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VISION

The vision of the journals is to provide an academic platform to scholars all over the world to publish their novel, original, empirical and high quality research work. It propose to encourage research relating to latest trends and practices in international business, finance, banking, service marketing, human resource management, corporate governance, social responsibility and emerging paradigms in allied areas of management. It intends to reach the researcher's with plethora of knowledge to generate a pool of research content and propose problem solving models to address the current and emerging issues at the national and international level. Further, it aims to share and disseminate the empirical research findings with academia, industry, policy makers, and consultants with an approach to incorporate the research recommendations for the benefit of one and all.



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INNOVATIVE TECHNOLOGIES IN THE FORMATION OF STUDENTS' ENTREPRENEURIAL SKILLS

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ABSTRACT

The article highlights the innovative approach to the social and economic development of society today and the implications of innovation in the learning process. It also highlights the growing need for and application of innovative pedagogical technology in developing entrepreneurial skills in socio-economic development. Innovation is relevant and important, and it is the new approaches that have developed in one system. They are born on the basis of initiatives and innovations that are promising for the development of educational content and have a positive impact on the development of the education system as a whole. Through these, it is possible to improve the qualitative aspects of the educational process, reflecting the process of generating the qualities that will be formed by future professionals, and to achieve greater efficiency in this field. Professionalism, competence, talent and work experience of educators play an important role in the effective use of educational innovations. The greater the professionalism, competence and experience of a teacher, the more actively he or she will apply the innovations in education and achieve effective results. It is possible to note the various innovative technologies used in education. These include problem-based and game technology, technology for team and teamwork, ways to analyze different situations, ways to collaborate in education, creative learning, conference lectures, lectures, visuals, disputed lectures and more.

KEYWORDS: Innovation, innovative pedagogical technology, directions of educational innovation, essence of pedagogical innovation, purpose of pedagogical innovation, necessity of using innovative pedagogical technologies.

INTRODUCTION

The changes taking place in today's information age are introducing innovative approaches to modern education. In particular, the training of students to become full-fledged participants in society requires their patriotic upbringing, independent thinking and creative thinking. To achieve the goals set in the Action Plan, identified in the Action Plan for 2017-2021, the focus is mainly on the innovative provision of the education system that meets the socio-economic challenge and the innovative nature of the economy.

Promoting research and innovation in the development of education and science, creating effective mechanisms for the implementation of scientific and innovative achievements is one of the priorities.

To achieve the desired result, the main task of innovative technologies as a science is to open up all the laws, effectively and consecutively, that require minimal time, material and intellectual resources to be installed and applied in practice.

There is an urgent need for the development and application of modern innovative educational technologies to increase the knowledge and creative activity of students in the education system and to improve the quality of their education.

Analysis and results

Innovation is relevant and important, and it is the new approaches that have developed in one system. They are born on the basis of initiatives and innovations that are promising for the development of educational content and have a positive impact on the development of the education system as a whole. Innovation is the end result of which technology, forms and methods in a particular area of production or production, a new approach to problem solving, or the use of a new technological process can lead to greater success.

Today classification of innovation in education is approved as follows:

- **1.** Depending on the direction of activity (pedagogical process, management).
- **2.** By the description of the changes (radical, modified, combined).
- **3.** By the scale of changes (local, modular, system).
- 4. According to source of origin (for this team, either internally or externally).



The use of pedagogical innovation is a process that prepares future professionals to work in new environments. It means understanding the purpose, content, character, principles, and methods of selecting, collecting, applying, and establishing a system of methodological recommendations for their use. Through these, it is possible to improve the qualitative aspects of the educational process, reflecting the process of generating the qualities that will be formed by future professionals, and to achieve greater efficiency in this field. Pedagogical innovation is a comprehensive, multifaceted, complex and creative organizational and pedagogical activity that creates a promising and effective method of teaching and learning.

Introduction of significant positive effects in the education system: new concepts, DTS, alternative curricula and programs, state programs for introduction of information technologies in education, the state plan and program for introduction of Internet and distance education, as well as the current Further revitalization of new educational institutions and similar directions based on modern requirements is the goal of pedagogical innovation. $\Box 2\Box$

In today's context, the growing need for innovative pedagogical technologies in the development of economic culture and education, entrepreneurial skills and skills in the society is linked to several aspects.

First, there is a social and economic modernization in our society and in all areas of our society. The education system is no exception. In pedagogical innovation, it is essential for teachers to learn, organize, and use pedagogical innovations that are specific to the economy and entrepreneurship, as evidenced by the modernization of the education system.

Secondly, increasing the number of modern disciplines, economic changes, increasing the amount of information related to entrepreneurial activity and the introduction of new disciplines increase the need for organization of education on the basis of new technologies. In this case, the role of pedagogical knowledge in shaping economic education and entrepreneurial skills in the pedagogical environment will increase.

Third, it is necessary to change the attitude of educators to learning and applying innovative technologies in developing entrepreneurial skills. Our modern educators, unlike previous educators, have a new pedagogical technology that can be used in the education system, with great modern economic knowledge, data and experience. In today's socio-economic life, it is necessary to increase the weight of these educators with modern experience and knowledge, and to adapt and change the attitude of our teachers.

Fourth, in the course of economic education, there is an increasing demand for the use of information technology - the use of new computer technologies, electronic textbooks, video materials, photographic materials and the Internet to teach innovative methods to develop entrepreneurial skills and competencies. All this gives the teacher the task of continuous searching and learning.

It is possible to note the various innovative technologies used in education. These include problem-based and game technology, technology for team and teamwork, ways to analyze different situations, ways to collaborate in education, creative learning, conference lectures, lectures, visuals, disputed lectures and more.

In practice, we can see that the use of innovative technologies in education allows for rapid and qualitatively positive results in the development of skills and competencies. Also, the use of different innovative methods will increase students' interest in enriching their academic knowledge, increase their motivation, and ultimately result in effective solutions to complex issues.

The development of pedagogical innovation in our country is connected with the emerging contradictions between the demand for the rapid development of a broad public-pedagogical movement and the inability of teachers to do so. The commonality of news use is expanding.

Based on this, in order to select and apply pedagogical innovations we think that it is necessary to:

- Development of scientific and methodological assistance in the identification and implementation of information, as well as its application;

- improvement of the system of preparation of guidelines, programs and methodical recommendations for publication and transfer to the pedagogical press;

- creation and development of a continuous set of best practices for the implementation of innovative processes;

- study, comparison and preparation of recommendations in the field of education in foreign countries;

- accelerating the training of practitioners, training, exchange of experience;

- expanding cooperation with scientists, researchers in the field of education;

- dynamic monitoring of innovation implementation;

- Conducting scientific-practical councils, conferences on innovation.

Collecting scientific findings using pedagogical innovations mainly involves publishing, promoting, communicating to a wide range of pedagogical teams, scientific and pedagogical staff, obtaining their suggestions and feedback, and improving the innovation based on experimental results. The systematic approach is effective in the implementation of identified programs.

Professionalism, competence, talent and work experience of educators play an important role in the effective use of educational innovations. The greater the professionalism, competence and experience of a teacher, the more actively he or she will apply the innovations in education and achieve effective results.

CONCLUSION/RECOMMENDATIONS

In summary, the need for assimilation and creation of novelty dictated the emergence of a new scientific direction, "pedagogical innovation." It can be used as a basis for students to discover new aspects of entrepreneurship through pedagogical innovation. The neology of entrepreneurship identifies and examines innovation, challenges of learning, evaluating and assimilating new aspects of cooperation.

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A PRE-EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING EATING DISORDERS AMONG ADOLESCENT GIRLS IN SELECTED HIGH SCHOOLS AT MUKERIAN,PUNJAB.

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ABSTRACT

Adolescent is a delicate phase of life. Many teens are concerned about how they look and can feel self conscious about their body. This concern aggravates more when they are going through puberty and undergo dramatic physical changes and face new social pressures which results in eating disorders. Eating disorders are one of the most common psychiatric problems faced by adolescent girls. Anorexia nervosa involves severely dieting, fasting and often exercising compulsively. Bulimia nervosa is characterized by recurrent episodes of overeating which were followed by attempts to minimize the effects of overeating by vomiting, exercise, fasting. A quantitative research approach and pre-experimental one group pretest-posttest research design was used. Total 50 sample of high school adolescent girls were selected by purposive sampling technique. Data collection was done through self structured knowledge questionnaire. The collected data were analysed by calculating frequency, percentage, mean, standard deviation, and 't'test and F test. As per overall pre-test knowledge and 4% of them had good knowledge regarding Eating Disorders. After structured teaching programme most of adolescent girls i.e. 96% had good knowledge, 4% had average knowledge and none of them had poor knowledge.

The difference between the mean pre-test and post-test score was statistically significant at p<0.001 level. Structured teaching programme was an effective tool in improving knowledge of adolescent girls regarding eating disorders.

KEYWORDS: Knowledge, Adolescent Girls, Eating Disorders

INTRODUCTION

Adolescence is a delicate phase of life. It is one of the most challenging periods in human development. Almost every organ in the body grows during this period. The nutritional requirements increase during this period as nutritional status and physical growth are interdependent. In adolescent girls the adequate nutrition is a prerequisite for achieving optimal growth and development. However many teenage girls rarely relate today's food habits to tomorrow's health.¹

Many adolescent girls are concerned about their look and feel self conscious about their body. This concern aggravates more when they are going through puberty and undergo dramatic physical changes and face new social pressures which results in eating disorders. Eating disorders are the group of conditions characterized by abnormal eating habits that involve either insufficient or excessive food intake which affect an individual's physical and emotional health.²

According to Anorexia Support Group, 2016 India places third in rate of eating disorder in the world. India's eating disorder cases have grown at an alarming rate, by 5 to 10 times in the past decade with nearly 26% of female suffer from eating disorders. It is one of the most common psychiatric problems faced by adolescents in India. Eating disorders often occur in girls, especially with 26.67 % of adolescent's girls.³

Anorexia nervosa involves severely dieting, fasting and often exercising compulsively. Bulimia nervosa is characterized by recurrent episodes of overeating which were followed by attempts to minimize the effects of overeating by vomiting, exercise, fasting. 90% of cases of anorexia and bulimia nervosa are of women. Parents are largely responsible for shaping a child's body image and eating pattern.⁴

According to a report by National Association of Anorexia Nervosa and Associated Disorders, 2015 Anorexia is the third most common chronic illness among adolescents. The mortality rate associated with anorexia nervosa is 12 times higher than the death rate associated with all causes of death for females 15-24 years old.⁵

Objectives

- To assess the pre-test level of knowledge regarding eating disorders among adolescent girls.
- To assess the post-test level of knowledge regarding eating disorders among adolescent girls.
- To compare the pre-test and post-test level of knowledge regarding eating disorders among adolescent girls.
- To find out the relationship of the pre- test and post- test level of knowledge regarding eating disorders among adolescent girls with selected demographic variables.

Hypothesis

H₁- There is significant difference between pre-test and post-test knowledge regarding eating disorders among adolescent girls after structured teaching programme.

MATERIAL AND METHODS

A pre experimetal onegroup pretest -posttest design was adopted to evaluate the effectiveness of structured teaching programme on knowledge regarding eating disorders among adolescent girls in selected high schools. The conceptual framework used to guide the study was "Daniel .I. Stuffle Beam's Evaluation Model" Adolescent girls from selected high schools were selected by non probability purposive sampling. A total 50 adolescent girls from selected high schools situated in Mukerian, Punjab.

Description of study tool:

The tool for data collection consists of 2 parts:

Part I: Demographic Variables.

This part consisted of 8 items obtaining personal information about subjects regarding age, educational level, religion, family's monthly income, type of family, area of residence, dietary pattern and any previous information regarding eating disorders.

Part II: Self Structured Knowledge Questionnaire.

This questionnaire consists of 24 items of multiple choice questions to evaluate the knowledge regarding eating disorders among adolescent girls. Each item contains one correct answer among the four options. Each correct answer carries 1 mark and unattempted or wrong answer carries 0 mark.

Acnost	Number of items

Aspect	Number of items
Eating disorders	8
Anorexia Nervosa	8
Bulimia Nervosa	8
Total	24

RESULTS

TABLE-1 FREQUENCY AND PERCENTAGE DISTRIBUTION OF SAMPLE CHARACTERISTICS N=50

		-
SAMPLE CHARACTERSTICS	FREQUENCY(n)	PERCENTAGE (%)
Age		
14yrs-15yrs	31	62
16yrs-17yrs	19	38
Educational level		
9 th Standard	26	52
10 th Standard	24	48
Religion		
Hindu	33	66
Sikh	13	26

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Muslim	1	2
Christian	3	6
Family's monthly income		
≤Rs.10,000	28	56
Rs. 10,001-Rs.20,000	11	22
Rs. 20,001-Rs.30,000	8	16
≥Rs 30,000	3	6
Type of family		
Nuclear family	33	66
Joint family	17	34
Area of residence		
Rural	30	60
Urban	20	40
Dietary pattern		
Vegetarian	45	90
Non-vegetarian	5	10
Any previous source of information		
regarding eating disorders		
News paper, magazine	1	2
Internet, radio, T.V.	0	0
Friends and relatives	1	2
Not any source	48	96

Table 1 depicts that out of 50 adolescent girls, 62% were 14-15 years of age and majority of them i.e. 52% were in 9th standard and 66% were Hindu, 56% had family's monthly income less than and equal to Rs.10, 000 per month, 66.0% were from nuclear family, 60% were from rural area, 90% were vegetarian, 96% had no source of information regarding eating disorders.

TABLE-2 FREQUENCY AND PERCENTAGE DISTRIBUTION OF ADOLESCENT GIRLS ACCORDING TO OVERALL PRE-TEST KNOWLEDGE SCORE REGARDING EATING DISORDERS. N=50

		Pre-test	
Levels of knowledge	Criterion measures	Frequency (n)	Percentage (%)
Good	>70%	2	4.0
Average	36-70%	2	4.0
Poor	≤35%	46	92.0
al		50	100

Minimum Knowledge score=0

Table 2 depicts that in the pre-test 92% adolescent girls had poor knowledge, 4% had average knowledge and 4% of them had good knowledge.

TABLE-3 FREQUENCY AND PERCENTAGE DISTRIBUTION OF ADOLESCENT GIRLS ACCORDING TO OVERALL POST-TEST KNOWLEDGE SCORE REGARDING EATING DISORDERS. N=50

Post-test				
Levels of knowledge	Criterion measures	Frequency (n)	Percentage (%)	
Good	>70%	48	96.0	
Average	36-70%	2	4.0	
Poor	≤35%	0	0	
Total		50	100	

Maximum knowledge score=24

Minimum knowledge score=0

The data in **Table 3** depicts that in the post-test 96% adolescent girls had good knowledge, 4% had average knowledge and none of them had poor knowledge.

TABLE 4ASPECT WISE COMPARISON OF MEAN PRE-TEST AND POST-TESTSCORE OF ADOLESCENT GIRLS REGARDING EATING DISORDERS TO FINDOUT THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME N=50

Aspects Of Eating Disorders		Knowledge score					't' value	df
	Pre test	t		Post To	est			
	Mean Score	SD	Mean %	Mean Score	SD	Mean %		
Fating	1.08	1 397	13.5	6.62	1 105	82 75	23 1/11*	/0
disorders Anorexia	1.26	1.209	15.75	6.76	0.960	84.5	27.156*	77
Nervosa Bulimia Nervosa	0.96	1.355	12	6.82	1.082	85.25	23.372*	
TOTAL		3.3		41.25	20.2	2	252.5	

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Maximum score=24 Minimum score=0 *Significant at p<0.05 level

Table 4 The highest pre-test mean percentage in aspect of anorexia nervosa was 15.75% and SD was 1.209 and lowest pre-test mean percentage in aspect of bulimia nervosa was 12% and SD was 1.355.

The highest post-test mean percentage in aspect of bulimia nervosa was 85.25% and SD was 1.082 and lowest post-test mean percentage in aspect of eating disorders was 82.75% and SD was 1.105.

TABLE: 5 COMPARISON OF OVERALL MEAN PRE TEST AND POST TEST KNOWLEDGE SCORE ON EATING DISORDERS AMONG ADOLESCENT GIRLS

	N=50							
	Pre test and post test mean score							
	Ν	Mean	SD	SE Mean	Mean difference	df	't'	
Pre test	50	3.30	3.495	0.494	16 72	49	30.629*	
Post test	50	20.02	2.325	0.329	10.72			

Maximum score= 24

*Significant at p< 0.05

Minimum score=0

Table 5 depicts that mean pre-test and mean post-test score of adolescent girls regarding eating disorders were 3.30 and 20.02 respectively. The difference between the mean pre-test and mean post-test score was 16.72 and the calculated't' value was 30.629 which was statistically significant at p<0.05 level. Hence, the research hypothesis H_1 was accepted.

TABLE – 6 RELATIONSHIP BETWEEN PRE TEST AND POST TEST KNOWLEDGE
SCORES WITH SELECTED DEMOGRAPHIC VARIABLES

Sample]	Pre test s	score		Po	st test Sc	ore		
Characterstics										
	n	Mean	SD	df	Test	n	Mean	SD	df	Test
Age										
14yrs-15yrs	31	2.61	1.498	49	$t=1.817^{NS}$	31	19.58	2.527	49	$t=1.741^{NS}$
16yrs-17yrs	19	4.42	5.231			19	20.74	1.790		
Educational level										
9 th Standard	26	2.73	1.511	49	t=1.204 ^{NS}	26	19.73	2.662	49	$t = 0.914^{NS}$
10 th Standard	24	3.92	4.772			24	20.33	1.903		
Religion										
Hindu	33	2.61	1.749	3	$F=1.602^{NS}$	33	20.21	2.559	3	$F=0.249^{NS}$
Sikh	13	5.00	5.817	46		13	19.54	1.898	46	
Muslim	1	2.00	-			1	20.00	2.000		
Christian	3	4.00	4.359			3	20.00	2.325		
Family's monthly in	come (i	in rupees)							

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≤10,000 10,001-20,000	28 11	3.32 2.64	3.580 1.027	3 46	F=.269 ^{NS}	28 11	19.64 20.09	2.512 2.468	3 46	F=0.862 ^{NS}
20,001-30,000 ≥30,001	8 3	4.13 3.33	5.643 2.082			8 3	21.12 20.02	1.642 .577		
Nuclear family Joint family	33 17	3.39 3.12	4.123 1.833	49	t=0.262 ^{NS}	33 17	19.55 20.94	2.333 2.076	49	t=2.07*
Area of residence Rural Urban	30 20	3.70 2.70	4.203	49	t=0.991 ^{NS}	30 20	19.57 20.70	2.473 1 949	49	t=1.722 ^{NS}
Dietary pattern Vegetarian	45	3.22	3.573	49	t=0.468 ^{NS}	45	20.13	2.322	49	t=1.035 ^{NS}
Non-vegatarian Source of information	5 on 1	4.00	2.915	2	F-71 3 [*]	5	19.00 21.00	2.345	2	E-0.087 ^{NS}
magazine Radio,internet,T.V.	-	-	-	2 47	p=.001	-	-	-	2 47	1-0.007
Friends and relatives Not any source	1 48	18.00 2.69	- 1.776		-	1 48	20.00 20.00	- 2.370		

NS -Non significant

* Significant at p<0.05 level

Table 6 reveals that source of information in pre-test and type of family in post-test were statistically significant at 0.05 level and other demographic variables were not significant.

DISCUSSION

The current study focused on effectiveness of structured teaching programme on knowledge regarding eating disorders among adolescent girls in selected high schools at Mukerian, Punjab. A quantitative approach was used. A pre experimental onegroup pretest- posttest design was used. Data was collected from 50 adolescent girls from selected high schools by using non probability purposive sampling. Throughout the study, due care was taken to minimize bias and enhance the validity of the study findings. Present study has strong methodology that has improved on those used in previous research in this area.

The findings of the present study revealed that 92% adolescent girls had poor knowledge, 4% had average knowledge and 4% of them had good knowledge during pre-test regarding eating disorders and during posttest 96% adolescent girls had good knowledge, 4% had average knowledge and none of them had poor knowledge. The findings of the present study are consistent with results of study conducted by **Bhardwaj UD, Khan M, Rani S. 2010**⁶ to evaluate the effectiveness of structured teaching programme on knowledge of adolescent regarding obesity and lifestyle modification at Delhi. The result revealed that in pre-test 20% adolescents had average knowledge and 80% adolescents had below average knowledge where as in post test 92.5% adolescent had above average knowledge and 7.5% adolescent had average knowledge.

The findings of the present study revealed that mean pre-test and mean post-test score of adolescent girls regarding eating disorders were 3.30 and 20.02 respectively. The difference between the mean pre-test and mean post-test score was 16.72 and the calculated't' value was 30.629 which was statistically significant at p<0.05 level. The findings of the present study are

consistent with results of study conducted by **Shriharsha C. 2014**⁷ to assess the effectiveness of structured teaching programme on knowledge about eating disorders among adolescent girls. The result revealed that the mean pre-test and post-test knowledge score was 8.92 and 19.42 respectively. The difference between the pre-test and posttest knowledge was 10.05 and calculated't' value was 24.08 which was statistically significant at 0.05 level.

The findings of present study revealed that that in both pre-test and post-test, age, educational level, religion, family's monthly income, type of family, area of residence, dietary pattern and source of information had no impact on knowledge of adolescent girls regarding eating disorders whereas in type of family there post-test is significant and pre-test is not significant. In source of information significant is found in pre-test and post-test is not significant.

CONCLUSION

Based on the findings of present study, it was found that the knowledge score of adolescent girls was improved after structured teaching programme. Thus structured teaching programme was an effective tool in improving knowledge of adolescent girls regarding eating disorders.

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TRADITIONAL PLANT AND SHURB USED BY THE GUJJAR AND BAKARWAL TRIBE OF DISTRICT POONCH, JAMMU AND KASHMIR (INDIA)

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ABSTRACT

The use of medical plant and Shrubs by the Gujjar and Bakarwal represents a long history on the earth planet. The survival of human beings on the earth surface is dependent on one another for the survival of good live hoods. The major segmentation of Gujjars and Bakarwal population contributes to the study area and lives in the neighboring forest for their purpose of pasture. The rearing of cattle buffalo goats sheep are the primary occupation and the source of income, and hence they migrate from one place to another place. The Gujjar and Bakarwal spend their lives for the domestication of animals for fulfills their needs such as food, fodder clothing, housing and for medicine they use such natural traditional plants and shrubs. Throughout the world, the importance and value of traditional knowledge of medical plants increase day by day. The knowledge of traditional shrubs carried out by Gujjar and Bkarwhal. They make use of the Shrubs to cure different ailments. They used a different part of the medical plants such as roots, flowers, barks, fruit, leaf, wood, etc. Sometimes the whole plant is used. The herbal plants and shrubs used by this tribe are to treat different diseases joint pain, headache, toothache, skin problem, stomach problems, cut and wounds, body pain, vomiting, fever, juidence, dysentery, heart problem, infections, and gastro problem, etc. They use different methods to prepared include powder, juice, oil, paste, extract, smoke, and raw material.

KEYWORDS: *Gujjar and Bakarwal Tribe; Traditional Health Care System; Medicinal Plants; Conservation;*

1. INTRODUCTION

"The art of medicine consists of amusing the patient while Nature cures the disease (Voltaire). Plant-based medicines are more effective, safe and inexpensive are gaining popularity among both rural and urban areas. There is no awareness traditional medical plants and shrubs in the world. The poor quality of medicines reported worldwide because of the Globalization of the pharmaceutical industry rapidly spread. Information from ethnic groups or indigenous traditional medicine has played a vital role in the discovery of novel products from plants as chemotherapeutic agents (Katewa et al., 2004). Traditional remedies and method for the treatment of the various communicable and non-communicable diseases is still alive among the Gujjar and Bakarwhal community of Poonch District of Jammu and Kashmir. Other tribes like Paharies, Kashmiri also inhabit the study area but this tribe Gujjar and Bakarwhal mainly depend on forest products for fulfilling their daily needs such as food, fodder, fuel, medicines, etc. Due to the remoteness of these tribal people, they are economically weak due lack of modern facilities. There is no research work have reported information on Medical plants and shrubs used by Gujjar and Bakerwhal community from this region. Therefore, in this paper an attempted has been made to analyze and investigate the important medical plants and shrubs and their traditional method of treat and cure the verity of the species by this tribe in poonch. Information provided includes Botanical Name, Family Name, Local Name, Habitat, Part used, Used against, and brief preparation of the reported plant species is presented in the present work.

During the thousands of years of early human existence many natural materials were identified for combating human ailments either by instinct or by intuition, or trial and error (Kaul et al., 1987). As per the district Poonch of Jammu and Kashmir is concerned, it is populated by several ethnic groups *such as Bakarwal, Gujjars and Shepherds living in different places of Poonch district like Mendhar, Balakote, Mandi, Sathra, Mahrote, Chandimarh, Kumbali, Sailain, Dandi Dhara, Gunthal, Sangla, Fazalabad ,Bahar top.* The Gujjars herds the cow and buffalo and Bakerwals are herds goat, sheep, cattle, and horses. Some Gujjar have permanent settle in plain but the Bakarwhal are nomadic move from place to place in the search of fodder and pasture and adjust themselves on the high altitudes. The life of Bakarwhal is very tough in the high altitude of Himalaya and pir panjal region because they face many problems on climatic variation and lack of other basic facilities. During, summer they move from plain to upper hills with their buffalos, cows, goats, sheep, horses and livestock. During, winter however they move warm place with their animals and stock. This tribe has their own knowledge on traditional medical plants and shrubs. The people of this tribe have faith on herbal plants and they use vaidly from since generation.

The ethnic tribal communities have adopted local and traditional means of healing systems (Singh and Lal, 2008). Tribal communities, especially in the developing countries have always used local plant diversity to meet their needs of food, fuel, medicine and variety of other requirements (Pandey, 2009).

2. Study Area

Poonch district of Jammu and Kashmir state is located at the actual line of control between India and Pakistan. It is bounded by Rajouri district towards south and Baramulla towards the north, Kulgam towards East. The district Poonch belongs to Northern India. It is 86 km away from summer capital Srinagar and 250 km away from winter capital Jammu. The climate of Poonch district is very pleasant, summer is very short and winter occupies a long root. The summer

temperature generally does nor across 31 degrees. Winter are cool and characterized with rainfall due to the winter distribution, snowfall is uncommon but may occur in a cooler month like November to march. Rainfall is 669 millimeters in the wettest months. Presently Poonch district of Jammu and Kashmir is divided into six tehsils Haveli Tehsil, Mandi Tehsil, Mendhar Tehsil, Surankote Tehsil, Mankote, Balakote tehsil. Poonch district is also divided into 6 Blocks, 229 Panchyates, 201 villages. The people of Poonch district speak Urdu, Pahari, Gojri and English language for communication. The Gujjar-Bakarwhal community occupies much of the area of the district. The concentration of Gujjar and Bakarwhal in Poonch district 36.6 percent as per the census of 2011. During summer, these people seasonally migrate upper reaches with their stocks for the purpose of pasture. The life-stock mostly comprises of buffaloes, sheep, goats, and horses. Gujjar and Bakarwhal use horses to carry their luggage from place to place. At the upper reaches, they stay in the tent house or ordinary houses that are made by the stone and mud and their cattle, buffaloes live in the open space. The place they stay during summer is called Doaks. They are migrate from Mendhar, Surankote, Balakote, Poonch Mandi, Mahrote, Sanie, Shaindara, Dandi Dhara, to Tarkana, Hill kaka, Sari Mastan, Dhar these people use natural shrubs for the treatment against diseases. They use various herbal shrubs locally known as Shamlu, Kalo Gandoo, Kooch, Haaand, Neela thaari, Darak, Phalwhari, Hardhul, kooth, Madashak, Guggal etc.



Location map of study area of District Poonch Jammu & Kashmir India

Source:-www.poonch.gov.in

3. MATERIAL AND METHOD:-

The study area selected in this view high concentrations of Gujjar and Bakarwhal lies in the district. This tribe is a nomadic move from one place to another in search of food fodder, shelter, and pasture. Whole people of this tribe know about the traditions of medical plants and shrubs. For this purpose, a field survey conducts to collect deep information related to this paper. The interaction with the people is face to face in the local language (i.e.) Gojri and Bakarwali and some structured questionnaires. The survey conducts densely populated villages such as Mahrote, Gunthal, Sangla, Dhara, Dandi Dhara, Fazalabad, Buffaliz, Chandimarh, Kumbali, Bahar, etc. Most information collected by old age men and women's because they know very deep secrecy about such Medical plants. Information also collected the flock women of this tribe because they are also associated with the milch animal and they move from place to place for collecting fodder. The most experienced man of this tribe related knowledge about medical shrubs and plant is locally known as "Hakims" were frequently give advice when any member of the community becomes sick. The Gujjar and Bakarwhal tribe of this study area also know about animal diseases and give treatment to them when they became ill. This tribe is less aware of your health but much aware of your cattle and pets. We also know in the study area this tribe is the largest supplier of milk to other communities. During the field survey, we absorb that this tribe is the total lack of basic facilities such as Education, health, electricity, etc and weaker economically because of the backwardness.

TABLE 1:-TRADITIONAL MEDICAL PLANTS AND SHRUBS USED BY GUJJAR AND BAKARWHAL IN POONCH DISTRICT OF JAMMU AND KASHMIR

Serial	Botanical	Local	Habitat	Place of	Part	Used	Methods of local use
no	name	Name		collection	Used	Against	
01	Arisaema	Suran	Herb	Jaba	Root	Skin	The dried root powder mixed
	Propinquum	gando				eruption	with warm water applied on
							the effected skin
02	Achillea	Madro	Herb	Thariya	Leaf	Earache	Leave decoction is used for
	nigrescens					diarrhea	earache.
03	Berberis	Simlu	Shrub	Nakki	Leaves	Mouth	Green leaves is mixed with
	vulgaris					ulcer	water apply on mouth ulcer
04	Cannabis	Bangh	Leave	Kattha	Leaves	Dandruff	The leaf juice extracted and
	sativa						applied infected portion
							having dandruff
05	Cedrus	Deodar	Herb	Kumbli	Root,	Joints	Bark oil is used.
	Deodara				stem	wounds	
06	Chenopodium	Bathwo	Herb	Kalsain	Leaves	Stomach	Cooked leave is used
	Album					pain	
07	Clematics	Chambo	Shrub	Chowari	Leave	Cough and	Juice of 30-40g of fresh or
	Montana					Fever	dried leave.
08	Commiphora	Guggal	Herb	Hill kaka	Root	Joint pain	Root rubbed on the stone and
	vighti						solid product applied on the
							joints
09	Cynodon	Khabbal	Herb	Dokhari	Root	Joint	Dried root powder mixed with
	Dactylon					fracture	warm milk applies on the
	poaceac						fracture part.

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10	Dioscorea	Kalo	Herb	Jabba	Root	Fever and	Root powder used with water
	bulbiferous	gando				infection	or juice
11	Elaeagnus	Kankoli	Herb	Bella	Rip fruit	Mouth	Riped fruit eaten against
	umbellate					ulcer	mouth ulcer
12	Ficus Plamate	Keemeri	Tree	Dandi	Leaves,	Wounds	Bark milk is used on the
				Dhara	Bark		wounds
1.0			-			_	
13	Melia	Darak	Tree	Naiyan	Leaves	Fever ,	The juice of leaves is used
	Azedarach					Juidance	against fever and infections
14	Indigofera	Kayanthi	Herb	Khalsa	Stem	Toothache	Brush of steam wood relief the
	hetraantha						toothache.
15	Menthe	Poodena	Herb	Jabba	Leaves	Dysentery	Green leaves are mixed with
	arevensis					stomach	fried egg and eat. 2-3 tea full
						pain	spoon of tried power is taken
							with water.
16	Morus Alaba	Toot	Tree	Pamrote	Fruit	Toothache	Rip fruit is used.
							-
17	Pinus	Chir	Tree	Kumbali	Bark	Cut	The bark oil is applied on cut.
	Roxburghii						
18	Prunus	Khubani	Tree	Ghaie	Fruit	Kidney	Ripen fruit eat against
	Armeniace					stone	

S.No	Botanical name	Local name	Habitat	Place of collection	Part used	Used against	Method of local use
19	Prunus persica	Aarwo	Tree	Nala	Fruit	Fever	Juice is used against fever.
20	Polygonum Integerrima	Masloon	Herb	Kalkata	Leave	Stomach	Leave mix with green tea used against stomach pain.
21	Prinsepia utilis royal	Phalwar o	Herb	Kareei	Bark	Internal Fever	2-3spoon of bark juice is taken.
22	Punica Grantum	Durani	Tree	Dakhan	Seed bark	Back pain	Seeds bark is mix with flour, sugar and cooked.
23	Pyrus pashia	Batangi	Tree	Jabara	Fruit	Diarrhea	The juice of Rip fruit is used.
24	Salix alaba saliacea	Beesa	Tree	Hundi	Wood	Headache ,Toothach e	Bark oil massed on head. The brush of wood is used against toothache.
25	Solanum Nigram	Kaneech i	Herb	Doba	Fruit	Mouth pain	Whole fruit is used.
26	Rumex hastatus	Khatama l	Herb	Kotli	Root	Asthma, fever	Juice of green leave is used
27	Rumex nepalensis	Hoolo	Herb	Nalli	Leave s	Skin	The green leaves rubbed on the affected portion of skin.

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28	Rosa moschata	Phalwari	Shrub	Reeyan	Flowe r	Fever	Juice of fresh flower.
29	Robinia pseudoacac i	Kiker	Plant	Choveri	Leave s	Fever	Leaves used as fodder and wood are used for fuel. Bark juice is used against fever.
30	Rhododend ro-n	Hardhul	Tree	Reeya	Flowe r	Muscular Pain	Powder of dried flower mix with oil messed on the body.

Photography of medical shurbs from different place during survey



Elaeagnus Menthe arevensis

umbellate





Ficus Plamate



Rumex hastatus

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Solanum Nigram



Melia Azedarach



Arisaema Propinquum



Prunus persica



Rosa moschata



Chenopodium Album

RESULT AND DISCUSSION:-

Information from ethnic groups or indigenous traditional medicine has played a vital role in the discovery of novel products from plants as chemotherapeutic agents (Katewa et al., 2004).

The abundance of natural plants and shrubs is very rich on the earth's surface. The wealth of medical plants lies irregulars on the surface but we need to utilize these medical plants and shrubs in a better way to increase the whole wealth of the world. They are valuable natural resources on the earth but we are not aware to use them. The knowledge of these medical plants noticed by Gujjar and Bakarwhal and they use them against various disease such as infections, headache, toothache, stomach problems, body pain, joint fractures, Kidney stone, and cut and wounds.

30 medical plants and shrubs collected identified and photographed in the study area used by the Gujjar and Bakarwhal tribe against the various communicable and non-communicable diseases. These medical plants arranged in this way first by botanical name (alphabetical order), local name, habitat, parts used, and the methods of use. This tribe used different parts of medical plants such as roots, barks, leaves, fruit, steam, etc.

Gujjar and Bakarwhal tribe is nomadic they move from place to place and collected these medicinal plants for their use. We explore scientifically of these medical plants. The preservation and protection of medical plants is the need of time and exploit them in a better way as well as scientifically in the world.

The information of valuable medicinal plants and their traditional methods of use to treat livestock and amenities will be useful for pharmaceutical industries and another ayurvaydic institute for developed new kinds of medicine.

The deforestation is one of the major causes to destroy the natural medical traditional plants resources used by this tribe.

This study indicates that the Gujjar and Bakarwhal is the greatest knowledge about the traditional medicinal plants and shrubs while the younger generation is the total lack of knowledge about the traditional plants. This may indicate that urbanization is one of the major threats for the younger generation away from the youth from the forest area

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DOI NUMBER: 10.5958/2278-4853.2019.00262.3 IN THE FOOTHILL-MOUNTAIN ZONE OF SAMARKAND REGION

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ABSTRACT

In the Samarkand region, the prevalence of anoplosefalyatosis of goats has been studied. On this case, Prevalence of anaplosefalyatosis of goats in the foothill-mountain zone of Samarkand region were investigated both theoretically and practically. Finally, research has been concluded the points of the region according to prevalence of anaplosefalyatosis of goats. According to our studies, when the Earth is covered with snow, at the influence of the sun, it is possible to observe monieziosis even in those places where it dissolves (on ten lands of green vegetation). At the end of autumn, when the beginning of winter passes with warm air and high humidity, the top of the slope is covered with green lawns, where the root is thin. When such invertebrates (soil Kans and other animals that resemble them in their nutritional properties) fall into the organism of a mammal that feeds on it or that junction, in the intestines of their thin sections, various adult cysts develop, the length of which ranges from several CM to several meters. Monieziosis occurs in Sagittarius conditions. In some cases, reaching the larynx or other green plants that are harvested in moist air to domestic animals also leads to their partial damage with moniezies. Accordingly, the ticks infected with moniotic cysticercoids are consumed by them when the animals are fed in field conditions. Therefore, according to our research, monieziosis begins to predominate in spring and autumn. In summer, it decreases slightly, such a situation is observed even in warm winter times. A total of 122 head goats per district were examined in the samples of the thesis M. the joints of The Expanse were found in 22 samples of thesis. M. Of Goats the level of zaralanis with the expansion amounted to 18 percent. M.the joints of the benedeni ramparts were recorded in 23 samples of the thesis and the degree of lesion was 18.8 percentizni.

KEYWORDS: Anoplocephalidae, M.Expanza, M.Benedeni, Cestod, Gelmint, Monesia, Macrogelmintoscopy.

INTRODUCTION

From intestinal cysts, pathogens of monieziosis, tizanieziosis, avitellinosis, stileziosis, tizanomosis were noted in the combing House and wild mammals. An accurate diagnosis of each of them requires the study of important anatomo-morphological and some biological features of all Cestodes. Up to now, 12 types of monieziosis pathogens are known worldwide, 13 types of avitellinosis pathogens, 1 type of tizaniosis pathogens, 1 type of both tizanomoz pathogens, 3 type of stileziosis pathogens. All of them are flat worm-Plathelminthes Schneider, 1873 type Cestodes - Cestoda Rudolphi, 1808 class Cyclophyllidea Beneden et Brown, 1900 category, this category includes Anoplocephalata Skrjabin, 1933 sub-category. All Cestodes in this subcategory have the property of dixenated Development, their uterus is structured in a closed way, the last joints that are formed are separated from the body by 1-2 in natural conditions, there will not be a period of laryngeal development that takes place in their external environment, that is, through the animal droppings that are infected with them, Under the action of severed joints or other mechanical influences, the uterus in the joint is ruptured. In the process of feeding the intermediate boss with animal droppings, he eats invasive eggs in it, as a result of which in the abdominal cavity develops cysticercoids, which have become infectious for the main boss of the Cestodes. When such invertebrates (soil Kans and other animals that resemble them in their nutritional properties) fall into the organism of a mammal that feeds on it or that junction, in the intestines of their thin sections, various adult cysts develop, the length of which ranges from several CM to several meters.

METHODOLOGY

These cysts are characterized by morphological, biological features, such as the size of the scolexes from each other, the short or long neck, the rapid or late onset of articulation in the strobe, the growth of the joints evenly or alternately in the width and height, accordingly, in different parts of the strobilan their height and EI vary in size and shape, the joints separated. Intestinal cysts differ from each other even with the passage of the laryngeal scallop in different joints, the period of preparedness in the main Masters.

Monieziosis occurs in Sagittarius conditions. In some cases, reaching the larynx or other green plants that are harvested in moist air to domestic animals also leads to their partial damage with moniezies.

Intermediate moniezias-oribatid Canas are common in all climatic-geographical regions of the territory of Uzbekistan – irrigated plains, foothills-mountain and steppe-yaylov biocenoses. Accordingly, monieziosis covers all zones in which animals are kept. Monieziosis is also common among large and small-horned animals, where the farmer, personal assistant and peasant farms are kept permanently or temporarily on land.

Monieziosis is not a seasonal disease, since it can be observed all year round. Oribatid mites are extremely active in the period when the humidity of the year is high and the soil temperature is high. Accordingly, the ticks infected with moniotic cysticercoids are consumed by them when the animals are fed in field conditions. Therefore, according to our research, monieziosis begins to predominate in spring and autumn. In summer, it decreases slightly, such a situation is observed even in warm winter times.

Main part

According to our studies, when the Earth is covered with snow, at the influence of the sun, it is possible to observe monieziosis even in those places where it dissolves (on ten lands of green vegetation). At the end of autumn, when the beginning of winter passes with warm air and high humidity, the top of the slope is covered with green lawns, where the root is thin. At this time, the soil with the root of the green grass mixed oribatid kans falls a lot on the body of animals and monieziosis occurs. During the winter in Cairo, when the upper layer of the Earth freezes, monieziosis ceases. During the summer, one-year-old green plants dry up in the steppe region, but in the soil around their living roots, moisture is slightly preserved. Such plant roots are mixed with soil on the animal's body, while in the soil composition and in the plant root, the oribatide Kanes are mentioned.

In the conditions of Uzbekistan, parasitism of Moniezia expanza (Rudolphi, 1810), moniezia benedeni (Moniez, 1879), Moniezia autumnalia (etsetsov, 1967) species in goats was determined (R.The X.Khaitov, 1954; I.The X.Irgashev, 1963; 1967; Sh.The A.Azimov, 1974; S.Gurbanov, 1975; R.Mofazalov, 1995).

The results of a scientific study conducted on the anoplosefalyatosis of goats in the following years (B. Salimov, T.Taylakov, 2017, 2018) in goats, monieziosis Moniezia expanza, moniezia benedeni, Avitellina are identified as three of their new species apart from sentripunctata. All this is due to the fact that in science there is a scientific research work on the epizootology of intestinal cysts of goats.

Verification methods. Scientific research works were carried out in the regions of Ishtikhon, Kushrabad, Nurabad, Urgut regions of Samarkand region (tağoldı-Tağ zone), as well as in the scientific laboratory under the chair "Organization of Parasitology and veterinary work" of the Faculty of veterinary diagnostics and food safety of the Samarkand Institute of Veterinary Medicine.

In the study, samples of the thesis were taken from 36 head goats from Ishtikhan District, 28 head goats from Kushrabad District, 26 head goats from Nurabad District, 32 head goats from Urgut district and examined using macrogelmintoscopy method sequentially washing and Fyulleborn method.

Results of the study. The results of the study of the degree of damage of goats in Ishtikhon, Kushrobod, Nurabad, Urgut regions of Samarkand region with anaplosefalyatoses in the mountainous-mountainous regions are presented in Table 1.

T/p	Animals	Gelmintjointsfound							
	quantity	M. exp	ansa	M.bene	edeni	Th. gia	rdi	A.centri	
								puncta	ta
		Quant	Percent	Quant	Percent	Quant	Percent	Quant	percent
		ity	age	ity	age	ity	age	ity	age
1	36 head	6	16,6	7	19,4	2	5,5	3	8,3
	goatfrom ishtixan district								
2	28 head goat	4	14,2	6	21,4	1	3,5	2	7,1
	from								
	kushrabod								
	district								
3	26 head goat	5	19,2	4	15,3	1	3,8	2	7,6
	from Nurobod								
	district								
4	32 head goat	7	21,8	6	18,7	2	6,2	3	9,3
	from								
	Urgutdistrict								
5	Total 122 head	22	18,0	23	18,8	6	4,9	10	8,2
	goat								

TABLE 1. THE DEGREE OF DAMAGE OF GOATS WITH ANAPLOSEFALYATOSESIN THE CONDITIONS OF SAMARKAND REGION

As can be seen from the table, when the mountain areas of the Isthmus district were examined by the methods of washing and Fyulleborn sequentially from the helmintocoprological examination of the population goats 'droppings were collected, the level of damage was 16,6 percent at the beginning of 6 of the 36 head goats' moniezia expansa joints were found. It was noted that in the thesis of the 7 Chief goat there are joints of moniezia benedeni, the degree of damage was 19,4 percent. Thysaniezia giardi joints were found in 2 head goats, the degree of damage was 5,5 foes. The avitellina centripunctata joints were found in the thesis of the 3 head goat and the degree of damage with helminths was 8,3 percent.

When the mountain regions of the kushroboda district checked the thesis of the population goats 28 m at the beginning of 4 of the chief goats. the level of lesions found in the expansion joints amounted to 14.2 percent. 6 in the thesis of the chief goat M.the presence of benedeni joints was noted, the degree of damage was 21,4 percent. Th. giardi joints were found in 1 head goat, the degree of damage was 3,5 foizni. A.centripunctata joints were found in the thesis of 2 head goats and the degree of damage with helminths was 7,1 foizni.

When the mountain regions of the nurobot district checked the thesis of the population goats 26 head of goats 5 head M. the level of lesions found in the expansion joints amounted to 19.2 percent. 4 in the thesis of the head goat M.the presence of benedeni joints was noted, the degree of damage was 15,3 percent. Th. giardi joints were found in 1 head goat, the degree of damage was 3,8 percent. A.centripunctata joints were found in the thesis of 2 head goats and the degree of damage with helminths was 7,6 percent.

When the mountain regions of the urgut district checked the thesis of the population goats 32 m at the beginning of the 7th of the head goats. the level of lesions found in the expansion joints amounted to 21.8 percentizni. 6 in the thesis of the chief goat M.the presence of benedeni joints was noted, the degree of damage was 18,7 percent. Th. giardi joints were found in 2 head goats, the degree of damage was 6,2 percent. A.centripunctata joints were found in the thesis of the 3 head goat and the degree of damage with helminths was 9,3 percent.

A total of 122 head goats per district were examined in the samples of the thesis M. the joints of The Expanse were found in 22 samples of thesis. M. Of Goats the level of zaralanış with the expansion amounted to 18 percent. M.the joints of the benedeni ramparts were recorded in 23 samples of the thesis and the degree of lesion was 18.8 percentizni. Th. giardi joints were found in 6 head goats, the degree of damage was 4,9 percent. A.the centripunctata joints were found in the 10 head goat's thesis and the degree of damage with helminths was 8.2 percentage.

CONCLUSION

The results of the study of the degree of damage of goats in the Ishtikhon, Kushrobod, Nurabad, Urgut regions of Samarkand region with anaplosefalyatosis showed that in the first place in the prevalence of anoplosefalyatosis of goats, moniezia benedeni 18,8 percent, in the second place Moniezia expansa 18 percent, in the third place Avitellina centripunctata 8,2 percent, in the fourth place it's clear.

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COMMITMENT TO QUALITY IN HIGHER EDUCATION: A MISSING INGREDIENT

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ABSTRACT

Quality is the most important ingredient in Higher Education. It is not enough to provide only higher education, but it is also very important to ensure quality in it for development of any society. But question arises here: from where this quality comes? There are three agencies to ensure quality in higher education i.e. government or private management of educational institutions like universities & colleges, teachers and students. Unless all the stakeholders play their role sincerely, it is not possible to ensure a good quality in higher education despite huge budgetary allocations, modern infrastructure and technology. In the present study, the focus is only on the third part, that is, students. The rationale is if students are not committed to quality in their studies, whatever efforts are done by other two agencies, they come to a naught. It is very important that pupils play their role earnestly which will help to attain quality in higher education field. The present study aims to examine whether the students are committed to quality in their studies or not. The main focus of this study is on research scholar aspect of students', because they can play an important role to develop their discipline. On research scholars depends the quality of research work done in any university to a large extent. It is the general perception that there is a serious lack of morals and ethics in the youth of India. If research scholars have no ethics and values, they will never be serious about their research work. There are many problem areas in this regard in India and the UGC with the objective of improvement in the quality of higher education in the country has notified several regulations. University Grants Commission undertakes maintenance of standards in teaching and research and quality assurance in universities, deemed to be universities and colleges through the mechanisms like framing regulations and schemes, disbursing grants to the eligible institutions. The main focus of this study is to see the commitment of research scholars towards quality, which is the key

ingredient of education system and also to find out the reasons for the lack of their commitment towards quality in their research work. For the completion of this study both primary as well as secondary sources have been taped. The area of study is limited to research scholars of Punjabi University, Patiala, Punjab (India) only. Punjabi University is a State University of Punjab, established on April 30, 1962 in the erstwhile princely state of Patiala. The paper will present the findings with the suggestions that how we can commit the research scholars towards quality, ethics and values in higher education in India, because if they have committed to quality in their research work, only then their research can be useful to the development of their discipline and the country too.

KEYWORDS: Higher Education, Research Scholars, Quality, Commitment, Development.

INTRODUCTION:

Quality is the most important ingredient in Higher Education. It is not enough to provide only higher education, but it is also very important to ensure quality in it for development of any society. But question arises here: from where this quality comes? In India, the UGC with the objective of improvement in the quality of higher education in the country has notified several regulations. University Grants Commission undertakes maintenance of standards in teaching and research and quality assurance in universities, deemed to be universities and colleges. There are three agencies to ensure quality in higher education i.e. government or private management of educational institutions like universities & colleges, teachers and students. Unless all the stakeholders play their role sincerely, it is not possible to ensure a good quality in higher education despite huge budgetary allocations, modern infrastructure and technology. In the present study, the focus will be only on the third part, that is, students. The rationale is if students are not committed to quality in their studies, whatever efforts are done by other two agencies, they come to a naught. It is the general perception that there is a serious lack of morals and ethics in the youth of India. Morality Refers to personal or cultural value codes of conduct or social values. Morality can be a body of standards or principles derived from a code of conduct from a particular Philosophy, Religion or culture, or it can derive from a standard that a person believes should be universal. Morality may also be specifically synonymous with "goodness" or "rightness." In morality people have strong beliefs about what's right and wrong. Yet even through morals can vary from person to person and culture to culture, many are practically universal, as they result form of basic human emotions. We think of moralizing as an intellectual exercise, but more frequently it's an attempt to make sense of our gut instincts. Term "morality" can be used either a)descriptively to refer to some codes of conduct put forward by a society or some other group, such as a religion, or accepted by an individual for her own behavior or b)Normatively to refer to a code of conduct that, given specified conditions, would be put forward by all rational persons. The moral values in humans are going away, every generation losing some extent of morality. Rushmore Kidder pointed 4 important moral values Honesty, Respect, Responsibility and Compassion. These moral values have great importance in human life for living peacefullyⁱ. It is very important that pupils must have these moral values so that they can play their role earnestly which will help to attain quality in higher education field.

What is Quality Research?

Good quality research provides evidence that is robust, ethical, stands up to scrutiny and can be used to inform policy making. It should adhere to principles of professionalism, transparency, accountability and audit abilityⁱⁱ.

Quality research most commonly refers to the scientific process encompassing all aspects of study design; in particular, it pertains to the judgment regarding the match between the methods and questions, selection of subjects, measurement of outcomes, and protection against systematic bias, nonsystematic bias, and inferential error (Boaz & Ashby, 2003; Lohr, 2004; Shavelson & Towne, 2002). Principles and standards for quality research designs are commonly found in texts, reports, essays, and guides to research design and methodology. Technical Brief National Center for the Dissemination of Disability Research Focus What Are the Standards for Quality Research? For example, by comparing research methods that are primarily designed to gather qualitative data and research methods that are primarily designed to gather quantitative data, parallel assessments for quality can be framed in terms of credibility (parallels with internal validity), transferability (parallels with external validity), dependability (parallels with reliability), and conformability (parallels with objectivity) (Boaz & Ashby, 2003; Ragin, Nagel, & White, July 2003)ⁱⁱⁱ. In this manner, standards for quality research, whether primarily designed to gather quantitative or qualitative data, typically emphasize the traits of objectivity, internal validity, external validity, reliability, rigor, open-mindedness, and honest and thorough reporting (Ragin et al., July 2003; Shavelson & Towne, 2002; Wooding & Grant, 2003).

Measures by University Grant Commission (UGC) to maintain quality of Research:

Coordination and maintenance of standards in teaching and research is the statutory responsibility of the University Grant Commission and in this connection the commission consults the universities as well as the experts on its various panels. The Policy thus evolved is circulated to the universities to enable them to frame their own statutes and ordinances with due regard to the guidelines provided as also to flexibility which may be desirable. The Act of the Commission empowers it to frame Regulations by any institution could cause suspension or withdrawal of the grants provided by the Commission. Since the universities and Commission are equally keen to maintain and raise standards of education and research, there has always been cooperation in their sphere.

The Commission, time to time, has taken a variety of decisions to foster better standards of education and research like-

- UGC clarification Reg: UGC Regulations on Minimum Qualifications for Appointment of Teachers and other Academic Staff in universities & colleges and Measures for the Maintenance of Standards in Higher Education – 2010
- 2. UGC (Minimum Qualifications for Appointment of Teachers and other Academic Staff in universities & colleges and Measures for Maintenance of Standards in Higher Education) (4th Amendment), Regulations, 2016.
- **3.** UGC (Minimum Standards and Procedure for Award of M. PHIL./PH. D. Degree) Regulations, 2016.
- **4.** UGC (Promotion and Maintenance of Standards of Academic Collaboration between Indian and Foreign Educational Institutions) Regulations, 2016
- **5.** University Grants Commission (Promotion of Academic Integrity and Prevention of Plagiarism in Higher Educational Institutions) Regulations, 2017.

6. The UGC has prepared the Approved List of Journals that would be considered for the purpose of Career Advancement Scheme (CAS) and Direct Recruitment of Teachers and other academic staff as required under the UGC (Minimum Qualifications for Appointment of Teachers and other Academic Staff in Universities and Colleges) Regulation, 2016. The UGC-approved List of Journals consists of 1) Journals Indexed in WoS (Science Citation Index, Social Science Citation Index and Arts and Humanities Citation Index); 2) Journals Indexed in Scopus; 3) Journals Indexed in Indian Citation Index; 4) Journals Recommended by the Members of UGC Standing Committee and Language Committee (s); and 5) Journals Recommended by the Universities (after de-duplication). Total number of journals covered in the UGC-approved list of journals is around 32,000. Besides, 13,130 journals are ceased publications that are stored separately. UGC has revised this list in 2017 and the Revised UGC - Approved List of Journals now consists of 32,659 journal titles^{iv}.

SIGNIFICANCE OF THE STUDY:

There are three agencies to ensure quality in higher education i.e. government or private management of educational institutions like universities & colleges, teachers and students. In the present study, the focus will be only on the third part, that is, students. The rationale is if students are not committed to quality in their studies, whatever efforts are done by other two agencies, they come to a naught. It becomes very important that students, especially research scholars must have committed to quality in their research work. The study will only cover research scholars which are a very important sub-group of students because they can play an important role to develop their discipline and the quality of research work done in any university depends on research scholars to a large extent.

Scope and Objectives of the study

The area of study is limited to research scholars of Punjabi University Patiala, Punjab (India) only. Punjabi University is a State University of Punjab, established on April 30, 1962.

- 1. To examine the commitment of research scholars towards quality in their research work.
- **2.** To give suggestions how quality in research work can be improved according to the research scholars.
- **3.** To give suggestions to improve overall commitment of research scholars towards quality in their research work.

RESEARCH METHODOLOGY:

For this study, both primary as well as secondary sources have been taped. There are approximately 1700 registered Ph.D. research scholars of various departments (both social sciences and sciences) in Punjabi university. For the purpose of collecting primary data, a purposive sample of 70 research scholars was taken on the basis of convenience. To get their views, an interview schedule was used with some multi-choice questions and some open ended questions. Secondary sources included journals, websites and online research papers.

Responses of research Scholars:

TABLE – 1.1 IN YOUR OPINION, DOES THE QUALITY OF RESEARCH WORK DEPEND UPON THE RESEARCHER? (RESEARCH SCHOLARS) (FREQUENCY DISTRIBUTION)

Responses	No. of Scholars	Percentage
Yes totally depends	23	32.86
To a large extent	38	54.29
To some extent	9	12.86
No	0	0.00
Total	70	

The scholars were asked about their role in maintaining the quality of research work and their responses have been displayed in the table 1.1. The results show that 54.29% of scholars agreed that the quality of research work depends upon scholars to a large extent while 32.86% said that it totally depends upon them. Further, 12.86 % of scholars responded that it depends upon them to some extent.

TABLE – 1.2 IN YOUR OPINION, WHAT ARE THE REASONS BEHIND DEGRADATION OF QUALITY OF RESEARCH WORK? (RESEARCH SCHOLAR)

(REDEFINEN SENSEIN)									
Responses	No. of Scholars	Percentage							
Copy & Paste	57	81.43							
Fake data	59	84.29							
Above both encourage by Supervisor	47	67.14							
Researchers are not research oriented	44	62.86							
Total	70								

NOTE: Being a multi-choice question percentages are more than 100

The scholars were asked about the reasons behind the degradation of quality of research work and their responses have been displayed in the table 1.2. The table shows that 84.29 % of the scholars gave the reason of the degradation of the quality of research work is the use of fake data. Further, 81.43 % said that the material is copy & pasted and 67.14 % said that the supervisors encourage both use of fake data and copy & paste of theoretical work. Only 62.86 % agreed that researchers are not research oriented.

TABLE – 1.3 HOW DO YOU CHOOSE YOUR RESEARCH PROBLEM? (RESEARCH SCHOLAR) (FREQUENCY DISTRIBUTION)

Responses	No. of Scholars	Percentage
By own	9	12.86
With consultation of Supervisor	56	80.00
Given by Supervisor	5	7.14
Any other method	0	0.00
Total	70	

The scholars were asked about the selection criteria of their research problem. The responses have been displayed in the table 1.3 and the results shows that 80% of the scholars select their research problem with the consultation of their supervisor. On the other hand, only 12.86%
scholars choose their research problem by their own choice while 7.14% scholars said that their research problems are given by supervisor.

TABLE – 1.4 DID YOU AWARE ABOUT RESEARCH METHODS, WHEN YOU STARTED YOUR RESEARCH WORK? (RESEARCH SCHOLAR) (FREQUENCY DISTRIBUTION)

Responses	No. of Scholars	Percentage
Yes, fully aware	9	12.86
To a large extent	28	40.00
To some extent	22	31.43
Not aware	11	15.71
Total	70	

The scholars were asked about their awareness of research methods and their responses have been displayed in the table 1.4. The table shows that only 12.86% scholars were fully aware about the research methods, when they start their research work and 40% were aware to a large extent. The 31.43% scholars were aware about research methods to some extent and 15.71% were totally unaware about the research methods when they start their research.

TABLE – 1.5 DO THE RESEARCH METHODOLOGY PAPER IS USEFUL IN PRACTICE, WHICH HAD BEEN TAUGHT DURING THE COURSE WORK PERIOD? (RESEARCH SCHOLAR) (FREOUENCY DISTRIBUTION)

Responses	No. of Scholars	Percentage
Yes, fully useful	14	20.00
To a large extent	20	28.57
To some extent	21	30.00
Not useful	15	21.43
Total	70	

The scholars were asked about the usefulness of the research methodology paper in practice and their responses have been shown in the table 1.5. The table shows that 30% of the scholars said that the research methodology paper is useful in their research work to some extent while 28.57% of the scholars said that it is useful to a large extent and 20% said that it is totally useful for their research work while 21.43% of the scholars said that it is not useful at all.

TABLE – 1.6 HAVE YOU DONE ANY RESEARCH WORK DURING YOUR MASTER'S DEGREE? (RESEARCH SCHOLAR) (FREQUENCY DISTRIBUTION)

Responses	No. of Scholars	Percentage
Yes	8	11.43
No	62	88.57
Total	70	

The scholars were asked about their research work during their master's degree. The results have been displayed in the table 1.6 and the result shows that only 11.43 % of the scholars have done dissertation during their master's degree while 88.57 % of them did not done any research work.

TABLE – 1.7 DO YOU ATTEND ANY RESEARCH METHODOLOGY WORKSHOP DURING YOUR RESEARCH WORK? (RESEARCH SCHOLAR) (FREQUENCY DISTRIBUTION)

Responses	No. of Scholars	Percentage
Yes	39	55.71
No	31	44.29
Total	70	

The scholars were asked about their participation in research methodology workshop and their responses have been placed in the table 1.7. The table shows that 55.71 % of the scholars attended workshop while 44.29 % scholars did not attended yet.

TABLE – 1.7.1 IF YES, HOW MANY DAYS? (RESEARCH SCHOLAR) (FREQUENCY DISTRIBUTION)

Responses	No. of Scholars	Percentage
Three days	8	20.51
One week	17	43.59
Two weeks	8	20.51
More than 2 weeks	6	15.39
Total	39	

The scholars who gave positive response were further asked about the time duration of the workshop that they have attended and their responses have been shown in the table 1.7.1. The table shows that 43.59 % of the scholars attended workshop of one week while 20.51% of scholars attended 2 weeks workshop. Further, 20.15% of the scholars attended 3 days workshop and 15.39 % of scholars attended workshop of more than 2 weeks.

TABLE – 1.7.2 IF YES, THEN HOW MUCH IT IS USEFUL IN YOUR RESEARCH WORK? (RESEARCH SCHOLAR) (FREQUENCY DISTRIBUTION)

Responses	No. of Scholars	Percentage
Yes, totally useful	7	17.95
To a large extent	22	56.41
To some extent	10	25.64
Not useful	0	0.00
Total	39	

The scholars were further asked about the usefulness of workshops and their responses have been displayed in the table 1.7.2. The table shows only 17.95% of the scholars said that workshop is totally useful in their research work while 56.41 said that it is useful to a large extent. Further, 25.64 % of scholars said that it is useful to some extent.

(RESEARCH SCHOLAR) (FREQUENCY DISTRIBUTION)			
Responses	No. of Scholars	Percentage	
Yes	27	38.57	
To a large extent	25	35.71	
To some extent	14	20.00	
No	4	05.72	
Total	70	100.00	

 TABLE – 1.8 DO YOU KNOW THE METHODS OF REFERENCE CITATION?

 (RESEARCH SCHOLAR) (FREQUENCY DISTRIBUTION)

The scholars were asked about their knowledge regarding reference citation and their responses have been placed in table 1.8. The table shows that 38.57 % scholars are fully aware about the reference citation while 35.71 % are aware to large extent. Further, 20% are aware to some extent in this regard and only 5.72% are totally unaware.

TABLE – 1.9 DO YOU VISIT LIBRARY? (RESEARCH SCHOLAR) (FREQUENCY DISTRIBUTION)

Responses	No. of Scholars	Percentage
Yes daily	27	38.57
Once in a week	12	17.14
Once in a month	2	02.86
When required	29	41.43
Total	70	

The scholars were asked about their visits to library and their responses have been shown in the table 1.9. The table shows that 41.43% of the scholars visit library when required while 38.57% visit library daily. Further, 17.14 % scholars visit library once in a week and 2.86% visit library once in a month.

TABLE – 1.10 IN YOUR OPINION, FOR WHICH PURPOSE THE RESEARCH USE	
THEIR SCHOLARSHIPS? (RESEARCH SCHOLAR) (FREQUENCY DISTRIBUTION	I)

Responses	No. of Scholars	Percentage
For research work only	8	11.42
For personal only	13	18.57
Both of the above	49	70.00
Don't know	0	0.00
Total	70	

The scholars were asked about their opinion with regard to the use of research scholarships and their responses have been displayed in the table 1.10. The table shows that 70% scholars use their fellowship for research work as well as for personal purpose. Whereas, 18.57% scholars use it only for personal purpose while only 11.42% scholars use their fellowship for their research work.

MAJOR FINDINGS OF THE STUDY:

- 1. The scholars were asked about their role in maintaining the quality of research work and the results show majority of scholars agreed that the quality of research work depends upon scholars to a large extent.
- 2. Majority states the reasons behind the degradation of the quality of research work can be fake data, copy & paste of research material, supervisors encouraging both use of fake data and copy & paste method and researchers are not research oriented.
- **3.** Another finding shows that the percentage of research problems given to scholars by their supervisors is 7.14%. However, the researcher felt a bit hesitance on the part of respondents to come out with the truth in response here.
- **4.** The study shows that only 12.86% scholars were fully aware about the research methods when they initiated their research work and 15.71% were totally unaware. This lack of knowledge is a major hindrance to quality research.
- **5.** Only 20 % scholars said that the research methodology paper taught in their course work is useful for their research work while 21.43 % of the scholars said that it is not useful at all.
- 6. Only 11.43 % of the scholars have done dissertation during their master's degree.
- 7. Another finding shows, 55.71 % of the scholars attended research methodology workshop during their research work and out of them only 17.95% of the scholars said that workshop is of great use.
- **8.** Study shows only 38.57 % scholars are fully aware about the correct reference citation. This further degrades the research work.
- **9.** Only 11.42% respondents agreed that scholars use their fellowships only for their research work. It is so unfortunate.

SUGGESTIONS:

From the present study, the following suggestions can be given that encourage scholars to maintain quality in their research work:

- 1. First of all it is important for the universities to have proper criteria of alloting supervisors to the scholars according to their expertise and interest area. It will increase the opportunity for enrolment of research oriented scholars in the specialized areas, which will improve the quality of research.
- 2. The analysis of the study suggests that there should be some learning-research projects or dissertations at masters' degree level. So that the students can get the feel and knowledge about the basics of the research methodology.
- **3.** A suggestive measure can be taken in context of research methodology paper which is compulsorily taught to all the research scholars should be more practical in nature rather than being subjective. (like Assignment writing, group research can be encouraged)
- **4.** It should be mandatory for universities to organize research methodology workshops at the initial stages of research within their campus. Information should be provided about Antiplagiarism policy, data collection methods, new techniques of data analysis (SPSS) etc.
- 5. To improve the quality of research, it is also suggested that there should be a financial support for every research work by the Government or any other agency to some extent.
- 6. There should be fixed meeting schedules between the supervisor and scholars for the discussion on research work and it should be taken seriously.

- 7. The university should provide basic facilities like accommodation, proper labs, free access to e-journals, books etc. for every research scholar so that they can concentrate on their research work rather than wasting their time to look for these facilities.
- 8. Hostel should be provided for the entire tenure till research is completed.
- **9.** Supervisors should monitor research work of scholars time to time. It will help the researchers to improve their work, correct/modify it in time and ensure progress on the right track.
- **10.** There should be a separate room for research scholars in every department, thus it provides a platform for interaction with each other sharing their ideas and seeking suggestions for their research work.
- **11.** To check plagiarism, it is also important to hold special lectures in the departments/ASC regarding writing proper references, citation styles, international standards of research, ethics in research and all the researchers must be informed about them without bringing in any departmental politics.

CONCLUSION:

At the end it can be concluded that research scholars can play a very important role in maintaining quality in research works, but there are so many reasons behind the lack of commitment of scholars towards quality research. The quality of research will definitely improve, if the researchers display greater sense of commitment and professionalism to maintain good standards of research along with the government or universities making greater efforts to solve these problems or hindrances.

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SPORTS ANALYTICS: INDIAN PREMIER LEAGUE SCHEDULING PROBLEM

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ABSTRACT

Indian Premier League (IPL) is one of the most successful and popular tournament amongst cricket playing nations in the world. This paper aims at applying operations research to the problem of scheduling the IPL games in India. Sports scheduling has been based and restricted to one variable, which is the minimization of distance travelled by teams during the course of the tournament. We have used the Linear programming problems technique to analyse the application of sports scheduling in the Indian premier league. The limitations of the paper are broadly categorised under economic and overall spectacle contribution reasons. In conclusion, linear programming can be applied in scheduling IPL matches to save costs and maintain a home and away game balance.

KEYWORDS: Minimization Problems, IPL, Scheduling Problems, Linear Programming

INTRODUCTION

Business of sports is a big business in the global economy! Millions of people follow various tournaments around the world. Big investments are made by team in buying new players or retaining old ones. Channels spend a huge amount to secure broadcasting rights. Countries bid to host events like the Football word cup and Olympics. According to Forbes, Major League Baseball is valued at over \$15 billion dollars. Cricket has grown from an amateur game into a multibillion-dollar industry as the developing world embraces the sport. The growth has been exponential in nature. The valuation of the Indian Premier League was US\$2.99 billion in 2012(Glover, 2013). With big money comes big responsibility and risk. Hence, it is not surprising to use data to make better decisions and reduce risk. Around the world sports leagues have high economic effects; they contribute a significant amount to the GDP¹ of an economy. In fact, the 2015 season of IPL contributed ₹11.5 billion (\$182 million) to the GDP of India²

Sports is a very interesting area of research as it involves a lot of coordination and logistical efforts to large number of stakeholders – teams, players, fans, sponsors, channels, governments, countries etc. involved. All these factors contribute to various research opportunities in statistics, optimization, marketing, economics etc. However, the common issue that arises in all sports is "Sports Scheduling".

The major issue in sports scheduling is defining the venue and date in which each game of a tournament will be played. This is applicable to almost all sports and specifically football, hockey, cricket, and basketball. These problems have been solved by different methods including but not limited to integer programming³, constraint programming⁴, metaheuristics⁵, and hybrid methods. Various aspects could be involved in the determination of the best schedule of a tournament. They could include minimizing the total distance travelled, like the traveling tournament problem (Easton, 2001) or its emulated variant (C. Ribeiro and S. Urrutia, 2007b)Minimizing the total number of breaks, that means the number of pairs of successive home games or successive away games played by the same team. The minimization of the carry-over effects value (Russell.G., 1980) is another fairmindednessprinciple leading to an even distribution of the sequence of games along the schedule. Some problems in sports scheduling may include multiple criteria. For example- maximizing the number of games that could be broadcast by open TV channels (to increase the revenues from broadcast rights) and the other consisted in finding a balanced schedule with a minimum number of home breaks and away breaks (for sake of fairness) as done by C. Ribeiro and S. Urrutia.

In this paper we have analysed the application of sports scheduling using Liner Programming Problems⁶ to minimization of total distance travelled in the cricket tournament of Indian Premier League.

Overview: Sports Industry

Sports, as an industry and as a source of entertainment has come a long way. With players as well as a large audience spread across the world, it is not difficult to sustain growth in the industry. Whether you are a student, a businessman, a play or simply a spectator, everyone enjoys sports in some form of the other. In the 21st century itself, sports has seen its highest rate of growth, reaching to over \$500 Billon in its valuation⁷. Right from sport management to sport

marketing, and from sports betting to being an actual player, the sports industry provides several opportunities for the ones who enjoy it, thus providing employment for a large number of people.

Currently, agencies and leagues are playing a magnanimous role in changing the way the entire sports industry works. The way it is marketed, the way it is programmed and managed, everything has changed over time. Bringing in huge amounts of finances into this industry through sponsoring, investing, betting and competitions has helped it become this big! These easily engage more people because everyone has a favorite player, favorite sport, and so on. Thus, it is much easier to find investors and sponsors for the same. Creative Artists Agency and Excel Sports Management are some of the biggest agencies in the sports industry, while Ronaldo, LeBron James, Roger Federer and Tiger Woods- some of the biggest athletes.



Cricket has grown and come up as a billion-dollar industry in itself, and is spread all over the world. It is the sponsors such as Jio and Kingfisher, manufacturers with companies such as Puma, Nike and trophies and leagues that make it the big sector that it is today.

The Indian Premier League is a cricket T20 league that takes place in India annually. In 2015, the IPL contributed over 11.5 Billion rupees to the GDP of India, and this figure is continuously rising, owing to the increasing fan base and marketing strategies. It has the highest attendance as compared to any other cricket leagues in the world, with the highest viewership as well.⁸

LITERATURE REVIEW

Sports industry has increased exponentially over time all over the world. More people are seeking jobs and interest in this industry under marketing, playing, betting and so on. But scheduling as one of the aspects has attracted several researchers. (Graham Kendall, 2009) Sports scheduling is more interesting as everyone can relate to those, and imagine the scheduling through easy examples such as the ones they have seen on the screen for different sports leagues.

Scheduling for sports events, especially leagues is very important, determining costs for players. This is done through model building, break optimization, carry-over effects and so on. It depends on the number of groups, as well as the venues, etc. The problems for scheduling can either be time constraints, or depending upon the number of groups currently playing.

The games are decided according to the venue, meaning that some matches are played at home, while some are played away from their home city. The sports scheduling program i.e. home/away game feasibility and travel distance between one team's home ground to another teams' home ground is a main area of research to reduce costs, maintain sports fairness and contribute to the overall spectacle of the tournament.

The primary issues of teams are the home/away game feasibility and travel distance as teams often wish to reduce the total time they spend on traveling as they are more concerned about factors like home and away patterns of attendance, ground condition, weather during the match.

The traveling tournament problem (Easton, 2001)combines the two constraints and formulates an objective function which will satisfy both the constraints keeping in mind minimizing the total distance.

There are an even number of teams and they follow round robin tournament whereby each team will play the other team at least twice, once on each one's home ground considering only two rounds of such games. The goal of such a type of tournament is to create a compact schedule where the number of time slots is equal to the number of games each team plays which means each team will play at a given time slot. (Pedroso, June 2014)

In the case of distance minimization scheduling problems, distance is associated to each pair of teams considering their traveling distance between home cities. A schedule is created for minimum distance travelled by all teams after adding constraints to traveling. (RIBEIRO, 2007). It is based on a robin-round double tournament format. The paper by (RIBEIRO, 2007)shows formulation of total distance travelled subject to different constraints. However, even after formulation of the Travelling Tournament Problem there is improvement required. In order to improve one can reformulate by redefining the decision variable.

There are two variants of Travelling Tournament Problem. One is mirrored traveling problem and second is travelled tournament problem with predefined venues. The first one has an additional constraint that games played in round one are exactly the same played in the next round but with reversed venues. In the case of second variant the venue of each game is known beforehand.

The methodologies to go through the same consist of decomposition approaches, integer programming, constraint programming, and heuristic search. Usually, a combination of these methods is taken so as to ensure that the solutions attained are optimal and unique. (Graham Kendall, 2009)

Metaheuristics are among the most effective solution strategies for solving combinatorial optimization problems in practice. They have been applied in the solution of Travelling Tournament Problem and its variants (RIBEIRO, 2007)

OBJECTIVES OF THE RESEARCH

ECONOMIC REASONS

To Reduce Costs – Sports scheduling is done to reduce costs. It is done by minimizing costs by finding the feasible solution to the objective function within the given constraints.

SPORT REASONS

Sport Fairness-Fair play is an essential part of sport and life which helps in the overall development, promotion, growth of an individual as well as a team. It builds tolerance, respect and mutual understanding for one another on and off the field. It creates a sense of teamwork and team spirit and elevates the level of game.

Home/Away Balance – There is a balance maintained between the games played on the home ground and the away ground for each team keeping in mind various other factors like distance between the grounds, geographical location, ticket prices, stadium attendance, and media.

CONTRIBUTION TO SPECTACLE

More Attractive Tournament for the fans and media –Scheduling is done in a manner to put up a memorable experience for everyone. It is done in a way so that the attendance in the stadiums and the recognition of the sport increases year after year.

Methodology

"Sports scheduling is complex business involving variables such as venue availability, fairness in balancing travel times and distance, league rules, sponsorships and advertising, TV schedules, and fan attendance. Scheduling games for a single season can involve literally trillions of scheduling permutations with thousands of variables and tens of thousands of constraints". (Tipi, 2014)

Sport Scheduling

Is coming up with best schedules that reflect the goals of the league. A scheduler needs to draw out requirements, translate them into mathematical equations (objective and constraints) and use the most appropriate optimization engine (in this paper, Linear Programming) to find best schedules that satisfy most or all the constraints associated.

Linear Programming

It is one of the optimization tools that can be used for scheduling It is a method of choosing the best alternative from a set of feasible alternatives. It involves optimization of certain functions (known as objective function), subject to certain restrictions (constraints). The objective and resources to be allocated should be clearly identifiable and measurable in quantitative terms.

In general terms, a linear programming problem can be written as:

Objective Function

$$Min Z = c_1 x_1 + c_2 x_2 + \dots + c_n x_n$$

Subject to constraints

$$a_{11}x_1 + a_{12}x_2 + \dots + a_{1n}x_n \ge b_1$$

$$a_{21}x_1 + a_{22}x_2 + \dots + a_{2n}x_n \ge b_2$$

TRANS Asian Research Journals http://www.tarj.in $a_{m1}x_1 + a_{m2}x_2 + \dots + a_{mn}x_n \ge b_m$

Also, $x_1, x_2, ..., x_n \ge 0$

Where c_1, c_2, \ldots, c_n are coefficients and x_1, x_2, \ldots, x_n are variables.

We are minimizing our objective function because this paper aims to reduce the distance traveled by the teams in the whole tournament. We are using a Non-Negativity Constraint because a scheduler doesn't want to obtain an optimum schedule in which variables are negative.

Analysis

the IPL follows a double round-robin⁹ tournament and playoffs format. Basically, each team plays every other team. However, instead of playing the team once, they play them twice. Then the four teams with the highest points enter the playoffs. The top play each other and third and fourth position play each. The winners of both these matches enter the finals. Our paper will be restricted to the robin-round aspect of the tournament. We have taken the first match each team plays with every other team as round 1 and the second match they play with every other team as round 2.

Mumbai Indian's example

Matches played by team Mumbai Indians in IPL 2018

The above table has been adapted from News18, T-20 carnival powered by Cricketnext

Using the given schedule as a reference the rounds of Mumbai India's would look like the table below:

Round 1	Round 2
Chennai Super Kings	Sunrisers Hyderabad
Sunrisers Hyderabad	Chennai Super Kings
Delhi Capitals	Royal Challengers Bangalore
Royal Challengers Bangalore	Kolkata Knight Riders
Rajasthan Royals	Rajasthan Royals
Kings XI Punjab	Kings XI Punjab
Kolkata Knight Riders	Delhi Capitals

Keep in mind the matches have not followed the format of round one matches done then round two begins. They have been haphazard and interlinked. Our paper will be based on the constraint that round two matches cannot began until round one matches are finished.

Objective Function formulation:

N = Number of Teams p = Team 1, q = Team 2 r = round d = distance

 $\operatorname{Min} \sum_{p=1}^{n} \sum_{q=1}^{n} d_{pq} * x_{pq1} + \sum_{p=1}^{n} \sum_{q=1}^{n} d_{pq} * x_{pq(2n-2)}$

The objective function here is an equation to minimize the distance travelled by teams during the tournament is divided into two parts. The first half relates to round 1, while the second half relates to round 2.

The first half talks about minimizing the distance when the team travels from their home city to the opponent's city, where the match is going to be held. 'p' and 'q' are the two teams, d_{pq} is the distance travelled by team p to team q's city, and that is multiplied into 1 or 0, depending on the city the match is going to be held in. In this case, it would be 1 in case the match is in q's city, and 0 otherwise.

The second half talks about minimizing the distance travelled during the second round, and the distance covered from the team's last match back to their home city. The individual distances of the teams' q and p (from q's home city to p's home city) is measured, and multiplied by 0 or 1, depending upon the location of the match. 2n-2 is considered signifying the number of matches a team would play.

Constraints:

(1) $x_{ppr} = 0$ $p = 1, 2, 3 \dots n \text{ and } r = 1, 2, 3, \dots .2n - 2$

This constraint means that no match will be held for a team against itself, which is obvious. To ensure feasibility and practicality of the function, this constraint has to be necessarily taken into consideration

(1)
$$\sum_{q=1}^{n} x_{ppr} + x_{pqr} = 1.$$
 $p = 1, 2, 3 \dots n \text{ and } r = 1, 2, 3, \dots . 2n - 2$

Enforce that each team plays exactly once in each round, either at home or away. For example,

If Mumbai Indians is playing against Kolkata Knight Riders, there are 2 options:

- Mumbai Indians can play Kolkata Knight Riders in Mumbai's home ground. OR
- Mumbai Indians can play Kolkata Knight Riders at Kolkata's home ground

(2)
$$\sum_{r=1}^{2n-2} x_{ppr} = 1 \, p, q = 1, 2, \dots n \text{ and } p \neq q$$

This constraint guarantees that each team will play away against opponent exactly once. Mumbai Indians, for instance, will play against Chennai Super Kings in their home ground only once

CONCLUSION

Scheduling sports matches is one of the most difficult parts of organizing an entire league as there are so many factors and restrictions that have to be taken into consideration. All the matches have to be within a given time frame, within a particular budget, with audience, costs and sales to think of at the same time.

For this, it is imperative to ensure that matches are scheduled optimally. Sport scheduling includes problems such as breaks minimization, distance minimization, TTP (travelling tournament problem), carry-over effects and balanced tournament designs. However, this paper only focuses on distance minimization problem of teams in Indian Premier League. The hardness of sports scheduling optimization problems has led to use of different techniques in their solution. But the best results for distance minimization problems are often obtained by the use of Linear Programming.

Devising optimal schedules for tournaments / leagues is important for teams, players, fans, venues, TV channels, media and sponsors. A balanced schedule satisfying a large number of

constraints is necessary for a tournament success. The perks of having an optimization schedule system helps in finding alternative schedules, making it possible for decision makers to compare and select the best schedule. This justifies that there is place for Operation Research in Sports Management.

LIMITATIONS

The objective function of the given LPP is minimizing the distance travelled by teams through the course of the tournament. We have done so for the sake of simplicity and better understanding of the core problem.

Constraints not considered include

Economic Reasons:

→ Raise the attendance level in stadiums – Ticket prices are like the prices of stocks i.e. they are erratic. It is essential for the teams as well as the owners of the ground to have maximum capacity in the stadiums to cover up costs by the issuing of tickets, both teams have equal support from their fans

Contribution to Spectacle

➔ Important Games on Important Dates – This is a key feature in terms of revenue collection for various factors like hotels, transport, TV, stadiums, restaurants, bars. It is economical and revenue generating to schedule such matches on holidays and weekends or weekdays with a holiday the next day.

They have not been considered as it would make the problem more complex and our aim was to formulate a problem by keeping the minimization of distance in mind. Other factors and constraints would change the formulation of the problem as well as the outcome and hence this research is valid only if the objective function is minimizing the distance travelled by teams and the relevant constraints mentioned in the paper.

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FOR LISTENING POLICIES SOVIET AUTHORITIES IN TASHKENT STATE ARCHIVES RESOURCES

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ABSTRACT

This article is detailed in the documents of the State Archives of Tashkent, as a result of Soviet policy of collectivization in the late 1920s and early 1930s, as well as the reasons for their involvement in Tashkent. The first is an agricultural production company, which summarizes all of the agricultural inventory, equipments, traction forces and landowners. The second one is agricultural art, which summarizes all the means of production, the land and the whole production process. The first category includes the anti-terrorist activists - terrorists and anti-Soviet activists. They were to be arrested, repressed or even shot as political criminals. Their families were exiled to remote areas of the country. Those who actively fought against collectivization, large ears and former half-puppies, that is, representatives of the second category, were also exiled to these distant places. In 1933, as a result of re-examination of farms, 27 economic cases were considered. For example: Askar Said Akhmedov, a resident of Suzukota mahalla, is a former social trader, but also a butcher. He is a half-member of his family, and in 1933 he was subjected to the decision of the district tax commission because he was engaged in agriculture. The regional financial departments have maintained a list of ear farms in their area. The members of the commission and members of the makhalla have registered their property and belongings and made an act on it. According to archival documents, for the first time, counts of animals were in poor condition as a result of the lack of good care by local officials. Therefore, a second survey was conducted to identify animals that were hiding in many neighborhoods and neighborhoods and were told to complete the inspection within 3 days for not 100% completion.

KEYWORDS: Farmer, Collectivization, Earning, Exile, Collective Farm Building, Company, Artel, Farm Commune, Production.

INTRODUCTION

Socio-economic and moral hardships experienced by Uzbek villagers and peasants as a result of the policy of collectivization and deportation of 20-30 years in Uzbek villages during the Soviet period are the bitterest and most traumatic times in history(Holme, L & Watts, 1999; Ley, Krumpelt, Kumar, ..., & 1996, n.d.; literature & 2000, n.d.; Spechler & Spechler, 2009).

The collectivization, which began in November 1929, involved farmers in the process of collective farm construction. In accordance with the decision of the Central Committee of the CPC (b) on January 5, 1930 "On the pace of collectivization and state support for collective farm construction," the territory of the country was divided into three groups and when the region was to be completed. Uzbekistan was in the third group and the collectivization was to be completed in the spring of 1933. However, the Political Bureau of the Central Committee of the VKP (b) has criticized the slow development of collectivization in Uzbekistan, which is why the collectivization and, consequently, the campaign of listening(Martin, 2014).

According to the resolution, the collective farms will be formed in three ways. The first is an agricultural production company, which summarizes all of the agricultural inventory, equipments, traction forces and landowners. The second one is agricultural art, which summarizes all the means of production, the land and the whole production process. The third was the agricultural commune, which consisted of social production and distribution.

As a result of the policy of collectivization, there were two ways for farmers to get to the collective farm and the other to be on the list. The lightest penalty for farmers was the loss of suffrage. Those on that list were the only basis for future listening.

METHODOLOGY

Dispensation is the deprivation of all civil, constitutional and, above all, electoral rights, and the hearing is decided without any trial or investigation. This work was done by councils, "threes" and "binary", consisting of the district committee secretary, chairman of the district administration and local GPU leaders. Their task was to compile a list of those who could be expelled and deported (Kenebayeva, 2017; Universidade Taubaté Mestrado em Gestão e Desenvolvimento Regional, Grotta, & Junior, 2010).

Former "Neighborhood Songs" members were involved in the compilation. They were busy with the search and searching of the "ears" everywhere. There was even a competition for the task at hand to find out who was the top earner and what to look for.

The categories and quantities of those who listen are set by the Soviet authorities. The first category includes the anti-terrorist activists - terrorists and anti-Soviet activists. They were to be arrested, repressed or even shot as political criminals. Their families were exiled to remote areas of the country. Those who actively fought against collectivization, large ears and former half-puppies, that is, representatives of the second category, were also exiled to these distant places. The rest of the deportees belonged to the third category, who were deported to the countries and provinces where they lived, but outside their own households and residences. In addition, the ears were subjected to repression in 1932-1935 and 1937-1938 and participated in World War II labor front and combat.

Main part

In November 1929 zoning of Tashkent began. Initially, the city was divided into 4 districts (Lenin, October, Proletar and Stalin). According to an analysis of the S-0004-Fund (Stalin district) documents stored in the Tashkent State Archives, the fund contains valuable material on ear detection in 1934 in Stalin district and on farm listening.

In the archives, the decision of the Presidium of the Stalin District Council No. II dated May 16, which included members of the Presidium: Ilyasov, Mirzahmedov, Muslimov, Zairov, Karaboev, Aratisky, Alpen, Dilavar Khodjaev, Kirazulin, and others. Mukhamedova (district council).

The meeting considered the results of the re-examination of the farms in 1933 (Alpen, Kasimov), the appointment of a responsible officer in the Central Executive Committee for the complaints of workers to the district Soviets (Muslimov) and others.

In 1933, as a result of re-examination of farms, 27 economic cases were considered. For example: Askar Said Akhmedov, a resident of Suzukota mahalla, is a former social trader, but also a butcher. He is a half-member of his family, and in 1933 he was subjected to the decision of the district tax commission because he was engaged in agriculture. He was kept on hearing for the same charges on his second inspection. Isaboy Musakariev, who lives in the Zakota mahalla, is a trader of social origin and has been a composer of his own and has used it until 1932. Her 8-member husband is charged with second-degree earning because of the use of Tajik-made labor in the area and in the backyard(BOBUR et al., 2015; Morrison, 2009; Schools, 2010).

Askar Khan Kambar-khan from the Bolshevik neighborhood was an imam and regularly sold fruits in his garden. He was also arrested by the political establishment for selling cotton. He had three tanks under his supervision and in 1933 was engaged in farming. This was an excuse for his second hearing.

Alif Mahsum Isamuhammedov, a mahalla resident, was a trader of the social origin of the farm and himself engaged in the domestic business. He has been trading gold. He has been charged with the use of auxiliary labor in his subdivision 6 and for the above reasons. In the second examination, the same cases were recorded in the hearing.

Raimkhoja Rasulhodjaev from Gulistan mahalla - was a trader of social origin, selling fruits and milk on a regular basis. He rented his house and owned two tanks, and in 1933 listened to him for farming. The second investigation was also overlooked for the same charges.

Farmon Khoji Mukhamedov, a resident of the Bolshevik neighborhood, was a wealthy farmer who bought wheat from the market until 1932, flour milled and traded flour in the market. He has 8 husbands in his care, and he was listened to in 1933 because he was engaged in farming. The second investigation was also deferred to the same charges.

Nasirilla Iskandarkhanov, who lives in the Gulistan neighborhood, is from a wealthy background. He himself became a murid and was engaged in this. In 1933 he was engaged in agricultural work on 3 tanom lands. Homes were rented out for rent and used. This was an excuse to stay in ear for the second time.

Sharif Muhitdinov from Hanakho neighborhood is a trader of social origin and status and has always been involved in trade. He used auxiliary workforce in his 4 tanks and 2 horse-drawn carts. He was also charged with smuggling and selling cheap coal. The second investigation was also deferred to the same charges.

Yuldash Shodimukhamedov, who lives in the Hanako neighborhood, is a social merchant and has a patent for his business. He was engaged in gold trading and was caught with gold. He had two tanks in his possession, and in 1933 he was listened to for farming. A second investigation was conducted and the hearing was again deferred.

Numan Turabov from Voroshilov mahalla - trader of social origin and status, and from 1931 until he was a gold trader in gold, flour and oil. Eight tanzas in the village of Kara-Suu were listened to by their brother until 1930, and the farm was abandoned in a closed ear.

Abduvali Askarov, who lives in the October mahalla, was a trader of social origin. In 1933 he was arrested by political office officials for leaving his home with cotton. He was also charged with the same circumstances during the second probation and was left without hearing.

Latif Payziev of Gulistan and Payzi Mirzaev - the social status of these farms was one of the traders. Early in 1933, the ear was again subjected to symptoms and labor-intensive profits, and was further deafened by further examination.

Ayub Nazarkariev of Indaonay mahalla - is a gardener of social origin of this farm. In 1933, she became a husband in her own home, earning a lot of fruit and coal during the summer season. He was also charged with a second probation and was deferred.

Mirjalil Mirhamidov from Voroshiylov mahalla - traders of social origin of this farm used the labor force in 8 suburbs. Since 1928 he has been renting out his yard and has been deaf. In the second examination, the same cases were left in the ear.

Tojiboy Mirmukhamedov from the third Arpapoya mahalla - was arrested and listened to because he was a regular trader of the farm's social origin. The second test was also left in the ear for the same reasons.

Tulagan Rakhimjon uulu, a socialist quarterback, is a landowner with a large family background and his father used a permanent auxiliary workforce. He has 13-15 horse-drawn carriages, and he has also used auxiliary labor in these carts. There were 20 Batman lands in the Upper Chirchik district, 20 tanks for renters in the Proletar district, and 6 tanks in the 2nd part of the Socialism district, which were put up for use in 1933 for the use of permanent subsidiary labor. The farm was inspected for the second time and was left deaf for reasons listed above¹.

DISCUSSIONS

Socialism in the mahalla Scientist, Obid, Ashir Tolifov - traders of social origin of this farm, and until 1931 he worked in his shops. Up to 1933 he rented his house and received a monthly rent of 70 rubles. He also traded gold jewelry and was seized with gold by the political establishment. He had two husbands in his care and in 1933 listened to him for farming. These cases were also an excuse to remain in the hearing for the second time.

Devonbashi mahalla Mirali Mirfayziev is a merchant of social origins of the farm and had been caring for it until 1931, and this farm was put up in 1931. He lived up to 1933 with a low income and used 1.5 acres of his land, and was put up in 1933 and was therefore left in ear.

Nabijon Kasimov, a well-raised mahalla resident, was a merchant of the social origin of the farm, and until 1927 was engaged in the butchering business on a regular basis. Until 1932, he was apprehended by the financial department for selling animal products (selling cows) in the Tashkent district markets. It has 2.5 acres under its control and has been deafened because of its use of auxiliary labor in the area.

Nortoji Makhmudov from the Kara-Suu mahalla - is a landowner with a large social background and a land reformer. Until 1932 he was engaged in bargain business. In his two carts and 4 car parks in his care, his brother and his auxiliary workforce were subjected to slavery and were therefore left in the ear.

Tashkhoja Boymuhammedov, a 2-five year mahalla resident, was a contributor to the farm's social origins. There are 2 tanks in the Farm Bridge District of the farm, and they used to work in the park and one horse cart. In these cases the second examination was also left in the ear.

Odunboy Obidov from Akhunboboy mahalla is a trader of social origin of the farm and has been attracted to his attention since 1931. He had two tanks in his village and was engaged in farming. He was subjected to deportation in 1933 for his low income earning up to 1933 and was therefore left in ear.

Ilyoskori Makhsurov from Koratosh mahalla - is a social origin of this farm and himself was a trader who brought flour and rice from Kovunchi district around Tashkent. He owned 3-4 tanks and was deported in 1933 because he was engaged in farming in 1933 and was therefore left in the ear.

Rakhimboy Yusupov from Koratosh mahalla - one of the biggest traders of this farm, he was engaged in sugar trade until 1926. He rented his apartment in the city and made a profit. It had three tanks at its disposal and was abandoned in 1933 because of its use of the garden.

Jalil Mirhamidov from Kumarik mahalla - one of the biggest traders of this farm was a trader. In the Kumarik neighborhood, there were eight tanks, and in 1933, the park used to be a permanent aid worker. It is therefore left on the ear^2 .

The regional financial departments have maintained a list of ear farms in their area. The members of the commission and members of the makhalla have registered their property and belongings and made an act on it. There are several registered homes in Tashkent that have been confiscated, property confiscated, farm leaders arrested, their families exiled and as a result abandoned. For example, Tusiev's apartment is located at 115 Dubitsky Street, owned by Abzal butcher, and this house consists of 5 rooms with 145 square meters. square meters of land. Price - 782 sum 97 tiyn. The house was sentenced to 10 years by the GPU in 1932 and sent to exile. The housing was given to the Stalin district komkhoz.

Also, Aliev is a 17-room, nine-room suite on Abdulla's Police Street. 118 sq. M. square meters of land. The price is 11910 sum. The household did not live in the area and rented it and used it (the annual income of the house is 1,272 sums), which led to the confiscation of the house.

RESULTS

All farms have tried to sell animals, tools, valuables for money and hide them in their relatives. There were cases when animals were slaughtered and transported to the mountains. In the old city bazaar, the price of animal labor has fallen significantly. A month ago, the bull, which cost 150-160 sums, was now sold for 50-55 sums. The price of cows dropped by 25-30 sums (the price of cows was 60 sums). The sheep was sold for 12-15 sums instead of 30-50 sums. Sellers sold their animals at a lower price, saying it was better to sell them for cheaper than committing to the commune.

According to archival documents, for the first time, counts of animals were in poor condition as a result of the lack of good care by local officials. Therefore, a second survey was conducted to

identify animals that were hiding in many neighborhoods and neighborhoods and were told to complete the inspection within 3 days for not 100% completion. Also, the district financial department is charged with imposing a fine of up to 100 sums on farms that hide animals and sue those who refuse to pay the fine.

In addition, a meat and dairy obligation plan for collective farms, single farms and ear farms is set. For example, a plan for the meat sector in 1933, with the materials provided after the Stalin District re-inspection, is as follows. The following changes have been made according to the decision of May 29, 1934:

- **1.** 1. 808 for collective farm, 75,75 centners per annum (unchanged);
- **2.** 2. 972 for individual households 388.8 centners per annum (previously reduced by 84.0 centners from 472.8 centners to 388.8 centners);
- **3.** 3. 18 per cent for the earliest farms, 14.4 quintals per year (unchanged)³.

In 1934, the inquiry commission, led by Muslimov, conducted a rigorous review to review the milk commitment plan. As a result of the inspection, 67 milk cows were found on the kolkhoz farms and 78 cows on the individual farms were identified as the milk obligation plan of 1934:

- **1.** On collective farms 5015 liters;
- 2. Individual farms 9360 liters, total: 14,385 liters⁴.

Indeed, what crops (cotton, alfalfa, wheat and other crops) are predetermined from above for both the former kolkhozes and the newly established kolkhozes(Dolliver, 2015; Horng & Tsai, 2012). For example, in accordance with the Decision No. 31 of May 20, 1934, the fields for cultivation of alfalfa in Tashkent collective farms were as follows:

Number	Names of collective farms	Sown area (ha)	Description
1.	Baynalminal	7,06 ha	12.
2.	Ittifok	1,49 ha	7.
3.	Stalin	1,85 ha	7.
4.	Qizil yulduz	2,03 ha	11.
5.	Qizil ilken	2,6 ha	8.
6.	Shark irken	2,03 ha	5.
7.	Ga-rad	3,67 ha	16.
Total	In all farms	20.73 ha ⁵	

CONCLUSION

In short, collectivization and its associated hearing and deportation have made the cities and villages of Uzbekistan tragic. It had a devastating impact on policymaking, socio-economic life in the city, and life. Its poison still exists in some places.

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GARDEN BASED DIET THERPAY REDUCES ADHD SYMPTOMATOLOGY IN SCHOOL GOING STUDENTS

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ABSTRACT

Attention Deficit Hyperactivity disorder is also a neurobehavioural disorder and is alarmingly increasing in the society. Recent studies on nutrition and ADHD recommends that elimination of certain foods from the diet reduces symptoms of ADHD. The present study was carried out with questionnaire in the form of rating scale to determine the food consumption patter, frequency and preference of the students with ADHD undergoing garden based nutrition education. The sample of the study consisted of 103 students with ADHD symptoms from schools of Thiruvananthapuram and Kollam district which was categorized into two groups experimental (53) and control group (50). The garden based nutrition intervention was imparted to the experimental group and the participation of the students were recorded by providing participation index score for each activity. The control group was only subjected to nutrition education intervention. The statistical analysis was carried out using correlation and T test compare the pre and post intervention scores. The current pre post study establishes that elimination of sugar, maida; chocolate, bakery items and fizzy drinks in the diet can reduce the ADHD symptoms through the garden based nutrition intervention method.

KEYWORDS: ADHD- Attention Deficit Hyperactivity Disorder, Diet Intervention, DSM IV criteria, ADHD symptoms, Garden based nutrition intervention

INTRODUCTION

According to American Psychiatric Association (1994) Attention Deficit Hyperactivity Disorder (ADHD) is a psychiatric disorder which affects 3 to 5% of all school-going children. About 1% of children in Kerala have been identified as having learning disabilities according to the census reported in 2016 by Kerala Social Security Mission (Disability census report 2014-2015). Attention Deficit hyperactivity disorder is characterized by symptoms of inattention, hyperactivity, distractibility, over activity and impulsivity. It is most commonly found in the school going children. Medication is the most common and most studied treatment to ADHD. (Cornier and Elder, 2007)Several studies has revealed that the diet or the food consumed has direct relation with the behaviour of an individual (Breakey,1997; Mousain, 2004; Gershwin, 2004; Cruz et.al, 2006, Sinn 2007). Recent studies have shown that certain nutritional factors are linked with the ADHD symptoms and with diet modification such symptoms can be reduced.(Duca ,2010 and Goldstein and Ingersll, 2000) Several studies has revealed that when restricted diet is advocated to children with ADHD, the ADHD symptomology is reduced. (Goldstein and Ingersoll, 2000;Hill and Taylor, 2001;Bateman ,2004;Waring and Lapne,2008;Pelsseret.al,2009:Duca,2010;Beela and Raji,2016)

Several researchers have found that there is association between nutrition and ADHD symptoms.(Stevens et al., 2011) The accepted protocol for the treatment of ADHD includes psych education ,parent training ,medication, behavioral therapies and intervention.Research indicates that diet modification in children with ADHD can exhibit substantial changes in the symptoms of ADHD and behavior.(Barkely, 2014) It is during the childhood, the food preference and dietary habits are established. Therefore it is always ideal to target at young children to impart nutrition intervention while they are forming their lifelong habit (Kraftl, 2016).Diet therapy for ADHD is successful only when children willingly can switch to the prescribed diet. There is challenge in imparting nutrition intervention to the children;hence a child friendly method for nutrition intervention as a way to impart nutrition. Several studies show that garden based nutrition intervention and diet therapy has benefited in several ways which include promotion of mental health activity (Ferris et al,2001; Armstrong, 2000).

Objective:

To determine the impact of garden based diet therapy on the ADHD symptomatology of school going children with ADHD in a randomised control trial.

METHODOLOGY

Sample

Sample of the current study consists of hundred and three students with ADHD symptoms from the schools of Thiruvananthapuram and Kollam district. The sample were screened based on the DSM IV diagnostic criteria and after interview with parents and teachers. Selection of the sample was based on inclusion and exclusion criteria .The sample was selected with the help of a developmental therapist and a clinical psychologist.

Inclusion criteria:

- a) ADHD diagnosed according to DSM-IV(Diagnosed and Statistical Manual of Mental Disorder).
- **b**) Children aged between 6-12.
- c) Children not taking medication such as methylphenidate.
- d) Sufficient command of Malayalam or English language.

Exclusion criteria

- **a**) Family circumstances hampering completion of the elimination diet;
- **b**) Children already on a diet or been on a diet in the past two months.
- c) Children receiving behavioural therapy or medication at the time of registration.

The selected samples was randomly categorised into two groups.(A) an experimental group and (B) a control group. The garden based nutrition intervention was imparted to the experimental group and the control group was only subjected to nutrition education intervention.

Registration:

After the selection, the samples were registered for the study. The parent and students were educated about the need of the study, the procedure and the expected outcome. A consent form was dully signed from the parents before proceeding the study.

Assessment materials and methods:

Assessment of ADHD:

Assessment of ADHD was based on structured interview using DSM IV Criteria which is a structured interview with DSM IV, DSM V (Diagnostic and Statistical Manual of Mental Disorder 2013) based ADHD checklist.

Anthropometric measurement:

Height and weight of children with ADHD was assessed using caliberated stadio meters and electronic scales. The height and weight was then compared with standard growth chart of ICMR.

ADHD behaviour / symptoms questionnaire:

A questionnaire consisting of 25 questions in the form of 5 scale rating was administered to the subjects in 6 sessions to determine the prevalence of ADHD symptoms.

Pilot Study:

Pilot study was conducted in twenty students to find out the reliability and the validity of the assessment scales used in this study. ADHD behavior questionnaire and dietary recall method was subjected in twenty students to see if it yields consistent results.

Main Study: The main study was done in three phases

Phase 1: Pre Intervention Assessments:

The initial tests was accompanied by biographical questionnaire to acquire details about the sample. The Personal and Socio-economic characteristic of the subjects was assessed using the

questionnaire prepared. Assessment of ADHD, Anthropometric measurements, Dietary recall, ADHD behaviour symptom questionnaire was subjected to elicit the data.

Phase2: Garden based Nutrition Intervention:

The garden based nutrition intervention will be conducted in different steps.

Nutrition Education using Multimedia approach:

A self-explaining power point presentation on the elimination diet and importance of fruits and vegetables was imparted to students selected for the study.

Diet counselling to parents:

Parents were given diet counselling in which the importance of healthy food intake and the harm of junk and sugar enriched foods was imparted. They were given a diary in all the phases for registering not only the behaviour of the child but also any dietary infractions .A diet chart will be prepared to every child as per the RDA recommended by ICMR. The diet chart prescribes for each day, which includes all food products the child must eat and drink.

Raising a nutrition garden:

A self-explaining power point presentation on how to start gardening in a school was first shown to the children. The children was encouraged to raise a nutrition garden with the help of the teachers and a skilled labourer. The plants was raised in sacks and gunny bags. The plants like tomatoes, lady's finger, brinjal, amaranthus, green chillies, cow pea, bitter gourd, cucumber, peas and papaya was raised. The mixture was prepared using coir pits compost, cow dung, neem cake and red loam soil. The mixture was filled in the sacks.

Maintenance and Protection of the raised garden:

The subjects selected for the intervention programme were asked to regularly maintain and protect the garden every day for two months. The participation of the subjects in the activity was recorded by the class teacher using the participation score sheet.

Harvesting:

The yield of the fruits and vegetables was reaped and was collected by the children as a team. The participation in these sessions was recorded.

Phase 3: Post intervention assessment and single blinded measurements:

Assessment of ADHD behavior/ Symptoms, Dietray recall, ADHD behaviour symptom questionnaire was done after the intervention.

All children were assessed independently by two development therapist and the researcher. The blinded measurements was conducted independently of the measurement of the researcher.

Observation and Assessment

The result of the present study are detailed in Table 1,2 and 3

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TABLE 1: COMPARISON OF THE PRE INTERVENTION ADHD SCORE AND POST

90

90

INTERVENTION ADHD SCORE										
	Pre	inter	ventior	ADHD	Post in	tervention	n ADHD	Difference	t-	t-
	score			score				statistics	critical	
Group	Ν	Min	Max	Average	Min	Max	Average			(5%)
Experimental	53	56	105	87.549	46.375	14.125	76.554	10.995	11.471	2.006



TABLE 2: COMPARISON OF THE PRE INTERVENTION FOOD PREFERENCE AND POST INTERVENTION FOOD PREFERENCE SCORE

Group	Food items	Pre prefer	food ence	Post prefer	food ence	Difference	t-statistics	t-critical
Experimental	Sugar	3.735		3.075		0.66	6.139	2.006
	Maida	3.716		3.528		0.188	3.477	
	Chocolate	3.471		2.132		1.339	15.770	
	Bakery	3.471		2.132		1.339	15.770	
	items							
	Fizzy	3.603		1.716		1.886	18.950	
	drinks							
Control	Sugar	3.78		3.78		0	0	2.009
	Maida	3.88		3.54		0.34	4.628	
	Chocolate	3.82		3.52		0.3	4.2	
	Bakery	3.9		3.88		0.2	0.573	
	items							
	Fizzy	3.94		3.88		0.06	1	
	drinks							

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FUUD FREQUENCY SCORE								
Group	Food items	Pre	food	Post	food	Difference	t-statistic	t-critical
		frequer	ncy	freque	ency			
Experimental	Sugar	4.301		4.150		0.150	2.672	2.006
	Maida	4.339		3.943		0.396	4.187	
	Chocolate	3.905		2.018		1.886	21.451	
	Bakery	3.943		2.018		1.924	19.930	
	items							
	Fizzy	4.528		3.981		0.54	6.565	
	drinks							

TABLE3: COMPARISON OF PRE INTERVENTION AND POST INTERVENTION
FOOD FREQUENCY SCORE

Control	Sugar	4.34	4.4	-0.06	-1.352	2.009
	Maida	4.26	4.14	0.12	1.231	
	Chocolate	4.38	4.18	0.2	3.5	
	Bakery items	4.42	4.48	-0.06	-0.724	
	Fizzy drinks	4.08	4.28	-0.2	-2.857	

Table 1 clearly reveals that there is a significant change in the ADHD scores of pre and post in the experimental group who underwent garden based nutrition intervention. The table 2 depicts that the food preference of the food items of experimental and control group when compared, there were significant difference in the preference of all food items in the experimental group. In the control group, significant difference was found in the food preference of sugar, bakery items and fizzy drinks. And table 3 depicts that the food frequency of food items like sugar, maida, chocolate, bakery items and fizzy drinks of the experimental group showed a significant difference in the pre and post intervention scores. However in the control group the food frequency in the consumption of chocolate in the pre and post intervention was found to have significant difference. But there was no significant difference found in the pre and post intervention of sugar, maida, bakery items and fizzy drinks.

SUMMARY AND CONCLUSION

The results of the study depict that when children with ADHD participated in the gardening activities after receiving nutrition education. The preference and the frequency of consumption of the food that triggers ADHD symptoms have reduced. It was also seen that when ccompared to control group which received only nutrition education. The experimental group showed significant changes in the food frequency and food preference towards the ADHD elimination food. Hence the present study reveals that gardening along with nutrition education can reduce the ADHD symptoms.

Parent of the children of ADHD should have thorough understanding of the role of healthy diet and the elimination diet. It is also advisable that every school has a curriculum to include gardening activities which can eventually reduce ADHD symptoms in children with ADHD. The strength of this study was the multidisciplinary approach of dietary intervention which included Developmental Therapist and Clinical Psychologist. The parents played a very important role in implementing the diet intervention to their children.

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AN EXPLORATORY STUDY TO ASSESS THE OCCUPATIONAL HEALTH HAZARDS DUE TO EXPOSURE OF BENZENE VAPORS AMONG WORKERS AT SELECTED PETROL PUMPS OF MALWA REGION, PUNJAB

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ABSTRACT

Background of the Study: Occupational health is the promotion and maintenance of the highest degree of physical, mental and social well being of workers in all occupations by preventing departure from health, controlling risks and the adaptation of work to people and people to their jobs. Benzene is a clear, colorless liquid with a sweet aromatic odor. Benzene vapors are commonly found in crude oil, gasoline, cigarette smoke etc. Petrol pump workers are continuously exposed to the organic and inorganic substances present in the petrol & diesel. Benzene absorbed in human body causing primary respiratory symptoms, hematological, physical and physiological changes. Aim of the Study: The aim of the study is to assess the occupational health hazards due to exposure of benzene vapors among workers at selected petrol pumps of Malwa region, Punjab. Material and Methods: A quantitative research approach, exploratory research design was used to conduct this research study. Total 100 petrol pump workers were selected by non probability purposive sampling technique from selected petrol pumps of Malwa region, Punjab. Data was collected using self reported checklist, laboratory investigations and peak flow meter. **Results**: The study results depicted that most of the petrol pump workers had occupational health hazards i.e. in physical parameters 99% had moderate physical symptoms, in hematological parameter had decreased Hb, WBCs, RBCs, MCH,

MCHC, hemocrit and platelets level and in respiratory parameter majority of the sample had moderate decreased lung capacity.

Conclusion: It was concluded that petrol pump workers had greater risk of occupational health hazards due to benzene vapors.

KEYWORDS: Occupational Health Hazards, Benzene Vapors, Petrol Pump Workers.

INTRODUCTION

Health is the level of functional or metabolic efficiency of a living organism. In humans, it is the ability of individuals or communities to adapt and self manage when facing physical, mental or social challenges.¹ Occupational health is the promotion and maintenance of the highest degree of physical, mental and social well being of workers in all occupations by preventing departure from health, controlling risks and the adaptation of work to people and people to their jobs.² Occupational health hazards are hazards of exposure to pollution, noise and vibration in the working environment. Exposure limits are promoted by International Labor Organization.³

Benzene is a clear, colorless liquid with a sweet aromatic odor. It is used mainly as a starting material in manufacturing other chemicals, including detergents, pesticides, plastics and resins, synthetic rubber, aviation fuel, pharmaceuticals, dye, explosives, gasoline, flavors and perfumes, paints and coatings, nylon intermediates, photographic chemicals.¹¹

Long-term (a year or more) exposure to benzene causes harmful effects on the bone marrow, resulting in anemia and excessive bleeding. It can also affect the immune system, increasing the chance for infection. Some women who breathed high levels of benzene for many months had irregular menstrual periods and a decrease in the size of their ovaries.¹²

Petroleum products are used for various reasons by human beings at homes, in manufacturing and petrochemical industries. The daily use of petroleum products both in and outside petroleum industries may have effects on users. Those who work directly in petroleum industries and are occupationally exposed are likely to be more affected than their counterparts who do not work in these industries.¹⁶

OBJECTIVES

1) To assess the occupational health hazards due to exposure of benzene vapors among workers at selected petrol pumps.

2) To find out the association of occupational health hazards due to exposure of benzene vapors with selected demographic variables.

Assumptions

The study assumes that:

- There will be changes in the hematological, physical and respiratory parameters among workers at selected petrol pumps due to exposure of benzene vapors.
- Those who will more exposed to benzene vapors have more occupational health hazards.

MATERIAL AND METHODS

A descriptive, exploratory design was adopted to assess the occupational health hazards due to exposure of benzene vapors among workers at selected petrol pumps. The conceptual framework used to guide the study was "Nola Pender's Health Promotion Model" Petrol pump workers were

selected by Non probability purposive sampling. A total 100 Petrol pump workers from petrol pumps situated in Malwa region (Punjab).

Description of study tool: The tool consists of three parts-

The tool was prepared after intensive review of literature, formal and informal discussions with the experts of research, nursing and medical fields. It was divided into following sections:

Section I: Selected Demographic Variables.

The demographic variables included personal information about subjects such as age, working hours, work experience, educational status, height, weight, BMI.

Section II: Assessment of occupational health hazards

This section contains 3 parts for assessing occupational health hazards.

Part A: This part consist of Self reported checklist to assess the physical parameters. It consist of 14 items which were structured to assess the physical symptoms appears in subjects due to exposure of benzene vapors.

Part B: It consist of Laboratory investigations to assess the hematological parameters.

Procedure: 3ml blood was taken from each sample in EDTA vial and within 6 hours blood samples were send to laboratory for CBC analysis.

Part C: It consist of Peak flow meter to assess the respiratory parameter (lung capacity). The Peak flow meter was used for PEFR (Peak Expiratory Flow Rate) measurement. With the help of peak flow meter 3 readings of PEFR were taken from sample. The highest of three readings was used as recorded value of PEFR.

RESULTS

TABLE 1 FREQUENCY AND PERCENTAGE DISTRIBUTION OF SAMPLE CHARACTERISTICS N=100

S.No.	Demographic	Frequency	Percentage
	Characteristics	(f)	(%)
1.	Age (in years)		
a.	21-30	18	18
b.	31-40	33	33
с.	41-50	36	36
d.	>50	13	13
2.	Working hours		
a.	4	10	10
b.	6	30	30
с.	8	20	20
d.	>8	40	40
3.	Work experience (in years)		
a.	2	11	11
b.	3	9	9
с.	4	35	35

d.	More than 4	45	45
4.	Education status		
a.	No formal education	11	11
b.	Primary	51	51
с.	Secondary	31	31
d.	Senior Secondary	7	7
5.	Height (in cm.)		
a.	163-168	23	23
b.	169-174	44	44
c.	175-180	30	30
d.	>180	3	3
6.	Weight (in Kg)		
a.	54-60	27	27
b.	61-67	38	38
с.	68-74	31	31
d.	>74	4	4
7.	BMI		
a.	<18.5	1	1
b.	18.5-24.9	98	98
с.	25-29.9	1	1
d.	>30	0	0

Table I revealed the frequency and percentage distribution of sample characteristics.

According to age, the majority of the subjects 36 (36%) were in the age group of 41-50 years. In relation to working hours, majority of the subjects 40 (40%) were working for more than 8 hours. Regarding work experience, majority of subjects 45 (45%) having more than 4 years. As per the educational status, majority of the subjects 51 (51%) were having primary. In relation to height, majority of subjects 44 (44%) were having 169-174cm. As per weight, majority of subjects 38 (38%) were having 61-67 kg. In relation to BMI, majority of subjects 98 (98%) were having 18.5-24.9.

TABLE 2 FREQUENCY AND PERCENTAGE DISTRIBUTION OF WORKERSWORKING AT SELECTED PETROL PUMPS ACCORDING TO PHYSICALPARAMETERS IN TERMS OF SYMPTOMS DUE TO BENZENE VAPORS. N=100

Catagony of Symtoms	Frequency	Percentage
Category of Symtoms	(f)	(%)
Severe Symptoms >10	99	99%
Moderate Symptoms 6-10	1	1%
Mild Symptoms <5	0	0
		Maximum Score 14

Minimum Score 0

Table 2 showed that maximum 99 (99%) petrol pump workers had severe symptoms, 1 (1%) having moderate symptoms and no worker had mild symptoms.

Parameters	Frequency	'Percentage
	(f)	(%)
• Hb		
Decrease	97	97
Normal	3	3
• WBCs		
Decrease	79	79
Normal	14	14
Increase	7	7
• RBCs		
Decrease	84	84
Normal	11	11
Increase	5	5
• MCH		
Decrease	80	80
Normal	17	17
Increase	3	3
• MCHC		
Decrease	65	65
Normal	22	22
Increase	13	13
HEMOCRIT		
Decrease	75	75
Normal	16	16
Increase	9	9
• PLATELETS		
Decrease	61	61
Normal	39	39
Increase	0	0

TABLE 3 FREQUENCY AND PERCENTAGE DISTRIBUTION OF WORKERS WORKING AT SELECTED PETROL PUMPS ACCORDING TO HEMATOLOGICAL PARAMETERS, COMPLETE BLOOD PICTURE (CBP) ANALYSIS N=100

Table 3 predicts that maximum of subjects 97 (97%) had decrease hemoglobin (Hb), 79 (79%) were having decrease white blood cells (WBCs), 84 (84%) were having decrease red blood cells (RBCs), 80 (80%) were having decrease mean corpuscular hemoglobin (MCH), 65 (65%) were having decrease mean corpuscular hemoglobin concentration (MCHC), 75 (75%) were having decrease hemocrit level, 61 (61%) were having decrease platelets.

	N=100					
Parameters	Frequency	Percentage				
	(f)	(%)				
• Lung capacity						
Normal (Green)	11	11				
Moderate decrease(Yellow)	80	80				
Severe decrease(Red)	9	9				

TABLE 4 FREQUENCY AND PERCENTAGE DISTRIBUTION OF WORKERS WORKING IN PETROL PUMPS ACCORDING TO RESPIRATORY PARAMETER.

Table 4 showed that majority of subjects 80 (80%) had moderately decrease lung capacity (Yellow), followed by 11 (11%) were having normal lung capacity (Green) and least number of subjects were having severe decrease lung capacity (Red) i.e. 9(9%).

DISCUSSION

In the present study, investigator found that majority of petrol pump workers i.e. 99 (99%) had severe symptoms and 1 (1%) having moderate physical symptoms, majority of petrol pump workers had hematological hazards and 80 (80%) had decrease lung capacity. The findings were consistent with the study conducted by **Quingshan QU et al (2002)**⁶³ who reported that Chinese petrol pump workers had broad range of benzene exposures. A total of 130 exposed workers and 51 age and gender matched unexposed subjects were recruited in the study. The depressions in RBC, WBC, and neutrophils observed in this study. The results of the study appear to suggest that lymphocytes may not be more sensitive to chronic benzene exposure than neutrophils.

Choudhari S.P. et al⁵¹ reported that petrol pump workers have significantly lower lung functions as measured by spirometry & airway resitance is significantly raised in them. This study was carried out on 40 male petrol pump workers in the age group of 20-40 years who were working at petrol pumps for more than 5 years.

In the present study, investigator found that occupational health hazards had significant association with working hours, age and weight and not significant association with work experience, height, BMI and educational status.

CONCLUSION

The findings of the study revealed that majority of petrol pump workers had suffer from occupational health hazards. There was significant association found between occupational health hazards with age, working hours and weight of petrol pump workers at 0.05 level of significance.

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THE KARAKUL SHEEP BREED (FERULA ASSAFOETIDA) EFFECT OF VEGETABLE JUICE

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ABSTRACT

Astrakhan breeding developing in our Republic is in the Kizilkum regions, along with pasture plants, there are some plants the chemical consistence of which have not been studied enough, that is why these plants have potential danger of poisoning Astrakhan sheep. This work studies the influence of smoleFerula assafoetida on the organism of sheep, the influence of this plant on morphological, biochemical indicators of blood, and its influence on cell and its influence on cell and gumoralimmune system. In our view, leukocyte depletion in the blood of animals of the third group indicates the pathological changes in their formation in lymphocytic tissues. The eosinophils in this group exhibited a wave-like nature and increased 200% on day 3 of the experiment, and at the end of the experiment the amount of pre-experiment was noted. It is important to note that there is information about the toxicity of plants of this species to animals. However, in the Kyzylkum region adapted to karakul, there is virtually no information on the negative impact of these plants on the karakul sheep body. The solution of this problem is closely connected with the development of the industry. However, the first clinical signs of poisoning, disorders of the musculoskeletal system starting from 8 days in animals of the third group, containing 56 grams of biologically active substance per 100 mg of oral cavity juice or 133.3 mg / kg body weight daily for 14 days, Increased appetite, diarrhea, palpitations, increased breathing rate, marked foul odor at exhalation, and increased temperature to 0.5-1C. However, in the Kyzylkum region adapted to karakul, there is virtually no information on the negative impact of these plants on the karakul sheep body. The solution of this problem is closely connected with the development of the industry. In the steppe zone, nettles make up 25-35% of the diet of sheep, camels, horses and cattle.

KEYWORDS: Karakul Sheep, Breed, Ferula Assafoetida, Effect, Vegetable Juice

INTRODUCTION

The relevance of research.

Economic reforms are being implemented in the country on the basis of a new economy based on private property. Infectious diseases of animals, especially animal poisoning from mineral substances and poisonous plants, are one of the major obstacles to solving this urgent problem.

It should be noted that ecosystem degradation in the Kyzylkum megapolis, which is the main food base for the development of Karakul sheep, has led to the disappearance of many ephemeral plants typical of desert flora for many years. Therefore, the establishment of scientifically based agrotechnological processes in this climate zone and the establishment of food plantations adapted to the steppe zone's development, in particular, remains one of the most pressing problems of today.

It is well known that one and perennial plants that grow in the steppe zone and adapt to these climatic conditions, include beneficial and nutritious preservatives of both toxic and non-toxic plants [9]. One of the factors is the kettle (Ferulla assafoit), which grows in this region and is a major part of animal feed but has not been well studied. It is important to note that there is information about the toxicity of plants of this species to animals. However, in the Kyzylkum region adapted to karakul, there is virtually no information on the negative impact of these plants on the karakul sheep body. The solution of this problem is closely connected with the development of the industry. In the steppe zone, nettles make up 25-35% of the diet of sheep, camels, horses and cattle.

Among the grasses of the steppe, nettles consume 8.3% protein, 22.8% protein, 11.2% dissolved sugar, and their leaves, dew, body and seeds are not restricted by season, according to their chemical composition. it has been found to be one of the main nutrients in the seed. [1,2,8]

In the Kyzylkum area, which is suitable for the development of Karakul sheep breeding, the rootfish is 2 million ha of F.assafoetida. Availability of about 50 hectares of thickets and plantations, when long-lasting nettles are consumed by karakul sheep in this region, may be a potential source of contamination by biologically active substances in the plant, especially kumarin, lactone, terpen, kumarol and dicumarin.

U. Rakhmonkulov (1995), M.A. Mamatkhanova (2009), N. N. Najmiddinova et al. (1993, 1994, 1995, 2004) found that shellfish often accumulates biologically active substances and its toxic properties: kumarin, lactone, terpene, kumarol and dicumarin.

So far, the effects of fowl and its grain on the karakul sheep organism in Karakul sheep farms of the country have not been studied. That is why the development and implementation of the kite on the body of sheep sheep and its effective ways to prevent it is one of the most urgent problems in the field of veterinary science today.

OBJECT AND METHODS OF RESEARCH

Laboratory experiments with the aim of studying the level of toxicity of plant sheep karakul sheep based on the principle of similar pairs in the vivarium of the Faculty of Veterinary Prevention and Medicine of Sam VMI.

It was administered in 12 sheep, ranging from 3 to 4 groups, and their clinical-physiological performance, hematological performance, and productivity were compared.

Animals in the control group were not allowed to drink aqua root and a sap from their roots. Animals of the first group were given 25 ml of oral aqueous root and root extract containing 4% biologically active substance, giving each sheep organism a daily dose of 33.3 mg / kg for 14 days, and 14 grams of cumin. terpenes and other biologically active substances were recorded. For the second group, the body weight was 66.6 mg / kg, the total weight was 28 grams, and the third group animal weight was 133.3 mg / kg. It was found that 56 grams of coumarin terpenes had other biologically active substances.

RESULTS OF THE STUDY.

Based on the results of laboratory experiments on the effects of sturgeon and sturgeon juice on the steppes of Kyzylkum desert of Bukhara and Navoi regions, we can conclude that 25 ml per animal of the first group and 50 animals per second group. For 14 days of oral injection of sturgeon juice, their clinical and physiological parameters were compared with that of control animals. no significant differences were observed.

However, the first clinical signs of poisoning, disorders of the musculoskeletal system starting from 8 days in animals of the third group, containing 56 grams of biologically active substance per 100 mg of oral cavity juice or 133.3 mg / kg body weight daily for 14 days, Increased appetite, diarrhea, palpitations, increased breathing rate, marked foul odor at exhalation, and increased temperature to 0.5-1C.

Some experimental changes in morphological and biochemical performance of the blood were observed in the experimental animals when they were administered orally extracted from the stem and root of sturgeon and contained 4% biologically active substance.

Analysis of the data obtained during the experimental by groups indicated that the number of red blood cells in the first experiment group increased by 5.4% on the 5th day of the experiment, 13.5% at day 7 and 29.7% on the 14th day.

In animals of the second experimental group, red blood cells increased by 16.2% on day 5, 37.8% at day 7, and 32.4% on the 14th day.

However, the number of red blood cells in animals of the third experimental group with clinical signs of poisoning decreased by 12.9% on day 3, 25.6% on day 7, and 12.8% on the 14th day.

In the fourth control group, the amount of red blood cells in the animals in the fourth control group was virtually unchanged at the beginning of the experiment.

Leukocyte levels in sheep of the first and second groups increased by 30.1% and 27.8%, respectively, whereas in animals of the third experimental group, they were found to have a wave effect of 1.3% and their reliability was R> 0, Didn't exceed 05.

Hemoglobin levels in the first and second groups of animals increased throughout the whole experiment and were 12% and 28.9% at the end of the experiment, respectively. However, in animals of the third experimental group with clinical signs of poisoning, hemoglobin levels were reduced by 12.5% on day 3 of the experiment, and by 20.5% at the end of the experiment.

In animals of the first group, the rate of erythrocyte sedimentation decreased by 19.5% on day 3 of the experiment, and by the end of the experiment it was found to decrease by 3.1%. However, animals in the second experiment group decreased 23.3% at the beginning of the experiment, on the 14th day of the experiment An increase of 20.5%.

In the third group of animals with clinical signs of poisoning, it was noted that ECH increased during the experiment and increased by 60% at the end of the experiment.

The data presented above show that leukocytes in the blood of animals of the first and second experiments increased during the experiment, and that the animals in the third experiment group slightly increased and decreased at the end of the experiment.

It was noted that the amount of eosinophils in animals in the first experimental group decreased by 23.1% on days 3 and 5, and increased by 76.9% on the 14th day of the experiment. However, in the neutrophils with the countertop core, the opposite picture showed an increase of 39.3% on day 3 of the experiment and a decrease of 21.3% at the end of the experiment.

It was noted that the amount of lymphocytes in the animals in this group decreased by 10.7% at the end of the experiment, and the amount of monocytes increased by 43.4%.

The amount of eosinophils in the second group animals did not change significantly during the experiment, except that on day 5 of the experiment, it was found to decrease by 18.8%.

In our view, leukocyte depletion in the blood of animals of the third group indicates the pathological changes in their formation in lymphocytic tissues. The eosinophils in this group exhibited a wave-like nature and increased 200% on day 3 of the experiment, and at the end of the experiment the amount of pre-experiment was noted. The opposite was observed for neutrophils with rod nuclei, which was found to decrease by 16.3% on day 3 of the experiment and gradually increase during the experiment, increasing by 16.2% at the end of the experiment. In this group, the neutrophils with sigma nuclei decreased during the experiment and showed a decrease of 8.4% on the 14th day of the experiment. Lymphocytes and monocytes increased during the experiment, and at the end of the experiment were 17.2 and 168.7%, respectively.

The apparent changes in total serum protein levels were mainly seen in animals of the third experimental group, which contained 10.7% of the total protein per day on the 3rd day of intake of juice and root extract of the sturgeon. At day 5 it was noted a decrease of 16.5% and 2.6% at the end of the experiment. It was also noted that the total protein decrease was due to alpha, beta and mainly gamma-globulins, where beta-globulin decreased 12% for 3 days of the experiment, and alpha and gamma globulins decreased by 11.3 and 37.9%, respectively.

Reduction in serum alpha, betta and gamma globulins in the third group of animals indicates a decrease in the natural and increased resistance in the body.

SUMMARY.

1. There is no significant change in the clinical-physiological and hematological parameters of Karakul sheep infused with oral caviar containing 4% biologically active substances containing 25-50 ml daily.

2. Movement of the foot in the third group of animals in the third group for 14 days was infused with 100 ml of nettle juice and received 133.3 mg / kg body weight daily, 56 grams of coumarin and other biologically active substances. Increased appetite, diarrhea, increased respiratory and pulse rates, increased sensation of foul odor at the exhale, and lower temperatures.

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THE SCIENTIFIC EXPEDITION OF FRENCH EXPLORER CHARRLES EUGENE UJFALVY IN CENTRAL ASIA

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ABSTRACT

In given article widely revealed scientific expedition of French researcher Charles-EugèneUjfalvy to the Central Asia. In particular, deeply analyzed anthropological and ethnographic researches of the scientist in valleys of the Syr-Darya and Zerafchane, in oases Tashkent and Fergana, Dzungaria and Semiretche, the value of these scientific expeditions in the further French researches were shown. In order to study the history, culture, language, religion, ethnography and nature of the region, there have been numerous research works by Russian, English, German, and French researchers. Such studies were initially conducted in archeology, ethnography, and geography, and later the study of culture, religion, and other areas has intensified. Then, without reaching the bridge leading to the castle gate, there was a narrow corridor to the Registan Square, where there were three famous madrasasas of Tilla-Kori, Sherdor and Ulugbek. After them, a dome with the Tomb of Amir Timur is visible. As a result of anthropological observations, a table was created to analyze the facial and body composition, skin and hair color, eyes, ears and nose of the local population. In exploring different types of peoples, the author cites information from Chinese sources. For example, when describing the people with blonde hair in Kuhistan, the blue eyes, blonde hair, and nose of the tribal people show that the Chinese were stunned. According to the traveler, the expedition members, like other foreigners, were treated as merchants who came to gain wealth. Merchants did not have honorary positions in the country. (Туркестанскийсборник. 1880. Т.240. С.243-251).

KEYWORDS: Turkestan, Central Asia, Uzbekistan, historiography, source studies, orientalizm, French oriental studies, source bases, researches, history, ethnography, culture, religion, art, foreign relations.

INTRODUCTION

Central Asia is one of the most important regions in the world in terms of peculiarities and geopolitical location. This region, as a natural and important part of Eastern civilization and culture, has always been unique in its development.

In the second half of the 19th and early 20th centuries, this region was widely studied by European scientists, researchers and tourists. In order to study the history, culture, language, religion, ethnography and nature of the region, there have been numerous research works by Russian, English, German, and French researchers. Such studies were initially conducted in archeology, ethnography, and geography, and later the study of culture, religion, and other areas has intensified. Although this scientific expedition covers parts of the Russian Empire, China and eastern Turkestan, this article focuses on research in the Central Asian region.

Charles Eugene Ujfalvi de Mezo-Covezd (Charles-EugèneUjfalvy de Mező-Kövesd, 1842-1904) was the leader of the scientific expedition and one of the main members of the expedition. While the history of scholarly research is based on primary sources, one can see that he has made significant progress in his field of research, data collection and systematization.

Ujfalvi is of Hungarian origin, and his military career began in Austria. He learned the necessary knowledge from the Secretary General of the Paris Anthropological Society (Secrétaire de Général de la Sociétéd'Antropologie de Paris), and Dr. Paul Broca (Gorshenina, 2000: R. 227) for his in-depth research in anthropology and ethnology. Eugene Ujfalvi has been in Paris for several years as Vice-President of the Society of Philologists (Sociétéphilologique), Asian Society (Sociétéasiatique), French Society of Numismatics and Archeologists (Sociétéfrançaise de numizmatique et d'archéologie) and Geographical Society (Sociétégéographie). He was also a member of the Hungarian Royal Academy of Sciences (l'Académieroyale des sciences de Hongrie), a well-known organization such as the Geographical Society of Amsterdam, Budapest and the Anthropological Society of Berlin and Moscow.

It is obvious that the expedition was carried out by a leading expert of his time, and the results are sufficiently scientific.

Ujfalvi was appointed professor of geography and history in Central Asia at the Paris School of Oriental Languages (L 'École des languesorientalesvivantes). He is a linguist by profession and has mastered Finnish and German languages of the Altai family. He is also an archaeologist, anthropologist, linguist, and ethnologist.

Another member of the expedition was Maria de Ujfalvi Burdon (Marie de Ujfalvy-Bourdon, 1845-1905), the wife of Mr. Ujfalvi, who accompanied the expedition regularly. According to some sources, French explorers such as Gabriel Bonvalot (Gabriel Bonvalot, 1853-1933) and Guillaume Capu (1857-1931) also accompanied the expedition. By the order of Governor-General of Turkestan von Kaufman M. Wilkins, M. Muller, N. Przevalsky, A. Kuropatkin were members of a special escort accompanying the scientific expedition.

This scientific expedition, organized by the French Ministry of Education, was founded in 1876 and was the first scientific study aimed at studying Turkestan (Gorshenina, 2000. R. 225). At that time, the French Ministry of Education provided sufficient funding (200-250,000 francs) for several expeditions each year (Turkestansky 1882, p. 229 pp. 14-16).

This expedition, sent by the French government to Russia, Siberia and Turkestan, aims to study archeology, anthropology, ethnography and philology, the coast of St. Petersburg, Finland, the Onega Lake, Moscow, Orenburg, Aral Sea, Syrdarya, Tashkent, Samarkand., One of the first to visit the Zeravshan basin, Fergana, Ettisuv, Kuldja (formerly Chinese province of Ili), Semipalatinsk, Omsk and other regions of the Ural Mountains. He has conducted research.

The main purpose of the expedition was to conduct anthropological, ethnological and geographical research. As a result of such researches, more than ten human species were studied in the Ferghana Valley, and the ethnological map of the valley and atlas of ethnic species in Central Asia were created. Ujfalvi, while doing ethno-archaeological research, has not ignored some of the characteristics of the local population (musical traditions, popular epopheasis, hunting).

In order to make the scientific expedition available to the public, the results of the research, while still on the expedition, were formally reviewed and analyzed by scientists at the meetings of Geographical, Anthropological and Ethnographic Societies in Saint Peter's and Paris. (294. P.25-35; Turkestansky) warehouse. For example, a report entitled "The Ujfalvi and Colonel N. Przewalski's Scientific Expedition" (Turkestansky, 1882, p. 1959 p. 144-146) was read by the Secretary-General Monua (Maunoir) at a meeting of the Geographical Society of Paris on July 18, 1876. It was created by the Governor-General of Turkestan von Kaufman for successful research, with all the conditions for scientific expeditions to the Ferghana Valley and the Pamirs, and a special team was sent to accompany the expedition, including the researcher M. Wilkins and Captain A. Kuropatkin. Reported by Ujfalvi.

Copies of these letters were published in periodicals in Paris, such as "L'Exploration", "Tour du Monde", "Revue de Géographie", various scientific societies such as "Bulletin de la Société de Géographie", "Mémoire de la Sociétéd'Etnographie". Published in print media. The Russian scientists and correspondents also provided analytical responses to these studies. CommentsbyRussianscientistsandcorrespondents "Известия Императорского Русского географического общество", "Голосъ", "Исторический вестник", Туркестанские ведомости". Published in Russian periodicals, such as Туркестанскийсборник. 1880. Т.247. С.189-190; Туркестанскийсборник. 1878. Т.195. С.11; Туркестанский сборник. 1878. Т.195. С.15-16; Туркестанский сборник. 1878. Т.181. С. 270-272).

At the end of the expedition, scientific works were published, various collections were created on the basis of the materials collected and presented at exhibitions around the world. The results of the research were communicated to researchers, various academic organizations and the general public.

In 1876, on the pages "Bulletin de la Société de Géographie" – "Bulletin of the Society of geography of Paris", Ujfalvi's letter from Samarkand was published, in which the details of travel, archaeological research carried out in the sights of the Kohistan region were detailed (Туркестанскийсборник). 1878. Т.195. С.15-16. Ujfalvi directly went to Samarkand, because he did not want to bring a gift to the Emir of Bukhara, and this station allowed him to collect more material for his scientific research. It follows the roads between Tashkent and Samarkand, emphasizing the presence of picturesque large parks and re-lands in the territory from Tashkent to Chinoz (Туркестанскийсборник. 1878. Т.195. С.15-16)

Ujfalvi, who was in Samarkand, gives him the following description: "The Afrasiab ruins that had been excavated in the near future were visible to Samarkand. On a large slope adjacent to the

old cemetery was the capital of the temurians. At the entrance to the city there was an area of Bibi-Khanum, on this square the ruins of madrasa (higher educational institution) were visible. The Russians surrounded these ruins with a wall and built a storefront in the Russian style, consisting of a columned veranda. And from the left side is visible a horn-Dungeon, which consists of seven domes. And from the right there is a Muslim school built by Russians.

Then, without reaching the bridge leading to the castle gate, there was a narrow corridor to the Registan Square, where there were three famous madrasasas of Tilla-Kori, Sherdor and Ulugbek. After them, a dome with the Tomb of Amir Timur is visible. Then there is a settlement where there are wide and straight streets, magnificent parks and elegant buildings built by General Abramov" (Туркестанскийсборник. 1878. T.195. C.16). Ujfalvi notes that when completing his letter, there are a large number of non – Tilla sands in Panjakent – coal, Zarafshan – mountain crystal types.

The results of the expedition and the news received are of great scientific importance. Anthropological, archaeological, and ethnological domains have been prioritized in Ujwalfi's studies, and have analyzed, in part, migration processes. Their route is as follows: first, a few weeks in Margilan, one of the main cities of Ferghana, and then a move to Khujand and Kokand. They photographed residents in Margilan in anthropological direction based on the principles of Gustave Fritsch, Sartians, Tajiks, Kipchaks, and Blacks (Туркестанскийсборник. 1882. T.295, C.143-146). Ujfalvi believes that in the upper reaches of the Pamir, Ferghana, and Oks, there are people of Iranian descent, who have been identified as one of the earliest inhabitants of the area (Туркестанскийсборник. 1882. T.291. C. 14-16).

The results of Ujwalfi's research on Turkestan ethnography are also interesting. In his view, Iranians in Central Asia are divided into two groups, purely ethnographic and clearly anthropological. The first group includes gachata, karategin and others, and the second group includes Tajiks living in the mountains. According to him, gachael and other mountainous Tajik people are the purest representatives of the Iranian types in Central Asia. They are usually of medium height, blond hair, and have a round face, suggesting that the Central Asian Iranians have long been associated with some people with white hair and a long face.

As a result of anthropological observations, a table was created to analyze the facial and body composition, skin and hair color, eyes, ears and nose of the local population. In exploring different types of peoples, the author cites information from Chinese sources. For example, when describing the people with blonde hair in Kuhistan, the blue eyes, blonde hair, and nose of the tribal people show that the Chinese were stunned. These aspects confirm Chinese instruction. The author also addresses the semi-nomadic Turkic tribes that lived between Andijan, Osh, and Margilan.

Ujfalvi studied the galcha tribes in Kohestan, analyzed their facial structure, the color of hair and back, body structures, and even recorded information about the types of diseases that can be encountered in them (Туркестанскийсборник. 1878. Т.181. С. 270-272).

Ujfalvi also attaches great importance to ethnographic research, which he asserts: "over the past two years in Russia, Sibiria and Turkistan, I have been reaping these nations, mainly from ethnographic point of view, starting with their customs and traditions (Туркестанскийсборник. 1882. Т.295. С. 157-165).

The results of his research in the field of archeology were published as information on the pages of "Bulletin de la Société de Géographie" – "Bulletin of the Society of Geographers". This is stated in Ujfalvi's letter to Baron Watville (Туркестанскийсборник. 1878. T.195. C.11). It contains information about the excavations carried out in the ruins of the Jankent fortress, as well as information about the material evidence found there, namely the glazed and ancient coins. A few silver coins were glazed to evazi, who managed to quickly get a whole bunch of bricks. In addition, It is also said that a vase was found in one of the old graves and another was sent to Turkestan by the Kokand khan and the bodies of two men were found to have been cut off by the city's population. At the time when ujfalvi was in Turkistan, he managed to collect many objects, which he attributed to the Museum of Sevr.Ujfalvi also started his first archaeological research at the Afrasiab ruins in Samarkand and during the excavations many bone remains, silver and gold coins were found (Gorshenina, 2000. P.227). In this regard, it is permissible to indicate the work in the field of archeology, such as excavations in the Tomb of AkhmadYassavi in Turkistan, the opening of the Aktepe near Margilan, the sorting of archaeological materials found in Panjakent

At the same time, in Ujfalvi's research, such issues as the invasion of the country by the Russians were also relevant. He noted that the Russians are preparing for the occupation marches in Turkistan and skillfully work out the process of carrying out it and achieve unprecedented success. It was understood that Russia's entry into Asian territories was his vital interest, initially intended to curb it and establish trade, then to fill the strategic line, capture the Marv and capture the natural borders that separate Turkistan from Iran. The increasing Russian status in Turkestan has explained the reasons for the fact that in the next hundred years it has three times the size of the territory of France, the capture of the territories of the Russians to the Marv, the arrival of chicory and Herat, and the British have given information about their plans such as the seizure of Quetto, Kandahar and Herat (Туркестанскийсборник. 1880. Т.247. C 186-188).

It is noteworthy that, as a scientist and ethnographer, he pointed out that Russia would occupy areas ranking from Karakum to Merv and upper Balk River basin. According to Ujfalvi, this is because this part of Central Asia is very interesting in the archaeological field, with the emphasis on the importance of studying this area for the development of science. If the French government undertakes another scientific expedition, it is said that it seeks to explore the Pamir region and the area from Karateg to Badakhshan and find valuable archaeological sites in the ruins of Balkh. He advised his compatriots to travel to these distant regions, to explore the sights and roads that exist there.

As a result of anthropological and ethnological research, more than a dozen human species have been studied in the Fergana Valley, an ethnological map of Fergana and an atlas of ethnic types in Central Asia have been created, and its morphological character will be replenished in the future. Along with ethno-archaeological research, Ujfalvi also studied some features of the lifestyle of local residents, including various musical traditions and famous compositions.

The results of the expedition allowed Ujfalvi to study at the school of vibrant eastern languages in Paris on a special course, which included such areas as economics, history, politics, ethnography and anthropology (Ujfalvy, 1878b.). Ujfalvi's Report "Historical and political geography of Central Asia" was published in Paris in 1879 (Ujfalvy, 1878b.). The famous ethnographer draws the attention of his audience to the important and significant aspects of the course of Asian geography. In this part of the Earth's surface, two powerful peoples can be met (Russian and English peoples are implied – options.D.), The brutal war in the Amudarya Basin will solve not only the fate of Afghanistan and Herat, but also the fate of India. The speaker briefly introduced his audience to Yaksart and the vast plains in the AMU region, the climate and minerals in this part of Central Asia; information about the production; Trade; Industry; Land and waterways there; The population and its origins; Traditions; History; Religion (Туркестанскийсборник. 1880. Т.247. С.186-188).

The greatest scientific results of this scientific expedition were the publication of six volumes of Ujfalvi's "Expedition scientifiqueFrançaiseenRussie, enSiberie et dans le Turkestan" - the French scientific expedition in Russia, Siberia and Turkestan between 1878 and 1880. Each volume of this book has its own specific direction and character and is devoted to different stages of the expedition. For example, the regions of Kuhistan, Ferghana and Kuldja are described in the first volume of the work. The next volume is a description of the Syrdarya basins, Tashkent, Samarkand, Ettisuv and eastern Siberia. In these regions, in contrast to the philological studies of the Finnish countries, there were mainly ethnological, geographical and archaeological studies. The third - the Upper Mountains, Finnish archeology, Veps (Vêpses) on Lake Onega and ancient Vot (Vôtes), near St. Petersburg. Volume 4-6 is dedicated to applications, photos, engravings.

These works of the French scientist Ujfalvi are a large collection that has been seen and observed, as well as the results of research. Anthropological tables of a scientist who was really interested in the Turkestan country served as the basis for further activity of the Ethnology of Central Asia. The book is written in a simple and fluent language and is understandable to all readers.

One of the major scientific findings of the expedition is the memoir of Mrs. Maria de Ujfalvi Burdon, who has always accompanied her to Ujfalvi. Ms. María de Ujfalvi also shared her impressions in a literary-artistic work entitled "From Paris to Samarkand, Ferghana, Kulja and Western Siberia: A Visit of the Parisian Woman" (Turkestansky Store, 1880. T.238. Pp. 341-388). This work contains more than 300 illustrations, which acquaint the French with Central Asia.

The success of the expedition was also the creation of various collections and photo albums. Many pictures and ethno-archaeological collections were presented at the World Exhibition in Paris in 1878 on the return journey from the first tour and received a special attention. The bulk of the samples collected from the scientific expedition were distributed to the Trocadero Museum (le Musée de Trocadéro), various numismatic findings to the Medal Cabinet (le Cabinet des médailles), and the rest to other authorized agencies.

Some of the place names or terms used in Ujfalvi's studies have been misinterpreted as Alttiariq - Alt - aryk, Ubaydulla - Ouvai - Doullah, Shohimardon - Seharimardâne, Chimyon - Atehmion, Aul - Kaouvâne, Balikchi - Balaktchi. The reason for these mistakes can be explained by the fact that the traveler did not have a satisfactory interpreter. Because Ujfalvi does not have enough time for in-depth research and does not have a good translator, some of the information has been recorded in this way.

In addition, some incidents on the road caused the expedition to stop or change course. For example, the incident with Ujfalvi and his wife is described as follows: "As the river crosses the river at about ten o'clock in the evening, the truck carrying them is overturned and Mr. Ujfalvi and his wife, Burdon, fall into the water. Luckily, collections and travel details gathered by them are packed in the suitcase and will not touch the water. Other items worth 3,000 francs are lost without a trace. After that, his wife, Mrs. Burdon, suffers from mild inflammation, but she does not suffer any injury".

Although the expedition could easily be accessed by Governor-General Kaufman in all parts of the country, it was also mentioned in some places that the local Russian authorities were not welcomed in some areas, and there were no signs of hospitality. According to the traveler, the expedition members, like other foreigners, were treated as merchants who came to gain wealth. Merchants did not have honorary positions in the country. (Туркестанскийсборник. 1880. T.240. C.243-251).

To summarize, this expedition by Charles Eugene Ujfalvi was a major study of its time. His interest in the study of the history, ethnography and geography of the region allowed him to collect and publish important information. Ujfalvi's scientific expedition, unlike other studies, has been dominated by anthropological, archeological and ethnographic fields. Studying and analyzing the history of such scientific expeditions will enrich the pages of our country's history with new information.

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