


DON'T BELITTLE PADMA AWARDS

The controversy which has been triggered in case of senior Congress leader Ghulam Nabi Azad getting the much coveted Padma Awards is unwarranted and can tarnish the image of those politicians who are raking up unnecessary commotion over the issue. It is quite surprising that Ghulam Nabi Azad's very own party colleagues have created a scene with regard to conferring of Padma Bhushan Award to the veteran party leader who gave so much to Congress Party as well as the country after remaining as central minister for so many times under various regimes led by Congress Party. The issue has been created by Azad's very own party colleagues by issuing unworthy statements over the announcement of one of the highest civilian awards in favour of Ghulam Nabi Azad. It is a bit surprising that instead of congratulating Azad for being given such a great honour there are many Congress leaders who have come up with absurd statements like the selection of Azad is a political decision, etc. This undue criticism of Congress leaders will set a wrong precedence in the country because as per their stance the ruling party should never give any award to the leaders of opposition parties. The genuine stance taken by veteran Congress leader and former Sadr-e-Riyasat Dr Karan Singh really deserves appreciation in this whole controversy as he has praised Ghulam Nabi Azad after counting his virtues and also gave sermons to those who are making mountain out of a mole because no one can deny that the award announced in the favour of Ghulam Nabi Azad is in any way unjustified because his contribution towards people is fabulous and as far as J&K is concerned the people owe so much to their former Chief Minister because he has accomplished a lot in the form of development projects. Definitely, the unfortunate statements by some of the party colleagues of Azad with regard to this award related controversy are distasteful and should not have been made by the leaders of such a great stature. Still there is much time and people should shun the negative approach in every issue because politics doesn't means to all the time downgrade the political opponents whether in the party or outside as patience and graciousness also have a big role in public life and in the present case some of the Congress leaders have gone out of the way thus creating an ugly scene in the country's politics. Still there is time that people should mend their ways and try to plug in the gaps to return to normal terms which are utmost necessary for the healthy democracy.

COMBAT ONLINE FRAUDS

There is no doubt that Jammu & Kashmir Cyber Police has worked out many cases of cyber frauds successfully but still this wing is struggling to overcome the menace in the way it should be because off and on new cases of online scam are coming to fore in the UT of J&K and people are facing tough time. Though the latest success story of the JKP's Cyber Branch is quite laudable as it has retrieved Rs 30 lakh withdrawn by fraudsters from the bank accounts of two senior citizens but still a failsafe mechanism is distant dream as police has to ask people to stay away from online fraudsters who are supposedly far ahead in executing their deceitful acts and snatching away peace of mind of people along with their hard earned money. The efforts by the Cyber Police in J&K are quite promising but still lot has to be done to overpower the criminals sitting on phone lines or Internet as every 'next day' a new method is reported whereby the fraudsters device the gullible citizens and take away their money using new tactics and means of cheating. The Cyber Cell of J&K Police as always comes with an advisory that asks people to remain cautious against scammers and don't fall prey to cyber fraudsters but the pace to ensure measures that such scams should be stopped once and for all is nowhere in sight despite the fact that people having expertise in cyber world are manning the affairs of the aforesaid branch of the UT Police. It is necessary that systems should be made fool-proof in all respects so that breaching the security becomes impossible. As cases are being reported where the novice countrymen give their vital information to fraudsters on phone lines or even through the Internet, certain features should be introduced like fingerprints, face recognition technology or something of similar sort to ensure that no one can breach the security and things will become ultra safe. Looking into the gravity of the issue, it has become significant that government should take such steps as early as possible or else the fraudsters will snatch way the peace of mind of all the people in one way or the other as the cases are on rise and cyber cells across the country are finding it difficult to worked out each and every matter of cheating through microwave signals or phone lines.



OFF 'D' CUFF

One of the most beautiful and comforting expressions is the expression of gratitude. And saying 'thanks' to someone is the simplest form of this expression. It makes everyone happy- the one who says it and the one who receives it.

Think deeply what God has bestowed upon you even without your wish, you'll get filled with a deep sense of gratitude. So, say 'thank you' to the Higher Power during your prayers.

When you have such attitude of gratitude within you, abundance & happiness arrive in your life naturally.

Thus, you should understand the importance of thankfulness.

The Importance of Saying Thanks!

When you are saying 'thank you' that means you are appreciative of the things that happened in your life due to someone else's effort. You are acknowledging it and it makes you humble. This gesture of humility helps you feeling better and benefits you in profound ways.

Keep it in your mind that thanking others doesn't lower your importance or reputation. In fact, it enhances that

The Power of 'Thank You'

because here you are showing a sign of respect for another person. When you utter this small sentence 'Thank You', the other person thinks he has done something worthy to help you and this results in his inner happiness.

Moreover, people also feel inspired and motivated when they are praised through a simple 'Thanks'. When you are habituated of saying 'Thank You', you attract kind-hearted people towards you. Because it's human nature to be attracted towards people who are full of positive vibes and saying 'thanks' is one of the simplest ways to spread such vibes.

Value what you have Right Now and say Thanks!

Just look around yourself. You are surrounded by so many gifts from God. If you have caring parents and family at home, value them. Take care of them. It's always better to cherish them and be grateful for them when they are closer to you. Because when you'll have to go away from them or they leave you due to any reason, there is no value of remembering and crying for them.

Dr Archika Didi

Empowering farm women for rural development

■ DR BANARSI LAL

As entrepreneurs, workers and custodian of traditional knowledge, the traditional role in rural women are unique especially in the context of agriculture, natural resource management and forestry. Women farmers play the multidimensional role in agriculture. They play a significant role in agriculture from sowing to harvesting to post-harvest management. They make significant contributions to agricultural production, food security and nutrition, land and natural resources management and building climate resilience. Government of India is giving preference to rural women under various schemes. Although remarkable progress has been made in India in various sectors but still the gender inequalities remain pervasive in every dimension of sustainable development. Economic Survey 2017-18 says that with growing rural to urban migration by men, there is feminization in agriculture sector; with increasing number of women in multiple roles such as cultivators, labourers etc. Women comprise about 43 per cent of world's agricultural force which rises to 70-80 per cent in some countries such as India. Farm women in India are enhancing agricultural production, improving food security and eradicating poverty. The Indian rural women face the significance inequality in farms even they do more agricultural work than men. According to FAO report, if women are given equal access to resources as men, agricultural yield can be increased by 2.5 to 4 per cent in the developed countries enough to feed at least 100 million more undernourished people. If rural women get opportunities and facilities, they can propel the country towards second green revolution and can change the landscape of the development. They play a significant role in labour supervision and participation in post-harvest operations. Women farmers can be productive and enterprising as their male counterparts but are less able to access land, credit, agricultural inputs, markets and high value agri-food chains. Farm women lack equal access to productive resources and assets, public services such as education, health care and infrastructure including sanitation while much of their labour remains invisible and unpaid even as their workload increases due to migration of their men. It has been observed that rural women face more difficulties than the rural men and urban women. They disproportionately experience poverty, exclusion and inverse effect of climate change.

Rural women produce more than one-half of the world's food. They are the primary caregivers to the families in many societies and key to ensuring food and nutritional security.

Women's economic empowerment can reduce the poverty for everyone. They play an important role in the rural economy as the farmers, wage earners and entrepreneurs. They are considered as the vital part of the Indian economy. Women farmers contribute enormously to the Indian agriculture. Women comprise the largest percentage of the workforce in the agricultural sector but they do not have control over all the land and productive resources. Strenuous efforts are needed to bring a positive change in knowledge, attitude and skills of the women farmers by providing training and technical advice and also assisting them in taking decisions in adoption of new technologies. Generally women role in agriculture is systematically marginalized and underestimated. Many times women farmers are bypassed by male extension workers. It would be correct to state that women farmers in India have failed to get their due share in extension services apropos their contribution to the Indian agriculture. There is need to refine, modify and redesign the extension services in India so that the latest technologies can be reached to the women farmers effectively.

Government of India has launched various rural development programmes from community approach in 1950s to special target group approach in 1970s. Many of these programmes addressed to the specific needs of women farmers and remain focussed on male farmers. In 1980s integrated approach was started that attempt to integrate women in the mainstream of development by structurally making them beneficiaries up to an extent of 40 per cent. A number of services supportive for women's socio-economic empowerment viz., Support to Training and Employment Programme for Women (STEP), Rashtriya Mahila Kosh, Indira Mahila Yojna, Mahila Samridhi Yojna, Self-Help Groups etc. were implemented. These approaches were not directed towards fulfillment needs for agriculture-related services and concentrated mainly on the issue of employment and social empowerment. Indian Council of Agricultural Research (ICAR) is an important system for transfer of farm technologies all over the country. This system has operated through various frontline extension programmes, all of which now have been merged with the Krishi Vigyan Kendras (KVKs) since April 1996. In KVKs, a provision for special training programmes for women have been made and more and more rural women are trained under these programmes.

Gender equality refers to the enjoyment of equal rights, opportunities and treatment by men and women and by boys and girls in all spheres of life. Promoting gender equality and women's economic empowerment go hand and hand and

both are important in ensuring that women enjoy their human rights and can play a role in contributing to inclusive and sustainable development. Women often face restrictive gender roles, unequal decision-making power and limited access to resources such as land and financing. Involvement of women in agricultural development process by the ICAR has been further strengthened when the concept of Farming Systems approach to research/extension was institutionalized by several ways including assessment and refinement of agricultural technologies through institutionalizing village linkage programme. Still these efforts are not sufficient to make a substantial dent on the overall agricultural scenario of the country. From the very beginning Non-Government Organisations (NGOs) have involved women component in their mandate. They too have given more emphasis on issues related to social empowerment of women. They also have given little attention on women's role in agriculture. There is need to sensitize the concerned extension workers, extension managers, development administrators and policy makers with the realities of farm women, so that they can be considered as an equally strong force for agricultural and rural development on the same footing as men. Attitudinal changes of extension workers, extension managers and all other concerned with agricultural development efforts cannot be ruled out in order to bring significant improvement in the women's access to the recent agricultural technologies in India. Women farmers should be provided with greater access to credit facilities and other inputs by simplifying the existing procedures suiting to the educational levels of women folk. Flow of credit, inputs and marketing facilities to farm women can be done through women's cooperatives and Mahila Mandals. The planners should give due recognition to women farmers in designing the developmental and training programmes. There is also the need to recruit more female extension functionaries in all levels of agricultural extension system. Emphasis should be given on women Self Help Groups (SHGs) so that they can be connected with the micro-credit and start their micro-entrepreneurships at rural level. There is also need to develop new agricultural technologies so that drudgery reduction among the women can be made. More agricultural institutions should be developed for the rural women. There is need to promote the structural, functional and institutional measures to empower women farmers, to enhance their abilities and increase their access to the new agricultural technologies.

(The author is Head, KVK Reasi SKUAST-J).

M-Y factor in ensuing UP elections

■ OMKAR DATTATRAY

Modi stands for Modi and Y stands for Yogi and Modi-Yogi factor is the dominant factor in the UP elections. It is so great and affects the outcome of the state assembly elections of 2022 and as such the impact and influence of the Modi-Yogi factor is very great and it impacts the UP elections. However the different political parties will try they will not be able to dent the image of the BJP in the elections and the end result will be in favor of the BJP and its supporting parties. Now, that election bugle has been sounded by the Election Commission, the electioneering has gained momentum and the election fervour and enthusiasm has got a boost. The different political parties have jumped in the election fray and are testing their luck in the elections. There is very stiff contest in the UP elections and the political parties have tightened their belts and screws and are fighting the election battle. But the Modi-Yogi factor is going to influence and impact the elections because the performance and achievements of the Modi-Yogi duo are impacting behavior of the voters and it will tilt the balance in favor of the BJP. Performance and the achievements of the Modi-Yogi combination during the last five years is going to influence the mood and behavior of the prospective voters in the much interested elections of UP. Since the electioneering has began in most populous state of UP and the political parties have readied themselves for the elections. Modi-Yogi Sarkar has done a marvelous job on the ground and the common people of UP are much influenced by their performance and it is most likely to impact the outcome of the elections. The Modi-Yogi double-engine Sarkar has worked in the interest of the common people of UP and has done wonderful work in the interest of the man in the street. The pro poor and pro people schemes, policies and programs of the Modi-Yogi government has undeniably impacted voters in the state and in the ultimate analysis it will be an advantage to BJP in the election battle. The schemes of the double engine government will have a lasting impression upon the prospective voters and on the ground it will translate into votes in favor of the mighty BJP in elections and it is most likely that the BJP will bounce back to power after the elections on the basis of its past performance. The developmental politics of the Modi-Yogi duo and the thrust to the development is going to help the BJP in the elections. The slogan of

Sabka Sath, Sabka Vikas, Sabka Vishwas and Sabka Prayas of Modi and its implementation on the ground by Yogi is effecting the voters in the run up to the elections. In fact the developmental politics of the two executives is influencing and impacting the mood and voting behavior of the voters and this is going to translate into the votes in the elections. Thus the achievements, performances and works done by the Modi-Yogi duo is affecting the voters and it is going to help the BJP in these elections. There is no or very little anti-incumbency in the UP elections as Government of Modi-Yogi has performed very well during its rule of the five years and therefore there is the certainty that the election results will go in favor of the BJP. There is stiff contest between the BJP versus SP and all others in the election battle but at the end of the day the election battle will be in favor of the BJP. This has become possible because of the pro-poor and pro-people schemes and policies of the Modi-Yogi combination. It is because of the works and performance of the Modi-Yogi government that the election battle is going in favor of the BJP and its supporting parties. The double-engine Sarkar of Modi-Yogi has done a very good job and this is going to translate into the votes in favour of BJP. The BJP has worked very hard during its second tenure and has implemented the central schemes and programs of the centre and this is seen and appreciated by the voters and in effect it is helping the BJP in the election battle. There are full chances that BJP will bounce back to power after the stiff election battle and the election in effect is going to be a two cornered contest between the BJP and SP. However tough the election battle will be but the net result will go in favor of the BJP because of its performance of the five years. The good governance of the Modi-Yogi Jodi is going to affect the result of the elections and the election results will go in favor of the BJP. The track record of the performance and achievements of the Modi-Yogi Government is impacting and affecting the election and voting mood and behavior of the voters. Since the Modi-Yogi duo has done an excellent job during its rule in favor of the people of UP and they are thus going to vote in favor of the BJP. The double engine sarkar of Modi-Yogi has transformed the state of UP from a backward state into an economic hub and it is developing at a fast rate and is today counted as one of the most developing states of India. UP has entered in the race of the most developing states of India and this

is no mean development by any standard. All this is impacting the elections in the state and is going to favor the BJP. But the BJP should not be complacent but work hard with determination and grit as there is tough election battle which the BJP has to fight in order to defeat its election rivals and come successful at the end. Therefore BJP should tighten its belt to fight the tough election battle so that it will win the much interested elections and for this it has to work very hard. Since the impression of the performance and achievement of the Modi-Yogi combination is very great upon the voters of the state and so it is going to impact the elections in favor of the BJP. There is no exaggeration in saying that the Modi-Yogi factor is going to turn the wave in the election in favor of the BJP as it is influencing the voters in the UP elections. This is possible because of the efforts of the Modi-Yogi duo so far as its effect on the voters is concerned. The influence of the works of the Modi-Yogi will turn the tide of the election in favor of the BJP because the impression of the efforts of the two leaders has got a lasting impression on the voters and they are going in favor of the BJP and in actual practice will vote in favor of the BJP. It is thus a foregone conclusion that the majority of voters will cast their valuable votes in favor of the BJP in order to give a definite edge to the saffron party so that it wins the elections. In fact the impression of the Modi-Yogi double engine government is so keen and it penetrates down to the ground level and it is bound to translate into the increasing of the vote percentage in favor of the BJP. The centre minister of the minority affairs Mukhtar Abass Naqui has also emphasized the importance of the M-Y factor in the UP elections and has underlined its impact on the mood and behavior of the voters. Thus is the Modi-Yogi factor contributing in increasing the vote share in favor of the BJP and at the end of the day impressing the majority of the voters to vote in favour of the saffron party. To conclude one can say that the importance and dominance of the Modi-Yogi factor is so strong as to turn the tide of the election in favor of the BJP and in the ultimate analysis translate into votes to ensure the win of BJP in the much interested elections of the state assembly. Anyway the significance of the M-Y factor cannot be denied so for its impact upon the voters is concerned in so for it relates to the increase in the vote-share in favour of the BJP.

(The author is Retired Education Officer and Columnist).

YOUR COLUMN

Why we can't adjust?

Dear Editor;

An old friend of mine once asked me, 'Why we can't adjust?' He considers adjustment as an acceptance of whatever life pushes towards us, if I understand correctly. If life throws lemons, he believes we should make lemonade. I don't necessarily completely agree with this concept. Yes, life is work and lots & lots of work; be it relationships, profession, friendships and the list goes on. We are meant to make the most of what life throws our way and accept it with grace. We are all going to inevitably entertain 'pain' that comes knocking at our door like an uninvited guest and whether we like it or not, we have to open the door because the knocking won't stop. If we resist pain, it turns into suffering that we have to endure and experience whether we like it or not. Adjustment is a behavioural process in psychology by which humans maintain equilibrium between their various needs or between their needs and the obstacles of the environment. Social and cultural adjustments are the same as physiological adjustments. We learn how to cope first and that then translates into adjustment and becomes part of the character structure. We often say we are learning to cope and it's considered a heroic thing to do; a sign of strength but many of these adjustment choices lead to an unhealthy and dysfunctional life where one is working against what the real self aspires for. Is that really essence of life where we are constantly adjusting between what we want and need and what the environment has to offer? In the process where needs are unmet by the environment, we feel frustrated, angry, hopeless, anxious and so on and eventually we learn to adjust. But I find this adjustment rooted in helplessness and passivity where it seems like we let the environment make all the choices for us. It's like we cannot change the cards we are dealt but only have the choice of how we play the hand. I think there is a choice of leaving the game and not playing

altogether too in some areas of life. This 'adjustment' is a lifelong process, beginning from birth where we are not really given choice of being born, are we? A baby then has to adjust to the shocking transition from her mother's protective womb to the world outside. It carries on into fine-tuning to the needs of the parents and siblings that are again predestined for us and carry a profound impact on so many of our life choices until adulthood. The adjustment continues until as an adult is fooled into thinking he is now independent and can do whatever he chooses to. But in this interconnected world, we all influence each other's life choices in all possible ways and we continue to grow and progress by adjusting and aspiring and fighting for what feels true to us. Where does it stop? Is there no area in life where we can stop adjusting and make an independent choice? For example, marriage is one area where adjustment is most demanded. Why? Why do we have to adjust to a relationship that takes us beyond our window of tolerance? A marriage is an adult choice made by us or made for us but why do we sign up for chronically adjusting and compromising to unhappiness? Yes, it's not a simple question and there is no simple answer to it but maybe today is the day to ask this question if one is unhappy and struggling. There is a very thin line between adjustment and compromise. We do adjust our needs to the environment but where does one draw a line and stand one's ground? Via adjustment an individual learns habits and coping skills to whatever the environment sends our way. My fear is that encouraging to adjust all the time, we do not expect and demand from our own selves and the environment and learn to accept the status quo. We might just learn to settle and not aspire for reaching our own potential and aspire for a life that makes us feel alive. Adjustment appears to be a destination whereas life is all about constantly being on the road and growth happens through going towards unknown places within and outside of us. So today, we protest and say out loudly that we want more and will not adjust?

Mool Raj,
Doda.

Education losing its essence

Dear Editor,

COVID-19 pandemic has created an unprecedented challenge economically, socially and politically across the globe. More than just a health crisis, it has resulted in an educational crisis. Education is the potent tool for the all-round development of child's physical health, mental health and his/her overall well being. Thus, education is regarded as one of the most powerful weapon that can change people, communities, entire nations and the future of the humanity. But unfortunately these days due to the closure of schools and other educational institutions amid COVID pandemic, there is complete disruption in the education system and the learning process of students. Owing to the COVID lockdown across the globe, the system of education has now entirely shifted to the online mode. Further, suspension of face to face learning/classroom learning modality amid lockdown and adopting of virtual classrooms have made students more lethargic, inactive and vulnerable to other health related ailments. Despite favorable conditions, it has come to limelight that students are making little or no progress while learning from home. However, online modality of education and virtual classroom learning has badly affected mind, health and overall wellness of students. The students are becoming excessively dependent on virtual machines/technology and their intelligence quotient level as well as thinking capacity is vanishing day by day. So the education is losing its real essence now-a-days because the real value based education can only be imparted to students in classrooms not from homes. Hope the pandemic ends soon and schools be re-opened again for inculcating best of quality education among all students.

Vivek Koul
Gole Gujral, Jammu.