

# **NATIONAL EDUCATION POLICY 2020**

**Meeting Goals of  
21<sup>st</sup> Century Education**

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# EFFECTIVE ADULT EDUCATION IN INDIA: ROLE OF NATIONAL EDUCATION POLICY 2020

*Sushree Shibanee Dash*

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## **Introduction**

Education is the most powerful key to transform individuals as well as societies. A country's progress depends on literate and educated citizens, creating as well as availing better health facilities, equality, equity, justice, productivity, higher per capita income and GDP. It is the fundamental right of every citizen to acquire basic or foundational literacy and education which help him in identifying his potentials, choosing a better and appropriate career and sharpening the knowledge and skills for excellence. Every young and adult citizen must be equipped with the much needed education to pursue a better livelihood with dignity and satisfaction. This will propel the nation towards growth and holistic development.

## **Importance of Adult Education**

Adult education holds paramount importance as focused in the Chapter 21 of the National Education Policy, 2020. Everyone has to work for life. A non-literate individual often fails in major day to day tasks like basic financial transaction, applying for jobs, loans, availing benefits of various programmes and filling forms for the same. It becomes difficult in guiding one's children in studies and choosing a career path; understanding articles in newspaper and public circulars; awareness of basic rights and responsibilities as citizen; using

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# AND LEARNING DURING COVID-19 PANDEMIC



DR. BIMAL CHARAN SWAIN  
DR. RAJALAKSHMI DAS



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# COVID-19 VERSUS CLASSROOM TEACHING IN INDIA

*Sushree Shibanee Dash*

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## **Introduction**

The school days, classrooms, teachers, examinations, playground, libraries, notice board, co-curricular activities etc. often flash vividly with multiple shades of emotions and memories in a mind of every learner who happened to share a classroom with his or her batch mates. The present and future of each student is shaped in a classroom. The empty rooms, playground, long benches become lively with the students. The teachers add meaning to their work and stand high in this environment. Subjects are taught, doubts are cleared, examinations are taken, and assignments are given. Results and ranks are often discussed, cherished or regretted. Games and sports, music, dance, debate etc. and many other activities add colour to the monotony and works as an ice-breaker. Some are good at studies, some are good at co-curricular activities and some have command over multiple areas. Thus the students know own potentials, start developing new skills and talents in a classroom situation. Due to COVID-19 a long period of lock down pushed the classroom teaching to a terrifying trench. The government, institutions, teachers, technology, students and parents all struggled a lot to escape this havoc and achieve the same level of quality in teaching and learning during COVID era.

## **Turbulence during Initial Days**

During initial days of COVID induced lock down teaching-learning process stayed stagnant in many institutions. Students were in



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### **COVID-19 AND EDUCATION**

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# IMPACT OF COVID-19 ON PLAY SCHOOLS

*Sushree Shibanee Dash*

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## **Abstract**

*COVID-19 pandemic has created worldwide havoc. Many countries have imposed lockdown. Play schools are closed and children are behind shut doors to ensure safety from infection. Education through playful activities in groups is not being possible in physical mode. The teachers, workers and parents face economic and emotional crisis. The physical, mental and social development of children is under negative impact due to lack of effective engagement in appropriate environment. Virtual classes can't involve all the senses of a child for holistic growth. A sense of isolation, boredom, negligence, health issues and negative psychology is spreading among the small kids. All these issues need to be addressed before it is too late.*

**Keywords :** *COVID-19, play school, children, education*

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## **Introduction**

Education is a lifelong process. It is a tool that shapes our personality, attitude, perceptions and behavior towards various aspects of our lives. The foundation of education is laid from the very beginning in the early childhood and can give a proper direction to their future. The children learn best in a friendly, funny and playful atmosphere. They imitate their parents, elders, siblings and other members of the society they come in contact during their early phase of development. Many Anganwadi centres and private playschools eminently discharge the role of engaging kids in goal-oriented activities which help them to be creative learners and responsible citizens. The present and upcoming waves of corona virus and its variants have given a deadly blow to

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*Education and Women Empowerment*

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## LIFE SKILL EDUCATION: A CATALYST IN WOMEN EMPOWERMENT

*Sushree Shibanee Dash*

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### **Introduction**

India is a country of culture, traditions and diversity. In ancient time it was given the title of golden bird as it was filled with rich reserves of resources and wealth. The people were quite healthy, its atmosphere was pure and pious. Here demons died in the holy hands of Goddesses. A father Janak was thrilled to have his daughter Sita from earth. Gargi, Madalasa and Apala were amongst great learned and wise women. Laxmibai, the Queen of Jhansi sacrificed her life for the freedom of nation. Mother Teresa owned people's heart by dedicating by her unparalleled service to mankind. Shailabala, the adopted daughter of Utkal Gourav Madhusudan Das donated her house property for education of women, to create the first women's college in Odisha. A long time has passed since independence. Still the golden bird suffers in poverty, hunger, pollution and corruption. The birth of a girl child is being seldom cherished. Women are dying in the hands of demons to fulfill their lust, greed or ego. Life has been highly patriarchal, full of social criticism and gender biasness. Many girls are being denied education by their own people and society though government has made equal education facility for all.

Many wrong practices are being followed in the name of tradition and culture and the one who raises voice is isolated. A woman mostly does not get chance to take own decisions, forget about deciding for



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# Gandhi On Madhusudan

## A LETTER TO MADHUSUDAN DAS

148, Russa Road  
Calcutta  
12.8.25

Dear friend,

I have your prompt reply to my wire. I have been constantly thinking of you. But till I was in Jamshedpur I could not make up my mind to pay a special visit to Cuttack merely to see your undertaking. Having, however, gone to Jamshedpur my conscience pricked me and told me that I must likewise go to Cuttack and see your tannery. I leave on Tuesday, by the Puri Express - is it not? It reaches Cuttack, I understand, 4.0 clock in the morning. I shall stay two days. I know you cannot keep my visit secret, but I do not want a burdensome programme. I want thoroughly to study the Tannery and your requirements, and discover whether I can give you any help.

I would love to put up with you; but I am bringing Messers. Rangalal and Satish Chandra Dasgupta with me. The first friend is a Marwari gentleman, whom I am trying to interest in cow-protection. The second you know, and there will be a third with me, probably Mahadev Desai, whom you also know. Now you may put me up wherever you like.

I must collect from the Bengali friends there for Desabandhu Memorial, and you will, of course, teach me how to spread the message of the spinning wheel in Utkal. Though the Congress has spent money like water there, it has made very little headway in Utkal. I have not, however, despaired.

Yours Sincerely,  
Sd/ M.K. Gandhi

*Shailabai Das Papers, Odisha State Archives*



# Importance of Purity of Life, Honesty and Consistent Efforts for National Service: Parallel Thoughts of Gandhiji and Madhusudan Das

Sushree Shibanee Dash

## Abstract

Nation gifts each of its citizen innumerable assets. But very few proportion of its people inherits the sense of duty and responsibility towards the nation. A major fraction of them lacks the knowledge of basic equipment and strategies to serve for the motherland. They keep waiting for some miracle to happen or help from some external source that can solve national issues. Ignorance of the most easily available keys to unlock the door to development is pushing the country out of its perpetual ways to lead the world in every positive aspect. Both Gandhiji and Madhusudan Das stress upon the importance of purity of life, honesty and consistent efforts as prerequisites for national service. A key to national enrichment through self-enrichment is thus the equipment every individual must possess.

Keywords: Nation, Citizen, Service, Purity, Honesty, Self-enrichment

## Introduction

"Mother and motherland are superior to heaven." Every person has its first duty to serve the nation from which he draws uncountable assets, gifts and blessings. But when it comes to enrich the motherland the art of giving is mostly forgotten. We are forever indebted to our nation. Then how to pay it back? Should we keep waiting for some miracle to happen and take our country on the perpetual path of progress? Or we have to always seek help from external sources? Major fraction of our people is ignorant of the easily available and nurturable assets that will answer this issue. Late Madhusudan Das and Mahatma Gandhi share parallel thoughts regarding this. By culturing purity of life, honesty and

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# EMPOWERING WOMEN IN INDIA: OPPORTUNITIES AND CHALLENGES

*Sushree Shibanee Dash*

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## **Introduction**

In India out of approximate 139 crores population around 66.3 crores are females. This accounts for 48.04 per cent females compared to 51.96 per cent of males (UN world population prospects 2020). Thus development of a nation can't be dreamed of if the women, the major sect of its population are disempowered. Development of women has always be a greater focus for the government. With lot of efforts many advancement has been brought in this field. Still a lion share of huddles remains to be uprooted to empower the women of this nation. Holistic women empowerment encompasses various elements like educational, social, economic, political and psychological empowerment. Each of them has myriad opportunities and challenges.

## **Women and Education**

At all India level the literacy rate among males and females are 78.8% and 59.3% respectively. There is wide gap of literacy between rural and urban women. Education lays the foundation to awakening of self, skills for better employment and quality life. An uneducated person lacks basic skills of science, mathematics, language and fails to do most of the activities that a modern society demands. Keeping record of accounts, performing bank transactions, filling application forms, paying bills, working with computers, understanding codes and signs, schemes, policies, opting for a better career, legal procedures, health options, participating in socio-economic projects efficiently etc. are

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## ଦେବଦାସ ଗଳ୍ପ ମାନସ

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ଅଶା ଦଶକରେ କବିତା ଜଗତରେ ଚହଳ ସୃଷ୍ଟି କରିଥିବା ଶ୍ରୀ ଦେବଦାସ ଛୋଟରାୟ (୧୯୪୬) ଗଞ୍ଜ ଜଗତରେ ମଧ୍ୟ ସ୍ୱତନ୍ତ୍ର ସ୍ଥାନ ଦଖଲ କରିଛନ୍ତି । ଜଣେ ଦକ୍ଷ ପ୍ରଶାସକ ଭାବେ ଯେତିକି ପ୍ରଶଂସା ସାଉଁଟିଛନ୍ତି, ସ୍ୱଳ୍ପ ଗଞ୍ଜ ଲେଖି ବି ଗାନ୍ଧିଜୀଙ୍କ ଭାବେ ବିପୁଳ ପାଠକୀୟ ଖ୍ୟାତି ଅର୍ଜନ କରିଛନ୍ତି । ପାଠକୀୟ ପ୍ରସିଦ୍ଧି, ଲେଖକୀୟ ପରିଚିତି ଯଦି ସତ, ତା' ହେଲେ ଦେବଦାସ ଅନତିକୁମ୍ୟ । ବିପଲ ପାଠକୀୟ ଶ୍ରଦ୍ଧା ଗାନ୍ଧିଜୀ ହିସାବରେ ତାଙ୍କର ବଡ଼ ପୁଣି । ତାଙ୍କ ଗଞ୍ଜଗୁଡ଼ିକ ପାଠକଲୋ ସତେଯେପରି ମନେହୁଏ ଗଞ୍ଜନାୟକ 'ମୁଁ' ଚରିତ୍ରରେ ଚିତ୍ରିତ । ସବୁ ବର୍ଗର ପାଠକ ମଧ୍ୟ ସେହି 'ମୁଁ' ଚରିତ୍ରରେ ନିଜକୁ ଭେଟେ । ସେଥିଲାଗି ତ ସାମ୍ପ୍ରତିକ ସମୟର ଭିତ୍ତ ଭିତରେ ବି ପାଠକଟେ ତାଙ୍କୁ ସହଜରେ ଖୋଜିପାରେ ଆଉ ପାଏ ମଧ୍ୟ । ତାଙ୍କ ଗଞ୍ଜର ଅଧିକାଂଶ ପଟଣାବଳୀ ଅବା କାହାଣୀଭାଗ ଏକାନ୍ତ ବ୍ୟକ୍ତିଗତ ଜୀବନ ସହ ଆତ୍ମସ୍ତ୍ର । ସେ 'ଲାଲମାଛ' (୧୯୮୯) ହେଉଛି 'ବୁଲ୍‌ନ' (୨୦୧୪), ସେ 'ରମାକୁ ମାରିବାର ପାଞ୍ଚଟି ଉପାୟ' (୨୦୧୫) ହେଉଛି 'କଡ଼ପର ଦାସୀ' (୨୦୧୮) । ସବୁଠି ଗାନ୍ଧିଜୀ ନିଜେ ଚରିତ୍ର ପାଲଟି ପାଇଛନ୍ତି । ଆଉ ନିଷ୍ପତ୍ତ ଭାବେ ଗତି କରିଛନ୍ତି ଚରିତ୍ର ମଧ୍ୟ ଦେଇ, ଯେଉଁ ଚରିତ୍ରମାନଙ୍କୁ ପାଠକ ପାଖରେ ଖୋଲିଦେବାର ଦିଆ ନାହିଁ ବି ସଂକୋଚବୋଧ ନାହିଁ । ଦେବଦାସଙ୍କ ଗଞ୍ଜର ଚରିତ୍ରମାନେ ନିଜ ଭଣ୍ଡା ମୁତାବକ ଗତିଶୀଳ; ତେଣୁ ଗଞ୍ଜଗୁଡ଼ିକ ପାଠକର ହୃଦୟକୁ ଛୁଇଁବା ସ୍ୱଭାବିକ୍ । ଦେବଦାସଙ୍କ ଦ୍ୱାରା ବରାଦଦିଆ ଗଞ୍ଜ ଲେଖି ହୋଇନାହିଁ, ନ ହେଲେ 'ଲାଲମାଛ' ଗଞ୍ଜ ସଂକଳନର ମୁଖବନ୍ଧରେ ନିଜେ ସ୍ୱୀକାର କରିନଥାନ୍ତେ ଯେତେବେଳେ ବିଭୂତି ପଟ୍ଟନାୟକଙ୍କ ଦ୍ୱାରା ସଂପାଦିତ 'ଗଞ୍ଜ' ପତ୍ରିକା ପାଇଁ ପ୍ରତ୍ୟେକ ସଂଖ୍ୟାରେ ଗପ ଲେଖିବାକୁ ହିଁ ଭାରି ମଧ୍ୟ ଲେଖି ପାରିନାହାନ୍ତି । ଗାନ୍ଧିଜୀଙ୍କ ସ୍ୱୀକାରୋକ୍ତି - "x x x ସତରେ, ହୋଇପାରିଥିଲେ ମୁଁ ଏତେବେଳକୁ ଶହେ କୋଡ଼ିଏଟି କି ବେଶୀ ଗଞ୍ଜ ଲେଖି ସାରିଥାନ୍ତି ।"

ସମୟ ସମୟରେ ମଣିଷ ନିଜର ବିଚାରଧାରା ଆଉ ନିଜକୁ ମୁଦ୍ରାର ଦୁଇଟି ପାର୍ଶ୍ୱରେ ପାଏ । ତା' ନ ହୋଇଥିଲେ ନିଜସ୍ୱ ବିଚାରଧାରାର ପରିପତ୍ତା ସାଜି ଅନ୍ୟକୁ ପରଖିବା

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(ଚିନ୍ତା ଓ ଚେତନାଦେୟାତକ ସାହିତ୍ୟ ପତ୍ରିକା)

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# ଶୃଙ୍ଖଳା ମହାନଦୀ

(ଚିନ୍ତା ଓ ଚେତନାଦେୟାତକ ସାହିତ୍ୟ ପତ୍ରିକା)

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# ଝିଅଟେ ପଥୁରିଆ ସାହିରୁ

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ଆଡୁକାହାଣୀ ବା ଆଡୁକାହାଣୀ ହେଉଛି ବାସ୍ତବରେ ସୂଚକ ଅନିକା ଉପରେ ଆଧାରିତ ସ୍ମୃତିକାହାଣୀ ଉତ୍ପତ୍ତି ହେଇପାରେ, ମୁଜାସା ବାହାରିକ ସ୍ମୃତି ହେଉଛି ଆଡୁକାହାଣୀର ମୂଳ ଗୁଣ ଏବଂ ମୁଖ୍ୟ ଲକ୍ଷଣ ହେଉଛି ବ୍ୟକ୍ତି ଉପରେ ଆଧାରିତ ଅନୁଭୂତିର ସମାବେଶ, ଦେଖି ଓ ଜାଣି ପ୍ରତି ଅନୁଭୂତିର ଅନୁଭୂତିର ସମ୍ବନ୍ଧ ରଖିବା କରନ୍ତି, ସେତେବେଳେ ବ୍ୟକ୍ତିର ଜୀବନୀୟ ସମୟର ସମାବେଶ ସମ୍ଭାବ୍ୟ ମଧ୍ୟ ସମାବେଶରେ ଗତି କରୁଥାଏ। ଶିକ୍ଷା, ସାହିତ୍ୟ, ଭିନ୍ନ ଭିନ୍ନ ରଚନା, ଭାଷଣ, ବୃତ୍ତ୍ୟ, ବ୍ୟବସାୟ ଆଦି ବିବିଧ କ୍ଷେତ୍ରରେ ଉପାଦେୟ ବ୍ୟକ୍ତି ନିଜର ଆଡୁକାହାଣୀ ବା ଆଡୁକାହାଣୀ ଲେଖିପାରନ୍ତେ ସେହି



# ଅନନ୍ୟ ଭ୍ରମଣକାହାଣୀ ଅନ୍ତରଙ୍ଗ ଭାରତ

## ଡକ୍ଟର ସଂଜ୍ଞିତା ମିଶ୍ର

“- ଭାରତବର୍ଷ ଏକ ଭୌଗୋଳିକ ସ୍ଥିତି ମାତ୍ର ନୁହେଁ, ଏକ ମହାନ ଆଧ୍ୟାତ୍ମିକ ବାସ୍ତବତାର ସ୍ଥଳରୂପ । ଏହି ବାସ୍ତବତାର ଶୀର୍ଷଦେଶରେ, ଅର୍ଥାତ୍ ହିମାଳୟରେ ମହାଦେବ ଓ ଦେବୀଙ୍କ ମିଳନ ଶାଶ୍ୱତ, ପାଦଦେଶରେ କିନ୍ତୁ ଏକାକିନୀ ତପସ୍ୟା-ନିରତା ଦେବୀ । ଯଦି ଭାରତବର୍ଷକୁ ଚେତନାର ହିଁ ପ୍ରତୀକ ରୂପେ ଧରାଯାଏ, ତେବେ ଚେତନାର ସର୍ବୋଚ୍ଚ ପର୍ଯ୍ୟାୟରେ ଯାହା ସତ୍ୟ, ନିମ୍ନ କେନ୍ଦ୍ରରେ ତାହା ଅଦ୍ୟାବଧି ଏକ ଉଜ୍ଜ୍ୱଳ ସମ୍ଭାବନା ମାତ୍ର । ତହିଁ ସେହି ସତ୍ୟର ରୂପାୟନ ନିମନ୍ତେ ସାଧନା-ନିରତା ଆଦ୍ୟାଶକ୍ତି ।” (କନ୍ୟାକୁମାରୀ : ଏକ ଉଦ୍‌ଭାସନ)

ଉପରୋକ୍ତ ଉକ୍ତିଟା ଶୁଣି ଦେବୀ କନ୍ୟାକୁମାରୀଙ୍କୁ ନେଇ ପ୍ରତଳିତ କିଂବଦନ୍ତୀର ବର୍ଣ୍ଣନା ପରେ ଲେଖକ ପ୍ରଦାନ କରିଛନ୍ତି । ମନୋଜ ଦାସଙ୍କ ଦୃଷ୍ଟିରେ ଭାରତବର୍ଷକୁ ଅବଲୋକନ କରିବା ନିମନ୍ତେ ନିଜକୁ ପ୍ରସ୍ତୁତ କରିବାକୁ ହେବ । କାରଣ ଲେଖକ ଭ୍ରମଣ ବିଳାସୀ ନୁହଁନ୍ତି । ଭାରତ ତାଙ୍କ ନିମନ୍ତେ ଭୌଗୋଳିକ ଭୂଖଣ୍ଡ ମାତ୍ର ନୁହେଁ, ଆଧ୍ୟାତ୍ମିକ ସଭା । ଯେଉଁ ସଭାକୁ ଭ୍ରମଣବୃତ୍ତର ପ୍ରତିଟି ସ୍ତରରେ ଲେଖକ ଅନୁଭବ କରିଛନ୍ତି । ଭାରତବର୍ଷର ସ୍ଥଳ ମାନଚିତ୍ରର ଅଭ୍ୟନ୍ତରରେ ଏକ ସୂକ୍ଷ୍ମ, ସ୍ୱଦିତ ତଥା ଜୀବନ୍ତ ଭାରତବର୍ଷ ଅଛି । ଅନ୍ତରଙ୍ଗ ଭାରତ ସେହି ସୂକ୍ଷ୍ମସଭା ଦିଗକୁ ଗୋଟିଏ ପ୍ରଭାବଶାଳୀ ଯାତ୍ରା । ଲେଖକ ଏହି ଅନନ୍ୟ ରଚନା ଯେ ନିରୂତା ଭ୍ରମଣବୃତ୍ତଧର୍ମୀ ରଚନା ନୁହେଁ ଏହା ସ୍ୱୀକାର କରିଛନ୍ତି କିନ୍ତୁ ଏହି ଅନନ୍ୟ ଭ୍ରମଣକାହାଣୀରେ ପ୍ରାଞ୍ଜ ଲେଖକ ଯେଉଁ ଶୈଳୀରେ ପ୍ରୟୋଗ କରିଛନ୍ତି ତାହା ଏକ ସ୍ୱତନ୍ତ୍ର ଧାରା ସୃଷ୍ଟି କରିପାରିଛି । ଯାହାକୁ ଆମେ କହିପାରିବା ‘ଅନ୍ତର୍ଯ୍ୟାତ୍ରୀମୂଳକ ଭ୍ରମଣକାହାଣୀ’ । ଏହି ଅନ୍ତର୍ଯ୍ୟାତ୍ରୀ ପାଠକର ସ୍ୱକାୟ ଅନ୍ତଃସ୍ଥଳକୁ ପୁନଃ ଭାରତବର୍ଷର ଐତିହ୍ୟାନୁସନ୍ଧାନ ଦିଗକୁ ଅଭିପ୍ରେତ । ଯାତ୍ରାରୁ ଅନ୍ତର୍ଯ୍ୟାତ୍ରୀ ପର୍ଯ୍ୟନ୍ତ, ପରିଭ୍ରମଣରୁ ରୂପାନ୍ତରଣ ପର୍ଯ୍ୟନ୍ତ ଏବଂ ସ୍ଥଳରୁ ସୂକ୍ଷ୍ମ ଆଡ଼କୁ ଯେଉଁ ଗ୍ରନ୍ଥ ଗତି ତା’ର ଅନନ୍ୟତ୍ୱକୁ ବରଣ କରିନେବା ବାଞ୍ଛନୀୟ ।

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# Food and Nutritional Security

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## An Indian Perspective

Volume - 3

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# Chapter - 1

## Role of Nutrition in Mental Health

Vijayeta Priyadarshini and Dr. Gayatri Biswal

### Abstract

*"Mental health is an integral part of health; indeed, there is no health without mental health." (World Health Organization, 2010)*

Mental health is "a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community" (WHO, 2002). Young adulthood is one of the nutritional stress periods of life with profound growth and need for good nutritional status in this period plays an important role in physical development and sustenance of mental and emotional stabilization in later period of life. Poor health and malnutrition may lead to increased risk of depression and affect cognitive abilities, necessary for learning process (Ghosh *et al.*, 2013). Low access and awareness about healthy food in many cases is the leading cause of poor nutritional status and high level of mental stress from a various of sources ranging from professional demands, coping up with new life-experiences and perceived control over stressful situations. The result of various studies conducted have found link between mental illness and unhealthy diet choices. Increased sugar consumption has been found to be associated with bipolar disorder and consumption of foods that have been fried or contain high amounts of sugar and processed grains have been linked with depression. Eating disorders show high levels of co-morbidity with substance abuse disorders, depression and anxiety disorders. It has been found that 90 percent of people who commit suicide have some kind of underlying mental illness.

Nutrients commonly associated with mental health include polyunsaturated fatty acids (particularly omega-3 types); minerals such as zinc, magnesium, selenium, copper, and iron; Vitamins B such as folate, vitamin B6, and vitamin B12; Vitamins with antioxidant properties such as C and E; and bioactive substances found in foods affect neuro-cognitive development and deficiencies of these may contribute to higher levels of homocysteine and cognitive decline. Modifying diet to reduce processed food



# **Microbes - Fermented Foods and Human Health**

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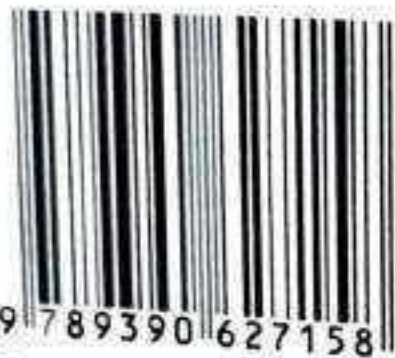
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**TRADITIONAL FERMENTED FOODS OF ODISHA****Vijayeta Priyadarshini**Asst. Professor in Home Science, Govt. Women's Degree College,  
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&amp;

**Dr. (Mrs.) Gayatri Biswal**Assoc. Professor, P.G. Dept. of Home Science, Sailabala Women's  
(Auto.) College, Cuttack, Odisha. Email : gbiswal16@gmail.com**Abstract**

The process of fermentation or maturation of food by incorporating micro-organisms namely bacteria, yeasts, and mycelial fungi, and their enzymes [Frias, J., Martinez-Villaluenga, C., Peñas, E. 2016.] to primarily preserve the perishable food is an ancient process has its origin since the Neolithic period (circa 10,000 B.C.). The micro-organisms responsible for fermentation may naturally be present on the substrate or may be added later as starter or in some cases they may be present in the ingredients or in the atmosphere. For food fermentation, some factors like appropriate micro-organisms, proper substrate, suitable environment conditions with fitting temperature, pH level and moisture content are utmost essential. Fermented food and beverages have been an important and inseparable part of human diet and an integral part for local tradition and culture since early times because of their manifold beneficial effects (Ansorena and I. Astiasarán. 2016, Borresen et al. 2012; Chilton, Burton, and Reid 2015; Narzary et al. 2016; Kanwar and Keshani 2016). Health benefits of fermented food include reduction in blood cholesterol level, immunity boosting, protection against pathogens, combating against carcinogenesis, osteoporosis, diabetes, obesity, allergies, and atherosclerosis and lessening the lactose intolerance symptoms (Tamang and Kailasapathy 2010).

**Key Words :** Fermented food, Health benefits, Odisha.

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## **NUTRITION AND PUBLIC HEALTH**

*Dr. Chandrashree Lenka & Dr. Krishna Pada Biswas*

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## **PREFACE**

Public health nutrition programs to improve or promote the promotion and maintenance of nutrition and diet play an

Nutritional status is directly related to education, standard of living and is largely decided by the income and the preparation of food. Malnutrition is a major cause of illness among humans.

There are eight research teachers and research scholars who have attempted to discuss

*Vijayeta Priyadarshini & Dr. ...*  
nutrition of women. Among the causes of dual burden of low diet and gender disparity and health intervention as a life cycle from adolescence and pregnancy to be properly implemented and ill health.

*Partha Sarathi Datta* focus study shows that the prevalence of rural participants in West

*Praveen Deepak* discusses the role of cancer. Nutraceuticals have gained much attention for their physiological as well as for their stamina and overall health.



**CONTENT**

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## 2 Health and nutrition of women: Issues and challenges

---

Vijayeta Priyadarshini  
Dr. Gayatri Biswal

### Introduction

*Women's deprivation in terms of nutrition and health care rebounds on society in the form of ill-health of their offspring — males and females alike.*

*Siddiq Osmani and Amartya Sen*

The preamble definition of health as "Health is a state of complete physical, mental and social wellbeing not merely the absence of disease" was first internationally articulated in 1946 by the World Health Organization (WHO). The preamble further states that "the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition (WHO, 2006).

Nutrition is a determinant of health. For promotion and maintenance of good health throughout the life course, nutrition and diet play an important part. Rapid development in social and economic sector has led to a changed lifestyle and diet patterns. Inadequate and poor quality of nutrition, unhealthy diet, decreasing physical activities has led to poor health status of millions of people worldwide and increased the burden of chronic diseases. Diet related diseases continue to rise as reported in the Global Burden of Disease (Lim et al., 2012).

The quality of diet, including diet composition (e.g., macro and micronutrient profile) is critical to health and successful ageing. Diet plays a role in disease incidence, development of complications, disease management, recovery, and quality of life. Proper dietary intake and good nutritional status play a crucial role in regulating host immunity system and decreasing the risk of both acute and chronic diseases. Clinical data suggest that nutritional deficiencies alter immune competence and increase the risk of infection and malnutrition and infection aggravate each other.



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# ROLE OF ICT FOR EMPOWERMENT OF WOMEN IN INDIA

*Priti Pragyan Ray*

---

## **Introduction**

In India, as elsewhere in the developing world, women play a central role in family, community and social development. However, women often remain invisible and unheard. Women more than men have to balance the complexities of surviving in extreme poverty, yet these women are excluded from discussion because they are often illiterate, they lack confidence and mobility. ICT offers the opportunities for direct and interactive communication even by those who lack skills, who are illiterate, lack mobility and have little self-confidence. Here are some aspects of life which have a direct influence of ICT especially on women.

- ◆ Women's increased access to job market and improve entrepreneurship using ICT
- ◆ Increase of average household income in villages
- ◆ Women empowerment
- ◆ Shrinking information asymmetry through ICT
- ◆ Improved governance
- ◆ Indigenous knowledge
- ◆ Easy-Family communication
- ◆ Increased social awareness

The development and proliferation of electronically communicated information has accelerated economic and social change across all areas

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## COVID-19 Migration and Sustainable Development

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# Sustainable Business Environment

*A Global Perspective*

Edited by:

Dr. Sandhyarani Das  
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Dr. Madhusmita Mishra



**Institute For Policy Research in Economics,  
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# RESISTING DOMINANCE:

SITUATING JAYEE RAJGURU IN THE  
KHURDHA UPRISING OF 1804

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edited by *Dr. Mandakini Das, Dr. Moushumi Pattnaik & Dr. Srimibas Barik*

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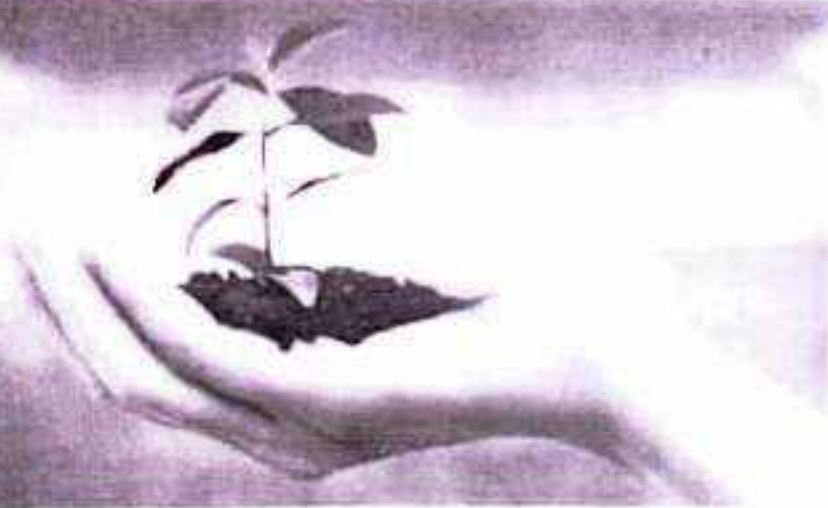
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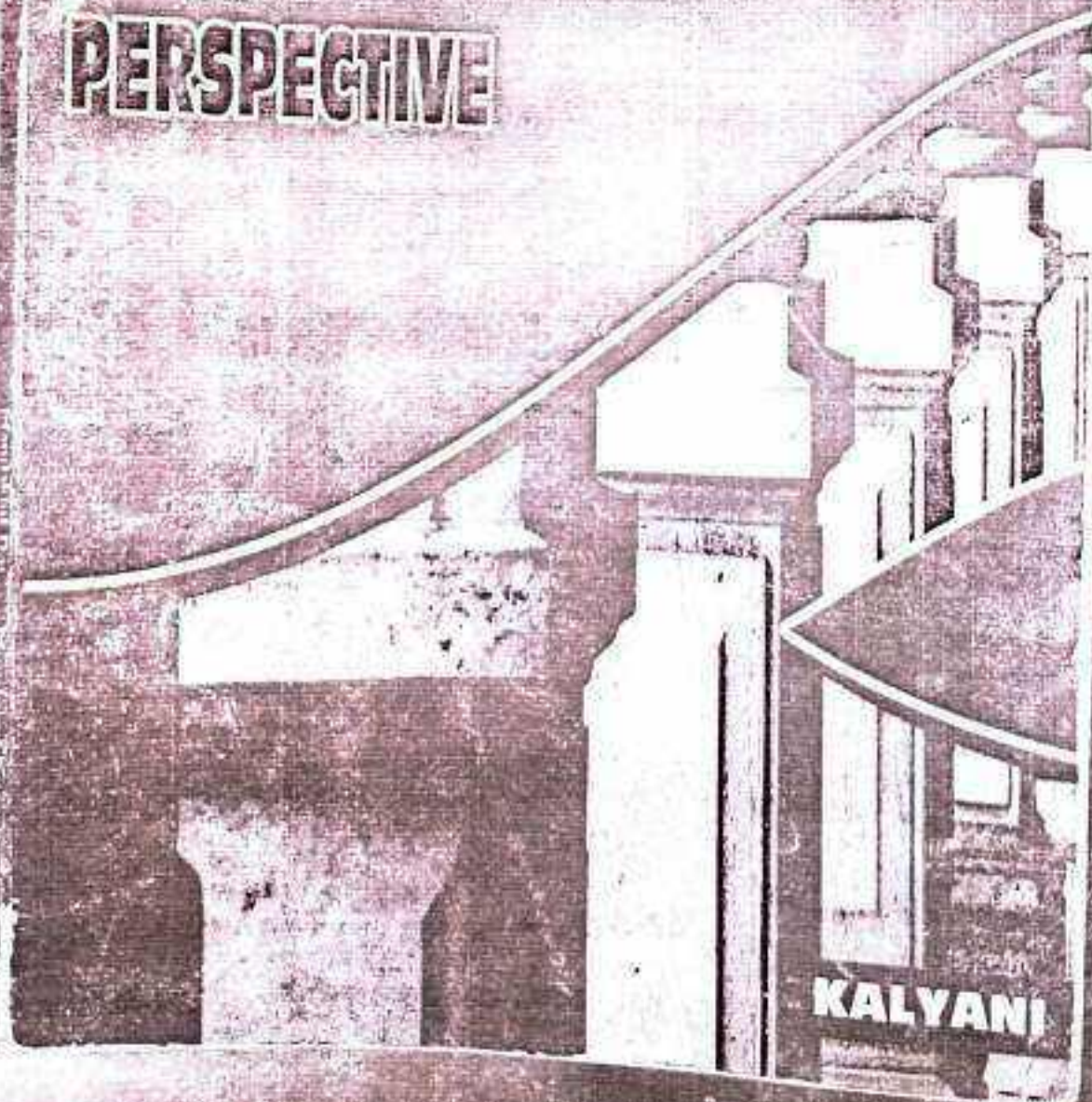
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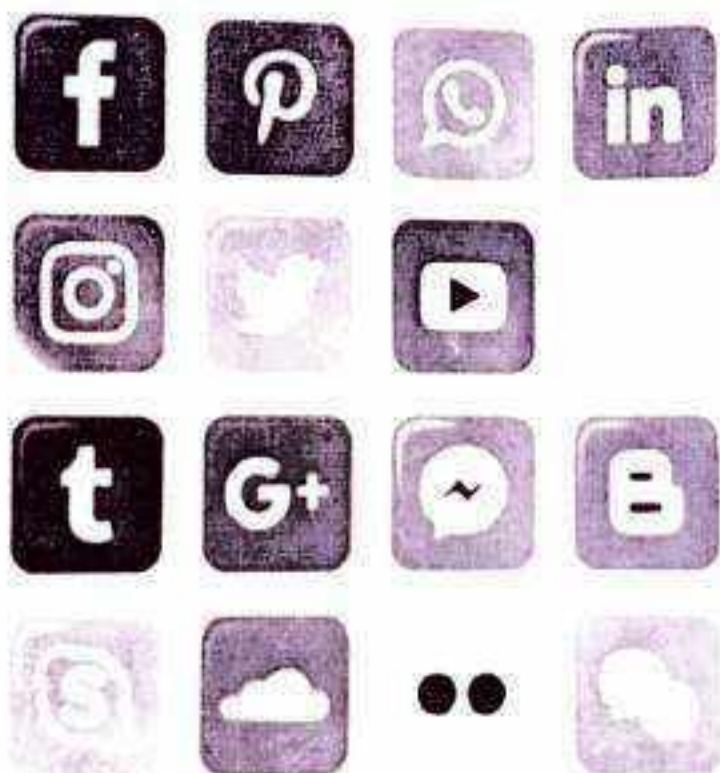
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# SOCIAL MEDIA

USAGE AND IMPACT



DR. BIMAL CHARAN SWAIN  
DR. RAJALAKSHMI DAS



# THE POTENTIAL CHALLENGES OF SOCIAL MEDIA IN HIGHER EDUCATION

*Dr. Sipra Ray*

Social media are interactive digital channels that facilitate the creation and sharing of information, ideas, interests and other forms of expression through virtual communities and networks. The term "Social" in regard to media suggests that platforms are user-centric and enable communal activity. As such social-media can be viewed as online facilitators or enhances human networks-webs of individuals who enhance social connectivity. Now social media is not limited to traditional media i.e. print, magazines, newspapers, T.V and radio broad casting, but now it includes Internet, digital media or digital rhetoric. Now it is a tool for communicating and organizing different things. Social media is a means of interaction among people in which they create, share and/or exchange information and ideas in virtual communities and networks. The office of communications and marketing manages the main Face book, Twitter, Instagram, and YouTube accounts. The most popular social media websites as of January 2021 are as follows :

1. Face Book
2. You Tube
3. WhatsApp
4. Face Book Messenger
5. Instagram



# **NATIONAL EDUCATION POLICY 2020**

**Meeting Goals of  
21<sup>st</sup> Century Education**

*Edited by :*

**Dr. Surekha Sundari Swain**

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**Dr. Biswa Mohana Jena**

# ROLE OF ICT FOR EMPOWERMENT OF WOMEN IN INDIA

*Priti Pragyan Ray*

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## Introduction

In India, as elsewhere in the developing world, women play a central role in family, community and social development. However, women often remain invisible and unheard. Women more than men have to balance the complexities of surviving in extreme poverty, yet these women are excluded from discussion because they are often illiterate, they lack confidence and mobility. ICT offers the opportunities for direct and interactive communication even by those who lack skills, who are illiterate, lack mobility and have little self-confidence. Here are some aspects of life which have a direct influence of ICT especially on women.

- ◆ Women's increased access to job market and improve entrepreneurship using ICT
- ◆ Increase of average household income in villages
- ◆ Women empowerment
- ◆ Shrinking information asymmetry through ICT
- ◆ Improved governance
- ◆ Indigenous knowledge
- ◆ Easy-Family communication
- ◆ Increased social awareness

The development and proliferation of electronically communicated information has accelerated economic and social change across all areas.



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# PSYCHOLOGY OF WINNERS IN SPORTS

---

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## ABSTRACT

Sports psychology is the scientific study of mind, emotion, and behavior as it relates to athletic performance and physical activity. The mental demands of rigorous competition can be enormous, making sports psychology a crucial part of any athlete's training regimen. To quote coaching legend Phil Jackson, "Wisdom is always an overmatch for strength." Hall of Famers and Olympic champions, backed by decades of empirical research, all agree that the proper use of sports psychology strategies can significantly improve any athlete's performance. Athletes who diligently train their minds play their best more consistently, experience greater enjoyment, and increase their odds of victory. As one progresses to the higher echelons of any sport, physical skills tend to balance out among competitors. It is here where we discover that having a superior mindset is the key to gaining the upper-hand.

**Key words: Sport Psychology, athletes, Performance**

## Introduction

Successful training programs help athletes develop a wide range of skills and abilities. Over a training season, athletes develop the characteristics they require to achieve their best in competition through a logical sequence of periodized training activities. It would not make sense for a sprinter to wait until the morning of their first race of the season to start practicing speed development techniques. It is not logical for a soccer player to start practicing kicking techniques on the morning of



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□□□

## Gandhi On Madhusudan A LETTER TO MADHUSUDAN DAS

148, Russa Road  
Calcutta  
12.8.25

Dear friend,

I have your prompt reply to my wire. I have been constantly thinking of you. But till I was in Jamshedpur I could not make up my mind to pay a special visit to Cuttack merely to see your undertaking. Having, however, gone to Jamshedpur my conscience pricked me and told me that I must likewise go to Cuttack and see your tannery. I leave on Tuesday, by the Puri Express - is it not? It reaches Cuttack, I understand, 4'0 clock in the morning. I shall stay two days. I know you cannot keep my visit secret, but I do not want a burdensome programme. I want thoroughly to study the Tannery and your requirements, and discover whether I can give you any help.

I would love to put up with you, but I am bringing Messers. Rangalal and Satish Chandra Dasgupta with me. The first friend is a Marwari gentleman, whom I am trying to interest in cow-protection. The second you know, and there will be a third with me, probably Mahadev Desai, whom you also know. Now you may put me up wherever you like.

I must collect from the Bengali friends there for Deshabandhu Memorial, and you will, of course, teach me how to spread the message of the spinning wheel in Utkal. Though the Congress has spent money like water there, it has made very little headway in Utkal. I have not, however, despaired'.

Yours Sincerely,  
Sd/ M.K. Gandhi

*Shailabala Das Papers, Odisha State Archives*

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# **SOCIAL MEDIA USAGE AND IMPACT**

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&

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Dr. Bimal Charan Swain  
Dr. Sipro Ray

# TEACHER EDUCATION IN 21<sup>ST</sup> CENTURY



*Edited by*  
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**PROF. SUREKHA SUNDARI SWAIN**  
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# CHALLENGES FOR TEACHERS: A COMPARATIVE DISCUSSION OF PRE AND POST PANDEMIC PERIOD

*Dr. Bandana Pathak*

“Whoever teaches learn in the act of teaching and whatever learns teaches in the act of learning” wrote the Brazilian Pedagogue Paulo Freire in his famous book “Pedagogy of Freedom” in 1996. The teachers are mentors of human resource who convert them into human capital. So it is the responsibilities of teachers to prepare themselves. Teacher education sometime refers to as teacher’s training. It refers to the policies and provision designed to equip teacher with knowledge, attitude, behavior and skills they require to perform their task effectively in the classroom, school and community.

Teachers have to face many challenges in their entire career. But during COVID-19 and afterwards teachers faced such inconvenience for which they were not accustomed earlier. This article discusses the challenges teacher were facing in normal period and post pandemic period. The gap between two period showed two important issues the importance of use of technology and the problem in connection with use of internet.

## **Importance of Technology in Education**

Technology in education prepares students for their career and technical skills. Relevant learning experiences can inspire creativity, help them in application and prepare them for future career opportunities. “Specific skills in coding, programming, physical computing, and computational thinking have become common requirements in the workforce through making, students gain these skills and do their problem-solving and critical thinking skills for the

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**COVID-19 SOCIO-POLITICAL RAMIFICATIONS**

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ଓଡ଼ିଆ ଗବେଷଣା ପରିଷଦ (ପ୍ରତିଷ୍ଠା - ୧୯୮୦) ରେଜିଷ୍ଟ୍ରେସନ୍ ଅଫ୍ ସୋସାଇଟିଜ୍ ଆକ୍ଟ-  
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ଠିକଣା-ସାରସ୍ୱତ ନିଳୟ, ଶ୍ରୀ ଅଗସ୍ତିୟ ନଗର; କଟକ-୭୫୩୦୧୦, ଫୋନ୍-(୦୬୭୧)  
୨୩୪୨୪୮୦ ଏବଂ ୮୭୭୩୭୮୦୪୮୧ । କାର୍ଯ୍ୟକାରୀ ସମିତି : ସଭାପତି - ଶ୍ରୀ ସୁଧାରତ୍ନ  
ବେହେରା, ଉପସଭାପତି - ଡଃ ଶ୍ରୀଚରଣ ମହାନ୍ତି । ସହଯୋଗୀ ସମ୍ପାଦକ ତଥା କାର୍ଯ୍ୟକାରୀ  
ସମ୍ପାଦକ- ଡଃ ଅଜୟକୁମାର ପଟ୍ଟନାୟକ, କୋଷାଧ୍ୟକ୍ଷ- ଡଃ ଚିତ୍ତରଞ୍ଜନ ବେହେରା, ସଭ୍ୟବୃନ୍ଦ-  
ଡଃ ଅସିତ ମହାନ୍ତି, ଡଃ ମଦାଳିନୀ ଦାସ, ଡଃ ବିଜୟାନନ୍ଦ ସିଂହ ଓ ଡଃ ହରେକୃଷ୍ଣ ପାତ୍ର ।



# ଓଡ଼ିଆ ପ୍ରବନ୍ଧ ସାହିତ୍ୟରେ ଗାନ୍ଧୀ ଓ ଗାନ୍ଧୀଦର୍ଶନର ପ୍ରତିଫଳନ

ସଂକଳିତା ମିଶ୍ର

୧୯୪୬ ମସିହାରେ 'ଗାନ୍ଧୀବିଚାର' ଶୀର୍ଷକରେ ଗୋଟିଏ ସଂକଳନ ପ୍ରକାଶିତ ହୋଇଥିଲା । ଗାନ୍ଧୀଜୀଙ୍କର ଦର୍ଶନ ତଥା ଚିନ୍ତା-ଚେତନା ସମ୍ବଳିତ ପ୍ରବନ୍ଧଗୁଡ଼ିକୁ ନେଇ ଏକତ୍ର ପ୍ରକାଶ କରିବା ଥିଲା ଏହି ସଂକଳନର ଆଭିମୁଖ୍ୟ । ଅବଶ୍ୟ ଏଥିରେ ଦଶଗୋଟି ଗାନ୍ଧୀବାଦୀ ଚେତନା ପ୍ରକାଶିତ ହୋଇଥିଲେହେଁ, ତାହା ଆମ ପ୍ରବନ୍ଧର ପରିସରଭୁକ୍ତ ନୁହେଁ । ଓଡ଼ିଶାରେ ନିଜସ୍ଵ ସାହିତ୍ୟର ବିକାଶ ନିମନ୍ତେ ଗଠିତ 'ରଚନାସମିତି'ର ଏହି ସଂକଳନଟି ଥିଲା ପ୍ରଥମ ଥର । ଏହି ସଂକଳନରେ ଗାନ୍ଧୀଜୀ ଓ ଗାନ୍ଧୀଜୀଙ୍କର ଦର୍ଶନକୁ ନେଇ ଅଠରଗୋଟି ପ୍ରବନ୍ଧ ରହିଛି । ସେହି ପ୍ରବନ୍ଧ ସଂକଳନର ବିଷୟବସ୍ତୁ ମଧ୍ୟରେ ପ୍ରବେଶ କରିବା ପୂର୍ବରୁ ଗ୍ରହଣ ଉପଲେଖଗୁଡ଼ିକ ପ୍ରଥମେ ଦୃଷ୍ଟିଗୋଚର ହୋଇଥାଏ । ଏହି ସଂକଳନ ନିମନ୍ତେ ଶ୍ରୀଯୁକ୍ତ ଝରକୃଷ୍ଣ ମହତାବ ବାର୍ତ୍ତା ଆଣିବାପାଇଁ ଗାନ୍ଧୀ ମହାଶୟଙ୍କ ନିକଟକୁ ଯାଇଥିଲେ । ବାର୍ତ୍ତା ଦେବାକୁଯାଇ ଗାନ୍ଧୀଜୀ କୌଣସି ଲିଖିତ ଉକ୍ତି ପ୍ରଦାନକରି ନଥିଲେ ହେଁ, ମହତାବକୁ ଯେଉଁ ଲିଖିତ ସନ୍ଦେଶ ଉକ୍ତଲୀୟଙ୍କ ନିକଟରେ ପ୍ରେରଣ କରିବାପାଇଁ କହିଥିଲେ, ତାହା ଅତ୍ୟନ୍ତ ପୁଣ୍ୟାଳୟୋଗ୍ୟ । ନିମ୍ନରେ ସେହି ଉକ୍ତିତାଂଶଟି ପ୍ରଦାନ କରାଗଲା ।

“ଓଡ଼ିଶା ପାଇଁ କ’ଣ ମୁଁ ଲିଖିତ ସନ୍ଦେଶ ଦେବି ? ଆଜିଯାଏ ମୁଁ ଯାହା କରିଆସିଛି ତାହା କ’ଣ ସନ୍ଦେଶ ହୋଇରହି ନାହିଁ ? ତୁମେ ସବୁ କ’ଣ ମୋର ସନ୍ଦେଶ ନୁହ ? ଓଡ଼ିଶାପାଇଁ ତ ମୁଁ ପ୍ରାଣଧାରଣ କରିଛି । ଓଡ଼ିଶା ଆଡ଼କୁ ତ ମୁଁ ସମଗ୍ର ଭାରତର ଦୃଷ୍ଟି ଅବର୍ଷଣ କରିଛି । ତାହାରି ଫଳରେ ତ ଠକ୍କର ବାପା ଓଡ଼ିଶାକୁ ଆଦରି ବସିଛନ୍ତି । ଅନ୍ଧ ସନ୍ଦେଶ କ’ଣ ? ତୁମେ ସମସ୍ତେ ମୋର ଜୀବନ୍ତ ସନ୍ଦେଶ ହୋଇ କାମ କର ।”

(ଝରକୃଷ୍ଣ ମହତାବ)-(୧)

ଉପରୋକ୍ତ ଉକ୍ତିତାଂଶଟି ପାଠ୍ୟପୁସ୍ତକ ଆଲୋଚ୍ୟ ପ୍ରବନ୍ଧଟିକୁ ତିନୋଟି ଭାଗରେ ବିଭକ୍ତ କରାଯାଇପାରେ ।



# ଭ୍ରମଣ ସାହିତ୍ୟର ଭଗୀରଥ ଫକୀରମୋହନ

ସଂକଳିତା ମିଶ୍ର

e.e: ଓଡ଼ିଆ ଭ୍ରମଣ ସାହିତ୍ୟର ଜନକ କିଏ ?

‘ଓଡ଼ିଆରେ ରାଧାନାଥ ହିଁ ପ୍ରଥମ ଭ୍ରମଣ ସାହିତ୍ୟ ଲେଖକ ବୋଲି ସମସ୍ତଙ୍କର ବିଶ୍ୱାସ, କିନ୍ତୁ ବାହିକା (ତା ୨.୪.୮୭)ରେ କ୍ରମଶଃ ପ୍ରକାଶିତ କୌଣସି ଅଜ୍ଞାତନାମା ଲେଖକଙ୍କର ‘ଭ୍ରମଣକାରୀଙ୍କ ପତ୍ର’ ଏ କ୍ଷେତ୍ରରେ ସର୍ବପ୍ରଥମ ।’

ଉତ୍କଳାଂଶୁ ପ୍ରଖ୍ୟାତ ସମାଲୋଚକ ନଟବର ସାମନ୍ତରାୟଙ୍କ ରଚିତ ‘ଓଡ଼ିଆ ସାହିତ୍ୟର ଇତିହାସ (୧୮୦୩-୧୯୨୦)ର ଏକାଦଶ ପରିଚ୍ଛେଦର ପରିଶିଷ୍ଟ ସଂଖ୍ୟା ୧୬୧ରୁ ସଂଗୃହୀତ । ଏହି ଉକ୍ତିଟି ମଧ୍ୟରେ ଓଡ଼ିଆ ଭ୍ରମଣ ସାହିତ୍ୟର ଜନକତ୍ୱକୁ ନେଇ ଏକ ପ୍ରଶ୍ନ ଉପସ୍ଥାପିତ ହୋଇଥିଲେ ହେଁ, ପରବର୍ତ୍ତୀ ସମୟର ଗବେଷକ ତଥା ସାହିତ୍ୟର ଇତିହାସ ଲେଖକମାନେ ତତ୍କୃର ସାମନ୍ତରାୟଙ୍କ ମତକୁ ଅନୁକମ୍ପା ବା ମନନର କଷଟିରେ ପରୀକ୍ଷା ନ କରି ନିର୍ଦ୍ଦିବାଦରେ ଗ୍ରହଣ କରି ନେଇଛନ୍ତି । ଆଧୁନିକ ଶିକ୍ଷାବିତ୍ତର ପ୍ରାକ୍ କାଳରେ ଆପଣାର ଭାବକୁ ସୁନ୍ଦର ରୂପେ ପ୍ରକାଶ କରିବାର କ୍ଷମତା ଧାରଣ କରିଥିବା ଜଣେ ଶିକ୍ଷିତ ବ୍ୟକ୍ତି ଆସାମରେ କୁଲି ଭାବରେ କାହିଁକି ଜୀବନଯାପନ କଲେ ? ଏପରି ଏକ ଅତ୍ୟାଚାରୀ ପ୍ରଶ୍ନ ମଧ୍ୟ ପରବର୍ତ୍ତୀ ପାଠକ ବା ଗବେଷକମାନଙ୍କୁ ସ୍ପର୍ଶ କରି ନ ଥିଲା । କାରଣ ଭାରତ-ଭ୍ରମଣ-କାହାଣୀ ସମ୍ପର୍କରେ ସୂଚନା ପ୍ରଦାନ କରି ତତ୍କୃର ସାମନ୍ତରାୟ କୁହନ୍ତି, ‘ରେମୁଣାର କୌଣସି ଲୋକ କୁଲି ଭାବରେ ଆସାମରେ ଥାଇ ତା’ ସାନଜାଲ ପାଖକୁ ଲେଖୁଥିବା ପତ୍ର ।’<sup>(୧)</sup> ତତ୍କୃର ଶ୍ରୀନିବାସ ମିଶ୍ରଙ୍କ ‘ଓଡ଼ିଆ ଗଦ୍ୟ ସାହିତ୍ୟର ଇତିହାସ’ ପୁସ୍ତକ ଏବଂ ଡ. ବଂଶୀଧର ଚୌଧୁରୀ ସ୍ୱାୟ ଗବେଷଣାତ୍ମକ ଗ୍ରନ୍ଥରେ ସାମନ୍ତରାୟଙ୍କ ମତକୁ ଗ୍ରହଣ କରି, ସେହି ଅଜ୍ଞାତନାମା କୁଲିକୁ ଓଡ଼ିଆ ଭ୍ରମଣ ସାହିତ୍ୟର ପିତୃତ୍ୱ ପ୍ରଦାନ କରି ସ୍ୱ ସ୍ୱ କର୍ତ୍ତବ୍ୟ ସମ୍ପାଦନ କରିଛନ୍ତି ।

ଓଡ଼ିଆ ଭ୍ରମଣ ସାହିତ୍ୟର ଜନକକୁ ଆବିଷ୍କାର କରିବା ନିମନ୍ତେ ଦୀର୍ଘ ୪୪ ବର୍ଷ ଅପେକ୍ଷା କରିବାକୁ ହୋଇଛି । କାରଣ ତତ୍କୃର ସାମନ୍ତରାୟଙ୍କ ‘ଓଡ଼ିଆ ସାହିତ୍ୟ ଇତିହାସ’

ଗୋପବନ୍ଧୁ ଦାସ : ଶିକ୍ଷାବିଚାର  
ସଂଗ୍ରହ  
ବିଜୟାନନ୍ଦ ସିଂହ  
ରେଖାର ପ୍ରଫେସର  
ଗୋପବନ୍ଧୁ ଦାସ ଗବେଷା କ୍ଷେତ୍ର  
କିମ୍ବ ମାନିତ ବିଶ୍ୱବିଦ୍ୟାଳୟ  
ଭୁବନେଶ୍ୱର, ଓଡ଼ିଶା

ପ୍ରକାଶକ: କୁଳସଚିବ  
କିମ୍ବ ମାନିତ ବିଶ୍ୱବିଦ୍ୟାଳୟ  
ଭୁବନେଶ୍ୱର - ୭୫୧୦୨୪

ପ୍ରଥମ ପ୍ରକାଶ: ୨୦୨୨

ମୁଦ୍ରଣ: ପ୍ରିଣ୍ଟଟେକ ଅଫସେଟ୍ ପ୍ରା.ଲିଃ, ଭୁବନେଶ୍ୱର-୨୪

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# ସୂଚୀ

ବିଚାରରେ ଯା'ର ଆଖି ଓ ବିଚାର  
 ଉତ୍କଳମଣି ଗୋପବନ୍ଧୁ ଦାସଙ୍କ ଶିକ୍ଷାନୀତିର  
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 ଶିକ୍ଷାବିତ୍, ଗୋପବନ୍ଧୁ  
 ଗୋପବନ୍ଧୁଙ୍କ ଶିକ୍ଷକତା ଓ ବନବିଦ୍ୟାଳୟ  
 ଗୋପବନ୍ଧୁଙ୍କ ଶିକ୍ଷା ଦର୍ଶନରେ ପ୍ରତିଫଳିତ  
 ମୌଳିକ ନୀତି ଓ ଆଦର୍ଶ  
 ଗୋପବନ୍ଧୁଙ୍କ ବିଚାରରେ ଶିକ୍ଷା, ଶିକ୍ଷକ ଓ ଶିକ୍ଷାଳୟ  
 ଗୋପବନ୍ଧୁଙ୍କ ଶିକ୍ଷାନୀତିରେ ପରଂପରା ଓ ପୁରୋଦୃଷ୍ଟି  
 ସତ୍ୟବାଦୀ ଶିକ୍ଷାନୀତି ଓ ପଣ୍ଡିତ ଗୋପବନ୍ଧୁ  
 ଉତ୍କଳ ଜାତୀୟ ଜୀବନରେ ଗୋପବନ୍ଧୁଙ୍କ  
 ଶିକ୍ଷାମାନସ  
 ପଣ୍ଡିତ ଗୋପବନ୍ଧୁଙ୍କ ଶିକ୍ଷାଦର୍ଶନ : ଏକ ପରିଚୟ  
 ଗୋପବନ୍ଧୁଙ୍କ ଦୃଷ୍ଟିରେ ଶିକ୍ଷା, ଶିକ୍ଷାର୍ଥୀ,  
 ଶିକ୍ଷକ ଓ ଶିକ୍ଷାୟତନ  
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 ଶୈକ୍ଷିକ ଚିନ୍ତନର ଆଲୋକରେ ଗୋପବନ୍ଧୁ  
 ଶିକ୍ଷାର ସ୍ୱର୍ଣ୍ଣମ ଅଧ୍ୟାୟ : ସତ୍ୟବାଦୀ ବନବିଦ୍ୟାଳୟ  
 ଭାରତର ଶିକ୍ଷାବ୍ୟବସ୍ଥା ଓ ଗୋପବନ୍ଧୁ ଦାସ  
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 ଜାତୀୟ ଶିକ୍ଷାର ସାରଥୀ  
 ଉତ୍କଳମଣି ଗୋପବନ୍ଧୁ ଦାସ  
 ସତ୍ୟବାଦୀ ସ୍କୁଲ

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# ସତ୍ୟବାଦୀ - ସବୁଦୃଷ୍ଟିରେ ଶିକ୍ଷା

ସଂକଳନ ମିଶ୍ର

"ଯାହା ଦେଖା, ଏହି ଅନନ୍ତ ଜଗତରେ ସେହି ବିଧିବିଧାନର ବିଶ୍ୱାସୀମାନ ଯୁକ୍ତ ବ୍ୟକ୍ତି  
 ପାରି କରି ନାହିଁ । ଆମର ଦୃଷ୍ଟି ପାଇଁ, ଆମର ଆନନ୍ଦ ପାଇଁ, ଆତ୍ମମାନର ଉନ୍ନତି ପାଇଁ,  
 ଆତ୍ମଜୀବନର ବିକାଶପାଇଁ ଯୋଗ୍ୟ କଥାରେ, ଜଗତରେ ମାନବର ଜୀବନକୁ ସମ୍ଭବ  
 କରିବା ନିମନ୍ତେ, ମାନବ ଜୀବନର ଅବସ୍ଥିତି ତଥା ମାନବର ମାନବତ୍ୱ ପ୍ରତିଷ୍ଠା ନିମନ୍ତେ,  
 ଅପାର କରୁଣା ନିଧାନ ପରମପିତା ବିଶ୍ୱବିଧାତା ଏହିପରି କୋଳିକର ମଧୁ କୁହୁଡ଼ାଇ,  
 ପୁଷ୍ପର ପ୍ରାଣବିନୋଦନ ସୌଭାଗ୍ୟ, ଚିରିନିର୍ଦ୍ଦିଶିତାର ମୁକୁ କଳନିଦାନ, ସିନ୍ଧୁ ବନ୍ଧର ପ୍ରାଣ  
 ପ୍ରସାରିଣୀ ମହାସୁଧା ବିଶାଳତା ଠାରୁ ବହୁତ ସ୍ୱେଦ, ପିତାର ବାସନ୍ତ୍ୟ, ମାତାର ପ୍ରାଣତରା  
 ପ୍ରେମ ପର୍ଯ୍ୟନ୍ତ ଅନନ୍ତ ରୂପରେ, ବିଶାଳ ମହିମାରେ ନିଜର ପ୍ରେମମୟ କରୁଣାପୂର୍ଣ୍ଣ ହୃଦୟ  
 ପିତାର ଦେଇଅଛନ୍ତି ।" (୧) ୧୯୧୫ ମସିହାରେ କୌଣସି ଏକ ଉତ୍କଳ ସନ୍ଧ୍ୟାରେ  
 ସତ୍ୟବାଦୀର ସବୁପୁରୁଷ ଉତ୍କଳମଣି ଗୋପବନ୍ଧୁ ବକୁଳବନର ବିଦ୍ୟାର୍ଥୀମାନଙ୍କୁ  
 ବିଶ୍ୱବିଧାତାଙ୍କର ବିଶ୍ୱରୂପ ପ୍ରସଙ୍ଗରେ ଯେଉଁ ମତମୟ ଅଭିଭାଷଣ ପ୍ରଦାନ କରିଥିଲେ  
 ତନ୍ମଧ୍ୟରୁ ଉପରୋକ୍ତ ଉକ୍ତିତାଂଶଟି ଗୃହୀତ । 'ଦୟା' ଶୀର୍ଷକରେ ଲିପିବଦ୍ଧ ଏହି  
 ଅଭିଭାଷଣଧର୍ମୀ ପ୍ରବନ୍ଧଟି ମଧ୍ୟରେ ସତ୍ୟବାଦୀର ଶିକ୍ଷାଦୃଷ୍ଟିର କାଜ ବସନ କରାଯାଇଥିବା  
 ପରି ମନେହୁଏ । ଯେଉଁ ଶିକ୍ଷାଦୃଷ୍ଟିକୁ ଆମେ ରକ୍ଷାକ୍ଷେପ ପ୍ରକୃତିବାଦ ମଧ୍ୟ କହିପାରିବା ।  
 ପ୍ରକୃତିବାଦର ଜନକ ରୂପେ ରକ୍ଷାକୁ ଗ୍ରହଣ କରାଯାଇଥାଏ । ଏହି ପାଶ୍ଚାତ୍ୟ ଦାର୍ଶନିକ  
 'ଏମିଲ' ନାମକ ଗ୍ରନ୍ଥରେ ଶିକ୍ଷା ଦର୍ଶନ ସଂପର୍କରେ ଦୀର୍ଘ ଆଲୋଚନା କରିଛନ୍ତି । ଯାହାର  
 ବିଷୟ ଉଦ୍ଧାର କରିବା ଆବଶ୍ୟକ । "Education comes to us from nature;  
 from men or from things, I am regarding nature as equivalent to  
 endowment the inherited dispositions and capacities of the  
 individual." (୨) ଅର୍ଥାତ୍ ପ୍ରକୃତି, ମନୁଷ୍ୟ ଏବଂ ବହିର୍ଜଗତର କଣ୍ଠରୁଦ୍ଧିକ ନିଜତରୁ  
 ଆମେ ଶିକ୍ଷାଲାଭ କରିଥାଉ । ତେଣୁ ମନୁଷ୍ୟର ଅନ୍ତଃପ୍ରକୃତିକୁ ରକ୍ଷା ଦେବେ ତାହାର  
 ସହ ସମପର୍ଯ୍ୟାୟତ୍ୱ କରିଛନ୍ତି । ପଶ୍ଚିତ ଗୋପବନ୍ଧୁ ଥିଲେ ଜଣେ ଚିନ୍ତାମାମତ, ସାମାଜିକ  
 ଏବଂ ଦାର୍ଶନିକ । ପ୍ରକୃତିର ପ୍ରେମ ସହ ଅନ୍ତଃସ୍ତ୍ର ପ୍ରେମର ସଂଯୋଗରେ ଯେଉଁ ଯେ  
 ସଂଭବ ତାହାର ପ୍ରକୃତ ଶିକ୍ଷା । ଅତଏବ ସତ୍ୟବାଦୀର ସବୁ ଦୃଷ୍ଟିରେ ଶିକ୍ଷା ପ୍ରାଣ  
 ପ୍ରକୃତିବାଦର ଆହ୍ୱାନ, ଅନ୍ତର ଏବଂ ପ୍ରଯୋଗରେ । 'ଏମିଲ'ର ଏହା ମତକୁ  
 ରକ୍ଷା ସ୍ୱୀକୃତି କରିଥିଲେ ଯେ ଶିକ୍ଷାର ଉଦ୍ଦେଶ୍ୟ ଆଧାର ରହେ, ସତ୍ୟ- ପ୍ରକୃତ, ମନୁଷ୍ୟ



## The study of plants in Harsacarita

Dr. Menakarani Sahoo

Earlier people love nature. That's why they remained happy with the blessings of nature. But at present, the human beings try to dominate nature. So that nature gives some negative responses. The four Vedas, later Vedic Samhitas, Upanisads, Puranas, Epics and the ancient Sanskrit literature depicted the importance of the natural resources and their preservation. For example In the 2nd canto of Kalidasa's *Kumarasambhavam*. It is mentioned by Kalidasa that '*visavrksopi samvardhya svayam chettumasampratam*', which means it is not proper to cut even a poisonous tree after being planting it with one's own hand. This signifies that the classical Sanskrit literature in India also highlighted the tradition of preservation of trees and plants.

The *Vrksayurveda* says that planting a tree is equally beneficial as having ten son.

***"dasakupa sama vapi dasa vapi sama hradah  
dasahrada samah putro dasaputra sama drumah"***

According to modern scientist the *pippala tree* and *Banyan tree* consume carbon dioxide from the air and give us oxygen and thus balance the air.

In the *Harsacarita*, *Banabhatta* also gave equal importance to the biodiversities, like trees, plants and animals, etc., and other natural resources like forests, rivers, mountains, oceans, etc. The writer of *Harsacarita* was a keen observer of nature. He says that he had travelled different parts of India so that he came into close contact with the nature. That's why he gave a brief description about the different parts of the plants in the *Harsacarita*, such as *kandamula* (bulbous root), *sakha* (branch), *pallava* (tender leaf), *patra* (petals), *vrunta* (petile), *stavaka* (cluster of blossom), *kesara* and *raja*



(filament), *phala* (fruits), *paraga* (pollen of flowers), *dala*, *mukula* (bud), *valkala* (bark) etc.

In the *Harsacarita*, we found that people prepared their essential daily livelihood from the different parts of the plants. For example the servants of emperor Harsavardhana prepared a hut for him which was made of bamboo, grass etc. At that time people also used the bower as a house. People used cane to make the seats and chair. The gatekeeper of the royal palace used the sticks which were made of the cane. The people also used flowers to worship the god. Flowers were considered to be the best object of *argha* for the deities. For example In the *Harsacarita*, we found that Devi Sarasvati offered eight flowers which known as *Astapuspika*. *Astapuspika* is a bunch of eight flowers represents the eight forms such as- *avani* (Earth), *pavana* (Air), *vana* (Water), *gagana* (Sky), *dahana* (Fire), *tapana* (Sun), *tuhina kiran* (Moon) and *yajamana* (Man). Again we found that King *Prabhakaravardhana* offered prayer with a bunch of red lotuses to the Sun. At that time flowers were used as ornament. For example a *brahmana* adorn his ear with *girikarnika* flower. Devi Sarasvati also adorned her ear with the flower of *Sindhuvara*. The writer describes in the *Harsacarita* that people had adorned their ears with the branches of sirisa flowers, when they came to join the princess Rajyasri's marriage party. And also it is found that the *Bakula* flowers had been worn in the head. The writer mentions that in the auspicious occasions, people wore the garland of flowers. For example On the occasion of wedding of the Maukhari king Grahavarman, his head was decorated with the garland of *Mallika* flower.

There were plenty of medicinal plants, whose descriptions are found in *Harsacarita* is given below with their Sanskrit names and English names.



Sanskrit name	English name
<i>Amalaka, Dhatri</i>	Embilica myrobalan
<i>Candana, Malayaja</i>	Sandal wood
<i>Tambula</i>	Betel nut
<i>Durva</i>	Dog grass
<i>Bilva</i>	golden Apple
<i>Agastya, Munidruma</i>	Larga flowered Agasti
<i>Agaru</i>	Bark, Heart Wood

### ***Amalaka***

It is a medicinal fruit . According to *Vamanapurana* one can survive only drinking the juice of the fruit *amalaka*. It also used to treat various types of diseases like fever and breathing troubles etc. In the *Harsacarita* it is mentioned that Amalaka was used by the physician to prepare drugs for king Prabhakaravardhana.

### ***Candana, malayaja***

It is a wood of much medicinal importance. In the *Harsacarita* it is found that the attendants of king Prabhakaravardhana smeared his whole body with sandal-paste to relieve his fever, when he had been in his death-bed. It was also used on the forehead for increasing beauty. The writer mentions that princess Rajyasri used the *candana* powder to increase her beauty According to the *Agnipurana* candana was also used with other plants to cure the whiteness in the eyes.

### ***Tambula***

At that time Tambula (betel nut) was used by the dancing girls to decorate their lips. The writer of *Harsacarita* mentions that king Harsa's close lips were made red with betel. According to *Agnipurana* gargling with betel nut was used for the remedy of the defects in the tongue.

### Durva

According to Agnipurana Durva is beneficial in nasal diseases and the juice of *druva* when inhaled is an excellent remedy for the bleeding of the nose. But in the *Harsacrita durva* was used in sacred purposes.

### Bilva

The *Agnipurana* mentions that bilva is the best remedies for fever, indigestion, pain of the sides (of the body) and cough etc. Bilva is known as Sridruma. The Bilva tree is sacred to Siva. At that time, the Bilva leaves were used to worship the lord Siva.

### Agastya

According to the *Ayurveda* the flower of the *agastya* is the best remedies for fever such as malaria, and headache etc. So that The king informs that forest settlement planted the *Agasti* tree in their courtyard.

### Agaru

At that time The writer mentions that people used the bark of *Agaru* to write the *Subhasita* and the oil of *Agaru* was used as perfume.

Finally it is found that *Harsacarita* is very much concerned about the plants and herbs with great medicinal value because herbal plants were used as the remedies of the diseases.

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# ମଧୁବାବୁ ମହାତ୍ମାଗାନ୍ଧି

## ଓ ଓଡ଼ିଶା

ସଂପାଦନା

ଡକ୍ଟର ସୁରେଶା ସୁନ୍ଦରୀ ସ୍ୱାଇଁ

ଅଧ୍ୟକ୍ଷା, ଶୈଳବାଳା ମହିଳା ସ୍ୱୟଂଶାସିତ ମହାବିଦ୍ୟାଳୟ

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ପ୍ରକାଶକ

ଜଗନ୍ନାଥ ରଥ

ପୁସ୍ତକ ପ୍ରକାଶକ ଓ ବିକ୍ରେତା

ବିନୋଦବିହାରୀ, କଟକ-୨



# ମଧୁବାବୁ ମହାତ୍ମାଗାନ୍ଧି ଓ ଓଡ଼ିଶା

ସଂପାଦନା :

ଡକ୍ଟର ସୁରେଖା ସୁନ୍ଦରୀ ସ୍ୱାଇଁ

ଅଧ୍ୟକ୍ଷା, ଶୈଳବାଳା ମହିଳା ସ୍ୱୟଂଶାସିତ ମହାବିଦ୍ୟାଳୟ

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ଜଗନ୍ନାଥ ରଥ

ପୁସ୍ତକ ପ୍ରକାଶକ ଓ ବିକ୍ରେତା

ବିନୋଦବିହାରୀ, କଟକ-୨

ସର୍ବସ୍ୱତ୍ୱ ସଂରକ୍ଷିତ :

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# ମଧୁନନ୍ଦିନୀଙ୍କ ଅନନ୍ୟ ମିଶନ

ଡ. ମେନକାରାଣୀ ସାହୁ

ଭାରତୀୟ ସଂସ୍କୃତିର ଅନୁପମ ଉନ୍ମତ୍ତ କାଳିଦାସଙ୍କ ଲେଖନୀରେ ଦିନେ ପୁଚ୍ଛି ଉଠିଥିଲା ନାରୀ ମହିମାର ଏକ ପ୍ରଶସ୍ତ ବ୍ୟାଖ୍ୟା । କବିଗୁରୁଙ୍କର ଭାଷାରେ ନାରୀ ହେଉଛି ବିଧାତାର କମନ୍ଦାୟ ସୃଷ୍ଟି । ନାରୀ ତନୁର ସ୍ତ୍ରୀ ଲାବଣ୍ୟ, ସୁହୃଦ ପ୍ରୀତି ପାୟୁଷଧାରୀ ଏବଂ ପୁରୁଷ କଞ୍ଚନାର ଜନ୍ମଧନୁ ଛଟା । ଏହି ତିନୋଟିର ଭାବ ସମ୍ମେଳନ ତାହାର ଅମ୍ଳାନ ଚରିତ୍ରକୁ ମହିମାନ୍ବିତ କରିଛି । ବୈଦିକଯୁଗର ପ୍ରୋଫୁଲ ହୋମଶିଖାର ଜ୍ୟୋତିରେଖାଠାରୁ ଆରମ୍ଭ କରି ବିଂଶ ଶତାବ୍ଦୀର ପରମାଣୁ ଧୂମୋହ୍ଲାସ ପର୍ଯ୍ୟନ୍ତ ଯୁଗ ପରିବର୍ତ୍ତନର ତାଳେ ତାଳେ ଭାରତୀୟ ନାରୀର ମହିମା ପରିସ୍ଫୁଟିତ ହୋଇଛି । ତା'ର ସନାତନ କଲ୍ୟାଣ ଆଦର୍ଶର ଅନୁପମ ବୈଶିଷ୍ଟ୍ୟ ବିଶ୍ଵଦରବାରରେ ତାକୁ ସର୍ବୋଚ୍ଚ ସ୍ଥାନରେ ଅଧିଷ୍ଠିତା କରିଛି । ଏପରି ଜଣେ ମୃତ୍ୟୁ ବିଜୟିନୀ, ନାରୀଶିକ୍ଷାର ସଂସ୍ଥାପିକା ତଥା ସମାଜ ସେବିକା ମହିୟସୀ ମହିଳା ହେଉଛନ୍ତି - ଶୈଳବାଳା ଦାସ । ଓଡ଼ିଶାରେ ନାରୀ ଶିକ୍ଷା ପ୍ରସାରରେ ତାଙ୍କର ଭୂମିକା ଅତୁଳନୀୟ । 'ଶୈଳବାଳା ମହିଳା ମହାବିଦ୍ୟାଳୟ' ତାଙ୍କରି ନାମାନୁସାରେ ହିଁ ନାମିତ ହୋଇଛି ।

୧୮୭୫ ମସିହା ମାର୍ଚ୍ଚ ୨୫ରେ କୋଲକତାର ଭବାନୀପୁର ସ୍ଥିତ ମଧୁସୂଦନ ଦାସଙ୍କ ଚକ୍ରବାରିଆ ରୋଡ୍ ଉଡ଼ା ଘରେ ଶୈଳବାଳା ନାରୀଶିକ୍ଷା କ୍ଷେତ୍ରରେ ଉନ୍ନତିମୂଳକ ପରିବର୍ତ୍ତନ ଆଣିବା ନିମନ୍ତେ ଧରାପୃଷ୍ଠରେ ଜନ୍ମଗ୍ରହଣ କରିଥିଲେ । ପିତା ଅମ୍ଳିକା ଚରଣ ହାଜରା ଓ ମାତା ପ୍ରସନ୍ନମୟୀ ହାଜରାଙ୍କର କୋଳମଣ୍ଡନ କରି ନିଜ ବଂଶ ସହ ଉତ୍କଳମାତାର ଗୌରବକୁ ମଧ୍ୟ ଗୌରବାନ୍ବିତ କରିଥିଲେ । ତାଙ୍କ ପାଞ୍ଚ ଜଣ ଭାଇଭଉଣୀଙ୍କ ମଧ୍ୟରେ ସେ ଥିଲେ ଜ୍ୟେଷ୍ଠା ସନ୍ତାନ । ୧୮୯୨ ମସିହାରେ ତାଙ୍କର ମା' ପ୍ରସନ୍ନମୟୀଙ୍କର ମୃତ୍ୟୁ ହୋଇଥିଲା । ଏହାପରେ ଶୈଳବାଳା ନିଜ ଭାଇଭଉଣୀଙ୍କ ସହ ମଧୁସୂଦନଙ୍କ କଟକ ଘରେ ଅବସ୍ଥାନ କଲେ । ସେ ଆଇ.ଏ ପାଶ୍ କରିଥିଲେ । ୧୯୦୦ ମସିହା ସେପ୍ଟେମ୍ବର ୨୪ରେ ସେ ଶୈଳବାଳା ହାଜରାରୁ ଶୈଳବାଳା ଦାସକୁ ପରିବର୍ତ୍ତିତ ହୋଇଥିଲେ ।

ଶୈଳବାଳା ତାଙ୍କ ପ୍ରାଥମିକ ଶିକ୍ଷା ଲଣ୍ଡନ ମିସନ ବାଳିକା ବିଦ୍ୟାଳୟରେ ଆରମ୍ଭ କରିଥିଲେ । ପରେ ସେ ସିମଳା ପଢ଼ିବାକୁ ଗଲେ । ୧୯୦୬ରେ ସେ ଉଚ୍ଚଶିକ୍ଷା ପାଇଁ ଲଣ୍ଡନ ଯାଇଥିଲେ । ସେଠାରେ ମାରିଆ ଟ୍ରେନିଂ କଲେଜରେ ଶିକ୍ଷକତାର ପ୍ରଶିକ୍ଷଣ ନେଇଥିଲେ । ପ୍ରଥମ ଓଡ଼ିଆ ମହିଳା ଭାବେ ଉଚ୍ଚଶିକ୍ଷା ପାଇଁ ସେ ବିଦେଶ ଯାଇଥିଲେ ।



ଗୌରବମୟା ଭାରତମାତାର ମୂର୍ତ୍ତିକାର ରସରେ ପରିପୁଷ୍ଟା ସାତା, ସାବିତ୍ରୀ, ଦମୟନ୍ତୀ ପ୍ରଭୃତି ମହିମା ମଣ୍ଡିତା ନାରୀମାନଙ୍କର ଚରିତ୍ରର ଆଦର୍ଶ ସମଗ୍ର ବିଶ୍ୱରେ ବିରଳ । ନାରୀର ଏହି ଗୌରବୋଜ୍ଜ୍ୱଳ ଐତିହ୍ୟ ଯୁଗେ ଯୁଗେ ଜଗତର ନାରୀସମାଜକୁ ଉତ୍ତୁଙ୍ଗ କରିଛି । ଏହିପରି ଗୌରବଶାଳୀ ନାରୀ ଥିଲେ ଶୈଳବାଳା । ତାଙ୍କ ମତରେ ନାରୀ କେବଳ ଜାଳାସଜିନୀ, ନର୍ମ ସହଚରୀ ଏବଂ ପୁରୁଷ ଚକ୍ଷୁରେ କଷ୍ଟନୀର ମାୟାଜାଲ ହିଁସା ହଳନାମୟୀ ନୃତ୍ୟଶିଳା ଉର୍ବଶୀ ନୁହେଁ ଅପିତୁ ସହନଶାଳୀ ଧରିତ୍ରୀ, ଅଧର୍ମ ହଂସାରକାରୀ ମା ଦୁର୍ଗା, ଉନ୍ମତିଶାଳିନୀ ମା ଲକ୍ଷ୍ମୀ, ପ୍ରେମଶାଳୀ, ସ୍ନେହମୟୀ ଏବଂ ବିଦ୍ୟାପ୍ରଦାୟିନୀ ମା ସରସ୍ୱତୀ । ନାରୀର ଷଡ଼ଗୁଣ ବିଷୟରେ କୁହାଯାଇଛି -

“କାର୍ଯ୍ୟେଷୁ ମନ୍ତ୍ରୀ କରଣେଷୁ ଦାସୀ  
 ଭୋଜ୍ୟେଷୁ ମାତା ଶୟନେଷୁ ବେଶ୍ୟା ।  
 ଧର୍ମାନୁକୂଳା କ୍ଷମୟା ଧରିତ୍ରୀ  
 ରାୟା ଚ ଷଡ଼ଗୁଣାବତ୍ୟଃ ଦୁର୍ଲଭା ॥”

ଓଡ଼ିଶାରେ ନାରୀଶିକ୍ଷାର ପ୍ରଗତି ଏବଂ ପ୍ରସାରରେ ଶୈଳବାଳାଙ୍କର ମୁଖ୍ୟ ଭୂମିକା ଥିଲା । ୧୯୦୭ରେ ସେ ଲକ୍ଷ୍ମନରୁ ପ୍ରଶିକ୍ଷଣ ସମାପ୍ତ କରି ଫେରିବା ପରେ ଓଡ଼ିଶାରେ ନାରୀଶିକ୍ଷାର ଅବହେଳା ତଥା ନାରୀଶିକ୍ଷା ପ୍ରତି କୌଣସି ବ୍ୟକ୍ତିର ସଚେତନତା ନଥିବା ଦେଖି ନାରୀଶିକ୍ଷାର ପ୍ରସାର ନିମନ୍ତେ ଉଦ୍ୟମ ଆରମ୍ଭ କରିଥିଲେ । ତାଙ୍କ ମତରେ ନାରୀ ହର୍ବଦା ଗୃହ ପିଞ୍ଜରାବଦ୍ଧ ହୋଇ ରହିବା ଉଚିତ ନୁହେଁ । “ଯେନାହିଁ ନାମୃତା ସ୍ୟାଂ ନିମହଂ ଚେନ୍ କୁର୍ଯ୍ୟାମ୍” - ଯାଜ୍ଞବଲ୍କ୍ୟଙ୍କ ପତ୍ନୀ ମୈତ୍ରେୟାଙ୍କର ଏହି ଉଦାର ବାଣୀଟି ବିଦ୍ୟା ଏବଂ ଜ୍ଞାନ ରାଜ୍ୟରେ ନାରୀର ଆଦର୍ଶକୁ ଚିର ଅମ୍ଳାନ ଓ ଅକ୍ଷୁଣ୍ଣ କରି ରଖିବ । ସ୍ନାନଚର୍ଚ୍ଚାରେ ମଧ୍ୟ ତା’ର ବୈଦିକ କାଳରେ ଥିଲା ଅସରତି ଆଗ୍ରହ ତଥା ଯୋଗଦାନ ।

ଶୈଳବାଳାଙ୍କ ମତରେ ଧାର୍ମିକ, ସାମାଜିକ, ଆର୍ଥିକ ଓ ରାଜନୈତିକ - ଏହି ଚତୁର୍ମୁଖୀ ଗନ୍ତୁତି ମଧ୍ୟରେ ନୂତନ ସୂତ୍ର, ନୂତନ ଚେତନା ଓ ସଭ୍ୟତାର ନୂତନ ପୁଷ୍ପାଞ୍ଜଳି ଘେନି ବିଂଶ ଶତାବ୍ଦୀ ଏବେ ଉପସ୍ଥିତ ହୋଇଛି । ଏହି ଚତୁର୍ମୁଖୀ ଜାଗୃତି ମଧ୍ୟରେ ସମାଜର ପୁରୋଦୃଷ୍ଟି ନାରୀ ପ୍ରଗତି ଉପେର ହିଁ ନିବନ୍ଧ । ନବଭାରତର ଏବଂ ଓଡ଼ିଶାର ନିର୍ମାଣ ପ୍ରୟାସକୁ ଚରିତାର୍ଥ କରିବାକୁ ହେଲେ ଓଡ଼ିଶାରେ ନାରୀଶିକ୍ଷାର ବହୁଳ ପ୍ରସାର ସହ ନାରୀକୁ ପୁରୁଷ ସହିତ ସମକକ୍ଷା, ସମଯୋଗ୍ୟା ଓ ସମ ଆସନରେ ଆସ୍ୟନା କରି ସମାଜରେ ତାର ଜନଗତ ମୌଳିକ ଅଧିକାରକୁ ସାବ୍ୟସ୍ତ କରିବାକୁ ହେବ । ସେଥିପାଇଁ ସେ ଲାଗିପଡ଼ିଥିଲେ ଉତ୍କଳଭୂମିର ନାରୀଙ୍କୁ ଶିକ୍ଷାକ୍ଷେତ୍ରରେ ସଶକ୍ତ କରିବା ନିମନ୍ତେ ଏବଂ ସର୍ବସମ୍ଭବ କାର୍ଯ୍ୟ କରି ନାରୀଶିକ୍ଷାର ପ୍ରଗତିକୁ ସର୍ବୋଚ୍ଚ ସ୍ଥାନରେ ପ୍ରତିଷ୍ଠିତ କରିବାକୁ ।

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## PEACE EDUCATION

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