



**GOVERNMENT HOME SCIENCE COLLEGE
SECTOR-10, CHANDIGARH**

NAAC ACCREDITED GRADE 'A'

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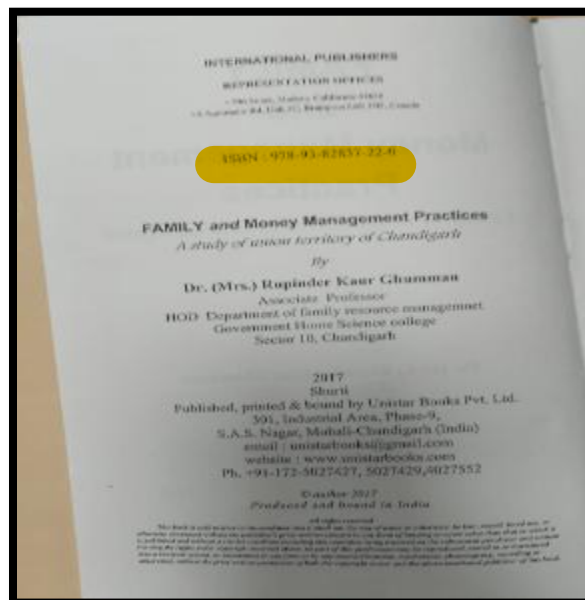
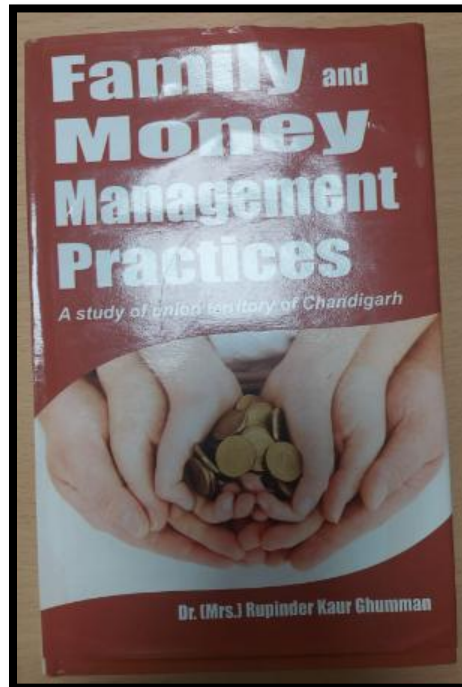
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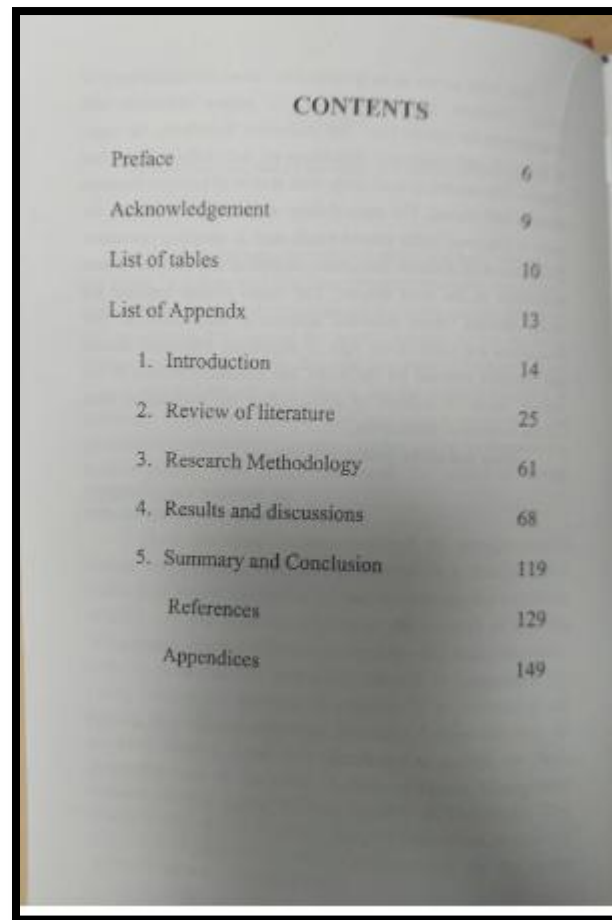
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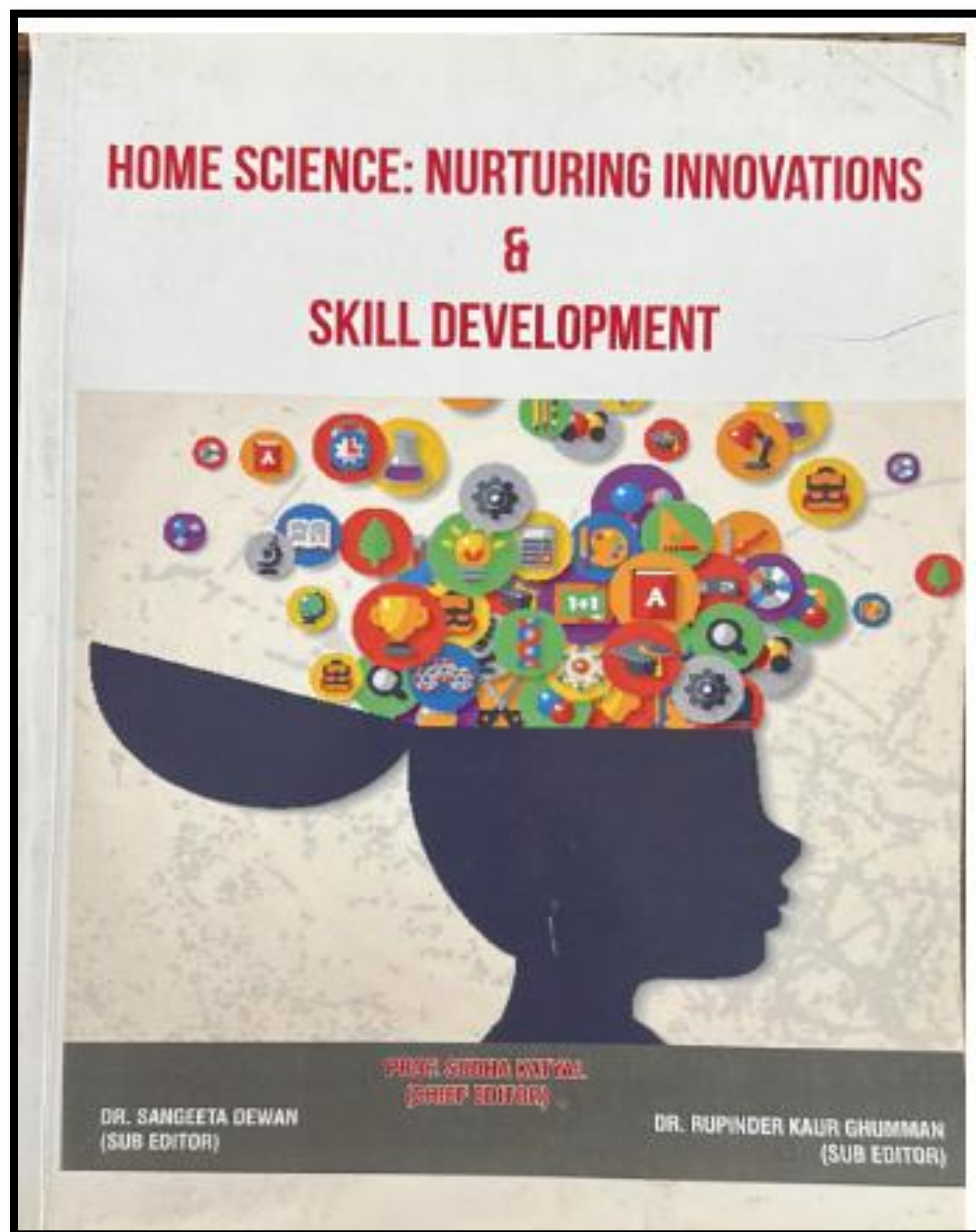
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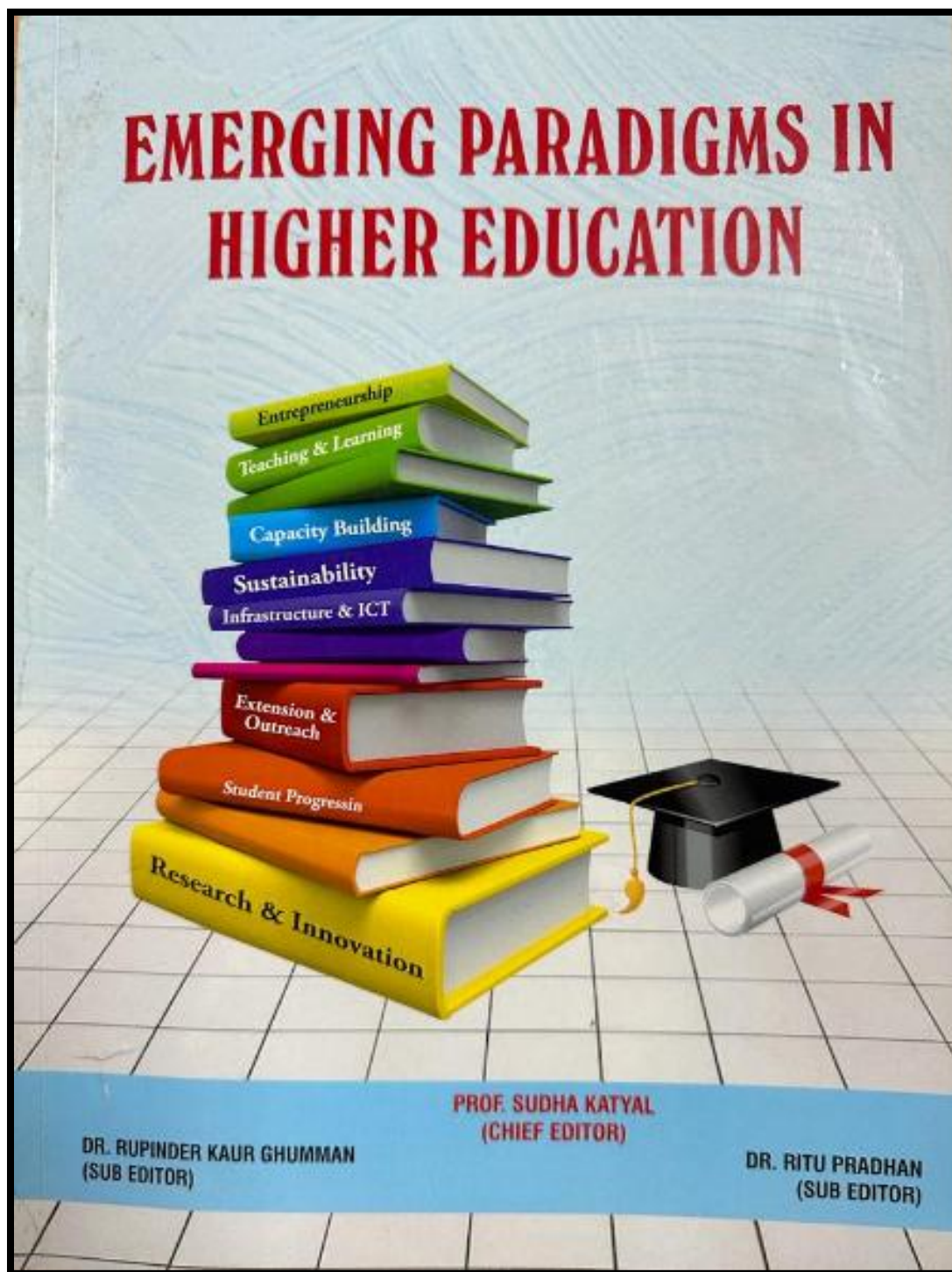
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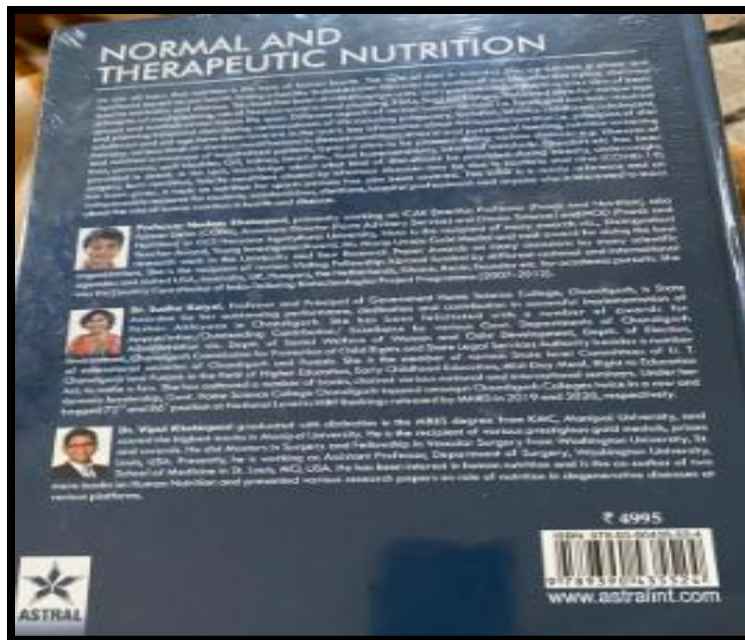
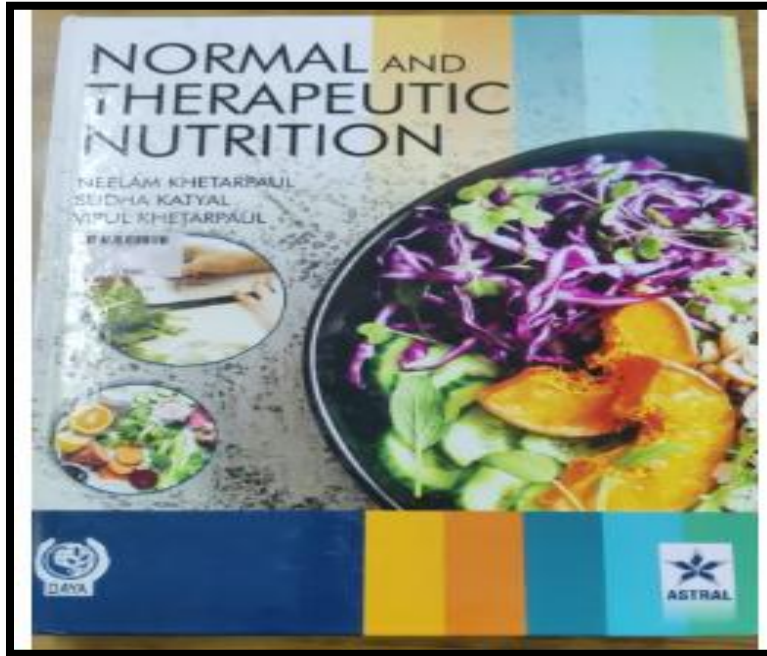
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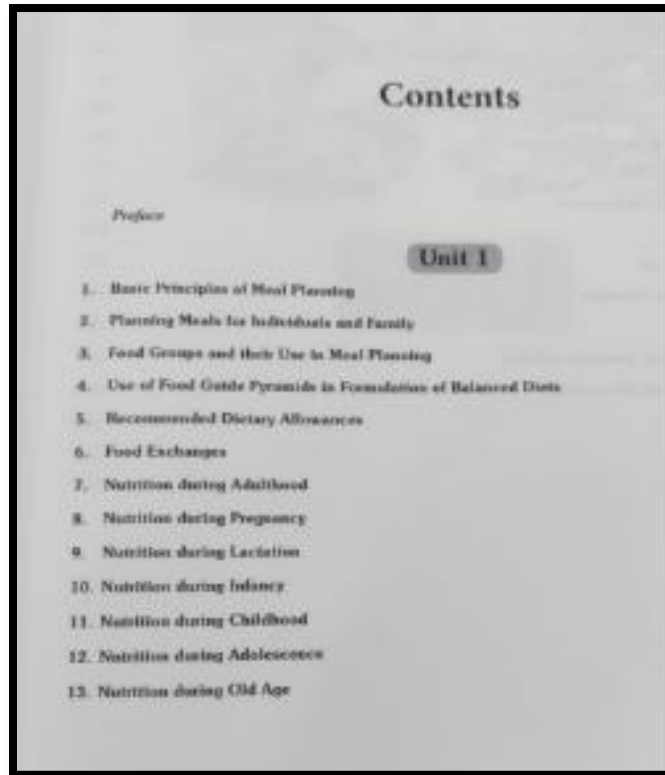


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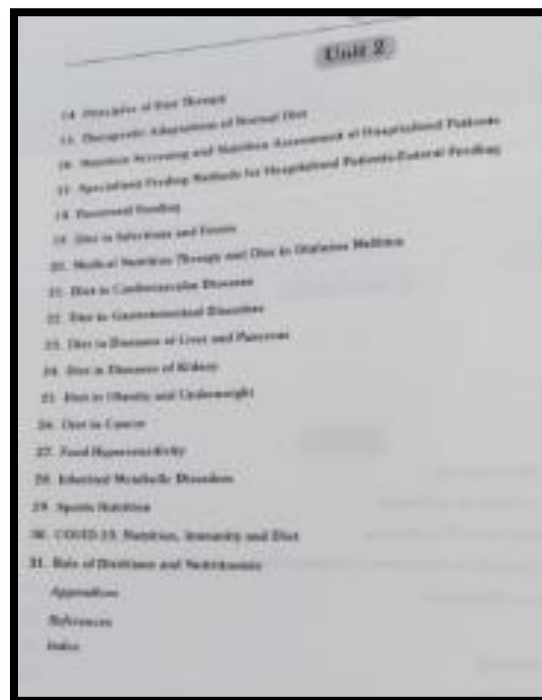


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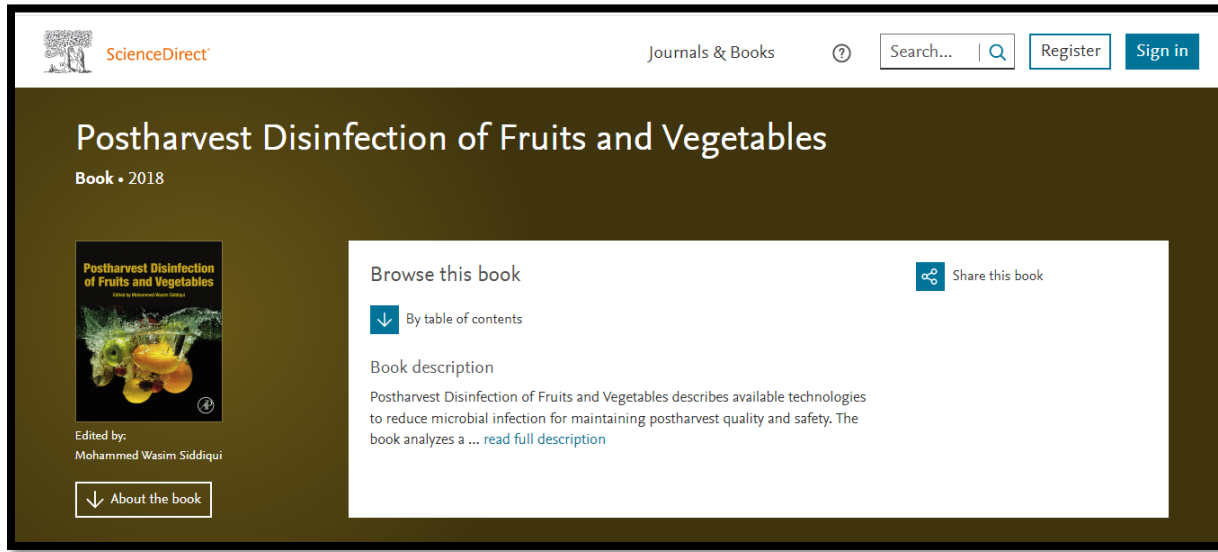
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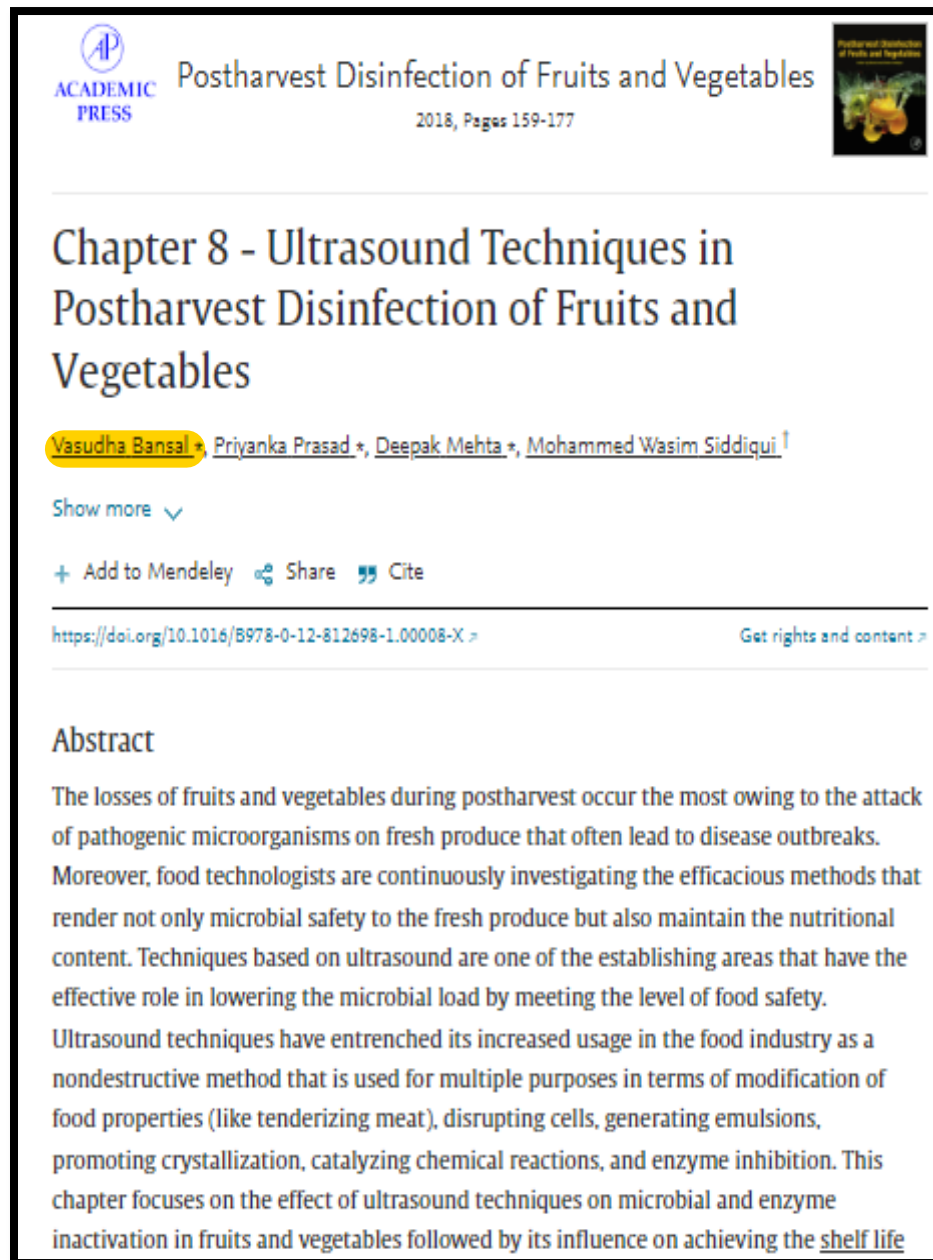
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Chapter 8 - Ultrasound Techniques in Postharvest Disinfection of Fruits and Vegetables

Vasudha Bansal *, Priyanka Prasad *, Deepak Mehta *, Mohammed Wasim Siddiqui †

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Abstract

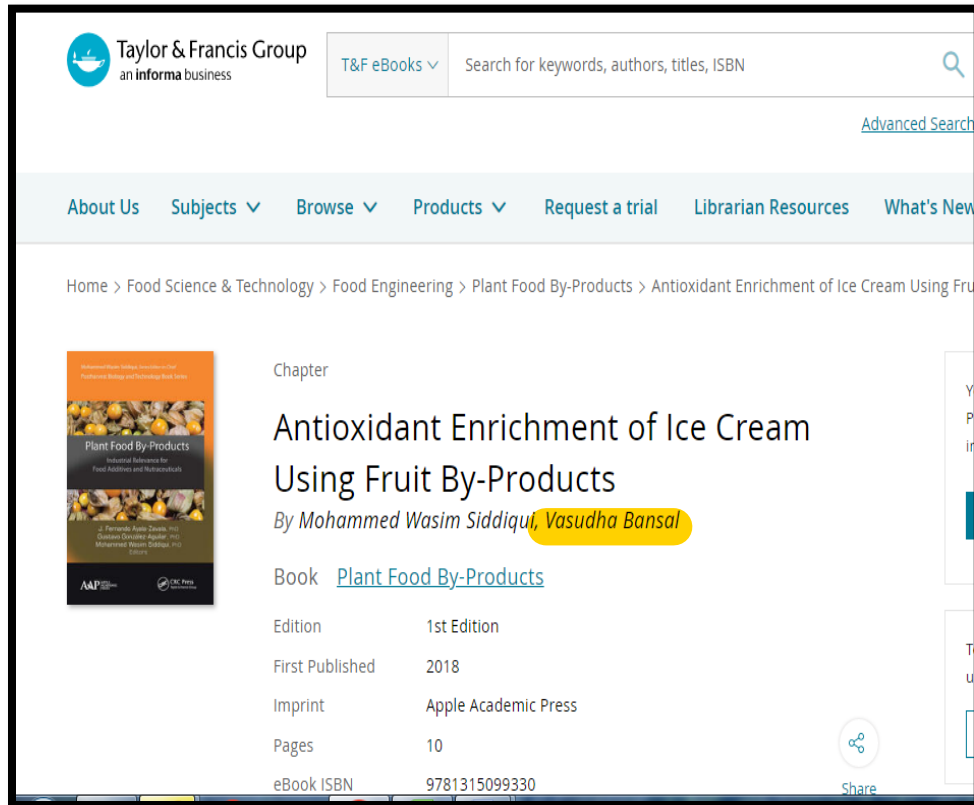
The losses of fruits and vegetables during postharvest occur the most owing to the attack of pathogenic microorganisms on fresh produce that often lead to disease outbreaks. Moreover, food technologists are continuously investigating the efficacious methods that render not only microbial safety to the fresh produce but also maintain the nutritional content. Techniques based on ultrasound are one of the establishing areas that have the effective role in lowering the microbial load by meeting the level of food safety. Ultrasound techniques have entrenched its increased usage in the food industry as a nondestructive method that is used for multiple purposes in terms of modification of food properties (like tenderizing meat), disrupting cells, generating emulsions, promoting crystallization, catalyzing chemical reactions, and enzyme inhibition. This chapter focuses on the effect of ultrasound techniques on microbial and enzyme inactivation in fruits and vegetables followed by its influence on achieving the shelf life

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ABSTRACT

318Owing to health consciousness by consumers, the demand of functional foods has increased many folds in the recent few years. This demand resulted in the introduction of several nutritionally enriched foods. Ice cream is one of most popular delicacies for all age groups and several amendments have been made accordingly. The present chapter deals with the nutritionally enriched ice-cream formulation developed by incorporating plant by-products.

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3. Development of Functional Food Products From Food Waste

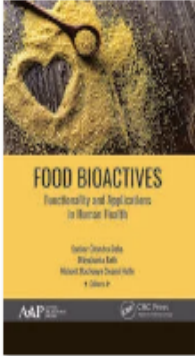
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Chapter

Development of Functional Food Products from Food Waste

By **Vasudha Bansal**, Pankaj Preet Sandhu, Nidhi Budhalakoti

Book [Food Bioactives](#)

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ABSTRACT

The inclination towards attaining health from natural food products has raised the necessity for the development of functional foods. Owing to the burgeoning of clinical disorders in terms of diabetes mellitus, cancer, obesity, hypertension, and neuro-based degenerative diseases, the consumption of functional foods has been incremented tremendously. Functional foods are confined towards plant-based products, thereby; value addition to plant-based food waste will provide optimum utilization with potential benefits. Therefore, the unutilized food products viz. peels, shreds, pulp, seed coats, kernels, can be converted to innovative functional products. The waste products of fruits and vegetables contain vitamin C, pectin, and active phytochemicals. The composition of phytophenolic and their antioxidant capacities can be employed for the development of valuable food products.

4. Impact of family and school environment on adolescents' personality

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**Impact of Family And School Environment on Adolescents' Personality :
A Comparative Analysis of Private vs Government School Adolescents**

 **Dr. Shubana Gandhi***
Ms. Rashmi Rani**

ABSTRACT

The present research study explored the Adolescents' Personality associated with Family and School Environment. The sample comprised of 200 adolescents students (100 girls and 100 boys) selected randomly from government and private schools of Union Territory of Chandigarh. The objectives were (a) to study the relationship between various dimensions of family environment and personality of adolescent (b) to evaluate the relationship between the school environment and dimensions of personality of adolescent (c) to analyze the correlation between personality of adolescents and the type of school with respect to family and school environment. Standardized tools like "Jr.-Sr. High School Personality Questionnaire" published by the Institute for personality and Ability Testing, (1968), "School Environment Inventory" by Dr. M. Singh, "Family Environment Scale" by Sanjay Vohra, (1998) were used. Data was analyzed with the help of percentage distribution, correlation, and explanatory analysis using histogram, pie chart and Karl Pearson's coefficient correlation. A significant correlation has been found between personality and family environment of adolescents. This indicates that the families where emphasis is being made on togetherness and devoting time in hobbies and recreational activities among the members, leads to healthy personality of adolescents. A significant positive correlation has been found between personality of adolescent's with family environment and school environment. The findings of the study indicate that on the basis of school type, personality of adolescents among private school students is highly and significantly correlated to the family environment whereas the personality of government school students is highly associated with the school environment.

Keywords : Adolescent, Personality, Family environment, School environment

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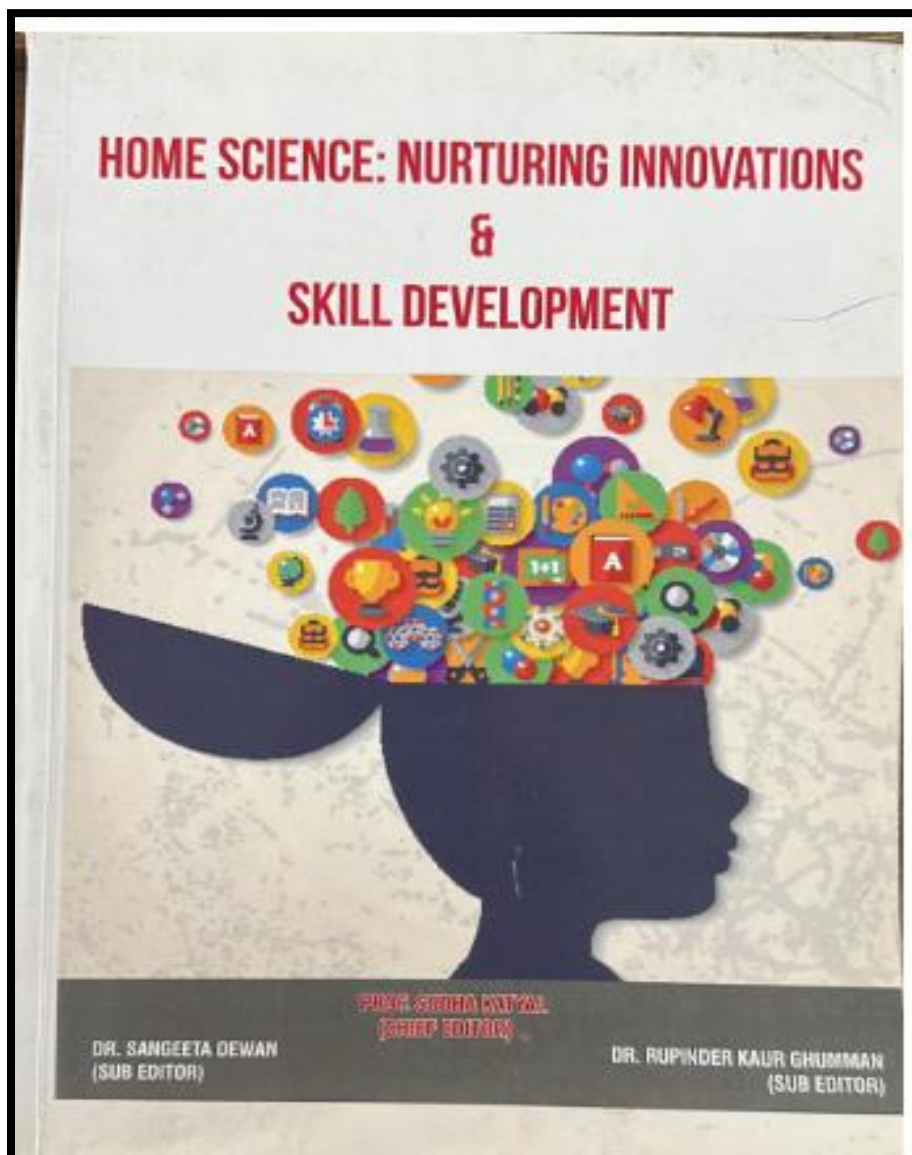
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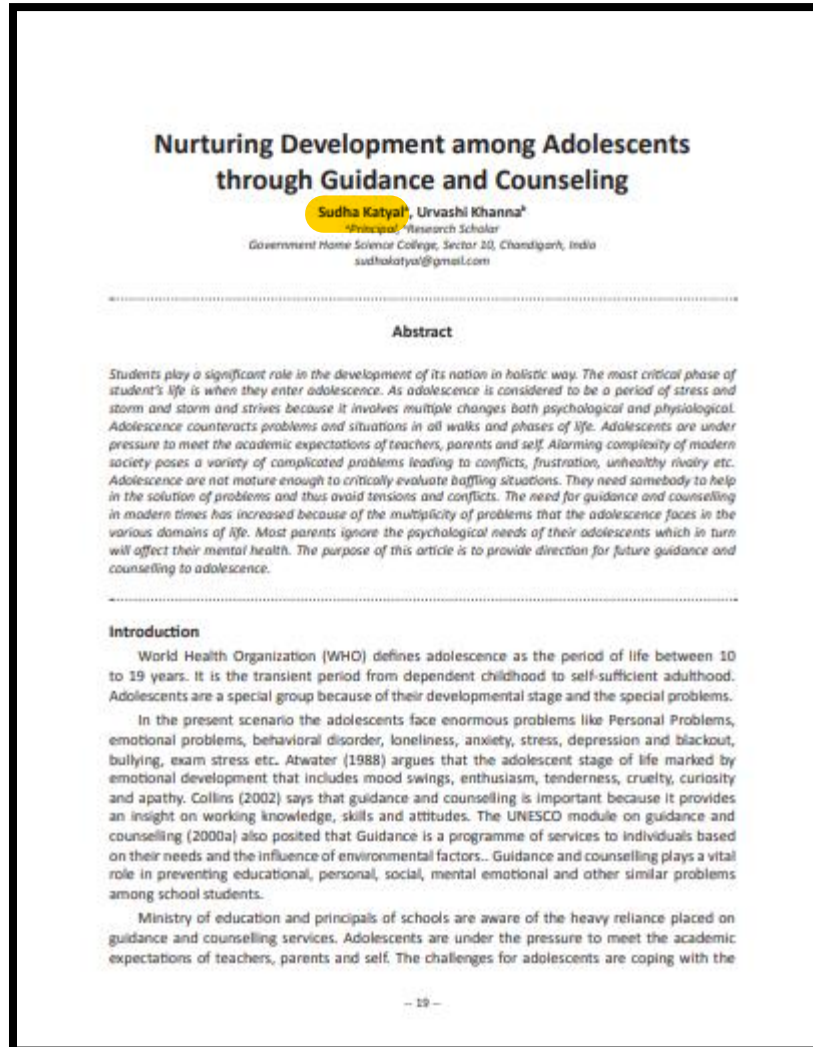
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6. Role of ICT in the Field of Home Science

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7.Impact of Natural Thickening Agents on Printing of Silk with Marigold Flower Dye Entrepreneurship

Screenshot of the chapter:

Impact of Natural Thickening Agents on Printing of Silk with Marigold Flower Dye

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Abstract

"Ecofriendly doings bring ecofriendly rewards. Join the eco-friendly revolution". Printing with natural dye is still in its primary stage due to the problem of dye extraction, requirement of mordants, light shades, fastness properties and uneven prints. Whereas printing with Natural Thickening agent still needs to focus on due to the reason of environmental pollution from the effluent and waste from the synthetic thickening and binding agents. Keeping in view the importance of eco-textiles and their increasing demand in the national and international market this study was made to get even prints with bright shades using block printing by both the Premordanting and simultaneous mordanting techniques along with five natural thickening agents – (Guar gum, Gum tragacanth, Gum arabic, Wheatflour and Cornflour). Aluminum potassium sulphate and ferrous sulphate mordants were used during the preparation of printing paste for the colour variation. Visual evaluation of the printed samples on the basis of prints and evaluation of colourfastness properties were also carried out. Very good to excellent block prints were obtained with guar gum as a thickening agent. Colour fastness results related to sunlight, washing, crocking, pressing and perspiration showed very good results.

Keywords: *Natural Dyes, Natural Thickening agents, Block Printing.*

Introduction

Clothing has been one of the most important necessities of man. It is human nature to adore him with beautiful things; the art of textile ornamentation has been one of the ways to accomplish this task which has been in practice from the pre-historic era. The primitive man went on to beautify his surroundings to satisfy the burning desire for introducing grace and elegance into an ordinary object of everyday life through colour and form. He was not contented to just live comfortably; he also wished to live graciously. Man's urge to decorate his immediate surrounding has remained constant and has enchanted him through ages. In every civilization from remote ages to the present day, the art of dyeing and printing has played an important part in adding beauty to the world and makes an important contribution to fabric decoration. Dyeing and printing are the names given to the processes by which a comparatively permanent colour is imparted to certain bodies of which the most important are the textile fiber.

India has rich biodiversity and there is no doubt that the plant kingdom is a treasure house of diverse natural products. One such product from nature is the dye. With the increasing awareness

8. Creation of Dupattas using Santhal Art with Hand-Painting- A Step towards Skill Development

Screenshot of the chapter:



9. New Product Development- A Step towards Skill Development and Capacity Building in Home Science

Screenshot of the chapter:

New Product Development- A Step towards Skill Development and Capacity Building in Home Science

Geetanjali Gupta^a, Namrata Sethi^b
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^{*}Corresponding author, namrata1514@gmail.com

Abstract

Product development has been a major activity in the food industry and gradually it has developed as a strategic business area and an advance technology. It involves more than just creating the perfect recipe. Companies must plan extensively, work hard and research for an extended period of time in order to produce new food products. For a new product development knowledge of raw materials, processing, products qualities, consumer or product reactions, marketing and the general environment is needed. The fruit Prunus Persica are found in abundance throughout the mid hill Himalayan regions but, no attempt has been made to utilize the fruit for developing and processing value added product. The study, therefore was conducted to develop value added product from Prunus Persica and evaluate their quality. The Prunus Persica was found to be good source of vitamin C and phenols. The recipe and method of preparation of whole fruit jam has been standardized. The study revealed that wild peach can be utilized successfully for jam preparation with good chemical and sensory attributes.

Keywords: Product development, Prunus Persica, Value product, Standardized, Jam.

Introduction

Himachal Pradesh is a predominately a horticulture state of India specially known for apples. The productivity of horticulture crops/fruits is largely influenced by geographical and environmental diversity prevailing in different zones of Himachal Pradesh. In addition to major fruits, the various underutilized fruits are widely grown in different zones of Himachal Pradesh, which are being used by the local inhabitant. These fruits were an important source of food for mankind before dawn of civilization and domestication of present day fruits. Cavemen in forests also depended on these fruits and passed on valuable information on utility and choice of wild species of fruits from generation to generation. These fruits are growing throughout the Himalayas and contributed directly to cultural heritage of India. Even today, these fruits are eaten in plenty by local people, as they are commonly available in abundance in their habitats. Underutilized fruits are those which are neither cultivated in an organized farming system nor processed by established commercial processing methods. These crops have many advantages in terms of easiness to grow, hardy in nature and production of good crop even under adverse conditions. Most of these fruits are

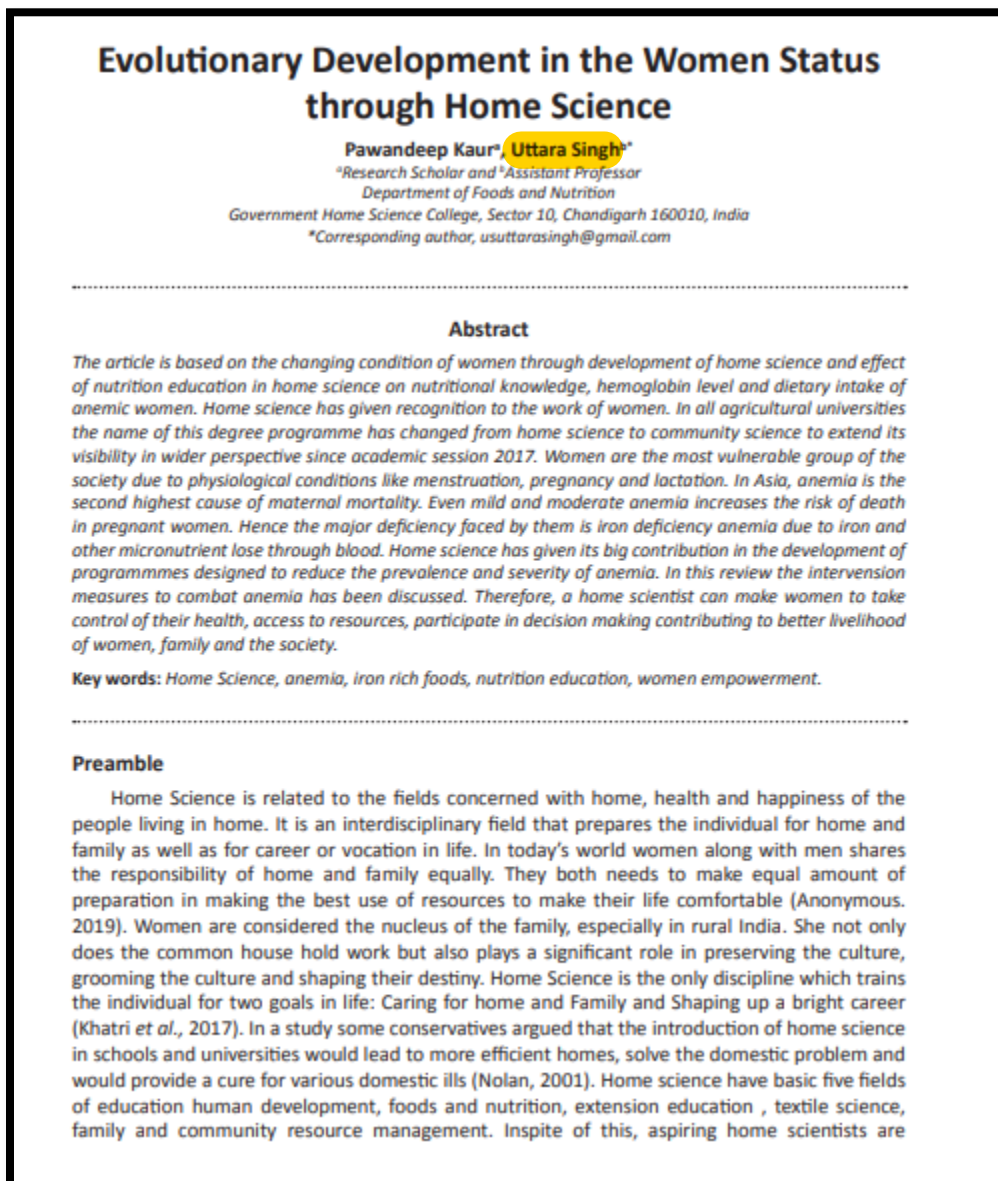
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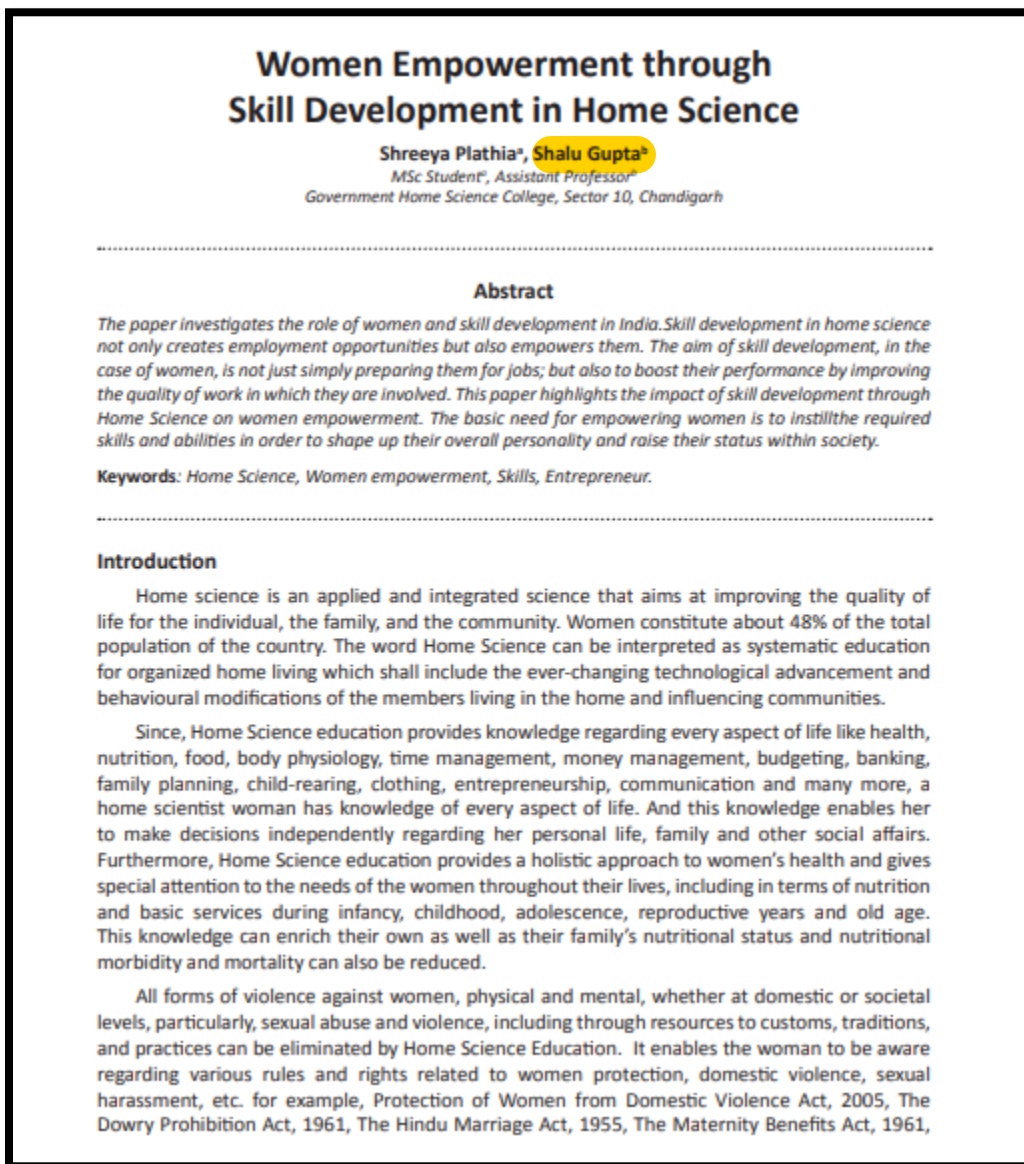
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12. Women Empowerment through Skill Development in Home Science

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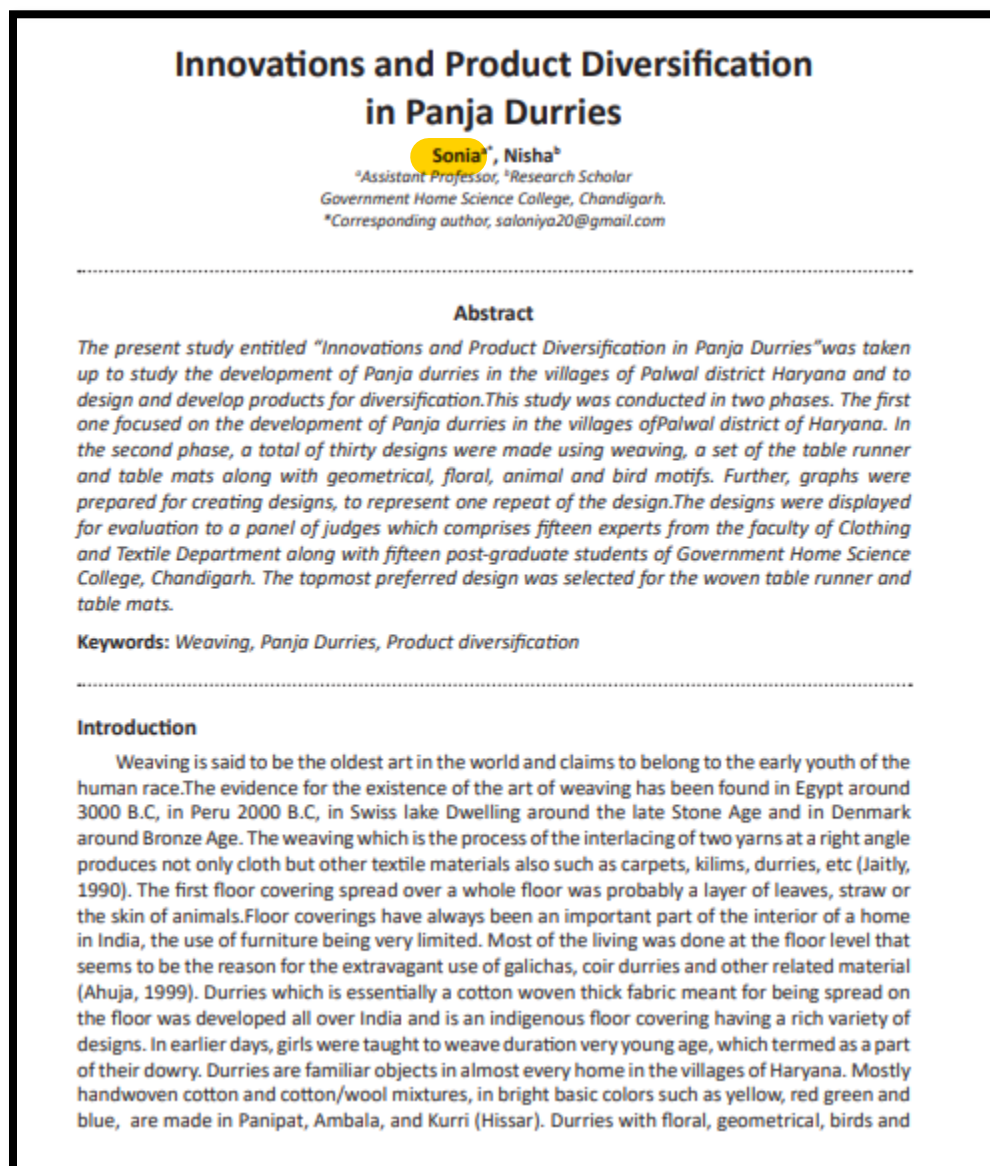
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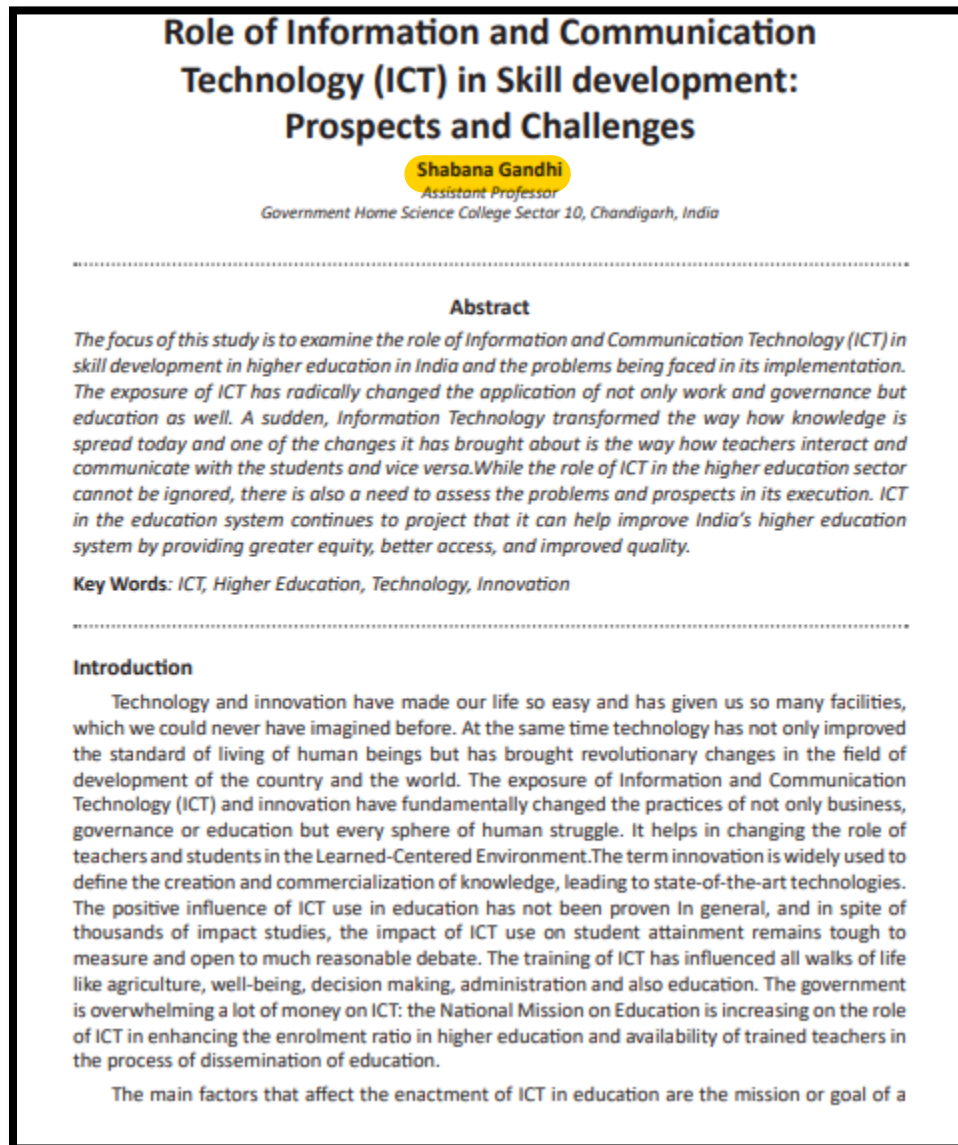
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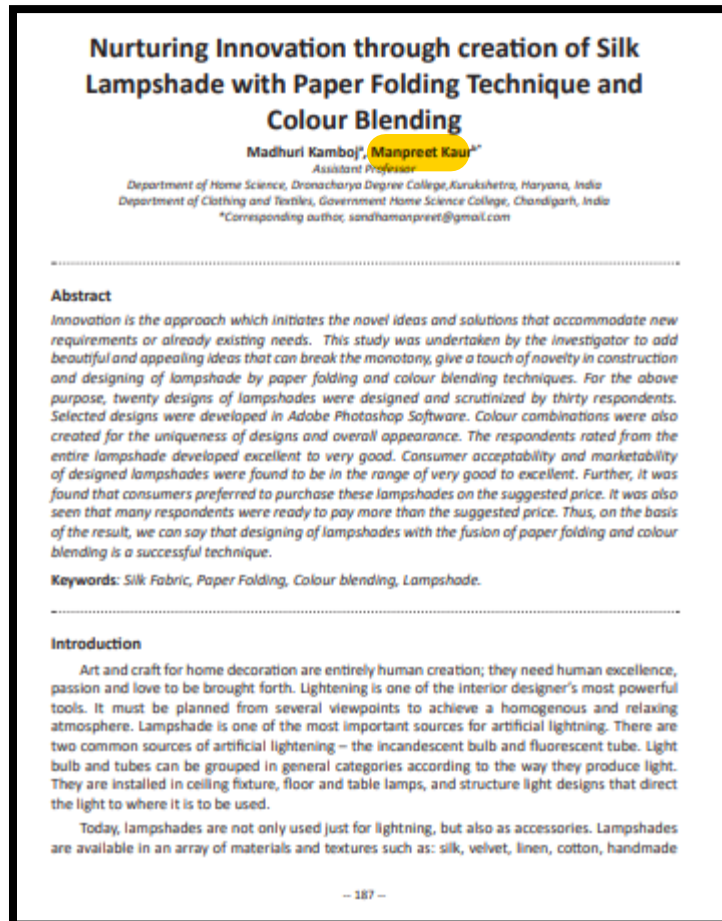
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Screenshot of the chapter:



21. Women Handloom Weavers: Sustaining the Tradition and Cultural Heritage

Screenshot of the chapter:

Women Handloom Weavers: Sustaining the Tradition and Cultural Heritage

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Abstract

The textile industry in India is one of the largest industry in the world which comprises of Handloom, Powerloom and Mill sector. Handloom weaving is the second largest economic activity after agriculture which provides direct or indirect employment to 35.22 lakh weavers and allied workers engaged on about 31.44 lakh handlooms (4th All India Handloom Census 2019-20), 72 percent of them are women and most of them are from disadvantaged group. Although they are contributing a lot for sustaining this traditional craft but they are deprived of their social status and recognition. Handloom industry has deep rooted linkage with our culture and traditions. Its not only a precious part of the cultural heritage but also represents the richness and diversity of our nation and artistry of weavers. The Indian weavers are not only weaving the cloth to meet the indigenous demand but also exporting artistic and unique varieties of handwoven textiles to other countries. This sector contributes approximately 15% of the total cloth production and also contributes to the export earnings of the country. 95% of the world's hand woven fabric comes from India. However this sector is facing various problems such as obsolete technology, unorganized production system, low productivity, inadequate working capital, conventional product range and poor marketing skills. The welfare measures introduced and implemented by the government of India for the upliftment of handloom weavers have not been able to bring out the desired result evenly throughout the country for the weavers of all the states of India. There is a need to take various steps for the social and economic empowerment of women in this sector for which the working, living and wage conditions need to be improved specially for the women handloom weavers.

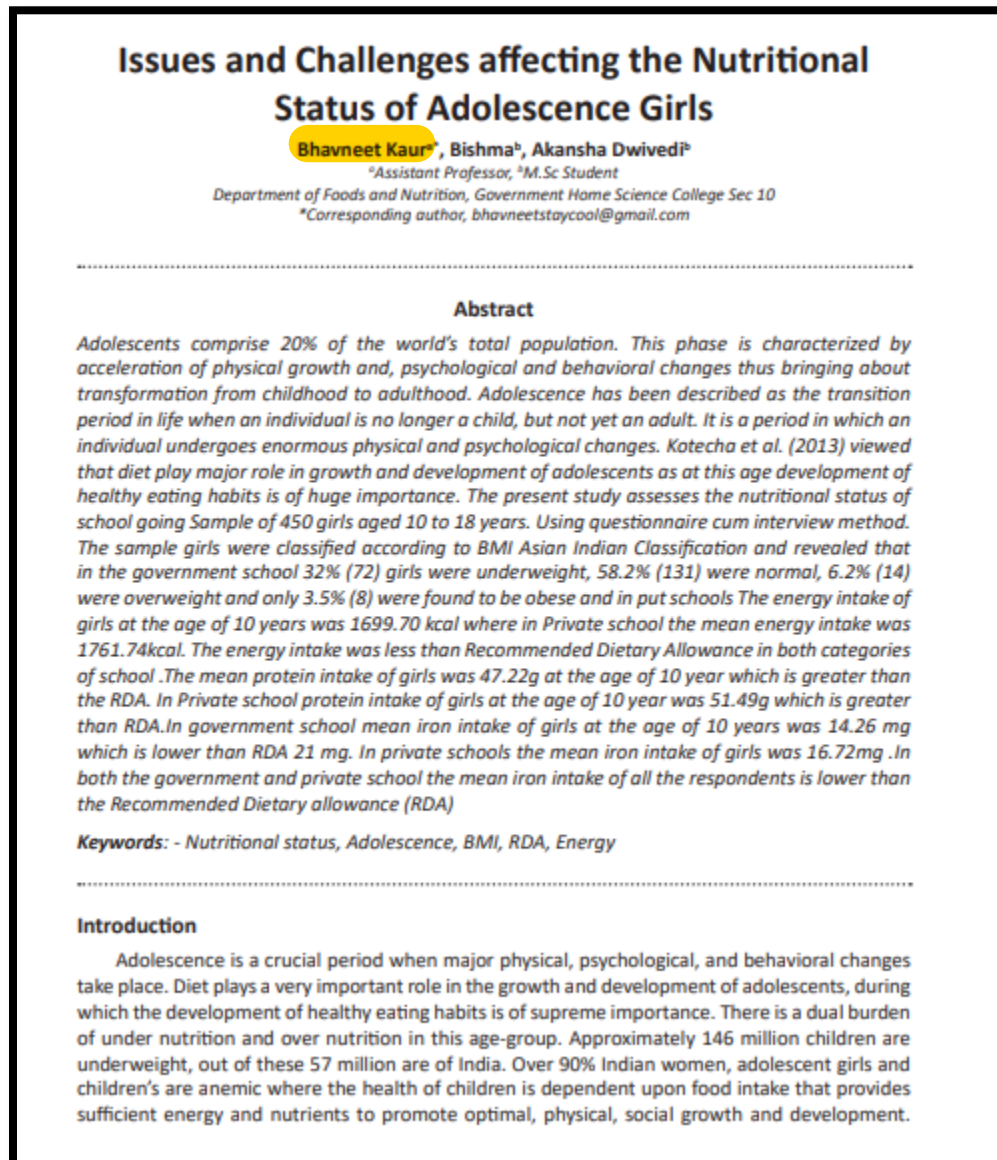
Keywords: Handloom, Weavers, Women Empowerment

Introduction

The Indian handloom is being celebrated the world over but the handloom weavers are struggling for their survival. The Indian fashion designers are proudly showcasing our handloom woven textiles on national and international ramps and celebrating its beauty and uniqueness but the weavers who are weaving the gorgeous fabrics of international fame do not get any monetary benefit and live in very pathetic condition due to poverty and debt.

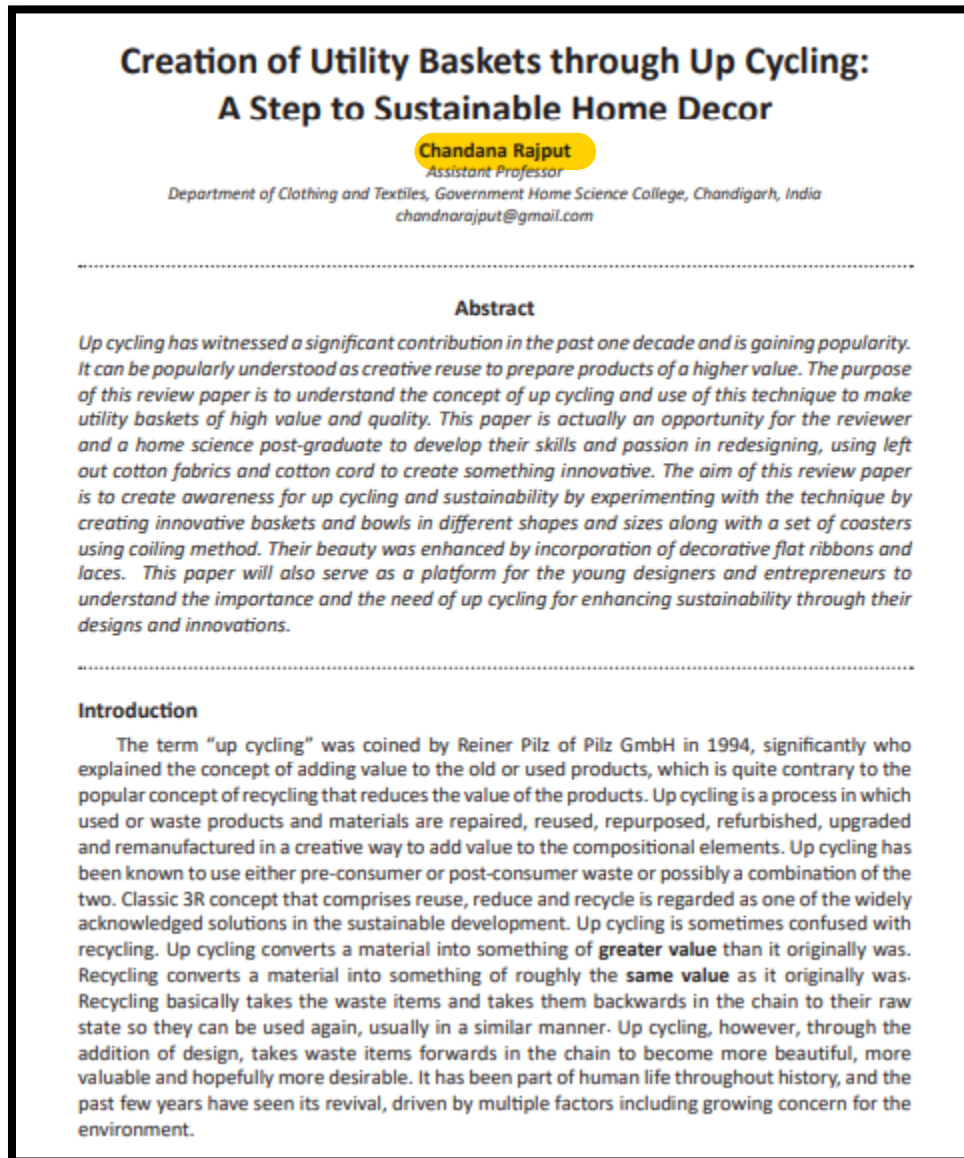
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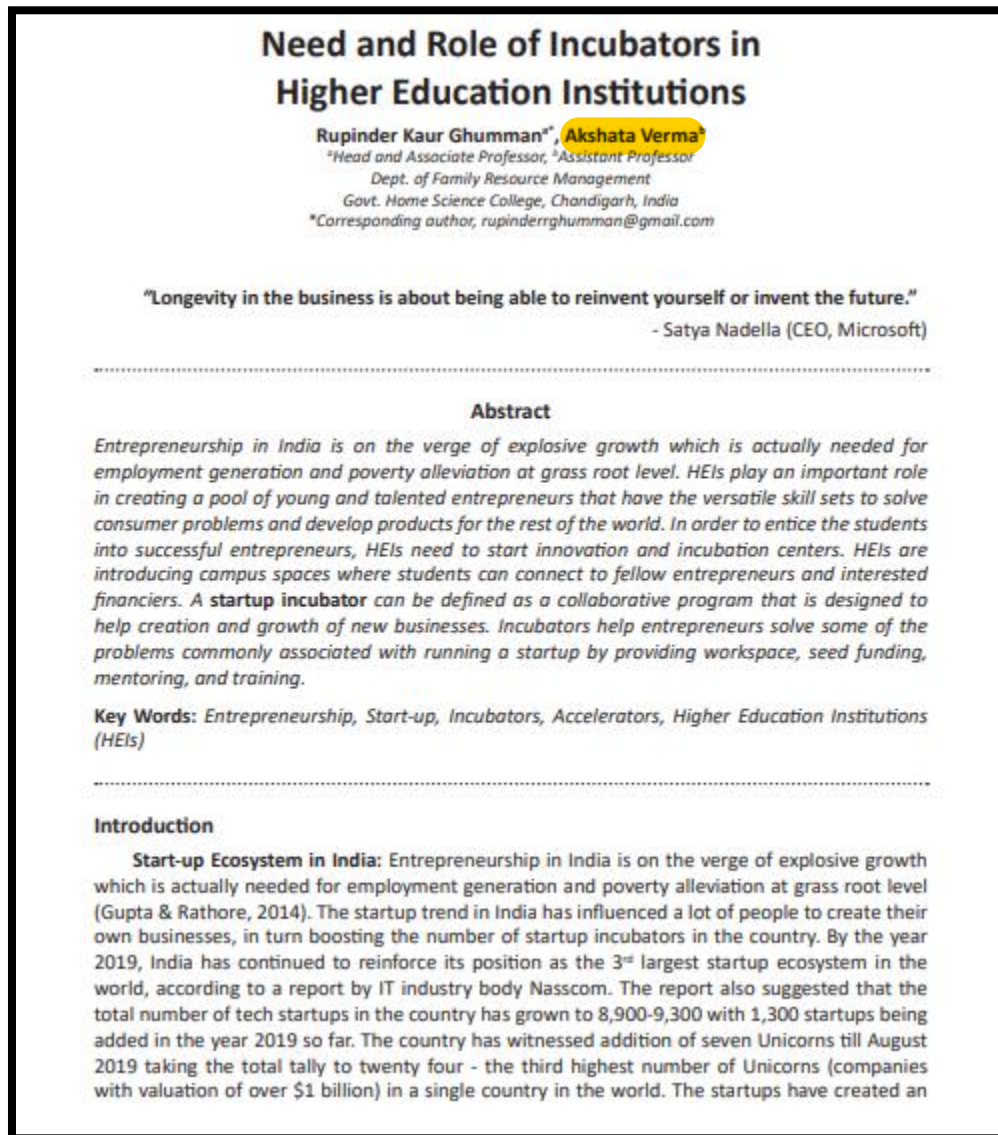
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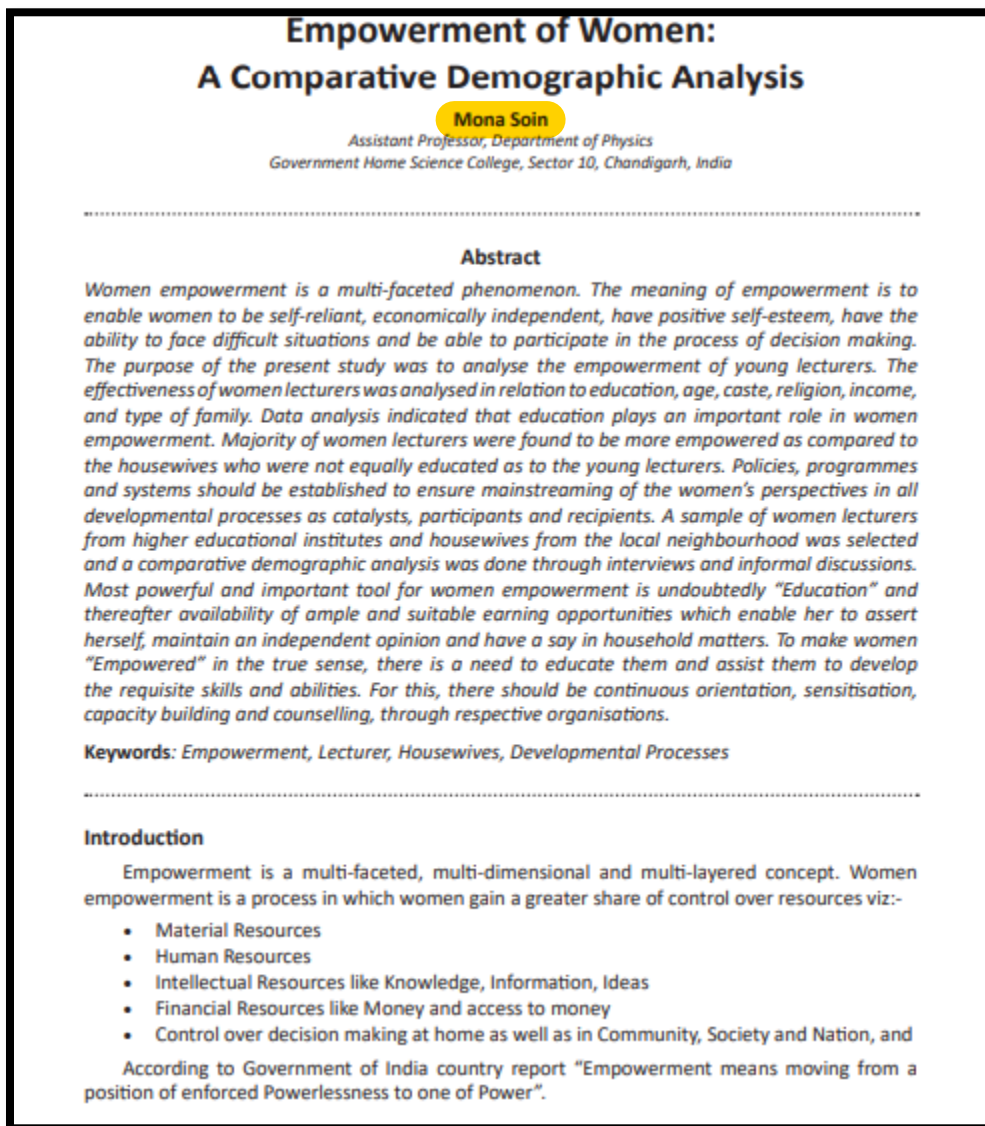
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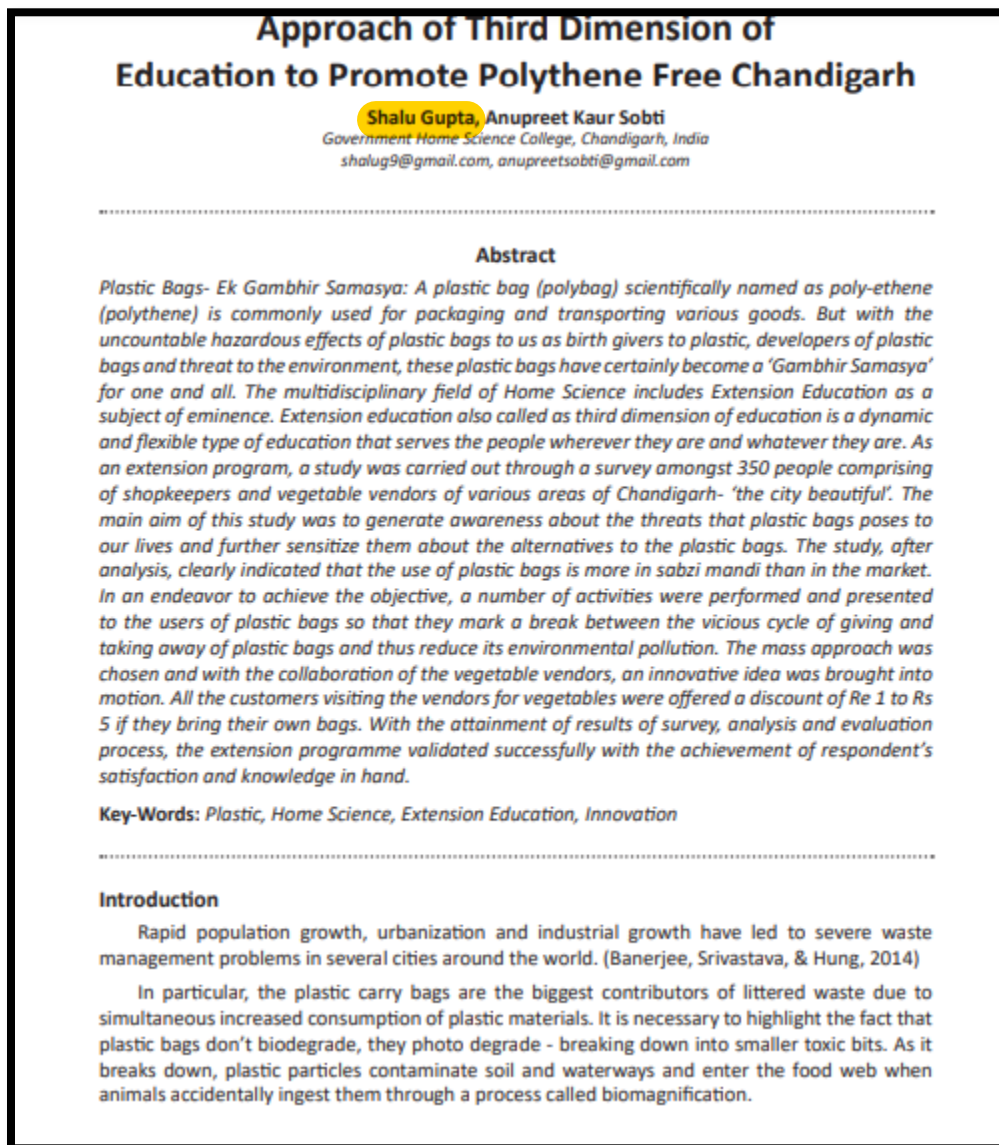
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29. Nurturing Entrepreneurship through Research and Development of Nutritive Energy Bar in a Higher Education Institute

Screenshot of the chapter:

Nurturing Entrepreneurship through Research and Development of Nutritive Energy Bar in a Higher Education Institute

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Abstract

The driving force of every successful economy in the world is entrepreneurship. Higher education institutes provide a good environment, culture, opportunities, and practices that enhance student entrepreneurship. The research whose results we are presenting was aimed at determining entrepreneurial competence. Entrepreneurial knowledge acquired by students at higher education institutions is not limited to theory; rather, it is practice-oriented and applicable for innovation and devising new business processes. The energy bar was developed to meet entrepreneurship standards, development requirements and to provide optimum nutrients. The developed bar was evaluated for its sensory attributes as well as the keeping quality so as to ensure that new venture can be initiated.

Keywords: *nurturing entrepreneurship, higher education institutes, sensory attributes, entrepreneurship standards, new venture.*

Introduction

Stimulating innovative and growth-oriented entrepreneurship is a key economic and societal challenge to which universities and colleges have much to contribute. Entrepreneurship education has been widely recognized as influencing the establishment of new businesses. Entrepreneurship equips students with skills necessary to fit in this dynamic environment. However, as the country experiences financial and employment problems, there is a need to generate a population that will create new employment opportunities rather than relying on already established opportunities. Entrepreneurship provides knowledge that develops responsible people in the social and family life. Therefore, entrepreneurship prepares the student for a life-long learning process (Gibb, Haskins, & Robertson, 2013).

Entrepreneurial competencies is a key for a higher competitiveness, personal development and sustainable employability of an individual i.e. student. It helps in the creation, recognition and use of opportunities and introducing changes. Entrepreneurial competence makes innovation, survival and growth in a dynamic and competitive environment easier.

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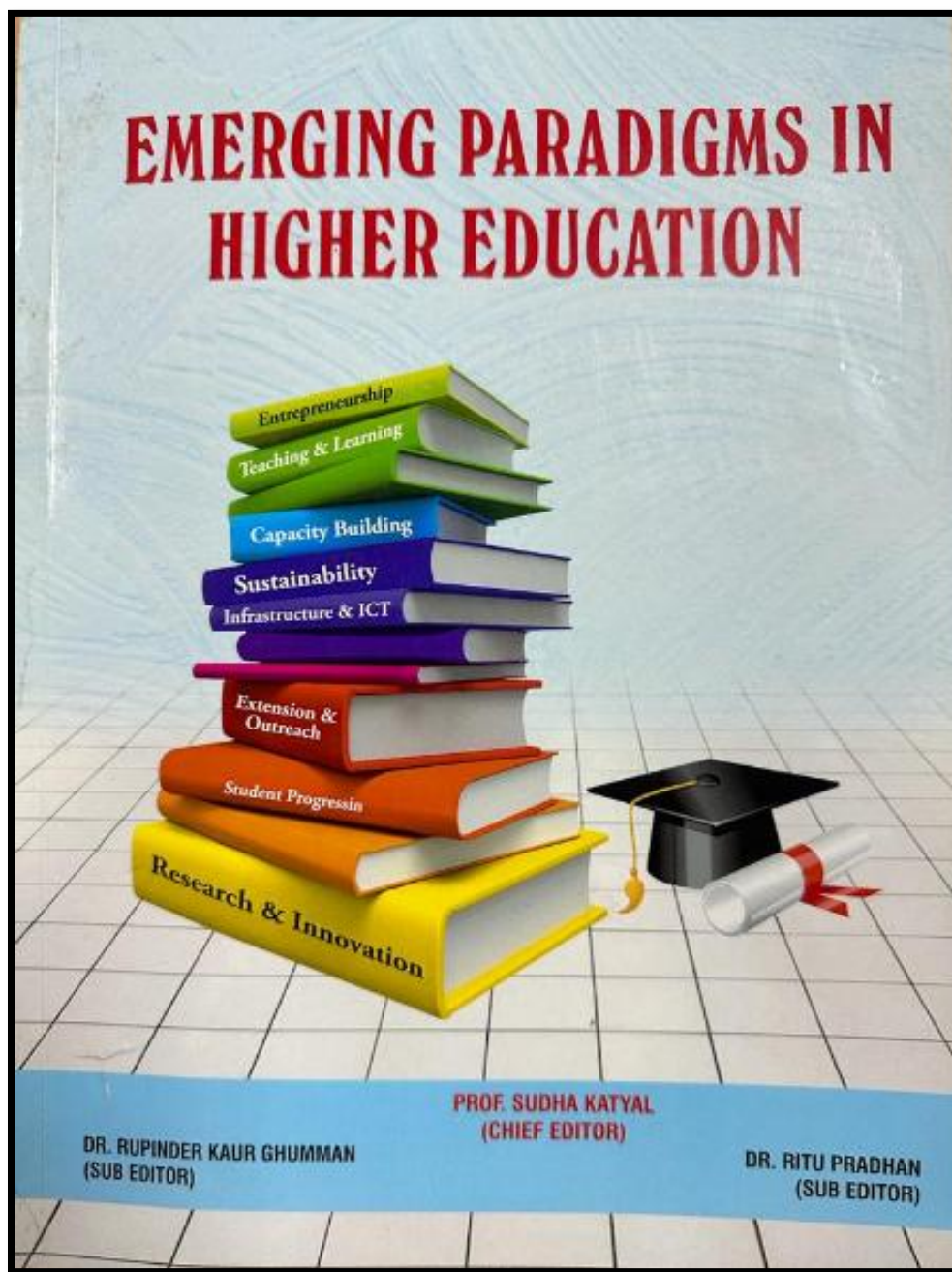
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30. Issues, Concerns, and Challenges of Higher Education in India

Screenshot of the chapter:

Issues, Concerns, and Challenges of Higher Education in India

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ABSTRACT

Higher education in India is the largest in the world in terms of the number of institutions. It has undergone rapid development after the post-independence era. The role of Indian higher educational institutes such as colleges and universities in the present time is to provide quality-based education in the field of education, research and to empower youth for self-sustainability. The government of India has established UGC and AICTE to regulate the standards and spread quality higher education. The main objective of the study is to identify the issues and challenges in the field of higher education in India. This paper discussed the issues of higher education and direction to improve higher education in India.

Keywords: Higher education, Objectives, Issues, Concerns, Challenges, and Problems.

Introduction

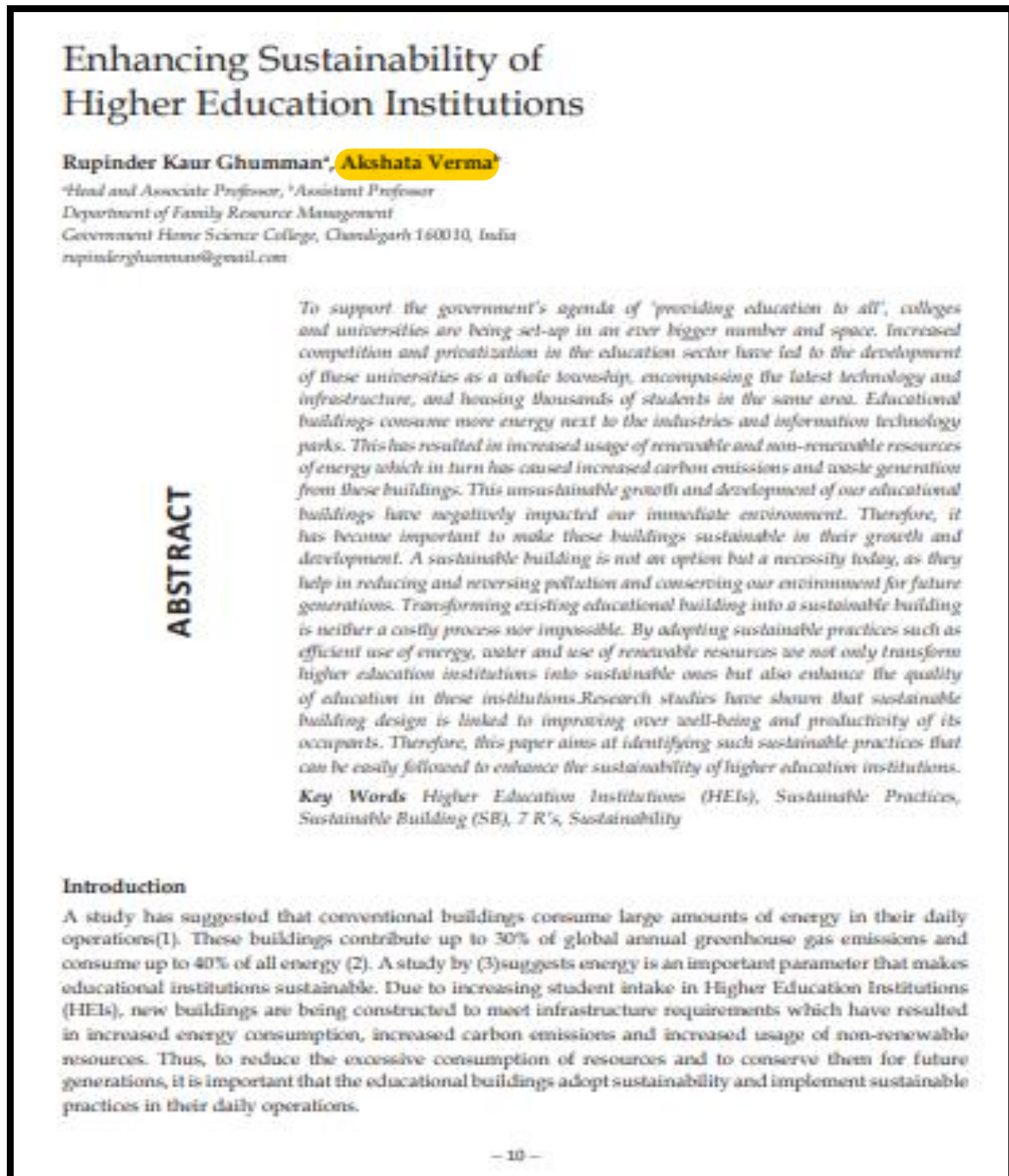
Higher education refers to a level of education that is provided by universities, vocational universities, community colleges, liberal arts colleges, institutes of technology and other collegiate-level institutions, such as vocational schools, trade schools, and career colleges, that award academic degrees or professional certifications, higher education imparts knowledge, develops the student's ability and also give him/her a wider perspective of the world around. Higher education becomes an input to the growth and development of industry and also seen as an opportunity to participate in the development process of the individual through a flexible education model.

Higher Education in India

Next to China and the United States, India has the third-largest higher education system in the world in terms of size and its diversity and largest in the world in terms of the number of educational institutions. After independence Indian higher education attains massive growth. In the Indian system, higher (tertiary) education starts after the 10+2 (i.e. ten years of primary and secondary education followed by two years of senior secondary education). The framework of higher education in India is very complex. It includes various types of institutions like universities, colleges, institutes of national importance, polytechnics, etc. Universities are also of different types like central universities which are formed by the government of India, by an act of parliament which are responsible for arranging and distributing resources required by university grant commission (UGC), State universities, Deemed universities (aided and unaided) and Private universities. India has a federal set-up and the Indian constitution places education as a concurrent responsibility of both the centre and state. While the centre co-ordinates and fixes standards in higher and technical education, school education is the responsibility of the state.

31. Enhancing Sustainability of Higher Education Institutions

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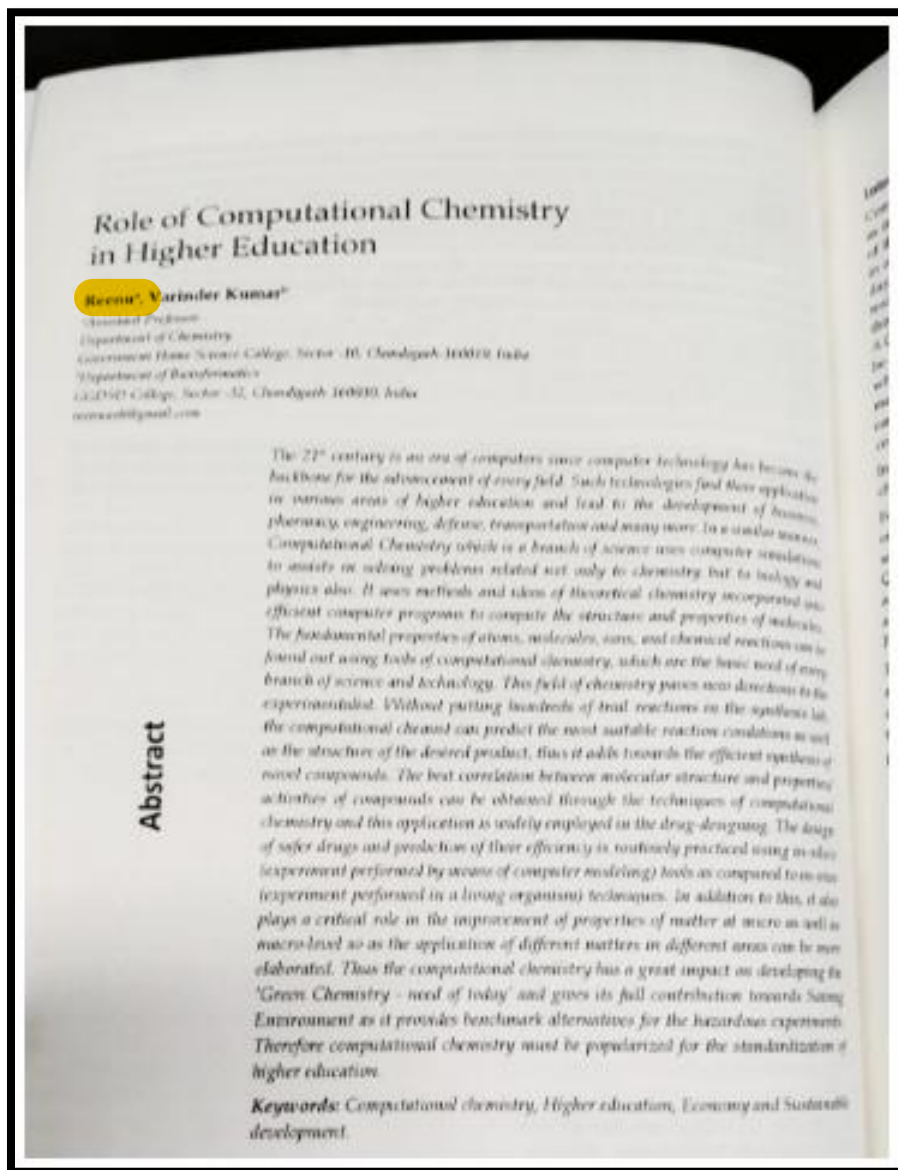
32. Infusion of Entrepreneurial Skills in Higher Education: Need of an Hour

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33. Role of Computational chemistry in Higher Education

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34. Nutrient (Iodine) Deficiency- A Hindrance to Scholastic Performance and Quality Higher Education.

Screenshot of the chapter:

Nutrient (Iodine) deficiency: A Hindrance to Scholastic Performance and Quality Higher Education

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Abstract

Nutritional deficiency is one of the major factors that can affect the academic performance of school children and further decrease the prospects of going for higher education. The main aim of this study was to determine the association between iodine deficiency disorder and academic performance among school-age children which may have an impact on quality education and higher education. The school-based cross-sectional survey was conducted in the Udaipur district, Rajasthan. A total of 2329 students, aged 6-12 years, were selected from primary schools using a systematic random sampling method. Goiter examinations and urine iodine test was done to diagnose goiter. Spot urine samples were collected to determine the median urinary iodine level and anthropometric measurements were done. In this study, 1,693 children were included for assessment of academic performance. The academic score of students for nearly 20 percent of the subjects was found to be less than 60 percent. Academic performance of the non-goitrous subjects as well as having normal urinary iodine excretion was found to be better goitrous or iodine-deficient subjects; although the results were not statistically significant. The present study revealed that iodine deficiency goiter is a significant health problem among school-age children in the study area. Hypothyroidism due to iodine deficiency reduces physical growth and retards learning capacity. Physical development has a significant association with learning, suggesting the importance of nutrition in the education system.

Keywords: Goiter, Iodine Deficiency, Academic Performance, Quality Enhancement, Higher Education

Introduction

Malnutrition has adverse effects on the growth and development of children. Studies also show that undernourished school children have inferior intellectual performance as compared to well-nourished children. Iodine deficiency is known to be the most common preventable cause of mental retardation; it impedes children's learning ability as well. It is now known that hypothyroid children are intellectually subnormal and also suffer from a physical impairment. Hypothyroid fetuses often perish in the womb and are often incapable of completing school. Studies have documented that in areas with an incidence of mild to moderate IDD, IQs of school children are on an average 13 points below those of children living in an area where there is no iodine deficiency (Bleichrodt and Born, 1994). The results of

35. Issues within the Higher Education System of India

Screenshot of the chapter:



36. Influence of Higher Education on Parenting Practices

Screenshot of the chapter:

Influence of Higher Education on Parenting Practices

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Abstract

Parenting is not just about a set of rules to follow a happy, well-adjusted life. Good parenting aims at socializing children. Parenting brings many responsibilities and difficult decision making. But it has been noticed that nowadays due to a busy life-scheduled parents are unaware of what kind of parenting they should provide, they are unaware of the consequences of providing the right amount of love, kindness and caring. Parents who approach good parenting their home environment are also good, as well as they, don't force their children to choose their education according to them. The present study was conducted to gain insight into the effects of higher education on parenting. This paper tells that parents are not able to help their children to choose their future as they remain busy in their own life they don't have time to look for their child, even parents' academic achievement also affects the child's career. Parents who belong to lower strata, they have different perception about higher education as compare to parents who are educated. Parent's mentality towards higher education is that they do not give equal chance to every child to come forward as well politics is also becoming one of the factors due to which college-going students remain tensed and depressed. Due to this all unawareness related to the effects of higher education on parenting there is a need for vast change in this area.

Keywords Higher Education, Parenting, Good Parenting, Effects of Higher Education Parenting.

Introduction

Parenting is all about the set of rules and regulations to foster good development of the child. An appropriate amount of love is good if provided in a good way. Parents are the ones who help the child to learn about the various things related to their life, they help their child in walking, eating, sleeping as well in the holistic development of the child. But it has been noticed due to busy life, many parents are not able to concentrate what is happening in the life of their child which leads to excessive struggle in later life of the child when they go for higher studies. Parents do not think about the consequences of ignorance in their child's life, later they realize when everything is over. Various studies have also shown that parents are not aware of the facts that what is happening in the life of their child, moreover they do not have the will to ask their child about the whole day and they do not help their child for what to choose in education when it comes to career. Despite this, parent's education also affects the academic achievement and career path of college students. If parents are less educated or not educated they remain confused because they do not realize what the child is suffering through. There is no doubt that parents

37. Role of ICT in Transforming Higher Education

Screenshot of the chapter:

Role of Information and Communication Technology (ICT) in Transforming Higher Education

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Abstract

Education is an important key for awakening not only in India but in any country. It also acts as an instrument for economic and social transformation. Higher education is the mother of all professions. Information and Communication Technology (ICT) plays a very important role in today's teaching-learning process, especially in higher education. The introduction of ICT in higher education has a great impact on the whole education process. The role of ICT in higher education not only improves classroom teaching but also prepare the next generation for enhancing the earning potential, seeking and advancing knowledge and wisdom, and also research and experimentation. At the same time due to the dispersion of ICT in higher education system presents challenges for colleges as well as universities. This paper highlights the impact of ICT, the role of ICT, initiatives, advantages, and challenges of ICT in higher education.

Keywords: Information and Communication Technology, Higher Education, ICT initiatives

Introduction

According to Nelson Mandela, "Education is one of the most powerful weapons which you can use to change the world." Infact, education is one of the necessities for man after food, clothing, and shelter. In today's competitive world, it not only widens the depth of one's knowledge but also raises awareness of one's societal rights and responsibilities. There is a direct co-relation between education and socio-economic development in any country and with India being a young developing nation, educational wealth becomes pivotal for its success (Bajwa, 2009). Higher education has been rightly defined as the mother of all professions. The people in college and university education shape the behavior, minds, and the social and human values of the student community. The efficient use of technology can motivate students; make the classes more energetic and interesting as they learn new skills and techniques.

Impact of ICT on Education: The impact of ICT across the past two or three decades has been enormous in different fields such as medicine, tourism, travel, business, law, banking, engineering, and architecture. But when one looks at education, there seems to have been an uncanny lack of influence and far less change than other fields have experienced. The purpose of ICT in education is generally to familiarize students with the use and workings of computers and related social and ethical issues.

ICT has become an essential part of today's teaching-learning process. Information and Communication Technology (ICT) is a force that has changed many aspects of one's life. ICT is defined as a "diverse set

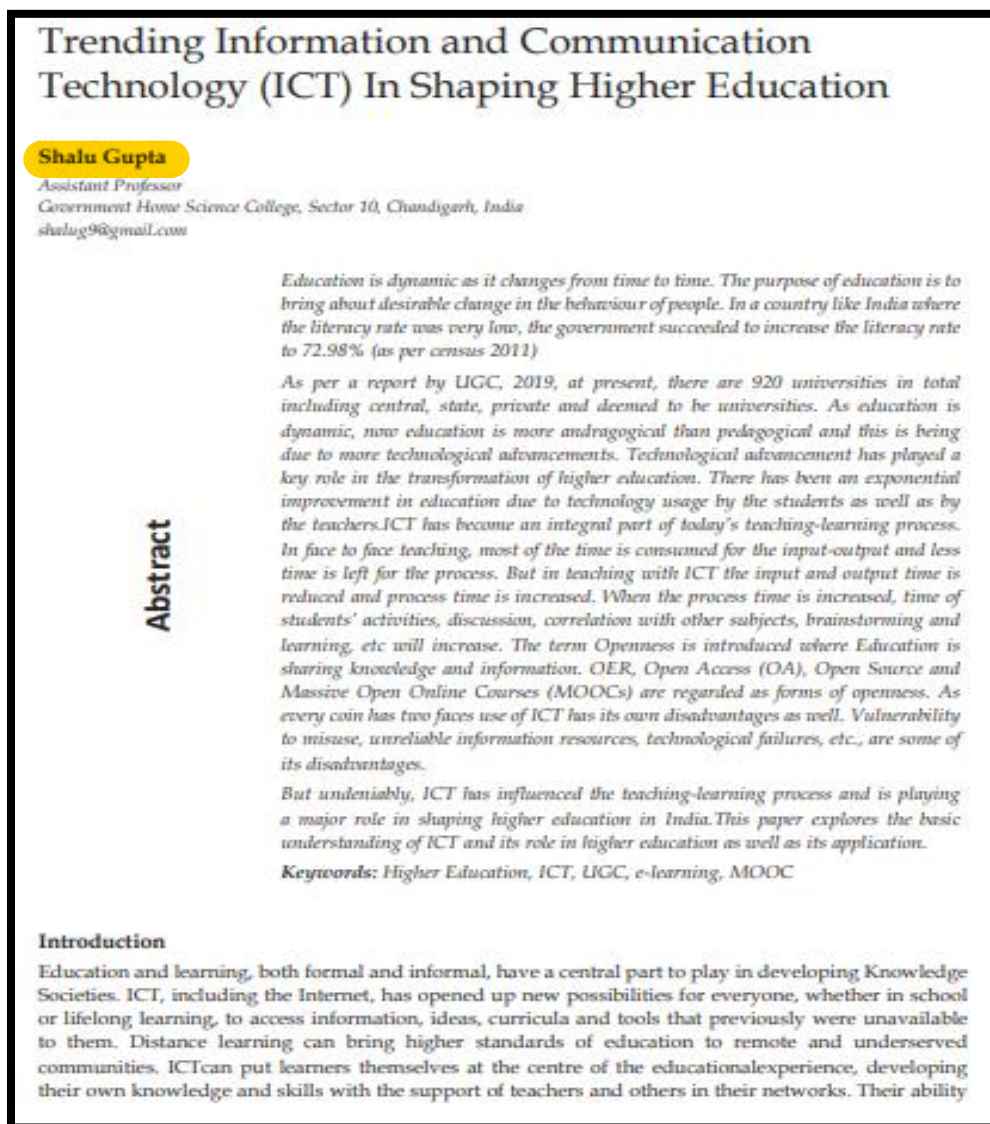
38. Innovation and Research in Higher Education Institutions through New Product Development

Screenshot of the chapter:



39. Trending Information and Communication Technology (ICT) In Shaping Higher Education

Screenshot of the chapter:



40. Nutrition Softwares and Quality Enhancement in Higher Education

Screenshot of the chapter:



41. Issues, Challenges and Concerns in Higher Education in Terms of Nutritional and Psychosocial Aspects in Pregnant Wives of Military Personnel

Screenshot of the chapter:

Issues, Challenges and Concerns in Higher Education in Terms of Nutritional and Psychosocial Aspects in Pregnant Wives of Military Personnel

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Abstract

The present study entitled 'Issues, challenges and concerns in higher education in terms of nutritional and psychosocial aspects in pregnant wives of military personnel' is an attempt to study the social support, self-esteem, depression and various issues faced by the military pregnant wives because of the challenges that evoke these issues like deployments, frequent moves, family separation (especially spouses) and dietary pattern. Studies revealed that maximum number of pregnant women dietary intake is very much affected by their psychosocial parameters and education. If any pregnant woman is living with her husband or with her joint family or nuclear family then she is able to cope with her health, nutritional status and the psychosocial aspects in a positive manner. These issues are preventable if their companions are with them during their very crucial phase of life or social support is provided.

Keywords: Pregnant, psychosocial status, education, diet, nutrition, social support, self-esteem.

Introduction

Military life is challenging for soldiers and their families. To the typical day-to-day challenges that all people face, this population experiences unique stress related to military life, such as the frequent moves and military deployments generated according to the military needs (Sims et al., 2017). The relationships of the pregnant woman with each family member are unique and have its own intimacy, exclusiveness and bonds. Military lifestyle plays an important role in affecting women's nutritional status and psychological behavior.

Pregnancy is a vital, anabolic, character of special qualities whose purpose is to allow growth and development of the foetus while maintaining maternal homeostasis and preparing a female for breast feeding. The issues in adjustments or changes in the mother body relate to changes in maternal behavior (psychosocial) and affects the metabolism of all nutrients. The growing foetus depends primarily on the nutritional status of the mother before conception and explains its ability to adapt to various nutritional and psychosocial situations (Taleb et al., 2011).

Pregnancy has been identified as a period of identity reformation, a period of reordering interpersonal relationships and interpersonal space, and a period of personality maturation (Rubin, 1975). The

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42. Empowering Women through Higher Education in Marital Structure

Screenshot of the chapter:

Empowering women through Higher Education in Marital Structure

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Abstract

Empowerment is defined as giving power, to creating power within and enabling. It can be regarded as a process of awareness and capacity building that leads to greater participation, better decision making power and transformative action. Education is a milestone for women empowerment as it is used as an agent of basic change in the status of women. Where traditionally, women had a little say in the family decision making, with access to higher education, women have begun to express their newly found self-belief in having a say in both within the family and outside as well. Women empowerment enables autonomy and control over their lives. The empowered women become agents of their own development, are able to exercise choices to set their own agenda and be strong enough to challenge and change their subordinate position in society. The aim of the study was to determine the association between the working status of women due to access to higher education and decision-making power in the marital structure. The study was conducted taking 100 women of Chandigarh city. It was found that the women having access to higher education and were working had more decision making power in the marital structure than their lesser-educated counterparts who were non-working.

Keywords: Empowerment, Higher education, Working women, Decision making

Introduction

The status of women is a barometer of democrats of any state, an indicator of human rights are respected in it. To awaken the people, it is woman who must be awakened once she is on the move, the family moves, the village moves and the nation moves- PT. JAWAHARLAL NEHRU

The term empowerment of women has become popular after the 1980s. It refers to the process of strengthening the hands of women who have been suffering from various disabilities, inequalities and gender discrimination. It is the process of providing power to women to become free from the control of others, that is, to assume the power to control her own life and to determine their own conditions. It could also be understood as the process of providing equal rights, opportunities, responsibilities, and power positions to women so that they are able to play a role at par with men with society. Higher education plays a very important role in empowering women. Over the past decade, not only have we witnessed a change in trends in the workforce due to an increase in the educational status of women, women have stepped upfront from their traditional role of homemakers to running multinational companies. Education provides a platform for women to think rationally, become skillful and hence make better decisions. Decision making power pertains to not only at the workplace but in the marital structure as well.

43. Impact of ICT on Higher Education

Screenshot of the chapter:

Impact of ICT on Higher Education

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Abstract

Education has played a vital role in Nation Building. Information and Communication Technology (ICT) has also played a very significant role in Transforming Higher Education. Information and Communication Technology in Higher Education not only add value to teaching but also increases the effectiveness of learning. With best possible use of ICT in Higher Education it prompts our country education system to become a Knowledge Superpower. In the present 21st century the use of ICTs in education and its related activities are creating an extraordinary growth. Through ICT education can be imparted via E-Learning Courses, Blended Learning, Face to face Learning, Distance Learning and Self-Paced Learning Courses. The use of ICT in Education can help the learners who are living in remote areas to access the digital resources at any time and at any place. Many ICT initiatives like SWAYAM (Audio- Video e-content), National digital Library (Digital Content), e-Yantra (Accelerated hands on learning), SAMARTH (E-Governance), VIDWAN (Track Your progress), etc. has been highlighted by MHRD in order to promote Technology enabled learning. Despite of all these initiatives , there are some factors which creates a major hurdle in the implementation of ICT like Digital Divide continues to prevails among the learners; as technology keeps on changing so every trainers need to get themselves trained with the updated Content but they(trainers) resist; because of too much importance been given to information technology , Student's start indulging themselves in copying information from internet rather than learning and developing new skills of their own. So, after facing all these hurdles steps must be taken to mitigate all these barriers by adopting proper measures. .The aim of this research paper is to highlight the various impacts of ICT on higher education and also provides various details regarding potential future developments. In the earlier phase of time focus was on Learning but with the change in Technology this focus shift from LEARNING to SMART LEARNING which can be possible only through ICT.

Keyword: *-Information and Communication technology, Impact, Initiatives, Education*

Introduction

Advancement of technology has brought many benefits throughout the world. It has converted the entire world into Global village. With the help of Information Technology we can access any information Round-the-clock. Even education and research sector has not remained outside the scope of Information

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44. Fostering Innovation in Higher Education: Converting Scrap to Trends

Screenshot of the chapter:



45. Assessment of Pregnant Women Suffering from Thyroid Dysfunction to ensure Improved Quality of Life

Screenshot of the chapter:

Assessment of Pregnant Women Suffering from Thyroid Dysfunction to ensure Improved Quality of Life

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Abstract

The present investigation entitled was conducted in Government Gandhi Nagar Hospital, Jammu City, Jammu and Kashmir. The present study was conducted on 200 pregnant women. Maximum number of the pregnant women were suffering from hypothyroidism (75%) whereas, pregnant women were suffering from hyperthyroidism (11%) and pregnant women were normal (14%). Respondent who were in third trimester where more chances of suffering hypothyroidism (41.5%). Maximum number of the respondent preference to have vegetarian (42.5%) followed by Eggitarian (35.5%) and non-vegetarian (22%). Maximum respondents were taken time interval in between meal of two hours (52%). Maximum respondent does not have effect meal pattern after pregnancy (56.5%). Maximum number of the respondent do not have idea of consulting dietician (97%). 92% of the respondent have powder salt and 2% have crystal salt. Maximum number was not aware of thyroid dysfunction (94%). Maximum number of the respondent take preventive measure in form of medication (82.5%). Biochemical test for maximum respondent showed most of them anemic, hyperthyroidism and T3 and T4 high more than normal level.

Key words: Hypothyroidism, Hyperthyroidism, TSH, T3, T4

Introduction

The endocrine system is a chain of glands that generate and produces hormones that the body utilizes for a variety of operations. Hormones are secreted by glands and forwarded into the circulatory system to a range of tissues in the body. Diseases can be a major outcome, which can have an influence on many facets of life, if the glands don't secrete the right number of hormones. Thyroid hormones aid all the body organs to work efficiently. They have a power over how your body utilizes food for energy. Thyroid hormones have an effect on the metabolism rate, which signifies how quick or slow the brain, heart, muscles, liver, and other parts of the body work (Barclay, 2018). Thyroid disorders are conditions that have an effect on the thyroid gland, which is located in the front of the neck, and resembles butterfly in shape. The major functions of thyroid gland are to control various metabolic processes all through the body. Several types of thyroid disorders influence either its structure or function (Brady, 2015). The thyroid gland is situated beneath the Adam's apple swathed around the trachea (windpipe). Isthmus is a slender area of tissue in the gland's middle part, which connects the two thyroid lobes on both sides. Thyroxine, also called as T4,

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46. Women's Empowerment and Vitamin D Deficiency: Emerging Role, Causes and Its Management

Screenshot of the chapter:



47. Impact of Higher Education to Control Hyperlipidemia: A Risk Factor for Cardiovascular Disease

Screenshot of the chapter:



48. State of Higher Education in India: Issues and Challenges

Screenshot of the chapter:

State of Higher Education in India: Issues and Challenges

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Abstract

Higher education is designed to broaden an individual's knowledge and experience. Higher education can lead to many benefits, including a prosperous career and financial security. In the 21st century, education plays an even more significant role in other aspects of your life. Attaining a higher education can increase your opportunities and improve your overall quality of life. Though higher education in India has come a long way since independence, it is on a difficult stride and indeed in crisis. Several bottlenecks persist in the education sector in India which impede its overall growth and efficiency like shortage of faculty, privatization and commercialization of education making it unaffordable, lack of practical exposure to students, etc. Further, the skill development gap between what is demanded by industry and output supplied by higher educational institutions is widening. So, there is a need to focus on these aspects in the areas of Higher Education, where many kinds of Issues, Challenges, and Prospects have been noticed.

This paper aims to explore the state of higher education in India and to identify various issues, challenges, and prospects that are arising in the field of higher education in India.

Keywords: Education, Rural areas, Issues, Women, Challenges, Prospects.

Introduction

The Indian higher education system has expanded at a fast pace by adding more than 20,000 colleges and more than 8 million students in a decade and as of today, India has more than 800 universities, with a break up of Central, State, Deemed and Private universities. Better education may be very crucial for developing India. India has produced Scientists, engineers, technologists, Doctors, teachers and managers who are in terrific call all over the global. Now a day's various Issues, Challenges and Prospects have been noticed in higher Education of India. Poor infrastructure, examination ridden curriculum, memory based examinations, lack of quality faculty members, poor teaching methods, lack of funds, inconsistent government policies regarding higher education, vested political motives, huge demands of young population, political turmoil, growing privatization, lack of access and equity etc. are some of the challenges in higher education. If this issue is not improved so what is the future of our nation? The government has to focus on various problems that are being faced by students, teachers in higher education to make India "a proper developing country".

Objectives of the study

- To explore the state of higher education in India.
- To evaluate the issues, challenges, and prospects in higher education in India.

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49. Study of Aspiration for Higher Education among Girls

Screenshot of the chapter:

Study of Aspiration for Higher Education among Girls

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Abstract

In relation to higher education it is hard to argue against the desirability for all young people to have high aspirations for their future, including educational and connected life goals. Mau & Bikos studied the importance of school, family, personal/psychological, race, and sex variables in predicting educational and vocational aspirations. Female students, on the average, had higher educational and vocational aspirations. Patricia & Daniel studied the factors which influence career choices and aspirations of students attending colleges in the south. Major concerns were social and family backgrounds, motivational characteristics, civil rights, and educational experiences encourage in making choices about their futures. The results indicated that elementary and secondary teaching careers were the first professional choice; high achievement orientation and sense of personal control were related to aspirations for jobs. Keeping in view the above, the present study was conducted to assess the aspirations among girls for opting higher education. Semi structured interview schedule and informal group discussions were conducted with randomly selected 200 girls studying in Chandigarh city to assess the aspiration for pursuing higher education. It was found that girls choose higher education for social reason (90%) as their father inspire more than to mother. While choosing field of study aptitude 67%, knowledge 9% and physical fitness 56% etc. were the reasons shared by girls. Girls aspire to be equal and competitive with boys. They do not want to remain in the image of "housewife" as they aspire to opt some constructive job and contribute in the family income. Further they go for college education to empowered economically (80%) and socially (100%). It is concluded that government programs and policies are boosting up the community in making them literate and skill development.

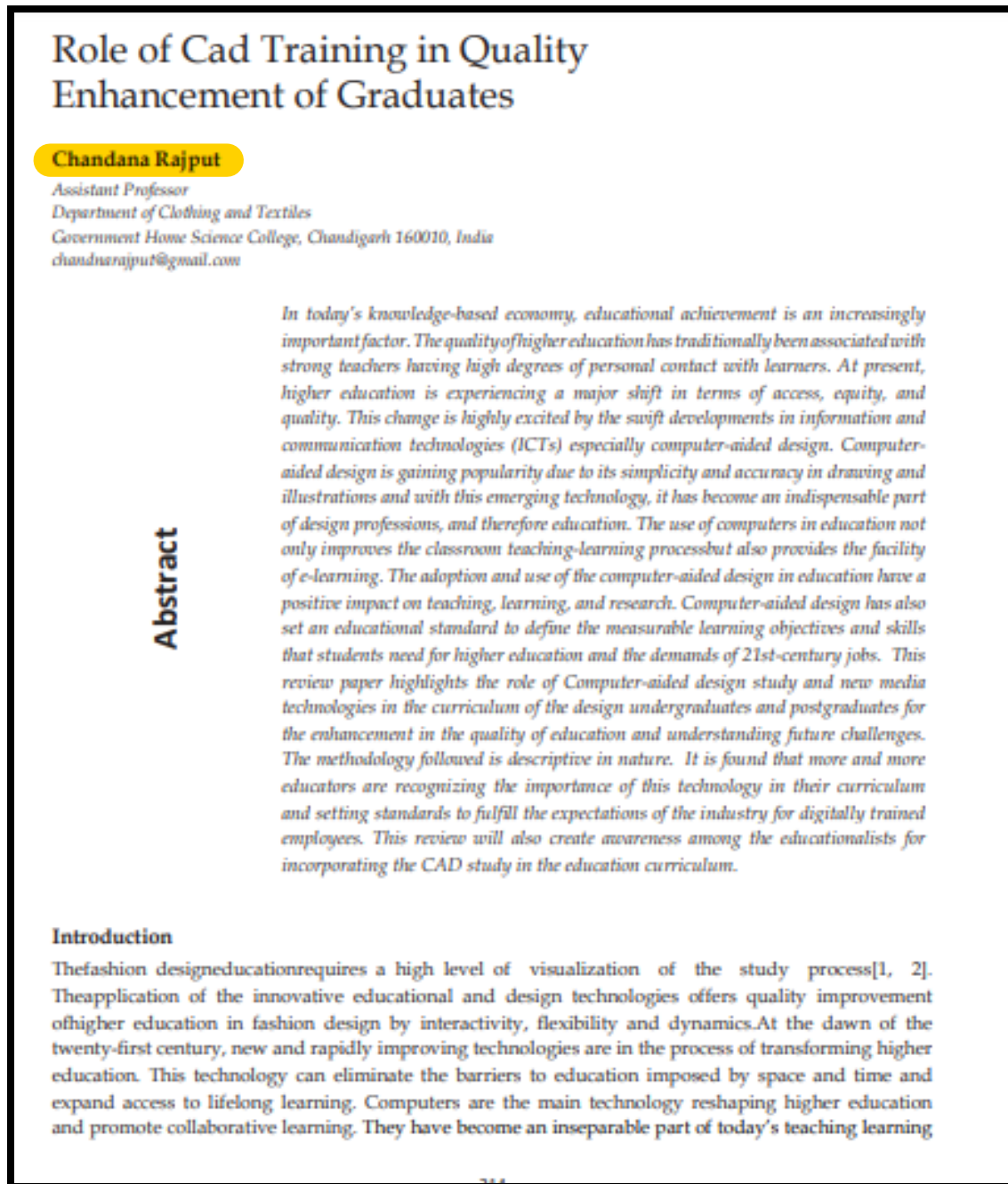
Introduction

Higher education is tertiary education leading to award of an academic degree. It is also called post-secondary education, final stage of formal learning. It also empowers and provides the freedom for excellence for the female society. The present scenario witnesses a decent number of women from relegated section are in the higher education. The scholarship or financial support and the support of the family are like a catalyst in bringing the change in their roles, status and position of women in society through the promotion of education. Importance to higher education was given in Eleventh Five-Year Plan (2007-12). The government established central universities, undergraduate college, research centers

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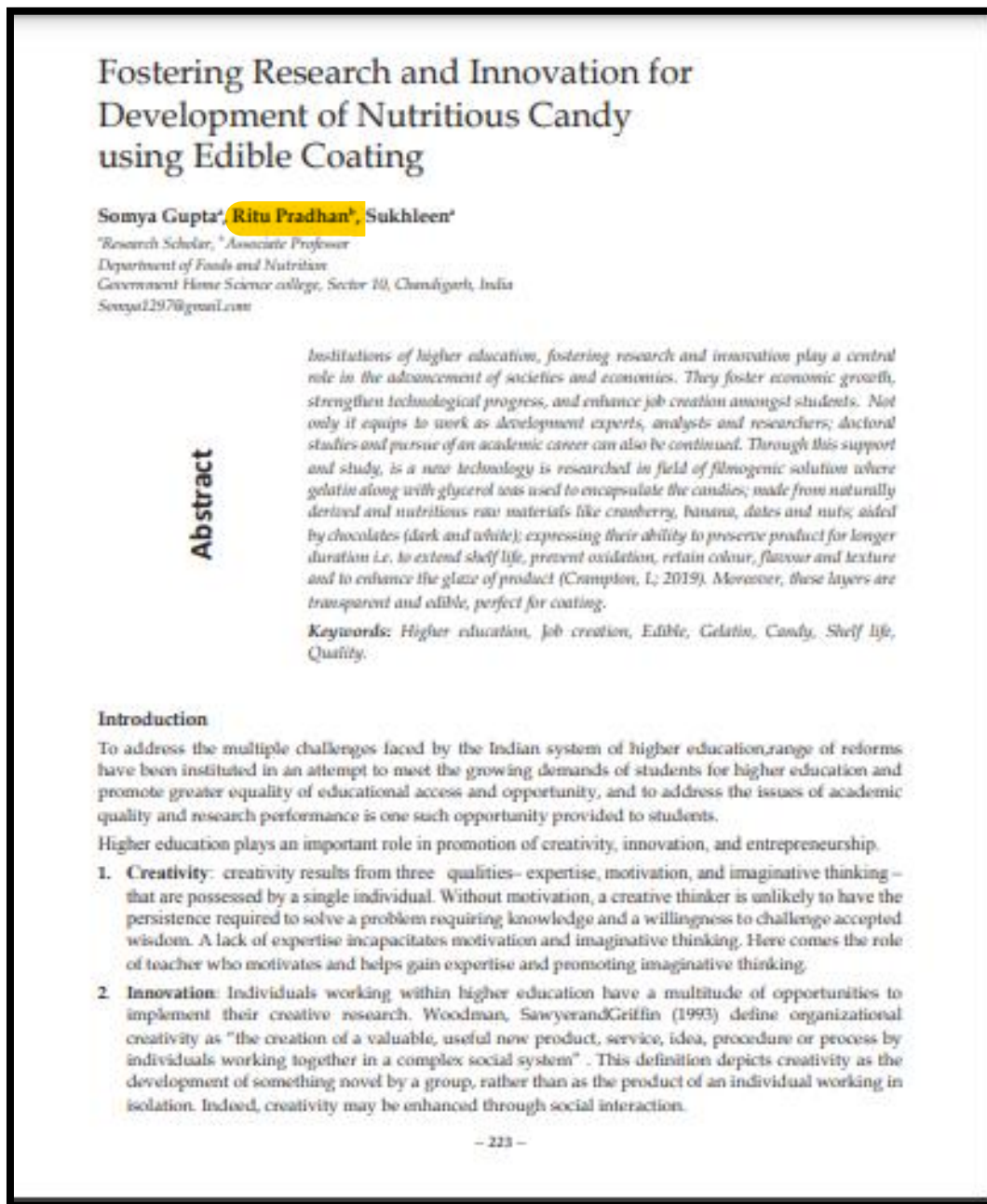
50. Role of Cad Training in Quality Enhancement of Graduates

Screenshot of the chapter:



51. Fostering Research and Innovations for Development of Nutritious Candy using Edible Coating

Screenshot of the chapter:



52. Enhancing Sustainability through Higher Education: Utilizing Boutique's Waste into Sustainable Product

Screenshot of the chapter:

Enhancing Sustainability through Higher Education: Utilizing Boutique's Waste into Sustainable Product

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ABSTRACT

The existence of the waste generated from all human activities with various industrial activities to improve their quality of life, can't be separated from the negative impact on the ecological balance and environmental sustainability. Textile Industry is almost the most essential consumer goods industry. However, it is also accused of being one of the most polluting industries. The staggering statistics of the number of clothes that end up in landfills is not news – in fact, what is new information is that landfills are brimming with so much urban waste that by 2050, India is reportedly going to need a landfill that's the size of its capital, New Delhi (as claimed by a joint report by Assocham and accounting firm PwC). This paper throws light on managing boutique waste which poses a threat to the environment. The methods suggested will drive a campaign towards utilizing boutique waste, and developing innovative products from the waste which in turn will help in reducing the textile waste to some extent and empower women from the underserved areas by developing their skills and capacity & providing them a sustainable livelihood.

Keywords: *Boutique's waste, Pre –post consumer waste, Women empowerment, Sustainability, Zero waste, Up-cycling.*

Introduction

Apparel and textile industry is a one of the most ancient and an established industry. Due to advancement in technologies, industrialization and rapid change in fashion there is huge production of textiles, and production is always associated with some form of pollution and waste.

Textile waste is the textile by-product of the manufacturing of garments, fabrics, yarns or fibres that are deemed unusable for its original purpose by the owner.

Textile waste can include fashion and textile industry waste, created during fibre, textile and clothing production, and consumer waste, created during consumer use and disposal. (Redress,2014). Textile waste can also be classified as:

53. Fostering innovation and research in higher education through pithora painting

Screenshot of the chapter:

Fostering Innovation and Research in Higher Education through Pithora Painting

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ABSTRACT

The main aim of the higher education is equipping students with the requisite knowledge, skills, attitudes and values to create a sustainable future. To that end, students should cultivate critical and creative thinking skills, engage in authentic interdisciplinary learning activities and develop a value system that emphasises responsibility to self, others and the planet. Highly educated people in higher education institutions are seen as national experts in their fields of study. Additionally, through research at colleges and universities, many of the innovations that we see in thousands of products that are used around the world, were made possible by creative researches in higher education institutions. One of the most important roles of institutions of higher education is to serve as well springs of innovation and creativity. Creativity is an active process necessarily involved in innovation. It is a learning habit that requires skill as well as specific understanding of the contexts in which creativity is being applied. The creative process is the heart of innovation. Thereby, Indian artisans in tribal areas dye, weave, embroider and print traditional textiles. One such art form is the pithora paintings of the Rathwa and Bhilala tribes who live in central Gujarat. Pithora paintings are traditional wall paintings where tribal Gods known locally as Pithora Dev are painted and worshipped as a form of thanksgiving. Pithora paintings are executed on three inner walls of their houses. These paintings have significance in their lives and executing the Pithora paintings in their homes brings peace, prosperity and happiness. The distinguishing feature of Pithora painting is a group of seven horses enclosed within a rectangular fence representing the seven hills that surround the geographical area. The wavy line depicts the river Narmada cuts in the painting. Therefore, establishment of ventures based on traditional art with the aid of higher education would help individuals to grow in their respective fields.

Keywords: Higher education, Innovation, pithora painting.

54. Role of Nutritious Garden in Educational Institutes

Screenshot of the chapter:

Role of Nutritious Garden in Educational Institutes

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ABSTRACT

The paper presents the role of nutrition garden in educational institutes. Nutritional garden plays an important role in meeting requirement of food, medicine, fodder and firewood. The global food and nutrition problem rest on the relationship between population and food supply. The nutritious garden is an expansion of regular work of students. There is no better way of bringing students into get in touch with with plant life than by raising flowers and vegetables in the garden. The garden in an educational institute has an important relation to aesthetics and environmental amelioration. In other words, the realistic approach to improve the food and nutritional status of people is to increase their knowledge of food production, with special awareness to crops rich in the nutrients now deficient in the common diet. Schoolyard gardens are involved as a nutrition education tool. Nutrition Garden can offer for an outdoor activity while also teaching the consequence of nutrient-diet rich. Most important, in educational institutes nutritious garden gives a first-hand experience of nature. Environmental education during the school and college period should be based on the sense of wonder and the joy of discovery. According to the survey, information provided by the states and UTs nutrition gardens has been developed in over one lakh school. Nutritious gardens are a wonderful approach to make use of the yard as a classroom, reconnect students with the natural world, their source of food, and to teach them precious gardening and agriculture concepts and skills.

Keywords: Nutrition, Food, Garden, Education, Environment and Students

Introduction

A garden is a planned space, usually outdoors, set aside for the display, cultivation, or enjoyment of plants and other forms of nature. The garden can incorporate both natural and man-made materials. In a nutritious garden, students are set to work cultivating flower and vegetable gardens. The nutritious garden is an outgrowth of regular work of students. It is an effort to get students out of doors and away from books learn practically about nature. It is a healthy realism putting more vigor and intensity into educational institutes. The nutritious-garden has an significant relation to several studies. First of these

55. उच्चतर शिक्षा में संगीत के माध्यम से जीवन स्तरोन्नति

Screenshot of the chapter:

उच्चतर शिक्षा में संगीत के माध्यम से जीवन स्तरोन्नति

प्रियंका शर्मा
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संगीत विभाग, गवर्नमेंट होम साइंस कालेज, सेक्टर 10, चंडीगढ़
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सार

मानव जीवन की कुछ ऐसी आवश्यकताएँ जिनके बिना वह अधूरा है। उन्हीं आवश्यकताओं में से एक है शिक्षा। शिक्षा हर राष्ट्र के लिए विकास और सशक्तिकरण का आधार है। उच्च शिक्षित व्यक्ति अपने अधिकारों तथा जिम्मेदारियों के बारे में अच्छी तरह से जानता है। प्रतिकूल समय के दौरान शिक्षित व्यक्ति को यह पता होता है कि कैसे उसे परिस्थितियों का सामना करना है। अच्छी शिक्षा जीवन के प्रति हमारे दृष्टिकोण को बदलती है और हमें आशावादी बनाती है। इस व्यस्त भीड़भाड़ और भ्रष्ट संसार में हर कोई एक दूसरे को हानि पहुंचाना चाहता है। ऐसे समय में उच्च शिक्षित व्यक्ति ही नहीं बल्कि अशिक्षित व्यक्ति भी संगीत के द्वारा अपने मस्तिष्क को राहत पहुंचाता है और सही निर्णय लेने में सहायक सिद्ध होता है। बढ़ती उम्र का दबाव हो या किशोरावस्था का प्रतिबल, प्रत्येक प्रकार की चिंता को कम करके संगीत मस्तिष्क में कंपन कर शक्ति प्रदान करता है। संगीत हमारे मस्तिष्क पर सकारात्मक तथा सात्विक प्रभाव डालता है। अतः उच्चतर शिक्षा के माध्यम से विद्यार्थी अपने जीवन के बौद्धिक ज्ञान, तार्किक ज्ञान, वैज्ञानिक ज्ञान व संवेदनशीलता को उन्नत कर अपनी जीवनशैली एवं जीवन को और अधिक सक्षम एवं सुदृढ़ बना सकता है।

परिचय

मानव जीवन की कुछ ऐसी आवश्यकताएँ हैं जिनके बिना वह अधूरा है। उन्हीं आवश्यकताओं में से एक है शिक्षा। शिक्षा हर राष्ट्र के लिए विकास और सशक्तिकरण का आधार है। शिक्षा आज की दुनिया की दैनिक गतिविधियों को समझने और इसमें भाग लेने में महत्वपूर्ण भूमिका निभाती है। एक शिक्षित व्यक्ति वह नहीं जो कि स्कूल जाता है, कॉलेज जाता है, बल्कि वह है जो स्थिति और साधनों के साथ उनका सही चुनाव करता है, सही निर्णय लेता है और सदुपयोग करता है। आज के समय में एक अच्छी शिक्षा के बारे में जानना बेहद जरूरी है। एक अच्छी शिक्षा केवल डिग्री प्राप्त करने के लिए नहीं होती है बल्कि अपने जीवन में उत्तम सौच के स्तर को बढ़ाने से होती है। उच्चशिक्षित व्यक्ति अपने अधिकारों तथा जिम्मेदारियों के बारे में अच्छी तरह से जानता है। शिक्षित व्यक्ति जानता है कि यह उसका अधिकार है और उसकी जिम्मेदारी है कि वह चुनाव में अपनी शक्ति का प्रयोग करे जिससे एक अच्छे राष्ट्र का निर्माण हो सके। प्रतिकूल समय के दौरान शिक्षित व्यक्ति को यह पता होता है कि कैसे उसे परिस्थितियों का सामना करना है। वह सामाजिक दुराइयों से लड़ने में सक्षम होता है। शिक्षित व्यक्ति पर्यावरण के प्रति भी जागरूक होता है। जीवन को सफल बनाने के लिए एक अच्छी शिक्षा का होना आवश्यक है। अच्छी शिक्षा जीवन के प्रति हमारे दृष्टिकोण को बदलती है और हमें आशावादी बनाती है। शिक्षा केवल सूचनाओं के आदान प्रदान और पूर्व निर्धारित निर्देशों के बारे में ही नहीं है, बल्कि यह एक प्रवेशद्वार है जो हमारी रचनात्मक और कल्पनाशील क्षमताओं को खोलता है। इस व्यस्त भीड़भाड़ और भ्रष्ट संसार में हर कोई एक दूसरे को हानि पहुंचाना चाहता है, ऐसे कठिन समय में

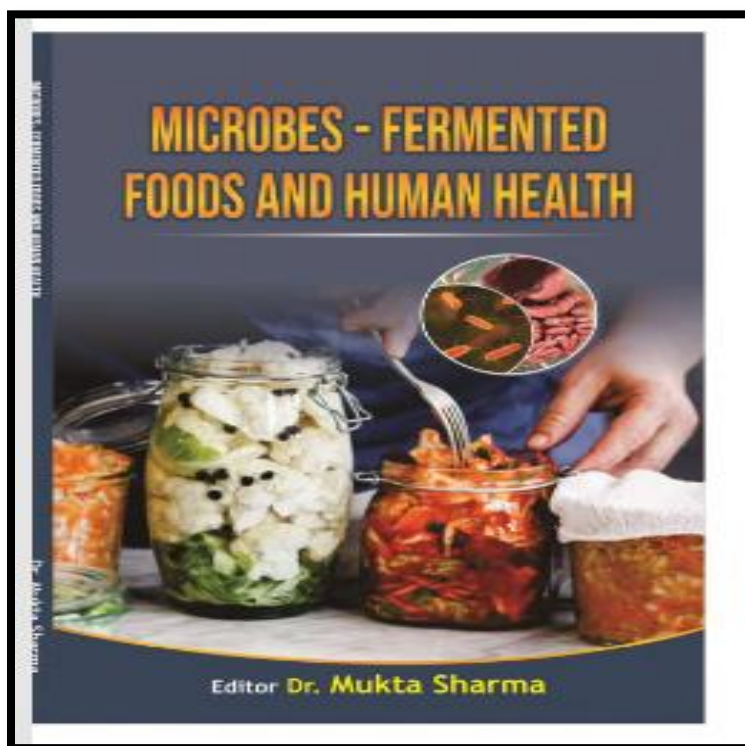
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56. Health enhancement of Human Health with Diversity of Fermented Foods

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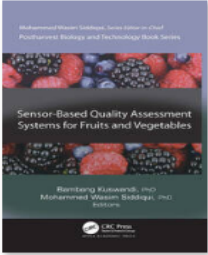


57. Sensory based quality assessment systems for fruits and vegetables

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Book

Sensor-Based Quality Assessment Systems for Fruits and Vegetables

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Chapter

IR Spectroscopy for Quality of Fruits and Vegetables

By Vasudha Bansal, Nitya Sharma

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ABSTRACT

Sensor-based evaluation of the quality of fresh produce (fruits and vegetables) is in great demand owing to the accurate detection and lower time consumption. Thereby, detection of quality of fruits and vegetables using non-destructive (ND) infra-red spectroscopy (IR) offers the huge potential in postharvest. The investigation of the quality of fresh produce using physical parameters (in terms of shape, color, tissue injury, and browning) plays an inevitable role in their visible acceptance by consumers. In addition, the rapid detection of chemical composition in terms of total soluble solids, phenolic compounds, and sugars add strength to the competitive acceptance in the international and national market. Therefore, the optimization of IR parameters for quality evaluation of fruits and vegetables is efficacious in preventing the wastage of fresh produce.

58. Chemometrics and Cheminformatics in Aquatic Toxicology

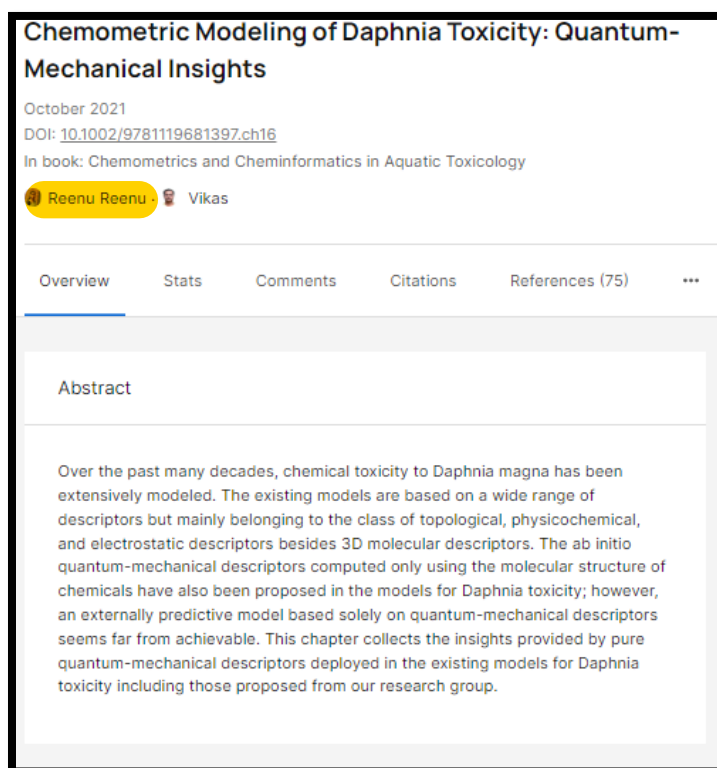
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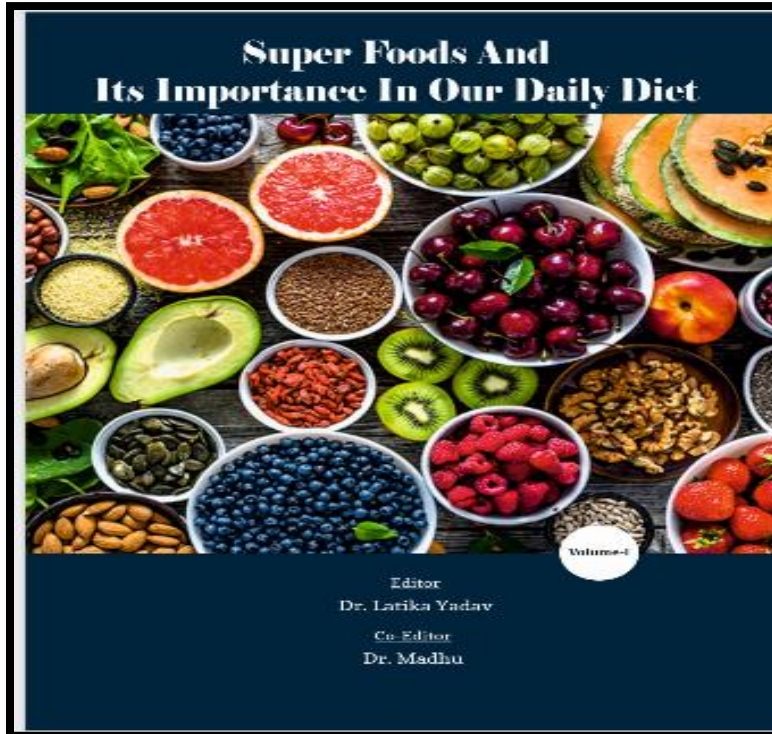
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59. Green Tea: Importance and Health Benefits

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