

CYBER CHALLENGE

Challenge in the cyber world that has arisen since the advent of social media sites is the rapid spread of false or sensitive news capable of quickly spoiling the environment. Due to this sensitive news going viral on social media many times, there is a danger of worsening the communal atmosphere of the country. In 2012, due to some such news, a large number of people from North-East India living in Bangalore fled from there.

Now let's talk about dealing with these challenges for which we will need cyber security experts.

Here too the situation does not appear satisfactory. Even though India is seen as an IT superpower in the world, according to a news published in the national newspaper in the year 2013, India has only 556 cyber security experts whereas we need lakhs of such experts.

We have to understand that just as we leave no stone unturned in our defense budget, similarly in terms of security, we have to consider this as a front which if left ignored can have fatal consequences.

On this front, instead of bravery, understanding of technology will save us and we need to prepare an army of people with this technical understanding in the same way as countries like China, America or Russia have prepared, only then we can ensure our security from all sides.

Honouring tribal tradition and Pride : Janjatiya Gaurav Divas



■ ARJUN MUNDA

India, a mosaic of diverse cultures and traditions, takes pride in commemorating the valour and sacrifices of its courageous warriors who fought for independence. Amidst these celebrations, the significant contributions and struggles of the Janjatiya communities went unnoticed. It took Prime Minister Narendra Modi, who stands out for his unwavering respect and affection for the Janjatiya society and culture, to recognise this valour of the tribal communities.

In a powerful gesture, he has designated the birth anniversary of Bhagwan Birsa Munda as "Janjatiya Gaurav Divas," a day dedicated to acknowledging and honouring the Janjatiya community nationwide. This year marks the third edition of celebrating Bhagwan Birsa Munda's birth anniversary as "Janjatiya Gaurav Divas" with profound reverence, respect, and enthusiasm.

Since its inception, this commemoration has served as a catalyst for recognizing the coexistence of tribal communities, transforming the long-cherished dream of social equality into a tangible reality. It is a poignant moment where the nation comes together to appreciate and embrace the rich heritage of the Janjatiya population.

Bhagwan Birsa Munda wasn't just a protector of the forest; he stood as a guardian of socio-cultural values, sacrificing himself alongside comrades in the fight against the British. Similarly, in various corners of the nation, Janjatiya people displayed unwavering determination, steadfastly resisting British rule. Surprisingly, few are aware that the earliest and most impactful resistance against the British emanated from the heart of the country's forests among the resilient Janjatiya society, whose lives and livelihoods revolve around Jal, Jungle and Jameenas they are symbiotically in close relationship with the nature.

From the Pahadia movement spearheaded by Tilka Manjhi to the 'Larka Andolan' led by Budhu Bhagat, the Santhal Hul movement championed by Siddhu Murmu and Kanhu Murmu, the Naga movement steered by Rani Gaidinliu, the Rampaa movement ignited by Alluri Sitaram Raju, the rebellion of the Koya tribe, to the 'Bhagat' movement organised by Govind Guru- the Janjatiya community has left an indelible mark in the extensive tapestry of resistance against British rule.

Birsa Munda, known as 'Dharti Aaba,' waged a formidable battle for his homeland, prompting the British to enact the Chhota Nagpur Tenancy-CNT Act. This pivotal legislation safeguards ancestral forest rights under the banner of 'BhuiharKhumt,' granting ownership rights to water, forests, and land.

In homage to Bhagwan Birsa Munda's relentless struggle and in acknowledgment of historical injustices in tribal regions, the Parliament of India has enacted the Forest Rights Act. Central to Birsa Munda's mission was safeguarding his self-governing community from external influences. Hence, the introduction of laws like PESA becomes crucial to shield traditional systems from outside interference. PESA should align with these age-old systems, seamlessly integrating constitutional provisions. The core concept is to institute a Panchayat system in Scheduled Areas, preserving cultural traditions and the natural order, all while maintaining harmony with nature.

Embracing the formidable task of revitalizing Janjatiya society echoes the timeless principles of Bhagwan Birsa Munda. In doing so, we not only preserve but also celebrate the richness of Janjatiya culture with pride.

The Government of India's Forest Rights Act (FRA) places a significant emphasis on restoration by intertwining it with social harmony. Instead of conferring exclusive rights to a particular group, the Forest Rights Act recognizes the entire human community as equal stakeholders. In the face of diverse challenges, addressing these issues with sensitivity is paramount. All Indians must ensure the preservation of the delicate interdependence of nature. This resonates with the distinctive philosophy of Bhagwan Birsa Munda.

Marking Janjatiya Gaurav Divas is a pivotal gesture in acknowledging and honouring the significant contributions and challenges faced by Janjatiya communities in India. This celebration underscores the government's dedication to the well-being and empowerment of marginalized groups. Through a spectrum of policies, programs, and laws, the government endeavours to uplift these communities and rectify historical injustices.

The Indian Constitution plays a crucial role in protecting the rights of Scheduled Tribes, ensuring their well-being, and fostering inclusivity. Acts such as the Forest Rights Act, PESA, and others have fortified the rights of Janjatiya communities, granting them the power to safeguard their unique way of life.

Institutions like TRIFED and NSTFDC have provided vital support and opportunities, enabled the economic advancement of Janjatiya communities while preserving their rich cultural heritage.

For centuries, the Janjatiya communities have been the stewards of their civilization and culture, preserving a rich heritage. Janjatiya Gaurav Divas offers a unique chance to delve into the highly rich traditions, customs, and social-cultural systems of Janjatiya communities.

In the present day, the nation increasingly acknowledges the pivotal role of the Janjatiya community in the process of nation-building. Looking ahead, let us draw inspiration from their magnificent heritage, committing ourselves to building a new India in this auspicious era.

(The writer is Union Minister of Tribal Affairs, Government of India)

■ GL KHAJURIA

It was 'Edmund Burke who coined and remarked the press and the newspapers as the fourth estate of realm and regarded as the most powerful of all the Estates, the other being the lord Spiritual, The lord's temporal and the commons. The power of press has been utmostly regarded and recognized by the world's renowned scholars, statesmen through the ages. In the same vein, President Roosevelt defined the four most essential human freedoms et.al Freedom of speech and expression (Fourth Estate), freedom to worship God in one's own religion or way, freedom from want and lastly freedom from fear and amongst all these the first one (Freedom of speech and expression) is in the top slot and occupy its unique placement albeit with passage of time its empowerment has slightly been diluted under the accruing power and pelf and more so due to the intolerance of political pressure or certain ailed aberrations.

Rightfully as thus 'John Milton' has - quoted, 'Pen is mightier than sword, as the single rightful stroke of pen can make or mar the destiny of the masses. It has a wide spectrum and impacts the minds of readers, public opinion are formed and their destinies reciprocally get moulded by the power of press apart from public awareness about news and views and as such forms a cohesive linkage with the public on all fronts.

Press in India came under the purview of Article 19(1) (A) and Article (1) (G) of the constitution which guarantees 'the right to freedom of speech and expression to all its citizens and this freedom has been prudently interpreted by the courts to include though of course, the Parliament enunciated in its first amendment Act in 1951. Thus imposing reasonable restrictions on the exercise of freedom of expression in the security of the state, the friendly relations with foreign states, Public order; decency or morality or in relation to contempt of court, defamation or incitement to an offence, but at the same time the press council of India which came into existence on July 4, 1966 provided relief and safeguards to the freedom of press from undue encroachment.

The press plays a pivotal role in the transformation of destinies of nations is evidenced if we take a glimpse of the world history when the writings of great thinker and philosophers revolutioned et al, voltaire where writings brought French Revolution. Karl Marx, Lenin, Rousseau brought Russian Revolution and talking of home India, Swami Dayanand, raja Ram Mohan Roy, Mahatma Gandhi,

■ MOHAMMAD HANIEF

Noise pollution can cause health problems for people and wildlife, both on land and in the sea. From traffic noise to rock concerts, loud or inescapable sounds can cause hearing loss, stress, and high blood pressure. Noise from ships and human activities in the ocean is harmful to whales and dolphins that depend on echolocation to survive.

Noise pollution is considered to be any unwanted or disturbing sound that affects the health and well-being of humans and other organisms. Noise pollution is an invisible danger. It cannot be seen, but it is present nonetheless.

The term "noise pollution" refers to unwanted or annoying sounds that happen around you. Machinery, amplified music, noisy vehicles, and other things can cause it.

Sound is measured in decibels. There are many sounds in the environment, from rustling leaves (20 to 30 decibels) to a thunderclap (120 decibels) to the wail of a siren (120 to 140 decibels). Sounds that reach 85 decibels or higher can harm a person's ears. Sound sources that exceed this threshold include familiar things, such as power lawn mowers (90 decibels), subway trains (90 to 115 decibels), and loud rock concerts (110 to 120 decibels).

Noise pollution impacts millions of people on a daily basis. The most common health problem it causes is Noise Induced Hearing Loss (NIHL). Exposure to loud noise can also cause high blood pressure, heart disease, sleep disturbances, and stress. These health problems can affect all age groups, especially children. Many children who live near noisy airports or streets have been found to suffer from stress and other problems, such as impairments in memory, attention level, and reading skill. Noise pollution also impacts the health and well-being of wildlife. Studies have shown that loud noises can cause caterpillars' dorsal vessels (the insect equivalent of a heart) to beat faster; and cause bluebirds to have fewer chicks. Animals use sound for a variety of reasons, including to navigate, find food, attract mates, and avoid predators. Noise pollution makes it difficult for them to accomplish these tasks, which affects their ability survive.

Distant Education and Modern Technology: The Way Forward

■ DR. RAJKUMAR SINGH

Distance education, also known as online learning, e-learning, or remote learning, is a mode of delivering education and instruction to students who are not physically present on the campus. This form of education relies on technology to facilitate communication between students and teachers and its key aspects of distance education include: a. Online Courses: Distance education often involves online courses delivered through learning management systems (LMS) or other online platforms. Students can access course materials, participate in discussions, submit assignments, and take exams online. b. Flexibility: One of the main advantages of distance education is flexibility. Students can typically access course materials at any time, allowing them to study at their own pace and accommodate other commitments such as work or family responsibilities. c. Communication Tools: Various communication tools are used in distance education, including email, discussion forums, video conferencing, and chat. These tools help facilitate interaction between students and instructors, fostering a sense of community in the virtual learning environment. d. Assessment: Assessment methods in distance education include online quizzes, exams, essays, and other assignments. e. Technological Requirements: Distance education relies heavily on technology. Students need access to a computer, internet connection, and often specific software or applications required for their courses. f. Global Reach: One of the advantages of distance education is its ability to reach students globally. Students can enroll in courses offered by institutions located anywhere in the world without the need to relocate. While distance education offers flexibility, it also presents challenges. Some students may struggle with self-discipline and time management. The field of distance education continues to grow and adapt to the changing needs of learners and advances in technology. Many traditional institutions now offer online courses and degree programs, and there are also dedicated online universities and platforms that specialize in delivering distance education.

Kinds of distant education

Distance education comes in various forms, catering to different preferences, needs, and educational goals: a. Online Courses: These are courses offered entirely over the internet. Students access course materials, participate in discussions, submit assignments, and take exams online. b. Online Degree Programs: Many universities offer full degree programs online, allowing students to earn degrees ranging from certificates to undergraduate and graduate degrees with-



Dr; Radha Krishnan and Pandit J Nehru's mighty writings brought laurels and then Guruji Rabinder Nath Tagore was first ever noble laureate of his writing skills.

In a healthy democratic set up lies the four pillars of strength et.al executive, legislature, Judiciary and the freedom of press and if any incredible attempt is ever made relating to intimidation, its pillars are liable to collapse in the arbitray. In legal parlance, Justice Patanjli Shastri has rightfully observed in Romesh Thapers's case which goes, "Freedom of press lies at the foundation of all the democratic organizations, for without free press or political discussions, no public discussions or public education can be so essential for the healthy setup and functioning of the popular Govt."

The Freedom press has, of-course, lifted the cloud of ignorance by vastly widening the human mind by way of lighting up of its multitudinal horizons to a larger extent And this freedom propagated and enacted in vide, varied-ranification to unprecedented scale. The newspapers play a constructive role in its entirety listening to hoi polloi in their wider interest. But ironically, of course certain newspapers succumb to yellow journalism thereby defeating the very spirit and sanctity of this noble and the most pertinent source of information and these include romanticism, vulgarity, rumors and mudslinging which warrant to be nipped in the bud.

Whereas the public at large is the basic custodian of the freedom



sons, including to navigate, find food, attract mates, and avoid predators. Noise pollution makes it difficult for them to accomplish these tasks, which affects their ability survive.

If it's loud or long-lasting, noise pollution can damage your hearing. It may also lead to other health problems, including headaches, sleep loss, and even high blood pressure. And it can stress you out, make you less productive, and decrease your quality of life.

Increasing noise is not only affecting animals on land, it is also a growing problem for those that live in the ocean. Ships, oil drills, sonar devices, and seismic tests have made the once tranquil marine environment loud and chaotic. Whales and dolphins are particularly impacted by noise pollution. These marine mammals rely on echolocation to communicate, navigate, feed, and find mates, and excess noise interferes with their ability to effectively echolocate.

Some of the loudest underwater noise comes from naval sonar devices. Sonar, like echolocation, works by sending pulses of sound down into the depths of the ocean to bounce off an object and return an echo to the ship, which indicates a loca-

tion for object. Sonar sounds can be as loud as 235 decibels and travel hundreds of miles under water; interfering with whales' ability to use echolocation. Research has shown that sonar can cause mass strandings of whales on beaches and alter the feeding behavior of endangered blue whales (Balaenopteramusculus).

Seismic surveys also produce loud blasts of sound within the ocean. Ships looking for deep-sea oil or gas deposits tow devices called air guns and shoot pulses of sound down to the ocean floor. The sound blasts can damage the ears of marine animals and cause serious injury. Scientists believe this noise may also be contributing to the altered behavior of whales.

Among those researching the effects of noise pollution is Michel Andre, a bioacoustics researcher in Spain who is recording ocean sounds using instruments called hydrophones. His project, LIDO (Listening to the Deep Ocean Environment), collects data at 22 different locations. Back in the lab, computers identify the sounds of human activities as well as 26 species of whales and dolphins. The analysis aims to determine the effects that underwater noise is having

of press as the watch dogs are those who man it and as such the public stands to hold the basic responsibility of preserving and defending the platform of freedom in the realm of public and its genre. This can boost and give fillip to milch the virtual freedom of press to its corrective conclusion and any on toward-ness must not be mis-constructed in any manner or fashion. This is the true essence of freedom of expression lie press media without propensities and prejudice and this way alone the press can prove to be the best connoisseur for the public in unison.

Scrupulously however; some press persons and Journalists recall with trepidation the black days When internal emergency was clamped down in this Country by our late premier Mrs. Indira Gandhi by way of gagging it and wrapping up all its forms of dissent. It was, defector; an ugly interregnum of the fundamental freedoms bestowed by the constitution and perhaps the worst victim of this serious onslaught was 'Shanker's Weekly', a favourite Cartoon magazine of Pt Nehru and yet another onslaught to the freedom of press loomed large on the most leading paper "The Hindu" at the peak of its 125th anniversary on the day of 7th November, 2003 by a decision taken by the Tamil Nadu legislative Assembly against the news paper alleging breach of legislative privilege. This de facto, was the biggest assault on the freedom of press which offshooted a mass upsurge in almost all parts, of the country with the result that even the Apex Court of India endorsed it as a suppression of the bold voice of the India is having an active: print and electronic media and reports reveal that there are more than 55,780 newspapers and other allied periodicals as on the ,date-of apart from the radio broadcasts and audio visuals include the dailies, Weeklies, fortnightlies monthlies and annuals in "English, Hindi, Urdu and other multi lingual versions of different states of India."

Conclusively, therefore if it is added that the bygone rule" might is right" does hold no good in the modern civilized world. Victories gained in battle or war are far too of importance than the stroke of pen which cultivate the destiny of individual in particular and the entire nation as a, whole. In a sense, the press has superseded the sword under the banner of freedom of expression to protect the rights particularly, of those ones who stand at the cross-roads of the most heinous and depressed section so that we can see India the strongest democracy of the sub continental viewpoint over the globe.

(The writer is Former Dy. Conservator of Forest, J&K)

on these animals. Andre hopes his project will find ways to protect marine animals from the dangers of ocean noise.

When you hear loud sounds, a series of reactions occurs in your body. This is called the arousal response, and it can affect many different parts of your body:

Your heart rate, blood pressure, and breathing rate go up. Your digestion slows down. Your blood vessels tighten and your muscles tense. Together, these changes make you feel alert and ready to respond to a threat, even if you're not in any danger:

If noise pollution affects a person's hearing or mental health, and methods to lower noise are not effective, speaking with a doctor can help. Depending on how noise impacts someone, they may benefit from consulting with a hearing or sleep specialist. A therapist can also help teach coping mechanisms.

For children exposed to frequent or loud noise, it is important to monitor for signs of hearing loss. Regular checkups and hearing tests can help determine if there is any damage. Sometimes, hypersensitivity to noise can be a symptom of other conditions, such as hyperacusis. A doctor can diagnose this.

A person could also try reporting excessive noise to their local authority if it breaches legal limits. This could include noise pollution from outdoor events, venues, construction sites, or businesses.

Noise pollution significantly impacts public health. Research suggests it can raise stress, affect mental health, and contribute to developing health issues such as high blood pressure.

Direct exposure to loud or persistent noise can also lead to hearing impairment. Children are particularly vulnerable to the negative health effects of noise pollution. It may be possible to reduce levels of noise in the home, school, or workplace with simple changes, such as soundproofing and turning off devices.

(The author can be mailed at m.hanief@gmail.com)

Educational materials often include multimedia elements such as interactive simulations, animations, and multimedia presentations. These tools enhance engagement and understanding of complex concepts. d. Discussion Forums: Online discussion forums provide a platform for asynchronous communication among students and instructors. Participants can discuss course topics, ask questions, and share insights, fostering a sense of community in a virtual setting. e. Webinars and Virtual Classes: Live webinars and virtual classes allow real-time interaction between instructors and students. These sessions can include presentations, discussions, and Q&A sessions, providing a synchronous element to distance education. f. E-books and Digital Resources: Instead of traditional textbooks, many distance education programs use electronic books and digital resources. These materials are easily accessible, often customizable, and can include multimedia components. g. Peer Review: In distance education, peer review can be facilitated through online platforms. Students assess and provide feedback on each other's work, promoting collaboration and critical thinking skills. j. Virtual Laboratories: For subjects that require hands-on experience, virtual laboratories simulate experiments and practical exercises. These simulations allow students to gain practical skills in a digital environment. k. Social Media Integration: Some distance education programs leverage social media platforms for communication, collaboration, and community building. This can include dedicated groups, discussion threads, and live sessions hosted on platforms like Facebook or Twitter. l. Podcasts and Audio Lectures: Audio-based content, such as podcasts and recorded lectures, provides an alternative format for learning. Students can listen to educational content while commuting or engaging in other activities. m. Personalized Learning Paths: Adaptive learning technologies track individual student progress and adjust the learning path accordingly. This personalized approach helps cater to the unique needs and learning styles of each student. n. Remote Collaboration Tools: Collaborative tools like Google Workspace, Microsoft Teams, and Slack facilitate group work and communication among students and instructors, fostering teamwork in a virtual environment. The combination of these methods varies depending on the nature of the course, the preferences of the instructor, and the technological resources available to both educators and learners. Effective distance education often integrates a mix of these methods to create a dynamic and engaging learning experience.

(The author is a Youth Motivator)