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Article 370 of The Indian Constitution  
भारतीय संविधान - कलम ३७०

Article



महाराष्ट्र राज्यशास्त्र व लोकप्रशासन परिषदेची संशोधन पत्रिका

## विचार मंथन



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## Scrapping of Art. 370 – A Constitutional Perspective

- Dr. Deepak K. Raut

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Tq. & Dist. Akola

### Introduction:

The crown of India, this is how poets and writers have described the State of Jammu and Kashmir, referring to geographical location of the state. But this crown was indeed surrounded by many thorns, frequent infiltration, cease fire violation, militancy, separatists are some of them. However the state of Jammu and Kashmir is different from the other states of Union, not only because of its geographical location and problems it has faced over the years, but also because of the unique constitutional position it has in the Indian union. The State Jammu and Kashmir had a special status under Art.370 of the Indian Constitution.

After partition was announced it was free for the states to take decision in respect of accession. It is pertinent to note that, in absence of any law by constituent assembly regarding accession of states, the Accession of states to the federation was regulated by Government of India Act, 1935.<sup>1</sup> Sub-section (2) of Section 6 of the Govt. of India Act, 1935 says that "*an Instrument of Accession shall specify the matters which the Ruler accepts as matters with respect to which the Dominion Legislature may make laws for the State, and the limitations, if any, to which the power of the Dominion Legislature to make laws for the State, and the exercise of the executive authority of the Dominion in the State, are respectively to be subject.*"

Therefore the Sovereign of Jammu and Kashmir had a power to specify the matters with respect to which, the dominion legislature may make laws for the state. In exercise of these powers, the instrument of accession signed by Maharaja Harisingh had restricted the power of legislature of Dominion of India

to Defence, external affairs and communication Art.370 reiterates the same.

Art.370 limits the power of parliament to enact laws on the subjects of Union List and Concurrent list for the state of Jammu and Kashmir, to only those subjects of Union list which have been declared by president, in consultation with the government of J and K, to correspond with the instrument of accession<sup>2</sup> and such other subjects which have been notified by the President in concurrence with government of the state<sup>3</sup>. Moreover, Art.370(1) (d) also provides for Presidents power to specify by order the provisions of Indian Constitution which would be applicable to state of J and K, but this power can be

exercised only with consultation if it relates to instrument of accession, otherwise the concurrence is necessary.<sup>4</sup> Clause 3 of Art.370 provides the procedure by which president declare that it will cease to operate.

On 5<sup>th</sup> August 2019 issued a presidential order in concurrence with government of Jammu and Kashmir. The president has exercised the powers under Art. 370(d) and notified that all presidential order will be superseded by this one, all provisions of the Constitution shall be applicable to State of Jammu and Kashmir. The presidential order also introduced clause 4 in Art.367. In the sub-clause (c) of Clause 4 it is provided that, "References to the Government of the said State shall be construed as including references to the Governor of Jammu and Kashmir acting on the advice of his Council of Ministers,"

Clause (d) of newly introduced clause 4 provides that, (d) in proviso to clause (3) of article 370 of this Constitution, the expression "Constituent Assembly of the State referred to



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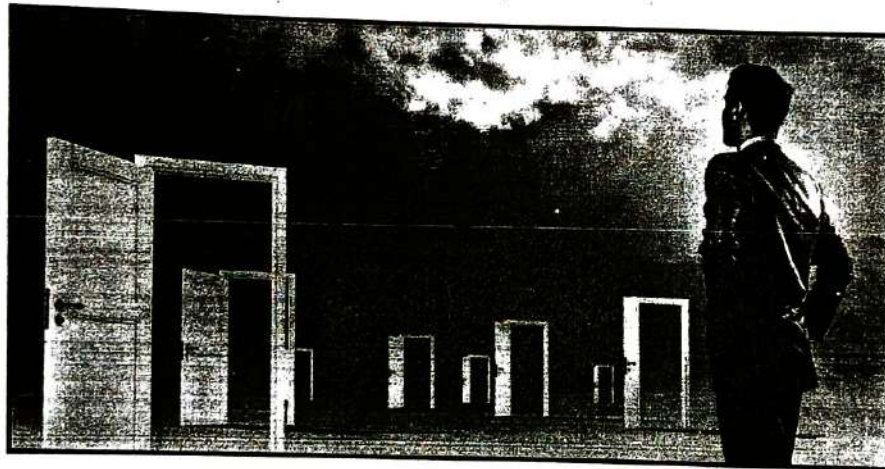
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## Multimedia in E-Education

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**Object of this Paper:** The object of this paper is to discuss how to make teaching learning process more effective with the use of multimedia in teaching learning process.

### Introduction :

Teaching is becoming one of the most challenging professions in our society where knowledge is expanding rapidly and much of it is available to students as well as teachers at the same time. As new concepts of learning have evolved, teachers are expected to facilitate learning and make it meaningful to individual learners rather than just to provide knowledge and skills. Recent developments of innovative technologies have provided new possibilities to teaching profession but at the same time have placed more demands on teachers to learn how to use these technologies in their teaching. Through use of multimedia in education the education is more joyful than before.

### Hypothesis :

ICT help to make teaching learning process more effective.

ICT Helps teaching learning process easy.

### Research Methodology :

Research Methodology is based on the primary and secondary data. Primary data are collected directly by interacting the respondents (teacher & students), opinion from experts are also consider before final conclusion and most of the secondary data are collected from newspapers, magazine, books and website.

### Role of ICT In The Curriculum :

One can generally differentiate three distinctive roles for ICT in the curriculum.

- Learning about ICT: ICT as a subject of learning in the curriculum, such as computer literacy, computer sciences and information literacy.
- Learning with ICT: The use of various computer capabilities such as computation multimedia, internet or World Wide Web (WWW) as a medium to enhance instruction or as a replacement for other media without changing beliefs about the approach to and the methods of teaching and learning.

- Learning through ICT: Here ICT is integrated so completely as essential tool in a course/curriculum that the teaching and learning of that course/curriculum is no longer possible without it.

### Impact of ICT on Teacher-Educators and Student Teachers :

1. ICT provide gateway to world of information and enables teachers to be updated.
2. It is helpful to professional in the field of education by using technology
3. It is also effective implementation of certain student - centric methodologies such as project -based learning which puts the students in the role of active researches and technology becomes the appropriate tool.
4. Effective tool for information acquiring - thus students are encouraged to look for information from multiple sources and they are now more informed than before.
5. ICT enabled better and swifter communication, presentation of ideas are more effective and relevant.

### What about learning with computers and the Internet?

Learning with the technology means focusing on how the technology can be the means to learning ends across the curriculum.

#### It includes :

- Presentation, demonstration, and the manipulation of data using productivity tools
- Use of curriculum-specific applications types such as educational games, drill and practice, simulations, tutorials, virtual laboratories, visualizations and graphical representations of abstract concepts, musical composition, and expert systems

### How can ICT help expand access to education?

ICT are potentially powerful tools for extending educational opportunities, both formal and informal, to previously underserved constituencies scattered and





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## Child Labour: Violation of Human Rights Challenge

**Dr. Dipak K. Raut**

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### Introduction :

In the 21<sup>st</sup> Century is extreme prosperous era of science technology, knowledge. The value of humanity is going to flourish. There has been continuous debate and discussion of human rights every where in the development process. Besides women, untouchables, tribal and child labour has become the grim reality of present so called civilized society. Specially terrific exploitation of the children and violation of their human rights in the entire India an it crate to scientifically analyzed in this paper horrible challenge before India's internal security. All this condition with objective remedies is

Article 1 of the convention on the Rights of the child clarifies that "a child means every human being below the age of 18 years unless under the law applicable to the child, maturity is attained earlier." Census of India speaks of persons below the age of 14 as children. Under the Juvenile Justice Act, 1986 a juvenile is a boy who has attained the age of 16 years and a girl who has not attained the age of 18 years. Under the child Labour (Provision and Regulation Act, 1986 a child is one who has not completed his fourteen years of age) In 1981, U.N. estimated that 145 million children in the world under the age of 14 were in employment, mostly full time. The ILO estimates that the highest rate of child labour are in Africa. But the degree of suffering among employed children is probably greater in Asia. In August 1989, the Bonded Labour Liberation Frong of India, the oldest and probably the most effective organization in Asia to address the working to secure the rights of children, problem, convened the South East Asia Seminar on child servitude. Several organizations are The problem of child labour can be traced during the Industrial Revolution which began in the mid 18th and 19th century. Though children always participated in economic activities, their work place was an extension of home and children were not given hazardous tasks. Children who are out of school perform odd duties for longer hours under sub-human conditions at wages which are exploitative since parents of these children are poor and illiterate, find it difficult to send these children to school. It is one of the importance causes which is often direct related to poverty and illiteracy. In families with large numbers of children, parents often feel compelled to send one or more of their children to work since they cannot afford to send all the children to school. The special Rapporteur of the U.N. Sub-commission on Prevention of Discrimination and Protection of Minorities observed that poverty and exploitation of childlabour goes hand in hand. The notion of child labour is also rooted in the tradition and attitude of the region where it is practiced as a permanent part a form of resistance to change. Child Labour persist in the country due to lack of political will to deal with the problem to prevent child labour and there is no ban on children's work in any work premises. Migration is growing in search of employment to urban areas. When a rural family migrate to the town, the adults are straight way faced with a new unknown environmental and labour situation. As a result of instability and security, children are often sent to work so that their family get survived. There are number of cases have been opened of violation of children rights.

The commission child labour has observed that "No economic or social issue has been widespread child labour in our country. It prevails despite articles 23, 24, 39(e) and (0) 41, 1948 and 1986. It has defied the terms of six conventions of the International labour organization and 47 of the constitution and



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## भारतीय महिलांची विविध काळातील दर्जात्मक स्थिती

प्रस्तावना :

स्त्रीयांची 'चूल आणि मूल' ही प्रतिमा दूर सारून भारतीय राज्यघटनेत स्त्रीयांना समान अधिकार दिलेले आहेत. शिक्षण, नोकऱ्या याबाबतही समानता आहे. असे असूनही स्त्रीला मानव म्हणून स्वतःच्या मनाचे आयुष्य जगता येत नाही. यामुळे पुरुषपनाच्या अहंमपणात असणारे पुरुष आणि स्वतःला दुबळ्या समजणाऱ्या स्त्रीया यापैकी कोणीही खरे माणुसकीचे आयुष्य जगू शकणार नाही. स्त्रीयांना त्यांची योग्य क्षमता, गुण, कौशल्य, सिद्ध करण्याची संधी मिळणे आवश्यक आहे. यासाठी त्यांना आजच्या काळातील सक्षमीकरणातील अत्यंत आवश्यकता दिसून येते. यासाठी भारतीय महिलांच्या विविध काळातील स्थितीचा आढावा घेणे महत्वाचे आहे.

**भारतीय महिलांची विविध काळातील दर्जात्मक स्थिती :**

**सिंधू संस्कृतीतील स्त्रीयांचे स्थान :-**

सिंधू संस्कृतीबद्दल हवी तेवढी निश्चित स्वरूपाची माहिती उपलब्ध नाही. याचे कारण उत्खननातून अंदाज लावतांना सिंधू संस्कृती नावाची एक संस्कृती होती. असा कयास इतिहास संशोधक लावतात. या संस्कृतिमध्ये स्त्री ही निर्बंधरहीत मुक्त आणि स्वतंत्र होती. 'मोहेंजोदारो व हडप्पा येथील उत्खननामध्ये मिळालेल्या अवशेषांच्या अभ्यासावरून त्यावेळच्या स्त्री समाज जीवनाची कल्पना येते. स्त्री आणि पुरुष हा भेदभाव न मानता काही अपवाद सोडले तर त्यावेळी सर्वच क्षेत्रातून समान भूमिकेतून लोक वावरत असावेत असे दिसते. त्या काळातील विविध क्षेत्रात जसे - नृत्य संगीत वादन नाट्य आणि लेखन यासर्व कला विभागात स्त्रीया भाग घेत होत्या. यावरून त्यांचे जीवन समृद्ध होते असे दिसते. 01

सिंधू संस्कृती नदीच्या खोऱ्यापुरतीच सिमीत नसून ती भारतात दूरवर पसरली होती. सिंधू संस्कृतीमध्ये नदीच्या काठावर शेती केली जात असे. 'सिंधू शहराचा विनाश झाला तरी त्याची संस्कृती मात्र कायम राहिली. सिंधू लोकांची संस्कृती आर्यांच्या संस्कृतीपेक्षा श्रेष्ठ होती. आपत्ती आणि विनाशानंतर सहजीवनाचा काळ सुरू झाला. यादरम्यान आर्य संस्कृतीचा त्यावर परिणाम झाला. या दोन मिश्रित संस्कृतिपासून हिंदू संस्कृती निर्माण झाली. 02 असे असले तरी स्त्रीयांची कुटुंब आणि समाजात महत्वाची भूमिका होती.





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आंबेडकरवादी मराठी साहित्य / स्वरूप आणि विविध प्रवाह-यांचा परामर्श डॉ. रामनाथ गंगाधर वाढे	244
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## माज्या जल्माची चित्तरकथा : आंबेकरवादी आत्मकथन

प्रा. दिवाकर विश्राम सदाशिव

प्रस्तावना :

साहित्य हे मानवी समाजाचे असते. मानवी जीवन जगणे त्यातून वर्णनीत होते. परंतु भारतीय साहित्यातून भारतीय समाजाचे, लोकांचे जीवन वर्णन केले गेलेले नव्हते. भारतीय सर्व सामान्य माणूस त्यातून वगळण्यात आला होता. जो माणूस त्यातून वगळण्यात आला तो अद्यापही मानसिक गुलाम आहे. त्याला जागृत करण्याचे, पेटविण्याचे काम ज्या परिवर्तनीय चळवळीने केले होते, त्याच चळवळीने साहित्याच्या क्षेत्रातही परिवर्तन आणलेले दिसते. ही चळवळ म्हणजेच दलित साहित्याची चळवळ आहे. त्या चळवळीची दिशा, मार्ग, विचार हा आंबेडकरी चळवळीचाच असल्यामुळे संपूर्ण परिवर्तनाची ती अपेक्षा करते. त्यामुळे पारंपरिक धारण, पद्धती दृष्टिकोणाला ती छेद देते आहे. म्हणून दलित साहित्याची चळवळ साहित्यातील जुन्या, घातक, अन्यायी धारणेला, विचाराला जुमानत नाही. तीने सर्वसामान्य माणूस साहित्यात आणला. त्याचा विषय केला. स्त्री साहित्याचा विषय झाली. शेतकरी, मजूर, आदिवासी दलित साहित्याचा विषय झाला. माणसावरील अन्याय, त्यांचे दुःख, त्याची वेदना, हे दलित साहित्याचे विषय झाले. हे सर्व आंबेडकरी चळवळीतून दलित साहित्याच्या चळवळीत आहे. त्यामुळे दलित साहित्य हे केवळ पान, फुल, गवत, हवा, पाणी यांच्या पलीकडे जावून उपेक्षित माणसापर्यंत पोहचले. हे साहित्य चळवळीतून जन्मास आले ते चळवळी निश्ठा, विचार, दृष्टीकोन घेवून चालत असल्यामुळे त्या दलित चळवळीची वैशिष्ट्ये दलित साहित्य चळवळीतून प्रगट होतांना दिसतात.

आंबेडकरवादी साहित्याची पार्श्वभूमी :

या देशात सर्व सामान्य माणूस शिक्षणापासून जाणीवपूर्वक दूर ठेवण्यात आला. याचा अर्थ या देशात कोणीतरी शिकत होते व शिक्षणाने माणूस सज्जान, जागृत होतो हे त्यांना माहित असावे. असे असूनही ते जर सर्वसामान्य माणसाला, समाजाला शिक्षणापासून दूर ठेवत असतील तर त्यांचा हेतू स्पष्ट होते. हेतू हा की सर्वसामान्यांचे शोषण त्यांना करावयाचे आहे. त्यांना गुलाम बनवायचे आहे आणि त्यांचा हा हेतू पूर्णपणे यशस्वी झालेला दिसतो. सर्वसामान्यावर त्यांनी धार्मिक, सांस्कृतिक तावा मिळविला व त्यांचे शोषण, गुलामी सुरू झाली. याचाच अर्थ या सर्वसामान्याविषयी त्या शोषक वर्गाला आपुलकी, जिद्दळा, आपलेपणा नव्हती. म्हणूनच शिक्षण त्यांच्यापासून दूर ठेवण्यात आले. या सर्वसामान्याविषयी या शोषकांना आपुलकी होती, जिद्दळा होता. त्यांना गुलामीतून मुक्त करण्यासाठी ते प्रायः कृतज्ञ





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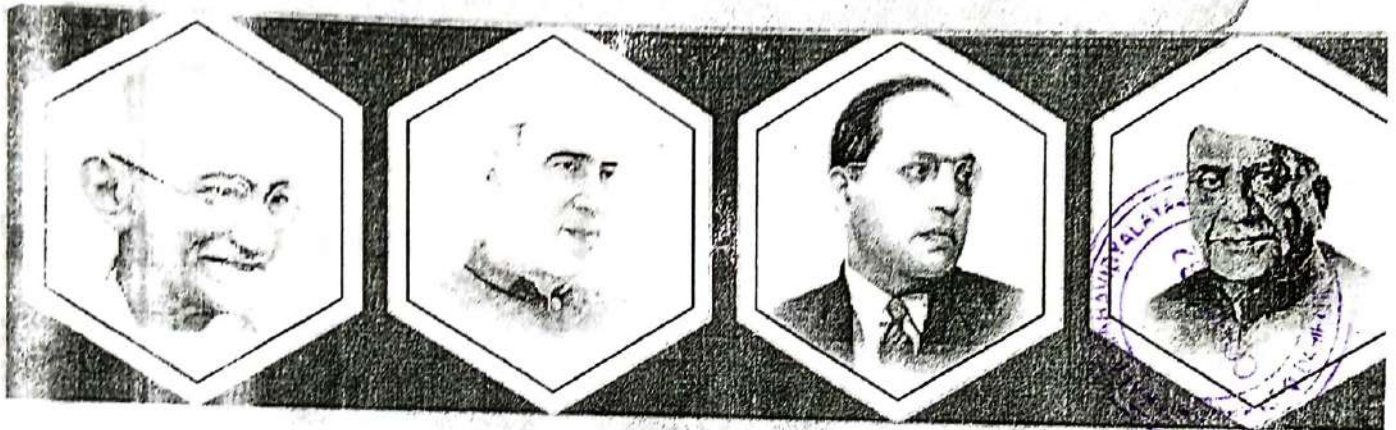
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IN PRESENT SITUATION**



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## डॉ. बाबासाहेब आंबेडकर यांचे सांस्कृतिक योगदान

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### प्रस्तावना :-

समाज व्यवस्था ही खाजगी जीवनप्रणाली असते. ती असभ्यतेकडे, अमानवी प्रवृत्तीकडे झुकत जाते. ती मनाला योग्य वाटेल तरी, समाजाची पर्वा न करणारी असते, समाजातील वाईट प्रवृत्तींनी प्रभावित असते. अर्थसत्तेचा अधम समाज व्यवस्थेत नेहमीच दिसून येतो. त्यावर अंकूश ठेवण्यासाठी कायदा असतो. हा कायदा कसा असावा म्हणजे समाज व्यवस्था, मानवी जीवन मार्ग, संस्कार, त्यातून तयार करता येईल. तर मानवाच्या विकासानंतर समाजाचा व देशाचा, पर्यायाने मानवी जीवनाचा विकास, कल्याण साधता येईल. हा सर्वांगीन दूरदृष्टिचा, सर्वव्यापक विचार डॉ. बाबासाहेब करतात व भारतीयांच्या वर्तनात बुद्धसंस्कार, बुद्धविचार आणतात. राज्यघटनेतील सर्व तत्त्वे, कलम म्हणजे बुद्धविचारच होय. भारतीयांना आता जन्मापासून मृत्युपर्यंत बुद्धविचारानेच जगावे लागते. सामाजिक लोकशाहीची सांस्कृतिकता भारतामध्ये जी व्यवस्था होती ती केवळ नावापुरतीच होती. प्रत्यक्ष समाजात जी व्यवस्था आहे ती धर्म व्यवस्थेतून निर्माण झालेली आहे.

### डॉ. बाबासाहेब आंबेडकर यांचे विचार :-

त्यामुळे बाबासाहेबांनी त्या सर्व विचारांची नव्याने पूर्णमांडणी केली. त्यासाठी विविध साधने, पुरावे, अभ्यास याची त्यांना मदत झाली व युद्धाचा धम्म म्हणजे काय हे त्यांनी रचलेल्या "बुद्ध आणि त्यांचा धम्म" या ग्रंथातून दिसून येतो. बुद्धांनी मांडलेला पुर्नजन्माचा सिध्दांत त्यांनी अधिक सरळ, सोपा केला आहे. बुद्धांना जो पुर्नजन्म अभिप्रेत होता त्याविषयी सुनिल कांबळे म्हणतात, "मानवी शरीर निसर्गात असणार्या घटकांनीच द्रव्यांनी बनलेले असते. काही काळाने मानवी शरीर मृत होते तेव्हा हे विविध घटक द्रव्ये समतुल्य घटकांत द्रव्यांत संयुक्त पावतात. हे घटकद्रव्ये पुनःरुपी एकरूप होतात. तेव्हा पुर्नजन्म होतो. बुद्धांना अभिप्रेत असणारा पुर्नजन्म देखील हाच आहे." असे बुद्ध आणि त्यांचा धम्म या ग्रंथात बाबासाहेबांनी तो अधिक स्पष्ट केलेला आहे. बुद्धांचे जवळपास सर्वच तत्त्व सिध्दांत त्यांनी संदिग्धपणातून नव्याने मांडलेले आहेत. सामाजिक लोकशाहीची आवश्यकता भारतीय राज्यघटना निर्मिती समितीवर इतर सभासद होते. परंतु भारतीय राज्यघटना निर्मितीचे कार्य मात्र डॉ. बाबासाहेब आंबेडकरांनीच केले.

### भारतीय संस्कृति :-

राष्ट्र आजीवन अबाधित राहावे यासाठी त्यातील स्वातंत्र्य, समता, बंधुता ही मूल्य सामाजिक न्यायासाठी रुजवावी लागतात. म्हणून डॉ. बाबासाहेब आंबेडकर म्हणतात, "सामाजिक लोकशाही म्हणजे स्वातंत्र्य, समता आणि बंधुत्व ही प्रत्येक व्यक्तीच्या आयुष्याची जीवनतत्त्वे होत हे मान्य करणारी पद्धती" याचा आपण अंमल करावा व व्यक्ति, समाज, देश यांचा विकास साधावा. ही मूल्य व्यवस्था त्यांनी बुद्ध ज्ञानातून घेतलेली आहेत. ही संकल्पना लोकहिताची व लोककल्याणाची असल्याचे दिसून येते लोकशाही आणि राष्ट्रीय एकात्मता भारतीय राज्यघटना लक्षात घेवूनच सर्व भारतीयांना आपले वर्तन करावे लागते. त्याला आपण कायदा म्हणतो. हा कायदा धर्मग्रंथातील नियमाप्रमाणे, संस्कृ





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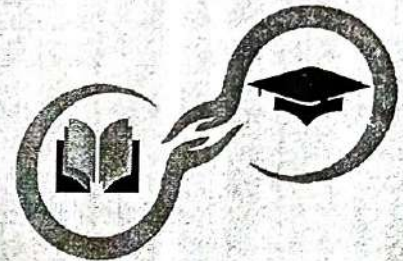
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## IMPACT OF TRANSFORMING LIBRARY INFORMATION SCIENCE SERVICES IN 21ST CENTURY

**DR. PRASHANT S. THAKARE**

Librarian

Sarasawati Arts College, Dahihanda.Akola, E-mail: thakaresac@gmail.com

### Abstract:

This paper describes alterations in the library's key functions that produced a new level of readiness to serve the university's students and faculty into the future. The transformed library is outward facing, technology diffused, collaborative, and operated by an engaged staff who demonstrate leadership in small and large ways in all sections of the organization. the library and information science services and training that need to develop the knowledge and skills of the prospective professionals keeping in view the demand from national and global job market. The paper further raised some issues and concerns in Indian context for the qualitative development of library and information science services.


**Keywords:** Library and Information Science Services, Transformation, Knowledge and Skills, Information Technology

### Introduction:

Library and information services in the changing information scenario have taken a sea change providing innovative and value added services. There is a complete transformation of libraries and reorientation of library professionals associated with this. Library users and their expectations for services and collections have changed. Among the factors driving change are: networked technologies, powerful search engines available to all, social technologies and the digitization of everything, to name a few. A research university library staff reorganized to meet changed expectations and succeeded in transforming the organization and its culture.







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## Top Technological Innovations in Sports

**Dr.Sagar Pralhadrao Narkhede,**

(Director of Physical Education & Sports)

Saraswati Arts College, Dahihanda,Tq. Dist. Akola.

### Abstract:

The recent developments and innovations in sports technologies have made it possible to produce various types of products designed to improve and increase athletic performance. With these technologies, athletic health can also be observed and maintained while injuries are also being treated. These are possible with the help of advanced sporting technologies like monitors for heart rates, monitors for body fat, pedometers, etc.

Because of such advancement in the field of sporting technologies, a profound sense of knowledge is recognized when it comes to the potential of the human body. This allows the athletes to undergo training and join sports competitions even when they are already old. These sporting technologies and equipment have also been developed to enhance the safety of every athlete participating in any sports events. Some of the common sporting tools and equipment which have been developed to enhance safety include helmets and other types of body protection used in the sports such as ice hockey and boxing. All of these are designed to help in the prevention of injuries.

**Keywords:** Sports, Technology.

### Introduction:

The world of sport is frequently dynamic over the years, and the use of technology is just one of those areas that has made an impact on many sports in the modern day. See the annual sports technology awards for the most recent technology ideas within the world of sport.

Within the last 5 years, the athletic world has been entirely transformed by emerging sports technology. These technologies make it easier than ever for fans to get into the game, and for athletes to optimize their performance.

Today, we're going to take a closer look at some of the exciting new technologies & their benefits in sports and see how technological advancements in sports are revolutionizing the way that we play and watch the games we love.

### Apps

- Artificial Intelligence
- Athletes Can Be More Accurate In Their Game
- Better Equipment - Hans Device, Heart Monitor, Helmets, Swimsuits, Player Tracking
- Better For Coaches: Fame, Film And Scouting
- Better Viewing Experience, Mobile Video Streaming
- Breakaway Rims
- Carbon Fiber Skis And Snowboards
- Composite Tennis Racquets
- Cyclops And Hawkeye Tracking System
- Data Analytics
- Digital Ticketing
- Drug Testing & Wada
- Fair Game , Free Fantasy Sports
- Goal-Line Technology
- Helps Us Better Understand The Game
- Helps With Nutrition And Training
- Incredible Stadiums - Improved Field Conditions, Weather Control
- Ingestible Thermometer Pills
- Instant Replay - Photo Finishes, Portable Sensors
- Safer For The Athletes, More Connected To Athletes
- Prosthetic Devices for Disabled Athletes
- Radar Gun
- Video Technology - Virtual Broadcast Enhancements, Virtual Reality, Scoreboards
- Wearable Computers
- Computer Software - Team Beep Test, Body Byte.

Technology affects several aspects of sports from performance on and off the sphere to spectating and public profile. Increasingly, advances in technology influence grassroots likewise as elite sport.







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## YOUTH POWER IN BUILDING A NATION

**DR. SAGAR PRALHADRAO NARKHEDE**

Director of Physical Education & Sports,  
Saraswati Arts College, Dahihanda, Tq. Dist. Akola.

### Abstract:

Youth is that the time of existence as soon as one is young, but the term is commonly utilized in the additional restricted feel of the time among childhood and maturity. Definitions of the appropriate age vary that constitutes youth vary. Youth is regularly being related to freshness, anger, vigour, sport and electricity. Youth is the stage of building the self-concept. The self-idea of adolescents is often encouraged by way of numerous variables which include friends, way of life, gender, political set-up and way of life. It is the time of someone's lifestyles wherein they make picks so one can have an effect on their destiny in addition to immediately or in a roundabout way influences the future of his country. Additionally, If the youngsters of a country is nicely aware and is in rate of their acts, they could result in some great changes inside the country. The greatest wealth and strength of any country is its kids. Empowered kids will inspire be the great force that drives a state towards achievement and prosperity. The future of a kingdom lies in the fingers of its posterity. The nice of its teenagers determines the form of destiny, the kingdom may have. Therefore, if we wish to make certain a vivid destiny for our country, we first want to strengthen and empower our teenagers.

### Introduction:

Youth can play an important function in each field, and if they are determined to install their excellent then no person can forestall them from accomplishing success. The young people of any kingdom and society location unit its mechanical power. It would now not be incorrect to say that they are the powerhouse and storehouse of countless electricity and are the delight of a country. Youth are regularly related to the sports activities, art and other relative fields and frequently brings laurels to their country. The power of youngsters can be sighted most effective by using bringing up a few names of which every single Indian is happy with, together with Shaheed Bhagat Singh, Rajguru, Sukhdev, Sachin Tendulkar, Vishwanathan Anand, Milkha Singh, Leander Paes, Mahesh Bhupathi, Sushmita Sen, Aishwarya Rai, P.T. Usha, Shiny Abraham, Anju B George, Kapil Dev, Sunil Gavaskar, Jaspal Rana, Major Rajyavardhan Singh Rathore, Anil Kumble, Dilip Tirkey, Apama Popat, Malleshwari and many others. The extraordinary mention of these names fills the center of





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**THE RECOMMENDATIONS / SUGGESTIONS REGARDING PRIVATE GYMS**

1. To get legal status all private gyms should make their registration.
2. Gyms should be started where plenty of space and land available.
3. There should be a separate place for the exercise for males and females. If it is not possible there should be separate timings and batches for both.
4. If there is no playground of the gyms they should take it on rental basis from other gyms or colleges.
5. Gyms should purchase modern updated equipments which are available in the market.
6. All gyms of the close vicinity should make joint efforts to build swimming tank where the space is available.
7. Gyms should utilize their funds for purchasing new articles, equipments, and their maintenance, honorarium for the coach, for the rent, repairing of the articles and to pay different taxes.
8. All private gyms should appoint trained coaches. All coaches should attend refresher course once in three years. The association of gyms or any other such body should conduct such course.

**References:**

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**TECHNOLOGICAL EVOLUTION IN MODERN DAY CRICKET****DR. SAGAR PRALHADRAO NARKHEDE**

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**ABSTRACT**

*In the 21st century, the entire face of cricket has changed drastically with the use and development of modern-day technology. Technology in cricket has come a protracted manner and there are numerous first-rate high quality advantages that have pop out of era. The foremost high-quality gained from era in sport is the equity that it creates. Technologies used in game situations are continually so beneficial and advantage both the groups in a totally fantastic manner. Technology in cricket kept up tempo with different things round the sector. More and greater cameras had been concerned, velocity weapons had been invented, spider-cams came into the image, Decision Review System (DRS) which entails ball monitoring, Snicko, Hotspot and we can cross on and on and on. Hence, technology is an vital a part of the sport today and gamers, umpires, analysts, anyone is dependent on it a few way or the opposite.*

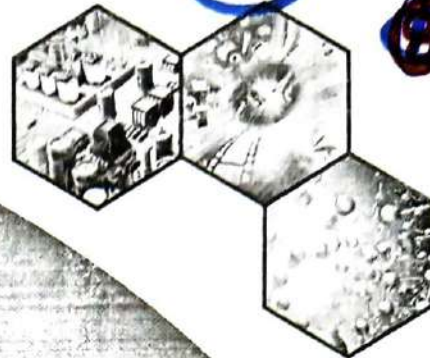
**Key words:** Technology, cricket, etc.

**INTRODUCTION**

In the modern-day era of the sport, era has started out gambling a vital role. From cricket to football, from tennis to system one – technology is being used in every and every sport. Cricket is arguably one of the maximum popular sports activities within the international that makes common use of era during play. There isn't any different game that has followed era within the manner that cricket has. Technology is utilized in a spread of various approaches in cricket and a number of those are described in extra element under. Cricket







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## ABC of Sports And Exercise Science

**Dr. Sagar Pralhadrao Narkhede**

Director of Physical Education & Sports,  
Saraswati Arts College, Dahihanda, Tq. Dist. Akola.

### Abstract:-

Sport science is a multi-disciplinary area involved with the information and enhancement of human sports overall performance. Sport technological knowledge may be concept of as a scientific technique used to guide the practice of recreation with the remaining goal of improving sports performance. It is about using the best to be had evidence at the proper time, in the right environment, for the proper character to improve their performance.

**Key Words:-** Sports science, Exercise, Performance.

### Introduction:-

Sports science as a subject is produced from all of these elements, with a focus on physical activity, health and performance. This enables to offer an overall picture factors that could improve, and ultimately restrict, human wearing overall performance at the highest stage.

### What Is Sport Science?

Sport science the look at of technology to sports related activities. The focus of sport science is to help improve overall performance in preparation for events and tournaments while reducing the risk of injury.

Sports Science' covers a vast variety of fields together with human physiology, psychology and biomechanics, and their dating to sports performance, health and nicely-being. Anatomy and physiology purpose to broaden information and understanding of the fundamental structure and feature of the human body and to discuss how this knowledge may be used to enhance fitness and/or performance. Furthermore, environmental physiology offers the possibility to talk about the boundaries to human performance and survival.

### The Importance of Sports Science:-

Sports Science relates to an athlete/player's movement styles. Sports Science also carries physiology, psychology, motor control, biomechanics, nutrition, food plan, sports activities, technology, and overall performance analysis.

Sports science, is a combination of numerous special disciplines which focuses in the main at the scientific principles in the back of exercise overall performance. It studies the applicable branches of technology, which includes physiology, psychology, biomechanics and nutrients focusing on how these numerous elements work collectively to improve bodily overall performance. The fundamental recognition of game science is to understand the relationship among workout and human body, from a cellular stage all of the way through to the effect at the frame as a whole.

Sports Science (additionally sports activities and exercise technology, sports activities medicinal drug) is a area that studies how the healthful human frame works at some stage in exercise, and the way sport and bodily hobby sell fitness and performance from cellular to entire frame views. The study of sports science includes areas of physiology, psychology, anatomy, biomechanics, biochemistry and bio kinetics.

A sports science covers following all scientific disciplines, each focusing on improving the performance of the athlete.

- Physiology – the branch of biology that deal with the ordinary capabilities of dwelling organisms and their components.
- Psychology – the medical take a look at of the human thoughts and its capabilities, in particular those affecting behaviour in a given context.
- Neurophysiology – expertise the apprehensive gadget and how it capabilities.



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## COVID-19 LOCKDOWN PHYSICAL ACTIVITY

**DR. SAGAR PRAHADRAO NARKHEDE,**

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### Abstract:-

Due to the corona virus outbreak, several countries are facing major lockdowns including India. As per the recent announcements complete lockdown has been implemented in India for subsequent 21 days. These steps will help control the spread of corona virus. While staying at home, you should not miss exercising. Physical activities will assist you stay healthy during quarantine. The World Health Organisation has also stressed on the importance of physical activity. Staying active is best for your body, mind & spirit specially during this pandemic situations. More physical activity also will ensure better sleep and good overall health. According to WHO exercising at home will also help you maintain better heart health, muscle strength, flexibility and better mental health. Doing physical activity together will assist you ensure healthiness of you and your family. The COVID-19 pandemic means many folks are staying reception and sitting down quite we usually do. It's hard for tons folks to try to the type of exercise we normally do. It's even harder for people who don't usually do a lot of physical exercise. Regular physical activity benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers - all conditions that can increase susceptibility to COVID-19.

**Key words:-** COVID-19, Lockdown, Physical Activity, etc.

### Introduction:-

The new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues take time to get used to. Adapting to lifestyle changes such as these, and managing the fear of contracting the virus and worry about people close to us who are particularly vulnerable, are challenging for all of us. They can be particularly difficult for people with mental health conditions.

Fortunately, there are lots of things that we can do to look after our own overall development in this lockdown period. Here are tips and advice that we hope you will find useful.

### Lockdown Period Physical Activity To Stay Active:-

- Regular Attend E-Fitness Classes

- Dance At Home Like Nobody's Watching
- Play Mostly Active Games
- Do Exercise Daily Skipping Rope With Variety
- Do Muscle Strength Training With Own Weight
- Do Exercise Minimum 30 Minutes Every Day.
- Make Stairs Your Best Friend
- Regular Endurance Exercise Like Walking or Jogging or Running
- Do Exercise Using Fitness music & Fitness Apps
- Do Exercise Stretching Daily

### Lockdown period yoga to stay active :-

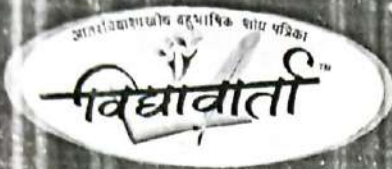
Yoga may be a sustainable practice and a holistic health option that everybody can access. It are often adapted and loved by everyone throughout the planet. It's an ideal time to start out a daily yoga routine as





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गणेश आत्मारामजी पोटे

सहाय्यक प्राध्यापक, समाजशास्त्र विभाग,

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प्रस्तावणा :

भारतीय महिलांच्या विकासाचा एक-एक टप्पा अतिशय संघर्षाचा आणि सहानुभूतीचा राहिला आहे. वैदिक कालीन संस्कृतीमध्ये महिलांना दुय्यम लेखने सुरु झाले आणि तिच परंपरा काही प्रमाणात आजही कायम असल्याचे दिसून येते. भारतीय समाजात उच्च समजल्या जाणाऱ्या वर्गातील लोकांनी महिलांना अनेक सामाजिक बंधनात जखडून ठेवले होते. परदापद्धती, सतीप्रथा, बालविवाह, विधवा विवाहास विरोध, हुंडापद्धती, विजोड विवाह, केशवपण इ. अनेक समस्या ह्या केवळ महिलांसाठी होत्या आणि त्या केवळ महिला असल्याने होत्या. या विविध समस्यांचा प्रभाव महिलांवर ऐवढा पडला होता की, त्यांना समस्या देखील त्यांच्या जीवन पद्धतीचा एक भाग वाटत होत्या. अशा महिलांचे सबलीकरण करणे म्हणजेच समाज सुधारकांच्या पुढे एक मोठे आव्हान होते. तरी अठराव्या शतकाच्या शेवटी आणि १९व्या शतकाच्या सुरुवातीला भारतीय समाजसुधारकांनी समाजातील असलेल्या प्रथांना अनिष्ट असल्याचे सांगून समाजातील महिलांच्या मानसिक गुलामगिरीला मुक्त करण्याचे काम सुरु केले.

महिला विकासाची प्रक्रिया :

जागतीक स्तरावर याच काळात स्त्री पुरुष समानतेची विचारधारा मोठ्या प्रमाणात पसरली होती. स्त्री एक संतुलीत शक्ती आहे. ती पुरुषापेक्षा कोणत्याही क्षेत्रात कमी नाही त्यामुळे स्त्रीयांना पुरुषांप्रमाणे एक मानव म्हणून असलेले सर्व अधिकार प्राप्त व्हावेत हे अधिकार कोणत्याही उपकारामुळे किंवा दयेने स्त्रीयांना मिळत नसून जन्मताच निसर्गतः एक मानव म्हणून मिळायलाच पाहिजेत असे हे अधिकार म्हणजे मानवाधिकार होत. मानवतेच्या दृष्टीकोणातून जागतीक स्तरावर स्त्रीयांच्या स्थितीत सुधारणा होण्यासाठी प्रयत्न होऊ लागले. स्त्री आणि पुरुष एकदुसऱ्यांचे जीवनसाथी आहेत. एकमेकांशिवाय सृष्टीचा विकास शक्य नाही. त्यामुळे स्त्रीयांना सामाजिक बंधनातून मोकळे करण्याची आवश्यकता सर्वच विचारवंतांना वाटू लागली. राष्ट्रीय संयुक्त संघाने १० डिसेंबर १९४८ रोजी मानवाधिकाराचा जाहीरनामा प्रसिद्ध केला. याद्वारा महिलांना सबल करण्याची मोठ्या प्रमाणात तरतुद केली होती.

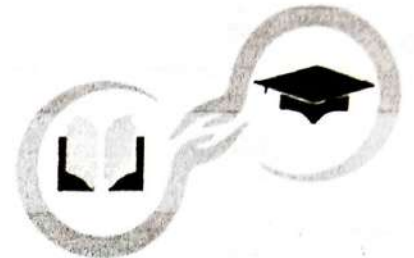
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प्रा.विजय विश्वनाथ आठवले

इतिहास विभाग प्रमुख

सरस्वती महाविद्यालय दहीहांडा, ९९६०९२०४०३

भारतीय शिक्षण व्यवस्थेला आज विविध समस्यांचे ग्रहण लागलेले आहे. उच्च शिक्षणातील भारताची प्रगती समाधान कारक वाटत नाही. जगभरातील पहील्या २०० विद्यापिठात भारतातील एकाही विद्यापिठाचा समावेश नाही. ही अत्यंत गंभीर बाब आहे. आधुनिक भारतातील शिक्षणाची अवस्था, दर्जा व गुणवत्ता ढासळत आहे. ही वस्तुस्थिती असली तरीही प्राचीन भारतातील बुद्धकालीन शिक्षण व्यवस्थेने जगाला व्यापले होते हे ऐतिहासिक सत्य आहे. नालंदा या आंतरराष्ट्रीय विद्यापिठाची किती जगभर ऐकायला मिळते नालंदाचाच आदर्श घेऊन भारतात शैक्षणिक क्रांती होऊ शकते. भारतातील शैक्षणिक व्यवस्थेचे निर्माण प्रामुख्याने बौद्ध विहारतुन झाले. बौद्ध विहारे शिक्षणाची केंद्रे होती. तथागत भगवान बुद्धाच्या महापरीनिर्वाणानंतर त्यांच्या अनुयायांनी बहुजन हिताय बहुजन सुखाय हा बुद्धाचा विचार आत्मसात करून मानवतेच्या कल्याणासाठी गावागावात विहारांची निर्मिती केली मौर्य सम्राट अशोकाने या विहारतुन शैक्षणिक कार्याला गती देण्याचे कार्य केले. विशेष म्हणजे बौद्धकालीन शिक्षण व्यवस्थेत शूद्राचाही समावेश झाला त्यामुळे बहुजन समाजातील उच्च शिक्षण ६५ % जाऊन पोहचले जे आज रोजी जेमतेम ७ ते ८ % आसपास आहे. बौद्धकालीन भारतात विहारामधुन अनेक विद्यापीठे निर्माण झाली त्यात प्रामुख्याने तक्षशिला, पाटलीपुत्र, राजगृह, काशी, वल्लभी, विक्रमशीला, प्रयाग, कनोज आदींचा समावेश होता या सर्व विद्यापीठात नालंदा विद्यापिठ जगविख्यात होते. या विद्यापीठात राजनितीशास्त्र, इतिहास, योगशास्त्र, संख्याशास्त्र, वनस्पती शास्त्र (आयुर्वेद) नितीशास्त्र असे विविध लोककल्याणकारी विषय शिकविल्या जात.