

HAZARDOUS EFFECTS OF MODERN TECHNOLOGY

In today's technological age, it has become the fastest and most important means of communication and information. It has become an integral part of human life all over the world. One can't imagine life without YouTube and many other social networking sites. Go to social gatherings to have electronic gadgets like smart-phones, laptops, tabs, iPads or mini computers in the hands of every human being and all busy with them, unaware of what is happening around them, on social media in technological age. Prolonged engagement has become common place. In this technological age, where the new generation and social media are proving to be useful for human life, there is another aspect of coin emerging, it is having adverse effects on human beings and its excessive use and excessive activity on it is extremely worrying. It is being held mainly responsible for the adverse effects on the mental, physical and social development of the people. Thanks to this technological social media, huge changes have taken place in the fields of communication, education, commerce, journalism and social relations.

In this technological age, the use of social media is increasing very fast. Thanks to this, new friends are being made every day. Some people are resorting to these sites to bridge the loneliness of family relationships. New talent emerges daily in the field of entertainment, a viral video, article or blog of talented people makes them an overnight star. At the click of a button, you connect with the world or your friends, relatives or other loved ones. Thanks to this technological social media, geographical boundaries have been drawn and boundaries have been crossed. The whole world seems to be united on one platform. The effect and reaction of any good or bad event that happened in any corner of world can be seen all over the world. In this technological age, social media is having many negative effects as well as being beneficial to our society. Many times, articles and videos are uploaded on social media in which bad language is used against privacy, religion or class of any person or class, which has a profound effect on psyche of human being. Many times the human being goes into mental stress. Due to increasing activity of young generation on social media, young people are becoming accustomed to living alone. In view of depression, obesity and many other health problems, psychologists and doctors have opened special counseling centers in this regard. People addicted to social media are treated. Social media has had a detrimental effect on performance of employees, officials and students of various institutions ranging from housewives.

In this technological age, one has to make a solid plan of its daily routine. Balancing physical activity, social media and whatever, we do is a need of the hour. It is also important to keep mobile phones away while drinking, exercising, playing sports, sleeping time and while spending time with friends. The appointment time has to be fixed. How much time is spent online without any concrete work should also be analyzed. If mobile is used only 1 hour after waking up in morning and 1 hour before going to bed at night. One day in a week should be fixed on which smart-phones and other such electronic gadgets should not be used at all. Fasting is the name given to that day. On this day, the technology should be used only for e-reading or listening to music. Such a habit can help reducing our mental stress to a great extent. The youth should realize that in this technological age, one has to reach the big milestones of life by acquiring knowledge and information from social media, not to live as a slave of it.



OFF 'D' CUFF

Chemical drugs cannot give real happiness

One of the most intelligent men of the 20th century, Aldous Huxley, lived under the illusion that through LSD you can achieve the same spiritual experiences that Gautam Buddha had, that Kabir had, that Nanak had. Thinking of the soma of the Vedas, he wrote in his book, Heaven and Hell, that in the future, the ultimate drug will be created by science – synthetic. Its name will be in the memory of the first drug used by the religious people: soma. Its name will be soma.

Now there are thousands of young people suffering in jails...for taking drugs. I see it as the beginning of a search for something beyond the ordinary world, although they are searching in a wrong way.

Drugs won't give them reality; they can create a reality, but it is going to last for a few hours and then they will have to inject the drug again. And each time they have to inject greater and greater quantities because they go on becoming immune.

There is a great upsurge for drugs in the younger people, which has never been seen before. They are ready to suffer imprisonment, and they come out and they still take drugs.

I see it as a misdirected young generation. There is nobody to tell them that drugs won't fulfil their desire and their longing. Only meditation, only silence, only transcending beyond your mind is going to give you contentment and fulfilment.

But they cannot be condemned as they are being condemned and punished.

Osho

Homeland & train us to defend ourselves



■ P L KHUSHU
Return of Kashmiri Migrants - A dream miles away was an inspiring observation by a visionary intellectual of Jammu, Wg Cdr Mahesh Chander

Sudan (Retd) in a prominent daily newspaper of Jammu very recently. Quoting from his observations, he has very rightly mentioned that 'It is in the right earnest to introspect as to where the gap in governance occurred in handling important issues like settlement of Kashmiri Migrants, security scenario across the Union Territory especially in valley where terrorism has once again raised its head and adopted target killings as a potent method to create public scare and hinder the process of peace and resettlement of the migrants. It indicates administrative inability to prepare receptive ground environment in the valley for their return. No doubt, the issue needs diligent approach both logistically and administratively to ensure security and safety of the migrant in their parental habitations across the valley. A multipronged approach in uniting religious and social leaders for generating large social acceptance of these migrants may help in regaining shattered faith across the social fabric of the valley. Involvement of high repute influential social heads may hopefully defeat the ongoing ideology practiced by terrorists in the valley and it needs well laid grass root mechanism to disconnect youth ideologically to strengthen age old Kashmiriyat'.

These are the visionary observations of the intellectuals from Jammu who are certainly feeling the agony and the pain of the displaced Kashmiri Pandits, who are in a displaced situation for the last more than 32 years. Kashmiri Pandits, across the whole world are highly thankful to these sympathetic comments of such dignified persons belonging to Jammu, who are fully aware about the present political position in Jammu & Kashmir. Kashmiri Pandits are highly obliged and thankful to the people of Jammu who gave shelter to them in Jammu in that gruesome hour of their forced exodus from Kashmir in the year 1990 till date, without any cast color or regional bias considerations.

Apart from other killings, the latest outcome of this Islamized terror is an unaccomplished attempt to kill a Kashmiri Pandit in valley recently, when the destiny saved him and an unfortunate Muslim brother working with him in his business concerns became the target for no fault of his. Probably his only fault was that he was working with a Kashmiri Pandit. Attacking Sandeep Mawa a Kashmiri Pandit recently is yet again a game plan of the terrorists to attack prominent families of Kashmiri Pandits to create a fear

psychosis among the minority community. Some Kashmiri families, who had migrated to different parts of the country in the early 1990s, are returning to their native places in Valley. Pakistan-supported terrorist groups have devised a strategy to attack such Kashmiri Pandits. Mawa family also returned to Kashmir Valley in 2019 and restarted the business in Srinagar. Sandeep Mawa is a relative of deceased M L Bindroo who was killed by terrorists on October 5. Sandeep Mawa's father Roshan Lal, a prominent Kashmiri businessman, was shot at by terrorists in the 1990s forcing the family to migrate to Jammu and Delhi. They returned to the Valley in 2019.

Such terror acts have a bigger hounding effect on the Kashmiri Pandits, who are displaced from their homes and hearths and strenuous efforts are in the pipe line to bring them back to Kashmir with dignity and honor, by the government of India through the present Lieutenant Governor of Jammu and Kashmir, who has labored very hard for ensuring the return of Pandits to valley. Some housing clusters have already been constructed at different locations in the valley, where the Kashmiri Pandit employees presently serving in different offices in Kashmir under a package of giving them government jobs, are living in those housing clusters. Much more such housing clusters in a bigger quantum are proposed to be built for the Kashmiri Pandits at different places in Kashmir for accommodating the displaced Pandits after their dignified return to Kashmir under a well envisaged programme and plan by the government of India. Equally the present Government of J&K have started a process of retrieving the left over or grabbed properties of the Pandits, through a well defined legal process and the effected Pandits have been asked to apply for the same through well designed portal for the same. Two irritations emanate into the minds of the some of the majority community members in Kashmir with such proposals, when they feel that once the Kashmiri Pandits come back in bulk, the government jobs in Kashmir acquired by them will have to be shared by them in that ease with the Pandits. The other major irritation and the itching in their bodies is that of the grabbed properties of Kashmiri Pandits at peanut costs shall have to be returned by them back to the Kashmiri Pandits, or shall have to be compensated by them at the appropriate values of such properties usurped by them at residuary values. The present surge in error attacks on the minority communities particularly the Kashmiri Pandits is thus a calculated programme designed and developed across the border and implemented in Kashmir with an unfortunate consent of some of the local majority community of Kashmir abetted by the reputed slogan mongering of the earlier dynasty rulers of Kashmir. So, a Kashmir

Pandit is now caught between the devil and the deep sea, in going back to Kashmir in the present scenario when apart from the fear of terrorists acts, some amongst the local majority population of Kashmir is equally not only a silent spectator to these designs of the terrorists, but equally the major silent partner in this whole game, not to speak of the political leaders who are shedding crocodile tears showing sympathies with the Kashmiri Pandits and other non-Muslim affected persons. It is now an established fact that the Islamic terror mechanism in Kashmir wants that the valley should now be absolutely free from the presence and existence of Kashmiri Pandits. It is an unequivocal ethnic racial cleansing signal to the Kashmiri Pandits in particular and the government of the day in general that Kashmiri Pandits cannot be tolerated in Kashmir.

It is now a full-fledged ethnic cleansing of the Pandits from the valley? Is someone in the governance particularly the ministry of home affairs observing it? What is the remedy? Do they want to retain Kashmir at the cost of the cleansing of KPs from Kashmir? The writing is on the wall. Let the government of the day meet this challenge with resolute might and force. KPs are the aboriginal residents of Kashmir. They will go back to Kashmir at all costs. Kashmiri Pandits make a desperate call to the political parties of Jammu, particularly the EkkJut conglomerate of intellectuals and personified leaders to speak for the KPs, as there is hardly any political party in Jammu & Kashmir who have any specific concern about this displaced community due to the vote bank politics, except for their lip sympathy. Kashmiri Pandits do not count anywhere as significant voters which could earn them a place of recognition within political scenario of the nation in general and Jammu and Kashmir in particular.

January month of each year after the 19th January-1990, haunts each and every Kashmiri Pandit, living in forced exile across the country of the horrors and woes of this month, when they were forced to flee from Kashmir due to the terror dragon of the Islamist fundamentalists on this day. Kashmiri Pandits get reminded of their Kashmir which was known as 'Paradise on Earth', full of Sufi cult and an abode of tolerance and unparalleled brotherhood. This all broke in one night, the night of 19th January-1990. This paradise of Pandits became a death trap for them due to spurt of terrorism backed by Islamic fundamentalism sponsored across the border, when each one of them were caught unawares for no fault of theirs. The dark night of January 19, 1990, shivering with cold, is remembered by all of them, as it was the worst nightmare for the Kashmiri Pandits living in the valley. Screaming from loud speakers and crowded streets was a message for KP's living in Kashmir, which said,

Ralive, Tsaliv, Neti-Galiv. (It meant that either convert to Islam or leave Kashmir and in the alternative face death). Even after about 31 years, Kashmiri Pandits shiver remembering the night which forced them into exodus and a life of exile within their own country. Jehadi cum communal speeches from mosques were put on loud speakers meant for 'Azan & Namaz', which would say 'Yeti- Bani Pakistan, Bhatov Bhegeer the Bhatenen-San', meaning there in that Kashmir will become a Pakistan without male Kashmiri Pandits, but including womenfolk of Kashmiri Pandits.

The only solution under circumstances to this problem is to create a 'separate homeland' for the KPs, within Kashmir, having a status of 'Union Territory'. This has to be stepped up by creating para military wings within this homeland and recruiting mostly youth of Kashmiri Pandits in such para military wing, by giving them proper military trainings, so that they can guard this home land and the KPs living in such a homeland. This will mean providing of jobs to the unemployed Kashmiri Pandit youth as well. Such a call is not any political proposition or any such proposal which vitiates the fundamentals of communal harmony, but the only strategic solution to the present scenario of the new terror regime adopted by Pakistan for Kashmir with some local support. Maintaining of communal harmony is not one-way traffic. It should come from both sides of the coin, which is probably missing in Kashmir now. Had it been so the entire present civil society of the valley should have come on streets against such heinous killings of Kashmiri Pandits and non Kashmiris, like laborers and other workers etc, which was not visible anywhere other than expressing of lip sympathies about such disastrous killings in broad day lights. Enough is enough now. It is in fact the only way to ensure the return of the KPs to their 'homeland' securing their return with safety and dignity, so that they may not become easy ducks and fodder for the pan Islamic terrorists again. Government of India has to keep it in mind that no solution will be perpetual for Jammu & Kashmir unless the Kashmiri Pandits do not get their due which is a 'Home Land' for them within Kashmir, their mother land, with full security. It is their fundamental right and fundamental demand. A tangible space has to be carved within Kashmir valley, in between the ranges of south Kashmir and the north Kashmir, for the creation of the 'homeland' for the rehabilitation of KPs, which has to be given a status of the Union Territory, with in the Union of India. This space to be called as the 'Homeland of KPs', will have separate independent governance absolutely free from any encumbrance from the state of Kashmir.

(The author is a Chartered Consultant Civil Engineer, passionately attached and devoted to his Motherland - Jammu & Kashmir).

Books-Aware & increase knowledge database

■ MAHADEEP SINGH JAMWAL

You don't have to burn books to destroy a culture. Just get people to stop reading them. Whenever we read a good book, somewhere in the world a door opens to allow in more light. There is no doubt about the fact that reading is a priceless activity. But about the present scenario of reading the books, we come across a quotation of Oscar Wilde, 'In old days books were written by men of letters and read by the public. Nowadays books are written by the public and read by nobody'. The addiction of reading is the only luxury in which there is no amalgamation. It lasts when all other pleasures fade. It will be there to support, when all other resources are gone. It will be present to you when the energies of your body have fallen away from you. The only important thing in a book is the meaning that it has for us. That is a good book which is opened with expectation and closed with profit - Amos Bronson Alcott. People have lost interest in reading and that space has been occupied by video games or spending time on phones. Reading is the best form of self educating yourself, and there are no limits or boundaries to what you can learn and become. Reading offers a form of relaxing and learning at the same time. It is a valuable way of self educating yourself and an excellent way of filling in our time. Reading broadens our awareness and helps us to form our own opinions and beliefs, instead of relying on second hand information. As Mark Twain quotes, 'The man who does not read has

no advantage over the man who cannot read'. Another benefit of reading is, it will expand your awareness and your knowledge database, this will allow you to open your mind and form new beliefs and opinions, and so you can draw your own conclusions instead of just relying on what others have told you. Reading keeps one mentally stimulated as it has positive effects on the brain. The only way to exercise the brain and keep it healthy is to read books. Reading improves memory. Critical thinking skills are crucial, when it comes to making important day to day decisions. One of the primary benefits of reading books is its ability to develop critical thinking skills. Reading inculcates knowledge that helps us to become more involved in discussions and being more informative will give you a distinct advantage over the others because you will have gathered a much wider understanding of many subjects and topics of conversation. By reading books, we get a glimpse of other cultures and places that expand our horizons, letting us see other countries, other people and so many other things, we have never seen or imagined. It's the perfect way to visit a strange country in our mind. Reading books is a great way to revisit our past and appreciate the present. The more you read, the more words you gain exposure to, and they'll inevitably make their way into your everyday vocabulary. Being articulate and well-spoken is of great help in any profession, and knowing that you can speak to higher-ups with self-confidence can be an enormous boost to

your self-esteem. We can gather a bank of informative information by reading many self help books currently available where they can supply us with advice or a solution to your problems. Reading is one of the cheapest forms of entertainment; it is even free on the internet or libraries. It can stimulate our analytic thinking abilities and skills.

The benefits of reading are limitless and it is an age old tradition and past time which will never become dated. It has been observed that the habit of reading books has declined of late. Why is it so? Can we ascribe growth of technology as one of the reasons thereof? It is a debatable question? Digital technology certainly had a profound effect on traditional book reading. Digital technology has brought in the habit of digital reading culture and smart phones available at cheaper rates are sufficiently spaced to download the books on electronic devices without wasting a minute that too of your choice.

In this way the downloaded books and allied reading material one always carry with him at all the places without creating an extra burden.

The printed book is still surviving alongside its upstart e-book, that is an electronic (or digital) version of a book but we require 'e-readers' or 'e-Book devices' that are designed specifically for reading e-books.

Books are the equivalent of hard books that we have offline, just like any other book, the purpose of it for us is to have something to read. At the same time we find that reading is important for sever-

al reasons as they allow children and adults to learn and understand the alphabet, achieve a minimal standard of literacy and help people understand their roles in society. During the bygone days reading was one of the most popular forms of self development.

In the present time with the advancement and technology, there is more confusion and other things for denizens to do.

We cannot escape from the reality that reading gives knowledge and reading books on varied subjects imparts information and increases the depth about the subject.

One of the big advantages of reading a book, magazine or article is, it can help us to expand spiritually and mentally, it increases our intellect, improves our focus of concentration thus making you a wiser and interesting person. Books have been around for hundreds of years, the pen and paper has been around a lot longer than television and computer video games. Before computers and the digital age, books were the only way of recording and storing information.

Reading helps you to become smarter and intelligent. Concluding with the words of 'Karen Witemeyer', a US-born novelist awarded 'Inspirational Reader's Choice Award' that read everything you can get your hands on. Read until words become your friends.

Then when you need to find one, they will jump into your mind, waving their hands for you to pick them. And you can select whichever you like, just like a captain choosing a stickball team.

in their hand as they are the root of our creation.

There is various evil in our society; one of which happens to be the desire to have a boy. In Indian society, everyone wants an ideal mother, sister, wife, and daughter. But they never want that girl to be his blood relative. Besides, there are other social evils in society that forces many parents to avoid having a girl child. These other social evils are dowry deaths, female feticide, and some others. Although girls are ahead of boys in many fields but still people prefer a boy child. Girls have proven themselves better in every field than boys. And due to their hard work and dedication, they have been to space also. They are more talented, obedient, hardworking, and responsible for the family and their life. Besides, girls are more caring and loving towards their parents. Above all, they give 100 per cent in every work.

For saving girl child the government has taken many initiatives and launched many campaigns to save them. Beti

Bachao, Beti Padhao (Save girl child) is the most recent initiative started by the government to actively encourage people to save the girl. Apart from that, many NGOs, companies, corporate groups, human rights commission run various campaigns to save girl child. The crime against women is a big barrier to the development and growth of the country. However, the government takes this problem seriously and for stopping female feticide they have banned the sex determination ultrasound, amniocentesis, and scan tests in the hospitals and labs. The government takes all these steps aware society that girls are a gift of God and not a burden. For saving girl, the first step starts with our own home. We should encourage our family members, neighbor, friends, and relative to save them and make other people aware of it. Also, we should cheer our family members to have a girl child rather than a boy.

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