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Comprehensive Exploration of Health Dynamics in College-Going Girls: Examining Binge Eating, PCOD, and Sleep Patterns

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Abstract:

The nutritional well-being of college girls is an issue of paramount importance, as it affects their physical and mental health, academic performance, and basic quality of lifestyles. This groundbreaking dietary survey delves into the complex interaction between binge eating behaviors, sleep-wake cycles, and the prevalence of poly cystic ovarian syndrome (PCOS) and poly cystic ovarian disorder (PCOD) amongst college going girls. Spotting the escalating incidence of these multifaceted fitness issues, the study seeks to resolve their potential outcomes on the holistic well-being of young women. Using a meticulously designed cross-sectional technique, our research leverages state-of-the-art based questionnaire and advanced nutritional assessment to thoroughly gather records from a various and consultant sample of college-going girls. The foremost objective of this survey embodies a nuanced evaluation of the superiority of binge eating behavior, an intensity evaluation of sleep patterns, and a meticulous evaluation of the incidence of PCOD within our focused demographic. This research endeavors to contribute particular and valuable insights to the prevailing frame of knowledge, novel correlations, and unexplored dimensions of the complex relationships among nutrition, sleep, and PCOD in college girls. With the aid of doing so, we purpose to illuminate the collective impact of these factors on nutritional choices and the overarching health profiles of younger girls.

Key words: Binge eating, sleep-wake cycle, poly cystic ovarian syndrome, poly cystic ovarian disease, nutritional assessment.

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Recent Advances in Single-Atom Catalysis: Types and Current Research Trends

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Abstract

Single-Atom Catalysis (SAC) has emerged as a frontier in catalysis research, offering unique opportunities to enhance catalytic performance due to its high activity, selectivity, and efficiency. This review provides an overview of SAC, discussing its fundamental principles, synthesis methods, and the various types of single-atom catalysts currently being explored. It highlights recent advancements and applications in fields such as energy conversion, environmental remediation, and chemical synthesis. The review aims to elucidate the potential of SAC in addressing contemporary challenges in catalysis.

Key words: Single-Atom Catalysis (SAC), Catalytic performance, Activity, Selectivity Efficiency

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Fabrication of ZnO Thin Film-based Ammonia Sensor in Industrial and Healthcare Sector

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Abstract

This research work is an effort to fabricate ZnO thin film-based sensor to detect low concentration of ammonia at room temperature. Zinc Oxide (ZnO) nanostructure is synthesized using wet chemical method, and deposited as a thin film using Dr Blade technique on an Interdigitated Electrode substrate. The sensing film is then characterized for its surface morphology, thickness, roughness and electrical studies using SEM, AFM and Keithley instruments respectively. Hexagonal disc like morphology of ZnO is observed with an average grain size of 43.02 nm. Film thickness of 460 nm with a roughness of 100 nm is observed from AFM. For IDE structure, aluminum is patterned on the Teflon flexible substrate as a bottom electrode using thermal evaporation method. Fabricated ZnO sensor is exposed to different concentration of ammonia at room temperature. At 25 ppm concentration level of ammonia vapor, ZnO sensor showed a sensitivity of 33.3% at room temperature with a response and recovery time of 48 sec and 98 sec respectively.

Key words: Ammonia sensor, interdigitated electrode, Dr Blade, wet chemical, ZnO.

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Vampire Literature and Cultural Anxieties: A Study of Jay Kristoff's *Empire of the Vampire*

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Abstract

This research paper aims to explore the vampire genre's engagement with socio-cultural and political anxieties, through an analysis of *Empire of the Vampire* by Jay Kristoff. This is the first book of a dark fantasy fiction trilogy, released in 2021. It is set in a fictional dystopian world that is overrun and ruled by vampires. Through the use of scholarly essays and articles on the COVID-19 pandemic, and pandemic literature, the paper analyses the text as a representation of the real world in the pandemic era, comparing the vampires to the corona virus as infecting and invading forces.

Key words: Vampire Literature, socio-cultural, political, anxieties, dark fantasy, pandemic, corona virus

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Evolving Technical Writing Skills among Professionals

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Abstract

Professional engineers need to be proficient in technical writing, although many engineering students find this to be challenging. This paper reports on a case study conducted with approximately 300 first- and second-year engineering students who had limited technical writing experience prior. Helping them write better technical reports was the goal. After participating in an experimental laboratory, students were required to prepare an 800-word report that included a written reflection on their work. This encouraged self-regulation, which improved writing skills (as judged by marks given and questionnaires students completed before and after the exercise). It also had the added effect of making students more interested and satisfied with the feedback they received on their work.

Key words: Technical writing, general writing, designing, professionals.

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Narratives of a Woman's Loneliness: A Study of Katherine Mansfield's 'The Canary'

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Abstract

Women's world and women's narratives are complicated as well as mysterious. There are many unspoken thoughts and unexpressed emotions within them; these unsaid expressions make them complex and incomprehensible. Katherine Mansfield has explored the unfathomable depth of women's psyche through her seemingly simple stories. Her stories though simple in appearance are profound in meaning. 'The Canary' is one such story where the woman protagonist through sharing her experience of having a canary unknowingly reveals her life of acute loneliness. This last complete story of Mansfield is defined by many as 'Mansfield's own literary epitaph'. The paper is an attempt to study and analyse this story from the perspective of feminist narratives. An attempt is made to read what is unwritten in the story.

Key words: Feminist narratology, loneliness, silence, expression.

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Why to Reflect and Retrieve in Systems

– A commentary on Conflict Management in an Organisation

Pragya Joshi and Shivank Tyagi*

Abstract

This commentary attempts to establish the potential role of the system-thinking approaches in organisational conflict management. Given the complexity deep-seated in the philosophical and psychological origin of conflicts and the interconnectedness of conflicts, a systematic approach is essential for effective resolution. Systems thinking, which views problems as parts of an overall system, is well-suited for this purpose. It considers the interrelationships of different system components and their interactions over time. Systems thinking emphasises interconnectedness, feedback loops, and holistic problem-solving, providing a deeper understanding of complex issues, fostering more effective solutions and addressing multifaceted challenges. In conflict management, systems thinking helps identify root causes and broader contexts, going beyond surface-level symptoms. Mapping systems, assessing interdependencies, conducting root cause analyses, and identifying leverage points are key principles that can be applied. These methods enhance communication, build resilience, and promote continuous organisational learning and improvement. Organisations can develop adaptive strategies, anticipate potential conflicts, and implement proactive solutions by adopting a systems-thinking approach. This holistic framework ultimately leads to more sustainable and harmonious organisational environments.

Key words: Conflict, system-thinking, interconnectedness, communication, organisational behaviour

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Study on Job Satisfaction of Lecturers of Various Colleges in Bengaluru City

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Abstract

Lecturers are the most important group of professionals for our future. Job satisfaction among college lecturers is good not only for themselves but society. It increases productivity and classroom performance in the college. When the lecturers are satisfied with their job, they can perform their responsibilities with more concentration and dedication. In this manner, it is astounding to realize that even today huge numbers of lecturers are disappointed with their occupation. Lecturers are the wellspring of direction in all the critical strides in their studies. At the point when instructors are happy with their activity they can play out their obligations with more focus and commitment. The teaching profession is the most noblest and rewarding profession as it leads to the service of humanity.

Key words: Profession, Job Satisfaction, Dedication, Concentration, and Productivity

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