



St. Bede's College Shimla
(UGC-NAAC "A+" Grade Re-Accredited)

CRITERION 3

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

NAMES OF THE AUTHORS

DR. NEHA GAUTAM

DR. ANJALI DEWAN

DR. ANJALI DEWAN



St. Bede's College Shimla

1. Neha Gautam- Microbiology
 Reseach Journal- Journal of Food Quality and Hazards Control
 ISSN Number- 2345-6825
 Year- 2019
 Link to website of the Journal- [Journal of food quality and hazards control \(ssu.ac.ir\)](http://ssu.ac.ir)
 Link to article/paper/abstract of the article- <https://jfqhc.ssu.ac.ir/article-1-541-en.pdf>

Traditional Fermented Indian Foods: A Treasure Hunt for Rare Lactic Acid Bacteria

N. Gautam ^{1*}, N. Sharma ²

1. Department of Microbiology, St. Bede's College, Navbahar, 171002, Shimla, HP, India

2. Microbiology Research Laboratory, Department of Basic Sciences, Dr. Y.S. Parmar University of Horticulture and Forestry, Nauni, Solan, 173230, HP, India

* Corresponding author. ✉ neha_mbg@yahoo.com
 ORCID ID: <https://orcid.org/0000-0001-61546486>

Diversity of Indian fermented foods is related to incomparable food culture of each community. Various types of Indian ethnic fermented foods and beverages are produced either naturally or by adding mixed starter cultures using traditional or scientific knowledge of food fermentation (Sekar and Mariappan, 2007). In India, particularly in its hilly states, fermented foods are regularly being consumed by the people since ages (Kore et al., 2012). These traditional fermented foods are untapped treasure hunts for rare Lactic Acid Bacteria (LAB) with immense health benefits. LAB play an important role in the traditional fermentation processes by their functional properties such as biopreservation, bioenrichment of nutritional value, bioavailability of minerals, production of antioxidants, antimicrobial activities, and probiotic properties (Akbar et al., 2016; Gautam and Sharma, 2015).

far, many LAB have been isolated from Indian traditional fermented food and beverages, such as *Lactococcus lactis*, *L. brevis*, *L. acidophilus*, *Pediococcus* sp., *L. spicheri*, *L. plantarum*, *L. fermentum*, and *L. curvatus* (Gautam and Sharma, 2009a,b; Gautam and Sharma, 2015). All these reported lactic acid bacteria have tremendous potential to inhibit growth of spoilage causing and food-borne pathogenic bacteria viz., *Listeria monocytogenes*, *Clostridium perfringens*, *C. botulinum*, *Staphylococcus aureus*, *Bacillus cereus*, *L. plantarum*, *Leuconostoc mesenteroides*, *Enterococcus faecalis*, *Salmonella* sp., *Vibrio cholera*, *V. parahaemolyticus*, and *Aeromonas hydrophila*. Isolation and screening of lactic acid bacteria from naturally occurring food sources have been proven to be a good source of food grade lactic acid bacteria with probiotic potential and bacteriocin



Neha Gautam

BACK



Editorial

Traditional Fermented Indian Foods: A Treasure Hunt for Rare Lactic Acid Bacteria

N. Gautam^{1*}, N. Sharma²

1. Department of Microbiology, St. Bede's College, Navbahar, 171002, Shimla, HP, India

2. Microbiology Research Laboratory, Department of Basic Sciences, Dr. Y.S. Parmar University of Horticulture and Forestry, Nauni, Solan, 173230, HP, India

* Corresponding author. ✉ ncha_nshg@yahoo.com
ORCID ID: <https://orcid.org/0000-0001-61546486>

Diversity of Indian fermented foods is related to incomparable food culture of each community. Various types of Indian ethnic fermented foods and beverages are produced either naturally or by adding mixed starter cultures using traditional or scientific knowledge of food fermentation (Sekar and Mariappan, 2007). In India, particularly in its hilly states, fermented foods are regularly being consumed by the people since ages (Kore et al., 2012). These traditional fermented foods are untapped treasure hunts for rare Lactic Acid Bacteria (LAB) with immense health benefits. LAB play an important role in the traditional fermentation processes by their functional properties such as biopreservation, bioenrichment of nutritional value, bioavailability of minerals, production of antioxidants, antimicrobial activities, and probiotic properties (Akbar et al., 2016; Gautam and Sharma, 2015). Also, it has been shown that LAB may cause anti-allergic effects in the consumers (Ai et al., 2016; Cross and Gill, 2001; Taghavi et al., 2014). Till date, so many rare traditional/local food items have been selected by many researchers around the globe to isolate LAB with novelty; however, many potential LAB are still unexplored. Diverse indigenous Indian foods have also been reported in literature for isolation process of bacteriocin producing LAB. Sepu vari, Dangal Vari, Chur saag, Salori, Nashasta, Chaang (fermented wheat), Chaang (fermented rice) are common local fermented Indian food products. The use of LAB and its antimicrobial compounds is a promising ongoing development in food preservation. So

far, many LAB have been isolated from Indian traditional fermented food and beverages, such as *Lactococcus lactis*, *L. brevis*, *L. acidophilus*, *Pediococcus* sp., *L. spicheri*, *L. plantarum*, *L. fermentum*, and *L. curvatus* (Gautam and Sharma, 2009a,b; Gautam and Sharma, 2015). All these reported lactic acid bacteria have tremendous potential to inhibit growth of spoilage causing and food-borne pathogenic bacteria viz., *Listeria monocytogenes*, *Clostridium perfringens*, *C. botulinum*, *Staphylococcus aureus*, *Bacillus cereus*, *L. plantarum*, *Leuconostoc mesenteroides*, *Enterococcus faecalis*, *Salmonella* sp., *Vibrio cholera*, *V. parahaemolyticus*, and *Aeromonas hydrophila*. Isolation and screening of lactic acid bacteria from naturally occurring food sources have been proven to be a good source of food grade lactic acid bacteria with probiotic potential and bacteriocin producing capabilities. The use of lactic acid bacteria and its antimicrobial compounds especially bacteriocins is a promising ongoing development in food preservation (Akbar et al., 2016; Gautam and Sharma, 2009a,b). Bacteriocin production has been reported to be affected by several factors, including fermentation conditions, such as pH, temperature, and inoculum size. The increasing of bacteriocin production and improving its activity has economical importance due to reduction of production cost. Beside use of only one of the metabolite i.e. bacteriocin, the use of whole LAB cells (probiotics) have also been established to enhance immunity as well as to cure many ailments in human beings (Sourabh et al.,

To cite: Gautam N., Sharma N. (2019). Traditional fermented Indian foods: a treasure hunt for rare lactic acid bacteria. *Journal of Food Quality and Hazards Control*. 6: 42-43.

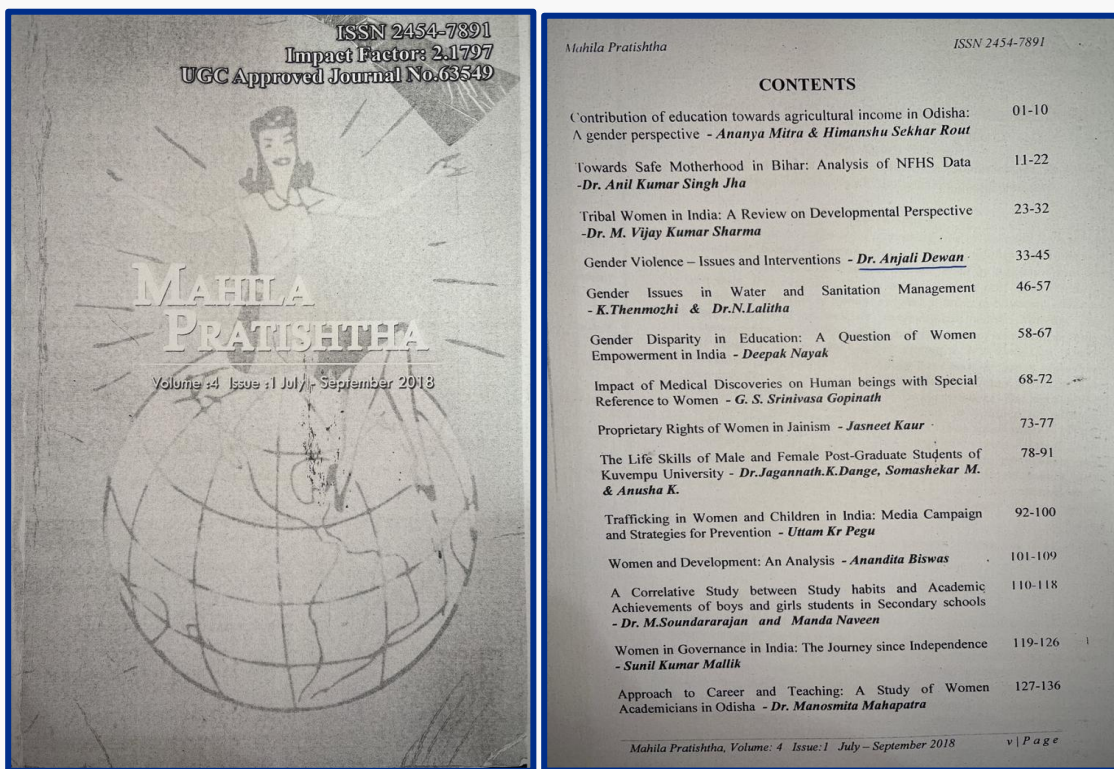
DOI: 10.18502/jfqc.6.2.952

Journal website: <http://www.jfqc.com>



St. Bede's College Shimla

2. Dr. Anjali Dewan- Home Science
Research Journal- Mahila Pratishtha
ISSN Number- 2454-7891
Year- 2018
Link to website of the Journal: [Mahila Pratishtha - JOURNAL INDEX \(scholarimpact.org\)](http://Mahila Pratishtha - JOURNAL INDEX (scholarimpact.org))



Dr. Anjali Dewan



St. Bede's College Shimla

Dr. Anjali Dewan
 Mahila Pratishtha ISSN 2454-7891
 Vol.4, Issue:1, July – September 2018

Gender Violence – Issues and Interventions

Dr. Anjali Dewan
 Associate Professor & Head, Department of Home Science, St. Bede's
 College, Shimla, Email: dewananajli@rediffmail.com

ABSTRACT

Women continue to suffer from increasing tide of violence both inside and outside homes. Domestic violence is an ongoing experience of physical, emotional and/or sexual abused faced by women within the household. It is considered as an accepted norm, part of married life and not as a violation of woman's rights. It has a debilitating effect on women's physical as well as psychological health. Noticing and acknowledging the warning signs and symptoms of domestic violence and abuse is the first step towards ending it. It is time that women themselves come forward, start taking their own decisions regarding their life. But this cannot be possible without a change in the attitude and a change in the views of their family members. The need of the hour is not simply to criticize the social or cultural or political structure but the actual empowerment of women in all spheres of life. Empowerment of women has multiple, inter-related and interdependent dimensions in relation to resources, perceptions and power to take their own decisions. Educational attainment and economic participation are the key components in ensuring their empowerment which enhances their ability to influence changes and to create a better society.

Key words: Domestic violence, interventions, sensitization, counseling, Indian Penal code, empowerment.

Introduction

A society that is unable to respect, protect and nurture its women and children loses its morality and runs adrift. Many centuries have come and gone but the plight of women is not likely to change. In our Indian society, women occupy a vital position. But, this glorification is more or less mythical only because women find themselves totally suppressed. Violence affects the lives of millions of women worldwide, in all socio-economic and educational classes. It cuts across cultural and religious barriers, impeding the right of women to

Mahila Pratishtha Volume: 4 Issue:1 July – September 2018 33 | Page

Dr. Anjali Dewan
 ISSN 2454-7891
 Mahila Pratishtha Volume: 4 Issue:1 July – September 2018

participate fully in society. Violence against women takes a dismaying variety of forms, from domestic abuse and rape to child marriages and female circumcision. All are violations of the most fundamental human rights. Domestic violence is an ongoing experience of physical, emotional and/or sexual abuse faced by the women within the household. The abuser could be husband/and or other members from natal or marital families. It is not specific to any culture or community. It cuts across the boundaries of class, caste, religion, race and education. As we advance into 21st century, the home becomes more of an unsafe place for a woman than it ever was. She is more likely to face violence and resulting injury by men of her family than others. It is all the more paradoxical that while world attention and focus is on improving the status of women through better health, education and employment facilities, the woman is becoming threatened in her very home.

Estimation of the problem

It is a harsh reality that women have been ill-treated in every society for ages and India is no exception. The irony lies in fact that in our country where women are worshipped as Shakti, the atrocities are committed against her in all sections of life. She is being looked down as commodity or as a slave, she is not robbed of her dignity and pride outside her house but she also faces ill-treatment and other atrocities within the four walls of her house. They are discriminated at two levels, firstly they suffer because of their gender and secondly due to grinding poverty. Women are deprived of economic resources and are dependent on men for their living. Women workers are often confined to domestic sphere where she has to do all house hold work, which is not recognized and unpaid. In modern times many women are coming out to work but have to shoulder the double responsibility; one she has to work where she is employed and secondly she also has to do all the house hold works, moreover, she is last to be considered and first to be fired as she is considered to be less productive than her counterpart. Her general status in the family and in the society has been low and unrecognized. Patriarchy is a man-made system that oppresses all members of society, regardless of gender. However, in relation to men, women and girls have less power. We understand that factors such as race, age, sexual orientation, ability, economic status and family roles affect people's experiences of gender and the degree of power that they have. As the context shifts, so may the power relationships. Unequal gender relations are maintained through the social construction of gender.

Mahila Pratishtha Volume: 4 Issue:1 July – September 2018

ISSN 2454-7891
 Gender Violence – Issues and Interventions

From childhood we have learned to expect that men and women should behave in certain ways according to their gender, but while these expectations may sometimes give us joy, they also limit and hurt us because they do not allow us to live to our full potential, to define ourselves freely and to express the real diversity of our genders. Gender injustice is a problem that is seen all over the world.

The micro study data from Haryana and Punjab reveal that female deselection is more widespread in educated and upper income groups in comparison to lower income groups in the locality. The assumption that development and improvement of life conditions increase the survival quotient for women and girls is misplaced. The rapid economic changes which have opened up opportunities for more women's participation in the economy has in fact increased violence against women in various ways – many a times as a backlash. Practices like wife beating are seen as a constant over time and space whereas those like infanticide, foeticide, witch hunting may either change or merge into different and newer forms like honour killings, acid attacks or sexual harassment at the workplace. Thus the vulnerability of women to violence remains at all stages of their lives. What is perhaps a matter of great concern is that the patriarchal societal system has worked out mechanisms which actually seek to legitimise violence against women. Female deselection will therefore continue in social systems where there are gendered realities and all power relations are based on gender roles and cultural preferences, which favour the survival of the male child. So, it is not the form of violence that is important but an understanding of the entire socio-cultural-political structure of society, which nourishes and sustains the attitudes that translate to violence against women.

Domestic Violence has reached epidemic proportions in India. Even psychiatrists indicate that significant number of patients with psychological disorders have a history of rampant domestic violence. Men have always been taught to perceive themselves as the superior sex, said Jyotsna Chatterjee, Director of the Joint Women's Program, a women's resource organization based in New Delhi. It is this conditioning, she said, that makes them believe they have to control their wives, especially if they are considered disobedient. Although men's preoccupation with controlling their wives declines with age, as does the incidence of sexual violence, the researchers found that the highest

Mahila Pratishtha Volume: 4 Issue:1 July – September 2018 35 | Page

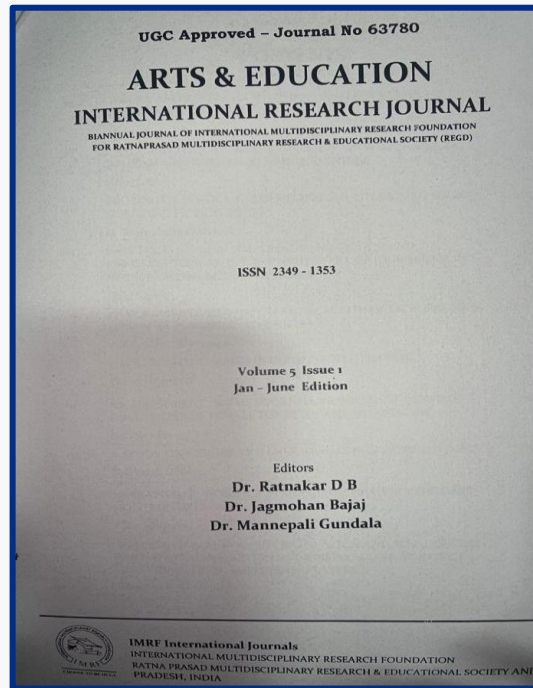
Dr. Anjali Dewan

BACK



St. Bede's College Shimla

- 3. Dr. Anjali Dewan- Home Science
 Reseach Journal- Arts and Education International Research Journal
 ISSN Number- 2349-1353
 Year- 2018
 Print version only



CONTENTS

34	GENDER AND RACIAL IDENTITY IN THE SELECT WORKS OF MEENA ALEXANDER <i>Irfana Shafi</i>	156
35	ANALYSING THE CASUAL RELATIONSHIP BETWEEN FOREIGN TOURISM ON FOREIGN EXCHANGE EARNINGS <i>Payal Chosh</i>	159
36	PROBING OF SCIENCE THROUGH ENGLISH LITERATURE: SOCIO – SCIENTIFIC FICTION STUDY <i>Bolleddu Amruth Kumar</i>	165
37	FAST FOOD JOURNALISM: TRENDS AND CRITICS, AND CONSTRUCTION ABOUT THE DIGITAL ERA OF JOURNALISM IN KERALA ONLINE MEDIA PLATFORM <i>Jiffin George</i>	167
38	"A COMPARATIVE STUDY ON PHYSICAL FITNESS OF RURAL AND URBAN HIGH SCHOOL STUDENTS." <i>Rajshikhar . S. Hiremath</i>	172
39	DEPICTION OF FEMALES IN CHILDREN'S LITERATURE <i>Zahra Hemmati</i>	179
40	AN ASSESSMENT OF THE SOCIO-ECONOMIC AND CULTURAL DIMENSIONS OF FEMALE FOETICIDE AND INFANTICIDE <i>Dr. (Sr.) Beena, T.L.</i>	182
41	A STUDY ON GENDER VIOLENCE – ISSUES AND INTERVENTIONS <i>Dr. Anjali Dewan</i>	186
42	NARRATIVE OF VIOLENCE IN SHASHI DESHPANDE'S THE DARK HOLDS NO TERRORS <i>Vijay Shirure</i>	191
43	ANALYSIS OF ACHIEVEMENT MOTIVATION AND SELF-CONCEPT AMONG ATTACKER, SETTER AND LIBERO PLAYER AT INTER COLLEGIATE LEVEL, VOLLEYBALL PLAYERS <i>Rajshikhar . S. Hiremath</i>	195

Arts & Education International Research Journal Vol 5 Issue 1 (Jan-June) ISSN 2349-1353

UGC Approved Journal - Journal No. 63780

A STUDY ON GENDER VIOLENCE – ISSUES AND INTERVENTIONS

Dr. Anjali Dewan
Associate Professor & Head, Department of Home Science, St. Bede's College, Shimla
 Email: dewananjalisa4@gmail.com

Abstract: Gender injustice taking shape of crimes against women has increased all over the world and India is no exception to this. The Indian mythology placed women on a very high pedestal but deterioration in their glorious status suffered a socio-cultural setback resulting in loss of their freedom. Women continue to suffer from increasing tide of violence both inside and outside homes. Domestic violence is an ongoing experience of physical, emotional and/or sexual abuse faced by women within the household. Our country today is at the cusp of a paradigm change in its growth and position in the world. Empowerment of women has multiple, inter-related and interdependent dimensions in relation to resources, perceptions and power to take their own decisions. Educational attainment and economic participation are the key components in ensuring their empowerment which enhances their ability to influence changes and to create a better society. Empowerment of women has multiple, inter-related and interdependent dimensions in relation to resources, perceptions and power to take their own decisions. Educational attainment and economic participation are the key components in ensuring their empowerment which enhances their ability to influence changes and to create a better society.

Keywords: Gender Violence, Sensitization, Counseling, Indian Penal Code, Women Empowerment.

Introduction: Violence affects the lives of millions of women worldwide, in all socio-economic and educational classes. It cuts across cultural and religious barriers, impeding the right of women to participate fully in society. Violence against women takes a dizzying variety of forms, from domestic abuse and rape to child marriages and female circumcision. All are violations of the most fundamental human rights. Domestic violence is an ongoing experience of physical, emotional and/or sexual abuse faced by the women within the household. The abuser could be husband/and or other members from natal or marital families. It is all the more paradoxical that while world attention and focus is on improving the status of women through better health, education and employment facilities, the woman is becoming threatened in her very home.

Causes of Domestic Violence: With more and more women becoming independent and voicing their opinions, marriage has become a battlefield of clashing egos. Men, who are yet to get over the attitudes of treating wives as subordinates cannot meet the challenge of women with their own minds. They resort to violence to keep control. The feeling that a woman or wife is something that you own as your property is deeply etched in the psyche of men. Supreme Court advocate Indira Jaisingh says "It is the mindset of men that they have absolute right to determine the lifestyle of their wives that gives rise to clashes. There are cases where the woman hands over all her earnings to her husband, who then decides how it should be spent. If there is no money coming then the woman's salary is seen as a substitute to it. Many women who go to NGO's or Crime on Women Cell do not want to leave their husbands. All they want is that their husbands be caught a lesson that they cannot beat their wives. They are now realizing that being beaten up for not dancing to their husband's tune need not be justifiable. They have to understand that what is happening to them is wrong."

Men have always been taught to perceive themselves as the superior sex that makes them believe they have to control their wives, especially if they are considered disobedient. Equally disturbing is the finding that two of every five women in an abusive relationship in India remain silent about their suffering because of shame and family honor. The studies have also shown, nearly one-third of the Indian women experiencing abuse had thought about running away, but most said they feared leaving.

Journal Published by IMRF Journals | Jan-June 2018 Edition | 186

Dr. Anjali Dewan

BACK