

Bharatiya Seva Sadan's



Smt. Radhadevi Goenka College For Women, Akola

(Affiliated to SGB Amravati University, Amravati)

Reaccredited by NAAC, "A" Grade with CGPA 3.07 (Certified Minority Institution)



AQAR 2023-24

Criterion III

3.3.3 Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during year



Bharatiya Seva Sadan's

Smt. Radhadevi Goenka College For Women, Akola

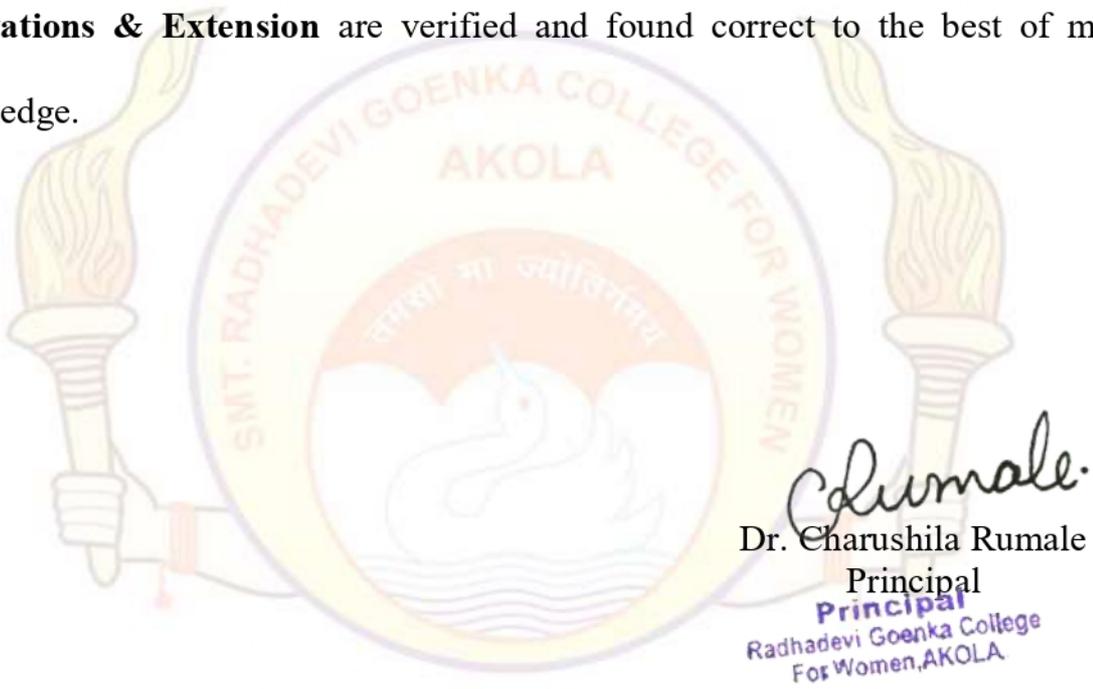
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CERTIFICATE

This is to certify that the documents attached in **Criterion III Research Innovations & Extension** are verified and found correct to the best of my knowledge.



Charushila Rumale
Dr. Charushila Rumale
Principal
Radhadevi Goenka College
For Women, AKOLA



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CRITERION III: RESEARCH, INNOVATIONS AND EXTENSION Metric:

3.3.3 Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during the year

Sr. No.	Name of the Department	Number of Research Papers Published in Journal
1	Marathi	02
2	Hindi	02
3	Music	01
4	Home Science	03
5	Commerce	06
6	Library	01
7	Physical Education	02
	Total	17

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Dr. Charushila Rumale
Principal
Radhadevi Goenka College
For Women, AKOLA

3.3.3 Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during year

Sl. No.	Name of the teacher	Title of the book/chapters published	Title of the paper	Title of the proceedings of the conference	Name of the conference	National / International	Year of publication	ISBN/IS SN number of the proceeding	Affiliating Institute at the time of publication	Name of the publisher
Department of Marathi										
1	Dr. Charushila Rumale	Recent Trends in Education	Sawarkar Yanchya Sahityakrutiche Wadnmyain Parikshan	Na	Na	National	2024	978-81-963340-8-6	Smt RDG College for Women Akola	Eagle Leap Publishers
2	Dr S. R Ingole	May Marathi	Aamuchi Maymarathi	Na	Na	National	2024	978-93-91689-78-0	Smt RDG College for Women Akola	Aaruna Prakashan Latur
Department of Hindi										
3	Dr Nibha Upadhya	Abhay	Na	NA	NA	National	2024	978-93-93673-46-6	Smt. Radhadevi Goenka College for Women, Akola	Raghav Publishers Nagpur
4	Dr Nibha Upadhya	Lokjivan Me Shri Ram Katha	Vartaman Pariprekshame Shri Ramkatha Ki Prasangikta	NA	NA	National	2024	978-81-969338-5-2	Smt. Radhadevi Goenka College for Women, Akola	JTS Publication Delhi

Department of Music										
5	Dr Vivek Chapke	Anant Prabha	A Musical Social Reformer	NA	NA	National	2023	978-93-92803-32-1	Smt. Radhadevi Goenka College for Women, Akola	Bookgan ga Publicati on Pune
Department of Home Science										
6	Dr Sonal Kame	Best Practices Quality Enhancement in Higher Education Institutions	Quality Enhancement in Higher Education	Best Practices Quality Enhanceme nt in Higher Education Institutions	NAAC Sponsored National Seminar	National	2023	978-9517-557-7	Smt. Radhadevi Goenka College for Women, Akola	
7	Dr Sonal Kame	Prosopography of our beloved Mataji..	NA	NA	NA	National	2024	978-93-6076-015-1	Smt. Radhadevi Goenka College for Women, Akola	Sai Offset Akola
8	Dr Sonal Kame	All about local food	NA	NA	NA	National	2024	978-93-5857-375-6	Smt. Radhadevi Goenka College for Women, Akola	Nitya Publicati ons Bhopal
Department of Commerce										
9	Dr A B Pande	Banking and Insurance Services	NA	NA	NA	National	2024	978-81-965857-0-9	Smt. Radhadevi Goenka College for	Eagle Leap Publishe rs

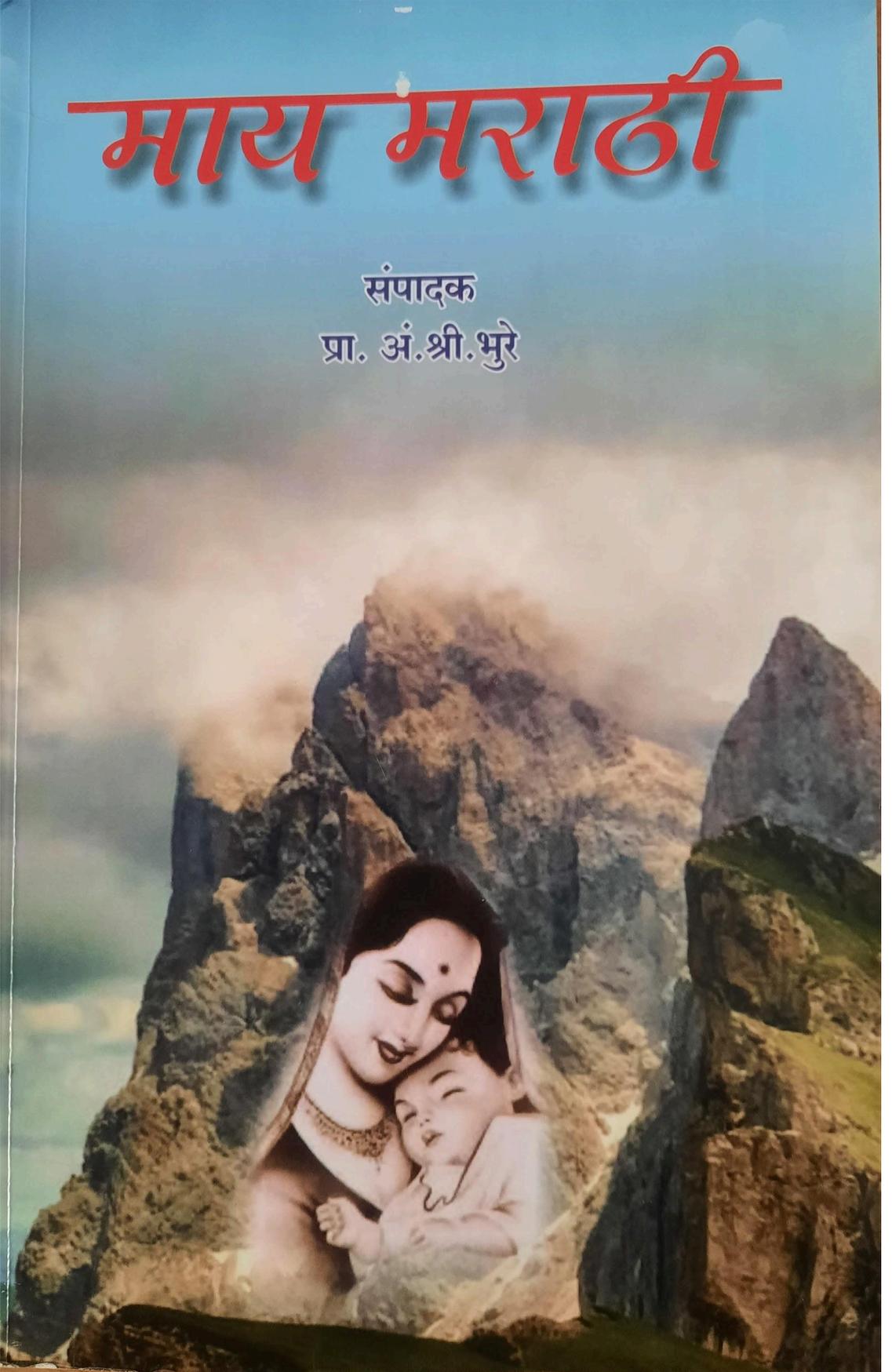
									Women, Akola	
10	Dr A B Pande	Recent Trends in Commerce Management and Economics	Sustainable Development and Managemnet: A Holistic Approach for a Better Future	NA	NA	National	2023	978-81- 965543- 4-7	Smt. Radhadevi Goenka College for Women, Akola	Eagle Leap Publishe rs
11	Dr A B Pande & Dr Rupa Gupta	Recent Trends in Education	NA	NA	NA	National	2024	978-81- 963340- 8-6	Smt. Radhadevi Goenka College for Women, Akola	Eagle Leap Publishe rs
12	Dr A G Sharma	Basics of Marketing	NA	NA	NA	National	2024	978- 81193430 89	Smt. Radhadevi Goenka College for Women, Akola	ABD Publishe rs
13	Dr A G Sharma	Recent Trends in Commerce Management and Economics	Human Resource Management in Digital Era	NA	NA	National	2024	978-81- 965543- 4-7	Smt. Radhadevi Goenka College for Women, Akola	Eagle Leap Publishe rs
14	Dr Rupa Gupta	Recent Trends in Commerce Management and Economics	Digital Entrepreneursh ip: Opportunities and Challenges	NA	NA	National	2024	978-81- 965543- 4-7	Smt. Radhadevi Goenka College for Women, Akola	Eagle Leap Publishe rs

Department of Library										
15	Dr R G Baheti	Recent Advancements in Science and Technology	Role of Academic Library Professionals in Electronic Teaching – Learning Era	Recent Advancements in Science and Technology	UGC Sponsored	National	2024	978-81-19931-25-5	Smt. Radhadevi Goenka College for Women, Akola	Sai Jyoti Publication
Department of Physical Education										
16	Lt. S P Mendhe	Health Lifestyle Management and Yoga	NA	NA	NA	National	2023		Smt. Radhadevi Goenka College for Women, Akola	AG Publishing House
17	Lt. S P Mendhe	Physical Education and Sports	Aadhunik Jivanshaili Me Yoga Ka Mahatwa	NA	NA	National	2023	978-81-19435-00-5	Smt. Radhadevi Goenka College for Women, Akola	Dnyanpath Publication


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माय मराठी

संपादक
प्रा. अं.श्री.भुरे



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आमुची मायमराठी

डॉ. स्वप्नील राजेश इंगोले,
अकोला. मो. ७७९८०१४८९४.

नामदेवाच्या अभंगांनी असा बहरला मळा
ज्ञानदेवांच्या अक्षरांनी आमुचा तृप्त झाला गळा
सर्वज्ञांच्या सूत्रांनी मायमराठी दुथडी भरुनी वाहे
अमृताशी पैजा जिंकणारी आमुची माय मराठी आहे

एकनाथाच्या वाणीने उभारीला विचार मांडव
तुकोबांच्या अभंगाने अंतरी जोडियला देव
भाषा भगिनींची सदा पुढारी मायमराठी राहे
अमृताशी पैजा जिंकणारी आमुची माय मराठी आहे

लीळाचरित्र, विवेकसिंधु असो भावार्थदीपिका
ओवी, अभंगांची फळे, माय आशयलतिका
मराठी मावळ्यांची ललकारी दिगंतरी जाये
अमृताशी पैजा जिंकणारी आमुची माय मराठी आहे

शिवरायांच्या तेजाने इथली उजळली माती
महाराष्ट्रधर्माने आमुची स्फुरतसे छाती
सह्याद्रीचे कर्तृत्व हिमालय कौतुकाने पाहे
अमृताशी पैजा जिंकणारी आमुची माय मराठी आहे.

□□□

Recent Trends in **EDUCATION**

A Multidisciplinary Exploration



Editors

Dr. Ambadas B. Pande
Dr. Rupa Z. Gupta

Academic year

2023-24

Recent Trends in
EDUCATION
: A Multidisciplinary Exploration

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प्रा. डॉ. चारुशिला राजेश्वर रूमाले,

प्राचार्य,

श्रीमती राधादेवी गोयनका महिला महाविद्यालय, अकोला.

साहित्य, वाङ्मय या शब्दाचा अर्थ आहे देश, राज्य, जाती इत्यादी. राष्ट्र चा अर्थ आहे राज्यामध्ये वास्तव्य करणारा जनसमुदाय ज्यामध्ये जिल्हा, प्रदेश, देश, जनता, प्रजा, लोक व सर्वांच्या एकत्रिकरणाचं स्वरूप व्यक्त होतं.

स्पृश्य अस्पृश्य भेद, सामाजिक, कौटुंबिक, व्यावसायिक जगण्याचा प्रत्येक समुह र, देश, पशु पशुपक्षी, पिक पाणी, व्यवसाय उद्योग, नातीगोती, झाडेझुडपे, विविध कला श्रद्धा अंधश्रद्धा, परंपरा रुढी, शैक्षणिक साधने राजाश्रय, विवाह कुटुंब स्त्रिया यांचे विविध प्रकाश पुरुषांची विविध कामे, चेन्नई नाणी व वजन मापे, अलंकार वैभव, खानपान पद्धती शिक्षेच्या पद्धती दासदासी, दैवत या सर्वांवर प्रकाश टाकण्यात येणार आहे एकंदरीत त्यांच्या वाययातून या सर्वांचा शोध घेतल्या जाणार आहे

उद्दिष्टे

१. साहित्यातून विविध सामाजिक कार्यांचा शोध घेणे
२. वाङ्मय मयाचे परीक्षण करणे
३. तत्कालीन समाज दर्शन घडवणे

राष्ट्र मध्ये 'ईय' प्रत्यय लावला असता 'राष्ट्रीय' शब्द बनतो. 'राष्ट्रीय' या विशेषणात पुन्हा नामरूप दिल्या गेले तर स्त्रीवाचक 'राष्ट्रीयता' या प्रकारे तयार होते. याचप्रमाणे 'राष्ट्र' शब्दात राष्ट्रीय चा प्रवास करित 'राष्ट्रीयता' या भावरूपापर्यंत पोहोचतो व भाववाचक नाम होऊन राहतो.

राष्ट्रीयता एक निर्मूलक व पावन भाव असून, ज्यामध्ये देशानुराग, नेहमी प्राणज्वर अस्त राष्ट्र निर्माण करणाऱ्या मोठ करणाऱ्या उत्कर्षाप्रत पोहोचवणाऱ्या पावन भावनेचं नावच 'राष्ट्रीयता' अ आहे. आणि या राष्ट्रीयतेचा शोध आपल्याला स्वातंत्र्यवीर विनायक दामोदर सावरकर यांच काव्यातून घ्यावयाचा आहे. या शोधनिबंधामध्ये वि. दा. सावरकर यांच्या केवळ काव्यात राष्ट्रीयतेचा शोध घेतला जाईल व त्यानुसार निष्कर्ष काढल्या जातील.

महाराष्ट्राच्या नासिक जिल्ह्यातील 'भगूर' या गावामध्ये २८ मे १८८३ सोमव चित्पावन ब्राह्मण घराण्यात विनायक हे तेजस्वी नक्षत्र उदयास आले. एल.एल.बी. नंतर पब्लि सविर्हिस कमिशनची परीक्षा उत्तीर्ण केली. त्यांना संस्कृत, पंजाबी, बंगाली, इंग्रजी भाषा अव होत्या. १९ एप्रिल १९३८ मध्ये मुंबई येथील मराठी साहित्य संमेलनाचे अध्यक्ष होते. तसे

कितीतरी सन्मानसदं त्यांनी भूषविले. पुणे व नागपूर विद्यापीठाने त्यांना डी. लिट. ही पदवी बहाल केली. सावरकर कुटुंबाबद्दल, अध्ययनशील होते. त्यांना अनेक वक्तृत्व पुरस्कारांनी पुरस्कृत करण्यात आले. त्यांनी नाट्यलेखन, काव्य व संपादन या साहित्य क्षेत्रात मोठे कार्य केले.

स्वा. सावरकर यांनी गद्य-पद्य या दोन्ही साहित्याच्या क्षेत्रात सृजन केले. आत्मचरित्रापासून इतिहास, नाटक यामध्ये त्यांच्या लेखणीतून प्रत्येक शब्द, ओळ व प्रत्येक पंक्तीपासून राष्ट्रीयतेची भावना पुरेपूर भरली आहे. त्यांच्या कविता ह्या देवभक्ति, देशभक्ति, समाज, राजकारण, धर्म या सर्व विषयांना स्पर्श करणाऱ्या आहेत. त्यांच्या काव्याचे विभाजन प्रारंभिक काव्य, कारावासपूर्व काव्य, कारावासामधील काव्य, कारावासानंतरचे काव्य असे करता येईल. त्यामध्ये प्रबंध काव्य यात- सप्तर्षी, कमला, विरोच्छवास, महासागर, गोमन्तक, रानफुले, स्फुट काव्यामध्ये- लावणी, स्तोत्र, आरती, पद, पटका, पोवाडा फुटकळ कविता, सहा विरात्मे व नाट्यगीते व समग्र सावरकर वाच्य खंड ७ नाट्य-काव्य विभाग इ.चा समावेश होता.

बालवयातील क्रांतिकारी संस्कार राष्ट्रीय चेतना निर्माण करतात. याच कारणामुळे सावरकर उग्रदलामध्ये सक्रिय राहिले. एका हातात बंदूक तर एका हातात लेखनी असा त्यांचा प्रवास आहे. त्यांनी बंदूक जरी चालविली नाही तरी सर्व क्रांतिकारकांना आश्रय दिला. त्यांच्या बंदुका, शस्त्र सांभाळण्याचे महत्त्वपूर्ण कार्य केले. त्याचे प्रतिबिंब त्यांच्या काव्यामध्ये उतरले.

काव्यामधील स्वरूप

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वीरत्वाने परिपूर्ण असणारे काव्य आत्मविश्वास व आत्मगौरवाला जागृत करतात. चाप्रमाणे महाभारतामध्ये श्रीकृष्णाने गलितगात्र अर्जुनाला केले आत्मबल या कवितेतून मार्सेलिस ये जहाजाच्या पोर्टहोलमधून महासागरामध्ये उडी घेतली तेव्हा त्यांना या आत्मबलाची आवश्यकता वाटली.

'अग्नी-मी; आत्मा-मी; अन्न-मी भला; मारिल रिपु जगति अशा दोघा-जगला मृत्युसांच गाठ घालु मी घुसेरणी, अग्नी ज्वाला मजसी ना, खड्ड छेदनि, भिऊनी मला भ्याड मृत्यु व्यत सुदतो ।'

यातून आत्म्याच्या अमरत्वाची भाषा सावरकरांना बळ प्रदान करते व यातून राष्ट्रमन निर्माण करण्याचा प्रयत्न दिसतो. त्यांना आपला देश सर्वात मनोहर व प्रिय आहे.

'नंदनवन मोहक सृष्टिचा सारभूतहा देश, जो ऐकिली तयाहून शतपट धअधकाचे सुरुचिता घ्या, घाहीन भूलला खुलला; वदला. मोहक न भू अशी अन्या'

यामधून आपल्या सुंदर व आकर्षक देशावद्दलची पूजनीय भावना व्यक्त होतात व या प्रिय

देशाला सुधीचे आकर्षण व पंचप्राण मानताना म्हणतात....

'सकल जगामाधि ह्यन । अमुचे प्रियकर हिंदुस्थान, केवळ पंचप्राण, बहुत पाहिले ऐकिले देश परि ते सान, सान निसर पाताळ आंग्ल भू सान चीन, जपान ।

हरिजनांच्या मंदिर प्रवेश बंदीचा निषेध करतात. 'दृष्ट अहंतेचा दंड तुम्हाला, लागेलचि द्यावा मोजून ये न पै' जातिप्रथेमुळे आपल्यात जो अहंकार, घमंड आहे. त्यांचा दंड व किंमत तुम्हाला द्यावी लागणार. पूर्ण जगामध्ये भारत देशाचा व्यापार चालत होता. सर्व कलांमध्ये भारत निपुण होता. भारतमाता-भू कानधेनू असूनही या देशाची अनास्था झाली. याला आपणच जबाबदार आहोत, असे विचार आर्थिक विषमतेचं चित्रण करताना प्रगट करतात. स्त्री समस्या व जागृतीचं चित्रण ते 'परिज्यासि पतिसुखाची आलीच न काहीच कल्पना, त्याचा पुनर्विवाह म्हणणे घेऊनि विकल्प नाही ना?' असा बालविधवांसाठी पुनर्विवाहाचा जोरदार पुरस्कार करतात.

स्वातंत्र्य त्यांच्यासाठी मूर्तिमंत चैतन्य आहे म्हणून ते भारतभूला.... 'राष्ट्राचे चैतन्य मूर्त तू नीति संपदाची, स्वतंत्रते भगवति श्रीमती राज्ञी तू त्यांची, भारतभूला दृढलिंगन कधि देशिल वरदे' यासाठी आमचं जीवन तुला अर्पण आहे. 'तुजसाठी मरण ते जनन, तुजवीण जनन ते मरण, तुज सकल चराचर शरण.' असे आम्हा पुत्रांचे जगणे आहे; पण वर्तमान स्थितीचं चित्र फार उलट आहे.

'देशद्रोही चांडाळांचा भरला बाजार, गुलामगिरी जे देतिल त्याला निष्ठा विकणार.' असा काही वर्ग स्वेच्छेने इंग्रजांची गुलामगिरी स्वीकारतो. म्हणून स्वतंत्रतेसाठी बलिदान आवश्यक आहे. केवळ बलिदानच नाही तर शत्रूला कंठस्नान त्याच्यामध्ये अंतर्भूत आहे.

'जननि । तुझ्या सन्मान रक्षणी अर्पु रणी हे प्राण, शत्रुकंठ भेगौनि घालू तुज कंठस्नान.' आणि पुढे राष्ट्रीय एकता व अखंडतेबद्दल म्हणतात. 'वाया सोडूनि वाद, संघ करूनि रे उद्धर ही धरा, ध्याया सिद्धिस उच्च हेतूस अशा ही जन्मलि सुंदरा.' विवाद व कलह सोडून संघटित होण्यासाठी आवाहन करतात. धर्माभिमान म्हणजे कर्मठता नाही. अथवा विवेकशून्यताही नाही. मोठमोठ्यांनी वेळेनुसार हे मान्य केलं आहे. स्पष्ट आहे त्यांचा 'राष्ट्रीय धर्म' आहे. हिंदूंची व्याख्या त्यांच्या खालील ओळीमधून स्पष्ट होते. 'सिंधुपासून सेतुसंधपर्यंत हिंदूच होय जयी ।

सिंधू नदीपासून हिंदी महासागरापर्यंत अखंड भारताला आपला देश मानणे हा राष्ट्र धर्म आहे व त्या देशामध्ये ब्रह्म, सिद्धि, ज या देशामध्ये कोसल्या जणगीण विविध भागा, धर्म जाती, पंथ या सर्वांचा एकच राष्ट्रधर्म आहे. एकता व अखंडतेची भावना व्यक्त करता, ती पुढीलप्रमाणे.

एकनि देज हा आपल्या । प्रेमाचा, एकचि छंठ जीवाच्या । रचनाचा एकचि धर्म हा आम्हा ।

सकलांचा, एकचि मान्य व्हा पाय धरितो तुमचे, हे हिंदुस्थानच हिंदू मुसलमानांचे.

'मृत्युपत्र' या कवितेत विश्वबंधुत्वाची भावना व्यक्त केली ती झविश्वाचिया अखिल मंगल धारणाला. बोला असे कवण भक्ष्य हुताशमाला' पुढे मानवता हा विचारही स्पष्टपणे व्यक्त होतो. तो पूर्ण मानवजातिच्या भल्यासाठी. वरील विवेचनावरून कविची राष्ट्रीयता राष्ट्राच्या सीमारेषेला तोडून आंतरराष्ट्रीयतेपर्यंत पोहोचते. व्यक्ती व विश्वासाच्या बळावर विश्वबंधुत्वाचं विराट स्वरूप धारण

हेच संकुचितता सोडून, मानवतेची महासत्ता स्थापन करते. हेच राष्ट्रीयतेचं पूर्ण विकसित रूप हे हे स्वरूप पाहून आजही आपल्याला राष्ट्रीय एकतेची आवश्यकता वाटते. याप्रकारे सरकारांची राष्ट्रीयतेची अभिव्यक्ती. तर भारताच्या भौगोलिक वैभवात हिमालयाचा मान सर्वप्रथम आता, तो मुकुटमय व शान... 'बहुत गिरी, परि तुझ्याच गिरिवर हिमालयाचा मान, कवन नदी निचे पोत सुधाजल पान, प्रभातकाली कोकिल-किलकिल-कुजित आग्रोधान.इव आणि हे सर्व ळ भारतातच. त्याला प्रिय मानताना साहित्यिक व सांस्कृतिकतेचं चित्र उभे करताना.... गलिदास कविते गाती, गौतम शिकविती सांख्यज्ञान म्लेच्छ विनाशक विक्रम, हे तुज स्वातंत्र्य जन'- असा श्रेष्ठ व सनूद्ध भूतकाळ केवळ भारतालाच लाभला असल्याचे नमूद करतात.

त्यांच्या मानस सागरात देशप्रेमाच्या लाटा उंचळून येतात. त्यांच्या अश्रुने डवडवलेल्या तिन मनाची व्याकुळता, आर्तता गीताद्वारा व्यक्त होते व ते गीत देशभक्तीच्या परमोच्च शिखराच्या पर्यंत पोहोचतात. ते सागराला प्रार्थना करतात....

ने मजसि ने परत भतृभूमीला । सागरा प्राण तळमळला, भूमातेच्या चरणतळ तुज धूता ।
मी नीत्य पाहिला होता. मल वदलासि अन्य देशि चल जाऊ । सृष्टिची विविधता पाहू ।

तर पुढील काव्यपंक्तितून देशप्रेमाची भावना त्यांच्या काव्यात परमोच्च सीमेपर्यंत पोहोचून अभिव्यक्त होते....

नेभि नक्षत्र बहुत एक परि प्यारा । मज भारतभूमि वा तारा

प्रसाद इथले भव्य परि मज भारी । आईची झोपडी प्यारी ।

या कवितेतून त्यांच्या हृदयातील देशभक्तीचे सुगंधित भावपुष्प विलसित होत आहे. पुढे देशप्रेमाची भावना साधारणत्वाकडून दिव्यत्वाकडे जाताना देशाची प्रभुसत्ता म्हणजे स्वतंत्रता हिलाच देवता मानून तिचे स्तोत्र गातात....

'जयेंस्तुते श्रीमहम्मंगले । शिवास्पदे शुभदे, स्वतंत्रते भगदो । त्वामहं यशोधुता जन्ते ।'

राष्ट्राचे चैतन्य मूर्ति किती संपदाची.... राजी तू त्यांची झसृष्टीच्या मूळ रूपातील मानवी तहास वनांमधील भूर्जपत्रांवर लिहिलेला आढळतो. धन्य त्या शिवाजीची व तानाजीची त्यांनी गमदानात पराक्रम व पुरुषार्थ गाजवला. सिकंदर जगतजंजा भले हीं हो पण तो भारत जिंकू शकला हीच. पण पाऊलही ठेवू शकला नाही. याप्रमाणे भूतकाळाशी व इतिहासाशी संबंधित राष्ट्रीयता भावित आहे. पुढे त्यांच्या काव्यातून वीरत्वाची भावना राष्ट्रीयता व स्वातंत्र्याकतेसोबत प्रकट होते. त्या अभिव्यक्तीसाठी पोवाडा या काव्य प्रकाराचा सहारा घेताना म्हणतात.

शिवरायांच्या तीरा जा बा तानाजी वीरा । वीरांमाजी हो रणगाजी अरि मारूनी धीर
रसघोर युद्ध मातले, वीरासी वीर भिडले, देशार्थ मराठा लढे, धर्मार्थ मराठा लढे.....रसांचे
स्वतंत्रता पाजी.

देश व धर्म रक्षणार्थ बहादूर मराठे प्राणपणाने लढत असताना साक्षात स्वतंत्रता, त्यांना

वीररस पाजित आहे. टिळकांनी तर 'स्वतंत्रता-संग्रामा'साठी वीरत्वाचं बीजारोपण केलं. देशात राष्ट्रीयतेचं वातावरण निर्माण केले.

यानंतर वर्तमानकाळातील दुर्दशेचं वर्णन व्यक्त करताना 'परके वरवर कितीही बोलती गोड गोड तरि मनि समजा....घातच होईल झट उमजा', इंग्रजांची प्रवृत्ती म्यानमध्ये लपलेल्या तलवारीसारखी आहे. असा सावधानतेचा इशारा देतात. 'मंदिरांमध्ये जाणाऱ्या भारतीय स्त्रियांचा इंग्रज शिपाई शिरच्छेद करतो अथवा पतीसमक्ष तिची अब्रू लुटतो. तर पुढे प्लेगच्या साथीचं, धर्म परिवर्तन, पारतंत्र्य, गुलामीच्या दयनीय स्थितीचे वर्णन करतात. पाश्चिमात्तीकरण.... 'काश्मीरच्या शाली त्यजुनी अलपाकाला का झुलता-मलमल त्यजुनि वलवल चित्ती हलहलके पट का वरिता? नागपूरचे रेशीम लोकांना हलके खरखरीत का वाटते विदेशी कपड्यांना मुलायम का मानतात? असा रोखठोक प्रश्न तत्कालीन भारतीयांना करतात व स्वदेशप्रेम जागवतात.

'पाणी दया हो, आम्ही पतित, तरिही तृषित, तळमळे, मीनासम प्राण' अशीश शरदपाण्यासाठी विणवणी करून जातिभेदाला राष्ट्राच्या विकासामध्ये, बळकटीमध्ये बाधक समजून विरोध करतात. त्यांच्या बुद्धीची व्यापकता लक्षात येते व पुढील निष्कर्ष हाती येतात.

- कवि स्वा. सावरकरांची कविता राष्ट्रीयतेचा सामूहिक परंतु सुंदर आविष्कार आहे.
- आत्मबळापासून विश्वबंधुत्वपर्यंत, मानसिकतेपासून मानवतेपर्यंत राष्ट्रीयतेच्या महामार्गावर काव्यमय लांबवरचा प्रवास आहे.
- भारत देशामध्ये असलेल्या सर्व समस्यांना स्वा. सावरकरांनी आपल्या काव्याद्वारा स्पर्श केला आहे.
- संगठन करण्यासाठी त्यांनी आपल्या काव्यातून लोकांना आवाहन केले आहे.
- सावरकरांच्या लेखनीने सतत राष्ट्रीयता व स्वातंत्र्याचा उद्धोष केला आहे व उत्तरोत्तर त्यांची लेखणी प्रखर होत जाऊन विश्वबंधुत्व व मानवतेचा ध्यास घेताना दिसते.
- बालविधवांच्या पुनर्विवाहाचा जोरदार चुरस्कार सावरकर काव्यातून मांडतात.
- सावरकरांमध्ये धैर्यशीलता, दूरदर्शिता, संगठन कौशल्य, प्रखर राष्ट्रीयता, स्वातंत्र्य निष्ठा, स्वदेश प्रेम, हिंदत्व निष्ठा, समाजाभिमुखता हे गूण प्रकर्षाने दृष्टीस पडतात व हेच गूण राष्ट्रीयतेची भूमिका निर्माण करण्यास प्रेरक ठरले आहेत.
- आजच्या काळातही मानवता, राष्ट्रीय एकात्मता व विश्वबंधुत्वामाती भावना रुजविण्याकरिता सावरकरांच्या काव्याचे फार मोठे योगदान आहे.

संदर्भ ग्रंथ :-

- १) समग्र स्वातंत्र्यवीर सावरकर वाच्य खंड-७.
- २) संपा. वा. गो. मायदेव - सावरकरांची कविता.
- ३) भा. कृ. केळकर सावरकर दर्शन व्यक्ति व विचार.



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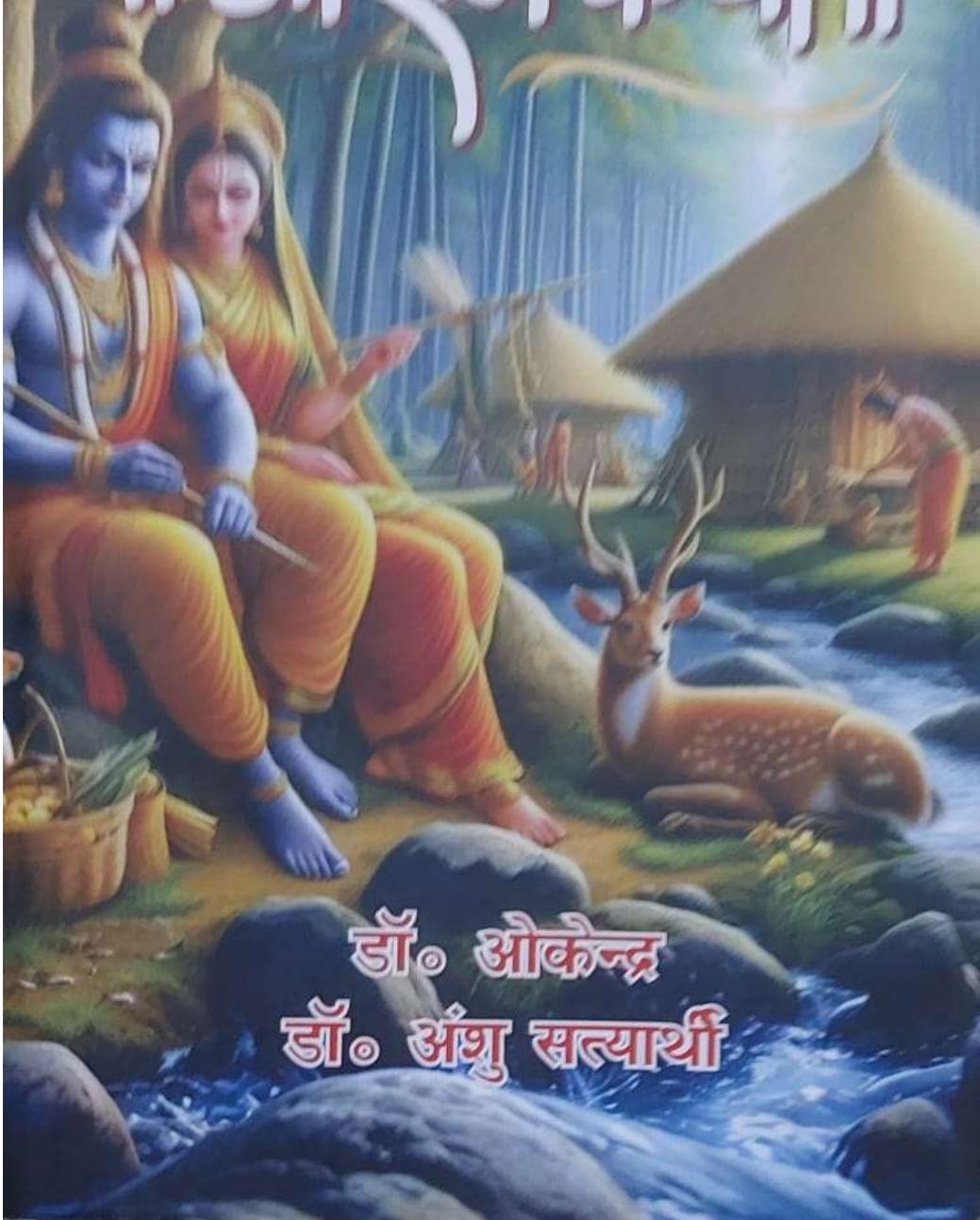
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प्रस्तावना :- रामायण की यह पंक्तियां मानवता की आधारशिला है। रामायण की राम कथा आज भी जनमानस को आपसी प्रेम और सौहार्द की भावना से जोड़े रखते हुए सामाजिक समरसता का सागर है। आखेट युग से गुजरता हुआ मानव समाज आज सभ्यता की जिस दहलीज पर खड़ा है वह सूचना प्रौद्योगिकी और संचार क्रांति का, विज्ञान का विकसित युग है जहां मानव समाज बहु दिशा में प्रगति कर रहा है। आर्थिक सामाजिक, राजनीतिक धीतरफा विकास कार्य हो रहा है फिर भी मानव कहीं खो रहा है। संसाधन तो है पर जीवन में सुख की अनुभूति नहीं कर पा रहा है अपने मानवीय मूल्यों को खो रहा है, समाज के समग्र विकास के लिए मानवीय मूल्यों की प्रतिस्थापना आवश्यक है जिसमें राम कथा की प्रासंगिकता आज भी है इसे स्वीकार करना होगा न केवल मानव बल्कि मानवेतर प्राणियों व प्रकृति के प्रत्येक अंग से मानव को जोड़ने का सामर्थ्य राम कथा से हमें मिलता है।

अतः हम कह सकते हैं युगों युगों तक राम कथा की प्रासंगिकता मानव समाज के समग्र विकास के लिए बनी रहेगी। महर्षि वाल्मीकि द्वारा रचित रामायण संस्कृत महाकाव्य है जिसमें प्रभु श्री राम की गाथा है वही गोस्वामी तुलसीदास ने प्रभु श्री राम के भक्ति भाव से जनमानस के कल्याण भाव से, रामचरितमानस

हिंदी विश्वविद्यालय, श्रीमती राधा देवी ज्योत्सवा महिला महाविद्यालय, अहोला,
(महाराष्ट्र)

की रचना की, "रामचरितमानस केंद्रित तुलसी साहित्य तथा भक्ति काल का ही गौरव ग्रंथ नहीं है बल्कि यह तो सम्पूर्ण भारतीय संस्कृति, धर्म, राजनीति और मानवता का प्रेरक प्रकाश संग्रह है जिसमें तुलसी की विविधरूपा सूक्ष्म एवं व्यापक दृष्टि का परिचय मिलता है यह एक ऐसा वृहत एवं व्यापक काव्य सरोवर है जिसमें भारतीय संस्कृति और सभ्यता की युगों युगों की कथा समाविष्ट है।" इसकी रचना सात कांडों में हुई।

आधुनिक परिपेक्ष्य में राम कथा की प्रासंगिकता को हम निम्न बिंदुओं के तहत अधिक अच्छे से स्पष्ट कर सकते हैं—

(1) आदर्श मानवत्व— मानव जिस समाज में रहता है उस समाज में जीवन यापन करते हुए कुछ आदर्शों का पालन करना उसके लिए आवश्यक हो जाता है यह आदर्श मय जीवन ही उसके जीवन को सार्थक बनाती है, "गौरवामी तुलसी दास एक विश्व पुरुष थे जिन्होंने अपनी तत्कालीन परिस्थितियों को गहराई से अनुभव किया तथा उसमें सुधार लाने के लिए अपने विचारों का प्रतिपादन किया वह एक समाज सुधारक थे तथा उन्होंने एक समाजशास्त्री के रूप में आदर्श समाज के विभिन्न पहलुओं पर अपने विचार व्यक्त किए हैं उन्होंने मानव राजा प्रजा परिवार आदि सभी के विषय में जिन आदर्शों की परिकल्पना की वह आज भी स्पृहणीय है।"

इस तरह राम कथा सामाजिक सुधारण के लिए आवश्यक ज्ञान प्रदान करती है। प्रभु श्री राम का संपूर्ण जीवन त्याग, सेवा, परमार्थ को पूर्ण तरह समर्पित आदर्श जीवन है। मर्यादा पुरुषोत्तम प्रभु श्री राम आदर्श राजा, आदर्श पुत्र, आदर्श भ्राता, आदर्श पति, आदर्श पिता, आदर्श मित्र, के सारे गुणधर्म प्रभु श्री राम में समाहित हैं जिनसे प्रेरणा लेकर आज भी व्यक्ति समाज में अपना सामाजिक योगदान देकर जीवन सार्थक कर सकता है।

(2) आदर्श पारिवारिक जीवन— वर्तमान युग में भी कौन नहीं चाहता कि उसके परिवार में सुख संपत्ति और आपसी प्रेम भावना हो, पर समाज जहाँ एक ओर उत्तरोत्तर प्रगति कर रहा है वहीं दूसरी ओर उसके परिवार में आपसी स्नेह और प्रेम की भावना कम होते जा रही है, मनुष्य स्वार्थी होते जा रहा है, जो माता-पिता अपने बच्चों का बड़े लाड प्यार से परवरिश करते हैं उनकी आवश्यकताओं की पूर्ति के लिए अपनी आवश्यकताओं को भूल जाते हैं ऐसे ही माता-पिता के प्रेम का सम्मान करना जब पुत्र भूल जाए और वृद्धावस्था में अपना कर्तव्य भूल कर उन्हें वृद्धाश्रम में रहने के लिए मजबूर कर दे तब ऐसा लगता है कि आज भी हमें प्रभु श्री राम से प्रेरणा लेने की आवश्यकता है जिन्होंने पिता के एक आदेश मात्र से राज पाट छोड़कर 14 वर्षों का वनवास स्वीकार कर लिया माता कैकई की कठोर आज्ञा को भी विनम्रता से स्वीकार कर लिया इतनी सहृदयता और इतनी विनम्रता से स्वीकार कर लिया इतनी सहृदयता और इतनी विनम्रता हमें राम कथा से मिलती है कि हम ज्यादा नहीं तो अपने जीवन में अपने माता-पिता की वृद्धावस्था में सेवा कर सकें उन्हें वृद्धाश्रम में जाने पर मजबूर ना करें कुछ आवश्यक कर्तव्य तो कर सकें जिससे सामाजिक समस्याएँ उत्पन्न ना हो और माता-पिता को भी वृद्धावस्था में सहारा मिल सके। आज के इस युग में थोड़ी सी ही संपत्ति के बंटवारे के लिए जहाँ माई माई आपस में झगड़ पड़ते हैं वहाँ हमें भरत जैसे माई से प्रेरणा लेनी चाहिए जो बड़े माई की प्रेम और स्नेह के लिए अपना राज पाट तक न्योछावर कर देते हैं माई लक्ष्मण अपना जीवन माई राम के लिए समर्पित कर देते हैं ऐसा माइयों का स्नेह प्रेम की प्रेरणा हमें राम कथा से ही तो मिलता है यदि परिवार में राम कथा से थोड़ी सी भी प्रेरणा लेकर परिवार के लोग आपस में हिल मिलकर रहने लगे तो पारिवारिक कलह का तो प्रश्न ही नहीं उठता आज शिक्षित होने के साथ-साथ संस्कारित होना भी आवश्यक है, उच्च संस्कार हमें राम कथा से मिलती है तभी हम आदर्श पारिवारिक स्थिति की

कल्याण कर सकते हैं। आज वर्तमान समय में हमें समाचार पत्रों और टेलीविजन से प्रसारित समाचार में आए दिन ऐसी घटनाएं देखने को मिलती हैं जिसमें भाई-भाई की हत्या कर देता है, माता-पिता की हत्या संपत्ति के लालच में कर देता है ऐसे घृणित अपराध बढ़ रहे हैं जो मानवता को शर्मसार कर दें ऐसी घटनाओं पर अंकुश लगाने के लिए भटके हुए लोगों को दिशा देने के लिए राम कथा का श्रवण आवश्यक है यदि व्यक्ति राम कथा का श्रवण, पठन, मनन चिंतन करता रहेगा तो ऐसे गंदे, घृणित अपराधिक विचार हृदय में आएंगे ही नहीं वह पाप कृत्य करने से निश्चित रूप से बचेगा, परिवार में स्नेह का वातावरण बनेगा और पारिवारिक स्थिति मजबूत होगी जब देश के परिवार मजबूत होंगे तो समाज मजबूत होगा, समाज मजबूत होंगे तो राष्ट्र मजबूत होगा और सामाजिक समरसता का वातावरण निर्मित होगा इसमें कोई संदेह नहीं।

(3) आदर्श राजा की भावना— गोस्वामी तुलसीदास जी ने रामचरितमानस में आदर्श राज्य व्यवस्था के रूप में राम राज्य की परिकल्पना की, इस राम राज्य में राजा प्रजा के बीच ऐक्य तथा प्रजा में सदगुणों का संचरण हो पारस्परिक स्नेह हो यह भाव रहा राजा कर्तव्य दक्ष और प्रजा भी कर्तव्य शील होनी चाहिए उन्होंने राजा के प्रति कोई उदारता नहीं दिखाई वे कहते हैं राजा को सदैव प्रजा के हित को ध्यान में रखकर कार्य करना चाहिए प्रजा के दुख दर्द को दूर करना चाहिए, प्रजा को दुःखी करने वाला राजा नर्क का अधिकारी होता है—

जासु राजु प्रिय प्रजा दुखारी।

सो नृप अवसि नरक अधिकारी।¹ आज वर्तमान समय की राजनीति में जो लोग भ्रष्टाचारी में डूबे हुए हैं उन्हें राम कथा से प्रेरणा लेनी चाहिए और भ्रष्टाचार का मार्ग छोड़कर प्रजा हित को

ध्यान में रखकर कार्य करना चाहिए हैं।¹ राजा के लिए सब प्रजा एक समान होती है इस भाव से सदैव प्रशासक वर्ग को कार्य करना चाहिए, किसी भी जाति धर्म के लोग के साथ भेदभाव नहीं करना चाहिए। इस संबंध में गोरवामी तुलसीदास जी कहते हैं—

मुखिया मुख सो चाहिए, खान-पान को एक।
पालइ पोसइ सकल अंग तुलसी सहित विवेक।¹

(4) लोक मर्यादा का महत्व— समाज में तो सुखी-दुखी, गरीब-अमीर, निर्बल-सबल, विद्वान-मूर्ख सभी प्रकार के लोग रहते हैं किंतु सभी को समान अधिकार प्राप्त होते हुए भी लोग अपने लिए बंधी मर्यादाओं का पालन करें कोई किसी के अधिकार में दखल ना दे तभी राज्य व्यवस्था सुचारु रूप से संचालित होता है इसके लिए अपने-अपने कर्तव्य का सभी को पालन करना आवश्यक है। वस्तुतः अपने कर्तव्य का पालन ही धर्म है और यही लोक मर्यादा का मूल मंत्र है जो कर्तव्य पालन नहीं करता जो कायदे कानून का उल्लंघन करता हो उसे समय पर दंडित करना भी आवश्यक है। राम कथा से सुशासन की प्रेरणा भी हमें मिलती है जो हर युग में आवश्यक होगी।

(5) नारी के प्रति सम्मान भाव— वर्तमान युग में स्त्री-पुरुष दोनों ही समाज रूपी रथ के दो पहिए हैं दोनों का सशक्त होना आवश्यक है तभी समाज का समग्र विकास होगा स्त्री पुरुष दोनों को ही एक दूसरे के प्रति सम्मान का भाव रखना आवश्यक है, पुत्री बहन पत्नी माता हर रूप में नारी को उसका अपना सम्मान मिलना चाहिए नारी के प्रति सम्मान का दृष्टिकोण होगास तो अनेक आपराधिक घटनाओं पर अपने आप अंकुश लग जाएगा, नारी का अपमान विनाश का कारण हो सकता है प्रभु श्री राम द्वारा रावण के वध का मूल कारण यही कहा जा सकता है यह हमें राम कथा में देखने को मिलता है। राम कथा में वर्णित नारी

पात्रों में सीता उर्मिला, मांडवी का पतिव्रत धर्म अद्वितीय है। माता कौशल्या के हृदय का वात्सल्य अद्वितीय है माता कैकई द्वारा प्रभु श्री राम को 14 वर्षों का वनवास दिए जाने के बाद भी भरत के प्रति कौशल्या के हृदय में तनिक भी द्वेष का भाव न आना और उनमें ही राम की छवि को देखना अपने आप में अद्वितीय वात्सल्य प्रेम का उदाहरण है, वही मंदोदरी के हृदय में सीता के प्रति सम्मान का भाव होना, उसके दुख से दुःखी होना बार-बार अपने पति को सावधान करना और सीता को छोड़ देने की विनती करना एक स्त्री को दूसरे स्त्री का सम्मान करना सीखाता है। आधुनिकता की चका चौंध में नारी को अपनी गरिमा को पहचानना होगा उसे सुरक्षित रखना होगा।

(6) सभी जाति धर्म के प्रति सम्मान भाव— राम कथा हमें सभी धर्म जाति का सम्मान करना सिखाती है, शबरी, निषाद राज जंगल में निवास करने वाले लोग के प्रति प्रभु श्री राम का प्रेम, स्नेह सम्मान भाव हमारे हृदय में आज भी सौहार्द, आपसी भाईचारे के भाव को बढ़ाती है, जो आज भी सामाजिक समरसता के लिए आवश्यक है।

(7) प्रकृति वअन्य जीव जंतुओं के प्रति प्रेम भाव— यह सृष्टि केवल मानव के लिए ही नहीं अपितु अन्य जीव जंतुओं व प्राणियों के लिए भी बनी हुई है। मनुष्य को हमेशा यह याद रखना होगा कि यह संपूर्ण पर्यावरण तभी संतुलित रहेगा जब वह प्रकृति के प्रति प्रेम भावना रखेगा वृक्षारोपण करेगा वृक्ष संवर्धन करेगा नदियों को स्वच्छ रखेगा प्रकृति में विचरण करने वाले जीव जंतुओं के प्रति प्रेम भाव रखेगा तभी यह संसार सुख मय हो सकता है। श्री राम कथा में प्रभु श्री राम—सीता व लक्ष्मण के वनवासी जीवन में आए कई प्रसंगों से प्रकृति प्रेम की सीख मिलती है।

(8) आशावादी बने रहने की प्रेरणा— राम कथा से हमें दुख और पीड़ा की स्थिति में भी उससे बाहर निकालने की शक्ति और

आशावादी बने रहने की प्रेरणा मिलती है। आज वर्तमान समय में छोटी-छोटी सी बातों का तनाव लेकर हम अपने स्वास्थ्य को खराब कर लेते हैं छोटी छोटी सी परेशानियों से घबरा जाते हैं तब हमें यह सोचना चाहिए कि जब प्रभु श्री राम का राज्याभिषेक होने वाला होता है उसे पहले दिन पूर्व रात्रि में पिता से 14 वर्षों के वनवास का आदेश मिले और वे तनिक भी विचलित ना हो और विनम्रता पूर्वक शीश झुकाकर स्वीकार कर ले इससे बड़ा धैर्य और शील का पाठ हमें जग में कहां मिल सकता है। अभाव में भी प्रभाव उत्पन्न करने का सामर्थ्य और शक्ति हमें आज भी राम कथा से मिलता है तभी तो कोरोना महामारी के काल में जनमानस ने फिर से टेलीविजन पर रामायण सीरियल दिखाए जाने का अनुरोध किया और दिखाए जाने पर लोगों ने इसका भरपूर लाभ लिया और वातावरण सकारात्मक बनाए रखने में अपनी महत्वपूर्ण भूमिका अदा की लोगों में सेवा भाव में अभिवृद्धि हुई प्रशासन के साथ समाज ने भी अपना महत्वपूर्ण योगदान दिया और इस विषम परिस्थिति से हम बाहर आने लगे और आज फिर से विकास की गति तेजी से अपनी रफ्तार पकड़ने लगी, इस तरह हम देखते हैं कि राम कथा से मिलने वाली प्रेरणा अजर अमर प्रेरणा है जो युगों युगों तक मानव समाज को दिशा देते रहेगी, उसमें एक नई ऊर्जा और चेतना जगती रहेगी।

उपरोक्त बिंदुओं के तहत हम देखते हैं कि आज भी श्री राम कथा प्रासंगिक है।

निष्कर्ष :- निष्कर्ष के तौर पर हम कह सकते हैं कि राम कथा से मिलने वाली चेतना मानव समाज के लिए हर युग में प्रासंगिक रहेगी पथ प्रदर्शक, प्रकाश स्तंभ रहेगी जो समाज विकास के साथ-साथ सामाजिक समरसता का आधार होगी। यह कथा भारत के सांस्कृतिक आदर्श की कहानी है उसमें वर्णित पात्र आदर्श की स्थापना करने वाले समयानुकूल समायोजन करने वाले, प्राचीन

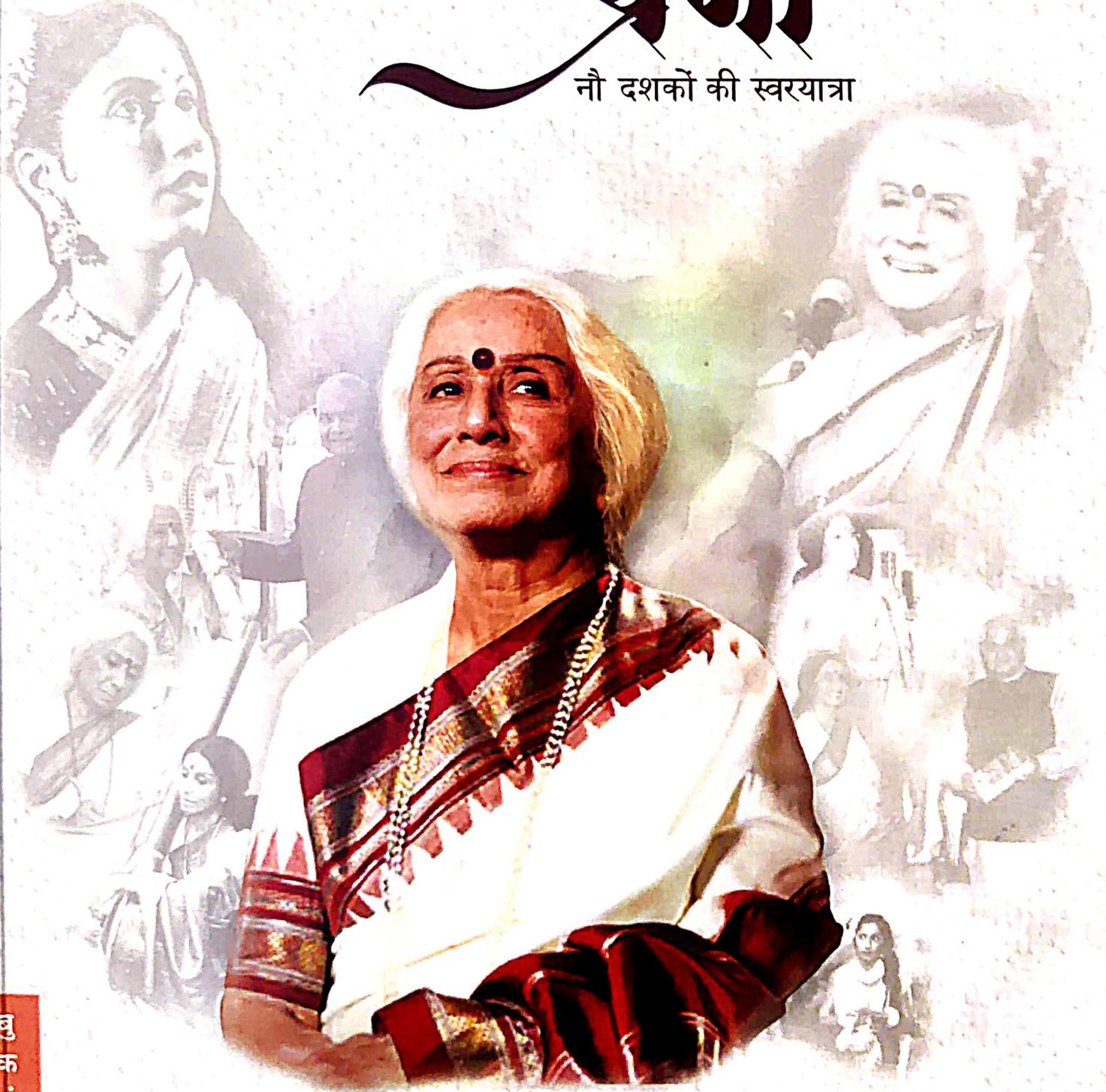
जीवन मूल्यों का संवहन करने वाले वीरता, त्याग, सेवा सहिष्णुता, कर्मठता, पतिव्रता को धारण करने वाली, मर्यादा मान-सम्मान को बनाए रखने की प्रेरणा देने वाली अद्वितीय राम कथा है जो सदैव प्रासंगिक रहेगी।

संदर्भ सूची :-

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अनंत प्रभा

नौ दशकों की स्वरयात्रा



Anant Prabha : Nine Decades of Musical Journey

in honour of Dr. Prabha Atre's contributions on her 90th birth year
compilation of critically evaluated articles in English, Hindi & Marathi

अनंत प्रभा : नौ दशकों की स्वरयात्रा
अनंत प्रभा : नऊ दशकांचा सांगीतिक प्रवास
Anant Prabha : Nine Decades of Musical Journey

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या पुस्तकातील मते, घटना, वर्णने, चित्रे, ही त्या लेखकांची असून त्याच्याशी प्रकाशक सहमत असतीलच असे नाही. तसेच या पुस्तकातील कोणताही मजकूर, कोणत्याही स्वरूपात वा माध्यमात पुनःप्रकाशित अथवा संग्रहित करण्यासाठी लेखकांची व प्रकाशकांची पूर्वपरवानगी घेणे आवश्यक आहे.

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A Musical Social Reformer

Dr. Prabha Atre is the senior most artiste of the Kirana *gharaanaa*. However, that is not all she is known for. Prabhatai has been exploring the arena of Hindustani classical music in the backdrop of scientific approach and logical reasoning. That is why her identity as a musical thinker and therefore 'Swarayoginee' is more meaningful. Prabhatai's authentic singing conveys what it means to build devotion and worship of tones. She has been credited with the creativity of merging with the tones and re-creating that experience to the audience through *aalapi* singing without pandering to folk.

Prabhaji is an exceptionally gifted artiste equally proficient at the top order in all music genres – classical, semi-classical and light. She is renowned not only as an artiste, but also as an academician, author, composer, *guru*, organizer and social worker. Keeping in mind the developmental approach of music, Dr. Atre has played an important role in increasing the popularity of music not only in the country but also abroad as a social music worker.

Keywords: Prabha Atre, classical singing, music

Introduction : The culture of any country is understood on the basis of its arts. However, it is only through arts that a person is fully capable of expressing his feelings. Therefore, Indian musical art is a powerful and beautiful means of expression of human feelings, which is an invaluable heritage of Indian culture. The influence of this art is so wide that it is fully capable of uniting people of different cultures and societies of the whole world in the thread of unity. However, to keep this genre intact, continuous implementation and popularity in the classical music society is necessary. Therefore, not only in India but also abroad, the promotion of Indian classical vocal & instrumental music and dance is being done continuously.

Timely various artists have made important contributions to Indian music. In this sequence, the North Indian classical music artist Padma Vibhushan Dr. Prabha Atre, investigator and accomplished artiste holds her own special place. Her programs have set many records of popularity. This talented diversified artist has graced the stage of classical music for almost 70 years and has been winning and cheering the hearts of the masses with her anthem. Today, Prabhaji is the senior-most artiste representing Kirana *gharaanaa*. Not

just that, she is the senior most performing artiste in India and abroad in the classical music genre.

Childhood and education : Prabhatai was born in Pune on 13th September 1932. Her father Dattatraya Pilaji *aka* Abasaheb Atre and mother Indira Atre were teachers. Prabhatai turned to classical singing when she was eight years, receiving initial lessons from Sri. Vijay Karandikar. Dr. Prabha Atre was trained in music in the traditional *guru-shishya* tradition under *gurus* – Pt. Sureshbabu Mane and after his untimely demise under Vidushi Hirabai Badodekar. Prabhatai completed degrees in science and law from the University of Pune. She joined Akashvani in 1960 as Asst. Producer.

Later Prabhaji appeared for the music exams conducted by the Akhila Bharatiya Gandharva Mahavidyalaya Mandal from where she holds a doctorate in music too – the topic of her research ‘Sargam’ is a pioneer work on the subject. The *gaayaki* of Ustad Amir Khan, Ustad Bade Ghulam Ali Khan, Roshanara Begum, Begum Akhtar and famous playback singer Noor Jahan has influenced Prabhaji's singing.

Prabhatai's *gaayaki* - a thinking musician : Prabhaji is a successful stage artiste. She has also contributed significantly in the promotion of music through her programs at the international level. Dr. Atre is specially hailed for the subtle ways she uses *sargam* material with flavour of *gamak* of Carnatic music which makes Hindustani music aesthetically rich, lively and pleasing. Prabhatai's *gaayaki* – her tone is crisp and clear. Ascending and descending flat warp is her special feature.

Dr. Atre has been a composer par excellence. She has composed nearly 600 *bandishs*. ‘Swaraanginee’, ‘Swaranjane’ and ‘Swararangee’ carry 550 of her compositions along with their notation and audio illustration.

Dr. Atre is hailed as a thinking musician. Her experience as a performer, her exposure to different kinds of music from Indian to non-Indian, her strong academic background, her objective approach with open eyes towards tradition, logical reasoning, critical analysis of some of the concepts and practices like *raag-ras*, *raag-samay* that need to change with time, encouragement for usage of *sargam* material, role of *bandish* and acceptance of one *taal aavartan bandish* for *vilambit khyaal*, standardisation of *raag's* name, its rules and presentation, suitable lyrics in classical music composition according to the gender of the performer, all this reflects in her works.

Prabhatai as a guru and social worker : Indian music has been passed on through generations by way of oral tradition. In Indian culture, imparting knowledge is considered to be a great donation. Since 1965, Prabhaji has been imparting training to the students through the *guru-shishya* tradition. She has been training disciples coming from outside providing facilities at her residence. Many of her disciples have made their mark as performers.

Dr. Atre has played a prominent role in promoting Indian classical music and culture among the youth in the society. Since their inception, she has been associated with Spic Macay and Sanskar Bharati – organisations that encourage and promote Indian music and culture in India and abroad. Prabhaji presented innumerable concerts, lec-dems, workshops in schools and colleges through these and various such organizations. Renowned *haarmonium* player Mohan Mungre writes in the souvenir 'Amrutprabha' that 'Prabhatai is a profound musical thinker and also has deep knowledge of various music forms and culture'. He mentions, 'I got firsthand experience of this when I accompanied her in the lec-dem series of Spic Macay wherein I accompanied in 20 programs. Prabhatai explained about music – its concepts, technique, forms, etc., in such a simple, lucid way that even a student, an uninitiated lay person who is not familiar with classical music could understand and enjoy'.

Prabhaji is an active member associated with many social, educational and cultural institutions like Gaanvardhan, The Rasta Peth Education Society, Indian Musicological Society, etc., for decades. Apart from helping establishing these institutions, she has been making continued efforts to get better results.

For the promotion of music, Prabhaji has played the role of an organizer and since 1965 has organized more than 400 programs of classical music. For more than 15 years she organized a music festival 'Sureshbabu Hirabai Smruti Sangeet Samaroh' in memory of her *gurus*. Renowned artistes from India and abroad participated in the festival. Every year about three to four thousand music lovers take advantage of this program.

'Gaanprabha' was also organised for more than six years to encourage upcoming talented artistes and provide them a platform. These festivals has a special significance in the big events organized in Mumbai and have contributed significantly to the promotion of classical music.

Prabhaji was the Chief Producer-Director of the recording company 'Swarashree' which started in 1981. The company devoted only to Classical Music gave opportunity to the talented and second level artists, while the established companies were voicing the star performers.

In 2000, 'Dr. Prabha Atre Foundation' set up by Dr. Atre aims to promote the cause of Indian classical music and performing arts. In 2003, 'Swaramayee Gurukul' was started in Pune under the aegis of Foundation as a major step to fulfill one of its socio-cultural objectives. The Gurukul has been a dream project of Dr. Prabha Atre. It aims at bridging the prevailing gap between the academic institutions and the traditional *guru-shishya parampara*. Gurukul nurtures talented students into professionals who aspire to take music as a career. Besides imparting training in performance it holds monthly traditional *baithaks* as one of its important activity to supplement lecture-demonstrations, seminars, workshops, etc., It has organised nearly 250 such programmes. Apart from teaching music as an art form for entertainment the Gurukul considers music as a social need, a character building component, a cultural identity.

Gurukul houses 'Kirana Gharana Library & Resource Centre' – a one point resource centre for researchers, music enthusiasts and academicians. All activities of the Foundation and Gurukul have been open for free to the music loving public. With an objective to reach out to music lovers across the globe, activities of the Foundation have taken the digital mode as well. Nearly 250 recordings are available on 'Dr. Prabha Atre Foundation' You-Tube channel. Apart from recordings of other artistes, channel features more than 200 archival recordings of Prabha Atreji in the 'SwaraArpan' series, 'Aalok' educational video series (both in Hindi and English languages), programmes to celebrate 75th year of India's independence, 90th birth year of Dr. Prabha Atre, etc.,

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ON

**BEST PRACTICES:
QUALITY ENHANCEMENT IN
HIGHER EDUCATION
INSTITUTIONS**

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Shri Gobindram Shadami Govt arts and Commerce Girls College Raipur (C.G.)
2 August 2023



**Quality Enhancement in
Higher Education**

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Abstract:

Higher education is the process wherein the outgoing graduates are termed as products of the institution which have wider scope in the market as such higher education and higher education system becomes input in growth and development of society, industry and business. Higher education is the basis for promoting qualified resources in education system towards research who can build their career in this field. Higher education has four specific functions as to prepare post graduate students for teaching and research, provide specialized training courses, and cater the needs of aspects related to lifelong education, promoting International interdisciplinary cooperation through the research and technology. The higher education institutes have the objectives to inculcate a value system in students, promote the use of technology, foster global competencies among students, improve employee morale and motivation, credibility, prestige and status, contributing to National Development and quest for excellence. Institutions will take initiatives in supplementing University syllabi with the use of technology and competence development among the students thus trying to achieve their above stated objectives.

Keywords: Higher education, quality enhancement

Introduction:

Educational system is involved in higher education with the aims of producing learned responsible and qualified human resources. Higher education is the process wherein the outgoing graduates are termed as products of the institution which have wider scope in the market as such

Quality Enhancement in Higher Education – Dr. Devendra Vyas

higher education and higher education system becomes input in growth and development of society, industry and business. Higher education is the basis for promoting qualified resources in education system towards research who can build their career in this field. Broadly research has been classified as basic research and applied research. The word basic research carries special significance as it contributes to the subject however basic research is relatively time and money consuming practice. However, it has its own identity. Applied research deals with applications in the basic research over time and place.

Higher education has four specific functions as:

1. To prepare post graduate students for teaching and research.
2. Provide specialized training courses
3. Cater the needs of aspects related to lifelong education.
4. Promoting International interdisciplinary cooperation through the research and technology.

The free movement of persons and scientific ideas in higher education institution should have the objective for developing teaching, research and their concepts for higher education, technology based to the students to acquire global competence which will help in enhancing standard of education system thus improving employees moral, credibility and person's motivation towards the higher education.

Faculty in the PG department individually provides values which can be added to the department. Faculties teaching plans, issues related to cross sectional research, departmental environment, working ability, responsibility, periodical assessments, social services by the departments, emphasis on computer based information system, communication and information technology used. All these programs add to the values of the department. Hence it is essential to focus on the above aspects for quality enhancement in higher education system.

The higher education institutes have the following objectives:

1. Inculcating a value system in students.
2. Promoting the use of technology.
3. Fostering global competencies among students.
4. Improve employee morale and motivation.
5. Credibility, prestige and status.
6. Contributing to National Development

7. Quest for excellence

1. Inculcating a value system in students:

Education is a powerful instrument for human development and social change. Education is a tool to cultivate values in every individual incumbent hence the education institute shoulder the responsibilities of imparting learning value education. So that different ideas can be suggested hence the value based curriculum designing, orientation programmes, value based foundation courses, value based literature publication and code of conduct for teachers are taken care of.

Education creates a critical eye for developing philosophical view towards the human life as a teacher and as well as students as such the value education should have scientific temper, cooperation, tolerance and respecting culture of one another. The value education can be made more effective through the several ways by creating moral awareness through the orientation program for mankind welfare. Common values should be rediscovered to unite human beings with declining traditional values. Teachers use students as a media for passing the life values in the society. Hence the value education program is obvious to establish formal learning. The complications in decision making in the critical situation can be overcome through the ability gained in value education. Hence the teachers are the role models for the students as well as society. Teachers should appreciate their students for developing the pro-social behaviour and helping others. At the same time teaching from the biographies of great Nobel leaders help in including and inspiring the values of life.

2. Promoting the use of technology.

The computer based technologies are most prevalent at college levels. The factors includes placement of computers for equitable access, technological support and effective goals have given new role for teachers in the teaching professions. Teaching skills can be developed at higher level for sustainable development. Technology access plays a significant role for students and teachers in effective use of computers for subject based information and teaching. Technological integration in classroom will have never been achieved without computers. Hence the timely support of computer based technologies will help in encouraging the faculty and student for curriculum development. The efficient and effective use of technology is possible only through the applications at higher orders and engaging students, instead of making them isolated in skill based technological education so that computer based technology can be an appropriate vehicle for

Quality Enhancement in Higher Education – Dr. Devendra Vyas

promoting meaningful, engaged learning which will allow students to work on authentic, meaningful and challenging problems. Teachers can develop technology supported engaged learning projects that enables students, which in turn will bring teachers before the students a new role for integration through technology.

Teachers must become comfortable in motivating their students move in to domains where they feel lack of expertise. Teaching the use of appropriate software for skill development is also the need of the day. Hence the students can have sustainable approach of learning, gaining, knowing, using internet and computer software. However these methods of teaching and learning, skill development are expensive, hence they need financial support from the State and Central government. Technological implementation is not simply putting computers in every classroom or linking them with internet, it means obtaining continuous funding for ongoing professional development, technical support, equipment up gradation, maintenance of equipments in planning stages with constant flow. Hence the consideration must be given to initial cost but also providing varied and constant source of revenue which will continue in future also.

3. Fostering global competencies among students

The recent developments in the global scenario has made imperative for the NAAC to take account of in its scope of assessment of the development of skills of students in India in such a way that their skills are at par with those of their counterparts abroad. With the liberalization and globalization of economic activities, the urge to develop human resources of a higher caliber and, subsequently, the increasing demand for higher education at comparable and acceptable standards at National and International levels has increased. While increasing admittance to higher education and ensuring social justice will persist to be one of the most important objectives of National development, developing human resource which is competent internationally and inter-culturally is of equal importance. Therefore, the higher education imparting institutions should prepare their students with global competencies and skills to successfully face the ever changing global scenario. This requires the higher education imparting institutions to be innovative, creative, pioneering and entrepreneurial in their approaches to skill development among students. This may involve collaborations with industries, networking with the neighborhood and fostering a close relationship between the worlds of work and learning by promoting technology exchange, faculty

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and student exchange programs, workshops, internships etc. which will help students to foster global competencies amongst them.

4. Improve employee morale and motivation

The very concern of higher education imparting institutions for quality as a whole will improve the morale and motivation of the staff members in performing their duties and responsibilities. If a well developed quality system in the form of IQAC is in place, the internal processes would be running in a systematic way making every department of the institution complementing each other's service domains and thus helping in developing internal staff satisfaction leading to high morale and motivation.

5. Credibility, prestige and status

If higher education imparting institutions are concerned about their quality on a continuous basis and not just once in a while, it will definitely bring in credibility to the individuals and the institution because of consistency in leading to quality, prestige, position and brand value.

6. Contributing to National Development

Higher education imparting institutions have to work for the betterment of the society and for the development of the Nation by accepting the change, achieve the goals and objectives set forth for themselves. Contributing to the Nation's development is the goal of any institution. They have a significant role in building on changes and can contribute to national development in the changing context.

7. Quest for excellence

In the process of contributing to nation building and development of the students, the institutions should also demonstrate their drive to develop themselves into centers of excellence thus focusing on excellence in education.

Conclusion:

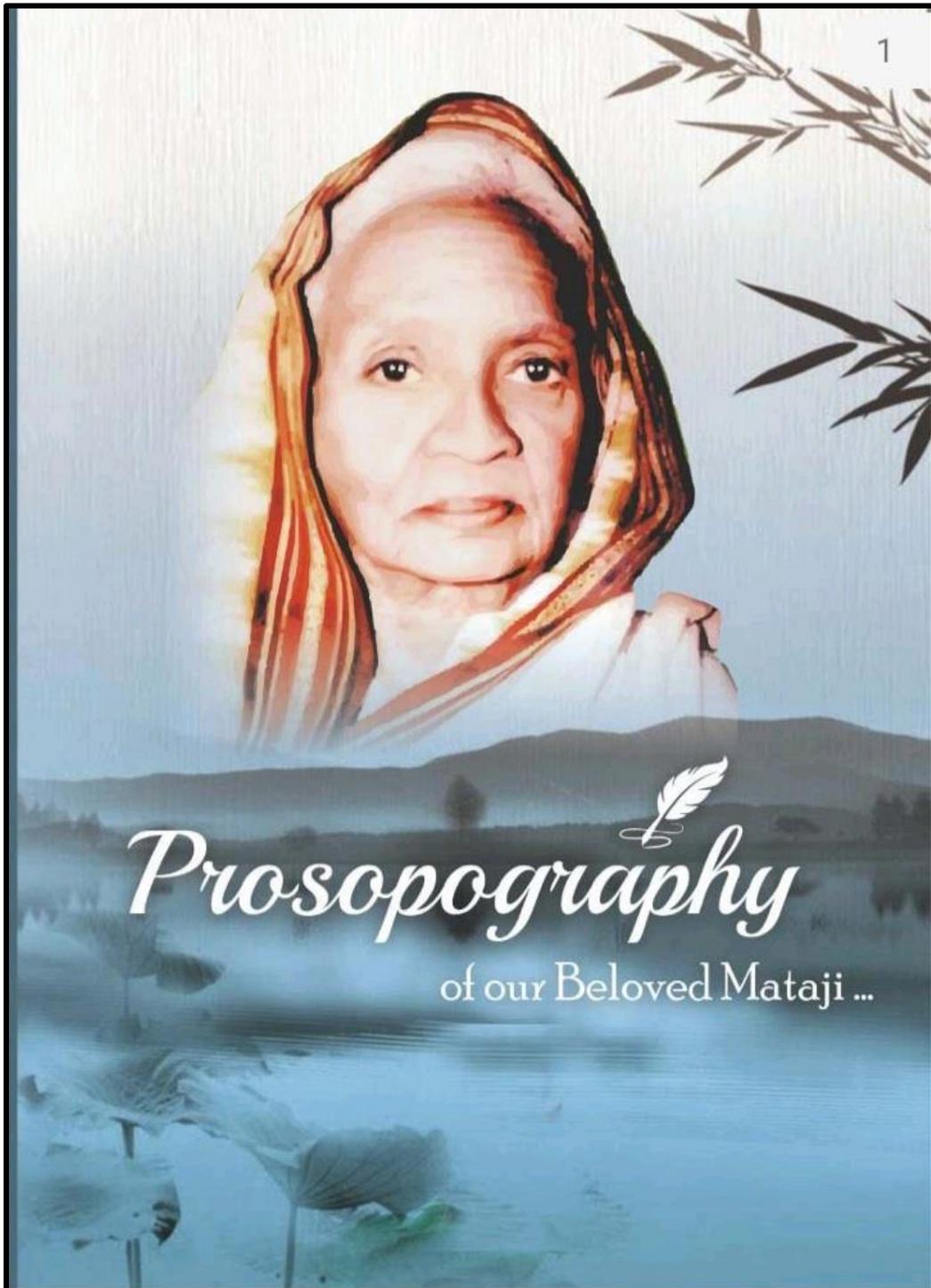
In quality enhancement for higher education the institution ensures effective curriculum, its delivery and transition. The interaction with the beneficiaries such as research bodies, University will have effective implementation of course curriculum. The program offered by Institutions leading to different degrees will provide advancements in knowledge and time to

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time revision of course curriculum. New programs and their interactions with different degree courses will meet the need of the students. Students can acquire additional skills through the technical courses. As the institutions are following semester systems the course curriculum are revised at regular intervals which will help in analyzing the impact. Institutions will take initiatives in supplementing University syllabi with the use of technology and competence development among the students thus trying to achieve their above stated objectives.

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Prosopography
of our Beloved Mataji ...



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All about Local Foods

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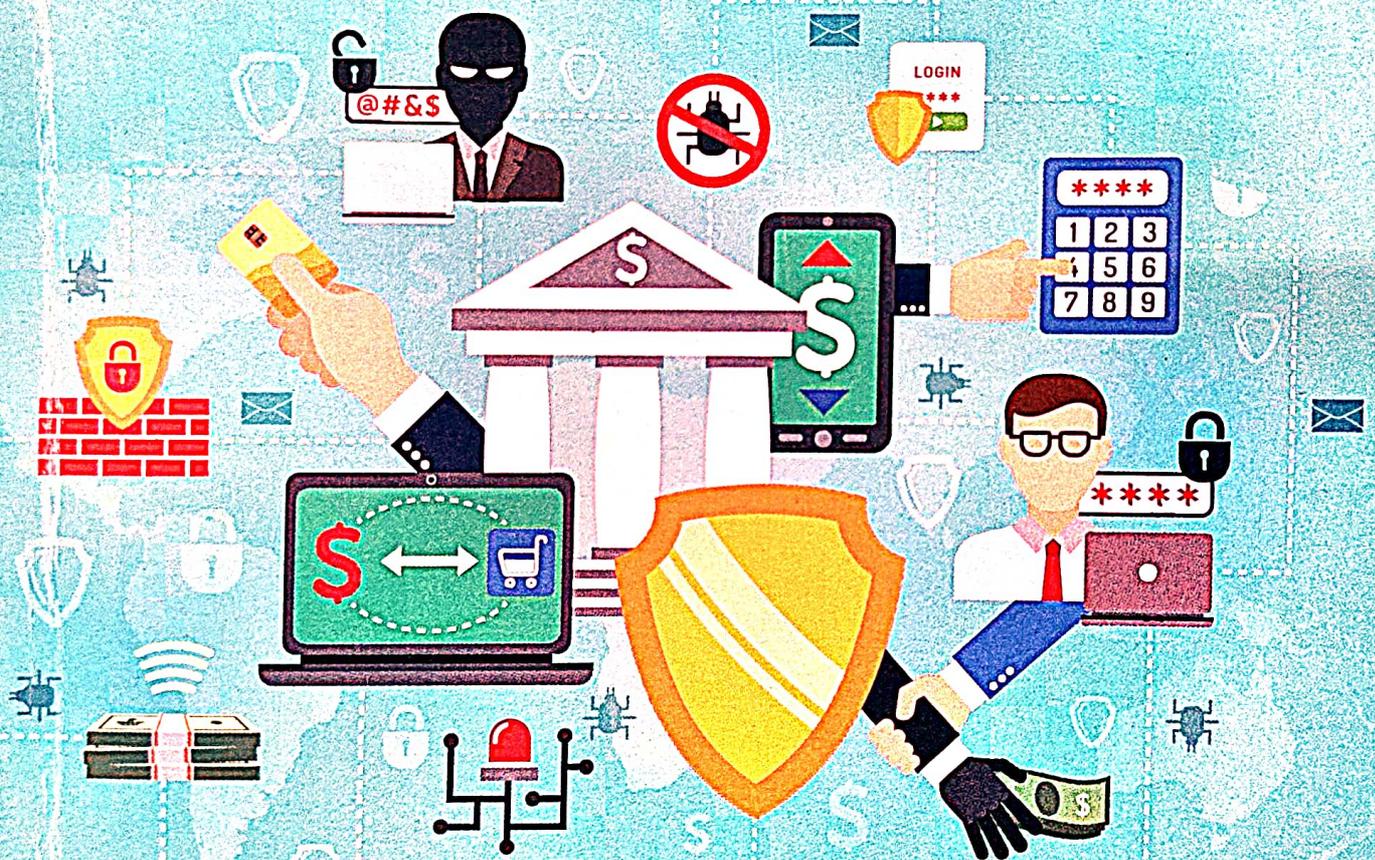
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BANKING AND INSURANCE SERVICES



Author

Dr. Ambadas B. Pande

This text book has been written in accordance with the prescribed syllabus of S.G.B.Amravati University, Amravati for **M.Com Semester I (Part-I)** also useful for **B.Com, B.B.A. & M.A.(Economics).**

BANKING AND INSURANCE SERVICES

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Sustainable Development and Management: A Holistic Approach for a Better Future

—❧❧❧❧❧❧—
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Abstract: Sustainable development and management have emerged as essential concepts in today's world to address global challenges such as climate change, resource depletion, and social inequality. This article explores the dimensions of sustainable development and effective management strategies that promote well-being for current and future generations. By examining case studies, theoretical frameworks, and practical applications, this article emphasizes a holistic approach encompassing environmental, economic, and social aspects to achieve genuine sustainable development.

Keywords: Sustainable development, management, stakeholder engagement, challenges, future prospects.

Introduction: Sustainable development seeks to meet present needs without compromising future generations' ability to meet their needs. This article explores the symbiotic relationship between sustainable development and effective management to harmonize human activities with the environment, economy, and society.

The concept of sustainable development emerged in the 1980s as a response to the recognition of the environmental consequences of unchecked economic growth. It emphasizes a long-term view that integrates economic, social, and environmental dimensions to achieve a balanced and inclusive future.

Literature Review

Meadows et al. (1972): "The Limits to Growth" book presents the concept of exponential growth and its implications on resources, environment, and sustainability. It warns about the potential consequences of unchecked growth.

WCED (1987): The report "Our Common Future," also known as the Brundtland Report, coined the term "sustainable development." It highlights the importance of addressing current needs while preserving resources for future generations.

Hart (1995): The natural-resource-based view of the firm suggests that a company's ability to sustain competitive advantage depends on its ability to manage and utilize natural resources effectively.

Elkington (1997): The book "Cannibals with Forks" introduces the concept of the triple bottom line, emphasizing the need for businesses to consider not only economic profits but also social and environmental impacts for long-term sustainability.

Sen (1999): In "Development as Freedom," Amartya Sen argues that development should be evaluated not only by economic indicators but also by the capabilities and freedoms it provides

individuals, fostering human well-being and societal progress.

Bennett (2001): This paper discusses the need for an integrated science of society and nature to understand the complex interactions between human systems and ecosystems for sustainable development.

Adger et al. (2005): This research explores the concept of social-ecological resilience in the face of coastal disasters, emphasizing the importance of adaptive capacity to withstand and recover from shocks.

Geels and Schot (2007): This paper proposes a typology of

sociotechnical transition pathways, offering insights into how societies transition to sustainable practices and technologies, considering both technical and social factors.

Rockström (2009): This paper introduces the concept of planetary boundaries, identifying key environmental limits within which humanity can operate safely. It emphasizes the need to maintain Earth's systems within these boundaries to ensure sustainable development.

Porter and Kramer (2011): The concept of creating shared value suggests that businesses can contribute to social progress and profitability simultaneously by addressing societal challenges through their core activities.

Griggs (2013): This paper outlines the Sustainable Development Goals (SDGs), a set of 17 global goals aimed at addressing various dimensions of sustainable development, including poverty, inequality, climate change, and more.

Sachs (2015): The book "The Age of Sustainable Development" by Jeffrey Sachs explores the interconnectedness of economic, social, and environmental challenges, advocating for a comprehensive approach to development that ensures human well-being within planetary boundaries.

Steffen (2015): This paper highlights the concept of planetary boundaries, emphasizing the need to manage human activities to prevent crossing critical thresholds that could lead to irreversible environmental changes.

United Nations (2015): This document outlines the 2030 Agenda for Sustainable Development, which includes the Sustainable Development Goals (SDGs). It calls for global action to address social, economic, and environmental challenges to achieve a more equitable and sustainable world by 2030.

Bansal and Song (2017): The paper differentiates between corporate sustainability and corporate responsibility,

suggesting that while they are related, they have distinct emphases and implications for businesses.

Objectives of study:

- To review literature on sustainable development.
- To know the dimensions and integrated management strategies of sustainable development.

Dimensions of Sustainable Development:

Environmental Dimension: The environmental aspect of sustainable development underscores the importance of conserving ecosystems, reducing pollution, and preserving biodiversity. Initiatives such as renewable energy adoption and waste reduction demonstrate the potential to minimize ecological footprints. For instance, the transition to solar and wind energy sources in countries like Germany and Denmark serves as models of reducing reliance on fossil fuels while mitigating greenhouse gas emissions.

Economic Dimension: Sustainable development requires an economic framework that is both inclusive and ecologically responsible. The circular economy model, which focuses on minimizing waste and maximizing resource use, presents a strategy for sustainable economic growth. In addition, the rise of socially responsible investing (SRI) and impact investing highlights the integration of environmental and social considerations into financial decisions.

Social Dimension: Social sustainability emphasizes human well-being, equality, and community development. Eradicating poverty, providing access to quality education and healthcare, and promoting gender equality are crucial components. Scandinavian countries' social welfare systems and Costa Rica's emphasis on education and healthcare exemplify efforts toward holistic social development.

Integrated Management Strategies:

Policy and Governance: Effective policies and governance

structures are essential for guiding societies towards sustainable pathways. International agreements like the Paris Agreement provide a global framework for addressing climate change. Domestic policies, such as carbon pricing and emission reduction targets, are integral to ensuring industries and governments work collaboratively toward sustainable goals.

Technological Innovation: Technology plays a pivotal role in advancing sustainable practices. Smart cities, equipped with data-driven infrastructure, reduce energy consumption and enhance urban living conditions. Innovations like precision agriculture optimize resource use and minimize environmental impacts in food production.

Stakeholder Engagement: Sustainable development thrives on collaboration among diverse stakeholders. Public-private partnerships, NGO initiatives, and community involvement facilitate the implementation of sustainable solutions. For example, the "RE100" campaign brings together businesses committed to using 100% renewable energy.

Challenges and Future Prospects:

Challenges:

Economic Pressures: Sustainable development often requires upfront investments in renewable energy, efficient technologies, and conservation efforts. While these investments pay off in the long run, they can pose financial challenges in the short term, especially for developing nations with limited resources.

Political Resistance: Policymaking and implementation of sustainable practices can be hindered by political interests that prioritize short-term gains over long-term benefits. This can lead to reluctance in adopting and enforcing environmental regulations and policies.

Lack of Awareness: Not everyone is well-informed about the importance of sustainable development and its implications. Lack of awareness can hinder the adoption of eco-friendly practices by individuals, communities, and businesses.

Future Prospects:

Growing Youth Activism: Young people around the world are increasingly becoming vocal advocates for environmental and social justice. Movements like Fridays for Future, led by Greta Thunberg, have highlighted the urgency of addressing climate change and have pushed governments and corporations to take more meaningful action.

Corporate Sustainability Commitments: Many companies are recognizing that sustainability is not just a moral obligation but also a strategic business imperative. Consumers are becoming more conscious of the environmental and social impact of their purchases, prompting companies to adopt sustainable practices and reduce their carbon footprint. This shift is driven by both consumer demand and the realization that sustainability can lead to cost savings and improved brand reputation.

Increasing Emphasis on Environmental Education: Educational institutions are incorporating environmental education into their curricula, raising awareness and fostering a sense of responsibility among students. As the next generation enters the workforce, they are likely to carry these values into their professional lives, influencing decision-making in various sectors.

These trends indicate a potential path toward a more sustainable future, where global efforts to address environmental and social challenges gain momentum. However, it's important to note that while these prospects are promising, overcoming the challenges requires collaboration between governments, businesses, civil society, and individuals. Policymakers need to create supportive frameworks, businesses need to implement sustainable practices, and individuals need to make conscious choices in their daily lives. The synergy between these efforts can help drive meaningful progress towards sustainable development.

Conclusion: Sustainable development and management offer a pathway to address global challenges while securing a better

future. By adopting a holistic approach and considering environmental, economic, and social dimensions, societies can move towards genuine sustainability. Through innovative policies, technological advancements, and collaborative engagement, the world can achieve a harmonious equilibrium between human aspirations and planetary well-being.

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Recent Trends in **EDUCATION** : A Multidisciplinary Exploration



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Dr. Rupa Z. Gupta

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BASICS OF MARKETING

Dr. Anup Govardhan Sharma
Dr. Nilesh N. Chotiya



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BASICS OF MARKETING

There has been a steady rise in the scope and complexity of marketing research methodologies, as they are increasingly put to use. Rarely do they understand that various marketing challenges may be addressed through a variety of marketing research methodologies. This kind of study is useful for both diagnosing an issue and learning more about the marketing landscape. The results of problem-solving studies, for instance, are applied to the formulation of policies that address particular issues in marketing. Similar methods are utilized in market research, politics, and social sciences. A statistical strategy for merging data from several research or from different sorts of studies is termed a meta-analysis (or the Schmidt-Hunter procedure). The term "conceptualization" describes the mental process of transforming indistinct ideas into clear ones. This book aims to fill a void in the marketing research community by providing a comprehensive overview of contemporary marketing research methodologies and their practical applications.

Contents: Introduction to Marketing • Marketing Planning and Strategy • Marketing Concepts and Orientation • Market Segmentation and Targeting • Market Evaluation and Controls • Sales Forecasting • Consumer Behaviour • Marketing Management • Strategic Management • Online Marketing



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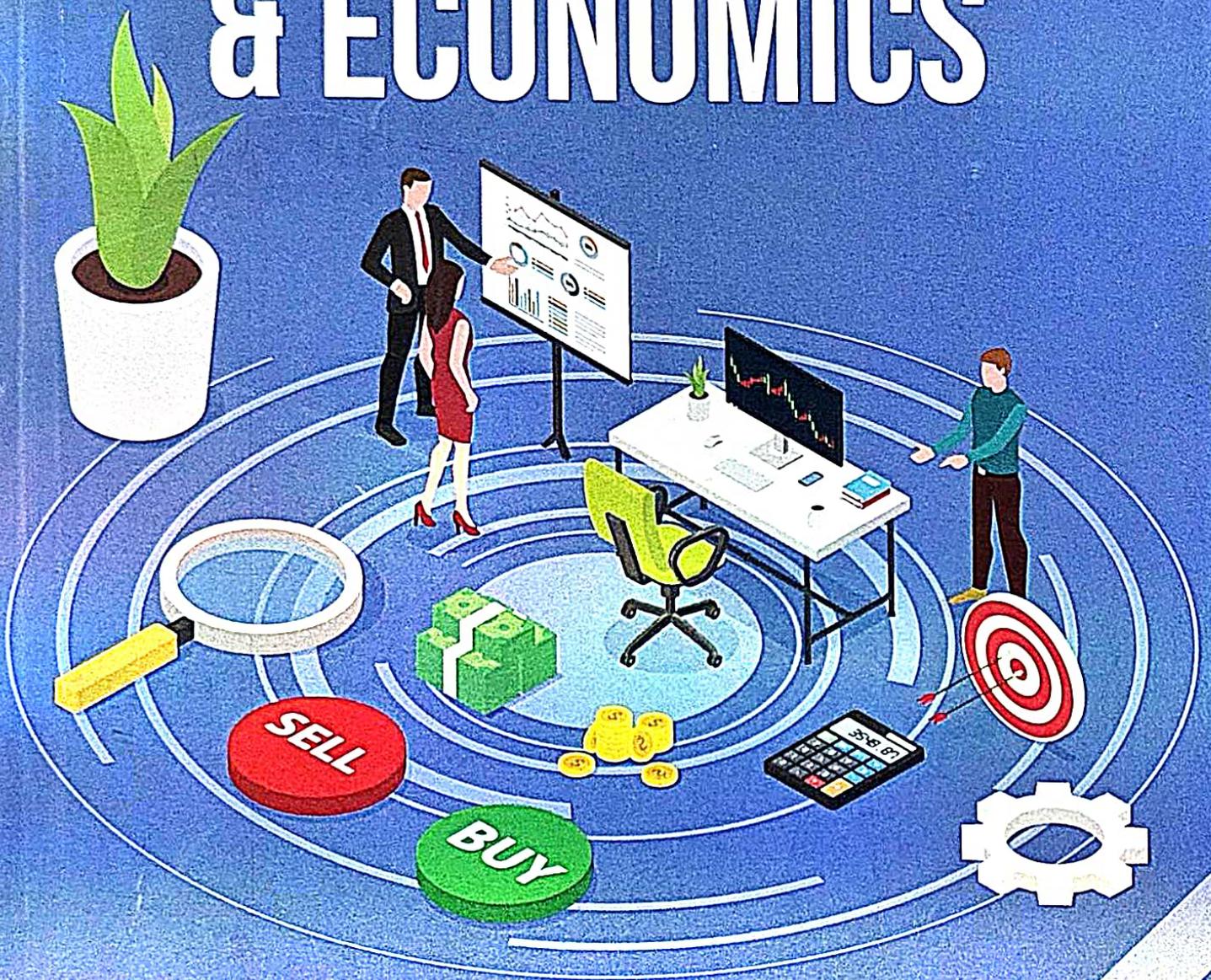
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Human Resource Management in Digital Era

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Abstract

The rapidly increasing technological development and its ever-increasing proliferation results in digitalization of the society. The 'revolution' in digital technology has implications for modern companies on many different levels. Earlier Research studies focuses on the effects of digitization for improved consumer preferences, purchasing patterns, marketing, and corporate results. However, the academic community has typically ignored how it impacts businesses inside, particularly in light of what it means for human resource managers. As a result, the goal of the paper is to learn more about human resource management in the digital age. More precisely, a deeper awareness of the effects of digitalization on HR managers is the objective. The main finding of this study is that because human resource management undergraduates are technologically literate and skilled in HR analytics, they believe that human resource management in the digital age performs all of the traditional roles associated with human resource management, but in a more effective, efficient, productive, and agile way. Numerous implications and suggestions are made for businesses and tertiary education providers by this study.

Keywords: Digitalization, Human resource management, HR analytics

Introduction

Dynamic technical advancements in the contemporary digital world are transforming business structures, which in turn leads to a fundamental shift in how human resources are

managed. The introduction and use of new technologies are having a continual impact on how human resources management specialists perform their work. Digital technologies are used in a variety of HR operations, most notably in those involving the handling of huge amounts of data (big data), computerized training, the use of artificial intelligence in personnel selection and evaluation, the organization of employee feedback online, and a number of other processes. Currently, software with AI components can handle practically all of the challenges HR managers have to face from selecting candidates to assessing an employee's emotional health. Such software can examine a specific employee's computer usage (e-mail, web sites viewed, documents opened) and spot inefficient behaviors as well as assess an employee's emotional condition based on correspondence and chat room remarks.

Objectives of the study

1. To investigate into the current status of development related to electronic human resource management (e-HRM) and to explore its impact on HRM and
2. To understand the aspects of E-HRM and depict the SWOT in context of digitalization.

Literature review

With the implementation of courageous initiatives like competency-based recruitment, innovation compensation, outcome-oriented performance management, and human capital empowerment, the role of human resource management in organizations has changed from a conservative one to a more creative and innovative one (Salamzadeh et al., 2019).

Accordingly, Lumi (2020), citing various human resource management tasks in a compilation of studies on the influence of digitalization on human resource management, claims that recruiting and selection have been the most affected. The HRM function has become more effective and efficient thanks to digitalization, and candidates and human resource

managers increasingly use a variety of platforms for recruiting, including Facebook, LinkedIn, Skype (video conferencing), etc.

This transition towards a more imaginative and creative role is also reflected in the digitalization of the human resource management function. According to Makridakis (2017), as the human resource management function gets more digitalized, it has the potential to surpass other support functions.

Research methodology

The study is based solely on secondary data that has been collected from a variety of publications, books, and websites. The research primarily focuses on several issues that women entrepreneurs face while operating in micro, small, and medium-sized businesses and many elements that influence the success of women entrepreneurs.

Human resource management and digital human resource management

Nowadays, business is carried out in accordance with the demands and preferences of global trade, including the transfer of services, managerial know-how, technology, and products from one country to another. The world has become smaller in terms of communication thanks to globalization. With more advancement, the financial and economic systems of the world have come together. When compared to traditional human resource management, digital human resource management is crucial in today's digital environment because of the organization's desire. To increase organizational performance, many firms require high-efficiency digital human resource management. (Varadaraj and Al Wadi, 2021).

Working of Digital HRM

A company must embrace digitalization in the modern era, especially in the area of human resource management. Traditional methods of recruiting and selection, for instance, cannot simultaneously reach millions of people over a vast geographic area. However, technological developments have

improved the effectiveness and efficiency of recruitment to communicate information in a more appealing way.

For future recruitment, the company is now fully experimenting with digital channels like social networking, online gaming, and AI. Digital media will help employees to understand the entire framework of the training process, and they will be able to participate in the program from any location by attending training sessions through an online platform. The HR process is greatly benefited by E- HRM, which also plays a crucial role in organizational development. Proposed a framework for how the cloud-based network and specialized activities like analytics, talent management analysis, borderless teams, etc. help digital technology play a crucial role in boosting organizational performance.

Recent HR technology

Traditional human resources have undergone a significant transformation in favor of digital human resources delivered through cloud-based networking infrastructure. Traditional human resource operations have given way to mobile device-based ones. According to Halid and Yusoff (2019), social and mobile abilities is seen as a crucial criteria for recruitment selection.

Outcome of successful digitalization of HRM

The research's findings support of the factors influencing the success of digitalizing HRM practices into three categories. Technical, organizational, and human factors in the TOP model.

Technological Factors

1. Characteristics of application: Ease of use, helpfulness, usefulness.
2. The elements of data
3. Integration.

Organisational factors:

1. Characteristics of organizations: The size of company,

features of sectors, HR department size, business sector, and geographical zone.

2. Resources and capabilities: Financial resources and budget constraints, inadequate understanding of possibilities of HR systems.

People factors:

1. Management assistance
2. User acceptability: consumer age, education, gender, career, experience and customer participation.

Advantages of the Digital Transformation of Human Resource Management

- Time/Leave management.
- Managing Information.
- Using data & analytics.
- Future-proof recruitment.
- Improve the employee experience.
- Shifting focus on the core activities.
- Employee Development.
- AI based digital HR solutions in Recruitment & Selection.

Challenges of the Digital Transformation of Human Resource Management

- Transforming the business model
- Optimizing the customer experience
- Overhauling processes
- Updating ways of working

Conditions crucial to the effective digitization of HRM

Research find that certain criteria must be satisfied in order for an HRM digitization process to be effective. These are the conditions:

- 1- Clear and explicit identification of objectives

2- Clear identifying of key and significant figures

3- Digital tools as supplements to conventional/traditional ones

Conclusion

In the present-day corporate sector, digital HRM has become essential. Organizations must go through digital transformation to stay competitive and relevant in the market. Living standards, employment trends, corporate structures, and operational procedures have all drastically changed in today's society. Every aspect of HRM will be impacted by DHR. In the beginning, DHRM helped the company's managers and employees acquire a new mindset toward using technology and conducting business digitally, both of which would lead to a fundamental restructuring of the company.

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Abstract: In the rapidly evolving digital landscape, entrepreneurship has taken on a new dimension known as digital entrepreneurship. This research article delves into the dynamic realm of digital entrepreneurship, analyzing the opportunities it offers and the challenges it presents. The article explores the impact of technological advancements on business creation, growth, and sustainability, highlighting the significance of innovation, digital marketing, and e-commerce. It also addresses the evolving nature of entrepreneurial skills required to succeed in the digital era. Through a comprehensive analysis of relevant literature, this article aims to provide insights into the multifaceted world of digital entrepreneurship.

Keywords: Entrepreneurship, digital marketing, innovation.

Introduction: Digital entrepreneurship refers to the use of digital technologies, platforms, and innovations to create, manage, and grow entrepreneurial ventures. The convergence of technology and entrepreneurship has brought about transformative changes in business practices, market dynamics, and consumer behaviour.

Opportunities in Digital Entrepreneurship: The digital era has opened up numerous opportunities for entrepreneurs to harness the power of technology and the internet. This section highlights key opportunities:

Global Reach: Digital platforms enable entrepreneurs to access a global audience, breaking down geographical barriers.

E-commerce: Online marketplaces offer an avenue for businesses to showcase products and services, enabling efficient sales and distribution.

Innovation: Technological advancements foster innovation, allowing entrepreneurs to create disruptive solutions and novel business models.

Data-driven Insights: Digital tools provide access to valuable data insights, enabling data-driven decision-making and personalized customer experiences.

Low Barrier to Entry: Digital platforms often require lower initial investments compared to traditional brick-and-mortar setups.

Challenges in Digital Entrepreneurship: Digital entrepreneurship also brings forth several challenges that entrepreneurs must navigate:

Digital Competition: The ease of entry leads to increased competition in the digital space, demanding differentiation and unique value propositions.

Cybersecurity: With increased reliance on digital platforms, entrepreneurs face the challenge of safeguarding sensitive data from cyber threats.

Constant Adaptation: Rapid technological changes require entrepreneurs to continuously update their skills and strategies to remain relevant.

Digital Marketing Complexity: While digital marketing offers a vast reach, it requires understanding complex algorithms, SEO, and social media management.

Market Saturation: As more businesses enter the digital realm, certain niches may become saturated, necessitating innovation to stand out.

Role of Digital Marketing in Digital Entrepreneurship:

Digital marketing is a pivotal component of digital entrepreneurship, serving as a powerful tool to connect with

target audiences, establish brand identity, and foster meaningful customer relationships in the online landscape. In the era of digital entrepreneurship, where businesses operate and thrive in the digital realm, effective digital marketing strategies are essential for gaining visibility, expanding market reach, and driving engagement. Following data explores the multifaceted role of digital marketing in the context of digital entrepreneurship.

Reaching Target Audiences: One of the fundamental goals of digital marketing in digital entrepreneurship is to reach and engage with the right target audience. Through various digital channels, entrepreneurs can identify their ideal customers based on demographics, behaviors, and preferences. With this data-driven approach, businesses can tailor their marketing messages to resonate with the specific needs and interests of their audience, thereby increasing the likelihood of capturing their attention.

Building Brand Presence: Digital marketing enables entrepreneurs to establish and enhance their brand presence in the digital space. Through consistent messaging, visual identity, and compelling storytelling, businesses can create a strong and recognizable brand image. This is crucial for digital entrepreneurs as it differentiates them from competitors and helps build trust and loyalty among customers.

Driving Customer Engagement: Engagement is at the core of digital marketing's role in digital entrepreneurship. By leveraging interactive platforms such as social media, entrepreneurs can foster two-way communication with customers. Responding to comments, addressing queries, and actively participating in conversations not only strengthens customer relationships but also builds a sense of community around the brand.

Content Marketing: Content marketing is a central pillar of digital marketing strategy. Entrepreneurs create and share valuable, relevant, and consistent content to attract and engage target audiences. High-quality content, whether in the form of

blog posts, videos, infographics, or eBooks, positions entrepreneurs as industry experts, addresses customer pain points, and educates potential customers about their products or services.

Social Media Strategies: Social media platforms provide a direct line of communication between businesses and their customers. Entrepreneurs leverage social media to share updates, showcase products, run promotions, and interact with their audience in real-time. Social media campaigns, contests, and influencer collaborations are common tactics used by digital entrepreneurs to generate buzz and create a loyal following.

Influencer Collaborations: Influencer marketing is a powerful way to tap into an influencer's established audience and credibility. Digital entrepreneurs identify influencers relevant to their niche and collaborate with them to promote their products or services. These collaborations lend authenticity and trust to the brand, driving conversions among the influencer's followers.

Search Engine Optimization (SEO): SEO ensures that a digital entrepreneur's online content is discoverable by search engines, making it easier for potential customers to find their offerings. Through strategic use of keywords, optimizing website structure, and producing high-quality content, entrepreneurs can improve their website's search engine ranking and attract organic traffic.

Essential skills for digital entrepreneurs

The digital era has ushered in a paradigm shift in the world of entrepreneurship. The rapid advancement of technology has brought about unprecedented opportunities and challenges, demanding a novel skill set for entrepreneurs to succeed in the ever-evolving digital landscape. As businesses operate in an environment heavily influenced by technology, a traditional business acumen is no longer sufficient. Following points delves into the essential skills that digital entrepreneurs must cultivate to not only survive but thrive in today's dynamic business environment.

Digital Literacy: Mastering the Tools of the Trade

At the heart of digital entrepreneurship lies the proficiency in digital literacy. Entrepreneurs need to understand and navigate the diverse array of digital tools, platforms, and technologies available to them. From social media platforms and content management systems to data analytics tools, digital literacy enables entrepreneurs to harness technology effectively. A solid foundation in digital literacy empowers entrepreneurs to leverage digital resources for tasks such as market research, online branding, customer engagement, and data-driven decision-making.

Adaptability: Pivoting in a Dynamic Landscape

In the digital era, change is constant. Technologies evolve, consumer behaviors shift, and market trends transform rapidly. Digital entrepreneurs must possess a high degree of adaptability to respond swiftly and effectively to these changes. Being open to learning new skills, revising strategies, and rethinking business models are key aspects of adaptability. Entrepreneurs who can quickly adjust their course based on market shifts are better positioned to capitalize on emerging opportunities and overcome challenges.

Creativity: Standing Out in the Digital Crowd

Amid the abundance of digital content and offerings, creativity serves as a valuable asset for digital entrepreneurs. Creative thinking allows entrepreneurs to innovate, differentiate their brand, and craft compelling narratives that resonate with their target audience. Creative approaches to content creation, branding, and problem-solving set entrepreneurs apart from the competition. Whether it's crafting engaging social media posts, designing eye-catching visuals, or conceptualizing innovative products, creativity drives success in the digital realm.

Data Analysis and Interpretation: Insights from Data

In the digital landscape, data is a goldmine of insights. Entrepreneurs must possess the ability to gather, analyze, and

interpret data to make informed decisions. Proficiency in data analysis tools enables entrepreneurs to understand customer behavior, market trends, and business performance. By extracting actionable insights from data, entrepreneurs can refine their strategies, optimize marketing efforts, and personalize customer experiences, ultimately enhancing their competitiveness.

Embracing Emerging Technologies: The Path to Innovation

Digital entrepreneurs need to be aware of and comfortable with emerging technologies like artificial intelligence (AI), blockchain, and the Internet of Things (IoT). These technologies hold the potential to revolutionize industries and offer new avenues for innovation. Understanding the practical applications of these technologies empowers entrepreneurs to envision novel solutions, streamline processes, and create products and services that address modern challenges.

Strategic Networking: Building Digital Relationships

Networking transcends physical interactions in the digital age. Entrepreneurs must cultivate an active online presence and engage with peers, mentors, potential partners, and customers across digital platforms. Building relationships through social media, online forums, and professional networks fosters collaboration, knowledge sharing, and access to new opportunities. Digital networking extends an entrepreneur's reach and opens doors to valuable connections.

Continuous Learning and Self-Development: Staying Relevant

In a landscape marked by constant change, entrepreneurs must embrace a mindset of continuous learning and self-development. Staying updated on technological trends, industry developments, and best practices ensures that entrepreneurs remain relevant and equipped to adapt to evolving circumstances. Embracing ongoing learning also fosters an entrepreneurial spirit that thrives on innovation and exploration.

Problem-Solving and Critical Thinking: Navigating Challenges

Digital entrepreneurship presents its fair share of challenges. Entrepreneurs need to be adept problem-solvers who can critically assess situations, identify root causes, and devise effective solutions. Whether it's troubleshooting technical issues, devising growth strategies, or responding to changing market dynamics, the ability to think critically and creatively is crucial for sustained success.

In nutshell, the digital era demands a versatile skill set from entrepreneurs. Beyond traditional business skills, digital literacy, adaptability, creativity, data analysis, technological proficiency, strategic networking, continuous learning, and problem-solving capabilities collectively equip entrepreneurs to thrive in the complex and dynamic digital business environment. Cultivating these skills not only enhances individual success but also contributes to the overall innovation and growth of the digital entrepreneurship ecosystem.

Conclusion: Digital entrepreneurship has revolutionized the way businesses are conceptualized, launched, and grown. It offers unparalleled opportunities for global reach, innovation, and market expansion. However, the challenges of competition, cybersecurity, and constant adaptation require entrepreneurs to stay agile and proactive. The role of digital marketing and the development of relevant skills remain critical in achieving success in the digital era. As technology continues to evolve, digital entrepreneurship is poised to shape the future of business and economic landscapes.

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Role of Academic Library Professionals in Electronic Teaching –Learning Era

R.G.Baheti

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Abstract

The electronic publishing has change the role of academic libraries in e-environment. Changing the role of internet and digital technology has created new initiatives for academic library professional and e-teaching and e-learning. In virtual era it is somehow possible to have teaching and learning without wall. The role of the academic library professionals changing their identity as cybrarian, information processor, information consultant etc. This paper deals with the role and responsibility of the academic library professional in e-environment. The paper also tries to point out the role of library professionals in changing society, services offered by the academic libraries in e-teaching and learning process.

Key word – Academic Library Professional, e-teaching, e-learning

Introduction

The growth of the internet and digital technology has caused a dramatic and rapid change in education system. Academic libraries and library professionals will become redundant in the tech-based teaching and learning. For academic libraries which responsible for preserving and providing access to the various types of resources. The nature of the academic library and the role they play in campus is changing. Libraries are moving towards an information services and becoming information centres. Academic libraries will increasingly provide information and services to their users at right time as per their need. In e-environment the traditional role of a libraries are changing to provide information services for e-teaching and e-learning.

Education and technological developments

Education encompasses teaching and learning specific skills and also something less tangible but more profound the imparting of knowledge, good judgment and wisdom. Education has as one of its fundamental goals the imparting of culture from generation to generation. Both formal and informal education is changing in e-environment era. Technology is transforming the traditional methods of teaching and learning in classrooms. The goal is create students who can become active, independent and lifelong learners rather than passive need of information. Technological developments are changing the role and responsibility formal and informal education. The classroom teacher is the key to the success of education program that promotes these qualities. It has long viewed academic libraries and library professional as the acknowledge information experts.

E-teaching and E-Learning

Electronic learning (or E-Learning or eLearning) is a term for all types of technology-enhanced learning (TEL), where technology is used to support the learning process. Often the medium of instruction is through computer technology, particularly involving digital technologies. E-learning has been defined as “pedagogy empowered by digital technology”. In some instances, no face-to-face interaction takes place. E-learning is used interchangeably in a wide variety of contexts. It is defined that as a planned teaching/learning experience that uses a wide spectrum of technologies, mainly internet or computer based, to reach learners. Most of the universities, e-learning is used to define a specific mode to attend a course or programmes

of study where the students rarely, if ever, attend face-to-face for on-campus access to educational facilities, because they study online.

Goals and Benefits of e-learning and e-teaching

E-learning lessons are generally designed to guide students through information or to help students perform in specific tasks. Information based e-Learning content communicates information to the student. Examples include content that distributes the history or facts related to a service, company, or product. In information-based content, there is no specific skill to be learned. In performance-based content, the lessons build off of a procedural skill in which the student is expected to increase proficiency.

E-learning and e-teaching can provide four major benefits for the organizations and individuals involved.

1. **Access to quality education:** The fact that instructors of the highest caliber can share their knowledge across borders allows students to attend courses across physical, political, and social boundaries. Recognized experts have the opportunity of distributing information internationally at minimum costs.
2. **Affordable education:** E-learning can drastically reduce the costs of higher education, making it much more affordable and accessible to the masses. An internet connection, a computer, and a projector would allow an entire classroom in a Third World university to benefit from the knowledge of a distant instructor.
3. **Convenience and flexibility to learnings:** In many contexts, e-learning is self-paced and the learning sessions are available 24x7. Learners are not bound to a specific day/time to physically attend classes. They can also pause learning sessions at their convenience.
4. **Reducing environmental impact:** E-learning allows people to avoid travel, thus reducing the overall carbon output. The fact that it takes place in a virtual environment also allows some reduction of paper usage. With virtual notes instead of paper notes and online assessments instead of paper assessments, eLearning is a more environmentally friendly solution.

Development of e-learning and e-teaching

Many institutes of higher education, for-profit institutions, now offer no-line classes. By contrast, only about half of private, non-profit schools offer them. The Sloan report, based on a poll of academic leaders, says that students generally appear to be at least as satisfied with their on-line classes as they are with traditional ones. Private institutions many become more involved with on-line presentations as the cost of instituting such a system decreases. Properly trained staff must also be hired to work with students on-line. These staff members need to understand the content area, and also be highly trained in the use of the computer and internet. Online education is rapidly increasing, and online doctoral programs have even developed at leading research universities.

Academic Information Resources in the Age of Information

Information resources in all formats with adequate depth and quantity need to be provided in the library for students' experimentation and exploration. Such resources should promote student-centered, resource based, problem-solving and independent learning. Self-paced resource that enable the customization of learning and the impacting of specific skills to students should be promoted. This approach enables the student to direct his own learning while the teacher and the librarian work in partnership facilitate and guide the student along the learning process. It is a same texts, or use the same resources in order to gain experiences and develop relevant skills. As they see the correlation between text, graphics and sound they are than able to sharpen their creativity skills. The information age university library is a laboratory of learning where abundant information resources in all formats and their accompanying infrastructure are available for exploration and skills development.

E-library services

- Database searching;
- Public access services;
- Electronic reference;
- Public relations services;
- Library promotion and marketing;
- E-publishing;
- Information literacy programmes;
- Online circulation activities, such as electronic and the Internet.

Issues and challenges of academic libraries

- E-library services includes the following:
- Online/offline access to digital information resources;
- Database searching;
- Public access services;
- Electronic reference;
- Public relations services;
- Library promotion and marketing;
- E-publishing;
- Information literacy programmes;
- Online circulation activities, such as electronic and the reserves;
- User Services, and queries; and
- Online access to library catalogues, databases and the Internet.

Conclusion

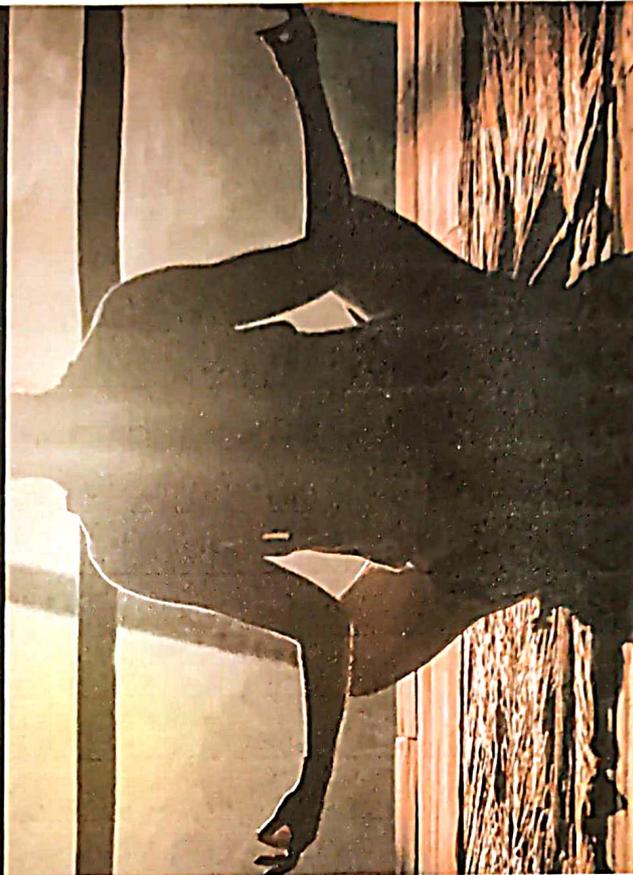
Society is not ready to abandon the library, and it probably won't ever be. Libraries can adapt to social and technological changes, but they can't be replaced. While libraries are distinct from the Internet, librarians are the most suited professionals to guide scholars and citizens toward a better understanding of how to find valuable information online. Indeed, a lot of information is online. But a lot is still on paper. Instead of regarding libraries as obsolete, state and federal governments should increase funding for improved staffing and technology. The virtual library environment provides both an opportunity and a requirement for librarians to develop greater familiarity with IT-type skills. Today, more than ever, libraries and librarians are extremely important for the preservation and improvement of our culture. Para-professional staff required practical 'hands on' experience and training librarians are moving into database development, courseware, open learning and academic staff development and need a combination of knowledge, skills, aptitudes, and personal qualities in order to fill their multi-faceted roles.

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Dr. Suresh Kumar Agarwal
Lt. Shweta Priyadarshi Mendhe
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Many positive changes have occurred in the ways people eat and move as a result of modern living. The usage of social networks and other forms of media, along with the ongoing effects of the economic downturn, have served to further separate individuals from one another. As a result, individuals now lead quite different lives than in the past, more prone to acts of exclusion, xenophobia, and terror in the face of supposed statistical disadvantages. This triggered the emergence of various related problems in the youth sector. Young people have grown less physically active and more judgmental of their peers, which we have seen. This invisibility has led to inaction and the proliferation of negative preconceptions. The human body undergoes pathological alterations due to a lack of exercise. The idea of wellness is rather wide. This book aims to provide readers a holistic yet detailed understanding of the topic. All of its aspects are taken into account, from the psychological to the environmental. Each of these aspects is related to and dependent upon the others. We also acknowledge that our global community is multietnic and that wellness extends beyond what can be covered in this article. For instance, we hold that trauma is shared by all people and that individual cultural and spiritual backgrounds shape how we see the world and interact with it. In a nutshell, wellness refers to the state of mind and body that results from our daily actions.

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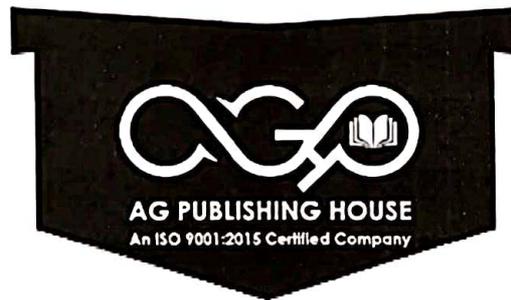
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**Physical
Education
and Sports:
Issue, Challenges
and
Opportunities**

Volume II

Edited By : Dr. Sagar P. Narkhede

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श्रीमती राधादेवी गोयनका महिला महाविद्यालय, अकोला

सारांश :

दैनिक जीवन में योग शारीरिक, मानसिक, सामाजिक और आध्यात्मिक स्वास्थ्य के क्षेत्रों में विकास के आठ स्तरों से युक्त अभ्यास की एक प्रणाली है। जब शरीर शारीरिक रूप से स्वस्थ होता है, तो मन स्पष्ट, केंद्रित होता है और तनाव नियंत्रण में होता है। यह प्रियजनों के साथ जुड़ने और सामाजिक रूप से स्वस्थ संबंधों को बनाए रखने की जगह देता है। जब आप स्वस्थ होते हैं तो आप अपने आंतरिक स्वास्थ्य के साथ, दूसरों के साथ बहुत गहरे स्तर पर संपर्क में होते हैं, जो आपके आध्यात्मिक स्वास्थ्य को जोड़ता है। 'योग' शब्द संस्कृत से उत्पन्न हुआ है और इसका अर्थ है 'जुड़ना, एकजुट होना'। योग व्यायाम का समग्र प्रभाव होता है और यह शरीर, मन, चेतना और आत्मा को संतुलन में लाता है। 'दैनिक जीवन में योग' के मुख्य लक्ष्य शारीरिक स्वास्थ्य, मानसिक स्वास्थ्य, सामाजिक स्वास्थ्य, आध्यात्मिक स्वास्थ्य, आत्म-साक्षात्कार या हमारे भीतर ईश्वरीय अनुभूति हैं।

इन लक्ष्यों को सभी जीवित प्राणियों के लिए प्यार और मदद, जीवन के लिए सम्मान, प्रकृति और पर्यावरण की सुरक्षा, मन की शांतिपूर्ण स्थिति, पूर्ण शाकाहारी भोजन, शुद्ध विचार और सकारात्मक जीवन शैली, शारीरिक, मानसिक और आध्यात्मिक प्रथाओं, सभी के लिए सहनशीलता से प्राप्त किया जाता है। संस्कृतियों और धर्मों, यौगिक तकनीकों को, किसी के समग्र प्रदर्शन को बेहतर बनाने के लिए जाना जाता है।

दैनिक जीवनमें शारीरिक, मानसिक, सामाजिक और आध्यात्मिक स्वास्थ्य के क्षेत्रों में विकास के आठ स्तरों से युक्त अभ्यास की एक प्रणाली है। जब शरीर शारीरिक रूप से स्वस्थ होता है, तो मन स्पष्टकेंद्रित होता है और तनाव नियंत्रण में रहता है। यह प्रियजनों के साथ जुड़ने और सामाजिक रूप से स्वस्थ संबंधों को बनाए रखने की जगह देता है। जब आप स्वस्थ होते हैं तो आप अपने आंतरिकस्वास्थ्य, के साथ, दूसरों के साथ बहुत गहरे स्तर पर संपर्क में होते हैं, जो आपके आध्यात्मिक स्वास्थ्य को जोड़ता है। योग रीढ़ कीलवचिकता को बढ़ाता है, शरीर की शारीरिक स्थिति में सुधार करता है और विश्राम के महत्त्व के प्रति जागरूकता बढ़ाता है।

इस बात पर जोर दिया गया है कि प्रत्येक व्यायाम का अभ्यास धीरे-धीरे करें, श्वास के साथ गति का समन्वय करते हुए, प्रत्येक स्थिति में गतिहीन होकर और हमेशा पूरी एकाग्रता के साथ रुकें। योग आपको पोज देते समय श्वास पर ध्यान केंद्रित करना सिखाता है। यह तनाव और चिंता को दूर करता है। योग अनिद्रा को ठीक करने में मदद कर सकता है, क्योंकि नियमित योग अभ्यास से बेहतर और गहरी नींद आती है।

योग थकान से लड़ने और पूरे दिन अपनी ऊर्जा बनाए रखने में मदद कर सकता है। योग विभिन्न प्रकार के ऑटोइम्यून रोगों के लिए एक प्रभावी उपचार है क्योंकि यह उन लक्षणों को कम कर सकता है जो इन रोगों के कारण होते हैं, जैसे कि कठोरता, अस्वस्थता, थकान और कमजोरी। योग से बच्चे भी लाभान्वित हो सकते हैं। अटेंशन डेफिसिट डिसऑर्डर और अति सक्रियता वाले लोग योग श्वास और योग आसनों का उपयोग करके आराम करना और नियंत्रण प्राप्त करना सीख सकते हैं। यातना या अन्य आघात के पीड़ितों को अच्छा करने में योग का उपयोग किया गया है। क्योंकि योग ध्यान का एक रूप है, इसका परिणाम आंतरिक शांति और उद्देश्य की भावना में होता है, जिसके दूरगामी स्वास्थ्य लाभ हैं।

मन, चेतना और आत्मा की शांति स्वयं और पर्यावरण के साथ रहना हर इंसान की इच्छा है। हालांकि, आधुनिक समय में जीवन के कई क्षेत्रों पर लगातार अधिक शारीरिक और भावनात्मक माँगें रखी जाती हैं। परिणाम: शारीरिक और मानसिक तनाव जैसे तनाव, चिंता, अनिद्रा से पीड़ित होते हैं, और शारीरिक गतिविधि और उचित व्यायाम में असंतुलन होता है। यही कारण है कि स्वास्थ्य की प्राप्ति और सुधार के साथ-साथ शारीरिक, मानसिक और आध्यात्मिक सद्भाव के तरीकों और तकनीकों का बहुत महत्त्व है, और ठीक इसी संबंध में 'दैनिक जीवन में योग' व्यापक रूप से किसी की मदद करने के लिए सहायता प्रदान करता है।

आज के लोगों की ज़रूरतों को समायोजित करने के लिए इस प्रणाली को विकसित करने में, प्राचीन शिक्षाओं की मौलिकता और प्रभाव को खोए बिना, आधुनिक समाज के भीतर की स्थितियों पर बहुत ध्यान दिया गया 'योग' शब्द संस्कृत से उत्पन्न हुआ है और

इसका अर्थ है 'जुड़ना, एकजुट होना'। योग व्यायाम का समग्र प्रभाव होता है और यह शरीर, मन, चेतना और आत्मा को संतुलन में लाता है। इस तरह योग हमें रोजमर्रा की मांगों, समस्याओं और चिंताओं से निपटने में मदद करता है। योग स्वयं के बारे में, जीवन के उद्देश्य के बारे में और ईश्वर के साथ हमारे संबंध के बारे में बेहतर समझ विकसित करने में मदद करता है। आध्यात्मिक पथ पर, योग हमें सवीच ज्ञान और शाश्वत आनंद की ओर ले जाता है, जो व्यक्तिगत आत्मा के साथ सार्वभौमिक आत्म के मिलन में होता है। योग वह सवीच, लौकिक सिद्धांत है। यह जीवन का प्रकाश है, सार्वभौमिक रचनात्मक चेतना है जो हमेशा जागृत रहती है और कभी सोती नहीं है; जो हमेशा था, हमेशा है और हमेशा रहेगा।

भारत में कई हजारों साल पहले, ऋषियों (बुद्धिमान पुरुषों और संतों) ने अपने ध्यान में प्रकृति और ब्रह्मांड की खोज की। उन्होंने भौतिक और आध्यात्मिक क्षेत्रों के नियमों की खोज की और ब्रह्मांड के भीतर संबंधों में अंतर्दृष्टि प्राप्त की। उन्होंने ब्रह्मांडीय नियमों, प्रकृति के नियमों और तत्वों, पृथ्वी पर जीवन और ब्रह्मांड में काम करने वाली शक्तियों और ऊर्जाओं की जांच की - बाहरी दुनिया के साथ-साथ आध्यात्मिक स्तर पर भी। वेदों में पदार्थ और ऊर्जा की एकता, ब्रह्मांड की उत्पत्ति और प्राथमिक शक्तियों के प्रभावों का वर्णन और व्याख्या की गई है।

इस ज्ञान में से अधिकांश को आधुनिक विज्ञान द्वारा फिर से खोजा और पुष्टि की गई है। ये अनुभव और अंतर्दृष्टि हैं जो एक दूरगामी और व्यापक प्रणाली है जिसे योग के रूप में जाना जाता है और इसने हमें शरीर, सांस, एकाग्रता, विश्राम और ध्यान के लिए मूल्यवान, व्यावहारिक निर्देश दिए। व्यायाम के स्तर डॉक्टरों और फिजियोथेरेपिस्ट के परामर्श से तैयार किए गए थे और इसलिए बताए गए नियमों और सावधानियों का पालन करके किसी के द्वारा घर पर स्वतंत्र रूप से अभ्यास किया जा सकता है। 'दैनिक जीवन में योग' एक समग्र प्रणाली है, जिसका अर्थ है कि यह न केवल शारीरिक, बल्कि मानसिक और आध्यात्मिक पहलुओं को भी ध्यान में रखता है। सकारात्मक सोच, दृढ़ता, अनुशासन, सवीच के प्रति उन्मुखीकरण, प्रार्थना के साथ-साथ दया और आत्म-ज्ञान और आत्म-साक्षात्कार का मार्ग बनाती है।

'दैनिक जीवन में योग' के मुख्य लक्ष्य हैं:

- शारीरिक स्वास्थ्य
- मानसिक स्वास्थ्य
- स्वास्थ्य
- आध्यात्मिक स्वास्थ्य
- आत्म-अनुभूति या हमारे भीतर दिव्य की प्राप्ति इन लक्ष्यों

को प्राप्त किया जाता है:

- सभी जीवित प्राणियों के लिए प्यार और सहायता
- जीवन के प्रति सम्मान, प्रकृति और पर्यावरण की सुरक्षा
- मन की शांतिपूर्ण स्थिति
- पूर्ण शाकाहारी भोजन
- शुद्ध विचार और सकारात्मक जीवन शैली
- शारीरिक, मानसिक और आध्यात्मिक अभ्यास
- सभी देशों, संस्कृतियों और धर्मों के लिए सहिष्णुता

शारीरिक स्वास्थ्य शरीर के स्वास्थ्य का जीवन में मूलभूत महत्व है। जैसा कि स्विस में जन्मे चिकित्सक, पैरासेल्सस ने बहुत सही कहा है, 'स्वास्थ्य ही सब कुछ नहीं है, लेकिन स्वास्थ्य के बिना सब कुछ कुछ भी नहीं है'। स्वास्थ्य को बनाए रखने और पुनर्स्थापित करने के लिए शारीरिक व्यायाम (आसन), श्वास व्यायाम (प्राणायाम) और विश्राम तकनीकें हैं। 'दैनिक जीवन में योग' के अंतर्गत क्लासिक आसनों और प्राणायामों को आठ-स्तरीय प्रणाली में विभाजित किया गया है, जिसकी शुरुआत 'सर्वहित आसन' (जिसका अर्थ है, 'व्यायाम जो सभी के लिए अच्छा है') से होता है। सात अन्य भाग इस प्रारंभिक स्तर का पालन करते हैं और आसनों और प्राणायामों के अभ्यास के माध्यम से उत्तरोत्तर आगे बढ़ते हैं। बुनियादी अभ्यासों से कई विशेष कार्यक्रम विकसित किए गए हैं: 'पीठ दर्द के लिए योग', 'जोड़ों के लिए योग', 'वरिष्ठों के लिए योग', 'प्रबंधकों के लिए योग' और 'बच्चों के लिए योग'। अच्छे स्वास्थ्य को बनाए रखने के लिए 'दैनिक जीवन में योग' के अंतर्गत अन्य मूल्यवान व्यायाम है।

अच्छे स्वास्थ्य को बनाए रखने में इससे भी बड़ा कारक वह भोजन है हम जो खाते हैं वह हमारे शरीर और मानस - हमारी आदतों और गुणों दोनों को प्रभावित करता है। संक्षेप में, हम जो भोजन करते हैं उसका हमारे पूरे अस्तित्व पर प्रभाव पड़ता है। भोजन हमारी शारीरिक ऊर्जा और जीवन शक्ति का स्रोत है। संतुलित और स्वस्थ खाद्य पदार्थों में शामिल हैं: अनाज, सब्जियां, दालें, फल, नट्स, दूध और दूध से बने उत्पाद, साथ ही शहद, अंकुरित अनाज, सलाद, बीज, जड़ी-बूटियाँ और मसाले - या तो कच्चे या ताजा पके हुए। जिन खाद्य पदार्थों से बचा जाना चाहिए वे हैं पुराने, दोबारा गर्म या विकृत खाद्य पदार्थ, मांस (सभी मांस उत्पादों और मछली सहित) और अंडे। शराब, निकोटीन और नशीली दवाओं से बचना भी सबसे अच्छा है क्योंकि ये हमारे स्वास्थ्य को तेजी से नष्ट करते हैं।

मानसिक स्वास्थ्य:

सामान्य तौर पर, हम अपने नियंत्रण में होने के बजाय मन और इंद्रियों द्वारा जीवन का नेतृत्व करते हैं। हालाँकि, मन पर

नियंत्रण पाने के लिए, हमें पहले इसे आंतरिक विश्लेषण के तहत रखना होगा और इसे शुद्ध करना होगा। नकारात्मक विचार और भय हमारे तंत्रिका तंत्र में और इसके माध्यम से हमारे शारीरिक कार्य में असंतुलन पैदा करते हैं। यह कई बीमारियों और दुखों का कारण है। विचारों की स्पष्टता, आंतरिक स्वतंत्रता, संतोष और एक स्वस्थ आत्मविश्वास मानसिक कल्याण का आधार है। इसलिए हम अपने नकारात्मक गुणों और विचारों पर धीरे-धीरे काबू पाने का प्रयास करते हैं और सकारात्मक विचारों और व्यवहार को विकसित करने का लक्ष्य रखते हैं। जीवन में योग' मानसिक कल्याण प्राप्त करने के लिए कई तरीके प्रदान करता है: मंत्र अभ्यास, नैतिक सिद्धांतों का पालन, अच्छी संगति रखना और मन को शुद्ध और मुक्त करने के लिए प्रेरक ग्रंथों का अध्ययन। आत्म-जांच और आत्म-ज्ञान में एक महत्वपूर्ण उपकरण 'आत्म-अन्वेषण ध्यान' की तकनीक है, जो आत्म-विश्लेषण की चरण-दर-चरण ध्यान तकनीक है। इस ध्यान अभ्यास में हम अपने अवचेतन, हमारी इच्छाओं, जटिलताओं, व्यवहार पैटर्न और पूर्वाग्रहों के स्रोत के संपर्क में आते हैं। अभ्यास हमें अपनी प्रकृति से परिचित होने के लिए मार्गदर्शन करता है।

सामाजिक स्वास्थ्य:

सामाजिक स्वास्थ्य अपने आप में खुश रहने और दूसरों को खुश करने में सक्षम होने की क्षमता है। इसका अर्थ है अन्य लोगों के साथ वास्तविक संपर्क और संचार का पोषण करना, समाज के भीतर जिम्मेदारी लेना और समुदाय के लिए काम करना। सामाजिक स्वास्थ्य भी आराम करने और जीवन को उसकी सभी सुंदरता में अनुभव करने की क्षमता है। हमारे समय की बढ़ती समस्याओं में से एक नशाखोरी है। यह सामाजिक बीमारी का स्पष्ट संकेत है। 'दैनिक जीवन में योग' की प्रणाली इस बीमारी पर काबू पाने में सहायता कर सकती है और लोगों को जीवन में एक नया, सकारात्मक उद्देश्य प्रदान कर सकती है। अच्छी, सकारात्मक संगति के महत्व का हमारे मानस पर बहुत प्रभाव पड़ता है, क्योंकि इस तरह की संगति हमारे व्यक्तित्व और चरित्र को ढालती और बनाती है। आध्यात्मिक विकास में सकारात्मक संगति का बहुत महत्व है। 'दैनिक जीवन में योग' जीने का अर्थ है स्वयं के लिए और दूसरों के लाभ के लिए कार्य करना। हमारे पड़ोसियों और समुदाय के लिए मूल्यवान और रचनात्मक कार्य करना, प्रकृति और पर्यावरण को संरक्षित करना और दुनिया में शांति के लिए काम करना।

आध्यात्मिक स्वास्थ्य:

यह उपदेश विचार, वचन, भावना और कर्म में अहिंसा के सिद्धांत को अपनाता है। प्रार्थना, ध्यान, मंत्र, सकारात्मक सोच

और सहनशीलता आध्यात्मिक स्वास्थ्य की ओर ले जाती है। मनुष्य को रक्षक बनना चाहिए, विध्वंसक नहीं। वे गुण जो हमें वास्तव में मानव बनाते हैं, देने, समझने और क्षमा करने की क्षमता है। जीवन की रक्षा करना और जीवन के सभी स्तरों की वैयक्तिकता और स्वतंत्रता का सम्मान करना योग शिक्षाओं का प्राथमिक अभ्यास है। इस सिद्धांत का पालन करने से अधिक सहिष्णुता, समझ, आपसी प्रेम, सहायता और करुणा विकसित होती है - न केवल व्यक्तियों के बीच, बल्कि सभी मनुष्यों, राष्ट्रों, जातियों और धार्मिक विश्वासों के बीच।

प्राणायाम की तकनीक:

योगिक तकनीकों को किसी के समग्र प्रदर्शन को बेहतर बनाने के लिए जाना जाता है। प्राणायाम योग का एक महत्वपूर्ण, फिर भी अल्पज्ञात अंग है। कुछ समय पहले तक, योगिक श्वास की यह कला और विज्ञान कई अन्य प्राचीन भारतीय कलाओं की तरह आम आदमी के लिए लगभग पूरी तरह से अनजान था। जो लोग इसे जानते थे वे अपने ज्ञान और अनुभव को किसी के साथ साझा करने के लिए बहुत अनिच्छुक हुआ करते थे, जब तक कि एक छात्र ने परीक्षणों से साबित नहीं किया कि वह इसे प्राप्त करने के लिए तैयार था।

निष्कर्ष:

निष्कर्ष निकालने के लिए 'दैनिक जीवन में योग' का मूल सिद्धांत धार्मिक स्वतंत्रता है। योग कोई धर्म नहीं है-यह आध्यात्मिकता और ज्ञान का स्रोत है, सभी धर्मों का मूल है। योग धार्मिक सीमाओं को पार करता है और एकता का मार्ग दिखाता है। 'दैनिक जीवन में योग' मंत्र योग और क्रिया योग के अभ्यास के माध्यम से जीवन पथ पर आध्यात्मिक आकांक्षी मार्गदर्शन प्रदान करता है। पृथ्वी पर सबसे उच्च विकसित प्राणियों के रूप में, मनुष्य अपने वास्तविक स्वरूप और आंतरिक स्व, ईश्वर को महसूस करने में सक्षम हैं।

योग का आध्यात्मिक लक्ष्य ईश्वर-प्राप्ति है, ईश्वर के साथ व्यक्तिगत आत्मा का मिलन। यह अहसास कि हम सभी अपनी सामान्य जड़ में एक हैं और ईश्वर से जुड़ाव पहला कदम है। आपके स्वास्थ्य और तंदुरुस्ती और एक मुक्त, सुखी जीवन से संबंधित निर्णय आपके हाथों में हैं। दृढ़ संकल्प के साथ नियमित अभ्यास करें, सफलता निश्चित होगी। मैं सभी योगाभ्यासियों और अभी भी अभ्यासी बनने वालों के लिए बहुत खुशी, सफलता, स्वास्थ्य, सद्भाव, जीवन में आनंद और ईश्वर के आशीर्वाद की कामना करती हूँ।

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