

DEPENDENCY ON MOBILE

The three basic human needs are bread, cloth and house but considering today's social environment and the use of mobiles so much it seems that now there are not three but four basic human needs of bread, cloth, house and mobile. Today, whether people feel the need for something else or not, from my point of view, mobile is also considered as their basic need. Be it traders, employed, farmers, students, laborers, rickshaw pullers, even beggars nowadays have mobiles. Of course, some of these sections are in dire need of mobile phones nowadays, but young children need to think so much about mobile and use it so much. The lonely and cherished children of many homes insist on giving me a mobile phone and many parents give the mobile phone to their child so that he does not bother them while doing any work. In such an environment, wrong consequences can also come, such as the recent game called 'Blue Whale Challenge' in which many children have committed suicide. Many years ago, when mobile phones were also charged for incoming calls, mobile phones were only available to a few people due to their high cost, but due to the age of competition and strong private sector infiltration in the communications sector, companies Competition not only made incoming calls free. On the contrary, due to the proliferation of set companies and their competition, mobile sets have become much cheaper. Due to which the mobile has entered the pocket of the common man. With the advent of the mobile phone in particular, its use has also become different in intentions. Due to this difference, thinkers and thinkers also have different views on mobile. For some it is a blessing to use a mobile phone and for others it is just a headache. In this article, we will talk about the pros and cons of mobile, born out of the womb of these two ideologies. As the human intellect began to develop, man began to use his brain to make his life more comfortable. After inventing the wheel, man invented new ways to bridge the gap between himself and other human beings by engaging in social relations, whether it was to send a message to a bird like a dove by sending a message or to convey his feelings through post office letters. Yes, but the human mind has filled the world today. Because the marvel of human intellect today is that we pull the relationships of our needs and emotions across the oceans and take them into our own hands, which has further encouraged human needs and interdependence. Now the thing to see is that indeed man is incomplete without mobile. If we look at a person who is working in a business, employed or in the age of some other work, this facility is to be enjoyed. But can we say that in today's age everyone from children to the elderly needs this facility. In this regard, it can be said that we have become very much dependent on mobile nowadays. It is a fact that the invention of the mobile phone is a great invention in itself and the benefits of the mobile cannot be denied but if one thinks a little deeper one thing is as clear as glass. In the same way, mobile phones have become a hindrance to human amenities and have created an environment of headaches.



Dialogue to make a good society

I was thinking of what constitutes a good society. A good society is the cherished ideal of every human soul. But a consensus has yet to emerge on what constitutes a good society. This is undoubtedly one of the most complex questions faced by man today.

It would be no exaggeration to say that three major initiatives, designed in their separate ways to offer a solution, have been utter failures. A hundred years ago, it was generally assumed that the formation of a national government would provide the answer. It was felt that foreign rule was responsible for the rot that had set in the society, and that indigenous rule alone could make matters right. In 1947, we finally succeeded in establishing a national government, but it failed to yield the desired result of a good society.

Similarly, the initiative which led up to 'Home Rule', i.e., the non-violent movement started by Mahatma Gandhi seventy-five years ago, did not usher in any utopian ideal. It had come to be assumed that once the principle of non-violence became the mainstay of Indian politics, it would automatically be put into practice in society. As I had mentioned in my last blog, this transference of the principle from the political to the social sphere did not take place. We may have been successful in launching a political movement based on non-violence, but we were to find that it took more than earnest enunciation of the principle of non-violence to build a good society.

The third initiative, carried out after independence, was the attempt to bring about a good society by legislation. There are now scores of laws aimed at social reform, each social evil having several specially framed laws to counteract them. But this multitude of laws has done little to bring a good society into existence.

In all these three initiatives, our basic shortcoming was to think purely in terms of systems. This has caused us to devote all our attention to overall 'social reform', at the expense of the more worthwhile 'reform of individuals'.

Maunala Wahiduddin Khan

The relationship between husband and wife should be one of closest friends.

-B. R. Ambedkar

EDITORIAL

Lettuce farming gaining popularity

■ DR BANARSI LAL

Salad crops are now gaining popularity because of their nutritional value in the diet. Lettuce (*Lactuca sativa* L.) is one of the most popular salad crops grown commercially across the globe. It was firstly cultivated in Egypt. Its demand is increasing day-by-day due to its nutritional and diet values. Lettuce crop has ample scope in present era and farmers can improve their livelihood security by its commercial cultivation. Better quality of lettuce can help to find more marketing channels and thus the farmers can fetch more money by growing this crop. It can also be grown in green house, poly house or hydroponically. Earlier, Europe and North America were the leading producers of lettuce but now lettuce's production and consumption had spread across the world. Presently China is the leading producer of lettuce in the world, followed by the USA. India ranks 3rd in the production of lettuce occupying 4 per cent of the world's total production. The Nilgiri mountain of South India is emerging as the hub of lettuce production. The demand for lettuce is growing rapidly. The restaurant industry is booming steadily because the country's young generation preferring international cuisine like a burger, pizza, sandwiches etc., where lettuce is an integral part.

Lettuce is classified into four major types, namely (a) Head lettuce (*Lactuca sativa* var: *capitata*), (b) Leafy lettuce (*Lactuca sativa* var: *crispata*), (c) Cos or Romanian lettuce (*Lactuca sativa* var: *longifolia*) and (d) stem lettuce (*Lactuca sativa* var: *asperrima*). Among the cultivated varieties, iceberg and Great Lakes are the popular head type lettuce grown in India. The head of iceberg lettuce is light green, round in shape and tightly packed with lettuce leaves like cabbage head. Lettuce is an excellent source of vitamins, minerals and antioxidants. It lowers the cholesterol levels and protects neuronal cells of the body. Iceberg lettuce has high water content (95 percent) and low in calories (13 kcal/100g),

which is very effective for weight loss in human beings. Iceberg lettuce helps to fight against heart diseases and strokes and protecting infants from neural tube defects during pregnancy. Regular inclusion of lettuce in salads is known to prevent osteoporosis, iron-deficiency anemia, cardiovascular diseases, age-related macular disease in the elderly people, cancers and Alzheimer's disease. Lettuce has low calorie content and zero fat. It is a good source of chlorophyll and Vitamins A, B1, B2, C and K, folic acid and manganese. It reduces anxiety and prevents cancer cell growth. Lettuce is moderately salt tolerant. It can be grown in the wide variety of soils. Generally well-drained fertile soil with a pH of about 6.0 is most suitable for the growth of lettuce. It is a cool-season crop requiring a mean air temperature of 10 - 20°C. Cool nights are essential for good-quality lettuce. It is grown mainly in areas having cool summers and mild winters. Lettuce cultivation can be done without soil with the help of hydroponic technique or protective cultivation. Its leaves are mainly green and red colour spectrum. Its plants can spread in about 15 to 30 cm.

Lettuce generally passes through six distinct development stages namely seed, cotyledon, rosette, cupping and heading periods. The seed stage occurs from pre-planting to emergence. Once exposed to water and appropriate temperature, the seed germination begins, usually requiring as little as 12 hours for fall planted varieties or up to 7 days for winter planted varieties. Once the plant sheds the seed coat and emerges from the soil, it enters into the cotyledon stage. The cotyledon stage last until the plant is able to establish its roots. Once the root has grown a couple of inches, the seedling begins to grow upwards and the first true leaf emerges. From emergence from the soil to the first true leaf generally requires about 7 days for fall planted lettuce and 20 days for winter planted lettuce. The seedling stage occurs from the first true leaf until the plant develops a distinct circular cluster

of leaves known as a rosette. The rosette stage for fall planted lettuce generally lasts for 25 days, but may last as long as 50 days for winter planted lettuce. Cupping begins when the tips of the inner leaves begin to curl inwards on the edges. Cupping signifies that the beginning of head formation is near, and will usually last about 7 days for fall planted lettuce and 14 days for winter planted varieties. Heading begins once the cupped leaves begin to overlap and cover the growing point of the plant. Head formation will continue until the crop is ready for harvest, which generally last about 30 days for fall planted varieties and about 45 days for winter planted varieties. Fall planted lettuce may require as little as 65 days from the beginning of germination to harvest.

Lettuce seeds are very thin and delicate. About 325 grams seed is required for one-hectare lettuce cultivation. There are about 800 seeds of lettuce in one gm. Planting date is primarily a function of the variety and desired harvest date. Planting begins as early as late August and continues into the middle of December. There is need to prepare raised bed nursery with a well rotten Farm Yard Manure or compost mix with soil at the rate 4 kg/m². Make a nursery bed 100 cm wide and 30 cm in height. Fertilizers can also be mixed in the soil while preparing the nursery. Lettuce's seeds should be sown in lines at a spacing of 5 cm between rows and 1.5-2 cm depth. Optimum germination and growing temperatures vary depending upon the variety planted. The seed should be covered with soil and Farm Yard Manure (FYM) mixture. Plants are ready for transplanting in about 4 weeks. Proper management of diseases and pests is also necessary for a healthy crop. Seedlings should be hardened before transplanting. Seedlings are transplanted in flatbeds at a spacing of 45 × 45 cm or 45 × 30 cm. About 66665 seedlings are required to cultivate in the one-hectare area. The application of fertilizers influences the growth and yield of lettuce. For

growing lettuce, 150-200 g/ha of farmyard manure add 25 kg of both Nitrogen and Potash and 90 kg/ha of Phosphorus can be applied. In sandy and sandy loam soils without manure, 40-50 kg of Nitrogen and 75-100 kg of phosphorus and potassium per hectare should be applied. However, fertilization would depend upon the soil fertility status and nutrient availability. About one third to one half of the nitrogen can be applied when seedlings are transplanted and the rest after thinning operation. Irrigation is essential in lettuce farming. Frequent and light irrigations are very effective in increasing its production. After planting, crops should be irrigated at 8 to 10 day intervals. About 30 per cent production can be increased by drip irrigation system.

Roots of lettuce crops are shallow, so weeding should be done carefully without disturbing lettuce. Harvesting of lettuce is done as soon as the plants reach at the acceptable size and firmness. Harvesting is done before the leaves become hard and before the seed stalks start to bold. Lettuce is generally cut with a long-handled sharp knife. The maturity of the crop depends on the variety of lettuce and the purpose for which it is grown. In Head, lettuce for the market is allowed to grow to full size and develop a solid head, but it is often harvested before the head is well-formed for home use. Leaf lettuce plants may be thinned at various times, removing the largest leaves for use and leaving smaller ones to develop. Lettuce has short shelf life so it should be marketed as fresh one. It should be transported in the nearby market as soon as possible after harvest. Lettuce should be packed carefully into a thick cardboard box. Reasi district of J&K has immense potential in lettuce production. Krishan Singh of Jagore village in Reasi district of J&K is growing organic lettuce commercially and his lush green field has become centre of attraction for other farmers of the area.

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Undoing the partition

■ OMKAR DATTATRAY

Rashtra Swayamsevak Sangh (RSS) from day one of the partition of the motherland India is of the strong conviction that the partition should be undone to cease the pain and agony of the division. Thus has the RSS chief Mohan Bhagwat said the other day on the occasion of a book release function that the pain of the partition will be put to end by undoing of the partition. The partition of the country is very unfortunate as it had put the people of this great nation to unprecedented sufferings due to the division of the motherland which should not have occurred but because of the divide and rule policy of the British and the rigid attitude of the Muslim League leader Mohammad Ali Jinnah. The sufferings and the pain of the partition cannot be expressed in words as the sufferings were colossal and the only way and solution to the pain of partition is undoing of the partition. RSS Chief Mohan Bhagwat said, "If we want to become a strong nation and contribute to the world's welfare, the Hindu society will have to become capable. Bharat Ke Vibhajan Ki Peeda Ka Samadhan, Vibhajan Ko Nirast Karne Mei Hi Hai" meaning the solution to the pain of partition lies in undoing the partition. This has been said by the RSS chief in a book release function in Noida. The book Vibhajan Kalian Bharat Ke Sakshi-the witness of the partition era India has been written by Krishnamand Sagar. It has been the conviction and thinking of the RSS that the partition and its pain can be eliminated only by undoing the partition and combining all the three constituents of Bharat. Thus, the memories of the pain of the unfortunate division of the motherland can be eliminated only by combining all the three countries which constituted the undivided India. From day one of the unfortunate partition of the nation at the hands of the British and the ugly conspiracy played by Jinnah the RSS has been strongly advocating the theme of Akhand Prachand Bharat meaning the powerful united India. Thus the mistake and the pain and sufferings of the partition can be removed by reversing the partition of the Indian subcontinent. Therefore the people of India should work for realizing the dream of the undivided India. The divided India is not in the interest of the three constituents of the one nation and therefore all the ills and problems of the people of the three constituents of the mother India can be solved by uniting the country into one nation and that nation is undivided India. Thus undoing of the partition will ensure that the nation will become very powerful one in the globe and the people should work towards this end and the day will not be far off when India will again be united into one great nation by combining the three constituents of the motherland and India will become Akhand again. Thus what is needed is the sacrifice and dedication of the people towards making India a strong undivided nation. All nationalists are for united Bharat and are working for the dream come true. The right wing parties and Hindutva forces and bodies are for the united India and they are inspiring the millions of the people for the goal of united Indian nation. Therefore all the people of India should work for realizing the objective of the united and undivided India so that the powerful undivided nation will become possible and in this lies the good of all the people.

I would like to take this exercise further. I feel that once individuals have started a process of ushering in positive intellectual transformation in themselves, they need to engage positively with other members of the society and the nation. The solution to our problems lies in inter-community meeting, instead of protest and demand meetings with the government. The most urgent need of today is to hold inter-community dialogues at a community and national level. Serious-minded and influential people from all communities should participate in these interactions with the aim of securing peace on the basis of purely non-political grounds.

Representatives of all communities should hold discussions with open minds. They must strive to put an end to controversial situations on all sides and discover a common basis, by adopting which, all communities can live together as good neighbours. If such a dialogue is held with full justice and sincerity, a new chapter will be opened in the history of India. It is this point of inter-community relationship where the history of India is standing still.

Once this problem is solved and relations between the communities improve, nothing else will come in the way of India's progress.

Maunala Wahiduddin Khan

Departure from farm laws-an election ploy

■ MAHADEEP SINGH JAMWAL

The announcement of Prime Minister on Friday, 9 November 2021, that the three contentious agriculture laws; 'Farmers' Produce Trade and Commerce (Promotion and Facilitation) Act, 2020', 'Essential Commodities (Amendment) Act, 2020', and 'Farmers (Empowerment and Protection) Agreement on Price Assurance and Farm Services Act, 2020' introduced by the present government in the month of September 2020, amid raging COVID-19 pandemic will be repealed in the upcoming Parliament Session is not a voluntarily decision out of realization of putting bad laws that turned out to be cause of death of hundreds of innocent agitating farmers but realization of losing much in forthcoming elections in five states. The central government's decision regarding repealing of the three new contentious agri-laws over which farmers across India have been protesting for nearly a year can be a good story for a common man but those who can critically analyze the gimmicks of the politicians can well understand that after maintaining arrogance for one year, that claimed hundreds of precious life, many committing suicide for the cause, it is the election strategy in view of forthcoming elections that predicted to be slipping from BJP's folio. The BJP-led Central Government, have been maintaining that the new farm laws will bring better opportunities for farmers and usher in new technologies in agriculture but agitating farmers have been smelling corporate interest in these bills. The announcement of repealing the three antagonistic farm bills has ushered in that 'this is proof workers can defeat corporate interests.' The trickery of words of apologizing from the country men for the contentious farm laws along with repealing the announcement is a dangling exercise for exhibition of great heart but this toss will bounce back with negative results. But the move apparently does not testify the realization of farmers genuinely inspired by a change of heart but obligated by jitters of elections. The people have yet in their memories when BJP called some protesters taking part in the farmers' agitation "terrorists". None other than the PM have been taking jives at those steering the farmer's agitation by branding them as 'Andolan-Jivi'. There had been concerted efforts by rightwing propagandists to defame farmers protesting against the three agriculture laws by labeling them anti-nationals. Bharatiya Janata Party (BJP) had been leveling that agenda was being propagated under

the garb of the Punjab farmers' agitation. The government's agenda to quell the farmers' protests by hook or by crook ultimately dashed to the ground and indicators of losing in the forthcoming elections in five states panicked the BJP cadre and announcement of repealing the contentious agriculture laws is a pomander to make political ground aromatic for the BJP. Several experts have opined that farm laws are a step in the right direction. However, there are many others who were not in support of the new laws. There has been arrogance in the power corridor and it never thought of bridging the gap between government and agitators that widened the gap of great communication failure on the part of the Centre to explain to the farmers how these laws could help them. It stuck to the principle of tyranny of the majority and pursued its own objectives. We know from the most rudimentary reading of history that some people are power-hungry in the extreme and they can go to any extent to grab power even by crushing the welfare of its own subjects and we cannot isolate the present scenario. For them their own words are absolutely right and they present themselves as Demi-Gods but in democracy it is the election time only that many political stalwarts, arrogant and hubris kneel down with folded hands before the voters and exactly for those hundreds who lost their life for the reasons that appear genuine to these political hawks only when elections are round the corner in five states and apprehensions of losing them hovering over them. The poor sections of the society are thrown out of the justice delivery system. Under these situations the word 'Rule of Law' strikes us that in simple words can be conceptualized as that the state is governed, not by the ruler or the nominated representatives of the people but by the law. More understandable that the people (including the government) should be ruled by the law and obey it and that the law should be such that people will be willingly able to be guided by it. The non-seriousness of this political party also trickles when such announcements that require pre-approval of Cabinet are made like someone attracting customers for his product on streets and is an eye opener that the ways the announcements of laws made and repealed without prior Cabinet approval doesn't qualify the sanctity of democratic norms but bad smell of dictatorship.

ture, which can end up causing problems later on. To fix this problem, try and support their lower back by rolling a comfortable pillow or towel at the back of the chair when they sit. It would make their desk a lot more comfortable.

Moreover, do not encourage them to watch classes on the phone while lying on the couch. If possible, instruct children to attend classes and complete assignments on a computer unit, preferably affixed to a desk. Mobiles and tablets have a smaller screen, which is bad for their eyes. Kids who attend classes on phone are more likely to lean back on the couch, bed and be less attentive as well. Therefore, it's crucial you maintain a good study environment that matches that of a classroom setting.

It is also important to make sure that they get all necessary nutrients, vitamins and minerals needed for growing ages. A complete, healthy meal which contains a rich source of calcium, magnesium, Vitamin-B12 and D would help them strengthen muscles and bones, and may even combat the ill-effects of long hours of sitting and bad postural habits. By following these simple tips one can ensure that children have a good time while studying online without harming their body.

Dr Neha Sharma, Kunjwani

YOUR COLUMN

Maintain right position during online classes to avoid back-pain

Dear Editor,

During COVID times, everything has changed. Our lifestyle, our study schedule, working schedule all have changed. Students are busy with online classes and are adopting the new normal slowly. But it is important that we should make sure that our children are comfortable and sitting in right position while attending online classes. Incorrect posture, while sitting in front of a computer for long can strain the eyes, neck and the back. It's not just the adults who are affected but kids, as young as 5 years are now complaining of back-pain and aches. Preteens and teenagers are being diagnosed with acute problems like spondylosis. Doctors say that the problem can be aggravated by long hours of online schooling, improper sitting and lack of physical activity by children.

Long screen time can impair your child's spine and lead to back stiffness, physical fatigue and other health problems. With some more months extended for online learning, it has become all the

more imperative that good posture and suitable learning environment must be crafted even at home. I would like to share few tips to make this easy for moms at home. A home desk should be patterned similar to that of a classroom. Do not encourage them to slouch, lie down and watch classes on their gadgets.

Encourage them to maintain proper posture while they are sitting and studying at table. Their feet should touch the ground, screen elevated at the right level so that they don't have to slouch and look straight ahead at the computer screen. If you have a child younger than 8 years, consider getting a special desk or chair which suits his structure and doesn't harm back.

Too much of screen time is bad for their body as it can induce unnecessary stress on your eyes, neck and back muscles. Long hours sitting down can also turn your little ones physically inactive. A simple solution to this would be to tell them to take frequent breaks between classes. It could be a simple walk around the room or doing routine exercises which would stretch muscles and improve flexibility. As a rule, every individual should get up for 5-10 minutes every hour and take a short walk.

When we sit and focus on the laptop, we put a lot of stress on our lower back muscles and lumbar region. The extra stress is also one of the reasons why a lot of children tend to slouch or have bad posture.