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# THE CENTURION

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(PEER-REVIEWED MULTIDISCIPLINARY JOURNAL)



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#### (Multidisciplinary Journal)

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### Message from Principal

The 9<sup>th</sup> volume of the flagship journal of the Asutosh College Teachers' Council is now poised for publication. Initiated in 2016, the centenary year of our institution, and appropriately named *The Centurion*, this peer-reviewed publication offers the perfect platform to showcase the varied intellectual interests of the faculty that venture beyond the demands of their routine academic commitments.

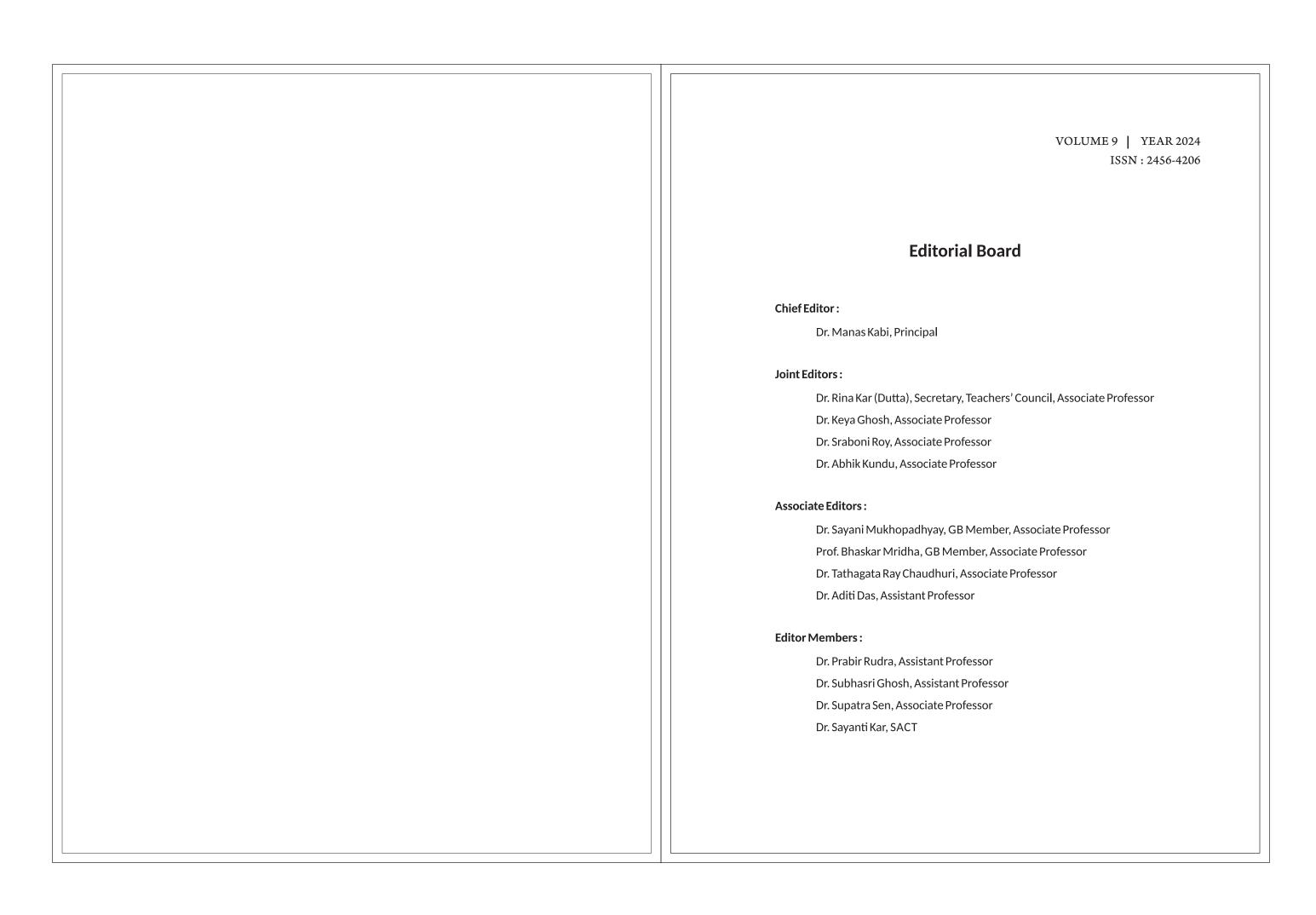
This particular volume is an eclectic selection of research-oriented articles covering diverse areas like 'statistical inverse sampling', methods of measuring seasonal variations using statistical tools, GNS (Global Navigation Satellite) systems, 'autophagy', feminist issues like empowerment of women following Gandhian principles, and the capacity of social media engagement to influence the quality of women's lives, responsible conducting of research activities, and the role of grammar in language-teaching. Authored by some of the bright young members of our college faculty, they are proof of the journal's increasing consolidation of its academic foundations.

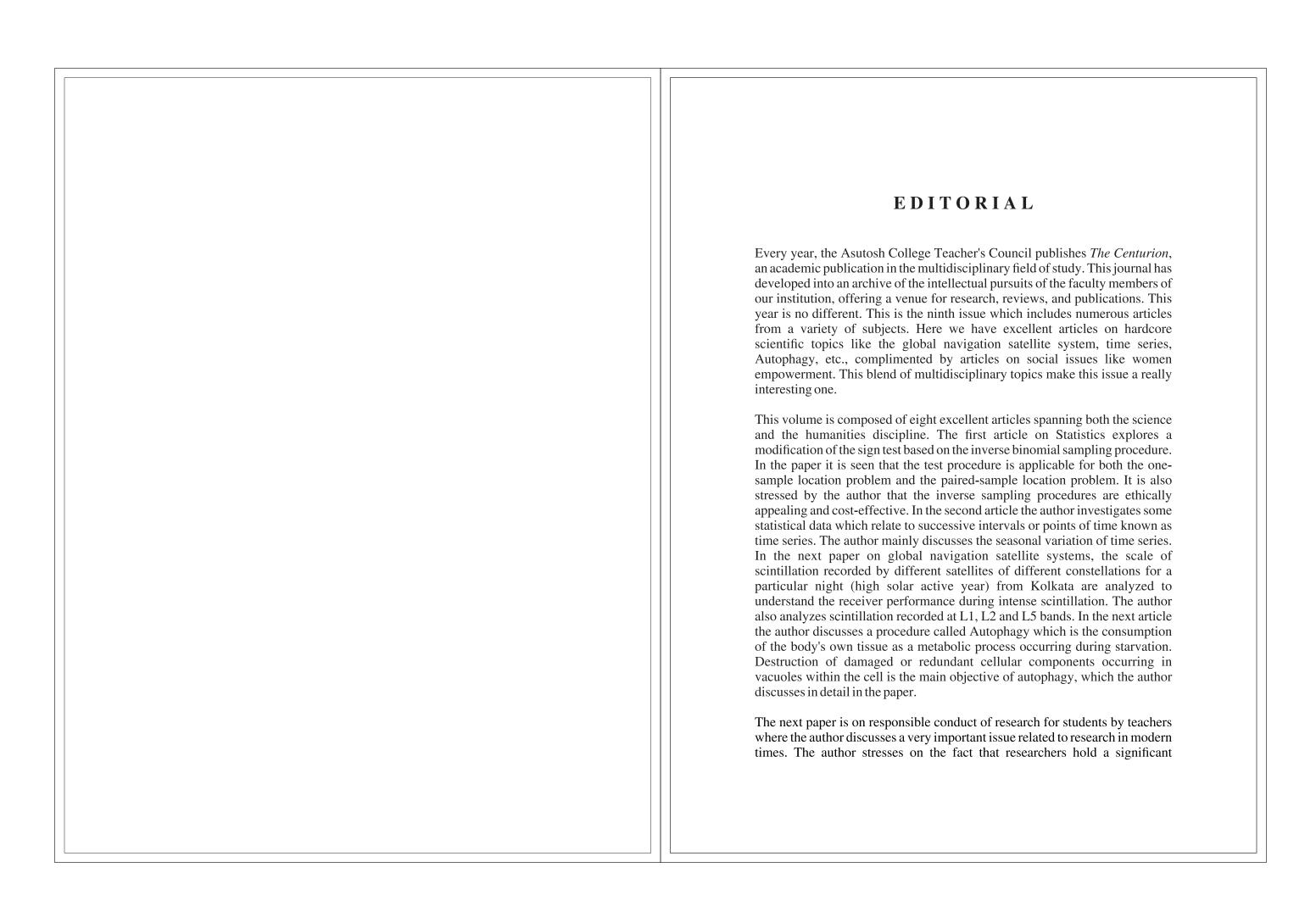
It is our firm belief that in the years to come, *The Centurion* will emerge as one of the leading journals published by academia in this part of the country.

Warm regards,

**Dr. Manas Kabi** Principal, Asutosh College

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responsibility to conduct their work with the utmost sincerity, embodying the principle of "doing good science in a good manner". The author discusses that by adhering to the best practices across each step, researchers can ensure that their findings and conclusions are both credible and reliable. In the following article the author discusses the empowerment of women through Gandhian principles. It is an accepted fact that women empowerment and achieving gender equality is essential for our society to ensure the sustainable development of the country. The author discusses how the ideas of Mahatma Gandhi are relevant in contemporary society and how they can be used to achieve women empowerment. In the subsequent paper on journalism the author discusses the influence of social media engagement on the quality of life of women. Based on a web-based survey, and three open-ended prompts on social support, work efficiency, and self-satisfaction, the study reveals correlations between the duration of social media engagement and women's psychological well-being. Moreover, the study reflects a self-reported positive quality of life among the women surveyed. In the final article we have an overview of the role of grammar in various language teaching methods, especially in second and foreign languages.

The editors would like to thank each and every contributor, for their invaluable contributions. We also thank each and every one of our reviewers for their insightful remarks and recommendations. We also want to express our gratitude to the entire college administration, without whose help we could not have released the ninth volume of this journal.

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