



CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA P.G. COLLEGE

चन्द्रकान्ति रमावती देवी आर्य महिला पी.जी. कालेज

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दीवान बाजार, गोरखपुर (उत्तर प्रदेश)

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Vegetarianism and Covid-19



Dr. Sangeeta
Dr. Updesh Verma


प्राचार्या

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SPICES CAN BOOST YOUR IMMUNITY

Dr. Anita Singh*

The immune system is a network of biological processes that protects an organism from diseases. It detects and responds to a wide variety of pathogens, from viruses to parasitic worms, as well as cancer cells and objects such as wood splinters, distinguishing them from the organism's own healthy tissue. The immune system consists of organs, cells, tissues, and bodily processes that fight off pathogens which are the viruses, bacteria, and foreign bodies that cause infection or disease. Immunity is body's natural defense against disease causing bacteria and virus. It can considerably reduce the odds of getting sick.

Factors that affects the immune system-

There are many factors that can affect the immune system. Some of the most common ones include-

- Toxin exposure
- Diet
- Exercise
- Stress
- Sleep
- Exposure to illness

There are many spices that can be improving our immune system. Hence the list of spices that can help improve immunity-

Turmeric

Turmeric is a yellow spice that many people use in cooking. It is also present in some alternative medicines. Consuming turmeric may improve a person's immune response. Turmeric aids in making our immunity stronger, the main life-saving ingredient in turmeric is about 3-5% **CURCUMIN**, a phyto-derivative, which contains healing properties. Curcumin helps up in boosting up the immunity and helps to fight against viral replication.

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AN INTRODUCTION OF VEGAN DIET: MORE THAN JUST A DIET

Dr. Priyambada Tripathi

ABSTRACT

"Veganism is a philosophy and way of living which seeks to exclude- as far as is possible- and practicable- all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose, and by extension, promotes the development of animal-free alternatives for the benefit of animals, humans and the environment. Vegans choose their diets for a variety of reasons. Many choose from beliefs that animal agriculture destroys the environment. And some simply view high in fiber and vitamins. Like with any diet, veganism comes with benefits and drawbacks. And though veganism can be a healthy, sustainable diet for some but there are some of potential drawbacks such as lack of many nutrients like calcium, avoid nutritional deficiencies.

Keywords: Vegan diet, Veganism, Nutrients, Animal, Plant based diet.

Introduction

Veganism is the practice of abstaining from the use of animal products, particularly diet and an associated philosophy that rejects the commodity status of animals. An individual who follows the diet or philosophy is known as a vegan. Diet vegans, also known as 'strict vegetarians' refrain from consuming meat, eggs, dairy products and any other animals derived substances.

"Veganism is a philosophy and way of living which seeks to exclude- as far as is possible- and practicable- all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose, and by extension, promotes the development and use of animal-free alternatives for the benefits of animals humans and the environment.

History

Vegan food is not just a modern invention and meat free diets, are not dependent on cutting edge alternatives. Some anthropologists believe

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IMPACT OF LOCKDOWN ON LIFESTYLE OF PEOPLE

Dr. Rita

ABSTRACT

Today, the world is facing the biggest public health risk i.e. coronavirus (Covid-19) which is leading to one of the largest and the quickest reorganization of the world. This epidemic has spread all over the globe. The world has seen unprecedented changes during the lockdown caused due to the covid-19. It was difficult to imagine that the world would survive the pandemic. Government and human race had shown incredible resilience and courage in the fight against the invisible disease. The speed at which the epidemic spread was so fast that as a result of this all the activities no matter what; institutional, organizational, economical or educational, all came to a standstill. But as said, "No matter what but the show must go on"; we human and our society fought back against this as it was and using up to our maximum potential to survive ourselves. In this collective effort technology & innovation played a very crucial role. Further the lockdown had highlighted positive as well as some negative impact on the society which have been discussed below:

Keyword: coronavirus, covid-19, epidemic, positive effect, negative effect and lockdown

The fatal epidemic coronavirus, also known as covid-19, was a global phenomenon & spread all over the world. India was also vulnerable to this epidemic, which spread all over India due to which lockdown was imposed. Everyone except frontline Corona warriors was locked inside their houses, as a result of which were facing several problems. Gradually, several changes were also brought up into their lifestyle. Many impossible & unimaginable changes occurred in the lives of people due to lockdown in every aspect, say in terms of living style, eating habit, behaviour and so on. But with that people also got bored and frustrated by staying in their house all the time and missed their old day to day routine. It's completely normal to feel this way because it is natural human tendency of a person to go out and socialize & interact with other people whether be it workplace or social gatherings. The havoc created by covid-19 in the world surpassed all and any type of economical & political barriers. The after effects of this will last for a long time in the future too. The

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AYURVEDA: HERBS AND SPICES INCREASE THE POWER OF IMMUNE SYSTEM

Dr. Sarika Jaiswal*

Ayurvedic herbs and spices that can help strengthen our immune system which may help protect our body against diseases. Ayurvedic medicine is a system of traditional medicine native to India, which uses a range of treatments, including panchakarma (five actions), yoga, massage, acupuncture and herbal medicine, to encourage health and wellbeing. Ayurvedic herbs and spices are also an important component of this approach. They thought to protect your body from diseases and offer a variety of health benefits, including improved digestion and mental health.

Here are ayurvedic herbs and spices with science-backed health benefits.

Cinnamon

Cinnamon is one of the most delicious and healthiest spices on the planet. It can lower blood sugar levels, reduce heart disease, risk factors and has plethora of the impressive health benefits. Cinnamon can kill bacteria, viruses and even drug-resistant fungi. It can disrupt a particularly nasty type of bacterial colony called a bio-film that coats the surface of medical devices and breaks havoc with hospital-acquired infections.

Tulsi

Tulsi, an ayurvedic herb widely used in therapeutic herbal tea/ tisane and true tea blends, may be called tulsi, Holy basil, "The incomparable one", "elixir of life", a "queen of the herbs". Native of India and cultivated throughout Southeast Asia. It's considered a foundational herb that combines with other adaptogenic herbs, can help the body with some many forms of stress. Tulsi water is excellent for regulating blood sugar levels, helps in digestion, and prevents respiratory disorders and weight loss.

Ginger

The health benefits of ginger include treating nausea, easing menstrual cramps, regulating blood sugar levels and relieving indigestion. Ginger also

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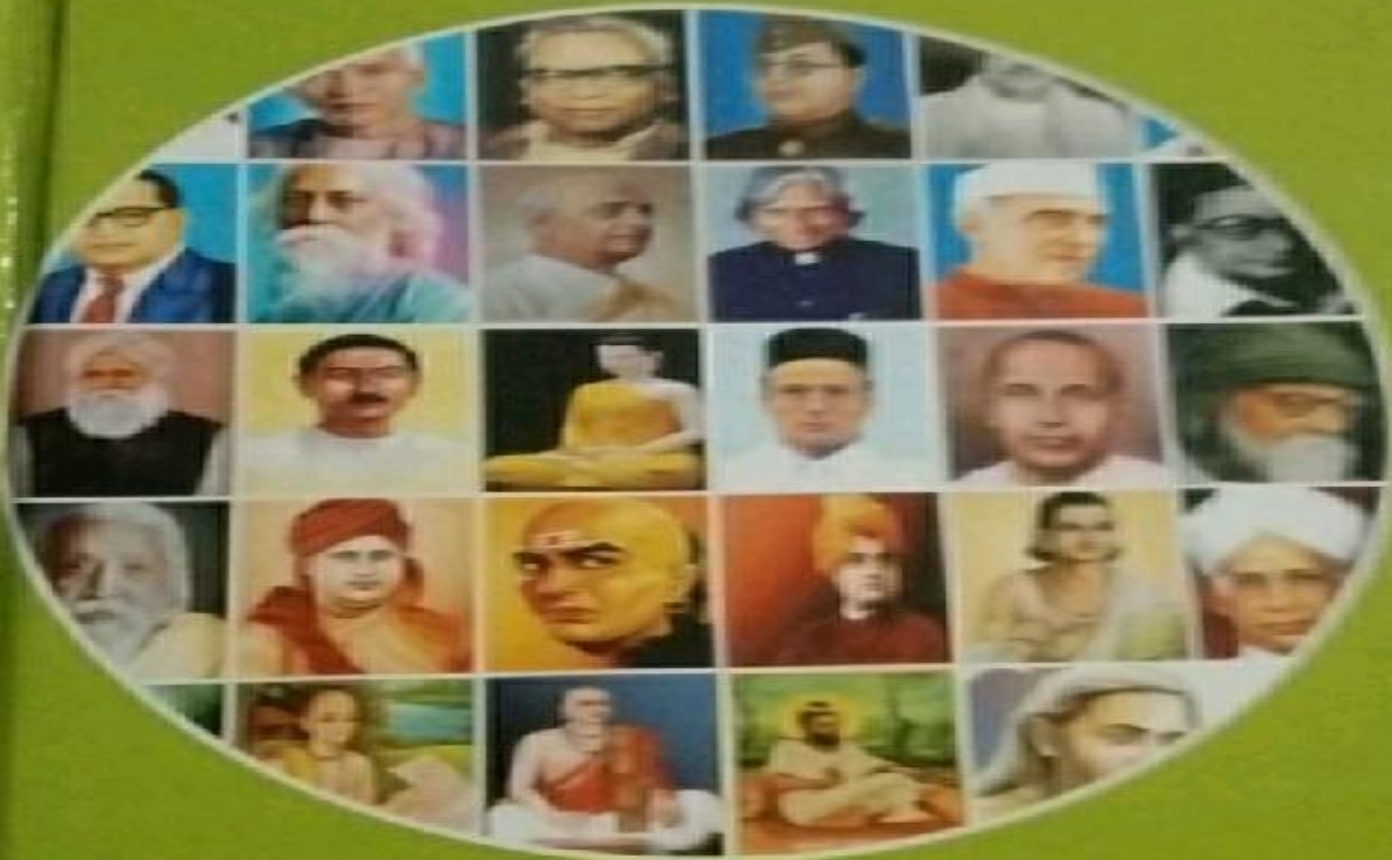
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भारत के महान शिक्षाशास्त्रियों,
दार्शनिकों, साहित्यकारों एवं महापुरुषों
का योगदान



संपादक मंडल

तीर्थकर महावीर विश्वविद्यालय, मुरादाबाद



Signature
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स्वामी विवेकानंद के शैक्षिक विचार एवं वर्तमान समय में उसकी प्रासंगिकता

डॉ रेखा श्रीवास्तव*

सहायक आचार्य एम एड विभाग,
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सारांश

भारतीय शिक्षा दर्शन में स्वामी विवेकानंद का योगदान अभूतपूर्व है। इनका प्रादुर्भाव ऐसे समय में हुआ जब हिंदू संस्कृति अपने अवसान काल में पहुंच गई थी, भारत की दुर्दशा देखकर विवेकानंद जी का हृदय कष्ट से प्लावित हो उठा उन्होंने मानव उद्धार एवं मानव विकास हेतु कार्य करना प्रारंभ कर दिया। यद्यपि इनका जीवन काल अत्यंत अल्प रहा फिर भी इन्होंने कम समय में ही भारतीय संस्कृति को उसकी खोई हुई प्रतिष्ठा दिलाने का प्रयास किया तथा मानवीय विचारों एवं शिक्षा जगत में आमूलपूल परिवर्तन ला दिया। विवेकानंद एक महान् चिंतक, समाज सुधारक एवं दार्शनिक थे। इनका दर्शन पूर्णतया वेदांत दर्शन पर आधारित है। अद्वैतवाद में वेदों तथा उपनिषदों की शिक्षा पर विशेष बल देते हुए यह कहा गया है कि ज्ञान के अभाव में कोई भी मोक्ष का अधिकारी नहीं हो सकता, वेदांत की इस पारंपरिक शिक्षा दर्शन को स्वीकार करते हुए विवेकानंद ने भी इस बात पर बल दिया कि जब तक हमारा समाज समुचित रूप से शिक्षित ना हो जाए और आर्थिक रूप से समृद्ध ना हो जाए तब तक मोक्ष व आध्यात्मिकता की परिकल्पना भी नहीं की जा सकती।

स्वामी विवेकानंद जी का मानना था कि शिक्षा प्राप्त करने के लिए ज्ञान राशि मनुष्य के अंतर्करण में अविकसित रूप से विद्यमान रहती है अतः शिक्षा व्यक्ति में अंतर्निहित

अविकसित ज्ञान को विकसित ज्ञान के रूप में परिपूर्ण करने का कार्य करती है।

स्वामी विवेकानंद बालकों के नैसर्गिक विकास पर बल देते थे तथा चिंतन हेतु उन्हें स्वतंत्र वातावरण प्रदान करने के पक्ष में थे। उनकी यह मान्यता थी कि बालक का सार्वभौमिक विकास रुद्धिगत ज्ञान से नहीं बल्कि स्वतंत्र ज्ञान से होता है। स्वतंत्रता बाधित होने पर बालक का मस्तिष्क कुंठित हो जाता है। वे स्वाधीनता एवं एकाग्र चिंतन के पक्षधर थे। नारी शिक्षा, जन शिक्षा, राष्ट्र शिक्षा एवं व्यवसायिक शिक्षा को प्रश्रय देने वाले स्वामी जी के विचार ना केवल वर्तमान समय बल्कि युगों युगों तक प्रासंगिक रहेंगे।

***संकेत शब्द*:** स्वामी विवेकानंद, शैक्षिक विचार, वर्तमान समय में प्रासंगिकता


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