

www.anvikshikijournal.com



ISSN 0973-9777

Volume-7 , Number-1

January - February 2013

ISI Impact Factor 0.2310

Science

Volume-7

The Indian Journal of Research

ANVIKSHIKI

Bi-monthly International Journal of all Research

Number-1

January - February 2013

Happy New Year-2013



MPASVO

Publisher on behalf of the MPASVO an
association of Member of Anvikshiki

MANESHA PUBLICATIONS

Anvikshiki

The Indian Journal of Research

Bi-Monthly International Journal of All Research

Editor in Chief

Dr. Maneesha Shukla, maneeshashukla76@rediffmail.com

Review Editors

Prof. H. D. Khanna, Head Department of Biophysics, Institute of Medical Sciences Banaras Hindu University, Varanasi U.P. India
Ranjana S. Khanna, Department of Chemistry, Faculty of Science, Banaras Hindu University, Varanasi U.P. India

Editors

Dr. Mahendra Shukla, Dr. Anshumala Mishra

Editorial Board

Dr. Anita Singh, Dr. Bhavna Gupta, Dr. Madhavi Shukla, Dr. S. M. Shukla, Dr. Nilmani Prasad Singh, Dr. Reena Chatterjee,
Dr. Pragya Srivastava, Dr. Anup Datt Sharma, Dr. Padmini Ravindra Nath, Manoj Kumar Singh, Deepak Kumar, Archana Rani,
Avanish Shukla, Vijaylaxmi, Kavita, Jyoti Prakash, Rashmi Saxena., Dr. A. K. Thakur, Narendra Shanker Tripathi,
Anil Kr. Tripathi, Dr. Amit Vaibhav.

International Advisory Board

Dr. Javad Khalatbari (Tonekabon, Iran.), Dr. Shohreh Ghorbanshiroudi (Tonekabon, Iran.), Mohammad Mojtaba Keikhayfarzaneh
(Zahedan, Iran.), Saeedeh Motamed (Tonekabon, Iran.), Majid Karimzadeh (Iran), Phra Boonserm Sriitha (Thailand),
Rev. Dodamgoda Sumanasara (Kalutara South), Ven. Kendagalle Sumanaransi Thero (Srilanka), Phra Chutidech Sansombat
(Bangkok, Thailand), Rev. T. Dhammaratana (Srilanka), P. Treerachi Sodama (Thailand), Sita Ram Bahadur Thapa (Nepal)

Manager

Maheshwar Shukla, maheshwar.shukla@rediffmail.com

Abstracts and Indexing

<http://nkrc.niscair.res.in/browseByTitle.php?Keword=A, ICMJE>, www.icmje.org, Academia.edu, banaras.academia.edu,
ebookbrowse.com, BitLibrary! <http://www.bitlib.net/>, Tech eBooks, freetechebooks.com, ARTAPP.NET, artapp.net, Catechu PDF / printfu.org, File Away, www.fileaway.info, KMLE 의학 검색 엔진, www.kmlibrary.com, www.docslibrary.com, MyCelular.ORG, Android Tips, Apps, Theme and Phone Reviews <http://dandroidtips.com>, www.edu-doc.com, www.themarketingcorp.com, Dunia Ebook
Gratis duniaebook.net, www.cn.doc-cafes.com, Google, <http://scholar.google.co.in>, Website : www.onlineijra.com, Motilal Banarasi Das Index, Varanasi, Motilal Banarasi Das Index, Delhi, Banaras Hindu University Journal Index, Varanasi, www.bhu.ac.in,
D.K.Publication Index, Delhi, National Institute of Science Communication and Information Resources Index, New Delhi.

Subscriptions

Anvikshiki, The Indian Journal of Research is Published every two months (January, March, May, July, September and November) by mpasvo Press, Varanasi, U.P. India. A Subscription to The Indian Journal of Research : Anvikshiki Comprises 6 Issues in Hindi and 6 in English and 3 Extra Issues. Prices include Postage by Surface mail, or For Subscription in the India by Speed Post. Airmail rates are also available on request. Annual Subscriptions Rates (Volume 3, 6 Issues in Hindi, 6 Issues in English and 6 Issues of science 2012):

Subscribers

Institutional : Inland 4,000 +500 Rs. P.C., Single 1500+51 Rs.P.C., Overseas 6000+2000Rs. P.C., Single 1000+500 Rs.P. C.
Personal : 2,500+500 Rs. P.C., Single 500+51 Rs. P.C., Overseas 5000+2000Rs.P.C., Single 1000+500Rs. P.C.

Advertising & Appeal

Inquiries about advertising should be sent to editor's address. Anvikshiki is a self financed Journal and support through any kind or cash shall be highly appreciated. Membership or subscription fees may be submitted via demand draft in favor of Dr. Maneesha Shukla and should be sent at the address given below. Sbi core banking cheques will also be accepted.

All correspondence related to the Journal should be addressed to

B.32/16 A., Flat No.2/1, Gopalkunj, Nariya, Lanka, Varanasi, U.P., India

Mobile : 09935784387, Tel.0542-2310539, e-mail : maneeshashukla76@rediffmail.com, www.anvikshikijournal.com

Office Time : 3-5 P.M. (Sunday off)

Journal set by

Maheshwar Shukla, maheshwar.shukla@rediffmail.com

9415614090

Printed by

mpasvo Press



Maneesha Publication

(Letter No. V-34564, Reg. 533/2007-2008)

B-32/16-A-2/1, Gopalkunj, Nariya, Lanka

Varanasi, U.P., India

Anvikshiki

The Indian Journal of Research

Volume 7 Number I January 2013

Science Papers

Withania coagulans – An overview with special reference to Diabetes mellitus 1-6
Dr Amit Vaibhav, Dr O. P. Singh and Dr S.K. Tiwari

Yoga Nidra in Pregnancy 7-11
Meenakshi Pathak S.N, Manjari Dwivedi, Awadhesh Pandey, Tushar Pathak and Mudita Pathak

Role of Kshara Pichu and Leech Therapy in Chronic Non Healing Wound 12-16
Anil Kr. Tripathi, S. J. Gupta and S.C. Varshney

A Comparative Diagnostic Evaluation of Rheumatoid Factor by Different Immunological Techniques: Latex Agglutination, Gelatin Agglutination, Turbidometry and ELISA in Rheumatoid Arthritis 17-21
Pramod Kumar Verma, Usha, Niladri, Nand Kumar Singh and Shyam Kumar Saraf

Effect of Yogic Practices on Pregnancy and its Outcome 22-28
Meenakshi Pathak S.N., Prof.Manjari Dwivedi, Dr. Neeru Nathani and Awadhesh Pandey

Physico-Chemical investigation on the Pollution Potential of River Ganga Water at Mirzapur, Uttar Pradesh (India) 29-36
Kshama Singh

Syudy of Spin Selective Wave Guide 37-41
Deepak Kumar, Dilip Kumar and Dr. S.S.P.Singh

Noise Minimization in Wireless Network 42-46
Gopal Singh and Dr. H.N.Mishra

Some New Exact Solutions to the Einstein Equations With Magnetofluid 47-50
Dr. S.S.Upadhyay

Study of Low Power Tunable Mosfet 51-55
Dilip Kumar, Deepak Kumar and Dr. S.S.P.Singh

Occurrence of Algae in the Waste Water 59-58
Umesh Kumar Tiwari

Study of Different Theorem of Linear Programming for Mathematical Applications 59-61
Manoj Kumar Verma

Synthesis of Trifluoromethyl, Containing 1-(3,5-dialkyl-4-hydroxybenzyl) -Pyrazole and Pyrazol-5-one Derivatives, as Potential Fungicides 62-66
Amrendra Kumar Singh and Nitin Singh Solunkey

Interpretation of Linear Programming Duality: An Overview 67-69
Sanjeev Kumar Singh

Synthesis of Benzimidolyl Chalcones into N¹-Substituted Pyrazolines and Evaluation of Their Antimicrobial Activities. 70-75
Nitin Singh Solunkey and Amrendra Kumar Singh

EFFECT OF YOGIC PRACTICES ON PREGNANCY AND ITS OUTCOME

MEENAKSHI PATHAK S.N.*, PROF.MANJARI DWIVEDI**, DR. NEERU NATHANI*** AND
AWADHESH PANDEY****

Declaration

The Declaration of the authors for publication of Research Paper in The Indian Journal of Research Anvikshiki ISSN 0973-9777 Bi-monthly International Journal of all Research: We, *Meenakshi Pathak S.N., Manjari Dwivedi, Neeru Nathani and Awadhesh Pandey* the authors of the research paper entitled EFFECT OF YOGIC PRACTICES ON PREGNANCY AND ITS OUTCOME declare that, We take the responsibility of the content and material of our paper as We ourself have written it and also have read the manuscript of our paper carefully. Also, We hereby give our consent to publish our paper in Anvikshiki journal, This research paper is our original work and no part of it or it's similar version is published or has been sent for publication anywhere else. We authorise the Editorial Board of the Journal to modify and edit the manuscript. We also give our consent to the Editor of Anvikshiki Journal to own the copyright of our research paper.

Abstract

Pregnancy a most beautiful and respectable aspect of womanhood. It is a time when female encounters unique physical and emotional situations with each passing day. Even after tremendous development in medical field, pregnancy is still a stressful phase, where she is advised to abandon her responsibility for her own health and wellbeing. In our Ayurvedic text, after conception maximum emphasis is on regulated diet and mode of life. So the present study was to assess the effect of yogic practices on pregnancy and its outcome. Total 40 pregnant women were registered and the subjects were divided into 2 groups as per the clinical study, each containing 20 patients.

All cases were called for antenatal check up at fortnightly interval till completion of II trimester and then weekly interval till onset of labour. In patients registered in III trimester follow up was at weekly interval. The different subjective and objective parameters were assessed in 4 follow ups. First follow up at 24 weeks, second after 6 wks, third at 36th weeks and then prior to labour. Yogic practices (Asanas, Pranayamas and Mudras suitable for the particular trimester was taught. Yoga Nidra was taught irrespective of trimester of visit.

Observations were made according to the parameters selected, which were common ailments of pregnancy and vitals i.e. pulse, systolic and diastolic blood pressure and investigations like Sr. Protein and Haemoglobin were assessed in each follow up. On the basis of observation the conclusion was that the yogic practices has reduced the minor ailments and improved the psyche of patients and also had positive effects on outcome of pregnancy.

*Senior Resident, Deptt. Of Prasuti Tantra [IMS] B.H.U. Varanasi (U.P.) India.

**Professor, Deptt. Of Prasuti Tantra [IMS] B.H.U. Varanasi (U.P.) India.

***Assistant Professor, Deptt. Of Swasthavritta and Yoga [IMS] B.H.U. Varanasi (U.P.) India.

****PhD Scholar, Deptt. Of Shalya Tantra [IMS] B.H.U. Varanasi (U.P.) India.

Introduction

“It is said that the present is pregnant with the future.”

The way we approach and handle pregnancy is not just matter of a long term episode in a woman and children’s lives, but is indicative of their whole attitude to life. A child’s birth is the beginning of his or her relationship with others, with society, with the world., and the spirit in which it takes place sets the tone for the first years of life. So pregnancy care has to be designed in a systematic manner.

Pregnancy is distinguished by a multitude of physiological and endocrine adjustments directed towards the creation of an optimal environment for the fetus. These changes may produce some ailments like anorexia, nausea, vomiting, constipation, backache, fatigue etc. Also there are some changes in the statics and dynamics of the skeleton in the gravida. A pregnant woman’s stability is obtained at the expense of an increased burden upon the muscles and ligaments of the vertebral column. Also there is disturbed sleep pattern and change in psychology of the pregnant woman. Because of these complexities of the mechanisms involved, no seemingly ideal adjustment can be achieved.

The aim of the present study is to see effect of some Yogic Practices (Asana, Pranayama, Mudra, Yoga Nidra), on women during pregnancy. The physical and psychological changes could be managed by yogic practices. The function of yoga has traditionally been to cut through cultural dependence and bring the individual in touch with his/her own powers. Yoga is about self help. It provides an excellent preparation for birth, encouraging a positive and healthy attitude. In case of pregnancy, refraining from exercises and over protecting the body can be positively harmful, whereas in yogic practices, there are some postures that strengthen the uterus, improving ones chances of a rapid and uncomplicated birth.

Yoga Nidra can be an adjunct for the other yogic practices. It is a useful tool to recuperate from exhaustions, to manage stressful situations of all kinds.

Material and Methods

Pregnancy is definitely the greatest thing to happen to a woman. The right prenatal care makes majority of women well-prepared for pregnancy and labour.

In our Ayurvedic texts, after conception maximum emphasis is on regulated diet and “mode of life”. Month wise dietetic regimen to meet the specific requirements of growing fetus and also to prevent likely complications is prescribed. Though unequivocal reference about repeated timely examination during antenatal period are lacking in ayurvedic classics, but then description of clinical features of pregnant women, advices for month wise dietetics as well as Vasti in eighth month and Pichu in ninth month, besides elaborate description of do or not to do clearly indicate that pregnant women were examined at regular interval in Ayurveda.

In the present clinical study, women free from any specific impediment were registered during their first visit after detailed history and physical examination.

The pregnant women were divided in 2 groups each containing 20 patients.

Group I : Control group i.e. only routine management with iron, calcium and folic acid.

Group II : This group was advised for Yogic Practices like Asanas, Pranayamas, Mudras and Yoga Nidra alongwith routine management.

The procedure was continued upto the day of delivery. Observations were made according to the parameters selected and the findings were recorded. Follow ups of assessment of parameters were first at 24weeks, second follow up after 6 weeks, third follow up at 36 weeks and fourth follow up at the time of labour.

Subjective Parameters

Assessment of the status of common ailments during pregnancy by the presence and severity of the complaint before and at various follow ups and at the time of labour.

Subjective parameters: The gradings for the different subjective parameters

Anorexia	0	-	Normal
	1	-	Mild
	2	-	Moderate
	3	-	Severe
Heartburn	0	-	Normal
	1	-	Mild
	2	-	Moderate
	3	-	Severe
Acidity	0	-	Normal
	1	-	With diet modulation
	2	-	Relieve with antacid
	3	-	No relieve with oral drug
Nausea	0	-	No complaint
	1	-	Relieve with diet modulation
	2	-	Oral medication
	3	-	No relief on oral medication
Vomiting	0	-	No complaint
	1	-	< 3 episodes
	2	-	4-6 episodes
	3	-	> 7 episodes
Constipation	0	-	No complaint
	1	-	relieve with diet modulation
	2	-	relieve with oral laxative
	3	-	no relieve with laxative
Insomoina	0	-	Normal
	1	-	Sleep < 8 hrs.
	2	-	Sleep between 4 to 6 hrs.
	3	-	Sleep < 4 hrs.
Depression	0	-	Normal
	1	-	Relieve with counselling
	2	-	Relieve with Meditation
	3	-	Psychiatric reference
Backache	0	-	No pain
	1	-	Relieve with rest
	2	-	Relieve with local analgesia
	3	-	Relieve with oral analgesic
Fatigue	0	-	Normal
	1	-	Fatigue with exertion
	2	-	Can do routine work normally
	3	-	Routine is disturbed.
Dysnoea	0	-	Normal
	1	-	Dyspnoea on exertion
	2	-	Relieve with rest
	3	-	No relieve at rest
Oedema	0	-	oedema involving ankle joint
	1	-	ankle to calf muscles
	2	-	Till knee joint
	3	-	Above knee joint

Objective Parameters

- ◆ The vitals of the patient were assessed.
- ◆ Serum Protein was assessed at the first visit and third follow up
- ◆ Haemoglobin status at the first visit and its changes during the four follow ups.

After regular follow up, patients were admitted for delivery in the labour ward. Active management of labour was done and delivery were conducted in usually manner under strict asepsis. LSCS was done wherever indicated. Mode of delivery and amount of blood loss during 3rd stage was noted.

Under close supervision, following features of neonate were recorded.

1. The APGAR score of the infant was recorded in 1 min and 5 mins after birth.
2. Weight of the baby
3. Anthropometry.

Yogic Practices: The Yogic Practices comprised of Asanas, Pranayamas, Mudra suitable for the particular trimester of registration. YogaNidra and Meditation was taught to the patient irrespective of the trimester of visit.

Place of Yogic Practices: Yoga was taught in the Prasuti Tantra wing of Sir Sunderlal Hospital, IMS, BHU. The practices were taught at 15 days interval till II trimester and at weekly interval till completion of III trimester.

Asanas preferred in I Trimester: Those asanas causing joint relaxation in pregnancy were taught in the first trimester. These asanas were preparatory exercise so that the pregnant women can easily proceed for other asanas.

Lower Limb Relaxation:

1. Padanguli naman (toe bending)
2. Goolf naman (ankle bending)
3. Goolf chakra (ankle rotation)
4. Goolf choornan (ankle crank)

Upper Limb Relaxation:

1. Mushtika Bandhana (hand clenching)
2. Manibandha Naman (wrist bending)
3. Kehuni Naman (elbow bending)
4. Skandha Chakra (Shoulder socket rotation)

Head and Neck Movements:

1. Greeva Sanchalna (Neck movements)

Supine Postures:

1. Shavasana (Corpse pose)

Asanas designed for II Trimester: Asanas mainly increasing pelvic blood flow were selected.

Sitting Postures:

1. Vajrasana (thunderbolt pose)
2. Anand Madirasana(intoxicating bliss posse)
3. Marjari asana (cat stretch pose)
4. Meru wakrasana(spinal twist)
5. Ardha titali asana(half butterfly)

Standing Postures:

1. Hastottanasana(hand raising posture)
2. Tadasana(palm tree pose)
3. Tiryaka tadasana(swaying palm tree pose)
4. katichakrasana(waist rotating pose)

Supine Postures:

1. Parivartita Shavasana (Modified Corpse pose)
2. Matsya Kridasana (Flapping fish pose)

III Trimester: Those asanas causing relaxation of pelvic musculature were taught to the pregnant woman as soon as they enter III trimester.

Sitting Postures:

1. Utthanasana (Squat and rise pose)
2. Poorna Titali Asana (full butterfly)
3. Vajrasana (thunderbolt pose)

Supine Postures:

1. Matsya Kridasana (flapping fish pose)
2. Parivartita Shavasana (Modified Corpse pose)

Common ailments and relevant asanas:

Backache	:	Vajrasana Tiryaka Tadasana Kati Chakrasana
Hypertension	:	Shavasana YogaNidra
Hypotension	:	Padmasana
Insomnia	:	Shavasana/ Parivartita Shavasana
Dyspnoea	:	Hastottanasana Tadasana
Cough	:	Nadi Shodhana Pranayama
Recurrent UTI and Incontinence	:	Vajroli mudra
Nausea	:	Meditation
Constipation	:	Vajrasana Matsya Kridasana Ashwini mudra

Meditation: Meditation was taught in all the trimesters of pregnancy. Among Pranayamas, Nadi Shodhana Pranayama, Bhramri Pranayama were taught irrespective of the trimesters.

Yoganidra: The pregnant women were advised to lie down on the floor in supine position and follow the instructions given by advisor. 40 minutes of YogaNidra was planned in the subsequent visits.

Mudra: Vajroli and Ashwini mudra were taught to women running in III Trimester.

Observations

Observations were made according to the parameters selected, which were common ailments of pregnancy like anorexia, nausea – vomiting, hyper acidity, physiological dyspnoea, insomnia, constipation. The other objective parameters were assessment of vitals i.e. pulse, systolic and diastolic blood pressure and their variations in each follow up. Investigations like Haemoglobin was assessed at each follow up and serum protein was assessed at the time of registration and 3rd follow up (36 weeks).

The parameters assessed at the time of labour were level of confidence, mode of delivery, bleeding per vaginam. The parameters assessed after delivery was baby weight, anthropometry and APGAR score of the baby at 1 and 5 minutes interval.

During the study period, the 2nd group had beneficial effects in combating the ailments in comparison to control group. Remarkable effects noted were correction in constipation and was maximum II group in comparison to I group. The probable reason may be Yogic Practices helped in enhancing intestinal motility thus relieving constipation.

Similarly the Pranayamas helped in proper oxygen intake and tissue perfusion and thus helped in combating physiological dyspnoea.

The Yogic Practices specifically asanas helped by increasing pelvic blood flow and providing pelvic relaxation (due to estrogen and relaxing).

Insomnia was managed by yoga nidra in a significant way as seen in statistical data by giving profound relaxation. One thing important to be noted is that there was no side effect yogic practices on APGAR and post partal bleeding.

Due to Yogic practices (improving pelvic blood flow) maximum subjects were found to deliver spontaneously through vagina.

On the basis of observations made so far, yogic practices has reduced the minor ailment, and improved the psyche of patients and also had positive effects on outcome of pregnancy.

Conclusion

The work done for assessing the “Effect of Yogic Practices on Pregnancy and its Outcome” can be concluded as follows:

1. Asanas designed according to the trimesters like Vajrasana, Matsyakrida asana may have improved the blood flow and nervous impulses in the pelvic region and strengthen the pelvic muscles thus providing tone in the musculature of pelvic region.
2. Deep breathing exercises like Nadi Shodhan Pranayam lead to proper oxygenation and tissue perfusion combating ailments like physiological dyspnoea and fatigue.
3. Deep relaxation exercises like YogaNidra proved to be an effective, preventive, alleviative and curative technique in management of insomnia.
4. The patients who followed the regimen of Yogic Practices were found to have maximum spontaneous vaginal delivery with high level of confidence. This may be due to toning of uterine and pelvic musculature and better oxygenation by regular Yogic Practices.
5. Yogic Practices did not show any undue side effects on post partum bleeding and APGAR score of baby.

REFERENCES

- Astanga Hridaya*, Edited by Yadunandana Upadhyaya, Commentary Atridev Gupta, Chaukhamba Sanskrit Sansthan, Varanasi
- Astanga Samgraha of Vagbhata* (2003), translated by Dr. K.R. Srikantha Murthy, Vol. I and II, Chaukhamba Orientalia,
- Asana Pranayama Mudra Bandha*, Yoga Publication, Trust Munger, Bihar India – Swami Satyananda Saraswati
- Bhagwat Gita* 6/23, Bhagwat Gita 2/50
- Carak Samhita* (1988), Sanskrit Text with English translation and critical exposition based on Cakrapanidutta’s Ayurveda dipika commentary by R.K. Sharma and Bhagwan Das, Vol. I, II and III, Chaukhamba Sanskrit Series Office, Varanasi.
- Chakrapanidutta* (1979), Cakradutta, ed. By Jagadiswar PT, Chaukhamba Sanskrit Series, Varanasi.

Dewhurst's Textbook of Obstetrics and Gynecology for Post Graduate (1971), 6th Ed1.Green E.E. Biofeedback for mind/body self – regulation, healing and creativity. In the variables of healing experience exploring psychic phenomenon in healing, academy of parapsychology and medicine.

Gherand Samhita 5/44

Hatha Yoga Pradipika (2/71-74)

Obstetrics Normal and Problem Pregnancies, Steven Gabbe, Fifth Edition.

Tatvargayo sanishad Sutra 6/1

Yoga Nida, Swami Satyanada Saraswati.

Yoga Nidra as therapy – Dr. Swami Shankar dev Sahaswati

Yoga and Pregnancy – Sophy Hoare Ch. 3, pg 19

Note for Contributors

SUBMISSION OF PAPERS

Contributions should be sent by email to Dr. Maneesha Shukla Editor-in-Chief, Anvikshiki, The Indian Journal of Research (maneeshashukla76@rediffmail.com). www.onlineijra.com

Papers are reviewed on the understanding that they are submitted solely to this Journal. If accepted, they may not be published elsewhere in full or in part without the Editor-in-Chief's permission. Please save your manuscript into the following separate files-**Title; Abstract; Manuscript; Appendix**. To ensure anonymity in the review process, do not include the names of authors or institution in the abstract or body of the manuscript.

Title: This title should include the manuscript, full names of the authors, the name and address of the institution from which the work originates the telephone number, fax number and e-mail address of the corresponding author. It must also include an exact word count of the paper.

Abstract: This file should contain a short abstract of no more than 120 words.

MANUSCRIPT: This file should contain the main body of the manuscript. Paper should be between 5 to 10 pages in length, and should include only such reviews of the literature as are relevant to the argument. An exact word count must be given on the title page. Papers longer than 10 pages (including *abstracts, appendices and references*) will not be considered for publication. Undue length will lead to delay in publication. Authors are reminded that Journal readership is abroad and international and papers should be drafted with this in mind.

References should be listed alphabetically at the end of the paper, giving the name of journals in full. Authors must check that references that appear in the text also appear in the References and *vice versa*. Title of book and journals should be italicised.

Examples:

BLUMSTEIN, A. and COHEN, J. (1973), 'A Theory of Punishment' *Journal of Criminal Law and Criminology*, 64:198-207

GUPTA, RAJKUMAR (2009), *A Study of The Ethnic Minority in Trinidad in The Perspective of Trinidad Indian's Attempt to Preserve Indian Culture*, India: Maneesha Publication,

RICHARDSON, G. (1985), 'Judicial Intervention in Prison Life', in M. Maguire, J. Vagg and R. Morgan, eds., *Accountability and Prisons*, 113-54. London: Tavistock.

SINGH, ANITA. (2007), *My Ten Short Stories*, 113-154. India: Maneesha Publication.

In the text, the name of the author and date of publication should be cited as in the Harvard system (e.g. Garland 1981: 41-2; Robertson and Taylor 1973; ii.357-9). If there are more than two authors, the first name followed by *et al.* is mandatory in the text, but the name should be spelt out in full in the References. Where authors cite them as XXXX+date of publication.

Diagrams and tables are expensive of space and should be used sparingly. All diagrams, figures and tables should be in black and white, numbered and should be referred to in the text. They should be placed at the end of the manuscript with their preferred location indication in the manuscript (e.g. Figure 1 here).

Appendix: Authors that employ mathematical modelling or complex statistics should place the mathematics in a technical appendix.

NOTE : Please submit your paper either by post or e-mail along with your photo, bio-data, e-mail Id and a self-addressed envelop with a revenue stamp worth Rs.51 affixed on it. One hard copy along with the CD should also be sent. A self-addressed envelop with revenue stamp affixed on it should also be sent for getting the acceptance letter. Contributors submitting their papers through e-mail, will be sent the acceptance letter through the same. Editorial Board's decision will be communicated within a week of the receipt of the paper. For more information, please contact on my mobile before submitting the paper. All decisions regarding members on Editorial board or Advisory board Membership will rest with the Editor. Every member must make 20 members for Anvikshiki in one year. For getting the copies of 'Reprints', kindly inform before the publication of the Journal. In this regard, the fees will be charged from the author.

COPYRIGHT of the papers published in the Journal shall rest with the Editor.



www.onlineijra.com

ISSN 0973-9777



09739777

₹ 1500/-