

KARMAYOGI SAPTAAH Bridging the divide Between Jammu & Kashmir

Karmayogi Saptaah, or the Week of the Karmayogi, is a concept that underscores the importance of selfless action in the pursuit of individual and collective goals. Rooted in ancient Indian philosophy, particularly the teachings of the Bhagavad Gita, Karmayogi emphasizes performing one's duty without attachment to the results. This week serves as a reminder of the significance of work, dedication, and the spirit of service.

At its core, Karmayogi signifies the ideal of a person who is dedicated to their duty and performs it with full sincerity. The term "Karma" refers to action, while "Yogi" denotes a practitioner of yoga, or one who is connected to a higher purpose. A Karmayogi is someone who acts with a sense of duty, aligning their actions with their values and contributing positively to society.

In the Bhagavad Gita, Lord Krishna imparts the wisdom of Karmayoga to Arjuna, who is hesitant to fight in a battle. Krishna teaches him that engaging in one's duty, without attachment to success or failure, is a path to spiritual growth. This philosophy resonates with people from all walks of life, encouraging them to embrace their roles and responsibilities.

Karmayogi Saptaah can be observed in various ways, emphasizing reflection, action, and community engagement. Here are some key activities that can characterize this week:

Individuals can begin the week with introspection, assessing their current roles and responsibilities. Reflecting on personal values and goals can help clarify one's purpose and guide future actions.

Community Service: Engaging in community service or volunteer work is a cornerstone of Karmayogi Saptaah. By helping others, individuals not only contribute to societal well-being but also cultivate empathy and compassion. Activities may include organizing food drives, participating in environmental clean-ups, or supporting local charities.

Skill Development: Investing time in learning and improving skills aligns with the Karmayogi spirit. Workshops, online courses, or self-study can enhance personal and professional growth, preparing individuals to perform their duties more effectively.

Mindfulness Practices: Incorporating mindfulness and meditation can enhance one's ability to focus on the present moment. This practice aligns with the Karmayogi philosophy by fostering a sense of calm and clarity, allowing individuals to act with intention.

Sharing Knowledge: Hosting discussions or seminars on the principles of Karmayoga can inspire others to adopt this mindset. Sharing experiences and insights about selfless action can create a ripple effect within communities.

The observance of Karmayogi Saptaah has far-reaching implications. On an individual level, it encourages personal growth and fulfillment. By embracing their duties with dedication, people experience a sense of purpose that enriches their lives. On a broader scale, when communities engage in selfless acts and support each other, they foster a spirit of cooperation and solidarity.

Moreover, Karmayogi Saptaah aligns with the modern emphasis on social responsibility and sustainability. As individuals commit to actions that benefit society, they contribute to a more equitable and just world. The principles of Karmayoga can also be integrated into professional settings, promoting a culture of accountability, teamwork, and ethical decision-making.

While Karmayogi Saptaah presents a compelling vision, individuals may face challenges in fully embodying this philosophy. The fast-paced nature of modern life can lead to distractions and a focus on immediate outcomes. It is essential to cultivate patience and resilience, understanding that the journey of selfless action may not always yield immediate results. Additionally, balancing personal aspirations with the needs of others can be difficult. The key lies in finding harmony between self-care and service to others. A Karmayogi understands that caring for oneself is also a form of service, as it enables one to contribute more effectively to the community. Karmayogi Saptaah is a celebration of action, purpose, and the transformative power of selfless service. By embracing the principles of Karmayoga, individuals can navigate their lives with intention and integrity, ultimately contributing to a more harmonious world. As we observe this week, let us commit to embodying the spirit of a Karmayogi, acting not just for ourselves but for the greater good. Through our actions, we can inspire others, creating a chain reaction of positivity and purpose that echoes far beyond the confines of a single week.

Maharashtra's political impact on Uttar Pradesh

■ SHAHZAD AKHTAR

After the announcement of assembly elections in Maharashtra, the relationship between Samajwadi Party and Congress has started to sour because Samajwadi Party wants to contest on 12 seats in Maharashtra in alliance with Congress but Congress is not ready to give Samajwadi Party a single seat in Maharashtra. This is the reason why Samajwadi Party has started to show its eyes to Congress in the 9 by-elections to be held in Uttar Pradesh. Samajwadi Party has also announced its candidates on 7 seats and will give only two seats to Congress, due to current political situation Congress leaders in UP is not feeling well state.

In the current Lok Sabha elections, Congress and Samajwadi Party together gave a tremendous political blow to Bharatiya Janata Party in Uttar Pradesh and it was believed that this political alliance between the these two parties is strong enough to oust Chief Minister Yogi Adityanath and Bharatiya Janata Party government from power in Uttar Pradesh in the upcoming assembly elections.

Earlier in the assembly elections in Jammu Kashmir and Haryana , Samajwadi Party had also demanded some seats from Congress but the Congress high command had refused to give even a single seat to Samajwadi Party in these states. Now in the Maharashtra assembly elections too, the Samajwadi Party believes that it has a strong support base on 12 assembly seats and is capable of fighting strongly on these seats. The Congress party is not ready to accept political cooperation outside Uttar Pradesh, the effect of this is being seen in the by-elections of 9 assemblies of Uttar Pradesh.

In Uttar Pradesh, the Samajwadi Party has announced its candidates on 7 out of the 9 seats to be contested by-elections, while the Congress wanted its candidates to contest on four or five seats. The Congress high command is very angry with this and at present the Congress is planning not to participate in the by-elections in Uttar Pradesh. The Bharatiya Janata Party and the Yogi government of the state seem to be very happy with this because the current political situation of the two major parties is sending a political message in favor of the Yogi government.

Only time will tell which way the political situation of Uttar Pradesh turns in the upcoming by-elections to the 9 Vidhan Sabhas of Uttar Pradesh, but for now, with the news of rift between the Congress and the Samajwadi Party, the Bharatiya Janata Party seems to be stronger in Uttar Pradesh.

■ OMKAR DATTATRAY

The increasing divide and widening gulf between the two regions of the UT that is Kashmir and Jammu has been manifested and reflected in the voting pattern of the just concluded Assembly elections .The election results and outcomes made the ever increasing gap between the two divisions more strikingly exist and it was felt that the two regions are on the path of exclusivity and the politics exhibit deep rooted regional and religious divide as the voters in both the regions voted for different political parties. .There was not an iota of similarity in the voting patterns ,with the result the divide has further been enhanced and the difference is more glaring .If steps are not taken to fill the deep void between Jammu and Kashmir ,the day will not be far off when the union territory will disintegrate and two new UT's one for Jammu and another for Kashmir will take birth and it may not be less than the doomsday for the Jammu and Kashmir .Thus this widening gulf and divide is a serious concern for all right thinking political leaders and people also and they want that this deepening wedge should be bridged for the harmonious and balanced development of both regions of Jammu and Kashmir .This deepening wedge and divide was few days ago manifested by the assembly poll results which amply made this unneeded divide a stark reality .There was clear cut polarization between the two regions of Kashmir and Jammu as was crystal clear in the assembly poll results .The political satraps and political leaders of both the NC-Congress as well as the BJP should not lose sight of the fact that the this divide between the two regions is against the unity and cohesion of the combined Jammu and Kashmir .So both the UT's rulers and the opposition benches should not revel in electoral achievements only but introspect how the deepening divide can be corrected and the mistakes rectified to ensure that Jammu and

■ DR. BANARSI LAL

India possesses 2.4 per cent of the global land area and sustains 17.74 per cent of the world population. In India fish farming is a flourishing sector and a very important economic activity. This sector engages over 14.50 million people at the primary level. This sector transformed from traditional to commercial scale and has led to 17- fold increase in just six decades i.e. from 7.5 lakh tonne in 1950- 51 to 125.90 lakh tonne during 2018-19. This sector registered an overall annual growth rate of about 4 per cent. This sector has contributed around 1.1 per cent to the National Gross Domestic Production (GDP) and 5.15 per cent to the agricultural GDP. Besides meeting the national protein demand and livelihood, fisheries also earn foreign exchange to the tune of Rs.47, 620 crores in 2018-19. This justifies the importance of this sector on the country's food, economy and livelihood security. India constitutes about 6.30 per cent of the global fish production and 5 per cent of global trade. India has attained the second largest fish producing and second largest aquaculture producing nation in the world. This sector has been named as the "Blue revolution". Considering the limited scope of the capture fisheries from coastal waters and natural inland waters like rivers and estuaries, emphasis on aquaculture and culture based fisheries from reservoirs and floodplain wetlands has been given to mitigate the increasing requirement of fisheries. Major objectives of blue revolution is to fully tap the total fish potential of the country both in the inland and the marine sector and triple the production, to transform the fisheries sector as a modern industry with special focus on new technologies and processes, to enhance the income of the fishers and fish farmers with special focus on increasing productivity and better marketing, post-harvest infrastructure including e-commerce and other technologies and global best innovations. The Ministry of Agriculture

■ VIVEK KOUL

The Hon'ble Prime Minister's Employment Package, formulated in the year 2009, for internally displaced Kashmiri Pandits which is more oftenly known as "Return and Rehabilitation package" has proved out to be a total failure & disastrous as nothing concrete has been done by the government with regard to the betterment of the community youths selected under this much talked about package. Only fake promises and false assurances have been given to them by different governments in connection with their dignified return and rehabilitation to Kashmir. Actually this Job package was given to Kashmiri pandit youths (victims of genocidal killings) under a Prime Minister's Development Package (PMDP) so one can't link this package with KP's return and rehabilitation. With regard to the career progression of employees selected under this package, the government has done injustice and discrimination with the package employees. By introducing and implementing G.O 34 JK DMRRK, the govt is just treating these employees as if they are second class citizens. The government must revoke this unconstitutional order and the package employees

Kashmir remains one single entity .Grievances and discontent among the people of Jammu region should be removed by the new government and there should be no grouse against one another region .It is the duty and responsibility of the government sworn that it should sincerely try to address all genuine issues of the people of both the regions of the UT .The discontent and dissatisfaction of the people of Jammu region should be addressed as one of the top priority of the new NC-Congress government.NC president and former chief minister of J& K Farooq Abdullah is the strong votary and advocate of unified Jammu and Kashmir .Thus has he pleaded and propounded that bridging the religious and regional divide is the first priority of the new coalition government. Thus has Farooq Abdullah pledged to bridge the divide between Jammu and Kashmir.He said the aim of the NC-Congress government would be to minimize the differences between the two regions of the union territory and build confidence among Hindus ".We have to minimize the differences that they have created between Jammu ,and Kashmir .Our endeavor should be that the Hindus there have this confidence & that we think about them in the same manner as about Kashmir ."Andullah said .He added that we will not differentiate between the two ,So what they did not vote .It is our duty to solve their problems .The NC chief said there were many challenges before the new government .Farooq Abdullah who is the chief of NC ,said that the primary focus of the new NC-Congress government would be to bridge the divide between the Jammu ,and Kashmir while fostering confidence among Hindu community in the region .Abdullah emphasized that the urgent need to minimize the differences that have been exacerbated between the Jammu ,and Kashmir regions ."We must work towards reducing the gaps that have been created between Jammu and Kashmir

regions .Our priority should be to ensure that the Hindus in Jammu have complete confidence in us and know that we will care for them just as we do for the people of Kashmir ."Abdullah stated .The NC president underscored that the new government would not differentiate based on voting patterns ."Even if they did not vote for us ,it is our duty to address their concerns and resolve their issues ,"he added ,reinforcing a commitment to inclusive governance .So far so good Farooq's words are pious and need of the hour in Jammu and valley which is grappling with the regional and religious divide as revealed by the outcome of the election .But then Farooq is the senior politician of Jammu and Kashmir and a politician promises one thing and undertakes a complete U turn and remember Farooq is infamous for taking U turns and he is a politician and not a statesman and the difference between a statesman and politician is that a statement says and promises what he means on the ground and he will does not broke his promise ,but a politician remains busy in making and breaking promises .Therefore Farooq's words cannot be taken at their face value .But may God, give sanity and courage to Farooq Abdulla and the new chief minister Omer so that they and their government will sincerely strive to minimize the regional and religious divide and wedge between the two regions of Jammu and Kashmir valley .But remember this regional and religious divide has been accentuated and enhanced by the election campaigning of NC-Congress in Kashmir and by BJP in Jammu region and thus the fathers of this unsavory divide and wedge between Jammu and Valley are the political parties of NC ,Congress ,BJP ,PDP and other smaller parties as well as all of them conducted the poll campaigning in Kashmir valley and Jammu region by polarizing the atmosphere and whole electioneering and it manifested and was revealed in the poll out-

come .Leave it aside the new NC-Congress government should sincerely try to lessen the regional and communal divide between the two regions of the UT and in this lies the good of Jammu and Kashmir .As Omar Abdullah is poised to take the reins as the next chief minister of J&K as the head of a NC-Congress ,the biggest challenge before him would be to bridge the deep political ,regional and communal divides between the UT's two regions -Jammu and Kashmir valley as revealed by the just concluded Assembly poll results .It is in the fitness of things to mention what has former Sadr -e-Riyasat and scion of Dogra ruler Maharaja Hari Singh ,Dr Karan Singh who is also a senior Congress leader said on the issue of bridging the regional divides between Jammu and valley .The former MP said that the election outcome revealed sharp political divide between the two regions which will be a challenge for the new government to overcome administratively .He also stated that now the new government is about to be formed ,the next step should be to restore full statehood to Jammu and Kashmir .The domiciliary provisions on the lines of HP ,Uttarakhand to protect the land and property of the residents of Jammu and Kashmir .I wish that the state created by my ancestors which is so beautiful should shine with peace and development .To conclude it can be stressed that there is great and urgent need to take necessary steps to minimize the political ,regional and communal divide between the two regions of the UT and the new government of NC-Congress should remove & of bridge the widening divide between Jammu and Valley and in this lies the good of our UT which will transform into a state very soon as Modi government is committed to restoration of statehood to J&K ,the sooner it is done the better.

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Marching Towards Blue Revolution in J&K

and Farmers Welfare, Department of Animal Husbandry, Dairying & Fisheries has accordingly restructured the scheme by merging all the ongoing schemes under an umbrella of Blue Revolution, to provide focused development and management of fisheries, covering inland fisheries, aquaculture and marine fisheries including deep sea fishing, mariculture and all activities undertaken by the National Fisheries Development Board (NFDB).

Integrated fish farming is the combination of two or more separate farming systems where the waste from one subsystem is utilized for sustenance of the other. For example, fish-pig /poultry/ducks farming. The system provides considerable potential and scope for augmenting production and also offers an enormous scope for employment generation and rural economy. The country possesses significant water bodies both in Himalayan region and Western Ghats, which hold large populations of both indigenous and exotic cultivable and non-cultivable cold water fish species. Important food fishes in the region are Mahasers and Schizothoracids among the indigenous species and Trouts among the exotic varieties. Increasing per capita fish availability from the present level of only 8 kg to 11 kg (as recommended by WHO) is the primary challenge before the country. Considering the scope of the capture fisheries from coastal waters and natural inland waters like rivers and estuaries, emphasis on aquaculture and culture based fisheries from reservoirs and floodplain wetlands should also be given to meet the targeted fish requirement. Research and development efforts in the last five decades have greatly improved average fish yields in the country making carp culture an important economic activity. Indian Major Carps (IMC) Rohu (Labeo rohito), Catla (Catla catla), Mrigal (Cirrhinus mrigala) were the principal species cultured in ponds since ages. Species like Labeo calbasu, L. gonius, L. bata, Puntius pulchellus, P. sarana, P. bolus and Cirrhinus cirrhosa are

considered to be important species due to their production potential, high market price and consumer preference. Catfishes have great commercial importance. Magur (Clarias batrachus) and Singhi (Hetero-pneustes fossils) are the two air-breathing candidate species for culture. Several other non-air breathing catfishes like Mystus seenghala, Pungasiuspungasius, Wallago attu, Ompak pabda are also being cultured in view of the high consumer preference. The giant freshwater prawn, (Macrobrachium rosenbergii) is the largest and fastest growing species among freshwater prawns. The development of hatchery technology for M. rosenbergii and later, for Indian river prawn, M. malcolmsonii has opened up new possibilities freshwater aquaculture.

Fisheries is a growing sector in the Union Territory of J&K. This sector is considered as an emerging venture which possesses a potential to contribute immensely to the economy of J&K. This sector provides nutrients and is helpful in generating employment and income especially for the rural youths of J&K. The number of fishing license holders in J&K are increasing annually and many new farmers are coming forward for fish farming. There is a big gap between the demand and supply in fisheries sector in J&K. Fish is a valuable source of diet for the local people. Fisheries sector in J&K has made significant strides during the last decade. During the year 2018-19,J&K produced about 20.7 thousand metric tones of fish. The demand of fish in J&K is 1.5 lakh tones. In J&K about 93,000 people depend on fisheries for their livelihood. There is a lot of biodiversity in fisheries flora and fauna in J&K. Technical know-how and exposure visits for the fish farmers of J&K can create interest and passion towards this sector. There is need to increase production and productivity of fisheries in J&K so that the increasing demand of fisheries can be mitigated.

Union Territory of Jammu and Kashmir

Impasse of PM Package employees

should be absorbed into state cadre which will ensure their service right at par with general employees. The government has always exploited the needs and urge of these PM package employees and made them to work in Kashmir as bonded labourers with dire conditionality. One wonders as to why the government puts harsh conditionality for KP package employees of signing the bond to serve in Kashmir valley alone for whole of their life time. Such bond or judicial agreement with regard to the PM's Employment Package seems to be irrational and unreasonable on all counts. It is totally beyond one's comprehension as to why these PM package Pandit employees have been subjected to this kind of humiliation in terms of signing the bond before getting job. In India nowhere an employee is asked to sign a bond before getting a job. This is total discriminatory, unlawful and unconstitutional bond. Thus this arbitrary bond should be abrogated in future if the government is really interested in safeguarding the precious lives of Kashmiri Pandits. A comprehensive transfer policy must be framed for these KP Package employees as they haven't signed any death warrant under this employment scheme. The

erstwhile state of J&K is now a Union Territory so all the state laws are replaced by the central laws and in this perspective a new dimension and look should be given with regard to the terms/conditions of their job under this much talked about PM's package. It is not understandable that if an employee of Delhi or some other UT can be transferred anywhere in India then why PM Package employee of JK UT is restricted to serve only in Kashmir valley? This is a moot question. The PM Package for displaced Kashmiri Pandits is basically an economic package and therefore it should not be linked with any rehabilitation program/plan or something like that. The government claims it a Rehabilitation package and if it is so then where is the rehabilitation of Kashmiri Pandits? Rehabilitation doesn't mean forcefully coering PM Package Pandit employees to work back in Kashmir against their will discretion and making them sacrificial goats at the alter of secular democracy. Forced rehabilitation of KPs will not serve any purpose. Thus it needs to be clarified that the re-establishment of the whole KP community back in valley need not be confused with this PM employ-

ment scheme. However, out of 6000 PM Package employees, only around 3000 employees got accommodation and the remaining 3000 employees are living at scattered rented accommodation across Kashmir without any security. Initially this Employment Package which was announced in the year 2009 comes with no conditionality but very cleverly the then state government of J&K ammended the advertisement with condition of serving a judicial agreement by the employee. All these things happened under a well knit policy so as to exploit the urge and needs of these Package employees. It is very sorry state of affairs that the present government is also treating these KP package employees as a separate category employees. The fact of the matter is that these employees are also the part and parcel of state establishment and thus should be treated as such. It seems like that the government is least bothered about mitigating the sufferings of the PM Package employees in particular and Kashmiri pandits in general. It is worrisome that the package employees are entangled between life and livelihood. At present, the ground condition for the living and

working of Kashmiri Hindu employees is not conducive as targeted killings of non locals are happening unabatedly. Huge inflow of tourists in Kashmir has nothing to do with normalcy. It doesn't reflect that all is well in valley. From the last 4 years we have witnessed selective and targeted killings of non local Hindus in Kashmir. The Innocent civilians are also being killed by the militants and as per reports some Pakistani foreign terrorists have intruded into J&K and are creating mayhem across various districts of this sensitive region. At present the situation is gruesome in Kashmir as non locals are being targeted. The recent targeted killings at shopian and Ganderbal districts of Kashmir has instilled a sense of fear among non locals and PM package employees. Thus, government must immediately provide Work From Home (WPH) option to all those PM Package employees who are living at rented places till proper secured accommodation be given to them. It is the duty and sole responsibility of the administration to provide best possible security to all non locals and Package employees so that their precious lives be saved from the enemies of humanity.