



CONFERENCE PROCEEDINGS

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NMCAR '24

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**NATIONAL  
MULTIDISCIPLINARY CONFERENCE ON  
ACADEMIC RESEARCH 2024**

**CONFERENCE  
PROCEEDINGS**

# VEDIC P.G. MAHAVIDYALAYA

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# **NMCAR '24**

## **NATIONAL MULTIDISCIPLINARY CONFERENCE ON ACADEMIC RESEARCH 2024**

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# NATIONAL MULTIDISCIPLINARY CONFERENCE ON ACADEMIC RESEARCH 2024 (NMCAR '24)

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# M E S S A G E



भजन लाल शर्मा  
मुख्यमंत्री  
राजस्थान सरकार



हर्ष का विषय का है कि वैदिक पी.जी. महाविद्यालय, वरुण पथ, मानसरोवर (जयपुर) द्वारा "मानव कल्याण के उभरते क्षेत्र" विषय पर एक राष्ट्रीय सम्मेलन का आयोजन किया जा रहा है और इस अवसर पर स्मारिका का प्रकाशन भी किया जा रहा है।

माननीय प्रधानमंत्री श्री नरेन्द्र मोदी जी के नेतृत्व में केन्द्र सरकार "सबका साथ, सबका विकास" सिद्धान्त पर कार्य रही है। केन्द्र और प्रदेश की सरकार आम आदमी तक बुनियादी सुविधाएं पहुंचा रही हैं जिससे देश का प्रत्येक नागरिक राष्ट्र की प्रगति में शामिल हो रहा है। हमारी सरकार ऐसे विकास पर काम कर रही है जो सर्वस्पर्शी, सर्वांगीण और सर्वसमावेशी हो। हम भारत को 2047 तक विकसित बनाने की दिशा में काम कर रहे हैं।

मुझे आशा है कि इस सम्मेलन में होने वाली चर्चा से मानव कल्याण के विभिन्न आयामों से रूबरू होने का अवसर मिलेगा।

मैं सम्मेलन और स्मारिका की सफलता के लिए अपनी शुभकामनाएं प्रेषित करता हूँ।

भजन लाल शर्मा



# M E S S A G E



दिया कुमारी  
उप-मुख्यमंत्री  
राजस्थान सरकार



शिक्षा से हमें नैतिक मूल्यों, समाज सेवा की भावना, सामाजिक न्याय और समरसता के महत्व को समझने में मदद मिलती है। शिक्षा जीवन का मूल आधार है। यह हर्ष की बात है कि वैदिक पी.जी. महाविद्यालय पिछले कई वर्षों से शिक्षा की दिशा में निरन्तर प्रयासरत है और दिनांक 23 व 24 फरवरी 2024 को जयपुर में दो दिवसीय राष्ट्रीय कांफ्रेंस का आयोजन कर रहा है जिसमें राष्ट्रीय महत्व के विभिन्न आयामों पर विद्वतापूर्ण परिचर्चा की जाएगी। इस अवसरको यादगार बनाने के लिए सोविनियर का प्रकाशन किया जाना प्रशंसनीय है। आपको इस आयोजन और प्रकाशन के लिए हार्दिक बधाई। यह प्रकाशन अपने उद्देश्यों को प्राप्त करें आपके द्वारा आगे भी इसी तरह के आयोजन और प्रकाशन किये जाते रहेंगे, इन्हीं शुभकामनाओं के साथ।

दिया कुमारी



# M E S S A G E



डॉ. प्रेमचन्द बैरवा  
उप-मुख्यमंत्री  
राजस्थान सरकार



मुझे यह जानकर प्रसन्नता है कि वैदिक पी.जी. महाविद्यालय जयपुर में 2 दिवसीय राष्ट्रीय कांफ़्रेस का आयोजन किया जा रहा है। महाविद्यालय की गतिविधियों और उपलब्धियों पर राष्ट्रीय कांफ़्रेस अपने आप में महत्वपूर्ण है। इससे महाविद्यालय परिवार की प्रतिभाओं के सृजन को सोविनियर प्रकाशित करने का अवसर मिलता है। आशा है कि महाविद्यालय शैक्षणिक, सांस्कृतिक और खेलकूद की गतिविधियों के साथ प्रदेश में उच्च शिक्षा में किये जा रहे नवाचारों और शोध कार्यों की जानकारी का समावेश किया जा सकेगा।

मैं महाविद्यालय परिवार को राष्ट्रीय कांफ़्रेस का आयोजन की सफलता के लिए अपनी शुभकामनाएं प्रेषित करता हूं।

डॉ. प्रेमचन्द बैरवा



# M E S S A G E



कालीचरण सर्राफ  
सदस्य  
राजस्थान विधानसभा



मुझे जानकर अत्यंत हर्ष हुआ कि वैदिक पी. जी. कॉलेज में National Multidisciplinary Conference on Academic Research का आयोजन किया जा रहा है, जिसमें लब्ध प्रतिष्ठ शिक्षाविद भाग ले रहे हैं। इस संगोष्ठी में विभिन्न विद्वान शैक्षणिक महत्व के विषयों पर अपने विचार व्यक्त करेंगे जिससे निःसंदेह एक व्यापक जनचेतना का प्रार्दुर्भाव होगा।

इसी संगोष्ठी के सन्दर्भ में महाविद्यालय एक स्मारिका का प्रकाशन कर रहा है यह अत्यंत प्रसन्नता का विषय है। मुझे यह कहते हुए विशेष संतोष की अनुभूति हो रही है कि यह महाविद्यालय राज्य के अग्रणीय महाविद्यालयों में एक विशिष्ठ स्थान रखता है तथा जनहित के कार्यक्रमों एवं आयोजनों में सदैव तत्पर रहता है। मुझे विश्वास है कि इस राष्ट्रीय संगोष्ठी के निदेशक एवं स्मारिका की प्रधान संपादक मेधा सामवेदी का यह सारस्वत प्रयास निश्चित रूप से उच्च शिक्षा के प्रति न केवल हमारी जानकारी बढ़ाएगा अपितु एक व्यापक जनचेतना का भी निर्माण करेगा।

मैं राष्ट्रीय संगोष्ठी की सफलता की कामना करता हूँ।

कालीचरण सर्राफ



# M E S S A G E



मनीष यादव  
विधायक, शाहपुरा



मुझे यह जानकर हार्दिक प्रसन्नता हुई है कि वैदिक पी.जी. महाविद्यालय, मानसरोवर, जयपुर में 2 दिवसीय 23-24 फरवरी, 2024 को राष्ट्रीय कॉन्फ्रेंस आयोजित की जा रही है। इस कॉन्फ्रेंस में राष्ट्रीय महत्व के विभिन्न आयामों पर विद्वतापूर्ण परिचर्चा की जाएगी।

इस अवसर पर कॉन्फ्रेंस डायरेक्टर सुश्री मेधा सामेवदी जी सहित समस्त अध्यापकों, छात्रों, समस्त कर्मचारियों एवं प्रबन्धन समिति को मेरी तरफ से बधाई।

आपके द्वारा आयोजित राष्ट्रीय कॉन्फ्रेंस समारोह के अवसर पर सोविनियर का प्रकाशन किया जा रहा है।

इस अवसर पर राष्ट्रीय कॉन्फ्रेंस के सफल समारोह व सोविनियर प्रकाशन हेतु शुभकामनाएं प्रेषित करता हूँ।

मनीष यादव



# M E S S A G E



प्रो. घनश्याम धर  
सचिव



हार्दिक प्रसन्नता का विषय है कि वैदिक पी. जी. कॉलेज, मानसरोवर, जयपुर द्वारा **23 - 24 फरवरी 2024** को एक राष्ट्रीय बहुआयामी शैक्षणिक अनुसन्धान कॉन्फ्रेंस (National Multidisciplinary Conference on Academic Research) आयोजित की जा रही है। इस दो दिवसीय कॉन्फ्रेंस में नैनोटेक्नोलॉजी, महिला सशक्तिकरण, प्रबन्ध व्यवस्था, सामुदायिक व समाज कल्याण आदि विषयों पर गंभीर परिचर्चा की जाएगी जिससे समाज के सतत विकास को नई दिशा मिलेगी।

मैं कॉन्फ्रेंस की सफलता की कामना करता हूँ तथा कॉलेज की डायरेक्टर मेधा सामवेदी व प्राचार्या डॉ. संगीता गोकटे और उनकी टीम को इस महत्वपूर्ण कॉन्फ्रेंस के आयोजन हेतु बधाई और अपनी शुभकामना प्रेषित करता हूँ।

प्रो. घनश्याम धर



# M E S S A G E



**Prof. (Dr.) Arvind Kumar Agrawal**  
President (Vice Chancellor)  
Nirwan University Jaipur  
Former & Founder Vice Chancellor  
Mahatma Gandhi Central University  
Motihari (Bihar)



In recent years, there has been an increased focus on emerging areas of human welfare, as society grapples with the complexities and challenges of the modern world. Such areas include mental health and well-being, environmental sustainability and conservation. With the growing concern over climate change and environmental degradation, there has been a shift towards promoting sustainable living and protecting natural resources. Efforts are being made to develop innovative solutions to reduce carbon emissions, conserve biodiversity, and promote eco-friendly practices in various sectors, from agriculture to manufacturing.

Furthermore, the digital age has ushered in new opportunities and challenges for human welfare, with a greater focus on digital inclusion, data privacy, and digital literacy. As technology continues to advance rapidly, there is a need to ensure that all individuals have access to digital resources and are equipped to navigate the digital landscape safely and effectively.

By deliberating on these emerging areas, this National Multidisciplinary Conference on Academic Research would be a very timely endeavour in right direction. I congratulate Vedic P.G. College and Ms. Medha Samvedi, the Conference Director and also send my best wishes for its grand success.

**Prof. (Dr.) Arvind Kumar Agrawal**



# M E S S A G E



**Prof (Dr.) Ashok Kumar Nagawat**

Vice-Chancellor

Government of NCT of Delhi

Delhi Skill and Entrepreneurship University

Delhi



I am happy to learn that the Vedic P.G College, Jaipur is organizing the prestigious National Multidisciplinary Conference on Academic Research (NMCAR-2024) from February 23rd to February, 24th, 2024.

This nationally recognized event, NMCAR-2024, has successfully drawn the participation of numerous students, distinguished researchers, and prominent speakers from India. Anticipating a convergence of intellectual brilliance, the conference promises to deliver stimulating talks and discussions that will catalyze the emergence of innovative ideas and groundbreaking research in pivotal areas such as nanotechnology, material science, management, skill enhancement and more.

The distinguished academic setting of Vedic P.G. College provides an ideal backdrop for hosting such a significant conference, fostering an atmosphere conducive to scholarly exchange and collaborative exploration.

Heartfelt congratulations are due to the organizers of NMCAR-2024 for their commendable efforts in bringing together this esteemed gathering. To all participants, I extend my best wishes for intellectually fulfilling and gratifying deliberations throughout the conference. May NMCAR-2024 be the conference for insightful discussions, knowledge exchange, and the cultivation of innovation ideas that pave the way for brighter and more compassionate future

**Prof (Dr.) Ashok Kumar Nagawat**



**Editor's Note....**

Vedic P. G. Mahavidyalaya, Varun Path, Mansarovar, takes immense pride in presenting the volume on Proceedings of the National Multidisciplinary Conference on Academic Research (NMCAR). This significant milestone signifies the collective dedication and courage exhibited by our entire staff and faculty members in effectively capturing, disseminating, and promoting the essence of human welfare and its evolving trends.

Human welfare, characterized by the equitable provision of optimal alternatives, stands as a fundamental pillar of societal progress. In recent years, amidst escalating concerns regarding environmental sustainability and its harmonization with economic growth, there has been a notable surge in efforts aimed at fostering welfare-centric initiatives. The advent of new technologies has further expanded the horizons of human welfare, opening unprecedented opportunities for advancement and inclusivity.

As we delve into the proceedings of NMCAR 2024, it is evident that the scholarly discourse surrounding human welfare is both vibrant and multifaceted. From empirical investigations into socio-economic dynamics to visionary frameworks charting future trajectories, each contribution encapsulates the ethos of advancing human-centric progress.

In **Niravan Shaktam** as composed by **Adi Shankaracharya** contains the following shloka:

न मृत्युर्न शङ्का न मे जातिभेदः  
पिता नैव मे नैव माता न जन्मः ।  
न बन्धुर्न मित्रं गुरुर्नैव शिष्यं  
चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥५॥

**Na mai jaati bhade**

Rendered in English the line of couplet means “nor influenced by the rules of Caste and its Distinctions.”

The verse emphasizes transcendence beyond societal constructs, resonates deeply with our ethos. As custodians of knowledge, we are committed to perpetuating

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this sacred flame across generations, under the guiding light of wisdom. In the spirit of the National Education Policy (NEP) 2020, we aspire for conferences such as these to embody the essence of this verse, enriching not only our institution but the entire Indian education landscape.

In reflecting upon these words, we are reminded of the evolving nature of intellectual pursuits and the enduring legacy of those who championed knowledge dissemination in its purest form. The juxtaposition of past and present underscores the timeless pursuit of enlightenment and the transformative power of education.

This volume not only encapsulates the proceedings of the conference but also amplifies the voices of esteemed academicians, researchers, and scholars who champion the cause of human welfare in contemporary society. We extend our sincere gratitude to our esteemed Patron, Prof. Ghanshyam Dhar and Dr. Shalini Kirti, Associate Professor, Government Girls College, Kishanpole, Jaipur whose unwavering guidance has been instrumental in shaping our journey.

I also want to take the opportunity to thank my Father Late Dr. Chakrakirti Samvedi, former Metropolitan Magistrate, Child Welfare Committee, Rajasthan, Founder Maharishi Dayanand Law College, MD B.Ed. College, Co-Founder Vedic P.G. Mahavidyalaya. My Grand Father Late Shri Satyavrat Samvedi, Former Working President, Sarvadeshik Arya Pratinidhi Sabha, New Delhi, President, Rajasthan Arya Praatinidhi Sabha, Jaipur, Founder President of VBM Educational trust. Mrs. Mridula Kumari, President, Khadi Gramodyog Samiti, Banswara.

I shall be failing my duty if I do not express my sense of gratitude to those eminent dignitaries who gave us valuable guidance at every step to help our institute grow and make the conference a grand success. Amongst such dignitaries are, Prof. (Dr.) Arvind Kumar Agarwal, Former Founder Vice Chancellor, Mahatma Gandhi Central University, Bihar and presently Vice Chancellor, Nirwan University. Prof. (Dr.) Ashok Kumar Nagawat, Vice Chancellor, Delhi Skill and Entrepreneurship University, New Delhi, Ms. Neelima Takshak, Additional collector, and Additional District Magistrate 2(judicial), Jaipur. Prof. (Dr.) Anil Mehta, Professor of Management, Banasthali Vidyapith. Prof. (Dr.) S. S. Somara, Head, Department of Economics, University of Rajasthan. Dr. Mudit Gupta, Principal, LBS College, Tilak Nagar.

A big thanks to those who assisted and gave a helping hand I offer my grateful thanks. Among these are Ms. Varda Samvedi, Interior Designer, Villa Interior, Member VBM Educational Trust. Dr. Ravi Kant Modi, Professor & Dean, Commerce & Management, Nirwan University, General Secretary, Inspira Research Association. Dr. Aarti Chopra, Former Principal, Bhavans College, Founder Articurv, Asso. Prof. Poornima University.

## ***NATIONAL MULTIDISCIPLINARY CONFERENCE ON ACADEMIC RESEARCH 2024 (NMCAR '24)***

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Convener, Principal Dr. Sangeeta Gokte, Co-convener Vice Principal Dr. R.D. Sharma and Head, Department of Education, Dr. Hanuman Prasad Sharma. Organising Secretaries, Dr. Jyoti Arya, Head, Department of Science, Dr. Neelam, Faculty in History, and the whole staff.

I express heartfelt appreciation to all individuals who have contributed to the success of this conference, including our revered mentors, distinguished dignitaries, dedicated colleagues, and well-wishers. Your unwavering support has been invaluable in making this endeavour a resounding success.

As we embark on this journey of knowledge dissemination and scholarly exchange, let us remain steadfast in our commitment to advancing the frontiers of human welfare and fostering a more equitable and enlightened society.

Warm regards,

**Medha Samvedi**

Editor-in-Chief

Conference Proceedings

NMCAR 2024



**Address from Chief Guest**

Dear Researchers and Participants,

I am delighted to present succinct thoughts on the National Multidisciplinary Conference on Academic Research (NMCAR-2024) on "**Deliberations on Emerging Areas of Human Welfare**" being organised by **VEDIC P.G. COLLEGE, Jaipur**. I hope that young researchers will be engaging in comprehensive discussions on innovative strategies, research findings, and policy recommendations aimed at enhancing the well-being and quality of life for individuals and communities worldwide. The theme of the conference is particularly relevant in today's rapidly changing world. As we face complex challenges such as climate change, technological disruption, and social inequality, it is imperative that we come together to explore new ideas and approaches to build a more sustainable and equitable future.

I am pretty sure, conference like this will provide a platform for young minds to explore cutting-edge research and innovative practices that have the potential to transform the way we think about and address human welfare in the 21<sup>st</sup> century. As we talk about human welfare, it encompasses a wide array of interdisciplinary topics that intersect with fields such as social sciences, health sciences, environmental studies, technology, governance, and economics.

I would like to offer a more detailed exploration of some key concepts that are central to human welfare:

1. **Healthcare and Wellness:** The pursuit of human welfare begins with ensuring access to quality healthcare and promoting holistic wellness. It entails embracing cutting-edge medical technologies, innovative healthcare delivery models, and preventive healthcare measures. It also involves raising awareness about mental health and advocating for accessible services and community support programs. The integration of technology in healthcare, particularly through telemedicine and mobile health applications has the potential to revolutionize healthcare delivery and improve patient outcomes. Moreover, improving healthcare infrastructure and workforce development are essential components of enhancing human welfare.
2. **Education and Skill Development:** Education is a cornerstone of human welfare, providing individuals with the knowledge, skills, and opportunities to lead fulfilling lives. It is imperative to explore innovative pedagogical approaches, lifelong learning frameworks, and the integration of technology in education. This includes skill development initiatives, vocational training



programs, and strategies to enhance digital literacy. Quality education for all is paramount, with a focus on inclusive education policies and reducing educational disparities. Teacher training and development are crucial for enhancing pedagogical practices and ensuring effective implementation of education reforms.

3. **Environmental Sustainability:** Sustainable development practices are essential for ensuring the well-being of current and future generations. It is imperative to adopt sustainable agriculture, forestry, and urban planning practices that preserve natural resources and mitigate climate change. This includes conservation of water, land, and forests, as well as promoting renewable energy sources and energy efficiency measures. Waste management strategies that promote recycling and reuse are also critical for sustainable development. Biodiversity conservation is essential for ecosystem health, highlighting the importance of protected areas and conservation education.
4. **Social Inclusion and Equity:** Inclusive societies are fundamental to promoting human welfare, ensuring that all individuals have equal opportunities to participate in social, economic, and political life. This requires reducing discrimination, promoting diversity, and ensuring access to social services for marginalized groups. Gender equality is paramount, and should be promoted through ending gender-based violence, promoting women's leadership, and ensuring girls' access to education. The rights of LGBTQ+ should be provided by ways of advocating for legal reforms and anti-discrimination policies. Equal access to education and healthcare, including eliminating barriers to education and ensuring quality healthcare for marginalized communities is very essential for betterment of human society.
5. **Technology and Innovation:** Technology has the potential to be a powerful driver of human welfare, transforming industries and societies. It is imperative to explore how technologies such as artificial intelligence, block-chain, and the Internet of Things can be harnessed for the benefit of society. I hope the conference will have fruitful discussions center around advancements in technology and their transformative impact on sectors like healthcare, education, and transportation. It is very crucial to contain the increasing digital divide, by ways of expanding broadband access, promoting digital literacy, and ensuring affordable access to devices and the internet, in order to have an equitable and just society. In recent times, the threats posed by Cyber-security



must also be addressed through policies, awareness, and capacity-building initiatives.

6. **Governance and Policy:** Effective governance is essential for promoting human welfare, ensuring that decision-making processes are transparent, accountable, and inclusive. In the conference, I hope for discussions on democratic governance, the rule of law, and anti-corruption measures. Decentralization and local governance are essential for promoting democracy and efficiency in public service delivery. Digital governance can improve service delivery and citizen engagement through e-governance and open data initiatives. Civil society organizations play a crucial role in policy advocacy and governance, emphasizing advocacy strategies and civic engagement.
7. **Economic Development:** Sustainable and inclusive economic growth is fundamental to human welfare, providing individuals with opportunities for employment and prosperity. I hope the conference will ensure discussions on strategies for economic diversification, job creation, and poverty reduction. Regional development policies are essential for reducing regional disparities and promoting economic integration. A green economy is crucial for environmental sustainability, promoting renewable energy and sustainable consumption practices. Human capital development, through education and skills development, is essential for ensuring sustainable economic growth.
8. **Cultural Preservation and Heritage:** Preserving cultural heritage is vital for human welfare, as it enriches our lives and connects us to our past. I hope the conference will cover topics pertaining to conservation of monuments, traditions, and languages. Strategies for heritage conservation policies, protection of cultural sites, and community involvement in preservation efforts are essential part of human welfare. The significance of traditional knowledge and practices in sustainable development is vital in understanding the dynamics of human welfare, including traditional medicine and ecological knowledge. Cultural tourism, heritage tourism and community-based initiatives can promote economic development and cultural exchange. The role of digital technologies in cultural heritage preservation, including digital archives and virtual museums, should be at the center of discussion in the conference.
9. **Community Engagement and Empowerment:** Empowering communities is key to promoting sustainable development, as it enables them to take ownership of their development agenda. The community-led development projects, participatory planning processes, and capacity-building initiatives at the grassroots level are the cornerstone to human development. Capacity building,

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training and skill-building are essential to enhance the level of human welfare through economic empowerment. Social cohesion within communities can be promoted through conflict resolution mechanisms and social integration programs. Empowering marginalized groups, such as women and persons with disabilities, is crucial for promoting human welfare. Civic engagement along with voter education, civic awareness campaigns, and civil society activism comprising the integral part of human welfare concept. Building community resilience to natural disasters and climate change should also be promoted through preparedness, early warning systems, and resilience-building programs.

10. **Global Collaboration and Partnerships:** Collaboration and partnerships are essential for addressing global challenges and promoting sustainable development. I hope the conference will throw light upon significance of multilateral cooperation in addressing global challenges, roles of international organizations like the United Nations, World Bank, and International Monetary Fund in promoting peace, security, and development. Bilateral and regional partnerships along with trade agreements and joint research projects are crucial for economic cooperation and cultural exchange. Academic and research collaboration is essential for knowledge sharing and innovation through joint projects and exchange programs. Global collaboration in humanitarian assistance, disaster relief, climate change mitigation, health security, and peace building should be discussed in the conference.

Thus, the deliberations on emerging areas of human welfare encompass a wide range of topics that are crucial for sustainable development. From healthcare and wellness to economic development, from environmental sustainability to cultural preservation underscore the interconnectedness of social, economic, and environmental factors in shaping human well-being.

**VEDIC P.G. COLLEGE**, known for its commitment to academic excellence and holistic development, has been a beacon of learning in Jaipur. Under the dynamic leadership of Prof. Ghanshyam Dhar, the Secretary of the College, the College has consistently strived to nurture young minds and empower them to excel in their chosen fields. His visionary leadership has been instrumental in steering the college towards new heights of success, making it a hub of academic innovation and excellence.

I would also like to acknowledge the exemplary efforts of Ms. Medha Samvedi, the Director of the College, whose dedication and tireless work has played a crucial role in organizing this conference. Samvedi's commitment to academic excellence and her visionary approach have been instrumental in shaping the academic landscape of the

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College. I commend the conference team under the leadership of Dr. Sangeeta Gokte, Principal and under the guidance of Ms. Medha Samvedi, for their hard work and dedication in organizing this event.

I am confident that this conference will be a fruitful and enriching experience for all participants. I look forward to fruitful discussions and the sharing of valuable insights and experiences.

Together, let's chart a course towards a more sustainable and equitable future for all.

Thank you.

**Prof. (Dr.) Arvind Kumar Agrawal**  
President (Vice Chancellor)  
Nirwan University Jaipur  
Former & Founder Vice Chancellor  
Mahatma Gandhi Central University  
Motihari (Bihar)



# ABSTRACTS



आशा है नववर्ष राष्ट्र में नई चेतना लाएगा

डॉ. राजेश्वरी भट्ट

भूतपूर्व विभागाध्यक्ष संस्कृत विभाग, लाल बहादुर शास्त्री पी.जी.महाविद्यालय, जयपुर  
मानिंद उपाधि डी लिट्

1. आशा है नववर्ष राष्ट्र में  
नई चेतना लाएगा।  
भौतिकता से भ्रान्त मनुज को  
सच्चा मार्ग दिखायेगा।।
2. जाति धर्म और भेद भाव के  
व्यर्थ विवादों में उलझे।  
मठाधीश और धर्मान्धों को  
मानव धर्म सिखाएगा।।
3. लक्ष्यविहीन युवा की भटकन  
और वृद्धों की तनहाई।  
प्रतिदिन बढ़ती मंहगाई  
और नारी शोषण रोकेगा।।
4. रोग शोक से भय और श्रम से  
पीड़ित शोषित मानव में।  
नवल चेतना जाग्रत कर फिर  
धन्य धन्य कहलाएगा।।

## शिक्षक की अस्मिता

प्रो. घनश्याम धार

सचिव

यदि शिक्षक को ही कभी शिक्षक पर कुछ विचार व्यक्त करने हो तो वह क्या लिखे ? क्या न लिखे ? शाश्वत प्रश्न उसके समक्ष खड़ा होता है। मेरे समक्ष भी अभिव्यक्ति का वही संकट उपस्थित हो रहा है, किन्तु शिक्षक की भूमिका पर विचार करते हुए , धर्म संकट का सामना करना पड़ रहा है। मैंने जिन गुरुजनों के चरणों में बैठ कर शिक्षा संस्कार प्राप्त किये ऐसे गुरु आज दृष्टिगत नहीं होते। मेरे गुरुओं ने मेरे ऊपर जो कृपा की उससे मैं कभी उक्लण नहीं हो सकता। मैं उनका चिरऋणी हूँ। मेरे अंदर जनसम्पर्क कर्म की सेवा त्याग कर शिक्षक बनने की लालसा मेरे गुरुजनों का ही अवदान है। अस्तु शिक्षक की अस्मिता पर विचार व्यक्त करते समय अनादिकाल से चली आ रही शिक्षक की आदरयुक्त महत्वपूर्ण परिस्थिति पर ध्यान जाना सहज स्वाभाविक है। प्राचीन का काल में शिक्षक व्यक्ति और समाज को शिक्षित ही नहीं करता था, अपितु व्यावसायिक, बौद्धिक व आध्यत्मिक ज्ञान में पारंगत करता था। गुरु अज्ञान के तिमिर से शिष्य को ज्ञानरूपी सूर्य के प्रकाश में लाना था। वस्तुतः शिष्य का ज्ञानरूपी दीपक आवृत रहता था। गुरु दीपक के उस आवरण को हटाकर ज्ञान की किरणे विकर्ण कर देना था। व्यक्ति के जीवन में गुरु का अद्वितीय योगदान था। प्राचीन काल में गुरु की अपार महिमा थी। गुरु आदर का पात्र ही नहीं अपितु पूज्य भी था। गुरु का स्थान ईश्वर के समान था। इसलिए कहा गया गुरु ही देवता है. ....

**गुरु ब्रह्मा, गुरु विष्णु, गुरुदेवो महेश्वरः**

**गुरु साक्षात् पर ब्रह्म तस्मै श्री गुरुवे नमः।**

प्राचीन शिक्षक आचार्य, उपाध्याय, प्रवक्ता, अध्यापक , श्रोत्रिय, गुरु, ऋत्विक् , चरक आदि विभिन्न भूमिकाओं में कार्य करते हुए शिष्यों का मार्ग प्रशस्त करते थे। प्राचीन कालीन शिक्षक अपने विषयों के निष्णात पंडित विद्वान होते थे। उस समय के शिक्षक वाक्पटुता, भाषण पटुता, प्रत्युत्पन्नमति आदि गुणों से अभिभूत थे। इसके अतिरिक्त उनमें सद्व्यवहार, संयम, शांति, तथा स्वाध्याय आदि गुणों का भी समावेश था।

### आधुनिक परिदृश्यः

आधुनिक परिदृश्य प्राचीन काल की स्थिति से नितान्त भिन्न है आज शिक्षक के शाश्वत मूल्यों में निरंतर गिरावट आ रही है। आज ऐसे बहुत कम शिक्षक हैं। जिनका छात्र जीवन में महत्वपूर्ण योगदान है। डॉ. राधाकृष्णन के नाम पर यद्यपि हम प्रतिवर्ष 5 सितम्बर को शिक्षक दिवस देश की समस्त शिक्षण संस्थाओं में मनाते हैं, किन्तु शिक्षकों की छवि उन्नत करने में इस आयोजन की कोई भूमिका नहीं है। यह आयोजन 26 जनवरी और 15 अगस्त की तरह औपचारिकता मात्र बन कर रह गया है। आज के शिक्षकों की नैतिकता और आचरण के सम्बन्ध में कुछ भी कहना निरर्थक है। विशेषकर विश्वविद्यालय और महाविद्यालय शिक्षकों की छवि धूमिल हो चुकी है। छात्रों के मन मस्तिष्क में गुरुजनों के प्रति आदर भाव समाप्त हो गया है। प्रतिवर्ष विश्वविद्यालय और महाविद्यालय परिसरों में कुलपति और प्रशासन के विरुद्ध अभद्र व्यवहार दृष्टीगोचर होता



है। पुलिस के सहयोग से कुलपति अपने कार्यालय में बैठ पाते हैं। राजनैतिक दलों द्वारा समर्थित छात्र संगठन के नेता अपनी मनमानी मांगों को लेकर धरने और प्रदर्शन करते रहते हैं। विश्वविद्यालय के शिक्षक इन प्रदर्शनों के प्रति पूर्णतः तटस्थ भाव अपनाये रखते हैं। छात्रों को समझाने भुजाने और उनका मार्गदर्शन करने में किसी शिक्षक की कोई भूमिका नजर नहीं आती है। देश के किसी भी विश्वविद्यालय के परिसरों का अवलोकन करने पर छात्रों की निराशा एवं हताशा स्पष्ट परिलक्षित होती है। नई शिक्षा नीति प्रयोग में आ रही है, किन्तु लगता नहीं इससे छात्रों की निराशा दूर होगी। जीर्ण शीर्ण व्यवस्था में पैबंद लगाकर नई नीति लाई जा रही है, इस प्रकार के प्रयास शायद ही कारगर हों।

भविष्य की निराशा को लेकर उत्पन्न छात्र असंतोष का हृथ क्या होगा कोई कह नहीं सकता। कोचिंग इंडस्ट्रीज ने कोढ़ में खाज का काम किया है। कोचिंग सेंटर्स की खुली छूट का परिणाम सामने है, छात्र निराशा के कारण आत्महत्या के लिए विवश हो रहे हैं। विश्वविद्यालय और महाविद्यालय शिक्षकों को कोचिंग व्यवस्था का प्रखर विरोध करना चाहिए, किन्तु विरोध करना दूर की बात है, कहीं कहीं शिक्षक स्वयं भागीदार हैं और बड़ा प्रॉफिट उठा रहे हैं। छात्रों और विश्वविद्यालयों, महाविद्यालय के व्यापक हित में कोचिंग सेंटर्स पर लगाम लगनी चाहिए। कोचिंग के कारण विश्वविद्यालयों, महाविद्यालयों में चलने वाली कक्षाएँ वीरान हो गई हैं। समय रहते यदि शिक्षक वर्ग इसके प्रति सावधान और सचेत नहीं हुआ, तो विश्वविद्यालय शिक्षा का अंत समीप है। शिक्षक कोचिंग के प्रति अपनी उदासीनता त्याग कर यदि शिक्षा के शाश्वत मूल्यों की स्थापना के लिए आगे नहीं आये तो उच्च शिक्षा का भविष्य चिंताजनक हो जायेगा। आज शिक्षक -उपभोक्तावाद की अंधी दौड़ में भागे जा रहे हैं। यह दौड़ हमें कहाँ ले जाएगी। यह सोचा नहीं जा सकता। मुझे लगता है कि शिक्षक की अस्मिता पर आये संकट से बचने और शिक्षक की गरिमा को समाज में पुनर्स्थापित करने का एक ही मार्ग है कि

हम सब शिक्षक आत्म मंथन और आत्म-विश्लेषण करे और ईमानदारी के साथ नई राह खोजे। समाज की विकराल समस्याओं का हल हमारे ही पास है, अन्यत्र नहीं।

**संत कबीर की यह पंक्तियाँ हमारा मार्ग दर्शन कर सकती हैं -**

**न मैं काशी न मैं काबा न मैं कैलाश  
मो को कहाँ ढूँढे बन्दे में तो तेरे पास ।**



**सशक्त नारी : वर्तमान परिप्रेक्ष्य में**

**डॉ. शालिनी सामवेदी**

सह-आचार्य –ABST, राजकीय कन्या महाविद्यालय, किशनपोल, जयपुर

**महिलाएँ किसी भी समाज का स्तम्भ हैं।** हमारी नारियाँ, सहृदय बेटियाँ, संवेदनशील माताएँ सहयोगी और आत्म-विश्वास, गरिमा से भरी हुयी कई भूमिकाओं को कुशलता व सौम्यता से निभा रही हैं। आज महिला समाज में सम्मान जनक व उचित स्थान पर पहुँच चुकी है महिलाएँ अपने कौशल, आत्म-विश्वास और शिष्टता के आधार पर किसी भी चुनौती को संभालने में सक्षम हैं व निरन्तर सकारात्मक सामाजिक परिवर्तन के अग्रदूत के रूप में स्थापित हो रही हैं:-

**“कोमल है कमजोर नहीं तू  
शक्ति का नाम ही नारी है  
जग को जीवन देने वाली  
मौत भी तुझसे हारी है।”**

आज के इस आधुनिक युग में नारी पुरुष से किसी भी क्षेत्र में पीछे नहीं है चाहे वह राजनीति का क्षेत्र हो या सामाजिक, व्यावसायिक या वैज्ञानिक व कला का क्षेत्र हो वह हर क्षेत्र में अपना अलग स्थान बना रही है। सभी तरह के उद्यमों में महिलाओं के योगदान को आज वैश्विक स्तर पर स्वीकार किया गया है। आज समान अवसर व प्रोत्साहन मिल रहा है, आवश्यकता घर से बाहर निकल कर एवं अवसरों का लाभ उठाने एवं स्वयं को साबित करने की है। पूर्व सरकारों व वर्तमान सरकार द्वारा एवं देश के संविधान ने भी जीवन के सभी क्षेत्रों में महिला सशक्तिकरण के सघन प्रयास किए हैं। महिलाओं को जीवन के हर क्षेत्र में आगे बढ़ने के लिए कई तरह की योजनाएँ प्रारम्भ की हैं। ऐसे अवसर एवं विकल्प तैयार किये हैं जिससे कार्यस्थल पर काम-काजी महिलाओं के जीवन को सरल, सुगम एवं गरिमा युक्त बनाया जा सके।

श्री श्री रविशंकर जी कहते हैं, सामाजिक असमानता, पारिवारिक हिंसा, अत्याचार और आर्थिक अभाव, इन सभी से महिलाओं को छूटकारा पाना है। पहले में सक्षम हूँ इस बात यकीन खुद को दिलाना जरूरी है। मैं एक स्त्री हूँ इस आत्मग्लानि में ना रहे जब आप आत्मग्लानि में रहती है तब आपकी ऊर्जा, शक्ति, उत्साह कम होने लगती है। अपनी आंतरिक शक्ति को संचित कर आप उठकर खड़ी हो जाये, अपने अधिकार प्राप्त करने हेतु जिस क्षमता की आवश्यकता है वह सब आप में हैं।

अतः बदलते हुये परिवेश में महिलाओं की स्वतंत्र मानसिकता को स्वीकार किया जाये क्योंकि आज की नारी अबला नहीं सबला है। देश की अखण्डता, एकता व सर्वांगीण विकास में नारी जाति का बहुत बड़ा योगदान हैं।



कार्यस्थल पर, ज्वपसमजेए क्तपदापदह जूमत बिपसपजपमेए त्मेज त्ववउेए थमकपदह त्ववउेए ब्मदपजमतल दंचापदेए उनके बच्चों को रखने के लिए पालनगृह, खुलने की सुविधा, टेलीविजन, कम्प्यूटर, लेपटोप की सुविधा उपलब्ध करवाई जाती है।

कामकाजी महिलाओं को घर और बाहर दोनों की जिम्मेदारियों का निर्वाह करना पड़ता है, प्रायः देखा जाता है कि पति और उसके परिवार को अन्य सदस्यों का सहयोग सहज रूप से नहीं मिल पाता। महिलाओं का स्वस्थ एवं कामकाजी होना कई बातों पर निर्भर है जिसमें सर्वप्रथम पुरुषों द्वारा स्त्रियों का सम्मान करना है। कामकाजी महिलाओं को स्वास्थ्य बीमा लेना चाहिए।

स्वास्थ्य बीमा एक सुरक्षा कवच है जो चिकित्सा बिलों के बोझ से बचाता है। यह सुनिश्चित करता है कि उन्हें वित्तीय तनाव की चिन्ता किए बिना आवश्यक चिकित्सा सहायता मिले। स्वास्थ्य बीमा प्रतिष्ठित स्वास्थ्य सेवाओं प्रदाताओं और अस्पतालों के नेटवर्क तक पहुंच प्रदान करता है। यह सुनिश्चित करता है कि कामकाजी महिलाओं को समय पर चिकित्सा देखभाल और गुणवत्तापूर्ण देखभाल मिले। गर्भावस्था और प्रसव एक महिला के जीवन में महत्वपूर्ण चरण होते हैं। स्वास्थ्य बीमा में मातृत्व कवरेज होता है। टीकाकरण, स्क्रीनिंग और कल्याण जांच जैसी निवारक देखभाल सेवाएं में कवरेज में शामिल है।

### **समन्वय**

आज की महिला सबल व सशक्त है। अपने कैरियर को प्राथमिकता देना उसका ध्येय है। लेकिन यह भी सच है स्त्री की रिप्रोडक्टिव उम्र में बॉयोलॉजिकल टायम क्लॉक भी निश्चित है। एक तरफ अपना स्वतंत्र जीवन व दूसरी तरफ अपनी फैमिली लाइफ को पूरा करना है उसे कम्पलीट वूमेन होना का एहसास देता है। इसलिए महिला को दोनों से तालमेल बिठाना होता है।

आज महिला जिस तरह अपने करियर और एपियरेंस के लिए जागरूक है, उसी प्रकार उसे अपने शरीर का भी ध्यान रखना चाहिए। योग, व्यायाम करना चाहिए। हरी सब्जियाँ, फल, ड्राई फ्रूट्स। सरकार गाँव-गाँव तक फैसिलिटिज दे रही है।

### **कामकाजी महिलाओं को पेश आने वाली स्वास्थ्य समस्याएँ:**

- **शारीरिक स्वास्थ्य समस्याएँ:** मांसपेशियों का दर्द, झुकी हुई मुद्रा, जोड़ों का दर्द, गठिया और फिटनेस में कमी के कारण थका हुआ रहना।
- **मानसिक स्वास्थ्य समस्याएँ:** स्वस्थ कार्य जीवन सन्तुलन बनाए रखने में सक्षम नहीं होना, काम पर उत्पादकता में गिरावट, स्वयं के लिए समय की कमी के कारण चिन्ता, अवसाद, उत्साह की कमी और अकेलेपन की भावनाएँ पैदा होती हैं, शोध बताते हैं कि कामकाजी महिलाओं के बीच मनोवैज्ञानिक संकट होने से कार्यक्षमता में भी कमी होती है।
- **नींद में खलल:** नींद स्वस्थ जीवनशैली का एक अनिवार्य घटक है। कार्य जीवन में संतुलन की कमी और पारिवारिक जिम्मेदारियों के कारण अनिन्द्रा, दिन में नींद आना, रात में चिन्ता



जैसी परेशानियाँ होती है। इस पर पति और घर वालों की ओर से समझ क कमी परेशानियाँ और बढ़ा देती है।

- **दिल की समस्या:** दिल की बीमारी का मुख्य कारण तनाव व अवसाद है। कामकाजी महिलाओं में आम हृदय रोग स्पॉन्टेनियस कोरोनरी आर्टरी डिसेक्शन है। यह एक आपातकालीन स्थिति है जहां हृदय को रक्त पूर्ति करने वाली धमनी फट जाती है और दिल का दौरा पड़ जाता है।
- **स्त्री रोग सम्बन्धी समस्याएं:** मासिक धर्म से सम्बन्धित समस्याएँ जैसे दर्दनाक, मासिक धर्म, भारी रक्त स्राव, पी.सी.ओ.एस. मोटापा, थायराइड, एनीमिया, वी.डी. की कमी, सुगर बी.पी. समस्याओं को शुरूआती चेतावनी को नजर अंदाज न करे। खुद की देखभाल जरूरी है।

महिलाओं के लिए लम्बे समय तक काम करना उनके शरीर पर प्रतिकूल प्रभाव डाल सकता है। सभी कामकाजी महिलाओं के लिए एक संदेश जो अपनी दैनिक गतिविधियों, घरेलू कामों और कार्यालय में व्यक्त है। हर महिला को तीन महत्वपूर्ण बातों का ध्यान रखना जरूरी है।

आम तौर पर हमारी जीवनशैली गतिहीन होती है, जिससे बहुत अधिक वसा जमा हो जाती है, जिससे विभिन्न प्रकार के रोगों को जन्म होता है। अतः रोजाना कम से कम 1 घण्टे तक व्यायाम करना चाहिए जो वसा और कैलोरी को जलाने में मदद करता है।

लम्बे और भारी काम के कारण महिलाएँ समय पर खाना नहीं खा पाती है। नाश्ता, लंच और डिनर समय पर लेना सुश्चित करे। प्रोटीनयुक्त व तरल पदार्थ ऊर्जा बनाये रखते है।

मानसिक तनाव रोजमर्रा की जिंदगी में आज तौर पर रहता है।

कमाओं पर स्वास्थ्य पर खर्च करो।

बार-बार पानी पीये, चलते रहे, रिलेक्स रहे, पौष्टिक आहार ले।

### **निष्कर्ष**

रूप में सशक्तनारी को वर्तमान समय में अपनी सेहत के प्रति सचेत रहते हुए, राष्ट्र और समाज के प्रति अपने दायित्व का निर्वाह करने के लिए समस्त ऊर्जा को संकलित कर भावी जीवन के लिए संकल्पबद्ध होना होगा, तभी राष्ट्र, समाज और स्वयं की उन्नति संभव होगी।



**NAVIGATING THE DRIFT:  
VEDIC CULTURE AND THE NATIONAL EDUCATION POLICY 2020**

**Medha Samvedi**

Director, Vedic P.G. Mahavidyalaya

India, with its rich tapestry of history, culture, and traditions, has seen a significant drift in its education system over the years. Rooted in ancient Vedic wisdom, the Indian education system has undergone transformative changes with the advent of the National Education Policy (NEP) 2020. This article explores the intersection of Vedic culture and the shifts catalyzed by NEP 2020, encapsulating the essence of the evolving educational landscape in the country.

**Ancient Wisdom in Modern Education**

Vedic culture, with its emphasis on holistic learning, spirituality, and the pursuit of knowledge, has been a guiding force in shaping the ethos of the Indian education system. However, in recent decades, the system had experienced a drift towards a more exam-centric and rote-based approach, often sidelining the holistic principles enshrined in Vedic traditions.

**The Influence of National Education Policy 2020**

The NEP 2020 emerged as a beacon of change, specially by the Indian Knowledge System, steering the education system back towards its roots while aligning with the demands of the contemporary world. One of the pivotal aspects of NEP 2020 is the reintroduction and emphasis on the study of Vedic literature, philosophy, and values in the curriculum. This marks a conscious effort to revive the cultural roots and instill a sense of pride and awareness about India's ancient heritage.

**Multidisciplinary Approach**

NEP 2020 advocates a multidisciplinary approach to education, breaking down the silos that had confined learning to specific streams. By incorporating Vedic studies into various subjects, the policy encourages a holistic understanding of knowledge. This approach not only imparts academic wisdom but also fosters values embedded in Vedic culture, promoting a well-rounded education.

**Experiential Learning and Skill Development**

Vedic culture places a strong emphasis on experiential learning and skill development. NEP 2020 echoes this sentiment by promoting hands-on learning, critical thinking, and practical skills. The integration of Vedic values in the curriculum aims to cultivate qualities such as empathy, compassion, and ethical decision-making, essential for navigating the complexities of the modern world.



### **Digital Transformation**

As technology continues to reshape the educational landscape, NEP 2020 acknowledges the significance of digital learning. The policy advocates the use of technology to facilitate the dissemination of Vedic knowledge, making it more accessible to a wider audience. Digital platforms serve as conduits for preserving and disseminating the profound teachings embedded in Vedic literature.

### **Challenges and Opportunities**

While the alignment of Vedic culture with the NEP 2020 brings about positive changes, challenges persist. Implementation hurdles, resource constraints, and the need for teacher training are areas that demand attention. However, these challenges also present opportunities for collaborative efforts, innovation, and the revitalization of India's education system.

### **Conclusion**

The drift in the Indian education system, influenced by Vedic culture and steered by the National Education Policy 2020, signifies a transformative journey. As the nation strives to bridge the gap between ancient wisdom and modern requirements, the convergence of Vedic values and contemporary education offers a promising trajectory for a holistic and culturally enriched learning experience.

## **CAN MINIMALIST LIFESTYLE BE A KEY TO ACHIEVING SUSTAINABILITY?**

**Varda Samvedi**

Research Scholar, Nirvan University

The exploration of minimalism, both as an aesthetic and a lifestyle, has transcended the realms of mere design principles to become a profound philosophy that resonates with individuals seeking a deliberate and mindful existence. This research endeavors to delve into the multifaceted aspects of minimalism, spanning from its origins and evolution to its implications on modern living, architecture, and sustainability.

The minimalist lifestyle, characterized by an intentional focus on essential elements and a rejection of unnecessary possessions, has gained significant traction in recent times. As evidenced by a study in Britain, where 46% of individuals identified minimalism as the top trend of 2019, it is clear that the appeal extends beyond mere aesthetics. This preface sets the stage for an in-depth examination of how minimalism is not merely a design trend but a holistic way of life. The roots of minimalism trace back to post-World War II, emerging as a reaction to the ostentatious expressions of abstract expressionism. The minimalist design philosophy, epitomized by luminaries like Ludwig Mies van der Rohe, emphasizes simplicity, clean lines, and a "less is more" approach.



However, minimalism as a lifestyle goes beyond design elements; it entails a mindful curation of one's possessions, time, money, and energy. The first section of this research explores the evolution of minimalism, distinguishing it from the sparsity of design elements and elucidating its connection to Japanese aesthetics and the Modernist movement. Understanding its historical roots is crucial for comprehending the philosophy that underpins minimalism today.

The subsequent section delves into the motivations behind adopting a minimalist lifestyle. A UCLA study linking high-density possessions with increased stress levels becomes a pivotal reference point. As individuals seek solace in their homes from the chaotic external environment, managing possessions becomes a critical aspect of well-being. Minimalism, with its emphasis on intentional living, serves as a remedy to the stress induced by the clutter of modern life. Moreover, this research examines the changing attitudes toward consumerism and the shifting priorities of individuals. The desire to own fewer material possessions is intricately linked to the pursuit of meaningful experiences, relationships, and environmental consciousness. People are increasingly recognizing that a life centered around acquiring material wealth may not necessarily lead to happiness and fulfillment.

The subsequent sections shed light on the minimalist approach to design and its application in architecture, featuring case studies that exemplify the integration of minimalist principles with sustainability. The Upside-Down House, John Pawson's rural retreat, Will Andreson's eco-minimalist home, and the Riera House in Barcelona serve as noteworthy examples of how minimalism can coalesce with sustainable building practices. Through a meticulous analysis of these case studies, the research aims to underscore the potential of minimalist architecture in creating sustainable living environments. The interplay between design choices, material selection, and ecological consciousness becomes apparent, showcasing how architecture can be an ally in the quest for environmental sustainability.

The concluding sections tie together the diverse threads explored throughout the research. Minimalism is positioned not just as a design trend but as a catalyst for a profound shift in lifestyle choices. The reevaluation of societal norms, the emphasis on quality over quantity, and the symbiotic relationship between minimalism and sustainability collectively form a compelling narrative. As we navigate through the intricate landscape of minimalism, from its inception to its contemporary manifestations, this research invites readers to contemplate the profound implications of adopting a minimalist philosophy. It is not merely an aesthetic preference but a transformative journey towards intentional living, environmental stewardship, and the pursuit of genuine well-being.

सोशल मीडिया और मानसिक स्वास्थ्य

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पिछले दशक के दौरान, ऑनलाइन सोशल नेटवर्किंग ने लोगों के संचार और बातचीत के तरीके में गहरा बदलाव लाया है। हालाँकि, यह स्पष्ट नहीं है कि क्या इनमें से कुछ परिवर्तन मानव व्यवहार के कुछ सामान्य पहलुओं को प्रभावित कर सकते हैं और मानसिक विकारों का कारण बन सकते हैं। कई अध्ययनों से संकेत मिला है कि फेसबुक जैसी सोशल नेटवर्किंग साइट्स (एसएनएस) का लंबे समय तक उपयोग अवसाद के संकेतों और लक्षणों से संबंधित हो सकता है। इसके अलावा, कुछ लेखकों ने संकेत दिया है कि कुछ एसएनएस गतिविधियाँ कम आत्मसम्मान से जुड़ी हो सकती हैं, खासकर बच्चों और किशोरों में। अन्य अध्ययनों ने आत्म-सम्मान पर सोशल नेटवर्किंग के सकारात्मक प्रभाव के संदर्भ में विपरीत परिणाम प्रस्तुत किए हैं। एसएनएस के उपयोग और मानसिक समस्याओं के बीच संबंध आज भी विवादास्पद बना हुआ है, और इस मुद्दे पर शोध को कई चुनौतियों का सामना करना पड़ रहा है। यह संक्षिप्त समीक्षा एसएनएस और अवसादग्रस्त लक्षणों, आत्मसम्मान में बदलाव और इंटरनेट की लत जैसे मानसिक स्वास्थ्य मुद्दों के बीच सुझाए गए संबंध के बारे में हाल के निष्कर्षों पर केंद्रित है।

पिछले 10 वर्षों के दौरान, फेसबुक, ट्विटर, माइस्पेस आदि जैसी सोशल नेटवर्किंग साइटों (एसएनएस) के तेजी से विकास ने लोगों के संचार और बातचीत के तरीके में कई गहरे बदलाव लाए हैं। हाल ही में, हालाँकि, कुछ शोधकर्ताओं ने ऑनलाइन सोशल नेटवर्किंग को कई मानसिक विकारों से जोड़ा है, जिनमें अवसादग्रस्तता लक्षण, चिंता और कम आत्मसम्मान शामिल हैं। चूंकि सोशल नेटवर्क अपेक्षाकृत नई घटना है, इसलिए मानसिक स्वास्थ्य पर उनके संभावित प्रभाव के संबंध में कई प्रश्न अनुत्तरित हैं। दूसरी ओर, सामान्य आबादी में इन ऑनलाइन सेवाओं की लोकप्रियता के कारण, भविष्य में उनके और मानसिक रोगों के बीच कोई भी पुष्ट संबंध गंभीर सार्वजनिक स्वास्थ्य चिंता पैदा कर सकता है

निष्कर्ष में, यह स्पष्ट है कि पिछले 10 वर्षों के दौरान, ऑनलाइन सोशल नेटवर्किंग ने लोगों के संचार और बातचीत के तरीके में महत्वपूर्ण बदलाव लाए हैं। हालाँकि, यह स्पष्ट नहीं है कि क्या इनमें से कुछ परिवर्तन मानव व्यवहार के सामान्य पहलुओं को प्रभावित करते हैं और मानसिक विकारों का कारण बनते हैं। भविष्य में, एसएनएस के उपयोग और विभिन्न मानसिक स्वास्थ्य मुद्दों के बीच संभावित संबंधों की पहचान और वर्णन करने के लिए अतिरिक्त शोध की आवश्यकता होगी

# NATIONAL MULTIDISCIPLINARY CONFERENCE ON ACADEMIC RESEARCH 2024 (NMCAR '24)



## AQUATIC & TERRESTRIAL ECOTONES OF INDIA AS HUMAN WELFARE

**Dr. R. D. Sharma**

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Human Welfare wetlands are among the earth's freshwater & saline water resources. Wetlands provided many services and commodities to humanity. Each wetland is ecologically unique & is recognized for its economic, cultural, scientific and recreational value.

India is the seventh largest country in world with an area of 32, 87, 782 Km<sup>2</sup>, it lies between 8° 4' and 37° 6' north latitude and 68° 4' and 97° 25' east longitude. It borders Pakistan and Afghanistan to the northwest, China to the north east and Sri Lanka to South. There is a 6100 Km long coastline along the Arabian Sea and Bey of wengal.

India has six physiographic division the northern mountains, western highlands and the Indus plain. The Indus plain consists of the flood plain of the river Indus and other major rivers like the Sutluj, Ravi.

Waterfowl are regular winter migrants coming from Siberia and Central and northeast Asia to India (Ali and Ripley 1968). These Waterfowl travel the path with is known as the Indus fly way or flyway No. 4, i.e. Siberia-Kazakistan – Pakistan and India (Isakov and Shevareva, 1968).

At the time of Independence, India inherited a rich variety of wild Fauna, both resident and migratory. Among the migratory fauna, waterfowl are the most fascinating. With the exception of a few species which are resident to India, the majority of the ducks and all of the geese and swans are migratory. These birds start entering Pakistan mostly in mid-September and return going back in March.



## नवीन शिक्षा नीति

डॉ. हनुमान प्रसाद शर्मा

(विभागाध्यक्ष, बी.एड.), वैदिक बालिका पी. जी. महाविद्यालय, वरुण पथ मानसरोवर, जयपुर, राज.

शिक्षा मानव समाज की प्राथमिक आवश्यकताओं में से एक है, क्योंकि किसी भी देश की विकास प्रक्रिया का यह एक अभिन्न अंग है। शिक्षा से तात्पर्य है— शक्ति को ग्रहण कर मनुष्य द्वारा सही अर्थ में अपनी क्षमताओं का उपयोग करना सीखना, ज्ञान रूपी प्रकाश की ओर बढ़ना। नवीन शिक्षा नीति का प्रमुख उद्देश्य एक समान और समावेशी शिक्षा प्रणाली को लागू करना है। साथ ही पहुँच समानता, गुणवत्ता, सामर्थ्य और जवाबदेही स्तम्भों पर आधारित है। प्राचीन भारतीय शिक्षा पद्धति की सबसे महत्वपूर्ण विशेषता उसकी नीतियों से परिपूर्णता थी। नीति मनुष्य के जीवन को सही दिशा—निर्देश देती है, जो उसके आगे बढ़ने या विकास करने का माध्यम बनती है। शिक्षा मनुष्य का सम्यक् उत्थान करती है। शिक्षा का सम्बन्ध नीति से बनाए रखना अत्यन्त आवश्यक है, क्योंकि नीति—विहीन शिक्षा भ्रष्टाचार को बढ़ावा देती है और मनुष्य का जीवन पशु से भी बदतर कर देती है। नवीन शिक्षा नीति में 5334 पैटर्न का अनुसरण किया जाएगा। इसमें व्यासायिक औपचारिक शिक्षा के मध्य अन्तर को पाटना भी एक अच्छी पहल है। किसी भी देश का स्वरूप और उसके मानव संसाधन का स्तर शिक्षा प्रणाली के स्तर पर निर्भर करता है। वर्तमान समय में शिक्षा मुख्यतः तीन श्रेणियों में सम्पन्न होती है—

- (1) प्राथमिक शिक्षा।
- (2) माध्यमिक शिक्षा।
- (3) विश्वविद्यालय शिक्षा।

इसमें सबसे महत्वपूर्ण श्रेणी माध्यमिक शिक्षा की होती है, क्योंकि इस सीमा को पार करने के उपरान्त ही विद्यार्थी विश्वविद्यालयीय—शिक्षा की ओर बढ़ता है और आगे की पढ़ाई जारी नहीं रख पाने वाले विद्यार्थी जीवन—यापन की दिशा में आगे बढ़ जाते हैं। अतः माध्यमिक शिक्षा किसी भी राष्ट्र की रीढ़ होती है, जिसके कमजोर होने पर राष्ट्र को घुटने टेकने पड़ सकते हैं। माध्यमिक शिक्षा के महत्त्व को देखते हुए ही हमारे देश में माध्यमिक स्तर तक की शिक्षा को निःशुल्क शिक्षा के अन्तर्गत लाभकारी बनाने का प्रयत्न किया गया है। इस शिक्षा नीति के प्रयोग से सभी नागरिकों को उच्च गुणवत्ता वाली शिक्षा प्रदान कर भारत को वैश्विक ज्ञान महाशक्ति के रूप में विकसित कर के देश के परिवर्तन में सीधे योगदान दे सकते हैं। इससे कौशल भारत मिशन के लक्ष्यों को साकार करने में मदद मिलेगी। यह नीति एक छात्र केन्द्रित दृष्टिकोण की आवश्यकता पर जोर देती है जो महत्वपूर्ण सोच रचनात्मक समस्या समाधान पर केन्द्रित है। यह एक साहसिक और दूरदर्शी दस्तावेज है जो शिक्षा को सामाजिक गतिशीलता के साधन से बेहतर और अधिक न्यायपूर्ण समाज के निर्माण के साधन में बदलने का प्रयास करता है।



**CRISPR-NANOTECHNOLOGY INTEGRATION: EXPANDING APPLICATIONS AND  
ADVANCEMENTS**

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The advent of Clustered Regularly Interspaced Short Palindromic Repeats (CRISPR) technology has catalyzed a paradigm shift in genetic engineering, offering unparalleled precision and efficiency in DNA manipulation. This paper explores the multifaceted applications of CRISPR in various domains, particularly focusing on its integration with nanotechnology in the contemporary era. In medicine, CRISPR presents a promising avenue for treating genetic diseases by correcting specific mutations, enhancing immune responses against cancer cells, and combating viral infections, including chronic diseases like HIV. In agriculture, CRISPR enables precise modifications in crops for enhanced disease resistance, stress tolerance, yield potential, and nutritional content, thereby revolutionizing crop improvement strategies. Moreover, CRISPR plays a pivotal role in biotechnology by facilitating drug discovery, unraveling complex biological processes, and driving synthetic biology endeavors such as biofuel production. The integration of CRISPR with nanotechnology represents a novel approach to address current limitations and introduce customizable properties. Nanotechnology enhances CRISPR-mediated gene editing by enabling targeted delivery, improved stability, stimulus-responsive activation, and tunable pharmacological properties. Furthermore, the synergy between Nanotechnology and CRISPR holds significant potential in diagnostics, simplifying readouts for point-of-care applications and reducing time to results. This paper underscores the transformative impact of integrating nanotechnology with CRISPR, heralding a new era of versatile and precise genetic manipulation with wide-ranging implications across various fields.



**उपकरणों की प्रगति—भारतीय संस्कृति और सभ्यता पर प्रभाव**

**डॉ. नीलम**

सहायक आचार्य, वैदिक पी0जी0 कॉलेज, वरुण पथ मानसरोवर जयपुर।

सभ्यता और संस्कृति को गढ़ने और पढ़ने का सतत् कार्य विज्ञान और तकनीकी के बिना अधूरा ही रहा है। प्राचीन सभ्यताओं का इतिहास इस बात का प्रत्यक्ष प्रमाण है कि वहां मानव जीवन आधुनिक सुख-सुविधाओं के साथ तभी जी सका जब विज्ञान के आविष्कारों ने जन्म लिया। इसलिए इतिहास, सभ्यता और संस्कृति का तकनीकी और ईजाद किए उपकरणों का संबंध सदियों पुराना रहा है। विश्व की प्रसिद्ध सभ्यताओं में रोम, मिस्त्र, यूनान, मैसोपोटामिया, सिन्धु घाटी सभ्यता और माया सभ्यताएं शामिल हैं, इन सभ्यताओं में विकसित हुई स्थापत्य कला, चित्रकला, सौंदर्य प्रसाधन सामग्री विज्ञान, आयुद्ध उपकरणों से लेकर वेशभूषा-साज सज्जा तक तकनीकी की देन रही है। इन सभ्यताओं में आधुनिकता की जो झलक दिखाई देती है वह वैज्ञानिक प्रगति में खोजी गई तकनीकी उपकरणों के कारण ही है जिससे कि इन सभ्यताओं में जीवन जी रहे स्थानीय लोगों के सामाजिक, राजनीतिक, आर्थिक और सांस्कृतिक जीवन को प्रभावित किया।

उपकरणों की प्रगति ने प्राचीन भारतीय समाज को कई तरीकों से प्रभावित किया जो इस प्रकार है—

- विज्ञान और प्रौद्योगिकी ने अधिक उन्नत तकनीकी समाधानों की ओर आगे बढ़ने में मदद की। जिससे मानव जीवन सुगमता की ओर बढ़ा।
- नए संचार उपकरणों के आगमन से लोगों के बीच संचार की सरलता बढ़ी जिससे भाषा, संस्कृति और विचारों के बीच आपसी व्यापार भी बढ़ा।
- तकनीकी उपकरणों की मदद से प्राचीन, मध्यकालीन और आधुनिक काल में जन-जातीय जीवन में शिक्षा का स्तर बेहतर हुआ है।

इस प्रकार उपकरणों की प्रगति ने भारतीय संस्कृति और सभ्यता को प्रत्येक काल में आर्थिक, सामाजिक, राजनीतिक और शैक्षणिक दृष्टि से सकारात्मक दिशा में प्रभावित किया है।



**ROLE OF ARTIFICIAL INTELLIGENCE (AI) IN FOSTERING BUSINESSES**

**Prof. Dr. Bindu Jain**

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Artificial intelligence has already started showing its impact in almost every business activity across all industries, from the banal to the spectacular. The impact of AI on business is profound as it is changing the way business operates and opening up new opportunities for expansion.

Artificial intelligence is typically considered as a helpful tool, not as a substitute for human intelligence and inventiveness. Artificial intelligence (AI) technology is being adopted by many companies in an effort to save operating costs, boost productivity, boost sales, and enhance customer satisfaction. With the appropriate AI technology, a company may be able to boost productivity and operational efficiencies, save time and money by automating and optimizing repetitive jobs and procedures and many more.

This paper analysis how AI is helping businesses to operate in today's digital world- Its pros and cons, The challenges that businesses might face while implementing AI. The findings of this paper will help the new businesses and start ups to use AI in the best way possible way and make more informed decisions.

**SACRED GROVES TRADITIONS: UNIQUE CULTURAL DIVERSITY OF  
INDIGENOUS COMMUNITIES IN INDIA**

**Dr. Mala Agarwal**

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Living in harmony with Nature has been an integral part of Indian culture. The maintenance of sacred groves is an outstanding example of a traditional practice in India for contribution of forest and biodiversity conservation. These groves also conserve age old traditions in the form of worship of folk deity, folk tales, songs, music, instruments and dance. These are found all over India, the Western Ghats, the west coast, Rajasthan and in Kerala, Karnataka, Tamil Nadu and Maharashtra. The sacred groves are present in tribal dominated areas and are mostly maintained and protected by the tribal/indigenous communities of the region, strict to maintain and conserve their cultural identity.

Each sacred grovel have a presiding deity associated with it; the sanctity of this area has to be maintained strictly owing the sacred presence of the divine being. In these sacred groves, deity is worshiped daily as well as the local community celebrates the annual festival dedicated to local residing deities for the benefit and prosperity of



the whole village. Bigger rituals extending for hours are also conducted in these groves on some particular days. The taboos, rituals and beliefs supplemented with mystic folk tales, folk songs, dances associated with the groves have been the prime reason in preserving the sacred groves in pristine condition. In present scenario of clashes between the environmental protection and development, the tradition of living in harmony with nature can conserve age old cultural traditions, environment and biodiversity which have been overshadowed by the scientific and technological developments.

### **NANO FERTILIZERS: AN OVERVIEW**

**Prof. Vinita Sharma**

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Nano fertilizers are gaining potential preference over conventional fertilizers due to their appropriate formulations and delivery mechanisms to ensure optimal uptake/usage in plants. They have advantage of reduced nutrient losses due to leaching and chemical alterations. The disadvantage of conventional fertilizer to provide environmental concerns are reduced in case of NFs. These demonstrate a boost in productivity by ensuring targeted delivery of the nutrients. NFs are metal oxide materials or are encapsulated fertilizers. A study on nano urea reveals that it is much more efficient in delivering nitrogen to plant cells than conventional urea. In the present article attempts have been made to provide an overview of NFs.

#### **Introduction**

For green revolution the discovery of urea was mainly credited and resulted in the widespread use of chemical fertilizers to fulfil the global demand for food. Although, excessive use of synthetic fertilizers causes some very serious environmental concerns. The fact that more than half of the nutrients are lost before reaching their target sites due to various chemical, biochemical and immobilization, making them biologically non-available to plants also making them economically expensive. The commonly used chemical fertilizers may increase plant growth and output, but they have deleterious effects on the soil, the environment, and even human health.

Nanotechnology have gained tremendous importance in the present age, as this branch of technology has greatly revolutionised modern science [1]. Recent advances in the field of Nano-fertilizers (NFs), have shown great potential for their sustainable use in food security for the growing population with no environmental threats [2-4]. NFs as the name indicates are nanosized particles having a large surface area to volume ratio. These 'Smart system of nutrients' are actually either the whole material itself or are



in the form of encapsulated nutrients with the advantage of greater mobility that can increase plant nutrient access and hence crop yield. These nanoscale particles may be absorbed with different dynamics from those in bulk particles or ionic salts, that has significant benefits. Nano ZnO recorded higher peanut seeds germination percent and root growth compare to bulk zinc sulphate. Similarly positive effective of nano-scale SiO<sub>2</sub> and TiO<sub>2</sub> on germination was reported in soya bean.

Therefore, NFs can be the promising solution or can substitute conventional fertilizers.

Why nano fertilizers?

Nano-fertilizers are important because they:

- are having appropriate formulations and delivery mechanisms to ensure optimal uptake/usage in plants.
- reduce nutrient losses due to leaching, and chemical alterations.
- provide environmental quality by exploring NPs based on various metals and metal oxides.
- demonstrate a boost in productivity by ensuring targeted delivery of the nutrients [5].

So, we can say that NFs preference over conventional fertilizers in upscaling the agricultural output has helped to cater to the nutrient deficiencies in most degraded soils besides increasing the soil microbial diversity.

Classification of NFs:

NFs can be classified broadly in three categories on the basis of their use;

- Action Based (e.g. controlled release, targeted delivery etc.)
- Nutrient based (e.g. Metal oxide, organic polymer etc.)
- Designed based (e.g. Surface coated, Nano-particle loaded etc.)

The scientific community is already working on developing slow-release chemical fertilizers; for example, combining hydroxyapatite with urea has allowed researchers to develop slow-release fertilizers that gradually release plant nutrients [6]. Moreover, the environmental impact caused by releasing excess nutrients has necessitated the development of more efficient and eco-friendly fertilizers. It has been found that after the application of nano urea a reduction of 25-50% has been observed in nitrogen uses.

In India, the tropical climate, scarcity of water and a large population demand more use of fertilizes specially NFs. Indian Council of Agricultural Research (ICAR) has informed that trials were conducted at 20 selected locations in selected crops to study the effect of IFFCO nano-urea (one of the NFs) used as foliar spray. The study



indicated that nano-urea can be used as foliar spray for top-dressing instead of conventional urea. In addition, foliar application of nano urea along with basal application of recommended dose of conventional urea has yield advantage of 3-8% over conventional fertilizer application. Accordingly, Department of Agriculture & Farmers Welfare (DA&FW) has provisionally notified Nano Urea as Nano Nitrogen Fertilizers in Fertilizer Control Order, 1985 [Release ID: 1945752] Visitor Counter : 3573].

### **Conclusion**

NFs preference over conventional fertilizers in upscaling the agricultural output is due to their high surface area to inner volume ratio. These are 'Smart targeted and controlled releasing materials' that has less or no environmental issues.

## **INFLUENCE OF BIOLOGICAL NANOPARTICLES ON ORGANISMS**

**Prof. (Dr.) Anshu Rani Saxena**

Professor in Botany, SMCC Government College, Aburoad

Biological systems have evolved a wide variety of nanoparticles. Natural nanoparticles have a great diversity. They are organic or inorganic present within or outside the cell. They have many roles in biological systems. A lot of biomedical studies have been carried out on these natural nanoparticles. The review describes the important and most common biological nanoparticles which are exosomes, lipoproteins, ferritins, magnetite and viruses.

Expsomes are nanoparticles released by exocytosis from reticulocytes. These are released from cells in culture like B cells, dendritic and mast cells, neurons, adipocytes, mesenchymal stem cells and tumour cells. Lipoproteins are self assembling structures of lipids and specialised proteins, apolipoproteins. They are composed of a core of no polar lipids, triacylglyceroles and esterified cholesterol with a layer of apolipoproteins, phospholipids and non esterified cholesterols. Ferritin are the inorganic especially iron containing particles such as ferrihydrite and magnetite. Ferritin is expressed in bacteria, eukaryotes and archaea. In eukaryotes ferritin has 24 subunits organised into a four helical bundle. The functions are to form a protein nano cage to synthesise and store iron oxides. Almost all bacteria have ferritin.

A specialised group of magnetotactic bacteria have an iron containing nanoparticles. These have special organelle the magnetosome made up of lipid bilateral, containing magnetic iron-containing minerals, magnetite or greigite. Viruses are highly diverse naturally occurring nanoparticles. They have a common shell of protein called capsid enclosing DNA or RNA as viral genome. Viruses target almost all



known organisms and tissues. Biologically produced nanoparticles are diverse but are attractive for their biomedical uses. They are less toxic, have ability to evade immune system, can be modified and are uniform in structure.

### **ROLE OF INFORMATION TECHNOLOGY IN HIGHER EDUCATION: NEW ASPECTS**

**Dr. Shema Khan**

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Technology has had a significant impact on higher education, creating a dynamic, accessible, and personalized learning environment. By breaking down barriers and empowering students, it has shaped a bright future for education globally. Effective use of technology has also motivated students, making classes more dynamic and interesting, and renewing teacher enthusiasm as they learn new skills and techniques. One of the most significant benefits of technology in education is that it helps students understand abstract concepts more clearly. In addition to accessibility, technology has made education more engaging and interactive. Whiteboards, virtual reality simulations, and educational games are all examples of how technology enhances learning. In the administrative stream, technology has streamlined processes in higher education institutions, saving time and resources through automated registration, digital payment systems, online course management, and student information systems. This has simplified administrative tasks, making learning more engaging and collaborative, moving away from memorization toward active learning and critical thinking. This could be as simple as interactive quizzes or tech-enabled group discussions. Moreover, technology has improved productivity, reduced worker load, and time consumed. This has caused an increase in demand for technically skilled youth, addressing the problems of educated unemployment to some extent. The use of information technology in higher education not only improves classroom teaching but also provides e-learning facilities. Interactive and engaging learning tools have significantly enhanced higher education experiences. Learning management systems (LMS) and online course platforms have replaced traditional classrooms, offering students a flexible and interactive learning environment. Educational technology includes synchronous and asynchronous learning, linear learning, and collaborative learning. The most promising innovations include digitally personalized learning, artificial intelligence, machine learning, immersive learning, and location-based intelligence technology. Adaptive learning is emerging as a major trend, tailoring courses to individual student needs. Educational institutions are increasingly adopting this data-driven approach for customized learning experiences. Future trends in ICT



include virtual reality, augmented reality, 5G, quantum computing, biometrics, blockchain, fintech, artificial intelligence, cybersecurity, cloud computing, and emerging mobile digital platforms. India aims to grow the ICT sector to \$1 trillion by 2025, contributing 20% to the predicted GDP. ICT has a tremendous application in educating a large section of people and imparting a substantial amount of knowledge within a limited time span. Mass media, including TV, radio, and modern technologies like computers, email, internet, and mobile, offer significant scopes in this regard.

### विज्ञान के क्षेत्र में महिलाओं का योगदान

#### डॉ. पिकी खितौलिया

आचार्य—हिन्दी, बी.एन.डी. राज. महाविद्यालय, चिमनपुरा शाहपुरा

“कर पदाघात अब मिथ्या के मस्तक पर,  
सत्यान्वेषण के पथ पर निकलों नारी  
तुम बहुत दिनों तक बनी थी दीप कुटिया का,  
अब बनो क्रान्ति की ज्वाला चिंगारी।”

हम में से अधिकांश लोगों से जब क्रिकेट के किसी खिलाड़ी का नाम पूछा जाता है तो हम बिना सोचे सचिन तेदुलकर, विराट कोहली या अन्य किसी पुरुष खिलाड़ी का नाम बता देते हैं, शायद बहुत कम या कुछ प्रतिशत मात्र ही लोग होंगे जो इस प्रश्न के जवाब में मिताली राज, झूलन गोस्वामी या अन्य किसी महिला खिलाड़ी का नाम लेंगे। इसी तरह जब हम वैज्ञानिकों की बात करते हैं तो हमारे दिमाग में स्टीफन हॉकिंग, ए.पी.जे. अब्दुल कलाम, सी.वी. रमन जैसे पुरुष वैज्ञानिकों की छवि भर कर सामने आती है, न कि जानकी, अमाल, असीमा चटर्जी, अन्ना माणि जैसी महिला वैज्ञानिक की। जी हाँ भले ही आधुनिक युग में महिलाएँ धरती से आसमान तक हर जगह पुरुषों से कंधा मिलाकर चल रही हैं, लेकिन आज भी उच्च शिक्षा से लेकर शोध संस्थानों तक एवं कार्यक्षेत्र में हर जगह उनके योगदान को उतना महत्व नहीं दिया जाता जितना कि एक पुरुष के योगदान को दिया जाता है।

अनेक प्रकार की चुनौतियों के बावजूद इसरो में चन्द्रयान मिशन हो या फिर मंगल मिशन की सफलता, नासा से लेकर नोबल पुरस्कार तक हर क्षेत्र में हमारी महिला वैज्ञानिकों ने अपना लोहा मनवाया है। हमको विज्ञान की जादुई दुनियाँ में अपना परचम लहराने वाली कुछ महिला वैज्ञानिकों के बारे जानना चाहिए और साथ ही इस क्षेत्र में महिलाओं के सामने आने वाली चुनौतियों के बारे में भी जानना आवश्यक है।

जिस सदी में महिलाओं को घर की चारदीवारी में कैद करके रखा जाता था, उस समय की सामाजिक बेड़ियों को तोड़कर विज्ञान की दुनियाँ में कीर्तिमान स्थापित करने वाली महिला



वैज्ञानिकों के नाम है जानकी अमाल, आनंदीबाई जोगी, असीमा चटर्जी, अन्ना मणि, किरन मजूमदार आदि। हमारी महिला वैज्ञानिकों ने न केवल विज्ञान एवं चिकित्सा के क्षेत्र में अतुलनीय कार्य किए हैं, अपितु गणित, अंतरिक्ष और खगोल शास्त्र के क्षेत्र में भी शानदार उपलब्धियाँ हासिल की हैं।

### **वैदिक वाङ्मय में सृष्टि प्रक्रिया: आधुनिक परिप्रेक्ष्य में**

**डॉ. अनीता सत्तवान**

आचार्य संस्कृत, बी.एन.डी. कला महाविद्यालय, चिमनपुरा, शाहपुरा।

सृष्टि उत्पत्ति विषयक यह प्रश्न आदिकाल से चिन्तन का विषय रहा है। आधुनिक विज्ञानवेत्ताओं की अन्तश्चेतना में भी मानव की वही आदि जिज्ञासा स्पन्दित होती रही है वे भी स्वयं से पूछ रहे हैं—यह ब्रह्माण्ड क्या है? यह अनन्त है अथवा सीमित है? यह शाश्वत है अथवा किसी प्रथम पल में इसकी शुरुआत हुई? यदि इसकी शुरुआत हुई तो कब? समूचे इतिहास में ब्रह्माण्ड की उत्पत्ति को समझने की मानव में गहरी ललक रही है।

इसके समाधान हेतु वैज्ञानिक प्रयासों की जो अविराम श्रृंखला चली, उससे वैदिक दर्शन की सृष्टि संरचना के विविध दार्शनिक पक्ष अपने वैज्ञानिक आयामों को प्रकट करने लगे। हिरण्यगर्भ के रहस्य में महाविस्फोट यानी कि बिग बैंग सिद्धान्त प्रकाशित हो उठा।

ऐसे में वैदिक दर्शन की सृष्टि संरचना का वैज्ञानिक मूल्यांकन अनिवार्य दायित्व बन जाता है जिससे वेदों के सृष्टि विषयक विविध पहलुओं को उद्घाटित किया जा सके।

वैदिक वाङ्मय ज्ञान विज्ञान के प्रतिनिधि ग्रन्थ हैं। उसमें हमारे पूर्वज महर्षियों की उदात्त ज्ञान राशि सुरक्षित है। उसमें ब्रह्माण्ड के विकास और विस्तार का तो क्रमबोध दिखाई देता है। उसमें आज के वैज्ञानिक और विकासवाद सम्बन्धी ब्रह्माण्ड की उत्पत्ति के अनेक बीज-बिन्दु दिखाई देते हैं। इन ग्रन्थों में ब्रह्माण्ड एवं सृष्टि की उत्पत्ति और विकास का वर्णन जिस रूप में लक्षित होता है उसमें हम देख सकते हैं कि वहाँ प्रागैतिहासिक काल के हमारे चिन्तकों ने ब्रह्माण्ड एवं सृष्टि के प्रवर्तन के विषय में कितना गहन एवं गंभीर विवेचन किया है। उस विवेचन में वैज्ञानिक सृष्टिक्रम का पूर्वाभास निरूपति दिखाई देता है।

कोलंबस द्वारा अमरीका खण्ड की खोज होने तक यूरोपवासियों की मान्यता थी कि पृथ्वी सपाट (समतल) थी किन्तु हमारे महर्षियों ने सहस्र वर्ष पूर्व ही पृथ्वी के गोल होने की बात बताई थी। इतना ही नहीं पृथ्वी सूर्य की प्रदक्षिणा करती है, इस तथ्य को कोपरनिकस के पहले वेद के ऋषियों ने अनेक शताब्दियों पूर्व प्रकट किया था। ब्रह्माण्ड की उत्पत्ति भले ही गूढ और रहस्यमय हो, किन्तु यह उत्पत्ति निर्धारित नियमों के अनुसार ही हुई है। यह कोई आकस्मिक घटना नहीं है। सृष्टि की उत्पत्ति अथवा प्रकटीकरण की संपूर्ण प्रक्रिया कार्यकारण के प्रस्थापित नैसर्गिक नियमों के वंशवर्ती है ऐसा मेटरलिंग (डंजमतसपदा) का कहना है। वेद में भी यही मान्यता प्रस्तुत

## NATIONAL MULTIDISCIPLINARY CONFERENCE ON ACADEMIC RESEARCH 2024 (NMCAR '24)



है। सृष्टि का सर्जन ऋत तथा सत्य अर्थात् विश्वकल्याण के योग्यतम नियमों के अनुसार हुआ है। ब्रह्माण्ड और पृथ्वी की उत्पत्ति को क्रमबद्ध तरीके से प्रस्तुत करने की पहल करने का श्रेय अघमर्षण नामक ऋषि को दिया जाता है।

भौतिक विज्ञान की मान्यता है कि पृथ्वी का उद्भव सूर्य से हुआ है। किन्तु वैदिक मान्यता बिलकुल भिन्न है। वेद में "इयं वै पृथ्वी प्रथमता," "इयं पृथ्वी एषां लोकानां प्रथम असृज्यत" अर्थात् ब्रह्माण्ड के सर्व लोक में पृथ्वी की उत्पत्ति प्रथम हुई है ऐसा दर्शाया गया है। आधुनिक विज्ञान एवं वैदिक मत का अभिप्राय है कि ग्रह और नक्षत्र सूर्य से उत्पन्न हुए हैं। आधुनिक विज्ञान के अनुसार पृथ्वी का गर्भ (अंदरूनी भाग) आज भी गर्म-उष्ण है। वैदिक मत भी उससे साम्य रखता है।

न्यूटन ने संशोधन किया कि पृथ्वी में अति चुंबकीय क्षेत्र है। ऋग्वेद में पृथ्वी को 'आयसे' अर्थात् लोहयुक्त कही है। मरुतों के प्रभाव से अपनी धुरा पर भ्रमण की अवस्था में इस लोह द्रव्य के कारण, पृथ्वी में चुंबकीय क्षेत्र का उद्भव हुआ। इन सब के अलावा यहाँ वायु की उत्पत्ति दिग्दाह, उल्काएँ जैसे विषयों की चर्चा भी की गई है।

विश्वोत्पत्ति एवं ब्रह्माण्ड विषयक उपर्युक्त विवरण निश्चय ही वेदकालिक मनीषियों की सूक्ष्म एवं गहन निरीक्षण शक्ति का द्योतक है।

### HEALTH IMPLICATIONS OF NANOPARTICLES USED AS DRUG CARRIERS

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**Dr. Menka Bhasin**

Department of Chemistry, Vivekananda Global University

Nanoparticles are used for drug delivery purposes, either as the drug formulation itself or as the drug delivery carrier. The products can be administered orally, applied onto the skin, or can be injected. The objective of drug delivery with nanoparticles is either to get more of the drug to the target cells or to reduce the harmful effects of the free drug on other organs, or both. Nanoparticles used in this way have to circulate long distances evading the protection mechanisms of the body. To achieve this, nanoparticles are conceived to stick to the cell membrane, get inside the specific cells in the body or in tumours, and pass through cells. The surfaces of nanoparticles are sometimes also modified to avoid being recognised and are eliminated by the immune system. The use of nanoparticles as drug carriers may reduce the toxicity of the incorporated drug but it is sometimes difficult to distinguish the toxicity of the drug from that of the nanoparticle.



**महिला सशक्तिकरण का आधार एवं भारत में इसका प्रभाव**

**डॉ. सुशीला सारस्वत**

**सह-आचार्य – हिन्दी, राजकीय कन्या महाविद्यालय, किशनपोल जयपुर**

विश्व में नारी आंदोलन की नींव 19वीं शताब्दी में रखी गयी थी और कई राष्ट्र इस आंदोलन के भागीदार बने थे। जब नारी आंदोलन प्रारम्भ हुए तभी स्त्री सशक्तिकरण की अवधारणा प्रमुख रूप से दुनिया के सामने आयी। इसलिए स्त्री सशक्तिकरण को समझने के लिए नारी आंदोलन को समझना अत्यंत आवश्यक है। आसान शब्दों में कहे तो नारी आंदोलन की शुरुआत नारी को निम्न समझने से हुयी। नारीवाद का प्रमुख सिद्धांत पितृ सत्तात्मक समाज में स्त्री को हीन दर्जा प्राप्त करने से हुआ। क्योंकि समाज द्वारा उसके लिए जीवन जीने के नियम और स्वरूप को स्थापित किया गया। इसलिए समाज ने उसके स्वतंत्र व्यक्तित्व को नकार दिया। नारी आंदोलन किसी पुरुष का नहीं बल्कि पितृ सत्तात्मक विचारधारा का विरोध करता है। यह आंदोलन स्त्री को पुरुष के बराबर समान अधिकार व अवसर की मांग करता है। यह आंदोलन लैंगिक असमानता के स्थान पर इस अवधारणा को मानता है कि स्त्री भी मनुष्य है और मनुष्य होने के साथ साथ वह दुनिया की आधी आबादी हैं तथा सृष्टि निर्माण में वह बराबर की भागीदार हैं।

भारतीय इतिहास में भक्ति आंदोलन के समय में महिलाओं के प्रति सकारात्मक दृष्टिकोण विकसित हुआ लेकिन लगातार हो रहे आक्रमणों के बीच महिलाओं को पुनः घरों में कैद किया गया। इससे महिलाएँ सर्वाधिक शोषित होती रही। इस दशा को सुधारने की कोशिश फिर आधुनिक काल में ही शुरू हुयी। एक लम्बे प्रयास व आंदोलन से गुजरते हुए महिलाओं ने अपने अधिकारों के लिए खुद लड़कर अपने लिए अनेक नये अवसरों का रास्ता खोला। अभी सामाजिक- आर्थिक राजनीतिक और सांस्कृतिक रूप का कई जगहों पर इनके साथ समानता का व्यवहार किया जाना बाकी है। जो इस सभ्य समाज में उनका हक है। महिलाओं के लिए संभावनाओं का बड़ा द्वार अभी भी उनके इनतजार में है जो लगाकर उनके सशक्त होते रहने से ही खुल सकेगा।



**RENEWABLE ENERGY RESOURCES**

**Varinder Sehgal**

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The electricity requirements of the world including India are increasing at alarming rate and the power demand has been running ahead of supply. The recent severe energy crisis has forced the world to develop new and alternative methods of power generation, which could not be adopted so far due to various reasons. This paper presents a detailed comparison of two different electronic controllers used for driving Solar Photovoltaic water pumping systems in India, especially in the Bikaner district of Rajasthan. A recently developed Sine-wave Pump Controller with MPPT (SPCM) having two stage converter topology offered better performance throughout the operational range, over the most popular controllers using the Variable Frequency Drives (VFD).

Water and energy are the most primary requirements for the world. Use of solar energy for fulfilling the energy requirements is one of the best solutions, due to abundance and easy available nature of the source. However, water and solar energy are interlinked with each other for human growth, which include pumping of water for irrigation and drinking water, detoxification of water using Bio based photo sensitizing substances pumped hydro energy storage production, Storing and utilization of hydrogen through electrolysis of water using SPV power etc. In case of dye-sensitized solar cells, water can be used to prepare cellulosic electrolytes. This paper deals with the utilization of solar energy for water pumping requirement. This paper presents an exhaustive study of SPCM and VFD based controllers in terms of their operational performance at 10 m, 18 m and 20 m head, in terms of quality of output power and quantity of the total water delivered when connected to the same motor-pump set under similar conditions.

Industry grade VFDs are traditionally used for solar water pumping systems to drive induction motors, however limitations in the performance of VFD encouraged researcher to design a new pump controller such as Sine-wave Pump Controller with MPPT (SPCM). In SPCM, the improvement is incorporated by using perturb and observe MPPT algorithm for optimum PV power tracking, variable frequency concept and as well as sinusoidal power output without harmonics & voltage spikes for longer life by preventing insulation damage of motor.

The main objective of this work is to present a detailed performance comparison between SPV pumps using controllers based on VFD having no MPPT and, newly developed SPCM. The study is done based on parameters such as quantity of the water discharged at a given head, energy efficiency, MPPT efficiency, tracking performance,



threshold wattage value to water discharge, power quality, THD, voltage spikes, etc. This study will help to improve the quality and life of solar PV pumping systems in the real field.

**ENTREPRENEURIAL CAPABILITIES OF WOMEN LED BUSINESSES IN INDIA:  
A SPECIAL CASE OF RAJASTHAN**

**Dr Aarti Chopra**

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The entrepreneurial environment in present times is witnessing rapid growth, with an increasing number of women taking the lead in entrepreneurship. However, it is evident that many women-led businesses in India still exist within the unorganized sector. This study focuses on understanding the situation of women-led businesses in the state of Rajasthan, where a significant number of such businesses operate in sectors such as textiles, food, and art-based endeavors.

Using a quantitative research approach, the study examines a sample of 230 women engaged in self-led businesses. This research employs tests including t-tests, ANOVA, and multiple linear regression to draw meaningful insights.

The findings of this study reveal various factors that influence the entrepreneurial intentions of women in Rajasthan. These factors include perceived risk, potential opportunities, social influence, and financial benefits.

Women face unique challenges and obstacles in pursuing entrepreneurship in a patriarchal society like India. However, the study aims to shed light on the capabilities of women entrepreneurs in Rajasthan by examining their intentionality towards entrepreneurship and the factors that shape it.

By exploring the entrepreneurial capabilities of women-led businesses in Rajasthan, this study contributes to a broader understanding of how women can succeed and thrive as entrepreneurs in the Indian context. The findings from this research can inform policymakers, organizations, and individuals interested in supporting women entrepreneurs and creating a more inclusive entrepreneurial ecosystem. In conclusion, this study aims to provide valuable insights into the entrepreneurial capabilities of women-led businesses in Rajasthan. By understanding the factors that influence their entrepreneurial intentions, stakeholders can work towards creating an enabling environment that promotes and nurtures the growth of women-led businesses in India.



**NEP 2020: INDIAN KNOWLEDGE SYSTEM**

**Dr. Mohit Dixit**

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IKS includes knowledge from ancient India, its successes and challenges, and a sense of India's future aspirations specific to education, health, environment and indeed all aspects of life. Indian knowledge system aims to support and facilitate further research to solve the contemporary societal issues in several fields such as Holistic health, Psychology, Neuroscience, Nature, Environment & Sustainable development. Indian Knowledge System is an innovative section established to promote interdisciplinary research on all aspects of IKS, preserve and disseminate IKS for further research and societal applications. It will actively promote the dissemination of our country's rich heritage and traditional knowledge. The IKS will include tribal knowledge as well as indigenous and traditional learning methods which will cover and include mathematics, astronomy, philosophy, yoga, architecture, medical science, agriculture, engineering, linguistics, literature, sports as well as governance, polity and conservation. This will not only promote tourism but also help in developing an awareness and appreciation of India's diversity, culture and traditions, as well as knowledge of various parts of the nation. It includes dissemination and imparting of knowledge of various dimensions of learning in the spheres of Universal human values, Vedic Maths, Yoga, Ayurveda, Indian Languages, Archaeological sites and monuments, Indian Heritage & Literature, Indian Sculpture, Indian Music and dance forms, Drama, Visual Arts, Performing Arts, Crafts and Craftsmanship etc. Universities may introduce learner credits or IKS electives in all courses for imbibing learners across all disciplines with traditional knowledge and pride.



**प्रौद्योगिकी के माध्यम से महिलाओं को सशक्त बनाना: गृह विज्ञान के परिप्रेक्ष्य में**

**डॉ. शिवा यादव**

विभागाध्यक्ष, गृह विज्ञान विभाग, वैदिक पी. जी. महाविद्यालय, वरुण पथ मानसरोवर, जयपुर (राज.)

आज की तेजी से विकसित हो रही दुनिया में, प्रौद्योगिकी महिलाओं के सामाजिक और आर्थिक उत्थान में महत्वपूर्ण भूमिका निभाती है। खासकर, लैंगिक समानता और महिला सशक्तिकरण के मामले में। इस अध्ययन में हम देखेंगे कि प्रौद्योगिकी और गृह विज्ञान के इस मेलजोल से कैसे महिलाओं के सशक्तिकरण में सकारात्मक योगदान होते हैं।

प्रौद्योगिकी और गृह विज्ञान के संयोजन से महिलाओं को उनके कौशल, ज्ञान और सामाजिक-आर्थिक स्थिति में सुधार के लिए अनगिनत अवसर मिलते हैं। नवीन डिजिटल प्लेटफॉर्म के माध्यम से, महिलाओं को शैक्षणिक संसाधनों, व्यावसायिक प्रशिक्षण और उद्यमशीलता के अवसरों तक पहुंच मिलती है, जो पहले उनके लिए मुश्किल थे। उदाहरण के लिए ऑनलाइन प्लेटफॉर्म जो पाक कला, पोषण, सिलाई, बुनाई और घरेलू प्रबंधन के पाठ्यक्रम प्रदान करते हैं व महिलाओं को आत्मनिर्भरता और आर्थिक स्वतंत्रता के लिए जरूरी ज्ञान और कौशल प्राप्त करने में मदद करते हैं।

इसके अलावा, प्रौद्योगिकी स्वास्थ्य, स्वच्छता और पोषण की जानकारी को बढ़ावा देती है, जिससे महिलाओं को स्वास्थ्य से जुड़े निर्णय लेने में मदद मिलती है। इसके अतिरिक्त, प्रौद्योगिकी-संचालित समाधान घरेलू कामकाज और देखभाल की जिम्मेदारियों को व्यवस्थित करते हैं, जिससे महिलाओं को अपने समय का सदुपयोग करने का अधिक अवसर मिलता है। इससे महिलाएं अपना परंपरागत भार कम कर सकती हैं और समय का समझौता किए बिना अपने व्यापारिक और व्यक्तिगत लक्ष्यों को पूरा कर सकती हैं।

**निष्कर्षतः**—प्रौद्योगिकी और गृह विज्ञान का संयोजन महिलाओं के सशक्तिकरण के लिए एक महत्वपूर्ण साधन है।



**A STUDY ON CONSUMER PERCEPTION OF DIGITAL MARKETING**

**Shilpa Agarwal**

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The purpose of this study was to find out how many of them prefer and use online marketing the main objective of the study is to find out the factors affecting the purchase of products and service and to find the level of satisfaction of online shoppers. The article explaining which products to target with digital marketing for how many year the product must be purchased, how you prefer to pay the amount, etc.

Digital marketing is a very popular term has been used in different countries. Digital marketing is also known as "internet marketing" or "online marketing". At first most people were not aware of this digital marketing system later the technology was updated and people got in information about digital usages. Access is through online electronic device such as mobile phones, laptops, tablets etc. digital marketing is the terms by which business organization can use technology to promotes and sell their product and provide service to their customers is one of the best source to promote business worldwide through digital marketing. In digital marketing, companies can give customer and users the opportunity to submit product comments product service feedback and rating so that companies can make the necessary changes if necessary. Customer support is very important in internet marketing the purpose of this study on customer attitudes towards online purchase decisions (perception) were to reveal to consumer and propensity to buy online.

“Therefore, electronic commerce can be defined as the transfer of goods and service between a buyer and seller using the internet as a means of commerce. e-commerce is a type of business transaction that does not involve paper work or require physical interaction unlike traditional shopping online shopping is a characterized by features such as anytime anywhere shopping access to a wide range of brands and product options payment options by credit card, debit card, e wallet or cash. Product delivered to your door easy and convenient return policy and no intrusion.



**TECH-DRIVEN GENDER EQUALITY:  
EMPOWERING WOMEN IN THE DIGITAL ERA**

**Dr Arti Sharma**

Asso. Prof., Vedic P.G. Mahavidyalaya, Mansarovar, Jaipur

The advancement of technology is one of the key elements that is assisting in closing the gender gap in the workplace. This method has searched for tactics and policies that offset the social disadvantages faced by women. Women now have more options for achieving economic empowerment due to the digital transformation. Because gender equality entails equal rights, opportunities, and access to resources for men and women alike, digitization has enabled women to advance their careers. They now have the opportunity to work from home, take care of their family, and still succeed in their careers. Technology has been a major factor in putting women on par with men in the modern era. Women are becoming more aware of digital platforms to educate and up skill themselves as a result of technological advancements and easier access to it. They can now participate in online knowledge-sharing sessions and communicate with anyone in the world via digital platforms. We have a unique chance to change the world so that gender equality is given priority as we usher in a new era of technological innovation. Innovation and technical advancements, in my opinion, are essential for assisting young women in developing their careers in the future. Many of the obstacles that formerly kept women from taking advantage of opportunities in traditionally male-dominated fields have been removed by technology. It has made it possible for women to pursue jobs in STEM fields like computer science, engineering, and other fields. Technology has also made it possible for women to network and receive invaluable support from mentors and colleagues across the globe. Without a doubt, technology has given young women new opportunities to follow their passions and launch successful careers. It will also continue to be a key factor in advancing gender equality in the workplace.



**TECHNOLOGY AS A CATALYST FOR WOMEN'S EMPOWERMENT**

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Women play pivotal roles across various sectors, including economic, political, social, education, and entrepreneurship. Empowering women requires education, awareness, and the recognition of their rights. In the context of India, where women constitute a significant portion of the population, harnessing the potential of Information and Communication Technology (ICT) becomes crucial. This research paper explores the impact of ICT on women's lives, emphasizing their active participation as developers rather than passive recipients. We delve into the role of ICT in economic empowerment, health, social networks, and political awareness. Additionally, we discuss challenges related to gender bias in technology design and privacy concerns. By understanding this intersection, we can pave the way for meaningful women's empowerment in the digital era.

**ARTIFICIAL INTELLIGENCE: BOON OR BANE**

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Artificial Intelligence (AI) refers to computer systems capable of performing complex tasks that historically only a human could do, such as reasoning, making decisions or solving problems. Recently, AI has stepped into every field possible. From restaurants and luxuries to education and healthcare it is everywhere. The benefits of AI include efficiency through task automation, data analysis for informed decisions, assistance in medical diagnosis and the advancement autonomous vehicles.

With AI-driven systems, educational platforms classify information for students such that it is easy for them to locate relevant resources thereby, improving their learning venture. It provides the comfort and efficiency we need to perform tasks in less time. AI mimics human-like thinking and it has become a part of our daily lives. From voice assistants to smart home devices, AI is changing how we work and live. We need it because the work that we need to do is increasing day-by-day. So it's a good idea to automate the routine work. Research and development advances in AI are enabling researchers to better understand everything from the cosmos to the human body. AI is the backbone of smart assistants which can be accessed through most phones on the market these days and are also being integrated into cars and smart home devices. As of 2022, more than 120 million US adults use a smart assistant at least once in a month. AI can also help in the fight against climate change, poverty and hunger.



However, it is crucial to ensure that AI is developed and used in an ethical and responsible manner, to avoid any unintended negative consequences. Although AI has been tasked with creating everything, from computer codes to visual art, it lacks original thought “it can only know what it knows”. AI has led to an increase in unemployment and reduced consumer spending. It can be easily misused and we all could see that in the deepfakes and forging cases around the globe. The implementation cost of AI is also very high. Ranging in lakhs or even crores. Machines can easily lead to destruction if the implementation of machine is put in wrong hands. For example the blockchain issues and hacking in the AI systems. The results are hazardous for human beings.

Therefore, I would like to conclude by saying it is difficult to decide the fate to AI a its to early to pass any judgement but it is surely a boon if used in an ethical and desired way but the misuse could lead to rapid destruction. AI is a double-edged sword in a true sense.

**A STUDY ON THE SYNTHESIS, CHARACTERIZATION AND BIOLOGICAL  
ACTIVITY OF SCHIFF BASE STABILIZED SILVER NANOPARTICLES**

**Pratibha Mittal**

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Recently nanotechnology has shown enormous applications in the field of analytical, biological, catalytic, electroanalytical fields and so on. They have contributed to enhance the applicability of nanoparticles (NPs) though modification or functionalization process, which makes its more sophisticated than the conventional one. Schiff-base ligand functionalized NPs have various applications in catalytic process, as antioxidant, antifungal, and in analytical techniques because of increasing interfacial area between ligands and nanoparticles. They are used as a sensor for the detection of heavy metals, pesticides, and biomolecules at very small scale. Biological activity of Schiff base nanoparticles are prominently noticed due to presence of various functional groups, atoms, metal ions as well as nanomaterial. Schiff base ligands interact with the cell of microorganisms, and inhibit the growth of cell. Schiff base ligands and corresponding metal complexes are used as an enzyme inhibitor and potential antioxidants. Schiff base stabilized silver nanoparticles (L-1AgNPs) of Schiff base ligand (N-(diphenylene)-6-nitrobenzothiol) have been successfully prepared. They are characterized by various spectroscopic techniques, such as FT-IR, <sup>1</sup>H NMR, Mass, and UV–Visible spectroscopy, P-XRD and Scanning electron microscope, Transmission Electron Microscopy (TEM). Disc diffusion method was used in antimicrobial activity. There is no inhibition zone of pure AgNO<sub>3</sub>, but Schiff base nanoparticles showed the antimicrobial activity against the pathogenic bacteria.



**भारतीय श्रम समाज में लैंगिक असमानता**

**श्रीमती प्रगति पाल मीना**

सहायक आचार्य समाजशास्त्र, वैदिक पी.जी. महाविद्यालय मानसरोवर, जयपुर।

समाज में व्याप्त विषमता का अध्ययन समाजशास्त्र के लिए केंद्रीय महत्व रखता है। विषमता का अध्ययन विभेदीकरण, स्तरीकरण एवं वर्ग व्यवस्था के लिए प्रतिवद्ध है। व्यक्ति शारीरिक एवं मानसिक दोनों दृष्टियों से असमान है। विषमता अथवा असमानता आधुनिक विश्व की एक प्रमुख सामाजिक समस्या है जिसके परिणामस्वरूप अनेक अन्य समस्याएं उत्पन्न होती हैं। जिस प्रकार तराजू में दोनों तरफ बराबर भार रखने पर वह संतुलित होता है ठीक उसी तरह किसी भी समाज व राष्ट्र में संतुलन को ऊँचा उठाने हेतु कई योजनाएं लागू की जा रही हैं किंतु फिर भी भारत इस मामले में पिछड़ा हुआ है। लैंगिक समानता के लिए समाज से न केवल स्त्रियों को बल्कि शिक्षित वर्ग को भी जन जागरण का कार्य करना होगा ताकि अपराधों में रोकथाम के साथ ही महिलाओं के आधिकारिक व कार्यस्थल में हो रहे शोषण का खात्मा किया जा सके।

**भारत में महिलाओं की स्थिति**

भारत में श्रमशक्ति में महिलाओं का प्रतिशत 29 प्रतिशत है, जबकि 2004 में यह आंकड़ा 35 प्रतिशत था। भारत में महिलाओं द्वारा किया जाने वाला आधे से अधिक श्रम अवैतनिक है और लगभग पूरा श्रम अनौपचारिक और असुरक्षित है। अधिकतर क्षेत्रों में महिलाओं को उचित प्रतिनिधित्व नहीं मिलता, जिसमें व्यापार जगत के शीर्ष पद भी शामिल हैं। देश की जीडीपी में महिलाओं की हिस्सेदारी केवल 17 प्रतिशत है जबकि उनका विश्व औसत 37 प्रतिशत है। इसके अतिरिक्त महिलाएँ शारीरिक रूप से अधिक असुरक्षित हैं।

**लैंगिक असमानता के खिलाफ कानूनी ओर संवैधानिक सुरक्षा उपाय**

संविधान का अनुच्छेद 15 भी लिंग, धर्म, जाति और जन्म स्थान पर अलग होने के आधार पर किये जाने वाले सभी भेदभावों को निषेध करता है। अनुच्छेद 15(3) किसी भी राज्य को बच्चों और महिलाओं के लिये विशेष प्रावधान बनाने के लिये अधिकारित करता है। इसके अलावा, राज्य के नीति निदेशक तत्व भी ऐसे बहुत से प्रावधानों को प्रदान करता है जो महिलाओं की सुरक्षा और भेदभाव में रक्षा करने में मदद करता है।



**मानसिक स्वास्थ्य पर संगीत का प्रभाव**

**डॉ. निधि शर्मा**

सहायक आचार्य, संगीत-विभाग, वैदिक पी. जी. कॉलेज, जयपुर

शारीरिक और मानसिक स्वास्थ्य को बेहतर बनाने में संगीत की भूमिका अध्ययनों की समीक्षा से संबंधित है। संगीत स्वास्थ्य देखभाल का एक बढ़ता हुआ क्षेत्र है जिसे शोध द्वारा मजबूत करने की आवश्यकता है जैसा की नाम से पता चलता है, की संगीत थेरेपी एक ऐसी प्रक्रिया को संदर्भित करती है जिसमें एक प्रशिक्षित संगीत चिकित्सक ग्राहकों को उनके स्वास्थ्य को बेहतर बनाने या बनाए रखने में मदद करने के लिए शारीरिक, भावनात्मक, मानसिक, सामाजिक, सौंदर्य और आध्यात्मिक सभी पहलुओं में संगीत का उपयोग करता है, संगीत को सदियों से उपचारात्मक महत्व वाला माना जाता है चिकित्सा के युनानी जनक हिजेक्रेप्स मानसिक समस्याओं वाले रोगियों के लिए संगीत बजाते थे अरस्तु ने यह भी कहा की संगीत एक ऐसी शक्ति के रूप में काम करता है जो भावनाओं को शुद्ध करती है।

बच्चों और किशोरों के लिए संगीत चिकित्सा— संगीत बच्चों को प्रेरणा और व्यवहार संबंधी समस्याओं में मदद करती है ये सभी तत्त्व संगीत चिकित्सा के अनुभव व परिणाम को बेहतर बनाने और बच्चों को अधिक सफलता दिलाने में मदद करते हैं। संगीत चिकित्सा भावनाओं को मुक्त करने या नियंत्रित करने और विभिन्न तनावों से निपटने के तरीके खोजने में मदद कर सकता है संगीत दिमागी तौर पर तनाव को कम करके व चिन्ता के स्तर को कम करके व्यक्ति एवं बच्चों के व्यवहार में सुधार कर सकता है किशोरों के बीच संगीत एक एकीकृत शक्ति है जो विभिन्न पृष्ठभूमि तथा आयु समूह और सामाजिक समूहों के लोगों को एक साथ लाता है।

संगीत चिकित्सा भावनात्मक और संज्ञात्मक स्थिरता को बढ़ाने में योगदान देने वाले कारकों की पहचान करने पर काम करता है।

संगीत चिकित्सा जीवन की गुणवत्ता में सुधार और आत्म सम्मान एवं आत्मविश्वास के निर्माण पर भी ध्यान केन्द्रित करती है इस प्रकार संगीत हमारे मानसिक स्वास्थ्य पर बहुत सकारात्मक प्रभाव डालता है जो हमारी मानसिक स्थिति को सुदृढ़ व सम्पूर्ण बनाता है।



**EFFECT OF DISHWASHING DETERGENT ON GROWTH OF CROP PLANTS**

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Detergent is a chemical substance in the form of a powder or a liquid for removing dirt from clothes, dishes etc. To study the effect of various concentrations of 555 Bar on plant species namely *Vigna aconitifolia* (moth) was selected for the present study. To study the effect of dishwash detergent (555) on growth and reproduction, pot experiment was also conducted on Moth plant. Five different concentrations of 555 bar viz. 0.02%, 0.05%, 0.1%, 0.2%, 0.4% were prepared and pot experiment was conducted and for comparison control set using tap water was also studied. Then various morphological and biochemical parameters were studied. For the study sandy loam soil and cow dung manure were mixed in the ratio of 1:4 and filled in the twelve inch pots. Total 54 pots were taken then in each pot five seeds were sown. Different concentrations of dishwashing detergent water applied to the pots at regular interval and in equal quantity. For analysis standard research methods were used. The collected data were subjected to student's 't' test for statistical analysis. The results of pot experiment showed that the positive effect seen at lower concentrations in the plants appears to be due to better availability of certain minerals to the plants. Those plants which irrigated by 0.2% and 0.4% of detergent solution at regular intervals suffered from retarded growth and low productivity.



**ROLE OF KNOWLEDGE MANAGEMENT IN BANKING SECTOR  
(A CASE STUDY OF STATE BANK OF INDIA)**

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Indian banking is at entrance of concept shift. The applications of technology and product innovations are bringing about structural changes in the Indian Banking system. Information technology and the communications and the communications networking systems have revolutionaries the working of banks and financial entities all over the world. It is only recently that information technology has begun to make headways in the offices of commercial banks. However, with a significant workforce, the public sector banks have not been able to harness the beneficial effects of computerization. Information technology is viewed more as reconciliation equipment for the back office and a ledger mechanism for the front office.

For a bank to manage knowledge, it must first inventory its people, systems and decisions. Professional knowledge workers within in the banking sector must be identified and their functions must be defined. Knowledge management is incorporated reengineer the entire banking sector process. Major decision should be reviewed and a knowledge system for making each decision should be developed. The bank's information system should also be examined to determine how to benefit from emerging knowledge technologies. This self assessment makes a bank more cognizant of its strengths and weaknesses. It should also lead to changes that are more in tune with the competitive nature of the banking environment.

This paper examines the gainful effects of the use of information technology banking performance and customer services.



**WATER CONSERVATION THROUGH ANCIENT AND MODERN TECHNIQUES IN  
CASE OF DROUGHT**

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Drought is one of the natural calamities and disasters among atmospheric disasters. Drought is a complex phenomenon that involves a variety of meteorological and other factors such as rainfall, evaporation, transpiration, groundwater, soil moisture, water storage and recharge, agricultural practices, socio-economic activities and ecology. There are four types of drought:

- Meteorological drought - Inadequate rainfall for a long period of time, Where there is less than 25% rainfall.
- Agricultural drought - Crops wither due to lack of moisture in soil.
- Hydrological drought - The water level may fall even after water supply from rainfall, where rainfall is less than 12%.
- Ecological drought - Lack of water also reduces productivity and results in stress in the ecosystem. Many countries of the world suffer from drought. India is also one of those countries. Drought affected areas in India are extremely drought affected areas- More than 50% reduction in annual rainfall as compared to normal rainfall, more drought affected areas- 20% to 50% reduction in annual rainfall compared to normal rainfall, Moderate drought affected areas - Annual rainfall is less than 20% of normal rainfall, the remaining are very little or no drought. Modern technology in drought conditions. The strategy of water management should be different from that of normal days. For the same strategy, there is an important need to develop new technology and skills in a planned manner. Monitoring climate over different timescales can identify short-term wet periods within long-term droughts or short-term dry periods within long-term wet periods. Indices can simplify complex relationships and provide useful communication tools to diverse audiences and users, including the public. Analyzing the drought index in terms of rainfall deficiency, duration of rain water receipt, severity of drought etc. is a very important parameter to develop realistic and planning for drought control and management.



**शारीरिक और मानसिक रोगों की चिकित्सा में संगीत का प्रयोग**

**डॉ. प्रियंका कंसारा**

सहायक आचार्य, संगीत-विभाग, वैदिक पी. जी. कॉलेज, जयपुर

भारतीय इतिहास के अवलोकन से ज्ञात होता है कि हमारी संगीत चिकित्सा पद्धति अति प्राचीन है। संगीत भावना मन के अन्तरतम को सहज स्पर्श करती है व नकारात्मक विचारों को नष्ट कर आनन्द प्रदान करती है वातावरण में संगीत की ध्वनि तरंगों (टपइतंजपवद) के द्वारा हमारा शरीर उसे ग्रहण कर लेता है और आश्चर्यजनक रूप से विकृतियों या रोगों के उपचार का माध्यम, संगीत बन जाता है।

आज का वर्तमान युग तनाव का युग कहा जा सकता है वर्तमान जीवन शैली अत्यधिक रूप से तनाव पूर्ण हो चुकी है जिससे हमारे शरीर में नकारात्मक, रासायनिक क्रियाएँ प्रारम्भ हो जाती है। जो मानसिक रोगों का कारण बन जाती है और हमारे शरीर के हार्मोंस अनियंत्रित हो जाते हैं। जिससे कई शारीरिक व मानसिक रोग उत्पन्न हो जाते हैं। जैसे— हाथ पैरों का एढ़ना, शरीर का कांपना, हृदय की बीमारी, भय इत्यादि। ये शारीरिक व मानसिक क्रियाएँ हमें सामान्य व्यवहार करने से बाधित करती है। संगीत के संचार से शरीर से विषैले एवं विजातीय तत्व विचलित होकर विसर्ग मार्ग से निकल जाते है व शिराओं में नवजीवन का संचार होता है। संगीत चिकित्सा मन की ज्ञानात्मक एवं सहचार्यात्मक शक्तियों पर आधारित है। शास्त्रों में भी संगीत चिकित्सा का उल्लेख है। ऋग्वेद और अथर्ववेद के वैदिक मंत्रों में उपचार शक्ति होती है और बहुत सारी बीमारियाँ मनुष्य द्वारा मंत्रों व वैदिक ऋचाओं के उच्चारण से ठीक हो जाती है।

संगीत का प्रभाव मनुष्य के ब्रह्मजतंस छमतअवने लेजमउ पर पड़ता है। संगीत के माध्यम से जो ध्वनि तरंगे उत्पन्न होती है वे स्नायु प्रवाह पर वांछित प्रभाव डालकर सक्रियता बढ़ाती है और विकृत चिंतन को रोककर मनोविकारों को भी मिटाती है।

(संगीत चिकित्सा) संगीत उपचार की ये विधा सन् 1970-80 के दशक में अमेरिका में न्यू एज म्युजिक के रूप में प्रसिद्ध हुई, क्योंकि उस समय मानव चेतना में तनाव प्रवेश करने लगा था और इससे मुक्त होने के लिए ही संगीत का सहारा लिया गया था।

संगीत चिकित्सा के क्षेत्र में पाश्चात्य विद्वानों के साथ भारतीय संगीत चिकित्सकों ने भी उल्लेखनीय कार्य किए है भारतीय संगीत में वह दिव्यता एवं क्षमता है। जो हमारे तन मन दोनों पर ही अभूतपूर्व प्रभाव डालती है। शास्त्रीय संगीत की विभिन्न-विभिन्न रागों से रोगों को दूर करने की क्षमता रखती है। जैसे— तोड़ी राग से क्रोध व चिड़चिड़ापन और एकान्त में रहने की आदत को दूर किया जा सकता है। यही संगीत की शक्ति व संगीत चिकित्सा कही जा सकती है जो विभिन्न शारीरिक व मानसिक रोगों को दूर करने में अपना विशेष योगदान देती है।



## भारतीय शिक्षा प्रणाली

### सुमन राघव

सहायक आचार्य, लोक प्रशासन, वैदिक पी.जी. महाविद्यालय मानसरोवर, जयपुर।

भारतीय शिक्षा प्रणाली की उत्पत्ति प्राचीनकाल में गुरुकुलों और मठवासी विश्वविद्यालयों की स्थापना के साथ हुई, जो समस्त शिक्षा प्रदान करते थे। इस संस्थानों ने न केवल शिक्षाविदों बल्कि नैतिकता और नैतिक विकास पर भी ध्यान केन्द्रित किया। समय के साथ जैसे-जैसे भारत विभिन्न ऐतिहासिक युगों से गुजरा, शैक्षिक दर्शन विकसित हुए, जिसका परिणाम आधुनिक प्रणाली में देखते हैं। भारतीय शिक्षा प्रणाली अपनी विविधता और जटिलता के लिए जानी जाती है। इसे कई स्तरों में संरचित किया गया है। प्रत्येक विशिष्ट उद्देश्यों को पूरा करता है। प्राथमिक शिक्षा से शुरू होकर, जो एक छात्र की शैक्षणिक यात्रा की नींव हैं, शिक्षा प्रणाली ही माध्यमिक शिक्षा तक आगे बढ़ाती है और उसके बाद उच्च शिक्षा, स्नातक तथा स्नातकोत्तर तक ले जाती है। भारत में शिक्षा ग्रहण करने का माध्यम विभिन्न राज्यों और शिक्षण संस्थानों के आधार पर भिन्न-भिन्न होता है। यह अंग्रेजी, हिन्दी या क्षेत्रीय भाषा हो सकती है। यह संस्था और क्षेत्र के आधार पर निर्भर करता है। इसके साथ ही कई शिक्षा बोर्ड हैं, जो परीक्षाएँ आयोजित करते हैं और पाठ्यक्रम मानकों को सेट करते हैं। केन्द्रीय माध्यमिक शिक्षा बोर्ड (सी.बी.एस.ई.) और इण्डियन सर्टिफिकेट ऑफ सैकण्डरी एजुकेशन (आई.सी.एस.ई.) दो प्रमुख केन्द्रीय बोर्ड हैं, जबकि हर राज्य में अपना राज्य बोर्ड होता है। इसके साथ ही भारत में बहुत सी प्रतियोगी परीक्षाएँ भी होती हैं। जैसे कि इंजिनियरिंग के लिए संयुक्त प्रवेश परीक्षा (जेईई), मेडिकल अध्ययनों के लिए राष्ट्रीय पात्रता सह प्रवेश परीक्षा (नीट) और प्रशासनिक पदों की भर्ती के लिए सिविल सेवा परीक्षा। ये परीक्षाएँ प्रतिष्ठित संस्थानों में प्रवेश और कैरियर मौकों को निर्धारित करने में महत्वपूर्ण भूमिका अदा करते हैं। भारतीय नई शिक्षा नीति के अन्तर्गत आज शिक्षा प्रणाली को पूर्ण रूप से रूचिकर बनाने का प्रयास किया गया है। ताकि व्यक्ति अपने जीवन में उम्र के हर पड़ाव पर अपनी आवश्यकताओं को पूरा कर सकें।



**THE INTEGRATION OF TECHNOLOGY IN EDUCATION**

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Technology has revolutionized the field of education, offering new tools and opportunities to enhance teaching and learning experiences around the world. Integration of technology in education has brought about significant changes in teaching methodologies, student engagement, and educational outcomes. Technology has expanded access to education, breaking down geographical barriers and providing opportunities for remote learning. Online courses and virtual classrooms allow students to participate in learning experiences regardless of their location, opening up a world of educational resources and opportunities. This accessibility is particularly crucial for students in remote or underserved areas who may not have access to traditional educational resources. In addition to enhancing access and personalization, technology has transformed the way educators teach and students learn. Interactive multimedia tools, such as videos, simulations, and educational games, can make learning more engaging and interactive. These tools not only capture students' attention but also help reinforce concepts and foster deeper understanding through hands-on experiences. Virtual collaboration tools enable students to work together on projects, share ideas, and provide feedback regardless of their physical location. This collaborative approach to learning encourages teamwork, critical thinking, and problem-solving skills, essential for success in the digital age. Moreover, the rapid pace of technological advancements requires educators to continuously update their skills and adapt their teaching methods. Professional development programs and training initiatives are essential to help educators effectively integrate technology into their classrooms and maximize its potential for improving educational outcomes.



**EFFECT OF EMOTIONAL INTELLIGENCE ON MENTAL HEALTH AND JOB  
SATISFACTION OF SENIOR SECONDARY SCHOOL TEACHERS**

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The objective of the paper was to study the effect of emotional intelligence on mental health and job satisfaction of Senior Secondary school teachers. A total of 600 Senior Secondary school teachers were selected randomly for the study. Mental Health Schedule (MHS), Emotional Intelligence Scale (EIS) and Teachers' Job Satisfaction Scale (TJSS) were used to collect the data. The study found a significant difference in job satisfaction and mental health in terms of low, average and high emotional intelligence of male and female teachers in government and private schools. Senior Secondary education is an important link in the current education system. This stage of Senior Secondary education is such a platform. Which on the one hand opens the way for getting admission in higher education and on the other hand for the entry of employment and livelihood. Because the goals of the nation are set in this education. The prosperity, success and bright future of our country depends on Senior Secondary education. The teacher occupies a prominent place in the process of exchange of education. It is the untiring effort of the teachers to make the country a responsible citizen by making it the capital of human beings and rituals. H. G. Wells has written explaining the importance of teachers. Teacher is the creator of history. The history of the nation is written in schools. And schools cannot differ much from the quality of their teachers. The education tradition that our nation has inherited is the oldest in the world. Our education system was born by carefully 2 coordinating the country's culture, community, culture and intellectual property. In which teacher is the important component? The trained teacher should be trained in the changing role in the society. Because teaching work is considered holy and essential in all tasks. There is no other specified task, like knowledge donation. At primary, Senior Secondary and upper Senior Secondary levels, teachers see the effect of dissatisfaction among teachers due to excessive workload and lack of favourable conditions. This pressure is not only due to physical, psychological, administrative, intellectual and social factors but also due to the ability of the teachers. In teachers, being unsatisfactory towards work has an impact on their mental health. It is the teachers who make the future citizens of the country well educated, so it is very important for the teachers to have mental health. According to the psychologist (Skinner), the intelligence of a healthy teacher is high. They are good speakers, have a happy mind and have great enthusiasm. Mental health is directly related to emotions. Because the children in the classroom are not satisfied with the teacher, the teacher's anger at the talk is countered by whether the teacher lacks or lacks emotional intelligence. He is unable to correctly understand the children's



reactions in the classroom. Variability has been found in gender based studies on work satisfaction. Keywords: Emotional Intelligence, Mental Health & Job satisfaction.

### **NANO TECHNOLOGY AND IT'S APPLICATION**

**Ms. Priya Lalwani**

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Nanotechnology involves manipulating materials at the nanoscale (1 to 100 nanometers). Applications include medicine (drug delivery, imaging), electronics (smaller, faster devices), materials science (stronger, lighter materials), and energy (more efficient solar cells, batteries). It's a versatile field with potential impacts across various industries. Nanotechnology offers numerous advantages by enabling the modification of materials at extremely small scales to achieve desired properties that would greatly enhance the field of materials science. It becomes crucial to consider the behavior of molecules and their interactions in relation to the overall properties of the material when controlling its molecular structure. This control allows for manipulation of the material's macroscopic chemical and physical characteristics. In the field of physiology and medicine, materials with a high level of specificity are needed to interact with the body on a molecular or even subcellular level. This opens possibilities for specialized clinical applications that aim to maximize therapeutic benefits while minimizing adverse effects. This overview provides insights into the application, key scientific and technological aspects, and potential medical uses of nanotechnology. Nanotechnology also finds applications in environmental sectors, such as water purification, air filtration, and remediation of contaminated sites. Nano-sized catalysts and adsorbents enhance the efficiency of pollutant removal, contributing to cleaner environments. Nanotechnology, an innovative field that combines physics, chemistry, and engineering, operates at the nanoscale, dealing with structures and phenomena on a minuscule level. This paper primarily focuses on Nanotechnology and its diverse range of applications. It delves into the historical background of Nanotechnology and its imperative role. Furthermore, it explores the potential enhancements it can bring to our lives and its applications across various fields.

## **NATIONAL MULTIDISCIPLINARY CONFERENCE ON ACADEMIC RESEARCH 2024 (NMCAR '24)**



### **RECENT TRENDS IN DOMESTIC AND INTERNATIONAL TOURISM IN RAJASTHAN: POST COVID**

**Dr. Tina Singh Bhadouria**

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Rajasthan is one of the most popular tourist places in India owing to its vibrant landscapes and Royal Heritage as seen in its historic fort and palaces, centuries, old temples, and Thar Desert. Tourism was one of the key sectors in the state in 2019, with 52.2 million domestic and 0.62 million foreign tourists visited Rajasthan. Due to Government's initiative, increasing accommodation facilities and making Jaipur airport most demanding in the country has increased tourists' arrival drastically post COVID. In this year with a growth of 10.50%, 45.91 million tourists arrived in the state. This paper elucidates the growth of foreign and domestic tourist arrival in Rajasthan. Paper also highlights the government initiative of launching new tourism policy 2020 to promote tourism industry.

### **THE IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH: A COMPREHENSIVE REVIEW**

**Miss Anita Gungunawat**

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**Abstract:** Social media platforms have become integral parts of modern society, facilitating communication, information sharing, and social interaction on a global scale. However, the widespread use of social media has raised concerns about its potential impact on mental health. This review synthesizes current research findings to elucidate the complex relationship between social media usage and mental health outcomes. Firstly, social media can influence mental health through various mechanisms, including social comparison, cyberbullying, and fear of missing out (FOMO). Studies have consistently shown that excessive social media use is associated with increased feelings of loneliness, depression, and anxiety, particularly among adolescents and young adults. Moreover, exposure to unrealistic beauty standards and curated lifestyles on social media platforms can contribute to body image issues and low self-esteem. Conversely, social media also offers opportunities for social support, self-expression, and community building, which can have positive effects on mental well-being.



Engaging in online support groups and connecting with like-minded individuals can foster a sense of belonging and reduce feelings of isolation, especially for individuals with niche interests or marginalized identities. Furthermore, individual differences, such as personality traits and coping strategies, moderate the relationship between social media use and mental health outcomes. While some individuals may be more susceptible to negative effects of social media, others may benefit from its positive aspects. Importantly, the way social media is used, rather than the mere amount of usage, appears to be crucial in determining its impact on mental health. Mindful and purposeful engagement with social media, as well as setting boundaries and prioritizing real-life interactions, may mitigate the adverse effects of excessive use. In conclusion, social media's influence on mental health is multifaceted, with both positive and negative consequences. Future research should continue to explore nuanced interactions between social media use and mental health outcomes, informing interventions and policies aimed at promoting digital well-being in the digital age

### **SOCIAL MEDIA: BOON OR BANE**

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Social media is a relatively new concept that combines technology and social tendencies to enhance interaction through Internet-based gadgets and applications. Through social media platforms, users can create and exchange their own content irrespective of time and distance. Social media consist of several popular platforms such as Facebook, YouTube, blogging sites, MySpace and Twitter among others. These modes of socialization have transformed interaction through their instant chats, messaging and video capabilities. As more people have begun to own smartphones, the use of social media has continued to rise, shaping the emotional, mental and social development of the modern generation. Social media sites offer viable tools for modern communication among individuals and even large organizations; they enable the sharing of ideas, opinions and vital information. The fact of the matter is that human beings have created the internet so it should be a slave to our commands but sadly it has started ruling our lives. Social media has enabled communication to be effective and efficient, but it also has negative implications associated with social communication and social skills of youth. It is affecting relationship and degrades the quality of interpersonal communication. Social media use perhaps may not be responsible for depression, but rather it may exacerbate symptoms of depression based on unique individual characteristics of the user, such as personality traits, mental health, depression, anxiety and sleep deprivation and overall physical health. Due to excess



use of social networking sites the quality of relationships has dramatically declined. Further, cyber bullying has also emerged as negative effect on social media which has increased rapidly in the past few years causing mental distress among teens. The social and personal life of young people is heavily influenced by social media. The research on the impact of social media on mental health is still in its early stages and more research is needed before we can make definitive recommendations about uses of social media for actual users, parents, educators or institutions to utilize this tool more wisely and efficiently.

### **RAJASTHAN RURAL TOURISM SCHEME 2022: PROSPECTS AND CHALLENGES**

**Dr. Leena Bhatia**

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Tourism plays an important role in country's economy. Today it becomes one of the world's largest industries and one of the fastest growing economic sectors. It helps in sustainable development of the country. In the context of India, as a developing country this industry is not only a growth engine but also an employment generator. Apart from it there are various factors which attract tourism like weather, climate, landscape resources, seascape tourist resources, historical and cultural resources, medical facilities etc. India has been recognized as a destination for spiritual tourism for domestic and international tourists. In India, Rajasthan is a dynamic state with abundant tourist resources. The state is home to the most breathtaking desert on earth, yet the whole area is peppered with a variety of unique tourist destinations, activities, and goods. Grand forts, palaces, temples, and other heritage properties exhibit the State's distinct attractiveness and fascination, which is a result of its constructed legacy, which reflects its royal past. Rajasthan, with all its natural assets, has been a leader in developing new tourism goods. Rajasthan is the first state which gave industry status to tourism. The state has been issuing policies from time to time for the development of tourism. For better implementation of these policies various schemes are also issued.

The objective of Rajasthan Rural Tourism Scheme 2022 is to increase tourism in rural regions and allow visitors the chance to get a close-up look at rural life, culture, and customs. This paper aims to explain the Rajasthan Rural Tourism Scheme 2022 and its importance. And also discuss the hurdles in application the scheme and possible solutions regarding this.



**GENDER EQUALITY ON WORKPLACE**

**Dr. Honey Sharma**

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Gender equality is a profoundly complex and multifaceted issue that demand a great deal of ethical and moral concentration. At its core, the Pursuit of gender equality ensures that all individuals regardless of gender are treated fairly and equitably in all aspects of life. Gender equality in the workplace means employees of all genders have access to the same rewards, opportunities and resources at a company including equal pay or work of equal or comparable values.

Achieving gender equality is important for workplace not only because it is fair and the right thing to do but because it is also linked to the overall economic performance and employees and organisational reputation Research show that when employees feel that their gender is not barmer to opportunities and advancement that they are more likely to have higher level of job satisfaction and commitment to their work development work please gender equality is associated with improved productivity and economic growth increasing organisational performance ability to attract talent and retain. Furthermore, gender equality policy such as flexible work agreements have decrease stress level and improved overall wellbeing women now make up significant participation of the workforce they are looking for employees who recognise their value and provide equal opportunities for growth and career advancement. When individuals of different genders work together, they bring unique perspectives and ideas gender equality in leadership positions allow for more representation and diversity in decision making.



**ANALYSIS OF WOMEN FARMERS' BEHAVIOR TO  
WORDS SOLAR WATER PUMPS**

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India is a country known for its agricultural practices, with warm temperatures and moderate humidity. It is said that certain areas, like Rajasthan, receive the most sun radiation. As a result of the increased demand for electricity over the past few decades—more than 70% of energy demands are still met by fossil fuels environmental degradation has significantly increased. Increased expenses and environmental deterioration are the outcomes of increased dependency. Using solar pumps not only helps us make up for energy shortages, but it also boosts agricultural output, which lowers pollution from thermal and diesel sources. The current study is based on first-hand data collected from 250 female farmers in five rural Rajasthan blocks (India). Theory of planned behavior model has been used to examine the elements influencing farmers' behavior toward green technology. Schedules and questionnaires were used to gather data, convenience sampling was used to determine the sample size, and SPSS and AMOS were used to further analyze the data. Confirmatory factor analysis (CFA) and structural equation modeling (SEM) were used in the study to forecast farmers' behavioral intention toward adoption of solar water pumps and to comprehend the components of the TPB model. The proposed study closes the knowledge gap in the literature by conducting an empirical investigation on farmers' adoption practices and providing details on pump factors. The study's findings will be more helpful to policymakers in developing measures that will effectively attain energy sufficiency.



**IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH OF YOUTH  
(A CASE STUDY OF YOUTH FROM RAJASTHAN)**

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**Mrs. Vijay Laxmi Gupta**

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Digitalization, artificial intelligence, social media all these words have become buzzwords these days. The platform that gives us feeling of educated person is - social media. It attracts youth from all over the world. Youth have feeling of belongingness in this virtual reality and even they feel safe in the space of social media. No doubt it has both negative and positive impact on youth. Social media provide many opportunities as we can say, business opportunity on one hand and on the same time it has negative impact also as youth kills their effective time. In this paper effort has been made to bring in light the real-life cases where youth have suffered negative impact on their mental health and consequences of excess use of online platforms. Major focus will be on excessive use of social gaming, networks with other social media platforms and social media networks - apps, websites etc. Secondary data available in newspaper, magazines and other resources has been used to study different cases. So available literature has been reviewed to study negative impact of social media on youth.

**THE ROLE OF TECHNOLOGY IN MARKETING**

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The transformative relationship between technology and marketing. Digital Advancements dominating this era, technology is redefining the marketing landscape, impacting marketing strategies and consumer interactions. One of the primary benefits of technology in marketing is the ability to reach a much larger audience with the rise of social media and digital marketing. Businesses can now promote their products and services to a vast number of people at a relatively low cost. By utilizing targeted advertising, businesses can reach potential customers based on their interests, location, and demographics, making marketing campaigns much more effective. Data analytics; With sophisticated marketing platforms, businesses can now track customer behaviour and gather valuable data that can be used to improve their marketing efforts. By analysing this data, businesses can gain insights into customer preferences and behaviours, allowing them to create more targeted and effective marketing campaigns.



Data analytics and Targeted advertising, using Artificial Intelligence (AI), businesses can automate personalized recommendations and communications to their customers, creating a more engaging and immersive experience. This is particularly useful in the retail industry, where personalized product recommendations can significantly increase sales. Technology has also enabled businesses to create more immersive and interactive marketing experiences. With augmented reality and virtual reality technologies, businesses can create hyper-realistic simulations, allowing customers to experience products and services in a virtual environment. In conclusion, The evolving landscape suggests the role of technology in marketing has become increasingly important, as businesses continue to seek new and innovative ways to engage with their customers. From targeted advertising and data analytics to personalized communication and immersive experiences.

### **ROLE OF TECHNOLOGY IN STARTUPS AND SMALL BUSINESS**

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In current scenario the role of technology creates better options in dealing with startups and small business. Technology involves both tangible and intangible tools like machine to software. It creates day-to-day activities simple by saving time, money, energy, movements from one place to another place for work etc. For the success of any business or activity, it is necessary to follow current environment technology and efforts. The new ideas regarding business startups, technology provides various ways which is helpful to deal with different business activities sand creates in startups self dependent or independent. It provides the resources of different ideas, tools, activities etc. Under the study emphasis is given on the role of technology in startups and small business which creates business activities simple and easy going. It creates more interest development in business startups by youth generation, who have ideas and wants to invest in business. It defines positive effect related to technology in startups and small business which is helpful for the growth of the nation. The growth of the business increases employment for the businessman as well as for the other persons. It creates development of the economy and increases living of standard as well as social development of the society. It creates vital role for the development of the startups and small business by giving necessary information like marketing, production, management, planning, organizing, staffing, directing, controlling business threads and weakness, developing strategies and strengths etc. With the lack use of technology in business, creates problem for the development of the business. Under the work



convenience sampling method is used by Chi-square ( $X^2$ ). A schedule of questionnaire of 30 startups and small business was developed which defines positive relations regarding role of technology. Keywords: Technology, startups, small business, development.

## **सोशल मीडिया और मानसिक स्वास्थ्य के माध्यम से महिला सशक्तिकरण पर पातंजल योग दर्शन का प्रभाव**

**बलवीर सिंह**

शोध छात्र, निर्वाण विश्वविद्यालय जयपुर

महिला सशक्तिकरण अर्थात् जिसमें महिला अपने जीवन शैली से संबंधित निर्णय ले सके और उसके द्वारा लिये गए निर्णय से उसके परिवार व समाज में विरोध न हो इसके साथ ही अपने जीवन को परिवार व समाज के साथ आनंदपूर्वक बिता सके। समाज में महिलाओं की भागीदारी सामान बनाने के लिए उनके अधिकार व सम्मान को बनाए रखना ही महिला सशक्तिकरण है। जिस देश, समाज, समुदाय व परिवार में महिलाओं को समानता का अवसर दिया जाता है। वह देश, समाज व परिवार में सुख, शांति व समृद्धि का माहौल रहता है।

प्राचीन काल में महिलाओं को समाज में बराबरी का मौका दिया जाता था। विभिन्न प्रकार के सामाजिक व पारिवारिक कार्यक्रमों में सम्मानपूर्वक भागीदारी होती थी। पूर्व वैदिक काल में महिलाओं की सामाजिक स्थिति सम्मानीय थी। उत्तर वैदिक काल में महिलाओं की सामाजिक स्थिति में गिरावट आना शुरू हुई क्योंकि उस काल में विदेशी आक्रमणकारियों का हमला प्रारंभ हुआ। उस काल में, मध्यकाल में महिलाओं की सामाजिक व पारिवारिक स्थिति में निरंतर गिरावट आती गयी। आधुनिक काल में महिलाओं की स्थिति में सुधार कि दृष्टि से आंदोलन प्रारम्भ हुए जो अब तक चल रहे हैं। वर्तमान समय में महिलाओं को सशक्त बनाने के लिए सामाजिक व पारिवारिक स्तर पर अभूतपूर्व प्रयास चल रहे हैं, जो सफल हो रहे हैं।

### **सोशल मीडिया**

इंटरनेट पर आधारित एक ऐसा मंच है। जिसके माध्यम से संवाद और जानकारी के लिए एक दूसरे से जुड़ सकते हैं। यह ऐसा मंच है जो महिला सशक्तिकरण को सफल बनाने में महत्वपूर्ण भूमिका निभा सकता है क्योंकि इसके माध्यम से महिलाएं एक दूसरे से जुड़कर समाज व परिवार में अपनी स्थिति पर जानकारी का आदान-प्रदान करके अपने को सुदृढ़ बना सकती हैं।

### **मानसिक स्वास्थ्य अर्थात्**

जिसमें व्यक्ति के आत्मविश्वास, धैर्य, सकारात्मक, विचारधारा, अवसाद व दुर्बलताओं का अभाव आदि गुणों से व्यक्ति के मानसिक स्वास्थ्य की परख होती है और उसके लक्ष्य की सफलता



व असफलता के आधार होते हैं। यदि महिला अपने अंदर इन गुणों को विकसित कर समाज व परिवार में सक्षमता सिद्ध कर सशक्त पूर्व वैदिक काल की तरह समानता प्राप्त कर सकती है।

महर्षि पतंजलि ने मानव कल्याण के उद्देश्य से विभिन्न शास्त्रों का अध्ययन कर योग दर्शन की रचना की।

इसमें जीवन के कल्याण हेतु अनुशासन मन की चंचलता, विषय का मोह और उनसे निवृत्ति के उपायो पर चर्चा की है। किसी भी लक्ष्य की प्राप्ति के लिए योग दर्शन में बताई गई मार्गों को अपनाया जाए तो निश्चित सफलता प्राप्त की जा सकती है।

यदि पातंजलि योग दर्शन में बताए मार्ग को अपनाते हुए सोशल मीडिया की व्यवहारिकता का सफल प्रयोग व मानसिक स्वास्थ्य को सुदृढ़ करते हुए महिला सशक्तिकरण को सफल बनाया जा सकता है।

### **महिला विकास में सरकारी कार्यक्रमों एवं योजनाओं की भूमिका**

**ममता कराडिया**

शोधार्थी, अपेक्स यूनिवर्सिटी, जयपुर

विकास एक व्यापक संकल्पना है। विकास का अर्थ उत्तरोत्तर सुधार से है। यह एक निरन्तर परिवर्तनशील और गतिशील प्रक्रिया है। विकास में मानव जीवन के सभी पहलुओं आर्थिक, सामाजिक, राजनीतिक, सांस्कृतिक, पर्यावरण, तकनीकी इत्यादि को सम्मिलित किया जाता है। अतः महिला विकास से तात्पर्य महिला जीवन के सर्वांगीण विकास से हैं। एक समृद्ध और स्थायी लोकतंत्र के लिए यह आवश्यक है कि महिलाएँ समाज, राजनीति और अर्थव्यवस्था के सभी क्षेत्रों में सक्रिय भूमिका निभाएँ। महिला अपने स्वयं के मूल्यों और लक्ष्यों के अनुरूप निर्णय लेने के लिए अपना अस्तित्व स्वयं मजबूत करे। विफलताओं और चुनौतियों को विकास के अवसरों के रूप में देखे और नए दृष्टिकोण की तलाश करे। भारतीय सरकार द्वारा समय-समय पर महिलाओं के विकास के लिए सरकारी कार्यक्रमों व सरकारी योजनाओं का संचालन किया जा रहा है, पर आवश्यकता है महिलाओं में अपने अधिकार व अपने हक के प्रति जाग्रति व नारी स्वयं अपने अधिकारों की पहचान करे, किसी भी देश की उन्नति और विकास के लिए महिलाओं का समुचित विकास होना सर्वोपरि है। महिलाओं ने बीते दशकों में स्वयं को आत्मनिर्भर बनाने की दिशा में महत्वपूर्ण कदम उठाये हैं। महिलायें संगठित स्तर पर अधिक मजबूती के साथ आगे बढ़ रही है। सरकार द्वारा भी नारी की महत्ता और शक्ति को समझते हुए औपचारिक स्वरूप प्रदान कर इन्हें मान्यता दी जा रही है और प्रोत्साहित करने हेतु विभिन्न योजनाओं से जोड़ते हुए इन्हें और अधिक सशक्त किया जा रहा है।



**A HUMAN RIGHTS-BASED CRITICAL DISCOURSE ON THE ABOLITION OF  
CHILD SEXUAL ABUSE IN INDIA**

**Aarzo Bishnoi**

Research Scholar, Banasthanli

This is an attempt to bring forth the problems of child sexual abuse and explore ways and means of eliminating it. The problem is global and it has become one of the most important issues affecting the well-being of the children of today and is a serious concern for all the members of the society. The purpose of this paper is to bring forth the problem and explain why is it important to bring awareness about it. The importance of this issue is apparent when one has seen the scars of the victims of the sexual exploitation and abuse and their parents. To give just one example, there are so many children from different parts of the world where the physical, sexual abuse is the daily routine and the victims are subjected to this and forced to endure this. And yet another example is that the girls and the boys from around the world who are forced to be involved in the prostitution. This has become a global problem and India is not an exception to the rule. As a result, the government is starting to realize the gravity of the situation and hence is bringing out proposals and plans to bring about change. The first step in bringing about change is to create awareness and this is what the paper intends to explain. The paper will also discuss the various social and cultural factors which contribute to the growth of the problem and will point out to the social and cultural factors that have played their role in causing and making the problem worse. The paper will further mention the various steps taken to tackle the problems To sum it up, the paper will discuss some of the problems associated with child sexual abuse and suggest ways and means of bringing about a solution The main reason for writing this paper was to explain how children get abused and to explain how one can help the children who are abused or are about to be abused It is hoped that the contents of this paper can bring about a positive change in society for the well-being of the children and the nation



**INVESTIGATING THE USE OF SPECIAL FUNCTIONS IN SOLVING AND  
ANALYZING FRACTIONAL DIFFERENTIALS EQUATIONS**

**Pratibha Negi**

Research Scholar, Bhagwant university

Fractional calculus is a mathematical discipline that focuses on derivatives and integrals that are not whole numbers. It provides an effective approach for solving fractional differential equations (FDEs) that arise in many scientific domains. This study examines the utilisation of specialised functions such as Mittag-Leffler, Wright, and generalised hypergeometric functions to effectively address fractional differential equations (FDEs) in many scientific fields including fluid dynamics and materials science. The study aims to comprehend the characteristics of these functions and their practical application in modelling intricate occurrences across several domains. The objective is to create strong computing methods that can solve fractional differential equations (FDEs) numerically, taking into account the distinct fractional characteristics present in each scientific field. The objective is to acquire precise analytical solutions while assessing their convergence and stability. Reliability is ensured through validation against experimental data, while the utilisation of fractional integrals facilitates parameter estimation and derivatives assist in explaining damping events, hence enhancing predictions. The use of these techniques to interdisciplinary problems showcases the efficacy of fractional calculus in addressing practical concerns. This investigation fosters interdisciplinary collaboration, facilitating the exchange of knowledge and enabling the development of innovative applications in emerging fields. The educational endeavours seek to disseminate knowledge about fractional calculus and its practical applications, thereby aiding students, researchers, and professionals across diverse scientific disciplines. This inquiry aims to connect theoretical concepts with practical applications, by utilising special functions and fractional calculus, in order to uncover valuable insights and provide answers for intricate difficulties in various interdisciplinary fields of science.



**VIOLENCE AGAINST MEN IN INDIA:  
A CASE FOR RESEARCH IN TACKLING THE MENACE**

**Anjali Chaudhary**

Research Scholar, Banasthali

Violence against men in India is becoming a bigger issue with a number of studies coming out of India. The reasons behind the growing incidence of domestic violence against men are varied with a majority of researchers citing poverty and gender inequality as major factors behind the growing problem. It has been well documented in literature that many men and women are victims of violence in India but the research that has been done has mostly focused on the violence against women and very little has been documented on the gender specific violence that men face in India. This study to document gender-based violence that men and boys face in India and therefore, it forms a significant contribution in literature on violence against men in India. The primary research question is why is the incidence of gender based violence higher against men in India compared to women. In order to understand this research question the authors have used a case study approach to understand the causes and how gender inequality is perpetuated.

**EMPOWERING GRASSROOTS: LEVERAGING INDIA'S INFORMAL SECTOR  
THROUGH DEPLOYING LABOUR POLICY**

**Abhishek Choudhary**

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Jaipur

This research paper examines the critical role of deploying labour policy initiatives to grassroots levels in India and leveraging the informal sector for inclusive economic development. India's vast informal sector, comprising a substantial portion of the workforce, operates outside the realm of formal labour regulations, leading to vulnerabilities and exploitation. By strategically extending labour policies to grassroots levels, policymakers can provide legal protections and social benefits to workers in the informal sector, fostering a more equitable and resilient economy. Moreover, the informal sector offers opportunities for economic growth, innovation, and entrepreneurship, given its diverse skills and industries. This paper advocates for tailored policy interventions that address the unique needs and dynamics of the informal sector, including simplified registration processes, access to financial services, and skills development initiatives. Embracing the informal sector and deploying labour policies effectively can unlock the potential of millions of workers, driving sustainable development.

## **NATIONAL MULTIDISCIPLINARY CONFERENCE ON ACADEMIC RESEARCH 2024 (NMCAR '24)**



### **ROLE OF ANTYODAYA ANNA YOJANA (AAY) TO ACHIEVE SUSTAINABLE DEVELOPMENT GOALS**

**Arvind Choudhary**

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Jaipur

Antyodaya Anna Yojana (AAY) is one of the biggest flagship public distribution system scheme that was implemented in India in 2000. The main purpose of the system is to provide food security to the people and to end hunger in India. As per this initiative, wheat is provided at Rs.3 per Kg, Rice for Rs.2 per Kg. All eligible families will get 35 Kg of rice every month. Families which come under this section can buy 1 kg of sugar at a rate of Rs.18.50 per Kg through ration shops. From the year 2013 it is not only a part of National Food Security Act 2013 that provides the Right to Food to Indian Citizens it also covers the Social Dimension Goals of Sustainable Development Goals (Goals – 1 to 6). Mainly it covers Goal No. 1 (No Poverty), Goal No. 2 (End Hunger), Goal No.3 (Good Health and Well Being), and contributing to achieve their Targets. It starts with the identification of beneficiaries and distributed food grains through Ration shops. It is a Mission mode Programme that is monitored on both state and central level. The framework to monitor the Performance of SDG's is also having these same levels.

### **EMPOWERING READING HABITS IN THE DIGITAL AGE: THE ROLE OF TECHNOLOGY**

**Siddhi Bhavsar**

Research Scholar, Department of Library and Information Science, Nirwan University,  
Jaipur

In today's digital age, building a strong reading habit can be tough, but technology has lots of ways to help. E-books and audiobooks give you a library on your phone with apps like Kindle, Audible, and Libby. Apps like Goodreads make reading lists based on what you like and let you connect with other readers. Websites like Reddit or Bookish let you join reading groups and chat about books. Apps like "Bookly" or "Reading Rewards" turn reading into a game where you can win points and compete with friends. Libraries like Project Gutenberg or Google Books offer lots of reading options, and apps can track your reading progress. Apps like Flipboard or Feedly give you news in an easy-to-read format. Learning languages with apps like Duolingo or Babbel while you read helps improve your skills. Virtual book clubs on platforms like Zoom or Discord help you stay accountable and make friends. Apps like Blinkist summarize non-fiction books, saving you time. Social media like Instagram, Twitter, and Reddit also connect you with other readers. Overall, technology can help you enjoy



reading more and make it a lifelong habit. For the present study, some researchers' papers were reviewed to acquaint with the conceptual meaning of the effect of technology on reading habits. In conclusion, technology can be a powerful ally in nurturing and enhancing your reading habits, transforming your digital devices into gateways to literary worlds, and fostering a lifelong love for reading in our tech-driven society.

**BEYOND THE SCREEN:  
RETHINKING ETHICS IN MENTAL HEALTH TECHNOLOGY**

**Prajna Yadav**

Master's in Psychology, Banaras Hindu University, Varanasi

This paper explores the impact of technology on mental health care, focusing on the ethical and privacy concerns it raises. While technology offers exciting opportunities to improve mental health support, it also brings risks that need careful consideration.

**Technology's Potential:** Mental health apps and online therapy platforms offer convenient ways to access support and manage mental well-being. They promise to make help more available to everyone.

**Ethical Considerations:** We need to think about things like making sure people understand what they're agreeing to when they use these apps and platforms, and making sure they're not being pressured or manipulated into using them.

**Privacy Worries:** When we share our mental health information online, we need to worry about who might see it and how it might be used. There's a risk of our data being hacked or misused, which could cause harm or embarrassment.

**Laws and Rules:** There are already some laws in place to protect our privacy online, but they're not perfect. We need to keep an eye on how they're being enforced and maybe even update them to keep up with new technology.

**What We Can Do:** Developers and companies need to be upfront about how they're using our data and make sure they're keeping it safe. We should also have a say in how our information is used and be able to trust the services we're using.

**Looking Ahead:** As technology keeps changing, we need to keep thinking about how it affects our mental health and privacy. By working together and keeping an eye on things, we can make sure technology helps us without hurting us.



**GENDER STEREOTYPES IN THE MUSIC INDUSTRY**

**Charlie Paul Choudhury**

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Gender inequality has also been extended to what is off the stages. Female musicians, producers and songwriters are constantly facing barriers when it comes to being equally recognized and represented as men in the music sector. Aiming for gender equality in the music industry: There's light at the end of the tunnel. As a woman aspiring to enter the music industry, knowing the statistics of male versus female workers in the industry was initially discouraging; however, I feel motivated and inspired by the females who have successfully found their place and helped create opportunities for future women in younger generations such as my own. Over the years, a multitude of organizations were created to help and promote women in the music business. The music industry being a male-dominated industry has in fact, only hindered the growth for this business, as well as, the success of women in the industry. For instance, in Grammy Awards of 2019, Ariana Grande refused to attend the award show because Grammy Producer, Ken Ehrlich, denied her the options for to perform songs in tribute to Mac Miller and it blew up the internet for sure. He was once again called out by rapper, Nicki Minaj, a few days later, for having bullied her in a similar manner. Gender equality has progressed culturally, but not in job opportunity. I believe the goal for feminism is not for females to dominate just as males have in society. But for females to have equal opportunity as men. I believe society is evolving and the younger generations are changing tradition and promoting equality. There are a few inspiring women in the music industry that have made an impact in the industry. For instance, in Indian classical music, Kaushiki Chakraborty and Gauri Pathare are doing tremendously appreciable job. They have outgrown themselves walking ahead all the barriers that could have stopped them for being recognized in the industry. In conclusion, the music industry has progressed and is slowly growing; however, it is up to the younger generations and those, male and female, who wish to participate in helping this industry become a more equal environment for the benefit of the workers and society.



**NANOTECHNOLOGY IN FUEL**

**Rajat Sharma**

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Nanotechnology is utilized in fuel applications primarily to enhance fuel efficiency and combustion processes. Here are some ways it's used: Fuel Additives: Nanoparticles can be added to fuels to improve combustion efficiency, reduce emissions, and enhance fuel stability. For instance, nanoparticles like cerium oxide can act as catalysts, helping to break down fuel more efficiently. Fuel Cells: Nanotechnology plays a crucial role in the development of fuel cells, which are devices that convert chemical energy into electrical energy. Nanomaterials are used to create more efficient and durable fuel cell components, such as electrodes and membranes. Fuel Storage: Nanomaterials are also used to improve fuel storage. For example, carbon nanotubes can be used in hydrogen storage tanks to increase their capacity and safety. Catalysis: Nanoparticles can serve as catalysts in fuel production processes, such as hydrogen production from water or converting biomass into biofuels. These catalysts can increase reaction rates and selectivity, leading to more efficient and environmentally friendly fuel production. Nanotechnology can do all this by increasing the effectiveness of catalysts. Catalysts can reduce the temperature required to convert raw materials into fuel or increase the percentage of fuel burned at a given temperature. Catalysts made from nanoparticles have a greater surface area to interact with the reacting chemicals than catalysts made from larger particles. The larger surface area allows more chemicals to interact with the catalyst simultaneously, which makes the catalyst more effective. overall, nanotechnology offers promising opportunities to enhance various aspects of fuel production, storage, and utilization, contributing to more sustainable and efficient energy systems. nanotechnology can address the shortage of fossil fuels such as diesel and gasoline by making the production of fuels from low grade raw materials economical, increasing the mileage of engines, making the production of fuels from normal raw materials more efficient. overall, nanotechnology holds immense promise in revolutionizing the fuel industry by improving efficiency, reducing environmental impact, and fostering the transition to sustainable energy sources. However, significant research and development efforts are still needed to overcome technical challenges and bring these innovations to commercial fruition.



**NANOTECHNOLOGY IN ANIMAL SCIENCE**

**Jyotshna Pandit**

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Nanotechnology applications are increasingly recognized as potential tools in animal sciences, veterinary medicine, drug delivery, disease diagnosis and vaccine development. The nanoparticles and their therapeutic trends provide a realistic glimpse of current and future trends in veterinary diagnosis and medicine. Nanotechnology is ascribed to provide new horizons for applications in molecular biology and biotechnology by revolutionizing almost every field of veterinary or animal sciences by offering novel nano-scale tools and materials which can benefit society in all walks of life. The nanoparticles have been employed in diverse biological and non-biological functions. Nanomaterials can contribute to the farm animals for long-term sustainability by increasing the quality and quantity of safe, healthy and functional animal products. Although there are advantages while using nanoparticles to enhance performance and heal diseases in livestock, it is universally recognized that some nanoparticles can cause toxic and adverse effects on living creatures. Nanoparticles used for disease detection, treatment, delivery of medications, animal breeding, and reproduction include quantum dots, magnetic nanoparticles, nanopores, polymeric nanoparticles, nanoshells, fullerenes, liposomes, and dendrimers.

Apart from that, the promise of nanoscience in veterinary medicine and livestock reproduction is yet to be explored. A few studies have been made on the uses of nanoparticles in veterinary medicine, livestock health and reproduction. Awareness is needed about the possible toxic effects and hazards, which could harm the living world. To improve the efficient and accurate diagnosis and treatment of animal diseases, more sophisticated research on nanomaterials and nanomedicines is required.



**MOLECULAR NANOTECHNOLOGY:  
MAKING BIOLOGICAL INTERFACES SMARTER**

**Bheem Singh Koli**

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Nanoparticles have emerged as versatile tools in cell and molecular biology, revolutionizing various aspects of research and applications. This abstract explores the multifaceted roles of nanoparticles and their diverse applications in cell and molecular biology. Nanoparticles exhibit unique physicochemical properties, including size, shape, and surface characteristics, which enable precise manipulation and interaction at the cellular and molecular levels. In cellular biology, nanoparticles serve as powerful probes for imaging, diagnostics, and targeted drug delivery. Their small size facilitates cellular uptake and intracellular trafficking, offering insights into cellular processes and organelle dynamics. Moreover, nanoparticles enable the controlled release of therapeutic agents, enhancing drug efficacy while minimizing off-target effects. In molecular biology, nanoparticles play pivotal roles in gene delivery, gene editing, and biomolecular sensing. They offer platforms for efficient nucleic acid delivery, enabling gene expression modulation and genome editing techniques like CRISPR-Cas9. Additionally, nanoparticles serve as sensitive biosensors, detecting molecular interactions and biomarkers with high specificity and sensitivity. Furthermore, the integration of nanoparticles with emerging technologies such as micro fluidics and biosensors holds promise for advancing diagnostic and therapeutic strategies in cell and molecular biology. Despite their immense potential, challenges such as biocompatibility, toxicity, and scalability remain, necessitating continued research and innovation to harness the full potential of nanoparticles in cell and molecular biology. In conclusion, nanoparticles represent a transformative toolset with profound implications for understanding biological systems and developing novel biomedical interventions.



**वर्तमान में भारतीय संगीत जगत में बढ़ती हुई तकनीक का प्रचार प्रसार**

**नवीन कुमार**

विद्यार्थी एम.ए. पूर्वाद्धए वैदिक पी.जी. कॉलेजए जयपुर।

आज जिस प्रकार संगीत का सर्व सुलीा हुआ हैए उसमें संचार साधनों की महत्वपूर्ण भूमिका है। किसी भी विषय के स्वरुप का विस्तार करना ही प्रचार है। जन जन में उस विषय को व्यापक बनाना ही प्रचार का दूसरा नाम है। संगीत मुख्य रूप से श्रव्य कला है और संगीत विकास के उद्देश्य से हमेशा किसी न किसी माध्यम पर निर्भर रहा है। इस उद्देश्य की पूर्ति हेतु प्रचार प्रसार के साधनों का महत्वपूर्ण योगदान रहा है। संगीत में प्राचीनकाल से गुरु शिष्य परम्परा रही है लेकिन आजके इस आधुनिक युग में इस सीखने और सिखाने आदि सभी क्षेत्रों में परिवर्तन आया है। पहले चल कला के एक बार प्रदर्शन के पश्चाज उसक दोबारा सुनने या देखने की सुविधा नहीं थी परन्तु आधुनिक युग में हुए तकनकी विकास ने जन्म दिया इलेक्ट्रोनिक मीडिया को। संगीत को सुनने के लिए किसी माध्यम का होना आवश्यक होगा जैसे रेडियो, टी0वी0ए संगीत सम्मेलन आदि इस प्रकार से संगीत प्रचार प्रसार के साधनों से तुड़ा है। इस प्रकार हम कह सकते है कि शास्त्रीय संगीत के प्रचार प्रसार में निम्नलिखित माध्यमों का प्रयोग संगीत के विकास की दृष्टि से महत्वपूर्ण है।

रेडियो, दूरदर्शन, ग्रामोफोन, कम्प्यूटर, संगीत सम्मेलन, आकाशवाणी, शिक्षण संस्थाएं, कैंसेट एवं टेप रिकॉर्डर, फिल्म, पेन डाइव और मोबाइल फोन आदि उपकरणों ने भारतीय संगीत को अपना बहुमूल्य योगदान दिया है। इन सभी के अतिरिक्त आज के दौर में सिंथेसाइजर का प्रयोग में लाना अधिक प्रचलन में है। क्योंकि सिंथेसाइजर के उपयोग से हम विभिन्न प्रकार के वादन उपकरणों को बजा सकते है। हालांकि इसका प्रयोग पाश्चात्य संगीत में अधिक किया जाता है लेकिन हिन्दुस्तानी संगीत मं भी इसका उपयोग होने लगा है। माइक्रोफोन के कारण तत और सुषिर वाद्यों का प्रभाव एकदम से बढ़ गया है। तानपुरा और स्वरपेटी, संगत और रियाल के लिए अत्यंत उपयोगी सिद्ध हो रहे है।



**EFFECTS OF YOGIC PRACTICE ON  
PSYCHO-PHYSICAL FITNESS FACTORS ON PLAYERS**

**Viresh Kumar**

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Once time immemorial, Yoga has played significant role in in the lives of people and the overall betterment of their mental and physical health. Post extensive study it has been scientifically proven that Yoga can act as a Catalyst in improving the psycho-physical fitness of an individual, and, it also proves to be of quintessential benefit to the players. Certainly, Yoga proves to be a performance booster for the players. Various Yogic asanas are found. increase the endurance in players, boosting their bodily performance, establishing swiftness in them this, unlocking their productivity at its optimal potential. Muscles become quite flexible with Yogic poses and, in the athletes it proves to be a boon Yoga leads to the increased muscle mass, improves oxygen retention capacity of cells as well as reduces/prolongs the formation of Lactic acid in body post strenuous physical exercise. Yoga also leads to better body-mind control and co-ordination. creates a better channel of functioning for the secretions of endocrine as well as exocrine glands. Hence, it is undeniable that Yoga can prove to be a talisman in increasing the overall psycho-physical fitness of the players and sportspersons. Glossary terms- Physical fitness and yoga, impact of Yoga on psycho-physical fitness of players, endurance, agility, swiftness and flexibility enhancement in players through Yoga.

**ANALYSING THE IMPACT OF SKILL DEVELOPMENT AND VOCATIONAL  
EDUCATION ON WOMEN SELF-HELP GROUPS**

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**Dr. Bindu Jain**

Professor, Department of Business Administration, University of Rajasthan

Women's self-help groups (WSHGs) have arisen as an important tool for women's empowerment and socioeconomic development in many nations, particularly in developing areas. Skill development and vocational education programs aimed at women in these categories have received attention as possible catalysts for increasing their economic independence, social status, and general well-being. The purpose of this article is to look at the influence of skill development and vocational education efforts on women's self-help groups, with a particular emphasis on economic empowerment, community development, and female agency. Drawing on empirical



evidence and theoretical frameworks, this study investigates the mechanisms by which skill development and vocational education programs contribute to women's empowerment in self-help groups, as well as the broader implications for gender equality and sustainable development.

### **AI AND ITS IMPACT ON THE BUSINESS**

**Dr. Isha Goyal**

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Artificial intelligence (AI) is the simulation of human intelligence in machines that are designed to think and work like humans. AI has the ability to learn from experience, make decisions, and perform tasks that typically require human intelligence. In this abstract we will explore the impact of AI on the business. AI is becoming increasingly prevalent in business enterprises. For example, your instructions with Alexa and Google are all based on deep learning in these products keep getting more accurate. This continuous learning provides a steady flow of 360-degree customer insights for hyper personalization. 24/7 Chatbots also a faster help desk routing. Businesses can use AI to curate information in real time and provide high touch experience that drive growth, retention and overall satisfaction. Numerous IT firm from a variety of sectors are making investment in Artificial Intelligence. According to our case study 84% of business executives believe they need to use AI to achieve their growth objective, however 76% acknowledge struggling with how to scale AI across their business. At this inflection point, to maximize your return on AI investment identify your business priorities and then determine how AI can help. But some major problem areas addressed in AI can be summerized as machines don't have mind of their own but they do make mistake as well as perception, manipulation, reasoning, communication perception is concerned with building models of the physical world from sensory input (visual, audio, etc.) But finally learning treats the problems of automatically improving system performance over time based on the system's experience.



**NANOTECHNOLOGY BASED TREATMENT OF HEAVY METAL CONTAMINATION**

**Gareema**

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**Bharti Chouhan**

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Nanotechnology is an advanced field of science that has the ability to solve a variety of environmental challenges by controlling the size and shape of the materials at the nanoscale. Contaminants such as heavy metals have become a major problem and possess a great risk to human health. Anthropogenic activities like mining, untreated industrial wastewater discharge, and the use of pesticides and fertilizers containing heavy metals in agriculture operations, all contribute to heavy metal pollution. Nanomaterials including Zero-valent metal-based, Metal-oxide based nanomaterials and carbon-based nanomaterials have great potential for removal of heavy metals from water because of their large surface area, nanoscale size and availability of different functionalities and they are easier to be chemically modified. In this article, we have reviewed the application of nanomaterials in the treatment of heavy-metal contaminated water. Keywords Nanotechnology, Heavy metals, Nanomaterials, Contamination, Environment.

**SOCIAL MEDIA AND MENTAL HEALTH**

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The intent of this paper is to explore the relationship between social media use and mental health in the young adult population. Current research indicates that there is a connection between increased social media use and deteriorated mental health. Unfortunately, young adults the most active social media users have a predominantly high risk for developing mental health issue, making this connection particularly concerning. At present, it is unclear how social media and mental health are connected therefore this paper explores the individual and social theories that may give reason for this connection. Theories that are discussed include: the impact of sedentary behaviour on mental health, displaced behaviour, sleep interruption due to blue light exposure, social media interrupt romantic relationships and social media effects on platonic relationships.



**IMMEDIATE EFFECTS OF OM CHANTING COMPARED AMONG SKILLED AND  
NOVICE YOGA PRACTITIONERS ON HEART RATE VARIABILITY MEASURES**

**Santoshi Kumari**

Research Scholar, Nirwan University Jaipur

One type of meditation that has many health benefits is chanting "OM." Nevertheless, there are surprisingly few neurophysiological mechanisms underlying its action. The current study looked at how OM chanting affected autonomic modulation in both seasoned yoga practitioners and those who had never practiced yoga before using heart rate variability (HRV). In this prospective study, 19 people of both sexes and similar age ranges who practiced yoga (9 females and 10 males; group mean age  $\pm$  standard deviation [SD]:  $25.9 \pm 3.2$  years) and 17 people who were not familiar with yoga (8 females and 9 males; group mean age  $\pm$  SD:  $24.8 \pm 3.6$  years) were included. Before and after five minutes of loud OM chanting, both groups' HRV indices (time and frequency domain measures) were measured. Yoga practitioners had significantly higher high frequency (HF) power ( $P < 0.029$ ) than non-yoga practitioners, according to a baseline comparison between the groups using the Mann-Whitney U test, indicating a calm state prior to the OM chanting. Following five minutes of vigorous OM chanting, the groups were compared using the Wilcoxon Signed Ranks test, and the results showed that the yoga practitioners group significantly ( $P < 0.001$ ) increased their HF Power, a parasympathetic nervous system component. Additionally, there was a positive correlation found between the years of yoga experience and this increase in HF power. According to the current study, a five-minute OM chanting session may increase parasympathetic nervous system activity, encourage relaxation, and bring about serenity. Additionally, those who have practiced yoga before may be able to attain this experience more successfully than those who have not.

**कार्यस्थल पर लिंगानुपात और मानसिक स्वास्थ्य**

**भारती शर्मा**

बी.ए. तृतीय वर्ष, वैदिक पी.जी. कॉलेज, मानसरोवर जयपुर।

भारत में, कार्यस्थल पर लैंगिक समानता और मानसिक स्वास्थ्य का अंतर्संबंध तेजी से कर्मचारी कल्याण और संगठनात्मक संस्कृति पर चर्चा का केंद्र बिंदु बनता जा रहा है। यहां वर्तमान परिदृश्य का एक स्नैपशॉट है और कार्यस्थल पीआर इन मुद्दों को कैसे संबोधित कर सकता है:

- कार्यस्थल में लैंगिक असमानताएँ: हालाँकि प्रगति हुई है, भारतीय कार्यस्थलों में लैंगिक असमानताएँ बनी हुई हैं, विशेष रूप से नेतृत्व भूमिकाओं में प्रतिनिधित्व, वेतन समानता और कैरियर में उन्नति के अवसरों तक पहुँच के मामले में। कार्यस्थल पीआर इन असमानताओं के बारे में जागरूकता बढ़ाने और लिंग-समावेशी नीतियों और प्रथाओं की वकालत करने में महत्वपूर्ण भूमिका निभा सकता है।
- सांस्कृतिक और सामाजिक मानदंड: भारत के सांस्कृतिक और सामाजिक मानदंड अक्सर कार्यस्थल की गतिशीलता को प्रभावित करते हैं, जिसमें लिंग भूमिकाओं और अपेक्षाओं की धारणा भी शामिल है। कार्यस्थल पीआर प्रयासों को इन जटिलताओं को संवेदनशीलता से नेविगेट करने, हानिकारक रूढ़िवादिता को चुनौती देने और समावेशिता और विविधता को बढ़ावा देने की आवश्यकता है।
- मानसिक स्वास्थ्य कलंक: मानसिक स्वास्थ्य से जुड़ा कलंक भारत में सहायता और उपचार प्राप्त करने में एक महत्वपूर्ण बाधा बना हुआ है। कार्यस्थल पीआर खुली बातचीत को बढ़ावा देकर, शिक्षा और संसाधन प्रदान करके और समग्र स्वास्थ्य और उत्पादकता के हिस्से के रूप में मानसिक कल्याण के महत्व पर प्रकाश डालकर मानसिक स्वास्थ्य के मुद्दों को नष्ट करने में योगदान दे सकता है।
- कार्य-जीवन संतुलन चुनौतियाँ: भारतीय पेशेवरों को अक्सर व्यक्तिगत भलाई पर काम को प्राथमिकता देने के दबाव का सामना करना पड़ता है, जो मानसिक स्वास्थ्य पर नकारात्मक प्रभाव डाल सकता है, खासकर महिलाओं के लिए जो देखभाल संबंधी जिम्मेदारियों का अनुपातहीन हिस्सा भी वहन कर सकती हैं। कार्यस्थल पीआर पहल कार्य-जीवन संतुलन नीतियों, लचीली कार्य व्यवस्था और सहायक संगठनात्मक संस्कृतियों की वकालत कर सकती है जो कर्मचारी कल्याण को प्राथमिकता देती हैं।
- कानूनी और नियामक परिदृश्य: भारत ने कार्यस्थल में लैंगिक समानता को बढ़ावा देने के उद्देश्य से विभिन्न कानून और नियम बनाए हैं, जैसे कार्यस्थल पर महिलाओं का यौन उत्पीड़न (रोकथाम, निषेध और निवारण) अधिनियम, 2013। कार्यस्थल पीआर संगठन के बारे में बता सकता है इन कानूनों के अनुपालन के प्रति प्रतिबद्धता और सभी कर्मचारियों के लिए सुरक्षित और समावेशी कार्य वातावरण बनाने के प्रयासों पर प्रकाश डालना।



- कर्मचारी संसाधन समूह और सहायता नेटवर्क: लैंगिक समानता और मानसिक स्वास्थ्य पर केंद्रित कर्मचारी संसाधन समूह और समर्थन नेटवर्क स्थापित करना कर्मचारियों को जुड़ने, अनुभव साझा करने और समर्थन तक पहुंचने के लिए एक मंच प्रदान कर सकता है। कार्यस्थल पीआर इन समूहों की गतिविधियों और पहलों को बढ़ावा दे सकता है, जिससे कर्मचारियों के बीच समुदाय और अपनेपन की भावना को बढ़ावा मिल सकता है।
- सहयोग और वकालत: कार्यस्थल पीआर व्यापक सामाजिक स्तर पर लैंगिक समानता और मानसिक स्वास्थ्य जागरूकता की वकालत करने के लिए बाहरी हितधारकों, जैसे एनजीओ, सरकारी एजेंसियों और उद्योग संघों के साथ सहयोग कर सकता है। आवाजों को बढ़ाकर और सामूहिक कार्रवाई चलाकर, संगठन प्रणालीगत परिवर्तन में योगदान दे सकते हैं।

संक्षेप में, भारत में कार्यस्थल पीआर प्रयासों को समावेशी संस्कृतियों को बढ़ावा देने, सहायक नीतियों की वकालत करने और संगठनों के भीतर और व्यापक समुदाय दोनों में खुली बातचीत और सहयोग को बढ़ावा देकर लैंगिक समानता और मानसिक स्वास्थ्य के अंतर्संबंध को संबोधित करने का प्रयास करना चाहिए।

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