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Current Trends In Physical Education and Sports

Edited By
Dr. Sagar P. Narkhede

Professional Opportunities Through Physical Education And Sports

Dr. Khushal Jagtap Alaspure

Director of Physical Education, Narayana Rana Mahavidyalaya
Dudhara Dist. Amravati (MS) India.

Email : khushalalaspure1971@gmail.com

Abstract:

Physical education is important for people of all ages. Physical education is especially important for young adolescents in the middle of adolescence. Generally we have heard and seen written in schools that health is wealth. That's perfect. If our body is not healthy then we cannot reach the height of success in any field. Physical education develops mental power, enhances beauty and destroys diseases. Today, it is important to have a socio-economic level along with physical and mental preparation to maintain health, only then a person can remain independent, but when a person is in a good business then only his socio-economic level is good. Today there has been a lot of progress in physical education, due to which more opportunities for getting jobs have been created, they have been discussed in this article.

Keywords: Opportunities, Physical education, Sports

Introduction:

Health is the most precious gift given by God to a human being, a person with good health and fitness. Being physically and mentally healthy is very important for a person to lead a healthy and happy life. When you are healthy only then you are able to do any work with full dedication and hard work, healthy and healthy people are less prone to diseases, being healthy does not only mean being physically fit, but it means a sense of a healthy mental state as well. If one is physically fit, one can attain a healthy mental state as well. Physical education is very important in our life, through physical education we can keep our body healthy and fit. Today physical education in children develops and teaches the importance of maintaining a healthy body, then the importance of regular fitness

activity in a regular routine, which in turn keeps them happy and energetic. It helps children maintain their fitness, develop muscular strength and increase their stamina. Through physical education teachers can promote the benefits of healthy and nutritious food and discourage them to eat junk food by highlighting their ill effects. They can easily promote sound eating methods and guidelines for nutrition. Physical education also entertains, after which interest in reading is formed. The immunity of the disease increases in a person who does exercise in a person who does exercise every day. As we all know, health education refers to education an individual or community to adopt better, healthy and clean living conditions. The purpose of health education is to increase awareness of individuals and communities on various aspects of health such as physical health, prevention of diseases, sexual and reproductive health etc., with a lot of emphasis being placed on physical education in every country today, health education a broad subject and can also include health issues such as alcohol, drugs, tobacco and environmental health topics. A bright future can be adopted in the field of physical education. There are many options in front of us like opening a physical education center or a physiotherapist.

Physical education as well as through human movement in which various educational purposes are achieved by him or her through many muscular activities, including sports, gymnastics, exercise and dance. Physical education is such words that on hearing it, a person understand that the human body has been talked about. Our body is the most beautiful gift given by God; it is our biggest responsibility to protect it. Here let us tell you that the process that you and we follow to keep our body healthy is called physical education refers to a profession in which people are encouraged to promote their health.

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Maintenance and restoration are taught about. In this aspect refers to mental health, physical health, psychological health, social health, sexual health and reproductive health.

Main Body :

Earlier physical education as a profession was not recognized in society and had poor social status. But the growing demands of educational institutions like schools, colleges, universities, clubs, training centers, recreation parks etc., has increased its status and recognition. Today the professionals of physical education are easily adjusted in good status jobs. Thus this profession is in great demand in educational field, private sector, public sector, industries etc. For career in sports and physical education, one should have an interest in physical education activities, sports and games. One should possess a high level of physical fitness, a good health, sound mental stability, competitive spirit and emotional balance. The leadership quality and good socialization skill enhance the career options in physical education. The commanding voice, organizing ability, responsibility, faith, honesty, self-confidence, self-discipline, mental toughness, dedication, will power to cope with injuries etc. are the qualities required for career in physical education. We have some opportunities in physical education and sport field, which we can think as a career, as follows.

Physical Education Teacher :

For choosing this as a career, one must be well-qualified with certified Degree or Diploma in Physical Education from a recognized University. A Physical Education Teacher or Trainer also known as PET works majorly in schools, colleges and universities. The major responsibilities of PET are to train students in various sports, organize sports events or competitions, teach students about sports, health, physical development and nutrition. PETs also teach the students about the benefit of regular exercise and conduct regular sessions on the same. A physical education teacher is also responsible for developing engaging activities for exercise based learning.

As Coach :

For this a career one must have a certified Diploma from NIS in a game or sports. He must have good experience

of playing and participating in the game. As a sports coach, your role is to help athletes of all ages and abilities to reach their sporting potential. You could be working with a local team, on a voluntary or part-time basis, or working with a professional team or athlete on a full time basis. A coach needs to be able to understand peoples/ players strengths weaknesses, and provide and maintain motivation in those that they work with. They use a variety of skills to analyze individual and team performance and provide training to improve sporting results and output.

As a Fitness Trainer :

Looking at the way people's health is getting affected, it is very important for every person to stay fit. But a fitness trainer is a person who gives you information in the form of all the exercise keeping in mind your body and health conditions. It makes every effort to meet all the fitness goals as per its guidance. Also, the people who exercise always have to be motivated so that every person can be successful in making himself fit and provide services to keep the body fit. To choose this as a career one must possess certified diploma after 12th class and good physical fitness abilities. To choose this as a profession the person must be very fit and healthy. He should have the experience about the needs of the group; team etc. to give fitness schedule. The fitness trainer has to focus topics related to nutrition, weight management, stress reduction, weight loss, weight gain, diet etc.

Game specialist :

A good player can easily become a specialist official of the game. This is upcoming profession.

As a Yoga Instructor :

Yoga is such a spiritual process in which not only is done to bring the body, mind and soul together and stay mentally healthy. The science of yoga is spreading rapidly all over the world. The days of yoga are returning in view of the programs organized around the world on 21 June World Yoga Day. Yoga is not only a means to keep the body and mind healthy but it is a science in which employment opportunities are also abundant. Nowadays the field of education has become very big so different types of courses are conducted. After doing the physical education course, the student

each gets a job in many places. Such as physical education teacher, sports coach, fitness in-charge, soft ball games, yoga teacher and trainer etc. After doing NPTEL course, you get jobs in many places. Students who complete the NPTEL course, they can make their career as sports teacher, fitness in-charge, PFI teacher etc. in many schools and institutions. This career has many prospects, as the need of the society is coming up towards yogic practice. Thus, yogic techniques help to give therapeutic effect along with overcoming our stresses of life. For this as a career one must have good experience of performing and educating yogic techniques.

As a Sports Journalist :

At present time many media channels are reporting on sporting events. Not only does this allow sports fanatics to gain better coverage and analysis than ever before, but also means that there are enhanced opportunities to find employment in the sports media sector than ever before. So what you can do or where you can do work as sports journalist as follows, sports reporter for print media including newspaper and sports magazines also, sports editors, hosts of television sports shows, sports announcers, sports commentators for television as well radio, media representative for any sports team, editors for sports e-magazine or websites etc. need professional people of sports to perform in journalism. So this career option is also coming up.

As a Sports Dietician:

An educated physical educationist has good knowledge of Dietetics. So they can choose this as a profession.

As a Physiotherapist :

The knowledge of physical education provides good experience of sports injuries and their treatment. Thus, they can adopt this as profession like Sports-Physiotherapist, Rehabilitation expert, Ortho-expert, masseur etc. Physiotherapy is treatment to restore, maintain, function and well-being. Physiotherapy helps through physical rehabilitation, injury prevention and health and fitness. There is a wide scope in sports physiotherapy. Sports physiotherapy treatments

includes improving strength, range of motion endurance and correcting posture and muscular imbalances, joint mobilization, manipulation and soft tissue massage which are very helpful in players for rehabilitation and improving their performance.

As a Biomechanics :

Talented and good researchers or physical educationist help in developing new scientific tools which help the human race. They are required in fast growing industries. Bio mechanics do study of human body as a machine. The study of internal and external forces affecting the motion of the body, helps in making sports equipment, we know the movement of the body and how to use all those movements during the game etc., so we have lot of scope as bio mechanics in the field of physical education and sports now.

As an Administrator :

A good sports person is a good administrator. Many physical educationists are specially required as Administrators, Directors, Managers, etc., Lot of private companies, limited companies, semi-government companies, government sector firms etc., prefer a sports person. So many players are chosen for these professions like in Railways, Airways, Police, Defense, Banking, Electricity Boards etc. Along with supervising, the sports administrator also manages the planning and management of sports activities and events, such as national and domestic cricket, football, hockey, golf tournaments etc. In today's time, big sports are organized which need management team to run properly, you can make your career in this field by being a part of management team.

As a Sports Psychologist :

Sports psychologist is not just limited to managing stress or building confidence. Sports psychologists also use professional methods to improve the performance of a player or team at this time, by which the players remain comfortable in every situation with confidence in the field. It is very important for the players to be mentally fit, sports psychologist help them in this. Sports psychologists work in this field in two ways. Either they do research on sports related psychology in this field or they become the coach of a player. Coaching players and

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helping them through various therapies, counseling, mindfulness exercises and medications etc. you can work as a sports psychology in this field.

Sports Analysis:

Analysis is used to capture performances of our athletes or players with relevant competitors. During competition, footage can be analyzed whilst athletes compete, to provide coaches with immediate information to inform coaching decisions during the competition and give coaches video and accurate data for feedback to athletes as soon as they have finished competing. Having a performance analyst gives coaches time to focus their attention on the athlete, knowing they will be given accurate data and video of the event to refer back to. This data/footage is used for further purposes outside of the immediate competition event. Analysts provide footage and data on the opposition's strengths and weaknesses to facilitate strategic thinking, evidence of how our athletes performed and coach can plan strategies to bridge gaps between our athletes and world's best. Data helps us to measure the demands of competition so we have a better understanding of what it takes to be successful and data also used to inform future training interventions. If you have technical quality then you have lot of opportunity to do in this field.

As a Event Manager:

Due to the increasing popularity of sports, many youths in sports management want to make their career in this field. As such, the government is also investing more money in the sports sector. There was a time when people knew only cricket but now different types of sports are being organized. They need management team to take care of the game properly, so to manage them properly support management is the key person. If you are also interested in the field of sports, then event

management is a good career option for you. Sportsmanship players, physical education, coaches, sports managers, sports administrators, umpires, referees, sports medicine, sports journalism etc. are posts related to sports management. You can work also in a sports club as a sports manager. The sports manager is responsible for the player's schedule, career progression, business promotion, media and public relation. Also the responsibility related to budgeting and finance is also on him.

Conclusion:

Today, getting employment in India has become a very difficult task, even after getting any kind of education, it is not easy to get employment. Due to the wide scope of physical education, employment is obtained according to subsistence and after getting higher education in physical education, one can get employment in good business. To get aware about the opportunity in physical education like coach, fitness trainer, game specialist, yoga instructor, sports journalist, sports dietician, physiotherapist, biomechanics, administrator, sports psychologist, sports analysts and event manager etc. are the ways to get employed. That is why this topic has been highlighted in this article, so that more and more youth can move towards this area and can raise the name of themselves and the country.

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**Dr. Ambedkar Studies Center,
Sant Gadge Baba Amravati University, Amravati**




Principal
Narayanrao Rana Mahavidyalaya,
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Dr. Babasaheb Ambedkar's Role in Nation Building

Editor's

Dr. Tushar Deshmukh
Registrar
Sant Gadge Baba
Amravati University,
Amravati

Dr. Santosh Bansod
Co-ordinator
Dr. Ambedkar Studies Center,
Sant Gadge Baba Amravati
University, Amravati

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Expectations of Ambedkarism From Us

Dr. Santosh Bansod

'Suman Nivas', Near LIC Colony, Ram Nagar, Amravati. Pin - 444606
MO - 8275418986, email - bansodsantosh73@gmail.com

Whenever there is injustice in society there will emerge an enchanting leader and he will save us from that situation it will come into exist only in imaginary interesting stories. In fact the ground reality is that common people have to fight against that critical situation and they have to achieve the rights. All that we have to establish is the outcome of our constant efforts, then what it will be. So it is our utmost important duty to protect our democracy of justice and equality from the exploiters of the society. They had never accepted these system of equality and justice and they never will agree with it. So we should set up such framework to fight against them. You should have to fight your struggle. We exploited classes always whispers that discrimination against us still going on from five thousand years. But there is only one strong voice raised against that injustice and that was of Dr Ambedkar. Before Dr Ambedkar there raised many voices against this system of injustice; But they all were into religious sector. First voice against this system of injustice raised among social sector through Jotirao Govindrao Phule. Jotirao Govindrao Phule denied all rotten theories of exploitation which was going on in the sweet name of culture. It was such rotten culture that it never allows human being of our nation on equal status. If an untouchable human touches upper caste Hindu he will be polluted or become impure and the solution to be pure again to touch or sprinkle cow urine on that impure person. How contradictory it is that if human touches you and you will become impure and animal urine is so holy that it can pure you again. By the time changed situation of mentality of common citizens of India changed very much towards positivity. It was because of article 17 of our Indian constitution. It is only the constitution which gives Indian citizens right to live life with dignity.

Dr Ambedkar the architect of modern India - In fact Dr B.R. Ambedkar is the real architect of modern India. It was he who fetched out India from medieval mindset to modern ideology without any special struggle. There was not any struggle for acquiring modern open mindset and giving up movement of rotten backward ideas. In India it was came in effect through Indian constitution. That's why many of contemporary leaders were not agree with Dr Ambedkar but they never could state their ideas openly; because they were well known with intelligence of Dr Ambedkar. On ground of justice, equality and freedom they never can fight against values of Indian constitution of India. So they used another idea of giving conscience about fake nationalism and fake religious sensation. To deny equality and justice they always had hidden purpose of changing constitution of India. It is can possible only in India when some group burned constitution of India and Government remained silence. In fact it is real antinational activity and not to expressing one's thought which are against any sitting government.

Understanding Dr. Amedkar and Ambedkarism is understaning the equality and justice. And it is possible in Inida only when there will no caste prejudice views to anyone.

There are spectacles to every Indian of Caste, Varna, religion, region, clan, gender and many more. So expecting objectivity from such prejudiced persons will leads to injustice. Dr Ambedkar founded new social, cultural, administrative, religious, law order in our nation. He was real leader who gave shape to our state welfare policy. Our democracy is welfare democracy and welfare state only because of Dr Ambedkar. Dr Ambedkar cleaned up each and every sector of injustice. He challenged those all ill customs and traditions which going on as a social traditions in our nation. He established new social order in our nation. He is the real creator of new India. Those who are not agree with equality and justice always hidden conspiracy and hidden ill purpose to end up the system established by Indian constitution. Those ill peoples and their activities are real sedition of our nation. These rotten mindset groups always trying their best to end up this system of justice and equality; with the tools of fake nationalism and fake religious pride.

Dr Ambedkar : more than a prophet – The role of Dr Ambedkar for exploited communities are more than a political leader, a lawyer and a religious leader. Without Dr Ambedkar on cannot approach towards Dalits of the nation. It is because Dr Ambedkar is not only leader, incarnation, prophet or identity for them but whatever they and we also are just because he was. In Indian society there was no existence of today's OBCs, STs and SCs in every sector. These people became human after rise of Dr Ambedkar on Indian political stage. Whatever Dr Ambedkar stated, write and speaked are more that any religious books and ideology for these people, because no one worked so plainly and honestly for these exploited community. Although Dr Ambedkar selected way of Buddhism but he did not accepted it blindly. He set up new Buddhism on the basis of scientific and rational views. So Dr Ambedkar is more than any God, prophet and founder of religion for exploited communities of our nation. The real challenge is that followers of Dr Ambedkar and Ambedkarism should not convert into devotee and devotional sect. For that we should honest towards the ideology of Dr Ambedkar.¹

Contemporary situation and Dr Ambedkar – If we notice the current situation of our nation we will find that –

- There is no reduction in Dalit atrocities on the other hand it is increased and moreover there increased demand of abolishing the actricity act.²
- Incidents like Una³ and Hathras⁴ suppressed by Media and administration.
- There is no emerging national leader for Dalits who firmly state the problems of exploited communities.
- There are no debates in to house of democracy, media and social stage on the issues of exploited communities of the nation. eg – female security, rapes, criminalization of *adivasis*, minorities and dalits.
- Social harmony of the nation is leading towards internal strife. The KCC called for steps to strengthen social harmony of the nation.⁵
- Radical organizations are spreading their roots rapidly among youths of the nation and it will be harmful to our nation into upcoming time.

- Burning the constitution of India openly on parliament street in the capital of the nation, ⁶ purposefully giving statements against constitution, stating openly that we have to change our constitution.
- Privatization of government institutions, firms and sectors.⁷

What Should have we do in above mentioned current situation of the nation? What would Dr Ambedkar have done in such a situation and what we are doing? There is no space for these issues into media and it was not in the time of Dr Ambedkar also. What Dr Ambedkar had done in that situation and what we are doing? We are safe into our houses and concerning about current situation on social media only. When Dr Ambedkar stated the problem of untouchability on international stage of round table conference it was the first step to abolishing the problem of untouchability. How many international leaders we have to state such problems on international level? How many leaders we have created to raise our problems on international level? What legal action we have taken against burning of Indian constitution openly into capital of the nation? Do we are opposing the policy of privatization of government sectors? What we have doing to stop radical organizations in the nation? What we are doing for increasing social harmony in the nation? What is our framework for social security of common women of the nation? Why we can't created social media platform for social debates? Do we visited to victims of the Dalit atrocities? What is our organizational framework for equality and justice?

Why I asking these questions to exploited communities? When we say that this is my nation, I am the aboriginal of the nation, then it must be our first duty to clean up this ill factors from our nation. It is our duty to reconstruct the mindset of the nation towards harmony, equality, justice and co-operation. If we cannot do these for our nation then we have no right to raise questions on the contemporary situation of the nation. Do we are failed to set up new system of equality? Do we have failed to understand Ambedkarism? That's why I am asking question to all those patriotic Indians that we all should come together and reconstruct the mindset of the nation towards harmony, equality, peace, nonviolence, justice and cooperation. We will never get Dr Ambedkar again so we have to protect thoughts of Dr Ambedkar and fight against the power and mind which have hidden purpose of end up the environment of justice and equality.

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Sant Gadge Baba's Ten Commandments

Food for the Hungry

Water for the Thirsty

Clothes for the Naked

Education for the Poor

Shelter for the Homeless

Medicines for the Sick

Employment for the Jobless

Protection for the Animals

Marriage Opportunity for the Poor girls & Boys

Courage for the Unhappy & Frustrated



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This is today's true religion
This is true veneration & worship



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Registrar
Sant Gadge Baba
Amravati University,
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Dr. Santosh Bansod

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Dr. Santosh Bansod
Convenor of the Seminar & Co-Ordinator
Dr. Ambedkar Studies Centre,
Sant Gadge Baba Amravati, University

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प्रमुख, मराठी विभाग, नारायणराव राणा महाविद्यालय, बडनेरा, जि. अमरावती

भारतीय राज्यघटनेचे शिल्पकार, दलितांचे कैवरी, स्त्रियांचे मुक्तिदाते, विश्वरत्न डॉ. बाबासाहेब आंबेडकर यांनी स्त्री मुक्तीचा विचार राष्ट्रीय दृष्टिकोनातून केला. त्यांच्या मते ज्या देशात 50 टक्के स्त्रिया स्वतंत्र नसतात, तो देश अर्धा अधिक गुलाम असतो. डॉ. बाबासाहेब आंबेडकरांच्या मते देशाच्या विकासासाठी पुरुषांच्या बरोबरीने स्त्रियांनाही समान संधी देण्यात यावी. त्यांच्या मते स्त्रियांना समान संधी न देणे म्हणजे देशाची अर्धी शक्ती वाया घालविणे होय.

शिक्षणाला वाघीणीचे दुध मानणारे डॉ. बाबासाहेब आंबेडकर हे व्यक्तिचा सर्वांगीण विकास हा शिक्षणानेच होतो असे मानत. म्हणूनच स्त्रियांच्या शिक्षणाच्या बाबतीत ते उदारमतवादी होते. स्त्रीने शिक्षण घेतले तर कुटुंबासोबत समाजाचा पर्यायाने देशाचा विकास होतो. जर स्त्रीने शिक्षण घेतले नाही तर समाज अंधकारमय होवून समाजाची अधोगती होते. म्हणून डॉ. बाबासाहेब आंबेडकर समाजातील अंधकार दूर करण्यासाठी स्त्रियांना शिक्षण देणे काळाची गरज मानत होते.

डॉ. बाबासाहेब आंबेडकर हे सहशिक्षणाचे पुरस्कर्ते होते. स्त्री पुरुषांना एकच व एकच शिक्षण दिले पाहिजे. स्त्रियांसाठी स्वतंत्र शाळा व महाविद्यालय काढण्याची आवश्यकता नव्हती. स्त्री पुरुषांच्या सहशिक्षणामुळे स्त्रिया समाजात निर्भिडपणे वावरू शकतील असे डॉ. बाबासाहेब आंबेडकरांनी म्हटले आहे. स्त्रियांच्या विनय व पुरुषांची नीतिमत्ता साबूत राखण्यासाठी वयाच्या 7 वर्षांनंतर त्यांना वेगळे शिक्षण देण्यात यावे. हे पुराण मत वाद्यांचे मत त्यांच्या मान्य नव्हते.

डॉ. आंबेडकरांनी 15 जुलै 1927 च्या बहिष्कृत भारत या वृत्तपत्रात असे लिहिले की स्त्री पुरुषांची नीतिमत्ता जर वाढवायची असेल तर त्यांचा सहवास जितका जास्त होई तितका आवश्यक घडवून आणला पाहिजे. पृथक्पृथक् ठेवल्याने अनीतिचा अग्नि शांत न होई जास्त भडकणार आहे हे कोणी विसरू नका.

बौद्ध राजांच्या काळात स्त्रीला जे स्वातंत्र्य होते ते नष्ट करण्याचा प्रयत्न मनुस्मृतिकेला. स्त्रीला गुलाम केले. मनुने घटस्फोटाला विरोध केला. या बंदीमुळे स्त्री पतीशी राहिली पण पुरुष मात्र मर्जीप्रमाणे वागण्यास मोकळा राहिला. पती पत्नीचा त्याग करू शकतो पण त्याग केल्यानंतर ही त्यांचा पत्नीवर हक्क कायम राहतो. हे सगळे नियम स्त्री दस्युत्वात ठेवण्याचे निदर्शक आहेत हे बाबासाहेबांनी ठामपणे प्रतिपादन केले. हिंदू स्त्री अज्ञात जाचक आचार विचारांनी जखडलेली होती. तिची अवनत अवस्था बघून हिंदू स्त्रीला त्या

मिळाला पाहिजे यासाठी त्यांनी सातत्याने पाठपुरावा केला. या त्यांच्या प्रयत्नांना मंत्रालय मंत्रांनी कायदेमंत्री झाल्यावर आले.

स्त्रियांच्या उत्थानातील त्यांची सर्वात मोठी कामगिरी म्हणजे हिंदू कोड बिल होय. या बिलाचा मुख्य उद्देश हा की भारतीय संविधानाने जो स्त्री पुरुष समानतेचा हक्क दिला त्याचे स्पष्टीकरण करणे व हिन्दु धर्म शास्त्रामधील स्त्रिया विरोधी असलेले नियम, कडी, पापना, नष्ट करून स्त्री-पुरुष समानतेचे नविन नियम प्रस्थापित करणे हा होतो. 1947 पासून सतत 4 वर्षे 1 महिना 26 दिवसात बाबासाहेबांनी हिंदू कोड बिल तयार केले आणि 24 फेब्रुवारी 1949 रोजी संसदेत मांडले परंतु अनेक बाजूनी होणाऱ्या विरोधामुळे 1951 साली आलेल्या सार्वत्रिक निवडणुकांच्या तोंडावर जवाहरलाल नेहरूंनी बिलातील केवळ 4 विषय मंजूर करून बिल फेटाळून लावले. त्यांनी हे बिल 5 फेब्रुवारी 1951 ला संसदे मध्ये मांडले. या बिलामध्ये मुलीच्या विवाहाचे वयामध्ये वृद्धी, आंतरजातीय विवाहाला मान्यता, स्त्रियांना पुरुषांप्रमाणे घटस्फोट घेण्याचा अधिकार, विधवा पुनर्विवाहाला मान्यता स्त्रियांना संपत्तीमध्ये समान अधिकार, स्त्रियांना दत्तक घेणे व घेता येण्याचा अधिकार इ. महत्त्वपूर्ण तरतुदींचा अंतर्भाव हिंदू कोड बिलमध्ये होता. हिंदू कोड बिलाच्या निर्मिती मधून त्यांना समाजात गौण स्थान असणाऱ्या स्त्रिया पुरुषांच्या बरोबरीने स्थान मिळवून देण्याचे होते. त्यानंतर दि. 27 सप्टेंबर 1951 रोजी बाबासाहेबांनी आपल्या कायदेमंत्री पदाचा राजीनामा नेहरूंकडे पाठविला. हिंदू कोड बिलाचा खून झाल्यामुळे मी राजीनामा देत आहे. असे त्यात त्यांनी नेहरूंना ठणकावून सांगितले. स्त्रियांना जे कायदेमंडळ अधिकार देत नाही. त्या कायदेमंडळातील पदाचा राजीनामा बाबासाहेबांनी दिला. द राइस अँड हिंदू वूमन या ग्रंथातून त्यांनी मनुस्मृती स्त्रियांच्या उन्नतीला कशी हानिकारक आहे याचे वर्णन केले.

हिंदू कोड बिलामुळे हिंदू समाजात आमूलाग्र परिवर्तन झाले. हिंदू कोड बिलामुळे स्त्रियांच्या बाबतीत केल्या जाणाऱ्या अन्याय अत्याचाराला आळा बसला. बाईला खऱ्या अर्थाने मुक्त करणारा तिच्या पंखांना बळ देणारा भारतीय स्त्रीला कायदेशीर दृष्ट्या साक्षर आणि सक्षम करणारा हा कायदा या कायद्याने मनुच्या विषमतावादी कायद्याला जिवंत गाडले. त्यावर समतेची पताका लावली. मजूर मंत्री या पदावर असताना गिरण्या, कारखाने येथे काम करणाऱ्या कामगार स्त्रियांना पुरुषांच्या बरोबरीने वेतन मिळावे, स्त्रियांना बाळंतपणाची रजा मिळावी, महिलांच्या मुलांसाठी कामाच्या ठिकाणी पाळणा घरे असावी, वयात आलेल्या सर्वच पुरुषांसोबत स्त्रियांनाही मताधिकार असावेत अशा तऱ्हेच्या मागण्या संमत करून घेतल्या. घटनेत लिंग, वय, अपंगता आदि भेद न मानता घटनेच्या 45 व्या कलमाप्रमाणे शिक्षण सक्तीचे मोफत व सार्वत्रिक केले.

डॉ. बाबासाहेब आंबेडकर स्त्रियांच्या संघटनेच्या संदर्भात आग्रही होते. स्त्रिया नेहमी शोषित व पिडीत राहिल्या आहेत. जर त्या संघटित होवून समोर आल्या तर त्यांना कोणीच रोखू शकणार नाही. कारण संघर्षाशिवाय काहीच मिळत नाही असे त्यांचे म्हणणे होते.

परिषदेतील एका भाषणात स्त्रियांना उद्देशून ते म्हणाले तुम्ही स्वतःला अस्पृश्य मानू नका. घरी स्वच्छता ठेवा, स्पृश्य हिंदू स्त्रिया नेसतात त्या पध्दतीने नेसा, फाटके लुगडे असले तरी ते स्वच्छ असायला पाहिजे, तुमच्या पोटी जन्म घेणे हे पाप का व्हावे? सर्व गुलामगिरीची जननी ही बौद्धिक गुलामगिरी आहे. त्यासाठी शिक्षण हे प्रभावी हत्यार आहे. सर्व प्रकारच्या गुलामगिरीतून मुक्त होण्यासाठी शिका हा संदेश त्यांनी दिला.

20 जुलै 1942 ला नागपूरच्या परिषदेमध्ये 25 हजार महिलांसमोर भाषणात डॉ. बाबासाहेब म्हणालेत की तुमच्या मुला मुलींना शिकवा त्यांना महत्वाकांक्षी बनवा. त्यांच्या मनामधले जे न्यूनगंड आहेत ते त्यांना झटकून टाकायला सांगा. सर्वात महत्वाचे म्हणजे लग्न करण्याची घाई करू नका. लग्न ही एक जोखीम आहे. तुम्ही हे विसरता कामा नये की तुमच्या मुलाना सर्व प्रकारच्या सुविधा, सर्व प्रकारची साधन तुम्ही देऊ शकलात तरच तुरच तुम्ही त्यांना लग्न करायला सांगितले पाहिजे. कारण लग्न केल्यानंतर जी जबाबदारी त्यांच्यावर येणार ती पेलण्याची ताकद त्यांच्या खांद्यामध्ये, पायामध्ये असली पाहिजे. तेव्हाच त्यांनी लग्न करायला हवं. जोपर्यंत मुलगा आणि मुलगी स्वतःच्या पायावर उभी रहात नाहीत तोपर्यंत लग्न करण्याची घाई करू नये. लग्न केलेल्या मुलीने अत्यंत आदराने प्रेमाने नमतेने आपल्या जोडीदाराला सांगितले पाहिजे की मी तुझी मैत्रिण आहे. मी तुझ्या बरोबरीची आहे आणि सर्वात महत्वाचे म्हणजे मी तुझी गुलाम नाही तसेच कुटुंब नियोजना संदर्भात जास्त मुलांना जन्माला घालू नये हा राष्ट्रीय गुन्हा आहे.

खाण कामगार स्त्रीला प्रसूती भत्ता, कोळसा खाणीत काम करणाऱ्या स्त्री कामगारांना पुरुषांइतकीच मजुरी, मजुर व कष्टकरी स्त्रियांसाठी 21 दिवसाची किरकोळ रजा, एक महिन्याची हक्काची रजा, दुखापत झाल्यास नुकसान भरपाई आणि 20 वर्षांचे सेवा झाल्यावर निवृत्ती वेतनाची तरतूद करणारे डॉ. बाबासाहेब हे जगातील पहिले व्यक्ती आहे. ज्या मतदानाच्या अधिकारासाठी युरोप मधल्या स्त्रियांना संघर्ष करावा लागला तो अधिकार भारतीय स्त्रियांना न मागता बाबासाहेबांनी दिला.

बाबासाहेबांनी स्त्रियांना आपल्या चळवळीत आवर्जून सहभागी करून घेतले. पुरुषांप्रमाणे स्त्री ही शिक्षित व्हावी यासाठी त्यांनी घटनेच्या 45 व्या कलमाने स्त्री-पुरुषांना शिक्षणाचा समान हक्क मिळवून दिला. स्त्रियांनी शिक्षण घेऊन स्वतःची प्रगती साधावी. असे ते म्हणत. महाड येथील 27 डिसेंबर 1927 च्या परिषदेत आपल्या भाषणात बाबासाहेबांनी स्त्रियांना उद्देशून म्हणाले. जुन्या, गलिच्छ चालीरिती सोडून द्या, लुगडी नेसण्याची पध्दत बदला, गळ्यात खूच काचेचे मणी घालू नका, दागिना घालावयाचा असेल तर सोन्याचा घाल. स्वच्छ रहा, मांस खाऊ नका आणि मुलांना शिक्षण द्या. व पुढील पिढी सुधारायची असेल तर मुलींना शिक्षण द्या. त्यांचे म्हणणे स्त्रियांनी पाळावे म्हणून त्यांनी त्यांच्याकडून या परिषदेत अभिवचन घेतले होते. 20 जुलै 1942 च्या अखिल भारतीय दलित महिला परिषदेत त्यांनी प्रांतिक सरकारला पुढील तरतुदी करण्याचा आग्रह धरला होता. स्त्री शिक्षणात मागे आहे

पुरुषांच्या मानाने मागासली आहे. स्त्रियांना शिक्षित करण्यासाठी प्रत्येक ठिकाणी 50 मुलींचे वसतिगृह सरकारी खर्चात काढावे दुय्यम व उच्च शिक्षण घेऊ इच्छिणाऱ्या अस्पृश समाजातील मुलींना सर्व सरकारी व निमसरकारी शाळांमधून फ्रिशिप व स्कॉलरशिप देण्याची तरतूद करावी असा आग्रह धरला.

स्त्रियांनी आपली प्रगती साधावी आपला विकास घडवून आणावा यासाठी प्रत्यक्षात त्यांनी शाळा महाविद्यालये स्थापन केली. मुलींसाठी वसतीगृहे, शिष्यवृत्ती, फी माफी व आर्थिक सवलतीच्या योजना राबविल्या. स्त्रियांमध्ये शिक्षणाविषयी जागृती घडवून यावी यासाठी जनशिक्षण, जनप्रबोधन यावर भर देऊन वृत्तपत्रे, मासिके यात लेख लिहून स्त्री शिक्षण, प्राथमिक व उच्च शिक्षण यावर मार्गदर्शन केले.

अशाप्रकारे डॉ. बाबासाहेब आंबेडकर स्त्री मुक्तीचे पक्के समर्थक होते. त्यांच्यावर तथागत गौतम बुद्धांची शिकवणुकीचा आणि महात्मा जोतिबा फुलेंच्या कार्याचा प्रभाव होता. त्यांनी भारतीय समाजाच्या सर्वांगीण विकासासाठी आपले संपूर्ण जीवन कणाकणाने झिजविले.

निष्कर्ष :

- 1) डॉ. बाबासाहेब आंबेडकरांनी स्त्रियांची प्रगती घडवून आणण्यासाठी स्त्री शिक्षणाचा पुरस्कार केलेला दिसून येतो.
- 2) डॉ. आंबेडकरांनी स्त्रियांना राष्ट्रनिर्मिती प्रक्रियेत सहभागी केले.
- 3) डॉ. आंबेडकरांच्या संविधानामुळे आज स्त्री सर्व क्षेत्रात पुरुषांच्या बरोबरीने दिसते.
- 4) डॉ. आंबेडकरांचे स्त्री जातीला मिळालेले योगदान अतिशय मौलिक आहे.
- 5) डॉ. आंबेडकरांच्या स्त्री शिक्षण विषयक विचार व कार्यामुळे स्त्रियांमध्ये आत्मसन्मानाने जगण्याचे बळ निर्माण झाले.

संदर्भ :

- 1) स्त्री उत्थानात डॉ. बाबासाहेबांचे योगदान - प्रा. कुमुद पावडे
- 2) महिलांचे कैवरी डॉ. बाबासाहेब आंबेडकर - डॉ. रुपा कुळकर्णी बोधी
- 3) फुले आंबेडकरी स्त्री चळवळ - मिनाक्षी मून
- 4) डॉ. बाबासाहेब आंबेडकर - धनंजय कीर
- 5) डॉ. बाबासाहेब आंबेडकर हिंदू कोड बिल - रत्नाकर गणवीर
- 6) डॉ. आंबेडकर आणि स्त्री - अरुणा सबाने



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Water for the Thirsty

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Medicines for the Sick

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Protection for the Animals

Marriage Opportunity for the Poor girls & Boys

Courage for the Unhappy & Frustrated



Sant Gadge Baba

(Signature)

Principal
Narayan Dada Mahavidyalaya
Badli



This is today's true religion
This is true veneration & worship

मराठी साहित्य व मानवी मूल्ये

संपादक

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डॉ. संजय जगताप

डॉ. विश्वाधार देशमुख

डॉ. संगीता धुगे

Principal
Narayanrao Rana Mahavidyalaya
Bednera



परिकल्पना

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कम्प्यूटर प्रिंट, दिल्ली-110032 में मुद्रित

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वायुमयता सामाजिक वातावरण धन दिले. समीक्षा ही लेखकाच्या मूल अनुभव यांचे जाणीव करून देऊन त्याचा मार्गदर्शन करील अशा वास्तव्युत्तीचा शोध घेणे याचसाठी मूल्यापन काणे याचसाठी जीवनाचे धन आणून देण्याचे काम साहित्य करत आहे.

संदर्भ

1. भास्करा जी. विठ्ठल, सती श्रमणीय कायकाल अतिथि अकामण पुणे शिबिर आगुणी मार्च 2009
2. शिबिरा जी. अतिथि, संपर्क सौ. नुसल विठ्ठल सत अकामण पुणे
3. नुसल जी. भास्करा, अतिथि शिबिर अतिथि मार्च नुसल अकामण अतिथि
4. जी. सती श्रमणी, सती श्रमणी शिबिर अतिथि अकामण अतिथि
5. सती श्रमणी शिबिर
6. सती श्रमणी शिबिर अतिथि अकामण अतिथि
7. जी. भास्करा नुसल सती श्रमणी अतिथि अकामण अतिथि अतिथि अतिथि अतिथि

37. સોહાચરિત્રાતીલ માનવી જીવન મૂલ્યે

डा. डॉ. कल्पना श्यामल मेहरे

अमुक, अरुणी विभाग

नारायणराय राणा महाविद्यालय, बडनेर
जिल्हा अकादमी.

આગળ કાનગાંધી મહાસ્માધાના પશ્ચિમ મુખીયથે સર્વેશ્વરી ચક્રધર સ્વામી યાંત્રી સ્થાપના પંથ સ્થાપન કરેલા. મહાનુભાવ પંથ આ દૈવી મલકાવા ખતોચંપ અનુભવ આ કાળે કાર્ય વિરાજીત આરે. ત્યાં કાગળેલ દેશનિર્મીત કાગળ લગતી રાજવટ હોતી.આવડે એક આ યેદિક ચર્ચના પુસ્તકમાં હોયતા. ત્યાંયા ધીમત્યાપિષાપીતી હેમ્પાદી પશિત યામે ગુણમ વિશ્વનમીની ચર્ચના ગ્રંથ સિંહિલિ. ત્યજાત યાને એક ચર્ચાત 2000 પ્રાપેકલ્પે સ્થાપના સમીતીએ. મહાનુભાવ આ અગ્રજાન જિત્તેન પકલેલ હોત. દેવીદેવજીએ સમય ચાલેલે હોત. હજાસામણ પ્રાપેકલ્પે મોટાવા પ્રમાણાત લેલી ગણ હોતી. ધીમત્યાપિષા નમસલક્ષ્મી ચોલેલે જાત હોલે. દૈન્ય દુઃખ દારિદ્ર ચાને ચાનુજન તમાજ સં પલ હોતા. સ્ત્રીતા યોજા માર્ગાતીત યોજા ચાલેલે જાત હોત. યા સંદર્ભાત ધી ચક્રધર સ્વામી ચળાલે અવધા જનુ વળતા દેતા અર્થઃ કલ્પી યામે ટક કંઠતા નહીં નુ કલ્પાત એલે કલ્પી મળલે નહીં અજા શિષ્યતાત ધી ચક્રધરાની સમ્બાજલતા આધાર તિ. અજા પર્વિશિષ્ટતાત ધી ચક્રધરાની મરાદી માપેલુન તત્ત્વજ્ઞાન વિરાડ કાગળાત સ્વચ્છમાન્યથે દુઃખ જાનુન યેળાત, સ્ત્રી શુદ્ધતા ધર્મ ચ જાનવા અધિકાર દેખાત આપ્ત્ય પંથ સ્થાપન કરેલા.

માનવનારંધ્રમાં પ્રવેશી ગઈ તોડાનીચાથે થરિતરવપક થી ઘડ્યાર સ્વામી આપંચી મિલુન લેવાનંદાર થાંધે સ્મરણાત રમણા પ્રણેત્રા મતજનાંધ્યા આરબળીયાં મ આપના 'ગિહાપરિ' રા ગ્રંથ અર્થે. રા મારોતેલ આગરંધ આરે. ફાર્ડમટાધ્યા ભાવમર્મીનૂન ગરે અલકરાત અસા અસાત તરી હી યા ગ્રંથાથે અલ્પાધિક મહત્વ મળે. યાત માનવનારંધ્ર તલકાનાંધ્યા પાયા આરે. યા ગ્રંથાથે મૂર્તિ ફાર્ડમટ કે સંસ્કૃતયે અરે મીતા હો. રા ગ્રંથ થી શરૂયરંધ્યા અપારિયં વ્યક્તિમત્થાપરોઢ ત્થાંધ્યા પારિયં મીકરે વાલ્કવાદી દર્શન મરવિતો. યા ગ્રંથાત વાદકસત્તીન તમાનકીવનાથે વાનીકીરિયે તમારે રહયત્થલીયં વિષ રમરલેતે અરે. યા ગ્રંથાથે થરિતરવપક તર્વજ થી ઘડ્યાર સ્વામી રંધ્રાં વર્તાર ગોપીકાંધ્યાથે વ્યસન અસત્થામુકે યા ગ્રંથાત માનવી જીવન મૂલ્યે સંજોર મરલેલી અરે.

३३१) गोष्टी अनघोक्त असताना त्यांची किंमत जीवन जगातना कळते. त्यांना

श्री परमहंसजी जणा, जणु या ज्ञाण जगता या मुक्तीसं समाजज्ञाना दिव्य. 'सत्ता' या सौतेल श्री सेव साधनाची येथे सत्ताचा जीवनदान दिले. येथे मानव मानवेंतर जीवना जगण्याचा अधिकार, स्वातंत्र्य आहे. परमहंसांचे वैदेशी परमहंसांची येथील सर्वदांथा मांडीसहानी माली. म्हादेवी सत्ता साधनाचा परमहंसांचा परमहंसांचा सत्ताज्ञान येथे प्रत्येक आत्म्या वाटची साधना आहे त्या सत्ताज्ञाना

समासगत मंगल कल्याण्ये कार्य श्री राजावर्षी केले. सप्तपञ्चसनाधामून दू
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1. जीवाणुजीव, जल, भूस्थलक वायुमंड, जीवाश्म प्रकाशन, अमरावती.
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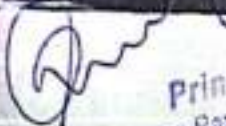
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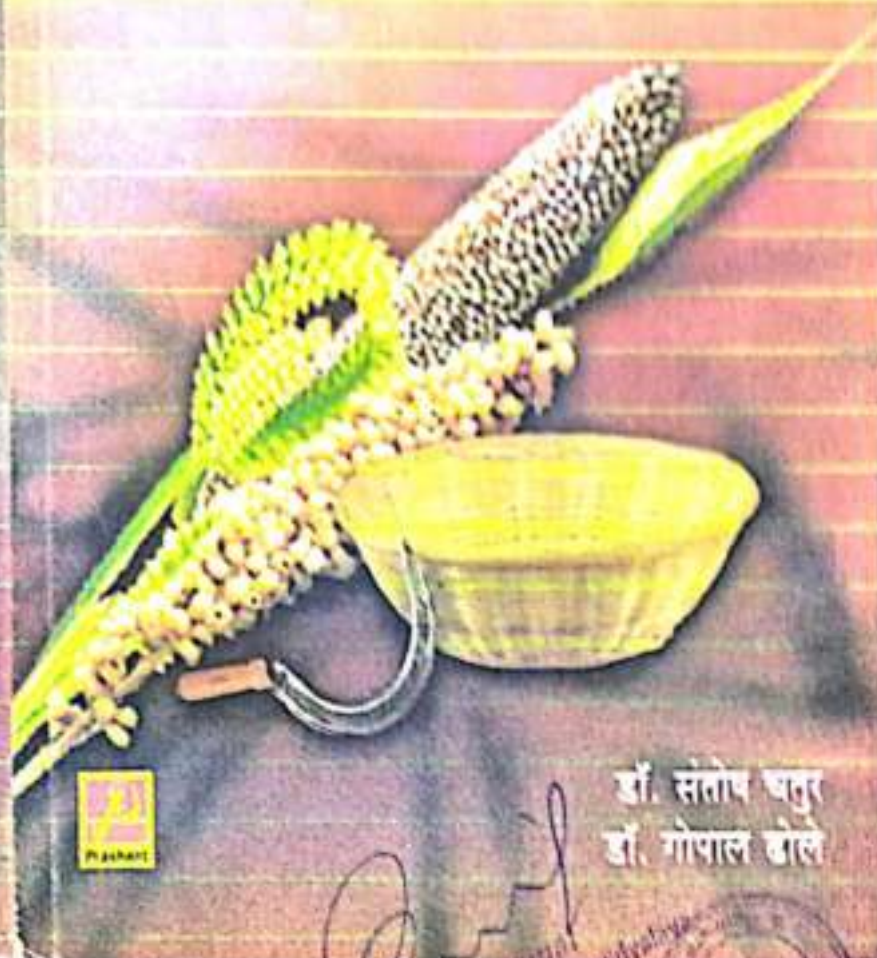


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हा पुस्तकालय कोणत्याही पद्धती, कोणत्याही माध्यमात वा संयोजित पद्धतीसह किंवा कोणत्याही
लेखक, प्रकाशक किंवा कोणत्याही पद्धतीसह किंवा कोणत्याही पद्धतीसह किंवा कोणत्याही
लेखकाला (सह) किंवा कोणत्याही पद्धतीसह किंवा कोणत्याही पद्धतीसह किंवा कोणत्याही

२ । प्रकाश पब्लिकेशन्स

: संपादकीय :

ग्रामीण भाषातील शिकलेल्या पिढीला १९६० च्या आसपास
सांस्कृतिक भान आले. आपण अनुभवलेले अनुभव, अनुभवत असलेले
छेद आणि ते जीवन साहित्याचा निष्पन्न होऊ शकले याची त्यांना जाणीव
झाली. आपण याचतो ते प्रस्थापित यादी साहित्य समग्र जीवनाचे
चित्रण करीत नाही. खरेतर छेदग्रस्त राहणारी मानसे आणि शेती, निसर्ग,
पशुपक्षी, पिके, जमिनीचा प्रकट, जलसंधारण यांचा अटूट संबंध असतो.
ग्रामीण विभाग म्हणजे केवळ छेदी असलेला विभाग नव्हे, तर निसर्गाच्या
साधनसंपत्तीवर आणि शेतीनिष्ठ जीवन पद्धतीवर ज्यांची उपजीविका चालते
असे छेदग्रस्तातील, छेदग्रस्ताच्या भोवतीचे, रानावनातील, भटके असे सर्व
लोक जेथे राहतात असा सर्व विभाग होय. या विभागातून उपजीविकेसाठी
शहरात जाणारे व तेथे काम धंदा करणारे परंतु मूळच्या आपल्या छेदग्रस्ताची
प्रत्यक्ष किंवा मानसिक पातळीवर संबंध ठेवणारे जनसामान्य 'ग्रामीण' या
संज्ञेत समाविष्ट आहेत.

ग्रामीण भाषेसाठी त्यांच्या काळ्या आईवरील, पिकावरील, झाडावरील,
पशुपक्षावरील, धनीत प्रेम आणि जिप्साला लक्षणीय असतो. ग्रामीण जीवन
कथाकथांचे, हातअपेक्षांचे असते. तरीपण त्यांच्या जीवनात आनंदाचे
क्षण मुदा असतात. दुधाच्या साखीपासून तर शेताच्या पोवटघासवत त्यांचे
भावबंध गुंतलेले असतात. प्रतिकूल परिस्थितीतही जगण्याचे चिबट बळ
त्यांनी आपणसत केलेले असते. शेतकरी-शेतमजूर, अस्तुते-बस्तुते यांचे
परस्पर संबंध घडू आवळले गेले आहेत. यात्रिकीकरणामुळे जुनी गावठाडा
पद्धती भोडवळीस आली आहे. पण ती संपूर्ण नष्ट झाली नाही. शेती, पिके,
जलसंधारण पद्धती, अतिवृष्टी, अनावृष्टीचा ग्रामीण जीवनावर होणारा परिणाम
नामुळे रावाचा रंग आणि रंकाचा रंग होतो. ग्रामीण भाषेचा विचार शेती
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भाडी विभाग प्रमुख

वाठपणवन राज्य महाविद्यालय, बडनेर, अमरावती

भारत हा कृषीप्रधान देश आहे. खेड्यांचा बसलेला आहे. शेती हा खेड्यातील मुख्य व्यवसाय आहे. भारतीय अर्थव्यवस्थेचा शेती हा कणा आहे. या शेती याचे कष्ट करणाऱ्या राबराब राबणाऱ्या माणसांच्या जीवनामुपजावे, जाणिवेचे दर्शन ग्रामीण साहित्यातून घडते. १९६० नंतर उदयास आलेल्या या साहित्याची पाळेमुळे १२ व्या शतकातील 'लौक्यचरित्र' या बृहद ग्रंथात दिसतात.

ग्रामीण जीवन आपल्या साहित्यातून मांडणारे पहिले लेखक महात्मा जोशीराव पुले आहे. एकोणवीसाव्या शतकाच्या शेतकऱ्यांच्या दुस्तक्येवर भौतिक चित्रण करण्यात त्यांचा 'शेतकऱ्यांचा अमृत' हा ग्रंथ आणि 'तृतीय रात्र' हे नाटक आहे. यापुढून त्यांनी शेतकऱ्यांच्या प्रगल्भा वाचा ओढली आहे. त्यानंतर 'दैनंदिन' नियतकालिकातील 'बळीबा पाटील' कादंबरी तसेच हरिभाऊ आपटे, महर्षी शिंदे, धनुषांगी या साप्ताहिक धन असणाऱ्या लेखकांनी शेतकऱ्यांच्या व्यापक आत्मसातेखनातून समाजासमोर मांडल्या.

आदिम काळापासून भारतातील शेतकऱ्यांची आणि त्यांच्या शेतीची लयलट करण्यात आली आहे. त्यांच्या समाला प्रतिष्ठा राहू नये याची काळजी आदिम काळापासून घेतली गेली आहे. त्यांच्या अन्नसत्ता, पध्देवा, सहनशीलतेचा फायदा देधीत व्यवस्थेने घेतला आहे. जागतिकीकरणाच्या चक्रात शेतकऱ्याला कंपाल बनविण्याची प्रवृत्ती आणखी गतिमान झाली आहे.

१९९० नंतरचा काळखंड हा अत्यंत गतिमान युगाचा आहे. सोशल नेटवर्कच्या माध्यमातून संपूर्ण जग जवळ आले. खेडे जाणची एक पेशी बसले आहे. १९९० साली भारताने इन्टेल प्रस्तावना मही केली आणि त्यानंतर जागतिकीकरणाची सुरुवात झाली. जागतिकीकरण, खुले आर्थिक धोरण, उद्दीष्टीकरण, खाजगीकरण, गॅट करार, मेझ, माहितीचा अधिकार, दूरसंचार, भ्रष्टाचार या बरोबर माहिती तंत्रज्ञान इत्यादी कारणांनी ग्रामीण जीवनात अमूल्य बदल झाला जागतिकीकरणाने शेतीच्या समस्या कमी झाल्या नसून बीजोत्पादन, कृषिमात प्रक्रिया, कीटकनाशके इत्यादी शेती संबंधीच्या जागतिक बाजारपेठेत आंतरराष्ट्रीय कंपन्यांनी ग्रामीण भागात आपले पांव पसरलेले आहे.

शेतकऱ्यांचा शेतीमात उत्तम असेल तर जागतिक बाजारपेठेत त्याला चांगला

भाव मिळेल. त्यामुळे मुक्त अर्थव्यवस्था शेतकऱ्यांच्या भावनांची आहे. असे विन (गविले गेले आहेत तरी समकालीन शेतकऱ्यांचे विन पाहता जागतिक स्थायी व भारतीय शेतकरी, किंवा तय घालो हे सांगणे कठीण आहे. मुळातच अवर्षण, ओला दुष्काळ, बाजारापेठेतील मालाचे घसरलेले भाव, वाढती महगाई अशा अवांछ्य संकटावर शेतकरी पूर्वीपासून मात करीत असत आहे. त्याची सहनशीलता लक्षणीय आहे परंतु अशा मात्र त्यांच्या सहनशीलतेचा अंत झाला आहे. तेव्हा त्यांच्या आत्महत्येचे प्रमाण वाढले आहे. उच्च शिक्षण घेऊन शिक्षणासारख्या परिवर्तन सोदून घ्यावी त्यातून वैयक्तिक मूल्यांची घसरण, शिक्षणातून येणारी लाचारी, कोलेजाची महगाई या सर्व बदलांचे आघात कृषी संस्कृतीवर होत आहे. याचे विरुद्ध आग्रह्य ग्रामीण कादंबरीत वेळ आहे. ग्रामीण भागातील अनेक प्रश्न आणि समस्या पुढे आणल्या जात आहे.

एकोणवीसवे शतक पूर्वी व नववेंदंतर लेखन करणारे विदर्भातील महत्वाचे ग्रामीण कादंबरीकार बाबासाहेब मुसळे यांच्या 'हान्या हान्या दुध दे', 'पखाल', 'वास्तव', 'पाटीलकी', 'देवा' या कादंबऱ्यांमध्ये पखाल, वास्तव, देवा, या कादंबऱ्या कव्यदोतर कादंबऱ्यांचे प्रतिनिधीत्व करणाऱ्या आहेत. पखाल ही महत्वाची कादंबरी असून या कादंबरीमध्ये ग्रामीण कुटीर उद्योगावर नागर संस्कृतीचे आक्रमण आणि त्यामुळे त्यांची होणारी वाताहत लेखकांनी पखालीने पाणी भरणाऱ्या पुंजा ह्या बलुतेदाराच्या रूपाने दाखवून दिली आहे. पाण्याचा प्रश्न डोळ्यासमोर ठेवून गावातील शोषण, अन्याय, विषमता, अंतर्गत कलह, जातीवाद व त्या अदुर्गमने निर्माण होणारे ताणताण चित्रित केले आहे.

ग्रामीण कादंबरीकारांमध्ये महत्वाचे ग्रामीण कादंबरीकार म्हणून ज्यांचा नामनेटोच केला जातो असे प्रा. सदानंद देशमुख यांच्या तहान व बारीबास या कादंबऱ्या समकालीन शेतकरी जीवनावर भाष्य करतात खेड्यातील पाणी प्रश्नांवर त्यांची तहान (१९९८) ही कादंबरी प्रकाश टाकते. या कादंबरीचा नायक राधोजी शेवाळे हा शेतकऱ्यांचे प्रतिनिधिक चित्र म्हणून वाचकांसमोर येतो. गावात दुष्काळ पडतो. पाण्यासाठी दाही दिशा भटकंती सुरू होते. सोन्याचा भाव पाण्याला येतो. राधोजी शेवाळे याचा मुलगा बबन शेवाळे पाण्याचा धंदा सुरू करतो. त्यातून त्याला भरपूर पैसे मिळतात तो भौतिक सुखाच्या चक्रात सापडतो. अनेक पैसांच्या यस्तु जो घरात असतो. पंढ्याच्या होमने त्याची आई रामकोर सुखावते. बबनच्या पैशाचा पोन चुपडा होतो. कुटुंब आनंदाल जगत असले मात्र कुटुंब प्रमुख राधोजी शेवाळे अवस्थ असतो. पाण्याचा व्यवसाय केलेला त्याला आवडत नाही. बैलाचे हाल त्याला पाहवत नाही. बैलांची जखम पाहून तो चिडतो. बबनला शिष्या घालतो.

त्याला यापुढीलसाठी अंदाज घेऊन घेऊन, मध्ये येणाऱ्या रामकोला तो सहज करतो. शेतकऱ्यांच्या आंदोलनात तो सहभागी होतो. आंदोलन यशस्वी झाल्यास गावाला चणी मिळेल व आपल्या बेलाला सुख मिळेल असे त्याला वाटते. आंदोलकांकरिता पोलीस लष्करीहत्ता करतात. आंदोलक सौम्य धारतात. रापोजीचा पाच खडपात पडतो आणि मोडतो. रापोजी अंधकारावर पडून राहो तरीही आपले बेल दिशावे असे त्याला वाटते मुलगा छोट्याचा या बेल्यासाठी रापोजीचे पंचक्रोशीत वाच असते रापोजी हा इमाने इतबो शोरी करणारा शेतकरी असतो. बेलंबरा तो जीवनात प्रेम करत असतो. त्यामुळे रापोजीसाठी बेल्याचे होणारे हाल त्याला बघून नाही. रापोजीच्या कवचालील अनेक कंगारे लेखकाने अधोरेखित केले आहे. शेतकरी जीवन चित्रणाच्या दृष्टिने हे खूपच महत्वाचे आहे.

बायोमाम (२००२) या प्रा. लदानंद देशमुख यांच्या कादंबरीत जाणविते की कवचालील शेतकरी कुटुंबाची झालेली पडझड आजची आहे. जवळचा शेतात राहून येण्याची ही बाबरातच जाळा म्हणून सांगणाऱ्या कुटुंबाची व्याख्या केली आहे. या कादंबरीचा नायक एकनाथ हा एम.ए. बी.एड. होऊनही त्याला शेती मिळत नाही. शेतीत सतत होणारी वृष्ट भयान कादंबरीसाठी दुसरा कोणताही मार्ग त्याच्याकडे नसतो. शेतकऱ्यांच्या हक्कासाठी लढणाऱ्या शेतकरी संघटनेत सनौल झाल्यामुळे त्याला बुकनाथ भोगावा लागतो. अजब बेकायदा एकनाथला त्याची पत्नी सोडून जाते. विचारावर आपण जिवानाड प्रेम केले तिच्यावर आपल्यामुळेच उपासनाची पाठी आली याचा परचाताप झालेला एकनाथ एकदा पडतो.

शेतकरी शेतात राबताच राबतो पण त्याच्या वाटचाला मात्र काहीच वेत नाही. शेतीसाठी पैसा लागतो पण उत्पादन खर्चावर आधारित भाव शेतकऱ्याला मिळत नाही त्यामुळे शेतीचा धंदा तोट्यात आहे. परिणामी शेतकरी कर्जाच्या विळखाला अडकतो व शेवटी आत्महत्येकड्याच त्याला पर्याय राहत नाही यासाठी सामान्या शेतकऱ्यांच्या प्रसन्नकडे पाहण्याची उदासिनाता कलापीभूत आहे. असा निष्कर्ष शेवटी एकनाथ मंडतो.

विनायक शतकाच्या शेवटच्या आणि एकविसाव्या शतकाच्या पहिल्या दशकात ग्रामीण जीवनात निर्माण झालेल्या अनेक पदरी समस्यांचे आचरण झालेल्या लेखकात अशोक कोतिक कोळी हे महत्वाचे लेखक आहेत. अशोक कोतिक कोळी यांनी पाडा या कादंबरीमधून केळी उत्पादक शेतकऱ्यांच्या प्रसन्नकडे वेध घेतला आहे. पाडा म्हणजे शेतकरी जीवनाच्या दुःखाची गाथा आहे. चांगले चापीकर हा छोटा केळी उत्पादक शेतकरी निघेने शेती सांभाळत गावात बघतो की

विनायक शतकाकडेला आहे. त्याची बाबकी कल्पना, बाबकी झालेली मुलगी सुनिता आणि कैलास ही भावंडे आहेत. आपली मुलगी सुनिता तिचे लग्न छोट्याश्या करतो आणि तिच्या नोकरी करणारा वर मिळाल्या यासाठी बघता सगळ्या आपल्या पतीला लपटा लावतो. तिच्या घनाप्रमाणे घडत नसल्यामुळे मनात कुठला राहते. घनासाठी जमलेली खोबरीक पैसांच्या जमवाजमवित मोडले आणि कमाळा सोडून पडले. आपली जगद काशीबाई घांगल्या स्वभावाची नसतांवाही तिच्या बेकाय मुलांमोबल मुनिताचा विवाह होतो. कमाळाच्या किमान अपेक्षांची परिपूर्ती होत नाही. कमाळाच्या आजाराकाला चांगदेव कैलासोटी बिकून दशाव्यान्वांचे बिल भुवभुन कमाळाचे प्रेत ताळ्यात घेतो. कमाळाच्या निधनानंतर पैसासाठी चांगदेवची बिल काशीबाई मुनिताचा बळी घेते चांगदेव तापीकराचे धारिणयमाविरुद्ध भाव दारिद्र्याच्या संघर्षाचे आंदोलन आणि या आंदोलनामुळे त्याच्या कुटुंबाची, शेतीची होणारी होतपड पाडा मधून नेमकेपणाने साकार झाली आहे.

सुरेंद्र पाटील यांची 'चिछलवाटा' ही कादंबरी शेतकरी जीवन चित्रणाच्या दृष्टीने पाहण्यासारखी आहे. शेतकरी आंदोलनातील एक सच्चा कार्यकर्त्याची लक्षांतिका या कादंबरीत शब्दबद्ध झाली आहे. शेतकऱ्यांची कर्जे माफ झाली पाहिजे. म्हणून गावोगावी हिडणाऱ्या या कादंबरीतील नायक तत्समनधनाने शेतकऱ्यांची आंदोलने यशस्वी करतो. शेतकरी आंदोलनामुळे त्याचे शेती व्यवसायकडे दुर्लक्ष होत. परिणामी व्यवसाय तोट्यात येतो. मुलगी लग्नला येते. मुलाची शालेय नुककता पसते. नोकरीला असमाराय भाऊ सहरात बंगल्याचे काम सुरू करतो. त्याच पावल्यांचे पैसे घाबयाचे असतात. बहीण मुलीला नकारते. जमीन विक्रीला काढण्यावर बाप अस्वस्थ होतो. अशा सगळ्या बाजूने त्याची कोंडी होते. शेवटी लष्कराकडून जमीन गहाण ठेवून तो कर्ज काढतो. या सर्व ताणतणावात शेतकरी संघटना राजकारणात उतरते. शेवटी या कादंबरीतला नायक शेतकरी संघटनेचा बिड्या काढून टाकतो. सात्वागोत्यातील ताणतणाव, शेतकरी आंदोलनातील यश-अपयश याचे सामान्य शेतकऱ्यांवर होणारे परिणाम या कादंबरीत आले आहेत.

अनंत भोयर यांची 'आभाळ छुन' ही कादंबरी धारणास्त शोषित पिढीतंची कुश व्यक्ता करणारी, ग्रामजीवनाचा वेध घेणारी कादंबरी आहे. ही कादंबरी वामन यांनी या पात्रांच्या जीवनामधील संकटाची संघर्ष गाथा आहे. प्रष्ट नोकरासाठी, मागणी व तात्पुरती विवरास व्यवस्था यामुळे ग्रामीण जीवन उद्ध्वस्त होते. ग्रामीण परिणामात मोडकळीस आलेली कृषीव्यवस्था अनंत भोयर यांनी संघर्षपणे मांडली आहे.

गावाचे खेड्यावर होणारे आक्रमण किती गरिमान आहे. याचे चित्रण प्रा.

शंकर साखाराम बांब्या सेझ या कादंबरीत आले आहे. लेखक स्वतः सेझप्रति अहंते. सच्चा कादंबरीकार म्हणून सेझच्या विरोधात ते उभे राहिले. सेझ विरोधात लढा देण्याकरीता त्यांनी शेतकऱ्यांकडून जमिनी काढून घेऊन त्या योबदावस्थेत पैसे किंवा नोकऱ्यांचे अमिष दिले गेले. लेखक म्हणतो पैसे आज या उद्या संवसार. जमीन कायमचीच गेली तर पुढच्या पिढ्या कसावर जगणार ? आणि इथल्या निर्मळ, ग्रामसंस्कृती, मातीगोती सारे सारे संवसार. लेखकांनी शेतकऱ्यांच्या आत्म्या असलेल्या कृषि क्षेत्रासंबंधी त्यांच्यावर कळता करू पाहणाऱ्या लोकांना धडक दिली आहे.

धरमिती (आनंद वादव), राधववेळ (नामदेव कांबळे), तिलक-अतिरिक्त (रा. र. बोरगडे), तणकट (राजन गवस), धुळसेली (शेषराव पाहिते), बारदान (प्रकाश देशपांडे), ऐसे कुणबी भुपाळी (भात काळे), बुडाई (प्रतिभा इंगोले), आभाळ (ताम्रजी राऊ पाटील), आघात (विलस अंधारे), बस्तान (मोहन पाटील), देशोपडी (पाधव कौंडविलकर), पावडाय (कृष्ण खोत), जगबुडी (बाबा पाटील), गरड (भिमराव बापवीर), अष्टाष्ट (सुभाष साबाकर), आंबळ (रा. गो. चवरे), झाडाझडती (विशवास पाटील), झिमवोरी झिम (बालाजी मदन इंगोले), पाचकट (अरुण जाखडे), साखारेता (मोहन पाटील) कतपूसकाळ (कैलास दौंड), तुषण (अर्जुन घटकर) इ. कादंबऱ्यांमधून ग्रामीण भाषातील अनेक प्रश्न आणि समस्या समोर आल्या आहे. ग्रामीण भाषेत वाढलेल्या व स्वानुभवातून लेखन करणाऱ्या ग्रामीण साहित्यिकांना सर्व प्रकारच्या शोषणातून ग्रामीण समाज मुक्त झाला पाहिजे असे वाटते.

या कादंबरीकारांनी शेतकऱ्यांची समेहोलपट अतिशय प्रभावीपणे रेखाटली आहे. नवदोस्तरी ग्रामीण कादंबरी ही केवळ अतिशय प्रभावीपणे ग्रामीण जीवनाचे चित्रण करीत नाही तर या जीवनामागील क्लेशांचा शोष घेण्याचा प्रयत्न करीत आहे.

निष्कर्ष :

१. कादंबरीकारांनी स्वानुभवाची निगडित लेखन केले आहे.
२. कादंबऱ्यांचा मावळ जगाचा पोशिदा आहे.
३. शेतीविषयीचे साखोल चिंतन करणाऱ्या या कादंबऱ्या आहेत.
४. शासनाची चुकीची धोरणे शेतकऱ्यांसाठी जीवघेणी ठरली आहेत.
५. नवदोस्तरी कादंबरीकारांच्या लेखनात तळमळ जाणवते. दुःखाच्या व शोषणाच्या मुळासाठी जाण्याची तवारी आहे.

संदर्भ ग्रंथसूची :

१. ग्रामीण साहित्य संकल्प दिशा - डॉ. वामुदेव मुलगे
२. ग्रामीण साहित्य आणि शेजरी जीवन - डॉ. वाघन जाधव
३. ग्रामीण साहित्य दिशा आणि प्रवाजर - डॉ. श्रीराम मुदिकर
४. ग्रामीण साहित्य संकल्प आणि समस्या - डॉ. आनंद वादव
५. ग्रामीण साहित्य संकल्प आणि शोष - डॉ. वामुदेव मुलगे
६. ग्रामीण साहित्य चिंतन आणि चर्चा - डॉ. वामुदेव मुलगे
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संस्थापक परिचय



डॉ. संतोष विष्णू चतुर्

एम.ए. (समृद्धि), समाजशास्त्र, राज्यशास्त्र,
बी.एड., पीएच.डी., नेट
राष्ट्रगोपी प्राध्यापक, मुंबई वी. महाराज महाविद्यालय,
पारगा, वि. मरठावाडा

प्रकाशित ग्रंथ : महाटी प्रतिका : आचरण व समीक्षा
पुरस्कार : १) विद्यापूजन पुरस्कार, २) राजा श्रीराम पुरस्कार
संशोधन कार्य : विविध अर्चासत्र, परिषद, निष्ठावर्धनिके व पुस्तकालय
वेडा अभिन्न संशोधन-प्रसंगे बाधन तथा प्रकाशन



डॉ. मोहनलाल जंकार

एम.ए. (समृद्धि), बी.एड., पीएच.डी., नेट
प्राचार्य, डॉ. मोहनलाल जंकार महाविद्यालय,
मरठावा (सिन्धुवा), वि. अचोला

प्रकाशित ग्रंथ : १) मानवविज्ञान : संचालिका (संपादित), २) दलित
आत्मकथने : विज्ञान आणि चर्चा (संपादित), ३) विद्वत्त : शाखाची नवी
दिशा, ४) भारतीय शिक्षण प्रणालीचा विकास व भवे प्रकाश
पुरस्कार : १) विद्यापूजन पुरस्कार, २) अक्षर वेदधीचा राज्यस्तरीय उत्कृष्ट
वाङ्मय निर्मिती पुरस्कार, ३) विद्यापूजन पुरस्कार
संशोधन कार्य : विविध अर्चासत्र, परिषद, निष्ठावर्धनिके व पुस्तकालय
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ENVIRONMENTAL POLLUTION AND SUSTAINABLE DEVELOPMENT



Editors

Dr. Kundan Alone
Dr. Sachin Bhombe

Principal
Narayanrao Rana Mahavidyalaya
Badnera



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Air and E-Pollution from Mobile Phones – A Brief Analysis

Dr. Omprakash B Munde

Head, Dept. of Geography,

Narayanrao Rana Mahavidyalya, Badnera Railway

Email id – drobmunde@gmail.com, Mobile No - 9403624435

ABSTRACT

In the present era, the use of mobile phones is constantly increasing. Everyone has at least one mobile phone. The advantages of this mobile phone are as much as the disadvantages. Air pollution is on the rise due to mobiles and its effect is now being seen on living creatures.

Mobile phones are causing e-pollution in every home. It is having a direct impact on human nature and will have serious side effects in the future. The present paper analyzes the air pollution caused by mobile phones.

Key Words -Mobile, Air Pollution, E-Pollution, Towers, Side Effects

Introduction

A few years ago a TV, a phone used to be enough in the house; But lately, everyone in the house has a mobile phone. TV sets are also growing by the number of at least two or more rooms. As a result, radiation emitted from these electronic devices causes indoor air pollution. This slowly spreading electronic pollution is also beginning to have a detrimental effect on human health.

At present, the problem of air pollution is facing us more and more. Of course, this air pollution is felt not only indoors but also outdoors. We use all kinds of electronic devices in our daily life. Such as- mobile, laptop, computer, laser TV etc. Previously the number of these devices was limited to the home. But at present the same number

is increasing according to the number of people in the household. But most of the e-pollution is due to mobile phones. In the present paper, air pollution caused by mobile phones is briefly discussed.

Objectives of the Study

Main objective of the present study is to discuss the effects of air pollution from mobile phones in human beings.

Data Source

The information used in preparing this research article depends primarily on secondary sources. This information is mainly based on magazines, daily newspapers, articles published on the Internet, news broadcast on news channels, personal experiences. In the present paper, an attempt has been made to explain the pollution caused by mobile phones on the basis of the information received.

Study Area

Mobile phones are being used in every field and in every place. Therefore, its pollution is more or less felt in all regions. In the present paper, no specific area has been selected and the analysis of air pollution caused by mobile phones has been done in a comprehensive manner because its pollution is visible all over the earth.

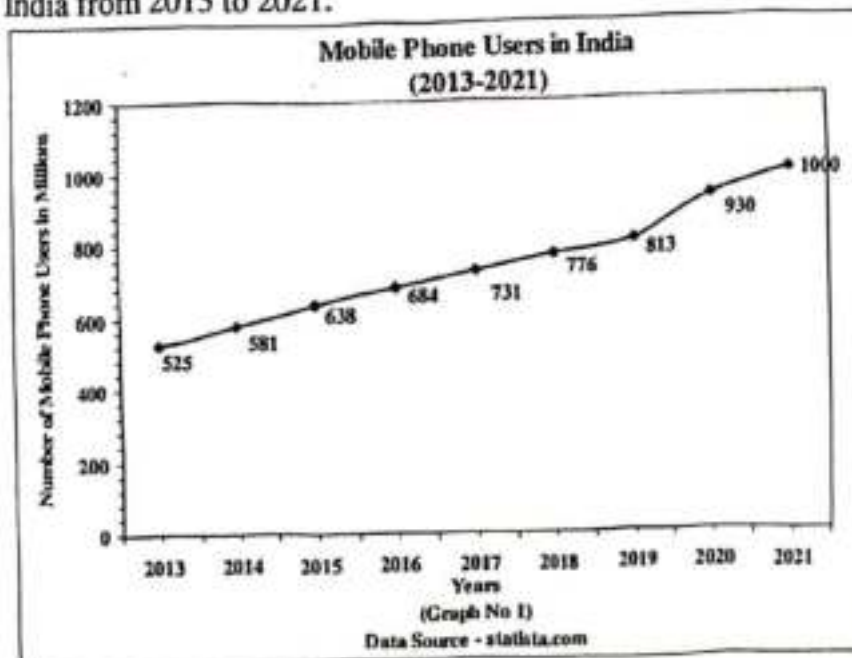
Effect of Air Pollution

Scientists at Ohio State University have discovered that air pollution impairs a person's memory and makes them fail. Research has shown that breathing in polluted air adversely affects the structure of the human brain. A team of economists from Canada has conducted a lengthy review explaining the relationship between air pollution and people's happiness. He has published his dissertation in the International Journal of Green Economics, a global journal, which discusses air pollution and the happy attitude of citizens. Increasing air pollution makes people miserable sooner. Not only that, in countries where citizens are not happy, this pollution has been found

to be noiseless. Pollution from Mobile and Other Electronic Equipments

Whatever electronic devices we use, be it TV or radio or WiFi, and mobiles, many kinds of waves come out and mix with the surrounding air. And this is the air that goes into our body through breathing. At the same time, a special process is often used to destroy these e-devices. At that time the harmful elements are released and mixed in the air. When this polluted air enters our body. That air invites disorders of your skin, stomach, airways and other organs. The study found that it includes a variety of ailments such as immunodeficiency, blood disorders, urinary tract, lung and other disorders. We have more and more electronics products, which mean we are becoming more modern. But we also need to consider the impact of e-waste on us. Therefore, with a little awareness and proper precautions, it will be possible to control the level of danger from e-pollution in a timely manner.

From 2013 to 2021, the number of people using mobile phones has increased tremendously. The number of mobile users has increased from 525 million in 2013 to around 1000 million in 2021. The next graph No. 1 shows the number of mobile phone users in India from 2013 to 2021.



Pollution from Mobile Towers

The mobile company serves customers through towers erected in villages and cities. High quality waves emanate from these towers. Experts say that these high waves are increasing the pollution in the atmosphere. Experts say that these waves have an adverse effect on human life. At the same time, they have an adverse effect on animals. The government has made some rules for erecting towers. But they do not seem to be used much.

In 1996, the Central Government enacted a new Environmental Protection Act. But that law is being trampled underfoot. According to that law, there are various guidelines for erecting towers. According to the Central Government's Board of Science and Engineering Research, high waves emanating from towers and broadband machinery are likely to have cellular, sub cellular, molecular, sub molecular biochemical effects on humans, plants, animals, birds, fish and microorganisms. These waves have also been linked to the possibility of cancer, heart disease, eye and bone diseases.

Mobile towers are more likely to be harmful to humans. These towers run on electricity or diesel. It is also contributing to pollution. Now at least new towers need to be erected away from the village and the city.

Impact of Mobile on Children

Online education of children started as schools and colleges were closed during the Corona period. After the outdoor games stopped, even the little ones started playing on their mobile phones for hours. Children became accustomed to new forms of entertainment such as cartoons, games, social media, OTT platforms.

This has led to an increase in complaints from various parents about their children. "It's not like the children get very irritated, the little ones have to be given mobile phones for meals, the lack of visits

has increased the loneliness among the children. Anxiety, fear, depression have increased". In lockdown, children's screen time has increased and now children are used to it. Parents also have to work hard to change this habit.

Considering the health problems like irritability, mental problems and eye strain, the Central Education Department has issued guidelines for determining screen time for digital education.

- Online class limit for pre-primary (playgroup to CKG) students should not exceed 30 minutes.
- There will be two online sessions for classes I to VIII. The session will have a 45 minute class.

Air Pollution from Mobile Towers Endangers the Lives of Birds and Wildlife

In fact mobile towers are having adverse effects on birds and wildlife with natural elements. About ten years ago, the Union Ministry of Forests and Environment observed that radiation from mobile towers was having a detrimental effect on wildlife, especially birds and bees.

Today, there are about 5 lakh mobile towers in the country. According to a study project by the Regional Agricultural Research Institute at Lakhimpur in Assam, birds are being affected by the increasing number of mobile towers transmitting electromagnetic rays. However, research conducted by the Punjab University found that 50 newborn chicks were destroyed by exposure to electromagnetic radiation for only five and a half minutes. These rays have been shown to adversely affect the reproductive capacity of sparrows as well as their ability to perceive direction.

Radiation adversely affects the way birds travel, the same radiation affects bird nests, the waves of the tower go in the direction of the mobile and the waves emanating from the mobile come in the direction of the tower. The movement of these waves creates a large

network of waves. It can be life threatening to other birds, including sparrows. Sparrows, bees and other birds can be found in this net, said Dr. Nature for Ever, president and ornithologist. Mohammed says heartily.

Remedies for Control Mobile and E-Pollution

Further applications are also required to reduce mobile and e-pollution

- 1) Reducing the number of electronic devices such as home TVs,
- 2) Instead of throwing away e-waste, it should be given to recycling individuals or companies. There are groups working in many cities. One of the benefits of this is that the waste will not just stay on the ground. It is not uncommon for such waste to accumulate on the ground and cause heavy metals to mix with the surrounding or rainwater and pollute the water.
- 3) Turn off cellphones and WiFi at night. This is because the radiation emitted from it is more likely to affect your brain. And this radiation is more likely to affect you when we are asleep.
- 4) When buying electronic products for your home, make sure that they do not affect the air quality in your home.
- 5) No more than one tower within a radius of one kilometer should be allowed. There is also an urgent need to redefine the Indian standard of electromagnetic radiation (EMR).
- 6) The number of towers can be controlled if mobile service providers are required to share infrastructure such as towers.
- 7) The Department of Telecommunications should make public the location of the existing towers, their number and the radiation emitted from the towers.
- 8) GIS mapping of all mobile towers should be done and new instructions should be implemented to minimize emissions without affecting the mobile network.

The mobile phone is useful for your life as well as its effects. So it is the duty of all of us to use mobile only for limited needs. Mobile phones cause e-pollution and this pollution is spread mainly through the air, so proper observance of the rules regarding mobile usage and erection of mobile towers is essential for all living beings. This will help sustain the earth's biodiversity.

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Badnara



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GANESH KULKARNI
VAISHALI KHAPARDE
SANTOSH V. DHAGE

Principal
Narayanrao Rana Mahavidyalaya
Badnera



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USE OF WEB 2.0 TOOLS IN LIBRARIES

Dr. Harshal R. Nimbhorkar

Librarian

Narayanrao Rana Mahavidyalaya Badnera-Amravati

Abstract: *This paper deals with web 2.0 and its tools in the context of the libraries and information centers. Web 2.0 is like human. The theme of web 2.0 is a founder of theme 2.0 and it influenced the library services too. The web 2.0 could be seen as coequally part of the evolution revolution. Through it, users will see the face of the library and librarians will guide them via electronic methods. On the one hand it extends much of what we have been doing for years through the use of standards such as HTML, URLS and HTTP and ubiquitous web browser. On other hands it challenges the outdated attitudes towards the right of users, their choice and improvement. The advent of web 2.0 and its tools provide better library services in the present era.*

Key Words:- Web 2.0, Information, Library, Computer

1. Introduction :-

The exchange of thoughts, messages, information from one person to another person is called communication. In earlier time communication can be done through signals, speech or written but Due to rapid growth and development in technology the new medium of communication were evolve

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that we called electronic medium or information Communication Technology (ICT). In the 1950's the evolution of computers have changed the whole scene of communication. In 1960's the computer were used in the sharing of information in research and development, scientific area, and in military. The account of Internet began with the growth and development of computers. In the late 1960's The Leonard Klein rock from DARPA (Defense Advanced Research Projects Agency) developed the theory of Packet Switching which was to form a basis of Internet connections. The Lawrence R. of MIT connected a Massachusetts computer with a California computer in 1965 over dial-up telephone lines. It shows the possibility of wide area networking. There after the origin of web.

The advancement of web 2.0 and its tools (such as Blogs, wiki, tagging and Social Bookmarking, Multimedia Sharing audio blogging and Podcasting, RSS and Syndication, Mashups and social networking sits etc.) and their use in providing better library services in the present ICT era. These tools adds more advantages to the library users and opens opportunity to the library and information centers that how they can cope the present needs of the users communities. 2.0 was coined by Tim O'Reilly and Dale Dougherty of O'Reilly media in 2004 to describe the trends and business model that survived the technology sector market crash of the 1990. Web 2.0 essentially not a web of textual publication but a web of multi sensory communication. It is a matrix of dialogues not a collection of monologues. Web 2.0 principles and technology offer to libraries many opportunities to serve their existing audiences better and to reach out beyond the walls. It is a user centered web.

*Web 2.0 is defined in different way by different people like:

- a) Community driven on-line platform or an attitude rather than technology (Downes, 2005)
- b) It is a technology (Franklin and Van Harmelen, 2007)
- c) Second generation of web based tools and services (Guntram, 2007)
- d) This is a new way of living as the "always on" culture (Bryant, 2007)

The term web 2.0 is associated with web application that facilitate participatory information sharing, inter operability, users centered design and collaboration on the World Wide Web. Examples of web 2.0 tools are Blogs, wiki, tagging and Social Bookmarking, Multimedia, Sharing audio, blogging, Podcasting, RSS & Syndication, Mashups and Social Networking Sites etc. Web 2.0 is among the popular buzzwords in blogosphere and social media today. Still there is no proper, exact and standard definition for web 1.0 and it is the term given to describe a second generation of the World Wide Web that is focused on the ability for people to collaborate and share information online. The web 2.0 is basically refers to the transition from static HTML web pages to a more dynamic web that is more organized and it is based on serving web applications to users.

* The most significant characteristics of web 2.0 services are:

- a) User oriented design
- c) Web as platform
- e) Power centralization
- g) Rich user experience

1.1 .Key Features of Web 2.0:

- b) Crowd sourcing d) Collaborative f) Dynamic Content

With the change in technology the web has entered in a more advanced stage known as web 2.0. The Web 1.0 allows users to read or view the information but web 2.0 allows users to read, write, save and produce the content on the web. Some

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experts say that it is new version of web but others says that it is the application of web 1.0.

1.3. Some key features of web 2.0 are as follows:

It allows users to arrange their information according to their needs and wants; this is also known as social tagging. ~ The web2.0 has rich user experience because it uses AJAX (Asynchronous JavaScript + XML). ~ The traditional web model was one way in which the information provided by the site owner and the users are the ultimate receivers but in web 2.0 the users also contribute in the information production by the means of evaluation, review and commenting, etc. In traditional web the information was only provided by the site owner but in web2.0 the participation of users is compulsory. The web 2.0 contents are easily shared, reuse, redistributed and edited. The single information may be accessed or shared by the multiple users through sharing, hyper linking, tagging, etc.

2. Library 2.0:

Library 2.0 describes as a subset of library services designed to meet user's needs caused by the direct and peripheral effect of web 2.0 services leveraging concepts of the read/write web, the web as platform. The long tail, harnessing collective intelligence, network effects, core datasets from users contributions and light weight programming models (Habid, 2006). The principles of library 2.0 seek to put users in touch with information and entertainment wherever they may be breaking down the barriers of space time and out dated policy. It is a user oriented paradigm focusing on knowledge, experience, collaboration, the creation of new content (library 2.0 LIS Wiki, 20 II).

Thus library 2.0 is a transformation of the way of library services which delivered to the library users. It promotes new tools to make library space (both virtual and physical) more interactive collaborative and driven the community needs. It

encourages collaborative two way- social interaction between library staff and library users. It requires the users participation and feedback in the development & maintenance of Library services.

2.1. Element of Library 2.0:

The theory of library 2.0 could be understood to have these four essential elements:

1. It is a user centered: Users participate in the creation of the content and services they view within the library's web presence, OPAC, etc. The consumption and creation of content is dynamic and thus roles of librarians and users are not always clear.
2. It Provide a Multimedia Experience: Both the collection and service of library2.0 content video and audio components. While this is one cited as a function of Library 2.0. It is here suggested it should be, 3. It is socially rich: The library's web presence includes users' presences. There are both synchronous (eq. 1M) and a synchronous (eq. wikis) ways for users to communicate with one another and with librarians.
1. It is Communally Innovative: It is perhaps the single most important aspect of Library 2.0. It rests on the foundation of library as a community service but understands that as communities change, libraries must not only change with them, and they must allow users to change the library also. It seeks to continually change its services, to find new way to allow communities not just individuals to seek, find and utilize information.

2.2. Web 2.0 and Libraries:

Web 2.0 is a next generation of web services which offers more services on comparison to traditional web. Traditional web have only web sites and search engines like facilities but web 2.0 is a two way shared network that were used in every

place. Traditional web have great effect on the libraries but it seems that the web 2.0 have much more impact on libraries. It reveals the gaps between the libraries and the users, if the tools of web 2.0 and the existing services of libraries were used together then the libraries succeed to provide better and new services to their users at present scenario. Technologies are the tools through which libraries provides services to their users and satisfy their users needs, as the time changes technology changes, when technology changes there is change in the form/way/style in the demand of the users. To satisfy the demand libraries, we have to adopt new technologies. In the era the web 2.0, the collection of library become virtual collection and library become without walls. The traditional library read only catalogues will become Amazon style where the user's comments, reviews and feedbacks will be used for enhancing the catalogues. The information is viewed as a two way process where the users search, , investigate and participate in the creation and re-mixing of new content

The web 2.0 focuses on users and how to attract the uses as information consumer as well as contributor. Webs 2.0 also give a lot of impact on reference services. With the help of web 2.0 library provide web based reference services in which web 2.0 tool (such as Slogs, social network sites etc.) can be used so that user can meet their information needs without ant tome and place limitation. There are many libraries in all over the world which offering services through their blogs and making blogs the most common channel for providing digital reference services. To be successful in our modern society, LIS educators should take advantage of this (web 2.0) new information & communication technology (ICT) and consider the learning performances of digital natives and digital immigrants. Web 2.0 is a participative and participation is seems to be on

the part of end users such as bloggers. Library use web 2.0 as a way to share information to encourage feedback from their patrons to highlight their services or new materials and more about opinions and input from users to collaborate on making their library the best.

3. Tools of Web 2.0 and Their Use in Libraries :-

3.1. Blogs: The term Slog or Web-log was first coined by Jom Barger in 1997 that means a simple web page which contains brief statements of entries, opinions, information, personal diaries, links, etc which called posts, arranged in chronological order with most recent are first. Most blogs offers their users to add a comments and exchange i comments, posts, etc are called Slogging. There are many people in the world engaged in blogging. As the technology became more complicated, bloggers have begin to use multimedia into their blogs and the starting of photos- blogs, video-blogs and facilitates uploading of multimedia contents and supports mobile phone (m-blogging) formats also so that users can access their blogs at anytime, anywhere. Libraries can create their blogs tells their users about the library and library services, their special collections, new arrivals, knows users problems, quick feedback to users queries, in house publications, current awareness services, etc.

3.2. Wikis: Wikis are the web pages or contains a set of web pages that are easily edited or updated

by the users. Wikipedia concept brings the idea of wiki, wiki pages have an edit options and the users can use the online editing tool to change the contents of the web page. It has history function through which users can easily restore previous versions or components of the wiki. There is restricting access to registered users only It facilitates libraries as a service through which interaction of users and libraries became more effortless. Users and libraries share their information at

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one place in the form of discussion, comments, criticism, photos, graphs, etc and after that these things were easily archived for further use or reference.

3.3. Tagging and Social Bookmarking: Tag means adding information to a digital object, so tags enrich the qualities of any digital object such as photos, videos, web pages, e-documents, etc.

User can easily add information to their digital objects online and make it more useful. Through Tagging things can be easily categorized or classified according to their characteristics. Social bookmarking allows users to create a list of bookmarks and favorites online, users can access these bookmarks from any corner of the globe, and after that user can easily manage, edit, store and categories the bookmarks. Through tagging libraries can easily tag their users or user's communities to their needy things. It acts as a cataloguing and classification of the e-resources and also acts as a reference service. Through tagging the librarians easily provide current awareness services, upcoming events, collection and database to the users communities.

3.4. Multimedia Sharing, Audio Blogging and Podcasting: Multimedia sharing means sharing of photos, videos, audios, etc among the users online, YouTube (video), Flickr (photos) andode (pod casts) are the famous multimedia sharing websites. The concept of writable web was justified where users are not only ultimate consumer but also participate actively in the creation of web contents. Millions of the users are sharing these multimedia contents. They can upload videos and photos directly through their camera and phones at anytime, anywhere. After that they can tag, manage, categorize, edit, and share their contents online. The term Podcasting was first coined by Ben Hamersley in a The Guardian article on 12 February, 2004. Podcasting are episodic audio recordings of

talks, interviews, lectures, etc which may be played on any online multimedia devices. A podcast is made by creating an audio file with the help of sound recorder or other similar devices and uploading the file to the host server and making the globe aware of the created file by the use of RSS feeds. The podcasts users subscribe to the RSS feeds and get information about new created podcasts. Through multimedia sharing or streaming, audio blogging and podcasting, a librarian can easily share libraries instructions or orientation programs which may be operated online, libraries can organize multimedia chat rooms that act as virtual class rooms and archive these multimedia resources for further use.

3.5. RSS and Syndication: The first version of RSS was created by Dan Libby and Ramanathan V. Guha on March 1999 known as Rich Site Summary. In September 2002, Dave Winner releases 2.0 and renamed as Really Simple Syndication. At that time there are various RSS formats due to issue of incompatibility and in 2003 new syndication system was projected and developed under the name of ATOM in order to clear the incompatibilities between RSS versions. Really Simple Syndication (earlier it was known as Rich Site Summary) is a family of web formats which permits users to get the update of the RSS enabled websites. Without visiting to the websites users get their updates. The updates are termed as feeds and were collected in feed format. Users have to subscribe for the RSS feeds and install a software tool known as Feed reader, aggregator, RSS reader, etc. These are web based, desktop-based and mobile based software applications. Whenever updates were made, the subscribed websites users were informed by the installed software applications. Libraries can create RSS feeds to their users' communities which shows the updates in the libraries collections, services, database, etc and get their feedbacks.

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3.6. Mashups: Mashups is a technology that merges two or more services or technology to create a new service or technology. The value of present services or technology were increased by merging two or more service or technology which results in better service, growth and development in technology. Mashups have an active role in the evolution of Web 2.0. The librarian can easily merge two or more than two library services to make user convenient such as any traditional services were mixed with any current online services which make new service.

3.7. Social Networking Sites: Social Networking Sites are those sites which allow their users to build social relations on the Web. It is the web based service which provides users to interact virtually and share their thoughts in the forms of comments, likes, messages, tags, etc. here users can upload photos, videos. Every user has their own profile describing their personal details. Through which users search others users and create a list of friends. If a library connects to a social network sites then a librarian easily get the users recommendations, interests, information needs, users information, and libraries can easily provides quick reference services, current awareness services, latest arrivals, rules regulations of the libraries, OPAC, etc.

Conclusion : The web 2.0 is an addition or update to the traditional World Wide Web Technology and it is a never ending process. Earlier times libraries were using World Wide Web services to provide many online services, with the advent of web 2.0 technology librarians use it as a tool to bridge the gap between the libraries and the users. With new and more interactive services the libraries can easily provide better services and attracts more users towards it and open the gates for the new opportunities for the libraries. Web 2.0 is a library response to the larger social technology changes going on right now. Some Librarians are noticing the change and are trying to figure

out how libraries can capture the good stuff of web 2.0 and use it to further serve our patrons. They have added a library centric name (Library 2.0) to larger concept that is appearing in our libraries. Web 2.0 is influencing the way in which people learn & access information and communicate with each others in a participative manner.

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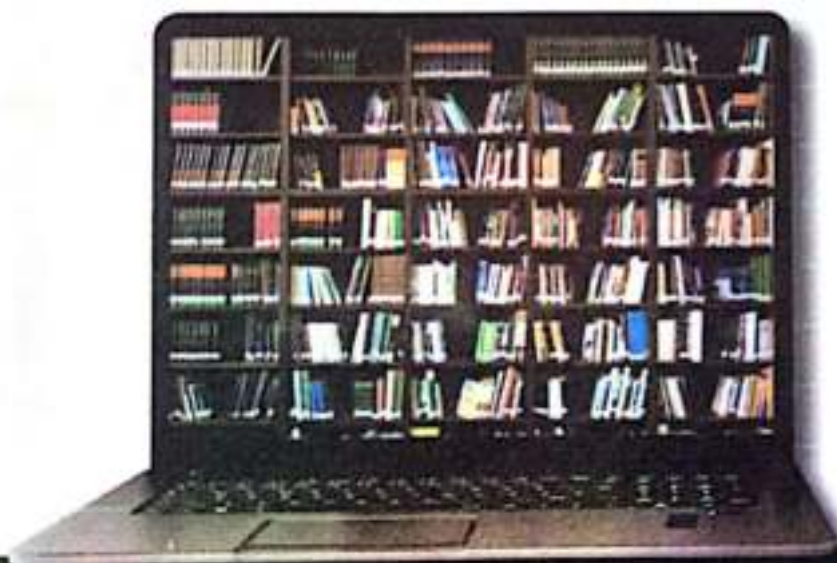


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Badnera





LIBRARIANSHIP & SOCIAL NETWORKING



GANESH KULKARNI
VAISHALI KHAPARDE
SANTOSH V. DHAGE


Principal
Marayankar G. K. Vidyalaya
Baramati



LIBRARIANSHIP & SOCIAL NETWORKING

**Ganesh Kulkarni
Vaishali Khaparde
Santosh V. Ghage**

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LIST OF CONTRIBUTORS

Dr. Rajendra Madhukar Marwade

Librarian

Premraj Sarda Mahavidyalaya

Patrakar Chowk, Nagar- manmad Road

Ahmednagar 414 001, Maharashtra

Email: marwaderajendra@gmail.com

Prof.K.D.Guldagad

Librarian

BabujiAvhadMahavidyalaya,

Pathardi, Dist.Ahmednagar

kiran_guldagad@rediffmail.com

Dr.Harshal R.Nimbhorkar

Librarian

Narayanrao Rana Mahavidyalaya

Badnera-Amravati

Dr. KhapardeVaishali S.

Professor and Head

Dept .of Library & Information Science

Dr.BabasahebAmbedkarMarathwadaUniver,

Aurangabad (MS) India

Email: khapardevaishali@gmail.com

Dr. Ganesh Kulkarni (Takarwankar)

Librarian

Shri. Sant Savata Mali Gramin Mahavidyalaya,

Phulambri , Dist: Aurangabad, Maharashtra.

Email: ganeshkulkarni136@gmail.com

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ROLE OF SOCIAL MEDIA FOR LIBRARIANS: A STUDY

Dr. Harshal R. Nimbhorkar

Librarian

Narayanrao Rana Mahavidyalaya Badnera-Amravati

Abstract: The rapid progress and development of social media and its associated tools have made things easy for the library staff and library professionals. Social media is the fastest tool of communication in today's world, where everyone can reach the other within a click. At the same time, the library professionals are getting familiar with social media and its related tools to apply in their respective libraries. The library professionals are creating a virtual platform using Social media to interact with their users and social media is also helping to reach out to the targeted audiences and customers. Social media is using by librarians to make their library users and also use social media for the marketing of their sources and services. Several factors are influencing the use of social media in the libraries because the library professionals think that social media is the best choice to bring library users nearer. Besides these facts there are massive numbers of challenges and issues are facing by the library professional while using social media in their respective libraries. These hurdles and issues should

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be resolved for better and reliable use of social media in the libraries. Library professionals use social media to share information with their potential users. This paper has highlighted some of the aspects of social media e.g. usage, factors and issues, challenges in the use of libraries.

Keywords: Social media, Librarians, Digital, ICTs, Network

1. Introduction

The present age of the digital world has changed the course of the individual and collective thinking of the people as well as the mindset of the service providers. The rapid growth of ICTs and its associated aids has changed the living standard of human beings. ICTs made several revaluations in term of social media and others same media of communications. at the beginning of computer and internet the people thought that this is biggest things to use for their lifelong working but at the inception of social media, the people saw a massive change in the mode of communication. Social media makes things easy to connect, share and receive information from one end to another end of the world. Even though this media of communication has changed attitude, thinking and perception of service providers throughout the globe.

The social media has finished the discrimination of communication from the community and it provides the way to access the learned society and make them aware of the access to the library sources and services from their home. Moreover, social media is providing the techniques to the librarians to make things easy to market their sources and services to their targeted audiences. These social media are, LinkedIn, My Space, web.2.0, Blogs, WhatsApps, QQ, and We chat and LIS professionals are using these social media to interact with their users at remote locations and marketing their products addressed that twitter is the type of social media that allows

Role of Social Media For Librarians: A Study | 3

the library professionals to create a platform to access library resources and services. Additionally, the Library Professionals are trying to use a suitable and convenient means of communication to fulfill the needs and wants of library users.

The number of libraries in the world is using different social media to bring library users to nearer library sources and services. found that Librarians are using social media for professional development in their respected areas of interest. Moreover, the present age social networking sites are meeting the need of library professionals to prepare themselves for upcoming challenges in their fields. Library professionals should learn skills and knowledge to develop them to meet the needs and wants of the library users in the future. added that social networking technologies are creating a virtual environment changing the method of communication among library users and library professionals. Furthermore, in the current age of social media usage, library professionals are getting familiar with the demand of library users. On the other hand, the utilization and adoption of social media in the libraries are making a big difference to cope up with the issues and challenges shortly. Facebook is the most popular network amongst librarians, followed by Twitter and blogs



(Figure 1.)

Figure 1:Source: <https://www.smartinsights.com/social-media-marketing/social-media-strategy/new-global-social-media-research>.

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2. Social Networks Sites

The present age of information explosion has encountered the mindset and thinking of human beings. Everyone is running behind the information, but they have no idea how to collect the information and shared the information from one to one and one to many at one time. Besides these facts, the present age of information ICTs and its related aids has changed the role of information professionals. Furthermore, ICTs has made tremendous achievement in the shape of generating the social networks sites for exchanging the information one end to another end. According to Wikipedia (2019) "Social media may have roots in the 1840s introduction of the telegraph, which connected the United States". Social media has created an environment where everyone can access the information, share the information and disseminate the information. Additionally, there is a number of social networks has been launched and some of them are very much popular throughout the globe like Facebook, Twitter, YouTube, WeChat, Instagram, QQ, QZone, Weibo, Twitter, Tumblr, Telegram, Baidu Tieba, LinkedIn, LINE, Snapchat, Pinterest, Viber etc. social media creates an effective platform to make people access and share their information with other people with far distance. Social media helps the library professionals to make things easy for them and for their readers to increase their capacity to build good relationships among library staff and library users. Social media like Facebook helps the library professionals to create an account to promote their library sources and services. Facebook provides platforms to market their source s and service effectively and efficiently.

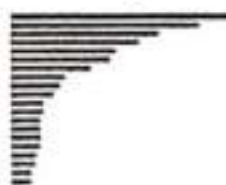


Figure 2: Source: <https://www.smartinsights.com/social-media-marketing/social-media-strategy/new-global-social-media-research>.

Likewise, Twitter is playing a vital role in the promotion of library sources and services. Today in the modern age of ICTs the social media is the cheapest source for marketing the library sources and services. Additionally, Social media have a different aspect to share news and views about the library, communicate different events and create an environment for effective service to their library users addressed Facebook is the best tool to promote library sources and services and provides a platform to market library sources and services with low expenditures. Furthermore, Facebook helps the library staff to advertise their product and maximize the use of their sources and services to the potential users .

2.1. Definition of social media

1. Social media is a collection of Internet-based communities that allow users to interact with each other online. This includes web forums, wikis, and user-generated content (UGC) websites.
2. Websites and computer programs that allow people to communicate and share information on the internet using a computer or mobile phone

2.2. Definition of facebook

1. Facebook is a popular free social networking website that allows registered users to create profiles, upload photos, and video, send messages and keep in touch with friends, family, and colleagues.
2. An online community that allows individual users to create personal profiles, share photos and videos, and post on each other's profile pages, or "Timelines."

2.3. Definition of twitter

3. An Internet service that allows people to publish quick updates and see posts or "tweets" of other users they are following in real-time. of LinkedIn

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4. A professional networking website that allows users to create profiles, post resumes, and communicate with other professionals and job-seekers of Pinterest.
5. An online community that allows users to share ideas and photos with others by "pinning" items and describing them on their profile pages.

2.4. Definition of MySpace

6. My Space is an online community that allows friends to keep in touch and meet new people as well. It started as a website that bands could use to promote their music but has since grown into a more general community of friends.

2.5. Definition of Instagram

1. Instagram is an online photo-sharing service. It allows you to apply different types of photo filters to your pictures with a single click, and then share them with others.

2.6. Definition of Blog

1. Short for "Web Log," this term refers to a list of journal entries posted on a Web page. Anybody who knows how to create and publish a Web page can publish their blog.

2.7. Definition of Wikis

1. A wiki is a Web site that allows users to add and update content on the site using their Web browser.

2.8. Definition of Web 2.0

1. Web 2.0 is a term that was introduced in 2004 and refers to the second generation of the World Wide Web.

2.9. Definition of Twitter

1. Twitter is a micro blogging and social networking service on which users post and interacts with messages known as "tweets". Tweets.

3. Role of Social Librarian related works

Librarians' awareness of social media usage for informal scientific communication in university libraries in south-south,

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Nigeria. The author used the survey method and questionnaire to collect the data and descriptive research method. He has collected data from 284 librarians. The response ratio of the research was 71% because out of 284 respondents 202 were returned with proper responses. The result of this study has revealed that the majority of the librarians were fully aware of the use of social media. On the bases of these findings, the author has suggested that the library administrator should provide the social media tools for better communication and librarians should be well aware of the importance of social media while in communicating.

Investigated the influence of social networking sites on library and information centers. They focused on the latest development in the library and information centers in terms of information transformation. They find out that the present age every library is connected with a different type of social media to maximize the gaps among libraries and users. They examined some of the most popular social media like Facebook and Twitter etc. examined the social networking technologies in the digital environment its possible implications on libraries. He investigated that social networking sites are making things easy for library users to interact with other library users to get connected to the world using the web. He examined different social software and their usage in the libraries but finally, the author has found out the web 2.0 is suitable social software for the libraries to interact with their users.

Studied how libraries use social networking sites to connect with users. They probed that the adoption of social networking sites is increasing day by day at a great pace. They further added that besides these facts the participation of the library users in the social networking sites is very little. They investigated some major social network sites Facebook, Twitter and Myspace about the sharing, dissemination, communication,

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and gathering of knowledge and information. They used mix methods to complete this research.

4. Factors of Usage of Social Media in the Libraries

The social media is playing a pivotal role to reach out the potential customer and users. The massive number of information has been transferred from the last four to five decades from one pole to the other pole of the world. The social media is the biggest change of the 21st century and it is growing rapidly. Millions of information are being shared one to one, one to many at the same time on the same channels. The libraries are looking forward to using social media to fulfill the requirement of their users. Social media gained several factors of usage in the libraries to disseminate the information within a quick time. [20] some of the purposes that meet the library user's needs and this will help to reach out to the new customers. Furthermore, he discussed that social media build library image and modernize the library.

Mentioned that social media is the technique or tool to make things easy and it is the vital source to share and receive the information. Facebook is the best tool to accommodate strong positive impact SMEs and positive relations with the non-financial performance of SMEs Social media is providing the best tool to reach library users where they can share and receive their information without any trouble. Additionally, social media is putting a great impact on libraries. LIS professionals are getting familiar with social media to create a flexible environment to reach potential library users. social media is putting a massive impact on libraries and information centers to promote library services and sources. Several social media bring all the library users community together on one spot to share their ideas and views about their relevant and specific information. Furthermore, social media is providing massive space to the library professionals to create a virtual

environment to enhance the library service providing capacity. [2] addressed that the use of social media is making things easy for library professionals to reduce the gap between library users and library resources and services. Moreover, social media is expanding their use in the libraries because of the library users approach have given remarks about the social media that this will facilitate the library professionals to achieve their library goals and objectives.

Likewise, social media will help library professionals to make their services effective and efficient. Social media will establish a bridge between library users and library resources. Similarly, the fourth law of library sciences told about the saving of time of library users. So, the present age of ICTs social media is a powerful tool to engage the library users from remote locations to the library resources and services. It can be said that there are number of factors of using social media in the libraries and information centers. so, those factors can be interaction with potential library users, marketing of library sources and services, sharing and receiving the information, searching for new library users, save the time of library users, achieve the library goals and objectives, create an effective environment, improve the library images, etc

**Social Media for
Communication and Instruction
In Academic Libraries**



(Figure 3).

Figure 3: Sources: <https://www.kobo.com/gr/en/ebook/social-media-for-communication-and-instruction-in-academic-libraries>.

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5. Issues and Challenges use of Social Media in Libraries

Investigated the challenges at the usage of social media in the Nigerian university libraries. They indicated some of the major issues and challenges that are creating problems with the use of social media in the said study population. They mentioned some of them as follows lack of financial support, lack of authority support, lack of cooperation among the library staff, no knowledge of social media and its tools and lack of expertise of ICTs and lack of getting feedback from library users. Furthermore, it can be said that these challenges are genuine that encountering the use of social media in libraries throughout the globe. Today, the world has become a global village and everyone is access to the internet connecting to other people via social media. The librarians and LIS professionals are trying to make a bridge between the library sources, services and library users via social networks. addressed the challenges of the use of social networking sites in the libraries. They identified some of the challenges and issues of lack of training of library staff, lack of government or authority supports copyright issues. Furthermore more, these issues should be resolved until the librarians cannot use social media for the promotion of library sources and services.

Conclusion:

The recent past social media growth comes at the peak. Social media is the most promising tool to interact with other remote located peoples. Besides these facts, social media are providing a new and excellent platform to the library professionals to reach out to their potential library customers to fulfill their needs, wants and demands. Social media is the point of access where every individual library users can get their demand within a click addressed social networking sites are the technologies that are offering new methods of access to latent customers. Likewise, social media helps the librarians

to make their services effective and convenient. The most popular social media like Facebook, Twitter, LinkedIn, and Wechat are the best tools for library staff to promote their library services and sources make their opinion about web 2.0 that the majority of the libraries are applying this social media tool to share and provide information services to their online clients. Furthermore, librarians are personally taking an interest in using social media to bring people to know about their sources and services. [30] searched the marketing library services through Facebook groups. Library staff is using social media for the marketing of library sources and services. Social media can be a better choice for the library to adopt these tools and make them accessible through the globe. Social media would play an important role to change the role and responsibilities of the librarians what we called today cyprian. it would be suggested that every librarian is to apply social media to promote their sources and services.

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**Dr. Ambedkar Studies Center,
Sant Gadge Baba Amravati University, Amravati**



Dr. Babasaheb Ambedkar's Role in Nation Building

Editor's

Dr. Tushar Deshmukh

Registrar

Sant Gadge Baba
Amravati University
Amravati

Dr. Santosh Bansod

Co-ordinator

Dr. Ambedkar Studies Center,
Sant Gadge Baba Amravati
University, Amravati

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3 MAR 2022

MESSAGE

It gives me immense pleasure to note that, Dr. Ambedkar Studies Centre, Sant Gadge Baba Amravati University, Amravati is organizing a National Multidisciplinary Conference on "Dr. Babasaheb Ambedkar's Role in Nation Building" on 8th & 9th March, 2022. Dr. Babasaheb Ambedkar's contribution in the nation building is demonstrated through his struggle for the realisation of social democracy in India under the colonial area. His ideas and thoughts are humanity centered.

Dr. Babasaheb Ambedkar in the constitutional history of India right from Southborough Franchise Committee, Simon Commission, Round Table Conference, Cripps Commission, and Cabinet Missions played very vital role for giving fundamental rights to the minorities in India. He paved the ways for the social democracy in India through the Constitution of India. Through his writings, speeches and action Dr. Ambedkar has played a role of philosopher as well as nation builder in a true sense. He resolved various issues of the labours. His policy for building dams generating electricity is milestone in the nation building process.

Dr. Babasaheb Ambedkar Study Centre deserves appreciation for organizing this event on such a grand scale. I am sure that the academicians, scientists and students will come together on a common platform to reap the benefits and spread awareness to lay person about the importance of Dr. Babasaheb Ambedkar's Role in Nation Building.

I convey my best wishes to the Co-ordinator, students and all those who are associated with this event.

(Dr. Dileep Malkhede)

Dr. Santosh Bansod
Coordinator,
Dr. Babasaheb Ambedkar Study Centre,
Sant Gadge Baba Amravati University.

Role of Dr.B.R.Ambedkarin Education System of India

Dr.HarshaR.Nimbhorkar

Librarian, Narayanrao Rama MahavidyalayaBadnera-Amravati

Abstract

This paper aims at Dr.B.R.Ambedkar's role of Education; Ambedkar's knew education was the necessary precondition for the reconstruction of the society on principles of equality and justice. Studying the development of education in Indian Society found that during the rule of Peshwa in Maharashtra and even during the earlier period British Raj, right to education was restricted to higher castes. He fought for the education masses without discrimination of caste and sex. Participation in the budget to debate he Education is something which ought to be brought within the reach of everyone. The education department is not a department which can be treated on the basis of quid pro quo. Education ought to be cheapened in all possible ways and to the greatest possible extent. Taking active part in the discussion on Bombay University Act and Primary Education Amendment Bill, he contributed his views in the reform of Education. He founded the people's Education society, and started colleges at Bombay and Aurangabad. He repeated with the government that providing equal educational opportunities to all without discrimination was its responsibility however, boys and girls should get the different education. Paper attains to understand the Dr. B R Ambedkar's role of education system in India.

Key Words: Education, Dr.B.R.Ambedkar, Enlightened, Self-respect, Moral values

Preamble:

It is the education which is the right weapon to cut the social slavery and it is the education which will enlighten the downtrodden masses to come up and gain social status, economic betterment and political freedom", are the views of Ambedkar. B.R. Ambedkar, is well known, the Chairman of the Drafting Committee of the Constitution of India, devoted most of his intellectual, social and political efforts to give expression to his belief in the ideal "SarvenahBhavantuSukhinahSarveSantuNiramayah" i.e. the good and prosperity of all and struggled throughout his life for securing the rightful place for the discriminated, deprived and downtrodden sections of our society. Though several efforts were made by Ambedkar to establish an equalitarian society in India and had been discussed widely by different scholars yet few studies are available to project him as a great educationist. Ambedkar made an attempt to achieve this objective through his educational project also and discussed at length in this paper.

OBJECTIVES:

1. To Assess the Contributions of Dr.B.R.Ambedkar to Educational field.
2. To explore the Changes in life style of marginalised section through Dr.B.R.Ambedkars Contribution to field of Education.

METHODOLOGY:

The study was conducted by secondary sources of existing literature through historical, analytic approaches. Method consists, analysis concepts and arguments, synthesize ideas and evidence drawn from different sources, construct consistent and well-supported arguments, discuss an issue in a balanced way, evaluate the ideas and arguments of others, make judgments and express informed opinion. Implications Dr. B. R. Ambedkar's knew that education was the necessary precondition for the reconstruction of the society on the principles of equality and social justice. Studying the development of education in Indian Society he found that during the rule of Peshwa in Maharashtra and even during the earlier period of British Raj, right to education was restricted to higher castes. He fought for the education of masses without discrimination of caste and sex. Participation in the budget to debate he said, "Education is something which ought to be brought within the reach of everyone.

The education department is not a department which can be treated on the basis of *quid pro quo*. Education ought to be cheapened in all possible ways and to the greatest possible extent" (Ambedkar, 40-41). Taking active part in the discussion on Bombay University Act and Primary Education Amendment Bill, he contributed his views in the reform of Education. He founded the people's Education society, and started colleges at Bombay and Aurangabad. He repeatedly with the government that providing equal educational opportunities to all without discrimination was its responsibility however, boys and girls should get the different education. It is unfortunate that in the past India got divided into castes based on birth. The people belonging to low castes i.e. the scheduled castes were denied all privileges and facilities, including educational facilities. They were so poor that they could never think of sending their children to educational institutions. Door of all educational institutions were closed on them. If at all any scheduled caste dared to get elementary education he was required to sit outside the class room. His shadow should not fall on other student. Educationally therefore, they were extremely backward.

Dr. B.R. Ambedkar's believed that education would greatly contribute to the improvement of the untouchables. He always exhorted his followers to reach excellence in the field of knowledge. Knowledge is a liberating force. Education makes man enlightened, makes him aware of this self-respect and also helps him to lead a better life materially. One of the causes of the degradation of the untouchables was that they were denied the right to education. Ambedkar criticised the British Policy on education for not adequately encouraging education among the lower castes. He felt that even under the British rule education continued mainly to be an upper castes and untouchables and funded various centres of learning. While a labour member in the executive council of the Governor General, he was instrumental in extending scholarships for education abroad to the untouchable students.

Dr. B.R. Ambedkar wanted the untouchables to undergo both liberal education and technical education. He was particularly opposed to education under religious auspices. He warned that only secular in education could instil the values of liberty and equality among the

student. Dr.B.R.Ambedkar knew that Indian being a multilingual country has the possibility of problems for the unity of the country on account of regional pressures and pulls. When ideas of linguistic states were mooted he favoured it for two reasons. Firstly it would facilitate functioning of democracy in the country; secondly, linguistic states would help in the removal of racial and cultural tensions. Expressing his views Dr.B.R.Ambedkar said "In seeking to create linguistic states India is treading the right road. It is the road which all states have followed. In case of other linguistic states they have been so from the very beginning."

In case of Indian she has to put herself in the reverse gear to reach the goal. But the road she proposes to travel is a well tried road" (Ambedkar, 145). According to Dr.B.R.Ambedkar's, in the enthusiasm to accept the ideas of linguistic states India has committed the grave blunder of giving official status to regional Language. Therefore he warned that with regional languages as their official languages the states could aspire for Independent nationality and thus pose a threat to the national unity. To avoid this possibility in future he suggested that it should be laid down in the constitution that regional languages shall never be accepted as official language so long as Hindi does not become fit for official status. He warned that linguistic states without proviso would be a peril. Indian should put Indians first and Indians last to keep India a united country. The ideas of linguistic states and regional Languages as their official languages was contrary to this principle. Dr.B.R.Ambedkar's said "one language can unite. Two languages are sure to divide people. Culture is observed by language. Since Indians wish to unite and develop a common culture it is the bounden duty of all Indians to own Hindi as Language" (Ibid, 145). He said that an Indian who refused to accept his idea had no right to call himself an Indian. Such a person might be hundred per cent Tamil or Gujarati but could not be Indian in the real sense. Unfortunately, as his warning and suggestions were not understood in the proper spirit.

Today, people in Punjab, Tamil Naidu, and Assam are openly asking for separate nationalities. As Indian politics is suffering from lack of unity of interests under the influence of castes. This will be sharpened with linguistic states. India is bound to move towards disintegration if suitable amendment in our constitution is not made and a national consensus on one official language is not accepted and enforced. In order to promote education among untouchables Dr.B.R.Ambedkar's set up hostels for untouchable students at different places like Panvel, Pune, Nasik, Sholapur, Thane and Dharwad with donations and grant from district and local authorities. Having free facility of boarding to the hostel inmates, these were open to untouchables students, apart from financial constraints social and cultural stigma affected full development of their personality in the Hindu dominated colleges. Therefore Dr.B.R.Ambedkar's wanted to set up separate institutions for the untouchables. He established the People's Education Society in July 1945.

The main Objectives were to:

- 1) Search after the trust
- 2) Start, establish and conduct educational institutions or give aid to such institutions.

He repeatedly emphasised the need to explode the myth created by Hindu orthodox that the Untouchables were incapable of learning. With the constant struggle

B.R. Ambedkar's, due to some of reasons education and literacy among the people belonging to these castes and classes is very low. The problem is likely to continue for quite some time, unless serious efforts are made to remove these hurdles and obstacles. Much attention is already being paid, but distance to be covered is very long. The government is giving scholarships liberally to these students. They are encouraged to go abroad for higher studies. Even in India for admission to professional and nonprofessional courses percentage marks is kept low. Separate girl hostels have been opened for them. Book banks have been started and all hurdles which stand on the way of nonutilisation of educational facilities by them are removed.

Conclusion:-

Ambedkar has deliberately included Article 45 in the Directive Principles of State Policy that, "the state shall Endeavour to provide, within a period of ten years from the commencement of this Constitution, for free and compulsory education for all children until they complete the age of fourteen years." The government of India has passed the bill of Right to Education Act 2008 and paid a great tribute to the contributions of Ambedkar to mass education. The policy of the Government of universalization of elementary education focusing particularly on marginalized groups, poorer sections and the girl child, enhancing enrollment in secondary education as well as its commitment to expand education facilities and empower and equip youth to face the future with hope and confidence. There are several challenges to cherish Ambedkar's vision of universal education. There is need to frame such policies starting from the primary stage to the higher stage that help to realize the vision of Ambedkar.

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Enhancement In Women's Sports: Opportunities And Challenges

Prof. Dr. Khushal J. Alaspure

Director of physical education Natayantana Rana Mahavidyalaya Hadnarn

Abstract

Sport is an amazing stage for the strengthening of lady, young ladies and sexual orientation correspondence. Sexual orientation uniformity, should be an essential common advancing sex fairness for every one of our competitors and inside the global alliance legitimately more ladies have taken dynamic jobs in the initiative.

Introduction

Game has the ability to change lives. By showing ladies and young ladies cooperation, independence, flexibility and certainty, sport is one of the incredible drivers of sexual orientation balance. Ladies in sport oppose sex generalizations and normal practices, make rousing good examples, and show people as equivalents. It is a fantasy that "young men are more keen on sports than young ladies" – There is no exploration that shows that young men are more intrigued by sports than young ladies. We do realize that young ladies are similarly as intrigued by sports as young men when they are youthful. A mix of absence of chance, absence of friend bunch support when they do play sports and absence of consolation makes them exit sports at a rate that is multiple times more prominent than young men. Furthermore, CAAAWS research shows that if young ladies have not played game when they are 10 years of age, they are probably not going to partake sometime down the road.

Development of women's sports

Women's game history began, thinking back to the nineteenth century. Before the finish of the nineteenth century, horseback riding, bows and arrows, golf, tennis, skiing and skating were being appreciated among ladies in the upper social class.

The first run through for female competitors to take an interest in the cutting edge Olympic Games was the second Olympic Games in 1900. Just free male Greek residents were permitted to partake in the first present day Olympic Games just as the old Olympic Games.

As indicated by the IOC (International Olympic Committee), just 12 female competitors took part in the second Olympic Games out of the 1066 competitors from 19 nations. They contended in just two occasions which were golf and tennis. In the third St. Louis Olympics, bows and arrows was the lone Women's occasion. In the fourth London Olympics, archery, figure skating, and tennis turned into Women's occasions, and jumping, swimming and tennis in the fifth Stockholm Olympics. The choice of if ladies can take an interest in the occasion was up to men who worked the Olympic Games. The occasions that men considered being a "female game" were perceived as Women's game occasions.

Women and sports: improvement and difficulties

Information on the connections and causal variables associated with game and advancement is as yet in its outset, particularly as it applies to females. Still energy for sport and the squeezing needs of improvement imply that projects and ventures are going ahead. A significant motivation to guarantee cooperation of young ladies and ladies in sport and actual instruction programs is just to broaden known and assumed advantages of game to young ladies and ladies. General actual medical advantages both for people and however there are likewise the social and mental advantages such as discipline, fearlessness, gatherings. It is contended that interest in sport shows discipline, discretion, fearlessness, freedom, initiative abilities, and the benefit of working inside rules and force through likewise can acquire a feeling of physical and mental adequacy and force through authority of abilities and achievement of donning goals. Socially, members acquire insight in cooperation, arranging, winning, losing and arranging. Their informal organizations increment and skylines expand. They study their local area and the world past, and in this manner see opportunities for themselves that they probably won't have envisioned otherwise.¹⁴ Such results, improved fundamental abilities in general, apply to guys just as females. Contribution in game may likewise give explicit advantages to young ladies, a particularly more noteworthy control of their fruitfulness and a brought down danger of teenager pregnancy.¹⁵ In battling the HIV/AIDS pandemic, this might be a significant intercession. Subsequently, multiplely, sport introduces itself as a suitable device in the advancement apparatus chest. Given the assumption that ladies and young ladies are frequently impeded comparative with guys in their social orders on numerous variables (instruction, economic wellbeing, actual portability, opportunity and scope of decisions, and so forth), in the event that game offers a methods for strengthening, it creates sense to help open doors for young ladies and ladies to take an interest. Positive and effective encounters in game may empower young ladies and ladies in different regions of society. With the propensity for game to be a manly endeavor in a large part of the world, those trying to include ladies and young ladies in sport should be set up to explore specific impediments and stand up to specific issues. These can be assembled into three all-encompassing classifications: - Safety - Competing commitments - Gender and Sexuality Safety is critical and has various measurements. Likewise with any wearing movement, the members ought not be presented to excessive actual danger from the hardware, the office, the preparation routine, the play or different members. Coordinators should know about and try to forestall negative results, for example, lasting wounds from over-or under preparing (for example Leg tendon wounds), and eating disorders.¹⁶ Because of the position, information and force connections required, there is likewise potential for maltreatment from educators, mentors, coaches or club delegates. This ought to be recognized, with clear precaution conventions initiated. For ladies, dodging physical and social savagery is a significant security concern and takes on specific implications in relationship to don. Simply getting to and from games may open ladies to the danger of viciousness. Thus, moderate and solid transportation, sensible hours for occasions, and safe donning areas all pose a potential threat for female members. Social standing is likewise a security issue. Wearing exercises frequently happens in the public domain, outside the control – and conceivable assurance – of family or local area. Too, sport all in all, or more probable, a particular game, like boxing or football, is regularly coded in a

general public as profoundly manly. A ladies or young lady seen to shame her referent gathering or exceed sex limits may confront physical and social discipline by the family or reprisal from components inside the local area. Persuading families, guardians and networks to underwrite the interest of young ladies and in any event, including them in more solid ways (for example organization, coordinations, and so forth) might be fundamental.

Another part of security for ladies and game merits consideration. Narrative proof and some examination demonstrate an association among sexual and aggressive behavior at home and sport.¹⁷ Pygmalion thinking about how game can assist with advancement may look to these connections with brutality, and work with competitors and fans to change conduct related with sport. Curiously on a site of the Association for Women's Rights in Development, a noticeable association in the WID people group, Women's game is scarcely referenced by any stretch of the imagination. The greater part of its references to wear include automatic ideas to concentrate on Women's issues, and in taking note of the assumed association among game and brutality against women.

Tending to security isn't the lone issue within reach for ladies. Different commitments and time requirements are significant hindrances to expanded female cooperation in sport. Specific financial conditions and frameworks of sexual division of work imply that ladies and young ladies through a large part of the world have hefty requests on their time and energy with little relaxation time accessible. For some, ladies, game won't be an essential concern, particularly where fundamental necessities like food, cover, wellbeing, medical care and instruction are a long way from sufficient. And keeping in mind that wearing chances are frequently connected with training, the two can be in pressure on an individual and institutional level, particularly with restricted assets. Innovative and aggregate arrangements will be important to permit reality for donning movement. For example, connecting donning openings with different exercises, for example, music and proficiency programs, visit to wellbeing centers, market days, and so forth, may help. Arrangement of childcare likewise may hugely expand openings. Without question, members – current and imminent – will actually want to distinguish time and asset limitations and potential arrangements. Inspiring their perspectives and fusing them in the arranging, execution and assessment ought to be an early and ordinary piece of any program. At long last, the issue of different commitments and time imperatives somewhat reflects needs and assumptions for the ladies and young ladies and their networks. When there are good examples and positive results related with it, sport for ladies and young ladies will climb in need. Achievement breeds achievement. On the off chance that Women's game brings things that are esteemed, for example compensation, instructive grants, adaptable abilities, media openness, travel openings, or admittance to crucial assets, at that point it will be all the more distinctly empowered and embraced. There is one last thought for those attempting to advance WSD – the topic of defying sex and sexuality standards. Such a program, game or action that one creates, it will be arranged inside a socio-culture arrangement of sex and sexuality. What amount does one need to go up against this framework, and in what ways? For example, it very well may be revolutionary to propose a boxing program for ladies. It could be more revolutionary to

recommend coed football for under-10 youngsters. An all-female netball or volleyball program may adjust to certain gendered standards concerning sport, yet inside it might train young ladies abilities to challenge the bigger framework. If one hopes to face standards, the issue may come calling as seen in a new episode in South Africa concerning the public Women's football crew, Banyana. Denouncing lack in the womanliness of the players, the rest of the SABA Women's board of trustees proffered behavior classes and more tight shirts. The group chief contended accordingly that sexual inclinations of colleagues were being made substitutes to concern for the board disappointments and an absence of support.¹⁹ Men don't escape all things considered. In Nigeria, hairdos and style decisions of male football players have been reprimanded by football authorities as advancing homosexuality and delicate behavior.²⁰ Such prominent interceded stories may very well be better overlooked, yet they are uncovering of the tough connection between sport, body practices, that work in consistently practice.

How do young women profit by sports versus the individuals who don't partake?

- Women who are dynamic in sports and sporting exercises as young ladies feel more noteworthy certainty, confidence and pride in their physical and social selves than the individuals who were inactive as children.
- Research recommends that young ladies who partake in sports are more averse to engage with drugs, less inclined to get pregnant and bound to move on from secondary school than the individuals who don't play sports.
- Half of all young ladies who take part in some sort of sports experience higher than normal degrees of confidence and less discouragement.
- One to three hours of activity seven days over a lady's regenerative lifetime (the adolescents to about age 40) can acquire a 20-30 percent decrease the danger of bosom disease, and at least four hours of activity seven days can diminish the danger very nearly 60%.
- The National Institute of Health reports that one out of each four ladies more than 60 has osteoporosis (deficiency of bone mass). There is considerable proof that weight-bearing activity, e.g., strolling, and calcium expands bone mass.
- High school young ladies who invest more energy taking an interest in sports likewise will in general have higher evaluations.
- Develop adaptable abilities like initiative abilities, cooperation, defining objectives which are appropriate past sport.

Women's sports: Current situation

The Basic Act on Sport expressed, "Gymnastics is an all-around shared human culture". Gymnastics invigorates our body and brain and keeps a solid way of life. Gymnastics improves self-adequacy and can be utilized as a powerful specialized technique. As of late, we have gone over numerous extraordinary exhibitions by female parts in soccer and baseball, which used to be viewed as a game for just men.

A sum of 204 nations and areas, the biggest number in Olympic history, taken an interest in the Beijing Olympic Games. Among the 25 awards that Japan won, 12 were won by female competitors. It appears to be that the hole among people in sport is getting a lot more modest when we see Women's game history. In any case, there are as yet unequivocal issues that should be addressed concerning Women's game. For instance, female competitors who should bring up their family and kids regularly face difficulties of adjusting athletic vocation and individual life. There is as yet a low proportion of female mentors and heads in sports associations. So, the quantity of female mentors who can possibly become pioneers has not expanded at this point.

Thinking about these issues in Women's game, Japanese Center for Research on Women in Sport urges examination to guarantee that female competitors can zero in on their athletic execution in a superior climate.

Conclusion

Women's games, both beginner and expert, have existed all through the world for quite a long time on the whole assortments of sports. Female interest and notoriety in sports expanded drastically in the twentieth century, particularly in the last 25 years, reflecting changes in present day cultures that underscore sexual orientation equality. Albeit the degree of cooperation execution actually differs extraordinarily by country and by sport, Women's games are by and large acknowledged all through the present reality.

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प्रा. प्राची बा. भांबुरकर



अनुक्रमणिका

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पौगंडावस्थेत आहाराचे महत्व

प्रा. डॉ. मंजिरी चेपे
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नारायणराव राणा महाविद्यालय, बडनेरा.

प्रस्तावना

पोषणयुक्त आहार आणि भरपूर व्यायाम करण्याची सवय लावण्यासाठीचे हे वय आदर्श आहे असे म्हणता येईल. असे म्हणण्याचे कारण म्हणजे प्रौढावस्थेत उद्भवणारे आजार हे काही प्रमाणात पोषणाशी संबंधित असतात हे जर टाळायचे असती तर पौगंडावस्थेतील मानसीक व शारीरिक पायाभरणीच उपयोगी पडते. या अवस्थेला परिवर्तनाची अवस्था असे देखील म्हणता येईल.

जागतिक आरोग्य संघटनेनी पौगंडावस्थेची व्याख्या दोन प्रकारे केली आहे. एक वयानुसार म्हणजे (10 वर्ष ते 19 वर्षा पर्यंतचा काळ) आणि दुसरी म्हणजे विशिष्ट गुणधर्म असलेल्या जीवनाच्या टप्प्यानुसार गुणधर्म पुढील प्रमाणे :

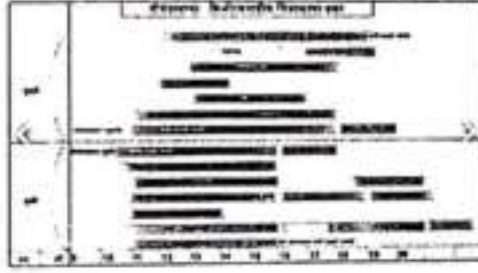
- द्रुत गतीने शारीरिक वाढ आणि विकास
- शारीरिक, मानसिक, सामाजिक परिपक्वता
- लैंगिक परिपक्वता
- प्रायोगिता

पौगंडावस्थेतील विकासातील महत्व

सहज बोली बोलतांना मुले आता वयात आली अशा शब्द प्रयोग होतांना नेहमीच दिसतो. वयात येणे सामान्यता वय वर्ष 10 आणि वय वर्ष 16 व्या वर्षाच्या दरम्यान हा काळ असतो. ही प्रक्रिया एका विशिष्ट कमाकमाने होत जाणारी असते. शैशवावस्थेतून प्रौढत्वात बदल होत जाणारी प्रक्रिया. प्रत्येक व्यक्तीत वेगळ्या वयात बदल होतो जसे

शारीरिक होणारा बदल, स्वभावात घडून येणारा बदल, जीवनशैलीत होणारे बदल.

याबदलांची काही लक्षणे वयात येण्याच्या प्रक्रियेत याप्रमाणे



- हात, पाय, बाहू (दंड) नितंब आणि छातीचा आकारात वाढ
- शरीरातील आंतरगत इंद्रियाची निर्मिती होऊ लागणे आणि त्यातून द्रवांची निर्मिती होवू लागणे.

- त्वचा आणखी तैलीय होऊ लागणे
- काख, पाय, हात, याठिकाणी केस येणे

यावेळेसच या वयातील मुला, मुलींना शरीराची मुलभूत निगा

याबदलच्या सवयी लावण्यासाठी काही साध्या आणि मुलभूत गोष्टी आवश्यकता आहे.

- वयात आल्यावर, घामाचे प्रमाण वाढते. मुलांना रोज स्नान करण्यास सांगणे
- दातांची स्वच्छता करण्यास सांगणे.
- या वयात 'सिबम' चे अधिक प्रमाणात निर्माण होऊन लागल्याने तारुण्यपिटीका (पिंपल्स) अधिक दिसून येते यावर उपाय म्हणजे त्वचा स्वच्छ ठेवणे सर्वोत्तम उपाय.
- पोषक आहार आवश्यक आहे. पोटभर आहार घेणे.
- तसेच याठिकाणी आवर्जून उल्लेख करावासा वाटतो तो असा की 2019 ते 2022 या कोरोना काळात आपण सर्वजन एका विशिष्ट भितीच्या दडपणाखाली वावरतो आहे. अशा वेळी या किशोरवयीन मुलांना डॉक शांत ठेवणे, मन सुदृढ राहण्यासाठी मेडीटेशन योगा, व्यायाम तसेच सकारात्मक विचार करण्यास शिकवणे गरजेचे आहे.

पालकांसोबत सुसंवाद असणे :-

पौगंडावस्था हा काळ असा आहे. ज्यामुळे युवा मुलं आणि पालकांना एकमेकांसोबत सुसंवाद साधणं अवघड जात असे निदर्शनास (पाहावयास) येत.

‘युवा मुलांनी काही गोष्टी लक्षात घ्याव्या’

- आपल्या कुटूंबातील सदस्यांचा आदर करावा.
- पालकांच्या सुचना, मुल्य, श्रद्धा यांना समजून घ्याव्यात.
- युवा मुलांवर बाहेरी वातावरणाचा, मैत्रीचा, प्रसार माध्यमांचा खुप प्रभाव असतो. पण मुलांनी एक गोष्ट कायम लक्षात ठेवावी ती म्हणजे पालक (आई, वडिल) कायम मुलांच्या चांगल्या हिताचाच विचार करतात.
- आपल्या आई, वडील, भाऊ, बहिण कुटूंबातील इतर सदस्यांसोबत मोकळ्या गप्पा माराव्यात, त्यांच्या सोबत प्रामाणिक राहावे.
- पालकांसोबत वात्सलपूर्ण, प्रेमपूर्वक वागणूक असावी त्यांची काळजी घ्यावी, आदर करावा.

दोघांनी एकमेकांच्या भावना समजून घ्याव्यात. निर्माण झालेल्या समस्यावर एकत्र बसुन विचारविनिमय करुन समस्या सोडवाव्यात. असे केल्यास समाजात निर्माण झालेल्या वर्तमान पत्रात येणाऱ्या रोजच्या बातम्या आत्महत्या, चोरी, खोटे बोलणे वाईट संगत मानसिक तणाव अशा अन कित्येक समस्या कमी होणास नक्कीच सुरुवात होईल असे म्हणणे अतिशयोक्ती ठरणार नाही.

पौगंडावस्थेतील आरोग्य आणि आहार :-

आरोग्याच्या समस्या उद्भवण्याचा ही एककाळ आहे. असे म्हणता येईल. आज लोकसंख्येच्या बाबतीत भारताचा जगात दुसरा क्रमांकावर आहे. देशातील संख्या 108 कोटी 10 लाखापेक्षा जास्त आहे. यात पौगंडावस्थेतील वय 10 ते 19 वर्ष वयातील प्रमाण मुलामुलींचे प्रमाण 22.5 टक्के आहे. वयापरत्ये प्रत्येकाचे आरोग्य त्याविषयीच्या गरजा देखील भिन्न भिन्न आहे. आरोग्य समस्या प्रश्न वेगवेगळे आहेत. 2001 च्या जनगणनेनुसार तरुणांचे प्रमाण (10 ते 24 वर्षे) जनतेचे प्रमाण 30 टक्के आहे.

या वयाच्या आहाराविषयी सांगायचे झाल्यास भरपूर उत्साह, प्रयोगशिल वयोगट, धडपड करणारे वय, जिद्दीचे वय व सळसळणारे रक्त, किंवा प्रत्येक देशाचे बलस्थान असणार वयोगट त्यांच्या सर्वांगीण उत्तम वाढ झाली तरच देशाचे राष्ट्राचे भविष्य उज्ज्वल बनण्यास मदत होईल. पौगंडावस्थेतल्या मुलामुलींच्या आरोग्यपूर्ण विकास आणि वाढीसाठी पूरक आणि साह्यक कृतीची गरज आहे. उदा - माहितीपूर्ण मार्गदर्शन, आश्वासक वातावरण आरोग्यपूर्ण सहज उपलब्ध करून देता येणाऱ्या सोयी तसेच समुपदेशन सेवा.

बालपणानंतरचे पुढचे टाकलेले पाऊल हे पौगंडावस्थेची सुरुवात होय. हा काळ बराच परिवर्तनाचा काळ असतो मनाची अवस्था व्दिधा असते आपण मोठे झालो असे देखील वाटतेपण निर्णय घेता येत नाही. मनावर ताण घेतो. मानसीक समस्या उद्भवण्याचे हे वय आहे. वागण्या बोलण्यातील बदल खाण्यापिण्याच्या आवड निवडतील बदल, चिडचिड, नैराश्य, हातघाईवर येण लैंगिक समस्या इ. या समस्यांना समर्थपणे सामोरे जाण्यासाठी उपाय म्हणजे समाजात वावरण्यासंबंधित कौशल्य वाढविणे, समस्या निवारणाचे मार्ग शिकणे त्यांच्यातील आत्मविश्वास वाढवणे. यासाठी आरोग्यसेवकांची मदत मिळू शकते.

पौगंडावस्थेत दिसणाऱ्या आरोग्य समस्या :-

- 1) घातक पदार्थांचे सेवन
- 2) अपघात
- 3) हिंसाचार

1) मादक पदार्थांचे सेवन :-

पौगंडावस्थेतील पिढीचे हया पदार्थाबाबत आकर्षण जास्त पाहण्याचे दिसून येते. आजची तरुण पिढी याबाबत चर्चा करतांना त्याचे प्रयोग करतांना दिसत आहे. प्रसार माध्यमे, वेबसिजीर त्यामधील प्रसारण यामुळे त्यांना या गोष्टी 'युजटू' आहेत. असे वाटायला लागले आहे. मात्र हयांचे सेवन टाळण्याच्या दृष्टीने प्रयत्न केल्यास हिच तरुण पिढी आरोग्यपूर्ण विकास आणि त्यांची वाढ सहज साधता येईल. मादक पदार्थ, तंबाखू, दारू आमली पदार्थ अशा तऱ्हेच्या पदार्थांच्या सेवनातून उद्भवणाऱ्या धोक्याची जाणीव आरोग्यावर होणारे गंभीर परीणाम,

उद्वस्त होणारे भविष्य याची जाणीव असणे, मित्र मंडळीच्या आग्रहाला बळी न पडण्यास शिकवणे. ताणतणावाचे योग्यरितीने व्यवस्थापन करण्यास किंवा त्यांचा सामना करण्याचे मार्ग सांगणे. तर पिढीचे हया पदार्थाबाबतचे आकर्षण कमी करता येते.

2) अपघात :-

किशोरवयीन मुलेमुलीन आज अनेक प्रकारची वाहने नियमांचे पालन न करता वापरतांना दिसून येतात. अतिवेगाने, विविध प्रकारचे स्टंट करणे, सिग्नल वर न थांबणे, रहदारीचे नियमांना फाटा देणे. त्यामुळे आज रस्तावरील अपघातांना बळी पडतांना किशोरवयीन मुलामुली आढळतात. यावर उपाय म्हणजे त्यामधील धोक्याची त्यांना जाणिव करून देणे.

प्रबोधने आणि कायदा हयांची सांगड घालून वाहन चालकांस हेल्मेट व सीटबेल्ट लावण्याची सक्ती करणे मादक पदार्थाच्या सेवनानंतर वाहन चालण्यास बंदी करणे

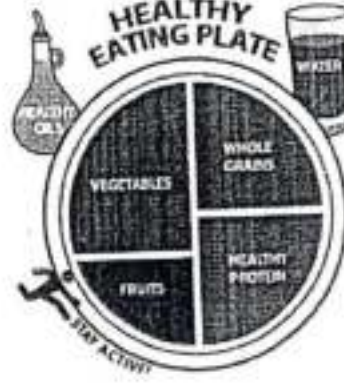
सुरक्षित आर्थिक दृष्टीने परवडणारी सार्वजनिक वाहतूक सेवा उपलब्ध करून देणे.

3) हिंसाचार :-

पौगंडावस्थेतील पिढीसाठी सामाजिक विकासाचे कार्यक्रम हाती घेणे आणि जीवनविषयक कौशल्ये शिकवणे हे उपाय करून हिंसाचार आणि हिंसक वृत्ती काबूत ठेवता येईल, शिक्षक तसेच पालक पाठिंबा देणारे असल्यास ते शारिरीक शिक्षा न करता शिस्त लावतात. आणि प्रश्न सोडविण्याचे विविध मार्ग शिकवून हिंसक वृत्ती कमी करतात. तरी ही तिने डोके वर काढल्यास आरोग्य सेवेने योग्य प्रकारे हाताळणे आवश्यक आहे. म्हणजेच हिंसेला -विशेषतः लैंगिक बळी पडलेल्यांना संवेदनशीलरीतीने उपचार मिळू शकतील सामाजिक (समाजाकडून मिळणारा सहयोग) पाठिंबा तसेच मानसिक मनोबल सातत्याने मिळाल्यास मुले मुली हिंसाचाराच्या दूरगामी परिणामाचा समान योग्य यप्रकारे करू शकतात.

पौगंडावस्थेतील आहाराचे महत्त्व :-

या अवस्थेकरिता आहार आणि पोषण योग्य होणे अत्यंत गरजेचे आहे. याच काळात मुलांमुलींमध्ये अनेक प्रकारे शारीरिक व मानसिक स्थितंतरे होत असण्याचा हा काळ. योग्य मात्र आहार घेतल्या न गेल्याने शारीरिक वाढ खुंटण्यामध्ये परिणाम दिसतात. पोषणमुल्य असणारे अन्न मिळणे हे



पौगंडावस्थे करिता खूप महत्वाचे आहे. याच वयातील मुलांमध्ये (वय 10 ते 19 वर्ष) विविध जीवनसत्वाची कमतरता दिसून येते उदा. मुली-अनिमिक दिसतात लोहाची कमतरता कमी असणे पोटभर न जेवणाची सवय, बाहेर पदार्थ खाण्याकडे असणारा यांचा कल लढपण या आजाराला आमंत्रण येते मुलींमधील पिसीयुडी चे प्रॉब्लेम या पिढीत रोगप्रतिकार क्षमता याचा अभाव, रोगांचा लवकर होणारा संसर्ग जेवणाचा अनियमित वेळा, टिक्की पाहत जेवण फोन मधील विविध ॲप यांचा अतीरेकी वापर त्यामुळे खाणे पिणे जर व्यवस्थित ठेवले तर कुपोषणाचे परिणाम या पिढीसाठी आणि पुढच्या पिढीत झिरपण्याचे दृष्टचक्र थांबेल. पोषणमुल्य भरपूर असणारे पदार्थ घेण्याची आणि व्यायाम करण्याची सवय लावण्यासाठी हे वय आदर्श वय आहे. असे म्हणण्याचे कारण तरुणावस्थे नंतर येणाऱ्या अवस्थेत पोषणाची संबंधीत आजार टाळण्यासाठी पौंडावस्थेतील मानसिक आणि शारीरिक पायाभरणी फार उपयोगी पडते. आहाराच्या चांगल्या सवयी य निरोगी सुदृढ आरोग्य पूर्ण सवयीमुळे जगभर दिसु लागलेल्या लढपणाशी ही सामना करता येईल.

लैंगिक व पुनरुत्पादन संबंध आरोग्य

किशोरवयीन मुलामुलींना लैंगिक व पुनरुत्पादन संबंधी आरोग्य शिक्षण देण्याबरोबरच त्यांना त्या शिक्षणाचा उपयोग रोजच्या आयुष्यात करणे तेवढेच महत्वाचे आहे. मी वयात होणारी लग्न, कमी वयात होणारी गर्भधारणा टाळण्यासाठी लग्नाचे ठरवून दिलेले वय

कायदानुसार त्याची अंमलबजावणी होणे गरजेचे आहे तसेच एकंदर समाजात वावरणाऱ्या मुली, महिला लैंगिक व जबरदस्ती पासून संरक्षण मिळाले पाहिजे. त्याबाबत कडक शिक्षेची तरतूद आणि अमलबजावणी करणे गरजेचे आहे. पोषणयुक्त अन्न ही मानवाची आवश्यक प्राथमिक गरज आहे. समतोल आहार ही आरोग्याची गुरुकिल्ली आहे. सर्वांगीण विकास व वाढीसाठी अगदी बाल्यवस्थेपासून चौरस आहार मिळणे गरजेचे आहे. आहारशास्त्रामध्ये अन्नामधील सर्व घटक विचारात घेतले जातात. विशिष्ट वयोगटांची तसेच प्रत्येक अवस्थेनुसार पोषणमुल्यांची एकंदरीत आवश्यकता व गरज लक्षात घेतली जाते ही गरज वय, उंची, लिंग, वजन दररोजची कामी आणि वाढीचा दर अशा अनेक बाबींवर अवलंबून असते.

आहार आणि हाडांचे आरोग्य -

हाडे ही शरीरात महत्वाची भूमिका पार पाडत असतात. आपल्या शरीरातील हाडे आयुष्यभर निरोगी गतीशील राहण्यास मदत होत. शरीर बळगट, दुखापतीपासून संरक्षण देण्यास आधार देतात. पौगंडावस्थेत कॅल्शियम सारख्या खनिज द्रव्यांची नितांत आवश्यकता आहे. हाडे सतत जिवंत असतात त्यात बदल होत असतो. नविन हाडे तयार होतात जलुनी हाडे लोप पावतात सांधे व त्याचे घर्षण होत असते त्यासाठी कॅल्शियम महत्वपूर्ण भूमिका असते हा खनिज विविध हाडांमध्ये कॅल्शियमच्या रूपात साठवून राहतो म्हणून विविध अवयवांसाठी बॅंकेचे काम करतात तरुण असतांना योग्य पोषण आणि योगासने व्यायाम प्रकाराद्वारे हाडांची निगा व काळजी घेतल्या बळकट राखली जाणार व सहजर पद्धतीने जीवन जगण्यास मदत मिळते.

प्रौढांमध्ये पूर्ण सांगाडा हा दर 7-10 वर्षांनी पुर्नस्थापीत होत असतो. स्त्रियांच्या बाबतीत उच्च प्रमाणात आढळणारा रोग ऑस्टियोपोरोसिस हा रोखता येईल.

हाडांच्या आरोग्याची मुलमुत माहिती -

हाडे म्हणजे जीवितपेशी बालकांच्या शरीरात 300 हाडे असतात तर प्रौढ व्यक्तीच्या शरीरात 206 हाडे असतात हाडे व पेशी आंतरिक इंद्रियांना संरक्षण देतात.

हाडांची संरचना -

हाडे मुख्यता प्रोटीन कॅल्शियम, फॉस्फेट आणि मॅग्नेशियम सारख्या खनिजांची बनलेले असतात. हाडांमध्ये कोलेजेन नावाचा पातळद्रव्य असतो. जो हाडांच्या संरचना (चाकट) तयार करण्याचे काम करतो. तर पेरियोस्टेयम हा पातळ पडदा असतो जा मज्जातंतू आणि रक्तवाहिण्यात असतो बाहेरून हाडांची व सुरक्षा करतो. (Compact bone) या घटकांपासून हाडांचे बाहेरील आवरण तयार होते. हे हाडांवर फारदाट असते.

कॅन्सल हाडे -

हे स्पंज प्रकारासारखे दिसते हे हाडांच्या आतल्या बाजूला आच्छादन पुरवितो.

पुरेशा प्रमाणात कॅल्शियमचे सेवन हाडांचे आरोग्य चांगले राखण्यास मदत करतात शरीरात 90 टक्के कॅल्शियम हे हाडांमध्येच साठविल्या जाते. पौगंडावस्थेत या ही पोषक घटकांचा पूर्तता होणे किंवा आहारात फॉस्फोरस, मॅग्नेशियम फ्लुराईड व जीवनसत्त्व यांचा देखील समावेश असावा.

हाडांच्या आरोग्यास प्रभावित करणारी घटक.

1. आनुवंशिकता
2. आहार
3. वय
4. शरीराचा आकार
5. शरीराची हालचाल

या घटकांमुळे हाडांचे आरोग्यावर परिणाम होतो.

➤ **आनुवंशिकता** - कुटुंबात हाडांच्या संबंधी विकास (आजार) दिसून येतात. जसे पालकांमध्ये आजी, आजोबांमध्ये हाडांचे संबंधी आजार असल्यास ते होण्याची शक्यता असते गर्भावस्थेत मातेला

कॅल्शियमची कमतरता असेल तर जन्मानंतर बाळामध्ये कॅल्शियमची कमतरता राहू शकते.

- **आहार** – हाडांचे आरोग्य निरोगी ठेवायचे असल्यास आहारात कॅल्शियम प्राप्त होण्याच्या अन्नपदार्थांचा समावेश अवश्य असावा. तसेच ड जीवनसत्व (Vit 'D')
- **वय** – बाल्यवस्थेत, किशोरावस्था मध्ये तसेच वयाप्रमाणेच हाडांची ताकद बळकटी कमी राहू शकते रजोनिवृत्ती नंतर हाडांच्या तक्रारी, संचीवात, हाडांची ठिसुळत हाडातील लवचीकपणा, कमी होत जाते आणि तक्रारी किंवा आजार वाढू शकतात.
- **शरीराचा आकारमान** : जाड , बारीक आणि कमी वजनाच्या व्यक्तीची हाडे अशक्त असतात.
- **शारीरिक हालचाल**– दररोज व्यायाम, योगासने, वेगाने चालणे, पोहणे, शारीरिक आवश्यक हालचालीमुळे हाडांची ताकत वाढते. त्यातील कडकपणा, हाडांची वेदना सांधे मधील लवचीक वाढू शकते. हाडांमध्ये बळकटी राखण्यास मदतच होते.

पूर्वीच्या काळापेक्षा आजच्या धावपळीच्या जीवनशैलीमुळे स्त्रियांमध्ये हाडांच्या तक्रारीचे प्रमाण हाडतेच आहे. ओस्टिओपोरोसिस हा आजार स्त्रीयांमध्ये जास्त प्रमाणात आढळून येतो आहे. याचे महत्वाचे कारण हाडांमधील खनिज द्रव्य कॅल्शियम प्रामुख्याने कमी होऊ लागते तेव्हा या आजारची लक्षणे दिसू लागतात.

जसे हार्मोनल बदल-

तरुण आणि प्रौढ स्त्रीयांमध्ये एस्ट्रॉजन हार्मोनचे उत्पादन शरीरात हाडांच्या घनतेचा समतोल राखते. जसे या एस्ट्रॉजन हार्मोनच्या उत्पादनाची कमतरता असल्यास घनतेचा समतोल राखण्यास या बाबीचा व्यत्यय घेतो आणि ओस्टियोपोरोसीस होऊ शकतो.

हाडांची अस्थिखनिज घनत्व (बी.एम.डी) या चाचणीद्वारे शरीरातील खनिजांच्या प्रमाणातील कमतरता सांगू शकता येते.

- रजोधर्म न येणे
- रजोधर्म नियमित नसणे

- प्रथम रजोधर्म फार उशीरा सुरू होणे
- Early menopause

हाडांची घनत्व कमी करण्यास कारणीभूत होऊ शकतात.

वागंडावस्थेत आहारात वाढविण्यात येणारे घटक व प्रमाण -

या अवस्थेकरीता त्याच्या अन्नपदार्थातून किंवा आहारातून या घटकांचा समावेश असावा.

प्रोटीन, कॅल्शियम, फॉस्फेट, मॅग्नेशियम, जीवनसत्व, ड पलूराईड, के जीवनसत्व, दूध दूधाचे पदार्थ काही डेअरी पदार्थ - पनीर चीज बटर, फोर्टिफाईड दूध मासे, मांस, मोड आलेली कडधान्य, राजगीरा युक्त पदार्थ, सोयाचंम्स, सोया मिल्क, पिनट बटर, टोफूचीक्की, स्किम्ड, मिल्क, मोऊनीज, पालक, सुकामेवा, खोबरा, बर्फी, बनाना चिप्स, शिरीदांडका चटणी, दही, शरीराचे मोटाबोलिझम वाढविण्यास व्हिटॅमिन डी महत्वाचे कार्य करते.

रोजच्या आहारातील कॅल्शियम प्रमाण

श्रेणी	वय	प्रमाण
सहान मुले	1 ते 3 , 4 ते 8	500 ते 700
मुली	9 -11 ते 12-18	1000 ते 1300
स्त्रीया	19-20 ते पुढे 50	1000 ते 1300
गर्भवस्ती	19-30 ते 31 ते 50	1000 ते 1300

विविध अन्नपदार्थातील कॅल्शियम प्रमाण

अन्नस्त्रोत डेअरी	देण्याचे मापन	प्रमाण
साधे दुध	1 कप 250 मिली	285
स्किमड मिल्क	1 कप	310
साधेदही	1 टब 200 ग्रॅम	340
कमी फॅटचे दही	1 टब	420
सेडरचिज	40 ग्रॅम क्युब	310
कॉटेज चिझ	100 ग्रॅम	80
पांढरा ब्रेड	1 स्लाईज	15
उकडलेला पालक	1 कप (340 ग्रॅम)	170
फ्रजन मिट	1/2 कप	230
फ्रोजन सारडिन्स	50 ग्रॅम	190
बदाम	15 नग	50

कॅल्शियमयुक्त आहार घेऊन जीवनाची गुणवत्ता राखता येऊ शकते. जीवनसत्त्व के शरीरात आहारातून कॅल्शियम शोषणास मदत करते. सूर्यप्रकाशाद्वारे के जीवनसत्त्वाचा पुरवठा शरीरास आपल्या त्वचेद्वारे होतो. Osteoblasts, Osteoclasts ह्या दोन्ही पेशीतील समतोलनाचे शरीरातील खनिजांचे योग्य संतुलन राखले जाते.

आयुष्यभर नवीन हाडे तयार करणे, जुनी हाडे लोप पावण्याच्या प्रक्रियेतून जात असतात. जसे जसे वय वाढते तसे तसे जास्त प्रमाणात हाडे झिज वाढण्याचे प्रमाण कमी होते ही एक सामान्य अशी प्रक्रिया आहे. आरोग्याचा समतोल राखसाठी नियमित व्यायाम करणे तसेच कॅल्शियमचे प्राप्त होण्याच्या पदार्थांचा आहार आर्वजून समावेश करणे गरजेचे आहे.

आजच्या तरुण पिढीसाठी काही नवीन पदार्थ आहारात सुचविलेले आहे.

- तंतूमय पदार्थ (फायबर) ग्रिनव्हेजीटेबल सलाद, सोबत ऑर्लिक्डआईल
- कुकिजनट
- ब्रोकोली व्हेजी कटलेट
- Vitus krespysh (पॅकेटमध्ये 18 गोळ्या)
- ओट चा पदार्थ
- एग्ज सॅण्डवीज होममेड सुप, ज्युस इत्यादी

नाविन्यपूर्ण आहार देणे देखील आज व गरजेचे होऊन बसले आहे

आधीच सुचविल्या प्रमाणे बालपण संपून तारुण्य सुरू होण्याचा काळ यास म्हटले जाते. मुलामुलींच्या भावि जीवननाकरिता हा काळ अत्यंत महत्वाचा असतो मानसशास्त्र अभ्यासकांनी देखील या अवस्थेला विशेष महत्व दिले आहे. जे शारीरिक बदल होतात त्यात मुलांमध्ये टेस्टोस्टेशन तर मुलींमध्ये इस्टोजेन ही संप्रेरके कारणीभूत असतात.

प्रांगडावस्थेत मुलामुलींना पालकांचा सकारात्मक आधार, उपजिविकेसाठी चांगल्या प्रकारचे शिक्षण घेण्यासाठी मार्गदर्शन घरातील वातावरण मोकळे ठेवणे. मुलांमुलींमध्ये उर्जेला योग्य वळण देऊन कर्तृत्वान व्यक्तित्व घडविणे पालकांचे कर्तव्य असते. यासर्वांमुळे समाजविकासही चांगला घडून येतो, आणि पौगांडावस्था सहज निभावून नेता येते.



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महिला सक्षमीकरण आणि भारत सरकारच्या विविध योजना - एक अभ्यास
 डॉ.ओमप्रकाश बबनराव मुंदे
 नारायणराव राणा महाविद्यालय बडनेरा,अमरावती

समाजाला जागृत करायचे असेल तर प्रथम स्त्रियांमध्ये जागृती निर्माण करायला हवी. एकदा स्त्रियांची प्रगती झाली की तिच्या सोबत तिच्या कुटुंबाची प्रगती होते, तिच्या गावाची प्रगती होते आणि पर्यायाने संपूर्ण देश प्रगतिपथावर चालू लागतो.-- पंडित जवाहरलाल नेहरू

सर्वसमावेशक विकासाचे ध्येय साध्य करताना विकास प्रक्रियेत सहभागी असलेल्या सक्रिय घटकांसोबत दुर्लक्षित आणि विकास प्रक्रियेपासून वंचित असणाऱ्या घटकांचा देखील समावेश होणे आवश्यक आहे. संयुक्त राष्ट्रांच्या विकास कार्यक्रमात असे म्हटले आहे की, समाजातील अनेक घटक त्यांचे वय, लिंग, वंश, शारीरिक अथवा मानसिक दुर्बलता तसेच गरिबी या कारणांमुळे विकास प्रक्रियेतून वगळले जातात. विकासाच्या संधी निर्माण करण्यासाठी समाजातील सर्व घटकांचे योगदान असल्याशिवाय, सर्वांपर्यंत विकासाचे फायदे पोहोचल्याशिवाय आणि प्रत्येकाला निर्णय प्रक्रियेत सहभागी करून घेतल्याशिवाय परिणामकारक दारिद्र्य निर्मूलन होऊ शकत नाही.

शहरी तसेच ग्रामीण भागातील स्त्रियांच्या वाढत्या येणारे गरीबी, समाजाच्या मुख्य प्रवाहापासून दूर ठेवणे आणि मागासलेपणा याचे दुःख कमी करून शाश्वत विकासात त्यांचा सहभाग वाढविण्यासाठी 1990 पासून स्त्रियांना समान दर्जा देण्यासाठी आणि त्यांचे सशक्तीकरण करण्यासाठी प्राधान्याने काही उपाययोजना करण्यात आल्या आहे. स्त्रियांचे सशक्तीकरण अशी प्रक्रिया आहे ज्यात स्त्रियांचे निवडीचे स्वातंत्र्य वाढते, त्यांच्या जीवनातील महत्त्वाच्या निर्णयांच्या प्रक्रियेत भाग घेण्याचे, चर्चा करण्याचे, निर्णय प्रक्रियेवर प्रभाव टाकण्याचे स्वातंत्र्य मिळते. जागतिक बँकेच्या निरीक्षणानुसार जनतेला निवडीचा अधिकार मिळणे तसेच त्यांच्या आयुष्यावर परिणाम करणाऱ्या निर्णयांच्या प्रक्रियेत भाग घेण्याची स्वातंत्र्य घेता येणे, चर्चा करता येणे, आपल्या मतांचा प्रभाव टाकता येणे, नियंत्रण ठेवता येणे आणि या सर्वांची जबाबदारी स्वीकारता येणे म्हणजे सक्षमीकरण होय.

स्त्रियांना त्यांच्या स्वतःच्याच घरात मत मांडण्याचे स्वातंत्र्य नसण्याच्या पूर्वापार चालत आलेल्या बाईट परिस्थितीत नजीकच्या काळात मोठे परिवर्तन घडून आलेले दिसते. आधुनिक स्त्री आता चार भिंतीच्या आत कोंडलेली राहिलेली नाही. स्त्रियांना आता प्रत्येक बाबतीत त्यांची खरी योग्यता कळली आहे. तंत्रज्ञानाचे क्षेत्र असो, अवकाश विज्ञान असो, क्रीडाक्षेत्र असो किंवा सशस्त्र दले असो स्त्रियांनी आता प्रत्येक क्षेत्रात त्यांना रोखणाऱ्या काचेच्या अदृश्य भिंती तोडून टाकल्या आहे. आता शहरी आणि ग्रामीण अशा दोन्ही भागात प्रत्येक पाचवी स्त्री उद्योजिका आहे. आईच्या पोटात मुलीच्या गर्भाचे संरक्षण

करण्यापासून ते काम करणाऱ्या स्त्रियांना त्यांच्या कामाच्या ठिकाणी सुरक्षित वातावरण तयार करण्यापर्यंत अनेक उपाययोजना हाती घेण्यात आल्या आहेत. स्त्रियांच्या मातृत्व प्राप्तीच्या कालावधी तिचे सशक्तीकरण करणे हादेखील महत्वाचा विषय आहे. लिंग निवड व त्यावर आधारित गर्भपात टाळणे हे महिला सक्षमीकरण यातील पहिले पाऊल आहे. सरकारने त्यासाठी गर्भधारणापूर्व व गर्भधारणेनंतर लिंगनिदान बंदी कायदा 1994 लागू केला आहे. त्यामुळे लिंग निश्चिती करता येत नाही तसे केल्यास शिक्षेची तरतूद आहे. तसेच गर्भवती महिलेची काळजी व बाळाच्या जन्मापूर्वी आणि नंतर त्याची ही काळजी घेण्यासंदर्भात भारत सरकारने अनेक उपाय योजना केल्या आहे.

प्रधानमंत्री सुरक्षित मातृत्व योजना

ही योजना गर्भवती महिलांसाठी राबवली जात आहे या योजनेअंतर्गत गर्भवती महिलांची तपासणी केली जाते. त्यांना औषधे व वैद्यकीय सल्ला दिल्या जाते. एप्रिल 2018 अखेर 1.42 कोटी महिलांची तपासणी करण्यात आली असून 7 लाख गर्भवती महिला जोखमीच्या अवस्थेत आढळून आल्या त्यांना योग्य तो आरोग्य सल्ला देण्यात आला. लोह, फॉलिक एसिड, कॅल्शियम याची गर्भवती महिलांना खूप गरज असते त्यांना त्याच्या गोळ्या तपासणीच्या वेळी दिल्या जातात. गर्भारपणातील गुंतागुंत असेल तर सुरक्षित बाळंतपणाचे जबाबदारी घेतली जाते.

राष्ट्रीय पोषण अभियान

कुपोषणाच्या समस्येवर उपाय शोधण्यासाठी सरकारने 9 हजार 46 कोटी रुपये खर्चाचे राष्ट्रीय पोषण अभियान सुरू केले आहे. निर्धारित कालावधीत 0 ते 6 वर्ष वयोगटातील मुले, गर्भदर स्त्रिया आणि स्तनदा माता यांच्या पोषणाचा दर्जा सुधारून निश्चित पातळी गाठणे हे या अभियानाचे लक्ष आहे. आयुष्यमान भारत या कार्यक्रमाच्या अमलबजावणीतून देखील भारतीय स्त्रियांच्या आरोग्याची काळजी घेतली जाते.

जननी शिशु सुरक्षा कार्यक्रम

या योजनेअंतर्गत गर्भवती महिलांना सार्वजनिक आरोग्य केंद्रात मोफत प्रसूती करून दिली जाते. शिवाय सिजरियन शस्त्रक्रियेसाठी ही कुठलेही पैसे आकारले जात नाही. यात मोफत निदान, औषधे, रक्त अंहार, वाहतूक सुविधा दिली जाते. एकूण 1.36 कोटी गर्भवती महिलांना 102 व 108 क्रमांकांवर कॉल करण्याच्या सेवेचा फायदा झाला आहे. त्यांना मोफत वाहतूक सेवा मिळाली आहे. 2015-2016 मध्ये 78.9% प्रसूती संस्थात्मक पातळीवर झाल्या. 2007-08 मध्ये हे प्रमाण केवळ 47% होते.

प्रधानमंत्री मातृ वंदना योजना

या योजनेअंतर्गत गर्भारपणात आणि दवाखान्यात बाळंतपण झाल्यानंतर त्या स्त्रीला सहा हजार रुपयांची रोख मदत केली जाते. या योजनेकरिता सर्व राज्य आणि केंद्रशासित प्रदेशात साठी 2017-18 या

कालावधीत 2016 कोटी 37 लाख रुपये मंजूर करण्यात आले, त्यापैकी 1991 कोटी 72 लाख रुपयांचा निधी प्राप्त झाला आहे.

पूरक आहार सुक्त पोषण नियम 2017

प्रत्येक गरोदर आणि स्तनदा मातेला प्रति वर्ष 300 दिवस याप्रमाणे सहा महिने, सहा वर्ष या कालावधीसाठी पोषणमूल्य युक्त आहाराचा अधिकार देणारा हा कायदा सरकारने केला आहे.

मातृत्व सशक्तिकरण

स्त्रियांना कोणत्याही कारणामुळे नोकरी सोडण्याची वेळ येऊ नये त्या नोकरी रोजगाराच्या ठिकाणी टिकून राहावे, या उद्देशाने सरकारने मातृत्व लाभ अधिनियमात सुधारणा करून नोकरी करणाऱ्या स्त्रियांना 26 आठवड्यांची भरपगारी मातृत्व रजा मिळणे अनिवार्य केली आहे.

मासिक पाळी आरोग्य योजना

या योजनेअंतर्गत 10 ते 19 वयाच्या मुलींना आरोग्याचे धडे दिले जातात, त्यासाठी 7516 उपचार व सल्ला केंद्र सुरू करण्यात आली. शहरी भागातही अशी केंद्र आहे. प्रत्येक महिलेस तिच्या संतती निर्मितीचे नियोजन करण्याचा अधिकार, दोन मुलांमध्ये अंतर ठेवण्यासाठी अनेक पर्याय यात मांडले जातात.

इंद्रधनुष्य योजना

जगात रोगप्रतिबंधक लसीकरणाचा सर्वात मोठा कार्यक्रम भारतात राबविण्यात आला असून ती अभिमानाची बाब आहे. दोन वर्षांच्या मुलांपर्यंत लसीकरण केले जाते व महिलांनाही लसी दिल्या जातात. सर्व मुले व गर्भवती महिला यांच्या लसीकरणासाठी 2014 मध्ये इंद्रधनुष्य योजना सुरू करण्यात आली. 2018 पर्यंत 3.15 कोटी बालकांचे लसीकरण झाले असून त्यातील 80.58 लाख बालकांची लसीकरणाची सगळी प्रक्रिया पूर्ण करण्यात आली. 80.63 लाख गर्भवतींची लसीकरण करण्यात आले असून 91.94 लाख महिलांना जीवनसत्वाची मात्रा देण्यात आली आहे.

अशाप्रकारे महिलांच्या सर्वंकष आरोग्यासाठी सरकार प्रयत्नशील असून त्यातून पाच वर्षांखालील मुलांच्या मृत्यूचे प्रमाण भारतात कमी झाले आहे. माता मृत्यूचे प्रमाणही घटत आहे. एप्रिल 2015 मध्ये भारतात माता व बालकांमधील धनुर्वाताचे उच्चाटन करण्याची मोठे लक्ष गाठले आहे.

महिला आरोग्याबरोबरच महिलांचे आर्थिक, राजकीय सक्षमीकरण साठी ही सरकार अनेक योजना, कार्यक्रम राबवित आहे.

दीनदयाल उपाध्याय अंत्योदय योजना- राष्ट्रीय ग्रामीण आजीविका मिशन

ग्रामीण स्त्रियांना केंद्रस्थानी ठेवून ही योजना तयार करण्यात आली आहे. ग्रामीण स्त्रियांच्या सहभागात द्वारे सार्वजनिक समाज जागृती करणे हा या कार्यक्रमाचा मुख्य उद्देश आहे. यासाठी निवड झालेल्या ग्रामीण भागातील प्रत्येक गरीब घरातील किमान एक स्त्री सदस्य ठराविक कालमर्यादित

स्वयंसहाय्यता गटाच्या कार्यात सहभागी होईल याची निश्चिती करण्यात आली. राष्ट्रीय ग्रामीण रोजगार योजनेतील विशेष धोरण अशाप्रकारे तयार केले होते की ही योजना समाजातील सर्व दुर्बल घटकांपर्यंत पोहोचून त्याचे दारिद्र्य निर्मूलन यशस्वीपणे करता येईल. या योजनेची दोन महत्वाचे भाग केले आहे. ग्रामीण भागातील गरीब युवकांमध्ये कौशल्याचा विकास करून त्यांना नियमित मासिक वेतन किंवा किमान वेतन श्रेणी पेक्षा जास्त वेतन मिळेल अशा नोकऱ्या निर्माण करणे हे उद्दिष्ट या योजनेची आहे. तसेच महिला किसान सशक्तीकरण परियोजना हा आजीविका योजनेचा दुसरा घटक आहे. ही परियोजना कृषी क्षेत्रातील महिलांचे राहणीमान उंचाविण्यास मदत करते आणि त्यांच्या सक्षमीकरणाच्या संधीमध्ये वाढ होण्यास मदत करते.

निवडून आलेल्या स्त्री प्रतिनिधी चे सशक्तीकरण

निवडून आलेल्या स्त्री प्रतिनिधी चे सशक्तीकरण करण्याच्या उद्देशाने मोठ्या प्रमाणावर प्रशिक्षण कार्यक्रम सुरू करण्यात आले. जेणेकरून गावाचे नेतृत्व करण्यासाठी त्यांच्याकडून अपेक्षित असलेला जबाबदाऱ्या पार पाडण्यात त्यांना मदत होईल आणि त्यांच्या गावाच्या अधिक उज्वल भविष्यासाठी गावाला मार्गदर्शन करणे त्यांना सोपे जाईल. सक्षम स्त्री मुळे समाजात होणाऱ्या ज्ञानाचा प्रसार, जाणीव जागृती आणि कायदेविषयक सक्षमीकरण यामुळे परिसरातील सर्व स्त्रियांच्या मूलभूत हक्क आणि अधिकाराची रक्षण करायला मदत होते.

राष्ट्रीय महिला कोष

भारत सरकारच्या मानव संसाधन मंत्रालयाने अंतर्गत महिला तथा बालविकास विभागात द्वारे 1993 ला राष्ट्रीय महिला कोषची स्थापना करण्यात आली. याअंतर्गत अनौपचारिक क्षेत्रात काम करणाऱ्या महिलांना उत्पन्न मिळण्याची साधन निर्माण करण्यासाठी कोणत्याही अडचणींना आणि काहीही तारण ठेवायला न लागता ग्राहक लेही पद्धतीने छोट्या प्रमाणावर कर्जाची सुविधा देते.

महिला शक्ती केंद्र

सामाजिक सहभागाद्वारे ग्रामीण भागातील स्त्रियांना सक्षम करण्याचे लक्ष्य समोर ठेवून त्यांना आधार देण्यासाठी आणि त्यांना भरीव पाठिंबा देण्यासाठी महिला शक्ती केंद्र नावाची नवी योजना स्त्रियांचे सशक्तीकरण आणि संरक्षण अभियान योजनेच्या छात्राखाली सुरू करण्यात आली. ग्रामीण भागातील महिलांना त्यांचे अधिकार मिळविण्यासाठी तसेच प्रशिक्षण देऊन आणि नव्या क्षमता विकसित करू त्यांचे सशक्तीकरण करण्यासाठी महिला शक्ती केंद्र माध्यम म्हणून उपयोगी पडेल अशा कल्पनेतून या केंद्राची निर्मिती झाली आहे. ही योजना ग्रामीण महिलांच्या विशेषतः देशाच्या अत्यंत मागासलेल्या 115 जिल्ह्यांमधील महिलांच्या सशक्तीकरणत विशेष महत्वाची भूमिका निभावण्यासाठी प्रतिबद्ध आहे. महिला शक्ती केंद्राच्या माध्यमातून 115 जिल्ह्यांमध्ये सुरू केलेल्या उपक्रमाचा भाग म्हणून तेथील महाविद्यालयीन विद्यार्थ्यांना स्त्री सशक्तीकरण कार्यक्रमात स्वयंसेवक म्हणून सहभागी करण्यामुळे या समाजाचा सहभाग वाढला आहे.

स्त्रियांसाठीचे राष्ट्रीय माहिती भांडार

सरकारने स्त्रियांच्या मदतीसाठी सुरु केलेले सर्व कार्यक्रम आणि योजना याची माहिती नागरिकांना सुलभतेने मिळावी यासाठी सरकारने राष्ट्रीय माहिती भांडार नावाची नवीन पोर्टल तयार केली आहे. स्त्रियांशी संबंधित विविध योजना आणि कार्यक्रम यांच्या बाबतची सर्व माहिती वेळोवेळी या पोर्टलवर अपडेट केली जाते.

बेटी बचाव बेटी पढाओ

हे अभियान सुरुवातीला घसरत्या स्त्री-पुरुष गुणोत्तरात सुधारणा करण्यासाठी सुरु करण्यात आले. मात्र कालांतराने या योजनेची कार्यक्षेत्र विस्तारले आणि या योजनेच्या कक्षेत गर्भधारणा पूर्व आणि जन्मपूर्व निदान, प्रतिबंधक कायद्याची अंमलबजावणी, मुलीच्या उच्च शिक्षणाला प्रोत्साहन देण्यासाठी च्या तरतुदी आणि स्त्रीच्या जीवन चक्रातील त्यांना दुर्बल करून टाकणाऱ्या बाबी यासारखे इतर महत्वाचे विषय अंतर्भूत झाले. सन 2015 मध्ये ही योजना सुरु झाल्यापासून स्थानिक पातळीवर तिच्या वेगवेगळ्या दिशेने स्वतंत्रपणे विस्तार होताना दिसतो.

स्वाधार गृह योजना

ही योजना विकट परिस्थितीत जगणाऱ्या स्त्री यांच्या प्राथमिक गरजा भागविण्यासाठी तयार करण्यात आली आहे. त्यांना लागणाऱ्या निवाऱ्याची उभारणी, अन्न, वस्त्र, वैद्यकीय उपचार आणि आरोग्याची काळजी घेण्यासाठी या योजनेतून स्त्रियांना मदत दिली जाते. मार्च 2019 पर्यंत देशात 561 स्वाधार गृह कार्यरत आहे आणि त्यात 17291 स्त्रियांना आधार मिळतो आहे. याखेरीज वृंदावनात संरक्ष बांगर इथे एक हजार सदस्य क्षमतेची एक विधवा आधार गृह उभारले आहे.

उद्योजिका विकास कार्यक्रम

हा कार्यक्रम स्त्रियांना त्यांच्या पायावर उभे राहण्यास मदत करतो प्रधानमंत्री मुद्रा योजना, स्टॅन्ड अप, स्टार्ट अप आणि राष्ट्रीय ग्रामीण रोजगार अभियानांतर्गत येणारे स्त्रियांचे स्वयंसहायता गट या सर्व योजनांनी स्त्रियांना आर्थिक दृष्ट्या स्वतंत्र आणि सुरक्षित व्हायला मदत केली आहे. प्रधानमंत्री जनधन योजने देखिले स्त्रियांच्या आर्थिक स्वालंबनातल्या समावेशासाठी महत्वाची भूमिका बजावली आहे. स्त्रियांची स्वतःची सुरक्षितता आणि सर्वत्र त्यांची स्वरक्षण करणे ही बाब स्त्री सशक्तीकरण च्या दृष्टीने अत्यंत महत्वाची आहे कामाच्या ठिकाणी स्त्रियांची लैंगिक छळवणूक विरोधी कायदा, ऑनलाइन तक्रार यंत्रणा, स्त्रियांच्या मदतीसाठी 181 क्रमांकाची दूरध्वनी सेवा, एका ठिकाणी सर्व प्रकारची मदत देणारी केंद्र आणि PANIC बटना ची सुविधा या सर्वांमुळे स्त्रियांची सशक्तीकरण या दिशेने प्रगती वेगवान झाली आहे. प्रधानमंत्री उज्वला योजना

भारतीय समाजातील गरीब वर्गाला मदत करण्यासाठी केंद्र सरकारने ही योजना सुरु केली आहे. आर्थिक दृष्ट्या मागासलेल्या कुटुंबांमधील स्त्रियांना स्वयंपाकासाठी द्रवरूप पेट्रोलियम गॅस उपलब्ध करून देण्याच्या हेतूने ही योजना सुरु केली आहे.

महिला पोलीस स्वयंसेवक

नागरिक आणि पोलिसांमधील संवाद सुरळीत व्हावा आणि सुखी स्त्रियांना मदत व्हावी या हेतूने देशाची सर्व राज्य आणि केंद्रशासित प्रदेशांमध्ये महिला पोलीस स्वयंसेवकांची नेमणूक करण्यात आली. घरगुती हिंसाचार, बालविवाह हुंड्यासाठी होणारी छळवणूक आणि सार्वजनिक ठिकाणी स्त्रियांना होणारी मारहाण या संबंधीच्या घटना घडत असतील तर तिथे या महिला पोलीस स्वयंसेवकांना कारवाई करता येते.

महिला- ई- हाट

स्त्रियांना खरेदी-विक्री व्यवहारांमध्ये सामावून घेऊन त्यांचे आर्थिक सशक्तीकरण करण्यासाठी हा उपक्रम सुरु करण्यात आला आहे. स्त्रियांचे स्वयंसहायता गट, बिगर सरकारी संस्था, व्यक्तिगत पातळीवर उद्योग चालविणाऱ्या स्त्रिया यांच्या उत्पादनाच्या प्रत्यक्ष ऑनलाइन डिजिटल स्वरूपातील विक्री करिता सरकारने उपलब्ध करून दिलेला हा नवा मंच आहे. या संकेतस्थळाला आतापर्यंत 1450 व्यक्तींनी भेट देऊन माहिती घेतली आहे. देशाच्या 22 राज्यांमधील स्त्रियांचे स्वयंसहायता गट, बिगर सरकारी संस्था, व्यक्तिगत पातळीवर उद्योग चालविणाऱ्या स्त्रिया यांची सुमारे अठराशे उत्पादने आणि सेवा या संकेतस्थळावर विक्रीसाठी उपलब्ध करून देण्यात आली आहे. सुमारे 23 हजार नोंदणीकृत स्वयंसहायता गटांचे तीन लाख लाभार्थी सध्या आहे. या संकेतस्थळाच्या माध्यमातून सहा महिन्यांच्या कालावधीत उद्योजिका, स्वयंसहायता गट, बिगर सरकारी संस्था यांची 20 लाख रुपयांपेक्षा जास्त रकमेचे व्यवहार झाले आहे.

उद्योजकतेला उत्तेजन

प्रधानमंत्री मुद्रा योजनेतून सरकारने छोट्या उद्योजकांना कोणतेही तारण किंवा जामीनदार याची गरज न लागता कर्ज देण्यात आले. हे कर्ज घेणाऱ्यांपैकी 75% कर्जदार स्त्रिया आहेत. या योजनेतून 9 कोटी 81 लाख स्त्रियांनी या आधीच या योजनेचा लाभ घेतला आहे.

राष्ट्रीय ग्रामीण रोजगार अभियानाद्वारे 2000 कोटी च्या फिरत्या निधीचे वितरण करून सरकारने 47 लाखापेक्षा जास्त स्वयंसहायता गटांना प्रोत्साहन दिली आहे.

सुकन्या समृद्धी योजना आणि प्रधानमंत्री जनधन योजना यांच्या माध्यमातून बँक खाते नसलेल्या नागरिकांना देखी बँकिंग सेवा सुलभपणे मिळणे शक्य झाले आहे. जनधन योजनेतून 16 कोटी 42 लाख स्त्रियांची बँकेत खाती उघडण्यात यश आले आहे.

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निष्कर्ष

भारतीय लोकसंख्येचा अर्धा भाग असलेल्या स्त्रियांच्या आरोग्य शिक्षण आणि सशक्तीकरण याची काळजी घेतल्या शिवाय विकास होणार नाही. स्त्रियांच्या विकासासाठी अनेक दिशांनी सुनियोजित प्रयत्न केल्यानेच देशाला प्रगतीपथावर नेता येईल. स्त्रियांच्या विकासासाठी अनेक दिशांनी सुनियोजित प्रयत्न केले जात आहे आणि अशा प्रयत्नानेच भारताला जागतिक स्तरावर एक वेगळी ओळख मिळत आहे.

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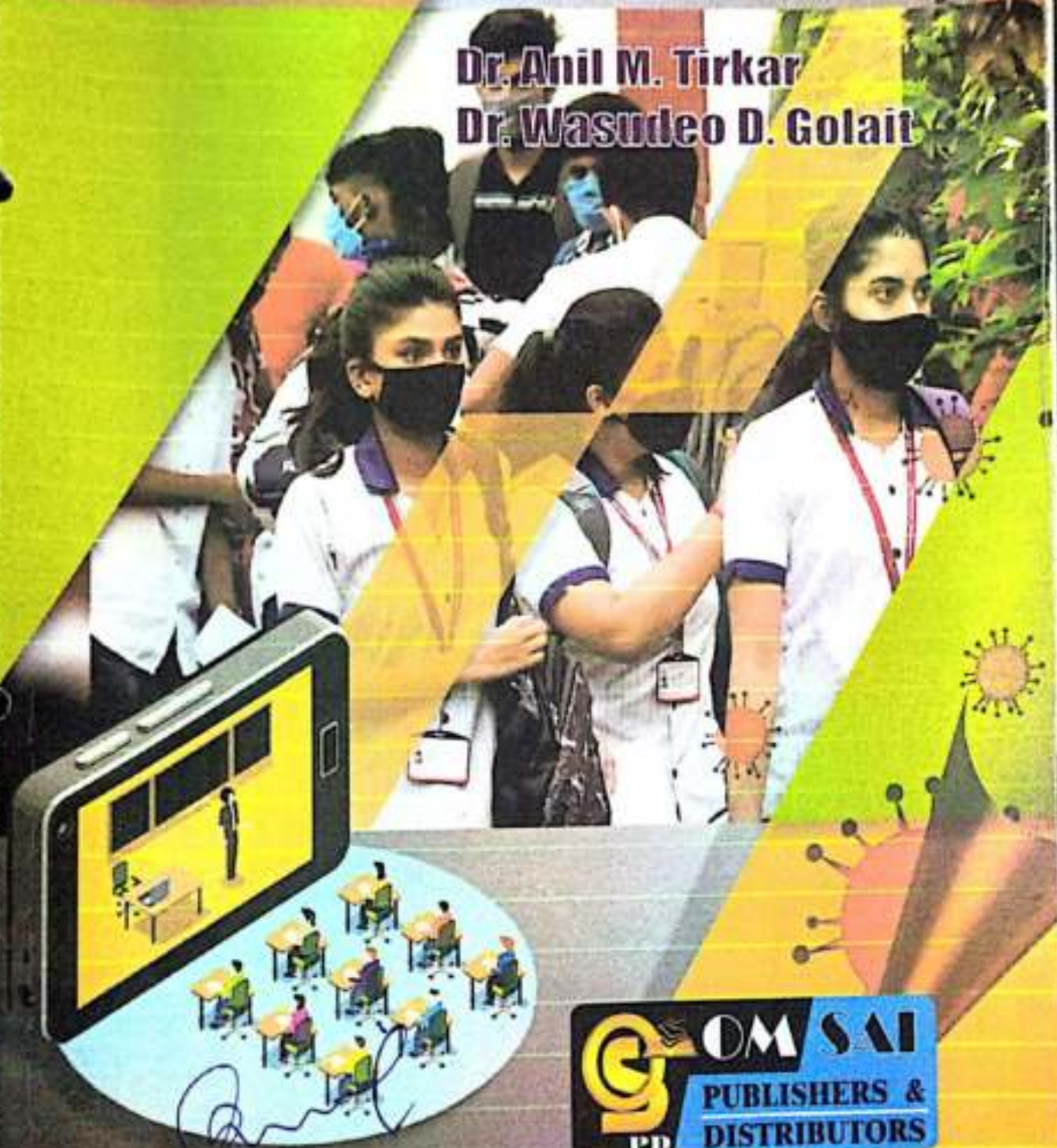
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EFFECTS OF THE COVID-19 ON CURRENT EDUCATION SYSTEM IN INDIA

Dr. Anil M. Tirkar
Dr. Wasudeo D. Golait



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"IMPACT OF COVID-19 ON EDUCATION SYSTEM IN INDIA"

Dr. Harshal R. Nimbhorkar
Librarian

Narayanrao Rana Mahavidyalaya, Badnera

Introduction:-

The petrifying and severe impact of COVID-19 has shaken the world to its core. Further, most of the Governments around the world have temporarily closed educational institutions in an attempt to contain the spread of the COVID-19 pandemic. In India too, the government as a part of the nationwide lockdown has closed all educational institutions, as a consequence of which, learners ranging from school going children to postgraduate students, are affected.

Role of UNESCO:-

The UNESCO report estimates that the coronavirus pandemic will adversely impact over 290 million students across 22 countries. The UNESCO estimates that about 32 cores students are affected in India, including those in schools and colleges. Therefore, the government has come up with e-learning program. Many ed-tech firms have tried to leverage the occasion by offering free online classes or attractive discounts on e-learning modules. These measures have been met with overwhelming response by students with some startups witnessing as high as 25% uptick in e-learning. Remote learning seems a viable solution to students during this time as they offer convenient, on -the- go and affordable access to lessons. E-learning also comes as an interesting and interactive alternative as compared to classroom teaching.

Role of Digital Education in India:-

Impact of Covid-19 has prompted experts to rethink the conventional mode of education. Digital education appears to be a viable solution to fill in the void for classroom education for a period of three to four months while minimizing the chances of any infection to students until classes resume. More importantly, it has also brought the hitherto peripheral issue of digital education in India to the center stage. Going forward, digital education is likely to be integrated into mainstream education. This will enable inclusive education by facilitating learning across diverse geographies in India. Moreover, it will provide an opportunity for educators to come up with customized learning solutions for every student. A complete revolution in the way we learn today has been brought about by Technology. Each student gets in contact with a world-class education, which is not easy to impart by the traditional white chalk and blackboard method of teaching. This new learning is more interesting, personalized and enjoyable.

Role of MOOC in Digital Learning Process:-

A massive open online course (MOOC) is an online course aimed at unlimited participation and open access via the web. India is considered to be the biggest market for MOOCs in the world after the USA. Since the population of India is huge, massive open online course (MOOC) is said to open gateways for a lot of Indians in terms of bringing an educational revolution. Online distant learning programs give a great opportunity to avail high-quality learning with the help of internet connectivity.

Digital learning has many advantages in itself like digital learning has no physical boundaries, it has more learning engagement experience rather than the traditional learning, it is also cost-effective and students get to learn in the confines of their comfort zone. However, digital learning is not without its limitations and challenges, since face-to-face interaction is usually perceived as the best form of communication as compared to the rather impersonalized nature of remote learning. Globally, online education has met with some success. In the case of India, we still have a long way to go before digital learning is seen as mainstream education, because students living in urban area have the facilities to opt for digital education,

however, rural area students do not have the required infrastructure nor are financially strong to avail the resources required for digital education. Building of the digital education infrastructure by the Government of India presently appears to be difficult due to lack of budget.

Another challenge is that e-learning comes across as somewhat patchy and impersonal experience. Also, e-learning is likely to witness a high dropout rate due to the lack of atmosphere for studying. Students might tend to get distracted by gaming consoles, social media at home and might not feel a sense of community while taking online classes. Successful delivery of education is also in question because learning at the level of higher education and learning at the kindergarten/school level can be different. Digital education cannot be applied the same at every level of the education.

Role of Work from Home:-

Due to the outbreak of the pandemic, the work from home (WFH) culture is booming in India. As social distancing is prescribed as the best way to curb the spread of COVID 19, companies are faced with an unprecedented challenge of ensuring it is business as usual even if everyone is working remotely. Therefore, not only businessmen or start-ups in India have opted for an online platform like Zoom App to stay connected with their employees who are working from their homes but also the educational institutions have opted for different digital platforms to facilitate learning for their students. However, only educational institutions in urban areas can provide those facilities. Again the questions are raised for the learners in rural areas, the educational systems in rural areas and their growth.

With so many different ways to define e-learning and the educational approaches that can be taken in these learning environments, many colleges and extra curriculum activity classes have started making use of the technology. Through applications such as Zoom, various colleges especially engineering and designing colleges of Pune have undertaken the task of educating students through video conferencing. Undeterred by the security concerns which such video conferencing applications may pose, these applications are widely used and have proved to be beneficial and with a lot of advantages.

Conclusion:-

There is picture, sound clarity which makes imparting of knowledge and learning effective for both the instructor and the student. But at the same time, there is a glaring disadvantage as exams have to be postponed. Examinations cannot be conducted online. It is not only just the question of imparting continuous and uninterrupted learning during the outbreak of COVID 19 pandemic but also the most important challenge for the instructor is to focus on the overall elements of a well-developed course. Developing a purposeful and well-defined online course, which supports the instructor and learner, means devoting the appropriate time and embedding the applicable course elements into the e-learning environment. Through the use of technology, we can, if not provide a strong alternative to the conventional education system, mitigate and compensate for the impediments posed and inconvenience caused due to COVID 19 pandemic to the education system and learners by extension. Learning, as they say, is a continuous and ever-evolving process. The educational institutions in India, from schools to universities, can use this present adversity as a blessing in disguise and make digital education a major part of the learning process for all learners in the future.

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Dr. Anil M. Tirkar has been working as an Assistant Professor at Smt. L.R.T. College of Commerce, Akola since last 11 years. He published two books 'Business Environment' & 'Economics of Development' for B.Com. III year (Semester V & VI) students for Sant Gadge Baba Amravati University, Amravati. He has published 40 research papers in State, National & International Conferences and Seminars and Research Journals. He is a Ph.D. supervisor in the faculty of Commerce and Management in Sant Gadge Baba Amravati University, Amravati. He is an Associate N.C.C. Officer (Lieutenant). Amravati N.C.C. Group awarded him Best N.C.C. Officer Award for his outstanding performance in the year 2018. Recently he has been awarded by DG NCC Commendation Card, New Delhi.



Dr. Wasudeo D. Golalt is presently working as a Assistant Professor in Department of Commerce & Management of M.E.S. Arts and Commerce College, Mehkar Dist. Buldhana Maharashtra, he engaged in higher educational teaching field since last 20 years. He shouldered as a Head of Department of Commerce & Management for four years. Presently he is shouldering the responsibility of I.Q.A.C. Coordinator. Recently he has been approved as a 'Ph.D. Guide in Commerce & Management' and also approved 'Post Graduate Teacher' by Sant Gadge Baba Amravati University Amravati. He has done various types and numbers of responsibilities of the college works. He wrote and presented near about 45 research papers in State, National and International conferences and seminars, and also wrote and published research papers in renowned and UGC approved Journals. His three academic books published "Financial Accounting" for B.Com. Part-I(Semester-2) & "Company Accounting for B.Com Part II (Semester-3), Cost Accounting for B.Com Part III (Semester-5). He delivered number of lectures for the students of Senior colleges and also for social platforms, on the topics "Personality Development", "How to improve Communication Skills", "How to improve English Language" "How to do study" "Importance of Time Management In Student life" and "Confidence is the key of Success" etc. He prepared E-Content 14 Modules on Online Teaching. He has aim to give time oriented shape to the personalities of the students of College and he has been striving to build their bright future through his YouTube Chanel and various Programs.

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Dr. Babasaheb Ambedkar's Thought

Editor
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Dr. Babasaheb Ambedkar's Subaltern School of Thought

Dr. Santosh Bansod

'Suman Nivas', Near LIC Colony,

Ram Nagar, Amravati.

Abstract : In this research paper there has been tried to focus on the subaltern school of thought established in India by Dr. B. R. Ambedkar. Dr. Ambedkar was the founder of the Indian Institutional Subaltern school of thought. The thinker from this school continued the flow of revolt against the all injustice and exploitation. Till today many historian and thinker emerged from this school of thought. This school of thought focus on particular view of point of exploiter and exploited. They focus on the history of common people who always been suffering from the injustice and discrimination. There always been focused on Kings, warriors, and upper class of society, but never focus what common people suffered? What was roll played by them? History always been affected by the subaltern people. This thought reveals the ideology of subaltern school of thought. The 'Alutedar', 'Balutedar' and downtrodden community always has been played the vital role in creating the new versions of History. So one should not neglect this school of thought. Now a days there has been revolting against this ideology in the name of 'Integrity of History'. There has no sacred intention of these type of people. They have to divert the people of this school of thought in the name of integrity of thought. One should take in mind that without giving justice to common people, without focusing of the role of them no one couldnt integrated any type of thought.

Concept of Subaltern –

The Subaltern reveals the meaning of the unfocused community in the history of any country. While thinking about India, there were no class available in India. There were no community type of class. There were the caste system in India. So thinking about India the term 'Subaltern' is definitely connected with the caste. Without thinking of caste based thoughts one never can give justice to the history of India. There is reasons for that, because in India there were always been happening anything and anywhere, it had caste based thought, there were caste based politics underground to it.

Subaltern studies considers the bottom layer of society. The imprisoned Antonio Gramsci used the word to stand in for 'proletarian' to escape the prison censors. Gramsci's politics were to situate Marxism upon his contemporary Italian sense, divided by what would come to be called 'internal colonisation'. Mark's comments about Germany and Britain in the postface to the second edition of capital. Gramsci was not attempting to define 'Subaltern'. Although he insisted on the fragmentary

nature of subaltern history in well-known passage, in his own writings, based on fascist Italy, the line between subaltern and dominant is more retrievable than in the work of sub-continental subaltern studies.

Parth Chatterjee shows that Gramsci understood his own project as flexible when it came to the Indian colonial context. For the historians of south Asia who took the word from Antonio Gramsci 'Subaltern' came to mean persons and groups cut off from 'upward' and in a sense 'outward' social mobility. This also meant that these persons and groups were cut off from the cultural lines that produced the colonial subject. If one follows the Gramscian lines, this makes subaltern studies a more dynamic use of Marxian theory than the forced application of Marxian terminology upon the colonial sense. All of the world historians using the word 'subaltern' those who wish/want to write history of oppressive. It is new methodology of history.

In India, Dr B. R. Ambedkar, R.S.Sharma, Dr Sukhadeo Thorat, Romila Thapar, Ranjit Guha, Ramchandra Guha, Parth Chatterji, Gayatri Chakravarti Spivak, David Arnold, Sumit Sarkar, D.D. Kosambi, Dipesh Chakravarti have made great historical contribution in subaltern history. In Maharashtra Dr Raosaheb Kasbe and Dr Waman Gawai, Dr Vasant Dongare emerging as great dedicated scholars to write subaltern history and studies of Marxist. Subaltern word is related to 'Dalit', 'Adivasi', feminist and downtrodden community in India.

This paper traces the historical word subaltern is related to the downtrodden community of India. They are oppressed by upper class of Indian society till the present tense. In the name of chaturvarna system. Dr Ambedkar played vital role to the upliftment of Dalit, Adivasi and women as well all people of the country.

The term evolved in south Asia out of struggles of various movements to fight untouchability and cast based discrimination. These movement/ agitation chose the name because it could bring together all the affected 'untouchable' communities in south Asia under a common ideological appellation strictly speaking then the term dalits refers to the people of south Asia who were outside the pale of the hierarchical cast system, and, therefore, deemed out castes. Regarded as the most marginalised of the castes in society. They were and are still considered polluted and assigned the occupations deemed too defiling for other caste to do, such as earth work manual scavenging, sweeping, disposing of corpses, skinning, and tanning of animal hides for leather making and sandal making, digging graves etc. Born into her or his caste, a Dalit could not hope to escape her or his low status or to employ himself in a more lucrative or socially, economically respectable occupation.

The term Dalit could be extended to communities which suffers from discrimination on the basis of cast system, gender system. In India, Dalit numbers 160 million according to 1991 Government of India census. However If the population of Dalit Sikhs, Dalit Christian and similar groups are included, this number/ figure would be reached up to 240 millions. The term Dalit, drawn from the Marathi language, literally means 'crushed' or 'broken' but more generally Dalit is translated into 'oppressed people'.

Historical overview of the Emergence of Caste Discrimination Issue :-

Dr B. R. Ambedkar's intervention during the movement for independent India (1930 – 1947). In the course of the movement for an Independent of India, the problem of 'untouchability' and caste discrimination against Dalits became an international issue. It was due to the radical, bold stand that Dr B. R. Ambedkar, a leading Dalit figure of the 20th century and architect of Indian constitution, made on behalf of the "Depressed Classes" as the British prepare to transfer political power to the dominant castes who influenced the character of the independence movement.

Dr B. R. Ambedkar made one of his most brilliant stands on behalf of the "Depressed Classes" in 1930 – 1931 at the Round table conference in London, in which leading representatives of the various communities in India. He plainly told the conference that the "Depressed Classes" would not accept any constitution for self rule that did not guarantee them equal citizenship and fundamental rights and abolish the practice of untouchability.

"The Depressed Classes cannot to subject themselves to majority rule in their present of hereditary bondsmen. Before majority rule is established their emancipation from the system of untouchability must be an accomplished fact. It must not be left to the will of the majority. The "Depressed Classes" must be made free citizens entitled to all the rights of citizenship in common with other citizens of the state."

Ambedkar's bold, radical, stance was strongly resented by many dominant caste leaders of the independence movement and playing stooge to the British raj. They lectured him that the situation of the untouchables was an internal matter and urged him to wait until Independence was achieved and the British were gone to raise their concern and demands.

Dr Ambedkar, however, saw things quite differently. He knew that the majority dominant caste vision of swaraj had little in common with the Dalit vision of swaraj. Though a few reform movements emerged to address the practice of 'untouchability' and uplift the 'untouchables'. They relied too heavily on orthodox dominant caste leaders and supporters to take any radical action to challenge the caste system and practice of 'untouchability'. Religious orthodoxy and deep-rooted caste prejudice confined the nationalist movement to largely representing the aspirations of the dominant castes for political and economic power. Ambedkar was keenly aware of this.

"I am sorry to say, sir, that I have been deluded. I find now that although some of our people would desire me and others to join them their demand for Dominion status, they do not join with us in demanding that the Government which will be setup under that Dominion status shall be responsible to the people of India as a whole. I never thought there would be this division of opinion, and that I should have to stand up to defend the position we take. Now sir, speaking on behalf of the "Depressed Classes" I cannot honestly consent to responsible Government or to Dominion status unless I can be sure that the people for whom I speak are to have a place in the constitution."

Ambedkar's intervention at the Round table conference articulated an authentic democratic vision of swaraj based on equality, liberty and fraternity principles alien to a social order based on

caste division and hierarchy. It was largely as a result of Ambedkar's intervention at the round table conference that the Indian constitution guaranteed fundamental rights established universal suffrage abolished 'untouchability' and guaranteed reservation in legislature and Government services for Dalits, Adivasis and minorities.

After independence of India, to fulfill the constitutional provisions, the Indian government has passed various Legislations to enforce the abolishment of 'untouchability' and remove the barriers of caste discrimination impeding the socio-economic progress of the Dalits. This included the protection of Civil Rights (Untouchability Offence) Act, 1955 and various land reform laws to redistribute land to the landless, a large and disproportionate percentage of whom were and still are Dalits. Later year saw the passage of the Bonded Labour Act, 1976, Employment of manual scavengers and construction of Dry Latrines (Prohibition) Act, 1993, Joking Act no. 10 and the Scheduled Castes/ Scheduled Tribes (Prevention Of Atrocities) Act 1989 and Rules 1995. The central and state governments also established SC/ST welfare Departments soon after Independence in the 1990's the central government passed legislation establishing the National commission for SC/ST and National Human Rights commission.

The constitution made various provision to upliftment of the women status. Women were suffering from ancient time to till independence of India. But today, the major issue is entry of women in the 'Shabarimala temple'. The issue of women of menstruating age between 10 and 50, not being into the shrine has drawn global attention. Uppercaste people is supporting the anti-women agitation at Sabarimala. After the supreme court judgement in favour of women's entry in temple. It is matter of fact that the constitution of India has give equal right to women and legislature has passed many acts to free a woman from the bondage of patriarchies.

There is no doubt that none of these would have been possible without the interventions made by Dr Ambedkar. To insure that independent India would be based on a democratic constitution that guaranteed equality, fundamental rights and dignity to all regardless of caste, had he succumbed to his contemporary dominant caste nationalist who pressured him to settle these matters internally, Dalits would be much worse off than they are today. Whatever Dalits, Adivasis, women are today, it is only because of Dr B.R. Ambedkar and the constitution of India.

Notes:

- 1) *I grateful to Sukhadeo Thorat, Umakant*
- 2) *There have been many words used to name the present "Dalits" in pre-independence days, the most popular word "Untouchables" which later in the political parlance was replaced with "Depressed Classes". After independence, the official term of the government of India for Dalits became Scheduled Castes. Gandhi popularised word "Harijan", the children of 'Hari' the Hindu god. [Round table conference, sub committee no III (minorities), second sitting, 31-12-1930]*
- 3) *Depressed classes refers to Dalits and Adivasis (Tribal).*
- 4) *Dr Ambedkar highlighted this directly proportional relationship between caste status*

Dalits and their socio-economic condition in south Asia before the Round table conference in 1930.[A scheme of the political safeguards for the protection of the "Depressed Classes" in the future constitution of a self governing India a memorandum submitted by Dr B. R. Ambedkar and Rao Bahadur R. Srinivasan to the Round table conference, sub-committee no III (minorities), 31-12-1930]

5) I specially thankful to Dr Vasant Dongare to cleared my point of views about the Sabaltern and Dalit.

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- 1) Chaturvedi Vivek : Mapping subaltern Studies and the Post colonial
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new left review,
London - Newyork.
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- 3) Sukhadeo Thorat,Umakant: Caste;Race and Discrimination, (Edited) Indian
Institute of Dalit Studies, New Delhi, Rawat
Publication; Jaipur and New Delhi.

Keywords : Untouchability, Patriarchies, Subaltern,Suffrage

About the book

Thought are immortal. Reformatory thought can bring about revolution in society. Thought of discrimination propagated by ethnocentric class in religious text in India had ruined the life of depressed classes which resulted into social degeneration, economic impoverishment, political suppression and total exclusion from mainstream life of society. Before the commencement of Ambedkar Era in India depressed classes were condemned to the lot of serfs and deprived of all civil rights. Thought of Dr. Babasaheb Ambedkar had laid the theoretical foundations of human right movement. It believed in personification of human values. The legacy of Dr. Babasaheb Ambedkar's thought is Social Democracy. Dr. Babasaheb Ambedkar's social, political, economic, educational, constitutional, legal, religious, feminist thought has laid revolution in India. Indian Constitution has proved as one of the greatest revolutionary document which has put forth equality, liberty, fraternity and social justice. Dr. Babasaheb Ambedkar's theory of State Socialism, Reservation is policy of social inclusion of excluded communities. Ambedkarism has laid the democratic foundations of Indian society. This book is genuine attempt to study Dr. Babasaheb Ambedkar's thought.



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Dr. Murlidhar G. Chandekar
Hon'ble Vice-Chancellor
Sant Gadge Baba Amravati University, Amravati

Editors

Dr. Rajesh S. Jaipurkar
Hon'ble Pro-Vice-Chancellor
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Dr. Ajay P. Deshmukh
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Sant Gadge Baba Amravati University, Amravati

Dr. Gajanan G. Muley
Coordinator, Buddhist Studies Center
Assistant Professor, Department of Physics
Sant Gadge Baba Amravati University, Amravati

Mr. Vinod K. Nagale
Co-coordinator, Buddhist Studies Center
Assistant Professor, Department of Zoology
Sant Gadge Baba Amravati University, Amravati

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प्रथम स्त्री उद्धारक – गौतम बुद्ध

संतोष धनसोड

इतिहास विभाग, नासपचारव राणा महाविद्यालय बडनेरा, जि. अष्टावली

मो. नं. 9545371973

मुक्ते मुशसु योगेहि, चन्दो राहुगाहा इवा

विप्पमुक्तेन चित्तेन अनणा भुञ्ज पिण्डकर्म ति॥

अर्थात : राहुच्या ग्रहणातून जसा चंद्र मुक्त होतो, तशी तू सर्व श्रवलापासून, बंधनापासून मुक्त होवून जा आणि विमुक्तीला प्राप्त झालेल्या चित्ताने कणमुक्त होऊन तू अन्न भक्षण कर. असा उपदेश तथागत गौतम बुद्ध एका भिखुनिला दीक्षा देतांना देतात. बुद्धाचे हे सिद्धाप्रती असलेले विचार व विमुक्तीचिन्ता, मुक्ता हे शब्दप्रयोग थेरीगाथेत मिळतात. ज्या स्त्रीला हा उपदेश देतो ती बिस वर्षांची मुलगी महाप्रजापती गौतमीची शिष्या असते.

अडीच हजार वर्षांपूर्वी बुद्धाने बौद्ध धर्माची स्थापना करून भारतात सत्य, अहिंसा, संयम, सदाचार व समतावादी विचारांचे विकारोपन केले व ज्ञानधिष्ठीत, विज्ञानरूपी विचारांचा अंगिकार केला. शाश्वत मुल्यांचा स्विकार करून नवसमाजाची निर्मिती केली. या नवसमाजात जातीभेद, वर्णभेद व लिंगभेदाला कुठेही धारा दिला नाही अर्थात जागा दिली नाही. त्यामुळे वैदिक धर्माच्या मुळावर कठोर प्रहार झाला. परिणामी हा विषमतावादी वैदिक धर्म कोसळला. बुद्धाने स्त्री आणि पुरुष यांना समान लेखून त्यांना आनत्या धम्म व भिक्षुसंघात प्रवेश दिला. त्यामुळे बुद्ध हा पहिला स्त्री उद्धारकर्ता ठरला. हजारो वर्षांपासून गुलामीत असलेल्या स्त्रीला त्याने खऱ्या अर्थाने मुक्त केले. बुद्धाच्या विमुक्तीविषयक विचार व कार्याचे विश्लेषण खऱ्या अर्थाने डॉ. बाबासाहेब आंबेडकर यांनी केले.

बुद्धाच्या समग्र तत्त्वज्ञानात दुःख निवारण व समस्या निवारणाला प्राधान्य दिलेले आहे. दुःखाचा शोध घेतांना त्याच्या मुळाशी जावून त्याची कारणमिमांसा शोधणे गरजेचे ठरते. ती कारणमिमांसा शोधल्यास दुःखविरोधाचा मार्ग सापडून दुःखनिरोध सहज शक्य होतो. त्याकरिताच बुद्धाने चार आर्य सत्याचा सिद्धांत मांडून आर्य अष्टांग मार्ग दाखविला. दुःख निवारणालाही त्यांनी तर्कशुद्ध असा त्याचा प्रतियुक्त समुत्पादाचाच सिद्धांत लागू केला आणि मानसिक पातळीवर दुःख निर्मुलन कसे शक्य होवू शकते याचे निरीक्षण केले. एका स्त्रियाच प्रत्यक्ष अनुभूतीतून त्यांनी ते वदवले. गौतम बुद्धाची मावशी व विमाता असलेली महाप्रजापती गौतमी हिच्या गाथेत ते उद्गार मिळतात ती म्हणते.

'सबदुवरं व परिज्जातं, हेतु तव्हा विसोसिता'

अर्थात : सर्व दुःख आज मी संपूर्णपणे जाणल आणि त्याचा हेतू असलेली माझी तृष्णा मी शिल्लकच ठेवलेली नाही.

बुद्धाने प्रकृतीच्या वित्तक्षणतेच्या विश्लेषणाच्या आधारे स्त्री-पुरुषामध्ये मुळीच भेद केलेला नाही. स्त्री आणि पुरुष हे शरीरही निर्वाणपद प्राप्त करू शकतात. श्रमणाची विचारधारा वस्तु: निवृत्ती मार्गाची विचारधारा आहे. कोणतेही शीलगुण व विद्या संपन्न स्त्री-पुरुष यांचे नेतृत्व करू शकतात. ते कोणत्या कुळात जन्मले याला महत्त्व नाही. म्हणून बुद्धाने स्त्रीयांना श्रेष्ठ स्थान दिलेले आहे. त्यांच्या मते स्त्री ही पुरुषापेक्षा श्रेष्ठ आहे. कारण ती पुरुषासाठी प्रसववेदना सहन करते. मुलांचे लालनपालन करून त्याला सद्गान बनविणे. त्यांनी स्त्रीमध्ये सुद्धा उच्च-निच, श्रेष्ठ-कनिष्ठ असा भेदभाव केलेला नाही. ते देवी आम्हाला विषयी म्हणतात.

साखापत्तफलुपेतो खन्धिया च महादुयो

मुलवा फल सम्पन्नो पतिष्ठा होते पविखन॥

मनोरमे आयतने सेवन्ति नं विहगमा

घाय घायत्थिनो यन्ति फलत्था फालभोजिनो॥

अर्थात : ज्या वृक्षांना फांदा, फळे असतात, तो वृक्ष पक्ष्यासाठी चांगला, सुखकर, शरणस्थान असतो. अशा सुंदर वृक्ष स्थलावर स्थित पक्षीगण विश्राम करतात. ज्या पक्षांना सावली हवी असते, ते सावलीसाठी वृक्षाचा आधार घेतात. ज्यांना फळ हवी असतात ते फळांसाठी वृक्षाकडे जातात. हिच अवस्था मनुष्यप्राण्याची आहे. मनुष्य काही न काही हेतू ठेवूनच एकमेकांकडे जात असतो. सज्जन व्यक्तीकडे सज्जन व्यक्तीच येत असते. समविचारी एकत्रीत येत असतात. आप्तपाली वैशाली गणराज्याची नगरवधू होती. वैशालीच्या आंधळ्या कायद्याने तिला नगरवधू बनने भाग पाडले होते. मात्र नगरवधू होवूनसुद्धा तिच्या मनात जी दया आणि दानभावना होती, ती कायम राहिली. धम्म ऐकण्याची जी जिज्ञासा होती ती पण कायम राहिली. म्हणूनच जेव्हा तीने ऐकले की, गौतमबुद्ध वैशालीच्या उपवनात विहार करित आहेत, तेव्हा आप्तपालीच्या मनात धम्मधावना जागृत झाली, आणि तिने बुद्धाला भोजनदान दिले. तीचे हे गुणवैशिष्टे बघूनच बुद्धाने तिला धम्माची दीक्षा दिली. म्हणजेच नगरवधू असणाऱ्या आप्तपाली सारख्या स्त्रीला सुद्धा बौद्ध धम्माची दीक्षा देवून बुद्धाने स्त्रीचा गुणगौरव केलेला दिसून येतो.

गौतम बुद्धाने दुःख निवारणाचे कोणताही कर्मकांड निर्माण केले नाही. मात्र तत्कालीन काळात वैदिक धर्मात कर्मकांडाला अनन्य साधारण महत्व होते. सर्वच बाबीकरिता यज्ञ केल्या जात असे. या वैदिक धर्मात 'चोदना' म्हणजे 'धर्माज्ञा' असायच्या त्यामुळे 'चोदनालक्षणो धर्मः' अशी धर्माची व्याख्याच होती. ज्यांना स्वर्गात जाण्याचे असेल त्यांच्याकरिता विशेष यज्ञ होता. पुत्रप्राप्ती करिता सुद्धा यज्ञ होता. मात्रा बुद्धाने आपल्या धम्माचा मुळाधार हा बुद्धिप्रामाण्य आणि नैतिकता ठेवला होता. तो आर्य अष्टांगिक मार्गाचा कणा होता. तो सम्यक दृष्टी, सम्यक कर्म, सम्यक उपनिर्वाक, सम्यक वचन, सम्यक संकल्प, सम्यक वाणी इत्यादींच्या माध्यमातून माणसाने आचरणात उतरवला पाहिजे, हे बुद्धाला अपेक्षित होते. यालाच अष्टांगिक मार्ग असे सुद्धा म्हणतात. या आर्य अष्टांगिक मार्गामध्ये स्त्री-पुरुष असा कोणताही भेदाभेद केलेला दिसत नाही. तो सर्वांसाठीच होता. त्यामुळे बुद्धाच्या धम्मात स्त्रियांचा उद्धार झाला. या धम्मातील अनेक भिक्षूणी ह्या अत्यंत सामान्य परिस्थितीतून आल्या होत्या. त्या धम्मात आल्यानंतर ज्ञानी आणि महान बनल्यात. त्यांच्या धम्मात स्त्रियांना पुनर्विवाहाची अनुमती होती. तसेच पितृसत्ताक पद्धती सुद्धा नाकारली होती. मुलींच्या जन्माच स्वागत करण्याचा संदेश सुद्धा बुद्धाने त्या काळात दिलेला दिसून येतो.

बुद्धाने स्त्री जन्माच्या संदर्भात दुःखी झालेल्या प्रसेनजित राजाची कानउघडणी केलेली दिसून येते. ती अशी की, कोशल देशाचा राजा प्रसेनजित याची राजधानी ही वैशाली होती. या प्रसेनजित राजाला अनेक राण्या होत्या. या राण्यांमधिल 'मल्लिका' ही प्रमुख राणी होती. ती बौद्धधम्मात योग्य विद्वान आणि आस्थावान होती. एकदा प्रसेनजित राजा हा महालात बुद्धाशी धम्मावर चर्चा करित होता. एवढ्यामध्ये महालातून एक दुत आला आणि त्याने राजाला सांगितले की, आपली प्रमुख राणी मल्लिका हिने एका पुत्रीला जन्म दिलेला आहे. ही वार्ता ऐकून प्रसेनजित राजा हा अतिशय दुःखी झाला. बुद्धाने त्याला झालेले दुःख बघून राजाची कानउघडणी केली आणि पुढील उपदेश दिला, 'स्त्रीया ह्या पुरुषापेक्षा योग्य आणि सुंदर असतात. त्यामुळे त्याकन्वेचे तुम्ही पालनपोषण करा. या जगात बहुतेक स्त्रीया बुद्धिमान, चारित्र्यवान, गुणवान असतात. त्या आपल्या सासुला देवीसारख्या मानतात आणि स्वतःही पवित्र असतात. त्यामुळे आपल्याला झालेली कन्या ही एखाद्या राजाची महाकुलीन पत्नी बनून एका श्रेष्ठ मुलाला जन्म देईल. जो मुलगा पुढील काळात चक्रवर्ती सम्राट बनेल. त्यामुळे आपणास झालेले दुःख हे चुकीचे आहे.

बुद्धांच्या या विचारांमुळेच बौद्धकाळात स्त्रियांचा विकास होत गेला. स्त्रियांना सर्वच क्षेत्रात प्रचंड प्रगती साधता आली. बुद्धांच्या या शिवादी विचाराबाबत श्रेष्ठ इतिहास्कार डॉ. के. धम्मनंद म्हणतात की, 'बौद्धधर्म वगळता जगातील सर्वच धर्मात स्त्रिला दुय्यम स्थान दिलेले आहे. ईशासन धम्मानुसार, ईशामशी ईश्वराचे पुत्र होते. हिंदू धर्मानुसार स्वर्गप्राप्तीसाठी पुत्र होणे आवश्यक आहे. विधवा स्त्रिला पुनर्विवाहाचा अधिकार नाकारला गेला. सती प्रथा कार्यरत होती. विधवेला मंगल प्रसंगी उपस्थित राहता येत नसे. अशाप्रकारे नाकारलेल्या स्त्रियांना जन्मापासून तर निर्वाणपदापर्यंत पुरुषांच्या बरोबरीचे स्थान हे फक्त बुद्ध धर्मानेच दिलेले आहे.'

वैज्ञानिक प्रोफेसर पी. लक्ष्मी नरसु यांच्या मते : भारतीय स्त्रियांना खऱ्या अर्थाने स्वातंत्र्य व समतेचा आधार हा बुद्ध धम्माने दिलेला आहे. तर महाभारतात स्त्रियांची फार अवहेलना केल्याचे त्यांनी मांडलेले आहे. ते अवहेलना मांडतांना म्हणतात की, 'There is the well known declaration of the scriptures that women are incompetend to enjoy freedom at

any period of their life. Even if high born and endured with beauty and possessed of protectors women wish to transgress the restraints assigned to them. There is nothing else more sinful than women.' ते या पत्नीकटे जानून स्त्री अवहेलना मांडतांना मनस्मृतीचा आधार देतात, ते म्हणतात,

पुत्रेण लोकाच्चति पीवाणन त्वमनुते
अथ पुत्रस्य पीत्रेण ब्रह्मनस्याग्नेतिविष्टाम्
पुनाम्मा नरका द्यस्मात्तावते पितरं सुतः
तस्मात्पुत्र इति प्रोक्तः स्वयमेव स्वययुवा

अर्थात : पुत्राच्या जन्माने स्वर्ग प्राप्त होते, नातू झाला तर चिरकालापर्यंत स्वर्गात राहायला मिळते, त्यापलिकडे प्रौढांना जन्म झाला तर सुर्यलोकामध्ये वास करायला मिळतो, ज्या कारणाने पुत्र पु नामक नर्कापासून पितांचा उद्धार करतो, त्याचप्रमाणे स्वयं ब्रह्माने आपल्यापासून उत्पन्न झालेल्यांना आपले पुत्र म्हणले आहे, तर चाहीपलिकडे ते तुलसिदासांचा रामायणाचा दाखला देतांना म्हणतात की,

दोल्हक, शुद्र पशु और नारी
ये सब ताडन के अधिकारी

अर्थात : शुद्र व्यक्ती, पशू आणि नारी यांची वर्गवारी एकच आहे, त्यांच्या स्वभावानुरूप ठोकर बसल्याशिवाय ते कार्य करीत नाहीत. मर्यादा पुरुषोत्तम रामाने राज्यातील परिटाच्या सांगण्यावरून सीतेला अरण्यात राहावे लागले. सीतेला रात्रीच्या वेळी जंगलात सोडून देण्यास सांगितले यावरून भारतीय स्त्रियांची वास्तवीक स्थिती लक्षात येते. अशा स्थितीमध्ये बुद्धाने स्त्रियांना समान लैंगिक त्यांचा उत्कर्ष घडवून आणला.

एकंदरीत बुद्धपूर्व काळात भारतीय स्त्रियांची स्थिती हि अतिशय वाईट होती. सुलतानशाहीच्या कालखंडात स्त्रियांना कोठेही सन्मानाची वागणूक दिली जात नव्हती. मात्र स्त्रियांना सर्व अधिकार, शिक्षण देण्याचे कार्य हे बुद्ध काळातच झाले, त्यामुळे बुद्ध हा स्त्रियांचा प्रथम उद्धारक ठरतो.

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