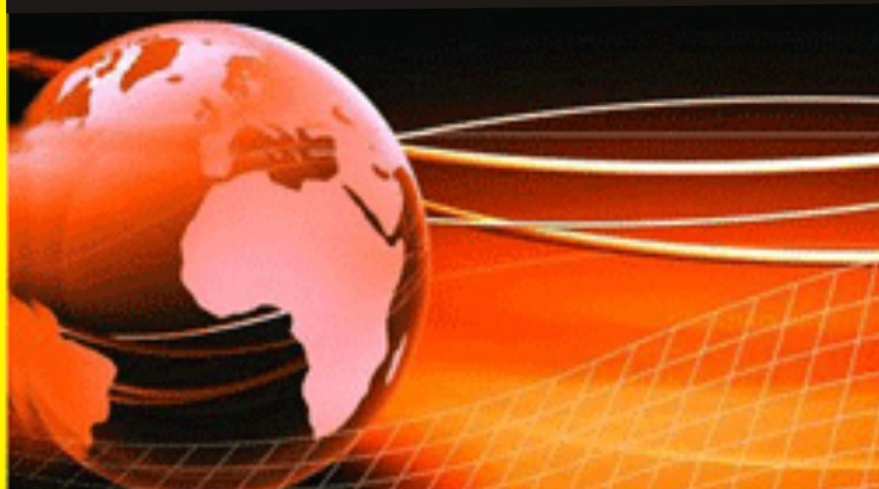


ACADEMICIA

ISSN (online) : 2249-7137

ACADEMICIA

An International
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Journal



Published by
South Asian Academic Research Journals
A Publication of CDL College of Education, Jagadhri
(Affiliated to Kurukshetra University, Kurukshetra, India)

ACADEMICIA

An International Multidisciplinary Research Journal

ISSN (online) : 2249 –7137

Editor-in-Chief : Dr. B.S. Rai

Frequency : Monthly

Country : India

Language : English

Start Year : 2011

Indexed/ Abstracted : Ulrich's Periodicals Directory, ProQuest, U.S.A.
EBSCO Discovery, Summon(ProQuest),
Google Scholar, CNKI Scholar, ISRA-JIF, GIF, IJIF

E-mail id: academicia@saarj.com

VISION

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**WOMEN ENTREPRENEURSHIP DEVELOPMENT IN INDIA:
CHALLENGES AND MEASURES****DR.K.V.S.N JAWAHAR BABU*;** **DR. PULLI SUBRAMANYAM**;**
DR. J.BABU RAO***

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**Assistant Professor,

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***Professor,

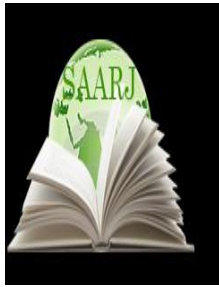
KMM Institute of Postgraduate Studies,

Tirupati, India.

ABSTRACT

Women constitute around half of the total world population. So is in India also. They are therefore, regarded as the better half of the society. In traditional society they were confined to the four walls of houses performing house hold activities. In modern society they have to come out of the four walls to participate in all sort of activities. The India women are no more treated as beautiful show pieces. They are also enjoying the fruit of globalization marking an influence on the domestic and international sphere. They have carved a niche for themselves in the male dominated world. Indian women well manage both burden of work in house hold front and meeting the deadlines at the workplace. In a recent survey it is reveled that the female entrepreneurs from India are generating more wealth than the women in any part of the world the primary objectives of this paper is to find out the status of women entrepreneurs in India.

This study includes categories of women entrepreneurs in practice in India, status of women entrepreneurs in India, challenges, schemes for women entrepreneurs and corrective measures for women entrepreneurship development.



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**FDI IN MULTI-BRAND RETAIL : IS IT THE NEED OF AN HOUR ?****DR. AVINASH G PESHWE*; MR. MANOJ KUMAR GELDA****

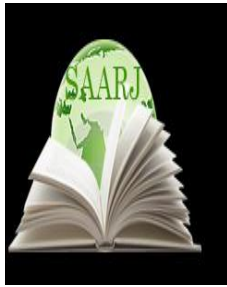
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ABSTRACT

Retailing is the interface between the producer and the individual consumer buying for personal consumption. As such, retailing is the last link that connects the individual consumer with the manufacturing and distribution chain. This paper tries to establish the need of the retail community to invite FDI in multi brand retailing. In between the advocates and antagonists of FDI inflows in Indian retailing, there are few issues to be addressed for the consumers' rights to be saved, for the employment opportunities to be generated, for the regularization of the different retailers working in different areas, etc. In spite of so many reasons behind allowing and not allowing FDI from entering our Indian borders, there are few examples of other developing countries who initially protested against the entry of foreign investment in retail sector and then, later on proved out to be the most effective decision in country's development and standing in the world. The final decision is yet to be taken by the Indian Government for the same.

KEYWORDS: Foreign Direct Investment (FDI), Single Brand retailing, multi brand retailing, multi-brand retail, Foreign retail investors.



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**A STUDY ON INVESTORS BEHAVIOUR OF SENIOR COLLEGE
TEACHERS IN WESTERN MAHARASHTRA****DR. DATTATRAYA T. CHAVARE***

*C. D. Jain College of Commerce,
Shrirampur, Maharashtra, India.

ABSTRACT

A study was undertaken to know the investment practices of senior college teachers in Western Maharashtra. The findings reveal that, the investors were having high level of knowledge about various investment avenues. Also, most of the investors have taken the assistance of investment planners during the decision making of investment. They have preferred to invest in Real Estate, it followed by Stocks in Technology and Auto respectively. In short, investors have mostly preferred low risk avenues comparatively to the others. They wanted to invest their funds in safer avenues and want to live comfortable. Researcher has found that, there was a relationship between annual income and terms of investments. But, an age of investors and the amount of investment is not interrelated. Although, a majority of the investors were having a high level of knowledge. It is suggested that, the investors should have thorough knowledge before making investment in different avenues.

KEYWORDS: *Investment Policy, Investment Avenue, Risk Covering Instrument, Frequency of Review. MITCON.*



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**ON SOME ASPECTS OF VARIABLE IMPORTANCE IN REGRESSION MODELS****PROF. M. VENKATARAMANAIAH*; M.SUDARSANA RAO*****Department of Statistics,
SVUCS, Tirupati, India.**Research Scholar,
Department of Statistics,
S.V.University,
Tirupati, India.**ABSTRACT**

Variable importance evaluation functions can be separated into two groups: those that use the model information and those that do not. The advantage of using a model based approach is that is more closely tied to the model performance and that it may be able to incorporate the correlation structure between the predictors into the importance calculation. Regardless of how the importance is calculated: Of the variables chosen as predictors of salary, only degree had a negative effect on the dependent variable; that is, as level of education increased, salary tended to decrease for career services directors at both institutional types. This negative effect signified a high probability of the presence of salary compression. Further, correlation matrices verified that degree was acting as a suppressor variable within the regression models by denoting that it had a very low, close to zero correlation with salary and a correlation with another independent variable (e.g., age). The negative suppressor designation of degree was applicable by observing its positive correlation with salary and its negative beta weights within the regression equations.



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**“PERCEPTIONS AND PRACTICES OF WORK ENVIRONMENT AND
ITS IMPACT ON ORGANIZATIONAL PERFORMANCE”:
A COMPARATIVE STUDY ON SELECT PUBLIC AND PRIVATE
COMPANIES****S. FAKRUDDIN ALI AHMED*; DR. P. R. SIVASANKAR****

*Associate Professor,
Department of Management Studies,
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**Professor of Commerce,
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Andhrapradesh, India.

ABSTRACT

The main aim was to describe and analyze the experience of work environment factors interfere with work performance, satisfaction, job security, work stress and well-being. To collect the data for the purpose of the study, a sample of 150 (one hundred fifty) respondents from each company has been chosen totaling to 300 respondents. Questionnaires were administered to those 206 respondents. Respondents were chosen using Stratified Random sampling technique. The scale items were measured using Five point Scale (5 = Strongly Agree and 1 = Strongly Disagree). The collected data was analyzed with appropriate statistical tools and techniques such as percentage method, Mean and Standard Deviation, Inter Item correlation and Regression analysis, Chi-square analysis was used for the analysis of the study. Results: the most supportive factors concerned at work, and the value and meaning of work. the factors perceived as most interfering concerned with the work environment . Further, it is clear from results that, both the public and private companies have effective work environment, provides better opportunities, encourages the individuals, provide good work life like flexible work schedule, job rotation, job enlargement, job enrichment. And also provides less work stress by providing the adequate resources to do the job effectively. And further it provides job security, good working conditions, and the deadlines about the work or given task. It also provides work life balance, work satisfaction, and provides clean and well organized work environment. In other words, it indicates there is a significant difference between the work environment activities conducted in public and private sector undertakings are differ.

KEYWORDS: *work performance, job satisfaction, job security, work stress, work life balance.*



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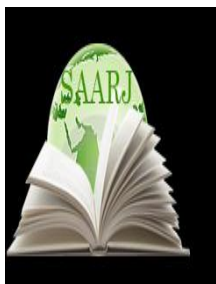
**A STUDY ON THE RELATIONSHIP BETWEEN MOTIVATION AND
PERFORMANCE OF EMPLOYEES OF SAKTHI SUGARS LTD,
SIVAGANGA****DR. T. RAMASAMY*; PROF. S.RAMESH****

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ABSTRACT

Motivation is one among the many factors affecting individual performance. Motivation is influenced significantly by the needs of a person and the extent to which these have been fulfilled. Hence, it is the duty and responsibility of every organization to identify the needs of employees. Sakthi Sugars Ltd. is providing welfare schemes such as bonus, housing facilities (at low rent), education facilities and transportation facilities to the employees for the purpose of motivating them. So, these facilities are leading to high performance. In this context, the researcher is going to find the level of performance. The main objectives of the Sakthi Sugars Ltd know the opinion of employees on the motivation given by the organization and to determine whether the motivation has impact on the performance of the employees. The researcher has collected the primary data from the respondents who are working in Sakthi Sugars Ltd. A structured interview schedule was prepared by specially to conduct the study by the researcher. The total number of employees is 400. Among these, the researcher selected only 80 employees are respondents. Among these, 14 employees in administration department, 18 employees in cane department, 14 employees in manufacturing department, and 34 employees in engineering department. Thus, the collected primary data was analysed with the help of Percentage, Chi-square and One Way ANOVA. It was found that the various motivation activities are undertaken sincerely and employees are mostly satisfied with all the facilities provided by Sakthi Sugars Ltd. It is concluded that the motivation is always a boon to Sakthi Sugars Ltd and the employees.

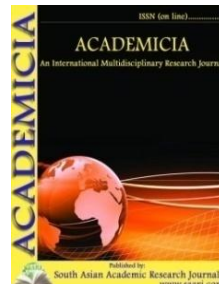
KEywords: *Motivation, Performance, Satisfaction, Supervisor, Sub-ordinate and Welfare Schemes.*



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**PROBLEMS OF MICRO ENTERPRISES – A CASE STUDY OF BUBBLED
RICE INDUSTRY IN SANKESHWAR**

DR. A. S. SHIRALSHETTI*; PROF. D. D. KULKARNI**

ABSTRACT

This paper highlights the problems faced by the Bubbled rice industries in Sankeshwar town. Sankeshwar is known for bubbled rice decades together. It has come out certain solutions to the problems faced by those industries.

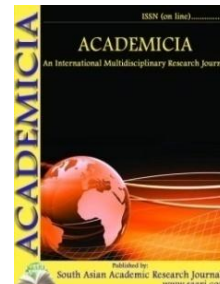
KEYWORDS: *Micro enterprises, Bubbled rice.*



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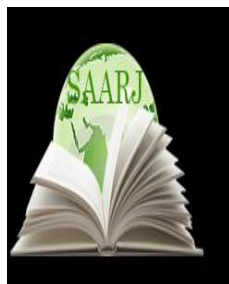
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**CAN WOMEN BE PAR WITH MEN IN COOPERATIVES LEADERSHIP?**
AN EMPIRICAL ASSESSMENT**R. DAYANANDAN*****ABSTRACT**

Successful functioning of any cooperative society is vested with the leadership quality of the people who are involving in it. The contribution of women as a leader in the cooperatives is also inevitable for the successful functioning of cooperatives. Women play a vital role in the community by taking care of all social activities and the organizations as well, besides shouldering responsibility in homestead affairs. However, they do not enjoy the fruits of their labor and suffer from political, economical, social and cultural marginalization. Keeping the above in view, the main focus of this paper is to assess the effectiveness of women leaders in selected primary cooperatives located in Hawassa City, Ethiopia. Out of 167 primary cooperatives functioning in Hawassa, ten cooperatives are having both men and women leaders. Hence they were identified purposively and 8 sample respondents including both men and women from each cooperative have been selected randomly for the purpose of assessing the effectiveness of the women leaders. In addition to this, three women leaders from each selected cooperatives also been selected randomly to assess the factors influencing the effectiveness of women leadership. Thus the total sample size is 110. The collected data was compiled and analysed by using descriptive statistics such as mean, percentages and other appropriate tools and presented in tables, graphs and discussed legibly for easy understanding. In addition to this, Binary Logistic Regression model was also applied to identify the factors affecting the effectiveness of women leadership in the sample cooperatives. The study finding shows that women leaders found in the sample cooperatives possess six leadership positions and majority of them were found as secretaries and cashiers. They are also found to be more effective in the positions compared to men leaders in their performance. The important factors such as knowledge on cooperative principles, leadership experience, increasing women participation, additional employment, position in leadership, educational status and supportive by-laws were found to be highly significant which determine the effectiveness of women leadership in selected cooperatives. Further, sample cooperatives have contributed significantly in bringing women to hold leadership position by framing by-laws, participating them in decision making and other efforts help them to come forward and to take different leadership position and thus become effective.

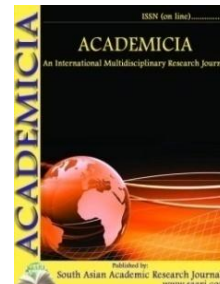
KEYWORDS: *Women Leadership, Cooperatives, Effectiveness, Participation*



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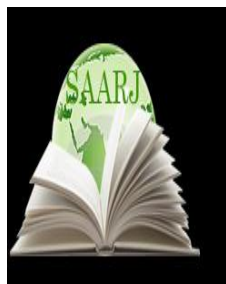
**ACHIEVING SUSTAINABLE NUTRITION SECURITY IN WOMEN:
A ROAD MAP****LEENA KAKKAR*; VANDANA GUPTA****

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Dev Samaj College for Women,
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ABSTRACT

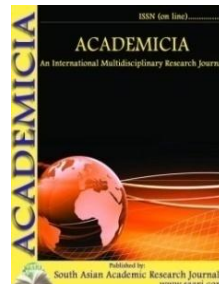
After over 60 years of independence, India has the dubious distinction of having one of the highest prevalence (over 50%) of under nutrition (as judged by stunting, wasting, and micronutrient deficiencies like anemia, vitamin A deficiency and others), in the world. Efforts made since independence have made only marginal impact. Being a country in developmental transition, lifestyle and environment-related diseases like obesity, diabetes, hypertension, and cancers are also increasing. Individuals born with low birth weight due to intrauterine malnutrition tend to be more susceptible to the above mentioned adult-onset degenerative diseases. Malnutrition is seriously and adversely impacting the country's development, and health care expenditure. Time trends suggest that over the years despite reduction in food and nutrient intake, nutrition status has shown some improvement, perhaps because of better access to health care and reduced physical activity. However, there is no reduction in the prevalence or severity of anemia. Thus malnutrition has a complex etiology and its prevention requires Awareness, and Access to all the above at Affordable cost. Adequate nutrition, a fundamental cornerstone of any individual's health, is especially critical for women because inadequate nutrition wreaks havoc not only on women's own health but also on the health of their children. Therefore this paper focuses on causes and effects of malnutrition in women and implications/intervention for the improvement for such malnutrition.



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**AGE AND EDUCATIONAL FACTORS INFLUENCE ON WOMEN
LEADERSHIP (WITH REFERENCE TO PUBLIC AND PRIVATE
SECTORS IN ANDHRA PRADESH)****DR. K. LAKSHMANARAO*; S. M. REDDY****

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**Department of Economics,
Andhra University,
Visakhapatnam, Andhra Pradesh, India.

ABSTRACT

This study is based on the one specific major objective to study Age and Educational factors influencing Leadership skills of the Women Managers. The main purpose of the study is to find out the performance perspectives of leadership skills among women managers working in public and private sectors in India. Descriptive study was used for the present study as it aimed to know the present situation and behaviour of the women managers who are working in different sectors/organizations in the study area. The sample consisted of 450 female managers between 20 to 50 and above years of age in different organizations (including private and public sectors) from different parts of Andhra Pradesh ranging from banks to IT, pharmaceutical companies to call centers. The primary data were analysed using SPSS software and applied statistical tools like percentages, Mean, Standard Deviation and F-tests were carried out for testing the results. The study results revealed that the biggest challenge faced by women managers today is managing their dual role of organizational managers and housewives. Women experience tremendous stress caused by either work over load or under load. Women's over load comes from the pressure to work harder to prove them. While Indian men do not mind having women as subordinates, they do not like them as bosses. Dissatisfaction from subordinates is a source of stress for women managers, which they see as a challenge to be confronted.

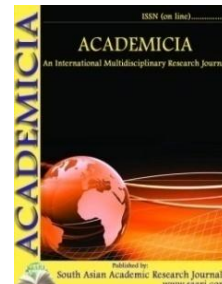
KEYWORDS: Age, Education, Leadership, Women leadership.



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**A STUDY ON THE IMPACT OF FOREIGN DIRECT INVESTMENT IN
THE INDIAN AUTOMOBILE INDUSTRY****NIVEDITA JHA*; MARY BINU T.D.**; RANI JAYALEKSHMI*****

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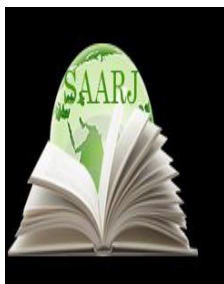
***Sr. Lecturer,
Garden City College,
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ABSTRACT

Foreign Direct Investment, or FDI, is a type of investment that involves the flow of foreign funds into an enterprise that operates in a different country of origin from the investor. Foreign Direct Investment benefits the host and the home country. FDI is an important factor in the globalization process as it increases the interaction between countries and Industries.

Automobile Industry in India has a very old history and is an industry that is growing very fast and it is rightly called as the 'Sunrise sector' of Indian economy. The cumulative FDI in the automobile industry from April 2000 to January 2012 is US \$243,055 million. The automobile industry in India is growing by 18 percent per year and is expected to provide employment for 35 million people by 2022. In this paper, we study the impact of inward FDI in the automobile industry.

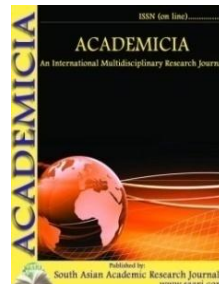
In this paper, we try to understand the FDI inflow in the Indian automobile sector and the various segments of the automobile sector and the trend of FDI inflow in the Indian automobile sector. We try to analyze the challenges and the opportunities for FDI inflow in the Indian automobile sector.



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**DEVELOPMENT OF LAHORE AS A CENTRE OF ISLAMIC CULTURE
AND LEARNING IN MIDDLE AGE**

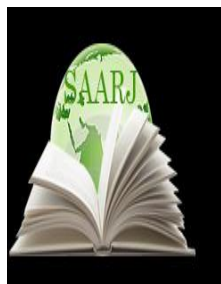
DR. ANURAG*

*Assistant Professor,
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ABSTRACT

The present article is an attempt to highlight the development of Lahore as an Islamic cultural and literary centre of Muslims especially during the middle age. On the basis of sources available it can be said that Lahore first blossomed during the Gaznavid dynasty. From the time of Gaznavi to the glorious days of the Mughals, Lahore has played an important role not only in politics but socio-cultural and literary field also. Especially during medieval period, it has acquired distinct Islamic character which no other city in the south Asian subcontinent can claim.

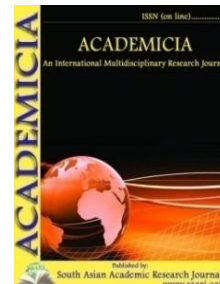
KEYWORDS: *Shiraj, Sufi, Ulema, Mosque, Mausoleum, Arches, Persian.*



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**INFLUENCE OF EMOTIONAL INTELLIGENCE ON LEARNING
STYLES-AN EXPLORATORY STUDY ON MANAGEMENT STUDENTS****G.NANCY ELIZABETH***

*Assistant Professor and Research Scholar,
Department of Management Studies,
Womens Christian College,
Chennai, India.

ABSTRACT

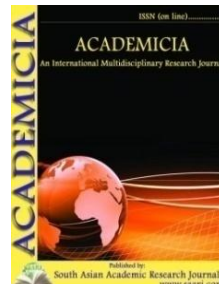
The educational system is significantly influenced by quick divergence in the field of science, communication and information technology in addition with current perception about political, social, economical and cultural issues. In the competitive world, the explosion of science and technology create a need for a person to be more skilful for searching, analyzing and applying the information to the respective field. In order to implement this task, it is essential for person to have cognitive skills along with excitement intelligence and social skills towards education (Sharifi, 2007). As per Gardner's notion, each and every one has different intelligence level and hence, in the process of learning they can able to interact and compete with one another. This chapter discusses the different aspects related to emotional intelligence and learning styles, the chosen scales as well as the theoretical framework.



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**A CONCEPTUAL STUDY OF
THE CHANGE PROCESS OF SOCIETY****KSHITIZ SHARMA***

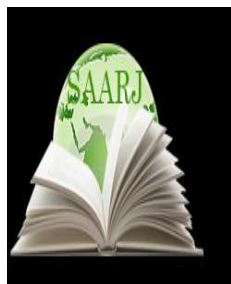
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ABSTRACT

The market works on demand and the higher most demand to human being is to create variety in everything they do. It is inherent nature of every individual which is sole responsible for the development of this world. But Change is always difficult. It is popular saying that only a kid will be happy for change of his wet nappy. People do not want to change their place of living, their area of shopping, their equipment, their habits, customs, and their jobs over a long period of time. Relocation is difficult.

The question arises; do we like change or not? If yes, what is it that keeps us away from? If no, why is it this development and growth happening every day? The paper deals with this quest.

KEYWORDS: demand, change, individual, society, model of change.



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**SELF-ESTEEM AND JOB SATISFACTION AMONG MALE AND FEMALE TEACHERS****DR. PREET KUMARI*; MS. GARGI SHARMA****

*Lecturer,

Department of Psychology,
Dayalbagh Educational Institute Dayalbagh Agra,
India.

**Research Scholar,

Department of Psychology,
Dayalbagh Educational Institute Dayalbagh Agra,
India.**ABSTRACT**

Self esteem is our evaluation of our self concept in strengths, weaknesses, and status. Several studies on overall performance show that people with high self-esteem tend to achieve more than those with low self-esteem. The present study was designed to compare the self-esteem and job satisfaction among male and female married teachers. The sample consisted of 60 subjects (30 in each group) in the range of 25 to 45 years. Rosenberg self-esteem scale was used to measure self-esteem and to measure job satisfaction, (Muthayya (1973) was used. For analysis of data t test was used Results indicated that there is a significant difference in the self-esteem of male and female teachers and it is significant at $P < .01$, but there is no significant difference in the job satisfaction of male and female teachers.

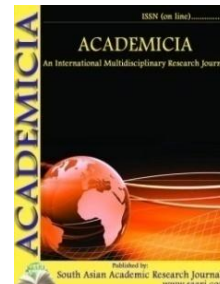
KEYWORDS: *Self-esteem, Job Satisfaction and Teachers.*



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**MASS MEDIA AND SOCIAL RESPONSIBILITY: A STUDY****DR.SURESH CHANDRA NAYAK***; **DR.BIBEKANANDA CHHOTROY****;
MS.NIBEDITA CHHOTROY***

*Assistant Professor,
Faculty of Media Studies,
Manav Rachna International University,
NCR Delhi, India.

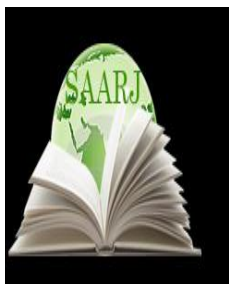
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ABSTRACT

The Mass Media is known as the 4th estate because of its influential and powerful role they play in the society so they deserve to be known as an "estate" on their own. They are the eyes and ears of the common man and are responsible for keeping tabs on important happenings so that the citizens will be able to get a holistic picture of the universe. However, sometimes the media might withhold information from the public as they have been instructed by the governing bodies to keep mum about certain news until a certain date. One example would be the escape of the terrorist Mas Selamat from Singapore's Whitley Road detention centre. Other examples include the death of a president or a big dignitary, which might affect the social and political stability of a nation. This paper is an attempt to understand the responsibilities of the Mass Media and in this paper we have discussed some of the important theories of Mass Media.

KEYWORDS: *Libertarian Theory, Social Responsibility Theory, Journalistic Ethics, Responsibility of Media etc.*



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**QUALITY OF WORK LIFE – A CONSTRUCTIVE LINK TO WORK AND
NON- WORK LIFE BALANCE OF EMPLOYEES IN COIMBATORE IT
SECTOR****MRS. K. GUNASUNDARI*; MISS. M. MUTHUMANI****

*Assistant Professor,
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Coimbatore, India.

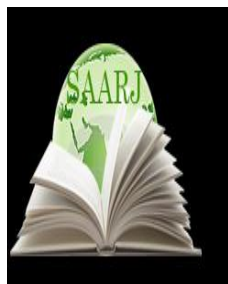
**Assistant Professor,
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Maharaja Institute of Technology,
Coimbatore, India.

ABSTRACT

Today's workforce is realizing the importance of relationships and is trying to strike a balance between career and personal lives. Successful organizations support and provide facilities to their employees to help them to balance the scales. In this process, organizations are coming up with new and innovative ideas to improve the quality of work and personal life of every employee in the organization. In an increasing competitive environment, it is difficult to separate home and work life, it have been an integral part of a day to day life. Employees today are more likely to express a strong desire to have a harmonious balance among career, family life and leisure activities. Organizations are enjoying the fruits of implementing QWL programs in the form of increased productivity and committed workforce which aims to achieve organizational objectives by balancing both work and non work life.

Successfully achieving work life balance will create a more satisfied workforce that contributes to productivity and successful in the workplace. This paper is aimed to find out the contribution of quality of work life towards balancing work and non work life balance of employees in IT. The 120 sample are chosen using convenient sampling technique. The collected data is analyzed using simple percentage, chi -square and Co-efficient of Correlation. The suitable suggestions and conclusion are drawn based on the findings.

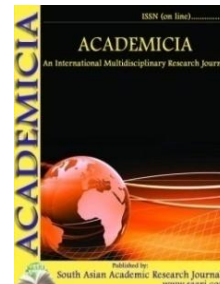
KEYWORDS: *Quality of Work life, Work and Non- Work Life, IT industry.*



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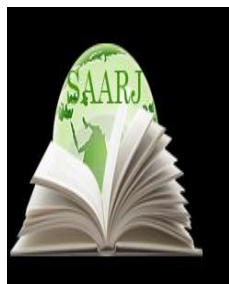
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**FINANCIAL POSITION OF BANKING SECTOR: A COMPARATIVE
STUDY BETWEEN STATE AND PRIVATE SECTOR BANKS IN SRI
LANKA****ARULVEL K.K*; BALAPUTHIRAN S*****Department of Accounting,
University of Jaffna,
Sri Lanka.**Department of Accounting,
University of Jaffna,
Sri Lanka.**ABSTRACT**

Financial system of a country is broadly the mechanism in the financial market which deals with the business or transactions in money. The financial sector in every country has become the deciding factor of the economy. The implementation and achievement of the government policies, let it be developing / developed depends on the financial market. There should be a steady financial policy of the government, furthermore, financial stability be maintained by the state. Today banking sector plays a significant role in the economic development of the country. Many Studies are conducted in different countries to judge the performance of their banking system using different statistical methods such as Data Envelopment Analysis (DEA), Stochastic Frontier Approach (SFA) and CAMELS rating system. The present Study is initiated an efficiency analysis of banking sector in Sri Lanka using bankometer approach from Financial year 2006-2010. Bankometer ratios are derived from both the CAMELS and CLSA stress test parameters with some modifications. The changes in the selected ratios are made only to synthesize the measurement of banks soundness. On the basis of the Bankometer results it is found that state banks are in sounder solvency position in comparison to private sector banks.

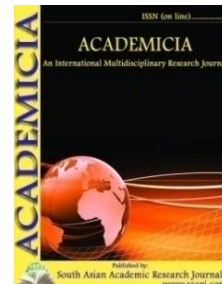
KEYWORDS: *Performance Evaluation, Banking Sector, Bankometer.*



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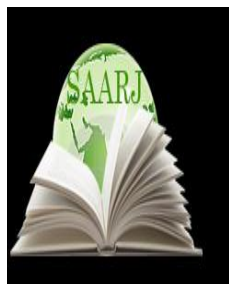
**POVERTY IN KARNATAKA –
REGIONAL AND GROUPWISE ANALYSIS****SATHYANARAYANA*; DR. M. V. SRINIVASA GOWDA****

*Research Scholar,
State Bank of Mysore Chair,
Department of Studies in Economics and Co- operation,
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**Adjunct Professor,
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Bangalore, Karnataka, India.

ABSTRACT

Using the National Sample Survey Organization and pooled data, this paper examines regional and groupwise variations in poverty within Karnataka. The poverty level has been declining in the state but the state has the highest poverty ratio among the southern states. The urban poverty in the state is higher than rural poverty, while the level of poverty is higher in the northern districts than in the southern districts. There is a positive correlation between the poverty head count ratio and poverty gap on the one hand and total rural families and Below Poverty Line families on the other. There is a negative correlation between the Net State Domestic Product and poverty Head Count Ratio in Karnataka. The Schedule Cast and Schedule Tribe households have lower level of average consumption and high head count ratio. The recent policy emphasis has been on inclusive growth, which can be measured, inter alia, by the proportion of bottom half of population in the neighbourhood of the average. The extent of inclusion of poor in the mainstream has declined in Coastal Karnataka while it increased in the other regions and in the state as a whole. The extent of inclusion is the highest in Inland Eastern region. The extent of inclusion in rural Karnataka as a whole was 0.911 in 2004-05. In other words 91.10 % of the bottom half of the rural population fell in the neighbourhood, as given by the range of 0.6 times the median and the median itself, that is, in the interval between Rs. 255 and Rs. 426.

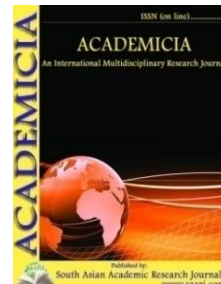
KEYWORDS: *Inclusive growth, Income deprivation, MPCE, Poverty gap, Poverty Head Count Ratio.*



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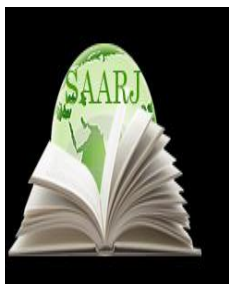
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**TO STUDY THE SENSE OF HUMOUR OF COLLEGE STUDENTS****MS ROHINI***

*Research Scholar,
Department of Education,
Kurukshetra University,
Kurukshetra, India.

ABSTRACT

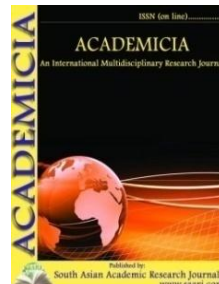
Humour is part of the human experience. As human beings, we have the ability to laugh at others and ourselves, to make jokes, to add humour to situations which are seemingly without humour, and to be absurd. The present study was conducted to know humour of college students. An investigation was done over the 500 students at college level of the Haryana state. Self developed scale having four dimensions was given to students to know their sense of humour. Findings revealed that significant difference was found between boys and girl students with respect to sense of humour, where as no significant difference was found between rural and urban students with respect to sense of humour, This depicts that present system of education give equal opportunities and freedom for nurturing the sense of humour in students and boys need encouragement to develop their humour skills.



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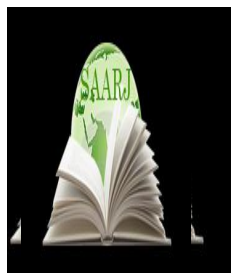
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**WOMAN AND MARRIAGE:**
A STUDY OF SHASHI DESHPANDE'S ROOTS AND SHADOWS**MRS. USHA***

ABSTRACT

*Roots and Shadows, published in 1983, is one of Shashi Deshpande's early novels. As a writer, Shashi Deshpande got recognition after the publication of her later novel, That Long Silence. The present novel, Roots and Shadows, is a path-breaking novel, articulating the experiences of woman in marriage. It has aroused a variety of criticism. But most of the critics confine their critical perspective only to the expression of protest against the patriarchal social system. Smt. Parvati Bhatnagar tends to analyse the present novel in the light of the protest by the female characters against the restrictions imposed upon them. She says: "The novel deals with a woman's attempt to assert her individuality and realise her freedom. It depicts how it brings her into confrontation with the family, with the male world and the society in general."*¹



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**A STUDY ON THE EFFECT OF HATHA YOGIC PRACTICES ON BODY WEIGHT OF THE HUMAN SUBJECTS****KANTA PRASAD POKHARIYAL*; DR. KAMAKHYA KUMAR****

*Research Scholar,
Department of Life Sciences,
Singhania University,
Rajasthan, India.

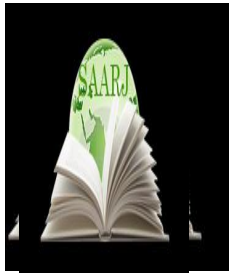
**Senior Lecturer,
School of Yoga and Health,
Dev Sanskriti University,
Haridwar, India.

ABSTRACT

According to the American Heart Association, an estimated 112,000 people die every year from conditions related to being overweight or obese. Even losing a moderate amount of weight when someone is obese -- 5 to 10 percent -- can significantly reduce the risk for chronic disease. with the background that a number of studies being conducted to observe the effect of complementary therapies to reduce body weight, the present study aimed to find the impact of Hatha Yoga Practices on body weight of the normal Human subjects.

Seventy volunteers were taken as experimental group from urban area of Delhi, Gurgaon, Noida region. The subjects were a heterogeneous group having Diabetes, Hypertension, Obesity and joints problem but otherwise healthy and were voluntarily wanted to join Yoga session for general physical mental wellbeing. In this pre- post research study a package of Asana, pranayam, Shatkarma and relaxation techniques were introduced to them. The volunteers practiced for 90 days except Sunday and holidays. The impact of the practice of Hatha Yogic techniques showed a significant reduction on their body weight.

KEYWORDS: Asana, Pranayama, Shatkarma and Body weight.



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**CASTE SYSTEM AND OPPRESSION:
A STUDY OF IRATHINAKARIKALAN'S "OORAKALI"****DR. SONIA RANI***

*Assistant Professor,
G. N. Khalsa College,
Karnal, Haryana, India.

ABSTRACT

Dalit literature is a comparatively recent phenomenon. The problems of dalits differ from place to place in India. Translation of Dalit literature from various parts of the country has provided a life force to the dalit literature. "Oorakali" is a short story written by IrathinaKarikaln in Tamil. Its English translation brings out the pain of people who graze the cattle of upper caste people in Tamil Nadu. The story uncovers the hypocrisy of the society. On the one hand Lord Krishna is worshipped in the temples, but the Oorakalis who do the same job as the God are treated as outcastes and are oppressed by the society.

KEYWORDS: *Oorakali, outcaste, oppression, shudra.*

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3. At this stage, two referees will carefully review the research article, each of whom will make a recommendation to publish the article in its present form/modify/reject.
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