

DONATE ORGAN

Will INDI Alliance With Dynastic Politicians Drive India to Bankruptcy?

Organ donation is very important in the country. Many people's lives are saved due to organ donation. The people of the country have not yet become aware about organ donation, but it is very important to make the public aware about it.

People in the country are afraid of donating organs. It is very important to remove this feeling of people.

People hesitate to donate organs even after someone's death. There is a fear in the minds of people and many people are trapped in old religious things, due to which after someone's death, people consider it better to burn the body instead of donating organs, but it is necessary to change this feeling of people, because Even dead people can save the lives of many people.

Although there are many educated people who are motivating people about organ donation, but it is very difficult to eliminate this sentiment of the people in the country. Even today people in foreign countries are very aware about organ donation, but in India there is a need to spread this awareness to the people, apart from this, organ trafficking is also increasing in India.

Along with promoting organ donation, it is very important to stop organ trafficking. Organ trafficking is increasing due to lack of organ donation in the country, because when people do not get organs, then people take the help of smugglers.

The rise of organ trafficking is completely dependent on organ donation.

Violence against women

■ SURJIT SINGH FLORA

The UN celebrates 'Women's Day for Freedom from Violence' on November 25. There is much discussion about protecting women from discrimination, beatings, and mental and physical violence. All these words mean that one in three women worldwide has been physically, psychologically, or financially abused. Despite every nation sympathizing with them, little legislation favouring women has been passed. The government spends more than 5% on this task, which is tragic.

It is claimed that even a mother cannot give milk without her child crying, so what is wrong with someone who should speak up against her injustice? The research shows that five or more pregnant or newborn females are murdered every hour without publicity. Even more shocking are the abortion feticide figures. Society frequently speaks about treating males and girls equally and offering them similar opportunities.

Male society seduces females with education, work, independence, marriage, dowry, and rituals and traditions.

To become physically and psychologically strong, women must not rely on anyone for money and reap the rewards of their hard work.

The same goes for working women and company owners who don't respect others' salaries. Her advice is to live alone or separate if compelled. An example is Melinda Gates, one of the world's richest women, who launched a campaign among women in some backward areas of The UN International Day for the Elimination of Violence Against Women takes place on November 25 every year since 2000 for governments, international organizations, and non-governmental organizations to raise awareness of violence against women. There are many discussions about protecting women from discrimination, beatings, and physical and emotional abuse. All these words mean that one in three women worldwide has been physically, psychologically, or financially abused.

Unfortunately, society denies and ignores violence against women. Men controlled their women this way decades ago.

Yes, many girls of today are educated and smart, having learned about law and society, or patriarchy. They spared only rapists because they could not tolerate tyranny. In many places, cultures and religions still tolerate it.

Unbelievable. A woman's house is one of the most unsafe locations.

According to the WHO, an intimate partner murders at least 40% of women worldwide. A spouse has physically or sexually abused one in three women worldwide-1.3 million.

Women experience violence throughout life. Violence occurs inside and beyond their families. However, the mother and her parents mistreat her from birth and throughout her life.

Paternalism is the biggest source of violence against women now. The belief that men are stronger and superior: Lack of security makes women fearful. Rape, acid assaults, beatings, and torture are physical acts of violence.

As a woman grows up, she plays several roles that strain her mental health. Having a 'perfect' wife, 'loving' mother, and 'caring' daughter-in-law harms her mentally.

Working Women - Male dominance and stereotypes also limit working women's growth. Women are regularly questioned about sexual professional growth. However, their job division demonstrates society's prejudice. Women are only suitable for pink-collar positions like nurses and teachers.

Seniors inflict the most violence against women. Their spouses or children are there to protect elderly women. Their finances prevent independent decision-making. Dependence severely damages their mental health.

To protect your daughter from violence, educate her! People only speak out against someone who isn't educated enough to defend themselves, in my experience. Slapping his working wife-who does that? Who is an IAS, IPS, engineer, doctor, teacher, and list goes on.

Domestic abuse is not a women's concern. This affects families and communities.

We can all help stop violence against women (VAW) in different ways, depending on our roles - as parents, men, women, victims, or perpetrators.

Family is where it starts. Teach your daughter to be strong, courageous, and outspoken. This will help her face challenges and speak up when necessary. Teach boys to love and respect their peers, regardless of gender. Love and treat your children equally, without gender discrimination, so they will adopt that attitude as they grow up.

Everyone should speak up against VAW. A lackadaisical attitude will empower the perpetrators. Be supportive and encouraging to victims, not judgmental.

No need to feel ashamed, it's best to speak out and get help. Take action to hold the perpetrator accountable. Condoning VAW worsens the problem, it won't make it disappear.

There is just one option for the perpetrator: Stop The Violence.

(The writer is a veteran journalist and freelance writer based in Brampton Canada).

My new 428-page book Nation Betrayed: Essays on Contemporary Jammu and Kashmir could hit the stands anytime from now. It has - apart from Preface and Conclusion- 11 Chapters: 1. Nature of problem in Kashmir, 2. Promoting Flissiparous Tendencies, 3. Undermining National Sovereignty, 4. Excluding and Demoning Jammu, 5. Demographic Invasion of Jammu, 6. Kashmiri Leadership, 7. Special Status Abrogated, 8. Kashmir Politics Post-August 2019, 9. Unrest in Jammu, Ladakh and Hindu Refugee Camps, 10. Delimitation and Furor in Kashmir, 11. Concealing More Than Revealing.

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Modi. They are the refused and the defused lot of the rejected and the dynastic politicians of this country who are now almost not only angry, but also hungry, for getting power back, which they misused to their and their dynasties benefits, while ruling this country in one form or the other. A glimpse of such developments and encouraging steps taken by the NDA Government under the dynamic and honest leadership of Modi, for the welfare of this country and its people, are briefly mentioned below, not for these hungry leaders of dynastic bases only, but for the general masses of India too, so that the innocent people of India may not get swayed with the cynical sops they are offering to the people of India to get power back. All such sops and favors which they are offering to the people, are loaded with a threat, that it will make the country bankrupt. Before deliberating upon their such moves further , a word of caution is necessary for all of us, to ensure that their usurping the governing power of the country back, by these politicians, will be alarming and suicidal, when the country will become a bankrupt and will be divided on caste, color and religion basis.

India's economy achieved a historic milestone recently, when its Gross Domestic Product (GDP) crossed the \$4 trillion-mark in nominal terms for the first time ever; according to several media reports. This shows that India has achieved a strong mile stone by crossing \$4 trillion-mark in DGP, making it a strong moment for India's presence in the global presence apart from gaining an international pride. Such a situation for India has a direct link with the traumatic leadership of our Prime Minister Modi, who has taken India to unprecedented heights. It is said and speculated that it will take just two years more for India to become the third largest economy in the world. India's economy boasts diversity and swift growth, fuelled by key sectors such as information technology, services, agriculture, and manufacturing. The nation capitalizes on its broad domestic market, a youthful and technologically adept labor force and an expanding middle class. Modi is probably the first Indian prime minister to carve the technology so much for his welfare programmes for India. His government's Unified Payment Interface (UPI) has revolutionized India's economy by facilitating digital payments even in villages. What a fantastic growth.

Direct Benefits Transfer (DBT) was another revolutionary scheme that the Modi government utilized for financial inclusion of India's masses. In the 1980s, then PM Rajiv Gandhi had said that out of every rupee sent by the Centre government, only 15 paise reaches the poor. The DBT has changed that. With the help of the (Jan Dhan + Aadhar + Mobile) trinity, the Modi government achieved the feat of transferring subsidies directly to the people through their bank accounts. Direct transfer of subsidies reduced leakages and delays while bringing transparency and accountability to the process, thus saving the 85 paise that used to go missing from a rupee. Financial inclusion not only helped with disbursement of benefits, but also increased India's market size and financial inclusion. India saved \$27 billion in key central government schemes through DBT as it is swift and has eliminated corruption, as per the government reports. This nearly almost a decade-long period of Modi governments rule has

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An important part of healthy and balanced diet, Milk has been a part of our culture, a way of life since time immorial. Not only milk and dairy products are beneficial for us, but the dairy sector constitutes a vital part of global food system providing economic social nutritional benefits to many people around the world. As we are an agricultural country, the world milk day holds more importance considering it one of the staple foods of the country. The variation of using milk in the country differs, but it is an important part of at least one meal a day.

HEALTH BENEFITS OF MILK:

Milk rightly called as the complete food, holds an extremely crucial position in our daily intake. It is full of protein and nutrients that are absolutely essential for human growth at all stages of life. Milk is also an amazing source of many healthy nutrients like magnesium, calcium, riboflavin, vitamin A, folate, vitamin D, protein, healthy fats, etc. It provides instant energy to the body as it contains good quality proteins including non-essential and essential amino acids and fatty acids. The Indian Council of Medical Research (ICMR) states that an individual needs about 600-800 mg/day of calcium which increases to 1200 mg/day in pregnant and lactating mothers. Inadequate calcium intake for longer duration is responsible for osteopenia and osteoporosis. The best source of calcium is milk. Kids and adults can drink milk as it helps keep their teeth healthy and prevent cavities. It also increases their height, strength, and immunity power. Milk contains essential fats that are required for developing babies too. Milk is an excellent energy source. Due to its high-energy property, milk is often recommended for people who have just undergone surgery or those suffering from chronic fatigue syndrome or anemia. Milk contains essential vitamins like A,

changed India's economy in definite ways, when Modi and his government took decision after decision that made deep, lasting impacts on the economy of this country. India's technology - based governance, adopted by Modi and his government, is now admired the world over. India has developed a world-class digital public infrastructure to support its sustainable development goals and with its journey upwards in this regard, making it lessons for other countries embarking on their own digital transformation. "International Monetary Fund has said in a working paper recently, that the digitalization in India, has supported formalization of India's economy and Aadhaar has helped in the direct transfer of payments to beneficiaries while reducing leakages". " India's growth continues to be resilient despite some signs of moderation in growth, says the World Bank in its latest India Development Update, the World Bank India's biannual flagship publication". "The Update notes that although significant challenges remain in the global environment, India was one of the fastest growing economies in the world. The overall growth remains robust and is estimated to be 6.9 percent for the full year with real GDP growing 7.7 percent year-on-year during the first three quarters of fiscal year 2022/23. There were some signs of moderation in the second half of FY 22/23. Growth was underpinned by strong investment activity bolstered by the government's apex push and buoyant private consumption, particularly among higher income earners. Inflation remained high, averaging around 6.7 percent in FY22/23, but the current-account deficit narrowed in Q3, on the back of strong growth in service exports and easing global commodity prices. This is a micro description of the development of India's growth, when there are so many other sectors, when a sky rise developments have taken place.

There were other multiple reforms taken recourse to by the Modi government for the welfare of the people of India. NDA Government embarking on ushering in game-changing reforms through the use of Jan Dhan, Aadhar and Mobile (JAM), a unique combination of three to implement direct transfer of benefits. This innovative methodology has been able to allow transfer of benefits in a leakage-proof, well-targeted and cashless manner: There have been cut in subsidy leakages but not in subsidy themselves. NDA Government built a national consensus and introduced a Bill to amend the Constitution to implement the Goods and Services Tax (GST). The GST has put in place a state-of-the-art indirect tax system, Swachh Bharat mission was launched, for a clean India which was thought to be the best tribute India could pay to Mahatma Gandhi on his 150 birth anniversary in 2019," said Shri Narendra Modi as he launched the Swachh Bharat Mission at Rajpath in New Delhi. On 2nd October 2014, Swachh Bharat Mission was launched throughout length and breadth of the country as a national movement. While leading the mass movement for cleanliness, the Prime Minister exhorted people to fulfill Mahatma Gandhi's dream of a clean and hygienic India.

NDA Government gave massive push to education & skill development Various unique measures were taken to augment the quality and reach of education. A fully IT based Financial Aid Authority to administer & monitor all education loans and scholarships through Pradhan Mantri Vidyalakshmi Karyakram, was introduced for this purpose

Building the infrastructure for a resurgent India was NDA Government's push to infrastructure is evident. Be it Railways, Roads, or Shipping, the government is focusing on augmenting the infrastructure to aid in connectivity. For the first time, Railways budget focused on structural reforms and infrastructure changes. Announcement of new trains, which

used to be an annual political gimmick, has now become a routine activity. Numerous passenger-friendly amenities like Wi-Fi on railway stations, passenger helpline (138), security helpline (182), paperless unreserved ticketing, e-catering, mobile security app and CCTV cameras for safety of women, etc have been launched in our railways.

Probably all these doted alliance partners are trying to turn a Nelson's Eye to all such herculean achievements of Modi and his team, while feeling frustrated about their future under such circumstances before the electorate. They feel that they will be rejected by the people of India in the coming national elections and shall have to rest in oblivion, for their earlier damages to the national polity and economic growth of India.

After all who are these political leaders who are the pioneers of making a parallel body to combat Modi in the formation of I.N.D.I. Alliance, which is looking like a fragmented body and can be compared through its nomenclature as a lead to broken I.N.D.I.A, that is India with dots and doubts. They are happy with each other on the culminating platforms collectively for that period of their such meetings, but when they go home as a political party of India, they abuse and become rivals of each other: How can they come together and with what manifesto. They have not so far come out with any model or a road map as to how will they share power between themselves, if by mistake they come to power collectively.

All these political parties are dynasty-based entities, trying to owe their political allegiance to rule the country or the states to which they belong to, considering it their decade's old inheritance, which now stands shattered and demolished by Modi governments honest and a dedicated regime. The age-old cynical tendencies of dynastic rules of these political parties, coupled with the exploitations of the innocent electorate on caste, color and religion is an attempt to divide the nation on differential basis. This is being done by the chronic and die hard politicians of political lust and greed of this country which is coming to surface with the creation of situations like dotted I.N.D.I.A. Probably monarchical legacy is considered as the birthright of some of such self-nominated heir apparent personals of such political parties. Such political leaders have even gone to all the extents of indecent politics, for purposes of garnering the votes on an anti national and a communal passion.

As for as the offering of financial sops of sorts, by these dynasty based political parties to the people of India, without any considerations for the economic stability of the country, as a whole are concerned, it looks suicidal and alarming. With such musings, these political parties are taking the country to devastation and bankruptcy.

We have the instances of our neighboring country around us. Such dynasty based political parties are bent to garner power by hook or by crook. A significant political party of this country is bent upon to barter anything for making its prince and princess, the rulers of this country, when they are not worth it. Such a political to the dismay of entire nation, showed the door to age-old veterans of this party, which has an age-old base. The reason being to install its prince to govern the nation, when the nation as whole is refusing this prince.

What is observed in the recent elections of various states of this country, which are afoot presently, the election manifesto of these dynastic political parties, has been the spreading of " Sops" culture for the voters. For these political parties sky is the limit of such sops, even if it brings economic devastations and extreme setbacks to the real development of the nation as a whole. What is the debt index of

these states where such sops are being distributed is not the worry of these political parties. How much derailments and damages will occur to the real development of these states in its expansions in all respects of development sectors is not their concern, by offering such sops, to the people for their vote bank politics at the cost of a common tax payers money. These political parties only want power to rule and then drive the nation as also the various states of this nation to a stage of bankruptcy.

Who does not know what legacy of economic distress was left over by the UPA government after losing the elections in 2014, which has been made over by the NDA government under the leadership of Modi so far:

The other unfortunate issue, which they are now embarking upon, is the caste culture. Of late, these political parties are making now it a slogan to ask for caste census of sorts to woo the voters. Raising the slogan of "Jitni abadi, utna haq", one of the present congress leaders, has said that the rights of the people should be proportionate to their numbers and sought a similar caste census at the national level. Other opposition parties have also demanded such a census in other states too at the national level. The BJP has joined the issue with PM Modi criticizing the caste census as a ploy to divide Hindus. Questioning Congress on rights allocation based on population, Modi asked if the political parties want to decrease the rights of religious minorities. But for Modi, poor people are the biggest 'abadi' (population), of the country and they have the first right over resources. Welfare of the poor is my aim," he said.

It needs a serious thought by the protectors of our constitution, that this " Sop" culture among the voters is limited to the nations monetary indices of sorts, particularly the national expenditure index of this country as per the population norm of this country. It has to be ensured that this does not damage the developmental aspects of this country, for which a taxpayer of India is paying through his or her nose. By offering such unlimited "Sops", it deprives a taxpayer of his inherent rights of getting uniform development benefits in lieu of their tax component, which is their fundamental right through the constitution of India. It may need a parliamentary legislation in the shape of an amendment to the constitution, to restrict the limits of sops to a graded index with respect to the economic growth of the country and the tax payers contribution in this regard. A taxpayer of this country cannot be taken for a ride in this respect. It is needed for posterity and for the coming generations of this country to save brain drain. Similarly some index of ratio has to be generalized for the reservation of various castes, when recently a state of India broke the record for vote bank politics of making caste reservations to cross even 75 percent, when the highest court of this country had pegged it up to 50 percent only. If such attempts of these unscrupulous dynastic politicians, for acquiring power are not given a break as per the constitution of our country, it may lead to a complete chaos and rivalry, amongst the various citizens of this country. Equally if this I.N.D.I. Alliance finds a place to govern India by mistake, they will sow sop culture and caste culture taking India back to feudal set up of governance, it will make the people of India slaves of poverty and hunger; apart from divesting the young Indians from their right to education and self development for want of sufficient resources and finances. The right thinking people of India shall have to give it a due thought for posterity.

(The author is a chartered consultant civil engineer, passionately attached and devoted to his mother land-Jammu & Kashmir).

National Milk Day: November 26

B12, D, and E and minerals such as calcium and phosphorous. Milk has natural sugars (lactose) that help promote strong teeth and gums.

NATIONAL MILK DAY (NMD):

To commemorate the birth anniversary of the Father of Wheat Revolution in India Dr. Varghese Kurien National Dairy Development Board (NDDB) and Indian Dairy Association (IDA) announced the first National Milk Day on 26 November 2014 in his honor. Dr. Kurien was the father of the White Revolution in India and introduced 'Operation Flood', under which dairy production was industrialized to improve milk production in the country. Dr. Kurien revolutionized the dairy industry in India; now, it is the biggest self-sustaining industry in the country, contributing 5.3% value to the country's total GDP. He identified the potential of the dairy industry in the country and, through dedicated operations, managed to transform the entire industry. He is also credited with the establishment of world fame milk brand, AMUL (Anand Milk Union Limited). The most unique thing of the white revolution was that the milk producers were also given the responsibility of sale of milk. This increased their rural income which subsequently resulted in increasing the GDP and the result was that by 2016, India became the world's largest milk producer.

STATUS AND ECONOMIC IMPORTANCE: Milk is an important constituent part of the dairy industry. India has been the leading producer and consumer of dairy products worldwide since 1998 with a sustained growth in the availability of milk and milk products. The dairy industry also serves as a tool of socio-economic development. Dairy activities form an essential part of the rural Indian economy, serving as an important source of employment and income. India also has the largest bovine population in the world. India is the highest milk

producer and ranks first position in the world contributing 24% of global milk production in the year 2021-22. The milk production of India has registered 61% increase during the last eight years i.e., during the year 2013-14 and 2021-22 and increased to 221.1 Mn Tonnes in the year 2021-22. The top five milk producing states in India are Rajasthan (15.05%), Uttar Pradesh (14.93%), Madhya Pradesh (8.6%), Gujarat (7.56%) and Andhra Pradesh (6.97%). Together these states make up for 53.11% of total Milk Production of the country. As far as export of dairy products from the country is concerned, it was 67572.99 MT worth \$284.65Mn during the year 2022-23. As a result of the continuous efforts, the production of 55.6 million tonnes and per capita availability of 178 grams/day in 1991-92 has increased to 221.1 million tonnes and 444 grams per day in 2021-22. However; there are still many issues in milk production in the country. The milk production per animal is significantly low as compared to the other major dairy producers. India's productivity per animal is very low. There is also production inefficiency: Inadequate farm management, Inadequate access to finances, lack of affordable technology, and access to information also led to low production efficiency in India. Besides these, climate extremities and availability of fodder throughout the year also remain a challenge. Moreover, nearly all of the dairy produce in India is consumed domestically, with the majority of it being sold as fluid milk. On account of this, the Indian dairy industry holds tremendous potential for value-addition and overall development.

The FAO data also reveal that more than one billion people's livelihoods are supported by the dairy sector and that dairy is consumed by more than six billion people globally. The focus is being given to value-added products such as cheese, yogurt, probiotic drinks, etc. They are

also introducing innovative products keeping in mind the specific requirements of the Indian consumers. These players are also improving their milk procurement network which is further facilitating the development of the dairy industry in India. Looking forward, the market is expected to reach a value of INR 25,491 Billion by 2025, exhibiting a Compounded Annual Growth Rate of around 16% during 2020-2025.

GOVT. INITIATIVES: The Government of India has thus also introduced many schemes and incentives aimed at the development of the dairy sector in the country. The National Dairy Programme aims to improve cattle productivity and increase the production of milk expanding and strengthening and expanding the rural milk procurement infrastructure and provide greater market access to the farmers. In this times of Pandemic, a fiscal stimulus of rupees 15,000 crore by the name of Animal Husbandry Infrastructure Development Fund to support private investment in dairy processing, value addition and cattle feed infrastructure has been announced. Another 13, 343 crore has been sanctioned to achieve 100% vaccination of cattle, buffalo, goat and pig population (total 53 crore animals) against Brucellosis and Foot and Mouth disease.

The 'National Milk Day' is a day that highlights the importance of the dairy product and how we can include it in our daily diet. The Day provides an opportunity to focus attention on milk and to publicize activities connected with milk and the milk industry. On this all important day, all our efforts should be to increase public awareness about every aspect of natural milk such as the origin, nutritional value of milk and its products, and its economic importance throughout the world.

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