of women committed to preventing and solving conflicts, and bringing peace, security and sustainable development to their communities.

In resolution 1325 (2000), the Security Council highlights the importance of bringing gender perspectives to the centre of all United Nations conflict prevention and resolution, peace -building, peacekeeping, rehabilitation and reconstruction efforts. The resolution invited the Secretary -General to carry out a study on the impact of armed conflict on women and girls, the role of women in peace-building and the gender dimensions of peace processes and conflict resolution. The present study has been prepared in response to that invitation. (See Annex for the full text of the resolution).

### I. Objectives and focus of the study

The study draws on existing research, and includes inputs from the United Nations, its specialized agencies, funds and programmes. Member States, scholars, and local and international NGOs. The preparation of the study was overseen by the Special Adviser of the Secretary -General on Gender Issues and Advancement of Women in cooperation with the Inter-Agency Task Force on Women, Peace and Security. In order to ensure that the study reflects a balanced range of experiences, and draws on as many regional perspectives as possible, a Review Group was established which provided additional inputs and reviewed drafts of the study.

While many actors, including international and regional organizations, Member States and civil society, are involved in peace and security issues, the study focuses on the activities of the United Nations, and its specialized agencies, funds and programmes. It provides an overview of current responses to armed conflict by the United Nations system. Examples presented in the study are meant to be illustrative rather than comprehensive.

### II. Impact of Armed Conflict on Women and Girls

Understanding the impact of armed conflict on women and girls requires attention to four specific themes. First, women and girls tend to experience conflict differently than men and boys. There is growing awareness of the gender differences and inequalities during war and in post-conflict reconstruction. Yet it is misleading to set up a dichotomy that locates women and men in totally different spheres. Women and men share experiences and are intimately connected to each other through their families and communities. Women often see their needs and interests as interwoven with the needs and interests of their male partners and other family members.

#### A. Violence against women and girls

Women and men often do different types of work, frequently as a result of prescribed gender roles, and may be exposed to different threats through this work. Women tend to be responsible for



the care and nurture of the family and thus shoulder heavy burdens. Collection of firewood or water often puts young girls and women at risk of dangers, which include kidnapping, sexual abuse and exposure to landmines.

#### **B. Health of women and girls**

Women and girls are wounded and killed in armed conflict just like men and boys. Women and girls also face health threats that stem from biological differences. For example, the physical vulnerability of women and adolescent girls is higher than that of men and adolescent boys due to their sexual and reproductive roles.

#### **C. Socio-economic dimensions**

Women and girls who remain in conflict zones may find themselves with few options apart from working for warlords and criminal militias or entering into exploitative informal economies. Indentured servitude and other forms of forced labour may evolve along gender and generational lines.

#### **Displacement: women and girls as refugees, returnees and internally displaced persons**

Each phase of displacement, including initial displacement, flight, protection and assistance in refugee and displaced persons camps, resettlement and reintegration has different implications for female and male refugees and IDPs. For example, women and girls may be forced into providing sexual services to men and adolescent boys in exchange for safe passage for themselves or their family or to obtain necessary documentation or other assistance.<sup>63</sup> Children are at an increased risk of becoming separated from their parents, families or guardians. Girl children who become separated from their parents may face the risk of sexual abuse and being forced to serve in fighting forces and groups.

#### **D. Disappearance and detention**

While the last 15 years have revealed the specific vulnerabilities to sexual violence in armed conflict, there has been less emphasis of the effect of armed conflict, such as detention and disappearances. Women and girls have “disappeared” in numerous conflicts in the last decade, including in Bosnia and Herzegovina, Croatia, Kosovo and Rwanda.

#### **E. Challenges to gender roles and relations**

One of the ongoing discussions around women and armed conflict relates to the potential of building more equitable gender relations in postconflict societies. It is argued that war breaks down traditions and communities but also opens new spaces for women.

### **III. International Legal Framework**

International law provides a framework of protection for individuals affected by armed conflict. International humanitarian law, the body of law which comes into operation at the outbreak of international or noninternational armed conflict, regulates the conduct of hostilities and protects those who are not taking part in hostilities or are no longer doing so. It is the area of law that is of primary relevance to the protection of women and girls during armed conflict. International human rights law is also applicable in times of armed conflict, and is of particular importance in the context of internal armed conflict, where international humanitarian law may not apply. International criminal law has also come to assume increasing significance in relation to crimes against women and girls during armed conflict, in particular crimes of sexual violence. The protections offered by the provisions of international refugee law are also of relevance to women and girls prior to, during and in the aftermath, of armed conflict.

#### **A. International humanitarian law and human rights law**

International humanitarian law consists of both conventional and customary rules, the principal conventional instruments of relevance to the protection of victims of armed conflict being the four Geneva Conventions of 1949 and their two Additional Protocols of 1977, which deal with international armed conflicts and non-international armed conflicts respectively.<sup>1</sup> International humanitarian law is binding on both States and organized groups.

#### **B. Redress for women and girls for conflict-related abuses**

At the international level, the main avenues of redress for women and girls who have experienced conflict-related abuses are through claims of war crimes, crimes against humanity and genocide.

**C. Reparations for victims of conflict**

There are several legal avenues for victims of armed conflict to pursue claims for compensation. First, compensation may be payable by a State that is in breach of its obligations under international law. It is a well-established principle of international law that a State must make reparation (which can include the payment of compensation) for its internationally wrongful acts.

**D. Protecting refugee and internally displaced women and girls**

International legal protection for refugees, IDPs and returnees, is provided by international human rights law, humanitarian law, and, increasingly, criminal law. Provisions within refugee law further strengthen the international legal regime protecting women and girls during times of armed conflict which are of particular significance in the aftermath of conflict.

**E. Challenges**

A comprehensive legal framework exists at the international level to provide protection to women and girls during armed conflict and its aftermath, and this legal framework has been increasingly responsive to the experiences of women and girls in this context, in particular where sexual violence is concerned.

**IV. Peace Processes**

Peace processes consist of a complex range of informal and formal activities. Informal activities include peace marches and protests, intergroup dialogue, the promotion of inter-cultural tolerance and understanding and the empowerment of ordinary citizens in economic, social, cultural and political spheres. These activities are conducted by a range of actors, such as United Nations entities, international, regional, national and local organizations, and grass-roots organizations, including peace groups, women's groups, religious organizations and individuals.

**A. Involvement of women and girls in informal peace processes**

At the global level, women have long been active in peace and disarmament issues. Individually and in groups, women have lobbied for the goal of disarmament. The interest of women and girls in becoming involved in peace processes often stems from their experiences of armed conflict, whether primarily as victims or as armed participants.

**B. Involvement of women and girls in formal peace processes**

While there are many positive results of women's work for peace in informal peace processes, they are seldom included in formal peace processes. Women are usually not represented among decision-makers and military leaders, the usual participants in these processes.

**C. Responses and challenges**

Within the United Nations, the Department of Political Affairs (DPA) is the designated focal point for peace-building and has a mandate to identify potential or actual conflicts, to monitor political developments worldwide, and to provide early warning of impending conflicts and analyzes of options for preventive action.

**V. Peacekeeping Operations**

In response to the increasing complexity of crises, peacekeeping operations deployed since the early 1990s have become multifaceted. Tasks assigned to United Nations peacekeepers are no longer limited to military activities and peacekeeping efforts are not directed only at parties to a conflict. Peacekeeping operations may include monitoring of human rights, police functions and the development of institutions supporting the rule of law. They may also include the creation of State administrative structures, assistance in the conduct of elections, the repatriation of refugees, mine action programmes, and the delivery of humanitarian aid.

**Conclusion**

War, violent conflict, terrorism and violent extremism have differential and devastating consequences for women and girls. In the face of this, women are all over the world are leading movements for peace and to rebuild communities, and there is strong evidence suggesting that women's participation in peace processes contributes to longer, more resilient peace after conflict. Yet, despite this, women remain largely invisible to, and excluded from, peace processes and negotiations.





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## Advance Teaching Methods and Strategies

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Asso. Professor (S.S.S.K.R. Innani Mahavidyalaya, Karanja lad)

Have you ever thought about how each classroom teacher's things differently? In Modern Era we answer what are teaching style's, why are there multiple teaching style's, what are the different styles and which style work the Best Today's?

Teaching styles also called teaching methods, are considered to be the general principals, educational and managements strategies for class room instruction.

Once we understood that everybody learns differently, it became obvious that there need to be different teaching styles to accommodate the learning styles.

### • Why have different teaching styles?

Everybody learns different ideas at different times at different pace's. some people can learn something on the first try after being told what to do where as other's might need to have hands on experience in order to learn and possibly repeat it a few times to really get the hang of things.

Different teaching styles (methods) are necessary because the students needs to be able to learn what the teacher is teaching other words it can also depends on college mission statement. The classroom demographics, the educations as philosophy of the teacher and most importantly the subject area.

### • Types of Teaching Method's

There are five main types of Teaching Styles and Methods

#### • Lecture style method

Also known as the Authority method involves sitting and listening to the instructor speak about a pre assigned topic while the students take notes and memorizes to the best of their ability what is being said. This is the popular style in Schools and Universities due to its lack of allowance of student participation and inability to meet individual needs in this method sitting and listening to the instructor speak about a pre-assigned topic while the students takes notes and memorize to the best of their ability what is being said.

#### • Coaching Style Method

Also knows as the Demonstrator Method, the Demonstrator Method tries to maintain authority in the classroom, even so, instead of using only a verbal lecture to give information and teach, this style coached students using gateways like multimedia presentations, class activities and demonstration's. For subjects like music, art's and physical education subjects demonstration styles is perfect because is usually necessary to acquire a full understanding of the subject. Interaction between teachers and students to solve a difficulties in teaching.

#### • Activity Based or Action method Style

Is also known as the Facilitator Style tries to encourage Self Learning through peer-to-teacher learning. Teacher's ask students to questions rather than give them the answer to developing a deeper understanding of the topic by using self discovering and develop problem-solving skills. In this method teacher interacts with students on an individual basis, which can be difficult with a large number of students.

#### • Group Method or The Delegator Style

Commonly used for school subjects that require group work, lab based learning or peer feedback for e.g. Science Classes and Certain Language Learning Classes. The teachers act as a delegator. However some people consider other styles to be more pro active due to the fact that the group method removes the teacher from a position of authority.

#### • Hybrid Method

Also known as a blended method, integrated teaching style that incorporates personal preferences, individual personalities and specific interests into their teaching. It used in subject like English, Science based because it's easy to incorporate extra curricular knowledge into developed, deeper knowledge of a particular topic. It criticized that this method weaken's the learning process because the teacher tries to be all things to all students.



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**• Teaching Style Inventory**

Teaching style can also categories in four parameters

- 1) Teacher – centered approach
- 2) Students centered approach
- 3) High-tech material use
- 4) Low-tech material use

In student centered approach to learning teachers and students share the focus and interact equally while the teachers still maintain authority.

One another method to use is Inquiry Based Learning which makes the teacher more of supportive figure.

In teacher centered approach to learning the students put their attention on the teachers students work alone, and collaboration is prevented. This is the useful method in theory quite paying full attention to the teacher while being able to make individual decisions.

**• High-tech Approach Teaching Method**

In modern day many colleges and classes are taking advantage of the recent technology. Which has enabled us to developed High-tech Approach. In comparatively traditional method which is mostly used in High-tech technology. But if there's a slow internet connection it's near impossible to use this method.

Inquiry based learning can involve technology by asking the students a questions about world and they have to do some research. The findings could be presented in the forms of a website, self made videos or power points.

Some colleges or teachers may not enjoy or have the money for High-tech learning and instead, they opt of a Low-Tech Approach is known as a tactile learning of Hands-on learning. This is a teachers centered approach that uses the concept of Multiple Intelligences. instead of lectures, students used physical activities to learn. For e.g. drawing, role-playing and building.



## Phytoplankton Diversity Of Sonala Dam, Sonala, Dist. Washim, Maharashtra

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### **Absract:**

Phytoplankton community structure, composition and species diversity in aquatic ecosystem are determined by several physico-chemical parameters. Spatial and temporal variations in phytoplankton distribution are widely affected by the hydro-chemical and physical factors. The productivity of an aquatic environment is directly correlated with the density of plankton. The plankton population in any aquatic system is biological wealth of water for fishes and constitutes a vital link in the food chain. The present paper mainly focuses on the study of phytoplankton of Sonala dam, Sonala, Dist. Washim. The members of Chlorophyceae, Cyanophyceae, Bascillariophyceae and Euglenaceae were observed in water samples at four different stations of dam. The highest number of genus Oscillatoria (84), Euglena (81), Pinnularia (73) and Spirogyra (58) are observed in different water samples.

**Keywords:** Phytoplanktons, Water pollution, Diversity, Sonala dam

### **1. Introduction:-**

Plankton is a general term for those organisms that drift or swim feebly in the surface water of ponds, lakes, streams, rivers, estuaries and oceans. Phytoplankton are autotrophs and belonging to first trophic level. They are the most important component of trophic structure which helps in transfer of energy to higher trophic levels. Phytoplankton are primary producer community and consist mainly of algae such as diatoms, dinoflagellates and variety of forms from other divisions of plant kingdom. The phytoplankton, in a water body, is an important biological indicator of the water quality. Phytoplankton are the major primary producer in an aquatic ecosystem which is grazed by zooplankton [Sharma].

Plankton is the most sensitive floating community which is being the first target of water pollution, thus any undesirable change in aquatic ecosystem affects diversity as well as biomass of this community. The measurement of plankton productivity helps to understand conservation ratio at various trophic level and resources as an essential input for proper management of reservoir. The primary production of organic matter is in the form of phytoplankton which are more intense in reservoir, lake than in rivers [Mahor]. Phytoplankton are the grass of lakes and oceans and most species have worldwide. Most of phytoplankton are not visible to naked eye but when concentrated are responsible for the characteristic greenish colour and reduced transparency of some lake waters. The scientific management of water body for its healthiness and fish production require a thorough understanding of its trophic structure, their population characteristics and the nature of nutrient cycling with a view to achieving optimum fish production [Deorari]. The present study is aimed to determine the diversity of phytoplankton in Sonala Dam in Washim district, that can help to sustainable development in many points of view.

## **2. MATERIAL AND METHOD**

### **2.1 Study Area**

The study area of Sonala dam is located at 77° 12', 30" Longitude and Latitude of 20° 19', 00" in Sonala village of Washim district in Maharashtra (India). It is an earthen dam with 19.20 meter maximum height and 446.90 hectares of submergence with 132.50 square kilometer of catchment area. The reservoir is constructed in the basin of Adan River, a tributary of Godavari River. In the view of human activities, four sampling stations have been selected around the dam.

### **2.2 Method:**

Surface water samples were collected from four stations. 100 liters of surface water samples from selected sites was filtered through a plankton net of bolting No 20 (76 µm mesh size) and filtrate samples were fixed in 1 litre plastic bottle with 5% Lugol's solution which helped to arrest cell activity, for sedimentation and better staining. The samples were stored in the laboratory for overnight



sedimentation and the supernatant 900 ml of water was siphoned and 1 ml sub sample was used from the remaining 100 ml homogenized sample for quantitative and qualitative estimation. The qualitative estimation or identification of phytoplankton was done with the help of keys given by Smith, Agarkar (1975), Adoni, Michael and Sharma, Edmondson (1963), Dhanapathi and Altaff while the quantitative estimation of phytoplankton was done by “lac keys” dropping method using the formula.

**3. Observations:**

The water samples are collected from the four different stations of Sonala dam. These water samples were observed under microscope. The different types of phytoplankton are reported and observed. The phytoplankton's mainly belongs to class Cyanophyceae, Chlorophyceae, Bacillariophyceae and Euglenaceae etc. The genus like *Spirogyra*, *Coelastrum*, *Pandorina*, *Scenedesmus*, *Volvox*, *Chara*, *Nitella*, *Chlamydomonas*, *Nostoc*, *Oscillatoria*, *Spirulina*, *Lyngbya*, *Oedogonium*, *Navicula*, *Pinnularia*, *Nitzschia*, *Cymbella*, *Gomphonema*, *Gyrosigma*, and *Cyclotella* etc. were observed.

**Table No. 1**

Sr. No.	Class	Type of phytoplankton	Number of phytoplanktons in different sites of dam			
			Station 1	Station 2	Station 3	Station 4
1	Chlorophyceae	<i>Spirogyra</i>	14	13	15	16
		<i>Scenedesmus</i>	05	03	07	06
		<i>Pandorina</i>	04	04	03	05
		<i>Coelastrum</i>	08	05	06	07
		<i>Volvox</i>	10	12	10	11
		<i>Chara</i>	02	01	01	00
		<i>Nitella</i>	01	01	02	01
2	Cynophyceae	<i>Chlamydomonas</i>	10	8	9	15
		<i>Nostoc</i>	07	05	03	04
		<i>Oscillatoria</i>	18	20	24	22
		<i>Spirulina</i>	06	02	02	03
		<i>Lyngbya</i>	12	10	08	09
3.	Bacillariophyceae	<i>Oedogonium</i>	05	04	03	03
		<i>Navicula</i>	15	12	18	17
		<i>Pinnularia</i>	18	20	18	17
		<i>Nitzschia</i>	12	12	10	11
		<i>Cymbella</i>	04	02	02	02
		<i>Gomphonema</i>	01	01	00	00
		<i>Gyrosigma</i>	00	00	01	00
4	Euglenaceae	<i>Cytotella</i>	02	01	02	01
		<i>Phacus</i>	00	01	01	01
		<i>Euglena</i>	20	18	22	21

**4. Discussion:**

The water samples were collected from the four different stations of Sonala dam. During the observation highest number of algae was observed from Cyanophyceae (*Oscillatoria*), Euglenaceae (*Euglena*), Bascillariophyceae (*Pinnularia*) and Chlorophyceae (*Spirogyra*).

There are 6500 species of Chlorophyceae recorded worldwide by Singh (1960). Phytoplankton diversity appeared as paradox Hutchinson (2007). The relationship between phytoplankton diversity and environmental factors has great importance in an assessment of pollution status Buric et.al. (2007) the phytoplankton in a particular water body was essential for choosing an appropriate method for maintenance of desired ecosystem, Perkyatko et.al. (2007). Bhivgude et.al.



(2010) observed Chlorophyceae is a dominant species than other zooplanktons noted by Prescott (1939). Barhate (1985) considered that high percentage of dissolved oxygen is favorable for growth and development of Cyanophyceae. Phytoplanktons are primary producer and very useful tools for the biomonitoring of water body, Stoermer (1977). In the present paper the highest number of genus reported from four different stations are Oscillatoria (84), Euglena (81), Pinnularia (73), and Spirogyra (58) etc.

### CONCLUSION

Plankton communities exhibit a major biotic component of an aquatic ecosystem an emphasis has been given to identify various plankton species as indicators of particular type of water pollution. Prasad and Singh (1958) emphasized the importance of biological survey in monitoring water quality which is dependent on qualitative and quantitative composition of aquatic population. The most important effect of organic pollution in a water body is due to enrichment of nutrients and total number of algal species. There is a clear correlation between organic pollution and blue green algae and also with certain diatoms like melosira sp. (Palmer 1969). During the present study the most pollution tolerant species of *Oscillatoria*, *Euglena*, *Pinnularia* and *Spirogyra* were recorded.

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## Reforms & Welfare by Rajarshee Shahu Dr. Dipak Ulemale

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### Abstract:

For the all-around advancement of the backward classes some development policies were framed by RajarsheeShahuMaharaj. Such as removal of communal barriers on admissions to institutes of higher education, reservation of 50 percent in public sector to backward classes in 1902, abolition of most of the Vatandari and Balutedari system, 1917, introduction of free and compulsory education, built up community base hostels, etc.

Key words: welfare, reform, shudra, slavery, emancipation, etc.

RajarsheeShahu's keen eye and stern voice and noble aim of establishing a State administration for the welfare of all castes and communities guided them. He issued orders to recruit people from all castes on merit basis. He must have read the works of Mahatma Phule like BrahmanacheKasab (Priestcraft Exposed, 1869) and Phule's text Slavery, 1973. As these books described how the public services in British India were monopolized by certain upper castes like Brahmins and how they oppressed and exploited all other communities and particularly Shudras, the workers and peasants; ShetkaryachaAsud (Cultivator's Whipcord, 1883); SarvajanicSatyadharmapustak, 1891 and other works. He must have also watched the great reforms introduced in Victorian and Edwardian England.

Here is a quote from RajarsheeShahu's speech available while laying the foundation stone of the Maratha building on 15<sup>th</sup> April 2019. As he said, 'To give all people a chance to advance in Social, Industrial, Educational and Administrative matters and learn to discharge their due share of responsibility, is what I call communal representation. I deem it my duty to help and encourage those who have fallen behind and accordingly I do lend a helping hand to those who are downtrodden. Parents do not see much necessity to look after such of their children, who having become of age are able to take after such of themselves. They pay more regard to such of their flock as are undeveloped and cannot stand on their own legs. To some of these they only give their support and others they carry on their shoulders. This is apparently a case of discrimination; but only fools can blame such parents. I do nothing more than copy such wise parents when I give greater facilities and greater encouragement to the backward and the depressed classes. I liberally entertained them in State service, given them Sanads to practice and having directed them to the fountain of learning I cherish hopes of their early salvation. I feel it an injustice to see my efforts in the cause of elevating the non-Brahmins interpreted to mean enmity to the Brahmines.

Some Brahmines who are professional politicians argue that communal representation is a way of dragging back the Brahmins from their advanced position. This is plainly a mistake. We acknowledge the eminent place which our Brahmin friends have reached. What we urge on them is while you can run; we can hardly walk, for we have not yet learned to stand on our legs. To save us from the trouble of walking you are pleased to carry us on our shoulders. You thank you for this kindness; but pray, consider that the effect of your kindness would be to make us perpetually maimed. If you do not let us learn to walk through trial and error we shall never learn to do so. Admire and encourage us while we are rising and falling in our efforts to walk but put not obstacles in our way. Our endeavors are motivated by our desire to stand independently without a support. Therefore do not misunderstand us''.

The most spectacular and enduring legal measures undertaken by ShahuMaharaj were in the field of education. He regarded modern education as the foundation for the economic, social and political progress of the people. He resisted proposals of certain All India leaders for political reforms on the ground that until the masses were educated, no economic or political reforms would be real or effective and political power would only lend to make the rich and exploitation castes more powerful in suppressing and oppressing the masses.

He vigorously tried to spread universal education, irrespective of caste and creed. He was a pioneer in providing facilities for education at all levels to all communities by starting the movement



of Hostels, by encouraging drama, music and art and by enacting various measures from time to time for the benefit of the masses and particularly the backward and untouchable castes.

The following notification was issued in 1902-

“Endeavors have been made in recent years in the Kolhapur State to foster and encourage the education of all classes of the subjects; but so far His Highness regrets to have to record that those endeavors have not in the case of the more backward classes met with the success that was hoped for. His Highness has had the matter under very careful consideration and has come to the conclusion that this want of success is due to the fact that the rewards for Higher education are not sufficiently widely distributed. To remedy this is to a certain extent and to establish within the State an incentive to the backward classes of His Highness’s subjects to study up to higher standard. His Highness has decided that it is desirable to reserve for those classes a larger share of employment in the state service than has hitherto been the case

In pursuance of this policy His Highness is pleased to direct that from the date of this order 50 per cent of the vacancies that may occur shall be filled by recruits from among the backward classes. In all offices in which the proportion of the backward classes is at present less than 50 per cent the next appointment shall be given to a member of those classes.

A quarterly return of all appointments made after the issue of this order shall be submitted by all heads of departments. For the purpose of these orders the backward classes shall be understood to mean all castes other than Brahmins, Prabhus, Shenvis, Parsees and other advanced castes”.

In 1913, the following order was passed-

“Notwithstanding the efforts that are being made for the spread of Primary Education among the backward classes, the progress hitherto made has not been satisfactory. With a view therefore to accelerate the pace, His Highness the Chhatrapati Maharajsaheb has been pleased to order that every village in the state should have a school conducted by a person of the caste to which the majority of the villagers belong. In order to induce suitable persons to do the work, His Highness thinks it necessary to have the school masters in the list of hereditary village servants holding alienated land for the performance of their duties...”.

Cambridge University conferred the degree of LLD on RajarsheeShahu on 10<sup>th</sup> June 1902 for his interest and achievement in the field of education and culture. A grand reception was given to him on 12<sup>th</sup> June 1902 at the Winchester College at Cambridge. In fact RajarsheeShahu was the leader of the dumb millions of India, in his great and outstanding efforts to educate them. He became the leader of leaders in educating the masses. RajarsheeShahu once said:

“The social differences are based upon the mere accident of birth; find no sanction from religion in any other country except ours. The ugly aspect which these social distinctions wear is most plainly reflected in the treatment which has been meted out to you by men of the higher castes. Is it not a disgraceful thing that you who are our brethren should be regarded as untouchables and should be treated in a way for less respected than cats, pigs and dogs? The principle of untouchability, I venture to think, is a recent addition to the religious scriptures which govern the life of the Hindus...”.

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## New Trends in English Language Teaching in India

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### Abstract:

This article examines the most recent trends in English language teaching in India. English is the only valid language that everyone can understand all around the world. It is undeniable that English has become a need in today's world. It is required in various aspects of life. English has emerged as the most important global language in this era of globalization. It's difficult to teach English as a second language. It makes no difference what your background or level of experience is. Before independence, British instructors educated Indian students. Their educational methodology was comparable to that of English-speaking countries. However, after they departed India, the English language's flavour began to fade gradually in India. Language experts are working very hard these days to establish the best methods for teaching English. Mobile phones, laptops, tablets, and smart phones have become an integral part of our daily lives, and references to everything are readily available thanks to the fast internet connection. English language instruction (ELT) has changed dramatically in recent years, particularly in the last ten years.

**Keywords:** resent trends, globalization, methodology, ELT

### Introduction:

Since the establishment of the East India Company in 1612, Indians have had interaction with the English language. However, after the British acquired control of the country, the language began to spread. English was established as a medium of instruction at all levels of education in 1813. Reformers such as Rajaram Mohan Roy recognized the value of English and saw it as a vehicle for modernization and independence. This gave English a foothold in India. Although Indian independence altered the standing of English, it had little impact on its use in Indian life or education. The language of rulers was no longer English. However, it remained the language of the elite. The English language has grown in prominence in India throughout the last four centuries, expanding even quicker in the last couple of centuries due to the language's importance in international communication. The English language is regarded as a crucial instrument for worldwide communication as well as other fields such as education. English teachers must access the open and flexible platform of e-learning and stay current to be competent and survive in this ever-changing sector of English language education. Web 2.0 services, video lectures, podcasts, tablet computers, and mobile apps can help English teachers make learning more open, effective, and massive, as well as fast and user-friendly.

### Historical / Traditional Trends of English Language Teaching:

The English language teaching tradition has undergone significant changes, particularly in the twentieth century. This tradition has been practiced in language classes all across the world, in various variations, for centuries, perhaps more than any other discipline. Here are some historical or classic English language teaching trends.

- 1) Grammar-Translation Method: Grammar-Translation Method is India's earliest English teaching method. This method stresses both listening and speaking skills, as well as pronunciation and grammar accuracy. The Classical Procedure is another name for this method. This Classical method was renamed the Grammar Translation Method in the nineteenth century. The classroom interaction in this strategy is solely focused on the target language.
- 2) Direct Method: The direct method is also known as the natural method. It was developed in response to the grammar-translation technique and is intended to immerse the learner in the target language's domain in the most natural way possible. The main objective is to instill complete command of a foreign language.
- 3) Audio-Lingual Method: The Audio-lingual Method is a method of foreign language teaching which emphasizes the teaching of listening and speaking before reading and writing. The major type of language presentation is dialogue, and drills are the key training techniques. Mother tongue is discouraged in the classroom.



4) Communicative Language Teaching: Communicative language teaching (CLT), or the communicative approach (CA), is an approach to language teaching that emphasizes interaction as both the means and the ultimate goal of study.

5) Content & Language Integrate Learning: Content and Language Integrated Learning (CLIL) has become the umbrella term that describes both learning a foreign language while studying a content-based subject and learning a foreign language while studying a content-based subject.

**Current / Emerging Trends of English Language Teaching:**

1) Web 2.0 Tools: Web 2.0 tools are free digital programs that can be used for creating and sharing student-generated projects and products. They are interactive, multi-purpose, easy-to-use digital platforms that encourage students to collaborate or create and share individualized response products. Social networking sites, blogs, wikis, video sharing, and web apps are all examples of Web 2.0 features. Online 2.0 allow the average web user to create social networking profiles or personal blogs, and readers can remark directly on a page, which was not previously possible.

2) ICT Tools: ICT tools are the most up-to-date technology, equipment, and concepts utilized in Information and Communication Technology interaction between students and teachers. We all know how quickly technology evolves, and newer, more cost-effective, and more powerful technologies will continue to emerge with potential applications in education. At the same time, data demonstrates that ICTs are employed in schools for the duration of the technology's functional life, regardless of whether newer, more cost-effective, and powerful technologies arise.

3) Blended Learning: Oxford Dictionary Definition of Blended Learning: a style of education in which students learn via electronic and online media as well as traditional face-to-face teaching. Blended learning is a method of instruction that mixes face-to-face and online learning. Each (both online and offline) should ideally complement the other by utilizing their respective strengths.

4) Embodied Learning: Embodied learning is an educational method that has been around for a while in (primary) education. This method involves not just an intellectual approach to education, but also the entire body. One can think of e.g. doing math's while throwing small bags of sand to each other.

5) Flipped Learning: Flipped Learning is a pedagogical approach in which direct instruction is moved from the group learning space to the individual learning space, resulting in a dynamic, interactive learning environment in which the educator guides students as they apply concepts and engage creatively in the subject matter.

6) MOOCs: Massive Open Online Courses (MOOCs) are free online courses available for anyone to enroll in. MOOCs are a cost-effective and flexible method to learn new skills, enhance your career, and present high-quality educational experiences to a large audience. MOOCs are used by millions of people around the world for several reasons, including professional advancement, career change, college preparation, supplemental learning, lifelong learning, corporate eLearning & training, and more.

7) Google Classroom: Google Classroom is an all-in-one teaching and learning environment. Educators can use our simple and secure solution to organize, measure, and enrich learning activities. Google Classroom is a free programme available to schools, non-profits, and individuals with a Google account. Classroom makes it simple for students and teachers to communicate both within and outside of the classroom. Classroom helps you establish classes, distribute assignments, communicate, and keep organized while saving time and paper.

8) Google Forms: Google Forms is a free tool provided by Google (Google Workspace). It's simple to use and one of the most straightforward ways to collect data and store it in a spreadsheet. Google Forms began as a component of Google Sheets in 2008, two years after Sheets' initial release. You could insert a form into a spreadsheet, format it on a separate page, and view the results on another sheet. It was simple, but it served its purpose. Over time, Google added more capabilities to Forms, and in early 2016, it became its independent app. Today, you can create and manage forms at docs.google.com/forms, which includes templates and one-stop access to all of your forms.

9) Mobile Assisted Learning: Mobile learning, also known as M-learning, is a new way to access learning content using mobile devices. It's possible to learn whenever and wherever you want, as long as you have a modern mobile device connected to the Internet. The use of mobile technology at anytime and anywhere by learners makes it a crucial component of education.

10) Computer Assisted Learning: Computer-assisted learning is the technique of employing computers and computer programmes to assist students in their learning. Traditionally, the term



applied to stand-alone computer applications that aided in the reinforcement of subjects taught in schools.

11) Video Platform and Social Media: Students can gain much needed daily input and turn frequently mindless scrolling into a more meaningful activity by watching 'Study Lessons' on Netflix and using Instagram to build language learning skills, or by just following key hashtags such as #learnenglish.

**Learning Outcomes and Recent Trends in English Language Teaching:**

- Understand the meaning of e-content
- Get the inspiration and learn the importance of readily available applications and websites.
- Get an idea to create a quiz, questionnaire, student feedback forms and activity participation forms on particular topics of the content.
- Acquire knowledge about various educational resources for classroom teaching and learning.

**Conclusion:**

All over the world, the student-centered English language teachers seem to have realized that gone are the days when teachers reigned their class with all monopoly where the students remained as passive. There is rethinking regarding the growing interest in implementing the basic educational goals. Having realized the need of the hour; the English teachers convene different types of conferences and seminars to create a platform and get to know the upcoming ideologies in the ELT and also upgrade themselves professionally. Recent trends in teaching English in India have failed to acquire widespread acceptance. It continues to frighten the students due to stiff curriculums and huge syllabus for those who speak regional tongue but love to do extremely well in English. We provide Recent Trends in English Study in India in this research. The study also examines the importance of English studies concerning the absence of teachers in English studies.

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## Terrorism And Human Rights

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### Abstract :-

I think terrorism is the cancer of mankind if is cureless sore to humanity it always shows its barbaric face to world by its horrifying and diabolic acts with passing time this monster up grading itself with lethal venom. Mostly terrorist activities are performed on the pretext of religion but I confirm neither religion nor its books provokes for such inhuman acts. Anywhere in the world terror only can give bloodshed and destruction. Terrorists don't think about anything they just want to terrify mankind 26/11, 9/11, parliament attack, horrified daily routine of J & K condition of northeast, naxalism in Maharashtra, bleeding of Iraq and Syria, massacre of innocence in Peshawar and recently episode of Charlie. Hebdo tell the destructive saga of terrorism. The Purpose of this essay is to consider the impact on human rights of the recent rise in the importance attached to, and the perceived danger arising from, violent acts of terrorism. By 'human rights' is meant the law, practice and scholarship that has grown up around a subject that has enjoyed huge attention over the past 60 years, beginning with the new international order that was put in place at the end of the Second World war and exploded into public view even dramatically with the end of Cold War in 1989. If the half-century that followed the signing of the Universal Declaration of Human Right by the vast majority of the nations of the world in 1948 can without exaggeration be described be described as an 'age of human rights' then it may well be the case that next 50 year (and beyond) will in due course with equal validity be capable of being described as an 'age of terrorism' or- if one is skeptical of the empirical foundations of the claim- at very least an 'age of counter-terrorism'.

### Introduction :-

Terrorism and human rights are inter-related to each other because when one starts other violates. Terrorism is global concern today and in true sense it has relation with the almighty. I have taken this topic only because I have been working of on this topic since when I lost near ones in the terror attacks from 1993 Bombay, 2002 Gujrat, 2004 and 2006 in Mumbai and the latest one in November 26 in different areas of Mumbai. Truly, this topic does not need a proper introduction but what it needs is a proper and right full stop. Terrorism itself is an attack on human rights. The direct linkage between terrorism and human rights was first recognized by world Conference on human Rights in Vienna, 1993, of the Vienna declaration and its program of Action stipulates that "acts, methods and practices of terrorism in all its form and manifestation as well as linking in some countries to drug trafficking are activities aimed at the destruction of human rights. Some Vital question of ethics, human rights, and value by means of dialogue between law and literature. Terror or terrorism has never been far from the consciousness of poetic culture since French Revolution and philosophers such as Burke and Kant were grappling contemporaneously with the curious compulsion to words terror of the modern age. Terrorism is a deliberate and systematic murder, maiming and menacing of innocent to inspire fear for political ends. Terrorism according to me is a product of fanatical violence perpetrated generally in order to realize some political ends to which all humanitarian and ethical beliefs are sacrificed. It is a use of force, threat, and a violence method to combat to achieve certain goals that is aim to induce a state of fear in the victim, that it is ruthless and against humanitarian norms and that publicity is an essential in the terrorist strategy.

### Defining terrorism :-

Terror and terrorism can be viewed either from the perspective of the person of the person who applies it or from the perspective of the person subjected to it. As Hegel observed that about the master slave relationship, the possibility exchange of roles always exists. Applied terror and terrorism as function of domination alters the human relation between the parties. Hegel sees this as a dialectical exchange with social as well psychological complications.

The relation between the forces of terror as instrument of state. Terror here is in the service of the state. There is evidence that no human being can terrorize another human being without an exaltation which is the Jacobean's thought of "virtue". Terrorism by unofficial group against the



targets another state or within the state, if promoted or condoned by a government, may raise issues which are unlawful use of force by the state. Terrorism is a means to those fanatics who uses this as one of the most valuable weapon against all the combined forces against it.

**Factors of Terrorism :-**

This is a question which everyone has an answer and each answer varies from one another. This shows that how people are concerned about this threat, its effect in all spheres of life. In my project I will be dealing with various promote terrorism at large. These are

- Economic aspect
- Political aspect
- Social aspect
- Religious aspect
- Ideological aspect

**Politics of Terrorism in India :-**

The political systems are facing a major paradox at present. It related to the stability of the nation-state which, with its unprecedented military strength and large panoply of other security arrangement, has grater chances of fending off internal opponents and external aggressors. Thus the governments, in their eagerness to secure and maintain a desired degree of obedience and loyalty, have frequently directed institutionalized violence their own citizenry as well as against other communities under their control.

**Role of Police And National Human Rights Commission :-**

In this chapter I will be dealing with the way police is been acting on these crucial and sentimental issues. The human rights violation in the custody and steps taken by human rights commission and media both print and electronic. India has had its share of terrorist attacks and is learning to live with it. Today, not only Mumbai and Delhi are high on list of terrorist but hi-tech hubs like Bangalore and Hyderabad have already begun to been on the terrorist radar. If Mumbai was shaken by the serial blasts in the local trains which left hundreds dead and injured and Delhi was in stock at the bombing that took place in crowded shopping area, the attacks in India's emerging high tech hubs like Bangalore and Hyderabad in previous years came as an eye opener. Today what is new is the act that the terrorist has become more sophisticated and knows how to attack in places where it would hurt the most. Take for instance, the Mumbai blast orchestrating the seven blasts in a public transportation system is not the job of the amateur. The terrorist knows that India is globally emerging as an economic superpower in IT, BPO and even conventional businesses. Over the last couple of year, intelligence agencies have continually sent warning signals of militant groups planning attacks in Bangalore and the going on high alert. Bangalore, where all the global giants like Intel, IBM, Motorola, HP, have development offices, has more than 1,500 It and BPO firms. Several Indian defense, space and scientific research institution institutions are also based in Bangalore.

**Three Reasons For Terror Activities :-**

- 1) Terrorist feel they are sending signals to international investors that India may be the safest place to be.
- 2) A significant number of US, firms have operations here and when the militant tendency is to get back at the Us, this is the one way of getting back.
- 3) Security is not as tight as it could be.

The terrorist is looking at the other means of attack i.e. through technology. There are many companies here that are working on mission critical applications for US firms. To hit back at the US government, all you need is to cripple the operations through technology and data theft.

We have in the last 15 odd years, seen 5 different kinds of terrorisms emerging in India. Of course the most significant one is the one we seen on account of cross border insurgency in Jammu and Kashmir. The second is the Punjab which we saw in the 1980's and was fortunate to have been able to overcome. The third we saw a severe problem in the south from the LTTE. Problems in the north east is continuing and the latest to join these categories is the kind of terrorism spread along the various parts of central India the Maoist insurgency from Andhra Pradesh.

**Conclusion :-**

Terrorism is generally understood to refer to the deliberate killing of civilians in order to spread fear through populations and force the hand of political leaders. Militant groups seeking to



overthrow authority have frequently used exemplary violence to intimidate political opponents via public opinion. States too have employed terror to intimidate and repress their opponents. In this new context, human rights organizations – and particularly non-governmental organizations (NGOs), to which this report primarily refers – were challenged to be relevant. Critics claimed they had misread the profound threat that modern terrorism poses and spent too much time defending the rights of people accused of terrorist offences and too little advocating the rights of victims. Such criticisms have been particularly directed at international human rights organizations.

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## Stress And Women Health Dr.Ujwala Tikhe Kandalkar

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### Abstract-

Stress is a condition that women experience at one time or another, whether they are under pressure at work, managing a busy household, or dealing with personal issues. Those who are unsure of how to deal with stress at risk for developing both mental and physical ailments. Fortunately, several stress management techniques can effectively reduce feeling of worry anger and frustration in a safe and healthy manner

Key words- stress, stress management techniques

### Introduction

Today women work along with men in every field and scale great heights. They work in the defense force, drive the railway engines, work in the police department, custom hospitals, airlines, tourist agencies and almost every other field. They work with more tenacity, with more devotion. They have to walk on tightropes at home and at the workplace, yet they organize the job and the household extremely well.

In India women occupy a secondary position. However, much we talk about liberation of women, in the middle-class families, household is a priority. They look after the children, aged in-laws, sisters-in-laws, relatives and occasional guests. She has no time left for herself and her health problems are ignored. Women who have shift duties and find it extremely difficult. They do not attend to their health unless there is an urgency and they get a final warning of the disease that they are suffering from.

Women in the city who work do the same thing in their busy schedule of household management; they rush to their places of work trying to avoid late marks. In the evening when they come back, they look after children's studies, then cook a meal to get ready for the next day. They keep on rushing, be it nature's call or their own meal. In the morning they prepare breakfast for everyone but they have no time to eat it. They have a good meal in the afternoon which results in gastric conditions, constipation and weight increase. They have no time for exercise or hobbies as a result there are lots of physical complaints, back pain, lower back pain, stiff joints, obesity etc. Scarcity of time is one major reason for stress in today's life. Knowledge of managing stress should increase your awareness and management of self, thus improving chances of success leading to tranquility and happiness in your life.

It must be understood that management of time and space are absolutely critical to the success of women. regardless of the definition of stress. Most people understand it as physical, mental or emotional strain or tension. Most of us experience that in movement of extreme danger some changes come about in our body system. Sensing the extreme danger weather use Si e a speeding truck heading towards you when you are crossing the road or a terrorist entering the bus or train you are travelling in, the brain gets the danger signal and respond to this signal by pumping certain hormones and adrenalin in our blood stream. This is done through use of adrenal glands which release rich burst of sugar from the liver. This also activates the pituitary and thyroid glands. All this happens within a few microseconds. These changes happen as if a lightning charge of energy has been exploded within a person which helps him to respond to the danger, in our examples, by running away from the speeding truck, by jumping out of the bus or train and so on. This is known as a fight orflight mechanism. To protect us from threats, nature has given us stress hormones. which instantly and spontaneously go in to action and release huge energy. It is common energy. It is common experience that when we are angry and fretting and fuming, the color of your face changes, our eyes bulge out and become red, face muscle become stiff, throat gets Choked some kinds of forth comes in the mouth and we clench our fists or use them to strike things around us. We are generally not aware that our headache indigestion, high blood pressure, fatigue, diabetes all because of the stress we have in our lives.

**Develop the right attitude towards time -**

women do not have right attitude towards time. They do not understand that minutes and hours are very important in today's world and unless one is able to extract 60 seconds out of a minute, success is not possible. So having the right mind -set about time is all most important.

**Develop the right attitude towards stress -**

It should be understood that stress is part of living and only a dead person is without stress. So, expect that you would be under some stress whether you like it or not, so worrying about stress does not reduce stress, it increases it. Problems whether personal or related with workplace, have to be handled and worrying about them reduces the chances of their getting sorted out. Hence do not worry but do everything within your control to handle the problems. Look at the positive aspect of stress, there are many situations where stress acts as positive motivator. Stress of filing a report by media person or the stress of meeting the deadline of the publisher by author or even the stress of reaching office or venue of meeting at the appointed time, stress of student getting through in an important examination and so on, can help individuals in meeting their targets for achieving their goals. This is part of purposeful or meaningful living. Worrying about such things and generating stress must be avoided. Many persons inflict or impose stress on themselves as if they are seeking stress in every situation. Anxiety and worry are part of personality of certain individuals. If you ask them how they are the most likely response of such persons would be as if they are favoring the almighty by going through their lives.

**Simple techniques to manage stress -**

- 1) learn to put things in right perspective
- 2) face the risk rather than running away from it
- 3) work on your strengths
- 4) identifying your stress factor
- 5) stop what you are doing when you feel stressed
- 6) get counselling from an expert
- 7) Device Your own time management program
- 8) device your own physical activity program

**The basic principles of time saving-****1) Make a clear list of priorities -**

Start with making a list of jobs to be finished in the day. The phone calls to be made, people to meet with, jobs waiting at the table, meeting to be attended etc., list them all in your diary. A glance will make you take note of priorities and then start- you are sure to finish in time.

**2) Tackle only one job at a time-**

Doing many things simultaneously is not easy. The very idea is based on distraction. What's more, none of the jobs gets finished at the end of the day. You are left with so many loose ends that confusion reigns and delays happen with a domino effect. One job at a time gets your undivided attention and the job is done, all loose ends neatly tied up. Even simpler task like watching TV while eating and then picking up the newspaper to scan quickly should be avoided.

**3) Try to delegate responsibility to your helpers-**

The irregularity of schedules compels us to seek help from others. Such help is forthcoming only if we have groomed closeness with them. Never take yourself for a superman. Recognize your own feelings and do not hesitate taking help.

**4) Always do a cross check-**

For every major meeting check about everything right from whether the meeting is still on and it's time and place. You can do it by pressing a few buttons without leaving your seats but it will save you a lot if there is any last-minute change in the program.

**5) Speed up your act -**

We, especially, are always stressed for time thanks to the unpredictability of our duties. It always helps to speed up and finish before time.

**6) Avoid jobs less important-**

When the diary shows check- a- block appointments, routine phone calls can always wait. Postpone them for some other time. Organize more jobs such that they can be tackled on the way to the office. Also, the household jobs that afforded to wait can wait, like sending goodwill messages.



**7) Plan the days' time table-**

Our day has to follow the jobs chalked out for it. If they are well planned with a proper order, wastage of time is minimum. To achieve all this, first buy a diary. Every Sunday sit specially to plan a whole week out, on the lines given below -

- a) Write down the list of jobs to be finished
- b) Note down the telephone calls to be made and for what purpose.
- c) List the jobs in the order of priority.
- d) Time to be reserved for the family
- e) Time for exercise.
- f) Bedtime etc. as per individual requirement.

Women can manage stress by practicing healthy self-care strategies for coping with stress. Examine your negative stress signs in each of these six life areas: physical, emotional, mental, occupational, social, and spiritual. Here are some suggestions.

**Physical.** Exercise, practice relaxation techniques (yoga, meditation, listen to relaxing music), eat healthy (for example, follow the Mediterranean diet), schedule leisure time, get enough sleep (7 to 9 hours/night).

**Emotional.** Express your emotions, repeat positive emotions, and work toward a healthy self-esteem.

**Mental.** Have a positive outlook, realistic thinking, resilient attitude, and be creative.

**Occupational.** Establish doable goals, identify home-work balance, set limits.

**Social.** Strive to maintain loving relationships, establish healthy boundaries, and stay connected with friends.

**Spiritual.** Find your meaning/purpose, focus on gratitude, stay in the present moment.

**Personal wellness plan**

A personal wellness plan with goals can be helpful. Goal setting can seem overwhelming. These practical steps can get you started.

- Review life areas. Examine the six life areas for potential change.
- Identify goals. Be aware of what needs to be done and set goals.
- Be specific. Know what you want to accomplish.
- Set measurable targets. Move in the right direction.
- Be realistic. Set smaller goals that are achievable.
- Identify resources. Use helpful resources to reduce potential problems.
- Set time limits. Consider reasonable, specific time limits.
- Evaluate progress. Make changes as needed.

**Conclusion-**

Women will continue to experience stress in their lives. A personal wellness plan with built-in periods of recovery and self-care can help women manage stress and empower themselves to make healthy life changes.

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## **An Assessment on a Journey of Dalit Women from Subjugation to Assertion of Human Rights**

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### **ABSTRACT**

In a rigid patriarchal social set up of India, Dalit women suffered immense oppression, not only through caste, but gender also. It is asserted that being a Dalit is a reason enough to be ready to face a life full of miseries, sufferings, degraded and dehumanized way of life. Society being a humanitarian should shudder at the realistic and authentic accounts of the life conditions of the Dalit women, her suppressions, humiliations, sufferings, dilemmas, threats and exploitation. There was the abiding need for structuring/framing the laws to secure the rights of the human beings. The United Nations Organization (UNO) laid down a common standard of achievements for all human beings with The Universal Declaration of Human Rights (UDHR) on 10 December 1948. The untiring efforts by Dr. Ambedkar in their upliftment, struggle of Dalit women's movement to bring them in mainstream, their systematic and determined efforts to realize Dalit women's rights at the wake of modernization have brought a more positive change in their situation, life and work. Their voices are increasingly becoming audible and asking attention of the government and society and their struggles are visible nationally and internationally through the feminist federations, organisations, conferences and their movements. The paper tries to analyse and assess the journey of Dalit women from the previous century to their present position in asserting their rights and their involvement in various social, cultural platforms to identify their rights and fight for their human rights.

**Key Words:** Dalit women, social stratification, academic avenues, human rights.

In a rigid patriarchal social set up of India, Dalit women suffered immense oppression, not only through caste, but gender also. It is asserted that being a Dalit is a reason enough to be ready to face a life full of miseries, sufferings, degraded and dehumanized way of life and being a woman means a life of exploitation in the name of sex, a weak variety of human subordinating to man. Society being a humanitarian should shudder at the realistic and authentic accounts of the life conditions of the Dalit women, her suppressions, humiliations, sufferings, dilemmas, threats and exploitation. Her sufferings are two-fold: she has her own share of universal suffering as a woman and additionally, she is the victim class based exploitation such as social, religious, economic, and cultural as a Dalit woman. Furthermore, opportunities and avenues available to her for voicing her grievances and agonies are very few. Society is still following the age old laws formulated by Manu which generates the concepts like purity and pollution. In the social tier Dalit women received the last position in terms of life, respect, dignity, self esteem and the self worth and this sanction was achieved by implementing the dominant ideology in the cultural, social system and transmitting to the succeeding generations by cultivating among them the fixed patterns of opinions and outlooks.

The institutionalization and cultural marginalization of Dalit women is the result of their fear to challenge the Hindu social order. In his speech at the gathering of women at the Mahad satyagrah, Dr. Ambedkar articulated the linkage between caste and gender. In directing the attention of Dalit women to specificities of women's subordination by caste, he underlined the simultaneity of their subordination as Dalits and as women. Dr. B. R. Ambedkar not only championed the cause of social awakening and justice for the deprived, downtrodden and unprivileged sections of the Indian society but also worked tirelessly throughout his life to challenge the authority of orthodox Hindu social order that upheld unjust gender relations in an institutionalized manner. Dr. Ambedkar recognized the power of education to put an end to this exploitation. Women's education was the central concern for him. He brought Dalit women in the social-political movement by consciously organizing conferences and arranging meetings. His aim was to give them the power of speech, to make them establish their own identity and help them realize their personality. Several women activists responded to his call and large number of women started taking part in his movement. They began to express their views in an honest and forthcoming manner. As a result of the awareness among women, women's association was established in 1928 in Bombay preceded by numerous conferences held for and by women all



over Maharashtra. In 1942, the establishment of 'Dalit Mahila Federation' (Dalit Women's Federation) appeared as a major step towards initiating movement for their liberation. In one occasion, Dr. Ambedkar addressed them:

*"Learn to live in cleanliness, stay away from all bad habits and vices .Give education to your children; create a sense of ambition in them. Instil in their minds the feeling that they will become great. Do not press them to marry until they have attained the capacity to bear the responsibility that comes with marriage. Those who marry should remember that it is wrong to produce many children. Even if no facilities are available to you, mothers and fathers have a responsibility to keep their children in a good condition. Every girl who marries must be ready to stand by her husband's party. Not as his slave but in a relation of equality, as his friend. If you behave according to this advice you will lift up not only yourselves but Dalit society as well, and increase respect for yourselves and for the community."*<sup>1</sup> The emergence of Dalit literature is acknowledgement of the sorrows and the sufferings of the exploited transformed into creative structure. Dalits and Dalit women began to express their sorrows in the form of literature. They stand up to assert their rights in the caste dominant Hindu society. Many Dalit women writers use personal testimony to bring home to the readers the experience of public humiliation, sexual exploitation, hazardous, demeaning and menial jobs and being looked down upon, because they do so.

Hence, there was the abiding need for structuring/framing the laws to secure the rights of the human beings. The United Nations Organization (UNO) laid down a common standard of achievements for all human beings with The Universal Declaration of Human Rights (UDHR) on 10 December 1948. The untiring efforts by Dr. Ambedkar in their upliftment, struggle of Dalit women's movement to bring them in mainstream, their systematic and determined efforts to realises Dalit women's rights at the wake of modernization have brought a more positive change in their situation, life and work. Their voices are increasingly becoming audible and asking attention of the government and society and their struggles are visible nationally and internationally through the feminist federations, organisations, conferences and their movements. Since 1920s, Dalit women record their presence in the gatherings and were active in anti caste and anti- untouchability movements, non Brahmin movements initiated in 1930s. In 1942, 25,000 Dalit women attended the All India Depressed Classes Women Conference in Nagpur. Several organizations such as National Federation of Dalit Women, All India Dalit Women's Forum along with many state forums were formed by them to fight for their rights and to ensure the treatment of the society with dignity as human beings.<sup>2</sup> Not only the national level awakening programs were held by these organizations but their call of human dignity reached to the international level as Dalit women delegation was sent to 1993 World Conference against Racism and the World Conference on Women held in 1995.<sup>3</sup> Dalit women participated in critiques of New Economic Policy (NEP) at the 2003 Asian Social Forum and the 2004 World Social Forum, 2006 National Conference on Violence Against Dalit Women was organized in New Delhi. This conference passed the "Delhi Declaration," which laid out how Dalit women faced "disparities in the prevalence of violence, poverty, and sickness" and described the way that dominant castes were responsible for these disparities. During these conferences Dalit women advocated that discrimination based on caste and its effects on the solidarity of the society. Dalit women's involvement can also be seen in the social movements of the 1970s and early 80s.<sup>4</sup>

It is this period of awakening that dalit women started recording their lives and challenges through writing poetry and autobiographies. Issue of caste at the wake of modernization was first brought forth by Dalit women from their own perspective. This was a marked change from the various feminist movements in the 70s and 80s which did not address caste issues. It is a wellknown and well accepted fact that Dalit literature is the direct product of Dalit agitation and movement. According to Wikipedia it "is an attempt to articulate unheard, unspoken voices" Dalit women's writing brings issues of caste identity to feminist literature. They can be viewed as protest narratives against the exploitation of Dalit women by upper caste people, as well as the internal gender hierarchies within Dalit families. By establishing Dalit women's identity as that which is affected by mutual and intersecting structures of caste and gender, dalit women's autobiographies reinforce the Dalit feminism as an intersectional category.

Meena Gopal rightly said that "today, as Dalit women's day-to-day existence undergoes major changes due to urbanization, migration and want of employment, notwithstanding technological upgradations and modernization, Dalit women in low skilled, caste-based labour continue to suffer in



the menial, filthy and highly defiling occupations such as manual scavenging, tannery and mid-wifery wherein the sexual division of labour push them to the most polluting segments of the caste-based occupations.”<sup>5</sup> The lived experiences of Dalit women reveal that their endless sufferings are enhanced by ‘thrice discriminated’ identity, meaning that Dalit women are discriminated against on the basis of class, caste, and gender. Another expression she often uses for them is ‘Dalits among the Dalits’ or ‘downtrodden among the downtrodden.’<sup>6</sup>

Another challenge for Dalit women is related to the legislature safety and security in India. It is the fact that an Indian legal system is strongly criticized for delay in results, mal practices, corruption, flexible laws, more time consuming etc. which indirectly affect the whole process of justice. It is found that about 90 per cent of the crimes against Dalit women are not reported to the police for the fear of social exclusion and threat to personal safety and security. Numerous cases are pending at the court related to the safety and security of Dalit women and their exploitation at the hands of the men of their own community. This picture becomes more gloomy when considered to rural areas.

Despite all these threats and challenges, Dalit women record their presence very actively in politics. Here also they continue to suffer from the lack of appreciation and respect from the non Dalits and men of their own community. Awareness of their marginalization, however, is increasingly evident in recent times, and the Dalit woman’s voice in the public space is becoming gradually audible. Despite the work of Dalit feminist movements and non Dalit NGOs in public sphere, the challenges before them have not come to an end. This is evident in the words of Asha Kowtal, General Secretary of all India Dalit Mahila Adhikar Manch (aIDMaM), an organization created by National Campaign on Dalit Human Rights (NCDHR). She says, ‘India’s population of 160 million Dalits is composed of approximately 50 per cent women who make up about 16 per cent of India’s total female population, and 8 percent of the total population. “the triple discrimination of Dalit women based on Caste, Class and patriarchy often remains unexplored within the mainstream women’s movements.’<sup>7</sup>

At present, Dalit women’s condition seems to improve despite an age long cultural marginalization and stigma of their caste and class. They are outshining and excelling in every challenging field of society. Their stout but humble actions and reactions to the happening in the world is but the utopian dream of an ideal society which goes beyond the caste, class and gender issues and looks upward for the holistic development of all its citizens.

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## Women Development In Sports: National Policies In India

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### Abstract

The present paper is an strive to research the fame of woman empowerment in India the usage of numerous signs primarily based totally on facts from secondary sources. The examine famous that woman of India are surprisingly disempowered and that they experience incredibly decrease fame than that of guys no matter many efforts undertaken via way of means of government. The Women in Sport Movement is turning into a international phenomenon; and rightly in order girls include 1/2 of of the worldwide population. Change has been slow, however, and plenty of long-status traditions remain. However we trust that there may be high-quality capacity for the repute quo to be challenged with disruption, and extrade on the systemic level. Gender hole exists concerning get right of entry to to training and employment. Household selection making energy and freedom of motion of woman range significantly with their age, training and employment fame. It is observed that recognition of unequal gender norms via way of means of woman are nonetheless triumphing withinside the society. More than 1/2 of of the woman consider spouse beating to be justified for one motive or the different. Fewer woman have very last say on the way to spend their income. Control over coins income will increase with age, training and with location of residence. Women's publicity to media is likewise much less relative to guys. Rural woman are extra vulnerable to home violence than that of city woman.

### Introduction

A big gender hole exists in political participation too. The precept of gender equality is enshrined withinside the Indian Constitution in its Preamble, Fundamental Rights, Fundamental Duties and Directive Principles . The Constitution now no longer best presents equality to ladies, however additionally empowers the State to undertake measures of advantageous discrimination in favour of ladies. Within the framework of a democratic polity, our laws, improvement policies, Plans and programmes have aimed toward ladies's development in exclusive spheres. From the Fifth Five Year Plan (1974-78) onwards has been a marked shift withinside the technique to ladies's troubles from welfare to improvement. In latest years, the empowerment of ladies has been diagnosed because the imperative difficulty in figuring out the popularity of ladies. The National Commission for Women became installation via way of means of an Act of Parliament in 1990 to guard the rights and felony entitlements of ladies. The seventy three rd and seventy four th Amendments (1993) to the Constitution of India have furnished for reservation of seats withinside the nearby our bodies of Panchayats and Municipalities for ladies, laying a robust basis for his or her participation in choice making on the nearby levels.

In maximum societies, participation in sports activities has been in most cases a male domain. However, during the last many years girls in sports activities advocates have validated that girls also are ready and feature an area withinside the sports activities world. When the primary lady ball participant rotated the bases at Vassar College in 1866, sportswomen have taken their sports activities stories to heart (Sandoz & Winans, 1999). Even with out robust records of achievements girls needed to show that they have been ready in sports activities. In gift days, we see considerable variety of girls taking part in now no longer best taken into consideration minor sports activities however additionally in sort of sports activities that require high-quality prowess and skills. The increase of girls's sports activities can quality be choose with the aid of using the slow however continual enlargement of girls's activities withinside the cutting-edge Olympic Games (Bennette, Howell, and Simri, 1983). However, whilst girls first started banging on the door of sportsworld, they encountered masses of opposition. As the popularity of girls in game has now no longer observed a steady, uphill direction for the duration of records, instead, it has long gone via many peaks and valleys – instances whilst lady sports activities figures greater famous heroines and instances whilst girls have been condemned as undeserving mothers (Lutter & Jaffee, 1996). Over the years maximum goals to girls's sports activities participation had been subjective in nature, frequently



predicated upon the sentimental thesis that girls is fragile in nature and dainty in appearance (Klafs & Lyon, 1978).

### **Women and sport leadership**

Women do lead, they may be competitive, and that they have lots to provide the converting face of game. Yet globally ladies continue to be below represented as coaches, administrators, and officers in any respect ranges of competition . The patriarchal subculture of game and the marginalisation of ladies in the game place of business go away ladies feeling unsupported and isolated. Women constitute 49.5% of the worldwide populace but are handled as a minority institution in game; however, this minority institution refuse to stay or be silenced and are making themselves extra visible. The popularity quo wishes to be challenged with disruption and alternate on the systemic stage required.

### **National policies**

The National Policy on Empowerment of Women followed in 2001 states that " All sorts of violence in opposition to ladies, bodily and mental, whether or not at home or societal levels, together with the ones bobbing up from customs, traditions or widely wide-spread practices will be treated efficaciously on the way to cast off its incidence. Institutions and mechanisms/schemes for help may be created and reinforced for prevention of such violence, together with sexual harassment at paintings region and customs like dowry; for the rehabilitation of the sufferers of violence and for taking powerful motion in opposition to the perpetrators of such violence. A unique emphasis can also be laid on programmes and measures to address trafficking in ladies and girls." Under the Operational Strategies, the Policy presents:

- a) Strict enforcement of applicable felony provisions and rapid redressal of grievances with unique awareness on violence and gender associated atrocities;
- b) Measures to save you and punish sexual harassment at paintings region and safety of ladies people withinside the organised/unorganized sector
- c) Crime in opposition to ladies - their incidence, prevention, investigation, detection and prosecution to be reviewed often in any respect Crime Review fora on the Central, State and District levels.
- d) Women's Cells in Police Stations, Women Police Stations, Family Courts, Mahila Courts, Family Counseling Centres, Legal Aid and Nayaya Panchayats to be reinforced and improved to cast off VAW and atrocities in opposition to ladies.

The Policy additionally presents that "Women's Cells in Police Stations, Women Police Stations, Family Courts, Mahila Courts, Counseling Centers, Legal Aid Centers and Nyaya Panchayats may be reinforced and improved to cast off violence and atrocities in opposition to women.

### **Women status in India**

As some distance as India is concerned, the precept of gender equality is enshrined withinside the Constitution and unearths an area withinside the Preamble, Fundamental Rights, Fundamental Duties and Directive Principles. The Constitution now no longer handiest presents equality to woman however additionally empowers the States to undertake measures of wonderful discrimination in favour of woman. Historically the fame of Indian woman has been stimulated via way of means of their past. There is proof to expose that woman withinside the Vedic age were given maximum venerated positions withinside the society (Seth, 2001). They had the proper to training and had been loose to stay single and dedicate their complete existence to the pursuit of understanding and self realization. The married woman done all of the works and sacrifices similarly with their husbands. They had been knowledgeable in numerous disciplines of understanding together with astrology, geography, veterinary sciences or even in martial arts. There had been times of woman taking element in wars and fights. They had been surprisingly reputable inside and out of doors home. Gradually because of numerous socio-political changes, in particular at some stage in the center age, the superb fame of woman declined. The urge for equality at the a part of Indian woman commenced getting momentum at some stage in the colonial times. Noted social reformers and countrywide leaders like Raja Ram Mohan Roy, Annie Besant, Sorojini Naidu and Ishwar Chandra Vidyasagar made selfless efforts to create attention amongst woman approximately their fame and had been pretty a success in putting off numerous social evils together with sati pratha, baby marriage, and polygamy. They additionally endorsed widow remarriage and woman training. The reformers had been a success in growing a base for improvement of woman and theirs try for equality. In route of time Indian society



were given converted from conventional to a current one. Consequently woman have become extra liberal and privy to numerous methods of existence. Since they may be pretty able to breaking the conventional limitations imposed via way of means of the society at the moment are hard the patriarchal gadget aleven though in a restricted scale.

#### **Decision Making Power**

Decision making strength of girls in families is one of the essential signs of girls empowerment. It is observed that most effective 37 consistent with cent of presently married girls take part in making selections both on my own or together with their husband on their fitness care, huge family purchases, purchases for each day family wishes and on travelling their own circle of relatives individuals and household (Table 1). Forty 3 consistent with cent take part in a few however now no longer all selections and 21 consistent with cent do now no longer take part in any of the choice. As excessive as in 32.four consistent with cent instances the choice concerning the acquisition of each day family wishes is taken particularly via way of means of the respondents while the selections like go to to her household are in maximum instances taken on my own via way of means of husbands or together. Decision like important family purchases is taken together in maximum of the instances.

#### **Freedom of Movement**

Free mobility of girls is every other indicator of girls empowerment. The facts famous that approximately 1/2 of of girls are allowed to visit the marketplace or to the clinic on my own (Table 3). Only 38 consistent with cent are allowed to tour on my own to locations outdoor the village or community. While now no longer all girls are allowed to visit those locations on my own, most effective a minority aren't allowed to move at all. Compared to city girls, rural girls have much less mobility. Women's mobility is likewise suffering from their historical past traits like age, training, marital reputation, kind of own circle of relatives and many others. Table four famous that freedom of motion will increase with age aleven though it does now no longer range linearly with training. Seventy consistent with cent of the girls of the very best training institution are allowed to move on my own to the marketplace as in opposition to forty nine consistent with cent of girls and not using a training.

#### **Acceptance of Unequal Gender Role**

Women's protest in opposition to unequal gender function in phrases in their mind-set toward options for son, spouse beating and many others is every other indicator of girls empowerment. The facts supplied in Table five display that fifty four consistent with cent of girls in India agree with spouse beating to be justified for any of the precise motives. Similarly 35 consistent with cent girls agree with it to be justified in the event that they overlook their residence or children. However, settlement with spouse beating does now no longer range a good deal via way of means of girls's age and family shape, however decline sharply with training. It is to be referred to that even a number of the maximum knowledgeable girls, at the least one in 3 concurs with one or extra justifications for spouse beating. In rural regions girls are commonly extra agreeable to spouse beating than in city regions. Agreement is decrease amongst by no means married girls compared to ever married girls.

#### **Elected Women Members**

Many elements are accountable and decisive withinside the election of girls applicants consisting of literacy, economic position, liberal own circle of relatives historical past, assist of different individuals of the own circle of relatives, robust persona and many others. Since maximum of the girls lack get admission to to those, few girls get tickets or even fewer get elected from this handful of girls applicants. Table 2.thirteen indicates the elected girls Members in Lok Sabha. From the desk it's far clean that percent of girls individuals to the overall individuals has been always much less than 10 consistent with cent in every Lok Sabha beginning from 1st to twelfth one. This indicates negative participation of girls in political field.

#### **Conclusion**

The society is extra biased in desire of male infant in recognize of training, vitamins and different opportunities. The root motive of this kind of mind-set lies withinside the notion that male infant inherits the extended family in India with an exception in Meghalaya. Women frequently internalize the conventional idea in their function as natural, for this reason causing an injustice upon them. There are numerous constraints that take a look at the technique of women empowerment in India. Social norms and own circle of relatives systems in growing nations like India, manifests and



perpetuate the subordinate reputation of girls. One of such norms is the persevering with desire for a son over the start of a female infant, that's found in nearly all societies and communities. The maintain of this desire has bolstered in preference to weakened and its maximum evident proof is withinside the falling intercourse ratio (Seth, 2001).

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## Comparative Study of Rural and Urban Female Literacy in Amravati District (Maharashtra State)

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### Abstract

The literacy rate is an important factor in the social development of the population as the region with higher literacy rate is more prone to adopt new technologies. Literate society is always moving towards progress. The woman in any family is the foundation of the family and if the head of the household is well educated then she can help the next generation to progress by making them literate. But in Indian society even today female literacy is less than male literacy. There is also a difference in the literacy rate of women in rural and urban areas. At present rural literacy rate in India is 68.91%, male literacy is 78.57% and female literacy is 58.75%. In other words, female literacy in rural areas is 20% lower than that of men. The literacy rate in urban areas is 84.98%, male literacy is 89.67% and female literacy is 79.92%. Even in urban areas female literacy is lower than that of men. But female literacy is higher in urban areas than in rural areas. The same difference is found in the literacy rate of women in rural and urban areas of Amravati district.

This paper presents a comparative study of female literacy in rural and urban areas of Amravati district.

**Key Words**-Literacy, rural, urban, female, growth

### Introduction

The woman is the foundation of the family and if the woman is literate then it helps the family to progress. Even today, the female literacy rate is lower than that of men, which means that in many societies there is still opposition to women's education. This condition is mainly found in rural areas. Therefore, female literacy in rural areas is lower than in urban areas.

The female population is as important in the population as the male population because without these two, population development cannot be imagined. Therefore, both components of the population must be literate. The present paper has comparative study of rural and urban female literacy in Amravati district. Increases in rural and urban female literacy have also been studied.

### Objectives

The main objectives of the present research paper as follows,

- 1) To study the literacy of rural and urban female population and comparison in Amravati district.
- 2) To study the growth rate of rural and urban female literacy in the study region.

### Data Source and Methodology

Present research work is carried out with the help of secondary source of data. The analysis is based on the rural and urban population data of census. The related data is compiled from District Census Handbook, Amravati (2001 and 2011).

The literacy rate of rural and urban female population as well as growth in literacy is calculated with the help of following formula,

$$FL = [FLP \div (FP - 0 \text{ to } 6 \text{ Age Female Population})] \times 100$$

FL – Female Literacy Rate

FLP – Female Literate Population

FP – Total Female Population

$$GRL = [(LP1 - LP0) \div LP0] \times 100$$

GRL – Growth Rate of Literacy

LP1 – Literacy of Current Census

LP0 – Literacy of Previous Census

Calculated values are arranged and presented in tahsil wise table. The distribution of rural and urban female literacy is shown in map of the region. The growth in literacy is shown in bar graph. The analysis is based on the census year 2001 and 2011 data.

**Study Region**

Study region is situated in the state of Maharashtra and conflicts in between 20° 33' N to 21° 47' N latitude and 76° 43' E to 78° 24' E longitude. District covered total 12210sq.km area with total 14 tahsils. Total population of the district is 2888445 and out of them is male and 1407677 are the female.

District abounded with Madhya Pradesh on north, Nagpur and Wardha district towards east. Yavatmal south and Akola district on west.

**Literacy of Rural Female Population (2001 and 2011)**

Table no 1 shows tahsil wise literacy of rural female population of the district in the year 2001 and 2011. Figure No 1 and 2 shows the distribution of rural female literacy in the year 2001 and 2011 respectively.

**Table No 1**  
**Amravati District – Rural Female Literacy (2001 and 2011)**

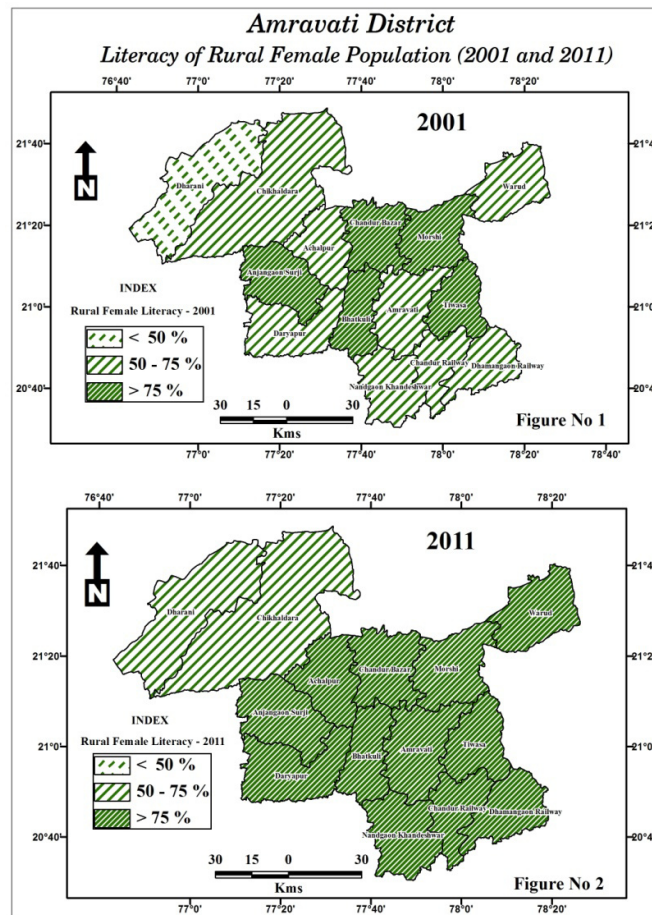
NAME	2001	2011
Dharni	49.33	65.22
Chikhaldara	51.02	66.22
Anjangaon Surji	77.23	83.78
Achalpur	72.38	82.64
Chandurbazar	75.38	83.47
Morshi	75.79	82.82
Warud	71.14	78.87
Teosa	76.36	82.86
Amravati	74.76	82.86
Bhatkuli	75.45	83.48
Daryapur	74.71	83.29
Nandgaon-Khandeshwar	73.66	80.81
Chandur Railway	70.91	80.59
Dhamangaon Railway	73.32	80.58
<b>Total</b>	<b>71.09</b>	<b>79.76</b>

Source – District Census Handbook, Amravati (2001 and 2011)

According to the census year 2001 female literacy in rural region was found 71.09% and in the year 2011 it was recorded 79.76%. Rural female literacy is increased near about more than 8% during 2001 to 2011, but still near about 30% rural female is illiterate in the entire district.

In the year lowest literacy of rural female population was found in Dharni (49.33%) and then in Chikhaldara (51.02%). This region has rough topography and tribal population. Maximum illiteracy of female population in rural region of belongs to the scheduled tribe population. The rural female literacy of other tahsils was observed more than 70% a maximum literacy rate of rural female population was recorded in Anjangaon Surji (77.23%) and then Teosa (76.36%).

In the year 2011 tahsil wise female literacy in rural region was also increased but the ranking of literacy was near about same as 2001. Dharni (65.22%) and then Chikhaldara (66.22%) again found the lowest female literacy in rural region. The literacy of female population in rural region was increased in these tahsils but this rate is still lower than other tahsils in the district. The rural female literacy in other tahsil of the district was more than 80% and found maximum in Anjangaon Surji (83.78%).



**Literacy of Urban Female Population (2001 and 2011)**

Tahsil wise literacy of urban female population is presented in table no 2. Figure No 3 and 4 shows the distribution of urban female literacy in the year 2001 and 2011 respectively.

In the district Teosa, Bhatkuli, Nandgaon Khandeshwar tahsils has totally rural population. Dharni was totally rural in 2001 but in the year 2011 Dharni village was included in urban region. Therefore Dharni had no urban literacy shown in 2001 year table.

In the year 2001 total literacy of urban female population was recorded 84.38% and it was greater near about 13% than rural female literacy. In the year this urban female literacy was occurred 88.98% and it was increased more than 4% than 2001. In the year 2011 the rural female literacy was less than 9.22% than urban female literacy.

**Table No 2**  
**Amravati District – Urban Female Literacy (2001 and 2011)**

NAME	2001	2011
Dharni	0.00	80.39
Chikhaldara	83.64	87.74
Anjangaon Surji	81.00	86.72
Achalpur	82.62	88.68
Chandurbazar	85.23	88.18
Morshi	82.96	87.61
Warud	81.72	87.48
Teosa	0.00	0.00
Amravati	85.54	89.84
Bhatkuli	0.00	0.00



Daryapur	84.28	86.72
Nandgaon-Khandeshwar	0.00	0.00
Chandur Railway	81.08	88.22
Dhamangaon Railway	83.39	89.15
<b>Total</b>	<b>84.38</b>	<b>88.98</b>

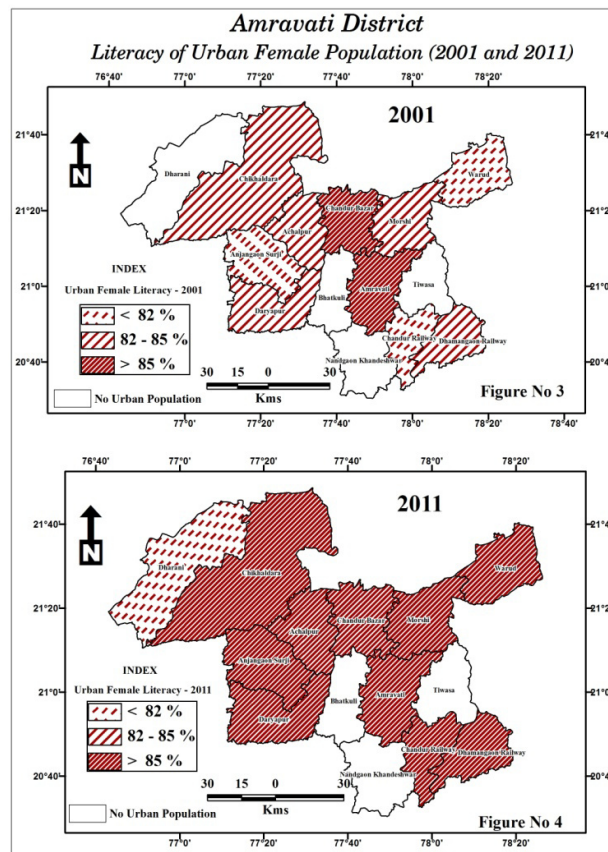
Source – District Census Handbook, Amravati (2001 and 2011)

According to the year 2001 the urban literacy of female population was more than 80% in every urban region of the district. Amravati (85.54%) and then Chandur Bazar (85.23%) was recorded highest literacy of urban female population. Amravati is the main tahsil in the district and also Amravati urban center is the district head quarter. Maximum urban population is concentrated in this city. Also the distributions of educational facilities are higher in the district. Primary educational facilities are also well developed in Chandur Bazar tahsil and therefore these two urban regions found female literacy higher in the district.

Anjangaon Surji (81%), Chandur Railway (81.08%) found the low urban literacy of female population compare to other urban parts in the district. The urban female literacy in remaining part was in between 82 to 85% on the year 2001.

According to the year 2011 Amravati had found again highest urban female literacy (89.84%). In the year 2011 female literacy in urban region was also increased but its ratio was found lower than rural literacy. Urban part of Dharni (80.39%) found lowest female literacy while other all urban part female literacy was found more than 86%.

The urban literacy of rural population was higher than rural female literacy in both years.



**Growth Rate of Rural and Urban Female Literacy (2001 to 2011)**

The tahsil wise growth rate of rural and urban female literacy according to the formula is shown in table no 3. Source – Author



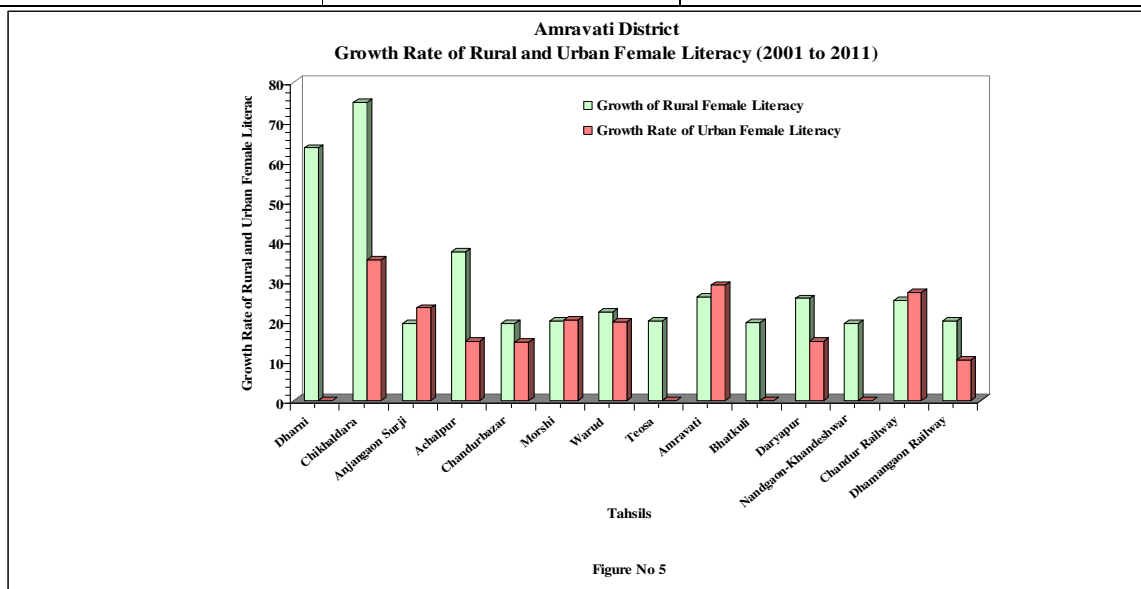
The total growth rate of rural female literacy in the district during 2001 to 2011 was 27% and urban rate was 26.46%. The urban female literacy was higher than rural female literacy but the growth rate of rural female literacy was higher than urban female literacy.

Chikhaldara (74.99%) and Dharni (63.50%) recorded the highest growth of female literacy in rural region. These two tahsils had found low rural female literacy but growth rate is higher. The growth rate of other tahsils in rural female literacy was found in between 19 to 38%.

However, in the tahsils where rural female literacy is higher, the growth rate is lower. Anjangaon Surji, Chandur Bazar, Nandgaon Khandeshwar, Bhatkuli, Dhamangaon Railway, Morshi and Teosa found only 19 to 20% growth in rural female literacy. The maximum growth rate of urban female literacy was occurred in Chikhaldara (35.36%) tahsil. Although Chikhaldara tahsil has low female literacy rate in both rural and urban areas, it has seen the highest increase in literacy rate. This is an indication of the growing progress of the female population in the region. There are indications that the important spread of women's education is taking place more effectively in this region.

**Table No 3**  
**Amravati District – Growth Rate of Rural and Urban Female Literacy (2001 to 2011)**

NAME	Growth of Rural Female Literacy	Growth Rate of Urban Female Literacy
Dharni	63.50	0.00
Chikhaldara	74.99	35.36
Anjangaon Surji	19.22	23.18
Achalpur	37.31	14.83
Chandurbazar	19.23	14.53
Morshi	19.94	20.26
Warud	22.19	19.83
Teosa	19.97	0.00
Amravati	25.88	28.97
Bhatkuli	19.42	0.00
Daryapur	25.64	14.77
Nandgaon-Khandeshwar	19.35	0.00
Chandur Railway	25.02	27.13
Dhamangaon Railway	19.91	10.08
<b>Total</b>	<b>27.00</b>	<b>26.46</b>





Dhamangaon Railway (10.08%) has the lowest urban female literacy rate. In Chandur Bazar, Daryapur and Achalpur tahsils, the growth rate of urban female literacy is between 14% and 15%. The literacy rate in urban areas of the rest of the tahsils is between 19% and 29%. Figure No 5 shows the growth rate of rural and urban female literacy in the region.

### **Conclusions and Suggestions**

In Amravati district, female literacy is found differently in rural and urban areas. Compared to 2001, female literacy rate has increased in 2011 in each tahsil in both rural and urban areas. The literacy rate of urban women is higher than that of rural women, but the rate of increase in female literacy is higher in rural areas. It has been found that the rate of female literacy is increasing in rural areas but not in urban areas.

Excluding the population in the age group of zero to six in rural areas of the district, about 20% women are still illiterate whereas in urban areas 10 to 12% women are illiterate. These illiterate women are predominantly adult women. The housewife must be educated for the progress of the family. For this, every educated person in the family should resolve to make the women of the house literate. It is necessary to increase the participation of women in rural areas by promoting adult literacy campaigns.

At present mobile phones, internet has reached every village and town so with the help of this literacy rate can be increased. For the overall development of the society, every woman in the household must be literate and every educated woman must convince the illiterate women of the importance of literacy. This will help in achieving 100% literacy in both rural and urban areas.

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## The Role of Mother and Father in Children Educational Development

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### Abstract

The 'home education' as a term, represents educational impact of the family on children. It has been proved that in various family environments, children do acquire a variety of experiences, through performing various activities and is constantly exposed to a range of influence and expectations from the people he/she cohabits. In this paper we will analyze the influence of the parents over their children's education within family environment. It will focus issues why each family has different educational potentials. In nowadays social circumstances, the family has a huge and very tough responsibility; as it has to take proper care on their health, their physical development, their overall education, the development of their intellectual affinities, as well as creation for a better moral values and convictions and attitudes, habits to a firm and well behaved cultural relations in the family itself as well as in the society where the child lives. On the other hand, the family as an institution has to create conditions for development of positive relationship towards work, which as such is a predisposition towards a better establishment of a realistic approach for a better development of the children's personality.

**Keywords** Children, Education, Family Relationship, Father's role, Mother's role

### 1. Introduction

It is an undeniable fact that parents are the ones who brought the children in life, it is simply their married. They are the ones who reproduce the human kind in a given society, as in this way they contribute to the development of the human history. Parents or family as a whole, are one of the direct holder of educational work. The term parent should be comprehended as a set of notions such as

1. Firstly, their planning and decision to children birth and the overall nativity rate
2. Secondly, their care and contribution towards rising their children'
3. Thirdly, the parents actions and activities towards an overall parental achievement of a priori set Goals

The family as a cell acts only with love and respect and it dominates the understanding, affection, sacrifice and childcare. So, in this way builds family environment, in which we live, laugh, play and develop children. The contemporary concept over their role and contribution in this regard, in a way rejects the so called single direction of influence of the parents over their children development, replacing it with an intense interaction of three factors such as; the child, the parent and the wider social environment. This interaction is constantly being seen as a mutual influence and process moving from the parent to the child and the other way around, which as such triggers a variety of factors which in one way or another may impact the children's development and education, in both, positive as well as negative sense. The parents take a crucial stand, when it comes to their children's development and education as whole, as the parents themselves are the ones to take care on the overall children physical and intellectual development, till the point they get independent and ready to face the challenges of the society they live in. Parents are aware of the work on the development of children, but at the same time they need pedagogical information on the right to education of their children.

Just for these reasons, the pedagogues and psychologists as well as other researchers, emphasize in an argumentative way, the role of the parents in their overall children's development, focusing the development of their personality in the family and wider. It has been said that the so called "children's development climate", more frequently has been seen from the perspective of three interacting factors or dimensions such as

1. Parental happiness or pleasure to their children's achievement.
2. Needs and the stress that imposes the parental role in the process.
3. The feeling regarding the parental competences towards their children overall development.

The education for life in a given family commences with the first days of the child's live. It is consisting mainly of acquiring experience which is usually affected by constant learning. In this



regard the parents as well as the family as whole, play the role of the direct leaders as well as supporters of the implementation of the education of their children. As this is one of the core factors of influence, it can be seen as the fundamental one which with no doubt has a greater influence on the overall development and creation of the human personality.

When parents involve themselves in the education process of their children, usually the outcome can be qualified as a positive and encouraging one. In this regard, they are usually connected and act under their own parental attitudes, which are transmitted through their demonstration of mutual confidentiality regarding the children's capabilities and their overall learning capacity which leads them towards succeeding over the learning, education as a complex process. Therefore, parents should get involved in supporting their children in doing their homework, as in this way they offer their parental support as one of the key strategies leading towards a successful education of their children at school. Educational level of children in the family depends more on the level of the parent's education, so this factor strongly affects family relationships and the successful development of children.

## **2. Mother is the first and the best teacher**

The family enables children protection in that suggestively that makes parents responsible for their developing and to make their children grow into a total personality. The role of the woman or the mother as an educator represents a crucial resource to the development of the individual identity, which from researchers is seen even as more important as the very marital status of the parents and the occupation of the parents themselves. It seems that the feeling of being a mother, to the woman is more powerful than being a father of given child for the husband. Always in accordance to the biological as well as physiological relation of mother to the child, represents the first and reasonable part or segment of the child's development. This for the reason that mother assures child's life, as she is the one who brings the child in this world, and further on she raises them from being little towards reaching a total independency in mature life.

The mother's function in this regard, has a very important role which as such may be divided into twoparts or directions: The first one is related to the child's defense, while the other one to the child's overall development. Mother's protection as a function embeds several types of actions or types of functions. The 1<sup>st</sup> type is connected to the physical protection of the child, which means that the child must be provided healthcare and hygienic conditions, so that he/she could have a healthy life in a worm home environment in every sense of the word, including here the ambiance where the child lives, which must be well enlighten, a healthy place which offers the child to be showered, feed up and taken care in general. The 2<sup>nd</sup> type is the Psychological protection, which can be reflected through the child's emotional security and psychological protection, especially in moments when the child feels it when the mother is next to him i.e. her.

Another group of activities in this regard, are the maternal functions regarding the child's development involving here the physical development, the intellectual development as well as the emotional development of the child.

Each child which grows up and is educated in the presence of mother, for sure is expected to reach an appropriate physical, psychological as well as social development. In this regard, these children have a much better appearance, the look happy and they enjoy the childhood in general. They are communicative and as such they are ready to cooperate.

For this reason, mother's love and care to the child, is full and well completed, and as such is often accepted by other members of the very family. This type of cultivated love and affection can be qualified as a key condition for an appropriate development of the children in a given family. The children experience the physical as well as psychological effects of the mother, and as such they are taken as model which influences their further development during their emotional stage of development of their moral values as whole. This element of the so called child's identification, the child embeds it in his/her personality for years on and on, throughout his/her total lifespan. It is planted in their character as well as temperament, and as such it is reflected through his/ her attitudes and thoughts in interaction or behavior compartment with the society in general. Almost all culture have developed arrangements which enable mothers to provide for basic child care while maintaining other duties that are instrumental to family well – being.

However, depending on the economic, social as well as emotional limitations, mothers, nowadays have





a variety of opportunities to be able to reach or make real their mother's role, which helps the child's overall development and enables mothers to enjoy the fact of being mother. The modern experiences, show quite frequent derailments from this path of action, which as such can be illustrated with the fact of single mothers, mothers coming from unemployed background, under age mother etc.

### **3. The Father as an educator**

The father in a family is a very important factor, concerning the organization of a nice and appropriately functional development of a house hold, with a specific accent on the children. Helping fathers be the 'best fathers they can be' is therefore of enormous importance to children. A good father must be a good parent and a good husband. This person is extremely important factor in the organization of the family life as a whole, which are the basic ground towards a happily and joyful family for all the members of a respective family. Many young fathers want to do things better than how they have experienced in their lives. His presence in the family has a particular importance while it leads the family members, i.e. the children towards a feeling of safety in their life reigning on the overall family members as a compact union of members. In these circumstances of safety, the children are the ones who benefit mostly.

However, the so called subjective experiencing of the parents by their children varies in different ways and family models, and as such his relevance in a family is much more different from the one that is performed by mothers. As a result of the gender prejudices in terms of the duties to be performed in their family, especially regarding their approach and contribution towards their children's education, it turns out that mothers are more prepared to undertake their role in their children's education, rather than their fathers. Fathers make a powerful difference in defining expectation and challenging children to do their best.

As such, the children learn their responsibilities and role in the family, when they themselves grow up and become parents, which is they are mature to play the father's role in this regard. Given this theory, there has been done much research, which proves that the relationship between father and child becomes stronger. This relationship does not result to be dependent from neither of the other two relations i.e. the one between father and child neither the one mother-child.

In order to have a successfully brought up and well educated children in one family, parents are crucial and they must be careful to some elements which play a key role in raising, bringing up and educating their children; Firstly, while the parent's principal role in the family is the education and the bringing up of their children, then the main obligation of their children is to study harder and properly. For this aim, they need to be well instructed how to study, based upon rules and principles of an appropriate learning and studying. This approach would open to them the doors of the world of a behaviorist attitude towards the work, making possible for them to get to know better the relevance of working as one of the main behaviorist elements of the human kind.

Secondly, the development of the child is in fact an overall child's personality formation. The parents as educators must be able to recognize the basic features of their child, interests, temperament and especially the child's emotional features regarding the child's character.

Thirdly, the child's personality formation has resulted to be constructed mostly based upon child's socialization in general. The socialization process as such, for sure nowadays represents the most important one of all other processes involved in his formation as a child. Thus, the child commences to socialize within a given society since the early stage of his/her childhood at parents' home, circled by parental atmosphere and the relationship between family members in general. In this entourage, the child makes the first steps in the society, manifesting the basic features of behavior, which as such are the fundaments of further social development and integration of the child in a given society.

### **4. Conclusion**

From all what was said so far, we may conclude that the education in the premises of a family life, has a double meaning: Firstly, it must be seen through the perspective of its contribution to the overall child raising up and education, which is crucial to his/her proper formation of children's personality and further on, his/her preparation for leading an independent life. On the other hand, the focus must be put on the family as whole, and the role of children which must be based on their approach and contribution concerning family problems, which should be dealt with, and finally solved by them. Offering education support to children from their parents, concerning issues such as homework, would help children to create an everyday routine of learning. This approach as such



should be stimulated by the parents themselves, by praising, vaunting and rewarding the children regarding the way they perform on this task. This approach as a value would raise within the children the sense of respecting the other family members. Using this education and bringing up methods while raising children, may be considered as one of the best known examples towards a positive overall approach to the educative and formational function with the children, who later on become successful grown up citizens. Offering educational support to them, from their parents, concerning issues such as preparing their homework, on the other hand creates the so called habits of every day routine of action to the learning process, which makes the parents vaunt and praise them, creating and strengthening this way better mutual communication between the parents and children. And again, rewarding and praising the child, is a real stimulator towards a better mutual respect and closeness between all members as a compact family.

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## Digitization Of Teaching & Learning In Mathematics

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### Abstract:

Digital education is the innovative use of digital tools and technologies during teaching and learning is often referred as Technology Enhanced Learning (TEL) or in other words we say digital education is the use of technology and digital tools to teach and learn. This innovative use of digital technology is beneficial for both teachers and students. In this paper we study how the digitization Technology (DT) is beneficial or helpful for mathematics teachers and students, and discuss about some digital tools which are used in teaching learning process. Also how to overcome the limitations of digital technology in teaching learning process.

**Keywords:** TEL, DT, Global COVID-19, ICT's, Computer algebra system (CAS) & Digital learning objects (DLO's).

### Introduction:

Digitization of education is an effort to transform education by utilizing digital platforms as a medium to provide services in the educated sector. Digitization is more than using digital technologies to transform data and perform computations and tasks. In terms of post few years digitization has been carried out. A number of studies have been reported how the efficiency of digitization of education. In early 2020 the world was suffering from global COVID-19 pandemic situation that caused tremendous disturbance in all sectors of human life, School Colleges were closed as a result learning cannot be done in school / Colleges. So the teaching and learning process carried out online by using various digital platforms. The focus on mathematics is applicable for the reason that math's teaches use digital tools less than teachers in other subject and mathematics is the problematic for many students. It is necessary to know that how digital tools can help to improve students, learning because of potential of ICT's in combination with proper digital pedagogy is supportive which can help to improve students' learning Because of potential of ICT's in combination with proper digital pedagogy is supportive while teaching learning in mathematics. Smart boards classrooms, pc, Internet connectivity are the basic components of digital technology, in teaching learning process. We discuss here some digital technologies used to in teaching learning processes by teachers.

### 1.1 Use of mobile technology in math's teaching learning process:

The use of technology in mathematics education has been highlighted by researchers; they considered technology as essential in teaching and learning mathematics. In a survey of mathematics research found that technology produced a positive effect on student's achievement in comparison to traditional method.

Mobile techniques have been mostly popular in education in recent years. A different field in which ICT Innovations have been developed in mathematics teaching is mobile technology. Educational application is one of the area in which the fastest growth of mobile technology has been observed and it is accepted that the expansion of ICT tools along with mobile technology will continue forward. There has been increased focus on the utilization of mobile technology by teachers and students in the field of mathematics. The particular facility of mobile device include that they are portable, easily available, allow users to access the internet and widely accepted by younger generation.

This technology cross the boundaries or expand it in mathematics teaching and learning outside the traditional class room environment.

In many research researcher have concentrated on taking advantages of the features of mobile device including the benefits of being portable, mobile and the ability to photograph and video actual phenomena that can subsequently be examined and discussed from a mathematical perspective. Special features of mobile devices are ability to capture and collect data, communicate and collaborate media build and generate individual forms of expression and representation can be easily translated into the mathematical core. Creation and exploration of quadrilateral equations along with their properties in a real environment. In an external location can be facilities on location named mobile



math for mobile devices with GPS technology. Within the learning environment, mobile devices were employed by the students for the purpose of identifying & photographing forms that resembled angles that existed naturally in their environment.

Photographic shapes were analyzed by the students through dynamic geometric app installed on their mobile devices. The use of mobile technology in the context of mathematics learning & teaching is a developing field of research that continues to enlarge at an exponential rate.

### **1.2: Use of touch screens and pen-tablets:**

Researchers have concluded after investigation that the attention spans of students can be impacted by input devices utilized when performing or tasks supported by computer. When using touch screens students while performing tasks had an increased attention span meaning the time spent on the tasks increased and they have less distraction as compared to those who used, mouse or keyboard. It is observed that the students who used touch screens and pen tab for problem solving tasks in the mathematics has an increased attention span & less disturbed while reading.

Clicking of mouse would disturb the student while working on computer screen. When using touch screen there is a stronger association between the hand gesture of the teacher /student with the use of keyboard or mouse.

Recent research shows that teachers have tried to use pen based technology to promote students learning while teaching. This technology promotes to learn how to write equations or draw mathematical representations.

### **1.3: Digital Library:**

A digital library is a collection of documents in an organized electronic form available on the internet or on CD-Rom disks.

Reading plays an important role for a student's life without personally visiting a library. Students & researchers prefer a digital library to collect information and real content.

Many educational institutions have digitalized their material to be available to members and the general public.

A digital library reduces our time and efforts on what is required to visit a conventional library and to find the right book while searching. Only a few words or titles are required from thousands of resources to become easy. For a conventional library reader is required to note down the opening and closing time, and plan in that way. On the other hand, a digital library is much easier and efficient with just an internet connection. We can access a digital library anytime anywhere. Students can use library materials in various digital forms, e-Books, audio books, videos on demand any time anywhere using their referable devices. In a digitalized library content is digitized and digital resources are accessible to a large number of readers regularly with a focus on the preservation of the hardcopy materials. Also, students can interact and clear their doubts while reading at the same time because there is a facility of management software that can provide interaction between readers and administrators.

Delay in purchasing books, magazines and other content resources, but digital libraries help you access the updated resources with the latest technology available. Digital libraries help engage readers by providing access to the latest publications. Overall, there is increasing importance and necessity of digital libraries for highest education in the age of technological advancement and digitalization.

### **1.4: Role of ICT innovations in mathematical education:**

Use of ICT in teaching and learning methods in math's education system is a method in which ICT tools are actively used to enhance the students' learning process. Now a day's educational institutions all over the world are already using various types of digital technologies for math's teachers.

There are many types of innovative tools for teaching mathematics available, for example, dynamic graphic tools, dynamic geometry tools, algorithmic programs, language's spreadsheet data loggers, computer algebra system (CAS) which enables students to become active participants in the process of developing their personal knowledge, providing a more depth learning strategy. Innovative tools for teaching become effective and maintain students' interest and increase in achievement level.

Online teaching platforms are frequently used for discussion and cooperation among mathematicians.

Also, electronic mail, online forums, computer conferencing, useful chat groups are also useful in virtual learning. Online classrooms are one of the effective and powerful in which participants display the name of participants. For requesting there is an option to raise a hand, messaging between the



users and mathematics teachers is facilitated by instant massaging the functionality for projecting slides the whiteboard plays an important role.

## **2. Benefits of Digitization in education:**

Success of nation depends on the education system adopted by nation. This educational process required modern digital technology to make it effective and fruitful. In another way we say that the educational content must composed from digital learning objects (DLO's).

New media consortium defines DLO as a group of material i.e., text, hypertexts, graphics, picture simulations, films sounds etc, which is reasonable structured and is based on educational aims and objectives. It is multimedia content, educational content, educational software or software instruments used in computer supported education. Digital learning materials or e-materials or e-learning materials are study materials published in digital format. These include e-text book, e-workbooks educational videos, e-tests etc.

Some of the benefits of digitalization in education system are as follows:

- 1) The main benefit of digitization used is to increase student's engagement.
- 2) Student can work on difficult content with multiple, resources.
- 3) With digital learning the teachers is able to format their curriculum based on the needs of individuals.
- 4) Digital learning offers a large range of delivery methods for learning.
- 5) The place of chalk and duster takes place whiteboard & marker, so that it does not affect on breathing system of teacher.
- 6) A good digital learning strategy also teaches students how to be objective when searching the internet for information.
- 7) Online lessons will be valuable because the lessons can be recorded.
- 8) In digital learning material it make easy to teachers mark a slow and advanced students and record of their general progress.
- 9) There is an online record maintain in digital classroom.
- 10) Online teaching teachers will identify the area where students need to help.
- 11) Communication skill also developed by video conferencing and via messaging apps to get contact with people fast.

Benefits for students are summarized as follows:

- 1) Smarter Student
- 2) Self Motivated
- 3) Greater involvement of educators and parents.
- 4) Sharing of information.
- 5) Increase in scope of employability.
- 6) Doesn't matter distance and physical presence.
- 7) Save time cost and efforts.
- 8) Speed up the calculation, Introducing students to Technology.
- 9) Developed digital literacy
- 10) Students are become focused on Learning.
- 11) Audio video learning style motivates the students.
- 12) Attracting the attendance of the students, etc.

## **3. Limitations of digitization:**

E-learning now made possible to many students worldwide can now used online courses without leaving the comfort of their home. There are so many opportunities to learn from experts educators interact with different students from different location. But there are in person learning these e-learning also has its share is not only advantages but also limitations we look at some of them are as follows:

- 1) Teachers have lack of confidence with digital technology.
- 2) Fears about resolving problems with the technology.
- 3) Access to digital technological in appropriate training.
- 4) Lack of time for preparation.
- 5) In students lack of physical activity deals them obesity heart disease diabetes, wrong posture, neck pain physical & mental strain.
- 6) Increase in cyber crimes and extra material affairs with use of ICT tools.



- 7) There is not face to face correction. So students can not able to express their real feeling.
- 8) Lack of concentration.
- 9) Over use of digital communication makes students to forget writing skills.
- 10) Increase in cheating in examinations.

#### **4. Solutions on limitations of digitalization:**

Use of digital technology in teaching and learning system works successfully only when there is collaboration between efforts of teacher, educational technology, institute administrators, learner etc.

There are some ways suggested to overcome the limitations of digital technology in educational system.

- 1) Arranging effective professional development program.
- 2) Provide expert teachers in professional learning.
- 3) Arranging training directly from software Companies to the teacher.
- 4) Ensure that there is enough. Technical administration and peer support is available.
- 5) In teachers training there must be forced on technological knowledge pedagogical knowledge and content knowledge.
- 6) Build relationships with students based on trust and mutual respect.
- 7) Build collaboration relationships with families to support learning safety and wellbeing.
- 8) Promoting increased interaction between only students.
- 9) Monitoring the students for signs of social isolation.
- 10) Peer to peer group activities and online lectures which require communication must be used even in an online lecture.
- 11) In order to protect the authenticity of online education, anti cheating measured must be used.
- 12) There are many communications methods for e.g. video chat, discussion boards are available to overcome the problem of face to face Communication.

#### **Conclusion:**

There is today's need that use of digital technology in everywhere. There are so many digital learning methods applications pedagogies are available to improve education system.

The research shows that different types of digital technology used in mathematical education include mobile technology; touch screened and pen tablets digital library and ICT tools, computer algebra system. Furthermore CAS's like mathematical Maple, Mu-PAD, MathCAD, desire a motion detectors and GPS etc.

These digital technologies must be included in mathematics curriculum at various stage of education.

It is necessary to analyzed as to how this system has to be used so that remove the bad impact of excess use of electronic device of information sharing on the youth and protect them from behavioral and psychological imbalance. Encourage the teacher to continue using these technologies in mathematical education.

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**Research and Innovation in Commerce and Management****Dr.Khushal V. Dhawale**

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**Abstract -**

With the development of information technology, the information age is becoming more and more powerful in data processing and analysis. Data has penetrated into all walks of life and has become an important factor in production. In the era of big data, E-commerce has also undergone great changes. How to use the huge data to provide better service experience is the key to the innovation of E-commerce service model in the future. The global information and data show explosive growth, and people's living environment and working conditions have changed dramatically. How to make good use of these big data, so that it better serve E-commerce trade activities become a hot topic. Based on this, this paper first describes the definition and characteristics of big data. Then, it introduces the general situation of E-commerce development under the background of big data, and focuses on the innovation of E-commerce service model. Through the new network dissemination and service model, people have more understanding and understanding of E-commerce in the era of big data.

**INTRODUCTION**

One can't deny substantial role of Commerce and Management in economic growth of our country. Trade & commerce has always been acting as backbone of any developing country. Commerce is considered as branch of Commerce which facilitates exchange of goods and services and when done at macro level, surely Commerce is considered to be in existence since barter system and today its melded form, E-Commerce & M-Commerce, is nothing but its extension to incorporate business needs of modern society. Commerce aids to satisfy human needs, enhances standard of living, generates opportunities and thereby contributes to economic selling activities, trade serves the basic purpose of commerce and can further be divided into internal trade, external trade, wholesale trade and retail trade, while aids to trade encompasses transport, banking, insurance, advertising, warehousing and middlemen who acts as agents of trade. Commerce is an ancient concept since existence of barter system. Greek Mythology believes Poseidon as father of Commerce. Variant of Caduceus act as symbol of commerce. The caduceus further appears as Ashoka. However, Michael Aldrich is considered as inventor of Commerce. On the other, acting as foundation of any organization, management refers to the overall operational function directing and controlling.

**Meaning of Commerce –**

Commerce is the strongest and most influential social institution in all societies these days. It is a social institution which provides goods and services. Commerce is operated for a profit—that is, individuals using the system find it advantageous to pay a money price to have other individuals make goods and render services for them. Commerce is owned privately by individuals or group of individuals or by Government or partly by Government and partly by individuals; it competes with other commercial units to make goods and render services of the highest quality, at the lowest prices and in the shortest possible time; and it is regulated by the Government. Commerce (short for "electronic commerce") is trading in products or services using computer networks, such as the Internet. Electronic commerce draws on technologies such as mobile commerce, electronic funds transfer, supply chain management, Internet marketing, online transaction processing, electronic data interchange (EDI), inventory management systems, and automated data collection. Modern electronic commerce typically uses the World Wide Web for at least one part of the transaction's life cycle, although it may also use other technologies such as e-mail.

**Innovation on marketing performance**

Innovation is a company's mechanism to adapt in a dynamic environment [6]. Innovation is a big idea or change that is obtained from a collection of related information ranging from input, process and output [7]. From this understanding, it is concluded that innovation is carried out to produce something of value and make a change to be able to adapt to existing competition. In relation to marketing performance, innovation is one of the strategies undertaken by



businesses to improve marketing performance. The innovations made are expected to have a significant impact on profit growth, market expansion and increase in sales volume.

#### **E-Commerce on marketing performance**

E-commerce is the process of buying, selling, transferring or exchanging products, services or information through a computer network through the Internet [11]. The most significant function of e-commerce according to [11] is the ability to get many consumers quickly and by using cost effectively regardless of differences in their geographical location. This is very helpful for small businesses to expand their markets, without the difficulty of thinking about the finances and resources owned. E-commerce has several indicators, namely online purchases, sales, services and business processes.

#### **Open source E-commerce**

Open source e-Commerce is a free of charge platform that doesn't imply license fee. Furthermore, open source users are also responsible for installing, maintaining, securing and configuring the software on their own servers. In order to set up an open source platform, basic technical expertise is required in the areas of web design and development. Software products that are distributed as open source are generally free, and users can access and modify the source code.

#### **Advantages:**

1. Free of charge system;
2. Wide variety of available addons/plugins/extensions;
3. Better flexibility with a customizable source code;

#### **Disadvantages:**

1. More technical knowledge required;
2. Performance depends on hosting costs
3. Non-standard integration with back-end system;

#### **CONCLUSION**

Commerce and Management as an alternative marketing channel is making slow but steady progress in India. With the spread of education and increasing number of people becoming technology friendly, they are slowly gaining confidence in online services. Infrastructural bottlenecks, economic disparity, vulnerabilities of the payment gateway systems, inadequate legal framework are challenges that need to be addressed by all stakeholders to promote Commerce and Management in the country.

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## The Effect Of Dynamic Different Martial Arts On Schools Boys And Girls On Actual Fitness And Physical Greatness

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### Abstract.

Rehearsing different sorts' hand to hand fighting hopefully affects school young men and young lady's actual wellness and actual quality, which gives a reference to the finishing of different combative techniques.

**Keywords:** Children, Contact Martial Arts, Taekwondo, Physical Fitness, Physical Quality.

Youngsters are the establishment of future human turn of events and the eventual fate of all nations is in the possession of kids, hence, the fate of the nation must be normal when kids are in great shape and solid, and given a well-rounded schooling. Every nation gives close consideration to youngster improvement; However, with the quick speed of social turn of events, the Internet is turning out to be progressively famous, so kids are becoming acquainted with PDAs and games, and an absence of cheap food and exercise prompts unequal eating regimen and corpulence, prompting more slow friendly development. Judo karate is a type of correspondence sport. There are different types of hand to hand fighting like taekwondo, karate, karate, Kurash and judo, which were first added to the Olympic Games list in 1988 and added to the 2020 Olympic Games karate list. The principal hand to hand fighting to be remembered for the rundown of the most famous Olympic occasions on the planet. With guardians zeroing in on their youngsters' schooling and actual wellness, correspondence and hand to hand fighting has become part of their activity schedule.

In this manner, the effect of contact hand to hand fighting on youngsters' actual wellness and actual quality has drawn in a great deal of consideration. In this paper, the effect of contact combative techniques on a kid's body figure and actual quality, in light of the youngster's present actual wellness and actual attributes and the actual qualities of the contact hand to hand fighting, is summed up, giving a sign to the execution of contact combative techniques.

Numerous nations are giving close consideration to the actual wellness of youngsters by 1912, accepting that a solid body comes just from great actual wellness, and that it enables an individual to work well. In mid-December 1961, the Federal Ministry of the Interior told a gathering of the Sports Association that "we can improve exclusively by remaining solid and fortifying our actual wellness", making Germany the principal nation to think often about the actual wellness of youngsters.

One of the scientist Conducted a test looking at the actual wellness of young people and youngsters in the United States with Europe and somewhere else, and the outcomes showed that 56% of American understudies flopped something like one test, while just 8% of understudies in Europe bombed the test, and the two part harmony passed, The United States Presidential Council on Physical Fitness and Sports PCPFS, with the help of the Federal Department of Health, quickly directs the National Physical Fitness Survey for youths and kids at regular intervals, so they can find out with regards to issues and make a move without wasting any time. With the quick advancement of science and innovation and the economy after World War II, Japan as a financially evolved Asian nation had a high fame for mass games. Despite the fact that individuals all throughout the planet are putting forth a valiant effort to focus on youngsters' wellbeing, and numerous significant demonstrative frameworks have been set up, kids' actual medical issues have never been settled. As per the review, the degree of actual wellbeing of Chinese youths shows a descending pattern, which is primarily as follows: diligent decrease in perseverance quality; Periodic decreases in speed, strength, and unstable force quality increment the discovery pace of overweight and corpulence, and twofold the pace of visual weakness. The National Center for Health Statistics Centers for Disease Control and Prevention directed a National Health and Nutrition Examination Survey like clockwork starting around 1999 to screen changes in weight and BMI in youngsters and teenagers. That the pace of adolescence and juvenile corpulence is ascending in the United States. Furthermore, the measure of muscle versus fat in youngsters truly influences the advancement of kids' body quality.



In 2013, the World Health Organization brought up that deficient actual exercise turned into the world's fourth greatest danger factor for death. Requesting that individuals reinforce actual exercise and proposing the motto - "Actual exercise makes life more significant". Exercise is a significant way of working on your actual wellbeing. Furthermore, absence of activity is a significant reason for poor actual wellbeing and ailment. The connection between active work and screening time in youngsters and teenagers, and the condition of weight and cardiopulmonary wellbeing were investigated in the 2012 National Health and Nutrition Examination Survey separately, and the outcomes show that actual exercise in youths Close to weight and cardiopulmonary revival Capacity.

Judo Martial Arts is a kind of anaerobic and high-impact energy supply sport with high energy utilization and popularity for energy sources, which can unavoidably expand the body's digestion, reinforce the course of energy assimilation and retention. Can, and advances foundational blood flow, guaranteeing the body's requirement for oxygen. Furthermore, the convenient arrival of supplements, carbon dioxide, and the gathering of poisons in the body, to advance the working of the focal framework and the emission of development chemical, establishing the framework for the development and improvement of youngsters.

Insights show that youngsters' respiratory rate is multiple times higher than ordinary during arduous exercise, while cardiovascular yield is just multiple times higher than typical, which demonstrates The hold limit of the heart is particularly significant for kids' activity. Contact Martial Arts. Feeble heart stockpiling limit can harm kids' bodies on the grounds that their bodies can't withstand the impacts of activity.

While both combative techniques preparing and contest won't build the interest for oxygen in kids' bodies. The cardiopulmonary framework will expand the measure of oxygen expected to keep up with the body's oxygen supply, and it rehashes the cycle, which can successfully utilize the youngsters' circulatory framework, so it is compelling for kids' actual turn of events. Help could be given.

Studies have shown that taekwondo preparing can assist youngsters with working on their oxygen consuming potential, which exhibits the cardiovascular and respiratory framework's capacity to finish exhausting action. The higher the high-impact expected energy, the better the cardiovascular energy supply. Following 20 weeks of taekwondo preparing mediations for kids, Yang Shui tracked down a critical improvement in their respiratory and cardiovascular capacities. Exploration by the European Youth Heart Study shows that vigorous potential energy has a negative connection with weight file.

The act of combative techniques likewise assumes a positive part in working on the solid arrangement of kids. Broad exploratory outcomes show that muscle to fat ratio rates are fundamentally decreased and weight gain happens in the wake of rehearsing contact combative techniques, which completely exhibits that contact hand to hand fighting can work on youngsters' actual systems and physiology. Can further develop character. Actual quality likewise reflects actual wellness. There are five fundamental actual capacities that are known independently - strength, nimbleness, speed, perseverance and adaptability. In contact combative techniques, assuming one needs to beat a rival, he needs to arrange endeavors all through the game and react rapidly, which requires a ton of actual quality.

As indicated by the principles of contact hand to hand fighting, competitors are bound to have outrageous actual norms to help their developments. Mentors frequently consolidate methods like exchanging among assault and safeguard to further develop the reaction speed in every day preparing, and their body's adaptability and affectability. Kicking, assaulting, safeguarding and different developments in preparing are helpful for the improvement of youngsters' muscles. Moreover, contacts are generally far off in combative techniques, which require solid muscle perseverance principles to battle long haul rivals.

Taekwondo preparing can broaden the cross segment of white muscle fiber, which reinforces muscle perseverance. As indicated by the looked into information, numerous specialists accept that contact hand to hand fighting positively affect the actual advancement of youngsters, and contact combative techniques like karate, taekwondo and combative techniques are remembered for the actual training course for primary school understudies, in this manner recognizing the effect of contact hand to hand fighting on kids' wellbeing.



The outcomes show that the improvement in understudies' actual quality is identified with the nature of karate as a method for sports culture. Karate classes expect youngsters to show an assortment of activity abilities and capacities, which help to consolidate reality to assist them with moving with various lengths and measurements. Can assist with improving, to influence the coordination of development, response speed and others Physical components.

Karate elements have an effective effect on the development of students' coordination ability (L. I. Lubysheva, 2006). Beve I.V. He pointed out that the ability of children's sports coordination to practice martial arts has developed rapidly and there is no significant difference between boys and girls. Lu Ying conducted a test that compared children participating in taekwondo training with children who did not participate in cardiovascular function, sensory-motor response, and coordination ability. Results show that taekwondo improves physical health and promotes the development of coordination ability. Therefore, childhood is the best stage for human growth and development of physical quality. Contact arts training not only improves a child's body shape and physiology, but also enhances a child's physical quality in all aspects, especially strength, endurance and coordination.

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**“ Emerging Trends Higher Education, Human Rights ”  
Role of Women in Child Development.**

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**Abstract:**

The purpose of this study is to investigate the Role of Women in child development. women and children is an important part in the development of the nation. For the developing nation, women and children is necessary in the view of progress of the family as well.

The role of the women is necessary because the women population contributes more than 49% of the nation. The Role of women in the view of the family , because a women is like a captain of the ship and she is having the responsibility and leading the family, balancing the economic condition of the family, and also having the responsibility of educating the children also. Development of children is also necessary, in the view of the progress of the nation, because they are the future citizens of the country. The future of the nation depends on the well being of the children. If they are physically and mentally fit, then only they can contribute for the leading of the nation.

**Keywords:** women, children, economic sector, population, Government, Welfare projects, Education etc.

**Introduction:** The purpose of this paper is to explain the Role of Women in child development. women and children

According to the NITI AAYOG,

The vision of the Women and Child Development (WCD) Division is to provide policy inputs for gender empowerment and improve the nutritional outcomes of women and children. The Division designs strategic and long-term policy and programme frameworks and initiatives for improving the nutrition of women and children, and monitors their progress and their efficacy. It provides advice and encourages partnerships between key stakeholders and international and national think tanks, educational and policy-research institutions. The Division also maintains a state-of-the-art resource centre on nutrition.

**The Main Body of the Paper:** The main body the paper is introduced the the Role of Women in child development. women and children is an important part in the development of the nation.

**The purpose of this process is to develop** A Developed Society Is The One That Respects And Takes Care Of The Health, Safety, And Well-Being Of Women And Children.

Together Creating Opportunities That Support Living And Livelyhood.

“If you educate a man, you educate an individual. But if you educate a woman, you educate a nation.”

Women and Children constitute a larger segment of society and have an equal contribution to the nation-building process. Women and children development constitute around 70% of India's total population and are the core pillars for national development – today and for the future generations. Children are the building blocks of our future generation. It is important that they are well nurtured and given every opportunity for growth and development in a safe and sustainable environment.

Unfortunately, they are the underprivileged ones and a victim of violence, harassment, and discrimination. It is essential to ensure that women and girls are independent and socially, economically, and politically empowered. Although there has been significant support participation, and positive momentum from the governments, organizations, NGOs, etc. however the progress in realizing women and child development, safety, protection, and empowerment has not been adequate. Hence it is essential for all of us to join hands, drive awareness, and help shape a better nation together.



Ripples is an opportunity for us to make society and communities free from barriers and promote safety, respect, and dignity to Women and Children. Our goal is to create awareness and encourage safety for women in our homes, offices, and even communities. Our aim is to bring the society and communities closer and stronger with policies and processes that support women and children upliftment and gives them every opportunity to live risk-free.

**Conclusion:** In conclusion, Considering the above facts, the objective of women and child welfare is: (i) To improve the social, economical, health and nutritional status of women. (ii) To improve the physical, mental, intellectual, and nutritional status of children.

**Women and Child Care in India: Necessity, Objectives, Important Development, Programmes!**

According to Jawaharlal Nehru, the condition of a nation well reflected by looking at the status of its women. The country, in which higher attention has been paid towards women and Child care, becomes more developed than others.

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## Role Of Libraries In Society

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### **ABSTRACT :-**

Education is the backbone for the progress of any society. Libraries provide the crucial role in promoting education, research, personality development, ethics and other important values. A society connect flourish without proper education and the primary requirements of the education system is thebe knowledge available in the books. Libraries acquire books along with other reading materials organize them, preserve them and disseminate the informations to the users. Thus Libraries play an important role in development of society.

### **INTRODUCTION :-**

A Society or human society has several different meanings. It refers to people living together in a community sharing common interest and may be having distinctive customs and institutions.

The term 'society' may also be used to refer to various distinctive cultural groups of people, Simply we may view society as an aggregate of individuals living together as inter dependant members in a highly structured systems of communities. The library play a fundamental role in our Society. They are the collectors and stewards of our heritage; they are organizers of the Knowledge in the books, they collect adding value by classifying and describing them, and as public institutions they assure equality of access for all citizens. They to use the knowledge of the past and present and lay it down for the future.

In ancient time libraries acted only at the custodian of books and. other written documents writings on clay, tablets, papyrus, paper etc. were preserved in those libraries. Libraries were existed at accommodation & personal collection of Kings, in temples and religious centers. There were limited accessibility to these collection only to the elite who were involved in acquiring knowledge had access to it.

### **LIBRARY AND SOCIETY**

Library and society both are interlinked and interdependent. Library exists for the need of the society. A library can be referred to as a well acknowledge Social agency. It plays a vital role in Sharing our society. It transmits and disseminated the accumulated knowledge through books and other materials. The library is a social institution. Libraries form a vital part of the world's social and educational System. They are entrusted with the responsibility of carrying knowledge to the doors of those who require it, so that it can be -fruitfully utilized both by the educated and the uneducated masses Knowledge is available through books, films, recordings and other material to the people in all walks of life all library resources for their day to day life.

### **THE CHANGE OF SOCIETY**

The library users are different types of children, adult, teenagers, senior citizens etc. The use of Internet accesses are online Source of Electronic books, E-Journals, E-paper etc. The communication Shared the electronic mail, social Network of facebook. Twitter linked etc. The sharing of ideas downloading and uploading youtube etc. Thus save the time of the reader in the library and get it the information.

### **ROLE OF LIBRARIES IN SOCIETY**

Library is a learning institution that exists in our society from ancient time. It is a place where Interaction between human and information takes place and intends to satisfy the information and social needs. Libraries play a vital role for a nation by presenting its cultural heritage. In the modern age with the abundance of information libraries assist the society by maintaining and disseminating the relevant information as and when required.

The roles that libraries play in Supporting modern societies can be grouped under five Categories.

- 1) Higher Education
- 2) User education
- 3) Recreation



- 4) Library as a place
- 5) Social and cultural

Library as a place has an attraction in itself as Library is used to run and organise academic, social, and cultural activities. Libraries serve as commonly Centers with creative spaces suitable for a number of activities such as organizing cultural activities to promote social harmony, Libraries collect practices, and conserve documents relating to socio-cultural aspects of the society for future Governments.

#### **CONCLUSION**

The Library professionals are today use of information and Communication Technology in various activities of the libraries. The library is a service oriented organization created to facilitate access to learning resource of basic knowledge preservation and dissemination of information, human Culture and civilization, They develop the various skills that are Promoting the library roles. The Internet has Connected many computer and developing the network technology at the right time we the right information of the readers.

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## New Trends In Teaching English Language

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### Introduction

This paper shows the ELT education trend has recently been gaining in significance in education systems throughout the world. English Language Teaching (ELT) has tremendously changed over the last one decade. Language teaching in the twentieth century underwent numerous changes and innovation. In the past ten years the crucial factors have combined to affect current perspectives on the teaching of English: (A) The decline of methods, (B) A growing emphasis on both bottom-up and top-down skills, (C) The creation of new knowledge about English and, (D) Integrated and contextualized teaching of multiple language skills. TESOL has been and continues to be a dynamic field, in which new venues and perspectives are describing.

### Overview of Historical Trends

Generally every type of language teaching has its own technologies to maintain it. Language teachers who followed the grammar-translation method (GTM) (in which the teacher explained grammatical rules and students performed translations) relied on one of the most omnipresent technologies in U.S. education, the blackboard a perfect vehicle for the one-way transmission of information that method implied. The blackboard was later supplemented by the overhead projector, another excellent medium for the teacher-dominated classroom, as well as by early computer software programs. On another side, the audio-tape was the perfect medium for the audio-lingual method (in which students were believed to learn best through constant repetition in the target language). University provided the lab facility, where students would perform the repetition drills. Late 1970s, the audio-lingual method fell into disregard, at least in part owing to poor results achieved from expensive language laboratories. Whether in the lab or in the classroom, repetitive drills which focused only on language form and ignored communicative meaning achieved poor results. The 1980s and 1990s have seen a full-scale shift in the direction of communicative language teaching, with an emphasis on student engagement with authentic, meaningful, contextualized discourse. Within this general communicative trend, we can note two distinct perspectives, both of which have their implications in terms of how to integrate technology into the classroom.

### Modern Trends of Teaching

Computers and language teaching have been walked hand to hand for a long time and contributed as teaching tools in the classroom. Computers and technology are still a source of uncertainties and anxiety for many teachers everywhere in the world despite the latest advances applicable to language teaching such as specialized websites, blogs, wikis, language teaching methodology, journals, and so.

### Teaching with Technology:

Teaching with the technology, deal with the ICT in the language curriculum. According to the authors ICT have basic features that make its use a valuable source for input but some teachers may not trust technology or just be reluctant to include computer in their classrooms. Learning With technology has the capacity to transform learning environments in ways that are difficult for most educators to imagine. Some adults have in using basic computer functions such as email, search engines, and presentation software is the much larger issue. The century teachers integrate technology into their classroom and build the confidence to learn how to use technology in meaningful ways:

1. The pedagogical integration of technology in which they are placed for practicum experiences
2. The future teacher's degree of computer literacy;
3. The pedagogical integration of technology by instructors during university education of future teachers
4. A future teacher's expectations of success in integrating technology.
5. The value placed on technology by future teachers

As laptop computers, interactive whiteboards and broadband internet became cheaper and more available around the world began to introduce them into classrooms, often and sadly without





appropriate training. This was the decade that we learned of digital immigrants and digital natives, which created an extra gap between teachers and students who were often considered in separate camps. We also had to learn a bunch of new acronyms (IWB, ICT, URL etc), as if we didn't have enough already. Different features and uses of technology into the classroom:

**Learner centeredness and Learner needs:**

The English Language Teaching pedagogies which have focused on developing learners' communicative competence and on promoting learning strategies and learner autonomy in language classrooms. Two key concepts of the learner-centred classroom are first, placing more responsibility in the hands of the students to manage their own learning, and second, teachers taking roles as facilitators of knowledge to help learners learn how to learn rather than being the source of knowledge. The following qualities the learner should develop: (a) Showing a high degree of motivation; (b) having self-confidence; (c) demonstrating an awareness of learning needs and of the role of language learners; (d) being strategic and enthusiastic in learning; (e) being curious and creative in thinking; and (f) holding democratic, open-minded, and critical attitudes were identified by the participants as essential attributes of positive language learners. The learners' needs motivation and confidence were positively affected by their awareness of learning: (a) a thorough orientation at the beginning of the program, (b) the teacher mediation in the process of learning, and (c) the self assessment of strengths and weaknesses, most of the students said that they knew what to learn and what to do in order to improve. They were aware that being involved in the learning process was crucial for successful learning.

**Corpus Linguistics:**

An approach to investigating language structure and use through the analysis of large databases of real language examples stored on computer. Issues open to Corpus Linguistics include The Meanings of Words across Registers, The Distribution and Function of Grammatical Forms and Categories, The Investigation of Lexico-Grammatical Associations (Associations of Specific Words with Particular Grammatical Constructions), The study of Discourse Characteristics, Register Variation, and Issues in Language Acquisition and Development.

Apart from the above-mentioned items, Andrian under Hill lists out the following as the recent trend which are very much prevalent in English language teaching. They are

1. Networking, interest and support groups.
2. Learner centeredness and learners needs.
3. Reflective practice and teacher learning.
4. Portfolio development for teachers.
5. Syllabus design /materials development.
6. Criticism of published materials.
7. English as an International language.
8. Corpora

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## Stress And Women Health In India: Improvement And Strategies

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#### Abstract :

India's populace has extra than doubled when you consider that 1961. Although India has been a pacesetter in growing fitness and populace policies, there had been predominant implementation issues because of poverty, gender discrimination, and illiteracy. Yet, three-quarters of the meals produced yearly in India is due to girls. In 1991, simplest 39.three% of Indian girls have been literate. The literacy stage of girls can have an effect on reproductive behavior, use of contraceptives, fitness and upbringing of kids, right hygienic practises, get entry to to jobs and the general popularity of girls withinside the society. Early marriage and childbirth became a prime determinant of girls's fitness and became additionally answerable for the triumphing socioeconomic underdevelopment in India. The standard maternal mortality for India is 572.three in line with 100,000 births, starting from 14.9% in Bihar to 1.three% in Kerala. Anemia is an oblique component in 64.4% of the maternal deaths. Trained delivery attendants presently help in approximately 60-80% of all births in girls on the time of delivery. Socioeconomic elements are answerable for maternal deaths to a big extent - cash in 18.three%, shipping in 13.7%. When the mom dies it doubles the probabilities of dying of her surviving sons and quadruples that of her daughters. Among the avoidable elements in maternal deaths, loss of antenatal care is the maximum essential. Women, if knowledgeable and aware, can enhance the fitness in their kids via way of means of easy measures like true hygiene, workout and nutritional habits. Because of poverty, most of the younger kids, specially women dwelling on streets are clean prey for crook prostitution rings, drug trafficking and outcomes of HIV infection, and excessive emotional and intellectual disturbances. Women are answerable for 70-80% of all of the healthcare furnished in India. Female healthcare carriers can play an essential position in teaching society to understand their fitness and vitamins desires. Women experts and empowerment of girls in any respect degrees are required for development of the fitness and vitamins shape in India.

**Keywords:** India, women, fitness, health, empowerment

#### Introduction :

Women, who're key in retaining healthful families, get admission to the fitness device greater than guys, each for themselves and on behalf in their children. Many come to be pregnant and deliver birth, a full-size fitness event, then generally come to be their child's number one caregiver, a position that substantially impacts family fitness standard. Elder and long-time period care troubles have an effect on women greater frequently due to the fact they stay longer; have better prices of incapacity and persistent fitness problems; and decrease earning than guys on average, which places them at extra want for kingdom and network resources, consisting of Medicaid. Across her lifespan, a woman's fitness repute subjects to herself, her own circle of relatives and to kingdom budgets. Legislators are wrestling with tight budgets and converting fitness laws—consisting of the realities of imposing federal fitness reform below the Affordable Care Act (ACA). If women's wishes are omitted in those discussions, however, states lose vital possibilities to enhance the fitness of citizens and benefit companions in growing a more healthy society.

#### An Overview of Women's Health :

Since the flip of the century, India's intercourse ratio has come to be an increasing number of favorable to males. This is in comparison to the state of affairs in maximum countries, in which the survival probabilities of women have advanced with growing financial boom and declining standard mortality. In India, extra woman mortality persists as much as the age of 30—a symptom of a bias in opposition to women. But there are extensive disparities in fertility and mortality amongst states and, inside states, among rural and concrete areas. The appreciably negative stages of those signs withinside the northern states of Bihar, Madhya Pradesh, Rajasthan, and Uttar Pradesh in terms of maximum southern states replicate marked social and demographic contrasts among the "Hindi belt" and the relaxation of India. The southern kingdom of Kerala, for instance, has completed fertility and mortality stages drawing near the ones of commercial countries.

**The Status of Women :**

The function of women in conventional Indian society may be measured through their autonomy in decisionmaking and through the diploma of get admission to they should the outdoor world. By those measures, Indian women, specifically the ones withinside the north, fare poorly. Girls are generally married as younger youngsters and are taken from their natal houses to stay of their husbands' households. There they may be ruled now no longer handiest through the guys they have got married however additionally through their new inlaws, specifically the older women. Women are often averted from running outdoor the house and travelling with out a chaperon, and this has profound implications for his or her get admission to to fitness care. The cash they earn, the dwellings wherein they stay, or even their reproductive careers aren't theirs to control. In addition, the paintings they carry out is socially devalued. This inherently inequitable social device is perpetuated thru a method of socialization that rationalizes and internalizes the woman downside.

**Education :**

The woman downside in India is likewise glaring in schooling. Although full-size profits had been made in woman literacy when you consider that independence and the advantages of teaching women are broadly recognized, populace boom has supposed that there are greater illiterate women nowadays than a decade ago. According to the 1991 census, handiest 39 percentage of Indian women above age 7 are literate, in comparison with sixty four percentage of males. In a few northern states, the proportion of literate women is as little as 21 to 26 percentage. A form of socioeconomic elements are chargeable for women's decrease academic attainment, consisting of direct costs, the want for woman labor, the low anticipated returns, and social restrictions. Because women's academic degree and enhancements of their fitness repute are carefully linked, growing woman schooling is fundamental to enhancing their fitness.

**Diseases and Health Challenges Common to Women :**

Women revel in particular fitness care demanding situations and are much more likely to be recognized with sure illnesses than guys. Chronic illnesses and situations—together with coronary heart sickness, most cancers and diabetes—are the main reasons of demise for women. Nearly 1/2 of of adults—133 million human beings—have a continual illness, and 1/2 of of these have or extra continual situations. Thirty-8 percentage of women be afflicted by one or extra continual illnesses, as compared to 30 percentage of guys. According to the Centers for Disease Control and Prevention (CDC), seventy five percentage of all U.S. fitness care greenbacks deal with human beings with continual situations. Managing continual sickness is frequently hard for the uninsured, and women are much more likely to lack coverage.

**Chronic Diseases and Conditions****Heart Disease :**

Heart Disease Heart sickness is the main reason of demise for women. Women might also additionally have extra diffused signs and symptoms of a coronary heart assault than guys, together with top belly pain, lightheadedness or fatigue. "Heart Month" is nationally identified in February, and the American Heart Association's Go Red for Women marketing campaign encourages focus. Many states have followed comparable focus efforts. Two CDC supply applications—Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) and the National Heart Disease and Stroke Prevention Program (HDSP)—assist states cowl screening and associated offerings for women.

**Cancer :**

Cancer kills extra than 250,000 women withinside the United States annually. Access to preventive offerings below the ACA ought to assist extra women hit upon a few cancers earlier. In addition, elevating focus approximately signs and symptoms and danger elements for unique cancers is an essential factor of prevention and early diagnosis, particularly for cancers of the breast, lung, colon and pores and skin, which can be in large part preventable. States can assist make sure early breast most cancers detection via way of means of growing get entry to to mammograms. Some states have taken legislative motion to require the Human Papillomavirus (HPV) vaccine for pre-adolescent women to save you cervical most cancers or have furnished investment to make it extra conveniently to be had. In an attempt to lessen pores and skin most cancers rates, some of states ban tanning mattress use via way of means of minors.

**Diabetes :**

The direct clinical charges related to diabetes totaled \$116 billion in 2007; CDC reviews that clinical prices for sufferers with the sickness are extra than double the charges for folks that do now no longer have it. Diabetes, the 7th main reason of demise withinside the United States, can result in extreme and steeply-priced complications, consisting of coronary heart sickness, stroke, amputations, blindness and kidney sickness. Medicaid sickness control offerings can keep states cash and assist limit complications. Some states require coverage insurance for numerous offerings and aid country diabetes prevention and manage applications inside their fitness departments.

**Depression :**

According to the Mayo Clinic, women are two times as in all likelihood as guys to revel in depression. The situation will have an effect on one in 5 women in some unspecified time in the future of their lives, maximum typically among a long time forty and 59. Final rules from the U.S. Department of Health and Human Services associated with important fitness blessings below the ACA require man or woman and small organization marketplace plans to cowl intellectual fitness and substance abuse remedy on a stage similar to clinical and surgical offerings (acknowledged as “parity”) starting in 2014. For example, monetary requirements—together with copayments and deductibles—and remedy limitations—together with quantity of visits covered—want to be identical to the ones for remedy of different clinical situations.

Osteoporosis. According to the National Osteoporosis Foundation, the sickness influences eight million women over age 50. Osteoporosis reasons 2 million fractures at a value of \$19 billion annually, and charges will upward push because the populace a long time. Medicare and Medicaid cowl about seventy five percentage of related fitness care charges, now no longer consisting of the nursing domestic charges that end result from hip and different fractures. Thirty-4 states and Puerto Rico have legal guidelines concerning osteoporosis, in most cases to elevate focus; as a minimum 14 states require coverage plans to cowl osteoporosis-associated remedies and offerings.

**Prevention and Wellness :**

Prevention and well being tasks guard and enhance fitness for each the complete network and sure groups. To save you sickness and sell wholesome behaviors, policymakers might also additionally don't forget tasks associated with immunizations, nutrients and oral fitness.

**Promoting Healthy Lifestyles :**

Eating nutritious foods, exercising, preserving a wholesome weight and decreasing unstable behaviors can assist save you many continual illnesses. States might also additionally don't forget attractive caregivers and mother and father in efforts to fight early life obesity. Parents commonly decide the varieties of meals to be had within side the domestic, offer leisure possibilities and sell day by day bodily activity. Parents additionally function fashions for his or her children, and their fitness is carefully tied to that in their children. State guidelines can affect environmental and monetary situations that inspire households to make wholesome choices. Legislators can enact guidelines that inspire wholesome meals alternatives in schools, bodily activity, and the complicated project of creating wholesome meals to be had in groups. States are also designing groups to make it less complicated to be bodily lively via way of means of selling strolling and cycling trails and making sure secure routes to school. The federal authorities has these days made network transformation offers to be had to choose groups in each country. The offers are designed to have interaction companions from numerous sectors—together with the education, transportation and enterprise sectors and faith-primarily based totally organizations—to enhance the fitness in their residents.

**Strategies for Change :**

Improving women's fitness calls for a robust and sustained authorities commitment, a positive coverage environment, and well-focused assets. The authorities's approach ought to encompass balancing the jobs of the private and non-private sectors to maximise assets and to increase care to women whom authorities applications do now no longer reach. The public region will keep to play a key position in supplying offerings which includes own circle of relatives planning, maternity care. and manipulate of infectious sicknesses that sell fairness and monetary performance and confer huge benefits. However, now no longer all fitness offerings-even the ones which can be publicly funded-want to be supplied via way of means of the state. The assignment for the authorities is to assist direct and enhance privately supplied offerings thru suitable regulatory preparations and via way of means of encouraging an enlargement in their scope to encompass merchandising and prevention, similarly



to healing care. The enlargement and strengthening of present offerings will lessen the sickness burden and the related costs. which includes productiveness losses. For those enhancements to be sustained and the woman drawback decreased, fitness structures need to be greater gender sensitive, and schooling and employment possibilities need to be expanded. Both call for- and supply-facet concerns want to be taken into account. despite the fact that green, superb offerings will generate their very own call for withinside the lengthy run.

**Conclusion :**

Health desires and offerings for numerous populations have come to the leading edge as states paintings to make their structures greater green and don't forget protecting extra human beings beneathneath federal fitness reform implementation. This brief, women's fitness, highlights sicknesses and fitness demanding situations not unusual place to women, possibilities to enhance get right of entry to care and powerful treatment, and techniques to save you situations and fitness issues earlier than they end up complex and expensive.

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## National Policies For Women Empowerment: An Indian Scenario

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### Abstract

The precept of gender equality is enshrined within the Indian Constitution in its Preamble, Fundamental Rights, Fundamental Duties and Directive Principles. The Constitution now no longer best presents equality to ladies, however additionally empowers the State to undertake measures of advantageous discrimination in favour of ladies. Within the framework of a democratic polity, our laws, improvement policies, Plans and programmes have aimed toward ladies's development in exclusive spheres. From the Fifth Five Year Plan (1974-78) onwards has been a marked shift within the technique to ladies's troubles from welfare to improvement. In latest years, the empowerment of ladies has been diagnosed because the imperative difficulty in figuring out the popularity of ladies. The National Commission for Women became installation via way of means of an Act of Parliament in 1990 to guard the rights and felony entitlements of ladies. The seventy three rd and seventy four th Amendments (1993) to the Constitution of India have furnished for reservation of seats within the nearby our bodies of Panchayats and Municipalities for ladies, laying a robust basis for his or her participation in choice making on the nearby levels.

### Introduction

The present paper is an strive to research the fame of woman empowerment in India the usage of numerous signs primarily based totally on facts from secondary sources. The examine famous that woman of India are surprisingly disempowered and that they experience incredibly decrease fame than that of guys no matter many efforts undertaken via way of means of government. Gender hole exists concerning get right of entry to to training and employment. Household selection making energy and freedom of motion of woman range significantly with their age, training and employment fame. It is observed that recognition of unequal gender norms via way of means of woman are nonetheless triumphing within the society. More than 1/2 of the woman consider spouse beating to be justified for one motive or the different. Fewer woman have very last say on the way to spend their income. Control over coins income will increase with age, training and with location of residence. Women's publicity to media is likewise much less relative to guys. Rural woman are extra vulnerable to home violence than that of city woman. A big gender hole exists in political participation too.

In the closing 5 decades, the idea of woman empowerment has gone through a sea alternate from welfare orientated technique to fairness technique. It has been understood because the procedure via way of means of which the powerless advantage more manage over the situations in their lives. Empowerment in particular consists of manage over sources and ideology. According to Sen and Batliwala (2000) it results in a developing intrinsic capability greater self confidence, and an internal transformation of one's recognition that permits one to conquer outside barrier. This view specifically emphasizes on vital factors. Firstly, it's far a energy to obtain favored dreams however now no longer a energy over others. Secondly, concept of empowerment is extra relevant to folks that are powerless- whether or not they may be male or female, or institution of individuals, magnificence or caste. Though idea of empowerment isn't unique to woman, but it's far precise in that and it cuts throughout all sorts of magnificence and caste and additionally inside households and households (Malhotra et al, 2002). Women empowerment is likewise described as a alternate within the context of a woman's existence, which permits her elevated ability for main a satisfying human existence. It receives meditated each in outside qualities (viz. health, mobility, training and attention, fame within the family, participation in selection making, and additionally at the extent of fabric security) and inner qualities (viz. self attention and self confidence) [Human Development in South Asia (2000) as quoted by Mathew (2003)]. UNDP (1990) for the primary time delivered the idea of Human Development Index (HDI) that developed to begin with as a broader degree of socio-financial development of a state however it have become famous as a degree of common achievements in human improvement for each the sexes.



Contrary to the overall perception that improvement is gender neutral, facts display that woman lag at the back of guys all around the global which include India in nearly all factors of existence. It is because of this that the focal point on human improvement has been to spotlight the gender measurement and persevering with inequalities confronting woman due to the fact 1995 (UNDP 1995). The Report cited that with out empowering woman typical improvement of humans isn't viable. It similarly pressured that if improvement isn't engendered, is endangered.

#### **National policies**

The National Policy on Empowerment of Women followed in 2001 states that " All sorts of violence in opposition to ladies, bodily and mental, whether or not at home or societal levels, together with the ones bobbing up from customs, traditions or widely wide-spread practices will be treated efficaciously on the way to cast off its incidence. Institutions and mechanisms/schemes for help may be created and reinforced for prevention of such violence, together with sexual harassment at paintings region and customs like dowry; for the rehabilitation of the sufferers of violence and for taking powerful motion in opposition to the perpetrators of such violence. A unique emphasis can also be laid on programmes and measures to address trafficking in ladies and girls." Under the Operational Strategies, the Policy presents:

- a) Strict enforcement of applicable felony provisions and rapid redressal of grievances with unique awareness on violence and gender associated atrocities;
- b) Measures to save you and punish sexual harassment at paintings region and safety of ladies people withinside the organised/unorganized sector
- c) Crime in opposition to ladies - their incidence, prevention, investigation, detection and prosecution to be reviewed often in any respect Crime Review fora on the Central, State and District levels.
- d) Women's Cells in Police Stations, Women Police Stations, Family Courts, Mahila Courts, Family Counseling Centres, Legal Aid and Nayaya Panchayats to be reinforced and improved to cast off VAW and atrocities in opposition to ladies.

The Policy additionally presents that "Women's Cells in Police Stations, Women Police Stations, Family Courts, Mahila Courts, Counseling Centers, Legal Aid Centers and Nyaya Panchayats may be reinforced and improved to cast off violence and atrocities in opposition to women.

#### **The Case of India**

As some distance as India is concerned, the precept of gender equality is enshrined withinside the Constitution and unearths an area withinside the Preamble, Fundamental Rights, Fundamental Duties and Directive Principles. The Constitution now no longer handiest presents equality to woman however additionally empowers the States to undertake measures of wonderful discrimination in favour of woman. Historically the fame of Indian woman has been stimulated via way of means of their past. There is proof to expose that woman withinside the Vedic age were given maximum venerated positions withinside the society (Seth, 2001). They had the proper to training and had been loose to stay single and dedicate their complete existence to the pursuit of understanding and self realization. The married woman done all of the works and sacrifices similarly with their husbands. They had been knowledgeable in numerous disciplines of understanding together with astrology, geography, veterinary sciences or even in martial arts. There had been times of woman taking element in wars and fights. They had been surprisingly reputable inside and out of doors home. Gradually because of numerous socio-political changes, in particular at some stage in the center age, the superb fame of woman declined. The urge for equality at the a part of Indian woman commenced getting momentum at some stage in the colonial times. Noted social reformers and countrywide leaders like Raja Ram Mohan Roy, Annie Besant, Sorojini Naidu and Ishwar Chandra Vidyasagar made selfless efforts to create attention amongst woman approximately their fame and had been pretty a success in putting off numerous social evils together with sati pratha, baby marriage, and polygamy. They additionally endorsed widow remarriage and woman training. The reformers had been a success in growing a base for improvement of woman and theirs try for equality. In route of time Indian society were given converted from conventional to a current one. Consequently woman have become extra liberal and privy to numerous methods of existence. Since they may be pretty able to breaking the



conventional limitations imposed via way of means of the society at the moment are hard the patriarchal gadget al even though in a restricted scale.

#### **Decision Making Power**

Decision making strength of girls in families is one of the essential signs of girls empowerment. It is observed that most effective 37 consistent with cent of presently married girls take part in making selections both on my own or together with their husband on their fitness care, huge family purchases, purchases for each day family wishes and on travelling their own circle of relatives individuals and household (Table 1). Forty 3 consistent with cent take part in a few however now no longer all selections and 21 consistent with cent do now no longer take part in any of the choice. As excessive as in 32. four consistent with cent instances the choice concerning the acquisition of each day family wishes is taken particularly via way of means of the respondents while the selections like go to to her household are in maximum instances taken on my own via way of means of husbands or together. Decision like important family purchases is taken together in maximum of the instances.

#### **Freedom of Movement**

Free mobility of girls is every other indicator of girls empowerment. The facts famous that approximately 1/2 of girls are allowed to visit the marketplace or to the clinic on my own (Table 3). Only 38 consistent with cent are allowed to tour on my own to locations outdoor the village or community. While now no longer all girls are allowed to visit those locations on my own, most effective a minority aren't allowed to move at all. Compared to city girls, rural girls have much less mobility. Women's mobility is likewise suffering from their historical past traits like age, training, marital reputation, kind of own circle of relatives and many others. Table four famous that freedom of motion will increase with age al even though it does now no longer range linearly with training. Seventy consistent with cent of the girls of the very best training institution are allowed to move on my own to the marketplace as in opposition to forty nine consistent with cent of girls and not using a training.

#### **Acceptance of Unequal Gender Role**

Women's protest in opposition to unequal gender function in phrases in their mind-set toward options for son, spouse beating and many others is every other indicator of girls empowerment. The facts supplied in Table five display that fifty four consistent with cent of girls in India agree with spouse beating to be justified for any of the precise motives. Similarly 35 consistent with cent girls agree with it to be justified in the event that they overlook their residence or children. However, settlement with spouse beating does now no longer range a good deal via way of means of girls's age and family shape, however decline sharply with training. It is to be referred to that even a number of the maximum knowledgeable girls, at the least one in 3 concurs with one or extra justifications for spouse beating. In rural regions girls are commonly extra agreeable to spouse beating than in city regions. Agreement is decrease amongst by no means married girls compared to ever married girls.

#### **Elected Women Members**

Many elements are accountable and decisive withinside the election of girls applicants consisting of literacy, economic position, liberal own circle of relatives historical past, assist of different individuals of the own circle of relatives, robust persona and many others. Since maximum of the girls lack get admission to to those, few girls get tickets or even fewer get elected from this handful of girls applicants. Table 2. thirteen indicates the elected girls Members in Lok Sabha. From the desk it's far clean that percent of girls individuals to the overall individuals has been always much less than 10 consistent with cent in every Lok Sabha beginning from 1st to twelfth one. This indicates negative participation of girls in political field.

#### **Conclusion**

There are numerous constraints that take a look at the technique of women empowerment in India. Social norms and own circle of relatives systems in growing nations like India, manifests and perpetuate the subordinate reputation of girls. One of such norms is the persevering with desire for a son over the start of a female infant, that's found in nearly all societies and communities. The maintain of this desire has bolstered in preference to weakened and its maximum evident proof is withinside the falling intercourse ratio (Seth, 2001). The society is extra biased in desire of male infant in recognize of training, vitamins and different opportunities. The root motive of this kind of





mind-set lies withinside the notion that male infant inherits the extended family in India with an exception in Meghalaya. Women frequently internalize the conventional idea in their function as natural, for this reason causing an injustice upon them.

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## A Lookout On Women's Health: Stress And Improvement

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#### Abstract

The function of women in conventional Indian society may be measured through their autonomy in decision making and through the diploma of get admission to they should the outdoor world. By those measures, Indian women, specifically the ones withinside the north, fare poorly. Girls are generally married as younger youngsters and are taken from their natal houses to stay of their husbands' households. There they may be ruled now no longer handiest through the guys they have got married however additionally through their new inlaws, specifically the older ladies. Women are often averted from running outdoor the house and travelling with out a chaperon, and this has profound implications for his or her get admission to to fitness care. The cash they earn, the dwellings wherein they stay, or even their reproductive careers aren't theirs to control. In addition, the paintings they carry out is socially devalued. This inherently inequitable social device is perpetuated thru a method of socialization that rationalizes and internalizes the woman downside. Female healthcare carriers can play an essential position in teaching society to understand their fitness and vitamins desires. Women experts and empowerment of girls in any respect degrees are required for development of the fitness and vitamins shape in India.

#### Introduction

Since the flip of the century. India's intercourse ratio has come to be an increasing number of favorable to males. This is in comparison to the state of affairs in maximum countries, in which the survival probabilities of women have advanced with growing financial boom and declining standard mortality. In India, extra woman mortality persists as much as the age of 30—a symptom of a bias in opposition to women. But there are extensive disparities in fertility and mortality amongst states and, inside states, among rural and concrete areas. The appreciably negative stages of those signs withinside the northern states of Bihar, Madhya Pradesh, Rajasthan, and Uttar Pradesh in terms of maximum southern states replicate marked social and demographic contrasts among the "Hindi belt" and the relaxation of India. The southern kingdom of Kerala, for instance, has completed fertility and mortality stages drawing near the ones of commercial countries.

Women, who're key in retaining healthful families, get admission to the fitness device greater than guys, each for themselves and on behalf in their children. Many come to be pregnant and deliver birth, a full-size fitness event, then generally come to be their child's number one caregiver, a position that substantially impacts family fitness standard. Elder and long-time period care troubles have an effect on women greater frequently due to the fact they stay longer; have better prices of incapacity and persistent fitness problems; and decrease earning than guys on average, which places them at extra want for kingdom and network resources, consisting of Medicaid. Across her lifespan, a woman's fitness repute subjects to herself, her own circle of relatives and to kingdom budgets. Legislators are wrestling with tight budgets and converting fitness laws—consisting of the realities of imposing federal fitness reform below the Affordable Care Act (ACA). If women's wishes are omitted in those discussions, however, states lose vital possibilities to enhance the fitness of citizens and benefit companions in growing a more healthy society.

#### Diseases and Health Challenges Common to Women

Women revel in particular fitness care demanding situations and are much more likely to be recognized with sure illnesses than guys. Chronic illnesses and situations—together with coronary heart sickness, most cancers and diabetes—are the main reasons of demise for women. Nearly 1/2 of of adults—133 million human beings—have a continual illness, and 1/2 of of these have or extra continual situations. Thirty-8 percentage of women be afflicted by one or extra continual illnesses, as compared to 30 percentage of guys. According to the Centers for Disease Control and Prevention (CDC), seventy five percentage of all U.S. fitness care greenbacks deal with human beings with continual situations. Managing continual sickness is frequently hard for the uninsured, and women are much more likely to lack coverage.

Chronic Diseases and Conditions

**Heart Disease**

Heart Disease Heart sickness is the main reason of demise for women. Women might also additionally have extra diffused signs and symptoms of a coronary heart assault than guys, together with top belly pain, lightheadedness or fatigue. “Heart Month” is nationally identified in February, and the American Heart Association’s Go Red for Women marketing campaign encourages focus. Many states have followed comparable focus efforts. Two CDC supply applications—Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) and the National Heart Disease and Stroke Prevention Program (HDSP)—assist states cowl screening and associated offerings for women.

**Cancer**

Cancer kills extra than 250,000 women withinside the United States annually. Access to preventive offerings below the ACA ought to assist extra women hit upon a few cancers earlier. In addition, elevating focus approximately signs and symptoms and danger elements for unique cancers is an essential factor of prevention and early diagnosis, particularly for cancers of the breast, lung, colon and pores and skin, which can be in large part preventable. States can assist make sure early breast most cancers detection via way of means of growing get entry to to mammograms. Some states have taken legislative motion to require the Human Papillomavirus (HPV) vaccine for pre-adolescent women to save you cervical most cancers or have furnished investment to make it extra conveniently to be had. In an attempt to lessen pores and skin most cancers rates, some of states ban tanning mattress use via way of means of minors.

**Diabetes**

The direct clinical charges related to diabetes totaled \$116 billion in 2007; CDC reviews that clinical prices for sufferers with the sickness are extra than double the charges for folks that do now no longer have it. Diabetes, the 7th main reason of demise withinside the United States, can result in extreme and steeply-priced complications, consisting of coronary heart sickness, stroke, amputations, blindness and kidney sickness. Medicaid sickness control offerings can keep states cash and assist limit complications. Some states require coverage insurance for numerous offerings and aid country diabetes prevention and manage applications inside their fitness departments.

**Depression**

According to the Mayo Clinic, women are two times as in all likelihood as guys to revel in depression. The situation will have an effect on one in 5 women in some unspecified time in the future of their lives, maximum typically among a long time forty and 59. Final rules from the U.S. Department of Health and Human Services associated with important fitness blessings below the ACA require man or woman and small organization marketplace plans to cowl intellectual fitness and substance abuse remedy on a stage similar to clinical and surgical offerings (acknowledged as “parity”) starting in 2014. For example, monetary requirements—together with copayments and deductibles—and remedy limitations—together with quantity of visits covered—want to be identical to the ones for remedy of different clinical situations.

**Improving Healthy Lifestyles**

Eating nutritious foods, exercising, preserving a wholesome weight and decreasing unstable behaviors can assist save you many continual illnesses. States might also additionally don't forget attractive caregivers and mother and father in efforts to fight early life obesity. Parents commonly decide the varieties of meals to be had withinside the domestic, offer leisure possibilities and sell day by day bodily activity. Parents additionally function function fashions for his or her children, and their fitness is carefully tied to that in their children. State guidelines can affect environmental and monetary situations that inspire households to make wholesome choices. Legislators can enact guidelines that inspire wholesome meals alternatives in schools, bodily activity, and the complicated project of creating wholesome meals to be had in groups. States are also designing groups to make it less complicated to be bodily lively via way of means of selling strolling and cycling trails and making sure secure routes to school. The federal authorities has these days made network transformation offers to be had to choose groups in each country. The offers are designed to have interaction companions from numerous sectors—together with the education, transportation and enterprise sectors and faith-primarily based totally organizations—to enhance the fitness in their residents.

**Improvement and development in fitness and health of women**

Improving women's fitness calls for a robust and sustained authorities commitment, a positive coverage environment, and well-focused assets. The authorities's approach ought to encompass balancing the jobs of the private and non-private sectors to maximise assets and to increase care to women whom authorities applications do now no longer reach. The public region will keep to play a key position in supplying offerings which includes own circle of relatives planning, maternity care. and manipulate of infectious sicknesses that sell fairness and monetary performance and confer huge benefits. However, now no longer all fitness offerings-even the ones which can be publicly funded-want to be supplied via way of means of the state. The assignment for the authorities is to assist direct and enhance privately supplied offerings thru suitable regulatory preparations and via way of means of encouraging an enlargement in their scope to encompass merchandising and prevention, similarly to healing care. The enlargement and strengthening of present offerings will lessen the sickness burden and the related costs. which includes productiveness losses. For those enhancements to be sustained and the woman drawback decreased, fitness structures need to be greater gender sensitive, and schooling and employment possibilities need to be expanded. Both call for- and supply-facet concerns want to be taken into account. despite the fact that green, superb offerings will generate their very own call for withinside the lengthy run.

**Conclusion**

Among the avoidable elements in maternal deaths, loss of antenatal care is the maximum essential. Women, if knowledgeable and aware, can enhance the fitness in their kids via way of means of easy measures like true hygiene, workout and nutritional habits. Because of poverty, most of the younger kids, specially women dwelling on streets are clean prey for crook prostitution rings, drug trafficking and outcomes of HIV infection, and excessive emotional and intellectual disturbances. Women are answerable for 70-80% of all of the healthcare furnished in India. Female healthcare carriers can play an essential position in teaching society to understand their fitness and vitamins desires. Women experts and empowerment of girls in any respect degrees are required for development of the fitness and vitamins shape in India.

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## Women Health Issues And Strategies For Improvement

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### Abstract

Women, who're key in retaining healthful families, get admission to the fitness device greater than guys, each for themselves and on behalf in their children. Many come to be pregnant and deliver birth, a full-size fitness event, then generally come to be their child's number one caregiver, a position that substantially impacts family fitness standard. Elder and long-time period care troubles have an effect on women greater frequently due to the fact they stay longer; have better prices of incapacity and persistent fitness problems; and decrease earning than guys on average, which places them at extra want for kingdom and network resources, consisting of Medicaid. Across her lifespan, a woman's fitness repute subjects to herself, her own circle of relatives and to kingdom budgets. Legislators are wrestling with tight budgets and converting fitness laws—consisting of the realities of imposing federal fitness reform below the Affordable Care Act (ACA). If women's wishes are omitted in those discussions, however, states lose vital possibilities to enhance the fitness of citizens and benefit companions in growing a more healthy society.

### Introduction

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Heart Disease



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#### **Cancer**

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#### **Promoting Healthy Lifestyles**

Eating nutritious foods, exercising, preserving a wholesome weight and decreasing unstable behaviors can assist save you many continual illnesses. States might also additionally don't forget attractive caregivers and mother and father in efforts to fight early life obesity. Parents commonly decide the varieties of meals to be had withinside the domestic, offer leisure possibilities and sell day by day bodily activity. Parents additionally function function fashions for his or her children, and their fitness is carefully tied to that in their children. State guidelines can affect environmental and monetary situations that inspire households to make wholesome choices. Legislators can enact guidelines that inspire wholesome meals alternatives in schools, bodily activity, and the complicated project of creating wholesome meals to be had in groups. States are also designing groups to make it less complicated to be bodily lively via way of means of selling strolling and cycling trails and making sure secure routes to school. The federal authorities has these days made network transformation offers to be had to choose groups in each country. The offers are designed to have interaction companions from numerous sectors—together with the education, transportation and enterprise sectors and faith-primarily based totally organizations—to enhance the fitness in their residents.

**Strategies for improvement in health**

Improving women's fitness calls for a robust and sustained authorities commitment, a positive coverage environment, and well-focused assets. The authorities's approach ought to encompass balancing the jobs of the private and non-private sectors to maximise assets and to increase care to women whom authorities applications do now no longer reach. The public region will keep to play a key position in supplying offerings which includes own circle of relatives planning, maternity care. and manipulate of infectious sicknesses that sell fairness and monetary performance and confer huge benefits. However, now no longer all fitness offerings-even the ones which can be publicly funded-want to be supplied via way of means of the state. The assignment for the authorities is to assist direct and enhance privately supplied offerings thru suitable regulatory preparations and via way of means of encouraging an enlargement in their scope to encompass merchandising and prevention, similarly to healing care.

**Conclusion**

Health desires and offerings for numerous populations have come to the leading edge as states paintings to make their structures greater green and don't forget protecting extra human beings beneathneath federal fitness reform implementation. This brief, women's fitness, highlights sicknesses and fitness demanding situations not unusual place to women, possibilities to enhance get right of entry to to care and powerful treatment, and techniques to save you situations and fitness issues earlier than they end up complex and expensive.

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## Violence against Women as a Human Rights Concern

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According to the United Nations, 'there is no region of the world, no country and no culture in which women's freedom from violence has been secured'. Nevertheless its occurrence, violence against women was long considered a problem beyond the reach of international human rights law. Enacted by non-state actors, and caused largely by patriarchal cultural and social structures, violence against women fit uneasily in an international legal framework designed to constrain states from abuses of their power. Despite these obstacles, feminists, activists and policy-makers worked hard to reform international human rights law to address better the bane of violence against women. In particular, international and regional instruments were developed that explicitly condemn violence against women and hold states responsible even for violence committed by non-state actors. At the heart of these measures is the due diligence standard, which requires that states exercise due diligence to prevent, investigate and punish violence against women, to address violence at the level of the individual and society.<sup>1</sup> In considerable part because of the work of feminists, there now exists the beginnings of a framework that offers an adequate legal response to violence against women.

Why has this legal reform not translated into less violence against women? This research article looks to the growing body of scholarship aimed at understanding the efficacy, or inefficacy, of international law, given that it operates in a system without strong centralized mechanisms for interpretation, application and enforcement. However, in the context of violence against women, theories of compliance fail to tell the full story. This article argues that the work of feminists, whose efforts helped transform the law, must be extended to address the next challenge: the gap between the promise of the law, and reality. It proposes that compliance literature must first engage with feminist insights if it is to be useful in explaining, and addressing, the persistence of violence against women despite advancements at the legal level. By examining compliance theories through the lens of violence against women, this thesis reveals some gaps in the current literature, and contributes by filling in these gaps.<sup>2</sup> And this article also highlights that, ironically, theories of compliance with international law exhibit flaws similar to those that beset international law itself: they are androcentric and state centric.

### **Violence against women: prevalence, perpetrators, causes and responses**

Violence against women is a global rife. It is frequently reported that one in three women experience violence in their lifetime; in some regions the statistic is as high as 70-80% of the women's are affected by violence. Suffice it to say that violence against women has devastating consequences, including heavy economic and social costs and adverse effects on women's health and wellbeing. Unfortunately, violence against women frequently results in death. Women of every nationality, class, race, ethnicity, religion, and age are subject to gender-based violence.

In drawing the world's attention to the scourge of violence against women, activists and feminists have sought to expose its structural causes. The international community has been urged to think of violence against women not as 'random, individual acts of misconduct' but as originating from the systematic subordination of women by men. Moreover, violence against women also often intersects with other categories of oppression and marginalization, such as minority or migrant status, sexual orientation, or disability. While the precise causes of violence against women will vary from case to case, patriarchal structures almost always underlie the various individual and societal factors that contribute to violence against women. Thus, the second feature of violence against women is its complex, structural and intersectional causes.<sup>3</sup> Both of these features have clear implications for preventing and responding to violence against women: measures purporting to do so must go beyond the state to the private sphere, and address deeply entrenched 'social and cultural norms, institutionalized in the law and political structures and embedded in local and global economies'.

### **Violence against women as a human rights issue**

As the global movement to combat violence against women gained traction, it intersected with the human rights movement. Realizing the power of the international human rights framework,





activists sought to transform political agendas to combat violence against women into the language of human rights. However, this transformation did not take place until the 1980s, prior to which the women's rights agenda focused primarily on promoting women's rights in the political and public arena. The late arrival of violence against women on the human rights agenda is reflected in its glaring omission from Convention on the Elimination of all Forms of Discrimination against Women (CEDAW), which opened for signature in 1979. By the mid-1990s, however, the issue had risen to prominence: at the 1993 World Conference on Human Rights in Vienna (Vienna Conference), women's groups rallied around the violence against women agenda, and it was one of the four central issues at the United Nations Conference on Women in Beijing in 1995.<sup>4</sup>

### **Feminist critique of international human rights law**

Despite mobilizing international human rights law to combat violence against women, many feminists have been critical of the same framework. Ultimately, 'feminist scholars have argued that international human rights norms were initially articulated and continue to be interpreted and applied to reflect men's experiences while overlooking the harms that most commonly or disproportionately affect women'. In more particular terms, feminists have shown how international human rights law is ill suited to respond to the two dominant features of violence against women identified above, that is: (1) its perpetration by non-state actors, often individuals in a private context, and (2) its complex structural and intersectional causes. The following section deals with each aspect of the critique in turn. First, international human rights law has traditionally been concerned with the state and its abuses of civil and political rights. For feminists, this focus developed because international human rights law has been made by men to respond to 'what men fear will happen to them'.<sup>5</sup> Highlighting the gendered operation of this public/private distinction, feminists have argued that the state-focus of international human rights law considerably limits its capacity to respond to many of the harms experienced by women. It is worth noting that this public/private critique has been challenged by feminists on a number of fronts.<sup>5</sup> First, the distinction between 'public' and 'private' described above is not a bright line that operates uniformly against women's interests. That said, however the distinction is described, feminists are undoubtedly right that the perpetration of violence against women by non-state actors has traditionally placed it beyond the reach of international human rights law, thus limiting that framework's ability to protect women from violence.<sup>6</sup>

The second major part of the feminist critique of international human rights law has two components: a concern about the value of individual rights claims, and their basis in the principle of non-discrimination. Dealing with the latter component first, feminists argue that the idea of non-discrimination, which underlies most international human rights instruments, is ill equipped to transform the entrenched and intersectional, social and cultural practices that contribute to violence against women.<sup>7</sup> While a progressive approach to non-discrimination – better described as 'equality' – might offer scope to 'do away with women's subordinate status', such an approach is not readily apparent in practice.<sup>44</sup> In addition, individual rights claims risk universalizing the complex and hugely varied experiences of the world's women, and essentializing the causes of their oppression. Feminists have argued that this does not preclude the utility of international human rights law working for women, but rather that the framework must do better to 'accommodate the diversity of women and women's lives without compromising its strength that lies in its appeal to universality and the promotion of gender equality'.<sup>8</sup>

### **The reform of international human rights law:**

Many of the critiques articulated above were mounted in the early 1990s. While their message remains relevant, considerable legal reform has been undertaken since then in order to overcome the deficiencies identified by feminists. First, in 1992, the Committee on the Elimination of Discrimination against Women (CEDAW Committee) issued General Recommendation No. 19, which asserted that 'gender-based violence is a form of discrimination that seriously inhibits women's ability to enjoy rights and freedoms on a basis of equality with men'. By linking violence against women to discrimination, General Recommendation 19 rectified the failure of CEDAW to address violence against women. General Recommendation 19 also made explicit that discrimination under the Convention is not restricted to action by or on behalf of Governments...States may also be responsible for private acts if they fail to act with due diligence to prevent violations of rights or to investigate and punish acts of violence, and for providing compensation'. Subsequent to General Recommendation 19, three international instruments were developed that describe violence against



women as a human rights violation: Declaration on the Elimination of Violence Against Women, Inter-American Convention on the Prevention, Punishment and Eradication of Violence Against Women (Belém do Pará), and Protocol to the African Charter on Human and People's Rights on the Rights of Women in Africa (Protocol to the ACHPR). In addition, on 1 August 2014, the European Convention on preventing and combating violence against women and domestic violence (Istanbul Convention) entered into force, building upon the Council of Europe's Recommendation to member states on the protection of women from violence. To varying degrees, each of these instruments contains provisions that address the feminist critiques, each instrument requires states to take measures to eliminate violence against women committed in both the 'public' and the 'private' sphere. DEVAW and Belém do Pará also both make explicit that violence against women can occur at the hands of the state, or be perpetrated by the community or a member of the family. The absence of an equivalent provision in the Istanbul Convention and the Protocol to the ACHPR is a weakness in both those instruments,<sup>9</sup> perhaps even more so for the Istanbul Convention, because it failed to carry over this aspect of the earlier Council Recommendation. With respect to the second feature of violence against women, all five instruments recognize the complex and structural causes of such violence, although in different ways. For example, the preamble to DEVAW states categorically that: violence against women is a manifestation of historically unequal power relations between men and women, which have led to domination over and discrimination against women by men and to the prevention of the full advancement of women, and that violence against women is one of the crucial social mechanisms by which women are forced into a subordinate position compared with men. Likewise, the preamble to Belém do Pará acknowledges in briefer terms that 'violence against women...is a manifestation of the historically unequal power relations between women and men'. The Council Recommendation and the Istanbul Convention also make this plain. In contrast, the Protocol to the ACHPR is not explicit on this point.<sup>10</sup> Nevertheless; each instrument contains measures aimed at tackling this second feature of violence against women.

### Conclusions

The development of the concept of due diligence in international human rights law has gone some way to remedying that field's structural inability to address violence against women. Yet feminist progress at the level of law has not delivered real change. This article has argued that, ironically, the very theories of compliance that might explain and thereby help address this gap are themselves in need of feminist attention. In order to remedy this theoretical deficit, this thesis applies feminist observations to the prevailing set of compliance theories. In doing so, this article has both illuminated some of the reasons why the due diligence standard has not been effective in eliminating violence against women, and has revealed some blind spots in current theories of compliance with international law..

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## Status of Academic Libraries in the Higher Education.

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### **Abstract:**

Education is recognised as a prerequisite for a general development of a nation. Knowledge is one of the resources for the development of human kind. During this century the process of developments of knowledge has been much faster than it ever was in earlier centuries. The library is an important instrument of education. Knowledge spread through libraries. Now in India it is time to improve the quality of education and for this, the Government has to introduce a new mechanism of sanctioning grants has give serious thought to improving education at all levels.

**Keywords:** Academic Libraries, Academic Libraries and its Development, Impact of ICT in Libraries, ICT Brings changes in Academic Libraries.

### **Introduction:**

The story of civilisation indicates that libraries have been an essential part of civilised society. These came into being to serve the needs of the society. Their form, character, purpose, function and the services have been determined by the needs of the society served by it. The libraries played an important part in the social, political, economic and cultural development of society. The modern trends of education is to develop a thinking individual who should prove to be a self - reliant person in every walk of life. Such a kind of thinking individual who should prove to be created only if he is initiated into the channels, which lead him in right directions for proper development of his mind. This can be achieved by wide reading which is sure to lead him to form his independent judgement of the problems facing him.

The national education policy on education 1986 and as slightly modified in 1992 has also observed "the country has reached a stage in its economic and technical development when a major efforts must be made to derive the maximum benefits from the assets already created and to ensure that the fruits of change reach all sections.

### **Academic Libraries:**

Academic Libraries may be divided into i.e. school, college, and University. Prof. D.S.Kothari in the education Commission report (1964-66) described the academic function of the college library in India as "The library should provide library facilities and services necessary for success of all formal programmes of instruction, open the door to the wide world of books that lies beyond the boundaries of one's own field of qualification and bring books, students, and scholar together under conditions which encourage reading for pleasure, self-discovery, personal growth and the sharpening of intellectual curiosity. The staff should be able to convert the library into an intellectual workshops and should along with teachers be in a position to teach with books.

### **Academic Libraries System & its development:**

The academic library system postulates that there should be library- oriented education in school, colleges and universities. S.R.Ranganathan suggested this to the UGC after its established in 1953 when the development of university and college and not an academic unit like a teaching department. This is not conducive to the fulfilment of the library system in colleges in India to provide condition that makes library service effective even though Ranganathan stressed the need for development of academic library in the fourth five year plan in 1970. There is now a need for perspective planning to recognise the college library system after studying its objectives and the role of the university library to provide common services to the constituent colleges. The college library system should be viewed as a network of local, university and national libraries forming integral part of the academic library system.

### **Impact of ICT in Libraries:**

Day to day we are using technologies in the libraries. The main force that has brought revolutionary changes in functioning of the libraries is technology. In recent years, impact of technology had been tremendous on library system. These technologies have made significant impact on growth of knowledge and in unlocking the human potential.



**Recent technology trends in libraries:**

- a. Digitised
- c. Internet
- d. Automation
- e. Consortia
- f. RFID Technology
- g. Creating of institutional repository ( E-Book, E-Journal )

**ICT Brings changes in Academic Libraries:**

- a. Traditional libraries to digital libraries
- b. Changes RFID tags
- c. Card catalogue to OPACS
- d. Photocopies to digital copies
- e. Real to virtual libraries

**Conclusion:**

College library holds a distinctive position as its services, organisation and administration and also given significantly to the realization of the objective of college education. The librarian must be prepared to exploit resources by providing information and subject matter at the right time and suitable level and help the teachers and pupils. In this electronic age there is no difference among the education. i.e rural and urban. Now the library services shifted towards E-Library services.

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## Physical And Mental Health Of Women In India

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### Abstract

Women, who're key in retaining healthful families, get admission to the fitness device greater than guys, each for themselves and on behalf in their children. Many come to be pregnant and deliver birth, a full-size fitness event, then generally come to be their child's number one caregiver, a position that substantially impacts family fitness standard. Elder and long-time period care troubles have an effect on women greater frequently due to the fact they stay longer; have better prices of incapacity and persistent fitness problems; and decrease earning than guys on average, which places them at extrawant for kingdom and network resources, consisting of Medicaid. Across her lifespan, a woman's fitness reputes subjects to herself, her own circle of relatives and to kingdom budgets. Legislators are wrestling with tight budgets and converting fitness laws—consisting of the realities of imposing federal fitness reform below the Affordable Care Act (ACA). If women's wishes are omitted in those discussions, however, states lose vital possibilities to enhance the fitness of citizens and benefit companions in growing a more healthy society.

### Introduction

India's populace has extra than doubled when you consider that 1961. Although India has been a pacesetter in growing fitness and populace policies, there had been predominant implementation issues because of poverty, gender discrimination, and illiteracy. Yet, three-quarters of the meals produced yearly in India is due to girls. In 1991, simplest 39.three% of Indian girls have been literate. The literacy stage of girls can have an effect on reproductive behavior, use of contraceptives, fitness and upbringing of kids, right hygienic practises, get entry to to jobs and the general popularity of girls within the society. Early marriage and childbirth became a prime determinant of girls's fitness and became additionally answerable for the triumphing socioeconomic underdevelopment in India. The standard maternal mortality for India is 572.three in line with 100,000 births, starting from 14.9% in Bihar to 1.three% in Kerala. Anemia is an oblique component in 64.4% of the maternal deaths. Trained delivery attendants presently help in approximately 60-80% of all births in girls on the time of delivery. Socioeconomic elements are answerable for maternal deaths to a big extent - cash in 18.three%, shipping in 13.7%. When the mom dies it doubles the probabilities of dying of her surviving sons and quadruples that of her daughters. Among the avoidable elements in maternal deaths, loss of antenatal care is the maximum essential. Women, if knowledgeable and aware, can enhance the fitness in their kids via way of means of easy measures like true hygiene, workout and nutritional habits. Because of poverty, most of the younger kids, specially women dwelling on streets are clean prey for crook prostitution rings, drug trafficking and outcomes of HIV infection, and excessive emotional and intellectual disturbances. Women are answerable for 70-80% of all of the healthcare furnished in India. Female healthcare carriers can play an essential position in teaching society to understand their fitness and vitamins desires. Women experts and empowerment of girls in any respect degrees are required for development of the fitness and vitamin shape in India.

The function of women in conventional Indian society may be measured through their autonomy in decisionmaking and through the diploma of get admission to they should the outdoor world. By those measures, Indian women, specifically the ones within the north, fare poorly. Girls are generally married as young youngsters and are taken from their natal houses to stay of their husbands' households. There they may be ruled now no longer handiest through the guy they have got married however additionally through their new inlaws, specifically the older ladies. Women are often averted from running outdoor the house and travelling with out a chaperon, and this has profound implications for his or her get admission to to fitness care. The cash they earn, the dwellings wherein they stay, or even their reproductive careers aren't theirs to control. In addition, the paintings they carry out is socially devalued. This inherently inequitable social device is perpetuated thru a method of socialization that rationalizes and internalizes the woman downside. Female healthcare carriers



can play an essential position in teaching society to understand their fitness and vitamins desires. Women experts and empowerment of girls in any respect degrees are required for development of the fitness and vitamins shape in India.

#### **Diseases Common to Women in India**

Women revel in particular fitness care demanding situations and are much more likely to be recognized with sure illnesses than guys. Chronic illnesses and situations—together with coronary heartsickness, most cancers and diabetes—are the main reasons of demise for women. Nearly 1/2 of adults—133 million human beings—have a continual illness, and 1/2 of these have or extra continual situations. Thirty-8 percentage of women be afflicted by one or extra continual illnesses, as compared to 30 percentage of guys. According to the Centers for Disease Control and Prevention (CDC), seventy five percentage of all U.S. fitness care greenbacks deal with human beings with continual situations. Managing continual sickness is frequently hard for the uninsured, and women are much more likely to lack coverage.

Chronic Diseases and Conditions

#### **Heart Disease**

Heart Disease Heart sickness is the main reason of demise for women. Women might also additionally have extra diffused signs and symptoms of a coronary heart assault than guys, together with top belly pain, lightheadedness or fatigue. “Heart Month” is nationally identified in February, and the American Heart Association’s Go Red for Women marketing campaign encourages focus. Many states have followed comparable focus efforts. Two CDC supply applications—Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) and the National Heart Disease and Stroke Prevention Program (HDSP)—assist states cowl screening and associated offerings for women.

#### **Diabetes**

The direct clinical charges related to diabetes totaled \$116 billion in 2007; CDC reviews that clinical prices for sufferers with the sickness are extra than double the charges for folks that do now no longer have it. Diabetes, the 7th main reason of demise within the United States, can result in extreme and steeply-priced complications, consisting of coronary heartsickness, stroke, amputations, blindness and kidney sickness. Medicaid sickness control offerings can keep states cash and assist limit complications. Some states require coverage insurance for numerous offerings and aid country diabetes prevention and manage applications inside their fitness departments.

#### **Cancer**

Cancer kills extra than 250,000 women within the United States annually. Access to preventive offerings below the ACA ought to assist extra women hit upon a few cancers earlier. In addition, elevating focus approximately signs and symptoms and danger elements for unique cancers is an essential factor of prevention and early diagnosis, particularly for cancers of the breast, lung, colon and pores and skin, which can be in large part preventable. States can assist make sure early breast most cancers detection via way of means of growing get entry to to mammograms. Some states have taken legislative motion to require the Human Papillomavirus (HPV) vaccine for pre-adolescent women to save you cervical most cancers or have furnished investment to make it extra conveniently to be had. In an attempt to lessen pores and skin most cancers rates, some of states ban tanning mattress use via way of means of minors.

#### **Depression**

According to the Mayo Clinic, women are two times as in all likelihood as guys to revel in depression. The situation will have an effect on one in 5 women in some unspecified time in the future of their lives, maximum typically among a long time forty and 59. Final rules from the U.S. Department of Health and Human Services associated with important fitness blessings below the ACA require man or woman and small organization marketplace plans to cowl intellectual fitness and substance abuse remedy on a stage similar to clinical and surgical offerings (acknowledged as “parity”) starting in 2014. For example, monetary requirements—together with copayments and deductibles—and remedy limitations—together with quantity of visits covered—want to be identical to the ones for remedy of different clinical situations.

#### **Improvement in health**

Improving women's fitness calls for a robust and sustained authorities commitment, a positive coverage environment, and well-focused assets. The authorities's approach ought



to encompass balancing the jobs of the private and non-private sectors to maximise assets and to increase care to women whom authorities applications do now no longer reach. The public region will keep to play a key position in supplying offerings which includes own circle of relatives planning, maternity care. and manipulate of infectious sicknesses that sell fairness and monetary performance and confer huge benefits. However, now no longer all fitness offerings—even the ones which can be publicly funded—want to be supplied via way of means of the state. The assignment for the authorities is to assist direct and enhance privately supplied offerings through suitable regulatory preparations and via way of means of encouraging an enlargement in their scope to encompass merchandising and prevention, similarly to healing care. The enlargement and strengthening of present offerings will lessen the sickness burden and the related costs. which includes productivity losses. For those enhancements to be sustained and the woman drawback decreased, fitness structures need to be greater gender sensitive, and schooling and employment possibilities need to be expanded. Both call for- and supply-facet concerns want to be taken into account. despite the fact that green, super offerings will generate their very own call for within the lengthy run.

Eating nutritious foods, exercising, preserving a wholesome weight and decreasing unstable behaviors can assist save you many continual illnesses. States might also additionally don't forget attractive caregivers and mother and father in efforts to fight early life obesity. Parents commonly decide the varieties of meals to be had within the domestic, offer leisure possibilities and sell day by day bodily activity. Parents additionally function fashions for his or her children, and their fitness is carefully tied to that in their children. State guidelines can affect environmental and monetary situations that inspire households to make wholesome choices. Legislators can enact guidelines that inspire wholesome meal alternatives in schools, bodily activity, and the complicated project of creating wholesome meals to be had in groups. States are also designing groups to make it less complicated to be bodily lively via way of means of selling strolling and cycling trails and making sure secure routes to school. The federal authorities has these days made network transformation offers to be had to choose groups in each country. The offers are designed to have interaction companions from numerous sectors—together with the education, transportation and enterprise sectors and faith-primarily based totally organizations—to enhance the fitness in their residents.

### **Conclusion**

Among the avoidable elements in maternal deaths, loss of antenatal care is the maximum essential. Women, if knowledgeable and aware, can enhance the fitness in their kids via way of means of easy measures like true hygiene, workout and nutritional habits. Because of poverty, most of the younger kids, specially women dwelling on streets are clean prey for crook prostitution rings, drug trafficking and outcomes of HIV infection, and excessive emotional and intellectual disturbances. Women are answerable for 70-80% of all of the healthcare furnished in India. Female healthcare carriers can play an essential position in teaching society to understand their fitness and vitamin desires. Women experts and empowerment of girls in any respect degrees are required for development of the fitness and vitamin shape in India.

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## “Trend Of Digitization In Teaching And Learning Process Of Higher Education”

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*“Technology will never replace great teachers,  
But technology in the hands of great teachers will be transformational”. - George Couros*

### **Introduction –**

The essence of Human Resource Development is education. The education sector, globally, is transforming from traditional education system to the digital education environment. The initial phase of this transformation was moderate in our country because of may be varied reasons including tendency towards adaptability to change, technical knowledge, cost of digitization and compulsion of use restricted to only technical subjects. Since last few years, this transformation has been spread to the teaching and learning community at large with commonly used ICT tools in general or we can say that the digitization with comparatively cost advantaged gadgets applied in the education sector, particularly in Higher Education.

But the Covid-19 corona virus pandemic had surprisingly affected all the sectors of economy with unexpected and long duration lockdown announced on 24<sup>th</sup> March, 2020 in the country. The teaching-learning process necessitated solutions to deal with the situation. Before this pandemic, the digitalization in other sectors particularly in banking sector has already created a big segment of digital users with ease and convenient access to the online banking services with their mobiles. The online education system exists before this pandemic but with limited scope. During the lockdown, an education system with the only choice and compulsion of using digital and online services in the sector or we can say this has actually started a new era of e-learning accessible to the remote users. The Government, public and private institutions and all the stakeholders of the education sector have no choice or alternative of e-learning during this pandemic. The education sector witnessed this trend of transformation in the form of e-learning environment with unprecedented speed and also with huge responding group particularly in higher education.

### **Higher Education Sector in India (in brief) :**

India's higher education segment is expected to increase to Rs. 2,44,824 crores (US\$ 35.03 billion) by 2025. India was ranked 34 among the 100 countries in English Proficiency Index 2019. Increasing internet penetration is expected to help in education delivery. It also has one of the largest networks of higher education institutions in the world. Number of colleges in India reached 42,343 in FY20. The number of universities in India reached 1,014 in FY22 (until October 2021), number of universities in India reached 988. India had 37.4 million students enrolled in higher education in 2018-19. In FY21, Gross Enrolment Ratio in higher education in India was 27.1%.

Higher education institutes in India are focusing on creating online programmes due to the increasing demand from users. In India, the online education market is forecast to reach US\$ 11.6 billion by 2026. ICAR is one of the largest national agricultural organisations in the world. It has 122 institutes and 67 agricultural universities across India, as of July 2021. According to KPMG, India has also become the second largest market for E-learning after the US. The sector is expected to reach US\$ 1.96 billion by 2021.<sup>1</sup>

### **Digitization of Teaching-Learning Process :**

The digitization of teaching and learning process from the traditional chalk-board face to face trend to transform into using digital and online gadgets have faced variety of hindrances in the form of resistance to change, adaptability, technical preparedness of stakeholders, cost analysis, availability of resources and response of targeted segment (teachers and students). The digital education is now definitely transformed the teaching-learning process in more efficient way with highly accessible technological tools.

**The ICT Environment :** Formerly it was known as only Information Technology. The IT concept was restricted upto the use of technology for the information purpose only but with the frequent introduction of advance technological tools like digital audio and video gadgets it widened its scope





and now it is known as Information and Communications Technology (ICT). ICT refers to the merging of audiovisual and telephone networks with the computer single unified system of cabling. Thus, ICT includes any communication device – including satellite systems, television, cell phones, computer and network hardware etc. The higher education sector with advanced ICT tools such as smart devices, smart-boards, online classrooms, digital cameras, projectors, video conferencing tools, audio recording tools etc. succeeded in transferring teaching-learning process.<sup>2</sup>

ICT is not only influencing, changing, and supporting the content that is being delivered by the teachers but also changing the way students are learning. There has been a systematic movement from *content-centered curricula* to *competency-based curricula* with the aid of various ICT tools. With ICT advancements in Educational Technological tools, off-campus delivery of courses is possible for students who were unable to attend the class for any reasons. It allows access to various courses and programmes from the place of learners. It provides convenience to the students in terms of time and also it is cost effective as it save the travelling expenses.<sup>3</sup>

**Virtual Teaching-Learning Process :** The virtual teaching learning process enhancing experiences with the use of **AI (Artificial Intelligence)**. The pandemic gives an opportunity to adapt variety of online digital tools and applications in teaching-learning process like Whatsapp groups to promote free talks on course contents, like Google Classroom, Google Meet, Zoom Meet, subject related videos on YouTube, charts and models, use of many other online free applications have changed the scenario of higher education. Even Facebook and Instagram apps are used frequently to communicate instructions to the students.

**Assessment and Evaluation Process :** Digitization of teaching and learning also changed the form of assessment and evaluation process. The advanced ICT tools have made assessment and evaluation of students' online performances. The assessment can be either 'formative', designed to monitor students' progress, 'summative', to evaluate against particular criteria or in any other way. Variety of ICT tools are there like Google Classroom, Google Form, Socrative, Quizizz etc.<sup>4</sup>

**Objectives of the study :** The study is based on the following objectives.

1. To study the change in higher education sector.
2. To analyse digital teaching-learning process.
3. To update with the current digital environment of higher education.

**Research Methodology :** The study is based on the review of secondary data. Recent articles available on internet have been studied to analyse the digital transformation of higher education sector. It is interesting, to go through recent scenario of digital environment where the world is moving towards grasping the potentials of existing and upcoming technology. In this study, the features of modern technology (specifically ICT) are highlighted in brief to understand its impact on higher education sector.

#### **Conclusion:**

The education sector has encountered with variety of challenges during Covid-19 pandemic. The transformation of education sector in digital environment to meet timely and accessible arrangements has provided an opportunity to enhance the sector. Digitalization of education system has changed the scenario with highly advanced ICT tools but it cannot replace the completely the traditional teaching-learning process specifically the role of teachers (face-to-face) in teaching, solving difficulties, motivating and shaping students' career. The blended teaching may prove a way to quality enhancement of education.

It is recommended that contemporary way of teaching-learning should be adopted by the stakeholders to achieve the ultimate objective of human resource development.

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## Teaching English Through “ Online Mode”

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### ABSTRACT

As now these days, teaching methods have been changing vastly, the teachers use modern technologies for teaching. We can see it now due to COVID -19, the school's colleges are closed, and students are learning online. Online teaching is purely technical, blended with teaching and information. Now, these days digital teaching is on-trend. Online learning programs are when the classes are conducted through virtual classrooms instead of the traditional modes of teaching. Classes are conducted on a computer. Online ESL uses a particular website for teaching. This is commonplace where the teachers and students access learning materials and system support. E-books should be introduced for learning because this is a digital era. Everyone is having a smartphone and a tablet. So, if E-Books are introduced, it will be of great help.

### INTRODUCTION

English language teaching has undergone a lot of changes over the past years. Many career alternatives that were regarded as insignificant are gaining importance like soft skills, technical skills, etc. For this, a change in the trends teaching-learning process should be introduced for its betterment. Today technology has become very fast. We can see technology in every corner of our life, such as movies, games, etc. It has become an essential source of entertainment. The internet provides excellent opportunities for entertainment. Technology serves as a major purpose that is communication. By this method of teaching ESL English as a second language will become easy. We all know that technology plays a significant role in the teaching and learning process. Technological innovations are a part of education. Only the innovations which have solid teachings will stand with time. As nowadays, teachers combine digital media with more forms of teaching. There are a lot of online teaching resources also available. As we all know that there are lots of mobile-friendly apps available. These apps can be a great form of learning.

Teaching English as a secondary language is a big challenge. It doesn't matter what your background and experience level is. Like teaching other subjects, you will realize that every student learns differently. But with some work, you will be able to gain skills that will be required in teaching ESL. First of all, we should know what a trend is? A trend is a general tendency or direction towards change over the years especially.

### What is ESL?

Now, these days teachers are involved in getting a lot of training because everything keeps on changing. To be employable and remain competitive, teachers are involved in technical training. Like other careers or professions, teachers should keep themselves learning and developing their knowledge and skills. By developing these skills teaching ESL will be more comfortable. The design of an ESL program helps students who want to learn English as a second language. Schools generally use the term ESL for students who are not native speakers. ESL teachers help in instructing the students in writing, reading, and conversing, and job-oriented communication skills. Generally, the students enroll in this program to use this program in school, work, and study abroad.

If a teacher is continuously teaching in the class without asking questions and without students' involvement, it creates monotony in the class. So, student participation is significant. The teacher should ask questions at the end of the class and summarize whatever he has taught in a few minutes. He has to clear all the doubts. This will help to teach ESL as a secondary language. A lot of changes have to be made in the teaching method. As teaching is student-centric, so involvement of the students is required. Teachers should give them specific tasks and involve them in certain conversations. They should also be given role-play to prevent stage fear, which is very common in students. Teachers should teach in the class with a sense of humor. They should create a friendly atmosphere in the class. Students always feel comfortable when the teacher is friendly in the class. They feel free to ask any questions. The teacher should not be very serious in class. They should balance between seriousness and a sense of humor.



Most of the students are good at technical English, but they are not in general English. Learning Language through literature, reviews, dictionary, discussions, and analysis helps the students to improve their communication skills. So, the teachers should encourage the students to read novels, books, essays to improve their skills. Teaching through literature also helps in teaching ESL English as a second language. Grammar plays a vital role in teaching. Teachers should teach them from a learning point of view, not an examination point of view. Grammar is also very important in writing the sentence as well as learning it correctly. In the inductive method, the examples are given first, and then the rules are described. He first gives the students examples and asks the students to frame their own sentences. So, this method is one of the best methods to teach English grammar. This will be very helpful in teaching ESL English as a Second Language.

As now these days, teaching methods have been changing vastly, the teachers use modern technologies for teaching. We can see it now due to COVID -19, the school's colleges are closed, and students are learning online. Online teaching is purely technical, blended with teaching and information. Now, these days digital teaching is on-trend. Online learning programs are when the classes are conducted through virtual classrooms instead of the traditional modes of teaching. Classes are conducted on a computer. Online ESL uses a particular website for teaching. This is commonplace where the teachers and students access learning materials and system support. E-books should be introduced for learning because this is a digital era. Everyone is having a smartphone and a tablet. So, if E-Books are introduced, it will be of great help. Access to knowledge in terms of flexibility has changed. E-books also help to teach ESL as a secondary language. Get set! Phonics uses songs, games, and rhymes to develop awareness in children. These learning apps also helps in teaching ESL English as a secondary language. Embodied learning is based on the idea that learning involves using mind and body collaboration. It is not based on just remembering. Learners should be physically, socially, and emotionally engaged. Courses like Doodle Town use audio, video, and hands-on activities to inspire children learning. It also stimulates the young learners to draw and to be creative. Orbit also stimulates young learners through stories.

An ESL teacher provides support to students who are learning English as a second language. ESL teachers use real-life examples to teach students. ESL teachers must be creative, sensitive, and adaptable to the cultural differences while teaching the students. In the schools or the educational institutes, ESL teachers work from grades KG to 12. The ESL teachers plan and deliver the lesson plans based on students' strengths, weaknesses, and progress. They should make lesson plans based on the needs of the students. ESL teachers should be proficient in computers and technology because of the increasing use of technology in the classroom. These tasks will make teaching ESL English as a secondary language easy.

There are also some tips in ESL teaching online, which will make both teaching and learning easy. Learning a foreign language for the students is a daunting task for them.

To make the students practice and feel comfortable, you should give them some tasks based on the groups. Lessons will become fun and exciting when the students will learn with their peers. You should make sure that you focus on oral activities in the class. Reading and writing are essential, but on the other hand, speaking in the classroom is also important. ESL students might come from different backgrounds. As in classroom learning, each student learns differently. So, we have to focus on it accordingly. Mix reading, writing, and focus on comprehensive lesson plans. Always use their experiences to teach their language. For this, you have to give them some work to do. You can ask them about what they did on the weekends. What their family is like. Anything which leads them to think and make related words. Also, ensure that you teach them according to their culture. These will help in teaching ESL English as a secondary language. Ask the students to minimize the use of the dictionary. Ask the students to memorize and phrase the words. Make sure that the whole class shows their involvement in this, so, the learning becomes fun. After the class, give homework to the students to keep them engaged. They also get a lot of practice from the lessons taught in the class. Use Tongue twisters in the class to make a fun-filled environment. This will also boost their pronunciation and help them to learn in a fun-filled way. Your students should practice reading aloud. This is a great way to blend oral, reading, and auditory skills. It will also help them to speak confidently in front of their peers. Let your students work through their mistakes. Give them a lot of writing work and allow them to read, write and read aloud in the front of the class and make mistakes because if they are making mistakes, they will know they are progressing.



The best way to teach English online as a Second Language is to make a lesson plan. Tell the students to read aloud in the class. Give them a lot of reading and writing works. Tell them to read stories. Making perfect lesson plans will help a lot in teaching the students. These will help in teaching ESL English as a secondary language. Inquiry-based learning means learning in a complex world. Courses like Fast Track and Wider World use good audio and video content to bring real-world experiences to young learners. They also encourage the students to use soft skills. Perspectives use real-life stories to motivate children. Teaching Grammar from Rules to Reasons Teachers and Learners discovers how speakers use grammar in the real world. When the concept of Lingua Franca was discussed, many teachers, writers, and trainers have objections. It was controversial. Today we see resource materials like PronPack is taking an approach to increased intelligence. Using gamification and blended learning, this pronunciation course doesn't help the learners to distinguish between British English or American English but prepares the learners to use English globally. By using gamification also helps in teaching ESL English as a secondary language. Learning and management programs like Edmodo are extremely popular. They give learners to continue classroom discussions and submit the homework. Now, due to Covid-19 online platforms are in huge demand. They are used to discuss with parents and help in managing lesson plans and materials.

The Royal ABC program for 4 to 6 years old comes with a teacher platform that allows teachers to manage complete administration, schedule homework, and send reports to parents. Due to this, teachers can spend more time with their kids. These tools are new and shiny, so they give an appeal. The real value is how much it can benefit a learner in learning English in the most efficient and motivating ways. These programs also help in teaching ESL English as a secondary language.

#### **CONCLUSION**

NWe all have different motivating factors or teaching ESL online but one of the most incredible thing is freedom. You can teach virtually anywhere and anytime. And you are not necessarily tied to your home . In conclusion we can say that we have lot of good factors of online teaching English as a means of communication instead of becoming a native and trendy speaker of English.

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**दहशतवाद : लोकशाही समोरील एक आव्हान.****प्रा. विजय गावंडे**

विभाग प्रमुख, (राज्यशास्त्र) श्रीमती सविताबाई ऊ. देशमुख महाविद्यालय, दिग्रस

**प्रस्तावना :**

दहशतवाद म्हणजे मनामध्ये भिती निर्माण करणे. एखाद्या विशिष्ट आशयाचा किंवा उद्दिष्टाचा प्रचार करण्यासाठी सर्वसामान्य जनता अगरत्यातील महत्त्वाच्या भागात दहशत निर्माण करण्याच्या उद्देशाने निर्माण केलेली बेकायदेशीर हिंसाचाराचे तंत्र म्हणजे दहशतवाद होय.

राजकीय उद्दिष्टे साध्य करण्यासाठी काही व्यक्तीगत गटांची प्रस्तापीत शासकीय अधिकारांच्या बाजूने अगर विरुद्ध कार्यवाही करतांना दहशतवादाचा अगरहिंसाचाराचा केलेला वापर म्हणजे दहशतवाद होय.

**जॉन क्रेटमन :**

राजकीय उद्दिष्टे साध्य करण्यासाठी समाजाच्या किंवा त्यातील विशिष्ट स्तरात भिती व दहशत निर्माण करण्याच्या उद्देशाने केलेली हिंसात्मक गुन्हेगारी, वर्तणुक म्हणजे दहशतवाद होय.

प्रा. योनाह अलेक्झांडर यांनी २१ चे दशकाला दहशतावाचे दशक म्हणावे लागेल. अशीस्थीती निर्माण झाली आहे. दहशतावादमुळे केवळ भारताचीच नाहीतर जगाची शंतता सुरक्षितता धोक्यात आली आहे. दहशतवादी हिंसात्मक मार्गाचा अवलंब करतात यामध्ये अनेक निरपराध लोकांचा जीव जातो.

**गृहीतके :**

- १) लोकशाही व शासन प्रणाली व्यवस्थे विरोधी कृत्य दहशतवादी करतात.
- २) दहशतवाद हासंपूर्ण देशात दिसून येतो.
- ३) संघटीत व नियोजितपणे हिंसात्मक कृती केल्या जाते.
- ४) निष्पाप लोकांचा बळी दहशतवादयांकडून घेतला जातो.

**उद्दिष्टे :**

- १) दहशतवादासंबंधी शासनाची भुमीका शोधने.
- २) दहशतवादाचा लोकशाहीवरील परिणामसमजून घेणे.
- ३) दहशतवादाची व्याप्ती समजून घेणे.
- ४) दहशतवादाचे स्वरूप समजून घेणे.
- ५) दहशतवाद निर्मुलनासाठी उपाय सुचविणे.

लोकशाहीसमोर आजच्या आधुनिक काळात भेडसावणारा महत्त्वपूर्ण प्रश्न आहे. दहशतवाद आज भारतातील सर्वच नागरिक दहशतवादामुळे फार मोठ्या मानसिक ताणाला सामोरे जात असलेले दिसून येतात. दहशतवादामुळे सर्वसामान्य नागरिकांचे मानसिक स्वास्थ्य हरवले आहे. देशाच्यासुरक्षिततेला, स्थैर्याला व शांततेला सर्वात मोठा धोका कोणता असेल तरतो दहशतवादाचा. दहशतवादाच्या या गंभीर समस्येला अनेक वर्षांच्या घडामोडीची पार्श्वभूमी आहे. बऱ्याच अंशी केंद्र सरकारच्या चुकीच्या धोरणालाही या बाबतीत जबाबदार धरता येईल. लोकशाहीसमोरील सर्वात महत्त्वाचे आणि कठोर असे आव्हान म्हणजे आतंकवाद किंवा दहशतवाद जगभरातील बहुतांश राष्ट्रे आतंकवाद्याला तोंड देत आहे. अमेरिकेसारख्या महाशक्तीला देखील आतंकवाद्याला तोंड द्यावे लागत आहे. आतंकवादाच्या निर्मितीसाठी अनेक बाबी कारणीभूत असल्या तरी लोकशाहीतील काही वैगुण्ये त्यासाठी जबाबदार ठरले आहेत.

**सर्व स्तरावरील विविधता :**

जगाच्या पाठीवर भारतासारख्या विविधतेने नटलेल्या देशासारखे राष्ट्र नाही. विविधतेत एकता जरी आपण म्हणत असलोतर प्रत्यक्षात ही एकता एकसंघ ठेवण्यासाठी करत असावी लागणारी कसरतच आहे. काश्मीर भारताचा भाग असूनही ३७० कलम तिथे लावण्यात आले आहे. अनेक जाती, धर्म, भाषा, भौगोलिक रचनेत, पोशाख, खान-पानातही विविधता, भिन्नता सल्यामुळे एकतंत्रपणे लोकशाही स्विकारणे जिकरीचे व अवघड बनले आहे. स्वतंत्र खलीस्तानची मागणी करणारे भिद्रानवाले प्रकरण याचेच एक उदाहरणहोय.

**विषमतेतून अस्वस्थता- अराजकता :**

आज विषमतेतून निर्माण झालेली अस्वस्थता अनेकदा अराजकता माजविणारी ठरली आहे. बॉम्बस्फोट, जातीय दंगी, हिंसाचार घडले आहेत आणि घडताहेत. या सर्व घटना म्हणजे भारतीय लोकशाहीवर झालेले घात होय. या अशा अनेक घावांनी भारतीय लोकशाही गत साठ वर्षात अनेकदा रक्तबंधाळ झाली आहे. राष्ट्रीय एकात्मतेला कायम ठेवण्यासाठी म्हणूनचतरसरकारला अनेक मोहिमा, कार्यक्रमहाती घ्यावे लागत आहे.

**दहशतवाद - नक्षलवाद :**

भारतीय लोकशाही खिळखिळी करुन मोठे आव्हान उभे करणाऱ्यासमस्येमध्ये सर्वात मोठा घटक म्हणजे दहशतवाद होय. भारत स्वातंत्र्य झाल्यानंतर १९४७ पासूनच दहशतवादाचे भूत देशाच्या मनगुटीवर बसले आहे. पाकिस्तान, बांग्लादेश भारतातून वेगळे झाले. वादग्रस्त काश्मीरचा भूभाग हवा असणाऱ्या पाकिस्तानने दहशतवादाचे शस्त्र पुढे करुन आपली मागणी लावून धरली आहे.

**भ्रष्टाचार :**

“भारतीय लोकशाहीला लागलेली किड म्हणजेच भ्रष्टाचार होय.” भ्रष्ट आचारापासून बनलेला भ्रष्टाचार हा आज भस्मासूर बनला आहे. राजकारण, प्रशासन, न्यायव्यवस्था ते माध्यम, धार्मिक संस्था, शैक्षणिक, सामाजिक संस्थापर्यंत या भ्रष्टाचाराने आपले पायमुळ रोवली आहेत. भारताच्या लोकशाहीला कुरतडणारा किडा म्हणून भ्रष्टाचाराकडे पहू शकतो. सुशासन, विकास, लोककल्याण या तत्वाना भ्रष्टाचाराने हरताल फासली आहे. राजीव गांधी यांनी म्हटल्याप्राणे एक रुपयावर ४० पैसे पोहचतात. आता मात्र परिस्थितीत्यापेक्षाही बिकट बनली आहे. कधी १० पैसेतर कधी काहीच नाही, अशी परिस्थिती निर्माण झाली आहे.

**लोकशाहीरवरील विश्वासात घट :**

भ्रष्टाचाराची दिवसेंदिवस मोठमोठ्या आकड्यांची प्रकरणे बाहेर पडत आहेत. खासदार, मंत्री, आमदार, न्यायाधीश, पत्रकार, समाजसेवक, अधिकारी सर्वांचाच भ्रष्टाचारात असणारा सहभाग बाहेर पडत आहे. या सर्व घटना सामान्यांच्या मनात लोकशाही विषयी उदासीनता व अविश्वास निर्माण करणारा आहे.

**बहुपक्षीय शासन पध्दती व अस्थिरता :**

भारतीय लोकशाही मजबूत करण्यासाठी घटनेत अनेक देशातील चांगल्या गोष्टींचा सहभाग करण्यात आला आहे. मात्र यात एक चूक झाल्याचे लक्षात येत असून भारताचे स्विकारलेली बहुपक्षीय शासन पध्दती आज देशाला लोकशाहीला अस्वस्थतेच्या मार्गावर व अस्थिरतेच्या मार्गावर घेऊन आली आहे. प्रादेशिक पक्षांचीहजारांमध्ये संख्या असून राष्ट्रीय पक्षांचीही कमतरता नाही. यातूनच १९७५ च्या दशकानंतर एका पक्षाची सत्ता येण्याची प्रथा संपल्याचे दिसते. अनेक पक्षामधून आघाडीचेसमाजकारण सुरु झाले.

**निष्कर्ष :**

भारतीय लोकशाही या दहशतवादाच्या व आव्हानांमधून प्रवास करत असतांना आज ६० वर्षांची झाली आहेत. पूर्वीपासून चालत आलेलीसामाजिक विषमता, सर्व स्थरांतील विविधता, विषमतेतून अस्वस्थता, दहशतवाद, नक्षलवाद, भ्रष्टाचार, बहुपक्षीय शासन पध्दतीमधून आलेली अस्थिरता या सर्व बाबींमुळे लोकशाहीवरील विश्वासात सामान्य माणसाच्या मनात घर होवून भारतीय लोकशाहीवर अनेक घाव घातले. या सर्व धावांनी लोकशाहीची लक्ते काढली जात आहेत. साठ वर्ष या गोष्टीमध्येच गेली असे म्हणायला काहीही वावगं ठरणार नाही. आपण भारतातील चारहजार जाती व अनेक धर्मांचेहोत. म्हणून धर्म अशी भावना दृढ करुन स्वार्थ सोडून पूढे जर भारताची लोकशाहीची पाणीपत होवू द्यायचे नसेल तर भारतीयांची एकजात एक धर्म अशी भावना दृढ करुन स्वार्थ सोडून, राजकारणहेसमाजकारणासाठी करण्याची भावना मनात कोरुन जर दहशतवाद, नक्षलवादाला लगाम घातली नाहीतर उद्याचे भारताचे चित्र अत्यंत विदारक व विचीत्र दिसेल.

**उपाययोजना :**

- अहिंसात्मक तत्त्वज्ञानाचा प्रसार व प्रचार करणे.
- गुप्तहेरसंघटनांनी दिलेल्या खबरदारीची, सूचनेची शासनने काटेकोर अंमलबजावणी करणे.
- धर्मा- धर्मांमध्ये सलोखा वाढविणे, तसेच सर्व धर्मसमभावाची भावना वृद्धीगत करणे.
- अल्पसंख्यांकानासुरक्षिततेचीहमी देऊनसहिष्णूता वाढीस लावणे.
- दहशतवादाविरुद्ध कडक कायदे व नियम बनविणे व त्यांची कठोर अंमलबजावणी करणे.
- दहशतवादाला चिथावणी देणाऱ्यावर देशामध्ये अंकुश ठेवणे.
- दहशतवादाला रसद पुरविणाऱ्यांची पाळेमुळे नष्ट करणे.
- सरकार व नागरीकांमध्ये समन्वय प्रस्थापित होऊन दहशतवादाविरुद्ध लढा पुकारणे.
- काळ्या पैशाच्या निर्मितीवर प्रतिबंधक उपाययोजना करणे.
- अभ्यासक्रमामध्येच दहशतवादाचे दुष्परिणामाचा परिचय करुन देणे की, जेणेकरुन युवक हेहिंसात्मक कृत्याकडे वळणार नाही. युवकांना रोजगाराच्यासंधी उपलब्ध करुन देणे. जेणेकरुन आर्थिक प्रलोभनाला बळी पडून दहशतवादाकडे वळणार नाही.



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## जागतिकीकरण आणि संस्कृतीवर प्रभाव

डॉ. दामोदर दुधे

(सहा. प्राध्यापक) श्रीमती सविताबाई उ. देशमुख महा. दिग्रस

सारांश :-

‘जागतिकीकरण आणि संस्कृती’ हे आशयसुत्र आता बऱ्यापैकी प्रस्थापित झाले आहे. रोलॉ राबर्टसन हयांच्या लेखनातून सर्वप्रथम हया आशयसूत्राचा अविष्कार मोठया सफाईने झाला. मुळामध्ये रॉबर्टसन धर्मविषयक समाजशास्त्रज्ञ म्हणून जागतिकीकरणाकडे वळला. मानवशास्त्रज्ञ अनेक समाजशास्त्रज्ञ, तसेच तौलनिक साहित्य, माध्यम आणि सांस्कृतिक अभ्यास हयाविषयीच्या लेखनांमध्ये ‘संस्कृती’ हा विषय प्रामुख्याने येतो.

माध्यमे आणि सांस्कृतिक अभ्यास हया दोहोंमध्ये एकच सिध्दांतन असते ते म्हणजे, ‘जागतिक सांस्कृतिक एकसाचीकरणा’चे. आणखी एक साध्या प्रचलित असलेले आशयसुत्र विशेषतः राजकीय विज्ञान आणि राजकीय पत्राकरीता हया संदर्भात, ते म्हणजे वांशिक राजकारणाचे, तसेच धार्मिक मुलतत्ववाद— हयातुन असे सुचविले जाते की, जागतिकीकरण आणि स्थानिक अस्मितेचे राजकारण हया दोहोंमध्ये एक दुवा असतो, तसेच हया दोहोंमध्ये एकात्मीकरण आणि फुटीरता हयांचे मिश्रणही असते. हयातुन परिणामतः असे दिसते की, वाढत्या प्रमाणात जागतिक पातळीवर सांस्कृतिक एकात्मता किंवा मग वाढत्या प्रमाणात दिसणाऱ्या सांस्कृतिक फुटीरता/विखुरलेपणा — हया साऱ्यांचा जेव्हा तपासणी करून निष्कर्ष काढला जातो, तेव्हा असे साहित्य मोठया प्रमाणात धुब्रीकरण झालेले दिसते. अशा अनेक विश्लेषणांमध्ये संस्कृती ही गोष्ट येते, परंतु बऱ्याचवेळा कोणत्या तरी वेगळयाच अभ्युपगमासाठी किंवा समस्येसाठी पुरक म्हणून ती येते. समाजशास्त्रामध्ये एक जो प्रवाह दिसतो तो असा की, जागतिकीकरणाच्या माध्यमातुन आधुनिकतेवरील चर्चा पुन्हा एकदा चौकटीत आणणे आणि राजकीय अर्थव्यवस्थेच्या चौकटीतुन प्रवाह दिसतो तो म्हणजे जागतिकीकरणाच्या माध्यमातुन भांडवलशाहीवरील विवाद पुन्हा एकदा खुले करणे, म्हणजे ‘जागतिकीकरण’ हया संकल्पनेची करिअर आधुनिकतेच्या करिअर बरोबरच योगायोगाने सुरू होते. थोडक्यात जागतिकीकरणाचा संस्कृतीशी घनिष्ठ संबंध आहे आणि जागतिकीकरणाचा संस्कृतीवर परिणाम झालेले दिसून येतो.

प्रास्ताविक :-

जागतिकीकरणाला कोणाही सुज्ञ माणासाचा विरोध असणार नाही जगात मानवाचे राज्य व्हावे, मानवाचे जागतिक पार्लमेंट व्हावे, युध्दे नष्ट व्हावीत, मानवाची प्रगती व्हावी याला विरोध कोण करणार ? रविंद्रनाथ टागोर , महात्मा गांधी यांनी विश्वराज्याची, जागतिक शांततेची कल्पना पुरस्कारिली होती.

आमच्या घराची दारे कधी बंद राहणार नाहीत. चहूबाजुंनी दारे खिडक्या उघडया राहतील, पश्चिमेचा पूर्वेचा वारा घरात खेळेल अशी आपली प्रेरणा आहे, इंग्रजी साम्राज्याच्या काळातही आपण इंग्रजी भाषा आत्मसात केली, साम्राज्यशाहीला विरोध केला पण इंग्रज माणसाचा द्वेष केला नाही. इंग्रजी भाषेमुळे आपल्या ज्ञानात जाणीवात भरच पडली. स्वातंत्र्य प्राप्तीनंतर आपण इंग्लंडशी वैरत्व ठेवले नाही.

भारत हा स्वतंत्र नसतानाही लीग ऑफ नेशन्स आणि यूनो या जागतिक संघटनांचा सदस्य होता. हे सर्व सांगण्याचे कारण इतकेच की, जागतिकीकरण ही संकल्पना आपल्याला नविन नाही. स्वातंत्र्य मिळाल्यानंतर आपण जागतिक, राजकारणात खुपच लक्ष घातले. आपल्या शांततावादी भूमिकेमुळे आपल्याला, आपले लष्करी आर्थिक सामर्थ्य कमी असूनही , खुपच महत्व प्राप्त झाले होते. तिसऱ्या जगाचा नेता असा काही काळ भारताचा उल्लेख केला जाई.

उदारीकरणाच्या दृष्टीने जे आर्थिक जागतिकीकरण येऊ घातले आहे किंवा आले आहे ते वेगळे आहे. या जागतिकीकरणात राष्ट्रांना स्वावलंबी राहता येणार नाही. त्यांच्या सार्वभौमत्वाला कात्री लागणार. आयात निर्यात व्यापारावर राष्ट्राची सरकारे आता बंधने घालु कशणार नाहीत. सर्व





आंतरराष्ट्रीय व्यापार आता मुक्त बाजार पध्दतीने मागणी पुरवठा या तत्वानुसार चालले. भांडवल, वस्तूंचे उत्पादन, तंत्रज्ञान, सेवा सुविधा यामध्ये देशी परदेशी असा भेदभाव केला जाणार नाही.

म्हणजे माणसाचे जागतिकीकरण नको आहे. सर्व मानव एक ही भावना नाही. एक पैसा जागतिक व्हावा हा आग्रह आहे. अमेरिकेतून अनिर्बंध भांडवल भारतात यावे, त्यांनी नफा कमवावा व तो अमेरिकेला अडचण न येता सहजपणे जावा म्हणजे जागतिकीकरण, पेट्रोलवाल्या देशांनी खळखळ न करता सर्व जगाला पेट्रोल द्यावे, कच्चा माल असलेल्या देशांनी कच्चा माल द्यावा. विकसित देशांनी तयार केलेल्या वस्तू सर्व जगात, कोणताही अडथळा न आणता, विकता आल्या पाहिजेत म्हणजे जागतिकीकरण असा जागतिकीकरणाचा नवा अर्थ आहे.

जागतिकीकरण म्हणजे सर्व क्षेत्रात पाश्चिमात्यांचे अंधानुकरा असा अर्थ रूढ होत आहे. वेषभूषा, केशभूषा, खाद्यपदार्थ, जेवणाची पध्दत, फॅशनस एकूणच जीवन पध्दतीवर पश्चिमेच्या मूल्यांचे आक्रमण होत आहे. यामुळे काही वर्षांतच देश आपली संस्कृती वैशिष्ट्ये गमावून बसतील की काय अशी भीती वाटते. प्रत्येक वस्तूच्या जाहीरातीत, गरज असो वा नसो, एक स्त्री दाखविली जाते. स्त्रीकडे पाहण्याचा दृष्टीकोणच बदलत आहे. स्त्री ही उपयोग्य वस्तू आहे असे ठसविले जाते. जाहिरातीमध्ये लहान बालकांचाही वापर केला जातो. लोकभाषांचे स्थान ठासळत चालले असून इंग्रजीचे महत्व वाढत आहे.

#### जागतिकीकरणांचा संस्कृतीवर होणारा परिणाम :-

जागतिकीकरण ही सांस्कृतिक सजातीयकरण घडवून आणणारी प्रक्रीया आहे. या प्रक्रीयेत जगातील विविध राष्ट्रांमध्ये किंवा समाजामध्ये सामाजिक, सांस्कृतिक, पर्यावरणविषयक असे परस्परसंबंध व परस्परालंबन निर्माण होणे अभिप्रेत किंवा अपेक्षित आहे. त्यानुसार जगातील विविध समाजात घनिष्ठ असे परस्परसंबंध व परस्परालंबन निर्माण होऊ लागले आहेत. तत्वतः या प्रक्रीयेत सर्व राष्ट्रांचा/समाजांचा समान सहभाग अपेक्षित आहे. तथापि, प्रत्यक्ष व्यवहारात मात्र जागतिकीकरणाचे धुरित्व किंवा पुढारपण हे औद्योगिकदृष्ट्या विकसित अशा काही जागतिकीकरणात या राष्ट्रांचे वर्चस्व या प्रभुत्व निर्माण झालेले आहे. आणि ही विकसित राष्ट्रे ही आपली संस्कृती इतर राष्ट्रांवर लादीत आहेत. विशेषतः विकसनशील राष्ट्रांतील लोक देखील विकसित राष्ट्रांतील सांस्कृतिक गोष्टींचे मोठया प्रमाणावर अनुकरण करू लागले आहेत. त्यामुळे सांस्कृतिक सजातीयकरण घडून येण्यास चालना मिळाली आहे.

जागतिकीकरणाचे मुळ प्रवृत्ती ही भांडवलवादी व लोकशाहीवादी आहे. भांडवलवाद व लोकशाहीवाद यांनी जी संस्कृती निर्माण केली आहे ती प्रामुख्याने धर्मनिरपेक्ष स्वरूपाची आहे. जागतिकीकरणातून अशाच धर्मनिरपेक्ष संस्कृतीचा प्रसार जगभर होऊ लागला आहे. त्यामुळे धर्मनिरपेक्षता हे मूल्य सर्वच समाजाच्या संस्कृतीत हळूहळू स्विकारले जाऊ लागले आहे. व्यक्तीने आपल्या व्यक्तिगत जीवनात धर्मपालन करावे मात्र सार्वजनिक जीवनात वावरताना धर्मनिरपेक्ष दृष्टीकोन ठेऊन वागावे हा विचार किंवा मूल्य सर्वत्र स्विकारले जाऊ लागले आहे. म्हणजेच धार्मिक बाबतीत सजातीयता निर्माण होत आहे.

धार्मिक बाबीप्रमाणेच वेशभूषा, केशभूषा, खाणेपिणे, यंत्रे-तंत्रे इत्यादीबाबतीतही जागतिकीकरणाच्या माध्यमातून सजातीयकरण घडून येऊ लागले आहे. जागतिकीकरणात सहभागी झालेल्या राष्ट्रांतील लोकांची वेशभूषा, केशभूषा, खाण्यापिण्याच्या सवयी व एकंदर जीवनशैली ही एकसारखी होऊ लागली आहे. जगभरातील लोक (पुरूषांप्रमाणेच स्त्रियादेखील) जीन्स, टीशर्ट, बरमूडा, बुट!स, स्लिपर्स, प्रवासी बॅग वापरू लागले आहेत. पुरूषांप्रमाणेच स्त्रियांही केस कापू लागल्या आहेत. स्त्री पुरूषांच्या अलंकार पध्दतीत, अभिवादन प्रकारात, शिष्टाचारात एकसारखेपणा येत आहे. फास्ट फुड्स, कोल्डीक्स, आईस्क्रिम, केक पिझ्झा, बर्गर असे खाद्यपदार्थ जगभर अगदी खेडयापाडयातही लोकप्रिय होऊ लागले आहेत. जागतिकीकरणाची प्रक्रीया ही माहिती-तंत्रज्ञानावर स्वार होऊन जगभर पसरू लागली आहे. त्यामुळे माहिती-तंत्रज्ञानाचा वापर हा माहिती व ज्ञान मिळविण्यासाठी तसेच मनोरंजनासाठीही होऊ लागला आहे. मोबाईल, कॉम्प्युटर, इंटरनेट, सॅटेलाईट अशा साधनांच्या माध्यमातून जगाच्या कोणत्याही भागातील व्यक्तीशी आंतरक्रिया करता येऊ लागली आहे. त्यामुळे आंतरक्रियेच्या पध्दतीत व मनोरंजनाच्या पध्दतीत एकसारखेपणा येत चालला आहे. जागतिकीकरणाच्या प्रक्रीयेत लोकांच्या विशेषतः उच्चशिक्षित नवीन पिढीच्या इच्छा आकांक्षा



ध्येये, मूल्ये, जीवनपध्दती, विचारसरणी इत्यादी गोष्टीही एकसारख्या होत असल्याचे आढळत आहे. वेगवेगळ्या समाजामध्ये वेगवेगळ्या भाषा बोलल्या जातात. तथापि, जागतिकीकरणाच्या प्रक्रीयेत मात्र इंग्रजी भाषेचा वापर वाढत चालला आहे. विविध राष्ट्रांतील लोक परस्परांशी संप्रेषण साधण्यासाठी इंग्रजीचा वापर करू लागले आहेत. माहिती—तंत्रज्ञानाच्या क्षेत्रातही इंग्रजी भाषेचे वर्चस्व असल्याने आधुनिक तंत्रज्ञानाचा वापर करण्यासाठी इंग्रजी भाषा शिकणे अनिवार्य झालेले आहे. त्यामुळेच पुर्वी इंग्रजी भाषेकडे दुर्लक्ष करणाऱ्या राष्ट्रांमध्येही आता तरूण पिढी इंग्रजी भाषा शिकण्यास व इंग्रजी भाषेतून शिक्षण घेण्यास प्राधान्य देऊ लागली आहे. आज इंग्रजी ही जागतिक स्तरावरील व्यवहाराची संपर्क भाषा बनल्याने तिचा वापर जगभर होऊ लागला आहे. भाषा हा संस्कृतीचा एक महत्वाचा घटक असून या घटकाचेही सजातियकरण होत चालले आहे.

अशाप्रकारे जागतिकीकरणामुळे वेशभुषा, केशभूषा, खाणेपिणे, यंत्रे तंत्रे, कौशल्ये, श्रध्दा मुल्ये भाषा व एकंदर जीवनशैली इत्यादी सांस्कृतिक बाबींमध्ये सजातियता येत चालली आहे. यालाच सांस्कृतिक सजातियता असे म्हटले जाते.

थोडक्यात जागतिकीकरणाची प्रवृत्ती ही सजातियता वा एकजिनसीपणा आणण्याची आहे. या प्रक्रीयेत जगातील लोक एकाच साऱ्यात घातले जात आहेत. जगातील सर्व लोकांच्या आवडी निवडी, इच्छा आकांक्षा, सवयी, वर्तनप्रकार, जीवनशैली एकसारख्या बनविण्याचे प्रयत्न जागतिकीकरणात होत आहेत. याचा मुख्य आधार भांडवलशाही अर्थव्यवस्था आहे. जागतिकीकरणातून भांडवलशाहीचा प्रसार होत आहे. आणि त्यामुळे भांडवलशाहीतील मूल्ये व जीवनशैली ही जगभर प्रसारीत केली जात आहेत. परिणामी सांस्कृतिक सजातियकरणास चालना मिळाली आहे. या संदर्भात केवीन रॉबिन्स म्हणतात की, भांडवलशाही अर्थव्यवस्थेचा मोठा प्रभाव मानवी संस्कृतीवर पडला आहे. आज आर्थिक व्यवहारांचे जागतिकीकरण झाल्याने सांस्कृतिक रूपांतरणाचा नवीन प्रवाह आला आहे. आज जगात सार्वत्रिक सांस्कृतिक उत्पादने तयार होत आहेत. याचाच अर्थ असा की, संस्कृतीचे ही वस्तूप्रमाणे उत्पादन होऊ लागले आहे.

जागतिकीकरणात सांस्कृतिक मिलाफ झाला आहे. याचाच अर्थ असा की, जगातील लोकांची जीवनपध्दती एकसारखी झाली आहे. सर्व लोक राष्ट्र—राज्यांच्या सीमांचे उल्लंघन करून एक समान संस्कृतीचा स्वीकार करू लागले आहेत. त्याच्या उपभोगाच्या वस्तू एकसारख्याच आहे. उदा. पिझ्झा, टुथपेस्ट, खाद्यपदार्थ, पेये, जेलपेन इत्यादी. जागतिकीकरणाने एक अशी सहभागी संस्कृती निर्माण केलेली आहे की, जी जागतिक स्वरूपाची किंवा विश्वव्यापी अशी आहे.

जागतिकीकरणाचा ग्रामीण लोकांची वेशभुषा, केशभूषा, खाण्यापिण्याच्या सवयी, भाषा उच्चारण पध्दती, अभिवादन प्रकार इत्यादी सांस्कृतिक बाबींवर प्रभाव पडलेला आहे. खेड्यातील युवावर्गात विदेशी कपडे, कोल्ड, डिंक्स मद्यपान, धुम्रपान या गोष्टी लोकप्रिय होऊ लागल्या आहेत. जीन्स, बरमोडा, टी शर्ट, हॅट यांचा वापर वाढत आहे. भारतीय हवामानास सुसंगत नसलेली वेशभूषा व खाण्यापिण्याच्या सवयी (उदा. उन्हाळ्यात जीन्स घालणे, हिवाळ्यात आईस्क्रीम खाणे, कोल्ड डिंक्स घेणे इ.) ग्रामीण युवावर्गास लागत आहेत. संभाषणातील ग्रामीण ढंग मागे पडत असून त्यामध्ये इंग्रजी शब्दांचा वापर वाढत आहे. थोडक्यात जागतिकीकरणामुळे ग्रामीण संस्कृतीवर अनिष्ट प्रभाव पडला आहे.

वरील विवेचनावरून हे स्पष्ट होते की, जागतिकीकरणात संस्कृतीचे सजातियकरण घडून येत आहे. असे समातियकरण घडवून आणण्यामध्ये अमेरिका व युरोपियन राष्ट्रांचा वाटा मोठा आहे. कारण जागतिकीकरणाची प्रक्रीया ही या राष्ट्रांच्या नेतृत्वाखालीच सुरू आहे. जागतिकीकरणाच्या प्रक्रीयेत या राष्ट्रांचे प्रभुत्व आहे. ही राष्ट्रे आपली आर्थिक, राजकीय, सामाजिक व सांस्कृतिक धोरणे व मूल्ये विकसनशील राष्ट्रांवर लादित आहेत. जागतिक बँक व आंतरराष्ट्रीय नाणेविधी या वित्तसंस्था आर्थिक जागतिकीकरणास चालना देण्यात महत्वाची भूमिका बजावित आहेत आणि या संस्थावर अमेरिकेचे वर्चस्व आहे. अमेरिकेच्या इच्छेनुसारच या संस्था कार्य करित आहेत. बहुराष्ट्रीय महामंडळे ही देखील जागतिकीकरणाची माध्यमे म्हणून कार्य करित आहेत. या महामंडळाची मुख्यालये ही अमेरिका व युरोपियन राष्ट्रांमध्ये आहेत. त्यामुळे ही महामंडळे या राष्ट्रांच्या धोरणांचा प्रसार व प्रचार करताना दिसतात. याचाच अर्थ असा की,



जागतिकीकरणाचे धुरिणत्व किंवा नेतृत्व हे अमेरिका व अन्य विकसीत युरोपियन राष्ट्रे यांच्याकडे आहे.

**निष्कर्ष :-**

थोडक्यात जागतिकीकरणाच्या माध्यमातून अमेरिकन संस्कृतीचे कसे प्रसारण व प्रक्षेपण होत आहे हे समजावून घेण्यासारखे आहे. जागतिकीकरणात अमेरिकेसारखी प्रभुत्वशाली राष्ट्रे ही आपली धोरणे व मूल्ये विकसनशील राष्ट्रांवर लादीत आहेत. जागतिकीकरणत अमेरिकेची मूल्ये ही इतर राष्ट्रांमध्ये प्रसारित व प्रक्षेपित केली जात आहेत. अमेरिकन संस्कृतीतील मूल्ये, तंत्रज्ञान, वेशभूषा खाण्यापिण्याच्या सवयी इत्यादी घटकतत्वे इतर राष्ट्रांमध्ये प्रसारित केली जात आहेत. जगातील वेगवेगळ्या राष्ट्रांची संस्कृती वेगवेगळी आहे. पण आज जगातील सर्व राष्ट्रांमध्ये एकसारखी संस्कृती जागतिकीकरणाच्या माध्यमातून आकारास येत आहे. पोषाख, खाणेपिणे, मूल्ये भाषा इत्यादीबाबतीत जगातील सर्व लोकांमध्ये एकसारखेपणा/एकजिनसीपणा येत चालला आहे. सर्व लोकांची जीवनशैली ही बहुतांशी समान होत आहे. यालाच सांस्कृतिक सजातियकरण असे म्हणतात. आणि अशा जागतिकीकरणाचे सामाजिक, सांस्कृतिक अशा सर्व क्षेत्रांवर इष्ट तसेच अनिष्ट परिणाम होत आहे.

**संदर्भग्रंथ :-**

- १) साहित्य संस्कृती आणि जागतिकीकरण — भालचंद्र नेमाळे
- २) जागतिकीकरण लिंगभावाच्या दृष्टीकोणातून — विद्युत भागवत
- ३) वेध जागतिकीकरणाचा — प्रा. श्रीनिवास जोशी
- ४) जागतिकीकरण आणि समाज — डॉ. व्ही.डि. नांदवडेकर
- ५) जागतिकीकरण परिणाम आणि पर्याय — गजानन खातू
- ६) जागतिकीकरण समस्या आशय आणि अनुभव — सी.पं. खेर

**आधुनिक जीवनशैलीमुळे निर्माण झालेल्या आजारावर उपाययोजना****प्रा.डॉ. माधुरी अरविंद देशमुख**विभाग प्रमुख गृहअर्थशास्त्र कला महाविद्यालय, बुलडाणा. Email :- [madeshmukh1970@gmail.com](mailto:madeshmukh1970@gmail.com)

आजची जीवनशैली इतकी गतीमान झालेली आहे की त्यामुळे कोणाच्याच जीवनात तणाव नाही अशी व्यक्ती सापडणार नाही. ताणतणाव म्हणजे आयुष्यातील विविध घडामोडीमुळे झालेली आपल्या शरीराची मोडतोड आणि झीज, शारीरिक, मानसीक आणि रासायनिक प्रक्रीयामुळे भिती, गोंधळ, नैराश्य व ताणतणाव यासारख्या गोष्टी व्यक्तिकडून होत असतात. व्यक्तीच्या जगण्यामध्ये लवचिकता नसल्यामुळे चाकोरीबद्ध जीवन जगणे, परिस्थितीला तोंड देण्याचे सामर्थ्य व्यक्तीमध्ये नसते. बरेचदा बिकट परिस्थितीशी सामना करतांना मनाचा तोल जातो. मानवाने आपल्या शरीरावर, जीवनावर एखादया वाहन चालकाप्रमाणे नियंत्रण ठेवायला हवे. तेव्हाच त्याचे आरोग्य धोक्यात येणार नाही. प्रत्येकाने समस्येकडे सर्वकर्ष नजरेने पाहिले. सकारात्मक दृष्टिकोन बाळगला. चिंतेमुळे खचला नाही तर व्यक्ती ताणतणावातून मुक्त होऊ शकतो. आजच्या धावपळीच्या युगात प्रत्येकजण प्रत्येक व्यक्ती दडपण, तणावाखाली जगत आहे. त्याचा ताणतणावाला कळत नकळत परिणाम व्यक्तीच्या शरीराबरोबरच मनावर देखील होत असतोच बरेच वेळा शारीरिक तणावाचे रूपांतर मानसिक तणावात होते. पर्यायाने व्यक्तीचे आरोग्य धोक्यात येवू लागते. म्हणजेच हृदयविकार, मधुमेह, उच्च रक्तदाब यासारख्या अनेक आजारांना व्यक्ती बळी पडतो. अशावेळी आरोग्य व आहार यांचे समायोजन साधने महत्वाचे असते.

ताण म्हणजे “व्यक्तीची जीवनातील गतिशिल अवस्था असून जी समायोजनाच्या गरजा पूर्ण न झाल्यास उद्भवते त्यामुळे प्रत्येक प्राणी सातत्याने कमी अधिक प्रमाणात तणावग्रस्त असतो.”

(wolf 1968)

“ज्याच्यामुळे शारीरिक व मानसिक कार्यक्षमतेत विघटन घडून येते किंवा घडून येण्याचा धोका संभावतो अशा घटनांद्वारा उद्भवणारी प्रक्रिया म्हणजे ताण (Tellar 1994)

**उद्दिष्टे :-**

कोणताही शोध पेपर सादर करतांना त्याविषयीची उद्दिष्टे निश्चित केल्यास संशोधनाला योग्य दिशा प्राप्त होते याला अनुसरुनच विषयासंदर्भात पुढील उद्दिष्टे ठरविण्यात आले.

- १) आधुनिक जीवनशैलीमुळे निर्माण झालेले आजार अभ्यासणे.
- २) आधुनिक जीवनशैलीमुळे निर्माण झालेल्या ताणतणावाची कारणे शोधणे.
- ३) आधुनिक जीवनशैलीमुळे निर्माण झालेल्या आजारावर आहाराद्वारे उपाययोजना करणे.
- ४) आधुनिक जीवनशैलीमुळे निर्माण झालेल्या ताण तणावमुक्त राहण्यासाठी उपाययोजना सुचविणे.

**आधुनिक जीवनशैलीमुळे निर्माण झालेले आजार :-**

विसाव्या शतकाच्या अगोदर फार मोठया प्रमाणात लोक संसर्गजन्य आजाराने मृत्यु पावत असत. पण अलीकडच्या काळात आधुनिक जीवनशैलीमुळे निर्माण झालेल्या ताण तणावामुळे बऱ्याच आजारांचा सामना करावा लागत आहे. अमेरिकेन हार्ट असोसिएशनच्या मतानुसार निर्माण होणारा ताण आणि व्यक्तीची ताणाशी झुज देण्याची शैली यावर व्यक्तीला होणाऱ्या हृदयाशी संबंधित आजार अवलंबून असतो. जसे की, अनुवंशिक प्रभाव उच्च रक्तदाब, सेरूम कोलेस्ट्रॉलची पातळी वाढणे, लठ्ठपणा, रक्तात शर्करेचे प्रमाण वाढणे इ.

आज देशात उच्च रक्तदाबाचे रूग्ण ३ करोड व मधुमेहाचे रूग्ण २ करोड इतके आहे. शिवाय हृदयविकार, कर्करोग इ. सारख्या आजारांना देखील व्यक्ती बऱ्याच प्रमाणात ताणामुळे बळी पडते. ताण हा व्यक्तीच्या जीवनाला लागलेली एक प्रकारची किड आहे. त्यासाठी प्रत्येक व्यक्तीने जिवन जगण्याच्या पध्दतीत बदल करणे आवश्यक असते. यावर संत कबीराच्या पुढील ओळी आठवतात.



चिंतासे घटे शरीर  
चिंतासे चतुराई

कित्येक शारीरिक आजाराचे मूळ शरीरयंत्रणेतील बिघाडामुळे नसून ताणामुळेच आहे असे अनेक तज्ञांचे मत आहे. फ्रेज १९८५ यांच्या मते ५०ते ७० टक्के शारीरिक आजार ताणामुळे उद्भवतात. जसे

१) **हार्ट अटॅक** :- ताणतणावामुळे उच्चरक्तदाब, रक्तात कोलेस्ट्रॉलचे प्रमाण वाढणे, मधुमेह, लठ्ठपणा यामुळे क्रोध व इतर तत्सम कारणामुळे हार्ट अटॅक येऊ शकतो. आधुनिक जिवन शैलीमुळे लोकांच्या महत्वाकांक्षा वाढलेल्या आहेत. त्या पूर्ण करण्यामागे तीव्र स्वरूपाची ताणमय स्थिती निर्माण होते व व्यक्ती या व्याधीला बळी पडते.

२) **मधुमेह** :- मानसिक ताणामुळे अँड्रीनल ग्रंथीतील स्त्रावाचे रूपांतर हायपोग्लॅसेमियात रूपांतर होऊन व्यक्तीला मधुमेहाची संभाव्यता अधिक आढळते. फुलर व सहकाऱ्यांच्या मते जगात दरवर्षी ४०००० लोक मधुमेहामुळे दगावतात. यातील २०००० पेक्षा जास्त लोक ताणतणावामुळे मृत्यु पावतात.

३) **कर्करोग** :- जेड्रान (१९०१) व शेशा (१९८४) यांनी असे सांगितले की, त्रासदायक व तणावमय घटनांमुळे कर्करोग संभावतो. एकोणवीस व विसाव्या शतकात व्यक्तीच्या आयुष्यातील नकारात्मक घटनांमुळे शरीरात कर्करोगाची पार्श्वभूमी तयार होते. लिशान्स (१९५९) यांनी केलेल्या संशोधनावरून असा निष्कर्ष काढला की, व्यक्तीचे भावनात्मक संबंध बिघडल्यामुळे कर्करोग होवू शकतो. यात महिलांचा अधिक प्रमाणात समावेश आहे.

४) **उच्चरक्तदाब** :- ताणतणावामुळे सर्वात जास्त प्रमाणात उद्भवणारा आजार म्हणजे उच्च रक्तदाब. त्यामुळे सततच्या ताणामुळे रक्तातील दाबाचे प्रमाण वाढते. आधुनिक काळात व्यक्ती मृगजळाच्या मागे धावतो. त्यांचा परिणाम आरोग्यावर होतो.

५) **एड्स** :- काही लोक रोजच्या तणावातून मुक्ती मिळविण्यासाठी, जिवनातील वैफल्य घालविण्यासाठी वैश्यागमन करतात. असुरक्षित लैंगिक संबंधातून एच.आय.व्ही. जीवाणूंचा शरीरात शिरकाव होतो. पुन्हा त्या व्यक्तीला तणावाखाली जीवन जगावे लागते.

**आधुनिक जीवनशैलीमुळे निर्माण झालेल्या ताण-तणावातून शारीरिक व मानसिक रोग उद्भवतात ते पुढीलप्रमाणे**

अ) **शारीरिक आजार** :- पित्ताचा विकार, भूक न लागणे, वजन कमी होणे, हृदयरोग, दमा, रक्तदाब, मधुमेह, यकृत, मुत्रपिंड आदींचे विकास उद्भवतात तसेच निरूत्साह, उदासिनता, निद्रानाश, विस्मरण, कशातच रस न वाटणे, सतत दुःखी राहणे, तणावग्रस्त राहणे, अपचन, अँसिडिटी, निद्रानाश, डोकेदुखी, चिंता ते कँन्सरपर्यंत अनेक शारीरिक व्याधी होऊ शकतात.

अपस्माराचे झडके, नाडीची गती वाढणे, छातीत दुखणे, हृदयाचे ठोके वाढणे, श्वासाला अडथळा आल्यासारखा वाटणे, उच्च रक्तदाब, जीभेला कोरड पडणे, मुत्राशयाच्या मुखाभोवती स्नायू शिथिल झाल्यामुळे लघवी आल्याची भावना निर्माण होणे, तोंडात लाळ कमी प्रमाणात तयार होणे, कोलेस्टेरॉलच प्रमाण वाढण, पाठदुखी, पोटदुखी, उलटी होण्याची भावना, कंबरदुखी, हातापायाळा गोळे येणे, रोगप्रतिकार शक्ती कमी होणे इ.

ब) **मानसिक आजार** :- अतिरिक्त राग येणे, विकृत व्यक्तिमत्व, लगेच दमणे, निरूत्साह, उदासिनता, निद्रानाश, विस्मरण, भावना विवशता, ताणामुळे आनंद कमी होणे, चिडचिड, लवकर राग येणे, आयुष्य अर्थहीन वाटणे, कार्यक्षमता घटणे, आत्मविश्वास कमी होणे, परस्परासंबंधी अंतर निर्माण होणे, गैरसमज, संघर्ष वाढणे, झोप व्यवस्थित न होणे, झोपेतून उठल्यावरही ताजेतवान न वाटणे, काम करूनही समाधान न वाटणे, सतत आरोग्याच्या कुरबुरी चालू असणे, आळस आणि व्यसन लागणे, राग, भिती, मत्सर, चिंता, अपराधी वाटणे. इत्यादी शारीरिक व मानसिक आजार उद्भवतात.

**आधुनिक जीवनशैलीमुळे निर्माण झालेल्या ताण-तणावाची कारणे :-**

१. आत्मविश्वास कमी- आव्हानात्मक परिस्थिती निर्माण झाली की व्यक्ती तणावग्रस्त होतो.

२. हळवेपणा - दुसऱ्याचे दुःख पाहून हेलावून जाणे.

३. लाजणे - अपरिचित व्यक्तीशी बोलताना तणाव



४. न्यूनगंड असणे — आपल्यापेक्षा श्रेष्ठ व्यक्तीच्या सान्निध्यात तणाव
५. एकटेपणा
६. अपयश
७. मत्सर, राग
८. अवास्तव अपेक्षा
९. कौटूंबिक कलह
१०. अतिराग
११. अति लठ्ठपणा

आज लहानपणापासून ते मोठ्यापर्यंत सर्वांनाच ताण सहन करावा लागतो. ताण येण्याची समस्या मोठी असावी लागते असे नाही. कॉलेजमध्ये जाणाऱ्या मुलांना पार्टीला जातांना कोणते कपडे घालावे, महिलांना पाहुणे वाढले की, स्वयंपाक कसा पुरवायचा, कर्मचाऱ्यांना वरिष्ठांशी बोलताना ताण येतो, भूतकाळातील अप्रिय घटना, संवाद साधताना इत्यादी कारणामुळे ताण येतो.

**आधुनिक जीवनशैलीमुळे निर्माण झालेल्या तणावामुळे तणावमुक्त राहण्यासाठी उपाययोजना :-**  
**शारीरिक स्तरावर उपाय —**

झोपी जाणे, कामाच्या ठिकाणावरून सुट्टी काढणे, सहलीला जाणे, मसाज घेणे, व्यायाम करणे इत्यादी यात केवळ कृतीच्या स्तरावर उपाय असल्यामुळे सुधारणा अगदी तात्पुरती असते. बऱ्याच वेळा तणावपूर्ण परिस्थिती पासून पूर्णतः बाजूला जाणे शक्य नसते तसेच एका ठिकाणाहून दुसऱ्या ठिकाणी गेले तरीही ताण निर्माण होऊ शकतो.

**मानसिक स्तरावर उपाय —**

मानसोपचार, संमोहन उपचार इत्यादी.

- १) सर्वासोबत मिळून मिसळून राहणे.
- २) कुटूंबामध्ये सहकाऱ्याचे सामंज्यसपणाचे वातावरण निर्माण करणे.
- ३) दुसऱ्याच्या गुणाचे मनमोकळेपणानी कौतुक करावे जेणेकरून तुम्हालाही त्यापासून प्रसन्न वाटे.
- ४) आपल्या कुटूंबासाठी वेळ काढावा.
- ५) घरातील सर्व व्यक्ती सोबत जेवण करा. टि.व्ही. पहा, गप्पा मारा.
- ६) इतरांसोबत स्वतःची तुलना करू नका.
- ७) इर्ष्या, मत्सर करू नका.
- ८) रोज मोकळ्या हवेत फिरायला जा.
- ९) स्वतःला कामामध्ये व्यस्त ठेवा.
- १०) सदैव आनंदी राहण्याचा प्रयत्न करा.
- ११) शवासन करा.
- १२) परमेश्वराचे नामस्मरण करा
- १३) संगीत ऐका
- १४) चिंता आणि ताण—तणावातून सुटका होण्यासाठी योगा आणि प्राणायाम यांचा चांगला उपयोग होतो असे वैज्ञानिकांनी सिध्द झाले आहे.
- १५) ताण कमी करण्यासाठी परिस्थितीशी जुळवून घ्यावे.
- १६) साध्या जीवनशैलीचा अंगिकार करा. गरजा कमी करा.
- १७) स्वतःच्या उणिवा आणि क्षमता ओळखणे आणि त्यांचा स्विकार करावा.
- १८) व्यसनापासून दूर रहावे.
- १९) मनोरंजन, विनोदबुद्धी जोपासणे, छंद जोपासणे.
- २०) मैत्रीपूर्ण नाते ठेवावे
- २१) कोणत्याही कामाची किंवा कार्यक्रमाची पूर्वतयारी करावी.

ताण—तणावापासून मुक्ती मिळविण्यासाठी छोट्या छोट्या उपायाचा अवलंब करण्यासाठी कोणत्याही प्रकारचा खर्च लागत नाही.

**आधुनिक जीवनशैलीमुळे निर्माण झालेल्या आजारावर आहाराद्वारे उपाययोजना:-**

आरोग्य संवर्धन रोजच्या जीवनातील वापरला जाणारा शब्द आहे. WHO (१९८६) ने आरोग्य संवर्धनाची व्याख्या पुढीलप्रमाणे केली आहे. "आरोग्य संवर्धन ही एक प्रक्रिया आहे. व्यक्तीची आरोग्य विषयक क्षमता सुधारणे, स्वतःच्या आरोग्याचे रक्षण कसे करावे, त्यावर कसे नियंत्रण ठेवावे या विषयी व्यक्तीला जागृत करणे, व्यक्ती किंवा समूहाला पूर्ण शारीरिक, मानसिक आणि सामाजिक कल्याण साधण्यासाठी आपल्या महत्त्वाकांक्षांची जाणीव करून देणे, त्या प्राप्त करण्याची ही प्रक्रिया आहे."

"आरोग्य म्हणजे रोगाचा अभाव नसून व्यक्तीची शारीरिक, मानसिक आणि सामाजिक सुस्थिती होय. (WHO) निरोगी जीवन हेच खरे सुख, यानुसार ज्यांचे शरीर बलवान असेल, निरोगी असेल, शरीर यंत्रणेत बिघाड नसेल, कार्यक्षमता असेल असे लोक सुखी असतात.

"शरीरमाद्यं खलु धर्मसाधनम्"

यासाठी योग्य आहाराची गरज असते. कारण आहार हेच योग्य आरोग्याची गुरुकिल्ली आहे. शारीरिक बल, तेज आहारामुळेच प्राप्त होत असतात.

ताण तणावामुळे बरेच आजार होण्याची शक्यता बळावते व त्यामुळे आरोग्याला धोका उत्पन्न होतो. याचे कारण शरीरातील अनेक ग्रंथी मधील स्त्रावाचे प्रमाण कमी अधिक होवून संतुलन बिघडते. त्यासाठी आवश्यक म्हणजे संतुलित आहार होय. आहाराच्या माध्यमातून पोषक घटकांचा योग्य पुरवठा शरीराला होतो. यासाठी आहाराचे नियोजन करणे योग्य ठरते. रोगांवर नियंत्रण ठेवण्यासाठी रामबाण औषध म्हणजे आहार होय. पण तो संतुलित असावा. म्हणून ताणतणावातून निर्माण होणाऱ्या आजारांवर योग्य आहाराचे नियोजन करून व्यक्ती आपले आरोग्य सांभाळू शकते.

**निष्कर्ष :-**

ज्या गोष्टींमध्ये आपल्याला अस्वस्थ वाटते त्या गोष्टी बदलल्यास तणाव कमी होण्यास मदत होते. आपल्याला न पटणाऱ्या न आवडणाऱ्या चर्चापासून दूर राहावे. ज्या वेळेस तणाव निर्माण करणाऱ्या गोष्टी वर्ज्य करणे शक्य नसेल तेव्हा त्यात बदल करणे शक्य आहे का? त्यांचा विचार होणे महत्त्वाचे असते. आपली मते, इच्छा दाबून ठेवल्यास तणाव वाढतो. अशा वेळेस त्या योग्य प्रकारे व्यक्त केल्यास मनाची घालमेल कमी होते. परिस्थितीबाबत विचार करून तिला सामोरे जाणे तणाव कमी करण्यास उपयोगी पडते.

परिस्थितीतून येणाऱ्या ताणाला धीराने सामोरे जावे लागते. उदा. पैशाचा ताण, कामाचा वाढलेला व्याप अशासारखे ताण हे जरी परिस्थितीतून तयार होणारे असले तरी ते कायमचे नसतात. प्रयत्न केला तर ते दूर केले जाऊ शकतात.

अशा प्रकारे आधुनिक जीवनशैलीमुळे ताणतणाव निर्माण होण्यास कधी आपण स्वतः तर कधी परिस्थिती तर कधी बरोबरची माणसे जबाबदार असतात.

**संदर्भसूची**

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## महिलांची सुरक्षितता व मानवाधिकार

### प्रा. निता पांडे (पाठक)

सहयोगी प्राध्यापक जि.एन.ए. महाविद्यालय, बारिशटाकळी जि. अकोला

मो.नं. ९९२१६४७५०१, Email Id : neeta.pandepathak@gmail.com

मानवी हक्क म्हणजे असे हक्क जे माणसाला माणुस म्हणून मिळतात. प्रत्येक माणसाला तो मानवकुटुंबाचा सदस्य या नात्याने जे हक्क प्राप्त होतात त्यांना मानवी हक्क असे म्हणतात. मानवाला मानवा सारखे जगता येण्याचा अधिकार म्हणजे मानवाधिकार, मानवी हक्काची संकल्पना सामाजिक, आर्थिक, राजकीय न्यायावर आधारलेली असून सर्व मानवी हक्क हे व्यक्तीची प्रतिष्ठा आणि व्यक्ती जिवनाचे मुल्य यांच्या रक्षणासाठी निर्माण झालेले आहेत. मानवी हक्क हे सार्वत्रिक आहेत तसेच काळानुसार विकसित होणारे असतात. मानवी हक्काचा इतिहास खालील दस्ताऐवजातून उलगडत जातो. जसे मॅग्राकार्टा १२१५, मानवी हक्कांचा अर्थ सर्वप्रथम इंग्लंड मध्ये सांगितला गेला. बिल ऑफ राईट्स १६८९, अमेरिकी स्वातंत्र्याचा जाहिरनामा १७७६, फ्रेंच स्वातंत्र्याचा जाहिरनामा १७८९, मानवी हक्काचे महत्व दुसऱ्या महायुद्धानंतर वाढलेले दिसते. १० डिसेंबर १९४८ या दिवशी संयुक्त राष्ट्रसंघाने मानवी हक्काचा जाहिरनामा स्विकारला. मानवी हक्कांना आंतरराष्ट्रीय कायद्यात स्थान मिळाले. युनोतील मानवी हक्काच्या मसुद्यात जेवढे हक्क आहेत ते सर्वच कोणत्याही स्त्रीला लागू होतात. मानवाधिकाराने स्त्री-पुरुष भेद न करता यांना फक्त मानव म्हणून सारखेच अधिकार दिले आहेत. त्यातून स्त्री-पुरुष समानतेचे दर्शन घडते. भारतीय महिलांसंबंधी बोलतांना स्वामी विवेकानंद म्हणतात की, 'जोपर्यंत महिलांच्या स्थिती मध्ये सुधारणा होणार नाही तोपर्यंत या विश्वाचे कल्याण होवू शकणार नाही' हे त्यांचे उद्गार बोलके आहेत.

'मानवाचे नैसर्गिक मुलभूत असे सर्व हक्क ज्याच्या शिवाय माणुस म्हणून जगणे शक्य नाही ते मानवी हक्क होत.' अशी व्याख्या संयुक्त राष्ट्रसंघाने केली आहे. महिला व लहान मुले समाजातील हे दोन घटक सहजच अत्याचाराला बळी पडतात. त्यांचे अधिकार समाजाकडून नाकारले जातात. किंवा त्याची पायमल्ली होते. अल्पवयीन मुली व स्त्रीयांवर होणारे अत्याचार, मुलींची विक्री, हुंडाबळी यामुळे महिलांच्या अधिकाराची पायमल्ली होते.

स्वातंत्र्यानंतर मानवाधिकाराप्रती चेतना व जागरूकता निर्माण करण्याकरिता व त्याचे उल्लंघन थांबविण्याकरिता विशेष कायदे व आयोगाची स्थापना करण्यात आली. भारतात मानवी हक्क संरक्षण कायदा १९९३. मानवी हक्काचे रक्षण करण्यासाठी अस्तित्वात आला. याच बरोबर मानवी हक्कांना संरक्षण प्रदान करण्याकरिता २९ सप्टेंबर १९९३ च्या मानवाधिकार संरक्षण अध्यादेशाद्वारे १२ आक्टोंबर १९९३ ला राष्ट्रीय मानवाधिकार आयोगाची स्थापना करण्यात आली. तसेच महाराष्ट्रात ६ मार्च २००१ ला महाराष्ट्र राज्य मानवाधिकार आयोगाची स्थापना करण्यात आली. २००१ हे वर्ष शासनाने महिला सक्षमीकरण वर्ष म्हणून जाहिर केले. ८ मार्च हा दिवस महिला दिन म्हणून साजरा होवू लागला. भारतीय राज्यघटनेच्या अनुच्छेद १४ ते १८ मध्ये समतेच्या हक्काची हमी दिली आहे. संपत्तीच्या अधिकारात विवाहीत मुलींच्या अधिकारा संबंधी विशेष तरतुद केली आहे. आई-वडीलांच्या संपत्तीत मुलीला मुलाच्या बरोबरीने हक्क देण्यात आला आहे. भारत सरकारने विवाहाप्रमाणे घटस्फोटाचा अधिकार स्त्रियांना दिला आहे. तसेच पुर्न:विवाह करण्याचा अधिकार दिला आहे. संसदेच्या दोन्ही सभागृहात स्त्रिया सक्रीयपणे कार्यरत आहेत. ७३, ७४ व ८१ व्या संविधान संशोधनानुसार महिलांनी एक ठोस भुमिका पार पाडण्याची संधी प्राप्त झाली आहे. स्वातंत्र्य, समता आणि व्यक्तीचा सन्मानाने जगण्याचा अधिकार भारतात या हक्कांना कायद्याचे संरक्षण दिले आहे. अभिव्यक्ती स्वातंत्र्य, समुहाचे स्वातंत्र्य, धर्मचरणाचे स्वातंत्र्य, कायद्यासमोर समानता यांचा समावेश असलेले मुलभूत हक्क आणि शिक्षणाचा अधिकार, समान वेतनाचा अधिकार, व्यक्तीच्या आत्मसन्मानाचा अधिकार, दाद मागण्याचा अधिकार, या सारख्या हक्कांचा समावेश मार्गदर्शक तत्वामध्ये करण्यात आला. भारतीय संविधानाच्या विविध कलमातून महिलांच्या प्रगतीचे मार्ग खुले झाले आहेत. राज्यघटना ही केवळ महिलांच्या मुक्तीचा





नाही तर एकुणच मानवमुक्तीचा सरनामा आहे. एक राज्यघटना येते आणि तळागाळातील माणसांच्या, महिलांसह साऱ्या मानव जातीच्या मुक्तीच्या वाटा खुल्या होतात. असे श्री. उत्तम कांबळे यांनी प्रतिपादन केले आहे.

भारतीय घटनेतील तिसऱ्या व चौथ्या अनुच्छेदात मानवाधिकारांना संविधानिक स्थान प्राप्त झाले असले तरी मानवाधिकारांचे उल्लंघन दिवसेंदिवस फार मोठ्या प्रमाणात होत आहे. स्त्रियांवरील अत्याचारांच्या घटनांमध्ये सतत वाढ होत आहे ही चिंतेची बाब आहे. आज सर्वच क्षेत्रात स्त्रियांचा वावर दिसत असला तरी त्यांच्यात फारसा फरक पडलेला नाही. स्त्री भ्रूणहत्येचा प्रश्न हा संपुर्ण मानवजातीच्या अस्तीत्वासाठी अतिशय गंभीर प्रश्न आहे. १९८७ ते २००७ च्या वीस वर्षांमध्ये एकट्या भारतात १ कोटी मुलींचे गर्भ नष्ट करण्यात आले आहे. २००१ च्या जनगणनेनुसार १ हजार पुरूषांच्या मागे ९३३ मुली आहे. दिल्लीत हे प्रमाण १ हजार पुरूषांच्या मागे ८२१, हरियाणात ८६१ तर पंजाब सारख्या संपन्न व सधन राज्यात हे प्रमाण ९२२ एवढे आहेत. २०११ च्या जनगणनेनुसार भारतात हे प्रमाण ९४० व महाराष्ट्रात ९२५ इतके आहे. एच. आर.डी. च्या सांख्यिकीय अहवालानुसार १०२ मिनिटात एका महिलेची हुंड्यासाठी हत्या केली जाते. प्रत्येक ५४ मिनिटाला महिलांना मारपीट करण्याचे प्रकार घडत आहेत. स्त्री मुक्तीच्या दृष्टीने कितीही प्रयत्न झाले असले तरी महिला मानवाधिकाराचे हनन मात्र आजही समाजात सुरूच आहे. तसेच कुपोषणामुळे होणारे मृत्यु, आदिवासी भागातील गर्भवती महिलांच्या मृत्युचे प्रमाण एक चिंतनीय बाब आहे.

देशात महिलांच्या अधिकारासंबंधात जी जाणिव जागृती वाढत आहे ती स्वागताई बाब आहे. परंतु ही जाणीव जागृती पाहिजे तितकी अजुनही रूजलेली नाही. आज आम्ही २१ व्या शतकात विज्ञान तंत्रज्ञान क्षेत्रात कितीही प्रगती केली असती तरी या ६४ वर्षात सामाजिक व नैतिक मुल्ये कमजोर झाली आहेत. समाजनिर्मितीमध्ये महिलांना महत्वपूर्ण स्थान आहे. त्यांच्या सहभागाशिवाय देशाचा विकास अशक्य आहे. स्त्रीपुरूष ही समाजाची दोन चाके आहेत त्यांच्या विकासाचा वेग त्यांच्या सन्मानावर अवलंबून आहे. महिलांचा सन्मान हा त्यांचा हक्क आहे. यासाठी महिलांच्या मानवाधिकारांना संरक्षण तसेच उपलब्ध कायद्यांची सकारात्मक पध्दती अंमलबजावणी होणे गरजेचे आहे. यासाठी शैक्षणिक पातळीवर प्रबोधन, उध्दोधन होणे गरजेचे आहे व ही जबाबदारी दुरदर्शन व आकाशवाणी अधिक चांगल्या प्रकारे पार पाडू शकतात. अधिकार आहेत, संधी आहे मात्र या दोन्ही गोष्टींचा सहजपणे वापर करता येईल अशी सोय मात्र अजुनही नाही. आई, पत्नी, बहीण, मुलगी यासारख्या नात्यांच्या संदर्भात स्त्रीचे अस्तीत्व मान्य करणे हा परंपरोचा संस्कार आहे तर तिचे स्त्रीत्व व मनुष्यत्व मान्य करणे हा मात्र आधुनिकतेचा स्विकार आहे. तो करण्यासाठी आपणास बराच प्रवास करावा लागेल. स्त्रिया जन्मालाच येऊ नयेत याची तजवीज करणाऱ्या आमच्या समाजाची एकुण मानसिकता बदलल्याशिवाय स्त्रियांचा प्रवास सुकर होणे नाही. महिलांच्या सुरक्षिततेबाबत एक प्रश्नचिन्ह नव्याने निर्माण झाले आहे परंतु तिच्या दुर्बलतेची जाणीव तिला करून देण्यापेक्षा साहसी वृत्ती तिच्या मध्ये निर्माण करणे गरजेचे आहे. समाजामध्ये निर्भयपणे वावरण्याची सवय, स्वतंत्रपणे, आत्मविश्वासाने उभे राहण्याची शक्ती तसेच स्वतःवरील अन्याय व अत्याचाराविरूद्ध पेटून उठण्याची जिद्द तिच्यात निर्माण करणे गरजेचे आहे. यासाठी स्वसंरक्षणाचे धडे देणारे प्रशिक्षण देणे, कायदेविषयक माहिती असणे आवश्यक आहे. समाजातील परंपरागत मानसिकता जोपर्यंत बदलत नाही तोपर्यंत स्त्रियांचा विकास शक्य नाही आणि तरच खऱ्या अर्थाने स्त्रियांच्या मानवी अधिकाराचे संरक्षण झाले आहे असे म्हणता येईल.

**संदर्भ :-**

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## महिला सक्षमिकरणासाठी राष्ट्रीय धोरणाचे योगदान प्रा.डॉ. असीम खापरे

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### प्रस्तावना :

भारतीय संविधानाच्या भाग ३ मध्ये मूलभूत अधिकारांचे वर्णन केले आहे. या अधिकारांतर्गत समतेच्या अधिकाराचा उल्लेख कलम १४ मध्ये केला आहे, समतेचा अर्थ धर्म वंश, जात, लिंग व जन्मस्थान या आधारावर व्यक्ती व्यक्ती मध्ये भेद केला जाणार नाही. परंतु आज अशी सामाजिक परिस्थिती आहे की पुरुष व महिला यांच्या मध्ये भेदभाव आहे.

भारतीय संविधानाने दिलेले हक्क व अधिकार महिलांच्या विकासाचा पाया आहे. प्रसिध्द विचारवंत प्लेटोने महिलांना राज्याची अर्धी शक्ती मानले वास्तवीक समाजातील निम्मि लोकसंख्या महिलांची असून समाजाच्या जडण घडणीत तिचे योगदान महत्वाचे आहे. पुरुष प्रधान व्यवस्थेमुळे महिलांचा जवळपास निम्मा हिस्सा असा आहे की त्यांचा जिवनस्तर उंचवण्याकडे दूरलक्ष करण्यापासून तर छळ अत्याचार करण्यापर्यंत अनेक प्रकारे त्यांना हिनत्वाची वागणूक दिली जाते. म्हणून महिला सक्षमिकरणाची आवश्यकता निर्माण झाली आहे. हा भेदभाव दूर करून महिलांच्या प्रगतीस पोषक वातावरण निर्मिती त्याचे संचलन करणे लैंगिक समते व्दारे समाजाचे संतुलन साधने यासाठी विवेकी समाजाने बाळगलेला दृष्टिकोन यासाठी केलेल्या कृतीचा समुच्चय म्हणजे महिला सक्षमिकरण होय.

Country Report of India मध्ये महिला सक्षमिकरण म्हणजे बळजबरीने दुर्बल ठेवण्याच्या अवस्थेकडून शक्तीशाली अवस्थेकडे वाटचाल होय या व्दारे महिलामध्ये स्वतः बदलची सकारात्मक प्रक्रिया निर्माण करणे होय

महिला सक्षमिकरण म्हणजे त्यांना नैतिक कायदेविषयक अधिकार देणे होय महिला सक्षमीकरण ही एक दीर्घ स्वरूपाची प्रक्रिया आहे.

महिलांना आर्थिक दृष्ट्या स्वतःच्या पायावर उभे राहण्या इतकाच सक्षमिकरणाचा अर्थ संकुचित नाही. तो सर्वकष आणि व्यापक आहे. त्यांना मानसिक, सांस्कृतिक, सामाजिक उत्तम आरोग्य शिक्षण तंत्रज्ञानातील प्रगती महिलांना अनुकूल पर्यावरण असे अनेक पैलू आहेत. भारतीय संविधानामुळे महिलांच्या अधिकाराविषयी जागृकता आली आहे. त्यामुळे अनेक महिला उपयोगी कायदे बनविण्यात आले आहे. महिलाविषयी कायदे बनविणे यात अडचण येत नाही. परंतु या कायद्यांना व्यावहारीक स्वरूप देणे हे अत्यंत कठिण काम आहे. जे कायदे झाले ते संविधानाच्या अंतर्गत झाले आहे. तरी ते पुरेसे नाहीत ८०: महिला अशिक्षित आहे. त्यांना वास्तविक कायद्याची माहिती नाही. त्यांना मार्गदर्शन करण्यासाठी कोणी नाही. शहरी भागात महिला स्वयंसेवी संघटना आहेत. पण ग्रामीण भागाची परिस्थिती दयनीय आहे. महिलांसाठी नव्या कायद्याची आवश्यकता नाही. पण जेवढे कायदे तयार झाले त्यांना व्यवहारात आणण्याची आवश्यकता आहे. महिलां समोर पालनपोषणाचा प्रश्न नाही तर त्याही पेक्षा मुलांचे भवितव्य, कुपोषण, दारिद्र्य, हुंडा, संपत्तीचे अधिकार अशा अनेक समस्या आहेत. जागतिकरणाचा वाढता प्रभाव माहिती तंत्रज्ञानाचा विस्फोट यामुळे महिला सक्षमिकरणाबाबतचा दृष्टीकोन बदलण्याची आवश्यकता निर्माण झाली आहे.

### नव्या महिला धोरणाची आवश्यकता :

भारतात महिला धोरण २००१ साली तयार करण्यात आले होते. परंतु गेल्या दोन दशकात महिलांचा स्वतःकडे पाहण्याचा दृष्टिकोन व जीवनाकडून अपेक्षा बदलल्या आहे. शासकीय योजनांच्या लाभार्थी एवढ्या पुरता संकुचित दृष्टीने महिलांकडे न पाहता त्यांना अधिकार व सुरक्षितता प्रदान करून राष्ट्राच्या विकासात महिलांना पुरुषांच्या बरोबरीचा हिस्सेदार म्हणून सहभागी करून घेणे आवश्यक झाले आहे.



राष्ट्रीय धोरणाचे ध्येय महिला विकास व सक्षमिकरण असायला पाहीजे या सक्षमिकरणासाठी सामाजिक, आर्थिक, राजकिय क्षेत्रात समान सहभाग व निर्णय निर्धारणामध्ये देखिल वाटा असेल असे धोरण तयार करण्याची गरज निर्माण झाली आहे.

वास्तविकता अशी आहे की राज्यसरकारे व समाज कायदयाद्वारे सामाजिक परिवर्तन आणू इच्छिते. खरे तर कायदयाच्या निर्मितीमुळे प्रत्यक्ष स्वरूपात एक आदर्श प्रस्थापित केला जातो, केवळ कायदयामुळे समाजामध्ये परिवर्तन येत नाही तर कायदा व अधिकारांना अधिक व्यवहारिक किंवा वास्तविकतेची जोड प्रदान करावी लागणार आहे. महिला संबंधीचे अधिकार अधिक—अधिक स्वीकारार्ह बनविण्याकरिता लोकमत बनविणे आवश्यक आहे. त्यासाठी न्यायपालिका, कार्यपालिका, प्रसारमाध्यमे यांची भुमिका महत्वाची आहे. केवळ कायदे, बनले म्हणजे झाले असे नसून ते कार्यान्वित केले जात आहे की ते केवळ कागदोपत्री आहेत हे पाहणे गरजेचे आहे.

ज्या समाजात महिला आपल्यापूर्ण क्षमतेने जीवनाच्या विविध अंगाच्या विकासात व सामाजिक बदलाच्या प्रक्रियेत योगदान देवू शकतील अश्या समाजाची उभारणी करण हे ध्येय राष्ट्रीय धोरणात असायला पाहिजे.

**संकल्पना** सार्वजनिक जीवनात वापरत असतांना शासन व्यवस्थेत महिलांना विकासाची प्रक्रिया, धोरण अंमलबजावणीची समान संधी व अधिकार यांची खात्री देणारे धोरण पाहीजे.

या सर्वासाठी राष्ट्रीय पातळीवर धोरण बदलाची गरज आहे. धोरण म्हणजे नियमांचे मार्गदर्शन करण्यासाठी तर्कसंगत परिणाम साध्य करण्यासाठी मार्गदर्शक तत्वाची एक प्रणाली होय.

**उद्दिष्ट्ये :-**

- १) महिलांच्या पोषणासह आरोग्याच्या समस्येकडे लक्ष देणे
- २) किशोर वयीन मुलांच्या सक्तीच्या शिक्षणासाठी प्रयत्न करणे
- ३) कौशल्य विकास कार्यक्रमायांतर्गत महिलांना आर्थिकदृष्ट्या सक्षम बनविणे
- ४) महिला विरोधी सर्व प्रकारच्या हिंसेची दखल घेणे

महिला संबंधी खालील काही सामाजिक मुदयाचा येथे विचार करणे आवश्यक झाला आहे की ज्यामुळे महिलांना कुटुंब, समाज, राष्ट्रांना योग्य स्थान प्राप्त होत नाही त्याची उपेक्षा होत आहे.

**१) निरक्षरता**

भारतात २०११ च्या जनगणने नुसार ८०.८८ टक्के इतके पुरुष तर ६४.६३ टक्के इतके महिला साक्षरतेचे प्रमाण आहे. महाराष्ट्रात ८८.४ टक्के पुरुष तर ७९.९ टक्के महिला साक्षरतेचे प्रमाण आहे. महिलांच्या मागासलेपणाचे मुख्य कारण म्हणजे त्यांची निरक्षरता होय. शिक्षणा अभावी त्यांना महिला संबंधी असणारे कायदे व अधिकार माहीत नाही. सरकार व सामाजिक संघटनाद्वारे कोणती व कोणत्या स्वरूपात मदत मिळते हे त्यांना माहित नाही. निरक्षरतेच्या निर्मूलनातूनच महिलांमध्ये जागृती आणि आत्मसम्मान निर्माण होतो.

**२) व्यसनाधिनता**

पुरुष प्रधान संस्कृती मध्ये पुरुषा मध्ये असलेली व्यसनाधिनता, भारतीय समाजाला लागलेली कीड आहे. तंबाखू, गुटखा, अफिम, गांजा, दारू यांच्या अति सेवनामुळे पुरुषाच्या आरोग्यावर तर परिणाम होतोच. त्याच बरोबर कौटुंबिक संस्काराचा ढाच्या नष्ट होतो. पुरुषाच्या व्यसनाधितेला विरोध केल्यामुळे पुरुष महिला व बालकांना मारहाण करतात, गृहक्लेश होवून त्याचा परिणाम बालमनावर होवून अश्या परिवारातील बालके, श्रमिक, भिकारी, गुन्हेगारीकडे वळतात, हिंसक बनतात या सर्वांचा परिणाम महिलांच्या कौटुंबिक व आर्थिक स्थिती वर होतो.

**३) स्वच्छता व आरोग्य**

महिला या कौटुंबिक जबाबदारी मध्ये व्यस्त राहतात घरातील जबाबदारी व बाहेर कामाला जाणे या मुळे मुलांच्या व स्वतःच्या स्वच्छतेकडे व आरोग्या कडे लक्ष देण्यास त्यांना वेळ मिळत नाही. स्वच्छ पिण्याच्या पाण्याचा अभाव, घरातील सांडपाणी कचरा शौचालय यांच्या सोयी व सुविधा अभावि अनेक संसर्गजन्य आजारास बळी पडतात. आरोग्याचे प्रश्न निर्माण होतात. या बरोबर दारिद्र्य, कुपोषण बालविवाह दळणवळणाच्या सुविधेचा अभाव या सारखे प्रश्न आजही आहेत.



#### ४) महिलांवर होणारे अत्याचार व शोषण

महिलांना कौटुंबिक जबाबदारी सांभाळावे लागते. या बरोबर अनेक प्रकारच्या अन्याय व आत्याचाराला तोंड द्यावे लागते त्याचे प्रश्न सोडविण्यासाठी महिला आयोगाची स्थापना झाली आहे. परंतु समस्याग्रस्त महिला लोकलज्जेस्तव या आयोगापर्यंत पोहचत नाही. किंवा ग्रामीण महिलांना महिला आयोग संदर्भात माहिती नाही. या उलट या आयोगाची मदत त्या सामूहिक स्वरूपात घेवून झालेला अन्याय व अत्याचार व शोषणाला विरोध करू शकते

महिलांच्या जीवनाशी संबंधीत वरील मुद्याची येथे चर्चा केली त्यावर काही उपायाचा आढावा घ्यावयाचा आहे. ते खालीलप्रमाणे

महिलां मध्ये निरक्षरता आहे. देशातील ४० करोड निरक्षरता मध्ये ८० टक्के महिला आहे. याचे महत्वाचे कारण म्हणजे महिला मध्ये साक्षर होण्याचा तिव्र इच्छेचा अभाव आहे. महिला संघटनांनी महिलांना शिक्षित होण्यासाठी प्रेरणा दिली पाहिजे शिक्षण असे माध्यम आहे की जे प्राप्त झाल्याने महिला विकास कार्यक्रमात सहभागी होवू शकतात.

कौशल्य विकास कार्याक्रमांतर्गत प्रशिक्षण घेवून व्यवसाय किंवा कृषी विषयक क्षेत्रातील नवीन तंत्रज्ञान आत्मसात करून आपला व्यवसाय व उत्पन्न वाढवू शकते

साधारणपणे पुरुषामध्ये व्यसनाधिनता आहे याचा परिणाम महिला व बालकावर होतो पुरुष कोणत्या कारणामुळे नशा करतात या कारणाचा शोध घेतला पाहिजे कुटुंबाच्या स्तरावर महिलांना असहयोग; घरा मध्ये प्रवेशबंदी केली पाहिजे आणि समाजाच्या स्तरावर नशा करण्याची जी साधने आहे ती कायदा व पोलीसाच्या मदतीने बंद केली पाहिजे. विदर्भातील चंद्रपुर जिल्हा संपूर्ण दारूबंदी करण्यात महिला संघटनेच्या नेत्या पारोमिता गोस्वामी यांचे मोठे योगदान आहे.

स्थानिक स्वराज्य संस्थेत महिलांना ५०: आरक्षण दिले आहे. या आरक्षणाचा फायदा होवून महिलांनी संघटीतरित्या स्वच्छते संबंधी, सांडपाणी, स्वच्छ पिण्याचे पाणी, शौचालय या सारख्या सुविधासाठी ग्रामसभेत ठराव पास करून ह्या सुविधा प्राप्त करून घेता येतात.

महिलांवर होणारे अत्याचार व शोषण या संदर्भात प्रत्येक तालुक्याच्या ठिकाणी महिला 'चेतना संघ' बनवून पिडीलेला न्याय त्वरीत मिळाला पाहिजे, असे प्रभावी प्रयत्न बडोदा येथे 'नारी अदालत' या रूपाने होत आहे. या नारी अदालत मध्ये कोणतीही महिला आपले प्रश्न घेवून येते तेथे तीला उचित न्याय मिळतो. या बरोबर बिहार मधील महिला जागृतीच्या कार्यकर्त्यांनी सांगितले की महिलांच्या घरेलू हिंसेच्या प्रकरणा मध्ये महिलांची पंचायत बसवून निर्णय दिला जातो.

प्रसार मध्यमांनी देखिल आपल्या दैनिकांतून मासिकामधून, वृत्तनिवेदनातून, महिला आंदोलनाची विस्तृत माहिती व कार्यवाही समाजापर्यंत कशी पोहचेल यासाठी प्रयत्न केले तर समाजामध्ये महिलाकडे पाहण्याचा दृष्टिकोन बदलेल व त्या समाजाच्या विकासाच्या भागीदार बनतील.

याशिवाय खालीलप्रमाणे अनेक मुद्याचा समावेश राष्ट्रीय धोरणात करून महिलांचे सक्षमिकरण करता येते.

- महिला केंद्री अर्थ संकल्प असावा.
- महिला स्वयंसाहायता बचतगट विकासाचा केंद्रबिंदू ठरावा.
- तालुका स्तरावर महिला चेतना संघाची स्थापना व्हावी.
- कायदे विषय ज्ञानाचे प्रशिक्षण व व्यवसाय प्रशिक्षणाची सोय.
- सायबर स्पेस महिलांसाठी सुरक्षित बनविणे.

#### निष्कर्ष :

महिलांचे अधिकार पूर्ती व सक्षमीकरणासाठी शाश्वत, आर्थिक, सामाजिक अधिकार उपलब्ध करून देणे महिलांच्या सर्व सुविधांचा समान फायदा मिळविण्यासाठी संविधानातील सर्व तुरतूदीचा आढावा घेणे आवश्यक आहे. लिंग भावात्मक समानता व न्याय या तत्वांना प्रत्यक्षात साकारण्यासाठी संसाधनाची मालकी महिलांना प्रदान करणे व धोरण निर्मिती मध्ये त्यांचा सहभाग वाढविण्यासाठी प्रयत्न करणे. अशा राष्ट्रीय महिला धोरणाची योग्य प्रकारे अंमलबजावणी करणे आवश्यक आहे.



**संदर्भ – ग्रंथ सूची**

- १) गुप्ता कमलेशकुमार – भारतीय महिलांएँ शोषण, उत्पीडण एवं अधिकार बुक एनक्लेव जयपुर.
- २) श्रीवास्तव सुधाराणी – भारत मे महिलांओं की वैद्यानिक स्थिती कॉमनवेल्थ पब्लिशर्स, नई दिल्ली.
- ३) खताळ भरत – मटा. राष्ट्रीय महिला धोरण
- ४) वेबसाईट – ीजजचधूणउहेवबपमजलणपद



## कौटुंबिक ताणाचा गृहिणीच्या आरोग्यावर होणारा परिणाम

डॉ. लीना सुनील कांडलकर

प्राचार्य ,इंदिराबाई मेघे महिला महाविद्यालय अमरावती

सांकेतिक शब्द—गृहिणी,आरोग्य,ताण

प्रस्तावना—

भारतीय संस्कृतीमधील स्त्रीची गृहसंचलन व बालसंगोपन ही परंपरागत कार्ये आजही कायम आहेत. कुटुंबाचा प्रकार वेगाने बदलला असला तरी स्त्रीची भूमिका व तिच्याकडून कुटुंबातील इतर सदस्यांच्या अपेक्षा मात्र फारशा बदललेल्या दिसत नाहीत. संयुक्त कुटुंबामध्ये कुटुंबातील स्त्रियांच्या कामामध्ये विभागणी होते. मात्र विभक्त कुटुंब पध्दतीमुळे स्त्रीच्या कुटुंबातील सदस्यांची काळजी घेणे, कुटुंबासंबंधित कार्यक्रमांमध्ये सहभागी होणे,अपत्य संगोपन यासारख्या जबाबदारीमध्ये वाढझालेली दिसते. जेव्हा स्त्री या आवश्यकता पूर्ण करू शकत नाही तेव्हा तिला चांगल्या आरोग्यदायी जीवनाकरीता तिव्र संघर्ष करावा लागतो.

देसाई यांचेनुसार भारतातील अनेक स्त्रिया माता,पत्नी,गृहिणी,कर्मचारी अशा विविध भूमिका पार पाडतांना आवश्यकतेपेक्षा जास्त ताणाला नकळत सामोरे जात आहे.

विशेषत्वाने एकल पालकत्व असणारी विवाहित स्त्रीच्या अपत्यांना तिची अधिक आवश्यकता असते. त्यामुळे अशा स्त्रियांना अपत्याबरोबर वेळ घालविणे,अपत्याचे आजारपण, त्याचे शिक्षण विषयक जबाबदारी पार पाडणे, आर्थिक समस्या, गृहकार्य,स्व:तचे आजारपण याबाबींमुळे येणा.या ताणाला सामोरे जावे लागते.

जीवनाचा दर्जा उंचावण्याच्या दृष्टीने जीवन जगण्याच्या पध्दतीमध्ये प्रचंड वेगात बदल होत आहे. या बदलाशी समायोजन करण्याकरिता उपलब्ध साधनसंपत्तीचा आणि अवास्तव वाढलेल्या गरजा यांची जुळवणी करणे या सर्व बाबींचा होणारा परिणाम म्हणजे शारीरिक तसेच मानसिक ताण होय. जेव्हा व्यक्तीच्या सहनशक्तीच्या मर्यादेपेक्षा ताण वाढतो तेव्हा व्यक्तीच्या शारीरिक व मानसिक अपवादात्मकतेमध्ये वृद्धी हा परिणाम दिसून येतो याचाच अर्थ शारीरिक आणि मानसिक प्रतिक्रियांचे एकत्रित परिणाम म्हणजे ताण होय.

अति ताणाने शारीरिक आणि मानसिक अनारोग्य निर्माण होते.काम आणि कुटुंबातील अडचणी किंवा समस्या या व्यक्तींची मानसिकता आणि शारीरिक क्षमता यावर नकारात्मक प्रभाव टाकतात हे संशोधनाअंती निदर्शनास आले आहे.ताण ही ऋणात्मक संकल्पना असून व्यक्तीवर सर्वसाधारण दोन प्रकारे प्रभाव करते. एक म्हणजे ताण सर्वप्रथम व्यक्तीच्या शारीरिक स्वास्थावर परिणाम करते. याबाबत पुराव्यानिशी सिध्द करता येते की ताण सर्दी व विविध संसर्गजन्य आजारांशी संबंधित आहे. दुसरे म्हणजे ताण अभिव्यक्तीला प्रभावित करते.

व्यक्तींची अभिव्यक्ती आणि ताण यांचा परस्पर संबंध दिसून येतो.व्यक्तीला ताण असतांना शरीरामध्ये अड्रेनॅलीन आणि हायड्रोकॉर्टिसोन यासारखे हारमोन्स स्रवतात. अड्रेनॅलीन स्रवल्यामुळे हृदयाच्या ठोक्यांची गती व श्वासोश्वासाच्या गतीमध्ये वृद्धी,स्नायु कडक होणे,रक्तदाब वाढणे यासारखे बदल होतात. ८० टक्के आधुनिक आजारांचे मूळ ताण आहे. ताण हा आजार नसून तो अनेक आजारांशी संबंधित आहे. संसर्गजन्य आजार, अस्थमा,हृदयरोग,मधुमेह,अल्सर,पचनसंस्थेविषयकआजार,त्वचारोग,सोरियासीस,डोकेदुखी,मायग्रेन स्त्रियांमध्ये मासिक पाळीची अनियमितता, वैफल्य, अॅलर्जी,पॅनिक अटॅक,हाडेठिसूळ होणे,कॅन्सर,पाठकंबर दुखणे यासारखे आजार प्रचंड ताणामुळे होवू शकतात.

ताण आणि कामाची अभिव्यक्ती व सादरीकरण यांचा जवळचा संबंध असून ताण हा व्यक्तीसापेक्ष आहे. ताणाची अनुभूती येण्याकरिता कोणती घटना,प्रसंग याकडे स्त्रीचे लक्ष कशा पध्दतीने व कितपत वेधले जाते आणि त्याचे स्पष्टीकरण करण्याकरिता ती काय करते यावर ताणाचे प्रमाण अवलंबून असते. ताण आणि कार्यक्षमता यांचा घनिष्ट संबंध स्पष्टपणे समजून घेतल्यास ताण अधिक भावनिक आहे हे लक्षात येते. कोणतेही काम करित असतांना व्यक्तीमध्ये काही प्रमाणात उत्तेजना निर्माण होते. जसा ताण वाढतो तसा व्यक्तीच्या कार्यक्षमतेवर परिणाम



होतो आणि एका विशिष्ट बिंदूवर हा ताण अत्युच्च होवून स्त्री कार्य करण्यास अक्षम ठरते. यातूनच घर व कुटुंब यातील जबाबदारी पूर्ण करण्याच्यादृष्टीने स्त्री समतोल साधण्यास असमर्थ ठरते व ताणामध्ये वृद्धी होते.

#### संशोधनाची उद्दिष्टे –

- स्त्रियांमधील ताणाच्या कारणांचा शोध घेणे.
- ताणामुळे गृहिणीच्या आरोग्यावर होणा.या परिणामाचे अध्ययन करणे.
- ताण व्यवस्थापन करण्याचे सहजशक्य मार्ग सुचविणे.

#### गृहितके –

- गृहिणींना ताणामुळे कौटुंबिक समस्या निर्माण होतात.
- कौटुंबिक ताणाचा स्त्रियांच्या आरोग्यावर वाईट परिणाम होतो.

#### संशोधन पध्दती –

प्रस्तुत शोध निबंधाकरीता स्त्रियांच्या वैयक्तिक व कौटुंबिक माहितीचे संकलन करण्याच्या दृष्टीने अनुसुची व मुलाखत तंत्राचा वापर करण्यात आला. तसेच इतर संबंधित माहिती करीता संदर्भग्रंथ, मासिक, वृत्तपत्रे, संकेतस्थळ या प्रलेखीय स्रोतांचा वापर करण्यात आला.

#### नमुना निवड.

प्रस्तुत अध्ययनाकरिता अमरावती महानगरपालिका व तालुका क्षेत्रातील स्त्रियांची निवड करण्यात आली. यामध्ये २५ स्त्रिया महानगरपालिका क्षेत्रातील यांचा समावेश होता. व भातकुली तालुक्यातील २५ स्त्रियांची निवड हेतुपुरस्सर पध्दतीने करण्यात आली.

#### परिणाम व चर्चा.

प्रस्तुत अध्ययनामध्ये स्त्रियांवर येणा.या ताणाची कारणे, ताणाचा स्त्रियांच्या आरोग्यावर होणारा परिणाम, स्त्रियांना निर्माण होणा.या आरोग्यविषयक समस्या व ताण कमी करण्याकरिता उपयोगात आणत असलेल्या पध्दती याविषयी खालील बाबी निदर्शनास आल्या.

तक्ताक. १ स्त्रियांच्या ताणाची कारणे

अ.क्र.	विवरण	छ :	:
१	गृहकार्य	४०	८०
२	बालसंगोपन	४२	८४
३	अपत्याचे शिक्षण	४२	८४
४	अपत्याची भविष्याबाबत चिंता	४७	९४
५	सतत प्रवास	२२	४४
६	प्रकृतीविषयक तक्रारी	४३	८६
७	जबाबदारीमध्ये वाढ	१७	३४
८	आर्थिक ताण व कर्ज	४०	८०

अपत्याच्या भविष्याबाबत चिंता, शिक्षण व प्रकृतीविषयक तक्रारी याचा ताण स्त्रियांना सतत जाणवतो.

तक्ता क्र.२

गृहकार्य आणि कुटुंब यातील समतोल

अ.क्र.	वय	समतोल		असमतोल	
		संख्या	:	संख्या	:
१	२५ ते ३५ वर्ष	१२	८५.७१	२	१४.२९
२	३६ ते ४५ वर्ष	४	२८.५७	१०	७१.४२
३	४६ ते ५५ वर्ष	—	—	२२	१००

वाढत्या वया बरोबर गृहकार्य आणि कुटुंब यामध्ये समतोल साधणे कठीण जाते व त्यामुळे त्यांच्यावरील ताणामध्ये वृद्धी झालेली दिसून येते.

कामाच्या स्वरूपामुळे या स्त्रियांना शारीरिक व मानसिक थकवा जाणवतो. त्याचा परिणाम कुटुंबातील वातावरणावर होतो व कौटुंबिक समस्यांमध्ये वाढ होते.





## तक्ताक्र.३ ताणामुळे प्रभावित होणारा घटक

अ.क्र.	विवरण	टक्केवारी	क्रम
१	अपत्य	७५	८
२	पती	४७	३
३	मित्र/मैत्रिण	३८	८
४	नातेवाईक	३१	८
५	कुटुंबातील सदस्य	५९	३
६	हाताखाली काम करणारे	३८	८

यावरून असे निदर्शनास येते की, स्त्रियांच्या ताणाचा सर्वात जास्त प्रभाव तिच्या अपत्यावर होतो. याचाच अर्थ ताण आणि कौटुंबिक समस्या धन सहसंबंध दिसून येतो.

## तक्ताक्र.४ स्त्रियांच्या आरोग्यविषयक समस्या

अ.क्र.	आरोग्यविषयक समस्या	छ. ५०	:
१	डोकेदुखी	३९	७८
२	पोटदुखी	०७	१४
३	अंगदुखी	२८	५६
४	आम्लपित्त	४२	८४
५	केस गळणे	१९	३८
६	निराशा/वैफल्य	३३	६६
७	रक्तदाब	२८	५६
८	लठठपणा	०९	१८
९	झोपेमध्ये अनियमितता	४४	८८
१०	त्वचा रोग	०४	०८

स्त्रियांना कौटुंबिक समस्या व गृहकार्य यातील संघर्षामुळे वारंवार डोकेदुखी, आम्लपित्त, झोपेमध्ये अनियमितता, वैफल्य व नैराश्य यासारख्या आरोग्यविषयक समस्यांना सामोरे जावे लागते असे निदर्शनास आले.

## तक्ताक्र.५ ताण कमी करण्याच्या पध्दती

अ.क्र.	पध्दती	छ. ५०	:
१	योगाभ्यास / ध्यान	१७	३४
२	छंद जोपासणे	४	८
३	संगीत ऐकणे	३५	७०
४	मैत्रिणीसोबत वेळ घालविणे	४०	८०
५	मनोरंजन	३२	६४
६	विश्रांती	३७	७४
७	पाळीव प्राण्यांसोबत वेळ घालविणे	०६	१२

काम आणि सुदृढ स्वास्थ्य यांचे संतुलन राखण्याच्यादृष्टीने ताण कमी करण्याच्या विविध पध्दतींचा वापर स्त्रियांकडून केला जातो. मैत्रिणीसोबत वेळ घालविणे, मनोरंजनाच्या साधनांचा वापर, संगीत ऐकणे यांचा ताण कमी करण्यास मदत होते. काही स्त्रिया योगा, ध्यान, विश्रांती या मार्गांचा वापर करतांना आढळल्या.

निष्कर्ष: प्रस्तुत अध्ययनावरून खालील निष्कर्ष काढता येतात.

१. प्रौढ वयातील स्त्रिया कुटुंब क्षमता आणि गृहकार्य यामध्ये संतुलन ठेवण्यास असमर्थ ठरतात. त्यांचा त्यांच्या आरोग्यावर विपरित परिणाम होतो.

२. झोपेतील अनियमितता, शारीरिक व मानसिक अस्वस्थता, गोंधळ, डोकेदुखी ही ताणाशी संबंधित मुख्य लक्षणे होत.



३. स्त्रियांच्या ताणाचा सर्वात जास्त प्रभाव तिच्या अपत्यावर झाल्याचे दिसून येते.
४. मैत्रिणीसोबत वेळ घालविणे, मनोरंजन, संगीत ऐकणे, विश्रांती यामुळे स्त्रियांवरील ताण कमी होण्यास मदत होते.
५. उच्चरक्तदाब विकसित होण्याकरिता महत्वाचा घटक म्हणून ताण कार्य करतो.  
सुचना व शिफारशी –
- १) समतोल व पौष्टिक आहार अधिक उर्जा देत असल्याने ताणाचा प्रभाव कमी करण्यास मदत होते. त्यामुळे स्वतःच्या आहाराची काळजी घ्यावी.
- २) दिर्घ श्वसन, विश्रांती, ओम उच्चारण, ध्यान, व्यायाम दररोज केल्यास ताण कमी होणे व शरीर स्वास्थ्य उत्तम राहण्यास मदत मिळते.
- ३) स्त्रियांनी धार्मिक क्रियांमध्ये लक्ष केंद्रित केल्यास ताणाचा प्रभाव कमी होण्यास मदत होते.
- ४) स्वतःचे छंद जोपासण्यात फावला वेळ घालवावा.
- ५) वास्तववादी व पूर्णत्वास जाणारी कौटुंबिक ध्येये निश्चित करावी. दिर्घकालीन उद्देशाची कमी कालावधीच्या ध्येयामध्ये विभागणी करावी. यामुळे कौटुंबिक समस्या सोडविण्यास मदत होवू शकेल.
- ६) प्रत्येक व्यक्तीची सर्वोकृष्ट काम करण्याची दिवसातील निश्चित वेळ असते. सर्वाधिक कार्यक्षमता असलेल्या वेळात गृहिणीने कामाचे नियोजन करावे.
- ७) स्वतःच्या क्षमता व मर्यादा ओळखून स्वतःला आहे तसे स्विकारणे, स्वतःवर प्रेम करणे, इतरांकडून अपेक्षा न करणे यामुळे ताणाचा स्तर ब.याच प्रमाणात कमी होण्यास मदत होवू शकेल.
- ८) कुठल्याही प्रकारची अपराधीपणाची भावना स्वतःमध्ये निर्माण न होवू देता आवश्यकतेनुसार नाही म्हणायला शिकणे गरजेचे आहे.
- ९) कौटुंबिक समस्या मागील करणांचा शोध घेवून त्या दूर करण्याकरिता कुटुंबातील सदस्य, नातेवाईक, मित्र, शेजारी, सहकारी यांचे सहकार्य घ्यावे व कौटुंबिक ताणातून बाहेर पडण्याचा प्रयत्न करावा.
- संदर्भ ग्रंथ
- 1) उपयोजित मानसशास्त्र – पलसाने म.न.नवरे.  
प्रकाशक – अ.अ.कुलकर्णी, कौन्टीनेन्टल प्रकाशन, पुणे.
- 2) विवाह व कौटुंबिक संबंध – फरकाडे, गोंगे, विद्या प्रकाशन, नागपूर.
- 3) WWW.stress.org.uk
- 4) WWW.managing stress.com
- 5) WWW.work health.org



## महिलांची सुरक्षितता आणि मानवाधिकार

### डॉ.जयवंत पिराजी जुकरे

सहयोगी प्राध्यापक व राज्यशास्त्र विभाग प्रमुख जिजामाता कला महाविद्यालय, दारव्हा,  
जि.यवतमाळ. ४४४२०२, मो. नं. ९०११५९१३६८

#### प्रस्तावना:-

जगात दोन महायुद्धे झालीत या दोन महायुद्धात मानवाचे अपरीमित अशी जिवित व वित हानी झाली. ते पाहून जगातील सर्व व्यक्तित्वाच्या मानवाधिकारांचे संरक्षण व्हावे, प्रत्येक व्यक्तित्वाला सुखी, समाधानी व प्रतिष्ठेने जीवन जगता यावे याकरिता १० डिसेंबर १९४८ साली युनोने (संयुक्त राष्ट्र संघटनेने) मानवी हक्काचा जाहिरनामा प्रसिध्द केला आणि जगातील संपूर्ण देशानी आपापल्या देशातील नागरिकांना वेगवेगळे मानवी हक्क उपलब्ध करून देण्याचे आवाहन केले. कारण मानवी हक्क हे मानवाला जन्मतः नैसर्गिकरित्या प्राप्त झालेले अधिकार होत. मानवाला सामाजिक, आर्थिक, राजकीय, सांस्कृतिक, शैक्षणिक, आरोग्यविषयक जीवन जगण्याची संधी व समानतेने मिळालेला अधिकार म्हणजे मानवाधिकार होत. त्याला अनुसरून मानवी हक्काचा जाहिरनामा हा एक मानवाच्या सर्वांगिन विकासासाठी घेतलेला ऐतिहासिक असा महत्वाचा निर्णय होय. योगायोगाने याच काळात भारतीय संविधानाच्या निर्मितीचे काम सुरू होते यामुळे युनोच्या आव्हानाचा भारतीय नागरिकांचे मुलभूत हक्क, कर्तव्य, राजनित्तीचे मार्गदर्शक तत्वे संविधानाच्या सुरवाततील संपूर्ण संविधानाचे सार स्पष्ट करणारी उद्देशिका इ. बाबीवर मानवी हक्काचा प्रभाव असल्याचे दिसून येते. भारत देशाला स्वातंत्र्य मिळून जवळपास ७५ वर्षांचा काळ उलटून गेलेला आहे, तरीही भारतातील अजूनही बहुतांश लोकांना मानवी अधिकार मिळत नसल्याचे चित्र समाजात पाहवयास मिळते.

#### प्रस्तुत शोधनिबंधाची उद्दिष्टे पुढीलप्रमाणे-

- (१) मानवाच्या मानवी अधिकारा प्रति सन्मान वाढविणे आणि मानवी हक्कांच्यासंबंधी सर्वसामान्यात जनजागृती घडवून आणणे.
- (२) विविध कायदे अस्तित्वात असूनसुद्धा महिलांच्या मानवी अधिकाराचे हनन केल्या जाते हे तपासून पहाणे.
- (३) पुरुषप्रधान संस्कृती असलेल्या देशामध्ये जो पर्यंत मानसिक व वैचारिक पातळीवर बदल होणार नाहीत तोपर्यंत महिलांना खऱ्या अर्थाने मानवी हक्क मिळणार नाहीत, ही जाणीव समाजात निर्माण करणे.
- (४) जात, लिंग, धर्म, भाषा या आधारावर कोणताही भेदभाव न करता सर्व मानव जातींना मानवी हक्क मिळाले पाहिजेत.

#### गृहितके:-

१. विविध कायदे अस्तित्वात असूनही महिलांच्या मानवी हक्काचे अजूनही शोषण होत असल्याचे चित्र समाजात पाहवयास मिळते.
२. महिला वर्गात उच्च शिक्षणाचे प्रमाण कमी असून त्या आर्थिक दृष्ट्या फारशा सक्षम नसल्याचे चित्र समाजात दिसून येते.
३. स्त्रिया पुरुषाच्या तुलनेत उपेक्षित असल्याचे दिसून येते.

#### संशोधन पध्दतीचे स्रोत:-

प्रस्तुत शोध निबंधामध्ये दुय्यम साधन सामुग्रीचा वापर करण्यात आलेला असून त्यात प्रामुख्याने संदर्भग्रंथ, अभ्यासक्रमिक पुस्तके, विविध निवडणुकांचे वर्तमान पत्रातील संदर्भ, वेळोवेळी प्रसारमाध्यमातून, वेगवेगळ्या चर्चासत्रातून मांडलेली मतमतांतरे, प्रिंट मिडीयातून झालेल्या चर्चा, तसेच राज्यस्तरीय, राष्ट्रीय स्तरावरील परिषदा, चर्चासत्रे व संशोधन पत्रिका, मासिकातून प्रकाशित झालेले अग्रलेख इ.स्रोतामधून माहितीचा आधार घेण्यात आलेला आहे.

**संशोधन अभ्यास विषयाचे महत्व:—**

स्त्रियांना पुरुषाइतकेच समान अधिकार असून कोणत्याही कायद्यान्वे तथा अन्य कोणत्याही पध्दतीने त्यांना हक्क नाकारणे, कमी करणे हे अनैसर्गिक व अन्यायकारक असून ते मानवाच्या प्रतिष्ठेचा अवमान आहे. स्त्रियांना मानवी हक्काच्या प्रस्थापनेसाठी वेगवेगळ्या परिषदा चर्चासत्रे वेगवेगळे आयोग, विविध कायदे करण्यात आलेले असले तरी आजही बहुतांश लोकांच्या मानवी हक्काचे मोठ्या प्रमाणावर हनन होत असल्याचे चित्र पाहवयास मिळते., वंचित घटकावर आजही मोठ्या प्रमाणावर अन्याय अत्याचार केले जातात. कधी उच्च वर्णीयांच्या मुलीसोबत प्रेम केले म्हणून तर कधी मंदिरात गेले म्हणून तर कधी पाणी पिले म्हणून, आमच्या लग्नात जेवन केला म्हणून तर कधी खोटे आळ लावून अनुसूचित जाती —जमातीच्या लोकांचे आजही मोठ्या प्रमाणावर छळ होत आल्याचे चित्र पाहवयास मिळते. त्यामुळे मानवी हक्काची प्रासंगिकता आजही मोठ्या प्रमाणावर असल्याचे दिसून येते. सर्वांना हक्क उपभोगता येतील असे वातावरण तथा परीस्थिती निर्माण करण्यात भारतीय राजकीय व्यवस्था अपयशी ठरलेली आहे. स्वातंत्र्याच्या ७५ वर्षांच्या कालखंडात येथिल जातीव्यवस्था कमी करू शकलो नाही, उच्च वर्णीयांची मानसिकता बदण्यात सुध्दा अपयशी ठरलेले आहेत. परिणामी समाजात सामाजिक समता निर्माण झालेली नाही. या पार्श्वभूमीवर मानवी हक्काची संकल्पना अत्यंत उपयुक्त असल्याचे दिसून येते.

**मानवी हक्काची संकल्पना व अर्थ:—**

मानवी हक्क म्हणजे जगातील प्रत्येक व्यक्तीला, सन्मानाने, प्रतिष्ठेने, आनंदाने जीवन जगता आले पाहिजे अशी व्यवस्था उपलब्ध करून देणे, म्हणजे 'मानवी हक्क' होत. मानवाला जन्मापासून जे अधिकार मिळतात त्याशिवाय व्यक्तीचा विकास होवू शकत नाही, शिवाय जे हक्क कोणत्याही कायद्याने दिलेले नाहीत ते निसर्गतः मानवाला मिळालेले असतात त्यांना मानवाधिकार म्हणता येईल. चांगले जीवन गण्यासाठी योग्य ती परीस्थिती खऱ्या अर्थाने उपलब्ध करून देणे हे मानवी हक्क या संकल्पनेत अभिप्रेत आहे.

**युनोने मानवी हक्कासंबंधी निर्धारित केलेले मापदंड पुढीलप्रमाणे:—**

जगातील सर्व देशानी आपले उद्दिष्ट पूर्ण करण्यासाठी निश्चित मापदंड म्हणून मानवी हक्काचा जाहिरनामा उपयुक्त ठरेल.

१. मानवी हक्काच्या मापदंडाप्रमाणे जगातील सर्व मानसे जन्मतःच स्वतंत्र व समान असून युनोच्या जाहिरनाम्यातील कलम २३ नुसार महिलांनाही पुरुषांच्या बरोबरीने अधिकार असतील असा उल्लेख आहे. त्यामुळे युनोच्या मानवी हक्काच्या जाहिरनाम्याला 'महिला मुक्तीचा जाहिरनामा' म्हणूनही पाहिले जाते.

२. एक व्यक्ती दुसऱ्या व्यक्तीस गुलाम म्हणून राबवणार नाही.

३. कोणत्याही कारणावरून एक व्यक्ती दुसऱ्या व्यक्तीचे हाल, छळ, शोषण करणार नाही.

४. कायद्यासमोर सर्व व्यक्ती समान असतील, कायद्याकडून व्यक्ती —व्यक्तीत जात, धर्म, शिक्षण, श्रीमंती श्रेष्ठ— कनिष्ठ, लिंग आदी कोणत्याही कारणावरून कायद्याद्वारा कोणत्याही प्रकारचा भेदभाव केला जाणार नाही. तर कायद्याद्वारा सर्व व्यक्तींना समान परीस्थितीत समान वागणूक दिली जाईल.

५. प्रत्येकाला देशाच्या कोणत्याही कानाकोपऱ्यात जाण्याचा, वास्तव्य करण्याचा, व संचार करण्याचा हक्क आहे.

६. प्रत्येक माणसाला आचार, विचार, संचार, भाषण, मुद्रण, लेखन, धर्मस्वातंत्र्य, व्यवसाय स्वातंत्र्य व शिक्षण घेण्याचा हक्क असेल. असे वेगवेगळे मानवी हक्काचे मापदंड निश्चित करण्यात आलेले आहेत.

**सामाजिक संदर्भ:—**

जगातील सर्वच देशात मग तो देश विकसीत असो की विकसनशील असो अथवा अविकसीत असो सर्व देशातील मानवी जीवन सारखेच नाही. आचार, विचार, रूढी, प्रथा पंरपरा, समाजजीवन, राहणीमान, धार्मिक विविधता, या अनेक बाबतीत खुप मोठ्या प्रमाणावर विविधता असल्याचे दिसून येते. त्यामुळे काही वाईट रूढी, प्रथा, परंपरेमधुनही अनेक महिला वर्गाचे शोषण होते. याशिवाय भ्रष्टाचार, दहशतवाद, आतंकवाद, लैंगिक शोषण, अत्याचार, बालमजुरी,



निरक्षरता, वेश्या व्यवसाय अशा कितीतरी स्वरूपाच्या अमानवीय घटना घडत असतात की यातून मानवी हक्काचे फार मोठ्या प्रमाणावर उल्लंघन होत असल्याचे चित्र समाजात पाहावयास मिळते.

#### **भारतीय संविधानाच्या माध्यमातून महिलांना मिळालेले संरक्षण:-**

संविधानकर्त्यांनी संविधानाच्या माध्यमातून विविध तरतुदीतून पुरुषांप्रमाणेच महिलांनाही वेगवेगळे हक्क उपलब्ध करून दिलेले आहेत. जसे की, नागरिकांची मुलभूत हक्क, कर्तव्य, राजनितीची मार्गदर्शक तत्वे व इतर विविध तरतुदी मधून स्त्री आणि पुरुषांना समान मानवाधिकार दिलेले आहेत. राज्यघटनेतील कलम १४ नुसार कायद्यासमोर सर्वजन समान मानले आहेत. कलम १५ नुसार धर्म, जात, वंश, लिंग, जन्मस्थान या कोणत्याही कृत्रिम कारणावरून भेदभाव करण्यास मनाई करण्यात आली आहे. कलम १६ नुसार सार्वजनिक सेवेमध्ये स्त्री आणि पुरुषांना समान संधी देण्यात आलेली आहे. कलम १७ नुसार अस्पृश्यतेवर बंदी, कलम २३ मधून माणसाचा अपव्यापार, तथा खरेदी -विक्री करणे यावर बंदी, वेठबिगारी, सारखी कामे सक्तीने करवून घेता येणार नाहीत. कुणालाही गुलाम किंवा दास समजून कामे लावता येणार नाहीत. तर कलम २४ मधून १४ वर्षांच्या आतील मुला-मुलींना धोक्याच्या व अवजड ठिकाणी कामाला लावता येणार नाही. राजनितीच्या मार्गदर्शक तत्वामधील कलम ३९ क नुसार उपजिविकेची साधने मिळविण्याचा स्त्री आणि पुरुषांना समान अधिकार असेल. कलम ३९ ब नुसार स्त्री आणि पुरुषांना समान कामासाठी समान वेतन दिले जाईल. तर कलम ४४ नुसार समान नागरी कायदा कलम ५१ ई नुसार मूलभूत कर्तव्यामधून स्त्रियांच्या विकासासाठी मारक ठरणाऱ्या अनिष्ट चालीरिती प्रथा, वाईट प्रवृत्तीचा त्याग करणे. कलम ३२५ नुसार कोणतीही व्यक्ती धर्म, जात, वंश, लिंग, पंथ, शिक्षण, प्रदेश या कारणावरून मतदार यादीत नाव समाविष्ट होण्यास अपात्र असणार नाही. यासारख्या कितीतरी तरतुदीमधून भारताची राज्यघटना महिलांना संरक्षण पुरविते.

#### **महिलांची आर्थिक स्थिती :-**

जगातील विशेषतः आशिया खंडातील राष्ट्रात तर गरिबीचे प्रमाण फारच कमी आहे. त्यांची कमाई प्रतिदिन दोन डॉलर पेक्षाही कमी आहे. त्यांच्या मूलभूत गरजांची पूर्तता सुध्दा होताना दिसून येत नाही. भारतात तर पुरुष व महिलांना कोणताही व्यवसाय करण्याचे स्वातंत्र्य देण्यात आले आहे. पण प्रत्यक्ष समाजात असे चित्र दिसून येते की, आर्थिक बाबतीत महिलांना पुरुषांच्या तुलनेत फारच कमी वेतनावर काम करावे लागते. महिलांना दुय्यम दर्जाची कामे करावी लागतात. असुविधापूर्ण वातावरणात कामे करावी लागतात, कामाच्या ठिकाणी बऱ्याच वेळा लैंगिक शोषणाला, अत्याचाराला बळी पडावे लागते.

#### **महिलांची आरोग्यविषयक स्थिती :-**

मानवाधिकाराच्या सनदेतील कलम २५ नुसार प्रत्येक व्यक्तिला आपले राहणीमान व दर्जा कसा ठेवायचा याचा अधिकार आहे.? असे असले तरी स्त्रियांच्या आरोग्याकडे पूर्णपणे दुर्लक्ष होत असल्याचे दिसून येते, कारण भारतात पितृसत्ताक कुटूंब पध्दती असल्यामुळे सकस, ताजे, चांगले पोषणयुक्त अन्न मुलांना किंवा पुरुषांना, उरलेले शिळेपाते अन्न मुलींना/स्त्रियांना त्यामुळेही महिला वेगवेगळ्या साथीच्या आजारांना बळी पडतात. शिवाय देवदेवतांच्या नावाखाली उपास-तापासही महिलांच्याच वाटयाला जास्त आहेत. शिवाय लहान वयात लग्न मग लवकरच मातृत्व, इ. समस्यांमुळे महिलांचे आरोग्य अत्यंत बिकट होत आहे. वरील अनेक बाबीतून महिलांच्या मानवी हक्काचे फार मोठ्या प्रमाणावर हनन होत आल्याचे चित्र पाहवयास मिळते.

#### **स्त्रियांवरील अत्याचारची सद्यस्थिती:-**

म. फुले राजर्षी शाहु महाराज, गाडगे महाराज आणि डॉ. बाबासाहेब आंबेडकरांचा अभिमानाने वारसा सांगणाऱ्या महाराष्ट्रात, शिवाय पुरोगामी म्हणून आपली ओळख सांगणाऱ्या महाराष्ट्रात, तथा भारत देशात महिलांवरील होणाऱ्या अन्याय अत्याचारांचे प्रमाण वरचेवर वाढत असल्याचे चित्र पाहवयास मिळते. महाराष्ट्रात आजही बालमजुरी, कौटुंबिक हिंसाचार, हुंडाबळी, बालकामगार, स्त्रिभ्रूणहत्या, छेडछाड, विनयभंग, बलात्कार, वेश्या व्यवसायात जबरदस्तीने ढकलणे, अनन्वीत अत्याचार अशा घटना दिवसेंदिवस कमी होण्याऐवजी वरचेवर वाढतच आहेत. भारतात ७५ टक्के महिला घगुती छळाला बळी पडतात, दर अर्ध्या तासाला एका महिलेवर बलात्कार होतो, दर दहा मिनिटाला एक महिला आत्महत्या करते. अत्याचाराचे प्रमाण पुर्वी ७



टक्के होते ते आता ११ टक्के इतके झाले आहे. दवाखाण्यात पैसे भरले नाहीत म्हणून गरोदर मातेला दवाखाण्याच्या बाहेर काढणे, नंतर तीच्या बाळाचा मृत्यू होणे, बऱ्याचशा आदिवासी महिला आजही फारशी व्यवस्था नसल्यामुळे चालत बरेच अंतर दवाखाण्यात जाणे, या घटना मनाला सुन्न करणाऱ्या आहेत. महासत्तेची स्वप्न पाहणाऱ्या देशाला निश्चित हे शोभत नाही. थोडक्यात भारत देशात महिलांवरील अत्याचाराची स्थिती अत्यंत दयनीय असल्याचे प्रकर्षाने जाणवते.

#### महिला सबलकरणासंदर्भातील विविध कायदे :-

स्त्रियांना पुरुषांच्या बरोबरीने प्रत्येक क्षेत्रात समान संधी मिळावी याकरिता महिलांच्या हक्कांच्या रक्षणासाठी करण्यात आलेले कायदे व निर्माण केलेली यंत्रणा आहे.

- १.) महिलांना राजकारणात सहभागी होण्यासाठी समान मताधिकार कायदा-१९५२.
- २.) द्विभार्या प्रतिबंधक कायदा-१९५५.
- ३.) वारसा हक्क कायदा-१९५६.
- ४.) घटस्फोटाचा कायदा-१९५६.
- ५.) पोटगी कायदा-१९५६.
- ६.) वेश्या व्यवसाय प्रतिबंधक कायदा-१९५६.
- ७.) विधवा पुनर्विवाह कायदा-१९५६.
- ८.) अनैतिक मानवी व्यापार प्रतिबंधक कायदा-१९५६-१९८६.
- ९.) गर्भपात कायदा-१९७१.
- १०.) गर्भजल परीक्षा कायदा-१९८८.
- ११.) हुंडा प्रतिबंधक कायदा-१९६१-१९८६.
- १२.) बलात्कार प्रतिबंधक कायदा-१९८३.
- १३.) समान वेतन कायदा-१९७६.
- १४.) प्रसूती लाभाचा कायदा-१९६१.
- १५.) सती प्रतिबंधक कायदा-१९२९.
- १६.) मुस्लिम घटस्फोट कायदा-१९३९.
- १७.) चलचित्र कायदा-१९५२
- १८.) स्त्री अश्लीलता प्रतिबंधक कायदा-१९८६.
- १९.) छेडछाड प्रतिबंधक कायदा-१९७८.
- २०.) मातृत्व लाभ कायदा-१९६१.
- २१.) राष्ट्रीय महिला आयोग अधिनियम-१९९०.
- २२.) प्रसवपूर्व लिंगनिदान तंत्र आणि दुरुपयोग प्रतिबंध कायदा-१९९४.
- २३.) कौटुंबिक हिंसाचारापासून स्त्रियांचे संरक्षण कायदा-२००५.

असे अनेक कायदे बनवले आहेत, ज्यामुळे महिलांना संरक्षणाबरोबरच निर्भयतेने जीवन जगण्याच्या परीस्थितीत उत्तरोत्तर सुधारणा होत आहे.

#### निष्कर्ष व उपाययोजना :-

१. युनोने १० डिसेंबर १९४८ मध्ये मानवी अधिकारांना मान्यता दिली. त्यामुळे हा दिवस संपूर्ण जगभरातील विविध देशात "मानवी हक्क" दिन म्हणून पाळला जातो.
२. मानवी अधिकाराचे संवर्धन करित असतांना दुसऱ्याच्या अधिकाराचे उल्लंघन न करणारा मानव समाज निर्माण व्हावा उदा. जगा आणि जगू दया या विचारसरणीवर आधारित समाज निर्माण होणे गरजेचे आहे.
३. महिलांना शिक्षणाच्या जास्तीत जास्त सोई- सुविधा उपलब्ध करून देवून त्यांना उच्चशिक्षित बनवून त्यांच्या राहणीमान व जिवनमानाचा दर्जा उंचावण्यासाठी खऱ्या अर्थाने सर्व स्तरातून प्रयत्न होणे गरजेचे आहे.
४. महिलांना आजही या ना त्या कारणाने दुय्यम वागणुक दिली जाते त्यामुळे ही मानसिकता बदलून महिलांना चांगली, विवेकपूर्ण वागणूक देण्याची संस्कृती विकसित केली पाहिजे. महिलांकडे पाहण्याचा दृष्टीकोन सकारात्मक केला पाहिजे., मुली तोकडे कपडे घालते, जिन्स पॅन्ट घालते. म्हणून तिच्यावर अत्याचार होतात ही मानसिकता बदलवणे गरजेचे आहे.



५. महिलांना राजकारणात, शासकीय नोकऱ्यात आरक्षण देवून धोरणे ठरविणे, निर्णय घेणे या प्रक्रियेत सामावून घ्यायला हवे. जोपर्यंत महिला स्वतः धोरणे ठरवित नाहीत, निर्णय घेत नाहीत तोपर्यंत त्यांना पुरूषांच्या निर्णयावर अवलंबून रहावे लागेल. त्यामुळे ते स्वतः धोरण निर्माते झाले पाहिजेत.

६. महिलांवरील शोषण व अत्याचार थांबविण्यासाठी बरेचशे कायदे अस्तित्वात आहेत. पण ते फक्त कायदे न राहता त्या सर्व कायद्याची कठोरपणे प्रत्यक्षात अमलबजावणी झाली पाहिजे. महिलांना त्वरीतपणे न्याय मिळाला पाहिजे.

७. समाजात प्रचलित असलेल्या अनेक वाईट चालिरीतीवर प्रतिबंध घालून अंधश्रद्धा निमुळनाचा कार्यक्रम प्रभावीरितीने राबविण्याची आवश्यकता आहे. जखमेवर औषध लावण्यापेक्षा जखम होवू नये म्हणून काळजी घेतलेली बरे.

८. धर्मभेद, जातीभेद, पाळणारे, धर्माधता वाढविणारे, स्वार्थासाठी, सत्ताप्राप्तीसाठी नको ते मुद्ये उकरून काढून धार्मिक सलोखा बिघडवणारे यांच्यावर कडक कार्यवाही झाली पाहिजे. व नव्याने अनेक मानवी मूल्य समाजात रूजविणे गरजेचे आहे. प्रत्येकानेच स्वतःपासून मानवी हक्काची मनातून जपवणुक करावी. तरच मानवी हक्काचे खऱ्या अर्थाने जतन होवू शकते.

संपूर्ण जग नेटवर्किमुळे, इंटरनेटमुळे जवळ येत असले तरी माणूस मात्र माणसापासून दूर जात आहे ही वस्तुस्थिती आहे. माणूस भौतिक, चंगळवादी विकृतीच्या जाळ्यात अडकून बेगडी संस्कृतीचे ढोंग करित आहे. अगदी सुशिक्षित समाज सुध्दा जात, धर्म, वंश, लिंग, प्रदेश, शिक्षण भाषा, प्रादेशिकता यांची आव्हाने उभी करून स्त्री — पुरूष चालिरीती रूढी, प्रथा, परंपरा, अमानवी, व्यवहाराची शिकवण घेत आहेत. आज एकविसाव्या शतकात मानवी हक्कांना अनन्यसाधारण महत्व प्राप्त झाले आहे. कारण आंतरराष्ट्रीय शांतता प्रस्थापित करण्याचा विधायक व सदनशीर मार्ग म्हणजे मानवी हक्क होय तसेच प्रत्येक राष्ट्राला, प्रत्येक नागरिकाला मानवी हक्काची जाणीव आणि जागृती होणे नितांत गरजेचे आहे. त्यासाठी प्रत्येक राष्ट्राने नागरिकांना मानवी हक्क जोपासण्यासाठी योग्य परिस्थिती निर्माण करून दिली पाहिजे. सामाजिक अन्याय निर्माण करणाऱ्या अनेक वाईट अमानवी प्रथा परंपरा नष्ट करणे आवश्यक आहे. यासाठी समाजपरिवर्तन घडून आले पाहिजे लोकांच्या वृत्तीमध्ये बदल घडवून आला पाहिजे यासाठी म्हणून मग मानवी हक्काच्या जाहीर नाम्याचा विशेष उपयोग करून सामाजिक न्याय प्रस्थापित करता येऊ शकतो.

#### संदर्भ सूची :-

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- (५) मानवी हक्क, युनिक अॅकडमी पुणे,
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## मानवाधिकार आणि महिला सहा प्रा. लक्ष्मण बाबाराव यादव

बाबासाहेब देशमुख पारवेकर महाविद्यालय पारवा, ता. घाटंजी जि. यवतमाळ  
मो. नं. ९९२२३७८८७४

### प्रस्तावना :

दुसरे महायुद्ध संपल्यानंतर मानवी अधिकाराची संकल्पना ही मुळ धरू लागली. फ्रेंच राज्य क्रांतीने स्वातंत्र, समता, बंधुता, आणि लोकशाही या तत्वांच्या विकासासाठी आवश्यक विचारांची तत्वे पुरवली, व पुढे रशियन क्रांतीने अधिक व्यापक झाले. तर दुसऱ्या महायुद्धानंतर स्वातंत्र, समता, आणि बंधुता या मुल्यावर आधारित लोकशाही शासन प्रणाली बहूतांश राष्ट्रांनी स्विकारली. १२१५ मध्ये मॅगनाचार्टा, १६२८ मध्ये बिल ऑफ राईट्स, १९८९ मध्ये पिटीशन ऑफ राईट्स, १७९१ मध्ये बिल ऑफ राईट्स अमेरिका, युनिव्हर्सल डिक्लेरेशन ऑफ ह्युमन राईट्स, १९५० मध्ये भारतीय संविधानातील मुलभूत हक्क कारण भारतात प्राचीन काळात मध्ययुगात, हुकूमशाही, राजेशाही, आणि साम्राज्यशाही, अल्पजनशाही, इत्यादी प्रकार प्रामुख्याने अस्तित्वात होते. अपवादात्मक सामाजिक घटक वगळता बऱ्याच लोकांना कोणत्याही प्रकारचे अधिकारी प्राप्त झाले नव्हते.

१९५३ मध्ये सिव्हील अॅण्ड पॉलीटीकल राईट्स, थॉमस पेनचा मानवी हक्काचा जाहीरनामा संदर्भातील ग्रंथ अशा पध्दतीने मानवी हक्काचा संकल्पनेचा उदय व विकास झाला. युनोने सुध्दा मानवी अधिकाराची संकल्पना उचलून धरली आणि जगातील सर्वच राष्ट्रात ती रुजावी म्हणून मोठया प्रमाणावर प्रयत्न करित असल्याचे दिसून येते. आजचे युग किंवा एकविसावे शतक जसे वैज्ञानिक युग समजले जाते त्याच प्रमाणे स्त्रिये युग समजले जाते. स्त्रियांना त्यांच्या मध्ये असलेले कर्तबगारी प्रगट करण्याचे हे शतक आहे. महाराष्ट्र शासनाने पंचायत राज व्यवस्थेमध्ये २०११ मध्ये महीलांना ५० टक्के आरक्षण देउन पुरुषांच्या बरोबरीचे स्थान मिळवून दिले. या विचाराने प्रभावीत होउन केंद्र शासनाने राज्यघटनेत ११० वी घटना दुरुस्ती करून संपूर्ण भारतात महिलांना ५० टक्के आरक्षण पंचायत राज व्यवस्थेमध्ये मिळवून देण्याचा प्रयत्न चालू केला. हे महिलांच्या सक्षमीकरणाच्या दृष्टीने एक महत्वाचे पाउल उचलले गेले. परंतु हे सर्व प्राप्त करण्याकरिता महिलांना बराच वेळ लागलेला आहे. या संदर्भात जगातील विविध राष्ट्रांनी महिलांना अधिकार मिळून देण्याकरिता जे प्रयत्न केले त्याचा आढावा या ठिकाणी घेतलेला आहे. जगातील महिलांना मुख्या प्रवाहामध्ये आणण्याकरिता जे काही प्रयत्न केले गेले तरिही स्त्रियांना अधिकार प्रदान करण्यामध्ये बराच कालावधी लागलेला आहे. असे असले तरी स्त्रियांच्या सामाजिक, राजकीय, आर्थिक व्यवस्थेमध्ये झपाटयाने बदल होत आहे. किंवा महिलांमध्ये जागृती निर्माण होत आहे. हा एकंदरीत बदलाचा कालखंड चारशे वर्षांचा मानला जातो. आणि एकविसावे शतक स्त्रियांच्या उथ्थानांचे युग म्हणून समजले जाते.

### जागतीक महीलांचे राजकीय हक्क :

जागतीक स्तरावर संपूर्ण राष्ट्रातील महिलांसाठी राजकीय हक्क पुरुषांच्या बरोबरीने प्राप्त करून देण्यासाठी फार मोठया प्रमाणत प्रयत्न केले गेले. ११ डिसेंबर, १९४६ रोजी पारीत केलेल्या आपल्या ठरावामध्ये संयुक्त राष्ट्रांच्या महासभेने याची नोंद केलेली आहे. की काही विशिष्ट सभासद राष्ट्रांनी महीलांना त्यांचे समान हक्क प्रदान केलेले नाहीत. म्हणूनच संयुक्त राष्ट्रसंघाने त्यानंतर त्या विशिष्ट सभासद राष्ट्रांना ताकीद दिली की, संयुक्त.राष्ट्रांसंघाच्या मसुद्यामध्ये नमूद केलेल्या तरतुदींशी साधर्म्य असणारे सर्व राजकीय हक्क त्या त्या राष्ट्रातील पुरुषांप्रमाणे महिलांनाही देण्यात यावेत. तेव्हापासून महिलांच्या समान राजकीय आधिकारांचा प्रश्न आंतरराष्ट्रीय स्तरावर खालील तीन मुख्य आचारसंहिता व जाहीरनाम्यांनुसार हाताळण्यात आला.

१. महिलांच्या राजकीय हक्कांची आचारसंहिता, ही २० डिसेंबर, १९५२ रोजी महासभेद्वारे स्वीकृत करण्यात

आली व ७ जुलै, १९५४ पासून अंमलात आणण्यात आली.





२. महिलांविरुद्धी भेदभाव निर्मुलन वरील जाहीरनामा, जो महासभेने ४ नोव्हेंबर १९६७ रोजी मांडला तो स्वीकृत करण्यात आला.

३. महिलांविरुद्धी सर्व प्रकारच्या भेदभावांच्या निर्मुलनाची आचारसंहिता १८ डिसेंबर १९७९ रोजी महासभेने स्वीकृत केली व ३ सप्टेंबर १९८१ पासून अंमलात आणली.

#### भारतातील महिला आणि मानवधिकार :

भारतातील महीला सक्षमीकरणात मानव आधिकाराच्या संदर्भात भारतामध्येही मोठा संघर्ष करावा लागला. प्राचीन काळात अस्तित्वात असलेली सती प्रथा, पडदा पध्दती, हुंडा पध्दती, रुढीवादी समाज व परंपरा, स्त्रियांना दुय्यम स्थान हे या देशामध्ये प्राचीन काळापासून चालत आलेले होते. त्याकरीता भारतीय संविधानात स्त्रियांच्या सशक्ती करणाकरिता विविध संविधानीक कलमे खर्ची पडली व तसेच विविध कायदे या देशामध्ये करण्यात आले. ते पुढीलप्रमाणे.

१. ७३ वी व ७४ व्या संविधान दुरुस्तीने महिलांना पंचायत राज व्यवस्थेमध्ये ३३ टक्के आरक्षण स्त्रियांना मिळाले आहे.

२. ११० व्या संविधान दुरुस्तीने २०११मध्ये महीलांना ५० टक्के आरक्षण पंचायत राज मध्ये मिळाले आहे.

३. बालविवाह विरोधी कायदा १९७६

४. हुंडा विरोधी कायदा १९६१, १९८६

५. सती प्रथा विरोधी कायदा १९८७

६. प्रसुती पुर्व निदान कायदा १९९४

अशा या भारतातील केंद्र शासनाने स्त्रियांना संरक्षण मिळून देण्यासाठी व त्यांचे अधिकार प्राप्त करून देण्यासाठी फार मोठया प्रमाणात प्रयत्न केले गेले.

#### सारांश :

एकंदरीत प्रस्तूत शोध निबंधातील वरील विवेचनावरून आंतरराष्ट्रीय स्तरावर महिलांचे अगदी प्राचीन कालखंडापासून त्यांचे हिरावून घेतलेले अधिकार, समाजातील दुय्यम स्थान व तसेच त्यांचे सामाजीक, राजकीय, आर्थिक या बाबतीत झालेली अधोगती थांबवून त्यांच्या सर्वांगीन विकासात सुधारणा करण्याकरिता संयुक्त राष्ट्र तर्फे मानवतावादी दृष्टीकोनातून फार मोठया प्रमाणात प्रयत्न केले असल्याचे दिसून येते. भारतातही प्राचीन कालखंडापासून स्त्रियांच्या दर्जा खालवलेला असल्यामुळे त्यांच्या दर्जात सुधारणा घडवून आणण्यासाठी किंवा त्यांना पुरुषांच्या बरोबरीने समान अधिकार प्राप्त करून देण्यासाठी घटनात्मक व कायदेशीर तरतूदी करण्यात आल्या आहेत. असे आपणाला म्हणता येईल.

#### संदर्भ ग्रंथ सूची :

१. आंतरराष्ट्रीय संबंध — डॉ. वसंत रायपूरकर

२. आंतरराष्ट्रीय संबंध — डॉ. शैलेद्र देवळणकर

३. आंतरराष्ट्रीय संबंध — डॉ. शा. क्र. भोगले

४. समकालीन राजकारण — डॉ. शैलेद्र देवळणकर

५. भारत के मानवधिकार — चतुर्वेदी अय्यर लोढा संजय

६. भारताचे संविधान



## बालकांच्या भाषा विकासात आईची भूमिका

प्रा.डॉ.स्वप्ना एस.देशमुख

सहाय्यक प्राध्यापक गृहअर्थशास्त्र विभाग श्रीमती वत्सलाबाई नाईक महिला महाविद्यालय, पुसद  
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भाषा मानवी जीवनाचा पाया आहे. मानवी जीवनातील पहिले तीन वर्षे भाषा संपादनाचा पाया मानला जातो. सुरवातीच्या या तीन वर्षांत बालकावर होणाऱ्या भाषिक संस्कारांवर बालकांचा विकास अवलंबून असतो. मुलं जन्माला आल्यानंतर आई मोठाली स्वप्न बघून बाळाचं प्रगतीपुस्तक आधीच ठरवून टाकतात, पण या स्वप्नातल्या प्रगतीपुस्तकापेक्षाही बाळाचं भाषा संपादन महत्वाचं असतं. सर्व प्राणीमात्रांमध्ये केवळ मानवजातीसच भाषेचे वरदान मिळालेले आहे. मुलांच्या भाषेचा संबंध त्याच्या बौद्धिक, शारीरिक आणि मानसिक विकासाशी असल्यानं मुलांचं भाषा संपादन हा गांभीर्यानं घेण्याचा विषय आहे किंबहुना मुलांच्या भाषा विकासात आईची भूमिका महत्त्वपूर्ण ठरते. मानवी जीवनात भाषेचे अनन्यसाधारण महत्त्व आहे. व्यक्तिसंभाषण कौशल्य असणे ही तर काळाची गरज झाली आहे. भाषा ही शाब्दिक (Verbal) असो की अशाब्दिक (Nonverbal), लिखित असो की आलिखित, व्यक्तिके भाषेवर प्रभुत्व असणे आवश्यक झाले आहे.

बाळाचे पहिले तीन वर्षे गर्भधारणेपासून मोजले जातात. बाळ गर्भात असल्यापासूनच ही भाषिक संपादनाची प्रक्रिया सुरू होते. आईने गर्भसंस्काराचे तंत्र आणि मंत्र जाणून घ्यायला हवे. गर्भावस्थेतच चार महिन्यांपासून बाळाला ऐकु येते, त्याला समजते, याविषयी अनेक पुरावे उपलब्ध आहे. चार महिन्यांनंतर बाळाची कर्णेद्रिये कार्यरत होऊ लागतात. त्याचे ज्ञानेंद्रिय विकसित होतात. सहा महिन्यांनंतर आईने बोललेल त्याला समजते व बाळ हुंकारतेही फक्त ते आपल्याला ऐकु येत नाही. अथनी कॅम्पर मनोवैज्ञानिकांच्या संशोधनात असे दिसते की, बाहेरचे सर्व ध्वनी लहरीपर्यंत पोहचतात. आईचा आवाज आणि दुसऱ्या एखादया बाईचा आवाज यातला फरकही बाळाला जाणवतो. ज्या गोष्टी आई बाळाला गर्भावस्थेत असतांना सांगते त्या बाळाला ऐकायला फार आवडतात. असा अनुभव डॉक्टर कॅम्पर यांना आला. डॉ रीने व्हॅन्डे कोरे जे स्त्रीरोग चिकित्सक आहेत त्यांनी गर्भाला निरनिराळे संदेश देऊन अनेक हालचाली शिकविल्या. हात जवळ आण, पाय जवळ आण असे स्पर्श करून तोंडाने संदेश दिल्यावर बाळाने ते संदेश तंतोतंत पाळले. याचाच अर्थ बाळाला संवेदना होत्या व त्याने त्या व्यक्तही केल्या. अनेक प्रयोगाद्वारे हे सिद्ध झाले आहे, की गर्भाला ऐकु येते आणि म्हणून निरनिराळ्या संस्थांमधून हे प्रयोग सुरू झाले. गर्भाशी संवाद साधण्याचे तंत्र आईने अवगत करावे. मातेचा स्पर्श, तिने दिलेली शाबासकिची थाप त्याला फार भावते. त्याचा चेहरा कधी प्रसन्न असतो तर कधी तो नाराज दिसतो. हे सगळे विज्ञानाने सिद्ध झाल्यामुळे गर्भावर योग्य संस्कार करता येतात हे सिद्ध झाले आहे.

माणसाच्या मेंदुत भाषा शिकविण्याचे अनेक न्युरॉन्स असतात. बाळ जन्माला आल्यानंतर दोन न्युरॉन्समधील पोकळी ही भावनात्मक आधारे भरून काढली जाते. असा प्रतिसाद भाषेच्या आधारे साधून दोन न्युरॉन्समधील विविध बंध तयार होऊन मेंदुत त्याचं नाव निर्माण होतं. आणि मेंदुचा विकास होण्यास मदत होते. भाषेद्वारे आपण जे बाळाला देतो त्यावर बाळाचा विकास अवलंबून असतो.

द अर्बन चार्ल्ड इन्स्टिट्यूटच्या अहवालानुसार मानवाच्या संपूर्ण जीवनात जो मेंदूचा विकास होणार असतो त्यातील 80% मेंदूचा विकास पहिल्या तीन ते चार वर्षांत पूर्ण होत असतो. त्याकरीता पालकांनी विशेषतः आईने प्रोत्साहन देणे गरजेचे आहे. बाळाच्या मेंदूचा हा विकास बाळ करत असलेल्या भाषिक अनुकरणावर, भाषा स्विकारण्याच्या प्रयत्नांवर आणि पालकांनी दिलेल्या प्रोत्साहनावर अवलंबून असतो.

बालक प्रत्यक्ष भाषा बोलण्याम शिकण्यापूर्वी स्वतःच्या गरजांची पुर्तता करण्याच्या दृष्टीने ज्या कृतिचा आधार घेतात त्या पुढीलप्रमाणे.

❖ **रडणे** : जन्माला आल्यावर सर्वप्रथम जो ध्वनी बालकाच्या मुखातून प्रगट होतो त्याला रडणे असे म्हणतात. बालक विविध कारणानी रडते जसे दुःखःदायक भावना प्रकट करण्यासाठी, भुक



लागली आहे हे दर्शविण्यासाठी, शारीरिक त्रासामुळे, आजुबाजुची प्रतिकूल परिस्थिती, अंथरून ओले असणे, गर्मी होणे, थंडी वाजणे, झोपमोड होणे इ.

❖ **हुंकार व बडबड** :- जन्मलेल्या बाळाचा भाषासंपादनाचा महत्वाचा टप्पा म्हणजे 'कुईंग' चा असून हा ० ते ६ महिन्यांचा असतो. या टप्प्यात बाळ फक्त सुट्या स्वरांची निर्माती करत पहिल्या तीन महिन्यात आईने बाळाकडे बघून स्मितहास्य करणं, बाळाच्या डोळ्यात पाहणं आणि बाळाशी हळुवारपणे बोलणं अपेक्षित असतं, हुंकारामधुन काही विशिष्ट स्वरांची जाणीव होते. उदा. अऽऽ हऽऽ इ. यापुढची पायरी बडबड करणे 'बॅबलिंग' होय. यामध्ये ध्वनीची स्पष्टता दिसून येते. सात आठ महिन्यापर्यंत विशिष्ट अक्षराचा उच्चार चालू असतो. या टप्प्यात बाळ आपल्या आईचा आवाज स्पष्टपणे ओळखू लागतं. या टप्प्यातया नात्याने आपण बाळाशी वस्तुनिर्देशन करून बोलणं अपेक्षित असतं. या क्रियेमुळे बाळाचे स्वरयंत्र पक्के होऊ लागते.

❖ **एका शब्दाच वाक्य** :- तिसऱ्या टप्प्यात एक शब्द असलेल्या वाक्याची बाळ निर्माती करतं उदा. मला पाणी हवं असल्यास तो म्हणेल 'मममम'. या टप्प्यासाठी लागणारा कालावधी हा ९ ते १८ महिन्यांचा आहे.

❖ **दोन शब्दांच वाक्य**— चौथा टप्पा हा दोन शब्दांचा असून याला लागणारा कालावधी हा १८ ते २४ महिन्यांचा असतो. यात दोन शब्दांच वाक्य बाळ तयार करू लागत. उदा बाबा कुठे गेले हे वाक्य 'बाबा कुठे' अशी रचना बाळ करायला लागतो.

❖ **पूर्ण वाक्य तयार करणे** :- पाचवा टप्पा हा 'टेलिग्राफिक स्टेज' चा असून याचा कालावधी २४ ते ३० महिन्यांचा असतो. या टप्प्यात बाळ संपूर्ण वाक्याच्या निर्मातीचा प्रयत्न आपल्या बोलण्यातून करतो.

❖ **मुलांची शब्दकोश निर्माती**:- सहावा टप्पा 'मल्टीवर्ड स्टेज' चा असून याचा कालावधी हा ३० महिन्यांपेक्षा अधिक असतो. या वयात बाळ स्वतःच शब्दकोश तयार करायला सुरवात करतं, टाटा, बायबाय, थॅक्यू इ. छोटे शब्द बालक शिकते.

भाषा शिकविण्याच्या पध्दती बालकांमध्ये रुजवितांना आईची भूमिका

❖ **अनुकरण**— शारीरिक पातळीवर परिपक्व झाल्यानंतर बालकास प्रौढांचे अनुकरण करणे जमते व त्याचा उपयोग करून शब्द व वाक्य बोलू लागतो. त्याकरीता आईने त्याची एकाग्रतेने ऐकण्याची क्षमता विकसित करावी

❖ **प्रयास व सराव** :- बालक अनुकरणाने विशेषतः आईचे अनुकरण करून शब्दाचा उच्चार करण्यासाठी प्रयास करावा लागतो एकदाच प्रयास करून भागत नाही. तर पुनः पुनः त्याची पुनरावृत्ती केल्यावर त्यास शब्दोच्चाराचा सराव होतो.

❖ **प्रोत्साहन व प्रेरणा**:- बालक भाषेचा उपयोग करू लागल्यावर त्याला प्रोत्साहन दिल्यास, कौतुक केल्यास भाषा आत्मसात करण्यासाठी तो प्रेरीत होते.

❖ **सहसंबंध**— एखादा शब्द शिकत असतांना आईने त्या वस्तुचे चित्र प्रतिकृती किंवा प्रत्यक्ष तस्तु दाखवून शब्दाचा उच्चार केल्यास बालकांस लवकर आकलन होऊन शब्दांचा उच्चार करू लागते. मम्मा, आई, दादा हे शब्द त्याच्यासमोर पुन्हापुन्हा उच्चारल्यास या संबोधनाचा संबंध समोर उभ्या असलेल्या व्यक्तिशी आहे हे त्याला कळते. भाषातज्ञांनी भाषेचा, सामाजिक पर्यावरणाचा विचार मांडला आहे. त्यांच्या मते व्यक्तिच्या सभोवतालचं सामाजिक वातावरण, पर्यावरण हे देखील त्याच्या भाषेवर प्रभाव टाकणारं ठरतं. उदा. एखाद भारतीय कुटुंबातील मुल अमेरिकन संस्कृतीमध्ये वाढलं तर त्याच्यावर होणारे भाषिक संस्कार अमेरिकन भाषेचे होते. म्हणजेच बाळाच्या सभोवतालची भाषा ही त्याच्या भाषिक संपादनावर प्रभाव टाकणारी ठरते बाळासाठी आईने व पालकांनी भाषिक वातावरण निर्माण करून देणं म्हणून गरजेचं आहे.

बालकांच्या भाषा विकासा करीता आईने पुढील गोष्टींवर भर देण्याची आवश्यकता आहे.

बालकांच्या भाषा विकासाकरिता त्यांना जास्तीत जास्त शब्द आवाज ऐकण्याची संधी मिळवयास हवी. आईने बालकांच्या ऐकण्याचा व भाषेचा परस्पर संबंध असल्यामुळे त्यांचे ऐकण्याचे कौशल्य विकसित होण्यासाठी त्याच्यासोबत सतत बोलत रहावे. तसेच त्यांना वारंवार बोलण्यासाठी प्रेरित करावे.



बालकांसोबत संवाद साधतांना आईने पुढील बाबींकडे लक्ष देणे गरजेचे आहे.

❖ सोपे शब्द वापरावे ❖ बोलण्याचा वेग कमी असावा ❖ वाक्य लहान असावे ❖ स्पष्ट शब्दोच्चार असावा ❖ चेहऱ्यावर अचूक हावभाव असावे. ❖ आवाजात चढउतार असावा ❖ बोबडे बोल कटाक्षाने टाळावे. ❖ बालकाच्या नजरेस नजर भिडवून बोलावे. ❖ योग्य देहबोली असावी. ❖ ठरावीक शब्दांसाठी प्रतिशब्द पापा, झोपेस नि.नी इ.

बालकांचा भाषाविकास होण्यासाठी बालपणापासूनच त्यांना गोष्टी सांगून, रेकॉर्डिंग ऐकुण, चित्रांची आकर्षक पुस्तके दाखवून सभोवतालच्या गोष्टींची वाहने, पक्षी, प्राणी, फुले झाडांची नावे सांगून बालगीते ऐकवून तसेच बालकास इतरांमध्ये मिसळण्यास संधी देऊन त्यांचा भाषाविकास साधता येतो. घराजवर मंदीर किंवा बगीचा असल्यास फिरायला नेणे.

बालकांचा भाषाविकास होण्यासाठी बालपणासुनच बालकांमध्ये अवधान असण्याची आवश्यकता असते. त्यासाठी बाळाच्या पाळण्यावर मंजूळ भावाज करणारी खेळणी, चिमणी, खेळणी लटकविने कोडी, संगणक, व्हिडीयो गेम्स, चित्रमय पुस्तके तसेच त्यांना सृजनात्मक कार्य म्हणजेच चित्रकाम, रंगकाम क्लेपासून विविध आकार तयार करणे इ. गोष्टींमध्ये रममान ठेवल्याने बालकांचे अवधान वाढण्यास मदत होते.

बालक थोडे मोठे झाल्यावर समवयीन मित्र, मैत्रीणीत, शेजारी इ.मध्ये मिसळायला लावावे. तेव्हा साहजिकच त्यांच्या भाषेचा प्रभाव बालकांच्या भाषेवर पडतो. त्यामुळे बालकास शक्यतो चांगली भाषा असणाऱ्या व्यक्तीच्या सहवासात ठेवावे. उन्हाळ्यात विविध शिबीरांमध्ये त्यांना सहभागी करणे. याशिवाय लहानपणापासूनच बालकास वाचनाची गोडी लावणे, शालेय पुस्तकं खरेदी करणे, वक्तृत्व व वादविवाद स्पर्धेमध्ये भाग घ्यायला सांगणे, व्यासपिठावर भाषण देण्याकरीता सहकार्य करणे इत्यादी आईच्या प्रयत्नामुळे बालकांच्या भाषा विकासात भर पडते.

**भाषा विकासावर परिणाम करणारे घटक :-**

बालकांच्या भाषा विकासावर परिणाम करणाऱ्या घटकांची माहिती आईला असणे गरजेचे आहे.

१) परिपक्वता :- स्वरयंत्र, ओठ, जीभ, पडजीभ याशिवाय फुफुसांची क्षमता मेंदुमधील वाणी केंद्र याचे परिपक्वता झाल्याशिवाय भाषाविकास होऊ शकत नाही,

२) प्रशिक्षण व संधी :- अपेक्षित परिपक्वता प्राप्त झाल्यावर बालकास प्रशिक्षण व मार्गदर्शनाची गरज असते. इतर व्यक्ती बालकाशी सुरवातीपासूनच जेवढे जास्त बोलतील तेवढ्या प्रमाणात त्याला भाषेचा परिचय होऊ लागतो, 'स्टेअर' यांच्या मते अनुकरणाने बालक भाषा शिकते, म्हणूनच उच्चारशिवाय त्याला प्रशिक्षण दिले पाहिजे.

३) बुद्धिमत्ता:- कुशाग्र, तीव्र बुद्धिमत्तेचा बालकांचा भाषा विकास इतरापेक्षा अधिक चांगला होतो. अशा मुलांचा शब्दसंग्रह अधिक चांगला होतो, त्यांची वाक्यरचना व शब्दांचे उच्चार चांगले असतात. जरसिल्ड यांच्या मते बुद्धिमत्ता व भाषाविकासाचा निकटचा संबंध आहे.

४) कुटुंबातील वातावरण :- शिशु अवस्थेत व पूर्ण बाल्यावस्थेत मुले कुटुंबामध्ये अधिक प्रमाणात व्यक्त करतात. कुटुंबात मानसिक ताण नसेल तर बालक उत्स्फूर्तपणे बोलतात.

भाषा विकासातील अडथळे, जन्मजात व तात्कालिक शारीरिक दोष व आनुवंशिकता, संधी व प्रशिक्षणाचा अभाव, चुकीचा आदर्श, मानसिक ताणतणाव दूर करण्यासाठी पालकांनी जागरूकतेने प्रयत्न करावेत बालकाच्या मनावर ताण न घेता ती आनंदी राहिल असे वातावरण प्रदान करावे. त्यांच्या आरोग्याची काळजी घेणे, प्रोत्साहन देणे, संधी उपलब्ध करून देणे, सुयोग्य आदर्श प्रस्थापित करणे इत्यादी उपायांनी भाषा विकासास गती मिळते.

❖ **संदर्भ सूची :-**

१. प्रियंवदा लाटकर — मातृकला बालविकास व बालशिक्षण विद्या बुक्स पब्लिशर्स, औरंगाबाद.
२. डॉ.मालती कारवारकर — वंशवेल, मेनका प्रकाशन.
३. डॉ. बालाजी तांबे — फॅमिली डॉक्टर, सकाळ पेपर्स लिमिटेड.



## दलित साहित्यातील (विशेषतः दलित कविता) संशोधन आणि नवकल्पना अभिजीत झाडे

शि.प्र.मं.चे तात्यासाहेब महाजन कला व वाणिज्य महाविद्यालय, चिखली ता. चिखली, जि.

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### प्रस्तावना :-

मराठी साहित्याच्या उदयापासून त्यामध्ये अनेक स्थित्यंतरे झालेली आहेत. त्याचे विविध संदर्भ साहित्यात प्रतिबिंबित होत असतात. या साहित्यातील दैववादाला फाटा देऊन साठोत्तरी कालखंडात निर्माण झालेले एक प्रभावशाली साहित्य म्हणून दलित साहित्याला ओळखले जाते. दलित साहित्याने विशिष्ट उद्देशपूर्ती म्हणून आपला प्रभाव लेखन परंपरेत निर्माण केलेला नाही. तर तो दलितांच्या एकूण जगण्याच्या विवंचनेचा शाब्दिक प्रस्फोट आहे. त्यामुळे दलित साहित्याची दखल इथल्या परंपरावादी मराठी साहित्य संपदेला घ्यावीच लागली.

पारंपरिक मराठी साहित्याच्या निर्मितीमध्ये ललित, गद्य, पद्य, कथा, कादंबरी या साहित्य प्रवाहाचा लेखन विषय बहुतांशी व्यक्तीगत कलाकृतीचा प्रभाव निर्माण करणे, आणि रंजनवास हा आहे. त्यामधील ग्रामीण साहित्यभाव ग्रामीण जीवनाची वाताहत शेतकरी व शेतमजुराचे प्रश्न अशा आशयाचे लेखन करताना दिसून येते. याशिवाय वास्तव जीवनाचे रेखाटन आपल्या धारदार शब्दशैलीने करणारे साहित्य म्हणजे दलित साहित्य होय. ज्याच्या लेखनाची जाणीवच मुळात विषमतावादी व्यवस्थेने झिडकारलेल्या वंचिताविषयीची आहे. त्यामुळे या साहित्याने आपला प्रभाव एकूण मराठी साहित्य संपदेवर निर्माण केलेला आहे.

दलित साहित्याचा विषय, आशय आणि त्याचे स्वरूप हे निश्चितच परंपरावादी साहित्यापेक्षा निराळे आहे, त्याच्या निराळेपणामध्ये या देशातील, दलित, अर्थात समस्त, वंचित पीडित रंजल्या— गांजल्या माणसाच्या जीवनाचे वास्तव व्यथा मांडणारे हे साहित्य आहे. दलित साहित्याचा विषयच मुळात मानवकेंद्री आहे. हा तो माणूस ज्याला या देशातील व्यवस्था माणूसपणाची वागणूक देत नाही. त्याचे माणूसपणाचे सर्व रस्ते गुलामीच्या बेडीत बंदिस्त केलेले आहे. या माणसाचा आक्रोश दलित साहित्यात अत्यंत निखालसपणे प्रथमतः कवितेच्या रूपाने शब्दांकित झालेला आहे.

दलित साहित्यामधील कवितेच्या प्रांतात साठोत्तरी कालखंडात उदयास आलेली दलित कविची पहिली पिढी ज्यामध्ये नामदेव ढसाळ, दया पवार, केशव मेश्राम, त्र्यंबक सपकाळे, ज. वि. पवार, उमाकांत रणधीर, यशवंत मनोहर, भुजंग मेश्राम, प्रल्हाद चेंदवणकर या पहिल्या पिढीतील दलित कवींनी अत्यंत जोमाने व्यवस्थेविषयीची चिड आणि दलितांचे जीवन वास्तव त्यांच्या कवितेच्या माध्यमातून आपल्या स्वतंत्र शब्दशैलीतून अत्यंत ताकदीने मांडणी केलेली आहे. याच पिढीतील दलित कविंच्या कवितेचा परिणाम समाज मनावर इतका प्रभावीपणे झाला की, त्यानंतरच्या पिढीतील दलित कवी पहिली पिढीतील कवींच्या क्रांतीकारी विचारातून प्रेरित झाली आणि त्यामुळे दलित कवी लिहिते झाले.

या पहिल्या पिढीच्या अत्यंत दर्जेदार वास्तव शब्दशैलीचा प्रभाव संबंध समाजमनावर पडलेला आहे. त्यातील महत्त्वपूर्ण कविंच्या कवितेचा प्रभाव नव्वदोत्तर कालखंडातील दमदार दलित कवी लोकनाथ यशवंत यांच्याही मनरूपटलावर अनुभवांचे स्पंदने निर्माण करून गेलेला आहे. या निष्ठावलेल्या समाजवास्तवाचे भेदक शब्दांकन काळाशी गरूड झेप घेणारे कवी लोकनाथ यांच्या कवितेचा प्रारंभ त्यांच्या उद्रेक भावनेला शब्दरूपात निर्माण झालेला त्यांचा पहिला कवितासंग्रह शआता होऊन जाऊ द्या हा होय.

### दलित कवितेचे स्वरूप :-

साहित्याच्या निर्मिती प्रक्रियेत कलावंताची प्रतिभा आणि कल्पनाशक्ती यांचे विशेष असे महत्त्वपूर्ण स्थान आहे. प्रतिभा ही कलावंताला लाभलेली वैचारिक, बौद्धिक पातळीवरील एक नेणीवेची प्रक्रिया आहे. ज्याच्या सहाय्याने कलावंताच्या लेखणीतून कलाकृती निर्माण होत असते. मात्र दलित साहित्याच्या संदर्भात हे सूत्र लागू पडणार नाही. कारण दलित साहित्य वास्तव



विश्वाच्या आधारे वास्तवाचे रूपांतर साहित्यकृतीत करते. त्यामुळे दलित साहित्याचे स्वरूप आणि प्रयोजन इतर साहित्यापेक्षा निश्चितच वेगळे आहे. म्हणून पारंपरिक मराठी साहित्यापेक्षा दलित साहित्याने वेगळी जाणीव स्वीकारलेली आहे.

दलित साहित्य हे जीवनवादी आहे. ते आवदाच्या पुढे जाऊन उद्बोधनाच्या हेतूने पुढे आले आहे. याबाबत ज्येष्ठ समीक्षक डॉ. महेंद्र भवरे म्हणतात की, ष्दलित साहित्याची निर्मिती ही हक्क मिळविण्यासाठी व समाज परिवर्तनासाठी झाली आहे.१

कविता ही भाषिक संरचनेचे संघटनात्मक स्वरूप असते. शब्द हे तिचे माध्यम आहे. शब्दाविषयी सुद्धा दलित कवितेची एक विशिष्ट भूमिका आहे. दलित कवितेच्या निर्मितीत बोलीभाषा, लोकभाषेचाही प्रभाव अत्यंत प्रकर्षाने आपणास जाणवतो. त्यामुळे या भाषेतील कविता रचनेमुळे कवितेचे स्वरूप अत्यंत समृद्ध आणि प्रभावी असे निर्माण होते. त्यामुळे भाषेमध्ये नवीन शब्दाची जडण—घडण होते. भाषा हा घटक दलित कवितेच्या निर्मितीत आणि या कवितेच्या प्रतिभेच्या जडण—घडणीत अपरिहार्यपणे सहभागी झाला आहे.२

सामाजिक भान दलित कवितेचे प्राणभूत तत्त्व आहे. जीवनाशी निगडित सामाजिक संकल्पना ह्या दलित कवितेतील शब्दसाधनेतून साकारलेल्या आहेत. दलित कविता ही समाजाचेच मनोगत असते. म्हणून दलित कवितेतील वेदना, विद्रोह, नकार स्वीकाराचे नितळ तत्त्वज्ञान हे सामाजिक भान या संकल्पनेतून निर्माण होते.

दलित कविता ही संघर्षसहीत समूहमनाची आंतरिक वेदना आहे. समूहाची वेदनाच कवी मनाला आपल्या वैचारिक अवकाशात अनिर्बंध संचार करायला भाग पाडते. कवी मन ही या अवकाशाचा एक भाग असल्यामुळे समूहाशी एकरूपता ही प्रक्रिया आपसूकच घडून येते. या प्रक्रियेमागेही आंबेडकरी जाणीव कार्यरत असते. म्हणून दलित कविची कविता काळाचा वेध घेणारी ठरते. कालपरत्वे जी सामाजिक विषमतेचे संदर्भ ही कविता दलित कवीच्या मनःपटलावर शब्दांची कारंजी निर्माण करून त्याचा आविष्कार कवितेच्या रूपाने प्रतिबिंबित होते.

दलित कवींची प्रतिभाशक्ती ही दैवी वगैरे नाही तर ती आंबेडकरी ज्ञानशक्तीने प्रभावित आहे.३ प्रतिभा ही जरी कलावंतांना नैसर्गिकरित्या लाभलेली असते. मात्र दलित कवींची प्रतिभा ही अंतःप्रेरणेची संवेदनक्षम काव्यस्फूर्ती आहे. दलित कवींची संवेदनशीलता ही प्रस्थापित धर्म, परंपरा आणि संस्कृती यांच्याकडून मिळालेल्या मूल्ये आणि श्रद्धांना नाकारून कार्यरत होते. ष्दलित कवींची संवेदनशीलता स्वनिषयक आणि सामाजिक संदर्भात अन्वय लावण्यासाठी सिद्ध होते.४

**दलित साहित्य वैचारिक पार्श्वभूमी व चळवळ :-**

समाजातील कोणतीही चळवळ ही समाजाच्या सर्व क्षेत्रावर बरा—वाईट व कमी—अधिक परिणाम करित असते. साहित्याचे क्षेत्रही ह्यातून वगळता येत नाही. चळवळ आणि साहित्यनिर्मिती ह्यांचा परस्परसंबंध कोणत्या ना कोणत्या स्वरूपात असतोच. काही वेळा हा परस्परसंबंध खूपच जवळचा, अतुट असाही असतो. त्यामुळे दलित चळवळ आणि दलित साहित्य निर्मिती ह्यांचा परस्परसंबंध असाच जवळचा आणि अतुट असा दिसून येतो.

भारतीय हिंदू समाजव्यवस्थेने मनुस्मृतीने घालून दिलेली जी चातुर्वर्ण्यव्यवस्था आहे, त्यामधील शेवटचा वर्ण म्हणजे शूद्र आहे. ब्राह्मण, क्षत्रिय, वैश्य ह्या तीन वर्णियांची सेवाचकरी करणे. हा सर्व भाग शूद्र वर्णियाकडे देण्यात आला. ह्यातून एकूण व्यवस्थेतील परिवर्तनशीलता, लवचिकता हळूहळू संपुष्टात येत गेली. आणि दिवसेंदिवस ती अपरिवर्तनीय, ताठर होत गेली. स्वच्छतेची कामे करता—करता शूद्र वर्णिया अस्वच्छ होत गेले व ते अस्वच्छ आहेत म्हणून त्यांच्यापासून सवर्ण लोक दूर राहू लागले. त्यांना दूर ठेवू लागले. ह्यातूनच शस्पर्शयताश् जन्माला आली.

शूद्रामधील सर्वात शेवटचा असलेला हा समाज अतिशूद्र म्हणून ओळखला जातो. त्यालाच अत्यंज, अंतवासी, बाह्य किंवा गावकुसाबाहेरील अशी पर्यायी बिरूदे आहेत. अस्पर्शयता हा हिंदू धर्मावरील कलंक आहे आणि तो धुऊन काढला पाहिजे. हा विचार एकोणविसाच्या शतकात उदयास आला. त्यासाठी दलितेतर समाजसेवकांनी हातभार लावला. मात्र त्यानंतर डॉ. बाबासाहेब आंबेडकर यांचे नेतृत्व लाभल्यामुळे खऱ्या अर्थाने दलित चळवळीला रंग—रूप—आकार प्राप्त झाला. दलित चळवळ विलक्षण गतिमान होत गेली.



डॉ. बाबासाहेब आंबेडकर यांच्या कार्याची सुरुवात अस्पृश्यामधील वेगवेगळ्या जातीचे ऐक्य साधण्यासाठी, त्यांची प्रगती करण्यासाठी २० जुलै १९२४ श्रोजी बहिष्कृत हितकारिणी सभास ह्या संघटनेची स्थापना करण्यात आली. २० मार्च १९२७ रोजी महाड येथील चवदार तळ्याचा सत्याग्रह डॉ. बाबासाहेब आंबेडकरांच्या नेतृत्वाखाली दलित समाजाने सुरू केलेल्या अस्पृश्यताविरोधी लढ्याचे पहिले पाऊल होय. अर्थात हिच घटना दलित चळवळीच्या लढाऊपणाचा, आक्रम पावित्र्याचा प्रारंभ होय.५

दलित चळवळीला आरंभ झाला तो स्वातंत्र्यप्राप्तीसाठी लढण्याच्या काळात. ह्या स्वातंत्र्यप्राप्तीच्या चळवळीबरोबरच मुंबईसारख्या उद्योगधंद्यांच्या शहरामध्ये कामगार चळवळ सुरू झालेली होती. ह्या चळवळीला मार्क्सवाद महत्त्वाचा वाटत होता. दलित चळवळीला ह्या समकालीन असलेल्या दोन्हीही चळवळीचे महत्त्व वाटत होते. म्हणूनच दलित चळवळीला स्वातंत्र्य, समात, बंधुता व न्याय ही चतुरसुत्री प्राणापलीकडे प्रिय वाटते. तिला बुद्ध, कबीर, मार्क्स, फुले, आंबेडकर ही परमदैवते आत्मीयतेचे वाटतात. मुळात दलित चळवळ ही प्रतिक्रियात्मक चळवळ आहे. तशी ती काही काळ राहणे अपरिहार्य होते.

महात्मा फुले यांना गुरुस्थानी मानून डॉ. बाबासाहेब आंबेडकरांनी अस्पृश्यतेविरुद्ध बंड सुरू केले. समतेचा लढा चालू केला. दलित समाजाला शिक्षण देऊन शहाणे केल्याशिवाय त्यांच्यात जागृती होणार नाही. त्याला स्वतःच्या पायावर उभे केल्याशिवाय तो ताठ मानेने जगायला शिकणार नाही. यासाठी डॉ. बाबासाहेब आंबेडकरांनी व त्यांच्या अनुयायांनी मुंबई, नागपूर, औरंगाबाद, महाड इत्यादी ठिकाणी शाळा, महाविद्यालये स्थापन केली. ही शाळा, महाविद्यालये दलित तरुणांची जागृती केंद्रे, स्फूर्तिस्थाने बनत गेली.

शिक्षण घेत असताना दलित तरुण स्वतंत्रपणे विचार करू लागले. मराठी साहित्याचे वाचन करताना त्यांना मोठ्या प्रमाणात असमाधान वाटू लागले. त्यांना मराठी साहित्यातील दलित चित्रण एक तर अत्यल्प वाटू लागले. मराठी साहित्यातील दुरूख, वेदनेपेक्षा आपले दुरूख, वेदना ह्या कितीतरी पटीने अधिक आहे. वास्तव आहेत व त्याचे चित्रण आपण सहज करू शकतो. याच तिव्र संवेदनेतून साहित्य निर्मिती करणे, हा उत्तम व प्रभावी मार्ग आहे. असेही त्यांना वाटू लागले. अशा सर्व कारणांमुळे दलित साहित्याचा उदय झाला व त्यातूनच दलित साहित्य चळवळ अत्यंत जोमाने फोफावतच गेली. मराठी साहित्यामध्ये चळवळ आणि साहित्य यांचे अनुबंध मान्य करणारे चार साहित्य प्रवाह आहेत. त्यामध्ये दलित साहित्य, ग्रामीण साहित्य, स्त्रीवादी साहित्य, आणि मार्क्सवादी साहित्य इ. साहित्य प्रवाहाचा निर्देश करता येईल. यापैकी दलित साहित्य, ग्रामीण साहित्यप्रवाह मान्यताप्राप्त आहेत. तर स्त्रीवादी साहित्याची अजूनही सातत्याने नव्या पद्धतीने मांडणी केली जात आहे. मात्र मार्क्सवादी प्रवाह केवळ श्मार्क्सवादी साहित्य समीक्षा व्यवहाराच्या निमित्तानेच अस्तित्वात आहे.

चळवळ ही प्रामुख्याने एका निश्चित साध्याकडे घेऊन जाणारी साधनभूत कृती आहे.६ साध्य आणि साधन यात एकवाक्यता असते; असे जर नसेल तर चळवळ अपयशी ठरण्याचीच अधिक शक्यता असते. चळवळ ही विशिष्ट तत्त्वज्ञान, विचार अथवा भूमिका कृतीमध्ये उतरविण्यासाठी केलेली कृती असते.७ चंचल अथवा अस्थिर मनावर संस्कार करून त्याला निश्चित दृष्टीदेण्याची व त्या दृष्टीला सार्वत्रिक मान्यता देण्याची प्रक्रिया चळवळीत ग्राह्य धरलेली असते. त्यामुळे चळवळी मागील तात्विक अधिष्ठान ज्या स्वरूपाचे असेल, त्या प्रकारचे संस्कार व्यक्ती आणि समाजमनावर होत असतात.

ज्या तत्त्वज्ञानाच्या मुळाशी मानवी मूल्य आणि भौतिकवादी दृष्टिकोणाची सैद्धांतिकता असते, त्याच्या प्रत्यारोपणासाठी कृतिशील झालेल्या चळवळी मानवी स्वास्थ्य आणि राष्ट्रीय स्वास्थ्यची नांदी ठरतात. ष्या कसोटीला प्राणपणाने उतरणारी खरी साहित्य चळवळ म्हणजे दलित साहित्य चळवळ होय.८ दलित साहित्य हे वास्तव सत्याशी कटिबद्ध असून वास्तवाचा अन्वयार्थ लावतात. त्याच्या अवलंबणाची मानसिकता रूजविण्याच्या हेतूने चळवळीची गरज भासते व त्या चळवळीला परिपूर्ण रूप देण्यासाठी साधनभूत म्हणून मानवी मूल्याधिष्ठित साहित्याची निर्मिती केली जाते.



आंबेडकरी प्रेरणेतून होणारी दलित साहित्य निर्मिती भक्कम आहे व तात्विक अधिष्ठान घेऊन निर्माण होत आहे. दलित साहित्याचा विविध प्रांतांत दलित साहित्यिकांनी आपल्या लेखनातून वर्तमानातही दलित साहित्यात चर्चेचा विषय झालेली आहे. चळवळ आणि साहित्याच्या अनुबंधातून हा पायाभूत व्यवहार क्रियाशील आहे. त्यामुळे दलित साहित्य आणि चळवळ परस्परपुरक आहे.९

दलित साहित्य निर्मिती करणारे बहुतेक लेखक आणि कलावंत प्रत्यक्ष चळवळीत सहभागी असणारे आहेत. त्यामुळे चळवळीचे बलस्थान म्हणूनच दलित साहित्याची मौलिकता मान्य झाली आहे. दलितांच्या वास्तव जीवनातील अनेक प्रश्न आणि समस्या या साहित्यातून मांडल्या आहेत. दलितांचे भूतकाळालीन जीवन शोषण, अवहेलना आणि झालेला अमानवी व्यवहार यांचे हृदयद्रावक अनुभव ह्या साहित्यातून ग्रंथीत झाले आहेत. त्यामुळे साहित्याचा सामाजिक दृष्टीने अभ्यास ही ज्ञानशाखा सामाजिकशास्त्रे व साहित्याभ्यासात महत्त्वाची म्हणून मान्यता पावत आहे. दलितांचे दुर्लक्षित जीवनानुभव आणि या त्या अनुभवाशी निगडित बोलीभाषा उपयोजिल्यामुळे हे साहित्य सामाजिक इतिहासाचे दस्तऐवज, म्हणून सर्वमान्य झाले आहे. त्यामुळे दलित चळवळींनी युक्त असे हे साहित्य आहे. म्हणून चळवळ हे दलित साहित्याचे अविभाज्य अंग असून या साहित्यामुळे चळवळीलाही तात्विक आणि वैचारिक अधिष्ठान प्राप्त झाले आहे.

दलित साहित्य हे दलित चळवळीचे साहित्य आहे. याचा अर्थ दलित साहित्य हे दलितांच्या चळवळीतून उदयास आले असाध्यायचा असतो. डॉ. बाबासाहेब आंबेडकरांनी दलितांच्या आत्मसन्मानाची चळवळ सुरू केली. समता, न्याय, बंधुत्वाचा पुरस्कार केला. त्याआड येणार्या रूढी, धर्मग्रंथांना नकार दिला. हे सहजासहजी घडले नाही. त्यासाठी त्यांना संघर्ष करावा लागला. ह्या संघर्षाचे चित्रण दलित साहित्यात प्रतिबिंबित झाले. म्हणून ह्या साहित्यात वर्णव्यवस्थेविरूद्ध संघर्ष येतो. रूढींना नकार येतो. समता, स्वातंत्र्य, न्याय व बंधुत्वाचा पुरस्कार येतो. दलितांच्या चळवळीची ही मागणी पूर्ण झालेली नाही. राज्यघटनेने ही मागणी पूर्ण केलेली असली तरी व्यवहारात अजूनही मागणी पूर्ण झालेली नाही. संसदीय पद्धतीच्या लोकशाहीची एक मर्यादा असते. ह्या पद्धतीत परिवर्तन अतिशय मंद स्वरूपात होत. पण परिवर्तन होणे अटळही असते. म्हणूनच सांसदीय लोकशाही मजबूत होऊ शकेल अशीच ही मागणी असल्यामुळे दलितांची चळवळ गतिशील राहणे आवश्यकही असते. दलित साहित्य ह्या गतिशील चळवळीचे प्रतिबिंब असणारे साहित्य आहे. चळवळ आणि चळवळीचे प्रतिबिंब असणारे दलित साहित्य त्यांचा सांधा ह्याच कारणामुळे अतुट आहे.

**काही संज्ञा :-**

१) दलितांचे जीवन व दलित व्यक्तीचे चित्रण मराठी साहित्यात जे झाले ते अतिशय केविलवाणे असून, त्यात दलित जीवनाचे सत्यदर्शन घडत नाही. अशी तक्रार प्राचार्य म. ना. वानखडे यांनी केली आहे.१०

२) बाबुराव बागुल म्हणतात, दलित म्हणजे वर्णव्यवस्थेला आणि तिच्या समग्र वैचारिक व्यवस्थेला उद्ध्वस्त करू बघणारा, दलित म्हणजे हे जग व जीवन नव्याने मांडणारा, दलित म्हणजे या युगाने ज्याचे हात प्रज्ञावंत, प्रलयंकारी केलेले आहेत आणि ज्यांच्यासाठी शास्त्रे आणि शास्त्रे उपलब्ध करून दिलेली आहेत अशा दलितांच्या साहित्य निर्मितीला दलित साहित्य म्हणावे.११

३) राज ढाले म्हणतात, एका बंदिस्त समाज रचनेतून आणि एका सांस्कृतिक व्युहातून सामाजिक व सांस्कृतिक बंध तोडून बाहेर पडणारा समाज व या वुहाविरूद्ध लढणारा दृष्टिकोन घेऊन साहित्य निर्मिती करणारा परंतु दलित जाणीवेतून लिहिलेल्या साहित्याला दलित साहित्य म्हणावे.१२

४) म. भि. चिटणीस — दलित साहित्यातून व्यक्त होणार्या वेदनेचे, नकाराचे, विद्रोहाचे रूप सर्व बाजूंनी नीट समजावून घेतल्याशिवाय ते कलात्मक कसोट्यांना उतरत नाही असा निर्णय देणे ह्या साहित्यावर अन्याय करणारे ठरेल.१३

५) डॉ. गंगाधर पानतावणे — दलित साहित्य म्हणजे व्यक्तिस्वातंत्र्याचा जाहीरनामा आहे. क्रांतिविन्मुखता आणि क्रांतिसन्मुखता यांच्या संघर्षातून निर्माण झालेले दलित साहित्य हे बंधमुक्त माणसांचा विचार करते.१४





६) शरच्चंद्र मुक्तिबोध — दलित जाणीव ही समाज जाणीवत अनुरूप परिवर्तन करू पाहणारी जाणीव आहे. म्हणून ती अशी त्रिदोहात्मक तशीच मूलतरू आशावादी व क्रांतीकारी आहे.१५

**दलित साहित्य संकल्पना :-**

१) डॉ. भालचंद्र फडके, दलित जाणिवेतून जीवनाचे भेदक दर्शन घडविणारे साहित्य हे दलित साहित्य.१६

२) डॉ. म. ना. वानखडे, ष्दलित लेखकांनी दलिताविषयी निर्माण केलेले प्रक्षोभक विद्रोही साहित्य म्हणजे दलित साहित्य होय.१७

३) बाबुराव बागुल, ष्माणसाच्या मुक्तीचा पुरस्कार करणारे, माणसाला महान मानणारे वंश, धर्म, जाती श्रेष्ठत्वाला कठोर विरोध करणारे जे साहित्य ते दलित साहित्य होय.१८

४) डॉ. योगेंद्र मेश्राम, ष्पारंपरिक साहित्यात जे जीवन उपेक्षित ठेवले गेले त्या दलित जीवनाचे दलितांनी घडवलेले दर्शन वा केलेले विवेचन म्हणजे दलित साहित्य होय.१९

५) उत्तम कांबळे, ष्आंबेडकरी विचारधारा याचा अर्थ ज्याच्यामध्ये, फुले, पेरियार आणि समग्र निग्रो बांधव आहेत अशा सगळ्या बदलणाऱ्या विचारांची एक धारा म्हणजे आंबेडकरी धारा असते.२०

“आता होऊन जाऊ द्या!” असे आवाहन केल्यानंतरही लोकनाथ यशवंत याची कविता प्रश्नार्थ झालेली दिसते. तोवरच्या काळात धर्मातराला चार दशके पूर्ण झाली होती. गटातटाच्या राजकारणाला उत आला होता. राजकीय पुढार्यांनी डॉ. बाबासाहेब आंबेडकरांच्या नावाचे भांडवल केले आणि सामाजिक प्रश्न बासनात गुंडाळून ठेवले. समाजमनाच्या डोक्यात धुळफेक करण्याचे काम या लोकांनी केले. अशा प्रवृत्तीच्या डोळ्यात झणझणीत अंजन घालण्याचे काम लोकनाथ यशवंत यांच्या कवितेने केले.२१

दलित साहित्याची प्रेरणा डॉ. बाबासाहेब आंबेडकरच आहे. हे मत सर्वमान्य आहे. मराठीतील दलित साहित्य हा सार्वजनिक चर्चाविषय झाला आहे. आंबेडकरी चळवळीने ज्या विविध नवप्रवृत्तींना जन्म दिला, त्याची परिणती म्हणजे दलित साहित्य, दलित साहित्य हे माणसाचे साहित्य आहे, जातीचे नाही, असे म्हणतात, पुरोगामी सिद्ध झाले तरी दलित जीवनातील सत्य, वास्तवच नाकारते. माणसाचे असलेले साहित्य कोणत्या वर्गाचे, वर्णाचे, जातीचे हा बोध होत नाही. मराठी साहित्यात उच्चभ्रू जाती, ब्राह्मण, क्षत्रिय या माणसांचे चित्रण आहे. या माणसांची जीवन जगण्याची अवस्था, स्थिती, सुखासीन प्रवृत्ती, प्रकृती, अहंकार यातून व्यक्त होतो. दलित जीवन या उलट असल्यामुळे त्याचे अवमानीत, व्यथित, गुलामी, लाचार मनाचे आविष्करण करणारे साहित्य दलित ठरेल. ष्आत्यंतिक प्रतिकूल अवस्थेत ज्या दलितांनी आपल्या हळूवार कोमल भावना जोपासल्या, जीवनसंघर्षात आपली उत्साही आनंदी प्रवृत्ती चिरंतन टिकविली याचे चित्रण करणारे साहित्य दलित ठरेल.६२२ दलित मुक्ती साहित्य हे आशावादी आहे. समतेचा नवसमाज निर्माण करण्याची त्याची आकांक्षा आहे. दलित साहित्यात असा वेगळी अंतर्भावातील सामाजिक जाणीव, वेगळा माणुसकीचा आशय आंबेडकरी प्रेरणांनी भरलेला आहे. “दलित मुक्ती साहित्य आपला वेगळाच जीवनानुभव, वेगळ्याच शैलीत, वेगळ्याच भाषेत, अभिव्यक्त करते. त्याचे प्रत्ययकारी दर्शन घडविते. म्हणून मराठी साहित्यापेक्षा दलितमुक्ती साहित्याचे वेगळेपण ठसठशीत दिसते.”२३

साहित्याबाबत डॉ. बाबासाहेब म्हणतात, मी मनोरंजनासाठी वाङ्मय वाचत नाही, शिकण्यासाठी वाचतो अशी भूमिका असणाऱ्या डॉ. बाबासाहेब आंबेडकर यांनी २ मे १९५४ रोजी विदर्भ साहित्य संघात केलेले भाषण प्रसिद्ध आहे. या भाषणातून त्यांनी त्यांची साहित्याविषयीची जीवनवादी भूमिका स्पष्ट केली आहे.

ते म्हणतात, “आपण आपल्या जीवनाकडे, कर्तव्यधर्माकडे आणि संस्कृतीकडे दुर्लक्ष करीत आहोत. म्हणून मला साहित्यकारांना आवर्जून सांगायचं आहे की, उदात्त जीवनमूल्ये व सांस्कृतिक मूल्ये यांचे आपल्या साहित्य प्रकारातून आविष्करण करा. आपले लक्ष, संकुचित मर्यादित ठेवू नका. तिचं तेज खेड्यापाड्यातील गडद अंधार दूर होईल असे प्रवर्तित करा. आपल्या या देशात उपेक्षितांच, दलितांच, दुखितांच फार मोठं जग आहे. हे त्यांचं दुरूख त्यांची जीवन उभ करण्यास सक्षम करण्यातच खरी मानवता आहे.”२४



दलित साहित्याचा पुरस्कार करणाऱ्या काही संस्था त्यावेळी नव्याने जन्मास आल्या आहेत. त्यामध्ये २७ नोव्हेंबर १९६७ रोजी स्थापन झालेली मिलींद साहित्य परिषद ही त्यापैकी एक संस्था होय. प्राचार्य डॉ. म. ना. वानखडे आणि प्रा. म. भि. चिटणीस यांची धडपड यामध्ये होती. ते या परिषदेचे अध्यक्ष होते. डॉ. गंगाधर पानतावणे या चळवळीचे अग्रणी होते. अस्मिता तेच आताचे अस्मितादर्श. दलित साहित्य संकल्पनेच्या समर्थनार्थ जशा काही संस्था कार्यरत झाल्यात तशाच काही मान्यवर व्यक्तीही दलित साहित्याच्या पाठीमागे ठामपणे उभ्या राहिल्यात. त्यामध्ये दया पवार, केशव मेश्राम, रावसाहेब कसबे, गंगाधर पानतावणे, बाबूराव बागुल, अर्जून डांगळे, अरुण कांबळे, शरणकुमार लिंबाळे इत्यादींचा समावेश आहे.”२५

डॉ. बाबासाहेब आंबेडकरांचे समग्र तत्त्वज्ञान व विचारमूल्ये प्रत्यक्षात नवनिर्माणाची सृजनाची अपूर्व चेतना स्फूर्तीच होय. त्या निर्मितीचाच एक महत्तम मूल्य भाग वाङ्मयीन आविष्कार म्हणजेच आंबेडकरी साहित्य होय. “ज्वालाग्रही प्रमाणे पेटलेल्या माणसातून आंबेडकरी साहित्य जन्माला येते. परिणामस्वरूप डॉ. बाबासाहेब आंबेडकर हे आंबेडकरी साहित्याचे जनक व अस्पृश्य समाजातील पहिले महान आंबेडकरी लेखक ठरतात.”२६

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## कविता अध्यापनाचे तंत्र

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साहित्यकृतीचे अध्यापन महाविद्यालयीन वाङ्मयाध्यापनाचा पुष्कळशा भाग व्यापते. यात कविता, कथा, कादंबरी, नाटक, वैचारिक लेखन या मुलभूत वाङ्मयप्रकारातील साहित्यकृतीचे अध्यापन आपण महाविद्यालयीन पातळीवर करू शकतो. वरील प्रकारांपैकी कविता हा प्रकार भावसधन आणि आत्मनिष्ठ असा आहे. कवितेतील अनुभव घटकांची श्रीमंती कवीच्या जाणिवांनी आलेली असते. म्हणून कविता व कवी यांच्या परस्पर संबंधाचा प्रश्न उद्भवतो. कवितेचे उत्कट भावपूर्णतेने, समरसतेने वाचन केले जावे. कवितेचे अध्यापन करताना कवीचे काव्यात्म व्यक्तिमत्त्व, त्याची स्वयंभू स्वतंत्रता, काळ—परिस्थितीचे व साहित्यपरंपरेचे झालेले संस्करण यांचा विचार केला जावा, वेगवेगळ्या टप्प्यावर एकच कविता जेव्हा समोर येते तेव्हा विद्यार्थ्यांची आकलनशक्ती लक्षात घेऊन अध्यापन स्थूलतेकडून सूक्ष्मतेकडे कसे नेता येईल याचा विचार करावा. अध्यापनाची वेगवेगळी सूत्रे वापरून अध्यापन विषय सुलभ करावा.

### काव्याच्या व्याख्या —

‘वाक्यं रसात्मक काव्यम्’ किंवा 'poetry is spontaneous out burst of powerful feelings' या काव्याच्या सर्वमान्य व सर्वपरिचित व्याख्या म्हणजे काव्यात भावना किंवा रस या घटकाला प्राधान्य असते. ‘बी’ कवी म्हणतात, ‘सौंदर्याचे काव्य’ प्रो. हॅंडो यांनी On जीम teaching of Poetry या ग्रंथात ते म्हणतात, 'Poetry is a beauty : beauty of form, beauty of language, beauty of thought mood or feeling poetry is an art and the reason for including it in the curriculum can only be that we wish to develop the aesthetic sense, the feeling of beauty in our pupils.' ‘अंतरीजे धावे स्वभावे बाहेरी’ असे तुकाराम महाराज म्हणतात. तात्पर्य रसप्रतीती व सौंदर्यदर्शन हेच काव्याच्या अध्यापनाचे प्रमुख उद्देश आहेत असे म्हणता येईल.

### कवितेचे अध्यापन —

प्रत्यक्ष कवितेचे अध्यापन करतांना खालील मुद्यांचा उपयोग प्रभावीपणे करता येईल.

### कवितेचा आस्वाद

प्रत्यक्ष कविता शिकविण्याला प्रारंभ करण्यापूर्वी प्रस्तावना करायला हवी. या प्रस्तावनेचा हेतू म्हणजे जी कविता शिकवायची आहे तिच्या आस्वादाला परिपोषक अशी मनोभूमिका, अनुकूल मनःस्थिती किंवा उत्कंठापूर्ण भावस्थिती विद्यार्थ्यांमध्ये निर्माण करणे याला इंग्रजीत 'Receptive mood' असे म्हणतात.

ही प्रस्तावना करण्याचे विविध प्रकार संभवतात ते पुढीलप्रमाणे —

### अ) कवितेची मध्यवर्ती कल्पना

यात मूळ कल्पना किंवा विषयत्व विद्यार्थ्यांना समजावून सांगणे गरजेचे असते. मध्यवर्ती कल्पनेच्या आधारे विद्यार्थ्यांला कविता समजून घेणे सोपे जाते.

### ब) कवीचा परिचय करून देणे

वस्तुतः कविता शिकविताना कवी संबंधी माहिती सांगणाची गरज नाही. परंतु कवीच्या जीवनातील एखाद्या घटनेचा व त्या कवितेचा काही पूर्वसंबंध असल्यास त्या घटनेचा उल्लेख करणे योग्यच ठरेल.

उदा. कवी भा.रा. तांबे यांची ‘रिकामे मधुघट’ ही कविता शिकवायची असेल तर आपल्याला तांब्याविषयी पूर्व माहिती द्यावीच लागते. त्यांनी आपल्या आयुष्याच्या पूर्वाधात अनेक प्रणयपूर्ण व शृंगारिक कविता लिहिल्या. परंतु आयुष्याच्या अखेरीस मात्र पूर्वी सारख्या प्रेम, प्रणय भावनांनी भरलेल्या कविता का लिहित नाहीत? असा प्रश्न त्यांना त्यांच्यावर लुब्ध झालेले रसिक त्यांना विचारित असत. तेव्हा त्यांना ‘रे मागसि माझ्या सख्या परी! मधुघटची रिकामे पडति घरी’ असे भावनोत्कट स्पष्टीकरण तांबे आपल्या ‘रिकामे मधुघट’ या कवितेतून देतात. म्हणजेच मधुघटच



रिकांमे झाले आहे, प्रतिभाच संपली आहे अशा प्रकारे काव्यातील जो मुख्य विषय असतो त्याच्या मागची पार्श्वभूमी आधी विद्यार्थ्यांना सांगितली पाहिजे. म्हणजे कविता शिकवितांना कवितेच्या स्पष्टीकरणातून कवीच्या जीवनातील घडामोडी सांगणे आवश्यक असते.

परंतु असा संबंध जेथे नसेल तेथे कवी जीवनाचा उल्लेख करण्याची गरज नाही. मात्र जेव्हा आपल्याला त्याच कवीची दुसरी एखादी कविता शिकवावयाची आहे व त्या कवितेत आणि पूर्वी शिकविलेल्या कवितेत जर साम्य असेल तर त्यावेळी पूर्वीच्या कवितेचा व त्यातून व्यक्त झालेल्या कवीच्या काव्यवैशिष्ट्यांचा व काव्यदृष्टीचा प्रस्तावनेत उल्लेख करून त्याच्या आधारे नव्या कवितेच्या अध्यापनाला आपण सुरुवात करू शकतो.

#### क) रस परिपोषक वातावरण निर्मिती

रस परिपोषक वातावरण निर्माण करण्याच्या दृष्टीने प्रस्तावनेचा तिसरा प्रकार हा अधिक श्रेयस्कर ठरतो. ही वातावरण निर्मिती अनेक प्रकारे करता येऊ शकेल. उदा. सावरकरांची 'सागरास' ही कविता शिकवायची असल्यास सावरकर त्यावेळी इंग्लंडमध्ये शिकत होते, त्यांचा क्रांतीकारकाशी संबंध असल्याचा संशय आल्यामुळे भारतात परत येण्याची त्यांना बंदी होती. मात्र सावरकरांनी आपल्या मातृभूमीवर निस्सीम प्रेम! मातृभूमीचे आपल्याला दर्शन होणार नाही या कल्पनेने ते विलक्षण दुःखी झाले. व समुद्रकिनार्यावर जाऊन आपल्या मातृभूमीकडे दृष्टी लाऊन आपल्या अंतःक्षुणी तीचे दर्शन घेण्याचा प्रयत्न करू लागले. भावनोत्कट हृदय उचंबळून आले आणि विरह व्याकुळ अंतःकरणातून -

‘ने मजसी ने परत मातृभूमीला।

सागरा प्राण तळमळला।।

अशी भावपूर्ण काव्य निर्मिती झाली.

बोरकरांची ग्रामीण जीवनातील निसर्ग सौंदर्य व साधेभोळे अकृत्रिम जीवन यांचे दर्शन घडविणारी 'हिरवळ आणि पाणी' या कवितेच्या प्रस्ताविकात नागरी जीवनाचे विरोधी चित्र विद्यार्थ्यांपुढे उभे करून ग्रामीण वातावरणातील साजसुंदरतेचे व उदात्तेचे दर्शन उत्कटत्वाने घडविता येऊ शकते.

#### कवितेचे वाचन

प्रस्तावनेद्वारा रसपरिपोषक वातावरण निर्माण केल्यानंतर कवितेचे प्रकटवाचन देखील काव्याच्या अध्यापनात तेवढेच महत्त्वाचे आहे. यात कवीप्रमाणेच कवितेमधील सर्व प्रकारचे काव्यसौंदर्य शिक्षकानेही आपल्या वाचनातून प्रगट केले पाहिजे. प्रत्येक शब्दातून व्यक्त होणारा आशय लक्षात घेऊन त्या पद्धतीनेच उच्चार व्हायला पाहिजे.

उदा. 'विशाल' या शब्दाला आकार आहे तर 'उत्तुंग' या शब्दामध्ये उंची आहे 'दगड' या शब्दाला वजन आहे.

म्हणजेच त्या—त्या शब्दांची प्रतिमा विद्यार्थ्यांच्या मनात निर्माण होईल असे उच्चारण करायला हवे. उदा. 'सागरा प्राण तळमळला' यातील 'तळमळला' या शब्दावर किंचीत आधार दिल्यास त्या शब्दातून कवीला अभिप्रेत असलेली अंतःकरणातील तगमग यथार्थरितीने व्यक्त होऊ शकेल.

कवितेचे अध्यापन करताना जी काळजी शब्दांच्या उच्चाराच्या बाबतीत घ्यावी लागते तीच काव्यपंक्तीच्याही बाबतीत घ्यावी लागते. म्हणजेच काव्य पंक्तीमधून व्यक्त होणारा आशय व भाव लक्षात घेऊनच वाचन करावे. उदा. "राकट देशा, कणखर देशा, दगडांच्या देशा। नाजूक देशा, कोमल देशा, फुलांच्याही देशा।।"

या दोन्ही ओळीतील अर्थ भिन्न आहे. पहिल्या ओळीतील शब्द व अर्थ यातून व्यक्त होणारी 'कठोरता' व दुसऱ्या ओळीतील शब्द व अर्थ यातून व्यक्त होणारी 'कोमलता' यामधील फरक विद्यार्थ्यांच्या नजरेत आपल्या वाचनातून आणून दिला पाहिजे.

हाच नियम एकंदर कविता वाचनालाही लागू पडतो. 'गर्जा जयजयकार', 'जिंकू अथवा मरू' या विरसप्रधान कविता आवेशपूर्ण रितीने वाचाव्या लागतील तर आई 'निज निज माझ्या बाळा' या कविता कारुण्यपूर्ण रितीने तर 'फुलराणी' सारखी कविता वाचताना आवाजात मृदुता व ऋजुता आणावी लागेल.



तात्पर्य, आवाजातील आरोह — अवरोह, आवेश, गांभीर्य कारूण्य, वात्सल्य, मृदुता, विशिष्ट शब्दावरील आघात इत्यादी सर्व गोष्टी अर्थ व भाव यांना अनुरूप ठेवून वाचन केल्यास रसोत्कट वातावरण निर्माण होईल. अशाप्रकारे कविता शिकवितांना शिक्षकाने ती कविता वर्गात वाचून शिकवावी व नंतर कवितेचे विवेचन करावे.

### वाचन की गायन

रसोत्कर्ष साधण्यासाठी कविता भावपूर्णरितीने वाचावी की गावी हाही एक वादग्रस्त मुद्दा नव्या पद्धतीमध्ये उपस्थित झाला आहे. परंतु अध्यापनाच्या बाबतीत गायनाच्या फंदात न पडलेलेच बरे. प्रत्येक कवितेला आंतरिक संगीत असते. त्याचा उपयोग करूनच कविता वाचन करणे योग्य!

### कविता एक संपूर्ण व स्वयंपूर्ण कलाकृती

कवितेचे वाचन तसेच अध्यापन संपूर्ण स्वरूपात व्हावे. तीचे तुकडे पाडून वाचन करू नये तसेच शिकवूही नये. कारण कविता ही स्वयंपूर्ण कलाकृती असते. कोणत्यातरी एका घटनेचे वा प्रसंगाचे त्यात वर्णन असते. तसेच संपूर्ण कवितेतून एकच भावना व कल्पना व्यक्त झालेली असते. तुकडे केल्यास तीची अभंगता व एकात्मता नष्ट होते. हे सौंदर्य रसास्वादाला विघातक ठरते. आणि म्हणूनच 'पूर्णाकडून अंशाकडे' थवडू विसम जव चंतजे या मानसशास्त्रीय सिद्धांतानुसार कवितेचा विचार करणे हेच तीच्या रसवत्तेच्या आस्वादाला पोषक ठरेल.

### कवितेतील आशयाचे विवेचन

कविता गुढ किंवा वैचारिक असल्यास विद्यार्थ्यांकडून प्रकटवाचन करून घ्यावे. आपल्या मनातील भावना विचार व कल्पना सुंदर व परिणामकारकतेने प्रगट करण्यासाठी कवीने सुंदर—सुंदर शब्दांचा अलंकाराचा कसा उपयोग केला याकडे विद्यार्थ्यांचे लक्ष वेधावे. कारण कविता ही सौंदर्याचा अविष्कार करणारी कलाकृती आहे. म्हणजेच आधुनिक दृष्टिकोनातून कवीला आलेल्या सौंदर्यानुभूतीशी व भावनानुभूतीशी विद्यार्थ्यांना समरस करणे, त्यांच्यात ती काव्यदृष्टी निर्माण करणे हेच खरे काव्याचे अध्यापन.

ही अनुभूती विद्यार्थ्यांमध्ये आणून देण्याचा उत्तम मार्ग म्हणजे शिक्षकाच्या स्वतःच्या भावनात्मक प्रतिक्रिया! मात्र रसहानिकारक गोष्टी टाळाव्या. भावपूर्ण प्रतिपादन असावे. पण अतिव्याख्यानबाजी नको. कवितेतील कठिण शब्दाचा परिचय कविता शिकविण्यापूर्वीच करून दिल्यास अध्यापनाच्या ओघात शब्द स्पष्टीकरणाने खंडही पडणार नाही.

कवितेतील रससौंदर्याची अनुभूती विद्यार्थ्यांना आणून दिल्यानंतर त्या अनुभूतीला अर्थपूर्ण व व्यापक अधिष्ठान प्राप्त करून देण्यासाठी त्या कवीच्या काही कविता त्यातील कल्पनेचा परिचय विद्यार्थ्यांना करून द्यायला पाहिजे.

उदा. केशवसुतांची 'तुतारी', 'स्फुर्ती' या कविता शिकवितांना इतर सामाजिक कवितांचाही परिचय द्यावा. अशा भावनात्मक अनुभूतीला व्यापक वैचारिक पार्श्वभूमीची जोड दिल्यास अधिक यशस्वी व परिणाम कारक अध्यापन होऊ शकेल.

तात्पर्य, अशा प्रकारे कविता ही जशी आत्मनिष्ठ तशीच कवितेची अध्यापन पद्धतीही आत्मनिष्ठ राहिल या संदर्भात प्रो. हॅंडो म्हणतो ष्वमजतल जमंबीपदह पे सपाम सवअम औंपदह मंबी पूसस िंअम िपे वूदू लूह हे विधान अतिशय अर्थपूर्ण आहे. विद्यार्थ्यांच्या मनामध्ये कवितेविषयी गोडी निर्माण करणे आवश्यक आहे. शिक्षकाची रसिकता, त्याची तन्मयता, त्याला आलेली अनुभूती व त्यानुसार होणाऱ्या त्याच्या भावनात्मक प्रतिक्रिया यावरच कवितेच्या अध्यापनाचे यश अवलंबून आहे असे म्हणता येते.

### संदर्भ ग्रंथ —

१.वाङ्मयाचे महाविद्यालयीन अध्यापन — दु.का. संत (गौरवग्रंथ)

२.मराठीचे अध्यापन — म.बा. कुंडले

**संत नामदेवांची प्रभावळ****प्रा. डॉ. दिनेशचंद्र की. राऊत**

युवाशक्ती कला व विज्ञान महाविद्यालय, अमरावती. भ्रमणध्वणी — ९७६४६८८१५८

संत नामदेवांच्या प्रभावळीतील संतांचा अभ्यास करित असतांना तत्कालीन (तेराव्या चौदाव्या काळाचा) सामाजिक धार्मिक परिस्थितीचा अभ्यास करणे आवश्यक ठरते.

बाराव्या ते चौदाव्या शतकातील महाराष्ट्रात देवगिरीच्या यादवांचे राज्य होते आणि हा काळ संतचळवळीचा प्रारंभीचा काळ होता. संपूर्ण समाज रसातळाला गेला होता. त्या राज्यात संपूर्ण अराजकता माजली होती राज्यपद्धती निकृष्ट दर्जाची होती म्हणून प्रजा उदासीन झाली होती राजा आणि प्रजा हे दोघेही अधोगतीला गेले होते.

यादव राजाकडे हेमाद्री नावाचा पंडित होता. तो प्रत्यक्ष अप्रत्यक्ष राज्यकारभारातही हस्तक्षेप करित होता त्या काळातील सर्व ग्रंथ संस्कृतमध्ये होते संस्कृत शिकवण्याचा अधिकार तत्कालीन उच्च वर्णीयांना (ब्राम्हण) होता. धर्माचा अर्थ ते त्यांच्या पद्धतीने काढत होते. हेमाद्री पंडिताने 'चतुर्वर्ग चिंतामणी' नावाचा ग्रंथ लिहिला त्यात त्याने विविध वर्गातील लोकांसाठी दोन हजारांच्या वर व्रते सांगितले होते. तत्कालीन समाज अज्ञानी असल्यामुळे भीतीपोटी व्रत वैकल्ये करित होते. तत्कालीन समाजातील लोकांचा वेळ व्रत वैकल्य, उपासतापास, तंत्रमंत्र, भूत पिशाच्च, तारण मारणात, अंधश्रद्धेत जात होता.

मुस्लिमांनी हिंदूधर्मापुढे एक नवे आव्हान निर्माण केलेले होते. इ. स. १३०० मध्ये सुफी धर्मपंथ प्रचारक चर्जरीबक्ष आणि त्याचे सातशे साथीदार खडके श्वराला येऊन राहिले. पुढे १३०९ मध्ये चर्जरीबक्षाचा मृत्यू झाला. पुन्हा ऋजू शे सुफी प्रचारक महाराष्ट्रात पाठविण्यास आले. राजकीय आक्रमणापेक्षा हे आक्रमण जास्त धोकादायक होते.

वारकरी संप्रदायातील संतांनी आध्यात्मिक लोकशाही निर्माण करून तत्कालीन बहुजन समाजाला भक्तीचा मार्ग मोकळा करून दिला. यातूनच नामदेवांची प्रभावळ उदयास आली त्यात संत सावता माळी निवृत्तीनाथ, संत ज्ञानेश्वर, सोपान, मुक्ताबाई, संत नामदेव, संत चोखोबा, संत जनाबाई, संत सोयराबाई, निर्मळा, कर्ममेळा, बंका, संत भागू, संत कान्होपात्रा, संत नरहरी, सोनार, सेनान्हावी इत्यादी संतांचा उल्लेख करावा लागेल त्यातील काही महत्वाच्या संतांचा अभ्यास करण्याचा प्रयत्न केला.

**संत नरहरी सोनार —**

एक थोर शिवभक्त म्हणून पंढरपुरच्या सोनारांची ख्याती होती परंतु एका प्रसंगी 'शिव आणि विष्णु एकाची प्रतिमा, असा स्वानुभव झाल्यानंतर ते वैष्णव पंथात सहभागी झाले त्यांनी आपला व्यवसाय विठ्ठलमय केला होता.

देवा तुझा मी सोनार  तुझे नामाचा व्यवहार देह बागेसरी जाणे  अंतरात्मा जाण सोने त्रिगुणाची करुनी मुस  आतओतिला ब्रस जीव शिव करुनी फुकी  रात्र दिवस ठोका ठोकी 

त्यांनी विठ्ठलांचे मनोहारी बर्णन केले आहे

भस्मउटी रुद्रमाका  हाती त्रिशूल नेत्री ज्वाळा गजधर्म व्याघ्रांबरा  कंठी शोभे वसुकी हार**संत सावता माळी —**

वयाने सर्वश्रेष्ठेसंत सावता माळी होय आपल्या कर्तव्य कर्मावर निष्ठा ठेवून आपल्या व्यवसायालाच हरिरूप मानणारे एक थोरसंत सावता माळी होय. त्यांनी आपले संपूर्ण जीवनच विठ्ठलमय करून सोडलेले होते. त्यांचे नावावर मोजकेच अभंगआहे . (बारा)

अमुची माळ्याची जात  शेत लावू बागाईत आम्हा हाती मोट नाडा  पाणी जाते फुल झाडा कांदा मुकाभाजी  अवघी विठाबाई माझी



लसून मिरची कोथिंबीरी  अवघा झाला माझा हरी   
मोट नाडा विहीर दोरी  अवघी व्यापिली पंढरी   
सावता म्हणे केला मळा  विठ्ठलाची गोविला मळा   
तत्कालीन सामाजिक आणि धार्मिक विषमतेचे हि वर्णन त्यांच्या अभंगात दिसून येते.

भली केली हीन याती  नाही वाढविली महंती   
सावता माळ्याची अभंगवाणी ही साधी पण उत्कट आहे

**संत चोखामेळा –**

संत चोखोबाहे महार (शूद्र) जातीतील असून त्यांच्या अभंगाचे विजय विठ्ठल वर्णन, पंढरी महात्म्य, नाम महात्म्य होते त्यांनी संत नामदेवांना गुरयांनी मानले होते पुढे त्यांचे संपूर्ण कुटुंबच विठ्ठलभक्त झाले. तत्कालीन सामाजिक यारी स्थितीचे वर्णन त्यांच्या अभंगातून व्यक्त होतांना दिसते.

शुद्ध चोखामेळा  करी नामाचा सोहळा   
यातीहीन मी महार  पूर्वी नीळाचा अवतार   
कृष्णनिंदा घडली होती  म्हणोनी महार जन्मप्राप्ती   
चोखा म्हणे विटाळ  आम्हा पूर्वीचे ते फळ

ते महार जातीत जन्माला आले असले तरी त्यांची राहणी फार स्वच्छतेची होती.

**संत सोयराबाई –**

संत सोयराबाई ही संतश्रेष्ठ चोखामेळा यांची पत्नी होती. तिने आपल्या पतीलाच गुरु मानले होते. तिला लग्नानंतर फार उशिरा मुल जन्मास आले साक्षात विठ्ठलानेच संत सोयरा बाईचे बाळंतपण निर्मळेचे (बहिण) रूप धारण करुण केले. असा उल्लेख भाऊ लंका यांच्या अभंगात आहे तिने अभंगात स्वतः चा उल्लेख चोख्याची महारी असा केला आहे.

संत सोयराबाई ही हीन यातीत जन्मली असल्यामुळे इतर संताप्रमाणे तिलाही उच्चवर्नियांचा छळ सोसावा लागला. देहाचा विटाळ मानणार्या कर्म लोकांची ती कान उघडणी आपल्या अभंगातून करते. वारकरी संप्रदायाची शिकवण तिने आत्मसात केली असून देहाच्या पलीकडे जाण्या इतकी तिची आध्यात्मिक तयारी झाली आहे ती म्हणते.

देहाची विटाळ म्हणती सकळ  आत्मा तो निर्मळ शुद्ध बुद्ध   
देहीचा विटाळ देहीच जन्मला  सोवळा टो झाला कवण धर्म   
विटाळ वाचीन उत्पतीचे स्थान  कोणी देह निर्माण नाही जगी   
म्हणुनी पांडुरंगा वानितसे थोरी  विटाळ देहांतरी वसतसे   
देहीचा विटाळ देहीच निर्धारी  म्हणत महारी चोखोबाची

**संत सेना न्हावी –**

संत सेना न्हावी हे मुळचे जबलपूर जवळील बंधोगड येथील राजाच्या पदरी सेवेत होते ते तिर्थाटन करित महाराष्ट्रात आले. स्वतःला ते विठ्ठलाचे दूत म्हणवितात त्यांनी त्यांच्या व्यवसायावरच अभंग व गौळणीची रचना केली आम्ही बारीक बारीक  करू हजामत बारीक  हा त्यांचा अभंग प्रसिद्ध झाला.

**संत जनाबाई –**

नामदेवांच्या प्रभावळीतील शेवटची संत जनाबाई संत वाटिकेतील 'आईची वेल' असा तिचा उल्लेख केला जातो तिने स्वतःला नामदेवांची दासी मानले आहे. तिच्या नावे ३५० अभंग आहे. ती संत नामदेवांच्या घरीच लहानाची मोठी झाली जनाबाईची विठ्ठलावर दृढ श्रद्धा आहे. विठ्ठलाचे अस्तित्व जळी – स्थळी – काष्ठी – पाषाणी असे सर्वज्ञ आहे. देव हा सर्व प्राणीमात्रात व्यापून गेला आहेती आपल्या अभंगात म्हणते.

देव खाते देव पिते  देवावरी मी निजते   
देव येथे देव तेथे  देवाविण नाही रीते   
जनी म्हणे विठाबाई  भरुनि उरले अंतरही





तिने आपल्या अभंगाच्या माध्यमातून भोंदू साधूवर कडाडून टीका केली आहेती म्हणते.

विघीच्या अभिमानाने नाईके कीर्तन □ पाखंडी हे म्हणे करिती काया □□

पंचारस पात्रा कांता हे बुडविली □ उद्धरलो म्हणती आम्ही संत □□

**निष्कर्ष —**

- संत नामदेवांच्या प्रभावळीतील संतांनी भक्तीचा अधिकार सर्वांना असून तिथे जात, धर्म, पंथ, पक्ष या गोष्टी गौण आहे. हा आदर्श तत्कालीन समाजाला दाखवून दिला.
- संत नामदेवांच्या प्रभावळीतील संतांनी आपल्या अभंगातून आध्यात्मिक लोकशाही, सर्वधर्मसमभाव व समतेचा व मानवतावादाचा विचार मांडला.
- त्यांच्या अभंगातून जन्मश्रेष्ठत्वापेक्षा कर्मश्रेष्ठत्वाला जास्त महत्व दिले.

**संदर्भ ग्रंथ —**

- प्राचीन मराठी वाङ्मयाचा इतिहास — लेखक ल. रा. नारीसबादकर



## महिला सुरक्षा और मानव अधिकार

प्रा.डॉ.फरहाना आझमी

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प्रस्तावना :- महिला और पुरुष संसार रूपी गाडी के दो पहिये है | एक दुसरे के बिना जीवन का सफर बड़ा ही कठीण होता है | सारे संसार में लगभग आधी जनसंख्या महीलाओं की है | लेकिन महीलाएँ आज भी प्रताडीत की जा रही है हमारे संविधानने महीलाओ को अधिकारों को अधोरेखीत किया है | महीलाओ को पुरुषो के समान अधिकार दिया गए है आज हमारे देश के महीलाएँ राष्ट्रपती, प्रधानमंत्री, मुख्यमंत्री तथा उच्च अधिकारी पदो पर विराजमान है | किसी भी देश की प्रगती मे महीलाओं का योगदान महत्वपूर्ण होता है | समाज के निर्माण और विकास में प्रत्यक्ष रूप से महीलाएँ योगदान देती है | परंतु उसके योगदान को पितृसताक समाजद्वारा कोई महत्व नहीं दिया गया है | महीलाओं को उनकी अपेक्षाकृत समाज मे स्थान नहीं मिला है | उनकी शिक्षा की ओर विशेष ध्यान नहीं दिया जाता | आज भी हमारे समाज में महीलाओं को दौयम दर्जे के नागरीक का स्थान मिला हुआ है | आज हमारे देश मे महीलाओं के शारिरीक, मानसीक और यौन हिंसा के माध्यम से महीलाओं के मानवाधिकारों का हनन किया जा रहा है | महीलाओं पर हो रहे अत्याचार, बलात्कार की घटनाओं में वृद्धी हो रही है | महीलाओं पर हो रहे | इन अत्याचारो के कारण महीला सुरक्षा पर प्रश्न चिन्ह उपस्थित हो रहे है | इस संशोधन लेख में हम हमारे देश मे महीलाओं के मानवाधिकार हनन पर चर्चा करेंगे और महीला सुरक्षा के लिए हमारी सरकारद्वारा किए जा रहे पृयासो पर चर्चा करेंगे |  
मानव अधिकार

मानव अधिकार वे अधिकार है जो हमें प्रकृती द्वारा प्रदान किए गए है | मानव अधिकार के अभाव में हम मानव के रूप मे अपना जीवन व्यतीत नहीं कर सकते है | मानव अधिकार हमको पूर्णरूप से विकसीत होने के लिए अवसर प्रदान करती है | प्रख्यात राजनयीक विचारवंत हेरॉल्ड लॉस्की ने मानव अधिकार की परिभाषा की है वे कहते है, अधिकार मानव जीवन की ऐसी परीस्थीतीयों है जिनके बिना सामान्यता कोई व्यक्ती अपने व्यक्तीत्वका पूर्ण विकास के नहीं कर सकता | मानवाधिकार वो अधिकार है जो मानव को मानव होने के नाते मिले है मानवाधिकार ऐसे अधिकार है | जो एक मानव के व्यक्तीत्व के विकास के पूर्ण विकास के लिए आवश्यक है | मानवाधिकार वे न्यूनतम अधिकार है, जो प्रत्येक व्यक्ती को आवश्यक रूप से प्राप्त होने चाहिए क्योकी वह मानव परीवार का सदस्य है | मानवाधिकार की धारणा मानव गरीमा की धारणा से जुडी है | इसलिए जो अधिकार मानव गरीमा को बनाये रखने के लिये आवश्यक है उन्हे मानवाधिकार कहा जाता है | मानवाधिकारों की संकल्पना उतनी ही पुराणी है जितनी प्राकृतीक विधी पर आधारित प्राकृतीक अधिकारों का प्राचीन सिध्दांत तथापी मानवाधिकार इस संकल्पनाने द्वितीय युध्द के बाद मूर्त स्वरूप प्राप्त किया है | यूनो के चार्टर द्वारा 10 दिसंबर 1948 को मानवाधिकार को आंतरराष्ट्रीय स्तर पर मान्यता प्रदान की गई, उसके पश्चात विश्व के सभी राष्ट्रों ने अपने संविधान मे मानवाधिकार को मान्यता प्रदान की है |

महिला और मानव अधिकार :-

भारत के संविधान में प्रत्येक नागरीक को सामाजिक न्याय, समता एवं प्रतिष्ठा बिना किसी भेदभाव के प्रदान की गई है | भारत के संविधान मे कहा गया है कि राज्य किसी भी नागरीक के विरुध्द धर्म, मूल, वंश, जाति, लींग, धर्म और जन्म स्थान आदी के आधार पर भेदभाव नहीं करेगा | इसका अर्थ यह है कि हमारे देश मे महीलाओं का भी वही स्थान है जो पुरुषो का है | महीलाओ को भी पुरुषों के समान अपने विकास की समान संधि प्रदान की गई है | लेकिन अभीतक हमारे देश मे महीलाओं को वास्तव मे विशेष स्थान नहीं मिल पाया है | वास्तविकता यह है कि महीलाओं को वह



सम्मान प्राप्त नहीं है जो होना चाहिए | पुरुषोद्धार अपने निजी स्वार्थ के लिए उन्हें परेशान किया जा रहा है | उनके अस्तित्व का दुरुपयोग किया जा रहा है | महिलाओं के विरुद्ध अत्याचार में पिछले कुछ दशकों से निरंतर वृद्धि हो रही है | महिलाओं पर अत्याचार और बलात्कार की घटनाएँ बढ़ती जा रही हैं | महिलाएँ जहाँ कार्य करती हैं उन कार्यस्थल पर उनका लैंगिक उत्पीड़न बड़ी संख्या में हो रहा है | महिलाओं की सुरक्षा के लिए और उनकी प्रगति के लिए सरकार द्वारा अनेक प्रयास किए जा रहे हैं, उसके बावजूत महिलाओं पर होने वाले अत्याचारों में कमी के बजाय उसमें वृद्धि हो रही है | इसका पिछे अनेक जाने अनजाने कारण हैं | शिक्षा की कमी और रूढ़िवादी विचारों के कारण महिलाओं का समुचित विकास नहीं हो पा रहा है | इसलिए महिलाओं को अपनी अस्तित्व रक्षा, स्वतंत्रता और सम्मानपूर्वक जीवन यापन के लिए सामाजिक न्याय तथा सुरक्षा का वातावरण उपलब्ध करना सरकार की जिम्मेदारी है |

महिला मानव अधिकारों का हनन :

आज हमारे देश में महिला अधिकारों की रक्षा के लिए अनेक कानून बनाएँ गये हैं | राष्ट्रीय महिला आयोग और राज्य महिला आयोग का गठन किया गया है, लेकिन आज भी महिलाओं की छेड़छाड़, लैंगिक शोषण, नारी भ्रूण हत्या तेजाब डालना, बलात्कार आदी घटनाओं में वृद्धि हो रही है | इन सबके रोकथाम के लिए अनेक कानून होने के बाद भी हमारा समाज मूकदर्शक बना हुआ है | 2012 में दिल्ली में निर्भया सामुहिक बलात्कार हुआ, इस घटना ने हमारे देश की आत्मा को झंझोड़ डाला और सारे देश में इसकी तीव्र प्रतिक्रिया हुई | इस घटना के बाद केंद्र सरकारने ऐसी घटनाएँ रोकने के लिए कड़ा कानून बनाया लेकिन इस घटना के बाद भी हमारे देश में महिलाओं पर होने वाले अत्याचारों में वृद्धि हो रही है | हैद्राबाद की डॉ. रेड्डी सामुहिक बलात्कार ही घटना उन्नाव की घटना, हिंमणघाट की तेजाब घटना यह घटनाएँ महिलाओं के प्रति समाज की संवेदनहीनता दर्शाती हैं |

2 जनवरी 2022 को उत्तर प्रदेश के बुलंद शहर के गाव डिबाई – गालीबपूर में एक 16 वर्ष की किशोरी का सामुहिक बलात्कार कर के उसे गोली मार दि गई | अप्रैल 2022 में राजस्थान के अल्वर में एक मुकबधिर बच्ची के

साथ बर्बतापूर्वक सामुहिक बलात्कार की घटना सामने आई | 26 जून 2018 को जारी थॉमसन रॉयटर्स फाउंडेशन की रिपोर्ट के अनुसार भारत को महिलाओं के लिए सबसे खतरनाक देश घोषित किया गया | महिलाओं पर होने वाले इन अत्याचारों के रोकथाम के लिए सारे समाज को भी सघटित होना पड़ेगा | हमारे देश में महिलाओं के मानव अधिकारों के अत्याचार और हनन निम्नलिखित रूप में दिखाई देते हैं |

संविधानिक और कानूनी प्रावधान

हमारे देश में महिला मानव अधिकारों की रक्षा करने के लिए निम्नलिखित संविधानिक और कानूनी प्रावधान किए गए हैं | –

अ. संविधानिक प्रावधान

1. अनुच्छेद 14 : इस अनुच्छेद में स्पष्ट प्रावधान है कि कानून के समक्ष सभी समान हैं | सभी को कानून द्वारा समान सुरक्षा और संरक्षण प्राप्त होगा |
2. अनुच्छेद 15 : इस अनुच्छेद में यह प्रावधान है कि राज्य किसी भी नागरिक के विरुद्ध किसी आधार पर भेदभाव नहीं करेगा | राज्य किसी नागरिक के साथ धर्म, लिंग, प्रजाती, जन्मस्थान, भाषा आदी के आधार पर भेदभाव नहीं करेगा |
3. अनुच्छेद 16 : राज्य के अधिन किसी रोजगार या नियुक्ति में नागरिकों के लिंग, आयु, जाती, धर्म, वंश आदी के आधार पर अयोग्य घोषित नहीं करेगा |
4. अनुच्छेद 21 : यह अनुच्छेद प्राण, देहीक स्वतंत्रता और संरक्षण के अधिकारों की व्यवस्था करता है | यह अधिकार स्त्री – पुरुष को समान संरक्षण देता है |



5. अनुच्छेद 23 : यह अनुच्छेद मानव व्यापार, महिलाओं का अनैतिक देह व्यापार, बेगार या अन्य प्रकार की बन्धुआ मजदूरी को निषेध घोषित करता है |
6. अनुच्छेद 39 : स्त्री और पुरुष को समान रूप से उपजीवीका के पर्याप्त साधन प्राप्त करने का अधिकार है |
7. अनुच्छेद 39 अ : स्त्री और पुरुष कर्मचारी के स्वास्थ्य और शक्ती का दुरुपयोग ना हो, इसकी व्यवस्था करता है | स्त्री यो के लिए प्रसुती काल मे अवकाश की व्यवस्था है |
8. अनुच्छेद 42 : इस अनुच्छेद मे गर्भवती और दूध पिलाने वाली महिलाओं के हितो की रक्षा करने का प्रावधान है |
9. अनुच्छेद 51 : संविधान के निती निर्देशक तत्वो मे महिलाओ के अधिकार सुनिश्चित किए गए है |
10. अनुच्छेद 325, 326 : निर्वाचन मे महीला और पुरुषो को समान रूप से मत देने का और चुने जाने का अधिकार |

**ब. कानूनी प्रावधान**

- 1 सती प्रथा निषेध 1829 अधिनियम तथा सती प्रथा निवारण अधिनियम 1987 : भारतीय समाज मे प्रचलीत सती प्रथा समाप्त करने के लिए यह कानून बनाए गये | इन अधिनियमोद्वारा सती होने अथवा सती होने के लिए बाध्य करने वालों के लिए कारावास तथा जर्माने की सजा का प्रावधान है |
  - 2 विधवा पुनर्विवाह अधिनियम 1856 : इस अधिनियम द्वारा विधवा स्त्री को पुनर्विवाह करने का अधिकार प्रदान किया गया
  - 3 बालविवाह निषेध अधिनियम 1929, 1976 : 1929 के बालविवाह निषेध अधिनियम द्वारा बाल विवाह पूर्णतः निषिद्ध किया गया 1976 के अधिनियम द्वारा लडके के विवाह के लिए लडके की आयु 21 वर्ष और लडकी की आयु 18 वर्ष की गई
  - 4 चलचित्र अधिनियम 1952 : इस अधिनियम द्वारा सेंसर बोर्ड की स्थापना की गई, सेंसर बोर्ड फिल्मो मे महिलाओं की मर्यादा भंग होने पर रोक लगाएगा |
  - 5 विशेष विवाह अधिनियम 1954 : आंतरजातीय तथा आंतरधर्मिय विवाह करने के उपरान्त महिलाओं को पैतृक संपत्ती मे उत्तराधिकार प्रदान किया गया है |
  - 6 हिन्दू विवाह अधिनियम 1955 : यह कानून पतीके परस्त्री गमन, 2 वर्ष तक पत्नीसे अलग रहना, शारीरिक, मानसिक, अत्याचार सात वर्ष से लापता होना, असाध्य रोग का शिकार होना आदी परीस्थीती मे महिला को पती से तलाक लेने का अधिकार प्रदान करता है |
  - 7 1956 के अधिनियम : द्वारा हिन्दू स्त्रीयों को सम्पती मे अधिकार प्रदान किया और मृत पती के सम्पती पर उसका अधिकार होगा इस अधिनियम मे 2005 मे संशोधन कर महिलाओं को सम्पती मे समान अधिकार दिया गया |
  - 8 दहेज निवारण अधिनियम 1961, संशोधित अधिनियम 1986 और 2007 : इस अधिनियम के अंतर्गत दहेज लेना और देना एक दंडणीय अपराध किया गया | दहेज मृत्यू के लिए 7 वर्ष से आजीवन कारावास का प्रावधान किया गया |
  - 9 1976 के समान पारीश्रमिक अधिनियम : द्वारा महिला और पुरुष को समान काम के के लिए समान वेतन देने का प्रावधान किया गया |
  - 10 73 और 74 वा संविधान संशोधन : द्वारा महिलाओं को ग्रामपंचायत, नगरनिगम, पंचायत समिती, जिल्हा परिषद, और महानगर निगम, मे 33 प्रतिशत आरक्षण का प्रावधान किया गया |
  - 11 कन्या भ्रण हत्या पर रोक लगाने के लिए 1994 मे गर्भधारणा पूर्व और प्रसव पूर्व निदान तकनीक अधिनियम पारीत किया गया |
  - 12 घरेलू हिंसा से महिलाओं की सुरक्षा के लिए 2005 मे घरेलू हिंसा महिला संरक्षण अधिनियम पारीत किया गया |
  - 13 महिलाओं का कार्यस्थल पर लैंगिक उत्पीडन अधिनियम 2013 द्वारा महिलाओं को सुरक्षा प्रदान की गई |
- उपसंहार : उपरनिर्दीष्ट संविधानिक प्रावधानो द्वारा तथा कानूनो के माध्यम से महिलाओं के मानव अधिकारो की सुरक्षा के लिए सरकार द्वारा प्रयास किए जा रहे है | इन कानूनो के बाद भी महिलाओ



पर होनेवाले अन्याय और अत्याचार कम नहीं हुए, उसमें हर दिन वृद्धि हो रही है | आज भी हमारे देश में महिला हिंसा की घटनाएँ हो रही हैं | बलात्कार लैंगिक उत्पीड़न दहेज प्रताड़ना और मृत्यु आदी घटनाएँ हो रही हैं | महिलाओं में शिक्षा का प्रचार प्रसार करने के पश्चात ही वह अपने अधिकारों के लिए जागरूक हो सकती हैं | समाज का भी यह दायित्व है कि स्त्री पुरुष समानता प्रस्थापित करने के लिए, और नारी सुरक्षा के लिये प्रयास करे |

संदर्भ सूची

1 महिला कानून एवं मानवाधिकार – डॉ. कृष्ण कुमार शर्मा, – अर्जून पब्लिशिंग हाउस, नई दिल्ली

2 महिला मानवाधिकार संरक्षण बनाम वस्तुस्थिति – आशा कौशिक – अविष्कार पब्लिशर अँड डिस्ट्रीब्यूटर्स, जयपुर

3 महिला और मानवाधिकार – रजा शर्मा, एम. के. शर्मा – अर्जून पब्लिशिंग हाउस नई दिल्ली

4 मानवाधिकारी और महिला विमर्श – डॉ. धर्मवीर चंदेल – पोइन्टर पब्लिशर्स, जयपुर

**“बालविकास मे महिलाओं की भूमिका”****प्रा.सौ.सुषमा सु.जाजु**

(गृहअर्थशास्त्र विभाग प्रमुख)यशवंतराव चव्हाण कला व विज्ञान महाविद्यालय मंगरूळपीर

**प्रस्तावना :**

बालक को प्रत्येक राष्ट्र की बहुमूल्य निधि माना जाता है। क्योंकि आज का बालक ही कल नेता, कलाकार, मतदाता राजाध्यक्ष, उपाध्यक्ष, उभभोक्ता, शिक्षक, डॉक्टर, इंजिनियर आदि बनता है। हम सभी कल्पना करते हैं की भविष्य का संसार अच्छा हो। लेकिन दुर्भाग्यवश शिशुओं के पालन—पोषण और स्वास्थ्य की और समुचित ध्यान नहीं दिया जाता है। उसी वजह से उनका सर्वांगीण विकास नहीं हो पाता है। अतः यह आवश्यक है कि शिशुओं कि स्वास्थ्य रक्षा और पोषण पर पूरा ध्यान दिया जाय। बालकों के पालन—पोषण का दायित्व बहुत हद तक माँ के उपर होता है। अतः जरूरी है कि माता को भी मातृत्व के सभी पहलुओं की जानकारी हो जिससे वह बालक का सर्वांगीण विकास कर उन्हे एक आदर्श बना सके।

**परिभाषा**

इ.बी हरलॉक के मतानुसार “आजकल बालविकास मे मुख्यतः बालक के रूप, व्यवहार, रूचिया और लक्ष्यों मे होनेवाले उन विशेष परिवर्तनो पर बल दिया जाता है, जो उसके विकासात्मक अवस्था से दूसरी विकासात्मक अवस्था मे आते समय होते है। बालविकास साथ—ही—साथ यह भी खोज करने का प्रयास किया जाता है कि ये परिवर्तन कब होते है, क्यों होते है और से वैयक्तिक है या सार्वभौमिक.”

**संशोधन पध्दती**

प्रस्तुत संशोधन के लिए दुय्यम स्रोत का उपयोग किया गया है। इसमे प्रकाशित, अप्रकाशित, पुस्तको, समाचार पत्र इसकी उपयोग किया गया है। संकलित जानकारी के उपयोग से इस शोधनिबंध की योग्य रचना की गयी है।

**उद्देश्य**

- १) बालक के व्यवहार संबंधी समस्याओं का ज्ञान।
- २) बालको के व्यवहार को नियंत्रित करने के उपायों की खोज।
- ३) बालको के व्यवहार के संबंध मे पूर्व—कथन।

**बालविकास का अध्ययन क्षेत्र****मुख्य दो वर्ग मे बाँटा जा सकता है।**

- १) **जन्म से पूर्व की विकास अवस्था**—पहली गर्भधारणा से दो सप्ताह तक की अवस्था, दुसरी, तिसरे, सप्ताह के चौबीस सप्ताह तक की अवस्था, चौथी, चौठीस सप्ताह से जन्म तक की अवस्था। दूसरे शब्दों मे गर्भस्थ शिशु को तीन अवस्थाओं मे बाँटा जाता है। १) वीजअवस्था २) पिंड अवस्था ३) श्रुण अवस्था—
- २) **जन्म के उपरान्त की विकास अवस्था**—इस विकास को पाँच प्रमुख भागों मे बाँटा जाता है। १) शैशवावस्था जो जन्म से दो सप्ताह तक होती है। २) बचपन—जो दो सप्ताह से दो वर्ष की होती है। ३) बाल्यावस्था जो दो वर्ष से बारह वर्ष तक की होती है। ४) किशोरवस्था जो बारह से अठारह वर्ष तक की होती है। ५) इसके पश्चात किशोरलव्या , जो अठारह वर्ष से इक्कीस वर्ष तक की होती है।

**गृहीतके**

- १) बालविकास मे माता — पिता की भूमिका बराबर की होना चाहिए।
- २) बालविकास का अध्ययन छात्र—छात्राओ दोनो को समान रूप से करना चाहिए।
- ३) प्रत्येक बालक को पौष्टिक भोजन पर्याप्त मात्रा मे मिलना चाहिए।
- ४) भोजन मे बालको को रूचि एवं इच्छा का भी ध्यान रखना चाहिए।



बालविकास में महिलाओं की भूमिका को मध्य नजर रखते हुये हम यह दावे के साथ कह सकते हैं कि बालविकास में महिलाओं की भूमिका बहुत ही महत्वपूर्ण रही है। कार्य 'मातृत्व' शब्दबहुत ही विस्तृत और व्यापक अर्थ रखता है। यह एक नारी को पूर्णता प्रदान करता है। मातृत्व के अभाव में नारी का जीवन अधूरा है। भारतीय नारी को समाज तथा परिवार में सम्मान दिलाने में मातृत्व का पूर्ण योगदान है। जो स्त्री मातृत्व को नहीं प्राप्त कर पाती है। उसे परिवार तथा समाज में हेय दृष्टि से देखा जाता है। मांगलिक कार्यों के लिये भी ऐसी स्त्रीको शुभ नहीं माना जाता है। भारतीय नारी के लिये परिवार व समाज में सामाजिक मान और प्रतिष्ठा पाने के लिये मातृत्व जरूरी है। मातृत्व को सृष्टि का आधार माना जाता है क्योंकि इससे प्रजाति में निरंतरता बनी रहती है और समाज का अस्तित्व कायम रहता है।

'मातृत्व' शब्द में 'माँ' शब्द का समावेश है जिसका तात्पर्य माता से है अर्थात् 'बच्चों को जन्म देनेवाली स्त्री'। लेकिन यह 'माँ' शब्द तभी गरिमायुक्त माना जाता है जबकोई माँ, जन्म देने के बाद अपने शिशु का पालन-पोषण उचित रूप से करती है। जिससे वह एक सुयोग्य नागरिक बन सके। वही माँ 'सुजननी' कहलाती है जो शिशु को जन्म के उपरान्त अपना सर्वस्व न्योछावर कर अपनी सतान की देखभाल करती है और उसके जीवन को सुखी बनाने का प्रयत्न करती है तथा समाज के सुयोग्य नागरिक के रूप में उसका विकास करती है। अगर मातृत्व का अर्थ केवल सन्तानोत्पत्ति ही हो तो माँ तथा मादा जानवर में कोई अंतर नहीं रह जायेगा क्योंकि एक मादा जानवर भी अपने बच्चे को जन्म देती है। अतः सफल मातृत्व का अर्थ सुसंतान की प्राप्ति तथा 'शिशु कल्याण' दोनों हैं।

**बालविकास और माता-पिता का उत्तरदायित्व**—बालक का संपूर्ण विकास करना माता-पिता का कर्तव्य है। यदि माता-पिता के आपस में संबंध अच्छे होंगे तो बालक के भी उनसे अच्छे संबंध होंगे

**शारीरिक उत्तरदायित्व** —माता-पिता का यह प्रथम उत्तरदायित्व है कि वे बच्चों की शारीरिक देखरेख का कार्य करें। इसके अंतर्गत निम्न कार्य करने चाहिए।

१) **शारीरिक रक्षा** — माता-पिता को बालको के शरीर की रक्षा करनी चाहिए। शारीरिक चोट व बीमारी की अवस्था में सेवा सुश्रुषा की व्यवस्था करें! जन्म के समय के बाद में नवजात शिशु व माँ की देख रेख करें।

२) **भोजन का प्रबंध** — माता-पिता को बालको के भोजन की व्यवस्था करनी चाहिए ताकि उनके शरीर का अस्तित्व बना रहे अर्थात् ये जीवित रह सकें । अच्छे भोजन के साथ — साथ बालक को भोजन करने के नियम बताएं। बालक भोजन चबाकर खाए, यह बात उसे अवश्य सिखाना चाहिए। बालक को बलपूर्वक उसकी इच्छा के विरुद्ध न खिलाएँ।

३) **निवास तथा वस्त्रों की व्यवस्था** — माता-पिता अपने परिवार के रहने के लिये घर की व्यवस्था करते हैं। जहाँ वे धूप, गर्मी, सर्दी व वर्षा आदि से अपनी रक्षा कर सकें तथा आराम से रहसके। घर में पर्याप्त शुद्ध वायु और सूर्य का प्रकाश आना चाहिए। मकान के पास हरियाली तथा खेलने का स्थान हो। ऋतू के अनुसार वस्त्रों का उपयोग आवश्यक है। उसी प्रकार बालको को वस्त्र पहनाएँ।

४) **स्वच्छता संबंधी ध्यान देना** — माता-पिता को बालको का व्यक्तिगत तथा सामाजिक स्वच्छता पर ध्यान देना चाहिए। बालक सोकर उठते ही शौचदि जाएँ, दाँत-मूँह साफ करे, स्नान करे, वस्त्रों की सफाई पर ध्यान दे। सफाई के महत्व के बारे में उन्हें बालको को बताना चाहिए।

इसीप्रकार माता-पिता को बालविकास के लिए सामाजिक उत्तरदायित्व, मनोवैज्ञानिक उत्तरदायित्व, आर्थिक उत्तरदायित्व की ओर भी ध्यान देना चाहिए।

**संशोधन की सिमाएँ—**

- यह संशोधन सिमित समय पर पूरा किया गया है।
- यह जानकारी दुय्यम संकलन से की गयी है।
- यह जानकारी सिमित संकल्पन द्वार ली गयी है।
- यह संकलन में कुछ त्रुटीया रह सकती है।

**शिफारस —**

- नवीन वातावरण के साथ समायोजन में सहायक।
- मानव व्यवहार को समझने में सहायक।
- बालक के व्यक्तिमत्व विकास में सहायक।
- बालको में कई मूल्यों का निर्माण करे।
- व्यवसायिक दृष्टि से सहायक हो।
- बालको का स्वस्थ विचारों वाला तथा समाज का अच्छा सदस्य बनाने में मदद हो।
- बालक को स्वयं की योग्यताओं को समझने तथा विकसित करने में सहायता हो।
- माता—पिता बालक के लालन पालन में प्रायः ऐसी स्वस्थ विधियों व पध्दतियों को अपनाने लगे हैं।

**निष्कर्ष —**

नवजात शिशुओं की देखभाल माता—पिता व परिवार की एक प्रमुख जिम्मेदारी हारी होती है। जन्म के पश्चात बालक अबोध व पराक्षित होते हैं। उन्हें हर पल ऐसे व्यक्ति की जरूरत होती है। जो उनकी सही देखरेख करे। यह दायित्व सर्वप्रथम माता को निभाना होता है। माता अपने बच्चे के साथ सहानुभूति का व्यवहार करने तथा उनकी समस्याओं को पूर्ण रूप से हल करने में सहायता प्रदान करते हैं। बालको का जीवन घटाने की जबाबदारी माता—पिता तर होती है इसलिए बालको के जडणघडणी के इस महत्वपूर्ण कालखंड में बालको से पालक का व्यवहार ऐसा होना. यानी जिसका अच्छा प्रभाव बालकोके व्यक्तिमत्व पर दिखाई देता है। बालविकास में माता—पिता की भूमिका बराबर की रही है। परंतु, दुर्भाग्यवश हमारे पुरुष—प्रधान समाज में बच्चों को पालने का अधिकांश दायित्व माता को ही सौंप दिया जाता है। बच्चों का लालन—पालन महिलाओं का कार्य माना जाता है। मेरी दृष्टि से यह सर्वदा अनुचित हैं। बालविकास का अध्ययन छात्र छात्राओं दोनों को समान रूप से करना चाहिए क्योंकि उन्हें कल पिता—माताकी महत्वपूर्ण भूमिकाएँ निभानी हैं। इसीलिए बालविकास यह केवल महिलाओं की ही भूमिका है ऐसा नहीं तो पिता कोभी यह उत्तरदायित्व स्विकारना होगा।

**संदर्भ ग्रंथ सुची**

- १) बालविकास एवं शिक्षा संदर्शिका — डॉ. प्रमिला श्रीवास्तव
- २) बालविकास तथा पारिवारिक संबंध — रमा शर्मा, एम.के. मिश्रा
- ३) मातृत्व आणि बालविकास शास्त्र — त्रिवेणी फरकाडे, सुलभा गोंगे
- ४) गृहअर्थशास्त्र मानवी विकास — डॉ. कल्पना कोरडे
- ५) शिशु परिचर्या— सुचिता श्रीवास्तव
- ६) मातृकला एवं बालविकास — अनुपम रानी





## Impact Of Ict On Library Services

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### Abstract:

Libraries and information centres play an essential role in meeting society's information needs. Information Technology (IT) in libraries is having a remarkable impact worldwide. Information Technology has brought about varieties of form of libraries and mode of disseminating information. Computers as well as other information technology have come to play prominent roles in information management. It is unthinkable that any academic library can function effectively without the appropriate use of IT. Even digital library also made effective to follow the latest technology. In the present era the world is moving towards the online acquiring knowledge of any subject. Even UGC direction contain the MOOC's important and e-contents significance. Some new terminology of technologies is introduced and some new generic application categories for future learning technologies are also proposed. It is the info-technological revolution, led by advances in information and communication technology, is re-structuring the global social economic equations-shifting from income divide to knowledge divide. There is growing awareness in LIS profession that a new vision of ICT and learning is needed that takes into account the shifts and trends that are transforming. This paper discusses some ICT based conventional new services arguing that learning, knowledge and innovation.

### INTRODUCTION :

Technological advances, and particularly the development of the internet and the World Wide Web, have changed the face of librarianship and have posed serious questions for libraries and LIS professionals. Among the more significant social and economic impacts of the World Wide Web is the increasing amount of freely available information, something that has resulted in changes to information behaviour. People have come to believe that they can find everything through the web. While general IT application tools and Integrated Library Management Systems are largely used in house keeping operations, like acquisition, cataloguing, circulation control, serials control etc; Internet has been used extensively as a resource as well as a tool to deliver the Library and Information Services (LIS).

Libraries are using the Information Technology in general and to automate a wide range of administrative and technical process, build databases, networks and provide better services to their users. The use of IT has become imperative for the efficient management of modern libraries. Library Automation is one of the major applications of IT in libraries. It is helped to change the libraries In-house activities (Acquisition, Cataloguing, Indexing, Serial control, Circulation etc.) from manual system to automation (Venkataraman, 1998). Effective use of IT in libraries increase efficiency in operations, eliminates repetitive nature of works, improves the quality and range of services, facilities easy and wider access to all kinds of information sources, facilitates faster information communication, increase moral and motivation of library staff, facilitates cooperation and resource sharing, save time, space, improves productivity and image of library (Venkataramana, 1998). Benefits of use of ICT in services can be broadly explained in terms of 4 Es, namely economy, ease, extension (or expansion) and efficiency. (Chauhan, 2004).

Libraries which were considered only as the storehouses of knowledge have got a new outlook in the modern Information Communication Technology era. The activities which were carried out manually in libraries with so much of pain and strain are being carried out smoothly with the help of ICT with greater effectiveness. Information Technology is an essential partner as it facilitates access to vast library information services to support in higher education in India. It has the potential to improve library services in several ways. The continuous improvement in information technologies helps libraries to reduce the cost of information provision, thus creating new opportunities for libraries to play their role in information provision to its end users. Information technology support library services help to find out any required information at anywhere at anytime through integrated and networked resources. Information technologies have changed the traditional library system to electronic one.

In the specific context of LIS, one of the implications of use of ICT is that Libraries can reach out globally to provide their services 24-hours a day in very cost effective manner. ICT has enabled users



to avail many services without any human intervention, the role of the role of LIS professional is changing from an intermediary to a facilitator and enabler. The ICT services have grouped into two categories as follow:

ICT Based Conventional Services ICT Based New Services

Computer and internet have made this service is very easy and useful. By computer various publishers and aggregators send table of content of electronic journals on various subjects to the wane site of users. Library disseminates its information related to newspapers through the media of internet to its users. A large number of electronic publishing sites or portals now offer current information via email to registered users.

Document delivery has always been at the heart of services offered by libraries. Document delivery needs to embrace the delivery of both print and electronic document. ICT has made the document delivery services very simple and reliable. A large number of libraries now host their up to date holdings on their website and can be searched on internet. INFLIBNET, DELNET, INDEST etc. are providing document delivery services across the country.

Through the media of computer and internet, the reference service becomes very easy because various information resources available on the internet to the users. Asynchronous tools such as email, subject gateways, FAQs, and electronic libraries and interactive tools like chat rooms, virtual reference desk, and ask-me are replacing the conventional means of post, phone or inperson reference enquiries. Ask-a-Librarian allows the user to click on ask-a- librarian link to send a formatted enquiry to the reference librarian.

Compilation of bibliographies, reading academic libraries. Browsing through the manual indexes and abstracts is a tedious and time consuming work, and does not always produce up to date result. Availability of databases in electronic form on CDROM or online, offers convenient, efficient and cost effective information retrieval. Electronic databases also provide unique search features such as searching on multiple criteria (key! word, subject, author, source, classification code, year of publication, language etc.), and variety of display formats & styles.

Resource sharing through Inter-library loan is a necessity for the libraries because no library can fulfill all the needs of its users from its collection. Access to the catalogue of partner libraries is crucial to inter-library lending. Union catalogues standardization and machine readable catalogues are aimed at promoting resource sharing Librarians can now access catalogues of thousands of libraries across the world using Internet. Developments in digital library and internet technologies have made it possible to automatically update the catalogue records from member library systems, distributed searches using a single user interface, and value added services.

The advent of computers, with their ability to process large amounts of information and output in a variety of formats has finally brought the library to the customer, in the form of Online Public Access Catalogue (OPAC). OPAC provides access to the catalogue through a computer terminal. OPAC allows searching the entire catalogue online, conveniently and quickly, using one or more search criteria. One can, for example, search by author, title, keywords, class number or one or more of these combined together . Web-OPACs are next generation of OPACs Web-enabled OPACs allow users to search library catalogues and access other services from any client at anywhere at any time. It helps libraries to overcome space and time barrier in Library Services.

#### **Background :**

The media of computer had made photocopy and reproduction of documents has become very accessible. When once printed documents are converted into digital form, then large number of copies can be reproduced.

#### **ICT BASED NEW SERVICES :**

Apart from the ICT enabled conventional services, Libraries are making use of potential of internet and computing power to provide new and innovative services. In a web enabled environment the new LIS services can be grouped into the following three categories:

Providing access to internet and internet based services

Providing access to web based resources

Providing access local or internal information resources in digital form

#### **Access to Web Based Resources :**



Electronic Journals (E-journal) can be accessed via internet from any web enabled PC. Depending on the type of subscription, one or more users can access the service simultaneously, either directly from an independent web enabled PC or in a local area network through a proxy server (IP addresses based access). Electronic journals also offer benefit of full text searching and downloading of articles. Many publishers of electronic journals offer their journals through consortia of libraries at much lower rates, INDEST (Indian Digital Library of Engineering, Science and Technology), and INFLIBNET are two such consortia operating in India.

E-Book has been described as a text analogous to a book that is in digital form to be displayed on a computer screen. E-book offer advantages like portability, 24 hours access, text search, annotation, linking, and multimedia and self-publishing possibilities. These in electronic format. Some initiatives such as Networked Digital Library of Dissertation and Theses (NDLTD) in development of web based union catalogues of ETDs submitted over 100 libraries throughout the world are worth mentioning.

#### Access to Resources in Digital Form :

Digital Library and Institutional Repository- Creating a digital library is the latest phenomenon being observed and advocated by the group of librarians, especially the librarians working in the academic environment. Such Institutional repository is the marquee of an institution to the world, where institution displays its worthwhile research programmes, projects, and initiatives to the broad spectrum of audience in the world. An institution outreaches its findings that in turn encourage other institutions and organizations to collaborate and to share their knowledge, expertise and skills.

#### CONCLUSIONS :

Information and Communication Technology (ICT) has brought unprecedented changes and transformation to academic library and information services. Conventional LIS such as OPAC, users services, reference services, bibliographic services, current awareness services, Document delivery, interlibrary loan etc. can be provided more efficiently and effectively using ICT, as they offer convenient time, place, cost effectiveness, faster and most-up-to-date dissemination and end users involvement in the library and information services process. Development in information and communication technology has resulted in the emergence of open access institutional repository which is a digital archive for the preservation and dissemination of institutional research outputs. Institutional repositories make possible wide dissemination of research outputs by the mean of the internet. The growth of open access institutional repositories has been very remarkable in many developed countries. With the advancement in information technology, there have been a lot of changes in the concept of traditional library work as well as service. The library movement in India is rapidly increasing and the traditional libraries are now on their way to digitization in a phased manner. The implications for the ICT revolution, and consequently for ICT enabled learning as one of the key applications for the development of the information society, are promising.

It has also given an account of the role of ICT enabled learning in addressing some of the challenges. Most learning programs and education and training institutions are currently organised, understandably, according to the characteristics and needs of late industrial societies.

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## Important Roles of Women in Child Development

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### Introduction

The woman performs the role of wife, partner, organizer, administrator, director, re-creator, disburser, economist, mother, disciplinarian, teacher, health officer, artist and queen in the family at the same time. Apart from it, woman plays a key role in the socio-economic development of the society.

Mothers play a critical role in the family, which is a powerful force for social cohesion and integration. The mother-child relationship is vital for the healthy development of children. And mothers are not only caregivers; they are also breadwinners for their families. The early years of a child's life are very important for his or her health and development. Healthy development means that children of all abilities, including those with special health care needs, are able to grow up where their social, emotional and educational needs are met. Having a safe and loving home and spending time with family—playing, singing, reading, and talking—are very important. Proper nutrition, exercise, and sleep also can make a big difference.

Women are the primary caretakers of children and elders in every country of the world. International studies demonstrate that when the economy and political organization of a society change, women take the lead in helping the family adjust to new realities and challenges. They are likely to be the prime initiator of outside assistance, and play an important role in facilitating (or hindering) changes in family life. The traditional social role of women is that of the lady of the house, taking care of the family, being focused on children and their happiness.

### The importance of child development

The first three years after birth are one of rapid growth and development, as a child's brain creates complex neural pathways at an unprecedented speed. By age six, the brain has developed to 90% of its adult size, as children continue to absorb a staggering amount of information from their experiences and environment. These early experiences, both good and bad, lay the foundation for a child's future survival, growth, health and wellbeing. Research has consistently shown that good early childhood development will have a direct positive impact on a child's long-term health outcomes and will improve future opportunities, school attainment and even earning potential. Particularly important is the impact of this period on a child's emotional and social development, which is vital for their future confidence, communication, relationships, community inclusion and mental health.

Early childhood development is a period of great opportunity, but also one of great vulnerability. Many children cannot realize their full potential because of adverse conditions in their environment. For example, evidence from research showed that children who receive little sensory stimulation in their rural homes are vulnerable to stunting, low-weight and decreased psychomotor development. Factors like inadequate nutrition, environmental toxins, unstable caregiving, limited stimulation and stress can all negatively impact on a child's development. Children living in poverty and fragile living conditions, such as war or displacement, are particularly vulnerable to inadequate development. These adverse childhood experiences may also cluster and be compounded over time. For instance, a child



living in poverty is more likely to experience stress, malnutrition and unstable caregiving, all of which negatively impact on child development.

Adverse effects to child development in the first years of life can have life-long consequences and can negatively impact on school readiness and learning potential, mental and physical health as an adult, resilience to stress and resolving conflict, as well as depleted family resources and inter-generational poverty. However, recovery is possible with appropriate intervention and support. Investment in child development policies and programmes will result in long-term returns, as children with adequate support in their early years are healthier, better educated and more likely to contribute to society and the global economy.

### **Important of Women in Child Development**

Being a mother is one of the most important roles a woman can ever play. Mothers play a huge role in their children's lives, caring for them, loving them, teaching them, and so much more.

Children thrive when they have a secure and positive relationship with people, especially their parents. Studies have shown that early childhood is a period in which developmentally, a child is learning a lot from their surrounding and the people around them. This is the child's window of learning which will impact their growing years. Therefore, as the main presence in a child's life at this point, a mother's relationship with her child is crucial. A mother plays multiple roles in a child's development, as she is a teacher in every aspect of a child's developmental growth – social emotional, physical, cognitive and independence.

It is the mother in the family who most often urges children of both genders to attend – and stay – in school. The role of women is at the front end of the chain of improvements leading to the families, the community's long-term capacity.

Women and Children constitute a larger segment of society and have an equal contribution to the nation-building process. Women and children development constitute around 70% of India's total population and are the core pillars for national development – today and for the future generations. Children are the building blocks of our future generation. It is important that they are well nurtured and given every opportunity for growth and development in a safe and sustainable environment.

It is important to understand why women are so important in families and how they shape society. Having a motherly figure in your child's life, which can pertain to not only a mom, but can be a grandma, aunt, etc., can significantly influence a child's growth and development. Women have an essential role to play when it comes to boosting a child's development.

There is not a perfect way to be a mother. Some mother figures do not have partners, and others live with friends, conventional family structures, etc. All of these situations are valid and will shape the child differently. No matter what the environment and family dynamic may look like, the only important thing, and generally the same, is the love shown and expressed for their child.

One of the most critical roles in a family a female member plays is the role of nurturer. When a mother nurtures a child, the child learns to be loving and to understand goodness. Because of this affection and love, we learn to love, as well as share the love. This is not to say that male family members do not possess this trait, but it is typically a female counterpart. This is a crucial role that mothers and motherly figures play in the lives of their children.

Not only do Mothers play an essential role in individual children's lives, but they also play a vital role in daily family life. The functions in a home are not always straightforward, but women tend to be more of the home's heart. Women are known to manage responsibility for the daily chores and are often the ones to smooth conflict, plan family events, and keep the family together during hard times. Of course, male family members can do this as well, and



many do have the nurturing side in the family, but male figures tend to lead new adventures for the family. This role is just as essential for children.

Mothers also play an important role in coordinating responsibilities. Genetically, women have a more peacekeeping mindset, setting up chores and other responsibilities fairly. Mothers often do this well and may help smooth out any disagreements that occur while running the daily home.

It is without a doubt that women in families deserve all the love for risking their lives in childbirth, providing the basics, raising children through difficult times, and for the constant love and guidance. Women have a divine role in their family's lives and in society and around the world.

A mother can greatly influence child's growth and development. She has an extremely important role to play when it comes to boosting child's development. Read on to learn about the 10 important roles of a mother in child development.

### **Important Roles and Responsibilities of Mothers**

Have a quick look at the important roles and responsibilities of mothers in child development.

#### **1. Strongest Emotional Bond with the Child**

A mother is the first one to know and connect with her child. Even after birth mother is the first care-giver to her children. The way they interact with child during the early months and years leave a deep impact on child. It will get reflected in the social and emotional setting of child in later years.

#### **2. Giving Proper Environment for Right Development**

Mothers are responsible for the environment that a child gets from the very beginning. Giving apt space for movement, creativity and play offers right environment for child development.

#### **3. Child's Behavioral Development**

A mother knows her child more than anyone else. Therefore, child's behavioral development is closely observed her. Observing child and listening to her voice gives mother an impression of what is going on inside her.

#### **4. Instils Trust and Security**

Mothers can teach children how to trust and be trustworthy. Once this is understood by child, she will be confident and emotionally secure. Be around your children when they need you and help them become better. Your unconditional love and support will help them improve their selves.

#### **5. Family Bonding**

A mother helps her child learn about the importance of family as she is the back bone of the family and holds everyone together. Have family meals together and encourage your child to spend time with family members.

#### **6. Be kind, Loving and Caring**

If you are kind, loving and caring to your child in daily activities, it will automatically teach her to be the same kind of person when she grows. Your behavior towards your child has a lasting impact on her development not only when she is a child, but after she grows up as well.

#### **7. Be Thoughtful and Sensitive**

When you understand and respond properly the way your child is thinking, your child will grow up to be a sensitive person. She will be able to understand other person's perspective also. This will be very helpful in maintaining relationships.

#### **8. Positive Attitude**



Since a mother is soft and handles things in a positiveway, it teaches the child that no matter whether life is tough, it can be handled in a better way. You can discuss the problems with your children and explain how you are going to tackle it.

### **9. Role of Routine and Discipline in Life**

Since a mother helps a child maintain a regular set of pattern in early days, it conveys a message that things can be managed easily and comfortably by following a routine.

### **10. Hard Work**

A child learns to work hard from her mother. On the other hand your child might see that at the end of the day you get tired but if you explain the pleasure and satisfaction that you get from working hard, the right message will be delivered.

A mother supports and helps her child in improving herself throughout her life. Role of a mother greatly influences child's overall development and well-being.

Parents' life change when their child arrives. A mother has to look after each need of her child and take care of everything related to her. Although, all mothers are aware of their duties, it can become easier for mothers if they understand their roles and responsibilities thoroughly.

Becoming a mother changes entire life and lifestyle as well. Right from the time you become pregnant you have to undergo different types of challenges and surprises. Knowingly or unknowingly you constantly do a lot of things for your child.

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## महिला और हिंसा

प्रा.डॉ.फरहाना आझमी

उर्दू विभाग प्रमुख मुंगसाजी महाराज महाविद्यालय, दारव्हा जि.यवतमाळ

**प्रस्तावना** :- किसी भी समाज व्यवस्था में महिलाओं को महत्वपूर्ण स्थान प्राप्त है। यह समाज और राष्ट्र के निर्माण में महिलाओं का योगदान पुरुषों के समान होता है। यह महिला जगत जननी है, वह सारे विश्व का पालनपोषण करती है परंतु प्राचीन काल से उसकी नींदा ही की जाती है। यह इस पुरुष सत्ताक समाज ने महिलाओं को अपने समकक्ष अधिकार नहीं दिए। महिला का दायरा घर और बच्चों तक सिमित रखा गया। जीवन के हर एक क्षेत्र में उसमें साथ भेदभाव होता रहा है। यह महिलाओं के साथ अभद्र व्यवहार छेड़छाड़, घरों, सड़कों बगीचों कार्यालयों सभी स्थानों पर देखा जा सकता है। महिला हिंसा आम बात बन गई है। यह न्यूज पेपर और न्यूज चैनलों पर महिला हिंसा की घटनाएँ हर दिन दिखाई जाती हैं। यह बलात्कार, दहेज, उत्पीड़न, हत्या आदि के मागले प्रकाश में आते हैं। यह महिलाओं का अपहरण करके उनको वैष्या व्यवसाय के लिए बाध्य करना जलाकर मार देना, एवं शारीरिक और मानसिक यातनाएँ देकर हिंसा करना सामान्य सी बात हो गई है। यह सरकार द्वारा महिला हिंसा रोकने लिए प्रयास किए जा रहे हैं। यह भारत के संविधान में महिला एवं पुरुष दोनों को समान रूप से अधिकार की गारंटी दी गई है। यह कानून के सामने सभी बराबर हैं। यह किसी महिला के साथ पर भेदभाव नहीं किया जा सकता। सरकार द्वारा महिला हिंसा रोकने के लिए प्रयास करने के बाद भी महिलाओं पर होनेवाली हिंसा कम नहीं हो रही है। यह हमारे देश में प्राचीन काल महिला को शक्ति के रूप में पुजा जाता है। लक्ष्मी, सरस्वती, दुर्गा, आदि देवताओं के रूप में हमारा समाज नारी को पुजता है। लेकिन आज भी बड़ी संख्या में कन्या जन्म से पहले उसकी हत्या की जा रही है। हमारे अभ्य समाज में महिला हिंसा पर रोकना एक बड़ी चुनौती है। इस लेख में हम महिला हिंसा की कारण मीमांसा और वह रोकने के लिए सरकार द्वारा किए जा रहे उपायों की चर्चा करेंगे।

### महिला हिंसा परिभाषा

महिलाओं के निकट रिश्तेदारों जैसे माता पिता भाई बहन सास ससुर या परिवार के किसी भी सदस्य द्वारा अथवा अन्य व्यक्तियों द्वारा जो हिंसात्मक व्यवहार किया जाता है उसे महिला हिंसा कहा जाता है। यह महिला हिंसा के कारण महिलाओं पर शारीरिक और मानसिक आघात पहुँचता है। यह हमारे देश में महिला हिंसा हमेशा से चर्चा का विषय रहा है। यह पिछले दशक से हमारे यहाँ महिला हिंसा में बढ़ोतरी हुई है। घरेलू हिंसा तो हमारे यहाँ सदैव होती है। दहेज प्रताड़ना और दहेज के लिए ससुराल वालों द्वारा शादी भुदा महिला पर हिंसा की जाती है। यह हिंसा के कारण महिलाओं को हमारे संविधान द्वारा प्रदान किए गए मानव अधिकार का हनन हो रहा है। इसलिए हमारे देश की महिलाएँ अपने आप को असुरक्षित महसूस करती हैं। यह महिला हिंसा रोकने के लिए सरकार द्वारा अनेक कानून बनाए गए हैं, लेकिन यह कानून भी महिला हिंसा रोकने में नाकामयाब हो रहे हैं। यह महिला हिंसा पर हमारे समाज को आत्मचिंतन करने की आवश्यकता है।

### महिला हिंसा के कारण

महिला हिंसा के लिए निम्नलिखित कारण जिम्मेदार हैं —

१ **पुरुष प्रधान समाज** : हमारे देश में ही नहीं अपितु सारे विश्व में पुरुष प्रधान पद्धत अस्तित्व है। यह हमारे देश में प्राचीन काल से महिला पुरुषों के संरक्षण में रहती आई है। यह इस पुरुष मानसिकता के कारण पुरुषों द्वारा महिलाओं पर अत्याचार किए जाते हैं। यह पुरुष प्रधानता यह महिला हिंसा के कारणों में महत्वपूर्ण कारण है।





२ **पुरूशो पर निर्भरता** : महिलाएँ जन्म से मृत्यु तक पुरूशो पर निर्भर रहती है आर्थिक दृष्टीसे महिलाएँ पुरूशो पर निर्भर होने के कारण वह पुरूशी सत्ता और अहंकार को बर्दाष्ट करती है द्य जीवनभर पुरूशो पर निर्भर रहने के कारण महिलाओं का जीवन भय और आषंकाओ से भरा रहता है द्य

३ **अषिक्षा** : महिला हिंसा के लिए महिलाओ मे षिक्षा का अभाव होना है द्य महिलाओं के षिक्षा की और ध्यान नही दिया जाता, आजभी उच्च षिक्षा के क्षेत्र मे महिलाओं से ज्यादा पुरूशो को महत्व दिया जाता द्य षिक्षा पाप्त करने के बाद महिला अपने कदमो पर खडी रह सकती है और किसी भी चुनोतीयों का मुकाबला कर सकती है अषिक्षा के कारण वह अपने अधिकारो से वंचित रह जाती है जिस के कारण वह हिंसा की बली चढ जाती है द्य

४ **संचार माध्यमो व्दारा नारी दर्षन** : महिला हिंसा का कारण संचार माध्यम भी है द्य संचार माध्यमो व्दारा महिला की छवी गलत ढग से दिखाई जाती है जिसका बुरा प्रभाव समाज पर पडता है महिलाओ की गलत छवी प्रदर्षित करने के कारण महिला हिंसा को प्रोत्साहन मिलता है द्य

५ **समाज मे प्रचलित कुप्रथाएँ** : हमारे समाज मे आज भी बहुत सारी कुप्रथाएँ आस्तित्व मे है जिसके कारण महिला हिंसा को प्रोत्साहन मिलता है आज भी हमारे समाज मे बाल विवाह पडदा पध्दती देवदासी आदी कुप्रथाए प्रचलित है द्य यह कुप्रथाए महिलाओ के सम्मान पर आघात करती है और इन कुप्रथाओ के कारण महिला हिंसा को बल मिलता है द्य

६ **न्याय मे देरी** : महिला के मामले मे न्यायालय व्दारा न्याय देने मे विलंब या देरी होती है द्य न्यायालय मे मामलो का कई सालो तक खिचते रहना द्य कानुनी प्रक्रीया मे बहुत समय लगाना एवं बहुत ही कम मामलो मे अपराधी को को सजा मिलना यह सभी ऐसे मामलो मे है जो अपराधी को महिला हिंसा के लिए प्रोत्साहीत करते है द्य

७ **महिला अधिकार कानुनो के बारे मे जागरूकता का अभाव** : महिलाओ मे दहेज पताडना, यौन हिंसा, घरेलू हिंसा, वैवाहिक बलात्कार और हिंसा के खिलाफ सक्त कारवाई करने वाले कानुनो के बारे मे जागरूकता की कमी है द्य

ठसलिए वह हिंसा का षिकार बनती है द्य

८ **पुलीस व्दारा असंवेदनशील व्यवहार** : पुलीस महिलाओ की षिकायत दर्ज नही करती खास तौर से तब जब वह किसी षक्तिषाली समुदाय के किसी षक्तिषाली व्यक्तीद्वारा सताई गई हो द्य पुलीस विभाग घरेलू हिंसा के मामले को गभीरता से नही लेता, हमेषा महिला को दोश दिया जाता है कई बार पुलीस षिकायत दर्ज कराने वाली महिलाओं को ही तंग करने लगते है द्य

### महिला हिंसा के प्रकार

महिला हिंसा के निम्नखिखित प्रकार है

१. **बलात्कार** : बलात्कार महिला हिंसा का एक घिनोना प्रकार है द्यमहिला के इच्छा के विरूध्द उसके साथ लैंगिक अत्याचार किया जाता है द्य सामुहिक बलात्कार महिलाओं के षारिरिक और मानसीक भावनाओ को ठेस पहुचाता है द्य बलात्कार के लिए भारतीय कानून मे कठोर षिक्षा का प्रावधान किया गया है द्य

२. **दहेज उत्पीडन** : महिला हिंसा के लिए हमारे समाज में प्रचलीत दहेज प्रथा जिम्मेदार है द्य विवाह के समय लडकेवाले लडकी वालो से दहेज की मांग करते है द्य दहेज ना मिलने पर विवाहीता का उत्पीडन किया जाता है द्य इस हिंसा मे पुरूश के परीवार के सभी सदस्य षामील रहते है, द्य कभी कभी दहेज के कारण उस मासूम नारी की हत्या भी की जाती है दहेज प्रथा रोकेन के लिए हमारे यहाँ कठोर कानून बनाया है द्य

३. **कन्या भ्रूण हत्या** : भारतीय समाज पुरूश प्रधान होने के कारा महिलाओं को हमेषा हेयदृष्टी से देखा जाता है इसलिए बालीका को जन्म लेने से पूर्व ही भ्रूण की हत्या कर दी जाती है द्य भ्रूण हत्या रोकेन के लिए १९९४ मे गर्भधारणा पूर्व और प्रसव पूर्व निदान तकनीक अधिनियम पारीत किया गया है द्य

४. **घरेलू हिंसा** : आज महिलाएँ सबसे ज्यादा घरेलू हिंसा कि षिकार हो रही है द्य महिला का अपने निकटतम रिष्तेदारो द्वारा, जैसे पती, सास, ससूर, नणंद या अन्य रिष्तेदारो द्वारा महिला पर



षारीरीक और मानसिक अत्याचार किया जाता है द्य घरेलू हिंसा आज हमारे समाज का एक अभिन्न अंग बन गई है द्य षिक्षित या अषिक्षित निर्धर या गरीब इन सभी मे घरेलू हिंसा हो रही है द्य घरेलू हिंसा से महिलाओं की सुरक्षा के लिए २००५ मे घरेलू हिंसा महिला संरक्षण अधिनियम पारीत किया गया द्य

### महिला हिंसा के रूप

१. **षारीरीक हिंसा** : थप्पड मारना, दांत काट लेना, बाल खिंचना, मारना, मुक्क मारना, हड्डी तोडना, चोट पहुँचाना, तेजाब से हमला करन, गला घोटना और प्रताडना के कारण गर्भावस्था की जटीलता
२. **यौन हिंसा** : यौन हिंसा जैसे बलात्कार या बलात्कार की कोषीष, जबरन यौन संपर्क करना, पिछा करता, छेडछाड करना, यौन कार्य के लिए खरीद फरोख्त करना, जबरन विवाह या बालविवाह करना कार्यस्थल पर
४. **यौन उत्पीडन करना** , परिवार नियोजन के साधन का प्रयोग करने से रोकना, परिवार के अन्य सदस्यों द्वारा यौन प्रयास करना द्य
५. आर्थिक हिंसा महिला को भोजन, कपडा, षिक्षा और स्वास्थ देखभाल से वंचित रखना, पुष्टेनी संपत्ती और पैसो से जूडे अधिकार न देना काम करने से रोकना, मुफत मे काम कराना आदी
६. **भावनात्क हिंसा** : उपेक्षा, मानसीक, आघात, मार डालने की धमकी देना, अकेले रखना, षक करना, गाली गलौच व ताने, हर काम में कमीयाँ निकालना महिला को सार्वजनीक रूपसे या अकेले में अपमानित करना

### महिलाओं के लिए योजनाएँ

हिंसा पिडीत महिलाओं की मदद के लिए केंद्र सरकार के महिला एवं बालविकास मंत्रालय द्वारा निम्नलिखित योजनाएँ कार्यान्वीत किए गये है आपात स्थिती मे महिला को इन योजनाओं के माध्यम से तुरंत सहायता करने का उददेश है ये योजनाएँ निम्नलिखित है –

१. **महिला षक्ती केंद्र योजना** : सामुहिक भागीदारी के माध्यम से ग्रामीण महिलाओं को सषक्त बनाने के लिए महिला षक्ती केंद्र योजना की षुरवात की गई द्य
२. **वन स्टॉप सेंटर** : हिंसा प्रभावित महिलाओं को पता नही होता की सहायता के लिए कहां जाए, उनकी मदद के लिए १ अप्रेल २०१९ से पूरे देश मे बन स्टॉप सेटर स्थापित किए गए, यह योजना सखी सेंटर के नाम से लोकप्रिय बन गई है द्य हिंसा से प्रभावित महिलाओ की पुलीस चिकित्सा, कानूनी, मनोवैज्ञानिक सहायता के लिए यह योजना कारगर साबित हुई है द्य
३. **महिला हेल्प लाईन** : १ अप्रेल २०१५ से लागू की गई, हिंसा से प्रभावित महिलाओं के लिए आपात काल मे हेल्प लाईन नंबर १८१ उपलब्ध कराया गया है द्य ये हेल्प लाईन नंबर पूरे देश मे कार्यान्वीत होगी और २४ घंटे काम करती रहेगी द्य
४. **महिला पुलीस वालंटियर्स** : गृह मंत्रालय के सहयोग से यह योजना कार्यान्वीत की गई है द्य इसका उददेश महिला पुलीस वालंटियर्स तैयार करना है महिला पुलीस वालंटियर्स महिला हिंसा से लडने के लिए और महिला हिंसा की रिपोट करने के लिए जनता – पुलीस इंटरफेस के रूप मे कार्य करती है द्य
५. **सखी डॅष बोर्ड** : सखी डॅष बोर्ड एक ऑनलाईन एमआईएस प्लॅटफॉर्म है जिसे सखी बन स्टॉप सेंटरो, १८१ महिला हेल्पलाईनो और महिला पुलीस वालंटियरो मे संपर्क करने वाली हिंसा पिडीत महिलाओं के मामलो की रियल टाइम जानकारी प्राप्त करने और प्रबंधन के लिए अक्टूबर २०१९ मे कार्यान्वीत की गई द्य

### महिला हिंसा रोकने के लिए संविधानिक और कानूनी प्रावधान

हमारे देश मे महिला मानव अधिकार की रक्षा करने के लिए निम्नलिखित संविधानिक और कानूनी प्रावधान किए गए है द्य –

#### अ. संविधानिक प्रावधान



१. अनुच्छेद १४ : इस अनुच्छेद में स्पष्ट प्रावधान है कि कानून के समक्ष सभी समान हैं और सभी को कानून द्वारा समान सुरक्षा और संरक्षण प्राप्त होगा।
२. अनुच्छेद १५ : इस अनुच्छेद में यह प्रावधान है कि राज्य किसी भी नागरिक के विरुद्ध किसी आधार पर भेदभाव नहीं करेगा और राज्य किसी नागरिक के साथ धर्म, लिंग, प्रजाति, जन्मस्थान, भाषा आदि के आधार पर भेदभाव नहीं करेगा।
३. अनुच्छेद १६ : राज्य के अधिन किसी रोजगार या नियुक्ति में नागरिकों के लिंग, आयु, जाति, धर्म, वंश आदि के आधार पर अयोग्य घोषित नहीं करेगा।
४. अनुच्छेद २१ : यह अनुच्छेद प्राण, दैहिक स्वतंत्रता और संरक्षण के अधिकार की व्यवस्था करता है और यह अधिकार स्त्री — पुरुष को समान संरक्षण देता है।
५. अनुच्छेद २३ : यह अनुच्छेद मानव व्यापार, महिलाओं का अनैतिक देह व्यापार, बेगार या अन्य प्रकार की बन्धुआ मजदूरी को निषेध घोषित करता है।
६. अनुच्छेद ३९ : स्त्री और पुरुष को समान रूप से उपजीविका के पर्याप्त साधन प्राप्त करने का अधिकार है।
७. अनुच्छेद ३९ अ : स्त्री और पुरुष कर्मचारी के स्वास्थ्य और शक्ति का दुरुपयोग न हो, इसकी व्यवस्था करता है और स्त्री यो के लिए प्रसूती काल में अवकाश की व्यवस्था है।
८. अनुच्छेद ४२ : इस अनुच्छेद में गर्भवती और दूध पिलाने वाली महिलाओं के हितों की रक्षा करने का प्रावधान है।
९. अनुच्छेद ५१ : संविधान के निती निर्देशक तत्वों में महिलाओं के अधिकार सुनिश्चित किए गए हैं।
१०. अनुच्छेद ३२५, ३२६ : निर्वाचन में महिला और पुरुषों को समान रूप से मत देने का और चुने जाने का अधिकार है।

#### ब. कानूनी प्रावधान

- १ सती प्रथा निषेध १८२९ अधिनियम तथा सती प्रथा निवारण अधिनियम १९८७ : भारतीय समाज में प्रचलित सती प्रथा समाप्त करने के लिए यह कानून बनाए गए हैं और इन अधिनियमों द्वारा सती होने अथवा सती होने के लिए बाध्य करने वालों के लिए कारावास तथा जर्मनी की सजा का प्रावधान है।
- २ विधवा पुनर्विवाह अधिनियम १८५६ : इस अधिनियम द्वारा विधवा स्त्री को पुनर्विवाह करने का अधिकार प्रदान किया गया।
- ३ बालविवाह निषेध अधिनियम १९२९, १९७६ : १९२९ के बालविवाह निषेध अधिनियम द्वारा बाल विवाह पूर्णतः निषिद्ध किया गया १९७६ के अधिनियम द्वारा लड़के के विवाह के लिए लड़के की आयु २१ वर्ष और लड़की की आयु १८ वर्ष की गई।
- ४ चलचित्र अधिनियम १९५२ : इस अधिनियम द्वारा सेंसर बोर्ड की स्थापना की गई, सेंसर बोर्ड फिल्मों में महिलाओं की मर्यादा भंग होने पर रोक लगाएगा।
- ५ विशेष विवाह अधिनियम १९५४ : आंतरजातीय तथा आंतरधर्मिय विवाह करने के उपरान्त महिलाओं को पैतृक संपत्ति में उत्तराधिकार प्रदान किया गया है।
- ६ हिन्दू विवाह अधिनियम १९५५ : यह कानून पति के परस्त्री गमन, २ वर्ष तक पत्नी से अलग रहना, शारीरिक, मानसिक, अत्याचार सात वर्ष से लापता होना, असाध्य रोग का शिकार होना आदि परिस्थिति में महिला को पति से तलाक लेने का अधिकार प्रदान करता है।
- ७ १९५६ के अधिनियम : द्वारा हिन्दू स्त्रियों को सम्पत्ति में अधिकार प्रदान किया और मृत पति के सम्पत्ति पर उसका अधिकार होगा इस अधिनियम में २००५ में संशोधन कर महिलाओं को सम्पत्ति में समान अधिकार दिया गया है।



८ दहेज निवारण अधिनियम १९६१, संशोधित अधिनियम १९८६ और २००७ : इस अधिनियम के अंतर्गत दहेज लेना और देना एक दंडणीय अपराध किया गया दहेज मृत्यू के लिए ७ वर्ष से आजीवन कारावास का प्रावधान किया गया द

९ १९७६ के समान पारीश्रमिक अधिनियम : द्वारा महिला और पुरुष को समान काम के के लिए समान वेतन देने का प्रावधान किया गया द

१० ७३ और ७४ वा संविधान संशोधन : द्वारा महिलाओं को ग्रामपंचायत, नगरनिगम, पंचायत समिती, जिल्हा परिशद, और महानगर निगम, मे ३३ प्रतिषत आरक्षण का प्रावधान किया गया द

११ कन्या भ्रण हत्या पर रोक लगाने के लिए १९९४ मे गर्भधारणा पूर्व और प्रसव पूर्व निदान तकनीक अधिनियम पारीत किया गया द

१२ घरेलू हिंसा से महिलाओं की सुरक्षा के लिए २००५ मे घरेलू हिंसा महिला संरक्षण अधिनियम पारीत किया गया द

१३ महिलाओं का कार्यस्थल पर लैंगिक उत्पीडन अधिनियम २०१३ द्वारा महिलाओं को सुरक्षा प्रदान की गई द

**उपसंहार :** महिला हिंसा एक गभीर समस्या है, जो भारत ही नही पूरे विश्व मे महिलाओं को प्रभावित करती है द इसकी जडे सामाजिक ढाँचोमे है और समाज के सभी वर्गोमे फैली हुई है द हर आयू, धर्म, वर्ग, सांस्कृतीक, जाती, इलाके और पैक्षिक स्तर की महिला इससे प्रभावित होती है द महिलाओं के साथ भेदभाव का चक्र उनके जन्म से पहले ही शुरू हो जाता है, जहाँ लडकीयो के मुकाबले लडको को ज्यादा महत्व दिया जाता है द यह भेदभाव और असमान सामाजिक दर्जा महिलाओं पर होने वाली हिंसा के मुल कारण है द इसलिए सरकार के प्रयासोके साथ समाज को भी महिला हिंसा को रोखने के लिए संगटीत होना पडेगा द किसी भी प्रगत राश्ट के लिए स्त्री पुरुष दोनो को समान अधिकार और महत्व प्राप्त होना आवष्यक होता है दअगर हमे महिला हिंसासे मुक्त भारत बनाना है तो समय आ चुका है कि हम एक राश्ट के रूप मे सामूहिक तौर पर काम करना शुरू करे द

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