



## **SUPPORTING DOCUMENTS**

### **3.3.2**

**NUMBER OF RESEARCH PAPERS PER TEACHERS IN THE  
JOURNALS NOTIFIED ON UGC WEBSITE DURING THE YEAR**



St. Bede's College  
Shimla - 171002  
(UGC-NAAC "A" Grade Re-Accredited)  
College with Potential for Excellence  
Phone: 0177-2842304, Fax:- 0177-2842498  
[www.stbedescollege.in](http://www.stbedescollege.in), E-mail:- [bedescollege@gmail.com](mailto:bedescollege@gmail.com)

I, hereby confirm that a total of 21 research papers were published by the teachers in various national and international journals of repute during the year 2023-2024. The information of the total number is accurate to the best of my knowledge.

*mollym*  
Principal 11/08/24  
St. Bede's College  
Shimla

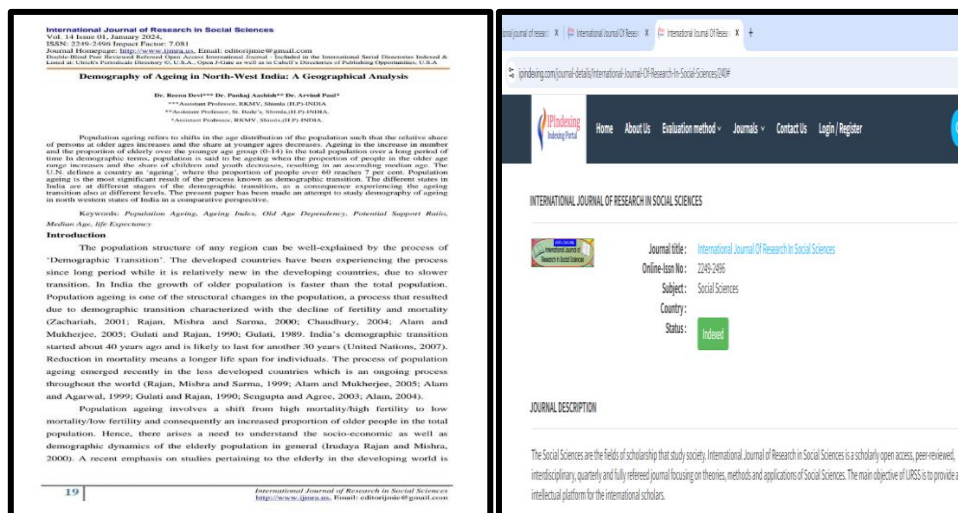


## TABLE OF CONTENTS

SR. NO.	NAME OF THE AUTHOR	LINK/PAGE NUMBER
1.	Dr. Pankaj Aashish	4
2.	Dr. Maheshwar S. thakur	4
3.	Dr. Madhu Bala	5
4.	Dr. Reena Thakur	5
5.	Dr. Kusum	6
6.	Mr. Sanjeev Kumar	6
7.	Ms. Divya Sharma	7
8.	Ms. Unnatti Chauhan	7
9.	Ms. Swati Kapil	8
10.	Dr. Vishal Chauhan	8
11.	Ms. Komal Sharma	9
12.	Dr. Ashwani Kumar	9
13.	Dr. Anil Khachi	10
14.	Dr. Anil Khachi	10
15.	Dr. Anil Khachi	11
16.	Dr. Anil Khachi	11
17.	Dr. Anil Khachi	12
18.	Dr. Anil Khachi	12
19.	Dr. Anil Khachi	13
20.	Dr. Anupama Tandon	13
21.	Dr. Shruti Gupta	14

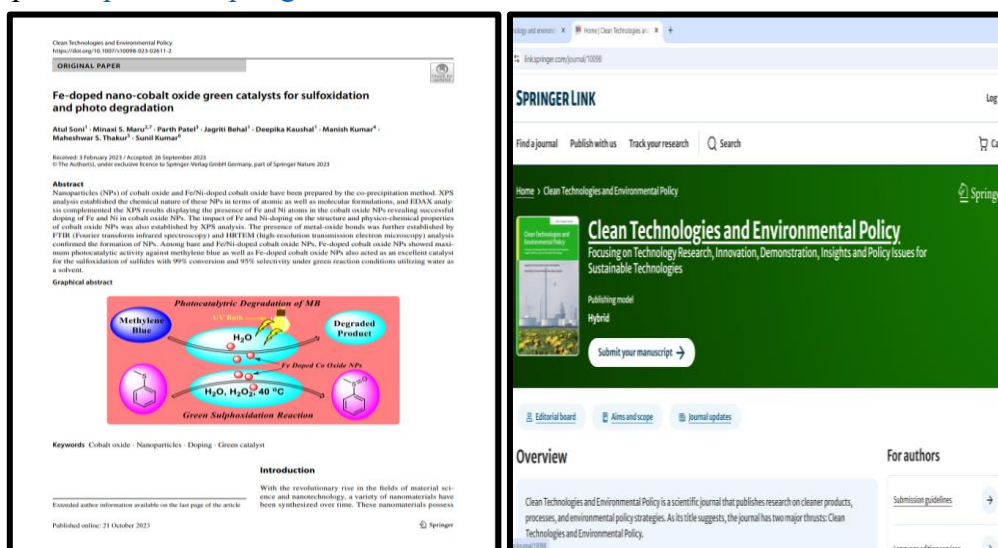


1. Name of the Author: Dr. Pankaj Aashish  
Department: Geography  
Journal of Research: International Journal of Research in Social Sciences  
ISSN No: 2249-2496  
Link to the Journal: <https://ipindexing.com/journal-details/International-Journal-Of-Research-In-Social-Sciences/240>  
Link to the Paper: <https://www.ijmra.us/project%20doc/2024/IJRSS JANUARY 2024/IJRSS3Jan24-11239.pdf>



**Dr. Pankaj Aashish**

2. Name of the Author: Maheshwar S. thakur  
Department: Chemistry  
ISSN No: 1618-9558  
Journal of Research: Clean Technologies and Environment Policy  
Link to the Journal: <https://link.springer.com/journal/10098>  
Link to the Paper: <https://link.springer.com/article/10.1007/s10098-023-02611-2>



**Dr. Maheshwar S. Thakur**



3. Name of the Author: Dr. Madhu Bala

Department: Chemistry

Journal of Research: Journal of Molecular Liquids

ISSN No: 0167-7322

Link to the Journal: <https://www.sciencedirect.com/journal/journal-of-molecular-liquids>

Link to the Paper: <https://doi.org/10.1016/j.molliq.2024.124997>



**Dr. Madhu Bala**

4. Name of the Author: Dr. Reena Thakur

Department: Microbiology

ISSN No: 0975-3303

Journal of Research: Mapana- Journal of Science

Link to the Journal: <https://journals.christuniversity.in/index.php/mapana>

Link to the Paper: <https://journals.christuniversity.in/index.php/mapana/article/view/3725>



**Dr. Reena Thakur**





5. Name of the Author: Kusum

Department: Botany

ISSN No: 0971-5371

Journal of Research: The Orchid Society of India

Link to the Journal: <https://orchidsocietyindia.org/journals/>

Link to the Paper: [https://orchidsocietyindia.org/wp-content/uploads/2024/04/LESSER-KNOWN-ORCHIDS-OF-HIMACHAL-PRADESH-NORTHWEST-HIMALAYAS\\_compressed.pdf](https://orchidsocietyindia.org/wp-content/uploads/2024/04/LESSER-KNOWN-ORCHIDS-OF-HIMACHAL-PRADESH-NORTHWEST-HIMALAYAS_compressed.pdf)



**Dr. Kusum**

6. Name of the Author: Sanjeev Kumar

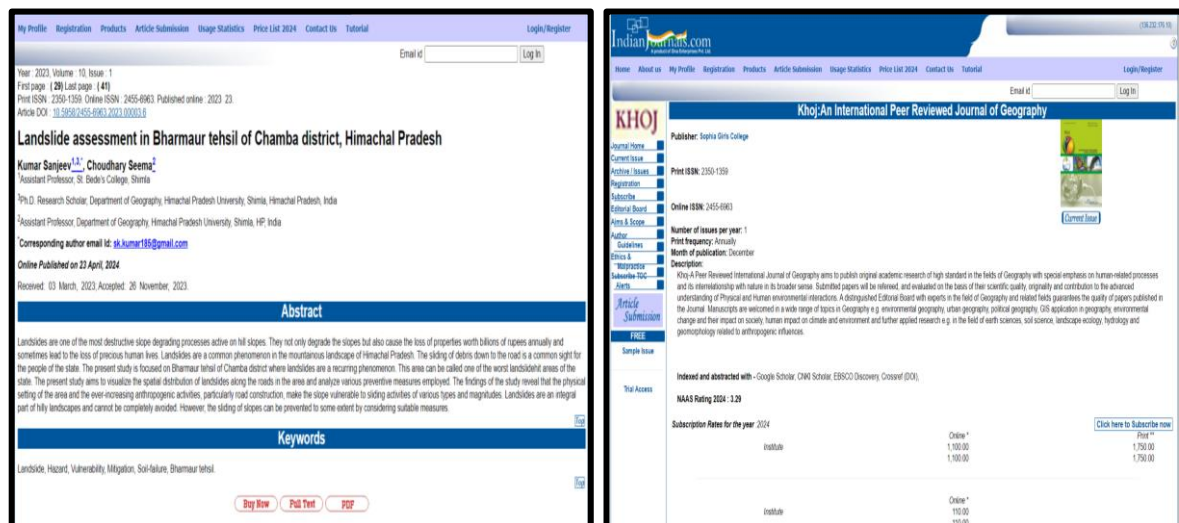
Department: Geography

Journal of Research: Khoj: An International Peer Reviewed Journal of Geography

ISSN No: 2455-6963

Link to the Journal: <http://www.indianjournals.com/ijor.aspx?target=ijor:khaj&type=home>

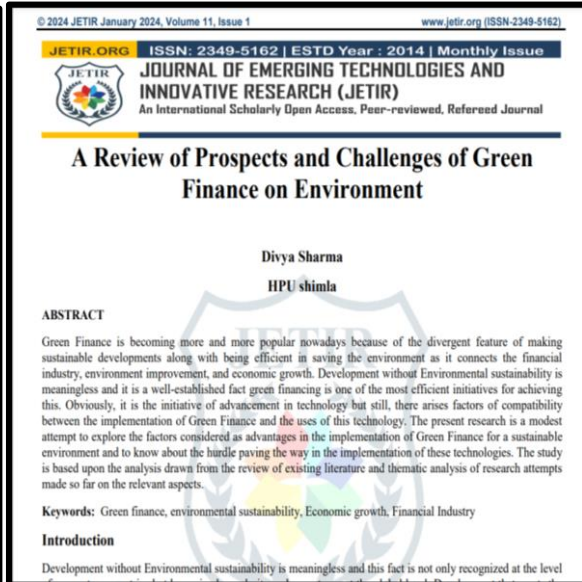
Link to the Paper: <http://dx.doi.org/10.5958/2455-6963.2023.00003.6>



**Mr. Sanjeev Kumar**

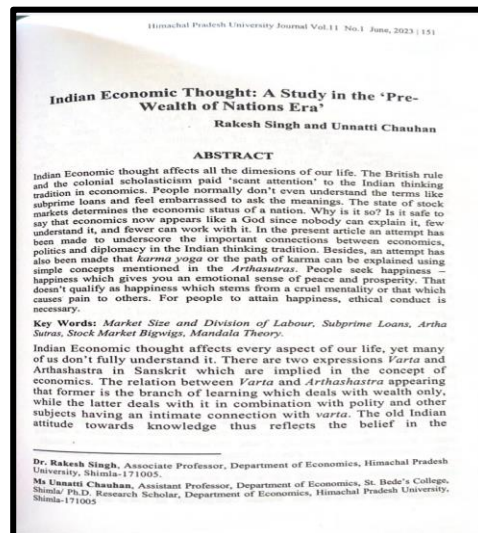
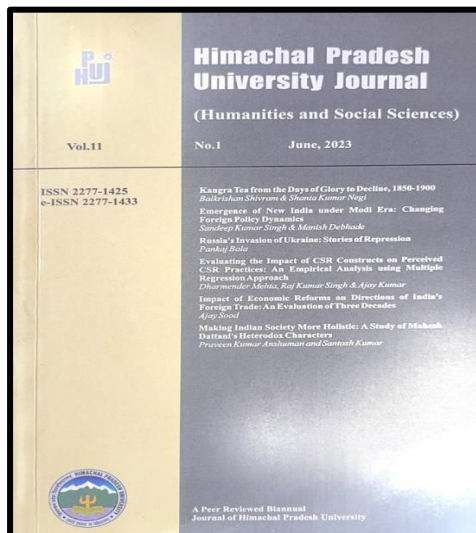


7. Name of the Author: Divya Sharma  
Department: Commerce and Management  
Journal of Research: Journal of Emerging Technologies and Innovative Research  
ISSN No: 2349-5162  
Link to the Journal: <https://www.jetir.org/view?paper=JETIR2401367>  
Link to the Paper: <https://www.jetir.org/papers/JETIR2401367.pdf>



*Ms. Divya Sharma*

8. Name of the Author: Unnatti Chauhan  
Department: Economics  
Journal of Research: Himachal Pradesh University Journal  
ISSN No:2277-1425  
Link to the Journal: <https://hpuniv.ac.in/innerpage/humanities-and-social-sciences.php>  
Link to the Paper:  
[https://hpuniv.ac.in/hpuniv/upload/uploadfiles/files/HPU\\_Journal\\_%20June\\_%202023\\_%20F\\_compressed.pdf](https://hpuniv.ac.in/hpuniv/upload/uploadfiles/files/HPU_Journal_%20June_%202023_%20F_compressed.pdf)



*Ms. Unnatti Chauhan*



9. Name of the Author: Swati Kapil

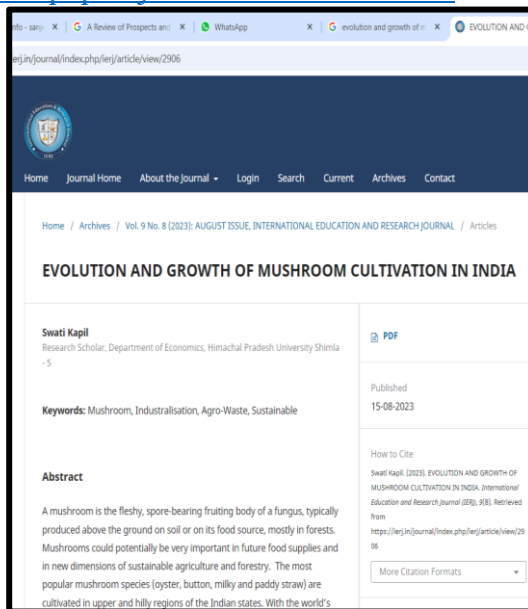
Department: Economics

Journal of Research: International Education and Research Journal

ISSN No: 2454-9916

Link to the Journal: <https://ierj.in/journal/index.php/ierj/article/view/2906>

Link to the Paper: <https://ierj.in/journal/index.php/ierj/article/view/2906/3158>



*Ms. Swati Kapil*

10. Name of the Author: Dr. Vishal Chauhan

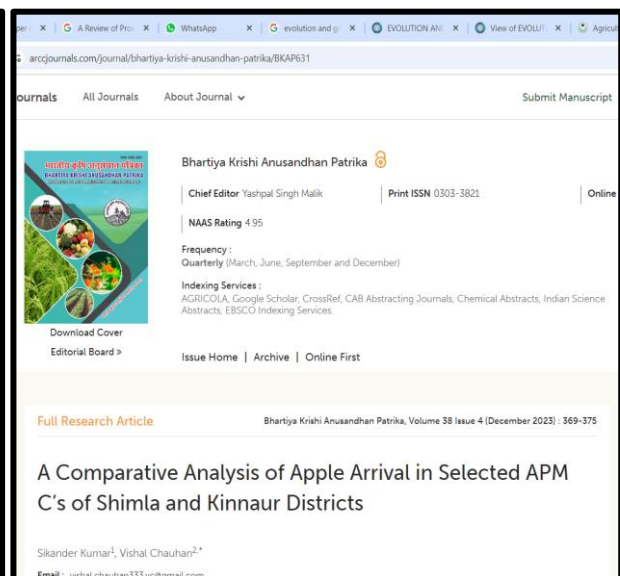
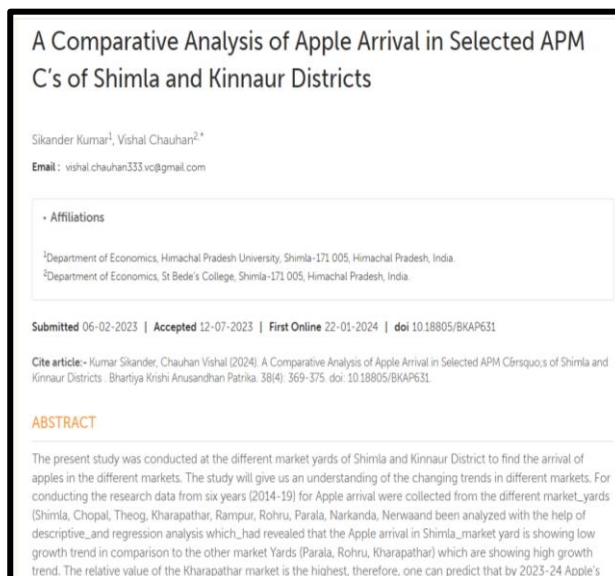
Department: Economics

Journal of Research: Bhartiya Krishi Anusandhan Patrika

ISSN No: 0976-4631

Link to the Journal: <https://arccjournals.com/journal/bhartiya-krishi-anusandhan-patrika/BKAP631>

Link to the Paper: <https://arccjournals.com/journal/bhartiya-krishi-anusandhan-patrika/BKAP631>



*Dr. Vishal Chauhan*





11. Name of the Author: Komal Sharma

Department: Political Science

Journal of Research: TIJER International Journal

ISSN No: 2349-9249

Link to the Journal: <https://www.tijer.org/tijer/pubcurrentissue.php?v=11&i=5>

Link to the Paper: <https://www.tijer.org/tijer/papers/TIJER2405275.pdf>

TIJER || ISSN 2349-9249 || © May 2024, Volume 11, Issue 5 || [www.tijer.org](http://www.tijer.org)

## “DECODING ROLE OF WOMEN IN DEENDAYAL UPADHYAY’S INTEGRAL HUMANISM”

Komal Sharma, PhD Scholar, Himachal Pradesh University

**Abstract-**

Many political thinkers have contributed for the growth of various disciplines by creating extraordinary doctrines and philosophies. But many a times these theorists acclaim their works to be universal in application, thus challenging grand philosophies of west. Pt. Deendayal Upadhyay came out with an exclusive model of development for India after gaining independence from the clutches of Britons. The doctrine of *Panditji* called ‘Integral Humanism’ clearly outlined the roadmap of development for *Bharat* which incorporated role of *dharma*, *chiti*, *virat* and synergy between different sections of people in the society. He outrightly highlighted the importance of decentralization, local self-government, swadeshi and development of indigenous technology for the overall growth and progression which suited India. But the concern is “Was this model of development all inclusive and incorporated all sections of 20<sup>th</sup> century Bharat?”. This paper therefore, aims to highlight the generalized concept of Integral Humanism and locating role of women within integrated society which has not been explicitly foregrounded and eulogized.

**Keywords:**

Humanism, *Dharma*, *Chiti*, Multiculturalism, Socialism, Capitalism, Democracy, Liberty, Diversity.

**Introduction**

Many thinkers starting from ancient Greek city state’s Socrates, Plato, Odyssey to the famous Kautilya, Marx, or Mill, all have contributed in developing political thought and given famous theories on variant matters. But, the adoption of these theories is accompanied with a limitation of time and context. None of the so called universal ideas can be implemented as it is in forming the suitable developmental model by any Nation or a

Peer Reviewed ISSN Approved | Impact Factor: 8.57

### TIJER INTERNATIONAL JOURNAL

International Peer Reviewed & Refereed Journal, Open Access Journal  
ISSN 2349-9249 | Impact factor: 8.57 | ESTD Year: 2014

ISSN: 2349-9249  
International Peer Reviewed  
Refereed Journals,  
Open Access Journal

**TIJER**

Scholarly open access journal, Peer-reviewed, and Refereed Journal, Impact factor 8.57 (Calculate by google scholar and Semantic Scholar | AI-Powered Research Tool), Multidisciplinary, Monthly, Indexing in all major database & Metadata, Citation Generator, Digital Object Identifier(DOI)

Website: [www.tijer.org](http://www.tijer.org)  
E-mail: [editor@tijer.org](mailto:editor@tijer.org)

*Ms. Komal Sharma*

12. Name of the Author: Dr. Ashwani Kumar

Department: Physical Education

Journal of Research: Survey in Fisheries Sciences

ISSN No: 2368- 7487

Link to the Journal: <https://www.sifisheriessciences.com/index.php/journal>

Link to the Paper: <https://sifisheriessciences.com/index.php/journal/article/view/1626/970>

Journal of Survey in Fisheries Sciences 10(1) 3638-3640 2023

**Comparison Of Selected Cardio Respiratory Function Between Selected Players Of Respective Games**

Kumar Ashwani<sup>1\*</sup>, Singh Ranbir<sup>2</sup>, Chauhan Jayanti<sup>3</sup>, Kumar Ashwani<sup>4</sup>, Rathour Mamta Singh<sup>5</sup>

<sup>1</sup>Department of Physical Education, St. Bede's College, Shimla (H.P)-INDIA.  
<sup>2</sup>Principal, Govt. Arts and Sports College, Jalandhar, (P.B)-INDIA.  
<sup>3</sup>Director of Physical Education, VP & RPTP, Science College, Vallabh Vidyanagar, Anand, (G.J)-INDIA.  
<sup>4</sup>Associate Professor, Government College, Ishtara, Kangra, (H.P)-INDIA.  
<sup>5</sup>Research Scholar, SGB, Amravati University, Amravati (M.S)-INDIA.

\*Corresponding Author: Kumar Ashwani  
Email: [ashwani.28.2010@rediffmail.com](mailto:ashwani.28.2010@rediffmail.com)

**Abstract:**  
A main objective of the study was to find out the Cardio Respiratory function between selected players of respective games of Himachal Pradesh University, Shimla of Himachal Pradesh State. 80 Male players were selected on the basis of simple random sampling method in which 40-40 players were selected from Himachal Pradesh state university Shimla. To find out significant difference comparative 't' test was implemented. Interuniversity's Football Players was found significantly higher Resting Heart Rate than the Inter-Collegiate Football Players. For Vital capacity there was no significant difference found between Inter-Collegiate Football Players Groups and Inter- University Football Players Groups (0.05 level of significance). In Aerobic capacity Interuniversity Football Players was significantly higher in Aerobic Capacity in comparison Intercollegiate Football Players at 0.05 level of significance.

**Keywords:** Cardio Respiratory Function & selected players of H.P University.

**Introduction:**  
Cardio Respiratory function is the ability to take and deliver and uses of oxygen. It's dependent on the function of cardio-respiratory system like heart and lungs. The improvement of cardio-respiratory fitness is directly related with the frequency, intensity, duration and mode of exercises. Sport plays a vital role in the development of human being. Due to regular physical activities we can enhance our anatomical, physiological and psychological structure.

**Objective of the Study:**  
The objective of the study was to compare the selected cardio-respiratory function between selected players of respective games of Himachal Pradesh University, Shimla of Himachal Pradesh State.

**Design of the Study:**  
For this study, 80 Male Players in which 40-40 players were selected players of H.P University. The average age of the subjects was 18-24 years as obtained records from Department of Sports, H.P University. The level of participation of players was at Intercollegiate and Interuniversity level of competitions.

The test had been selected for related physiological variables:  
• Resting Heart Rate: Measure of Resting Heart Rate by Palpation Method  
• Vital Capacity: Measure of Vital Capacity by using Wet Spirometer.  
• Aerobic Capacity: Cooper's 12 Minutes Run-Walk Test.

The reliability co-efficient of the test items of selected cardio-vascular functions were calculated by test-retest correlation.

**Statistical Analysis:**  
Table: I reliability co-efficient of test items of resting heart rate, Vital capacity and aerobic capacity

Sr. No.	Name of the Test Items	Co-efficient 'r'
1.	Resting Heart Rate	0.99*
2.	Vital Capacity	0.94*
3.	Cooper's 12 minute Run-Walk Test (Aerobic Capacity)	0.85*

[sifisheriessciences.com/index.php/journal](https://www.sifisheriessciences.com/index.php/journal)

Journal of Survey in Fisheries Sciences

Journal of Survey in Fisheries Sciences (SFS) ISSN: 2368-7487, is published three times annually in February, June, and October. This is a scientific journal reporting on research in aquatic disciplines related to fisheries. Research papers on fisheries/aquaculture and fishery-related subjects will be considered for publication. All material submitted must be original and unpublished. Three categories of papers are considered for publication: "Original research," "Short communications," and "Reviews." Topics of interest to the journal include new information on various animal and plant species related to fisheries and aquaculture. Specific areas of interest include aquatic ecosystems, methods of propagation and culture of high value

*Dr. Ashwani Kumar*



13. Name of the Author: Anil Khachi

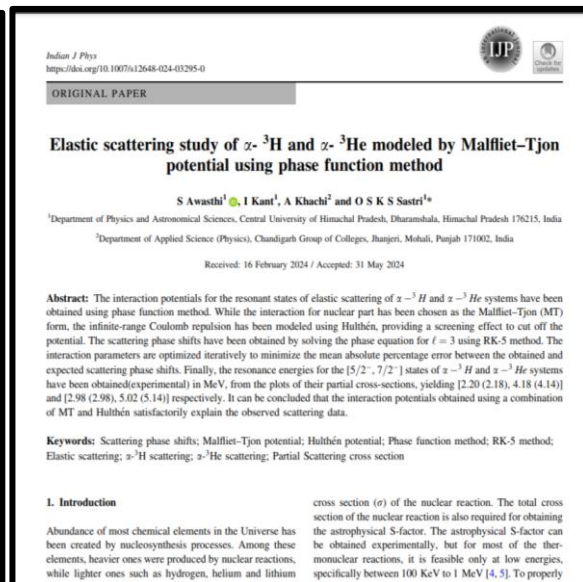
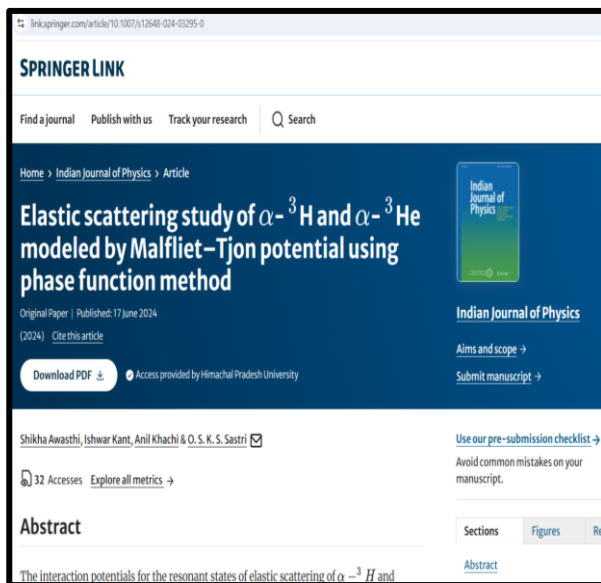
Department: Physics

Journal of Research: Indian Journal of Physics

ISSN No: 0974-9845

Link to the Journal: <https://link.springer.com/article/10.1007/s12648-024-03295-0>

Link to the Paper: <https://link.springer.com/content/pdf/10.1007/s12648-024-03295-0.pdf>



*Dr. Anil Khachi*

14. Name of the Author: Anil Khachi

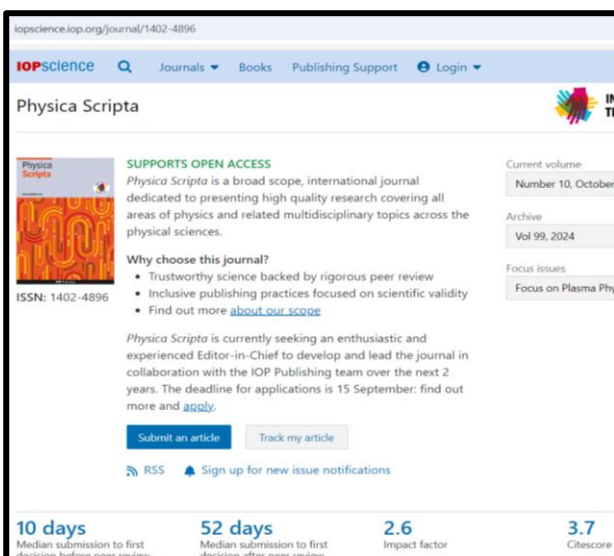
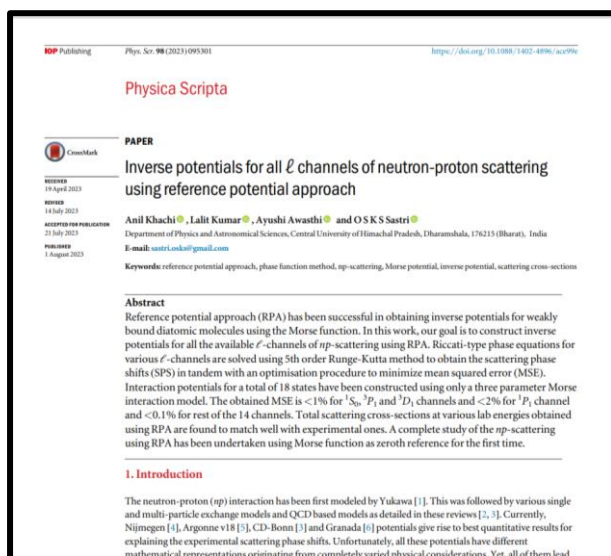
Department: Physics

Journal of Research: Physica Scripta

ISSN No: 1402-4896

Link to the Journal: <https://iopscience.iop.org/journal/1402-4896>

Link to the Paper: <https://iopscience.iop.org/article/10.1088/1402-4896/ace99e/meta>



*Dr. Anil Khachi*



15. Name of the Author: Anil Khachi

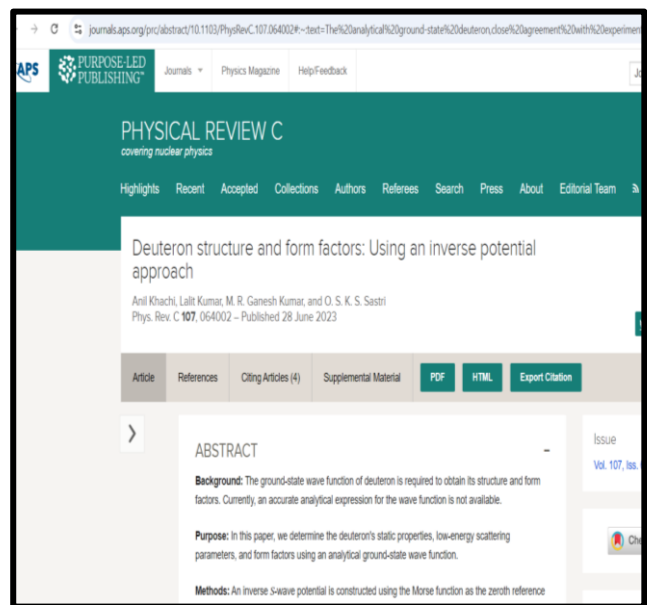
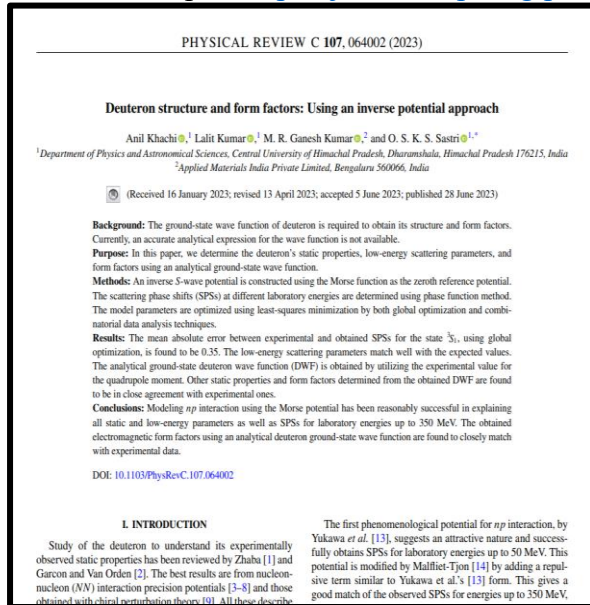
Department: Physics

Journal of Research: Physical Review C

ISSN No: 2469-9993

Link to the Journal: <https://journals.aps.org/prc/>

Link to the Paper: <https://journals.aps.org/prc/abstract/10.1103/PhysRevC.107.064002>



*Dr. Anil Khachi*

16. Name of the Author: Anil Khachi

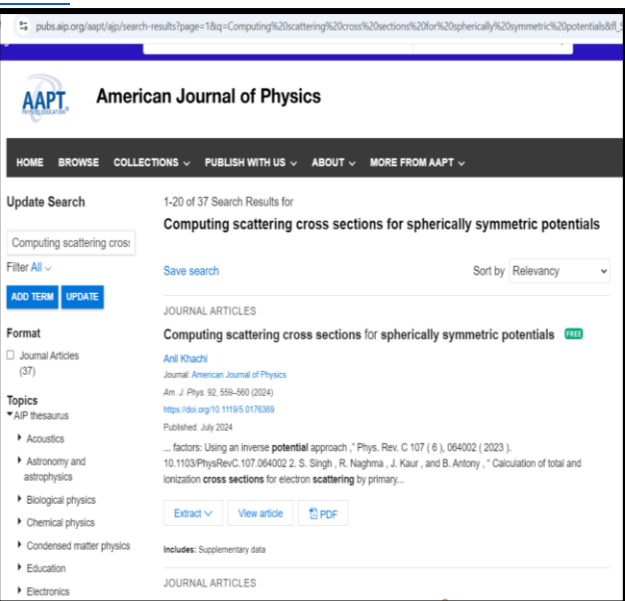
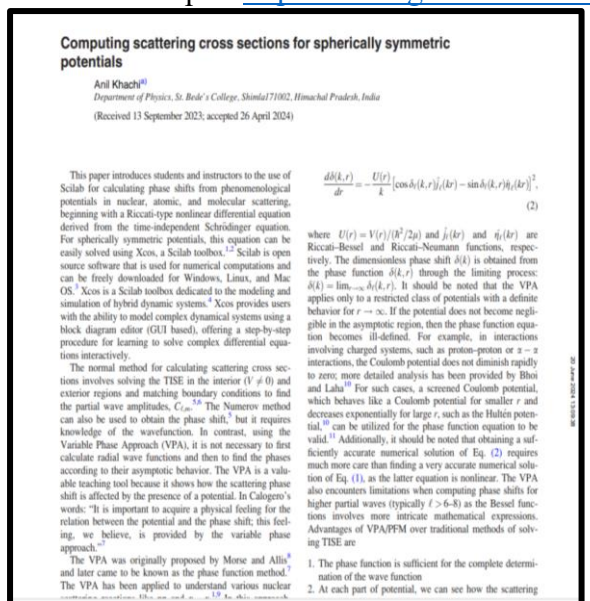
Department: Physics

Journal of Research: American Journal of Physics

ISSN NO: 0002-9505

Link to the Journal: <https://pubs.aip.org/aapt/ajp>

Link to the Paper: <https://doi.org/10.1119/5.0176369>



*Dr. Anil Khachi*





17. Name of the Author: Anil Khachi

Department: Physics

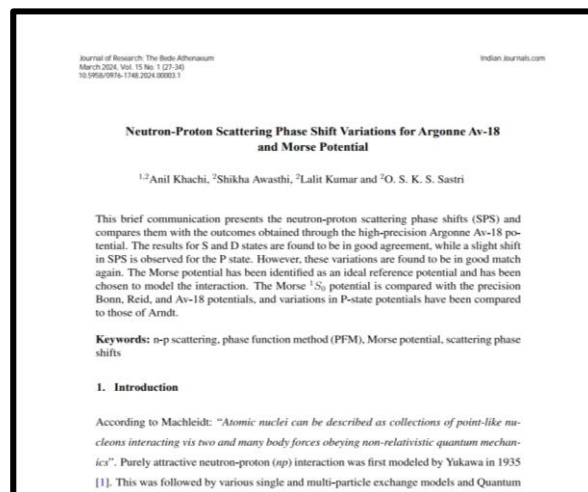
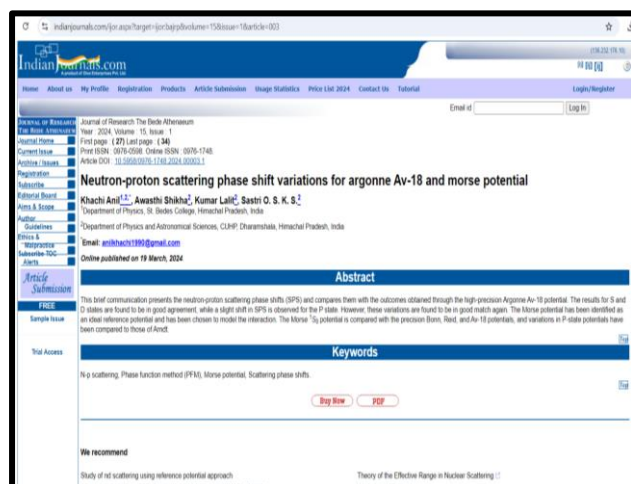
Journal of Research: The Bede Athenaeum

ISSN No: 0976-1748

Link to the Journal:

<https://www.indianjournals.com/ijor.aspx?target=ijor:bajrp&volume=15&issue=1&article=003>

Link to the Paper: <http://dx.doi.org/10.5958/0976-1748.2024.00003.1>



*Dr. Anil Khachi*

18. Name of the Author: Anil Khachi

Department: Physics

Journal of Research: The Bede Athenaeum

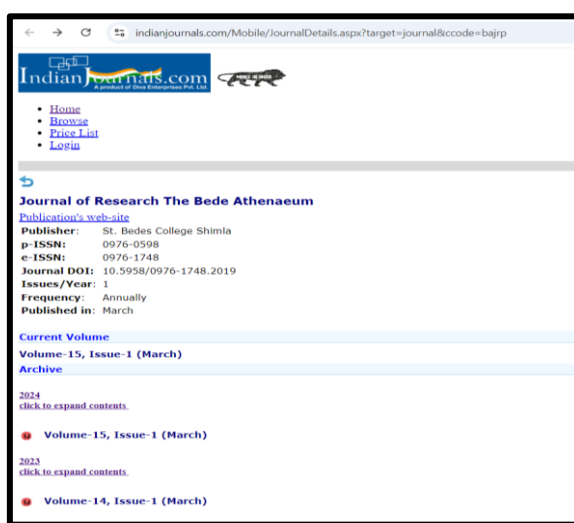
ISSN No: 0976-1748

Link to the Journal:

<https://indianjournals.com/Mobile/JournalDetails.aspx?target=journal&ccode=bajrp>

Link to the Paper:

[https://www.researchgate.net/publication/379124080\\_Study\\_of\\_nd\\_scattering\\_using\\_reference\\_potential\\_approach](https://www.researchgate.net/publication/379124080_Study_of_nd_scattering_using_reference_potential_approach)



*Dr. Anil Khachi*





19. Name of the Author: Anil Khachi

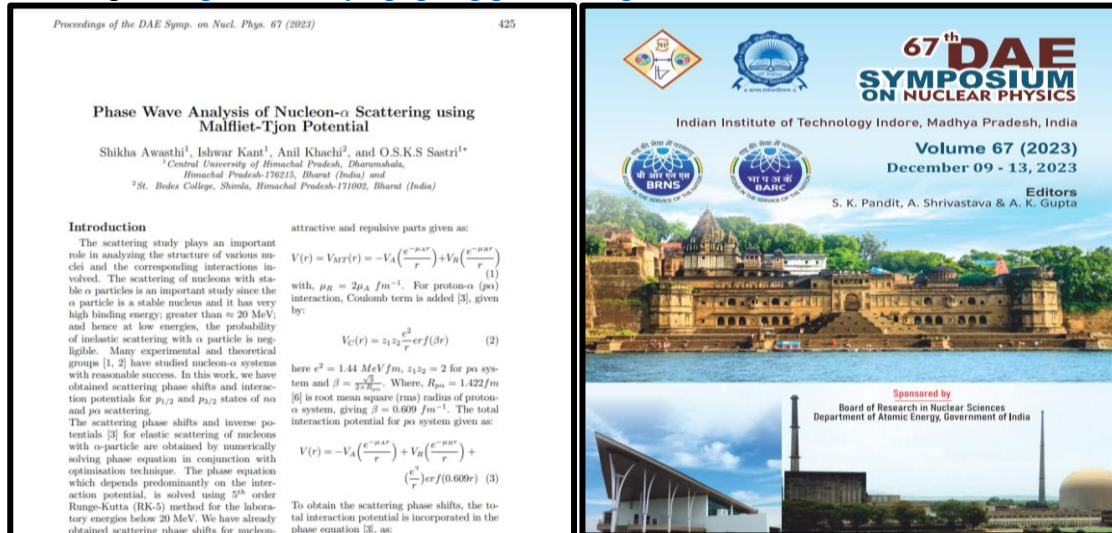
Department: Physics

Journal of Research: 67<sup>th</sup> DAE Symposium on Nuclear Physics

ISSN No:

Link to the website: <https://www.sympnp.org/proceedings/>

Link to the Paper: <https://www.sympnp.org/proceedings/>



*Dr. Anil Khachi*

20. Name of the Author: Dr. Anupama Tandon

Department: Economics

Journal of Research: International Journal of Research in Social Sciences

ISSN No: 2249-2496

Link to the Journal: <https://www.ijmra.us/>

Link to the Paper:

[https://ijmra.us/project%20doc/2023/IJRSS\\_DECEMBER2023/IJRSS1Dec23\\_22957.pdf](https://ijmra.us/project%20doc/2023/IJRSS_DECEMBER2023/IJRSS1Dec23_22957.pdf)



*Dr. Anupama Tandon*



21. Name of the Author: Shruti Gupta

Department: Biotechnology

Journal of Research: The Bede Athenaeum

ISSN No: 0976-1748

Link to the Journal:

<https://indianjournals.com/Mobile/JournalDetails.aspx?target=journal&cocode=bajrp>

Link to the Paper: <http://dx.doi.org/10.5958/0976-1748.2024.00001.8>

Journal of Research: The Bede Athenaeum  
March 2024, Vol. 15 No. 1 (1-17)  
10.5958/0976-1748.2024.00001.8

Indian Journals.com

### Bio-Economic Establishment of a Carbon Neutral India: Vital role of Biotechnology

Shruti Gupta and Shamsher Singh Kanwar\*

For the development of a green economy which is competitive, low-carbon, socially inclusive and resource-efficient, the main goals of the European Union (EU) have been enshrined to be achieved by 2050. Climatic changes all over the world and the threats posed thereof have urged several organizations globally to move towards a carbon-neutral or climate-neutral world. Achieving a carbon-neutral world with net zero greenhouse gas emissions by the year 2050 requires a fervent transition of value chains across the world economy by phasing out technologies and infrastructures that cause fossil carbon emissions. Indirectly, this is a major step to promote the use of renewable energy resources. For the last few years, many developed nations and emerging economies around the world have designed and adopted bio-economic strategies which cover all systems and sectors that reckon on biological resources (including animals, plants, microorganisms, derived biomass, and organic waste) their functions as well as principles. In the early years of the last decade, India commenced a vision to become a bio-economic country via extending the benefits of biotechnology to its citizens by the year 2025. The present review discusses the strategies undertaken by India to establish its bio-economy and to become carbon neutral as well as how recent biotechnological advancements play a significant role in it.

**Keywords:** India; bio-economy; carbon neutral; biotechnology; greenhouse gasses

**Graphical abstract**

Indian Journals.com  
A product of Shree Enterprises Pvt. Ltd.

- [Home](#)
- [Browse](#)
- [Price List](#)
- [Login](#)

**Journal of Research The Bede Athenaeum**  
[Publication's web-site](#)  
**Publisher:** St. Bedes College Shimla  
**p-ISSN:** 0976-0598  
**e-ISSN:** 0976-1748  
**Journal DOI:** 10.5958/0976-1748.2019  
**Issues/Year:** 1  
**Frequency:** Annually  
**Published in:** March

**Current Volume**  
**Volume-15, Issue-1 (March)**  
**Archive**

2024  
[click to expand contents.](#)

**Volume-15, Issue-1 (March)**

2023  
[click to expand contents.](#)

**Volume-14, Issue-1 (March)**

*Dr. Shruti Gupta*