



SUPPORTING DOCUMENTS

3.3.3

**NUMBER OF BOOKS AND CHAPTERS IN EDITED
VOLUMES/BOOKS PUBLISHED AND PAPERS PUBLISHED IN
NATIONAL/ INTERNATIONAL CONFERENCE PROCEEDINGS PER
TEACHER DURING THE YEAR**



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I, hereby confirm that a total of 12 books/book chapters were published by the teachers in various national and international edited books during the year 2023-2024. The information of the total number is accurate to the best of my knowledge.

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

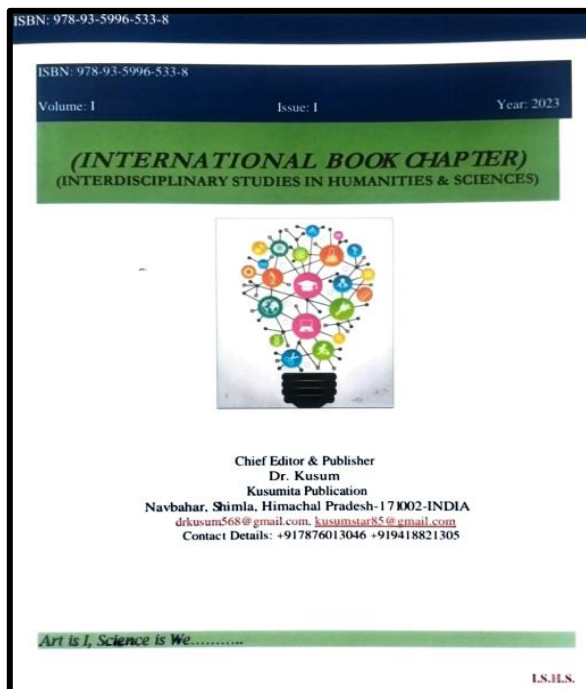


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1. Name of the Author: Dr. Pankaj Aashish
Department: Geography
Title of Book/Chapter: International Book Chapter: Interdisciplinary Studies in Humanities and Science
Year: 2023-24
ISBN: 978-93-5996-5333-8



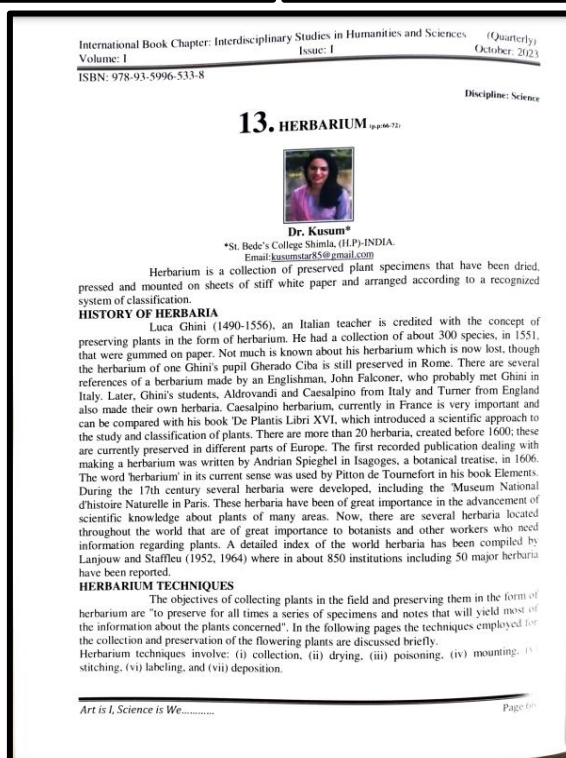
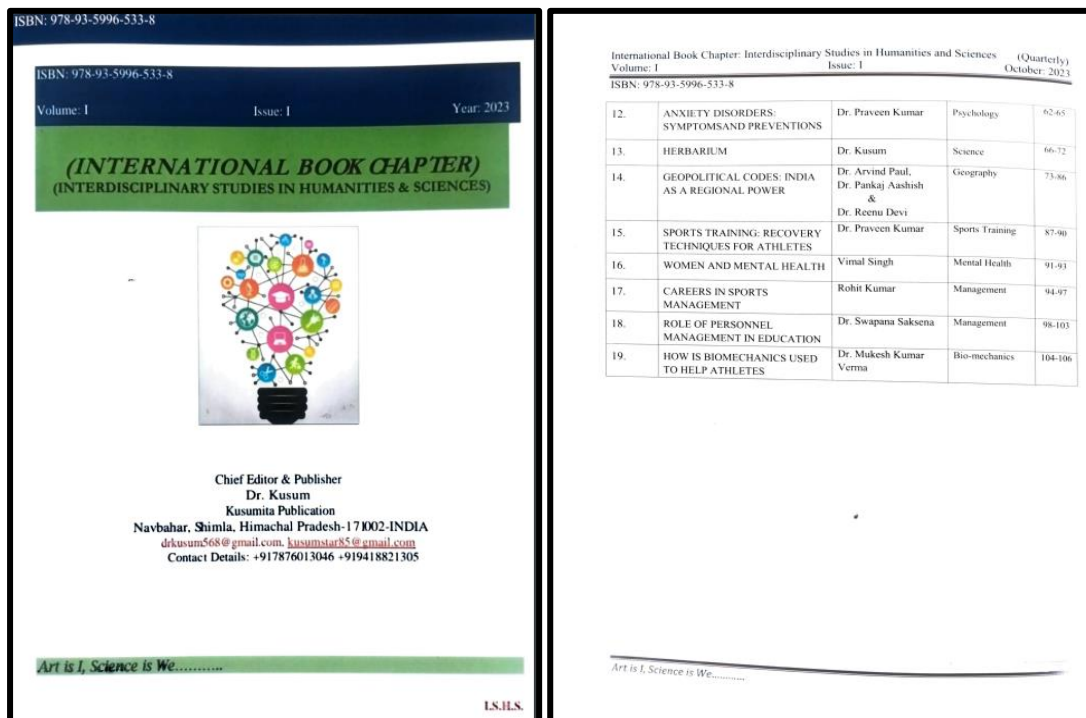
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Volume: I		Issue: I			October, 2023
ISBN: 978-93-5996-533-8					
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Art is I, Science is We.....

Dr. Pankaj Aashish



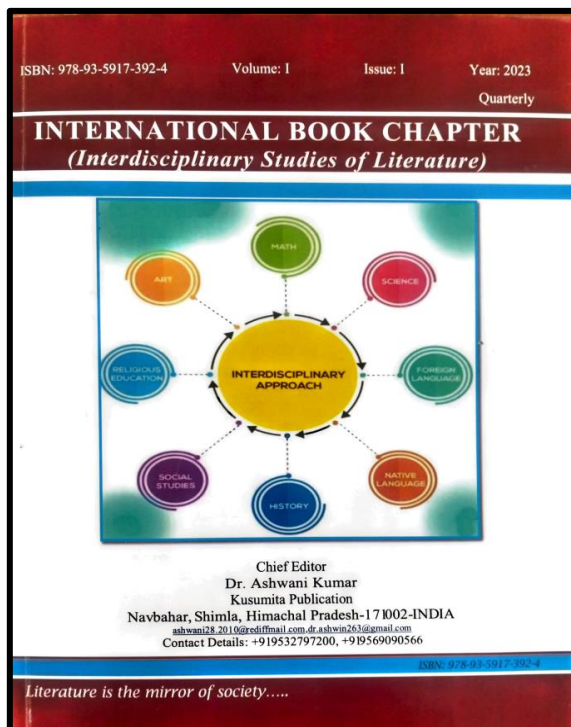
2. Name of the Author: Dr. Kusum
Department: Botany
Title of Book/Chapter: International Book Chapter: Interdisciplinary Studies in Humanities and Science
Year: 2023-24
ISBN: 978-93-5996-5333-8



Dr. Kusum



3. Name of the Author: Dr. Kusum
Department: Botany
Title of Book/Chapter: International Book Chapter: Interdisciplinary Studies of Literature
Year: 2023-24
ISBN: 978-93-5917-392-4




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2.	PHILOSOPHICAL PERSPECTIVE OF EDUCATION	Dr. Neha Pathar	B-Education	9-16
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4.	STRESS AND MENTAL HEALTH	Dr. Praveen Kumar	C-Health Psychology	22-26
5.	STRESS AND PHYSICAL HEALTH	Poonam Joshi	C-Health Psychology	27-31
6.	EMOTIONS AND HEALTH	Sheela Devi	C-Health Psychology	32-34
7.	MECHANISMS FOR THE EFFECTS OF STRESS ON HEALTH	Dr. Ashwani Kumar	C-Health Psychology	35-41
8.	THERAPEUTIC EFFECTS OF YOGA TOWARDS ENHANCED QUALITY OF LIFE: A REVIEW	Anju & Leena Sharma	D-Yoga	42-49
9.	YOGA: HEALTH BENEFITS	Dr. Kashmir Singh	D-Yoga	50-53
10.	HEALTH PROMOTION AND WELLNESS	Dr. Madhu Gaur	E-Health	54-57
11.	ADAPTED PHYSICAL EDUCATION	Dr. Dny Borah	F-Special Education	58-61
12.	ATHLETICS INJURIES IN SPORTS AND THEIR PREVENTIONS	Dr. Rakesh Pathak	G-Injuries and Rehabilitation	62-65
13.	NUTRITION FOR FITNESS AND SPORTS	Dr. Ashwani Kumar	H-Health Nutrition & Sports	66-68
14.	BASICS OF SPORTS TRAINING	Dr. Prem Prakash Singh	I-Sports Training	69-72
15.	ROLE OF INFORMATION COMMUNICATION AND TECHNOLOGY IN EDUCATION	Dr. Anuradh Singh	J-ICT	73-75
16.	ANATOMY AND PHYSIOLOGY OF PHYSICAL EXERCISE	Dr. Priyanka Singh	K-Anatomy & Physiology	76-79
17.	PHYSIOLOGY OF EXERCISE IN PHYSICAL EDUCATION	Dr. Bhupinder Tanwar	K-Anatomy & Physiology	80-87
18.	SPORTS MEDICINE AND EXERCISE PHYSIOTHERAPY	Dr. Vivek Singh	L-Sports Medicine & Exercise Physiotherapy	88-92

International Book Chapter: Interdisciplinary Studies of Literature (Quarterly)
Volume: I Issue: I October: 2023
ISBN: 978-93-5917-392-4

Part: A: Scientific Discipline

1. MINERAL NUTRITION IN PLANTS_{pp.1-8}



Dr. Kusum*
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Mineral Nutrition is defined as the naturally occurring inorganic nutrient found in the soil and food that is essential for the proper functioning of animal and plant body. Minerals are vital elements necessary for the body. Both the plants and animals require minerals essentially. For example, Zinc is necessary for the manufacture of protein and for cell division.

Nutrients which are required by plants in very small amounts are termed as Micro Elements or micronutrients. Some of them include boron, copper, manganese, iron, chlorine, and molybdenum. Nutrients which are required by plants in larger amounts are termed as Macronutrients. Some of them include sulfur, nitrogen, carbon, phosphorus, calcium, potassium and magnesium.

INTRODUCTION

All green plants are autotrophic as they synthesize their own organic requirements by way of photosynthesis. Autotrophic organisms require inorganic substances from outside. While heterotrophic organisms like animals, non-green plants, and albino mutants of the green plants require the supply of both organic and inorganic substances from outside. This supply is called nutrition. With the exception of carbon, hydrogen and oxygen, green plants obtain all other inorganic substances directly or indirectly from soil. The supply of inorganic substances is called mineral nutrition. Chemical analysis reveals the presence of a large number of mineral elements in the plant body. However, the amount and number of elements present in plants may differ from plant to plant, place to place and habitat to habitat in which the plants grow.

Carbon, hydrogen and oxygen are called framework elements as they enter into the constitution of the plant parts, cell wall, and protoplasm. A number of other constituents of plants and photochemical require frame-work elements. Nitrogen, sulphur and phosphorus are required in protoplasmic constitution. Iron, copper, zinc, manganese, etc. are involved in many enzyme systems. Absorbed mineral salts also affect the osmotic pressure, pH of the cells. The elements and their salts also perform antagonistic and balancing effects in the cell metabolism. The cytoplasmic permeability is based on the combined effects of cations and anions of the medium in contact.

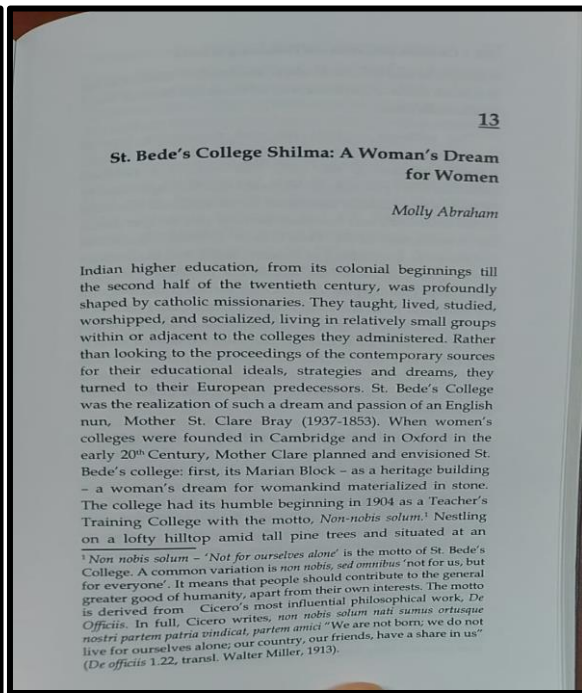
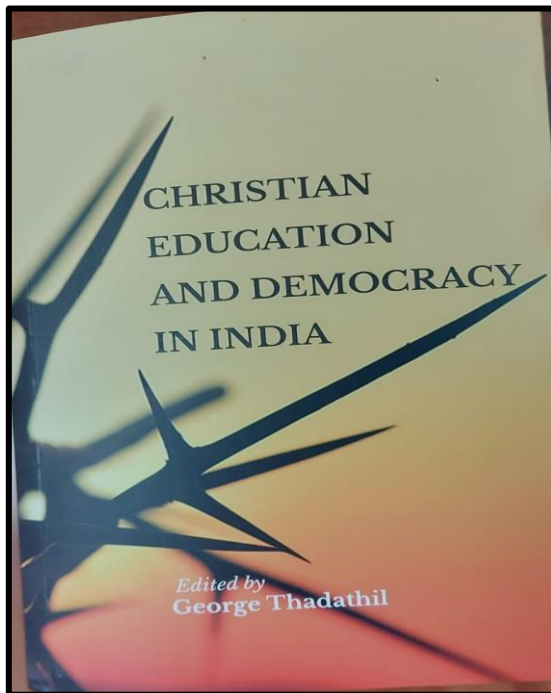
Most of these elements occur in very minute quantities in plants and their presence too is not very constant. The constantly found elements in the ash of the plant, though in varying proportions in different plants, are potassium, calcium, magnesium, iron and sodium among metals; and sulphur, phosphorus, chlorine and silicon among the non-metals. In addition certain other elements found in traces only are boron, manganese, zinc, copper, molybdenum.

ISBN: 978-93-5917-392-4
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Page 1

Dr. Kusum



4. Name of the Author: Prof. Sr. Molly Abraham
 Department: History
 Title of Book/Chapter: Christian Education and Democracy in India
 Year: 2023-24
 ISBN: 8196657749



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Prof. Sr. Molly Abraham



5. Name of the Author: Unnatti Chauhan
Department: Economics
Title of Book/Chapter: International Book Chapter: Interdisciplinary Studies of Literature
Year: 2023-2024
ISBN: 978-93-5917-392-4

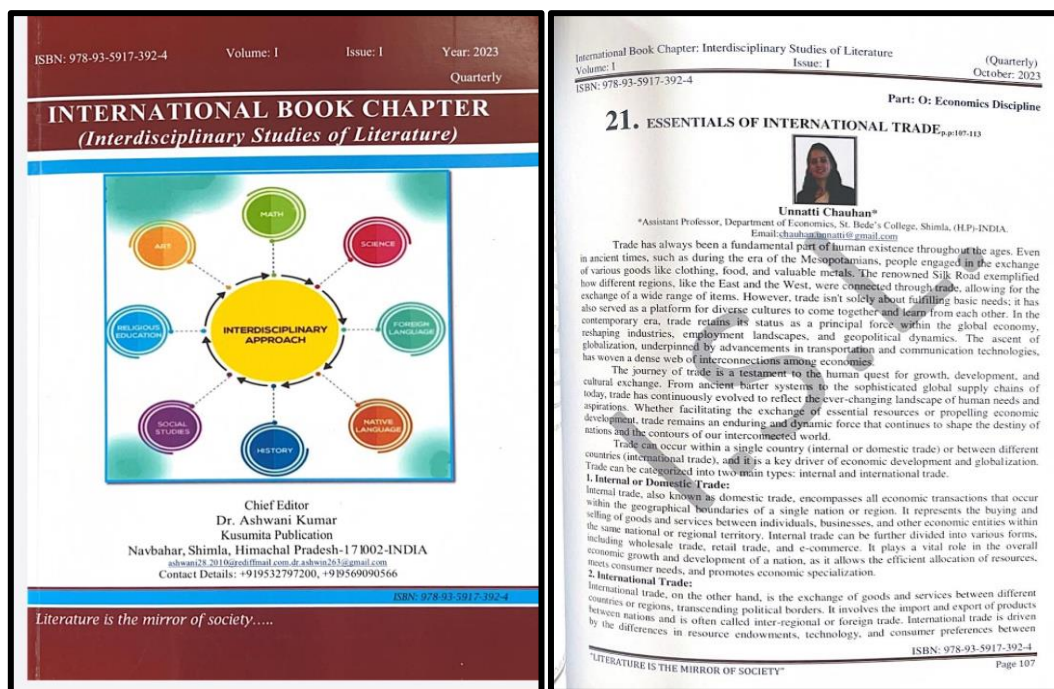
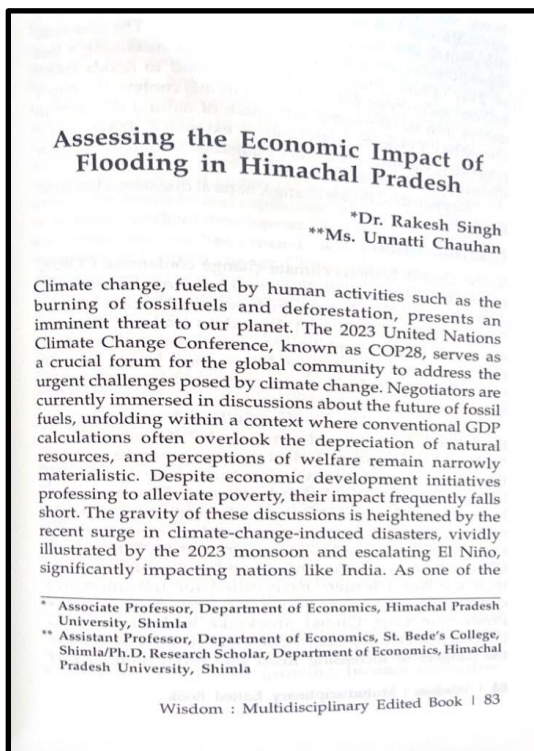
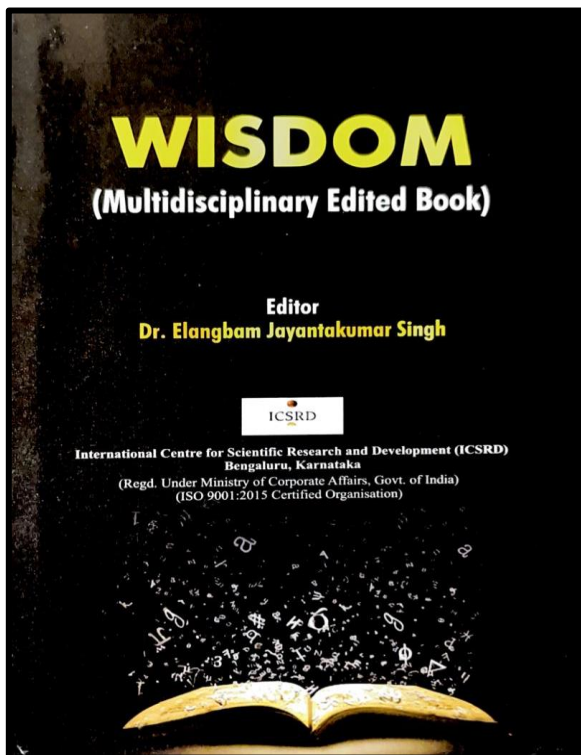


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Ms. Unnatti Chauhan



6. Name of the Author: Unnatti Chauhan
Department: Economics
Title of Book/Chapter: Wisdom (Multidisciplinary Edited Book)
Year: 2023-2024
ISBN: 978-81-963779-2-2



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6 | Wisdom : Multidisciplinary Edited Book

Ms. Unnatti Chauhan



7. Name of the Author: Dr. Ashwani Kumar
Department: Physical Education
Title of Book/Chapter: International Book Chapter: Interdisciplinary Studies in Humanities and Science
Year: 2023-2024
ISBN: 978-93-5996-533-8

International Book Chapter: Interdisciplinary Studies in Humanities and Sciences (Quarterly) Volume: 1 Issue: 1 October: 2023 ISBN: 978-93-5996-533-8				
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4.	APPLICATION OF KINANTHROPOMETRY IN SPORTS	Dr. Bhupinder Tanwar	Kinanthropometry	14-17
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Discipline: Research	
2. HISTORICAL RESEARCH: A WAY OF REALIZATION_{Page 7-10}	
	
Dr. Ashwani Kumar* *St. Bede's College, Shimla, (H.P.) INDIA. Email: drashwani263@gmail.com	
<p>History is a meaningful record of human achievement. It is not merely a list of chronological events but a truthful integrated account of the relationships between persons, events, times, and places. History is used to understand the past and to try to understand the present in light of past events and developments. History is also used to prevent "reinventing the wheel" every few years. Historical analysis may be directed toward an individual, an idea, a movement, or an institution. However, none of these objects of historical observation can be considered in isolation. People cannot be subjected to historical investigation without some consideration of their interaction with the ideas, movements, and/or institutions of their times. The focus merely determines the points of emphasis toward which historians direct their attention.</p> <p>Historical research can be qualitative or quantitative (or a combination). The type of approach should be determined by the issue addressed and the data available. For example, research on the relative school performance during the depression as compared to the years just before it should probably include a quantitative analysis of the school performance data from the two time frames. On the other hand, Whitehead's (1996) description of the life and work of the Reverend Bartholomew Booth from 1760 to 1785 are appropriately qualitative. Those who wish to engage in historical research should read the works of historians about the methods and approaches regarding historical studies in education (e.g., Berkhofer, 1995; Cohen, 1994; Seldon, 1988; Tuchman, 1994).</p> <p>"Historical research represents a systematic enquiry into the past and an attempt to separate true from fictionalized accounts of historical events, based upon the examination of a wide range of relevant source material. This is an important task because history is the source of many of our ideas, beliefs and customs. A better understanding of the past places us in a more advantageous position to appreciate change in the present and to try and learn from past mistakes."</p> <p>DIFFICULTIES ENCOUNTERED IN HISTORICAL RESEARCH</p> <p>The problems involved in the process of historical research make it a somewhat difficult task. A major difficulty is delimiting the problem so that a satisfactory analysis is possible. Too often beginners state a problem much too broadly; the experienced historian realizes that historical research must involve a penetrating analysis of a limited problem</p>	
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Dr. Ashwani Kumar



8. Name of the Author: Dr. Ashwani Kumar
Department: Physical Education
Title of Book/Chapter: International Book Chapter: Interdisciplinary Studies of Literature
Year: 2023-2024
ISBN: 978-93-5917-392-4

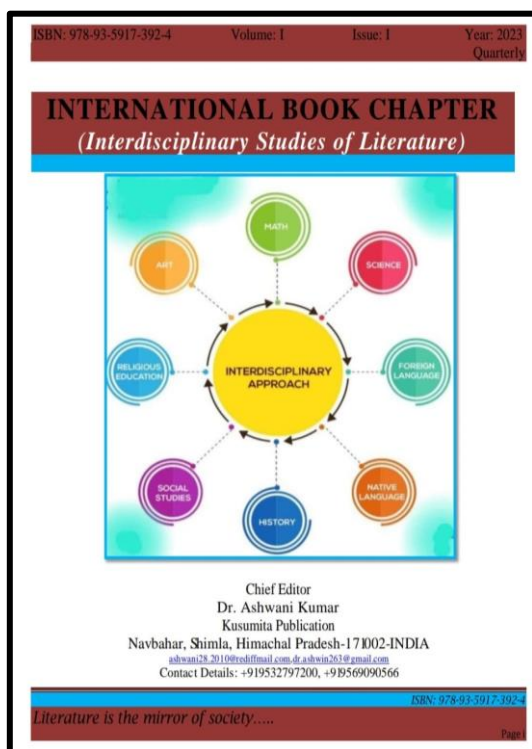



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International Book Chapter: Interdisciplinary Studies of Literature (Quarterly)
Volume: 1 Issue: 1 October: 2023
ISBN: 978-93-5917-392-4

7. MECHANISMS FOR THE EFFECTS OF STRESS ON HEALTH_{p.35-41}



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Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.

How do stress and the need for adaptation affect bodily processes? How might stressful life events lead to illness? Several routes are possible. First, the experience of (particularly high levels of) stress can prompt an individual to engage in behavior that is compromising to his or her health. Chronic daily stress and/or stressful life events can divert an individual's attention away from caring for him or herself and leave little or no time for exercise, proper diet, and plenty of restful sleep. Even worse, the individual might attempt to cope with the stress by engaging in short-term pleasant, but nevertheless unhealthy, behaviors such as drinking alcohol excessively or eating foods that are high in sugar and fat. Indeed, studies of health behavior suggest that people who are under high stress consume more alcohol, cigarettes, coffee, and "fast food" and exercise less than do people who experience lower levels of stress (Melamed et al., 1997; Ogden & Mitandabari, 1997; Steptoe et al., 1998). An individual under stress might be so distracted that he or she forgets to wear a safety belt while driving or drives so distractedly as to increase the chances of an accident. Under high levels of stress, people are more likely to be injured on the job, in sports activities, while driving a car, and even in accidents at home (Johnson, 1986; Quick & Quick, 1984). Second, as we examined in detail in Chapter 8, some people react to stressful conditions in their lives by adopting the "sick role" and seeking healthcare services (Mechanic, 1972). The embracing of "illness" as the explanation for personal distress allows the individual a reason for not functioning effectively. In doing so, the individual is able to preserve his or her self-concept because illness is a socially acceptable excuse for failing to meet one's obligations. Illness brings secondary gains that allow the individual legitimately to avoid dealing with the events that cause so much stress in the first place. A third explanation, which we will pursue in the remainder of this chapter, involves a direct and detrimental effect of stress on bodily processes. As we will see, stress can produce physiological changes that are conducive to the development of disease. Furthermore, physical vulnerability in the form of a preexisting condition can be exacerbated by stress, and certain diseases can become considerably worse in the presence of stress.

Cross-cutting these three possible explanations is a broad mechanism for the effect of stress on physical health and symptoms. It is personality (see van Heck, 1997 for

ISBN: 978-93-5917-392-4
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Dr. Ashwani Kumar



9. Name of the Author: Dr. Ashwani Kumar
Department: Physical Education
Title of Book/Chapter: Anatomy and Physiology of Exercise
Year: 2023-2024
ISBN: 978-93-340-2924-6

ISBN: 978-93-340-2924-6	March, 2024
ANATOMY AND PHYSIOLOGY OF EXERCISE (BASED ON SYLLABUS)	
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Kusumita Publication Navbahar, Shimla, (H.P)-171002-INDIA kusumitapublication@gmail.com Publication Year: 2024	
ISBN: 978-93-340-2924-6	March, 2024

ISBN: 978-93-340-2924-6	March, 2024
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ISBN: 978-93-340-2924-6	March, 2024

ISBN: 978-93-340-2924-6	March, 2024
ANATOMY AND PHYSIOLOGY OF EXERCISE	
(As per syllabus prescribed by the University) COURSE CODE: PED201TH	
Dr. Ashwani Kumar & Dr. Vinod Kumar	
Kusumita Publication Navbahar, Shimla, (H.P)-171002-INDIA kusumitapublication@gmail.com	
ISBN: 978-93-340-2924-6	March, 2024

Dr. Ashwani Kumar



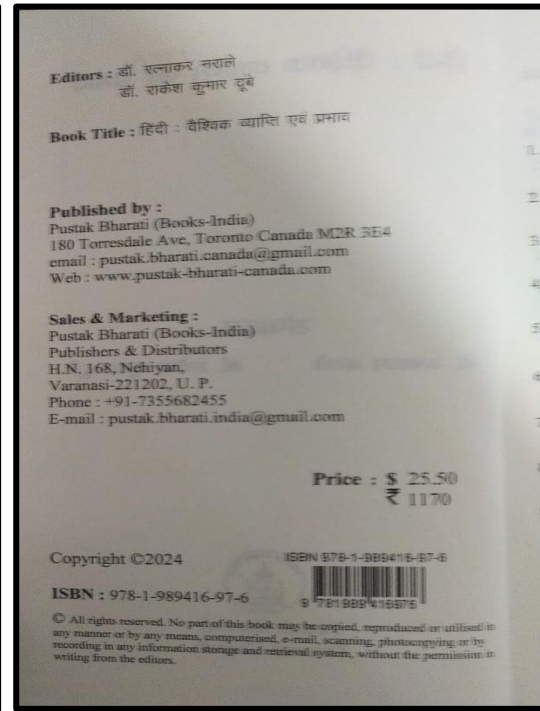
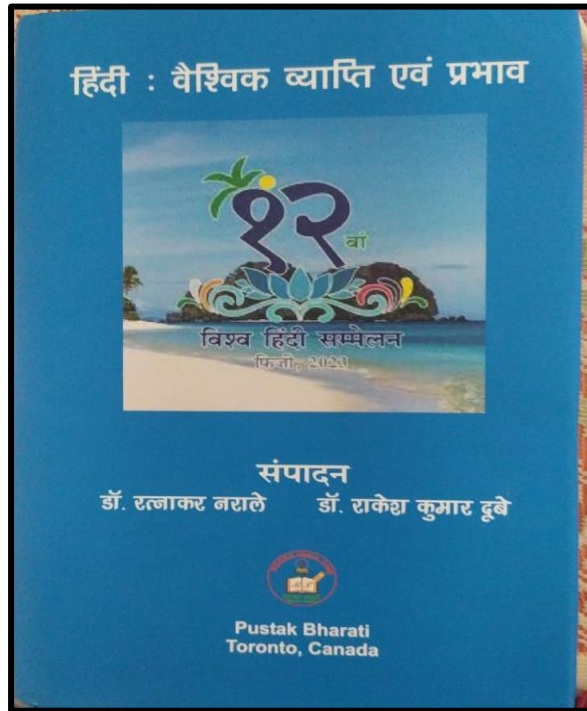
10. Name of the Author: Dr. Devina Auchoybur

Department: Hindi

Title of the Book/Chapter: Hindi Vaishvik Vyapti Avam Prabhav

Year: 2023-2024

ISBN No: 978-1-989416-97-6



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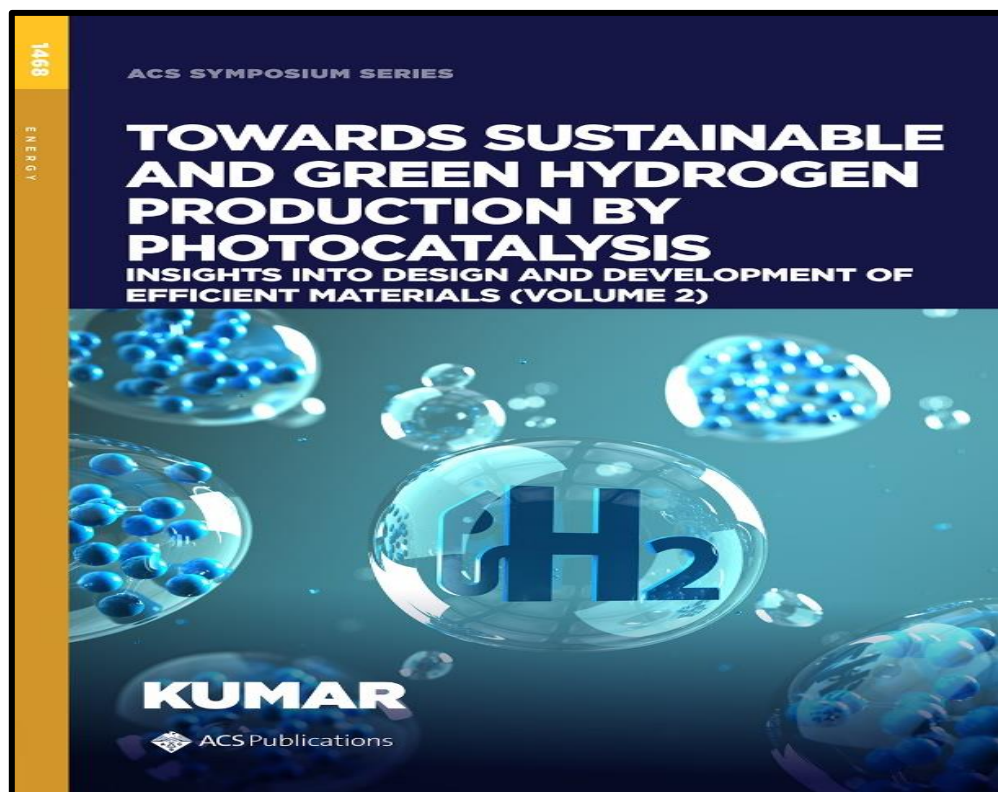
11. Name of the Author: Dr. Maheshwar S. Thakur

Department: Chemistry

Title of the Book/Chapter: Towards Sustainable and Green Hydrogen Production by Photocatalysis: Insights into Design and Development of Efficient Materials (Volume 2)

Year: 2023-2024

eISBN No: 9780841296701



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Publication Date: May 15, 2024
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ACS Symposium Series, Vol. 1468
eISBN: 9780841296701

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SUBJECTS: Catalytic activity, Evolution reactions, Oxides, Photocatalysts, Two dimensional materials

Abstract

Hydrogen is the most effective and sustainable substitute for fossil fuels. The reactions associated with the generation of hydrogen have been the focus of much research in the past. To date, a myriad of catalysts have been reported to achieve high HER rates. With the combinations of various catalyst, graphene

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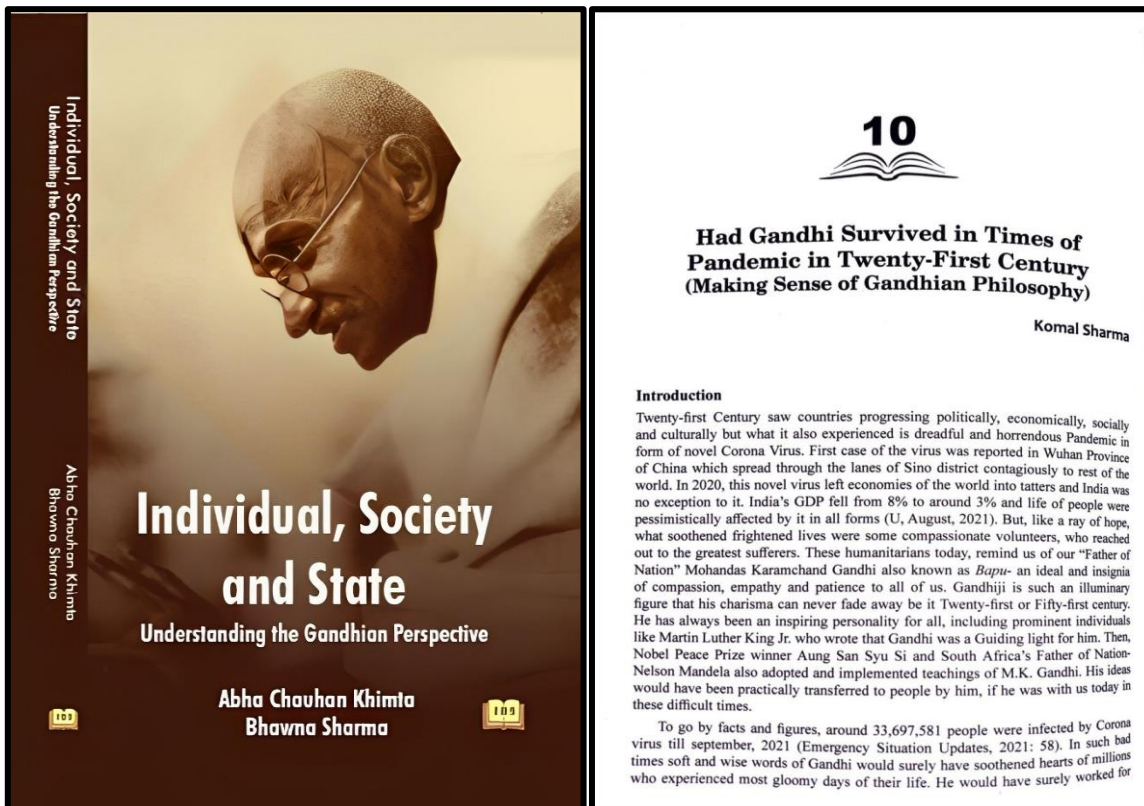
Department: Political Science

Title of Book/Chapter: Individual, Society and State: Understanding the Gandhian

Year: 2023-2024

ISBN: 978-93-91377-49-6

Individual, Society and State : Understanding the Gandhian Perspective Abha Chauhan Khimta and Bhawna Sharma	
© Publisher and Authors First Published: 2023 ISBN : 978-93-91377-49-6	
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