



3.3.3 Books, Chapters and Conference Proceedings

GOVERNMENT COLLEGE FOR WOMEN

UNDER GOVERNMENT OF KERALA

VAZHUTHACAUD, THIRUVANANTHAPURAM, KERALA - 695014

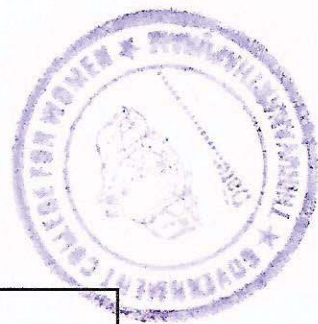
Reaccredited by NAAC with 'A' Grade

Affiliated to University of Kerala

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Sl. No.	Name of the teacher	Title of the book/chapters published	Title of the paper	Title of the proceedings of the conference	Name of the conference	National / International	Year of publication	ISBN/ISSN number of the proceeding	Affiliating Institute at the time of publication	Name of the publisher
1	J Binoy	Not Applicable	Experimental and theoretical investigations of vibrational spectrum and biological activity of dichlorvos	AIP Conference Proceedings	3rd International Conference on Condensed Matter and Applied Physics (ICC-2019);	International	2019-20	ISBN 978-0-7354-1976-6	Govt. College for Women, Thiruvananthapuram	AIP Publishing LLC
2	J Binoy	Not Applicable	Spectroscopic investigations of the interaction of BSA and DNA with the anticancer drug, N-(6-ferrocenyl)-2-	AIP Conference Proceedings	3rd International Conference on Condensed Matter and Applied Physics (ICC-2019);	International	2019-20	ISBN 978-0-7354-1976-6	Govt. College for Women, Thiruvananthapuram	AIP Publishing LLC
3	J Binoy	Not Applicable	The polarizing power of protonating hydrogen and its influence on vibrational spectrum, NLO and biological activity in	AIP Conference Proceedings	3rd International Conference on Condensed Matter and Applied Physics (ICC-2019);	International	2019-20	ISBN 978-0-7354-1976-6	Govt. College for Women, Thiruvananthapuram	AIP Publishing LLC



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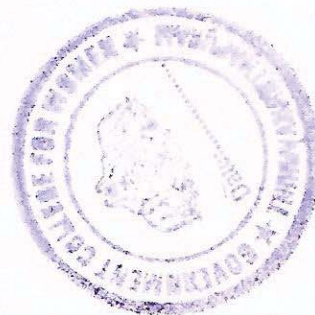
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4	J Binoy	Not Applicable	Vibrational spectroscopic investigations and biological activity of toxic material amitraz	Materials Today: Proceedings	International Conference on the Science and Technology of Advanced Materials 2020 (STAM 20); Conference	International	2019-20	ISSN 2214-7853	Govt. College for Women, Thiruvananthapuram	Elsevier
5	J Binoy	Not Applicable	The DFT based spectral investigations and bioactivity of amprenavir	Materials Today: Proceedings	First International Conference on Recent Advances in Materials and Manufacturing 2019 (ICRAMM 2019); Conference dates: 12-14 September	International	2019-20	ISSN 2214-7853	Govt. College for Women, Thiruvananthapuram	Elsevier
6	J Binoy	Not Applicable	The study of inter and intramolecular hydrogen bonds of NLO crystal melaminium hydrogen malonate using DFT simulation, AIM analysis and	Materials Today: Proceedings	International Conference on the Science and Technology of Advanced Materials 2020 (STAM 20); Conference	International	2019-20	ISSN 2214-7853	Govt. College for Women, Thiruvananthapuram	Elsevier

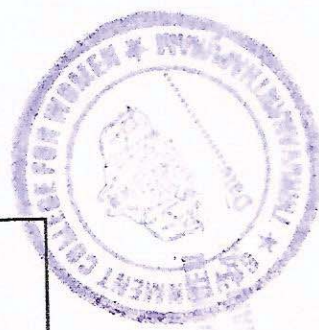
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7	Sheemol V N	Not Applicable	Optically Transparent Polymer Coating Embedded with IR Reflective Rare Earth Yellow Pigment:	Materials Today: Proceedings	Advances in Photoresponsive Materials; Conference Dates: 14-15 November 2017	International	2019-20	ISSN 2214-7853	Govt. College for Women, Thiruvananthapuram	Elsevier
8	Mini Joseph	Edited Book: Food Science, Nutrition and	Not Applicable	Not Applicable	Not Applicable	National	2019-20	ISBN 9788172551230	Govt. College for Women, Thiruvananthapuram	Sooryagatha Publishers, Ernakulam, Kerala
9	Sithara Balan V	Chapter: "A Study on safe menstruation and hygiene practices among women in Coastal areas of Kerala"; In Edited Book-	Not Applicable	Edited Book- Women Led Empowerment - Edited Book of the 33rd Biennial Conference of HSAI - Trends for Futuristic Development in Homescience Research and Innovation, Conference date: 22-24 January 2020	33rd Biennial Conference HSAI - Trends for Futuristic Development in Homescience Research and Innovation, Conference date: 22-24 January 2020	National	2019-20	ISBN 978-9385604-14-0	Govt. College for Women, Thiruvananthapuram	Ganesh Shankar D on behalf of Shanga Verlag, Coimbatore-641037



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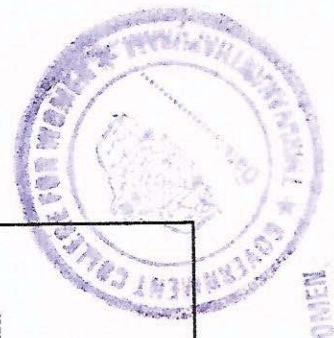
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10	Meera D.K.	Chapter - Diet for an Adult Person; In Edited Book - <i>Food</i> <i>Science,</i>	Not Applicable	Not Applicable	Not Applicable	National	2019-20	ISBN 978817255123 0	Govt. College for Women, Thiruvananth apuram	Sooryagatha Publishers, Ernakulam, Kerala
11	Meera D.K.	Chapter - Diet for an Elderly Person; In Edited Book - <i>Food</i> <i>Science,</i>	Not Applicable	Not Applicable	Not Applicable	National	2019-20	ISBN 978817255123 0	Govt. College for Women, Thiruvananth apuram	Sooryagatha Publishers, Ernakulam, Kerala
12	Jyothi H.	Chapter - Diet for School Going Child (7-9 years); In Edited Book - <i>Food</i> <i>Science,</i>	Not Applicable	Not Applicable	Not Applicable	National	2019-20	ISBN 978817255123 0	Govt. College for Women, Thiruvananth apuram	Sooryagatha Publishers, Ernakulam, Kerala
13	Jyothi H.	Chapter - Diet for an Adolescent Girl (13-15 years); In Edited Book - <i>Food</i> <i>Science,</i>	Not Applicable	Not Applicable	Not Applicable	National	2019-20	ISBN 978817255123 0	Govt. College for Women, Thiruvananth apuram	Sooryagatha Publishers, Ernakulam, Kerala

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14	Jyothi H.	Chapter - Diet for a Child with Kwashiorkor; In Edited	Not Applicable	Not Applicable	Not Applicable	Not Applicable	National	2019-20	ISBN 9788172551230	Govt. College for Women, Thiruvananthapuram	Sooryagatha Publishers, Ernakulam, Kerala
15	Sithara Balan V	Chapter - Clean water and sanitation for all; In Edited Book - <i>Sustainable</i>	Not Applicable	Not Applicable	Not Applicable	Not Applicable	National	2019-20	ISBN 978-93-81737-92-7	Govt. College for Women, Thiruvananthapuram	Pustak Sansar, Jaipur
16	Shiju Joseph	Not Applicable	Narrative identity in middle adults	e-Book: National Conference on Mental Health and Well-being (NCMW-20)	National Conference on Mental Health and Well-being; Conference dates: 13-14	National	National	2019-20	ISBN 978-93-89947-09-0	Govt. College for Women, Thiruvananthapuram	Excel India Publishers, 91A, Ground Floor, Pratik Market, New Delhi- 110067
17	Maya Menon	Not Applicable	Abilities of children as a function of emotion regulation at school entry	e-Book: National Conference on Mental Health and Well-being (NCMW-20)	National Conference on Mental Health and Well-being; Conference dates: 13-14	National	National	2019-20	ISBN 978-93-89947-09-0	Govt. College for Women, Thiruvananthapuram	Excel India Publishers, 91A, Ground Floor, Pratik Market, New Delhi- 110067
18	Naushad S.	Cinemappa dam- Jathi, sareeram.	Not Applicable	Not Applicable	Not Applicable	Not Applicable	National	2019-20	ISBN 978-93-87459-78-6	Govt. College for Women, Thiruvananthapuram	Melinda Books, Thiruvananthapuram
19	Ravichandran C.	Nasthikanya Daivam	Not Applicable	Not Applicable	Not Applicable	Not Applicable	National	2019-20	ISBN: 9788126424757	Govt. College for Women, Thiruvananthapuram	DC Books

Added

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20	Sarita G	English for Career: A Workbook	Not Applicable	Not applicable	Not applicable	National	2019-20	ISBN 978-93-5287-905-2	Govt. College for Women, Thiruvananth	Orient Black Swan
21	Neeta Sasidharan and Sarita	Language in Use- Grammar	Not Applicable	Not applicable	Not applicable	National	2019-20	ISBN 978-1-108-79325-4	Govt. College for Women, Thiruvananth	Cambridge University Press
22	U. Arun	Not Applicable	Evaluation of apoptotic potential of ZIF-8 nanoparticles	AIP Proceedings, 2082, 2019	The 3rd International Conference On Optoelectronic And Nano Materials For Advanced Technology (icONMAT 2019) Conference date: 3-5	International	2018-19	ISBN 978-0-7354-1812-7	Govt. College for Women, Thiruvananthapuram	AIP Publishing LLC.
23	Mini Joseph	Not Applicable	Association between nutritional status and emotional intelligence in higher secondary students.	Proceedings of the three day International Seminar- Development communication and Endo- Nutrition: The current Drift; Current Drift	International Seminar: Development communication and Endo- Nutrition: The current Drift; Conference dates: 13-15 November	International	2018-19	ISBN 978 81 928506 2-7	Govt. College for Women, Thiruvananthapuram	Dept. of Home Science, Govt. College for Women, Thiruvananthapuram



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24	Sithara Balan V	Not Applicable	Creating awareness on zero waste among college students - An action research	Proceeding of the three day International Seminar: Development communication and Endo- Nutrition: The current Drift Conference dates: 13-15 November	International Seminar: Development communication and Endo- Nutrition: The current Drift; Conference dates: 13-15 November	International	2018-19	ISBN 978 81 928506 2-7	Govt. College for Women, Thiruvananth apuram	Dept. of Home Science, Govt. College for Women, Thiruvananth apuram
25	Sithara Balan V	Not Applicable	Role of Kudumbasree on the Empowerment of Women in Vengad Grama panchayat, Kannur	Proceeding of the three day International Seminar: Development communication and Endo- Nutrition: The current Drift	International Seminar: Development communication and Endo- Nutrition: The current Drift; Conference dates: 13-15 November	International	2018-19	ISBN 978 81 928506 2-7	Govt. College for Women, Thiruvananth apuram	Dept. of Home Science, Govt. College for Women, Thiruvananth apuram
26	Meera D.K.	Not Applicable	Prevalence of hypertension among Nurses in hospitals of Thiruvananthapur am	Proceeding of the three day International Seminar: Development communication and Endo- Nutrition: The current Drift	International Seminar: Development communication and Endo- Nutrition: The current Drift; Conference dates: 13-15 November	International	2018-19	ISBN 978 81 928506 2-7	Govt. College for Women, Thiruvananth apuram	Dept. of Home Science, Govt. College for Women, Thiruvananth apuram

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27	Jyothi H.	Not Applicable	Developing Cereal Pulse Supplementary Snack for Pre-schoolers	Proceedings of the three day International Seminar- Development communication and Endo- Nutrition: The Current Drift	International Seminar: Development communication and Endo- Nutrition: The current Drift; Conference dates: 13-15 November	International	2018-19	ISBN 978 81 928506 2-7	Govt. College for Women, Thiruvananthapuram	Dept. of Home Science, Govt. College for Women, Thiruvananthapuram
28	Mini Joseph	Not Applicable	A study on the Nutritional profile of adolescent girls.	Proceedings of the three day International Seminar- Development communication and Endo- Nutrition: The Current Drift	International Seminar: Development communication and Endo- Nutrition: The current Drift; Conference dates: 13-15 November	International	2018-19	ISBN 978 81 928506 2-7	Govt. College for Women, Thiruvananthapuram	Dept. of Home Science, Govt. College for Women, Thiruvananthapuram
29	Mini Joseph	Not Applicable	Prevalence of eating disorders among adolescents attending private schools of Thiruvananthapuram district.	Proceedings of the three day International Seminar- Development communication and Endo- Nutrition: The Current Drift	International Seminar: Development communication and Endo- Nutrition: The current Drift; Conference dates: 13-15 November	International	2018-19	ISBN 978 81 928506 2-7	Govt. College for Women, Thiruvananthapuram	Dept. of Home Science, Govt. College for Women, Thiruvananthapuram

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30	Mini Joseph	Not Applicable	Development and Popularization of Healthy snacks based on Amritham Nutri-mix.	Proceedings of the three day Seminar- Development communication and Endo-nutrition: The Current Drift	International Seminar: Development communication and Endo-nutrition: The current Drift; Conference dates: 13-15 November	International	2018-19	ISBN 978 81 928506 2-7	Govt. College for Women, Thiruvananthapuram	Dept. of Home Science, Govt. College for Women, Thiruvananthapuram
31	R. Lekshmi and A. Nazneen	Edited Book: Philosophical Perspectives of Hermeneutics	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978-81-923313-0-0	Govt. College for Women, Thiruvananthapuram	Dept. of Philosophy, Govt. College for Women, Thiruvananthapuram and Co published by Prasakthi Book House, Pathanamthit
32	K J Gasper	Kadalinte paryayanga I	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978-93-83255-97-9	Govt. College for Women, Thiruvananthapuram	Pranatha books Kochi-18
33	Sithara Balan V and Mini	Edited Book: Text book on Extension Education and Communic	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978-81-928506-3-4	Govt. College for Women, Thiruvananthapuram	Shadows, Thiruvananthapuram
34	Sithara Balan V	Extension Education and Communic	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978-8190178334	Govt. College for Women, Thiruvananthapuram	Modern Book Centre, Thiruvananthapuram



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35	Shabana Habeeb	Chapter:- Samaj se tiraskrut varg kinnar; In	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978-81-941222-4-1	Govt. College for Women, Thiruvananthapuram	Vikas Prakashan, Kanpur
36	Shabana Habeeb	Chapter:- Bhaktikal mein samanwaya thmakatha ki bhoomika; In Edited	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978-93-88011-09-9	Govt. College for Women, Thiruvananthapuram	Sahitya Sanchay, Delhi
37	Shabana Habeeb	Chapter:- Pravasi sahithy mein nari	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978-93-88684-27-9	Govt. College for Women, Thiruvananthapuram	Vani Prakashan, Delhi
38	Suma S.	Edited Book:- Naya	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978-93-88684-27-9	Govt. College for Women, Thiruvananthapuram	Vani Prakashan, Delhi
39	NIMMY A.A	Chapter:- Samakalin kavita mein jal aur zamin ka pratirodh;	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978-93-88684-11-8	Govt. College for Women, Thiruvananthapuram	Vani Prakashan, Delhi
40	NIMMY A. A	Chapter:- 'Fans': Bharatiya kisanon ki vyatha katha; In	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 97881-937181-0-0	Govt. College for Women, Thiruvananthapuram	Shabdh Shakthi Prakashan, Kanpur

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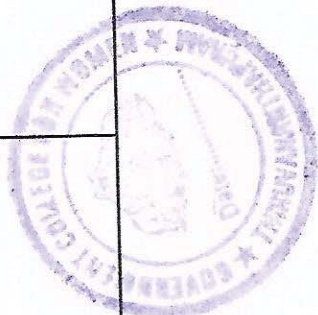
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41	NIMMY A. A	Chapter: Dharma ka bhazarikara n: Samidha;	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978-93- 88684-27-9	Govt. College for Women, Thiruvananth apuram	Vani Prakashan, Delhi
42	NIMMY A. A	Chapter: Hijadon ke anthim prathirodh ki sankharsh gadha;	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978- 81941222-4-1	Govt. College for Women, Thiruvananth apuram	Vikas Prakashan, Kanpur
43	Nimmy A.A.	Not Applicable	Vikas Banam vinash: Rajesh Joshi ki kavitaom ke vishesh sandarbh mein	Antharashtr Sangoshti ki Karyavahi - Hindi Bhasha, Sahity aur Sanskriti	Hindi bhasha, sahitya aur sanskriti - Dakshin bharat hindi sahitya sammelan, Conference dates: 27-29	International	2018-19	ISBN: 978-93- 84110-80-2	Govt. College for Women, Thiruvananth apuram	Pustak bhavan, Payyannur
44	C. Ravichandran an	Velichappa dinte	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978938656034 6	Govt. College for Women, Thiruvananth apuram	DC Books
45	Bindu A. M.	Bharya- Theevalach aattu	Not Applicable	Not Applicable	Not Applicable	National	2018-19	ISBN 978-93- 87357-14-3	Govt. College for Women, Thiruvananth apuram	G Motivation
46	Devakuma r P.S	Chapter- Bridging the Industry Academia Gap-The Way Ahead for Higher Education in Kerala,	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-93- 86262-79-0	Govt. College for Women, Thiruvananth apuram	Shipra Publications

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47	Nisha N G	Not Applicable	Characteristics of Solar Proton Events Observed Near Earth and Stellar Activity Variations	Proceedings of the International Astronomical Union	Long Term Datasets for the Understanding of Solar and Stellar Magnetic Cycles, Proceeding of IAU Symposium, No 340, Conference	International	2017-18	ISSN 1743-9213	Govt. College for Women, Thiruvananthapuram	Cambridge University Press
48	Nisha N G	Not Applicable	Inferring Stellar Activity Variations near Habitable Extrasolar Planets using Dynamical Effects	Proceedings of the International Astronomical Union	Long Term Datasets for the Understanding of Solar and Stellar Magnetic Cycles, Proceeding of IAU Symposium, No 340, Conference	International	2017-18	ISSN 1743-9213	Govt. College for Women, Thiruvananthapuram	Cambridge University Press

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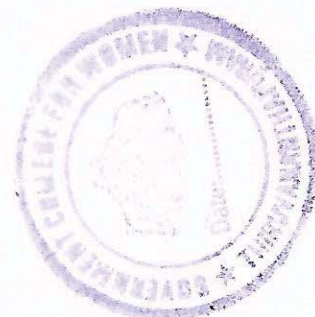
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49 J Binoy	Not Applicable	Multispectroscopic investigation of the interaction of BSA and DNA with the anticancer drug, N-(6-ferrocenyl)-2-naphthoyl)-gamma-amino butyric acid methyl ester	AIP Conference Proceedings	2nd International Conference on Condensed Matter and Applied Physics (ICC 2017); Conference dates: 24-25	International	2017-18	ISBN 978-0-7354-1648-2	Govt. College for Women, Thiruvananthapuram	American Institute of Physics (AIP)
50 J Binoy	Not Applicable	"The electron transport mechanism in ester and its bioactivity in the anticancer drug N-(6-ferrocenyl)-2-naphthoyl)-L-alanine-glycine ethyl ester	AIP Conference Proceedings	2nd International Conference on Condensed Matter and Applied Physics (ICC 2017); Conference dates: 24-25	International	2017-18	ISBN 978-0-7354-1648-2	Govt. College for Women, Thiruvananthapuram	American Institute of Physics (AIP)
51 J Binoy	Not Applicable	The study of intermolecular interactions in NLO crystal melaminium chloride hemihydrate using DFT simulation and Hirshfeld surface analysis	AIP Conference Proceedings	2nd International Conference on Condensed Matter and Applied Physics (ICC 2017); Conference dates: 24-25	International	2017-18	ISBN 978-0-7354-1648-2	Govt. College for Women, Thiruvananthapuram	American Institute of Physics (AIP)

52 J Binoy	Not Applicable	DFT based vibrational spectroscopic investigations and biological activity of toxic material monocrotophos	AIP Conference Proceedings	2nd International Conference on Condensed Matter and Applied Physics (ICC 2017); Conference dates: 24-25	International	2017-18	ISBN 978-0-7354-1648-2	Govt. College for Women, Thiruvananthapuram	American Institute of Physics (AIP)
53 J Binoy	Not Applicable	FT IR spectral investigations of toxic material dibrom using DFT	AIP Conference Proceedings	2nd International Conference on Condensed Matter and Applied Physics (ICC 2017); Conference dates: 24-25	International	2017-18	ISBN 978-0-7354-1648-2	Govt. College for Women, Thiruvananthapuram	American Institute of Physics (AIP)
54 U Arun	Not Applicable	Synthesis of Luminescent ZIF-8 Nanoparticles for Targeted Drug Delivery	Technology Letters, Conference Proceedings	International Conference on Nanostructures (ICAN 2018), Conference dates: 12-14	International	2017-18	ISSN 2348-8131	Govt. College for Women, Thiruvananthapuram	Centre for Advanced Scientific Research & Rural Technology (CART)

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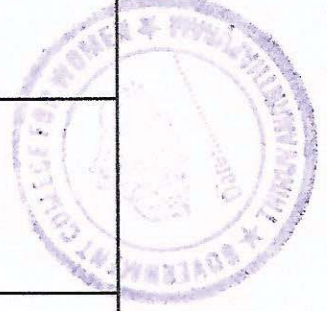


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55	Mini Joseph	Chapter: Practical Medical Nutrition Therapy ; In Edited	Not Applicable	Not Applicable	Not Applicable	Not Applicable	2017-18	ISBN 978-93-5270-165-0	Govt. College for Women, Thiruvananthapuram	Jaypee Brothers Medical Publishers (P) Ltd.
56	Anisha G S	Chapter: Bacteriocins from Lactic Acid Bacteria & their emerging application s; In Edited	Not Applicable	Not Applicable	Not Applicable	International	2017-18	ISBN 978-84-947512-5-7	Govt. College for Women, Thiruvananthapuram	Formatex Research Center, Badajoz, Spain
57	K Shiju	Edited Book: Aadhunika	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-93-84795-29-0	Govt. College for Women, Thiruvananthapuram	Maluban Publications
58	K Shiju	Kannadiyaa nporu - Purushadev	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-81-936877-7-2	Govt. College for Women, Thiruvananthapuram	Kerala Sahitya Akademy
59	Ravichandran C.	Vasthulahari - Chooshanath	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 9788126465125	Govt. College for Women, Thiruvananthapuram	DC Books
60	Anupama P Nair	Chapter: Entrepreneurial Activities among Tribal Women in Kerala- The Means to	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-93-86638-73-1	Govt. College for Women, Thiruvananthapuram	BONFRING

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61	Jyothi N	Edited Book: Samkaleen	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-9386604-16-3	Govt. College for Women, Thiruvananthapuram	Aman Prakashan Publishers
62	Jyothi N	Chapter: Ekanth Srivasthav ki kavithaom mein samakaleen atha: Bheej se phool	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-93-86604-16-3	Govt. College for Women, Thiruvananthapuram	Aman Prakashan Publishers
63	Shabana Habeeb	Edited Book: Maanav	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-93-87941-11-3	Govt. College for Women, Thiruvananthapuram	Maya Prakashan Kanpur
64	Shabana Habeeb	Hindi Sahitya ki vividh	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-93-86248-61-9	Govt. College for Women, Thiruvananthapuram	Vidha Prakashan Kanpur
65	Shabana Habeeb	Chapter: Samakalin kahaniyom mein tritheey	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-81-938310-3-8	Govt. College for Women, Thiruvananthapuram	Vikas Publication
66	Shabana Habeeb	Chapter: Deedar mein raastha; In	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-81-89187-61-3	Govt. College for Women, Thiruvananthapuram	Vinay Publication
67	Shabana Habeeb	Chapter: Madhu Karkarya ki kahaniyom mein naari vimarsh; In	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-81-936150-3-4	Govt. College for Women, Thiruvananthapuram	Gina Publication, Bhiwani, Haryana

68	Shabana Habeeb	Chapter: Pravasi kavitha mein manaveey samvedhan	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-81-7965-311-1	Govt. College for Women, Thiruvananthapuram	Takshasila Publication
69	Shabana Habeeb	Chapter: Naari vimarsh ke dayire mein	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-93-87859-84-5	Govt. College for Women, Thiruvananthapuram	Parikalpana, Delhi
70	Shabana Habeeb	Chapter: Adivasi jan jeevan; San gharsh aur prathirodh	Not Applicable	Not Applicable	Not Applicable	National	2017-18	ISBN 978-93-87859-85-2	Govt. College for Women, Thiruvananthapuram	Parikalpana, Delhi
71	Shabana Habeeb	Not Applicable	Hijada vimarsh vardhman kadha sahithy ke sandharbh mein	Samkaleen Hindi sahithy mein vimarsh ke vividh aayaam - Anthology of Essays	Samkaleen Hindi sahithy mein vimarsh ke vividh aayaam, Conference dates: 9-10	International	2017-18	ISBN 978-93-528877-05	Govt. College for Women, Thiruvananthapuram	MESMAC, Mampad
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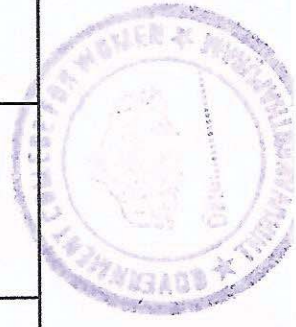
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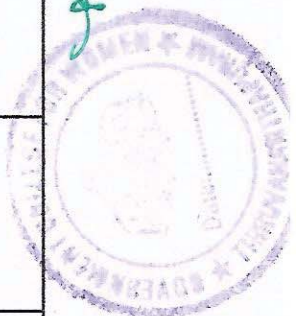
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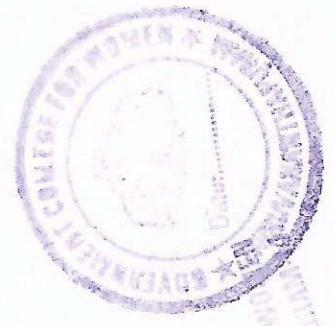
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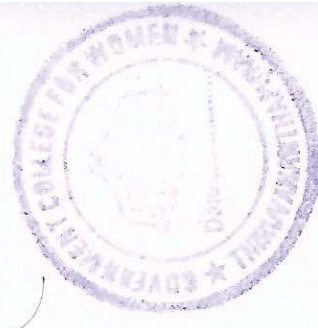
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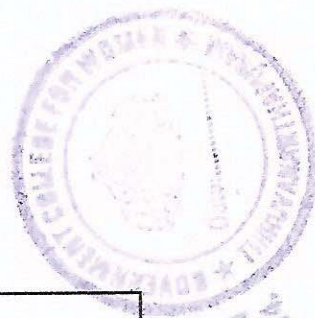
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104	Nimmy A.A.	Chapter: Samkalin kavita men adivasi vimarsh; In Edited	Not Applicable	Not Applicable	Not Applicable	National	2015-16	ISBN 978-93-85426-17-9	Govt. College for Women, Thiruvananthapuram	Shivani prakashan, Gandhinagar, Nanded
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107	Shabana Habeeb	Vichar Vimarsh	Not Applicable	Not Applicable	Not Applicable	National	2015-16	ISBN 9788819097008	Govt. College for Women, Thiruvananthapuram	Paridhi Publication TVPM
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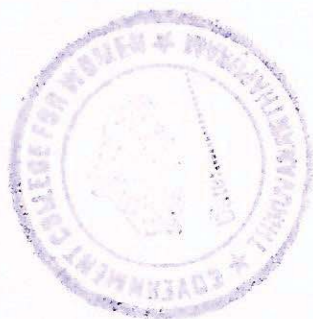
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109	Asha G	Chapter: Karyalayee Sahitya Mein Paribhashik Shabdavali	Not Applicable	Not Applicable	Not Applicable	National	2015-16	ISBN 978-93-84689-20-9	Govt. College for Women, Thiruvananthapuram	Nihal Publications, Delhi
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Published Online: 05 May 2020

Experimental and theoretical investigations of vibrational spectrum and biological activity of dichlorvos

AIP Conference Proceedings **2220**, 070007 (2020); <https://doi.org/10.1063/5.0002228>

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ABSTRACT

The resonance in phosphate group plays a key role in inducing biological activity to many organophosphate compounds. Hence, the resonance in phosphate of dichlorvos (2,2 dichloro vinyl dimethyl phosphate or DDVP)



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has been explored in detail in addition to the vibrational features in dichloro vinyl group which are explained based on vibrational spectroscopy aided by DFT simulations. To investigate the interaction of dichlorvos with DNA and AChE, UV-Visible and fluorescence spectral titrations have been carried out for Dichlorvos-DNA and Dichlorvos-AChE complexes. These experimental results of interactions are further investigated with the aid of docking simulation studies. The docking along with structural analysis reveal that nonbridging oxygen is responsible for binding.

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Spectroscopic investigations of the interaction of BSA and DNA with the anticancer drug, N-(6-ferrocenyl-2-naphthoyl) glycine alanine ethyl ester (FNGAEE)

AIP Conference Proceedings **2220**, 070008 (2020); <https://doi.org/10.1063/5.0002229>

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ABSTRACT

Transition metal containing compounds, especially ferrocene derivative, attracted wide attention in cancer control, where much of the interest



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was centered on drug design in the pharmaceutical field. The various amino acid groups, attached to the sandwich structure of ferrocene, has been found to play a key role in the biological activity of such compounds. To investigate the amide and ester resonance and the inductive effect, which takes decisive role in DNA and protein binding, vibrational spectral analysis supported by geometric optimization and NBO charge analysis has been carried out for the compound N-(6-Ferrocenyl-2-Naphthoyl) Glycine Alanine Ethyl Ester (FNGAEE). To exploit the changes in the microenvironment of DNA and BSA, experimental UV-Visible as well as fluorescence spectral assays have been conducted. The molecular docking simulation added to this study gives further insight to the bonding mechanism of macromolecular binding.

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The polarizing power of protonating hydrogen and its influence on vibrational spectrum, NLO and biological activity in piperazinium nitrate crystal

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- [✉]Corresponding author: binoyjohndas@gmail.com(J. Binoy)

ABSTRACT

The geometric and vibrational spectral characteristics of NO³⁻ ions in many compounds, depend on the polarizability induced by the neighbor



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cation and the analysis of polarizing power of cation can be used as a novel method of deciding the band positions of different spectral modes of nitrates. The chair conformation of piperazinium, resonance structure of nitrate and hydrogen bonding in piperazinium nitrate crystal has been subjected to detailed investigation using Density Functional Theoretical (DFT) simulation. To investigate the polarizability induced on NO_3^- anion by protonating H^+ and its influence on geometric and vibrational characteristics of NO_3^- in piperazinium nitrate, the correlation between the polarizing power and vibrational wavenumbers has been studied in detail for HNO_3 , NaNO_3 , KNO_3 and LiNO_3 . The molecular docking study reveals that the protonation is found to enhance the binding affinity of piperazine towards protein.

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Vibrational spectroscopic investigations and biological activity of toxic material amitraz

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ABSTRACT

Amitraz is a non-systemic acaricide and insecticide and has also been described as a scabicide which is slightly toxic to birds, fish and non-toxic to bees, whose structural features can be explained excellently using vibrational spectral investigations. In this work, the detailed molecular vibrational analysis of amitraz using FT-IR and FT-Raman spectral bands have been carried out with the aid of density functional theoretical (DFT) simulations, with B3LYP functional and 6-311++G(d, p) basis set and using potential energy distribution (PED) of vibrational modes. The conjugation of the lone pair of N with the p-system of C=N and the conjugation of the ring p-system with the p-system of C=N have been explored. Surface-enhanced Raman scattering (SERS) method was employed for the determination of trace amitraz, in silver-colloidal substrate. The normal Raman and SERS spectra of amitraz were analyzed, and the binding details of amitraz with silver nanocluster have been exploited. The molecular docking simulation of amitraz with AChE has been performed to find the mode of binding and the interactions with AChE has been investigated using UV-Visible spectroscopic method and fluorescence spectral studies to assess the strength of binding.

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1. Introduction

The organophosphate compounds induce inhibitory attack on neurotransmitter enzyme acetylcholinesterase (AChE) and as a result of the high concentrations of AChE at nervous synapse, it has been observed to depress motor functions, respiratory depression and brain dysfunction, leading to death [1]. The organophosphate neurotoxic pesticides remain as substances largely applied in agriculture, accumulated in soil and water and affecting the animal and human health. The organophosphorous pesticides were used in substitution to organochlorine pesticides and it draws similar human health risks [2].

Amitraz (Fig. 1), a non-systemic acaricide and insecticide, has also been described as a scabicide [3] and is used as pesticide that shows a high activity and a low toxicity to bees [4], owing to its peculiar neurotoxic characteristics. Owing its specific properties, which are molecular structure dependent, the structure property correlation is of much research interest and can be effectively carried

out using FT-IR and Raman spectral investigations, supported by the density functional theoretical (DFT) computation and the calculation of potential energy distribution (PED) of vibrational modes. The trace detection of pesticides such as amitraz is of highly relevant and SERS spectral explorations have been performed. The neurotoxicity has been investigated by examining the binding interaction between amitraz and AChE, using UV Visible and Fluorescence spectral assays and molecular docking.

2. Experimental

2.1. Chemicals and reagents

Amitraz ($C_{15}H_{23}N_3$ 99%), Acetylcholinesterase (AChE, 99%), Silver nitrate ($AgNO_3$, 99%), Sodium borohydride ($NaBH_4$, 99.98%) and Poly(N-vinyl-2-pyrrolidone) (PVP), all of AR grade, was obtained from Sigma Aldrich and used without further purification. Acetylcholinesterase (AChE), phosphate buffer and acetone were purchased from Sigma Aldrich and the phosphate buffer pH 8 has been used to prepare AChE solution of 0.1 M concentration. The

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The DFT based spectral investigations and bioactivity of amprenavir

P.S. Sindhu^a, D.E. Nimmi^b, Geethu Sudhi^b, R.G. Abhilash Kumar^c, Dhanesh Thomas^c,S.P. Chandini Sam^d, S.G. Praveen^e, J. Binoy^{c,†}^a Department of Physics, Aquinas College, Edakkochi 682010, Kerala, India^b Department of Physics, Government College for Women, Thiruvananthapuram-695014, University of Kerala, Kerala, India^c Department of Physics, Government College for Women, Thiruvananthapuram 695014, Kerala, India^d M.M.S Government College Malayinkeezh, Malayinkeezh 695571, Kerala, India^e School of Physics, Indian Institute of Science Education and Research, Thiruvananthapuram 695551, India

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ABSTRACT

The study of HIV-1 and HIV-2 protease inhibition of amprenavir is of immense therapeutic interest, owing to its application in the design of drugs, for the treatment of AIDS. Since, the inhibition is dependent on the molecular structural features, the DFT aided FT-IR, ¹³C NMR and FT-Raman spectral and structural analysis have been carried out, to arrive at the structure activity correlation. The negative mesomeric effect (–M effect) induced by the sulphonamide group and the consequent electron flow through APS (aminophenyl sulphonamide) ring has been explored using DFT and QAIM based spectral analysis. The charge redistribution in the ring and the changes in bond strength arising due to this electron flow, have been investigated using experimental and theoretical methods. The relative strength of resonance of oxygen and nitrogen lone pair with the carbonyl group, due to ‘competing resonance’, have been exploited, using relative change in IR stretching frequencies and bond lengths of C–N and C–O. The role of π -anion interaction, favored by the electron deficiency of APS ring due to –M effect and the cooperativity of bonding has been examined using ESP mapping, quadrupole moment and the polarizability perpendicular to the ring. The stable binding pose of amprenavir in the binding site of HIV-1 and HIV-2 and amprenavir-residue interaction, obtained from docking, have been confirmed respectively using RMSD and simulation interaction diagram, procured from molecular dynamics simulation.

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1. Introduction

Amprenavir ((3S)-oxolan-3-yl N-[(2S,3R)-3-hydroxy-4-[N-(2-methylpropyl) (4aminobenzene) sulfonamido]-1-phenylbutan-2-yl]carbamate), an antiretroviral protease inhibitor, has been emerged as the promising therapeutic agent recently [1,2] and has been used in the prevention of human immune deficiency viral (HIV) infection [3,4]. Amprenavir binds to the protease active site and inhibits the activity of the enzyme which prevents cleavage of the viral polyproteins resulting in the formation of immature non-infectious viral particles [5]. Owing to the ever growing medicinal needs, amprenavir has been subjected to the detailed studies on the various aspects of drug action such as drug design for the treatment of AIDS[6], nanoparticle mediated therapeutic

drug delivery [7], off-target drug binding [8] and the drug resistance mechanism [9,10].

The action of a drug molecule is dependent on the features of specific functional groups, the structural investigations aided by spectroscopic methods can provide molecular aspects responsible for drug action, which can provide key information for the design of new protease inhibitors [11,12]. The present study aims to explore the detailed molecular bonding characteristics and the binding mechanism of amprenavir with HIV1 and HIV2, using molecular vibrational analysis aided by DFT(Density Functional Theory) and QAIM (Quantum Theory of Atoms in Molecules). The molecular docking and molecular dynamics simulation have been performed to reveal structure-activity correlation of the drug-HIV binding.

The present work investigates the negative mesomeric effect, –M effect, acting on the (4-Aminophenyl) sulfonyl (APS) group of amprenavir, based on the DFT computed geometry, vibrational

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The study of inter and intramolecular hydrogen bonds of NLO crystal melaminium hydrogen malonate using DFT simulation, AIM analysis and Hirshfeld surface analysis

K. Sangeetha^a, S.R. Rajina^a, M.K. Marchewka^b, J. Binoy^{a,*}^a Department of Physics, Govt. College for Women, Research Center, University of Kerala, Thiruvananthapuram 695014, Kerala, India^b Institute of Low Temperature and Structure Research, Polish Academy of Sciences, Okolna 2, 50-422 Wrocław, Poland

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ABSTRACT

The analysis of inter and intramolecular interactions in a crystalline network, throws light on structure dependent crystalline properties. The DFT computation and crystal structural analysis of Melaminium hydrogen malonate (MHM) molecule has been conducted to explore the melaminium-malonate interaction and to exploit 'charge assisted' intramolecular hydrogen bonds with two equivalent resonant forms. Further, the hydrogen bonds are characterized using AIM theory which reveals that hydrogen bonds exhibit a certain amount of covalency which depends on the relative position and type of intervening groups. In the present paper, DFT based vibrational spectral investigation of MHM has been contemplated in the stretching region (3500 cm^{-1} – 2800 cm^{-1}) and by analyzing the half width of the OH and NH stretching profiles of the deconvoluted spectra, the extent of intermolecular interactions have been investigated. The correlation of vibrational spectra with Hirshfeld surface analysis and finger print plot has been analyzed, revealing that both these techniques form effective tool to investigate crystalline network. The hyperpolarizability tensor has been computed to assess the second order NLO activity, revealing that MHM possesses NLO activity 25.5 times that of urea. Molecular docking simulation study reveals the competitive inhibitory nature of malonate anion over succinate anion, in binding with the enzyme succinate dehydrogenase.

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1. Introduction

Melamine and derivatives, have been a subject of intense research in recent years [1] due to its ability to form self-assembling complexes via organized intermolecular networks of hydrogen bonds [2]. The derivatives of melaminium is well known for their role in living organisms [3–5] and in nonlinear optics [6–9]. The second harmonic generation activity of a few melaminium derivatives have been reported [10]. Owing to these specific applications of melaminium derivatives and the structure dependence of their properties, Melaminium hydrogen malonate (MHM) crystal [11], has been subjected to detailed molecular bonding analysis, using vibrational spectrum aided by DFT computed results.

The researches on MHM have been very much restricted to structural details of crystal [2]. Since MHM (Fig. 1) possesses peculiar non linear optical and bioactive properties, which is very much dependent on molecular structural and bonding characteristics of the formula unit, it is worthwhile to focus the research to molecular structural and vibrational investigations that can be effectively carried out using FT-IR and FT-Raman spectra, supported by quantum chemical computations with a focus on (-)CAHB nature of intramolecular hydrogen bonding, N–H O=C interaction at the protonating position of melaminium ring, nature of N–H and O–H stretching vibration along with its correlation with finger print plot and the spectral distinction between different carbonyl groups of the formula unit. To investigate the correlation between molecular structure and the crystalline network, the broad profile in the stretching region of IR and Raman spectra have been deconvoluted and has been subjected to Hirshfeld surface analysis. The correlation of Hirshfeld surface and finger print plot with the band profile

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APRM 2018

Optically Transparent Polymer Coating Embedded with IR Reflective Rare Earth Yellow Pigment: - Innovative Strategy for Cool Windows

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Abstract

The increasing atmospheric temperature due to global warming demands development of coatings for glass windows that permits the light but not the heat. It is documented that the absorption of infrared radiations [IR] in the solar spectrum is the cause of heat build-up. Technologically it's a challenge to have optical transparency and IR reflectance combined in a single-coat for any heat control cool-windows. Polymer coatings embedded with IR reflective ceramic dispersoids offer these stringent requirements, i.e light penetration and heat reflection when the glass panels are exposed to direct sun light. This current study focused on this concept. Here IR reflective rare earth colorant was first prepared and subsequently embedded in polymer resin to develop heat management coatings. The characteristic properties of the pigment as well as the coating were analyzed and were found that the inorganic dispersoids enhance the IR reflectance quality of polymer coats from 10% to 40%. The surface morphology, crystallinity and particle size of the product were also investigated. The inorganic-polymer composite coat offers thermal stability, light fastness and photo-physical properties.

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Keywords: IR reflectance; Cool windows; Ceramic dispersoids; Rare earth colorant

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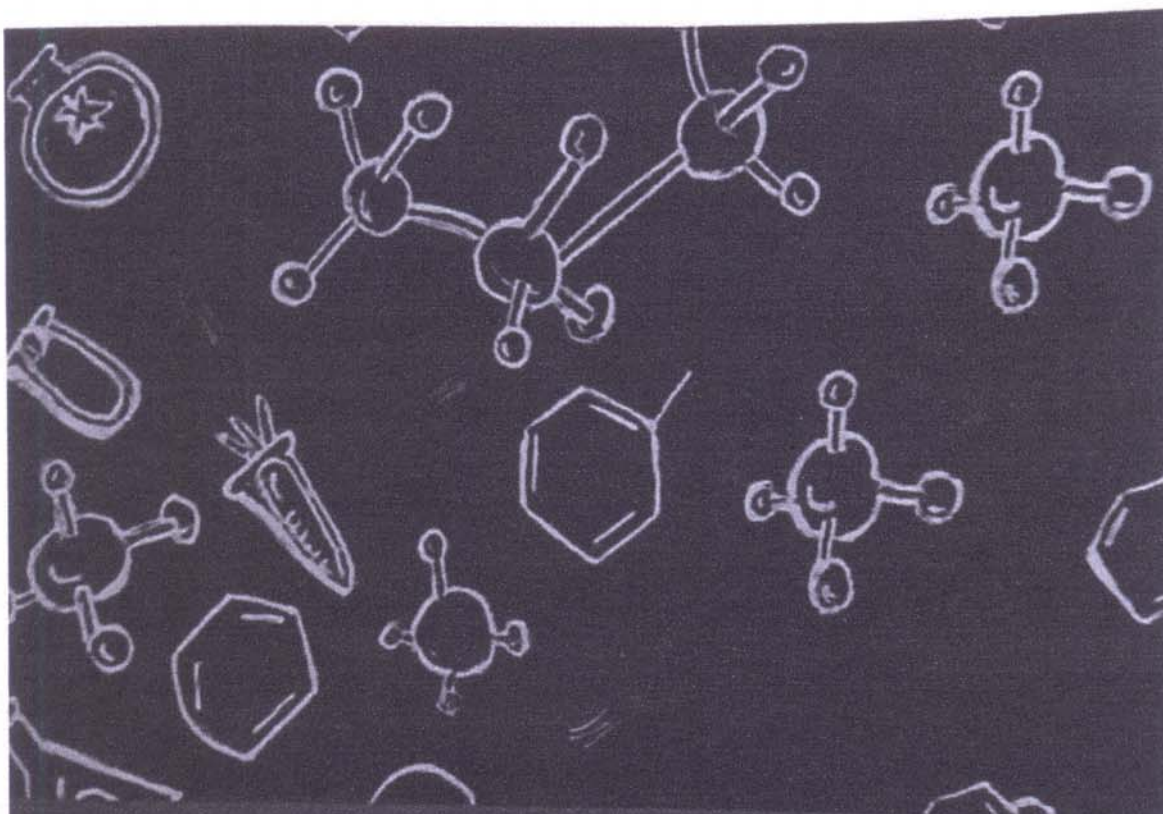
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FOOD SCIENCE, NUTRITION AND BIOCHEMISTRY

LABORATORY MANUAL FOR STUDENTS OF BSc HOME SCIENCE



Dr Mini Joseph
Dr Aswathy Sugunan
Dr Sheeja P.R
Dr Anju M. Neeliyara
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Women Led Empowerment

Editors
N.Vasugi
S.Rajalakshmi
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Department of Home Science Extension Education
School of Home Science



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Women Led Empowerment

Edited book of

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225 pages

Editors

Dr. N.Vasugi, Dr.S.Rajalakshmi & Dr. T.Radha

Department of Home Science Extension Education,

School of Home Science, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, India

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Dr. Premavathy Vijayan

M.Sc., M.Ed., M.Phil., Dip.Spl. Edn. (U.K.), Ph.D.

Vice Chancellor

20.01.2020

Date :

**FOREWORD**

At the outset, I congratulate the organizing team of the 33rd Biennial Conference of Home Science Association of India on "Trends for Futuristic Development in Home Science: Research and Innovation" held from 22nd to 24th January 2020 at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu.

I take great pleasure to write this foreword for the book on "Women Led Empowerment" a sub theme for Home Science Extension Education. This compilation deals with the study of various aspects of women empowerment.

Empowerment for women in India requires a crosscutting approach and one which address the diversity and social structures that governs women's lives. Women empowerment should be created by providing environment that is quite safe where they can make decisions of their own without the fear for barrier of any kind preventing them to lead a life of their own.

The motto of women empowerment is to ensure equality in society between males and females. It targets to allow women enjoy all privileges of living a happy and self-dependent life.

This book, authored by Home Scientists, Academicians and Research Scholars from different areas of Home Science Extension Education provides information about the recent developments in the field of Extension Education.

My heartfelt wishes to all the Home Scientists, Academicians and Research Scholars who have contributed chapters to this valuable book. I deeply appreciate the editorial team including the reviewer for their dedicated work and spirited involvement to compile the research articles received from various parts of India.

I sincerely hope that this edited book will be a reference and a platform for future research and innovation in Extension Education.

Premavathy Vijayan
Vice Chancellor

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A STUDY ON SAFE MENSTRUATION AND HYGIENE PRACTICES AMONG WOMEN IN COASTAL AREAS OF KERALA

Sithara Balan V* and Athira Dushandhan**

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**Post graduate Student, Department of Home Science, Govt College for Women, Thiruvananthapuram, Kerala.

ABSTRACT

Menstruation plays a significant role in the life of a woman. Menstruation and menstrual practices are still clouded by taboos and socio-cultural restrictions resulting in women ignorant of the scientific facts and hygienic health outcomes. On average a women will menstruate for 3000 days during her lifetime. However the needs and challenges faced by many women and girls as they struggle to manage their menstrual hygiene and it makes them to largely ignored it. Women's health has been the central component of Kerala model of development. However, coastal community & fisher folk households represent the unrepresented/ underrepresented in the development story of the Kerala model of development. Baseline surveys in the coastal areas of Thiruvananthapuram, itself shows alarming results about the reproductive health and level of awareness among the women population. To them, Science is purely based on the beliefs and customs that they follow and the superstitions that they have. The attitude towards menstruation and other reproduction health issues among the women in coastal area is very different from their counterparts in the city. The fisher women and non-fisher women perform entirely different hygiene practices. Hence, the present study is designed to study the safe menstruation and reproductive health practices followed by the women in coastal areas. Two hundred women in the age group of 18-45 years were selected as the samples for the study by using purposive sampling method. A comparative study was done among fisher women and non-fisher women in the coastal areas. Equal representation was given to the samples belonging to both the communities. An interview schedule, a reproductive health inventory, and a safe menstrual checklist were used to collect the relevant information from the samples. The study reveals that fisher women were doing good menstrual hygienic practices because they were using cloth and cloth pads instead of plastic sanitary napkins. This also reduces the chance to have skin irritations in the vaginal parts.

Key words: Safe menstruation, Reproductive health, Coastal areas

INTRODUCTION

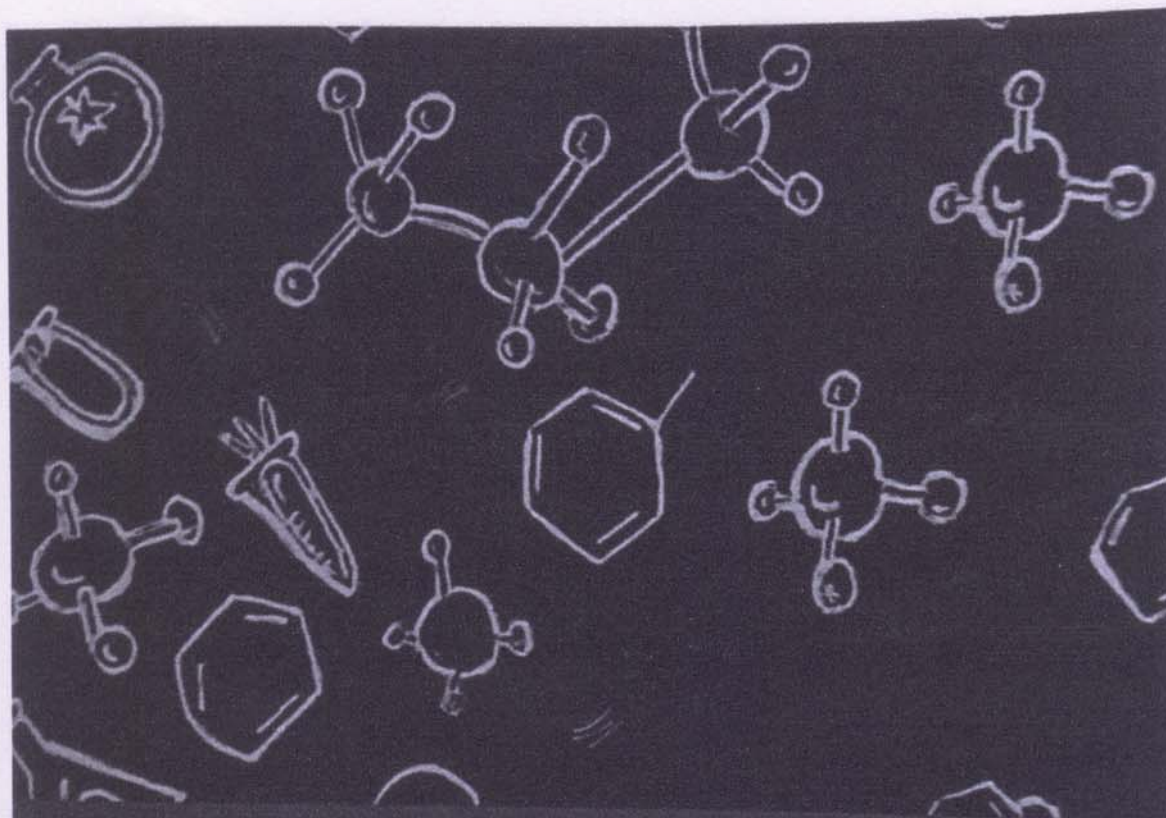
Reproductive health is considered as one of the major problems faced in the public health sector across the globe. Health of the women is one of the key indicators in determining the quality of life of a nation. Kerala is one of the states having the highest quality of life in the country. Coastal community always has a number of unattended problems with them, especially the women population in the fishing community. They form a different segment from the general population. Apart from the differences in the income levels, quality of life, level of education, culture, and life styles, they are apart from the general population. One of the major




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Diet for an Adult Person

Smt. Meera DK

Assistant Professor in Home science
Govt College for Women Thiruvananthapuram

A wide range of nutrients are essential for leading a healthy life for humans. So for providing all nutrients, a good nutrition in relation to body's need is required. An adult male and female must take care of their diet. It is important that the foods to be included in the diet should meet all the nutritional requirement. Diet should be a balanced diet, which provides all the nutrients in required amount and proper proportion.

Dietary characteristics

- Adequate energy based on their age and activities
- Adequate protein, fat, vitamins and minerals

Dietary guidelines

- Include whole grains, like oat meal, millet and brown rice
- Include 4-5 servings of fruits and vegetables (1 serving = 100gm)
- Pulses and legumes are good sources of fibre and proteins for vegetarians
- Include sea foods, lean meats, egg and poultry
- Use fat free or low fat milk, yogurt and cheese that are high in vitamin D and C

Recommended dietary allowances- Adult Man

Nutrients	Sedentary worker	Moderate worker	Heavy worker
Energy kcal	2320	2730	3490
Protein gm	60	60	60
Fat gm	25	30	40
Calcium mg	600	600	600
Iron mg	17	17	17
Vitamin C mg			



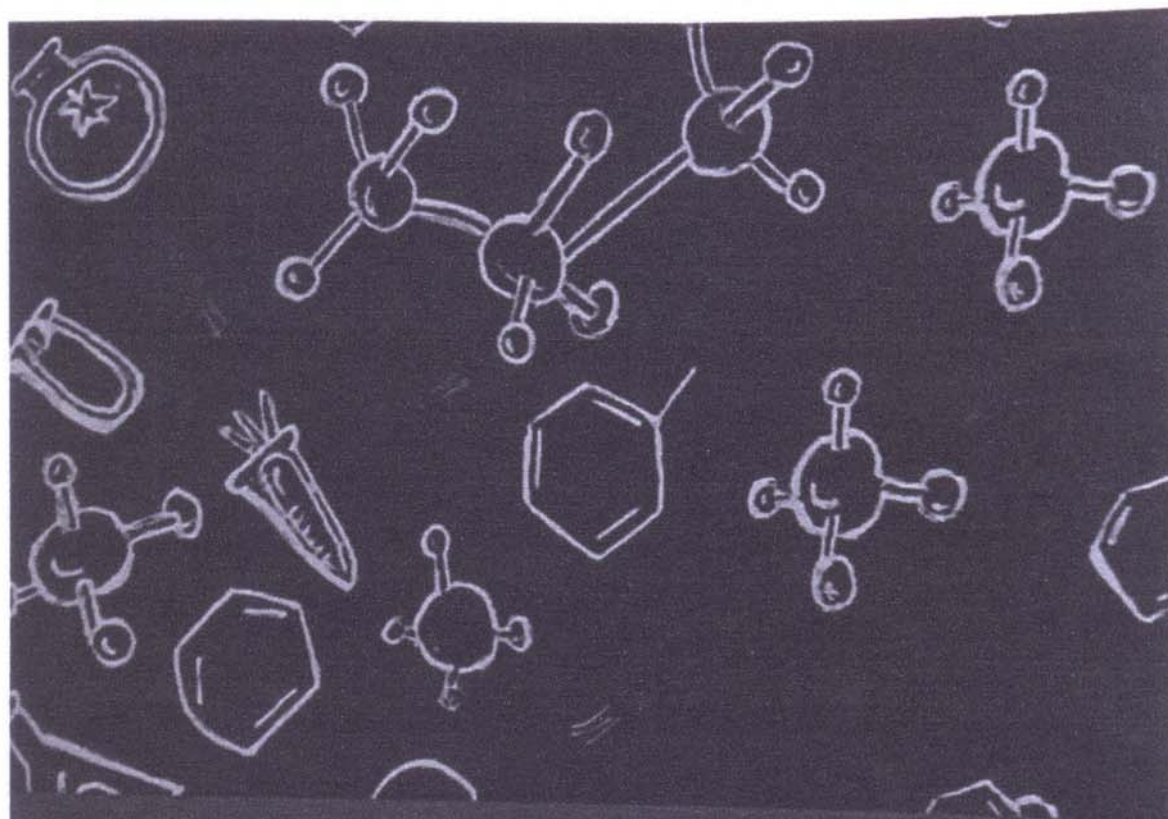
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LABORATORY MANUAL FOR STUDENTS OF BSc HOME SCIENCE



Dr Mini Joseph
Dr Aswathy Sugunan
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Diet for an Elderly Person

Smt Meera DK

Assistant Professor in Home Science

Govt College for Women Thiruvananthapuram

Old age refers to ages nearing the final stage of the normal life span or life expectancy of human beings. It is also defined as the age of retirement that is 60 years and above. So many physiological changes are taking place during this ageing period because changes are occurs in individual cells and whole organs. Majority of these population are at risk of poor nutrition due to economic problems, poor dental health, loss of mobility, gloominess, loneliness and insufficient consumption of food. It's very important to provide them meals and snacks which are high in nutrients, attractive, tasteful and also in acceptable consistency.

Dietary Characteristics

- The diet should be adequate in calories to maintain a desirable body weight and sustain physical activity.
- Proteins should provide 10-15% of the total calorie intake
- Fat is restricted to 20-25% of total calories. Saturated fats and cholesterol rich foods are restricted. PUFA fats are included in the diet.
- High calcium and iron rich foods are to be included. All vitamin requirements are same as adult requirement
- Food should be soft, easily chewable and easily digestible

Dietary guidelines

- A minimum of 5 servings of fruits should be taken because vegetables and fruits are good sources of antioxidants
- High fibre diet including greens and whole grains are to be included in the diet
- Limit saturated fat intake because too much fat intake will leads to weight gain
- Less salty and spicy foods should be included
- Fried and concentrated foods should be avoided
- Caffeine containing beverages should be limited to prevent insomnia
- Steamed foods are preferable like idli, idiyappam, puttu, appam because it is easily digestible



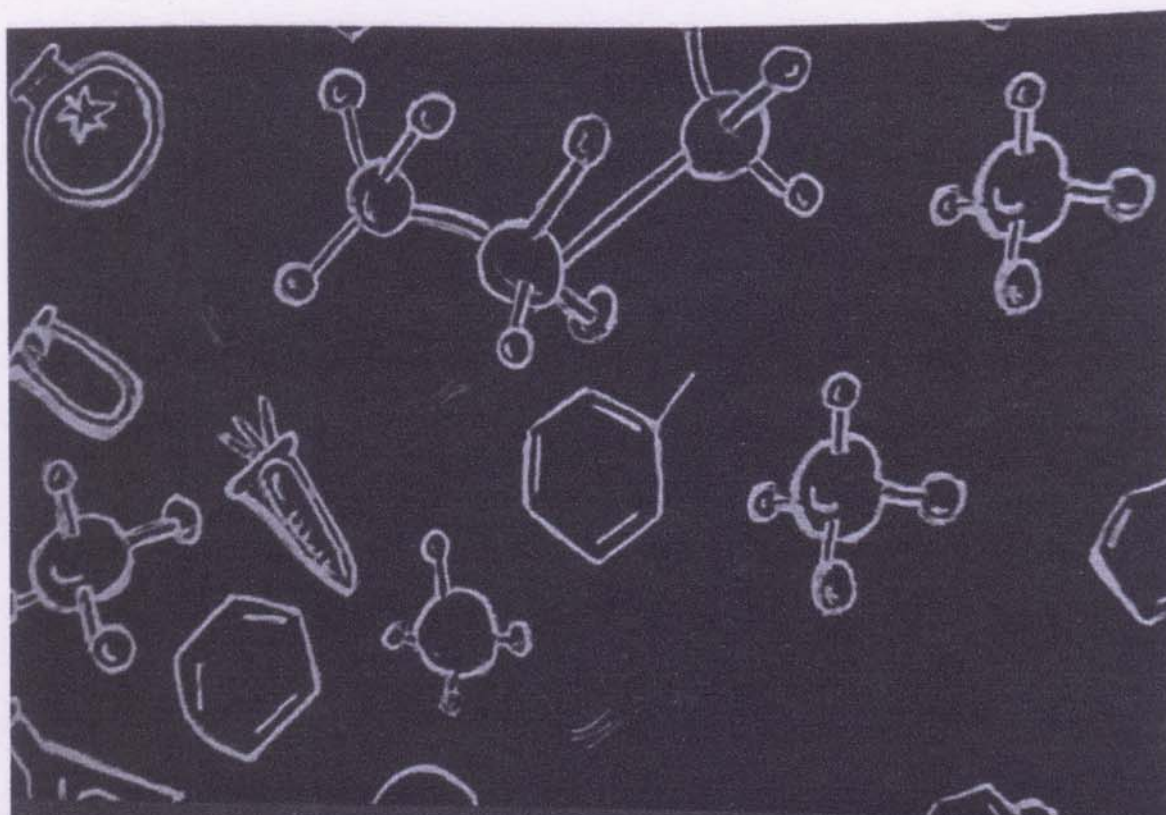
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Diet For School Going Child (7-9 Years)

Smt Jyothi. H

Assistant Professor in Home science,

Govt College for Women, Thiruvananthapuram

School going age has been called as the period of rapid growth and development. Diet should be a balanced diet, which provides all the nutrients in required amount and proper proportion. The dietary guidelines are as follows

Dietary characteristics

- Adequate energy, proteins, fats and carbohydrates according to their requirements
- Small meals at frequent intervals, based on their activities
- Introduce novel foods with adequate protein, fat, vitamins and minerals

Dietary Guidelines

- The diet should contain foods from all the five food groups.
- Include fruits and vegetables plenty according to the seasonal availability.
- Pulses and legumes are good sources of proteins for vegetarians.
- Include sea foods, lean meats, egg and poultry for non vegetarians.
- Provide variety of meals with respect to colour, flavour, texture and taste.

Recommended dietary allowances- School Going Child

Nutrients	School going Child
Energy kcal	1690
Protein gm	29.5
Fat gm	30
Calcium mg	600
Iron mg	16

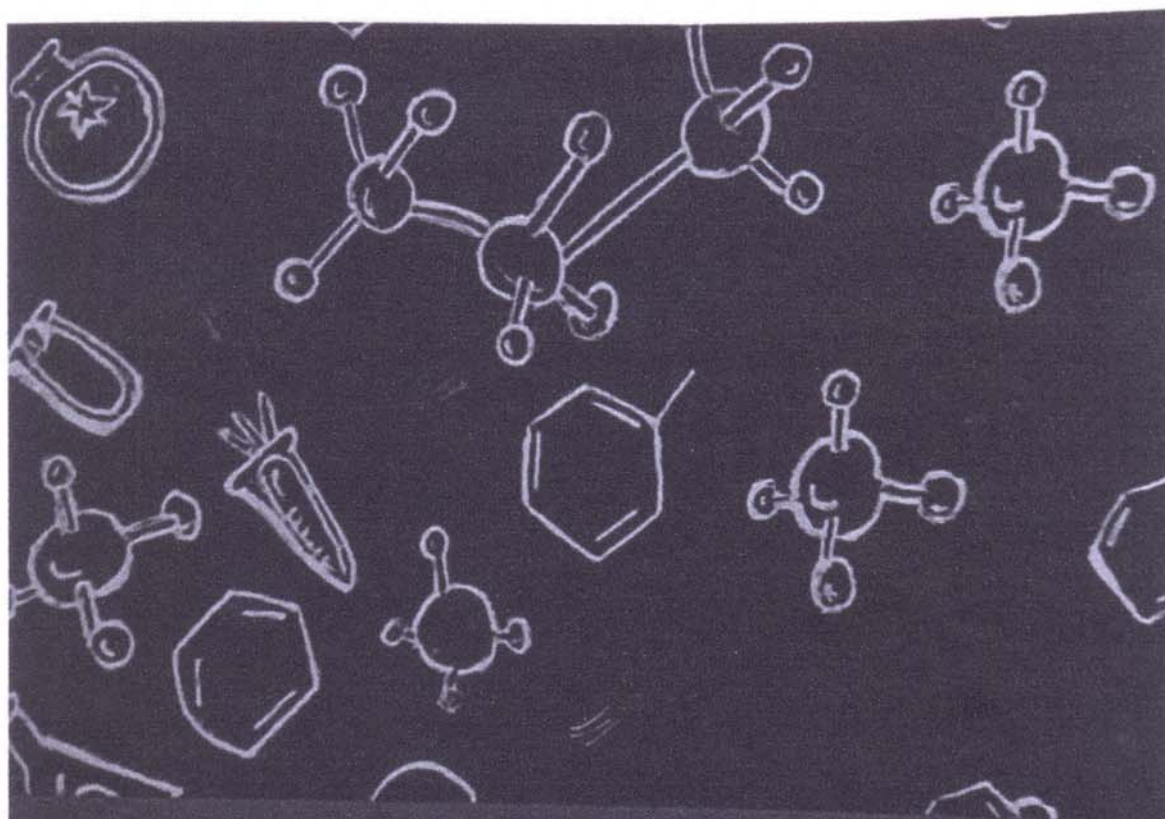


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Diet for an Adolescent Girl (13-15 Years)

Smt Jyothi. H

Assistant Professor in Home science,
Govt College for Women, Thiruvananthapuram

Adolescent period is said to be a period of storm and stress by all means physically, mentally, emotionally and it is the transition stage from childhood. So there is an increased demand for nutritional requirements. It is important that the foods to be included in the diet should meet all the nutritional requirement.

Dietary characteristics

Adequate energy based on their activities to prevent malnutrition-obesity and underweight

Adequate protein, fat to meet the growing needs

Adequate vitamins and minerals with special emphasis on iron and calcium

Dietary guidelines

The diet should contain foods from all the five food groups

Include fruits and vegetables plenty according to the seasonal availability

Enough calcium is required to increase bone density and prevent osteoporosis

Include iron rich foods to prevent iron deficiency anaemia

Pulses and legumes are good sources of proteins for vegetarians and should be included daily

Include sea foods, lean meats, egg and poultry for non- vegetarians as protein sources

Provide variety of meals in terms of colour, flavour, texture and taste

Recommended dietary allowances

Nutrients	Adolescent girl	Adolescent boy
Energy kcal	2330	2750
Protein gm	51.9	54.3
Fat gm	40	45
Calcium mg	800	800
Iron mg	27	32

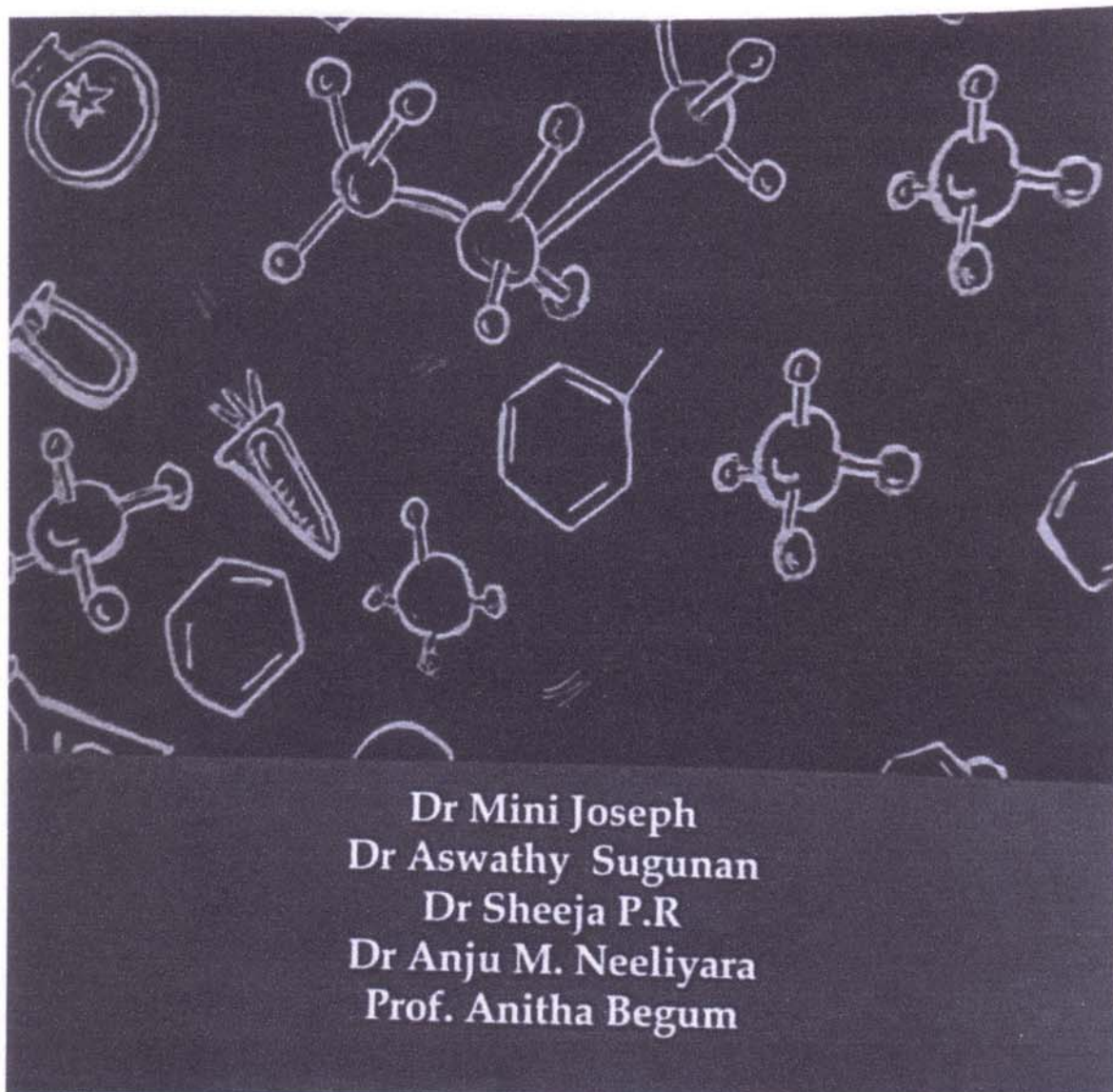


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Diet For A Child With Kwashiorkor

Smt Jyothi.H.

Assistant Professor in Home Science

Govt College for Women, Thiruvananthapuram

Kwashiorkor is also known as “edematous malnutrition” It is a form of malnutrition caused by a lack of protein in the diet. It affects mainly preschool children.

Dietary characteristics

A high calorie, high protein diet which is rich in vitamins and minerals.

Dietary guidelines

- The child should be given 150-200 Kcal/Kg body weight /day. Calorie dense foods to be included.
- A high protein intake of 5 g protein/Kg body weight /day is recommended
- Fats should provide 40 % of the total calories. Saturated fats such as butter, milk and coconut oil are preferred because unsaturated fatty acids worsen diarrhoea.
- Include plenty of fruits and vegetables to correct micronutrient deficiencies
- Small feeds at frequent intervals
- The diet should be low cost
- It should include locally available seasonal foods



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Sustainable Development Goals in Indian Context

Interventions and Schemes



Edited By

Kesar Chayal • Lalita Vatta • Ragini Ranawat • Jyoti Meena



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SDG's in Indian Context: Interventions and Schemes

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Clean Water and Sanitation for All

Sithara Balan V

INTRODUCTION

Water is one among the natural resources that is highly under-exploited by the mankind on the planet. Water is fundamental to life and a scarce natural resource. Improper management of the resource, lack of provision in safeguarding natural water reservoirs, improper land development, fillings and constructions have paved the way for water scarcity on the planet, irrespective of geographical barriers.


Water is a prime natural resource, a basic human need and a precious national asset. Planning, development and management of water resources need to be governed by national perspectives. Water scarcity, poor water quality and inadequate sanitation negatively impact food security, livelihood choices and educational opportunities for poor families across the world. At the current time, more than 2 billion people are living with the risk of reduced access to freshwater resources and by 2050, at least one in four people is likely to live in a country affected by chronic or recurring shortages of fresh water. Official records have shown that 18 percent of the world's population which resides in India only has access to 4 percent of usable water sources.

Drought in specific afflicts some of the world's poorest countries, worsening hunger and malnutrition. Fortunately, there has been great progress made in the past decade regarding drinking sources and sanitation, whereby over 90% of the world's population now has access to improved sources of drinking water.



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to increase gender neutrality. Further implications can be to increase the sense of equality with emphasis on opportunities in education, employment, and political participation and these changes may reduce the impact of patriarchal ideologies in our society. The scope for future research may be an attempt to explore rigid perfectionism and narcissistic perfectionism which may be an adaptive and transformative factor in changing people's beliefs and cultural practices.

Keywords: Self-critical Perfectionism, Under-Graduate Students, Gender Inequality, South India, Culture and Societal Pressure

Narrative Identity in Middle Adults ✓

Shiju Joseph¹ and Bindu P. Nair²

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Ego identity is the awareness of self-sameness and continuity, and the style of one's individuality. A novel approach in identity research is narrative identity, a person's internalized and evolving life story. The narrated life story of a person integrates his or her reconstructed past and imagined future to provide life with some degree of unity and purpose. Narratives of middle adults are the least explored, especially in the Indian context, even though they are considered as the most important stakeholders of the society. The present study explored the life story narratives of middle adults so as to examine their narratives on identity formation. The study utilized a cross sectional single group design using qualitative methodology with data collected by means of semi-structured interviews from a theoretical sample of 15 middle adults (eight males and seven females) from Kerala. The interview transcripts were analyzed using thematic analysis at latent level, theoretically anchored in the narrative identity theory and Eriksonian identity development. Narratives revealed evolving themes of increasing stability, control and power as individuals approach midlife. Tasks of previous stages of the Eriksonian identity were apparently spilling over to midlife, wherein the stage-specific task of generativity too had to be dealt with by middle adults. The study can contribute to a better psychological understanding of the adult psyche within the family and society in a collectivistic culture in transition and can further be implied in the practice of individual and family therapy in the sub culture.

Keyword: Narrative Identity, Middle Adulthood, Indian Adults, Thematic Analysis

Moderating Role of Adjustment Over Anger and Well-being among College Students

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This study was aimed to assess the multiple relationship between Anger, Adjustment and Well-being. The study was a descriptive and correlational research. To this 101 students from under graduation



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and learned helplessness and the role of self-critical rumination as the moderator of this relationship. The sample was normally distributed. The results indicate that while there is no moderation effect of self-critical rumination, there is a significant correlation between depressive attributional style and learned helplessness. This implies that modifying attribution style can have some degree of influence on academic performance by bringing a decrease in learned helplessness.

Keywords: Attributional Styles, Learned Helplessness, Self-critical Rumination, Academic Performance

Abilities of Children as a Function of Emotion Regulation at School Entry

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Adaptive abilities are skills required to effectively meet the demands placed upon an individual by the environment. In a preschool setting, some of these abilities include acquiring academic skills, being able to communicate and adjust with peers and teachers, being able to adjust to the structure and functioning of the classroom setting etc. The adaptive abilities may be influenced by a multitude of factors that are both intrinsic and extrinsic to children. Review of literature suggests of links between adaptive functioning and overall emotional competence of children. The present study is aimed at understanding the relationship between preschool children's emotion regulation strategies at school entry and their adaptive abilities. Emotion regulation refers to emotion-related abilities that render individuals with capacities for effective adjustment to their environments. The sample of the study includes twelve preschool children of ages 4–5, studying in a lower kindergarten class in a school in Trivandrum, Kerala. The children were observed in their classroom for a period of 2 weeks immediately after school entry. The children's emotional reactions when reaching their classroom, their reactions during study, breakfast and play time, their behaviours and ways of relating with peers and the teacher were observed by 2 independent observers and coded. After a year, the class teacher rated each of these children on their adaptive abilities on the Vineland Adaptive Behaviour Scale (Teacher Form). The data have been analyzed using relevant statistical tools and the results and implications of the study have been discussed.

Keywords: Adaptive Abilities, Emotion Regulation, Observation

Social and Separation Anxiety Disorder: Relationship with Authoritarian Parenting on Children

J. Divyasree¹ and S. Subathradevi²

Under-Graduate Student, Psychology, Presidency College, Chennai

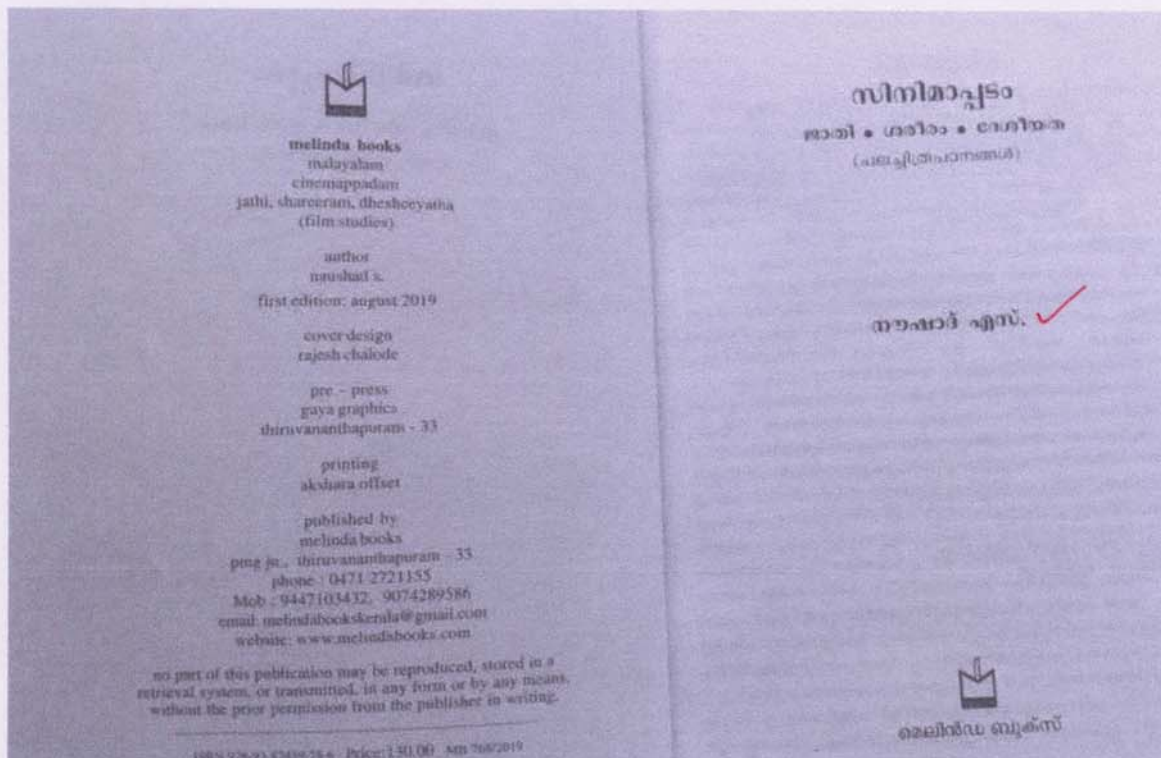
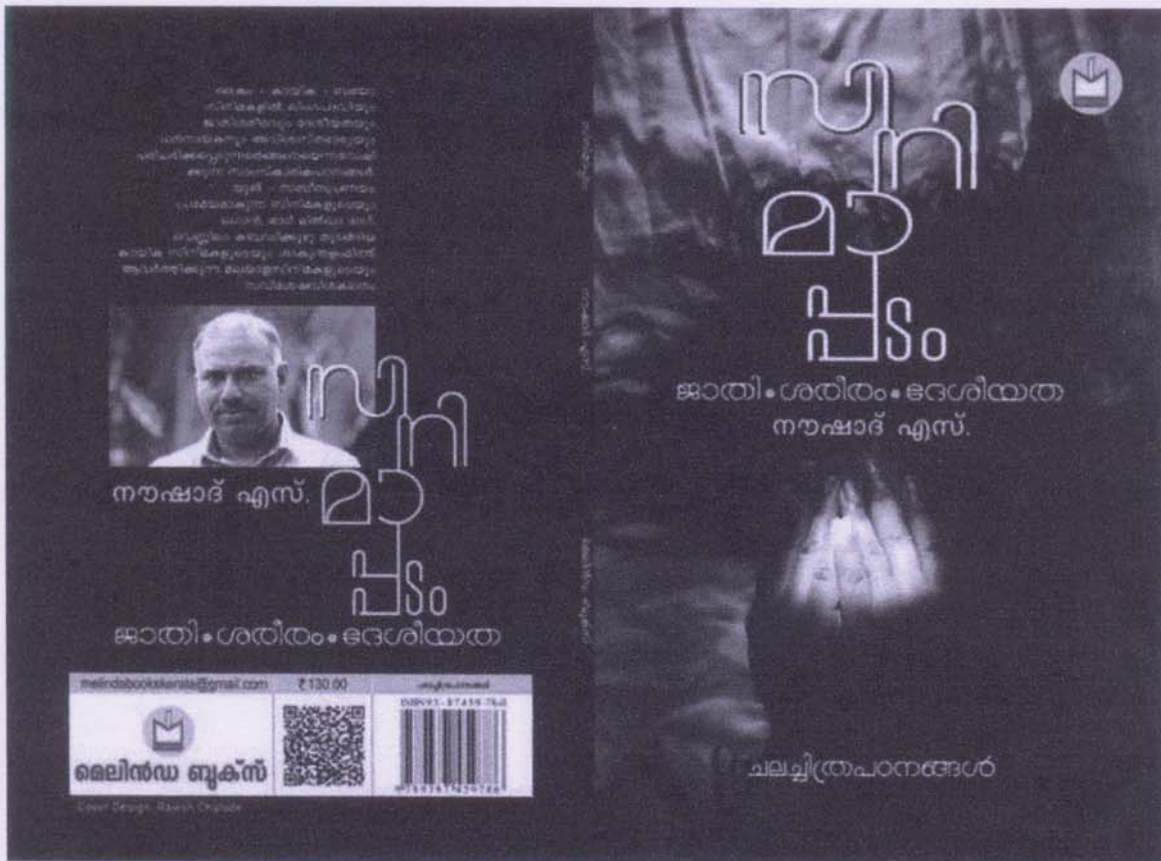
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Background: Authoritarian parenting has been a predictor of social and separation anxiety and proven in previous researches.

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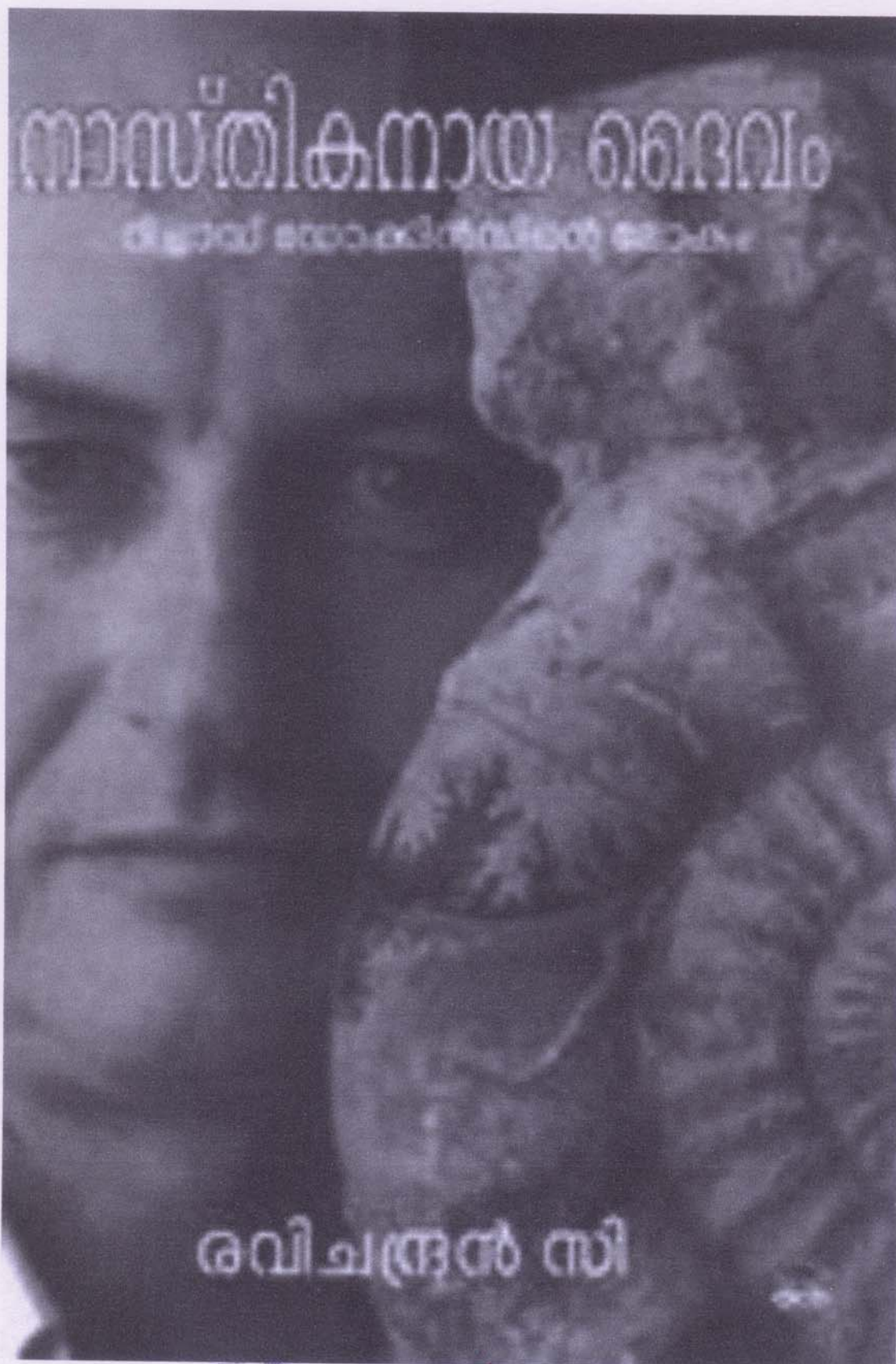




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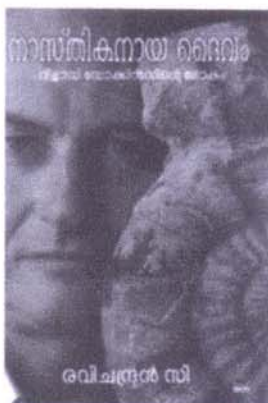
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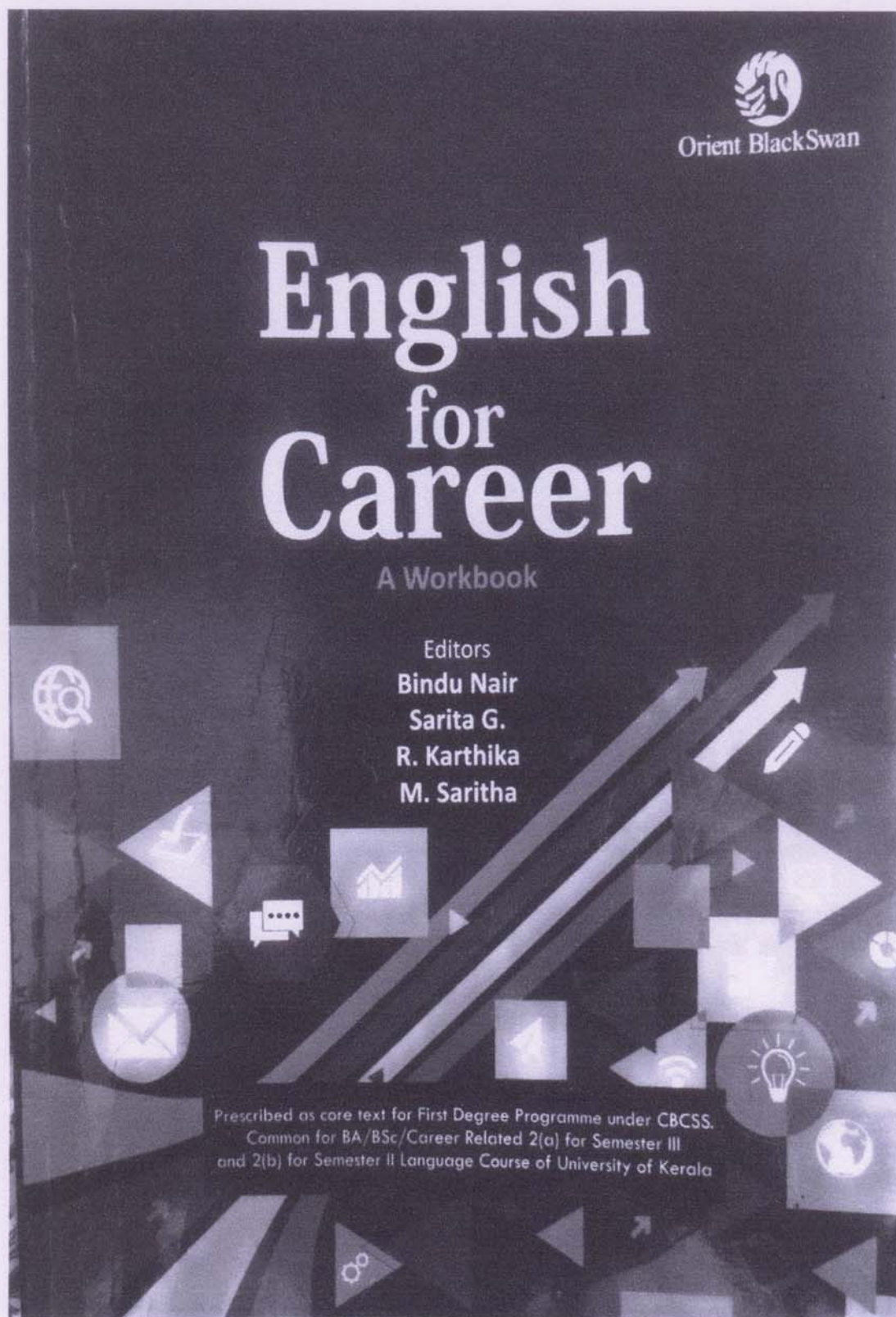
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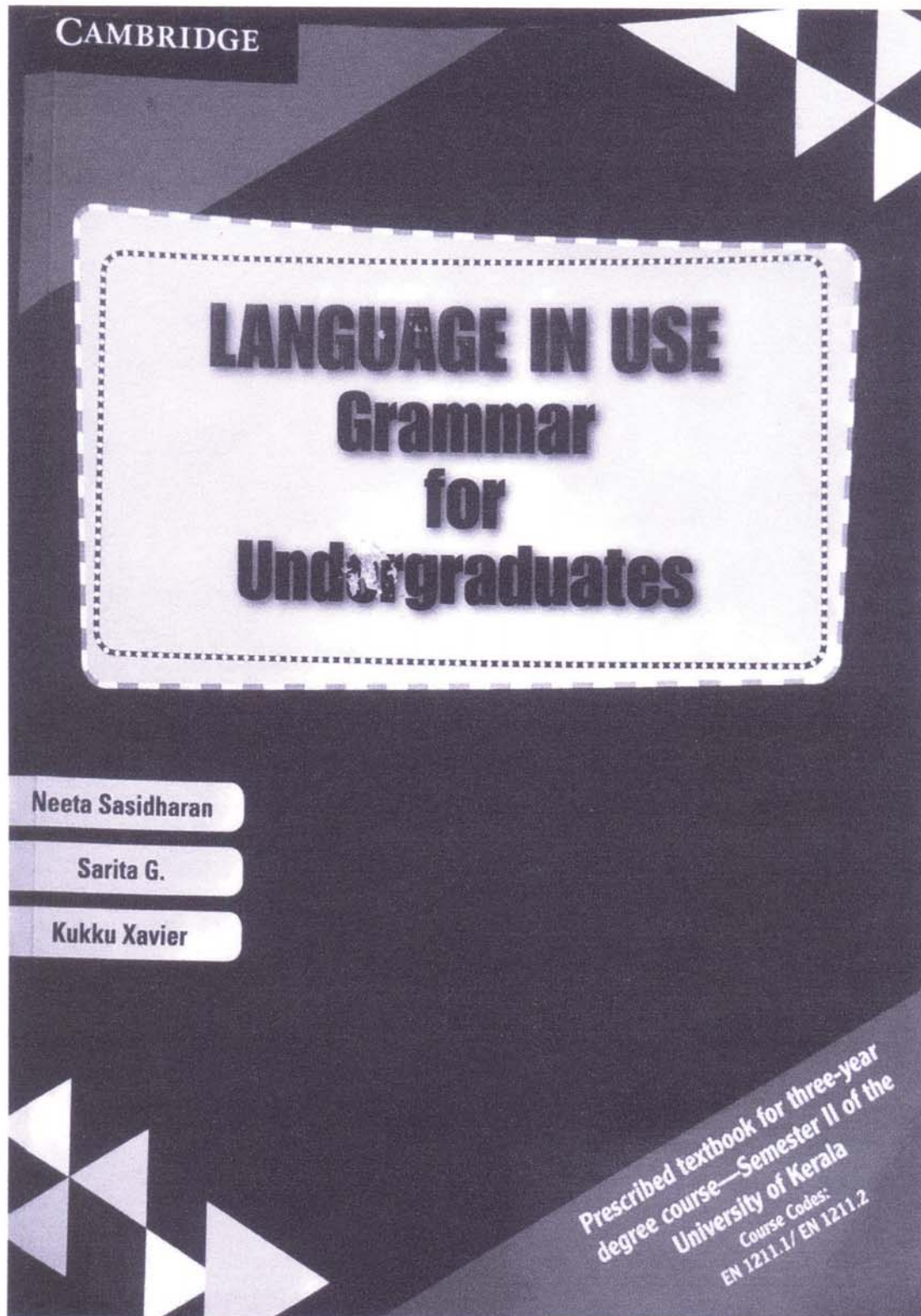
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2018-2019

Volume 2082



Conference collection

The 3rd International Conference on Optoelectronic and Nano Materials for Advanced Technology (icONMAT 2019)



Kerala, India
3-5 January 2019

Editors

M. K. Jayaraj, Honey John, K. J. Saji, Pillai Aswathy Mohan and K. S. Anju

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ABSTRACT

Development of controllable anti-cancer drug delivery system is significant to reduce the severe side effects of cancer drugs.

Nowadays Zeolitic imidazolate

attracted significant scientific attention due to their exceptional properties such as tuneable pore sizes, chemical functionality, biodegradability, exceptional

chemical stability and easy surface modification. These porous structures of appropriate size range can be used as a carrier of drug molecules for targeted

drug delivery in anticancer applications. The present work reports the synthesis of FITC attached ZIF-8 NPs using a simple solvothermal route. The presence of the nanoparticle can be understood using luminescent FITC molecules attached to ZIF-8 structure. The nanoparticle size is found to be around 60-70 nm as

confirmed by XRD, SEM and TEM. Photoluminescence (PL) studies prove the

presence of FITC molecules on the nanoparticle surface.

The potential of ZIF-8 nanoparticles to induce apoptosis has been assessed by morphological changes and cell viability studies. The live dead assay experiment reveals increased cell death rate for nanoparticle treated cell samples. The increased ROS level in



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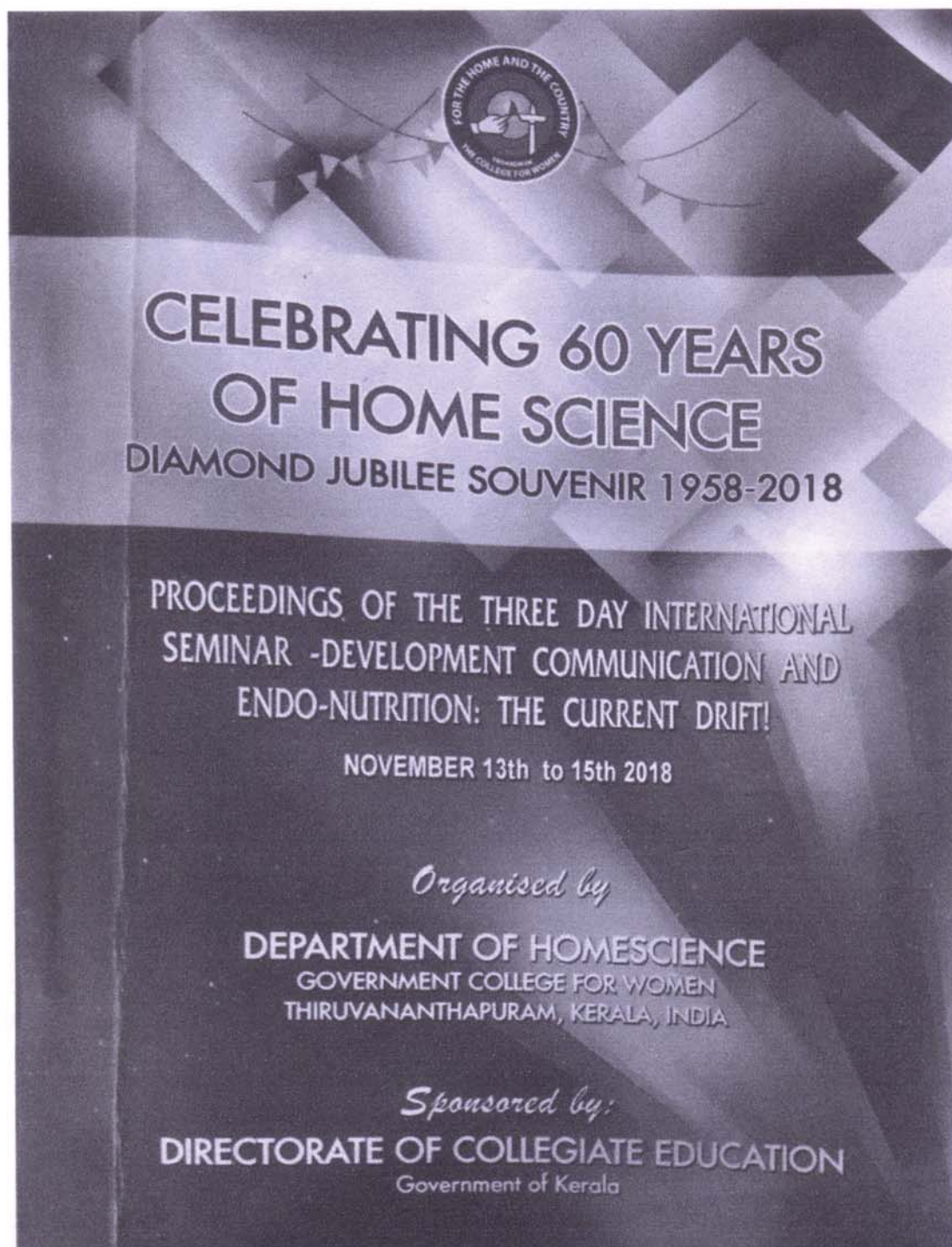
nanoparticle treated cancer cells compared to control cells indicates the augmentation in the rate of cell death in treated cells through induction of apoptosis.

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ASSOCIATION BETWEEN NUTRITIONAL STATUS AND EMOTIONAL INTELLIGENCE IN HIGHER SECONDARY STUDENTS

Amritha Raj .R.S and Dr. Mini Joseph

Department of Home Science, Government College for Women, Trivandrum, Kerala

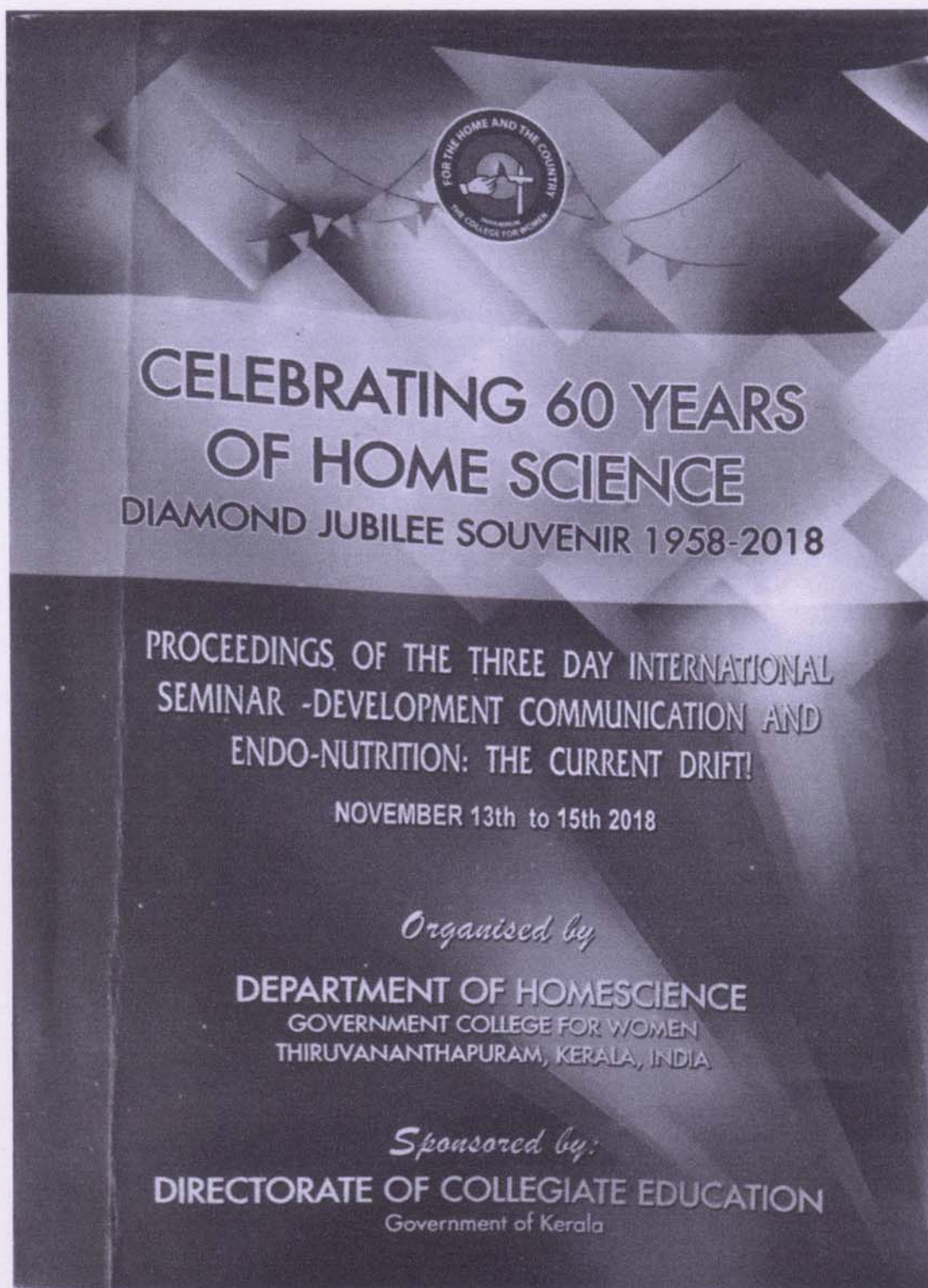
ABSTRACT

A study on "Association between nutritional status and emotional intelligence in higher secondary students" was conducted with the objective of assessing the relationship with nutritional status and emotional intelligence. The sample consisted of 100 students of which 50 girls and 50 boys, in the age group of 16-18 years from Thiruvananthapuram district were selected for the study. Most of the respondents were non-vegetarians and they preferred homely food. Majority of the sample's food choice was influenced by face book, whatsapp, magazines and peer group. Anthropometric measurements were done among respondents. The weight of the boys and girls were lower than recommended values. Around half of the adolescent boys and girls in the study population were underweight. The intake of calories and micro nutrients such as iron and calcium were lower than RDA for adolescent boys and the intake of calories was adequate for adolescent girls. The protein and fat intake were higher than RDA for both adolescent boys and girls. Iron and calcium intake of the adolescent girls was lower than RDA. Correlation studies of emotional intelligence and anthropometric variables of total population based on the gender was carried out. In the former it showed that emotional intelligence had no significant correlation with any of these variables. The Emotional intelligence of adolescent boys and girls showed a positive significant correlation with adolescent boy's Waist Height Ratio and body fat. In the case of adolescent girls there was no significant correlation among variables. Correlation was done between Emotional intelligence and relevant nutrient such as Calorie, protein, fat, iron and calcium among total population. Result showed that emotional intelligence had no significant correlation with any of these variables.

Key Words: Nutritional status, emotional Intelligence and adolescents



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CREATING AWARENESS ON ZERO WASTE AMONG COLLEGE STUDENTS – AN ACTION RESEARCH

¹Neeshma S and ²Dr.Sithara Balan V

¹Former M.Sc. Extension Education student; ²Assistant Professor

Department of Home Science
Govt. College for Women

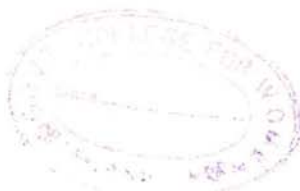
ABSTRACT

The dissertation entitled "Creating awareness on Zero waste among college students – An action research" was undertaken to study the knowledge and practice of college students towards waste management, to find out the most commonly used methods and practices of waste management and to impart awareness on the concept of zero waste among the samples. Under graduate students belonging to NSS, nature club and environment club were purposively selected. 100 samples were selected through random sampling method. A questionnaire was prepared to elicit socio-economic data, a knowledge scale was used to identify the knowledge level regarding waste management and zero waste. A check list was used to identify commonly used methods and practice of waste management among the sample hold of the samples. An awareness programme was conducted using multimedia presentation regarding waste management and zero waste. Two leaflets are distributed for future reference. As part of action research and to analyse the effectiveness of awareness programme a poster competition was conducted and exhibited in college campus for public awareness about zero waste. The collected data was statistically analysed and interpreted using chi-square and correlation co efficient. From the study, club members have wrong notion about waste disposal and low level in knowledge regarding zero waste. It was revealed that nature club members have low level of knowledge and practice towards waste management. Awareness programme create a positive impact on club members and it is evident from their participation in poster competition.

Key words: Action research, Zero waste, Waste management, Awareness Programme, Women-to-women strategy, Multimedia presentation

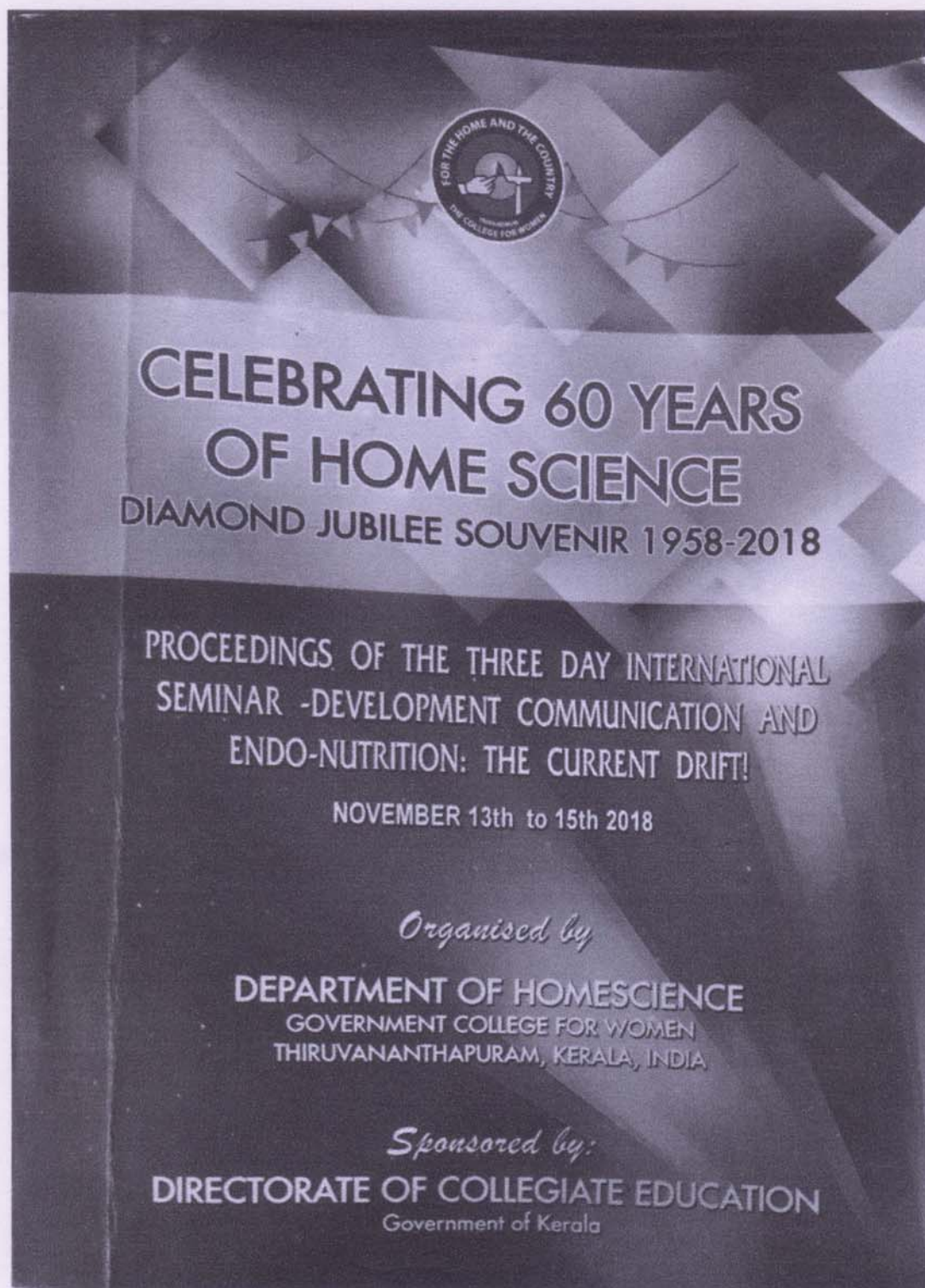
INTRODUCTION

Man has been continuously assaulting his own environment, little realising that he is digging his own grave. (Bhatia, 2007). Waste is a result of human activities from the dawn of civilization (Ojha, 2011). Solid waste management is one of the important and crucial issues of urban cities. (Anand, 2010). Indiscriminate dumping of solid waste and failure of the collection system in a populated community for two or three weeks would soon cause many problems. Odors, flies, rats, roaches, crickets, wandering dogs and cats, and fires would dispel any remaining doubts of the importance of proper solid waste management (Wemerow et al, 2009). The improper disposal of solid waste can cause serious environmental or ecological damage. Air pollution can result from inadequate solid waste incineration, and soil contamination, as well as surface water and ground water pollution, can be caused by the disposal of solid waste in improperly built landfills. These kinds of pollution can lead to a variety of diseases in humans, thereby threatening public health (Nathanson, 2009). Hazardous waste is one of the most deleterious by-products of the industrial revolution. Hazardous waste management is truly a multidisciplinary field. (Lagrega, 2007). Hazardous wastes are substances which are potentially hazardous to human health and/or the environment (Kuriakose, 2013). The problem of Bio-medical waste disposal has acquired



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ROLE OF KUDUMBASHREE ON THE EMPOWERMENT OF WOMEN IN VENGAD GRAMA PANCHAYATH, KANNUR

Jisa A.K., Dr. Sithara Balan
Dept. of Home Science, Govt. College for women, Trivandrum

ABSTRACT

The present study on "Role of kudumbashree on the empowerment of women in Vengad Grama Panchayath, Kannur" was undertaken to study the socio-economic status of kudumbashree members, to identify the level of empowerment and also to check the constraints faced by them. Stratified random sampling method was used to select the samples. An interview schedule was used to elicit the socio-economic status of the sample. Two separate checklists were prepared to assess the extent of empowerment of members through kudumbashree units and to assess the constraints faced by Kudumbashree members. It was identified that their socio-economic level has been improved after joining kudumbashree units. While comparing the empowerment level and education of the samples it was found that there was a significant relationship between education and empowerment of samples. The selected samples have medium level of empowerment. The respondents also facing medium level of constraints. Hence this study will also help the planners and policy makers to take necessary steps to improve their quality of life of the kudumbashree members as a whole.

Key words: Kudumbasree, women, empowerment, constraints.

DEVELOPING CEREAL PULSE SUPPLEMENTARY SNACK FOR PRE-SCHOOLERS

Jyothi.H¹ and Dr.L.Prema²

¹Department of Home Science, Govt College for women, Trivandrum, ²Department of Home Science, College of Agriculture, Vellayani, Trivandrum, Kerala
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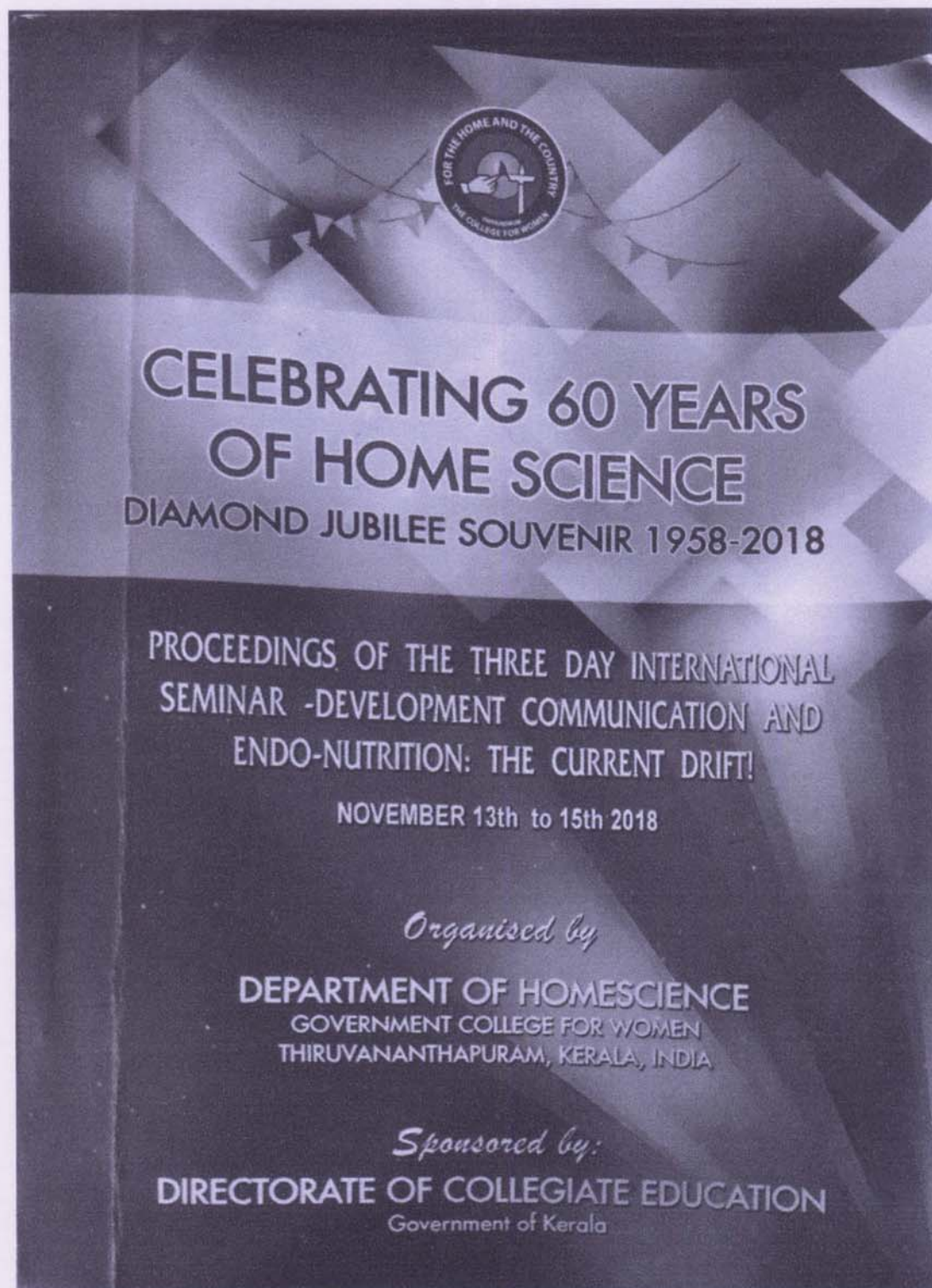
ABSTRACT

Preschool children constitute the most vulnerable segment of any community. As per the Census 2011, 13% of Indian population fall under the age 6 years and their nutritional status is a sensitive indicator of community health and nutrition. Under nutrition is prevalent among the rural segments of this population that predisposes recurrent infections. The risk factors for under nutrition include low birth weight, inadequate breastfeeding, and improper complementary feeding. Poor selection of complementary food components and intake



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PREVALENCE OF HYPERTENSION AMONG NURSES IN HOSPITALS OF THIRUVANANTHAPURAM

¹Meera D.K and ²Dr Suna Divakar

¹ Govt. College for women, Thiruvananthapuram, Kerala, ²College of Agriculture, Thiruvananthapuram, Kerala
meerasunil@gmail.com

ABSTRACT

Nurses in the health sector are doing their jobs mostly in irregular schedules which is accompanied by work related stress and strain. Such situations affect their life styles which in turn leads to serious health problems later in their life. The objective of the study was to determine the prevalence of hypertension among nurses working on shift and ascertain its association with socio economic parameters. The study was a cross sectional comparative study using randomized sampling technique. The sample population consisted of registered nurses working in randomly selected government and private hospitals in rural and urban areas of Thiruvananthapuram city. A uniform sample size of 250 each were drawn from government and private hospitals of Thiruvananthapuram district to form a population size (N=500). Again a sub sample size of 25 each were drawn from government and private hospitals in rural and urban areas of Thiruvananthapuram (N=100) for the in depth studies. Only female nurses who had minimum of five year experience and those who belonged to the age group between 25-45yrs were included in the study. All the respondents selected for the study were doing their work on shift from the day of joining their duty, which were the other inclusion criteria for the study. A pretested schedule was used to elicit information using interview method while the blood pressure was taken with an automated digital blood pressure monitor. Chi square tests were carried out for analysing the quantitative and categorized variables. Out of fifty respondents in the in depth study, the prevalence of hypertension in private and government hospital was 42 percent and 32 percent respectively. Blood pressure of the subjects from the two sectors was not significantly associated with age, experience, area of residence and shift. The profile of blood pressure of respondents revealed that a significant number of them were found to be hypertensive which suggests that irregular shift hour along with work stress and strain was associated with increased hypertension which leads to further fatal conditions.

Key words: Female nurses, hypertension, blood pressure, shift work, private and government hospitals.

INTRODUCTION

Nurses in the health sector are group of professionals who are involved in tremendous multitasking. They are doing their jobs mostly in irregular time schedules which is accompanied by work related stress and job strain. They are unconcerned about their own health while take caring of others. The hectic nature of their job affects their life styles which in turn leads to serious health problems later in their life.

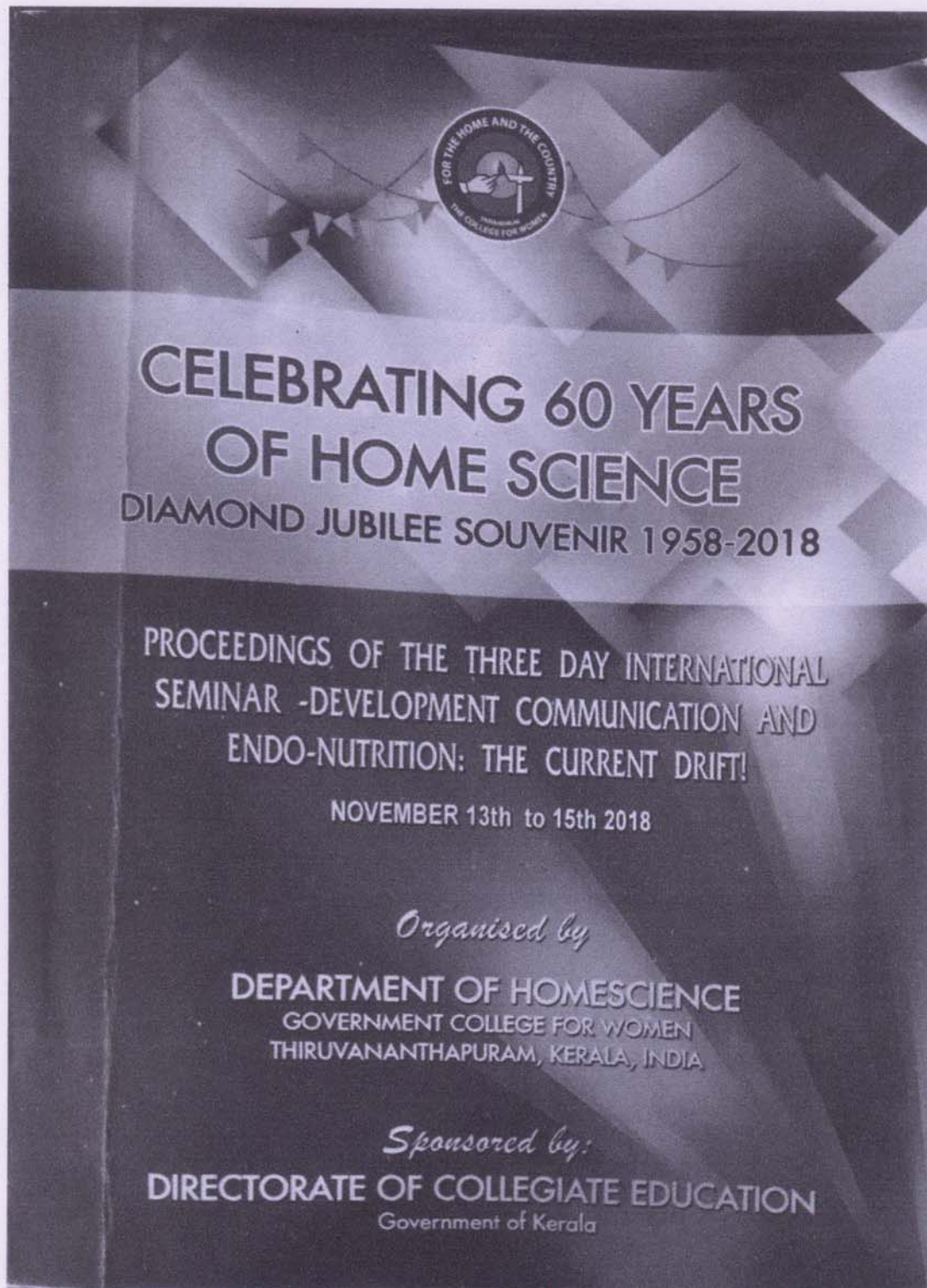
Shift workers are at greater risk for cardiovascular disease including obesity, diabetes, hypertension and metabolic syndrome. Studies suggest that circadian disruption caused by shift work may result in hypertension (Lieu et al, 2012). Another study conducted by Hope (2017) found that night shifts can raise the risk of heart attacks and strokes by 40 percent.

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Jyothi.H¹ and Dr.L.Prema²

¹Department of Home Science, Govt College for women, Trivandrum, ²Department of Home Science, College of Agriculture, Vellayani, Trivandrum, Kerala
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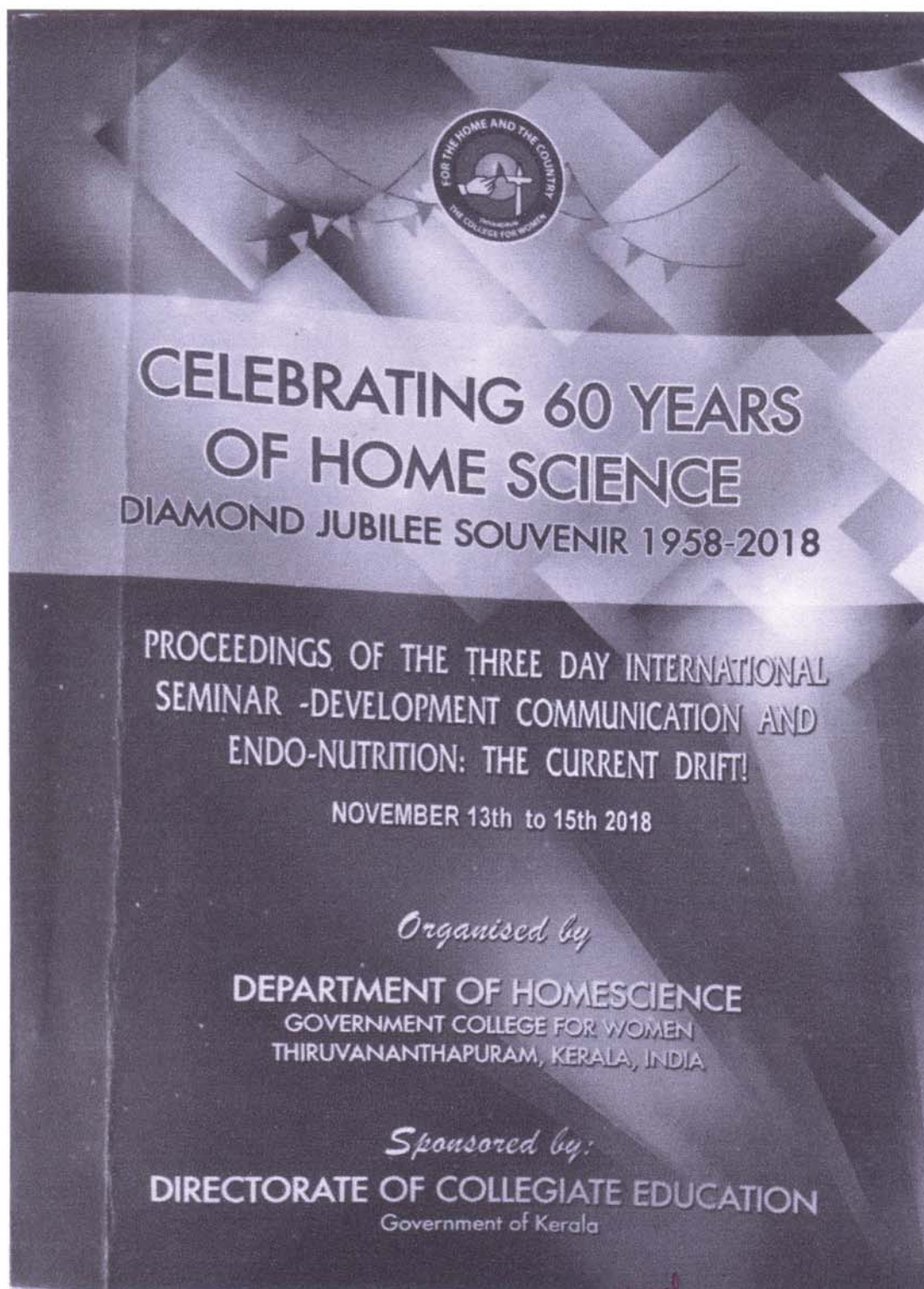
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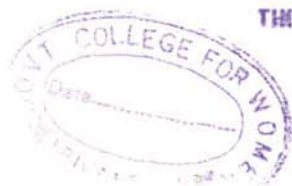
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A STUDY ON THE NUTRITIONAL PROFILE OF ADOLESCENT GIRLS

¹Dr. Seena Gopinathan, ²Dr. V. Girija Devi and ³Dr. Mini Joseph

¹Asst. Professor, Sree Narayana College for Women, Kollam, ²Former Regional Director, Indira Gandhi National Open University, Thiruvananthapuram, ³Asst. Professor, Government College for Women, Thiruvananthapuram.
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ABSTRACT

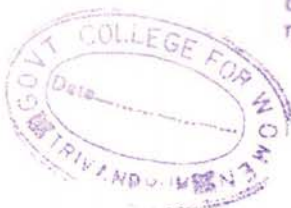
Adolescence, the second decade of life is one of the most dynamic and complex transition in the life span. Adequate nutrition during adolescence ensures a healthy and active life, optimises educational performance, improves cognitive function and enhances productivity. The growth and development of adolescents thus depend to a large extent on their nutrition. Adequate nutrition in adolescent girls who are the 'soon mothers-to-be' becomes all the more significant as it may reflect in the health of the future generations. Therefore, a study was conceived with the objective of assessing the nutritional profile of the adolescent girls. Fifty adolescent girls each residing in urban, rural and coastal localities totalling to 150 adolescent girls in the age group of 15-19 years were selected from the different Higher Secondary Schools of Kollam district of Kerala as the samples of the study. Twenty-four hour dietary recall was employed on the samples using the standard schedule developed by Thimmayamma (1987). The nutrient intake and the intake of the different food groups consumed by the samples from the three localities were assessed and quantified. The urban adolescent girls aged 15 years were consuming all nutrients except protein and fat in amounts lesser than the Recommended Dietary Allowances (RDA) specified by ICMR (2010) for Indian adolescent girls. A similar picture was noticed in the 16 and 17 year age group also. The intake of energy was much below the recommended amounts with 81.6 per cent in 15 years and 77.9 per cent in 16 and 17 year olds. The intake of prime nutrients namely Vitamin A and Calcium was unsatisfactory and did not meet the RDA. The intake of Iron which is an important micro nutrient especially during the defining years of adolescence was below the recommendation in all the age categories and it ranged between 50.6 per cent and 52.4 per cent of RDA. Metabolically important water soluble vitamins like Thiamin, Riboflavin, Niacin, Folic acid and Vitamin C were also noticed to be consumed in deficit amounts. The percentage nutrient intake of adolescent girls from rural areas were also far from satisfactory. The intake of prime nutrients were far less than recommended allowances with only the protein and Niacin intake of 15 year olds and fat intake of 16 and 17 year old exceeding the recommendations. The energy and other nutrient intakes of these rural girls were much less. The Iron intake met only half the recommended allowance. The coastal girls also followed an unhealthy dietary pattern with the intake of all nutrients in amounts lesser than recommended. However, the Niacin intake of the 15 year coastal girls alone was higher than the recommended amount. The daily food group intake of the adolescent girls were compared using the ICMR (2010) recommended intakes of various food groups for balanced diets suggested for adolescent girls in different age categories of 10-12 years, 13-15 years, 16-18 years as the standard. The daily intake of food groups by the urban adolescent girls showed that the percentage intake of the adolescent girls in the age group of 15, 16 and 17 years with respect to the various food groups were below the recommended amounts suggested by ICMR (2010) with the exception of the intake of Cereals and millets among the 15 year olds and the intake of sugars among the 16 and 17 year olds which exceeded the recommended amounts. A deficient intake of all food groups supplying necessary nutrients were noticed among the rural girls. However, the daily intake of Cereals & millets and Sugars exceeded the recommendations among the 15 year old girls. The daily food group intake of girls from the coastal areas, revealed that they did not adequately consume any of the food groups to meet the daily intake of suggested amounts

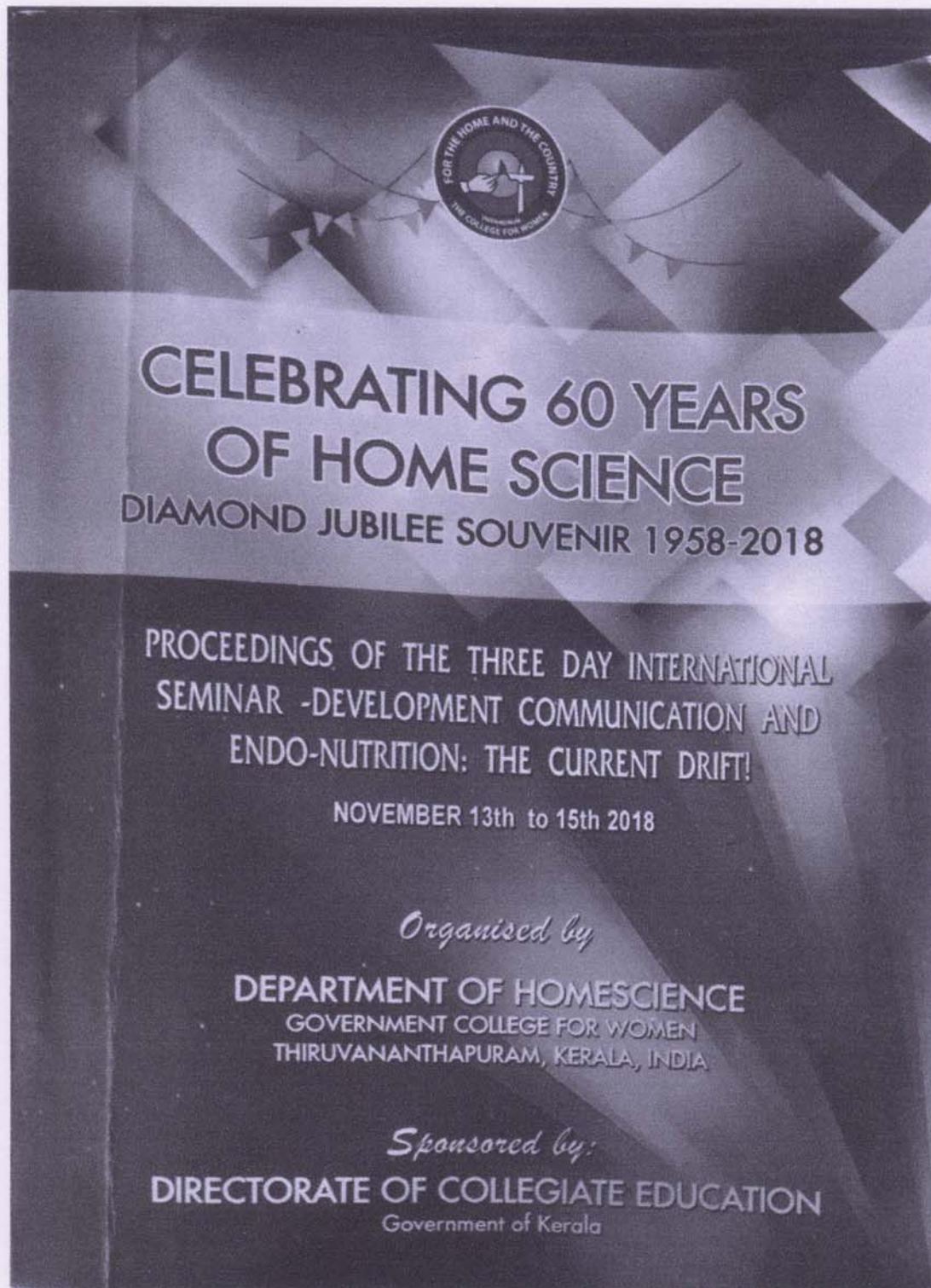
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PREVALENCE OF EATING DISORDERS AMONG ADOLESCENTS ATTENDING PRIVATE SCHOOLS OF THIRUVANANTHAPURAM

¹Ammu Salim, ¹Vani S., ²Dr. Mini Joseph

¹II MSc Food and Nutrition, ²Assistant Professor (HOD), Department of Home Science, Government College for Women, Thiruvananthapuram

ABSTRACT

A study on the 'Prevalence of Eating Disorders Among Adolescents Attending Private Schools of Thiruvananthapuram' was conducted with the objective to examine gender differences in the prevalence of eating disorders including dieting, oral control behaviours and also bulimia and food preoccupation. Current scenario exhibits a large number of cases of eating disorders that adversely affect the nutritional intake of adolescent children. So imparting nutritional knowledge to the adolescents reduce the risk of developing eating disorders at an early stage and help build good eating habits. The sample consisted of 60 adolescents (30 boys, 30 girls) in the age group of 15-18 years from two private schools of Thiruvananthapuram. Eating Attitudes Test 26 (EAT- 26) was administered as a screening instrument for gathering the necessary information. A well-structured questionnaire was used to assess the general information regarding the socio-economic status, dietary habits, activity, nutritional status, past medical history and their favourite personality. Majority of the sample belonged to the urban area and had a family income > 1,00, 000. 50% of the boys' and about 83% girls' food habits were influenced by the celebrities. Anthropometric measurements revealed that 50% boys and 53% girls belonged to normal category, 37% boys and 30% girls were underweight and 13% boys and 17% girls were overweight. The results from the study suggested that 50% boys and 53% girls belonged to the dieting scale, 14% boys and 17% girls were under bulimia and food preoccupation scale and 33% of both the respondents were under oral control scale. Hence the study showed that majority of the teenagers were in the category of developing the risks of eating disorders.

Keywords: Eating disorder, adolescent

INTRODUCTION

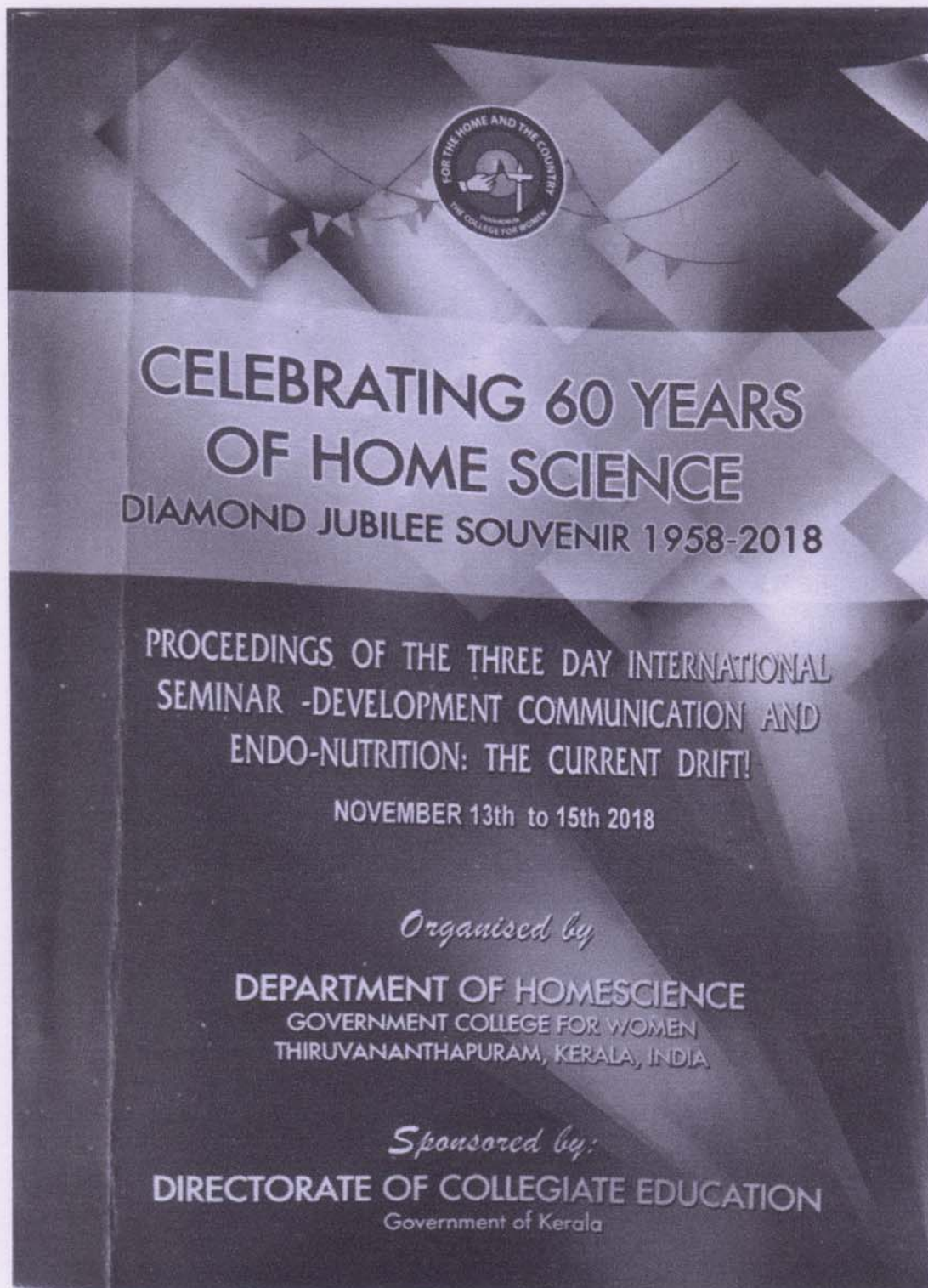
Eating disorders are illnesses that are characterized by irregular eating habits and severe distress or concern about body weight or shape. Eating disturbances may include inadequate or excessive food intake which can ultimately damage an individual's well-being.

Eating disorders (ED) are increasingly prevalent in Western and Non-Western societies, accompanying their development. They affect predominantly young women, though their prevalence is increasing also in young males. According to the Diagnostic and Statistic Manual of Mental Disorders, Fourth Edition (DSM-IV) of the American Psychiatric Association (APA), ED can be divided into Anorexia Nervosa (AN), Bulimia Nervosa (BN), Eating Disorder Not Otherwise Specified (EDNOS) and Binge Eating Disorder (BED).



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DEVELOPMENT AND POPULARIZATION OF HEALTHY SNACKS BASED ON AMRITHAM NUTRI-MIX

Faxeela K¹ and Mini Joseph²

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ABSTRACT

Malnutrition is one of the largest health problem in Kerala. Based on the NFHS-4 data, 16.1 per cent of children below the age of 5 years were undernourished. The wasting rate is about 15.7 per cent and stunting rate is 19.7 per cent. Integrated Child Development Service (ICDS) is the major intervention Program that aims at improving the nutritional status of the children. The service of ICDS scheme is implemented through Anganwadis. Amritham nutri-mix is a nutritious supplement that is prepared by using locally available food grains. It is given to the children between the age of 6 months to 3 years through Anganwadis as part of ICDS project to improve their nutritional status. The present study was conducted with the objective of developing and popularizing healthy snacks based on Amritham nutri-mix in order to improve its consumption by the children. In this study, five products were prepared and standardized by analyzing the organoleptic qualities, nutritional composition, shelf life qualities, cost and time taken for the production. Finally two products were selected by a panel of experts based on the acceptability score, shelf life period and ease of preparation for popularization among the young mothers. It was found that the developed products were highly nutritious, acceptable and more economical when compared to similar products available in the market. All the products were easy to prepare and had shelf life period of 2 weeks to one month. Hence, the study proved that the developed Amritham products were a good substitute as snacks for children in the preschool age from a nutritional and economical aspect.

Keywords: Malnutrition, ICDS, Indigenous food mixes, Nutritional powders, Amritham Nutri-mix, Standardization of recipes, Popularization of recipes, Nutrition education.

INTRODUCTION

Nutrition is important at every stage of life, a healthy diet is most important for children. Childhood is a critical period for growth and development hence it is essential that foods supply the energy, proteins, vitamins and minerals that a child needs (<http://www.nestle.in>). The term childhood is non-specific and can imply a varying range of years in human development. Developmentally and biologically it refers to the period between infancy and adulthood (Fruhbrek, 2010). Childhood is the period of rapid growth and development. The rate of growth and development in children depends to a large measure on the adequacy of diet consumed by them (Swaminathan, 2012). The growth rate during childhood increases which demands more amount of nutrients (Begum, 2008).

Nutrition intervention Programs aimed at provision of food and nutrients directly to the people who are at risk of developing malnutrition constitute a familiar strategy pursued by the Health and Social Welfare sectors. Supplementary feeding is sponsored by the Ministry of Human Resource development and implemented by the


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"A genuine question is more important than setting finally on solutions or answers." The development of hermeneutics-both as it concerns the nature of interpretation itself and as it concerns the scope and significance of interpretation-is very much an ongoing process.

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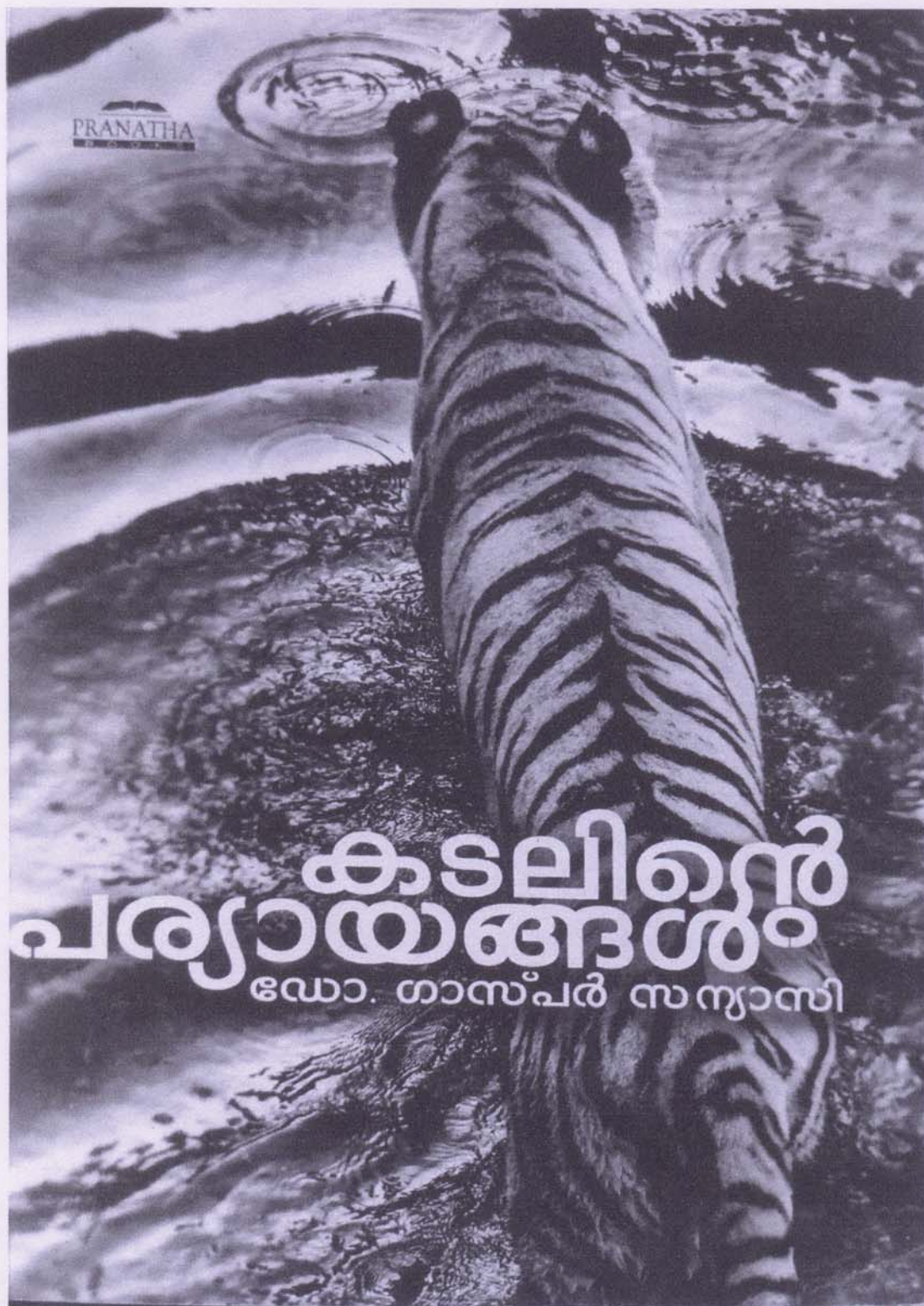


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ഡോ. ഗാസ്പർ സന്യാസി

കൊച്ചി രൂപതയിലെ വൈദികൻ. തിരുവനന്തപുരം ഗവൺമെന്റ് മഹാരാജാസ് വനിതാ കോളേജിൽ തത്വശാസ്ത്രവിഭാഗം അദ്ധ്യാപകനാണ്. കോളേജ് സർവ്വകലാശാല തത്വശാസ്ത്രവിഭാഗം, എറണാകുളം മഹാരാജാസ് കോളേജ് തത്വശാസ്ത്രവിഭാഗം എന്നിവിടങ്ങളിൽ അദ്ധ്യാപകനായി പ്രവർത്തിച്ചു. ഭാരതസർക്കാരിന്റെ ഇന്ത്യൻ കൗൺസിൽ ഓഫ് ഫിലസോഫിക്കൽ റിസർച്ചിന്റെ ധനസഹായത്തോടെ, ഷാക് ദറീദ, ഇമ്മാനുവേൽ ലെവിനാസ് എന്നീ ഫ്രഞ്ചുകാരന്മാരുടെ പഠനങ്ങളെ അധികരിച്ച് അപരത്വത്തിന്റെ മതാത്മകത എന്ന ഗ്രന്ഥം രചിച്ചു. പ്രബന്ധം തയ്യാറാക്കി. ഫ്രഞ്ചു ചിന്തകനായ ഷാങ് ലൂക്ക് നാൻസിന്റെ കൃതികളെ ആധാരമാക്കി സ്പർശത്തിന്റെ പ്രാതിഭാസിക വിജ്ഞാനീയത്തിൽ ഗവേഷണാനന്തര പഠനം നടത്തിയിട്ടുണ്ട്. ആനുകാലികങ്ങളിൽ എഴുതുന്ന പല വിചാരം, ക്രേദോ (എഡിറ്റർ) എന്നിവയാണ് പ്രസിദ്ധീകരിച്ച കൃതികൾ.

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(പ്രണാത ബുക്സ്, കൊച്ചി)

ഡോ. താസ്പർ സന്യാസി കടലിന്റെ പര്യായങ്ങൾ

മണ്ണ്, ചെടി, ആകാശം, കിളികൾ, നിലാവ്, വെള്ളം എന്നിങ്ങനെ എല്ലാറ്റിനേയും മനസ്സ് തുറക്കുന്ന കൂട്ടുകാരി കഴിഞ്ഞ വേനലിൽ എഴുതി. രണ്ടു ദിവസത്തെ യാത്രയ്ക്കായി വീട്ടിൽ നിന്നുമിറങ്ങിയതാണ്. തിരിച്ചെത്തിയപ്പോൾ വീട്ടുകാർ ആകെ പരിഭ്രാന്തരായിരിക്കുന്നു. നീ പോയ ദിവസങ്ങളിൽ ഇവിടെ കിളികൾ കൂട്ടമായെത്തി നിർത്താതെ ചിലമ്പിക്കൊണ്ടേയിരുന്നു. ചെവിയടച്ചു പോകുന്ന ഒച്ച. അണ്ണാൻ കൂട്ടം മരങ്ങളിൽ നിന്ന് ഓടിയിറങ്ങി വീട്ടുമുറ്റത്തെത്തി ചിലച്ചുകൊണ്ടു നിന്നു. എല്ലാവർക്കും പരിഭ്രമം. ഒച്ചയുണ്ടാക്കിയിട്ടും കൈകൊട്ടി ഓടിച്ചിട്ടും അവ പോകുന്നില്ല. അസാധാരണമായ ബഹളം കേട്ട് അയൽക്കാരും പേടിച്ചു. ഭൂകമ്പം വരാനുള്ള സൂചനയാണോ? എല്ലാം കേട്ട് ചിരിച്ച്, കിളിയൊച്ചകൾക്കിടയിലൂടെ അയാൾ നടന്നുപെന്നു. ടെറസിലും മാഞ്ചുവട്ടിലുമായി വച്ചിരുന്ന ചിരട്ടകളിലും പാത്രങ്ങളിലും വെള്ളമില്ല. അവ വറ്റിയിരിക്കുന്നു. വെള്ളമൊഴിച്ചപ്പോഴേയ്ക്കും കിളികൾ, അണ്ണാൻകൂട്ടം എല്ലാം ഓടിയെത്തി. രംഗം ശാന്തമായി. എല്ലാവരും കണ്ണുമിഴിച്ചു നോക്കി നിൽക്കുന്നു. എത്രയെത്ര കിളികൾ. അവയുടെ പരവേശം, വെള്ളത്തിനു വേണ്ടിയുള്ള വരവ്. അയാൾ മാത്രമാണറിഞ്ഞത്. അറിവല്ല, തിരിച്ചറിവാണ് വെള്ളത്തിന്റെ പാഠം - കടലിന്റെ പര്യായങ്ങൾ...



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EXTENSION EDUCATION AND COMMUNICATION: CONCEPT AND FUTURE DIRECTIONS

EDITORS

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EXTENSION EDUCATION AND COMMUNICATION: CONCEPT AND FUTURE DIRECTIONS

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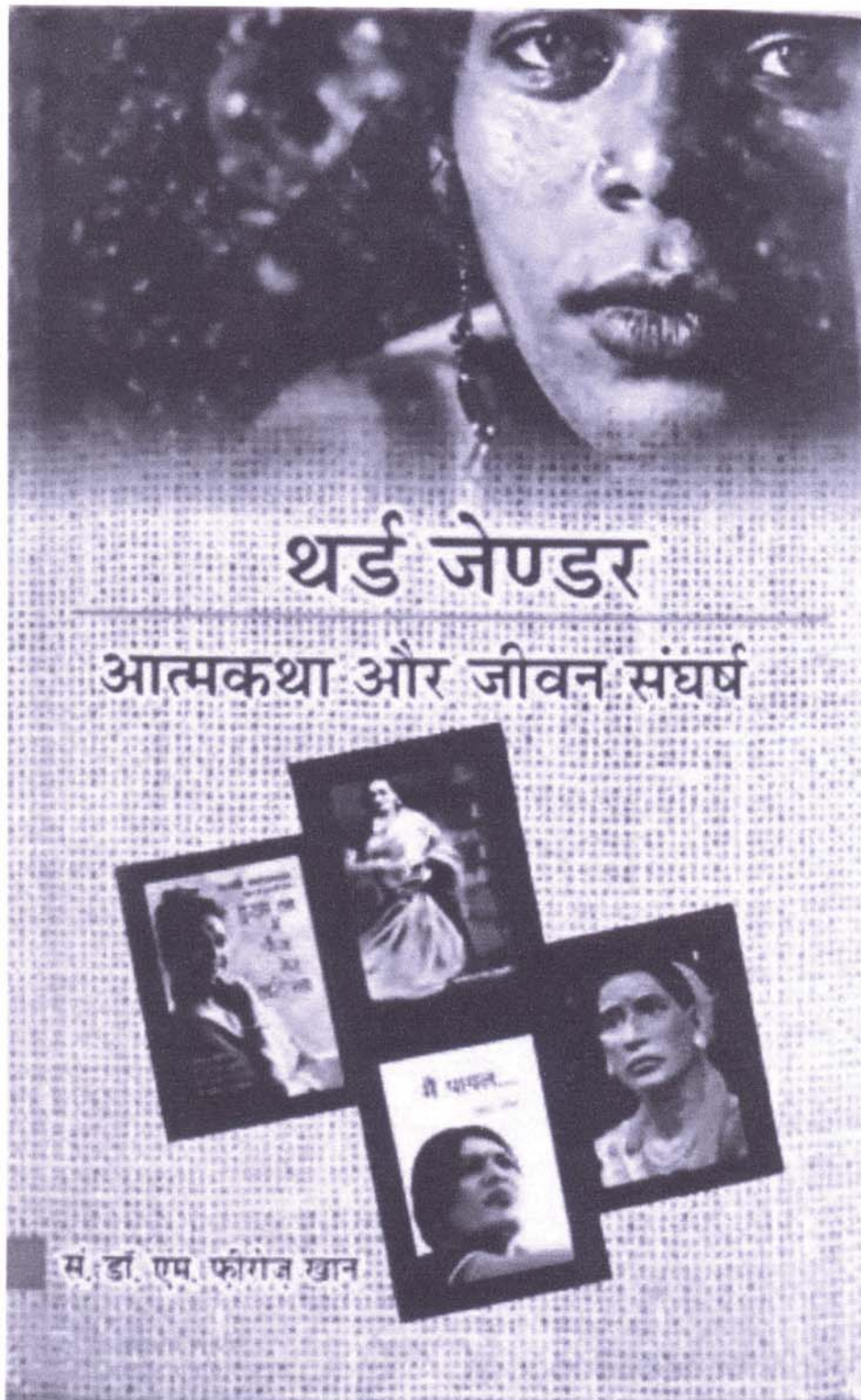
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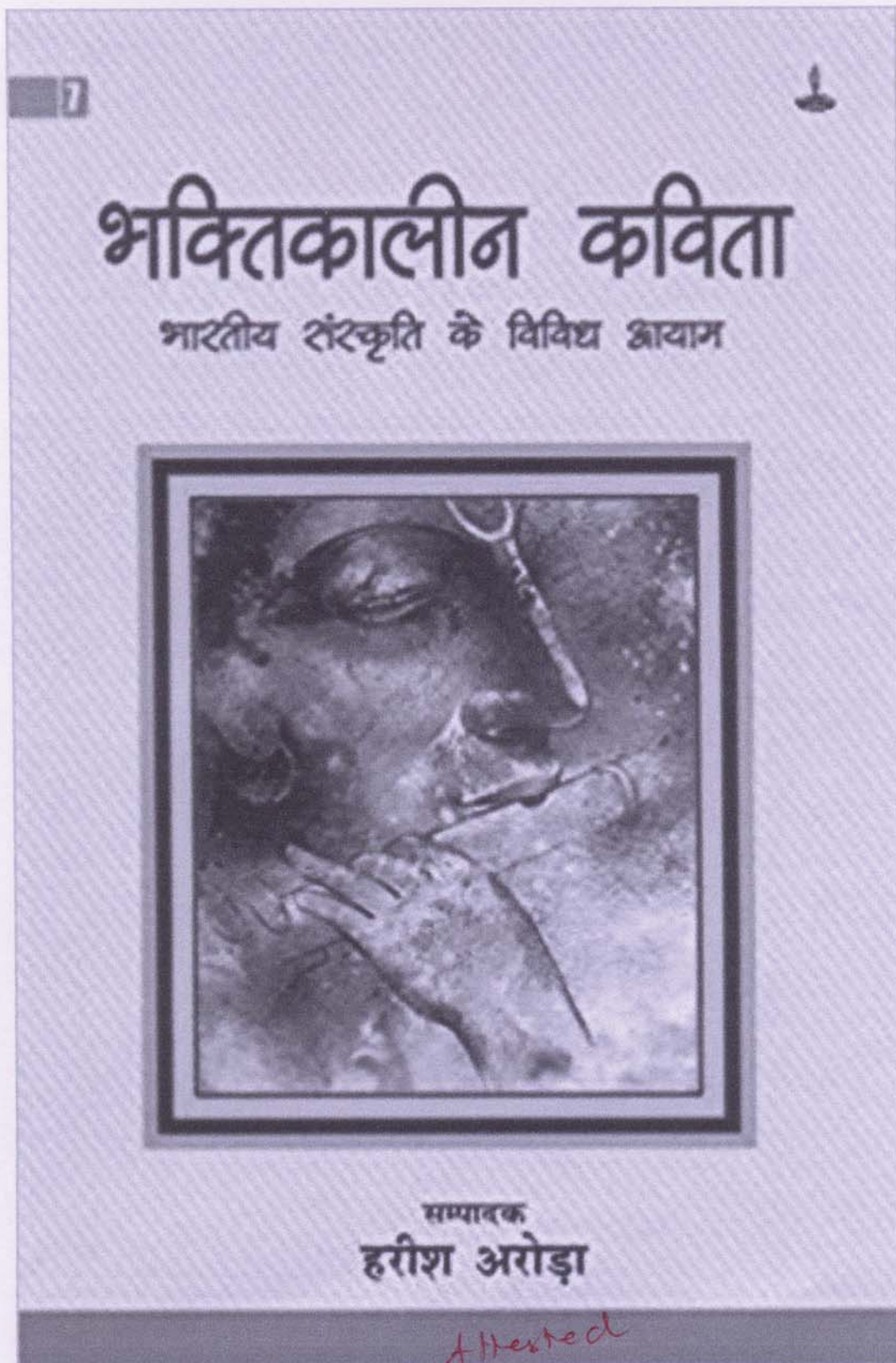
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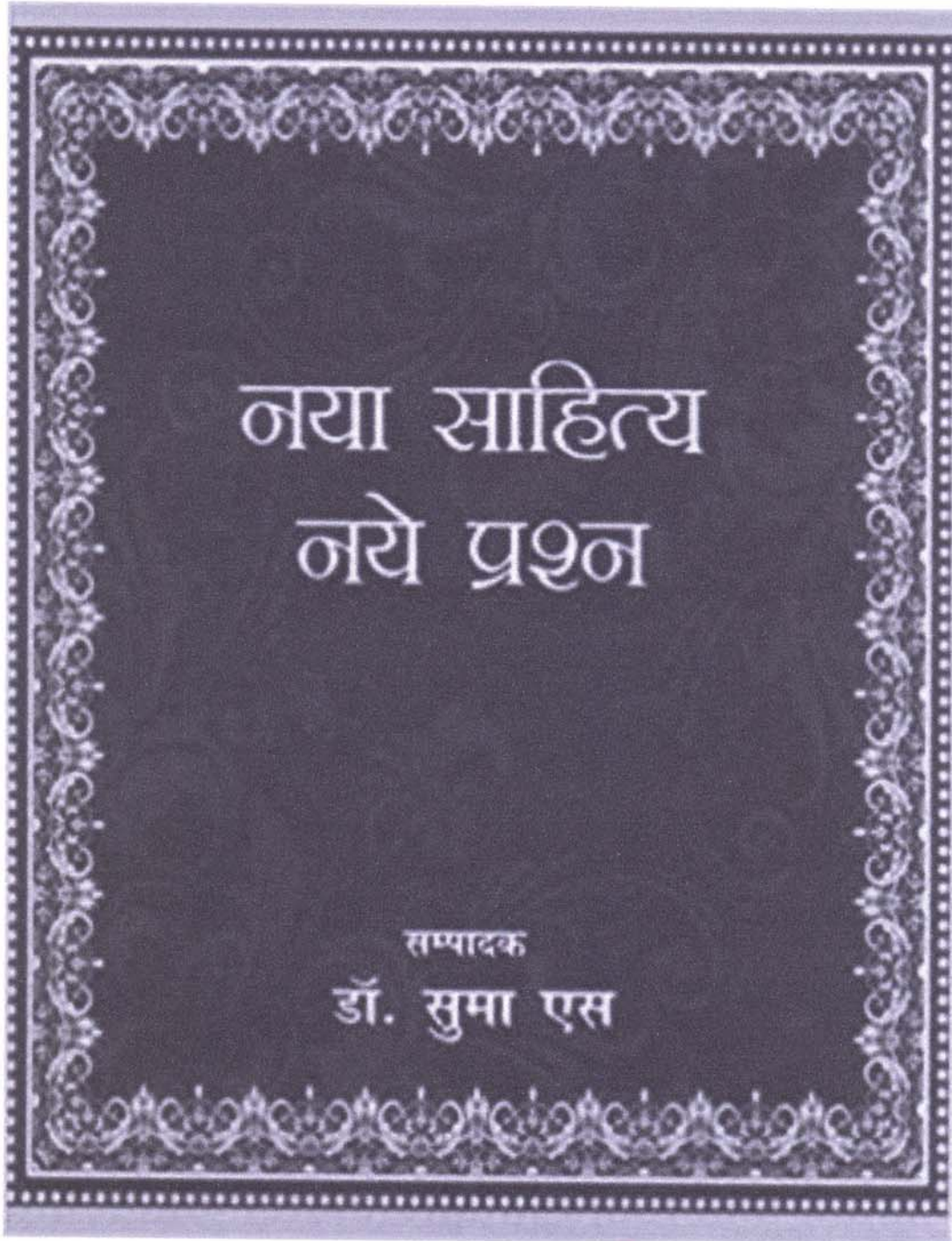
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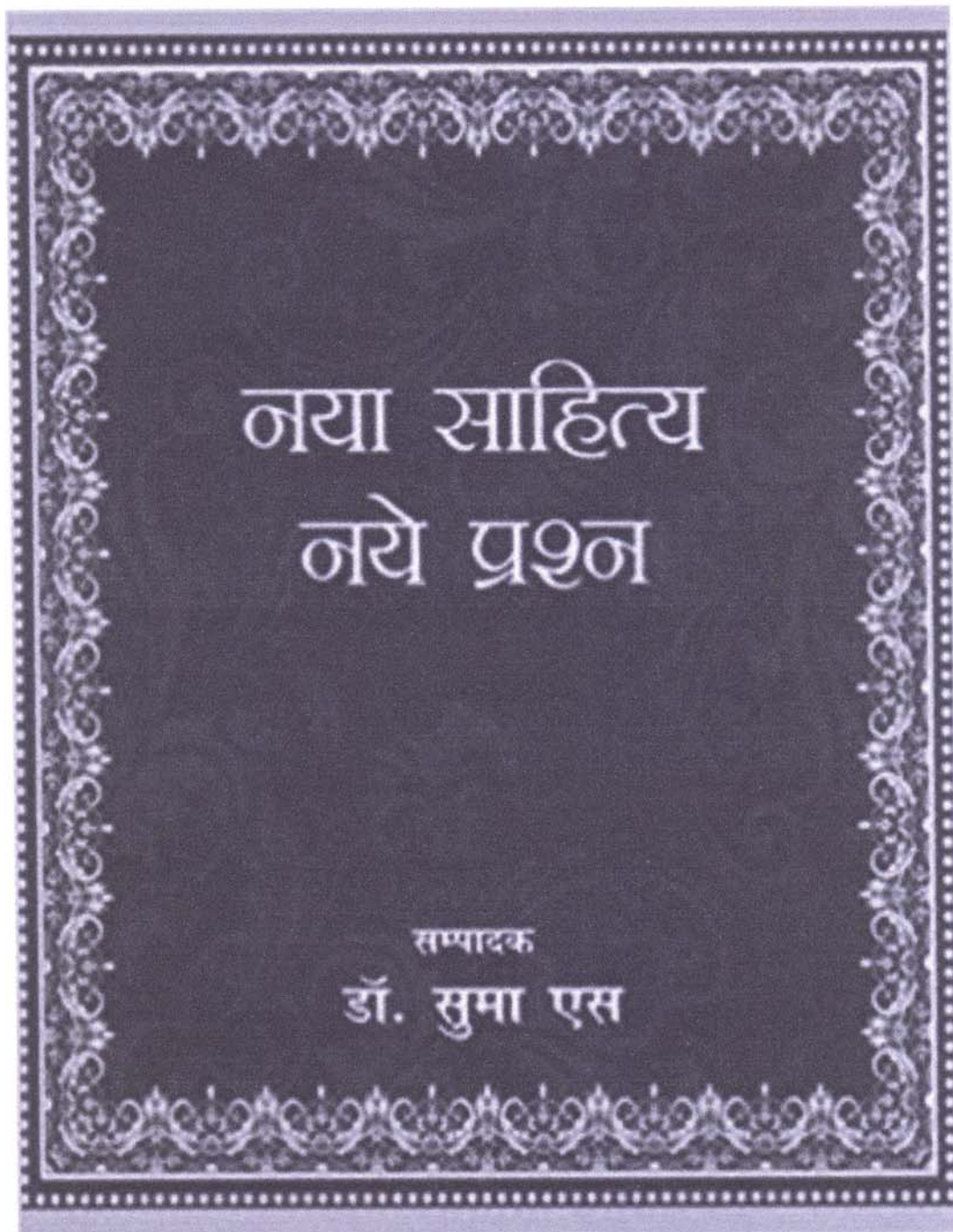
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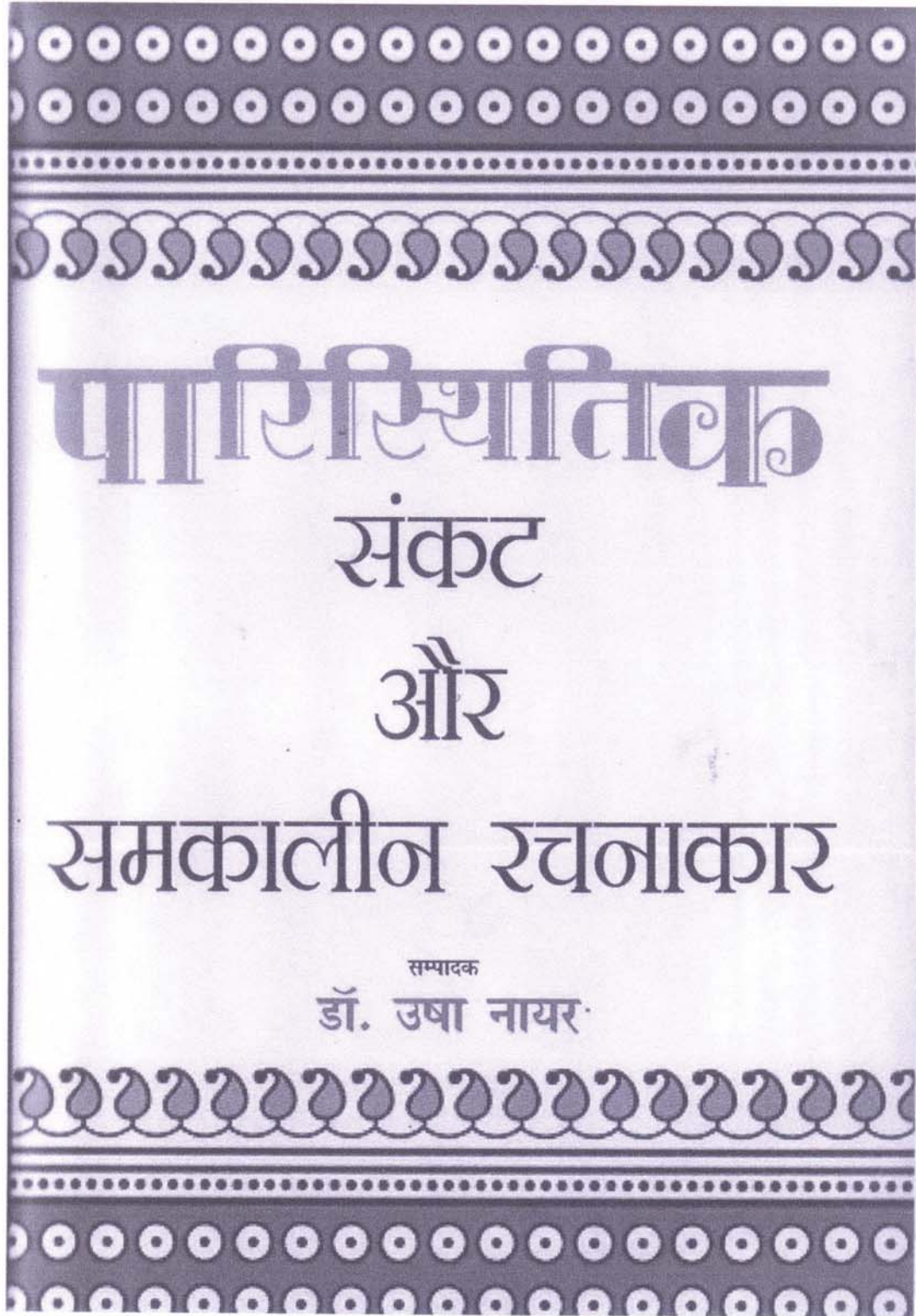
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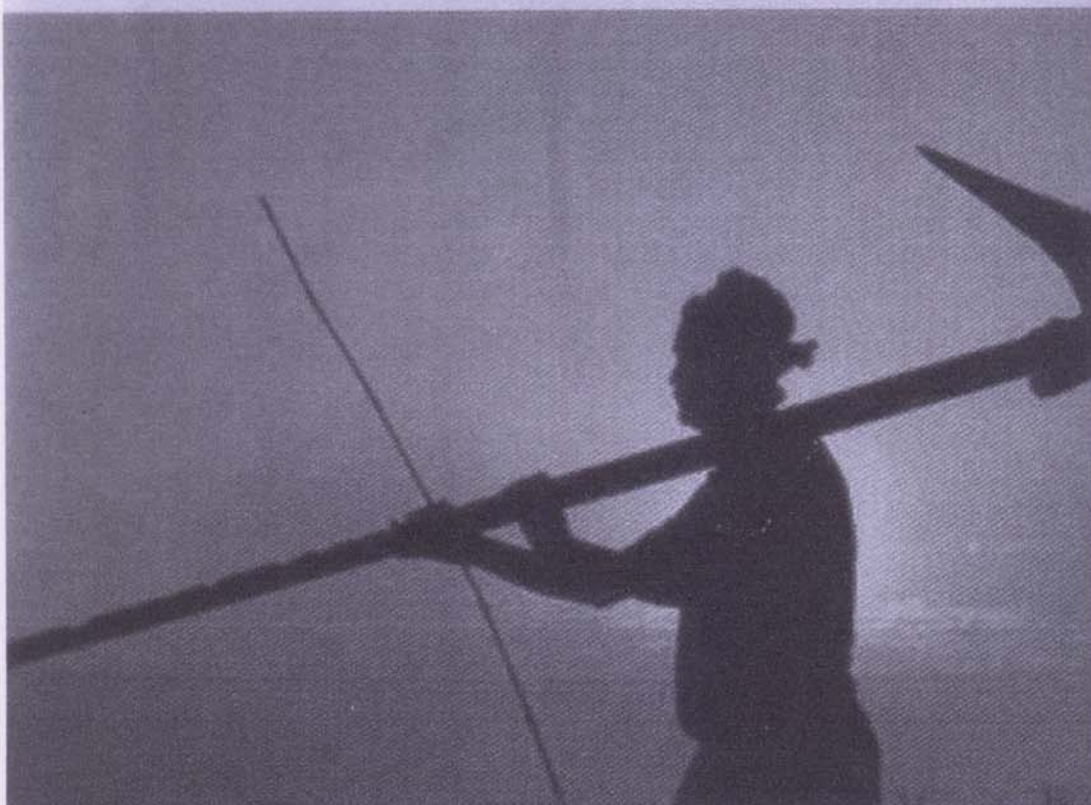
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फांस': भारतीय किसानों की व्यथा कथा

डॉ. निम्मी ए.ए.

गौरतलब है कि स्वाधीनता प्राप्ति के इकहत्तर वर्ष गुज़रने के बावजूद भारतीय नों की हालत में कोई खास बदलाव नहीं आया है। बढ़ती आबादी, औद्योगीकरण, शहरीकरण की वजह से कृषि योग्य क्षेत्रफल में लगातार गिरावट महसूस हुई है। प्रतिवर्ष किसानों की आत्महत्या होने की एक वजह बैंकों का कर्ज़ न चुक पाने का है, और दूसरी वजह बढ़ती महंगाई है, चूंकि इसका सीधा असर किसानों पर है। इसके अतिरिक्त कृषि जोतों का छोटा होते जाना और भूस्वामित्व की इकाई औसत आकार घटता जाना ऐसे अनेक कारण भी दर्ज किए गए हैं।

इन सबके बावजूद हम दावा करते हैं कि देश की अर्थव्यवस्था के विकास में किसानों की अहम भूमिका है। शर्मनाक है कि भारतवर्ष जैसे कृषि प्रधान देश में किसानों की हालत बद से बदतर है। महात्मा गांधी ने किसानों को भारत की आत्मा कहा था, अफ़सोस की बात यह है कि फिलहाल किसानों के मसलों पर राजनीति करने वाले और भी भड़काने वाले ही हमें ज्यादातर मिलेंगे। हालांकि स्वाधीनता के पूर्व त की अर्थव्यवस्था, समाज व्यवस्था और धर्म व्यवस्था को बरकरार रखने में गाँवों की अहमियत आज की अपेक्षा ज्यादा बड़ी थी। चूंकि इन गाँवों में रहने वाली प्रतिशत आबादी कृषि-व्यवस्था पर अवलंबित थी। दरअसल इन्हीं किसानों से ही तत्कालीन कृषि-संस्कृति का निर्माण हुआ था। जिस तरह पराधीन भारत में कर्ज़ एवं श्रम के चक्र में फंसा 'होरी' अपनी छोटी-सी 'गोदान' की इच्छा की आपूर्ति की तिर कारुणिक मौत का शिकार होता है। बतौर उसके, फिलहाल तमाम, देश किसान तमहत्याओं से अटा पड़ा है।

हिन्दी-मराठी की संधि पर खड़ा कथाकार संजीव का बहुचर्चित उपन्यास 'फांस' केंद्र में विदर्भ तथा भारत की तमाम किसानों की व्यथा-कथा है। फिलहाल किसानों की विकल्प हीन जीवन फर्ज़ और कर्ज़ के दलदल में डूबता ही चला जाता है। ऐसे में ज़े के फांस में तब्दील होती जाती है खेती। चूंकि यह न करते बनती है और न बढ़ते। महात्मा गांधी अंतर्राष्ट्रीय हिन्दी विश्वविद्यालय, वर्धा में जब अतिथि लेखक के

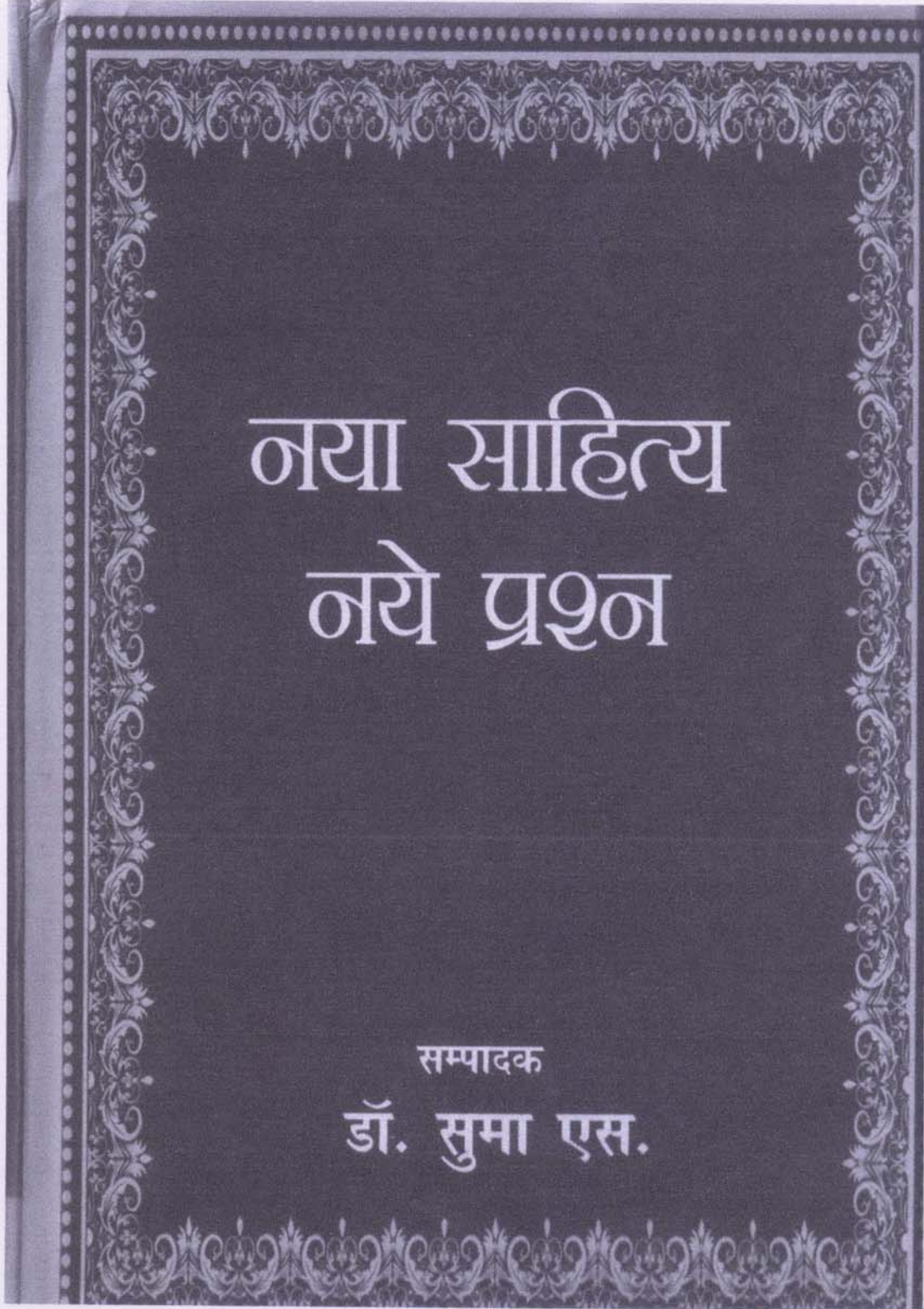
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इस पुस्तक के किसी भी अंश को किसी भी माध्यम में प्रयोग करने के लिए प्रकाशक से लिखित अनुमति लेना अनिवार्य है।

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डॉ. निम्मी ए. ए.

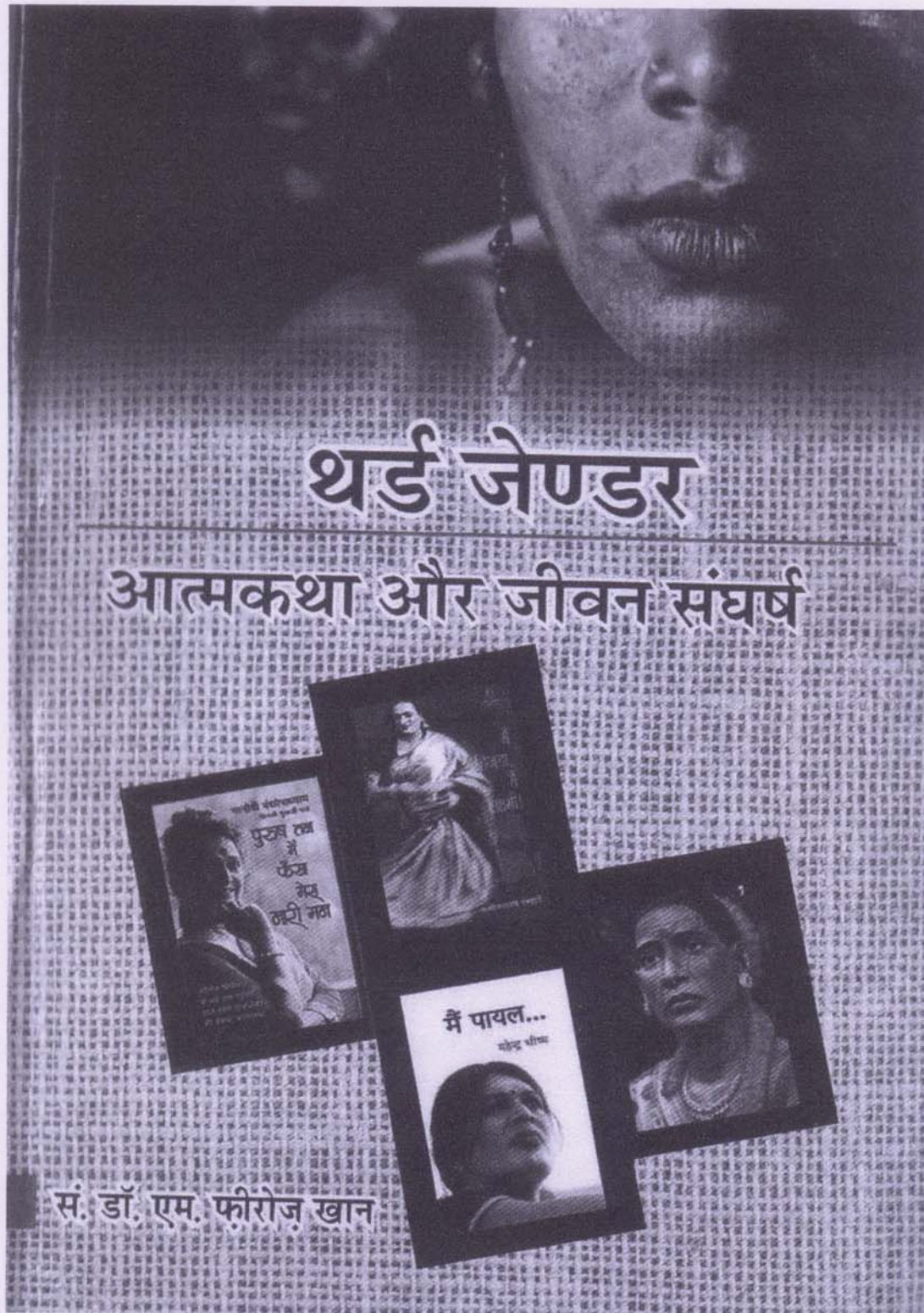
वैश्वीकरण के इस बढ़ते दौर में तमाम चीजें बिकारु में तब्दील हो गयी हैं। धर्म भी इसके लिए अपवाद नहीं। यह भी अजीब है कि एक ओर धर्मगुरु बढ़ रहे हैं और दूसरी ओर समाज में सामाजिकता और नैतिकता की कमी देखी जा रह रही है। बाज़ार की संस्कृति ने उपभोक्तावाद को चरम पर पहुँचा दिया है। बाज़ार माँग और पूर्ति के सिद्धान्तों से चलता है। जब तक धर्म-गुरुओं की माँग रहेगी उनका बाज़ार बढ़ेगा। बाज़ार नैतिक और अनैतिक नहीं देखता। मुनाफ़ा कमाना इसका उद्देश्य होता है। बहरहाल धर्म का जो बाजारीकरण हो रहा है उसे रोकने के लिए समाज को भी आगे आना चाहिए और वह इसमें तब सफल होगा जब आस्था और अन्धविश्वास के अन्तर को समझा जायेगा।

फिलहाल बाहर से एकदम सभ्य दिखने वाला मानव अन्दर ही अन्दर अज्ञान, अन्धविश्वास एवं भ्रम के चंगुल में पड़कर सत्य से कोसों दूर भटक रहा है। इस इक्कीसवीं शताब्दी के प्रथम चरण में, एक ओर विज्ञान की उन्नति की तेज़ रफ़्तार में आगे बढ़ने वाला मानव दूसरी ओर उससे भी अधिक तेज़ रफ़्तार में झूठी भक्ति एवं अन्धी आस्था में फँस जाते हैं। आज जबरन ईश्वर की बिक्री हो जाती है। भारतवर्ष जैसे महान देश में अनपढ़ या अशिक्षित लोग ही नहीं पढ़े-लिखे, बड़ी-बड़ी उपाधि प्राप्त, पद तथा ओहदों पर विराजमान व्यक्ति भी कपटी एवं जालिम साधु-सन्यासियों के जाल में फँस जाते हैं। दरअसल वे लोगों की इस अन्धी-आस्था का नाजायज़ फायदा उठाते हुए उन्हें उल्लू बनाते हैं, दुहते हैं और अपनी तिजोरी भरते हैं।

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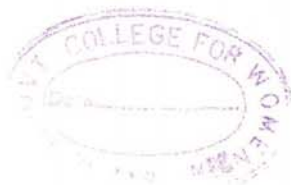
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हिजड़ों के अनन्तिम प्रतिरोध की संघर्ष गाथा : 'मैं हिजड़ा... मैं लक्ष्मी'

डॉ. निम्मी ए.ए.

'हिजड़ा' उर्दू शब्द है, जो 'हिजर' नामक अरबी शब्द से आया हुआ है। 'हिजर' से तात्पर्य है अपनी विरादरी छोड़ा हुआ या उस विरादरी से बाहर निकला हुआ। मतलब स्त्री-पुरुषों के हमेशा के समाज से बाहर निकलकर स्वतंत्र समाज बन के रहने वाला। हालांकि "हिजड़ा होना प्राकृतिक है। शरीर विज्ञान के दृष्टिकोण से देखें तो यह गुणसूत्रों के असंतुलन से आई एक विशिष्टता है। लेकिन सामाजिक दृष्टिकोण से इस गुणसूत्रीय विशिष्टता को कभी सम्मान की नज़र से नहीं देखा गया। इसे हीन दृष्टिकोण से देखें जाने के तमाम सामाजिक-ऐतिहासिक उदाहरण भरे पड़े हैं।"

समूचे देश में हिजड़ा समाज है और अलग-अलग भाषाओं में उसके लिए अलग-अलग शब्द हैं। उर्दू में 'हिजड़ा' और 'ख्वाजासरा' शब्द प्रयुक्त है। तो हिंदी में 'हिजड़ा' और 'किन्नर'। मराठी में 'हिजड़ा' और 'छक्का' शब्द प्रयुक्त होता है तो गुजराती में 'पावैया'। पंजाबी में 'खुसा' या 'जनखा' प्रचलित हैं तो तेलुगु में 'नपुमसकुडु', 'कोज्जा', 'मादा' कहा जाता है। तमिल में 'शिरूरनान गाई', 'अली', 'अवन्नी', 'अरावनी', 'अरुवनी' शब्द इस्तेमाल किये जाते हैं। बहरहाल किसी भी भाषा में चाहे जो कहकर बुलाये मगर थोड़े बहुत फर्क के साथ 'हिजड़ा' शब्द की संकल्पना बराबर ही है। स्वयं लक्ष्मीनारायण त्रिपाठी के लफ्ज़ों में 'हिज' मतलब पवित्र आत्मा। जिस शरीर में यह आत्मा रहती है, वो 'हिजड़ा' होते हैं। यहाँ व्यक्ति को महत्त्व नहीं है, महत्त्व है उस आत्मा का और उसे धारण करने वाले हिजड़ा समाज का। इस समाज से भगवान प्यार करते हैं और इसलिए उसने हिजड़ों के लिए एक अलग राह, अलग जगह तैयार की। जो हमेशा स्त्री-पुरुष की कक्षा से बाहर है। 'स्त्री और पुरुष' इन दो रेखाओं के बीच के हम 'बिटविन द लाइन्स'। हम में स्त्रीत्व है पर हम स्त्री नहीं हैं। पुरुषत्व है, पर हम पुरुष भी नहीं हैं।

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डॉ. निम्मी ए.ए

आधुनिक मानव अपनी महत्वाकांक्षाओं को बरकरार रखने में दिलचस्प हैं। इसी का नतीजा है विकास। विकास हरगिज़ गलत अवधारणा नहीं है। विकास प्रकृति से जुड़कर होना चाहिए। परंतु विकास बनाम विनाश ही फिलहाल कायम है। यही आज का ज्वलंत प्रश्न है। पर्यावरणविद् मानेन्द्र रावत के लफ्जों में 'पर्यावरण पर आज तक जो भी प्रहार होते रहे हैं, उन सभी के मूल में विकास की वह अवधारणा रही है, जो एक वर्ग विशेष के हितों का पोषण कर रही है'।

फिलहाल हम प्रकृति का दोहन पर्याप्त मात्रा में करते आ रहे हैं। चूंकि हम विकास की अंधाधुंध भागदौड़ में हैं। इसके दहशत भरे नतीजे से केवल हाल ही में गुज़रे हैं। हमारे पूर्वजों ने प्राकृतिक संपदा को सुरक्षित रखने की कोशिश की थी। बहरहाल हमारा पर्यावरण सुरक्षित रहा। मगर फिलहाल हम अपनी विरासत खो बैठे हैं। अतः विकास को हमें प्राकृतिक संतुलन के तहत बरकरार रखने की कोशिश करनी चाहिए। हमारे पुराणों, वेदों तथा उपनिषदों में प्रकृति माँ के महत्व पर व्यापक रूप से प्रकाश डाला गया है। वेद का कथन है कि 'माता भूमि: पुत्रो अहं पृथिव्या:' अर्थात् भूमि मेरी माता है और मैं उसका पुत्र हूँ। वही तुम्हारा पालन पोषण कर रही है। फिर कहा गया है कि 'उप सर्प मातरम् भूमि:' यानी कि हे मनुष्या! मातृभूमि की सेवा करो।

आखिरकार हम वन उपवन उजाड़कर कंक्रीट के महलों से ही जीवन आनंद लेने के पक्ष में हैं। तमाम भूमंडल प्रकृति विरोधी विकास के नाम पर ही नष्ट होने के कगार पर हैं। एन वक्त पर तरह-तरह के सवाल मन में उठते हैं कि दरअसल विकास की परिभाषा क्या है? क्या सचमुच हम ज़हर भरे माहौल में दम घुटकर मरने के लिए विकास चाहते हैं? बहरहाल विकास के बारे में सुंदरलाल बहुगुणा ने सही फरमाया है - 'संस्कारित होना ही विकास है। भारतीय संस्कृति में ऐसे ही विकास को संस्कृति का पर्याय माना गया है। परंतु भारतीय गणतन्त्र में संस्कार नहीं अपितु भोग-लिप्सा के लिए बलात्कार की प्रवृत्ति बढ़ी है। हम संस्कृति में नहीं, विकृति में विकसित हो रहे हैं'। लिहाज़ा परिस्थिति सहयोगी दृष्टिकोण ही हमें विकास के सच्चे रास्ते पर ले जाने में सहायक होगा। इन सबसे वाकिफ होने के बावजूद 'मनुष्य सारी पृथ्वी छैकता चला जा रहा है। पशु-पक्षियों का भाग छिनता जा रहा है। उनके सब ठिकानों पर हमारा निष्ठुर अधिकार होता चला जा रहा है'।

समकालीन हिन्दी कविता विकास की तमाम साज़िशों से भली-भांति वाकिफ हैं और वह इसके बरखिलाफ अपना प्रतिरोध दर्ज करने में वाकई काबिल हुई हैं। विशेषकर राजेश जोशी की कविताएं प्रकृति विरोधी विकास योजनाओं के बरक्स जवाबदेह हैं। उनकी कविताओं में अपने समय की समझ ज़ाहिर है। 'राजेश जोशी की कविताओं को पढ़ना एक पीढ़ी और उसके समय से दस-पंद्रह साल पीछे की कविता और उससे जुड़ी बहसों के बारे में सोचना, और इतने ही साल आगे की कविता और उसकी मुश्किलों की ओर ताकना है'।

संप्रति उदारीकरण के चंगुल में पड़कर विकास बाज़ार केन्द्रित होने लगा है। लिहाज़ा देश से कृषि संस्कृति खारिज होने लगी और उपभोक्तावादी संस्कृति सर्वत्र पनपने लगी। अकाल वर्षा, कड़ी धूप, कृषि क्षेत्र पर कीटनाशकों का अधिक इस्तेमाल, ज़हरीली तरकारियाँ, जानलेवा बीमारियाँ, ई-कूड़ा-कचड़ा से होने वाले मसले आदि फिलहाल हमारे विकासशील देश की नज़रिया बन गयी है। राजेश जोशी की 'मैं उड़ जाऊंगा' नामक कविता में भोपाल गैस त्रासदी के दरमियान हरे सब्जियों के प्रदूषित हो जाने के प्रति विद्रोह प्रकट किया है कि वे हर पल नष्ट हो जाने की आशंका से भरी इस दुनिया से बिल्कुल ऊब चुके हैं। लिहाज़ा कवि प्रदूषण से दरकिनार दूसरे यह में बस जाने की सोच में हैं।

ऊपर किसी गृह पर बैठकर/ ठेंगा दिखाऊंगा मैं सारे दुष्टों को/ कर डालो कर डालो जैसे करना हो नष्ट इस दुनिया को!⁵

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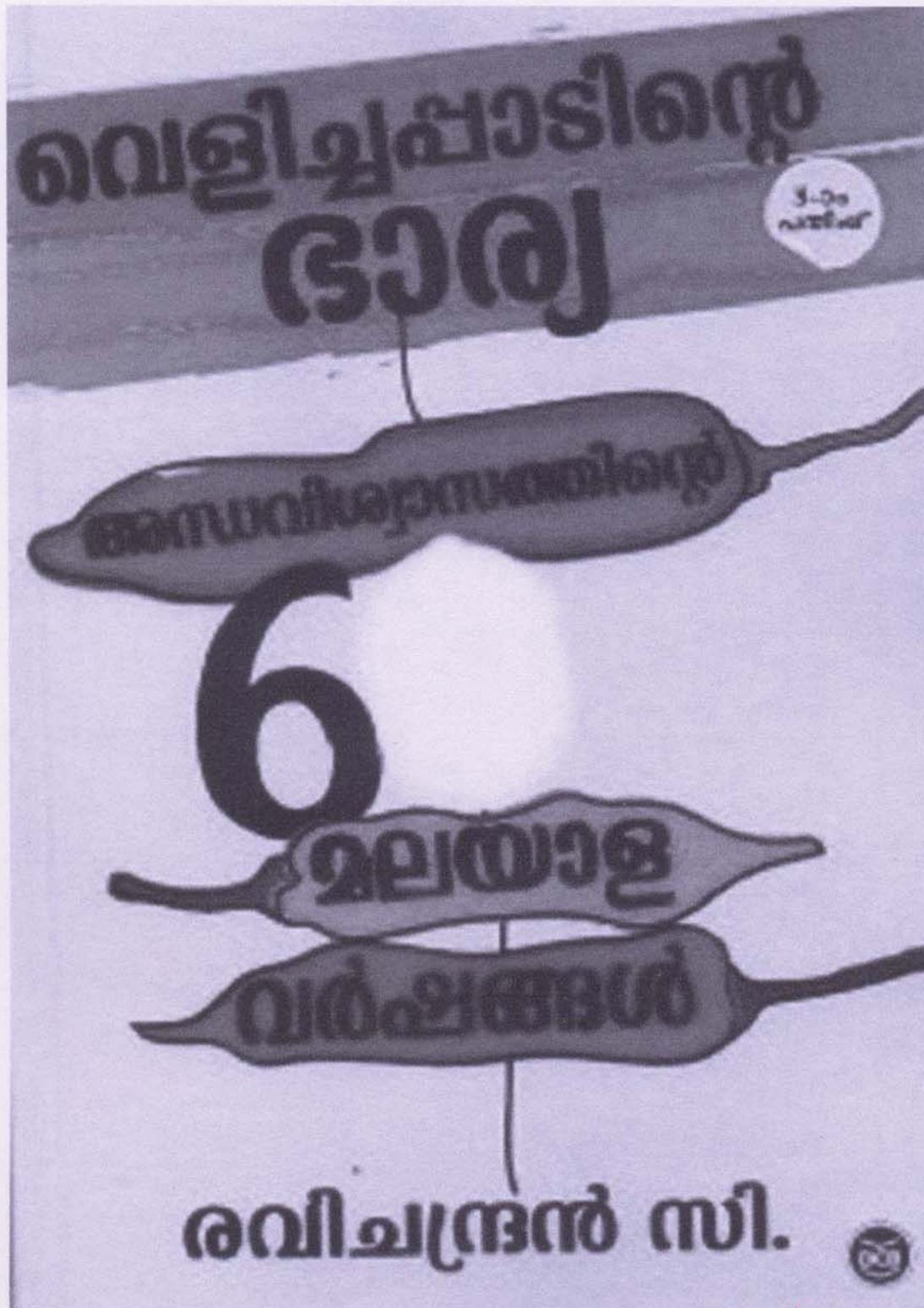
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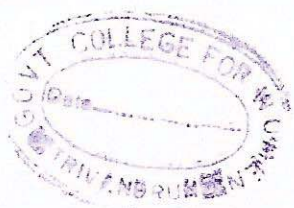
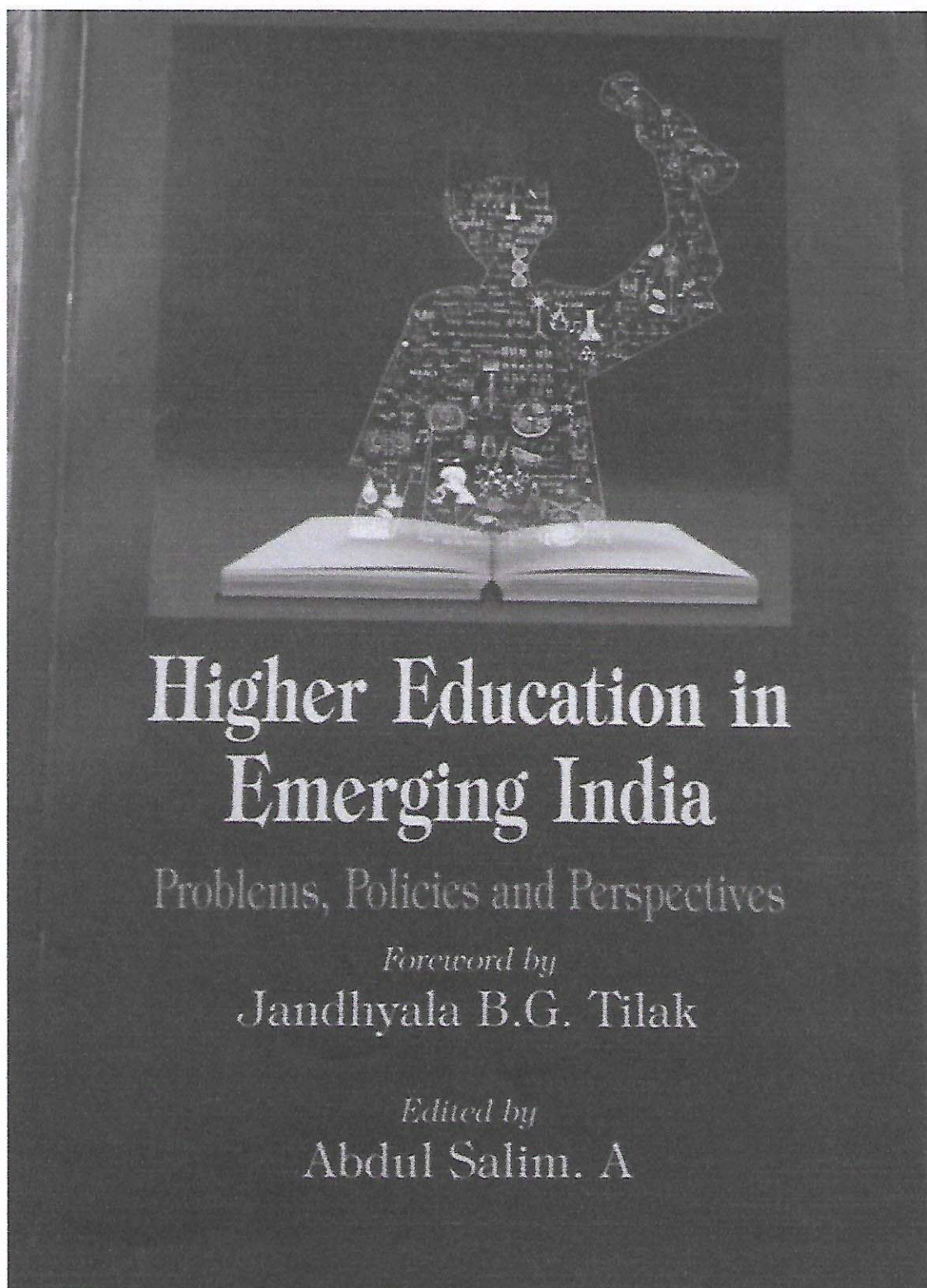
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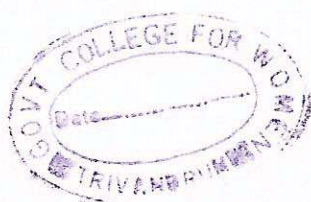
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15.

Bridging the Industry — Academia Gap The Way Ahead for Higher Education in Kerala

P.S. Deva Kumar

The whole education-employment eco-system in India has been under the scanner for the last one decade for obvious reasons. It is almost seven decades after we got independence, still not even a single higher learning institution of this great country is figuring in the top 100 listing available globally. To continue its growth story and achieve the long cherished vision of India becoming a human resource hub for the whole world by cashing on the demographic dividend it is blessed with, we have a long way to go. As per a study conducted by Aspiring Mind (2016), an agency engaged in assessing the employability trends in Engineering Education in India, only 17.91 per cent of engineers were employable for the software services sector, 3.67 per cent for software products and 40.57 per cent for a non-functional role such as Business Process Outsourcing. This being the case with a discipline taught with the potential employment opportunities in mind, we can think about the plight of Arts and Science education in our country. Always, there used to be a hue and cry on the part of the industry citing that the academic output produced by the so called prestigious and caveated institutions of this country could not be absorbed in their respective domains as majority of them are short of employable skills. The stalwarts of industry in this part of the world expressed their concern and worries about the academic output of these pioneer institutions not even acquiring the skill set of a trainable class. This phenomenon can be observed across disciplines like basic science, engineering and technology, commerce, management, economics, language studies and other arts and science disciplines.

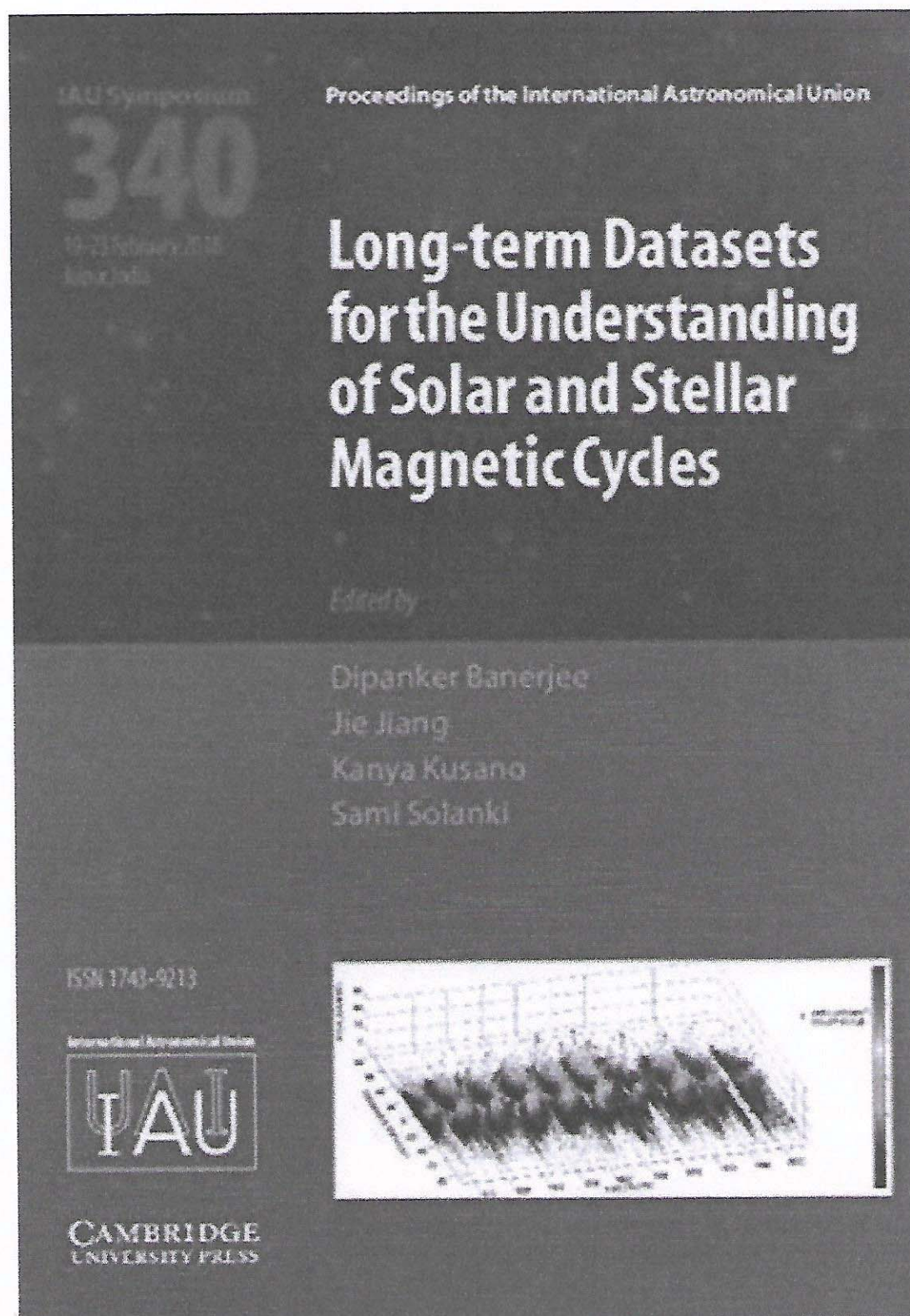
Of late the policy makers of this country have found it extremely vital to venture for a slogan like "Skill India". This is perhaps a 360° shift from the long cherished dream of mass education through enhanced Gross Enrolment Ratio (GER), pursued by the country since independence. Skill development and entrepreneurship efforts across the country have been highly fragmented so far. As opposed to developed countries, where the percentage of skilled workforce is between 60 per cent and 90 per cent of the total workforce, India records a low 5 per cent of workforce (under the age group of 20-24 years) with formal vocational skills. There is a need for speedy reorganisation of the ecosystem of skill development and entrepreneurship promotion in the country to suit

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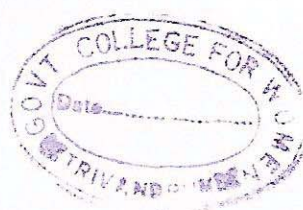


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*Long-Term Datasets for the Understanding
of Solar and Stellar Magnetic Cycles
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D. Banerjee, J. Jiang, K. Kusano & S. Solanki, eds.*

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Characteristics of Solar Proton Events Observed Near Earth and Stellar Activity Variations

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Abstract. We could identify three categories of solar proton events (SPE) with distinct solar origin from an analysis of direct and indirect observations during the years 1561-2016 CE spanning 42 sunspot cycles. They are (i) 10 MeV SPE whose number of occurrences closely follow the sunspot cycles (ii) 30 MeV SPE which show secular changes with peaks near Gleissberg solar cycle minima and inferred to be associated with distinct enhancements in the efficiency of the solar dynamo and (iii) those associated with Impulsive and irregular solar activity changes such as the Carrington event of September 1859. The relevance of above results for stars exhibiting cyclic and irregular activity changes will be also discussed.

Keywords. Solar proton events, sunspot cycles, solar dynamo, Carrington event, stellar activity

1. Introduction

Solar proton events (SPE) arises due to transient phenomena in the solar atmosphere and influences our space weather. In this paper, we have studied three types of SPE of distinct solar origin using direct and indirect solar observations for the past 42 sunspot cycles. The relevance of these results to cyclic and irregular stellar activity changes will

be also discussed.

2. Results and Discussions

2.1. Sunspot cycle variations of 10 MeV SPE

The annual number (N) of 10 MeV SPE observed by satellites near earth (www ftp.swpc.noaa.gov, www omniweb.gsfc.nasa.gov) follows the sunspot activity variations. We could find a linear regression relation between annual mean International sunspot number (R_s) and number of occurrences (N) of 10 MeV SPE:

$$N = 0.0181R_s + 1.139 \quad (R^2 = 0.508) \quad (2.1)$$

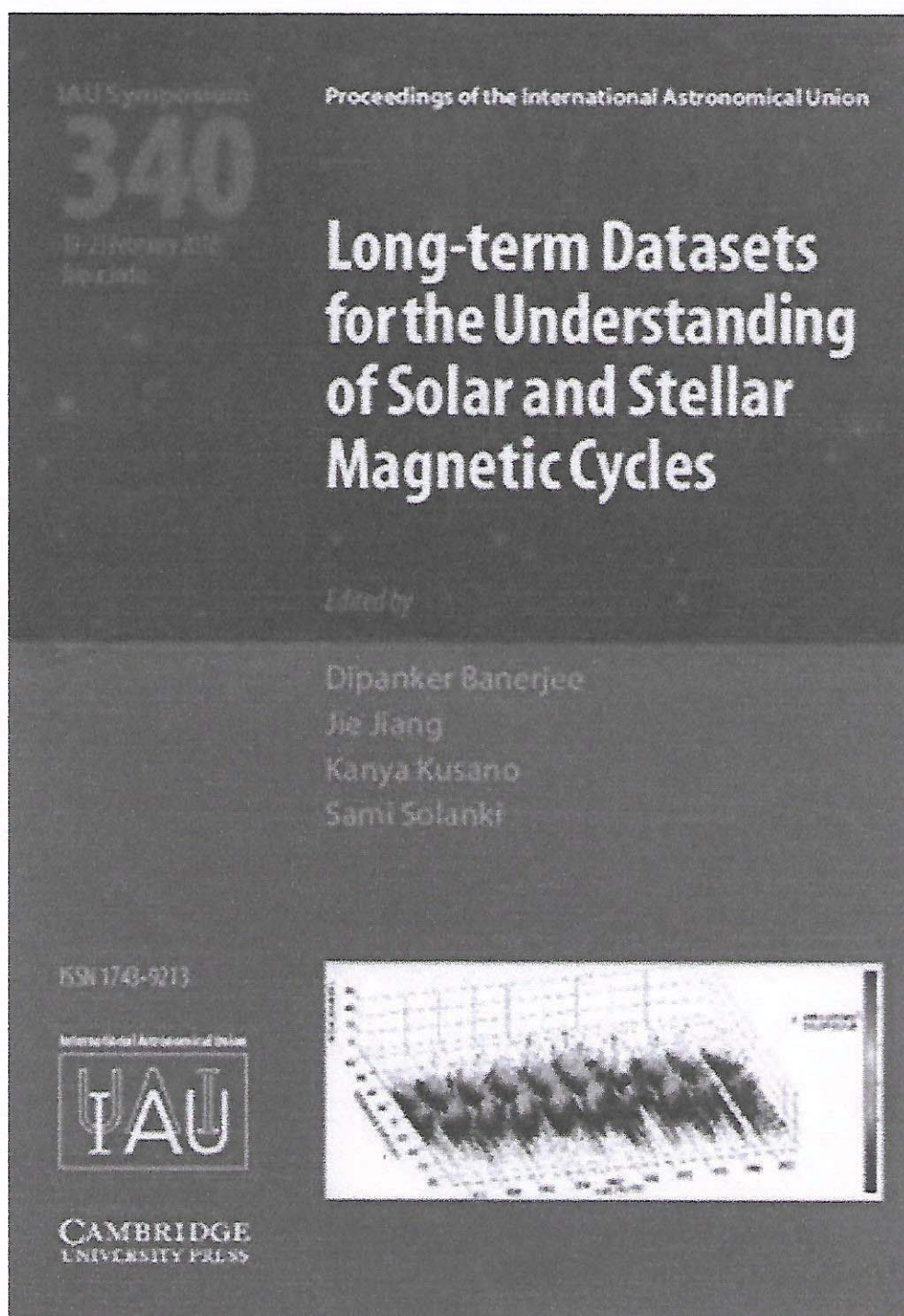
2.2. Secular changes in 30 MeV solar proton events and efficiency of the solar dynamo

In the pre-satellite era nitrate measurements in polar ice helps to identify large solar proton events ($E > 30$ MeV and fluence $F \geq 2 \times 10^9 \text{ cm}^{-2}$) and such an inference is available for the period 1561-1950 CE (McCracken *et al.* 2001a). The number of such events (N_p) and their cumulative fluence (F_c) for the sunspot cycles -17 to 24 (Smart

et al. 2008) is shown in Fig. 1. We could find distinct enhancements in N_p and F_c during the sunspot cycles -13 (1598-1609 CE), -4 (1698-1712 CE), 13 (1889-1901 CE) and



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Inferring Stellar Activity Variations near Habitable Extrasolar Planets using Dynamical Effects

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Abstract. In this paper we have studied space weather conditions near 53 potentially habitable exoplanets reported in literature using available information on the chromospheric activity of their host stars and nature of dynamical interactions possible in the respective star-planetary systems.

Keywords. Exoplanets, M Stars, Proxima Centauri, Dynamical Interactions, Space weather, Habitability

1. Introduction

In this paper we have studied dynamical interactions between potentially habitable exoplanets (PHEP) and its host star, in the stellar activity variation perspective. 53 potential habitable exoplanets are listed recently in (<http://phl.upr.edu/projects/habitable-exoplanets-catalog>) and majority of their host stars are found to be M dwarfs.

2. Results and discussion

2.1. Space weather hazard index calculations for PHEP

Since Earth is situated at a distance of 1 AU from the Sun, relative to the Earth, the flux from the host star to the Exoplanet varies by a factor

$$\alpha = (1/d^2) \quad (2.1)$$

where d is the distance of Exoplanet from host star in AU.

For an exoplanet situated at a distance of 0.02 AU from the host star α will be 0.25×10^4 . The flux of energetic particles from stellar flares will be greater than Earth by the factor α . α is calculated and given in Table 1 for all potentially habitable exoplanets.

2.2. Chromospheric activity of M type host stars of PHEP

2.2.1.

The chromospheric activity of M stars with detected nearby exoplanets is found to be several times higher than our Sun. For example for GJ 667Cc the S index (Wright *et al.* 2004) is found to be 0.633 (S index of Sun is 0.1762).



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Multispectroscopic Investigation of the Interaction of BSA and DNA with the anticancer drug, N-(6-ferrocenyl-2-naphthoyl)-gamma-amino butyric acid Methyl ester

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Abstract. The interaction of a drug with DNA and BSA play a great role in studying anti cancer activity and drug transport properties, which can be effectively, investigated using vibrational spectroscopy, UV visible spectroscopy and Fluorescence spectroscopy. The present work reports the structural features of N-(6-ferrocenyl-2-naphthoyl)-gamma- amino butyric acid Methyl ester (FNGABME) based on FTIR and FT Raman spectroscopy. The absorption and fluorescence spectroscopic methods were used to study the efficiency of the interaction of the compound FNGABME with BSA and DNA and also molecular docking were performed computationally to validate the results which shows that the title compound may exhibit inhibitory activity against the cancer cells.

INTRODUCTION

The N-(ferrocenyl) naphthoyl derivatives, potential anticancer agents, are of immense interest to researchers for their antiproliferative effects on specific cells which can inhibit cancer cells activity and hence, attention has been devoted to such compounds, for developing new medicinal agents, owing to their less toxicity [1]. FT IR absorption spectroscopy is one of the useful tools for molecular characterization and identification and recent studies show that DFT calculations are remarkably successful in predicting a variety of properties to an accuracy which rivals that of more expensive correlated ab initio methods.

The present work deals with the spectral analysis of anticancer drug N-(6-ferrocenyl-2-naphthoyl)-gamma-aminobutyric acid Methyl ester (FNGABME), using FT IR and FT Raman spectroscopy, UV visible spectroscopy and Fluorescence spectroscopy. The compound has been docked with BSA and DNA using Autodock 4.2[2] to study the potential biological activity.

EXPERIMENTAL DETAILS

The title compound has been synthesized [3] and FT IR and FT Raman spectra have been recorded. All UV-Vis absorbance spectral measurements were performed on a UV-1800 Shimadzu UV spectrophotometer at room temperature and the absorption spectra were recorded over the range of 190–600 nm. The compound FNGABME with different concentrations (0.0007, 0.0015, 0.0031, 0.0062, 0.0125, 0.0250, 0.050 and 0.100mM) was allowed to interact with 10µMBSA for the binding measurements. DNA absorption experiments were carried out by maintaining a

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The Electron Transport Mechanism in Ester and its Influence on Bioactivity in the Anticancer Drug N-(6-Ferrocenyl-2-Naphthoyl)-L-Alanine-Glycine Ethyl Ester(FNLAGEE)

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Abstract. The reactivity of ester group plays key role in inducing bioactivity of many ferrocenyl biconjugated compounds. The ester reactivity can be explained, based on electron transport mechanism using vibrational spectroscopy, aided by DFT simulation. The FT IR and FT Raman spectral measurements have been carried out for N-(6-ferrocenyl-2-naphthoyl)-L- alanine-glycine ethyl ester (FNLAGEE) and the optimized geometry and vibrational spectra have been computed using DFT method, at B3LYP/LANL2DZ level of theory. The cis conformation of ester and electron transport mechanism, thus analyzed, has been correlated to the geometry and the spectral characteristics of ester. To investigate the bioactivity and binding interactions of the molecule, molecular docking simulations and UV-Vis absorption studies of FNLAGEE with BSA and DNA has been performed.

INTRODUCTION

Ferrocene and its derivatives have attracted the attention of many researchers in the field of organometallic chemistry, because of their fascinating sandwich structure and hence, spectral investigation of ferrocenyl peptides is key focus of research, recently [1]. The main factors that govern the potential biological and Non-biological applications are an electroactive core and a conjugated linker that can act as a chromophore and lower the oxidation potential of the ferrocene part and an amino acid or peptide derivative that can interact with other molecules via hydrogen bonding [2]. The wide range of applications demands the structural characterization at molecular level for which DFT simulation based FT IR and FT Raman spectral analysis can be effectively used. In the present study, molecular bonding features have been investigated using vibrational spectroscopy and biological properties has been studied using molecular docking. Moreover, to determine the ability of FNLAGEE bound to BSA and DNA, UV visible absorption measurements has been carried out.

EXPERIMENTAL AND COMPUTATIONAL DETAILS

The synthesized compound under investigation namely N-(6-ferrocenyl-2-naphthoyl)-L-alanine-glycine ethyl ester (FNLAGEE), which is of spectroscopic grade, was used for recording the spectra. The FT IR spectrum was recorded in Shimadzu FTIR 8400 spectrophotometer and FT Raman spectrum has been recorded using Horiba Jobin Yvon FT Raman spectrometer, in the range of 4000-400 cm⁻¹, with spectral resolution 2cm⁻¹.

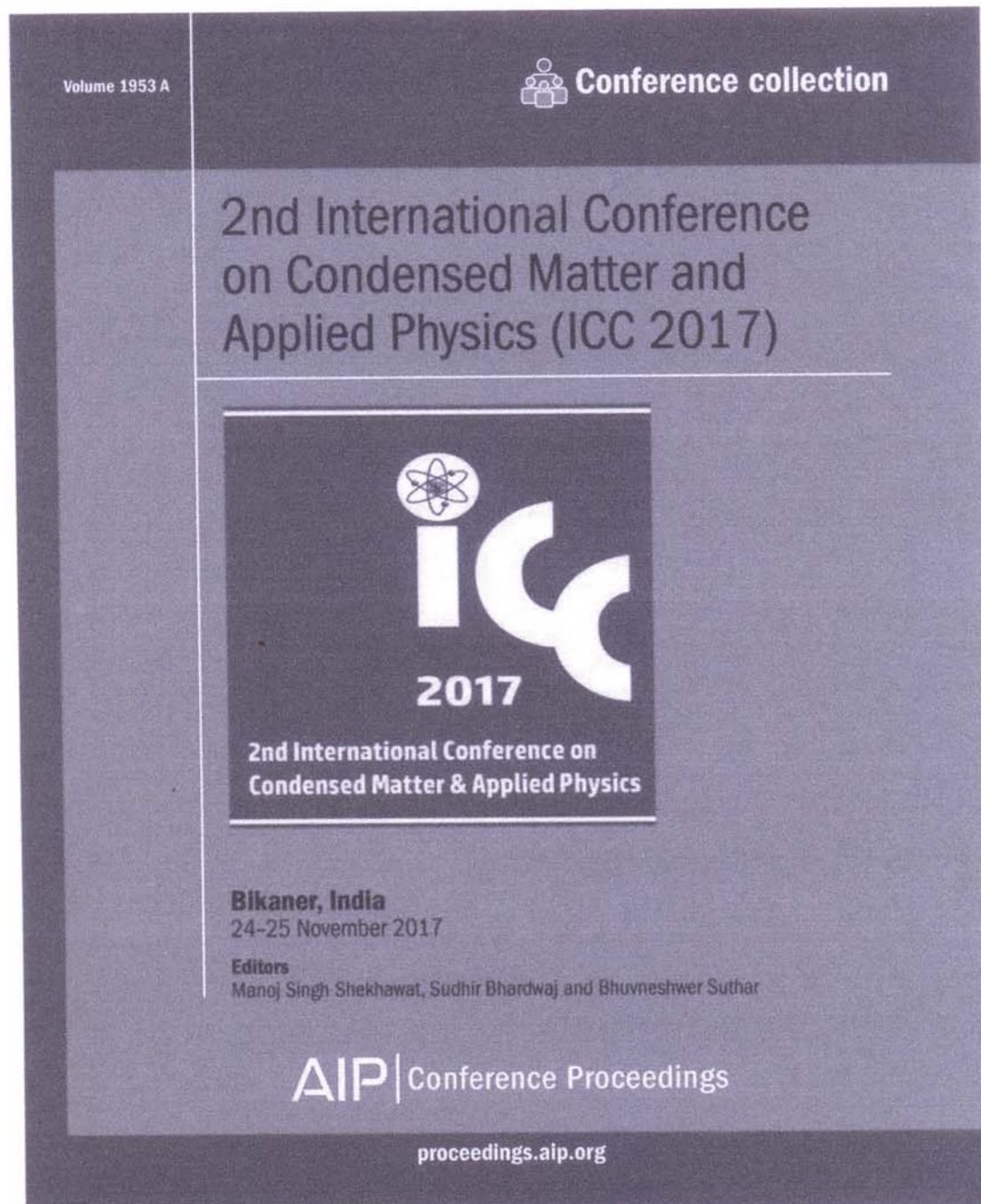
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The Study of Intermolecular Interactions in NLO Crystal Melaminium Chloride Hemihydrate using DFT simulation and Hirshfeld Surface Analysis

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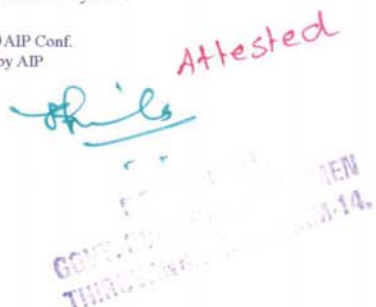
Abstract. Since, the intermolecular interactions play a crucial role in the formation of crystalline network, its analysis throws light on structure dependent crystalline properties. In the present study, DFT based vibrational spectral investigation has been performed in the stretching region (3500 cm^{-1} - 2800 cm^{-1}) of IR and Raman spectra of melaminium chloride hemihydrates. The intermolecular interaction has been investigated by analyzing the half width of the OH and NH stretching profile of the deconvoluted spectra. Correlation of vibrational spectra with Hirshfeld surface analysis and finger print plot has been contemplated and molecular docking studies has been performed on melaminium chloride hemihydrate to assess its role in the drug transport mechanism and toxicity to human body.

INTRODUCTION

Melamine and related derivatives, owing to its ability to form self-assembling complexes via organized intermolecular networks of hydrogen bonds, have been widely used and is a subject of intensive research [1], due to its non linear optical (NLO) properties. Hence, the analysis of intermolecular hydrogen bonding play crucial role in study of crystallization, crystal structure and properties. The vibrational assignment of melaminium chloride hemihydrate (MCH) using FT-IR and FT-Raman have been reported [2]. To investigate the crystalline network, the broad profile in the stretching region of IR and Raman spectra have been deconvoluted and analyzed, with the aid of density functional theoretical simulation. Hirshfeld surface analysis has been emerged as an effective technique to study crystal structure [3] and here, we have investigated the correlation between Hirshfeld surface and crystal structure and also, correlation between Finger print plot and vibrational spectra. The nonlinear optical property, based on hyperpolarizability enhancement and the bioactivity of MCH have been investigated.

COMPUTATIONAL DETAILS

The quantum chemical computations for optimization of melaminium chloride hemihydrate (MCH) structure and vibrational spectra has been carried out using DFT simulation, in the Gaussian 09 program package [4]. For simulation, exchange correlation functional B3LYP [5] has been used, with 6-311++ g(d,p) basis set and the vibrational wavenumbers have been scaled, using standard scaling factor [6]. The vibrational assignments were made using the VEDA software [7] and Gaussview 05 program [8]. Crystal Explorer 3.1 [9] have been used to study the intermolecular interactions of MCH, by plotting Hirshfeld surface and Finger print plot. The molecular docking studies of MCH have been performed using Autodock 4.2 [10]. X-Ray Diffraction (XRD) studies reported for this compound [1] has been analyzed for detailed geometrical and vibrational spectral analysis.



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DFT based Vibrational Spectroscopic Investigations and Biological Activity of Toxic Material Monocrotophos

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Abstract: Many organophosphate compounds exhibiting toxicity are widely used as pesticides and insecticides whose structural features can be explained excellently using geometric simulation using density functional theory and vibrational spectrum. In this work, the molecular structural parameters and vibrational frequencies of the fundamental modes of Monocrotophos have been obtained using Density functional theory (DFT), using B3LYP functional with 6-311++G(d, p) basis sets and the detailed vibrational analysis of FT-IR and FT-Raman spectral bands have been carried out using potential energy distribution (PED). The deviation from the resonance structure of phosphate group due to 'bridging of oxygen' and π -resonance of amides has been investigated based on the spectral and geometric data. The molecular docking simulation of Monocrotophos with BSA and DNA has been performed to find the mode of binding and the interactions with BSA has been investigated with UV-Visible spectroscopic method, to assess the strength of binding.

INTRODUCTION

Monocrotophos is an organophosphorous insecticide and acaricide which is used as a bird poison [1] and as a relatively cheap pesticide in agriculture [2]. Since, phosphate is the central unit of organophosphates, its structural exploration is vital in explaining many toxicological and bioactive characteristics [3,4]. In the present work, investigation of the resonance structure of phosphate group, its deviation due to bridging of oxygen atoms and π -resonance of amide has been carried out using DFT based FT IR and FT Raman spectral analysis. The binding of DNA and BSA with Monocrotophos has been simulated using molecular docking and BSA-Monocrotophos interaction has been experimentally investigated using UV visible spectroscopy.

EXPERIMENTAL METHODS

The Monocrotophos (99%) was purchased from Sigma - Aldrich, and solid sample was used without further purification for the spectroscopic measurements. The FT-IR spectrum was recorded on Shimadzu FTIR 8400S spectrophotometer by taking samples in KBr pellet, within the wavenumber range 4000 - 400 cm^{-1} , with the spectral resolution of 2 cm^{-1} . For recording Raman spectrum, the compound is taken as such and is subjected to Ar laser excitation, with wavelength 632 nm. The spectrum has been recorded using Horiba JobinYvon FT Raman spectrometer in the region 4000-400 cm^{-1} , with resolution 2 cm^{-1} . BSA was prepared in Tris-HCL buffer (pH=7.4) and kept constant at 10 μM and has been titrated against monocrotophos. The UV-Vis absorption spectra have been recorded on a SHIMADZU (UV) spectrometer with in the range of 230-300nm.

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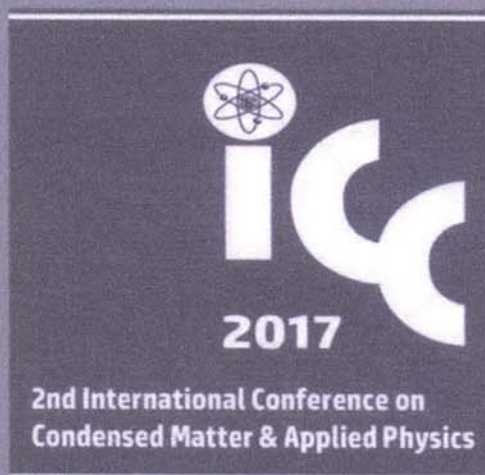
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FT IR Spectral Investigations of Toxic Material Dibromusing DFT

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Abstract. Since, dibrom is widely used organophosphate pesticide, the exploration of its structural features is of immenser research interest, and can be effectively carried out using infrared spectroscopy aided by DFT simulation. The present work aims to investigate the interrelation between carbon-halogen bond strength and electronegativity halogen. The resonance of phosphate in dibrom and the deviation from resonant structure due to bridging of oxygen by electron donating methyl group has been investigated in detail. The molecular docking study has been performed to explore the bioactivity of dibrom and to assess the strength of interaction of dibrom towards DNA and BSA.

INTRODUCTION

1,2-dibromo-2,2-dichloroethyl dimethyl phosphate commonly known as Naled or Dibrom is a widely used organophosphate insecticide[1] and the toxicity of the compound originate from the interfering of compound with the activities of cholinesterase, an enzyme that is essential for the proper working of the nervous systems of both humans and insects[2]. The present work aims to investigate the influence of halogen electronegativity and the bridging of phosphate oxygen on structural features of dibrom, using DFT based FTIR analysis. Also, the biological activity of dibrom has been explored using molecular docking simulation.

EXPERIMENTAL DETAILS

The compound dibrom has been purchased by Sigma Aldrich and infrared spectrum was recorded, with KBr mull technique, using Shimadzu Fourier transform infrared spectrometer in the spectral range $4000-400\text{ cm}^{-1}$, the spectral resolution being 2 cm^{-1} .

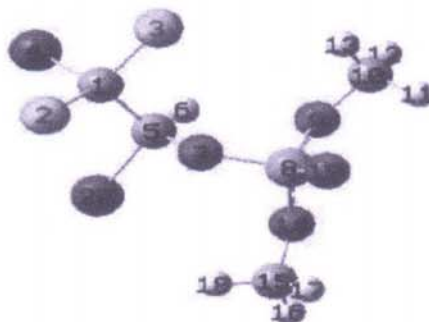
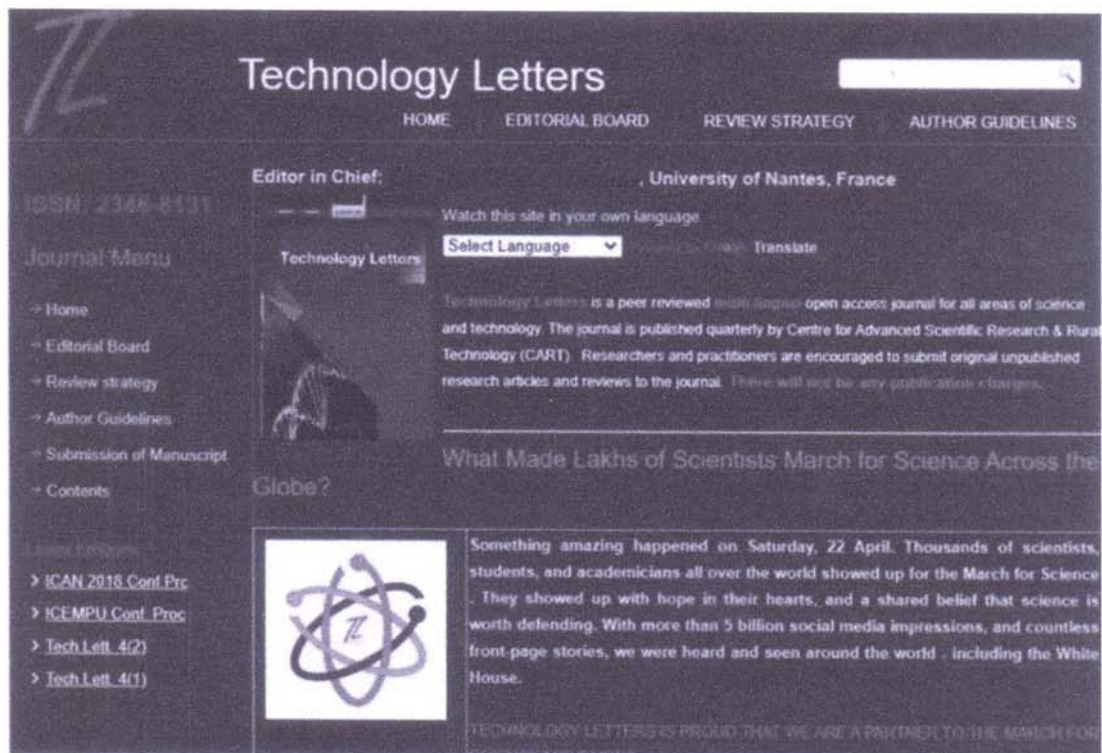


FIGURE 1. The optimized molecular structure of dibrom calculated using DFT at the B3LYP/6-311++G(d,p) level.



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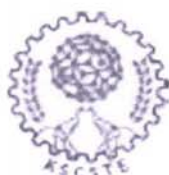
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Synthesis of Luminescent ZIF-8 Nanoparticles for Targeted Drug Delivery

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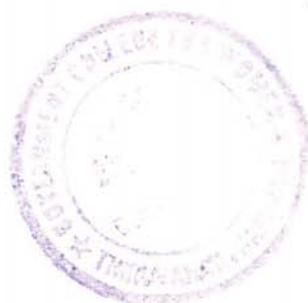
Abstract

Metal-organic frameworks (MOFs) are an emerging class of nanoporous materials comprising metal centers connected by organic linkers. Zeolitic imidazolate frameworks (ZIFs) are a sub-category of MOFs which have tuneable pore sizes and chemical functionality coupled with exceptional chemical stability. ZIFs of appropriate size range can be used for targeted drug delivery in anticancer applications. The present work reports the synthesis of Fluorescein Isothiocyanate (FITC) attached ZIF-8 NPs using a simple solvothermal route. The NP size was found to be around 60-70nm as confirmed by

XRD, SEM and TEM. Photoluminescence (PL) studies proved the presence of FITC molecules within the ZIF-8 framework. The cell toxicity studies showed that the ZIF-8 NPs can be effectively used for biomedical applications.

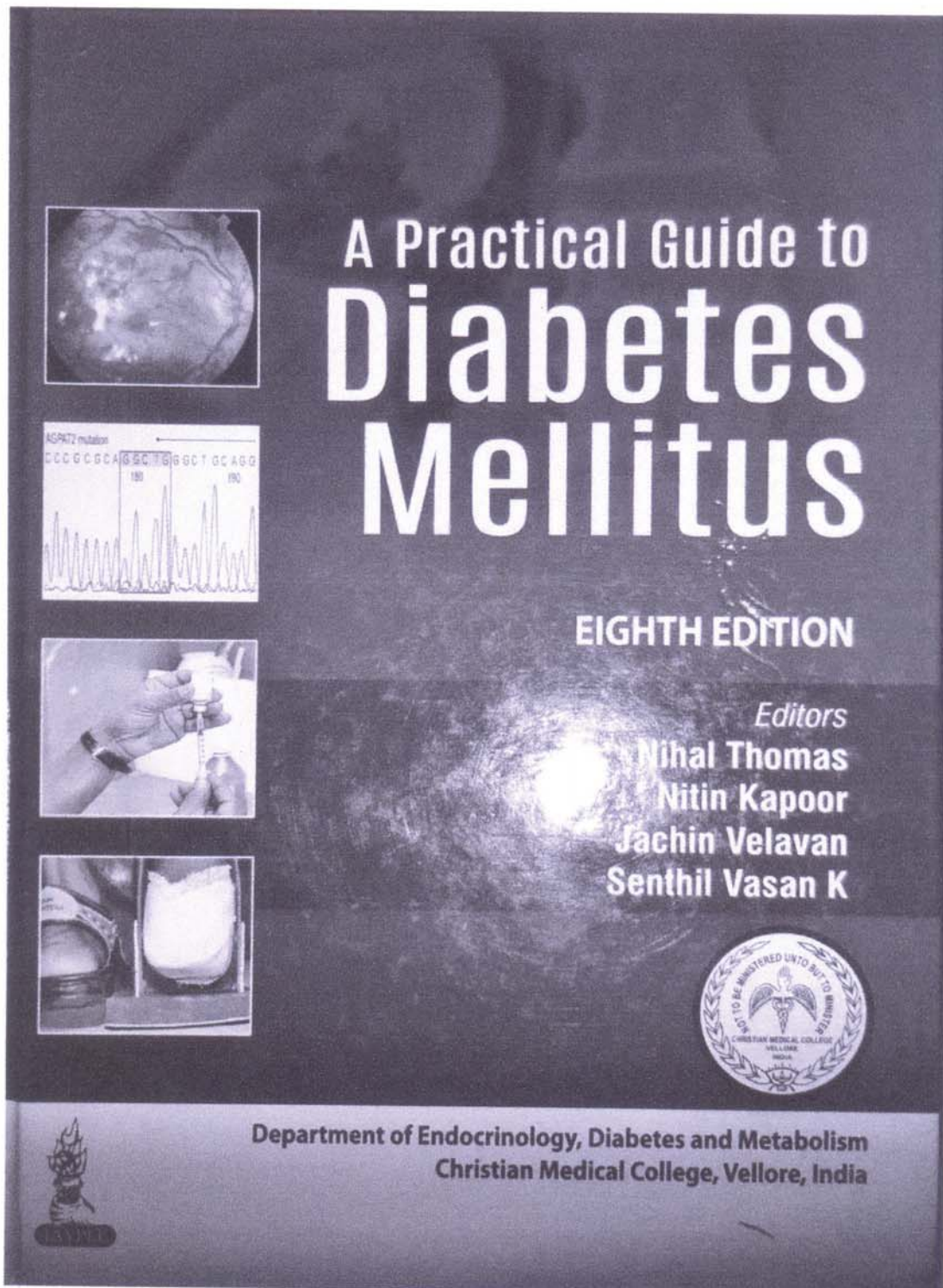
1. Introduction

Metal-organic frameworks (MOFs) are an emerging class of nanoporous materials comprising metal centers connected by various organic linkers to create one, two, and three dimensional porous structures. Zeolitic imidazolate frameworks (ZIFs) are a subclass of MOFs that have tuneable pore sizes and chemical functionality, coupled with exceptional thermal and chemical stability [1]. ZIFs form versatile structures analogous to that of inorganic zeolites [2]. ZIF-8 (Zeolitic imidazolate framework-8) is made of Zinc ions coordinated by four imidazole ($C_3H_4N_2$) rings. ZIF-8 is an attractive MOF for application of targeted drug delivery in cancer cells. The porous structure of ZIF-8 enables its use as an effective drug carrier. In the present work we report the synthesis of fluorescein isothiocyanate (FITC) molecule encapsulated ZIF-8 NPs. The present work is designed to investigate the cytotoxic effect of ZIF-8/FITC NPs on human malignant melanoma (A375) cells. Cytotoxic potentials of ZIF-8/FITC NPs



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Nutritional Therapy

Mini Joseph, Leepica Kapoor, G Sai Mala

*"Food! Glorious food! Eat too much and suffer
Carbs to be counted, take a bit of fiber
Balance your diet with greens from the racks
Avoid oil; ensure—three meals and three snacks"*

ABSTRACT

The most challenging part of medical nutrition therapy in diabetes is that it does not go in line with the "one-size-fits-all" eating pattern for individuals with diabetes. The diet has to be individualized as per the patient's specific nutritional needs engaging them in self-management of a healthy eating pattern and physical activity.

Nutrition therapy is recommended for all individuals with diabetes as a necessary component of the overall treatment plan.

GOALS OF NUTRITION THERAPY

- To promote the nutritional status through consumption of nutrient-dense foods in appropriate portion sizes specifically to attain individualized glycemic goals based on age, history of diabetes, health, and other present health conditions.
- To achieve and maintain body weight as metabolic control has proved to be a landmark in diabetes management.
- To delay and prevent complications of diabetes.
- To formulate an individualized diet plan keeping in mind the following factors that may influence patients' personal preferences. They are food habits (vegetarian/nonvegetarian), region, religion, climate, profession, likes and dislikes, availability of food items, socio-economic status, customs and beliefs, as well as barriers to change.
- To provide ample variety of food choices.
- To have a pragmatic outlook on meal planning so that it can be practiced in day-to-day living by doing simple meal modifications rather than focusing on individual macronutrients.

MAINTENANCE OF BODY WEIGHT

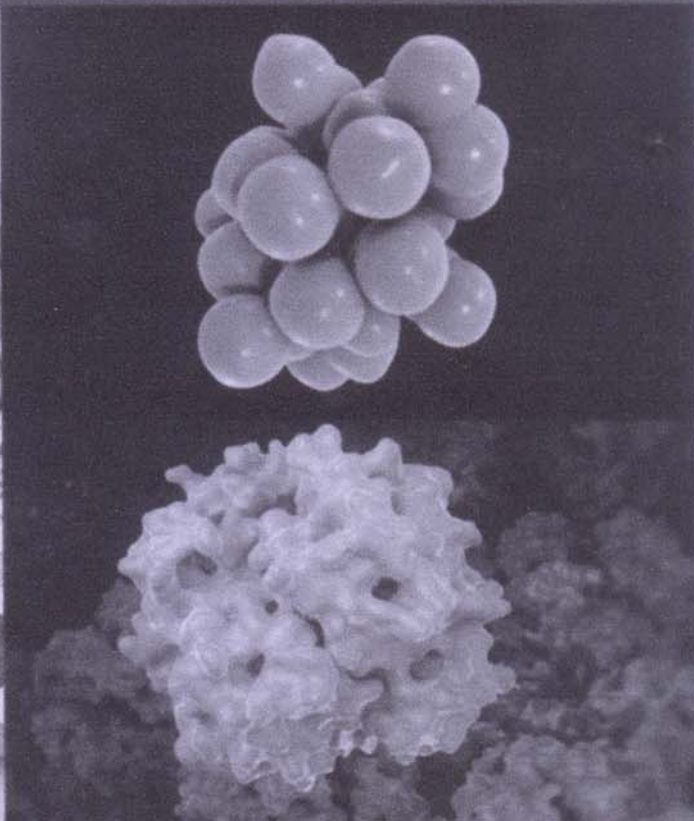
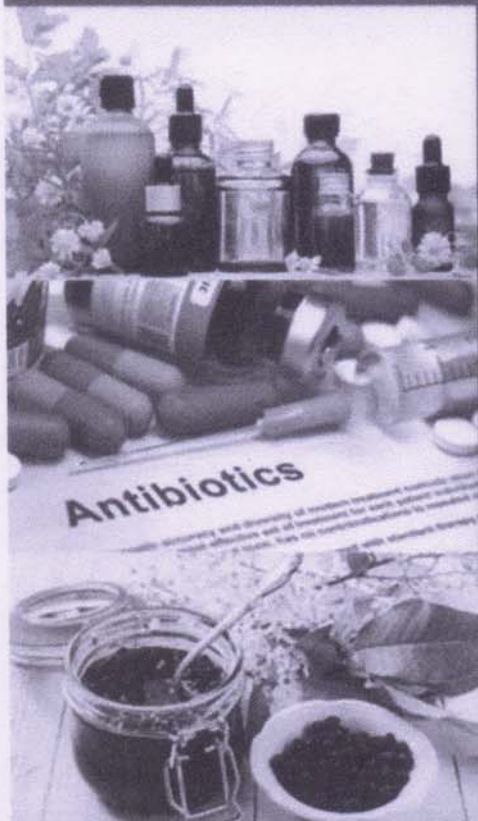
More than three out of four people with diabetes are overweight, and obesity is prevalent in nearly half the population with diabetes. As excess body weight is directly linked with insulin

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MICROBIOLOGY BOOK SERIES, NUMBER 7



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Enrique Torres-Hergueta and A. Méndez-Vilas (Eds.)



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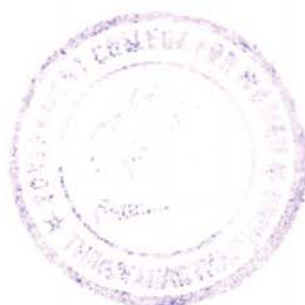
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Understanding microbial pathogens: current knowledge and educational ideas on antimicrobial research
(Enrique Torres-Hergueta and A. Méndez-Vilas, Eds.)

Bacteriocins from Lactic Acid Bacteria and their emerging applications

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In the last few decades, there has been a growing interest in natural preservatives owing to the consumers demand for healthy, safe, fresh-tasting, ready-to-eat, minimally processed foods and also novel food products. The use of bacteriocins is a promising alternative for chemical preservatives. Bacteriocins are ribosomally synthesised, extracellularly released, antibacterial peptides of bacterial origin. Large numbers of bacteriocins are produced by all genera of the lactic acid bacteria (LAB). The bacteriocins from LAB are commonly categorized into three groups: class I – the lantibiotics, class II – the heat stable unmodified bacteriocins, class III – the larger heat labile bacteriocins.

Bacteriocins find increasing interest in food processing technologies in that their use can reduce the addition of chemical preservatives and heat treatments so that the organoleptic and nutritional properties of food can be preserved naturally. Bacteriocins from lactic acid bacteria have been largely studied with the perspective of food protection against pathogenic and spoilage bacteria. Narrow spectrum bacteriocins have the advantage of selectively inhibiting the growth of food spoilage bacteria such as *Listeria monocytogenes* so that the beneficial microflora remains unaffected. There are bacteriocins with a broad spectrum of antibacterial activity which can find wider applications. Enterococcal bacteriocins active against foodborne pathogens such as *Listeria* spp. and *Clostridium* spp. are reported. The efficacy of bacteriocins is influenced by several environmental factors like pH, temperature, food composition and structure, as well as the food microbiota. Bacteriocins produced by strains such as *Enterococcus faecium* and *Enterococcus faecalis* reveal thermostable properties which can recruit them for interesting technological applications.

Bacteriocins can be added to foods in the form of purified or partially purified preparations as food preservatives, shelf-life extenders, additives or ingredients. They can also be produced *in situ* by bacteriocinogenic starters, adjunct or protective cultures. Immobilized bacteriocins can also find application for development of bioactive food packaging. In recent years, application of bacteriocins as part of hurdle technology has gained great attention. Several bacteriocins can either enhance the action of other antimicrobial agents or act synergistically when used in combination with other antimicrobial agents, including chemical preservatives, natural phenolic compounds, as well as other antimicrobial proteins. Different bacteriocins may also be used in blend which helps to evade the development of resistant strains. The combination of bacteriocins and other treatment methods provides an additional barrier to more resistant forms like bacterial endospores which offer a better method for more effective preservation of foods.

Recent research has witnessed extending the applications of bacteriocins from food to human health. The rapid developments in genetics and nanotechnology have demonstrated possibilities for upgrading bacteriocins into next generation antibiotics with novel applications as carrier molecules and also in the treatment of cancer.

Keywords: bacteriocin; lactic acid bacteria; food preservation; food spoilage; health

1. Introduction

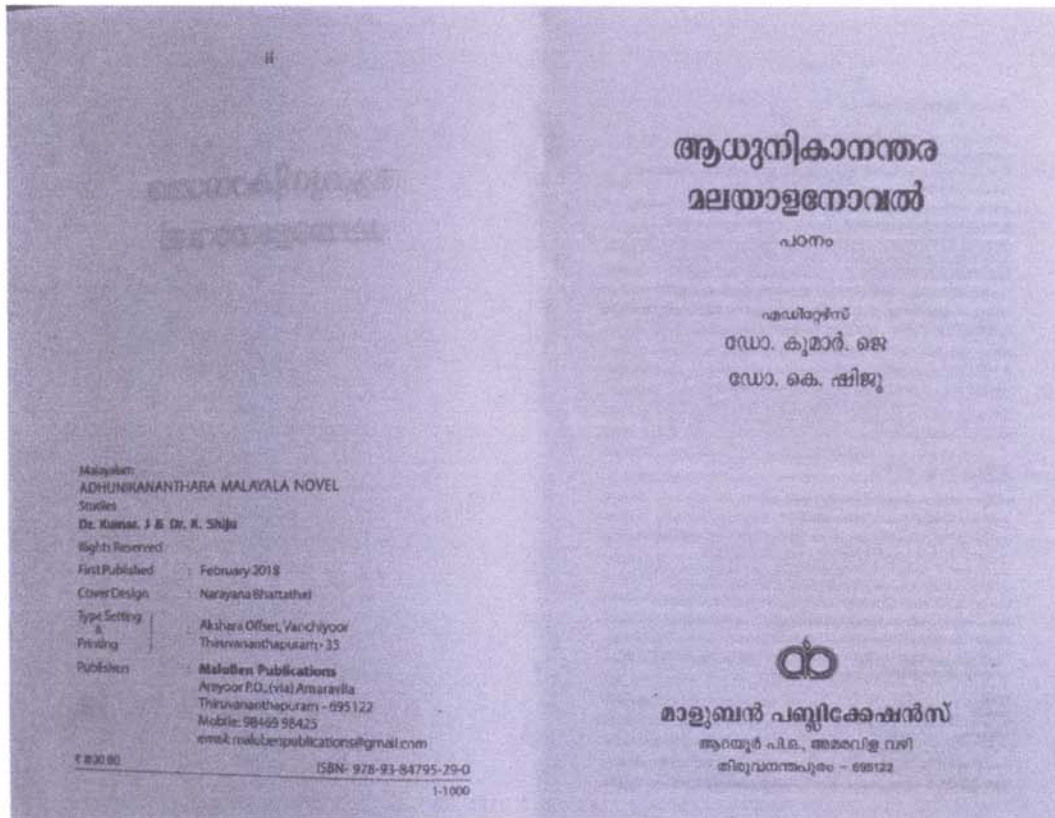
Last few decades have witnessed a growing interest in natural preservatives owing to the consumers demand for healthy, safe, fresh-tasting, ready-to-eat, minimally processed foods and also novel food products. In this milieu, bacteriocins find a wide application in food industry with respect to food safety and preservation. Bacteriocins find increasing application in food preservation because they can render an extended shelf life for preserved foods and also provide extra protection in adverse temperature conditions which in turn reduce the economic loss due to food spoilage. Since bacteriocins prevent the growth of food borne pathogens, they reduce the risk of transmission of these pathogens. Bacteriocin application offers a natural mechanism for food preservation permitting chemical preservatives to be ruled out either completely or partially. Furthermore, bacteriocin application allows that food be processed at less severe temperatures at which the heat labile nutrients such as vitamins as well as the organoleptic properties of the food can be preserved without negotiating food safety [1, 2].

Like all other living organisms, bacteria also produce antimicrobial peptides. Generally bacteria produce two types of antimicrobial peptides – ribosomally synthesized antimicrobial peptides and non-ribosomally synthesized antimicrobial peptides. Of these, ribosomally synthesized antimicrobial peptides are called bacteriocins [3]. In general, bacteriocins are defined as ribosomally-synthesized multifunctional proteinaceous antibacterial substances, which have been examined for applications in microbial food safety. They differ from antibiotics which are secondary metabolites that are not ribosomally synthesized. They also differ from antibiotics in their mode of action, antimicrobial spectrum, toxicity and resistance mechanisms [4, 5]. The first characterized and most studied of the bacteriocins are the colicins of *E. coli*, a Gram negative bacteria [6]. Among the Gram-positive bacteria, the Lactic Acid Bacteria (LAB) has been demonstrated as a source of antimicrobial peptides with food safety applications.



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ആധുനികാനന്തര മലയാളനോവൽ

പഠനം

എഡിറ്റേഴ്സ്

ഡോ. കുമാർ. ജെ

ഡോ. കെ. ഷിജു



ഈ നൂറ്റാണ്ടിൽ പ്രസിദ്ധീകരിച്ച അറുപത്താറ് മലയാള നോവലുകളെ പ്രമേയാടിസ്ഥാനത്തിൽ വർഗീകരിച്ച്, ആധികാരിക പഠനത്തിന് വിധേയമാക്കുന്ന ബുഹദ് ഗ്രന്ഥം. മലയാള നോവലിന്റെ വികാസപരിണാമങ്ങൾ സാമാന്യമായും ആധുനികാനന്തര പ്രവണതകൾ വിശേഷമായും വിലയിരുത്തുന്ന ആമുഖപഠനം. ചരിത്രം, ലിംഗനിതി, പരിസ്ഥിതി, ദലിത്ജീവിതം, സയൻസ്ഫിക്ഷൻ, സൈബർ, പ്രവാസം എന്നീ ജ്ഞാനമേഖലകളെക്കുറിച്ചുള്ള സൈദ്ധാന്തിക പഠനങ്ങൾ.



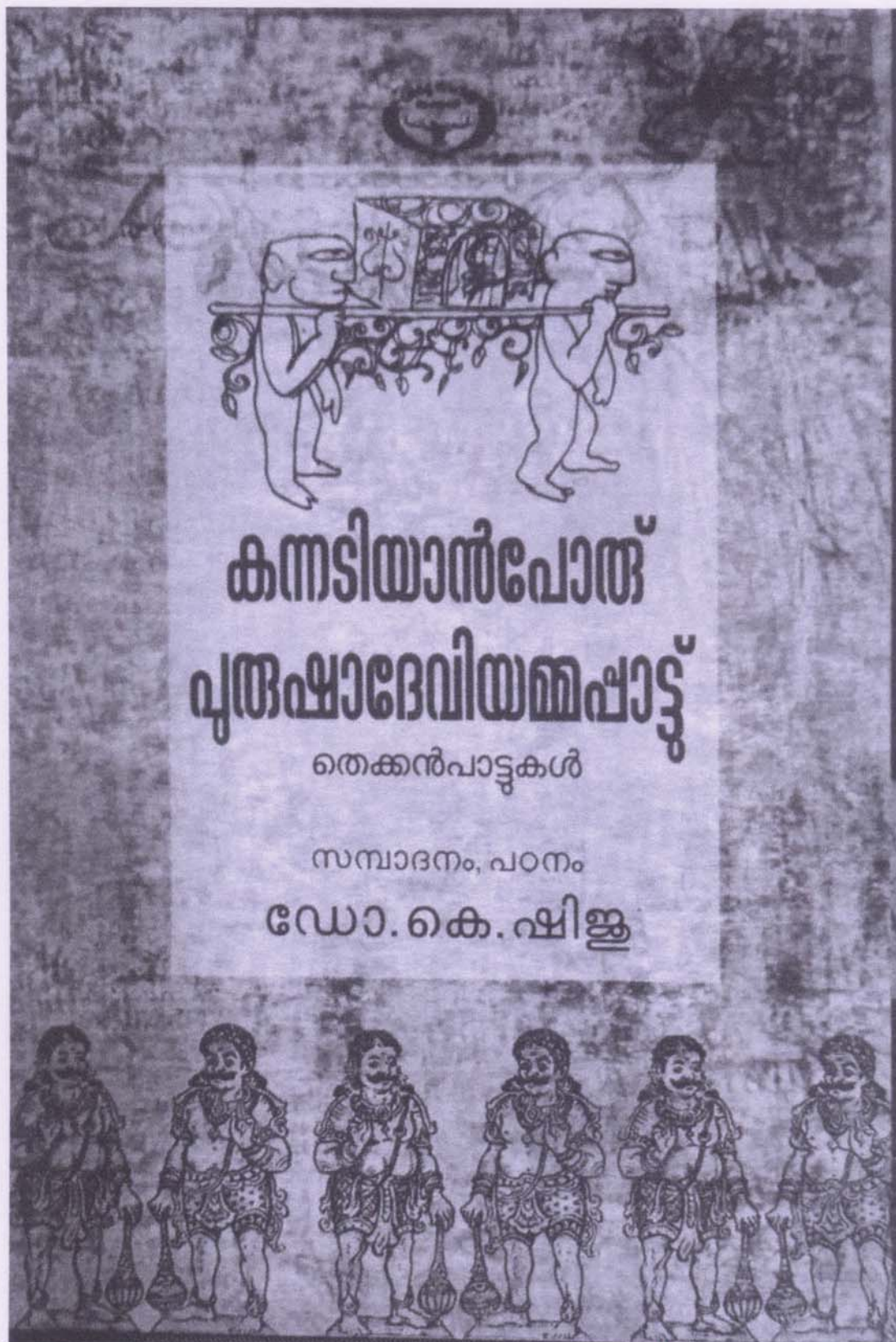
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സമ്പാദനം, പഠനം

ഡോ. കെ. ഷിജു

തെക്കൻ കേരളത്തിന്റെ തനതു കലാരൂപമാണ് വില്പിപ്പാൻപാട്ട്. അപമൃത്യുവിന് ഇരയാകുന്ന വിരപ്പുരുഷന്മാരും പതിവുകൾ ശിവസന്നിധിയിലേത്തി വരും വാങ്ങി ദൈവങ്ങളായി മാറുന്നു. അവരുടെ തോറ്റും ആവിഷ്കരിക്കുന്ന ഈ പാട്ടുകൾ മലയാളഭാഷയുടെ ആദിമരൂപമായ മലയാംതമിഴിലാണ് കെട്ടിയുണ്ടാക്കിയിരിക്കുന്നത്. പരമ്പരാഗതമായി പാടിവരുന്ന തെക്കൻപാട്ടുകളിൽ ഏറെ പ്രശസ്തവും നൂറ്റാണ്ടുകളുടെ പഴക്കമുള്ളതുമാണ് കുന്നടിയാൻപോത്ത് പുരുഷാദേവിയമ്മപ്പാട്ട്. പ്രാദേശിക ജീവിതസംസ്കൃതിയുടെ ജീവൻ തുടിക്കുന്ന പാട്ടുകളുടെ പാഠവും പഠനവും സഹൃദയർക്കും ഭാഷാസ്നേഹികൾക്കും ഏറെ പ്രയോജനപ്രദമാണ്.



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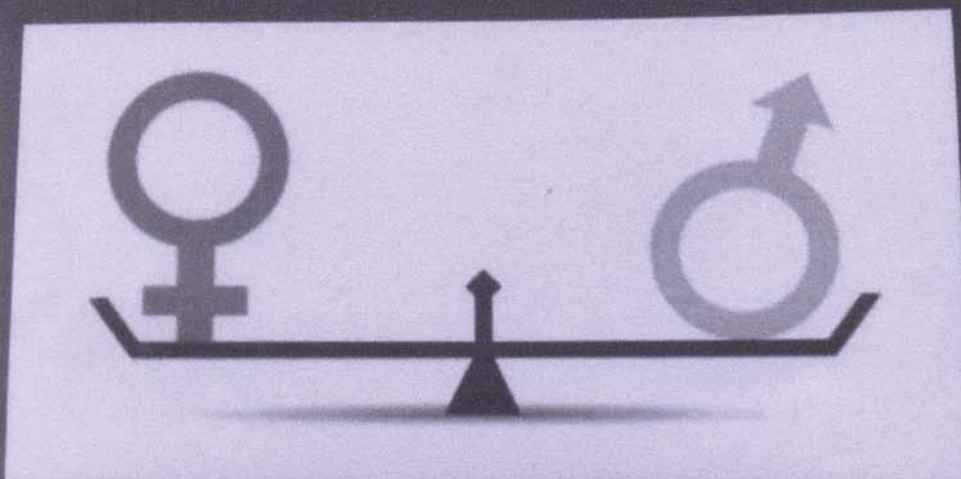
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Gender Parity and Women Empowerment

- Challenges and Way Forward



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Gender Parity and Women Empowerment-Challenges and Way Forward

Entrepreneurial Activities among Tribal Women in Kerala-The Means to Empowerment

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Abstract--- Empowerment of tribal women has emerged as an important issue in recent times. Entrepreneurship can be viewed as one of the best ways towards attainment of self-sufficiency and poverty alleviation among tribal women in the country. Entrepreneurial activities provide not only economic development but also an upward social movement and ensure dignity of life at par with others. This paper seeks to examine the various entrepreneurial activities that can be initiated among tribal women in Kerala. The paper also attempts to explain the need for promoting such activities and the role of the society and public in promoting the same.

Keywords--- Entrepreneurship, Tribal Women, Empowerment.

Introduction

Entrepreneurship plays a vital role in the economic development of a country. An entrepreneur is often considered a person who runs his/her own business or set up his/her own industry. Women entrepreneurs are generally viewed as women who initiate, organize and operate her own business enterprise providing employment to a handful of persons. Women empowerment among tribal community has emerged as an important issue in recent times. Entrepreneurship is not a characteristic endowed with some society, class, caste or religion; rather, entrepreneurial qualities, abilities and skills are widely distributed among people of different castes and cultural backgrounds. Our country is characterized as having the second largest tribal population in the world. According to the 2011 census, tribals constitute 8.2% of total population of the country. Not only that, they are the most deprived and oppressed sections of India. Gender bias and oppression reveals that "adivasi" women are the worst affected. Poverty, deprivation and absolutely poor health are the major problems encountered by them. In Kerala, adivasis constitute 1.1% of the total population of which females outnumber males. The economic empowerment of women is a vital element of strong economic growth in any country. Entrepreneurship can be viewed as one of the best ways towards attainment of self-sufficiency and poverty alleviation for women in a country. The involvement of women in entrepreneurial activities would ensure effective utilization of labour, generation of income and hence improvement in the quality of their life. Entrepreneurship among tribals will be in the nature of rural entrepreneurship, where tribal women should concentrate in their home or local area and contribute to the creation of local wealth. Economic empowerment of women via entrepreneurial activities would surely result in increased socio-economic opportunity, political participation, social equality, family and community development, and thereby the development of the nation as a whole.

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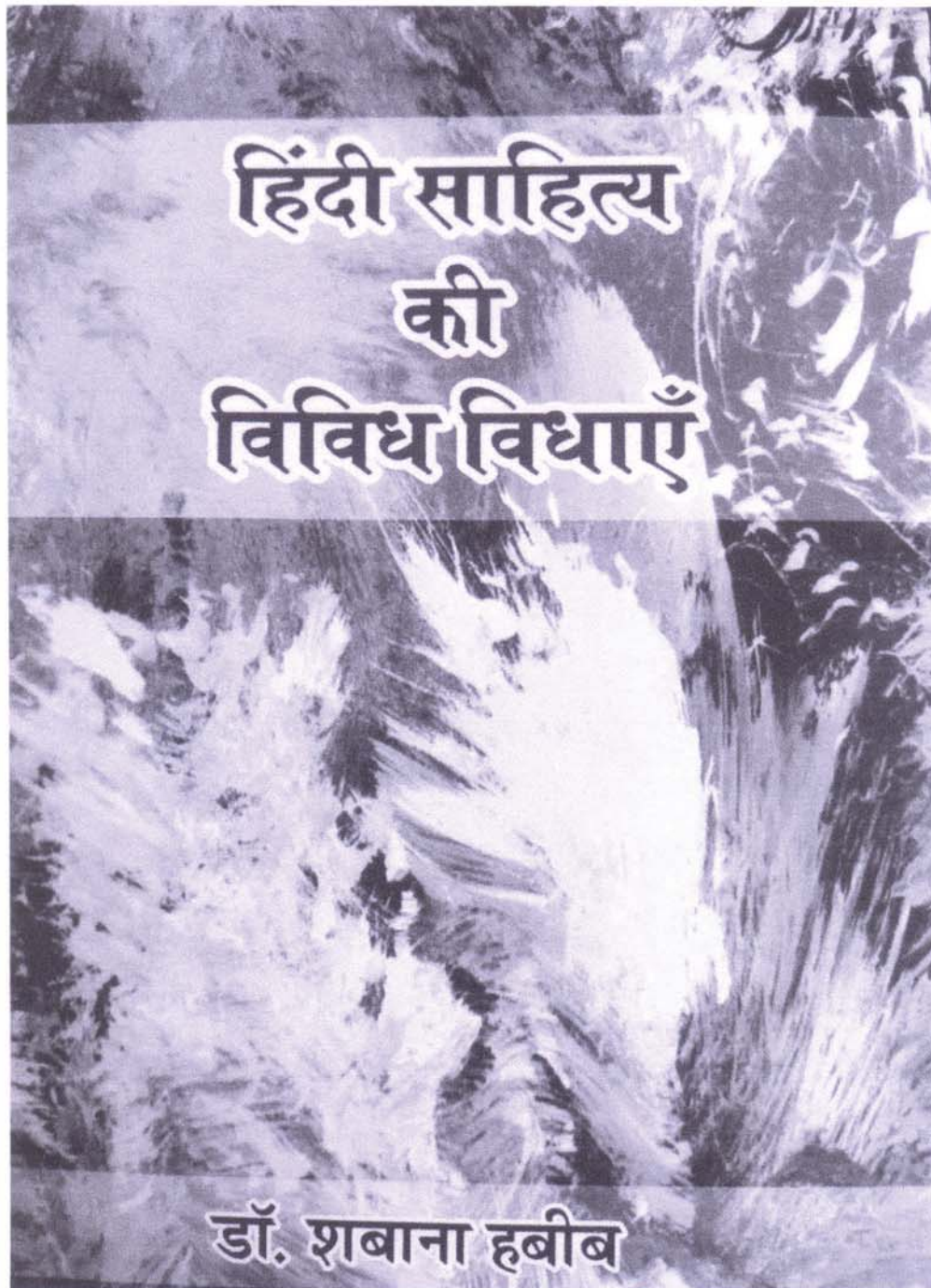
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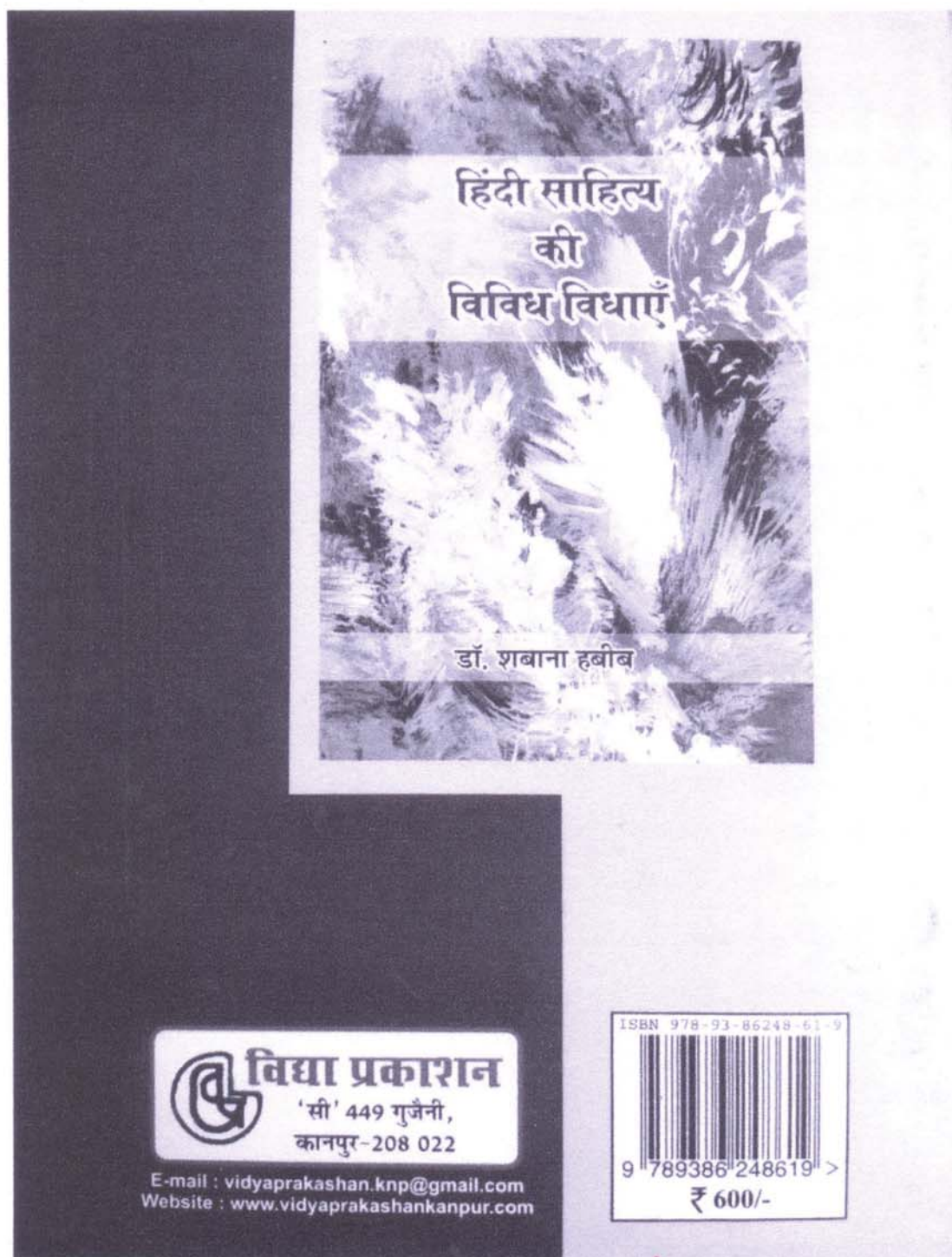

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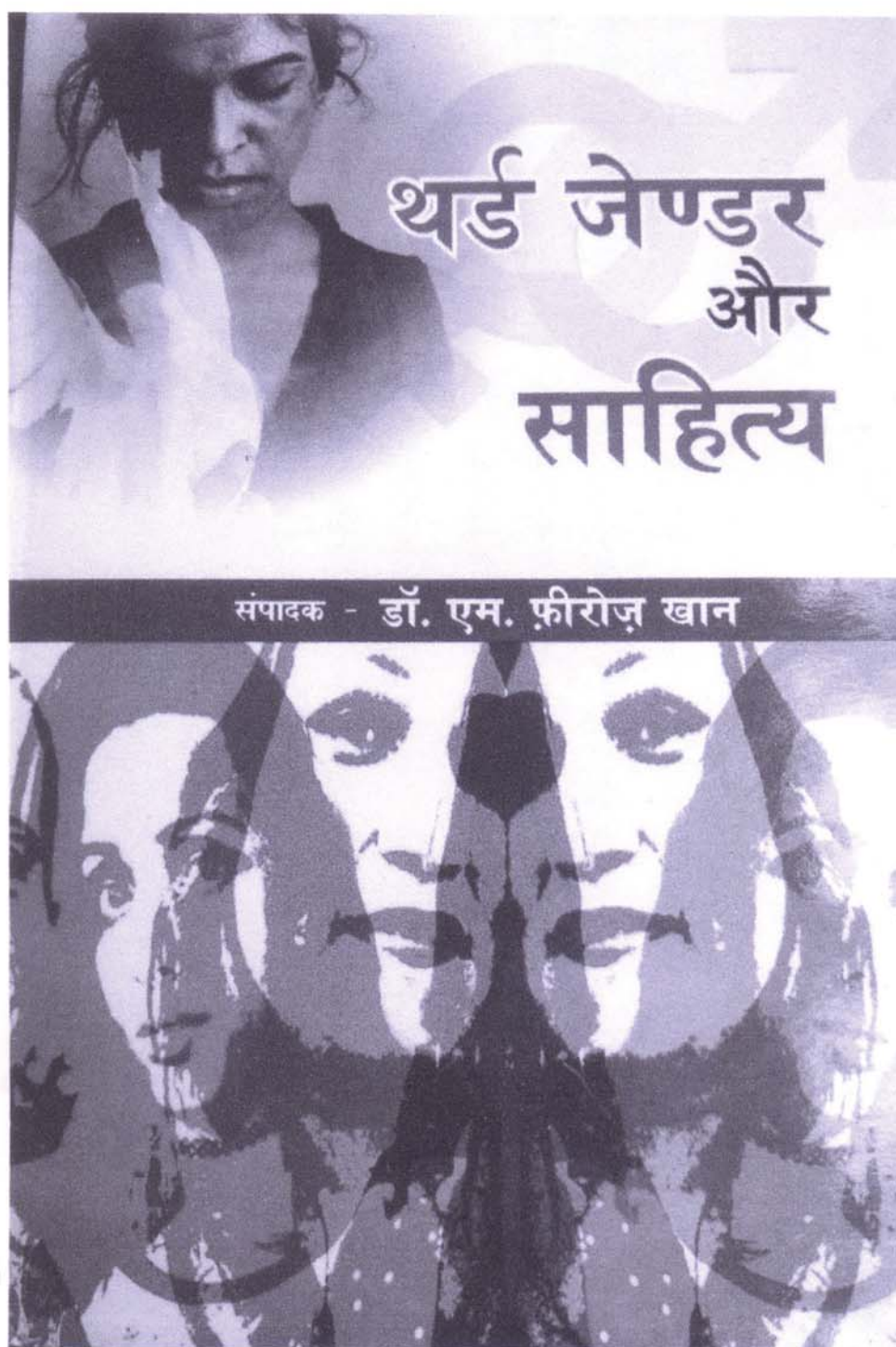
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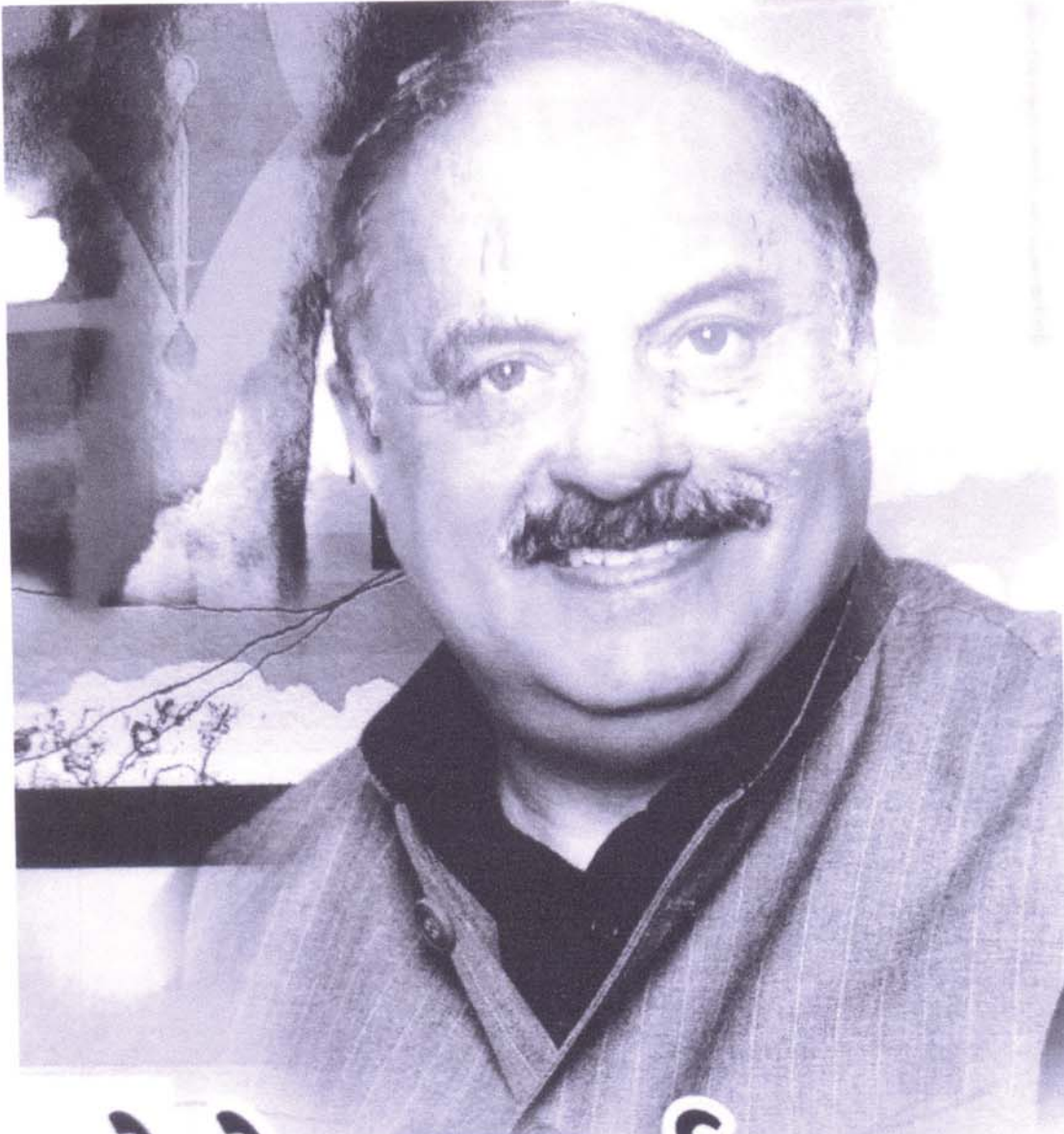
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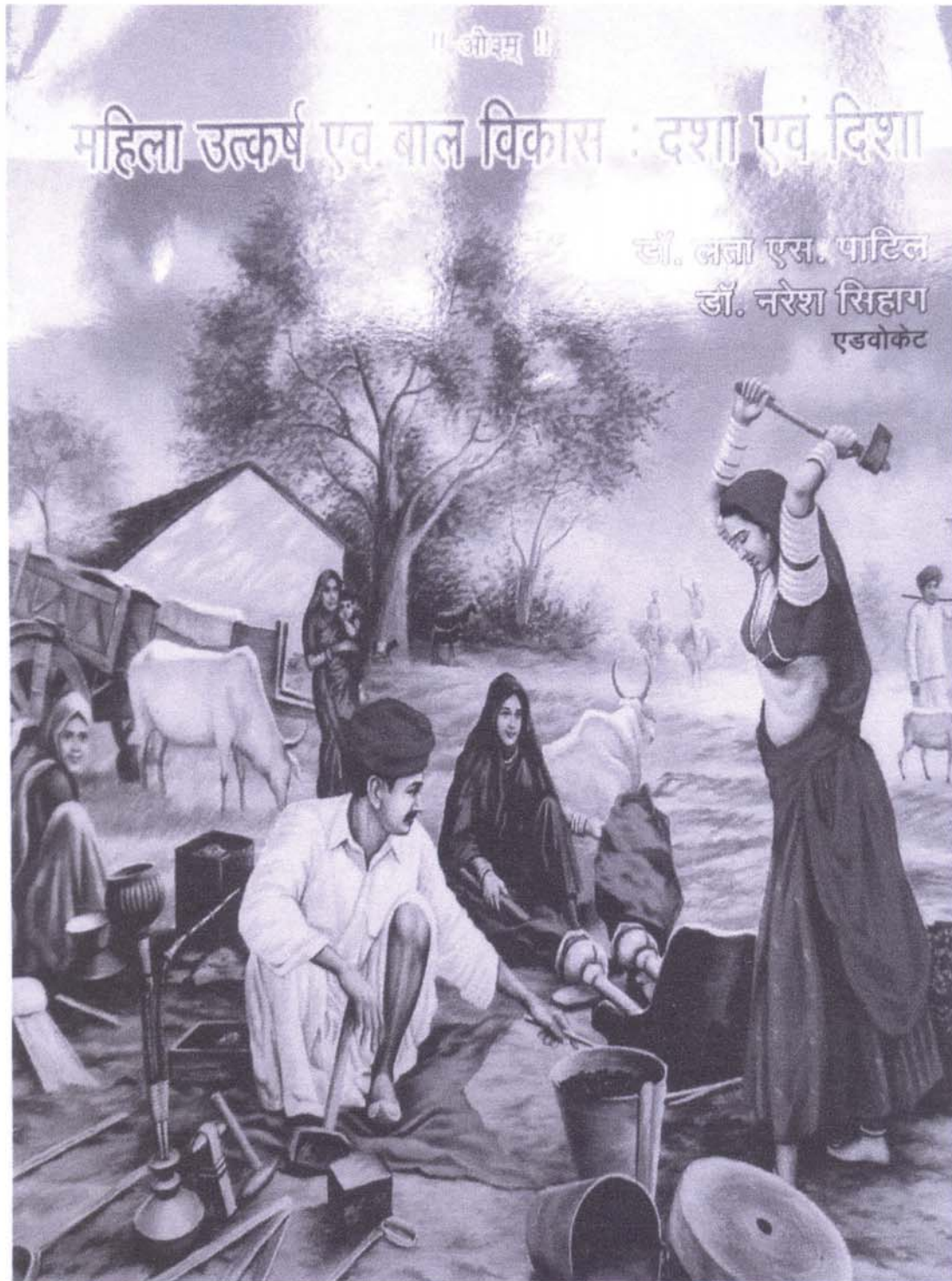
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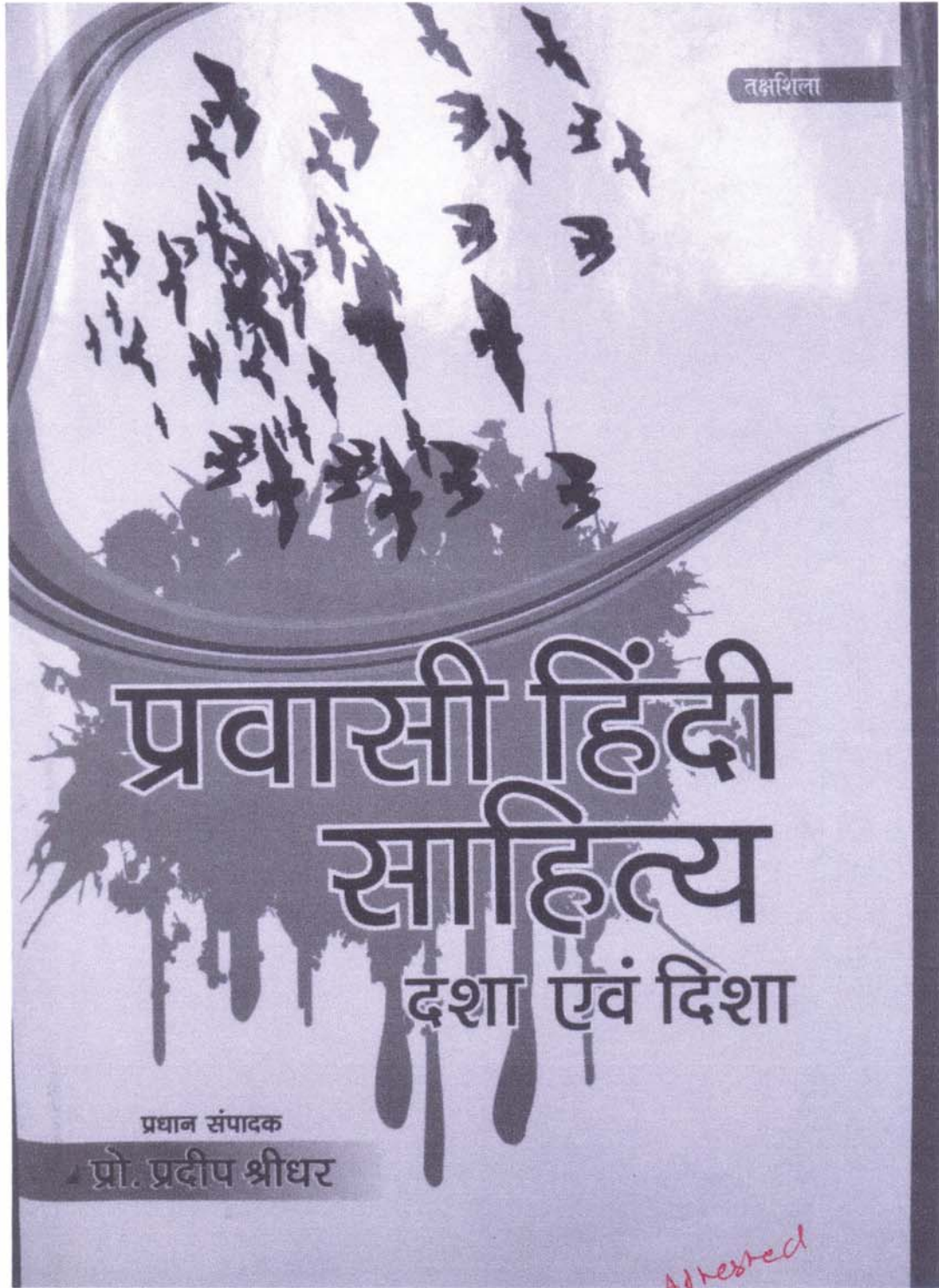


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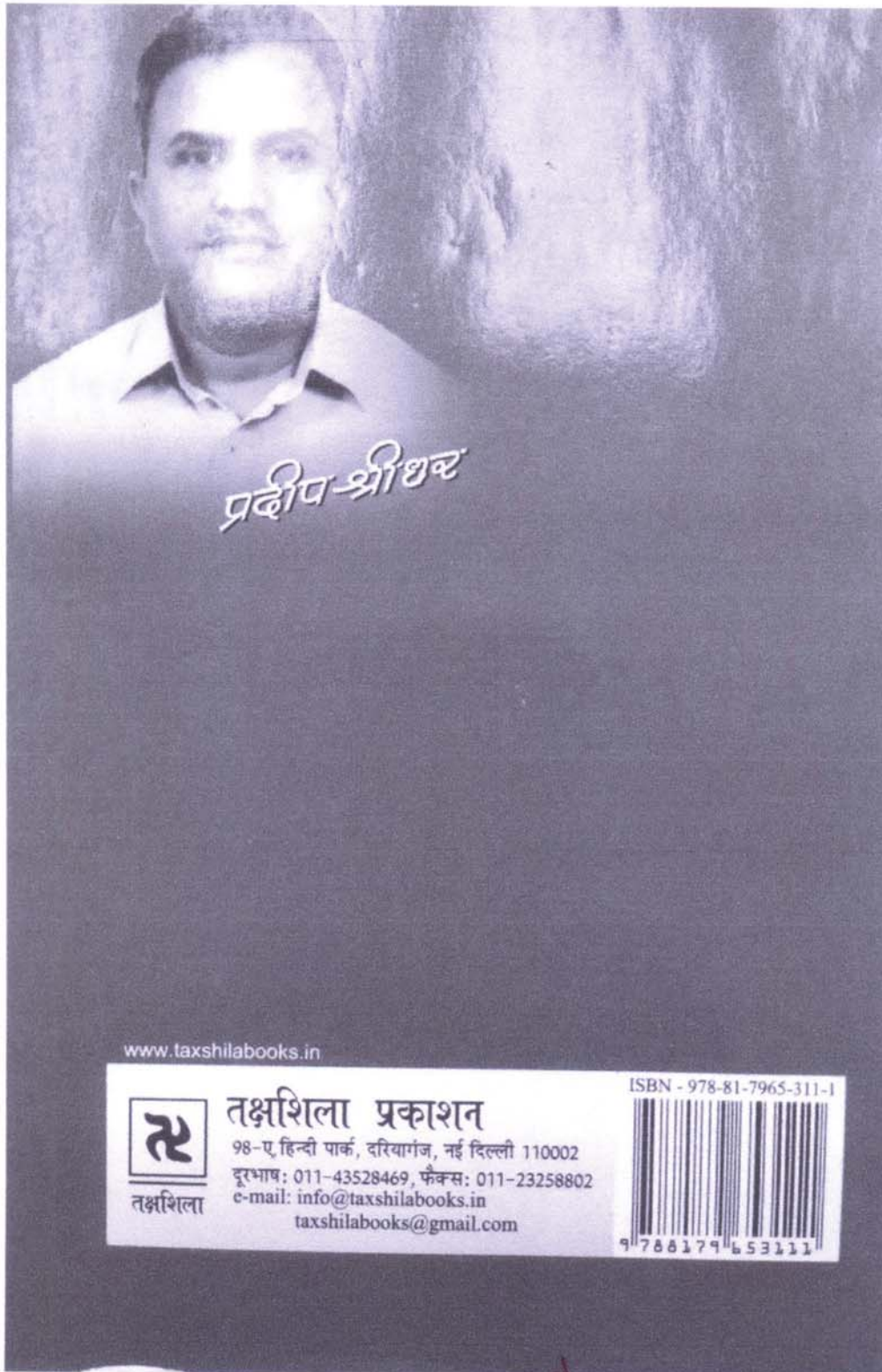
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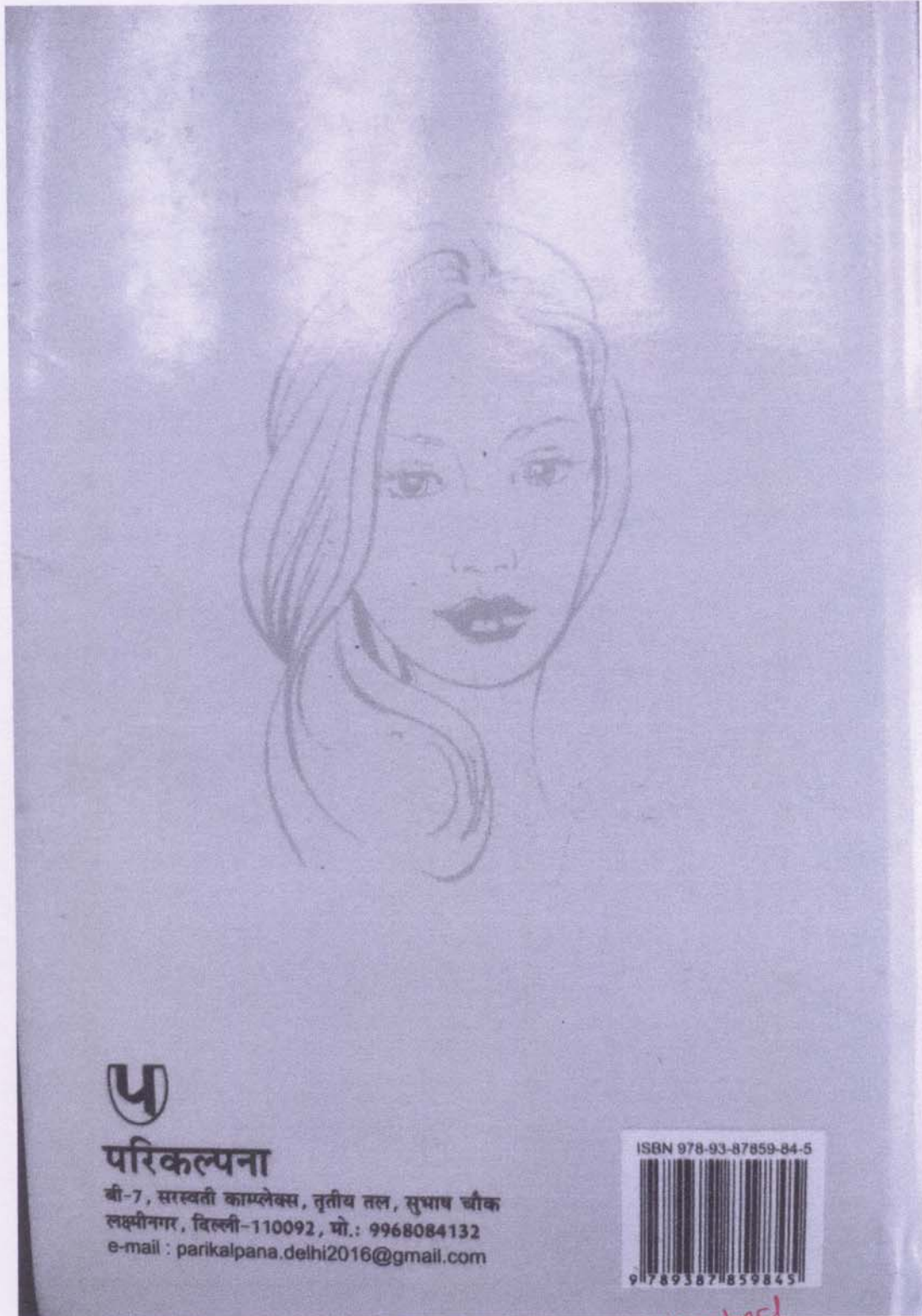
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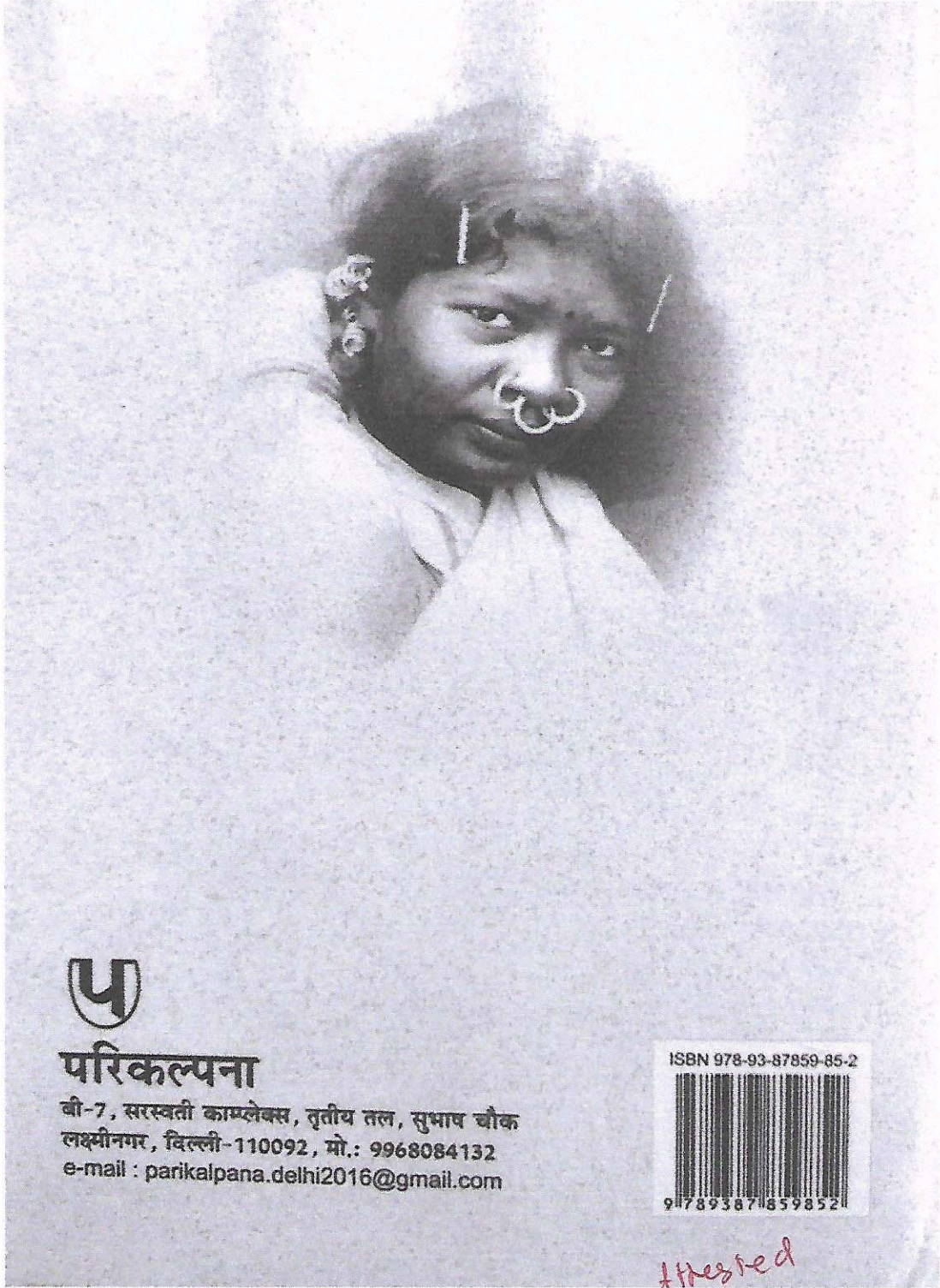
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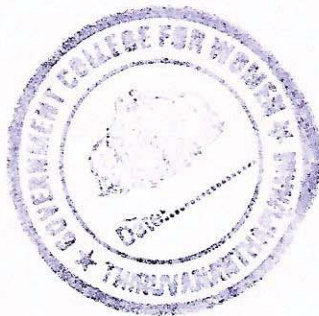
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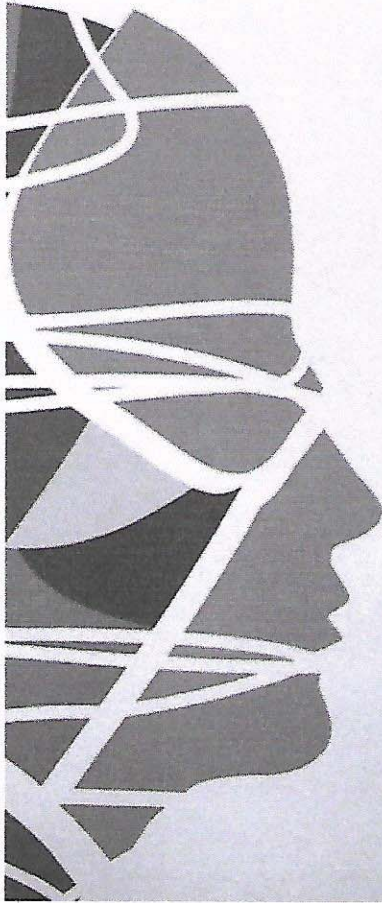
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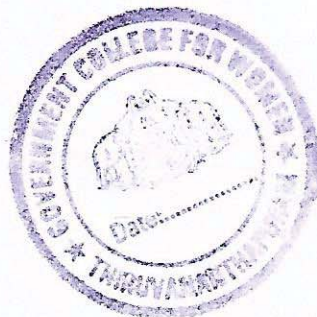
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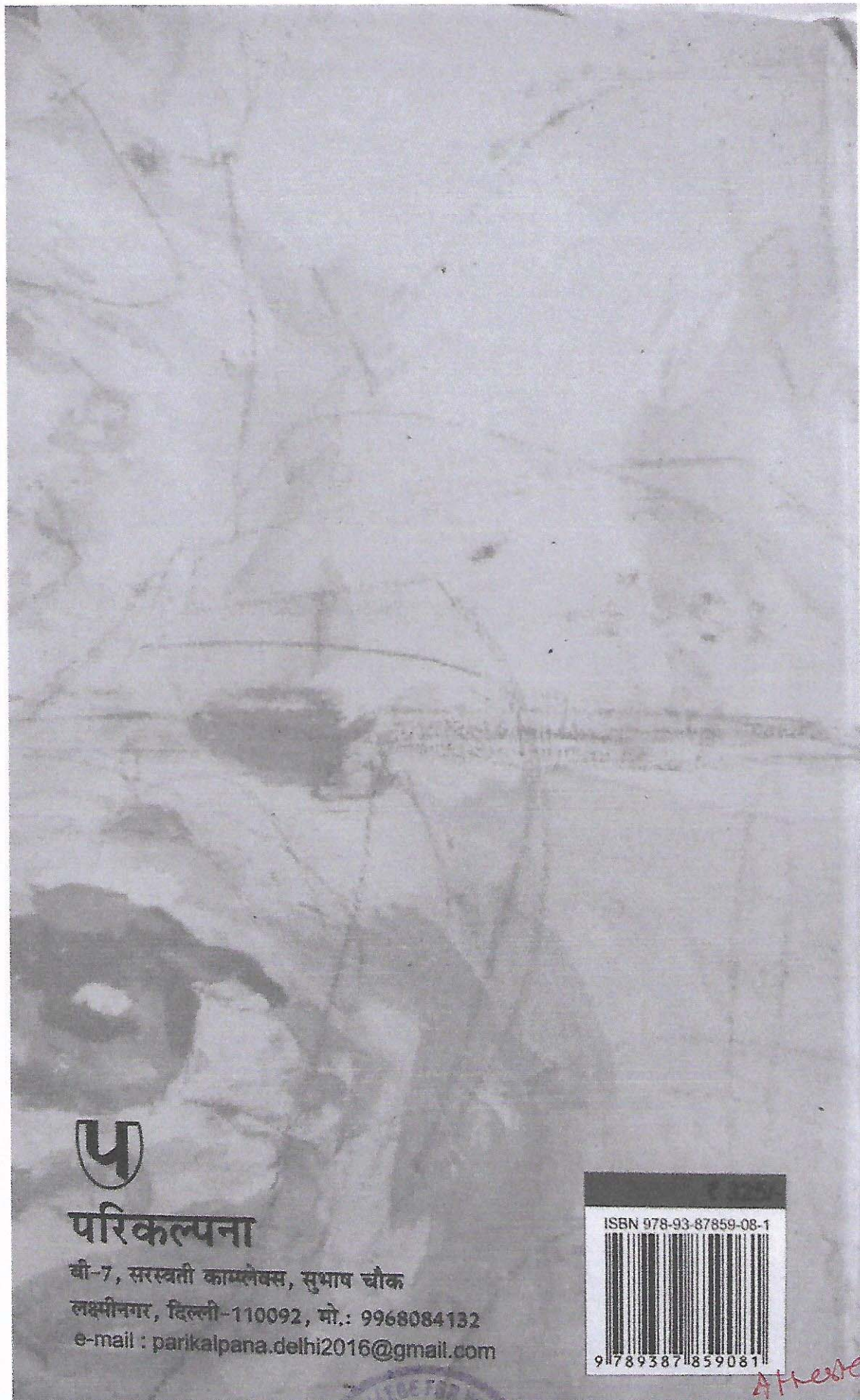
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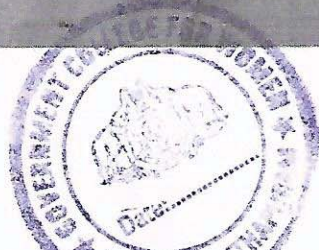
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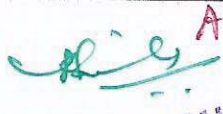
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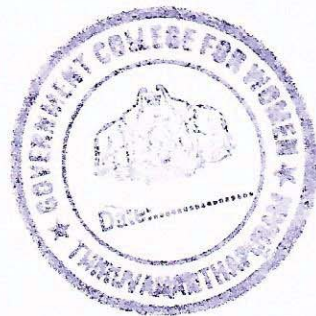
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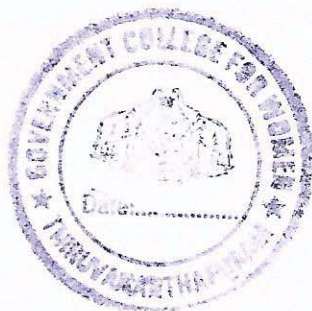
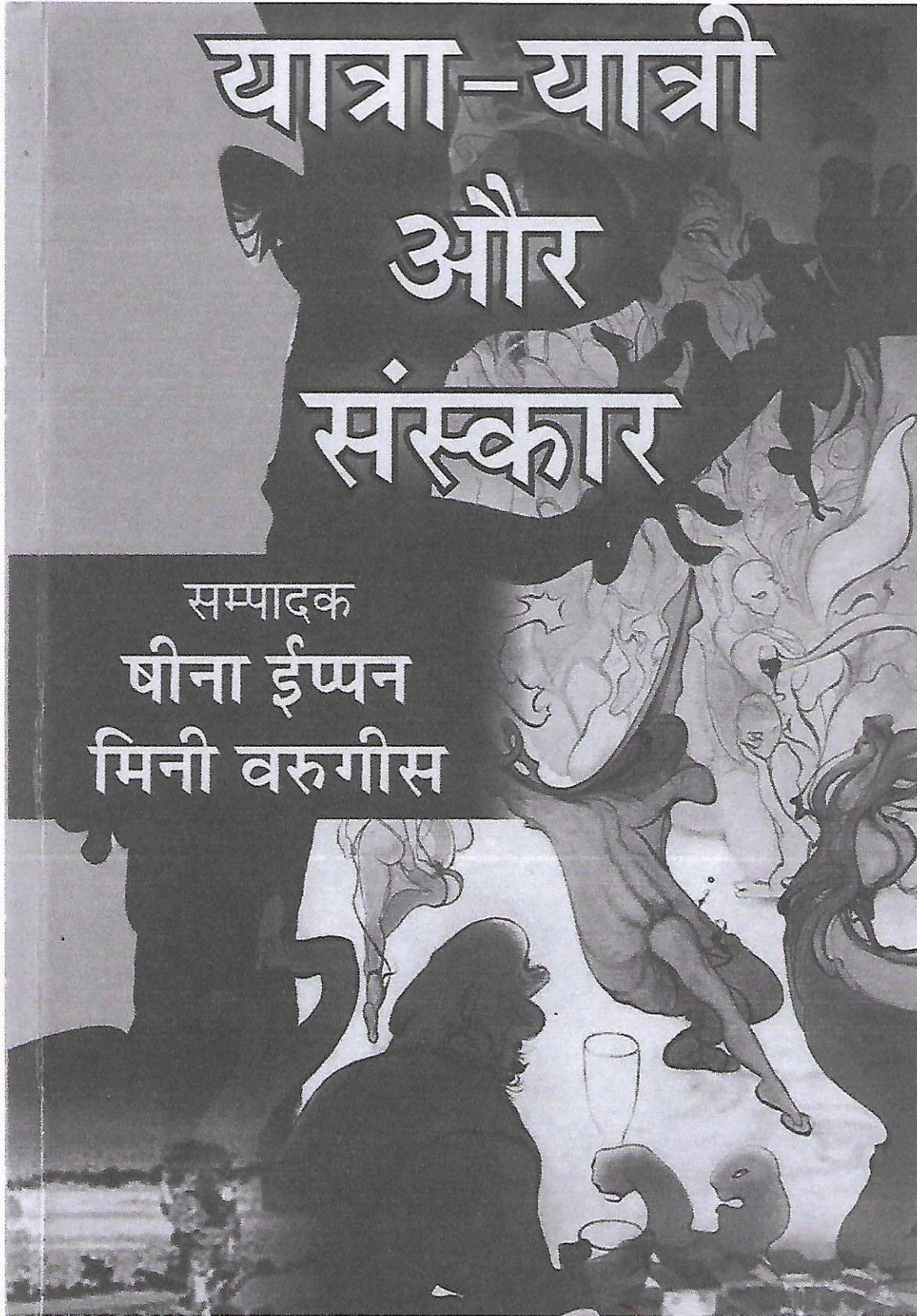
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चलते तो अच्छा था

—निम्मी ए.ए.

आधुनिक हिन्दी साहित्य में गद्य की तमाम विधाओं का विकास हुआ है जिसमें यात्रा-साहित्य का महत्वपूर्ण स्थान है। यात्रा संस्मरण की विशेषता यह है कि उसमें यथार्थ की प्रबल अभिव्यक्ति है। इसमें कल्पना की गुंजाइश तक नहीं होती। इसमें विभिन्न देशों की यात्रा के दौरान लेखक जो भी अनुभव करते हैं उसका जीवन्त वर्णन सरल और स्पष्ट भाषा में व्यक्त करते हैं। हिन्दी साहित्य में यात्रा-लेखन की विरासत के निर्माण का श्रेय नागार्जुन, त्रिलोचन, योग्य और निर्मल वर्मा को है। बहुधा यात्रा-साहित्यकार यायावरी को ज्ञानवृद्धि और अनुभव संचय से जोड़ने के पक्ष में हैं। उनका मकसद सहज भाव से यात्रा करना और सीखते चलने का है। कभी-कभार यह जोखिम भरा भी हो सकता है।

सुप्रसिद्ध कथाकार असगर बजाहत ने हिन्दी यात्रा-साहित्य को नया स्वरूप प्रदान किया है। उन्होंने अमरीका, रूस, फिलीपीन्स, हांगकांग, ऑस्ट्रिया, जर्मनी, फ्रांस, नेतर्लैंड, इटली, रोमानिया, सूरीनाम, ईरान, अजरबैजान, पाकिस्तान आदि देशों की यात्रा की है। बचपन से ही यात्रा करने की उन्हें बेहद दिलचस्पी थी। जब अलीगढ़ आया तो अपने पाठ्यक्रम की किताबों से ज्यादा वे विदेशों पर छपी किताबों के पन्ने पलटकर तस्वीरें देखा करते थे। दरअसल, घूमते वक्त उनके ध्यान में यह नहीं रहता कि यह अनुभव कहानी-उपन्यास में किस तरह शामिल होंगे। लेकिन समय आने पर उनका कहीं-न-कहीं उपयोग होता है। अतः उनके लेखन में यात्राओं की अहम् भूमिका रही है। यात्राएँ कई अर्थों में लेखक को ताजा कर देती हैं। अतएव यह ताजगी उनके लेखन के लिए ही नहीं जीने के लिए भी जरूरी बन गयी है। उनके यात्रा संस्मरण में वर्णनात्मकता के साथ व्यक्तित्व की छाप भी देख सकते हैं। देश-विदेश की यात्राओं में प्राप्त अनुभवों को उन्होंने अपने यात्रा-साहित्य में लिपिबद्ध किया है। दरअसल, पाठक के साथ आत्मीयता एवं तादात्म्य स्थापित करना उनका लक्ष्य है।

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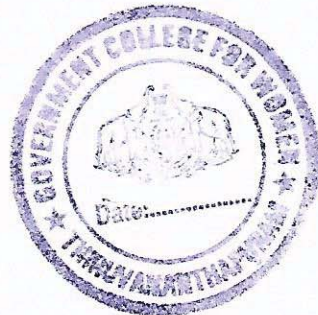
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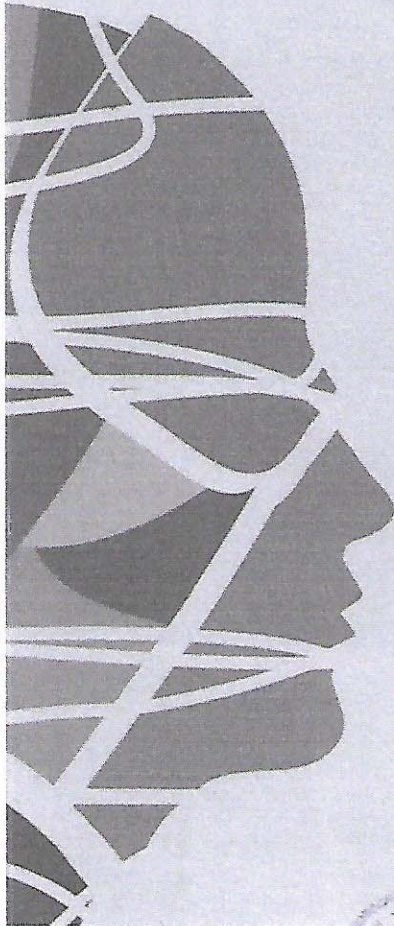
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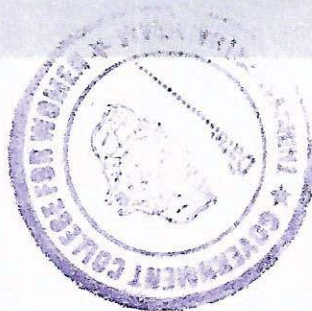
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समकालीन आदिवासी कविता का विद्रोही स्वर

डॉ. निम्मी ए. एन.
असिस्टेंट प्रोफेसर
हिन्दी विभाग
सरकारी कॉलेज
तिरुवनंतपुरम

'आदिवासी' का मतलब अधिवासी है जिनका सबसे पहले निवास हो वह आदिवासी है। इन्हें वनवासी, जंगली या जनजाति भी कहा जाता है। 'आदिवासी' हजारों सालों से वन और जंगलों में रहते हैं। इसी दृष्टि से उन्हें लोग 'वनवासी' कह देते हैं।

आदिवासी की चिंता जल, जंगल, जमीन, भाषा और संस्कृति की है जो आदिवासी अस्मिता के लिए ज़रूरी है। आदिवासी को सहज ही असभ्य और बर्बर समझ लिया जाता है। उसकी सभ्यता और संस्कृति को न तो समझने की कोशिश की जाती है और न ही उसके साथ सहृदयता के साथ व्यवहार किया जाता है। बाहरी स्वरूप और आवरण के आधार पर परिभाषा गढ़ दी जाती है, जो यथार्थ से बिल्कुल दूर की बात होती है। 'आदिवासी' देश के मूल निवासी माने जाने वाले तमाम आदिम समुदायों का सामूहिक नाम है। इस संदर्भ में यह विचारणीय है कि आदिवासी पद का 'आदि' उन समुदायों के आदिम युग तक के इतिहास का द्योतक है।

आदिवासी विमर्श में आदिवासी समाज के रहन-सहन, उनकी संस्कृति, परंपराएँ, अस्मिता, साहित्य और अधिकारों के बारे में विस्तृत चर्चा की जाती है। आदिवासी समाज सदियों से जातिगत भेदों, वर्ण व्यवस्था, विदेशी आक्रमणों, अंग्रेजों तथा वर्तमान में सभ्य कहे जाने वाले समाज (तथाकथित मुख्यधारा के लोग) द्वारा दूर-दराज जंगलों और पहाड़ों में खदेड़ा गया है। अज्ञानता और पिछड़ेपन के कारण उन्हें सताया गया है। अक्षर ज्ञान न होने की वजह से यह समाज सदियों से मुख्यधारा से कटा रहा, दूरी बनाता रहा। 'वे एक तरफ गरीबी, निरक्षरता, बेरोज़गारी, बीमारियों और भूमिहीनता से ग्रस्त हैं, वह दूसरी तरफ भारत की बहुसंख्य जनसंख्या, जो कि विभिन्न अप्रवासी जातियों के वंशज हैं उनके साथ बेदभावपूर्ण व्यवहार करती हैं'। भारत में ये जनजातियाँ विभिन्न भागों एवं विभिन्न भाषिक प्रदेशों में हैं। जैसे, मीणा, बंजारा, चकमा, गुज्जर, मुंडा, संथाल, उराव, ताड़, गददी, गोंड, मिजो, खासी, नागा, उल्लाइन, उरली, पनियान, मुडुवन आदि। भारत के विभिन्न प्रदेशों में निवास कर रहे इन आदिवासियों ने अपने-अपने भू-भाग में अपने हकों, अधिकारों और अस्तित्व की लड़ाई के लिए असंख्य विद्रोह किए। अंग्रेजों, साहुकारों, महाजनों, जमीनदारों और सूदखोरों के अन्याय एवं अत्याचार के बरखिलाफ आंदोलन किए। झारखंड, छत्तीसगढ़, मध्य प्रदेश, महाराष्ट्र और केरल में पहचान का आन्दोलन भी शुरू हुआ था। जिनमें संथाल हुल विद्रोह, उलगुलान, बस्तर की लड़ाई, पुर्वोत्तर का पहचान का आंदोलन बतौर तरह-तरह के आंदोलन हैं। आज अधिकतर आदिवासी साहित्य के प्रेरणा स्रोत बिरसा मुंडा, सिद्धो-कानू, तिलका माँझी, टंट्या भिल, कालिबाई, झलकारी बाई, जानु जैसे तमाम क्रांतिकारी हैं। बहरहाल 'भारत सरकार ने

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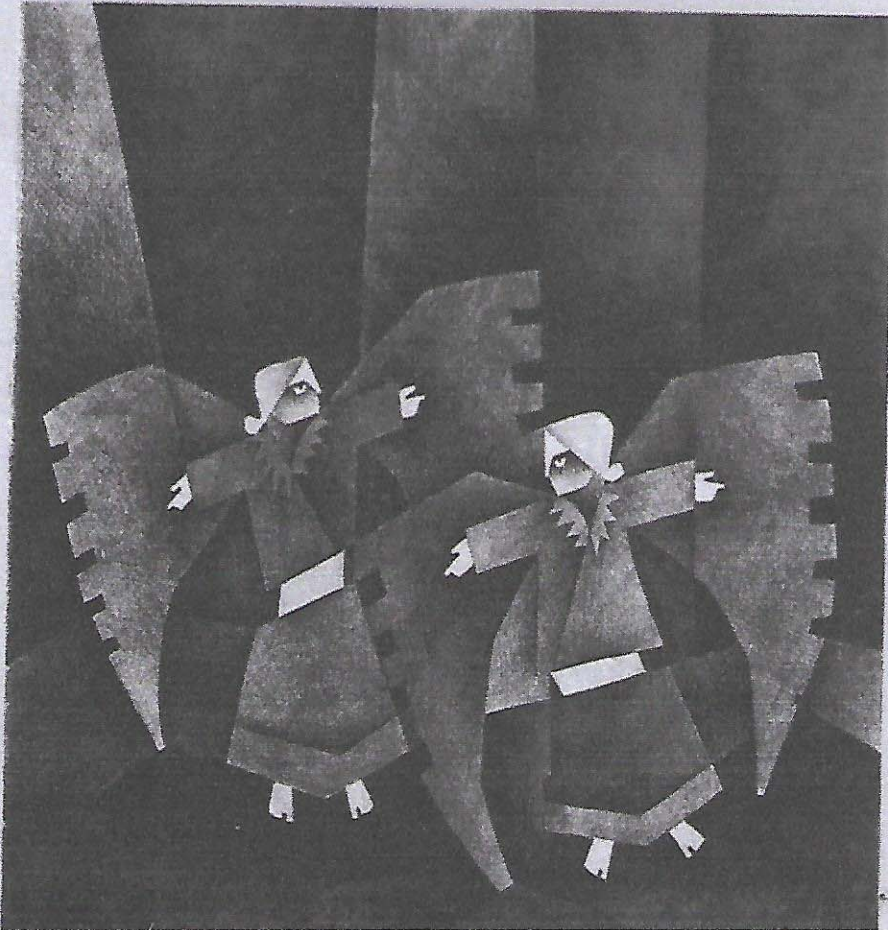


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अनामिका की कविताओं में स्त्री-विमर्श

डॉ. निम्मी ए.ए.

‘इस दुनिया में स्त्री की मुक्ति खोजना आकाश और धरती के सांस्कृतिक पुल बनाने से कम मुश्किल नहीं है। लेकिन यह कठिन काम अंजाम दिए बिना दस द्वारे के इस पिंजरे में रहने वाले सुंदर पंछी खुले गगन में उड़ने के लिए तैयार नहीं हो सकते।’

इक्कीसवीं सदी के नव्य साहित्यिक एवं सांस्कृतिक विमर्शों में स्त्री विमर्श का खास महत्व है, विमर्श से मतलब है सोच-विचार, परामर्श, या जांच। ‘स्त्री विमर्श’ दो शब्दों से बना है स्त्री और विमर्श। जिसका शाब्दिक अर्थ है स्त्री के प्रश्न और उसके अस्तित्व से जुड़े विभिन्न पहलुओं पर किया गया विचार। यह एक ऐसी चिन्तन प्रक्रिया है, जिससे स्त्री की आत्मचेतना, आत्मसम्मान, आत्मगौरव, समता और समानाधिकार की पहल की जाती है। ‘इक्कीसवीं सदी में, आज के वैज्ञानिक युग में, यदि अभी भी स्त्रियों के प्रति इस तरह की भेदभावपूर्ण भावना और उपेक्षा है, तो यह बात स्त्रियों के प्रति घोर अन्याय से कम नहीं मानी जा सकती।’ दरअसल पुरुष वर्चस्ववादी मानसिकता के बरखिलाफ स्त्री की अस्मिता के बोध से ही इसका जन्म हुआ। वाकई हाशिये त स्त्री एवं पददलित जन समूह का मुख्य धारा के केन्द्र में आने का संघर्ष ही इसका निदान है। खुद अनामिका के लज़ों में ‘स्त्री विमर्श’ इसी प्रशिक्षण को निवेदित शास्त्र है जो पितृसत्ता के उकसाए पुरवग्राहों से मुक्ति चाहता है। उनकी और पूरे समाज की। बेशक स्त्री विमर्श पितृसत्तात्मक समाज के दोहरे नैतिक मापदंडों, मूल्यों व अंतर्विरोधों को समझने व पहचानने की गहरी अंतःदृष्टि है।

समकालीन हिन्दी महिला लेखिकाओं में एक प्रमुख हस्ताक्षर है, अनामिका जिन्होंने कविता, कहानी, उपन्यास, निबंध, आलोचना, अनुवाद आदि साहित्य के विभिन्न विधाओं में अपनी अलग शिनाख्त बनायी है। ‘ग़लत पते की चिड़ी’, ‘बीजाक्षर’, ‘समय के शहर में’, ‘अनुष्टुप’, ‘खुरदुरी हथेलियाँ’, ‘अब भी वसंत को तुम्हारी जरूरत है’, ‘दूब-धान’, ‘कविता में औरत’, ‘कहती हैं औरतें’ आदि उनके

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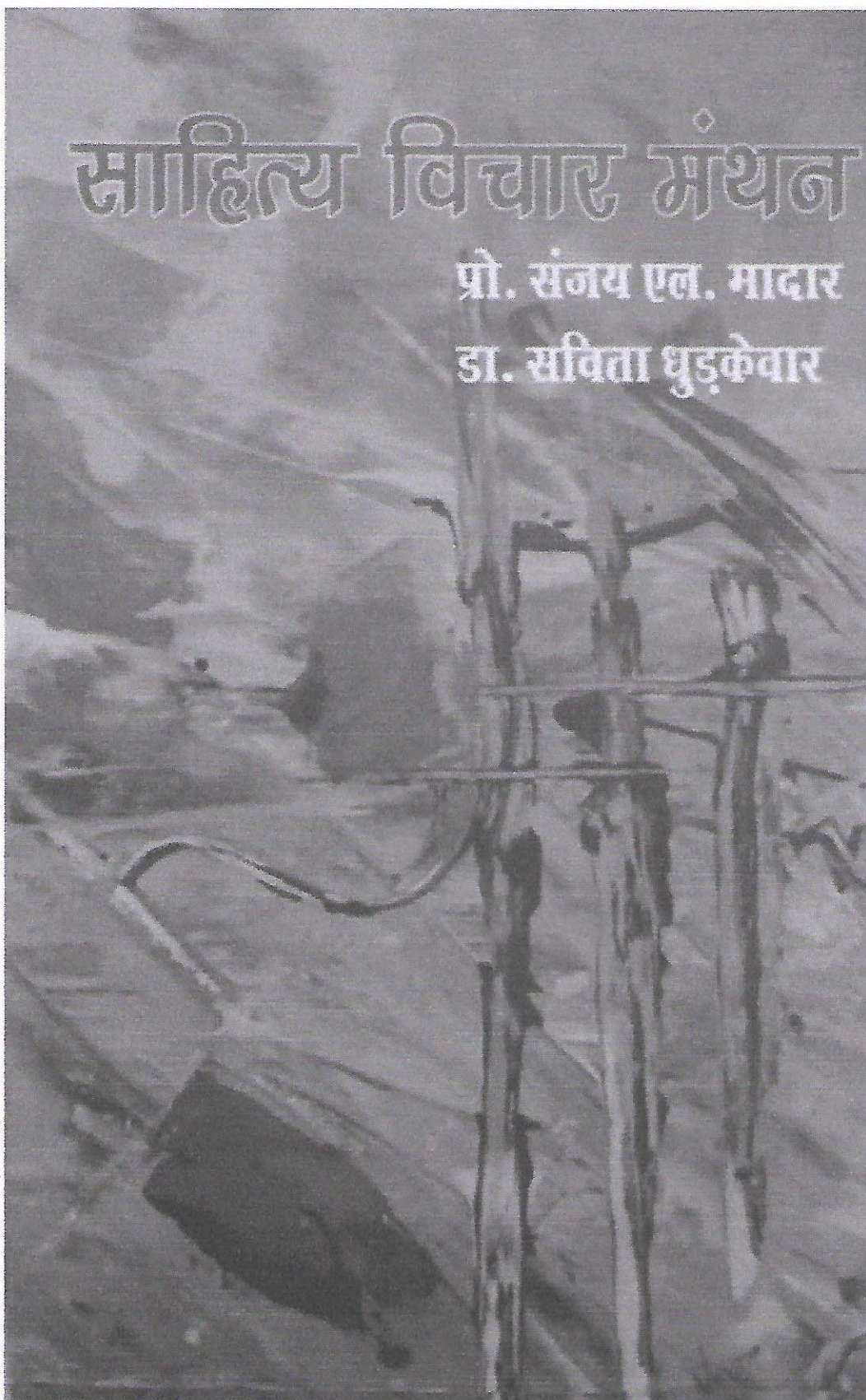
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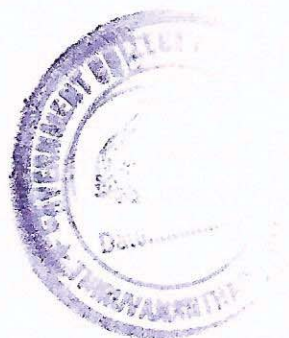


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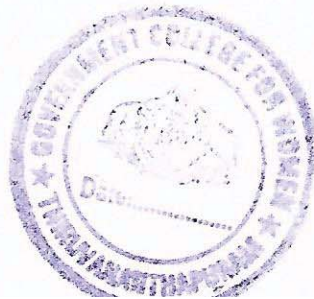
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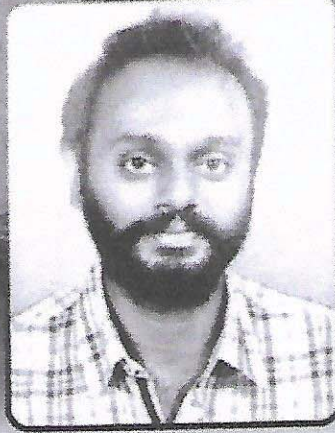
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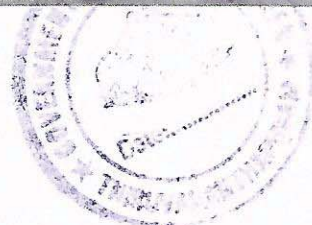
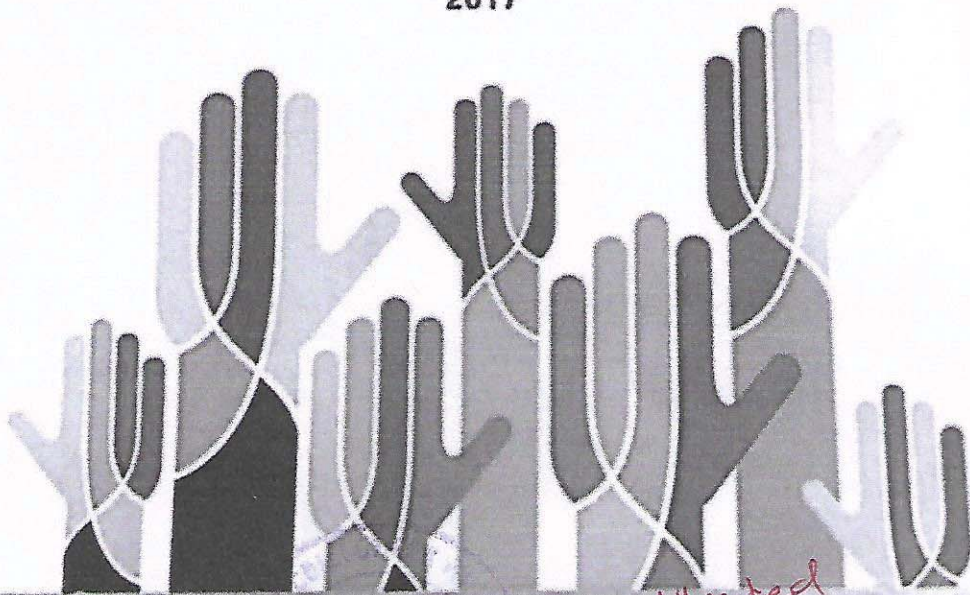
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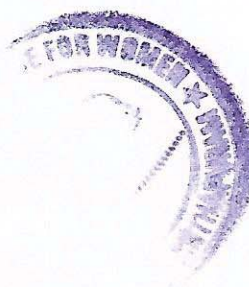
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Chapter 6

Ela Ramesh BHATT– A Social entrepreneur

Dr Mini Joseph

"Poverty will never be removed without participation of women"- Ela Ramesh Bhatt

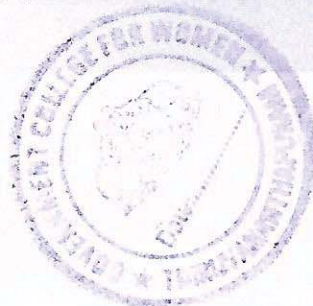
One of India's notable female social entrepreneurs is Ela Ramesh Bhatt. The name Ela means elder sister, a person who motivates others to reach for the skies. She is a pioneer in women empowerment and was instrumental in providing financial independence to the self-employed women. A noted Gandhian, activist and cooperative organiser; she is credited to be the founder of the Self-Employed Women's Association (SEWA) in 1972. She believes that self-reliance is crucial for the abolishment of poverty. This won her many accolades in the National and international level.

Background

Ela Bhatt was born on 7th September 1933 in Ahmedabad, Gujarat to a middle class, educated family. Her father Sumantrai Bhatt was a successful lawyer and her mother Vanalila Vyas played an active role in the All India Women Conference. She graduated from the South Gujarat University with a Bachelor of Arts degree in English in 1952. She pursued Law degree and received the gold medal for her extensive work on the Hindu Law. She tied the nuptials with Ramesh Bhatt in 1956.

Career and Achievements

She started off her career as a teacher in the famous SNDPT Women's University in Mumbai but few years down the line, she pursued legal works at the Textile Labour Association (TLA) in 1955. Later she went to Israel for higher studies to equip herself to head the Women's wing of



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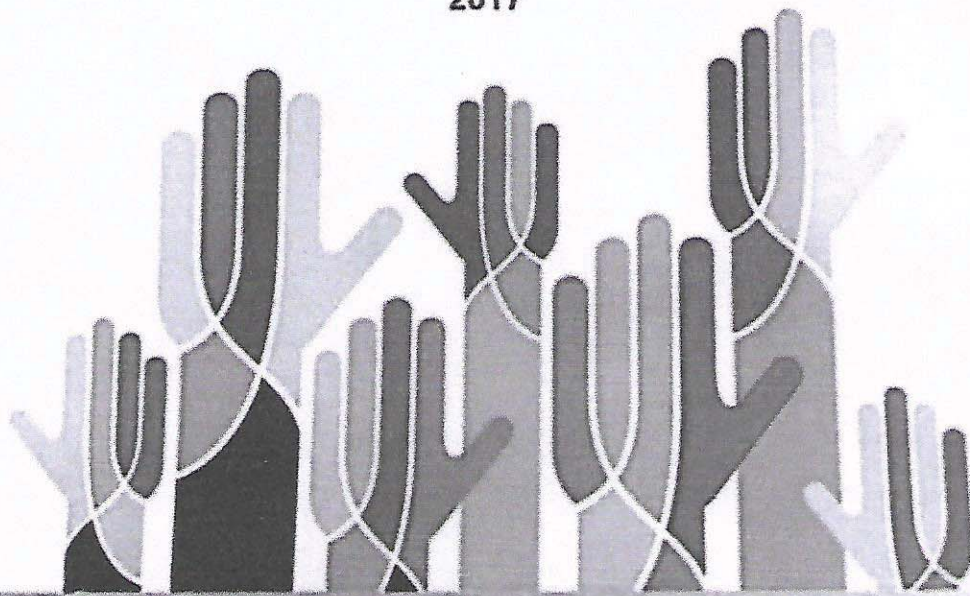
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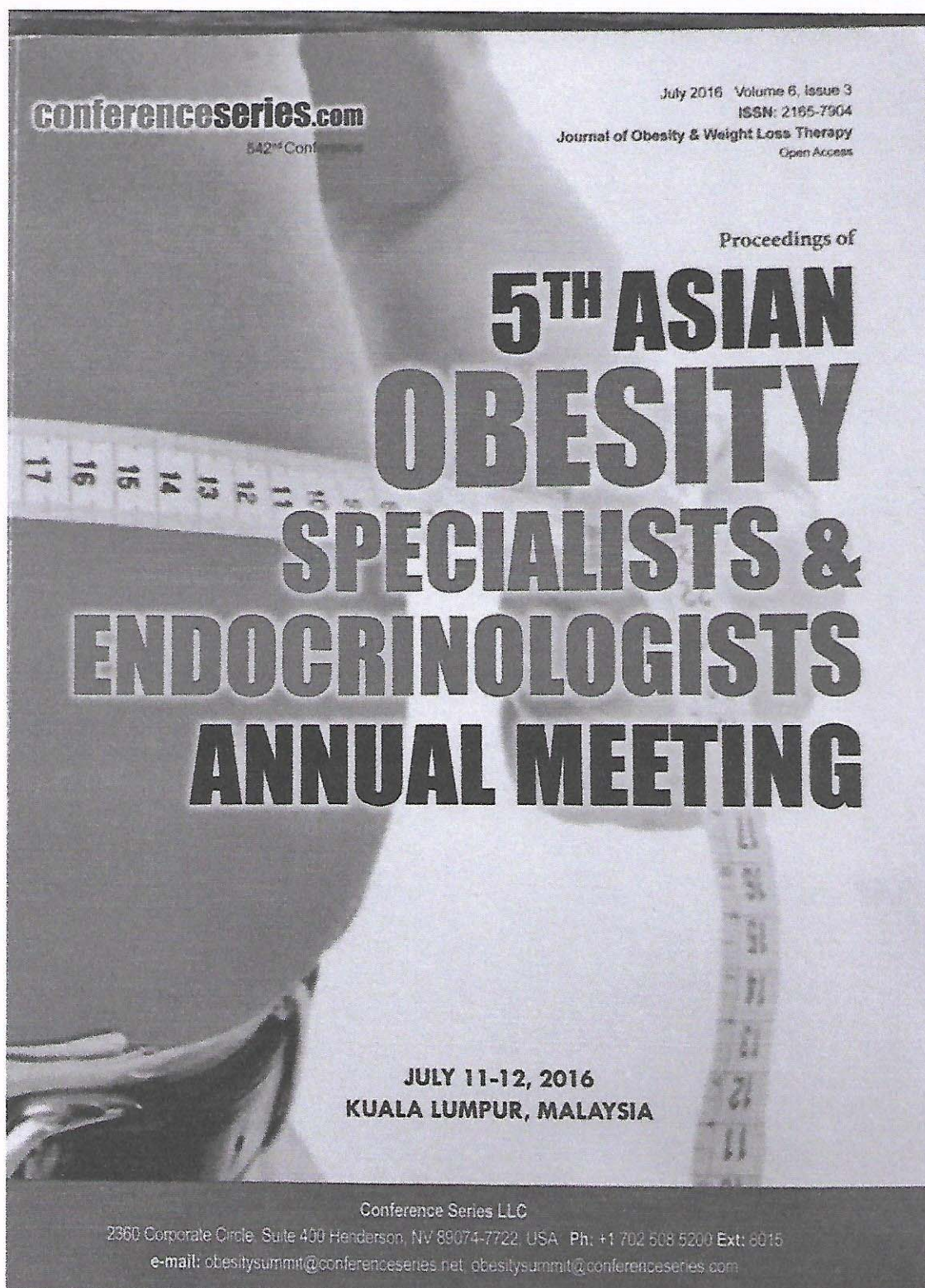
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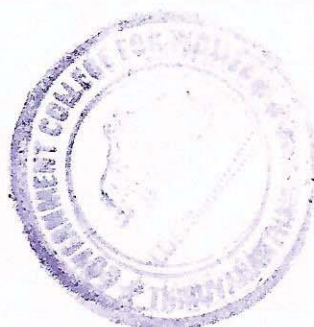
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Is body mass index (BMI) an adequate tool to assess nutritional status of power sportsperson?

Mini Joseph and Nihal Thomas
Christian Medical College & Hospital, India

Introduction: Weightlifting is a power sport placing intense physical demands on the individual. The body composition of weightlifters is considerably different from that of other athletes.

Materials & Methods: This cross-sectional study was done on 30 selected elite professional male weightlifters in the age group of 18-28 years who were actively competing at national/international level from Vellore District in Tamil Nadu, India. The study was approved by the Institutional Review Board of Christian Medical College and Hospital, Vellore, Tamil Nadu, India. Their anthropometric measurements and body composition were assessed and analysed. All data were analysed using SPSS 16.0 for Windows.

Results & Discussions: The mean age of the participants was 21.5 ± 2.87 years. The average duration of competitive weightlifting was 5.04 ± 2.68 years. The mean height was 168.83 ± 6.32 cm and mean weight was 75.95 ± 14.73 kg. Their mean BMI indicated that they were overweight, (26.09 ± 4.28) in spite of a low fat percentage of $15.2 \pm 5.3\%$ (obtained by DEXA [Hologic Delphi W (S/N 70471 DEXA scanner)]). They had a high mean lean body mass of 60.9 ± 9.2 kg indicating a well-developed musculature.

Conclusion: Thus we opine that BMI should be used as a sole tool to assess nutritional status but must be used in conjunction with the body composition to get the actual picture.

Biography

Mini Joseph is currently working as Assistant Professor in Food & Nutrition at Government College for Women, Trivandrum, Kerala. She is presently pursuing her Post doctoral fellowship at the Department of Endocrinology, Diabetes & Metabolism, at Christian Medical College, Vellore, Tamil Nadu, India. She is recipient of Young Scientist Award from the Nutrition Society of India 2012. Her interests lie in community nutrition, energy expenditure research, sports nutrition and diabetes.

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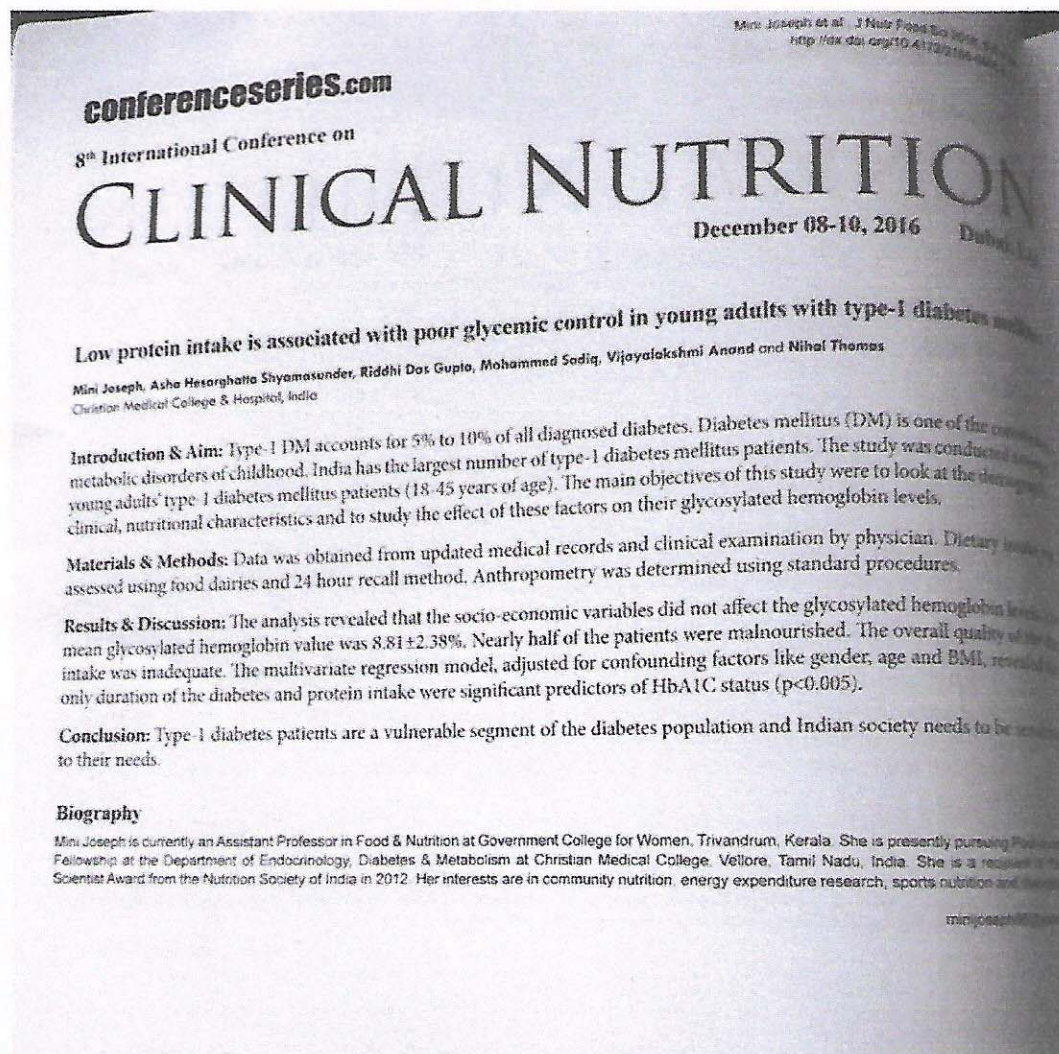
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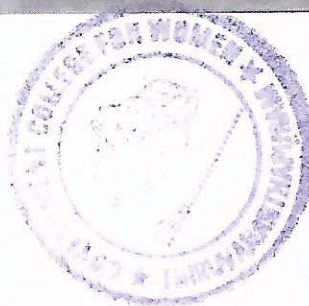
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The risk of developing eating disorders in young adults with and without type-1 diabetes mellitus in southern India

Mini Joseph, Asha Hesarghatta Shyamasunder, Priya Mommen and Nihal Thomas
Christian Medical College & Hospital, India

Introduction: Type-1 diabetes mellitus patients are at a risk for developing eating disorders because of their intense diet control, which is imbibed at an early age. The main objectives of this study were to screen for the risk of developing of eating disorders amongst young adults with and without type-1 diabetes mellitus and study its associations with metabolic control in type-1 diabetes mellitus patients.

Materials & Methods: This cross sectional study with cases and gender age matched controls was conducted on young adult type-1 diabetes mellitus patients (n=113) who were managed at the Young Adults Diabetes Clinic, Department of Endocrinology, Diabetes and Metabolism of Christian Medical College & Hospital, Vellore, India. They were screened using the Eating Attitude Test questionnaire.

Results & Discussion: With type-1 diabetes patients had a higher risk for developing eating disorders when compared to their counterparts without diabetes ($p=0.000$, 95% CI=8.7, 170.7, Odds Risk Ratio=38.5). The only factor associated with the risk of developing eating disorder was the duration of the disease. There was no significant difference in risks of developing eating disorders between the male and female subjects.

Conclusion: Nutritionists and medical personnel should maintain a high index of suspicion when managing type-1 diabetes mellitus patients. Timely intervention with the help of mental health professional during routine hospital visits will enable better glucose control and prevent diabetes related complications.

Biography

Mini Joseph is an Assistant Professor in Food & Nutrition at Government College for Women, Tiruvandrum, Kerala. She is presently a Post-doctoral Fellow at the Department of Endocrinology, Diabetes & Metabolism at Christian Medical College, India. She is the recipient of Young Scientist Award from the Nutrition Society of India in 2014. Her interests are in community nutrition, energy expenditure research, sports nutrition and Diabetes.

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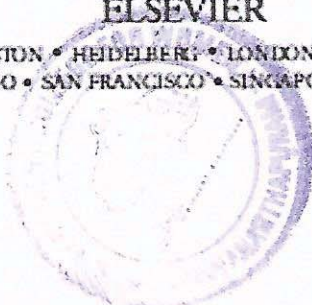
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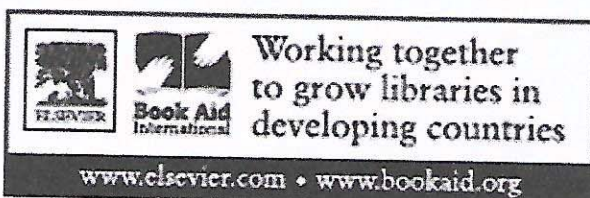
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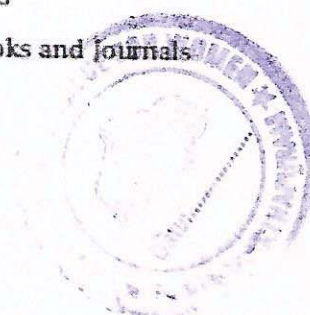
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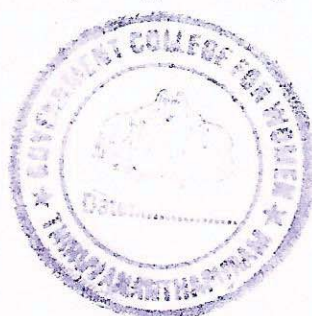
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16

 α -Galactosidases

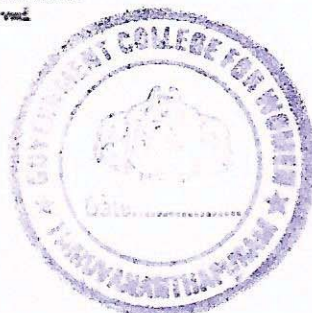
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16.1 Introduction

α -Galactosidase, or melibiase (α -D-galactoside galactohydrolase, EC 3.2.1.22), is an exoglycosidase that cleaves the terminal nonreducing α -1,6-linked galactose residues from α -D-galactosides, including galactose oligosaccharides such as melibiose, raffinose, and stachyose and branched polysaccharides such as galactomannans and galacto(glucan)mannans [1]. α -Galactosidases are versatile enzymes with many potentials for biotechnological and medicinal applications. They are widely used for the reduction or removal of antinutritive galactooligosaccharides such as raffinose family sugars that cause flatulence [2], thereby improving the nutritional value of legume-based food. Microbial α -galactosidases are useful enzymes in the sugar industry, in which they eliminate raffinose and/or stachyose, which negatively affect the crystallization of sucrose [3]. Transglycosidase activity was also demonstrated in some of the α -galactosidases [4,5]. The galactooligosaccharides produced by the transferase action of α -galactosidases can be used as a probiotic in functional food [6]. α -Galactosidases have interesting applications in the pulp and paper industry [7].

Furthermore, α -galactosidases are gaining increased interest in human medicine especially in the treatment of Fabry disease, prevention of xenorejection, and blood group transformation. α -Galactosidases are used in enzyme replacement therapy for the treatment of Fabry disease, an X-linked (locus Xq22) lysosomal storage disorder caused by mutations in the α -galactosidase A gene resulting in the defective activity of this enzyme [8,9]. This disease is characterized by progressive accumulation of the enzyme's substrate, globotriaosylceramide, and related glycosphingolipids [9] in the plasma and particularly in the vascular endothelial lysosomes of hemizygous male victims. In affected males this leads to early death due to occlusive disease of heart, kidney, and brain. α -Galactosidase treatment offers a most attractive alternative to prevent xenorejection, because in vitro treatment of porcine endothelial cells and lymphocytes with green coffee bean α -galactosidase dramatically decreases the binding of human xenoreactive natural antibodies [10]. Additionally, a recombinant taro α -galactosidase is reported not only to hydrolyze α -1,4-linked galactosyl residues, which are accumulated in



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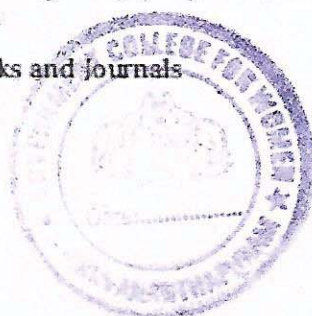
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17

β -Galactosidases

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17.1 Introduction

β -D-Galactosidase or lactase (EC 3.2.1.23; β -D-galactoside galactohydrolase) is an enzyme that catalyzes the hydrolysis of β -1,4-D-galactosidic linkages. It has interesting applications in the food, dairy, and fermentation industries [1]. It catalyzes the hydrolytic breakdown of the substrate lactose, a disaccharide sugar found in milk, into two monosaccharide sugars, galactose and glucose (Fig. 17.1). Lactose is a disaccharide containing glucose and galactose linked via a β -1,4 glycosidic bond. Mammalian milk contains about 3–8% (w/v) lactose, and 70–80% of the solid components in cheese whey is lactose. Because of its low solubility, its low level of sweetness, and lactose intolerance problems, direct utilization of this sugar is limited. Glucose and galactose, obtained by hydrolysis of lactose, are sweeter, more soluble, and more digestible than lactose.

A large number of people are lactose-intolerant; they do not digest lactose properly because of a lack of or inactivity of the intestinal β -galactosidase and they suffer from intestinal dysfunctions—gas, abdominal pain, and diarrhea—if their diet contains lactose [2]. Microbial lactase is used to alleviate the problems of lactose-intolerant people [3,4]. Lactose-hydrolyzed milk is used for the manufacture of cheese, yogurt, and flavored milk. Lactase treatment renders the milk free of lactose, which would otherwise crystallize during storage at low temperature, and is advantageous in the preparation of frozen and condensed milk. This is also beneficial in the manufacturing of ice cream. The ripening of cheese and set time of yogurt can be accelerated by using

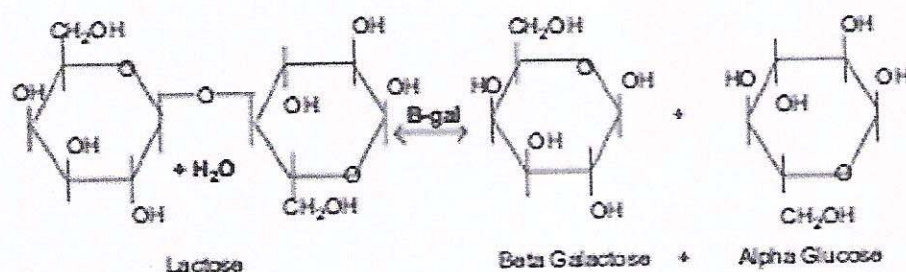


FIGURE 17.1 Hydrolysis of the disaccharide lactose into two monosaccharides, galactose and glucose, by β -galactosidase (β -gal).

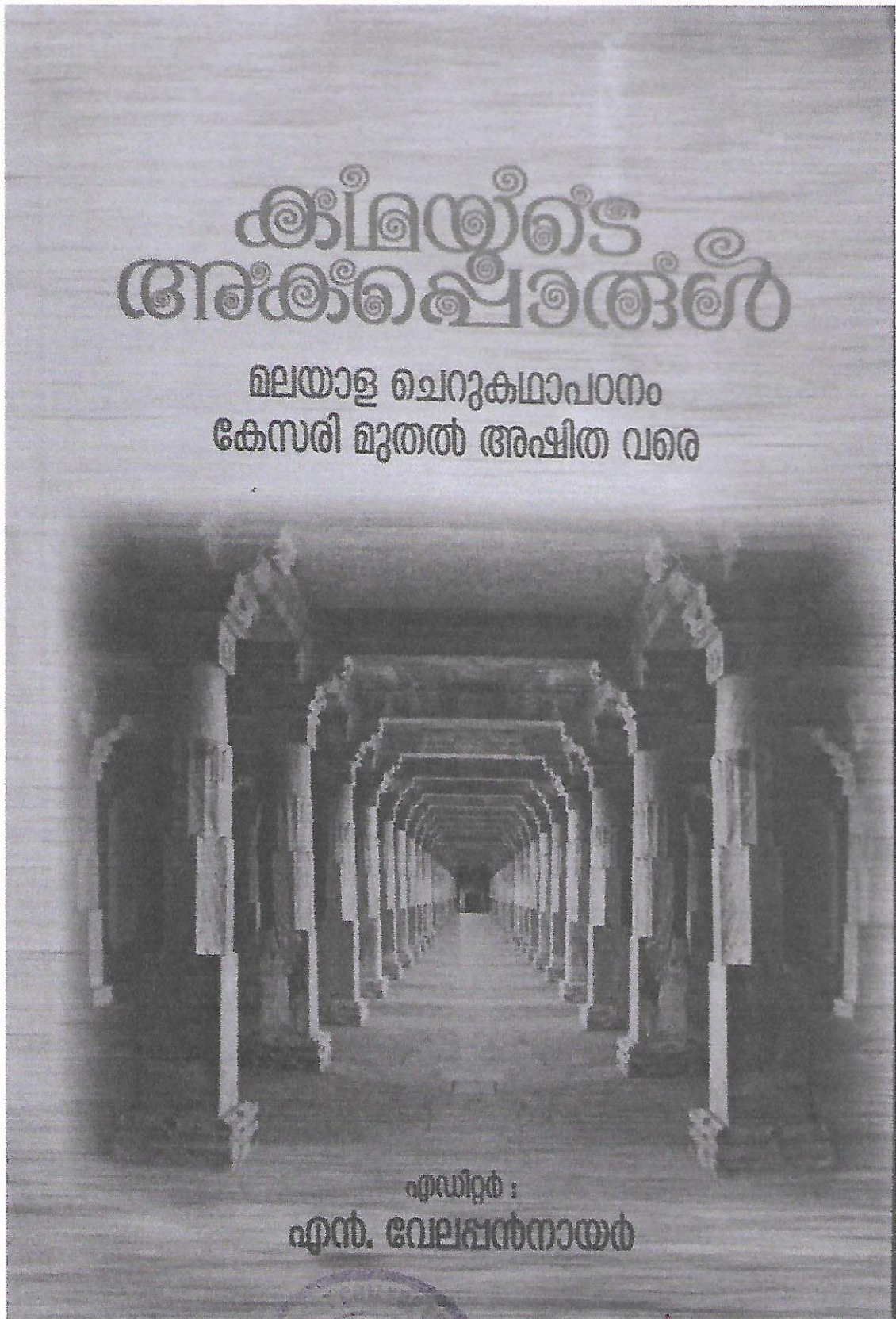


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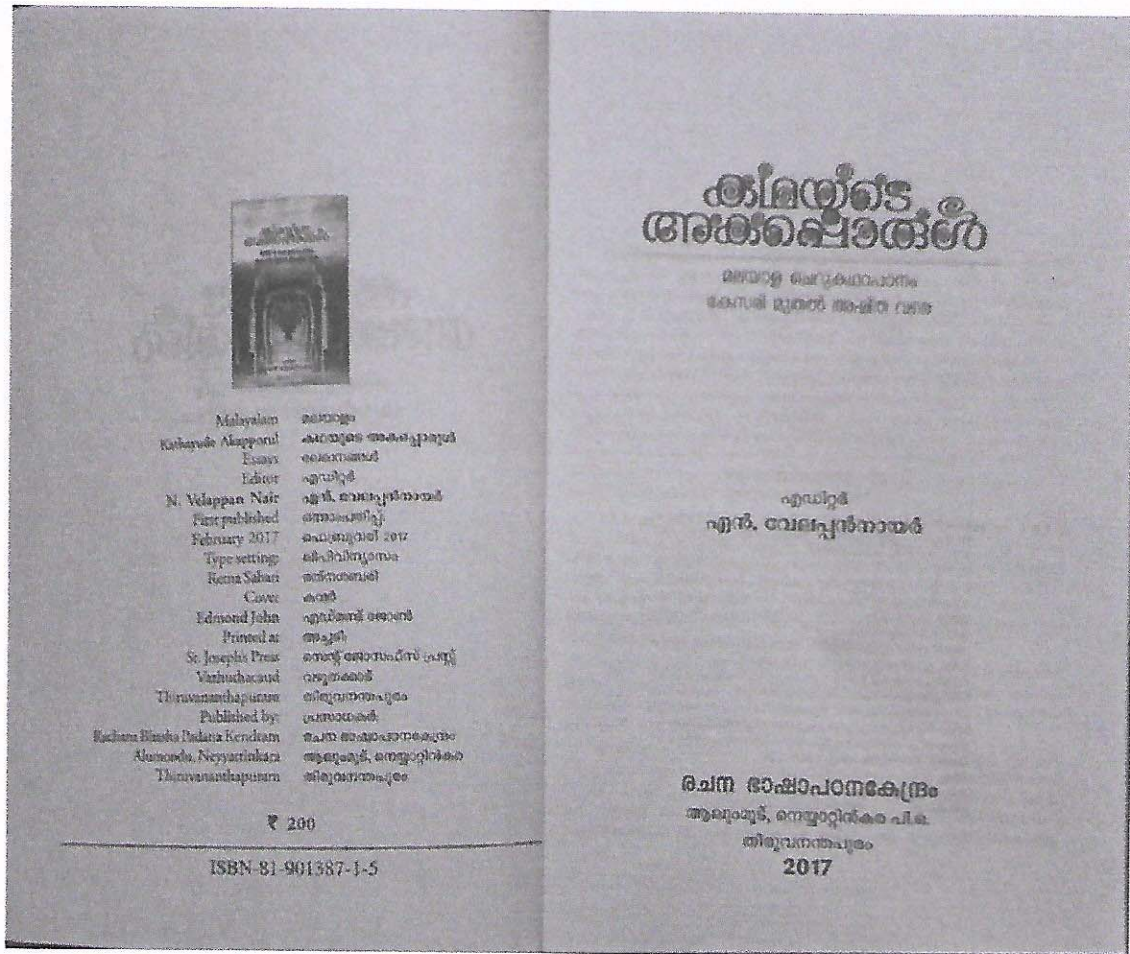
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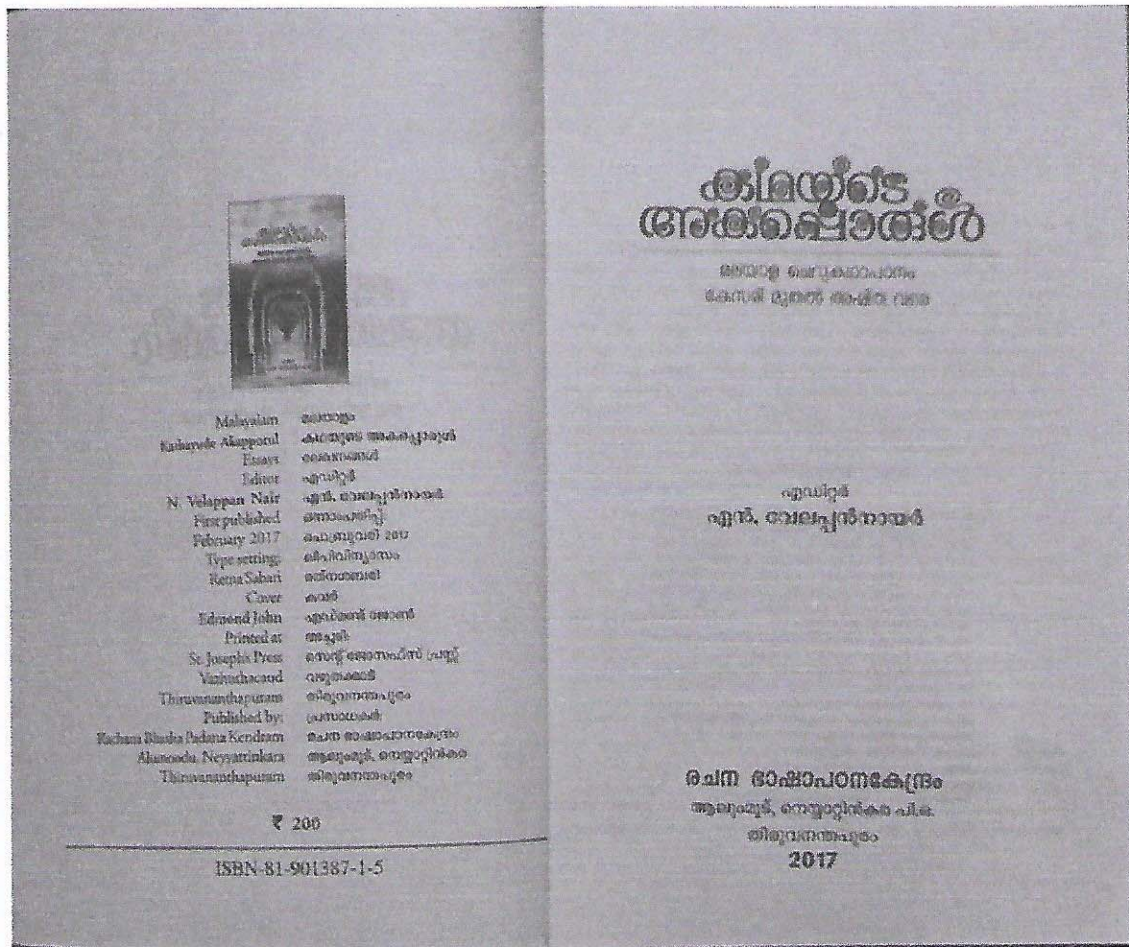
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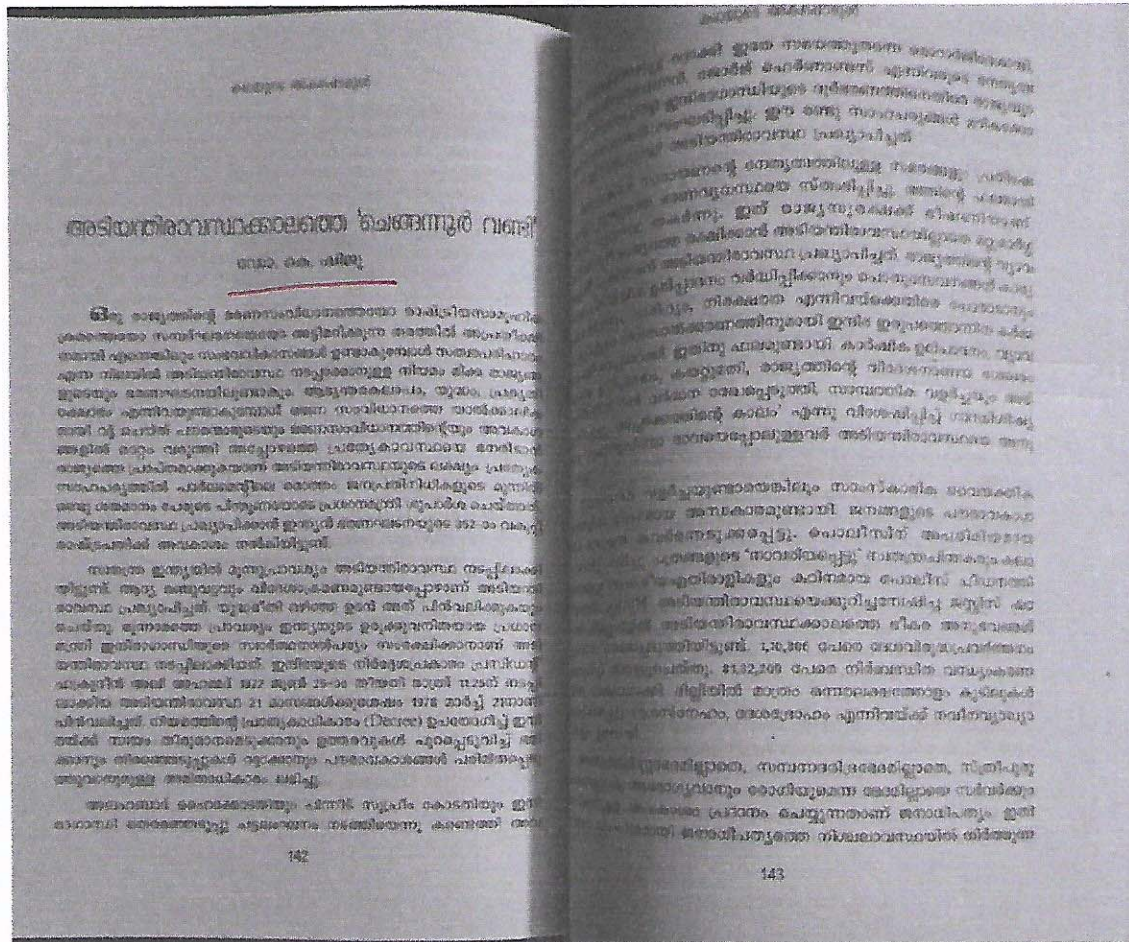
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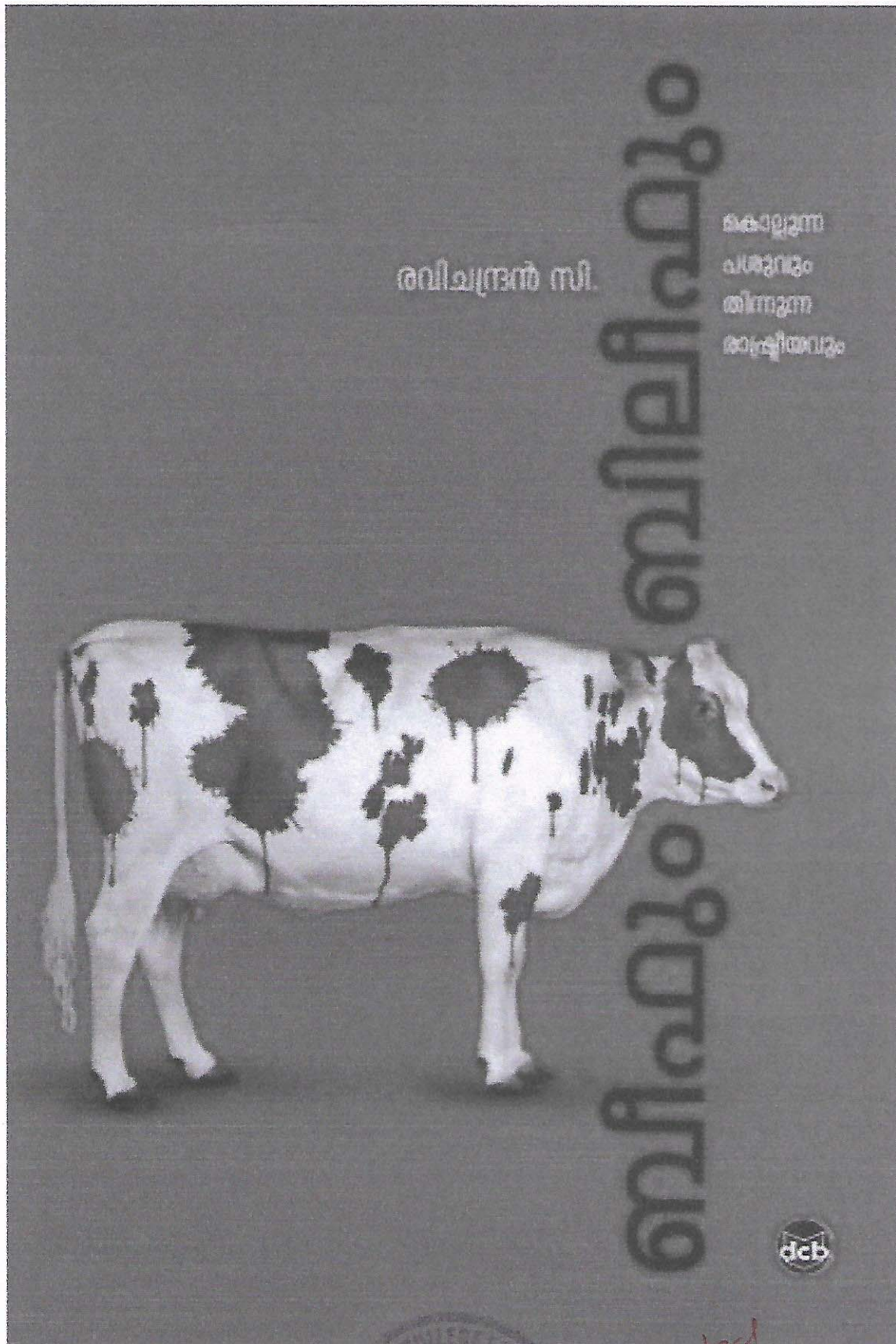
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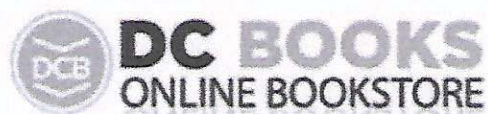




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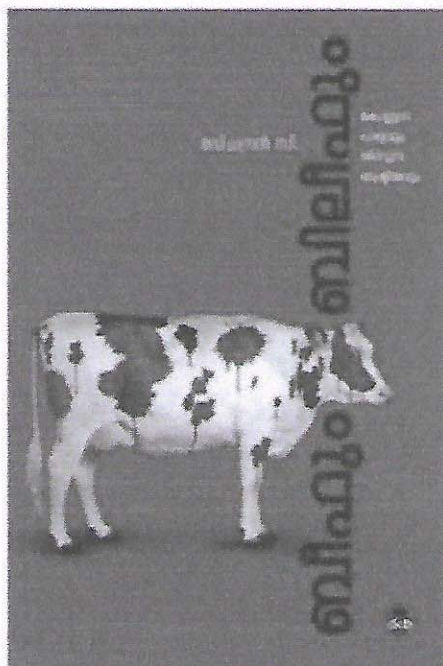
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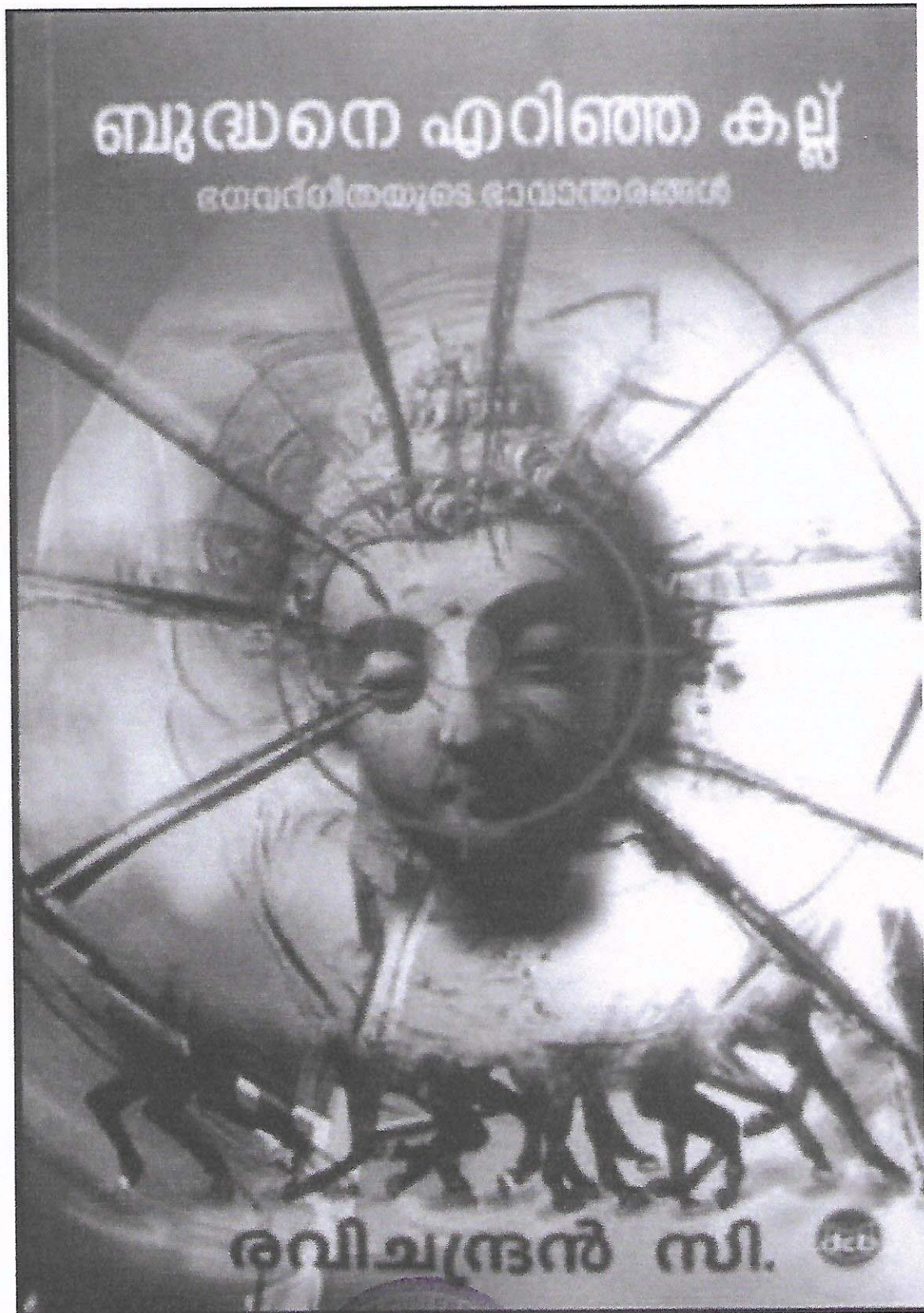
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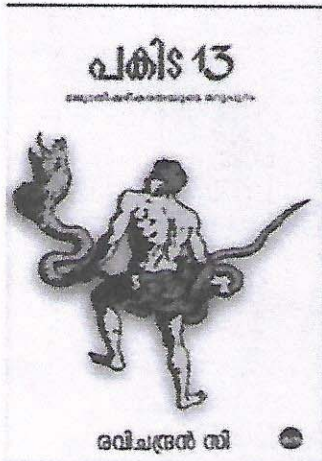
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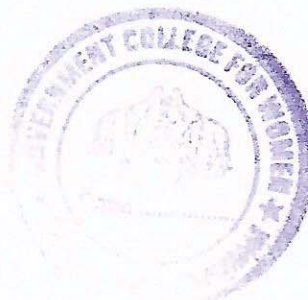
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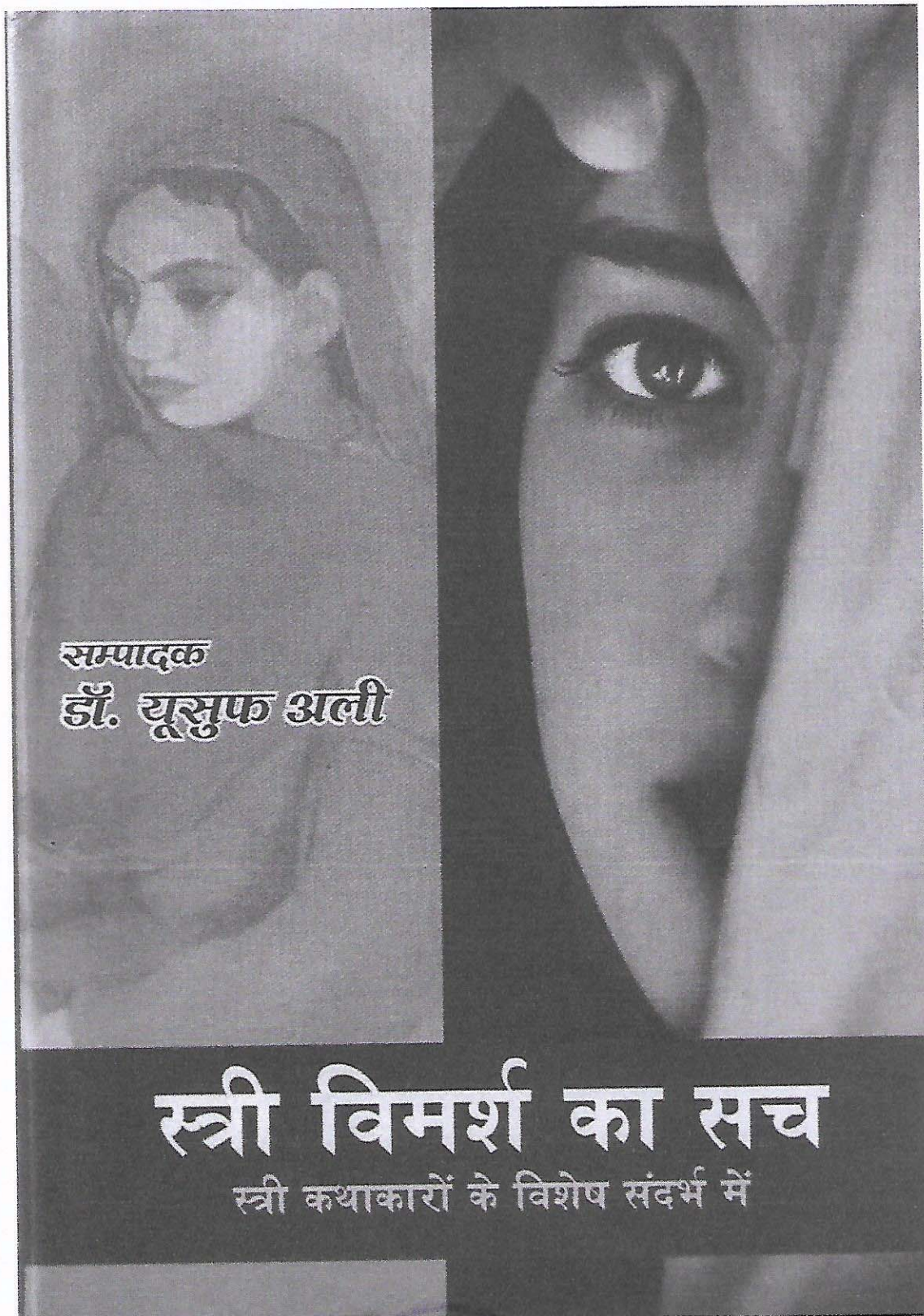
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‘सपनों की होम डिलिवरी’ में स्त्री विमर्श

डॉ. निम्मी ए. ए.

“अपनी जगह से गिर कर
कहीं के नहीं रहते
केश, औरतें और नाखून।”

आज का उत्तर आधुनिक युग स्त्री विमर्श का है। फिलहाल समय में, समाज और साहित्य के ऐतिहासिक संदर्भों में भारतीय स्त्री की हालत के विश्लेषण की अहमियत ज्यादातर बढ़ गयी है। स्त्रीवादी आंदोलन विश्वस्तर पर चल रहे हैं, स्त्री अस्मिता और स्त्री अस्तित्व की पहचान के लिए स्त्री विमर्श चल रहा है जो कि गौरतलब है।

विमर्श का अर्थ है जीवंत बहस। यानी कि किसी भी समस्या या स्थिति को एक कोण से न देखकर भिन्न-भिन्न मानसिकताओं, दृष्टियों और वैचारिक प्रतिबद्धताओं का समाहार करते हुए उलट-पुलट कर देखना और उसे समग्रता में समझने की कोशिश करना। हिन्दी में विमर्श शब्द अँग्रेजी के ‘डिस्कोर्स’ शब्द से आया, जिसका अर्थ है- वर्ण्य विषय पर सुदीर्घ एवं गंभीर चिंतन-मनन। अतः ‘विमर्श साझा चूल्हा है और इनका लक्ष्य है संवाद। संवाद तब तक होते हैं जब तक परिवर्तन और परिष्कार की कोई उम्मीद हो।’² दरअसल स्त्री विमर्श पितृसत्तात्मक समाज के दोहरे नैतिक मापदंडों, मूल्यों व अंतर्विरोधों को समझने व पहचाने की गहरी अंतर्दृष्टि है। इसे दूसरे विमर्शों से पृथक् कर देखने की जरूरत नहीं। ‘कम से कम स्त्री विमर्श पर अलगाववाद का ठप्पा नहीं लगाया जा सकता। स्त्री समाज एक ऐसा समाज है जो वर्ग, नस्ल, राष्ट्र आदि संकुचित सीमाओं के पार जाता है जहाँ कहीं दमन है- चाहे जिस वर्ग, जिस नस्ल, जिस आयु, जिस जाति की स्त्री त्रस्त है- उसको अँकवार लेता है।’³

समकालीन स्त्री चिंतन जिसे स्त्री विमर्श भी कहा जाता है, स्त्री, उसका जीवन और उस जीवन की समस्याओं को केन्द्रीय विषय बनाता है। यही नहीं स्त्री को मनुष्य के रूप में स्वीकारने की माँग करता है, पुरुष वर्चस्ववादी व्यवस्था को चुनौती देता है और इस व्यवस्था के विरुद्ध संवाद करते हुए उन मूल्यों का खंडन करता है, जो स्त्री के शोषण का



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दलित समाज की व्यथा कथा 'जूठन'

डॉ. निम्मी ए.।

'दलित जीवन की पीड़ाएँ असहनीय और अनुभव-दग्ध है। ऐसे अनुभव र साहित्यिक अभिव्यक्तियों में स्थान नहीं पा सके। एक ऐसी समाज-व्यवस्था हमने सासों ली हैं, जो बेहद क्रूर और अमानवीय है। दलितों के प्रति असंवेदनशी भी।'।

हिन्दी के मशहूर दलित साहित्यकार ओमप्रकाश वाल्मीकि के उक्त लजों : तमाम दलितों की व्यथा कथा जाहिर है। इन अनुभवों को लिखने में उन्हें क प्रकार के खतरों का सामना करना पड़ा। परन्तु एक लंबी जद्दोजहद के बाद उन्होंने तमाम कष्टों, यातनाओं, उपेक्षाओं और प्रताड़नाओं को एक बार फिर जीने क साहस उठाया। ओमप्रकाश वाल्मीकि की आत्मकथा 'जूठन' दरअसल दलितों व शोषण, रुधन और दमन का ज़िन्दा तस्वीर है। यह भारत के पश्चिमी उत्तर प्रदेश की मानसिकता के उत्पीड़न की अभिव्यक्ति है।

लेखक का घर चन्द्रभन तगा के घर से सटा हुआ था। उनका बचपन बेहद दयनीय था। वे दलित समुदाय की चूहड़ा जाति के थे। उस जमाने में अस्पृश्यता का ऐसा माहौल था कि कुत्ते-बिल्ली, गाय-भैंस को छूना बुरा नहीं था, लेकिन यदि चूहड़े का स्पर्श हो जाये तो पाप लग जाता था। उन्हें सामाजिक स्तर पर इनसानी दर्जा नहीं था। उन्हें शिक्षा, धर्म, संस्कृति आदि से वंचित रखा गया था। स्वतन्त्रता प्राप्ति के बाद भी दलितों को शिक्षा प्राप्त करने के लिए जो लंबा संघर्ष करना पड़ा, 'जूठन' इसे गंभीरता से उठाती है। प्राथमिक विद्यालय में प्रवेश के समय बालक ओमप्रकाश वाल्मीकि को तरह-तरह की मुसीबतों का सामना करना पड़ा। शिक्षक द्रोणाचार्य की भूमिका में हैं, तो सहपाठी अर्जुन-भीम की तरह तीर-कमान साधे हुए हैं। प्रवेश परीक्षा अग्निपरीक्षा से कम नहीं है। तीन दिन तक लगातार झाड़ू लगवाया जाता है किन्तु कक्षा में बैठने का मौका एक दिन भी नहीं मिलता।

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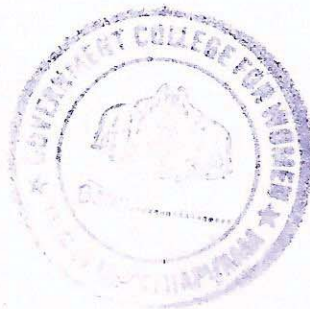
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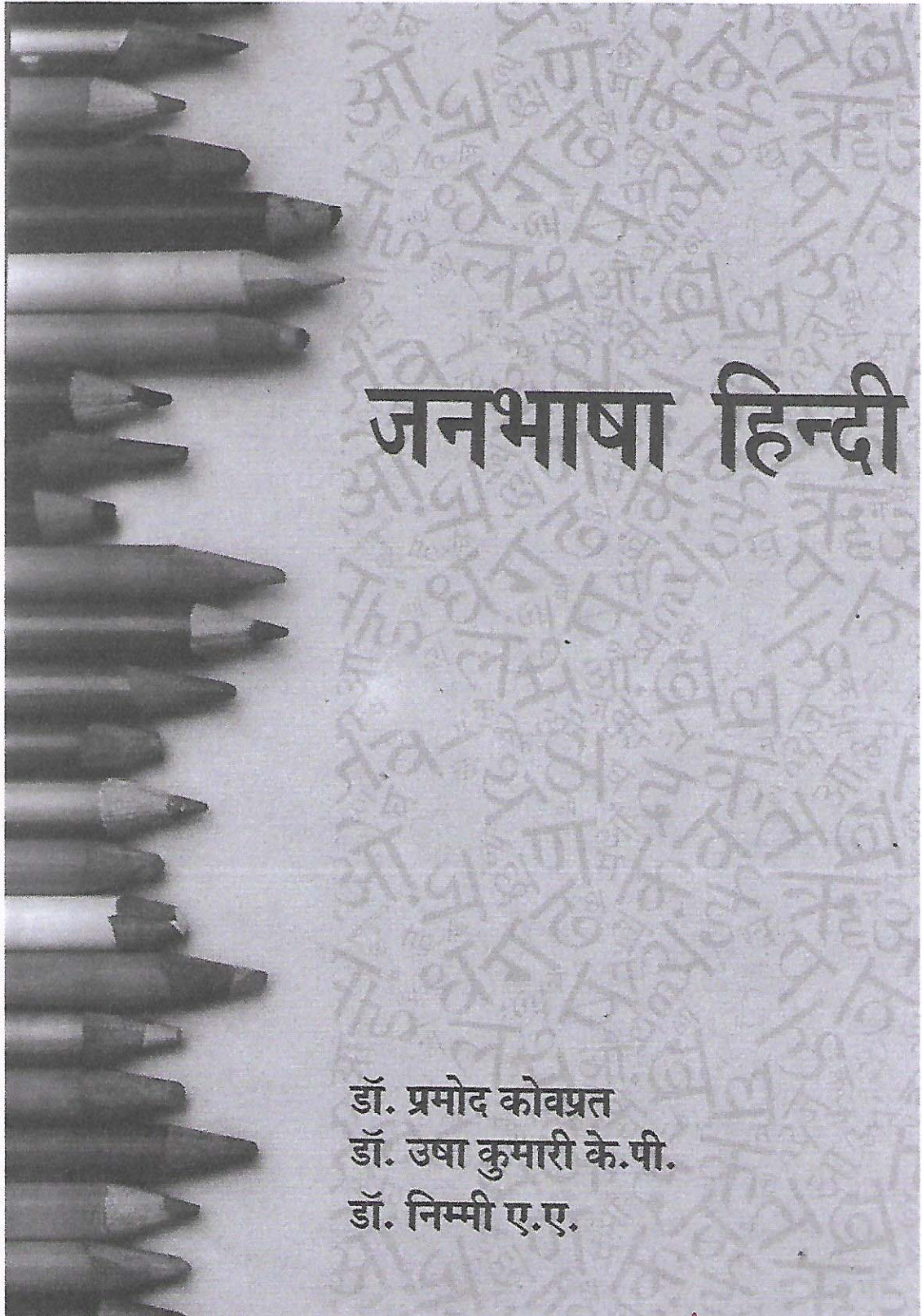
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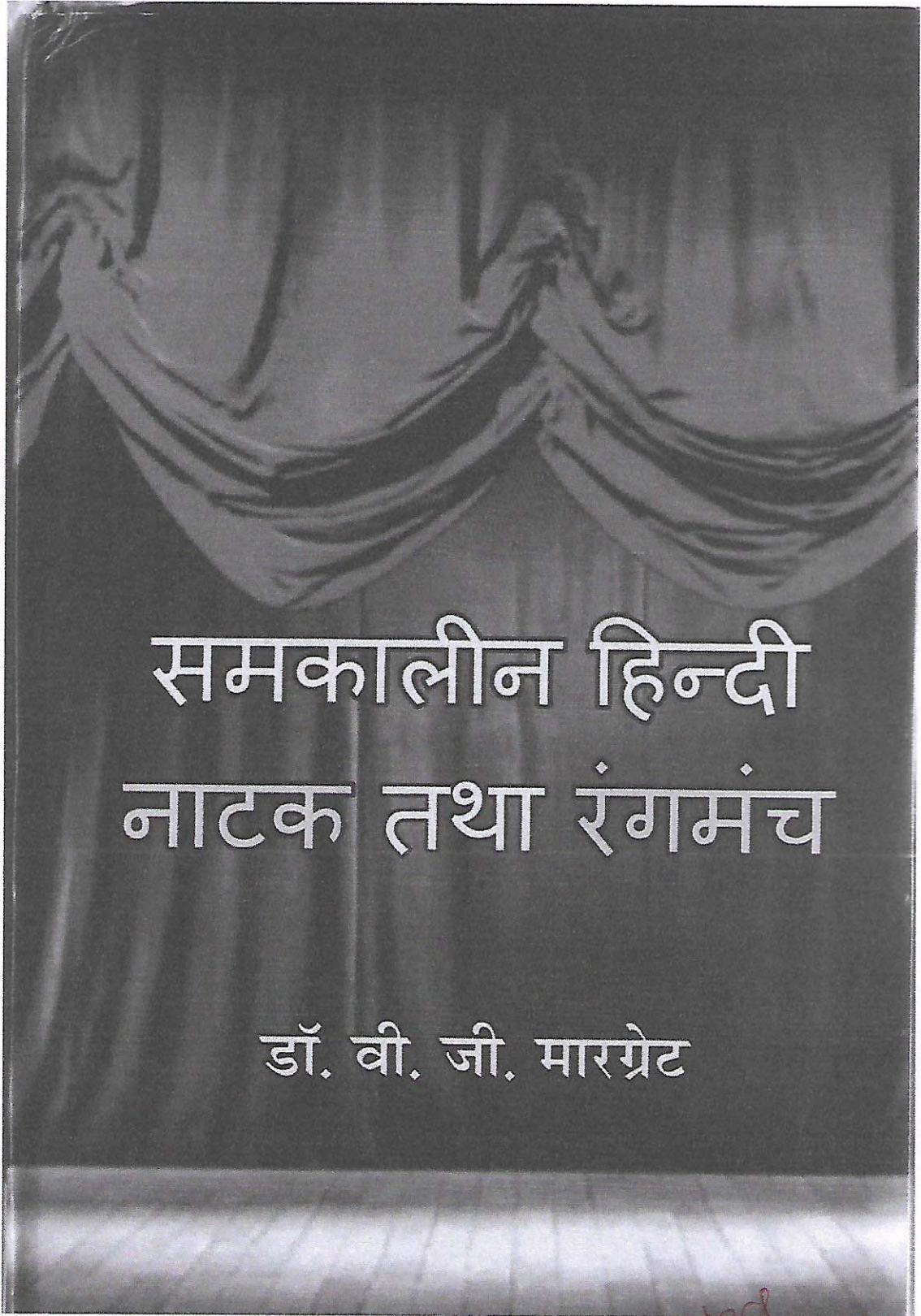
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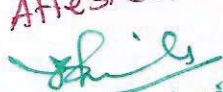
सन् 1857 ई. की क्रान्ति, निश्चय ही सामन्तवादी नेतृत्व में, हिन्दू मुसलमान जनता की तरफ से अंग्रेजों को देश से बाहर निकालने का एक असफल विद्रोह था। हालाँकि ब्रिटिश-भारत के इतिहास में इस क्रान्ति ने एकदम देश की काया पलट ही कर दी। इसमें शासकों एवं शासितों के सम्बन्धों में अमूल चूल परिवर्तन हो गया। इस प्रथम स्वतन्त्रता संग्राम में हिन्दू और मुसलमान एकजुट होकर अंग्रेजों के खिलाफ खड़े थे। यानी एकता में बल है की धारणा उनमें जोर पकड़ने लगी थी। साथ ही इस विप्लव ने यह सबक सिखाया कि अंग्रेजों के विरुद्ध हिन्दू तथा मुसलमान संयुक्त हो सकते हैं। अतः ए.आर. देसाई के मतानुसार “एकता ने भारतीय जनता के संयुक्त राष्ट्रीय आन्दोलन की भूमिका तैयार की”¹।

विप्लव के नेतृत्व में सामन्ती तथा कतिपय जन नेता भी थे। मगर कुशल अंग्रेजी शासक इसके रग-रग से चाकिफ़ थे। तब से मौकापरस्ती विभिन्न बहाना बनाकर सुनियोजित ढंग से जनता के बीच दरारें पैदा करने लगे थे। यद्यपि महारानी विक्टोरिया की उदारवादी राज्य-घोषणा हुई, पर उसे व्यावहारिक नीति का रूप कभी नहीं मिला। महात्मा गाँधी का कहना है “1857 की घोषणा बलवे के अन्त में लोगों में शान्ति कायम रखने के लिए की गई थी। जब शान्ति हो गई और लोग भोले दिल के बन गये तब उसका अर्थ बदल गया।”² बहरहाल कंपनी राज्य के अमानवीय दमन एवं शोषण ही कायम रहा।

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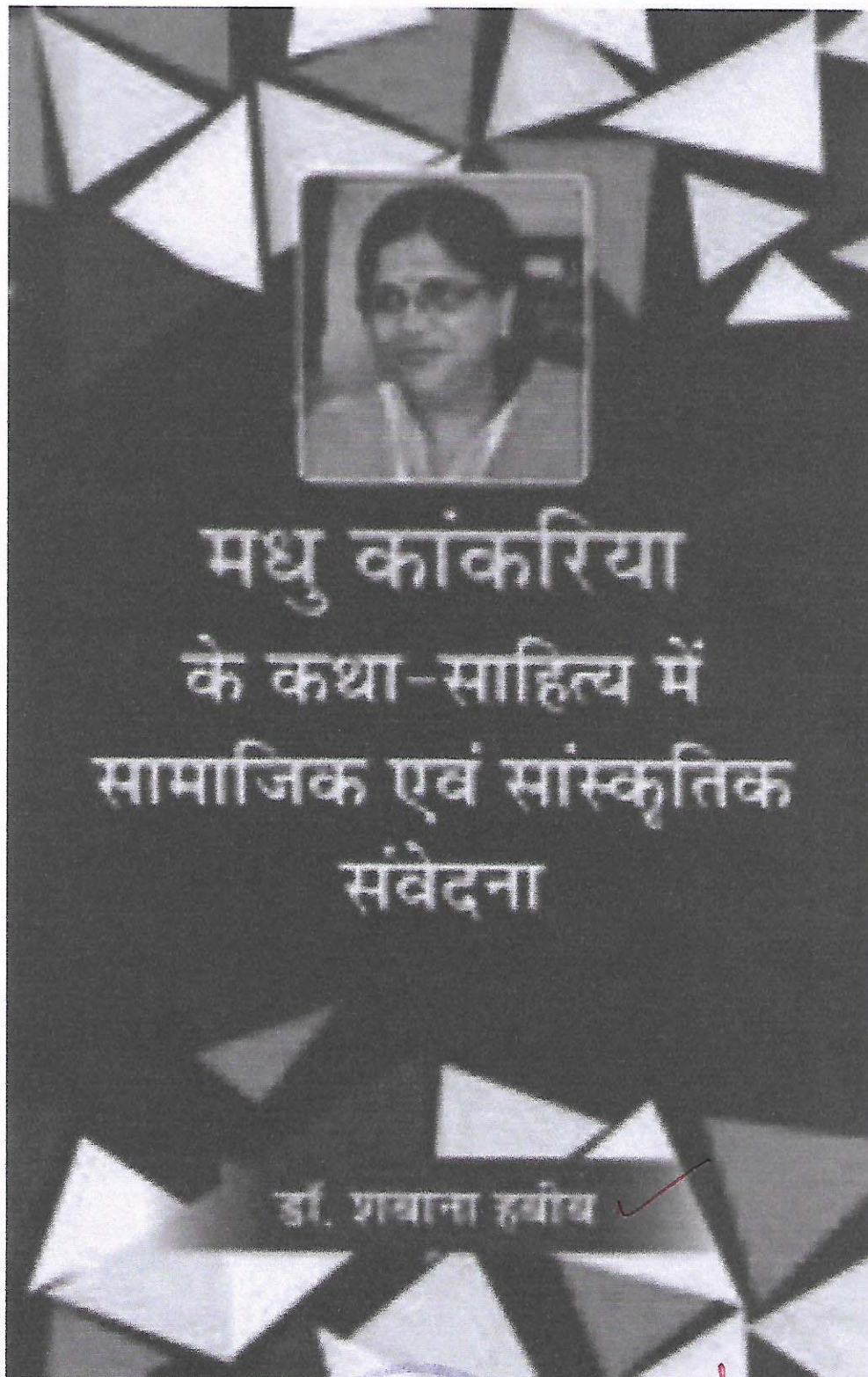
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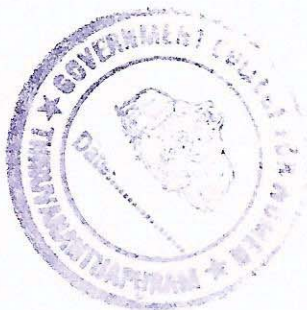
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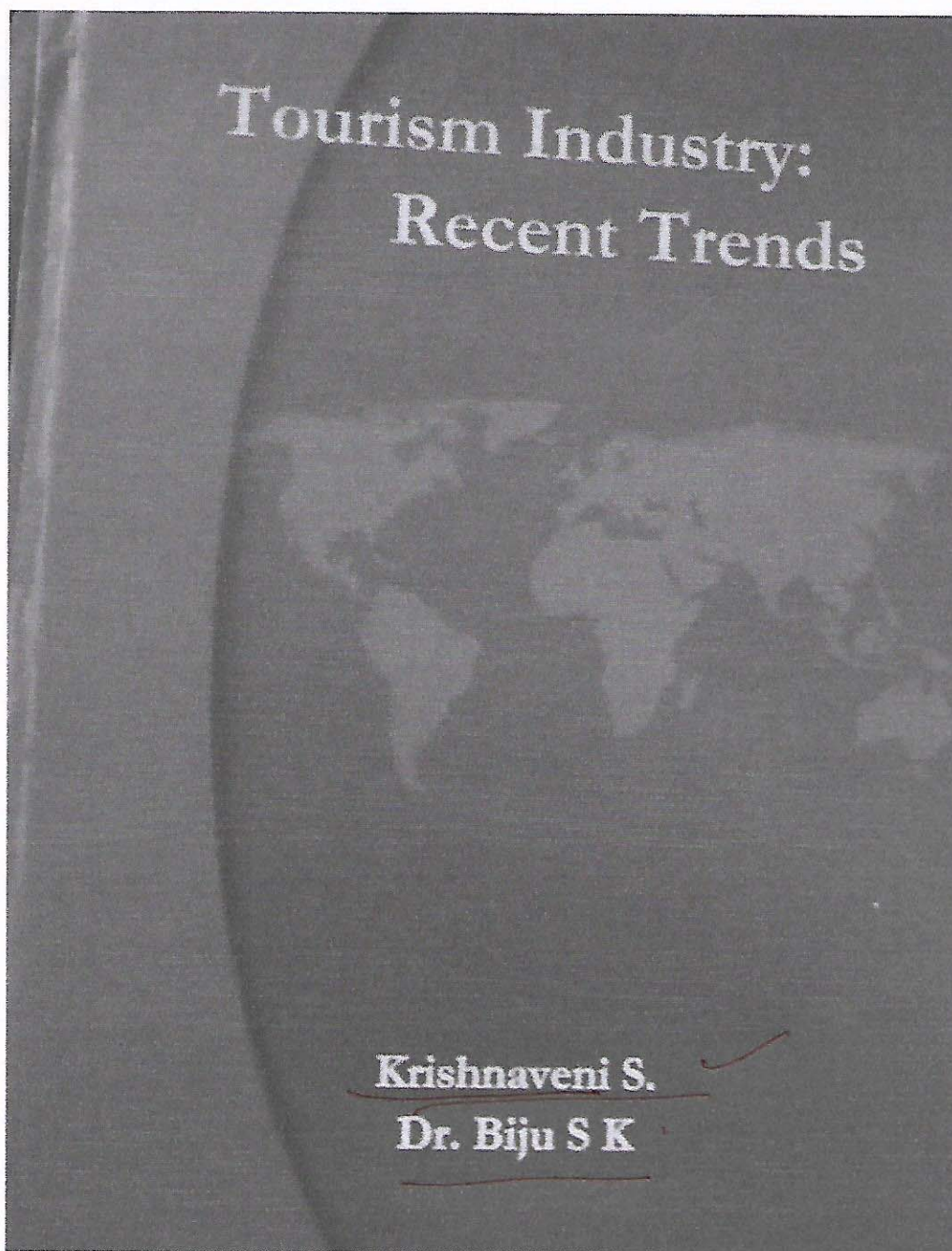
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Mobile Application Leveraged Tourism in Kerala: Present and Future.

Maanaj M V

Research scholar,

University of Kerala, Thiruvananthapuram

Dr. P S Devakumar

Assistant Professor,

Department of Commerce, Govt. College for Women, Thiruvananthapuram

Abstract

There was a time when people used to travel around the world with guide books, maps and different awkward printed material; that era has died out. Smart phones make it more easily portable to carry all these in travel's pocket. 60 percent of the total 1.75 billion smartphone users worldwide has downloaded travel related applications in their phones. This paper trying to explain current status of relation between Kerala tourism industry travel related mobile application. It also suggests future possibilities in this area.



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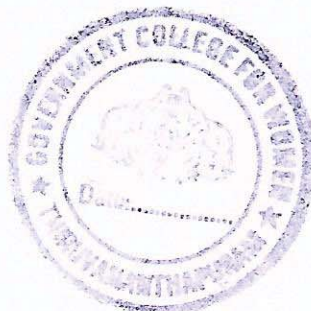
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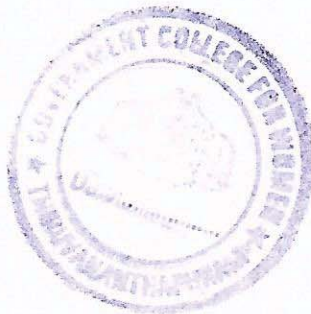
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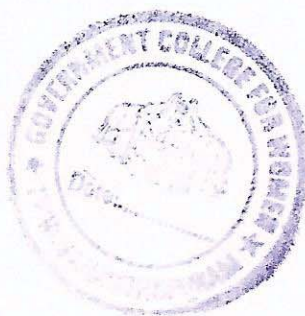
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EFFECTIVENESS OF MINDFULNESS BASED COGNITIVE THERAPY IN AMELIORATING POSTTRAUMATIC GROWTH OF BREAST CANCER PATIENTS

Sheril Elizabeth Jose & Arya S Sundaran


Introduction

Cancer is a group of disease in which abnormal cells in the body divide and grow out of control. These abnormal cells can spread to other parts of the body. There are more than 100 different types of cancer. Cancer is usually named after the organ or part of the body where it starts, or the type of cell in which it starts, even if it spreads to other body parts later. It is still one of the leading causes of morbidity and mortality worldwide. An estimated 3,191,600 cancer cases were diagnosed in Europe in 2006 (Ferlay et al., 2007) of which breast cancer (13.5% of all cancer cases) was the most common.

Breast cancer is a type of cancer originating from breast tissue, most commonly from the inner lining of milk ducts or the lobules that supply the ducts with milk. Cancers originating from ducts are known as ductal carcinomas, while those originating from lobules are known as lobular carcinomas. Breast cancer occurs in humans and other mammals. While the overwhelming majority of human cases are in women, breast cancer can also occur in men. The characteristics of the cancer determine the treatment, which may include surgery, medications (hormonal therapy and chemotherapy), and radiation and/or immunotherapy.

Outcomes of breast cancer vary greatly depending on the cancer type, stage and treatment. Survival rates in the developed world are high; between 85% and 90% for those in England and in the United States, those diagnosed with breast cancer survive for at least 5 years. In developing countries, however, survival rates are much poorer. Worldwide, breast cancer accounts for 22.9% of all cancers (excluding non-melanoma skin cancers) in women. In 2008, breast cancer caused 458,503 deaths worldwide (13.7% of cancer deaths in women). Research findings suggest that despite decreased physical health and functioning, some cancer patients indicate positive psychosocial change including increased spirituality, a deeper appreciation of life, and more positive perceptions of significant others. (Andrykowski, et.al, 2001). The experience of discovering or actively searching for benefits or positive implications of cancer diagnosis and the life changes that follow is termed Posttraumatic growth (PTG). Research on PTG, while still in early stages, indicates greater levels of PTG among cancer patients when compared with age and education matched healthy controls. (Cordova



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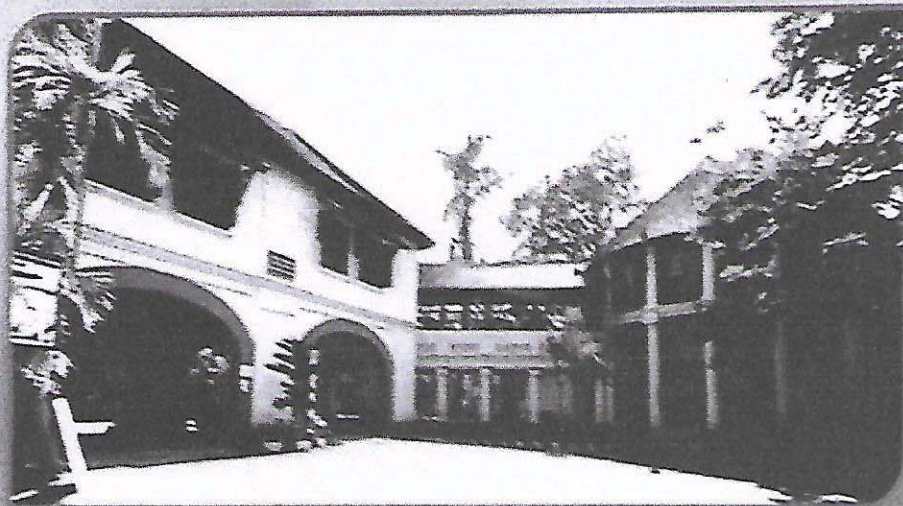
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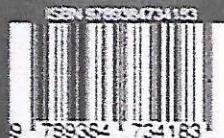
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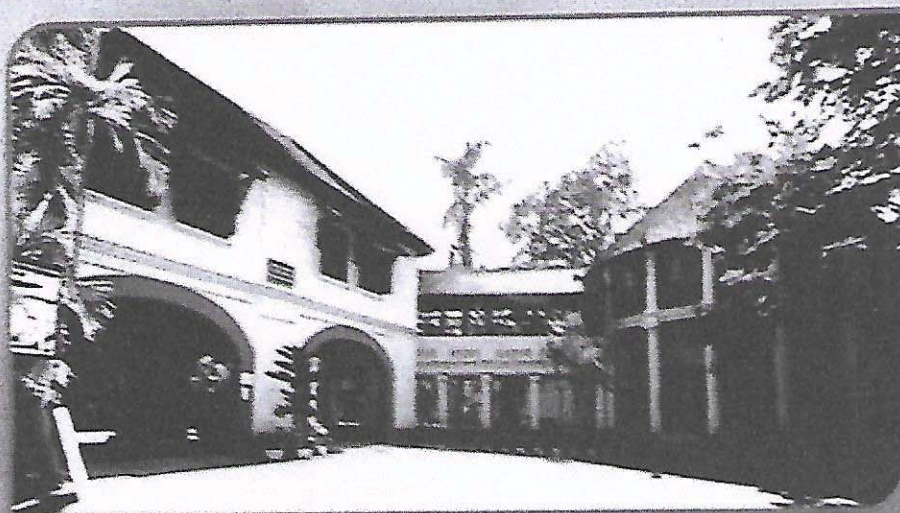
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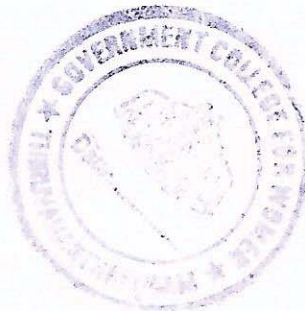
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CAPITAL FORMATION IN KERALA: A STORY OF STRUCTURAL MISNOMERS

*Dr. P.S. DEVAKUMAR

Introduction

Capital formation is a buzzword making rounds in the agenda of the policy makers in the developed and developing nations worldwide. Capital formation is an important indicator for assessing the growth potential of the economy. The Gross Fixed Capital Formation is measured by the total value of a producers' acquisition less disposal of fixed assets during the accounting period plus certain additions to the value of non-produced assets realized by the productive activity of institutional units. Fixed assets are tangible or intangible produced as outputs from processes of production that are themselves used continuously in the process of production for more than one year. Capital formation at State level assumes paramount importance in the context of policy making and balanced regional development. It assesses the investments made in the State in public and private sector.

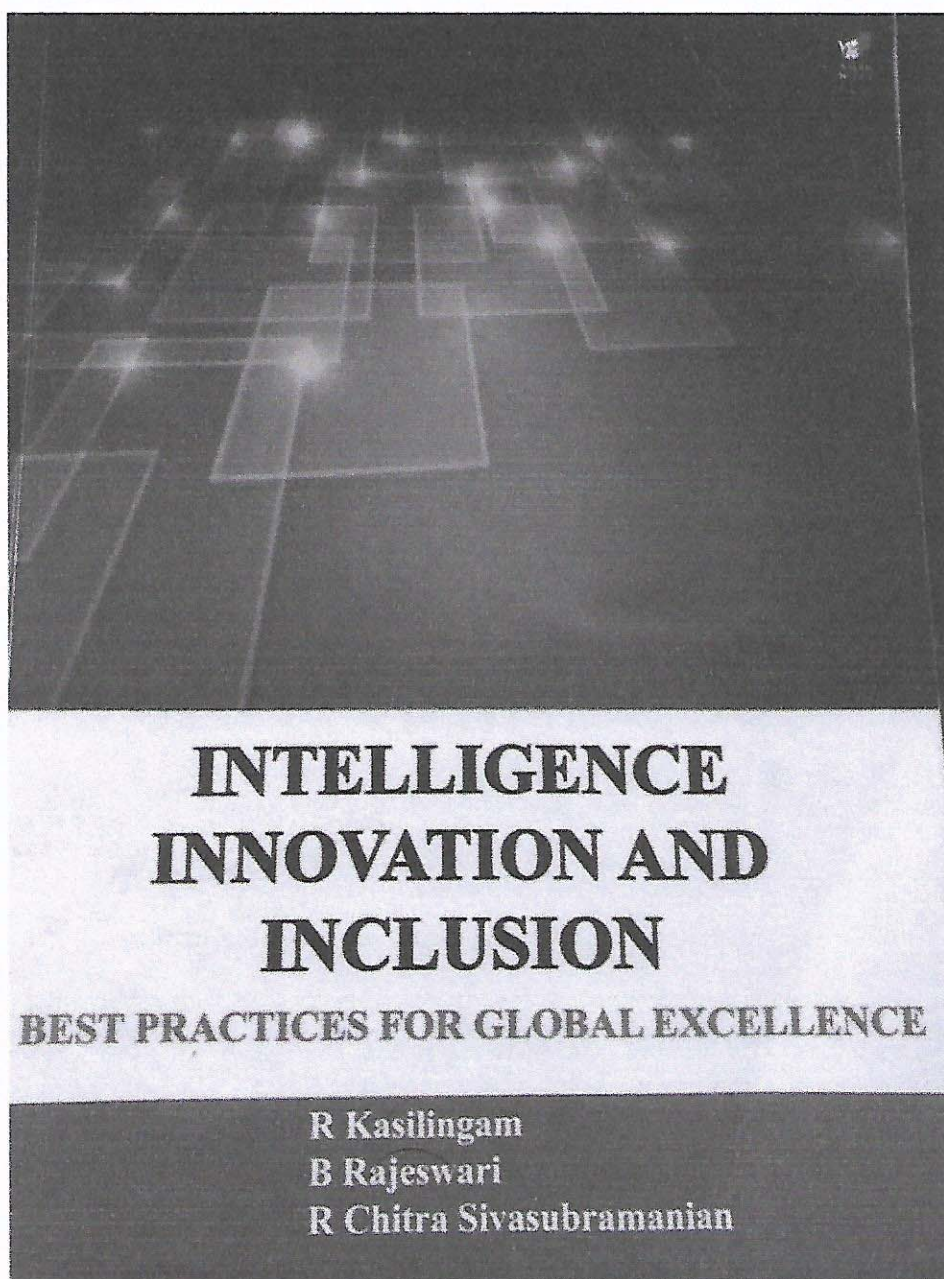
The paper is an attempt to explore on the major reasons why Kerala as a State is finding it difficult to channelize capital in the desirable sectors for its comprehensive economic development. The paper is presented in five sections. The first section discusses about capital formation trends at the national level. In the second section, performance of Kerala as a State in channelizing capital into productive channel is depicted. The third section explores the problems faced by the various segments of the State while attracting the

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MICRO ENTREPRENEURSHIP AMONG WOMEN - A CASE OF HOME-BASED BEAUTY SALONS

Anupama P. Nair

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Govt. College For Women, Thiruvananthapuram, Kerala.
e-mail id: anskom567.as@gmail.com, Mobile No: 9446178504

ABSTRACT

Indian women form part of half of total world population and as such constitute a vital segment of our society. Women in traditional India were found confined within the four walls of their houses doing all the household activities including taking care of their children and managing kitchen works. Majority of them were reluctant to break the shackles of these four walls, may be due to the patriarchal nature of our society. But modern day women are trying hard to overcome these socio-economic barriers and thriving hard to take part in all sorts of economic activities. With changes in the socio-cultural environments and increasing educational opportunities, women are gradually entering into the field of entrepreneurship especially Micro entrepreneurship. Women entrepreneurs are regarded as individuals who take up challenging roles, in which they would want to adjust their economic independence, social and family life. Normally a woman entrepreneur is perceived as a maker of household goods like pickles, pappads, etc. But today with the changing scenario of women development, they are assuming actual role of becoming owners and decision makers of non-traditional enterprises, where growth and employment generation are imminent. Women nowadays take up more challenging activities like computer training, beauty saloons, catering services, etc. With the beauty business thriving in the country, beauty clinics and saloons have started making their way into smaller cities and towns. Thiruvananthapuram district of Kerala has also got its own share of beauty clinics. Apart from large parlours, there are micro parlours run by women from their homes primarily aimed at supplementing the family income. Under this backdrop, this study seeks to find out the motivating and hindering factors of women entrepreneurs running home-based beauty saloons from Thiruvananthapuram district of Kerala. An attempt has also been made to identify the major problems encountered.

Key words: Micro enterprise, women entrepreneurs, home-based beauty saloons

INTRODUCTION

Entrepreneurship among women has been a recent concern for all of us. Though women in traditional societies are confined to the four walls of houses doing all the household works including taking care of the children, the concept and status of women in the modern society has been changed substantially. Women today have come out of the four walls of their houses to



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भाग - 2

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‘ग्लोबल गांव के देवता’ में आदिवासी विमर्श

डॉ. निम्मी ए.ए.

सहा.प्राध्यापक, गव्हर्नमेन्ट कॉलेज फॉर वूमेन, त्रीवेंद्रम

इक्कीसवीं सदी के हिन्दी उपन्यासों में निरंतर शोषण व दमन के कारण अपने अस्तित्व एवं अस्मिता के संकट ग्रस्त दौर से गुजर रहे आदिवासियों की आवाज एक आंदोलन के तौर पर पूरी शिद्दत से सुनाई पड़ती है। शिव प्रसाद सिंह का ‘शैलूष’, विनोद कुमार शुक्ल का ‘खिलेगा तो देखेंगे’, मनमोहन पाठक का ‘गगन घटा गहरानी’, सुरेन्द्र स्निग्ध का ‘छाड़न’, टेजेंदर का ‘काला पादरी’, भगवान दास मोरवाल का ‘काला पहाड़’, संजीव के ‘जंगल जहां शुरू होता है’, ‘पाँव तले की दूब’, मैत्रेयी पुष्पा के ‘अल्मा कबूतरी’, ‘बेतवा बहती रही’, मिथिलेश्वर के ‘यह अंत नहीं’, ‘भाटी कहे कुम्हार से’, ‘सुरंग में सुबह’, ‘युद्धस्थल’, विवेकी राय का ‘नमामि ग्रामम’, पुन्नी सिंह का ‘सहराना’, राकेश कुमार का ‘पठार पर कोहरा’, हरीराम मीणा का ‘धूणी तपै तीर’, राजीव रंजन प्रसाद का ‘आमचो बस्तर’ सरीखे उपन्यासों में जनजातियों के जल, जंगल, जमीन के लिए साक्षात संघर्ष का दर्दनाक दास्तां है।

इस संदर्भ में २००६ में प्रकाशित रणेन्द्र का बहुचर्चित उपन्यास ‘ग्लोबल गाँव के देवता’ झारखंड के आदिवासी असुर समुदाय के अनवरत जीवन संघर्ष का दस्तावेज है। उपन्यास के केंद्र में वह असुर संस्कृति है जिसने आग और धातु की खोज की और कभी मानव सभ्यता के विकास में एक अर्थपूर्ण भूमिका निभायी। परंतु अपने अस्तित्व के लिए लगातार लड़ते हुए संप्रति संस्कृतिविहीन, भाषाविहीन, साहित्य विहीन एवं धर्म विहीन हो गयी है। दरअसल मुख्यधारा ने भारतीय संस्कृति में मिथक बनकर शेष रह गयी असुर जनजाति को हाशिये पर धकेल दिया है।

काबिलेगौर है कि असुर समुदाय के सुख-दुख, उसकी अपराजेय जिजीविषा और मुख्य धारा की क्रूर साजिशें असुर अंचल भौरापाट में विज्ञान शिक्षक के रूप में नियुक्त होकर आए मुख्यधारा के सदस्य युवा मास्टर के जरिये सामने आयी है। ‘असुर’ शब्द



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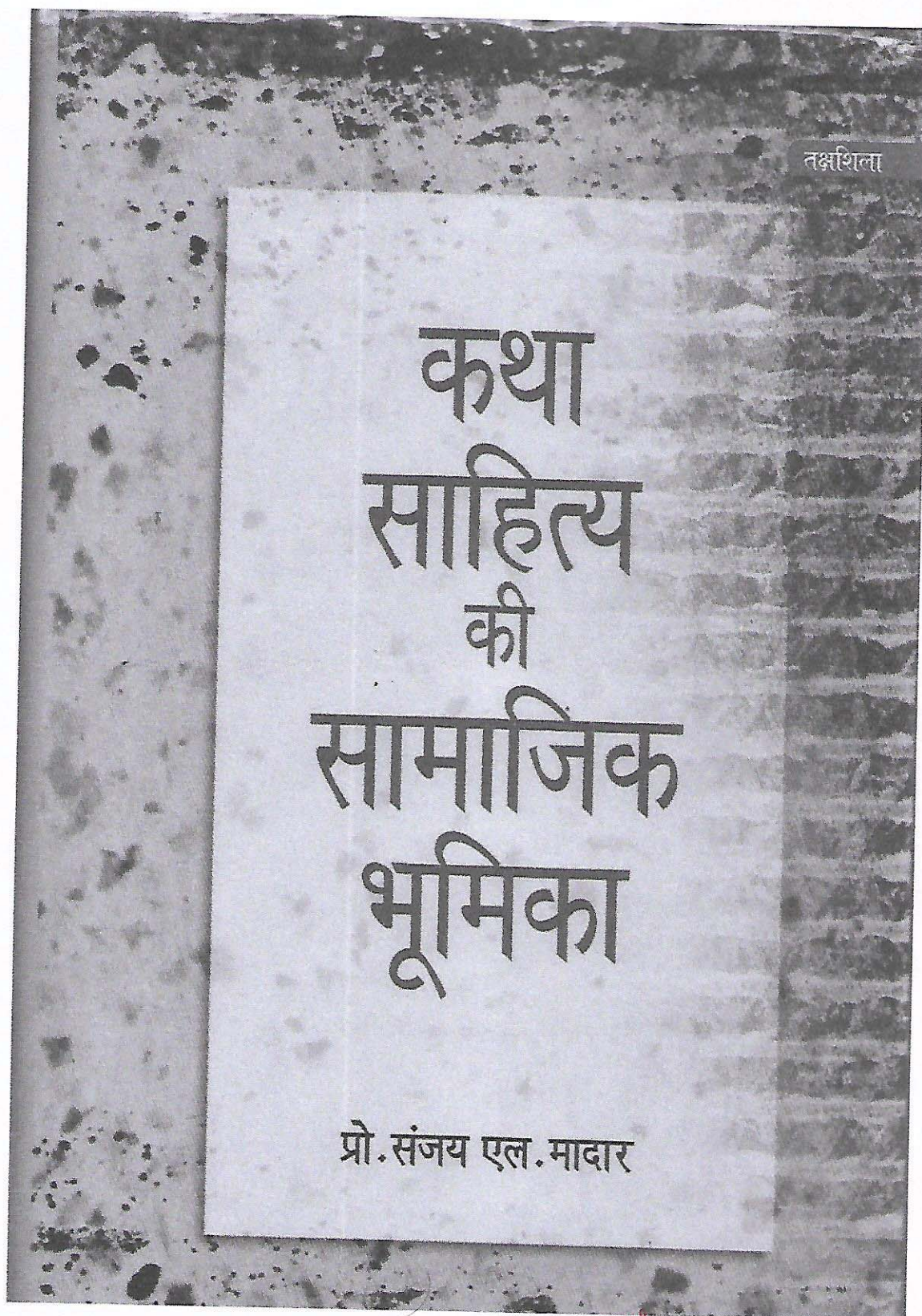
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‘कैसी आगी लगाई’: एक विश्वविद्यालयी परिसर की धड़कनें

डॉ. नीम्मी ए.ए.

असगर वजाहत की औपन्यासिक काबिलियत की एक और मिसाल है उनका बहुचर्चित उपन्यास ‘कैसी आगी लगाई’। यह उपन्यासत्रयी का पहला भाग है। यह लेखक के स्वप्न देखने, उसके टूटने और उसे जोड़ने की आकांक्षा की त्रयी है। इसका प्रथम भाग 1996-97 के दौरान बुदापेस्त और हंगरी में लिखा गया था। प्रस्तुत भाग एक पृष्ठभूमि है जिसमें जीवन अपने विविध रंगों के साथ छात्र जीवन और सपनों के टूटने का जिक्र है। यह हिस्सा एक अर्थ में जीवन का प्रारम्भ है। ‘आग’ प्रतीक है जो जीवन की पहली शर्त है। यह एक जीवन को जन्म देती है जो निरन्तर बढ़ता जाता है। ‘हमारी पीढ़ी के सपने बनते हैं और टूटते हैं। सपने टूटने का जो सिलसिला उपन्यास के अन्तिम हिस्सों से शुरू होता है वह दूसरे भाग में अपने चरम पर पहुँचता है। तीसरा भाग उस टूटे सपने को पुनःस्थापित करने का काम करेगा और इस प्रक्रिया में पिछले और आने वाले वर्षों को साकार करने का प्रयास किया जाएगा।’¹

(असगर वजाहत से मधु की बातचीत-साक्षात्कार : अप्रैल-2006, पृ. 13)

उपन्यास में मुख्यतः अलीगढ़ शहर व (मुस्लिम) विश्वविद्यालय की ज़िन्दगी को उसकी तमाम सामाजिक विद्रूपताओं के साथ पेश किया गया है। स्वाधीन भारत की समूची हालातों का बयान है। मसलन, स्वतन्त्र भारत की चुनाव प्रणाली, साम्प्रदायिकता, जातिवाद, व्यापारिक संस्कृति, सामन्ती सड़न, मुस्लिम समाज की सोच, जीवन आशंकाएँ, भय व सदेह मिथ्या चेतना आदि। विश्वविद्यालय की छात्र-राजनीति, शिक्षा पद्धति का बिगड़ता ढाँचा आदि अनगिनत मसलों की पोल खोलने का प्रयास भी उपन्यास में दृष्टव्य है।



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सहायक अधिव्याख्याता, हिंदी विभाग, सरकारी महिला महाविद्यालय, त्रिवेंद्रम, केरला

साहित्य जिसे आचार्य रामचन्द्र शुक्ल ने 'जनता की चित्तवृत्ति का संचित प्रतिबिम्ब माना हैं', उसमें से एक बहुत बड़ा वर्ग गायब है। उसके साहित्य को या तो नकार दिया गया है या उसे असंस्कृत या लोक धारा का नाम देकर विलग कर दिया गया है। यह विलगाव केवल साहित्यिक नहीं है, उसे भाषाई, सामाजिक, राजनीतिक, आर्थिक रूप से पीछे धकेल दिया गया है। किंतु विगत कुछ दशकों से जैसे शिक्षा का प्रसार बढ़ा है, लोक या जन में भी जागरूकता आई है। आज साहित्य में मुख्यधारा का मिथक टूट रहा है। दलित, आदिवासी, स्त्री विषयक साहित्य ही समकालीन साहित्य में मुख्य धारा का साहित्य बन गया है। विगत दशकों में अस्मितावादी साहित्य ने व्यापक रूप से अपनी उपस्थिति दर्ज कराई है। मुख्यधारा के बरक्स हाशिये की धारा का भी अपना साहित्य, कला और लोक संस्कृति होती है। आदिवासी साहित्य और संस्कृति ने हाशिये की धारा से मुख्य धारा में आने का अनवरत प्रयास किया है।

लिहाजा समकालीन कविता में आदिवासी और अल्पसंख्यक समाज की स्थिति पर पुनर्विचार होने लगा है। साहित्य और समाज में ये तबके लंबे समय तक हाशिये पर रहे हैं। हालांकि संवैधानिक प्रावधानों की वजह से इन तिरस्कृत वर्गों के लोगों में अपने ऊपर होने वाली साजिशों के खिलाफ बड़े स्तर पर संघर्ष करने की चेतना विकसित हुई, जिसे उत्तर आधुनिक शब्दावली में विमर्श के नाम से अभिहित किया गया।

मौजूदा दौर देश के मजदूरों, किसानों और समस्त मेहनतकश जनता के लिए एक बहुत ही चुनौतीपूर्ण दौर है। भारतीय राजसत्ता बहुत ही मुखर रूप से तमाम पूंजीवादी कॉर्पोरेट घरानों के साथ मिलकर मेहनतकश जनता का शोषण-उत्पीड़न कर रही है। फिलहाल वैश्वीकरण, उदारीकरण निजीकरण के जरिए पूंजीवाद और पूंजीवादी ताकतों को ही लूट की छूट देने वाली नीतियां सबसे

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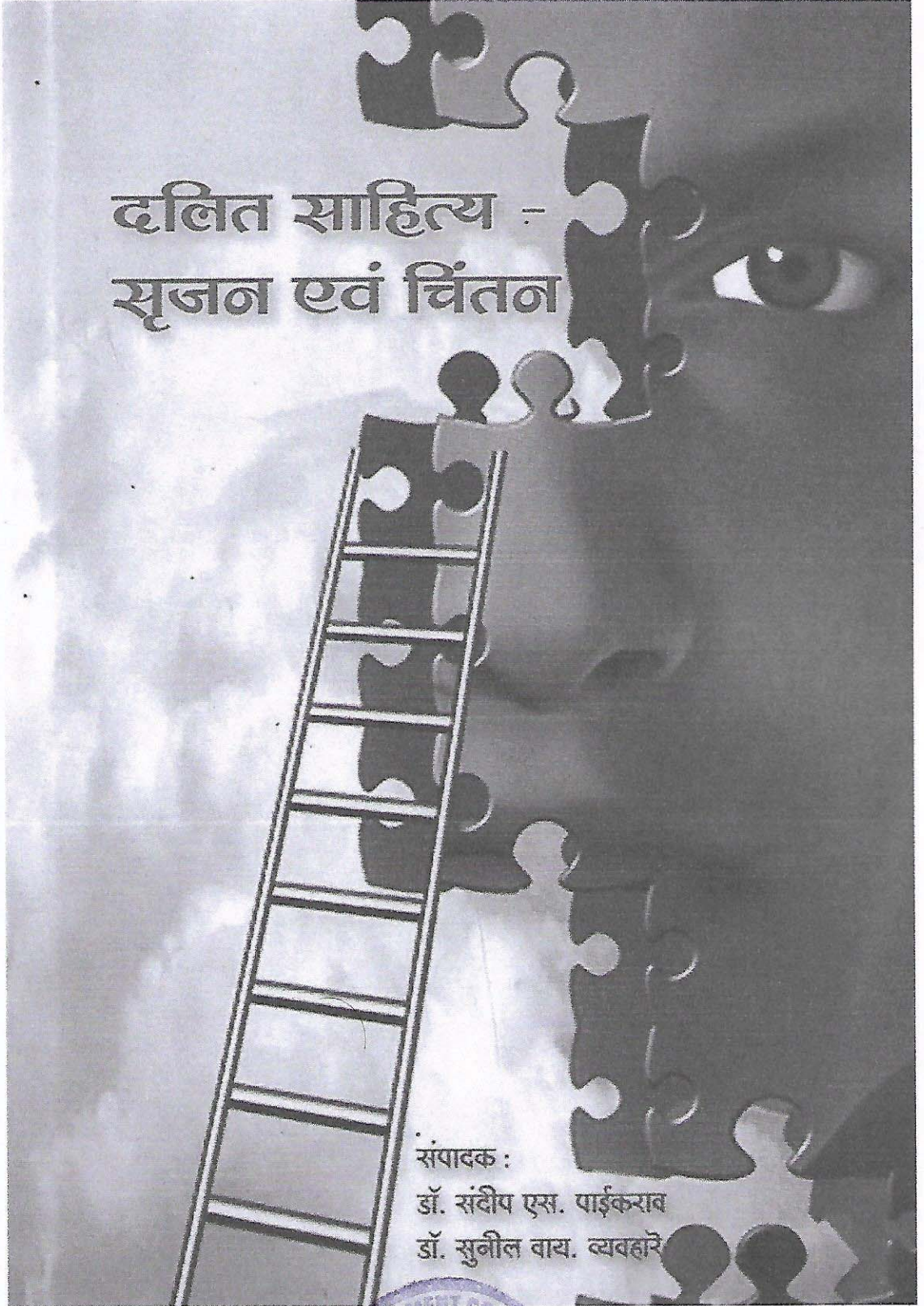


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सहायक अधिव्याख्याता, हिंदी विभाग, सरकारी महिला महाविद्यालय, तिरुवनंतपुरम, केरला

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लोहार से मत पूछो

उस घोड़े से पूछो

जिसके मुँह में लगाम है।¹

जिस पीड़ा को जिसने न भोगा हो वह व्याख्याकार चाहे कितना ही प्रतिभाशाली क्यों न हो, उसमें पीड़ा और पीड़ित को पर्याप्त समझने की संवेदना की कमी निश्चित है। कहना-सुनना, देखना-परखना, अध्ययन-अध्यापन आदि किसी सीमा तक ले जा सकते हैं, किन्तु पीड़ा की अनुभूति तो पीड़ा माँगती है। साहित्य से जुड़कर दलित शब्द एक ऐसी साहित्यिक धारा की ओर इशारा करता है, जो मानवीय सरोकारों और संवेदनाओं की यथार्थवादी अभिव्यक्ति है। अतः दलितों ने अपने जीवन-संघर्ष में जिस यथार्थ को भोगा है, दलित साहित्य उसकी अभिव्यक्ति का साहित्य है। केवल भारती के लफ्जों में 'दलित साहित्य' से अभिप्राय उस साहित्य से है, जिसमें दलितों ने स्वयं अपनी पीड़ा को रूपायित किया है। यह कला के लिए कला नहीं, बल्कि जीवन का और जीवन के जिजीविषा का साहित्य है।²

चेतना से मतलब अवबोध, दृष्टि या एक प्रकार का जागरण उत्पन्न करना है। दलितों की व्यथा, पीड़ा, दमन, शोषण, टीस, या उत्पीड़न का बखान करना ही दलित चेतना नहीं है, बल्कि 'चेतना का सीधा संबंध दृष्टि से है जो दलितों की सांस्कृतिक, ऐतिहासिक, सामाजिक भूमिका की छवि के तिलस्म को तोड़ती है।'³ दलित साहित्य की चेतना काफी पुरानी है। 'वह बीसवीं सदी का दूसरा दशक था जब १९१४ में महावीर प्रसाद द्विवेदी की यशस्वी पत्रिका 'सरस्वती' में दलित कवि का हीरा डोम द्वारा रचित 'अछूत का शिकायत'

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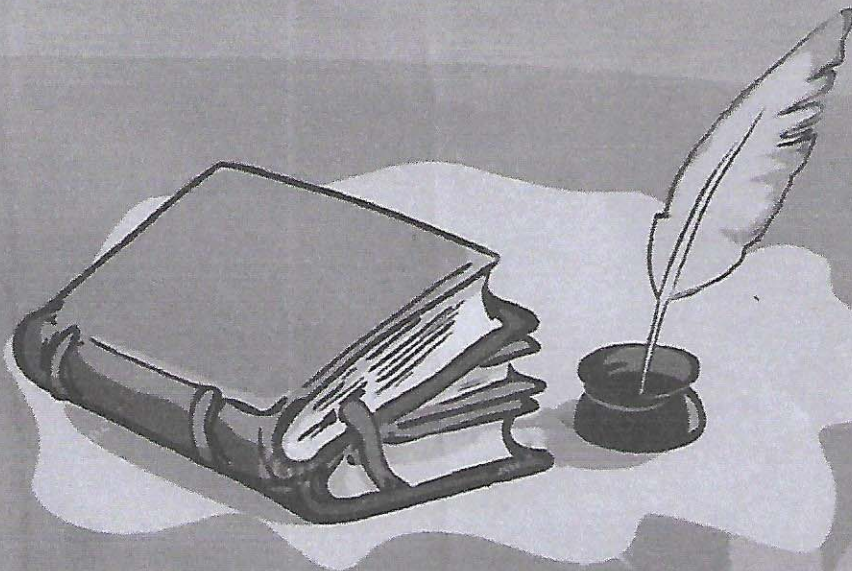
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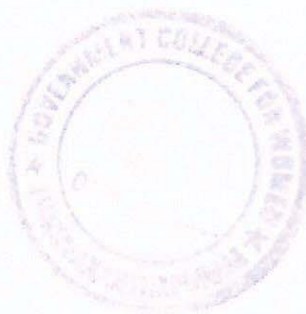
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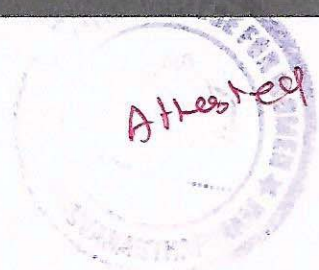
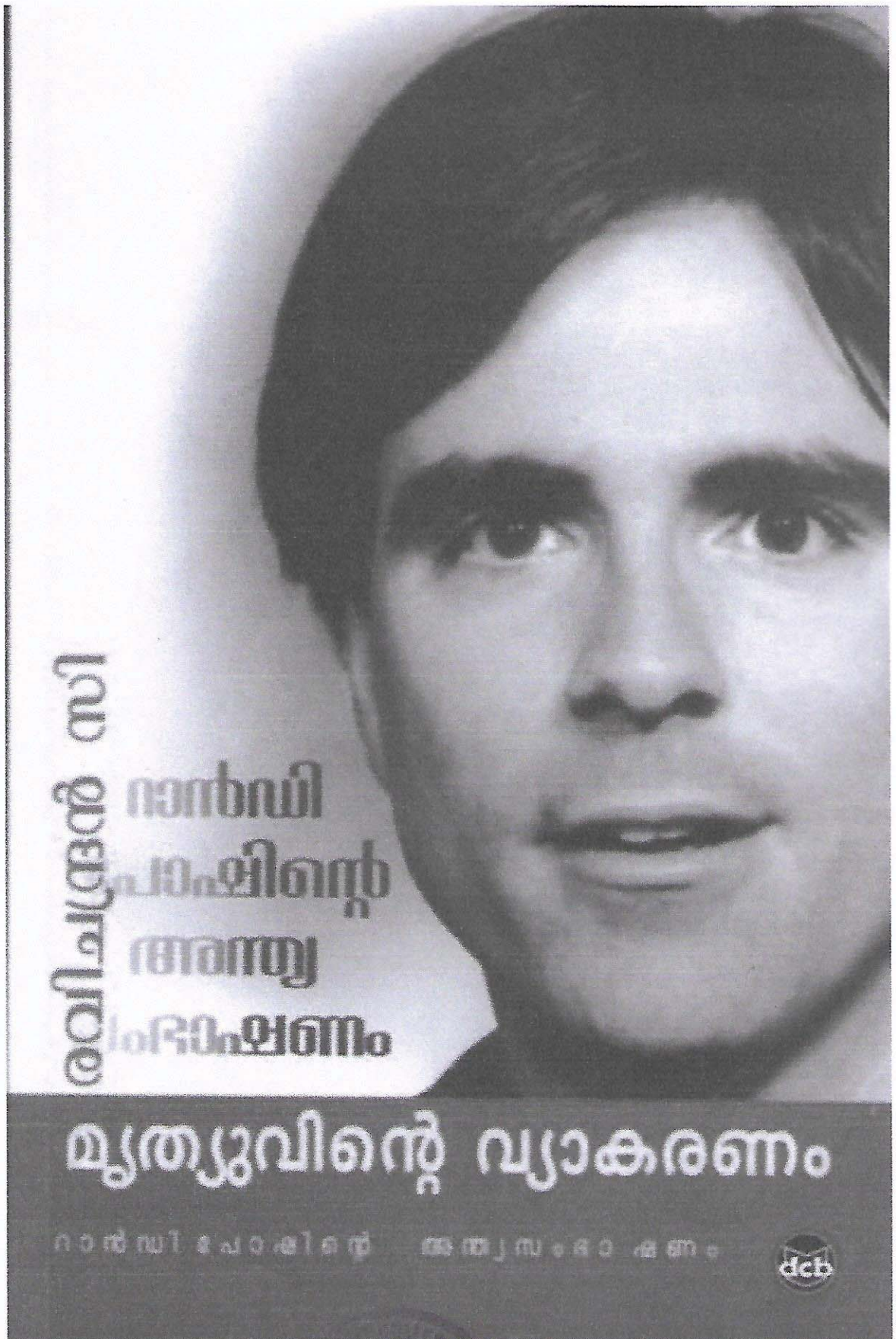
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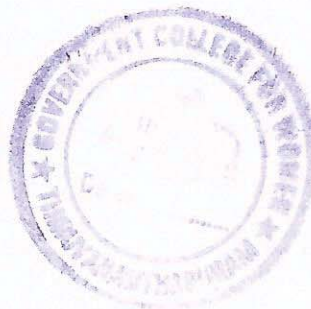
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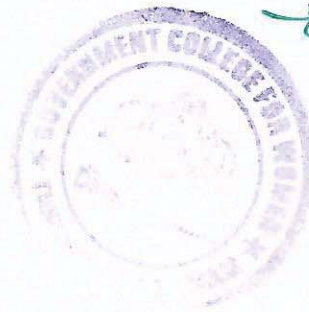
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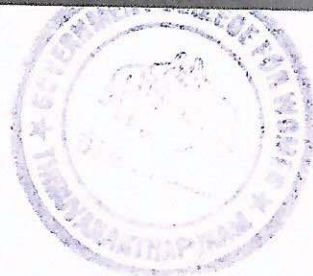
सूचना प्रधान साहित्य अथवा कार्यालयी साहित्य में विभिन्न पारिभाषिक शब्दावली के अनुवाद की समस्याओं पर क्रमशः पारिभाषिक शब्द, विभिन्न शब्द : एक पर्याय, एक शब्द, विभिन्न अनुवाद एवं मशेयों की समस्या के उपयोगों के अंतर्गत विचार करेंगे।

पारिभाषिक शब्द

सरकारी एवं गैरसरकारी प्रयत्नों के बावजूद अभी तक अंग्रेजी शब्दों के लिए हिन्दी में समतुल्य एवं समशब्दों का निर्धारण एवं निर्माण नहीं हो पाया है। ऐसे समय पर अनुवादक को ऐसे शब्दों के लिए अंग्रेजी के उक्त पारिभाषिक शब्द को देवनागरी लिपि में लिख देना चाहिए।

पारिभाषिक शब्दों के अनुवाद की एक समस्या यह भी है कि पारिभाषिक शब्दों के निर्धारण तथा निर्माण के समय अंग्रेजी तथा हिन्दी बोलियों के प्रचलित शब्द प्रयोग करने के बजाय नये शब्दों का निर्माण किया गया है। जिनमें कुछ शब्द कृत्रिम एवं आरोपित लगते हैं। जैसे- एबोलोन के लिए पड़ा गया शब्द 'उत्सादन'।

पारिभाषिक शब्दावली के अनुवाद की समस्या को केन्द्रीय सरकार के 1962 तथा 1974 में प्रकाशित 'पारिभाषिक शब्द - संग्रह' तथा 'कुछ पारिभाषिक शब्द - संग्रह' के संस्करणों ने कुछ बढ़ाया ही है। केन्द्रीय सरकार द्वारा 1962 में प्रकाशित 'पारिभाषिक शब्द-संग्रह' तथा 1974 में प्रकाशित 'कुछ पारिभाषिक शब्द' से प्रकाशित उसके द्वितीय एवं संशोधित संस्करण के अनुवाद और होना



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की आधुनिक तकनीकी शब्दावली तुरन्त उपलब्ध कराने के उद्देश्य से वैज्ञानिक तथा तकनीकी शब्दावली आयोग ने कम्प्यूटर आधारित राष्ट्रीय शब्दावली बैंक का विकास किया है। इस बैंक के डाटाबेस में कुल 5 लाख तकनीकी शब्द भरे जा रहे हैं जिनमें 2.5 लाख से अधिक शब्द डाटाबेस में संचित किए जा चुके हैं। जिन विषयों की शब्दावली डाटाबेस से संयोजित और संसाधित हो चुकी है, वे इस तरह हैं - सामाजिक विज्ञान विषयों के 80,000 शब्द, विज्ञान विषयों के 1.25 लाख शब्द, प्रशासन के 13,000 शब्द आदि। शेष विषयों की शब्दावली के कम्प्यूटरीकरण का कार्य प्रगति पर है। शब्दावली, फ्लॉपी के रूप में भी प्राप्त की जा सकती है।

डॉ. आशा जी

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