

MAKE JAMMU ECO-FRIENDLY

There is not an iota of doubt that Jammu city is still in a better shape as far as greenery is concerned because there are many cities in north India and elsewhere also which are devoid of green belts and the environment in those cities is pathetic. To make sure that the serenity of the City of Temples should be retained there is dire need that steps like the ones taken underneath the Jewel Flyover should be repeated in all government offices by installing green towers on the walls and all such places which have a scope for the same. The situation in many cities with regard to pollution content in the air is so dismal that people have started using air-purifiers to get cleaner air as the gases emanating from vehicular traffic, factories and other similar sources have wreaked havoc out there. Still in Jammu, the situation is not so bad but if the helmsmen will not take pragmatic steps the days are not far when the city will get exhausted because the concrete jungle in the name of development has already started doing harm to the serene environs of the city. There is dire need that the young children should be educated about the harms of plants-less dwelling so that they being the future of the nation start thinking on these lines and do whatever possible to revive the greenery of cities. As far as Jammu is concerned, the situation still is under control and if prolific steps will be taken soon there is every chance that the city will remain as serene as it used to be for centuries. The green towers which the city has been given as part of Smart City project should be taken as a cue to carry forward the message so that in the coming times all the buildings including government offices, schools and other institutions should have such a provision to naturally produce fresh air besides raising the aesthetics of the city.



OFF 'D' CUFF

Making it 'New' by adopting SMART Resolutions

Your resolution should be crystal clear. Make a specific goal instead of saying 'I will help feed the hungry.' Ask yourself a few questions and think: How many people do you want to feed in a month or week and for how long? What do you want to feed them? A resolution could be, 'I will provide a healthy balanced meal for two people once a week for the next two months' — this is a SMART resolution that you can clearly understand and challenge yourself to follow.

With careful action planning, you can draft more realistic and concrete goals for your new year.

Keep it Realistic & Achievable

It's alright to dream big. But trying to take a gigantic step too fast can actually leave you unsatisfied and frustrated, sometimes affecting other vital aspects of your life. So, for example, becoming a billionaire in one year is probably not realistic, but saving a reasonable fraction of your earnings every month is realistic. Earning a certification to enhance your skills is also a realistic and achievable goal.

Make it for the correct reasons

Before making a resolution think whether it really matters to you, is it relevant? Never do it out of the sense of some regret or a momentary passion. It won't last for long. You must think what's good for you, how it is beneficial for the people around you, and how it will change your life. Mindful action planning will help you in choosing the appropriate resolutions for 2022.

Focus on small victories

Also, try to keep your resolutions time-bound and try to meet small targets first. By doing this you are giving yourself enough time to achieve your larger goals with the help of various smaller goals set up along the journey. Every small step in the right direction will take you closer to your goal.

Hence, for the coming New Year, do make 'SMART Resolutions'. For this you must strive to create a calm and focused inner environment so that you can think clearly and plan for a successful year. Thus, start with some meditation, relaxation exercises and a positive mindset. With good action planning you will surely come up with SMART resolutions and will be able to fulfill them.

Here's how to do that.

Keep it Absolutely Clear & Measurable

Shri Sudhanshuji Maharaj

Defections in UP elections

■ OMKAR DATTATRAY

Defections and floor crossing are the characteristic features of the multi-party system and electoral democracy. The defections are the bane of the electoral democracy and it pollutes the political system. The phenomena of Aya Ram and Gaya Ram is the permanent feature of our political system and Parliamentary democracy. The various political parties and politicians are resorting to the defections for their selfish interests and ulterior motives. The defections are resorted to by the politicians for searching the greener pastures when they suspect that they will not be fielded as candidates in the ensuing elections or when after the elections they are not given the cabinet births. Thus the selfish politicians indulge in the defections to remain in the limelight and to be leeches to power. Now that the elections to five state assemblies including the state of UP have been announced by the election commission of India, the political activities and electioneering has gained momentum and with this the phenomena of the defections has raised its ugly head. So come elections the spectacle of defections also takes place and continues to pollute the electoral democracy and this is a serious matter and it should concern the rulers of the country. In UP state assembly elections, the political parties and the politicians without any exception have started resorting to the Tamasha of defections and this is not confined to any one political parties but all most all political parties are resorting to the defections to remain in the power or limelight. Thus in UP elections the BJP, BSP, SP and other small political outfits resort to the floor crossing in order to earn political dividends. Therefore the political parties have started to include in the defections for gaining greener pastures. The defections is the bane and menace of the multi-party system and it plagues the Indian political system and the rulers should strive for defection free politics in the interest of the country and in the interest of the gullible voters. The defections and floor crossing is anti democracy and it in no way is the sign of the dynamic democracy and so the defections should not happen in our political system. Defections are undemocratic and it is a naked deceit with the voters because at the time of leaving the party the sovereigns -the voters who have voted in your favour are not consulted and this way the defections are undemocratic and against the people who have voted in your favour: The defections is a fraud and deceit with the gullible voters and as such should not be resorted to by the politicians. The defections bring bad name to our electoral democracy and therefore we should purge the political system from the bane of the defections and save our electoral democracy. Thus for the interest of the probity we should strive for a defection less politics so that the interests of the voters will not be sacrificed and the political system goes as per the wishes of the voters and there will be no deceit with them. Therefore we should have a defection less polity so that the governments are carried in accordance with the wishes of the voters and in accordance with the mandate of the people. Thus what is required is that the polity should be carried on with the defection less phenomena so that the interests of the people are served to the optimum. So defections of the different politicians on the eve of the festival of democracy in UP is a serious matter and

it should attract the attention of the rulers and the ruled in order to save the political system from the bane of defections. It is a stark reality that the defections are against the very people who have voted you to power or voted in your favor: Therefore it is the negation of the democracy and it in no way strengthens the democracy and is the anti thesis of the democratic values. As such defections should be discouraged for the interest of the democracy and for the interest of the people. Thus it is in the fitness of things to strive for a defection free politics so that the wishes of the people are satisfied and deceit and fraud with the voters does not take place at all because of the defections. In UP elections the politicians belonging to various political parties are resorting to the defections to remain in the limelight or power: The defections in the UP elections are gaining momentum as the different politicians belonging to different political parties are busy in defecting and joining new political parties to satisfy their selfish interests. But this defection is not only the case of the ruling mighty BJP but all most all political parties big and small and their politicians are resorting to the menace of defections for reaping the political dividends. The defections have polluted our politics and there is urgent need to purge the politics from the bane of defections so that the governments are carried in accordance with the wishes of the gullible voters. There should be strong anti defection laws in force in the country. It is a fact that there are anti defection laws in force in the country but there is need for the stringent anti defection laws. There are anti defection laws and provisions in the country and what is needed is the strong will to implement the anti defection laws so that the defections will not take place in the politics at all and the government is carried on in accordance with the wishes of the gullible voters. There is urgent need to disqualify the politicians from the membership of the legislatures so that it will serve as a deterrent for other politicians and they will desist from resorting to the defections. The defections are undemocratic and against the voters who have voted you to power or voted in your favour and therefore there should be no defections in the country so that there is no deceit and fraud with the electorate who have voted you to power or voted in your favor: Thus defections and floor crossing should be given a good bye for the interest of the country and the people at the large. Therefore there is need for the striving on the part of rulers so that the menace of defections is put at rest in order to see that the government is carried on according to the interests of the people. But defection less polity is unlikely in the country given the selfish and vested interests of the voters. However we should not lose heart but strive for a defection less polity so that a polity is ensured in the country, where there is no defection at all but political ideologies should guide and motivate the politicians. During these days of issueless politics and in the days of ideological bankruptcy of the politicians the different politicians are crossing the floor to remain leeches to power: To conclude we can say that the dictum of Aya Ram Gaya Ram Ko Ram Ram is translated in letter and spirit in the interest of the country and people in the ultimate analysis.

(The author is retired Education Officer and Columnist).

Difference between Architect & Civil Engineer

■ VIJAY GARG

Architecture and engineering as we know it today are two distinct higher formations, which share similar scopes and which, therefore, have moments of intersection, but also preserve fundamental differences. Even though this overlapping of activities results in a lack of consensus both in relation to the history of the professions and current professional practice, it is important to highlight the differences and specificities that characterize each of these professions today. The figures of the architect and the engineer as we know them today appear at different moments in history. In the early days, construction techniques were a collective craft, segmented into different skills and passed on orally from generation to generation. This collective practice of construction began to change on the European continent from the Renaissance on, when graphic representations became a design and communication tool based on new techniques, such as the introduction of perspective drawing, which transformed the way of recognizing, thinking and predict space. It is at this moment that the figure of the solitary architect emerges and it is from there that we begin to recognize important architect characters such as Alberti and Brunelleschi.

Engineering is a discipline of military origin dating back to the 14th century, however, civil engineering emerged with the dedication of some military engineers to design industrial warehouses during the 18th century in England. The first recognized civil engineer is John Smeaton, also responsible for the creation of the Society of Civil Engineers, dedicated to bringing together professionals to conceive and execute great works. From the 19th century onwards, therefore, civil construction is fed by three figures whose scope and history are intertwined: builders, architects and civil engineers. This division was developed with changes that accompany the evolution of societies and were increasingly determined from their temporal, geographic, political and economic context. While engineering and architecture have become higher education disciplines with diverse areas of specialization, construction itself remains practical work, which can be learned in technical courses, but which is also passed on in construction site practice. At the same time, on the one hand, civil engineering is a discipline dedicated to the study and development of infrastructure built at different scales, and can be divided into different areas such as water

resources, transport, energy resources, sanitation, buildings, management and construction. Within the variety of possibilities, the civil engineer is in charge of technical issues of road projects, hydro-sanitary projects of large territories, for example, at the same time that he can also dedicate himself to work with projects and management of building construction.

Architecture, on the other hand, is the discipline dedicated to the design of spaces that respond to the needs of users beyond their mechanical functionality, bringing reflections based on culture, economics, politics and history; at the same time that it is concerned with the creation of a healthy and appropriate space in terms of temperature, lighting, insulation and acoustics, as well as knowing the construction aspects and management of the work. Architecture is the discipline that is fundamentally related to the design and construction of buildings and it is here that the two disciplines meet: engineering bringing the technical aspects of the functioning of the building, and the architect bringing its qualitative technical aspects. This relationship is well illustrated in the case of a tall building. In a large-scale project, the architect is responsible for the design of that building, he is the one who makes the architectural project that serves as a basis for the other technical disciplines to then develop their complementary projects, and he is also the one who makes these projects compatible, to work together. The civil engineer approaches to execute the complementary projects, according to their specialties: structures, hydraulics, electrical, etc. A building is the sum of the complementary projects with the architectural design. Its construction, on the other hand, can be managed by both architects and engineers, considering that each stage also requires specific inspections of each area. This difference is more subtle when dealing with small-scale projects, such as homes, due to its simplicity. Both professionals have general knowledge of the different disciplines that make up a construction, however, as the project becomes more complex, in scale, size and use, it is important to protect the specifics of each area. Even so, it is important to emphasize that the great works of architecture that we have in history, from the beginning until today, are the result of the addition of technical and social knowledge used in the form of construction and therefore, the joint work of these professionals is the key to good projects.

wave of corona in the country.

At the same time it is being run by the Indian Institute of Technology Kharagpur. The special thing is that so far more than 60 lakh students have registered in this library, which was prepared last year. About two lakh documents are being used for studies every day from this library. This number is increasing continuously. Along with this, registration is mandatory to use the platform of this library. In such a situation, so far about 60 lakh children are registered here, while about 32 lakh students are active in this library. In this, knowledge of 73 crore studies related documents or books is available, out of which 60-70 per cent material is completely free. Although there is no charge for the use of any book or document belonging to this library, the remaining around 30 percent of the material is available on subscription. In such a situation, children can use around six crore books from here at any time. Books from primary to post graduation are available in this library. Along with this, books are also available for students to teachers, researchers, librarians and other professionals. The content or material found here is in the form of thesis apart from audio, video, documents and books. Reading has become increasingly screen-based in the digital age. E-library means that digital library or digital library, where we do not have to go physically and we can use this library 24 hours 365 days and can get study material according to us.

E-library means a library where information and study material are accessed digitally. In this library, we can get information and study material according to our needs at any time by sitting anywhere in any corner of the country through computer or Android mobile through internet connection. In other words, it can be said that e-library is part of e-library to get many types of information and knowledge of different areas through electronic means or sources like computer, mobile, TV, radio etc. All level wise learning materials are made available in the e-library. In this, every type of material is available from the primary level to the higher level and also for the researchers. E-library makes research work very easy because through this all kinds of learning and research related

Swami Vivekananda: Bridging Science & Religion

■ ABHIGYA MAHAJAN

Mundaka Upanishad categorises knowledge into two: Intuitive knowledge about God (Para-vidya) and Practical knowledge of the world (Apara-vidya). According to this, anything other than the intuitive knowledge about God (spirituality) belongs to Apara-vidya, i.e. sciences. Even the knowledge of the scriptures belongs to sciences only, since they talk about going to heavenly places, which are nothing but extensions of this world only. It implies that the true meaning and purpose of religion is to make a person divine, and everything else in religion is secondary. But can science make one divine? Going by the present definition of science, this seems difficult, since science is all about the world, and religion is all about transcending the world in its entirety. Science teaches us how to turn the wheel of the world, while religion teaches us how to stop our inner wheel. So, no advancement in science can ever encroach upon the realm of religion.

Swami Vivekananda, tried to bridge the divide between science and religion. Born as Narendra Nath Dutta on January 12, 1863 in Kolkata, Swami Vivekananda was a great Indian saint. He was a figure with 'high thinking and simple living'. He was a great pious leader; a philosopher, and also a devout personality with great principles. It is through his works that one can feel the underlying unity between the two. During his stay in the West, he met and impressed with his views many leading scientists and inventors including Nicholas Tesla, Hiram Maxim (inventor of machine guns), Lord Kelvin and many several other great thinkers with his views. Nikola Tesla was introduced to the Vedas by Swami Vivekananda after he asked Swami to enlighten him on spiritual connections. Swami's effect on Tesla was so great that he became vegetarian and began using Sanskrit words. In 1895, Swami Vivekananda shared with Tesla the idea of matter and energy to be one and suggested him to prove it through mathematics. Vivekananda also interacted with other giants of western science, namely William Thomson and Von Helmholtz in New York. Eventually after 10 years in 1905, Albert Einstein proved the oneness of matter and energy (E = mc²). These intuitive scientific proclamations are hard to be experimented to prove or disprove. But with the advent of Quantum physics, many gaps have been bridged. The famous Nobel winning Soeren Prell theory implies that at a deep and fundamental level, the separate parts of the world are connected in an intimate and immediate way as any change in one immediately and unmitigated causes changes in the other. More than a century after Swami Vivekananda's short but extraordinary life, his intuitive words on science have left distinct mark on pages of world's history of science and his words are even more relevant today than ever before. Nearly a hundred years ago Swami Vivekananda showed the close connection between culture and education. Wherever there is a great culture, you will find behind it, a highly developed system of education. Ancient India could produce a great culture because it developed a wonderful system of education. According to Swami Vivekananda, the basic purpose of education is the total development of human personality. Everyone is endowed with certain capacities, which remain dormant, although in a potential form. He said, 'Education is the manifestation of the perfection already in man'.

Swami Vivekananda believed education is the process by which these inherent potentialities in human personality manifest themselves in completing his or her total development. This total development of human personality includes intellectual and moral development. Most of the present day school and college curriculum only aim at intellectual development. Another important aspect of Swami's scheme of education is women's education. He realised that if the women of our country get the right type of education, then they will be able to solve their own problems in their own way. The main objective of his scheme of women education is to make them strong, fear-less, and conscious of their dignity. He observes that although men and women are equally competent in academic matters, yet women have a special aptitude and competence for studies relating to home and family.

His famous quotations include, 'Arise, awake and stop not till the goal is reached.' He also added that anything making a child physically, intellectually and spiritually weak must be rejected as a poison. He also emphasized on an education that leads to character formation. His establishment of 'Ramkrishna Math' and 'Ramkrishna Mission' was a sign of 'Guru Bhakti', his sacrifice, austerity, and service of the poor and the downtrodden people of India. He was also a founder of Belur Math. Swami Vivekananda was a great spiritual man and philosopher around the world. He wanted global spirituality, harmony, universal brotherhood, and peace across the world. His teaching and philosophy still exists in the present day and guides the modern era youth. His founded organizations are spreading his teaching and philosophy and working for the improvement of society and the nation. He promoted Vedanta and many social services. He will be an inspiration for the youth of the world forever.

information and written articles reach the learners very easily. For learning or acquiring knowledge through e-library, some medium is required, such as computer, mobile phone, multi-media networking etc. With the help of all these, e-library has become very simple and easy. E-library is a form of online library. It is extremely useful for those who are short of time. These people have the facility to read books online. In this they do not even need to turn the pages. Governments should work to develop e-library facility and come forward for funding. It is a boon for students in schools, colleges, universities. With the e-library, you get information about the new books that have come in the market. You get to know about the new book of your favorite author. In these online libraries, you will be able to read books ranging from science, economics, political science to Hindi novels. There are many online libraries where you can write book reviews. This gives you an idea about which book to buy. Just a few days back, an online book club has been started on the social networking site. This application will be present on many social networking sites. Through this you can share information related to books with your friends. In this you have the advantage of being able to create your own catalogue. On the other hand, talking to like-minded people about books also increases your knowledge. Through this, special material becomes available to the people associated with research while sitting at home. For this they do not have to go to the library and various places. Also, detailed information is available about a particular subject. Many online libraries give you references to sites to collect information about a topic. Also, according to the subject and topic, the names of the books of the authors of that subject are given so that you do not have to inquire from different people about which book to read for a particular subject. For people who are fond of books, online ie e-library is no less than a gift. In today's era, the use of all means of learning associated with digital mode will keep us ahead of the competition. 5G is about to start. The spread of e-library will usher in a new revolution in e-learning for all of us. We will be more powerful with more knowledge.

Vijay.