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Prabhat Kumar Singh



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भारतीय सांस्कृतिक परंपराओं में आभूषण (जैविक एवं ऐतिहासिक परिप्रेक्ष्य में)

दिनेश नंदिनी परिहार* एवं एकता ताम्रकार**

भारतीय संस्कृति विश्व की प्राचीनतम संस्कृतियों में से एक है। विकासक्रम में विश्व की अन्य प्राचीन संस्कृतियां विलुप्त हो गयीं तथा अतीत की धरोहर मात्र बन कर रह गयीं, किन्तु भारतीय संस्कृति वर्तमान युग में भी अपनी मौलिकता एवं प्रासंगिकता को संजोये हुए है। यद्यपि कालक्रम में काल एवं परिस्थितियों के अनुसार इनमें परिवर्तन परिलक्षित होते हैं, किन्तु भारतीय संस्कृति के मौलिक तत्व धर्म-आस्था, विश्वास, रीति-रिवाज एवं मान्यताएं पारंपरिक रूप में आज भी लोक-जीवन में विद्यमान हैं।

इन्हीं मौलिक तत्वों में से एक है, भारतीय लोक-जीवन में प्रचलित "आभूषण"। जो सौंदर्यानुभूति के साथ-साथ मांगलिक प्रतीक भी माने गये हैं। संभवतः यही कारण रहा होगा कि प्राचीन काल से वर्तमान काल तक वेशभूषा में विभिन्न प्रकार के आभूषणों को सम्मिलित किया गया है। जिनका श्रृंगारिक महत्व के साथ-साथ स्वास्थ्यगत जैविक महत्व रहा है।

प्रस्तुत शोध पत्र में भारतीय पारंपरिक आभूषणों एवं उसके स्वास्थ्यगत जैविक महत्व तथा पारंपरिक स्वरूप एवं कलात्मक पक्षों में हुए विकास एवं परिवर्तन का विश्लेषणात्मक विवरण कालक्रमानुसार प्रस्तुत किया गया है।

आभूषणों का जैविक स्वास्थ्यगत महत्व

प्राचीन भारतीय मनीषियों का चिंतन मनुष्यों के भौतिक विकास तक ही सीमित न था, अपितु मानवों का सर्वांगीण विकास ही उसका लक्ष्य था। भारतीय जीवन दर्शन में धर्म, अर्थ, काम और मोक्ष इन चार

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**शोध छात्रा, प्रा.भा. इतिहास, संस्कृति एवं पुरातत्व अध्ययनशाला, रविशंकर विश्वविद्यालय, रायपुर (छ.ग.)

Chapter 7

Molecular Basis of Identification Through DNA Fingerprinting in Humans

Monmita Sinha, I. Arjun Rao, and Mitashree Mitra

Abstract DNA, the operating element of the genes, brings the coded notes of inheritance in every single surviving thing; animals, plants, bacteria, and other microorganisms. Within human beings, the information-bringing DNA arises in each cell having nucleus, including cells surrounding hair roots, spermatozoa, white blood corpuscles, and salivary cells. These would be the cells of utmost significance in forensic investigations. DNA testing has countless prospective advantages for civil and criminal justice; in spite of this, because of the likelihood for its mishandling or abuse, vital issues have been mentioned about trustworthiness, authenticity, and privacy. The methods of DNA testing are results of the innovation in molecular biology that is generating an increase of knowledge about human genetics. The greatly personal and complex info that can be developed by DNA testing involves firm and meticulous knowledge of genetic basis of testing methods.

Keywords DNA fingerprinting · Chromosome · STRs · VNTRs · RFLP · PCR · Genetics

7.1 Introduction

Science of biological variation is genetics which is the underlying core of genetics and the quintessence of Mendel's breakthrough in 1865 is that inheritance is particulate and that the visible traits determined through inherited factors, i.e. genes, exist in allelic pairs (i.e. the alternative forms of a gene at a particular site). These allele forms are present on each chromosome which are inherited from the father and mother on respective chromosomes. Chromosomes containing genes are present in the nucleus of a cell in the form of thread or rod-like structures. The

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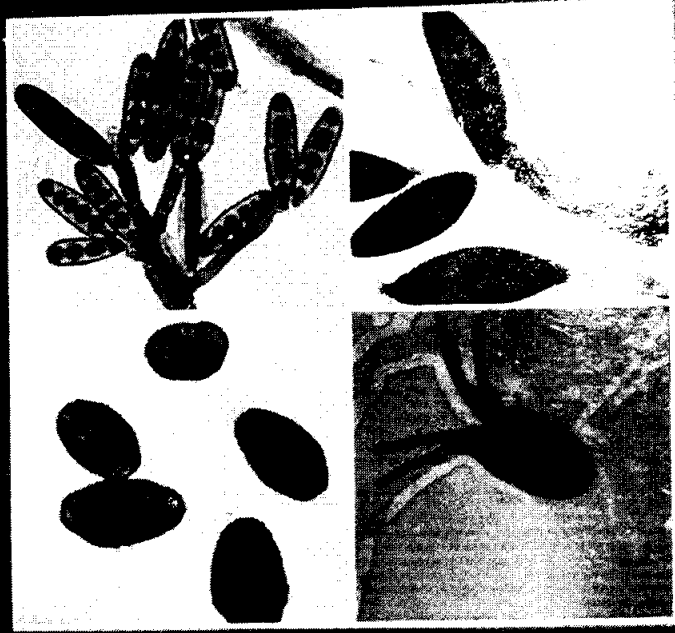
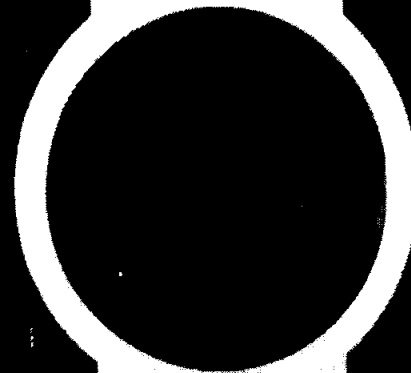
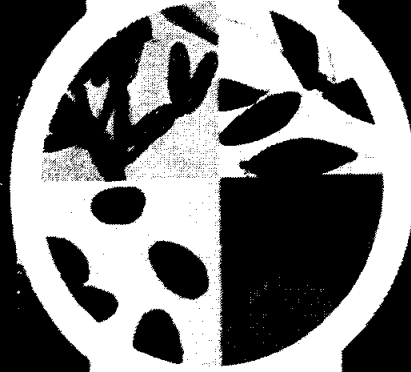
© Springer Nature Singapore Pte Ltd. 2018
D. H. R. Dash et al. (eds.), *DNA Fingerprinting: Advancements and Future*
Link: https://doi.org/10.1007/978-981-13-1583-1_7

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प्रयोगात्मक

जैव प्रौद्योगिकी एवं सूक्ष्म जीव विज्ञान



एस. के. जाधव
प्रमोद कुमार महीश

छत्तीसगढ़ राज्य हिंदी ग्रंथ अकादमी

(71)

**प्रयोगात्मक जैव प्रौद्योगिकी एवं
सूक्ष्म जीव विज्ञान**
(स्नातक एवं स्नातकोत्तर स्तर प्रायोगिक पाठ्य पुस्तक)

लेखक

डॉ. एस.के. जाधव, प्राध्यापक

जैवप्रौद्योगिकी अध्ययनशाला

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छत्तीसगढ़ राज्य हिंदी ग्रंथ अकादमी

7

Mirza Hasanuzzaman · Kamrun Nahar
Masayuki Fujita *Editors*

Mechanisms of Arsenic Toxicity and Tolerance in Plants

 Springer

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Mechanisms of Arsenic Toxicity and Tolerance in Plants pp 27-48 | Cite as

Plant Responses to Arsenic Toxicity: Morphology and Physiology

Authors

Authors and affiliations

Vibhuti Chandrakar, Neha Pandey, Sahu Keshavkant

Chapter

First Online: 20 November 2018

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Abstract

Arsenic (As) is a naturally occurring toxic metalloid, ubiquitously present in the environment. It enters the environment from both geogenic and anthropogenic sources. Arsenic accumulates to different edible tissues and thereby enters into food chain. Arsenate and arsenite are two main phyto-available forms of As and are popularly reported to cause toxicity symptoms. Roots are foremost sites of As exposure, which slows down/inhibits extension and proliferation of it. From the roots, As gets translocated to the shoot and inhibits plant growth by slowing/arresting

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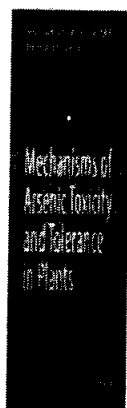


Nanotechnology in the Life Sciences

Vijay Pratap Singh · Samiksha Singh
Durgesh Kumar Tripathi
Sheo Mohan Prasad
Devendra Kumar Chauhan *Editors*

Plant Responses to Nanomaterials

Recent Interventions, and Physiological
and Biochemical Responses



Mechanisms of Arsenic Toxicity and Tolerance in Plants pp 191-218 | Cite as

Mitigating Arsenic Toxicity in Plants: Role of Microbiota

Authors

Authors and affiliations

Neha Pandey, Vibhuti Chandrakar, Sahu Keshavkant

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Abstract

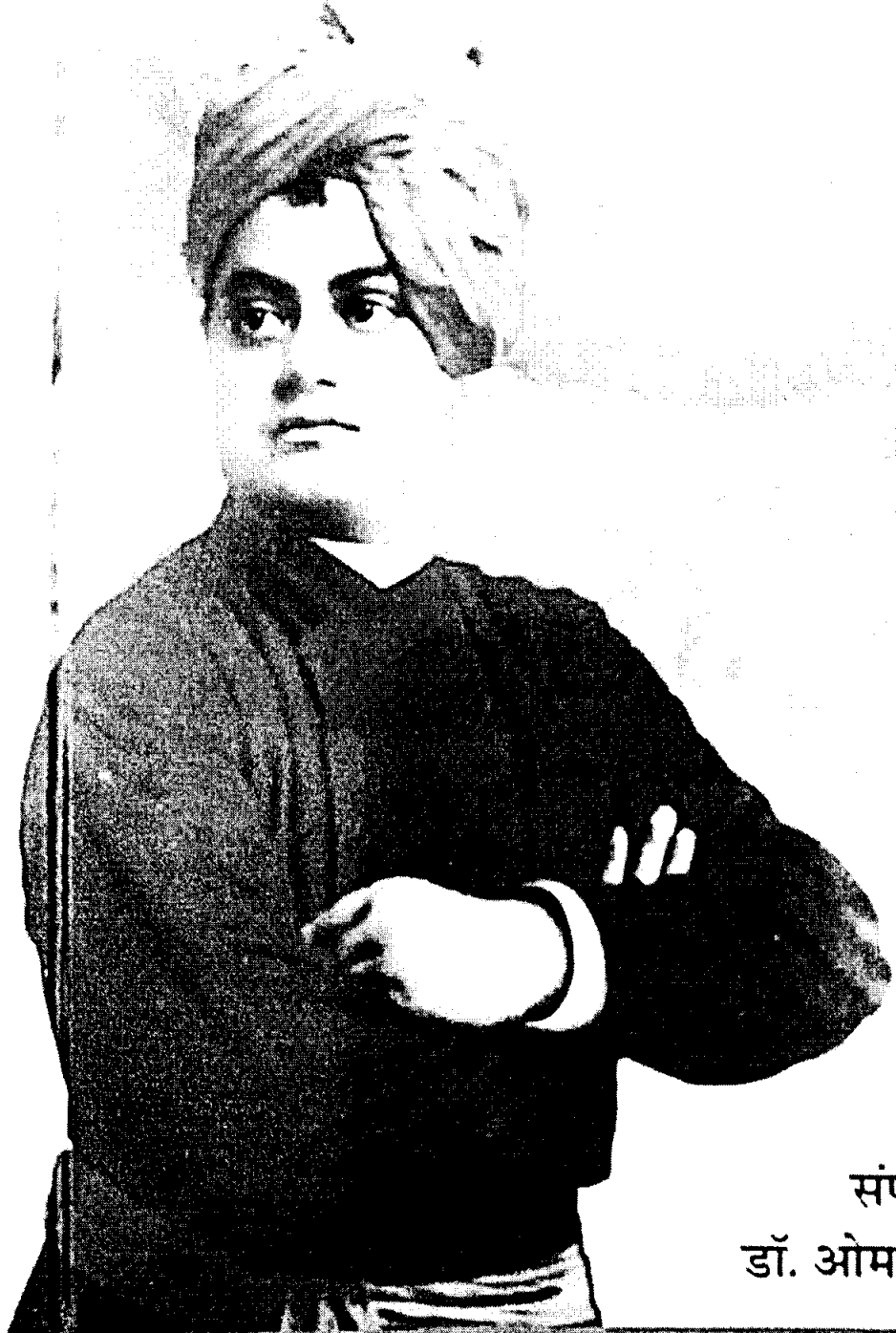
Arsenic (As) pollution, particularly in soil and water, is a very prominent environmental issue which seriously threatens plant growth, development, and productivity. Since As is ubiquitous in the natural environment, microorganisms have developed mechanisms to resist the toxic effects of this metalloid. A large number of microorganisms, viz. *Acinetobacter*, *Aeromonas*, *Bacillus*, *Exiguobacterium*, and *Pseudomonas*, are capable of growing in the presence of high concentrations of As. But relatively less information is available on accumulation, mobilization, distribution, and speciation of As by rhizospheric microbiota and their impact on plant growth

सुवा-वेदाना के पल्लव

१२५

स्वामी विवेकानन्द

(३)



संपादक
डॉ. ओमप्रकाश वर्मा

छत्तीसगढ़ राज्य हिंदी ग्रंथ अकादमी

(१७५)

...क मानव संसाधन विकास मंत्रालय की प्रादेशिक भाषाओं में
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ग्रंथ अकादमी के तत्वावधान में रचित एवं प्रकाशित।

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स्वामी विवेकानन्द का आर्थिक चिन्तन

- डॉ. बी.एल. सोनेकर

स्वामी विवेकानन्द ने कहा था कि गरीबों की उपेक्षा और उनका शोषण भारत के पतन और पिछड़ेपन का प्रमुख कारण है। स्वामी जी पहले आध्यात्मिक नेता थे जिन्होंने आम जनता के लिए आवाज उठाई थी। उन्होंने गरीबों की दुर्दशा के बारे में राष्ट्रीय जागरूकता पैदा करने की कोशिश की। अपने व्याख्यानो के द्वारा उन्होंने सैकड़ों युवाओं को समाज सेवा से जुड़ने का आह्वान किया। उन्होंने कहा था, "जब तक देश के लाखो लोग भूखे रहेंगे तब तक मैं उस प्रत्येक व्यक्ति को देशद्रोही मानता हूँ, जिसने उनके पैसों से शिक्षा प्राप्त करने के बावजूद उन पर तनिक भी ध्यान नहीं दिया।"

स्वामी विवेकानन्द की बौद्धिक प्रतिभा अतुलनीय थी। वे आधुनिक भारत के महान धार्मिक नेता एवं संस्कृति के उन्नायक थे। आज जब सारा संसार स्वामी विवेकानन्द की सार्ध शती समारोह मना रहा है, तो वर्तमान भारत में व्याप्त समस्त समस्याओं का समाधान स्वामी विवेकानन्द के वैचारिक संदर्भ में देखना आवश्यक हो जाता है।

स्वामी विवेकानन्द की आध्यात्मिक प्रतिभा किसी से कम न थी। उन्होंने मानव जीवन में व्याप्त व्यावहारिक समस्याओं का सूक्ष्म निरीक्षण किया था। उनकी प्रतिभाशाली दृष्टि मानव-जीवन के प्रत्येक क्षेत्र में थी। भारत के दीन-दरिद्र मानवों को देखकर स्वामीजी का हृदय रो पड़ता था। अपने देशवासियों के प्रति उनका प्रेम और सहानुभूति अपूर्व थी।

युवा-चेतना के प्रवर्तक : स्वामी विवेकानन्द - 281

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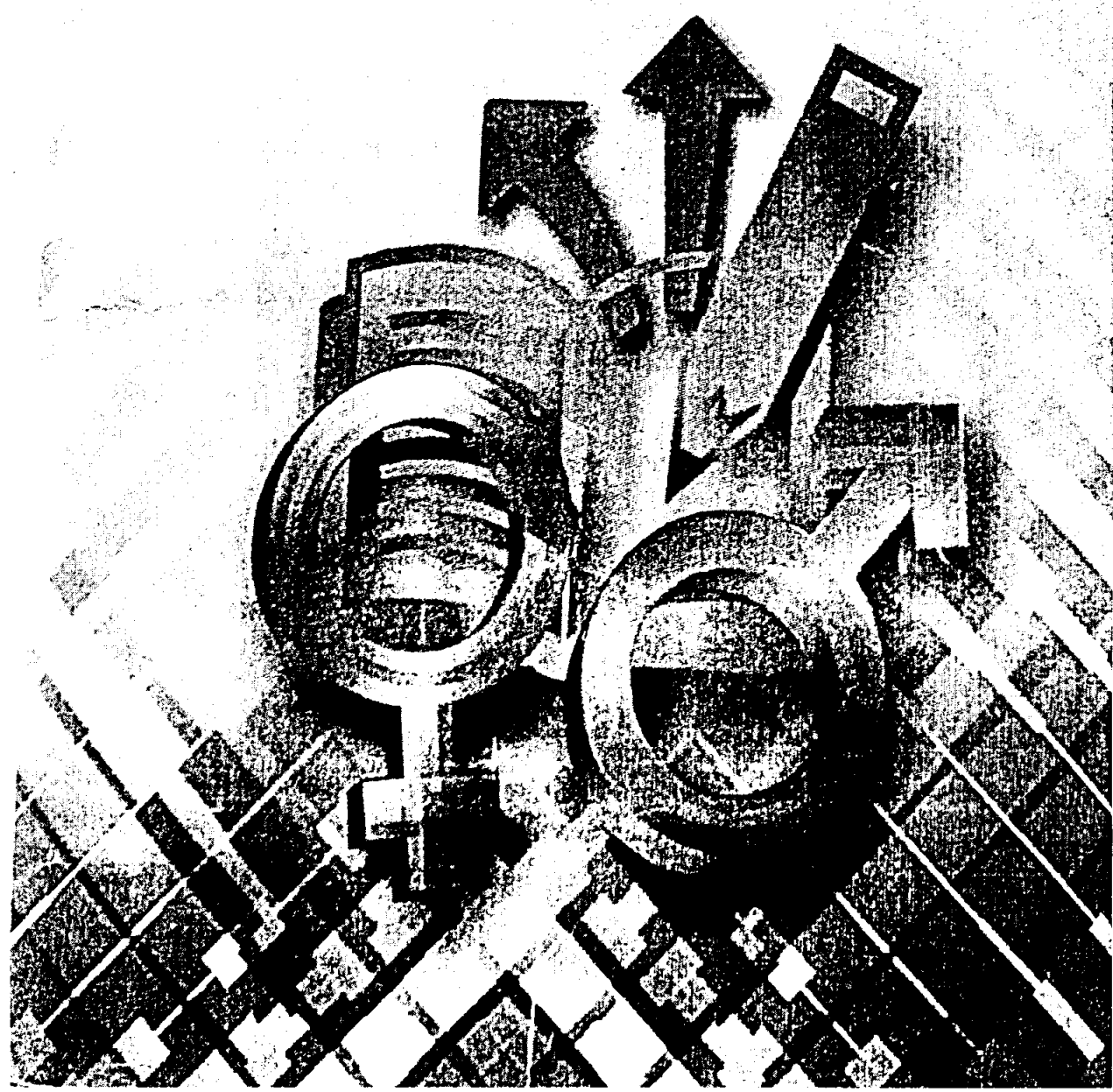
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Inclusive Growth, Education and Gender Equity

Poonam Kumari



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INCLUSIVE GROWTH, EDUCATION AND GENDER EQUITY

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Public Expenditure, Governance and Human Development in Chhattisgarh

PRAGATI KRISHNAN AND RAVINDRA BRAHME

INTRODUCTION

Chhattisgarh is the 16th most populated state of the Indian union with a population of 2.55 crores which is 2.11% of India's total population (121.06 crores). The total population of Chhattisgarh according to census 2011 is 255,45,198. The majority of population in Chhattisgarh still lives in rural areas. The percentage of rural population to total population is 76.26% and that of urban population is only 23.24%. When we take consideration into education status of Chhattisgarh the census 2011 reveals that the literacy rate in this state is 70.85 with female literacy as 60.6% and that male is 81.5% respectively. Gender ratio also plays a very important part in the demographic profile of a state. Chhattisgarh is having the gender ratio of 1000:997 with Bastar district having the maximum gender ratio of 1025 and that of Koriya district is having minimum gender ratio of 968.

Human Development Achievements in Chhattisgarh

Human Development Indicators	Chhattisgarh 2011	India 2011
1. Inequality Adjusted Human Development Index Value (IHDI)	0.691	0.746
2. Inequality Adjusted Human Development Index Rank out of 19	18.00	-
3. Loss in HDI due to inequalities (%)	35.74	22.01
4. Literacy Rate %	70.85	74.04
5. Male Literacy Rate %	81.45	82.14
6. Female Literacy Rate %	60.26	65.47

- (1) Can increase in public expenditure have a direct impact in improving development outcomes especially at district level?
- (2) If not public expenditure, then what drives divergence?

GOVERNANCE, GROWTH AND HUMAN DEVELOPEMENT

Webster's dictionary defines governance as the act of governing or exercising authority. The characteristics of good governance include people's participation, rule of law, transparency, responsiveness, consensus orientation, equity, effectiveness and efficiency and accountability. In the last few decades the concept that the quality of governance contributes to improve human well-being and sustained development has gained widespread recognition. Many researches shows that good governance has a direct correlation with the improved well-being whereas chronic poverty results from poor Government.

The quality of governance plays a very significant role in the development outcomes. The relationship between quality governance and growth has been best explained through the development upshot of any country. According to Kaufmann and Kraay, while better governance tends clearly to promote economic growth, growth in per se does not tend to promote better governance (Christine Arndt and Charles Oman, 2006). As regarding the issue of poverty reduction and governance, the connection between these two are tenuous. On the one hand, there is empirical evidence to suggest that weak governance reinforces poverty. On the other hand, the link between governance and poverty reduction is accorded a priori status, i.e. it is simply assumed to be true. In the absence of conclusive studies, we might have to assume that the link exists sometimes and at times it does not. It may turn out to be the case that good governance is sometimes correlated with, but is not necessary condition for poverty reduction. (Sudhita Tanniraniandhu, 2004)

When we talk about human governance the very apt definition has been given by human development report which states that human governance is governance dedicated to securing human development. It must enable the state, civil society and the private sector to help build capacities, which will meet the basic needs of all people, particularly women, children and the poor. It requires an effective coordination of people in state, civil society and private sector to achieve a shared vision of national development.

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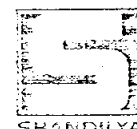
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Next-generation Solar Power Technology (Part 1 of 2)

Tamij Tawari is research assistant at University of Texas, USA. Sanjay Tiwari is professor at Photonics Research Lab, Pt Ravishankar Shukla University, Raipur. Tamij Tawari is working at R&D Division of Samsung India.

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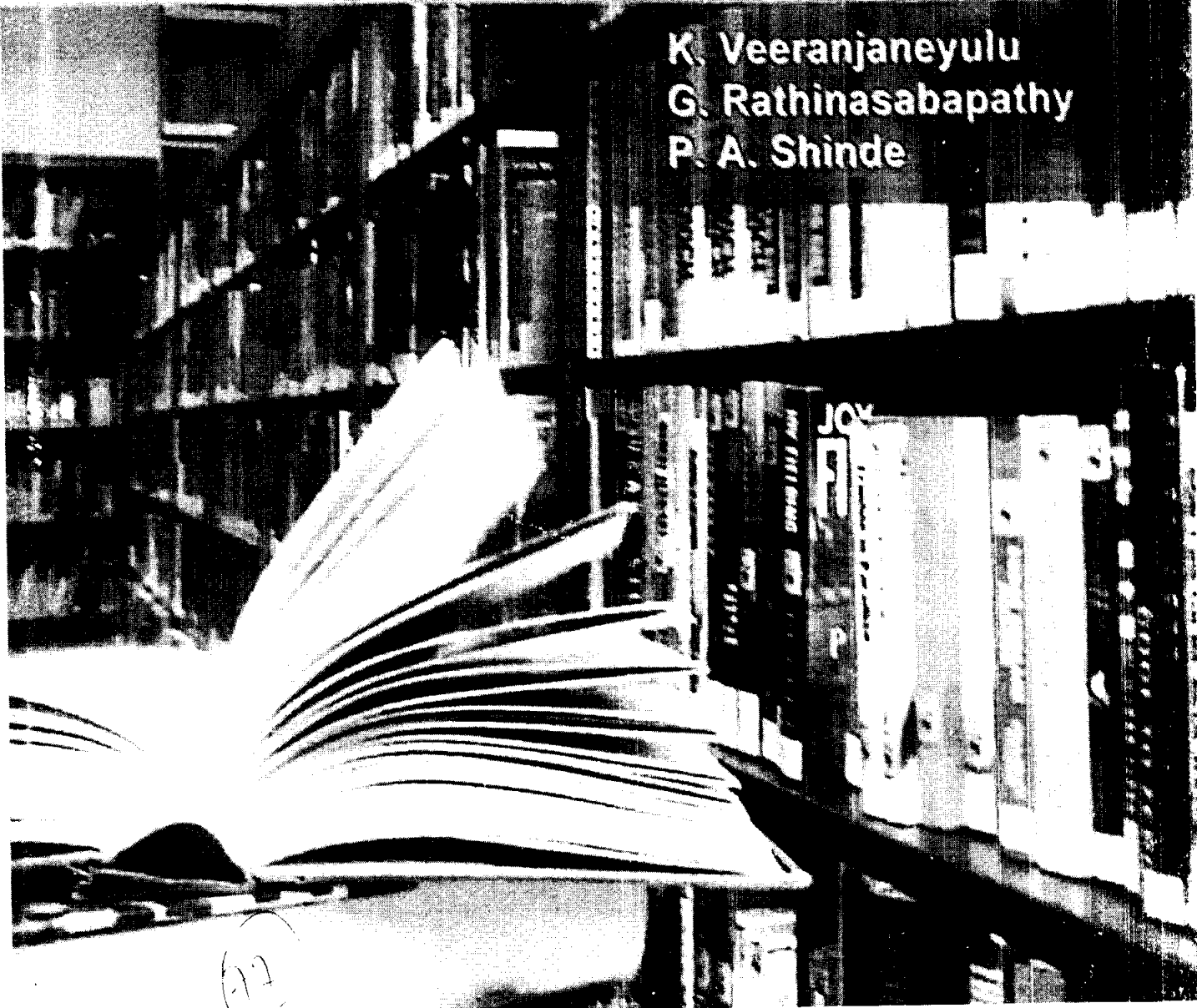
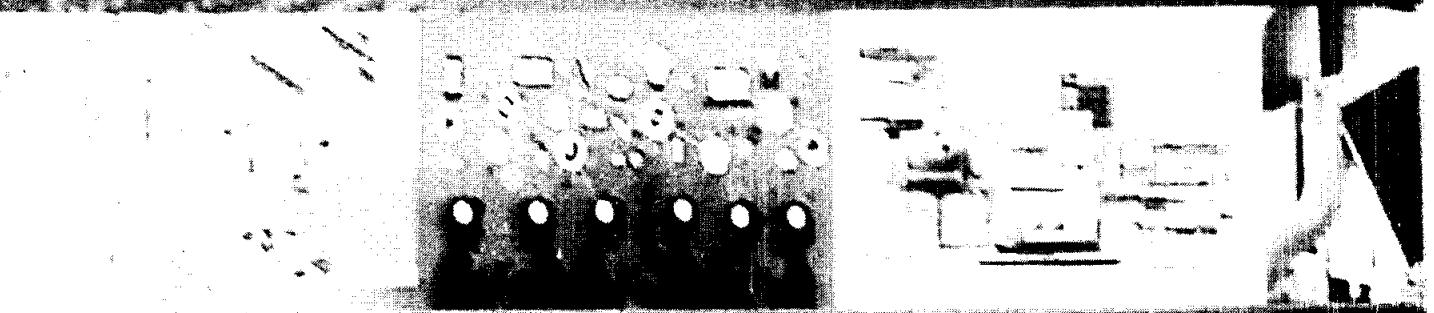
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Emerging Library & Information Science and Technologies



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GROWTH OF LITERATURE OF INFORMATION TECHNOLOGY BASED ON LIBRARY AND INFORMATION SCIENCE ABSTRACT (LISA)

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ABSTRACT

This paper attempts to analyse nature of growth of literature of the articles appeared in the information technology & related subject of Library and Information Science from LISA during 2001 to 2014. The study revealed that there were 11,176 articles in LISA on information technology during the period 2001 to 2014. The average rate of articles per year was 798. The numbers of articles published were highest in the year 2006 with 1112(9.95%) articles were as 353 (3.16%) the minimum in the year 2001 year. It has been observed that during the year 2001-2010 the literature growth rate was 36.90%, while during the years 2011-2014 it was 25.91%. It can be further noted that for the earlier ten years i.e. 2001-2010 the growth rate was 74.09% while for next four years i.e. 2011-2014 it was only 25.91%, which indicates that during the development stage growth literature is 74.09%.

Keywords: Literature growth rate, Information Technology, Library and Information Science, LISA, Relative Growth Rate, Bibliometrics

Introduction

"Literature is body of thought as expressed in published writing. It has been described as a vast external memory in which all human experiences - observations and experiments, and ideas have been recorded since the beginning of permanent records." (Kronick, 1985)

The Primary role of literature is to record and transmit ideas or discoveries that bring in advances in knowledge. Sometimes, these ideas or discoveries remain latent and inert in literature. Information in literature is shared among many people. It is necessary, therefore to be aware of the assumptions we share about literature. And also to be knowledgeable about the conventions which have been developed for producing and utilizing it. It is important because our ability to solve



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लोकजीवन में रामकथा



डॉ. घनश्याम भारती

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भारतीय जनता पार्टी
 (संस्कृत भाषा में)
 भारत (1947-1950)



1. श्री राम प्रसन्नदास, दिल्ली
 भारतीय जनता पार्टी के संस्थापक अध्यक्ष, दिल्ली
 (पूर्व-राज्यपाल, उत्तरप्रदेश राज्य)
 2. श्री राम प्रसन्नदास, उत्तरप्रदेश राज्यपाल, उत्तर प्रदेश
 के राज्यपाल के रूप में कार्य किया।
 3. श्री राम प्रसन्नदास, उत्तर प्रदेश के राज्यपाल के रूप में कार्य किया।
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 6. श्री राम प्रसन्नदास, उत्तर प्रदेश के राज्यपाल के रूप में कार्य किया।

भूमिका

भारत के निर्माण के अर्थ में प्रजासत्ताक, लोकतांत्रिक व्यवस्था के
 स्थापना के लिए/संस्थापक/प्रजासत्ताक के लिए अनुभवी व्यक्तियों के समूह के
 स्थापना के लिए/संस्थापक के रूप में कार्य किया।

श्री राम प्रसन्नदास
 उत्तर प्रदेश, भारत
 1947-1950

संस्थापक

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सत्यमेव जयते
सत्यमेव जयते

"सुवीर की बुद्धि मार्ग नहीं है इच्छित्ये का विचार करने में समय ही
नहीं है आपकी कृपा में जो उसे राक्षस अर्थात् का समय हुआ है, उन उल्का का
कर्म हीर कालि का दर्शन करे, वे हीर का वेग काय हुआ है। मैं उसे हीर नहीं
सकता। असत्यवादी सुवीर को मात्र ही पर समान है। (अ. ८.
विश्लेषार्थ ११/१-४)

सत्यमेव जयते के दर्शन अर्थात् रामायण में ही दृश्य है।
"हे राम आप मुझे आज्ञा दीजिये। मैं अभी जाकर कुछ दिग्गुणों की
कारण आपसे पास लौट आता हूँ। कर्म संपूर्ण लगान का का इच्छा उन का ही
कर्म से संपूर्ण बनने को प्रत्य कर हार्ने।" (अ. ८. विश्लेषार्थ ११/१-१६)
कर्म में लगान तुरन्त धनुषबाण शरण कर लेते है।"
सत्यमेव जयते प्रमु आना।

सत्यमेव जयते नही कर बना।।३ (मानस विश्लेषार्थ १०/१६)
लक्ष्मण की स्पष्ट वार्त्ता के दर्शन अन्य प्रसंगों में भी होते है। लक्ष्मण के
लौटने के पश्चात् राम सीता त्याग का निर्णय लेकर लक्ष्मण सीता की के निर्वासन
की आज्ञा देते है। सीता के पृथने पर लक्ष्मण को सीता की के निर्वासन की आज्ञा
दोते है, सीता के पृथने पर लक्ष्मण सारी घटना सत्य रूप में प्रकट कर दोते है उन
के द्वारा सीता निर्वासन की आज्ञा पर अपनी स्थिति स्पष्ट करते हुये लक्ष्मण कहे
है- आप मेरे समने निर्दोष सिद्ध हो चुके है तो भी महारज ने सोचोपचार से
करकर आपकी त्याग दिया है। देवि! आप कोई और बात न समझे उन महारज
की आज्ञा मानकर तथा आपकी श्री ऐसी ही इच्छा समझकर मैं आज्ञा के पक्ष में
जाऊँ। आपकी नहीं छोड़ दूँगा। (अ. ८. उत्तर सर्ग-७/१३-१४)

लक्ष्मण स्पष्ट भाषी है अतः इस सर्ग का निर्वाह करने में उन्हें ही ही
अभिप्रेत करने है। तुलसीदास ने इस प्रसंग का उल्लेख नहीं किया है। लक्ष्मण
की आज्ञा के राते सीता निर्वासन का कर्म लक्ष्मण से करवाकर लक्ष्मण के साथ
हीर का हीर अर्थात् उभरता है। लक्ष्मण का हीर अर्थात् लक्ष्मण हीर
हीर का हीर है। लक्ष्मण हीर और सत्यमेव जयते के कारण तुलसी ने लक्ष्मण
हीर का हीर अर्थात् लक्ष्मण हीर का हीर है।

लक्ष्मण, सीतादेस गोरखपुर
लक्ष्मण, सीतादेस गोरखपुर

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6

YAT : AN EXPLICIT STUDY

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Global of Tourism Industry

Today tourism has turned into a mainstream worldwide recreation movement. Distinctive components like the need to find out about different nations and societies, and present day transportation with its easy air travel and bundle visits have resulted in the blasting improvement of universal mass tourism. In 2008, there were more than 922 million worldwide visitor landings, with a development of 1.9% compared to 2007. Worldwide tourism receipts developed to US\$ 944 billion out of 2008, an expansion of 1.8%. The World Tourism Organization gauges that global tourism will keep developing at a normal yearly rate of 4%. It predicts that by 2020, Europe will remain the most mainstream goal, yet that its offer will drop from 60% of 1995 to 46%. Whole deal travel will develop at a somewhat quicker rate than intraregional travel and, by 2020, its offer will increment from 18% out of 1995 to 24% (UNWTO, 2009).

Peace and security are among the real worries that voyagers have when choosing their goals. Misfortunes like terrorism and ethnic clashes, fear based oppression, high wrongdoing rates, risky ailments and cataclysmic events can stop vacationers from picking specific goals. In all vacationer guides, there are security tips regarding peruses to keep away from specific nations, areas, neighbourhoods or practices. Additionally, there are numerous sites like www.SOS.travel, an online one-stop-shop where clients can get to the most recent basic and specialized apparatuses in suspicion of, or in light of, regular and man-made emergencies with formal im-agreements on tourism. The framework expects to help emergency readiness in the tourism industry and to aid quick recuperation from emergency circumstances. SOS.travel additionally fills in as a central asset for explorers by giving, in one place, the devices and information that they require keeping in mind the end goal to settle on educated choices about their own particular wellbeing and security and to get help in the instance of a crisis.

RISKS OF TOURISM AND MEDIA

Modern large, psychological oppressors utilize to a great degree vicious and heartless techniques against their vulnerable objectives with a specific end goal to create stun, dread and alarm. They will likely contact an emotionally expansive group of onlookers, and the media appear to be the best means accomplish it. Despite the cold-bloodedness of a fear based oppressor act, on the off chance that it contacts a restricted open group of onlookers, its impact is minor. Present day psychological oppression has developed through its collaboration with cutting edge broad communications.

Media creators have called attention to the instrumental relationship that exists between the media and fear based oppressors (Laqueur, 1976; Jenkins, 1983; Nacos, 1994; Wieviorka, 1988; Kratochski, 2001), in spite of the fact that there is no accord about the idea of this relationship.

Clearly the media assumes an essential part in psychological militants' arranging and execution of fear based exercises (Bjornatviki, 2002). The media transmit the occasions to an expansive group of onlookers and the ideological points of the psychological oppressors by methods for broad and broad announcing. With media enhancement, terrorists exercises would blur away and the impression of the occasions would be reduced to the prompt casualties. To draw in the consideration of the neighbourhood and in addition between the media, their activities are frequently deliberately arranged. News content is of incredible significance for the media, which thus achieve an expansive, intrigued group of onlookers. The concentrated, now and then presented and superficial revealing outcomes in a picture of dangerous goals and prompts negative reactions for the objective destinations, as well as for those nations that benefit from tourism (Freyer and ... 2007).

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WOMEN ON THE EDGE OF PROGRESS

Reflections from
Third World Countries

Prabhat Kumar Singh
Amit Bhowmick



WOMEN ON THE EDGE OF PROGRESS
Reflections from Third World Countries

Prabhat Kumar Singh
Amit Bhowmick



The volume "Women on the Edge of Progress: Reflections from Third World Countries" is different and unique in nature, because, the authors too, have come from diverse specializations with different types of topics which are highly expected to be the eye opener for the prospective readers of social science.

The volume it has been tried to discuss almost all the issues related to the "Women on the Edge of Progress: Reflections from Third World Countries". If the readers are anyway benefited out it, it would be a great pleasure for us, and also will provide us inspiration to go ahead with more development of the subject.



Prabhat Kumar Singh, a well known academic and research scientist, is presently teaching Sociology in Ranchi University, Ranchi, Jharkhand. As a social scientist, he has also written innumerable research papers and articles for leading newspapers and journals of national and international repute. He has authored many outstanding books and awarded by many organizations for his outstanding contributions. In addition, he is also member of a number of internationally reputed learned societies. He has guided a number of research students, conducted

specialized course and chaired various sessions.



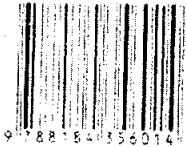
Amit Bhowmick, is presently Post Doctoral Research Fellow and teaching Sociology in Nur Mohammad Sariti Mahavidyalaya, Murshidabad, West Bengal. He has contributed over a dozen articles in journals of national and international repute and authored many outstanding books. He is associated with many national as well as international organizations and visited many countries.



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Women Centric Retention Policies: Inquisition and Solutions

Sanskriti Joseph, S.K. Indurkar & G. K. Deshmukh

Every organization strives to achieve its altitude of success by following its strategic intent. Success of an organization is determined by its human capital. The creation of right composition of human capital for an organization is a result of an organizations investment on right pool of talent. In the highly competitive business environment, organizations are undergoing change both in terms of the global nature of work and also diversity of workforce. With growing customer expectations, economic volatility, changing market dynamics and focus on cost efficiency, there is relentless competition in the labor market as human capital is becoming the key differentiator. In fact, today employers are adopting 'Best Industry Practices' with the intent of becoming the 'employer of choice' and attract the best talent. Also, a lot of time and effort is being invested to ensure that there is right talent doing the right role to maximize efficiency. Organizations are slowly recognizing the benefits of nurturing talent irrespective of gender, age, religion, race and differently abled group of potential and current employees. Companies take pride in sharing that they are equal opportunity employers. Substantial budgets are being allocated for Diversity and Inclusion initiatives focused on tapping and developing this diverse workforce to maximize returns for the organizations. This is especially true for gender diversity, with the increasing number of the women employees joining the workforce. Globally, 35% of workforce comprises of women employees with service sector employing the greatest percentage (The Corporate Gender Gap Report, 2010). Booz & Company (2012)

Women Centric Retention Policies

predicted that 1 billion women will enter the workforce globally in the coming decade. It was also predicted that 50% of the global talent pool among women will be in India by 2020. Women enter India's workforce at a faster rate than men. India's workforce is women employed (The Corporate Gender Gap Report, 2010).

With these changes, the demographics are also evolving with more and more women are joining the workforce globally. The percentage of women entering professional and non-traditional fields has been on the rise significantly since 1970s. The period between 1960 -1988 witnessed a significant increase in the number of women in managerial roles. As a result, it was predicted that this growing trend may have a significant impact on management staffing practices in the years to come.

Over a period of time, this is reflected in the corporate environment which has shaped up to become more inclusive and accommodating to the entry of large number of women in the workforce globally. Women have emerged as a significant proportion of the workforce seen as being talented, available and a growing economic force. Thus, the changing demographics have created a business imperative for companies to attract and retain female talent.

This is largely attributed to the cultural norms concerning the role of women which have been undergoing a major shift resulting in increased number of dual career couples. The supply of well qualified to take up managerial roles is on the rise. A significant number of women take up engineering and other technical roles and accumulate work experience in organizations. This is better understood more from the workforce statistics globally and also in the Indian context.

However, as it stands today, companies are still struggling in hiring talented female employees. The barriers to their entry to the senior management roles in organizations are a couple of barriers which are highlighted in the literature as impeding the growth of women in leadership positions. It includes stereotypical gender roles, lack of capabilities, their leadership skills, inadequate training given to women, inadequate mentorship, and outdated performance appraisal systems which are not gender sensitive. In the context of female employees, the scarcity of women in

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MOBILE COMMERCE ADOPTION: RESEARCH INSIGHTS

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ABSTRACT

Tremendous growth in the sales of mobile phones and outburst in number of Mobile phone users have paved the way for new business opportunities. Few decades back E-commerce had created sensation by starting new trend of online businesses, now it's an era of Mobile phone services. New mobile technologies have sprouted new business model known as Mobile Commerce. Mobile commerce can be seen as an extended version of e-commerce. Many research studies have been done so far to understand the mobile commerce users' adoption readiness, intention to use, factors affecting adoption and many more. This paper is an attempt to give research insights in the mobile commerce adoption behaviour.

Keywords: Mobile Commerce, TAM, TPB, Perceived Ease of Use, Perceived Usefulness

1. INTRODUCTION

Today's business is customers centric. Technology has enabled marketers to provide more than what customers are expecting from products and services. With the passage of time business has been transformed from organised retailing to organised retailing and electronic commerce was invented. Electronic commerce was popularised due to its "anytime" feature among customers. Further with technological advancement of mobile phones in to smart phones paved the way for mobile commerce. Mobile commerce is considered as an extension of electronic commerce. Many researchers opined that mobile commerce is the next phase of electronic commerce (Ngai and Gunasekaran, 2007, Smith, 2006, O'Connell, 2005, Matthew, et al, 2004, Urbaczewskj, et al, 2003). Mobile commerce is gaining popularity on the part of customers due to "anytime" and "anywhere" access to products and services. Today's consumers use their smart phones as an

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Article

Risk Management in Global CRM IT Projects

February 2020 · Business Perspectives and Research 8(1)

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Authors:

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Hory Sankar Mukerjee
Infosys

U Devi Prasad

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Abstract

Abstract Global information technology projects are risky with failure rates for customer relationship management information technology (CRM IT) projects estimated to 70 percent. These failures are often due to multiplicity of factors including poor risk management. The project management literature points out four broad types of risks: technical, external, organizational, and other risk factors. Project manager's basic job, therefore, becomes to manage the risks and ensure that an IT project is steered to completion while meeting the objectives. Unmanaged risks run into chances of failure and ultimately impacting the CRM project and the reputation of the consultant. Payne and Frow's (2005) advocates the need for a structured study on the information technology implementations of these projects. The objectives of the study are to investigate: how project risks in CRM- IT implementations impact the final outcome and how the risk management process adopted by the IT project manager impacts the final outcome of the project. The research was conducted administering questionnaire to 135 project managers. It was found that project risk impact cost, time, and technical performance and risk management process impacts planning, support of customers as well as top management.

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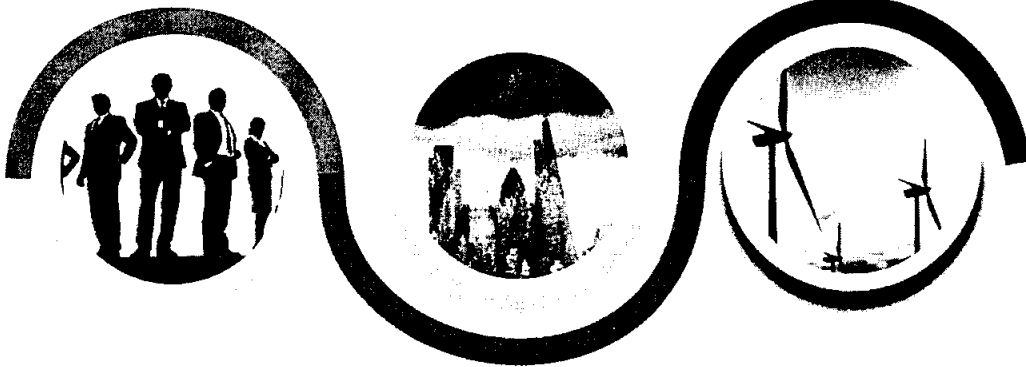
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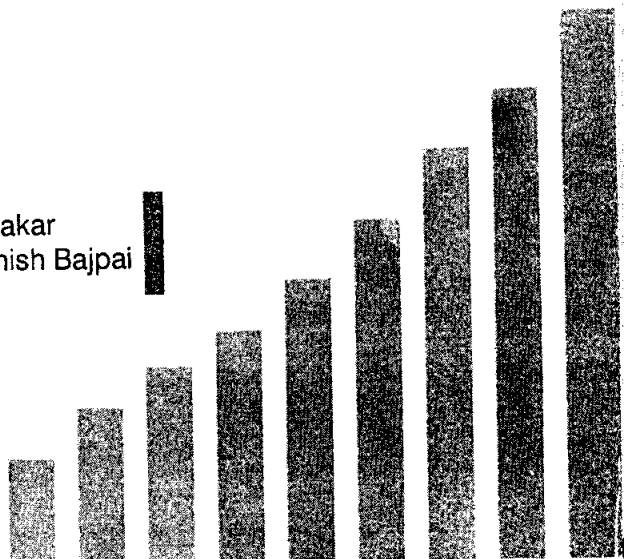
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Raj Kumar, Rajkiran Prabhakar
Amit Gautam, Anurag Singh, Ashish Bajpai



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Consumer Behaviour in Virtual Markets: A Study

Dr. G.K. Deshmukh¹ and Dr. Sanskrity Joseph²

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Abstract—

Purpose: The purpose of the study is to underline the factors which influence consumers intention to choose a digital platform for making purchase decisions. The paper intends to highlight the behavioral as well as technological variables which influence purchasing through digital platforms in virtual markets.

Design/Methodology/Approach: Researchers have conducted descriptive study empirically to identify buying behavior of consumers in virtual markets while analyzing the data gathered from sampled respondents in the city of Raipur, Chhattisgarh.

Findings: The findings of the study indicate that Technology continuance intention and satisfaction towards a digital platforms results in purchase by the consumers in virtual markets.

Originality/Value: This is a fairly original paper which analyses the buying behavior of consumers using shopping platforms.

Paper Type: Empirical and descriptive.

Keywords: Virtual markets, e-commerce, m-commerce, technology Continuance, Attitude

INTRODUCTION

In recent decades invention and discoveries are changing the landscape of Indian markets with technology based products and services. The present consumers are purchasing the new products and services in actual as well as virtual markets. The membership of consumers in virtual world in India can be attributed to the growing density of Indian internet users. Internelivestats.com (2016) highlighted that the number of internet users has increased and reached a mark of 450 million internet users. Further with the gradual development of e-commerce and m-commerce in Indian landscape the virtual world is now extending its reach from desk tops and lap tops to smart phones. Criteo Research (2016) indicated that e commerce companies have identified the growing potentials of virtual markets and are investing on increasing the technology associability of consumers for developing the new avenues in the markets. Further PWC report (2015) highlighted that e-commerce companies with their international exposure, huge capitalization, desirable customer profiling and technological access are increasing the scope of virtual markets.

Ironically the growth of virtual markets is posed with some serious challenges. The operational models of e-commerce and m-commerce companies in Indian markets

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Hemant Kumar Pathak

An Introduction
to Nonlinear
Analysis and
Fixed Point
Theory

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85

***Piper longum*- An Ayurvedic Remedy as Antihyperlipidemic**

N S CHAUHAN^{1*}, RAVINDRA PANDEY², SHIV SHANKAR SHUKLA²,
AMBER VYAS³ AND DURGESH NANDINI CHAUHAN⁴

ABSTRACT

Long pepper Piper longum is a slender aromatic climber, with a large perennial woody root and jointed stems thickening at the nodes. Indian long pepper is a plant. The fruit of the plant is used to make medicine. Indian long pepper is sometimes used in combination with other herbs in Ayurvedic medicine. Indian long pepper is used to improve appetite and digestion, as well as treat stomachache, heartburn, indigestion, intestinal gas, diarrhea, and cholera. It is also used for lung problems including asthma, bronchitis, and cough. Indian long pepper contains a chemical called piperine. Piperine may be able to fight certain parasites that can infect people. The present comprehensive review summarized the medicinal values, characterized phytochemical composition chemistry, pharmacological action, scientifically validated biological efficacy, toxicological and safety reference and proven potential with identified mechanism for the management and treatment of hyperlipidemia. This review provides an insight on the phytochemical components that contribute to anti-hyperlipidemic effect.

Key words: *Piper longum*, Hyperlipidemia, Piperine, Ayurveda, Phytochemistry, Standardization, Ethanopharmacology

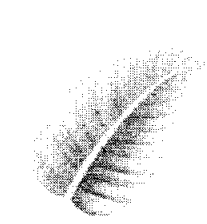
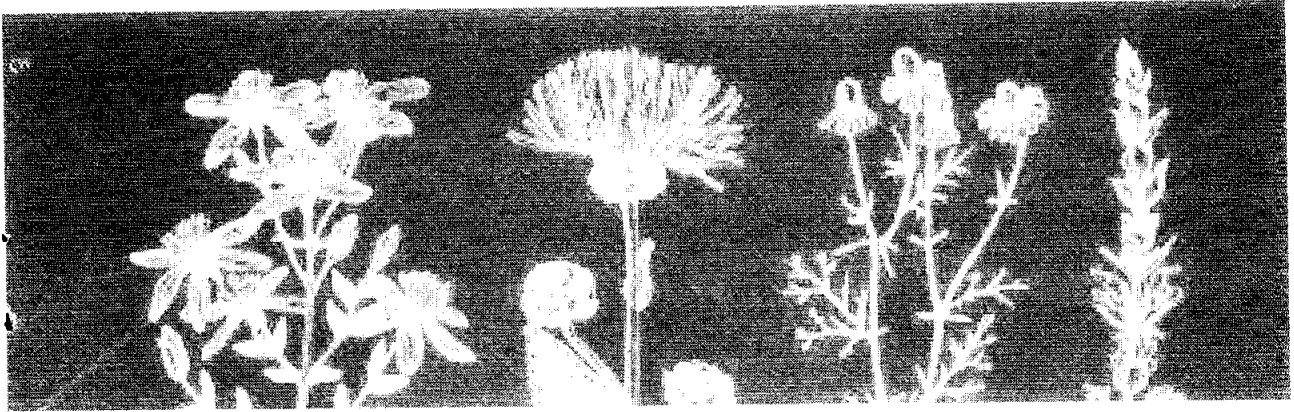
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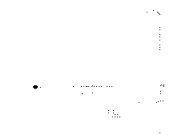
Herbal leaf



UV-Visible



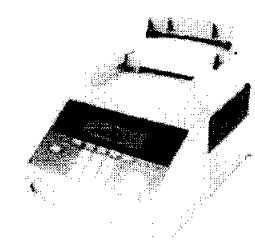
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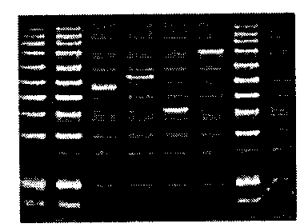
Chromatography



DNA analysis



UV-Visible



DNA analysis

Fingerprinting Analysis and Quality Control Methods of Herbal Medicines

Ravindra Kumar Pandey
Shiv Shankar Shukla
Amber Vyas
Vishal Jain
Parag Jain
Shailendra Saraf



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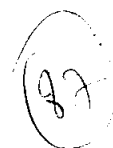


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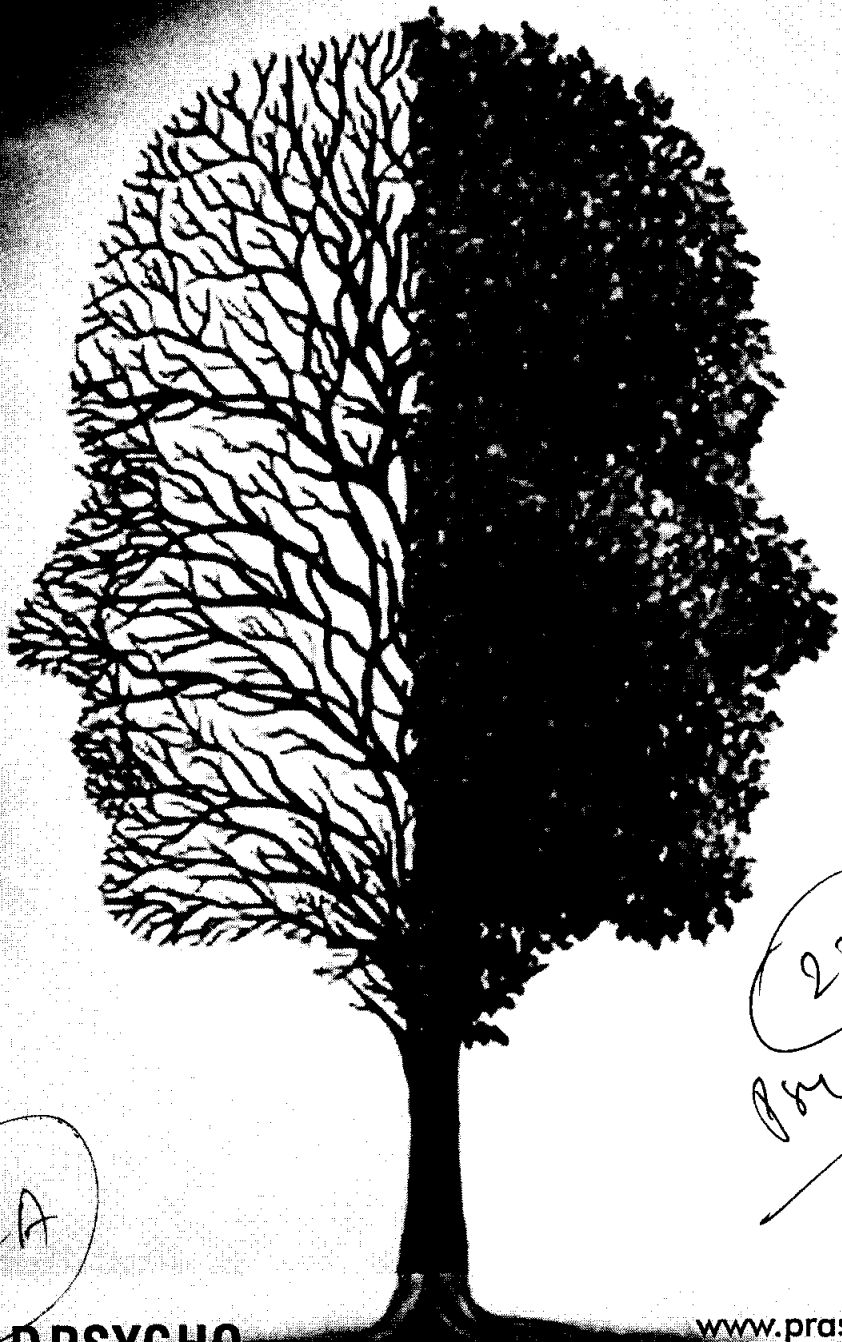


87 (A)

MANUAL

AFFECT SCALE


Dr. Anurag Singh & Dr. Priyamvada Shrivastava



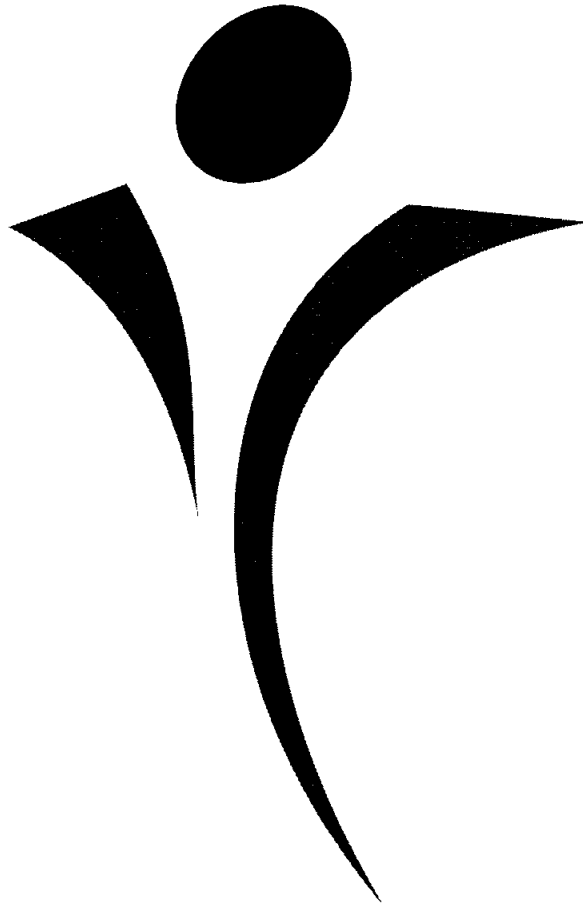
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Manual
for
AFFECT SCALE

(16-5314-KT)

by

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INTRODUCTION

The term affect, mood, and emotion are used interchangeably, without any attempt at conceptual differentiation” Batson, Shaw and Oleson (1992). Affect is basically in the emotional status of the persons, mood (affect) such as happiness, anger, fear, sadness, depression, and surprise (Ekman, Levenson & Friesen, 1983, Izard, 1977, Plutchik, 1980, Tomkins, 1984). Silvan Tomkins first introduced the term Affect in his book entitled “Affect Is Imagery Consciousness,” the word Affect was used in Tomkins “biological portion of the emotion” (Nathanson, 1992). The affective experience is a result of the innate mechanism and a complex matrix of nested and interacting ideo-affective formation in adult people (Nathanson, 1998).

Nathanson (1992) noted 9 types of affects viz. Positive (enjoyment/joy), neutral (surprise/startle) and negative (anger/rage, disgust, dissmell, distress/anguish, fear/terror, and shame/humiliation). Affect can be described as a broad class of mental process, including feelings, emotion, moods and temperament. Historically affection was distinguished from cognition and violation.

Affect is a broad class of mental process, including feelings, emotion, moods and temperament. It is a person’s immediately psychological response to a stimulus especially an underlying sense of arousal. In these psychological responses there is appraisal of an event as painful or pleasurable- that is its valence may lead to the experience of autonomic arousal (Snyder, Lopez, Pedrotti, 2011). Mood can be experienced in a direct and reflecting level, It the direct level, mood appears to be perceived along pleasant- unpleasant and arousal- calm dimensions (Russell, 1978, Russell & Bullock, 1986, Watson & Tellegan,1985). The Mood encompasses basically happiness, anger, fear, sadness, and surprise (Ekman, Levenson, & Friesen, 1983, Plutchik, 1980, Tomkins, 1984). Pleasant- unpleasant and arousal calm dimensions are the basic of moods, but also the emotional content of cognition (Osgood & Suci, 1955; Abelson, & Sermat, 1962; mayer,1986; Mayer & Bremer, 1985). The cognitions are the reflective experience of mood (Mayer & Goschke, 1988).

The reflective experience of the mood (affect), arising in response to the direct perception, the portion of the mood, such as reflective experience,

including cognition that monitor given mood (Carver & Scheir, 1982). The Affect (mood), viz. pleasing state of mood, displeasing state of mood and the mood which revealed less active expression, positive and negative state of mood revealed active way expressing emotion in either way, neutral emotion, is mood state that refers to the inactive expression of emotions.

Mood of an individual depends on perception, how one view the events, person with dominant unpleasant feelings may perceive events stressful, appraising events negatively and further change in psychological, behavioral and physiological consequences, leading to many psychosomatic problems.

Brief description of each of these indices is as under:

Positive Affect-positive affect refers to the extent to which an individual subjectively experiences, positive mood such as joy, interest and alertness (Millar, 2011).

Negative Affect-negative affect is a broad concept that can be summarized as feelings of emotional distress (Watson, Clark & Tellegan, 1988). It is a construct that is defined by the common variance between anxiety, sadness, fear, anger, guilt and shame, irritability and other unpleasant emotions (Stringer, 2013).

Neutral Affect-neutral affect, is mood state that refers to the inactive expression of emotions.

Method

Instructions

The following standards steps must be followed for smooth administrations of the affect scale:

1) The examinees should read the instruction carefully and if there is any confusion, they should to clarify it by raising their hands. The examiner should attend to such examinee very carefully.

2) There is no fixed time limit for the scale. However, generally a normal examinee having taking about 20 minutes in giving complete answers.

Scoring

The scoring of affect scale comprises of three section- section A (positive) section B (Neutral) and section C (Negative). The score of each items were minimum 1 and maximum 5. Each items scoring pattern and response category of the affect scale is- Very slightly or not at all, A little, Moderately, Quite a bit, extremely and score are 1, 2, 3, 4 and 5 respectively.

Item Analysis

Scoring of the affect scale for all 400 subjects was done, on the basis of total scores, two Extreme groups (27% upper group and 27% lower group) were identified, for obtaining the discrimination power, the extreme groups were compared on each item of the scale, for this purpose item wise t-ratio was calculated between two groups.

Table 1 represents the SD and MEAN for lower and upper group along with the t-ratio of the calculated two groups

Some Items	Lower Group		Upper Group		t-ratio
	Mean	sd	Mean	sd	
5	1.98	.87	3.07	.69	7.35**
7	2.17	.85	3.09	1.01	5.03*
12	2.36	.48	3.18	.93	5.64*
14	2.55	1.17	3.83	.96	6.10**
15	2.25	.51	3.38	.99	8.21**
19	2.07	.51	3.33	1.00	8.01**
26	2.61	.66	3.37	.55	6.35**
28	2.19	.59	3.07	.96	5.62*
30	2.36	.65	3.31	1.00	5.72*
31	2.42	.66	3.25	.99	5.06*
32	2.15	.69	3.35	1.19	6.25**
33	2.36	.65	3.38	1.12	6.29**
34	2.67	.64	3.24	1.12	5.69*
36	2.11	.67	3.70	1.07	9.06**
44	2.07	.51	2.85	.78	5.96*
48	2.48	.77	3.50	.96	5.93*
53	2.38	1.01	3.31	.88	5.03*

*values less than .30 are omitted

All obtained t-ratios were significant which indicates that all items of the affect scale have highly discrimination power were found.

Reliability

The overall reliability of affect scale (Hindi Version in Indian Context), internal consistency Cronbach's Alpha (α) is found to be 0.73. The sub-scales of the affect scale internal consistency were found reliable and significant such as positive affect 0.70, negative affect 0.61 and neutral affect were 0.66.

Validity

Construct validity

Observation of the result, obtained through employing the Principal Component method of exploratory factor analysis, with Varimax rotation (table), reveal, high factor loading on 3 categories of items (named as Positive Affect, Negative Affect, and Neutral Affect). The values less than .30 were omitted.

It was observed that Eigen value of the three factors emerged in the factor analysis is more than three; it shows that the factors obtained are significantly assessing the respective Affect considered in the study. There were 43 items which had significant loadings on the three factors while the rest of the seventeen items had insignificant loading on any of the three factors. Thus 43 items have been retained in the scale.

On the basis of factor loading of the items and their nature 43 items were considered in three factors, it is logical to include 15 items in factor one (i.e., positive affect items - 1,3, 5,7,14,18,19,21,27,29,32,34,36,37 and 40); 15 items in factor two (i.e., negative affect item : 4,6,8,10,12,16,17,20,22,23,24,26,30,39 and 43); 13 items in the factor three (i.e., neutral affect items- 2,9,11,13,15,25,28,31,33,35,38,41 and 42).

Concurrent validity

Inter-correlation of subscales-

The inter-correlation between the subscales was identified and calculated in the Pearson correlation and results are presented in table:-

Table 2 represent in the inter-correlation for Positive affect, Negative Affect and Neutral Affect Scale

Correlation	Pos. A	Neg. A	Neu. A
Pos. A	1.00	-.39	-.25
Neg. A		1.00	.35
Neu. A			1.00

Table shown the positive affect and negative affect were significantly negatively correlated (-.39), negative affect and neutral affect were significant positively correlated (.35), neutral affect and positive affect were significant negatively correlated (-.25).

Norms

The standard scores norms for Affect scale have been developed. For this, affect scale was administered to a survey type sample of 400 with mean age of 45.63 years. The breakup of sample following sex, rural-urban, socio-economic status, educational status had been done.

Table 3 shows the mean and standard deviation for the norms standard scores of affect scale with their different subscales.

S. N.	Positive Affect	Negative Affect	Neutral Affect
Standard mean	42.40	41.97	36.58
Standard deviation	4.50	5.64	5.09

The means and standard deviation are fixed value of the affect scale dimensions. The Z-score value suggested that the deviation of mean scores, it is sifted to (+) sigma or (-) sigma direction it is the deviation on upper and lower side. This value is positively indicated the affect scales dimensions (positive affect, negative affect and neutral affect) is low or average or high in particular sub-scales.

Qualitative Interpretation

The Z score is shifted in negative direction which means persons shows the significant in lower end of mean score and another end Z-score shifted

significantly in positive direction it means person had shown positively higher. Below the **Table 4** shows the Z-score

Table 4 Z-score of Affect Subscale e.g. Positive Affect, Negative Affect and Neutral Affect

Positive Affect		Negative Affect		Neutral Affect	
Raw Score	Z- Score	Raw Score	Z-Score	Raw Score	Z- Score
15	-6.00	15	-4.79	13	-4.63
16	-5.88	16	-4.60	14	-4.43
17	-5.66	17	-4.42	15	-4.23
18	-5.43	18	-4.25	16	-4.04
19	-5.20	19	-4.07	17	-3.84
20	-4.98	20	-3.89	18	-3.65
21	-4.75	21	-3.71	19	-3.45
22	-4.54	22	-3.54	20	-3.25
23	-4.32	23	-3.36	21	-3.06
24	-4.09	24	-3.18	22	-2.86
25	-3.89	25	-3.00	23	-2.66
26	-3.73	26	-2.83	24	-2.47
27	-3.43	27	-2.65	25	-2.27
28	-3.20	28	-2.47	26	-2.07
29	-2.98	29	-2.29	27	-1.88
30	-2.76	30	-2.12	28	-1.68
31	-2.53	31	-1.94	29	-1.48
32	-2.31	32	-1.76	30	-1.29
33	-2.09	33	-1.59	31	-1.09
34	-1.87	34	-1.41	32	-0.89
35	-1.67	35	-1.23	33	-0.70
36	-1.43	36	-1.05	34	-0.50
37	-1.20	37	-0.88	35	-0.31
38	-0.98	38	-0.70	36	-0.11
39	-0.75	39	-0.52	37	0.08
40	-0.53	40	-0.34	38	0.27

41	-0.32	41	-0.17	39	0.47
42	-0.09	42	0.00	40	0.67
43	0.14	43	0.18	41	0.86
44	0.35	44	0.35	42	1.06
45	0.57	45	0.53	43	1.26
46	0.80	46	0.71	44	1.45
47	1.03	47	0.89	45	1.65
48	1.23	48	1.06	46	1.85
49	1.47	49	1.24	47	2.04
50	1.67	50	1.42	48	2.24
51	1.92	51	1.60	49	2.44
52	2.14	52	1.77	50	2.63
53	2.35	53	1.95	51	2.83
54	2.58	54	2.13	52	3.02
55	2.80	55	2.31	53	3.22
56	3.03	56	2.48	54	3.42
57	3.25	57	2.66	55	3.61
58	3.47	58	2.84	56	3.81
59	3.67	59	3.01	57	4.01
60	3.91	60	3.19	58	4.20
61	4.14	61	3.37	59	4.40
62	4.36	62	3.55	60	4.60
63	4.58	63	3.72	61	4.79
64	4.80	64	3.90	62	4.99
65	5.03	65	4.08	63	5.19
66	5.23	66	4.26	64	5.38
67	5.47	67	4.43	65	5.58
68	5.69	68	4.61		
69	5.92	69	4.79		
70	6.14	70	4.96		
71	6.36	71	5.14		
72	6.56	72	5.32		
73	6.80	73	5.50		
74	7.03	74	5.67		
75	7.25	75	5.85		

Conclusion

The psychometric properties of the scale confirm that the Affect Scale in Hindi Version is a reliable and valid instrument which could be used for the Indian adult population for the age group of 30-60 years. The scale consists of the three dimension- Positive Affect, Negative Affect and Neutral Affect.

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Manual
for
SOCIAL SUPPORT SCALE

(16-5308-M)

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INTRODUCTION

Human beings are social animals who cannot be isolated from the society. Both society and individuals are reciprocal to each other. Social support is essential for constructive growth of individual and society.

Social support is the perception, actuality that one is cared for, has assistance from another person, and that is a part of a supportive social work. The sources of social support are family, friends, co-organizers etc. Social support refers to the various types of support; it is classified emotional support, instrumental support, informational support, tangible support and comparison support (Barron, 1992; Bogossian, 2007).

“Social Support has been defined as all positive interaction provided a person in need of support” (Rook & Dooley, 1985).

SCALE DEVELOPMENT

The Social Support Scale is a self administered 18 item scale designed to measure perceived and received social support in the context of Socially Stigmatized person and parents of special need children.

MEASURES & SCORING

In order to facilitate the interpretation of the social support scale each of the three subscales is outlined namely emotional support, tangible support and informational support. Scale having five point rating scales i.e. strongly agree, agree, neutral, disagree and strongly disagree with 5, 4, 3, 2, 1 numerical assignment.

SAMPLE

The study was conducted from April 2013 to June 2014, among 220 HIV positive participants including 50% male and 50% female. Mean age was 33 year (age range between 20-50 years), enrolled in ART centers of Chhattisgarh state.

ADMINISTRATION OF THE TEST

The Social Support Scale (SSS) is largely self-administered and can be completed individually or in groups. The administrator should ensure that the assessment environment is relatively free from distractions. It is essential to create surroundings that make the persons taking the SSS as comfortable as possible. While there is no time limit to the administration, most people complete the 18 items approximately in 10 minutes.

VALIDATION

Factor analysis is the most powerful statistical procedure for scrutinizing relations between observed and latent variables. Mainly two types of factor analysis were used: exploratory factor analysis (EFA) and confirmatory factor analysis (CFA). When the researcher is not aware of the connections between the observed (items) and latent (factors) variables, the EFA approach describes how and to what extent the observed variables are related to their latent constructs.

RELIABILITY

Reliability of overall Social support scale coefficient of Cronbach's α was found 0.92; and its dimension for emotional support (0.87), for tangible support (0.81), and informational support (0.77) were found. The scale was re-administered among 600 participants including 200 participants each for HIV positives, HIV positives care givers and parents of intellectually disabled child. In the months of June 2017 to June 2018, and the coefficients of Cronbach's α reliability was found to be 0.91 for HIV positives, 0.87 for HIV positives care givers, and 0.89 for parents of intellectually disabled child.

VALIDITY

Exploratory Factor Analysis

In the field of social sciences minimum factor loading of 0.30 or 0.35 when sample size is fewer than 100. But above 200 minimum cut off ≥ 0.40 is considered adequate (Norman & Streiner, 1994). Also in the field of social science research Communalities (h^2) generally considered between range of 0.40 to 0.70, Costello and Osborne (2005).

Table 1: Exploratory Factor Analysis

Items				(h ²)
	Emotional Support	Tangible Support	Informational Support	
Emotional Support	.684			.684
	.682			.556
	.668			.664
	.640			.504
	.620			.651
	.461			.489
	.422			.507
Tangible Support		.743		.664
		.684		.596
		.676		.575
		.656		.565
		.593		.599
Informational Support			.469	.506
			.401	.434
			.772	.673
			.700	.546
			.601	.530
			.447	.476
Total explain % of variance	21.19%	20.10%	14.92%	56.22%
Total items = 18				
Factor loading = > .40				
h ² Inclusion criteria >.4 to <.7				

Exploratory factor analysis (EFA) with Maximum likelihood method was used. Kaiser – Mayer - Olkin (KMO) of eighteen items were found as 0.903, Promax rotation responses $\chi^2 = 151.523, p = .000$; more than 1 Eigen value and above 0.40 factor loading score was found for three factors of perceived social support scale. Emotional support explained 21.19%, tangible support 20.10% and informational support was explained 14.92% variance and the overall scale was explained 56.22% of the variance.

Confirmatory Factor Analysis

Model fitting – Some research findings indicate that all the indexes are supposed to be above 0.90 to be a good fit (Bentler & Bonnet, 1980; Tanaka & Huba, 1985; Bollen, 1989; Bentler, 1990). The inconsistency chi-square is the level of acceptance once > 0.05 (Wheaton et al., 1977). RMSEA should be accepted in the range of 0.05 to 1.00, in particular, the lower value is said to be a good level (Browne & Cudeck, 1993).

According to Afthanorhan and colleagues (2014) the value of average variance extracted (AVE) should be greater than 0.50 for convergent validity and the association between each pair of constructs should be less than 0.85 for discriminant validity.

Table 2: Confirmatory factor analysis and Decision on model goodness of fit

CFA & GFI						
	CMIN/DF,	CFI	GFI	NFI	TLI	RMSEA
Good fitting values	<3.00 Good, p -value>.05	Higher than .95	Higher than .95	Higher than .90	Higher than .90	Less than .05
Resulted values	2.37, p =.08	.98	.96	.92	.98	.043
Decision	Good fitting	Good fitting	Good fitting	Good fitting	Good fitting	Good fitting

Construct Validity - Standardized estimate (β) of Social support scale was found in between 0.51 to 0.81 for all 18 items; Composite reliability (CR) value was found > 0.75 , average variance extracted (AVE) was found > 0.50 , maximum shared variance (MSV) was found < 40 , and average shared squared variance (ASV) was also found < 40 scores for all the factors of social support. Model found positive correlation between the three factors i.e. emotional support – informational support was 0.34, emotional support – tangible support was 0.36 and tangible support – informational support was 0.28 respectively. These scores indicate satisfactory convergent and discriminant validity of scale (Hair, Black, Babin & Anderson, 2010).

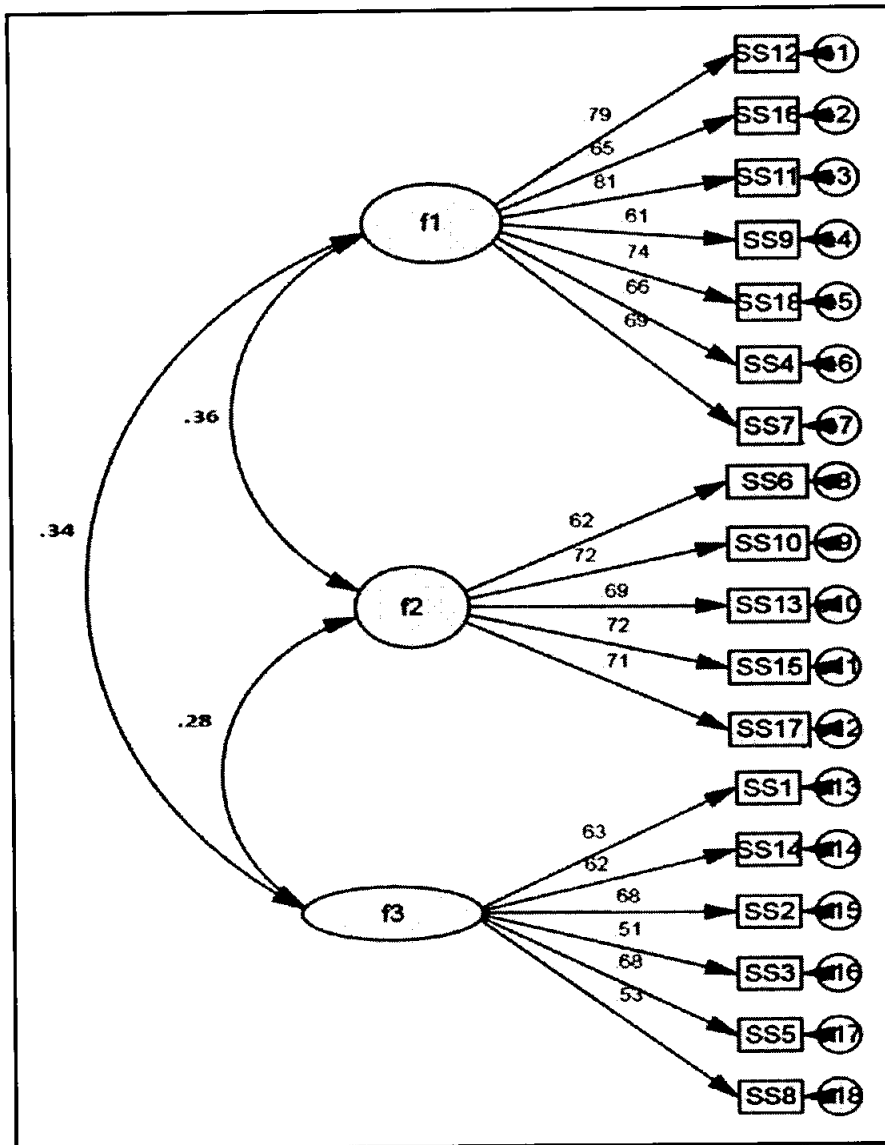


Figure 1 Factorial validity for social support scale

Finally the three components explained 21.19%, 20.10%, and 14.92% variance, respectively. Overall variance explained by all of these factors was 56.22 %. Item communalities were found to be larger than 0.40. CFA of this measure (CMIN/ DF = 2.37, $p = .08$, CFI = .98, GFI = .96, NFI = .92, TLI = .98 and RMSEA = .043) confirmed the dimensionality and is in agreement with the observations from the EFA. Internal consistency (Cronbach α coefficient) of overall scale was found 0.92; and its dimension for emotional support (0.87), for tangible support (0.81), and informational support (0.77). Thus, the scale is fairly reliable and valid.

NORMS

The SSS was designed to provide efficient and useful measures of social support for individuals. To meet this goal, the development of the items and the creation of test norms followed specific path:

Table 3: HIV Positives participants in the year 2013-14 (n = 220)

Details	Number	Male	Female
Age Group			
20-35	130	62	68
36-50	90	55	45
Locale			
Urban	110	70	40
Rural	110	50	70
Education			
Class 6 th to 12 th	111	71	40
Diploma / Graduation and Post graduation	109	65	44

Table 4: Participants during the year 2017-18 (n = 600)

Details	Number	Male	Female
HIV Positives	200	100	100
Caregivers of HIV positives	200	100	100
Parents of Intellectually Disabled Child	200	100	100

Table 5: Item wise dimensions of the scale

Dimensions	Items	Total number of items
Emotional support	4,7,9,11,12,16,18	7
Tangible Support	6,10,13,15,17	5
Informational Support	1,2,3,5,8,14	6
		Total = 18
Scoring Pattern: 5 = strongly agree, 4 = agree, 3 = neutral, 2 = disagree, 1 = strongly disagree		

ITEM / STATISTICAL ANALYSIS

Content Validity

The responses were analyzed with content validity analysis and results are presented in table –

Table 6: Content Validity Index of Social Support Scale

Factors	Items	CVR	Remarks
Emotional Support	12	0.750	Retained in final version
	19	0.500	Eliminated
	16	1.000	Retained in final version
	11	1.000	Retained in final version
	9	1.000	Retained in final version
	21	0.250	Eliminated
	18	0.750	Retained in final version
	4	1.000	Retained in final version
	20	0.500	Eliminated
	7	1.000	Retained in final version
n= 7, CVI = $6.5/7 = 0.928$			
Tangible Support	6	0.750	Retained in final version
	23	0.250	Eliminated
	10	1.000	Retained in final version
	13	1.000	Retained in final version
	22	0.500	Eliminated
	15	1.000	Retained in final version
	17	1.000	Retained in final version
n= 5, CVI = $4.75/5 = 0.950$			
Informational Support	1	1.000	Retained in final version
	14	1.000	Retained in final version
	2	0.750	Retained in final version
	25	0.500	Eliminated
	3	1.000	Retained in final version
	5	1.000	Retained in final version
	8	0.750	Retained in final version
	24	0.250	Eliminated
n= 6, CVI = $5.5/6 = 0.916$			Inclusion – ≤ 0.750

The scale containing twenty five questions was presented before eight subject experts to assess content validity of social support scale. After experts suggestion seven (≤ 0.750) questions were eliminated and eighteen questions (≥ 0.750) were retained in the final version.

The content validity ratio assessed by Lawshe (1975). $CVR = (n_e - N/2) / N/2$. [N = total numbers of subject expert, N_e = total number of subject indicating essential]. Content validity index (CVI) = $(\sum CVR) / N$. [N = total number of retained items].

Table no. 6 indicates CVI for social support scale, the dimension wise value for emotional support was 0.928, for tangible support 0.950 tangible and 0.916 for informational support was found.

Item Analysis

Item analysis and factor analysis were assessed in help of SPSS v25; and corrected item total correlation considered > 0.40 and above.

Table 7: Corrected item - total correlation of Social Support Scale

Factors	Items	Corrected Item-Total Correlation
Emotional Support	12	.719
	16	.614
	11	.740
	9	.578
	18	.669
	4	.634
	7	.655
Tangible Support	6	.545
	10	.605
	13	.719
	15	.554
	17	.614
Informational Support	1	.545
	14	.554
	2	.557
	3	.442
	5	.590
	8	.471

The corrected item total correlation was found 0.578 – 0.740 for emotional support, 0.545 – 0.719, for tangible support and 0.442 – 0.590 for informational support.

QUALITATIVE INTERPRETATION

Responses from participants to the scale were coded and entered into SPSS v25 (Licensed). Missing data were excluded from analysis. Maximum likelihood method was to explore the link between observed and latent variables to identify the factor structure. As in the beginning there were lacks of idea of the underlying components of social support scale.

The nature of principal component analysis is exploratory rather than confirmatory (Tabachnick, 2007). It retained only factors with eigenvalues greater than 1 (Henson & Roberts, 2006). Factor coefficients of 0.40 or greater were required for the interpretation of the factor structure (Hogarty, Hines, Kromery, Ferron & Mumford, 2005). A Cronbach's alpha of > 0.70 is considered to be acceptable reliability coefficient for determining the internal consistency of the scale (Nunnally & Bernstein, 1994). Corrected item total correlation was considered > 0.40 or above (Costello & Osborne, 2005). Structural equation model (SEM) was performed to evaluate relationships between structural paths and factors using AMOS v25 (Licensed). SEM is a confirmatory technique in contrast to PCA (Tabachnick & Fidell, 2007).

CONCLUSION

Social support has become an integral part of life. All the procedural norms were followed to establish social support scale. The scale duly fulfilled the content validity and reliability. Three dimensions emerged out of exploratory factor analysis and further validated by confirmatory factor analysis. Three dimensions namely, emotional support (7 items), tangible support (5 items) and informational support (6 items) emerged as factors for measuring social support. The scale can be generalized to the patients and their care givers and others in similar settings in India.

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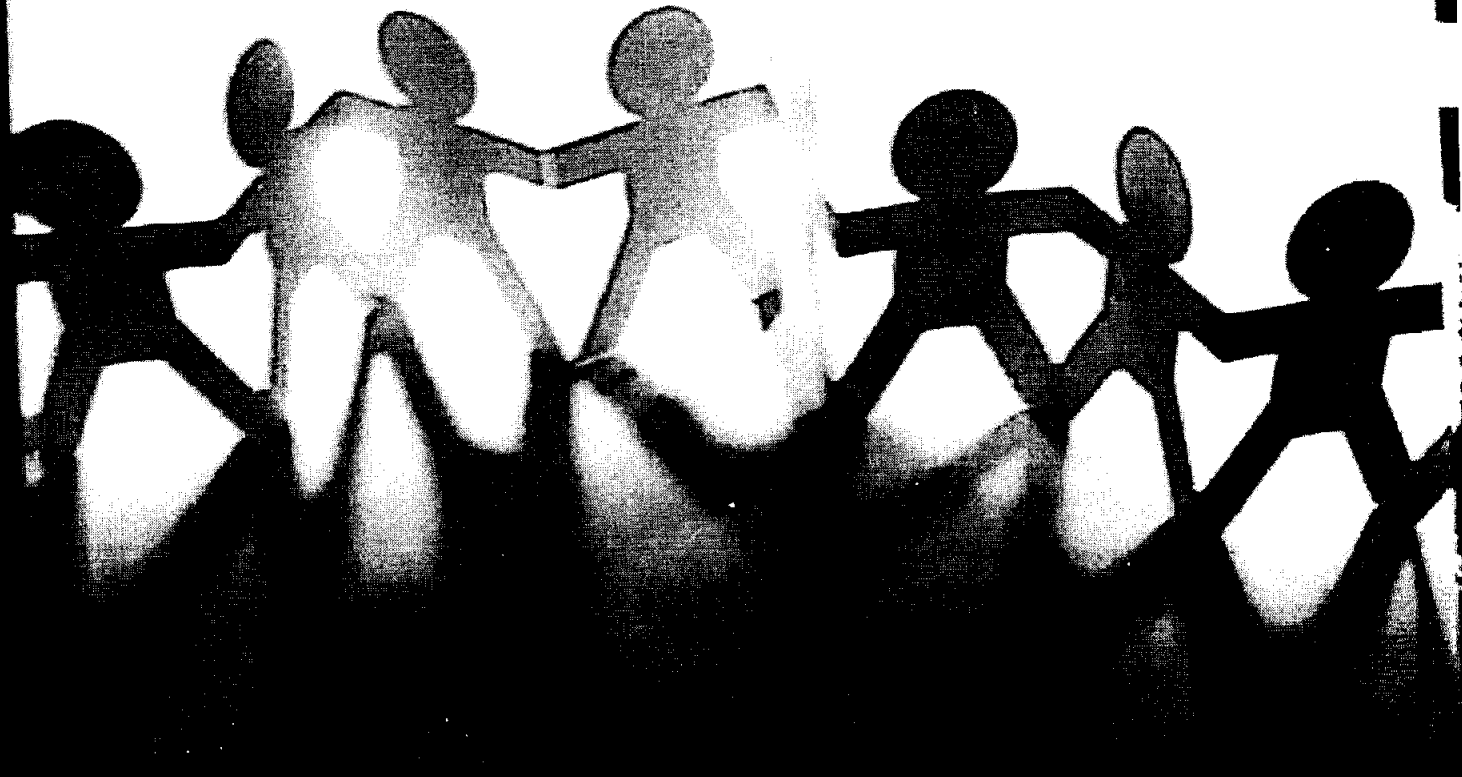
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SOCIOLOGY

द्वितीय वर्ष

डॉ. कृ. कृ. गवनाल • डॉ. ए. पी. श्रीवास्तव



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समाजशास्त्र 4

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Bhanushree Gupta, Vidya Rani Singh, Surabhi Verma, Neha Meshram, Leena Dhruw, Rahul Sharma, Kallol K. Ghosh, and Ramesh C. Gupta

Abstract

The progress in research has prompted a new age for food- and plant-derived products that are of incredible benefit and are widely utilized as immunomodulators and vitality supporters in the form of nutraceuticals. They are even being regarded as agents with the potential to cure numerous diseases. These functional products are processed from plants in the form of phytochemicals, as well as from food sources such as soy products, mushrooms, and milk. A considerable number of these nutraceuticals have relevant physiological functions and important biological activities. The present aggregated information about nutraceuticals undoubtedly provides extraordinary opportunities for use by nutritionists, doctors, food technologists, and chemists.

Keywords

Immunomodulators · Bioactive peptides · Nutraceuticals · Nutritional food · Performance-enhancing nutraceuticals

Authors Vidya Rani Singh, Surabhi Verma, Neha Meshram, and Leena Dhruw have contributed equally.

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1 Introduction

In the rapidly growing field of biomedical research, the demand for functional foods (i.e., nutraceuticals) has been highly commercialized in response to increasing awareness of the effects of diet on health (Orlando 2018). As these foods provide additional nutrients to the body, they are broadly utilized as an additional source of energy for the body. Nutraceutical are substances present in food or isolated from food that provide medical or health benefits, including benefits in the treatment and prevention of diseases (DeFelice 1992). They are also known as designer foods and include isolated nutrients, dietary supplements, and herbal products from nature, as well as processed food products such as cereals, soups, and beverages. This chapter focuses on plant-derived and animal-derived nutraceuticals.

From a vast amount of research over the years, plant-derived phytochemicals such as flavonoids and polysaccharides have been distinguished for their immunomodulatory attributes (Jantan et al. 2015). Immunodrugs incorporate natural and synthetic organic operators; for example, cytokines and antibodies for single targets or pathways have been utilized to treat immune-related illnesses, but with only limited success. Various illnesses can be treated with immunomodulation utilizing plants, rather than by other means. The discovery and isolation of particular immunomodulatory operators and power boosters of plant origin have the potential to eliminate side effects and reduce the high manufacturing costs of synthetic drugs (Baxter 2007). This chapter features the importance of plants as creators of active functional molecules of varied types with conceivable uses in animals and their well-being.

The chapter also focuses on the food sector, which has shown uninterrupted growth in food proteins, offering health benefits beyond serving the nutritional needs of the body. Such nutritional interventions can be of immense benefit in enhancing the health of immune-compromised and healthy individuals. Numerous ongoing research studies describe the

Bhanushree Gupta, Bhupesh Kumar, Anshuman Sharma, Deeksha Sori, Rahul Sharma, and Saumya Mehta

Abstract

Aging is a complex biological phenomenon in which structural and functional changes take place over time in a living organism. The relationship between diet and aging is quite interesting. Antioxidants and decrease in caloric intake help in slowing the aging phenomenon. Oxygen plays many significant roles in the body. First and foremost it is required to sustain life. However, oxygen also produces reactive oxygen species (ROS) which is injurious to health and one of the major factors responsible for aging. Healthy food and lifestyle, in addition to dietary antioxidants, are required to increase quality of life and slow the aging process. Dietary antioxidants (adaptogens, coenzyme Q10, isoflavones, anthocyanins, probiotics, vitamin A, vitamin C, vitamin D, and vitamin E) and microelements such as manganese, zinc, selenium, and iron help in slowing the aging process because of their ability to reduce the amount of ROS in cells, which ultimately results in an increase in life span of organisms. The objective of this chapter is to highlight the importance of antiaging nutraceuticals and to discuss modern theories of aging. Further, the role of antiaging nutraceuticals as antioxidants is described along with mechanisms to increase lifespan.

Keywords

Aging · Antioxidants · Quality of life · Lifespan · Nutraceuticals

1 Introduction

Aging is a complex biological and unavoidable phenomenon which is characterized by physiological changes in cells and tissues that results in increased risk of disease and death. It also means to grow and become mature along with these physiological changes (Lee et al. 2006). Aging depends on both internal and external factors. Internal factors are normal naturally occurring processes which take place within the cell. External factors include nutritional deficiencies, hormonal imbalances, ultraviolet irradiation, chronic sun exposure, and other factors such as smoking and pollution. Skin aging can be diminished by proper preventive measures including skin care, a balanced diet, and antioxidant-enriched supplements. With these methods, harmful effects of free radicals can be reduced (Schagen et al. 2012).

The effect of nutrition on the aging process has long been a matter of interest not only in animal research but in humans as well. An element of nutrition can be provided through nutraceuticals. As the name suggests, "nutra" means food and "ceutical" refers to the medicinal product properties. According to the 1996 definition by the Foundation for Innovation in Medicine (FIM), nutraceuticals are "food or food ingredients providing medical and health benefits, including prevention and/or treatment of diseases (Vranešić-Bender 2010)". Such products include isolated nutrients, dietary supplements, genetically engineered "designer" foods, functional foods, and herbal extracts (Kwak and Jukes 2001). According to the above statement, nutraceuticals are distinct in that they add up to long-term health benefits with additional consumption in the form of supplements.

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Rahul Sharma, Pushpkant Sahu, Amul Jain, Vivek Kumar, Dharmendra Khokhar, Arvind Kumar Geda, and Bhanushree Gupta

Abstract

The wide versatility of medicinal plants has made them of great interest all around the world. *Nigella sativa* (NS, commonly called black seed), a member of *Ranunculaceae* family, is one of the most important medicinal plants. NS is reported in the treatment of a wide variety of medical ailments due to its chemical constituents which may enhance the source of functional and nutritional foods. The constituents of NS have the competence to cure many biological ailments including, asthma, diabetes, digestive diseases, inflammatory diseases, and rheumatoid arthritis. Wide-ranging pharmacological activities including analgesic, antidiabetic, anticancer, anti-inflammatory, antimicrobial, immunostimulatory, bronchodilator, spasmolytic, antihistaminic, and hepatoprotective have been reported for the seeds and oil extract of NS. It affects the reproductive system, central nervous system, and immune system as anticonvulsant and wound-healing mediators. NS can be exploited for producing a series of drugs for the medication of numerous diseases. In the present chapter, we discussed the general introduction of NS and its geographical location followed by chemical constituents. Further, some crucial pharmacological activities and toxicological effects of NS are also described.

Keywords

Nigella sativa · Medicinal plant · Nutraceutical · Thymoquinone · Phytochemical

1 Introduction

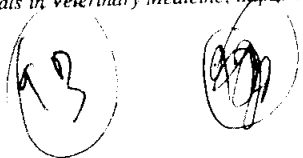
Medicinal plants are a major source for treating human ailment throughout the world since ancient times. These plants are invaluable resources, useful in daily life as pigments, food additives, flavors, fragrance, and pharmaceuticals. Today scientists are interested in identification of their main constituents and elucidating their mechanism of action. Many studies have concluded that compounds such as phenolics, flavonoids, alkaloids, terpenoids, saponins, tannins, and anthraquinones have beneficial effects as antioxidant, anti-inflammatory, immunomodulatory, antimicrobial, anti-cancer, antidiabetic, etc. (Omojate et al. 2014). According to a study (Vuorelaa et al. 2004), in the last 20 years, more than 25% of drugs are directly isolated from plants, and the other 25% are obtained from their chemically derived products. The plant NS, locally known as "kalonji," is used as a traditional medicine to cure many diseases such as diarrhea, asthma, etc. (Tasawar et al. 2011; Gilani et al. 2001; Benhaddou-Andaloussi et al. 2011). The diverse chemical components of NS seeds provide excellent opportunity for development and innovation in the area of medicinal drug.

The seed of *Nigella sativa* (Ranunculaceae) has been used for many years as a spice, food preservative, and medicinal drug to cure many ailments (Abdulelah and Zainal-Abidin 2007; Goreja 2003). They are known as black seed because when they are exposed to air, they turn into black-colored seeds (Goreja 2003). It is an annual herb with an average height of about 20–90 cm. Its leaves are about 2.5–5.0 cm long and linear hastate-shaped. Its flowers are pale blue colored and seeds are black in color, usually flattened,

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Gender Inequalities in Health Sector of Rural Chhattisgarh

A Road Ahead from MDGs to SDGs

PRAGATI KRISHNAN, RITESH AGRAWAL AND RAVINDRA BRAHME

INTRODUCTION

"Health is wealth". Achieving and maintaining good health is dependent on many factors, personal, economic, social and environmental. A good and healthy body is a pivotal requirement for achieving various other tasks in life. An economy develops only when its people have a strong and healthy base and as such, issues related to health and hygiene have become a matter of discussion all around the globe. Since the adoption of the MDGs by the UNDP in 2000 focus on the health sector has become a matter of great concern. However, out of 8 goals, 3 MDGs are focusing directly on health prospects. Chakraborty Achin and Mukherjee Subrata (2009)¹ highlighted that the millennium development goals 4, 5 and 6 explicitly deal with health-related issues. They further explained that health issues are crucially related to nutrition, deprivation and education which are addressed in the first three MDGs.

When we talk about health we consider the health of both the genders. Since independence, we have seen that there is a huge disparity amongst the genders in various aspects such as education, employment, decision-making and it prevalls in the sphere of health too. This disparity is continued even after the post-independence era. To eliminate these inequalities based on gender many professionals and researchers are working on a mass scale. One such programme has been initiated by the UNDP titled the

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Chapter

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Abstract

Biometric system which is based on human physical and behavioral traits is implemented in a versatile field especially national security, wage control, access control, intruder detection and verification, forensic science, etc. Biometrics is more reliable and capable than conventional methods like PIN, token system, etc. because of its unique identity whether physical or behavioral trait verification of each and every person. In recent times, the awareness of

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**DETERMINATION OF HORMONAL CHANGES DURING A
MENSTRUAL CYCLE IN FEMALES USING SPEECH SIGNAL
ANALYSIS**

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Abstract: The onset of menstrual cycle marks a very significant phase in the life of a female. It denotes the beginning of a series of physiological and psychological changes that will prepare the body for fertilization and growth and development of the foetus. A regular menstruation is an indicative of the fertility of a woman. In spite of importance of menstrual cycle in the health of a female, most of the techniques that are currently used to determine the gynaecological health of a woman are invasive, expensive, time consuming and require a proper laboratory set up. Monitoring of this cycle is of utmost importance for the detection of diseases like Polycystic Ovarian Syndrome (PCOS), Endometriosis etc. In this study, we have related the changes in speech formants with the different stages of the menstrual cycle. The hormonal changes occur during various stages of menstrual cycle. Over the period of a menstrual cycle the three hormones Estrogen, Progesterone, Testosterone rise and fall which cause some positive and negative, optimistic and mental setback during some days. Daily observation of hormonal changes through the trivial pathological techniques is invasive and much difficult. But this observation can be done through speech signal Formant analysis easily. Formant frequency reflect the intricate features of the human body. Formant Analysis of some particular utterances which are extracted from the speech sample of the informant can provide the information regarding the hormonal changes. Also the irregularity in hormonal changes can be detected by comparing it with the normal cycle. The development of speech processing techniques for the assessment of menstrual cycle can provide a non invasive, cheaper and faster method. The assessment and diagnosis of the physiological condition and also relate to the behavioural changes during the menstrual cycle. Further this method can be developed and implemented in rural areas where provisions of laboratory setups are unavailable.

Keywords: Formant Frequency, Estrogen, Progesterone, hormonal changes

1. Introduction

The menstrual cycle has a significant importance regarding health of a female. It denotes the beginning of a series of physiological and psychological changes that will prepare the body for fertilization and growth and development of the foetus [1]. A regular menstruation is an indication of the fertility of a woman. In spite of importance of menstrual cycle in the health of a female, most of the techniques that are currently used to determine the gynecological health of a woman are invasive, expensive, time consuming and require a proper laboratory set up. Monitoring of this cycle is of very importance for the diagnosis of diseases like Polycystic Ovarian Syndrome (PCOS), Endometriosis etc. In this study, we have related the changes in speech formants with the different stages of

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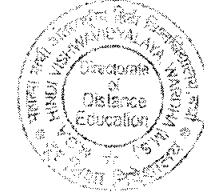
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इकाई - 2 अरेबियन

इकाई - 3 मध्य यूरोपियन

इकाई - 4 भारतीय

पेपर - 11 आधुनिक इतिहास लेखन एवं इतिहासकार

खंड - 4 भारतीय इतिहासकार

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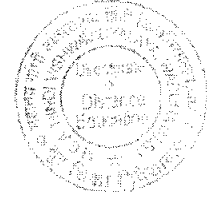
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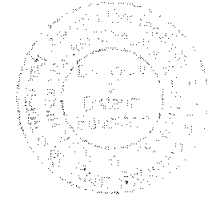
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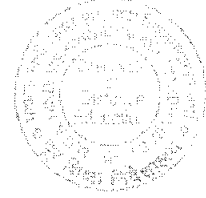
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A Bibliometric Study on Library Administration & Management During 2005 – 2008

Santu Ram Kashyap*

Abstract: This study is based on Bibliometric analysis; the purpose of study is to know the year wise distribution of article, year wise author productivity, authorship pattern, degree of Collaboration and Page length of the article of the Library Administration & Management During 2005 – 2008. As a result it was found that the highest numbers of the articles 22(20.28%) published in the year was 2007 and lowest numbers of the articles published 16 (20.51%) published in the year 2005. Out of the 111 contributions, 34(48.64%) articles were contributed by single authors, 34 (30.63%) contributions by two authors. The degree of author collaboration is 51.35 during the study period 2005-2008. Maximum numbers of the articles i.e., 15 (19.23%) articles have the length of four pages and minimum numbers of the articles, i.e., 1 (1.28%) articles have the length of Eleven, fourteen and fifteen pages.

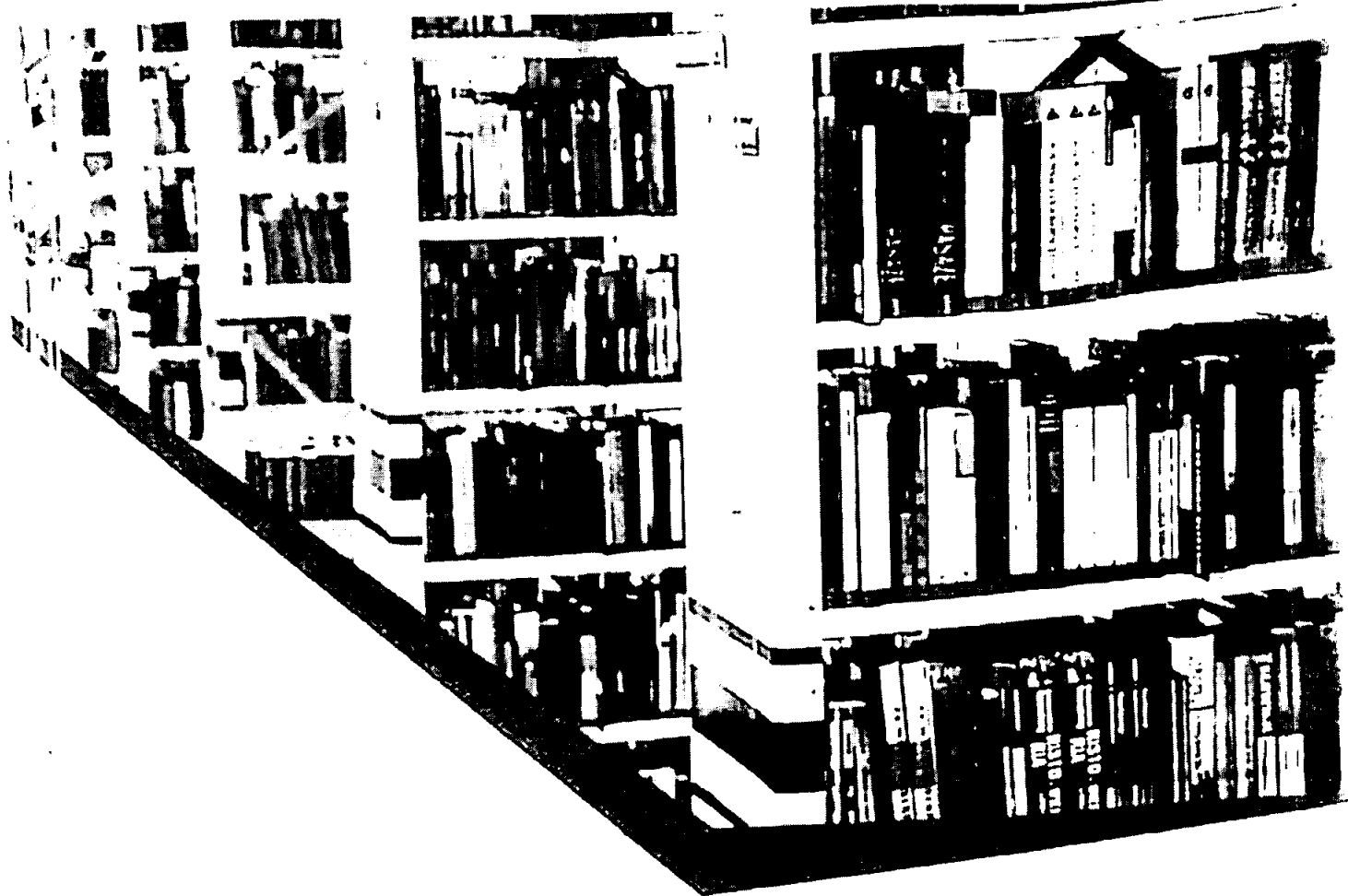
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INTRODUCTION

The Library Administration & Management is the peer reviewed quarterly international journal in the field of library

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ABOUT THE BOOK

The 21st century is rightly known as SMART era to make each and everyone within global reach. Accordingly, libraries are also opting for SMART technologies to satisfy their clients through Specific, Measurable, Attainable, Relevant and Time-bound services. Technology has completely changed the face of library from manual to Artificial intelligence oriented. The library today is the nonprofit organization devoted to satisfy its customers' need by making available the information products at affordable price, promoting information products through various programs and making highest use of Internet and Web Technology to serve as a Supreme body of Information World. The information explosion has brought the libraries to serve as united structure through networking and resource sharing and to make the best possible use of all the available technology.

"Emerging Trends for SMART Libraries" is a Festschrift volume in Honour of Professor V.P.Khare. The papers included are the results of personal experiences, research, case studies, feedback received from library users as well as the own experiences of contributors who are experienced LIS Professionals, LIS Teachers and Research Scholars towards sustainability of Libraries in SMART Community. The book is very useful for the undergraduate and post graduate students and researchers of library science. Besides, it will also be very useful for librarians, information scientists and information professionals.

ABOUT THE EDITORS



Dr. Sonal Singh is currently working as Associate Professor & Head of the School of Studies in Library & Information Science, Vikram University, Ujjain. She did her M.Sc. in Zoology and secured V position in University. Turning to Library Science, she completed M.Lib. and Ph.D. in Library Science. She also did B.Ed., PGDCA, SangeetVisharad in Kathank Dance, Bachelor degree in Vocal Music and Diploma Courses in Vastu and Fengshui. She has a teaching experience of over 30 years in addition to 7 years' experience of Kendriya Vidyalaya (Central Govt.) librarianship. She has authored three books, edited 8 books and has contributed more than 80 papers in various LIS journals of repute and conference proceedings.



Dr. B.K. Singh (Born 1971) is presently working as an University Librarian in the University of Allahabad, Prayagraj. Earlier he has worked as a Deputy Librarian in the same University and Assistant Librarian & Librarian I/C in V.M. Open University, Kota. He obtained his academic and professional degrees i.e. B.A.(Hons), M.A. in Geography, B.Lib.I.Sc., M.Lib.I.Sc & Ph.D. in Library & Information Science from Banaras Hindu University (B.H.U.), Varanasi. He is a life member of ILA, IASLIC and UPLA. Dr. Singh has to his credit two books and more than five dozen articles, research papers etc., published in reputed journals, conference proceedings, books etc.



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Use of Social Networking Sites among Students of Institute of Pharmacy, Institute of Management, S.o.S. in Law and S.o.S. in Library and Information Science, Pt. Ravishankar Shukla University, Raipur (Chhattisgarh)

Harish Kumar Sahu*

Abstracts

The purpose of the study is to investigate the use of social networking sites among the students of Institute of Pharmacy, Institute of Management, S. o. S. in Law and S. o. S. in Library and Information Science, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh. Questionnaires were used to collect the data from a representative sample of 120 students who were selected. The collected data was analyzed using statistical methods. The result indicates that four S. o. S. of Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, students are aware of social networking sites. They are using at least one form of social networking website to interact with family member and friends and also connect to their classmates for online study. Face book, YouTube and Whats-app are the commonly used social networking sites among the S. o. S. students and they use them for friendly communication. There are benefits of using social

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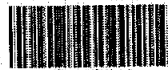
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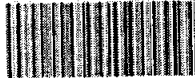
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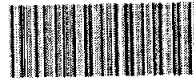
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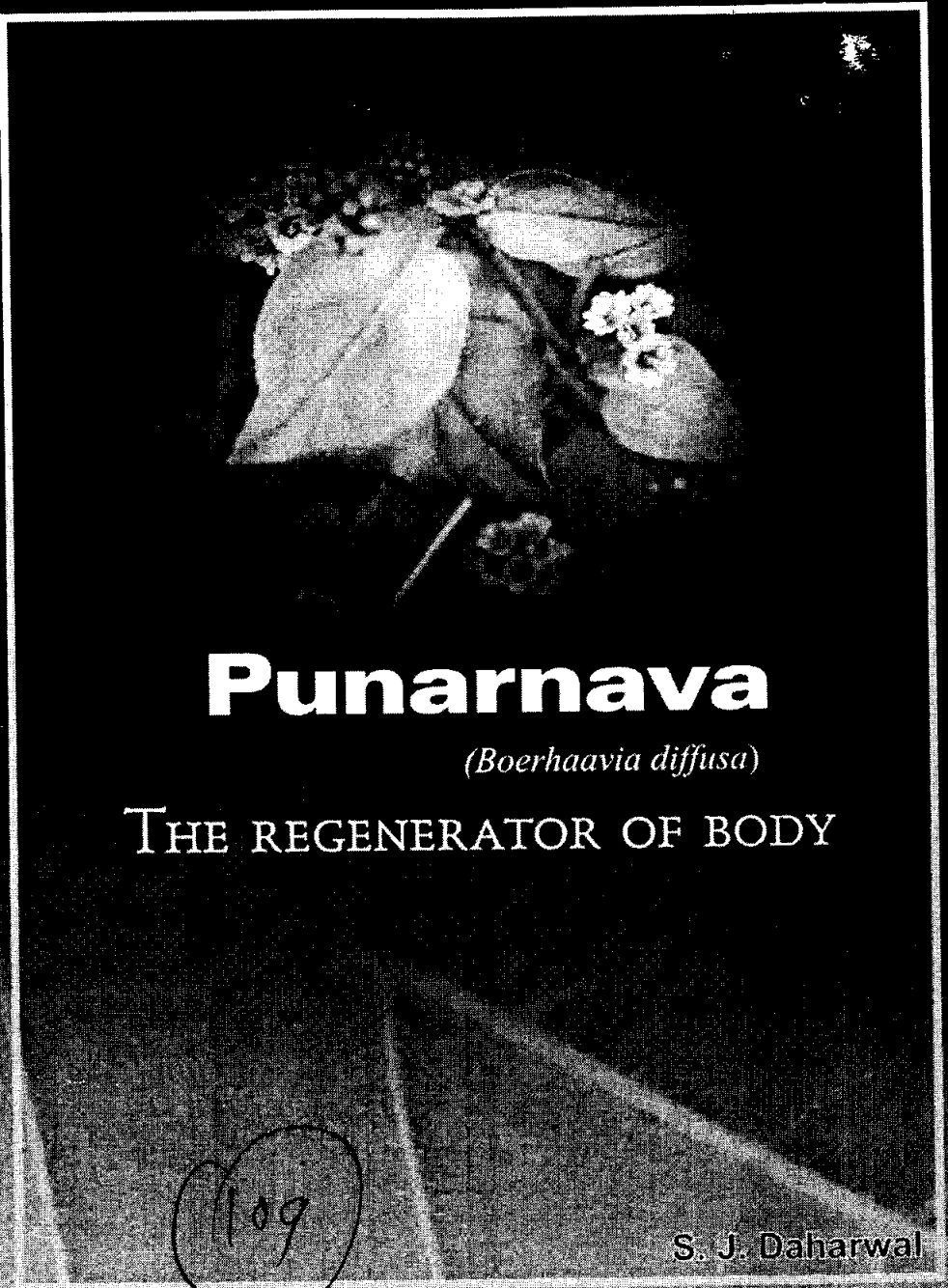
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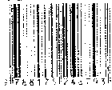
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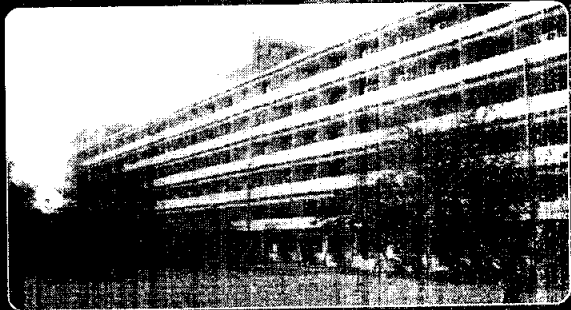
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Khel Sahitya Kendra



UGC Sponsored
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Impact of Yoga on Life Satisfaction and Frustration Tolerance among the Teacher Trainees of Chhattisgarh State

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ABSTRACT

The purpose of the study is to find out the Impact of Yoga on Life Satisfaction and Frustration Tolerance among the Trainees of B.Ed. in Chhattisgarh State. To achieve this purpose a total number of 60 B.Ed. trainees in the age group of 30-35 years were randomly selected from 3 Private B.Ed. Colleges of Chhattisgarh state. Pre-tests and post-tests after one month of training in the Yoga were conducted in the selected variables. The collected data were analyzed using t-ratio to find out the significant improvement in the selected variables between the groups. ANOVA was applied to find out the significant difference between the groups. The statistical analysis showed that the main effect of Yoga was not found significant on Life Satisfaction whereas the main effect of Gender was found significant on Life Satisfaction. The results revealed that the female teacher trainees have better Life Satisfaction than male teacher trainees. The main effect of Yoga is significant on Frustration Tolerance. Frustration Tolerance is better in those teacher trainees which have High Yoga. The main effect of Gender is significant on Frustration Tolerance. Male teacher trainees have better Frustration Tolerance than female teacher trainees.

INTRODUCTION

We breathe in a world snowed under by stress. Wide-reaching urbanization, struggle and the increase of science and technology have shaped a world in which access to information has become compulsion and requirement.

In addition, we are repetitively under attack on a physical level, with our atmosphere filled with ever increasing levels of toxicity. From the foodstuff we consume to the atmosphere we respire, our bodies are being attacked by the toxins we have introduced into our cities, our homes and our food. In short the total complexity and complication of modern life has very much challenged our aptitude to live healthily and enjoy the present moment.

While pressure is universal in every of our lives to varying degrees, it has reached a point of comprehensive concern: a stress plague which we have to address and overcome in order to stay alive. If we adopt the measures to reduce these stress and anxiety, there are certain chances to increase the frustration tolerance and then to increase life satisfaction.

Frustration occurs when a person is unable to reach the desired goal on account of some barrier or other, or due to the absence of desired and appropriate goals. Frustration is an important conception because of its close relation with our understanding of normal and abnormal behaviour, its unavoidability in human life, its role in maintaining health and its growing importance in the modern times. Frustration is a superseding construct of a distinctly varying characteristic.

Frustration has been distinct in numerous ways by various psychologists, but all of them have the same opinion on its common nature, while defining frustration, they emphasized that one of the main feature of the human behaviour is that it is motivated or goal directed. There is some driving force or incentive behind all behaviour which activates the person for achieving the goal, when motivated behaviour is blocked by a blockage, it becomes frustrated and it lasts as long as the obstacle is present.

Life satisfaction is an on the whole assessment of approach and attitudes about one's life at a reacting point, which is ranging from unenthusiastic to positive. Life satisfaction is supposed to have past history in the work and family sphere, and personality traits. Life satisfaction refers to a person's general happiness, freedom from worry, freedom in life etc.

Yoga is very old Indian way of life, which includes changes in mental attitude, diet, and the early on yoga practices techniques such as yoga asanas (postures), breathing practices (pranayama), and meditation to reach the highest level of awareness. The art of working yoga helps in calculating an individual's mental health and well-being.

It brings jointly bodily and cerebral disciplines to achieve a nonviolent body and mind; it keeps blood circulation and nervousness and keeps one comforting. When a person practices yoga, with yogic viewpoint, attitudes, and actions, constant practice, overcoming obstacles within self, that is, defeat lethargy, annoyance, hallucination, and so on (not being diverse or superior to others).

In the present Research Study it is thought by the researcher that studying the impact of yogic practices on frustration tolerance and life satisfaction will certainly help to compute the significance of each yogic practice, if practiced unconnectedly and also the joint impact of the selected yogic practices will be seen.

A Study on the Physical Fitness of Male and Female Teacher Trainees of Raipur District of Chhattisgarh State

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Abstract

The significance of substantial health is as important as anything to survive a healthy life. An individual who is healthy is competent of living life to its fullest degree. Physical and mental fitness take precedence in playing a role in one's life and people who are both, physically and mentally fit are less prone to medical conditions as well.

The present research paper was aimed to see and compare the physical fitness of the male and female teacher trainees of Raipur district of Chhattisgarh state. To achieve the purpose the samples were selected randomly from a government and a private education college of the City. A number of 50 teacher trainees from the government and 50 from the private education college were taken for the study. All the samples were given a physical fitness questionnaire consisted of 20 items on physical fitness and data were collected. Gathered data was analysed statistically and mean, standard deviation and t-value were calculated and the results were shown. The study revealed that the Physical Fitness of selected government and private education college male and female teacher trainees was found significantly different.

Keywords

- Physical Fitness
- Male and Female Teacher Trainees

Introduction

Fitness is the capability to survive a complete and balanced life. The absolutely healthy individual has a well and pleased outlook towards life. Fitness is the young man's utmost requisite. It breeds self-dependence and keeps man emotionally aware. Physical fitness is vital for human beings to adjust well with his surroundings, if his mind and body are in complete harmony.

It is usually agreed that physical fitness is a vital part of the standard development and growth of a child; a broad definition concerning the exact nature of physical fitness has not been unanimously accepted. Through research and scholarly inquiry, it is clear that the multi-dimensional distinctiveness of physical fitness can be divided into two areas: health related physical fitness and ability allied physical fitness.

Significance of the Study

Fitness does not only refer to being bodily fit, but also refers to a person's psychological condition as well. If an individual is bodily fit, but mentally unwell or troubled, he or she will not be able to function optimally. People who are physically fit are also better, are able to sustain their nearly all best possible weight, and are also free of cardiac and other health problems. In order to sustain a calm state of mind, a person should be physically healthy. An individual who is fit both physically and mentally is strong enough to face the ups and downs of life, and is not affected by radical changes if they take place. The present research paper throws light on the physical fitness of male and female teacher trainees of government and private education college of Raipur District of Chhattisgarh State.

Objectives of the Study

1. To know the difference between physical fitness of teacher trainees of Government and Private Education College in Raipur District.
2. To know the difference between physical fitness of male teacher trainees of Government and Private Education College in Raipur District.
3. To know the difference between physical fitness of female teacher trainees of government and private Education College in Raipur District.

Hypotheses of the Study

- $H_{0d_{1,0}}$ There will be no significant difference between teacher trainees' physical fitness of Government and Private Education College in Raipur City.
- $H_{0d_{1,1}}$ There will be no significant difference between male and female teacher trainees physical fitness of Government Education College in Raipur City.
- $H_{0d_{1,2}}$ There will be no significant difference between male and female teacher trainees' physical fitness of Private Education College in Raipur City.

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Prediction of libros performance on the basis of SAQ Characteristics

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Abstract

In the present study, three objectives were included. First objective was to characterize male volleyball university level players on their SAQ Characteristics. Second objective was to find out relationship between SAQ Characteristics and libros performance of male university level volleyball players. Third objective was to estimate libros performance on the basis of SAQ Characteristics in volleyball players. Twenty male volleyball players from different universities of India and who performed libros position were selected as subjects. Age of the subjects ranged from 18 to 24 years. The study was conducted by taking SAQ (Speed, agility and quickness) Characteristics as independent variables and libros performance was selected for dependent variables. To characterize university level male libros players on their SAQ Characteristics, descriptive statistics was used. To find out relationship between SAQ Characteristics and libros performance of male university level volleyball players, Product Moment Method of Correlation will be used. To estimate libros performance on the basis of SAQ Characteristics in volleyball players, Multiple regression equation was established. The relationship between Libros Performance and Speed ($r=-.917$), Libros Performance and Agility ($r=-.834$), Libros Performance and Quickness ($r=-.802$), Speed and Agility ($r=.733$), Speed and Quickness ($r=.808$) & Agility and Quickness ($r=.856$) were significant at .05 level of significance. Two regression models were established in this study. Established models are: (1) Libros performance (LP) = $4.61 - 3.92 \times \text{Speed}$; (2) Libros performance (LP) = $47.49 - 2.4 \times \text{Speed} - 81 \times \text{Agility}$.

Key Words: Libros Performance, SAQ Characteristics.

Introduction

The games and sports have been essential to mankind and have become part of human culture. The games and sports are great force to unite the masses of the nations and have incredible effect on the national and international integration of people. In today circumstance need of exercise to keep the body and mind fit and strong exercise is needed. Sport is the way to exploit our physical capacities. Sports are the key element to mental tension. Sports have presumed to play an important role in bringing people together at national and international level. It doesn't discriminate between religion, caste, creed and race. It embraces everyone in the world (Santosh, 1998). SAQ drills can also be used to teach movement, warm-up, or to condition an athlete. Vigorous to progress is not needed to join at this level of speed, agility, and quickness training. Higher intensity drills require a certain level of preparation. A simple approach to save participation and increased effectiveness is to start with a 20% strength-training program when starting speed, agility, and quickness training (McGhee, 1979).

Objectives of the study

- First objective was to characterize male volleyball university level players on their SAQ Characteristics.
- Second objective was to find out relationship between SAQ Characteristics and libros performance of male university level volleyball players.
- Third objective was to estimate libros performance on the basis of SAQ Characteristics in volleyball players.

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Estimating shooter's Performance of Basketball Players on the Basis of Selected Coordinative Abilities

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Abstract

The objective of the study was to estimate shooter's performance of basketball players on the basis of selected coordinative abilities. A total 50 basketball male players were selected who played shooter's position of basketball game. All the selected basketball players were from different universities of the country who participated in all India inter university basketball championship. The study was conducted by taking selected coordinative abilities (Reaction ability, Orientation ability, Differentiation ability, Balance ability, Rhythmic ability) which were independent variable and only one shooter's performance was selected for dependent variable. To estimate shooter's performance on the basis of selected coordinative abilities, multiple regression analysis was used. Only one regression modal was established and that was: Shooter's Performance = 29.270 + 0.001 (coordinative ability).

1. Introduction

Basketball is played by two teams of five players each and the aim of each team is to score in the opponent's basket and also prevent to other team from scoring. At the end of playing time which team scores the greater number of game points shall be declared as the winner. Shooter is one of five positions in regulation basketball game. Shooters are typically somewhat shorter, quicker and leaner than pivot players, but on occasion they are tall. Shooters are primarily responsible for scoring points, although a few play as feeders and have considerable passing responsibilities. Defense is not a major concern for shooters, whose obligation at that end of the court may be limited to seeking steals and rebounds, but some shooters may happen to be excellent defensive players.

2. Objective of the study

2.1 To find out relationship between dependent variable (shooter's performance in basketball) and independent variables (selected coordinative abilities).

2.2 To estimate regression equation modal for estimating dependent variables (shooter's performance in basketball) and independent variables (selected coordinative abilities)

3. Methodology

3.1. Subjects

A total of fifty basketball male players were selected who played shooter's position of basketball game. All the selected basketball players were from different universities of the country who participated in all India inter university basketball championship.

3.2. Variables

The study was conducted by taking selected coordinative abilities (Reaction ability, Orientation ability, Differentiation ability, Balance ability, Rhythmic ability) which were selected as independent variables and only one shooter's performance was selected for dependent variable.

To estimate shooter's performance on the basis of selected coordinative abilities, multiple regression analysis was used.

Finding and results of the study related to shooter's performance.

Testing assumptions to apply multiple regression model.

All the assumptions are based on residuals. Number of residuals are same as number of subjects. It is the difference between two values i.e. one is observed value and another is fitted value of regression line.

There are four assumptions which should be fulfilled before applying multiple linear regression modal.

- (i) There should be no outliers of residuals.
- (ii) Data point should be independent in nature.
- (iii) The residuals distributions should have constant variance.
- (iv) Residuals distribution should be normal having mean=0 and standard deviation=1

4. Assumptions

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A Study on the Attitudes of Teenager Students ranging between 16-18 years towards Physical Education Courses in Chhattisgarh State

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Summary

The level of attitude towards physical education may differ according to individual differences like the differences may be defined in terms of gender (i.e. girls and boys), different age range, different level of intelligence and aptitude and so on. In the present research study the whole study was focused on the gender differences and a particular age range was taken to see the attitudinal difference towards the Physical Education courses. This study was applied to 100 students of Raipur District of Chhattisgarh State. These subjects were chosen from twelve government schools of the Raipur District of Chhattisgarh State. The data collected from these subjects were analyzed statistically and the results were drawn. According to the findings, male students were found with more positive attitudes towards physical education than there of girls. There was significant differences between the students when their age.

Introduction

Game is an action that be supposed to not be unnoticed in order to make our life more enjoyable and good bodily shape. Persons should meet the activity at an early period and they should make a routine of this activity so as to carry on all the way through their lives. Therefore, physical education courses are available in educational institutions. However, it is essential that the activities in the course of physical education need to be exciting and fun for volunteering and fetching enduring. The objective of present study is to measure attitudes of students towards physical education. The actuality that students come across endlessly exams during their educational period which increases their stress levels and physical education course reduces these stresses. However, students who consider their exams during the physical education class cannot be expected to enjoy doing this course. Under these conditions, the enthusiasm and attention levels of the students are tried to be identified by determining the current attitude in the research.

Keyword: Attitude, physical education courses.

Review of the Related Literature

Mohammed Hamdan Hashem Mohammed (2016) has conducted a research study on the Attitudes of Male University Students towards a Physical Education Curriculum that Includes Health Education. All the dimensions of the Physical Education curriculum were viewed positively by the participants. Both levels viewed the "social aspect" and the "psychological aspect" most positively. The study shows evidence for the respective of wellbeing education in a Physical Education curriculum designed for university students in order to promote involvement in physical activity.

Meric Eraslan 2015 has done a study on Secondary School Students' Attitudes towards Physical Education Course According to Some Variables. The rationale of this study was to analyze the attitudes of secondary school students towards physical education course using some variables. This study was carried out in different public secondary schools in Isparta. 463 male students and 377 female students within the age group of 12.65±1.11 years participated in the research. The major findings of this study revealed that the students' attitude towards physical education course did not be at variance greatly according to gender ($p>0.05$).

R. Radhamani and A. Pushparajan (2010) have conducted a comparative study on Study on Attitude towards Physical Education among Professional and Non-Professional College Boys. To investigate the attitude, the level of attitude differences between professional and non-professional college students, the researcher administered Adams scale of attitude towards physical education. A sample of 100 college students were taken for this study from various Professional and non-professional colleges located at in and around Salem. A random sampling technique was used to select the participants. On the whole result of the study reveals that the boys studying in non-professional colleges showed higher optimistic attitude towards physical education than boys

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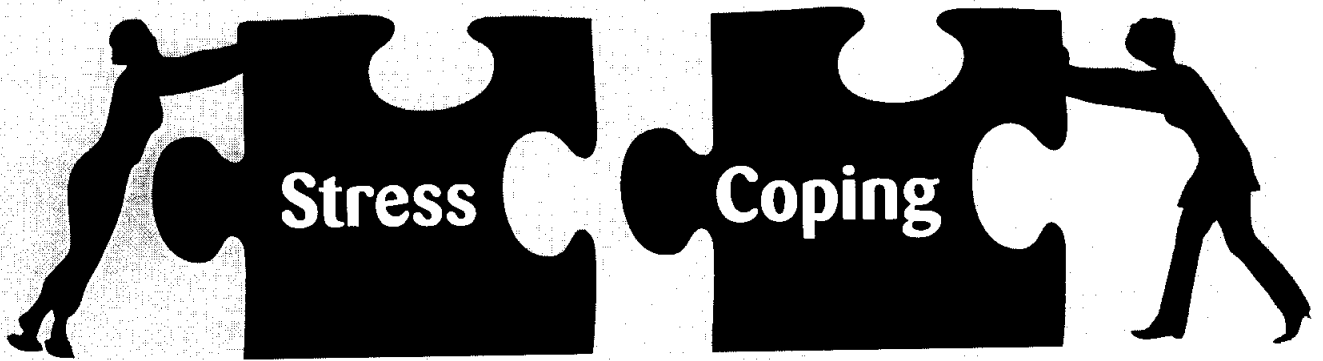
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SCBS

Manual

STRESS COPING BEHAVIOUR SCALE

Dr. Gaukaran Janghel & Dr. Priyamvada Shrivastava



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ABSTRACT

Title of the Scale	: Stress Coping Behaviour Scale
Authors	: Gaukaran Janghel, Priyamvada Shrivastava
Purpose	: Measure Coping Behaviour in Adult Person
Languages	: Hindi
Publisher	: Prasad Psycho Corporation
Content	: 23 items
Dimensions	: Two dimension (Adaptive Coping and Maladaptive Coping)
Reliability	: Cronbach's Alpha = 0.82.
Validity	: The factorial validity of the scale is high.
Norms	: Z-score are available in the manual.
Age	: 30 to 60 years.
Time Limit	: 10-20 minutes
Uses	: Measurement of Coping Behaviour. It may be used for research purpose.

Manual

for

STRESS COPING BEHAVIOUR SCALE

by

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INTRODUCTION

The Interest of the process by which people cope with stress has grown dramatically (Moos, 1986). Lazarus (1984) noted that stress consists of the three processes, the primary appraisal is the process of perceiving a threat to oneself, the secondary appraisal is the process of bringing to mind a potential response to the threat, coping is the process of executing the response. The coping strategies refer to the specific efforts, both behavioral and psychological that people employ to master, tolerate, reduce or minimize stressful events (John & MacArther, 2008). People use certain strategies i.e. problem-solving strategies and emotion-focused strategies (Folkman & Lazarus, 1980) to cope with stress. Adaptive and maladaptive ways of coping interact to predict negative outcomes associated with stress, such as depression (e.g., Brown & Harris, 1989; Monroe, Slavich, & Georgiades, 2009). Investigators differ in how they categorize various forms of coping (e.g., emotion-focused vs. problem-focused coping; approach vs. avoidance; see Skinner, Edge, Altman, & Sherwood, 2003). Hundreds of coping strategies have been identified (Carver & Jennifer, 2010). Weiten, & Lloyd, (2008) identifies three broad types of coping strategies in the psychology textbook,

1. **Appraisal-Focused:** Directed towards challenging one's own assumptions, adaptive cognitive
2. **Problem-Focused:** Directed towards reducing or eliminating a stressor, adaptive behavioral
3. **Emotion-Focused:** Directed towards changing one's emotional reaction

Brennon & Fiest (2009) mentioned in two basic types of coping techniques, first is **Positive techniques (adaptive or constructive coping)**. A positive coping strategy, anticipating a problem, is known as

proactive coping. Second is **Negative techniques (maladaptive coping or non-coping)**. While adaptive coping methods improve functioning, a maladaptive coping technique will just reduce symptoms while maintaining and strengthening the disorder. Maladaptive techniques are more effective in the short term rather than long term coping process. The brief cope scale was developed by Carver, 1997; it was designed to assess the broad range of coping responses among adults for all diseases (Carver, 1997; Carver, Scheier & Weintraub, 1989).

Instructions:

The following standards steps must be followed for smooth administrations of the affect scale:

1) The examinees should read the instruction carefully and if there is any confusion, they should clarify it by raising their hands. The examiner should attend to such examinee very carefully.

2) There is no fixed time limit for the scale. However, generally, a normal examinee having taken about 20 minutes in giving complete answers.

Scoring

The scoring of stress coping behaviour scale comprises of two section- section A (Adaptive coping) and section B (Maladaptive Coping). The score of each item were minimum 1 and maximum 2. Each items scoring pattern and response category of the stress-coping behaviour scale (SCBS) is- Yes is 2 and No is 1 respectively.

Item Analysis

Item analysis is determining the discrimination power of the scale (Sing, 1992). Factor analysis was done initially correlated that 23 items (out of 28) were related to two factors i.e., adaptive coping and maladaptive coping. Items of the scale were also analyzed for their

discrimination power. The response of 200 subjects on each item on the scale was considered. Item analysis was done by computing t-ratio, which indicates item discrimination power. The subjects were classified into two groups based on their response to the total items on the scale. For obtaining the discrimination power, the difference between each group on every item of the scale was analyzed. The t-ratio was calculated between two groups, lower extreme group and upper extreme group for each item on the scale, the results obtained are presented in table 1.

Table 1 shown the mean, standard deviation (S.D.) of lower and upper extreme groups on different items of factor along with t-ratios of stress coping behaviour scale (SCBS)

Items	Lower Group		Upper Group		t-value
	Mean	Sd.	Mean	Sd.	
1	3.44	0.50	3.92	0.26	6.87**
2	3.48	0.50	3.92	0.26	6.29**
3	3.34	0.47	3.93	0.24	9.02**
7	3.30	0.46	3.92	0.26	9.49**
9	3.71	0.48	3.90	0.29	7.69**
14	3.32	0.47	3.80	0.40	6.20**
15	3.22	0.42	3.92	0.26	11.29**
19	3.51	0.50	3.95	0.21	6.52**
21	3.37	0.48	3.98	0.12	9.86**
24	3.42	0.49	3.96	0.17	8.28**
25	3.37	0.48	3.96	0.17	9.36**
26	3.54	0.52	4.00	0.00	6.95**
27	3.42	0.49	3.96	0.17	8.28**
28	3.96	0.17	3.96	0.17	6.99**

Observation of the above table indicates that all obtained t-ratio were highly significant which indicate that all items of the scale have high discrimination power.

Reliability

Several methods exist for estimating the reliability including test-retest, equivalent forms, split-half, and coefficient of alpha. Chose to examine reliability through split-half, using Cronbach's alpha as a measure of reliability. Coefficient alpha is "the expected correlation of one test with another test of some longer than the two tests purport to measure something (Nunnally, 1978). The reliability of the SCBS scale Cronbach's Alpha is 0.82. The reliability of Stress Coping Behavior sub-scales internal consistency of Cronbach's Alpha coefficient is 0.62 in Adaptive Coping and 0.69 in Maladaptive Coping. The Guttman's split-half coefficient is 0.71, and test-retest of equivalent forms is 0.76. The reliability of the scale is provided evidence that the Stress Coping Behavior Scale is reliable.

The validity of the scale

Specially addressed construct validity, discriminant validity, convergent validity, and concurrent validity. Construct validity concerns a hypothesized relationship between the measure of a construct and a particular observable variable (Nunnally, 1978). Peter (1981) stated that "if a construct were hypothesized to have two dimensions a factor analysis a purported measure of the construct which produces two meaningful factors could be interpreted as supportive evidence of construct validity." Our factor results support the conceptualization of SCBS as a two-dimension construct. Construct validity is established for this conceptualization (Webster, 1975; Kinner, et al, 1974) of the latent variables. Factor analysis is determining the construct validity of the scale (Sing, 1992). Discriminant validity

reflects the extent to which the measure is unique and not a reflection of other variables and is determined by the low correlation between the measure of interest and other measures that are not measuring the same variables or concept (Campbell & Fiske, 1959). Discriminant validity was assessed through t-ratio; the subject was classified two groups based on their response on total items on the scale. For obtaining the discrimination power, the difference between each group on every item of the scale was analyzed. The t-ratio was calculated between two groups lower extreme and upper extreme group for each items on the scale. The result indicates that all obtained t-ratio were highly significant, which significant that all items of the scale have high discrimination power. As is evidence support for the discriminant validity.

Construct validity or structure validity by exploratory factor analyses

To conduct the exploratory stage of factor analysis, extraction methods in Principal Analysis Factoring technique (PAF) was used. The method was chosen from the available methods because it is a good method for assessing the underlying dimension of a scale. Varimax rotation was used for factoring methods (Kim, 1975). Eight factors were identified from the initial factor run that exhibited eigenvalues greater than one. Because eight factors were not consistent with Eight factors were identified from the initial factor run that exhibited eigenvalues greater than one. Because eight factors were not consistent with the purpose and theory, forced on additional run to two-factor loadings are interpreted. Varimax rotation was done to clarify the loading on these factors.

Considering all the items and nature of their loading on the two factors it was logical to include 15 items in factor one i.e., Adaptive

Coping, 8 items in factor two i.e., Maladaptive Coping.

Convergent Validity

Convergent validity measures the degree to which attempt to measure the same concept using two or more different measures yield the same results and is determined by the high correlation between the measure (Campbell & Fiske, 1959). Convergent validity was assessed through the correlation between two scales Stress Coping Behavior Scale Hindi Adaptation in Indian content and Brief Cope Scale original in the English version. The Pearson correlation coefficient (r) is 0.78. It is evidenced support for convergent validity.

Concurrent validity

Inter-correlation is identified in the concurrent validity of the scale (Sing, 1992).

Table 2 shows the correlation SCBS Dimension adaptive coping and maladaptive coping

Correlation	Adaptive	Maladaptive
Adaptive	1.0	-0.41
Maladaptive		1.00

The stress-coping behavior sub-scale namely Adaptive coping and Maladaptive coping were computed in correlation with the Pearson correlation coefficient method, the correlation between the adaptive and maladaptive coping sub-scale, the sub-scale is negatively correlated and correlation is significant ($r = -0.41, p < .01$). It means that the subscales of the stress-coping behavior scale Hindi version, adaptive coping and maladaptive coping are negatively significant dimensions of the scale.

Norms

The standard scores norms had been developed for the stress-coping behaviour scale (SCBS). For this, stress coping behaviour scale was administered to a survey type of 400 samples with a mean age of 45.63 years. The breakup of the sample following sex, rural-urban, socio-economic status, educational status had been done.

Table 3 shows the mean and standard deviation for the norms standard scores of SCBS with their different subscales

S. N.	Adaptive Coping	Maladaptive Coping
Standard mean	25.05	3.50
Standard deviation	13.11	1.92

The means and standard deviation are the fixed value of the stress-coping behaviour scale dimensions. The Z-score value suggested that the deviation of mean scores, it is sifted to (+) sigma or (-) sigma direction it is the deviation on the upper and lower side. This value is positively indicated the stress-coping behaviour scales dimensions (Adaptive coping and Maladaptive coping) is low or average or high in particular sub-scales.

Qualitative Interpretation

The Z score is shifted in negative direction which means persons shows the significant in lower end of mean score and another end Z-score shifted significantly in positive direction it means person had shown positively higher in adaptive coping while maladaptive coping Z score sifted in negative end it means persons shown lower maladaptive than the Z-score of positive end.

Below the table shows the Z-score-

Table 4 shows the Z-score of stress coping behavior Subscale e.g. adaptive coping behaviour, Maladaptive coping behavior

Adaptive dimension		Maladaptive dimension	
Raw score	Z-score	Raw score	Z-score
15	-2.87	8	-2.66
16	-2.58	9	-2.14
17	-2.3	10	-1.61
18	-2.01	11	-1.09
19	-1.72	12	-0.57
20	-1.44	13	-0.05
21	-1.15	14	0.46
22	-0.87	15	0.98
23	-0.58	16	1.50
24	-0.34		
25	-0.01		
26	0.28		
27	0.55		
28	0.85		
29	1.12		
30	1.41		

Table 5 item belonging to individual sub scales of SCBS

Adaptive dimension		Maladaptive dimension	
Strategies	Items	Strategies	Items
Active Coping	2 and 6	Self-distraction	1 and 14
Use of Emotional Support	5 and 10	Denial	3
Use of instrumental support	18	Substance use	4
Positive reframing	8 and 12	Behavioral-disengagement	11
Planning	9 and 20	Venting	7 and 16
Humour	13 and 23	Self-blame	21
Acceptance	15 and 19		
Religion	17 and 22		

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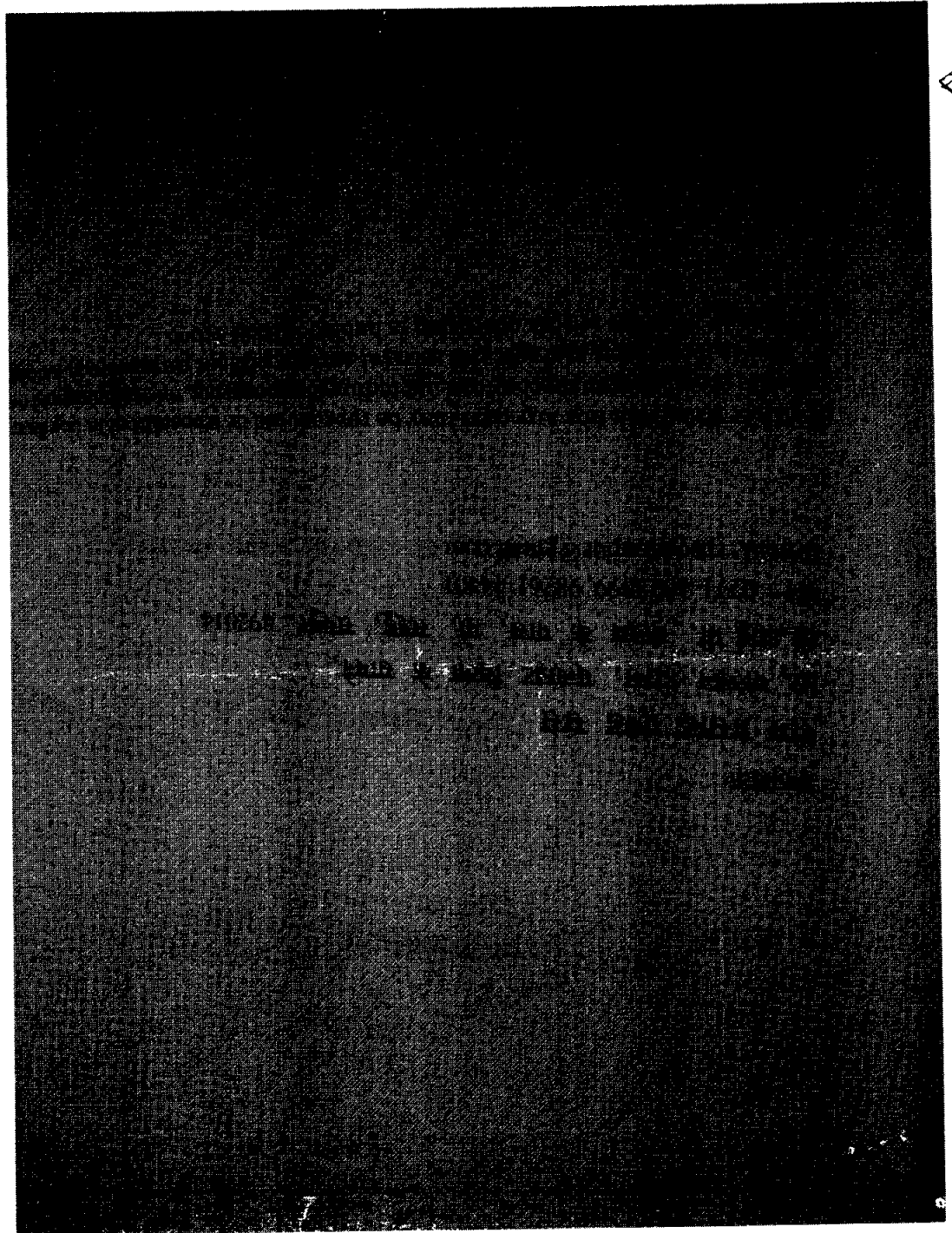
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Problems of Girls Education
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लेखक

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