



Vidya Vikas Shikashan Sanstha, Hinganghat. (College Code : - 707)

MATOSHRI ASHATAI KUNAWAR

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Criteria 3.3.2	Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during last five years
Findings of DVV	Provide Cover page, content page and first page of the selected publication. Provide Web-link of books.
Response/ Clarification	As per the clarification, we have attached front page of the book/conference proceeding highlighting ISBN number year wise is attached (Appendix I)



Matoshri Ashatai Kunawar
Arts, Commerce & Science
Women's College, Hinganghat

Appendix II

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

Year	Department	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	Calendar Year of publication	ISBN number of the proceeding	Affiliating Institute at the time of publication	Name of the publisher
2018-19	Department of Arts											
			Mr. Umesh P. Tulaskar		A Review On Yoga and Meditation: Enhancing the Performance Of a Human Physiologically and Psychologically		Interdisciplinary National Conference on Role of Physical Education and Other Disciplines in Enhancing the Performance Of a Player & Fitness for Young and New India	National	2018	ISSN: 2349-638x	RTMNU	Aayushi International Interdisciplinary Research Journal(AIIRJ)
			Mr. Abhay H. Dandekar	Amha Gihari Dhan	Aadhar Mayecha				2018	ISBN: 978-93-84442-45-3	RTMNU	Savvedana Prakashan
	Department of Commerce		Nil									
	Department of Science	9	Nil									
2019-20	Department of Arts											
		2	Mr. Abhay H. Dandekar	Spandan Varhad Matiche	Maay Varhadi				2019	ISBN: 978-93-87278-21-9		Anjani Publications
		3	Mr. Abhay H. Dandekar	Bhavmala	Sapaan				2019	ISSN: 2395-0366		Anjani Publications

National Conference

on

**Interdisciplinary National Conference on Role
Of Physical Education and Other Disciplines in
Enhancing the Performance of a Player &
Fitness for Young and New India**

24th Dec. 2018

Organized By,



IQAC

Bar. R. D. I. K. & N. K. D. College,

Badnera – Amravati

Collaboration with

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And

Physical Education Foundation of India

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Disclaimer :-

Research Papers / Articles/published in this book are the intellectual contribution done by the authors. Authors are solely responsible for their published work. The organizer of this National Conference and Publisher of this *Special Issue* are not responsible for legal complications, if any.

Sr No	Name of Authors	Title of Paper	Page No.
1.	Dr. Seema v. Deshmukh Smt. S.R. Mohata Mahila	Yoga Through In Personality Development Of Children & Young	1 To 3
2.	Manisha Narayan Punde Dr. Chatrapati Baburao Vairagar(Pangarkar)	A Prospective Study of the Impact of Stress, Anxiety OnSports Performance and Quality of Life	4 To 7
3.	Punam Narendra Mahalle	A Role Of Yoga In Education	8 To 9
4.	Abdul Ansar	The Role Of An Omega 3 (EPA - DHA) To Enhacing The Mental Health Of An Athlete	10 To 11
5.	Dr. Khushal Jagtrao Alaspure	Comparative Study of Fat Percentage and Lean body Weight among Vegetarian and Non-Vegetarian Students	12To 14
6.	Dr. Madhav shejul	Advance Sports Technology	15 To 16
7.	Dr. S. N Chougule Dr. Sandeep Shinde	The Role Of Technology In Sports	17 To 19
8.	Dr. Umesh Rathi	The Importance of Outdoor Play and Its Impact on Brain Development of Children	20 To 21
9.	Dr. Altaf ur Rehman	Music Fuel For Performance In Sports	22 To 23
10.	Madhavi Mardikar Bharti Kale	Physical Education Teacher's approach towards Professional Sports Management	24 To 27
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A Review On Yoga And Meditation: Enhancing The Performance Of A Human Physiologically And Psychologically

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Abstract:

Yoga and meditation consisting of development in the physical, mental and spiritual level. When the body is physically healthy, the mind is clear, focused and stress is under control. The main goals of meditation and yoga it help human to enhanced more capacity to work, power to solve problems, decision making power, sensitivity, control over feelings and emotions, increase in concentration and memory, present-mindness, awareness, increased energy to work and complete relaxation and restoration of health.

Keywords: Yoga, meditation, stress management, health

Introduction:

The health of the body is of fundamental importance in life. As the Swiss-born Physician, Paracelsus, very correctly said, "Health isn't everything, but without health everything is nothing". To preserve and restore health there are physical exercises, breathe exercises and relaxation techniques i.e. Yoga and meditation are required. For that special programmes have been developed from the basis exercises: "Yoga for Back pain", "Yoga for joints", "Yoga for Seniors", "Yoga for children's", etc. To maintain good health, other valuable exercises within "Yoga in daily life" are the purification techniques of Hatha Yoga. These involve Deep Relaxation (Yoga Nindra), Concentration Exercises (e.g. musical meditation) as well as Mudras and Bandhas (special yoga techniques).

An even greater factor in the maintenance of good health is the food we eat. What we eat influences both our body and psyche-our habits and qualities. In short, the food we eat has effect upon our whole being. Food is the source of our physical energy and vitality same way the meditation is the food for mental health. In general, we are led through life by the mind and senses, rather than having these under our control. However, to gain control of the mind, we must first place it under inner analysis and purify it. "Yoga in daily Life" offers numerous methods to attain mental wellbeing: Mantra practice is important tool for self investigation and self-analysis. In this meditation practice we come into contact with our subconscious mind, the source of our desires, complexes, behavioral patterns and prejudices. This technique enables us to overcome negative qualities and habits and helps us to better manage life's problems.

Objectives:

In this paper I have made an attempt to observe through study of how Yoga and meditation can actually boost the quality of life in terms of physical, mental and spiritual level. It studies how meditation and yoga help human to enhanced more capacity to work, power to solve problems, decision making power, sensitivity, control over feelings and emotions, increase in concentration and memory, present-mindness, awareness, increased energy to work and complete relaxation and restoration of health of the body and mind.

Methodology

The method of research adopted is secondary in nature. Sources referred are mostly from the internet as well as books written by spiritual guru and other eminent writers based on observations and research.

The Techniques Of Yoga And Meditation

A. Movement and Postures (Asana)

Yogic techniques are known to improve one's overall performance. *Pranayama* is an important for overall health. Postural practices often play a key role in a yoga therapy session and may be done standing, sitting, or lying down. Specific poses and movements are carefully selected depending on any health conditions, injuries or goals you may have. Generally speaking, asana are used to help both stretch, stabilize and strengthen different parts of the body, as well as promote increased circulation and energy flow to target areas. Your posture and balance will also be improved through asana practice.

B. Meditation

Three stages of meditation

1. **Clearing the mind:** The mind is always entangled in thoughts. Either it keep thinking about the future or wanders in the past. It should be possible through worship, prayer, control over the body and mind through music or other for keeping the mind pure and peaceful. Only pure mind can bring about a thoughtless state and a thoughtless state takes us towards self-realization.
2. **Watching the mind:** We can't see the wind but through movements of the leaves, we can see its presence. Similarly, if you want to see the mind, then look at thoughts. Thoughts give the right information about the mind. If we watch mind again and again, then we can discover the secrets of the mind.
3. **Taming the Mind:** The last stage of meditation. In this stage you control your mind. Not forcefully but with patience and understanding. We learn to make thoughts as instruments to help us achieve our goal. After this the mind will start behaving like a good servant.

Steps of Meditation:

- A. **Prayer:** Prayer has tremendous power. In prayer, one should always use positive words and words are full of devotion and it always be done with faith and a feeling of love.
- B. **Relaxation:** For relaxation, *Pranayam* (Breath regulation) be used For example, inhaling (breathing in) at the count of 4 and exhaling (breathing out) at the count of 6. In this way breathing is controlled.
- C. **Contemplation:** To know a subject in depth and to understand it completely means 'contemplation'. Contemplation is a technique for focusing the mind.
- D. **Concentration:** It is exercise for the mind- for the mind which is heavy and dull. Concentration means focusing the mind on one particular thing.
- E. **Will-Power**
- F. **Self-Observation with Awareness**

Literature Review

Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. When the body is physically healthy, the mind is clear, focused and stress is under control. According to research scholars yoga is a complex and dynamic intervention which involves asset of *asanas*, breathing exercises which relaxes the stress in mind. Further, a number of studies have been conducted in the past to understand the importance of yoga and meditation. Among the studies conducted in the past, yoga and meditation found to improve the overall mood (Shapiro and Cline, 2008) of the person, helps in improving emotional wellbeing which ensures that people satisfied with their lives (Hartfiel et al., 2011). Further studies have also reported about the importance of yoga in reduction of aggression, anxiety and anger levels (Narendra et al., 2008; Yoshihara et al., 2011) thus help in management of anger. Some studies have also indicated that with the use of yoga as a stress-management technique, indicated to improve the overall attention span (Rangan et al., 2009) of the individual and improved emotional wellbeing.

Every doctor advises the patients to take rest along with medicines. The reason being that 'rest' is that medicine which is helpful for curing every ailment. But people don't know how to relax or rest. Thus, meditation is helpful and effective in curing every disease. Diseases such as asthma, blood pressure, paralysis etc. have been noticed to subside from the practice of meditation. Meditation energizes you, improves your capacity to live and work and helps in improving physical vitality. Dr. Kelly Brogan, holistic women's health physician, describes those changes as decreased heart rate, blood pressure, rate of breathing, muscle tension, she adds that this "relaxation response" can combat stress, a part of "what is actually driving chronic diseases such as auto-immune, cardiovascular and psychiatric pathology" (Brogan, 2014). Jayasinghe, 2004 stated that one may "conclude that yoga can be beneficial in the primary and secondary prevention of cardiovascular disease and that it can play a primary or a complementary role in this regard.

Our capacity to work definitely increases with meditation. There are many reasons for this: the more the body can relax, the more it can work. A calm mind can think in new direction and it become more creative. A relaxed mind is also beneficial for physical health. Along with concentration, awareness arises. And because of awareness, the intellect becomes sharp. Achieving

success in the external world thus becomes extremely easy. If the nervous system is tension-free, its capacity increases to the maximum and its efficiency is also enhanced. Meditation in managing stress can be explained by physiological changes that take place in both brain and the body. In recent Harvard-based neuroscientist Dr. Sara Lazar explains that, "meditation can literally change your brain" by increasing the size of the hippocampus, which is associated with learning and memory, and the temporal-parietal junction, which is associated with empathy and compassion. Meditation also brings about a great change in your listening power. With constant meditation, you may be able to detect things differently. You are able to realize your mistakes due to which you caution so as not to repeat them again in your life. Meditation teaches us to benefit from the present.

Yoga particularly has a positive effect on fitness and physical flexibility with a secondary effect on mental state, while *pranayama* practices and relaxation meditation techniques may result in greater awareness, less stress, and higher well-being and quality of life (Roland et.al 2011).

Conclusion

To conclude from the study of different researchers and spiritual guru yoga and meditation has positive impact on improved mood, reduced stress, lesser psychological distress, improved concentration, decision making power and an improved ability to do something new. Yoga may help to improve self-efficiency, self-competence, physical fitness, etc. and its overall impact on our health, happiness, success, harmony and joy in life.

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National Conference
On

**'Role of Physical Education and Other Disciplines in Enhancing the
Performance of Players and Fitness
for Young and New India'**

24th December 2018

Organized by

IQAC, Bar. R. D. I. K. & K. D. College Badnera- Amravati

In Collaboration with

Arts & Science College, Kurha and Physical Education Foundation of India

Certificate

This is to certify that Dr./ Mr./ Mrs. Umesh P. Tulaskar
of Vidya Vikas Mahavidyalaya, Samudrapur has actively Participated in National Conference.

He / She has submitted paper for publication / poster, entitled A Review on Yoga and Meditation
enhancing the performance of A Human physiologically and psychologically

He / She was the Resource Person/ Chair-Person/CO-Chair-Person for the Technical Session.

Umesh

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गोंडवाना विद्यापीठ, गडचिरोली द्वारा संलग्नित
सरस्वती शिक्षण प्रसारक मंडळ, गडचांदूर द्वारा संचालित



शरदराव पवार कला व वाणिज्य महाविद्यालय, गडचांदूर, ता. कोरपना, जि. चंद्रपूर

(NAAC द्वारा 'ब' श्रेणी प्राप्त CGPA 2.48)

राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ, नागपूर, संत गाडगेबाबा अमरावती विद्यापीठ, अमरावती व
गोंडवाना विद्यापीठ, गडचिरोली
दिनांक १५ व १६ फेब्रुवारी २०१९

प्रमाणपत्र



प्रा./डॉ./श्री/श्रीमती उमेश पांडुरंगजी तुळसकर.

महाविद्यालयाचे नाव एम. ए. के. कला, वाणिज्य व विज्ञान महिला महा. हिंणघाट यांनी
राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ, नागपूर, संत गाडगेबाबा अमरावती विद्यापीठ, अमरावती व
गोंडवाना विद्यापीठ, गडचिरोली अंतर्गत आयोजित इतिहास परिषदेच्या ५१ व्या अधिवेशनास प्रतिनिधी/परिसंवाद/
चर्चासत्र वक्ते/सत्राध्यक्ष/शोधनिबंध _____ सादर केले

व उपस्थित होते. त्याबद्दल हे प्रमाणपत्र प्रदान करण्यात येत आहे.

प्रा.डॉ. विरेंद्र गो. वैस

अध्यक्ष

रा.तु.म. नागपूर विद्यापीठ,
सं.गा.बा. अमरावती विद्यापीठ व
गोंडवाना विद्यापीठ, गडचिरोली

प्रा.डॉ. शरद बा. बेलोरकर

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डॉ. संजयकुमार सिंह

प्राचार्य

शरदराव पवार कला व वाणिज्य,
महाविद्यालय, गडचांदूर,
ता. कोरपना, जि. चंद्रपूर



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This is to certify that Prof./Dr./Shri/Smt. Umesh Pandurangji
Tulaskar of Matoshri Ashwini
Kunawar Bots, Sci. & Comm. College, Hinganga

has participated in the 108th Indian Science Congress held at Rashtrasant
Tukadoji Maharaj Nagpur University, Nagpur, Maharashtra from
January 3 to 7, 2023.

His/Her Membership Number is LSO SLM 308

Date 7.01.2023




General Secretary
(Signature)

आम्हा
घरी
धन...

संपादक
प्रसेनजित गायकवाड

कवितानुक्रम...

०१. दीपक रंगारी
०२. प्रतिभा बोबे
०३. सारिका बोबे
०४. किशोर चलाख
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०९. तथागत गायकवाड
१०. प्रशांत ढोले
११. सूरज पेंढरवाड
१२. नीलकांत ढोले
१३. एकनाथ सोळंके
१४. माधुरी वसंत-शोभा
१५. प्रभाकर तांडेकर 'प्रदत्त'
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१९. संदीप गायकवाड
२०. अनिल पिट्टलवार
२१. गणेश कुबडे
२२. संजय वानखेडे
२३. संजय तिजारे
२४. विशाल देवतळे
२५. स्वरूप सावंत
२६. विजय वाटेकर
२७. दिलीप जाने
२८. रवींद्र शेंडे

२९. अंजली घंटेवार
३०. अपर्णा ढोबळे
३१. सोनाली चंदनशिवे
३२. प्रतीक्षा फाटे
३३. अंजली चांदे
३४. हर्षा मोडक
३५. वर्षा बोध
३६. लीना भुसारी
३७. विनोद मोरांडे
३८. मनीषा सब्बालाखे
३९. छाया गायकवाड
४०. संदीप कासारे
४१. जयवंत वानखडे
४२. हृदय चक्रधर
४३. विभा मोडक
४४. ज्ञानेश्वर वांढरे
४५. पद्मा रंगारी
४६. नरेशकुमार बोरीकर
४७. अभय दांडेकर
४८. रश्मी लोणकर
४९. प्रशांत नागपुरे
५०. अनिल जाधव
५१. अनुपमा मुंजे
५२. नाना शेंडे
५३. रोहिणी गायकवाड
५४. सुनंदा जुलमे
५५. भूमेश्वरी खोंडे
५६. उज्ज्वला कोल्हे
५७. प्रकाश दुलेवाले
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आम्हा घरी धन... । (प्रातिनिधिक कवितासंग्रह)
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अभय दांडेकर, मांडगाव, वर्धा
९९६०५३५५००

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“वऱ्हाडी कवितांचा प्रातिनिधीक संग्रह ”

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सपानं.....

करपली शेंग, उभावलं रानं
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-प्रा. अभय हि. दांडेकर
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14. Opportunities and Challenges of Digitization

Prof. Sapana Jayakishor Jaiswal

Matoshree Ashatai Kunawar Art, Commerce and Science, College, Hingangaht (Wardha)

Introduction

Digitization play an increasingly important role in our society. The opportunities open up are extensive and at the same time digitalization brings many new challenges. Sustainable digitalization requires capable handling of issues relating to privacy, security and transition that take place when jobs disappear due to automation.

Digitization

Digitalization is the greatest transformation force of society of today. The digital revolution has radically, fundamentally and globally changed society and continues to do so. It affects how people interact and related to each other, how we perceive things, how we do tasks and we find solution. Digitalization leads to a transformation of society most important element growth innovation, welfare sustainability, security and democracy.

Digitalization is an intensive subject for entrepreneurs, social partners and political leaders. They expect digitalization to have fundamental and lasting effect on society which is comparable to the invention of the steam engine, the introduction of assembly line production or globalization as an IT or High-Tech subject. In fact digitalization is not a current IT trend or hype but a development which gives entrepreneurs enormous opportunities but which also comes with a number of challenges. The Digital transformation firstly affected the TME sector (Technology, communication, Information Technology, Media and Entertainment) In the meantime the digital transformation has come to affect all business sectors.

Digital technologies play an increasingly important role in our society. As the need to connect and interact quickly and efficiently becomes essential, digital skills are becoming increasingly relevant for companies and citizens alike.

The social economy and social enterprises have to make the most of the possibilities that digitalization creates so as to achieve their social and environmental objectives. To fully grow the potential of both the digital signal market and social economy attention should be given to the following aspects:



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प्राचार्य डॉ. व्ही. एन. जायले

डॉ. एच. एन. सिन्हा कला व वाणिज्य महाविद्यालय पातुर जि. अकोला,
प्रा. सपना जु. जयस्वाल

मातोश्री आशाताई कुणावार कला व विज्ञान महाविद्यालय हिंगणघाट जि. वर्धा.

प्रस्तावना

समाज हा गतिशील असेल तर निरनिराळे विचारप्रवाह तयार होतात. ह्या विचारप्रवाहामुळे समाजात तणाव निर्माण होतात. त्यातूनच परिवर्तनाच्या दिशा आणि वाटा शोधल्या जातात त्या दिशा ठरविण्याचे काम विचारवंत करीत असतात. हे काम अखंड पणे चालू ठेवणे हे विचारवंतांचे कार्य होय. म्हणायचे तर विचारवंतच समाजाला कार्यप्रवण ठेवण्यासाठी आणि सुधारण्यासाठी महत्वाची भूमिका भारताच्या भूमीवर अनेक विचारवंत होऊन गेले. त्यांनी आपल्या परीने समाजात सुधारणा घडवून आणून जीवन उच्चवण्याचा प्रयत्न केला. डॉ. बाबासाहेब आंबेडकर, लोकमान्य बाळ गंगाधर टिळक, महात्मा जवाहरलाल नेहरू, सावित्रीबाई फुले, संत गाडगे महाराज, बाबा आमटे, डॉ. पंजाबराव देशमुख असे अनेक विचारवंतांनी आपापसांत व कार्याद्वारे समाजात वैचारिक बदल घडवून आणले या विचारवंतांच्या वैचारीक सामाजिक परिवर्तनाचा आपल्या लेखात केला आहे.

सामाजिक विचारवंत

जो आपल्या बुद्धीचा अर्थात विचारशक्तीचा सृजनात्मक उपयोग करतो त्याला आपण विचारवंत किंवा विवेकशील विचारशक्ती हाच सामाजिक कृतिप्रवणतेची आधारशिला असते आणि म्हणून वैचारीक विचारवंतांचे सामाजिक परिवर्तनाचे आव्हान असते. सामाजिक गतीविधीमागे रितीरिवाजामागे आणि समाजात राहणाऱ्या मानव गटाच्या सामुहीक वर्तनामागे स्थूल असे वैचारीक तत्त्वज्ञान उभे असते. परंपरेतून निरंतर असे अर्थ घडविताना विचारवंतांना महत्वाची भूमिका पार पाडावी लागते, याचाच अर्थ असा की, आपल्या कालबाह्य काय? आणि कालसंगत काय? याचा निवाडा विचारवंतांना अगदी सचोटीने करावा लागतो. मुल्यव्यवस्थेमध्ये मृत काय? आणि जिवंत काय? हे ओळखण्याची वैचारीक क्षमता सर्वसामान्य समाजात असेलच असे नाही ती क्षमता विचारवंतांमध्ये असते आणि म्हणून सर्वसामान्य स्त्री-पुरुषांच्या आडोळसपणा प्राप्त करून देण्याचे काम विचारवंत करतात व त्याद्वारे समाजसुधारणा घडवून आणतात. समाजसुधारनेमध्ये सामाजिक विचारवंतांचे महत्वाचे योगदान असते कारण समाजजिवनाला "स्थितीशील" देणे, दिशाहीनतेला प्रोत्साहन न देता परिवर्तनशील बनवणे हे सामाजिक विचारवंतांमध्ये असते. असे निरक्षरता निर्माण होऊन

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Participated and Presented a paper title "सामाजिक सुधारणेच्या सामाजिक विचारवंतांचे योगदान" at the National Conference on "Contribution of Indian
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प्रकाशक

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संत गाडगे महाराज महाविद्यालय

हिंगणा जि नागपूर

प्रकाशन

सेंट्रल टेक्नो पब्लिकेशन,

२३ शांता दुर्गा निवास ,

रामदासपेठ, नागपूर

टिप: प्रसिद्ध होणा-या स्मरिकेमध्ये लेंखांतील मते त्या लेखकांची आहे. यामा
प्रकाशक, संपादक व कार्यकारी संपादक मंडळ सहमत असतीलच असे नाही.

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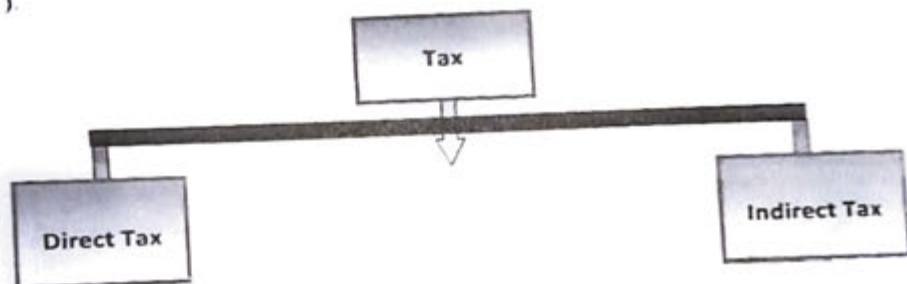
Impact of GST on Small Enterprises

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ABSTRACT: -

Indian taxation system has undergone tremendous reforms during 1st July 2017. The multiple indirect taxes have been subsumed in the new Goods and Services Tax (GST).



- Income Tax
(A tax, such as income tax which is levied on the income Or profit of the person who Pays it, rather than on goods and services)
- Sales tax
- Entertainment tax
- Service tax
- Custom duty
- Excise duty



SANT GADGE MAHARAJ MAHAVIDYALAYA

Hingna, Dist. Nagpur.

One Day National Conference on
Impact of GST on Indian Economy (IGIE-2019)

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This Certificate is awarded to

Dr/Mr/Mrs/Ms Prof. Vaishali G. Tadas
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He has submitted the paper entitled Impact of GST on small Enterprises.
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स्पंदन

नीरजा दिवाळी विशेषांक
2020



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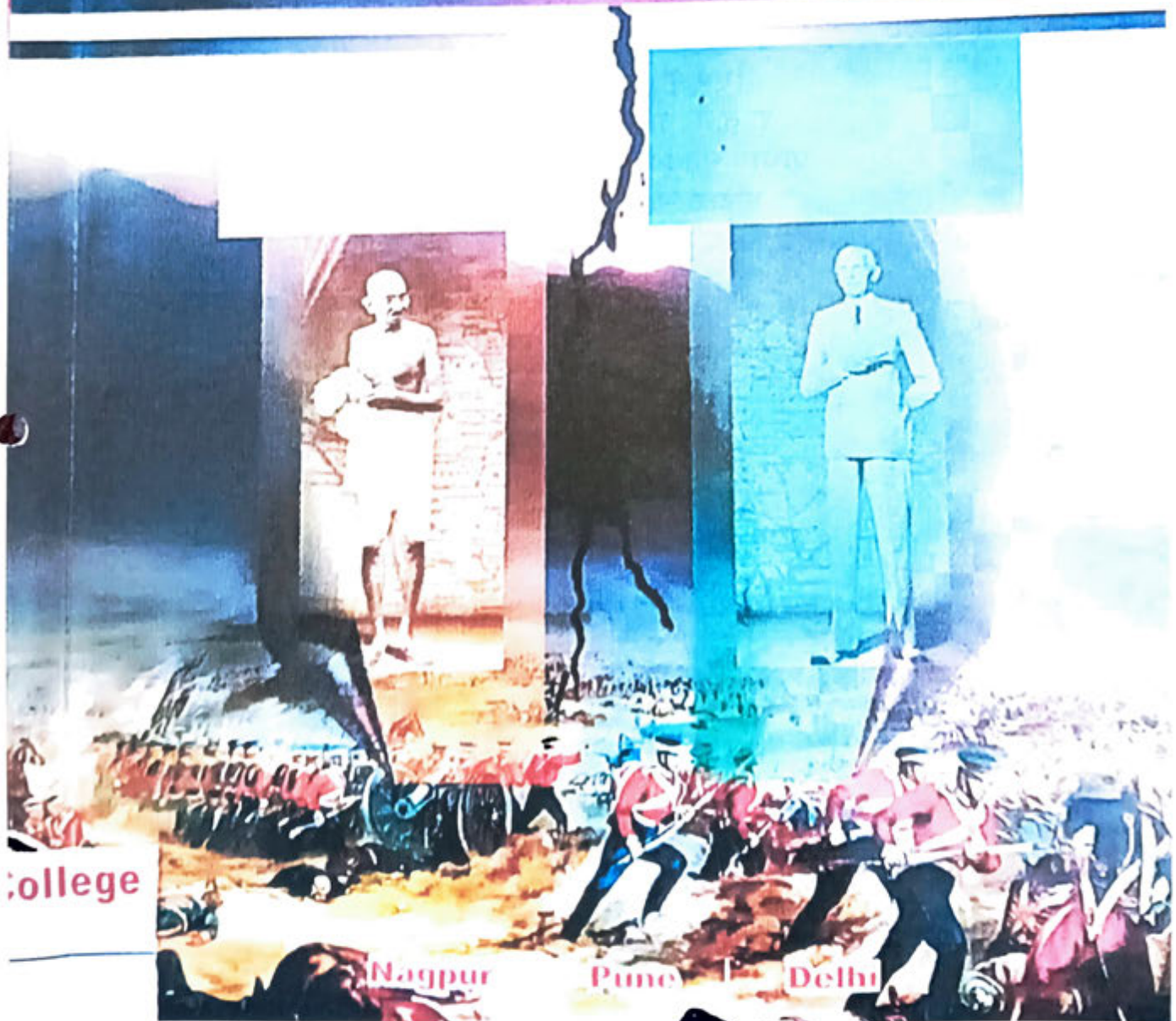


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□□□



महिला सक्षमीकरण आणि सामाजिक न्याय प्रक्रियेमध्ये डॉ. बाबासाहेब आंबेडकरांच्या विचारांचे चिकित्सक अध्ययन

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सारांश (Abstract)

आजच्या आधुनिक काळात महिला सक्षमीकरण हा विशेष चर्चेचा विषय आहे. आपल्या आदिग्रंथांमध्ये स्त्रियांचे महत्त्व लक्षात घेऊन सांगण्यात आले आहे कि यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवता: अर्थात जिथे स्त्रियांची पूजा केली जाते, तिथे देवता वास करतात. पण गंमत पहा स्त्रीमध्ये इतकी शक्ती असूनही तिच्या सक्षमीकरणाची नितांत गरज आहे.

महिला सक्षमीकरण हि एक व्यापक संकल्पना आहे. हि प्रक्रिया पूर्ण होण्यासाठी सामाजिक, सांस्कृतिक, आर्थिक व राजकीय क्षेत्रात व्यापक बदल अपेक्षित आहेत. त्यामुळे महिला सक्षमीकरणासाठी समाजाची सखोल चिकित्सा होणे अपेक्षित असते. भारतात महिला व त्यांचा सर्वांगीण विकास होण्यासाठी तात्काळीन व ऐतिहासिक परिस्थितीची जाण असणे आवश्यक आहे. त्यामुळे महिला सक्षमीकरणासाठी भारताच्या वर्तमान परिस्थिती सोबतच भूतकाळाचाही विचार झाला पाहिजे. भारतात सामाजिक परिवर्तनाची गती पाश्चात्य देशांच्या मानाने मंद आहे. याची दोन महत्त्वाची कारणे म्हणजे, भारतीयांवर असलेल्या रूढी व परंपरेचा पगडा आणि गेल्या बाराशे वर्षांचे पारतंत्र्य

या काळात अनेक अनिष्ट रूढी परंपरा या समाजात या विरोधात अनेक महा मानवांनी संघर्ष केला त्यापैकी एक म्हणजे डॉ. भीमराव रामजी आंबेडकर.

डॉ. बाबासाहेब आंबेडकरांचे भारतीय सामाजिक सुधारणेत अनन्य साधारण महत्त्व आहे. डॉ. बाबासाहेब आंबेडकरांचे सामाजिक विचार विशेषतः महिला संदर्भातील विचार लोकां पर्यंत पोहोचू शकले नाहीत. डॉ. बाबासाहेब आंबेडकरांचे योगदान महिला सक्षमीकरणाबाबत मोलाचे आहे. बाबासाहेब हे फार थोड्या नेत्यांमध्ये होते ज्यांनी सामाजिक चळवळीत महिला सहभागाबाबत विचार केला. त्यांच्या मते सामाजिक विषमता, शोषण दूर करण्यासाठी महिलांचा सक्रीय सहभाग महत्त्वाचा आहे. त्यांनी स्त्रियांचे कौटुंबिक आणि व्यक्तिगत जीवन सर्वांगाने स्वातंत्र्य केले. प्रसंगी 'धर्मान नाकारलेले अधिकार महिलांना मिळावेत' म्हणून त्यांनी 'हिंदू कोड बिल' या सारख्या कायद्याचा आग्रह धरला. डॉ. बाबासाहेब आंबेडकर हे भारतीय स्त्रियांच्या आर्थिक, सामाजिक, राजकीय, सांस्कृतिक, शैक्षणिक अशा विविध अंगांनी सक्षमीकरण करण्याच्या कार्यातील अग्रणी महामानव आहेत. एवढेच नव्हे तर स्त्री मुक्तीचे तेच खरे प्रणेते आहेत.

निष्कर्ष—Conclusion

आज ज्याप्रकारे भारत हा जगातील सर्वात वेगाने विकसित होणारा देश बनला आहे. त्या दृष्टीने नजीकच्या भविष्यात भारतानेही महिला सक्षमीकरणाचे उद्दिष्ट्ये साध्य करण्यावर भर देण्याची गरज आहे. भारतीय समाजात खऱ्या अर्थाने महिला सक्षमीकरण घडवून आणण्यासाठी समाजातील पुरुषसत्ताक आणि पुरुषाभिमुख व्यवस्था असलेल्या महिलांवरील वाईट प्रथांची मुख्य कारणे समजून घेऊन ती दूर केली पाहिजेत महिला बदलची आपली जुनी विचारसरणी बदलून घटनात्मक आणि कायदेशीर तरतुदींमध्ये बदल करणे अत्यंत आवश्यक आहे.

आजच्या समाजात अनेक भारतीय महिला राष्ट्रपती, पंतप्रधान, प्रशासकीय अधिकारी, डॉक्टर, वकील इत्यादी झाल्या आहेत. पण तरीही आजही अनेक महिलांना सहकार्य आणि मदतीची गरज आहे. त्यांना अजूनही शिक्षण आणि मुक्तपणे काम करण्यासाठी, सुरक्षित प्रवास, सिक्विपत काम आणि सामाजिक



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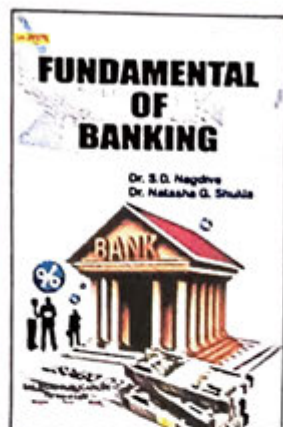
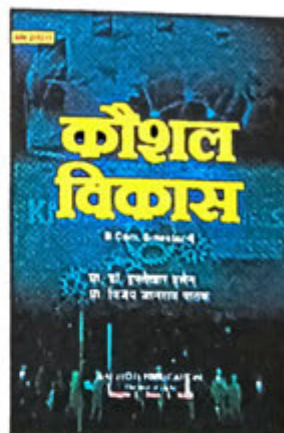
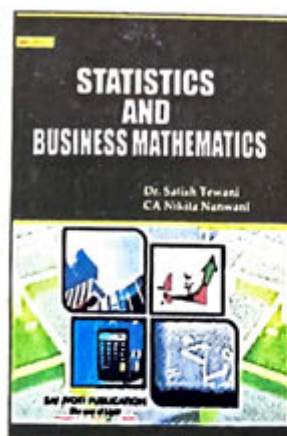
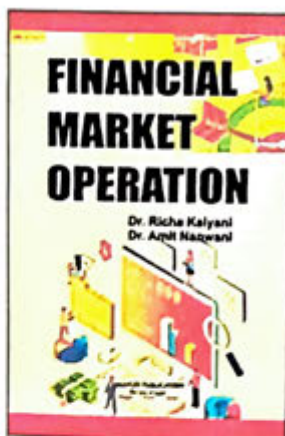
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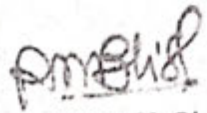
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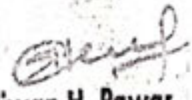
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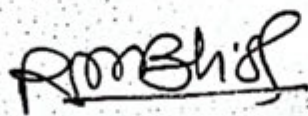
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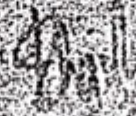
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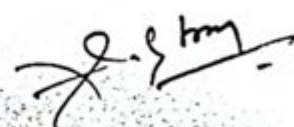
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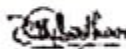
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This is to certify that **PRATIBHA VISHWANATH DUBEY** of **MAK College Hinganghat** has participated in the **ANCIC-2022** held during **14th & 15th March 2022**, organized by **Anand Niketan College of Science, Arts and Commerce, Anandwan-Warora, Dist. Chandrapur, Maharashtra-India.**



Dr. Vikas Amte
Patron
Secretary, MSS, Warora

Dr. M. C. Kale
Principal
A.N.C., Anandwan, Warora

Prof. A. P. Sawane
Convener
ANCIC 2022



Dr. N. S. Ugemuge
Organizing Secretary
ANCIC 2022





S.P.M.SCIENCE & GILANI ARTS COMMERCE COLLEGE GHATANJI
DIST- YAVATMAL, MAHARASHTRA INDIA
(AFFILIATED TO SANT GADGE BABA AMRAVATI UNIVERSITY)
ONE DAY INTERNATIONAL MULTIDISCIPLINARY E-CONFERENCE
(ISBSPSD-22)

"INNOVATIVE SCIENTIFIC, BUSINESS AND SOCIAL PRACTICES FOR SUSTAINABLE DEVELOPMENT"

CERTIFICATE OF PARTICIPATION

PRATIBHA VISHWANATH DUBEY
This certificate is awarded to
for active participation in One Day International Multidisciplinary E-Conference (ISBSPSD-22)
"Innovative Scientific, Business and Social Practices for Sustainable Development" jointly
organized by Departments of Science, Commerce, Humanities and IQAC of S.P.M.Science &
Gilani Arts Commerce College Ghatanji Dist- Yavatmal MS India on 20th September, 2022.

DR. V.S. JAGTAP

**ORGANIZING
SECRETARY**

**PROF DR. Y.S.
MAHURE
IQAC
COORDINATOR**

**DR. N.H.
TIRMANWAR**

CONVENOR

**MR. C.P.
WANKHADE**

CONVENOR

**PROF DR U. A.
THAKARE**

CONVENOR

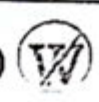
**DR. M. A.
SHAHEZAD**

PRINCIPAL



Made for free with Certify'em





Indian Farmer and
Scientist Council
(IFSC)

NCMRI-2022

5th

National Conference on Multidisciplinary Research & Innovation
On

***"Recent Advance Studies in Applied Science,
Engineering, Technology and Management"***

Organized By: Department of Biotechnology & Microbiology,
Kalp laboratories, Mathura, The Bouquet Society, Mathura

Co-Organized by: Indian Farmer and Scientist Council (IFSC), Ghaziabad, UP

WRIRK, A Product of MP Research Work

Jointly Organized by: Plant Research & Educational Promotion Society

Date: November 26th to 27th 2022

"Participation Certificate"

This is to certify that

"Vaishali Gunwant Tadas"

Research Scholar

Of

Vidya Vikas Arts, Commerce & Science College, Samudrapur

***has actively participated in National Conference
at technical session-I (for oral presentation)***

Entitled: "Effect of Reward and Recognition on Plant Nursery's Employee Motivation".

Mr. Yagyavalkya Sharma
Organizing Secretary
NCMRI-2022



Dr. Ajay Kumar Tiwari
Convener
NCMRI-2022





Elite

NPTEL Online Certification

(Funded by the MoE, Govt. of India)



This certificate is awarded to
PRANITA D ASHTANKAR
for successfully completing the course

Introduction to Research

with a consolidated score of **69** %

Online Assignments	23.96/25	Proctored Exam	45/75
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Total number of candidates certified in this course: 1826

Devendra Jalihal

Prof. Devendra Jalihal
Chairperson,
Centre for Outreach and Digital Education, IITM

Feb-Apr 2023
(8 week course)



Thangaraj
Prof. Andrew Thangaraj
NPTEL, Coordinator
IIT Madras



Indian Institute of Technology Madras



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THE INDIAN SCIENCE CONGRESS ASSOCIATION

(Professional Body under Department of Science & Technology,
Ministry of Science & Technology, Government of India)

14, Dr. Biresh Guha Street, Kolkata - 700 017

Participation Certificate

This is to certify that Prof./Dr./Shri/Smt. Pranita Dilip Ashtankar
of Dept. of Zoology
RTMNU.

has participated in the 108th Indian Science Congress held at Rashtrasant
Tukadoji Maharaj, Nagpur University, Nagpur, Maharashtra from
January 3 to 7, 2023.

His/Her Membership Number is:

Date 07/01/2023



Office Seal

[Signature]
General Secretary
(Signature)



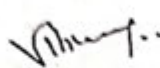


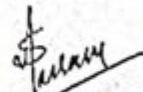
Curriculum Based Workshop on "Use of Tools and Techniques in Life Sciences"



Certificate

This is to certify that Mr./Ms./Mrs. Pranita Ashankar
_____ successfully participated in the curriculum-based
workshop on "Use of Tools and Techniques in Life Sciences"
organized by Department of Zoology, An Autonomous Department
of RTM Nagpur University, Nagpur on 21st & 22nd February, 2023.


Prof. (Mrs.) V. T. Dhurvey
(Convener)


Dr. S. C. Masram
(Organizing Secretary)

HiMedia Laboratories Pvt. Ltd.

This is to certify that

Ms. Pranita Ashankar.....

Attended day work shop on "Techniques in Molecular Biology"
at

Dept. Zoology, An Autonomous Dept. of RTMNU, Nagpur.
on date 21st + 22nd feb 2023

Organised & Demonstrated by - HiMedia Laboratories Pvt Ltd.



Dept. of Zoology, RTMNU, Nagpur


Dr. Rajar V. Murke
Director
Zoology & Molecular Biology
HiMedia Laboratories Pvt. Ltd.



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DHARAMPETH M P DEO MEMORIAL SCIENCE COLLEGE NAGPUR

(Accredited by NAAC A Grade)

AND

BOARD OF STUDIES MATHEMATICS, RTM NAGPUR UNIVERSITY

ONE DAY WORKSHOP ON CURRICULUM

"NEW Scheme and Syllabus for B.Sc MATHEMATICS four years Honors/Research Degree Course as per National Education Policy(NEP)-2020"

Certificate

This is to certify that Dr./Mr./Ms. Monika Deoraoji Mauskar

of M. A. K. Women's College, Hinganghat

has participated in one day workshop on NEW Scheme and Syllabus for B.Sc MATHEMATICS four years Honors/Research Degree Course as per National Education Policy(NEP)-2020 organized by Department of Mathematics, Dharampeth M P Deo Memorial Science College Nagpur in collaboration with Board of studies Mathematics, RTM Nagpur university on 9th May 2023.

Dr. N.P. Gaikwad
Head, Department of
Mathematics(UG & PG)

Dr. K.T. Thomas
Chairman, Board of Studies in Mathematics



Dr. Akhilesh Peshwe
Principal



UGC-HUMAN RESOURCE DEVELOPMENT CENTRE
RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR



UGC SPONSORED ONLINE WORKSHOP ON
National Education Policy 2020



Certificate of Participation

This is to certify that Shital Premdas Dharmik , Assistant Professor, M. A. K. Arts, Commerce and Science Women's College, Hinganghat Dist-Wardha , participated in an Online Workshop on "Multiple Entry and Exit in Academic Programmes" organised on 27th July 2023.

P. G. Dharmik

Dr Preeti Dharmik
Coordinator

Dr C. G. Deth
Director, UGC-HRDC

Dr Raju Hiwase
Registrar, RTMNU



UGC-HUMAN RESOURCE DEVELOPMENT CENTRE
RASITRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR



UGC SPONSORED ONLINE WORKSHOP ON
National Education Policy 2020



Certificate of Participation

This is to certify that Ms. Pranita D. Ashtankar, Assistant Professor, M.A.K. Women's College, Hinganghat, participated in an Online Workshop on "Multiple Entry and Exit in Academic Programmes" organised on 27th July 2023.

P. G. Dharmik

Dr Preeti Dharmik
Coordinator

Dr C. G. Delhe
Director, UGC-HRDC



Dr Raju Hiwase
Registrar, RTMNU