



Cross-layer routing protocol for event-driven M2M communication in IoT-assisted Smart City Planning and Management: CWSN-eSCPM

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Doreswamy Hosahalli¹, Kunal G. Srinivas¹ 

¹Department of Computer Science, Mangalore University, Karnataka, India

 E-mail: gs.kunal007@gmail.com

Abstract: The robustness of wireless sensor networks (WSNs) has broadened the use of wireless communication systems for modern machine-to-machine (M2M) communication. Internet-of-Things (IoT) being one of the most explored technologies has gained wide attention due to low-cost WSN communication systems. IoT is one of the dominant technologies used in Smart City implementation demands better communication paradigm including mobility assisted transmission paradigms; however, native IEEE 802.15.4 standard does not have mobility provision that limits its use for real-time applications. On contrary, implementing mobility with classical WSN might impose significantly great topological changes and node or network condition variations which cannot be dealt with the traditional reactive routing approach. Incorporating node and/or network awareness with proactive network management can enable classical WSN to support mobility, which can be vital for IoT based Smart City Planning and Management (SCPM). With this motivation, in this study, a robust Cross-Layer Architecture based WSN Routing Protocol for Event-Driven M2M Communication in SCPM (CWSN-eSCPM) is developed. CWSN-eSCPM encompasses Proactive Node Management Strategy, Data-Centric Service Differentiation and Fair Resource Scheduling (DCSDFRS), Packet Velocity Estimation, Cumulative Congestion Estimation, Dynamic Link Assessment that enables optimal Best Forwarding Node selection for deadline sensitive and reliable data communication. CWSN-eSCPM applies dynamic link quality, cumulative congestion degree, and packet velocity of a node to enable optimal routing decision. DCSDFRS enables optimal resource provision to the real-time data while assuring maximum possible resource for non-real-time data that assures Quality of Service provision for event-driven critical communication in SCPM. Noticeably, CWSN-eSCPM protocol has been applied on top of IEEE 802.15.4 protocol standard, while preserving backward compatibility feature, it can be used for WSN assisted communication purposes. The authors' proposed protocol has performed better in terms of packet delivery ratio, packet loss ratio and deadline miss ratio for both real-time data as well as non-real-time data.

1 Introduction

The exponential rise in technologies and allied applications has broadened the horizon for human efficiency and hence, has made life more efficient. To achieve it, the development and optimisations in communication and computing technologies have played revitalising role. The fast pace growth in the hardware, software, and communication technologies have given rise to the Internet-connected sensory devices to provide real-time data (remote) collection from multiple sources, decision centric data retrieval, process monitoring and control [1–3]. The rising population and eventual demands of such computing systems have alarmed that by 2020 the total number of Internet-connected devices might rise up to 25–50 billion. Such explosively up surging demands would require more reliable and efficient data transmission system for numerous time-sensitive communication purposes such as mission-critical communication (MCC) in sensor networks, real-time monitoring and control, fire-sensing, waste-management system, surveillance purposes etc. [1–14]. An upsurge in urban population and allied demands are forcing metropolitan authorities and allied agencies to exploit the different technologies and computing platform so as to avail services with assured reliability, quality and availability. Practically, for Smart City concept it is intended to collect data from different sources to provide optimal distributed data support for user-demands. Smart City concept has gained global attention to provide more efficient infrastructures and services to meet the demands of city inhabitants. Towards these objectives, Smart City Planning and Management (SCPM) has been one of the most sought areas where both almost all stakeholders including government agencies, industries as well as academia have been working deductively. Smart City concept predominantly exploits two key technologies,

wireless sensor networks (WSNs) [4], Internet-of-Things (IoT) [4, 6–14] and BigData computation, where the earlier intend to perform data gathering from different sources or sensors, while later exhibits user/decision centric computation. In the last few years, technologies such as BigData and IoT which exploit wireless communication paradigm to enable machine-to-machine (M2M) communication across functional components, as cumulative solution has been found potential solution towards SCPM. However, the efficacy of data communication across different functional components such as sensors is must [10]. WSN being a decentralised and infrastructure-less communication system can be of paramount significance to perform M2M communication in SCPM. However, the lack of mobility feature in the standard (native) IEEE 802.15.4 protocol confines WSN for M2M communication in SCPM where mobility is a common event [12–14]. On the contrary, considering the nature of data generated from the different sensing nodes and its distributed significance for SCPM decisions, it is inevitable to ensure timely and reliable data gathering from different sources [12–14].

Fig. 1 states the SCPM concept with multiple cooperative communicating IoT agents. Here, it can be observed that the reliable and timely data communication between or amongst these stated applications is must meet Quality of Service (QoS) provision, which demands certain more efficient and effective communication paradigm. Undeniably, wireless communication systems have been playing un-substitutable role to meet up surging data transmission and allied mobile communication demands. However, enabling reliable, resource-efficient and QoS centric service provision, especially for SCPM has been a revitalising factor across academia-industries. To meet such demands mobile-WSN assisted communication system can be of paramount

CHEMICAL COMPOSITION AND ANTI-MICROBIAL ACTIVITY OF ESSENTIAL OIL FROM LEAVES OF *RAPANEA WIGHTIANA*

Manasa C. R.¹, Ravi Kiran S.², Ravi Kumar B. S.¹, Krishna Swamy K.*⁴

¹Research Scholar, Sahyadri Science College, Kuvempu University, Shivamogga, Karnataka, India

²Department of Biochemistry, Aurora's Degree and PG College, Hyderabad, Telangana, India

³Department of Botany and Environmental Studies, A. V. K. College for Women, Hassan, Karnataka, India

⁴Department of Botany and Seed Technology, Sahyadri Science College, Shimoga, Karnataka, India

*Corresponding author: krishna_swamy_k@yahoo.co.in

ABSTRACT

The essential oil from leaves of *Rapanea wightiana* was obtained by hydrodistillation and the chemical composition was determined by GC and GC-MS. The main components identified in myrcene followed by spathulenol limonene Germacrene D and farnesol A major portion of oxygenated fraction of the oil was comprised by alcohols. Methyl eugenol, dihydrocarveol, borneol, isothujanol, isopulegol, nerolidol, spathulenol, β -bisabolol and farnesol. Subsequently the oil was evaluated for antimicrobial activity against two gram-positive and two gram-negative bacteria and four pathogenic fungi using agar disc diffusion technique. Further the minimum inhibitory concentration (MIC) was also determined. Among all the bacteria tested, *B. subtilis* was most susceptible at 100 μ g/ml with zone of inhibition of 26.3 mm. While, among all the fungal species tested, *A. niger* inhibited more effectively at 100 μ g/ml with a zone of inhibition of 23.2 mm. The results obtained suggests that the essential oil of this plant possess excellent antimicrobial properties where there is a need to explore this plant as an alternative bio-friendly natural antimicrobial agent.

Keywords: Essential oil composition, *Rapanea wightiana*, Monoterpene alcohols, Antimicrobial activity.

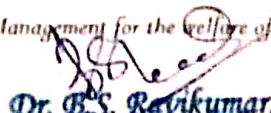
1. INTRODUCTION

The indiscriminate use of synthetic drugs as antibiotics, resistance has been developed by most of the microorganisms and this created number of clinical problems particularly in the treatment of infectious diseases. In the emergence of drugs resistance in human pathogenic organisms, there is a need to develop safe alternative antimicrobials for the treatment of infectious diseases. Volatile oils are much effective constituents of plants against gram positive and gram negative pathogenic bacteria like *Staphylococcus aureus*, *E. coli*, etc although the sensitivity differs with respect to exposure to various oils. Essential oils have been studied and they are known to have healing and infection-fighting properties for centuries but in recent years they have been analyzed to understand these effects. Essential oils have been traditionally employed for relief against lung infections, respiratory problems and also cold. Essential oils derived from medicinal and aromatic plants are complex mixture of natural compounds consisting volatile compounds with characteristic aroma and are being employed in various

perfumery and pharmaceutical industries. These essential oils have shown promising pharmacological effects and this attracted many researchers and scientists throughout the world to use as natural antimicrobial agents leading to the development of novel lead products for the treatment [1-3]. Various antimicrobial preparations have been developed for use as household antiseptic sprays and antimicrobial bandages [4-5].

Rapanea wightiana (*R. wightiana*) is a small tree and is widely distributed in western ghats. It grows up to 10m tall with greyish bark, lenticellate, blaze red. The young branchlets are glabrous with scars, leaves are simple, alternate, spiral, subverticillate; petiole 0.5-1 cm long, planoconvex in cross section, glabrous; lamina 4-8 x 1-2.3cm, elliptic-oblongate, apex obtuse, base attenuate, margin entire, transparent gland dotted and in lines, glabrous, coriaceous; midrib flat above; secondary nerves and tertiary nerves obscure. The plant has very good medicinal properties like it is used as an astringent and used in the treatment of respiratory problems, stomach, muscular and heart diseases. Therefore, the

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 Dr. B.S. Ravikumar, M.Sc., Ph.D.
 Head of the Dept. of Botany
 AVK College for Women
 Hassan - 573201.

PHYTOCHEMICAL ANALYSIS OF METHANOLIC LEAVES EXTRACT OF *GREWIA FLAVESCENS* AND THEIR BIOLOGICAL ACTIVITY

B.S. Ravikumar*¹ N.D. Rekha², and S. Ravikiran³

¹Department of Botany, AVK College for women, Hassan, Karnataka, India

²PG Department of Studies and Research in Bio-Technology, JSS College of Arts, Commerce and Science, Mysuru-Karnataka, India.

³Department of Biochemistry, Aurora's Degree and PG College, Hyderabad, Telangana, India

*Corresponding author: prakum5601@gmail.com

ABSTRACT

Tannins, the non-nutritive substances from plant sources exhibit potent biological activities that lower the risk of chronic diseases without any side effects. Tannins are most abundant and multipotent molecules exhibiting antioxidant, anti-inflammatory and anti gastritis activity and thus being effective in the treatment of degenerative diseases. The study aims to prove the biological activities of tannins that target several key events involved in the development of diseases. Partially purified tannins from the methanolic extract of *Grewia flavescens* was subjected in vitro studies to note the antioxidant activity, Phospholipase A2 inhibition and K⁺/H⁺ ATPase inhibition respectively, while the free radical scavenging activity was noted by its 1, 1-diphenyl 2-picrylhydrazyl (DPPH) radical scavenging activity with the EC₅₀ value of 2.72 μg/mL. Anti inflammatory activity is by the inhibition of PLA2 activity with IC₅₀ value of 23.52 μg/mL and anti gastritis activity is by inhibiting K⁺/H⁺ ATPase activity with an IC₅₀ value of 30.16 μg/mL, which is marginally closer to omeprazole, the standard drug with an IC₅₀ value of 27.62 μg/mL. Wide group of natural multipotent molecules like tannins with manifold chemo preventive activities represent a promising class.

Keywords: K⁺/H⁺ ATPase, 1, 1-diphenyl 2-picrylhydrazyl, *Grewia flavescens*, Phospholipase A2, Tannins.

1. INTRODUCTION

Antioxidants are compounds of exogenous or endogenous in nature which either prevent the generation of toxic oxidants or intercept any that are generated and inactivate them and thereby block the propagation of chain reaction produced by these oxidants [1]. These can be classified as enzymatic antioxidants including superoxide dismutase, catalase, glutathione peroxidase, glutathione reductase -non-enzymatic antioxidants like (nutrient antioxidants) beta-carotene, alpha-tocopherol, ascorbic acid, bioflavonoids and metabolic antioxidants like glutathione, ceruloplasmin, albumin, bilirubin, ferritin, transferrin, uric acid and lactoferrin.

Integrated antioxidant defenses protect tissues and are in equilibrium with continuously generated ROS to maintain tissues metabolically intact. Disturbances to the system occur when production of ROS is rapidly increased, as with infections or trauma. Plant materials containing phenolic constituents retard oxidative degradation of lipids and thereby improve the quality and nutritional value of food [2, 3]. They are vital

substances that possess the ability to protect the body from damage caused by free radical induced oxidative stress [4]. Several researches on the phenolic constituents and antioxidant activities in various plants have been reported [5]. Polyphenolic compounds, like flavonoids and phenolic acids, commonly found in plants have been reported to have multiple biological effects, including antioxidant activity. Currently, the possible toxicity of synthetic antioxidants has been criticized and it is generally assumed that consumption of plant-derived phytochemicals may contribute to shift the balance toward an adequate antioxidant status without any toxicity [6]. Thus the interest in natural antioxidant, especially of plant origin, has greatly increased in recent years [7].

Inflammation is a complex physiological response to a variety of stimuli such as tissue injuries and infection. In general, normal inflammation is rapid and self limiting, but prolonged inflammation causes various chronic disorders. Inflammation can be classified into acute and chronic, based on the onset of immune response. Acute phase of inflammation is the initial response of the body

Enhanced reinforcement learning assisted dynamic power management model for internet-of-things centric wireless sensor network

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Doreswamy Hosahalli¹ ✉, Kunal G. Srinivas¹

¹Department of Computer Science, Mangalore University, Karnataka, India

✉ E-mail: doreswamyh@yahoo.com

Abstract: The exponential rise in the demands of the wireless communication system has alarmed industries to achieve more efficient and quality-of-service (QoS) centric wireless communication networks. The decentralised and infrastructure-less nature of wireless sensor networks (WSNs) enable it to be one of the most sought and used wireless network globally. Its cost-efficiency and functional robustness towards low-power lossy networks make it suitable for internet-of-things (IoT) applications. In recent years, IoT technologies have been used in diverse applications, including Smart City Planning and Management (SCPM). Although, mobile-WSN has played a decisive role in IoT enabled SCPM, its routing optimality and power transmission have always remained challenging. Noticeably, major existing researches address mainly on routing optimisation and very few efforts are made towards dynamic power management (DPM) under non-linear network conditions. With this motive, in this study, a highly robust and efficient QoS – centric reinforcement learning-based DPM model has been developed for mobile-WSN to be used in SCPM. Unlike classical reinforcement learning methods, the authors' proposed advanced reinforcement learning-based DPM model exploits both known and unknown network parameters and state-activity values, including bit-error probability, channel state information, holding time, buffer cost etc. to perform dynamic switching decision. The key objective of the proposed model is to ensure optimal QoS oriented DPM and adaptive switching control to yield reliable transmission with the maximum possible resource utilisation. To achieve it, they proposed model has been developed as a controlled-Markov decision problem by applying hidden Markov model it obtains known and unknown parameters, which are subsequently learnt using an enhanced reinforcement learning to yield maximum resource utilisation while maintaining low buffer cost, holding cost and bit-error probability to retain the QoS provision.

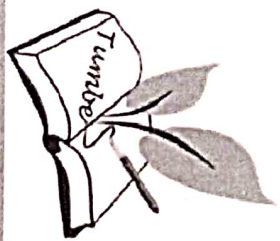
1 Introduction

The high pace growth in hardware, software and communication technologies has given rise to a new technology named internet-of-things (IoT), which encompasses internet-connected sensory devices to provide real-time data (remote) collection from multiple sources, decision centric data retrieval, process monitoring, actuation and control [1–3]. The rising population and allied demands indicate that by 2025 the total number of internet-connected devices might rise to 36 billion [4]. Such up surging demands would require a more reliable and efficient data transmission system for varied time-sensitive communication purposes, including real-time process or activity monitoring, data exchange, and process monitoring and control, fire-sensing, process-management etc. [1–3, 5–15]. In the last few years, the increase in urban population and its demand have motivated metropolitan authorities or agencies to exploit different techniques and computing platforms to facilitate real-time services or support, under the umbrella of the term called Smart City. For the smart city concept, it is intended to collect data from different sources to provide distributed data support for user-queries. The smart city concept has gained global attention to provide more efficient infrastructures and services to meet the inhabitant's demand(s). Towards these objectives, Smart City Planning and Management (SCPM) have emerged as one of the most sought areas where different stakeholders, including government agencies, industries and academia, are making an effort to avail better decentralised services with higher reliability and accuracy. The smart city concept predominantly exploits key technologies, such as wireless sensor networks (WSNs) [5], IoT [5, 7–15] and BigData, where the earlier intends to perform data gathering from different sources or sensors, while the latter exhibits user/decision centric computation. In the last few years, technologies such as BigData and IoT, which exploit wireless techniques to enable machine-to-machine (M2M)

communication, have been identified as potential towards SCPM. However, the efficacy of data communication across different functional components like sensors is a must [11]. Although WSN has irreplaceable significance towards low-power lossy networks (LLNs) or WSNs assisted M2M communication for SCPM, the lack of mobility in native IEEE 802.15.4 protocol caps its efficiency [13–15]. On the other hand, enabling time-efficient and reliable data transmission is inevitable in major contemporary IoT communication systems for SCPM decisions [13–15].

WSNs or the LLNs being resource-constrained networks require optimal routing and power scheduling to retain QoS and energy or resource efficiency. Although numerous researches have been done towards the WSN routing problem, however, a very few efforts are made towards adaptive transmission scheduling, which can be related to the DPM and allied decisions. On the contrary, in mobile-WSN-based IoT systems, which can have significantly large non-linearity in data traffic, ensuring QoS sensitive transmission and allied power management (say, dynamic switching control) is a must. This, as a result, can strengthen IoT to play a vital role in real-world data collection, control and dissemination across the SCPM network. In our previous work [16], we designed a cross-layer architecture-based reliable and QoS centric routing model for the IoT ecosystem. Although our proposed model achieved better efficiency towards QoS provision, especially for high throughput, buffer management and reliable transmission, it could not address DPM issues under dynamic topology condition or non-linear network condition. On the contrary, the inclusion of an efficient DPM strategy can enable a highly robust and efficient protocol solution for mobile-WSN to be used in IoT communication.

This research paper primarily focuses on developing a robust and efficient DPM strategy for the mobile-WSN-based IoT ecosystem. Unlike classical DPM methods or adaptive modulation



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AVK College for women, Hassan- 573201, Karnataka, India



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IMPACT OF LAND AND EDUCATION ON HAVING FAMILY HEALTH INSURANCE: PERCEPTION BASED LOGIT ANALYSIS

PREMAKUMARA G.S.

Professor of Economics

Sir M.V. PG Centre, Tublnakere Mandya, University of Mysore

MANJULA P.

Research Scholar, Dept. of Economics

Sir M.V. PG Centre, Tublnakere Mandya, University of Mysore

Abstract

Health is one of the major components of human development. Economists have considered health as a human capital. The cost of health services are becoming increasingly high not affordable for large sections of the society. Accordingly, in order to avoid the cost burden of health people go for health insurance. In the present paper an attempt has been made to analyze the impact of having land by generation, having education by generation and belonging to a particular category on having family health insurance. The primary data collected from 600 respondents randomly in Hassan district of Karnataka are used for the analysis by using logit regression model. It has been found from the study that land and education have made significant influence on having family health insurance. However, there are significant category based differences in having health insurance. The probability analysis proved that access to land and education will increase the probability of having family health insurance. At the same time, access to land and education will also increases the inequality in having access to family health insurance. Hence, the governments need to take necessary arrangement to provide health insurance to poor people particularly to ST and ST community people.

Keywords: Health, Insurance, Land, Education, Community and Logit

Introduction:

Health is one of the major components of human development (Hogan, 2010). Economists have considered health as a human capital. There are two dimensions of health; one providing nutritious diet and health care services. The cost of health services are becoming increasingly high not affordable for large sections of the society. Accordingly, in order to avoid the cost burden of health people go for health insurance. Apart from government effort there are many other factors also contribute for having a family health insurance; they are generation of owning a land, generations of education, category, region, religion, gender, level of education, employment, size of the family and many more. Having said this, in the present paper an attempt has been made to analyze the impact of having land by generation, having education by generation and belonging to a particular category on having family health insurance.

Review of Literature:

There is large literature available on human development (Hogan, 2010). There are literatures also on health issues (Rajesh Kumar Rai, 2012). There are also few studies on reasons for disparities health care services. Same time, studies on insurance are very limited and disparities in access to family health insurance further limited (Visseho Adjiwanou, 2014). Most of these studies have used secondary data descriptive statistical techniques (Renuka,



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Dr. Shashikala N S

Assistant professor

Department of History, AVK First Grade College for women
Hassan -573201. Karnataka state.

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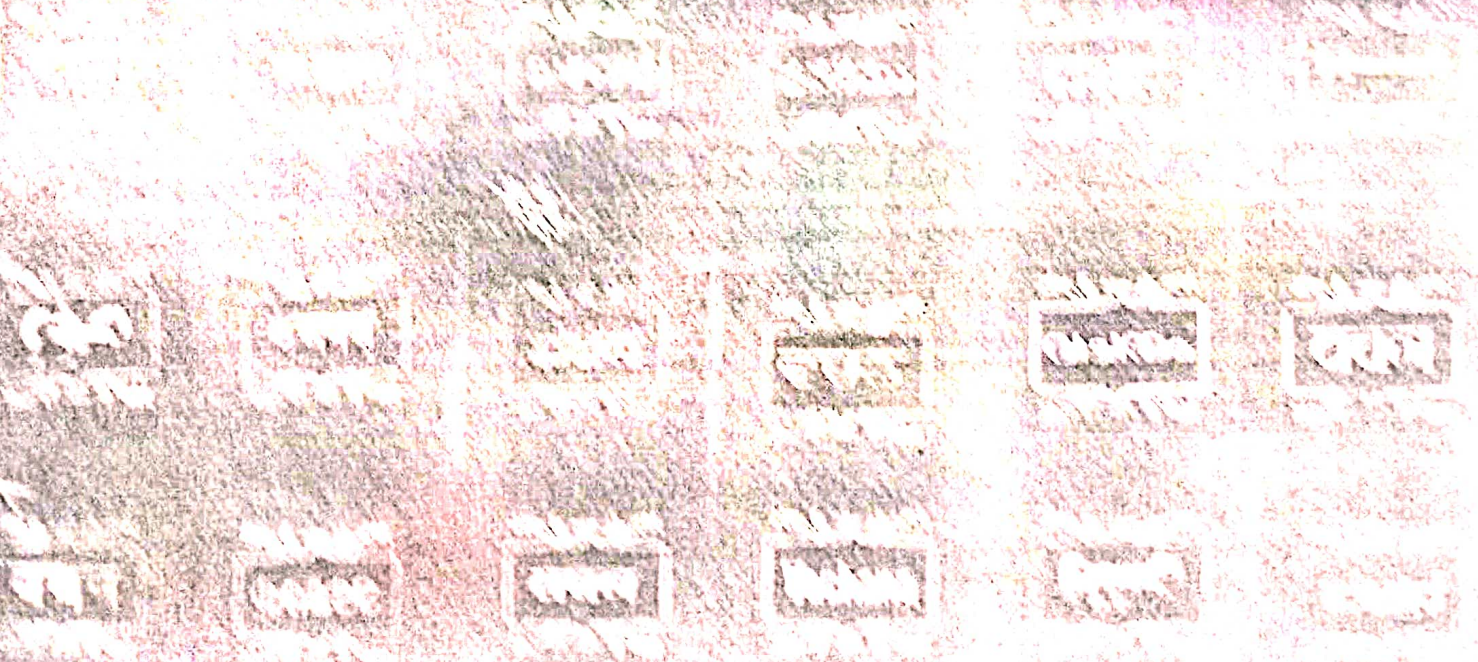
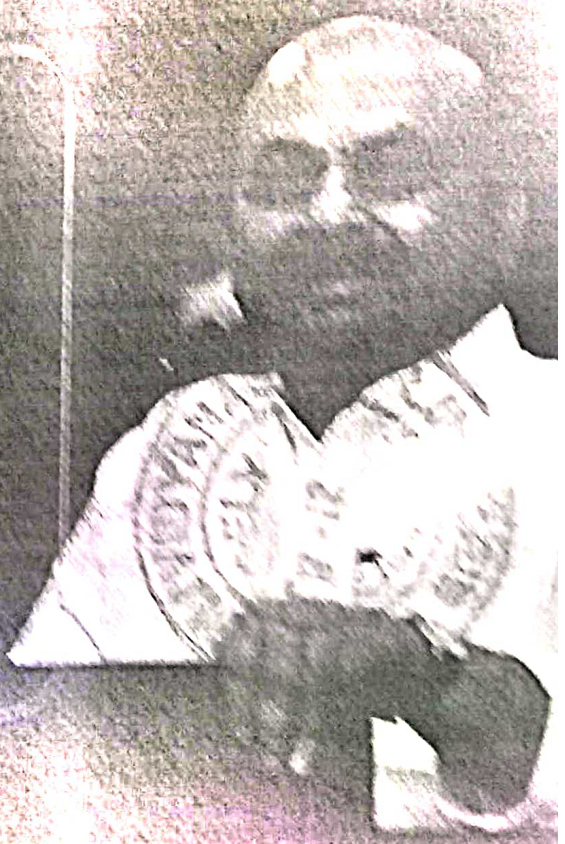


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Manjula.P

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A STUDY ON IMPACT OF DEVELOPMENT ON INEQUALITY AND POVERTY

Manjula.P

Assistant Professor, Dept of Economics, A.V.Kanthamma College For Women, Hassan

ABSTRACT

While substantial research finds that financial development boosts overall economic growth, whether financial development disproportionate liaises the incomes of the poor and alleviates poverty. Using a broad cross-country sample, we distinguish among competing theoretical predictions on the impact of financial development on changes in income distribution and poverty alleviation. We find that financial development reduces income inequality by disproportionately boosting the incomes of the poor. Countries with better-developed financial intermediaries experience faster declines in measures of both poverty and income inequality. These results are robust to controlling for country characteristics and potential reverse causality.

KEYWORDS: Income Inequality, Cross Country, Poverty, Financial Development, Growth, Promoting

INTRODUCTION

The Economic Survey 2019-20 argued that ethical wealth creation – by combining the invisible hand of markets with the hand of trust – provides the way forward for India to develop economically. In the advanced economies, Wilkinson and Pickett (2009), Atkinson (2014) and Piketty (2020) show that high inequality leads to adverse socio-economic outcomes but income per capita, a measure that reflects economic growth, has little impact. Some commentary, especially in advanced economies post the Global Financial Crisis, argues that inequality is no accident but an essential feature of capitalism. Such commentaries, thus, highlight a potential conflict between economic growth and inequality. The significant reduction in poverty that high economic growth has delivered in India and China presents the most striking challenge to this notion of conflict between economic growth and inequality. Could the fact that both the absolute levels of poverty and the rates of economic growth are low in advanced economies generate this conflict? If so, could it be that a developing economy such as India can avoid this conflict because of the potential for high levels of economic growth, on the one hand, and the significant scope for poverty reduction, on the other hand, ? This question becomes pertinent especially because of the inevitable focus on inequality following the COVID-19 pandemic. Economic growth is the most powerful instrument for reducing poverty and improving the quality of life in developing countries. Both cross-country research and country case studies provide overwhelming evidence that rapid and sustained growth is critical to making faster progress toward the Millennium Development Goals – and not just the first goal of halving the global proportion of people living on less than \$1 a day. Growth can generate virtuous circles of prosperity and opportunity. Strong growth and employment opportunities improve incentives for parents to invest in their children’s education by sending them to school. This may lead to the emergence of a strong and growing group of entrepreneurs, which should generate pressure for improved governance. Strong economic growth therefore advances human development, which, in turn, promotes economic growth. But under different conditions, similar rates of growth can have very different effects on poverty, the employment prospects of the poor and broader indicators of human development. The extent to which growth reduces poverty depends on the degree to which the poor participate in the growth process and share in its proceeds. Thus, both the pace and pattern of growth matter for reducing poverty.



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A STUDY ON YOGA BENEFITS FOR WOMEN TO IMPROVE HEALTH AND MIND

Dr. HEMALATHA.C.S
Physical Education Director
A.V.K College for Women, Hassan

Abstract

Health Actions for Women is an innovative resource for women, girls, and their allies working to educate, advocate, and mobilize their communities for women's health and rights. The illustrated stories and activities in this guide encourage and strengthen community efforts to challenge violence against women, increase access to contraception, foster safe motherhood, counteract the harmful effects of restrictive gender roles, promote sexual health, and ensure that health services meet the needs of women and girls. This invaluable companion to *Where Women Have No Doctor* was field-tested with community groups in 23 countries to help women, girls, men and boys create successful, long-lasting avenues for social change. They are competent, versatile and successful - dynamic at work, and dotting at home! They are the glue that hold many pieces of life together. Any tribute will fall short of the place women hold in our hearts and societies. But women are also stretched and stressed. While they look after everyone around them, who looks after them? The answer lies in Yoga - the balance that today's 'beauty with brains' needs.

Keywords: Asanas, Peak productive period, Transition Period, Pregnancy, Health issues

Introduction:

Many experts have recommended yoga for women to help them successfully cater to the multiple demands on their time. Women have always had it tough if they dare to dream big. They are expected to multi-task all the time, living like Superman - regular office worker by day and superhero by night. Women must, not only, take care of their domestic duties with efficiency and grace, but also work outside the four walls justifying their education and intellectual capabilities, at par with men. Women, across the globe, need to be able to keep many balls up in the air at the same time ensuring that not a single one of them falls at any time. This is why yoga will seem like a blessing for women. Yoga is a means to achieving sanity and serenity in their trying and taxing world. Simple breathing techniques will help women calm down and handle their multiple responsibilities with proficiency and poise.

There are so many advantages to practicing, such as improved mental clarity, better posture and a higher level of self-esteem. However did you know yoga has specific benefits just for women? If you're a woman considering taking up the practice then the list below might just convince you to get started:

↓ Helps during pregnancy and labor

- ✓ Research has proven that practicing prenatal yoga can help throughout both pregnancy and labor.
- ✓ A close look at all the findings in 2015 found that not only did it help with stress management and reducing pelvic pain, but it could also improve birth outcomes such as reducing delivery time.
- ✓ You should however always check with a medical professional before starting to practice, as researchers noted that in rare cases yoga could cause uterine contractions.



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A Study On Status For Women In Sports In Colleges Of Karnataka State

Hemalatha C.S*
Research Scholar
Phy.Edn.Director, A.V.K.Colleg, Hassan
Email:Hemagowda83@gmail.com

Dr.Gerald Santhosh D'Souza**
Chairman, Department of Physical Education
Mangalore University, Mangalagangothri -574199

Abstract:

The participation of women and girls in sport challenges gender stereotypes and discrimination, and can therefore is a vehicle to promote gender equality and the empowerment of women and girls. In particular, women in sport leadership can shape attitudes towards women's capabilities as leaders and decision-makers, especially in traditional male domains. Women's involvement in sport can make a significant contribution to public life and community development. Hypothesis: 1) there is dearth of sports facilities for women in the colleges. 2) The encouragement of teaching faculty towards sports participation is not encouraging. Methodology: In order to collect the necessary data the researcher adopted Interview and Questionnaire techniques. The data would be further strengthened by personal observations, formed and informed interviews etc. Result: 1) the study reveals that nearly 50 percent of the family do not encourage or allow their female children to participate in any form of sports, because of their first priority towards education and their perception that sports deteriorate children's studies. 2) It is evident from the study that Girls are allowed by their parents only to participate within the college level or utmost intercollegiate level, based on the feeling that when girls are allowed to play out of the college level they are exposed to an environment which is not safe and misguiding their children. Conclusion: Indian women are still shy and conservative in nature. This is, however, due to the uncompromising attitude of Parents and men for not allowing their women to be exposed to public gaze. Women are underrepresented at all levels of sports, including coaching and administration opportunities. Because opportunities in sports at a higher level are more prevalent for males than for females, it was believed that the more serious aspects of sports, such as competition, scholarship potential and challenges would be more important to the male athletes than the female and the more social aspects like experience, building friendships, fun and physical fitness would score higher on the female responses.

Key Words: Status, Sports women, Colleges

Introduction

Physical education and sports which encompasses wide range of activities bestows a number of benefits to its systematic pursuers. By far a prominent benefit is harmonious growth and development in resonance with age and sex of participants. Understanding the qualitative effects of the growth on the child's physical and motor development, along with others like emotional, interpersonal and cognitive development helps the professionals in physical education to identify, and to train the young growing people and also determine the strength and weakness of population, formulations and implementations of Physical education programs.

Women Sports: A marked modern feature is women's increasing participation in athletic sports. Economy of modern feminine apparel permits greater activity. Therefore greater skill in such sports as Tennis, Basket Ball and Swimming although women seldom can equal the performance of male champions, they do well at a number of sports, of which the "aesthetic" ones of diving and figure skating are perhaps most noted. The major games for female teams are soft ball, field hockey and basket ball.

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Comparative Study Of Self-Confidence Among Sports Women Of Individual And Team Sports

Hemalatha C.S*
Research Scholar
Email:Hemagowda83@gmail.com
Dr.Gerald Santhosh D'Souza**
Chairman, Department of Physical Education
Mangalore University, Mangalagangothri -574199

Abstract: Sports and games improve our capability. They improve our efficiency. Either study or work alone makes us exhaust. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Sports are integral part of education. Education without sports is incomplete. Keeping their value in life, children are taught some sorts of games in the very early stage in school. These days' sports are a part of academic curricula. **Hypothesis:** 1) There was no mean difference in self confidence between, the sportswomen of team sports and individual sports.2) the exists mean difference in self confidence between, the sportswomen of team sports and individual sports. **Methodology:** The researcher selected the subjects who had represented university of Mysore, at least during 2004-06 in the inter university competitions for women. A request was made to the physical directors of all the colleges in Mysore city where the Mysore University representatives were pursuing some course other to cooperate with researcher to the complete study by providing responses in the questionnaire provided to them. The researcher visited the colleges on prior intimation and administered the questionnaire to the subjects. A total of 19 subjects in the individual sports and games category and 33 subjects in the team games category responded to the request. Thus a total of subjects were included in the study. **Result:** Since the calculated t-value was less than the tabulated t-value, we cannot reject the null hypothesis that there was no significant mean difference in self confidence among sportswomen of team sports and individual sports at 5% level of significance i.e., the mean difference in self confidence exists between the sportswomen of individual and team sports and it was found to be statistically not significant. **Conclusion:** The possess of all the above may get nullified, if the sportswomen do not possess the necessary amount and type of self confidence .Self confidence is earned while participating in sports over a period of time. It was observed that the levels of confidence were seen in varying degree among sportswomen who pursue either individual or team competitive sports. Therefore, the author was curious to study self confidence among sportswomen who pursued individual and team sports. It was hypothesized that there will be no difference in self confidence among sportswomen who pursued individual and team games and sports.

Key Words: Self Confidence, Sportswomen, Individual Sports, Team Sports

INTRODUCTION

Sports and games are means of mental and physical growth. During sports we come to learn many things. We learn how to maintain mental balance in the midst of hopes and despair. They make us learn how to tackle the difficult situation. Sports develop a sense of friendliness. They develop in us team spirit. They help in developing mental and physical toughness. They shape our body and make it strong and active. They give us energy and strength. They remove tiredness and lethargy. They improve blood circulation. This improves our physical well-being.