

उद्यमे गिंवसती अर्थ । ज्ञानात उद्यमता।।

Pandit Deendayal Upadhyaya Education Society's

SHRI SANT SAVTA MALI GRAMIN MAHAVIDYALAYA

Phulambri, Ta.Phulambri, Dist.Aurangabad 431111
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Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

Criterion – III Research, Innovation and Extension

3.3.2 Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during 2018-2019

SR.NO.	CONTENTS	YEAR	TOTAL
1	Books and Chapters in Edited Volumes & Papers Published in Conference Proceedings	2018-2019	10

Dr. Ashwin Ranjanikar Co-ordinator, IQAC



Dr. S.R. Takle
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Shri Sant Savta Mali Gramin Mahvidyalaya
Phulambri, Dist, Aurangahad

3.2.2 Number of books and Chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during -2018-19

Sr. No.	Name of the teacher	Title of the book/Chapters published	Title of the paper	Name Of the of the conference	National /International	Calendar Year of Publication	ISBN/ISSN Number of the proceeding	Affiliating Institution at the time of publication	Name of the Publisher
	201	8-19							
воок	(s								
1	Dr. DATTATRYA YEDLE	तुलसीदास एवं एकनाथ के साहित्य में व्यक्त मानव मुल्यों का विश्लेषण				2018-19	ISBN 978-93-80760-96- 8	Present Institution	अतुल प्रकाशन, कानपूर
CH	APTER IN BO	OKs & PAPER CONF	ERENCE PROCEDINGS						
2	Dr. PANDURANG KALYANKAR		महाराष्ट्रातील आधुनिक कृषी तंत्रज्ञान व एकात्मिक फलोत्पादन विकास अभियान	AJANTA (Sustainable Agricultural Development)	National	2018-19	ISSN 2277-5730	Present Institution	Ajanta Prakashan
3	Dr. PANDURANG KALYANKAR		Some Facts of Crop Loan and Loan Waiver Scheme	"Indain Society : Problem & Solutions"	National	2018-19	ISSN 2348-2702	Present Institution	APOORV KNOWLEDGE
4	Dr. RAJASHRI PAWAR	*****	जागतिकीकरण आणि मराठी भाषा व साहित्यापुढील आव्हाने	जागतिकीकरणानंतरचे साहित्य, भाषा आणि संस्कृती	National	2018-19	ISSN 2277-8721	Present Institution	अर्हत पब्लिकेशन & जर्नल्स
5	Dr. DATTATRYAY YEDLE		दलित उपन्यास साहित्य	India Society Problems & Soluations	National	2018-19	ISSN-2348-2702	Present Institution	Approv Publication House
6	Dr. GANESH KULKARNI		Challenging Role of Libarary Professional in Disital Era	Libarary as Knowledge and Skill Development Center	National	2018-19	E-ISSN 2394-2479	Present Institution	Knowledge Libararian
floy special	Dr. SANJIVKUMAR PANCHAL		जागतिकीकरणानंतरचे मराठी नाटक, कविता व कादंबरी लेखन	जागतिकीकरणानंतरचे साहित्य, भाषा आणि संस्कृती	National	2019-20	ISSN 2277-8721	Present Institution	अर्हत पब्लिकेशन & जर्नल्स

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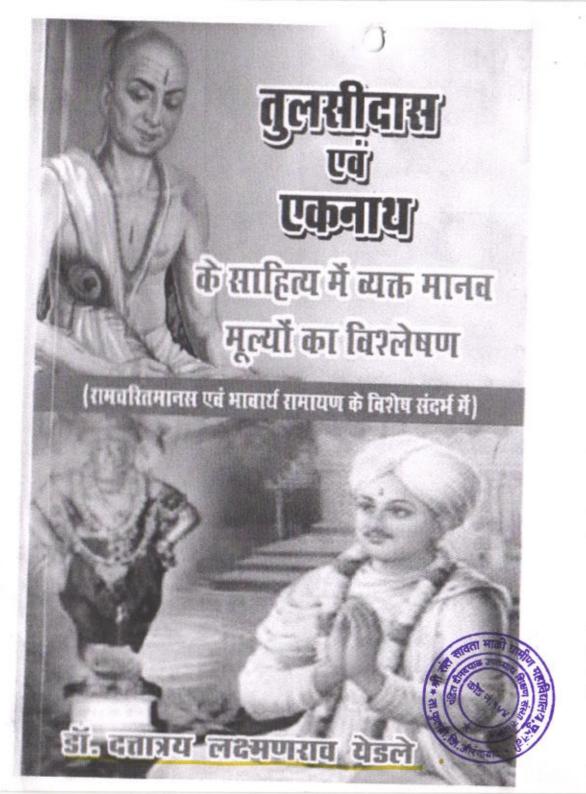
8	Dr.SANDEEP JAGTAP	*****	Impact of Sports Cinema for Motivating of Youth in Sports Activites	A National Conference on Honoring Organizing & Recognizing Women in Sports	National	2018-19	ISBN 978-93-5321-784- 6	Present Institution	
9	Dr.SANDEEP JAGTAP			A National Conference on Honoring Organizing & Recognizing Women in Sports	National	2018-19	ISBN 978-93-5321-784- 6	Present Institution	
10	Dr.SANDEEP JAGTAP	Jan	Yogik Nutritional Status and Diet of Athletics.	Empowering Youth Through Physical Education & Yoga	National	2018-19	ISSN-2319-9318	Present Institution	Vidyawarta



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डी येडके दलाव्य



प्रस्तुत पुस्तक विश्वविद्यालय अनुदान आयोग की प्रकाशन योजना के अन्तर्गत प्रदत्त वित्तीय सहायता से डॉ. बाबा साहेब आंबेडकर मराठवाड़ा विश्वविद्यालय द्वारा प्रकाशित की जा रही है जो ''तुलसीदास एवं एकनाथ के साहित्य में व्यक्त मानव मूल्यों का विश्लेषण (रामचरितमानस एवं भावार्थ रामायण के विशेष संदर्भ में)''इस शोध विषय पर है।

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पुस्तक

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Preface



I am pleased to edit and publish the selected 105 papers presented in the Dr. B. A. M. U., Aurangabad sponsored one day 'National Level Seminar on 'Sustainable Agriculture Development'. These papers are on outcomes of the scholarly observations made by the Resource Person and Delegates. Its focus is on the main issues and concerns regarding 'Sustainable Agriculture Development'. These Research papers are published in UGC listed Journal.

The Sustainable Agriculture Development is capable of maintaining its productivity and usefulness to society indefinitely such systems must be resource conserving socially supportive, commercially competitive and environmentally sound. Sustainable agriculture is alternative to industrial agriculture and it tries to avoid the excessive use of chemical pesticides and fertilizers, monoculture, mechanical, biotechnology etc.

The papers in the journal highlight some of the most vital issues regarding Sustainable Development, Issues and Remedies, Effect of Green Revolution, Problems of Indian Agriculture, Organic Farming, Zero Budget Farming, Causes of Low Productivity in Agriculture, Agriculture and Secondary Industry, Effects of Environment Changes on Agriculture etc.

Through this seminar it focuses on farmer's farm advisors building soils for crops in a unique guide to ecological soil management. I am thankful to Dr. Babasaheb Ambedkar Marathwada University, Aurangabad for financial assistance and guidelines. I am also thankful to all our B.S.P.S. Ambajogai Chief Patron, Patron, National Advisory Body, Local Advisory Body, Principal and Organizing Committee.

I am thankful to Ajantha Publication because in time bound they have published Research papers in their journal. By Heart I am very thankful to Chef Guest, Guest and all Participants.

Thanking You!

(D)

Dr. Mahesh Prbhakarrao Deshmukh

Head, Department of Economics Organizing Secretary

PRINCIPAL Shri Sant Sayta Mali Gramin Mahavidlava

Shri Sant Savta Mali Gramin Mahavidlay

२६. महाराष्ट्रातील आधुनिक कृषी तंत्रज्ञान व एकात्मिक फलोत्पादन विकास अभियान

श्री. कृष्णा गंगाधर गोरे

संशोधक विद्यार्थी, डॉ. बाबासाहेब आंबेडकर मराठवाडा, विद्यापीठ औरंगाबाद.

प्रा. डॉ. पी. एम. कल्याणकर

संशोधन मार्गदर्शक, सहयोगी प्राध्यापक, अर्थशास्त्र विभाग, श्री. संत सावता माळी ग्रामीण महाविद्यालय, फुलंब्री, जि. औरंगाबाद.

भारतीय अर्थव्यवस्था ही कृषी प्रधान अर्थव्यवस्था असुन देशातील लोकांचा मुख्य व्यवसाय कृषी आहे. 2011 च्या जनगणने नुसार भारतामध्ये 68.85 टक्के लोकसंख्या ही ग्रामिण भागात वास्तव्य करते. भारतात कृषी क्षेत्रातुन 55 टक्के लोकांना प्रत्यक्ष रोजगार उपलब्ध होतो. देशाच्या राष्ट्रीय उत्पादनात कृषी क्षेत्राचा 15 टक्के तर देशाच्या निर्यातीत 12 टक्के हिस्सा असुन उद्योग क्षेत्राला कच्चामाल पुरवठा करणारा मुख स्त्रोत म्हणुन कृषी क्षेत्राकडे पाहीले जाते. पंच वार्षिक योजणांच्या माध्यमातुन भारताच्या कृषि क्षेत्रात गुंतणुक केली जात आहे. वाराव्या योजनेत एकुण योजनेच्या 17.3 टक्के आर्थिक तरतुद केली आहे. 2016—2017 त्या अर्थसंकल्पात पुढील पाच वर्षात भारतातील शेतक—यांचे उत्पन्न दुप्पट करण्याचे उदिष्टे सरकारने ठेवले आहे. देशात कृषी क्षेत्राचे उत्पादन व उत्पादकता वाढविण्यासाठी अनेक योजना रावविल्या जात आहेत. कृषि उत्पादन आणि उत्पादकता वाढीसाठी अनेक तंत्रे वापरली जातात. भारतातील कृषी क्षेत्र हे मान्सुनवर आधारलेले आहे. वातावरणातील बदल मान्सुनमधिल चढ—उतार पावसाळयामध्ये पडणारा पावसाचा खंड, गारपिट, वादळे या सारख्या संकटामुळे कृषी क्षेत्रावर प्रतिकुल परिणाम झाल्याचे निदर्शनास येते.

हरीतकांतीला 54 वर्ष झालेली असली तरी देखील भारतामधिल कृषी क्षेत्रातील अनिश्चितता संपलेली नाही 2014—2015 मधिल आर्थिक पाहणी नुसार भारतातील केवळ 35 टक्के कृषी क्षेत्र सिंचलाखाली आणने शक्य झालेले आहे. पर्यावरणातील बदलांमुळे शेतक—यांनी संरक्षित तंत्रज्ञानाचा वापर करणे काळाची गरज झालेली आहे. भारतामध्ये कृषी संशोधनावर मोठया प्रमाणावर गुंतवणुक केली असुन कृषी क्षेत्रातील तंत्रज्ञानाने खुप मोठया प्रमाणावर प्रगती साध्य केली आहे. केंद्र शासनाने आधुनिक कृषी तंत्रज्ञान प्रत्यक्ष शेतक—यां पर्यंत पोहचविण्यासाठी व शेतक—यांची नैसर्गीक संकटापासुन जोखीम कमी करण्यासाठी 2013 मध्ये एकात्मिक फलोत्पादन विकास अभियान सुरू केले.

या अभियान अंतर्गत शेतक—यांना आधुनिक संरक्षित तंत्रज्ञानाकडे प्रोत्साहित करण्यासाठी हरीतगृह, शेडनेट हाऊस, मल्वींग, प्लास्टिक टनेल, ॲन्डी बर्डनेट घटक समाविष्ट असुन या घटकांसाठी शेतका—यांच्या वर्ग वारीनुसार अनुदान देण्यात येते. 2015—2016 पासुन महाराष्ट्र राज्यात एकात्मिक फलोत्पादन विकास अभियान 34 जिल्हात राबविल्यात येत असुन. त्यामधिल केंद्र व राज्याचा वाटा 60:40 असा आहे. संरक्षित तंत्र ज्ञाना मध्ये शेडनेट, हरीतगृह, मल्वींग ईत्यादींच्या वापरामुळे कृषी अत्पादनातील वाढीबरोबर पाण्याची बचत, हरीगृहामध्ये तापमाण, आर्द्रता सुक्ष्म सिंचन, पाण्याची बचत, पिकांना अनुकुल वातावरण अपलब्ध करणे शक्य झाले आहे.

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एकात्मिक फलोत्पादन विकास अभियान

भारत सरकारने शेतक—यांना केंद्रबिंदु मानुन शेतक—यांच्या हितासाठी एकात्मिक फलोत्पादन विकास अभियानाची 2013 मध्ये घोषणा केली. या अभियानाची प्रत्यक्ष सुरूवात 2013—2014 मध्ये झाली. फलोत्पादन क्षेत्राचा विकास करण्यासाठी फळे, भाजीपाला, औषधी, वनस्पती, फुले, मसाले व मशरूम उत्पादनात वाढ करण्यासाठी आधुनिक तंत्रज्ञानाचा वापर करून उत्पादन वाढवण्याकरीता अभियानाला सुरवात करण्यात आली. या अभियानातंर्गत केंद्र व राज्य शासन अनुक्रमे 60:40 अनुदान शासन देते. आधुनिक तंत्रज्ञानासाठी येणारा खर्च मोठया प्रमाणावर असल्यामुळे शेतक—यांना शासन बॅकेच्या माध्यमातुन 50 टक्के अनुदान व 50 टक्के पाच वर्षाच्या परतफेडीवर या योजनेच्या माध्यमातुन कर्ज पुरवठा केला जातो.

या योजने अंतर्गत देशातील 2013—2014 ते 2017—2018 पर्यंत एकुन 10,94,577 शेतक—यांना 3480 कोटी रूपये अनुदान या योजनेच्या माध्यमातुन आतापर्यंत मिळाले आहे.

एकात्मिक फलोत्पादन विकास अभियानार्तंग महाराष्ट्र व भारतातील लाभधारक शेतक–यांची संख्या व अनुदान

वर्ष	महाराष्ट्रातील लाभार्थी शेतकरी	भारतातील लाभार्थी शेतकरी	भारतातील अनुदान (कोटी मध्ये)
2013-14	15455	430764	1457
2014-15	15144	395607	1243
2015-16	2187	13752	57
2016-17	5369	80326	286
2017-18	4221	174126	237
एकुन		1094577	3480 कोटी

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एकात्मिक फलोत्पादन विकास अभियानातंर्गत देशातील 23 राज्यातील 384 जिल्हात हे अभियान शेतक—या पर्यंत पोहचले आहे. 2013—14 मध्ये योजणनेच्या लामधारक शेतक—यांची संख्या 430764 कोटी होती. त्यांना 1457 कोटी रूपये ऐवढे अनुदान या योजणेअंतर्गत मिळाले होते. तसेच महाराष्ट्रातील 15455 शेकत—यांचा सहभाग या याजनेत झाला होता. 2017—18 पर्यंत राज्यातील 42376 शेतक—यांना या योजणेचा लाभ मिळालेला आहे. राज्यातील 34 जिल्हात एकात्मिक फलोत्पादन विकास अभियान राबविले जात आहे. एकात्मिक फलोत्पादन विकास अभियानातंर्गत 2013—14 मध्ये सर्वाधिक 430764 शेतक—यांना ला मिळाला होता. नंतर मात्र लामार्थ्यांची संख्या कमी होत गेली या अभियानामुळे कृषी तंत्रज्ञान मोठया प्रमाणवर शेतक—या पर्यंत पोहचले आहे. या योजणेमुळे आधुनिक तंत्रज्ञानाचा वापर वाढुन राज्यातील फलोत्पादन क्षेत्रचा विकास झाला आहे व शेतक—यांची जोखीम कमी होण्यात मदत झाली. भाजीपाला, फळे, या पिकांना आवश्यक असणारे अनुककुल वातावरण शेटनेट व हरीतगृह मिल्वंग या माध्यमातुन उपलब्ध करणे शक्य झाले.

एकात्मिक फलोत्पादन विकास अमियानातंर्गत लामार्थ्यांच्या निवडीचे निकष

- शेतक—याने योजणेअंतर्गत अर्ज करतांना स्वतःच्या मालकीची जिमन असणे आवश्यक आहे.
- हरीतगृहामध्ये लागवड करतांना फलोत्पादन (फुले, फळे, भाजीपाला, औषधी व सुंगधी वनस्पती, मसाला पिके ई. पिकांच्या समावेश असावा.

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- या योजणे अंतर्गत एका लाभार्थ्यांस फक्त एकदाच अनुदान घेता येईल, इतर शासिकय अनुदान घेतलें।
 नसावे.
- लाभ धारक शेतक—यांनी हरीतगृह तंत्रज्ञानाबदल प्रशिक्षण घेतलेले असावे.

एकात्मिक फलोत्पादन विकास अभियान योजनेची उदिष्टे

- गुणवत्तापुर्ण लागवड साहीत्याच्या निर्मिती करीता उच्चतंत्रज्ञानाचा वापर करणे.
- 2. संरक्षीत शेती घटका अंतर्गत हरीतगृह शेडनेट,प्लास्टिक मल्चिंग व ठिबक सिंचनाचा वापर वाढविणे,
- 3. शेडनेट मध्ये बिगर हंगामी पिकांचे उत्पादन घेणे.
- मनुष्यबळ विकास विभागाअंतर्गत शेतक—यांना प्रशिक्षण घेणे.
- पिंकाना पोषक वातावरण निर्मान करून उत्पादनातील मोठया वाढी बरोबर उच्च प्रतिच्या गुणवत्तापुर्ण मालाचे उत्पादन करणे.
- उच्च तंत्रज्ञान व विपणन व्यवस्थापन व्यवस्थेत सुधारणा करणे.
- फलोत्पादन वाढवुन शेतक—यांचे आर्थिक उत्पन्न वाढविणे.
- सुक्ष्म सिंचनाच्या माध्यमातुन पाण्याच्या बचती बरोबर नविन कृषी तंत्रज्ञान शेतक—यां पर्यंत पोहचविणे.
- एकात्मिक फलोत्पादन विकास अभियानाच्या माध्यमातुन ग्रामिण युवकांना कौशल्य विकास, विपणा व्यवस्थेत रोजगार संधी उपलब्ध करून देणे.

निष्कर्ष

थोडक्यात जागतीक पातळीवरील कृषी संबंधीत तंत्रज्ञान भारतातील शेतक—यांनी उपलब्ध करून देण्यासाठी एकात्मिक फलोत्पादन विकास अभियान यशस्वी ठरत आहे. आधुनिक कृषी तंत्रज्ञानामुळे कृषी उत्पादकते बरोवरम शेतका—यांचे आर्थीक उत्पन्न देखिल वाढले आहे. या योजणे मुळे आधुनिक कृषी तंत्रज्ञान खर्चीक असतांना देखिल अनुदान व वॅक सहाय्यामुळे शेतक—यांना वापरणे शक्य झाले. फलोत्पादन क्षेत्रातील उत्पादन मागील काही वर्षात सात्यताने वाढत चालले आहे. राज्यातील कृषी क्षेत्र मान्सुनवर आधारीत असल्यामुळे या योजणेच्या माध्यमातुन कृषी तंत्रज्ञानाचे मदतीने शेतक—यांची जोखीम कमी करणे शक्य झाले आहे.

संदर्भ

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Some Facts of Crop Loan and Loan Waiver Scheme

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Introduction:

At present, there are several formal lending institutions operating in every state in India. However, these lending institutions are still unable to extend adequate credit to farmers belonging marginal and small categories and this in turn has created hindrance in terms of achieving sustained growth and diversification goals of Indian agriculture. Undoubtedly, the problems of farmers belonging to marginal & smaller land size holding vary from region to region. However, one of the major and common problems faced is the credit flow to them that has greatly affected the economic status of these farmers. Though these farmers have knowledge about various agricultural practices, they are still unable to access formal sector credit in several regions of the country, besides other problems faced by them. During the peak season demand for credit shoot up for financing the cultivation procedure like purchasing seeds, fertilizer, pesticides and other operational cost of agriculture. Crop-loan is the most important need of the farmer to increase and maintain his productive ability. With the help of this loan amount, he can purchase modern costly inputs.

So through these loans co-operative & commercial banks play important role in the development and prosperity of agriculture. Among the various types of bank loans to agriculture, the share of crop loan is

the highest.

Government of India was introduced Kisan Credit Card (KCC) scheme in 1998-99. For ensuring to providing hassle free and timely credit for the agricultural operation. KCCs have now been converted into Smart Card cum Debit Cards to facilitate its operation through ATMs.

Government of Maharashtra has launch farmer loan waiver scheme ChatrapatiShivajiMaharaiShetkariSannmanYojana -2017 (CSMSSY) or the Maharashtra Farm Loan Waiver Scheme 2017 is providing loan waiver to larmers in the state. This scheme has been launched for the financial year 2017-18.

Know it is interested to find out that, Is the

farmers are easily receiving the crop loan? What is the actual cost of sanctioned crop loan?How many farmers are getting benefit of crop loan waiver scheme? scheme? How many farmers are using credit card?

There are following main objectives of present research paper and

 To study the actual cost of sanctioned crop loanbear by farmers.

To study the actual benefit of farm loan waiver scheme to the farmers.

To study the popularity of Kisan Credit Card among farmers.

Methodology:

Present study is mainly depended on primary data. Data has been collected through schedules canvassed among the farmers who have taken crop loan. Survey has been carried out in Phulambritaluka of Auranagabad District Maharashtra State in the first and second week of January, 2018. Sample has chosen on random bases, 30 schedules has been filed through farmers. Secondary data has been collected through various Government reports and web sites.

Concept of Crop Loan:

Crop loan is a short term credit and is generally obtained from primary credit co-op. Society of a village or also from commercial bank. The period of Crop loan is about one year except for sugarcane for which the period is 18 months.

Since crop loan is for one season, its recovery is made in one installment after the harvest of the crop. Crop loan is an annual requirement and farmer has to borrow fresh loan for new crop season every time. Therefore, he has to repay the earlier loan with interest within stipulated time. Since this loan is required every season/every year, the procedure of getting this loan is simple and convenient and it is made available by the District Central Co-op. Banks through the village Co-op. Credit Society. So the farmer gets his loan in the village itself. If the loan is to be taken from commercial bank, it is available from the nearby branch of the commercial bank.

Interest Subvention Scheme:

The Government has been implementing Interest Subvention Scheme since 2006-07. Under the Scheme, interest subvention of 2% per annum is provided to Public Sector Banks, Private Sector Scheduled Commercial Banks, Cooperative Banks and Regional Rural Banks on their own funds used for short term crop loans up to Rs.3.00 lakh per farmer, provided the lending institutions make available short term credit at the ground level at 7% per annum to farmers. Farmers are provided with 3% additional interest subvention for the short term crop loan of up to Rs.3.00 lakh for a maximum period of one year for prompt repayment on or before the due date. Thus, farmers, who promptly

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repay their crop loans as per the repayment schedule fixed by the banks, are extended loans at an effective interest rate of 4% per annum. Government has extended the scheme to crop loans borrowed from private sector scheduled commercial banks in respect of loans given within the service area of the branch concerned.

ChatrapatiShivajiMaharaiShetkariSannmanYojan a -2017 (CSMSSY) or the Maharashtra Farm Loan Walver Scheme 2017:

ChatrapatiShivajiMaharaiShetkariSannman Yojana -2017 (CSMSSY) or the Maharashtra Farm Loan Waiver Scheme 2017 is providing loan waiver to farmers in the state. The state Government has invited online application for registration of farmers under the scheme for loan waiver. The eligible farmers could register themselves online or offline for the Maharashtra Farm Loan waiver Scheme 2017. The farm loan waiver was originally announced on 24 June. The scheme was meant to benefit 89 lakh farmers in the state, making 40 lakh debt-free and providing relief to the other 49 lakh. Loans of up to Rs 1.5 lakh were to be waived off completely under the scheme's provisions. The Maharashtra Government has allocated Rs. 34,000 crore farm loan waiver scheme.

The Maharashtra government has promised to waive off all pending farmers' loans by the end of 2017. Many times Government has increased the deadline for clearing the pending dues. The government initially provided 18 October as the deadline to begin clearing pending dues. Then it was stated that all dues would be cleared by 31 October, 5 November, 15 November and 25 November, before this latest announcement was made. According State to cooperation SubhashDeshmukh, "All of those who have applied for a loan waiver and have pending dues, will receive the waiver by 31 December."

According to government document "Under theCSMSSY scheme, online applications from eligible farmers wereinvited up to 22nd September, 2017. Accordingly 47,46,222 farmers were found eligible for receiving loan waiver, one time repayment and incentive amount under the scheme. UptoDecember, 2017 an amount of Rs. 10,913.08 crore was credited to loan account of 27,13,055 eligible farmers."

Waiving off Agricultural loan in Various States of

"Reportedly, various State Governments including Tamil Nadu(Rs.5318.75), Maharashtra(Rs. 30,500 crore.), Karnataka(Rs. 8,165 crore), Uttar Pradesh(Rs.36,359 crore)... Jammu Kashmir(Rs.244 crore), Punjab(Rs.10,000 crore). Chhattisgarh (Rs. 129.76 crore), Andhra Pradesh, Telangana and Union Territory (UT) of Puducherry have in the recent past announced their own farm loan/debt waiver Schemes to extend relief to the needy farmers."

In India many states governments, including queenments in Managery newly elected state governments in Macha Ralasthan and Chhattisgarh newly elected state and Chhattisgarh, Madhig Pradesh, Rajasthan and Chhattisgarh, hand hand state of the stat Pradesh, handle for loan write-offs for small and owning farmers.

newly The formed governments in MP, Chhattisgarh and Rajashan and the latest to do so apart from Uttar Pradesh Karnataka, Maharashtra and Punjab. According to Business Standard report, in the four states - Ultar Pradesh, Maharashtra, Karnataka, and Punjab only 40 per cent of the promised amount has been waived to date, and just half the beneficiaries have benefited.

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Uttar Pradesh government had announced wainer for loans up to Rs 1 lakh covering about 0.86 crore farmers by spending Rs 36,400 crore. However, the actual disbursals to farmers were Rs 24,700 crose, 32 per cent lower than actual credit target. Similarly, Maharashtra government announced a loan wairer of Rs 34,000 crore of which only Rs 17,000 crore has been disbursed so far.

In Punjab, state government announced farm waiver of over Rs 10,000 crore, but the actual amount of loans waived was just Rs 3,600 crore. which is Rs 6,400 lesser than the promise government has Meanwhile Karnataka state completed its first tranche of loan waiver of Rs 8,200 crore for 0.2 crore farmers, while its second tranches of Rs 40,000 crore is moving at slower speed, according to the agency report.

show that state Past experiences governments had not been able to implement loan waivers scheme successfully. One of the main reasons for the unsuccessful implementation of this scheme is too much documentation. Farmers are usually not educated enough to understand their eligibility for loan types or loan application process and ultimately fail to meet bank requirements.

Concept of Kisan Credit Card:

In order to ensure that all eligible farmes are provided with hassle free and timely credit to their agricultural operation, Kisan Credit Card (KCC) scheme was introduced in 1998-99. Marginal farmers, share croppers, oral lessee and tenth farmers are eligible to be covered under the Scheme The Scheme. The main objectives of the Scheme are to meet the short term credit requirements cultivation of crops, post-harvest expenses, produce marketing loss marketing loan, consumption requirements of lamb household, working capital for maintenance of land assets and activity assets and activities allied to agriculture, like dall animals. animals, inland fishery etc. investment requirement for activities like requirement for agriculture and allied activities pump sets spraying the same sets. pump sets, sprayers, dairy animals etc. The Governments have Governments have been advised to launch intensive branch? intensive branch/ village level campaign to provide Kisan Credit Card Kisan Credit Card to all the eligible and wind have not be a simple to all the eligible and wind have not be a simple to all the eligible and wind the the eligible and the farmers in a time bound manner. KCCs have been converted in a lime bound manner. been converted into Smart Card cum Debit Gards in

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facilitate its operation through ATMs. The cumulative number of live KCCs issued by Commercial Banks, Cooperative Banks & Regional Rural Banks as on Cooperation, 2016 was 754.64 lakh with outstanding oan amount of Rs.530034.58 crore. The cumulative number of live KCCs is estimated to increase to 756.64 lakh with outstanding loan amount of Rs. 5,30,134.58crore by 31.03.2017.

"The cumulative number of Kisan Credit Cards (KCC) Issued in Maharashtra State by the end of March, 2015 was 90.80 lakh, out of which cooperative banks issued 65.30 lakh, RRB issued 4.25 lakh and CB issued 21.25 lakh cards and the amount of loan sanctioned was Rs.9,478 crore and 17,135 crore respectively."

Review of Literature:

The main story in the expansion of rural credit in the 1980s and 1990s has been the ascendancy of commercial banks, along with RRBs, with a corresponding fall in the share of cooperatives This is reflected in the increasing concern in recent years over the effectiveness, governance and financial health of rural cooperative banks. Just under half of banks becoming more risk averse and hence reluctant to lend. (Rakesh Mohan 2004)

Notwithstanding their wide network, cooperative banks, particularly since the 1990s have lost their dominant position to commercial banks. The share of co-operative banks (22 per cent) during 2005-06 was less than half of what it was in 1992-93 (62 per cent), while the share of commercial banks (33 to 68 percent) including RRBs (5 to 10 per cent) almost doubled during the above period (Golait Ramesh 2007)

The traditional lending institutions such as cooperative and commercial banks were seen to be beset with other deficiencies such as absence of human capital investment and consumption loans, especially for illness, marriage and contingencies. These credit institutions showed high transaction cost and delay in delivery of credit, besides some other deficiencies. (Kshirsagar K.G. et

The subsidized credit policies favor local elites instead of the targeted poor strata and earmarked credit programs are less effectively (XiangpingJiaet al.2010)

Crop loans are seen to account for nearly two thirds share in total Annual Credit Plan outlay for agriculture and allied activities. (Deepak Shah

Hence the role of public sector increased and crop loans have major proportion in Agricultural loan it is very interesting to study whether the farmer of Phulambritaluka in Aurangabad district are getting benefit of the subsidized crop loan on hassle free manner. Result and Discussion:

This part of research paper is dependent on primary data analysis, collected through schedules Canvassed among farmers how have received crop loan from various banks in Phulambi Valuka.

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Contributions of Various banks:

In the study area 63.33 percent farmershave received crop loan from Nationalized Commercial banks and 36.67 percent farmers have received from Cooperative banks. Crop loan amount sanctioned by Commercial banks is grater with compare to Cooperatives banks. In the study area maximum amount of Crop loan sanctioned by Cooperative banks is 30 thousands rupees and by Commercial banks is 2.50 lakh rupees.

Banks Distance from village:

In the study area 96.67 percent farmers have received crop loan from 3 to 6 k.m. bank branch away from their villages. Only 3.33 percent farmers have received loan 25 k.m. away bank branch from their villages.

Sanctioned Crop Loan Amount:

In the study area farmers have received crop loan ranging 6 thousand to 2.50 lakh rupees. Near about 60percent farmers received crop loan up 50 thousand rupees. 30 percent farmers received crop loan in the range of 50 thousand to 1 lakh rupees. In the study area 90 percent farmers have received crop loan up to 1 lakh rupees. Only 10 percent farmers have received crop loan above 1 lakh rupees. In an average the farmers received 60733 rupees crop loan in the study area.

Repayment of Crop loan:

In the study area near about 50 percent farmers able to repaid crop loan amount to their concerned bank branch; but 50 percent farmers are not able to repaid their crop loan amount due to various reasons mostly low income generated from land.

Beneficiary of Crop Loan waiver Scheme:

In the 2017 year most discussed point about agricultural is farm loan waiver in India. This is mostly discussedby farmers'leaders, politician and journalist. Government of Maharashtra has allocated Rs.34000 crorefor farm loan waiver scheme. But in the study area only 16.67 percent farmers have get benefit from this scheme, they have waived there complete loan amount. 3.33 Percent farmers get benefit of partial loan waived. 86.67 Percent farmers have not get benefit from loanwaiver scheme. New Crop Loan Sanctioned:

In the study area percentage of new crop loan sanctioned farmers is very low, that is 6.67 percent. The farmers who are getting benefit from crop loan waiver scheme also not sanctioned new crop loan for the year 2017-18 up to 25th January 2018; even though the farmers who are regularly repaid the crop loan also not sanctioned crop loan up to this date.

Farmers' visit to bank for crop loan sanctioned:

Crop loan is not sanctioned in one visit tobank. Farmers have to visits several times to banks to complete the crop loan sanctionprocess. It is also observed thatmore visits are requires to sanction new crop loan file with compare to renewal old crop loan. In the study area farmers have to visit

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to banks ranging from 1 to 20 times. In an average farmers are visited 7.86 times to banks.

Loss of Wage:

In the crop loan sanctioned process farmers have to loss their farming work. The per day wage rate for farming work in the study area is ranging between Rs. 200 to 300. If loss of the farmers day to sanctioned crop loan are converted in to money terms, it ranging between Rs. 250 to 3000. In an average farmer have to loss Rs.1471 wage for the compilation crop loan sanctioned process.

Cost of travelling, No dues certificate and Land

Holding Certificate:

Farmers have to take No dues certificate from every bank and credit society of the taluka. No dues certificate is mandatory for receiving the crop loan. The no dues certificate fees range from Rs. 50 to 70 and there is queue in every bank. There is need of farmers' ownership certificate and land holding certificate for crop loan sanction file. To get these lands certificates from talthi or SetuSuvidha Kendra farmers have to paidRs. 50 for per page. After all these laborious procedures bank specifies different dates for different cluster of village for open the crop loan file. It is very complex and time consuming procedure which makes farmer wait long time and it creates inconsistency problem. To visit the bank through various sources of vehicles farmers have to paya fare. When we added all these cost or expenditure together; this cost is ranging from Rs. 100 to 2050in the study area. In average farmers bear Rs. 851.83 on these procedures.

Total cost of Crop Loan Sanctioned:

When we added loss of wage, traveling cost, No dues certificate charges, Land record certificate fees all together, it ranging Rs. 350 to 4550 and in an average farmers bearRs. 2257.73 as a cost of crop loan sanction in the study area. Use of Crop Loan:

When researcher asked the farmers about use of crop loan, all respondent farmers responded that, they are used crop loan amount for purchase seed, fertilizer, pesticides and to paid wage of labour. It means that crop loan is help full to solve the short term financial need of farmers.

Use of Kisan Credit Card:

study area only 26.67 percent In the farmers have Kisan Credit Card, it observed that no one farmer has used this card up to January 2018.Even though the farmers who have Kisan Credit Card they are not aware about the actual use of this card. Only 3.33 percent farmers knows the use of KCC, but also they have not used this card. The farmers who have Kisan Credit Cards, they responded that amounts are not available in this card. If the crop loan taken farmers used KCC; they have to pay interest only on crop loan amount withdraw by them. Also interest is chargesfor the period that the withdrawal crop loan amount is used. In this method crop loan issue bank cannot charge interest on that portion of croploan which is not issued by farmers. According to survey farmers, due

to loss of Interest banks are not willing to awaite How farmers fulfill their urgent financial requirement:

In the study area it is observed that 33.33 percent farmers have fulfilled their financial 33.33 with the help of relative or friends, 30 percent farmers have fulfilled their urgent financial need through money borrowed from moneylenders. The positive thing is that 26.67 percent farmers have fulfilled their financial need through Self Help Group In the study area 3.33 percent farmers have fulled their financial need through banks and same percent through village Dairy.

It means that moneylender system is not fully abolished from the rural area. But structure the moneylender is changed. Small money lenders have taken place of big money lenders. Even though the daily wages labours, who have gathered some money they are started to distributed money on interest to the needy people in the rural area.

Conclusions:

1) In the study area the share of commercial banks (63.33 percent) is greater than Co-operative banks in the crop loan provide to farmers.

In the study area maximum amount of Crop loan sanctioned by Cooperative banks is 30 thousands rupees and by Commercial banks is 2.50 lakh rupees.

In the study area 96.67 percent farmers have received crop loan from 3 to 6 k.m. bank branch

away from their villages.

4) In the study area 90 percent farmers have received crop loan up to 1 lakh rupees. Only 10 percent farmers have received crop loan above 1 lakh rupees. In an averagely the farmers receivedRs. 60,733 crop loan.

In the study area near about 50 percent farmers

able to repaid crop loan amount.

In the study area only 16.67 percent farmers have get benefit from Crop Loan walvel Scheme, they have waived there complete loan amount. 3.33 Percent farmers get benefit of partial loan waived, 86.67 Percent farmers have not get benefit from waiver scheme.

In the study area percentage of new crop lost sanctioned farmers is very low, that is 6.57

percent.

In the study area farmers have to visit to bartis ranging from 1 to 20 times. In an average farmers are visited 7.86 times to banks for prop

In an average farmer have to loss Rs.1471 wage to complete

wage to complete crop loan sanctioned process In the study area in 10) In the study area the Cost of travelling, No dust certificate and certificate and Land Holding Certificate cost 100 sanctioned cross sanctioned crop loan are ranging from Rs. to 2050. In average and Land Holding Certificate cost 100 pc 852 of to 2050. In average farmers bear Rs.852 of these procedures

 In the study area The Total cost of crop between sanctioned process. sanctioned process is found to ranging between

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Rs. 2257.73 as a cost of crop loan sanction. la in the study are farmers are used crop loan

amount for purchase seed, fertilizer, pesticides and to paid wage of labour. It means that crop and is help full to solve the short term financial need of farmers

13) In the study area only 26.67 percent farmers have Kisan Credit Card, it observed that not a single farmer has used this card up to January 2018. According to surveyed farmers, due to loss of interest banks are not willing to aware the farmers about the use of KCC.

In the study area it is fiend out that 33.33 percent farmers have fulfilled their financial need with the help of relative or friends. 30 percent lamers have fulfilled their urgent financial need through money borrowed from money lenders. The positive think is that 26.67 percent farmers have fulfilled their financial need through Self Help Group and 3.33 percent farmers have fulfilled their financial need through banks and same percent through village Dairy.

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जागतिकीकीरण आणि मराठी भाषा व साहित्या पुढील आव्हाने

डॉ. राजश्री पवार (मराठी विभाग)

श्री संत सावता माळी ग्रामीण महाविद्यालय, फुलंब्री

जागितकीकरणाने माणसाचे अवधे जीवन व्यापून टाकले आहे. जागितगीकरणाचा फक्त अर्थव्यवस्थेवरच परिणाम झाला असे नाही तर; राजकारण, समाजकारण, भाषा, संस्कृती, साहित्य या सर्व घटकांवर अंतर्बाहय परिणाम झालेला दिसून येतो. भाषा ह्या घटकावर जागितकीरणाचा प्रभाव मोठया प्रमाणात झालेल्या आढळतो जागितकीकरणात इंग्रजीचे महत्व वाढले. त्यामुळे इतर भाषांची गोची झाली. जागितकीकीणात तंत्रज्ञान, विज्ञान ह्या काळाबरोबर चालण्यास सहाय्यभूत ठरणाऱ्या सर्वच साधनांची भाषा इंग्रजी आहे. त्यामुळे स्वाभाविकच इंग्रजीकडे ओढा वाढला त्यामुळे इतर प्रादेशिक भाषांचं झालं तेच मराठीचही झालं. मुलं इंग्रजी शाळेत शिकले तरच पुढच्या पिढीला उज्ज्वल भविष्य आहे. अन्यथा मराठी शिक्षण घेऊन साधी कारकूनीही मिळणार नाही असा समज सगळीकडेच दिसून येत आहे. मला असं वाटतं हा समज चूकीचा आहे. कारण मातृभाषेत शिक्षण घेण्याचे फायदे स्वतः मातृभाषेतून शिक्षण पूर्ण करणारे व जागितक पातळीवर आपल्या कर्तृत्वाचा ठसा उमटविणारे सारे थेर स्त्री—पुरष नेहमीच सांगत आले आहेत.

मातृभाषेतून सांस्कृतिक समृघ्दी मिळते. भाषा केवळ संवादाचे साधन नसते तर त्या भाषक समूहाचा इतिहास, सांस्कृती, साहित्य, कला, तत्वज्ञान याचं दर्शन या भाषेतून होत असतं. माणसाने अनेक शोध लावले. सर्वच स्तरावर विकास घडवून आणला. तरीही या सगळया पेक्षा त्याची भाषा श्रेष्ठ आहे. याचे कारण त्याच्या संवेदनांना भाषेतून विशेषितीत्व प्राप्त होत असते. आपल्या. संज्ञेला आकार देण्याचे काम भाषाच करते. किंबहूना भाषेतूनच भाषेमुळेच आपले —मानवी असले पण आकार घेते. प्रत्येक भाषा ही त्या भाषक समाजातील बौध्दक, सामाजिक संघर्षचा सतावेज असते. सांसकृतिक संघर्षची आणि भाषिक अस्मितेची लढाई मराठी भाषिकांना नवी नाही. त्यामुळे भागतिकीकरणाला बिचकून न जाता नव्या सांस्कृतिक वास्तवाला आपल्या स्थानिक संस्कृतीने पचवून त्यात आपले भागवान देउन वैश्वक जाणिवांशी जूळणारे नवे संचलन करणे हे मराठीपुढचे मोठं आव्हन आहे. राष्ट्र राज्यांच्या भागा ओलांडून मराठी माणसाला आपले मानस विश्वजाणिवांशी जोडण्याची संधी आहे.'' या विचारांशी निंबधकर्ती भागत आहे.

संकुचित विचार बाजूला ठेवून जागतिकीकीणाचे स्वागत करायला पाहिजे. कालाय तस्मे नमः म्हणजेच माजनुसार सर्वच बाबी बदलत राहणार आहे. तेव्हा बदल स्वीकारणे गरजेचे आहे. प्रत्येक गोष्टीला दोन बाजू माजात. चांगली व वाईट जागतिकीकरणाचेही तसेच आहे. जातिकीकरणामुळे व्यापार, बाजारपेठा, गुंतवणूक, तंत्रज्ञान, माजीय, निर्णय प्रक्रिया अशा सर्वच क्षेत्रात विश्वसापेक्ष विचार करावा लागतो वांशिक, धार्मिक भेद नष्ट होऊन माज निर्माण होण्याकडे आपण जात आहोत. या पार्श्वभूमीवर भाषेच्या अस्मितेला प्रांतिक आस्मितेशी स्वाप्त ठेवणे योग्य होणार नाही. तर प्रादेशिक भाषेला अधिक विश्वव्यापक बनविण्याचे आव्हान आपल्यापुढे उभे

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Rebinory Ann

प्रमाणात आलेले नाही. या सगळया बार्बीचा विचार केला तर लक्षात येईल. की, साहित्यिकांवर फार मोठी जबाबदारी एक समजदार माणूस म्हणून येऊन पडली आहे. मराठी भाषेच्या संदर्भात आत्मनिंदा करीत बसण्यापेक्षा आत्मियंतन केलं पाहिजे. संघर्षांची पार्श्वभूमी लाभलेली 'मराठी अशी सहजा—सहजी मृतप्राय कशी होईल? आणि ती मृतप्राय होण्याच्या मार्गात असेल तर तिला कसं वाचवता येईल्ट बुडालो —बुडालो असं म्हणून ओरडत बसण्यापेक्षा वाचण्यासाठी मिळे तो आधार शोधणाराच तारुन जातो. आणि भाषेला तारणाऱ्या अशा आधारांचा शोध घेण्याची व त्याची अमलबजावणी करण्याची वेळ निश्चितच आली आहे. तेव्हा जागतिकीकरण असो नाहीतर, तिच्या अस्मितेवर घाला घालणारं इतर कितीही मोठं संकट येवो ती कायम तग धरुन उभी राहिल. हे निश्चित आहे. संदर्भ :—

- १) डॉ. रमेश नारायण वरखेडे, नाशिक —जागतिकीकरण— मराठी भाषा : आव्हाने आणि उपाय (जागतिकीकरण आणि मराठी. पृष्ठ क.८४)
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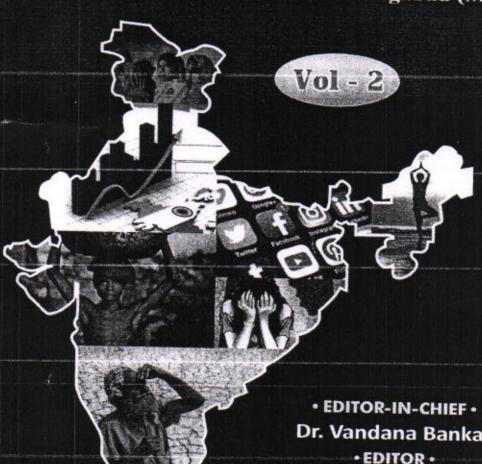
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दलित उपन्यास साहित्य

डॉ. दत्तात्रय लक्ष्मण येडले

😼 🌼 हिंदी विभागाध्यक्ष, श्री संत सावता माळी ग्रामीण महाविद्यालय, फुलंब्री, जि. औरंगाबाद, महाराष्ट्र

आज विश्वभर में आत्मकथा को साहित्य की विधा मानकर पढ़ा जाता है। लेखक और आलोचकों ने आत्मकथा को आत्मचितन, अभिव्यक्ति और आत्मनिवेदन करने का महत्त्वपूर्ण साधन मानकर उसे मान्यता दी है। आत्मकथा लिखने की पद्धती पाश्चात्य देशों से आयी है। उनके यहाँ आत्मनिवेदन करके स्वयं का कर्तृत्व लोगों के सामने प्रस्तुत किया जाता है। भारतीय साहित्यकारों को आत्मकथा लिखने की प्रेरणा पाश्चात्य लोगों के ओर से प्राप्त हुई है। आत्मकथा को दो हिस्सों में विभाजित किया जा सकता है।

AND THE PROPERTY AND ADDRESS.

1. ऐसे चरित्र जो स्वयं के जीवन के कर्तृत्व से समाज

को प्रेरणा और गतिशिलता प्रदान करते हो। ऐसे चरित्र जो कि स्वयं के जीवन का कर्तृत्व, संघर्ष आदि के साथ समाज की दुःख, यातना, शोषन तथा सामाजिक-धार्मिक स्थिति पर मी प्रभाव डालता है।

दलितों की आत्मकथाएँ इस दूसरी पद्धती की हैं। इन आत्मकथाओं में दलित समाज की तत्कालीन सामाजिक, आर्थिक, सांस्कृतिक और राजनीतिक स्थिति विखाई देती है। इनमें मुख्यतः उच्चकुलीन समाज की ओर से दलित समाज पर होनेवाले अन्याय-अत्याचार को दर्शाती है। तत्कालीन समाज पावित्र्य और छुआछूत जैसी गलत संकल्पनाओं में फँसा हुआ था।

निम्न जातियों में जन्म होने के कारण दलितों को अस्पृश्य मानकर उनके साथ व्यवहार किया जाता था। दलित वर्ग पर अपना अधिकार रखने हेतु उन्हें शिक्षा व्यवस्था से दूर रखा था। साथ ही उन्हें गाँव के बाहर निवास करने हेत् स्वतंत्र व्यवस्था करके बाध्य किया गया। डॉ. बाबासाहेब आंबेडकर जी ने दलित समाज को 'पढ़ो, संघटीत रहो और अपने अधिकार हेत् संघर्ष करने' का मंत्र दिया था। उसके बाद दलितों ने अपने बच्चों को पढ़ाई हेतु पाठशालाओं में भेजना आरंभ किया। धीरे-धीरे उन्हें अपने अधिकारों का ज्ञान होने लगा और उन्होंने समानता हेतु माँग आरंभ की। इसी समय आत्मकथा जैसे साहित्य विधा के माध्यम से उन्होंने अपने उपर हो रहे अन्याय-अत्याचार के खिलाफ बोलना आरंभ किया।

दया पवार, शंकरराव खरात, बंडू तुपे, प्र. ई. सोनकांबळे, अरणकुमार लिंबाळे, लक्ष्मण माने, लक्ष्मण गायकवाड तथा किशोर काळे आदि लेखकों ने आत्मकथाएँ लिखी। महिला लेखिकाओं ने जाति, वर्ग और लिंगभेद इन तीनों विषयों पर आधारित अत्याचारों अपनी आत्मकथाओं में किया । महार समाज की महिलाओं में से बेबी कांबळे ने पहली आत्मकथा 'जीना हमारा' लिखी है। माया पंडित ने उसका अंग्रेजी अनुवाद 'The Prisons we Broke' नाम से किया। इस आत्मकथा के माध्यम से बेबी कांबळे ने दलित समाज की महिलाओं की दयनीय स्थिति को प्रगट किया है। साथ ही आधुनिक और परंपरागत दलित समाज में हो रहे बदलाव को चित्रित किया ।

परंपरागत दलित समाज ने डॉ. बाबासाहेब आंबेडकर के विचारों का अनुपालन ही नहीं किया। बल्कि पूरानी प्रथाएँ और परंपराओं का स्वीकार किया। दूसरी और आंबेडकर की मानने वाले दलित समाज में अपने बच्चों को शिक्षा हेतु पाठशालाओं में दाखिला दिए जाने से बड़ा बदलाव आया। बेबी कांबळे इस दूसरे वर्ग में सम्मिलित है। बेबी कांबळे के पिता कांत्राकदार थे और वे डॉ. बाबासाहेब के विचारों से प्रभावित होकर अपने सभी बच्चों को पाठशालाओं में दाखिल करके

उन्हें पढ़ाई के लिए प्रोत्साहित किया था।

दलितों को अस्पृश्य समझकर उन्हें हीन माना जाता था। उन्हें रास्ते के उपर से चलने को भी मनाई थी। रास्ते से चलते समय उन्हें उच्चकुलीन आदमी दिखाई देने पर रास्ता छोडकर चलना पड़ता था और उन्हें नमस्कार करना पड़ता था। अन्यथा उन्हें समाज की ओर से अपमानित किया जाता था। साथ ही कभी-कभी उन्हें मार भी खाना पड़ता था। बेबी कांबळे ने उच्चवर्णों के बर्ताव के खिलाफ आवाज उठाई। इस समाज की महिलाओं के कष्टों पर ही उच्च वर्ग के लोगों ने अपने स्वार्थ पूरे किए। ऐसे समय पर इन उच्च वर्गीय लोगों को इस ओर ध्यान भी नहीं रहता। वो कहती है- "दलित समाज की महिला खेती में मेहनत करती है, तब उसके स्वेद से मकई गिली होती है, उसी मकई से विविध पदार्थ बनाये जाते है और उसका बड़े आनंद से आस्वादन किया जाता है। तुम्हारा महल दलितों के खेद से भिगे मिड़ी और रक्त से तैयार होते है। आप उनका खून चूसते हो और उनके दु:खों के बिछानों पर सोते हो। उस समय तुम्हें उनका स्पर्श नहीं होता क्या? जिस प्रकार किसान बैलों को नियंत्रित करने हेत् उनके नाक में रस्सी डालता है, उसी प्रकार आपने महार लोगों के नाक में भी रस्सी डाली है।" (द पर्सन वुई ब्रोक- पृ. 56)

उच्चवर्गीय हिन्दुओं ने महार समाज को उनके अन्न, वरू और निवास जैसी मूलभूत अधिकारों से वंचित

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CHALLENGING ROLE OF LIBRARY PROFESSIONALS IN DIGITAL ERA

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OR Code



Abstract: - This Paper Highlights the importance of digitalization of library recourses .it differentiate the library recourses and and services .New Generation are not satisfied with the printed available material they required data in electronic form which can easily carry anywhere in tablets ,mobiles ,laptop, and computers etc. Major change in this information technologies world have transformed the role of library professionals. Paper also described this mission is unlikely to change in the near future. Digital libraries come in many forms .They Attempts to provide instant access to digitized information and consist of variety of information, including multimedia. Library professionals need have to working in networked digital and computerized environment and Advantage of digital Library and challenging Role of Library professionals in digital Era.

Keywords: Libraries, Digitalization, Digital Library, Computerization, Library Services, ICT, information Technology,

Introduction:

The Role of Library professionals is changing and with it the Libraries. The main function of libaray, however, is no longer to just house books much of its selection now resides digitally and those who work within the halls of Libraries. Which are the libraries professionals are adapting to these changes as well? Rapid advances in information Technologies have revolutionized the role of library professionals .As a result Libraries face new challenges ,competitors ,demands and expatiations .Libraries are redesigning services and information products

to add value to their services and to satisfy the changing information needs of the users community. Traditional libraries are still handling largely printed materials that are expansive and bulky. Information seekers are no longer satisfied with only printed materials.

The role of information & communication technology revolution and the advent of the internet has had drastic and far reaching impacts on the knowledge and information and added a new dimension to information retrieval. The Information & communication Technology has brought changes and transformation to libraries &

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प्रास्ताविक

स्वातंत्र्य प्राप्तीनंतर अर्थात १९४७ नंतर देशात मोठया प्रमाणात बदल घडून आलेत. स्वातंत्र्यप्राप्तीनंतरचा काही काळ गेल्यानंतर १९९० मध्ये आपला देश जागतिकीकरणाच्या प्रिक्कियेमध्ये सहभागी झाला. त्यापूर्वीची एकूण देशाची आर्थिक परिस्थिती निश्चितच चिंता करण्यासारखी होती. परंतु नाईलाजाने का होईना या होऊ घातलेल्या जागतिकीकरणाच्या प्रिक्कियेत आपल्याला सहभागी व्हावे लागले. कारण भारताने आतापर्यंत ग्रबविलेली जी काही आर्थिक घोरणे होती त्याला मूठ माती हावी लागणार होती. याठिकाणी मिश्र स्वरुपाची अर्थव्यवस्था होती. त्यामुळे कुठलाही नवीन उद्योग सुरु करावयाचा असेल तर त्याला परवाना लागत असे. आणि अनावधानाने तेथे अनेक असे अपप्रकार घडत असत. परंतु 'कल्याणकारी राज्य' ही संकल्पनाही या काळात डोके वर काडू पाहत होती, नव्हे तर ही संकल्पना महत्त्वाची मानली जात होती. यामुळे पुस्कळसे लाभ येथील मागास जातींना तसेच शोषित वर्गांना मिळत होते. ''जागतिकीकरण म्हणजे बाजारकेंद्री अर्थव्यवस्था. या अर्थव्यवस्थेमध्ये कुठल्याही मूल्यांना कसलेही स्थान असण्याचे कारण नव्हते. बाजार हाच महत्त्वाचा. जागतिकीकरणाबरोबरच आणखी दोन गोर्घ्यीचाही स्वीकार करावा लागला. त्या गोघ्टी म्हणजे 'खाजगीकरण' आणि 'उदारीकरण', 'खाऊजा' घोरण ते हेच, या घोरणाचे आपल्या देशावर होणारे सर्वदरचे परिणाम आज आपण पाहतो आहोत. भोगतो आहोत.''

या जागतिकीकरणाने समाजमानसात कमालीचे बदल घडून आलेले दिसतात. देशात लादलेली आणिबाणी, आणिबाणीनंतर झालेले सत्तांतर, समाजातल्या कमाने कमी होत गेलेल्या चळवळी, शहरांची होत गेलेली बेसुमार वाढ, विज्ञान—तंत्रज्ञानाचा विकास, मानवी मूल्यांमध्ये झालेले स्थित्यंतर, प्रसारमाध्यमांचे होणारे आक्रमण, मुलतत्ववादाचा वाढलेला प्रभाव, या प्रभावातून देशात घडलेला हिंसाचार आणि खाजगीकरण, उदारीकरण आणि जागतिकीकरणाच्या धेरणाचे परिणाम या साऱ्यातून समाजवास्तव बदलून गेले. सामान्य माणूस आणि मध्यमवर्गीय माणूस नव्या व्यवस्थेतून बाद झाला. या बदलत्या समाजवास्तवाचे भान मराठी साहित्यातून अविष्कृत झाले. १९६० ते १९८५ ची सामाजिक, सांस्कृतिक, आर्थिक, राजकीय आणि धार्मिकही स्थिती—गती १९८५ ते आजपर्यंतच्या काळात राहिली नाही. सारे सामाजिक व्यवहार मूल्यांचा विधीनिषेध न पाळता सुरु झाले आणि रुजले. परिणामी साऱ्याच व्यवहाराबद्दल संशयाने पाहिले जाऊ लागले. संपूर्ण व्यवस्था, व्यवस्थेसाठीची यंत्रणा आणि व्यवस्थेचे व्यवहार प्रश्नांकित झाले. सामाजिक, सांस्कृतिक, आर्थिक आणि राजकीय समस्यांनी सारेच घेरले गेले. त्यातूनच मूल्यहीनता, अंतर्विरोध, विसंगती आणि भ्रष्टता यांनी साऱ्यांना वैफल्यग्रस्थ केले. महानगरीय, शहरीच नव्हे तर ग्रामीण जीवनावरही बहतांशपणे परिणाम झाले.

समग्र समाजाचे हे वास्तव सूक्ष्मपणे मराठीतील विविध साहित्यप्रकारातून आले आहे. हे भयंकर 'समाजवास्तव' निर्माण होण्यामागच्या वास्तव कारणांचा शोध मराठी साहित्य घेत राहिले. १९८५ नंतरच्या काळातील रंगनाथ पठारे यांची 'नामुष्कीचे स्वगत' १९९९, डॉ. नागनाथ कोतापल्ले यांची 'गांधारीचे डोळे' १९८५, श्याम मनोहर यांची 'खूप लोक आहेत' २००२, राजन गवस यांची 'कळप' १९९७ या कादंबऱ्यांनी सामान्य मानसाच्या जीवनाचा विविध पातळयांवर होणारा संकोच राजकीय, आर्थिक, सांस्कृतिक आणि धार्मिक पातळीवरील संघटनात्मक उन्माद, जाती—जातींमधील विद्रेष व यातून आलेला अहंकार, अस्मितेतृन निर्मिलेल्या समस्या या साऱ्यांशी असणारी मुल्यहीनता यांचे वास्तव चित्रण घडविले आहे.

जागतिकीकरणामध्ये समाजजीवनात आधुनिकता अपेक्षित होती. या आधुनिकतेने नवे प्रश्न, नव्या समस्या निर्माण झाल्या. त्यामुळे विविध समुहाच्या जीवनातील गुंतागुंत वाढली. शहरी आणि प्रामीण यांच्यातील वाढत्या अंतराने प्रामीण माणूस द्वंद्वात सापडला. शेती आणि शेतीशी संबंधित नव्या क्षेत्रांचा समावेश झाला आहे. त्यातून काही समस्या आल्या. औद्योगिकीकरणाने

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शहरांची महानगरे झाली. तेथे बकालपण आले. तेथे समस्या वाढल्या. या सर्व बार्बीचा उहापोह जागतिकीकरणानंतरच्या विविध साहित्य प्रवाहातून दिसतो.

ग्रामीण साहित्य प्रवाह

नाटक

१९८० नंतरचा काळ जागतिकीकरणाचा काळ म्हणून त्याकडे बिघतले जाते. या काळातील नवचालीरिती आणि संस्कृती यांचे पडसाद १९८० नंतरच्या साहित्यात पडलेले दिसतात. या कालखंडातील साहित्यात कांदबरी, कथा, किवता या वाइ.मय प्रकारात विपूल असे लेखन झालेले दिसते. या तुलनेने 'नाटक' या साहित्य प्रकारात मात्र म्हणावी तशी प्रगती होऊ शकली नाही., ही वस्तुस्थिती आहे. इतर वाइ.मय प्रकाराची निर्मिती लेखकांपुरती मर्यादित असते, तर नाटक हे टिमवर्क असते. कांदबरी, कथा, किवता या गद्य—पद्य वाइ.मय प्रकारांप्रमाणे केवळ संहिता लेखन झाले म्हणजे पुरे, अशी स्थिती नाटकाची नसते. नाटक वगळता इतर वाइ.मय प्रकार हे लेखकांगणिक बदलतात. व त्या त्या लेखकांवर अवलंबून असतात. तर नाटक हा साहित्य प्रकार मिश्र स्वरूपाचा लेखन कला प्रकार आहे. त्यात नाटय संहिता हे नाटकाचे मुलद्रव्य असते., संहिता रंगमंचावर कशी साकारली जाते, प्रेक्षकांचे दाद मिळवण्यासाठी नाटकाला काय करावे लागते यावर नाटकाचे यशापयश अवलंबन असते.

पूर्वी नाटकं ही शहरकेंद्रित होती. ती नागरी जीवनाशी व त्यांच्या संस्कृतीशी जवळीक साधणारी होती. नाटकापुरते बोलायचे झाले तर नाटक लिहणारे, ते सादर करणारे आणि बघणारेही शहरी मध्यम वर्गाशी निगडित होते. त्यामुळे मराठी नाटकाला खेड्याची हवा फारशी मानवली नाही असे म्हटले जाते. पिढयान्पिढयांपासून शेती व शेतीशी निगडित व्यवसाय करणारा, अशिक्षित नंतर अल्पशिक्षित असा खेड्याचा वर्ग नाटकापासून जरा लांब असणे, हे ओघानेच आले. अर्थात खेड्यातल्या लोकांना नाटयाभिरूची मळीच नव्हती असे म्हणता येणार नाही. शिक्षणाचा प्रसार जस-जसा खेड्यात होत गेला, तेथील अशिक्षित जनतेतील नवी पिढी लिहू, वाचू लागली तस—तशी या भागातील मंडळीही नाटकात रस घेवू लागली. विशेषत: स्वातंत्रोत्तर काळात ही स्थिती बदलली. काही ठराविक गावांमध्ये हौशी तरूण मंडळींनी नाट्य मंडळी सुरू केली. मराठवाड्यातील सोयगाव सारख्या गावाचं उदाहरण यासंदर्भात देता येईल. अशा अनेक ठिकाणी दरवर्षी ही नाटकं व्हायची. या सर्व नाटकांच स्वरूप केवळ हौसेपुरतं मर्यादित होतं या नाटकात येणारा प्रेक्षक काही तिकीट काढून नाटकाला येत नव्हता. केवळ हौस, करमणुक म्हणून नाटक करणा—या मंडळींना प्रोत्साहन म्हणून तो येत होता. नाटकासाठी लागणारा खर्च ही नाटक मंडळी वर्गणी करत होती. नाटकाच्या संहिता मात्र अवर्जुन लिहिलेल्या नव्हत्या. सर्वांना आवडतील असे व सर्वांच्या जिव्हाळ्याचे विषय घेवून ही नाटक मंडळी नाटक करायची. त्यात पौराणिक आणि ऐतिहासिक विषयावरील संहिता घेवून ही नाटक व्हायची, अर्थात खेडयात नाटकाचा विकास झालेला दिसून येत नाही, परंतु ''खेडयातील परिस्थिती ही स्वातंत्र्यानंतरच्या काळात बदलत गेली, महाराष्ट' राज्याच्या स्थापनेनंतर काही काळ खेडी बन्याच अंशी संपन्न होती., पण पुढे हळू हळू शेतीचा व्यवसाय तोटयात जाऊ लागला. गेल्या एक—दोन दशकात तर शेतीचा व्यवसाय अधिकच आतबटट्याचा होऊ लागला. बी—बीयाणे, उत्पादन खर्च, मजुरी असा सारा खर्च उत्पन्नापेक्षा जास्त होऊ लागला. त्यामुळे शेती केवळ परवडेनाशीच नव्हे तर शेतकरी दिवसेंदिवस कर्जबाजारी होत गेला. ही कर्जे त्याच्या आवाक्याबाहेर जाऊ लागली. सर्व पर्याय संपले तेव्हा तो आत्महत्येकडे वळला. यासोबत राजकारण, सहकार, शासन, शिक्षण या क्षेत्रातही डावपेच, भ्रष्टाचार, विशलेबाजी असे अनेक गैरप्रकार तोंड वर काड़ लागले. त्यामुळे खेड्यातील जनता अधिकच हवालदिल होत गेली.''^र या साऱ्या बदलत्या वास्तवाचं चित्रण ग्रामीण साहित्यातील कथा, कादंबरी, नाटक, कवितांमधून येत गेलं. ग्रामीण जीवन-संस्कतीवर काही नाटकं जाणिवपूर्वक लिहिली गेली. ग्रामीण नाटकाची चळवळ विकसित व्हावी यासाठी रा. रं. बोराडे यासारख्या जेष्ठ साहित्यिकाने प्रयत्नही केले. बदलत्या वास्तवाचं प्रतिबिंब काही नाटकांमधून आलेलं दिसतं. अशा काही

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February 2019 मोजक्या नाटककारांपैकी रा. रं. बोराडे, जगदिश कदम, विठ्ठल वाघ आणि राजकुमार तांगडे यांच्या नाटयकृतींचा विचार येथे

१९७९—८० मध्ये 'विहीर' हे रा. रं. बोराडे यांच्या मृळ नभोनाटयाचे प्रसारण औरंगाबाद आकाशवाणी केंद्रावर झाले. याच नभोनाटयाला वाढवून रा. रं. बोराडे यांनी त्याचे दोन अंकी नाटक केले. ग्रामीण भागात पाणी प्रश्नावर आधारीत सवर्ण—दलित संघर्ष 'विहीर' या नाटकातून प्रेक्षकांसमोर नेण्याचे काम रा. रं. बोराडे यांनी केले. तसेच काही काळानंतर 'बंधमुक्ता' आणि 'आमदार सौभाग्यवती' या नाटकांतून बदलत्या राजकारणावर प्रकाश टाकण्याचा प्रयत्न केला आहे. तसेच 'स्त्री आणि राजकारण' या सद्यःप्रश्नावर 'बंधमुक्ता' मध्ये सामाजिक अंगाने नाटय येते, तर 'आमदार सौभाग्यवती' मध्ये राजकारणतील नाटय कौटुंबिक पातळीवर चित्रित केले जाते. स.रं.बोसडे यांच्या नाट्यकृतीतून समाजवास्तवाचे भान प्रेक्षकांना मिळते.

कवी, कथाकार जगदीश कदम यांचे 'बुडत्याचे पाय खोलात' हे नाटक १९९१ ला प्रसिध्द झाले. समाजसुधारकांचे प्रश्न कसे अपयशी ठरतात ते या नाटकात दाखविले आहे. यातसुध्दा ग्रामीण भागातील राजकारण या विषयावर प्रकाश टाकलेला दिसतो. 'आंधारयात्रा' हे विठ्ठल वाघ यांचे दोन अंकी नाटक २००२ ला प्रसिध्द झाले. या नाटकात अंधःश्रध्देबद्धलचा विषय हाताळण्यात आला आहे. परंतु जागतिकीकरणात अशा या विषयांना बगल देताना लेखक दिसत आहेत. नवीन प्रश्न, नवीन समस्या घेवून नाटककार संहितेची निर्मिती करत आहेत. असे दिसते. तर राजकुमार तांगडे यांनी खेड्यातील प्रश्नावर विविध नार्यकृती लिहिल्या आहेत. राजकुमार तांगडे हे नव्या पिढीतील नाटककार म्हणून त्यांना ओळखावे लागेल. त्यांचे 'यातना' खेड्यातील राजकारणावरील नाटक अतिशय प्रेक्षकांच्या मनाचा ठाव घेणारे ठरले. त्याचबरोबर 'हितशत्रू', 'चक्का जाम', 'पिंकी' अशी काही महत्वाची नाटके त्यांच्या नावावर आहेत. या सर्वच नाटकांमधून बदलत्या ग्रामीण वास्तवाचं चित्रण मांडण्याचा प्रयत्न होताना दिसतो आहे.

वरील काही निवडक नाटककारांच्या नाट्यसंहितेवर जागतिकीकरणाचा तसेच सामाजिक बदलाचा परिणाम जाणवतो.

कविता लेखन करणाऱ्या नागरी आणि ग्रामीण कवींनी जागतिकीकरणात भविष्यातील चाहूलखुणांना ओळखून १९८५ नंतर लेखन करण्यास सुरुवात केली. यांच्या लेखनात जागतिकीकरणात्मक विचार आणि संवेदनांचा अंतर्भाव झालेला दिसतो. म्हणून जागतिकीकरणातील कविता ही आक्रमक आणि नवशोध घेणारी वाटते. हा नवशोध महानगरातील कवींपासून ते डोंगरपाड्यातील कर्वीनी हे काळाचे संवेदन उभे केले आहे. जागतिकीकरणाच्या या प्रभावाचा परिणाम नागरी कवितांवर मोठया प्रमाणावर झालेला दिसतो. महानगरातील या जागतिकीकरण प्रभावित संवेदनेचे जग महानगरातील कवींनी मोठ्या प्रमाणात व्यक्त केले आहे. हेमंत दिवटे, वर्जेश सोळंकी, मन्या जोशी, सचिन केतकर, संजीव खांडेकर, नितीन कुलकर्णी यांच्या कवितांमधून नव्या जगाचे दर्शन घडते. यांनी महानगरातील समस्या, वास्तव तसेच मानवी जीवनासंदर्भात असलेले विविध विषय या अनुषंगाने लेखन केले आहे. तसेच यांच्या कवितांचा 'भयाण वास्तव' हा विषय अधोरेखित करण्यासारखा आहे. नागरी जीवनापेक्षा ग्रामीण जीवनातील जीवनजाणिवा या वेगळ्या असतात. त्यांची प्रश्ने आणि समस्या वेगळ्या असताना दिसतात. या समस्यांना घेवून काही कवींनी लेखन केलेले दिसते. ''या जागतिकीकरणाचे प्रभाव केवळ महानगरापुरतेच सिमित नाहीत, तर ते आता सर्वव्यापी बनू पाहत आहेत. ते गावापर्यंत, डोंगरदछयांपर्यंत, भटक्या समुहापर्यंत पोहंचले आहेत. तसेच भारतीय जातजाणीवेपर्यंतसुध्दा पोहंचले आहेत. ग्रामीण जीवनजाणिवा व्यक्त करणाळया कवितेत वर्तमान खेड्याचे मानस व्यक्त झाले आहे. प्रवीण बांदेकर, वीरधवल परब, अजय कांडर, गोविंद काजरेकर, प्रकाश किनगावकर, एकनाथ पाटील, अजीम नवाज राही, रफीक सुरज यांच्या कवितेतूनही जागतिकीकरणाच्या नव्या कालसंवेदनेचे प्रकटीकरण झाले आहे. विशिष्ट भूप्रदेश व तेथील सामुहिक जीवन या जागतिकीकरणाच्या आक्रमणाखाली आले आहे.'' यावरुन असे लक्षात येते की, शहरातील समस्यांचे पडसाद ग्रामीण भागातील जीवनावर उमटताना दिसतात. शहरी औद्योगिकतेचा परिणाम सुध्दा ग्रामीण कवितांवर होतो आहे. बालाजी मदन इंगळे यांच्या कवितेतून आधुनिकीकरण, संगणकीकरणाची दुनिया एकीकडे आणि

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Shri Sant Savta Mali Gramin Mol

दुसरीकडे अभावाची शेती, यातून शेतकऱ्यांच्या जीवनात येणारे वैफल्य आणि या वैफल्यातून आत्महत्या. असे सूत्र अधोरेखित झाले आहे. '' एका बाजूला महासत्तेचे स्वप्न आहे तर दुसऱ्या बाजूला सर्वहारावर्गांचे पिचलेपण आहे. ँ हे विश्वची माझा कटोरा ण्ववउ या अरुण काळे यांच्या कवितेत माणूस विरुद्ध संगणकाची लढाई प्रकट झाली आहे.

संगणक नष्ट करत चाललाय कामगारांना
समतेला बंधुभावाला आणि माणूसपणाला
निर्मितीला मारुन वाढवतोय तो विकृती
तो एवढा प्रबळ झालाय की येथूनच तो
दुरुस्त करतोय अवकाशयानं
माणसांना रोबो बनवायचं स्वप
होतंय त्याच्यात जागृत
पिंज-यात कोंडणारेय तो माणसाला
त्या आधी होईल एक मोठं युध्द
संगणक विरुध्द माणूस
आणि माणूसच हरण्याच्या शक्यता आहेत"
*

एका अर्थाने जागतिकीकरणाच्या वेगळ्या अशा वळणाची सूचना येथे सांगितली आहे. या जागतिकीकरणाच्या प्रक्रियेला बळी पडत असलेल्या समुहसंवेदनेचा स्वर कवींनी मांडला आहे. यातून श्रम, बंधुभाव, मानवता, भावना यांना तिलांजली मिळणार आहे. हे नाकारता येणार नाही. शेतकऱ्यांना जगाचा पोशिंदा, बळीराजा असे म्हणून आपण त्यांना फुगवत आणि फसवत आलो आहोत. परंतु जागतिकीकरणानंतरच्या लेखनामध्ये शेतीव्यवसायाचे वास्तव वेगळया पध्दतीने आलीकडच्या कवी लेखकांनी आपल्या कवितांमधून आधोरेखित केले आहे.

कादंबरी

१९८० नंतर ग्रामीण किवता व कथा मोठ्या प्रमाणात लिहिली जात असताना १९९० नंतर मयठी ग्रामीण कादंबरीतून विविधांगी विषयाने या काळात लेखन झाले. आणि ग्रामीण कादंबरीने विषय संदर्भने चित्र बदलले. आणि सशक्तपणे महाराष्ट्र'ाच्या कानाकोपऱ्यातून वेगवेगळ्या विषयाने या तीस वर्षात दोनशेच्यावर ग्रामीण कादंबऱ्या प्रकाशित झाल्या. यातील काही ठराविक कादंबऱ्या सोडल्या तर ग्रामीण कादंबरीला समकालीन काळाचे वस्तुनिष्ठ भान आले आहे. या कादंबऱ्यांमधून नव्या वळणाची, आशयाची धाटणी वाचायला मिळते. नवे प्रश्न, नव्या समस्या या अनुषंगाने जागितकीकरणाला पुरक असे विषय या १९९० नंतरच्या कादंबऱ्यांमधून आलेले दिसतात. '' यातून येणारे ग्रामीण जीवन, मनोरंजन, कल्पनाबंध, योगायोग, भावनाचाळवी, उत्कंठावर्धक, मुलायम भाषा या ढोबळ जुन्या प्रवृत्तीचे चित्रण येत नाही, तर ते ग्रामीण, भयान वास्तव्याच्या गाभ्याला स्पर्श करून त्यांच्या कृती—उक्तीसह, मन—मानसिकता, विचार—आचार, संघर्ष—समस्या, शोषण व निसर्ग निर्मित संकटांना साकार करते. यापूर्वीच्या कादंबऱ्यांतून आधूनिकीकरण, औद्योगिकीकरणातून सामाजिक व शेतीवर झालेल्या यांत्रिक बदलांचा प्रभाव दिसतो. तर आजची कादंबरी जागतिकीकरणाच्या स्वीकाराने सामाजिक, आर्थिक, राजकीय, सांस्कृतिक आणि कृषिनिष्ठ व्यवस्थेवर होणाऱ्या मूलगामी परिणामांचा विचार प्रभावीपणे मांडताना दिसते.'' अशाच या सामाजिक प्रश्नांना घेऊन १९८० नंतर अशोक व्हटकर यांची 'मेलेलं पाणी', नागनाथ कोतापल्ले यांची 'उलट चालीला प्रवाह' आणि 'गांधारीचे डोळे', वासूदेव मुलाटे यांची 'विषवृक्षाच्या मुळ्या', राजन गवस यांची 'चोंडकं', 'भंडारभोग', 'कणक', 'धिंगाणा', 'तणक' अशा या कादंबन्या ग्रामीण जीवनावर प्रकाश टाकणाऱ्या आहेत.

रामचंद्र पठारे यांची 'पाचकू', विश्वास पाटील यांची 'आंबी', 'पाणिपत', 'पांगिरा' आणि 'झाडाझडती' या कादंबऱ्यांमधून जन्मतिक्रीकरणाने निर्माण झालेले प्रश्न उपस्थित होतात. '' बा. ग. केसकर यांनी 'वायकुळ' ही कादंबरी लिहीली आहे.

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घरामध्ये कमविणारे कुणी नाही, त्यामुळे प्रामीण भागातील तरुण शिक्षण सोडून घरी येतो आणि पडतील ते कष्ट उपसत कुटुंबाचा गाढा ओढतो. असे चित्रण या कादंबरीत दिसते. वामन पात्रीकर यांनी 'जगबुडी' ही कादंबरी लिहीलेली आहे. इ. स. २००० याच वेळेला बाबुराव बागंलांनी 'कोंडी' ही कादंबरी लिहीलेली आहे. 'भुईतून उगवलेला माणूस' ही आनंतराव पाटलांनी लिहीलेली कादंबरी खेड्यातल्या मानसाचे घरातले तुटलेपण दाखविते. ल. ना. केरकर यांली 'आलेख' तर रंगनाथ पठारे यांनी 'हारण' ही कादंबरी लिहीली. धनगर समाजातल्या एका देखण्या मुलीच्या दुर्दैवाची कथा या कादंबरीमध्ये आहे. नवनीत देशमुख यांनी 'अंगणवाडी' ही कादंबरी लिहिलेली आहे. या कादंबऱ्यांमधून ग्रामीण जीवनाचे स्पंदने प्रकट होताना दिसतात. तानाजी राऊ पाटील यांनी 'आभाळ' लिहिली. या कादंबरीत गोपाळा आणि सजी या शेतमजुरांच्या जीवनाची कथा आहे. कर्जामुळे जमीन जाते आणि सगळीकडून आभाळ फाटल्यासारखे गोपाळाला वाटते., त्यामुळे तो बेचैन होतो. कर्जात जन्म-मरण भोगणाऱ्या शेतकऱ्यांची ही कथा आहे." अर्थात आधुनिकीकरण आणि जागतिकीकरण यांचे पडसाद १९८० नंतरच्या कादंबरी लेखनातून स्पष्ट होतात. ग्रामजीवनाची स्पंदने आणि हुंकार या काळातील लेखनातून आलेला दिसतो. नवसमाजाची संस्कृती, विचार, सबयी घेऊन लेखन होताना दिसून येते. याचप्रकारचे प्रश्न घेऊन सदानंद देशमुख यांची 'तहान' १९९८ ही कादंबरी ग्रामीण जीवनाचे चित्रण करताना अतिशय परिणामकारक ठरताना दिसते. या कादंबरीविषयी लिहिताना डॉ. रवींद्र ठाकूर म्हणतात, '' विदर्भातील सारंगपूरसारख्या एका लहानशा गावात पाणीटंचाईमुळे झालेल्या दुरावस्थेचे कथा 'तहान' १९९८ या कार्दबरीत देशमुख यांनी सांगितली आहे. पाणीटंचाईमुळे लोक हैराण झालेले असतात. परंतु बबन शेवाळे याला ती पैसे मिळवून देणारी पर्वणी वाटते. पाणी विकृन तो भरपूर पैसे मिळवू लागतो. लोकांना पाण्याची तहान आहे, तर बबनला पैशाची तहान आहे, त्यापुढे तो इतरांची पर्वा करत नाही. संपत्तीमुळे बबन गैरवर्तन करू लागतो. त्यामुळेच त्याची व त्याच्या क्टंबाची वाताहत होते. ही तहान फक्त पाण्याची नाही, बबनला आणि त्याच्या आईला पैशांची तहान आहे, तर कोणाला मायेची तहान आहे, कोणी सुडाची तहान भागवू पाहतो आहे. असा बरकत नसलेला धंद्दा करणं चांगलं नाही, अशी बबनच्या बापाची राघोजीची भावना आहे. परंतु बबन आणि बबनची आई रामकोर त्याचे काही चालू देत नाहीत. बैलांच्या जीवावर कमी श्रमात भरपूर पैसा मिळू लागतो. त्यामुळे रत्ना नावाच्या मुलीवर बबन पैसे उधळू लागतो. त्यापायी त्याला मारहानही होते. गावातले काही लोक त्याला एका कारस्थानात गोवून त्याचे सर्व पैसे लुबाडतात. परिणामी एके दिवशी बबन गाव सोडून परागंदा होतो. त्यापूर्वी त्याच्या घराचीही वाताहत झालेली असते.''

या जागतिकीकरणाचा सदानंद देशमुख यांची 'बारोमास', रवींद्र पांढरे यांची 'अवघाची संसार', माधव कोंडविलकरांची 'अजून उजाडायचे आहे', 'अनाथ शेत', उत्तम बंडू तुपे यांची 'झुलवा', 'चिपाड' या कांदबरी लेखनावर परिणाम झालेला दिसतो. हे सर्व पाहता विशाल समाजाचे भान कादंबरीमधूनच अविष्कृत होवू शकते यांचे भान स्वातंत्र्योत्तर काळातील कादंबरीला आले आहे. समाज संरचना, समाजाची मूल्ये आणि त्याचे वास्तव यासंबंधी समग्र आकलन कांदबरी लेखनासाठी आवश्यक असते. समाजात जातीबाद, धर्मांघता, राजकारण, यातील भयावहता, माणसातील वासनांसह असणा—या अनेक विकृती आदींना कादंबरीच सामोरी जावू शकते. कारण समकालीन समाज वास्तव कालभान आणि मूल्यभान यासह चित्रित करणे हे कादंबरीचा स्थायी भाव आहे. स्वातंत्र्योत्तर मराठी कादंबरीने हे भान प्रकट केले आहे. किल्पत वास्तवापेक्षा प्रत्यक्ष वास्तव अधिक महत्त्वाचे ठरले आहे.

१९८५ नंतर खासगीकरण, उदारीकरण आणि जागतिकीकरणाने तर व्यक्तीस्वातंत्र्याचा दीपच विझवून टाकला. मानवकेंद्री व्यवस्थेऐवजी अर्थकेंद्री व्यवस्था आली. माणूस विशेषत: सामान्य माणूस अस्तित्वहीन झाला. मूल्यहीन आणि भूमिकाहीन माणूस हा अनुभव आता नित्याचा झाला. अर्थपूर्ण समाज—संस्कृतीची शक्यता संपली. या वास्तवाचे आकलन करून घेत स्वातंत्र्योत्तर मराठी कादंबरी नवी वाट शोधते आहे.

मंटर्भ

१ जागतिकीकरणानंतरचे मराठी साहित्यप्रा. नागनाथ कोतापल्छे/प्रा. दत्ता भगत, सायन पब्लिकेशन प्रा. छि., पृ. १६, १७

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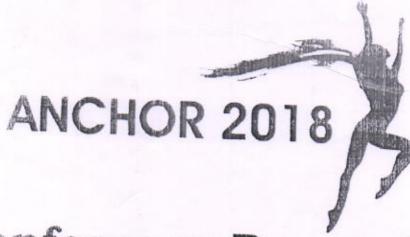
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A National Conference on Honoring Organizing & Recognizing Women in Sports

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Impact of Sports Cinemator Motivating of Youthin Sports Activities

Dr. Sandeep Jagannath Jagtap Director & Head Department of Physical Education & Sports Shri Sant Savta Mali Gramin College, Philambri, Dist Aurangabad

Prof. Limbaji K. Pratale Director & Head Department of Physical Education & Speak SPDM Arts, Commerce and Science College, Sharan Dust Diade

the interest gapen is to correlate the ex-mection of south more alterests speak course. Dateles stemps one in a superiorient, this means is lot. The voting generation but the post-until and interest one countries. the state of the state queris centere Him i cinema is not new but has much attraction among the mass. The magic to time plays a key role to motivate the youth in all sort of life. The cinema not only gives entertainment but also give social messages about That's why to find out the response of youth about motivational sports centric movies, a quick short survey was made Total 200 colleges Students of two deferent Colleges of Aurangabad District were taken. Total 13 Hindi Sports centre movies were selected and asked to subject to make their choice of seeding. After analysis, it was concluded that sports centric cinema has its impact over youth to popularize sports, to make sports more respective, and to create social harmony.

Introduction

Sport is a venture. It is, firstly, an asset in health, vitality and productivity people; Secondly, an investment of future and teamwork. It plays vital role in Society. The social benefits include an overall improvement in the quality of life, physical & mental health and moral well-being. Because of its vitality, sports can play an enormous role in redressing gender inequalities. Sports is associated with physical and Health Education, which is an integral part of the academic programme of educational institutions and that pre requisite for all the stages of education wiz primary, secondary, and university. School sports activities whether pertaining to inter school competition, physical education class of intramural activities-constitute a vital role in Talent

India is a country of huge fan followings in many popular sports events, viz. Cricket, Hockey, Enothall, Tenner, Wrestling, Boxing, Kabaddi, Badminton etc. Still being in the largest populated country, we are far her at ! SomeOlympic Niedals as compare to sn all country like Cuba. We have marvels history of Hockey sports, but in today's condition is worst to get fails to even qualify in this event at world level. Ministry of youth Affairs has tried more to uplift the standard of Indian sports, in terms of infrastructure, Facilities, incentives, and financial assistance to promote more and more talent in the sports world. We have Specialized Trained and experienced coaches in almost all popular and recognized sports events. The Sports Authority of India, working as nodal center to create more opportunities to sports talent. NSNIS, LNIPE, SAI STC's, Private Sports training centers, catering best in its class facilities to sports facilities for athletes. Sports Schools, Universities are bridging to identifying new talent from all part of the nation. Rural sports development is also helping to make available more and more facilities to rural, far flung areas of the country. Many more sports tournaments, new sports Formats, live telecast, web telecast, social media platforms has made sports more near to a common man, society, and of course the youth. Our country's youth represents the nearly all segment of population. We are the youngest countries in the world, having 65% of the population living under 35 Years of age. The youth age ranges 15-29 years are representing 27.5% of the population. The youth is quick responding, Sincere, responsible, and emotionally intelligent in all sort of new learning. He can understand and react as per the require conditions they face. Youth can take decisions quick and act accordingly.



Table 1 design and sample compositions of

s. sucients	Sportswomen 40	Non Sportswomen
	15	35
Allikan in the	25	25
-(al	100	100

The subjects were divided into groups to facilitate the administration of competitive anxiety scale and locus of control scale. Fach group consisted of 100 P.G. Students. The entire sample consisted of female students were excluded from the study in order to eliminate the influence of such factors as would result from lack of

Test Administration Tools

The Sinha's Comprehensive anxiety scale was administered to two samples of P.G. students, who were belonging to sportswomen and non-sport women group. The athletes sample consisted of 50 P.G. students who were studying in one or other P.G. course and has participated in sports activities at different levels of competition. The non-sportswomen sample consisted of those students who were studying in different P.G. Courses and who did not participate in any sports activities. At first instance, the Sinha's comprehensive anxiety scale and separate answer sheets were issued to each student in the group. They were asked to go through the instruction given in the front page. Then for the whole group the instructions were read our and method making in the answer sheet was demonstrated on the black board. First of all, the subjects the subjects were informed to be free in working their vere administered in a good and permissive atmosphere and it was maintained the achieve to another to all groups as for as possible.

were also informed that the test is neither a test of their intelligence nor of their proficiency. While the were mayoring the question supervision was done to know whether they were following instructions in answering SCA1, or not, personal data sheet was also checked to know whether they have filled on all the

Scoring: Inventory was scored accurately by the help of the manual in the present study. After completing the scoring of all 200 answers and sheets for both anxiety of both sportswomen and non-sportswomen students, they were statistically analyzed to answer the problems that were set for the investigation.

Statistical Analysis

Lo know the significant difference of anxiety behavior among o the sportswomen and non-sports, mean, variance, standard deviation and 't' were calculated. The results are discussed here.

Table Showing the mean, Sd and acquired 't' value of Anxiety Behavior of Sportswomen and non-

CVRY	Sports	women		
SN	Variables	Mean	Sd	't' Value
1 1	Non Sportswo nen	45.3	2.62	t value
	Sportswomen	45.3	2.71	0.12

to an scores and standard deviation on non-athletes and athletes were 45.3, 2.62 and 43.3, 2.70 respectively which show that there is not much or little deviation in the anxiety level of sportswomen and non-sportswomen. Both non-sports and sportswomen showed almost same level in anxiety behaviors. When

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Shri Sant Savta Mali Gramin Mahavidla Phulambri, Dist, Aurangaba

these scores were subjected to 't' test, the acquired 't' value was 0.012 which was lower than 't' table value at 0.05 level hence. It reveals that there is no difference in anxiety behavior of Sportswomen and non-sportswomen. Hence formulated hypothesis was rejected. This may be due to the fact that the respondents consisted to sportswomen and non-sportswomen are coming from rural areas they are exposed to various activities and faced lot of problem to pursuing their degree and education and hard working nature made them to sustain stress and manage anxiety behavior effectively when they exposed to situation.

Conclusion

The Study carried out by researcher reveals that anxiety behavior will manifested by situational factor but sportswomen and non sportswomen chosen for this study were coming from the rural and poverty background, these factor made them to cultivate the sustainable ability and managing skills among the sportswomen and non sportswomen of the university.

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senavior among the Sportswomen and Non Sportswomen of North Maharashtra University

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The study was convicious to appraise the significant difference of Anxiety behavior among the sportswomen non sportswomen. The Ex-pact fact research method was adopted. To achieve the purpose 200 sportswomen and non-sportswomen were *selected randomly from North Maharashtra University, Jalgaon as subject, the age ranging from 20 to 25 year. The questionnaire anxiety test was administered. The data pertaining to variable in this study has been examined by using "t" test. The "t" value is 0.12 is lexics than table value. The conclusion is drawn that there is no significant difference in anxiety behavior of among the spentaneon and non-sportswomen as it is not conformed. It might be due to their living condition and poverty made then to Kerwards: Anxiety, Sportswomen and Non Sportswomen

the creation of person of hy players especially at a professional level is recognized as influencing playing because themse placeng schedules, competition for team places, the media and fans as well as the to some trophics all play a part in players developing high stress and anxiety levels. Even experienced provided from pre-match anxiety. Developing ways to control this is important in order to prevent plant from latting apart. And anxiety level will be decided by individual life style and social Anviety

Anxiety is a physiological response to a real or emarginated threat. It is a complex emotional state characterized by a general fear or foreboding usually accompanied by tension. It is related to apprehension and tear and is frequently associated with failure, either real or anticipated. It often has to do with interpersonal relations and social situations. Feeling of rejection and insecurity are usually a part of anxiety. According to Frost (1971), anxiety is "an uneasiness and feeling of foreboding often accompanied by a strong desire to excel". Hence, anxiety state arises from faulty adaptations to the stress and strains of life and is caused by over actions in an attempt to meet these difficulties. Various aspects of the self-concept have been correlated with be general test anxiety. In a study of the relationship between a self-esteem and test anxiety in grades 4 through 8, many and many 11 (1975) found statistically significant negative correlations between the measures of self esteem and each of the measures of general and text - anxiety, when scores were analyzed by total group, grade level, and sex. Chand and Grau (1977) have investigated the relationship of perceived self and ideal self ratings with high and low levels of anxiety in college women. Subjects with a tigh negree of anxiety were found to have a significantly greater discrepancy between their perceived self and ideal concept than subjects who had low levels of anxiety. A discriminate analysis of self-ratings of college students having differential manifest anxiety, by, Mukherjee (1969), has revealed that those with high scored on the manifest Anxiety scale tend to rate themselves lower on perseverance and higher on perfection dimensions than those scoring low. A multivariate analysis that the high group expressed an overall inferior self-image than the low group though some earlier studies had reported no significant difference in terms of anxiety level between groups of actualized and non-actualized subjects, Witkins et al (1977) found a confirmation of a hypothesis inverse relation between levels of self-actualization and anxiety. These latter



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workers discussed their results in relation to the conceptual distinction between debilitating and facilitating anxiety and their respective effect on psychological growth. On the basis of their studies, Rokeach and his associates (Frucher etal., 1959; Rokeach and Fruchter, 1959) concluded that dogmatism as related to anxiety. These initial findings feel to Rokeach's contention that dogmatism "is nothing than a total network ofpsychoanalytical defense mechanisms ".Although some inconsistent results have been obtained, the general trend, cours to confirm leaktach's findings by slowing a positive relationship between dogmatism and castle 1971, Hauson & Bush 1971; Hauson & Clune 1973; Norman 1966; castle Janson & clune 1973: Norman 1966; Rebhum 1966, Rokeach & Restle 1960. Souther 1970). Expraversion and neuroticism dimensions of personality as measured by I be Maudsley personality inventory, were correlated with scores on the Manifest anxiety scale, in a study by bending (1957). The correlations of anxiety with both extroversion and neuroticism were found to be significant. However, the direction of relationships in case of extroversion was negative and in case of neuroticism positive. The present investigator (1985) in one of his studies concluded that (i) the competitive anxiety ecreases "with the increase in age in the case of the male athletes but it increases in the case of female athletes, (ii) in the case of male and female athletes, the competitive anxiety in the Indian athletes has no relationship with their experience of participation in competition, (ii) the Indian athletes have moderate level of competitive anxiety as compared to the sample norms proving the inverted U-shape the relationship between performance and anxiety. In another study, he (1986) found that there were no significant difference, in the anxiety sources of athletes, whether males or females on the basis of four different categories of athletes i.e. sprinters, middle and long distance runners, throwers and jumpers. Also there were no significant differences in the anxiety scores of hockey players whether males or females on the basis of

Methodology

Statement of problem

the purpose of the study is to assess the sports competitive anxiety a among the Sportswomen non-

Cariable 5

recondent: Sportswomen and Non-sportswomen of University players ependent Variable: Anxiety behavior

Limitations

The study is limited to the measuring the level of anxiety among the sportswomen and non-sportswomen. The study would be limited to the sportswomen and non-sportswomen of Maharashtra State Dr. BAM University Aurangabad.

Delimitation

The present study tries to analyze probe the level and extent of anxiety, among the sports and nonsportswomen.

Results and Discussion

For the purpose of the present study two samples were drawn from the sportswomen and non-sportswomen of Maharashtra State Dr. BAM University, Aurangabad at random. The total sample consisted of 200 students of equal education qualification. The sports sample consisted to 100 P.G. students who have, nd represented in different athletic meet at different levels and non-sportswomen sample those did not participated in any sports activities. The two samples were selected from rtment of Dr. BAM University, Au angabad.

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that are always passion as to the entertainment. Fashion and Cinema. In our county we have our own include industry, production houses, producing movies, in Hindi, Marathi, Punjabi, Tamil, Malyalam, Bhag are Bagali etc. This Industry is known as Bollywood, inspired from Hollywood cinema. The themes of and his is based and asspired by the social issues, problems, philosophy, culture, ethics, styles, and so on may the and small, new and old, famous and disappeared, ideas. Sports is also remains the most suitable and popular theme, always attends the filmmakers sit ce last 50 years. Many of the Movies are made covering espects of sports, as subsidiary issues, its faine, glory, and defame, social image. Sports centric movies create a motivation circle among the masses. Youth gets inspired and educated through such sports related movies. Many of the movies are connected with sports and social, personal issues, create excitement, awareness, feeling of nationalism, respect towards the sports personalities, and create integrality among the youth Some famous movies can be highlighted here, as Lagaan, Jo jita vahi Sikandar, Chak de India, Boxer, Mukkahaz, Dangal, etc. Kularni (2017) has asked in his study about the attitude of girls about sports centric movies. He asked some statements in terms of questions about sports centric movies. A question asked to total 86 participating samples regarding, have they seen sports related movies ever? A total N=167 (89.78%) agreed that yes they had seen sports related movies during last year's. Whereas only N=19, subject reacted as No, they have not seen any such movies. These show and support that, sports centric movies are viewed by most of the targeted population. The table No.4.9, showing the response over the statement question regarding the sport related movies.

Table 1
Popular Sports Centric Hindi Movies (N=14)

Movie	Sports	SN		Sports
	Wrestling	8	The state of the s	Cross Country
	Cricket	9		Cricket
The state of the s	Boxins	10	The same of the sa	Wrestling
	Athletics	11		Hockey
Bhaag Milkha Bhaag	The second contract of the second	12	The second secon	The second secon
Azhar				Hockey
Sachin A Billion Dreams	Cricket	14	Mukkabaj	Boxing Boxing
	Movie Dangal Dhoni Saala Khadoos Paan Singh Tomar Bhaag Milkha Bhaag Azhar	Movie Sports Dangal Wrestling Dhoni Cricket Saala Khadoos Boxing Paan Singh Tomar Athletics Bhaag Milkha Bhaag Athletics Azhar Cricket	Movie Sports SN Dangal Wrestling 8 Dhoni Cricket 9 Saala Khadoos Boxing 10 Paan Singh Tomar Athletics 11 Bhaag Milkha Bhaag Athletics 12 Azhar Cricket 13	Dangal Wrestling 8 Budhia Singh Dhoni Crickel 9 Kaai Po Che Saala Khadoos Boxing 10 Sultan Paan Singh Tomar Athletics 11 Soorma Bhaag Milkha Bhaag Athletics 12 Chak de India Azhar Crickel 13 Mary kom

The basic objective of the question was to check the logic awareness of Youth players in terms of sports centric motivational movies watch. Sports have been given place in world cinema as well as Bollywood in recent year trend is sports centric feature films. They films somehow works as a medium of to motivate the youth and new generation. They can help to aware them, give them knowledge, and help them to choose sport as a career.

Ort Survey

A short survey was conducted to find out the views and opinions of college male and female youth, about what they think about the sport centric most popular Hindi Cinema. To achieve this objective a total Thirteen (N=14) Hindi movies, which were highly popular motivational sports movies ever were choose. The Sports centric and publically hit, social messenger movies during last ten (10) years, till January 2018 were included. The short survey was based upon the quick response of college youth, so the sample target area choice eard, which was printed in readable, in Hindi language. The subjects were given a typed movie anonymous choice seeding from 1 to 14 serials of movies as per their choice in a specific box given in the response card following findings were drawn.



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Alto short survey through the popularity of Indian sports centric cinema the author has considered a total N=14. Under movies, which were highly popular in terms of motivational sports movies heading arch as shown in the table no-2.

Table 2
The Seeding of Popular Motivational Hindi Movies Seen by Subjects

S.N.	Name of the Movie	Percentage	Plot/ Sport	Year	Box Office collection (Rs.)
1	Dangal	48.92	Wrestling	2016	1275 Millions
2	Sultan	47.31	Wrestling	2016	584 Millions
3	Bhaag Milkha Bhaag	33.33	Athletics	2013	164 Millions
4	Sachin A Billion Dreams	33.33	Cricket	2017	133.5 Millions
5	Dhoni	31.33	Cricket	2016	215 Millions
6	Mary kom	30.65	Boxing	2014	1.04 Billions
7	Chak de India	24.73	Hockey	2007	1.27 Millions
8	Budhia Singh	22.58	Athletics	2016	2.68 Millions
47	Azhar	17.20	Cricket	2016	56.8 Millions
(1)	Saata Khadoos	16.29	Boxing	2016	14.75 Millions
	Mukkabazz	15.33	Boxing	2017	100 Millions
17.	Paan Singh Tomar	14.45	Athletics	2010	384 Millions
15	Kaai Po Che	14.55	Cricket	2013	72 Millions
14	Soorma	16.29	Hockey	2018	1.04 Billions

After the analysis of the responses given by the subject, it was found that Dangal N=91 (48.92%) placed first choice of seen movies followed by sultan N=88 (47.31%) the second most popular seen movies. Bhag Milkha Bhag, & Sachin, stood on the third place N=62 (33.33%) each commonly and Dhoni N=60 (31.33) Mary kom N=57 (30.65%) Chak de India N=46 (24.73%), Budhia Singh N=42 (22.58%) Azhar N=32 (17.20%). Sala khadoos N=21 (11.29%) Mukkebazz N=28 (15.33) Paan Singh Tomar N=26 (14.45) Kaai Po the N=26 (14.55), N=24 (14.00) Soorma was the most least preferred watched movie.

Conclusion

The sports centric Movies act a magnetic role to promote the sports, awareness, and motivation. This context support the investigator as most of the popular sports centric movie are watches, which shows the interest and awareness about sports in Youth.

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किं कि न साध्यती कल्पलते व विद्या Khandala Vibhag Shikshan Samiti's

RAJENDRA MAHAVIDYALAYA, KHANDALA

(Arts, Commerce, Science and B.C.A.)
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YOGIC NUTRITIONAL STATUS AND DIET OF ATHLETES

Dr. Sandeep Jagtap

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Abstract:

The purpose of this review is to present the basic principles of a healthy nutrition in female athletes enriched by the latest scientific recommendations. The prevalence of female athlete Triad, Eating disorders, and body image issues among female athletereviewed. Inadequate nutritional intake is more common in female athletes than in their male counterparts. Proper diet is paramount for active individuals to maintain adequate energy during physical activity and for post activity recovery. An individual's dietary needs depend on his or her sex and body size, on the demands of the activity performed, and the duration for which the person performs the activity. Dietary components include macronutrients (carbohydrates, arotein, and fat) and micronutrients (fluids, electrolytes, vitamins, and minerals).furthermore, providing proper education and support to female athlete may help to prevent injuries, future health problems and improve athletic performance.

Keywords: athletes, Triad, carbohydrates, protein, performance

Introduction:

The participation of females in sports has greatly increased over the last several decades. Data indicate that although the prevalence of clinical eating disorders ranges from 0 to 8 % among professional and college female athletes many of them are at risk for eating disorders which places them at risk for menstrual irregularity, bone injuries and lower athleticperformance. Nutrition for athletes has three purposes: 1) maximize initial performance; 2) sustain maximal performance; and 3) rapid recovery. For the female athlete, proper nutrition is also needed to maintain menstrual cycle and bone health.

The menstrual cycle is an additional energy user, so female athletes need to eat both for athletic performance and to maintain a normal menstrual cycle. Adequate nutrition also helps sustain normal levels of estrogen, a hormone needed not only to maintain normal menstrual cycle, but also to stimulate bone growth. Consequently, inadequate nutrition causes problems with athletic performance; the menstrual cyclee.g., prolonged time between periods or complete cessation of periods and bone health. If a female athlete lacks adequate caloric intake, It will impact her athletic performance and her bone development, while also causing abnormal menstruation. Female athletes who participate in sports that encourage leanness because of a need to wear contour-revealing clothing or because the activities involve scoring on the basis of appearance commonly have inadequate nutritional intake.

Dietary Components

Healthy body and mind is basic requirement of health standards all over the world. Knowledge of sound and relevant principles to people regarding dietary emponents and nutrition, eating habits of people may be moved towards taking good economic tasty and nutritious foods able to fulfill not only daily energy requirements of body but also to keep the body and mind healthy.

Macronutrients

Carbohydrates

Carbohydrates are necessary to meet energy needs, more so in endurance athletes than in strength athletes.

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