


CORRECTIVE MEASURES

There is no doubt that at present due to high inflation, the prices of all essentials is sky-touching thereby making it hard for a common man to manage the expenses. Although, due to global situation and various other reasons, all is not in control of Government, but quite often, it take several corrective measures to provide a bit respite to the suffering masses from the high-inflation, as far as possible. Due to series of proactive and preemptive measures taken by the Government to augment domestic availability and stabilise prices of essential food commodities, the price of essential commodities, especially edible oils, reported a decline in September this year compared to previous years. The past trend of Prices shows that in the period preceding the festival seasons which is generally from August to December, there is an increase in prices of edible oils. In the year 2020, the increase in the edible oils prices was in the range of 7-12 per cent and in 2019, it was in the range of 3-8 per cent. However in the current year, this trend has reversed with the domestic prices starting to show a declining trend of 2-9 per cent in the month of August, 2022.

In the last two months, all India average domestic retail of Refined Sunflower Oil 1 litre pack had decreased to Rs. 168 from Rs. 187 and for Refined Soyabean 1 litre pack from Rs. 158 to Rs. 150. All India average domestic retail of RBD Palmolein 1 litre pack has decreased to Rs. 138 from Rs. 121. The reduction in oil prices came as a result of the Central Government reducing the import duty on edible oils making them cheaper. The industry has been asked to ensure that the complete benefit of the reduced duty is passed on to the consumers invariably. The All India retail prices of RBD Palmolein, Refined Soyabean Oil, Refined Sunflower Oil and Mustard Oil decreased by 23 per cent, 12 per cent, 13 per cent and 8 per cent during the last 5 months. All India Wholesale prices of RBD Palmolein, Refined Soyabean Oil, Refined Sunflower Oil and Mustard Oil decreased by 25 per cent, 13 per cent, 14 per cent and 9 per cent during the last 5 month. Presently the prices of edible oil in the international market are witnessing a decline. The continuous monitoring by the Government and interactions with the edible oil industry has ensured that the benefit of the decline in the international prices of edible oil is being passed on to the consumers. The industry has informed that the global prices of different edible oils have fallen by USD 400-500 per ton in the last two months and it is starting to reflect in the retail markets and the retail prices are expected to come down further in the coming days. The Government is closely monitoring the price situation of all major commodities in wake of geo-political scenarios including extreme weather conditions around the globe. A Committee is in place in the Department of Food & Public Distribution which reviews the prices of all major commodities and appropriate timely measures are taken to keep a check on the prices in view of the interest of the farmers, industry and consumers. Various measures like reduction in import duties and cess on pulses, rationalization of tariff, imposition of stock limits on edible oils and oilseeds, buffer stock maintenance of onion and pulses have helped in keeping the commodity prices under control. The government has taken a number of other steps to ensure consumers get relief from high prices. If the commodity-price moderation seen in recent weeks continues, along with an easing of supply-chain pressures, then there will be more relief for consumers. The Government's timely intervention in curbing the mounting export of wheat and Sugar through export regulations has insulated the prices of these commodities from increase in contrast to the prices prevailing in the global market. Wholesale prices of wheat in the domestic Mandis have declined and the Wheat prices in India stabilised as the Central Government affected a series of policy interventions on the export of food-grains.



OFF 'D' CUFF

Transcendental Field

reality.

And that is the field where one is fearless. All these great royalties running away from their palaces, this huge amount of fuss about their status, but in reality, there is no place there where they can hide themselves.

Here is a call! Time calls followers of all religions, preachers of all religions of all faiths, to teach people to pray in large groups, in a manner that the prayer will be heard. And where will the prayer be heard? The prayer will be heard on a level of reality which is omnipresent — that means, the transcendental field of consciousness.

I have counted groups of deep meditations, large groups of deep meditations — doesn't matter to what religion they belong — they will make this Light of God spread from their inner Being to the whole world. The message is the message of peace, power, affluence, knowledge and wisdom.

Wake up. It does not take a long time to dive within yourself.

With Transcendental Meditation and all these advanced techniques and yogic flying, which has proved to be radiating the Light of God, radiating harmony, peace in the whole atmosphere, this thing is the guiding light for peace on earth.

Radiate Light

Don't waste your life. Don't waste your time, because you are the Light of God. Make use of yourself for yourself. You are the only hope! You are the only hope for yourself, your family; you are the only hope for your nation and for your world, because inside you are lively in that which is omnipresent, omnipotent, and omniscient. What more do you want? What more can you expect of life?!

-Maharishi Mahesh Yogi

Maharaja Hari Singh's Birthday; declaration of holiday & its ramifications

■ ADV RAMESHWAR SINGH JAMWAL

Prior to Gulab Singh's treaty with the British, regions of Jammu and Kashmir had not much in common, even the suzerainty, except for brief periods. Earlier, in 1780, after the death of Raja Ranjit Deo of Jammu, the kingdom of Jammu (to the south of the Kashmir valley) had also been captured by the Sikhs and afterwards, it had become a tributary to the Sikh kingdom. Ranjit Deo's relation Gulab Singh subsequently joined service in the court of Maharaja Ranjit Singh. He was an able soldier and his distinguished display of bravery in later campaigns in present day Pakistan and Afghanistan border areas endeared him to Ranjit Singh and he was appointed as Raja of Jammu, at a place called Jia Pota, near Akhnoor town in Jammu and Maharaja Ranjit Singh himself came to anoint him as Raja of Jammu. Gulab Singh's able General Jorawar Singh, also called as Napoleon of the East, extended the boundaries of his kingdom by conquering Ladakh, Baltisatin, and large parts of Tibet as well. He was given important assignments by Raja Gulab Singh and conquered many areas in Reasi and was then made incharge of Kishtwar, where he founded the modern day Gulabgarh area, by annexing Chatrasaal as it was called then and from there he conquered in accessible Ladakh and many areas of Tibet, upto famous Mansarovar area of Tibet. He was killed in Tibet while fighting and still the Tibetans pray at his place of death to have brave children. In 1947, Jammu and Kashmir was one of the biggest Indian states, but had a status no other princely state had acquired and this all was due to the efforts of Dogra rulers. The state had many separate parts, all having distinct geographical, linguistic, religious and cultural identities but had been united politically by Dogra rulers in mid nineteenth century, under the leadership of Gulab Singh (Lyon,P,1967). It may be mentioned that in 1845, after Anglo-Sikh war and the battle of Sobraon, a small village on the banks of river Sathuj that was fought in February 1846, two treaties were concluded by the British with the defeated Sikh kingdom. Sikhs had fought fiercely with the British and in order to weaken them, British wanted to take away maximum areas from them. By the first the State of Lahore (i.e. West Punjab) was handed over to the British, as

indemnity, equivalent to ten million rupees, while the area between Beas and Indus rivers, including entire Kashmir, Ladakh and Baltistan was sold to Raja Gulab Singh by the British for Rs. 7.5 million (Suri, SP & Singh Dr G,2016). This treaty with the British is called the Treaty of Amritsar; which was signed on 16th March 1846 and Gulab Singh then became a Maharaja of the state of Jammu and Kashmir at the age of 54, which had distinctive regions in terms of language, ethnicity, culture and even religion. Thereafter he started extending the boundaries of his kingdom. His able General, Jorawar Singh Kahluria conquered Ladakh, parts of Tibet, Baltistan etc and these areas became part of the Dogra Kingdom, which shared boundaries with Uzbekistan, China and Afghanistan. Soon after Gulab Singh's death in 1857, his son, Maharaja Ranbir Singh, an able administrator; added the emirates of Nagar, Gilgit and Hunza to Dogra kingdom. Prior to Gulab Singh, the state of Kashmir and Jammu (as it was then called) was constituted between 1820 and 1858, was not a coherent entity and many small states existed. He conquered Reasi, Rajouri and Samarth, except Poonch, Jasrota and Ramnagar; which were the Jagirs of Dhian Singh, Hira Singh and Suchet Singh, and brought them under one kingdom. Chenani, Bhadarwah, Kishtwar and Basholi were also brought under control. Still it had disparate regions, religions, and ethnicities. Jammu had mixed population of Hindus, Muslims and Sikhs, Ladakh was ethnically and culturally Buddhist having strong religious and cultural bonds with Tibet and in the heavily populated Kashmir valley, the population was overwhelmingly Muslim but there was also a small and influential Hindu minority, called Kashmiri Pandits. In the northeast, there was sparsely populated Baltistan, having a population ethnically related to Ladakh, but which was mostly Shia and in the north was an area called Gilgit, which was also sparsely populated with Shia community. In the west there was Poonch dominated by Muslims but of different ethnicity than that of Kashmiri Muslims. After Ranbir Singh, Maharaja Partap Singh succeeded to the throne and he married a girl from Birpur village in present day Samba District, to which the author also belongs and it was due to this reason that the father of the author was picked up for sacred Jamie Mitri

(friendship)' with Dr Karan Singh. After Partap Singh, his nephew Maharaja Hari Singh became the ruler of Kashmir and he had studied from the best schools in India and was a very forward looking ruler. He ended many social evils in his kingdom, like female infanticide, which was very widespread, especially amongst Rajputs of Jammu. He made primary education compulsory for all his subjects, allowed the entry of lower castes in temples, started monetary help to encourage girl education, encouraged tree plantation, especially of mango trees at the birth of a girl child, encouraged cultivation in barren lands and was the first Indian Ruler who advocated for 'All India Federation' of Indian Princely states, which sounded akin to freedom for India to the British, in a round table conference in the year 1930. This sounded an alarm bell for the British as it pointed to a British free India in future. The paragraph of Hari Singh's speech, which showed his views about the future India are being quoted as "To my mind, there is today no alternative to Federation as a policy for India and in according my warmest support to the scheme of Federation before us. I am inspired by the hope that we are laying the foundation of a future for our country, more truly for our future in accord with its genius and traditions with great potentialities for future development than is possible under any other scheme that we can think of today, I bless this scheme of the Sankey Committee and that, so far as my state is concerned, I will be in the interest of greater India, be ready to join such a federation" (Suri, SP & Singh Dr G,2016 p-149). There was no indication that he wanted an independent Jammu and Kashmir; as is the biggest allegation against him. This led to the British conspiring against him and the mutiny in Kashmir against his rule was part of this big conspiracy, initiated at the instance of Political department of the British Indian government and their Resident Commissioner in Kashmir (Saxena H.L, 1975, P 113). Nehru was supporting Sheikh Abdullah's fight against Hari Singh and it was because of this reason that Hari Singh was made to exile after partition to Delhi but even there he was not allowed to stay in peace and ultimately he shifted to Mumbai's Padar road where he died in 1961.

(To be continued....).

Organic farming for sustainable crop production in J&K

■ DR BANARSI LAL

J&K is a mountainous Union Territory in which about 30 per cent of the area is under cultivation. Agriculture is the backbone of J&K. This sector provides employment directly or indirectly to about 70 per cent population of J&K. The average size of landholding in India is 1.08 hectares where as in Jammu & Kashmir it is 0.54 hectare. Agriculture contributes significantly to the economy of J&K which signifies the overdependence of the J&K on agriculture. Agricultural development harbingers the overall growth and development of J&K. The use of fertilizers and other agrochemicals has started to increase in J&K which deteriorates the soil health. Organic farming is a method of farming in which we largely exclude the use of chemical fertilizers, pesticides, herbicides, growth hormones and we maintain the soil fertility by the organic manures, green manures, crop rotation etc. It is a unique system of farming which sustains the agro-ecosystem including biodiversity and soil biological activities. Organic farming can prove as a major tool for the second green revolution especially in the hilly regions. Majority of farmers of Union Territory of J&K have small and marginal size of land holding which generate less income particularly in the hilly areas. It is the tradition in J&K to add organic manures in the soil which supplement nutrients and improve physical and biological properties of soils. Over the years, the farmers of the hilly Union Territory of Jammu and Kashmir have adopted new agricultural technologies but still J&K is having low crop productivity of almost all the crops. There is need to develop systematic approach and plan for the development in organic farming in Jammu and Kashmir as J&K has

immense potential for organic farming. Several steps have been taken by the government in order to highlight the importance of organic agriculture in the growth of J&K economy. There is need to make rigorous efforts to promote organic farming in J&K. Soil health is deteriorates due to indiscriminate use of chemical fertilizers in the soil. In order to sustain the health of soil, organic farming is the best option. Organic farming is picking up pace in the UT of J&K and there is need of awareness and trainings of farmers for organic farming. J&K has huge potential for organic farming as a large area in J&K is already under semi-organic cultivation especially in hilly districts of J&K due to the lack of availability of chemical fertilizers in these areas and the farmers of these areas hardly apply the chemical fertilizers. Basmati rice of R S Pura, Rajnauh of Bhadarwah, potato of Gurez and Machil and red rice of Tangdar, Kupwara, ginger and turmeric of Pooni, Reasi are major exportable organic products in J&K and have the potential to fetch more returns in the market. There is need to explore markets in the country and abroad for saffron, basmati rice, rajnash, spices and various other agricultural produce from J&K. In order to improve the socio-economic status of farmers of J&K, help them to get higher returns per unit area and overall improvement in the soil health along with increase in the export potential of farmers produce, specific interventions are needed to promote organic farming. Special impetus on construction of vermi-compost pits, vermi-bedcs, certification of organic produce and assistance for promoting bio-agents needs to be given so that farmers in near future become more competitive and generate better returns from their farms. Some specific projects on

organic farming should be implemented specially in the hilly areas to promote organic farming in J&K. Area under organic farming and certified organic area need to be enhanced with the assistance of experienced service providers having certification tie up with the approved agency of APEDA. Cluster approach needs to be followed to identify the potential areas and emphasis should be given on organic farming in selected areas. Specific zones need to be identified and niche areas of organic production needs to be identified. Firstly the base line survey of the areas needs to be conducted and after that farmer meetings need to be conducted to orient the farmers on commercial organic farming. Specific demonstrations on organic input preparation such as Jeevamrit, Beetamrit, Panchgavya, vermicomposting, Matka Khad etc. should be given to the farmers. The literature in local dialect on organic farming should be provided to the farmers of selected areas of J&K. After that comprehensive trainings on all aspects of organic farming should be imparted to the farmers by the experts. Farmers should be acquainted with the uses, doses, time of application, stage of growth etc. of various bio-agents. Farmers should be oriented on less cost of cultivation and higher market returns by the adoption of commercial organic farming. By practicing organic farming even small farmers can generate more returns from their farm produce. Organic farming can benefit the farmers economically and ecologically by reducing the cost of cultivation. By organic farming, the farmers of J&K can leave a better legacy for their future generations. Farmers can also generate additional income by selling the earthworms and vermi-compost. The farmers of Jammu & Kashmir can tap the

opportunity of growing demand of organic products. Organic agriculture is generally environment friendly maintains soil health and enhance biodiversity. Already large numbers of farmers of J&K are growing spices, basmati rice, walnuts, herbs etc. organically. There is need to introduce organic farming commercially, scientifically and in a systematized way so that the farmers can get rich dividends and farming can become sustainable. Keeping the importance of organic products in view there is needed to shift from chemical to organic farming. Organic farming system is not new and it is being followed from ancient times in J&K. There is an immense scope for organic Basmati rice in J&K which is grown on more than 35,000 hectares of land in J&K and has a production of over 88,000 metric tonnes, besides rajnash, spices, saffron, pulses and potato. There is need to provide logistic support for organic farming to the farmers so that they can get maximum benefits from it. Organic farming is a market demand driven agriculture which aims to fetch more prices. Postharvest crop residues can be utilized to the fullest extent. Currently the demand for organic products is more than supply. The market for organic crops is growing at a very high rate each year. The reduction in the input cost in organic farming ensures higher economic net returns. The emerging challenge for food security and environment sustainability can be mitigated by the organic farming. Good market demand for organic products will have a positive impact on the socio-economic status of the farmers of J&K. Commercial organic farming can be a boon for the farmers of J&K.

(The author is Head, KVK, Reasi SKUAST-J).

Self-help for peaceful management of problems

■ SAHAJ SABHARWAL

The present is a world full of people with competitive minds. Competition is that much high that many people have to lose so as to provide top participants to be awarded. Some humans take motivation from the winners to improve in the next time while others get de-motivated with the successful winners. No doubt all did, not only ordinary work but smart hard-work but selecting the topmost of the real best is the toughest job. Giving preferences and priorities plays an important role. Many people get that much de-motivated or jealous that when they fail to get the desired position, they get into wrong addictions and suicidal thoughts too. At that difficult time we need to learn to Self Help by learning to be a good manager to manage/handle any situation without de-motivating ourselves. 'Self Help is defined as the greatest weapon that we can use for peaceful management of our personal problems being independent by becoming a self motivating machine'At least we must be able to manage ourselves. No doubt, it's not easy at all. But learning to do it successfully is real life. Self help is quite important because if we can't help ourselves, then our negativity will create more negative results taking the advantage of our bad situation. In many quotes, articles, stories, writings, thoughts, prose and books you will find about ways to help yourself in the best way. But in reality no one can help you to learn self help because as it's name describes self mean on your own and help means to aid or to assist, so you need to assist yourself. And you need to learn it on your own by gaining experience and practical knowledge, not just learning some words, lines or definitions but to extract benefit from it in your real life, because even books written by authors are based on their personal life experiences and their own thoughts, their own languages and opinions. Mostly all authors will give their own definition of self help if they are worthy. It's quite important to study yourself because you yourself don't know that that you are that you need to know to be successful. You can control your negative thoughts, temper, blood pressure, heart beat, pulse rate, bad vibes and also over positive thoughts just by understanding yourself. If you are unable to manage yourself then these negative points will force you to go into wrong addictions like drugs and may also become a reason for suicide. We don't know the value of our life because we have never died. If we are alive we can still do anything than to die as a suicide. Suicide is the biggest failure and for that type failure all must be fearful. Just by keeping a mindset and a self help establishment we can avoid all these including depression, stress and tension. Refuse before suicide because after suicide the chances of being alive are quite less and the same you will never return and your death by your will create problem only for your love beings including parents, family and friends. Watching someone's success can make you feel glad or bad depending upon your mindset. Just a failure in exam or a single step of life doesn't mean that life is over for you or now the only way is to indulge in drugs and suicide, but if you are alive life will give you many chances before your death to improve, impress your-

self. So suicide is not at all a step to take. Your length of life is not in your hand but when you try to take it, you think to end at any point that's the failure all should be afraid. If you still can't understand how to manage yourself or a particular situation goes to your parents, teachers, friends or any other person whom you think will motivate you. Just you need a motivational dose in form of helpful advice. At least they can stop you to reach your death. Before doing any such wrong things just think of your parents who gave you birth to live a long happy and cheerful life and on your birthday only they do all the preparations so that you feel happy, glad and satisfied. In fact, your mother who kept you for nine months just to see your face whether it's of any color and type, for them you are beautiful as no one else because only your parents are really your own who bought you to this earth. Just to watch you successful they keep planning many things and working hard enough as rough to make your all dreams come true. But when you notice less marks, failure in something, break-up with girlfriend or boyfriend, less salary, unsatisfactory results, boring life, love failure etc. only such bad thoughts to commit suicide by jumping from somewhere, shooting yourself, hanging with fan, cutting your nerves etc. hits your mind hard. To overcome all these things is the real struggle. And to show all these problems that you are not less and you have your own value and you are powerful or superb enough to fight win, manage and deal with such issues. Many things are there you don't want to discuss with anyone else even with your nearby people. In such cases, self helping, motivating, analysing, researching, achieving can only help you. Books or searching on internet could help you deal with your personal problems without letting others know. But whatever happens never think of suicide or to lose, because if you will not win then too you will gain great experience that will help you to win in your life being experienced. If you are an introvert, self-helping would play a great role in your life. As an extrovert too, you can help yourself without considering help from someone. On internet too there are a few drawbacks or wrong information as all things are uploaded by we the humans of this planet. As a human no one is perfect but we call can try to be as better as possible. So don't depend totally on anything, use your mind, your experience, your knowledge and opinions to help yourself. Success without struggle is just like gaining marks without practice in which you can only get good percentage, but only you know that you are not that much successful that you got it. That's also a source or personal demotivation as depressing stress. No one is weak before, no one is strong from the beginning, all tries, some wins, some fails and those who fails gain experience and more knowledge as compared to those who pass at the first time. They might not have seen those extra experiences as the failures gains before they become successful. Understand your purpose and your life. Keep you safe is the responsibility of your guardian but after estrangement or getting off the hands of your parents too, SELF HELP can keeping you safe. 'Self Help can help you guide, by keeping your mindset wide.'

YOUR COLUMN

Neglected elderly generation

Dear Editor;

In foreign countries, the condition of the elderly is even worse. But in the context of India, this situation is more worrying because in Indian society, importance has always been given to the joint family, where the place of the elderly has been paramount. In today's changing era, in the desire of small and nuclear family, the concept of joint family is getting destroyed, due to which people are getting away from their elders, while children also love grandparents, maternal grandparents deprived of are happening. A nationwide survey was conducted by 'Help Age India' to understand the massive changes in the income, health, safety, lifestyle of the elderly after Corona, which revealed that the elderly in India are largely neglected and desperate. According to the survey, about seventy one percent of the elderly in the country are not doing any kind of work and sixty one percent of the elderly felt that adequate and accessible employment opportunities are not available for them in the country. Due to corona epidemic, the symptoms of fear and despair have increased, but the cases of suicide have also increased. Cases of neglect of the elderly, however, are not limited to India alone. In foreign countries, the condition of the elderly is even worse. But in the context of India, this situation is more worrisome because in Indian society, importance has always been given to the joint family, where the elderly have a paramount position. In today's changing times, in the desire of small and nuclear family, the concept of joint family is getting destroyed, due to which people are getting away from their elders, while children also go to grandparents, maternal grandparents being deprived of love. Due to living alone, crimes against the elderly have started increasing, while children in small families do not get the company of elders of the family, their working style is also affected negatively. Problems such as feelings of emptiness, fear of viral infection, loss of appetite and anxiety related to an uncertain future have increased. IIT Madras also conducted a survey on the health of the elderly, the report of which was published in the journal 'Globalization and Health'. According to this survey report, diabetes, blood pressure and cardiovascular diseases were found to be more common in the elderly. The shocking fact also came to the fore that only 18.9 percent of the elderly had access to health insurance and were spending more on health did not have the capacity. In the era of corona epidemic, loneliness among the elderly has increased, which is proving to be very harmful for their health. Long-term isolation from society can cause many health problems in the elderly, such as depression and anxiety, excessive drinking or impaired brain function, dementia, etc., which can damage their immune system as well as their cardiovascular system. There is a need to provide a positive environment. Even if the elderly become physically weak in old age, it is the duty of the family members to take care of them with full respect. Apart from various diseases in old age, it is normal for physical condition to change including problems like knee and joint pain and twisting of the spine. For the elderly to get relief from such problems, it is very important for them to get proper nutrition.

Vijay.