

BE ON TOES

The deployment of Chinese People's Liberation Army (PLA) in abundance across Ladakh border and its continued efforts to build defence infra near the Line of Actual Control (LAC) indicates Dragon nation's dangerous plans and therefore the Indian army should always be on toes to deal with any kind of precarious situation. It is now more than 20 months when the logjam between two countries over border row started and some of the soldiers of the Indian Army made supreme sacrifice while saving the boundaries of the country. It was also reported by international media that the Chinese side also incurred fatal losses. Reportedly, this time China has deployed over 60,000 troopers in the Ladakh front and is actively building infrastructure to help faster movement of troops. This is very difficult situation and speaks of duplicity of China in the area thus forcing India to take countermeasures which it is taking but looking into the past record of China there is dire need that India remain vigilant against that country and have eagle eye in view of changes occurring across the LAC because the country cannot afford any dent caused by the Dragon nation which has lately become headache for the country as it is continuing with its ploy to deceive army in eastern Ladakh. No doubt that Indian side has also taken very strong steps to counter any possible misadventure by the Chinese side but after getting the cue that Chinese PLA's intentions are dubious it becomes imperative that Indian Army should remain cautious and should gird up loins to tackle any kind of exigency arising out of Chinese aggression. It is however good that army has brought in the forces of the counter-terrorism Rashtriya Rifles' Uniform Force into the Ladakh theatre on the Eastern front and is keeping all the mountain passes open to rush in troops if they are required at any of the friction points. Indian Army is a professional armed force which knows well its responsibilities and the country should feel safe under its realms but the point to ponder is that China is up to something which should be decoded as soon as possible because under normal conditions such a complicated situation would never have arisen.



OFF 'D' CUFF

Stop being afraid of the future

Your aspirations are bigger than the fears they may harbour. Never let this ocean of fear trap you in its wild currents. Flow freely, live fearlessly.

When you keep moving ahead while staying connected with your God, a state of bliss and peace stays intact in your life. So, whatever God has bestowed upon you try to value those things otherwise when you lose them you will be left with no option but a feeling of regret.

And for that, you should stop worrying about the future and start utilizing your present time in a productive way.

In one of the Buddhist scriptures, a short story teaches the same wisdom beautifully.

The Fearful King- a Buddhist Tale

Once upon a time, there was a kingdom in which people used to follow a strange ritual while choosing their king.

They would make a ruler for 5 years and after that, the king was supposed to go to a forest for penance and die eventually. It was necessary for the king to obey the rule for the welfare of the kingdom.

The forest was highly dangerous- full of wild animals and poisonous snakes. Those who went there died within a few days.

Now when the time came for the last descendent of the erstwhile ruler to be the king, he refused the offer out of fear of the future.

When everyone insisted on making him the king, he said, “I have no problem in becoming your king but what will happen to me after 5 years? I'll have to go to that scary forest and die.”

Then his Guru came to him and said, “I will give you a solution for that, first you wear the crown and sit on the throne.” He said, “Since you are assuring me, I will become the king.”

He became the King of the land and went to his Guru for further guidance.

Now his Guru said, “Take every measure that you can for your people's welfare, spend some time in devotion and meditation, and refrain from spending all your ruling period in indulgence and pleasures. These five years will shape your whole life and so use it in such a way that your fear of the future may vanish.”

Now the King said, “Tell me what to do for that?”

His Guru said, “Utilize all your powers unconditionally not only for your people's welfare, but also for changing that thick and dangerous forest.

Start making roads there, establish educational institutions, cut down useless trees and shrubs, establish colonies there and turn it into a beautiful city. Also, make plans for agricultural growth on that land and cultivate useful herbs and shrubs that can remove diseases.

Also, make cow shelters on the same land and bring a white revolution. Plant trees and turn it into a clean and green city. And do all this in these 5 years.”

Now that king dedicated all his time for the same purpose and transformed the whole forest in a beautiful city. It became a wonderful landmark of the old kingdom in which people wanted to live now.

Finally, his tenure came to an end and he said to his people, “Throw me to that forest now according to the ritual.”

But unsurprisingly, his people showered flowers upon him and urged him to be the ruler of the land forever.

The Message in the Story Through this beautiful story, it is clear that the future could be painful, full of sorrow and danger. If you have the opportunity to change that at a young age, then do it wholeheartedly. If you'll misuse your young age and the golden time period, your future will be painful and if you'll utilize it effectively, making preparations for tomorrow, your future will give you happiness and delight.

Anybody can take a lesson from this story and live fearlessly and intelligently in the present time in order to stay away from the fear of the future. Nevertheless, it's true that almost everybody worries about what will happen in the future. It causes a lot of fear and anxiety.

Yet, you can manage your fear and deal with the unknown by understanding certain things.

The Future is unpredictable No one can predict what may happen in the future with 100% certainty. Use this uncertainty for your advantage and live fearlessly now while taking wise actions keeping in the mind your expectations from your future.

Focus on 'Now'

Learn to take it a single day at a time and so instead of thinking about how you'll get through the rest of the week or month, focus on today. Each day is an opportunity to learn new things and that may include learning how to deal with uncertainties. You can use this knowledge to resolve any problem in the future.

Shri Sudhanshuji Maharaj

■ OMKAR DATTATRAY

Unfortunately there is great hue and cry post delimitation commission draft recommendations as the valley-based people's alliance for Gupkar declaration has out rightly rejected proposed recommendations of the delimitation commission .The Gupkar alliance is blowing hot and cold over the proposed recommendations of the delimitation commission. Mohammad Yusuf Tarigami, Spokesman of PAGD has termed the draft report of the recommendations as highly divisive which pitted one region and religion against other as such the draft recommendations are not acceptable to the people of Kashmir irrespective of the party affiliation. Gupkar gang out rightly rejected the draft recommendations of the delimitations terming them against the Kashmiris while the fact is that the delimitation commission is an independent institution and its recommendations are unbiased and are in no way against the Kashmiris. But the valley-based political leaders and champions of the Gupkar alliance are terming the proposed recommendations as against Kashmiris and as such these leaders are habitual of criticizing everything good and bad for their vested interests and same is the case with the criticizing the proposed recommendations of the delimitation commission. Since, Kashmir-based political leaders who also happen to be the leaders of the Gupkar alliance are critical of the recommendations of the delimitation commission. It is very sad that valley-based political leaders are treating interests of Jammu narrowly and treating Jammu as its colony and thus furthering its hegemony over Jammu province. The Delimitation Commission has recommended six assembly seats for Jammu region and one seat for the Kashmir region as the balance of the assembly seats has always tilted towards Kashmir and against Jammu as Kashmir has forty seven assembly seats and Jammu has only thirty seven seats and this is a glaring political discrimination against the Jammu province and this political wrong should be rectified and this discrimination should attract the attention of the delimitation commission .But it seems that the delimitation com-

mission has worked against the interests of the Jammu region as with the addition of the six more assembly seats the total seats for Jammu work out forty three only which is less than the seats of Kashmir region .Thus the panthers party and the Shiv Sena and other political parties of Jammu have taken the proposed report of the delimitation commission as biased against Jammu and against the interests of Jammuites and it is a matter of grave concern and it should be addressed by the delimitation commission .But one wonders that the Gupkar alliance has opposed the recommendations of the delimitation commission and the alliance is preparing for holding of the peaceful protest against the recommendations of the delimitation commission. The spokesman of the Gupkar gang has announced in the press conference the programme of holding of the protest on first January in Srinagar against the draft recommendations of the delimitation commission .It is a very disturbing development that the Gupkar gang is going to hold the protest demonstration against the proposed recommendations of the Delimitation Commission. As already pointed out that the Gupkar alliance has rejected the recommendations of the delimitation commission as according to the spokesman of the Gupkar gang the recommendations of the delimitation commission are against the interests of the Kashmiris and as such are unacceptable to the PGDA and it opposes tooth and nail the proposed recommendations of the delimitation commission and is stoutly against the recommendations and as such has finalized the devious plan of holding the protest against the recommendations of the delimitation commission. Gupkar alliance and its leaders are against the proposed recommendations as they term same as highly divisive and biased. The Gupkar alliance is always on the lookout for a subject to arouse the emotions of the Kashmiris sans as such it has opposed the proposed recommendations and termed it as against the Kashmiri people and also against the interests of the country. The spokesman of PGDA has said that the proposed draft recommendations will further alienate the Kashmiris from the national

mainstream and it will deepen and widen the gap between the two regions of Jammu and Kashmir and thus are the draft recommendations unacceptable to Gupkar alliance and so will it strive against the proposed recommendations. The PAGD will not be a signatory to the draft recommendations of the delimitation commission .The spokesman of the Gupkar gang further said that it always is and will remain opposed to the recommendations and it will fight for the interests of the people of Jammu, Kashmir and Ladakh. According to PAGD, the proposed draft recommendations will create the divide between the regions and religions and it will create the divide between the different regions of Jammu and Kashmir .Since the recommendations are based on the census of 2011 so these are tilted in favour of Kashmir as the population of Kashmir is more than the population of Jammu region and thus the report of the recommendations are in favour of Kashmir .So one is at a loss to understand as to why is the Gupkar gang against the proposed recommendations and why is it planning to hold the protest demonstrations at Srinagar. Gupkar alliance will also take the matter against the proposed recommendations with the different political parties of the country and will also try to raise the matter in the ongoing winter session of the parliament. The matter of satisfaction is this that the spokesman of the Gupkar gang has said that it will peacefully protest against the recommendations of the delimitation commission. In a democracy everyone is free to oppose and criticize and so the PGDA is within its right to protest against the proposed draft recommendations but the opposition to the recommendations should not be only for the sake of opposition but the opposition to the recommendations should have some merit. Since the balance of the assembly seats is already tilted in favour of Kashmir and now the delimitation commission should rectify the already wrong and make the balance to weigh equal. The present population of Jammu province is more than the population of Kashmir province and the geographical area of Jammu region is also more than that of Kashmir

and so it is in the fitness of things that the assembly seats of the Jammu region should be more than Kashmir region and this will remove the political discrimination with the Jammu region .Thus the recommendations of the delimitation commission should be based on the census of 2021 to be more representative and just as it will do away with the political discrimination with the Jammu province but it will hardly be based on the census of 2021 as the delimitation commission has decided to base the recommendation on the bases of 2011 census and thus it will be biased against Jammu and will be in the interest of Kashmir and thus the hegemony of Kashmir will continue in future as well and so it will be against the interests of the Jammu .The need of the hour is that the recommendations of the delimitation commission should not favour any one region at the cost of the other region but the recommendations should be fair and just so that the political discrimination and the monopoly and hegemony of one region on the other is removed. Only hue and cry of the Gupkar alliance will do no good to the different regions of the union territory ,rather the political parties including the champions of the PAGD should cooperate with the delimitation commission so that it will finalize its recommendations and the exercise of the delimitation is carried to its logical conclusion in order to pave way for holding of the much over due elections of the UT. The political parties of Jammu are demanding minimum fifty assembly seats in accordance with the present population of Jammu and towards this demand of the Jammu province the delimitation commission should pay its attention. Anyway, the Gupkar gang should not oppose the proposed draft recommendations of the delimitation only for the sake of opposition but provide its helping hand to the commission and actively participate in the consultations of the delimitation commission so that the recommendations of the delimitation commission will be finalised soon in order to hold the assembly elections which are overdue.

(The author is a retired Education Officer and Columnist).

Sufficient play-time essential for a child's development

■ VIJAY GARG

It is necessary that kids should have free time to play. Due to hectic routines, time schedules, and lots of other responsibilities and demands, it becomes very important that children have sufficient time to play. Let's go through some reasons why children should have sufficient play time. As per clinical research, playing is very important for the development of children because it helps in the physical, emotional, social, and cognitive health of the children. Playing is essential to help out children in the development of social skills. Playing helps the children in healthy development as it permits them to convey their conscious as well as unconscious experiences about their feelings of life and also things which are happening around them.

Playing is very important for neurological development of the child. Through play, children's brains get developed and playing strengthens a lot of neuronal connections, which might fade away or deteriorate, if not utilized. According to the United Nations High Commission for Human Rights, playing is the right of every child due to its significance in child development. Playing helps children to adjust with the school and also improves their eagerness to learn. If children are permitted to play the way they like to, their concentration improves with superior attention spans, and develop their educational skills. Overscheduled family life generally leads to lesser time for good parent-child relations. Many families are benefitted from less rushed routines which allow the children to play freely. Your child's behaviour and your family life both will improve if more play time is given to your child on regular basis. When the parents play with their children, they get a chance to be with their children and interact with them at their level. As a result, the parent-child relationship and your family life will improve. Children find out how to make decisions, share, solve conflicts, be self-confident, and work with groups through

unstructured play. While a few children quickly get these skills, most children can develop these social skills by playing with the other children. Playing alone will also help child gaining self-confidence, boldness, decision making expertise, and more.

Playing helps children to express, identify, and think about feelings. Children usually follow what their mother or father does or what their friends do. Because of these daily life experiences, children certainly have feelings regarding these events. Children have become more responsible for their own as well as others' feelings, how to handle feelings by conveying them, and also work through the emotions, because of play. Children can enjoy life experiences with free play. Children can't see things in the same way as we adults do, therefore they can utilize play to have a better understanding of definite life experiences.

Parents can support children, who experience a broad range of problems through learning, how to have fun with them through any particular way, using chosen toys. These problems include emotional problems, speech problems, persistent developmental disorders, parental separation, mental retardation, relocation, at-risk situations, abuse/neglect, immigration, chronic illness, mental health analysis, social difficulties, foster/adoption issues, disabilities, hyperactivity, adjustment difficulties, learning difficulties, and detection of violence. Parents can help out their children with these kinds of problems using particular toys and particular kinds of interactions. Nevertheless, there are therapeutic interventions also that any therapist can help parents for best suiting child's situation like filial treatment, parent-child communication therapy, and involvements in play therapy. Parents can considerably develop relationships with the children through discovering how to take part in children play with a particular way using chosen toys. When the parents become children with their kinds and concentrate on them, their association with children will improve immensely. It's not necessary

that the playing time should be fixed at some particular time in the day. It could be only a few minutes, however, doing these kinds of play daily or almost on the everyday basis can be very helpful for the parent-child relationships. It is clear that with growing competition every day, you want to see your child success ding everywhere. In the past, playtime of children was only involved in playing different kinds of indoor as well as outdoor games. Indoor games like Snakes & Ladders, Ludo, Carrom, and different types of board and card games are accessible to them. There are many games available which can develop their minds like Scrabble, Monopoly, Battleship, Pelmanism, Chess, and Chinese checkers. If you are fed up with the indoor games, there are many outdoor games which are thrilling. Hopscotch, Jump rope, Hide-and-Seek, and Frisbee are some of the examples. Other enormously popular games include playing Pitthoo, Marbles, Kite Flying, and Gilli Danda. Cycling, Cricket, football, and Badminton are all-time favourites.

Both indoor, as well as outdoor games, significantly contribute to the general development of a child. Indoor games improve psychomotor coordination, reasoning, and analytical skills. They help in building vocabulary and memory. Outdoor games help children in boosting their body strength and stamina. These games also inspire them with the spirit of strong teamwork and competition. At times, kids spend time in the free play and playing some unique games. This normally improves their creative thinking and ability. Today, the idea of games has drastically changed. Digital devices have replaced the indoor-outdoor games. Now children get pleasure and satisfaction through T.V., computers, laptops, mobiles and gaming consoles. Children are also magnetized by different cartoon shows on television and games accessible on mobile phones and Internet. For a few parents, playtime is a headache whereas, for some, it means of improving the mental and physical capabilities of children. However, playing is necessary for a

child's development. So what can you do about that? Here are some steps that you may take for managing your child's play-time:

Everyday Activity: Make sure that playing becomes a primary part of a child's everyday routine. The good option is to have playtime in everyday routine for your child no matter he is kid or youngster. Make the play time, a fundamental part of the routine and stick to it. Study the kinds of games that your child loves to play if he is attached with indoor/outdoor games? Examine if he likes to spend time playing mind challenging games or physical endurance testing games? Does he favour playing cricket over chess etc. Support him for playing games that he loves. Take some time out from your busy schedule and energetically take part in games that your child loves to play.

Quality Time: Playtime needs to be fun for your children. Do not push your child for playing games of your liking. Playtime is very important part of child's growth. Allow him to choose the game he wants to play. Just observe that they use a definite time period for play.

Counter Dullness & Depression: Play is the finest escape from dullness and monotony. Many children spoil their time by not doing anything at home. Some children waste time watching television and playing different video games. Those children generally suffer from problems like depression, obesity, and dullness. Cleverly tell your children about risky effects of using too much T.V. and digital games. As an alternative, persuade your children to use their extra time for playing indoor and outdoor games. This is the best way to counter monotony and depression.

Career in Sports: Sports may prove to be a booming career option. It might sound odd; however the sports your child loves to play, can prove to be a flourishing career option. It is observed many times that well-known sportspersons have made their wonderful career with the games that they played when they were children.

major problems for one simple reason; it decreases the number of trees which clean the environment, provide oxygen and also affects rain patterns. This is the major reason why there are calls for tree plantation; it is to make up for this loss. The other major contributor for environmental decadence in the context of Pakistan is urban heat-Islands which are direct cause of the unprecedented construction activities that are being carried out unchecked right now. This individual heat island causes constricted circulation of air, which traps pollutants released in urban areas and does not allow for mixing of the air, thus decreasing the air In non-urban areas, agriculture practices lead to a lot of damage to the sustainable environment due to overloading the land with fertilizers, overgrazing and changing agriculture policies, which are ruinous and degrade land, creating soil erosion that leads to silting in rivers and reservoirs.

Soil degradation is a continuous cycle and it ultimately leads to desertification and degradation of land quality by allowing the direct action of eroding elements on cultivable land. The other greatest reason of environmental degradation currently faced by the country is increasing population

as it creates a load that the entire environment has to support, not only in terms of food and lodging, but also in terms of the amount of waste that it generates and the ability of the environment to sustain this growth. These are few major threats to the environmental degradation in the country which have already done great damages as we have been experiencing unusual climate changes in the happening of long heat spells, heat-waves and unprecedented rain-falls. No one knows what natural untoward is in the making as we unfortunately have no data of scientific research to predict the future. Though, it is not likely to expect timely alertness from the Government, both in the Centre and in the Provinces, still we hope that these Governments will come out from hibernations and do something serious to at least contain the environmental situation from further degradation. We must look forward that individual citizens would contribute their own bit in revival of conducive environment in country through massive tree plantation campaigns.

Mool Raj, Doda.