

CHILDREN'S CONCERN  
IN FUTURE

Schools have opened in most states after a long period of pandemic. Although still small classes have not started in many states. The main reason behind this is the possibility of the infection spreading again. It is believed that due to the sudden increase in the crowd, the children should not get infected. However, from time to time epidemiologists have dismissed this apprehension. After the outbreak of the second wave slowed down, there were suggestions from experts that where the spread of infection has weakened, schools can be opened with caution. After this, in July, many states like Rajasthan, Himachal Pradesh, Gujarat, Madhya Pradesh, Telangana, Chhattisgarh, Bihar, Punjab took steps towards opening schools in a phased manner. In the first phase, students of classes IX to XII were allowed to come to school. Many states had to take a decision not to call classes up to class VIII in view of increasing cases in some states.

Children under the age of twelve are also believed to be more at risk of spreading the infection because immunization of children in this age group has not started yet. Then again and again the fear of a third wave was also raised. Due to this, there was a fear among people about sending children to school. However, now children's vaccines are also almost ready in India and will be started soon. But it will take a long time to vaccinate children across the country. In such a situation, the question is, till when the children should not be sent to school? A recent World Bank report in this regard seems to be comforting. This report states that even if children are not vaccinated on a large scale, there is no danger. The emphasis in the report is that it is necessary to take the children out of the vicious cycle of online studies being done at home, by whatever means. Due to this children are becoming physically and mentally ill. Serious problems like depression, anxiety, violence are surrounding them. Incidents of suicide are on the rise. Therefore, the danger of the epidemic has now become a bigger threat than the infection. It is true that the epidemic threat was even more serious earlier because no one knew anything about its origin, spread and treatment. But now a lot has come out about this. Vaccination is taking place on a large scale. People have also started adopting preventive measures out of fear. The experience of one and a half years has given me an opportunity to learn a lot about dealing with the epidemic and the crises arising out of it. Although practical difficulties can arise with young children, we now have ways to overcome them. If precautions are taken in schools and efforts are made to inculcate the habit of following Corona preventive behavior in children, then there is nothing to be afraid of sending them to school. The role that schools play in the development and personality formation of children is not possible in the online education system sitting at home. Therefore, there should be no hesitation in opening schools now. Just be sure to follow the standard procedure of the rules, it remains to be seen.

OFF 'D'  
CUFFRespect women  
they create &  
nurture life

For those who have realised God, there is no difference between male and female. The realised have equal vision. If anywhere in the world there exist rules that prevent women from enjoying their rightful freedom, rules that obstruct their progress in society, then those are not God's commandments, but are born out of the selfishness of men. Which eye is more important, the left or the right? Both are equally important. It is the same with the status of men and women in society. Both should be aware of their unique responsibilities or dharma. Men and women have to support one another. Only in this way can we maintain the harmony of the world.

When men and women become powers that complement each other, and move together with cooperation and mutual respect, they will attain perfection.

In reality, men are a part of women. Every child first lies in the mother's womb, as a part of the woman's very being.

As far as a birth is concerned a man's only role is to offer his seed.

For him it is only a moment of pleasure; for a woman it is nine months of austerities. It is the woman who receives, conceives, and makes that life a part of her being. She creates the most conducive atmosphere for that life to grow within her and then gives birth to that life. Women are essentially mothers, the creators of life.

There is a hidden longing in all men to be enveloped by the unconditional love of a mother.

This is one of the subtle reasons for the attraction that men feel towards women — because a man is born out of a woman. No one can question the reality of motherhood — that men are created from women. Yet those who

refuse to come out of the cocoon of their narrow minds will never be able to understand. You cannot explain light to those who know only darkness. The principle of motherhood is as vast and powerful as the universe. With the power of motherhood within her, a woman can influence the entire world.

Is God a man or a woman? God is neither male nor female; God is "That." But if you insist on God having a gender, then God is more female than male, because the masculine is contained within the feminine.

Anyone — woman or man — who has the courage to overcome the limitations of the mind can attain the state of universal motherhood. The love of awakened motherhood is a love and compassion felt not only towards one's own children, but towards all people, animals and plants, rocks and rivers — a love extended to all of nature, all beings. Indeed, to a woman in whom the state of true motherhood has awakened, all creatures are her children. This love, this motherhood, is Divine Love — and that is God.

More than half of the world's populations are women.

It is a great loss when women are denied the freedom to come forward, and they are denied the high status that should be theirs in society.

When women are denied this, society loses their potential contribution.

When women are undermined, their children become weak as well.

In this way, a whole generation loses its strength and vitality. Only when women are accorded the honour they deserve, can we create a world of light and awareness.

Sri Mata  
Amritanandamayi Devi

Loyal and efficient work in a great cause, even though it may not be immediately recognized, ultimately bears fruit.

Jawaharlal Nehru

EDITORIAL

## Power of Shakti-Navratri

■ MAHADEEP SINGH JAMWAL

Navratri translates to 'Nav' meaning 'Nine' and 'Ratri' meaning 'Nights' and honors the 'Divine Goddess Durga', an embodiment of Power (Shakti), who overcame the evils of the world. The festival of Navratri is a time for self-referral and getting back to the source, the creator. Since Vedic Age of the Rishis, the devotional practices recommended during Navratri are primarily those of Gayatri Anushtana. It is celebrated in various parts of India in different styles but the one of the basic aim of this celebration is to propitiate 'Shakti' in her aspect as power, to bestow upon man all wealth, auspiciousness, prosperity, knowledge (both sacred and secular), and all other potent powers. The man, the imperfect, the bound, the sorrowful, has a thousand enemies. He is riddled with thousand enemies within. He is riddled with negative thoughts, fear, and yearnings. These are selfless, jealousy, meanness, prejudice, and hatred. To get rid of these lawless villains within, these destructive masters are to be annihilated during Navratri. The first incarnation of 'Shakti' was 'Shailputri' as mentioned in 'Markandeya Puranas'. Further incarnations of the Divine mother are: Brahmacharini, Chandraghanta, Kushmunda, Skandamata, Katyani, Kalaratri, Mahagauri and Siddhidatri in that order. These nine manifestations of 'Shakti' (power) are worshipped as 'Nava-Durga'.

**1. Shailputri:** The embodiment of the power of Brahma, Vishnu and Mahesh is the first form amongst the Navdurga. She is the absolute



form of Mother Nature, first form amongst the Navdurga and is worshipped on the first day also called as 'Pratipada' of Navratri.

**2. Brahmacharini:** Second form of Navdurga and worshipped on the second day of Navratri, also called as 'Chaturthi'. Her unmarried form is worshipped as Goddess Brahmacharini. She is blissful and endows happiness, peace, prosperity and grace upon all devotees.

**3. Chandraghanta:** Is the third form of Maa Durga and worshipped on the third day of Navratri, also called as 'Tritiya'. She is an unprejudiced image of bravery. She is depicted with ten hands carrying Trishul, Gada, Sword, Hook, Mac, Bow, Arrow and two jars of honey and blood riding on a lion.

**4. Kushmunda:** is the fourth form of Durga and worshipped on the fourth day of Navratri, also called as 'Chaturthi'. She is believed to improve health and bestow wealth and strength. She is depicted with eight hands holding a Discus, Sword, Hook, Mac, Bow, Arrow and two jars of honey and blood riding on a lion.

**5. Skanda Mata:** Fifth form of Hindu goddess Durga and worshipped on the fifth day of Navratri, also called as 'Panchami'. She awards devotees with salvation, power, prosperity and treasures depicted by three eyes and four hands seated on a lotus.

**6. Katyayani:** the sixth form of

bravery and possesses great strength to fight in the battle against demons.

**7. Kalaratri:** is the seventh form of Maa Durga worshipped on the seventh day of Navratri, also called as 'Saptami'. She is considered to be the most violent form of Durga. She is blackish in appearance with unlocked hair and bright eyes. She rides on 'Shava' (dead bodies) as legend goes she killed demon 'Raktabija' who had the boon that if

Durga is known as Katyayani worshipped on the sixth day of Navratri, also called as 'Sashti'.

**8. Maha Gauri:** is the eighth manifestation of Durga and worshipped on the eighth day of Navratri, called as 'Ashtami'. She is as white as a conch, moon and jasmine. She has three eyes and four hands and rides on a bull. The color associated with the day is pink.

**9. Siddhidatri:** is the ninth form of Durga and worshipped on the ninth day of Navratri, also called as 'Navami'. It is believed that there are eight types of Siddhis as Anima, Mahima, Garima, Laghima, Prapti, Prakamya, Iishitva, and Vashitya. Maha Maya gives all this siddhis. Depicted with four hands, rides on a lion and is worshipped by all Gods, Rishi-Munis, Siddhas, Yogis, Sadhus and devotees to attain the best religious asset. The color associated with the day is sky blue.

In conclusion of the Navratri, there is a tradition of honoring the young unmarried girls (Kanjak-Puja) by way of their 'Arti' and 'Puja'. These girls are believed to be representing the Shakti (power) of Durga on earth. Devi Bhagvati provides that a girl below one year of age cannot be taken for puja and a girl of two years is taken as 'Kumari', of three years as 'Trimurti', of four years as 'Kalyani', of five years as 'Rohini', of six years as 'Kalika', of seven years as 'Chandika', of eight years as 'Shambhavi', of nine years as 'Durga' and of ten years as 'Subhadra'. The Pujan of girls above ten years old is prohibited.

## Why Taiwan may not succumb to China?

■ ADITYA VASHISHT

The Chinese have made headlines with their record incursions into the Taiwanese air-space. These haven't gone unnoticed and have sought to increase the fears of many that this is a part of a long list of preludes by the Chinese for an invasion. The Taiwanese have strongly condemned these intimidation tactics, and were seen scrambling for fighter jets. The United States as usual, has expressed grave concern over the situation, at a time when its National Security Adviser is going to meet a top Chinese diplomat. France has also made a move through a visit of its senators to the island.

China has adopted an aggressive as well as an intimidating approach which has increased during the COVID-19 pandemic. Be it introducing the National Security Law which has made it the virtual master of Hong Kong or the periodical alteration of its borders with India, the Chinese are showing their neighbors that who is the boss and to the world that a new power has arisen in the Eastern hemisphere.

This approach has been extended towards Taiwan also, the island which was broken away from the Communist mainland by Chiang-Kai Shek. Regular air raids into its air space, clamping down on pro-Taiwan narrative and blocking Taiwan's attempts to become a part of international bodies are an integral part of China's policy towards Taiwan. Chinese officials haven't shied from openly condemning Taiwan as a break-away province, with the Chinese defence ministry predicting an invasion as early as 2025.

But Taiwan isn't Hong Kong which can be captured just by a single stroke of law.

A policy of intimidation and a lookout for the right opportunity is the preferred policy. But the question is: will that opportunity arrive sooner or later or rather; if it will really arrive? The Afghan withdrawal has led to the shift of attention towards the Indo-Pacific and this means that this region has also become the standard through which the international clout of a country can be gauged. As the Americans gear up to counter the Chinese, Taiwan is a hotly contested issue and any military move is likely to invite repercussions.

The invigorated attention which is being received by the Indo-Pacific is likely to involve a show of solidarity towards the Taiwanese and unlike the War on Terror; this seems to have the backing of the West. There were speculations of a rupture between the USA and France, but the visit of French senators isn't just a move from France but from the whole of West.

The visit may also signal a rapprochement between the two Western powers after the tensions regarding the AUKUS pact. So, the Chinese are facing a united opponent when it comes to the issue of Taiwan.

Moreover, in order to ensure a successful capture, the Chinese need to have friendly states around them. But their activities in the past have ensured that its relationship with many states surrounding it is anything but friendly.

Ties are soured with Japan, many nations in South-East Asia are dis-

grunted by Chinese activities in the South China Sea and neighbouring North Korea seeks to maintain a neutral approach, which includes the courting of both the Chinese and Americans on an equal footing, the difference being of kind and not of degree.

This atmosphere isn't conducive if China wants to capture Taiwan, not to mention that the Taiwanese have some gunpowder which makes them a tough fish to catch.

To add another point, one must see the changing global landscape, which is increasingly turning towards multi-polarity. Gone are the days of the Cold War when two states controlled the affairs of the whole world. Today, there are many states which are capable of mounting challenges to some extent, ranging from India in Asia to Mexico in Latin America.

It is also in this multi-polarity that Taiwan shall remain alive. Domination as well as bipolarity doesn't bode well, since the former may lead to its demise and the latter can cause it to remain on a heightened level of alertness, which can damage its overall development.

Thus, a multi-polar world offers the prospects of an amenable living for Taiwan, and acts as deterrence for the expected invasion.

To conclude, the above points can also show that these tactics may be an attempt to gain attention and to keep the up the ante of the momentum which surrounds these tensions, since it's through competition that Communist China lives and seeks to thrive. Nevertheless, the future may be replete with threats from the dragon which can be retaliated.

generally involved in various controversies and personal life issues. In their real life these actors generally appeal for various kinds of reforms and change for public but in real life they indulge in such kind of social evils. In most movies we watch that our role model and hero is always a balanced personality but in real life he possesses all the evils in his life.

Mostly every actor and every stage performer is against drug addiction. But in real life we generally observe that these actors are fully involved in various drug addiction cases and other drug scandals. Drug addiction in Indian cinema is not a new thing for this industry. There is a strong link between the two since time immemorial. But these days almost every new young actor become addicted of this evil such things create panic in the mind of innocent audience. Those who treat these celebrities as their role model generally feel agonized and cheated by this dual role of their role model in film industry. Basically this drug racket or industry is working equivalent to this film industry. Those who couldn't find the suitable place in this film industry due to competitive scenario gets its entry in this drug industry. Because there is great chances of earning money in this field without any extra struggle. These newly entered stage performer and talented youngsters generally fall in the prey of this nexus and web for their easy and short cut success in life.

On the other hand children of big celebrities get addicted to these drugs for their sensual pleasure and to remove their frustration from life. Culture of rare parties are now prevalent in film industry in which lot of such addicted people participate and use these drugs for their pleasure and amusement. There is no restriction over such things in film industry due to reputational and rich blessing of their parents. Due to rapid expansion of this drug culture in film industry lot of antagonistic impact now can be seen in the glamorous life of these talented people. Every year we have seen that lot of young talented people commit suicide in frustration and depression. These things create panic and disturbance in the minds of followers of these celebrities. Even many followers of these celebrities get involved in such things during their crucial hour of life. The recent suicidal case of Sushant Singh Rajput depicts that there is serious connection between the drug mafia with bollywood.

The statement of actress Kangana Ranaut justifies the involvement of bollywood with drug industry. She has claimed that 90 per cent of bollywood industry involved in this game directly or indirectly. Some are serious addict to these drugs and its products. It is a serious jolt for our society, a society which is popular among general masses for its image, role model and fascinating life style. Such kind of debauchery by these talented people in film industry presents a very vulnerable picture of our young generation. There was a time when people worship their role models in their homes for their performance in various epics and in movies. But now there is no respect for these celebrities in the life of common man. Such thing is not good for amicable relationship between the celebrities and their fans. Moreover this menace of drug culture in film industry is also not good in a cultured and civilized society. Generally people watch these movies to get rid from their daily life problems and to remove their frustration from various struggles of life. But this bitter reality of their role models personal life distracts the whole charm of their fantasy world. It is the responsibility of Narcotics department to take cognizance of such issues on priority basis. Stern action must be taken against these druggist and drug peddlers. We can't give the license to anybody for creating such type of social evils in society. No one is above law and proper legal action must be taken against such elements without any favouritism and nepotism culture. The drug problem in Bollywood is very deep rooted and many actors had confessed that they took drugs or addicted to these drugs. So it is very easy to open this nexus of drug industry from Bollywood by the involvement of these sleeper cells.

Shyam Sudan,  
Jammu

## New addiction of 21st century

■ VIJAY GARG

Many technocrats, such as Steve Jobs, send their children to schools in the San Francisco Bay Area where the use of technology is banned. Perhaps they are aware of the dangers of using technology in the early years of their lives. Many scientists also believe that because touch screen technology is new and its effects have not been thoroughly researched, it is not yet known what the dangers may be in old age. Addiction expert Nicholas Cedar believes that screenwriting is just like drugs. Excessive screenwriting stops the baby's development and raises dopamine levels in the brain. Remember dopamine is a neurotransmitter, which gives a feeling of bliss. But when its level rises more than necessary, the brain begins to recognize the thing (screen or drug, etc.) with which its level has risen, and there is a possibility of addiction. You are eager to get it. A pediatrician in Winnipeg, Dr Grant McDougall also believes that watching too much screen is too harmful for children. He said that he has a lot of children who are obese due to excessive screen viewing. He advised to stop watching the screen and play with your children. In a month you will see a change in their behavior. Experts at the Winnipeg Regional Health Authority also believe that excessive screen viewing, along with other illnesses, can lead to symptoms such as a child's inability to walk in society, inability to solve problems, and sudden onset of anger. Here are some tips to help you reduce your child's (and your) screen time. Be a role model for the child. It's hard, but it has to be done. If children see you reading a book, playing something outside, playing outdoors or doing housework, they will do the same, but if children see you using a phone, iPad, TV, etc., they will also spend more time on the screen. Perform your parental duties. Encourage children's good habits and prevent bad habits, even if you have to work a little harder. Explain to them why you are stopping them. Set a time for children (and yourself) to see the screen as much as you can. On the phone you can download an app that lets you know how much time you spent on the phone in a day. One such app for the iPhone is called Moment. Play with children, read books, talk to them. Note the change in your children's behavior. Excessive screen viewing can irritate children. Tell them right away that it's not right. A survey has found that in most households, people watch TV while eating. Let's see. This trend needs to be reversed. When the whole family is together at the dinner table, it should be a valuable time to talk to each other and not to watch TV. Looking at the TV screen while eating is not good. The only good thing is to turn off the key. Never turn on the TV in the children's bedroom. Should not be and try not to be in your bedroom. Of course we can't deny the screen from our lives and the lives of our children, but controlling screen time has now become a necessity. If you haven't thought about it yet, don't delay .....