

## ENCOURAGE TALENT

There is no dearth of talents in our country. There are many talents in the country, who are imparting the knowledge of India at home and abroad. In many fields of the country like doctors, engineers, scientists etc. the youth and talents of the country are coming forward and making an important contribution to the country. There is no dearth of talent in the country but there is increasing concern that many people in the country who have unique talent are leaving their village, city and country. To retain such talents and do so in one's own field is a challenge in itself.

In view of these increasing conditions in our town, region and our own country, the government is also making a lot of efforts. Talent is not valued in our country, whereas in other countries talent is kept at the top. There is no dearth of talent in the country and our first objective is to retain and encourage them.

The talents of our country are the future of our country. Stop the talents leaving the country and try to respect them.

## Childhood Depression: A state of being sad &amp; lonely

■ PALLAVI SHARMA

Childhood Depression is basically a mood disorder in which child feels low, hopeless, irritable and sad. Child with depression may often have mood swings and these mood swings may interfere with the child's relationships and activities pattern. Child with mild or moderate depression is not able to enjoy those activities which he used to enjoy before depression but in severe cases, child may develop suicidal tendency.

There are various contributing factors which are responsible for developing childhood depression but the most common factors are:- genetic pattern, positive family history of depression, physical deformity, failure and exposure to any traumatic event in life.

The risk factors for developing depression in children are: prolonged illness, discriminating girl child, hormonal changes during the puberty, parental depression, broken families, child abuse or negligence, loss of loved one, anxiety disorders, Attention deficit hyperactive disorder (ADHD).

The depressed child may have low self-esteem, social withdrawal, loss of interest in performing daily or school activities, irritability, inadequate sleep, poor nutritional pattern, weight loss, reduced energy level, fatigue, emotional outbursts, boredom, feeling of worthlessness or guilt, impaired thinking, poor concentration, inability to enjoy pleasurable activities, suicidal thoughts.

This childhood depression can be determined by collecting history of child's illness in order to detect the etiological factor of childhood depression, physical assessment of child.

Children with depression are more prone to have anxiety and substance abuse disorders and also more prone to develop suicidal tendency. Depression in children can be managed by drug therapy and cognitive behavioral therapy. In drug therapy, anti-depressants i.e. selective serotonin reuptake inhibitors (SSRIs e.g. Sertraline, Fluoxetine etc.) are given whereas cognitive behavioral therapy helps the child to manage anxiety and negative thoughts by teaching them about coping strategies and various relaxation techniques.

Depression in children can be prevented by improving mental health of the children by educating them to take well-balanced diet, regular exercise and adequate sleep and also encouraging parents to provide their children safe and supportive environment at home.

## THE TALE OF TWO DIWALIS

■ ANVNEE BYOTRA AND YASH GOYAL

Ram Aayenge Toh Angana Sajaungi  
Deep Jala Ke Diwali Main Manaungi

In households across India, a fervent recitation of sacred lines has become a daily ritual. The resonance of these words is particularly poignant as the nation gears up to welcome Lord Rama to the city of Ayodhya on the auspicious day of 22nd January. The anticipation surrounding this event is heightened by the fact that it marks the celebration of two Diwalis in 2024, an extraordinary occurrence that underscores the significance of this homecoming.

The roots of this celebration trace back to the legendary tale of Lord Rama's exile, lasting 14 years, and his triumphant return, an event celebrated annually as Diwali. However, the magnitude of the forthcoming celebration transcends the ordinary, for this time, after five centuries, Lord Rama is returning to his sacred land. The hearts of Hindus resonate with joy and reverence as preparations intensify to welcome their revered deity.

The arduous journey to reclaim the Ram Temple land in Ayodhya reached its culmination when the Supreme Court delivered a historic judgment in favor of the temple's construction. This judicial pronouncement became the key to unlocking the gates for Lord Rama's return to his divine abode, and the nation collectively expressed its gratitude for the resolution of this age-old dispute.

The forthcoming Diwali on 22nd January is not just a religious event; it symbolizes the culmination of a 500-year-old dream, a momentous occasion etched in the annals of history. The people, in unison, prepare to illuminate their homes with the glow of Diyas, heralding the return of their beloved lord. The vibrant hues of Baghwa rang, symbolizing Lord Rama's valor, are set to drape the entire nation, creating an atmosphere of unity and devotion. As Ayodhya readies itself for the grand welcome, the city becomes a beacon of cultural and spiritual significance. Invitations have been extended far and wide, inviting all to partake in the joyous festivities. This day is not just a Diwali; it is a celebration of faith, a rekindling of cultural roots, and a momentous occasion that transcends religious boundaries.

The impact of this grand celebration extends beyond the spiritual realm; it is poised to breathe new life into the tourism industry. Ayodhya, now synonymous with the resplendent Ram Temple, is expected to witness a surge in visitors, with estimates suggesting that three to five lakh pilgrims may visit the temple daily post-inauguration.

The inauguration is not just the realization of a dream for the devotees but also a significant economic catalyst for the region.

Let us unite in celebration, following in the footsteps of Maryada Purushottam Ram. As we welcome our lord with pomp and show, let us also reflect on the victory achieved in resolving the age-old debate surrounding the temple's establishment.

This auspicious occasion calls for collective jubilation, marking not just the return of Lord Rama but also the triumph of unity, justice, and the enduring spirit of devotion.

## None is Above; All Principles of Nature

■ TARA CHAND BHAGAT

None is above 'Nature'. All are subject to 'Nature'. Nothing is as vast as 'Nature'. Each and everything is the manifestation and form of 'Nature'. Nothing is useless rather everything is useful to form principles of 'Nature'. Everything goes on changing itself and transforming its existence constantly to be adopting the form of another. However a man may try to observe, assess, estimate its vastness, he is unable to go beyond its unlimited directions, limitless boundaries and infinite limitations. Man's inventions about vastness of 'Nature' have become dwarf before his strature. It is my firm belief and conviction that to have knowledge about vastness of Nature is to have spiritual knowledge about the Supreme power Almighty God. I just want to make a mention of a few physical principles of the vastness of 'Nature'. Physical existence of 'Nature' is mentioned as follows: 1, Mountains: There are several series of mountains stretch over across the globe but I like to make a brief mention of a few famous series of the mountains. The fascinating and attractive beauties of snow-clad cliffs of the Great Himalayas touch the core of hearts of everybody. Undoubtedly many mountaineers have conquered 'The Mount Everest' having the height of 29002 feet. They do have conquered. But what and how they imagined the vastness of Nature. The Great Himalayas stand like a sentry between India and Nepal, Tibet and China. The URAL mountains divide Russian areas between Asia and Europe. The PYRENEES mountains that divide France from Spain. The ROCKY mountains are standing along the Western side of Canada and the United States of America. The ANDES are standing between Argentina and Chile, Peru, Ecuador and Colombia. The famous deserts of the World are described as under: The Kalahari desert is in Botswana and South Africa; The Sahara desert is in north Western Africa; and The Thar desert is in Rajasthan in India.

What role they play naturally. The winds carry sand from one place and deposit it another. Thus we find sand dunes in

deserts constantly shifting their places. As sand laden winds strike against rocks, they cause considerable erosion. The Suez Canal is fed by the Sand laden winds from the SAHARA desert, so that it is necessary to dredge it clear now and then.

Plains and Valleys: Can a man imagine the benefits of the vastness of plains and valleys which play very constructive role in producing numberless varieties of crops upon which mankind continues to be sustaining their lives. This is how we can imagine the infinite nature of 'Nature!'. Now waters in the form of 'Nature': 71% of the earth's surface is covered with water and 29% of land.

There are three great Oceans namely the Pacific, the Atlantic and the Indian, The Arctic Ocean is an extension of all the three great Oceans. The Pacific is the largest one. All the waters of the rivers of the world are drained into the oceans. The movement of water of these Oceans play an extraordinary role of 'Nature'. The life of blue world in the form of 'Nature' is as living as the human beings on the land. This is how 'Nature' showcases its indescribable beauty. The Red Sea, The Black Sea, The Mediterranean sea are the glaring examples of The beauty of 'Nature' and its vastness. The Salinity of Ocean waters is also seen to be there.

Forests: 1/3rd of the global area is covered with the greenery of forests which play very important role to be great reservoirs of Oxygen for the sustenance of the lives of all living beings. It is only the planet Mother Earth where there is a possibility of life be it humans, the winged World, the blue world and other living plants and trees.

Earthquakes: Just Imagine the power of 'Nature' When earthquakes are experienced at 7.5° richter Scales. Mankind shivers with the extreme fear of death. When the earth's crust suddenly vibrates or shakes we call it as earthquakes. Earthquakes are caused by cooling and contractions of the earth's interior by the interior getting molten due to removal of crust's pressure as a result of erosion or by the steam generated when the water that percolates through the crust reaches internal hot rock resulting in vol-

canic activity. Earthquakes are occurred in almost every part of the world. The most active region is a belt surrounding in a Pacific region. About 70% of the earthquakes occur in this belt. The other important belt runs across Central Asia, the Mediterranean and the Atlantic to the West Indies.

When the deforestation on large scale is taking place for urbanization and other developmental works such as four lane roads and highways, railways, industrial plants, and the like. Nature feels imbalanced. With the result global warming and climate change are being experienced all over the world and the centuries old glaciers are melting due to rise in temperature more than normal resulting into unprecedented phenomenon becoming cold regions into warmer and warm regions into colder, causing heavy rains where there are normally no rains and there are flooded rains in those regions which normally remain dry, agricultural crops would get failed to be grown, to be fed growing population falling prey to extreme starvation, hunger, poverty, unemployment due to global warming and climate change, even sources of drinking water would be depleted over the most populous countries like India and China. Yet another example of global warming and climate change is being experienced in Jammu and Kashmir as its warm region Jammu has become colder than Kashmir region which is cold region getting warmer having maximum temperature of 9.7° C whereas Jammu's maximum temperature was recorded as 8.5° C below normal, an official of the meteorological department said. The official said that Banihal town along the Jammu- Srinagar national highway recorded a maximum of 20.6°C, which is 10.3°C above normal. The picturesque of Bhadrawah town in Doda district a high of 16.2°C and low of 1.3°C while Batote recorded a maximum of 17.0°C and a minimum of 4.5°C. Such unprecedented phenomenon of global warming and climate change would be likely to be observed in the years to come.

Preventive measures by the developed, the developing countries need to be taken

towards controlling the global warming and climate change by way of afforestation abundantly.

Besides deforestation, another greater cause of polluting the physical features of 'nature' like all the water bodies are disturbing its eco system as the disuses are more dangerous than uses. Even the celestial body of the beautiful moon is not spared polluted by the astronauts by leaving the materials of the satellites on the surface of the moon. Green house gases is another cause that also need to be controlled.

The pollution of the plastics' wares is one of the greatest causes as is ever disturbing eco-system of 'Nature' as it is not biodegradable for years together whether its pollution is on land, or in water bodies. The fact is that the mankind as well as blue world are languishing with its pollution. As soon as possible, its large scale uses must be blanket banned otherwise its consequences would be harmful to all living beings on this beautiful planet.

How plastics harmful are!

I make it a point to be highlighted a news item published in the esteemed Daily Excelsior dates January 10, 2024 Wednesday at Page 14 extreme top that one-litre bottled water could contain about 2.4 lakh plastic pieces. Research study as follows: A litre of bottled water could contain about 2.4 lakh plastic pieces on average which is about 10 to 100 times greater than previous estimates that mainly concerned plastic of large sizes, according to a new study.

While microplastics range from a micrometer-a millionth of a metre-to 5 millimetres, nanoplastics are smaller than a micrometer and are measured in billionths of a metre. Researchers from Colombia analysed three popular brands of bottled water sold in the U. S., measuring plastic particles down to 100 nanometers in size.

I sum up my article with the following lines that let us take care of 'Nature' in such a manner as it is taking care for us. If 'Nature' is singularly saving or protecting the whole Universe, cannot we save 'IT' by Pluralism.

## The Hindu Festival of Makarsankranti

■ OMKAR DATTATRAY

The festival of Makar Sankranti has great importance in Sanatan Dharma and it is celebrated on the second day after festival of Lohri. The Makar Sankranti is observed and celebrated with great religious and spiritual devotion by crores of Indians. The festival is dedicated to Lord Surya and is celebrated at different places of India differently and it is the shining example of diverse culture and diversity and the unity in diversity is the valuable treasure of grand culture of India and this should be maintained at all costs because the beauty of Indian culture lies in its diversity. This festival is the harbinger of change, positivity, enthusiasm, climate change and new beginning.. Makar Sankranti also referred as Uttarayana, Makar, or simply Sankranti is a Hindu observance and a festival. Usually falling on 15th January every year. This auspicious occasion marks the transition of sun from the zodiac of Sagittarius (danu) to Capricorn (makra). Since the sun is regarded to have moved from the southern hemisphere to the northern hemisphere on this day in the Hindu calendar. As mentioned at the outset, the festival of Makar Sankranti is dedicated to the solar deity, Surya and is observed to mark a new beginning. Many native multi-day festivals are organized on this occasion all over India. In fact the whole month of Maaga or Maggar is very pious in Hindu scriptures so much so that a person who dies during this month is said to reach heaven and this is described in the holy Bhagwat Gita and therefore this month has special significance for Hindus. The festivities associated with Makar Sankranti are known by various names, Makar Sankranti in Kerala, Magh Bihu in Assam, Magi Saaji in Himachal

Pradesh, Magi Sangrand or Uttarain (Uttarayana) in Jammu, Sakrat in central India, Pongal in Tamil Nadu, Uttarayana in Gujarat and Uttar Pradesh, Ghughuti in Uttarakhand, Dahi Chura in Bihar, Makar Sankranti in Odisha, Karnataka, Goa, West Bengal (also Posh Sankranti or Mokor Sonkranti, Uttar Pradesh also called Khiehidi Sankranti, Uttarakhand also called Uttarayan, or simply Sankranti in Andhra Pradesh and Telangana, in Gujarat and Rajasthan, it is called Uttarayan. On this day there is the competition of kite flying and the day is celebrated with great fervor. In Karnataka and Andhra Pradesh it is celebrated as Makar Sankranti. The festival is celebrated for three days as Pongal. In Tamil Nadu it is called Pongal and is celebrated as the festival of harvesting of crops by the farmers. In Kashmir Makar Sankranti is called Shishar Sankrant and used to be celebrated with great devotion. As already pointed out Makar Sankranti marks the change of the sun into Makar or Capricorn Zodiac. According to Hindu tradition, it is a very auspicious occasion. On this day lakhs of the Hindus and others take a holy dip in the waters of holy Ganga at Haridwar, Allahabad, Kashi and other places. People also to holy dip in other big rivers all over country. It is believed that devotees are freed from sins by taking a dip in sacred waters of Ganges and other rivers. On this day lakhs of devotees offer prayers to sun God after taking a dip in holy water of Ganges and other rivers across the country. Makar Sankranti is being celebrated on 14 and 15th January and there is great fervor and enthusiasm among the lakhs of devotees who take holy dip in Ganges from Haridwar to Bengal. Offering of Til

is given to sun God on this day and it is believed that by offering Til happiness comes in the lives of people. In the Gudmukhashwar like areas there is big rush of devotees and 40 lac to 40 lac devotees are expected to take holy bath in Ganges at Prayagraj. The festival of Makar Sankranti is celebrated in whole north India with great enthusiasm and fervor. As per Hindu Almanac calendars are of two kinds, one is based on sun and the other on moon. This festival is celebrated on the basis of sun calendar. This year the festival of Makar Sankranti will be observed and celebrated on 15th of January. The entering of the sun in the northern hemisphere has a great value in our life such is said in our scriptures. The days are big as the sun entering into Uttarayan and the working capacity of the people also increase and there is progress and development in the lives of the people. The festival of Makar Sankranti is symbolic of progress, enthusiasm and positivity. On the beginning of Makar Sankranti, the Hindu month of Maag or Makar also starts. This festival is the harbinger of spring season, harvesting of crops and fructifying of trees and plants. The festival of Makar Sankranti is known by different names in different states and it is the symbol and sign of our diversity. We should celebrate the spirit behind this festival and uphold the diversity of Indian culture. In some parts of the country kite flying is done on this day and children as well as adults take a great joy in flying kites of different colors. The Sankranti Patang date is on 14th and 15th January and one can fly kites from the morning of 14th January. However some astrologers and specialists said that the best time to fly kites in the sky is on 15th of January from morning. Makar Sankranti is a Hindu festival celebrated and observed

throughout the country in different forms and ways and this festival is the best symbol of the diverse culture of India. The people of different faiths celebrate their festivals jointly and great each other on the festivals. In the same way the Makar Sankranti is celebrated by the people of India cutting across religious affiliations and this festival helps in the national unity and integration and therefore we should celebrate this festival with great pomp and show and should celebrate the spirit behind the celebration of this festival. Since India is the land of various faiths, cultures, languages and regions and it is our duty to celebrate different festivals jointly to further and strengthen the bonds of national unity. India is a unique land in the whole world where people belonging to different religious faiths live and prosper side by side and the people of different religions celebrate their festivals commonly and this is the chief characteristic of our Ganga-Jammi culture and all the people have the responsibility to celebrate and observe different festivals jointly and in common so that the our unity in diversity is maintained. Makar Sankranti is one such big festival of the Indians through observance of which national integration is furthered and diversity is also strengthened. To conclude let the sun God to whom this festival is dedicated, bless us all and direct our energies to our collective good so that all of us remain contented and happy and spend our days for national and common good. There is no better way to celebrate the festival of Makar Sankranti than to celebrate it in common and jointly to strengthen the unity as well as diversity for which our country is famous throughout the globe.

(The author is a columnist, social and KP activist).

## CLEAN INDIA MISSION

■ G.L. KHAJURIA

Our Prime Minister Narendra Modi is the first of the kind who picked up the thread in awakening and sensitizing the public masses to go ahead with mission clean India; (Swachh Bharat Abhiyan) and that is how he messaged the nation from the rampart of red fort on august 14-2014 to enliven the dream of Mahatma Gandhi for cleanliness and sanitation drive. He affirmed that issue is utmost warranted. As per world bank estimate nearly 40% of Indian children are prone to stunt growth owing to lack of proper cleanliness and sanitation which is calling need for the present day. He is concerned for the public masses and in particular for women and the children and awakened and one to wage a war against filth and open defecation.

Accordingly, it echos a clarion call to all and one to make India way off from filth and ill sanitation. And make the nation clean and sway away from age old malpractice of open defecation and filth. Let all masses live in an environment free

from dirt which beyond ambiguities is causative of multitude diseases. And focusing ahead for the future India particularly, for the upcoming generations.

According to him, the ill surrounds are invasive and have in the long run adverse impacts on the health and well beings of the masses that is why he had over the years been sloganising the with new names and fames in this behalf and campaigning to obiate from filth and unplanned sanitation which have as well adverse impact on economic potential. As it is estimated to cost India around 6% of our gross domestic product (GDP). In a way the women's safety, security and dignity are going to be threatened by practicing open defecation and this vital impact oftenly been an ongoing process through electronic media on various channels for public awareness currently much more awakenly has been exhibited amongst the public masses both in rural and urban areas of our country.

The Prime Minister has had put in all out efforts to put a full-stop for vast community of India for open defecation

and to invigorate this mission. He has put his political capital behind the cleanliness and sanitation in a bigger way. The clean india mission (CIM) or the swachh Bharat Mission (SBM) has had caught up rapid momentum and at the existing stage it has completed three years since its inception.

When we glimpse the over all situation, it reveals that this mission has made commendable headway at almost every corner of the country. and if also remains the momentum. It is expected that India would be cleanest country in the world. The only warranting campaign is to further gear up awakening and sanitization amongst the public masses.

The estimates have it that the rural sanitation coverage has gone up to 68% from 39% at its initial. Over 230 million people of the rural areas have stopped open defecation which, defacto, is an enormous achievement. And so around 235000 villages and 193 districts are free (ODF) and successful results have come in Haryana, Himachal Pradesh,

Kerala, Uttar Pradesh and Sikkim.

One of the biggest advantage or achievement of clean india mission (Swachh Bharat Mission) that around 400 villages on the banks of sacred Ganga have become open defecation free (ODF) This ensures sanitation and sanctity of world renowned the holy Ganga.

Globally renowned clean India mission (Swachh Bharat Mission) is a unique program with variable aims and objectives and are quite different from any other sanitation initiative taken by various countries across the globe. The program emphasises to cover 550 million Indian in its ambit waying off open defecation in rural areas beyond all ambiguities. A unique and peerless mission being campaigned by Mr. Narendra Modi, exemplifies other nations world wide to follow suit. This ensures and sustains a clean India drive not for our country but across the globe if the mission is fully anticipated in all its spirit on a border spectrum.

(The author is former Deputy Conservator J&K Forest).