



National Seminar on

Innovative Strategies for Gender Equality March 8, 2019



Organized by

I. C. College of Home Sciences

**Chaudhary Charan Singh Haryana Agricultural University Hisar
Haryana-125004**

**In Collaboration with
Vision India NGO Hisar
Haryana-125004**

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About the Seminar

International Women's Day is celebrated globally on 8th March every year for celebrating the social, economic, cultural and political achievements of women. The day also commemorates the inspiring role of women to secure women's rights and build more equitable societies. Women's Day also remembers the voices of many women that go unheard and who continue to be dominated from securing their rights and realizing their full potential. Since decades, women had struggled and are still fighting to express their right to speech, to vote, to equality, to education, to income and most importantly, to freedom.

International Women's Day honours the women who have paved the path towards our progress and struggle to take 'womanhood' to a level where it is now. Unfortunately, at the same time, the day is a reminder of the discrimination and inequality that still continues to plague our society. This special day, dedicated to women around the world, is a celebration of the great success of women across all spheres of life as well as shaping the future. The theme for International Women day 2019 is “ **Balance for Better**” Today, women actively participate in politics, education, social work, corporate, sports, IT, research & development, innovation and diverse fields, and have left their footprints.

In order to express love and gratitude towards women's contribution to our lives and society, to honour the power and struggles of women who have overcome all barriers and reached the pinnacle of success in every sphere of life it is proposed to celebrate International women day with the following objectives:

- To deliberate innovative strategies for gender balance approach
- To create connections with role models to inspire young generation



I.C. College of Home Sciences

Indira Chakravarty College of Home Sciences was established in 1973 to cater the needs of women for higher education and for development of women, families and communities. It also aims at sensitizing and providing relevant multi-disciplinary knowledge to the students for developing scientific and technical skills among them for self actualization, catering to demands of job market and betterment of the family and community. To meet these challenges, IC College of Home Sciences continues to update its curriculum from time to time, besides actively engaging the students in research and extension endeavours. This college has gained a reputation for excellence and a proven record of students' success over the 44 years of its existence .

VISION

- To offer quality education to girls for developing abilities for effective resource management
- To improve quality of life and to prepare women and girls for their social and economic empowerment.

MISSION AND GOAL

- To produce quality human resource in the field of home and community science
- To conduct research in priority areas related to home and community science
- To develop technologies to combat various constraints and reduce drudgery of farmers
- To reduce the gap between existing novel technical innovations, development of products and their speedy commercialization

OBJECTIVES

- To develop abilities for effective resource management and improve quality of life
- To prepare the girl students for multiple role performance by enhancing their entrepreneurial skills to become professionally trained for job market
- To develop competence in girls especially from rural areas in the application of science in daily living to achieve better quality of life



The college is offering two undergraduate degree programmes of four years duration leading to B.Sc. (Hons.) Home Science and B.Sc. (Hons.) Community Science. B.Sc. (Hons.) Community Science has been started recently from academic

session 2017-18. The college offers M.Sc. and Ph.D. programmes in five disciplines i.e. Extension Education and Communication Management (EECM), Foods and Nutrition (FN), Family Resource Management (FRM), Human Development and Family Studies (HDFS) and Textile and Apparel Designing (TAD). Special feature of B.Sc. (Hons.). Home Science/Community Science programme is that in the final year, students opt for one professional elective course/Student Ready Programme offered by all the five departments. To impart high class practical professional expertise in these specializations, students join in-plant training/industrial attachment in related industries for a period of 12 weeks.

I.C. College of Home Sciences has a fleet of experienced faculty members and excellent infrastructural facilities like theatre type lecture rooms, auditorium, recording studios, computer labs, subject matter labs including commercial bakery lab, experiential learning units, well-equipped library with large number of books and periodicals. The college also has excellent facilities for co-curricular and extracurricular activities that go a long way for all round development of students. Faculty members keep themselves abreast with latest knowledge and skills through participation in trainings, seminars, workshops, conferences and have been honoured with prestigious awards at various National and International platforms. A Centre of Excellence on 'Processing and Value Addition of Pearl Millet for Nutritional Security' has been established in the Department of Foods and Nutrition.






Professor K. P. Singh
Vice-Chancellor
CCS Haryana Agricultural University
Hisar - 125 004, India

MESSAGE

It's a pleasure to know that IC College of Home Science is organizing a National Seminar on 'Innovative strategies for gender equality'. The topic is highly pertinent in present day context. The world is witnessing a significant change and attitudinal shift in both women's and society's thoughts about women's equality and liberation. It is a proud feeling that women in independent India have achieved great progress in all walks of life. India is one of the few nations where women have made their mark not only in academics but also sports, defence as well as administration in different sectors.

The timing of seminar could not be more perfect than International Women's Day. March 8th is a global day celebrating the social, economic, cultural and political achievements of women and marks a call to action for accelerating gender parity. The seminar gains more significance being organized on the soils of Haryana where daughters have proved their mettle time and again and have made nation proud at national and international levels. I am sure that the Seminar would serve an excellent platform for delegates, scientists and academicians to have fruitful discussion and deliberations.

I wish the symposium a grand success and compliment the Dean COHS and her team for organizing this event.


(Prof. K. P. Singh) 7.3.19



Dean
I.C. College of Home Sciences
CCS Haryana Agricultural University
Hisar- 125004 Haryana, India

MESSAGE

I extend a warm welcome to the delegates of National Seminar being organized at COHS, CCS Haryana Agricultural University, Hisar on March 8, 2019. The National Seminar, 'Innovative strategies for gender equality' will provide a new perception to the role of women in society. This seminar is proposed to address the gender issues that affect everyone everywhere but in different way to improve the impact of women in our societies by interlinking educational, geographical, technological, legal and entrepreneurial dimensions.

International women day is about unity, celebration, reflection, advocacy and action. This will be an excellent opportunity to discuss and learn about the problems being faced by women and discussing innovative strategies to reach sustainable solutions through the platform of a national seminar. From grassroots activism to worldwide action, India has entered an exciting more gender balanced world. Now we have the opportunity to make everyday a 'women day' by raising awareness, challenging bias, influencing behavior, celebrating women's achievements, challenging stereotypes, launching initiatives and mobilizing masses.

We need to create policies that integrate social, environmental, and economic interests of genders promote more sustainable social systems. I congratulate the organizing committee for bringing out this Souvenir in such a short time. I wish the organizers a success in their endeavour.


Dr. Bimla Dhanda



Mrs. Jyoti Benda

Chairperson

Haryana State Commission for protection of
Child Rights

MESSAGE FROM LEAD SPEAKER

“We've begun to raise daughters more like sons... but few have the courage to raise our sons more like our daughters.”

— Gloria Steinem

International Women's Day is celebrated on March 8 worldwide, commemorating the political, social and economic achievements of women. I am happy that on this very special day we are addressing the issue of **Gender Inequality. So what is it? Is there really inequality?**

In simple words, it may be defined as discrimination against women based on their sex. Women are traditionally considered by the society as weaker sex. She has been accorded a subordinate position to men. She is exploited, degraded, violated and discriminated both in our homes and in outside world. This peculiar type of discrimination against women is prevalent everywhere in the world and more so in Indian society.

Everyone will agree that the problem exists and the common causes also. There is no single straightjacket formula or solution for a problem which runs so deep in our minds, way of life, customs and practices etc. The unfortunate part of gender inequality in our society is that the women too, through, continued socio-cultural conditioning, have accepted their subordinate position to men. And they are also part and parcel of same patriarchal system. Further the situation is aggravated by the Poverty and lack of education derives countless women to work in the unorganized sector as domestic servants, unskilled laborers, factories and even become vulnerable to being pushed into prostitution

Despite these systematic barriers we all should feel proud that women have excelled nevertheless! Be it sports, politics or academics, women of India have proved themselves. Although there's still a long way to go to achieve an equality which is based on equity and principles of natural justice. Equality is not mathematical equality; it means a person's gender becomes irrelevant when it comes to his/her human rights .

I congratulate the Department of Home Science for organizing today's event and I am confident that it has provided a common platform for social workers and scientists to understand the deep rooted problems and find long sustaining solutions. I hope this seminar would set stage for further progress of women in society. Such seminars can provide us pertinent and sustainable solutions in scientific ways. The problems that modern women face are not the same as faced by our elder's decades ago. Since problems are new, answers have to be new.

I would like to end up my talk here today by emphasizing that **a woman is a human.** In india women are treated as goddesses but we fail to recognize that she is a human being. Gender equality does not imply that *she is not better, wiser, stronger, more intelligent, more creative, or more responsible than a man. Likewise, she is never less. Equality implies Equity.*

So I have this simple exercise for you. Whenever you are faced with a situation and you are in doubt about women rights ask a simple question to yourself. **Does a human being deserve this** (right/facility/protection etc) ? If the answer is yes, well **a woman deserves it as well.** A woman deserves Respect, safety, opportunities, and recognition... everything a human being deserves under his or her right to life legally as well as socially and morally. If we remember this more than half of the battle has been one and we are well on our path in becoming a society which cares for its people including women.



Ms. Sushila Dalal

President (Women Wing)
VISION INDIA NGO Hisar

MESSAGE

Being a women should be our supreme achievement. It's not our deepest fear. In our Vision India NGO; we work for the same. Celebrate womanhood, fuel yourself with self confidence and let that fuel empower you to soar towards your dreams....



Ms. Sunita Sahrawat

District President (Women Wing)
VISION INDIA NGO Hisar

MESSAGE

In our Vision India NGO; we work for women and child safety and freedom. There is no limit to what we, as women, can accomplish whether that's in politics, social areas, teaching or other fields. The strongest action for a woman is to love herself, be herself and shine amongst those who never believed she could.

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Possession and utilization pattern of cashless payment methods by respondents

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Abstract

Cashless economy indicates a culture of people settling transactions digitally. In a modern economy, money moves electronically. Hence, the spread of digital payment culture along with the expansion of infrastructure facilities is needed to achieve the goal. The government should make sure that if India has to go cashless it should be safe. Cyber-crime in India is growing at an alarming rate. This has to be eliminated or at least reduced so that people believe and start transitioning towards a cashless economy. Even as ordinary citizens queue up for cash, economists are busy estimating the extent to which economic growth will be hit because of the ongoing drive to replace high-value banknotes. The present study was conducted in Hisar district of Haryana state covering 200 respondents from two localities viz., rural and urban. The results shows that majority of respondents had possession of ATM card, followed by debit and credit card and are supported by Khan (2010) indicated the significant dimensions of ATM service quality as convenience, efficient operation, security and privacy, reliability and responsiveness. It also reflected a positive and strong relationship between ATM services and customers' satisfaction. Further, results shows that first rank was given to ATM card, followed by credit card and debit card as cashless payments method were utilized by the respondents

Keywords: *Cashless system, possession, utilization, bankcards*

Effect of packaging materials on quality parameters of guava (*Psidium guajava* L.) cv. Hisar Safeda during storage after transportation

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An experiment was conducted in Post-harvest Laboratory of the Department of Horticulture, CCS Haryana Agricultural University, Hisar to find the effect of nine packaging materials viz., sealed and perforated poly bags, wooden boxes with no cushioning, wooden boxes lined with newspaper lining, wooden boxes with paddy straw, wooden boxes lined with newspaper cuttings, corrugated fibreboard boxes lined with newspaper cuttings, corrugated fibreboard boxes without newspaper cuttings and plastic crates without cushioning used during transportation, on physiological parameters of guava cv. Hisar Safeda stored at room temperature during rainy season of 2017. The total distance covered by road for the transportation of packed guava fruits was 200 km (Hisar to Charkhi Dadri and back to Hisar). The data were recorded on total soluble solids, titratable acidity, ascorbic acid content, total soluble solids to acid ratio, reducing sugars, non-reducing sugar, total sugars, pectin content and organoleptic rating during storage. The results reveal that guava fruits packed in corrugated fibreboard box lined with newspaper cuttings had maximum total soluble solids, total soluble solids to acid ratio, ascorbic acid content, total sugars, reducing sugars and organoleptic rating and minimum acidity, while guava fruits packed in wooden box lined with paddy straw and wooden box lined with newspaper lining had maximum non-reducing sugar and pectin content respectively. The results of the experiment indicate that corrugated fibreboard boxes had a significantly overall positive influence on most of the recorded parameters.

Keywords: Guava, *Psidium guajava*, packaging, transportation, storage

Communication pattern for attaining information regarding cash less system

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Abstract

A Cashless Economy is an economy in which all types of transactions are carried out through digital means. It includes e banking (Mobile banking or banking through computers), debit and credit cards, card-swipe or point of sales (POS) machines and digital wallets. The present study was conducted in Hisar district of Haryana state covering 200 respondents from two localities viz., rural and urban. Results shows majority of respondents had possession of Cable TV, followed by television and newspaper and had high mass media exposure. A recent survey found that 112 million households in India own a television, with 61 percent of those homes having cable or satellite service (National Readership Studies Council, 2006). In China, television exposure grew from 18 million people in 1977 to 1 billion by 1995 (Thomas, 2003). In more recent years, satellite and cable television availability had increased dramatically. Majority of respondents had high utilization of localite sources and low utilization of cosmopolite sources. It was also found that majority of respondents had exposure of PayTm for using cashless system, followed by credit card and internet banking. Brid *et al.* (2017) identified that PayTm had maximum users, other features lack in somewhat features compared with PayTm, so people preferred to use PayTm than other apps.

Keywords: *Cashless system, mass media exposure, information source utilization, internet exposure*

A comparative study of multiple intelligence of young adolescents with respect to their residential area

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ABSTRACT

Gardner's theory, developed during the 1960's, assists teachers, trainers, and employers to fiddle with their teaching styles to fit the needs of different learners. Though intelligence is inherent but it can be improved through proper channels. Hence, the residential background of the adolescents should not be the only way to judge intelligence. With this aim the purpose of the present research was to study and compare the Multiple Intelligences of young adolescent girls. The nature of study was descriptive. Multi stage sampling was used to select sample from Haryana State. Statistical Package for Social Sciences (SPSS) software was used to find the significant difference in the multiple Intelligences of students with respect to their areas of residence. The significance of differences between mean scores of rural and urban adolescent girls was tested by the 'Z' test. Significant differences were observed in the mean scores of rural and urban adolescents for logical mathematical ($Z = 2.95^*$), musical ($Z=2.43^*$), bodily kinesthetic ($Z=2.96^*$) and interpersonal ($Z=4.57^*$) intelligences.

Keywords: Multiple Intelligence, Young Adolescent Girls, Haryana

Effect of family variables on naturalistic intelligence of secondary school students of Haryana state

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Abstract

There are billions of people in the world, but it is impossible to find two people identical. It means everybody is inborn different. But, our education system is such that it treats everybody in more or less same way which hampers the development of a child negatively and his or her contribution as well. Hence, researcher has conducted this study entitled “Effect of Family Variables on Naturalistic Intelligence of Secondary School Students of Haryana State” to study the individual potential of children in terms of their naturalistic intelligence and the effect of family related variables on the same. Naturalist intelligence is one of researcher Howard Gardner's nine multiple intelligences. This particular intelligence that involves how sensitive an individual is to nature and the world. People who excel in this intelligence typically are interested in growing plants, taking care of animals or studying animals or plants. Zookeepers, biologists, gardeners, and veterinarians are among those that Gardner sees as having high naturalist intelligence. It was found that some of the family related variables such parental education and occupation affect the naturalistic intelligence of young adolescents.

Keywords: Naturalistic Intelligence, Family Variables, Young Adolescent Girls

Soybean and flaxseed based phytoestrogen rich products: Their role in nutritional and health security of rural menopausal women

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Abstract

Soya bean and flaxseed are rich sources of various phytoestrogens namely isoflavones, lignans etc. Various studies have proved that chemical structure of these phytoestrogens is somewhat similar to that of female estrogen hormone. After menopause the secretion of estrogen is diminished which in turn causes various unpleasant menopausal symptoms like hot flushes, night sweats, poor memory etc and several chronic risk factors like low bone mineral density, obesity, high blood pressure, high cholesterol, high blood glucose etc which in turn affect their nutritional and health status. In western countries women after menopause take hormone replacement therapy (HRT) to reduce the unpleasant menopausal symptoms but it could lead to several side effects like risk of breast cancer and cardiovascular diseases. It has been proved by various studies that flaxseed and soya bean based phytoestrogens can be used as natural substitutes of HRT which are very effective in reducing the occurrence of menopausal symptoms among menopausal women. Flaxseeds can be consumed in roasted form and soya bean as soya milk, soya chunk, soya paneer, soya sauce etc. and they can be incorporated with other ingredients to develop various value added products like *sev*, *matthi*, *shakkarpara*, *laddo*, biscuits, cakes, muffins, rusk, *chappati*, noodles *etc*. It is the need of the hour to create awareness among menopausal women related to importance of inclusion of soybean and flaxseed based products in their daily diet to delay menopause and its symptoms thereby enhancing their health and quality of life.

Key words: Flaxseed, menopause, phytoestrogen, soybean, health

A study on role of women in diversified agricultural processing activities: needs and constraints

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Abstract

This paper highlights the role of women in diversified agricultural processing activities with the aim of assessing their needs and constraints. Women in India or anywhere else in developing countries occupy the low states in the society and their contributions has never been adequately acknowledged or given economic value. Moreover, women's roles in the economy has often been under estimated and their work in the different sectors has long been invisible. We analyze data from 200 women respondents who were actively involved in processing diversified agricultural activities in Haryana state. Results regarding level of participation, suggest that majority of the respondents (70.0%) reported to play main role for making products and by products. Pertaining to nature of participation, result revealed that majority of the respondents actively participated in all the diversified agricultural processing activities. Regarding information giving and seeking behavior majority of respondents reported under information giving category for making products and by products (64.0) while majority of the respondents reported under information seeking category for processing including cleaning, washing, sorting, separating, grading, chopping, drying, packing and storing. Majority of the respondents reported under consulting category of decision making for processing (60.0%).

Key words: Diversification, Agriculture, Training needs, Constraints, Women.

Challenges and problems faced by women laboures

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Abstract

Labour is one of the primary factors of production. It is considered to be important not only because it is productive but also because it activates other factors and makes them useful for production purposes. The changing Socio-economic scenario, women's productive roles have assumed new dimensions. Recognition of crucial importance and need that women's participation has always been necessary for the success of social and economic development. Obstacles under which they work, to strengthen their bargaining capacity, to improve their wages and working conditions, to augment their skills and to open up better employment facilities for them. Female labour has been an important segment of the workforce of India. With the changing Socio-economic scenario, women's productive roles have assumed new dimensions. Women represent half the world's population, and gender inequality exists in every nation on the planet. Until women are given the same opportunities that men are, entire societies will be destined to perform below their true potentials. The greatest need of the hour is change of social attitude to women. It is hoped that Female Labour in India will be well received in various academic circles. Changes in life and position of women have been greatly accelerated by the spread of education. They just do not require merely legal measures for equal rights, but sympathy and understanding both at home and in the place of work.

KEY WORDS: Society, Gender Equality, Women Labour

Intervention study to assess nutritional status of anaemic and obese pregnant women

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Abstract

The present study was conducted in Hisar district of Haryana state to assess the nutritional status of pregnant women & impart nutritional education to the selected pregnant women. A total of 250 women having pregnancy of third trimester were selected randomly from different hospitals of district Hisar. Respondents from both government private hospitals selected so as to draw as a sample both urban and rural women. Nutritional status of pregnant was assessed in terms of dietary assessment, anthropometric measurements (height weight & skin fold thickness) & clinical assessment of signs & symptoms of various nutrient deficiency diseases. Dietary assessment was done by 24 hour dietary recall method for three consecutive days of 100 respondents. The results of study revealed that the consumption of all food stuffs like cereals, pulses etc were lower in the diets of pregnant women. Nutrients like energy, fat, b- carotene, b- complex vitamins, vitamin-c, iron & calcium were found limiting in the diets of pregnant women. It was found that caste, family size, income, working status of respondents & husbands education had significant ($P < 0.05$) effect on food intake of selected pregnant women. Results indicated that out of 250 pregnant women, 79.2% pregnant women were anaemic while 20.8 were non anaemic. Majority 47.2% women were overweight, 25.2% obese, 22.8% normal weight & 4.8% underweight. Nutrition education was imparted to 50 selected pregnant women. It was found that majority of the respondents had inadequate knowledge regarding nutrition before imparting nutrition education. After imparting nutrition education, there was significant ($P < 0.01$) improvement in knowledge of pregnant women regarding all nutritional messages. It is therefore recommended that dietary counseling is required for women for improving food and nutrition security at domestic, state and national level.

Sanitation for Women

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Abstract

India is male dominant country; it is very tough to distribute equal right in our society. Even in the present century where women are known as the power of nation, society and family, but story behind this power is still a mystery. The principle of gender equivalence is representing in the Indian Constitution in its Preamble, Fundamental Rights, and Fundamental responsibility. The right to an adequate standard of living is one of the important human rights, to establish a minimum entitlement to food, clothing and housing at an adequate level. The right to sanitation, derived from the right to an adequate standard of living, that provide privacy, physically accessibility, affordability, safety, hygienic, security, social and cultural acceptability and ensure dignity. Women and men generally have diverse roles in sanitation. In the society, women have key role in the management of household sanitation and health issue. Women and girls are especially affected by inadequate sanitation and that is probably due to gender related inequality or cultural and social factors. During menstruation, pregnancy and postnatal stages the need for adequate sanitation becomes even more critical. There are tremendous socio-economic benefits associated with improved sanitation services, safety, improved health, clarity and empowerment. Gender mainstreaming can empower women to make smart choices about assets and services, leading to better education which improved social capital.

Key Words: women, gender equality, sanitation, menstruation

Use of tools and technology in agriculture

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Abstract

In India, around 70 per cent of the population earn livelihood from agriculture (EIU, 1997). It is also true that many labour saving devices and improved farm implements have been developed but their suitability to both men and women users has not been tested. Moreover, the access of these technologies is difficult due to lack of exposure and know-how of the technology, financial constraints, lack of family support and lack of availability of suitable technology at suitable time and place. With the coming of the Industrial Revolution and the development of more complicated machines, farming methods took a great leap forward. Regardless of farming practices, innovation is essential to increase productivity. Governments and the agriculture industry have a shared responsibility to meet global food production challenges. Farmers should not be deprived the best available agricultural tools. Use of tools & technology allows farmers to cultivate many more acres of land than yesterday. The present study was planned to assess the use and availability of tools and technology in agriculture

Involvement and practices adopted by rural women in dung collection

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Abstract

Dung is acknowledged as a resource in rural scenario. Cattle dung has a significant place in everyday life in rural India, thus is managed daily. Dung collection is considered as mainly women's work so the study was undertaken to assess the involvement and practices adopted by rural women in dung collection. The study was carried out in randomly selected *Dabra* village of Hisar district. Sample was comprised of households, who were having cattle and were involved in the dung collection activity for minimum of last two years. A list of households with number of cattle was prepared and from the list, three categories were made on the basis of number of cattle i.e. households having 1-2, 3-4 and 5-6 cattle in the households. Out of this list, 30 household were selected randomly from each category thus making a total sample of 90 household. Female head of the household was the sample of the study. Inordinately in the majority of households (90.0%) dung collection activity was done by self and other female, 82.2% respondents were collecting dung twice in a day. Half (53.3%) of the sample was taking help of other person during dung collection activity and 91.1% respondents were using dung for preparation of dung cake and 8.88% of the respondents were using for vermicomposting. The main reason for dung collection activity was to save money, no other choice (67.8%), technological barrier (57.8%)and family need (20.0%). Distance of 750 meter was covered by 71.1% of the respondents for dung transportation and average of distance travelled was 573.88m moreover 65.6%were carrying out 3 and more trips for dung transportation. On an average 17.6 kg of dung was carried by them per trip and average time spent in dung collection activity was 93.6 min per day.

The role of rural women in agriculture allied fields

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Abstract

The role of rural women in their socio-emotional wellbeing of agriculture and its allied fields. It is argued that the socio- emotional wellbeing of rural women in Haryana have been actively involved in agriculture and its allied fields. Rural women's work ranges from crop production to harvesting operations, from live stock rearing to raising babies. In addition to her daily work routine, consisting of, cooking, cleaning, and other domestic chores, rural women are also heavily involved in all aspects of country's agricultural sector. From crop production to livestock rearing, rural women are socio-emotional wellbeing expected to regularly engage both domestic and commercial aspects of society. Despite such a huge contribution, her role has yet not been recognized. The paper recommends a fair treatment to the rural women and calls for socio-emotional wellbeing upliftment by enhancing education, employment, training, and health care facilities. Women constitute about 25% of all family workers in agriculture households and 75% of part time workers (Larik, 2001).

Key words:- Cooking, cleaning ,harvesting, and domestic chores.

Work performance and market linkages developed by successful women entrepreneurs

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Abstract

Entrepreneurial activity is the enterprising human action in pursuit of the generation of value, through the creation or expansion of economic activity, by identifying and exploiting new products, processes or markets. Entrepreneurship has always been defined as an action, a process, or an activity, in which creativity, risk-taking and innovation play a crucial role. Therefore, the entrepreneurial activity involves identifying opportunities within the economic system. Entrepreneurial activity is differentiated from the relatively “static” management (Leitung) (Hartmann, 1959), and is concerned with the process of change, emergence, and creation (Bruyat & Julien, 2000, Hartmann, 1959, Schumpeter, 1934, Weber, 1947). The entrepreneurial activity is a source of innovation (Reynolds et al., 2001), that emphasizes regional economic development (Audretsch and Fritsch, 1999) and increases employment opportunities (Van Stel and Storey, 2004). For documentation of Success stories of women entrepreneurs. An experiment was carried out with the objectives to analyze the work performance and to find out market linkage of women entrepreneurs. The following observations shows that skill of money management and saving habit generated among members, confidence building to visit banks, clarifying doubts and sharing of information and connectivity with the university helped women to know more about need based information, skill of decision making was developed, capacity to analyze situation and judgement making ability were increased, capacity development in terms of analysis of felt and unfelt need regarding operation and attributes of income generating activities, skill developed in different areas of training generated confidence and motivation, increased income resulted in self reliance and capacity building and start of entrepreneurial culture in family and society as for their work performance. Market linkages were developed with CCS HAU Hisar, NRLM, DRDA, NABARD and NGO etc. by starting entrepreneurial activity like making key holders, wall hangings, ply scenery, motor cycle seat cover, *jarri ki jutti*, bracelets and foot mats out of waste clothes etc. by the women entrepreneurs. One can also contributing a lot to her family income, raising standard of living of the family and better education to her children.

Key words: Work Performance, Market Linkages Developed, Successful Women Entrepreneurs Decision Making And Capacity And Confidence Building

Gender equality through life skill education

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Abstract

A healthy society must be based on the principle of equality and this equality becomes all the more significant in its basic form, that is, equality between genders. Gender equality emphasizes freedom of choice and equality of opportunity for all men and women. Women throughout the globe have to be dependent on their male counterparts for making choices for them in one aspect of life or the other. Life skills education can play a significant role in empowering women and thereby bring gender equality in the society. Development of Life Skills in women will make them more informed and knowledgeable regarding their health; their rights and duties; various issues concerning the society and they will have more choices in their employability; in the decision making process; as an effective homemaker; and as a productive member of the society. Development of Life Skills such as Self Awareness, empathy, effective communication, interpersonal relationships, coping with emotions, coping with stress and so on, can have far reaching effects in this direction. Life Skills Education can open up new avenues for women for dealing with all aspects of their life in a progressive manner thus lessening the man woman. The present study focuses on the importance of life skills education and its benefits of imparting on adolescents, as they are the important building blocks for a dynamic citizen, who can cope with future challenges and survive well. To a large extent intervention program enhanced the life skills of respondents. Gender wise significant improvement was found in all six dimensions of life skills.

Keywords: Gender Equality, Life Skills Education, adolescents.

Health implication of dietary bioactive compounds

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Abstract

A bioactive compound is any compound present in foods that has an effect on the organism after consuming it. Bioactive compounds are phytochemicals found in foods that are capable of modulating metabolic processes and resulting in the promotion of better health. They exhibit beneficial effects such as antioxidant activity, inhibition or induction of enzymes (Correia, Borges, Medeiros, & Genovese, 2012). Foods, particularly plant foods provide a range of nutrients and different bioactive compounds including phytochemicals, vitamins (vitamin C, folate, and provitamin A), minerals and fibers. Phytochemicals have an important role in preventing various chronic diseases like diabetes, coronary heart disease and hypercholesterolaemia. Foods rich in these chemicals are called functional foods. Indian habitual diets, which are based predominantly on plant foods like cereals, pulses, oils and spices, are all good sources of phytochemicals, particularly dietary fibre, vitamin E, carotenoids and phenolic compounds. Grape seeds contain mainly phenols such as **proanthocyanidins**. The studies have shown that the antioxidant power of proanthocyanidins is 20 times greater than vitamin E and 50 times greater than vitamin C. Grape seed also contains a significant number of essential fatty acids Linoleic and oleic unsaturated fatty acids. It is used in pharmaceutical and food industry due to the presence of antioxidants and various macro and micro nutrients. In food industry it is used in preparing and preserving various products. It is used in the treatment of various deficiency and chronic diseases like, diabetes, cancer, renal disorders, hepatic disorders, cardiovascular diseases like hypertension, hyperlipidemia, atherosclerosis etc. It counteracts the formation of free radicals, reduces the oxidation of low density lipoprotein.

Keywords: antioxidant, CVD, diet and cancer, flavonoids, phenolics, phytochemicals

Analysis of women participation in agricultural production in india

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Abstract

Women play a very significant role in agricultural production in India. Inadequate information on the level of women participation in agriculture has helped to under estimate their importance in the economy and hence led to their neglect in policy issues. India is a developing and predominately agrarian economy. 70% of its population is rural, of those households, 60 percent engage in agriculture as their main source of income. Agriculture is an engine of growth and poverty reduction in developing countries where it is the main occupation of poor. Many women, in developing countries, are major producers of food. Nearly 63 percentage of all economically active men are engaged in agriculture as compared to 78% of women. Women farmers do not have equal access to productive resources and this significantly limits their potential in enhancing productivity. The analysis showed that the level of the disposable income, perception, tenure rights and the level of the contribution of the women to agriculture had significant impact on the women participation in agricultural production. Women farmers do not have equal access to productive resources and this significantly limits their potential in enhancing productivity.

Keywords : women, employment, agriculture

Family environment as the predictor of self-concept among adolescent girls

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Abstract

The adolescent is the real capital of any society and we should protect and preserve it for the betterment of the society and nation. Self-concept is the sum total of person's perceptions about his /her physical, social, temperamental and academic competence. The family is the most important institution that prepares children to become functional members of society. This study examines Self-concept in relationship with Family environment among adolescents. Hisar district of Haryana state was selected for the present study. Two areas were selected i.e, urban and rural. For selection of rural sample 100 adolescent girls from Govt. higher secondary schools from Kaimri and Ladwa were selected randomly. 100 adolescent girls from Govt. senior secondary school Sushila Bhawan and Govt. high school CCS HAU Hisar, were selected at random for urban sample. To measure the self-concept of adolescent's girls, Self-Concept Inventory by Mohsin, S.M. (1979) was used. Family environment was assessed by using family climate questionnaire developed by Dr. Beena Shah (2006). Chi squares were computed to examine the relationship between family environment and self-concept of adolescent girls. The study reveals that self-concept was highly associated with family environment of adolescent girls. Results further elucidates that Self-concept was highly associated with sub aspects of family environment i.e. restrictiveness vs freedom ($\chi^2= 13.43^*$), indulgence vs avoidance ($\chi^2= 12.85^*$), trust vs distrust ($\chi^2= 14.96^*$), expectation vs hopelessness ($\chi^2= 12.39^*$), and open communication vs controlled communication ($\chi^2= 13.68^*$). Study concluded that adolescent girls experiencing healthy family environments are found to have higher self-concept in comparison to girls receiving poor family environment.

Key words: Self-concept, family environment, restrictiveness, expectation vs hopelessness, indulgence vs avoidance

Ergonomic workstation table for women in bead works for a healthy and productive workstyle

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Abstract

Most of the families of a village Mangali in Hisar block of Haryana is involved in production of wooden beads for decades. The production process is a joint effort made by both male and female members of the family. However the works done by male members start from procurement of wood to making of beads till their marketing whereas women work to string the beads for whole days and give them finishing looks for selling in not more than 50-100 rupees per day that too only if work is available in abundance. Even the male members only get a limited selling price as all the benefits are secured by the middlemen. The women also face physiological hazards and musculo-skeletal discomforts for doing all the works sitting on floor in a bending posture. The ergonomic workstation table has been designed for the women where they can make their bead products by sitting on floor itself. The gives a height of 12 cm from the floor in accordance with the wrist and elbow performance and a hollow space inside to put feet inside. The sliding pattern of the table allows for saving space along with storage. 10 women were made to work for 3 hours continuously over the table and it was found to be 34.73% efficient than being working on floor on the basis of Overall Discomfort Ratings while working on similar mala cutting and tassel making works they perform every day. The table helps the women to perform works in a managed way and hassle free manner and also it provides importance to their work and puts them on the upfront of the society along with the increase in their productivity. The cost of a single table is not more than 1000 rupees which can be used by two women at a time.

Keywords: workstation table, bead products, musculo-skeletal discomfort.

A study on academic stress and parental aspiration among male and female adolescents

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Abstract

Academic stress is a mental distress with respect to some anticipated frustration associated with academic failure or even unawareness to the possibility of such failure. Parental expectations can be contrasted with parental aspirations, which typically refers to desires, wishes or goals that parents have formed regarding their children's future attainment rather than what they realistically expect their children to achieve, therefore the study was conducted to examine the relationship of socio-personal variables and parental aspiration with academic stress. The study was undertaken in Haryana state. Hisar district and village Kharkarawas taken in order to meet the sample requirement i.e. 100 boys and girls from rural area and 100 from urban area thus making a total sample of 200 adolescents ranging in 16-18 years of age group. The scale used for the study was parental aspiration scale by Grover and Grover (1987) used to assess perceived parental aspiration of respondents and academic stress scale by Rao (2012) was used to assess academic stress of respondents. The finding elucidates that female respondents perceived higher parental aspiration than male respondents. The results further highlighted that female respondents had more academic stress than their counterparts. Results further pinpointed that ordinal position, occupation of mother and parent's income of the respondents was significantly and negatively correlated with academic stress. Parental aspiration and parent's education was significantly and positively correlated with academic stress. With the findings of the study it can be concluded that female respondents had more academic stress because of parental aspiration so it's very important for them to be resilient in academics.

Keywords-Academic stress, parental aspiration, resilient

Knowledge of respondents regarding benefits of organic farming and organic food

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Abstract

Organic farming is a method of livestock and agriculture production without use of chemically based inputs like fertilizers, pesticides and genetically modified organisms etc. The study was conducted to assess the knowledge of respondents about the benefits of organic farming and organic food. The study was conducted in two villages of block Nathusari Chopta in Sirsa district and two villages of Adampur block in Hisar district of Haryana state. Total 240 respondents (120 males and 120 females) were selected for the study. The data were collected with the help of developed inventory and analysed by frequency and percentage. The results showed that majority of respondents fall in low knowledge category (up to 33% knowledge) followed by medium knowledge category (34% to 66%) about benefits of organic farming and organic food. There were no respondents in high knowledge category.

Key Words – Organic farming, organic food, knowledge, benefits

Impact of iron rich supplements on iron status of experimental adolescent

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Abstract

Anaemia is most common disease prevalent among women. Anaemia is a global public health problem that affects human in all stages of the life. A Study was done to see impact of Garden cress seeds supplements. Three supplements (Iron rich) were selected for supplementary feeding on the basis of their sensory and nutritional analysis scores. Seventy five adolescent girls showing symptoms of moderate deficiency of anemia on the basis of clinical assessment, biochemical assessment and anthropometric assessment were selected with the help of trained doctor. Adolescent girls they were divided into three groups on the basis of supplements given to them. Three types of supplement were given to different group. First group served as control and fed supplement *ladoo* and biscuits without incorporation of garden cress seed flour. Each adolescent girls in second and third group received a packet containing 75g garden cress seed *ladoo*, biscuit and guava daily. Feeding trial was conducted for three months. Earlier 25 adolescent girls were selected in each group. Anthropometric measurements, i.e., body height, weight and BMI were recorded initially and at the end of feeding trial using standard technique of WHO, (2010). Clinical symptoms were observed again and changes in blood serum iron and HB levels were estimated. for three groups initially and finally at the end of three months of feeding trial. There was increase in height, weight and body mass index of experimental adolescent girls after feeding of different supplements. There was significant reduction in clinical symptoms of experimental girls after supplementation. Group II and III showed significantly higher increase in serum iron level than group I. The increase serum iron was (11.6 ug/dl) in group 1 followed by group III (10.6 ug/dl) and group I (9.3 ug/dl). And it is very beneficial for improving the status of girls

Diet and nutritional status of adolescent girls in kanya gurukul of BPSMV

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BPSIHL, BPSMV Khanpur, Sonapat

Abstract

The present study on adolescent girls of Kanya Gurukul Senior Secondary School. Random sampling technique was followed for collection of data. Out of that 75 subjects were selected from each class (9, 10, 11, and 12) for further collection of data. A well-structured questionnaire containing questions related to socio-economic status, dietary habit, food and nutrients intake, anthropometric measurements, clinical assessment and biochemical tests. The results of the study revealed that As regards to education, majority of respondent' mother, were educated up to primary (41.66%) In regards of father's education, majority of respondent's fathers educated up to middle (39%) Majority of the adolescent girls lived in nuclear family (61%). Adolescent girls (55.33%) had three meals per day. 53.33 per cent adolescent girls skipped breakfast followed by dinner (36.66%) and lunch (10%). The mean intake of cereals, pulses, green leafy vegetables, roots and tubers, others vegetables, fruits, milk and milk products, fats and oils, sugar and jiggery were lower than the RDA (ICMR, 2010). It was observed that the mean intake of energy, protein, calcium, iron, vitamin A, thiamine, Riboflavin, niacin, vitamin C, folic acid, and vitamin ₁₂ was significantly lower than the RDA. The mean values of height, weight and body mass index were significantly lower than the reference values in 14-15 and 16-17 year adolescent girls. The presence of clinical signs of various nutrients deficiencies was observed in few adolescent girls. Out of 300 respondents, 17.66% were having pale skin whereas, 5.33% were blotch skin. 17.66% of adolescent girls showed sign of pale eyes. Stomach related symptoms were observed in Angular stomatitis (5.33%) gastrointestinal complaints (12.66%) gastritis (4.33) and (77.66%). Creases of nail 6.33%, central ridge nails 4.33%. Muscular related symptoms were observed in weakness (9%), lassitude (11%), dizziness (11%). Mean serum iron level of experimental adolescent girls was 29.8 ± 2.07 to 31.2 ± 2.07 ug/dl.

KEY WORDS: RDA, clinical signs

Influences of peer relationship of adolescents in relation to their gender

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Abstract

Adolescence is the period of transition from the dependency of childhood to the independence and responsibility of early adulthood. Adolescents' progress through early, middle, and late adolescence, mood, body image, cognitive development, family relationships, interactions at school and with peers, and participation in health-risk behaviors are critical developmental considerations. Positive peer relationship interactions have been found to reduce depression, stress and delinquency. This study examines the influences of peer relationship of adolescents in relation to their gender. The study was conducted in Hisar district of Haryana state. Two areas were selected purposively *i.e.*, rural and urban, from urban area Hisar city and from rural area two villages namely Gawar and Shamsukh were taken for collection of data. From each schools 30 boys and 30 girls of 13-15 year (240 adolescents) were included in final sample. Peer Relations Questionnaire (PRQ) by Rigby and Slee (1993) was used for assessing peer-relationship. Results revealed that almost equal percent of adolescents' both boys as well as girls were involved in bullying behavior to a moderate level. Regarding victimization, 52.1 percent adolescents were victimized by others at moderate level. Moving towards pro- social behavior, it was found that, pro- social behavior of boys and girls adolescents, the higher percentage (55.8%) of girls shows high pro- social behavior against boys' adolescents (47.5%). It clear that adolescents had good pro- social behavior with peer means that on the whole good peer- relationship was seen among adolescents.

KEY WORDS: Adolescents, Gender, Peer- relationship

Gender differences in academic motivation among adolescents

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Abstract

The present study was carried out on 300 adolescents from Panipat district of Haryana state. These adolescents were selected from six government schools from three Block of district Panipat. The boys and girls were included in the sample. Academic motivation Scale by Areepattamannil (2006) was used to assess their academic motivation of adolescents. The results showed that there was significant difference ($F=4.0^*$) between academic motivation in their blocks. Results revealed that overall academic motivation majority of respondents (55.0%) belonged to average category followed by high (40.0%) and low (4.0%). In low category of academic motivation there was equal percentage (5.0%) of boys and girls, in average category boys were high (55.0%) than girls (52.0%), while in high category percentage of girls (44.0%) was higher than boys (40.0%). Result revealed that significant difference was found for academic motivation across blocks Panipat versus Smalkha ($Z=2.84^{**}$). Statistically non-significant differences were observed for academic motivation i.e. Panipat vs Bapoli ($Z=1.0$) and Bapoli vs Smalkha ($Z=1.79$).

KEY WORDS: Academic motivation, boys, girls, and three blocks

Case study of women empowerment in paddy cultivation

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Abstract

Paddy cultivation is one of the main sources of livelihood, employment and contributors to human nutrition in the rural communities in Sri Lanka. This research, investigated the gender dynamics in paddy cultivation of three major ethnic communities namely, Sinhala, Tamil and Muslim, in a selected major irrigation scheme in the Vavuniya district. A total number of 156 farm families, including 63 Sinhalese, 63 Tamil and 30 Muslim, were proportionately and randomly selected through stratified sampling technique. Among the three communities, household reproductive (nonincome generating) activities were mostly done by females (93%). Land assets were owned mostly by males (62%), and almost all the machineries were also owned by male family members, thus giving them the access and control over the resources. Both males and females were involved in decision-making related to household activities (81%). However, in all three communities, the major decisions regarding paddy cultivation were either made or influenced by males. The involvement of males in paddy cultivation was higher (71%) than the females in the three communities. In the Sinhala community, involvement of females in paddy cultivation was one-and-a-half and three times higher in comparison to the involvement of females in Tamil and Muslim communities, respectively. Females in the Muslim community got hardly engaged in any field work in paddy cultivation due to their cultural norms. In all three communities, females were placed in an important position in the family to attend to the nutrition, hygiene, childcare, health and education (non-income generating tasks) in comparison to their male counterparts. However, with regard to productive tasks (paddy farming) there were considerable gender differences with regard to ownership and control of resources, decision-making power and involvement in different activities, placing females in a disadvantageous position.

Key words: Paddy cultivation, Decision making power.

Study on use of gender analysis matrix (GAM) framework

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Abstract

Gender as ‘the relations between men and women, both perceptual and material. Gender is not determined biologically, as a result of sexual characteristics of either women or men, but is constructed socially. It is a central organizing principle of societies, and often governs the processes of production and reproduction, consumption and distribution’ (FAO, 1984, 2003). This definition, gender issues and its focus on women brought the relationship between men and women, their roles, access to and control over resources, division of labour, interests and needs. Gender Analysis Matrix (GAM) Framework: The Gender Analysis Matrix (GAM) was developed by Rani Parker, in collaboration with development practitioners working for a Middle Eastern NGO. The framework aims to find out the different impacts of development interventions on women and men by providing a community-based technique for the identification and analysis of gender differences. The GAM is a transformatory tool, in that its use is intended to initiate a process of analysis by community members themselves. It encourages the community to identify and constructively challenge their assumptions about gender roles. The GAM is based on the following principles: • All requisite knowledge for gender analysis exists among the people whose lives are the subject of the analysis. • Gender analysis does not require the technical expertise of those outside the community, except as facilitators. • Gender analysis cannot promote transformation unless it is carried out by the people being analysed. (Parker, 1993)

Key words: Gender, Gender AnalysisMatrix.

Empowerment of women in animal husbandry practices through electronic media : An impact study

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Abstract

The study was conducted in four districts of Haryana State. An inventory pertaining to messages and sub-messages was prepared and categorized under three categories most needed, needed and least needed with scores 3, 2 and 1 respectively. Weighted mean scores were worked out and ranks were assigned. Messages having top five ranks were selected for media preparation. Selected messages were developed into video cassette/CD for rural women. The impact of media was assessed in terms of gain in knowledge and change in attitude of rural women. The results revealed that there was significant difference in the knowledge of rural women at pre and post-exposure stage for all the selected messages viz., clean milk production, balanced feeding, preservation of green fodder, animal breeding and animal diseases and their prevention in the selected districts of Haryana State. The 't' values for all the messages were found to be significant, significant change in attitude regarding all the selected messages of animal husbandry practices was observed in all the four selected districts of Haryana State. The impact assessment of video cassette/CD regarding animal husbandry practices on rural women speaks of the fact that calculated impact was found to be between 57.77 percent to 62.90 percent in three districts viz., Hisar, Bhiwani and Faridabad which is of moderate level. The impact was assessed to be high i.e. 69.26 percent in Kurukshetra district which is of high level. It is quite encouraging to record that majority of the respondents were illiterate, yet succeeded in gaining sufficient level of knowledge and change in attitude after the media exposure. This highlights the importance of media exposure which could further be tried on other messages for the transfer of technology in agriculture and allied fields. The developed video Cassette/CD needs to be standardized in consideration with specific needs of the states through Home Science Colleges, Krishi Vigyan Kendras as student research or research projects to make it area specific.

Involvement of rural women in animal husbandry operations in rural

Haryana

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Abstract

Women play a significant and crucial role in agriculture development and allied field including, in the main crop production, livestock production, horticulture, post harvest operations, agro/social forestry, fisheries etc. The nature and extent of women's involvement in animal husbandry vary greatly from region to region. Even within a region their involvement varies widely among different ecological sub-zones, farming system, castes, classes and socio-economic status of families etc. Women in many developing countries like India spend many hours a week in case of livestock herds, in milking the animals, in the subsequent processing of milk, marketing of various dairy products. Animal husbandry is thus an integral part of farmer's life and it is the women folk who look after this activity. The study was conducted in Hisar and Kurukshetra district of Haryana State. Results showed that on an average a family woman devotes 5.5 hours per day as compared to 1.2 hours by man in animal husbandry operations in Hisar district. Whereas, in Kurukshetra district, animal husbandry is predominantly a male affair in case of farmers of high socio-economic stratum (majority of them had employed higher labour to look after the animals). Whereas, it is predominantly a female affair in case of the farmers of low socio-economic stratum but it is almost equally performed by both men and women in medium socio-economic stratum. On an average, a family woman labour devotees 2.75 hours per day, whereas, a hired female devotees 0.75 hours per day for animal husbandry activities and male devotees 3 hours per day. The findings regarding drudgery in animal husbandry operations reveal that women devoted more time in animal husbandry operations. This need to be brought home through an educational programme and also perhaps mechanisation needs to be introduced to improve the efficiency of farm women.

Decision making pattern & attitude of 3rd generation toward girl child :

A sociological analysis

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Abstract

The cry of gender equality should not be treated as it is a fight against men. It is fight against tradition that have chained women, a fight against attitude that engrained in society. It is a fight against Lakshman Rekha (A.S. Anand, former Chief Justice of India). Gender is seen closely related to roles and behavior assigned to man and woman. As a child is born in families and societies begin the process of gendering and biases. Haryana is one of the crucial states as far as skewed sex ratio is concerned. Keeping these facts in view the present study was conducted in twelve villages of two district i.e. Fatehabad and Sonapat from a group of districts having highest and lowest sex ratio on a sample size of 600 respondents including 240 would be parents (3rd generation), 240 2nd generation parents and 120 Ist generation grand- parents. Socio-economic and personal profile of respondents (54%), revealed that more than half of respondents belonged to general caste (54%), joint family (61.33%), medium sized family (53.67%), farming (63.64%) as main occupation. Major decision making regarding children education, career and marriage were taken by male as having first rank in both district followed by male child and female. It is good to note that majority of third generation would be parents had most favorable to favorable toward girl child with respect to health, education, career, sex preference and mobility and a significant difference was found in attitude of three generations. It is suggested that women's equality and more participation in decision making should be improved and sensitize people about declaring sex ratio and its further societal consequences.

Income generation through value added products of wood beads by women working in a group

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ABSTRACT

A small group of 15 women has been selected from the village Mangali of Hisar district who are involved in wood bead strings making, cutting and adding tassel to a string of 108 beads where a woman get just rupee 1 per string and earns an average of 4000 rupees per month. Even the bead manufacturers of the village send a string of 108 beads in just 7-8 rupees. These beads have been the source of income as well as the heritage resource for the village people. The women were trained for the making of bead products adding value to the same beads by using them to make earrings, necklaces, bracelets, anklets, dream-catchers, chandeliers, curtains, etc. The cost of total raw material was approximately 10,000 which had been recovered within 1 month of the training with just one fifth of the raw material. The cost of the products range from 20 rupees to 2000 rupees according to the material and labour cost. Women excitedly learn about the techniques of product making and also are ready to work in a self help group (GM Beaders) for further productions. The stalls organized in Haryana Agricultural University have yet been the source of the income along with local customers. The expansion of the products in further exhibitions and online marketing stores have been strategized and future plans for these bead products under an established enterprise have been made and are on the verge of implementation. The per head profit of women has been estimated to rupees 10-15 thousands per month initially which shall grow further. The training has come up to be a big achievement for the women and girls of the village who want to start an enterprise using local resources at home and involve no middlemen as it can be directly sold to the market and to customers through online stores.

Keywords: beads, women training, value addition, etc.

Formulation of ready to use soup with dehydrated vegetables

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Abstract

The study entitled “**formulation of ready to use soup with dehydrated vegetables**” undertaken with the objectives to develop nutritious dehydrated soups without use of any preservative and taste enhancers as well as their organoleptic quality and nutritive value. Proximate analysis of carbohydrate, protein, Iron, calcium, potassium, vitamin A, Vitamin C, sodium and potassium were determined by AOAC method. Three dehydrated vegetable soup products Tomato soup, carrot soup and corn soup were made. Sensory evaluation with respect of colour, appearance, taste, flavor, aroma, consistency and overall acceptability was done by six panel members using Nine Point Hedonic scale (B.srilaxmi,2007). Data were analyzed statistically using mean. Nutritional composition of the products was calculated. All three soups were developed successfully by using sun drying method of dehydration of vegetables. Sensory evaluation of the prepared products indicates that all three products were likely to moderately desirable. All the three products were good source of vitamins and minerals and provide several health benefits to any age group.

Mushrooms: Source of quality protein, vitamins and minerals for good health

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Abstract

Mushrooms are one of the oldest single cell protein foods of man having unique flavour and texture. *Agaricus bisporus* and *Pleurotus sajor caju* mushrooms were procured from the Department of Plant Pathology, CCS Haryana Agricultural University, Hisar and analyzed for protein, vitamin and mineral contents. Protein content was significantly higher in *Pleurotus sajor caju* mushroom (25.65%) as compared to *Agaricus bisporous* mushroom (24.43%). Higher protein content in mushrooms is very useful for vegetarian diets because they provide all the essential amino acids. The amino acid composition of mushroom proteins is comparable to animal protein and they can be a good supplement to cereals. Due to high amount of proteins they can be used to bridge the protein malnutrition gap. Both mushrooms are rich in minerals and potassium was the most abundant element in both the mushrooms. *Agaricus bisporus* mushroom contained significantly higher amount of phosphorus, potassium, zinc, copper and manganese and lower amount of calcium and iron as compared to *Pleurotus sajor caju* mushroom. Both the mushrooms contained good amount of water soluble vitamins namely, thiamine, riboflavin and ascorbic acid. The amount of ascorbic acid (4.43%) was almost double in *Pleurotus sajor caju* as compared to *Agaricus bisporus* mushroom (2.25%).

Key Words: *Agaricus bisporus*, *Pleurotus sajor caju*, mushrooms, protein, vitamin, minerals

Elderly women in unorganized sector

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Abstract

An elderly or old age woman comprises the later part of life; the period of life after youth and middle age. The elderly women lived in vulnerable conditions and don't have any vocational skills in order to earn their livelihood as their whole life is spent doing household work and their physical health didn't allowed them to work. They faced vulnerability in the psychological, economical, physical and social areas. The elderly women in unorganized sector were living in susceptible conditions and they were given less importance. It was important to understand the problems faced by the elderly in unorganized sector and the conditions under which they are living. By keeping in view the above scenario, the present study was conducted with first **objective** i.e., to study the current scenario of elderly women working in unorganized sector of Hisar city. Second objective was to understand the socio-economic background and relationship of the elderly women with their family members. To study the elderly women workers in unorganized sectors, 100 respondents were selected through the convenient sampling method. It was found that majority of the elderly had average kind of health. One-fourth of the respondents were having fairly good health status. Few of them were unaware about their health status due to the lack of knowledge regarding health. Most of the elderly stays with chief earner of the family whereas one-third of the respondents do not stay with chief earner. As far as support of family is concerned, it was reported that half of the elderly women were not supported by their son whereas one-third of elderly were found to be supported by their family. In order to become familiar with elderly women's problems it is important to study elderly women in unorganized sector so that possible steps can be taken to improve their present status.

Keyword: Unorganized sector, elderly women, health status of elderly

Determinants of gender and livelihood among various categories of households in Haryana

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Abstract

Livelihoods are the ways in which people satisfy their needs, or gain a living. The rural livelihoods include farming, livestock-rearing, agro-forestry and agro-horticulture, small enterprises, farm labour, non-farm labour, services, etc. While men and women in households typically work together toward the wellbeing of household members, they are commonly engaged in different activities. The study was conducted in four districts viz. Panipat and Karnal from Eastern zone and Hisar and Sirsa from Western zone respectively. From each selected district, one village was selected randomly. Seventy five respondents from each selected villages were drawn randomly representing various land holding categories (15 each from landless, marginal, small, medium and large). Thus, a total sample of three hundred households was taken for the study.

The gender wise level of education presented in table 9 reveals that though majority of males in all categories except landless had medium level of education. As regards female cent per cent landless and majority of females from marginal and small (66.7% each) land holding categories had low level of education. Few women had medium level of education. Gender wise occupation of various categories of land holdings reveal that though 64.4 per cent landless males were agricultural labours, cent per cent females of this category were agricultural labours. However, as regards other categories, majority of females were doing farming just similar to males. As regards females among marginal farmers, it was interesting to note that more women were self-employed in agriculture as compared to men, may be because their land holdings were small and unsustainable and therefore they had to work outside for earning income. Further the data highlighted that as the size of landholding increase, more and more households earn their livelihood from multiple sources.

Beti Bachao Beti Padhao - a Boon

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ABSTRACT

Gender empowerment is conceived as a process by which women can overcome many of the hurdles that they face such as education, work status, employment opportunity, health care, social security, position in decision making by virtue of their gender. The Census (2011) data showed a significant declining trend in the Child Sex Ratio (CSR), calculated as number of girls for every 1000 boys between age group of 0-6 years, with a low of 918. The present study was conducted in Hisar district of state Haryana. The objectives of the study were to assess and create awareness on gender empowerment and *Beti Bachao Beti Padhao*. Fifteen girls and fifteen ladies from labour colony (CCS Haryana Agricultural University) of Hisar district were selected randomly. Result indicated that girls and ladies both were not aware about gender empowerment and scheme i.e. *Beti Bachao, Beti Padhao*. Further intervention programme was implemented and evaluated that impact of programme was assessed positively on girls and women.

Key words: Gender empowerment, *betibachaobetipadhao*, awareness.

Role of pumpkin seeds in food security and health

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ABSTRACT

The population of the world is increasing day by day while the availability of food and its generating resources are shrinking continuously. The risk of food insecurity can be overcome to some extent by the transformation of the agro industrial waste into value added food products. One such example is the utilisation of pumpkin seeds at household or commercial level. The pumpkin seeds are obtained from pumpkin (*Cucurbita pepo* L.) which belongs to Cucurbitaceae family and extensively grown in temperate and subtropical regions of the world. It has been found that only a small proportion of the fruit is used for human consumption and its seeds are discarded as waste by agro food industries and at domestic level also. Pumpkin seeds have been proved as a powerhouse of various nutrients like protein, vitamins, minerals, polyunsaturated fatty acids and bioactive compounds like phytosterols etc. Various studies proved that pumpkin seeds and their oil are beneficial for health as they are effective in enhancing good cholesterol and reducing the risk of high blood pressure, high blood glucose, osteoporosis etc. Various value added products like biscuits, sev, breads, muffins, *ladoos*, *burfi*, *khichdi* etc can be developed by supplementing pumpkin seeds with other ingredients like ground wheat, *bajra*, black gram, soyabean, flaxseeds etc. The seeds can also be consumed whole in roasted form or by sprinkling them on desserts, smoothies, etc. In this way incorporation of pumpkin seeds and its oil in the diet can be helpful in providing nutritional and health benefits along with food security.

Keywords: Food security, health, pumpkin seeds, supplementation

Role of dairy cooperatives in empowerment of women in india

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Abstract

A cooperative is an autonomous association of women and men, united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly owned and democratically controlled enterprise. Throughout the changes of history, women have collectively struggled against direct and indirect barriers to their self-development and their full social, economic and political participation. If women have equal access to productive resources, agriculture productivity of developing countries can increase by 2.5- 4 percent and can reduce number of undernourished people in the world by 12-17 percent (The State of Food and Agriculture, 2011: FAO). Women empowerment is the important factor for the uniform growth of a nation. Village dairy cooperative societies provide an important mechanism to connect these disperse producers to the national dairy value chain and contribute to food security. In India, women typically perform most of the dairy-related production activities. Therefore, dairy cooperatives have a potential to benefit especially rural women and provide them with independent incomes and employment. It enabled them to interact with government and civil officials at various levels to market their products. They are determined to help their villages grow and are the torch bearers of the change being brought about in the lives of other underprivileged rural women. As per a government press release, about 70 million rural households are engaged in dairying in India with 80% of total cow population. The strength of women in Dairy has reached to the 70% of the total work force (about 44 lakh) of which 3,60,000 women are in leadership roles in village dairy cooperatives and 380 women on the boards of Union and State Federations. Women engaged in cooperative activities were better off, in terms of productivity and economic wellbeing.

Keywords :- Women, Empowerment And Dairy Cooperatives

Role of rural women in agriculture

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Abstract

Agriculture is the backbone of the Indian economy. India has a predominantly agrarian economy. 70% of her population is rural; of those households, 60% engage in agriculture as their main source of income. It has always been India's most important economic sector. Women play a vital role in building this economy. In this important agricultural sector woman plays a vital role, because it is largely a household enterprise. Women in India are major producers of food in terms of value, volume and number of hours worked. . Over the years, there is a gradual realization of the key role of women in agricultural development and their vital contribution in the field of agriculture, food security, horticulture, processing, nutrition, sericulture, fisheries, and other allied sectors. Rural women's work ranges from crop production to harvesting operations, from live stock rearing to raising babies. In addition to her daily work routine, consisting of, cooking, cleaning, and other domestic chores, rural women are also heavily involved in all aspects of country's agricultural sector. From crop production to livestock rearing, rural women are expected to regularly engage both domestic and commercial aspects of society. Despite such a huge contribution, her role has yet not been recognized. A fair treatment to the rural women and calls for social upliftment by enhancing education, employment, training, and health care facilities.

Key words: Women, gender, agriculture, employment, production, trainings, health care.

Impact of media (C.D.) on rural women of Hisar and Bhiwani district regarding scientific vegetables cultivation

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ABSTRACT

India is the second largest producer of vegetables in the world, next to China with an annual production estimated around 175.00 million tonnes from an area of 10.30 million hectare with 2.8% of total cropped area and 15% of the world's production under vegetables. Rate of production, productivity and yield obtained of most of the vegetables is low in majority of vegetable growing states including Haryana due to lesser knowledge of vegetable production technology. Even at current level of production, farm produced value at Rs.7000 million is being waste every year due to little knowledge of production, harvesting, transportation and adequate storage facilities and other associated supported facilities. Moreover near about 70 per cent vegetables are grown in rural area and illiteracy rate are more in these area and farmers and extension worker ratio also are very high. Here exists a strong need for extension education and training for the growers to apply the vegetable production technology. Women play an important role in vegetable production. Most of the operations in vegetable production done by women. C.Ds is not only used for entrainment, however, these may also be used as an effective source of agricultural information. CD-Rom with its unique quality of audio-visual recording, ease in handling and instant feedback serves as an effective tool in rural extension work, it can be used effectively to assure in a variety of context. Therefore, the present study was planned with the specific objective of develop and standardize media on need based messages of vegetables cultivation practices and studied the impact of media on farm women. The study was purposively conducted in Hisar and Bhiwani districts of Haryana in 2014-15. One block from each district viz., Hansi block from Hisar district and Bawanikhera block from Bhiwani district were selected randomly. From the selected blocks two villages from each block, i.e., Pali and Bhimnagar villages from Hansi block, Milkpur and Bawanikhera village from Bawanikhera block were selected randomly. Fifty rural women from each villages were selected purposively thus comprising of total sample of 200 respondents. A media was prepared in form of CD regarding vegetables cultivation practices for rural women for impact assessment. CD was exposed to 120 rural women out of 200 women four already selected villages, i.e., 30 rural women from each village. The impact of media was assessed in terms of gain in knowledge and change in attitude of rural women. The overall impact assessment of CD regarding vegetables cultivation practices on rural women speaks of the fact that calculated impact was found to be 45.37 per cent which is less than 66 per cent lies in moderate level.

Key words: Impact assessment, CD, vegetables cultivation, rural women, media

Early childhood and long term development

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Abstract

Children are already learning at birth, and they develop and learn at a rapid speed in their early years. This gives a serious foundation for lifelong progress, and the adults who provide for the care and education of children from birth through age eight bear a great reliability for their wellbeing, development and learning. The mutually emotional interaction between a caregiver and a child is the channel through which all learning takes place during the first 1000 days. The purpose of this study is to tackle the problems related to early childhood and long term development and important development practices are described needed to provide for the care and education of children from birth through age eight bear a great reliability for their wellbeing, development, and learning for an influencing growth and development among pre-school children. By the time a baby is born, their brain has almost all the neurons it will ever have, and by the age of two years an enormous numbers of neuronal associations are made which are later trimmed based on which are most recurrently used. An optimal environment supports development, while an adverse environment harms both in the short term but importantly also over the longer term development. When we invest wisely in early childhood children, the next generation will compensate that back through a lifetime of productivity and responsible citizenship. Children during early years of age undergo through rapid growth and development that is greatly influenced by different factors. Exclusive breastfeeding, adequate complementary feeding, stimulation, safe environment and care need to be ensured for optimum physical, mental, social and cognitive development and to prevent to adverse impacts on short-term survival as well as long-term wellbeing and development. Children who have a good start in their life will be healthier adults resulting in a better social, economic, and physical and cognition and they live better for their families and their communities.

Keyword: Early childhood, Long term development, growth, learning

Socio-Demographic variables in relation to Adolescents' Personality and Parent –Adolescent Relationship

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Abstract

To study the socio-demographic variables relation to adolescents' personality and parent –adolescent relationship among families of GBPUA&T Pantnagar, Uttarakhand. A descriptive cross sectional study was conducted among the adolescents' of age group 10-16 years continuing education and residing in families of GBPUA&T Pantnagar, Uttarakhand, India. The list of students studying in 7-9 standards was procured from all the five selected schools and classified into four categories on the basis of their parents' employment class (Class I, Class II, Class III, and Class IV) in the university. Out of four categories of class, 40 students were randomly selected from each class as respondents for the present study. The total sample for the present study comprised of 160 adolescents. A self-structured questionnaire was prepared to assess socio-demographic variables. The association between socio demographic variables in relation to adolescents' personality and parent –adolescent relationship adolescents' in families from different social classes are represented which depicts the frequency and percentage distribution of class I, class II, class III, and class IV respondents across gender, no. of siblings, birth order, and family type. Four different classes were compared and it was observed that 50 percent of adolescent females were in class I. On the other hand very low percent of adolescent females (28%) were in class III. According to no. of sibling's, similar percentage of adolescent (57%) having single siblings was observed in class I and class II whereas few adolescents (38%) were found to have single siblings in class III. On the basis of birth order, the majority of adolescents (57%) were of first born child of class I, whereas in class III few adolescents (38%) were of first born. None of the adolescent was with extended family except in class IV where few adolescents (17%) were with extended family. Overall it was recorded that most of the adolescents (78.13%) were living in nuclear families.

Keywords- Sociodemographic variables, adolescent, personality, parent –adolescent relationship, gender, no. of siblings, birth order, and family type

Food security and public distribution system in india

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Abstract

The Indian food security system was established by the Government of India under the Ministry of Consumer Affairs, Food and Public Distribution to distribute subsidized food and non-food items to India's poor. Public Distribution System in India has been one of the most crucial elements in food policy and food security system in the country. It is the largest distribution network of its kind in the world. The Public Distribution System (PDS) is essentially a welfare programme that involves distribution of subsidized food grains to the needy and simultaneously it is also an instrument of food policy that influences the price mechanism and means to promote food grains production. It is the fact that the PDS is an essential component of government food management policy which operates through a network of Fair Price Shop (FPS). Major commodities distributed include staple food grains, such as wheat, rice, sugar and kerosene in several states across the country. The supply lines of PDS are fed either through import of food grains from abroad or procurement from domestic producer or both.

KEY WORDS: Welfare programme, Food grains, Crucial, Public distribution system

STEM: An interesting avenue for women

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Abstract

Science, Technology, Engineering and Mathematics (STEM) is a term used to group together these academic disciplines. STEM subjects, historically, have been very male-dominated, with young girls often discouraged from pursuing such a technical career path. The approach of learning STEM topics has been scientifically proven to have several advantages to students who will form the workforce in the future. Designed to help us think with a scientific, logical and systematic perspective, STEM education develops their capabilities and equips them for new collar jobs of the future defined by new age technologies. According to a report by the World Economic Forum, only about 14.3% of Indian women are science researchers. We have to redesign our education system by encouraging female students from elementary school, by calling them in class, and making sure they see the possibilities of STEM careers. So we should look at the social milieu in which girls are brought up, providing right environment for girls to hone their logical skills and reasoning. Challenges faced by women at workplace should be addressed to retain best talent. Our ability to be competitive and create a secure future depends on it. Tessy Thomas is an exemplary Indian woman who persevered against all odds and became the first ever woman director of an Indian missile project. Known as the 'Missile Woman' of India, she represents a generation of women who dared to step out of her home and break the glass ceiling in a field that was predominantly occupied by men. It has taken our country decades to realise the importance of educating women so best policy and guidelines should be brought in to ensure women role in STEM sector.

Gender equality and empowerment of women through ICT

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Abstract

The role of Information and Communication Technologies (ICT) as a tool for development has attracted the sustained attention of the people over recent years. The concept of Gender Equality is a common concern. ICT has the potential to convey about change and development to a nation and has already started taking these steps in different areas like education, and women empowerment. It can bring about change and allow the movement of empowering women through its usage. The characteristics of ICTs and its overall benefits for economic development makes it a key element through which gender equality can be enhanced. Especially in a country like India, this can be a good strategy by suggesting policymakers to include gender as an important constituent to their social and economic policies. ICT has the latent to alleviate some of the barriers faced by women. This includes illiteracy, poverty, time scarcity and religious taboos. ICT also have the potential of providing tools that may break constraints on public voice, and social control including surveillance of women's physical and social mobility. The utilization of ICT motivates discriminated women to get individual satisfaction, independency and decision making role through economic participation to the household. ICT also enables the women to acquire education, knowledge and skills. Overall ICT can make more impacts in gender equality by amplifying women's voices and publicizing experiences this can open more doors for women empowerment.

Key Words: ICT, Gender, Equality, Empowerment.

Vandana Luthra and Shardha Sharma: The famous identity of Indian female entrepreneurs

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Abstract

Gone are the days when women were considered no match for all powerful men in this world. The new generation women across the world have overcome all negative nations and have proved themselves beyond doubt in all spheres of life. 'To be successful in business in any trade or profession' is the need of hour. India is and had always been remained the best destination as well as example in this context. With favorable environment, affordable amenities and with huge strength of manpower, India has become a hub of growing business and commerce. It is increasing day by day in all realms of life Our Indian women have left no stone unturned to make the most out of it. They have identified themselves with name and fame of the Indian stage platform. The more the Indian women were neglected, discarded, abused, suppressed as well as exploited, the more they went higher on the platform of success in their lives. The struggles, challenges and opportunities faced by them proved examples and lessons for them & enlisted them in the list of successful entrepreneurs in India. They are many examples of successful female entrepreneurs in India who have left their indelible imprints for the generation to come. Such examples are: Vandana Luthra, Richa Kar, Falguni Nayar, Suchi Mukherjee, Premanshu Bhandari, Upasna Taeks, Ranjana Nair, Indu Jain, Chanda Kochar, Ekta Kapoor etc.

Legal provision for gender equality

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Abstract

India is very famous country known for its cultural heritage, traditions, civilization, religion, cultures, customs, rituals and geographical features from the ancient time.

On the other hand, It is also popular as a male chauvinistic nation. Women are given first priority in India however, on the other hand, they were always discarded from the betterment of life. They were kept unaware of their rights and duties in the society. People of India used to say this country ' Bharat - Mata' but practically we run away from the meaning of this dictum. In the Oldest & richest language of our country i.e. Sanskrit, the famous saying is used, "Yatar Naryastsu Pujayante Ramante Tatr Devta" but it has not been proved successful. 'Gender Equality' is the burning and major issue in our Indian constitution since it was started i.e. January 26, 1950. There are lot of constitutional provisions by which women are ensured guarantee of equality in all shapes of life. Some articles known for equality are given place in our constitution. These are 14, 15 (i), 16, 39 (A), 39 (D), 42, 46, 47, 51 (A), 243 D (3), 243 D (4) etc.

Article 14: It assures us equality before law for women. No law is partial as per this article.

Article 15: According to this article, the state does not discriminate against any citizen on the ground of religions, sex, race, caste, place of birth.

Article 16: This ensures us the equality of opportunity for all citizens in matters relating to employment or appointment to any office under the state region.

Article 39 (A): The state directs its policy for securing the men and women equality.

Article 39 (D): This is meant for 'Equal pay - Equal work' for both - men and women.

Article 42: This is for securing just and human conditions of work and for maternity relief.

Article 46: Under this article the state has to promote the interest of the weaker sections for education and economical growth and to protect them from social injustice and explanation.

Article 47: It assures us about nutrition and the standard for living.

Article 51 (A): Its is meant for harmony, brotherhood & dignity of women.

Article 243 (D): Not less than One - third of the total numbers of seats to be filled by direct election in every Panchayat to be reserved for women.

Article 243 D (4): Nearly one - third of the total number of offices of chairpersons M the Panchayats at each level to be reserved for women.

Development of value added *panjiri* using *shatavari* (*asparagus racemosus*) root powder for woman

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Abstract

Asparagus racemosus is a medicinal herb from family *Liliaceae*, traditionally known as *Shatavari*. *Shatavari* has wide applications as a medicinal herb and used to treat various ailments in females. It is beneficial in female infertility, cures inflammation of sexual organs, enhances folliculogenesis and ovulation, prepares the womb for conception, prevents miscarriages, acts as postpartum tonic by increasing lactation and normalizing the uterus and the changing hormones. *Shatavari* is also used to treat menstrual disorders like dysmenorrhea, menorrhagia, amenorrhea etc. Chemical constituents of *Shatavari* roots are sapogenin, sarsasapogenins, flavonoids (kaempferol, quercetin, and rutin) and polyphenols which are the precursor of many pharmacologically active steroids. *Shatavari* root powder contains a good amount of dietary fibre and minerals like calcium, iron and zinc. The present study was aimed at the development of the value added *panjiri* for females using the *Shatavari* root powder (SRP). *Panjiri* is easy to prepare traditional product of Haryana, Punjab and Uttar Pradesh etc. The SRP was incorporated in *panjiri* at 5, 7.5 and 10 per cent level and evaluated for sensory characteristics using the 9-point hedonic scale by ten semi-trained judges. The sensory scores revealed that all three types of value added *panjiri* were to be 'liked moderately' category on the basis of scores given by ten semi-trained judges. The crude fibre and ash content of *panjiri* were found to be significantly ($p < 0.05$) higher than control *panjiri* without SRP while there was no significant change in fat and carbohydrates content by the value addition. It has been concluded that *Shatavari* has a good scope and potential to be incorporated in food products for value addition and improvement of female health.

Keywords: *Shatavari* root powder, female health, sensory parameters, nutritional composition

Advancing women empowerment for food and nutrition security

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Abstract

Millions of people in our country are currently facing food and nutrition insecurity. However, there is a huge power imbalance that presently characterises the Indian food system. As such, women play an apodictic role in food production, preparation, and in the preservation of food cultures. Nevertheless, in all parts of the world, women are facing threats to their lives, health, and wellbeing, as a result of being overburdened with work and of their lack of power and influence. Furthermore, the challenge of meeting their food and nutritional needs would probably become greater in the years ahead if not addressed in time. Therefore, the apposite actions are needed for the upliftment of women which can be achieved by reducing biases against women. Additionally, social and gender norms are the root causes of gender-based discrimination; and from an empirical point of view, gender dynamics and patterns play an essential role in women's empowerment that further emerges as a critical determinant of household food and nutrition security. While progressing towards gender equity, women's empowerment is a frequently used framework in interventions that aim to support food and nutrition security. Another critical entry point for women's empowerment in rural areas include food and nutrition security through gender-responsive livestock intervention. Therefore, specific areas of women empowerment, which influence food and nutrition security, include control over assets and financial resources, including control over domestic violence, and imparting education. Moreover, counselling and gender responsive will bring overall behaviour and personal improvement. Overall, it can be summed up that along with numerous other needs for women's empowerment, right to acquire knowledge through multi-sectoral approaches will empower girls and women enabling every woman to accomplish food and nutrition security.

Role of Rural Women in Agriculture

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Women are the backbone of the development of rural and national economies. They comprise 43% of the world's agricultural labor force, which rises to 70% in some countries. Realizing the importance of rural women in agriculture is an important aspect of gender relations. In any countries, the role of women in agriculture is considered just to be a "help" and not an important economic contribution to agricultural production. Social customs dictate, moreover, that women, especially rural women, should - in addition to agricultural activities - be responsible for cooking, carrying water and fetching firewood, limiting their participation in decision-making processes and their exposure to those economic opportunities that arise, thus increasing the level of inequality vis-à-vis their partners. Nowadays many governments tend to pay more attention to the agricultural sector than ever before. It is a fact that rural women guarantee increases in food production. There is a need to drop policies which are less favorable to rural women, focusing on the appreciation of their role as producers of wealth and strengthening the network of public services in rural areas, including health, education, and welfare services, as well as establishing policies that combat the asymmetries that prevent rural women from being protected against the effects of climate change. The training of rural women is very important, especially with the adoption of modern agricultural techniques that are tailored to local conditions and that use natural resources in a sustainable manner, with a view to achieving economic development without degrading the environment. It requires the dissemination of the results of research carried out by experts - including those on agro-ecological techniques -with a view to increasing Rural Women's production levels. Governments have a key role to play in relation thereto, as well as supporting the access to land, water and seeds by rural women who are involved in small-scale agriculture. Giving support to rural women is a way of breaking the vicious cycle that leads to rural poverty and to the expansion of slums in the cities, where the poor get poorer. Development strategies should consider rural women as the epicentre, paying special attention to their social skills both within and without agriculture sector.

Key words: Rural Women, Agriculture

The role of women in agriculture and decision making : Gender issues

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Abstract

Agriculture is the backbone of our country and women play a vital role in building this economy. India is a developing country where 70 percent of population is engaged in agriculture. Most of the women contribute to the agriculture as an occupation and some participate in as unpaid subsistence labor. Resources are unevenly distributed by gender. An estimated 52-75 percent of Indian women engaged in agriculture are illiterate due to which they face obstacles in terms of limited access to productive resources (Land, Credit, Inputs, Transport, Extension services, Storage and Technical assistance) and preventing them to adopt new technologies and agriculture machineries. Typical rural households are patriarchal and patrilocal one, where husband or male member make the decisions for family. Women have little control over the decisions even they seldom enjoy property ownership rights directly in their names. They have land in their names but lacks the actual decision making power. In India 14.9 percent of households are female headed. According to 2005 study of marital violence and property ownership, 49 percent of property less women experience physical violence and 84 percent experienced psychological abuse. Ownership rights saw a drastic decrease in violence as among women who owned both land and house there was only 7 percent physical violence and 16 percent psychological abuse. Women in India performs dual task of housing and agriculture and performs child rearing and productive roles. They perform the household activities and then go to fields where they are not even paid equal amounts as to men and some does it without any labor charges. The impact of liberalization and globalization on women is important as they face constraints which makes them less beneficial from liberalization.

Gender occupational differentiation : challenges and problems

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Abstract

India is a developing country and is one of the fastest growing economy but our country is still facing the issue of gender equality in workplace. Historically female gender has always stood marginalized from society. Though the government has launched various policies and programmes for women empowerment to improve the situation, to provide them with equal rights and opportunities like men and things are changing. This progress is positive, but there's still a long way to go to close the gender gap for good. We have improved a lot in providing opportunities for education to women but still lack in considering women as equals in workplace. Women might be more prominent in workplaces today as compared to previous times, and some might even be getting equal or even better pay than men, but we can't conclude that every woman has equal opportunities in today's world.

Increases in female labor force participation result in faster economic growth, but women continue to participate in labor markets on an unequal basis with men. Equal opportunity for all women is something that would only happen the day society will stop considering women less potential compared to men. Normalization of the scenario where males and females are treated on an equal basis is the only way all women can be guaranteed opportunities on equal footing.

Policy makers are now formulating increasingly mature policies to address the issues of gender inequality, equal pay, and harassment. These policies will further help more females to enter the workforce and perform on the same scale as the opposite gender.

Key words : Occupational differentiation, Gender equality

Diversified products through *Durrie* waste materials: A tool for environmental sustainability

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Abstract

This study is mainly focused on the diversified products through *durrie* waste materials with the aim of find out the preferences of the experts regarding diversified products of *durrie* materials. There is a lot of scope for improvement in technical aspects to make these hand woven *dirries* more competitive in bigger markets by diversifying from traditionally used methods of production through introducing new products, embellished as appreciated and demanded by users. Considering the relevance and vitality of diversified products the present study was designed. We analyzea total of fifteen faculty members i.e. nine from the department of Clothing and Textile and six from Family Resource Management department, were taken as experts for taking their preferences for making diversified products of *durrie* material. Results suggest thatthe belt, cushion cover, multipurpose mat, wall pocket and shopping bag were the most preferred articles suggested by the experts for preparation as diversified products of *durrie* material.

Key words:Diversified products, waste materials, *durrie*

Drudgery Reduction Technology: For Farmers

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Abstract

By 2050 the world's population will reach 9.1 billion, 34 percent higher than today. With increasing population the Hunger can persist and many countries will continue depending on international trade to ensure their food security. In India alone agriculture contributes to 18.6 per cent of India's GDP, and approximately 59 per cent Indians derive their livelihood from the agricultural sector. Food problem can be solved by using smart farming and precision agriculture, which can increase production efficiency, the quality of agricultural products and can reduce the drudgery involve in it. Smart farming involves the integration of advanced technologies into existing farming practices in order to increase production efficiency and the quality of agricultural products. The main objective of the study is to explore automation technology used in agriculture for better production and for reduction of drudgery for men and women farmers.

Key words: drudgery, farming, automation

Development of nutritionally adequate amaranth incorporated porridge

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Abstract

This study reports the sensory characteristics and nutrient composition of two types of porridge prepared from popped amaranth grain i.e sweet and salty porridge. Two levels of popped amaranth grain i.e. 25% (Type-I porridge) and 50% (Type-II) were used. Wheat grain porridge served as control. Sensory evaluation showed that the scores of appearance and texture were similar i.e. 7.2 in Type- I porridge whereas the scores for colour, aroma, taste and overall acceptability were 7.30, 7.10 and 7.24, respectively. In Type-II porridge mean scores for colour, appearance, aroma, texture, taste and overall acceptability were 7.10, 6.50, 6.60, 6.70, 6.40 and 6.58, respectively, and fell in the category of 'liked moderately'. It was observed that all types of porridge were acceptable in terms of all sensory characteristics and the scores fell in category of 'liked moderately'. The amount of all the proximate principles i.e. crude protein, fat, crude fiber, and ash were found to be increased in Type I and Type II salty porridge as compared to wheat porridge (control). The total, insoluble and soluble dietary fibre also increased significantly over the values of control porridge after addition of 25% (8.78%, 6.18% and 2.60%) and 50 % (15.78%, 11.15% and 4.63%) amaranth to wheat porridge. The contents of total calcium, iron, zinc and potassium also increased in Type I (102.92, 3.13, 5.63 and 367.25 mg/100g, respectively.) and Type II porridge (198.67, 4.30, 7.60 and 481.50 mg/100g, respectively) containing 25% and 50% amaranth. Available calcium and iron also increased in the amaranth incorporated porridge Type 1 and Type II, respectively, over the wheat porridge. Similar trend was observed in nutrient composition of sweet porridge.

Physical health perceptions and practices among rural mothers of Haryana

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Abstract

Haryanvi women especially farm women, are known to have a robust built. The present investigation was aimed at finding out the physical health perceptions and practices of young rural mothers of Haryana. A total number of 300 rural mothers having children in the age range of 0-6 yrs. were interviewed for this purpose. Forty two percent women perceived that they maintain a desirable body weight though interestingly majority of them (81%) were not engaging in any intentional physical exercise. Forty seven percent of them felt good about the condition of their body while 13 % were not so happy with it. They were getting a good 7-8 hours sleep each night (54.3%). Approximately one third (32%) of them perceived themselves as having a strong immune system while 19.3 % felt their bodies were not able to fight against infectious diseases. One third (33%) of them perceived that their body is capable of healing itself quickly after sickness or injury while 16.7 % responded that they do not heal that quick. The response to whether they feel energetic through the day was 'always' by 35.7% women, 'rarely' by 24.3 %, 'most of the times' by 27% and 'sometimes' by 13 % women. Approximately 40 % of rural mother seek professional advice whenever there is something wrong with them physically while 8.3% were mostly reluctant to do so. Overall, the rural mothers' perception and practices about physical health were found to be good.

Reproductive health status of urban and rural women of Haryana:

A comparative analysis

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Abstract

It is often presumed that women in rural India are underprivileged as compared to their urban counterparts. But a glance at NFHS 4 fact sheet is suffice to break many myths. The number of women who are married off before the age of 18 is 20.1 % for urban and 18.9% for rural Haryana. Rural Haryanavi women are way ahead in using family planning methods than urban Haryanavi women. A higher number (66.2%) of them is using family planning methods as compared to urban women (60 %). They are also advance in using modern family planning methods (62.3%) and female sterilization (42.7%) while these figures are 55.1% and 31% respectively for their urban peers. 33.3% rural women (as compared to 31.3% urban women) consumed iron and folic acid for 100 or more days when they were pregnant and 92.5 % of them (as compared to 91.1% urban women) received Mother and Child Protection Card. A higher number of rural mothers (55.2%) gave birth in public institutional facility while only 46.3% urban mothers used this facility. Only 5.3% rural mothers opted for home delivery conducted by skilled health personnel in comparison to 6.5 % urban mothers. An equal number of rural and urban mothers (25.3% each) gave birth in a private health facility delivered by caesarian section. Only 18.8 % rural mothers were overweight or obese while 24.3 % urban women were suffering from obesity. Blood sugar level of only 4.2% and 1.4% women were high and very high respectively as compared to 5.7% and 2.3% urban women respectively. The efforts of Health Department of Haryana are obviously yielding great results.

Gender Differences in Creativity among Adolescents of Haryana State

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Abstract

Creativity is one of the most highly valued qualities of human beings because creative acts affect enormously in all spheres of life. Creativity, at its highest level, has probably been as important as any human quality in changing history and in reshaping the world. If we are to survive in international competition, the most promising solution is for this nation to encourage and support the identification and development of highly creative persons. The aim of present study was to find out the gender differences in creativity among adolescents. The present study was conducted purposively in Haryana state. Two districts Hisar and Rewari were selected randomly. From Hisar district, block Hisar-1 and Jatusana block from district Rewari were selected at random. Two villages from each block were selected randomly. So total four villages i.e. Mayyar, Kharar-Alipur from Hisar-1 block and Dahina, Nagalmundi from Jatusana block were selected respectively. From each village two schools were selected randomly. 15 girls and 15 boys of 9th and 10th class were selected from each school. So, the total sample constituted 240 adolescents consisting 120 boys and 120 girls. The Divergent production abilities scale developed by K.N Sharma (2010) was used to assess creative abilities. Independent sample z-test was computed to explore whether there existed differences in creativity on the basis of gender of adolescents. Results of the study regarding comparison of creativity on the basis of gender depicts that female respondents were better in their creative abilities as compared to male students. Significant differences were observed in word fluency, ideational fluency, spontaneous flexibility, associational fluency, expressional fluency, adaptive flexibility and overall creativity.

Jute: A biodegradable fibre

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Abstract

Jute is a long, shiny vegetable fiber that can be spun into coarse, strong threads. It is produced primarily from plants in the genus *Corchorus*. Jute is one of the most affordable natural fibers in existence and it is second only to cotton in amount produced and variety of uses. Jute fibers are composed primarily of the plant materials cellulose and lignin. It falls into the bast fiber category. The fibers are off-white to brown, and 1–4 metres long. Jute is also called the *golden fiber* for its color and high cash value. It is 100% bio-degradable and recyclable, thus environmentally friendly. It has low pesticide and fertilizer needs. It is the cheapest vegetable fiber procured from the bast or skin of the plant's stem. It has high tensile strength, low extensibility, and ensures better breathability of fabrics. Therefore, jute is very suitable in agricultural commodity bulk packaging and therefore it is emerging as a potent source of agrotextiles. Advantages of jute include good insulating and antistatic properties, as well as having low thermal conductivity and a moderate moisture regain. Other advantages of jute include acoustic insulating properties and manufacture with no skin irritations. Some noted disadvantages include poor drapability and crease resistance, brittleness, fiber shedding, and yellowing in sunlight. However, preparation of fabrics with castor oil lubricants result in less yellowing and less fabric weight loss, as well as increased dyeing brilliance. Application of enzyme can reduce some of its brittleness and stiffness and can impart a soft and supple surface. The enzyme treatment is not only eco friendly but also will bring jute fibre in mainstream as the use of jute will increase in many other sectors other than production of gunny bags and additional packaging materials.

Keywords: jute, bio degradable, enzyme, softness.

Awareness on green products among rural women of Mahendergarh

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Abstract

Keeping in view the prevailing conditions of environmental degradation through pollution, the consumption patterns have become a common concern world over not only for protecting the lives of human beings but also of other species including flora and fauna. This concern is often termed as ‘green consumerism’, a new buzzword and considered to be modern mantra to overcome the challenges faced in the protection and improvement of environment. The data has been collected from 70 rural women of different areas of district Mahendergarh on different aspects like opinion towards key issues of green products, attitudes of respondents towards green products, factors influencing the purchase of green products and the impact of demographic factors on the purchase of green products during workshop on green consumerism organized at KVK, Mahendergarh. The findings of the study reveal that rural women consumers are not exposed enough to green product marketing as only one third (31 percent) respondents had awareness about green products and also rural women consumer has much less awareness of global warming issues. The present study suggests the greater use of marketing and brands to promote and sell products that are environmentally friendly in rural areas.

Key words: Green consumerism, rural women, attitude, environment protection

Nutri Garden: A promising approach towards improving health and food security in rural households

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Abstract

Improving nutritional status, including micronutrient status, can lead to increased productivity, increased child survival and growth, and reduced maternal morbidity and mortality. To overcome this problem, Kitchen Garden is considered to be the best possible solution. The farm women of district Mahendergarh and Fatehabad area are growing one or two vegetable crops of local variety in their backyard in traditional way. To motivate the farm women towards growing improved varieties of different vegetables to fulfill their nutritional requirement, it has been decided to conduct demonstrations on nutri gardening in adopted villages of Mahendergarh and Fatehabad districts. Vegetable seed kit developed by Department of Vegetable, CCS HAU Hisar was distributed for Front Line Demonstrations. A Total of 200 vegetable seed kits for kharif season and likewise 200 seed kits for rabi season was distributed during the year 2018. A questionnaire was used to assess the knowledge of participants regarding various aspects of kitchen gardening. The result of the study showed an improvement in availability of vegetables for consumption at both household and individual level. The average per capita availability of vegetables increased from 175 to 270 gm/day which is still far behind as per the recommended allowances as per ICMR. The knowledge level of beneficiaries has also been improved through various training programmes under front line demonstration on nutri garden.

Key words: Nutri Garden, micronutrients, farm women, food security

From kitchen to corporate - Women entrepreneurs of India

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Abstract

India is a vast country with an estimated population of about 1.21 billion of which nearly half are women. Entrepreneurship amongst women in India is relatively a recent phenomenon. Various programmes are being conducted to improve the status of women, their access to resources and so on. But peripheral interest has been shown in developing a realistic and well-designed plan and programme for promoting women entrepreneurs. For the longest time in History, women have been synonymous with cooking and vice versa, but only in the domestic confines. Some women chose to fight the existing scheme of things and step out in domains prohibited to them, and some chose to revolutionize the face of food altogether. In this decade many women entered into the big enterprises and proved their talent with their competencies and capabilities. Women in India are potentially competing with men in almost all the sectors of the economy and Food sector is one of them. In food sectors, women work in many domains with different positions like Indra Nooyi, who is the CEO of PepsiCo, Rashmi Daga-Founder and CEO of Fresh menu, Nishamadhulika- who runs the most subscribed cooking channel on YouTube, Patricia Narayan- director of Sandeepa chain of restaurants etc. So, in this article, we will talk about the status and successful example of women entrepreneurs in the field of food specifically.

Nutritional evaluation of biscuits supplemented with spinach leaves

powder(*Spinacia oleracea L.*)

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Abstract

The present study was conducted to see the effect of supplementation of spinach leaves in commonly consumed baked products. Five types of composite flours were formulated by using wheat flour, bengal gram flour and spinach leaves powder at (4, 6, 8, 10 and 12% levels). Spinach (*Spinacia oleracea L.*) leaves were dried in the shade for 6 to 8 hr to remove moisture followed by oven at 40-45 °C and ground in an electric grinder to obtain a fine powder. Shade dried spinach leaf powder contained 15.48 per cent fibre, 19.10 per cent protein, 20.70 mg/100g magnesium and 5.57 per cent ash. The powder was rich in essential minerals like calcium (1336 mg/100 g), iron (30 mg/100 g) and phosphorous (336 mg/100 g). Biscuits were prepared by using 4%, 6%, 8%, 10% and 12% spinach powder and evaluated for their nutritional and sensory quality. Proximate composition were found to be significantly increased in biscuits made from spinach leaves powder. Higher crude protein, crude fat, crude fibre and ash contents in supplemented biscuits might be due to fortification of bengal gram flour and spinach powder in wheat flour. Maximum contents were observed in 10% composite flour biscuits. Textural quality revealed that hardness and breaking strengths increased with increased addition of spinach powder. Sensory studies of biscuits showed that 10% supplementation of spinach powder was more acceptable. Biscuits were found nutritionally rich in crude protein, crude fibre, crude fat, and β -carotene in comparison to their respective control product.

Keywords: Composite flour, Sensory quality, Supplementation

Gender wise comparison of personality and aggressive behaviour of adolescents

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Abstract

Adolescence is a stage of physical and psychological human development that generally occurs during the period from puberty to legal adulthood. Socially, the child is the product of environment. Environment plays a crucial role in influencing and shaping the behavior and thoughts of a child especially in the development of personality and attitude. Every individual is unique and interacts differently to the various personal, social and economic variables. There is an effect of these variables on the development of personality. Also they have an impact on aggressive behavior of the adolescents. The present investigation was designed as an exploratory study to get an insight into personality and aggressive behavior in adolescents. The study was conducted purposively in different educational institutions of Hisar city of Haryana state. Total 160 adolescents were selected for the study out of which 80 male and 80 female were selected for the study. For examining personality of adolescents, Big-Five inventory by John and Srivastava (1999) was used. The aggression questionnaire by Buss and Perry (1992) was used to measure aggression in the adolescents. Gender seemed to have no significant difference on either of the sub-aspects of personality except neuroticism. Verbal aggression, anger and hostility were found to be more in male students than in female students. Moreover boys were significantly more aggressive than girls.

Keywords: Adolescence, personality, aggressive behavior, neuroticism , hostility

Study on menstrual hygiene practice among rural adolescent girls

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Abstract

The onset of menstruation is a physiological process which changes a young women's life. It is a natural and beneficial monthly occurrence in a healthy adolescent girl and pre-menopausal adult women (Deshgupta *et al.*, 2008). The world health organisation (WHO) has defined adolescence as the group of 10-19 years (Jain *et al.* 2009). The first menstruation (menarche) occurs between 11 to 15 years while the average age of menarche is 13.5 years. In rural areas, women's have less knowledge about menstruation health and hygiene condition. 87% of rural women are unaware about menstruation health (UNICEF MHM). The perception and appropriate hygiene practices of girls towards menstruation is closely related with their level of knowledge and beliefs (Bhatia *et al.*, 1995). 52% of the female population is of reproductive age and most of them are menstruating every month. The majority of them have no access to clean and safe sanitary products (SSWM). According to NFHS (2015-16) survey only 80% women in urban areas, 48% in rural areas and 58% of women are using safe and clean ways during menstruation. Pad vending machines/pad ATMs have been installed in some government schools. A pack of 3 pads will come out after inserting 10 rupees. Also disposal machines have also been installed to burn the pad. But these machines are not working properly due to lack of knowledge of operating them. (Kanwar, Shimona TNN Feb 10, 2018, 09:33 IST – Girls reluctant to discuss sanitary napkins: Survey).

Keywords: menstruation, adolescent, rural area, hygiene practice, perception

Growing healthy local foods: sustainability potential and household participation in home gardens

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Abstract

About 92 per cent farmers have small and marginal land holdings in rural areas of district Rajsamand. They were unable to meet out the daily recommended requirement of vegetables. Hence, most of them (27-65%) are victims of malnutrition. Establishment of nutrition gardens have been advocated as a means of preventing malnutrition among 50 rural and 50 tribal families of 2 adopted villages in Rajsamand for two consecutive years (2016-17 and 2017-18). Respondents were selected by using purposive and multistage random sampling techniques. Those having unused space (3.5 ± 0.5 to 7.5 ± 0.5 m²) were imparted training on nutritional gardening by PRA method. Required amount of seeds of seasonal vegetables like lady finger, brinjal, bottle gourd, bitter gourd, round gourd, chilli (zaid & kharif) and spinach, cabbage, cauliflower, pea, tomato, coriander etc (in rabi) were distributed (50-150 gm) to the families. The average production of various vegetables ranged between 10.0 to 15.5 kg throughout the year (more than 325 days). When production started from nutrition garden, the nutrient intake of rural families was significantly increased in protein (15.15%), fat (11.5%), carbohydrate (20.50%), energy (28.0%), calcium (7.30%) and iron (4.2%). The results also revealed that they are saving around Rs 2100 in kharif, Rs 2470 in rabi and Rs 1850 in zaid season by growing their own vegetables. 22 % beneficiaries sold vegetables worth Rs 2200 per annum in neighbouring locality. Shortage of irrigation water (35.0%), quality seeds (45.75%), plant protection measures (31.15%), input cost (45.50%), availability of space (35.0%) and knowledge about vegetable growing (17.205) were the major problems faced by the rural people in establishing nutrition garden. Thus, nutrition garden is a low cost sustainable approach for reducing malnutrition, increasing awareness for vegetable production, increasing working hours and achieving food and nutrition and economic security of rural families.

Keywords- Tribal, food and nutrition security, nutrition-garden, awareness

Development of bread from three varieties of pearl millet: women can raise their economic growth by developing bakery products for marketing and commercialization.

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Abstract

The present investigation was carried out to study the nutrient composition of three pearl millet varieties (HC-20, HHB-67 improved and WHC-901); to develop pearl millet based bread and evaluate for organoleptic acceptability, nutritional composition and shelf-life. Nutritional composition of the selected varieties indicated that HC-20, HHB-67 improved and WHC-901 contained crude protein, crude fat and ash in range of 11.81-12.48, 5.44-6.19 and 1.79-1.92g/100g, respectively. The calcium, iron and zinc content of HC-20, HHB-67 improved and WHC-901 ranged from 50.91-54.87, 6.41-7.23 and 3.16-4.35mg/100g, respectively. Bread was developed using flour of pearl millet: refined wheat: soyabean in three ratio i.e. 40:50:10 (Type-I), 50:40:10 (Type-II) and 60:30:10 (Type-III). Data revealed that all the developed pearl millet based bread was organoleptically acceptable. Developed bread contained crude protein, crude fat and crude fibre in range of 13.22-13.57, 9.46-9.96 and 0.75-0.87g/100g, respectively. Calcium, iron and zinc ranged from 39.38-40.00, 3.37-4.51 and 1.12-2.85mg/100g, respectively. Shelf-life study indicated that bread could be stored well and were organoleptically acceptable and microbiologically safe upto four days of storage. Pearl millet based bread was nutritionally good and can provide an alternative to wheat based bakery products. Rural as well as urban women can precede their business in bakery world, it would be helpful in increasing economic status of the whole family and they can also provide work to other women nearby. The bakery products can be marketed and taken up for commercialization to make them reach community to give economic and health benefits.

Key words: Pearl millet, bread, shelf-life, economic, commercialization

Knowledge about cashless transaction among working and non-working homemakers

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Abstract

A cashless society describes an economic state whereby financial transactions are not conducted with money in the form of physical banknotes or coins, but rather through the transfer of digital information (usually an electronic representation of money) between the transacting parties. The present study was conducted in two districts i.e. Hisar and Bhiwani of Haryana state with objective to assess the knowledge of working and non-working homemakers about the cashless transaction. Two wards each were randomly selected from both district headquarter. From each selected wards 50 homemakers having their own bank account were selected purposively through snowball technique. 100 working & 100 non-working homemakers were selected thus, total 200 homemakers were selected. A pretested interview schedule was used to collect data. The results highlighted that all the respondents had knowledge about cashless transaction. Forty eight percent working respondents and 62.0% non-working respondents were of the opinion that help of someone is required to conduct cashless transaction. Sixty three percent working respondents and 46.0% non-working respondents highlighted that credit/ debit card is required for cashless transaction. Seventy eight percent working respondents and 99.0% non-working respondents were of the opinion that it is better to read terms and conditions of cashless transaction before proceeding. Eighty percent working respondents and 76.0% non-working respondents had knowledge that card details can be store on phone or laptop. Ninety seven percent working respondents and all non-working respondents believed that use of cashless transaction gives satisfaction. Thirty percent working, 51.0% non-working respondents had apprehension that problems may arise in conducting cashless transaction. Conclusively majority (98.5%) of the homemakers were of the opinion that cashless transaction gives satisfaction and least (40.5%) felt that problem may arise in carrying out cashless transaction.

Key words: Cashless, knowledge, transaction.

Buying practices of working & non-working homemakers

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Abstract

Buying practices is the operation to acquire the possession of, or the right to, by paying or promising to pay an equivalent, especially in money. The present study was conducted in two districts i.e. Hisar and Bhiwani of Haryana state with objective to assess the buying practices of working and non-working homemakers. Two wards each were randomly selected from both district headquarter. From each selected wards 50 homemakers having their own bank account were selected purposively through snowball technique. 100 working & 100 non-working homemakers were selected thus, total 200 homemakers were selected. A pretested interview schedule was used to collect data. The results showed that all the working and non-working respondents were buying milk & milk product daily, little more than two-third (67.5%) of respondents were buying fruits and vegetables daily, 42.5% respondents used public transport services daily. Whereas, about one third (32.5%) respondents were buying fruits and vegetables weekly. All working and non-working respondents paid for water and electricity services monthly, followed by little more than three –fourth (77.5%) respondents who were buying grocery monthly. Three fourth of the respondents were paying for education services on monthly basis. The goods and services purchased as per the need were electronic items and health services (100%), footwear (93.5%), toiletries (85.0%) and clothing (80.0%). Conclusively respondents were buying goods and services like milk & milk product, fruits and vegetables daily and were buying groceries weekly. However they were purchasing electronic items, health services, footwear, toiletries, petrol/diesel, cosmetics and clothing as per need.

Key words: Buying practices, working, non-working, goods& services.

Assessment of boredom due to frequent exposure to mungbean meal and school feeding meal by children in Hisar, India

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Abstract

Mung bean has a good amount of iron but also contains a high concentrations of phytate and polyphenols that inhibit iron absorption. Adding guava, a fruit with high vitamin C could improve iron absorption. However, long term repeated daily consumption of mung bean meal and guava in school may increase boredom. This study was aimed to assess the effect of long term repeated consumption of lunch meal on boredom, and to compare the nutrient intake from mung bean based meal and normal school feeding meal provided at Mid-Day in school. This study was done in two primary schools in Mangali village. School children (6-10 years) were assigned to three treatment groups. Group mungbean (MB, n=30) received mungbean, group mungbean guava (MBG, n=30) received mungbean plus 70 g of guava and group school feeding (SF, n=30) received regular school feeding meals. Ratings for desire to eat, interestingness and pleasantness were high over time in MB and MBG. Boredom was low and decreased slightly over time for MB and MBG, whereas boredom of SF was higher and fluctuated depending on type of meal provided. Mungbean based meals contained more fat, protein, iron, Vit C, fibre, calcium and zinc whereas school feeding had more carbohydrate and energy and less phytate. However, the molar ratio of phytate : iron stayed high and indicated low bioavailability. Guava adds to the vit C content to a molar ratio of vit C to iron of indicating that iron absorption may be improved.

Key words: Boredom, Mung bean, Guava, Iron, Vit C, School Feeding.

Floriculture as an emerging tool for women empowerment

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Abstract

Flowers are always remained as an integral part of social fabric, since time immemorial. Our society in various forms depends on the usage of flowers to perform our basic rituals. Increase in the domestic demand for fresh-cut flowers and support from the government is encouraging women to take up flower cultivation on a commercial basis; floriculture has becomes the tool for women empowerment. Woman plays a significant and crucial role in agricultural development, livestock production, horticulture, and floriculture post harvest operation, agro Social forestry and fisheries etc. as a manager, decision maker and skilled farm worker from preparatory stage to harvesting, storage and marketing of the flowers. In our country females are 65% of the total workforce involve in the production of flowers. In the rural areas maximum women are attached with this profession. Now days in the urban area, females are also showing their interest to be a part of this profession. So far, as floriculture is concerned, women participate in almost all activities right from preparatory tillage to harvesting, storage and marketing of the flowers. Setting up of floriculture nursery could also paves way for women livelihood and sustainable income generation Likewise, crafting in floriculture has been gaining impetus with the rapidly growing flora industry in India. Crafting in floriculture through dry flower making, floral decor, bouquet making, dry flower frames and articles, potpourris by using the ornamental plants is considered as an ideal venture in the recent past for livelihood and women empowerment. Women groups can work together with small-scale processing enterprises to create new markets for higher value floriculture products..

Rural women empowerment through mushroom cultivation

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Abstract

Mushroom cultivation is a remunerative agribusiness in India and other parts of the world. Being an emerging commercial activity, many startup entrepreneurs are venturing into mushroom cultivation in India. The notion of mushroom as a food of elite and several other myths associated with its consumption are impeding its spread to rural areas. A case study of mushroom cultivation by Self Help Group (SHG) in the village Bawania of district Mahendergarh was undertaken. Under the guidance of Krishi Vigyan Kendra, Mahendergarh, the SHG started maintaining mushroom unit adopting scientific practices. Based on the project cost and cost of growing a mushroom in region, the techno-economic feasibility analysis was carried out in this study. Based on the success story, it is expected that majority of the farm women will come forward to practice the mushroom cultivation, providing the nourishment to their family members and also generating additional income to enrich themselves particularly, cultivating through SHGs.

Key words: Mushroom cultivation, rural women, entrepreneur, self help group

Female genital mutilation: A global scenario

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Abstract

Female genital mutilation (FGM) comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons. The practice is mostly carried out by traditional circumcisers, who often play other central roles in communities, such as attending childbirths. In many settings, health care providers perform FGM due to the erroneous belief that the procedure is safer when medicalized. WHO strongly urges health professionals not to perform such procedures. FGM is recognized internationally as a violation of the human rights of girls and women. It reflects deep-rooted inequality between the sexes, and constitutes an extreme form of discrimination against women. It is nearly always carried out on minors and is a violation of the rights of children. The practice also violates a person's rights to health, security and physical integrity, the right to be free from torture and cruel, inhuman or degrading treatment, and the right to life when the procedure results in death. Researchers estimate more than 513,000 girls and women in the U.S. have experienced or are at risk of FGM/C. Worldwide, as many as 140 million girls and women alive today have been cut. FGM/C is often a part of the culture in countries where it is practiced. But FGM/C has no health benefits and can cause long-term health problems. FGM/C is against the law in the U.S. and many other countries. The qualitative research, which was released in February, shows the prevalence of FGM among India's Bohra Muslims – 75% of respondents said they had subjected their daughters to the practice. The survey was conducted with respondents in communities across the states of Gujarat, Madhya Pradesh, Maharashtra, Rajasthan and Kerala. The practice of FGM constitutes a criminal offense under the Protection of Children from Sexual Offences Act, 2012; Indian Penal Code, 1860 and Criminal Procedure Code, 1973. Estimates suggest 90% of females in the Ismaili Shia Muslim Bohra community in India undergo FGM. There are about 2 million Bohras in India. In a survey; over 70% Bohra respondents said an untrained professional had performed the procedure on them. Female genital cutting is being practiced in Kerala was found on August 2017 by Sahiyo reporters. Apart from the mental trauma, the women also said it also led to physical complications. On May 9, 2017 the Supreme Court of India sought a response from the Centre and four states (Maharashtra, Delhi, Gujarat and Rajasthan) on the validity of Female Genital Mutilation (FGM) when Public Interest Litigation by some Bohra women to ban the practice. This inhuman practice has been carried out for centuries but the whole ideology behind it is to control women's behaviour. So men should stand behind women and support their struggle.

Key words: FGM, inequality, globe, India, Bohra community, gender, violence

A study on gender based violence in rural Haryana

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Abstract

This paper examines the nature and extent of gender-based violence, especially violence against women. Gender-based violence or violence against women and girls, is a global pandemic that affects 1 in 3 women in their lifetime. Violence against women is a critical issue of discussion in all the countries in the world. In India, in spite of government's policy to overcome this problem, violence against women is predominant. The main focus of the present study is to know the type of violence activities with the aim of nature and extent against women prevalent in Haryana. The Study was conducted in Kurukshetra district of Haryana state. The data were collected from 200 women respondents. Results depicted the nature and extent of physical violence in which beating got first rank with mean score 2.11. Regarding verbal violence, anger got first rank with mean score 2.09. Economic violence reported includes husband taking away money forcefully earned by respondents or gifted by parents /relatives (rank I). Regarding emotional violence majority of the respondent faced ignoring and dismissing (rank I).

Key words: Violence, women, physical, verbal, economic, emotional.

Gender and educational attainment in India

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Abstract

Gender refers to the socio- cultural dimensions of the behavior of men and women. This is not created by nature but constructed by society. “Gender Equality” means that women and men have equal conditions for realizing their full human rights and for contributing to and benefiting from economic, social, cultural and political development. Gender equality is therefore the equal valuing by society of the similarities and differences of men and women. According to the Global Gender Gap Report released by the World Economic Forum (WEF) in 2011, India was ranked 113 on the Gender Gap Index (GGI) among 135 countries polled. Differences between men and women are observed in several dimensions of social and economic life and throughout the life cycle. Education forms a very basic indicator for women’s equality and empowerment. Levels of female literacy, gender gaps in literacy levels, and enrolment and dropout rates at the primary school level are relevant indicators. The female literacy rate in India is lower than the male literacy rate. Literacy rate of females is 65.46% compared to males 82.14%. Compared to boys, far fewer girls are enrolled in the schools, and many of them drop out. Out of 20 per cent of students who stopped schooling after primary education, near 70 per cent were females. Present paper discusses comparative gender status regarding educational attainments in India as per Census 2011.

Keywords: gender, education, gender equality, literacy rate

Women contributions to agricultural production and food security-An overview

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Abstract

Women produce between 60 to 80% of the food in most developing countries and are responsible for half of the world's food production. Yet their key role as food producers and providers and their critical contribution to household food security is only now becoming recognized. Women's contributions to farming, forestry, and fisheries may be underestimated, as many surveys and censuses count only paid labour. Women are active in both the cash and subsistence agricultural sectors and much of their work in producing food for the household and community consumption, important as it is for food security, is not counted in statistics. Women are responsible for the more time-consuming and labour-intensive tasks of crop and livestock production as sowing, application of fertilizer, weeding, harvesting, transporting, threshing, winnowing, cleaning, sorting, grading and bagging etc. These tasks are carried out manually or with simple tools. The roles that women play in agriculture vary from region to region and country to country. Women play a crucial role in food production and provision; any set of strategies for sustainable food security. The international initiatives and efforts have developed and contributed to a greater recognition of women's key participation in rural and other domains of development. However, much remains to be done. Women have the potential of increasing agricultural production given the population involved in farming and the roles they play in the production process. If women are to be fully effective in contributing to food and nutrition security, discrimination against them must be eliminated and the value of their role promoted. However, to achieve this, the women need to be empowered through education and the provision of appropriate technology that is gender sensitive. Care should be taken not to aggravate the male gender while we pursue the noble task of empowering women.

Keywords: Women, contribution, agriculture, production, food security

A study on adjustment pattern among senior citizens in relation to gender

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Abstract

The number of older person rising in the country as consequences, there are certain problems in different region and cultures. Adjustment is a common psychiatric problem in old age. It is difficult to adjustment due to limited capacity, lower mental abilities and increased economic dependency in old age. The present investigation is an attempt to study the gender differences and adjustment pattern among senior citizens. This cross-sectional study was carried out on 400 senior citizens (male=200; female=200) with age ≥ 60 years. The participants surveyed in this study were elderly people who were living in the community and come voluntarily to the daily care centers. Results pertaining to extent of gender wise adjustment pattern among senior citizens observed that senior male citizens were in medium category of health adjustment, home adjustment, social adjustment, marital adjustment, emotional adjustment and financial adjustment while senior female citizens were in low category of adjustments.

Key words: Senior citizens, gender, adjustment

Women empowerment through education

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Abstract

The role of women outside the home has become an important feature of the social and economic life of the country and in the years to come this will become still more significant. From this point of view, greater attention will have to be paid to the problems of training and development of women. The education of girls, therefore, should be emphasized not only on grounds of social justice but also because it accelerates social transformation. Promoting women education is a challenging task and it required multipronged efforts for a solution. This burning issue is being aggravated by socio-economic, psychological and other factors most of which are age-old and deep-rooted in our society. Since the practice dies hard, social ethos and superstitions are emotionally surcharged, it is very difficult to tackle these problems easily. But with a strong determination, commitment, and involvement of people and organizations with philanthropic motive and a rational outlook, this problem can be solved and hurdled be overcome for promoting national rejuvenation and development.

Key words: Women empowerment, Education.

Role of women in vegetable production

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Abstract

India is the second largest producer of vegetables in the world (ranks next to China). Vegetables form the most important component of balanced diet. We grow different types of vegetable crops and wide variety of vegetables all around the year. Vegetables need careful handling and intensive use of labour and three fourth of labour is mainly done by women. Like crop production, women have major share of work in vegetable cultivation right from the preparation of land to ultimate disposal of produce in the market. A general survey of vegetable farming in which women are engaged include, land preparation, application of manures, seed treatment, sowing, dibbling, planting, transplanting, irrigation, fertilizer application, plant protection, weeding, thinning, earthing up, harvesting, sorting, grading, packaging, transportation, loading, unloading, threshing, shelling, hulling, winnowing, cleaning, storing grains, kitchen gardening, *etc.* The nature and extent of women's involvement in vegetable production no doubt, varies greatly from region to region. However, regardless of these variations, hardly any activities occurred in vegetable production except ploughing in which women are not actively involved. Vegetable farming, unlike other crop husbandry, requires specialized type of farming techniques and skills. Most of the operations in seed production of vegetable are done by them since these operations require a great amount of patience and delicate handling. For controlled pollination after emasculation, bagging or caging is another important operation, which can be done efficiently by women. Certain specialized operations like selection and preparation of planting material in biannual crops are also done by women. They also have developed fermentation method in tomato and eggplant, physical seed separation in cole crops, okra, chillies and root crops. In some of the farm activities like processing and storage, women predominate and therefore male workers are numerically insignificant.

Key Words: Women, vegetable production, role

Legal provisions for gender equality

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Abstract

Human rights are those minimum rights which are compulsory obtainable by every citizen as he/she is a member of human family. In India, gender inequality started showing its color from the later Vedic period and till now, it is a debatable issue and it tries to evaluate the status of a woman in the light of Indian Constitution and how the Constitution as a foundation document can play an instrumental role in bringing gender equality in India and also guarantees the equality of rights of men and women. Though women in India have been given more rights as compared to men, even then the condition of women in India is miserable. It contains various provisions relating to equality between men and women and there are certain cases where women have been given special importance. Along with that certain legal provisions for women have been enacted. The Constitution of India provides equal rights and privileges for men and women and makes equal provision to improve the status of women in society, majority of women are still unable to enjoy the rights and opportunities guaranteed to them. The principle of gender equality is manifested in the Indian Constitution in its Preamble, Fundamental Rights, Fundamental Duties and Directive Principles. The Constitution not only grants equality to women, but also empowers the State to adopt measures of positive discrimination in favour of women. The Constitution of India guarantees to all Indian women equality, no discrimination by the State, equality of opportunity equal pay for equal work. In addition, it allows special provisions to be made by the State in favour of women, The attitude of Gender Inequality is the core responsible for the female foeticide. Keeping in this view there is a need to do some research and identify the causes for gender inequality and make some concrete suggestions for effective implementation of laws.

Knowledge of selected drudgery reduction technologies among farm women

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Abstract

The rural women play a significant role in agriculture and other agro based activities. The daily work schedule of rural women is very demanding and arduous. It is estimated that women on an average work for about 8-9 hours/day in agricultural operations like weeding, transplanting, harvesting, threshing and storage etc. and an average of four hours in household activities. The present study was carried out in Hisar-I and Hisar-II blocks of Hisar district where the All India Coordinated Research Project in Home Science carried out the research work on experimental and control group. The purpose of the study was to find out the knowledge of the respondents for drudgery reduction technologies. Results analyzed that the knowledge mean scores of the experimental group on various aspects of drudgery reduction was more as compared to controlled group. The difference was significant as shown by significant 't' values. Thus, it can be implied that the experimental group and controlled group showed significant gain in knowledge of various drudgery reducing practices covered under AICRP project.

Key words: Women, Knowledge, Drudgery, Technology.

Value addition of knitted cotton fabric by microencapsulated peppermint oil

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Abstract

Only innovative products will be sustainable to open up new markets and new horizons for textile industry. As a response to consumer demand, in recent years textile manufacturers are demonstrating increasing interest in added value products by getting the fragrance finishing, insect repellents, cosmetics, antimicrobials, phase-change materials, fire retardants, polychromic and thermo chromic effects. Aromatherapy application in textile industry led to a series of value-added products that give besides comfort a number of other properties i.e. antimicrobial, fragrance, anti-inflammatory, sedation or soothing properties. The present study aims at the development of aroma finished knitted Cotton fabric from essential oil. The peppermint essential oil has been applied on to the fabric by two methods: microencapsulation and resin cross-linking. Microcapsules of peppermint essential oil were developed through cocervation technique and applied on knitted cotton fabric through pad dry cure method. In resin cross-linking method, peppermint oil is mixed with resin cross-linking agent with compatible catalyst and applied onto the knitted fabric through pad dry cure method. All the variables were optimized. Wash durability and abrasion resistance were assessed using IS: 3361-1979 and ASTM D1175-61T standards and analysis for retention of aroma was carried out by olfactory analysis done by 25 respondents. It was observed that in resin cross linking method fragrance retain till 15 wash and 50 abrasion cycles whereas microencapsulation method showed very good retention till 20 wash and 100 abrasion cycles in knitted fabric.

Keywords: Essential oil, Knitted fabric, Retention, Washes durability

Gene, environment and cognitive function: a twin study

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Abstract

The research had sharper focus on the importance of the classical twin study in understanding the genetic and environment influence on cognitive function of twins.

The present twin study planned with the following objectives: to measure cognitive abilities of twins, to assess substantial genetic influence on cognitive function of twins and to explore environmental influence on twins. The influence of genetic and environmental factors on was assessed among 100 pairs of twins in the age group of 6-8 years from two districts of state Haryana. Cognition of twins was assessed with help of Wechsler Intelligence Scale for Children WISC-R (Wechsler, 1974) where as home environment was assessed by using the Home Observation for Measurement of the Environment (HOME) Inventory by Bradley, *et al.* 1988. The personal profiles of the respondent revealed that majority of twins were in age group of 6-7 and living in nuclear family with medium size family structure. Mean scores on the dimensions of cognition of twins were at par in both districts but dizygotic twins surpassed monozygotic in information, picture completion, digit span, arithmetic and monozygotic twins were better in similarities, block design, object assembly and coding. The heritability estimate of cognition of twins was higher in Bhiwani district than Hisar district. The association of gender, family size, family type, family income and number of siblings were nonsignificant with all the dependent variables in both districts, while caste, mother's education and mother's occupation were associated with all the dependent variables. The study concluded that that maternal education and occupation improves twin's cognitive outcomes through provide more enriched home learning environment and through increasing household incomes and concluded that genetic and home environment contribute for cognitive function of twins.

Key words: Genetic, Environment, Cognition

Accepted and expected level of modernity in clothing by college girls

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Abstract

Clothes reflect the personality of the wearer. Gone are the days when Indian girls were not allowed to wear western clothing by their parents. This shift in Indian parents' attitude is a result of growing belief in equality of genders. The present study involved 30 college going girls from Panipat city of Haryana state. The girls were interviewed by using a self- structured interview schedule. Majority (76.66%) of the girls were wearing both Indian as well as western clothing. Two third (66.66%) of them were comfortable wearing necks of moderate depth. An equal number of girls (43.33% each) placed very much and very little importance on wearing a dupatta. The importance of dupatta was given as dignity by 63.33% girls and beauty by 46.66% girls. Majority (83.33%) girls reported that their party wear were relatively more modern than their casual wear. Two third (66.66%) of them were of the view that clothes build their social image. It can be concluded that the Indian girls' and their parents' accepted and expected level of modernity in clothing have changed considerably in a positive direction.

Early childhood and long term development

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Abstract

Children are already learning at birth, and they develop and learn at a rapid speed in their early years. This gives a serious foundation for lifelong progress, and the adults who provide for the care and education of children from birth through age eight bear a great reliability for their wellbeing, development and learning. The mutually emotional interaction between a caregiver and a child is the channel through which all learning takes place during the first 1000 days. The purpose of this study is to tackle the problems related to early childhood and long term development and important development practices are described needed to provide for the care and education of children from birth through age eight bear a great reliability for their wellbeing, development, and learning for an influencing growth and development among pre-school children. By the time a baby is born, their brain has almost all the neurons it will ever have, and by the age of two years an enormous numbers of neuronal associations are made which are later trimmed based on which are most recurrently used. An optimal environment supports development, while an adverse environment harms both in the short term but importantly also over the longer term development. When we invest wisely in early childhood children, the next generation will compensate that back through a lifetime of productivity and responsible citizenship. Children during early years of age undergo through rapid growth and development that is greatly influenced by different factors. Exclusive breastfeeding, adequate complementary feeding, stimulation, safe environment and care need to be ensured for optimum physical, mental, social and cognitive development and to prevent to adverse impacts on short-term survival as well as long-term wellbeing and development. Children who have a good start in their life will be healthier adults resulting in a better social, economic, and physical and cognition and they live better for their families and their communities.

Keyword: Early childhood, Long term development, growth, learning

Problems encounter in media utilization by women farmers' for seeking information on farming activities

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Abstract

India lives in villages and among the total village, a large number are situated in remote areas where little developmental activities have taken place because of several factors viz. illiteracy, poverty, lack of information facilities etc. In India, more than half of the population is directly or indirectly relying on agriculture as a source of livelihood though its contribution to the Gross Domestic Product (GDP) has decreased between 1990 to 1991 and 2014 to 2015 from 30.00 to 13.90% (State of Indian Agriculture, 2015). The study aims to assess problems encounter in media utilization by farmer's women for seeking information on farming activities in Hisar city of Haryana state. Out of the total respondents ,Majority of the respondents(96%)used media for got information on new varieties of seeds and seedling, got information on market situation and for weather forecasting followed by (92%) for used of fertilizer and acquisition of skills. least were used for quintiles of chemical .Most of the respondents (92%) told that they face problem like lack of credit for technology input purchase,84% told that I am not familiar for this technology and 12% told that their land is rented for others. Most of the respondents (84%) problems encountered in obtaining information from low literacy level, lack of finance and. Followed by (74%) lack of time and least were inability to respond immediately to source.

Keyword: Media, Utilization, Farmers' Women, Argiculture etc.

Access and availability of resources to women

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Abstract

Access will reflect the rules and norms which govern distribution and exchange in different institutional areas. The distribution and availability of resources and assets depend on the gender roles and conditions fixed in a particular society. Many efforts and policies to improve women's access to resources focus on making a resource available and improving called equality of opportunity. Women's equal access to and control over economic and financial resources is critical for the achievement of gender equality and the empowerment of women and for equitable and sustainable economic growth and development. The ability to choose or define how and for what purpose it will be used, and even to impose that definition on others—in other words, another word for “control” might be power, and power can be positive or negative depending on its purpose. Lack of access to and control over productive resources is the main factor limiting women's equal participation in economic activities, thereby hampering the human development process. Improving women's access to, use of and control over land and productive resources is essential for ensuring women's equality and rights enjoyment – especially their rights to an adequate standard of living, food, housing, political participation and decent work.

Keywords: women, equality, resources, rights

Role of women in agriculture and allied areas

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Abstract

Women play a significant and crucial role in agricultural development and allied fields including the main crop production, livestock production, horticulture, post harvest operations, agro/ social forestry, fisheries, etc. Rural Women form the most important productive work force in the economy of majority of the developing nations including India. Rural women often manage complex households and pursue multiple livelihood strategies. As per Census 2011, 65 percent of the total female workers in India is engaged in agriculture. Of the total cultivators (118.7 million), 30.3 percent are women. Out of 144.3 million agricultural labourers 42.6 per cent are Women. In 2001, female agricultural labourers were 21 per cent which increased to 23 per cent in 2011. There are 680 agricultural science centers in the country. Each Krishi Vigyan Kendra has a home science wing. In the year 2016-17, 21 techniques related to women were evaluated and 2.56 lakh women were trained in agriculture-related fields like sewing, manufacturing, value addition, rural handicraft, animal husbandry, beekeeping, poultry, fisheries. Women farmers do not have equal access to productive resources and this significantly limits their potential in enhancing productivity.

Keywords: women, agriculture, production. employment.

Successful stories of women entrepreneurs

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Abstract

‘Women Entrepreneur’ is a person who accepts challenging role to meet her personal needs and become economically independent. The term Entrepreneur covers individuals who have vision and skill and are capable of converting vision in to action for the good of the society. Female entrepreneurs are the fastest-growing segment of business owners in many developed countries. women in India are expected to live a confined domestic life and they have been struggling hard to get rid of these retrograding restrictions. From trying to break free from the shackles of social discrimination, cultural bias, tags of being an inferior sex to fulfilling their responsibility of maintaining a home and a family, Indian women are now finally acknowledged, appreciated and admired for their new roles of ‘entrepreneurs’. Now is the time for Women to venture into the Entrepreneurial world. Women owned businesses are highly increasing in the economies of almost all countries. The hidden entrepreneurial potentials of women have gradually been changing with the growing sensitivity to the role and economic status in the society. In nineteen seventies, Women entrepreneurship began in is real sense. By this time, the first generation after Independence had completed their education. Educated women to fulfill their aspirations and ambitions began opting for self-employment.

Keywords: Entrepreneur, economic growth, Challenges, self-employment

Impact of locality on food and nutrients intake among adolescents

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Abstract

Socio-economic status has been known as an important determinant associated with the prevalence of underweight, stunting, wasting, and overweight and obesity in adolescents. Adolescents of high socio-economic status had more prevalence of overweight and obesity than the adolescents belonging to low socio-economic status. The availability of food is highly influenced by the locality and transport facility. This study was conducted to assess the impact of locality on food and nutrients intake among adolescents. This study was carried out in Fatehabad district of Haryana State. Two hundred school going adolescents (13-17y) were selected randomly from the rural Govt. Senior Secondary School of *Dhanger* village, *Fatehabad* and urban Govt. Senior Secondary School of *Fatehabad* city. The information on dietary intakes of adolescents was collected using 24h recall method for two non-consecutive days. Results showed that irrespective of gender, adolescents belong to urban locality had significantly ($p<0.05$) higher intake of foods belong to cereal and millets and fats and oils. The adolescents belong to urban locality also had significantly higher ($p<0.05$) intakes of energy, fat, calcium, iron and zinc than their rural counterparts. Locality had significant impact on the intake of cereals and millets and fats and oils which indicated further towards more intakes of junk foods in urban locality. Although the vegetables are generally grown in agricultural fields and in backyards or kitchen garden in rural locality but there was not any significant effect of locality was on intake of vegetables among adolescents.

Keywords: Locality, adolescents, food, nutrient, food groups, energy, protein.

Assessment of boredom due to frequent exposure to mungbean meal and school feeding meal by children in Hisar, India

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Abstract

Mung bean has a good amount of iron but also contains a high concentrations of phytate and polyphenols that inhibit iron absorption. Adding guava, a fruit with high vitamin C could improve iron absorption. However, long term repeated daily consumption of mung bean meal and guava in school may increase boredom. This study was aimed to assess the effect of long term repeated consumption of lunch meal on boredom, and to compare the nutrient intake from mung bean based meal and normal school feeding meal provided at Mid-Day in school. This study was done in two primary schools in Mangali village. School children (6-10 years) were assigned to three treatment groups. Group mungbean (MB, n=30) received mungbean, group mungbean guava (MBG, n=30) received mungbean plus 70 g of guava and group school feeding (SF, n=30) received regular school feeding meals. Ratings for desire to eat, interestingness and pleasantness were high over time in MB and MBG. Boredom was low and decreased slightly over time for MB and MBG, whereas boredom of SF was higher and fluctuated depending on type of meal provided. Mungbean based meals contained more fat, protein, iron, Vit C, fibre, calcium and zinc whereas school feeding had more carbohydrate and energy and less phytate. However, the molar ratio of phytate : iron stayed high and indicated low bioavailability. Guava adds to the vit C content to a molar ratio of vit C to iron of indicating that iron absorption may be improved.

Key words: Boredom, Mung bean, Guava, Iron, Vit C, School Feeding.

Emotional intelligence of male and female adolescents

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Abstract

Emotional intelligence is one of the key components for a successful, fulfilling, and happy life. A person is said to be emotionally intelligent when he feels proper emotion in a proper situation and express it in a proper quantity. The present study was undertaken in Hisar district of Haryana state. Two schools of Hisar city were selected randomly and two Govt senior secondary schools of Kaimri from Block-I and Rawalwas from Block-II, were selected. Emotional intelligence scale (EIS) developed by Hyde *et al.* (2001) was used to measure the emotional intelligence has 10 aspects i.e. self-awareness, empathy, self-motivation, emotional stability, managing relations, integrity, self-development, value orientation, commitment and altruistic behavior. A sample of 120 rural and 120 urban respondents including equal number of males and females of 14-16 year age were taken, thus to make a total sample of 240 adolescents. Majority of males and females living in rural area had normal level of emotional intelligence followed by above average and below average. Similar trend was observed for urban respondents. Mean scores of females were slightly better in some aspects of emotional intelligence with their counterpart's viz. overall emotional intelligence and its aspects self-awareness, empathy, emotional stability, managing relation, integrity and commitment

Health betterment and socio-economic benefits of installing biogas plant

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Abstract

Fossil fuels are declining at a very faster rate leading to a situation where in all the nations may suffer for want of fossil fuel. In biogas plant, effective recycling of organic wastes is helpful in generating energy to mitigate energy crisis to some extent. Women will get more benefits from biogas by saving of their time which was used for collection of wood. Biogas plant comprises of a digestion chamber and a gas-holder in which “Gobar” (or cow dung) is treated anaerobically to produce two useful items i.e., fuel gas (or biogas) and organic manure. Biogas is an excellent cooking fuel of high caloric value that serves as direct socio-economic benefits to the women. A clean, unpolluted and cheap source of energy can be obtained and kitchens can be made smokeless by a simple mechanism with little investment. Gobar gas can be efficiently used for domestic cooking and lighting. Due to adoption of biogas technology there is health benefits in rural areas and it was observed that there is reduction in respiratory ailments and cardiovascular diseases as it does not emit smoke and also does not soot on the vessels unlike other conventional forms of fuel viz., coal, firewood and kerosene. It can also be used as a substitute fuel for running diesel engine. Due to switch to renewable energy source like biogas there is agriculture benefit also as the biogas slurry obtained after the production of bio-gas is enriched manure containing NPK and humus. Another positive aspect of this manure is that even after weeks of exposure to the atmosphere, the slurry does not attract fleas and worms.

Livelihood security and balance nutrition of marginal and sub-marginal farmers through integrated farming system

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Abstract

Farming system is a set of agricultural activities which represents integration of farm enterprises such as cropping systems, animal husbandry, fisheries, forestry, sericulture, poultry etc for optimal utilization of resources bringing prosperity to the farmer. It is a combination of one or more enterprises with cropping when carefully chosen planned and executed, gives greater dividends than a single enterprise.. In farming system, diverse enterprises are involved for production of different sources of nutrition i.e. proteins, carbohydrates, fats & minerals etc form the same unit area. It is helpful in solving the malnutrition problem of vegetarian families of marginal and sub-marginal farmers. In farming system, there is an opportunity to increase economic yield per unit area per unit time by virtue of intensification of crop and allied enterprises. Unlike conventional single enterprise crop activity where the income is expected only at the time of sale of produce after harvesting of the crop, there is cash flow round the year by way of sale of products from different enterprises of IFS viz., eggs from poultry, milk from dairy, fish from fisheries, silkworm cocoons from sericulture, honey from apiculture etc. Purchasing power of the farmer is improved and he can invest in improved technologies for enhanced production. Various farm enterprises viz., crop +livestock or any other allied enterprise in the farming system would increase labour requirement significantly and would help solve the problem of under employment. Integrated farming system provides enough scope for providing employment to family labour round the year. It is helpful in improvement of living standard by way of increased income round the year from different enterprises.

Relationship between parental education and mother-child interaction

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Abstract

Temperament is an individual's innate style of responding to the environment in both behavioural and emotional ways. Hisar district of Haryana state was selected for the present study. From Hisar district village Dobhi was selected purposively. 50 boys and 50 girls in the age group of 6 to 8 years were selected randomly from village Dobhi. Mothers of these children also participated in the study. Hence, the total sample for the study was 200 (50 boys and 50 girls and 100 mothers). There were two types of variables in the study i.e. independent and dependent variable. A dependent variable is a variable presumed to be affected by one or more independent variables. Mother-child Interaction was taken as dependent variable. Inventory was prepared and used. Result revealed that father's education was positively and mildly significantly correlated with responsiveness (0.27*) and teaching (0.23*) domains of mother-child interaction and a positive trend was observed for encouragement domain. Results further revealed that mother's education was positively and moderately significantly correlated with responsiveness (0.43*) and encouragement (0.32*) and mildly positively with teaching (0.26*) domains of mother-child interaction.

Key words: Temperament, sex, emotions, responsiveness, encouragement and mother-child interaction

Male and female adolescents perception on their family environment

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Abstract

The home environment plays a vital role in the development of child's personality. The child constantly interacts with the family and is invariably influenced by the entire environment that surrounds him. Each child needs a congenial atmosphere, as he is innocent, tender and delicate since birth and needs someone who can nourish them with love and care. The present study was carried out in Hisar district of Haryana State. A list of villages having Senior Secondary Schools was procured from Education Department of Hisar District. From the list two villages i.e. Arya Nagar from block Hisar I and Dabra from block Hisar II were selected randomly to represent rural sample. Further two government schools one each from selected villages was taken randomly to draw the rural sample and similar procedure was followed for urban sample. Two schools namely Campus Senior Secondary School and Thakur Das Bhargava Senior Secondary School, Hisar were selected randomly for urban sample. From each school, 50 adolescents equally representing both the sex were selected on random basis. Hence, a total of 200 adolescents (100 males and 100 females), from four schools constituted the sample for present investigation. Family Environment Scale developed by Bhatia and Chadha (1993) was used to assess home environment of the adolescent. Results showed that there were significant differences exist between cohesion and acceptance and caring aspects of family environment and gender. Comparison of mean scores of girl and boys, draw attention to that girl had more cohesion and control environment as compare to boys as they had less cohesion and control environment in their family. Turning towards acceptance and caring aspects of family environment, boys received more acceptance and caring from their family as compare to their counterparts.

Nutritional evaluation of wheat and dried water chestnut composite flour

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Abstract

The present investigation was carried out to study the nutrient composition of wheat and dried water chestnut composite flour. Water chestnut flour is more frequently employed in the production of snacks, biscuits and cakes. It may be used in gluten-free flour breads due to its nutritional and health benefits. The wheat grains and dried water chestnuts were ground to fine flour separately. Four types of composite flours were prepared with using wheat and water chestnut in ratios; 80:20, 60:40, 40:60 and 20:80. The data presented in the study depicted that bulk density, water absorption capacity and swelling capacity of wheat flour was 1.4 g/ml, 3.83 ml/g and 9.38 ml/g, respectively and that of water chestnut flour 1.11 g/ml, 2.4 ml/g and 6.45 ml/g, respectively. Wheat flour and water chestnut flour had 96.7% and 54.3% fat absorption capacity, respectively. The results of proximate composition revealed that water chestnut flour contained 9.36 % moisture, 8.03% crude protein, 2.33% crude fat and 76.55 % total carbohydrates and wheat flour contained 4.30% moisture, 11.08% crude protein, 3.87 crude fat and 73.85% total carbohydrates.

Key words: Water chestnut flour, composite flour, nutritional composition

Role of women in agriculture

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Abstract

India is developing country. The chief occupation is agriculture, because 70 per cent of the population is engaged in this occupation. Many females in developing countries are working in agriculture field. Women livelihood in agriculture in low income countries in Asia is between 60-80 per cent. The women are the pillar of agricultural workforce but worldwide her hard work has commonly been unpaid. She does the most tiresome and back-breaking tasks in agriculture, animal husbandry and homes. In almost, Asian countries, the number of women working in agriculture as a percentage of the economically active population is higher. Women also have less access to productive resources particularly in developing countries. Due to these reasons and women's lower education level induce the women have a greater trend to remain in subsistence agriculture. Professional women continue to discrimination in hiring and promotion. Women play a substantial and critical role in agricultural development and allied fields including in the main crop production, livestock production, horticulture, post-harvest operations, agro/ social forestry, fisheries, etc. The nature and level of women's participation in agriculture, no doubt, varies greatly from area to area. Even within aarea, their participation varies widely between different ecological sub-zones, farming systems, castes, classes and stages in the family cycle.

Inter-gender and inter-generational radio listening habits of respondents

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Abstract:

Radio plays a very significant role in the society and that cannot be unnoticed. Radio has the ability to become a reliable source of information in areas where information is scarce. People from all around the world can search the airwaves for reliable sources of information even when phone lines are cut and the internet is blocked. The main purpose of this study was to explain the various radio listening habits among the intergenerational population of Hisar city of Haryana state. Two localities of Hisar city were selected for the study. Out of each selected locality, 20 respondents each from different age categories i.e. 16-30 years, >30-45 years, >45-60 years and above 60 years was selected randomly from both the sexes. Thus a total of 160 respondents were selected. The study revealed that very few respondents had radio sets (12.5%) in their household. Brand of radio used were Philips (8.1%) and the most preferred channel of radio were 92.7 Big FM (36.8%) followed by 94.5 My FM (33.1%). According to Oliveira, Portela, & Santos (2012), it is assumed that listeners make their own interpretations of a radio programme – if the presentation includes something they can relate to, something familiar. As regards listening radio, in total 15.6 per cent respondents listen radio for 1-2 hours followed by 30 minutes -1 hour (14.3%) while 12.5 per cent respondents listen radio for 2-3 hours. In total songs (39.3%) were the most preferred program followed by current affairs (35.6%) and stories (33.7%) in all age groups.

Keywords: Radio, listening habits, inter-gender, inter-generation

A study on gender differences in psychological well-being

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Abstract

The aim of the present study was investigated to psychology well-being of gender Difference. A total of 600 school students(males= 300; females=300) from Government Senior Secondary School in Panchkula (Hararyana). All adolescents werestudying in 11th and 12th class aged between 15 to 18 years old.Ryff's Psychological Well-Being Scales develop by Ryff (1995) was used to assess the psychological well-being of children. In this research psychological well-being Inventory was used for data collection Data was analyzed by "t" test. The purpose of this study was to access school adolescent's psychological well-being. Gender differences were observed that boys and girls differed significantly on autonomy ($z=2.14$, $p<0.05$), environment mastery ($z=3.00$, $p<0.05$), personal growth ($z=3.33$, $p<0.05$), purpose in life ($z=3.40$, $p<0.05$) and self-acceptance ($z=2.30$, $p<0.05$). Mean scores disclosed that girls had more environment mastery ($M=36.00$), personal growth ($M=35.31$), purpose in life ($M=63.42$) and self-acceptance ($M=49.54$) while less autonomy ($M=35.45$) and positive relation ($M=32.83$) as compare to boys.

Keywords: Psychological Well-being, Adolescents, Gender Differences

Quilting and patchwork-creative techniques of upcycling

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Abstract

Textile waste mainly originated from household sources and industries. Reuse of the fabric or textile waste a traditional domestic craft in India which is mainly done by women. In modern era, there are small cluster in which women can contribute with their skill and developed the product with the new concept of upcycling. Upcycling refers to reuse of a garment where its quality remains the same or is increased by various construction, designing and embellishment techniques like patch work and quilting which help to create beautiful products using textile waste material. Patchwork is a form of needlework that involves sewing together pieces of fabric into a larger design. The larger design is usually based on repeating patterns. Patchwork is most often used to make quilts, but it can also be used to make bags, wall-hangings, warm jackets, cushion covers, skirts, waistcoats and other items of clothing. Some textile artists work with patchwork, often combining it with embroidery and other forms of stitchery and quilting is another technique in which the process of sewing two or more layers of fabric together. With both techniques are very useful for making products from waste material and also promote the skill of women. This creative work help marginalized women to earn a living .Their creative expression can solve many problems like save energy, reduce textile waste, improved skill and earn money.

Keywords: Upcycling, Patchwork, Quilting , Techniques

A new approach for women empowerment through product development using remnant clothes

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ABSTRACT

Women are a powerful force in our global society. In traditional Indian societies, they were confined to the four walls but in modern society, they participate in all types of activities including entrepreneurship and possess the capability to financially and socially uplift themselves, their families and neighbours too. Women are the backbone of society, and if empowered to be financially independent, can prove to be a change maker of society, capable of sustaining their families, ensure education for their children, improve standards of living, and access better healthcare. Increasing concern for reducing the load of waste material on earth, has led to the adoption of approaches like waste reduction, reuse and recycling. Hence, the reuse of the old clothes is a new approach toward the environment sustainability. Various products can be developed by using old and remnant clothes like, durries, door mats, bags, pouches, covers, etc. by women. This activity will also ensure the financial development of women as it will provide a platform to raise their income. The developed products can easily be sold in local markets, various exhibitions, fairs, etc. and attract the attention of the consumers who are concerned about the environment. This new prospect will provide a way of income generation of women and ultimately ensure the empowerment of women financially. .

Empowering hill women through promotion of *aipan* designs' based products

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ABSTRACT

Uttarakhand is known for its natural scenic beauty rendered by Himalayas, Tarai and Bhabar region and it has attracted everyone from all over the world. Apart from natural beauty, Uttarakhand is a centre of Hindu religion, culture and heritage. *Aipan* is a folk art of *Kumaun* region of Uttarakhand which is related to Hindu myths and rituals drawn on the floor. In the present study, *aipan* designs were incorporated into borders woven through extra weft figuring technique using woollen yarn. These were then applied on products namely, waist coat for male and waist coat for female. These finished articles were assessed by 30 females from the College of Home Science on the parameters namely, workmanship of woven border, suitability of the border colour combination to that of fabric colour of the article, suitability of the border to the articles, placement of border on article, neat finishing of the article with applied border, overall appearance of the article. The waist coat for males and females finished with the borders, were widely accepted by the two groups of respondents and most of the respondents were satisfied with cost of articles. Thus woven borders can be used effectively for the product diversification and could be promoted as means for conservation of *aipan* craft in form of textile items.

Evaluation of nutrition status of adolescents through dietary intake assessment

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Abstract

Dietary assessment is an appropriate method to analyze the nutritional status of a large number of populations in short time. Data of nutrient intake was compared with reference values using one sample t- test. Total 220 school going adolescents (13-17y) were selected for the study. Out of total, 110 adolescents from rural background (Laxmi Senior Secondary School, *Rathiwasi*, Gurgaon) as well as 110 adolescents from urban background (Rao Lal Sing Public School, *Sidhrawali*, Gurgaon) were selected. The information on dietary intakes of adolescents was collected using 24-h recall method followed by weighing method. Mean food intake was calculated by taking mean of two non- consecutive days intake. Average daily food intake of the respondents was compared with the recommended dietary intakes and allowances (RDIs/RDAs) published in dietary guidelines for Indians, NIN (2010). Statistically data was analyzed using SPSS statistical package (version 14.0) for windows. Daily mean intake of cereals, pulses, green leafy vegetables, roots tubers, other vegetables, fruits and fats and oils was significantly lower than their respective RDIs, daily mean intake of milk and milk products was adequate whereas the daily mean intake of sugars and jaggery was found more than their respective RDIs in the daily diets of adolescents of both the age group. Daily mean intake of energy, protein, fats, iron, β -carotene, vitamin C and zinc except calcium was significantly lower than their respective RDAs in the daily diets of adolescents of both the age group. The daily mean intake of calcium was found more than their respective RDAs though the difference was not significant.

Keywords: Recommended dietary allowances, adolescents, 24-h recall method.

Women's role in food and nutritional security

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ABSTRACT

For a majority of the Indian population, still rural are dependent on agriculture, one of the primary determinants of food security remains the performance of the agriculture sector. In linking the agriculture with food and nutrition security, women are central to at least three of these pathways - 1. Food production (women as producers) 2. Economic and social access to food (through control over income/ employment) 3. Nutrition (in)security (through lack of time for feeding and care). In addition to daily household maintenance activities (food preparation, firewood and water collection) and care work, women spend much of their time on farm and farm-related activities. These include seed selection and preservation, as well as threshing, cleaning, and drying harvested crops. Additionally, they maintain small livestock, grow vegetables in kitchen gardens, or engage in petty trade or home-based petty commodity production. Women's labor time is then a crucial link when thinking about food security. Only adequate food production cannot ensure food security, having access to an adequate quantity of quality food is also necessary. Women's role in food utilization could be far more important than their role in production and income earning. Women are generally responsible for food preparation and feeding. Therefore, they are crucial to nutritional security at the household level through ensuring the safety of food, diversity of diets, and use of clean drinking water, and equally important in child care, health, and sanitation.

Keywords: Food security, agriculture, utilization, nutrition, health

Development of idli, dosa and dholka premixes for menopausal women by incorporation of flax seeds (*linum usitatissimum*) and Sunflower seeds (*helianthus annuus*)

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Abstract

Menopause is a natural ageing process that marks the end of women's reproductive years when body starts running out of eggs, ovulation becomes sporadic, hormone levels fluctuate and cycle become unpredictable. Flaxseeds are high in lignans which are natural phytoestrogen and replicates female estrogen within the body. This replication helps to balance natural estrogen as women go through menopause and reduce menopausal symptoms like hot flashes and mood swings. Sunflower seeds are rich in vitamin E which reduces the frequency and severity of hot flashes in post menopause. They are high in phytosterols which mimic the effect of estrogen in the body. The aim of the present study was to assess the nutritional and antioxidants Potential of flax and sunflower seeds and products were developed by Incorporating flax and sunflower seeds. The best variant among three recipes was selected by panel members and their nutritional analysis was done. Flax seeds powder was found to be significantly lower in ash (g/100g) content i.e. 2.9 ± 0.18 than sunflower seeds powder i.e. 3.9 ± 0.09 . The moisture (g/100g), protein (g/100g) and crude fibre (g/100g) were higher in flax seeds i.e. 6.7 ± 0.20 , 20.32 ± 1.21 and 10.1 ± 0.59 respectively when compared to sun flower seeds i.e. 2.2 ± 0.04 , 16.32 ± 0.13 and 1.05 ± 0.07 respectively. The calcium (mg/100g) and iron (mg/100g) content of sunflower seeds were 250.6 ± 0.03 and 3.2 ± 0.02 respectively which is higher than flax seeds. The preliminary phytochemicals like alkaloids, flavonoids and glycosides were present in both seeds. Thus both samples also have antioxidant, antibacterial, anti-inflammatory and esterogenic effect. Antioxidant activity depicted that total phenols content was higher in sunflower seeds i.e. 27.1 ± 0.06 than flax seeds and flavonoids content was higher in flax seeds i.e. 46.09 ± 0.09 when compared to sunflower seeds. The data showed that quantity of ascorbic acid (mg/100g) was slightly higher in sunflower seeds i.e. 1.24 ± 0.14 when compared with flax seeds i.e. 0.61 ± 0.06 . The products viz. idli, dosa and dhokla premix were developed by incorporation of 5%, 10% and 20% of flax and sunflower seeds powder showed that idli incorporating 5% flax seeds powder and dosa incorporating 10% sunflower seeds powder were most acceptable products. The nutrient analysis of most acceptable products showed that the acceptable products were high in protein, iron, calcium and vitamin C when compared to standard recipes. Thus both flax and sunflower seeds powder possess nutritional and health benefits in reducing menopausal symptom as both are good sources of antioxidants and phytochemicals. They also mimic the effect of estrogen in the body as they are good source of lignans.

Lotus stem (*Nelumbo nucifera*) a potential nutraceutical source of iron and fibre

Mumtaz Hussain

Food security is often conceptualized in the context of food energy or calorie intake. It is increasingly recognized that a large segment of the world's population especially in developing countries are consuming food that is deficient in micronutrients like vitamin A and iron etc. The manifestations of such micronutrients deficiencies are vitamin A deficiency syndrome, night blindness, xerophthalmia, anemia, goiter etc. In communities living in developing countries, prevalence of poor diet and infectious disease unite into a vicious circle. They are most important risk factors for illness and death, affecting millions of pregnant women. Lotus stem (*Nelumbo nucifera*) can be chosen as food fortificants for iron. *Nelumbo nucifera* is a large aquatic herb widely found in India. Value addition of various products on household level can be done to enrich the micronutrient content for correcting and eliminating micronutrient malnutrition in population. Dietary fibre is an essential constituent of a healthy diet. It helps in physiological and metabolic function and also lowers the risk of type 2 diabetes, improves insulin sensitivity and lowers the basal glucose concentration. Lotus stem contains saturated fat, it is moderate in calories and rich in Dietary fibre. It is a great nutritious vegetable and good for weight loss seekers. It helps in constipation as it is rich in fibre content with complex carbohydrate. Calcium and iron content are also high in lotus stem.

Keywords:- Lotus stem, iron, fibre.

Lesser known women entrepreneurs

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Abstract

Women, scripting her own success story by taking the world by storm in today's new age world. The dynamic Indian women, who has been setting benchmarks in their chosen fields. Women are taking charge, becoming entrepreneurs, and providing jobs to other women. Be it in ecommerce, education, investing, travel, fashion, retail, fitness, hiring, and anything and everything under the sun, they are proceeding with gumption and unbridled enthusiasm to change the world around them, make a difference with their ideas, seek solutions that have never been sought, fight diseases and social norms, run successful ventures and generate employment for many, and give rise to new sustainable ecosystems. The most well-known face amongst Indian women entrepreneurs -Indra Nooyi is the CFO and President of PepsiCo. Chanda Kochhar, the MD & CEO of india's largest private bank ICICI Bank. Ekta Kapoor; the woman who changed the face of Indian television and the list continues. Meanwhile there are lady bheem who are not so popular, the paper aims to share their success stories. The names include Mehvish Mushtaq(developed an android application) , Pabiben Rabari(The founder of one of the first women artisan enterprises in the country), Tamanna Sharma(a sustainable event and event waste management service provider), Sobita Tamuli(manufacturing and selling organic manure), Hemalatha Annamalai(founder of a company that locally manufactures electric vehicles like e-cycles, e-scooters, e-trolleys, special-purpose vehicles for waste management and differently abled people)and many more. The gender stereotypes which were more prevalent in the society decades ago are breaking slowly. But there is still a long way to go.

Keywords: entrepreneurs, jobs, women, gender.

Women- shaping agriculture in india

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Abstract

Agriculture is the backbone of the Indian economy. Women play a vital role in building this economy. Under the current scenario, women's contribution to the prevention of climate change and the management of natural resources cannot be denied. They play a significant and crucial role in agricultural development and allied fields from sowing to planting, drainage, irrigation, harvesting, fertilizer, plant protection, weeding, and storage. Apart from this, they are active in other activities like fodder collection, cattle management, milk and allied activities related to agriculture such as mushroom production, beekeeping, goat rearing, poultry, etc. Women also play important roles through labor supervision and participation in post-harvest operations. According to the Food and Agriculture Organization, women's contribution to Indian agriculture is about 32 percent, while in some states (such as Hills, Northeast, and Kerala) contribution of women to agriculture and rural economy is more than men. Women are involved in 48 percent agriculture-related employment whereas 7.5 crore women are playing a significant role in milk production and livestock management. To strengthen women's participating in agriculture and allied activities and to improve their access to land, loans and other facilities, the Ministry of Agriculture and Farmers Welfare has policy provisions like joint leasing for both domestic and agricultural land under National Policy for Farmers. The aim is also to ensure that women contribute effectively in agricultural production and productivity and get better livelihood opportunities. Therefore, proper structural, functional and institutional measures are being promoted to empower women, to build their abilities and to increase their access to input technology and other agricultural resources and various initiatives have been taken in this regard.

Keywords: agriculture, economy, women, productivity.

Integrated watershed management programme (IWMP) in Haryana: role in women empowerment

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Abstract

Government of Haryana implemented the IWMP scheme in 2011-12. This scheme provides the structural improvements, water conservation structure as well as women employment in Haryana villages. This scheme implemented only six district of Haryana. Under this scheme self help group (SHG) are formed and these self help group provide the women to work for their family. There are number of SHG in these six districts which successfully change the life of rural women. In these SHGs work is decided by the women. This work may be pickling, beauty parlor, woolen work, honey collection etc. A initial training is provided them before starting work. Government provided initially a start up amount 25000/- per group. This start up amount is going to direct in joint account of group. These SHGs change the life of rural women and they starting to save amount, doing work in free hours in rural areas. Women of rural areas become self dependent by working in theses SHGs. SHGs provided them security as well as wealth.

Key words: women empowerment, SHGs, IWMP

Involvement and knowledge of women about polyhouse technology in Haryana

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Abstract

Women play an important role in agricultural sector but it varies from region to region. Due to the feminization of agriculture, the participation of women has significantly increased in the agricultural sector, particularly in the developing world. According to Census 2011, 55 per cent women were agricultural laborers and 24 per cent were cultivators amongst all the female workers. Rural women perform all type of work in every field of agriculture i.e. cereal cultivation, vegetables cultivation, flower cultivation, herbs cultivation etc. To promote some crops like vegetables, fruits and flowers, farmers use polyhouse in India. Women also involve in using the poly-houses for the different crops especially flowers and vegetables which are economically beneficial to the farmers. The present study was conducted in four districts of Haryana state with the objective to find out the knowledge of women involved in floriculture about poly-house technology. It was found that only 11 percent of women had the ownership of the poly-house among 100 farmers in Haryana state which is very low in respect of gender perspective. Among 11 percent of women, only about 20 percent women had knowledge of all types of poly-houses. Only few women had the knowledge about the initiatives taken by the government to promote the poly-house and floriculture at different levels. It has concluded that the government needs to create more awareness among women to promote the polyhouses to increase the production of flowers and vegetables.

Keywords: Agriculture, floriculture, knowledge, poly-house and women.

Insect Repellent Fabric

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Abstract

Protective textiles are among one such smart application of smart technology in textiles. Protective textiles refer to those textile products which have a functionality of giving protection from something in some or the other sense. A Mosquito repellent textile is one such textile product. Mosquitoes classify as one of the deadliest pests known to man. In the tropical countries mosquito menace is one of the greatest problems faced by the people in their every day lives. Mosquitoes are attracted to carbon dioxide as well as the warmth and humidity people give off-so subtle differences in body chemistry between people make some people more prone to getting bitten by mosquitoes than others. The use of the repellents such as lotions, coils and liquidators are limited in their efficacy due to various reasons. Of all the methods of mosquito bite protection, textile based method assumes significance because textile materials are considered as third most important essential element of life apart from food and shelter for human living. Textiles protect human skin from harsh weather as well acts as a barrier for airborne harmful microorganisms. Mosquito repellent textiles are one of the revolutionary methods in the advancement of the textile field, by providing the much-needed features of driving away mosquitoes, especially in the tropical areas. This has necessitated the development of mosquito repellent fabrics. A textile fabric with the mosquito protection is one of the revolutionary ways and the much needed feature of driving away the mosquitoes. It protects the humans from the bite of mosquitoes and thereby promising safety from the mosquito borne diseases.

Keywords:- Mosquito, Repellent and Fabric.

Strategy to overcome the loneliness among elderly women

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Abstract

India is the second largest population of elderly (60+) in the world. Elderly women population in India is more as compared to their counterparts. In average, one third of elderly population suffers from loneliness at least some times. This may be due to the changing socio-economic condition; the younger generation has stirred towards materialistic attitude and has redefined their responsibility within the family. Secondly, ageing adults experience loneliness either as a result of living alone or due to lack of close family ties, reduced connections with their culture of origin, illness, death of a spouse, busy life of their children, shrinking of the social network, lack of friends and after the retirement. The person who is victim of loneliness feels like it is not part of this world, even when he is in the crowd, when a person feels that he has left everything. The effect of loneliness is not only mental but also on physical health. The possibility of early death of people who are struggling with loneliness is just as much as a person drinking 15 cigarettes in a day. Besides, due to obesity, insomnia, hypersomnia, stress, depression and many other diseases loneliness occurs. Loneliness often gives rise to stress, anxiety, and other diseases. Present the strategies to present and prevent the factors that predict the loneliness of the elderly. In such a situation, now there is a need to make the elderly self-reliant and to make them independent.

KEY WORDS: Elderly women, loneliness, strategy and diseases

Issue and importance of innovation in agriculture with special reference to women

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Abstract

India is known as agro-based country. The most population of the country is working in agriculture where its participation in GDP is 17% (2014), which is very small comparing other sectors and other countries. The total participation of people in agriculture is 49% in 2014 whereas women participation in agriculture is average 55-60%. So the consideration of women role in agriculture is very important but they do not get her precise place in the agriculture sector. So innovation can play a significant role in agricultural development and also in women empowering. So this is necessary that we must do 'outside the box' for women empowerment and gender equality. At the most basic level, innovation can benefit women simply by improving their well-being in terms of health, nutrition, income even life-span. Innovation can lead to women empowerment, securing freedom and resource for women to make a decision, build confidence and act their own interests.

Because of innovation, we can see that in society a change in its path. While yesterday women were immobile, but today they move freely, where women were silent but have a voice, where women were dependent but today are the engine of progress for their families, business and communities. The path of innovation is not easy, particularly in a gender context. But this is not meaning that this is impossible. There are so many obstacles which must be sorted out. In India, orthodox traditions are stronger than the laws, patriarchal society, illiteracy, gender-based discrimination etc. are responsible for making the path of innovation easier. So the issues like access to land, financial services, women-friendly techniques, gender-sensitive culture, gender equality etc. must be considered in innovation.

Role of participation in marketing among farm women

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Abstract

“When women moves forward the family moves, the village moves and the nation moves”

Pandit Jawaharlal Nehru

Cash income in hand is a necessary condition for overall empowerment of women. For this purpose, women need to be involved in marketing. There are several projects implemented for the economic empowerment of women. When more women become the member the producer group, then there is increased participation of women in the decision making process of the producer groups. When women are involved in marketing, they have to come out from home which break the first layer of social barrier that women should not go out from the home is broken. In the market place, they will be negotiating on price with the buyers. In the process, they will be looking at other's face and talking to them who may be from other men, from other ethnic group, religion etc. It again break another layer of social restriction on women that they should not look at other's faced and talk to them. These are simple activities in marketing but contribute significantly in the social empowerment of women. It is the starting point of economic empowerment of women. Participation in marketing helps to engender policies and practices of agribusiness, strengthen women's roles in mixed-gender farmer groups as well as improves wages, benefits and occupational mobility for women Hence, to improve their condition and increase the empowerment there is a need to organise training programmes or scientific methods and increase their contacts with outsiders to improve their information and knowledge related to marketing.

Key words: Participation, Marketing, Women Empowerment, Decision making

Vermicomposting: a livelihood micro-enterprise for rural women

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Abstract

Farm women in India play an important role in farm enterprises. Since immemorial women support to the family by earning and undertaking various type of work. Farm women are considered as invisible works force in various agricultural operations .Empowerment of women in rural areas is gaining momentum in India and it is important to train and encourage them to establish small scale vermicompost unit. Vermicompost is an organic manure (bio-fertilizer) produced as the vermicast by earth worm feeding on biological waste material; plant residues. This compost is an odourless, clean, organic material containing adequate quantities of Nitrogen, Phosphorus, Potassium and several micronutrients essential for plant growth. Women can easily take Vermicomposting as sustainable source of livelihood as it is less labour-intensive than traditional plant composting because the worms do almost all of the work and this can be taken up with day to day house hold activities. Moreover, low investment is required for setting up of vermicompost unit which farm women of small and marginal farm families can easily arrange. Now a day very low cost HDPE vermibeds are available in market. In addition to this, Women with poor education level can also easily handle the activities of unit. Marketing vermicompost can easily done by individual or it can be better organized by forming Women Self Help Groups (SHG) . Thus it can be concluded that setting up of vermicomposting unit can prove to be an viable option for generating employment and sustaining farm women income vis a vis such units also helps in utilization of waste and promoting organic agriculture.

Floriculture as an emerging tool for women empowerment

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Abstract

Flowers are always remained as an integral part of social fabric, since time immemorial. Our society in various forms depends on the usage of flowers to perform our basic rituals. Increase in the domestic demand for fresh-cut flowers and support from the government is encouraging women to take up flower cultivation on a commercial basis; floriculture has become the tool for women empowerment. Woman plays a significant and crucial role in agricultural development, livestock production, horticulture, and floriculture post harvest operation, agro Social forestry and fisheries etc. as a manager, decision maker and skilled farm worker from preparatory stage to harvesting, storage and marketing of the flowers. In our country females are 65% of the total workforce involve in the production of flowers. In the rural areas maximum women are attached with this profession. Now days in the urban area, females are also showing their interest to be a part of this profession. So far, as floriculture is concerned, women participate in almost all activities right from preparatory tillage to harvesting, storage and marketing of the flowers. Setting up of floriculture nursery could also paves way for women livelihood and sustainable income generation Likewise, crafting in floriculture has been gaining impetus with the rapidly growing flora industry in India. Crafting in floriculture through dry flower making, floral decor, bouquet making, dry flower frames and articles, potpourris by using the ornamental plants is considered as an ideal venture in the recent past for livelihood and women empowerment. Women groups can work together with small-scale processing enterprises to create new markets for higher value floriculture products..

Fastfood affects weight gain in adolescents

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Abstract

Adolescence is a period of transition from childhood to adulthood. Consumption of fast food has often being associated with negative impairment on nutritional status and health of adolescents. India's fast food industry is expanding at the rate of 40% every year. India ranks 10th in the fast food per capita spending figures with 2.1% of expenditure in annual total spending. The ready availability, low cost and peer pressure make them popular as this culture is an emerging trend among the adolescents. The present study was conducted in Rohtak district of Haryana to assess the nutritional status of adolescent girls of 16-18 years. A total of 300 adolescent girls were selected from two different colleges in the study area to find out the socio-economic status, BMI and fast food consumption of adolescent girls. Majority of the girls belonged to 17-18 years of age. Thirty eight per cent girls were middle born and 57.33% were from medium sized family. Namkeen bhujia and samosa were taken by 32% and 28% of adolescent girls on alternatively basis. Body Mass Index (BMI) ranged from 21.85 to 22.13 kg/m² in adolescent girls of Rohtak district which was significantly higher than reference values. The study thus suggests that adolescents need to be educated about the ill effects of junk foods.

Keywords: BMI, Fast food, Socio-economic.

Antioxidant activity of guava (*psidium guajava*) and *ber* (*ziziphus mauritiana*)

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Abstract

The antioxidant activity of guava and *ber* was studied. Raw guava and *ber* were analyzed for their total phenolic content, total flavonoid content and antioxidant activity. The total phenolic content (TPC) of guava and *ber* was 153.89 and 254.62 mg GAE/100g, respectively. The total phenolic content (TPC) of *ber* was significantly higher than guava. The total flavonoid content (TFC) was 112.39mg RE/100g in guava and 71.38 mg RE/100g in *ber* respectively. Guava had a significantly higher total flavonoid content than *ber*. The ferric reducing antioxidant power (FRAP) of guava and *ber* was 583.33 and 910.44 mg TE/100gm, respectively. The ferric reducing antioxidant power (FRAP) was higher in *ber* as compared to guava. DPPH radical scavenging activity in guava and *ber* was 162.21 and 150.91 mg TE/100gm, respectively. Guava had a significantly higher DPPH radical scavenging activity than *ber*

Women Empowerment with information and communication technologies

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Abstract

Women empowerment adds to confidence of women in their ability to lead meaningful and purposeful lives. It removes their dependence on other makes them individual in their own right Electronic media, human communication and information technology (IT) are the means of communication. Persuasive communication brings the desirable social and behavioral change among the most vulnerable rural poor and women, which ultimately leads to rural poor and women, which ultimately lead to rural progress. Cover the decades, there has been a paradigm shift from the tradition approaches to application of ICT through which government render services using election means, deliver useful information to farmers about agriculture like crop care, animal husbandry, fertilizer and feedstock inputs, pest control, seed sourcing and market prices; improve the overall efficiency of the delivery of education in schools and educational management institutions at the national, state/ provisional and community level and provides on-line services for job placement, opens up new business opportunities. ICTs are being used in India to facilitate remote consultation, diagnosis and treatment and to forecast extreme natural hazards, drought, landslides and floods along with impacts of these events on society ICT as an enabler has broken all bound of cost, distance and time. Government has conducted major project like radio for Rural Development Popularly known as “Radio Farm Forum”. Satellite Instructional Television Experiment(SITE), ICT and e- Government for rural development However, there is lack of required support for the proper functioning. Hence, right actions are required at national and international level to support media in agricultural development. Proper training and implicational of ICT programs in simple way and language which is easily understandable by the rural people can surely bring revolution in rural development i.e. it can be an important means to bridge the gap between economically and technology backward and forward classes.

Keywords: ICT, Rural development and Agriculture

Effect of Plants on Indoor Environment

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Abstract

The veiled entrepreneurial abilities of women in India have witnessed steady alterations with the increasing sensitivity to her role and economic standing in the society. The start-up capital for an indoor plant care business is very low relative to other businesses the biggest expenses will be insurance and transportation. Plants can nowadays be altered in their looks and size according to our desires. This is achieved with the help of Biotechnology and other new discoveries in the field of science. Plant care business is very rare and one can make good profit out of it because of low competition in the market among women. Apart from all these, your own creativity and contacts make up the survival of plant care business, and the business has a great vision to change many lives of women in rural India.

Keywords: Biotechnology , discoveries, women, transportation

Musculoskeletal disorders in female ironing workers

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Abstract

In this modern scenario, ironing workers has become significant in saving time and energy of those people who does not get time to iron their clothes daily because of their hectic life. Mostly people living in urban areas cannot find time to iron their clothes, so significantly ironing workers contributes in saving their time. Ironing can be considered as one of the drudgery prone activity since the weight of the iron that the ironing workers use is 6 to 7 kg. Survey was done on the female ironing workers of Hisar city of Haryana to study the musculoskeletal disorders caused by ironing in female ironing workers. A questionnaire was developed to find out the MSDs among the ironing workers. Human body map was used to find out the intensity of pain among the female ironing workers. 30 female respondents was selected randomly out of which 76.6 percent of the workers showed severe intensity of pain in their neck, 63.3 percent showed severe pain in their arms and wrist, 54.3 percent had extreme pain in their shoulder, 45.6 percent in their back, 36.6 percent had severe intensity of pain in their knees and 27.3 percent of the workers had severe intensity of pain in their feet (specifically ankles). The results suggested that the musculoskeletal disorder are caused due to the repetitive work pattern, continuous standing posture, continuous lifting of heavy iron and unsuitable workplace environment.

Keywords: Musculoskeletal disorders, MSDs, workplace environment, ironing,

Sensory evaluation of chapattis prepared using pea shell paste

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Abstract

Pea (*Pisum sativum*) is among the most important crops of temperate climatic regions satisfying the purpose of both human consumption and animal feed. Pea shells which are generally regarded as waste and are discarded in bins and used for animal feed, contains many beneficial nutrients. In this connection, whole peas were shelled and seeds were separated. The fibrous layer of pea shells was removed and the edible green portion was ground to form a paste which was further incorporated into the recipe of simple chapatti. In current study, the chapattis were devised by substituting pea shells paste in place of wheat flour at 20%, 30%, 40% and 50% level. Blends of pea shells paste with whole wheat flours were prepared by combinations of 80:20, 70:30, 60:40 and 50:50. The developed chapattis were evaluated organoleptically for sensory characters. All chapatti prepared incorporating pea shells paste were acceptable. Chapatti supplemented with fresh pea shells paste had higher scores for color, appearance, aroma, texture and taste when compared to control (100% wheat flour). The overall acceptability score was maximum (7.94) in chapatti prepared with 30% supplementation of fresh pea shells chapatti and minimum (7.62) in chapatti prepared from 50% fresh pea shells paste. All the scores fell in the category of like very much. The score for taste of chapatti (50%) was 7.3 which fell in the category of like moderately. As compared to control the color scores was increased with addition of fresh pea shell paste. The chapatti is advantageous for people suffering from lifestyle diseases as these contains high amount of minerals and antioxidant activity and low fat. In this way pea shells can also be utilized in such recipes for human consumption otherwise this important source of nutrients goes wasted. Thus peashells can contribute to improvement of food security.

Role of law and justice in changing stereotypical gender roles

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Abstract

Gender equality is based on the idea that access to rights or opportunities is uninfluenced by gender. Indian society is a male dominated society; the women in India habitually face discrimination, injustice and dishonour despite the various laws present to improve their position. Law and society are interdependent, sometimes; society pulls the law forward and at other time laws makes the society progressive. Constitution of India enshrines the principles of gender equality in fundamental rights, fundamental duties and DPSP; In order to ensure equality in the true sense the State is also empowered to adopt measures of positive discrimination in favour of women. Articles 14, 15, 15(3), 16(2), 39(a) (b) (c), 42, 51-A (e) and 243 of the Constitution are of specific importance in this regard. Apart from the rights provided in the constitution, there are several rights which are provided in the various laws (acts) of the Parliament and the State Legislatures. Law is inescapable and it touches many facets of our lives. It plays key role in the distribution of rights and resources among women and men across all sectors. Equality before law is not just a right by itself; it is also a means to ensure unbiased outcomes. For instance, changes in inheritance laws may create incentives for families to invest in daughters. By providing equal rights, women become an asset rather than a liability. Thus, ensuring the transition from a developing to a developed society at a fast pace. The paper will focus on the constitutional and legal rights of women in India and the role of law in changing the stereotypical gender roles.

Keywords: constitutional rights, legal rights, women, gender equality, stereotypical gender roles

A study of women entrepreneurship in Haryana

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Abstract

Role of women is well recognized for the development of family, community and the nation. There are many income generating technologies which can be started at household level like mat making, stitching, embroidery, basket making, match box making, etc. Such techniques make the women self-reliant and improve the living standards of their families by additional income (Nanavathy, 1992). The study was conducted on case study of five boutique entrepreneurs of Hisar city, In depth study of the five boutique enterprises was undertaken to study the management practices included Planning; Implementation/execution of the boutique; Controlling/evaluation of the boutique and Problems faced while carrying out the activity. Job satisfaction and consumer satisfaction were also studied. The data revealed that all the boutique entrepreneurs started their boutique after 30 years of age, married, one boutique entrepreneur had done diploma in fashion designing. The boutiques were established in the year 1985-2006, located in 'area market' of Hisar city with initial investment of Rs.40,000-1,50,000. The working hours were 10 hrs/day. About 9-16 employees were working in the boutique Supervisor, cutters, tailors, embroiderers (machine and hand) and workers for other miscellaneous activities. Monthly income from boutique was from Rs.15,000 to 35,000. All the boutiques were equipped with all machinery, hand tools, other equipments, raw materials and trial room, they purchase most of the raw materials from Delhi and Hisar, all types of women's casual wear, party wear and fancy dresses for kids and preparing approximately 500-800 numbers of garments and about approximately 200-350 customers were visiting monthly. The managing activities were done time to time. The major problems faced by the boutique owners were in 'finding of skilled manpower', 'time constraints' and 'purchasing of raw materials'. They were satisfied from the job of boutique enterprise, their customers are also satisfied from the boutique made garments.

Key words: Boutique, Management, Case studies, Entrepreneurs, Job satisfaction, Consumer satisfaction

Print media on protective clothing for female farm workers engaged in wheat threshing

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Abstract

The media is playing an important role in passing on meaningful information at faster rate to the large number of farm workers in our country. It has emerged as one of the powerful source of seeking relevant scientific information by our farm workers, therefore, tapping and utilizing media for transferring the technologies in agriculture, the Indian farm workers are crucial and of significant importance. This is mainly due to the fact that the vast majority of our farm workers inhabiting in remote rural areas where facilities could not be arranged for sustainable individual or group approaches of technology transfer as it could highly expensive and difficult in managing information infrastructure, therefore, responsibility and invention of media in rural transformation is becoming more imperative and challenging.

Use of print media is of greater advantages in agricultural sector because of reliable and scientific information in simple language, on a specific topic and generally illustrated with picture and can reach a large number of farmers quickly and simultaneously (Nataraju, 1996). Developed print media could be utilized to motivate the large number of farm workers to adopt the protective clothing/ accessories to combat their occupational health hazards. Therefore the present study was proposed to be development of print media on protective clothing for farm workers and assess its effectiveness.

To assess the effectiveness of developed print media on target group, 240 farm workers were selected from four districts of two agricultural zone. Farm workers gained knowledge after exposure to pamphlets. The higher impact was observed in terms of gain in knowledge, after exposure to print media. Thus it was concluded that pamphlets are found to be best media of dissemination in effective manner.

Key words: Health hazards, farm workers, protective clothing, print media, effectiveness

Study of contributing variables in guidance needs of adolescent

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Abstract

Guidance is a process of helping the individual to discover himself i.e. his potentialities and propensities, capacities and capabilities, abilities and aptitudes, interests and natural endowment and to help him in making maximum development and use of all these potentialities to the best advantage of the individual. The students are not mature enough to critically evaluate the situations so they need somebody to help in the solution of problems and thus avoid tensions and conflicts. For the present study Hisar city of Haryana state was purposively selected. College of Home Science and College of Agriculture from CCS HAU Hisar were purposively selected. Out of the total adolescents admitted in first year 25 each from both the colleges were randomly selected. Two Govt. Schools, one each admitting males, Govt. Senior Secondary School and females, Govt. Girls Senior Secondary School were randomly selected, further randomly selecting 25 students, each from both the selected schools. The total sample for the present investigation was 100 adolescents. Guidance Needs Inventory, developed by Grewal (1982) was used to identify the type and intensity of guidance needs. Z test was used to see the differences against institutions. Results of the study highlighted that annual income was negatively and significantly correlated with physical, social and total guidance needs. Type of institution also had positive and significant correlation with all the aspects i.e. physical, social, psychological and education except vocational needs. The negative relationship of maternal education, occupation and guidance need of their child shows that better education of mother and their jobs outside the home increased their exposure leading to better guidance. Occupation of the father had significant negative correlation with guidance needs in various areas.

Assessment of internalized behavior problems in 6-10 years old boys and girls

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Abstract

Study was carried out in three cultural zones of Haryana- Bagar, Nardak and Mewat. Six hundred children in the age group of 6-10 years were selected, including 300 girls and 300 boys. Frequency, percentages, means and standard deviations and t-test were computed. An inventory was used for assessment of shyness among children. Frequency, percentages, means and standard deviations and t-test were computed. Results showed that majority of children from all the three zones belonged to some-what shy category. In somewhat shy category, percentage of girls was greater (11.0%) as compared to boys (7.0%). Majority of children in the age group of 6-8 years (72.6%) and 8⁺-10 years (70.4%) fell in the somewhat shy category. Percentage of children in very shy category was greater for of 8⁺-10 years old children (9.4%) as compared to 6-8 years old children (8.5%). On the basis of type of school children were attending, data revealed that majority of children studying in private and government schools belonged to average category of shyness. There were no significant differences in shyness among children on the basis of cultural zone they belonged. Significant differences for shyness among boys and girls were found indicating girls more shy (Mean=38.91) as compared to boys (Mean=37.59), $p < .05$. Although not significantly different, 8⁺-10 years old children were more shy (Mean=38.61) as compared to 6-8 years old children (Mean=37.77). Majority of teachers (83.3%) believed that children had shyness due to fear. Teachers also believed that inconsistent parenting practices (76.6%) are also one of the causes of shyness problems in children. Hence, these findings indicate that girls were shyer as compared boys; older children were shyer to those of younger children.

Use of tools and technology in agriculture

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Abstract

In India around 70 per cent of the population earn livelihood from agriculture (EIU, 1997). It is also true that many labour saving devices and improved farm implements have been developed but their suitability to both men and women users has not been tested. Moreover, the access of these technologies is difficult due to lack of exposure and know-how of the technology, financial constraints, lack of family support and lack of availability of suitable technology at suitable time and place. With the coming of the Industrial Revolution and the development of more complicated machines, farming methods took a great leap forward. Regardless of farming practices, innovation is essential to increase productivity. Governments and the agriculture industry have a shared responsibility to meet global food production challenges. Farmers should not be deprived the best available agricultural tools. Use of tools & technology allows farmers to cultivate many more acres of land than yesterday. The present study was planned to assess the use and availability of tools and technology in agriculture.

Extension post production interventions in agriculture to increase income

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Abstract

Agricultural extension (also known as agricultural advisory services) plays a crucial role in boosting agricultural productivity, increasing food security, improving rural livelihoods, and promoting agriculture as an engine of pro-poor economic growth. Greater value to farmers will arrive through assigning emphasis on post-production activities that connect the farm harvest to markets for value realisation. This will include expanding the marketing range of the farmers. Importance on reducing losses in the post-harvest supply chain and providing pan-India marketing options will be part of this agenda. The key strategy behind policy interventions that aid post-production market linkages, are: to promote direct access by farmers to all avenues to monetise their produce; to organise post-harvest aggregation activities at farm-gate (village/gram panchayat level) so as to build capacity to minimise handling loss and convert would-be-loss into value; to modernise the agricultural logistics infrastructure to support safe-keeping of the produce and fast-track the delivery to markets; to promote private sector participation in expanding the reach and range of farm produce into consumption centres, both domestic and international. Pillars for post-production activities – maximising farmers gain as outcome are: Market Expansion & Access, Reducing Produce Wastage, Upgrading Agri Logistics, Enabling Reforms & Investment and Enabling Trade Regime for Exports. Agricultural extension agencies provide advice, information, and other support services to farmers to enable them to improve the productivity of their crop and animal production and thereby their farm and non-farm incomes. It is important to note that farmers continue to request government involvement in the funding and delivery of agricultural extension services. This is mainly due to the fact that government services are free and that government providers could fill gaps that the private sector cannot deliver on its own. However, the opportunities created by public funding and management of extension services are not fully lost. Many farmers interviewed advocate that, at the very least, the government must provide supportive and regulatory services to prevent exploitation by privately run extension services.

Key words: post production, income, extension, management

Role of womens in agriculture as an innopreneurs

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ABSTRACT

Women are the backbone of the development of rural and national economies. They comprise 43% of the world's agricultural labor force, which rises to 70% in some countries. Agriculture is the main alternative for Rural Women, and it should come with better access to land and resources for the prevention, adaptation and mitigation of climate change, combined with rural women learning how to deal with cultural resistance and adapting to various manifestations of this phenomenon. Realizing the importance of rural women in agriculture is an important aspect of gender relations. In many countries, the role of women in agriculture is considered just to be a "*help*" and not an important economic contribution to agricultural production. The industrialization of agriculture falls mainly within typically male areas of decision-making, including the economic risks involved. These areas include the competitive use of machinery, agrochemicals and high-breeding plant varieties; the cultivation of cash crops and the breeding of large livestock for supra-regional markets. Men's involvement in these often risky activities have in the past decades brought about ruin for many farmers, forcing them to migrate to the slums of the cities and causing many to commit suicide out of desperation. Women in contrast tend to be more cooperative and cautious, and try to minimize risks in food production, processing and supply, and they opt for social self-help and preventive health care. Men's forms of farming practice geared toward national and international markets therefore often undermine female domains and competences. Women frequently provide their families with food, from diversified cultivation of vegetables, fruits, tubers and herbs in their gardens, as well as from the rearing of small livestock. There is a need to drop policies which are less favorable to rural women, focusing on the appreciation of their role as producers of wealth and strengthening the network of public services in rural areas, including health, education, and welfare services, as well as establishing policies that combat the asymmetries that prevent rural women from being protected against the effects of climate change.

Women participation in indian agriculture

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Abstract

Agriculture sector as a whole has developed and emerged immensely with the infusion of science and technology. But this latest emergence is not capable of plummeting the ignorance of women labour as an integral part of this industry. In developing countries like India, agriculture continues to absorb and employee female work force but fails to give them recognition of employed/hired labour. 70% of its population is rural, of those households, 60% engage in agriculture as their main source of income. Agriculture is an engine of growth and poverty reduction in developing countries where it is the main occupation of poor. Many women, in developing countries, are major producers of food. Nearly 63% of all economically active men are engaged in agriculture as compared to 78% of women. It is observed that women play a significant role in agricultural development and allied activities including main crop production, live-stock production, horticulture, post-harvesting operations etc. About 70% of farm work is performed by women. Objective: To study the trend of women participation in agriculture as cultivator and agricultural labourers in Indian states. Analysis is done to categorize the states on their identical behavior of participation in agriculture by hierarchical clustering of economically active female in agriculture based on measurements like coefficient of variation, compound growth rate and work participation rate. Women farmers do not have equal access to productive resources and this significantly limits their potential in enhancing productivity. The present paper shows that the contribution of women in agriculture is extremely significant. It also throws light on the obstacles faced by them in terms of less access to productive resources which do not recognized her work as active productive member.

Keywords: women, agriculture, production, employment, Work Participation rate, Compound Growth Rate.

Depression among senior citizens :a comparative study

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Abstract

The present study was carried out in Hisar district of Haryana with an objective to find out to assess the depression among senior citizen. A total of 100 elderly equally representing both living arrangements i.e. living alone and living with family, were selected randomly for the present study. Depression of senior citizen was taken as dependent variable, whereas, level of physical dependency, personal and socio-economic variables were considered as independent variables. Results related to the dependency status indicated that the marginal percentage of elderly were totally dependent in both living arrangements. Further maximum percentage of elderly living in family were dependent for heavy work as compare to the respondent living without family where, maximum percentage of respondent were independent. Data highlighted that higher percentage of respondent living with family had mild level of health, whereas, respondent living without family had different trend showing 50 percent had moderate level of health status. Female respondents were having higher depression as compared to male counterpart. Elderly who were living alone were having higher level of depression as compared to elderly who were living with their family.

Women empowerment through decision making

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Abstract

Women empowerment is giving legitimate power or authority to perform the tasks. If women were empowered they would be able to participate in the planning and decision making task and contribute to the development programmes and activities individually. This study focused on women empowerment through decision making authority at household level. The male headed household in India is the norm, and it is not accepted culturally to be female headed household. The concept of the head of the husband is not defined in anywhere. Further in the census record, ration card and other family survey reports also the name of the male has been given under head of the household and it is obviously stated that he is the breadwinner and the chief decision maker. In some cases where the wife is the breadwinner but the husband is the decision maker. The prime objective of this study is to examine the women empowerment through decision making power at house hold level. It has been assumed that there was a positive relationship between women empowerment and decision making at household level. Both quantitative and qualitative data have been used to obtain reliable data. The data have been collected regarding the decision making power on income, saving, expenditure and children education and marriage decisions etc. The study recognized that there was a strong relationship between decision making authority and women empowerment. However women are not allowed to take the decisions at household level due to the cultural norms and other personal issues.

Keywords: Decision Making, Women Empowerment and Household level.

Role of women as domestic workers in India

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Abstract

Working women is Lakshmi, the goddess of wealth and fortune. The Economist survey (2018) revealed that there are 26 per cent women workers in India in Government sector. The most important thing is that, most of these women have to bear the dual burden of domestic and work place responsibilities. In such circumstances women domestic workers are the backbone of these female workers and in turn of the national work force. As per the ILO convention 189, a domestic worker is a person engaged in domestic chores within an employment relationship. Nearly 90% of domestic workers in India are women or children, ranging from ages 12 to 75 years. During 2001 - 2011, the number of female workers in the age group of 15-59 had increased by 17%, as with increasing prosperity among people, the demand for domestic help increases. Women carry on average 53 per cent of total burden of work in developing countries and 51 per cent of that in industrial countries. Female domestic workers as a ratio of female paid employees in 2010 was 1.4 percent for developed countries, the corresponding ratio was 11.8 percent for the Asia Pacific region excluding China; 13.6 percent for Africa; 26.6 percent for Latin America and the Caribbean; and 31.8 percent in the Middle East. To overcome such limitations Domestic Workers Act, 2008 and minimum wages act 1948 was introduced. Still, the exploitation of female domestic worker is multifarious including low wages, unhealthy job relationships, absence of medical and accidental case, including weekly and annually holidays etc. Hence, the rights and equality issues of domestic workers needs to be made available to the domestic workers as well as the employers in order to make a healthy and hassle free environment for all women workers.

Lotus stem (*Nelumbo nucifera*) a potential nutraceutical source of iron and fibre

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Abstract

Food security is often conceptualized in the context of food energy or calorie intake. It is increasingly recognized that a large segment of the world's population especially in developing countries are consuming food that is deficient in micronutrients like vitamin A and iron etc. The manifestations of such micronutrients deficiencies are vitamin A deficiency syndrome, night blindness, xerophthalmia, anemia, goiter etc. In communities living in developing countries, prevalence of poor diet and infectious disease unite into a vicious circle. They are most important risk factors for illness and death, affecting millions of pregnant women. Lotus stem (*Nelumbo nucifera*) can be chosen as food fortificants for iron. *Nelumbo nucifera* is a large aquatic herb widely found in India. Value addition of various products on household level can be done to enrich the micronutrient content for correcting and eliminating micronutrient malnutrition in population. Dietary fibre is an essential constituent of a healthy diet. It helps in physiological and metabolic function and also lowers the risk of type 2 diabetes, improves insulin sensitivity and lowers the basal glucose concentration. Lotus stem contains saturated fat, it is moderate in calories and rich in Dietary fibre. It is a great nutritious vegetable and good for weight loss seekers. It helps in constipation as it is rich in fibre content with complex carbohydrate. Calcium and iron content are also high in lotus stem.

Keywords:- Lotus stem, iron, fibre.

Academic performance of adolescents in relation to parental encouragement

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Abstract

Parental encouragement refers to the general process undertaken by the parents to initiate and direct the behavior of the children towards high academic achievement. Family is the basic environment which prepares the young children for future responsibilities, and parental attitude is the key which makes environmental conditions favorable or unfavorable for proper development of a young child. Hence, by keeping in view, the present study examines academic performance of adolescent in relation to parental encouragement and family climate on the basis previous research backgrounds. Parental encouragement is one of the aspects of parent treatment patterns. In encouragement the parents help their child in such a way that they may not feel disheartened at a particular point of difficulty. In whatever way the parents encourage their children, it has a lasting effect on their way of thinking and doing. Positive parenting behavior protects the adolescents from subsequent substance use and problem behavior (Cleveland *et. al.*, 2005). Also, in 2014, Grewal revealed that there is positive significant correlation between family climate and academic achievement of adolescents. Thus highly satisfactory the family climate, higher is the academic achievement of adolescents. Hence, the parents should keep keen focus towards their wards' education. Care and regular support must be provided so that the adolescents can be guided towards their better futures. In, 2016, Sudhakar and Nellaiyapen found that the academic achievement and parental encouragement is average and there exist a significant relationship between academic achievement and parental encouragement. Similar results were observed by Dandgal and Yarriswami, in 2017, which showed that family climate fully influences academic achievement of the children. Good home environment, educated home climate and socio-economic status of family and enriched family climate play a very important role on the academic achievement of the children. Care and consternation increases learning ability and their academic performance.

Key words: Parental Encouragement, Family Climate, Academic Performance.

Role of rural women in agriculture

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Abstract

Agriculture is the backbone of the Indian economy. India has a predominantly agrarian economy. 70% of her population is rural; of those households, 60% engage in agriculture as their main source of income. It has always been India's most important economic sector. Women play a vital role in building this economy. In this important agricultural sector woman plays a vital role, because it is largely a household enterprise. Women in India are major producers of food in terms of value, volume and number of hours worked. . Over the years, there is a gradual realization of the key role of women in agricultural development and their vital contribution in the field of agriculture, food security, horticulture, processing, nutrition, sericulture, fisheries, and other allied sectors. Rural women's work ranges from crop production to harvesting operations, from live stock rearing to raising babies. In addition to her daily work routine, consisting of, cooking, cleaning, and other domestic chores, rural women are also heavily involved in all aspects of country's agricultural sector. From crop production to livestock rearing, rural women are expected to regularly engage both domestic and commercial aspects of society. Despite such a huge contribution, her role has yet not been recognized. A fair treatment to the rural women and calls for social upliftment by enhancing education, employment, training, and health care facilities.

Key words: Women, gender, agriculture, employment, production, trainings, health care.

Environmental stimulation, parental nurturance and language development in urban preschoolers

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Abstract

Children are born with a natural capacity for engaging the new world around them, as well as with tools to protect themselves from over-stimulation. The home environment and the interaction of the child with its mother and other significant people are the important factors in molding the child's life. Study was conducted in Panchkula of Haryana State (India) on a sample of 120 slum children, in the age range of 4 to 5 years. Reynell Developmental Language Scale was used to assess the language development of children. Standardized inventory was used to examine the environmental stimulation provided by the parents to their children. To delineate the effect of environmental stimulation on language performance of children, correlation was computed. The results highlighted slum children were poor in comprehension and expressive language but were inferior against standards. Significant relationship was evidenced between environmental stimulation and language development of children. The results demand for the need to plan strategies for enhancing language development of children at early stage both in school and home.

Shelf life enhancement of tomato (*Solanum lycopersicum* L.) fruit: A Step towards food security

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Abstract

Tomato is a climacteric fruit and has a relatively short postharvest life. Every year approx. 25-40% tomato losses occur due to lack of suitable methods of post-harvest storage. Salicylic acid has high potential in monitoring post-harvest losses as a natural and safe phenolic compound. Therefore, the present research was planned to study the effect of salicylic acid (0.5mM, 0.75mM, 1.0mM, 1.25mM and 1.5mM) on the biochemical changes in tomato (Hisar Arun and BSS-488 and market variety) at turning stage during storage. A progressive increase in the physiological loss in weight, total soluble solids, total sugars, reducing sugars, non-reducing sugars, lycopene content and β -carotene content was observed in all the varieties while fruit firmness decreased throughout the storage period. Pretreatment with salicylic acid (0.75mM) delayed changes in all the studied parameters which were more in the Hisar Arun as compared to BSS-488 and market variety. The results suggested that 0.75 mM concentration of salicylic acid was the most effective concentration in delaying the ripening related biochemical and morphological changes. Salicylic acid extended the shelf life of all varieties upto 4 to 6 days. Hence, the exogenous application of salicylic acid is an effective approach in enhancing the shelf life of tomato fruits.

Gender balancing: increasing women's participation in governance

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Abstract

Gender balancing constitutes proportionate distribution of human resources and equal participation of women and men in all areas of work. But in many areas women participate less and are underrepresented than what is desired based on the distribution of women in the population. A progressive society must aim at equal ease of access to resources and opportunities including economic participation and decision-making. Women traditionally have had inadequate opportunities in almost all fields be it social, professional or political. They do not enjoy equal rights and power with men. This historical tendency still persists. Women are underrepresented worldwide although they are increasingly being elected and selected to the positions of decision making. Women's participation in governance will promote the advancement of not only women but society at large. The principal task is to promote more talented women to management and leadership positions to enable personal and professional growth. To achieve true gender balance comprehensive action is required. Women need to be brought in key hiring and mentoring roles. It results in better intake in the quality and quantity of talent. One effective strategy could be creating an institutional group of high achiever women for mentoring other women in the organization. Gender balance among support staff should be effected. In general, most support staff positions are held by women, so it's important to try to attract more men to these roles. Striking this balance will lead to better interactions at the workplace, which will create a more positive workplace atmosphere. Gender Responsive Budgeting is another strategy which could be employed to reduce the disparity and inequality in society and promote Best Practices for creating a gender sensitive society.

However, gender balance should not mean only promoting women-centric policies. It means developing policies and practices that support both men and women.

Keywords: gender balance, leadership, mentoring, gender equality, gender responsive budgeting

Female work participation in indian agriculture

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Abstract

The paper seeks to present an overall picture of women's work in India and compare the rural-urban scenario with respect to women's employment. Agriculture, the single largest production endeavor in India, contributing 25 percent of GDP, is increasingly becoming a female activity. Agriculture sector employs 4/5th of all economically active women in the country. 48 percent of India's self-employed farmers are women. There are 75 million women engaged in dairying as against 15 million men and 20 million in animal husbandry as compared to 1.5 million men. The most of the rural women are casually employed and are engaged in low-paying agricultural work. According to the International Labour Organization's Global Employment Trends 2013 report, India is placed at 120th of 131 countries in women's labour force participation. The status of women in the state is and has been a cause of concern with low economic participation, heavy burden of unpaid home care work and restrictions related to public space. Even in government employment, we found wide gender gaps. Out of 4763 class-I officers in Haryana only 1061(22.3 percent) are women. Similarly women are only 28 percent of the class-II officer and 21.4 percent of class-III officers (Statistical Abstract of Haryana-2013-14). In some of the departments, women's representation is alarmingly low. Despite of the major productive women labor force in agriculture their needs and problems are somewhat ignored by the rural development initiatives. The multitasking potentiality of female labour brought significant propositions for agricultural productivity, rural production, economic vitality, household food security, family health, family economic security and welfare.

Keywords: Agriculture, women, employment, labour

Edible pigments in nutrition

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Abstract:

Color is an intrinsic property of food. A color change of food often is caused by a quality change. Consumers are attracted by the color of a food product. Natural colors are pigments made by living organisms. Usually, pigments are made by modification of materials from living organisms, such as caramel, vegetable carbon and Cu-chlorophyllin pigments in (vide infra), are also considered natural though they are in fact (except for carbon) not found in nature. Betacyanins are important constituents of betalain pigments obtained from beetroot. The principal natural colours, most of which in refined form used as additives are the green pigment chlorophyll, the carotenoids which give yellow to red colours; and the flavonoids with their principal subclass the anthocyanins, which impart red to blue colours to flowers and fruits. In recent years, there has been much interest in carotenoids, especially β -carotene. Besides being a natural orange pigment present in carrots, mango, papaya, tomato, winter squash, etc. it is converted in the body to vitamin A and has antioxidant properties. It is believed to have a beneficial effect in reducing the risk of some cancers and perhaps heat diseases. Since using synthetic colour could be harmful for health of a consumer. Therefore in today's progressive world a shift from synthetic to biocolour pigments is observed. The understanding of edible pigments, how they can be extracted and where they can be used in nutrition is the need of hour.

Keywords: edible pigment, betacyanin, anthocyanin, carotenoids

Balance the base to balance the gender

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ABSTRACT

The conditions of the submissive and the brave have already been established in the two statements. By reading the former and latter, even a child could tell whose role is supposed to be of 'beauty' and who is 'gallant'. Classic fairytales take the best and the worst of our society and they twist and conventionalize them to the very end. Along with content, language is also an equal partner in crime. It reflects the hegemonic structure and belief system of a society. No justice is done to the women through language. Why are pretty, beautiful, delicate, blush, obedient for girls whereas boys are always gallant, brave, fearless, aggressive? Such representations of women are proliferating in their professional as well as private lives. In fairytales, women's beauty and duty is exploited over and over again without realizing what it's doing to the girls who are the readers. They grow up to be women who have turned pretense into an art form. Is any of the aspirations shown in the fairytales normal for children who read those? There is the need of stories that features a girl who takes her destiny into her own hands and makes something out of it without the help of a prince, a brother or a mouse. Why do these stories make girls always aspire to marry a charming prince at a young age? Where does this idea of beauty enter the realm of these young minds? And the beautiful is always 'white'. What if the child reading that story is black? There is hardly any character in these books that is not white or 'fair'. Less than 16% of the books are about people of color. By the time these girls reach elementary school, they already have less confidence than boys. In order to balance genders, we are in the urgent need to displace the base i.e. the stories that polarize the gender from the childhood itself. By representing boys and girls differently, we can't expect to balance the gender. We stifle the humanity of these children who look up to fairytales as a medium of learning. They grow up with these unrealistic ideas that fairytales exhibit and forget to learn about any sense of the self-other than the ones as projected in the fairytales, which down the line becomes a cause of disappointment. Masculinity and femininity are defined in a very narrow way where both of them become hard and small cages for children to fit in. Children identify themselves with the gender roles and adopt them as part of their conditioning or socialization process. By just taking care of a particular age group of women won't help in attaining gender equality. We need to be more precise in what we are teaching our young girls and boys.

Key words: Gender, femininity, submissive, masculinity etc.

Self-esteem of children in rural and urban area

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Abstract

The term 'Self-esteem' is the perception that individuals have of their own worth. The environment in which children are raised contributes profoundly to the development of positive self-esteem. The area of development is a key factor in early childhood that influences the long-term development of self-esteem. The present study was conducted with an objective to study the level of personally perceived self-esteem and level of socially perceived self-esteem of children. The study was conducted in urban and rural area of Hisar district of Haryana state. Total sample constituted of 240 adolescents, 120 from rural area and 120 from urban area. Self- Esteem Inventory (Prasad and Thakur, 1977) was used to assess self-esteem of of children. The results revealed that maximum percentage of high school children belonged to moderate category of personally perceived and socially perceived self-esteem. Irrespective of area of residence, self-esteem of majority of high school children was high followed by negative and balanced.

Keyword: Personally perceived self-esteem, socially perceived self-esteem, rural and urban area

Income generate activity of rural women: Phulkari Embroidery

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Abstract

Embroidery has been one of the ancient techniques of textile decoration. Since man began to wear clothes. As a method of decorating and embellishing clothing, embroidered designs came out as a result of hard work and care. Embroidery as an art has origin that can be traced far back to the Iron Age. The stitches used in Indian embroideries might have come from different countries of the world but they have been adopted with variations in different parts of our country. Today, Punjab (*Phulkari*), Gujrat (*Kutch*), Kathiawar (Bead Work), Karnataka (*Kasuti*), Uttar Pradesh (*Chikankari*), Bengal (*Kanthas*), Bihar (*Kashida*) and Himachal Pradesh (*Chamba*) still continue the tradition of embroidering beautiful pieces for their attire.

Phulkari is one of the rural traditional handmade embroidery which is always in fashion. This embroidery traditionally belongs to Punjab and Haryana. But now days it is most popularly associated to Punjab. The literal meaning of *phulkari* is flower craft. It was perpetuated by women of Punjab (North West India and Pakistan) during the 19th century and till the beginning of 20th century for livelihood. *Phulkari*, a traditional embroidery art, is well known for its intricate designs and bright cheerful colours worn by Punjabi women on special occasions and ceremonies. The word '*Phulkari*' is made of two words Phul and Kāri, where Phul means flower and Kari means technique, denoting the technique of making flowers with needle and thread. The present study was conducted in two villages of Hisar district i.e. ladwa and dabra. Total twenty women were selected for imparting training on *Phulkari* embroidery, ten women from each village (ten from Ladwa and ten from Dabra). Fifteen days training on *Phulkari* embroidery was imparted to the rural women of Hisar district and their pre and post knowledge was studied regarding fabric, colour, threads, technique of embroidery on fabric, these were found very effective as there was significant gain in knowledge on various aspects of *Phulkari* embroidery at 5 per cent and 1 per cent level of significance. The study was found very beneficial for the rural women. Rural women learn many aspects related to *Phulkari* embroidery. The present study would be beneficial for women entrepreneurship and in maintaining the beauty of traditional embroideries. This will increase the production and income of the entrepreneurs.

Importance of breakfast

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Abstract

Breakfast is often mentioned because it is the most significant meal of the day. Studies have linked eating breakfast to good health, including better memory and concentration, lower levels of “bad” LDL cholesterol, and lower chances of getting diabetes, heart disease, and being overweight. Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus at work or at school. Skipping the morning meal can throw off your body’s rhythm of fasting and eating. When you wake up, the blood sugar your body needs to make your muscles and brain work their best is usually low. Breakfast helps replenish it. There are extensive reports of breakfast’s contributions to daily food and nutrient intakes, still as several studies that have compared daily food and nutrient intakes by breakfast consumers and skippers. However, significant variation exists in the definitions of breakfast and breakfast skippers, and in strategies wont to relate breakfast nutrient intakes to overall diet quality. An ideal breakfast meal should contain 20 to 35% of daily energy derived from three food groups, including milk and milk derivatives, cereals (unrefined and whole grain) and fresh fruit or juice without added sugar. breakfast can potentially affect mental health in several ways. findings entail a significant advance in the field of nutrition education, in that they imply that nutritional programs should not only include strategies for promoting breakfast consumption, but should place emphasis on the eating of a healthy breakfast.

Home gardens provide nutrition and income to women : review

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Abstract

In rural communities across India, women provide tangible and intangible support to farm production while carrying the bulk of household responsibilities. Women can improve the household food security through the development of home gardens. Utilizing the land available at the homestead, the kitchen gardens are a source of nutritious and medicinal food for the family and provide women with an opportunity to earn additional income. Home garden is small level food production farming which used by own family members or house. Home garden contributes in economics, health, social and environment benefits. One of the biggest advantages growing own vegetables and fruit in home garden are to help to women to save money at vegetable markets. Home gardening has helped women to develop proficiency in vegetable cultivation to some extent, which turn in helps them become better home and environment managers and meet the need their families more easy and economically. Home gardening does not require much capital or investment to establish. The fruits and vegetables grown by the women are organic since gardens established at home are mostly cultivated by using organic fertilizers or manures. The fruits and vegetables grown will promote health because they are rich in nutrients, especially in phytochemicals, anti-oxidants, vitamin C, vitamin A and folates. Home gardening also help to health benefits because home gardening includes many activities which specifically enhances strength, endurance and flexibility; thus increasing fitness levels as well as boosting the immune, respiratory and cardiovascular systems.

Keywords – Home garden, women, nutrition, income, profit, health

Role analysis of indian women from ancient to modern times- A review

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Abstract

Position of women in society is index to the standard of social organization. From equal status with men in ancient times, through low points of medieval period and then to promotion of equal rights, status of women in India has been subject to many changes. Position of women in ancient India was vital; they used to take important decisions and were also allowed to choose their own husbands through 'swayamvara'. Vedic era (300-600 BC) was golden era for the personal freedom of women. They were given due respect in family and society. In the post-Vedic period, position of women considerably came down. During this period girls were married at the early age hardly got chance of having any education which was one of the root causes of unfortunate development. Medieval period (500-1500 AD) proved to be highly disappointing and was supposed to be the 'dark age' for Indian women. In some parts of India, women were sexually exploited. Polygamy was widely practiced specially among Hindu *kashtriya* rulers. Muslim families restricted women to *Zenana* areas. Women in independent India started participating in all activities such as education, sports, politics, media, art and culture, science and technology, etc. In modern India, women have adorned high offices like President, Prime Minister and speaker of Lok-Sabha etc. However, women in India generally are still exposed to numerous social issues. Conclusively, it may be said that there has been many up and down in the status of women and constitutional provisions are still not sufficient to get the respectable position in society. Some changes inside mind-set of women as well as man are required.

Keywords: women status, vedic era, ancient times, modern India

Effect of plants on indoor environment plants by homemaker

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Abstract:

Plants have been around since the beginning of time before humans existed. Plants are the lungs of the earth. They provide precious moisture to the air, filter toxins, and regulate the climate. They manipulate the humidity, improve the air quality, bind dust, absorb carbon dioxide and other harmful substances and emit oxygen. The present study was undertaken to assess effect of plant on indoor environment. Interaction with indoor plants can also deliver measurable psychological benefits to people despite the mystifying variables and other experimental design issues and hundreds of medicines are derived from plants, both traditional medicines used in herbalism chemical substances purified from plants or first identified in them, sometimes by ethno botanical search, and then synthesized for use in modern medicine. The study established that plants have the latent to reduce stress levels. Plants control your behavior in more ways than one. Placing plants in your home or in your work environment may lead to positive changes in your life. Results of this study revealed that bulk of the homemaker were aware about indoor plants.

Keywords: climate, indoor, air, environment homemaker.

Better income generating activities for women in rural areas

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Abstract

Women development is an integral part of socio-economic development of the nation. Women constitute almost half of the country's population and make up one-third of the labour force. Improvement in the economic status of women has now been recognized as an important component for any development programme or activity. If the operation of social and economic change has to be guaranteed, it is the women who have to be mobilized and may lead the nation towards progress and prosperity as they can be effective agents of change for a better home and society and ultimately a better economy. Business and employment are laborious and strenuous tasks for women in India but if carried successfully can inculcate confidence among them and make them more conscious about their rights. In order to improve living conditions, developing the capabilities of self-employment has become essential. Women get empowered if they are led towards entrepreneurship or self-employment. In the conducted survey, village "Satrod" was selected in which a sample of 25 self-employed rural women were selected from the village for the study of their involvement in many business oriented activities. Survey conducted to analyse that in which sector or activity in which women are earning better income as compared to other sector. For instance, more women were involved in livestock as compared to beauty parlour or tailoring activities.

Keywords: Women, Self-employment, Development, Socio-economic, Business

Potential of curry leaves for the development of carotene rich products

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Abstract

Curry leaves (*Murraya koenigii*) is a marvelous leafy spice having culinary, medicinal and nutritional properties. It is very rich in vitamin-A (7663 μg) which was retained up to 70 per cent after baking traditional bread from fortified flour. The objective of present study was to review the medicinal and nutritional properties of curry leaves and to assess its potential to be incorporated in the development of value added products. Abstracts, research articles, short communications, review articles, thesis were searched on culinary, medicinal, nutritional and product development of curry leaves using a combination of keywords. Database such as SCOPUS, Web of Science, MIDLINE, Google Scholar, Cera- gateway to e-journals were searched while limiting the search between the years 1990-2019. We got 150 literatures out of which 80 articles were excluded as these were not meeting the criteria. Only 10 research papers were focussed on product development, 30 research papers on antioxidants profile and other nutritional composition of curry leaves, 40 research papers were focussed on medicinal properties of curry leaves. Curry leaf has been reported to have tonic, stomachic, and carminative properties and has been used to treat constipation, nausea, stomach problems, indigestion, snakebites, and spots and rashes. Further, it has been reported to possess antifungal, antibacterial, anthelmintic, antineoplastic, antitumor, antihypercholesterolemic, antidiabetic, and antispasmodic activities. Buns, bread, idli, chapatti, dhokls, biscuits, mathri, boondi, flavoured *lassi*, *uttapam*, lemon rice and papad have been developed using varying proportions of fresh as well as dried leaves. Curry leaves has great potential to be incorporated in the development of β -carotene rich products.

Keywords: Products, curry leaves, medicinal, culinary, antioxidants

Kathiawar embroidery motifs for adaptation to fabric painting

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Abstract

Kathiawar has a rich heritage of different types of embroideries. This embroidery is used exclusively to create various articles as per market demands. *Kathiawar* embroidery has never lost its sheen and this colourful craft has considerably gained popularity over the years. It requires lots of patience and skill to work the designs which makes it laborious work. There is a constant flow of new merchandise in *kathiawar* embroidery such as waistcoats, skirts, scarves, purses, bags, back bags, *jhola* bags, *jutis*, *sandals* and belt etc. The conventional method of *kathiawar* embroidery is tedious and time consuming. Therefore, it is important to revive *kathiawar* embroidery by implementing innovative designs with less time consuming technique to give it a new contemporary look. Fabric painting is an innovative, economical and time saving technique as compared to the embroidery. It can also enhance the range of designing and productivity. Adaptation of *kathiawar* embroidery motifs into fabric painting technique will facilitate the faster production with high accuracy within less time span. This can open the avenues for the designers especially for those who create *kathiawar* inspired clothing to display on global platform. It will also cater the demands of high-end consumers through diversity of designs and unique technique of fabric painting. Moreover, fabric painting technique produces even coloration on textiles with no release of effluents which makes it an eco-friendly surface embellishment technique.

Keywords: Kathiawar, Embroidery, Motifs, Painting

Prevalence of anaemia among the geriatric population of Sirsa district, Haryana

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Abstract

Aging can be described as a progressive deterioration of the physical and mental functions resulting in decline in both the capacity of body to maintain homeostatic balance as well as the adaptation of the individual of various stressors of internal and external environment of morbidity and mortality. Aging is frequently associated with decrease in taste acuity and smell, deteriorating dental health and decrease in physical activity which may affect nutrient intake. The problem of health of elderly is compounded by poor nutrition together with medical issues, including both communicable and non-communicable diseases. Anaemia is the major health problem among the elderly population of India. Results revealed that most of female respondents (52.00%; 27.33% rural and 24.67% urban) were suffering from moderate anemia followed by 30.67 per cent respondents (13.33% rural and 17.33% urban), 12.67 per cent respondents (6.67% rural and 6.00% urban) and 4.67 per cent respondents (2.67% rural and 2.00% urban) those were in the category of anaemia as mild, normal and severe, respectively. Majority of male respondents (48.67%; 22.00% rural and 26.67% urban) were suffering from mild stage of anemia followed by 24.67 per cent respondents (16.00% rural and 8.67% urban), 22.00 per cent respondents (12.00% rural and 10.00% urban) and 4.67 per cent respondents (2.67% urban) those were in the category of anaemia as moderate, normal and severe, respectively. The present study have highlighted the high prevalence of anaemia among the geriatric respondents of Sirsa district, Haryana

Keywords: Ageing, Anaemia, Mild, Moderate, Severe

Female economic status in Haryana

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Abstract

India is known as a country of disparity in terms of social, cultural and wide economic variations due to the male dominance based social structure. This social setup negatively affects the women's social and economic wellbeing and hence, in that social structure, women are considered as second level citizens. Work participation rate of female is directly linked to the development of society or household. Haryana is one of the developed states of India, still being ahead in economic prosperity, much lagged behind in gender-based equality and male dominance in all dimensions of life. The position of women in Haryana is no better than other states of India. Haryana has a great difference in the male-female sex ratio, which is a serious concern for social science research as a demographic problem for the state. Now women are requiring for their holistic empowerment and that will take care of them for an enabling process that must lead their economic as well as social transformation. Hence, the objective of the paper is to address the role of woman work participation in the process of their empowerment, with special attention to the gender perspective. This paper will examine the regional disparity of female work participation and the improvement of empowerment of women in the state of Haryana. This paper will suggest the idea for focusing much intensively on the issues of women empowerment through enhancement of her education, workforce participation and social participation with people participation and holistic approach.

Role of rural women in agriculture in allied sector

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Abstract

Women in rural areas have to manage multiple activities like maintaining home, making food, arranging water etc. and they are working in farms also. So, they are living hard life. All the activities performed by rural women is essential for the well-being of the rural households, also they are developing many weaning foods for the better development of children by malted sorghum. The present paper shows that the contribution of women in agriculture is extremely significant. It is observed that women play a significant role in agricultural development and allied activities including main crop production, live stock production, horticulture, post-harvesting operations etc.

Key words: Rural women, Multi-dimensional, Agricultural, Malted sorghum

Capacity building of women entrepreneurs in Haryana

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Abstract

Women's participation in economic activities is necessary both for growth and for inclusiveness of growth because "resources in women's hands have a range of positive outcomes for human capital and capabilities within the household"

Women's participation in economic activities is necessary both for growth and for inclusiveness of growth because "resources in women's hands have a range of positive outcomes for human capital and capabilities within the household" Due to application of new technologies, changes in tasks and organizational structures, shorter product lifetime cycle, changing customer requirements of product and services as well as liberalization and globalization, entrepreneurs in small scale sector are confronted with new qualification demands and up-gradation of skills. These skills can be acquired through different trainings. Keeping in the light of this background the present study was undertaken with the view to build more capacity of women entrepreneurs in Haryana. A sample of 75 women entrepreneurs were interviewed from three districts namely Panipat, Sonapat and Hisar, Haryana state purposively. The inferences were drawn on the basis of frequency, percentage and mean score. Results clearly indicated that 66.7 per cent respondents attended training before start of their enterprises above six months without spending money (52.0%), followed by 34.0 and 14.0 per cent respondents who spend more than 5000 and up to 5000 respectively. Although women entrepreneurs reported to have knowledge about their enterprise still, they needed additional trainings on technical aspects and to improve their communication skills.

Key words: Entrepreneurs, skills, training.

Gender Diversity and Balance: The Role of Women's Economic Opportunity in Developing Countries

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Abstract

Gender diversity has been frequently found to have a positive effect on innovation. The level of women's economic opportunity in the country, within which firms operate, moderates the effect of gender diversity on a firms' likelihood to innovate. Given the importance of innovation for developing countries (OECD, 2012) and the increasing availability of systematically collected data, studies have progressively shed light on innovation in emerging countries. Women's economic opportunity (Women's Economic Opportunity Index, WEOI), defined "as a set of laws, regulations, practices, customs and attitudes that allow women to participate in the workforce under conditions roughly equal to those of men" (Economist Intelligence Unit, 2012, p.5), differs drastically between countries and is generally lower in developing compared to developed nations. The Research Council has worked for many years to promote gender equality in research, gender perspectives in research and fundamental knowledge about gender. Gender diversity increases the likelihood to innovate for firms operating in countries with rising levels of women's economic opportunity on the one hand and decreases the innovation likelihood for firms operating in countries that are at the low end of providing women's economic opportunity. Even though the perception of women is very diverse between countries, there is a trend indicating lower levels of legal and social status associated with women in emerging countries in Africa, the Middle East and South Asia compared to most high-income countries. direct positive effect of gender diversity on firms' likelihood to innovate at all levels in the organization as well as a positive effect of having a female top manager.

Perspective towards Empowering Women Farmers in Agriculture

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Abstract

The Women's Empowerment in Agriculture is a composite measurement tool that indicates women's control over critical parts of their lives in the household community and economy. It allows us to identify women who are disempowered and understand how to increase autonomy and decision-making in key domains. It also measures the empowerment agency and inclusion of women in the agriculture sector in an effort to identify ways to overcome those obstacles and constraints. As farmers agricultural workers and entrepreneurs women constitute the backbone of India's agricultural and rural economy. Yet, together with children they remain one of the most vulnerable groups. Women shoulder the entire burden of looking after livestock bringing up children and doing other household chores. In India, a whopping 56 per cent of the women are illiterate as against a considerably 24 per cent in case of men, evincing the striking inequality. New programmes should be planned with adequate resources for mobilizing women, forming groups, improving capacity and capability in technical organizational and commercial i.e. business microenterprises sector and support. India seized an opportunity to host Global Conference on Women in Agriculture which has called for a radical reorientation of the agricultural research agenda to overcome the existing gaps and to face the emerging challenges of sustainable development and livelihood of resource poor small holder farmers, especially the women farmers. To implement Action Points for full empowerment of women in agriculture that emerged out of conference deliberations viz. enhanced visibility for role of women, generation of knowledge and evidence for support and contextualization of global issues to suit local needs. More policy support and institutional mechanisms are required to achieve desired results. Collective action for empowerment of women is required so that they come together on a single platform to march further.

Self Help group, a new form of cooperation for women empowerment

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Abstract

Cooperative in a simple sense is working together of people usually of limited means who have voluntarily joined together to achieve a common economic, making equitable contribution of the capital requirement and accepting a fair share of the risk and benefit of the undertaking. Women are an integral part of every economy. All round development of a nation would be possible only when women are considered as equal partners in progress with men. However, in most developing countries, women have a low social and economic status. In such countries effective empowerment of women is essential to harness the women labor in the main stream of economic development. Empowerment of women is a holistic concept. It is multi-dimensional in its approach and covers social, political, economic and social aspects. SHGs are small voluntary associations of rural women from the same socio-economic background, who work together for the purpose of solving their problems, and setting up a small business. They do so through self-help, mutual help and also promoted by N.G.O.s, banks and co-operatives. Self- Help Groups are the voluntary organizations which disburse micro credit to the members and facilitate them to enter into entrepreneurial activities. Which help in increased economic security, the entrepreneurial skills, and increased their contributions to the economic wellbeing of their families. Women have also been able to effect positive change in the social and physical well being of their families, communities, and nation. Membership in collective enterprises allows women to build both working and personal relations, often increasing their social standing.

Keywords:- Women, Self- Help Groups and Empowerment

Impact of trainings on nutritional knowledge of accredited social health activist (asha) of uttarkashi district in uttarakhand

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Abstract

The present study was carried out on the socio- economic and demographic profiles of the 30 *ASHA* workers as well as their nutritional knowledge about various National Rural Health Mission services in Uttarkashi district of Uttarakhand. Nutrition education regarding four selected topics was imparted through on/off campus trainings. Pre-test and post-test were recorded through knowledge test schedule after imparting the training and retention in knowledge was recorded after 15 days of imparting the training programmes. The results obtained that 56.6 percent of *ASHA* workers were in the age group of 36-45 years and the majority (83.3%) were married. However, 50 per cent of the respondents were graduates. The study revealed that, the score of post-test I (gain in knowledge) and post-test II (retention in knowledge) were greater than pre- test scores. Study of their experience and training undergone revealed that around 6.66 per cent *ASHA workers* only had an experience of more than 10 years whereas, 60 percent of the *ASHA* workers were untrained. From the above study, it may be concluded that nutrition education intervention was helpful in gaining knowledge in the selected subjects. For further research, need based messages should be designed and imparted to *ASHA* workers in order to make them able to use good health and nutrition related practices.

KEYWORDS Knowledge, Nutrition, Retention, Respondents.

Livelihood security in central zone of rural Haryana: Reflections from some selected indicators

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Abstract

India has a geographical area of over 329 million hectares which is endowed with a complex diversity of soil conditions, climate, flora and fauna. Economists of all over the world have been shown a great concern on livelihood security of the rural people living in developing countries. Livelihood security is the ability of a household to meet its basic needs. These needs include adequate food, health, shelter, minimal levels of income, basic education and community participation. However, simply satisfying one's basic need is not adequate to ensure that people can rise above and stay above absolute poverty or better livelihood. The study was conducted in Sonapat and Karnal districts were selected randomly from Rohtak division. Two villages from each block were selected randomly. From the selected four villages 75 small and marginal farm families were drawn randomly, thus making a sample of 300 for assessing status of livelihood security of small and marginal families. Findings of the study regarding education security revealed that most of farm families members had low level of education. Majority i.e. 69.6 per cent of farm households had access to schools including vocational institutes within a distance of 4 - 6 Km. However, the cost of education was perceived as expensive by majority (65.6%) of farm families. As regards access to institutions, findings of the present study verify that accessibility and availability of government/welfare institutes was easily available to majority (62.0%) of respondents. Most (46.3% and 44.3%) of the families contacted agricultural/extension officials and local officials 2-3 times/month.

Keywords –Livelihood, education, security, families.

Gender Equality: Equal Pay for Equal Work

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Abstract

Gender equality is based on the premise that women and men (including girls and boys) should be treated in the same way. Means they enjoy the same status and have equal opportunity to realize their full human rights and potential to contribute to national, political, economic, social and cultural development, and to benefit from the results. It also means that all people are free to develop their personal abilities and to make choices without limitations imposed by strict gender roles. We have multiple laws to maintain the gender equality, such as the "Equal Remuneration Act of 1976", which was passed with the aim of providing equal remuneration to men and women workers and to prevent discrimination on the basis of gender in all matters relating to employment and employment opportunities. Along with this provision there are average difference between a man and woman's remuneration in India. Women earn 20 per cent less than men, indicating that gender plays an important parameter while determining salaries. As per Monster Salary Index on gender (2016), men earned a median gross hourly salary of Rs 231, compared to women, who earned only Rs 184.8. "The overall gender pay gap of 20 per cent is still a daunting number, "According to a study by the World Economic Forum, India ranks at a disappointing 87 in the *Global Gender Gap* Rankings (which track data for 135 countries) which includes the following criteria; Economic Participation and Opportunity, Educational Attainment, Health and Survival, and Political Empowerment.

Keywords:- Gender equality, work and salaries

Food and nutritional security at households level: Indian Perspective

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Abstract

India is rapidly emerging as a major economy of the world but the spatial and social diffusion of economic progress has been limited, leading to a continued shortage of livelihood means to a huge population. Conceptually “livelihood” connotes the means, activities, entitlements and assets by which people make a living. A livelihood is a means of making a living. Livelihood security refers to secured ownership and access to resources and income earning activities. Livelihood security is the assessment, of a household’s sustainable and adequate access to income and resources to meet basic needs. Livelihood security strategy views the household as a system influenced by various interrelated factors. The study was conducted in two districts of Rohtak division namely Sonipat and Karnal by random selection and by selecting one block from each selected district and two villages from each of the selected block at random. From the selected four villages a sample of 300 respondents i.e. 75 small and marginal farm families from each village was drawn at random to assess status of food and nutrition security of small and marginal farm families. Findings regarding food security revealed that majority i.e. 69.7 per cent of families had sources of food from their own farm, two meals per day (38.7%). Majority (67.0%) of households never experienced any food scarcity and had enough food to eat. As far as findings of nutrition security were concerned, cereals and milk and milk products consumed on daily basis in both the districts, but consumption of fruits and vegetables was low. Overall diet diversity scores in Sonipat and Karnal was 2.75 and 3.07 respectively out of maximum 5 score. Further BMI was concerned, 11.8 per cent children fell under low BMI category (less than 18.5). In case of women, 24.4 per cent women were categorized under low BMI range (underweight).

Keywords – Livelihood, food, security, nutrition, BMI.

Gender Equality and Development –A Literature Review

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Abstract

How might gender equality affect growth and development? Typically, women have globally less economic opportunities to improve their lives. They are often restricted in terms of education, the ownership of wealth, monetary return for their work, financial opportunities, and opportunities to influence the decision making at the level of the family and the society. Casual observation indicates that countries in which women and men have more equal economic opportunities are also the more affluent countries. In their effort to achieve this in Nigeria, government established Women in Agricultural (WIA) extension programme by the Federal Ministry of Agriculture and World Bank and put it under Agricultural Development Programme (ADP) so that they will help women in accessing the agricultural information, resources and reduce gender discrepancy. This approach is also called Women in Agriculture (WIA). With this, ADP is facing serious challenges of gender inequality and their main problem is poor understanding of what gender means. Gender is a principal organiser and controller of activities between people in agricultural production, reproduction, distribution and consumption. It also means roles and responsibilities and it depends on the cultural belief of the society giving to man and woman. Inability to understand gender may result to gender blindness and increases gender differences. Gender did not mean men or women rather how they associate. Gender is a social practice, idea and attributes giving to male or female. Globally women's lives more than men's are centred at home. They tend to be more excluded from the society at large. This exclusion can be external as in some developing countries. The societal norms and rules may exclude women from particular types of paid employment or leadership positions. On the other hand, men may be excluded from the child care and the home sphere, which is considered the woman's territory. According to the World Bank statistics women's labour force participation as a ratio to men's has increased from about 0.5 to about 0.8 in the high-income countries. In the low-income countries, this ratio has also increased, from 0.6 to 0.7. The financial support that women receive in some countries for taking care of their children is far less than the financial rewards for working for the pay. For the developing countries it is very difficult to get comparable numbers. Lack of economic resources is likely to restrict women's economic choices more than men's. Lesser purchasing power translates to lesser decision making power. In developing countries, the laws of inheritance and ownership generally disfavour women more than in developed countries. At the political level women also have less voice. In most developed countries, women hold 5-15 % of the higher positions with Finland and Sweden being leading exceptions with about a third of the ministerial positions held by women. In developing countries, women frequently hold less than 10.5% of the higher positions in the society. Another important decision making power with economic implications concerns the power to decide on one's own body, sexuality and the number of children.

Key words: Gender equality, women empowerment, agriculture, development

Enhance food and nutritional security through kitchen gardening

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Abstract

The importance of a kitchen garden is great and manifold. A kitchen garden ensures an inexpensive, regular and handy supply of fresh vegetables which are basic to nutrition. Kitchen garden is a device to grow vegetables on a small plot of land. It is delightful hobby and can be easily pursued at homes. if one develop a taste for kitchen gardening and it will stay through out his life. The food from the kitchen garden is organic and healthier as compared to that which is bought from the local vendor or vegetable store. Kitchen garden also keeps the temperature of home cool and breezy. Beside this brings positivity and good vibes to the house as a well give a cool and pleasant effect to the eyes. When flowers are added with vegetables it enhances the aesthetic appeal of the house and brings nice fragrance too. Apart from this plants take the carbon dioxide and in return give oxygen which is very vital for human beings. Keeping the above facts in mind front line demonstration was organized on the campus of KVK Sirsa. The sample comprised of fifty young farmers from seven different villages the Sirsa district viz: Odan, Begu, Bajeka, Farmai, Rupana, Chaherwala and Malewala. Most of the farmers were belong to middle age group i.e. 25-35 years of age, educated upto high secondary level, having agriculture as their main occupation and belong to nuclear family. During training farmers were equipped with the knowledge about the importance and how to start kitchen garden at their home. Practical knowledge was given through method demonstration and later seed packets were distributed among all the farmers for motivation purpose. Post data survey highlighted the fact that 74 percentage farmers started their own kitchen garden at their home and were much contented.

Success stories of RKVY Project

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Abstract

Though we are living in 21st century, the status of rural women of India is very vulnerable and pathetic. Nearly 46% of rural women of India are illiterate and live in object poverty. It's the need of the hour that we should try to remove their vulnerabilities and make them self-sufficient so that they can stand on their own feet. The day when full power of the country would start working, no other country would be more powerful than the India. Therefore, the inclusion of "Women Empowerment" as one of the prime goal in the eight Millennium development goals underscores the relevance of this fact. Thus, in order to achieve the status of a developed country, India needs to transform its colossal women force into an effective human resource and this is possible only through the empowerment of women Hence the RKVY project was been designed and implemented in order to make the rural women self-reliant and start their own enterprise on garment construction. Two trainings of 10 days each were conducted on garment construction and design for the selected groups of rural women drawn from 33 different villages of Sirsa district. Each group comprises of 25 rural women who know the basic stitching, the sample was drawn purposely so that they can learn fashion designing and other domestic utility items in order to pursuit their own enterprise. During training rural women were made aware about how to make designer suits, how to do tie & dye work, how to do embellishment on garments, how to make table mats, table runners, cushion covers etc. and so on. The post monitoring and evaluation of the training reveals the impact of the training which highlighted the facts that most of the ladies started preservation work at their home. Where as 68% of the trainees started earning Rs. 5000-10000, 30% earn between Rs.10000-15000 and just 2% started earning Rs. 15000-20000 per month through stitching. This 2 percent block comprised of highly accomplished group of women. It was observed that a lady named *Sonia* in the village Odan started her own boutique and another women name *Satinder* started earning profits by associating her business with a local tailor in the same village.

Empowering Women Economically through Innovative Nozzle Printing Technique

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Abstract

Economic empowerment is the main concept which increases women's access to economic resources and opportunities. Entrepreneurship development and income generating activities are a feasible solution for empowering women and today women are becoming more active in building up their own enterprises. By entering into various professions and business, women have proved themselves capable enough and to be at par to their men counterparts. A small scale enterprise has enormous opportunities since it requires less capital, machinery and manpower. Over the course of economic globalization, the innovation aspect of entrepreneurship has gained critical importance in almost all sectors, including the textile industry. Innovation and creativity is a prerequisite for successful entrepreneurship, so the present study was undertaken to develop products using unique process of textile designing i.e. nozzle technique of henna application. The 186 traditional henna motifs were collected and screened for their suitability to saris and fabric painting. The identified motifs in four categories viz. floral and foliage, *kunj*/paisley, animal, human, bird and insect motifs were evaluated by the experts and five top preferred motifs from each category were selected. A total of fifty designs were developed by arranging selected twenty motifs and five top preferred designs were selected for placement on saris. Five saris were developed through fabric painting using nozzle technique of henna application as per preferred placements and colour ways of selected five designs. All the fabric painted saris were found very appealing and accepted by consumers on all the parameters of assessment. Therefore, development of textile products using traditional henna motifs through innovative painting technique could serve the purpose of entrepreneurship and help women in being self- sufficient. In the current scenario, women entrepreneurship can make a particularly strong contribution to the economic well- being of the family.

Key words: Economic empowerment, entrepreneurship, nozzle technique, fabric painting, and traditional henna motifs

Gender analysis on knowledge and use of ICT in agriculture and allied sectors

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Abstract

Innovations are prerequisite for the development of society. The innovation in different fields have to reach the ultimate end users. Information and communication technologies (ICT) are effective tools to disseminate the innovations on a large scale to large number of peoples. There are various examples in the country where the use of ICTs have been exploited for the benefit of rural communities. ICT is a broad term that encompasses simple mobile phone to computers and to satellite imageries. The mobile phones which were initially not affordable now had become a necessity to all. This is because there penetration in the rural areas there has been an increase in their affordability, accessibility and adaptability. A project work was carried out in Hisar district of Haryana state in five villages namely Mangali and Kaimari from Hisar-I block and Ludas, Tokas and Singhran from Hisar-II block were selected under AICRP project. Data were collected from 200 respondents (100 male and 100 female) on mass media availability and it was found that television sets and mobile phones were available at every respondents house followed by availability of internet on mobile phone by (62.00 % male and 17.00 % of female respondents). Majority of respondents (90.00% male and 82.00% female) had access to television completely. Majority of them watched different programmes for entertainment (80.00% male & 89.00% female) followed by agriculture (64.00% & 26.00%), Social welfare (41.00% & 30.00) general awareness (71.00% & 15.00%) and health related (48.00% & 14.00%). As far as access to mobile was concerned, it was found that 82.00 percent of male and 64.00 percent of female respondents had complete access followed by partial access (18.00% and 36.00%). Regarding use of different ICT tools like e-mail, CD/DVD, computer, internet and kiosk, it was found that majority of males (51.00 to 97.00%) and female (81.00 % to 98.00%) respondents had no access to these ICT tools. Majority of male and female respondents faced different problems with use of ICT were technical illiteracy (80.00 % and 92.00%), poor network connectivity (85.00% & 83.00%), erratic power supply (80.00 % and 79.00%) and language problem (72.00 and 87.00%). Majority of male respondents (66.00%) had least favourable attitude but on the other hand 56.00 percent of female respondents had highly favourable attitude toward ICT.

Keywords-. Information and communication technologies, Radio, Television and mobile phones

Adoption of Mobile Advisory Service in farming

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Abstract

The use of ICT is much more demanding in agriculture. One extension agent can only reach to a large number of persons by the use of ICT. This would make extension services easy and quick. Extension methods play a vital role in sharing information and ICT is the latest exposure. ICT based innovative extension approach is being used in the form mobile-based Agro-advisory on the crop, plant protection, horticulture, soil and water testing, etc. As we know that farmers require appropriate technical information in planning, implementation, critical stages and contingent situations like dry spell, drought, drought, excess rain etc. in working with limited resources. In Krishi Vigyan Kendras (KVK) the Kisan Mobile Advisory services through messages is being used to deliver the needful agricultural information to farmers, so that they may get timely advisory services and enable to do better farming and good returns. Keeping this in mind, the present study was conducted in Bhiwani District of Haryana state with objective- adoption of information of mobile based advisory services provided by Krishi Vigyan Kendras. A list of farmers and messages was procured from KVK, Bhiwani district and total 100 farmers from 10 villages were selected for the study. Messages delivered through KVK were related to Agriculture (52.29%) covering the aspects - Resource Conservation Technique (7.33%), integrated nutrient management (11.92%), integrated pest management (8.25%), crop residue management (9.17%), nematode control (1.83%), soil and water testing (8.25%) and horticulture/ vegetable crops (5.50%) respectively. While rest of the messages were delivered on Home science (8.25%) and on miscellaneous messages like Pradhan Mantri Fasal Bima Yojana (10.09%), Kisan Mela (8.25%), respectively. Adoption feasibility Index of mobile advisory service was calculated on five attributes and feasibility indices were calculated accordingly. Adoption feasibility index was found 78.86 percent for all the messages received by farmers. However, highest feasibility index was found for triability (ms 2.70) followed by understandability of message (m.s.2.53) and relative advantage (ms 2.90) of the message.

Keywords- Adoption feasibility, agriculture and mobile advisory

Academic Performance of Adolescent in Relation to Parental Encouragement and Family Climate

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Abstract

Parental Encouragement refers to the general process undertaken by the parents to initiative and directs the behaviour of the children towards high academic achievement .Family is the basic environment which prepares the young children for future responsibilities, and parental attitude is the key which makes environmental conditions favorable or unfavorable for proper development of a young child. This study examines Academic Performance of Adolescent in Relation to Parental Encouragement and Family Climate. Parental encouragement is one of the aspects of parent treatment patterns. In encouragement the parents help their child in such a way that they may not feel disheartened at a particular point of difficulty. In whatever way the parents encourage their children, it has a lasting effect on their way of thinking and doing. Positive parenting behavior protects the adolescents from subsequent substance use and problem behavior (Cleveland *et. al.*, 2005). To measure the Parental Encouragement among adolescent's, Parental Encouragement Scale (PES) by Sharma (1988) was used. Family environment was assessed by using family climate questionnaire developed by Dr. Beena Shah (2006). Dandgal and Yarriswami (2017) also reveled that family climate fully influenced academic achievement. Good home environment, educated home climate and socio- economic status of family and enriched family climate play a very important role on the academic achievement of the children. Care and consternation increases learning ability and their academic performance. Kuldeep Kaur Grewal(2014) shows to there is positive significant correlation between family climate and academic achievement of adolescents. Thus highly satisfactory the family climate, higher is the academic achievement of adolescents. Significant difference exists in the academic achievement of adolescent due to highly satisfactory family climate and highly dissatisfactory family climate. It is also found that academic achievement of adolescent living in highly satisfactory family climate is higher as compared to their counterparts living in highly dissatisfactory family climate.

Key words:, Parental Encouragement, Family Climate, Academic Performance.

Assessment of Multiple Intelligence Among School Going Boys (6-8 years)

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Abstract

A person can be most successful in a profession when the same is according to his or her abilities and interest. The different domains and disciplines valued by different cultures exert a tremendous influence over how one's intelligences develop, and to what extent they are mobilized. Focus these days is on designing educational experiences for students that demonstrate and explore how they are smart in the synergistic environment of a community of learners. The present study was escorted with the aim of assessing the multiple intelligence levels of school going boys and to study the cultural differences in the government and private schools. For this, 100 boys in age group of 6-8 years from urban areas of Fatehabad district of Haryana state were selected. The data were collected with the help of standardized multiple intelligence tool and a questionnaire for human ecological factors by Dabas, R. 2000. The data showed significant differences in the mean scores of boys from private and government schools of urban area (Fatehabad) for linguistic intelligence ($z = 4.62$), logical-mathematical intelligence ($z = 9.61$) and intrapersonal intelligence ($z = 3.79$).

Keywords: multiple intelligence, cultural differences.

Legal status and rights of women in Indian constitution

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Abstract

Women, a girl, a wife, a mother, a grandmother, overall woman is a key of a family. World can never be complete without a woman. Law is the set of rules enforced to govern the behaviour of people. From the beginning of this world women is treated as a weaker section of the society and they are the victims of the crimes like rape, eve teasing, female infanticide, dowry, domestic violence, child marriage and acid throwing. They were only allowed to live beneath the shoes of their husbands and fathers. Laws are being made to secure the lives of the women from the violence of their families and societies, and to provide them with their rights of which they are the owners. The constitution of India also guarantees the equality of rights of men and women. However, in the sphere of women's human rights in India, there exists a wide gulf between theory and practice. Indian society is a male dominated society where men are always assumed to be superior to society. The women in India very often have to face discrimination, injustice and dishonor. Though women in India have been given more rights as compared to men, even then the condition of women in India is miserable.

Keywords: Legal status, Women rights, Domestic violence, Child marriage, Dowry, Eve teasing.

Efficacy of Nutrition Education Among College Going Youth

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Abstract

Present study was carried out on female students (18-21 yrs) of IC College of Home Science, CCSHAU Hisar. The subjects were selected from three undergraduate classes and coded as group A, group B and group C. Anthropometric assessment of students (n=30) were carried out. Three consecutive day 24 hr recall was used to estimate Dietary Diversity score. Nutrition education was disseminated through organized lectures during NCC/NSS camps and tutorial periods. Pre and post nutrition education scores were compared using standard statistical methods. Mean height, weight, BMI and Hb were observed to be 156.81cm, 49.11kg, 19.62 kg/m² and 10.72 g/dl (Pre exposure). One way ANOVA depicted no significant ($p \leq 0.05$) differences in Height, Weight, BMI or Hb of students of freshman year belonging to Group A and Group B. However, height of students of Group C was significantly ($p \leq 0.05$) higher as compared to group B with no significant differences among other parameters. Mean pre-exposure dietary diversity score was 7.27 (maximum attainable score=14). The DDS significantly ($p \leq 0.05$) increased to 8.00 after imparting of nutrition education. Dietary diversity scores of all three groups improved significantly ($p \leq 0.05$) after imparting of nutrition education. When compared within groups, initial DDS of group B was found to be significantly ($p \leq 0.05$) lower as compared to group A or C. No significant ($p \leq 0.05$) differences were observed in DDS of three groups after imparting of nutrition education.

Skill Development in Fabric Painting: A Key to Women Empowerment

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Abstract

Empowerment is a process that makes women understand her unique potential and enable her to break barriers to make her realize that she has the capacity to utilize her full potential. Skill development is a key to women empowerment; therefore, there is great need to properly skill the significantly large work force to achieve the economic, environmental and social transformational changes required for sustainable development. They can be trained for skill acquisition in different fields so that they can start their own entrepreneurship. Textile designing has always served as a platform for entrepreneurs especially in the thriving business of hand work such as traditional embroidery, printing, painting etc. The consumers now-a-days demand fashionable traditional made-ups with new designs at reduced affordable prices. The elaborate embroidery designs can be applied on textiles through time saving and economical surface embellishment techniques as embroidery is very expensive and time consuming process. Keeping in mind the importance of fabric painting for surface enrichment, traditional motifs of *Chikankari* embroidery were collected and 48 designs were developed using selected fifteen motifs. Finally eight *kurti* were developed i.e. four with embroidery and four with fabric painting using most preferred placement and colour ways of each selected four designs. Consumers had very high opinion about the developed painted *kurti* regarding to suitability and appropriateness of embroidery designs for fabric painting and developed designs maintain the beauty of embroidery through fabric painting. Thus it can be concluded that it is possible to adopt *Chikankari* motifs to develop designs for fabric painting and the technique may also be adopted for entrepreneurial activity by those who looking out for newer areas for entrepreneurship and assist women in making financially independent thereby empowering them.

Old Age Pension a Mean to Ensure Livelihood Security of Elderly Women

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Abstract

The number of elderly in the developing countries has been growing at a phenomenal rate. The Indian aged population is currently the second largest in the world to that of china with 100 million of the aged. Old people often has inadequate regenerative abilities and are more susceptible to disease, syndromes, injuries and sickness than younger adults. The care of aged people has become a national concern. It is moral duty of a nation to ensure that its older persons would not live unprotected, ignored or marginalized lives but would be helped to live their life with purpose, dignity and in peace. National Old Age Pension Scheme (NOAPS) has been implemented for providing a safety net for India's aging population in terms of social, economical and moral support by helping eligible elderly citizens with direct cash benefit. In a pilot study conducted in Hisar district of Haryana state on 20 elderly women, the impact of old age scheme was observed in terms of increase in saving, more expenditure to meet personal and familial needs, fulfillment of social obligations, involvement in decision making, participation in social organization/ social groups and number of tours and trips undertaken by the elderly women. Most of the beneficiaries were in possession of their own passbook; however, slightly more than half of them had overall satisfaction towards old age scheme. It can be concluded that financial assistance to the elderly empowers them and improves their social status, independence, self-esteem and overall quality of life. The satisfaction of close to half of the elderly population in this study with the pension amount questions the need to explore the areas of concern. With increasing proportion of elderly in Indian population, it is important to study the effectiveness of such schemes so that corrective measures can be taken to facilitate its access to the disadvantaged section of the society.

Comparative study on adolescent's creativity with regards to home and school environment

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Abstract

A sample of 100 adolescents (16-19 yrs) was purposively selected from Government School, CCSHAU and GGSSS, Sindhvi Khera, Jind respectively. Adolescents were assessed individually for creativity using modified Scale of Divergent Production Abilities by K.N. Sharma (2011). Home and school environment of the respondents were also assessed by using self developed inventories. Results show that more than half of the respondents were having low level of creativity followed by medium (28%) and high (17%). The trends were same for rural and urban respondents. However, higher percentages of rural respondents (20%) were having high creativity than urban respondents (14%). the mean creativity score was 73.69 for rural respondents and 32.36 for urban respondents. Results portray significant differences in mean scores of urban and rural respondents. Rural adolescents were having significantly higher creativity than their urban counterparts. High level of creativity among rural adolescents may be attributed to their lesser exposure to TV and mobile and good quality of school environment. Creativity was not found to be significantly correlated with socio -personal variables and home environment of respondents but it had significant positive correlation with quality of school environment.

Key words: Creativity, home environment, school environment

Relationship of social maturity with adjustment of college youth of technical and non- technical institution

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Abstract

The present study examined the relationship of social maturity with adjustment of adolescents at College. Social maturity scale, Adjustment Inventory for College Students and College Adjustment Test had been used for the said purpose. A list of college youth of technical and non- technical institutions were prepared from the three selected blocks having both technical and non-technical institutions. A sample of 600 college youth in the age range of 18-21 years which comprised 300 college youth of technical institute and 300 college youth of non-technical institutions were taken. The results highlighted a significant positive correlation of social maturity with adjustment of respondents of non- technical institutions and technical at 5 % level of significance. It can be interpreted that the general intelligence improved the adjustment level of respondents and also enhanced and facilitate cognitive and intellectual development in college youth leading adjustment and college adjustment. Further it can be revealed that students who had better social maturity were found better adjustment ability and vice versa. The results of the study may be helpful for all the institutional units especially the teachers to understand social maturity of students which facilitate adjustment of youth.

Keywords: college youth, technical and non- technical institute, social maturity

Gender Issues: Challenges of Women in Indian Agriculture

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Abstract

Since generations' gender issues have been a predominant concern of our country, therefore several debates and studies have been undertaken to identify the gender gaps in different aspects of development and many works have been done towards equalizing the benefits for the women of our country. These debates and studies on women have been quite influential in bringing the women to the forefront in most of the fields and letting them hold an indispensable role in the development of our nation. It has been observed that women's participation in employment has always acted as a catalyst. They share abundant responsibilities to perform wide spectrum of duties both in the home and outside but their participation is considered customary by the society. Their active participation and responsibilities had often led to serious consequences due to the uncomfortable technologies of performance. As a result of usage of these traditional technologies, the work efficiency is reduced and they have always remained as "silhouette workers". Therefore to prevent these consequences, there is a necessity to bridge the gap between the technology producers and the users. Many technologies have been developed but have not reached the women at grass root level. Gender roles mediate substantial influence across all five pathways, particularly in relation to increased food availability and income. Thus, the best possible pathway through which agricultural development could improve health and nutrition outcomes is by considering gender roles and gender equity in agriculture.

Keywords: Challenges, Women empowerment and Gender equity.

Women Empowerment Schemes: Need of an hour

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Abstract

Women empowerment is empowering the women to take their own decisions for their personal dependent. Empowering women is to make them independent in all aspects from mind, thought, rights, decisions, etc by leaving all the social and family limitations. It is to bring equality in the society for both male and female in all areas. Women empowerment is very necessary to make the bright future of the family, society and country. Women need fresh and more capable environment so that they can take their own right decisions in every area whether for themselves, family, society or country. In order to make the country fully developed country, women empowerment is an essential tool to get the goal of development. The government and other private institutions are supporting women in the leadership positions in public sector through various women empowerment schemes i.e. Beti bachao Beti padhao, One Stop Centre Scheme for women, Swadhar Greh and Indira Gandhi Matritva Sahyog Yojana etc. This scheme provides assistance for Education, Training, Financial assistance/Cash, Subsidy on the loans, Scholarship, Nutrition, self-employment and other facilities.

Keywords: Self employment, Women empowerment and Education.

Empowering rural women with improving livelihoods

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Abstract

Globally rural women face persistent gaps in access to resources, knowledge and services, all underpinned by persistent inequalities in rights. So, despite repeated public commitments to gender equality, governments have by and large failed to meet even the most fundamental targets. Women lag behind on every Millennium Development Goal, except for the fourth goal of reducing the mortality of children under 5. About 79% of women in developing countries consider agriculture as their primary source of livelihood, and, on average, comprise 43% of the agricultural labour force in developing countries. Yet, because of cultural attitudes, discrimination and a lack of recognition for their role in food production, women have a reduced access to productive resources. Lack of access to services and infrastructures takes away time from education and other opportunities and this gap in access disproportionately affects women and girls. Governments have missed an important opportunity to support rural women. The failure of the negotiations at the Commission on the Status of Women to reach an outcome is a disappointing signal sent to women farmers around the world about their governments' level of commitment to address gender inequalities. To pull together the key strands of what is needed, you need to consider the many roles a woman plays. For a start, she is a farmer, and she needs to be good at what she does. Growing, Marketing, Adapting, Caring, Connecting, Leading – these are the areas where we need to empower women smallholder farmers. And the programming that exists should be assessed to identify the gaps, and to further the connections between those actually delivering services. Government should make investment on vulnerable areas and employment rich areas such as rural infrastructure, dairy sector, poverty reduction, integrated farming and natural resources conservation which help in rural development and livelihood security for rural India.

Key words: rural women, livelihood, employment

Adoption of Homestead Technologies for Empowerment of Rural Women

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Home Science is the education for home life and it is dedicated to women's development from its inception. Various technologies have been developed by the scientists working in College of Home Sciences operational under agricultural universities for alleviating drudgery, increasing efficiency and technological empowerment of rural women in the areas like health, nutrition, sanitation, child rearing, resource management, clothing and textile and entrepreneurship. It is very much necessary to disseminate these technologies and make them to adopt by rural women. It will not only reduce their drudgery in households and other economic activities but also lead to improvement the sanitation and environmental conditions, health and nutrition levels, capacity building, optimum uses of resources and economic empowerment. However, rural women have to acquire knowledge to adopt useful technologies. The dissemination of complete package of homestead technologies is being taken care of through Internship/Industrial Attachment of Home Science (IAHS) programme of College of Home Sciences. The present study was conducted on 200 women from four villages adopted under IAHS programme of College of Home Sciences. The results indicated that maximum adoption of technologies pertaining to stitching was reported by rural women. It was followed by the items based on waste material, nutritious recipes and soft toys. It was also observed that the adoption of homestead messages was relatively less than that of technologies due to the attributes like visibility, demonstrability and communicability. The major constraints reported in adoption of technologies were lack of material, time and money. Desirable/ undesirable; direct/ indirect impact of technology adoption was perceived by women in terms of increased contact with CCSHAU Hisar, participation in Kisan Melas & trainings; increased knowledge and skill and money saving due to preparation of various food, utility and garments at household level.

Front Line Demonstration on Protective Clothing to Mitigate Health Hazards of Farm Workers

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Abstract

In recent years, food security, employment, income generation as well as resource conservation and environmental protection have emerged as major world concerns. Small holdings, illiteracy, outdated technologies resulting in low crop yields, inability of farmers to invest in agricultural inputs, lack of irrigation and infrastructure facilities have been major problems which have affected farming community. Small and marginal farmers are facing many problems to operate the high risk farming. These risks are related to weather uncertainties, uneven access to technologies, lacks of knowledge. As per national safety council, agricultural workers are at increased risk for a variety of illness including respiratory disorders and dermatologic conditions. Amongst various farm activities, pesticide application and wheat threshing are two major activities which leads to number of health problems. Due to inadequate protective clothing and drift of spray droplets, farm workers suffer from short term health risks. Protective clothing is specially designed to shield or guard parts of the workers which are exposed to toxic and harmful chemical substances. Keeping in mind the importance of protective clothing for farm workers to mitigate their health problems, protective garments were designed by the department of Textile and Apparel Designing, IC college of Home Science under All India Coordinated Research Project (AICRP) in Home Science namely (i) Jacket with hood and *pyjama* of water proof fabric (having lining of cotton hosiery fabric) (ii) Pleated masks and beak mask of cambric cotton (iii) Protective gloves and (iv) Spray tank covers. Present experimental study was conducted on 20 farm workers in Dhani Bikaneri village and Dhani Bikaneri KVK farm of Fatehabad district on randomly selected ten farm workers from each place. All four accessories were provided to the farm workers as front line demonstration to mitigate health problems in agriculture. Results were obtained after using the protective garments in peak season for three months. All the farmers, 100% reported the protective garments reduced skin allergies, irritation in hands and body. However, 62.0 percent farmers reported reducing lack of sneezing and running nose. All of them reported the increased work efficiency up to 30 percent as compared to traditional methods of insecticide and pesticide sprays done by them.

Keywords: Health hazards, protective clothing, efficiency, technology, front line demonstration

Facilitating coping skills among rural school dropout girls

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Abstract

Facing stress, conflict and other problems are common in every body's life. Coping mechanism of an individual determines how adverse conditions affect one's life. There are many coping strategies which a person uses at some or the other time in everyday life. The present study was conducted with an aim to facilitate the coping skills of rural school dropout adolescent girls. For this purpose, 33 rural adolescent girls between the age group of 17-24 years, who had dropped their studies due to some reasons were selected from Devan village of Hisar District. A coping Response Inventory developed by Moos (1993) containing 48 statements about different styles of coping was used to find out the preferred style of school dropouts. Data was analyzed by using frequency and percentage distribution. Intervention was imparted to school dropout girls in the form of lectures cum discussion and workshop on problems solving skills and decision making aspect of life skills. Results revealed that after exposure of intervention significant improvement was observed in all the four sub areas of approach coping skills i.e. logical analysis, positive appraisal, seeking guidance & support, problem solving. Similar trend was also observed in avoidance coping skills i.e. cognitive avoidance, acceptance, seeking alternative rewards & emotional discharge. This shows that the intervention programme improved approach as well as avoidance coping skills among the respondents.

Keywords: Coping skills, school dropout youth

Utilization of mobile Advisory service by KVK Farmers

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Abstract

There are several models of ICT's in Indian Agriculture, which have made a significant difference in the delivery of information in rural areas. SMS portal is one of the ICT initiatives was inaugurated by the President of India in July 16th, 2013. The revolution in ICT has made access to the information easy and have effect to the rural masses in general and farming community in particular. Mobile phones, short message service (SMS) are important tools and can be used by the KVK specialist. The extension functionary is the user of the information while farmers are implementers at field Level. Present study was conducted in randomly selected Fatehabad and Bhiwani districts of Haryana state. Total 200 respondents were selected from 20 villages from both the district i.e. 10 villages cover 100 respondents from each district. Total 203 Messages were delivered in year 2015-16 and 2016-17 in both the districts. More than half (56.15%) of the messages were delivered on Agriculture. Information Processing Pattern revealed that farmers discuss with KVK Scientist (m.s.2.65). All the farmers read the message (m.s.3.00) and record in notebook (m.s.2.92). Further farmers evaluated the message with relative advantage of technology (m.s.2.91). Extent of utilization of mobile advisory service by farmers was measured in terms of usefulness & coverage of the message which was found the Information messages 62.20 Percent. Suggestions given by farmers about mobile advisory service were that there should be consistency of message in delivery of message 97.00 percent and Frequency of message should be increased by 89.00 percent of them. However regarding implementation pattern revealed that in majority of the cases they apply in the fields will little alterations. (m.s.2.25) and apply in the field as such (m.s.1.99) respectively.

Keywords –Digital Agriculture, Utilization, Information processing, message.

Biochemical and Nutritional aspect of Anti-nutritional Factors

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Abstract

Anti-nutrients are natural or synthetic compounds that interfere with the absorption of vitamins, minerals and other nutrients and /or act as toxins, exerting a negative effect on our body. They are found at some level in almost all foods. Many anti-nutrients are found in grains, legumes, beans, nuts etc. Plant metabolites also referred to as anti-nutritional factors which cause depression in growth performance and animal health due to variety of mechanism including reducing protein digestibility, binding to the various nutrients, damage the intestinal wall, therefore lowering digestive efficiency. Anti-nutrients are produced by plants as a part of their defense mechanism. Plants needed to protect their seeds from consumption and destruction by other organisms. So, the anti-nutrients evolved as poison making the ingestor sick, or block the digestion of the seeds so they are excreted undamaged. They cause toxic effects by causing nutritional deficiencies, Interference with the functioning and utilization of nutrients. Anti-nutrients can interfere with food components before intake, during digestion in the gastrointestinal tract, and after absorption in the body. A number of treatments of food material are able to eliminate some bioactive substances partially including soaking, dry and moist heat treatment, filtration, germination and enzymatic treatments. Chemical and physical characteristics determine the choice of appropriate treatment used to eliminate an undesirable compound from food.

Differences between Android and I Phone Users

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Abstract

The mobile phone first appeared in India sometime in the nineties. It was a bulky box quite similar to the landlines we still use today. It had an equally big antenna and was heavy and cumbersome to carry. That was just the beginning. Very soon they were all over the place. With the alarming speed at which they shrunk in size, these pocket sized wonders, sure packed a punch .We are here to compare Xiaomi (Mi) and Apple (iphone) This work compares Mi and iPhone users according to their security and privacy awareness when handling apps we found out that Mi users seem to be more aware of the risks associated with the app usage than iPhone users. For example, iPhone users almost never consider the possibility of apps sending premium-rate SMS, app lock or causing other hidden costs. Furthermore, Mi use with very easy way than I Phone, features of Mi Phone is easy understanding than iPhone. Cost of iPhone is very high. . Based on the survey of 50 mobile shops in hisar (2015-2016) Mi is more recommended than Apple phones, According to their cost and sharing purpose.

Keywords: Mi, I Phone, Android, security awareness, privacy awareness, shopkeeper's mobile phones customer.

Value added egg muffins incorporating full fat rice bran and flax seeds

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Abstract

The present investigation was conducted to evaluate the value added egg muffins incorporating full fat rice bran in the Department of Foods and Nutrition, CCSHAU, Hisar. Rice bran was procured in a single lot from the rice mill located at Yamunanagar. Value added Type I and II egg muffins had 10 and 20 per cent of full fat rice bran, respectively while both of them had 10 per cent flax seeds. Control egg muffins had 10 per cent flax seeds but did not contain rice bran. These muffins were liked the most by the judges. The control egg muffins having flax seeds but no rice bran had 3 per cent moisture, 8.10 per cent crude protein, 21.20 per cent crude fat, 1.10 per cent crude fibre, 0.94 per cent ash and 68.60 per cent total carbohydrates. After addition of 10 and 20 per cent full fat rice bran in Type I and II egg muffins, the moisture, crude protein, crude fat, crude fiber, ash and total carbohydrate contents were changed to 3.40, 3.80; 8.30, 8.40; 24.90, 27.40; 2.20, 3.10; 1.76, 2.52; and 62.73, 58.57 per cent, respectively. It was found that moisture, protein, crude fat, crude fiber and ash contents increased but total carbohydrates decreased significantly over the control upon supplementation of 20 per cent level of full fat rice bran in the egg muffins. Total dietary fiber contents of control, Type I and Type II egg muffins were observed as 2.18, 4.34 and 6.51 g/100g, respectively and the differences were significant ($P < 0.05$). Highest amount of total dietary fiber content was present in Type II egg muffins incorporating 20 per cent full fat rice bran and flax seeds and the lowest in control. Type II egg muffins incorporating 20 per cent full fat rice bran had maximum amount of (1.11 g/100g) soluble dietary fiber too over the control egg muffins (0.49 g/100g) and the differences were significant. Insoluble dietary fiber contents of control, value added Type I and Type II egg muffins incorporating full fat rice bran were found to be 1.69, 3.26 and 5.40 g/100g, respectively which were significantly different. The protein digestibility (*in vitro*) of control, value added Type I and Type II egg muffins were 78.76, 76.6 and 74.20 per cent, respectively and the difference were significantly ($P < 0.05$).

Keywords: full fat rice bran, proximate composition, dietary fiber and in-vitro protein digestibility.

Association between fruits and vegetables intake and health of elderly population

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Abstract

Ageing is a natural and biological phenomenon. As the age increases the risk of various non communicable diseases like osteoporosis, cardiovascular diseases, high blood pressure, high blood glucose, cancer etc increases which affect the quality and quantity of life of elderly population worldwide. Several studies have established the beneficial effect of fruits and vegetables intake on nutritional and health status as they contain many vital components such as minerals like magnesium, potassium, zinc, copper etc. vitamins like beta carotene, vitamin C and K, antioxidants like polyphenols, phytochemicals etc. Minerals like potassium and magnesium along with vitamin K and C are involved in bone metabolism by enhancing the absorption of calcium in the intestine and suppress its excretion in urine by maintaining the acid-base medium in the body and thus involved in the synthesis of bone matrix. Magnesium and potassium also involves in maintaining blood pressure by increasing the action of nitric oxide in the blood vessels. Non nutrients like phytochemicals and polyphenols along with beta carotene and ascorbic acid are helpful in lowering the risk of heart diseases, several types of cancers, early ageing etc by reducing the formation of free radicals in the body. In this way taking in consideration the positive association between fruits and vegetables intake and health nutritional guidelines should be set for the prevention and management of non communicable diseases among elderly.

Keywords: Fruits, health, nutrients, vegetables

Food and nutritional security through nutrition education

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Abstract

Household food security is a prerequisite for people to have an adequate and balanced food intake. However, to attain good health and nutritional status, people also need sufficient knowledge and skills to grow, purchase, process, prepare, eat and feed to their families a variety of foods, in the right quantities and combinations. This requires a basic knowledge of what constitutes a nutritious diet and how people can best meet their nutritional needs from available resources. Undesirable food habits and nutrition-related practices, which are often based on insufficient knowledge, traditions and taboos or poor understanding of the relationship between diet and health, can adversely affect nutritional status. Nutrition education if followed effectively can prove to be useful tool in bringing economic development in the country as it provides good health. Present study was conducted to assess the nutrition knowledge on various aspects of foods and nutrition like balanced diet, importance of green leafy vegetables and fruits in diet, sources of various nutrients, nutrient deficiency disorders and their prevention and conservation of nutrients, importance of iron and Vit. A rich foods of mothers. One hundred and sixty mothers (160) were selected from hisar district and divided into 8 groups and nutrition education was imparted twice a week for a period of 8 weeks. The education was imparted and demonstrations were given for preparation of low cost nutritious recipies. Proper use and storage of iodized salt was demonstrated. Lectures were delivered with the help of visual aids i.e. charts, posters, leaflets and pamphlets etc. Before imparting nutrition education, majority of mothers were having inadequate nutrition knowledge about nutrient deficiency disorder and their prevention balanced diet, important of GLV and fruits in diet. After imparting nutrition education, majority of mother had adequate nutrition knowledge. The mothers should be guided to include all food groups in proper amount in diets of their children for improving their nutritional status.

Dietary intake and nutritional status of preschool children Yamunanagar district

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Abstract

Preschoolers have very special nutritional needs because of their fast growth and development, which is dependent on the adequacy of diet consumed. Hence, if they are fed on an inadequate diet for a prolonged period of time it may lead to many ill-effects i.e., high rates of morbidity and even to mortality. The present study was an attempt to determine the nutritional status of pre-school children (3-5 years) of Yamunanagar district of Haryana State with the objective to study the dietary intake and nutritional status of pre-school children. A total of 300 pre-school children in the age group of 3-5 years i.e. 150 boys and 150 girls were drawn proportionately from the randomly selected four villages of Yamunanagar district. Information regarding the intake of food for three consecutive days was collected from the respondents using 24 hour recall method. It was observed that daily mean intake of GLV was significantly higher in boys than the girls. Fruits were not the part of the daily diet due to its high cost. The average daily consumption of pulses was found to be higher in boys than the girls. The reason for the low intake of pulses was high prices and frequency of their inclusion in diet which was on alternately and weekly basis. It was found that mean intake of energy in boys is significantly higher than girls. It was found that boys were consuming significantly higher amount of calcium than girls even more than RDA as boys were consuming more amount of milk and milk products. The intake of protein, calcium, carotene, thiamine vitamin B12 and folic acid was adequate in majority of both boys and girls. Intake of energy, iron, riboflavin and niacin was marginally inadequate in majority of boys and girls and intake of vit. C was substantially inadequate in boys and girls. Seven per cent of total preschool children showed lack of lustre in hair, 4.33 per cent had thinness and sparseness of and 1.00 per cent had flag skin. Diffused depigmentation of face was observed in 9.33 per cent of total respondents.

Entrepreneurship development through handicrafts

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Abstract

The growth of rural economy of the country is essence for the overall growth of nation's economy. Industrialisation plays a vital role to transform backward country into a developed country so it is treated as key component of the developmental process. The development of industries in rural areas helps to eradicate various problems like unemployment, poverty and mitigation of economic inequalities. Large scale industries absorbed large number of labours to operate the industries tools and machines and automatically people of concerns areas gains economic benefits through various means and got an opportunity to solve out major economic constraints being faced by people of rural areas. The handloom and handicraft is a micro enterprise which are generally a business of rural and poor people of our country which is a family oriented economic activity. This micro enterprise is run by family members to earn to sustain themselves to live on this earth. It is a labour intensive and can be established with fewer amounts of capital which is suitable for the rural people. In other word we can say that handloom and handicraft is a rural industry which is motivating and promoting rural economy to overcome regional economic imbalance of members. The textile and cottage/handicraft sector was very important and played a crucial role for self dependent economy before independence in India so Government must take sincere initiative to develop rural area through promotion of this sector as it is general operate in rural and backward area of the country. Although handicrafts are often advised when income-generating activities are sought for women, "feminine" crafts tend to be time consuming, give poor returns, and offer little opportunity for upgrading skills. Under some conditions handicrafts can be a means of increasing income for women, but several key issues must be considered. Before starting, the existing conditions under which women work, possibilities open to them based on traditional or easily acquired skills, as well as prospects for creating and managing the organization structure needed to support a handicrafts project should be analyzed. Traditional distinctions between women's craft work and men's craft work may need to be overcome. A thorough study of the overall economic situation, the work women already do, available materials, and existing or potential markets should be done, in most cases by experts. Links with traditional markets should be preserved while new markets are sought. Existing institutions which could help in the development of technical training, marketing, and credit should be utilized. A well motivated and competent technical staff and proper management are important elements of a successful project. Caution is necessary in developing handicrafts, because of the danger of exploitation and increase in the burdens already borne by women.

Science and technology for economic and human development

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Abstract

Gender equality is a development objective in and of itself as recognized in Millennium Development Goals. Gender equality is central to economic and human development and to supporting women's rights. Equal opportunity for women and men supports economic growth and helps to reduce poverty. To deliver real results and improve the lives of women and men, their families, and their communities, we should take measures to involve women in decision making and implementation of any work. Women in India are the upholder of tradition and now they need to be ushered for modernity. They are crucial partners of development. In India, the Five Year Plans have considerably placed special emphasis on providing numerous facilities integrated with family welfare, nutrition and education for women and children. The entire efforts of empowering women is to help women to exercise their rights in decision making at various levels and in different spheres both with- in and outside the household as equal partners in society. Application of science and technology is vital for advancement of any society and for drudgery reduction. Technology holds promise to reduce drudgery and provide better conditions for all including women, particularly in rural areas with emphasis on the improvement of home and home stead environment and improved quality of life at an affordable cost Science and technology hold immense potential for economic growth and social development. If the country has to move forward with science in the driving seat for economic and industrial revolution in the twenty first century the applications of science and technology has to be designed to benefit people in general band women in particular. The nation continues to be firm in its resolve to support science and technology in all its facets. It recognizes its central role in raising the quality of life of the people of country, particularly of disadvantaged sections of society. Women need to be provided equal access to economic and productive resources there by gender disparity would also be reduced.

Comparative awareness of legal rights among rural and urban women

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Abstract

Women in modern times have achieved a lot as compared with past but in reality they still have a long way to go. The skewed sex ratio of India is clear indication of the fact that Indian society is still prejudiced against female. The status of women in India has been subject to many challenges. On one hand she is at the peak of ladder of success while on the other hand she is mutely suffering the discrimination in availing her constitutional rights. There are constitutional provisions in the forms of number of legal rights for the betterment of women but how much the women are aware of their rights and to what extent they actually avail these rights need to be explored. The present study was undertaken in Rewari district of Haryana state to find out the awareness and exercise of legal rights among rural and urban women including a sample of 60 women i.e. 30 each from rural and urban area. A self constructed legal rights awareness and exercise interview schedule developed specifically for purpose of the study was used to collect data by using descriptive survey method of data collection. In the present study, information pertaining to legal rights like right to equality, right against exploitation, right to property, right to education, protection of women from domestic violence act was collected. Results of the study reveled that there was significant difference in awareness of legal rights between rural and urban women. The women from urban area had more awareness of legal rights than those from rural area. The awareness of right to property was maximum among rural as well as urban women. Rural women were least aware of protection of women from domestic violence act and the urban women were least aware of right to equality. Further exploration revealed that a major obstacle to the implementation of women's statutory rights is lack of legal awareness and of resources. Even if they do know about their rights, they often lack the resources necessary to bring claims involving paying lawyers and court fees. This necessitates the need for legal education.

A study on awareness regarding information input pattern by registered farmers

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Abstract

This study is mainly focused on the information input pattern of the mobile based messages as received by registered farmers. The information and communication technologies like radio, TV, newspaper, telephones and magazines are playing a major role in sustainable agricultural development since early decades and now the modern ICTs as mobiles and computers and have created a revolution. In the 21st century in the era, cost effective and efficient communication technologies are required to take lead in changing agricultural scenario. The use of *Kisan* Mobile Advisory Service scheme (KMAS) in main line extension system of Krishi Vigyan Kendras, is new ICT initiative to meet the needs and expectations of the farmers. The study was conducted in all Krishi Vigyan Kendras (KVKs) of Haryana state, purposively. There are 23 KVKs in Haryana state. Out of them only 12 KVKs were using mobile based advisory services (MBASs) schemes, these 12 KVKs were selected purposively for the purpose of content analysis of MBASs. Results analyzed that farmers were fully satisfied with the information they receive on Kisan Mela And Fasal Bima Yojana. As per weighted mean score it was found that messages related to home science (1.74 WMS), animal science (1.64 WMS) and weather report (1.68 WMS) were less as compared to agricultural messages (2.33%) and advise related messages (2.87 WMS). It may be due to the reason that messages related to weather report were sent by other programs also besides KVKs.

Key words: Information pattern, Awareness, Farmers

Asian fashion boutique: a case study

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Abstract

India is a country where women have been epitome of knowledge and strength since the Vedic age. Women have been torch bearers in all the fields including both home and job avenues. Recently it has been noticed that women in all sectors are making progress by leaps and bounds, particularly they are running their own enterprises successfully. Considering the importance of women as ambitious entrepreneurs a case study was conducted on Asian Fashion Boutique which is run successfully by Suman Sodhi in Hisar city who herself is pursuing PhD in dept of Textile and Apparel designing . She started her business in 2010 by procuring some funds from an NGO and merging her own savings. She has hired one skilled and two semi-skilled workers for her help. Today, she successfully runs her business in a rented shop and also looks after family including her one year old son. Talking to her customers it was found that she takes all the necessary steps for their satisfaction and believes in the principle that “Customer is God”. She has reached the apex after starting from bits. She has become an inspiration for all those who want to search and establish their own identities.

KEYWORDS: women, fashion, worker, boutique

Hunar: a boutique reflecting talent of the owner

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Abstract

Women who innovate initiate or adopt business actively are called women entrepreneur .It is based on women participation equity and employment of a business enterprise. The Government of India has defined women entrepreneurs- as an enterprise owned and controlled by women having a minimum financial interest of 51 percent of the employment generated in the enterprise to women. Being women, everyone should feel proud of themselves, looking in every field of life, as it maybe managing of corporations or women's are embedded with patience, perseverance, risk- taking attitude, hard etc and these are the qualities of entrepreneurs. We found a Santosh with these skills. She made her "Hunar" as a source of earning and for making herself independent and utilizing her skills in a positive way. She named her boutique ' Hunar Boutique' because it is her hunar which means talent in english. Her family supported her lot in starting this business. Specially her mother-in-law who helped her in staying motivated and also supported her financially. Along with giving her talent a platform Santosh is also giving employment to 3 males employees. his is the power of today's women that women is giving employment to males. When she started her boutique she was the owner and worker herself of the boutique and as her boutique start growing she provided jobs to 3 More employees. Many times ups and downs came in her business but because of her family support she handled those situation very smartly. Her tagline is " High quality work" She is not using any medium of advertising because she believes that her quality of work is enough for advertising because her customers are satisfied with her work. They are finding fine embroidery, finished stitching at one place. Now as her customers are increasing she wants to expand her business and wants to provide employment to more people. As. A women with talent and family support going in. right direction of providing employment to prople.

Globalizations and women

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Abstract

Globalization means different things to different people. More importantly it refers to a process of deepening economic integration, increasing economic openness and growing economic inter dependence between countries in the world economy. Globalization is helping the women to involve in different sphere like social, economic, political and cultural. Globalization and the new economic policy reforms in India have showed positive as well as negative impact on women in general and rural women in particular. A large group of working women of India is in the rural and unorganized sectors. The majority of Indian women are still tradition bound and are in a disadvantageous position. Since globalization has suddenly opened up in the Indian economy at a very high speed without the required economic and social policies to provide the much required safety net, women who have been involved with production in the traditional ways , have to cope with numerous problems and yet try to avail of the opportunities which an open economy promises. This paper mainly focuses on the impact of globalization on women.

Keywords: Globalization, Social Conditions- Economic factors, Privatization Liberalization, Economic growth.

Empowering rural women through self help groups: A study

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Abstract

Women empowerment means utilizing women power by promoting their great potential and encouraging them to work towards attaining a dignified and satisfying way of life through confidence. In India, self-help groups represent a unique approach to financial inter mediation. Self help groups are organizational setup in for the upliftment and welfare of women. Initially in India the self help group scheme was initiated by NABARD.NABARD is supporting NGO's for setting up SHG's in rural areas since 1992. The government of India is also promoting the SHG's at a great extent by the way of providing them grants which is either interest free or on a very nominal interest. The members of SHG come together for the purpose of solving their common problems through self-help and mutual help. The SHG's promotes small savings among its members. The savings are kept with a bank they are linked to. This mutual fund that is collected/earned is in the name of that particular SHG. This is one of the most effective ways to promote the micro-finance in the society which is the most important tool for the empowering of rural women.

This research paper is based on empirical research on women who are engaged in Self Help Groups. This study was conducted in 2 'Craft Mela' organized in Faridabad and Patiala. The stalls in the mela were held by women of different self help groups from different states of the county. The sample size was 50 SHG i.e. 25 from each carnival. The primary data for the present study was conducted through interview schedule. The main objective of the study was to find out the impact of SHG's on socio-economic women and their families.

Paperless Office: A way to Sustainable Development

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Abstract

Around the globe, more emphasis is being placed on environmental sustainability and, as such, many organizations have started to embrace the idea of a paperless working environment, although it is still largely regarded as an idealistic dream. The arrival of new Information and Communication Technology on the world stage has caused a change in the traditional model of management and communication within companies and their customers. Organizations are Small and Medium Enterprises (SMEs) or large companies that are aware of this change and see the need to promote the use of these new technologies through the development of e-administration. The Paperless office concept means a change in how the technology industry, for information and management, is a "new way of working in the company". This aims to offer significant opportunities, improve the services provided, strengthen organizations work processes and support public policies, so that social development and economic growth is favored. The aim is for sustainable development.

Keywords: paperless, work environment, office and management technology,

Women entrepreneurship through beauty culture

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Abstract

The present case study indicates the overall impact of entrepreneurship development on women's status and the extent to which an entrepreneur is empowered. The study is based on the owner of a beauty parlour located in Azad Nagar Gali no 4. The name of the woman is Shilpa Bajaj. She got married before 15 years ago and after marriage the financial condition of their home was not so sound and the idea to start a beauty parlour came into her mind so that she could improve the financial condition of her home and support her family. After four years of marriage she wanted to pursue her desire of becoming a beautician for which she needed training from experts to compete professionally. For this purpose she went to Delhi and attended training from one of the renowned training institute. Her husband supported her fully to pursue her talent as well as financially which resulted in her becoming the owner of a beauty culture saloon. She started this venture in 2017. In early six months, there was a loss of money but gradually but due to her risk taking capacity and her continued efforts, she started doing well in and after few months she started having profit. She also trained her family members in certain tips of beauty culture who continuously help her in day to day activities of this venture. Even her son is also familiar with the skills of beauty culture and she aspires to disseminate her knowledge among other women. Her future strategy is to start a saloon for her son to make succeed him in this field and to continue her legacy. She is passionate about her work and give top priority to her work.

Case study of a housewife and multi dimensional entrepreneur

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Abstract

Mrs Rajbala from Gawad village of Hisar district is the real example of a housewife who is also engaged as an entrepreneur in stitching profession. Before 10 years, she used to simply stitch the clothes because of poor financial status of her family. As per her observation, in the beginning she used to earn Rs.10,000 per month by stitching. But it was not enough to realize the high dreams of her children. So she decided to set up a small business and after discussion with her husband they decided to set up a dairy. Her husband was Patwari in a small village of Bhiwani district she said that a single salary was not enough because she wanted her children to become a doctor or engineer. She wanted to start something related to agriculture as a business so that she could take care of her household chores as well as agriculture so she purchased 10 buffaloes initially and later on she added 30 more buffaloes totaling to 40 buffaloes. She has employed a male member to assist her in daily chores. She has a busy schedule but she fulfills her all obligations as she is early riser. She wakes up at 3 AM and do the milking process of buffaloes then goes to Hisar to sell that milk and this way she handles her household chores as well as her Dairy affairs side-by-side. She is the recipient of two awards from CCS HAU Hisar and Kurukshetra University-Pragatisheel Kisan in 2016 and 2018, respectively. Her elder daughter has completed her B. Tech degree and the younger one is DU topper in graduation and her son pursuing MBBS degree at Rohtak PGI. She has passion to drive vehicle and she is actively involved in transportation of milk from the village to Hisar city. Her tagline is “a woman can do anything if she has a passion.”

Gender differentials in employment

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Abstract

Gender refers to the socio-cultural dimensions of the behavior of men and women as build by society. Despite the fact that women constitute about half of the population of the world, they have been openly discriminated socially, economically, culturally politically, against their male counterparts. Surprisingly, the women who are contributing effectively in the growth and development of their respective nations, sharing variety of responsibilities, playing vital role in upbringing their children and supplementing the family income continue to be blatantly discriminate. When women professionals are matched with men of comparable productiveness, men still get greater recognition for their work and move up career ladders faster on an overall basic, work most often done by women, such as teaching small children and nursing , is paid less than work most often done by men, such as construction and mining.(Iqbal 2013).Globally women are concentrated in working in small farms or operating small firms; making them overrepresented among unpaid workers and in the informal sector; rarely rising to positions of power. In keeping with social norms; women bear a disproportionate share of house and care responsibilities; creating barriers to their taking (formal) wage jobs. They require flexible work arrangements and have less control over time use than their male counterparts; so they are confined to lower-quality jobs(World Development Report 2012).

Environmental hazards on health condition of polyhouse female workers

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Abstract

India is developing country. The main occupation is agriculture, because 70 per cent of the population is involved in this occupation. Many women in India are occupied in agriculture. In almost, Asian countries, the number of women employed in agriculture as a percentage of the economically active population is higher. Women form the backbone of agriculture; especially in polyhouse farming, they still tend to exist as “the hidden farmers” with almost negligible access on land, resources, technologies, financial services, markets and even education. With the growing feminization of agriculture, there is need to develop specific strategies for women in polyhouse farming to develop their skills and strengthen their capacities as it significantly contribute to domestic production and employment. So keeping this point the present study was conducted to find out the work related problems in female in polyhouse farming. Fifteen women workers of polyhouses of Karnal district were selected for study. On the basis of research it was found that working polyhouses with high level of temperature (<40 degree celsius), humidity (<80%) and carbon dioxide (<880 ppm), the women were found to be suffering many health related problems *i.e.* low blood pressure, high heart rate, respiratory problems, asthma and skin allergy.

Keywords: *polyhouse, blood pressure, temperature and carbon dioxide,*

Integrated farming system: doubling the income of farm women

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Abstract

In India, the farmers maintain different enterprises for their complimentary and supplementary nature and for ensuring sustainable livelihood from time immemorial. The farmers gradually started focusing on a few enterprises due to several imposing factors including shrinking farm sizes, fluctuating commodity prices, livelihood diversification and shortage of labour during peak agriculture season. It is extremely important to recognize the role that rural women play and the contribution that they make in networks and cooperatives, giving them greater political and financial support and involving them in the training and conducting of development programs that enhance women's role in agricultural production. It had a severe impact on food and nutritional security of millions of poor household's farm women's. Although suggestions are pouring in from experts and leaders of organization for strengthening the income base of farm women's, the government cannot implement them entirely due to compulsions from socio-economic and political considerations. The Integrated Farming Systems assumes greater importance for sound management of farm resources to enhance the farm productivity and reduce the environmental degradation, improve the quality of life of resource poor farm women's and maintain sustainability. Despite their small or medium holdings and small livestock holding, the farm women's earned a good income from such enterprises due to their intensive management, including the use of family labour. The substantial additional income could be generated by practicing different enterprise combinations based on the location specificity and capability of farm women's. The meager profitability of systems likes Crop+Dairy, Crop+Dairy+Poultry, etc. also forced them to rely on money lenders and financial institutions for the management of farm and family. Landholding is an important variable for keeping multiple enterprises. Due to the importance of manure for recycling within the farm, livestock holding emerged as a significant variable in combinations having fishery and sheep and goat enterprises. The milk productivity was the major reason for shifting the preference from indigenous dairy animals to crossbreds and buffalo in addition to focus of government on commercial dairy farming with crossbred animals. While goat gets a higher market returns and higher fertility rate, sheep was seen with a lower preference. Mushroom was getting importance across the farmers due to higher market demand from the surrounding urban areas of Haryana state.

Key words- Integrated Farming System, enterprise, management

Consumer behaviour on online shopping

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Abstract

Marketing is the route of setting up and executing the conception pricing, promotion and distribution of ideas, goods and services to create exchanges that satisfy person and organizational objectives. For the most part, marketing deals with customers, which are important element in the system, the customers decide what they want or need. Through online marketing companies aim to attract new customers by promising superior value and maintain current ones and further develop one's clientele by delivering customer's satisfaction. Online shopping is a form of electronic commerce which allows consumers to directly buy goods or services from a seller over the internet using a web browser. Mostly youngsters and youth generation(19-30 age group) are very much interested in online buying because they know about technology and e-shopping. As per an ASSOCHAM-Resurgent joint study,(2018)online shopping is expected to clock annualized growth of 115 percent this year, aided by fast-increasing data consumption and improvement in logistics, along with a number of offers presented by ecommerce platforms. It is an early stage in internet development in terms of building an appropriate dedicated model of consumer buying behavior. The growth rate of electronic commerce in India, however, has yet been much below anticipation; its proportion of total retail business is still small due to its certain limitations . Some researchers suggested that men are more likely to purchase products and/or services from the Internet than women. It is found that men are more adopting in online shopping, Female shoppers are found to prefer using catalogs to shop at home. It is found once female showed preference in online shopping, they will shop more frequently online than their male counterparts. Website design features of the website are important and influencing factors that leads consumer's satisfaction and dissatisfaction with a specific website.

Keywords: Marketing, consumers, consumer behavior, online shopping

Role of women in agriculture

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Abstract

Agriculture can be an significant engine of growth and poverty reduction. But the sector is underperforming in many countries in part because women, who are often a crucial resource in agriculture and the rural economy, face constraints that reduce their productivity. Aggregate data shows that women comprise about 43 percent of the agricultural labour force globally and in developing countries. But this figure masks considerable variation across regions and within countries according to age and social class. Time use surveys, which are more comprehensive but typically not nationally representative, add further insight into the substantial heterogeneity among countries and within countries in women's contribution to agriculture. They show that female time-use in agriculture varies also by crop, production cycle, age and ethnic group. A few time-use surveys have data by activity and these show that in general weeding and harvesting were predominantly female activities. Overall the labour burden of rural women exceeds that of men, and includes a higher proportion of unpaid household responsibilities related to preparing food and collecting fuel and water. The contribution of women to agricultural and food production is significant but it is impossible to verify empirically the share produced by women. Women's participation in rural labour markets varies considerably across regions, but invariably women are over represented in unpaid, seasonal and part-time work, and the available evidence suggests that women are often paid less than men, for the same work. Women make essential contributions to agriculture and rural enterprises across the developing world. Women also play important role in farm yard manure preparation as they collect cow dung cake and add to the heap where it remains for a long time and thereafter added to the field.

Keywords: Women, agriculture, weeding, harvesting, rural economy

Occupational Stress on employees of private and public sector banks

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Abstract

Every walk of life have to face stress and it is a universal element . Stress can have negative impacts on both the employee and the organization. The concept of stress was first introduced in the life science by Hans Selye in 1936. It was popularly used in seventeenth century to mean hardship, strain, adversity or affliction. Present day researchers and practitioners visualize the phenomenon of stress in a new perspective. As Kets de Vries (1979) noted, each individual needs a moderate amount of stress to be alert and capable of functioning effectively in an organization. According to a study employees from private and public banks shows that occupational stress is found higher among private bank employees compared to public bank employees but according to other study employees of public and private sectors significantly not found differ in their occupational stress level. Impact of age and gender was also not found on occupational stress. Among different occupational stress variables role over load, role authority, role conflict and lack of senior level support contribute more to the occupational stress. Bank employees cannot afford the time to relax and "wind down" when they are faced with work variety, discrimination, favoritism, delegation and conflicting tasks. It may be concluded that there is significant difference in occupational stress in employees of public and private sectors but there is no significant difference in occupational stress employees along age in public and private sectors. Similarly some studies found that there is no significant difference in occupational stress in male and female employees of public and private sectors.

Keywords: Occupational stress, employees, private and public sector banks

An Engineer who turned into Agripreneur

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Abstract

Sh. Pankaj Kumar a 27 year old graduate from the College of Agriculture Engineering and Technology, CCS HAU Hisar belongs to a family of farmers and instead of entering the traditional profession of an engineer he decided to start a vegetable shop named “Fresh Vega shop” in the CCSHAU campus itself. During his undergraduate degree the idea of entrepreneurship was shared by a senior student with him who started a *Smridhi* Society in Uttar Pradesh with an objective to convert the small scale business of selling fruits and vegetables into an enterprise. Mr. Pankaj’s aim is to provide fresh vegetables and fruits to the customers for better health. Mr. Pankaj’s ideology is to minimize the wastage of raw food material so he has developed his own portal on which order can be placed in advance for fruit and vegetables as per one’s requirement. Due to agricultural background he has high respect for farmers and he wants to make them financially sound. When he started, he had no family support but now he gets support for his vision for this business. After graduation he was not financially strong so he worked for one and half year and borrowed money from friends also to start his venture. Initially he gave employment to one person and now he has three employees who are semi- skilled. He is guided by the motive that everyone has a different story and the bottlenecks make the story more interesting. Presently, he has 50 regular customers. He earned no profit initially, however, now it is around 20.0 %. He chose CCS HAU as the location of his business due to familiarity and emotional bonding. He uses E- risksha for transportation purpose which indicates his eco friendly behaviour. His future goal is to complete the designing of his portal. Mr. Pankaj’s message for other entrepreneur is "when you start, do experimentation with solutions for problem solvins. "They grow we care" is the tagline of his business.

Empowerment of women in agriculture a step towards achieving gender balance

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Abstract

Closing the gender gap in agriculture is essential to increasing agricultural productivity, achieving food security, and reducing hunger. Studies conducted over the year have documented that women are less likely than men to own land or livestock, adopt new technologies, use credit or other financial services, or receive education or extension advice and are disempowered in various domains related to agriculture as well as in relation to men. To increase the production and income of small and marginal farmers in India is the pressing need. The small holding character of Indian agriculture is much more prominent today than even before due to division of land having female members as the active partners. This cannot be achieved without empowering women in agriculture related aspects. Present study was conducted in Hisar district of Haryana state. Three blocks and three villages i.e. one from each block were selected randomly. A sample of 40 respondents (20 each of male & female) who were husband and wife and actively engaged in agricultural activities hailing from small and marginal categories were drawn from each of the selected village, thus, 120 respondents (60 each male and female) constituted the ultimate sample for the study. Empowerment was studied in terms of five domains of empowerment which were: production, resource, income, time and leadership. The respondents who were empowered across 4 domains or 80% of the indicators were considered empowered. The results indicated that 81.6% male farmers were empowered, however, only 43.3% female farmers were empowered in terms of these domains. Maximum empowerment of male farmers was in terms of production followed by income, resources, time and leadership related indicators while that of female farmers' empowerment was observed maximum in terms of resources, time, production, income and leadership related indicators.

Development of user friendly paper patterns

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Abstract

Clothing influences a person socially, psychologically and emotionally. It is one of the most important factors in the development of an individual personality. A dress should be suitable for the person for whom it has been designed. There is great potential for the development and improvement of existing apparels for different stages of life. The aim of this study was to develop paper patterns for designed and developed functional clothing for expectant and lactating mothers. Specially designed and constructed *Kameez* were given to the expectant and lactating women for wear trial. Expectant mothers preferred designs with shirring, pleats and gathers. Regarding preference of lactating mothers, design with vertical openings covered with jacket was ranked 1st on overall basis (4.68) followed by design having side pleat (4.59), design with horizontal opening (4.47) and design with yoke (4.32). Paper Patterns for all the preferred designs were developed and training was imparted to the rural women using these paper patterns. The Paper pattern technique was highly preferred by the rural women for cutting and stitching of garments being economical as well as time saving. The aim behind developing paper patterns was to make cutting and stitching of garments an easy task so that it can be undertaken as an entrepreneurial activity for women empowerment.

Keywords: Paper patterns, Expectant, Lactating, User friendly, Clothing

Boutique – A viable enterprise for women

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Abstract

Ms Nisha aged 32years and an M BA by qualification is an entrepreneur who runs a boutique. In spite of acquiring an M.BA degree, it was her interest in stitching that motivated her to acquired professional training in stitching parallel to her studies. The another reason for training on stitching was her deep desire to start her own business. After marriage she got the opportunity to cherish her dream. Due to the full support of her husband she opened a boutique in the year 2000. She also trained her husband in the area of stitching. Initially, they had financial support of their family to take a shop on rent for running the boutique. In the first two years of start, they had to face many constraints to manage the venture with meager profit, however, they did not lose patience and due to their determination and hard work they encountered all the problems confidently. Presently, the boutique is 19 years old and it is one of the most famous and the oldest boutique in the area . She has also employed three skilled persons to assist her permanently. Her customer retention rate is 70 to 80 percent which is an indication of her managerial, professional and interpersonal abilities. Since last five years she has expanded her boutique by adding fabric, laces, lining material etc.to meet customized customer needs. Her message for other women entrepreneurs is “ Boutique is one of the most viable enterprise for women as it does not require huge investment, however, it requires dedication , patience and hard work.”

Traditional Basketry Heritage of Punjab: It's Past and Present

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Abstract

The cultural virtues of the communities of Punjab circumscribe a vast spectrum of their impalpable and palpable heritage products. The traditional basketry handicrafts of Punjab create a very colorful and vibrant picture embodying the culture and lifestyle of the people of this region. These handicrafts are the expression of the diverse and colorful traditions of the sub-cultural groups inhabiting the vast region, which imparts its unique identity to the products. These still continue to be of use to the communities. Basketry products were developed by hand, usually with a great deal of skill and mastery which the rural women had acquired through centuries of family involvement. These unique creations uphold the age old techniques and designs employed by the women artisans. Survey of three districts of Punjab, i.e. Ludhiana, Patiala and Bathinda, was carried out under the research. A total sample of 180 rural women, who had made basketry products from the plant and agro-waste materials in their lifetime, were selected purposively from three randomly selected villages. The results of the study showed that the majority of the respondents (86.12%) were not currently making the traditional basketry products such as *bohey/chhikkoo* & dull (large bohiya), *chhabi* (an), *changair*, *katnee*(s) and *pitari*(an) from plant waste materials. Only a small segment (13.88%) of the respondents was found to be continuing the practice of making *bohey/chhikkoo*, but they too had made these occasionally to meet the demand from their daughters or relatives who wanted to use these as decoration items or just for sake of possession of valuable heritage items. All the respondents or their mothers had used different types of plant and agro-waste materials such as stripped date palm leaves, wheat and paddy straws, *munj* grass, *kans* grass, bubble grass, etc. for basketry products. Efforts in the direction of commercialization of the basketry craft of Punjab need to be undertaken.

Keywords: Basketry products, cultural heritage, plant waste materials, revival

Overviews of organic farming in Indian agriculture

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Abstract

Organic farming involves the use of organic sources for crop nutrition, biological sources for pest and disease management, recycling of farm and animal wastes in order to increase as well as sustain productivity. The growing awareness about human health and environmental issues relating to agrochemicals' use in agriculture has led to interest in alternate forms of sustainable agriculture. Organic farming is one of these alternate forms that are aimed at sustainable agricultural production along with conservation of natural resources. It is a production system that avoids or largely excludes the use of synthetics compound fertilizers, pesticides, growth regulators and livestock-feed additives and thus offers some solution to the problems currently besetting the agricultural sector of industrialized or green revolution countries. The modern concept of organic farming combines the tradition, innovation and science. The traditional and modern approaches like improved seeds, bio pesticides, new machinery and equipments, bio fertilizers etc. Continuous and increased/indiscriminate use of sole chemical fertilizers lead to several harmful effects on the soil environment, ground and surface water, and even atmospheric pollution, reducing the productivity of the soil by affecting soil health in terms of physical, chemical and biological properties. Organic farming has been done, the new emerging areas of human health benefits, understanding the economics with environmental markets, climate friendly farms and carbon farming with organic farming system models needs to be addressed in future. The certification systems of grower group, participatory guarantee system, know your farm and know your food should be promoted in large scale.

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The future is exciting. Let's build a gender-balanced world.

The theme for International Women's Day 2019, which will take place on 8 March, is

"Think equal, build smart, and innovate for change".

The theme will focus on innovative ways in which we can advance gender equality and the empowerment of women, particularly in the areas of social protection systems, access to public services and sustainable infrastructure.

The achievement of the ambitious Sustainable Development Goals (SDGs) requires transformative shifts, integrated approaches and new solutions, particularly when it comes to advancing gender equality and the empowerment of all women and girls.

"THINK EQUAL, BUILD SMART and INNOVATE FOR CHANGE"

