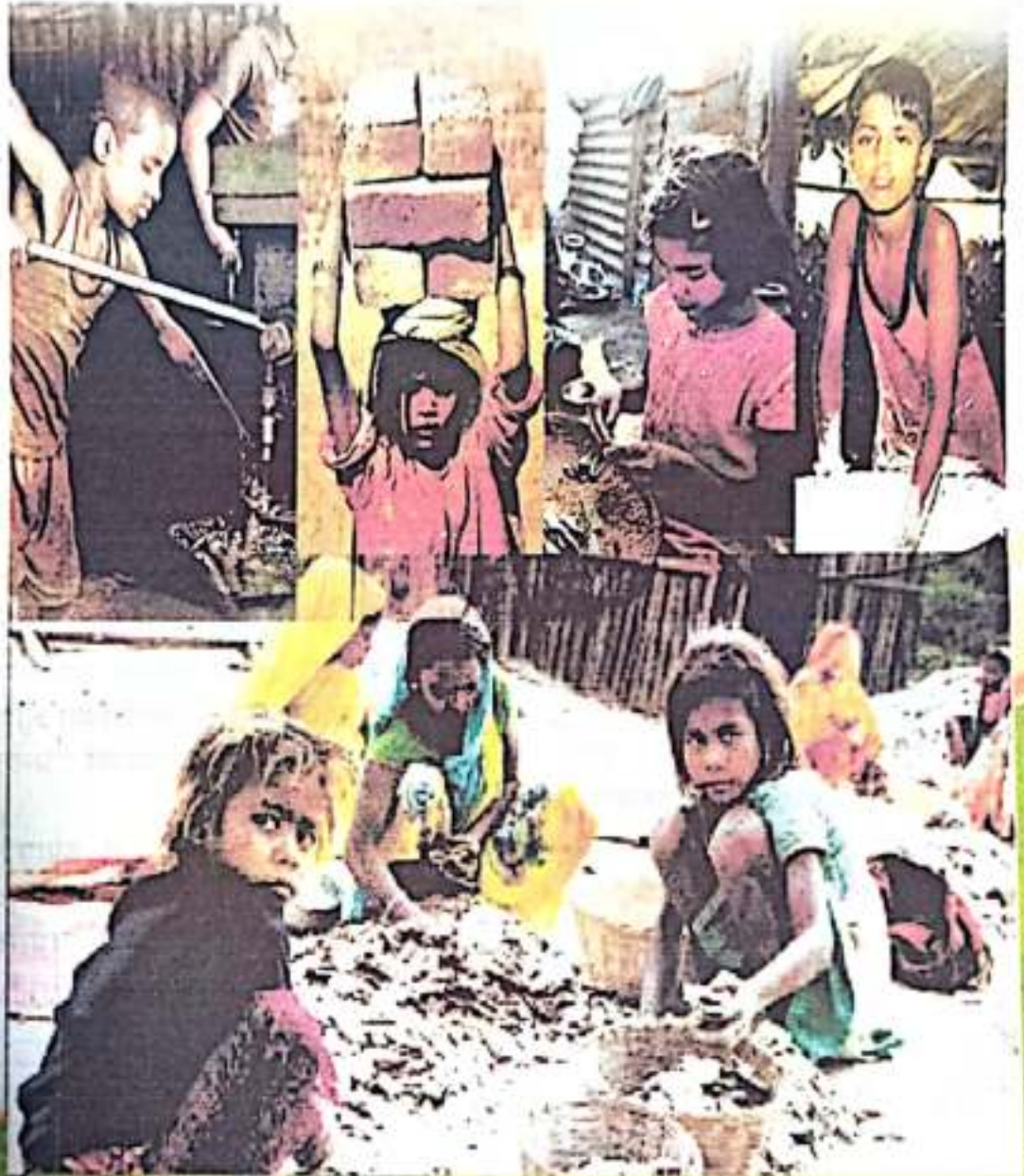


बालमजुरी समस्येमागील कारणे व उपाय

डॉ. अंजली चंद्रकांत पांडे (तेपे)



Principal
Narayanrao Rana Mahavidyalaya
Badnora





डॉ. अंजली चंद्रकांत पांडे (चेपे)

बडनेरा, जिल्हा-अमरावती येथील नारायणराव राणा महाविद्यालयातील गृहअर्थशास्त्र विभागाच्या विभाग प्रमुख म्हणुन डॉ. अंजली चंद्रकांत पांडे (चेपे) या कार्यरत असुन, एक सामाजिक जाणिव ठेवणाऱ्या प्राध्यापिका म्हणुन त्या सुपरिचित आहे.

सामाजिक, संस्कृतिक व इतर क्षेत्रात रुची ठेवणाऱ्या, उपेक्षित, भटक्या आणि मजूरी करणाऱ्या बालकांच्या हक्कासाठी झटणा-या, त्यांना समाज प्रवाहात आणण्यासाठी तसेच त्यांना शालेय जिवनात समाविष्ट करण्यासाठी व त्यांच्या राहणीमानाच्या दर्जात सुधारणा होण्यासाठी तळमळ असणाऱ्या व त्यांच्या उत्थानाकरीता झटणाऱ्या म्हणुन त्या सुपरिचित आहे.

शासनातर्फे अशा बालकांसाठी होणाऱ्या प्रत्येक कार्यक्रमात त्यांचा आवर्जुन सहभाग असतो.

त्यांचे बालमजूरी समस्येमागील कारणे व उपाय हे प्रकाशित होणारे पुस्तक बालमजूरी निर्मुलनार्थ कार्य करणाऱ्या अभ्यासक, विद्यार्थी, सामाजिक संस्था, गैर सरकारी स्वयंसेवी संस्था इ. यांना उपयुक्त राहील अशी मला खात्री आहे.



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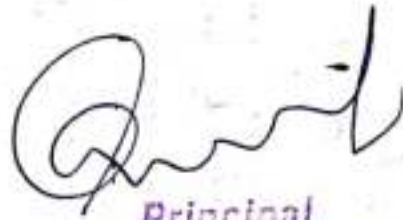


बालमजुरी समस्येमागील कारणे व उपाय

लेखक

प्रा. डॉ. अंजली चंद्रकांत पांडे (चेपे)

सहयोगी प्राध्यापक, नारायणराव राणा
महाविद्यालय, बडनेरा, जि. अमरावती



Principal

Narayanrao

Badnera



आधार पब्लिकेशन, अमरावती

महिलांची परीवर्तनशील भुमिका

(कोरोना काळातील परिस्थितीवर आधारित)



प्रा. डॉ. मंजिरी मिलिंद चेपे
डॉ. सुनिता बाळापुरे



About the Editors



प्रा. डॉ. मंजिरी मिलिंद सेवे नारायण राणा महाविद्यालय, बडनेरा, जिल्हा-अमरावती येथे गृहअर्थशास्त्र विषयाच्या विभाज प्रमुख म्हणून या २१ वर्षांपासून कार्यरत असून, एक सामाजिक जागृक ठेवणाऱ्या प्राध्यापक म्हणून त्या सुपरिचित आहे. त्यांचा पी.एच.डी संशोधनाचा विषय "अमरावती जिल्हा नागरी क्षेत्रातील बालमजुरी समस्ये बाबत कारणे व उपाय" हा असून त्यांचे आजपर्यंत

२५ शोधनिबंध वेगवेगळ्या नामांकित राष्ट्रीय व अंतरराष्ट्रीय जर्नल मध्ये प्रकाशित झालेले आहे. त्यांनी आजपर्यंत अनेक घर्षासत्र/ परिषद/कार्यशाळेमध्ये सहभाज बोंदविला असून, त्यामध्ये त्यांचे लेख सुध्दा प्रकाशित झालेले आहे. त्यांना कॉलेज टाईम्स, एज्युकेशन म्युजपेपर व म्युज चॅनेल यांच्या तर्फे त्यांच्या गृहअर्थशास्त्र विषया संदर्भातील केलेल्या कार्याबद्दल महाराष्ट्र गुरू गौरव पुरस्कार २०१९ ने गौरविण्यात आलेले आहे.



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

प्रस्तावना

ताण ही व्यक्तीच्या जीवनातील गतिशील अवस्था असून जी समायोजनाच्या गरजा पूर्ण न झाल्यास उद्भवते. ताणाची संकल्पना हि सर्वप्रथम हॅन्स यांनी मांडली. ताण ही संकल्पना उद्दीपक त्यास दिलेल्या प्रतिक्रिया किंवा या तिन्ही घटकांचा परिपाक होय. सोप्या भाषेत सांगायचे झाल्यास ज्या एका मानसीक अवस्थेमुळे शरीर स्वास्थ प्रभावित होते ते म्हणजे तणाव होय. ज्या घटनेमुळे शारीरिक मानसीक कार्यक्षमतेत विघटन घडून येते किंवा धोका संभवतो अशा घटनांद्वारा उद्भवणारी प्रक्रिया म्हणजे तणाव होय.

आजचा काळ हा चिंता निर्माण करणारा काळ झालेला आहे. आता या चिंतेची जागा तणावाने घेतलेली आहे. लॉक डाऊनच्या या काळात झपाट्याने बदलणाऱ्या परिस्थितीशी जुळवून घेणे प्रत्येकास कठीण जात आहे. मनातील अनावश्यक व नकारात्मक विचारांच्या गर्दीमुळे मनाची जी स्थिती होते तिला 'तणाव' म्हणतात. तणा हा शारीरिक व मानसिक असू शकतो.

आजच्या काळात (लॉकडाऊनच्या परिस्थितीत) ताण सर्वांना अनुभवावी लागणारी बाब झाली आहे. या अशा वातावरणात फारच थोड्या व्यक्ती ताणाचे चांगल्याप्रकारे व्यवस्थापन करतांना दिसतात. पण हि परिस्थिती पाहता तणाव हा शब्दच आपल्या दिनचर्येचा भाग बनत चालला आहे. जगण्यातले सर्वच आनंदाचे क्षण हे स्पर्धा, ओढाताण, आटापिटा करून मिळवायचे नाहीत. तर लॉकडाऊनचा हा काळ आपल्यासाठी एक नवी संधी किंवा स्वतःहास बदलणे आपल्यातील आवड जोपासणे असा छोटा—छोटा आनंद मिळऊन देणारे प्रसंग अनुभवल्याचा काळ म्हणावा. या

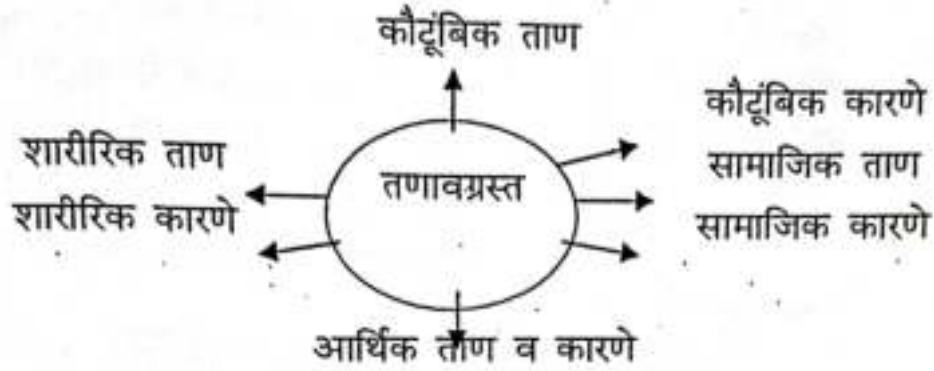
आनंदाचे पुरेसे भान राखलांस कुठलेच ताण जगण्यातला आनंदापेक्षा वरचढ ठरू शकत नाहीत.

ताणतणावाचा अर्थ — ताण निर्माण करणारे घटक किंवा ताणके यामुळे प्रत्यक्षात ताण निर्माण होतो. ताण निर्माण झाल्यानंतर त्याचा जो परिणाम होतो, त्यास आपण तणाव म्हणतो, म्हणजे तणाव हा शब्द परिणामाशी निगडीत आहे. दैनंदिन वापरात मात्र 'ताणतणाव' असा एकत्र आणि जवळ पास एकाच अर्थाने शब्द प्रयोग वापरतो "ताण हा परिणाम ज्या एका किंवा अनेक घटकांमुळे निर्माण होतो. त्यास ताणके" असे म्हणतात.

ताणाचे स्वरूप — ताण एक बहुआयामी, संमिश्र अशी प्रक्रिया असून सभोवतालच्या वातावरणातील काही घटक व परिस्थितीला अनुलक्षून केलेली प्रतिक्रिया यातून ताण व्यक्त होती. प्रत्यक्ष ताण निर्माण करणारे घटक व इतर परिस्थितीमुळे आलेले घटक समाविष्ट असतात. अशा उपघटकांवरच ताणाचे परिणाम अंवलबून असतात.

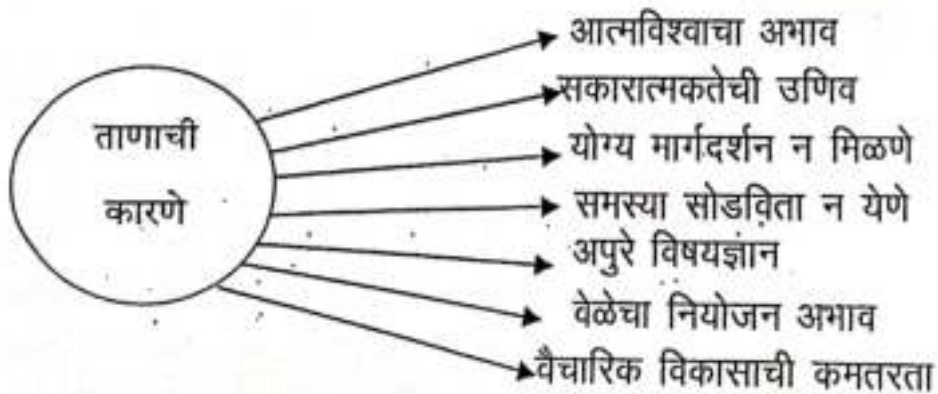
उदा — आज कोरोनाचे घराघरात निर्माण झालेले वातारण यामुळे महिलांची संध्रमा अवस्था याकारणामुळे तणावजन्य परिस्थितीचा परिणाम तिच्या आरोग्यावर ताण स्वरूपात निर्माण होतो. यामुळे तिच्या मनाची असंतुलित स्थिती निर्माण होते. त्यातून ताणाचा परिणाम दिसून येतात. उदा. रक्तदाब वाढणे, सततची चिडचिड, शारीरिक आजार इत्यादी. ब्राऊन व मॅकगिल यांच्या मते "ताण जसा दुःखद अनुभवांमुळे येतो, तसाच काही वेळेला तो सुखद अनुभवामुळे ही येऊ शकतो."

उदा — नोकरीचा पहिला दिवस, व्यवसायाची सुरुवात मुलीचे ठरलेले लग्न इत्यादी. टॅरिस पॉल असे ही म्हणतात कि बऱ्याच व्यक्ती अत्युच्च ताणतणावाखाली वावरत (जगत) असतात. ताणाचे प्रकार — कौटूंबिक ताण, आर्थिक ताण, सामाजिक वातावरणातील ताण, मानसिक ताण, शारीरिक ताण, स्पर्धेतून येणारा ताण अपेक्षित ताण, सुखकारक ताण, नकारात्मक ताण, विघातक व असुखकारक ताण, शारीरिक ताण, भावनिक ताण इत्यादी.



जेव्हा ताणाची पातळी हि वाजविपेक्षा जास्त किंवा खूप कमी असते, तेव्हा त्याचे परिणाम नकारात्मक दिसून येतात.

ताणतणावाचे दुष्परिणाम — जेव्हा ताणतणाव निर्माण होतो त्याचे दुष्परिणाम व्यक्तीच्या शारीरिक, भावनिक, मानसिक, आर्थिक वर्तनातून दिसून येतात. याची संशोधन पुर्ण बातमी टिव्हीवर देखील दाखवली अभ्यासकांनी याचे अध्ययन केले त्यावेळी त्यांनी याकाळात कोरोना काळात विविध इमोजीचा उपयोग केला टॉप १० इमोजीचा लोकांनी वापर केला. यांना रॅकिंग दिले.





एकाग्रतेचा अभाव
चिडचिडेपणा
मनोशारीरिक दुखणे
चिंताग्रस्त असणे
डोके दुखणे
अस्वस्थपणा



ताणतणावाचे व्यवस्थापन :-

- कोणते ही काम करतांना पूर्वग्रह मनात ठेवू नका
- मनावर आणि भावनांवर नियंत्रण ठेवा.
- चिंत स्थिर ठेवून चिंतन मनन करून ताण दूर ठेवता येतात.
- कोणाच्या ही बोलण्याचा सकारात्मक विचार करा.
- कोणत्याही कामाचा ताण येऊ नये यासाठी पूर्व नियोजन करा. त्यानुसार काम करण्याची सवय करा.
- आपल्या स्वतःकरीता वेळ द्या व्यायाम योगासन करा.

कौटुंबिक ताण महिलांवर अधिक जाणवतो मग तो शारीरिक ही असू शकतो, मानसिक ही असू शकतो, भावनिक हि असु शकतो.

सध्याच्या धावपळीच्या व आज नविन आलेली महामारी (पेंडयामीक) परिस्थिती असो. स्पर्धा अस्थिरता, आर्थिक प्रश्न, चिंता कलह, सामाजिक वातावरण, आजारपण लैंगिक समस्या अशी अनेक कारणे व्यक्तीवर ताण निर्माण करू लागले आहे. याचाच परिणाम प्रत्येकाच्या मानसिक तेवर होऊन अनेक मनोव्याधी निर्माण होऊ लागल्या आहेत, यासर्व गोष्टींचा परिणाम स्त्री, पुरुष बालक, अर्थकारण, समाज व्यवस्था यावर देखील नक्कीच होतांना दिसतो.

उदा. आजच्या लॉकडाऊन (टाळेबंदी) चा काळ मुलांवर समाजात मिसळतांना आजूबाजूला होणाऱ्या घटना, गोष्टींचा त्याच्या मनावर कळत नकळत परिणाम होतोच आहे. यातून ताण-तणावाची निर्मीती होते.

व्यवस्थापन मंत्र (तंत्र) :-

‘तणाव ग्रस्तता किंवा ताणतणाव अनुभवणे हि यातनामय किंवा वास्तवता आहे, प्रत्येकाने नीट लक्ष ठेवावे मग ती महिला असो, पुरुष आबाल-वृद्ध असोत प्रत्येकाने आपापल्या परीने ताणाची तिब्रता कमी करणे तिच्यातून मुक्त होण्याचा मार्ग शोधने अथावा तो सुसह्य कसा होऊ शकेल या दिशेने प्रयत्न करायला पहिजेत. याला ताणतणावाचे व्यवस्थापन अथवा तणावाचे तंत्र म्हणून वापर करावा.

आजच्या कोविड-१९ किंवा लॉकडाऊन अशा काळ, महिलांनी आपली जीवनशैली व कुटूंबाकरीता थोडी बदल करावी म्हणजे जाणवणारा ताणतणाव अथवा होणारी शारीरिक, मानसिक, ओढाताण कमी करता येऊ शकेल त्यासाठी रोजच्या दिनक्रमात जीवनशैली बदल करावा स्वतःकरीता वेळ द्यावा. जसे स्वतःला जाणून घ्यावे आपल्यासाठी हि एक संधी समाजवी आपल्या या आवडीचा छंद, गोष्टी यांना प्राधान्य द्यावे. तसेच स्वतः हा ला जाणून घेतांना कामाचा क्रम कामाचे महत्व निश्चित करावे. कोणत्या प्रकारचा ताण जाणवतो. याच्या खाणाखुणा ओळखणे, महिलांनी स्वतःहाला जाणवणारी तणाव प्रतिक्रिया लक्षात घेणे उदा - दुःख भावना, अथवा दुःख देणाऱ्या गोष्टी यांना मनाच्या कप्पापर्यंत पोहचू न देणे किंवा दुखाचे गाढोडे सरळ वेशी वर (खुंटीवरच) टांगणे समोर येणाऱ्या समस्या, अडचणी यांना सामोरे जाणे, हिंदी मध्ये एक म्हण आहे ‘डर के आग जीत है’ यामुळे तणावात्मक परिस्थितीचा सामाना करणे कठीण वाटणारच नाही. मनातल्या मनात कुढत राहण्यापेक्षा मनातील भावना विचार किंतुपर्यंतच्या गोष्टी बोलून मोकळ्या व्हाव्यात आपल्या समवयस्क मैत्रीणी सोबत इच्छा, भावना आकांक्षा अपेक्षा बोलून व्यक्त कराव्यात. त्यामुळे निम्मा ताण कमी होतो.

सहनशीलता वाढविणे किंवा आपल्या मेंदूला अफर्मेशन देणे कि या अशा काळात देखील मी आनंदी आहे. माझे मन शक्तीशाली आहे ‘मी निर्भय आहे माझे शारीरिक आरोग्य व मानसिक आरोग्य निरोगी व सुदृढ आहे. सभोवताली घडणाऱ्या घटनांचा मी त्रास करून घेत नाही मी तनदुरूस्त माणूस आहे.

आज आलेली महामारी कोविड-१९ या करीताच आपण आपल्या जीवन जगण्याच्या जीवनशैलीत बदल करावयाचा आहे, असे नाही, तर सतत जाणवणारी स्पर्धा रोज होणारी धावपळ, समाजात शामिल होतांना होणारा त्रास, विविध अडचण उदा-आर्थिक अशा वेळी आपल्या गरजांचा प्राधान्यक्रम ठरवावा व उपयुक्त आवश्यक निकड (गरज) यांना प्राधान्य देऊन आपल्याला योग्य (समर्पक) जीवनशैलीची निवड करावी. यातूनच तणावरहित जीवन जगता येते. आपल्याला संत माहात्मे यांनी सांगितले. "पृथ्वी प्रत्येकाच्या गरजा भागविण्याइतकी समर्थ आहे. पण हाव भागविण्याइतकी ती समर्थ नाही. म्हणजे कुठली ही गोष्ट मिळविण्यासाठी (हव्यास) अटहास न करता जीवनाकडे पाहण्याचा दृष्टीकोन हा सकारात्मक असावा याला तणाव तंत्रात फार महत्त्व आहे.

योग आणि ध्यान धारणा :-

२१ जुन हा योग दिवस फार मोठ्या प्रमाणावर आपण आता साजरा करू लागलो आहोत. पूर्वी वेदकाळात ध्यानधारणा व योगासने यांना महत्त्व दिल्या जायचे कारण कोणती हि स्थिती, परिस्थिती असली तरी त्याकरिता शरीर व मन हे कणखर असायलाच पाहिजे अशा शिक्षण पध्दतीचा उपयोग होत होता.

आजची विचार करता प्रत्येकास मग तो प्राध्यापक, शिक्षक, कर्मचारी, विद्यार्थी, महिला व पालक असो यांना कळत न कळत समाजाशी समायोजन साधावेच लागते तसेच धावपळीच्या जगण्यात 'ताण' त्याच्या वर ही हल्लाबोल करतोच. या ताणवग्रस्त वाटणाऱ्या वातावरणावर मात करण्याकरिता योगा, व्यायाम याची मदत घेणे गरजेचे आहे. प्राणायाम मेडीटेशन मॉर्निंग वाक या पध्दतीचा दिनचर्येत समावेश करणे, आज फिट राहण्यासाठी आनंदी व तणाव रहीत राहण्याकरीता गरजेचे आहे. योगक्रिया प्रक्रियेमुळे - शरीर, मन आत्मा यांचे संतुलन आणण्यात फार मदत होते.

या लॉकडाऊनच्या काळात सर्वच व्यवसाय रोजगार बंद आहेत, मिळणारे उत्पन्न घटले आहे. कसे होणार पुढे असे अनेक विचार सर्व समाजात वावरणाऱ्या व्यक्ती तसेच कुटूंबच्या मनात पोगावत आहे. काळजी युक्त, भिती युक्त वातावरण जाणवते आहे. या सर्वातून बाहेर पडण्याकरीता योगसाधना हा प्रभावी उपाय ठरतो.

योगाची व्याख्या "मानवाचा सर्वोत्कृष्ट विकास करण्यासाठी त्याचे लौकिक व आध्यात्मिक जीवन, सुखी व संपन्न करण्यासाठी ज्या सर्व प्रक्रिया केल्या जातात, त्याला योग असे म्हणतात"

योगशास्त्र शरीर, मन यांना महत्त्व दिल्या गेले आहे. याचे कारण शरीरात (घडणाऱ्या) होणाऱ्या विविध क्रियांची सुरुवात मनातून होते. मन हे शरीरापेक्षा प्रभावी आहे. शरीर सर्व संस्थांचे कार्य नियंत्रण मेंदू करतो आणि मेंदू (बुद्धी) याचे नियंत्रण मन नावाचा अवयव करित असतो. योगशास्त्राची विभागणी चार भागात करून महर्षी 'पतंजलीना' १९६ सुत्रांतून हे शास्त्र जगासमोर मांडले.

मानसिक ताण तणावाला दूर ठेवायचे असल्याधारणा व योग फार महत्वाचे ठरतात.

'धारणा' — म्हणजे ध्यानाची प्राथमिक अवस्था आहे. मन जर नियंत्रणात ठेवायचे असेल तर श्वास व प्रश्वास यावर नियंत्रण आवश्यक आहे. यामुळे मनात येणाऱ्या नाना तऱ्हेच्या नकारात्मक विचारास दूर ठेवण्यास मदत होते यासाठी शरीराच्या एखाद्या भाग किंवा शरीराच्या बाहेरच्या वस्तू केंद्र बिंदू ठरवित मनाचे लक्षण त्यावर एकाग्र करण्याच्या प्रक्रियेतला 'धारणा' असे म्हणतात.

आपणा सर्वांना 'श्री.श्री. रविशंकर,' योगगुरू रामदेव बाबा तसेच Spiritual आध्यात्मिक योगा यांचे महत्त्व हि सर्व मंडळी सतत सांगत आहे. श्री.श्री. रविशंकर यांनी सुदर्शन क्रियेचे महत्त्व मांडले तर रामदेव बाबा योगा से होगा असे म्हणत प्रत्येकास प्राणायाम व व्यायाम यांचे धडे देत आहे.

ध्यान — ही धारणेची प्रगत अवस्था आहे. आज यास मेंढीटेशन असे म्हटले जात आहे. थोडक्यात एकाग्र करण्याचे तंत्र म्हणा किंवा मंत्र म्हणा. या साधनाना योग साधनेचा अभ्यास आज प्रत्येकानेच करावा असे वाटत आहे. लहान बालक देखील आज (स्ट्रेस) Stress मध्ये आहे असे म्हणत आहे. यासर्व तणावापासून दुर राहण्यासाठी व्यायाम व योग प्रत्येक कुटुंबानी घरच्या घरी केल्यास संपूर्ण वातावरण आनंदी राहण्यास मदत होईल.

तणाव टाळण्याचे उपाय :- ताण तणाव म्हणा किंवा स्ट्रेस हा शब्द म्हणा हे टाळणे शक्य आहे. यासाठी तात्पुरते उपाय व दीर्घकालीन उपाय करता येतात. दीर्घकाळासाठी वर सांगितल्याप्रमाणे प्राणायाम व ध्यान धारणेची मदत घ्यावी तर तात्पुरते उपायांकरिता.

- कोणत्या ही गोष्टीवर तात्काळ मत अथवा प्रतिक्रिया देणे टाळावे.
- कामाच्या प्रकाराला यादी करून प्राध्यान क्रम ठरवून करावा.
- काही वेगळे छंद जोपासावे.

तणाव मुक्त जीवन आपल्या स्वतःच्या व आपल्या सोबत राहणाऱ्या कुटूंबातील प्रत्येक सदस्याच्या आयुष्यात आनंद निर्माण करते. म्हणून मिळालेल्या जीवनाचा प्रत्येकानेच मनमुराद आनंद घ्या.



Principal
Narayanrao Rana Mahavidyalaya
Badnera

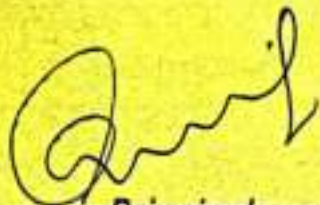


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मानवी विकासात्मक अवस्थेनुसार दैनंदिन जीवनात आहार शास्त्राचे महत्त्व





Principal
Narayanrao Rana Mahavidyalaya
Badnera



प्रा. प्राची बा. भांबुरकर

अनुक्रमणिका

प्रकरण	विषय	पृष्ठ क्रमांक
१	गर्भावस्था आणि आहार प्रा. प्राची बा. मांबुरकर	१ ते १४
२	स्तनपान अवस्थेतील मातेसाठी आहार आयोजन प्रो. डॉ. सुनिता श्रीकृष्ण बाळापुरे	१५ ते २०
३	शैशवावस्था (आहार आरोग्य कपडे झोप आणि सवयी) प्रा डॉ. स्वाती एस.वैद्य	२१ ते ३१
४	पूर्व बाल्यावस्थेतील वैकासिक कार्यात आहाराचे महत्त्व प्रा. डॉ. किरण आर. बेलुरकर	३२ ते ४४
५	उत्तर बाल्यावस्था आणि समतोल आहार प्रा.डॉ. स्वप्ना एस देशमुख	४५ ते ५३
६	पौर्गंडावस्थेत आहाराचे महत्त्व प्रा.डॉ. मंजिरी चेपे	५४ ते ६५
७	किशोरावस्थेतील मुली व त्यांच्या आहाराचा त्यांच्या आरोग्यावर होणारा परिणाम प्रा.डॉ. दयाश्री वि. कोकाटे	६६ ते ७९
८	तरुणावस्था आणि आहाराचे महत्त्व प्रा.डॉ. नीता गिरी	८० ते ८४
९	प्राौढावस्थेतील आहार डॉ. सारीका एन् दांडगे (बोदडे)	८५ ते ९४
१०	वृद्धावस्था आणि आहार डॉ. सुवर्णा विष्णु तायडे	९५ ते ९९

प्रकरण - ६

पौगंडावस्थेत आहाराचे महत्त्व

प्रा. डॉ. मंजिरी चेपे
गृहअर्थशास्त्र विभाग प्रमुख,
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 वयानसार म्हणजे (10 वर्ष ते 19 वर्षा पर्यंतचा काळ) आणि दुसरी म्हणजे विशिष्ट गुणधर्म असलेल्या जीवनाच्या टप्प्यानुसार गुणधर्म पुढील प्रमाणे :

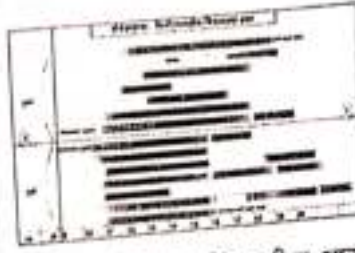
- द्रुत गतीने शारीरिक वाढ आणि विकास
- शारीरिक, मानसिक, सामाजिक परिपक्वता
- लैंगिक परिपक्वता
- प्रायोगिता

पौगंडावस्थेतील विकासातील महत्त्व

सहज बोली बोलतांना मुले आता वयात आली अशा शब्द प्रयोग होतांना नेहमीच दिसतो. वयात येणे सामान्यता वय वर्ष 10 आणि वय वर्ष 16 च्या 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, जीवनातील होणारे बदल.

याबदलांची काही लक्षणे वयात येण्याच्या प्रक्रियेत याप्रमाणे



- हात, पाय, बाहू (दंड) नित्य आणि छातीचा आकारात वाढ
- शरीरातील आंतरगत इंद्रियांची निर्मिती होऊ लागणे आणि त्यातून द्रवांची निर्मिती होऊ लागणे.
- त्वचा आणखी तैलीय होऊ लागणे
- काख, पाय, हात, याठिकाणी कंसे येणे
- यावेळेसच या वयातील मुला, मुलींना शरीराची मुलभूत निगा घ्याव्यात. 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 'स्निग्ध' चे अधिक प्रमाणात निर्माण होऊन लागल्याने तारुण्यपिटीका (पिंपल्स) अधिक दिसून येते यावर उपाय म्हणजे त्वचा स्वच्छ ठेवणे सर्वोत्तम उपाय.
- पोषक आहार आवश्यक आहे. पोटनगर आहार घेणे.
- तसेच याठिकाणी आघर्जन उल्लेख करावासा वाटतो तो असा की 2019 ते 2022 या कोरोना काळात आपण सर्वजण एका विशिष्ट भितीच्या दडपणाखाली यावरतो 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 कुटुंबातील 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, वडील) कायम मुलांच्या चांगल्या हिताचाच विचार करतात.
- आपल्या आई, वडील, भाऊ, बहिण कुटुंबातील इतर सदस्यांसोबत मोकळ्या गप्पा माराव्यात, त्यांच्या सोबत प्रामाणिक राहावे.
- पालकांसोबत वात्सलपुर्ण, प्रेमपूर्वक वागणूक असावी त्यांची काळजी घ्यावी, आदर करावा.

दोघांनी एकमेकांच्या भावना समजून घ्याव्यात. निर्माण झालेल्या समस्यांवर एकत्र बसुन विचारविनिमय करुन समस्या सोडवाव्यात. असे केल्यास समाजात निर्माण झालेल्या वर्तमान पत्रात येणाऱ्या रोजच्या बातम्या आत्महत्या, धोरी, 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. वयापरतवे 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 साहयक 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 उद्भवण्यावचे हे वय आहे. वागण्या बोलण्यातील बदल खाण्यापिण्याच्या आवड निवडतील बदल, चिडचीड, 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

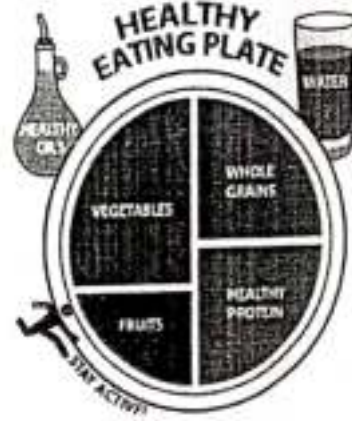
सुरक्षित आर्थिक दृष्टीने परवडणारी सार्वजनिक वाहतूक सेवा उपलब्ध करून देणे.

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 महत्व :-

या अवस्थेकरिता आहार आणि पोषण योग्य होणे अत्यंत गरजेचे आहे. याच काळात मुलांमुलींमध्ये अनेक प्रकारे शारीरिक व मानसिक स्थितंतरे होत असण्याचा हा काळ. योग्य मात्रा 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 जीवनसत्त्वाची कमतरता दिसून येते उदा. मुली-अनिमिक दिसतात लोहांची कमतरता कमी असणे पोटभर न जेवणाची सवय, बाहेर पदार्थ खाण्याकडे असणारा यांचा कल लवठपण 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 व निरोगी सृष्टी आरोग्य पूर्ण सवयीमुळे जगभर दिसु लागलेल्या लवठपणाशी 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 पध्दतीने 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 मुलभुत 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 जो मज्जातंतू आणि रक्तवाहिण्यात असतो बाहेरून हाडांची व सुरक्षा करतो. (Compact bone) या घटकांपासून हाडांचे बाहेरील आवरण तयार होते. हे हाडांवर फारदाट असते.

कॅल्सल 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 सांघे मधील लवचीक वाढू शकते. हाडांमध्ये बळकटी राखण्यास मदतच होते.

पूर्वीच्या काळापेक्षा आजच्या घावपळीच्या जीवनशैलीमुळे स्त्रियांमध्ये हाडांच्या तक्रारीचे प्रमाण हाढतेच 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 एस्ट्रोजन हार्मोनचे उत्पादन शरीरात हाडांच्या घनतेचा समतोल राखते. जसे या एस्ट्रोजन हार्मोनच्या उत्पादनाची कमतरता असल्यास घनतेचा समतोल राखण्यास या बाबीचा व्यत्यय घेतो आणि ओस्टियोपोरोसीस होऊ शकतो.

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

- रजोधर्म न येणे
- रजोधर्म नियमित नसणे

➤ प्रथम र

➤ Early ।

हाडांची

पौगंडावस्थेत

या उ

घटकांचा समा

प्रोटीन

पलूराईड, के

चीज बटर,

राजगीरा यु

टोफूधीक्की, ।

बनाना चिप्स

वाढविण्यास ।

श्रेण

लहान मुले

मुली

स्त्रीया

गर्भवस्ती

➤ प्रथम रजोधर्म फार उशीरा सुरु 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, जीवनसत्त्व, ड पलूराईड, के जीवनसत्त्व, दूध दूधाचे पदार्थ काही डेअरी पदार्थ - पनीर चीज बटर, फोर्टिफाईड दूध मासे, मांस, मोड आलेली कडधान्य, राजगीरा युक्त पदार्थ, सोयाचंम्स, सोया मिल्क, पिनट बटर, टोफूचीवकी, रिकम्ड, मिल्क, मोऊनीज, पालक, सुकामेवा, खोबरा, बर्फी, बनाना चिप्स, शिरीदांडका चटणी, दही, शरीराचे मोटाबोलिझम वाढविण्यास विटॅमिन डी महत्वाचे कार्य करते.

रोजच्या आहारातील कॅल्शियम प्रमाण

श्रेणी	वय	प्रमाण
जहान 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

अन्नस्रोत डेअरी	देण्याचे मापन	प्रमाण
साधे दुध	1 कप 250 मिली	285
स्क्रिड 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 व्यायात करणे तसेच कॅल्शियमचे प्राप्त होण्याच्या पदार्थांचा आहार आर्वजून समावेश करणे गरजेचे आहे.

आजच्या तरुण पिढीसाठी काही नवीन पदार्थ आहारात सुचविलेले आहे.

➤ तंतू
➤ कुटि
➤ ब्रोव
➤ Vita
➤ ओट
➤ एग्ज
न

आहे

३

काळ या
अत्यंत मा
विशेष मा
टेस्टोस्टे

३

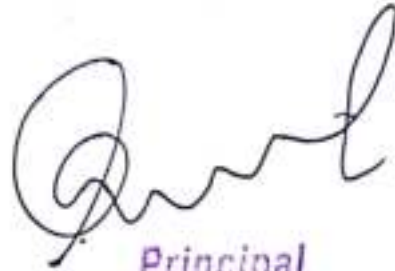
उपजिवि
वातावरण
कर्तृत्वान
समाजवि
नेता येते

- 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 सुरु होण्याचा काळ यास म्हटले जाते. मुलामुलींच्या भावि जीवननाकरिता हा काळ अत्यंत महत्वाचा असतो मानसशास्त्र अभ्यासकांनी देखील या अवस्थेला विशेष महत्त्व दिले आहे. जे शारीरिक बदल होतात त्यात मुलांमध्ये टेस्टोस्टेशन तर मुलींमध्ये इस्टोजेन ही संप्रेरके कारणीभूत असतात.

प्रौढावस्थेत 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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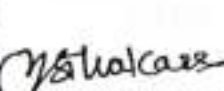
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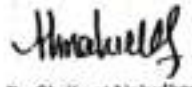
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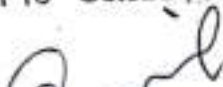

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Athletic performance and recovery from training are enhanced by attention to nutrient intake. Optimal needed to support regular training and peak performance. As training demands shift during the year, athletes need to adjust their caloric intake and macronutrient distribution while maintaining a high nutrient dense diet that supports their training and competition nutrient needs. The following key points summarize impacts of training on energy, nutrient and fluid recommendations for competitive student-athletes as recommended by the college of Sports Medicine.

Carbohydrate. The primary fuel for higher intensity activity is required to replenish liver and glycogen stores and to prevent low blood sugar (hypoglycemia) during training and performance. Carbohydrate intake has been well documented to have a positive impact on adaptation to training, performance and improved immune function. During base training, a daily intake to between 5-7 grams of carbohydrate per kilogram of body weight per day is advised. As training intensity and/or volume increase, carbohydrate need may easily exceed 10 grams of carbohydrate per kilogram of body weight. Athletes could begin to think about fueling for stores, can be calculated based on 1-1.2 grams of carbohydrate per kilogram of body weight and should be consumed immediately following training sessions 90 minutes or less intensity shorter duration training sessions. Within 2 hours following training, additional carbohydrate will help continue glycogen repletion. Experts in performance nutrition recommended athletes focus their food choices on less refined types fruits and vegetables are excellent source of high quality carbohydrate.

Protein in the foods is broken down into individual amino acids. Body uses the amino acids to build and repair the various parts of the body. Muscles contain lots of protein. Protein requirements are slightly higher in both endurance (1.2-1.4 grams per kilogram body weight) and strength-training student-athletes (1.6-1.7 grams per kilogram body weight). Fortunately, the higher intakes recommended for athletes is easily achieved in a well balanced diet without the use of additional supplements.

Fat intake is an important source of essential fatty acids and carrier for fat soluble vitamins necessary and are stored in muscle as triglyceride for use during activity. Dietary intake is suggested to be between 20 the diet and the ability to consistently improve performance.

In general, vitamin and mineral supplements are not required if a student-athlete is consuming adequate energy from a variety of foods to maintain body weight. However, the risk of micronutrient deficiencies is greatest in student-athletes restricting calories, engaging in rapid weight-loss practices or eliminating specific foods or food groups from their diet. A multivitamin providing no more than 100 percent of the daily recommended intake can be considered for these student-athletes. Female student-athletes are especially prone to deficiencies in calcium and iron due to the impacts of regular menstrual cycles, avoidance of animal products and/or energy restriction. The diets and iron status of endurance athletes and vegetarians (especially females) should be evaluated. However, mega doses of specific vitamins or minerals (10 to 100 times the dose of daily requirements) are not recommended.

The maintenance or attainment of an ideal body weight is sport-specific and represents an



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Important nutrition regimen, particularly those competing in "weight class" sports (e.g., wrestling, rowing), sports that favor those with lower body weight (e.g., distance running, gymnastics), sports requiring student-athletes to wear body contour-revealing clothing (track, diving, swimming, volleyball) and sports with subjective dodging related to "aesthetics". These student-athletes are encouraged to eat to provide the necessary fuel for performance, yet they often face self or team-imposed weight restrictions. Emphasis on low body weight or low body fat may benefit performance only if the guidelines are realistic, the calorie intake is reasonable and the diet is nutritionally well-balanced.

The use of extreme weight-control measures can jeopardize the health of the student-athlete and possibly trigger behaviors associated with eating disorders. Studies have shown that at least 40 percent of member institutions reported at least one case of anorexia nervosa or bulimia nervosa in their athletics programs.

A more prevalent issue are the large number of sub-clinical or chronically dieting athletes. Department wide efforts to educate staff and student-athletes should include addressing the negative impacts of under fueling and weight/food preoccupation on the athlete's performance and overall well-being. Although dysfunctional eating is much more prevalent in women (approximately 90 percent of the reports in the studies were in women's sports) dysfunctional eating also occurs in men. Female athletes who miss 3 or more menstrual cycles in a year are preoccupied with weight, experience rapid changes in body weight, avoid eating with others, are over focused on shape and food are exhibiting warning signs worth addressing if prevention of eating disorders. The medical examination and updated history bylaw is an opportunity to assess athletes for these risk factors and referral to appropriate professionals for further evaluation and diagnosis is critical.

Body composition and body weight can affect exercise performance but should not be used as the main criteria for participation in sports. Decision regarding weight loss should be based on the following recommendations to reduce the risk of disordered eating.

1. Weight loss (fat loss) should be addressed during base or transition phases
2. Weight loss goals should be determined by the student-athlete, medical and nutritional personnel, with consultation from the coach.

3. Weight loss plans should be individualized and realistic.

For each student-athlete, there may be a unique optimal body composition for performance, for health and for self-esteem. However, in most cases, these three values are not identical. Mental and physical health should not be sacrificed for performance. An erratic or lost menstrual cycle, sluggishness or an obsession with achieving a number on a scale may be signs that health is being challenged.

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Contribution of Various Techniques for Fitness

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1. INTRODUCTION

1. Power Yoga :

Ashtanga Vinyasa Yoga or Ashtanga Yoga is a System of Yoga popularized by K. Pattabhi Jois and which is often promoted as a Modern day form of classical Indian Yoga. Pattabhi Jois began his yoga studies in 1927 at the age of 12 and by 1948 had established an institute for teaching the specific Yoga practice known as Ashtanga (Sanskrit for "eight-limbed"). Yoga power Yoga and Vinyasa Yoga are generic terms that may be refer to any type of various Yoga exercise derived from Ashtanga Vinyasa Yoga.

The term Vinyasa refers to the alignment of movement and breath, a method which turns static Yoga postures into a dynamic flow. The length of one inhale or one exhale dictates the length of time spent transitioning between postures, poses are then held for a predefined number of breaths. In effect, attention is placed on the breath and the journey between the postures rather than solely on achieving perfect body alignment in a pose, as is emphasized in Hatha yoga.

The term Vinyasa also refers to a specific series of movement that are frequently done between each pose in a series. This Vinyasa 'flow' is a variant of surya namaskar, the sun salutation, and is used in other styles of Yoga beside Ashtanga Vinyasa Yoga. A standard Vinyasa consists (for example) of the flow from

caturayga or plank to caturayga dayyasana or low plank, to urdhva mukhaivanasana of upward facing dog, to Adho Mukha Svanasana or downward facing dog.

2. Aerobics :-

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength and cardio-vascular fitness). It is usually performed to music and may be practiced in a group setting led by an instructor (fitness professional), although it can be done solo and without musical accompaniment. With the goal of preventing illness and promoting physical fitness. Practitioners perform various routines comprising a number of different dance-like exercises. Formal aerobics classes are divided into different levels of intensity and complexity. Aerobics classes may allow participants to select their level of participation according to their fitness levels. Many gyms offer a variety of aerobics classes. Each class is designed for a certain level of experience and taught by certified instructor with a specialty area related to their particular class.

Aerobic gymnastics, also known as sport aerobics and competitive aerobics is a type of competitive aerobics involving complicated choreography, rhythmic and acrobatic gymnastics with elements of aerobics. Performance is divided into categories by age, sex and



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groups (individual mixed pairs and trios) and is judged on the following elements, dynamic and static following elements : dynamic and static strength, jumps and leaps, kicks, balance and flexibility. Ten exercises are mandatory : four consecutive high leg kicks patterns. A maximum of ten elements from following families are allowed push-ups, supports and balances, kicks and splits, jumps and leaps. Elements of tumbling such as handsprings, handstands, backs flips and aerial somersaults are prohibited scoring is by judging of artistic quality creativity execution and difficulty of routines. Sport aerobics has state, national and international competitions, but is not an Olympic sport.

3. Reiki :-

Reiki is one of the five streams of Qigong, a form of physical and spiritual discipline originating in China. These five streams include the popular martial arts that employ mostly physical exercise to strengthen body and mind; medical Qigong exercises popular in Japan that combat disease by storing vital energy in the lower abdomen. Confucian Qigong aimed at calming the mind and making it receptive to moral wisdom. Taoist Qigong which includes breathing exercises, internal massage, Visualization and physical exercises to achieve the perfect balance of body, mind and soul, and Buddhist Qigong exercise that focus on the expansion of inner awareness. Reiki is an offshoot of Buddhist Qigong.

The list of benefits attributed to Reiki is long and varied. Benefits include balancing the organs and glands and their bodily functions as well as balancing the energies in the body. Adapting to the natural needs of the receiver, the Reiki energy releases blocks and suppressed feelings relaxes and reduces stress and relieves pain. It promotes natural self healing and heals holistically, strengthening the immune system while treating the symptoms and causes of illnesses. It strengthens the life force energy, enhancing personal awareness, promoting creativity and strengthening intuition.

4. Herbal treatment (Herbalism) :-

Herbalism is a traditional medicinal or folk medicine practice based on the use of plants and plant extracts. Herbalism is also known as botanical medicine, medical herbalism, herbal medicine, herbology, herblore and phytotherapy. The scope of herbal medicine is sometimes extended to include fungal and bee products, as well as minerals, shells and certain animal parts. Pharmacognosy is the study of medicines derived from natural sources. Traditional use of medicines is recognized as a way to learn about potential future medicines. In 2001, researchers identified 122 compounds used in mainstream medicine which were derived from "ethnomedical" plant sources 80% of these compounds were used in the same or related manner as the traditional ethno medical use. Plants have evolved the ability to synthesize chemical compounds that help them defend against attack from a wide variety of predators such as insects, fungi and herbivorous mammals. By chance some of these compounds, whilst being toxic to plant predators, turn out to have beneficial effects when used to treat human diseases. Such secondary metabolites are highly varied in structure, many are aromatic substance, most of which are phenols or their oxygen-substituted derivatives. At least 12,000 have been isolated so far a number estimated to be less than 10% of the total. Chemical compounds in the plant mediate their effects on the human body by binding to receptor molecules present in the body such processes are identical to those already well understood for conventional drugs and as such herbal medicines do not differ greatly from convention drugs in terms of how they work. This enables herbal medicines to be in principle just as effective as conventional medicines but also gives them the same potential to cause harmful side effects. Many of the herbs and species used by humans to season food yield useful medicinal compounds.

5. Music :-

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The interplay of exercise and music have been long-discussed, crossing the disciplines of biomechanics, neurology, physiology and sport psychology. People "automatically feel the beat" of the music. They listen to and instinctively adjust their walking pace and heart rate to the tempo of the music. Listening to music while exercising has been found in multiple studies to create an increased sense of motivation, distracting the mind while increasing heart rate. Faster tempo music has been found by researchers to motivate exercisers to work harder when performing at a moderate pace, but peak performance has been found to be unaffected by listening to music. In a study published in 2009, researchers at the Research Institute for sport and Exercise sciences at Liverpool John Moores University had 12 subjects ride a stationary bicycle at a pace that they could sustain for 30 minutes while listening to a song of the subjects choice. In successive trials, they rode the bikes again, with the tempo of the music variously increased or decreased by 10% without the subject's knowledge. The researchers found that the rider's heart rate and mileage decreased when the tempo was slowed, while they rode a greater distance, increased their heart rate and enjoyed the music more at the faster tempo. Though the participants thought their workout was harder at the more upbeat tempo, the researchers found that when the faster-paced music was heard while exercising "the participants chose to accept, and even prefer, a greater degree of effort". Scientists at the university of Wisconsin-La Cross found in a 2003 study that participants who chose to listen to faster-paced music generated a higher heart rate, pedaled harder and generated more power. Increasing their level of work by as much as 15% by diverting their focus to the music. The study tested 20 volunteers who listened to an MP3 player loaded with a mix of 13 songs that they selected and then rode and exercise bike for an hour at a pace and gear of their choice. The study found that heart rates rose from 133 to 146 beats per minutes and power output

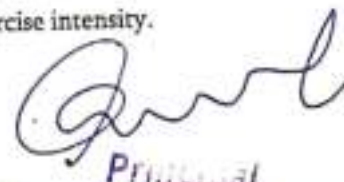
increased accordingly when listening to the tempo-less sound of crashing waves versus music with a medium to fast tempo. A 2004 study by a research team from Australia, Israel and the United states found that runners performing at a pace, where they were at 90% of their peak oxygen up take enjoyed listening to music, but that the music had no effect on their heart rate or running pace, regardless of the music tempo.

II. CONCLUSION

The above discussions concludes that Vibrational medicines such as power Yoga, Aerobes, Reiki, Herbal, Treatment and music plays a very vital role in fitness. If these simple treatments are followed lot more can be achieved in terms of fitness, than it can be done thorough conventional methods like gaming and steroids. If the above mentioned methods can be implemented effectively on grass root leavels, it will have a very positive impact on today's youth.

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Principal
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Women Empowerment & Entrepreneurship**Dr. Anjali Chandrakant Pande**

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Distt.-Amravati**Introduction :**

Women Empowerment is the process of empowering the women. It is that creates power in individuals over their own lives, society and in their communities. People are empowered when they are able to access the opportunities available to them without limitations and restrictions such as in education profession and life style. Feeling entitled to make your own decision creates a sense of empowerment. Empowerment includes the action of rising the status of women through education rising awareness, literacy and training. Women empowerment is all about equipping and allowing women to make life - determining decisions through the different problem in society. Alternately, it is the process for women to redefine gender rolls that allows them to acquire the ability to choose between known alternatives whom have otherwise been restricted for such an ability. Women empowerment has become significant topic of discussion in development and economics. It can also point to the approaches regarding other trivialized genders in particulars political or social contact.

Empowerment of women is a necessity for the very development of society, since it enhances both the quality and the quantity of human resources available for development. Women's empowerment and achieving gender equality is essential for our society to ensure the sustainable development of the country.

Entrepreneurial activities have been shown to influence economic development and growth. The powerful role women can play in this process has been the theme of much entrepreneurial research, mostly from developed nations. The contribution of entrepreneurs to economic advancement is likely to differ in developing countries, and remains a relatively unexplored research topic. Women, who constitute nearly half the population, can be a strong resource for sustainable socio-economic development given adequate support, but are unfortunately given only secondary roles, especially in developing and under-developed countries.

Economic growth and development of any country are determined by human, physical and financial resources. An economy can move on to higher levels of growth either by acquiring a larger quantum of the factors of production or through technical progress. The objective of any planned development is to develop human resources to their brimming utilization. Therefore, industrialization is one of the ways of bringing about socio-economic development in any country. The economic development of a nation is sparked largely by its enterprising spirit.

Women entrepreneurs are those women who think about business or enterprise, initiate it, organize and combine the factors of production. Open the enterprise and undertake



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risks and handle economic uncertainty involved in running a business. Women entrepreneurs are creating jobs, innovation and contributing to the GNP of various economies just like their male counterparts. There is growing evidence that women are more likely to reinvest their profits in education, their family and their community. Ironically traditional measures of economic development and business performance do not often capture the true transformational benefits of these transformational businesses.

Any strategy aimed at economic development will be lop-sided without involving women who constitute half of the world population. Evidence has unequivocally established that entrepreneurial spirit is not a male prerogative. Women entrepreneurship has gained momentum in the last three decades with the increase in the number of women enterprises and their substantive contribution to economic growth. The industrial performance of Asia-Pacific region propelled by Foreign Direct Investment, technological innovations and manufactured exports has brought a wide range of economic and social opportunities to women entrepreneurs.

In this dynamic world, women entrepreneurs are an important part of the global quest for sustained economic development and social progress. In India, though women have played a key role in the society, their entrepreneurial ability has not been properly tapped due to the lower status of women in the society. It is only from the Fifth Five Year Plan (1974-78) onwards that their role has been explicitly recognized with a marked shift in the approach from women welfare to women development and empowerment. The development of women entrepreneurship has become an important aspect of our plan priorities. Several policies and programmes are being implemented for the development of women entrepreneurship in India. There is a need for changing the mindset towards women.

Definition of the terms :

Economic Development

Economic development is the sustained, concerted actions of policy makers and that promote the and of a specific area.

Women Entrepreneurs :

It was operationally defined as 'As enterprises owned and controlled by women having a minimum financial interest of 51% of the employment generated in the enterprises to women.

Economic Development

Economic development of a country is usually determined by the growth of per capita income. However, other than per capita income, in the essence of modern economic growth, we also know that, on average, it might be measured with other fundamental changes that occur. Such changes are, among other things, the way people live, as they are more likely to move to cities and work in factories, no longer in farms. That happens as the household industries tend to decline and replaced by larger enterprises. Other indicators that we might see are the tendency of the families to reduce the number of children, so the birth rate begins to fall. Development could be seen also from the point of view of employment progress.



capital, business volume and consumption. In other words, economic development can be seen in the structural change of the society, and implies more than just economic growth.

Concept of women Entrepreneurs :

Women entrepreneurship has long been associated with concepts such as women empowerment and emancipation. Increasingly, it has also been marketed as crucial for increasing the quality of life of women in the developing world. Further, it has also been encouraged as way of making changes to the status-quo of women in the Muslim world and re-addressing the balance of power within the family unit. The benefits of women entrepreneurship are many and varied and have been researched in great detail in the past. The purpose of this research is to facilitate a discussion on how best to empower women using entrepreneurship. This will in turn help in the marketing of entrepreneurship as a tool for the female empowerment and emancipation.

Women constitute almost 50 per cent of the world population. So the socio-economic participation of women at the international, regional, national and local levels means using significant potential resources more effectively. Moreover, it is noticeable that entrepreneurship development and empowerment are complementary to each other. Women empowerment depends on taking part in various development activities. In other words, the involvement of women in various entrepreneurial activities has empowered them in social, economic, culture and other related fields. It can be understood that women entrepreneurs have been making significant impact in all segments of the economy in the developed countries like Canada, United kingdom, Germany, Australia and the united states, etc.,

Women entrepreneurs engaged in business due to different push and pull factors which encourage women to have an independent occupation and stands on their own legs. For example, move towards independent decision making on their life and career is the motivational factor behind this urge. In other words, women entrepreneurs are persons who accept challenging roles to meet their personal needs and become economically independent. Besides, a strong desire to do something positive is an inbuilt quality of entrepreneurial women, who is capable of contributing values in both family and social life. The challenges and opportunities provided to the women of this digital and dynamic era are growing rapidly that the job seekers are turning in to job creators. On the other hand, many women start a business due to some traumatic events, such as divorce, death of bread winner, sudden fall in family income, permanent adequacy in the income of the family etc.

The rising number of female business owners is currently a global trend especially in the developing countries. In the advanced market economies, women own more than 25 per cent of all business. Many people argue that women are 'pushed' rather than 'pulled' in to business ownership but recent, but recent studies indicate that many women now actively choose self-employment, especially the younger women. Quite interestingly, women entrepreneurs can significantly contribute to poverty reduction, mobilisation of entrepreneurial initiatives and accelerating the achievement of wider socio-economic objectives.



However, the contribution of women entrepreneurs depends on their performance, which, in turn, is affected by the underlying facilitators and barriers. Over the past two decades, women entrepreneurs have come to be recognised for their significant contributions to socio-economic development of their respective countries.

Categories of Women Entrepreneurs :

- Women in organized & unorganized sector
- Women in traditional & modern industries
- Women in urban & rural areas
- Women in large scale and small scale industries.
- Single women and joint venture.

Women's Role in Economic Contribution :

Progress of women's role in several sectors, including business, could be seen in some phenomenon mentioned here under :

1. In line with the improvement of women's education, women are no longer the minority in fields that were dominated by men in the past.
2. The field of information technology creates many opportunities for the development of women's talents in this specific field.
3. The increase in the number of women who lead their own business, especially the ones in small and medium scale enterprises.
4. Women's leadership is able to gain high loyalty due to the fact that they are the ones that are able to conduct clean, ethical, transparent and honest management.

On the basis of the above picture, it is obvious that the 21st century provides high hopes for the progress in women role. They do have the opportunity to get strategic positions that dominated by men in the past.

In Asia, women are the economy driving force. Their contribution in providing job openings in business sectors continues to rise. They are involved in enterprises at all Levels as managers, entrepreneurs, owners and investors. Combination of influence of more education, technology and fast economic growth make Asian women more assertive concerning their right, more aggressive in reaching their ambition while we already acknowledged that the number of Asian women in the work force from country to country are almost as high as those of men.

Surprisingly in most countries in Asia, women are dominating the service sector. In countries like Singapore and Taiwan women donate respectively 68.1%, 61% of the GNP of said countries. The amount of Asian women employment evidently in quantitative has been similar with European countries. In Vietnam shows 47.7% of the employment are women, in Thailand 46%, Indonesia 45%. The service sector in Asia also experienced surprising growth, and resulting a large working opportunity for women. In Taiwan, Singapore and



Hong Kong in the service sector donate respectively 61%, 68% and 77% of the respective GNP of said countries. While, in Korea and Japan the service sector contributes up to 60.6% and 54.9% respectively. This obviously means women now dominated the service sector.

In the business world, women entrepreneurs play a big role in business development in the Pacific region. In Japan, 5 out of 6 new businesses are created by women, and they have at least five employees. The number of women owned larger companies is not significant, but they start and manage the smaller companies.

Ways to Develop Women Empowerment through Entrepreneurs :

1. Consider women as specific target group for all developmental programmers.
2. Better educational facilities and schemes should be extended to women folk from government part.
3. Adequate training program on management skills to be provided to women community.
4. Encourage women's participation in decision-making.
5. Vocational training to be extended to women community that enables them to understand the production process and production management.

Conclusion :

Women represent half the world's population, and gender inequality exists in every nation on the planet. Empowerment with Entrepreneurship among women, no doubt improves the wealth of the nation in general and of the family in particular. Women today are more willing to take up activities that were once considered the preserve of men, and have proved that they are second to no one with respect to contribution to the growth of the economy. Women in developing countries are tremendous forces for change in their families, villages, cities and countries. When they get a chance, which is reflected not only in the business practices, but also in the policy shaping process of governments domestically as well as regionally. The more significant role in economic development through women entrepreneurship is something that should be pursued, and it is not something that can be achieved freely and easily. There has to be a struggle to win that race.

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प्रस्तावना

मानव आणि तंत्रज्ञान यांचा फार जुना संबंध आहे. अगदी प्राचीन काळापासून मानव तंत्रज्ञानाचा वापर करत आलेला आहे. अथवा त्याने ते विकसित केलेले आहे. अग्नीचा शोध, चाकाचा शोध अथवा कागदाचा शोध असो त्याने त्यामध्ये प्रत्येकवेळी नवनवीन भर घालून मानवी जीवन सुसह्य बनविण्याचा प्रयत्न केलेला आहे. आज 21 व्या शतकात तंत्रज्ञानाने मानवी जीवनातील सगळी क्षेत्रे व्यापून टाकली आहेत. भारतीय शिक्षण व्यवस्था संक्रमणाच्या टप्प्यातून जात असताना त्यात तंत्रज्ञानाचा वापर वाढत आहे. अथवा तो नक्कीच वाढविला गेला पाहिजे असे माझे स्पष्ट मत आहे. अध्यापनात योग्य पद्धतीने व विचारपूर्वक तंत्रज्ञानाचा वापर केल्यास अध्ययन अध्यापन नक्कीच आनंददायी होऊ शकते. असे चित्र आज आपणास खूप ठिकाणी बघावयास मिळत आहे. तंत्रज्ञानाच्या योग्य वापराने विचारांची क्षेत्रे रुंदावण्यास मदत होते. तंत्रज्ञानाचा वापर शिक्षक व विद्यार्थी या दोहोंसाठी उपयुक्त आहे. दर्जेदार व प्रभावी अध्यापनास पूरक साहित्य म्हणून आपणास नवीन तंत्रज्ञानाची नक्कीच मदत होऊ शकते. यात आपणास मोबाईल, लॅपटॉप, कॉम्प्युटर, प्रोजेक्टर, टॅबलेट मोबाईल इ. विविध साधनांचा वापर करता येईल. बाजारात उपलब्ध साहित्याशिवाय काही तंत्रज्ञेही शिक्षकांचा स्व-निर्मित तंत्रसाहित्य निर्मितीवर विशेष भर आहे. ही फार अभिमानास्पद बाब आहे. दूरस्थ शिक्षणात तंत्रज्ञान हे खूप प्रभावी माध्यम आहे. शेकडो किलोमीटर दूर बसलेला विद्यार्थी मी बनविलेली चाचणी ऑनलाईन सोडवितो, हे प्राथमिक शिक्षकाला कधीही न पडलेले स्वप्न आज तंत्रज्ञानाने साकार करून दाखविले आहे. विद्यार्थी सुद्धा स्व प्रेरनेने तंत्रज्ञानाचा वापर करून आपल्या ज्ञानात भर घालत आहे. शेकडो किलोमीटर दूर असलेले शिक्षक आज तंत्रज्ञानाच्या माध्यमातून दुर्गम भागापर्यंत पोहचून विद्यार्थ्यांची ज्ञानाची भूक भागवित आहेत. अध्ययन अध्यापनात तंत्रज्ञानाच्या वापराने विद्यार्थ्यांमध्ये अपेक्षित बदल नक्कीच घडून येतात.

तंत्रज्ञानाची उपयुक्तता साधनांच्या परिणामकारक वापरावर अवलंबून आहे. शैक्षणिक क्षेत्रात काम करणाऱ्या प्रत्येक घटकाने यासाठी पुढाकार घेतला पाहिजे. Whats app वर शैक्षणिक चळवळ रुजत आहे. Facebook वर भरपूर माहिती देणारे शैक्षणिक pages उपलब्ध आहेत. त्यांचाही आपणास संदर्भ म्हणून वापर करता येईल. तंत्रज्ञानाने अध्ययन अध्यापनात क्रांती घडविली हे सत्य आहे पण आता मरज आहे ती शिक्षकांनी आपल्या व विद्यार्थ्यांच्या गरजा ओळखून स्वतः तंत्रज्ञान विकसित करण्याची.... व इतर शिक्षक बांधव्यांना त्यासाठी प्रेरित करण्याची. खूप तंत्रज्ञेही शिक्षक microsoft power point चा खूप छान वापर करत आहेत. काही विद्यार्थ्यांना दैनंदिनी लिहायची सवय असते, त्यांना आपण त्यांचा वैयक्तिक Blog तयार करून देऊन त्यावर लिहिण्यास प्रेरित केले पाहिजे, आपल्या वर्गाचा अथवा शाळेचा पण ब्लॉग तयार करता येऊ



Narayan

lyalaya



शकतो. Twitter account ला तालुक्यातील सर्व शाळा जोडून आपल्याला कोणत्याही शाळेतील उपक्रम वधता
अथवा share करता येतील. एक उपयुक्त शैक्षणिक साहित्य म्हणून Google सर्व इंजिन चा उपयोग नक्कीच
झाला पाहिजे.

माहिती व संप्रेषण तंत्रज्ञान म्हणजे काय?

माहिती प्रक्षेपित करण्यासाठी, साठविण्यासाठी, तयार करण्यासाठी, प्रदर्शित करण्यासाठी किंवा तिची
देवाणघेवाण करण्यासाठी वापरली जाणारी विद्युत उपकरणे म्हणजे माहिती व संप्रेषण तंत्रज्ञान. यामध्ये
रेडियो, दूरदर्शन, व्हिडियो, डिजिटली, दूरध्वनी, मोबाईल फोन, उपग्रहावर आधारित सेवा व सुविधा, संगणक
व त्या संबंधित हार्डवेअर आणि सॉफ्टवेअर अशा गोष्टींचा समावेश होतो. ह्या व्यतिरिक्त, व्हिडियो
कॉन्फरन्सिंग, ईमेल, ब्लॉग अशा तंत्रांचा ही यात समावेश होतो. सध्याच्या 'माहिती युगात' शैक्षणिक क्षेत्रे
समजून घेण्यासाठी माहिती व संप्रेषण तंत्रज्ञानाच्या (ICT) नवनवीन स्वरूपांचा शिक्षणात अंतर्भाव करणे
गरजेचे आहे. हे सर्व प्रभावीरीत्या करण्यासाठी शैक्षणिक नियोजनकार, मुख्याध्यापक, शिक्षक व तंत्रज्ञाना
प्रशिक्षण, तंत्रज्ञान, वित्त, शिक्षण, संप्रेषण अशा विविध क्षेत्रात अनेक निर्णय, ते ही योग्य रीत्या घेता आले
पाहिजेत. अनेकांसाठी हे काम म्हणजे एखादी नवी भाषा शिकणे व ती शिकविण्यास शिकणे इतके कठीण काम
वाटते. या विभागात विविध उपकरणे व तंत्रे यांची माहिती दिलेली आहे. यात देशांना जोडणार्या
उपग्रहांपासून, विद्यार्थी वर्गात वापरत असणार्या उपकरणांपर्यंत सर्वांचा समावेश आहे. शिक्षणतज्ञ,
नीतीशास्त्रज्ञ, नियोजनकार, अभ्यासक्रम तयार करणारे तज्ञ तसेच इतरांना माहिती व संप्रेषण तंत्रज्ञानाची
(ICT) गुंतागुंतीची उपकरणे, त्या संबंधित संज्ञा आदींतून मार्ग काढत योग्य निर्णय घेणे सोपे जावे हा यामागील
उद्देश आहे.


माहिती व संप्रेषण तंत्रज्ञानाची शिक्षणातील भूमिका

माहिती व संप्रेषण तंत्रज्ञानाचा (ICT) वापर करून शिक्षणाच्या दर्जात उल्लेखनीय आणि सकारात्मक
सुधारणा करता येईल असे साधारणतः सर्वच शिक्षणतज्ञांचे व संशोधकांचे म्हणणे आहे. मात्र शिक्षणपद्धतीमध्ये
माहिती व संप्रेषण तंत्रज्ञानाचे स्थान नेमके काय असावे व त्याच्या उपयुक्ततेचा जास्तीत जास्त फायदा कसा
करून घेता येऊ शकतो हा अजून ही चर्चिला जाणारा मुद्दा आहे. या विभागात माहिती व संप्रेषण तंत्रज्ञानाचा
शिक्षणपद्धतीवर पडलेला प्रभाव व शाळांमध्ये तंत्रज्ञानाचा वापर कसा करता येईल या विषयी अनेक लेख,
अहवाल समाविष्ट करण्यात आले आहेत शिवाय या विषयावरील ऑनलाईन जर्नल्स व वेबसाईट्सच्या लिंक्स
देखील देण्यात आल्या आहेत. (शिक्षणपद्धतीत माहिती व संप्रेषण तंत्रज्ञान वापरण्याचे फायदे सांगणारे लेख या
विभागात आहेत. तसेच, शिक्षणपद्धतीत या तंत्रज्ञानाचा समावेश करताना होऊ शकणार्या चुका, त्या
टाळण्यासाठी घ्यावयाची काळजी याविषयावरील लेख व उदाहरणे देखील देण्यात आली आहेत.)

अध्ययन व अध्यापन प्रक्रियेत पुढील माहिती तंत्रज्ञानाचा उपयोग होऊ शकतो.

- पोर्टेबल मीडिया प्लेअर
- व्हाईटबोर्ड
- व्हाईस प्रोजेक्शन सिस्टम
- विद्यार्थी प्रतिसाद प्रणाली
- आयपॉडचा वापर




Principal
Narayanrao Sahasrabudhe Mahavidyalaya
Laxmi



- पॉडकास्टिंग
- व्हर्चुअल लर्निंग
- व्हिडिओ कॉन्फरन्सिंग
- YouTube
- मल्टीचॅनेल लर्निंग (व्हट्स-वाहिनी शिक्षण)
- शैक्षणिक दूरदर्शन
- शैक्षणिक रेडियो
- वेब-आधारित सूचना
- शोधासाठी संशालये
- विज्ञान व तंत्रज्ञान यांची प्रात्यक्षिके
- माध्यमांचा (मीडिया) वापर
- विविध क्षेत्रातील तंत्रज्ञानाचा वापर: लहान मुलांचा विकास, कमी घनता असणारी लोकसंख्या, ग्रौद शिक्षण, स्त्री शिक्षण, मनुष्यबळ विकास
- शिक्षकांच्या तयारीसाठी व प्रशिक्षणासाठी तंत्रज्ञानाचा वापर
- घोरणे आखण्यासाठी, माहिती व्यवस्थापन (डेटा प्रबंधन) करण्यासाठी तंत्रज्ञानाचा वापर
- शाळा व्यवस्थापनासाठी तंत्रज्ञानाचा वापर

पोर्टेबल मल्टीमीडिया प्लेअर

पोर्टेबल मल्टीमीडिया प्लेअर (पीएमपी), कधी कधी पोर्टेबल व्हिडिओ प्लेअर (पीव्हीपी) किंवा इंटरनेट मीडिया टॅब्लेट (आयएमटी) म्हणून ओळखले जातात, डिजिटल मीडिया संग्रहित करण्यास आणि प्ले करण्यास सक्षम आहेत. डिजिटल ऑडिओ प्लेयर्स (डीएपी) जे प्रतिमा प्रदर्शित करू शकतात आणि व्हिडिओ प्ले करू शकतात ते पोर्टेबल मल्टीमीडिया प्लेअर आहेत. डीएपीएस प्रमाणेच डेटा हार्ड ड्राइव्हवर संग्रहित केला जातो.

इंटरएक्टिव व्हाइटबोर्ड

इंटरएक्टिव व्हाइटबोर्ड एक पृष्ठभाग आहे ज्यावर डेटा प्रोजेक्टरद्वारे संगणक स्क्रीन प्रदर्शित केली जाऊ शकते. हा स्पर्श संवेदनशील असल्याने शिक्षकांना बोर्डमधून संगणकावर नियंत्रण ठेवण्यासाठी आणि भविष्यातील धड्यांसाठी कोणतेही बदल जतन करण्यासाठी माऊसप्रमाणे पेन किंवा बोट्याचा वापर करण्याची परवानगी देते. याव्यतिरिक्त, मल्टीमीडिया संसाधने तसेच इंटरनेट आणि वेबसाइटवरील प्रवेशाद्वारे अध्यापन आणि शिकवणुकीस समर्थन मिळू शकते. इंटरएक्टिव व्हाइटबोर्ड एक वर्ग-आधारित धड्यांमध्ये उपयुक्त अध्यापन सहाय्य आहे कारण ते सादरीकरणे, प्रात्यक्षिके आणि मॉडेलिंगद्वारे शिकण्यास मदत करू शकतात, विद्यार्थ्यांना सक्रियपणे गुंतवून ठेवतात आणि धड्यांचा वेग आणि प्रवाह सुधारू शकतात. डेटा प्रोजेक्टरला लिंक केलेला लॅपटॉप संगणक आपल्याला स्पोर्ट्स हॉल किंवा जिममध्ये या प्रकारच्या संसाधनाचा वापर करण्यास सक्षम करू शकतो. संपूर्ण वर्गाला व्हिडिओ प्रात्यक्षिकांमधून त्वरित किंवा भागील धड्यां घेतलेले एक विशिष्ट तंत्र दर्शविण्यासाठी शिक्षक इंटरएक्टिव व्हाइटबोर्ड वापरू शकतात.

व्हॉइस प्रोजेक्शन सिस्टम

व्हॉइस प्रोजेक्शन सिस्टमचा वापर हा शिक्षणाद्वारे विद्यार्थ्यांशी संवाद साधण्याचा अभिनव मार्ग आहे. सिस्टममध्ये हलके, वायरलेस हातांनी रेडिओ मायक्रोफोन आणि हेड मायक्रोफोनचा समावेश आहे जो शिक्षकांचा आवाज वॉस-स्टेशनवर प्रसारित करतो. हे नंतर विस्तृत करते, भाषण वारंवारिता वाढवते आणि स्पीकर्स कडून संपूर्ण वर्गापर्यंत आवाज प्रसारित करते. हे सेट करणे सोपे आहे आणि खूप प्रभावी आहे.



विद्यार्थी प्रतिसाद प्रणाली

परस्परसंवादी विद्यार्थी प्रतिसाद प्रणाली शिक्षकांना विद्यार्थ्यांच्या प्रगतीवर नजर ठेवण्यासाठी आणि त्यांची नोंद ठेवण्यासाठी साधने प्रदान करित असताना विद्यार्थ्यांना गुंतवून ठेवण्यास प्रवृत्त करते. प्रगत रेडिओ फ्रिक्वेंसी तंत्रज्ञानाचा वापर करून आणि अभ्यासक्रम सॉफ्टवेअरसह समाकलित करण्यासाठी त्यांना कधीकधी वर्ग मतदान प्रणाली म्हणून संबोधले जाते. विद्यार्थी प्रतिसाद प्रणाली इंटरएक्टिव राइटिंग टॅब्लेट किंवा वायरलेस स्लेटद्वारे कक्षामध्ये वाढलेली परस्पर क्रियाशीलता समाविष्ट करते जे परस्पर व्हाईटबोर्ड तंत्रज्ञानासाठी प्रभावी प्रभावी पर्याय प्रस्तुत करते.

आयपॉडचा वापर

आयपॉड पोटॅबल मीडिया प्लेयर्सचा एक ब्रँड आहे जो Appleपल इंक द्वारे डिझाइन केलेला आणि मार्केटिंग केला गेला आहे. उत्पादनांमध्ये हार्ड ड्राइव्ह वेस्ट आयपॉड क्लासिक, टचस्क्रीन आयपॉड टच, व्हिडिओ-सक्षम आयपॉड नॅनो आणि कॉम्पॅक्ट आयपॉड शफल यांचा समावेश आहे. आयफोन एक आयपॉड म्हणून कार्य करू शकतो परंतु सामान्यतः वेगळा उत्पादन मानला जातो. आयपॉड क्लासिक मॉडेल अंतर्गत हार्ड ड्राइव्हवर मीडिया संग्रहित करतात, तर इतर सर्व मॉडेल्स त्यांचे लहान आकार सक्षम करण्यासाठी फ्लॅश मेमरी वापरतात. इतर बर्याच डिजिटल संगीत प्लेयर्सप्रमाणे, आयपॉड, आयपॉड टच बगळता, बाह्य डेटा स्टोरेज साधने म्हणून देखील काम करू शकतात. मॉडेलनुसार स्टोरेज क्षमता बदलते.

पॉडकास्टिंग

पॉडकास्ट ही ऑडिओ किंवा व्हिडिओ डिजिटल मीडिया फाइल्सची एक मालिका आहे जी इंटरनेटद्वारे पोटॅबल मीडिया प्लेयर आणि वैयक्तिक संगणकावर डाउनलोडद्वारे, वेब फीडद्वारे वितरीत केली जाते. पॉडकास्ट सिंडिकेट करण्याची, सदस्यता घेण्याची आणि नवीन सामग्री जोडली जाते तेव्हा स्वयंचलितपणे डाउनलोड करण्याच्या क्षमतेनुसार बर्‍याच डिजिटल माध्यमांच्या स्वरूपात फरक केला जातो. प्रसारण या शब्दाप्रमाणेच पॉडकास्ट एकतर सागरीच्या मालिकेचा किंवा ती सिंडिकेट केलेल्या पद्धतीचा संदर्भ देते; नंतरचे पॉडकास्टिंग देखील म्हणतात. पॉडकास्टच्या होस्ट किंवा लेखकास बर्‍याचदा पॉडकास्टर म्हटले जाते.

व्हर्चुअल लर्निंग एन्व्हायर्नमेंट (VLE)

व्हर्चुअल लर्निंग एन्व्हायर्नमेंट (व्हीएलई) ने विद्यार्थी शिकवण्याच्या आणि शिक्षक शिकवण्याच्या पद्धतीमध्ये बदल केला आहे. आभासी शिक्षण वातावरण ही जागतिक वेबसाइट आहे जी विद्यार्थ्यांना त्यांचे कार्य आणि त्यांचे अभ्यासक्रम जगातील कोठूनही प्रवेश करू देते. हे हक्क-संरक्षित आहे आणि म्हणूनच पालक, विद्यार्थी आणि कर्मचारी लॉग इन करण्यास सक्षम असतील. विद्यार्थ्यांचे काम सेट केले जाऊ शकते, एकत्र केले जाऊ शकते आणि व्हीएलई मार्फत चिन्हांकित केले जाऊ शकते, जे कागदाच्या कामकाजावर आणि संग्रह आणि अंतिम मुदतीच्या तारखांमध्ये मोठ्या प्रमाणात बचत होईल. हे यामधून विद्यार्थ्यांचे सामर्थ्य वाढवू शकते आणि त्यांच्या स्वतःच्या शिक्षणाची माहिती देऊ शकते. विद्यार्थी अधिक निर्णय घेण्यास सक्षम आहेत, कारण कार्य त्यांच्या स्वतःच्या गतीने आणि संभाव्यतः त्यांच्या स्वतःच्या वेळी पूर्ण केल्या जातील.

व्हिडिओ कॉन्फरन्सिंग

शाळांमध्ये व्हिडिओ कॉन्फरन्सिंग औपचारिक अध्यापनासाठी, अतिथी शिक्षकांचा वापर करून, बहु-शाळा प्रकल्प आणि समुदाय कार्यक्रमांसाठी वापरली जाऊ शकते. एकदा कनेक्ट झाल्यानंतर, विद्यार्थी दुसऱ्या



व्यक्तीस टीव्ही स्क्रीनवर पाहू शकतात आणि प्रश्न विचारू शकतात, आवश्यक उपकरणांमध्ये एक टीव्ही मॉनिटर, कॅमेरा, मायक्रोफोन, स्पीकर आणि एक संकुचित व्हिडिओ मिस्टम समाविष्ट आहे जे एकात्मिक सेवा डिजिटल नेटवर्क (आयएसडीएन) द्वारे प्रसारित केले जाऊ शकते. व्हिडिओ कॉन्फरन्सिंगद्वारे विद्यार्थ्यांना वेगवेगळ्या मार्गांनी शिकण्याची संधी मिळू शकते, ज्यामध्ये परीक्षा स्तरावर शारीरिक शिक्षणामध्ये विशिष्ट विषयावर लक्ष केंद्रित केले जाऊ शकते. हे दुसऱ्यांय शारीरिक शिक्षण विभागासह आयोजित केले जाऊ शकते जेथे परीक्षा अभ्यासक्रमांमध्ये शिक्षक माहिती सामायिकरण करण्यास अनुमती देऊन विशिष्ट कौशल्य देऊ शकतात.

शाळांमध्ये यूट्यूबचा वापर

YouTube एक व्हिडिओ-सामायिकरण वेबसाइट आहे जिथे वापरकर्ते व्हिडिओ क्लिप अपलोड, पाहू आणि सामायिक करू शकतात. हे मूव्ही क्लिप, टेलेव्हिजन क्लिप आणि संगीत व्हिडिओ तसेच व्हिडिओ ब्लॉगिंग आणि शॉर्ट ओरिजनल व्हिडिओसारख्या हीशी सामग्रीसह विविध प्रकारच्या वापरकर्त्यांद्वारे व्युत्पन्न व्हिडिओ सामग्री प्रदर्शित करण्यासाठी ॲंड्रोब फ्लॅश व्हिडिओ तंत्रज्ञानाचा वापर करते. यूट्यूबवरील वर्गांचा सामग्री व्यक्तींनी अपलोड केल्या आहेत, जरी बीबीसीसह मीडिया कॉर्पोरेशन त्यांची काही सामग्री साइटद्वारे ऑफर करतात. यूट्यूबने व्यापलेल्या अनेक विषयांच्या विडीओने व्हिडिओ सामायिकरण इंटरनेट संस्कृतीतल्या एका सर्वात महत्वाच्या भागात रूपांतरित केले आहे. शाळांमध्ये प्रतिमा मिळवण्यासाठी आणि सादर करण्यासाठी YouTube एक जलद प्रभावी माध्यम होत आहे.

20व्या शतकाच्या सुरुवातीपासून रेडियो व दूरदर्शन यांचा वापर शिक्षणासाठी केला जात आहे. रेडियो व दूरदर्शनचा वापर मुख्यत्वे खालील प्रकारे केला जातो: ICT च्या ह्या स्वरूपांचा मुख्यत्वे तीन प्रकारे उपयोग करण्यात येतो:

1. शालेय विषयांशी संबंधित ध्वनी चित्रफिती व रेडियोवरून प्रसारित केले जाणारे कार्यक्रम यांच्या सहाय्याने वर्गात शिकविणे.
2. शाळांमध्ये शिक्षणाला पूरक असे कार्यक्रम प्रक्षेपित करणे.
3. सामान्य ज्ञान व माहितीपर शैक्षणिक कार्यक्रम दाखविणे किंवा प्रसारित करणे.

रेडियो व दूरदर्शन

रेडियोवरून (IRI) प्रसारित केले जाणारे कार्यक्रम दैनिक स्वरूपाचे असतात. हे रेडियो धडे, एका विशिष्ट विषयाशी संबंधित असतात व त्यांचा प्रेक्षकवर्ग लक्षात घेऊन त्यांची काठिण्यपातळी ठरविली जाते. या कार्यक्रमांमुळे शिक्षकांना तो विषय अधिक चांगल्या रीतीने शिकविण्यास मदत होते तसेच मुलांना ही तो विषय समजून घेणे सोपे जाते. या पद्धतीमुळे दुर्गम भागातील शाळेतील विद्यार्थी व ज्या ठिकाणी शिक्षकांची कमतरता आहे अशा ठिकाणांच्या विद्यार्थ्यांना ही शिक्षण घेणे सोपे जाते. रेडियोवरून (IRI) प्रसारित केल्या जाणाऱ्या या कार्यक्रमांमुळे औपचारिक व अनौपचारिक दोन्ही प्रकारच्या शिक्षणाचा दर्जा व त्याची व्याप्ती, दोन्ही गोष्टींवर सकारात्मक प्रभाव पडला आहे. शिवाय रेडियो कमी खर्चिक असल्यामुळे मोठ्या लोकसंख्येला शिक्षणाचा लाभ मिळू शकतो.

दूरचित्रित केलेले कार्यक्रम अभ्यासक्रमास पूरक म्हणून किंवा स्वतंत्र पाठ म्हणून ही वापरली जाऊ शकतात. अशा कार्यक्रमांतून अनेक आमुलाग्र बदल घडून आले आहेत. पूर्वी अनेकदा अशा कार्यक्रमांत



एखादा शिक्षक एखाद्या विषयावर विवेचन करताना दामविला जाई मात्र आता त्याची जागा विद्यार्थ्यांना जवळ वाटणार्या मुद्यांनी व सुसंवाद साधणार्या कार्यक्रमांनी घेतली आहे त्यामुळे हे कार्यक्रम विद्यार्थ्यांना अधिकाधिक खिळवून ठेवत आहेत. विद्यार्थ्यांची ग्रहणक्षमता व सुसंवाद वाढविण्यासाठी बहुतेक अशा शैक्षणिक कार्यक्रमांसह छापील व इतर प्रकारचे साहित्यदेखील पुरविले जाते. आशिया-पॅसिफिक प्रदेशात शैक्षणिक प्रसारण मोठ्या प्रमाणात केले जाते. उदा. भारतात इंदिरा गांधी राष्ट्रीय मुक्त विद्यापीठातील अनेक अभ्यासक्रम दूरदर्शन व व्हिडियो कॉन्फरन्सिंगच्या मदतीने शिकविले जातात.

काही विशिष्ट अभ्यासक्रमांशी संबंधित कार्यक्रम प्रसारित करण्याबरोबरच सर्वसामान्य शैक्षणिक कार्यक्रम प्रसारित करण्यासाठी ही दूरदर्शन व रेडियोचा वापर केला जाऊ शकतो. वास्तविक, शैक्षणिक मूल्य असणारा व रेडियो किंवा दूरदर्शनवरून प्रसारित केला जाणारा कोणताही कार्यक्रम 'सर्वसामान्य शैक्षणिक कार्यक्रम' म्हणून गणला जाऊ शकतो. उदा. अमेरिकेत प्रसारित केला जाणारा 'सीसेम स्ट्रीट' हा कार्यक्रम किंवा कॅनडामधील 'फॉर्म रेडियो फोरम' हा रेडियो चर्चा कार्यक्रम.

अध्यापनात संगणकाचा वापर

सध्याचे युग हे संगणकाचे युग म्हणून ओळखले जाते. कॉम्प्यूटर नावाच्या या यंत्राने आजच्या समाज जीवनावर सर्वांगीण परिणाम केलेला आहे. संगणक हे एक इलेक्ट्रॉनिक उपकरण आहे. यांत बिन्हांवर प्रक्रिया करणारी पद्धती किंवा व्यवस्था असून त्याची रचना व व्यवस्थापन असे असते की, ज्यामुळे माहिती स्वीकारणे, साठविणे व संस्कारित करणे आणि निकाल किंवा उत्तरे तयार करणे या प्रक्रिया आधीच साठवून ठेवलेल्या पाय-या पाय-यांनी बनलेल्या सूचनावरहुकूम आपोआप केल्या जातात. संगणकाचा रेल्वे, विमान, आरोग्य, बँक, उद्योगधंदे, शिक्षण, संशोधन, विमाक्षेत्र, विद्युतविभाग इत्यादी क्षेत्र / विभाग यांत विविध कार्यांसाठी उपयोग केला जातो. ते संगणकाच्या काही वैशिष्ट्यपूर्ण क्षमतांमुळे याला शिक्षणातील अध्ययन-अध्यापन क्षेत्र तरी कसे अपवाद असणार?

संगणकाची वैशिष्ट्ये

1. वेग - संगणकाच्या कामाचा वेग अतिप्रचंड आहे.
2. स्मरणशक्ती - संगणकांची मुख्य स्मरणशक्ती मर्यादित असली तरी दुय्यम स्मरणशक्ती साधने वापरून खूप मोठ्या प्रमाणावर माहिती साठविता येते.
3. अचूकता - संगणक दिलेले काम दिलेल्या सूचनांप्रमाणे अतिशय अचूकतेने करतो.
4. अष्टपैलू उपयोगिता - ज्या कामाबाबत तर्कसंगत व क्रमवार सूचना देता येतात असे कोणतेही काम सामान्यपणे संगणक करू शकतो. या त्याच्या गुणधर्मांमुळे संगणक विविध प्रकारची कामे पार पाडू शकतो उदा. बाह्यतुकीचे नियंत्रण, गुणपत्रिका छपाई इत्यादी.
5. संगणक हे एक तंत्र असल्याने त्याच्यामध्ये न कंटाळता व न थकता अचूकपणे काम करण्याची क्षमता आहे.
6. संगणकाच्या सर्व क्रियांमध्ये सातत्य, विश्वासार्हता दिसून येते.
7. संगणकाची विविधांगी उपयोगिता पाहता त्यावर होणारा खर्च नगण्य आहे.
8. भावनिक दृष्टीने कोणत्याही प्रसंगामध्ये संगणकाच्या कार्यक्षमतेवर कोणताही विपरीत परिणाम होत नाही.



[Signature]
Principal



संगणकाची शैक्षणिक उपयुक्तता

संगणकाचा वापर दैनंदिन जीवनात पदोपदी होत असलेला दिगून येतो. संगणकज्ञानामध्ये झालेल्या प्रचंड वाढीमुळे संगणक शिक्षणक्षेत्रात देखील वेगवेगळ्या कार्यासाठी एक साधन म्हणून उपयुक्त साधन आहे. गरज आहे ती आज संगणकाचा वापर कल्पकतेने आणि योग्य गावधगिरी वाळगून शैक्षणिक प्रक्रियेत वापरण्याची काही उपयुक्त अप्लिकेशन सॉफ्टवेअरमुळे संगणकाचा शिक्षणक्षेत्रात झुटर, साधन म्हणून वापर करता येतो.

१. शाळेमध्ये संगणक शिक्षकांना गुणपत्रिका तयार करण्यासाठी तसेच शिक्षणप्रक्रियेत मदत करतो.
२. निरनिराळ्या कार्यालयांमध्ये हा त्यांची कामे सोपी व लवकर करण्यास मदत करतो.
३. शालेय आरोग्य तपासणीसंबंधी माहिती साठवून त्याचा पाठपुरावा करण्यासाठी माहिती संग्रहण तंत्रज्ञान मदत करू शकतो.
४. दृक्-श्राव्य माध्यमांमध्ये ग्राफिक्स आणि एनिमेशनच्या साहाय्याने प्रभावी व आकर्षक कार्टून, रेखाचित्रे, ग्रीडी चित्रे, पूर्णपणे संगणकाद्वारेच निर्माण केली जातात. या आधारे भाषा विषयासंबंधी व विज्ञान, गणित, सामाजिक शास्त्रे या विषयांतील शैक्षणिक कार्यक्रमांची निर्मिती करता येते.
५. शिक्षणात संगणकाचा वापर गेल्या काही दशकांत मोठ्या प्रमाणात होत आहे. संगणकामुळे आपल्या आवुष्यात आमुलाग्र बदल झाले आहेत. आज संगणकाचा वापर होत नाही असे जवळपास एकही क्षेत्र नाही.
६. संगणकाच्या साहाय्याने स्वयंअध्ययन प्रक्रिया प्रभावी व सुलभ होते.
७. क्रमान्वित पाठ अध्ययन पद्धतीचा वापर संगणकाच्या साहाय्याने करणे सुलभ जाते.
८. स्वगतीने विद्यार्थ्यास कुठल्याही घटकाचे अध्ययन करणे सुलभ जाते.
९. मानव विकासाच्या अवस्थेसंबंधी चित्रे, संदर्भित शास्त्रज्ञांची चित्रे, पाठ घटकांतील आवश्यक चित्रे व नकाशे यंत्रांच्या साहाय्याने स्कॅनिंग करून संगणकावर साठवून त्याचा गरजेनुसार अध्यापनात वापर करता येतात.
१०. शालेय प्रयोगशाळेत संगणकाचा प्रभावी उपयोग करून प्रात्यक्षिक कृतिद्वारे अध्ययनअनुभव देता येतो.
११. संदर्भज्ञानासाठी आणि मूल्यमापनासाठी देखील माहिती संग्रहण तंत्राचा प्रभावी उपयोग करता येतो.
१२. संगीत, खेळ, कार्यानुभव, चित्रकला या विषयांमध्ये माहिती संग्रहण तंत्राच्या वापराला अधिक वाव आहे.
१३. विविध शैक्षणिक व व्यावहारिक संदर्भ आंतरजालाच्या मदतीने निळविता येतात.

पॉवर पॉइंट

विज्ञान व तंत्रज्ञान या विषयातील बरीचशी माहिती ओघ तक्त्यांच्या स्वरूपात व सचित्र मांडता येते. संगणकातील पॉवर पॉइंट या सॉफ्टवेअरचा यासाठी प्रभावीपणे वापर करता येतो. यालाठी स्लाईड्स तयार कराव्या लागतात.

अ) स्लाईड्स तयार करणे -

स्टार्ट -- मेनू -- प्रोग्रॅम्स या पायरीने पॉवर पॉइंट चालू करून एप्लिकेशन विंडो मिळतात. फाईल मेनूमधील न्यू ब्रटण क्लिक करा. त्यानंतर ब्लॅक प्रेझेंटेशन हा पर्याय निवडा. डायलॉग बॉक्समधील टेम्पट एंड

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Need and Scope of Innovation in Home Economics**Dr. Anjali Chandrakant Pande**Associate Professor, Department of Home-Economics Narayanrao Rana Mahavidyalaya,
Badnera, Dist. Amravati**Introduction**

Education is the foundation of our economy. What (and how) we learn in school determines who we become as individuals and our success throughout our lives. It informs how we solve problems, how we work with others, and how we look at the world around us. In today's innovation economy, education becomes even more important for developing the next generation of innovators and creative thinkers. However, there is a significant gap between the potential of modern education and what many students are actually learning. The adoption and exploration of innovative ideas in education is often slow. Instead, many educators still cling to old and increasingly ineffective methods of teaching. In common with others subjects, Home Economics reacted positively to new innovations in the subject. Key developments over the past years included the promotion of investigative and pupil-centred activities in an attempt to improve the quality of education within the subject area. The industrious efforts of teachers to produce new and relevant approaches to their subject, a systematic study of the essential nature and scope of Home Economics in the modern curriculum had been undertaken. Home Economics is one of the subjects in the Technology Education. It comprises major areas of study on food, clothing, home and family which intertwine with the knowledge contexts proposed in the Technology Education.

Benefits of Technology in the Classroom

There's quite a bit of evidence that technology, when used in the right way, helps students learn. One study, for example, showed that a medical school class with iPads scored 23% higher on exams than classes without this device.

Technology, such as tablets, isn't only useful for absorbing knowledge; it helps with communication as well. Teachers and administrators use such devices to send materials and information to students and parents. Students hand in homework and term papers online and can access educational applications and programs to further assist with learning.

Here are some of the clear benefits of using technology in the classroom:

- It makes learning interesting and engaging, especially for younger generations raised on the latest technology.
- It allows for faster and more efficient delivery of lessons, both in the classroom and at home.
- It reduces the need for textbooks and other printed material, lowering long-term costs incurred by schools and students.
- It makes collaboration easier. Students, teachers, and parents can communicate and collaborate more effectively.
- It helps to build technology-based skills, allowing students to learn early on the benefits and value advantage of the tools technology offers.

Finding Innovative Applications of Technology

While technology, in and of itself, does not always spur innovation in the classroom, there are countless innovative ways to use technology to better teach and engage students. Here are some examples:

Robots in the Classroom – South Korean schools have experimented with robot teachers. This makes lessons more interesting and entertaining for kids and enables teachers from anywhere in the world to be "present" in the classroom.

Mobile Technology – Smart phones and other mobile devices are increasingly used in education. Mobile apps let teachers conduct digital polls, enhance verbal and presentation skills, and incorporate technological skills with core competency lessons. There are many Home Economics Apps available on the mobile which can be useful for teaching learning process.

3D Learning – Students enjoy 3D games and movies, so why not use this technology to help them learn? GEMS Modern Academy in Dubai does just this, providing students with a 3D lab that offers interactive multimedia presentations.

Assisting Special Needs Students – Assistive technology is especially useful for students with learning disabilities. For example, phonetic spelling software helps dyslexic students and others with reading problems to convert words to the correct spelling.

Innovations in Teaching Methods

When we think of innovation nowadays, we usually think of technology. However, in a field such as education, it's just as important to focus on innovations in areas such as child psychology, learning theories, and teaching methods. This is particularly true at a time when many educators believe that the U.S. education system is failing. There are quite a few areas where innovations in education will help improve the system for everyone.

Addressing the Needs of Individual Students – Another longstanding problem in education is the one-size-fits-all approach. It's well known that everyone has different styles of learning. Some students are visual learners, while others are verbal or auditory learners. Technology allows teachers to individualize lesson plans to different students and their unique styles of learning.

Practical Education and Soft Skills – One criticism of education is that it's impractical and doesn't prepare students for living in the real world. When it comes to actually teaching students how to become innovative thinkers, they need to learn leadership skills, to be encouraged to think creatively, and to be taught independent thinking and learning. Innovative classrooms are beginning to place more emphasis on the soft skills needed to thrive in today's world.

Innovation in Home Economics help students to :

- Be responsible citizens and informed consumers willing to contribute to the well-being of individuals, families and society in terms of meeting basic human needs
- Demonstrate good use of management and organizational skills in handling physical and socio-economic resources for self, family, community and society
- Analyze contextual factors contributing to the well-being of individual, family and society with application of knowledge from the food science and technology strand or fashion, textiles and clothing strand
- Devise and implement strategies to solve complicated problems in technological contexts, in particular, food / fashion, using a range of appropriate techniques and procedures
- Evaluate critically the impact of social, cultural, economic, scientific and technological developments on the well being of individuals, families and society as a whole

Innovation in Food Science and Technology helps students to :

- Understand and appreciate the nature and properties of food and the cultural, social and economic influences on the evolution of nutritional science, food science and technology and food product development .
- Investigate the cultural, physical, chemical, nutritional, biological and sensory characteristics of food, and how these properties are exploited in designing and producing food products to meet specified criteria .
- Understand and apply scientific principles behind food preparation and the food production process in different settings to solve problems creatively.
- Develop capability, values and attitudes to make informed decisions that foster a healthy lifestyle and contribute positively to the social and economic future of a society.

Innovation in Fashion, Clothing and Textiles helps students to :

- understand the nature of fashion design, the characteristics of fibers and fabrics, the construction, production and marketing of clothing and textile products; and the evolution of fashion trends, textile technology and clothing production methods .

- Investigate the historical, cultural, technological and social factors in the development of fashion, clothing and textiles and their relationship to the well-being of the individual, family and society.
- Apply appropriate principles and techniques in presenting fashion ideas and illustrations, and in pattern and garment construction for specific requirements and considerations in different settings
- Develop an aesthetic sense and creativity through the design and production processes of fashion, clothing and textile products

Conclusion

Every country develops its own system of education which undergoes transformation to meet the challenges of the changing times. Educational system in India is also confronted with several new choices, opportunities and challenges to ensure that a modernized, progressive and qualitatively superior system of education can be implemented at all levels. Innovation in Home Economics are improving the content of learning process and updating the development of life quality comprehension, what can be achieved by acquiring a variety of handicraft and modern technology.

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कल्याणा विविध विकास सरकारी योजने आहे. या संदर्भात बजाज फाउंडेशन या सेवाप्रदायी ताचेसोबत महत्वादात्मकतेन औरंगाबाद जिल्ह्यात पाणलोट विकास कार्यक्रमाचा प्रारंभ केला आहे. ज्यामधून आजपर्यंत ६०,२८,३१९ हेक्टर शेतावर विविध उपचार करण्यात आले आहेत. ज्यामुळे भूगर्भात पाण्याचा साठा वाढण्यास मोलाची मदत झाली आहे. पाण्याच्या उपलब्धतेमुळे केवळ पिकांसाठीच क्षेत्र वाढले नाही तर विविध पिकांची व पशुधनाची उत्पादकता वाढून शेतकऱ्यांच्या उत्पन्नात भरघोस वाढ झाली आहे. आज मणिभाईच्या दूरदर्शिन्यामुळे भारतातील १६ राज्यात वसलेल्या ६०,००० खेड्यांमधील ४५ लाखहून अधिक परिवार दुष्काळ गारीचे पालन, वनस्रोत विकास, पडीक जमिनीवर फळबाग (वाडी) लागवड, महिलांचे सक्षमीकरण व सामुदायिक आरोग्य या उपक्रमांद्वारे गरीबीवर मात करून पूर्वापेक्षा अधिक जास्त चांगले जीवन जगत आहे.

संदर्भसूची :

1. BAIF History and Heritage : Traces the history of BAIF and the Gandhian heritage and values practiced by the Founder of BAIF Late Dr. Manibhai Desai which are relevant in the modern era.
2. Mamus Ubha Kela : Highlights the development philosophy of its Founder Late Dr. Manibhai Desai while focusing on the development programmes implemented by BAIF in Maharashtra especially on empowerment of women.
3. Blowing in the Wind : Collection of learnings from BAIF's operational area blending traditional and modern values and presented in the form of anecdotes.
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बदलत्या जीवनशैलीतून उद्भवलेल्या स्वनिर्मात आरोग्य विषयक समस्या

प्रा. डॉ. मंजरी चेरे

नारायणराव राणा महाविद्यालय, बडनेरा-अमरावती

आपल्या जीवनशैलीत वेगळे बदल होत आहेत. त्यामुळे पुढील पेशेप्रसंग आपल्यासमोर उभे राहताने. कामाबरोबर महत्वाकांक्षा वाढते. यशाची आसक्ती कुठेही पोहोचले तरी असमाधानी करते. काम हे भावनात्मक आनंदचे स्रोत नसून भावी यशाचे साधन बनले. मनाची पोकळी किंवा खीनता हा रोग नाही पण धोक्याचा इशारा आहे. मनाचा शरीरावर प्रचंड ताण पडत असतो. काळजी व भीती शरीराला नकारात्मक इशारे देणारे आहेत. काळजीग्रस्त शरीरात रोग चटकन पसरतो. ताणतणाव— मुलाने परीक्षेत पहिले यावे, त्याला अमूकच कोर्सला प्रवेश मिळवा, स्वतःचे प्रमोशन, उत्तम घर यासाठी जिवापाड स्पर्धा करावी लागते. राहणीमान सुधारण्यासाठी आई व वडिल दोघेही नोकरी करत असतात त्यामुळे भावपळ, चोडचोड, मूलांचे एकटेपण, त्यांच्या वर्तनासंबंधी समस्या निर्माण होतात. आधुनिक बाजारवादी संस्कृतीमुळे नाती—गोती, भावना जीवनमूल्ये यासुद्धा वस्तू बनल्या. वस्तू विकत घेणे विकणे किंवा फेकून देणे शक्य आहे. सगळ्याच गोष्टी उपभोग मूल्याच्या पातळीवर मोजता येतात. पण वस्तूत सुख—समाधान नाही. पद, पैसा, प्रसिद्धी आणि किर्तीसाठी आम्ही जिवापाड धावतो. प्रत्येकाला कसली ना कसली तरी खंत असते. मी कोणीतरी वेगळा किंवा मोठा झालो असतो. आजसुद्धा मी कोणीतरी आहेच ना! पण त्यात मला समाधान नाही. मला आणखी काही वेगळं हवं आहे. या मृगजळामागे लागून माझे स्वतःशी सुद्धा नाते तुटत आहे. यशस्वी होणे म्हणजे आपण इतरांपासून वेगळे आहोत, संपन्न आहोत किंवा बरचड

विश्वविद्यालय : Interdisciplinary Journal of Research, Refereed Journal Impact Factor 3.14 (2013)



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आहेत असे वाटते. मातून एकट्याने निर्माण होतो ते अनेक रोगांचे कारण ठरते. अहोरात्र, दुर्ग, स्वास, व गुल्मा या किनारस्तच्या चार घेरणा मनाला कायम असण्याची बनवतात. तर हे असे अनेक गरजांनी येणारे अनाशेभ्य दूर करण्यासाठी उपाय योजना सुद्धा अनेक पदरी हवी या लेखात मी

१) ऑसिडीटी, हायपोथायरोईड या किनारस्तच्या धावता आढळा घेण्याचा प्रयत्न करते. एखाद्या केमीस्टला विचारल्यास त्याच्या दुकानातील कोणते औषध सर्वात जास्त खपते? याचे उत्तर आहे ऑसिडीटीवरील. १० पैकी ५ जणांना ऑसिडीटीचा त्रास असतो.

मुख्य जेवण रात्रीच घेतले जाते. अन्न पचनासाठी मोठ्या प्रमाणावर शक्तीत Blood circulation लागते. पचनक्रिया तेव्हाच व्हावी जेव्हा शरीराचे इलेक्ट्रोनेटिक कोल्टेज जास्त असेल. हे कोल्टेज रात्रीपेक्षा सकाळी अधिक असते म्हणून आपण सकाळी अॅक्टिव असतो व रात्री झोपेची गरज असते. वेस्टर्न कल्चरचा प्रभाव, घाई, काळजी, मसालेदार पदार्थांची आवड, युवकांची फास्ट-फूड विषयी खास आवड, ताण-तणाव व्यायामाखी कमतरता, हवाबंद डब्यातील अन्नपदार्थ खाणे व कमी घटक असणारी शितपेचे इ.मुळे पचनसंस्थेला हानी पोहोचते व ऑसिडीटीचा त्रास सुरू होतो. आहारोपचार करताना ज्या भागात जे पीकत ते खावे हे प्रामुख्याने लक्षात घ्यावे, त्या त्या सोझनमध्ये मिळणारी फळे व भाज्या खाव्यात. हिताहार व भीताहार घ्यावा. परफेक्ट डाएट कसे असावे या प्रश्नाचे उत्तर बरेचसे व्यक्तीसापेक्ष असते. वेगवेगळे आहारोपचार उपलब्ध असले तरी मध्यम मार्ग पाळावा. आहारविषयक सवयी घाई न करता हळू-हळू बदलाव्यात.

२) हायपोथायरोईडीझम-पोषक आहारची कमतरता, अपूरी झोप, अपूरी विश्रांती, शरीराची झीज भरून न निघणे यामुळे हायपोथायरोईडची समस्या वाढते. थायरोईड ग्रंथी मानेत कंठमण्याखाली श्वासनलीकेसमोर असते. त्यातून थायरोईड हार्मोनची निर्मिती होते. या हार्मोनचे चयापचय क्रिया, शरीराची वाढ व ऊर्जा निर्मितीसाठी उपयोग करणे इत्यादि क्रियांवर नियंत्रण असते. बराच काळ थायरोईडहार्मोनची शरीरात कमतरता असल्यास रक्तातील चरबी व ट्रायग्लिसरोईड्स वाढणे, निद्रानाश,

मधुमेह, पांढरीचा त्रास निरुत्साही वाढणे व थकसा, हाताची घनता कमी होणे, नजरेत वाढणे व कधीकधी उच्च रक्तदाब हे त्रास होतात.

हायपोथायरोईडची कारणे- स्त्रीयामध्ये गर्भदरपणात व मेनोपॉज दरम्यान होणारे हार्मोनमधील बदल, जीवनशैली विषयक कारणे जसे स्वतासाठी वेळ नसणे, मनातले मांकळपणाने न बोलणे, वर्षानुवर्षे तणावाखाली जगणे, तरुण मुलांसंबंधी चिंता व असमाधान, दुर्गव्रही जोडीदार इ.

आहारविषयक धोरण-

१) आहारातील आयोडीनचे प्रमाण वाढवावे, केळी, गाजर, स्ट्रबेरी, दुध, टरफलयुक्त दान्य इ. आहारात भरपूर असावे. सुप-सलाद असे डायटींगचे खाणे सोडून भात-भाकरी असा आहार घ्यावा कारण वेगवेगळी दान्ये हा आयोडीनचा महत्त्वाचा स्रोत आहे. हिरव्या पालेभाज्या व हंगामी सर्व भाज्यांचा आहारात समावेश करावा. अधिक प्रथिनयुक्त आहार घ्यावा. चॉकलेट, मद्य, केक, बिस्किट्स, आईस्क्रीम, चिप्स प्रक्रिया केलेले पदार्थ वर्ज्य करावे. शुगर फ्री, फॅट फ्री अशा अन्न पदार्थांच्या जाहिरातींना बळी पडू नये.

हायपोथायरोईडसाठी निद्रा विषयक धोरण-

शांत झोपीमुळे शरीराची झीज भरून निघते. शांत झोपे अभावी कार्टिसॉल हे ताणतणाव निर्माण करणारे हार्मोन निर्माण होते. चांगली झोप येईल असे वातावरण निर्माण करावे. दुपारीसुद्धा थोडी शांत झोप घ्यावी. चांगली झोप झाली नाही तर व्यायामाचाही उपयोग होत नाही. व्यायामविषयक धारण- हृदयाचे स्नायु मजबूत करणारे, प्राणवायुचे जास्त शोषण होणारे व्यायाम व अनूभवी योगशिक्षकाकडून थायरोईड ग्रंथी कार्यक्षम करणारी योगासने शिकावीत. व्यायामाचा अतिरेक नको. नातेसंबंधाविषयी धोरणइतरांशी चांगले संबंध वाढवण्यासाठी मुद्दाम वेळ द्यावा लागतो. पण हायपोथायरोईड मुळे शरीरात विश्रांती मिळणे गरजेचे असते. सर्व कामे स्वतःच्या अंगावर घेऊ नका. अध्यात्मशास्त्र सांगते थायरोईड ग्रंथीची जागा विशूद्ध चक्राच्या ठिकाणी आहे. दैवी आवाजाचे ते प्रतीक आहे. या ग्रंथीतील बिघाड हे दर्शवीते की तुम्ही रोजच्या घकापकीच्या जीवनात इतके मग्न आहात की

आतंजन आतंजन ऐक्यतासाठी मुल्यांकडे वेळ नाही. लवचिकतायुक्त इतरांना योग्य आहाराने सुलभता करू. शांत झोप लागेल, विश्रंती मिळेल याकडे लक्ष द्या. अतिरेक न करता आवश्यक व्यायाम करू. जीवनातील आव्हाने संपीवात, झडे ठिसूळ होणे, गरोदर राहण्यात अडथळा किंवा गरोदर राहिल्यास गर्व टिकत नाही.

PCOS ची कारणे— १) अनुवंशीकता आणि २) जैवमशीलीशी निगडित पुढील कारणे आहेत. सामाजिक बदलामुळे स्त्रिया पुरुषांची क्षेत्रे यशस्वीपणे स्वीकार करत आहेत. उच्चपदस्थ अधिकारी, व्यवस्थापक, उद्योगपती अशा विविध उच्च पदांवर आज स्त्रिया आहेत. त्या अनेक पुरुषांचे नेतृत्व करतात. कोटवागी रुपयांची उलाखल करतात. अशा प्रकारे कर्तृत्वाचे द्वितीय विस्तारीत होत असताना त्यांना स्वयंपाक व जेवणासाठी वेळ नसतो. रात्री उशिरा जेवण, प्रक्रिया केलेले अन्न पदार्थ, उशिरा जेवणानंतर आईरिक्लम खाणे, व्यायामाचा अभाव, तासन्तास कॉम्प्युटरसमोर बसणे, रात्रीची जागणे, चहा, पास्ता, पिझ्झा, नूडल्स, बर्गर यासारखे पोषणमूल्यांचा अभाव असणारे अन्न खाणे, फ्लॅटिकचा वाढता वापर, जंतुनाशक, किटकनाशक, रासायनिक खते यांचा वाढता वापर सध्या होतो व ही सर्व स्त्रियांना वेळ आपल्या बिजांडकोशात प्रवेश करतात. तसेच फ्लॅटिकच्या पिशवीत भाज्या व फळे भरणे, फ्लॅटिकच्या डब्यात अन्न भरणे व ते पुन्हा पुन्हा भ्रम्यतेवेळमध्ये गरम करणे यामुळे आपण रासायनिक आपल्या अगदी जवळ आणतो.

PCOS टाळण्यासाठी आहार व्यवस्थापन — चरबी कमी करून बिजांडकोशाची कार्यक्षमता वाढवण्यासाठी संतुलित आहार घेणे आवश्यक आहे. शांत चिहाने ताजे अन्न खाणे. अन्न पुन्हापुन्हा गरम करू नये. ताजी फळे व भाज्या खाव्या, फळांचे रस करू नये. गहू, तांदूळ, ज्वारी, बाजरी, मका, नाचणो इ. सर्व धान्ये खावीत. पास्ता, पिझ्झाऐवजी पोळी, भाकरी, घालीपीठ, पाराळा, डेपला असे खा. सावकाश जेवल्याने ठराविक गतीनेच रक्तशर्करा वाढते. हार्मोन्स, एन्डाईम्स व बिजांडकोश यांचा एकमेकांवर परिणाम होत असतो. म्हणून पूर्ण प्रथीनयुक्त आहार घ्यावा, फक्त सॅलडवर

सहू नये. रंग फॅट किंवा फॅट फ्री ड्राएट मुळे VITA-D-E याची कमतरता होऊ शकते हे लक्षात घ्यावे. पालेभाज्या, अग्रेड, जवस, मटर यात असणाऱ्या अल्प लवचिक ऑसीडमुळे चरबी वाढत नाही. म्हणून त्यांचा आहारत समवेश असावा. पनीर मोड आलेले कडधान्ये, इडली, रोसा असे आंबवलेले पदार्थात Vit B12 भरपूर असते आणि ते बिजांडकोशाच्या आरोग्यासाठी आवश्यक आहे. पायात गोळे येणे, चक्कर येणे असा पाळीच्या दरम्यान होणारा त्रास कमी होण्यासाठी रोज १ कॅल्शियमची गोळी घ्यावी. ओटीपोटाशी संबंधित योगासने करावीत. थोडक्यात नियमित पाळी ही स्वतंत्र घटना नसून ते शिस्तबद्ध जिवनशैलीचे फळ आहे हे भान राखावे.

संदर्भ:

१. आहारशास्त्र, आरोग्य आणि उपचार —

डॉ. इ. वि. सरदेसाई

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Management of Lifestyle Through Diet and Fitness

Dr. Manjiri Milind Chepe (Pande)

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Abstract

Fitness makes all the difference in our body look and feel. It was defined early as the capacity to carry out the day's activities without undue fatigue i.e. physical fitness. But now it is known as a triangle of physical, emotional and mental fitness. Thus overall fitness is now defined as the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hyperkinetic diseases and to meet emergency situations. Thus fitness is in two close meaning; **general fitness** (a state of health and well-being) and **specific fitness** (a task oriented definition based on the ability to perform specific aspect of sports or occupations). An individual's fitness is manifested through its phenotype. As phenotype is affected by genes and environment, the fitness of different individuals with the same genotype is affected by genes and environment, the fitness of different individuals with the same genotype are not necessarily equal, but depend on the environment in which the individuals live. There are two commonly used measures of fitness; absolute fitness and relative fitness. Absolute fitness for a genotype can also be calculated as the product of the proportion survival times the average fecundity. Relative fitness is quantified as the average of surviving progeny of competing genotypes after a single generation.

Keyword; general fitness, specific fitness, Vegetables and Fruits, Fiber Foods, Fish

Introduction

In the modern fast paced lifestyle driven by constant pressure to meet targets, individuals are victim to stress and anxiety. There are over one billion overweight and obese individuals globally. Overweight and obesity are associated with elevated blood pressure (BP) cholesterol levels and an increased risk of developing diabetes (insulin resistance). These are often referred to as 'degenerative diseases' a term which is closely associated with metabolic syndrome/Syndrome X/ Asian Paradox. Several studies have clearly indicated that malnutrition is a double edged sword with under-nutrition on one side over-nutrition on the other and that both are associated with adult obesity and metabolic syndrome. Elevated cholesterol levels alone are responsible for nearly 60% of CVD morbidity globally. Major modifiable determinants of overweight and obesity are unhealthy diet and physical inactivity. Thus, Improving diet and lifestyle is a critical component to curb and prevent the present epidemic of Non-Communicable diseases (NCD's) particularly the degenerative diseases Healthy eating habits can

help us in reducing stress and building the required strength and energy levels to face the day. Several studies have clearly indicated that malnutrition is a double edged sword with under-nutrition on one side and over-nutrition on the other and that both are associated with adult obesity and metabolic syndrome. Thus, Improving diet and lifestyle is a critical component to curb and prevent the present epidemics with keeping the following most critical features in mind.

1. Recognizing that diet is part of an overall healthy lifestyle also includes activity and behavior.
2. Identifying the influence of environmental factors on the prevalence of under/overweight hypertension and diabetes related health behaviors.
3. Formulating practical guidelines on how to achieve diet and lifestyle changes which need to be provided to the general and 'at-risk' population.



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4. The importance of following the recommendations when eating at home and away from home needs to be emphasized.

5. The vital roles of healthcare professionals the food industry. Schools and local policies need to be highlighted, along with specific recommendations to these groups.

Objectives of Dietary Management :

The recommendations of WHO are on Dietary Intake.

- To balance (calorie) intake and physical activity to achieve and maintain a healthy body weight, consume a diet rich in vegetables and fruits; choose whole -grain, high-fiber foods, consume fish, especially oily fish, at least twice a week.
- Limit intake of saturated fat to < 7% of energy and vegetable alternatives, fat-free (skim) or low-fat.

(1% fat) dairy products and minimize intake of partially hydrogenated fats; minimize intake of Beverages and foods with added sugars; choose and prepare food with little or no salt ; These can substantially reduce the risk of developing cardiovascular disease and other complications of excess body weight, which remains the leading cause of morbidity and mortality in both developed and developing nations. An emphasis on balanced or prudent diet is also appropriate to ensure nutrient adequacy and energy balance. Hence, rather than focusing on a single nutrient or food, individuals should aim to improve their whole or overall diet.

- (i) **Consume a Diet Rich in Vegetables and Fruits**
In longitudinal observation studies, persons who regularly consume such diets are at a slower risk of developing CVD, particularly stroke. Consumption of a variety of vegetables and fruits has been recommended. Vegetables and fruits that are deeply colored throughout (e.g. spinach, carrots, berries) should be emphasized because they tend to be higher in micronutrient content than are other vegetables and fruit such as potatoes and corn. Fruit juice is not equivalent to the whole fruit in fiber content and perhaps satiety value and should not be emphasized. A diet rich in vegetables and fruits is a strategy for lowering the energy density of the diet to control energy intake.

(ii) Choose Whole-Grain, High-Fiber Foods

Dietary patterns that are in whole-grain products and fiber have been associated with increased diet quality and decreased risk of CVD³⁴ Soluble or viscous fibers (notably β -glucan and pectin) modestly reduce LDL cholesterol levels. Dietary fiber may promote satiety by slowing gastric emptying leading to an overall decrease in

calorie intake. Soluble fiber may increase short-chain fatty acid synthesis, thereby reducing endogenous cholesterol production. It is recommended that at least half of grain intake must include whole grains and this is particularly important in case of cereal-based diet as consumed in India.

- (iii) **Consume Fish, Especially Oily Fish, at Least Twice a Week**
- (iv) **Limit Intake of Saturated and Trans Fat and Cholesterol**
- (v) **Minimize Intake of Beverages and Foods with Added Sugars**
- (vi) **Choose and Prepare Food with Little or No Salt**
- (vii) **If Consume Alcohol, Do in Moderation**
- (viii) **Other Dietary Factors-(a) Antioxidant Supplements (b) Soya Protein (c) Folate and other B Vitamins (d) Photochemical (e) Fish Oil Supplements (f) Plant Sterols**
- (ix) **Diet and Lifestyle Recommendations while Eating Away From Home**
- (x) **Avoid Use of and Exposure to Tobacco Products.**

SPECIFIC GOALS RECOMMENDATIONS FOR LIFESTYLE :

1. Adopting a Physically Active Lifestyle
2. Ideal or Desirable Body Weight
3. Achieving and Maintaining a Desirable Lipid Profile -To aim for recommended levels of low-density lipoprotein cholesterol, high-density lipoprotein cholesterol, and trigly cerides
4. Achieving and Maintaining Normal Blood Pressure
5. Achieving and Maintaining a Normal Blood Glucose Level

RECOMMENDATIONS FOR SPECIAL AGE GROUPS

a) Children Over 2 Year of Age

Overweight andobesity are a particular concern for children as the prevalenc of overweight is 16% among children and adolescents. Achieving energy balance may be more complicated in children and adolescents because calorie and micronutrient intake must be adequate to support normal growth and development. However many children are eating excess calories and experiencing unhealthy weight gain especially in the urban sector. Children can eat a diet consistent with the AHA2006 Diet and Lifestyle Recommendations/NCEP recommendations and maintain appropriate growth while lowering risk for future development of obesity and other degenerative diseases. Furthermore, because diet in youth is associated with the occurrence of



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CVD outcomes later in life and because lifestyle habits in youth into adulthood, adoption of a healthy diet and lifestyle at early ages is recommended.

b) Elderly and Adults:

Atherosclerosis is a chronic process beginning in youth. The risk of developing CVD increases dramatically with advancing age particularly among overweight obese. Diet and lifestyle behaviors can decrease CVD risk. Also, ample evidence from clinical trials indicates that older-aged persons can make and sustain lifestyle changes, perhaps more so than younger adults. In view of the high incidence of CVD events in older-aged individuals even relatively small improvements in risk factors (eg. small reductions in BP and LDL cholesterol through diet and lifestyle changes) would be of substantial benefit, gap Elder have decreased energy needs while their vitamin and mineral requirements remain constant or increase, however, older individuals should be counseled to select nutrient-dense choices within each food group.

c) Socioeconomic Groups at High Risk of CVD

Barker's hypothesis has long substantiated the fact that individuals of lower socioeconomic status have a higher incidence of CVD than do individuals of higher socioeconomic status. In population, promotion of a desirable diet should be culturally sensitive and should encourage healthy preparation of traditional ethnic food. Unfortunately, social and economic barriers make widespread adoption of current diet and lifestyle recommendations difficult for many segments of society.

Target Group Recommendations

• Practitioners :

- Advocate a healthy dietary pattern consistent with AHA recommendations.
- Encourage regular physical activity.
- Calculate BMI and discuss results with patients.
- Discourage smoking among nonsmokers and encourage smoking cessation among patients who do smoke.
- Encourage moderation of alcohol intake among those who do drink alcohol.

• Restaurants

- Display calorie content prominently on menus or make calorie and other nutrition information easily accessible to consumers at point of decision and point of purchase.
- Reduce portion sizes and provide options for selecting smaller portions.
- Reformulate products to reduce calories, sodium, and saturated and trans fats.

- Use trans fat free and low saturated fat oil in food preparation to eliminate added trans fat without increasing saturated fat.
- Provide more vegetable options and prepare them with minimal added calories and salt.
- Provide more fruit options and serve them without added sugar.
- Develop creative approaches to including and marketing fruits and vegetables to make them more attractive to consumers.
- Allow substitution of non-fried and low-fat vegetables for usual side dishes (eg. French fries and potato salad)
- Provide whole-grain options for bread, pasta and rice.

• Food Industry

- Reduce the salt and sugar content of processed foods.
- Replace saturated and trans fat in prepared foods and baked good with low saturated fat liquid vegetable oils.
- Increase the proportion of whole-grain foods available.
- Package foods in smaller individual portion sizes.
- Develop packaging that allows for greater stability, preservation, and palatability of fresh fruits and vegetables without added sodium and reduces refrigeration needs in grocery stores.

• Schools

- Adopt competitive food policies that limit foods high in added sugar, saturated and trans fat, sodium and calories while encouraging consumption of fruits, vegetables, whole-grain foods and low-fat or fat-free dairy (Competitive food policies should address vending, a la carte, school fundraising and all food sold outside of the reimbursable school lunch)
- Ensure the availability of nutritionally balanced mid-day meal programmes
- Offer daily physical education taught by qualified teachers at all grade level.
- Expand physical activity opportunities by providing noncompetitive as well as competitive extracurricular physical activity options. Examples include intramural and intramural spots, dance classes and walking clubs.
- Incorporate health nutrition and increased physical activity policy into after-school activities.
- Adopt 100% smoke-free policies on school campus, including parking lots and surrounding school grounds.

• Local Government :

- Develop and implement safe Routes to School plan.




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Implement land-use practices that promote non-motorized transportation (walking and biking), such as complete streets and community parks.
Promote policies that increase availability of health food (eg, use of public land for farmers market and full-service grocery stores in low-income areas)

Conclusion:

A substantial importantly, lifestyle modifications can effectively control risk factors and lower the incidence. To realize benefits, individuals should aim for a desirable body weight be physically active, avoid tobacco exposure and follow a diet and lifestyle consistent with dietary recommendations. Accomplishing these objectives will require individuals to change their behavior and society to make substantial environmental changes. The

current challenge to healthcare providers, researchers and government officials is to develop and implement effective clinical and public health strategies especially need-based educational programmes (assessable, viable and adaptable to all age group across communities) that would lead to sustained lifestyle changes among individuals and populations.

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ABSTRACT

Modern food processing industry and the latest advertising techniques made modern man very much addicted to the fast food and it has become necessary to depend upon different forms of fast food in day to day life ranging from biscuits, bread and burger to cola, soda and several types of soft drinks and junk foods. Fast food has become very popular all over the world but its disadvantages are many. Easily prepared and fast served food is called fast food. The concept has grown world wide with many restaurants coming up day in and day out. The reason for becoming most sought after is low investment requirement for the entrepreneurs and varieties of foods served in a short period of time for the customers. But the fact is that in most of the cases, fast food is prepared ready made in places of unhygienic conditions, kept it for long period of time and repeatedly heated to make them tastier. In the endeavor to make them more palatable the nutritional value is given secondary importance. Modern processed food industry comes with packed food in highly processed condition giving consumer minimal time for preparation but the process and methods employed in the manufacturing stage certainly reduces the nutritional value of fast food. They are unhealthy and excessive consumption leads to obesity. Their advertising tactics specifically target children who are more affected by the food habits and eating plan. The under nutrition and the erratic food eating habit inflict our young ones with telling effect on health of people.

KEY WORDS:

Introduction

The history of fast food dates back to cities of Roman antiquity, where much of the urban population living in multi-story apartment blocks, depended on food vendors for their meals. In the mornings, bread baked in wine was eaten as a quick snack and cooked vegetables and stews later in the day. In the middle ages, large towns and major urban areas like London and Paris supported numerous vendors that sold dishes such as Pies, pasties, flans, waffles, wafers, pancakes and cooked meats. In Roman cities, many of these establishments catered to those who did not have means to cook their own food, particularly single households. Unlike richer town dwellers, many often could not afford housing with kitchen facilities and thus relied on fast food including the travelers and pilgrims. In UK, in cities which had access to coastal or tidal waters, fast food would frequently include local shellfish or seafood such as oysters or as in London, eels which are cooked directly on the quay or close by. American fast food such as hamburgers and fries, there are many other forms of fast food that enjoy widespread popularity in the West. Chinese takeaways/takeout restaurants are popular as they offer a wide variety of Asian food which has normally been fried. Most options are noodles, rice or meat. In some cases, the customer

chooses the size of the container they wish to buy, and then is free to fill it with their choice of food. It is common to combine several options in one container and some outlets charge by weight rather than by item. Many of these restaurants offer free delivery for purchase over a minimum amount. In Japan, Sushi, a form of fast food is normally cold sticky rice flavored with a sweet rice vinegar and served with some topping or rolled in roti with filling. The filling often includes fish, chicken or cucumber. Pizza is a common fast food category in the United States with chains such as Papa John's, Domino's Pizza, Sharto and Pizza Hut.

Fast food or junk food is the name given to food that can be prepared and served quickly, often served at basic restaurants or in packaged form for convenient takeaway form. It is typically inexpensive to buy but unhealthy to eat. Popular fast foods include burger, fries, pizza, fish and chips, kababs and fried chicken. Well known fast food franchises and restaurants include McDonalds, Kentucky Fried Chicken (KFC), Pizza Hut, Taco Bell Burger King etc. Fast food is often highly processed and produced on a large scale to decrease costs. Ingredients and various menu items are prepared at a different location before being sent to restaurants to be cooked reheated or quickly put together for the customer's convenience. While hamburgers, fries and pizza are seen as traditional fast food, countries

throughout the world sell all types of fast food that may not be so well known. Some examples of these include kebabs, Chinese takeaways-fried noodles, rice and meat dishes, sushi and bento type foods in Japan and fish and chips in the U.K, New Zealand and Australia. Consumers in the United States of America spend over \$100 billion on fast food every year. McDonalds is arguably the world's most well known fast food chain. There are McDonald's restaurants found in over 100 countries around the world and they serve over 40million customers every day. Due to increased awareness of public health and obesity levels, efforts have been made to improve fast food menus by lowering fat levels or at least offering healthier alternatives. While these health concerns are generating more attention, fast food is still linked to worldwide weight gain problems, increased diabetes risks and healthcare costs.

Life style diseases now surface in rural areas and are no longer restricted to urban areas. The Maharashtra Health Department recently screened people from six different districts and found thousands suffering from hyper tension and diabetes. The doctors prescribed all similar urban prescription of a healthy life style that includes medicines, physical exercise and eating healthy food and also advised against high intake of salt, oily foods and to include seasonal fruits and vegetables. At the same time malnutrition among children a cause for concern for policy makers in many states.

In India, around 43% of its children under the age of 5 are malnourished or undernourished. Malnutrition is more common in India than in sub-Saharan Africa. It is estimated that one in every three malnourished children in the world live in India. Malnutrition is considered to be a leading cause of child mortality in India. Non availability of food seems to be the major cause of malnutrition. Protein energy malnutrition and micronutrient deficiencies are major contributions to higher mortality rates from illness and diseases such as pneumonia, malaria, diarrhea and measles in the developing world. The normal population of Indian cities consist of lower socio-economic classes who stay in slums and the middle and upper socio-economic classes who stay in proper housing facilities. Children in slums do not have access to proper food due to cost where as children from middle and upper class do not eat proper food. They eat food which is tasty but is poor in vitamins and minerals. Dietary habits of these children now have changed to fast food like biscuits, pastas, pizza, French fries, wafers, vadapav, samosa, pastries, chips and other oily foods which has high fat content but poor nutrition of vital elements. Thus such food may provide calories but not other elements. Thus children in urban India tend to nutritionally poor.

Mumbai has 45.4% of its children below 5 years as stunted and 32.6% are under weight.

A fast food diet in children can lead to many health problems. Such a diet is low in fiber, vitamins, minerals and essential oils and this will lead to immune deficiency, high cholesterol, heart disease, over weight and cancer. Heart disease is the number one killer of both men and women. A study among the Asian Indian men showed that half of all heart attacks in this population occur under the age of 50 years and 25% under the age of 40. Such a large group of unhealthy people will result in problems for the generation in the future. There are many causes to the problems of children's health being adversely affected by fast food. The industry is only concerned about their profit and not health as they generate more revenue from the children. Fast food companies advertise to children so that the children will insist their parents to buy fast food. Fast food is not proper nutrition in any sense and mostly unhealthy also. Many parents only feed their children fast food instead of home cooked meals due to convenience. Even knowing that fast food is not good for children, the convenience is too great to avoid taking them there. However, if companies made healthier options for children, many parents would pick out the healthier options for their family.

In State of Punjab v. Mohinder Singh Chawla SC held that "right to life in Art 21 of the constitution includes the right to health". In India 'Right to Health' is not included as a fundamental right in the Indian Constitution. But Article 21, of the Constitution under 'Protection of Life and Personal Liberty' directs the state to take measures to improve the conditions of health care of the people. In Parmanand Katara v. Union of India and Others 10 Justice Ranganath Misra held "Art.21 of the Constitution casts an obligation on the State to preserve life and it is the obligation of the state to ensure the creation and the sustaining of conditions congenial to good health". In Vincent Panikulangara v. Union of India Supreme Court held that a healthy body is the very foundation for all human activities "maintenance and improvement of public health have to rank high as these are indispensable to the very physical existence of the community and on the betterment of these depends the building of the society of which the Constitution makers envisaged. Attending to public health, therefore, is of high priority-perhaps the one at the top".

From the above decisions of the Hon'ble Supreme Court of India it is very clear that right to health is an important Constitutional right. But the modern day practices force the people to consume fast foods which are unhealthy products by which they are affected with their health. Therefore it is highly necessary to make awareness among the consumers

about the ill-effect of those products which are directly affecting their health. It is important to focus on the health of nation's children because these children are the adults of tomorrow. New healthy choices need be introduced so that children would enjoy the same and that also will teach them to lead a healthy life. Advertisements aimed at children should contain nutritional tips to instill the information needed in children to have lifelong eating habits. As part of corporate social responsibility, companies should undertake the task of educating people about the ill effects of fast food and also to select food depending upon the nutritional value.

Conclusion:

Fast food has become part and parcel of modern life. Both rural and urban people are much dependent on this food habits. It is very difficult to live without fast food in one form or another. But the consumption of the fast food can be reduced by making people aware about the ill-effects. Nutrition lessons should be started from school days. When children are educated about nutrition and defects of fast food culture, they in turn can give their knowledge to their family members and also to the coming generations. Companies should produce and market healthy fast foods with nutritional value and change is needed in the advertising methods also. If nutritional value is included in the advertisement, that will help people to select their food considering their health. Companies should undertake the task of giving healthy living lessons as part of corporate social responsibility to make people more conscious about their health. Health is wealth and healthy people can contribute more for themselves and also for the nation. Hence, through conscious efforts we should reduce the intake of fast food and should practice healthy diet to create a healthy nation.

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9. Impact of Covid- 19 Pandemic on Livelihoods and Food System : Political and Socio-Economic Impact on Agriculture Sector in India

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Abstract

Corona virus pandemic has upset the Indian agrarian framework widely. By and by, the new quarterly GDP gauges post-COVID situation grandstand vigor and versatility in Indian horticulture, the lone area to enroll a positive development of 3.4% during the monetary year (FY here after) 2020-21 (Quarter 1: April 2020 to June 2020). Simultaneously, the prompt past quarter development was assessed at 5.9% seeing a decay by 2.5% point. In this specific circumstance, we plan to integrate the early proof of the COVID-19 effect on the Indian horticultural framework viz., creation, advertising and utilization followed by a bunch of likely systems to recuperate and succeed post-pandemic. Study discoveries show that the pandemic has influenced creation and showcasing through work and strategic imperatives, while the negative pay shock confined admittance to business sectors and expanded costs of food wares influencing the utilization design. The pandemic unleashed a generous physical, social, financial and passionate destruction on every one of the partners of Indian horticultural framework. Taking advantage of the emergency as a lucky break, the state reported a heap of measures and long-forthcoming changes. We propose a 10-point system going from social security nets, family cultivating, adapting cradle stock, staggered acquisition to optional farming to restore and thrive post-pandemic.

Introduction

Corona virus, starting from Wuhan, China – the focal point – has at last spread through the entire world and arose into a pandemic. India has effectively become a focal point for the infection, close to the USA, contaminating 9.6 million (14.6% of worldwide disease) as of December sixth, 2020 which has brought about a decrease of 23.9% total national output in quarter 1, FY 2020-21. A pandemic shock can have a more prominent importance on economies because of lost living souls contrasted with a climate shock, for example, dry season

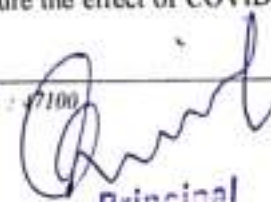


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or flood or an exchange ban. Without a doubt, this load of shocks influence farming frameworks; nonetheless, pandemic shocks influence every one of the areas of an economy. The pandemic upsets request and supply of food affecting the worldwide production network; while dry seasons will in general be restricted influencing just the related area or partners (Mishra et al., 2021). Essentially, stuns because of an exchange ban influence a specific area and can be amended in the present moment with reasonable approach measures. For example, in the event of supply lack because of dry spells, worldwide connected wholesalers and retailers secure from different sources to stay away from unfriendly impacts (Mishra et al., 2021). Despite what might be expected, pandemic effect might be sweeping and harsher and may even dive a country into downturn.

Other than the pandemic making a frenzy circumstance, beetle pervasion from East Africa to India catastrophically affected horticulture (Timilsina et al., 2020). Normal catastrophes like tornadoes and floods in eastern and western states caused obliteration adding to the troubles. Ranchers confronted a troublesome time in planting summer (April-June) and south-west storm (July-October) season crops, reaping winter (March-April) harvests and settling on advertising choices. During the state acquirement activities of the colder time of year reaped wheat, because of the requirement for sticking to the social separating standards, the Government of India suspended the Agricultural Produce Market Committee (APMC) Act empowering numerous impermanent nearby business sectors and acquisition focuses. Seeing the fruitful finish of a record acquisition activity, the Government of India detected a chance in the pandemic to introduce different changes to rural showcasing and limit limitations on development and offer of agrarian wares by declaration of three statutes that included revising the APMC Act to permit private exchange, empowering contract cultivating to defend the concurrence on value confirmations and altering the Essential Commodity Act 1955 (Government of India, 2020b). Coronavirus has uncovered weaknesses and force lopsided characteristics in the Indian rural framework for learning and building versatility against future shocks. The pandemic likewise featured the hidden imbalances and pay inconsistencies across the general public as showed by the reactions of various layers. Momentary adapting is significant and a most extreme need, as the pandemic, however apparently subsiding, may perhaps restore, influencing the economy including horticulture; hindering food security and occupations. In this specific situation, the paper expects to feature the effect of COVID-19 on




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the Indian farming framework alongside likely methodologies (10-point) for post-pandemic recuperation.

Impact of COVID-19 on people's livelihoods, their health and our food systems

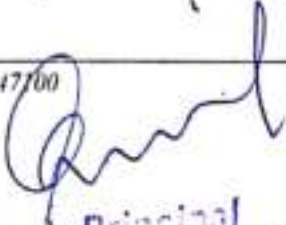
The COVID-19 pandemic has prompted a sensational loss of human existence worldwide and presents an exceptional test to general wellbeing, food frameworks and the universe of work. The financial and social interruption brought about by the pandemic is wrecking: a huge number of individuals are in danger of falling into outrageous destitution, while the quantity of undemourished individuals, presently assessed at almost 690 million, could increment by up to 132 million before the year's over.

A large number of endeavors face an existential danger. Almost 50% of the world's 3.3 billion worldwide labor force are in danger of losing their livelihoods. Casual economy laborers are especially powerless in light of the fact that the larger part need social security and admittance to quality medical care and have lost admittance to useful resources. Without the resources to acquire a pay during lockdowns, many can't take care of themselves and their families. For most, no pay implies no food, or, best case scenario, less food and less nutritious food.

The pandemic has been influencing the whole food framework and has uncovered its delicacy. Boundary terminations, exchange limitations and control measures have been keeping ranchers from getting to business sectors, including for purchasing sources of info and selling their produce, and rural laborers from reaping crops, accordingly upsetting homegrown and worldwide food supply ties and decreasing admittance to solid, protected and various eating regimens. The pandemic has destroyed positions and put a large number of occupations in danger. As providers lose positions, become sick and kick the bucket, the food security and nourishment of millions of ladies and men are under danger, with those in low-pay nations, especially the most minimized populaces, which incorporate limited scope ranchers and native people groups, being hardest hit.

A great many rural specialists – pursued and independently employed – while taking care of the world, consistently face undeniable degrees of working neediness, hunger and chronic weakness, and experience the ill effects of an absence of security and work insurance just as different kinds of misuse. With low and sporadic earnings and an absence of social help, large numbers of them are prodded to keep working, regularly in risky conditions, consequently




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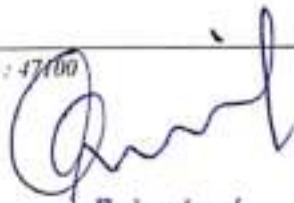
uncovering themselves and their families to extra dangers. Further, while encountering pay misfortunes, they might depend on adverse adapting techniques, for example, trouble offer of resources, savage credits or youngster work. Transient rural specialists are especially defenseless, on the grounds that they face chances in their vehicle, working and everyday environments and battle to get to help estimates set up by governments. Ensuring the wellbeing and soundness of all agri-food laborers – from essential makers to those associated with food handling, transport and retail, including road food merchants – just as better wages and assurance, will be basic to saving lives and securing general wellbeing, individuals' vocations and food security.

In the COVID-19 emergency food security, general wellbeing, and business and work issues, specifically laborers' wellbeing and security, combine. Holding fast to working environment wellbeing and wellbeing rehearses and guaranteeing admittance to nice work and the assurance of work rights in all enterprises will be significant in tending to the human element of the emergency. Prompt and intentional activity to save lives and occupations ought to incorporate expanding social security towards general wellbeing inclusion and pay support for those generally influenced. These remember laborers for the casual economy and in ineffectively secured and low-paid positions, including youth, more established specialists, and travelers. Specific consideration should be paid to the circumstance of ladies, who are over-addressed in low-paid positions and care jobs. Various types of help are critical, including cash moves, kid stipends and solid school dinners, sanctuary and food alleviation drives, support for work maintenance and recuperation, and monetary alleviation for organizations, including miniature, little and medium-sized ventures. In planning and executing such measures it is fundamental that legislatures work intimately with managers and laborers.

Effect of COVID-19 on the Indian Agrarian Framework: Production, Promoting and Utilization

Vulnerability forced by the emergency, limitations on between state developments and nonattendance of transportation upset the food supply chains and spiked food costs (Kalsi et al., 2020) and influenced ranch tasks (Table 1). Our investigation utilizing the authority time series value information of 284 days spreading over from 01.11.2019 to 10.08.2020 of significant food items demonstrated that the discount and retail costs of heartbeats, wheat flour and milk was 1–5% higher a month post-lockdown; costs of palatable oils and staple oats (rice and




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wheat) were 4–9% lower in light of eliminating import limitations and government mediations like free conveyance of food grains. Vegetable costs rose with tomato costs expanding by 77–78% in a week and 114–117% a month post lockdown (for additional subtleties see Cariappa et al., 2020a). Markets saw expanded appearances in May attributable to trouble deal and market changes protected ranchers from lower costs (Varshney et al., 2020). More modest urban communities and provincial regions saw greater cost ascends than the metropolitan regions (Cariappa et al., 2020a; Narayanan and Saha, 2020).

10-Point Strategy to Strengthen the Agricultural Sector Post COVID-19

Our previously mentioned conversation on the effect of COVID-19 on the Indian farming framework empowered us to show up at a 10-point methodology for fortifying the area against the emergency and supportability issues (Workie et al., 2020) presented by the pandemic.



Figure 1. 10-point strategy to strengthen the agricultural sector post COVID-19.

Social Safety Nets

The inevitable shut down halted creation prompting position and pay misfortune and request downturn. The pandemic likewise prompted food misfortune and wastages that influenced the food and nourishment security particularly of the weak area, however momentarily, and can lifelong affect abilities. The public authority and private intercessions should warrant dealing with the food misfortune and waste, resuscitating the interest and food consumption. To deal with the food squander at family level, execution of good food the board rehearses like arrangement of shopping records and arranging the course of suppers are



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supported (Principato et al., 2020). India's work ensure conspire – Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) could utilize transients who have returned to their own towns and direct exchanges could place cash under the control of helpless who don't approach MGNREGA. Government uses should hence be towards expanded subsidizing for MGNREGA (business), PM-KISAN (cash move to ranchers under the Prime Minister-Farmer Honor Fund) and PDS (offering nutri-rich food sources through open conveyance framework). Then again, dispersion of 'food coupons' or 'combo packs' including a container of products particularly biofortified food varieties like zinc and iron rich oats and millet will work with the country towards the pathway in guaranteeing nourishment security (Sendhil et al., 2020b).

Cost and Income Hazard the Executives

Coronavirus had less or unimportant impact on food costs (aside from vegetables). Notwithstanding, food costs are tormented by high instability which makes an interpretation of into value hazard to ranchers. The Government ought to consider setting up a value adjustment asset to protect ranchers from the value hazard. Further, crop protection in India by and large covers just the yield hazard; COVID-19 has introduced the public authority a chance to change the harvest protection conspire which covers the income (yield and value) hazard of ranchers (Cariappa et al., 2020b). Then again, ranchers and customers can profit the advantages of prospects exchanging to purchase/sell the normalized product contracts at a pre-chosen cost for conveyance later on (Sendhil et al., 2013). To meet the agreement size set by the product trades, Farmer Producer Companies (FPCs) can change themselves into aggregators.

Moving the Concentration from Essential to Auxiliary Agribusiness

Corona virus prompted lockdown has disturbed farming work advertises that saw enormous converse movement. An overview reports that 45% of the travelers got back during lockdown (Imbert, 2020). Primary shortcoming in the framework ought to be addressed to empower acknowledgment of cultivating as an endeavor. Cycles which increase the value of essential farming creation frameworks and undertakings which source crude materials from crop deposits, side-effects and waste from essential horticulture ought to be advanced (Dey, 2019). For example, cotton stalks have a more extensive and undiscovered degree for use as delicate and hard sheets, paper and mash fabricate (Chengappa, 2013). Speeding up research on very good quality auxiliary agribusiness items is earnestly required. Improvement of organic product based frozen yogurt, changing over bamboo or wood waste to fancy adornment,



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arrangement of desserts from ox-like milk, utilization of normal filaments and winnowed potato to get ready bio-plastics, gelatin extraction from natural product stripped squanders and bio-ethanol creation are some examples.¹⁰ Further, advancements in the post-collect innovations of therapeutic and sweet-smelling plants which supply crude materials to home grown medications, drugs, beauty care products, and food flavor businesses could build send out potential and make work (Chengappa, 2013).

Family Cultivating

In planning to fortify the rural area, we should focus on the idea of maintainability. Nothing comes nearer as family cultivating to the model of reasonable food creation (FAO and IFAD, 2019). Family ranchers not just produce food; they save biodiversity, produce nutritious and neighborhood food sources, foster new procedures and foster developments to handle social, financial and ecological difficulties (FAO and IFAD, 2019). FAO proposes certifiable arrangements to help family ranchers as an answer for the unsuitable world food framework in which 33% of the food delivered goes to squander.

Aggregate Cultivating

Yield ranchers should regard the fruitful cases like dairy cooperatives to build efficiency and benefits. In contrast to oats, heartbeats and vegetables, milk costs were not influenced by the lockdown (Cariappa et al., 2020a). The obtainment, handling, and appropriation organization of dairy cooperatives opposed the exogenous shock. Harvest ranchers should meet up one or the other as cooperatives or rancher maker associations (FPOs) or rancher maker organizations (FPCs) and work in the organization of the worldwide food framework. Through total (of information sources utilized and yield created), economies of scale can be guaranteed. Bumping by the association government on the standards of agreeable federalism (as accomplished for Goods and Services Tax) is needed for land changes and agreement cultivating. These means together will can possibly defeat difficulties of creation and advertising dangers of the ranchers.

Interest in Agrarian Innovative Work

The assessed yearly development (in genuine terms) from 2014-15 to 2018-19 in farming and partnered areas was 2.9% (Government of India, 2020a). While the Indian economy shrunk by 23.9% in the principal quarter of 2020-21, agribusiness was the solitary area to enlist a positive development of 3.4% (ET, 2020). The time has come to understand that



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agribusiness area could keep the development motor faltering when different areas neglect to adapt to the situation notwithstanding the ranchers confronting colossal measure of creation and promoting chances in any event, during typical occasions. Without a doubt, consideration of the private area builds the speculation stream just as effectiveness in working of the framework. Private and government interests in rural innovative work, protection, finance, motorization, cold stockpiling, coordinations, computerization, advanced acquisition and appropriation (e-advertising) ought to be taken up as a need.

Conclusion

The pandemic drove emergency has unleashed ruin on both the Indian and worldwide horticultural framework. A worldwide food security emergency is in conceivably approaching that can't be countered without understanding the effects of COVID-19 on the horticultural framework, particularly of the non-industrial nations.

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GOVERNMENT SCHEMES FOR WOMEN ENTREPRENEURS

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Abstract : Women entrepreneurship has been recognized as an important source of economic growth. Women entrepreneurs create new jobs for themselves and others and also provide society with different solutions to management, organization and business problems. Women are growing in the field of entrepreneurship and developing the field in dynamic terms. Women can turn things their way when they wish to and it has been noted that they have been very consistent with progress. Women who wish to earn on their own and be businesswomen are encouraged in today's day and age because of the progress their gender has made in the field. Today's women entrepreneurs do not come only from the established business families or from the higher-income sections of the population, they come from all walks of life and from all parts of the country. However, they still represent a minority of all entrepreneurs. Women entrepreneurs often face gender-based barriers to starting and growing their businesses, like discriminatory property, matrimonial and inheritance laws and/or cultural practices; lack of access to formal finance mechanisms; limited mobility and access to information and networks, etc. This paper focuses on the role of the government in enhancing women entrepreneurship and various government schemes for women entrepreneurs.

Introduction :

Women entrepreneurship has been recognized as a very important supply of economic process. Women entrepreneurs produce new jobs for themselves and others and conjointly give society with completely different solutions to management, organization and business issues. However, they still represent a minority of all entrepreneurs. Women entrepreneurs usually face gender-based barriers to start and growing their businesses, like discriminatory property, marital status and inheritance laws and/or cultural practices; lack of access to formal finance mechanisms; restricted quality and access to data and networks, etc.

Women's entrepreneurship will build a very robust contribution to the economic well-being of the family and communities, impoverishment reduction and women's management, therefore tributary to the Millennium Development Goals (MDGs). Women's entrepreneurship will build a very robust contribution to the economic well-being of the family and communities, impoverishment reduction and women's management, therefore tributary to the Millennium Development Goals (MDGs). Thus, governments across the globe and others numerous organizations are taking actively measure and endeavor-

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promotion of women entrepreneurs through numerous schemes, incentives and promotional measures. India continues to see immense successful women entrepreneurs; Vandana Luthra, Kiran Mazumdar Shaw, Priya Paul, Ritu Kumar, Suchi Mukherjee, Aditi Gupta, Falguni Nayar, Vani Kola, Radhika Ghai Aggarwal, Indra Nooyi, Chandra Kochar and Ekta Kapoor being a few of them. Such women entrepreneurs encourage other aspiring women entrepreneurs to turn their dream into reality. However, a big part of chasing your dreams of starting a business, no matter how small, is capital. And as a way of encouraging such businesses, the Indian Government offers a financial boost specially designed for women entrepreneurs.

Role of Government to enhance women Entrepreneurship :

1. Government has to establish proper training classes at least monthly ones to encourage entrepreneurial skills among rural women.
2. Bankers and government should organize loan awareness schemes programs in the villages to educate rural women about the benefits provided by them.
3. Develop a policy to verify the amount provided by the banks.
4. Encourage women entrepreneurs by providing gift schemes who perform business well and participate well in entrepreneurial skill programmes.
5. There should be a continuous attempt to inspire, encourage, motive and co-operate women entrepreneurs.
6. To organize training programmes to develop professional competencies in managerial, marketing, financial production process, profit planning, to maintaining books of accounts and other skills. This will encourage women to undertake business.
7. There is need to change negative attitude of society towards women
8. District Industries centers and single window agencies should make use of assisting women in their trade and business guidance.
9. Better educational facilities and schemes and vocational training programmes will be arranged for development of rural women entrepreneurship.

Various Government Schemes For Women Entrepreneurs :

1) Bharatiya Mahila Bank (BMB) business loan:

BMB Inaugurated on 19th November 2019 and was merged with State Bank of India on 1st April 2017. This loan is for women who wanted to start their own business. It offered women entrepreneurs business loans up to 20 Crores for manufacturing enterprises with an interest of 10.15% and more. It also offers collateral-free loans up to 1 crore under Credit Guarantee Fund Trust for Micro and Small Enterprises (CGTMSE) cover. The loans under this bank loan scheme are to be repaid in seven years.

2) Annapurna Scheme:

This loan is provided to women in the food catering industry, still establishing their small scale businesses. The loan allows these women entrepreneurs to avail it as capital requirements like buying equipment and utensils, setting up trucks, etc. Under this scheme,

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women can sell packed food items and snacks which is one of the most common businesses that women entrepreneurs scope out and excel in since it is something that housewives have been managing all their lives and are accustomed to. This boosts their sales since they have a chance at better capital and new products to kickstart their business than they could otherwise afford. The loan limit is Rs. 50,000 under the scheme.

3) Stree Shakti Package:

Women who have 50% share in the ownership of a firm or business and have taken part in the state agencies run Entrepreneurship Development Programmes (EDP) is eligible for this package. The scheme also offers a discounted rate of interest by 0.5% in case the amount of loan is more than 2 lakhs. For tiny sector units no security is required for loans up to Rs. 5 lakhs.

4) Orient Mahila Vikas Yojna Scheme:

This scheme is for women who hold 51% share capital separately or collectively as a proprietary concern. It is a very good opportunity for these stakeholders to help expand their business and add to the development of their field. This scheme does not require collateral security while also giving a concession at the interest rate of up to 2%. The period of repayment is flexible up to 7 years and the loan limit is Rs. 25 Lakhs.

5) Dena shakti scheme:

This scheme is provided by Dena bank to those women entrepreneurs in the fields of Agriculture & allied activities, Retail Trade, Micro Credit, Education, Housing and retail & small business enterprises. There is a concession of 0.25 % on rate of interest. Scheme offers loans up to Rs 20.00 lakhs under retail trade, Rs 20 lakhs under education and housing and Rs 50,000/- under micro credit.

6) Udyogini Scheme

This program encourages women to be self-reliant and help them in self-development by empowering them economically to be able to do so. This scheme encourages budding women entrepreneurs by providing loans in the regards and giving good rates of interest in comparison to private sector skyrocketing rates, while also being a trustworthy source of lending. This is only valid for those who have a family income of less than Rs. 40,000 per annum. They especially encourage loans in the trade and service sector and the cap amount for the same is Rs. 1 Lakh.

7) Cent kalyani scheme:

This scheme is offered by the Central Bank of India. And is for women business owners in multiple areas such as SMEs or agricultural work or retail trading. Under this scheme loans up to Rs.1 crore are sanctioned. There is no need of collateral and guarantors. There are no processing fees and interest rate varies according to market rates.

8) Mahilaudyamnidhi scheme:

This scheme is offered by Punjab National Bank and Small Industries Development Bank of India (SIDBI). This scheme provides financial assistance of up to Rs 10 lakh to set up a new small-scale venture. It also promotes upgrading and modernization of existing projects. And repayment period is 10 years. SIDBI also includes a moratorium period of maximum 5 years. The interest rate varies according to market rate.

9) Mudra yojana scheme for women:

This scheme offered by nationalized banks under the Pradhan Yojna. Which provides financial support to women entrepreneurs who want to start their own small businesses like day care, beauty salon, tuition, tailoring unit, etc. The loans between Rs.50,000 to Rs.50 lacks are sanctioned under this scheme. For loans below Rs.10 lack there is no need of collateral and guarantors. It has three plans

- i. Shishu – Offers loan upto Rs.50,000 for new businesses with interest 1% per month and repayment period is 5 years.
- ii. Kishore – Offers loan from Rs.50,000 to 5 lacks for well established businesses. Interest depends on bank, scheme guidelines and applicants credit history. Repayment also depends on bank's discretion.
- iii. Tarun – Offers loan from Rs.5 lacks to 50 lacks for business expansion. Here also interest depends on bank, scheme guidelines and applicants credit history. Repayment also depends on bank's discretion.

10) TREAD (Trade Related Entrepreneurship Assistance and Development) scheme :

This scheme aims to economic empowerment of women by providing credit (through NGOs), training, development and counseling extension activities related to trades, products, services etc. Government grant up to 30% of the total project cost as appraised by lending institutions which would finance the remaining 70% as loan assistance to applicant women.

11) Pradhan Mantri Rozgar Yojna

Also known as PMRY, this is one of the best schemes for women entrepreneurs both socially and financially. The focus of this scheme is on creating skill-based, self-employment through women entrepreneurs and smart minds at work being utilized for monetary independence. This scheme covers both urban and rural areas and was developed through several amendments in cost, eligibility, and subsidy limits. The loan subsidy amount is up to 15% of the project cost with an upper ceiling of Rs. 12,500 per borrower as a restriction. The scheme applies to all types of ventures in industries, trade and services. The age limit is 35 years and loan limit for business is Rs. 2 Lakh while for service and industry, Rs. 5 Lakh.

Conclusion :




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Breaking centuries of conventions, Indian women have come out of their comfort zone and carved a niche for themselves in the business world. The corporate career has given them financial independence and an opportunity to demonstrate their managerial skills.

But, entrepreneurship took her much ahead and gave her the confidence to lead the world with an example. India currently has over 8.05 million women entrepreneurs. It is around 14% of the total Indian business industry. Apart from this, recent data also highlights that over 79% of women-owned enterprises are self-financed. Women participation in the field of entrepreneurship is increasing at considerable rate, efforts are being taken at the economy as well as global level to enhance woman's involvement in the enterprise sector. Educated Women is contributing to a great extent to the social transformation and in the future, will be seen that more women venturing into areas traditionally dominated by men.

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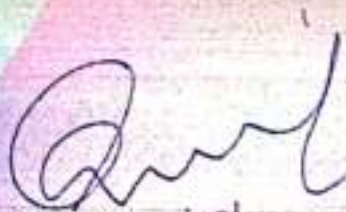
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२४	ऑनलाईन राष्ट्रीय कृषी बाजार (e-NAM) : एक आढावा प्रा. रामदास गादगे	११५-११९



[Signature]
Principal
Narayanrao Pimpri Mahavidyalaya

१३. आत्मनिर्भर भारतासाठी अंगणवाडी मधील बालकांचे पोषण दर्जाचे अध्ययन

डॉ. मंजिरी मि. चेपे

सहयोगी प्राध्यापिका, गृह अर्थशास्त्र विभाग, नारायणराव राणा महाविद्यालय बडनेरा, जिल्हा-अमरावती.

प्रस्तावना

सुदृढ शरीरातूनच निरोगी मन वास करते असे म्हणतात। अशी सुदृढ व्यक्तीही त्या देशाची संपत्ती असते. सदृढ समाजासाठी चौरस आहार, संतुलित आहाराचे महत्त्व याबाबत लोकांमध्ये सजगता असणे गरजेचे आहे. त्याचबरोबर माता आणि बालकांची घ्यावयाची काळजी याबाबत समाजामध्ये जनजागृती होणे गरजेचे आहे.

कुपोषण हे अन्न कमी पडल्याने आणि विशिष्ट अन्नघटक कमी पडल्याने देखील होते. कुपोषण काही वेळा गैरसमजुतीतूनही होत असते. माता व बालकांना योग्य आहार व त्याचे आरोग्य व पोषण याबाबत जनजागृती करण्यासाठी शासनाने राजमाता जिजाऊ, माता-बाल, आरोग्य पोषण मिशन सुरू केले आहे.

अंगणवाडी ही मागास खेड्यातील बालकांसाठी सुरू झालेली योजना होती. मुले हीच राष्ट्राचे भविष्य असतात. त्यामुळे बालकांची जडणघडण आणि विकास हेच आपले प्रथम कर्तव्य आहे. सहा वर्षांखालील मुलांचे आपल्या लोकसंख्येतील प्रमाण सुमारे 15.8% इतके आहे. या वयोगटात मुलामुलींचे परस्पर प्रमाण हजाराला 927 इतके आहे. ही पिढी अनेक प्रतिकूल घटकांचा सामना करीत आहे. या प्रतिकूल घटकांचे निराकरण होऊन या वयोगटातील बालकांचे संवर्धन व्हावे म्हणून 1975 साली गांधीजयंती पासून भारत सरकारने एकात्मिक बाल विकास सेवा योजना (अंगणवाडी) सुरू केली. गेली 30 वर्षे प्रत्येक गावांत अंगणवाडी सुरू झालेली आहे. अंगणवाडी ही खास बालकांसाठी (सहा वर्षांखालील) तयार झालेली योजना असून त्यात पुढील सेवा येतात:

- पूरक आहार
- लसीकरण
- अनौपचारिक शालापूर्व शिक्षण
- आरोग्यशिक्षण व पोषण शिक्षण
- बालकांची आरोग्यतपासणी
- 'अ' जीवनसत्त्व पुरवठा आणि वैद्यकीय सेवा, इत्यादी.

अंगणवाडीमार्फत ह्या सहाही सेवा द्यायच्या असून, तीन वर्षांखालील मुलांना घरभेटीतून सेवा पुरवायच्या आहेत, तर तीन वर्षांवरील मुलांना अंगणवाडीत तीन तास एकत्र आणून सेवा पुरवायच्या आहेत. वैद्यकीय सेवा, तपासणी, इत्यादींसाठी प्राथमिक आरोग्य केंद्र साहाय्य करते.



[Signature]
Principal

अंगणवाडीत वजन तपासणी, वजन तक्ते-आरोग्यतक्ते ठेवणे, कुपोषण लवकर शोधून काढणे आणि सुधारणे, पूरक आहार - सुखदा (सुकडी), 'अ' जीवनसत्त्व डोस, शालापूर्व शिक्षण (पोषण, स्वच्छता इत्यादी विषयांवर भर) ह्या सेवा दिल्या जातात.

अंगणवाडीत फक्त तीन वर्षांपुढची मुले येणे शक्य असते. यामुळे त्यापेक्षा कमी वयाची मुले योजनेच्या दृष्टीने दुर्लक्षित राहतात. कुपोषण व आजारांचे दुष्टचक्र याच लहान वयोगटात महत्त्वाचे असते. अंगणवाडी योजनेची ही एक मोठी त्रुटी आहे. मात्र तीन वर्षांच्या वरच्या गटातील मुलांना योजनेचा थोडाफार लाभ मिळतो. विशेषतः अतिकुपोषित मुलांचे प्रमाण कमी होण्यास मदत होते असे दिसते. पण कुपोषण-अनारोग्य ज्या परिस्थितीमुळे निर्माण झाले त्याचा मुकाबला करणे जास्त महत्त्वाचे आहे.

अंगणवाडी मध्ये पोषण दर्जा तपासण्यासाठी साधने

बालकांसाठी आरोग्य तक्ते (वजन तक्ते)

अंगणवाडीत प्रत्येक बालकाचे दर महिन्यात एकदा वजन केले जाते. आरोग्य तक्त्यातील नोंदीवरून मूल ठीक आहे, की कुपोषित आहे याचा अंदाज येतो. तसेच अचानक वजन कमी झाले तर तेही कळते. मूल कुपोषित असेल तर त्याप्रमाणे लवकर उपाययोजना करायला सोपे जाते.

अंगणवाडीत बालकाची प्रत्येक महिन्याची होणारी वजननोंद करतात. या सर्व बिंदूंना जोडणारी रेषा पाहून बाळाची एकूण प्रगती लक्षात येईल. या तक्त्यावरून अनेक गोष्टी समजतात.

पहिल्यापासून बाळाची प्रगती कशी आहे?

कधी अचानक वजन कमी झाले काय ?

बालकाच्या पोषणाचा (वजनाचा) दर्जा कोणता आहे, मूल कुपोषित आहे का? असल्यास कुपोषणाची कोणती पायरी (पहिली, दुसरी, खालची) आहे.

वजनतक्ते ठेवणे हा बालकांच्या आरोग्यसेवेतला एक महत्त्वाचा घटक आहे. पण केवळ वजन मोजणे पुरत नाही. बालकाची उंची, वाढीचे व विकासाचे टप्पे, इत्यादी गोष्टीही तपशीलवार पाहिल्या पाहिजेत.

अंगणवाडीच्या अडचणी

- कुपोषण हटवणे ही सोपी गोष्ट नाही. ही लढाई समाजाने अंगणवाडीवर सोपवून समस्या सुटणार नाही. अंगणवाडी केवळ यासाठी मदत करते. अंगणवाडी सेवांमध्येही अनेक अडचणी असतात.
- तीन वर्षांखालील मुले आपली आपण अंगणवाडीत येऊ शकत नाहीत. कधी कधी त्यांच्या आया त्यांना जेवणाच्या वेळेला अंगणवाडीत आणतात. पण खरे म्हणजे या मुलांनाच जास्त कुपोषण असते. या विचित्र समस्येबद्दल आपण काय करू शकतो?
- पालकांचा असा समज असतो की अंगणवाडीत मुख्य आहार मिळतो. म्हणून कदाचित घरी ते मुलाला कमी आहार देत असतील. यामुळे पूरक आहाराचा योग्य परिणाम होऊ शकत नाही. अंगणवाडीत मिळतो तो आहार फक्त 'पूरक' असतो, पूर्ण नसतो हे आपण पालकांना सांगायला पाहिजे.



Narayanrao
Badnera

- अंगणवाडीत कधीकधी अन्नपुरवठा अनियमित होतो. असे मुद्दे आपण ग्रामपंचायतीसमोर आणू शकतो. अंगणवाडीत ब-याच नोंदी ठेवायच्या असतात. तिला तशी खूप कामे असतात. आणि त्यात तिचा बराच वेळ जातो. बालसंगोपन व स्त्रियांच्या आरोग्याच्या सर्व कामांत तिची खूप मदत होऊ शकते

सर्वसामान्यपणे आहार व पोषणामधील अडचणी

खरं तर पोषण चळवळीचा मुख्य पाया आहे तो संतुलित आहार घेणे. आपण बऱ्याचवेळा पाहतो लोक संतुलित आहार घेत नाहीत. जाहिरातींना लोक जास्तीत जास्त आकर्षित होऊन जंक फुड अथवा फास्ट फुड खाण्यावर लोकांचा जास्त भर असतो. बहुतांशी महिलांना घरात मिळणाऱ्या दुय्यम स्थानामुळे शेवटी जेवणे, अन्न शिळे खाणे असे प्रकार होतात परिणामतः कुपोषण वाढत असते. फास्ट फुडचे जास्त सेवन केल्याने अविष्यात लडूपणा, हायपरटेंशन, असे आजार होण्याची जास्त शक्यता असते तर कुपोषणामुळे बुटकेपणा, बारिक शरीरयष्टी असणारी मुलं पाहतो जी वारंवार आजारी पडतात. अशा मुलांचा शारीरिक विकास नीट न झाल्याने बौद्धिक विकासही नीट होत नाही. त्यामुळे आपण जे खातो तो आहार संतुलित असला पाहिजे याकडे लक्ष देणे गरजेचे कमी खा पण संतुलित खा असाच संदेश यामधून द्यायचा आहे.

पोषण चळवळीमधील विषयांवर भर

पोषण चळवळीमध्ये प्रत्येक घटकाची वर्गवारी करण्यात आली आहे. यामध्ये गर्भवती माता, स्तनदा माता व बालक, किशोरी व कमी वजनांच्या मुलांच्या पालकांना समुपदेशनचा स्वतंत्रपणे कार्यक्रम राबविण्यात येत आहे. गर्भवती मातांना त्यांचा आहार व गरोदरपणाच्या कालावधीत घ्यावयाची काळजी तसेच बालकाचा जन्म झाल्यानंतर घ्यावयाची काळजी, तसेच किशोरवयीन मुलींना आहाराबाबत मार्गदर्शनही या उपक्रमांतर्गत करण्यात येत आहे. तसेच लहान मुलांचे कुपोषण दूर करण्याकरिता त्यांचे वजन, उंची वृद्धीदरपत्रक ही देण्यात येते ज्यामुळे पालकांनाही आपल्या मुलांची उंची किती असावी हे समजते त्याचे वजन किती असले पाहिजे याचीही समज येते.

स्तनदा मातांसाठी राबविण्यात येणारे उपक्रम

ऑगस्ट महिन्यात स्तनपान सप्ताह राबविण्यात येत आहे. स्तनपान सप्ताह निमित्ताने जनजागृती करण्यावर भर देण्यात येत आहे. प्रसूतीनंतर एका तासाच्या आत बालकाला मातेच्या अंगावरील दुध पाजणे आवश्यक आहे. तसेच माता व बालकाच्या दृष्टीने देखील अत्यंत आवश्यक अशी बाब आहे. तसेच मातेच्या दुधा इतका उत्कृष्ट दुसरा कोणताही पर्याय नाही. बालक निरोगी राहण्याकरिता तसेच तंदुरुस्त असावे याकरिता मातेने बालकाला दुध वेळेवर द्यावे. बालकाच्या हालचालीवरून बालकाला भुक लागली आहे का हे देखील समजू शकते त्यामुळे पहिल्या सहा महिन्यात बालकाला वरचे पाणी देखील न देता पुर्णपणे दुध दिले जावे. सहा महिने पूर्ण झाल्यानंतर बालकाला वरील खाण्याबरोबर दोन वर्षांपर्यंत आईचे दुध देणे आवश्यक आहे. याबाबतही पुर्णपणे जनजागृती या सप्ताहात करण्यात येत आहे.



(Signature)

Principal
Narayanrao Mahavidyalaya
Badnera

पोषण घळवळीतील नाविन्यपूर्ण उपक्रम

पोषण घळवळीमध्ये लोकसहभागातून नाविन्यपूर्ण उपक्रम राबविण्यात येत आहेत. जसे अक्षयपात्र या उपक्रमांतर्गत गावातील लोकांनी अंगणवाड्यांना फळे भाज्या यांचा पुरवठा करावा, असे आवाहन करण्यात आले या उपक्रमाला इतका चांगला प्रतिसाद मिळाला की गावातील लोक या अक्षयपात्रामध्ये आपल्याकडे अतिरिक्त उपलब्ध असलेल्या भाज्या व फळे या अक्षयपात्रामध्ये देतात. अंगणवाडी परिसरामध्ये परसबागा तयार करणे, मटका फ्रीज मध्ये भाज्या ठेवणे मनोरंजनात्मक बैठकांचे आयोजनही केले जाते.

माता व बाल संगोपनात लोकांना आवाहन

मातांचे व बालकांचे पोषण उत्कृष्टरित्या होण्याकरिता कुटूंबाचा व समाजाचाही सहभागही महत्त्वाचा आहे. कुटूंबाचा व समाजाचा पाठिंबा असेल तर महिलांना मोठ्या प्रमाणात मदत होईल. कारण बऱ्याच वेळा महिलांना मुलाची जबाबदारी सांभाळण्याबरोबर घरकाम, शेती, नोकरी ही कामेही करावी लागतात अशा वेळी गरोदरपण ते प्रसूतीनंतर बालकाची जबाबदारी सांभाळणे अवघड होते. अशा वेळी पती, आई, वडील यांची जबाबदारी मोठी राहते तसेच समाजाकडूनही पाठिंबा असेल मुलाचे पालन पोषण करण्यामध्ये मदत होते. त्यामुळे माता आणि बालकाचे आरोग्य चांगले रहावे याकरिता सामाजिक व कौटुंबिक पाठिंबाही अत्यंत महत्त्वाचा आहे.

एकात्मिक बाल विकास सेवा योजना


एकात्मिक बाल विकास सेवा योजना ही देशात 2 ऑक्टोबर 1975 पासून सुरु झाली. एकात्मिक बाल विकास सेवा योजनेचे उद्देश्य

- ते ६ वर्ष वयोगटातील बालकांच्या पोषण व आरोग्य विषयक स्थितीमध्ये सुधारणा घडवून आणणे.
- बालकांच्या योग्य शारीरिक, मानसिक व सामाजिक विकासाचा पाया घालणे.
- अर्भक मृत्यू, बालमृत्यू कुपोषण व शाळा गळतीच्या प्रमाणात घट करणे.
- बाल विकासाला प्रोत्साहन देण्यासाठी विविध विभागांमध्ये धोरण निश्चिती आणि कार्यक्रमाची अंमलबजावणी करणेसाठी प्रभावी समन्वय कायम ठेवणे.
- योग्य पोषण आहार व आरोग्य शिक्षण याद्वारे बालकांचे सामान्य आरोग्य व पोषणासंबंधी काळजी घेण्यासाठी मातांना सक्षम बनविणे.

एबाविसे योजने अंतर्गत देण्यात येणा-या सेवांची माहिती

- पूरक पोषण आहार
- आरोग्य तपासणी
- लसीकरण
- संदर्भ सेवा
- अनौपचारिक पूर्व प्राथमिक शिक्षण
- आरोग्य व पोषण शिक्षण




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Narayanrao Chawidyalaya

एबावसे योजने अंतर्गत लाभ देण्यात येणारे लाभार्थी

- ० ते ६ महिने वयोगटातील बालके
- ६ महिने ते ३ वर्ष वयोगटातील बालके
- ३ वर्ष ते ६ वर्ष वयोगटातील बालके
- गर्भवती व स्तनदा माता
- किशोरवयीन मुली
- १५-४५ वयोगटातील अन्य महिला

एकात्मिक बाल विकास सेवा योजने अंतर्गत राबविण्यात येणा-या विविध योजना

पूरक पोषण आहार

पूरक पोषण आहार योजने अंतर्गत ६ म. ते ६ वर्ष वयोगटातील बालके , गरोदर व स्तनदा माता, किशोरी मुली यांना लाभ देण्यात येतो. पैकी ६ म. ते ३ वर्ष वयोगटातील बालके , गरोदर व स्तनदा माता, किशोरी मुली यांना स्थानिक स्तरावर बचत गटांमार्फत उत्पादित घरपोच आहार (Take Home Ration - THR) देण्यात येतो. ३ व. ते ६ व. वयोगटातील बालकांना अंगणवाडी मध्ये बचत गटाने तयार केलेला गरम ताजा आहार देण्यात येतो. सदर योजने करिता ९० टक्के केंद्र शासनाचा व १० टक्के राज्य शासनाचा निधी प्राप्त होतो

ग्राम बाल विकास केंद्र (VCDC)

- ग्राम बाल विकास केंद्र हे अंगणवाडी केंद्रात अंगणवाडी सेविका व आरोग्य विभागामार्फत घेण्यात येते. सदर केंद्रामध्ये आहार व आरोग्य सेवा दिल्या जातात.
- ग्राम बाल विकास केंद्राचा कालावधी ३० दिवसांचा असतो. त्यानंतर ग्राम बाल विकास केंद्रामध्ये दाखल बालकांच्या वृद्धीस नियंत्रणाचा पाठपुरावा अंगणवाडी सेविकांमार्फत एक वर्षापर्यंत केला जातो.
- ग्राम बाल विकास केंद्रामध्ये ६ महिने ते ६ वर्ष वयोगटातील सॅम व मॅम श्रेणीतील बालकांना ३० दिवस दाखल करण्यात येते.
- ग्राम बाल विकास केंद्रामध्ये सदर बालकांच्या मातांना आरोग्य व पोषण प्रशिक्षण दिले जाते.
- सदर ग्राम बाल विकास केंद्रे लोकसहभागातून चालविली जात आहेत.
- अंगणवाडी इमारत बांधकाम
- अंगणवाडी इमारत बांधकामाकरिता डी.पी.सी., १३ वा वित्त आयोग, नाबार्ड मार्फत निधी उपलब्ध करून दिला जातो.
- जानेवारी २०१४ पासून अंगणवाडी इमारत बांधकामासाठी खर्चाची मर्यादा र.रु. ६.०० लाख प्रति अंगणवाडी याप्रमाणे करण्यात आलेली आहे.




(Signature)
Principal
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Bhamburda

निष्कर्ष

भारतातील बालकल्याणाचे गंभीर स्वल्प लक्षात घेऊन स्वातंत्र्योत्तर काळात भारत सरकारने देशातील गरिबी, दारिद्र्य, बालमृत्युमान कमी करण्यासाठी विविध कार्यक्रमांची निर्मिती केली आहे. यापैकीच एक महत्त्वपूर्ण योजना म्हणून 'आय।सी।डी।एस' योजनेचा उल्लेख करता येईल. देशातील सर्व ० ते ६ वयोगटातील बालकांच्या संपूर्ण व सर्वांगीण विकासासाठी ही योजना कार्यान्वित करण्यात आली। ही योजना सुरु करण्याचा मुख्य उद्देश म्हणजे ० ते ६ वयोगटातील बालकांचा सर्वांगीण विकास, गर्भवती महिला व स्तनदामाता यांना विविध सेवा पुरविणे आहे.

संदर्भ

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Family Instability Involvement For Child Upbringing

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Introduction

The structure of the family plays an outsized role in children's. Upbringing. Family instability refers to changes in parents' residential and romantic partnerships, like marriage, divorce, and romantic partners occupation or out of the house. As rates of cohabitation, nonmarital births, and divorce have increased over the past 60 years, more children have experienced a point of family instability. This increase in family instability can have a negative influence on children's and adolescents' functioning and behavior.. Not all families are equally suffering from the rise in family instability. Families during which the oldsters aren't married and have low household income are far more likely to experience family instability than families with married parents and better household income. Family instability influences children and adolescents' functioning, as do household income and parents' relationship status. Family stability can promote positive social behavior in children and adolescents, while instability is related to social maladjustment, including behaviors like aggression toward peers, teachers, or parents. Family instability can are available many forms; economic, emotional, social, and physical. The challenges and struggles of family instability are often passed on from generation to generation if the instabilities aren't corrected or the family and youngsters don't receive appropriate physical and emotional assistance when needed.

Family

A family can be perceived as a unit of individuals who have consented to live respectively as father, mother and kids. It is a solitary defensive umbrella in the more extensive society. As an umbrella it secures, covers or shield it individuals from the slamming qualities of a more extensive society. It is a foundation that secures, covers, shield and support it individuals. Relatives are critical to one another and offer each other love and backing. The family shields its individuals from outer connect, by demonstrating food, garments safe house and care. The youthful ones develop to believe the family as a position of harmony and solace imparting their concern to the relative than untouchables. This is on the grounds that relatives regard and love one another and might want to keep quiet. It isn't ideal for relative to uncover each other mystery; they should bear each other weight.

What is Instability?

The term Instability is frequently utilized in sociology examination to reflect change or brokenness one would say; be that as it may, operational meanings of unsteadiness shift by field and are regularly dictated by the information and measures accessible for research. While some writing takes a gander at the impacts of progress estimated extensively change itself can have both positive and negative ramifications relying upon the specific situation, including whether the change is intentional, arranged ahead of time, and moving the



individual or family to better conditions. For our motivations, precariousness is best conceptualized as the experience of progress in individual or family conditions where the change is unexpected, compulsory, as well as a negative way, and accordingly is bound to have unfavorable ramifications for youngster improvement. Changes do not occur in isolation but rather a disruption in one domain (e.g., parent employment) often triggers a disruption in another domain (e.g., child care) in a "domino effect" fashion. In some cases, the causality of instability is not one-dimensional but a result of a complicated series of events that compound over time. This domino effect may be most evident among low-income or lower middle-class families who lack savings and assets that they can tap into during temporary periods of transition.

Children thrive in stable and nurturing environments where they have a routine and know what to expect. Although some change in children's lives is normal and anticipated, sudden and dramatic disruptions can be extremely stressful and affect children's feeling of security. Within the context of supportive relationships with adults who act as a buffer against any negative effects of instability, children learn how to cope with adversity, adapt to their surroundings, and regulate their emotions (National Scientific Council on the Developing Child 2007). When parents lack choice or control over change, they may be less likely to support their children in adapting to the change. "Unbuffered" stress that escalates to extreme levels can be detrimental to children's mental health and cognitive functioning

Types of family instability

Economic or financial instability

It come from a layoff, job loss, job change, or significant financial burden such a mortgage, car payment or medical debt. It impacts the families ability to meet the financial needs required to maintain a safe standard of living which includes sufficient food, shelter, medical and utility needs to have a safe and functional home. Children living in an economically unstable home may not have sufficient food, clothing, or utilities; if old enough they may be forced to work to help make ends meet in the home.

Emotional instability

Emotional instability in a family is often expressed through neglect, anger, anxiety and fear. Parents that are working demanding jobs or multiple jobs may not have time to adequately show attention and affection toward their children. They may overly express anger and frustration toward the children due to fatigue and share fears with children about adult concerns placing undue stress and anxiety on children. Love can also be an emotional instability when it becomes excessive and or inappropriate.

Social instability

Social instability in a family is expressed through neglect of tasks around the home and through anger and anxiety expressed by adults. The adults fail to express healthy social interactions which impact how the children will interact with each other and with other adults. They do not receive appropriate social training and this leads to dysfunction in the educational setting among peers, teachers and greatly impacts academic success.

Physical instability

Physical instability in a family can come in two forms; the first one is the physical setting in which the family resides. The child may reside in a home that is not physically safe or supportive; it may have no heat, electricity, water, sewer disposal. The house may be in



general ill repair. The second physical instability comes from the physical interactions that occur between family members. A child may be exposed to a physically threatening environment where items are thrown, broken, or used to demonstrate fear and anger.

Causes of family instability

While family instability focuses on these four forms of economic, emotional, social, and physical the cause of these instabilities can be numerous. Job loss, economic hardship, divorce, separation, infidelity, incarceration, extended family, unexpected pregnancy, sexual abuse, physical abuse, substance abuse, foreclosure, medical situation or emergency can all contribute to family instability. Certain socio-economic demographics and cultural groups experience higher levels of family instability.

Consequences of family instability

Children living in homes that experience family instabilities may experience extreme emotional expressions and extremes; they will suffer cognitively and often struggle in school. They will often have difficulty socializing and expressing age-appropriate social behavior. They will often show higher levels of anxiety and have irrational ideas and fears. Children may have clothing that is dirty or doesn't fit; they may show signs of malnutrition or have eating disorders and behaviors associated with food. Children may tell stories that are inconsistent or fanciful in an attempt to hide the instabilities and insecurities.

In multiple children home, younger children may be victims of the adults as well as that of older siblings that mimic situations or take out their own instabilities on younger children; younger children are more likely to be supervised by older siblings in the absence of adults. Instability in any form is difficult for children. However, change is inevitable in life for all of us. Role modeling positive ways of managing difficult times can assist them in learning to effectively cope when life happens. Parents play an extremely important role in how children manage tough situations. Parents that keep in mind the long-term impact of how their behavior will impact their children now and in the future are a step ahead in assisting their children to have a positive future.

Some Effects of Family Instability on Child Development

1. Family instability is linked to problem behaviors and some academic outcomes, even at early ages.
2. Children's problem behaviors further increase with multiple changes in family structure.
3. Family transitions that occur early in children's development, prior to age 6, and in adolescence appear to have the strongest effects. While young children need constant caregivers with whom they can form secure attachments, adolescents need parental support, role models, and continuity of residence and schools to succeed.
4. Children demonstrate more negative behaviors when they lack the emotional and material support at home that they need to smoothly handle a family transition.

Conclusions

Children today face a dual set of obstacles to their healthy development. Many parents struggle to make ends meet as they work unstable jobs, live in unstable housing, have unstable relationships, and deal with unstable child care arrangements. Sudden changes in families' lives often result in inconsistencies both in the home and out-of-home settings. Meanwhile, public programs that can support children and families during times of need are



insufficiently funded to meet the demand. The instability so many children face raises questions about how instability impacts their development and how effects of instability can be avoided or mitigated. This investigation is critical to the nation's future economic well-being.

Children experiencing instability have outcomes that are as poor as, and sometimes worse than, outcomes for children in stable but adverse situations. For example, findings in the literature consistently reflect the disparity between children of two-parent and single-parent households, but there is some evidence that children of parents that move into and out of unstable relationships may be worse off than children in stable, single-parent families (Craigie et al. 2012). Similar patterns are seen for parental employment among low-income families, in which the effect of job instability on child behavior may be stronger than the effect of stable, full-time employment in low-wage jobs (Johnson et al. 2012). Additional research is needed that explores instability in multiple domains, how simultaneous events interact, and how instability affects children and families over time.

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**Dietary Habits of Adolescent Students****Dr.Manjiri Milind Chepe**

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Introduction

Diet plays a very important role in growth and development of adolescents, during which the development of healthy eating habits is of supreme importance. There is a dual burden of undernutrition and overnutrition in this age-group. Poor eating habits formed during adolescence can lead to obesity and diet-related diseases in later years. In addition, the high incidence of dieting behaviors can contribute to nutritional inadequacies and to the development of eating disorders. Primary care providers are in an optimal position to provide nutrition screening, counseling to the adolescent patient and caregivers, and referral to a dietitian if needed. The word 'adolescence' is derived from the Latin verb 'adolescere', which means "grow to maturity." Adolescence is a grey area in the spectrum of life falling between childhood and adulthood. It is an age of transition when an individual experiences rapid growth and development, both physical and psychological and changes from being a child to an adult¹.

Adolescence is also a period when development of the reproductive system, sexual maturation, formation of identity, and gender roles set in, and issues relating to identity, gender roles, and related problems arise⁴. The development of healthy eating habits is important as the rapid physical growth in adolescence is associated with increased nutritional needs. Various studies on diet and nutrition intake of adolescents and young adults in the developed world have shown that their diets are often high in fats and refined carbohydrate⁶.

Adolescence is also a period of increased vulnerability to obesity. Lack of physical activity and outdoor sports, along with the consumption of fat-rich 'junk' foods, is the major cause of obesity among the affluent population⁷. Consumption of diet high in sugar, saturated fat, salt, and calorie content in children can lead to early development of obesity, hypertension, dyslipidaemia, and impaired glucose tolerance⁸. Some dietary patterns appear quite common among adolescents, to mention a few: snacking, usually on energy-dense foods; meal skipping, particularly breakfast, or irregular meals; wide use of fast food; and low consumption of fruits and vegetables^{9,10}. Among urban adolescents in India, some of these patterns are also likely to be common but very little information is available.

Importance of Good Dietary Habits and Care to be taken

Eating a balanced and varied diet and establishing healthy eating habits promotes young people's health, growth and intellectual development across the life course. Most notably, a healthy diet and body weight reduces the risk of ill health and premature death from non communicable diseases (NCDs).

A healthy diet can have a significant effect on many of adolescents' main concerns by contributing to maintaining a healthy weight, improving physical and intellectual performance, optimizing growth and improving skin health. An unbalanced diet with a reliance on energy-rich, nutrient-poor foods is an important factor in the current epidemic of obesity and NCDs. WHO guidance to Member States on healthy diets encourages all people, but particularly adolescents, to eat



less food that is high in calories, fats, free sugars or salt/sodium, and more fruit, vegetables and dietary fibre, such as whole grains.

Some diet-related behaviours are particularly important during adolescence. Regularly eating breakfast, for example, is thought to reduce snacking and consumption of energy-rich foods. It also increases intake of essential micronutrients, including iron, calcium and vitamins C, B and D, and fibre. Skipping breakfast remains very common among young people in Europe, however, and is associated with other unhealthy behaviours such as smoking, alcohol consumption and sedentary behaviours.

Some food groups are hugely important during adolescence. Fruit and vegetable consumption during childhood is linked to many positive short- and long term health outcomes, with a well established decreased risk of NCDs such as cardiovascular disease, diabetes, obesity and cancer in adulthood. Most countries recommend the consumption of five or more portions (> 400 g) of fruit and vegetables a day, but adolescents in many eat far fewer. Food preferences and eating habits established in adolescence tend to be maintained into adulthood, which makes increasing fruit consumption among children and adolescents an important public health issue.

Certain types of foods and drinks should be limited to special occasions and are not suitable in the context of a healthy diet. Soft-drinks intake is higher among adolescents than in other age groups and is a matter of concern. Soft drinks with added sugar are associated with a greater risk of weight gain, obesity and chronic diseases such as metabolic syndrome and type 2 diabetes. Research shows that children with the highest intake of sugar-sweetened beverages are more likely to be overweight or obese than those with low intakes. Consumption can also directly increase the risk of dental caries (commonly known as tooth decay). Sugar-sweetened soft drinks are the main source of free sugars in children and adolescents' diets.

Factors Affecting Dietary Habits of Adolescents

Age differences

Healthy eating behaviours become less common as young people move through adolescence, with the frequency of breakfast consumption, eating fruit and having evening meals with the family decreasing between ages 11 and 15. Soft-drink consumption increases with age, with significant differences between 11- and 15-year-olds found in 23 countries and regions for boys and 16 for girls. Age differences may be attributed, in part, to greater independence in food choice as children grow older.

Cross-national and gender differences

Eating breakfast on weekdays varies substantially across countries and regions. Levels of daily fruit consumption are generally below recommended levels. While they are higher among girls, rates are still relatively low. Soft-drink consumption is more common among boys at all ages, except among 11-year-olds in some country and 13-year-olds in another country, where girls are more likely to report it. Prevalence ranges from 42% in 15-year-old boys in some country to 1% among girls of all ages in another country. Reported levels are particularly low in Scandinavian countries. Frequency of having evening meals with the family also shows considerable variation between countries, from 88% of 11-year-old girls in some country to 13% of 15-year-old girls in another countries.

Family affluence

Many inequalities in eating behaviours exist, with young people from less affluent families generally more likely to report a poorer diet. Breakfast and fruit consumption are more common in those from higher-affluence families. Soft-drink consumption is associated with lower affluence in most countries and regions, but is more common among higher affluence groups in Albania, Armenia, Estonia, the Republic of Moldova and Romania. Daily evening meals with the family tend to be more common among young people from higher-affluence families.

Principal

Dr. Arjun Kumar Singh



generation. There is a time now to highlight the need to design effective nutrition promotion strategies to encourage healthy eating in adolescence and targeting food supply and availability.

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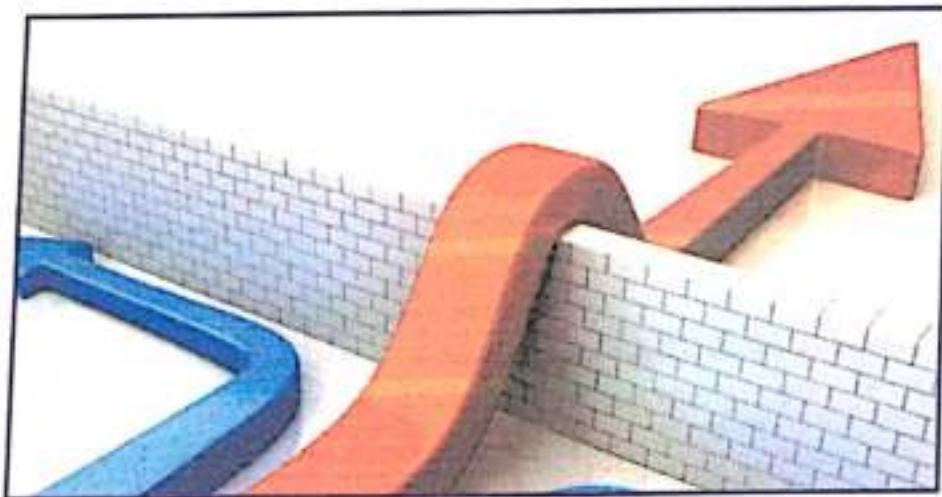
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Nutrients and Youth

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Abstract:

Nutrition plays an important role in promoting an individual success by helping a person stay healthy and optimally fuel themselves so they can maximize training and conditioning. An often over-looked component in many programs, smart nutrition planning can equate to greater gains in lean body mass, minimized fatigue related to poor hydration and under-fuelling, and enhanced recovery which supports all future training and competition. Sports nutrition counselling helps student-athletes learn to maximally fuel performance through well-balanced, nutrient-dense eating. Meeting nutrition needs through food first is prioritized and the strategic use of sports foods, fluids, and supplements will be made on an individual basis. Healthy eating attitudes and behaviours are emphasized.

Diet plays a major role in promotion of health and well being of individual. A good and balanced diet habit improves the quality of life while poor diet may lead to morbidity and diseases. Nutritionists and dietetics are concerned with this aspect. While dietetics is related to food management, nutrition is related to promotion of health. Due to changes in food habits of most of the youth, role of nutritionists and dieticians is becoming more important. They suggest corrective food habits considering various aspects of an individual such as age, work routine and sickness etc. and thereby improving their quality of life.

This paper discusses about the nutritional needs of a youth, reviews common misconceptions, and examines the nutrition knowledge of youth and their sources of nutrition information.

Introduction :

For many youth, nutrition isn't always a focus. There are many transitions going on at this point in life. Busy schedules and new environments can lead to unhealthful eating habits such as skipping meals or snacks, eating nothing but fast food, overeating, and drinking excessive amounts of sugar-sweetened beverages or alcohol. Along with inconsistent eating patterns, youth may experience fluctuations in weight and a lack of energy..

Making healthful choices to fuel a youth, active mind and body starts with balance one must have to follow a nutritious eating plan featuring lean protein, vegetables, fruits and whole grains. By eating well now, you can lessen your risk of health-related problems later.

Why is Proper Nutrition Important?

Are nutrition and health related? Is healthy eating important? Of course! Like a finely-tuned racing car, your body needs the right fuel (food) and regular maintenance (exercise, lifestyle and mental attitude) to achieve its true health potential. Nothing is more important than healthy eating! Put in the wrong fuel or let it go without regular use and there's no way it can deliver its full power and performance. Without healthy

eating, your body's engine will cough, splutter and eventually stall.

Maintaining a balanced diet by healthy eating can :

- Give you vitality and energy for life
- Help you stay at a weight that's right for you
- Boost your immune system
- Improve sports performance
- Delay the effects of aging
- Keep you active and fit into old age
- Help beat tiredness and fatigue
- Protect teeth and keep gums healthy
- Enhance your ability to concentrate and possible alter mood
- Ward off serious illnesses like heart disease, certain cancers, mature-age onset diabetes, and gallbladder disease [1]

Basics of Healthy Eating for Today :

Low Fat :

Cutting down on all fats from fatty and fried foods, butter, cream, margarine and oils is agreed on by nutritionists the world over as a way of making the modern diet healthier and reducing weight. Cutting down on saturated fat in particular is important for the heart.

Base your meals on starchy foods :

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Starchy foods should make up around one third of the foods you eat. Starchy foods include potatoes, cereals, pasta, rice and bread. Choose wholegrain varieties when you can: they contain more fiber, and can make you feel full for longer. Most of us should eat more starchy foods: try to include at least one starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram they contain fewer than half the calories of fat.[1]

High Fiber :

Not just bran! Fiber, that largely indigestible part of our food and often the part that really gets us chewing, is responsible for so much good. It not only keeps our insides moving smoothly but it helps to lower cholesterol, prevent gallstones and bowel cancer, and keep our weight in check. Whole meal and grain breads are full of it, as are brown rice, barley, lentils, beans and vegetables. To start your day, there is a wonderful array of wholegrain and bran breakfast cereals.

Vitamins, Minerals, and Anti-oxidants :

Vegetables, fruit and grains carry an abundance of vitamins, minerals and numerous other natural substances (called photochemical) which scientists are only just beginning to discover. Photochemical function as anti-oxidants, which fight off free radicals that could otherwise damage our cells, membranes and DNA. Numerous studies show that people who eat lots of veggies and fruit have lower rates of heart disease and cancer.

Variety :

Variety doesn't mean 10 different cereal packs in your cupboard, but rather a variety of botanically different foods. Pasta, bread, puffed wheat and couscous all look and taste different but are all derived from the one basic (but versatile) grain (wheat). So they all provide similar nutrient. Substituting other grains like oats, barley, corn or rye for some wheat adds diversity to your diet and ensures a wider range of nutrients. The nutrients you miss from one food, you can make up from another.

Moderate Sugar and Sweets :

Sugar in modest amounts adds to the flavor of cooking and is a useful fuel for athletes and other active people. In excess, however, sugar adds unwanted kilojoules and can displace other more important foods - particularly for children and teenagers. In chewy and sticky form, sugar also can cause dental caries (or tooth decay).

Light on Salt :

Our modern diet is laden with salt. It's not until you avoid salt for a few weeks that you notice how it masks

the true flavor of foods. As 75 per cent of our total salt intake comes from everyday commercial foods (including bread, biscuits, cereals, butter, deli meats and snack foods), it is imperative to buy salt-reduced or no-added-salt products.

Drink Plenty of Fluid :

Two liters (8 glasses) of fluid a day is needed to keep the body hydrated and the kidneys working efficiently. In hot weather, even more fluid is required. Alcohol and strong coffee do not count, as these act as diuretics and force the kidney to excrete more fluid than normal.

Enjoy Mealtimes :

Stress, tension, rushing and eating on the run all take their toll on your digestion and health. Try to relax and take the time to really appreciate the food in front of you. Not only will it increase your enjoyment and satisfaction by having a "comfortably full" stomach, this technique is often recommended as a strategy to help people lose weight.

Main Components of Nutrition :

Protein :

Proteins are often called the building blocks of the body. Protein consists of combinations of structures called amino acids that combine in various ways to make muscles, bone, tendons, skin, hair, and other tissues. They serve other functions as well including nutrient transportation and enzyme production. In fact, over 10,000 different proteins are in the body.

Water and salts :

Water is one of the most important nutrients in the sports diet. It helps eliminate food waste products in the body, regulates body temperature during activity and helps with digestion. Maintaining hydration during periods of physical exertion is key to peak performance. While drinking too much water during activities can lead to physical discomfort, dehydration in excess of 2% of body mass (by weight) markedly hinders athletic performance. Water and salt dosage is based on work performed, lean body mass, and environmental factors, especially ambient temperature and humidity. Maintaining the right amount is key.

Carbohydrates :

Carbohydrate is arguably the most important source of energy for athletes. No matter what sport you play, carbs provide the energy that fuels muscle contractions. Once eaten, carbohydrates breakdown into smaller sugars (glucose, fructose and galactose) that get absorbed and used as energy. Any glucose not needed right away gets stored in the muscles and the liver in the



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form of glycogen. Once these glycogen stores are filled up, any extra gets stored as fat.

Adequate carbohydrate intake also helps prevent protein from being used as energy. If the body doesn't have enough carbohydrate, protein is broken down to make glucose for energy. Because the primary role of protein is as the building blocks for muscles, bone, skin, hair, and other tissues, relying on protein for energy (by failing to take in adequate carbohydrate) can limit your ability to build and maintain tissues. Additionally, this stresses the kidneys because they have to work harder to eliminate the byproducts of this protein breakdown.

The Nutrients needed for the youth :

Eat Breakfast Every Day :

The first meal you eat in the morning truly "breaks the fast" and gets your metabolism moving for the day. Don't skip it! This is a valuable opportunity to get in some servings of fruit and whole grains. Try a smoothie, baked oatmeal or whole-grain cereal.

Snacks :

A midmorning and mid afternoon snack will help you avoid overeating at meals and alleviate energy lows throughout the day. Have a whole-grain muffin if you prefer sweet foods or if you prefer savory.

Eat Vegetables and Fruits :

Aim for at least two cups of fruit and 2½ cups of vegetables every day. Grab an apple, peach or pear for the road. Take sliced fruit for a snack. Put lettuce and tomato on a sandwich or order a salad.

Make Protein Count :

Youth men need protein to fuel developing muscles. Eat less red meat and more chicken, turkey and pork. Eat fish at least two times a week. Regularly eat plant-based proteins such as tofu, beans and lentils.

Add in Healthy Fats :

Be selective with the fat you eat. Limit fries, onion rings and nachos. Eat heart-healthy fat sources such as olive oil, canola oil, walnuts, almonds and avocado.

Calcium :

Youth need 1,000 milligrams of calcium each day for bone and tooth health. What youth men do prior to age 30 is crucial to having healthy bones for life. Food is your best source of calcium. Aim for three servings of low-fat dairy products, such as milk, yogurt or cheese every day. Non-dairy sources of calcium include fortified plant-based beverages, calcium-set tofu and greens including collards and kale.

Vitamin D :

You also need vitamin D good for bone health. Especially if there is little to no fortified milk or fish in your diet, consider a supplement containing at least 600 IU.

Iron-Rich Foods :

Iron is important for energy. You likely can get enough iron by eating iron-fortified cereal, leafy greens or a handful of raisins each day. Youth men need just eight milligrams of iron per day. Women need more iron than men.

Get Active :

Most youth do not need an excuse to get active. For healthy bones and overall good health, get at least 30 minutes of weight-bearing activity most days of the week. To build muscle, strength train with weights or resistance bands at least two to three times a week.

Conclusion :

Proper nutrition and diet for youth is more important for their physical and mental growth, development, and overall health. Thus nutrition plays an integral role in keeping a youth stay healthy. Emerging evidence suggests a link between young people's interest in alternative food production practices and dietary quality. Eating healthy is an important part of a healthy lifestyle and is something that should be taught at a young age.

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Globalization and the Lifestyle of People

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Introduction

This paper tries to examine changes in people's lifestyles, in the background of globalization and its influence on work, and people's food consumption (dietary patterns). Globalization (or globalisation) describes a process in which the economy, society and regional culture have been integrated through communication, transportation and global trade networks. This term is sometimes used to refer specifically to economic globalization: the integration of the national economy into the international economy through trade, foreign direct investment, capital flows, migration and the spread of technology. Globalization is a spatial integration in the field of social relations when it says "Globalization can be defined as an intensification of social relations throughout the world that connects distant locations in such a way that local events are formed by events that occur miles away and vice versa." Globalization.

Economic prosperity has created a new middle class that is more open to information, especially advertising, and has more resources and the ability to know other parts of the world. Immediately following or even coinciding with the increase in income are cultural changes and consumption patterns. Chua (2009) divides change into four levels of consumption: (1) small objects, (2) television, (3) primary home / family consumption and (4) cars. The rapidly growing middle class in countries and their consumption behavior have promoted the consumption of luxury goods, tourism and conspicuous goods. Golf has become very popular in the world, especially in Japan, South Korea, Taiwan, Hong Kong and many other Asian countries now, and has a significant environmental impact. China is no exception. The rapidly growing middle class in this country and its consumption behavior have promoted the consumption of luxury goods, such as cars, homes, insurance and tourism (Chen, 2006). Markets emerged in China where the middle class began winning cars and large houses with green courtyards in the suburbs. The consumption trends that emerged in China resembled what was stated by the United States in the 1950s and 60s when a new middle class emerged. Middle class Americans are more interested in buying homes in suburban areas (Chen, 2006). Meanwhile, globalization has changed much of the country's ideology, culture and lifestyle. For example, capitalism's ant ideology no longer exists. The old saying about "rusty money" was replaced by "being rich is noble". As a result, the values of traditional Chinese culture formed in agrarian societies have been radically changed. The old saying about "getting to work after sunrise and stopping working at Sunset" was replaced by "time is money". In fact, globalization has had a big influence on the daily lives of Chinese people. For example, attitudes toward beauty contests, fashion shows, sexual behavior, dress and hair style, and leisure have changed a lot in the past two decades due to increasing modernization and globalization. This change is very clear to young people.

The Impact of Globalization on People -

The economic benefits and social costs of globalization are not evenly distributed. The people who benefit most are successful shareholders, managers, workers or sub-



contractors of MNEs and competitive national companies. In general, those who have other capital and assets, entrepreneurial skills, education and skills have benefited. Increased capital mobility and high unemployment have weakened the bargaining position of workers. Pressure has increased for labor market flexibility, eroding labor protection and causing concern about the quality of work. It highlights the importance of international actions to protect the basic rights of workers in all countries.

People who lack skills and indigenous people are very vulnerable. Investments in extractive industries, mega-hydroelectric dams and plantations have caused massive dislocation, disruption of livelihoods, ecological degradation, and human rights violations. Increased tax competition and reduced role of the State have led to cuts in important government spending for the poor, including health, education, social safety nets, agricultural extension services and poverty reduction. For example, out of 680 million primary school age children in developing countries, 115 million do not go to school, 65 million of them are girls. Of the children who started elementary school, only one in two completed it.

The impact of globalization on work -

The Labor Organization estimates that world unemployment increased over the past decade to around 188 million in 2003. Performance varies across regions. The unemployment rate has risen since 1990 in Latin America, the Caribbean and Southeast Asia, and in East Asia since 1995. The reasons include the financial crisis in the late 1990s. In some large countries, the unemployment rate declined after the crisis but did not reach pre-crisis levels. Entrepreneurship, which shows the informal economy, is increasing in all developing regions, except for East and Southeast Asia.

Job performance varies in industrialized countries. Over the past decade unemployment has risen in Japan but has fallen sharply in several European and British countries. Unemployment fell in the US despite job losses in several manufacturing industries. Income inequality is increasing in several industrialized countries. Income rose sharply from 1 percent of the highest income recipients in the US, UK and Canada. In the United States, part of this group reached 17 percent of gross income in 2000, a level last seen in the 1920s. The causes include high compensation paid by MNEs, development of new businesses with global reach and global "superstardoms".

At first glance, the relationship between globalization and food intake seems rather distant. However, the effect can be very high, although most work through ways to bring the domestic economy closer to international economics in many ways. This is a consequence of liberalization and control. The reason behind liberalization and globalization is to bring competition and efficiency into the economy. They are part of structural reform. Changes in the existing structure are expected to contribute to efficiency in the long term and lead to employment, increased income, and overall welfare.

One of the expected impacts on dietary patterns is related to higher income. The consumption pattern shifts from cereal to more expensive protective foods. The second expected impact is a shift towards more processed foods. Third is the market influence of popular fast food promoted through advertising by transnational companies. Changes in dietary patterns in turn affect the nutritional status of the population. Some effects such as fewer cereals and more protective foods in the diet can improve nutritional status, while



shift towards snack foods that are high in fat and high in sugar can cause obesity and chronic diseases. Another negative impact is the transfer of the poor through structural reforms. This group experiences lower affordability and reduced calorie intake which causes growth disorders, such as stunting. Impact the more severe it may be at higher infant mortality rates and lower life expectancy.

The impact of globalization differs from one country to another, and between and within society, depending on the losers and winners in the process of change. It is difficult to track this impact sequentially and to divide the total impact between globalization and other forces working in the economy. The reasons for the sedentary lifestyle of middle-class and middle-class workers, and the decline of the low diet of rural migrants can be found elsewhere in the pattern of economic growth, not necessarily related to globalization.

Conclusion -

It seems clear that when people's lifestyles change significantly towards prosperity, and conspicuous consumption, they are based more on social desires than on biophysical needs. Globalization universalizes lifestyle, which has become an important issue in emerging health and environmental issues. Some people argue that western lifestyles and consumerism contribute significantly to local and global environmental problems and threaten sustainability.

The impact of globalization on low income groups is one of malnutrition due to failure to create more jobs and provide higher income. The impact on the middle and upper classes is an increase in consumption of high-calorie foods and an increased incidence of obesity. Diet patterns without a balanced diet in all classes are responsible for the emergence of micronutrient deficiencies and related problems such as iodine deficiency disorders, anemia and growth disorders in children. This situation requires a three-pronged strategy of nutrition education, food fortification and improved safety nets for the poor.

All countries in the world that have introduced Globalization in their economic policies have experienced an increase in the unemployment rate. This unemployment trend is accompanied by a very different trend in the ratio of worker populations. Countries with declining labor population ratios also experience a decline in average working hours.

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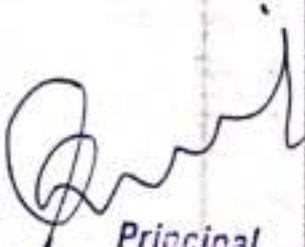
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Role of Nutrition and Dietetics in Enhancing Sport Performance of Students and Young Athletes.

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Abstract

Nutrition plays an important role in promoting an individual success by helping a person stay healthy and optimally fuel themselves so they can maximize training and conditioning. An often over-looked component in many programs, smart nutrition planning can equate to greater gains in lean body mass, minimized fatigue related to poor hydration and under-fuelling, and enhanced recovery which supports all future training and competition. Sports nutrition counselling helps student-athletes learn to maximally fuel performance through well-balanced, nutrient-dense eating. Meeting nutrition needs through food first is prioritized and the strategic use of sports foods, fluids, and supplements will be made on an individual basis. Healthy eating attitudes and behaviours are emphasized.

Diet plays a major role in promotion of health and well being of individual. A good and balanced diet habit improves the quality of life while poor diet may lead to morbidity and diseases. Nutritionists and dietetics are concerned with this aspect. While dietetics is related to food management, nutrition is related to promotion of health. Due to changes in food habits of most of the urban population, role of nutritionists and dieticians is becoming more important. They suggest corrective food habits considering various aspects of an individual such as age, work routine and sickness etc. and thereby improving their quality of life.

This paper discusses about the nutritional and dietetics needs of a person, reviews common misconceptions, and examines the nutrition knowledge of sportsmen and their sources of nutrition information. Topics covered include energy, carbohydrate, protein, fat and micronutrient needs, hydration requirements and timing of meals.

Introduction

Good nutrition is important for everyone, but athletes in particular feel firsthand how not eating properly can affect performance. Their need for calories is greater than the average person, ranging from 2000 to 5000 calories a day, depending on gender. Nutrition is the science or study that deals with food and nourishment, especially in humans. Nutrition is the provision to humans to obtain the materials necessary to support life. In general, humans can survive for two to eight weeks without food, depending on stored body fat and muscle mass. Survival without water is usually limited to three or four days. Lack of food remains a serious problem, with about 36 million humans dying every year from causes directly or indirectly related to hunger.

Nutrition is an important aspect of an sportsman's training program. Although exercise and athletic training is considered to increase nutrient needs in some athletes, a balanced diet with adequate

calories can potentially provide the necessary nutrients. It is likely, however, that for various reasons, not all athletes are able to consume a diet that meets their nutritional needs and thus resort to nutritional supplements with the intention of preventing deficiencies and even enhancing performance.¹

Coaches, parents, and athletes often look for a "miracle food" to enhance performance. The truth is, there are no special foods or supplements that can help athletes train harder or compete better. What does make a difference is the athlete's overall diet and the timing of meals. Good nutrition is essential to support an athlete's growth, strength, and stamina. Parents and coaches can use the following nutrition information to help young athletes feel energetic and perform their best.²

Dietetics is the health field that focuses on the interaction between nutrition and health. Dietitians and dietetic technicians design "nutrition

therapies" that help the body use the natural nutrients and properties in food to protect against disease and promote health.

Diet plays a major role in promotion of health and well being of individual. A good and balanced diet habit improves the quality of life while poor diet may lead to morbidity and diseases. Nutritionists and dietetics are concerned with this aspect. While dietetics is related to food management, nutrition is related to promotion of health. Due to changes in food habits of most of the urban population, role of nutritionists and dieticians is becoming more important. They suggest corrective food habits considering various aspects of an individual such as age, work routine and sickness etc. and thereby improving their quality of life. They also educate their clients about preparation of food according to the principles of nutrition. They know about food production and processing, psychological factors influencing food choice, digestion and its effects on nutritional aspects. A growing and aging population will increase the demand for meals and nutritional counselling in nursing homes, schools, prisons, community health programmes, and home health care agencies.

Why is Proper Nutrition Important?

Are nutrition and health related? Is healthy eating important? Of course! Like a finely-tuned racing car, your body needs the right fuel (food) and regular maintenance (exercise, lifestyle and mental attitude) to achieve its true health potential. Nothing is more important than healthy eating! Put in the wrong fuel or let it go without regular use and there's no way it can deliver its full power and performance. Without healthy eating, your body's engine will cough, splutter and eventually stall.

Maintaining a balanced diet by healthy eating can:

- Give you vitality and energy for life
- Help you stay at a weight that's right for you
- Boost your immune system
- Improve sports performance
- Delay the effects of aging
- Keep you active and fit into old age
- Help beat tiredness and fatigue
- Protect teeth and keep gums healthy
- Enhance your ability to concentrate and possible alter mood

- Ward off serious illnesses like heart disease, certain cancers, mature-age onset diabetes, and gallbladder disease^[1]

Role of Dietetics in Health Care

• Basics of Healthy Eating for Today

Low Fat

Cutting down on all fats from fatty and fried foods, butter, cream, margarine and oils is agreed on by nutritionists the world over as a way of making the modern diet healthier and reducing weight. Cutting down on saturated fat in particular is important for the heart.

Base your meals on starchy foods

Starchy foods should make up around one third of the foods you eat. Starchy foods include potatoes, cereals, pasta, rice and bread. Choose wholegrain varieties when you can: they contain more fibre, and can make you feel full for longer. Most of us should eat more starchy foods: try to include at least one starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram they contain fewer than half the calories of fat.^[1]

High Fiber

Not just bran! Fiber, that largely indigestible part of our food and often the part that really gets us chewing, is responsible for so much good. It not only keeps our insides moving smoothly but it helps to lower cholesterol, prevent gallstones and bowel cancer, and keep our weight in check. Wholemeal and grain breads are full of it, as are brown rice, barley, lentils, beans and vegetables. To start your day, there is a wonderful array of wholegrain and bran breakfast cereals.

Vitamins, Minerals, and Anti-oxidants

Vegetables, fruit and grains carry an abundance of vitamins, minerals and numerous other natural substances (called phytochemicals) which scientists are only just beginning to discover. Phytochemicals function as anti-oxidants, which fight off free radicals that could otherwise damage our cells, membranes and DNA. Numerous studies show that people who eat lots of vegies and fruit have lower rates of heart disease and cancer.

Variety

Variety doesn't mean 10 different cereal packs in your cupboard, but rather a variety of botanically different foods. Pasta, bread, puffed wheat and

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conscious all look and taste different but are all derived from the one basic (but versatile) grain (wheat). So they all provide similar nutrient. Substituting other grains like oats, barley, corn or rye for some wheat adds diversity to your diet and ensures a wider range of nutrients. The nutrients you miss from one food, you can make up from another.

Moderate Sugar and Sweets

Sugar in modest amounts adds to the flavour of cooking and is a useful fuel for athletes and other active people. In excess, however, sugar adds unwanted kilojoules and can displace other more important foods - particularly for children and teenagers. In chewy and sticky form, sugar also can cause dental caries (or tooth decay).

Light on Salt

Our modern diet is laden with salt. It's not until you avoid salt for a few weeks that you notice how it masks the true flavour of foods. As 75 per cent of our total salt intake comes from everyday commercial foods (including bread, biscuits, cereals, butter, deli meats and snack foods), it is imperative to buy salt-reduced or no-added-salt products.

Drink Plenty of Fluid

Two litres (8 glasses) of fluid a day is needed to keep the body hydrated and the kidneys working efficiently. In hot weather, even more fluid is required. Alcohol and strong coffee do not count, as these act as diuretics and force the kidney to excrete more fluid than normal.

Enjoy Mealtimes

Stress, tension, rushing and eating on the run all take their toll on your digestion and health. Try to relax and take the time to really appreciate the food in front of you. Not only will it increase your enjoyment and satisfaction by having a "comfortably full" stomach, this technique is often recommended as a strategy to help people lose weight.

Main Components of Nutrition

Protein

Proteins are often called the building blocks of the body. Protein consists of combinations of structures called amino acids that combine in various ways to make muscles, bone, tendons, skin, hair, and other tissues. They serve other functions as well including nutrient transportation and enzyme production. In fact, over 10,000 different proteins are in the body.

Water and salts

Water is one of the most important nutrients in the sports diet. It helps eliminate food waste products in the body, regulates body temperature during activity and helps with digestion. Maintaining hydration during periods of physical exertion is key to peak performance. While drinking too much water during activities can lead to physical discomfort, dehydration in excess of 2% of body mass (by weight) markedly hinders athletic performance. Water and salt dosage is based on work performed, lean body mass, and environmental factors, especially ambient temperature and humidity. Maintaining the right amount is key.

Carbohydrates

Carbohydrate is arguably the most important source of energy for athletes. No matter what sport you play, carbs provide the energy that fuels muscle contractions. Once eaten, carbohydrates breakdown into smaller sugars (glucose, fructose and galactose) that get absorbed and used as energy. Any glucose not needed right away gets stored in the muscles and the liver in the form of glycogen. Once these glycogen stores are filled up, any extra gets stored as fat.

Adequate carbohydrate intake also helps prevent protein from being used as energy. If the body doesn't have enough carbohydrate, protein is broken down to make glucose for energy. Because the primary role of protein is as the building blocks for muscles, bone, skin, hair, and other tissues, relying on protein for energy (by failing to take in adequate carbohydrate) can limit your ability to build and maintain tissues. Additionally, this stresses the kidneys because they have to work harder to eliminate the byproducts of this protein breakdown.

Conclusion

Proper nutrition and diet for young student/sportsperson is critical not only to their athletic success, but more importantly to their growth, development, and overall health. Nutritional recommendations should be based on the most current scientific data; we must provide information about appropriate resources for the school nurse when advising student athletes and their coaches and parents. Student athletes and their advisors often are misinformed or have misconceptions about sports nutrition. Thus, nutrition plays an integral role in promoting athletic success by helping athletes stay

healthy and optimally fuel themselves so they can maximize training and conditioning. It is likely, however, that for various reasons, not all athletes are able to consume a diet that meets their nutritional needs and thus resort to nutritional supplements with the intention of preventing deficiencies and even enhancing performance.

Dietetics play the role of managing food and nutrition to promote health. A Nutritionists and dietitians are food and nutrition experts who provide nutritional services in hospitals, schools, nursing care facilities, and other institutions. These essential health care professionals are responsible for developing food and nutrition programs to prevent and treat illness or promote general dietary health.

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59	डॉ. पी.व्ही. डिगोळे	फ. म. शहाजिंदे यांच्या काव्यलेखनाची निर्मिती प्रक्रिया	257 To 259
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आरोग्य आणि आहार

डॉ. अंजली चंद्रकांत पांडे

गृह-अर्थशास्त्र विभाग,

महाराष्ट्र राज्य महाविद्यालय, वडनेर, जिल्हा-अमरावती.

प्रस्तावना -

आजच्या धकाधकाच्या जीवनामध्ये मानवास आपल्या दैनंदिन गरजेच्या पूर्ततेसाठी सतत कार्यमग्न रहावे लागत असल्याने शारीरिक आरोग्याकडे लक्ष देण्यासाठी कुणासाठी वेळ मिळत नसतो. जो तो सतत आपापल्या कार्यामध्ये व्यस्त आहे. स्पर्धेच्या युगात टिकण्याकरीता धावपळ हो गरजेची आहे, परंतु त्याचसोबत आपले आरोग्य टिकविणे सुद्धा त्याहीपेक्षा महत्वाचे आहे. परंतु आजची जीवनशैली व आहार हे आम्हांला पोषक ठरत आहेत. पारिघम्यात आहारशैली ही आपण अंगिकारल्यामुळे त्याचे घाईत परिणाम आपल्या आरोग्यावर झालेले आहेत. त्यामुळे मधुमेह, हृदयविकार यासारखे आजार वाढत आहेत. मागील पाच दशकांपूर्वीच्या काळात ज्या पद्धतीची जीवनशैली होती त्यामुळे आम्हांला प्रमाण देखील खूप कमी होते. तेव्हा परत ती जीवनशैली व आहार अंगिकारणे आवश्यक झालेले आहे. दिनचर्येमुळे व आहारामुळे उद्भवणा-या हृदयविकार व मधुमेह यासारख्या आजारांना रोकण्यासाठी आम्हांला बदल आवश्यक झालेला आहे. आज आपल्या देशात 42 दशलक्ष लोक मधुमेहग्रस्त आहेत. 2030 साली ही संख्या 80 दशलक्ष होईल. तसेच आम्हांच्या घडोला देशात 100 दशलक्ष लोक हृदयविकाराने आजारी आहेत अशी काँडोवॉलनॅकल सोसलपटी ऑफ इंडियाची अंदाजेवारी सांगते. आरोग्याचा मुख्य आधार म्हणजे आहार. आपण काय खातो, काय खात नाही, खातो ते कसं खातो, याचा विचार म्हणजेच आहाराचा विचार, यावर माणसाला होणारे रोग किंवा त्याचे निरोपणा अवलंबून आहे.

आरोग्य - शारीरिक, मानसिक व सामाजिक अभ्यात्मिक सुस्थिती असणे म्हणजे आरोग्य होय.

आहाराध्य चुकीच्या पद्धती -

माणूस हा सवयींचा गुलाम असतो. सवय एकदा लागली की ती बदलणे दिवसेंदिवस कठीण होत जाते. म्हणून कळत नकळत आपण कोणत्या सवयी अंगिकारत आहोत याबद्दल सावध राहणे अत्यंत आवश्यक आहे. आहाराच्या चुकीच्या रुढी तुमच्या आरोग्याचे मोठे नुकसान करू शकतात. जगात गितक्या लोकांचा उपासमारीने मृत्यु होतो, त्यापेक्षा खूप जास्त लोक खाण्याच्या चुकीच्या पद्धतीमुळे मृत पावतात.

घाईघाईत खाणे -

जर तुमचे आयुष्य हे खूपच धकाधकाचे असेल आणि तुम्हाला जेवण तयार करायला आणि शांततेने बसून खायला वेळ नसेल, तुम्हाला खूप घाईघाईत खाण्याची सवय असेल तर तुम्ही किती खाल आहात याकडे तुमचे लक्ष नसत. लवकर लवकर खाल्ल्याने जास्त खाल्ले जाते. म्हणून शांत चित्ताने हळूहळू प्रत्येक पास घांगला पावून खावा. यामुळे आहार कमी लागतो आणि आरोग्य चांगले राहते.

जास्त खाणे -

शरीराला आवश्यक आहे त्यापेक्षा जास्त खाने ही एक घाई सवय आहे. घाला विविध कारणे आहेत. काही लोकांना टि.व्ही. पाहता पाहता खाण्याची सवय असते, काही लोकांना एकटेपणा जाणवत असला कि ते जास्त खातात. अथवा आहार मर्यादित ठेवण्यासाठी खाल्ला यत्नापूर्वीच आपल्याला किती आहार पुरेसा होईल याचा विचार करावा, आपल्याला हवे तेवढेच एखाद्या लहान ताटात बाडून घ्यावे.



ताण घालवण्यासाठी खाणे -

बरेच लोक ताण घालवण्यासाठी काहीतरी खातात. भरपूर कामात आणि ताणतणावात दिवस घालविल्यानंतर रात्री स्नेक्स, पिझ्झा, बर्गर इत्यादी खाता खाता झिअर, सिगारेट पिणे असे प्रकार करतात. या प्रकारांमुळे वजन वाढते. आरोग्य खराब होते.

जेव्हा तुम्ही ताणतणात असाल तेव्हा स्वतःला रिलेक्स करण्यासाठी ज्यात खाणे समाविष्ट नाही असे इतर उपाय शोधा. निसर्गाच्या सानिध्यात वेळ घालवणे मित्रांशी गप्पा मारणे, ध्यानधारणा करणे, व्यायाम करणे हे काही चांगले पर्याय ठरू शकतात.

जेवण टाळणे -

बरेच डॉक्टर आणि आहारतज्ञ तुम्हाला जेवण न टाळण्याचा सल्ला देतील. तुम्ही नियमितपणे जेवण करत नसाल तर तुमची भूक वाढते आणि रक्तातील साखरेचे प्रमाण कमी होऊ शकते. वेळेवर जेवले नाही, जास्त वेळ उपाशी राहिले की नंतर एकतर जेवण जाल नाही किंवा जास्त खाल्ले जाते. रोज सकाळी न्याहारी, दुपारचे जेवण आणि रात्रीचे जेवण नियमितपणे, वेळेवर घेण्याची सवय लावावी.

रात्री उशिरा जेवणे -

रात्री उशिरा जेवणे ही सुद्धा अनेकांना असलेली एक वाईट सवय आहे. या जेवणात जास्त कॅलरीज जाण्याची जास्त शक्यता असते. कारण रात्री उशिरा कंटाळा आला म्हणून किंवा टि.व्ही. समोर बसून आपण किती खात आहोत याचे भानच राहत नाही. रात्रीचा कंटाळा आणि जास्तीचे खाणे टाळण्यासाठी काही आयुडीच्या गोष्टी करण्याचे पर्याय शोधा. आपल्या चांगल्या मित्रांशी चोळणे हे सुद्धा उत्तम पर्याय आहेत.

आहाराचे (अन्नाचे) प्रकार -

माणसाच्या प्रवृत्तीनुसार त्याच्या आहाराचे सत्व, रज आणि तम असे तीन प्रकार असतात.

1. माणूस स्वतःच्या वृत्तीनुसार आहार ग्रहण करत असतो.

1. पूर्वोष्ण काळी, काढी सव्यगुणी होती. त्यामुळे तो आहारात बंदमुळे जात असे. त्यात अधिक सात्विकता

2. त्यानंतर काळ पालटला, त्याप्रमाणे आहारातही पालट झाला. माणूस वरण, भात, भाजी, आमटी असे रसोगुणी पदार्थ खाऊ लागला.

3. त्यानंतर गृहद्विपरीत रज-सव्ये प्रचलन अधिकच वाढले. त्यामुळे माणसाच्या आहारात त्याप्रमाणे पालट झाले. तो मांस, मारी, मद्यपान असा रसोगुणी आहार करू लागला.

2. सात्विक, राजसिक, तामसिक आणि राक्षसी आहार -

अ. सात्विक अन्न - फलाहार म्हणजे केळी, पेरु आदी शाखापरुज काढलेली फळां फळे तशीच खाणे.

आ. राजसिक अन्न - धान्याहार म्हणजे तांदूळ, डाळी, गहू आदी धान्ये शिजवून किंवा दळून खाणे.

इ. तामसिक अन्न - मांस, बरवी आदी पदार्थ शिजवून खाणे.

ई. राक्षसी अन्न - कच्चे मांस खाणे.

योग्य व समतोल आहार हेच सुखी जीवनाचे रहस्य -

रोजच जेवणात समतोल आहार असावा. त्यात शक्तिवर्धक घटक असावेत. शरीरस्वास्थासाठी मिठाची तितकी आवश्यकता नाही. पालेभाज्या व फळातून नैसर्गिक स्वरूपात आपल्या शरीराला मोठे प्राप्त होतेच. म्हणून मिठाचा अतिरेक टाळावा. तसेच आरोग्यशास्त्राच्या दृष्टीने साखर तर निषिद्ध आहे. आपल्या शरीराला असणारी शर्करा फळे, पालेभाज्या, कच्च्या पदार्थापासून मिळू शकते. कोठा साफ राहील असा हलका आहार असावा. मासपेशींचा विकास करणा-या प्रोटिडच्या प्रथिने असे नाव असून ती मांस, अंडी, दूध, डाळी व फळे यापासून मिळतात. दूध व मांसापासून मिळणारी प्रथिने पचण्यास सोपी असतात. ती पालेभाज्यापासून मिळणा-या प्रथिनापेक्षा जास्त महत्वाची असतात. तरीसुद्धा मांसापेक्षा दूध केव्हाही चांगले. मांसाहार न करणा-यांना दुधापासून प्रथिने मिळतात. परंतु सर्वच जण दूध पिकू शकत वा पचवू शकत नाही. दुधातील स्निग्ध पदार्थ काढलेले दुधही लाभदायक आहे. कारण त्यामुळे प्रथिने नष्ट होत नाहीत. कोणतेही दूध घेतले तरी चालते. बकरीचे दुधही आरोग्यास उपयुक्त आहे. शरीरात उष्णता निर्माण करण्याचे, व शरीर सुट्टील ठेवण्याचे कार्य दूध, तूप,



तेल, मांस करता असतात. चांगल्या तुपाचा आहारात प्राधान्य द्यावे. सानूक तूप घेतल्यास रोजची शारीरिक आवश्यकता पूर्ण होते. सानूक तूप खरेदी करू न शकणा-या व्यक्तींनी तेल वापरावे. मोठेतेल, खोबरेल तेल ही तेले आहारासाठी चांगली समजली जातात. तुपाचा-तेलाचा अतिरेकही चांगला नाही. घरचीयुक्त पदार्थ आहारात अधिक घेतल्यास रक्तवाहिन्या कठीण व संकुचित बनतात. शक्यतो प्राणिज्य चरबीपेक्षा वनस्पती चरबीचा वापर केव्हाही चांगलाच. पु-या व लाडू यात तुपाचा जास्त उपयोग करणे म्हणजे व्यर्थच खर्च होय. आहारावर नियंत्रण असावे.

गहू, तांदूळ, ज्वारी व बाजरी ही धान्ये महत्वाची आहेत. त्या धान्यांना दुधापेक्षा जास्त प्राधान्य मिळायला हवे. हाच मनुष्याचा मुख्य आहार असून देशातल्या निरनिराळ्या प्रांतात वेगवेगळ्या धान्ये आहारात असतात. शरीर विकासाचे ही सर्वच आवश्यक आहेत असे नाही. कारण त्यापैकी सर्वात स्टार्च असल्याने चापकी एक धान्य जरी आहारात असले तरी चालण्यासारखे आहे. धान्य इतून घेतल्यावर ते चाळण्याची गरज नाही. कारण त्या काळ्यात अनेक प्रकारची जीवनसत्वे असतात. पोषणाच्या दृष्टीने तो महत्वाची असतात. तर डाळींमधूनही बरीच प्रथिने मिळतात. दूध विकत घेऊ न शकणा-यांना कडधान्ये केव्हाही चांगली. डाळीत मसुराची डाळ पचावयास हलकी असते. फळे व भाज्या चांगली आपल्या आहारात तृतीय स्थान मिळते. रोज ताज्या पालेभाज्या जरूर घ्याव्यात. गाजर, काकडी, टोमॅटो वगैरे पदार्थ न शिजवता धुवून कच्चे खाणे चांगले. व्याधिमूक्त होण्यासाठी पालेभाज्या व फळांच्या रसाचा प्रयोग सल्ला घेऊन करावा.

फळेही ऋतुमानानुसार खायीत. आंबा, जांभूळ, लिंबू, मंत्रा आदींचे संयन करण्यास सकाळची वेळ सर्वातम. फळांचा रस रक्तशुद्धीचे काम करतो. शरीराच्या कोपामध्ये साठविलेली विषारी द्रव्ये तो शरीराबाहेर टाकतो. फळे आणि भाज्यांचा आहारात वापर हा चांगला मंत्र आहे. हिरव्या पालेभाज्यांचे आहारात महत्त्वपूर्ण स्थान आहे. हिरव्या पालेभाज्या आपल्याला पुरेशा प्रमाणात खनिजे आणि जीवनसत्वे यांचा चांगला स्रोत पुरवित असतात. फळे व पालेभाज्यांमध्ये जीवनसत्वे आणि प्रोविटॅमिन्स व्यतिरिक्त आढळणारे फायटोकेमिकल्स कर्करोग, मधुमेहासारखे

दीर्घ आजार तसेच हृदयरोगास प्रतिबंध करतात. भाज्यांच्या पानांमध्ये जीवनसत्व 'अ', 'क', फोलिक एसिड, रायबोफ्लेविन, थायमोन, बीटा कैरोटीन असते. जीवनसत्व 'अ' मूळे अंधत्वापासून बचाव देतो. शेंक्याच्या शेंगा, मेषी, कर्डीलिंग यांचे पावडर करून ते पावडर बडे, पापड, सीस, सुप यांची चव आणि गुणवत्ता वाढविते. फुलकोबीच्या पानाची भुजटी वापरण्याने पदार्थातील बीटा कैरोटीनचे प्रमाण वाढते. आणि त्यामुळे जीवनसत्व 'अ' च्या कमतरतेची समस्या दूर केल्या जाते. फुलकोबीच्या साधारणपणे टाकून दिल्या जात असलेल्या हिरव्या पानांमध्ये फ्लोरोफिन आणि बीटा कैरोटीन जास्त प्रमाणात असते. भाज्यांमध्ये कांदा, लसूण, वुंगे याचा विशेष उपयोग होतो. चांग्यामुळे आहारातील जास्तीचे कोलेस्टेरॉल शरीराबाहेर टाकायला मदत होते.

निष्कर्ष -

आरोग्य ही बाब महत्त्वपूर्ण आहे. आरोग्यच चांगले नसेल तर कितीही श्रीमंत व्यक्ती असली तरी सुखी राहू शकणार नाही. आरोग्यामुळेच आपण आपल्या जीवनाचा उपयोग चांगला करू शकतो. आजच्या या ताणतणावाच्या काळात रोज नवीन आव्हाने स्विकारतांना आरोग्याची काळजी घेणे गरजेचे आहे. आरोग्याचा मुख्य आधार म्हणजे आहार. आपण काय खातो, काय खात नाही. खातो ते कसं खातो याचा विचार म्हणजेच आहाराचा विचार. यावर माणसाला होणारे रोग किंवा त्यांचे निरोगीपण अवलंबून आहे. आपल्या आहाराच्या चुकीच्या पद्धतीमुळे विविध आजारांना सामोरे जावे लागत आहे. त्याकरिता आपला आहार सर्व पोषक घटकांनी परिपूर्ण असावा.

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The Growing Menace of Childhood Obesity and Low Self Esteem

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Abstract:

Childhood obesity is a major health problem and has reached epidemiological proportions today. Childhood obesity is defined as a condition in which a child weighs considerably more than normal for his height, sex and body frame. It is a condition beyond "overweight" and should be treated by a physician. Most treatment plans involve a calorie-reducing diet and increased activity. Other specific treatments may be ordered depending on the medical reason (if any) your child is overweight or any co-occurring medical conditions. Although it is well-known that childhood obesity has many negative physical effects, it is important for parents to recognize the emotional effects as well. Low self-esteem is one of the main psychosocial factors related to childhood obesity. Low self-esteem is a risk factor for poor mental health, especially anxiety and depression. Yet not all overweight children are affected. Little is known about what characterises the group of overweight children with the lowest self-esteem. This topic may be of particular interest in relation to planning prevention, assessment and treatment strategies for children with overweight/obesity. With regard to the development of intervention strategies that promote self-esteem in overweight children, information about which self-esteem domains are particularly important to target and about related factors that might deserve focus are useful.

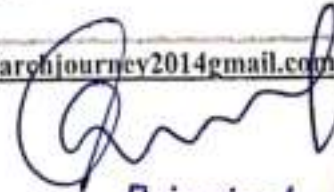
Keywords: Low self-esteem, childhood obesity, psychological factors

Introduction

Obesity, an important health problem, has definitely increased in prevalence in the past few decades throughout the world, more so in the developed countries. And as the developing countries increasingly adapt to the Western lifestyle and food habits, the problem of obesity seems to be turning into epidemic proportions in these nations too, involving the extremes of ages as much as the middle age populace. More and more children and adolescents with obesity are being detected today worldwide.[1] Obese persons accumulate so much body fat that it might have a negative effect on their health, not only physical like cardiovascular disease and Type 2 diabetes, but also mental health.[2]

Prevalence of childhood obesity is rising around the world.[7,8] Once considered a problem of affluent countries, it is now becoming a common problem even in the developing countries.[9-11] More than 1.1 billion adults and 10% children are classified as overweight or obese.[12] WHO figures are somewhat similar and estimate at least 20 million children under the age of five years as overweight.[3] Childhood obesity is now being rightly referred to as a global epidemic[10] and WHO estimates that by 2015, approximately 2.3 billion adults will be overweight and more than 700 million children and adolescents will be obese. The global prevalence of childhood obesity varies from 30% in the US to less than 2% in sub-Saharan Africa. The prevalence of overweight and/or obesity in school children is 20% in the UK and




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Australia, 16.2% in Brazil, 15.8% in Saudi Arabia, 15.6% in Thailand, 10% in Japan and 7.8-10.9% in Iran.[13-15] The prevalence of childhood obesity was found to be much less in the two Indian cities of Delhi and Chennai (6.2% and 7.4% respectively).[16,17]

Knowledge about the prevalence of self-esteem problems in children with overweight or obesity is growing. However, less is known about which self-esteem domains are particularly impaired in children with overweight/obesity and what characterises the sub-group of children with overweight/obesity that demonstrates lower self-esteem. Most previous studies on self-esteem in children have focused on global measures of self-esteem. More recently, however, emphasis has been placed on multi-dimensional measures, highlighting different domains of self-esteem [7]. Self-esteem is also considered to be influenced by the discrepancy between the ideals and the accomplishments of a child within a specific area as well as upon perceived emotional support from parents and peers. Several studies indicate that some domains of self-esteem may be more negatively affected by overweight/obese status than others. Children with overweight/obesity seem to have an elevated risk of low self-esteem in the domains of sports, physical appearance and peer engagement in particular [1,7]

Childhood obesity

Childhood obesity is defined as a condition in which a child weighs considerably more than normal for his height, sex and body frame. It is a condition beyond "overweight" and should be treated by a physician. Most treatment plans involve a calorie-reducing diet and increased activity. Other specific treatments may be ordered depending on the medical reason (if any) your child is overweight or any co-occurring medical conditions. Although it is well-known that childhood obesity has many negative physical effects, it is important for parents to recognize the emotional effects as well. Childhood obesity epidemic may trigger an increase in the population prevalence of low self-esteem in the future. Thus, the growing menace of childhood obesity epidemic may increase the prevalence of not only chronic diseases, but also poor mental health.

Low Self-Esteem

A child who is obese is at risk of overall lower self-worth when compared with an average child. This low self-esteem can be damaging in many ways. This may cause the child to engage in risky behaviors, such as drug or inhalant abuse. She may also have low self-fulfilling expectations regarding her education and future career. Low self-worth can increase the likelihood she will allow others to abuse her, physically and emotionally.

Problems faced by Obese Children


Depression

Obese children are at increased risk of depression. Unsuccessful diet attempts may cause the child to feel as though the situation is hopeless. Depression is often the result of bullying as well. In severe cases, depression can lead to a suicide attempt.

Anxiety

Obese children are at risk of anxiety, often because of the stress of taunting. The child learns to dread being at school or participating in activities, such as physical education, in which he seems different from other children. The stress of dealing with a condition that leads to social stigmatization can lead to anxiety, poor school performance and dropping out of school.




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Poor Body Image

The obese child often suffers from a poor body image. This may cause her to avoid participating in physical activities or spending her spare time with others. Having a poor body image can also precipitate an eating disorder, such as bulimia.

Social Stigma

For children who are overweight, living with excess pounds can be heartbreaking. In its own way, the social stigma attached to being overweight can be as damaging to a child as the physical diseases and conditions that often accompany obesity. In a society that puts a premium on thinness, studies show that children as young as 6 years may associate negative stereotypes with excess weight and believe that a heavy child is simply less likable.

Self-Esteem & School Bullying

Generally speaking if your child is obese, he is more likely to have low self-esteem than his thinner peers. His weak self-esteem can translate into feelings of shame about his body, and his lack of self-confidence can lead to poorer academic performance at school. You probably don't need a detailed description of how difficult the day-to-day life of children who are overweight can sometimes be. These youngsters may be told by classmates (and even adults) that being heavy is their own fault. They might be called names. They could be subjected to teasing and bullying. Their former friends may avoid them, and they may also have trouble making new friends. They could be the last one chosen when teams are selected in physical education classes.

Emotional Eating

In an ironic twist, some children who are overweight might seek emotional comfort in food, adding even more calories to their plates at the same time that their pediatricians and parents are urging them to eat less. Add to that the other emotional peaks and valleys of life, including the stress of moving to a new community, difficulties in school, or the death of a parent or a divorce, and some children routinely overindulge in food.

Discrimination

There are other obesity-related repercussions that continue well into adolescence and beyond. Heavy teenagers and adults might face discrimination based solely on their weight. Some research suggests that they are less likely to be accepted for admission by a prestigious university. They may also have a reduced chance of landing good jobs than their thinner peers. Women who are overweight have a decreased likelihood of dating or finding a marriage partner. In short, when heavy children become heavy adults, they tend to earn less money and marry less often than their friends who are of average weight.

Caring for Obese Child with Low Self Esteem

Care for an obese child must be two-fold. First, for physical health, he/she needs assistance in appropriate weight loss. It is best to let a medical professional recommend a diet for your child, as he can determine the appropriate amount of calories, fat and nutrients needed each day for safe weight loss. This should be accompanied by enjoyable exercise for an hour a day most days of the week. Healthy options include team sports if your child is interested or solo pursuits, such as swimming, basketball and brisk walking that leads to jogging. Your child may enjoy playing tag with a sibling or playing active outdoor games with a dog. Having a fun plan can improve exercise compliance.



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It is equally important to safeguard your child's emotional health. Do not hesitate to seek mental health counseling when needed. Find out if your child is being bullied at school, either from your child if he will tell you or from his teachers or guidance counselor if he doesn't want to talk about it. Bullying requires significant action to avoid serious emotional and learning problems for your child. Help your child find ways to build his self-esteem by involvement in activities in which he excels.

Some important suggestions :-

- Help children understand that being overweight can undermine physical and mental health and is more than an appearance issue;
- Talk to children about why they overeat and how they feel about themselves. Identify feelings and situations that cause them to overeat, and discuss coping strategies;
- Criticizing an obese child or trying to humiliate them into losing weight will increase the child's emotional difficulties. The child may become lonelier, more depressed, and less likely to make changes that might help;
- Praise your child's strengths and accomplishments;
- Help children gain control over their weight by discussing and encouraging healthy food choices and exercising regularly with them. Individualize food and exercise plans according to the child's interests and your commitment level;
- Set an example--make healthy eating and exercise a family affair;
- Encourage children to make smart choices and understand the benefits of feeling better and being healthier. Explain the long-term medical impacts of a healthy lifestyle;
- Limit access to high-calorie, high-fat and sugary foods, including soda and juices--especially at home;
- Limit sedentary activities including television and computer time; and
- Do not use food to reward or punish children. Establish a system to reward weight goals and help the child get back on track when they fall off.

Conclusion

Obesity impacts the self-perception of children entering adolescence, especially in girls, but in selected areas of competence. Obese children are at particular risk of low perceived competence in sports, physical appearance, and peer engagement. Not all obese children are affected, although the reasons for their resilience are unclear. Quantifying risk of psychological distress alongside biomedical risk should help in arguing for more resources in child obesity treatment.

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24. Women Entrepreneurship in India and Women Rights

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Abstract

In this golden age of globalization, digitalization and start-up booms, India is clearly seeing a revolution vis-à-vis women entrepreneurs. The sixth economic census released by Ministry of Statistics and Programme Implementation (MOSPI) highlights that women constitute around 14% of the total entrepreneurship in India. Today's women entrepreneurs do not come only from the established business families or from the higher-income sections of the population, they come from all walks of life and from all parts of the country. From running sports media firms to construction companies and security and detective agencies – women are dabbling into fields that have traditionally been bastions of male domination. With the constant development in the Indian startup ecosystem, more and more women are chasing the entrepreneurial dream and succeeding in their ventures. This is empowering other Indian women who are still confined to the traditional homemaker role to think for themselves. However, a recent report states that only two Indian cities have made it to a ranking of the 50 most favorable global places for women to work. India's Silicon Valley, Bengaluru, ranked 40th, while Delhi came in at the 49th place. This survey was conducted by the tech giant Dell, and consultancy firm IHS Market. The ranking—based on inputs from Indian women entrepreneurs, policymakers, venture capitalists, media, and academicians—measures a city's ability to attract and support women who want to grow their businesses.

Introduction

Women entrepreneurship has been recognized as an important source of economic growth. Women entrepreneurs create new jobs for themselves and others and also provide society with different solutions to management, organization and business problems. However, they still represent a minority of all entrepreneurs. Women entrepreneurs often face gender-based



barriers to starting and growing their businesses, like discriminatory property, matrimonial and inheritance laws and/or cultural practices; lack of access to formal finance mechanisms; limited mobility and access to information and networks, etc.

Women's entrepreneurship can make a particularly strong contribution to the economic well-being of the family and communities, poverty reduction and women's empowerment, thus contributing to the Millennium Development Goals (MDGs). Thus, governments across the world as well as various developmental organizations are actively undertaking promotion of women entrepreneurs through various schemes, incentives and promotional measures.

Entrepreneurship has traditionally been defined as the process of designing, launching and running a new business, which typically begins as a small business, such as a startup company, offering a product, process or service for sale or hire. It has been defined as the "...capacity and willingness to develop, organize, and manage a business venture along with any of its risks in order to make a profit." While definitions of entrepreneurship typically focus on the launching and running of businesses, due to the high risks involved in launching a start-up, a significant proportion of businesses have to close, due to a "...lack of funding, bad business decisions, an economic crisis -- or a combination of all of these" or due to lack of market demand. In the 2000s, the definition of "entrepreneurship" has been expanded to explain how and why some individuals (or teams) identify opportunities, evaluate them as viable, and then decide to exploit them, whereas others do not, and, in turn, how entrepreneurs use these opportunities to develop new products or services, launch new firms or even new industries and create wealth.

India needs more women entrepreneurs

For quite a few years now, we have known that there is a major problem with India's labour force: the women are missing. Indian women are not only staying out of the workforce, they are doing so in increasing numbers across the board. The World Bank's latest development update for India reiterates these trends but also draws attention to an interesting insight: Women employers tend to hire a significantly greater number of women.

Of course, this is partly the result of the kind of businesses that women set up in what is already a heavily gendered labour force. For example, a beauty salon or a small tailoring unit owned by a woman can be expected to mostly hire other women. Also, many of these women-owned firms have only a single worker, which also skews the picture. But the trend holds true

even in medium-sized firms. This lends credence to the idea that a targeted focus on women's entrepreneurship might be the tool needed to improve the labour force's gender balance.

The World Bank's report builds on a working paper by Ejaz Ghani, Arti Grover Goswami, Sari Kerr and William Kerr, *Will Market Competition Trump Gender Discrimination In India?*, which finds "a clear pattern of gender segmentation in both manufacturing and services, where, for instance, about 90% of employees in female-owned business in unorganized manufacturing are females". Gender segmentation is a double-edged sword in the sense that just like female-owned or female-led firms tend to hire more female workers, male owners and employers have the same tendencies. A 2014 paper, *Political Reservations And Women's Entrepreneurship In India*, by Ghani and others noted that "97% of working men are employed in male-owned enterprises". In the long run, such extreme levels of gender segmentation are obviously undesirable and inefficient. But in the short term, it may help to view this trend as a catalyzing opportunity that will bring more women into the workforce.

Problems Faced by Women Entrepreneurs in India

Some of the problems faced by women entrepreneurs are as follows:

1. Problem of Finance

Finance is regarded as "life-blood" for any enterprise, be it big or small. However, women entrepreneurs suffer from shortage of finance on two counts.

Firstly, women do not generally have property on their names to use them as collateral for obtaining funds from external sources. Thus, their access to the external sources of funds is limited.

2. Scarcity of Raw Material

Most of the women enterprises are plagued by the scarcity of raw material and necessary inputs. Added to this are the high prices of raw material, on the one hand, and getting raw material at the minimum of discount, on the other. The failure of many women co-operatives in 1971 engaged in basket-making is an example how the scarcity of raw material sounds the death-knell of enterprises run by women (Gupta and Srinivasan 2009).

3. Stiff Competition

Women entrepreneurs do not have organizational set-up to pump in a lot of money for canvassing and advertisement. Thus, they have to face a stiff competition for marketing their



products with both organized sector and their male counterparts. Such a competition ultimately results in the liquidation of women enterprises.

4. Limited Mobility

Unlike men, women mobility in India is highly limited due to various reasons. A single woman asking for room is still looked upon suspicion. Cumbersome exercise involved in starting an enterprise coupled with the officials humiliating attitude towards women compels them to give up idea of starting an enterprise.

5. Family Ties

In India, it is mainly a women's duty to look after the children and other members of the family. Man plays a secondary role only. In case of married women, she has to strike a fine balance between her business and family. Her total involvement in family leaves little or no energy and time to devote for business.

6. Lack of Education

In India, around three-fifths (60%) of women are still illiterate. Illiteracy is the root cause of socio-economic problems. Due to the lack of education and that too qualitative education, women are not aware of business, technology and market knowledge. Also, lack of education causes low achievement motivation among women. Thus, lack of education creates one type or other problems for women in the setting up and running of business enterprises.

7. Male-Dominated Society

Male chauvinism is still the order of the day in India. The Constitution of India speaks of equality between sexes. But, in practice, women are looked upon as abla, i.e. weak in all respects. Women suffer from male reservations about a women's role, ability and capacity and are treated accordingly. In nutshell, in the male-dominated Indian society, women are not treated equal to men. This, in turn, serves as a barrier to women entry into business.

8. Low Risk-Bearing Ability

Women in India lead a protected life. They are less educated and economically not self-dependent. All these reduce their ability to bear risk involved in running an enterprise. Risk-bearing is an essential requisite of a successful entrepreneur.

Role of Government to enhance women Entrepreneurship

1. Government has to establish proper training classes at least monthly ones to encourage entrepreneurial skills among rural women.

2. Bankers and government should organize loan awareness schemes programs in the villages to educate rural women about the benefits provided by them.
3. Develop a policy to verify the amount provided by the banks.
4. Encourage women entrepreneurs by providing gift schemes who perform business well and participate well in entrepreneurial skill programmes.
5. There should be a continuous attempt to inspire, encourage, motive and co-operate women entrepreneurs.
6. To organize training programmes to develop professional competencies in managerial, marketing, financial production process, profit planning, to maintaining books of accounts and other skills. This will encourage women to undertake business.
7. There is need to change negative attitude of society towards women
8. District Industries centers and single window agencies should make use of assisting women in their trade and business guidance.
9. Better educational facilities and schemes and vocational training programmes will be arranged for development of rural women entrepreneurship.

Government Policies and programmes

1. UNIDO –United nation industrial development organization.
2. (TREAD)-Trade Related Entrepreneurship Assistance and Development.
3. Bharatiya Mahila Bank .
4. Mahila Coir Yojana .
5. Mahila Udayam Nidhi .
6. Stree Shakti Project.
7. Support to Training & Employment programme for women.
8. National Policy for Skill development and Entrepreneurship 2015

Women's Rights

Gender equality means a society in wherein both women and men enjoy the same opportunities, rights and obligations in different spheres of life. Equality in decision making, economic and social freedom, equal access to education and right to practice an occupation of one's choice. In order to promote gender equality , we need to the empowerment of women, and concentrate on areas which are most crucial to her well being. Women's empowerment,



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economic, social, political, is vital to growth of any nation and to protect and nurture human rights.

Constitutional rights available to women in India

Fundamental right to equality before Law that is, equal protection of laws in India- Article 14

Prohibition of discrimination on grounds of religion, race, caste, sex or place of birth. However art 15(3) empowers state to make any special provision for women and children - Article 15

Equality of opportunity in matters of public employment or opportunity to any office under state and prohibits discrimination on ground of sex- Article 16

Freedom of speech and expression and freedom to practice any profession or to carry out any occupation, trade or business – Article 19

Protection of life and personal liberty- Article 21

Right to Privacy- Article 21

Right to property- Art. 300-A

Political rights- women reservation in for instance, panchayats. Art 15 of the Constitution allows special provisions for women and children to be made for their welfare.

Under the Legal Services Authorities Act women and children are entitled to free legal aid.

Under the Constitution of India, the Directive Principles of State Policy contain duties of the State to apply these principles while making laws. These principles state that state shall direct its policies to secure that citizens, men and women equally have the right to an adequate means of livelihood, that there is equal pay for both men and women, provide free and compulsory education for children and duty to improve public health. Whereas in case of violation of fundamental rights, these rights are enforceable, that is, a victim can seek legal redress through a court of law, the directive principles are only a guiding factor and its non observance is not actionable before court of law.

Conclusion

Women entrepreneur are those women who think of a business enterprise, initiate it organize and combine the factors of production, operate the enterprise, undertake risk and handle economic uncertainties involved in running a business enterprise. Women participation in the

field of entrepreneurship is increasing at considerable rate, efforts are being taken at the economy as well as global level to enhance woman's involvement in the enterprise sector. Educated Women is contributing to a great extent to the social transformation and in the future, will be seen that more women venturing into areas traditionally dominated by men.

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Values – Important Part of Life

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Values are the basis of a large number of our attitude towards things in life. They form the basis of our interaction with other people and can be said to be the most essential part of attaining and leading a successful life. Treat your children like flowers. Let them grow naturally. But instead of water and manure, give your children plenty of love. That's the way to make them grow. Children grow and behave on the basis of the foundation of the values and morals inculcated in them by significant people they are surrounded by, during early child-hood. Once values get inculcated, they remain with the individual and then take a strong hold which gets reinforced according to the experiences the child has during later years. Most parents are so anxious about their children that they try to rush their development but that only does harm. The parent's role in the child's growing up must be one of helping the child's own efforts. They cannot force their child's development any more than they can force flowers to grow more quickly. Every human being is born neutral and is like clean slate and with no mindset. How much virtues and vices are filled in, depends solely on the parents, teachers, circumstances, and the environment in which he grows up. When social values are taken into consideration, it is observed that every social group has its own social values which are strong influences on the behavior of the members of that group.

Latest report of National Survey of Children Health state that, the great majority of parents have positive and nurturing relationships with their children. Recently related parents reported data provide a window into parent-child relationships by children's specific ages. The report concludes that most parents have close-bond with their children, communicated with their children about important topics and were acquainted with most of their children friends. These findings were apparent even among parents of adolescent children (ages 12-17) who are often presumed to feel distant from their children. Parents have to socialize their children i.e. the moulding of individual into a social being. The new infant at the time of birth is not social or human, but is made social through a process of learning norms and values which is known as socialization. There are various agencies like family, playmates, teachers (school and college), marriage, media. Values are constituent facts of social structure and provide more general guidelines. A value is a belief that something is good and desirable. It defines what is important worthwhile and worth striving for. They are different values like honesty, trustworthiness, tolerance, co-operation, service humanity, charity, perseverance and many more.

While inculcating values in children parents have to keep in mind certain factors or criteria that are as follows :

Parents should inculcate this value among the children, this value comes from the parents themselves if they respect their children. Respect the feelings of others. Parents should teach their children to respect the feelings of others in order to get along in society. It takes years for a young child to comprehend fully how his actions impinge on other people that through his behavior. Respect elders, parents teach children, to respect elders, and also to respect for rules, rule is a rule one must obey them, such values like honesty, trustworthiness, should be



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inculcated by parents, teachers & others.

It is the duty of the parents to be role models so that the inculcation of values such as speaking the truth does not have to be told or explained nor forced on the child. The exemplary behavior of the parents should be imitated/ emulated by the child through continuous exposure to the values, by parents who are his role model. During the initial stages of life, the child does the right things not because he understands that "it is the right thing to do" but because the child is afraid of being punished. But as he grows older, and his self concept develops, that child gradually inculcates values and does the right things because he learns to differentiate between good & bad.

Social Media is an agent of socialization, various forms of media can have profound effects on children. In India and United States as well as in other modern country, children are especially influenced by television. Different types of shows display a variety of interaction situations that can give children early exposure to social settings outside the family. Some shows might be purely entertaining, such as cartoons but now days in cartoons too violence is shown. Children are learning violence, not peace-making. Children often feel changed after viewing a particular affecting film, changed because they might have just witnessed a group of characters on film 'acting' in parts that communicate plausible yet different values from their own.

A child should be told about the consequences of the values and then he should be encouraged to decide which value to be followed. Generally it is said Honesty is the best policy – but it is not a policy or business transaction. It is the most natural and profitable way of leading life. It is not as difficult as it is made out to be. As the child grows up, he gradually learns to bring about a variation in the way he can keep his value system intact and at

the same time not hurt the other person. For example, sometimes it is very dangerous to reveal the truth, but the child doesn't want to lie, then in such circumstances encourage him to be courageous enough to accept the consequences without fear. This, later on becomes an integral part of his personality whereby he is looked up in the society with respect.

The traditional joint family is gradually changing to the modern nuclear family functions of the family have been certainly subject to change; the role of grand parents have change, they cannot interfere in the household activities nor spend time with grand children. In joint family they performed very important role; as they were the head of the family and would inculcate values to children by telling them stories which had morals, and would teach children lessons in life. In nuclear family both the parents are working outside and there is nobody to look after children at home, they are left with care-keepers or left alone at home, or sometimes they lock the children at home. So they watch television, cartoon shows, adult movies, read wrong books, get wrong knowledge, learn Television culture.

Western culture can also be referred to as advanced culture; this is because its ideas and values promote the development and sustainment of advanced civilization. The core religious traditions are still the same but the life style differences can be found because of western culture. Hence we can say that western media has not affected the core traditions of Indian society but has changed life style and apparent characteristics of the society. Right from our clothing, till the music, the films, our attitude, our lifestyle, in short every aspect of our life has totally changed. In such a scenario, where the point of a rich cultured country like India is facing the problem of losing its culture. A value accepted and practiced frequently becomes a pattern of life. For example, keeping



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a promises made to children/ others and later on to oneself becomes a pattern of life. Child imitates the parents, if the parents themselves are aware of this act of keeping promises, slowly child will also follow the same path. If the child is performing any act which needs appreciation, it should be done without hesitation as simple appreciation serves as a positive reinforcement and thus becomes a pattern of life.

Any act which is accepted publicly becomes value. Although it is seen today that, corruptions rampant in the society, people who are no corrupt will get acknowledgement for their honesty. The child learns gradually that people who indulge in wrong doings, may have all the riches but will not be appreciated in the society at large. Corruption can never be appreciated or accepted even though it has become regular feature, hence cannot be called as value. Schools too have realized today that inculcation of value is also an important aspect of school education. Earlier, values were taught schools as "Moral education" but today the stress is on Value education as it has been understood by educators that in order for the child develop a wholesome personality, the inculcation of values is of utmost importance.

CONCLUSION -

Effective communication with the child can help in this process of value inculcation. Most parents are themselves under stress and pressure due to the demand of their professions, society and families. They therefore often fail to discharge their prime duties of inculcating values among children such values as tolerance, patience, love, benevolence, compassion charity forgiveness which may help their children cope with the complexities of modern life and help them better adjust to their environment. When parents consider inculcation of values in their child, their prime responsibility, values get ingrained in the mind and heart of the child and continuous reinforcement of exemplary behaviour by elders in the family, help in making

these values, a part of the child's every day life. School environment, especially the teacher's attitude are also important contributors in the development of values in children.

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04

Today's Lifestyle - Diet and Fitness

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Today is the age of science due to science every thing have got new shape. As for the development of fitness different advance techniques are operated by the trainers many techniques can only be effectively executed orchestrated with larger strategically planned regimens. Several techniques should only be used an occasion if at all during brief periods of planned over reaching. Fitness should be a way of life and a regular exercise programme can help in reserving the effect of ageing. Physical activity to get started although it must be retreated that moderation is the key word. Bear in mind it is never to late exercising.

Right attitude and healthy lifestyle play a vital role in fitness. If we start our day with positive attitude and self motivation we remain healthy throughout a day. Fitness makes all the difference in our body looks and feels. It was defined early as the capacity to carry out the day's activities without undue fatigue i.e. physical fitness. But now it is known as a triangle of physical, emotional and mental fitness. Thus overall fitness is now defined as the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hyperkinetic diseases, and to meet emergency situations. Thus fitness is in two close meanings : general fitness (a state of



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health and well-being) and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). An individual's fitness is manifested through its phenotype. As phenotype is affected by genes and environment, the fitness of different individuals with the same genotype are not necessarily equal, but depend on the environment in which the individuals live. There are two commonly used measures of fitness; absolute fitness and relative fitness. Absolute fitness for a genotype can also be calculated as the product of the proportion survival times the average fecundity. Relative fitness is quantified as the average number of surviving progeny of a particular genotype compared with average number of surviving progeny of competing genotypes after a single generation.

In the modern fast paced lifestyle driven by constant pressure to meet targets, individuals are victim to stress and anxiety. There are over one billion overweight and obese individuals globally. Overweight and obesity are associated with elevated blood pressure / cholesterol levels and an increased risk of developing diabetes (insulin resistance). There are often referred to as 'degenerative diseases'; a term which is closely associated with metabolic syndrome/ Syndrome X/ Asian Paradox. Several studies have clearly indicated that malnutrition is a double edged sword with under-nutrition on one side and over-nutrition on the other and that both are associated with adult obesity and metabolic syndrome. Elevated cholesterol levels alone are responsible for nearly 60% of heart disease. Major modifiable determinants of overweight and obesity are unhealthy diet and physical inactivity. Thus, Improving diet and lifestyle is a critical component to curb and prevent the present epidemic of Non-Communicable diseases particularly the degenerative diseases. Diet plays a major role in promotion of health and well being of individual. A good and

balanced diet habit improves the quality of life while poor diet may lead to morbidity and diseases. Nutritionists and dietetics are concerned with this aspect. While dietetics is related to food management, nutrition is related to promotion of health. Due to changes in food habits of most of the urban population, role of nutritionists and dieticians is becoming more important. They suggest corrective food habits considering various aspects of an individual such as age, work routine and sickness etc. and thereby improving their quality of life.

The human body is a complex and efficient bundle of cell, muscles, bones, organs and system. Everyone knows that good diet is needed to sustain good health. The human body wants many nutrients. Our body can not manufacture many of these required nutrients, our body obtain them from external sources, for this we must eat required quantities of high quality, fresh and unrefined food. Food can improve our mood activate our brain cells, retain information & induce sharpness in our thinking process. So we must consume balance diet, a balance diet means getting the right types and amounts of foods and drinks to supply nutrition and energy for maintaining body cells, organs for supporting normal growth and development. Components of a balance diet every entgrants has its part to play in maintaining well development of human body. Tonic or supplements are not required for people who consume balanced diets.

Healthy eating can also help people that already have some types of disease or illness such as diabetes, high cholesterol and blood pressure. And, of course, improving your eating habits will contribute to you achieving and maintaining a healthy weight. Due to hectic and busy life style a common man is often pressed for time, under a lot of stress and eating on the go. You may find it difficult to avoid bad habits like skipping meals for frequenting fast food restaurants. But eating a healthy diet can help



you feel better, cope with stress and perform better in your work. Almost 70% of peoples are not consuming the daily-recommended amount of fruits and vegetables, and at about 60% are eating too much saturated fat.

Healthy eating habits can also help us in reducing stress and building the required strength and energy levels to face the day. Several studies have clearly indicated that malnutrition is a double edged sword with under-nutrition on one side and over-nutrition on the other and that both are associated with adult obesity and metabolic syndrome. Thus, Improving diet and lifestyle is a critical component to curb and prevent the present epidemics with keeping the following most critical features in mind :

- i) Recognizing that diet is part of an overall healthy lifestyle, Lifestyle also includes activity and behaviour.
- ii) Identifying the influence of environmental factors on the prevalence of under /overweight hypertension and diabetes related health behaviours.
- iii) Formulating practical guidelines on how to achieve diet and lifestyle changes which need to be provided to the general and 'at-risk' population.
- iv) The importance of following the recommendations when eating at home and away from home needs to be emphasized.
- v) The vital roles of healthcare professionals, restaurants, the food industry, schools and the policies need to be highlighted, along with specific recommendations to these groups.

The recommendations of World Health Organization are on Dietary Intake-

to balance (calorie) intake and physical activity to achieve and maintain a healthy body weight, consume a diet rich in vegetables and fruits; choose whole-grain, high fiber foods; consume fish, especially oily fish, at least twice a week;

limit intake of saturated fat to <7% of energy, and vegetable alternatives, fat-free (skim) or low-fat.

(1% fat) dairy products and minimize intake of partially hydrogenated fats; minimize intake of beverages and foods with added sugars; choose and prepare foods with little or no salt;

These can substantially reduce the risk of developing cardiovascular disease and other complications of excess body weight, which remains the leading cause of morbidity and mortality in both developed and developing nations. An emphasis on balanced or prudent diet is also appropriate to ensure nutrient adequacy and energy balance. Hence, rather than focusing on a single nutrient or food, individuals should aim to improve their whole or overall diet.

Eat a healthy Balance Diet -

It is important to eat healthy balance diet all the time. This should include plenty of foods and vegetables, starchy foods such as bread, rice, potatoes and pasta choosing wholegrain varieties whenever possible. In longitudinal observation studies, persons who regularly consume such diets are at a lower risk of developing heart diseases, particularly stroke. Consumption of a variety of vegetables and fruits has been recommended. Vegetables and fruits that are deeply colored throughout (ie. spinach, carrots, peaches, berries) should be emphasized because they tend to be higher in micronutrient content than are other vegetables and fruits such as potatoes and corn. Fruit juice is not equivalent to the whole fruit in fiber content and perhaps satiety value and should not be emphasized. A diet rich in vegetables and fruits is a strategy for lowering the energy density of the diet to control energy intake.

Dietary patterns that are high in whole-grain products and fiber have been associated with increased diet quality and decreased risk of heart diseases. Soluble or viscous fibers



modestly reduce Low Density Lipoprotein cholesterol levels. Dietary fiber may promote satiety by slowing gastric emptying, leading to an overall decrease in calorie intake. Soluble fiber may increase short-chain fatty acid synthesis, thereby reducing endogenous cholesterol production. It is recommended that at least half of grain intake must include whole grain and this is particularly important in case of cereal-based diet as consumed in India. Also Consume Fish, Especially oily Fish at least twice a Week, Limit intake of saturated and Trans Fat and Cholesterol, Minimize Intake of Beverages and Foods with Added Sugars Choose and Prepare Foods with Little or No Salt, Diet and Lifestyle recommendations while Eating away from Home.

Specific Objects Recommendations for Life Style :

1. Adopting a Physically Active Lifestyle

2. Ideal or Desirable Body weight

3. Achieving and Maintaining a Desirable Lipid Profile - To aim for recommended levels of low-density lipoprotein cholesterol, high-density lipoprotein cholesterol, and triglycerides

4. Achieving and Maintaining normal Blood Pressure

5. Achieving and Maintaining a normal Blood Glucose Level

Fitness Techniques for Special Age Groups :

(i) Kids over 2 years of Age :

If you wish your children to remain healthy, you need to indicate healthy ways of eating and exercise to them. It is not possible to subscribe a gymnasium and keep children away from tempting food, so to make children healthy lifestyle we have to maintain proper diet and exercise. Overweight and obesity are a particular concern for children as the prevalence of overweight is 16% among children and adolescents. Achieving energy balance may be more complicated in children and adolescents because calorie and micronutrient intake must be adequate to support normal growth and development. However, many children are

eating excess calories and experiencing unhealthy weight gain especially in the urban sector. Children can eat a diet consistent with the American Heart Association 2006 Diet and Lifestyle.

(ii) For Adults :

Atherosclerosis is a chronic process beginning in youth. The risk of developing heart diseases increases dramatically with advancing age particularly among overweight/obese. Diet and lifestyle behaviors can decrease heart diseases risk. Also, ample evidence from clinical trials indicates that older-aged persons can make and sustain lifestyle changes, perhaps more so than younger adults. In view of the high incidence of heart diseases events in older-aged individuals even relatively small improvements in risk factors (eg. small reductions in BP and LDL cholesterol through diet and lifestyle changes) would be of substantial benefit. Elderly have decreased energy needs while their vitamin and mineral requirements remain constant or increase; however, older individuals should be counseled to select nutrient-dense choices within each food group.

CONCLUSION :

Diet and Fitness is an important part of today's healthy life style. By making some change in our lifestyle and eating habits, we can move towards fitness and in turn a happier life. Good health provides a solid foundation on which fitness rests and at the same time, fitness provides one of the most important keys to health and living one's life to the fullest. Freedom from disease, organic, development, efficient movement, alertness of mind and emotional adjustment provide the framework of the fitness. A substantial improvement, lifestyle modifications can effectively control risk factors and lower the incidence. To realize benefits, individuals should aim for a desirable body weight, be physically active, avoid tobacco exposure, and follow a diet and lifestyle



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स्वयंसहायता बचत गटाच्या माध्यमातून महिला महिलांचे सक्षमिकरण व विकास



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प्रस्तावना : स्वातंत्र्योत्तर काळात महिलांच्या कल्याणासाठी अनेक योजना कार्यान्वित करण्यात आल्या आहेत. परंतु गेल्या काही वर्षांत विशेषतः जागतिकीकरणाच्या प्रक्रियेत राजकीय व

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REVIEW OF RESEARCH



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❖ प्रस्तावना

स्वातंत्र्योत्तर काळात महिलांच्या कल्याणासाठी अनेक योजना कार्यान्वित करण्यात आल्या आहेत. परंतु गेल्या काही वर्षांत विशेषतः जागतिकीकरणाच्या प्रक्रियेत राजकीय व सनदी नोकऱ्याहील हाताशी धरून गरीबी हटविण्याच्या ऐवजी Poverty Reduction च्या नावाखाली तसेच नवीन रोजगार निर्माण करण्याच्या नावाखाली संपूर्ण गरीब समाजालाच वेढीस धरले आहे. ह्या संपूर्ण प्रक्रियेत शोषणाचा बळी ठरलेला एक पटक म्हणजे स्विया होत. जागतिकीकरणाच्या वैशिट्यांचा आणि परिस्थितीचा प्रभाव सर्वव्यापक असला तरीही त्याचा सर्वात जास्त फटका हा स्त्रियांना सहन करावा लागत आहे. याबरोबरच वर्षानुवर्षे चालत आलेल्या परंपरा, रुढी, चालीरीती यांच्या बंधनात अडकून राहिल्याने महिलांची स्थिती विशेषतः ग्रामीण भागातील महिलांची स्थिती अधिकच खालावत चालली आहे. असंघटितपणा, शिक्षणाचा अभाव, रोजगार आणि आरोग्य यांचा अभाव, अंधश्रद्धांचा जबरदस्त पगडा यामुळे ग्रामीण दारिद्र्यात भरच पडत आहे. व याचा सर्वात जास्त परिणाम ग्रामीण महिलांवर होत आहे. भारतातील सामाजिक चालीरीती, रुढी व परंपरामुळे ग्रामीण महिलांना विकासामध्ये महत्त्व दिले गेले नाही. आणि त्यांना विकासाची संधी सुध्दा मिळाली नाही. परंतु वास्तविकता ही आहे की, जोपर्यंत ग्रामीण महिलांना विकासाच्या मुख्य प्रवाहात आणले जात नाही तोपर्यंत भारताच्या आर्थिक महासत्तेची कल्पना करणे योग्य होणार नाही. ह्याकरीता महिला बचत गट महिलांच्या आर्थिक विकासाकरीता प्रभावी माध्यम म्हणून समोर येत आहे. बचत गटातील महिला कुटुंबाला दारिद्र्याच्या गर्तेतून बाहेर काढून आर्थिकदृष्ट्या सक्षम होऊन स्वतःच्या व्यक्तिमत्त्वाचा विकास करीत आहेत.



❖ संशोधन विषाचे उद्देश

1. महिलांच्या आर्थिक स्वावलंब्यासाठी बचत गटाच्या योगदानाची माहिती घेणे.
2. बचत गटातील महिलांच्या व्यक्तिमत्व विकासाचा शोध घेणे.
3. भिवानूर तालुक्यातील महिला बचत गटाद्वारे चालविल्या जाणाऱ्या व्यवसायाची माहिती घेणे.

❖ संशोधन विषयाची गृहिते

1. बचत गटामुळे महिला आर्थिकदृष्ट्या स्वावलंबी होत आहेत.
2. महिला बचत गटाच्या स्थापनेमुळे महिलांच्या व्यक्तिमत्त्वाचा विकास होत आहे.

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❖ संशोधन पध्दती

प्रस्तुत शोधनिबंध तयार करण्यासाठी प्राथमिक आणि द्वितीयक सागरी संग्रहनाच्या पध्दतीचा उपयोग करण्यात आलेला आहे. ह्यामध्ये भिवापुर तालुक्यातील यशस्वी महिला बचत गटांना प्रत्यक्ष भेट देऊन महिलांचे स्वावलंबन आणि व्यक्तिमत्त्व विकाससंदर्भात माहिती प्राप्त करण्यात आलेली आहे. द्वितीयक सागरी संग्रहण पध्दतीमध्ये वर्तमानपत्रे, मासिके, प्रकाशित पुस्तके इ. चा आभार घेण्यात आला आहे.

❖ बचत गटाची पार्श्वभूमी

बचत गटाच्या संकल्पनेचे खरे श्रेय मिळते ते बांगलादेशालाच. महिलांच्या बचत गटांची सुरवातच बांगलादेशातून प्रथम झाली. तेथील ग्रामीण बँकेने गरिबांच्या जीवनात अंधारशः काती घडवून आणली या देशानेच बचत गटाची संकल्पना सांगितली, शिक्किली आणि ग्रामीण बँकेच्या माध्यमातून आपल्यासमोर एक आदर्श निर्माण केला. बांगलादेशातील या चळवळीपासून प्रेरणा घेवूनच भारतात बचत गटाची चळवळ उभी राहिली. बांगलादेशात १९७० पर्यंत बचत गट किंवा सुद्धा वित्त हे शब्दही अस्तित्वात नव्हते. पण नंतर हे दोन शब्द बांगलादेशवासियांच्या परवळिले गेले. बांगलादेशातील चित्तगाव विद्यापिठात मोहम्मद नूरुस हे अर्थशास्त्र विभाग प्रमुख या संकल्पनेचे खरे प्रणेते आहेत. त्यांच्या कार्याची जागतिक स्तरावर दखल घेवून त्यांना अत्यंत प्रतिष्ठेच्या नोबेल पुरस्काराने सन्मानित केले. त्यांनी 'थॅव थॅव तळे साचे' या म्हणीप्रमाणे बांगलादेशातील गरीब कुटुंबातील महिलांना बचत गटाच्या माध्यमातून एकत्र आणून पैसे बचत करण्यास प्रोत्साहित केले. आणि ग्रामिण बँकेच्या माध्यमातून त्या देशातील गरिबी दूर करण्याचा यशस्वी प्रयोग केला त्याची दखल संपुक्त राष्ट्रांसह, जागतिक बँक, इटरनेशनल फूड रिसर्च पॉलिसी इन्स्टिट्यूट यांसारख्या जागतिक संस्थांनीही घेतली आहे. त्यांनी महिलांसाठी केलेल्या कार्यामुळे महिलांमध्ये आर्थिक उन्नतीसोबतच सकारात्मक बदल घडून आला. त्यांना एक नवी दिशा मिळाली. स्वयंरोजगाराच्या माध्यमातून त्या खऱ्या अर्थाने उभ्या राहिल्या. बांगला देशात आता ग्रामीण बँकेचे ४० लाख सदस्य आहेत. यामध्ये ९६ टक्के महिला या बँकेच्या मालक आहेत. त्या महिला बँकेच्या भागधारक असून ९० टक्के भाग त्यांच्याच मालकीचे आहेत आणि उर्वरित १० टक्के भाग बांगलादेश सरकारच्या मालकीचे आहेत. आज असे ठानपणे नव्हते जाते की, बांगला देशातील खेड्यांचे संपूर्ण चित्र ग्रामीण बँकेने बदलले. मायको जायनान्सने गरीब लोकांना प्रगतीची संधी दिली. म्हणूनच हे महिला जगभरात प्रसिद्ध झाले.

❖ भारतातील बचत गटाचे स्वरूप

भारतामध्ये १९९० च्या दशकात बचत गटाची चळवळ धोरणात्मकरीत्या स्विकारून त्या संदर्भात प्रभावी अंमलबजावणी सुरू झाली त्यामुळेच भारतात स्वयंसहायता बचत गटांच्या चळवळीने क्रांतीकारक स्वरूप धारण केले. निम्न मध्यमवर्गीय आणि गरीब महिलांच्या आर्थिक उन्नतीच्या दृष्टीने बचत गटाची चळवळ यशस्वी होत असताना दिसते. या बचत गटामुळे महिलांच्या आर्थिक परिस्थितीत सुधारणा झाली. बचत गट हे नाव सार्थ झाले. पण त्याही पलोकडे जाऊन या गटांनी कार्य करायला सुरवात केली. अंधारशः ग्रामविकासापासून यशस्वी उद्योजक, अशी कल्पनाच बचत गटांनी मजल मारली. म्हणून या गटांना बचत गटाऐवजी "स्वयंसहायता गट" हे नाव पडले. बचत गटातील महिला एकत्र येवून स्वतःची मदत स्वतःच करतात, तसेच त्या इतरांना मदत करण्याइतपतही सक्षम होतात. म्हणूनच त्यांच्या गटाला स्वयंसहायता बचत गट म्हणून आता ओळखले जाते. गावागावात जाऊन बचत गटांविषयी माहिती देणारे बँकेचे अधिकारी असोत, वा वेगवेगळ्या स्वयंसेवी संस्थांचे प्रतिनीधी असोत, ते गावात जाऊन महिलांची बैठक घेतात, बचत गट म्हणजे काय समजावून सांगतात. बचतीचे महत्त्व समजावून सांगतात. अर्थातच अल्प खर्चकम दर महिन्याला बचत करायची असल्याने लाखो बचत गट भारतात स्थापन झालेले आहेत. त्यांची अंदाजे ९० टक्के बचत गट यशस्वीही झालेले आहेत. बचत गटाची चळवळ ग्रामीण भागात आणि शहराच्या गरीब वस्त्यांमधूनही चांगली फोफावली आहे. त्यामुळे महिलांचा आर्थिक विकास तर होतोच पण त्यांच्यामध्ये सकारात्मक भावसिक्ता तयार होण्यासही मदत होत आहे.



[Signature]

भारताच्या ग्रामीण भागातील खेड्यांमध्ये गेल्या दहा वर्षांत २ लाखावर वनत गटांची स्थापना झाली. त्यामध्ये महिला वनतगटांची संख्या १ लाख ६१ हजार ८७२ आहे. यापैकी ४३ हजार २५४ महिला वनतगटांनी आर्थिक उपक्रम सुरू केले आहेत. महिला वनतगटांच्या माध्यमातून ग्रामीण भागातील महिलांच्या सवलतीकरणात मोठी गती मिळाली आहे. ग्रामीण भागातील सावकारांनी वगैरे मोडण्याने काम वनतगटांच्या माध्यमातून होत आहे. महिला वनतगटांना ४ टक्के व्याजदराने व्यवसायाकरीता कर्ज दिले जात आहे. त्यामुळे मोठ्या प्रमाणावर महिला वनत गटाद्वारे चालविले जाणारे व्यवसाय उभे राहिले आहे.

❖ महाराष्ट्रातील वनत गटाची वाढचाल

भारतामध्ये महाराष्ट्राने वनत गटांच्या स्थापनेमध्ये पुढाकार घेतलेला दिगून येतो. महाराष्ट्रामध्ये वनत गटांच्या स्थापनेमध्ये राष्ट्रीय कृषी आणि ग्रामीण विकास बँक (नाबार्ड), महिला आर्थिक विकास महामंडळ मर्यादित (माविम) महानगरपालिका तसेच नगरपालिका क्षेत्रातील दारिद्र्य रेखांशालील तसेच मागासवर्गीय महिलांसाठी नगर परिषद प्रशासन संचालनालय, राष्ट्रीयकृत, शेड्युल व सहकारी बँका तसेच स्वयंसेवी संस्थाहत्यादींचा समावेश होतो.

महाराष्ट्रामध्ये सुवर्ण जयंती ग्राम स्वरोजगार योजनेच्या माध्यमातून निर्माण झालेल्या वनत गटांची माहिती पुढील तक्त्यात दिलेली आहे.

जिल्हा	वनत संख्या	गट	महिला वनत गट	व्यवसाय सुरू केलेले वनत गट	
				एकूण गट	महिला गट
ठाणे	५५४९	४५४५		१६६६	१०७९
रायगड	४५०६	३९४८		७६४	५५४
रत्नागिरी	५१६९	३३०२		३७५६	३६२
सिंधुदुर्ग	३४८१	१९३२		५१८	३१७
नाशिक	४८०३	३०१८		१३५२	८५०
धुळे	२६३२	१८६८		२८१७	७५५
नंदुरवार	३३०१	२८२१		२५३१	५५०
जळगाव	६५६३	४४४८		२१३७	१६३७
अहमदनगर	४७१८	२६५२		३२०२	८५८
पुणे	७३०४	५५११		४४३४	८७२
सातारा	४४२१	३४४३		२७१०	७४३
सांगली	३६८५	३५४७		२००९	६८०
सांगलीपूर	८६४४	७२४४		५२४८	१४१३
कोल्हापूर	६५६९	५३८०		३१७२	८८९
औरंगाबाद	४२६७	३०८०		७५६	६३३
जालना	२९४५	२१३४		५८५	४४
परभनी	२४४७	१९६६		४७६	४७६
हिंगोली	२५५८	१५९४		१७०१	४१३
बीड	३६०१	२५१२		१३८०	४४३
नांदेड	४८८५	४४०९		१०११	७८८
उस्मानाबाद	३४४०	२७६९		२२९८	४५१
लातूर	४००६	३६६९		३०१४	८१७
बुलडाणा	६६८३	३०५१		४८१२	५४४
अकोला	५४७६	४३११		११०७	७९५
वाशिम	२९३३	२१४७		२१८८	६४९
अमरावती	८५१२	६९९७		६२९०	१४३१



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संशोधनमंडळ	१४६८	२६६०	३२३२	१५५५
धर्मा	३४३२	२३६९	९५५	६००
सांगली	४२२५	२६३८	८६५	६६९
भंडारा	४३८५	३६५६	३३३२	३९५
गोंदवी	५३५५	४५२९	४६३०	९०३
महाराष्ट्र	३३६३	३३३६	१३२९	१३३३
महाराष्ट्र	३३५९	३५४९	३६३३	८०८
एकूण	१५५४९९	११५२९३	३३०८८	२५९६८

मंडळ - सांगली जिल्हा

❖ भिमापूर तालुक्यातील बचतगटाचे व्यवसाय

भिमापूर तालुक्यामध्ये बचत गटाच्या बाबतीत पूर्ण जागरूकता निर्माण झालेली दिसून येते. दिवसेंदिवस बचत गट निर्माण होत असून या तालुक्यात आता बचत गटाने चळवळीचे स्वरूप धारण केलेले आहे. तालुक्यामध्ये पुष्कळ आणि महिलांचे हजारो बचत गट स्थापन झालेले आहे. बचत गटाच्या स्थापनेच्या बाबतीत पुरुषांपेक्षा महिला बऱ्याच संख्येने आहेत. महिलांचे बचत गट कोणत्या कोणत्याच दिवस येत नाही तर दर एक महिला बचत गट कोणत्या तरी व्यवसाय करण्याच्या ओढीने उभा राहिलेला आहे. त्यामुळे या तालुक्यात महिला बचत गटाद्वारे चालविल्या जाणाऱ्या बचत गटाच्या व्यवसायाचे जाळे संपूर्ण तालुक्यामध्ये पसरलेले आहे. भिमापूर तालुक्यामध्ये शेती हा लोकांच्या उत्पत्तीचे मुख्य व्यवसाय आहे. त्यामुळे अनेक महिला बचत गटांनी शेती आणि शेतीसंबंधित शेतमालक तसेच विक्रीसाठी प्राधान्य दिलेले आहे. हवामध्ये निरची, सोपानिन, धान, हळद इत्यादी शेतमालक प्रमुख आहे. त्याचप्रमाणे शेतीला जोड व्यवसाय म्हणून मंदारगार टरनाच्या आणि कमी मांडवलामध्ये सुक होवू शकणाऱ्या दुग्ध व्यवसाय, चकरी पालन, कुकुडपालन, मळणी पत्र, कृषी सेवा केंद्र इत्यादी व्यवसाय महिला बचत गटाद्वारे सुरू आहेत. अनेक महिला बचत गट कोडन कोड्याच्या माध्यमातून निरची आणि हळद या शेती उत्पादनावर प्रक्रिया करून निरची आणि हळद पावडर विक्रीचा व्यवसाय करित आहेत. काही महिला बचत गट टरंगेच्या ग्रामिण जिवासाठी संघीय किरणा व जनरल, भाग्यचाला, सेरातरी, मंडन डेकॉरेशन व विछापत, शिवमकाम, ज्यारड दुकान, आंगणवाडीसाठी आहार शिजविणे इत्यादी व्यवसाय करित आहेत. तर काही महिला बचत गट धार्मिक उत्सवाप्रसंगी पुजेचे साहित्य, गळी विक्री इत्यादी हंगामी स्वरूपाचे व्यवसाय करित आहेत.

❖ बचत गटाच्या माध्यमातून महिलांच्या व्यक्तिमत्त्व विकासात साध्य झालेल्या बाबी

➤ महिलांमध्ये एकी व संघटन निर्माण झाले.

बचत गटाचा सर्वात महत्वाचा फायदा म्हणजे विविध जातीच्या, धर्माच्या व गरजू महिलांना एकत्र आणण्याचे काम बचतगटांनी केलेले आहे. एकमेकींच्या अडीअडचणी समजून, एक दुसरीच्या निकडीचा, सुख दुःखाचा विचार करण्यासाठी १० ते १५ समविचारी महिलांनी एकीत घेऊन बचत गटाची स्थापना केलेली आहे. बचत गटातील महिला समविचारी असल्यामुळे आपापसात विचारांची देवाण देवाण करतात. ह्यातून महिलांचे संघटन तयार होते. आजच्या जागतिक लोकसंख्येची ५० टक्के लोकसंख्या महिलांची आहे. जगातील एकूण समाजाची अर्धा भाग महिलांचा असला तरी त्यांना आज स्वतःच्या मनाप्रमाणे, मताप्रमाणे, विचारप्रमाणे जगण्याचा अधिकार नाही. पुरुषांविरुद्ध श्रम करित असूनही त्यांचा योग्य मांडवला मिळत नाही. अशाप्रकारे एक मानस म्हणून जगण्याचा अधिकार महिलांना मिळावा ह्यासाठीही महिलांनी बचत गटाच्या माध्यमातून महिलांमध्ये संघटन शक्ती निर्माण करून संघटन शक्तीच्या बळावर राष्ट्रांतल्या दिशेने वाटचाल सुरू केली आहे.



Handwritten signature

Nardya...

➤ महिलांना बचतीची सवय लागली.

समाजातील विविध स्तरातील महिला एकत्र येऊन परस्परगंभीर सुख दुःखाची देवाण घेवाण करतात. आजची बचत उद्याच्या कागाला येते ही भावना त्यांच्यात निर्माण झाली. बचतीची एक चांगली सवय लागल्यामुळे भविष्यातील विविध बाबींने नियोजनात अडचण येत नाही. महिलांना एक दुसरीला आर्थिक तसेच अडचणीच्या वेळी मदत करण्याची एक चांगली सवय लागली. महिलांना आपल्या दैनंदिन अडचणी सोडविणे सहज शक्य झाल्या. स्वतःची आर्थिक परिस्थिती सुधारण्याकरीता छोटे भांडवल तयार करणे महिलांना शक्य झाले.

➤ महिलांचे आर्थिक स्वावलंबन.

देश स्वतंत्र झाल्यापासून महिला आर्थिक स्वावलंबनाच्या अनेक योजना आल्या व त्यांच्या पण निष्पन्न काहीच झाले नाही. महिला बचत गट योजनेमुळे एक वेगळे चित्र प्रामाणिक भागात निर्माण झाले. महिलांमध्ये संघटन शक्ती उभी राहिली. नेतृत्वगुणांचा विकास झाला. सहकार प्रेमभावना उभी राहिली. आणि आता तर बचतगटातील महिला सामूहिक तथा वैयक्तिक, बँकेच्या आर्थिक सहकार्याने शेततोसोपतस लघुउद्योग उभारून स्वावलंबी झालेल्या दिसतात. त्यामुळे गरीब गरजू लोकांची विकास प्रक्रियेतील गती अधिक गतिमान झालेली दिसते. आर्थिक स्वावलंबित्वामुळे महिलांना स्वतंत्र निर्णय घेण्यासाठी बळ मिळाले.

➤ महिलांना शिकण्याची संधी मिळाली.

महिलांचे जिवन जगणे म्हणजे केवळ चुल व मुल एकल्यापुरतेच मर्यादित नाही तर त्याही पलीकडे जगणे आहे ही भावना महिलांमध्ये निर्माण झाली. समाजासाठी देशासाठी कार्य करण्याची बचत गटामुळे महिलांना संधी मिळाली. आपल्या अंगच्या कला कौशल्या व गुणानुळे जीवन उपयुक्त करण्याची योग्य संधी मिळाली. संघटीतपणातून नवीन शिकण्याची संधी मिळाली. बँकेचे व्यवहार समजले. पोटाचे व्यवहार माहिती झाले. महिलांच्या व्यवहार ज्ञानात भर पडली. महिलांचा व त्यासोबत आपल्या परिवाराच्याही सर्वांगीण विकास करून घेण्याची संधी या बचत गटाच्या निमित्ताने महिलांना प्राप्त झाली.

➤ बचत गटामुळे महिलांमध्ये निर्णय घेण्याची क्षमता आली.

महिलांना या बचत गटामुळे व त्यातील सक्रीय सहभागामुळे जीवनात घेणाऱ्या विविध प्रश्न व समस्यांना विश्वासाने सामोरे जाण्याचे धाडस प्राप्त झाले. स्वतःच्या व समाजाच्या जीवनात अस्तित्वात असणाऱ्या अनेक लहान सहान प्रश्नांची जाणीव झाली व त्यावर उपाययोजना करण्याकरीता विचार प्रणालीने आकार घेतला. आत्मविश्वास आणि आत्मबळ मिळाले. निर्णयप्रक्रियेच्या सहभागामुळे महिलांना प्रणालीने आकार घेतला. आत्मविश्वास आणि आत्मबळ मिळाले. निर्णयप्रक्रियेच्या सहभागामुळे महिलांना संधी मिळाली असून, स्वतःचे घर सांभाळून सामाजिक विषयावर आवाज उठविण्याची ताकद मिळाली. आपणही योग्य निर्णय घेऊ शकतो ही दृष्टी मिळाली. बचत गटातील महिलांना कोणताही निर्णय घेतांना कोणावरही विसंबून राहावे लागत नाही. महिलांचा दृष्टीकोण मो पासून आत्मोपर्यंत विस्तारीत होवू लागला. पर्यायाने स्वयंविकासाकडून सामाजिक विकासाकडे वाटचाल होवू लागली.

➤ महिलांच्या ज्ञानाच्या कक्षा रुंदावल्या

बचत गटामध्ये येण्यापुर्वी महिलांचे घरबाहेरचे ज्ञान अत्यंत मर्यादित होते. केवळ चुल आणि मुल हेच महिलांचे कार्यक्षेत्र होते. घरच्या चार भिंतीच्या बाहेर काय सुरू आहे. याची महिलांना माहिती नव्हती. बचत गटात येण्यापुर्वी महिलांना घरच्या बाहेर पडून ज्ञान अर्जित करण्याची साधी हिंमत बुद्ध्या महिलांमध्ये नव्हती. पुरुषप्रधान संस्कृतीमध्येच महिला अडकलेल्या होत्या. परंतु बचत गटात आल्यापासून महिलांचा स्वतःकडेच पाहण्याचा दृष्टीकोण संपूर्ण बदललेला आहे. आता त्यांना स्वतःच्या पायावर उभे राहण्याची तळमळ निर्माण झालेली आहे. महिला बचत गटाच्या माध्यमातून विविध व्यवसाय, छोटे मोठे उद्योग यांचे ज्ञान प्राप्त करीत आहेत. अनेक महिलांनी बचत गटाच्या माध्यमातून स्वतःचे छोटे मोठे उद्योग सुरू केले.



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आहेत. उद्योग सुरू करण्यासाठी आवश्यक असलेले ज्ञान त्यांनी महिला बचत गटांना उपलब्ध करून दिलेल्या प्रशिक्षण शिबीरांमधून प्राप्त केले आहे. बचत गटांमध्ये येण्यापूर्वी अनेक महिला निरक्षर होत्या. अद्याप यांच्या स्वतःच्या व शिक्षणाची लागत वाढते अनेक महिला बचत गटात आल्यापासून निरक्षरतेच्या गर्तेतून बाहेर पडल्या आहेत. मुलावाढांना विविधित केले पाहिजे ही भावना महिलांमध्ये निर्माण झाली आहे.

➤ महिलांना बँकेचे व्यवहार माहीत झाले.

बचत गटात येण्यापूर्वी अनेक महिलांना बँक म्हणजे माहित नव्हते. तर अनेक महिलांना बँकेशी सध्या संपर्कसुद्धा आलेला नव्हता. त्यामुळे महिलांनी कितीही पैसा कमावला तरी तो बचत केला पाहिजे अशी भावना महिलांमध्ये पाडली. आलेली संपूर्ण कमाई ते घरामध्येच ठेवून घरीत असत. बँकाद्वारे अनेक प्रकारचे पायादे मिळतात याची माहितीही महिलांना नव्हती. बँकेच्या महिला विकासाकरीता असलेल्या असह्य योजना, सवलती यापासून महिला कोरले दूर होत्या परंतु महिला बचत गटात आल्यापासून महिलांचा बँकेशीचा संबंध आला त्यामुळे बँकेत खाते काढणे, बँक खात्यामध्ये पैसे जमा करणे, बँकेतून पैसे काढणे, बँकेच्या बचत गटासाठी व महिला विकासाकरीता असलेल्या योजना बँक अधिकाऱ्यांकडून जाणून घेणे, बँकेकडून कर्जावर मिळणाऱ्या अनुदानाची माहिती अशा अनेक बँकेच्या व्यवहारांची माहिती महिलांना बचत गटांमध्ये आल्यामुळे माहिती झाल्या.

➤ महिलांच्या व्यवहार ज्ञानात वाढ झाली.

बचत गटात येण्यापूर्वी महिलांचे कार्य केवळ चार भितींच्या आतच असायचे. कुटुंबातील सर्व व्यवहार कुलबांच्या हाती होते. महिलासुद्धा ह्यामध्ये हस्तक्षेप करीत नव्हत्या. महिलांना कोणतीही आर्थिक गरज पडल्यास ती घरच्या कार्या अंतर्गतच पूर्ण करावी लागत होती. महिला बचत गटांमध्ये येण्याआगेर अनेक महिलांचे व्यावहारिक ज्ञान शुभ्य होते. परंतु महिला बचत गटांमध्ये आल्यानंतर अनेक महिला स्वतःचा व्यवसाय करू लागल्या आहेत. व्यवहारातील लहान सहान ज्ञान महिलांनी प्राप्त केले आहे. महिला बचत गटांमध्ये येण्यापूर्वी ज्याप्रमाणे महिलांचा फसवणूक केली जात होती ती फसवणूक मात्र महिलांना आलेल्या व्यवहार ज्ञानानुळे कमी झाली आहे.

➤ महिलांना लहान प्रमाणावरील आर्थिक अडचणी दूर करता आल्या.

महिला बचत गट हे महिलांच्या लहान सहान आर्थिक अडचणी पूर्ण करण्याचे महत्वाचे माध्यम म्हणून पुढे येत आहे. आज भारताच्या ग्रामिण भागामध्येच नाही तर शहरी भागामध्येसुद्धा मोलमजूरी करणाऱ्या महिलांनी एकत्र येवून महिलांचे अनेक गट स्थापन केलेले आहे. त्यामुळे महिलांना बचत गटांमध्ये लहान प्रमाणातसुद्धा बचत करणे शक्य झाले आहे व बचत केलेली रक्कम पाहिजे तेव्हा प्राप्त करता येत असल्यामुळे महिलांचा बचत गट स्थापन करण्याकडे कल वाढलेला आहे. बचत गटांमुळे महिलांना आपल्या दैनंदिन अडचणी सोडविणे शक्य झाले आहे. महिला बचत गटांमुळे महिलांना आर्थिक गरज पूर्ण करण्यासाठी इतरांवर अवलंबून राहण्याची गरज राहिली नाही.

➤ बचत गटांमुळे महिलांमध्ये उद्योग क्षमता विकसित झाली.

बचत गटांमध्ये सहभागी झाल्याने महिलांमधील सुप्त गुणांना वाव मिळून त्या अनुषंगाने काम करण्याची संधी प्राप्त होते. त्यामुळेच उद्योगक्षमता विकसित करण्याची संधी प्राप्त झाली. महिला बचत गटांच्या सदस्यांनी जमा केलेल्या बचतीतून उद्योग व्यवसाय सुरू करण्यापर्यंतची गटाची यशोगाथा बचत गटांनी निर्माण केली आहे. मिवापुर तालुक्यामध्ये अनेक महिला बचत गट महिला आर्थिक विकासा महामंडळाच्या मार्गदर्शनाखाली काम करीत आहेत. माविमच्या समन्वयांका सौ. रंजना दाधमारे यांनी या गावामध्ये महिलांना एकत्रित करून बचत गटाची स्थापना केली. आणि बचत गटांना आर्थिक प्रगती साधण्याबरोबर तसेच सामाजिक एकात्र जपण्याबरोबर मार्गदर्शन केले. या मार्गदर्शनाचा परिणाम म्हणून



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Narayanrao K. Chavadiyalaya
Editor

गावामध्ये बचत गटाची स्थापना केल्यास सुरुवात झाली. बचत गट स्थापन केल्यानंतर नियमानुसार बचत गटामध्ये नियमित बचत भरणे सुरू झाले. माहितातर्फे प्रशिक्षण मिळत गेले. महिला बँकेत व पंचायत समितीमध्ये स्वतः जाऊन स्वतःचे काम करू लागल्या. काम करता करता त्यांच्यामध्ये गावस निर्माण झाले. गटामध्ये सहभागी महिलांमध्ये अनेक महिला जेमतेम शिकलेल्या तर अनेक निरक्षर होत्या. निरक्षर असल्याने त्यांना व्यवहाराच्या अडचणी यायच्या या महिलांना साधर करण्याची जबाबदारी इतर शिक्षित सदस्यांनी घेतली आणि काही काळानंतर निरक्षर महिलाही साधर झाल्या. बचत गटामार्फत बचत केलेल्या सदस्यांनी घेतली आणि काही काळानंतर निरक्षर महिलाही साधर झाल्या. बचत गटामार्फत बचत केलेल्या पैसातून अंतर्गत व्यवहार सुरू झाले. केवळ अंतर्गत कार्यावर या महिलांनी समाधान मानले नाही. तर आपण कधीतरी उद्योग केला पाहिजे असा विचार पुढे आला. सर्वप्रथम त्यांनी माहितातर्फे उद्योग कसे करावेत याची माहिती प्रशिक्षणाद्वारे जाणून घेतली. त्यानंतर त्यांनी आपला स्वतःचा व्यवसाय गावामध्ये सुरू केला. त्यासाठी त्यांनी बँकेतर्फे स्वर्णज्योती योजनेतून कर्ज घेतले. महिलांनी सुरू केलेल्या व्यवसायाला सुरुवातीला गावातील महिलांनी प्रतिसाद दिला. नंतर हळूहळू गावातील पुरुष मंडळीही महिला बचत गटाच्या उपकमाला प्रतिसाद देत गेले. केल्याने होत आहे आणि केल्या पाहिजे या उक्तींना प्रत्यय महिलांना आला. त्यांची आर्थिक प्रगती साधली गेली. व उद्योगासाठी आवश्यक असलेली उद्योग क्षमता महिलांमध्ये विकसित झाली.

> बचत गट महिलांच्या सर्वांगीण विकासाचे उत्तम माध्यम

बचत गट म्हणजे महिलांसाठी एक घरदान होय. बचत गटामुळे केवळ आर्थिक विकासाचे मार्ग व संधी उपलब्ध होते असे नाही. तर विविध प्रशिक्षण, बाहेरील जगाचा अनुभव, संघटन कार्याचा व विचारांचा प्रभाव यामुळे महिलांमध्ये आत्मविश्वासाची निर्मिती होते. तसेच घरात बँकेत आणि पर्यायाने गावात महिलांची पत व सामाजिक दर्जा निर्माण होतो. बचत गट हे स्वावलंबनाचे, मानसिक व वैचारिक, आर्थिक उन्नतीचे आणि सामाजिक प्रगतीचे उत्तम माध्यम आहे. बचत गटामुळे महिलांची गतिशिलता वाढते व त्यांसोबत आत्मविश्वासही वाढतो. शासकीय यंत्रणेबद्दल आत्मियता वाढते. शासकीय यंत्रणेमधील दुरुवा कमी होऊन जवळीक साधता येते. बचत गटामुळे महिलांना स्वतःच्या पायावर उभे राहून भविष्यामध्ये समाजासाठी, देशासाठी काहीतरी करावे ही जाणीव निर्माण होते. तसेच कार्यात्मक साक्षरता, संभाषण कौशल्य, कार्यात्मक कौशल्याची वाढ होते. समाजातील जास्तीत जास्त महिलांनी एकत्र येऊन महिला बचत गटाची निर्मिती करून या उपकमातून कुटुंब, समाज व राष्ट्राच्या विकास व प्रगतीला हातभार लावला आहे.

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WOMEN EMPOWERMENT IN RURAL AREA AND THE ROLE OF GOVERNMENT



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Abstract : In this modernized world there has been a radical progress in the field of economy. In this context women's participation is of greater

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WOMEN EMPOWERMENT IN RURAL AREA AND THE ROLE OF GOVERNMENT

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ABSTRACT

In this modernized world there has been a radical progress in the field of economy. In this context women's participation is of greater importance. In India though women have played a key role in the society, their entrepreneurial ability has not been properly tapped due to the lower status of women in the society. The development of women entrepreneurship has become an important aspect of our plan priorities. Several policies and programmes are being implemented for the development of women entrepreneurship in India.



KEY WORDS: modernized world, lower status of women, women entrepreneurship.

INTRODUCTION :

In the words of former president APJ Abdul Kalam "empowering women is a prerequisite for creating a good nation, when women are empowered, society with stability is assured. Empowerment of women is essential as their thoughts and their value systems lead to the development of a good family, good society and ultimately a good nation."

RURAL WOMEN ENTREPRENEURS

Meaning-Rural women entrepreneurs are those entrepreneurs who actually hail from and reside in rural areas i.e. either from a 'Panchayat' and mobilize human resources requirements from those areas in which they live.

Definition-"An enterprise owned and controlled by women saving a minimum financial interest of 51 percent of the capital and giving at least 51 percent of the employment generated in the enterprise to women."

The government of India

Entrepreneurship development of India, it would be of utmost importance to ensure the facilitating factor of women's development, especially in rural areas. If properly supported, the rural disadvantaged have a great opportunity to maintain their livelihood through engaging themselves in various type of income generating activities.

Rural women entrepreneurs are facing various critical problems in India so the government of India has taken significant policies and rules for women entrepreneurship development in rural India. Rural

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women are one of the sources to our country to make developed India as we have 50% of women population from rural. So it is the responsibility of the country to make certain policies to help the rural women to develop entrepreneur skills and surface the problems to become a flourishing entrepreneur. Women entrepreneur in rural & backward regions needs special assistance and incentives from the government and other associate agencies.

Empowerment:

Meaning: "The situation of authority or to be authorized or to be powerful"

"Empowerment is a process which gives women power or authority to challenge some situation."

Economic empowerment –

Economic empowerment of women by entrepreneurship led to the empowerment of women in many things such as socio-economic opportunity, property rights, family development and at last the nation development.

Problems faced by women empowerment in rural India

1. Problem of Finance:

Money is viewed as "life-blood" for any venture, be it enormous or little. In any case, ladies business people experience the ill effects of deficiency of money on two tallies.

Right off the bat, ladies don't for the most part have property on their names to utilize them as guarantee for getting assets from outer sources. In this manner, their entrance to the outside wellsprings of assets is restricted.

2. Scarcity of Raw Material:

The greater part of the ladies ventures are tormented by the shortage of crude material and important data sources. Added to this are the high costs of crude material, from one viewpoint, and getting crude material at the base of rebate, on the other. The disappointment of numerous ladies co-agents in 1971 occupied with bin making is a model how the shortage of crude material sounds the demise chime of undertakings kept running by ladies (Gupta and Srinivasan 2009).

3. Stiff Competition:

Ladies business people don't have authoritative set-up to siphon in a great deal of cash for campaigning and promotion. In this way, they need to confront a hardened challenge for advertising their items with both sorted out area and their male partners. Such a challenge at last outcomes in the liquidation of ladies ventures.

4. Limited Mobility:

Unlike men, women mobility in India is highly limited due to various reasons. A single woman asking for room is still looked upon suspicion. Cumbersome exercise involved in starting an enterprise coupled with the officials humiliating attitude towards women compels them to give up idea of starting an enterprise.

5. Family Ties:

In India, it is mainly a women's duty to look after the children and other members of the family. Man plays a secondary role only. In case of married women, she has to strike a fine balance between her business and family. Her total involvement in family leaves little or no energy and time to devote for business.

6. Lack of Education:

In India, around three-fifths (60%) of ladies are as yet unskilled. Lack of education is the underlying driver of financial issues. Because of the absence of training and that too subjective instruction, ladies don't

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know about business, innovation and market information. Additionally, absence of instruction causes low accomplishment inspiration among ladies. Along these lines, absence of instruction makes one sort or different issues for ladies in the setting going of business ventures.

7. Male-Dominated Society:

Male hawkishness is as yet the request of the day in India. The Constitution of India discusses correspondence between genders. In any case, by and by, ladies are viewed as abla, for example feeble in all regards. Ladies experience the ill effects of male misgivings about a ladies' job, capacity and limit and are dealt with as needs be. In nutshell, in the male-overwhelmed Indian culture, ladies are not treated equivalent to men. This, thus, fills in as a boundary to ladies section into business.

8. Low Risk-Bearing Ability:

Women in India lead a protected life. They are less educated and economically not self-dependent. All these reduce their ability to bear risk involved in running an enterprise. Risk-bearing is an essential requisite of a successful entrepreneur.

GOVERNMENT POLICIES TO ENHANCE WOMEN EMPOWERMENT

1. Government has to establish proper training classes at least monthly ones to encourage entrepreneurial skills among rural women.
2. Bankers and government should organize loan awareness schemes programs in the villages to educate rural women about the benefits provided by them.
3. Develop a policy to verify the amount provided by the banks.
4. Encourage women entrepreneurs by providing gift schemes who perform business well and participate well in entrepreneurial skill programmes.
5. There should be a continuous attempt to inspire, encourage, motive and co-operate women entrepreneurs.
6. To organize training programmes to develop professional competencies in managerial, marketing, financial production process, profit planning, to maintaining books of accounts and other skills. This will encourage women to undertake business.
7. There is need to change negative attitude of society towards women
8. District Industries centers and single window agencies should make use of assisting women in their trade and business guidance.
9. Better educational facilities and schemes and vocational training programmes will be arranged for development of rural women entrepreneurship.

• Government Policies and programmes-

1. UNIDO –United nation industrial development organization.
2. (TREAD)-Trade Related Entrepreneurship Assistance and Development.
3. Bharatiya Mahila Bank .
4. Mahila Coir Yojana .
5. Mahila Udayam Nidhi .
6. Stree Shakti Project.
7. Support to Training & Employment programme for women.
8. National Policy for Skill development and Entrepreneurship 2015

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