

## DIGITAL TEACHING

In the era of the epidemic, even though teaching was conducted in an online format due to compulsion, but after the stress of Corona subsides, the classroom teaching in schools which is in regular or direct form, teachers and Both the students returned lovingly. Actually, in direct teaching in the classroom, the teacher and the learner interact, ask questions, give answers.

Therefore, classroom teaching has been considered as the best, scientific and effective method of learning. At present, a complex problem has emerged as 'duty of the classroom'. The classroom environment is becoming cumbersome and ineffective. There are some teachers who fill the dull and boring atmosphere of the class with their teaching art, making the classroom environment interesting.

According to a mature understanding, he is the only successful teacher who has enthusiasm and zeal among the students to study in the class. The crowd of the class shows how effective a teacher's teaching is. Teachers should create questions in students, make them curious, get away from rote learning. Any learner can do well in life and in competitive examinations only when he has originality, original thinking, originality in writing skills and expression. The biggest drawback of private schools is that they prevent the student from becoming reflective. Keeps children engrossed in thick books. On the basis of work experience in government schools, it can be said that the student of government school is more reflective and more determined to deal with problems.

There are more platforms and opportunities in government schools to refine its originality. But now what has been lacking in both the types of schools or the similarity that has come due to this deficiency is that the 'classroom environment' is getting boring in both private and government schools.

Students sometimes yawn in teachers' classes and consider completing the syllabus of subjects like physics, chemistry and biology as their ultimate religion. Classrooms are losing vitality and teachers are losing their vitality.

Actually, Classes should play the role of both laboratory and workshop, but this is not happening. It is also not that there are no teachers who bring life to the classroom environment, but their number is very less. Today the number of self-study teachers is decreasing day by day.

There are only a few such teachers left in each cluster who teach by making the classroom environment interesting. If the teachers who are shaping the future of India make the classroom environment interesting, adopting the saying of 'adopt first, teach later', then not only the classrooms. The process of dropping out of schools will be reduced, but excellent scientifically innovative students will be born. It is also believed under educational psychology that the friendly atmosphere of the classroom enhances learning. In schools, teachers are the biggest role models and heroes of the students.

## OFF 'D' CUFF That Thing Called Love

Shift from seeking love, wanting love, to just being love, says Brahma Kumari Sister Shivani, talking about conflicted relationships that are being perceived as the root cause of stress in our lives.

In conversation with The Speaking Tree editor, Narayani Ganesh, at the fifth edition of Times Litfest, Delhi, during a session titled 'Soul-to-Soul: That Thing Called Love,' held on November 30 at the India Habitat Centre, Sister Shivani said that relations between parent and child and between spouses — meant to bring happiness, acceptance and love — are being labelled as the cause of stress.

"We are from a generation that saw 20 people living together in a joint family, and we are now witness to young people determined not to marry or to have children, choosing to live alone, and averse to forming relationships because they see them as stressful, requiring too much emotional investment. But this is not true. We are beings of love. With so much love within us, already, we do not have to go begging for love from others. But others are unable to give us love because they, too, are looking for love, not having discovered or cultivated it in themselves! To love is the original nature of the soul; 'I am into relationships only for giving'. Once we get this, we'll be transformed," she says.

Asked how one can equip oneself to be able to give love, Shivani Behn used the metaphor of a spent battery. "The soul, according to Brahma Kumaris, is like a battery. If it is fully charged, you are emotionally healthy, and happiness, peace, love are your natural way of

being. When the battery gets depleted due to negligence, you start looking for happiness outside, including in what you buy and what you achieve. You go on pilgrimages or on holidays, seeking peace. And you want others to love you. But what do you have to give them? Without recharging your battery, how can you give?" asks the youthful Shivani.

How does one recharge one's battery, then? "Well," says Sister Shivani, "spiritually, we need to energise ourselves, that is, recharge our battery with meditation and positive actions like reading scriptures or happy content first thing in the morning. Devote at least 30 minutes to an hour each morning before you begin your day that is bound to be receiving a lot of negativities. Practise affirmations that will help you navigate the day ahead."

In the process of learning to love oneself, how can one protect oneself from turning narcissistic and selfish? Shivani Behn pointed out that being love and loving oneself is very different from being self-obsessed. Self-obsession is a sign of a depleted battery. With self-care, when we are full of love, we radiate love and purity to everybody; like the sun radiating sunlight all around.

"When you are empty inside, then even the slightest negative behavior of others, hurts; you feel rejected, manipulated, controlled. This is because you don't have the energy within, nor are you emotionally healthy. That is when you withdraw from people. The one who takes care of himself everyday will not hesitate to go out into the world, just being himself," she says.

-Mona Mehta

■ I.D. SONI



Once India was respected as leader of nations, a builder of a wonderful civilisation - a civilisation of simplicity, sympathy and service, a civilisation of light. And pilgrims from the East and pilgrims from the West came to India as to a Holy Land. What is our condition today?

What India needs today is leaders of true type. Politicians we have many; but our heart cries out: "Where are the leaders? A true leader is a person who leads or exercises dominion over a group of people. Leadership is the personality trait which enables a person to become a leader. In every society, community or nation, there is bound to be someone who stands out from among the others and acts as a guide or a leader for them. A leader emerges from a crowd of people because the rest lack the initiative of taking up the responsibility of the masses and are intellectually and morally inferior to him.

Great deeds make great men. Any person who excels himself in any sphere of activity sets an example for others to follow. He becomes a leader whom others try to emulate. Indian history and world history is replete with stories and anecdotes of great men who endured hardships and sufferings for the betterment of the society. Great men have sacrificed their personal well-being and familial interests for the welfare of their nations.

William Shakespeare said, "Some are born great, some achieve, greatness and some have greatness thrust upon them". Some people are born leaders with an inner compulsion or urge which drives them to accomplish great tasks. Some achieve greatness because their faculty of mind is groomed in a discipline to acquire leadership qualities. This is done so as to channelize their innate qualities of leadership into a proper direction. And towards this endeavour, the training and grooming begins at an early age.

As for I believe there are four marks of true leadership. The very first is absolute unselfishness. The true leader asks for nothing for himself, but everything for the people. The second mark of a true leader is simplicity. A true leader is not a person who runs after show and ostentation. The third mark of a true leader is judgement. A true leader is a person of judgement. He thinks aright. And thinking aright, he has the gift of taking multitudes with himself. And the fourth mark of the true leader is love for the poor, love for the peasant and the labourer.

As it is said, "Train up a child in the way he should go and when he is old, he will not depart from it". Apart from the innate qualities of leadership, training endows him with courage, initiative, drive, a sense of responsibility and impartiality. A leader should be intelligent, conscientious, have a liberal outlook and possess excellent communication skill to put across his ideas effectively.

I think of king Ashoka. Ashoka was a true leader of the people. He was filled with sympathy for all. Not merely tolerance but sympathy is what men want. And Ashoka gave sympathy to all. He spoke not one word against any faith. He spoke of all faiths with beautiful reverence. He realised that in all religions is the One Spirit Divine. There is a beautiful saying of Ashoka. He said: "All subjects are my beloved children". Today chaotic elements are growing. Today,

turbulence is increasing. Today, violence is spreading like wild fire in many parts of the country. Today, India is in danger of losing what she has achieved. Today, discipline is conspicuous by its absence. Today, both knowledge and power are running to waste, are being perverted into instruments of social chaos and destruction. Today, Mother India is shedding tears while her children are busy preparing plans to truncate her. Today, Mother India is as an orphan in the night, crying for the light. Whence will the light come?

I personally feel that our hope is not politics but in education. But education should be directed by men and women of light and inspiration. For a regeneration of India, we must turn not to politicians but to educators of the true type. The more we think of it, the more we feel that an urgent, a piteous need of India today is education of a new type - an education which may integrate the character of the pupils through a proper development of the body and training of the will-power and emotions - an education which may give a triple training of the head, yes, but also of the hand and, above all, of the heart. Illuminated hearts are needed. The problems that are before India today, cannot be solved by developed brains alone; they will be solved by illuminated hearts - awakened hearts. We have neglected the heart in the present system of education. We must not forget that out of the heart are the issues of life. The heart, the emotions are the master; the brain, the intellect is only a servant. Of what use is an education which takes pains to train the servant but does nothing to train the master. In crucial moments when quick decisions are to be made, if the emotions run riot, what can the intellect do, howsoever trained it may be? So it is that we find everyday, so many of our highly educated people easily succumbing to temptations of women and gold, our doctors of philosophy, our Ph.D's so easily yielding to anger. Their intellect has been sharpened, but their emotions are untrained. Have we ever asked ourselves, why is it that one person, kills another? The killer knows that it is wrong to kill, his brain tells him that by killing another, he is breaking the law of the land, but his emotions have run riot, he cannot control them and he uses the revolver or the sten-gun.

It is, therefore, the need of the hour and also the need of the country to have a new type of education today - an education which may inculcate in the minds and the hearts of pupils the ideals of unity and peace, of reverence for all life, of simplicity, sympathy and service, of fellowship and brotherhood - the fellowship of all races and religions, the brotherhood of all life.

Do we want to build a new India, an India of the truly strong, an India of the truly free? Then let us begin with the child. The child of today is the builder of tomorrow. It may be remembered that the nation walks on the feet of the little ones. Let us take care of our little ones. They are the richest treasure of a community a society, a nation. Let us give our children a right type of training in the home and the right of education in the school and college - and we will build a new Indian nation.

The hope of the world is in India. And the hope of India lies in unity. Without India what would the world be? And without unity where would India be? The message needs to be spread far and wide that we all, belonging to different castes and communities, religions and races, provinces and regions, we all, Hindus

and Muslims, Christians, Sikhs, Parsis, Buddhists and Jains, we, who belong to different religions and to no religion - we all are one - children of the One Mother, Mother/India. Let us dissolve all differences and join hands together in the great constructive task of building a new Indian nation.

May I, dare offer practical suggestions in this connection? And the very first suggestion is this. Everyday let us spend some time in silence. We live in a hectic world; we live in a noisy world. The vibration of noise affects our nerves. And not Unoften, we lose our balance and do things of which, later, we feel ashamed. To keep our balance, let us spend some little time everyday in silence. It was Tolstoy - Mahatma Gandhi called him Mahatma Tolstoy - who said, "If every man spends but five minutes in silence everyday, the world would become new.

And practical suggestion No. 2: Let us breathe out peace to all - all men and all nations and all creatures who breathe the breath of life. There is a small prayer; we may offer it many times everyday. May all be happy and full of peace and bliss. May those that are educated and those that are illiterate, may those that are tall and those that are short, may those that are near and those that dwell far away, may those that are born and those that are yet in the womb unborn - may all be happy and full of peace and bliss! May those that love us and those that for some reason or the other are unable to love us, may those that speak well of us and those that for some reason or the other are unable to speak well of us - may all be happy and full of peace and bliss.

And practical suggestion No. 3: Build bridges of friendship wherever we go, make friends with as many as we can - specially with those who do not belong to our caste or community, or country. The only permanent peace-plan for the world is the friendship plan. Therefore, let our face wear a smile. It was Mahatma Gandhi who said, "You are not completely dressed until your face wears a smile".

In order to have this kind of atmosphere, India needs true leaders. True leaders rise to prominence not through bloodshed or coups, but because of the support and trust put in them by the masses. A true leader lives for others. A true leader is always prepared to sacrifice all for the good of others. They do have a fiery devotion towards the realization of their ideals and ceaselessly work to make it a reality. Obstacles encountered on the way do not deter them from marching towards their goals. The success of a leader lies in his ability to command respect from the whole community and to inspire people to act courageously. A true leader is he who submerges himself in the fountain of the people. A true leader does not allow himself to be overwhelmed by his status. On the contrary, he becomes humble, tolerant, and forgiving. He understands that everyone is not bestowed with wealth and prosperity and hence, he owes the responsibility of providing them their needs. A prudent leader does not isolate himself from the masses. He does not live in an ivory tower away from public gaze. He makes constant efforts to understand the masses and works for their welfare. He possesses the ability to recognize a problem before it becomes insoluble. He is articulate in his speech and ensures that the public sentiments are not hurt. A leader's path is paved with difficulties, but he walks on undauntedly with his

eyes fixed on his goal.

Every school and college conducts extra-curricular activities. They provide ample opportunities to students to choose the area of their interest. There are number of societies for debating, for organising tours, excursions, cultural programmes and other activities. By participating in such activities, they get training in organising and conducting these activities as well as exposure to speaking to a large audience. It helps them shed their initial fear and in this process they also gain tremendous confidence, which may later prove useful in different fields of activity. Training undertaken in these activities and other activities such as NCC, Scouting/Guiding Camps also makes the boys and girls disciplined and instils in them the quality of patriotism and feeling of brotherhood. It teaches young men and women to organising events and command groups. In this way they learn the ways to become true leaders provided such activities are conducted regularly and with all sincerity and dedication.

Have we ever asked ourselves the question: Why is it, that when all other ancient civilisations have perished, India alone lives on? Greece, the cradle of art and culture, Greece is gone. India lives on! Rome, ancient Rome that dreamt the dream of dominion, Rome whose eagles floated over far-off nations - Rome is gone: India lives on! Egypt, ancient Egypt is gone India lives on! Assyria, Summaria, Babylonia are gone: India lives on! Yes - India lives on for she has a mission to fulfil in the new age. India lives on for she has a message to deliver to the nations. But India will not be able to do so until her people bear witness, in deeds of daily living, to the great ideals that have been India's richest treasure throughout the centuries. And I have no doubt that India's millions, who lie today prostrate in passivity, will rise from their sleep and India will peal forth her message of oneness, of living unity, of peace and spiritual fellowship to the nations of the East and the nations of the West. And India will shine once again in the splendour of the new morning sun, and India will be acclaimed once again as a teacher of the nations, as a builder of a new abiding civilisation of light.

In this world there are always several options and if one option does not work, we should take another and try it out for the betterment of the nation in which we live. Of course, it is not as easy as it sounds especially for the less privileged but the right attitude may help us deal better with the challenges before the nation.

We should realize that the world in which we are to lead our life is full of options. All we need and the country needs to do is refuse to succumb to despair and embark immediately on an alternative option even if that option was never the first choice. That is the secret of success. Don't give up, plan once again what is better for the country, try something new and look ahead with hope. We have only two choices - either we should adjust to the divine plan and be successful or go against it and be ready to face failure.

We must remember that any mission to meet the needs of the country can only be successful when the circumstances are harmonious and peaceful in an atmosphere of violence and warfare, no mission, however strong, can be success.

## Jhiri Mela- Remembering to a Revolutionary Farmer

■ DR. BANARSI LAL

Union Territory of J&K is famous for various fairs and festivals. Fairs and festivals are an essential part of the Dogra culture. In J&K Jhiri Mela, Bahu Mela, Moungru Mela, Sudhmahadev Mela, Dera Baba Baisakh Mela, Sankari Mela, Hemis Gampa Mela etc. are organized which attract the devotees, traders and tourists across the nation. Fairs and festivals signify rich cultural heritage of J&K and add colour and vibrancy in the lives of people. The celebration of such fairs and festivals help to unite the people from all the sections of society. These types of events help to preserve and transmit our rich culture from generation to generation. One such Mela is Jhiri Mela which is celebrated at Jhiri village in Jammu province of Union Territory of J&K to commemorate the martyrdom of Baba Jitto. Every year Jhiri Mela is organised at Jhiri village on Kartik Poonmima (late autumn full moon) during the last week of October or early November with great enthusiasm and fervour. The Jhiri Mela signifies the honesty, courage, compassion, innocence, humility, culture and truthfulness of a farmer. This Mela is an important annual congregation of farmers and other pilgrims who gather at Jhiri village to pay homage to Dogra folk hero Baba Jitto. The fair is held every year to honour the audacity and integrity of 16th century folk hero Baba Jitto, who laid down his life to defend the values of honesty and justice. This fair is a salute to a legendary farmer who fought for the cause of the marginalized farmers.

Jhiri village is located around 20 Km away from Jammu at Jammu Akhmoor Highway. This year this event will be commenced from 8th of November. This Mela is believed to be the second most attended fair preceded by the Pushkar fair in Rajasthan. Lakhs of devotees come here from every part of India to pay tribute to the 16th century Dogra hero, Baba Jitto who is also known as the legendary and revolutionary farmer. During the fair the whole Jhiri village is magnificently decorated by the local people. The weeklong event is associated with the supreme sacrifice of a hard working farmer and a great devotee of Vaishno Devi who fought against injustice and land lord system. He laid down his life after he was deceived by the Kardar of the area. This event is celebrated to salute the courage of Baba Jit Mal who is popularly known as Baba Jitto. He is known for his fearless character. During the event various exhibitions stalls are installed by the various departments which signify the articles such as pots, books, toys etc. mostly based on Baba Jitto life. During the fair the pilgrims take a holy dip in Baba-da-Talab which is known to have miraculous powers for curing the skin diseases.

Baba Jitto was a simple and honest farmer who used to live at Aghar Jitto village in Reasi district of J&K which is about 6 km from Katra. Like many other folk heroes who begin their life as an ordinary person but are transformed into someone extraordinary personality by performing significant life events in their lives. Baba Jitto, originally named as Jit Mal, was a sincere farmer of village Aghar Jitto. Baba Jitto was a

Brahmin and great devotee of Mata Vaishno Devi. His aunt Jojan was having hostile behaviour towards him and finally he decided to leave the village along with his daughter Bua Kouri. He went to his friend, Iso Megh at Kahnachak and there he urged Mehta Bir Singh, a feudal lord of the Ambgrota, to provide a piece of land for farming.

Mehta Bir Singh gave Jit Mal a piece of barren and unfertile land after signing an agreement that he would give him the one-fourth of his produce. Jit Mal's hard work transformed the unfertile and barren land into productive and fertile land which finally produced an excellent crop. When Bir Singh came to know about the exceptional crop yield, he arrived at the fields along with his men and instructed them to lift three fourth of the crop yield and leave only a quarter for Jit Mal. Baba Jitto requested Mehta Bir Singh to follow the already fixed terms and conditions of the agreement but Mehta forcibly took the major share of the crop. Injustice done by Mehta forced Jit Mal to stab himself after sitting on the heap of grains which got wet by his blood. He killed himself, as a protest against the atrocities of the local landlord. He uttered his last words "Sukki kanak nain khayaan mehetya, dinna ratt ralayi" (don't eat raw wheat, Mehta; let me mix my blood in it).

His seven year old daughter Bua Kouri with the help of their pet dog Kalu, found the dead body of her father which was hidden in the Simbal tree trunk by the goons of Mehta. She then lit the pyre and burnt herself with her father. After that a fierce rain storm raged the area, the blood strained grains were washed away and all those people, even the birds, who had eaten those grains later suffered from various ailments, untimely deaths, misfortunes etc. In order to seek pardon from the wrath of the holy great spirit, they not only asked for his forgiveness by worshipping him as a 'Kuldevta' (family deity) but also making it mandatory for their future generations to venerate Baba Jitto and pay annual homage to him. The Samadhi of Baba Jitto and his daughter were raised at Jhiri in Shama Chak village which is about 18 Kms. from Jammu and 5 Kms. from Misriwala on Jammu-Poonch Highway. A temple was built at the site of martyrdom of father and the daughter. Since then every year the Mela is organised at this place. Baba Jitto sacrificed his life to get his due share of agricultural crop from landlord Bir Singh who denied him to give the committed share. After that Baba Jitto became famous among the farmers' community. He is considered as the legendary and revolutionary farmer of J&K.

There is also a pond which is commonly called as the Baba-da-Talab where the people take the holy dip and offer prayers of regret. During the Mela all types of people take a holy dip which is believed to cure skin diseases. It is said that if a childless lady takes bath in the pond, she is blessed with a child by the blessings of Baba Jitto and Bua Kouri. The pilgrims take the mud of the pond at their homes as they consider it as Shakkur which is believed to cure various ailments. Even during the marriages and mundane ceremonies people pay homage to Baba Jitto. During the event the J&K

Government organises various camps and put up various exhibition stalls to create awareness among the farmers on agriculture and allied sectors. Cultural programmes depicting the Dogra culture are also organised during the event. Some of the major sources of attraction in this fair are the Dogri play 'Baba Jitto'. Wrestling, merry-go-rounds, sweet stalls, giant wheels etc. add charm to the Mela. There are also ancient temples of Sui and Buri which are 5Km. away from Jhiri village and are famous for the wall paintings and metal idols of Shri Ram and Sita.

Jhiri Mela is also called farmers fair as it is celebrated to worship the holy soul of a legendary farmer. Jhiri Mela witnesses great hustle and bustle during the seven-day festival as pilgrims' families and various groups belonging to different communities and hailing from every nook and corner of the country assemble there to pay obeisance to Baba Jitto and seek his blessings and the blessings of his daughter Bua Kouri. Jhiri Mela like other such congregations is a spectacle to behold. Apart from large number of kiosks of eatables and merchants displaying their wares for sale, which include from trinkets to new popular electronics gadgets, the fair presents hosts of entertainments for every age group of people. Most of the stalls of eatables especially Jalebi and Pakoras, which is a speciality of the mela, are being run by local people. The fair also forms an important marketing outlet for the local sugarcane crop which is brought by many farmers in the fair. This Mela is a major socio-religious event that brings together many people at Jhiri village where devotees of Baba Jitto forget their caste, creed and language and share an experience of faith with full devotion. Sanitation, security, medical services, safe drinking water, uninterrupted power supply, adequate provision of essential commodities, fire services, ration and other commodities, transport arrangements, accommodation facilities etc. are provided to the devotees by the district administration. Keeping in view the large influx of the people, a control room to monitor the arrangements and civic amenities at the site has been established. Wide publicity of mela through print and electronic media is also done well in advance so that more and more pilgrims can attend in the event. This event signifies our rich culture and promotes unity, truthfulness, courage, innocence and honesty in the society. The young generation of modern era remains glued to mobile phones, laptops, TVs, social media etc. rather being a part of such religious events. Parents should encourage their children to attend such events to realize the significance of such events and learn to respect, preserve and transmit our culture. We all must be proud of our diverse and rich culture and we must spare our time from our hectic schedule to take part in such fairs and festivals.

(The writer is Sr. Scientist & Head of KVK, Reasi, SKUAST-J).