

Fruits against diseases - a review

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Abstract

In this world of microorganisms, fruits play a pivotal role in the lives of people from ancient times. Various studies have revealed that nutritional and medicinal roles of fruits play an important part in human life. Apart from being used as coloring agents, flavoring agents, preservatives and food additives, they are also involved in treatments of various human diseases. Earlier, people used home-grown fruits to cure different types of diseases, but nowadays antibiotics are taking their place. However, unnecessary usage of antibiotics leads to evolution of multi-drug resistant microorganisms. Many phytochemicals from fruits have been identified that are reported to possess medicinal activities. This review aims to provide insights about such potential medicinal activities of various bioactive components found in some well- available indigenous tropical fruits.

Keywords: phytochemicals, alkaloids, saponins, flavonoids, cardiovascular disease

Introduction

Day by day the rate of spreading of diseases among human populations is increasing and the medicines used for their treatment are getting tolerant. Prolonged use of drugs results in development of MDR (Multi Drug Resistance) along with different side-effects. Diseases are of two types- communicable and non-communicable and the latter includes cardiovascular diseases (CVDs), diabetes, cancers, chronic respiratory

diseases etc. It is mainly responsible for increasing the mortality rate. NCD (Non-Communicable Diseases) risk factors globally are raised blood pressure, tobacco use, high blood glucose, physical inactivity, overweight and obesity. All these lead to complications in human lives, limit productivity and decrease the quality of life [1]. Moreover, costly treatments implicit social burden and adverse health financing outcome for individual, family and country as well [1]. On the other hand, natural products are found to be more reliable, cost effective and safe to obtain medicinal values from them for combating infectious diseases. Different plant parts like fruits, bark, leaves, stem, root, twig, and sap are used as traditional medicines. These parts have been widely used as folk medicines by local communities for centuries for treating several diseases, including cough, fever, asthma, diarrhea, indigestion, and skin diseases. Extracts of different plant parts including fruits are in use in modern medicine also for their benefits as antifungal, antimicrobial, anti-atherosclerotic, anti-hypercholesterolemic, anti-leukemic, anti-clastogenic, and anti-proliferative agents [2]. Fruits in general, are also rich sources of many vitamins and minerals. Consumption of fruits reduces risk of chronic diseases such as cardiovascular disease and cancer. Some biochemical molecules called phytochemicals are found in fruits which are thought to be the major bioactive compounds for the health benefits [2].

This review discusses about some fruit-bearing plants which are commercially cultivated



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Implementation of Digital Media in Indian Development Communication

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Abstract The concept of sustainable development can be construed in many different ways, but at its core is an approach to development that looks to balance different, and often contending, needs against an awareness of the environmental, social and economic limitations we face as a society. India makes up 2.4 percent of the world's land, while supporting 16 percent of the world's population. Currently, India is facing problems regarding health care, poverty reduction, good governance, socio-economic and cultural development, rapid and widespread environmental degradation at alarming rates. This has serious repercussions for the livelihoods of hundreds of millions of Indians that live off the land. For the sum-up these challenges, media plays a vital role especially the new media because it trending the youth in a very passionate manner. Now in this paper I am going to empirically testify the trends and scenario of the sustainable development and the implementation of new media for development communication in India.

Keywords: Development Communication, New Media, Sustainable Development, Government Projects, Mass Media

Introduction:

Development cannot happen in isolation whether it may be in micro or macro level. So there is a need for a strong tool to connect people instantly so that the knowledge transfer is never ending and instant. Media for sustainable development uses to convey messages on issues such as health care, poverty reduction, good governance, environmental protection and community development, socio-economic and cultural development. Today the world is becoming a small place to live in and share knowledge, ideas and passing over valuable culture to the next generation, all the above said things is possible through social networking and new digital media. It allows users to share and interact with online content and to connect with like-minded people. Its strengths are rapid dissemination and amplification of content. New digital and social media tools can be some of the most rewarding and informative

Chemicals in the Environment

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Abstract :Chemicals, in one form or other, are present in the environment. Basic abiotic components of the environment like water, air and soil attained a state of equilibrium in respect of chemical ingredients and behaviours, through evolutionary processes of thousands of years and became congenial for evolution and sustenance of life on earth. These are getting badly polluted through deforestation, urbanisation, industrialisation, desertification, indiscriminate disposal of wastes etc. In fact pollution is the consequence of depletion of essential chemicals or accumulation of toxic chemicals in the environment.

Key Words : Chemicals, Deforestation, Urbanisation, Industrialisation

Introduction :Air, besides its normal components like nitrogen, oxygen, carbon dioxide, water vapour etc. is said to contain about three thousand undesirable chemicals released from automobile exhaust, industries, domestic smoke etc which are responsible for causing blurred vision, headache, unconsciousness, irritation of eye and throat, breathing trouble and even death. Chemicals like oxide of nitrogen, sulphur cause acid rain which pollutes air, water as well as soil. Increase of carbon dioxide concentration in air is regarded as the major factor for causing global warming.

Water is getting polluted by domestic wastes, municipal sewage, industrial effluents, chemical fertilisers, insecticides, herbicides etc. Reported presence of arsenic in water in different localities is of great concern, since arsenic is a deadly poison. Water is said to be responsible for about 60% diseases of Indian people.

A living system can be considered as a very sophisticated chemical laboratory, where many chemical reactions take place to sustain various life processes. Different chemicals enter human body through air, water, food etc and lead to disorder in normal physiological functioning, causing health hazards. Many undesirable chemicals consumed in minute amounts might not manifest their adverse effects instantaneously but cumulated effects of continuous intake of such chemicals may be dangerous.

Besides air and water human being require food consisting of carbohydrate, protein, fat, vitamin and minerals. These are derived through foodstuffs. Even natural food is not free from harmful chemicals always. Fertilizers, pesticides, herbicides applied to plants find their way to vegetables, fruits, betels etc. Moreover, coal-tar based synthetic dyes are being indiscriminately applied to vegetables, fruits, fish, meat, pulses, spices, sweets etc to give

A Comparative Study : Between the Views of David Drummond and William Ward Against the Spread of English Education

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David Drummond

David Drummond was born at Fipeshine of Scotland in 1785/87. Scotland became the shrine of new ideas and revolutionary dreams when Drummond stepped into his youth. Drummond was greatly influenced by Hume's confusion, Pen's "Age of Peason ", Campbell's 'Pleasures of Hope' and Burn's fiery dreams.

On 2nd June, 1813, David Drummond started his journey from Portsmouth to India by ship. After reaching Calcutta, he went to Berhampur being a guest office friend Mr. Christy. He again came back to Calcutta on 14th january, 1814, Drummond joined 'dharmatala academy' conducted by Mr. Walsh and Mr. majors, as a teacher. His annual salary was 150 pounds including fooding and lodging. After few days, Mr. Walsh withdrew himself from the executive committee of the school and Drummond became one of the owners of Dharmatala Academy along with Mr. Majors.

David Drummond concentrated on the syllabus, teaching method examination procedure of the school and brought many changes. Previously, Dharmatala academy was a classical school, but now the emphasis was given on science and commerce. He took some significant measures to widen the domain of education. They were- 1) including english as a compulsory subject, 2) introducing Roman classics in the syllabus, 3) including english grammar in the syllabus to learn the language properly, 4) use of globe as a tool of teaching geography, 5) introduction of annual examination, 6) arithmetic, book- keeping, geography, astrology, Geometry, trigonometry, algebra and drawing were parts of the syllabus. Drummond also emphasised on logic, debate and analysis, 7) Drummond brought a drastic change in the teaching method of Book-keeping . He wanted the students to learn the subject while playing and arranged accordingly. 'He converted hours of relaxation into profit.'

8) Drummond put extra-curricular activities like dance, music, recitation and acting in the syllabus for recreation of the students. 9) Drummond wanted to ensure a liberal environment in the school. He took necessary measures to ensure no discrimination between the Christian students and the native students.

The announcement of this new revised syllabus was made in the Govt. Gazette on 12th January , 1826. English, French, Latin , Greek and Bengali were the languages included in the syllabus.

David drummond was an educationalist in its true sense. He taught his students 'True Knowledge'. He taught his students how to reach the truth through analysis. He taught Derozio



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Blue Colour Is So Rare In The Nature

Tousif Khan and Sudeshna Ghoshal

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Abstract : With the Blue colouration is very rare in nature as statistics portray the frequency of blue flowering plant is only less than 1 in 10 while animals are even fewer because no true blue colour or pigment is present in nature. Thus both plants and animals have to rely on several physical tricks of light that inclines on their specialised biological surfaces and on some chemical interactions to represent themselves as blue. This paper scrutinises this in depth.

Key Words : Blue colour, Organisms, pigmentary colouration

Introduction : Animals come in almost every colour as they possess various coloured pigments within their cells. These are coloured organic chemical compounds that can selectively absorb incoming light and reflect the remaining wavelengths that in turn, appears as their colour. These pigments are not made within the body but can be derived from food sources after digestion and metabolism.

Pigmentary Colouration

The pigmentary colouration of organisms is the most common phenomenon, which represents their colour and it is chiefly attributed to selective absorption of incident white light. Many animals can carry out this performance and eventually display a version of the pigment in their outer body layer. Prominent examples can be cited with Flamingos, who were born with a light grey body but turn vibrant pink with age due to possession of beta-carotene pigment which they obtained from their diet that includes brine shrimp and blue-green algae. Plants also own various pigments like carotenoids, xanthophyll, anthocyanins etc. for vivacious colours of their flowers and fruits, besides having the most common pigment in nature - the green coloured chlorophyll.

Blue Pigment And Blue Colour

In nature, there is no true biological pigment that can reflect blue light as it has shorter wavelengths and higher energy. This energy is sufficient enough to raise an orbital electron of a pigment molecule to an excited state so that the molecule can absorb the blue light and reflect the others like green or red. Thus no blue colouration is observed due to pigment interferences among organisms. Still, nature exhibit quite a few plants and animals with brilliant blue colours.

How Blue Colours Are Made In Organisms?

Two methods have been employed by the organisms whereby they trust physics and chemistry to create a blue appearance. These are -

1. By Chemical Alteration Of The Colour Causing Pigment

Women Empowerment In 21st Century India

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Abstract: Today in India the concept of Women Empowerment is a vital issue. In the Rigvedic period women were given equal status with men. But the scenario changed in the post Vedic period. The discrimination between men and women started taking shape in the Epic Age. Male dominance became more pronounced in the age to follow. During the Sultanate period despite the era of Razia Sultan social status of women both in Hindu and Muslim communities were pretty low. She was regarded as the property of men and the system of purdah was very much prevalent. There was very little change in the status of women in the Mughal Age. In pre independence era the history of Indian Freedom struggle would be incomplete without mentioning the sacrifices of Indian women like Rani Laxmibai, Hazrat Mahal, Rani Avantibai Lodhi of Ramgarh etc. In early 19th century remarkable contribution was made by Sarojini Naidu, Anne Besant, Madam Cama, Kamala Neheru, Kasturba Gandhi and the list is endless. Later on after independence we find that an Indian politician and a central figure of the Indian National Congress became the 3rd Prime Minister of India. She was none other than Indira Gandhi. She served as Prime Minister from January 1966 to March 1977 and again from January 1980 until her assassination in October 1984. In 1999 Indira Gandhi was named as “ Women Of The Millennium” in an online poll organized by the BBC. In 2020 Gandhi was named by Time Magazine among the world’s 100 powerful women who defined the last century. So Women Empowerment in India has played a major role in bringing up the structural and cultural changes in India.

Keywords: Women, Empowerment, 21st century

Introduction

“In Vedas we find Jatra Nari Pujante Ramante Tatra Devata Which means Wherever Women is respected, God resides there Man can never be a women’s equal in the spirit of selfless service with which nature has endowed her” ~ Mahatma Gandhi

“There is no chance for the welfare of the World unless the condition of Women is improved” ~Swami Vivekananda.

To me Women Empowerment literally means their ability to speak for themselves, freedom to make their own choices, to understand their self worth and their right to influence social change free from social taboos inflicted on them. Empowering and protecting Women is not only important for their sake but for the overall development of human society. The

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GLOBAL FINANCIAL CRISIS – A POST DECADE STUDY OF ITS IMPACT AND RECURRENCE



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Abstract

The importance of the changed regulation due to the Global Financial Crisis (GFC) was always felt. This paper tries to visualise what has changed or what has not changed so far. In the way of changing scenario it also critically examined how the perpetrators are treated who allured the subprimes to cumulate their greed. The paper ends with throwing lights over the possibilities of future crisis with some noted changes in regulation in India's real estate sector.

The importance of the years 2020, as per the opinion of the experts (Roubini and Rosa 2018), is the year of reappearance of financial crisis. This paper re-examined what has changed and what has not changed even after the Global Financial Crisis (GFC) in financial paradigm. With the several burning issues, it also discussed the

process of handling the perpetrators who flouting the rules, allured the subprime lenders and engineered the derivatives to cumulate their lust. Before ending with the possibilities of future crisis, it also highlighted the condition of India after the crisis in brief.

Former UK Prime Minister Gordon Brown said in September, 2018 that

world economy was "sleepwalking into a future crisis".

I. Change of Financial scenario of the world

Global growth has recovered since the Global Financial Crisis (GFC) and the recession caused by it. The world is on track for 3.9 per cent growth in 2018 according to IMF(2019).

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DEVELOPMENT & GROWTH OF WOMEN ENTREPRENEURS IN INDIA

□ Krishnendu Sen*

ABSTRACT

Entrepreneurship is a potentially lucrative professional path. Rewards, on the other hand, are accompanied by difficulties. In today's globalized village, female entrepreneurship is gaining traction. Many women are self-assured enough to work from home, beginning a small business, profiting, and expanding from there. They have succeeded in shattering the glass, as mentioned earlier, ceiling. Their achievements become a source of motivation to be researched. This study examines women's advancement in the workplace and the obstacles they confront in achieving their objectives.

Keywords- Corporate Sector, Momentum, Challenges, Women Entrepreneurs, Inspiration

Introduction

Women in India are expected to conduct home work activities and care for their families due to culture and customs, and as a result, women's entrepreneurship is extremely low. Women are becoming more interested in beginning their own business as a result of increased health care and social awareness over the previous three decades. As a result, the number of female entrepreneurs is increasing significantly. Mujumdar Shaw of Biochemistry, Shahanaj Husana of Shahanaj Husana, Mahila Khadi Udyog of Mahila Khadi Udyog of Mahila Khadi Udyog of Mahila Khadi Udyog of Mahila Khadi.

“Women who create, imitate, or embrace a business activity,” as defined by J. A. Schumpeter. Women entrepreneurs are described by the Indian government as women who own a business and work in it. Women entrepreneurs, according to the Indian

government, are “a business owned and controlled by a woman with a minimum financial interest of 51% of the capital and at least 51% of the employment produced in the enterprise.”

In today's India, women are more willing to take on challenges and take on leadership roles in economic, social, and political groups. They usually put them to work in modest cottage businesses. However, according to a recent survey, women are establishing businesses in every industry that men do.

Literature Review

According to Saurabh (2012), women entrepreneurs encounter challenges in areas such as finances, marketing, family, health, and location. Little training, finance, cooperation, and support in the realm of operations, at all levels - home, society, and government - are all that women require for enterprise management.

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ACADEMIC STRESS OF STUDENTS DURING COVID-19 PANDEMIC: CHALLENGES AND OPPORTUNITIES

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ABSTRACT

Stress is closely related to human life. The need for stress cannot be denied. But excess stress is harmful to life. Life events and the environment are the main cause of stress. This stress can be increased due to social, environmental, and economic reasons. Students are stressed due to the pressure of homework, completing the syllabus, meeting the expectations of parents and teachers, etc. But that possibility is likely to increase greatly when the COVID-19 pandemic has a profound effect on life around the world. Due to the COVID 19 outbreak, all educational institutions in the country, including schools and colleges, have been closed for more than a year. Students are abstaining from teachers, classrooms, library, laboratories, classmates and all Co-curricular activities including the playground. Examinations are suspended or delayed and they are also worried about the future of online exam results. So, the stress of students is also increasing day by day due to the uncertainty, not only for academic but also for personal, family and social life. However, it has also created new possibilities in the field of education. So COVID-19 has brought challenges and opportunities in students' life at the same time. The goal of this article is to focus on the academic stress of students during COVID 19 pandemic and its challenges and opportunities.

KEYWORDS: Academic Stress, COVID-19 pandemic, Challenges, Opportunity.

INTRODUCTION

Student society is a larger part of the world's population. World civilization depends on students for its progress. In a word, they are the leaders of the civilizations. Stress on students' education is an important topic. Stress plays an important role in student life. Stress makes a person dynamic by increasing the creativity of life. A little bit of stress is a blessing for life. But if the stress is excessive, it can hinder the progress of students. However, the main causes of stress in students are related to education. Such as; study, homework, not getting the study materials on time, meeting the expectations of parents and teachers, finishing the project, above all, the opportunity to earn a living after education, etc. Students have a common sense of stress in response to the various effects of the social environment. Prolonged lockdown, school closures for more than a year, not having regular classes, adapting to new situations, not meeting with classmates, not being able to attend Co-curricular activities, exams being postponed or delayed-all these can contribute to stress. Yet we also need to be mentally prepared to embrace the new possibilities that have been created in academia around the world in the face of optimistic hype.

OBJECTIVES

The objectives of the study are to discuss about the different types of academic stress and causes behind the stress. It will be also discussed about the effect of COVID 19 pandemic on academic stress of the students. What kind of challenges facing by the students due to COVID 19 pandemic. Are there any opportunities during COVID 19 pandemic? If any, what are they?

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ACADEMIC MOTIVATION OF THE STUDENTS DURING COVID-19 PANDEMIC: ROLE OF LOCUS OF CONTROL

Uttam Kumar Mukhopadhyay

Dr. Apurba Biswas

ABSTRACT

The end of the second decade of the 21st century became a big problem for the whole world, including India and it is continuing in the third decade also. The cause of this problem is the prevalence of Covid-19. In education, health, livelihood, sports, economy all the fields are suffering due to COVID 19 pandemic. Billions of people have been affected. Countless people have died. The long lockdown has given a different dimension to this problem and prevent it. All educational institutions, including schools, colleges, have been closed for more than a year. Not only education but also mental anxiety, depression, dropping out of schools, various problems have burdened the students. COVID rules have been introduced. In a multi-study analysis, the current researcher concludes that not only educational problems but also life problems can play a big role in a person's internal locus of control.

KEYWORDS: Academic Motivation, Locus of control, COVID-19 pandemic.

INTRODUCTION

The modern concept of education is child-centered. At present, all educators acknowledge that all processes related to education and learning are active, centered on the child student. Current students are future citizens. Developing a child with a better philosophy means moving society forward in a larger way. The goal of education is an all-round developmental-intellectual, physical, mental, social and emotional stimulus of the student. In the age of globalization in the 21st century, educational institutions have responsibilities to create skilled human power with better talents. Educational institutions can reconcile the past, present, and future of society. With the change of society, educational institutions have also changed their form in the interest of the students and society.

The third decade of the twenty-first century began with unprecedented circumstances. The prevalence of covid-19 has spread not only in India but the whole world. Extremes have changed our traditional view of education and society. Due to the long lockdown since the last year-education, culture, economy, games, and sports have had a profound effect in many areas. All educational institutions, including schools and colleges, have been closed for more than a year. Many examinations have been postponed and some examinations have been delayed. Students are deprived of direct advice from the teachers. Production has

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শান্তিনিকেতন

কোভিড-১৯ মহামারী প্রেক্ষিতে শিক্ষার্থীর নিয়ন্ত্রণ ক্ষমতা ও শিক্ষা সাফল্যের সম্পর্ক : একটি নিরীক্ষা উত্তম কুমার মুখোপাধ্যায়

সারসংক্ষেপ :

শিক্ষার অন্যতম কাজ হল বর্তমান প্রজন্মকে ভবিষ্যতের দায়িত্ববোধ সম্পন্ন নাগরিক গড়ে তোলা। পূর্বের অনেক গবেষণায় দেখা গেছে যে গ্রাম ও শহর এমনকি লিঙ্গ ভেদে অভ্যন্তরীণ নিয়ন্ত্রণ ক্ষমতার কোন পার্থক্য নেই। অবশ্য এর ভিন্ন মতও গবেষকগণ প্রকাশ করেছেন। তবে অধিকাংশ গবেষণার সিদ্ধান্ত হল অভ্যন্তরীণ নিয়ন্ত্রণ ক্ষমতার অধিকারী ব্যক্তির স্কুল ও কলেজের শিক্ষা তথা বৃহত্তর জীবনে তুলনামূলক ভাবে বেশি সফল। বর্তমান দশকে আমরা যে অতিমারীর সম্মুখীন হয়েছি, তাকে নিয়ন্ত্রণ করে স্থির পথে জীবনের লক্ষ্যকে অবিচল রাখতে নিয়ন্ত্রণ ক্ষমতা গুরুত্বপূর্ণ ভূমিকা পালন করতে পারে। শিক্ষার্থীর সাফল্যের পশ্চাতে নানা উপাদান আছে। শিক্ষা তথা রাষ্ট্রের সাফল্য নির্ভর করবে শিক্ষার্থীর নিয়ন্ত্রণ ক্ষমতা ও শিক্ষাগত সাফল্যের উপর। বর্তমান নিবন্ধের লক্ষ্য হল নিয়ন্ত্রণ ক্ষমতা ও শিক্ষাগত সাফল্যের মধ্যে সম্পর্ক অনুসন্ধান।

■ মূল শব্দ : নিয়ন্ত্রণ ক্ষমতা, শিক্ষা সাফল্য, শিক্ষার্থী, কোভিড-১৯ মহামারী।

প্রতিপাদ্য বিষয় :

বিশ্বের জনসংখ্যার একটি বড় অংশই হল ছাত্র সমাজ। বৃহৎ অর্থে আমরা সকলেই প্রতি নিয়ত কিছু শিখছি, সেই অর্থে 'বিশ্বজোড়া পাঠশালা মোর সবার আমি ছাত্র।' ছাত্র তথা ব্যক্তি মানুষের মধ্যে থাকে একটি অভ্যন্তরীণ শক্তি ও একটি বাইরের শক্তি। আমরা প্রকৃতি থেকে শক্তি অর্জন করে আবার তাকে নিয়ন্ত্রণ করতে সমর্থ হই। এই নিয়ন্ত্রণ ক্ষমতার সঙ্গে ব্যক্তির ব্যক্তিত্ব, প্রস্ফোভ, প্রেষণা শক্তি, সঙ্গতি বিধান ইত্যাদি অনেকাংশে নির্ভরশীল। নিয়ন্ত্রণ ক্ষমতার তত্ত্ব সমাজ শিখন তত্ত্বের একটি অংশ, যা মনোবিজ্ঞান সম্মত। ব্যক্তির নিয়ন্ত্রণ ক্ষমতাগত অবস্থান বিষয়ক তত্ত্বটি প্রথম প্রকাশ করেন জে. বি. রোটার ১৯৫৪ সালে। তিনি এই তত্ত্বকে দুইটি শ্রেণিতে বিভক্ত করেন- একটি অভ্যন্তরীণ নিয়ন্ত্রণ ক্ষমতা (Internal locus of control) অপরটি হল বাহ্যিক নিয়ন্ত্রণ ক্ষমতা (external locus of control)। শিক্ষার্থী তথা ব্যক্তি যখন তার জীবনের সাফল্য বা ব্যর্থতার জন্য নিজের চেষ্টা ও পরিশ্রমকে দায়ী করে থাকে

‘এবং মহায়া’ - বিশ্ববিদ্যালয় মঞ্জুরী আয়োগ (UGC-CARE)
অনুমোদিত তালিকার অন্তর্ভুক্ত।
২০২০সালে প্রকাশিত ৮৬পৃ. তালিকার ৬০ পৃ. এবং ৮৪পৃ. উল্লেখিত।

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এপ্রিল, ২০২১

সম্পাদক

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মো. - ৯১৫৩১৭৭৬৫৩

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‘এবং মজুয়া’-বিশ্ববিদ্যালয় মঞ্জুরী আয়োগ (U.G.C.-CARE List) অনুমোদিত
তালিকার অন্তর্ভুক্ত। ২০২০ সালে প্রকাশিত ৮৬ পৃ.
তালিকার ৬০ পৃ. এবং ৮৪ পৃ. অন্তর্ভুক্ত।

এবং মজুয়া

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২৩ তম বর্ষ, ১৩২ সংখ্যা, এপ্রিল, ২০২১

সম্পাদক

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RELATIONSHIP BETWEEN ACADEMIC STRESS AND ACADEMIC ACHIEVEMENTS OF UNDERGRADUATE ATHLETES OF WEST BENGAL

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ABSTRACT

The present research aims to explore the relationship between academic stress and academic achievement of undergraduate athletes of west Bengal. For this purpose, the researcher collected data from 378 undergraduate athletes from different universities of West Bengal, ranging in age from 18 to 25 years. Pearson correlation analysis shows that there is a significant correlation between academic stress and academic achievement among undergraduate athletes of West Bengal. Further, it also shows that there is a significant correlation between academic stress and academic achievement among 'female athletes' and 'rural female athletes'. However, there is no significant correlation among 'male athletes', 'urban athletes', 'rural athletes', 'urban male athletes', 'rural male athletes', and 'urban female athletes' in terms of academic stress and academic achievement.

KEYWORDS: Academic Stress, Academic Achievement, Undergraduate Athletes.

INTRODUCTION

In the twentieth century, we have entered the era of globalization; Global employment has also paved the way for commercial exchange. At the same time, professional competition of meritorious and skilled workers has been increased. Therefore, skilled labour contributes to the prosperity of the country by creating opportunities in agro-industry and any profession. In general, skilled workers increase the human resources of the country. Professional competition has increased in the pursuit of locks by human resources. Therefore, to be successful in student life, there is an increase in the demand for more success in the stress annual exams and the resulting academic pressure.

The whole world can know about the coronavirus officially through the World Health Organization (WHO) on 31st December 2019. The Indian government, like other countries in the world, has been announcing lockdown since March 2020. This was about three months long. Due to this, culture, education, sports and work have a huge impact on the economy and the fear of the economy. Examinations interruptions- have been postponed or delayed. Various corona rules have been introduced. Due to that normal life has been disrupted. Stress has been created among people of all walks of life, sometimes economic, sometimes social, or educational. Attempts have been made to



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FULL LENGTH ARTICLE

**Interrelationship using molecular markers amongst varieties of *Plantago ovata*.
forsk, Plantaginaceae**

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Plantago ovata Forsk. known, as isabgol in India is an important medicine for all kinds of digestive ailments, and has a wide demand the world over. It is widely recommended in the treatment of constipation, dysentery, and stomach ulcers. The plant is also important as fodder, in ice cream making and also as a common gelling agent. The jelly - like mucilage (Arabinoxylan) is produced when psyllium is soaked in water. The measurement of genetic diversity in plant germplasm has been revolutionized by the use of molecular markers. Several methods enable the genetic characterization of cultivars. Various methods have been developed for the identification and typing of prokaryotic and eukaryotic organisms at the DNA level (RAPD; a PCR based technique, RFLP; based on unique patterns of restriction sites etc.). These methods differ in their ease of use, cost, and reproducibility of results. The ideal genotyping method produces results allow unambiguous comparative analyses and the establishment of reliable databases. Among the newest and promising methods is amplified fragment length polymorphism (AFLP) analysis and Internal Transcribed Spaces (ITS) are important. The present authors have used five different varieties of *Plantago ovata* to draw the genetic relatedness through AFLP studies along with data obtained from Internal Transcribed Spacer (ITS) studies. Their data proved to be in accordance with earlier work done using random amplified polymorphic DNA (RAPD) by the same lab. The molecular technique on specific sequenced based data proved to be trustworthy, appropriate and more detailed characterization for ascertain the taxonomic relationships.

Key Words: Internal Transcribed Spacer (ITS), external transcribed sequence (ETS), non-transcribed spacer (NTS), amplified fragment length polymorphism (AFLP), Basic Local Alignment Tool (BLAST).

INTRODUCTION

Isabgol, the common name in India for *P. ovata*, comes from the Persian words *isap* and *ghol*, meaning "horse ear," which describes the shape of the seed. India dominates the world market in the production and

export of psyllium. *Plantago ovata* is an important medicine for many kinds of digestive ailments and has a wide demand the world over. It is widely recommended in the treatment of constipation, dysentery, and stomach ulcers.

Molecular markers that present at specific locations of the genome are specific fragments of DNA that can be identified within the whole genome. Individuals can

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