



छत्तीसगढ़ युवा विकास संगठन शिक्षण समिति द्वारा संचालित

(उच्च शिक्षा विभाग से मान्यता प्राप्त, एम. एन. उदितकर मुक्तविद्यालय से सम्बन्धित संस्थान)

विप्रा कला वाणिज्य एवं शारीरिक शिक्षा महाविद्यालय

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3.3: Research Publications and Awards

3.3.2: Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during last five years

3.3.2.1: Total number of books and chapters in edited volumes/books published and papers in national/ international conference proceedings year wise during last five years

Principal

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SESSION 2017-2018

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

Name of the teacher	Title of the book/chapters published	Title of the paper	Title of the proceedings of the conference	Name of the conference	National / International	Year of publication	ISBN number of the proceeding	Affiliating Institute at the time of publication	Name of the publisher
NIL									

SESSION 2018-2019

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

Name of the teacher	Title of the book/chapters published	Title of the paper	Title of the proceedings of the conference	Name of the conference	National / International	Year of publication	ISBN number of the proceeding	Affiliating institute at the time of publication	Name of the publisher
NIL									

SESSION 2019-2020

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

S.NO.	Name of the teacher	Title of the book/chapters published	Title of the paper	Title of the proceedings of the conference	Name of the conference	National / International	Year of publication	ISBN number of the proceeding	Affiliating Institute at the time of publication	Name of the publisher
1	Dr.Dhaya Sharma	3rd national conference on latest trends in health and physical education 20th- 21 Aug- 2019	अभिकल्प सामुदाय के विद्यार्थी के शैक्षणिक जीवन के विवेकानंद जी के विचारों पर (A ke artho) sandarbha me	3rd national conference on latest trends in health and physical education. 20th-21 aug- 2019	3rd national conference on latest trends in health and physical education. 20th-21 aug- 2019	National	2019	978-81-7524-879-2	VIPRA COLLEGE	Shri Satyajeet Kankia
2	Dr.Dhaya Sharma	3rd national conference on latest trends in health and physical education 20th- 21 aug- 2019	A study on the attitudes of teenager students ranging between 16-18 years towards physical education courses in C.G.	3rd national conference on latest trends in health and physical education. 20th-21 aug- 2019	3rd national conference on latest trends in health and physical education. 20th-21 aug- 2019	National	2019	978-81-7524-879-1	VIPRA COLLEGE	Shri Satyajeet Kankia
3	Dr.Dhaya Sharma	3rd national conference on latest trends in health and physical education 20th- 21 aug- 2019	Attudy on Physical fitness of Male and Female Teacher Trainees of Raigar District of C.G.	3rd national conference on latest trends in health and physical education. 20th-21 aug- 2019	3rd national conference on latest trends in health and physical education. 20th-21 aug- 2019	National	2019	978-81-7524-879-3	VIPRA COLLEGE	Shri Satyajeet Kankia
4	Dr.Dhaya Sharma	3rd national conference on latest trends in health and physical education 20th- 21 aug- 2019	Impact of yoga on the Satisfaction and Frustration Tolerance among the Teacher Trainees of C.G.	3rd national conference on latest trends in health and physical education. 20th-21 aug- 2019	3rd national conference on latest trends in health and physical education. 20th-21 aug- 2019	National	2019	978-81-7524-879-1	VIPRA COLLEGE	Shri Satyajeet Kankia
5	Dr.Dhaya Sharma	"Shri. ram anand"				National	2019	ISBN :978-81-497100-3-6	VIPRA COLLEGE	AIMS Publication
6	Dr.Dhaya Sharma	NAL TALIMAN ESSENTIAL (SAMANG)				National	2019		VIPRA COLLEGE	VIPRA Research Foundation



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University College of
Medical Sciences
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Dr. R. Chakravarty
Organizing Secretary
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Deptt. Of Physical Education,
University College of Medical Sciences
(University of Delhi)

We are extremely happy to inform you that we are organizing the UGC Sponsored Third National Conference on Latest Trends in Health and Physical Education from 20th - 21st Aug., 2019 at University College of Medical Sciences, Dilshad Garden, Delhi, India. It imparts various medical and paramedical courses. Guru Teg Bahadur Hospital is the associated teaching hospital with 2000 beds. UCMS is known for its quality research and has a National ranking of 7th based on the number of publications in PubMed indexed journals.

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UGC Sponsored 3rd National Conference On Latest Trends in Health and Physical Education 20th-21st Aug., 2019



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Dr. R. Chakravarty, Organizing Secretary

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. The 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 variable by both 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 knowledge 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 never-before-seen levels of toxicity. From the foodstuff we consume to the atmosphere we respire, our bodies are beneath obstruction by the toxins we have introduced into our cities, our homes and our food. In short the intolerant pace and complication of modern life has very much challenged our aptitude to live healthily and fully in 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 achieve 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 for the understanding of normal and abnormal behaviour, its unavoidability in human life, its role in human adjustment and its growing importance in the modern times. Frustration is a superseding construct of a indistinctly affecting 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, anxiety is shaped 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 exacting point in time ranging from unenthusiastic to positive. Life satisfaction is supposed to have past history in the work area, family sphere, and personality traits. Life satisfaction refers to a person's general happiness, freedom from worry, attention in life etc.

Yoga is very old Indian way of life, which includes changes in mental attitude, diet, and the carry out of precise techniques such as yoga asanas (postures), breathing practices (pranayamas), and meditation to accomplish the uppermost level of awareness. The art of working yoga helps in calculating an individual's brain, body and spirit.

It brings jointly bodily and cerebral disciplines to achieve a nonviolent body and mind; it helps direct stress and nervousness and keeps one comforting. When a person practices yoga, with yogic viewpoint (attitude of endurance, constant practice, overcoming obstacles within self, that is, defeat lethargy, annoyance, hallucination, and wish for 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 unconnectedly and also the joint impact of the selected yogic practices will be seen.

OBJECTIVES OF THE STUDY

1. To find out the impact of Yoga on Life Satisfaction.
2. To find out the impact of Yoga on frustration tolerance.
3. To find out the interactional impact of Yoga on Life Satisfaction and Frustration Tolerance.

HYPOTHESIS OF THE STUDY

- H₁** There will be no significant effect of Yoga and Gender on Life Satisfaction of B.Ed. teacher trainees of Chhattisgarh.
- H₂** There will be no significant effect of Yoga and Gender on Frustration Tolerance of B.Ed. teacher trainees of Chhattisgarh.

REVIEW OF RESEARCH AND DEVELOPMENT IN THE SUBJECT

Psychologists conducted the studies to investigate the effect of gender on frustration tolerance and found it an important variable affecting frustration tolerance (Berkowitz et.al 1952; Rosenweing 1969; Feiring and Lewis 1979; Rani 1989). In a study Rai and Gupta (1988) found that females are higher in frustration tolerance than males. Malavia (1977) established that females are less aggressive than males as they are trained in this way so they have high frustration tolerance than males.

METHODOLOGY

The present research study is an experimental study where two groups were formed i.e. control group and experimental group. In this approach the control group was belonging to those who are not practicing any form of Yoga whereas the experimental group was constituted of those on whom asanas of yoga was given.

SELECTION OF SUBJECTS

In the present research study a total of 60 samples were taken. These samples were selected by random sampling technique.

SOURCE OF DATA

S. No.	Name of the College	Number of Samples taken
1.	Vipra Arts, Commerce and Physical Education College, Raipur, C.G.	25
2.	Pragati College, Raipur, C.G.	25
3.	Kalindi College, Raipur, C.G.	25
Total		75

STUDY TOOLS

For gathering of data the standardized tools were used namely:

Variable	Description of Tool
Life Satisfaction	Dr. (Mrs.) Promila Singh & George Joseph
Frustration Tolerance	S. N. Rai

STATISTICAL TECHNIQUE

The collected data were analyzed using t-ratio to find out the significant improvement in the selected variables by both the groups. ANOVA was applied to find out the significant difference between the groups.

RESULTS AND DISCUSSION

- H₁** There will be no significant effect of Yoga and Gender on Life Satisfaction of B.Ed. teacher trainees of Chhattisgarh.

To study the effect of Yoga and Gender on Life Satisfaction of B.Ed. teacher trainees, two groups, i.e. high and low yoga were formed on the basis of mean value. To know the effect of gender, two groups were further divided into subgroup on the basis of gender. Hence (2x2) groups were formed. For the further analysis, Yoga scores were taken into consideration to find out the main and interactional effect of independent variables two way ANOVA (Yoga² x Gender²) was computed by using SPSS 16.0. To find out main and interaction effect of **Yoga and Gender** on Life satisfaction of B.Ed. Teacher Trainees, the summary of ANOVA is given in table 1.

Table No. 1
Summary of ANOVA for effect of Yoga and Gender on Life Satisfaction of B.Ed. Teacher Trainees

Source	Type Sum of Squares	df	Mean Squares	F
Yoga	208.02	1	208.02	3.46 7 ^{NS}
Gender	665.76	1	665.76	11.0 96**
Yoga x Gender	33.96	1	33.96	0.56 6 ^{NS}

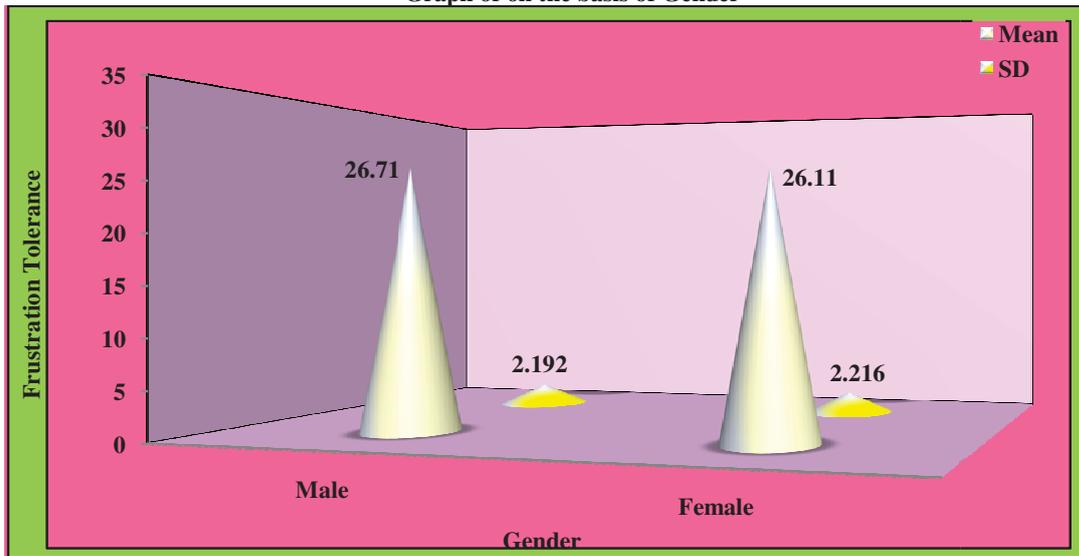
Main Effect of Gender

It is clear from table 1 that the F value for Gender is 11.096. The table Value of F at 0.01 level of significance (df = 1, 57) is 6.69. Since, the obtained F value, is greater than the table value, it is significant. Hence it can be concluded that the Gender cause a significant effect on Frustration Tolerance of B.Ed. Teacher Trainees. The gender differences effect on Frustration Tolerance are given below in table no. 2(b).

Table No. 2(b)
Mean Score of Frustration Tolerance on the basis of Gender

Gender	N	Mean	SD
Male	35	26.71	2.192
Female	25	26.11	2.216

Graph No. 1
Graph of on the basis of Gender



Mean value show that male teacher trainees (26.71) are better in frustration tolerance than male teacher trainees who scored (26.11). It can also be observed by the Graph no.3.

First Order Interactional Effect

Yoga x Gender

It is evident from table no. 2 that F value for Yoga x Gender is 1.384 which less than the table value of 3.83 at 0.05 level of significance (df = 1, 57). It means that the effect of interaction of Yoga x Gender on Frustration Tolerance is not noticeable.

Result

Main Effect

Yoga

- ◆ The main effect of Yoga is significant on Frustration Tolerance.
- ◆ Frustration Tolerance is better in those teacher trainees which have High Yoga.

Gender

- ◆ The main effect of Gender is significant on Frustration Tolerance.
- ◆ Male teacher trainees have better Frustration Tolerance than female teacher trainees.

Interactional Effect

Yoga x Gender

- ◆ The interactional effect of Yoga x Gender is not significant at the both level of significance (0.01 & 0.05). Thus they have no interactional effect on Frustration Tolerance.

Thus it is clear that our proposed **hypothesis is rejected** for the main effect of Yoga and Gender and **hypothesis is accepted** for interactional effect of Yoga x Gender on Life Satisfaction.

DISCUSSION ON FINDINGS

It was accomplished that Yoga cause not significant effect upon Life Satisfaction. It means that the effect of interaction of Yoga x Gender on Life Satisfaction is not noticeable. The reason behind the results may be different expectations of people from their life. It was also found that the Gender cause a significant effect on Life Satisfaction and Frustration Tolerance of B.Ed. Teacher Trainees. It means that there is a difference exists between

male and female life satisfaction and frustration tolerance which may be due to their basic gender difference and nurture as well.

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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 part a very important 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 subjects were given the tool i.e. questionnaire consisted of 20 items on physical fitness and data were collected. Gathered data was analyzed statistically and mean, standard deviation and t-value were calculated and the results were drawn. The finding 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 as 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 a 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 not flat to cardiac and other health problems. In order to sustain a calm state of mind, a person should be physically active. A 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_{0d1,0}** There will be no significant difference between teacher trainees' physical fitness of Government and Private Education College in Raipur City.
- H_{0d1,1}** There will be no significant difference between male and female teacher trainees physical fitness of Government Education College in Raipur City.
- H_{0d1,2}** There will be no significant difference between male and female teacher trainees' physical fitness of Private Education College in Raipur City.

Methodology

Subjects for the study were selected from one government and one private college of Raipur District. Total number of 100 Teacher trainees was selected. Age of the Subjects was ranged from 25 to 35 years. A self made questionnaire [consisting 20 items] developed by the researcher on physical fitness was used to gather data from the selected subjects.

Statistical Analysis

Data collected for the present were analyzed statistically and Mean, Standard Deviation and 't' test was calculated to draw the results.

Findings & Conclusions

H_{0d1.0} There will be no significant difference between teacher trainees' physical fitness of Government and Private Education College in Raipur City.

To verify hypothesis **H_{0d1.0}** i.e. "teacher trainees physical fitness of Government and Private Education College in Raipur City.", 't' test was used. The obtained results of such statistical analysis are presented in Table 1.

Table 1
Comparison of mean scores of physical fitness of Government and Private Education College teacher trainees in Raipur City

Group	N	M	SD	SDe	t - value	df	Significance	Interpretation
Government	50	48.99	5.23	0.808	4.11	98	0.05 = 1.98	H_{0d1.0} Rejected
Private	50	52.32	2.31				0.01 = 2.56	

From the analysis of table 1, it is evident that mean value of physical fitness of government teacher trainees is (M=48.99) and private teacher trainees is (M=52.32). Similarly the standard deviation of Physical fitness of government teacher trainees (SD = 5.23) and private teacher trainees is (SD = 2.31). The observed t value is t= 4.11 at df = 98, which is statistically significant at 0.01 level of significance. It confirms this fact that type of school has role influencing in physical fitness of teacher trainees in Raipur City.

Since, Physical Fitness of selected government and private education college teacher trainees is significantly different, **hence differential hypothesis H_{0d1.0} is rejected.**

H_{0d1.1} There will be no significant difference between physical fitness of male teacher trainees of government and private education college of Chhattisgarh State.

To verify hypothesis **H_{0d1.1}** i.e. "Male teacher trainees' physical fitness of Government and Private Education College in Raipur City.", the sample of 25 government male and 25 private male teacher trainees, 't' test was used. The obtained results of such statistical analysis are presented in Table 2.

Table 2
Comparison of mean scores of physical fitness of Government and Private Education College Male teacher trainees in Raipur City

Male Group Teacher Trainees	N	M	SD	SDe	t - value	df	Significance	Interpretation
Government	25	43.01	6.62	2.03	2.99	48	0.05 = 1.98	H_{0d1.1} Rejected
Private	25	49.10	6.15				0.01 = 2.56	

When we observed table no.2, it is clear that mean value and standard deviation of physical fitness of government male teacher trainees is (M= 43.01, SD = 6.62) and mean value and standard deviation of physical fitness of private male teacher trainees is (M= 49.10, SD = 6.15) .The observed t value is t=3.36 at df = 48, which is statistically significant at 0.01 level of significance. It confirms this fact that type of school has significant role influencing in physical fitness of teacher trainees in Raipur City.

Since, Physical Fitness of selected government and private education college male teacher trainees is significantly different, **hence differential hypothesis H_{0d1.1} is rejected.**

H_{0d1.2} There will be no significant difference between physical fitness of female teacher trainees of government and private education college of Chhattisgarh State.

To analysis of hypothesis **H_{0d1.2}** i.e. "teacher trainees physical fitness of Government and Private female teacher trainees of Education College in Raipur City.", we use Mean, Standard Deviation and 't' test was used as statics. The obtained results of such statistical analysis are presented in Table 3.

Table 3
Comparison of mean scores of physical fitness of Government and Private Education College female teacher trainees in Raipur City

Group	N	M	SD	SDe	t - value	df	Significance	Interpretation
Government	25	42.60	6.68	1.88	0.217	48	0.05 = 1.98	H₀d_{1,2}accepted
Private	25	43.01	6.62				0.01 = 2.56	

The keen observation of table no. 3, we found that mean value of physical fitness of government female teacher trainees is (M=42.60) and private teacher trainees is (M=43.01). Similarly the standard deviation of Physical fitness of government female teacher trainees (SD = 6.68) and private teacher trainees is (SD = 6.62). The observed t value is $t=0.217$ at $df = 48$, which is statistically not significant at 0.05 level of significance. It confirms this fact that type of school has no role influencing in physical fitness of female teacher trainees in Raipur City.

Since, Physical Fitness of selected government and private education college female teacher trainees is not significantly different, **hence differential hypothesis H₀d_{1,2} is rejected.**

Conclusion & Discussion

The findings of the present research study revealed that Physical Fitness of selected male and female teacher trainees of government and private education college was found significantly different. The level of "fitness" of male and female teacher trainees was not found the same. Female's bodies are dissimilar from males. Not only do male and female have unlike levels of hormones, but the quantity of fat and muscle in their bodies is very different as well. It's not just the sex organs that are different among male and female, but there are a few marked differences: Testosterone, Weight Loss, Flexibility, Muscle Mass, and Body Mass Index which are the responsible factors for the different level of fitness.

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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. These differences may be defined in terms of gender i.e. girls and boys, different age range, different level of interests 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. The study was applied to 100 students of Raipur District of Chhattisgarh State. These subjects were chosen from three 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 normal and in 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 eye-catching 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 education period 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 situation 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 requisite 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 at different public secondary schools in Isparta, 463 male students and 377 female students within the age limit of 12.65 ± 1.11 years participated in the research. The major findings of this study revealed that the students' outlook 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 of Attitude towards Physical Education among Professional and Non-Professional College Boys. To investigate and evaluate 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 on-professional colleges showed higher optimistic attitude towards physical education than boys

studying in professional colleges. The age of the samples and the profession of the parent did not have any connection with the subject's attitude towards physical Education. But the region of the subject has a noteworthy association with their attitude towards physical education.

Methods and Materials

The present study was conducted on 100 students of Raipur district of Chhattisgarh State. Among 100 students 42 were females and remaining 58 were males. The subjects were selected randomly from three higher secondary schools of the district. The detailed classification is given below:-

S.N.	Name of the School	Number of Male Students	Number of Female Students
1	Govt. Higher Secondary School, Kukureda, Raipur	22	9
2	Govt. Higher Secondary School, Mohba Bazar, Raipur	36	8
3	Govt. Higher Secondary School, Choubey Colony, Raipur	Nil	25
	Total	58	42

Objectives of the Study

- To find out the difference between attitude of male and female teenager students towards Physical Education Courses.
- To find out the difference between attitude of different ages' teenager students towards Physical Education Courses.

Hypotheses of the Study

H₀₁ There will be no significant difference between attitude of male and female teenager students towards Physical Education Courses.

H₀₂ There will be no significant difference between attitudes of different ages' teenager students towards Physical Education Courses.

Analysis and Interpretation

H₀₁ There will be no significant difference between attitude of male and female teenager students towards Physical Education Courses.

To analyze this hypothesis the researcher has divided the sample into two groups i.e. Male and Female teenager students. To find out the difference between attitude of male and female students towards Physical Education Courses researcher used mean, standard deviation and t – value. The results are depicted in table no. 1.

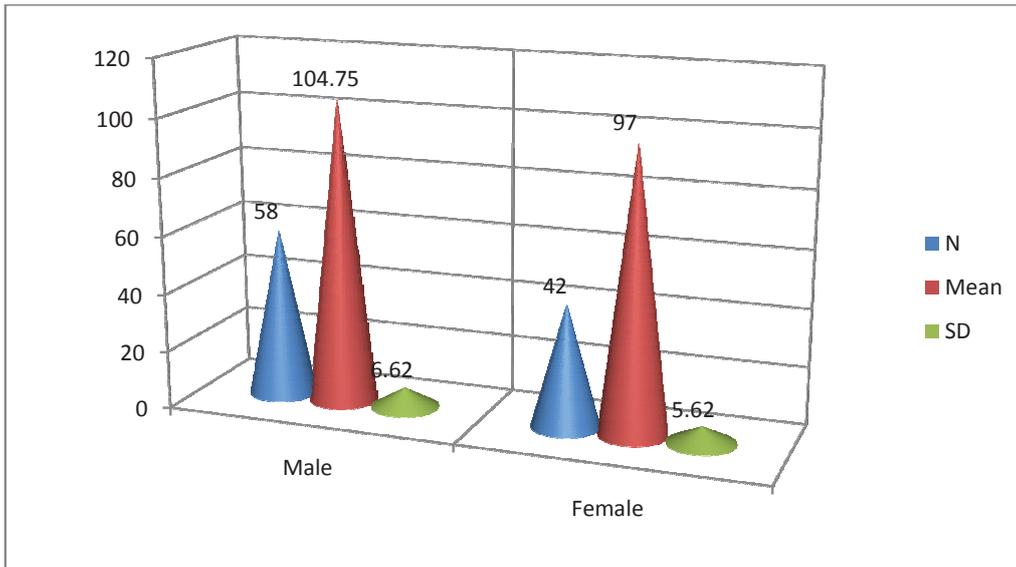
Table No. 1

Statistical differential showing attitude of male and female teenager students towards Physical Education Courses

Group	N	Mean	SD	t-Value
Male	58	104.75	6.62	6.31
Female	42	97	5.62	
df = 98, P<0.01, Significant difference				

Graph No. 1

Graphical presentation of Statistical differential showing attitude of male and female teenager students towards Physical Education Courses



The above mentioned table and graph reflected that the mean and standard deviation of attitude towards physical education courses in male students is 104.75 and 6.62. The mean and standard deviation of attitude towards physical education courses in female students is 97 and 5.62. The calculated t value is 6.31 which are significant at $df = 98$, $P < 0.01$ level of significance because the observed t – value is higher than the table value ($0.01 = 2.63$).

Thus, our proposed hypothesis “There will be no significant difference between attitude of male and female teenager students towards Physical Education Courses.” is rejected because in India the boys are always free for playing games, physical fitness etc. therefore the boys are always interested and have positive attitude towards physical education as compare to girls.

H₀₂ There will be no significant difference between attitudes of different ages’ teenager students towards Physical Education Courses.

To analyze this hypothesis the researcher has divided the sample into two groups i.e. 16 years and 18 year teenager students. To find out the difference between attitude of 16 year and 18 years towards Physical Education Courses we use mean, standard deviation and t – value. The results are depicted in table no.2.

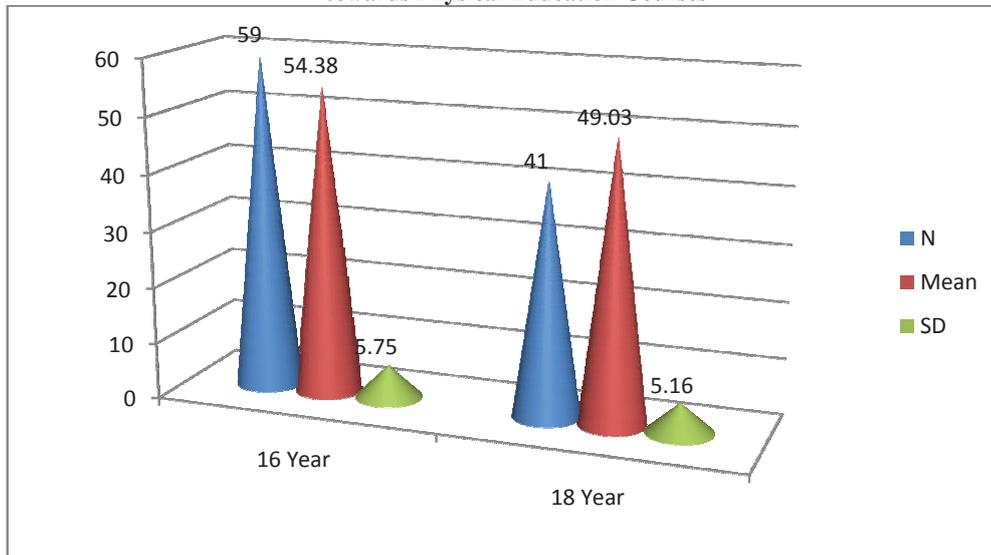
Table No. 2

Statistical differential showing attitude of 16 year and 18 year teenager students towards Physical Education Courses

Group	N	Mean	SD	t-Value
16 Year	59	54.38	5.75	4.77
18 Year	41	49.03	5.16	

df = 98, P<0.01, Significant difference

Graph No. 2
Graphical presentation of Statistical differential showing attitude of 16 year and 18 year teenager students towards Physical Education Courses



The above mentioned table and graph reflected that the mean and standard deviation of attitude towards physical education courses in 16 year students is 54.38 and 5.75. The mean and standard deviation of attitude towards physical education courses in 18 year students is 49.03 and 5.16. The observed t value is 4.77 which is significant at $df = 98$, $P < 0.01$ level of significance because the observed t – value is higher than the table value ($0.01 = 2.63$).

Thus, our proposed hypothesis “There will be no significant difference between attitudes of different ages’ teenager students towards Physical Education Courses.” **is rejected** because 18 years’ teenagers student are busy in his studies, this period is the base of his study therefore their attitude is less than the 16 years’ teenagers students.

Findings and Discussion

The male students selected for the study were found more interested and had positive attitude towards physical education as compare to girls. There may be several reasons behind such results like the way the boys are nurtured they get more freedom to go outside and choose as per their level of interest and aptitude. It frames their attitude towards any of the act of their life. There was significant difference found between attitudes of different ages’ teenager students towards Physical Education Courses.” which shows different priorities like 18 years’ teenagers student are generally busy in their studies, this period is the base of their study therefore their attitude is less positive than the 16 years’ teenagers students.

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**अल्पसंख्यक समुदाय के व्यक्तियों की शैक्षणिक स्थिति का विश्लेषण :
छत्तीसगढ़ राज्य के रायगढ़ जिले के विशेष संदर्भ में**

- डॉ. दिव्या शर्मा

सहायक प्राध्यापक, विप्र कला, नागिज्य एवं शारीरिक शिक्षा महाविद्यालय, रायपुर, छ.ग.

- श्रीमती कुसुम साहू

सहायक प्राध्यापक, अध्यापक शिक्षा संस्थान, रविशंकर शुक्ल अध्ययनशाला, रायपुर, छ.ग.

प्रस्तावना

प्रस्तुत सर्वेक्षण के माध्यम से अल्पसंख्यक समुदाय की वर्तमान शैक्षणिक स्थिति का अध्ययन किया गया तथा वास्तविक आंकड़े एकत्रित करके समुदाय के पिछड़ेपन व समस्याओं के कारणों का पता लगाने का प्रयास किया गया। अल्पसंख्यक समुदाय के साथ किसी भेद-भाव के कारण उत्पन्न स्थिति की अध्ययन किया गया तथा अल्पसंख्यक समुदाय की शैक्षणिक समस्याओं के समाधान हेतु शासकीय योजनाओं के माध्यम से अथवा अन्य योजनाओं के द्वारा पृथक-पृथक निराकरण और उत्थान के लिए सुझाव प्रस्तुत किये गये हैं।

यह सर्वेक्षण कार्य अल्पसंख्यक समुदाय की शैक्षणिक स्थिति का आंकलन कर उनकी वर्तमान स्थिति से रूबरू हाने व उनके स्तर में सुधार हेतु छ.ग. राज्य अल्पसंख्यक आयोग, रायपुर प्रेषित करने के उद्देश्य से किया गया है। प्रस्तुत सर्वेक्षण प्रायोगिक आधार पर छत्तीसगढ़ राज्य के रायगढ़ जिले में कराया गया है। रायगढ़ से कुल 1074 अल्पसंख्यकों का सर्वेक्षण किया गया। उक्त कार्य हेतु एक संरचित प्रश्नावली निर्मित की गई जिसमें यथासंभव प्रयास किया गया कि भिन्न-भिन्न प्रश्नों के माध्यम से अल्पसंख्यकों की शैक्षणिक जानकारियां एकत्रित की जा सकें। इस प्रकार चयनित अल्पसंख्यक व्यक्तियों से प्रपत्र संकलित किये गये। जिनका प्रतिशत विश्लेषण करके व्याख्या की गई है व निष्कर्ष प्रतिपादित किये गये हैं।

अध्ययन के उद्देश्य

छत्तीसगढ़ राज्य के रायगढ़ जिले के विशेष संदर्भ में अल्पसंख्यक समुदाय के व्यक्तियों की शैक्षणिक स्थिति का विश्लेषण करना।

अध्ययन की परिकल्पना

छत्तीसगढ़ राज्य के रायगढ़ जिले के विशेष संदर्भ में अल्पसंख्यक समुदाय के व्यक्तियों की शैक्षणिक स्थिति में सार्थक अन्तर पाया जायेगा।

अध्ययन का क्षेत्र व परिसीमन

प्रस्तुत शोध अध्ययन हेतु रायगढ़ जिले के 100 अल्पसंख्यक व्यक्तियों का चयन किया गया है।

शोध विधि
प्रस्तुत शोध अध्ययन में सर्वेक्षण विधि का प्रयोग किया गया है।

न्यादर्श
प्रस्तुत शोध अध्ययन हेतु यादृच्छिक न्यादर्श चयन विधि का प्रयोग किया गया।

सांख्यिकीय अभिप्रयोग
प्रस्तुत शोध अध्ययन में प्रतिशतीय विधि का प्रयोग किया गया है।

प्रदत्तों का विश्लेषण एवं व्याख्या
रायगढ़ जिले के अल्पसंख्यक समुदाय की शैक्षणिक स्थिति का
प्रस्तुत शोध अध्ययन में आंकड़ों के विश्लेषण हेतु प्रतिशतीय विधि का प्रयोग किया गया है।

1. शैक्षणिक स्थिति-

तालिका क्रमांक 1: शैक्षणिक स्थिति

विकल्प	संख्या	प्रतिशत
शिक्षित	46	46
अशिक्षित	54	54
कुल	100	100

उपरोक्त दर्शित तालिकानुसार यह परिणाम प्रदर्शित हो रहे हैं कि अल्पसंख्यक समुदाय में 46 प्रतिशत व्यक्ति शिक्षित तथा 54 प्रतिशत व्यक्ति अशिक्षित हैं।

2. आपने किस प्रकार के विद्यालय में शिक्षा प्राप्त की है?

तालिका क्रमांक 2: विद्यालय का प्रकार

विकल्प	संख्या	प्रतिशत
कोई उत्तर नहीं	28	28
आवासीय विद्यालय	33	33
पब्लिक विद्यालय	25	25
राजकीय सहायता प्राप्त विद्यालय	14	14
कुल	100	100

उपरोक्त दर्शित तालिकानुसार यह परिणाम प्रदर्शित हो रहे हैं कि अल्पसंख्यक समुदाय के 33 प्रतिशत लोगों ने आवासीय विद्यालय में शिक्षा प्राप्त की है, 25 प्रतिशत लोगों ने पब्लिक विद्यालय में शिक्षा प्राप्त की है तथा 14 प्रतिशत लोगों ने राजकीय सहायता प्राप्त विद्यालयों में शिक्षा प्राप्त की है जबकि 28 प्रतिशत व्यक्तियों ने कोई उत्तर नहीं दिया।

3. आपने उच्च शिक्षा कहां से प्राप्त की है।

तालिका क्रमांक 3: उच्च शिक्षा

विकल्प	संख्या	प्रतिशत
कोई उत्तर नहीं	43	43
अशासकीय महाविद्यालय	28	28
शासकीय महाविद्यालय	29	29
कुल	100	100

उपरोक्त दर्शित तालिकानुसार यह परिणाम प्रदर्शित हो रहे हैं कि अल्पसंख्यक समुदाय के 28 प्रतिशत व्यक्तियों ने अशासकीय महाविद्यालयों से तथा 29 प्रतिशत लोगों ने शासकीय महाविद्यालयों उच्च शिक्षा प्राप्त की है जबकि एक बड़े समूह 43 प्रतिशत व्यक्तियों को कोई उत्तर नहीं दिया है।

4. आपका शैक्षणिक स्तर क्या है?

तालिका क्रमांक 4: स्वयं का शैक्षणिक स्तर

विकल्प	संख्या	प्रतिशत
स्नातकोत्तर	28	28
स्नातक	31	31
मैट्रिकुलेशन	16	16
मैट्रिकुलेशन से कम	14	14
अनपढ़	11	11
कुल	100	100

उपरोक्त दर्शित तालिकानुसार यह परिणाम प्रदर्शित हो रहे हैं कि अल्पसंख्यक समुदाय के 28 प्रतिशत व्यक्ति स्नातकोत्तर, 31 प्रतिशत व्यक्ति स्नातक, 16 प्रतिशत व्यक्ति मैट्रिकुलेशन, 14 प्रतिशत व्यक्ति मैट्रिकुलेशन से कम तथा 11 प्रतिशत व्यक्ति अनपढ़ हैं।

5. परिवार में महिला सदस्यों की शैक्षणिक स्थिति

तालिका क्रमांक 5: महिला सदस्यों की शैक्षणिक स्थिति

विकल्प	संख्या	प्रतिशत
शिक्षित	16	16
अशिक्षित	84	84
कुल	100	100

उपरोक्त दर्शित तालिकानुसार यह परिणाम प्रदर्शित हो रहे हैं कि अल्पसंख्यक समुदाय परिवारों में 16 प्रतिशत महिलाएं शिक्षित तथा 84 प्रतिशत महिलाएं अशिक्षित हैं।

6. आप अपने बच्चों को किस क्षेत्र में भेजना चाहते हैं

तालिका क्रमांक 6: बच्चों के लिए क्षेत्र का चयन

विकल्प	संख्या	प्रतिशत
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शासकीय सेवा	19	19
अशासकीय सेवा	23	23
व्यवसाय	45	45
उद्योग	13	13
कुल	100	100

उपरोक्त दर्शित तालिकानुसार यह परिणाम प्रदर्शित हो रहे हैं कि अल्पसंख्यक समुदाय के 19 प्रतिशत व्यक्ति अपने बच्चों को शासकीय सेवा में भेजना चाहते हैं। वहीं 23 प्रतिशत व्यक्ति अपने बच्चों को अशासकीय सेवा में भेजना चाहते हैं जबकि 45 प्रतिशत व्यक्ति अपने बच्चों को व्यवसाय में लगाना चाहते हैं तथा केवल 13 प्रतिशत व्यक्ति अपने बच्चों को उद्योग से जोड़ना चाहते हैं।

7. क्या आप अपने बच्चों को उनकी रुचि के विषय चुनने के स्वतंत्र अवसर प्रदान करते हैं?

तालिका क्रमांक 7: रुचि के विषय चुनने की स्वतंत्रता

विकल्प	संख्या	प्रतिशत
हाँ	69	69
नहीं	31	31
कुल	100	100

उपरोक्त दर्शित तालिकानुसार यह परिणाम प्रदर्शित हो रहे हैं कि अल्पसंख्यक समुदाय के 69 प्रतिशत व्यक्ति अपने बच्चों को उनकी रुचि के विषय चुनने के स्वतंत्र अवसर प्रदान करते हैं जबकि 31 प्रतिशत व्यक्ति अपने बच्चों को उनकी रुचि के विषय चुनने के स्वतंत्र अवसर प्रदान नहीं करते हैं।

8. शिक्षा हेतु छात्रवृत्ति योजनाओं की जानकारी है।

तालिका क्रमांक 8: शिक्षा छात्रवृत्ति योजना की जानकारी

विकल्प	संख्या	प्रतिशत
कोई उत्तर नहीं	44	44
हाँ	24	24
नहीं	32	32
कुल	100	100

उपरोक्त दर्शित तालिकानुसार यह परिणाम प्रदर्शित हो रहे हैं कि अल्पसंख्यक समुदाय के 24 प्रतिशत व्यक्तियों को शिक्षा हेतु छात्रवृत्ति योजनाओं की जानकारी है जबकि 32 प्रतिशत व्यक्तियों को इस प्रकार की योजनाओं की कोई जानकारी नहीं है। वहीं 44 प्रतिशत व्यक्तियों ने कोई उत्तर नहीं दिया।

निष्कर्ष

1. प्राप्त परिणामों के अनुसार अल्पसंख्यक समुदाय के 46 प्रतिशत व्यक्ति शिक्षित तथा 54 प्रतिशत व्यक्ति अशिक्षित पाये गये।

- राज्य स्तर पर तथा प्रत्येक जिले में किसी भी प्रकार की जिझारस सुलझाने के लिये एक हेल्पलाइन नंबर विकसित किया जाये जिससे समुदाय के लोग अपनी समस्याएं आसानी से व्यक्त कर सकें।
- आयोग द्वारा निर्धारित कृत्यों के सफल क्रियान्वयन के लिये अत्यन्त आवश्यक है कि जिलेवार विकेन्द्रीकरण किया जाये तथा शासन द्वारा आवश्यक पद निर्धारण करके नियुक्ति की जाये।
- राज्य अल्पसंख्यक आयोग, गैर सरकारी संगठनों के साथ अपनी हिस्सेदारी से अल्पसंख्यकों को शिक्षित कर सकते हैं।

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SESSION 2020-2021

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

Name of the teacher	Title of the book/chapters published	Title of the paper	Title of the proceedings of the conference	Name of the conference	National / International of	Year of publication	ISSN number of the proceeding	Affiliating institute of the time of publication	Name of the publisher
NIL									

SESSION 2021-2022

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

S.No.	Name of the teacher	Title of the book/chapters published	Title of the paper	Title of the proceedings of the conference	Name of the conference	National / International	Year of publication	ISBN number of the proceedings	Affiliating Institute at the time of publication	Name of the publisher
1	Dr Divya Sharma	Gender, Sex, Sexuality, Partnership, Masculinity and Feminism		Gender Perspectives in Education		National	2021	ISBN: 978-93-92568-07-7	VIPRA COLLEGE	ANS Publication
2	Mr. Mihir Shrivastava	editorial work	Career in Digital World & Role of Technology	editorial work		National	2021	ISBN-978-93-91280-7-3	VIPRA COLLEGE	ANS Publication
3	Prachi Yadav	editorial work	Expanding Real Time Internet of Things Data Using Big Data Computing Platform	editorial work		National	2021	ISBN-978-93-91280-7-3	VIPRA COLLEGE	ANS Publication
4	Mr. Ajit Patel, Dr. Ritu Marwah	editorial work	Impact of Payments on Different Sectors of Economy	editorial work		National	2021	ISBN-978-93-91280-7-3	VIPRA COLLEGE	ANS Publication
5	Dr. Vivek Kumar Sharma	editorial work	वर्तमान विश्व में अर्थव्यवस्था	editorial work		National	2021	ISBN-978-93-91280-7-3	VIPRA COLLEGE	ANS Publication
6	Miss. Kalpana Nayal	editorial work	वर्तमान विश्व में अर्थव्यवस्था	editorial work		National	2021	ISBN-978-93-91280-7-3	VIPRA COLLEGE	ANS Publication
7	Pratyakha Singh	editorial work	वर्तमान विश्व में अर्थव्यवस्था	editorial work		National	2021	ISBN-978-93-91280-7-3	VIPRA COLLEGE	ANS Publication

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9	Mrs. Rishika Mahiya	webinar series	Methodology for Online Teaching	WEDNESDAY	National	2023	05N 079-01-011000-7-2	VIPRA COLLEGE	Web Publication
10	Mrs. Suman Pandey	webinar series	Advantages and Disadvantages of Online Teaching Learning During Pandemic	WEDNESDAY	National	2023	05N 079-01-011000-7-2	VIPRA COLLEGE	Web Publication
11	Sonia Srani	webinar series	Methodology for Online Teaching Learning	WEDNESDAY	National	2023	05N 079-01-011000-7-2	VIPRA COLLEGE	Web Publication
12	Sachin Tripathi	webinar series	ऑनलाइन शिक्षण	WEDNESDAY	National	2023	05N 079-01-011000-7-2	VIPRA COLLEGE	Web Publication
13	Rishi Dhill Singh	webinar series	ऑनलाइन शिक्षण का महत्व	WEDNESDAY	National	2023	05N 079-01-011000-7-2	VIPRA COLLEGE	Web Publication
14	Dr. Divya Sharma	webinar series	ऑनलाइन शिक्षण का महत्व	WEDNESDAY	National	2023	05N 079-01-011000-7-2	VIPRA COLLEGE	Web Publication
15	Dr. Rakesh Sharma & Mrs. Pooja Sankar	webinar series	Impact of High Practice in Daily Routine	WEDNESDAY	National	2023	05N 079-01-011000-7-2	VIPRA COLLEGE	Web Publication
16	Geetanjali Shri, Ashish Kumar Yadav	webinar series	ऑनलाइन शिक्षण का महत्व	WEDNESDAY	National	2023	05N 079-01-011000-7-2	VIPRA COLLEGE	Web Publication
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लिंग परिप्रेक्ष्य

शाला, समाज एवं शिक्षा

डॉ. दिव्या शर्मा

लिंग परिप्रेक्ष्य : शाला, समाज एवं शिक्षा

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Principal Message



We are extremely happy to inform that we have organized a series of Webinar under the aegis of IQAC and different departments of the institution.

International, National and State Level Webinars were organized by Department of Yoga, Education, Physical Education, Computer and Commerce wherein more than six thousand participants registered themselves and participated via YouTube live.

It is noteworthy that the themes chosen for deliberations in the Webinars were indeed useful for the students, scholars, faculty members and other target groups as well.

I am sure; this Proceeding will be helpful to the readers to get the knowledge of contemporary issues.

I extend my best wishes for the publication of the Proceeding.

Report
International Webinar on
Indigenous Solution reference to yoga of Health Problem
arising during pandemic with special

Organized by Vipra Arts Commerce and physical Education
college,Raipur chhattisgarh Held on Date 07-09 June 2021

The college of Vipra Arts, Commerce and Physical Education College Raipur Chhattisgarh has organized a International Webinar on “Indigenous Solution reference to yoga of Health Problem arising during pandemic with special.

“B+ grade college obtained by naac, Vipra Arts, Commerce and Physical Education College Raipur Chhattisgarh from 07.06.21 to 09.06.21. t A number of 1533 teacher and students of many university and college from almost over the country and abroad participated registered for the Webinar from various regions of the Country.

The opening Ceremony started at 02:00 pm where the ceremony began with Saraswati Vandana which was further followed by the overview of webinar presented by nidhi shri of commorce Convener of the Webinar- Dr. Ranjana Mishra, Principal of the College Dr. Meghesh Tiwari addressed Mentor and Advisor gave blessings for successful completion and Mr. Gyanesh Sharma, Chairperson of Vipra Sikshan Samiti rendered a speech full of motivation and encouragement.

Hon’ble Governor of chhattisgarh satat, sushri Ansuiya uike was the Chief Guest of the webinar. Gave blessings and said that yoga is an ancient tradition of india,which we should live and need to adopt whenever I get time,I will think of building a yoga math in my home village she said.

Program was presided by prof. K.L.Verma , Vice Chancellor , Pt.Ravishankar Shukla University Raipur Chhattisgarh . Giving his blessings ,He said that the importance of yoga is very useful for our human life,yoga is both art and science of living Ist Technical Session was taken by mr Darpan chawda, celifornia fitness &yoga center,vitnam, on the topic of “fitness & yoga”.

IInd Technical Session was taken by dr. pranita singh , yoga Expert,ranchi University, delivered his lecture on “yogic lifestyle”.

At the end of the program, Research Paper was presented by research scholars of presented his paper on the role of yoga in increasing immunity Mr.Ravishankar sahu Assistant Professor, shri rawatpura sarkar university , Raipur (C.G.)

On the conclusion of the Program, Vote of Thanks was given by Dr. Ranjana mishra , convener of the webinar.

On second day of the Webinar i.e. 08.06.2021, after Saraswati Vandana, mrs.nidhi shree has announced to start Technical session.

Ist Technical Session was taken by Leila, yoga teacher, Vancouver island bc canada, and delivered his lecture on “Transformed way of living yoga &meditation”

Career In Digital World & Role of Technology

Mr. Mohit Shrivastava

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Vipra, Arts Commerce & Physical Education, Raipur (C.G.)

ABSTRACT

Given the rapid advances and the increased reliance on technology, the purpose of how it is changing work and employment in various fields and organizational. With this change comes the rare opportunity to fundamentally work and the nature of employment. Dangerous work can be drastically minimized while jobs that can be increased. There is currently a change of opportunity to shape the future of work. To achieve this, all stakeholders, but especially policy makers, need to be aware of the shifts underway, formulate a vision of the desired outcome and plan so that the opportunities are seized and the problems that emerge are addressed. Increasing use of information technologies at work is raising the demand for new skills along three lines: ICT skills to programme, develop applications and manage networks; ICT generic skills to use such technologies for advancement purposes; and ICT complementary skills to perform new tasks associated to the use of ICTs at work, e.g.: information-processing, self-direction, problem-solving and communication. Foundation skills, digital literacies as well as social and skills are crucial to enable effective use of digital technologies by all individuals in their daily lives.

KEYWORDS

Digital Technology, Workplace, Education, Management, Measures, Innovation, Individuals

INTRODUCTION

We sleep in a worldwide world where technology, especially information and communication technology, is changing the way during which businesses create and capture value, how and where we work, and how we interact and communicate. Digitalisation creates jobs both directly, for instance new jobs like data analysts, social media marketers or Internet of Things architects, and indirectly by raising productivity, lowering prices and thereby stimulating demand. Between 2006 and 2016, four out of ten new jobs within the OECD were created in highly digital-intensive sectors and total employment within the OECD increased by about 30 million jobs. But these aggregate numbers conceal the churning that has occurred as new technologies both create and destroy jobs. This “creative destruction” phenomenon is probably going to continue, and possibly increase, within the future. These new technologies, disruptive as they’re, didn’t just appear overnight. Rather, many other developments in technology preceded them, and their effects on work and organizations over the past several decades are far-reaching, as we shall see. Work is defined here because the application of human, informational, physical, and other resources to supply products/services (Alter 2013). Given the increasing reliance on technologies to urge work done within and across organizations, the question of how technology is changing work and organizations is very salient for scholars of organizational psychology and organizational behavior (OP/OB). If one accepts the premises that employment doesn’t exist without people which OP/OB researchers are inherently concerned with the study of individuals within organizational settings, then OP/OB bears some responsibility for understanding the consequences of technology on work and organizations. Research-based answers have profound implications both for research and practice about the sorts of organizational realities which may be produced. Thus, our goal here is to interpret the progress, direction, and purpose of current research on the consequences of technology on work and organizations. Seven broad sections comprise this article. We begin with a review of key breakthroughs within the evolution of technology

and its effects on work and organizations. In our second section, we specialise in the disruptive effects of emerging information and communication technologies as they create further opportunities to unify physical and virtual workspaces. Our third section examines the numbers and kinds of jobs suffering from developments in technology, and the way this may cause significant worker dislocation. A fourth section considers the consequences of technology on how and where we work, including new sorts of work arrangements and work-life fit. In this section, we consider four technologies in some detail: electronic monitoring systems, 350 Cascio In the fifth section, we consider the role of management and how it is changing in the emerging world of technology. The sixth section looks toward the future. In it we consider approaches to 6 human resources (HR) areas supported by traditional and emerging technologies and identify related research needs. The seventh section provides guidance for conducting future research on the consequences of technology on individuals, work, and organizations.

Key Developments In The Technology and Their Effects on Work and Organizations

The effects of technology over the course of human history are well documented (Beniger 1986, Bradley & Nolan 1998, Bradley et al. 2016). The expansion and advancement of civilization are often divided into three eras consistent with their respective core technological infrastructures: the agricultural era, the economic era, and therefore the digital era. Each of those eras has been profoundly suffering from the power to accumulate new information and knowledge. However, they need all required and enabled new economic structures, social revolutions, cultural transformations, and work models. within the agricultural era, people focused totally on the utilization of the facility of natural elements, like wind and water. the foremost important resources were land, livestock, and agricultural implements. The initiative to realize core economic power was within the hands of the owners of the resources (farmers who owned vast and fertile farm lands). During this era, the owner of the resources also controlled access to proprietary information. within the industrial era, people targeting the appliance of commercial power, the procurement of traditional physical resources, and production operating in accordance with the law of accelerating costs. That is, once all production factors (land, labor, capital) are at maximum output and efficiency, producing an additional unit will cost quite average. Vapor and steam engines, also as fuel, comprised the core infrastructures. During this era, the richness of fabric civilization was amplified by increasing the productivity of the physical space—building factories and establishing industrial complexes. The relationships among manufacturers, distributors, and consumers; improved productivity; process efficiency; and a spotlight to transaction costs were all critically important to the success of commercial societies. within the digital era, people are that specialize in the generation and trading of products and services via digitalized data, information, and knowledge. This era is predicated on an infrastructure comprising information and communication technologies. This new infrastructure isn't just helping people do things better and faster than in previous eras, but it's enabling new ways of control, coordination, and collaboration on activities more readily, at lower costs, governed by the law of diminishing costs. That is, due to the properties of digital goods, the value per unit of marginal or additional output incrementally decreases, whereas the quantity of all other factors of production stays constant. As digital resources become accessible, processed, transferred, and stored no matter location or time, borders and geographical distances are not any longer as critical as they once were, and wholly new, invisible electronic spaces are now available. Because the digital era began with the event of computers and communication technologies, we must appreciate that these technologies also are evolving. Indeed, the continual advances of data and communication technology have enabled the scope of act to expand continuously within the electronic space and to make a spread of changes within the ways in which economic activity is conducted.

Effects on Disruptive Technology

Christensen (1997) coined the term disruptive technology. He separates new technology into two categories: sustaining and disruptive. Sustaining technology relies on incremental improvements to an already established technology. Disruptive technology lacks refinement, often has performance problems because it's new, appeals to a limited audience, and will not yet have a proven application. Although companies today have trouble capitalizing on the potential efficiencies, cost savings, and new opportunities created by ubiquitous computing, its various uses and its portfolio of underlying technologies are expanding. Thus, we analyze here its potential to disrupt the way work is completed in organizations. The term ubiquitous computing was coined by Mark Weiser of the Xerox Palo Alto research center in 1998. In Latin, ubiquitous means being everywhere. Ubiquitous computing incorporates concepts from the previous stages of data and communication technology development, so its basic elements are software, hardware, networks, and data. The ever-cheaper prices of computers, however, have resulted within the proliferation of computing devices such now they're nearly everywhere. Here computing devices refer not only to the abundant supply of personal computers, but also to embedded (enabled by microminiaturization) and networked (empowered by increased speed and bandwidth of communication networks) devices. These include industrial sensors and processors, speech-recognition and eye-tracking devices, mobile devices, radio-frequency-identification and near-frequency-communication tags and labels, global positioning systems (GPS)-enabled devices, smart televisions, car navigation systems, drones, wearable sensors, robots, and 3D computer game, among others. Initially, the communication interfaces for these various pieces of computing equipment were inconvenient. Over time, however, the event of easy-to-use interfaces and their connection to communication networks have, in turn, caused new ways of linking people, computers, and objects. This has created further opportunities to unify two separate spaces: (a) the physical space, which has always used information to undertake to make an inherently inefficient system more efficient, and (b) the electronic space, which has used information to beat the restrictions of the physical space. The ever present computing infrastructure is additionally allowing the gathering of enormous amounts of structured and unstructured data—creating a requirement to use the adjective “big” to differentiate this new stage of data and communication technology development. As data became increasingly digitized, everything from newspapers to music and films are often produced and reproduced easier via digital technology and transmitted at a lower cost. Furthermore, ubiquitous computing is blurring the boundaries between industries, nations, companies, providers, partners, competitors, employees, freelancers, outsourcers, volunteers, and customers. Merging the physical and electronic spaces also has implications for privacy, security, and no smaller, how companies are organized. New business models are sprouting up to vary the way organizations create and capture value in important ways (e.g., Airbnb, Uber, Zipcar, MyTaxi, Car2go, Duolingo). The widespread adoption of ubiquitous computing will take time, but the timeline is shrinking due to improvements within the underlying technologies mentioned above. nobody can predict with certainty all of the ubiquitous-computing innovations that the approaching years will bring, and realizing their full potential won't be easy. General predictions herald sizeable changes in knowledge acquisition, sharing and distribution, also as massive ripple effects within the workplace (Andreessen 2011). We realize that computing during this stage doesn't happen during a clear-cut form, but rather during a more nuanced manner. we offer here brief samples of some applications of ubiquitous computing to stimulate our understanding of how the arrival of ubiquitous computing may disrupt work and work systems:

- As employees wear clothing and other wearables embedded with computer chips and sensors, they not got to carry a computer separately to meetings. they're armed with up-to-date information, their decisions are guided by analysis of the knowledge provided by cloud computing, and that they can resolve operational issues in creative ways.

- Computer networks allow employees to figure from the office, their home, or anywhere. Employees are routinely collaborating with people they have never met, in places they have never visited, and staying connected with the office anywhere and anytime.
- Computer programs, intelligent robots, and other devices are wont to perform an increasing sort of tasks with a high level of technical skills, and with benefits that include lower costs, higher quality, improved safety, and environmental protection.
- Firms routinely capture publicly available information to watch traffic conditions. They then use that information to hunt out optimal delivery routes, to trace vehicle.
- Product, sales, and customer information are often monitored in real time, 24 hours each day, in order that inventory are often supplemented during a timely manner.
- Employees can integrate their use of Facebook, Twitter, Google, and other social media into their daily routines, and corporations can integrate social media into their intranets, in order that they will share internal information and knowledge with employees.
- Through the utilization of smartphones, GPS, earphones, and microphones, employees can access online education and training materials anytime from their own companies, but also from universities in or outside their home countries.
- Attachable devices and microchips are often wont to transmit information about wearers' levels of stress, physical disabilities, or injuries in real time to medical organizations, to facilitate preventive treatment also as timely responses in emergency situations.

Types of Digital Technology

The various sorts of digital technologies that are used on a comprehensive scale and have proved beneficial to the individuals are stated as follows:

Search Engines: Search engines and internet are the precious tools that play a crucial part in making provision of data and knowledge to the individuals in various ways. In educational institutions and within the organizations, individuals make use of the web to look for needed information and facilitate their understanding. Individuals in educational institutions often experience difficulties in understanding the concepts, hence, the most advantage of the web is to supply solutions to the issues and answers to questions. When the trainer gives an assignment to the individuals and that they possess limited knowledge, then search engines and internet are considered.

Technologies used for Special Needs: In education, there are usage of technologies to facilitate learning and understanding of educational concepts amongst students with special needs. These software programs provide that when practice is implemented during a stimulating way that acquires the eye of the scholars. These programs also are advantageous for creating the simplest use of a student's time. Students in educational institutions learn in accordance to the time, hence, these technologies help in making the simplest use of their time. the scholars with special needs, like hearing impairments, visual impairments, autism, then forth, need technologies.

Digital Camera: the most purpose of camera is to require pictures of people also as things. Individuals within the present existence, make use of camera for taking pictures of locations, objects, articles, things, other individuals then forth. In educational institutions and in organizations, camera is additionally considered as an efficient sort of digital technology. Individuals take pictures of field trips, places, activities, experiments, meetings, presentations, seminars, conferences then forth. When initiating magazines of past events, it's important to display pictures within them. Pictures are made use of to write down books, articles, practice

writing skills and to show sequencing and vocabulary. Pictures enable to get meaningful and important strategies for learning and communicating.

Microsoft Office: Microsoft office is an OS , which is employed to organize articles, reports, assignments and projects. during this case, Microsoft word is employed to organize any sort of writing assignments, like articles, research papers, reports, or projects. Microsoft Power-point is employed to organize presentations and Microsoft Excel is employed to organize spreadsheets. The knowledge of Microsoft office in most cases, individuals begin to accumulate once they get enrolled in grade school . At the varsity level, individuals are ready to learn during a simpler manner, how they will make use of computers and Microsoft office to organize their assignments. In higher educational institutions and within the organizations, individuals are ready to make more enhanced use of it, to hold out their job duties in an efficient manner.

Smartphones and Mobile Phones: Smartphones and mobile phones within the present existence are useful to the individuals in numerous ways. the primary and therefore the foremost function of those devices is to speak with the opposite individuals, located nearby also as at a distance. The individuals are ready to communicate with one another through verbal conversation also as through written texts and messages. they're ready to use these devices to look information also as for leisure and recreational purposes. Another important advantage of these devices is to hold out other day to day functions like , paying of bills, purchasing groceries and other items, then forth. They work as cameras that's used for taking pictures and individuals are ready to transfer easily from one place to a different by following the maps.

3D Printing: 3D printing is an addictive manufacturing technology for creating three-dimensional objects of just about any shape employing a digital model. The technology is already in use during a number of sectors, most noticeably in prototyping and in various sectors as varied as within the manufacturing of jewelry and aerospace industries and therefore the number of applications is increasing during a rapid way. especially , the utilization of graphene as a cloth for 3D printing would open up the amount of things ready to be produced during this manner, for instance manufacturing entire computers and solar panels (Ten Technologies which might change Our Lives, 2015).

Massive Open Online Courses (MOOCs): There are changes and transformations happening within the world of education and within the introduction of MOOCs. These are the tutorial courses, accessed by the participants through online means, especially through the utilization of personnel computers. These are often followed by an outsized number of scholars simultaneously. Internet is employed for open education round the world and in terms of accessing the course that's often available freed from charge. The technology remains in an investigation phase and a basic MOOC model has not yet been recognized although the MOOC model has evolved to some extent with x and c MOOCs being produced.

Virtual Currencies (Bitcoin): Virtual currencies like bitcoin are contributing within the expansion of the frontiers of the digital economy. The virtual currencies have gained attention of the individuals to an outsized extent and this significant technology has made provision of opportunities for politics. A virtual currency, like Bitcoin relies instead upon records of communications and businesses to be noted in an anonymous online ledger referred to as a block-chain. This averts double spending of Bitcoins and eliminates the necessity for third party substantiation of transactions, a function usually performed by financial institutions, like banks.

SUMMARY AND CONCLUSIONS

This review offers three main contributions. First, it presents an up-to-date treatment of the role that technology, particularly information and communication technology, is playing in changing work and organizations. Second, it summarizes and interprets the progress, direction, and purpose of the present research associated with technology and add organizations. Third, it illustrates the implications for future research and for the OP/OB discipline as a whole that go far beyond the fundamental effort to align technology and the work done in organizations.

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Optimizing Real Time Internet of Things Data Using Big Data Computing Platform

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ABSTRACT

IoT is a giant network, with connected devices these devices gather and share data about how they are used and the environment in which they are operated. The Internet of Things or “IoT” influencing our lifecycle, from the way we react to the way we behave, from air conditioner that you can control with your smartphone to smart cars providing the shortest route or your smartwatch which is tracking your daily activities. The fact that IoT is so expansive and affects practically all areas of our lives, makes it a significant research topic for studies in various related fields such as information technology and computer science. Thus, IoT is paving the way for new dimensions of research to be carried out.

KEYWORD

Sensors, Data Processing, Data Igestion, Data Analysis, Data Trasmission.

INTRODUCTION

IOT is a concept or a technology which aims to connect all the devices to the Internet and help them to communicate with each other using the internet as medium. Now these device can be anything it could be a T.V., it could be a watch even your car s such anything that can be connected to internet can be considered as a device for Internet of Things. IOT platform integrates the collected data. From various sources further analysis is performed on data. and valuable information is extracted as per requirement and finally the result is shared. In 1997, “The Internet of Things” is the seventh in the series of ITU Internet Reports originally launched in 1997 under the title “Challenges to the Network”. 1999, Auto-ID Center founded in MIT – Keven Ashton 2003, EPC Global founded in MIT 2005.

1.1 IOT Perspective

For successful implementation of Internet of Things (IoT), the prerequisites are Dynamic resource demand, Real time needs Exponential growth of demand, Availability of applications, Data protection and user privacy, Efficient power consumptions of applications, Execution of the applications near to end users Access to an open and inter operable cloud system. Users of IOT devices are increasing day by day. The internet of things market revenue is \$212 billion worldwide. 20.4 billion IoT devices will be online by 2020. By 2025, the number is expected to rise to 75 billion devices. North America is expected to own 29% of the world’s self-driving fleet by 2035. 54% of enterprises cite cost saving as the main value driver for IoT projects.

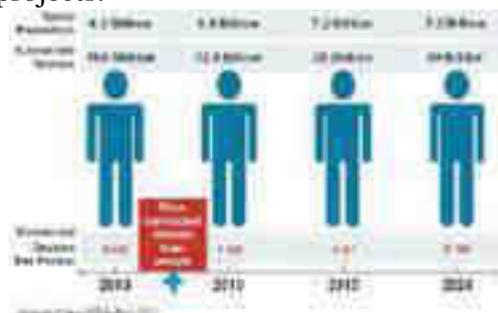


Figure 1: connected devices with internet of things

	2003	2011	2020
Human	6,3B	7B	7,6B
Devices	500M	12,5B	50B

Table 1: Year wise IOT components uses

2. IOT Components

IOT components are classified into 4 categories-Sensors,data transmission (Connectivity to cloud), Data Processing,User Interface..

Sensors- Sensors are embedded in every physical device.In can be your mobile phone,electrical appliances,bar code sensors,traffic lights and almost everything that you come across.In day to day life.these sensors continueosly emit data about the working state of dVICES,but the important question is how do they share this huge amount of data and how do we put this data.To our benefit IOT provides a common platform for all these devices to dump their data a common language for all the devices to communicate with each other.data is emitted from various sensors and sent it “IOT”.

Data Transmission- data is transmitted to clouds via gateways.The gateways use cellular as well as satellite to tranmit data.

Data Processing- once the data is transmitted to clouds it is processed using software.the processing can be as simple as cheching the temrature,or s complex as computer vision

Data Visualization- the processed data is made available to end users by alerts(e-mail,text etc.)

Data Analysis- IOT Platform integrates the collected data from various sources further analysis is performed on the data nd valuable information is extracted as per requirement and finally the result is shared.

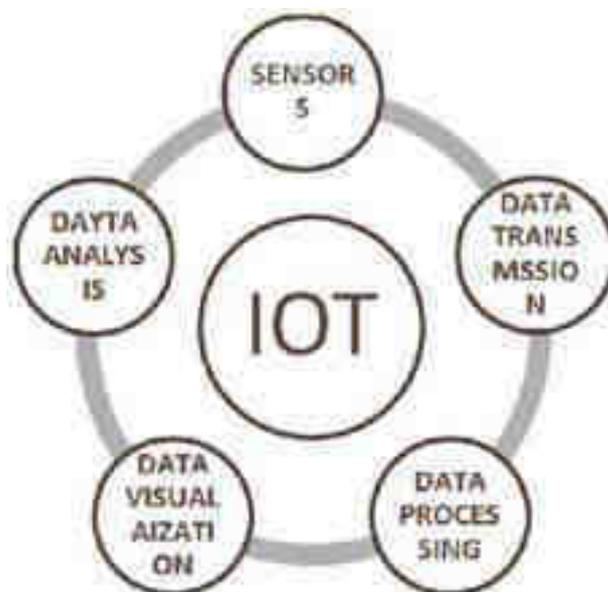


Figure 2: IOT Components

3. Application area of IOT

IoT promise to bring immense value into our lives. With newer wireless networks, superior sensors and revolutionary computing capabilities, the **Internet of Things** could be the next frontier in the race for its share of the wallet. IoT applications are expected to equip billions of everyday objects with connectivity and intelligence. Application area of IOT are:

- Wearables

- Smart Home Applications
- Health Care
- Smart Cities
- Agriculture
- Industrial Automation

YEAR	NUMBER OF CONNECTED DEVICES
1990	0.3Million
1999	90.0 Million
2010	5.0 Billion
2013	9.0 Billion
2025	1.0 Trillion

Table 2: Connected devices with IOT

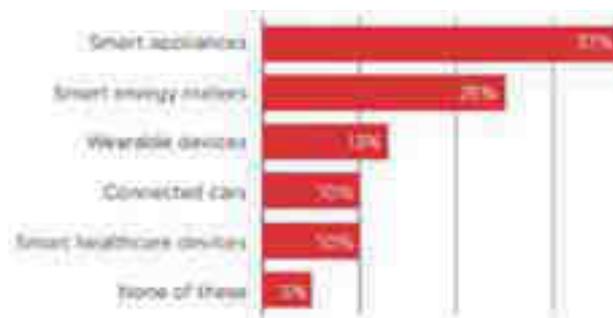


Figure 2: Different Areas Where IoT is growing its roots.

4. Advantages of IOT

Efficient resource utilization: If we know the functionality and the way that how each device work we definitely increase the efficient utilization as well as monitor natural resources.

Minimize human effort: As the devices of IOT interact and communicate with each other and do lot of task for us,so it minimize human efforts.

Save time: As it reduces the human efforts it definitely save our time.time isthe primary factor which can save through IOT devices.

5. Challenges Of IOT

1. Technological Standardization in most areas are still remain fragmented.
2. Managing and fostering rapid innovation is a challenge for governments
3. Privacy and security
4. Absence of governance
5. Vulnerability to internet attack

CONCLUSION

This Technology is spreading like disease everywhere.In coming future connected devices across all technologies will reach a number of 20.6 billion.These Connected Devices fills up the gap between physical and digital world so as to improve the quality and the productivity of life, society, industries, and business.

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Report

State Level Webinar on

“Impact of Pandemic on Indian Economy and Financial Management in India”

Organized by Department of Commerce, Held on Date 13-14 June 2021

The Department of Commerce has organized a State Level Webinar on “Impact of Pandemic on Indian Economy and Financial Management in India” on occasion of silver jubilee year of the institute under the guidance of IQAC and Department of Commerce, Vipra Arts, Commerce and Physical Education College from 13.06.21 to 14.06.21. A number of 750 participants registered for the Webinar from various regions of the State.

Inaugural Ceremony was held on 13.06.21 at 09:00 AM where the ceremony began with Saraswati Vandana which was further followed by the overview of webinar presented by Convener of the Webinar- Dr. Aradhana Shukla & Principal of the College Dr. Meghesh Tiwari addressed the Webinar, Mr. Gyanesh Sharma, Chairperson of Vipra Sikshan Samiti rendered a Presidential speech as improvisation and directive road map of institute, Prof. Anjani Shukla, Former president private university regulating commission, delivered the blessing speech as being Chief Guest of the inaugural ceremony and Dr. Usha Dubey, (Retired Professor & Head of SoS Economics, Pt. RSSU), Mentor and Advisor gave leading for successful opening ceremonial session as being Special Guest and Key Note Speaker to the technical session.

Ist Technical Session was taken by Dr. Amarkant Pandey, Professor & H.O.D Sos Department of Economics, Pt. Ravishankar Shukla University, Raipur(C.G.) on the topic of “Impact of Pandemic on the Primary Sector of Indian Economy”.

IInd Technical Session was taken by Professor Mandeep Khalsa, H.O.D, Department of Economics, Govt. B.C.S College, Dhamtari (C.G.) delivered her lecture on “Impact of Pandemic on the Industrial Sector of Indian Economy”.

At the end of the program, Research Paper was presented by research scholars and participants from different region of the state.

On the conclusion of the Program, Vote of Thanks was given by Dr. Vivek Sharma, HOD of Commerce.

On second day of the Webinar i.e. 14.06.2021, Mrs. Nidhi Shri Shukla has announced to start Technical session.

Ist Technical Session was taken by Dr. Shailendra Kumar Bharal, Professor & H.O.D. Department of Commerce, Govt. Kalidas Girls P.G.(lead) College Ujjain(M.P.) delivered his lecture on “Impact on Financial Activities of Trade and Business during Pandemic”

IInd Technical Session presented by Dr. Sanjay Tiwari, Professor & Head & IQAC Co-ordinator Department of Commerce, “Tax Planning and Investments For Salaried Person”.

At the end of this day, Research Paper were presented.

After the Technical Sessions, Valedictory function was started at 11:15 A.M. Function was addressed by Principal of the College Dr. Meghesh Tiwari and presided by Mr. Gyanesh Sharma, Chairman of Vipra Shikshan Samiti .

As a Special Guest Professor Prashant Shriwastava (DSW) Hemchand Yadav University, Durg (C.G.) delivered appreciative speech for webinar and As a Chief Guest of Valedictory function Professor Girish Kant Pandey, Registrar Pt. Ravishankar Shukla University, Raipur (C.G.) gave his blessings on the successful completion of this webinar.

For Concluding the Webinar Dr. Usha Dubey, (Retired Professor & Head of SoS Economics, Pt. RSSU), Mentor and Advisor delivered Concluding speech thereby briefing the about the sessions covered up.

At last with the Due permission of Principal program was concluded and vote of thanks given by Dr. Vivek Sharma HOD of Commerce.

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भारतीय अर्थव्यवस्था एवं अधोसंरचना विकास

डॉ. विवेक कुमार शर्मा

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शोध सार

उदारीकरण एवं आर्थिक सुधार के बाद भारतीय अर्थव्यवस्था सुदृढ़ हुआ है। परंतु आर्थिक गति विधियों में तेजी के अपेक्षा मूलभूत ढांचे में तेज प्रगति नहीं हुआ है। जिसके कारण कोविड-19 महामारी जैसे आकस्मिक संकट में आर्थिक गतिविधियां बंद हो गईं। देश के जनसंख्या के अनुपात में मूलभूत ढांचे का विकास धीमा है। महामारी में स्वास्थ्य सेवा की कमी ने दूसरी लहर में मृत्युदर में वृद्धि को रोक नहीं पाया। शासन ने निःशुल्क अन्न का वितरण किया, परंतु शुद्ध पेय जल, प्रदूषण रहित वातावरण, स्वच्छता की कमी एवं जनसंख्या घनत्व के कारण भारत तेजी से महामारी के चपेट में आ गया। इससे सबक लेते हुए सुदृढ़ अर्थव्यवस्था के लिए मूलभूत ढांचे को मजबूत एवं विकसित करना होगा। शिक्षा, स्वास्थ्य, खाद्य एवं रेलवे जैसे सार्वजनिक क्षेत्र को विकसित एवं मजबूत करना होगा। भारत गांवों का देश है, एवं कृषि पर निर्भर है, अतः गांवों को आत्मनिर्भर बनाने के लिए ग्रामीण अधोसंरचना का विकास करना होगा।

मुख्य शब्द

भारतीय अर्थव्यवस्था, कोविड 19 महामारी, अधोसंरचना, विकास।

प्रस्तावना

भारत भौगोलिक दृष्टि से विश्व का सातवाँ सबसे बड़ा देश है। जबकि जनसंख्या के दृष्टिकोण से चीन के बाद दूसरा सबसे बड़ा देश है। विश्व के 2.4 प्रतिशत भौगोलिक क्षेत्रफल के साथ विश्व की जनसंख्या का 17 प्रतिशत भारत में निवासरत है। स्पष्ट है, अर्थव्यवस्था को विकास की जनसंख्या विस्फोट पीछे खींच लेता है। कोविड 19 महामारी जैसे आकस्मिक विपत्ति से स्वास्थ्य क्षेत्र डगमगा जाता है। सार्वजनिक स्वस्थ क्षेत्र भी निम्न वर्ग एवं मध्यम वर्ग को निःशुल्क सेवा प्रदान करने में सक्षम नहीं हो पाता। स्वास्थ्य सुविधाओं पर सार्वजनिक व्यय सफल घरेलू उत्पाद का मात्र 1.2 प्रतिशत है। आम दिनों में सामान्य भारतीय की 60 प्रतिशत व्यय स्वास्थ्य सेवा के लिए स्वयं करना पड़ता है। इंडोनेशिया में 38 प्रतिशत, नाइजीरिया में 78 प्रतिशत एवं विश्व के लिए यह 20 प्रतिशत है। इस स्थिति में कोविड-19 महामारी से लड़ाई आम भारतीय के लिए आसान नहीं रहा। व्यू रिसर्च इंस्टीट्यूट के रिपोर्ट के अनुसार जनवरी 2020 में 4.3 प्रतिशत भारतीयों की 175 रु. प्रतिदिन से कम आय है। एक वर्ष बाद यह संख्या बढ़कर 9.7 प्रतिशत हो गई है अजीम प्रेमजी यूनिवर्सिटी, बेंगलूरु के अध्ययन के अनुसार विगत वर्ष के देश व्यापी लॉकडाउन से 23 करोड़ भारतीय गरीबी रेखा के नीचे आ गये हैं। इस स्थिति में शिक्षा, स्वास्थ्य एवं खाद्य जैसे मूलभूत आवश्यकताओं के लिए निजी क्षेत्रों पर निर्भरता जनकल्याण के हित में नहीं हैं। कोविड 19 महामारी में दम तोड़ती भारतीय अर्थव्यवस्था में कृषि तेज ने ऑक्सीजन का काम किया। ग्रामीण क्षेत्र में मूलभूत ढांचे की कमी एवं अनेक समस्याओं के बाद भी कृषि कार्य महामारी के दौरान भी जारी रहा। अतः ग्रामीण क्षेत्र के मूलभूत ढांचे का विकास करके आत्मनिर्भर गाँव से ही आत्मनिर्भर भारत की परिकल्पना को साकार किया जा सकता है।

उद्देश्य

भारतीय अर्थव्यवस्था एवं अधोसंरचना विकास का अध्ययन का उद्देश्य कोविड 19 महामारी से उत्पन्न समस्याओं एवं कठिनाइयों का विश्लेषण करना है। इस विषय का क्रमबद्ध, तार्किक व व्यवस्थित वर्णन करना या विवरण तैयार करना है। जिससे प्राप्त निष्कर्ष से आवश्यकतानुसार निर्णय एवं क्रियाओं को दिशा दिया जा सके। जिससे उपरोक्त शोध पत्र अधिक उपयोगी सिद्ध हों।

परिकल्पना

कोविड 19 महामारी से भारतीय अर्थव्यवस्था पर नकारात्मक प्रभाव अविकसीत मूलभूत ढाँचे के कारण ज्यादा दिखाई दे रहा है। जनसंख्या का दबाव, अविकसित स्वास्थ्य सेवाओं के कारण दबाव एवं ग्रामीण क्षेत्र का नगरों पर निर्भरता से भी ज्यादा क्षति पहुँचा है।

शोध प्रविधि

प्रस्तुत शोध पत्र में कोविड 19 महामारी के दौरान 2020 एवं 2021 में भारतीय अर्थव्यवस्था से संबंधित प्राप्त विवरणों का उपयोग किया गया है। भारतीय अर्थव्यवस्था को मजबूत करने के लिए लिये गये निर्णयों एवं प्रयास का विश्लेषण भी अध्ययन में शामिल किया गया है।

प्राप्त जानकारी एवं विश्लेषण

रोटी, कपड़ा और मकान मनुष्य के जीवन निर्वाह के लिए प्राथमिक एवं मूलभूत आवश्यकताएं हैं। कोविड 19 महामारी ने स्पष्ट कर दिया कि इसके साथ स्वच्छ पर्यावरण मनुष्य के लिए सबसे पहली आवश्यकता है, क्योंकि रोटी, कपड़ा और मकान से भी ज्यादा महत्व ऑक्सीजन का है। सेंटर फॉर साइंस एंड एनवायरमेंट के रिपोर्ट के अनुसार सन् 2019 में जहरीली हवा के कारण भारत में 16 लाख 70 हजार लोगों की मौत हुई है। वायु प्रदूषण के कारण भारत के सफल घरेलू उत्पादन में 1.36 प्रतिशत का नुकसान हुआ है। पूरे विश्व में उच्च रक्तचाप, तंबाकू एवं गलत खानपान के बाद वायु प्रदूषण मौत का चौथा सबसे बड़ा कारण है।

शुद्ध वायु के बाद मनुष्य की दूसरी आवश्यकता जल है। जनसंख्या में तेजी से वृद्धि के साथ जमीन के नीचे के जल का अंधाधुंध दोहन से पीने के पानी की समस्या गंभीर होती जा रही है। विश्व स्वास्थ्य संगठन के अनुसार भारत की शहरी आबादी में 9.7 करोड़ लोगों को शुद्ध पेय जल नहीं मिल पाता है। ग्रामीण क्षेत्र में 70 प्रतिशत लोग अब भी प्रदूषित पानी पीने के लिए मजबूर हैं। भारत में प्रति व्यक्ति 1000 घनमीटर पानी उपलब्ध है, जबकि 1700 घनमीटर प्रति व्यक्ति से कम की उपलब्धता को संकट माना जाता है।

मनुष्य की तीसरी आवश्यकता भोजन है। 'वैश्विक भुखमरी सूचकांक' के अनुसार विश्व के 107 देशों में भारत 27.2 अंक के साथ 94वें स्थान पर है। कुल 107 देशों में भारत से तुलनात्मक रूप से केवल 13 देश बदतर स्थिति में हैं। पड़ोसी देश श्रीलंका, नेपाल, बांग्लादेश, म्यांमार एवं पाकिस्तान बेहतर स्थिति में हैं। पौष्टिक आहार के अभाव से मनुष्य की प्रतिरोधक क्षमता कम हो जाती है। जिससे उसका कार्य क्षमता प्रभावित होता है। उत्पादन का प्रमुख साधन 'मानव शक्ति' के सर्वाधिक क्षमता का उपयोग नहीं हो पाता। जिससे सकल उत्पादन प्रभावित होता है। कोविड 19 महामारी में मौत की संख्या भी प्रतिरोधक क्षमता कम होने के कारण बढ़ गई है।

कोविड 19 महामारी ने स्पष्ट किया कि शिक्षा, स्वास्थ्य, रेलवे, खाद्य जैसे क्षेत्र में निजी क्षेत्रों पर निर्भरता सरकार एवं जनकल्याण के हित में नहीं है। निजी क्षेत्र जनकल्याण के लिए, अपितु लाभ के लिए कार्य करते हैं। वर्तमान में सार्वजनिक क्षेत्र को निजीकरण किया जा रहा है। इस पर सरकार को जनहित में पुनः विचार करना चाहिए। आधारभूत आवश्यक सेवाओं का निजीकरण राष्ट्रहित में नहीं हो सकता।

निष्कर्ष एवं सुझाव

महामारी की समस्या से सबक लेते हुए भारत के भविष्य की सुरक्षा के लिए संतुलित, सुरक्षित एवं प्रकृति के साथ सामंजस्य बनाते हुए अधोसंरचना विकास की आवश्यकता है। उपरोक्त अध्ययन से प्राप्त प्रमुख निष्कर्ष एवं सुझाव निम्नलिखित हैं:

1. वायु प्रदूषण में कमी के लिए औद्योगिक नीति में परिवर्तन की आवश्यकता है। महानगरों में जनसंख्या दबाव कम करने के लिए ग्रामीण विकास एवं कृषि आधारित उद्योग विकसित करना होगा। जिससे ग्रामीण से नगर की ओर पलायन रोका जा सकें। जनसंख्या घनत्व का समान वितरण से पर्यावरण संरक्षण संभव हो सकता है। वृक्षारोपण के साथ जंगल को बचाना आवश्यक है। मनुष्य नहीं रहेगा, तब भी पेड़ रहेंगे, मगर पेड़ नहीं

रहेंगे, तो मनुष्य रह नहीं सकते।

2. जल संरक्षण की कारगर नीति की आवश्यकता है। वर्षा जल का संरक्षण आवश्यकता है, ताकि जमीन में स्थित पानी के दोहन को कम किया जा सकें। नदियाँ, तालाब, झील आदि जलस्रोत को स्वच्छ रखने की दिशा में प्रभावी प्रयास अनिवार्य है, जिससे जल में ऑक्सीजन की मात्रा कम ना हों। इसके साथ ही लोगों में जागरूकता पैदा करनी होगी, ताकि पानी बर्बाद न करें। 'जल है तो कल है' जल के महत्व को समझना होगा।
3. कृषि प्रधान देश होने के बाद भी पूरी आबादी पौष्टिक आहार से वंचित है। राष्ट्रीय खाद्य सुरक्षा अधिनियम 2013 शहरी आबादी के 50 प्रतिशत एवं ग्रामीण आबादी के 75 प्रतिशत तक सब्सिडी वाले भोजन की गारंटी देता है। पर इसके क्रियान्वयन को प्रभावी बनाने की आवश्यकता है। ग्रामीण अधोसंरचना का विकास करके आत्मनिर्भर ग्रामीण अर्थव्यवस्था से कृषि क्षेत्र में कांतिकारी परिवर्तन आवश्यक है। कृषि कार्य के लिए बीज, खाद, सिंचाई आदि के लिए प्रत्येक गांव को आत्मनिर्भर बनाने के लिए बुनियादी ढांचे का निर्माण करना होगा। इसके साथ कृषि आधारित उद्योग ग्रामीण क्षेत्र में विकसित करके कृषकों को नये अवसर एवं स्वरोजगार की संभावना विकसित करना चाहिए। पशुपालन से पौष्टिक आहार के नये स्रोत के साथ कृषकों की वैकल्पिक आय को भी बढ़ावा देना चाहिए। गोवंश आधारित जैविक खेती को रासायनिक खेती के जगह प्रतिस्थापित किया जाना आवश्यक है, जिससे जमीन की उर्वरक शक्ति में वृद्धि हों।
4. सार्वजनिक क्षेत्र की कंपनियों पर सरकार का नियंत्रण होने के कारण आपूर्ति एवं कीमतों को नियंत्रित रखा जा सकता है। इस कार्य के लिए निजी क्षेत्र का तकनीकी सहयोग लिया जा सकता है। भारत के पास विज्ञान-तकनीक, उचित प्रशिक्षित माननीय संसाधन के साथ सार्वजनिक तेज का बड़ा नेटवर्क है। जिसे कल्याणकारी के साथ लाभकारी बनाने के लिए उचित प्रबंधन की आवश्यकता है।

सार्वजनिक क्षेत्र की अधोसंरचना विकास के साथ आत्मनिर्भर ग्रामीण अर्थव्यवस्था समान अनुपात में जनसंख्या घनत्व के लिए आवश्यक है। कोविड 19 जैसे महामारी से बचाव के लिए महानगरों में जनसंख्या दबाव घातक है। पर्यावरण संरक्षण के साथ जनसंख्या नियंत्रण के प्रभावी प्रयास आवश्यक है। अन्यथा बढ़ती जनसंख्या ही भारत की सबसे बड़ी समस्या होगी और सभी समाधान के प्रयास विफल होंगे।

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भारत की अर्थव्यवस्था एवं वित्तीय प्रबंध पर महामारी के प्रभाव का लघु शोध अध्ययन (अन्तर्राष्ट्रीय मुद्रा कोष के आधार पर)

कु. कल्पना तिवारी,

विप्र कला, वाणिज्य एवं शारीरिक शिक्षा महाविद्यालय, रायपुर (छत्तीसगढ़)

शोध सार

भारत की अर्थव्यवस्था एवं वित्तीय प्रबंध पर महामारी के प्रभाव का अध्ययन करने पर अनिश्चिता के स्तर पर प्रकाश डालते हुए यह कहा जा सकता है कि इतने सालों में पहली बार हमें इस बात की जानकारी नहीं हो रही है कि यह क्या हो रहा है। बड़ी संख्या में लोगों के जीवन स्तर में तेजी से गिरावट आई है और अधिकांश लोगों को आने वाले 12 महीनों में आशा की कोई किरण नहीं दिख रही है। भारत सहित समूची दुनिया पूरी शताब्दी की सबसे कठिन आर्थिक चुनौती का सामना करने पर विवश हो गई। दीर्घकालिक लाभ हेतु अल्पकालिक कष्ट उठाने के लिए हमेशा तैयार रहने वाले भारत द्वारा किए गए विभिन्न साहसिक उपायों से ही देश में अनेकों जिंदगियों को बचाया और 'V' आकार में आर्थिक विकास संभव हो पाया है।

मुख्य शब्द

अन्तर्राष्ट्रीय मुद्रा कोष संगठन के रिपोर्ट के आधार पर आर्थिक समीक्षा एवं वित्तीय प्रबंध।

प्रस्तावना

वर्तमान में बुल्गारिया की अर्थशास्त्री क्रिस्टलिना जार्जिवा अन्तर्राष्ट्रीय मुद्रा कोष की प्रमुख है। यह पहला मौका है जब किसी उभरती अर्थव्यवस्था से IMF प्रमुख का चयन हुआ है। IMF अन्तर्राष्ट्रीय आर्थिक प्रणाली के प्रमुख संगठनों में से एक है। IMF की संरचना अंतर्राष्ट्रीय पूंजीवाद के पुनर्निर्माण को राष्ट्रीय आर्थिक संप्रभुता एवं मानव कल्याण के उच्चतम मूल्यांकन के साथ संतुलित करने में सुविधा प्रदान करती है। इस प्रणाली को सन्निहित उदारवाद कहते हैं। (Embedded liberalism) IMF ने वैश्वीकरण एवं पूरी दुनिया की आर्थिक तौर पर जोड़ने तथा निगरानी तंत्र को मजबूत करने हेतु प्रमुख पहल की है। इस पहलों में स्पिल ओवर (जब किसी एक देश की आर्थिक नीतियां किसी अन्य देशों को प्रभावित कर सकती हैं) को कवर करने, विलीय प्रणाली एवं जोखिमों के विश्लेषण की निगरानी हेतु कानूनी ढाँचे का पुनर्निर्माण करना आदि शामिल था। अन्तर्राष्ट्रीय मुद्रा कोष की अभिकल्पना जुलाई 1944 में संयुक्त राज्य के न्यू हैम्पशायर में संयुक्त राष्ट्र के ब्रैटन वुड्स सम्मेलन में की गई थी।

IMF के उद्देश्य

1. आर्थिक स्थिरता सुरक्षित करना ।
2. गरीबी कम करना ।
3. रोजगार को बढ़ावा देना ।
4. आर्थिक प्रगति को बढ़ावा देना ।
5. अन्तर्राष्ट्रीय व्यापार सुवर्धनजनक बनाना ।

आर्थिक एवं वित्तीय प्रबंध पर लघु विश्लेषण

विभिन्न क्षेत्रों में नजर डालने पर यही पता चलता है कि कृषि क्षेत्र अब भी आशा की किरण है जबकि लोगों के आपसी संपर्क वाली सेवा विनिर्माण और निर्माण क्षेत्र बुरी तरह प्रभावित हुए थे जिसमें धीरे-धीरे सुधार देखे जा रहे हैं। सरकारी उपभोग और निर्यात के बल पर ही आर्थिक विकास में और ज्यादा गिरावट देखने को नहीं मिल रही है।

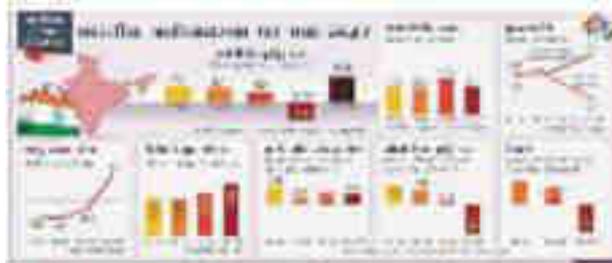
आर्थिक समीक्षा 2020–21 जी डी पी वृद्धि दर (स्थित मूल्यों पर, प्रतिशत में)

वर्ष	जी डी पी
2017–18	7.0
2018–19	6.1
2019–20	4.2
2020–21	-7.7
2021–22	11.0 अनुमानित



जैसा कि अनुमान लगाया गया था, लाकडाउन के कारण प्रथम तिमाही में जी डी पी में भारी गिरावट की गई। वहीं बाद में 'V' आकार में वृद्धि दर निरंतर बढ़ोत्तरी देखने को मिल रही है। दूसरी तिमाही में जी डी पी अपेक्षाकृत कम गिरावट और सभी महत्वपूर्ण आर्थिक संकेतों में हो रही बेहतरी में प्रतिबिंबित होती है।

अर्थव्यवस्था दो वर्षों में ही महामारी पूर्व स्तर पर पहुंचने के साथ-साथ इससे भी आगे निकल जाएगी ये अनुमान दरअसल IMF के पूर्वानुमान के अनुरूप ही है जिसमें कहा गया है कि भारत की वास्तविक जीडी पी वृद्धि दर 2021–22 में 11.5 प्रतिशत और वित्त वर्ष 2022–23 में इससे भी अधिक रहेगी। IMF के अनुसार भारत अगले दो वर्ष में सबसे तेजी से बढ़ने वाली अर्थव्यवस्था बन जाएगा।



आर्थिक समीक्षा में कहा गया है कि सौ साल में एक बार भी कहर ढाने वाले इस तरह के गंभीर संकट से निपटने के लिए भारत ने अत्यंत परिक्वता दिखाते हुए जो विभिन्न नीतिगत कदम उठाये हैं उससे विभिन्न देशों को अनेक महत्वपूर्ण साथ मिले हैं। जिससे वे अदूरदर्शीय नीतियां बनाने से बच सकते हैं इसके साथ ही भारत के नीतिगत कदम दीर्घकालीक लाभ पर फोकस करने के महत्वपूर्ण फायदों को भी दर्शाते हैं। भारत में नियंत्रण राजकोषीय, वित्तीय और दीर्घकालीक ढांचा सुधारों के चार स्तंभो वाली अनुठी रणनीति अपनाई। देश उभरते आर्थिक परिदृष्य को ध्यान में रखते हुए सुव्यवस्थित तरीके से राजकोषीय और मौद्रिक सहायता दी गई है।

निष्कर्ष

अंधरे क्षणों के दौरान हमें प्रकाश पर ध्यान केन्द्रित करना चाहिए। हम यह सुनिश्चित करने के लिए युद्ध की स्थिति में खड़े हैं कि वित्तीय स्थितियां अनुकूल रहें और बाजार कुशलता से काम करते रहें। हम सरकार के साथ घनिष्ट समन्वय में काम करेंगे ताकि इस संकट की घड़ी में हमारे नागरिकों को जो अत्यंत कष्ट हो रहे हैं उसे सुधार सके। हर अपरंपरागत रूप में जाने के लिए प्रतिबद्ध है। और जब भी स्थिति की मांगे होती है नई प्रतिक्रियाओं को तैयार करेंगे। हमें अपने भविष्य पर भी ध्यान केन्द्रित करना चाहिए। जो इस समय भी उज्ज्वल दिखाई देता

कोविड 19 में ई वाणिज्य पर प्रभाव

प्रियंका बाघ,

सहायक प्राध्यापक, वाणिज्य विभाग

विप्र कला, वाणिज्य एवं शारीरिक शिक्षा महाविद्यालय, रायपुर (छत्तीसगढ़)

प्रस्तावना

ई-कॉमर्स या इ-व्यवसाय इंटरनेट के माध्यम से व्यापार का संचालन है। न केवल खरीदना और बेचना, बल्कि ग्राहकों के लिये सेवाएं और व्यापार के भागीदारों के साथ सहयोग भी इसमें शामिल है। बुनियादी ढांचे, उपभोक्ता और मूल्य वर्धित प्रकार के व्यापारों के लिए इंटरनेट कई अवसर प्रस्तुत करता है। वर्तमान में कंप्यूटर, दूरसंचार और केबल टेलीविजन व्यवसायों में बड़े पैमाने पर विश्वव्यापी परिवर्तन हो रहे हैं। मूलतः इसका मुख्य कारण दुनिया भर के दूरसंचार नेटवर्क पर जो नियंत्रण थे उनका हटाया जाना है। सन् 1990 से वाणिज्यिक उद्यमों ने विज्ञापन, बिक्री और दुनिया भर में अपने उत्पादनों का समर्थन के लिये इंटरनेट को एक संभावित व्यवहार्य साधन के रूप में देखा है। ऑनलाइन शॉपिंग नेटवर्क वाणिज्यिक गतिविधियों का एक बढ़ता प्रतिशत बन गया है। इक्कीस वीं सदी ने ऑनलाइन व्यापारों के लिए असीम अवसर एवं प्रतिस्पर्धा का वातावरण प्रदान किया है। अनेक ऑनलाइन व्यापारिक कंपनियों की स्थापना हुई है और अनेक मौजूदा कंपनियां ऑनलाइन शाखाएं खोल रखी हैं।

ई-कॉमर्स की आवश्यकता

ई-कॉमर्स केवल इंटरनेट, वेबसाइट कंपनियां नहीं हैं। यह एक नई व्यावसायिक अवधारणा के बारे में है जो पिछले सभी व्यवसाय प्रबंधन और आर्थिक अवधारणाओं को शामिल करता है।

1. **विपणन:** ऑनलाइन विज्ञापन, विपणन रणनीतियों, उपभोक्ता के व्यवहार और संस्कृतियों के मुद्दे। जिन क्षेत्रों में इसका प्रभाव पड़ता है उनमें से एक विशेष रूप से प्रत्यक्ष विपणन है। अतीत में यह मुख्य रूप से डोर-टू-डोर, होम पार्टियों और कैटलॉग या लीफलेट का उपयोग करके मेल ऑर्डर था।
2. **कंप्यूटर:** ई-कॉमर्स और ई-व्यापार का समर्थन करने के लिए विभिन्न नेटवर्क और कंप्यूटिंग प्रौद्योगिकियों और भाषाओं का विकास, उदाहरण के लिए 'वेब आधारित' तकनीक के साथ फ्रंट और बैक ऑफिस की विरासत प्रणालियों को जोड़ना।
3. **वित्त और लेखा:** ऑनलाइन बैंकिंग लेनदेन की लागत के मुद्देय लेखांकन और ऑडिटिंग निहितार्थ जहां 'अमूर्त' संपत्ति और मानव पूंजी को तेजी से ज्ञान आधारित अर्थव्यवस्था में महत्वपूर्ण रूप से मूल्यवान होना चाहिए।
6. **उत्पादन और संचालन प्रबंधन:** बड़े पैमाने पर उत्पादन से मांग को संचालित करने के लिए आगे बढ़ते हुए, पुराने अनुकूलन ग्राहक अतीत के निर्माता धक्का के बजाय खींचते हैं। वेब आधारित एंटरप्राइज रिसोर्स प्लानिंग सिस्टम (ईआरपी) का उपयोग डिजाइनरों और/या उत्पादन मंजिलों के लिए सीधे सेकंड में ऑर्डर करने के लिए किया जा सकता है, इस प्रकार उत्पादन चक्र में 50 प्रतिशत तक की कटौती होती है, खासकर जब विनिर्माण संयंत्र, इंजीनियर और डिजाइनर मंन स्थित होते हैं विभिन्न देश।

ई-कॉमर्स का महत्व

ई-कॉमर्स प्रबंधन और वाणिज्य के लगभग सभी पाठ्यक्रमों के अध्ययन का हिस्सा बन रहा है। यह किसी भी पुस्तक या पांडुलिपि का एक अभिन्न अंग है जो खुदरा बिक्री पर लिखा गया है, और यह इस पाठ में भी एक महत्वपूर्ण हिस्सेदारी का दावा करता है। इसके पीछे कारण इस तथ्य में निहित है कि ई-कॉमर्स प्रौद्योगिकी पिछली शताब्दी में देखी गई किसी भी अन्य तकनीक की तुलना में अलग और अधिक शक्तिशाली है। इनमें से सबसे महत्वपूर्ण है इंटरनेट-अभ्यस्त उपभोक्ताओं के एक बड़े वर्ग का उदय, और फिर ई-टेलिंग के विकास के लिए

आवश्यक पारिस्थितिकी तंत्र का निर्माण। भारत के मामले में, इन दोनों कारकों में तेजी से गिरावट आने की संभावना है।

ई-टेलिंग के विकास से पहले, माल की बिक्री और बिक्री की प्रक्रिया एक बड़े पैमाने पर विपणन और ६ या बिक्री बल संचालित प्रक्रिया थी। उपभोक्ताओं को विज्ञापन (प्रचार) अभियानों के निष्क्रिय लक्ष्यों के रूप में माना जाता था, और ब्रांडिंग बिल्डज का उद्देश्य उनके दीर्घकालिक उत्पाद धारणा (ब्रांड पोजिशनिंग) और तत्काल क्रय व्यवहार को प्रभावित करना था।

कोरोनावायरस का ई कॉमर्स पर प्रभाव

वैश्विक महामारी दुनियाभर की अर्थव्यवस्था पर गहरा असर डाला है। लॉकडाउन के चलते लंबे समय तक अनिश्चितता का माहौल बना रहा, जो अब तक जारी है। इस लॉकडाउन के चलते अलग अलग कई सेक्टर्स मंदी के चपेट में चले गए, लेकिन वहीं कुछ ऐसे सेक्टर भी हैं, जिन्होंने इस आपदा में अवसर खोज लिया। हेल्थकेयर सेक्टर, आईटी सेक्टर भी इन्हीं में शामिल हैं, जिनमें पिछले 6 से 7 महीनों के दौरान अच्छी खासी ग्रोथ देखने को मिला है।

निष्कर्ष

रिपोर्ट के बारे में बात करते हुए कपिल मखीजा, सीईओ, यूनिकॉमर्स ने कहा कि दुनिया कोविड-19 के प्रभावों से जूझ रही है, इस बीच भारत के ई-कॉमर्स को साल की शुरुआत से ही प्रोत्साहन मिला है। उपभोक्ताओं की बदलती पसंद, खरीददारी के बदलते तरीकों, पहली बार ऑनलाइन खरीद करने वाले उपभोक्ताओं, रिटेलरों द्वारा डिजिटलीकरण, ब्रांड्स द्वारा डी2सी मॉडल्स को अपनाने जैसे पहलुओं को देखते हुए हमें विश्वास है कि ई-कॉमर्स आने वाले समय में दुनिया भर में तेजी से डेवलप होगा।

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Report
National Webinar on
Trends and Challenges of Online Education in Present Scenario
Organized by Department of Education Held on Date 17-19 June 2021

The Department of Education has organized a National Webinar on “Trends and Challenges of online Education in Present Scenario” under the aegis of IQAC and Department of Education, Vipra Arts, Commerce and Physical Education College from 17.06.21 to 19.06.21. A number of 2373 participants registered for the Webinar from various regions of the Country.

Inaugural Ceremony was held on 17.06.21 at 11:00 AM where the ceremony began with Saraswati Vandana which was further followed by the overview of webinar presented by HOD of Education & Convener of the Webinar- Dr. Divya Sharma, Principal of the College Dr. Meghesh Tiwari addressed the Webinar, Dr. Usha Dubey, (Retired Professor & Head of SoS Economics, Pt. RSSU), Mentor and Advisor gave blessings for successful completion and Mr. Gyanesh Sharma, Chairperson of Vipra Sikshan Samiti rendered a speech full of motivation and encouragement.

Hon’ble Vice Chancellor of Hemchand University, Dr. Aruna Palta was the Chief Guest of the webinar. She has lightened the theme of the Webinar in which the brighter side and drawbacks of online education were being discussed, also suggested remedies for overcome the problems especially in rural areas.

Program was presided by Dr. C.D. Agashe, Director, Institute of Teaching Education, Professor SoS Physical Education, Pt. Ravishankar Shukla University. He has presented a power point before the participants which was focused on the physical exercises which has become a necessity in the digital era.

Afterwards technical session was started, Dr. Mukesh Chandrakar, Keynote Speaker of this webinar has delivered a speech on “Methodology of online teaching”.

Ist Technical Session was taken by Dr. Subhash Sarkar, Head (I/C) Department of Education, Tripura University, Tripura on the topic of “Online Education in Present Scenario” Justification Applicability and Related Drawbacks”.

IInd Technical Session was taken by Mr. Sushant Kumar Nayak, Assistant Professor, Department of Education, Rajiv Gandhi University, (A.P.) delivered his lecture on “Right Use of Technology”.

At the end of the program, Research Paper was presented by research scholars of different areas and Summary report presented by Dr. Shraddha Verma, Assistant Professor, St. Vincent Palloti College, Raipur (C.G.)

On the conclusion of the Program, Vote of Thanks was given by Dr. Vivek Sharma, HOD of Commerce.

On second day of the Webinar i.e. 18.06.2021, after Saraswati Vandana, Dr. Divya Sharma has announced to start Technical session.

Ist Technical Session was taken by Dr. V.P. Joshith, Assistant Professor Department of Education, Central University of Kerala Tejaswini Hills, Kasargod-Kerala and delivered his lecture on “Methodology of Online Teaching”

IInd Technical Session presented by Mr. Prabhakar Pusadkar, Assistant Professor, Department of Social Work, NACS college, Wardha Maharashtra on “Nai Talim through online mode: Challenge and Possibilities”.

At the end of this day, Research Paper were presented and Summary Report was given by Dr. Abha Dubey, Head Sandipani Academy.

On the conclusion of the Program, Vote of Thanks by Mr. Mohit Shrivatava, HOD of Computer & Science.

On the third and last day of webinar 19.06.2021, Technical Session was started.

Ist Technical Session presented by Dr. K. Thiyagu Suriya, Assistant Professor in school of Education, Central University of Kerala, on the topic of “Digital Citizenship”.

In IInd Technical Session, a presentation was delivered by Ms. Urmila MAhendra Hadekar, Lecturer Regional Academic Authority (State Institute of Science Education) Nagpur on Topic “Online Teaching – Challenge and Possibilities”.

After the Technical Sessions, Valedictory function was started at 1.00 p.m. Function was addressed by Principal of the College Dr. Meghesh Tiwari and presided by Mr. Gyanesh Sharma, Chairman of Vipra Shikshan Samiti .

As a Chief Guest of Valedictory function Dr. K.L. Verma, Hon’ble Vice Chancellor of Pt. Ravishankar Shukla University (C.G.) gave his blessings on the successful completion of this webinar.

Dr. Kallol Kumar Ghosh, Professor, SoS, Chemistry, Pt. Ravishankar Shukla University addressed on the topic of “Different Aspects of Online Teaching”.

At last with the permission of Principal program was concluded and vote of thanks given by Dr. Divya Sharma HOD of Education and Convener of this program.

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Demonstrations

Teaching by showing is just as prevalent in online courses as traditional ones. Demonstrations are a mainstay when it comes to conveying certain concepts and processes. They are also among the instructional methods enhanced by the virtual learning environment. Online instructors frequently upload recorded video demonstrations to the LMS regardless of whether they delivered them synchronously or asynchronously. Students can review these clips as often as necessary to master the lesson.

Simulations

Simulations delivered in a realistic digital environment allow online students to test practical skills and knowledge remotely. Major colleges and universities sometimes use simulations to prepare online students for fieldwork traditionally carried out in a face-to-face setting. These virtual experiences are applicable in several fields and disciplines. Online biology students can use simulations for dissection while the University of Southern California uses managerial simulations that let students make decisions and experience their outcomes. According to Harvard Business Publishing, simulations reinforce key concepts and let students explore them in a realworld context.

Preparing simulations was once a lengthy, tedious process, but leading LMS platforms can streamline the process by allowing instructors to choose from a variety of scenarios that complement course content.

Professors can also search open source educational resources (OERs) like Merlot for compatible simulations made freely available by their creators.

Games

Like simulations, games let online students gain practical experience in an accessible digital environment. They can also increase student participation as learners may find them more engaging and less stressful than simulations.

Educational technology developers like Distance2Learn integrate game-building applications directly in the LMS to simplify the design process.

“It is important to design alternative and flexible ways for students to demonstrate their knowledge,” Mr. Chapman told OnlineEducation.com. “We launched our Game Based Activity Builder for instructors to easily create visual games ... from the content [they] already have in their course.”

Online instructors can use leaderboards and other motivating tools to introduce friendly competition and, in turn, motivate students to master whatever skills and concepts the game is meant to convey.

Case Studies

Case studies are another instructional method that places students in an active learning role while promoting research, problem-solving, and high-level cognitive skills. When used in a collaborative way, these exercises present another opportunity for online students to connect and learn from one another. It can be helpful for instructors to suggest reputable online resources students can consult for information.

According to CSN, case studies work well in online courses and do not require much preparation.

Instructors can search OER sites and databases to find case studies prepared by other online professors.

Problem-Based Learning Projects

Problem-based learning (PBL) encourages students to practice many of the same skills as case studies while actively solving problems. Projects are usually collaborative in nature: teams of online students can use collaborative document programs like Google

Drive to manage their work and share information. Small group chats and forums can also become a sounding board for theories and discussion.

According to the ION, this work places instructors in an advisory rather than an authoritative position. An online resource called WebQuest lets instructors find, create, and share the type of inquiry-based assignments used in PBL projects.

Online Whiteboard

Online whiteboards have risen as a popular choice to virtually emulate the in-person classroom experience shared between teachers and students. They offer an infinite canvas, shape libraries to create different diagrams and charts, pre-made templates, sketching, typing, image import options, etc.

Unlike the traditional whiteboards, they also let you digitize the content created, hence allowing you to re-share them and refer to them at a later time. You can also collaborate with students on the same canvas in real-time which paves the way to

- Brainstorm around lessons
- Mind mapping
- Do interactive exercises such as quizzes
- Review homework and leave feedback

Find out more about how to successfully use an online whiteboard for teaching.

Live Online Classes

Technology has made it straightforward to deliver lectures online even if you are not in the same room as the students, replicating many of the elements of face-to-face interaction.

Using video conferencing tools you can connect and communicate with students across the globe to deliver lessons. Incorporating an online whiteboard, you can make the classes even more engaging.

Lectures tend to put students in a passive role. Therefore to keep students engaged throughout the class online;

- Be prepared by outlining the content of the lesson
- Ask questions during and after the lesson and leave time for students to answer
- Carry out discussions around the topic and encourage students to participate actively
- Make use of graphic organizers, images, posters, videos, visuals, etc.
- Break down the main topic into sub-parts which will allow you to deliver the lecture in smaller chunks making it more effective in terms of keeping the students focused and engaged
- Set clear guidelines for online class etiquette for students to maintain

Pre-Recorded Video Lectures

The benefit of pre-recorded lectures, as opposed to the live ones, is that the former allows the students to learn at their own pace at any time without the presence of the teacher. It also gives them material to go over during revision.

The teacher or instructor, on the other hand, can use the videos to avoid repetitive teaching between different classes.

To create effective pre-recorded lectures;

- Start with a script. Outline the talking points and what should go on each slide.
- Practice as necessary. Unless you are confident enough to do it in one go, rehearse what you will be saying prior to recording.
- Keep it short. If the video is longer than 20 minutes, consider breaking it up into smaller videos. This will not only come in handy when uploading them online but in case you need to replace the content with new information, it'll be easier to re-do a few minutes video than an hour-long one.
- Have everything ready before recording. Make sure that you are in a place devoid of distracting noises and backgrounds, and that your script and props are in place.
- If you are recording your screen, make sure to have closed unnecessary tabs and apps that may send you notifications.
- Maintain good eye contact with the camera and a tone you would use in a normal one-on-one conversation.

Flipped Classroom

The flipped classroom has become one of the most popular teaching methods in education during the past few years.

It entails a strategy opposite to the traditional class format; here the students are required to review class material prior to the actual lesson, hence reserving actual in-class time to put what they have learned into test with teacher-guided activities such as debates, problem-solving, in-depth discussions, quizzes, etc.

Videos have become a core element in the flipped classroom model. While many teachers create videos of their own, some also use videos created by other teachers. Video-sharing platforms such as YouTube can be utilized to share these among students.

Some of the other effective techniques for the flipped classroom include,

- **Online quizzes:** help students self-regulate what they have learnt and further improve their comprehension of the subject
- **Polls:** help students reflect and analyze what they have learned by polling their own choices
- **Infographics:** increase student engagement and enhances memory
- **Mind maps or word cloud:** allow students to brainstorm around topic areas and develop their thinking skills

Game-Based Teaching

Game-based learning is a popular technique used to improve student engagement and retain attention. This approach helps reduce student anxiety and increase their involvement, especially when teaching complex concepts. It also paves the way for weaker students to develop their competences by interacting actively with their classmates.

And in online teaching, games help close the gaps in the interaction between face-to-face learning and online learning. Depending on the game you select, here are a few tips to keep in mind when carrying it out online,

Advantages and Disadvantages of Online Teaching Learning During Pandemic

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The Covid-19 pandemic took world by surprise. Globally, everything has stopped. Project have been delayed: workplaces closed and schools shut down. The world seems to have ground to a halt because of the novel corona virus. However, students continue their education through online learning and via video calls with their teachers. The model is currently the best alternative as keeping schools open poses a safety risk for students. Amongst many institutions schools have also shifted their base to virtual platforms to conduct classes online. Consequently, catering to the needs Of all stages Of education from pre-primary to university level, online education has emerged as an alternative to ordinary face to face classes. Accordingly, various stakeholders such as government and private organizations are trying their to assist each other by sprucing up their existing online platforms, apps and providing training to teachers to use these apps and platforms to the optimum level. Moreover, efforts are being made by both government and nongovernment organisations and detach companies to support school system to make a smooth transition to the virtual world. Up skilling and motivating teachers, organising counselling sessions for stakeholders such as teachers, parents and students are some of the important measures taken by the administration in the recent past. Making a continuous effort to provide customised teaching-learning material suitable for online classes is another way Of facilitating the schooling Of children. The Central government has recently launched the PM e-VIDYA platform, with 12 new 0TH channels, one for each class to reach out to all strata's Of society. These efforts have proved beneficial to a sizable chunk Of the school-going population.

Benefits of Online Education

An online education is preferred by individuals who may not be able to make it for classes in a traditional brick and mortar kind of college due to various reasons. Below we'll examine some of the benefits this exciting education provides to such students.

1. **Flexibility:** Students have the freedom to juggle their careers and school because they aren't tied down to a fixed schedule. In a traditional classroom setting, class meeting times are set, and the student has no power over this, forcing them to work their schedules around these dates. Most people who choose online learning tend to have other commitments, and prefer this mode of learning as it gives them more control over how they will delegate their time towards their different projects.
2. **Reduced Costs:** Online education can cost less due to a variety of reasons. For example, there is no cost for commuting. Assorted costs that are related to transport, such as fuel, parking, car maintenance, and public transportation costs don't affect the online student.
3. **Networking Opportunities:** Online education also provides students with the chance to network with across nations or even different continents. This often leads to other opportunities in terms of collaboration with other individuals in the implementation of a project. At the same time, it makes them culturally sensitive and able to fit into other environments easily given their exposure to other cultures.
4. **Documentation:** All the information that you will need will be safely stored in an online database. This includes things like live discussion documents, training materials and emails. This means

that if there's ever anything that needs to be clarified, the student will be able to access these documents fast, saving valuable time. This is especially useful for individuals that need to carry out research for a project and submit their findings to a panel.

5. **Increased Instructor - Student Time:** Students in traditional classrooms may not get the personalized attention they need to have concepts clarified. Although class sizes are small at CCA, most schools and colleges have classes of students that number in the hundreds. This is not a problem for this type of education because online guided discussions and personal talk time with their teachers is a hallmark of online classes. This increases the chance of a student performing well due to the time their instructors give them. This also enhances their problem-solving and communication skills, as well as knowing how to defend their arguments to superiors if needed.
6. **Access to Expertise:** An online college education might give students access to specialized degree courses that may not be available in an easily accessible or local institution of learning. Online classes allow the sharing of expertise that helps more people have access to education that is not readily available in certain geographic locations.

Students and teachers also have their own struggles while accessing these online platforms. Due to financial constraints, students are not able to access the internet, and are devoid of electronic gadgets and laptop, phone or computer or even radio and TV. • Those students who have facilities to attend to online classes face barriers in terms of unavailability of physical space, which is equally applicable to teachers who are supposed to conduct online classes from their home. There are also social barriers such as discrimination against girls as they are expected to do household chores instead of attending online classes in the mornings- In rural areas, boys are often expected to work on the family farmlands. In homes where TV and radio are available, question of who has control over these gadgets is important. Most of the time, girls are not allowed to watch educational programmes.

Disadvantages of Online Education

- **Lack Of Interaction:** As studying an Online degree takes place on a computer, there can be minimum or no face-to-face interaction with professors and classmates, In most cases, you will be communicating only through email. For some students, it can be difficult to study in such a situation.
- **Issues With Technology:** The important thing required to get an online degree is knowledge of technology. If the teacher and the learner don't have required knowledge of technology, it may become a hurdle in completion of online teaching-learning process. Problems with technology can make online learning frustrating, especially if one can't access materials and notes if there is no great Internet connection.

Requirement Of Self-Motivation

There will be no one to motivate you to study except yourself. And sometimes it may be difficult for you to keep yourself disciplined and motivated, especially when you are busy with other work and commitments of life or you can easily get distracted while studying at home.

- **Can be frustrating:** Online communication can be frustrating for some students who prefer in-person communication with all the verbal and non-verbal expressions. For those who struggle to communicate in writing, online learning is an entirely new and pressure task.
- **Less motivated:** Video conferencing is great but it is not the same as bonding in person. Many of the students don't feel comfortable talking when they can't meet the person personally.

E-Learning is limited to certain disciplines

All educational disciplines are not Created equal and not all study fields can be effectively used in e-learning. For now, at least. ELearning tends to be more suitable for social science and humanities, rather than scientific fields such as medical science and engineering which require a certain degree Of hands-on practical experience. No amounts of online lectures can substitute an autopsy for nederal students or real-life industrial training for a budding engineer. While this could change in the future, we are currently not yet at a point Where we can fully teach all professions solely through E-Learning.

Health-Related Concerns

E-learning requires the use Of a computer and Other such devices; this means that eyestrain, bad posture, and other physical problems rmay affect the learner.

As a student participating in the home-learning program, online school was confusing to adjust to as we had not been prepared through simulations or practices beforehand. Students reported the home-learning program to be even more stressful than regular classrooms. Some of the common reasons for this went along the lines of: “Normal classes may have been difficult, but having friends makes it so much more manageable and less stressful. Online classes take out the benefits of having friends to socialize with and being stuck alone with nothing but assignments.”

Many students participating in home-learning programs also say that the workload of online classes is larger than that of regular classes. The general consensus is that home-learning programs — although highly beneficial and a good alternative to school as schools are closed — Still require some getting used to by students, as it is a novel concept and not many are experienced with them.

CONCLUSION

Today is a very exciting time for technology and education. Online programs offer technology-based instructional environments of education can be highly effective alternative medium of education for the mature, self-disciplined student, it is an inappropriate learning environment for more dependent learners. Online asynchronous education gives students control over their learning experience and allows for flexibility of study schedules for non traditional students; however, this place a greater responsibility on the student. In order to successfully participate in an online program, students must be well organized, self-motivated and possess a high degree of time management skills in order to keep up with the pace of the course. For these reasons, online education is not appropriate for younger students (i.e. elementary or secondary school age) and other students who are dependent learners and have difficulty assuming responsibilities required by the online paradigm. Personally, I feel that traditional methods of teachin-learning are a great alternative to normal in school classes.

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Methodology for Online Teaching-learning

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ABSTRACT

Online Teaching is an online process of teaching in an virtual environment. In this virtual platform teacher and learners both are connected by time & various locations. It is also known as virtual teaching or online tutorial E-learning. There are four categories of online teaching-learning methods, Asynchronous, Synchronous, Hybrid or blended and Competency-based. Two main benefits of online teaching-learning are location and flexible timescale, which are followed by teacher and learner. At present Online teaching-learning is a boon for both teacher and learner.

KEY WORDS

Methodology, Online Teaching, Online Teaching, E-Learning, Teaching-learning methods etc.

INTRODUCTION

Online teaching-learning is very popular in these COVID-19 pandemic situations. It takes place over the internet. Online teaching-learning is another term of Distance learning. Before some decade those students choose the distance learning who lived in rural area or who did full day work. But today, Distance learning is become a need of the every teacher and learner, whatever they belong with schools, colleges and Universities. Everyone follows the online teaching-learning.

What is Methodology?

In education system, there is a curriculum which is taught by teacher. For this teaching-learning technique is known as method. There are so many methods of teaching that is used in education system. For example, lecture method, demonstration method, problem-solving method, inquiry-based method, project-based method etc. Lecture method is mostly used method. It is the instructor-centered method so it is become very boring nowadays. In this technology time it is more important that teachers have to use learner-centered methods to motivate them towards progress and achieves the goals. Computer mediated communication and online learning is a supporter to active based learning. In this online learning teacher play as a mentor or supporter and learner play as a active role in any kind of practice and learning. There are four categories of online teaching-learning methods:

1. Synchronous teaching-learning:

Synchronous teaching-learning takes place real time. In this type of learning teacher and learners both are connected on virtual environment by the same time but various locations. There is no need to both learner and teacher has in same location. In this leaning learners enables to ask questions and receiveanswers on-the-spot and also they discussed with teacher and with co-learners.

Some examples of synchronous teaching-learning:

- Live webinars
- Video/ audio conferencing
- Virtual Class
- Instant messaging
- Live webcast

2. **Asynchronous teaching-learning:**

Asynchronous teaching-learning is the learner centered. This type of learning is not occurred in same time & place. Learner learns everything at his own pace and follows the instructions that are given by teacher. Teacher provides assignments, reading materials, prerecorded videos to the learners. Learner after watching prerecorded videos, reading materials communicate with their co-learners and also with teacher via email, text messages or whatsapp messages. Some examples of Asynchronous teaching-learning:

- Assignments
- Research Projects
- Prerecorded Videos
- Reading and Writing Materials
- Learning by online activities e.g. problem solving, quizzes and games.

3. **Hybrid teaching-learning:**

This type of teaching-learning is the combination of synchronous and asynchronous teaching-learning method. Scheduled class is necessary for using this method of teaching-learning during the semesters. Pre-recorded lectures, presentations and other online tools are required for delivering the additional material Courses. Flipped classroom is another type of hybrid teaching-learning method, in this method learner study at own pace mostly online and after that learner attend the class to clear his doubts with teacher. In this method teacher provides some instructions to learner for studying the topic before discussing in the class. At present, many schools, Colleges and universities are using this kind of teaching-learning method, because this learning creates deeper understanding about the subject in the learner.

Blended teaching-learning is also another type of hybrid teaching-learning method. This method is used for training programs. In this method offline class is run for the teach theory portion and discussion for challenging topics on mode of 'face-to-face'. And in online class teacher gives the pre and post material to access the knowledge of the learners and also discussed with learners what they learnt. It develops leadership skills in a learner to face any kind of situation.

4. **Competency-based teaching-learning:**

There is no use of pre-recorded videos, lectures or other reading materials. Teacher and learner both are together create a leaning environment to develop skills or competencies by using web-based tools, books, documents or job experiences. The aim of competency-based teaching-learning is to make certain that learner are getting knowledge and skills that are useful their success in education field like school, college, university or career and adulthood life.

Learners have already some skills and they can use their skills or competency to develop their mastery with the help of their mentor. Learner can show their full competency or skills by set of their full qualification as certificate, diploma or degrees etc. Learner always learn individual and usually at their own pace. They show their skills or competencies by tests, solving quizzes and after showing their mastery then go for next level without repeated courses. By using this method learned increase their skills or competencies in education field and academic field. This method means learner always move ahead when learner show their skills or competencies. Teacher ensures that Learner gets full opportunity to develop his skills or competencies and also ensure that each learner can move ahead after their mastery. Competency-based teaching-learning method gives an opportunity and clear focus to learners for their next level of life or career. Learners are prepared for better future with necessary competency. There are so many colleges provided competency-based courses to learner who has already skilled in his job field to give them to develop his mastery to move ahead to next level of his profession.

CONCLUSION

Online education is electronically supported learning that relies on the Internet for teacher/student interaction and the distribution of class materials. Web-based teaching provides anytime and anywhere. So, learner should collaborate to arrange real time and meeting in online or offline class. Teacher has many online methods as well as tools to motivate their learners to retention and learning. Teacher should select the best method by which teacher present his material best and provides educational value. learner's active participation also important in e-learning platform. E-learning or Online teaching-learning is very beneficiary for both teacher and learner because of its flexible timescale and location. Online teaching-learning became a boon for education system in this COVID-19 pandemic time.

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व्यक्तिकृत-अधिगम

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वैयक्तिकृत अधिगम या ज्ञान एक शैक्षिक दृष्टिकोण है जिसका उद्देश्य प्रत्येक विद्यार्थी की ताकत आवश्यकता, कौशल और रुचियों द्वारा अधिगम को अनुकूलित करना है। प्रत्येक विद्यार्थी को वह क्या जानता है तथा कैसे वो बेहतर सीख सकता है पर आधारित एक अधिगम योजना मिलती है।

“विद्यार्थी हेतु वैयक्तिकरण” शिक्षकों का विद्यार्थियों के लिए अधिगम रचना करना है।

Dan Buckey को 2005 में व्यक्तिगत अधिगम ज्ञान को दो अलग-अलग तरीकों से परिभाषित करने का श्रेय दिया जाता है।

“शिक्षार्थी के लिए वैयक्तिकरण”- विद्यार्थियों हेतु शिक्षकों द्वारा अधिगम अनुभव की रचना की ओर संदर्भित करता है।

बच्चे अलग-अलग तरीकों से और अलग-अलग गति से सीखते हैं। व्यक्तिगत अधिगम प्राकल्पना पर आधारित एक शैक्षिक मॉडल है। पारंपरिक शिक्षा में जहाँ विद्यार्थियों को आयु के अनुसार एक साथ समूहीकृत किया जाता है। पढ़ाया जाता है और उनका परीक्षण किया जाता है तत्पश्चात् उन्हें आगे बढ़ने के लिए कहा जाता है। ठीक इसके विपरीत व्यक्तिगत अधिगम अगले विषय पर बढ़ने से पूर्व विद्यार्थी को विषय पर पकड़ बनाने पर जोर देता है। इससे विद्यार्थियों के ज्ञान कौशल की संभावना में बढ़ोतरी हो रही है जो उन्हें संपन्न और समृद्ध जीवन की ओर बढ़ने के लिए आवश्यक है।

प्रत्येक विद्यार्थी को उनके कौशल तथा रुचियाँ क्या हैं, वे क्या जानते हैं तथा वे कैसे सीखते हैं पर आधारित एक अधिगम योजना प्राप्त होती है। यह दृष्टिकोण अधिकांश विद्यालयों में पायी जाने वाली “वदम प्रेम पिज सस के विपरीत उपागम है।

विद्यार्थी अपने शिक्षकों के साथ अल्पावधि तथा दीर्घावधि दोनों कालों के लिए कार्य करते हैं। यह प्रक्रिया विद्यार्थी को उनके अधिगम का स्वामित्व लेने में मदद करती है।

वैयक्तिकरण शिक्षण ज्ञान या अधिगम, विशेष शिक्षा का स्थानापन्न नहीं है। यह सामान्य शिक्षा के लिए एक दृष्टिकोण है जो एक व्यक्तिगत शिक्षा कार्यक्रम के साथ कार्य कर सकता है। व्यक्तिगत अधिगम अभी तक स्कूलों में व्यापक रूप से उपयोग नहीं किया जाता है। कई पहलुओं को अभी भी तलाशने की जरूरत है। किंतु इस दृष्टिकोण में विशेष शिक्षा के कलंक को कम करने में सहायक तथा बच्चों की सोचने और सीखने के अंतरों की आवश्यकता को बेहतर ढंग से पूरा करने की सामर्थ्य है।

वैयक्तिक शिक्षा विद्यार्थियों को स्वसमर्थन कौशल बनाने का मौका भी दे सकती है। यह उन्हें अपने रुचियों के बारे में बोलने के लिए प्रोत्साहित करता है। यह उन्हें अपने अधिगम अनुभव में समान भागीदार होने की अनुमति भी देता है।

समर्थन और अधिगम की सुलभ पहुँच दोनों ही व्यक्तिगत अधिगम के आवश्यक भाग हैं। यदि अधिगम ठीक तरह से होता है और प्रशिक्षण सही ढंग से दिया जाता है तो इससे संबंधित सभी विद्यार्थी अधिगम में अधिक व्यस्त होंगे तथा संघर्षरत विद्यार्थियों को जल्दी की मदद मिलेगी। यदि अधिगम का आयोजन भली भाँति नहीं होता है तो कमजोर विद्यार्थी और पिछड़ जाएंगे।

वैयक्तिकृत अधिगम तब होता है जब शिक्षार्थी अपनी रुचियों और प्रतिभाओं के अनुरूप उपयुक्त लक्ष्य निर्धारित करके उस अधिगम की जिम्मेदारी लेता है। वे प्रगति की निगरानी करते हैं। और उन लक्ष्यों को पूरा करने के लिए प्रेरित और चनौतीपूर्ण बने रहते हैं।

शिक्षार्थियों पर ध्यान केन्द्रित करने वाले शिक्षकों के लिए विद्यार्थियों के सीखने को वैयक्तिकृत करने में आपकी सहायक युक्तियाँ निम्नांकित हैं:

1. व्यक्तिगत सीखने की योजनाएँ निर्धारित करे। यह वह है जो व्यक्तिगत सीखने को प्रेरित करता है। विद्यार्थियों को व्यक्तिगत योजनाएँ और लक्ष्य निर्धारित करने चाहिए जो उनकी रुचियों, प्रतिभाओं और जुनून के अनुरूप हो। स्पष्ट और विशिष्ट व्यक्तिगत लक्ष्यों के बिना कोई व्यक्तिगत शिक्षा नहीं हो सकती है। विद्यार्थियों को इन लक्ष्यों की निर्धारित करने, लक्ष्यों की दिश में प्रगति की निगरानी करने और उपयुक्त के रूप में नए लक्ष्यों को संशोधित या निर्धारित करने के लिए प्रोत्साहित करें।
2. स्व मूल्यांकन को प्रोत्साहित करे। विद्यार्थियों की आत्मचिंतन अभ्यासों के माध्यम से स्वयं के सीखने का आकलन करने का अवसर दे। यह विद्यार्थियों में संज्ञानात्मक कौशल विकसित करने का एक शानदार तरीका है।
3. विद्यार्थी जैसा वे सीख रहे हैं उसके लिए विद्यार्थियों निरंतर रचनात्मक आंकलन करे। इससे आप विद्यार्थी को सीखने में अधिक प्रभावी ढंग से वैयक्तिकृत करने में सक्षम होंगे।
4. विद्यार्थियों की व्यक्तिगत पसंद के अनुसार परियोजना आधारित शिक्षा का प्रयोग कर उन्हें सीखने के अवसर दें जो प्रयोग कर उनके व्यक्तिगत हितों के लिए लाभप्रद होगा।
5. विद्यार्थियों को जो मूल्यो विचारों और विश्वासों को प्रोत्साहित करें। इसके माध्यम से शिक्षण सामग्री का विविध और समृद्ध सेट तैयार होगा जो आपके सीखाने की निजीकृत करने में मदद करेगा।
6. माता-पिता की भागीदारी बढ़ाएं माता-पिता को अपने विद्यार्थियों की शिक्षा बैठक में सक्रिय भूमिका निभाने के लिए प्रोत्साहित करे और यह सुनिश्चित करे कि उनके विद्यार्थी सफलता पूर्वक सीख रहे हैं। व्यक्तिगत जिम्मेदारी लेने की अनुमति देने के लिए उनके साथ अधिक नियमित रूप से संवाद करे।
7. सीखने के अधिक रास्ते प्रदान कर विद्यार्थियों को आसान और एक से अधिक विकल्प दे।

वैकल्पिक शिक्षण मार्गों के माध्यम से अपने सीखने को निजीकृत करने के लिए विद्यार्थियों को करियर से संबंधित इंटरनशिप के अवसर प्रदान करें।

8. मानक-आधारित ग्रेडिंग और रिपोर्टिंग पर स्वच करें। एक व्यक्तिगत शिक्षण प्रणाली में, विद्यार्थी अपने लिए निर्धारित लक्ष्यों और मानकों योग्यता प्रदर्शित करते हैं। इसलिए विशिष्ट शिक्षण लक्ष्यों या उद्देश्यों की योग्यता के आधार पर विद्यार्थियों का मूल्यांकन करें। इस पर नहीं कि उन्होंने असाइनमेंट पूरा किया है या वे अपनी सीट पर कितने समय तक रहे हैं।
9. डिजिटल टूल्स के उपयोग के द्वारा व्यक्तिगत अधिगम में मदद मिल सकती है। वैयक्तिकृत शिक्षण मिश्रित शिक्षण परिवेश को शामिल करके समर्थित है। एक शिक्षक के रूप में अधिक कुशल प्रभावी होने के लिए डिजिटल उपकरणों के साथ आमने-सामने के सर्वोत्तम निर्देशों को मिलाएँ।
10. एक व्यक्तिगत सीखने के माहौल में विद्यार्थियों के पास अपने शिक्षकों और साथियों के साथ सहयोग करने, साझा करने, सीखने और जुड़ने का कौशल होना चाहिए। सुनिश्चित करे कि आपके विद्यार्थियों के पास अपने सीखने के नेटवर्क को बनाने और उससे जुड़े रहने के लिए आवश्यक डिजिटल साक्षरता कौशल है।

निष्कर्ष

विभिन्न ऐसे बहुत से कारण सामने आए हैं जिससे ज्ञात होता है, कि विद्यार्थियों को व्यक्तिगत ज्ञान या अधिगम की आवश्यकता क्यों हुई, व्यक्तिगत अधिगम उपागम के साथ, विद्यार्थी अधिगम प्रक्रिया में अधिक व्यस्त होते हैं। यह उपागम प्रत्येक विद्यार्थी की विशिष्टता को सम्मान देने हेतु आवश्यक लचीलापन प्रदान करता है, इस प्रकार उन्हें भविष्य के लिए बेहतर तरीके से तैयार किया जाता है।

विद्यालयों में व्यक्तिगत अधिगम प्रारंभ करने से पूर्व इस बात को लेकर आश्वस्त होना चाहिए कि शिक्षक को विद्यार्थियों की आवश्यकताओं को संतुष्ट करने हेतु प्रशिक्षित होना आवश्यक है।

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वर्तमान परिदृश्य में ऑनलाइन शिक्षा – एक अनिवार्य आवश्यकता

रिंकी देवी सिंह,

सहायक प्राध्यापक, शिक्षा विभाग

विप्र कला, वाणिज्य एवं शारीरिक शिक्षा महाविद्यालय, रायपुर, छत्तीसगढ़

जीवन में सफलता प्राप्त करने और कुछ अलग करने के लिए शिक्षा सभी के लिए एक बहुत महत्वपूर्ण साधन है। यह हमें जीवन के कठिन समय में चुनौतियों से सामना करने में सहायता करता है। शिक्षा या ज्ञान प्राप्त करना हर व्यक्ति का मूलभूत अधिकार है और अच्छी शिक्षा देश के प्रत्येक नागरिक को मिलना ही चाहिए। शिक्षा ही व्यक्ति का संपूर्ण विकास कर सकती है। उसके बौद्धिक, मानसिक व आर्थिक स्तर को ऊंचा कर सकती है। उसके सोचने समझने की शक्ति का विकास कर सकती है। अच्छी शिक्षा हासिल करके ही अच्छे एवं सुरक्षित भविष्य की नींव डाली जा सकती है। इसीलिए एक सुरक्षित भविष्य के लिए प्रत्येक व्यक्ति को अच्छी शिक्षा लेना अनिवार्य है और ऑनलाइन शिक्षा इसमें महत्वपूर्ण भूमिका निभा रही है।

हम आज भी अपने बच्चों को स्कूल की क्लास रूम में बिठाकर ही शिक्षा ग्रहण कराने में ज्यादा विश्वास करते हैं। लेकिन विगत कुछ वर्षों से हमारे देश में ऑनलाइन शिक्षा (Online Education) भी काफी लोकप्रिय हुई है। कोरोना के बढ़ते खतरे के कारण पूरे देश में हुए लॉकडाउन की वजह से जब सारे शिक्षण संस्थाएं बंद हो गईं। तब बच्चों को अपनी शिक्षा जारी रखने के लिए ऑनलाइन शिक्षा का मजबूत सहारा मिला। लगभग सभी स्कूलों के द्वारा इंटरनेट के माध्यम से बच्चों को ऑनलाइन शिक्षा दी जा रही है। ताकि बच्चों की पढ़ाई का नुकसान ना हो और आज देश के अधिकतर विद्यार्थी ऑनलाइन शिक्षा से जुड़कर काफी खुश भी हैं।

आम बोल चाल की भाषा में कहे तो घर बैठ कर इलेक्ट्रॉनिक यंत्र जैसे कंप्यूटर, लैपटॉप, स्मार्टफोन, टैबलेट में इंटरनेट की सुविधा हो उसे उपयोग करके पढ़ाई ग्रहण करना ऑनलाइन शिक्षा कहलाती है। इस पढ़ाई के सिस्टम में दूरी और समय का कोई बंधन नहीं होता है। बच्चा कितना भी दूर बैठा हो वो अपने टीचर्स के लेक्चर अटेंड कर सकता है। इस सिस्टम में दो तरीके से शिक्षा प्राप्त कर सकता है। एक रिकॉर्डेड लेक्चर और दूसरा लाइव लेक्चर। लाइव लेक्चर का मतलब होता है कि रियल टाइम में टीचर और स्टूडेंट दोनों एक साथ होते हैं और लेक्चर अटेंड करते या करवाते हैं। रियल टाइम का मतलब होता है कि एक समय में साथ होना। रिकॉर्डेड लेक्चर का मतलब होता है कि टीचर और स्टूडेंट रियल टाइम में ना होकर कभी भी लेक्चर अटेंड कर सकते हैं। इसके अंदर टीचर अपना लेक्चर रिकॉर्ड करके भेज देता है, जिसे स्टूडेंट्स जब टाइम मिले तब देख सकता है।

ऑनलाइन शिक्षा की आवश्यकता

आज स्कूल कॉलेज आदि के साथ साथ प्रतियोगी परीक्षा की तैयारी करने वाले स्टूडेंट्स भी कोचिंग संस्थानों में नहीं जा पा रहे हैं, ऑनलाइन शिक्षा ने उनकी भी राहें आसान कर दी हैं। अब वे घर बैठे निश्चित होकर प्रतियोगी परीक्षाओं की तैयारी कर सकेंगे। कई डिग्री परीक्षाएं और उनका पाठ्यक्रम भी ऑनलाइन चलता है। शिक्षा के इस माध्यम का बड़ा लाभ उन छात्रों को भी है जो विदेश जाकर पढ़ाई नहीं कर पाते हैं वे घर बैठे विश्व के किसी भी ख्यातिप्राप्त शिक्षा केंद्र के साथ सीधे जुड़ सकते हैं। हमारे ज्ञान को सुलभ और घर तक लाने का श्रेय शिक्षा के इस माध्यम को जाता है। इसने यात्रा के खर्च व समय की बचत की है साथ ही छात्रों के समक्ष चयन के लिए हजारों विकल्प भी हैं, अब घर बैठे सर्वश्रेष्ठ ऑनलाइन क्लासेज से एक क्लिक में जुड़ा जा सकता है।

ई-एजुकेशन का बड़ा फायदा यह भी है कि बच्चों एक बार की क्लास को रिकॉर्ड कर जब चाहे दुबारा चलाकर देख सकते हैं, जबकि परम्परागत शिक्षा व्यवस्था में इस गुण की कमी थी। डिजिटल क्लासरूम इतने आधुनिक बन चुके हैं कि शिक्षक छात्र का आपसी संवाद उसी तन्मयता से बना रहता है जैसा कि वास्तविक कक्षा में छात्र लिखकर अपनी शकाओं या समस्याओं को अध्यापक के सामने प्रस्तुत कर सकता है। बड़ी-बड़ी सेवाओं

जैसे सिविल सर्विस, इंजीनियरिंग और मेडिकल, कानून आदि की शिक्षा भी आज कई संस्थान ऑनलाइन उपलब्ध करवा रहे हैं।

आज के समय में जब घर से निकलना भी एक चुनौती बन चुका है, ऐसे में ऑनलाइन शिक्षा एक सुनहरा विकल्प है। यह न केवल बाधित शिक्षा व्यवस्था को गति दे सकता है, बल्कि अधिक आकर्षक तरीके से शिक्षक छात्र के अनुभव बढ़ाए जा सकते हैं। किसी शिक्षण संस्थान, कोचिंग सेंटर अथवा व्यक्तिगत ट्यूशन के कुल खर्च के दसवें भाग व्यय में आसानी से ऑनलाइन कोर्स उपलब्ध हो जाते हैं जिन्हें घर बैठकर कभी भी देखा जा सकता है। समय तथा धन की बचत के साथ ही शिक्षण संस्थान जाने में आने वाली ट्रेफिक, मौसम आदि की समस्याओं से भी निजात मिल जाएगी।

शिक्षा का अधिकार 2009 देश के प्रत्येक बच्चों को निशुल्क एवं अनिवार्य एवं बाल शिक्षा का अधिकार देता है। शिक्षा व्यक्ति के बहुमुखी विकास की प्रथम शर्त मानी जाती है। ऑनलाइन शिक्षा आज के युग की लोकप्रिय प्रणाली है। इसके कई सारे लाभ हैं तो कुछ हानियाँ भी हैं। जिन्हें हम इस प्रकार समझ सकते हैं।

ऑनलाइन शिक्षा के लाभ

- बालक अपने घर में बैठे देश विदेश के किसी भी संस्थान से शिक्षा अर्जित कर सकता है।
- शिक्षण संस्थान विद्यालय, कॉलेज, कोचिंग सेंटर आदि में आने जाने के समय तथा यात्रा के खर्च की बचत हो जाती है।
- छात्र अपनी सुविधा के अनुसार समय में रेकॉर्डेड क्लास को देख सकता है। किसी अध्याय के समझ न आने पर वह उसे दुबारा या कई बार देखकर अपनी शंका का समाधान कर सकता है।
- वर्चुअल क्लास के दौरान कोई बिंदु स्पष्ट समझ न आने पर छात्र शिक्षक से पुनः स्पष्ट करने का निवेदन भी कर सकता है।
- स्कूल कॉलेज में पढ़ने वाले छात्रों के अलावा प्रतियोगी परीक्षाओं की तैयारी करने वाले युवक युवतियाँ भी ऑनलाइन शिक्षा के माध्यम से अपने पाठ्यक्रम को पढ़ सकते हैं, देख व सुन सकते हैं।
- बेहद कम शुल्क में कोर्स उपलब्ध होने के साथ ही भिन्न भिन्न संस्थानों के बेहतरीन कोर्स के चयन की स्वतन्त्रता छात्र व उसके अभिभावक को रहती है।
- ऑनलाइन शिक्षा के कई सारे फीचर परम्परागत कक्षा में प्रदर्शित नहीं किये जा सकते हैं। डिजिटल बोर्ड पर गूगल अर्थ, वीडियो, चित्र, एनिमेटेड चित्र, गूगल मैप्स, चार्ट आदि के जरिये गूढ़ विषयों को सरल तरीके से स्पष्ट किया जा सकता है।
- आजकल स्कूली पाठ्यक्रम की शिक्षा तो ऑनलाइन उपलब्ध है ही साथ ही कुकिंग, सिलाई, कढ़ाई, क्राफ्ट, ड्राइंग, पेंटिंग का प्रशिक्षण भी घर बैठे प्राप्त किया जा सकता है।

ऑनलाइन शिक्षा की हानियाँ

जिस तरह प्रत्येक वस्तु के दो पहलू होते हैं, ऑनलाइन शिक्षा की प्रक्रिया में ही ऐसा ही है। एक तरफ इसके बेशुमार लाभ हैं तो वहीं इसके कई दुष्परिणाम साइडइफेक्ट भी हैं जिन्हें हम नजरअंदाज नहीं कर सकते हैं। यहाँ हम ऑनलाइन स्टडी के कुछ नुकसानों के बारे में चर्चा करेंगे।

- ऑनलाइन शिक्षा का स्वरूप छात्र को परम्परागत शिक्षा प्रणाली की तुलना में अत्यधिक स्वतन्त्रता देता है। ऐसे में बच्चों को स्व विवेक से स्वयं पर नियंत्रण रखना होता है। अध्ययन अध्यापन की सफलता इस बार पर निर्भर करती है कि उसे रुचि के साथ ग्रहण किया जाता है, अथवा नहीं। यकीनन छोटे बच्चों के लिए यह शिक्षा तभी वरदान बन सकती है, जब अभिभावक के सहयोग से बच्चे को प्रशिक्षित किया जाए।
- डिजिटल क्लास में प्रत्येक बच्चे पर अध्यापक का ध्यान देना व्यावहारिक रूप में सम्भव नहीं है। ऐसे में बच्चों

यदि ईमान दारी के साथ शिक्षण प्रक्रिया में उपस्थित होकर सम्पूर्ण गतिविधियों में सलग्न होते हैं तभी उसका उद्देश्य पूर्ण हो पाता है।

- अमूमन ऑनलाइन शिक्षा के साथ लोगों की यह शिकायत रहती है। यह कक्षा परम्परागत कक्षा की तरह संवाद स्थापित नहीं कर पाती है। शिक्षक केवल अपने पाठ्यक्रम से सम्बन्धित ही वार्तालाप करता है। निजी तथ्य, भावनाओं, जोक्स आदि के अभाव में कक्षा में नीरसता का आना स्वाभाविक है।
- ऑनलाइन कक्षा में छात्रों को कई घंटों तक स्क्रीन के समक्ष बैठना पड़ता है। इलेक्ट्रॉनिक गैजेट्स के सामने इतने लम्बे समय तक बैठना स्वास्थ्य के लिहाज से भी अच्छा नहीं माना जाता है। आँखों की समस्या तथा सिर दर्द आदि के रूप में इसके साइडइफेक्ट्स देखने को मिल सकते हैं।
- इस शिक्षा प्रणाली का एक अन्य दुष्परिणाम सिमित संवाद है। यहाँ छात्र सिमित रूप में ही अपनी बात अध्यापक को कह पाते हैं, अध्यापक को भी सभी स्टूडेंट्स का ध्यान रखना होता है, ऐसे में सभी की बातों को पूरा समय नहीं दे पाते हैं।

निष्कर्ष

आज के आधुनिक तकनीकी संसार में शिक्षा काफी अहम है। आजकल के समय में शिक्षा के स्तर को बढ़ाने के लिए बहुत तरीके सारे तरीके अपनाये जाते हैं। वर्तमान समय में शिक्षा का पूरा तंत्र अब बदल चुका है। ऑनलाइन शिक्षा के लाभ और हानी को देखते हुए हम ये जरूर कह सकते हैं की, ऑनलाइन शिक्षा प्रणाली में आज भी कुछ हद तक सुधार की आवश्यकता है। लेकिन कई मामलों में यह पारंपरिक शिक्षा प्रणाली से बेहतर है खासकर कोविड 19 महामारी के दौर में ई शिक्षा देश दुनियां के छात्रों के लिए वरदान साबित हुई है। वक्त के साथ इसमें सुधार होते जाएंगे और यही भविष्य की शिक्षा प्रणाली रहेगी। यह तो कोई नहीं जानता कि यह कोरोना काल कब खत्म होगा और कब दुबारा से स्कूल, कॉलेज, शिक्षण संस्थाएं, कोचिंग संस्थाएं खुलेंगी और बच्चे दुबारा स्कूल या कोचिंग संस्थाओं में जाकर पढ़ाई कर सकेंगे, लेकिन ऐसे मुश्किल वक्त में ऑनलाइन शिक्षा ने बच्चों के लिए शिक्षा के द्वार खुले रखे हैं। अब ऑनलाइन शिक्षा लोगों के द्वारा काफी पसंद की जा रही है। अधिकतर लोग चाहे वो स्कूली बच्चे हो या प्रतियोगिता परीक्षाओं में बैठने वाले ऑनलाइन शिक्षा प्राप्त कर काफी खुश हैं।

संदर्भ ग्रन्थसूची

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ऑनलाईन शिक्षा की चुनौतियां एवं संभावनाएं

डॉ. दिव्या शर्मा,

सहायक प्राध्यापक, शिक्षा विभाग

विप्र कला, वाणिज्य एवं शारीरिक शिक्षा महाविद्यालय, रायपुर, छत्तीसगढ़

ऑनलाईन शिक्षा की अवधारणा

ऑनलाईन शिक्षा, शिक्षण की एक ऐसी प्रणाली है जिसके माध्यम से विद्यार्थी इंटरनेट के माध्यम से अपने स्थान पर बैठे अपने इलेक्ट्रॉनिक उपकरणों जैसे, कंप्यूटर, लैपटॉप, स्मार्टफोन और टैबलेट आदि के उपयोग से ऑनलाईन पढ़ाई कर सकते हैं। ऑनलाईन शिक्षा एक ऐसा तरीका है जिसके माध्यम से दुनिया के किसी भी कोने से इंटरनेट के प्रयोग से शिक्षक और छात्र एक दुसरे से जुड़ सकते हैं। यह एक ऐसी शिक्षा प्रणाली है जिसके जरिए शिक्षक कहीं से भी, दुनिया के किसी भी विद्यार्थी को पढ़ा सकते हैं और छात्र भी दुनिया के किसी भी हिस्से में अपनी पढ़ाई कर सकते हैं।

आज इस डिजिटल शिक्षा के माध्यम से शिक्षक अपने कंप्यूटर, लैपटॉप जैसे उपकरणों की सहायता से बच्चों को शिक्षित कर रहे हैं। आज बहुत से स्कूलों को अध्ययन करने के ऑनलाईन तरीके को अपनाना पड़ा है क्योंकि ऑनलाईन शिक्षा एक मात्र जरिया है जिसके द्वारा लॉकडाउन और कोविड-19 महामारी के कारण होम आईसोलेशन की मजबूरी में शिक्षण-अधिगम प्रक्रिया को संचालित किया जा सकता है। इसकी संचालन प्रक्रिया तकनीकी आधार के साथ ही की जा सकती है। इसके लिए एक अच्छी इंटरनेट प्रणाली, गुगल मीट या जूम आदि एप्स, सेन्ट्रल कन्ट्रोल (स्कूल से) एवं विद्यार्थियों के लिए लैपटाप या अच्छे मोबाइल फोन की जरूरत है।

कोविड-19 की महामारी की वजह से हमें घर से बाहर न निकलने के लिए कहा गया था। जिसकी वजह से सभी स्कूल, कॉलेज भी बंद हो गए थे, जिससे पढ़ाई थम सी गयी थी। ऐसी परिस्थितियों को ध्यान में रखते हुए ही, ऑनलाईन शिक्षा प्रणाली शुरू की गई थी जो आज उपयोग में लायी जा रही है।

ऑनलाईन शिक्षा ने अपनी सुविधा और संचालन की आसान प्रक्रिया की वजह से दुनिया भर में एक जगह बना ली है। लॉकडाउन में जहाँ सभी शिक्षा के स्रोत बंद हैं वहीं ऑनलाईन शिक्षा प्रणाली ने शिक्षा को एक नया रूप देकर एक अलग दुनिया बना ली है। आज दुनिया भर में शिक्षा का नया और डिजिटल तरीका अपनाया जा रहा है। आज विश्व के सभी देशों में ऑनलाईन शिक्षा के माध्यम से बच्चे पढ़ाई कर पा रहे हैं।

ऑनलाईन शिक्षा का मुख्य आकर्षण वह लचीलापन है जिसके माध्यम से इंटरनेट के माध्यम से शिक्षा प्रदान की जाती है। और अधिक आकर्षक तथ्य यह है कि एक व्यक्ति अपने घर या किसी अन्य स्थान पर आराम से ऑनलाईन पाठ्यक्रम का पीछा कर सकता है जिसे वह चुनता है।

ऑनलाईन शिक्षा के साधन

ऑनलाईन शिक्षा के साधन के रूप में निम्न का प्रयोग किया जाता है:

1. यूट्यूब
2. इंटरनेट
3. सी.डी. एवं डी.वी.डी
4. टी.वी.
5. सोशल साइट्स

ऑनलाइन शिक्षा के लाभ

ऑनलाइन शिक्षा में कई सकारात्मक संभावनाएं हैं। इतने सारे फायदे होने के कारण ही छात्र प्रति वर्ष 30 प्रतिशत की वृद्धि कर रहे हैं।

- जब कोविड-19 जैसी महामारी की वजह से या अन्य कारणों से विद्यार्थियों का स्कूल जाना संभव न हो, तब शिक्षा देने का यही एकमात्र साधन बचता है, जिससे सुरक्षा और शिक्षा दोनों संभव हैं।
- विद्यार्थी दिखये जाने वाले प्रयोगों के चित्र ले सकते हैं, जिसे वे बाद में देख सकते हैं।
- कई आधुनिक प्रणालियों में इस सारे प्रोग्राम को स्कूल या कॉलेज की वेबसाइट पर अपलोड किया जा सकता है, जिसे विद्यार्थी बाद में अपने समय में फिर पढ़ सकते हैं।
- विद्यार्थियों के अभिभावक इससे लाभान्वित होते हैं, क्योंकि विद्यार्थियों को स्कूल भेजने आदि का भार कम होता है और वे सुरक्षित रहते हैं।
- इन्टरनेट से डाउनलोड करके विद्यार्थियों को यंत्रों के वास्तविक संचालन दिखाया जा सकता है। और अन्य उपयोग शिक्षण यंत्रों का उपयोग किया जा सकता है, जिससे छात्रों को पाठ ज्यादा रुचिकर लग सकता है।
- छात्र किसी भी समय, कहीं से भी पाठ्यक्रम में भाग ले सकते हैं। इसका मतलब है कि माता-पिता अपने बच्चों की देखभाल कर सकते हैं, फिर कक्षा में बैठ सकते हैंय कामकाजी छात्र कक्षाओं में भाग ले सकते हैं, चाहे उनका काम का समय कुछ भी हो, जो लोग व्यवसाय या आनंद के लिए यात्रा करते हैं, वे दुनिया में कहीं से भी कक्षा में भाग ले सकते हैं, जिसके पास इंटरनेट है।
- ऑनलाइन शिक्षण छात्र-केंद्रित शिक्षण दृष्टिकोण को सक्षम बनाता है। प्रत्येक छात्र का सीखने का अपना तरीका होता है जो उनके लिए सबसे अच्छा काम करता है। कुछ लोग नेत्रहीन सीखते हैं तो अन्य बेहतर करते हैं जब वे “करकर सीखते हैं।”
- पाठ्यक्रम सामग्री सप्ताह में 7 दिन 24 घंटे उपलब्ध है। छात्रों के पास व्याख्यान, चर्चा, स्पष्टीकरण और टिप्पणियों को पढ़ने और फिर से पढ़ने की क्षमता है। कक्षा में अक्सर बोली जाने वाली सामग्री कई तरह के विकर्षणों, छूटी हुई कक्षाओं, थकान या ऊब के कारण छात्रों को पास कर देती है।
- एक ऑनलाइन वातावरण में, कक्षा में उपस्थिति तभी स्पष्ट होती है जब छात्र वास्तव में कक्षा चर्चा में भाग लेता है। इससे छात्रों की बातचीत और राय की विविधता बढ़ जाती है, क्योंकि सभी को एक बात मिलती है, न कि केवल सबसे बातूनी।
- ऑनलाइन प्रशिक्षक व्यावहारिक ज्ञान के साथ आते हैं और दुनिया भर में किसी भी स्थान से हो सकते हैं। यह छात्रों को उस ज्ञान के संपर्क में आने की अनुमति देता है जिसे किताबों में नहीं सीखा जा सकता है और यह देख सकता है कि वास्तविक व्यावसायिक स्थितियों में कक्षा की अवधारणाओं को कैसे लागू किया जाता है।
- कक्षा में भाग लेने के लिए इंटरनेट का उपयोग करना, अन्य छात्रों के साथ सूचना और संचार पर शोध करना उन प्रौद्योगिकियों का उपयोग करने में कौशल सिखाता है जो 21 वीं सदी के व्यावसायिक समुदाय में श्रमिकों के लिए महत्वपूर्ण होंगे जो वैश्विक स्तर पर और समय क्षेत्रों में सहयोगियों के साथ काम करते हैं।
- ऑनलाइन वातावरण प्रशिक्षकों को अधिक सुलभ बनाता है। छात्र अपने शिक्षकों के साथ ऑनलाइन चैट, ईमेल और समाचार समूह चर्चाओं के माध्यम से कार्यालय समय की प्रतीक्षा किए बिना, जो सुविधाजनक नहीं हो सकता है, खुलकर बात कर सकते हैं। संचार के लिए यह विकल्प प्रशिक्षकों और छात्रों के बीच बेहतर संपर्क प्रदान करता है।
- ऑनलाइन पाठ्यक्रम विकास सामग्री के व्यापक स्पेक्ट्रम की अनुमति देता है। छात्र अपने पीसी से शोध लेखों,

ई-पुस्तक सामग्री और अन्य सामग्री के लिए स्कूल के पुस्तकालय तक पहुंच सकते हैं, इस चिंता के बिना कि सामग्री पहले से ही “चेक आउट” है।

- छात्रों को अक्सर लगता है कि वे वास्तव में अन्य छात्रों द्वारा की गई टिप्पणियों को सुन सकते हैं। चूंकि सभी को योगदान करने का मौका मिलता है, इसलिए छात्र उन लोगों से कम चिढ़ते हैं जो ‘अधिक योगदान’ देते हैं और किसी भी अस्पष्ट टिप्पणी के स्पष्टीकरण के लिए कह सकते हैं।
- ऑनलाइन क्लासरूम भी बैठकों और संयुक्त कार्य के लिए चोट रूम और समाचार समूह प्रदान करके टीम सीखने की सुविधा प्रदान करते हैं। यह बेमेल अनुसूचियों की समस्याओं को समाप्त करता है, बैठक का स्थान दृढ़ता है और बैठकों के बीच समीक्षा के लिए कार्य वितरित करता है।
- छात्र अक्सर टिप्पणी करते हैं कि ऑनलाइन सीखने से वे पूरी तरह से जागने पर कक्षा में उपस्थित हो सकते हैं और सप्ताह में एक या दो बार कठोर 2 या 4 घंटे की अवधि के बजाय सुविधाजनक समय ब्लॉक की वृद्धि में भाग ले सकते हैं।
- क्योंकि ऑनलाइन सीखने में कोई भौगोलिक बाधाएं नहीं हैं, छात्र पाठ्यक्रम सामग्री की विविधता पा सकते हैं जो उनके लिए उपलब्ध नहीं हो सकती है जहां वे रहते हैं या काम करते हैं। यह विशेष रूप से पेशेवर प्रशिक्षण जैसे कि चिकित्सा बिलिंग प्रशिक्षण या क्रय प्रशिक्षण और दूरदराज के ग्रामीण क्षेत्रों के छात्रों के लिए सच है जो कॉलेज या व्यावसायिक प्रशिक्षण केंद्रों का समर्थन नहीं कर सकते हैं।
- आपको अपने वर्तमान व्यवसाय में बाधा डालने की आवश्यकता नहीं है। ऑनलाइन डिग्री प्राप्त करने से आपके करियर की संभावनाओं को बढ़ाने में भी मदद मिल सकती है।
- आप देश या विदेश के किसी भी राज्य के शीर्ष कॉलेजों में से किसी एक में पढ़ सकते हैं। आपको अपने बोर्डिंग के लिए यात्रा करने और भुगतान करने की भी आवश्यकता नहीं है।
- आप दुनिया भर में मान्यता प्राप्त विश्वविद्यालयों से मान्यता प्राप्त डिग्री प्राप्त करते हैं।
- आर्थिक तंगी से जूझ रहे लोगों के लिए ऑनलाइन पढ़ाई करना एक अच्छा विकल्प है।

ऑनलाइन शिक्षा की चुनौतियां

- यदि हम मानकर चलें, कि सभी के पास इन्टरनेट, स्मार्टफोन उपकरण हैं, और इन्टरनेट तेज और भरोसेमन्द है, तो ऑनलाइन शिक्षा को सुविधाजनक कह सकते हैं।
- दुर्भाग्यवश आज भारत में इन्टरनेट न तो तेज है, न भरोसेमंद। आये दिन “हैंग हो गया” की शिकायतें सुनने को मिलती हैं। इससे पढ़ाई में विघ्न होता है।
- आज एक मध्यम वर्ग के घर में एक स्मार्टफोन प्रायः सामान्य है। यदि पिता काम करता है तो उसके पास एक और काम करने वाली मां के पास एक फोन मिल सकता है। स्कूल और ऑफिस का समय एक सा होता है। अतः विद्यार्थी को एक फोन मिल सकता है, तब अन्य भाई/बहन फोन से वंचित रह जाते हैं।
- गरीब तबके के परिवारों के पास तो शायद फोन ही नहीं रहता। कितने ही विद्यार्थी इसी कारण से पढ़ नहीं पाते।
- फोन के अक्षर छोटे होने के कारण आंखों पर जोर पड़ता है।
- यह ऑनलाइन शिक्षा प्रणाली परीक्षण के लिए उपयुक्त नहीं है। बहुधा अभिभावक विद्यार्थियों की अवांछित मदद करते हैं।

ऑनलाइन शिक्षा का महत्व

1. ऑनलाइन शिक्षा का सबसे अच्छा और बड़ा लाभ यह है, इसके माध्यम से सभी उम्र के लोग पढ़ाई कर सकते हैं। दुनिया की वर्तमान स्थिति के कारण आज बच्चे स्कूल, कॉलेजों में पढ़ाई नहीं कर पा रहे हैं लेकिन

ऑनलाइन शिक्षा ने उनके लिए पढ़ाई का रास्ता खोल दिया है। इसके माध्यम से बच्चे घर बैठे शिक्षा प्राप्त कर रहे हैं।

2. कोई भी स्टूडेंट, चाहे विद्यार्थी की स्थिति कैसे भी हो, ऑनलाइन शिक्षा की मदद से अपनी पढ़ाई पूरी कर सकता है और ऑनलाइन ही परीक्षा देकर अपनी डिग्री प्राप्त कर सकता है। आजकल हर तरह की पढ़ाई ऑनलाइन हो रही है, आप चाहे कोई भी कोर्स ऑनलाइन कर सकते हैं।
3. बहुत से छात्र ऐसे भी होते हैं जो विदेश जाकर पढ़ाई नहीं कर पाते हैं, वे भी ऑनलाइन शिक्षा के माध्यम से केवल भारत में ही नहीं विदेशों में पढ़ाई जाने वाली शिक्षा भी घर बैठे हासिल कर सकते हैं। मतलब, विद्यार्थियों को पढ़ाई करने के लिए विदेश या कहीं भी जाने की जरूरत नहीं है, इससे उनके समय और पैसे दोनों की बचत होगी।
4. आज ऑनलाइन शिक्षा एक मजबूरी भी है, और उज्ज्वल भविष्य का सुअवसर भी। इस कारण से आज की प्रचलित ऑनलाइन शिक्षा प्रणाली को ऑफलाइन शिक्षा से तुलनात्मक विवेचना करना एक उपयोगी अध्ययन है।
5. इसमें विभिन्न शिक्षण संस्थानों, शिक्षकों, छात्रों और अभिभावकों के अनुभवों का अध्ययन करके यह जानने का प्रयास किया जायेगा, कि कौन सी प्रणाली ऑनलाइन या ऑफलाइन शिक्षा आज के संदर्भ में ज्यादा उपयोगी है।

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Report
National Level Webinar on
“General and Specific Training Method and Diet of
Sportspersons During & Post Pandemic Scenario”

Organized by Department of Physical Education held on Date 20-22
June 2021

The Department of Physical Education has organized a National level Webinar on “General and Specific Training Method and Diet of Sportspersons During & Post Pandemic Scenario” under the Department of Physical Education, Vipra Arts, Commerce and Physical Education College from 20.06.21 to 22.06.21. A total number of 281 participants got registered in the Webinar from different parts of the Country.

Aim- The purpose of this National Level Webinar is to provide basic and advance knowledge about training and diet to the players, coaches and teachers in this pandemic situations.

Frist day (20/06/2021)-

Inaugural Ceremony was held on 20.06.21 at 11:00 AM. Ceremony was started to Saraswati Vandana which was further followed by the overview of webinar presented by HOD of Physical Education & Convener of the Webinar- Dr. Kailash Sharma, Principal of the College Dr. Meghesh Tiwari addressed the Webinar. Dr. Sanjay Shukla (Ayurvedacharya) Raipur, was the Chief Guest of the webinar and Special Guest was Mr. Krishna Sharma Vikram awarded (International player of Power lifting). He present his opinion about the problems faced by the player during this pandemic.

Ist Technical Session was presented by Mr. Ravindra Singh Rajpurohit, Coordination, Department of Advance Training and Coaching, Swarnim Gujrat Sports, University, Gandhinagar, Gujrat on the topic of “Physical Activity and COVID-19”.

IInd Technical Session was taken by Dr. Om Prakash Mishra, Assistant Professor, Swarnim Gujrat Sports, University, Gandhinagar, Gujrat delivered his lecture on “Methods and Modalities of Training for Healthy Living During Pandemic”. At the end of the program Summary report presented by Dr. Milind Bhandeo, Assistant Professor, Vipra Arts, Commerce and Physical Education College, Raipur (C.G.) On the conclusion of the Program and vote of Thanks was given by Mr. Gyanendra Bhai, Assistant Professor of Physical Education.

Second day (21.06.2021)-

Ist Technical Session was presented by Dr. J.P. Bhukar, Associate Professor Department of Physical Education, Central University of Haryana and delivered his lecture on “Guiding for Micro cycle Training Plan”. He was very given lecture very detail to how can prepare Micro cycle for Elite and Beginner players.

IInd Technical Session was taken by Mr. Sanjeev Kumar, HOD, Department of Physical Education, Central University of Punjab on “Resistance training Methods”.

On the conclusion of the Program, Vote of Thanks by Dr. Vivek Sharma, HOD of Commerce.

Thirdday (22.06.2021)-

Ist Technical Session presented by Dr. Ashutosh Rai, Professor & Head of Physical Education department, Noida, Uttar Pradesh on the topic of “General Training Methods and Nutrition for Sportsperson in Pandemic”.

IInd Technical Session, a presentation was delivered by Dr. Birendra Jhanjhariya, Associate Professor Department of Exercise Physiology, Laxmibai Institute of National Physical Education, Gwalior, Madhya Pradesh on Topic “ Protein Intake for Health and Athletic Performance”. s

Valedictory function was started at 12:30 p.m. Function was addressed by Principal of the College Dr. Meghesh Tiwari and presided by Mr. Gyanesh Sharma, Chairman of VipraShikshanSamitia Chief Guest of Valedictory function Mr. Montu Debnath (Arjuna Awarded in Gymnastics) former SAI Coach Tripura and Special Guest was Mr. Sanjay Sharma (Veer Hanuman Singh Awarded) General Secretary of Indian Fitness & Body building Federation. Every said that such types program should be in the future so that players and coaches can benefit.

At last with the permission of Principal program was concluded and vote of thanks given by Dr. Kailash Sharma HOD of Physical Education and Convener of this program.

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Effects of Physical Activity on Lungs During Covid-19 Pandemic

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PREFACE

Today's world is going through a historic pandemic. As the covid-19 rapidly sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the population at large. As new measures and impacts are introduced especially quarantine and its effect on many people's usual activities, routines or livelihoods, the help of physical fitness and activities is much more needed. This article throws some light on the utility of physical activity during this tough times.

Important of physical activity and exercise during the COVID-19 pandemic situations:

- Physical activity and exercise can be effective treatment strategies for symptoms of both depression and anxiety.
- New opportunity of each day to engage in physical activity and exercise that can bring short and long term benefits for mood sleep and physical health.

Profit of physical activity and exercise have been demonstrated across the life span. We are meant to move and many of our body's systems work better we consistently physically active. Our heart rate may be associated with greater reduction in depressive symptoms consider engaging in physical activity once or twice daily that includes (30-90seconds) of intensity. i.e. standing squats, push-ups, sit-ups and some home exercises Treadmills, stationary ,bikes may be helpful.

Exercises Which Increase Lung Capacity

- Breathing of Diaphragmatic or "Belly breathing": engages the diaphragm, which is supposed to do most of the heavy lifting when it comes to breathing.
- Relax your shoulder and sit back or lie down.
- Place one hand on your belly and one on your chest.
- Inhale through your nose for 2 seconds feeling the air move into your abdomen and feeling your stomach move out your stomach should move more than your chest does.
- Breathe out for 2 seconds through pursed lips while pressing on your abdomen.
- Repeat.

Pursed lips breathing: This breathing exercise is easier for beginners than diaphragmatic breathing and this can be practiced at home.

- Inhale slowly through your nostrils.
- Purse your lips as if pointing or about to blow on something.
- Breathe out as slowly as possible through pursed lips. This should take at least twice as long as it did to breathe in.
- Repeat

Covid-19 can affect the upper respiratory tract (sinuses, nose, and throat) and lower respiratory tract windpipe and lungs. As we all know COVID19 is respiratory disease, that reaches it into your respiratory disease, that reaches into your respiratory tract which includes lungs and cause range of breathing problems from mild to critical. Older adults and people who have other health issues like heart diseases, cancer and diabetes may have more serious symptoms.

Corona Virus and Your Lungs

SARS-cov-2 the virus gets in your body it comes into contact with mucous membrane that line your nose, mouth and eyes. The virus enters a healthy cell and use the cell to make new virus parts. It multiplies and the new viruses infect nearby cells.

Think of your respiratory tract as on upside down tree. The trunk is your trachea or windpipe. It splits into smaller and smaller branches in your lungs. At the end of each branch are tiny air sacs called alveoli. This is where O₂ gas into your blood and CO₂ gas comes out .The new coronavirus can infect the upper or lower part of your respiratory tract . It travels down your airways. The infection can reach all the way down into your alveoli.

Covid-19 is a new condition and scientist are learning more every day about what it can do to your lungs. They believe that effects on your body are similar to those of two other coronavirus diseases.

Severe acute respiratory syndrome (SARS)

Middle East respiratory syndrome (MERS)

Exercise during COVID

Walk even in a small space, walking around or working on the spot can help you remain active if you decide to go outside to walk or exercise be sure to maintain at leastone meter distance from other people.

According to WHO, many healthy individuals are being requested to stay at home in self – quarantine physical activity and relaxation techniques can be valuable tools to help you remain calm and protect your health during this time. WHO recommends 150 minutes of moderate –intensity or 75 minutes of vigorous –intensity, physical activity per week or combination of both examples of home based exercises.

1. **Knee to elbow:** toe one knee with the opposite elbow, alternating sides. Try to perform this for 1-2 minutes rest for 30-60 seconds repeat up to 3-5 times.This exercise increases your heart and breathing rates.
2. **Plank:** support your arms firmly on the ground, with the elbows under the shoulders keep the hips at level head. Hold for 20-30 seconds and repeat 3-5 times.
3. **Back extensions:** Touch your ears with your fingers tips and lift your upper body, keeping the legs on the ground. Lower the upper body again. Perform this exercise 10- 15 times with rest of 30-60 seconds.
4. **Squats:** place your feet at hip distance with toes pointing slightly outwards bend the knees as much s feels comfortable. Keeping the heels on the ground and the knees over the feet bend stretch the legs 10-15 times repeat with rest of 30-60 seconds.
5. **Seated mediation:** sit comfortably on the floor with your legs crossed make sure your back is straight close your eyes, relax your body, and progressively deepen your breathing. Concentrate on your breath, trying not to focus on any thoughts or concern.

DO'S AND DONT'S FOR EVERYONE

- Do wash your hands for at least 20 seconds several times a day. Use soap and water or a hand sanitizer with at least 60% alcohol.
- Before cooking or eating.
- After using the bathroom or touching anything
- After blowing your nose, coughing, or sneezing

- Don't touch your eyes, nose and mouth. If you have somehow come into contact with the virus, touching your face can help it enter your body.
- Don't travel if you have fever.

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Effect of Brain Hemisphere Domination on Performance of Male Artistic Gymnast on Roman Ring

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INTRODUCTION

Gymnastic is complex in its nature because it requires a gymnast to perform certain sets of physical exercises which demands strength, flexibility, agility, coordination and body balance. The events in artistic gymnastic for men Roman ring requires above mentioned qualities to excel in competition. In order to execute complex more skills in gymnastics, a gymnast uses both sides of his body. In this relation brain hemisphere domination may play an important role. Human brain is split into two hemispheres i.e. left and right hemisphere. The human brain is cross wired. The left hemisphere controls movements on the right side of the while right hemisphere controls left side of the body. The communication between two hemispheres is accomplished by corpus callosum which makes full brain. Taylor (1980)¹ opined that people may be left /right handed i.e. with right and left brain hemisphere dominance but it is not a clear indication of location of brain function. In the field of sports the role of brain hemisphere domination in terms of performance has been evaluated by so many researchers. Researchers like Gursoy, 2007²; Holzen, 2000³ opined through their survey that in sports like baseball, tennis, fencing, cricket and boxing left handed sportspersons are more successful than right handed sportspersons because the visuo-motor and spatio motor skills are significantly better in left handed players as compared to right handed players. In contrary to this, Although researchers like Walia (1981)⁵, Kinser et al. (2008)⁶, Marinsek and Velickovic (2010)⁷, Dudhale and Bhate (2015)⁸ studied motor and perceptual skills, ethnicity and other factors related with gymnastics, no study has yet been conducted in which performance of male artistic gymnasts has been compared in the light of their brain laterality, hence the present study was planned.

OBJECTIVES

The major objective of the present study is to find out the effect of brain hemisphere domination on performance of male artistic gymnast on Roman ring.

HYPOTHESIS

Significant differences will be observed in performance of male artistic gymnasts with right, left and integrated brain hemisphere dominance on Roman ring.

METHODOLOGY

The following methodological steps were taken in order to conduct the present study.

Sample

To conduct the study, 50 male gymnasts (Ave. age 21.62 yrs) who took part in inter-university artistic gymnastic competition were selected as sample. Convenience sampling method is used for selection of subjects

Tools

To asses domination of left or right or whole brain, Brain Hemisphere Dominance Test (B.H.D.T.) prepared by Agashe and Helode (2007) was be used. It consists of 12 multiple choice questions. This test is highly reliable and valid. To assess performance of gymnasts, scores obtained by gymnast on Roman ring events were summed up and used as performance scores of gymnasts.

Procedure

In all 50 male gymnasts who participated in inter-university artistic gymnastic competition were selected through convenience sampling method. Brain Hemisphere Domination Test prepared by Agashe and Helode (2007) were administered to selected subjects in a laboratory like conditions. The responses given by the subjects were scored off as per author's manual. To find out the brain hemisphere dominance, i.e. left, right and integrated brain hemisphere dominance, the scores are divided by 12, as suggested by the authors of the manual. Percentile norms for these BHDT scores were obtained and the scores while fall below 25th percentile were considered as left dominant brain hemisphere while scores over 75th percentile were considered as right dominant brain hemisphere. The score between 25th and 75th percentile were considered as integrated brain hemisphere dominance. By this method brain hemisphere dominance of each subjects was ascertained.

The scores obtained by gymnast on Roman ring events were recorded and summed up which was gymnasts overall performance.

To compare performance of male gymnasts on the basis of brain hemisphere domination, one way ANOVA was used. The results are presented in table 1.

Analysis and Interpretation of Data

Table -1: Descriptive Statistics (Mean and S.D.) of Performance in Roman ring of Male Artistic Gymnast on the Basis of Brain Hemisphere Domination

Groups	N	Mean	S.D.
Left Brain Hemisphere Domination	14	2.76	3.60
Right Brain Hemisphere Domination	11	7.29	4.01
Integrated Hemisphere Domination	25	6.27	4.07

Table 1 (a): ANOVA Summary

Source	df	Sum of Squares	Mean Square	F
Between Groups	02	154.749	77.375	4.99**
Within Group	47	727.533	15.479	
Total	49	882.282		

NS - Not Significant

Results obtained through One Way ANOVA clearly suggesting that Roman ring performance of male gymnasts differ significantly on the basis of their brain hemisphere domination. Although overall mean scores of male gymnasts with right brain hemisphere domination (M=7.29) was higher than that of male gymnasts with left (M=2.76) and integrated brain hemisphere domination (M=6.27 the F ratio 4.99, which is statistically insignificant, did not support this finding statistically.

RESULT

On the basis of analysis of data it was found that brain hemisphere domination (left, right and integrated) has no significant impact on performance of male gymnasts on Roman ring. According to Brooks et al. (2004) in some sport like boxing and fencing, a left handed player has an advantage due to its different stance.

CONCLUSION

On the basis of results and associated discussion, it was concluded that brain hemisphere domination did not influence the performance of male gymnasts on Roman ring.

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Impact of Yogic Practice in Obesity Person

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ABSTRACT

Obesity is the majority harmful cause found in present sedentary civilization .It is the major essential cause of life frightening diseases like coronary heart disease diabetes mellitus Atherosclerosis etc. therefore it is significant to manage the rising weight. The option therapies like Ayurveda yoga are being increasingly popular due to the limits .

INTRODUCTION

The practice of yoga has been around for thousands of years, and has done wonders for many people's wellness. Modernized and urbanized world greatly influenced our way of living. Yoga asana are helpful in total well-being, improve body's strength and flexibility. Along with asana pranayama is an important breathing practice which is helpful in fat loss, observed that yoga can improve health as a result of balancing Respiration rate, Heart rate, Metabolic rate, Blood Pressure etc. In medical terms Enlargement of fat cells size and numbers are called Hyper-tropic and Hyperplastic Obesity respectively. Obesity is assessed by B.M.I (Body Mass Index) = weight in kg/(Height in Meter). (Height in Meter). W.H.O. uses a B.M.I. classification system of Obesity which is given below

Unhealthy Life Style

- Eating a lot of food containing excessive fat
- Eating larger portion of food than requirement as per our body composition.
- Intake of sugary drink
- Excessive Consumption of simple carbohydrates like pasta, brown rice, grains, vegetables and raw fruits
- Consumption of alcohol
- Too little sleep
- Lack of physical activity i.e. walking, regular exercises and yoga.
- People taking small meals five or six time daily with low quantity of food have less cholesterol rather than taking heavy meals two or three times daily.

Biological Factors

- Offspring of obese parents have more possibility of Obesity than offspring of lean parents
- Genetic make-up as Prader Willi syndrome (Complex Genetic condition:- In infancy, it is Characterized as Hypotonia / weak Muscles; in childhood it is developed stage – Hyperphagia / Chronic overeating. This syndrome has mild to Moderate Intellectual impairment and Behavioural problems etc.)
- Hypothyroidism (lack of production of thyroid hormone by thyroid gland)

Yoga and Pranayama

Beneficial For Weight Loss However we can't ignore proper and healthy diet plan in reducing Obesity but various yogic asana sand pranayama can be beneficial for overall health. Yoga affects

internal organs. Joshi et al. (1992) ^[8] have found in 6 weeks 'Pranayama' practice that breathing course results in betterment of ventilation process. It was found beneficial to increase vital capacity; forced expiratory volume at the end of first second. It was concluded that yoga is helpful in lowering in lowering respiratory rate. Weight loss is primary aim of obese person with help of yogic asana, pranayama, kapal bhati as Bera T K, Rajapurkar M V (1993) ^[9] found in their study that Yoga has been helpful in Obesity management. A randomized controlled study reveals the results that yoga is a key for ideal body weight and body density. Dhananjai S, Sadashiv, Tiwari, S, kumar R studied effects of yoga practice in the management of Obesity and risk factors associated with it and insisted on reduction of fat from Buttocks, Hips, Abdomen and Waist should be given utmost priorities because these are prominent areas where fat depot.

Studies given below suggest that Yoga training is better for good posture. Obese persons may need an instructor for fat reduction because of less flexibility. Many people may not Obese but have depot fat on some prominent areas of body i.e. belly, buttocks, hips and waist and they can opt specific asana like Hamsasana for swan pose, Mayurasana for peacock pose, Agnisar asana is beneficial for abdominal weight reduction.¹⁰

- **Bhujangasana:** Beneficial for backache, slipped disk and toning of ovaries and uterus. It is useful in abdominal fat reduction
- **Naukasana:** Helps in reducing waist fat and tone kidney
- **Dhanurasana:** Effective for fat loss as it improves kidney, pancreas, liver and intestinal functioning.
- **Trikonasana:** Helps in reducing side waist fat
- **Tadasana:** Helps in increasing height and beneficial for spine and whole body massage and fat loss.
- **Ustrasana:** Beneficial for improving flexibility of spinal cord and beneficial for Asthma as well
- **Surya namaskar:** It alone can improve Flexibility, strength of Muscles, balance, fat reduction and helpful for depressed patients.
- **Kapalbhati Pranayama:** Beneficial yoga pose to cure stomach diseases i.e. constipation, acidity, diabetes & asthma. It is superb yoga pose to increase metabolism which reduces risk of Obesity

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हठ यौगिक ग्रन्थों में योग का स्वरूप

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भूमिका

योग का शाब्दिक अर्थ है— मिलना, जुड़ना। योग शब्द को बहुत ही सकारात्मक रूप में देखा जा सकता है। हमारी इस सुंदर सृष्टि जीवन का आधार योग है। इससे यह बात पुष्ट होती है कि कोई भी निर्माण कार्य बिना योग के संभव नहीं है। निर्माण के बिना इस सृष्टि का सुचारु रूप से संचालन और विकास संभव नहीं है। जिसका कारण प्राचीन या आधुनिक भले ही हो, जिसे योग की जीवन को व्यवस्थित कर सकता है यह भी कहा जा सकता है कि “जीवन जीन की कला और विज्ञान का नाम ही योग है” इसलिए हमारे जीवन में योग का बहुत महत्व है। योग हमारे जीवन का आवश्यक अंग है। योग वह विद्या है जो जीव, चेतना और पदार्थ तीनों को एक साथ लेकर चलता है। अतः आज के आधुनिक युग में योग, विज्ञान और दर्शन के बीच कड़ी का भी कार्य कर सकता है।

हठयोग प्रदीपिका में योग के स्वरूप

हठयोग प्रदीपिका, स्वात्माराम योगी द्वारा रचित है। यह ग्रंथ नाथयोग परम्परा में प्रचलित ‘हठयोग’ साधना का सांगोपांग विवेचन करता है। इसमें चार उपदेश हैं। प्रथम उपदेश में हठयोग की उपयोगिता का आख्यान करते हुए ‘आदिनाथ’, ‘मत्स्येन्द्र’, आदि अनेक नाथ सिद्धों का नामोल्लेख है, तत्पश्चात् योगसाधना हेतु उचित स्थान योग के बाधक एवं साधक तत्व, दस यम, नियम, विभिन्न आसनर एवं आदि का स्पष्टीकरण करते हुए यह कहा गया है कि हठविद्या सम्मत ‘क्रियायोग’ द्वारा ही योगसिद्धि की प्राप्ति हो सकती है:

‘क्रियायुक्तस्य सिद्धिः स्यादक्रियस्य कथं भवेत्।

न शास्त्रपाठमात्रेण योगसिद्धिः प्रजायेत्॥

व वेषधारणं सिद्धेः कारणं न च तत्कथा।

क्रियैव कारणं सिद्धेः सत्यमेतन्न संशयः॥” (ह.यो.प्र.—1 / 67,68)

द्वितीय उपदेश में ‘प्राणायाम’ को चित्त क निरोध में ‘सहायक बताते हुए ‘षट्कर्म’ एवं ‘कुम्भक प्राणायाम’ के विभिन्न भेदों का निरूपण किया गया है। तृतीय उपदेश में मुद्रा एवं बन्धों का विवेचन करते हुए मुद्रा को सिद्धिदायनी कहा गया है। चतुर्थ उपदेश में राजयोग के माहात्म्य का निरूपण करते हुए राजयोग, समाधि, उन्मनी, मनोन्मनी, अमरत्व, लय तत्व, शून्याशून्य, परमपद, अमनस्क, अद्वैत, निरालम्ब, निरंजन, जीवन्मुक्ति, सहजा, तुर्या आदि अवस्थाओं को समाधि का पर्याय माना है। तत्पश्चात् मन एवं प्राण के लय की प्रक्रिया का प्रतिपादन करते हुए मन एवं प्राण लय में उपयोगी शाम्भवी मुद्रा, उन्मनी मुद्रा तथा खेचरी मुद्रा विवेचित है। नाद साधना की उपयोगिता एवं नाद साधना की आरंभ, घट, परिचय एवं निष्पत्ति इन चार अवस्थाओं का प्रतिपादन है। अन्त में समाधिस्थ योगी की अवस्था पर प्रकाश डाला गया है। हठयोग में आसन, प्राणायाम, मुद्रा एवं नादानुसंधान तथा राजयोग में शाम्भवी, उन्मनी आदि साधन हैं, परंतु ये एक दूसरे पर आश्रित हैं, जिससे योग का फल कैवल्य भी प्राप्त किया जा सके। यहाँ योग के स्वरूप में योग का हठयोग एवं राजयोग की संज्ञा देकर विवेचना की गयी है, जिससे यह स्पष्ट होता है कि साध्य एवं साधन के अर्थ में योग को स्पष्ट किया जाता है।

घरेण्ड संहिता में योग के स्वरूप

घरेण्ड संहिता ‘महर्षि घरेण्ड’ की रचना है। इसमें सात अंग हैं। प्रथम उपदेश में षट्कर्म का निरूपण है। द्वितीय अंग में आसनों का विवरण है। तृतीय अंग में मुद्राओं का विवेचन है। चतुर्थ एवं पंचम अंग में प्राणायाम एवं

प्रत्याहार निर्दिष्ट है। षष्ठ अंग में स्थूलध्यान, ज्योतिर्ध्यान एवं सूक्ष्म से ध्यान के तीन भेद विहित हैं। सप्तम अंग में समाधि के प्रकारों का निरूपण है। यहाँ योग के स्वरूप के लिए घेरण्ड ऋषि ने योग को घटस्थ योग नाम से संबोधित किया, साथ ही साधनों के रूप में योग के अंगों को बताया है, जिस कारण वह सप्तांग योग कहलाता है। घेरण्ड ऋषि ने योग को घटस्थ योग नाम से संबोधित किया, साथ ही साधनों के रूप में योग के अंगों को बताया है, जिस कारण वह सप्तांग योग कहलाता है घेरण्ड ऋषि ने योग के स्वरूप में यह स्पष्ट किया है कि घटस्थ योग शरीर पर आधारित योग है अर्थात् घट शब्द शरीर के लिए संबोधित करके शरीर के आधार पर इस योग को जानने का विचार किया गया है। घट अर्थात् शरीर के विषय में यह प्राप्त होता है कि "प्राणियों का शरीर सुकृत और दुष्कृत कर्मोंसे उत्पन्न हुआ है। शरीर से कर्म और कर्म से शरीर की उत्पत्ति हुई है। जिस प्रकार बैलों के चलने पर घंटी यंत्र के घट ऊपर नीचे होते रहते हैं उसी प्रकार प्राणी भी कर्म वश जन्म मरण रूपी संसार चक्र में घूमता रहता है। यहाँ कर्म और पुनर्जन्म के सिद्धांत की स्वीकृति प्रतीत होती है। घेरण्ड ऋषि के अनुसार, मिट्टी के कच्चे घट में जल भर दिया जाये तो वह गलकर नष्ट हो जायेगा बल्कि यदि घट को पकाकर जल भर दे तो घट ही होगा। इसी प्रकार जीव के अपरिपक्व शरीर के विषय में समझना चाहिए। यह शरीर योगाग्नि के द्वारा ही परिपक्व हो सकता है। अतः शरीर को परिपक्व बनाने के लिए योगाभ्यास आवश्यक है।

ग्रंथ में यह भी प्राप्त होता है कि माया के समान कोई पाप नहीं है योग के समान कोई शक्ति नहीं है, और "जैसे का वर्ग आदि वर्णों का क्रमपूर्वक अभ्यास करने से सभी शास्त्रों का बोध संभव है वैसे ही योग का अभ्यास करने से तत्त्वज्ञान की प्राप्ति हो जाती है। महर्षि घेरण्ड के अनुसार, घटस्थ योग के अभ्यास के लिए सात गुणों का होना आवश्यक है और सात गुणों के समावेश के लिए ही सात प्रकार के योग साधन हैं। "शोधन के लिए षट्कर्म, दृढ़ता के लिए आसन, स्थिरता के लिए मुद्रायें, धैर्य के लिये प्रत्याहार, लाघव के लिये प्राणायाम, प्रत्यक्ष के लिये ध्यान और निर्लिप्तता के लिए समाधि की आवश्यकता है, जिसके अभ्यास करने से बिना संशय के मुक्ति प्राप्त होती है। यहाँ योग शब्द साधन के अर्थ में प्राप्त होता है। जिसका संबंध 'युज संयमने' धातुपाठ से है, परंतु घटस्थ योग का अर्थ मिलन के अर्थ में ही अंतिम रूप से स्थापित रहेगा।

शिवसंहिता में योग का स्वरूप

शिवसंहिता ग्रंथ पाँच पटलों और 641 अथवा 642 श्लोकों में शिव एवं पार्वती संवाद के रूप प्राप्त होता है। परंतु कुछ विद्वानों के अनुसार इस ग्रंथ का ज्ञान शिव द्वारा पार्वती को उपदेश के रूप में ही प्राप्त होता है। प्रथम पटल के 104 श्लोकों में लययोग के साथ दार्शनिक विचार (सत्य, असत्य, मुक्ति और मुक्तिमार्ग) तथा 57 श्लोकों में तत्व-ज्ञानोपदेश नामक द्वितीय पटल है। इसके पिण्ड को ब्रह्माण्ड की प्रतिमूर्ति कहकर उसका विचार प्राप्त होता है। योगाभ्यास नामक तृतीय पटल में 118 श्लोक हैं इसमें दस वायु और योग की चार अवस्थाएं आदि प्राप्त होती हैं, चतुर्थ पटल 111 श्लोकों में है, जो दस मुद्राओं को बतलाता है। पंचम पटल के 267 श्लोकों में योग के विघ्न, योग के प्रकार और योग के अधिकारियों का परिचय देते हुए प्रतीक उपासना, षट्चक्रों का वर्णन तथा उनका ध्यान करने के साथ ही मंत्र साधना की विवेचना प्राप्त होती है इस ग्रंथ में योग के अंग कितने हैं का स्पष्ट विचार प्राप्त नहीं होता, परंतु चार आसन प्राणायाम, दस मुद्रायें, प्रतीक उपासना, षट्चक्र ध्यान और मंत्र साधना का विवरण प्राप्त होता है। शिव संहिता में जो योग के प्रकार मंत्रयोग, लययोग, हठयोग और राजयोग हैं का विचार चार प्रकार के मृदु, मध्य, अधिमात्र और अधिमात्रतम् साधकों के लिए ही है। "मृदु साधक वह है जिसमें मंद उत्साह, अज्ञानी, मोहग्रस्त, रोगग्रस्त, गुरु निन्दक, लोभयुक्त, पापयुक्त, बुद्धिवाला, अधिक भोजन करने वाला, पत्नी पर आश्रित, चंचल, कायर, अस्वस्थ, दूसरों पर आश्रित बहुत निष्ठुर, मंद आचरण वाला, निर्बल नामक लक्षण प्राप्त होते हैं। मृदु साधक मंत्रयोग की साधना करते हैं बारह वर्षों में उन्हें सिद्धि प्राप्त हो जाती है। मध्यम साधक को लययोग की शिक्षा योगगुरु द्वारा दी जाती है, उसके लक्षण हैं " सम बुद्धि, क्षमायुक्त, पुण्य की कामना करने वाला, प्रियभाषी और सभी कार्यों में सामान्य अर्थात् न अधिक कुशल और न ही अकुशल होता है।" अधिमात्र साधक "स्थिर बुद्धि, स्वाधीन, वीर्यवान, दयालु, क्षमाशील, सत्यभाषी, वीर, श्रद्धावान, दीर्घजीवी, गुरु की सेवा करने वाला और निरंतर योगाभ्यास में रत रहता है।

ऐसे साधक को हठयोग का उपदेश किया जाता है और उसे छः वर्षों में सिद्धि प्राप्त हो जाती है। अधिमात्रतम् साधक अर्थात् उत्कृष्ट कोटि का साधक “अतिशय, पराक्रमी, उत्साही, मनोहर, सूर्य, शास्त्रज्ञ, अभ्यास परायण, निर्मोही, नवयौवन संपन्न, अल्पाहारी, जितेन्द्रिय, निर्भय, पवित्र, दक्ष, दानी, सबका आश्रय, स्थिर अधिकारी, बूद्धिमान, संतोषी, क्षमावान, सुशील, धर्मचारी, गुप्त चेष्टाओं वाला, प्रियभाषी, शास्त्रों पर विश्वास करने वाला, गुरु और देवों की पूजा करने वाला, जलसंघ सं विरक्त और महाव्याधियों से रहित होता है।”¹ ये सभी प्रकार के योगों का अधिकारी होता है, उसे तीन वर्षों में ही सिद्धि मिल जाती है। अतः शिव संहिता में साधकों के आधार पर ही योग के चार प्रकार का संकेत मात्र प्राप्त होता है।

निष्कर्ष

हठयोग में वर्णित आसनों एवं प्राणायामों का उद्देश्य मात्र शारीरिक सौष्टव अथवा शारीरिक स्वास्थ्य प्रदान करना नहीं है, बल्कि परमलक्ष्य मोक्ष की प्राप्ति हेतु व्यक्ति को शारीरिक एवं मानसिक रूप से तैयार करना है क्योंकि आसन स स्थिरता, लघुता एवं आरोग्यता प्राप्त होती है। आसन हेतु सुखपूर्वक स्थित होना आवश्यक है फिर उसी के आधार पर प्राणायाम, प्रत्याहार, धारणा, ध्यान एवं समाधि का विचार प्राप्त होता है, परंतु ध्यानात्मक आसन जैसे पद्मासन, सिंहासन और भद्रासन के अतिरिक्त अन्य आसनों को भी बताया गया है जो शारीरिक सौष्टव को प्राप्त कराते हैं। जब हम विभिन्न आसनों का नियमित अभ्यास करते हैं तो आसनों के स्वरूप के अनुसार शरीर के भिन्न-भिन्न अंगों पर विशिष्ट प्रभाव पड़ता है जिससे उन अंगों में प्रणबल बढ़ जाता है, देह के सभी अंग पुष्ट और पूर्ण विकसित हो जाते हैं, और शारीरिक स्वास्थ्य बना रहता है।

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ELEMENTS OF INDUSTRIAL ORGANISATION

[वैकल्पिक विषय]

कक्षा XII



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कक्षा XII

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डॉ. अराधना शुक्ल

एन. डी. एम. वि. सं. काशी

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