

## NEGATIVE EFFECTS OF SOCIAL MEDIA

Many researches show that if any social media is used excessively then it can negatively affect our brain and lead us towards depression. it promotes cyber-bullying, plays an important role in spreading fake news and hate speech and there is a lack of privacy on social media and sometimes your personal data is at risk of being stolen. The risk of cyber crimes like hacking and phishing etc. also increases. Nowadays, the trend of fraud through social media has also increased a lot, these people look for such social media users who can be easily trapped. Excessive use of social media can affect our physical and mental health in a big way. Social media has given even the person standing at the last corner of the society an opportunity to connect with the mainstream of the society and express his views openly. According to statistics, currently there are approximately 447 million social media users in India. Privacy protection is a subject related to data protection because when a person uses the internet through a digital identity, a collection of various data is created from which the user's personal data can be easily obtained. Therefore, the important challenge in the design of data protection framework is to protect long-term records through the use of digitization and at the same time maintain confidentiality. Effective data protection in India will require a hierarchy of data regulators and a strong regulatory framework that can protect our basic rights apart from the complex digital setup and consensus.

## Defense ministers two pronged strategy to counter terror

■ OMKAR DATTATRAY

Jammu and Kashmir is beset and facing the terrorism and militancy from the last over three decades and there seems no end to it in the near future .The government should take consistent measures to combat terrorism so that people of the UT will feel sigh of relief and there will be economic ,political and socio-cultural development .Few days ago there was an ugly incident of terrorism in twin districts of Poonch/Rajouri in which unfortunately four Jawans including officers of the Indian army were martyred and it shook the entire nation in gloom ,grief and anguish .The terror incident was rightly condemned by one and all and the Indian army took a very serious note of the act of terrorism and vowed to wipe out terror from Jammu and Kashmir .In this connection defense minister of India ,Shri Rajnath Singh visited the site of the militancy in Poonch and took a detailed review of the militant happening and his visit is aimed to boost the morale of the army so that they will continue to tackle militancy .In this connection, defense minister implemented two pronged strategy to combat and counter terrorism so that terrorism is wiped out from Jammu and Kashmir.DM of India suggested that the anti-terror operations should be continued with redoubled zeal but at the same time the army should win the hearts and minds of the people in J&K so that the terrorism is shown the door and is given a goodbye .He also suggested and directed the army to carry on anti -terror operations with great professionalism and see that there is no human rights violations during the anti-terror operations as this creates a big gulf between Jammu and Kashmir and India and our objective to frustrate terrorism gets derailed .Rajnath Singh declared that confident army will wipe out terrorism from Jammu and Kashmir .The defense minister said that he has full faith in the army and it will wipe out terrorism from the UT .But he cautioned and advised the army not to do mistake which hurt the citizens of the country .He said it is the responsibility of the troops to win the hearts of the civilian population while doing and performing their duty of fighting terrorism and therefore the army should work with discipline and professional conduct so that the civilians are not hurt either physically as well as emotionally .The DM's statement came after and in response to the outrage over the three civilian killings reportedly due to the picking up questioning of the civilians in connection of the ambush of the two army vehicles which led to the killing of four armymen .The defense minister lauded the troops for their bravery. "I believe in your bravery and steadfastness .Terrorism should be finished from Jammu and Kashmir and you need to move forward with commitment .I have full faith that you will achieve victory. "Defense minister asked the troops to avoid mistakes that hurt the civilians.' He further said that Indian army is not considered as an ordinary force in the world .The people understand that Indian army is much more powerful than before and also well equipped .The army is the guardian of the nation but along with protecting the unity and integrity as well as the sovereignty of the country ,it should be ensured that nothing should be done to hurt the ordinary citizens while performing the anti-terror operations and therefore a great responsibility rests on the shoulders of the army and so they should carry on the operations against the terrorists with utmost professionalism so that no human right violations are committed and also to ensure that the citizens are not hurt. Thus it is the responsibility and duty of the troops that they should win the hearts and minds of the people .The army should also see that its image is also not tarnished and for this the army is required to conduct anti-terror operations with great professionalism .There is need to perform their duty with proper seriousness and it can be achieved by meeting people ,listening their problems and putting the problems to the appropriate authority for redress .He said that I want to assure you that in the face of the seriousness of this terror incident, appropriate and required steps will be taken to tackle the terrorism. The DM said that for the government ,every soldier is valuable and they are the part of our family and no amount of money will completely indemnify the loss of the precious lives of our soldiers .Terrorism and terrorists are a threat to the nation and to the people and so all the people should fully cooperate with the government and security forces in combating terrorism so that people are freed from the demon of militancy which is threatening our lives and economy .The government has given full power to army and other security forces to counter and combat terrorism and the security forces should use its powers with great restraint and make it sure that anti-terror operations are carried with utmost professionalism and no citizen is hurt and so while performing their duty no human right violations are committed and instead the hearts and minds of the citizens are won and this can be done by meeting people and involving them in the welfare activities .In short the army should perform its duty with utmost professionalism and the nation and the government believes that the army will protect the country from internal and external threats and while combating terrorism ,it should be ensured that no citizen is hurt and there is no human rights violation. (The author is a columnist, social and KP activist).

## Revisting the Kashmiri Culture

■ TUBA NAQUIB

**Garah Wandai Gara Sasah,  
Garah Neraha Ne Zah  
Translation: O Home, I offer you a  
thousand Houses and I will never leave you.  
Meaning: There's no place like home.**

Like most young people of my generation, I was determined to shape my career and offer it a chance to maximize the potential of extracting knowledge from the outside world. While writing the higher secondary board examination, I made it clear to myself that, in order to broaden the horizons of my experience and career, it was important to step out of the four walls of my house. It was important to connect with people outside of my homeland and know their perspective on viewing things. At that time, I was occupied. I was stranded. I was rootless. Exactly one year ago, my destiny took me to the City of Hearts-Delhi. I got admitted to a prestigious university there, and I thanked God for blessing me. However, little did I know that the city of hearts would actually make me revisit my homeland, Kashmir. Even though I completed the 12 long months in an unknown city, it became difficult for me to actually figure out what I missed the most about my hometown. From food to clothing, culture to tradition, climate to topography, every part of Kashmir is missed when you are away from home. Living in a completely new city, an individual actually draws a picture of how Kashmir is unparalleled in terms of its richness of culture. From the very beginning, I had the passion to digest more and more information about the culture I belonged to. I have always admired and appreciated the way Kashmiri culture has shaped itself from the very beginning. The culture of Kashmir is a blend of everything.

Kashmir is a land of majestic landscapes that produces an awe-inspiring visual feast for viewers. It is not just beautiful superficially, but the land also bears a vast treasure of resources. 'Kashmir' is not a mere name; it is a feeling of unity, richness, and vastness. Every aspect of the land tells a tale. The glistening water of Dal Lake hides under its depth the crystal-clear secrets of the sky; the vast Chinar trees know the stories of broken hearts. The Pashmina threads tell the yarned truth of the weaver; and the music is synonymous with the warmth of love. Every architectural wonder echoes the hidden wonder of a human. It tells stories of love and joy. The culture of Kashmir is vast and appealing, and it creates a long-lasting impression on the individual.

I fail to express my feelings of appreciation for the rich culture of Kashmir. But here I would like to explain what impression 'The Culture of Kashmir' puts on my mind with my crippled imagination. It's difficult to give it a beginning, but let me start with Kashmiri food. As a hosteller, I attest to the fact that the primary



reason for struggling living outside of Kashmir is the food. Kashmiri cuisine has developed its uniqueness owing to the sophistication and complexity of various cultures that evolved over time. Mughal emperor "Jehangir," when asked about his dying wish, responded, "Only Kashmir." Here, he meant not only the ecology but also its exquisite cuisine. Kashmir is rightly known as the pot of culture as it encompasses many different cultures of the continent, including those from Russia, Afghanistan, Iran, and the vast expanse of the subcontinent. From the finely minced harissa to crisp lotus stems and delicate kehwa, all have added to the Kashmiri delicacy. The most heavenly food in Kashmir is the famous Wazwan, which I crave the most. The taste of Kashmiri cuisine is unmatched, owing to the vast variety of spices and condiments. The language is beautiful. No culture is probably defined unless its language is understood. The richness of the Kashmiri language, or Koshur, comes from the roots of Dardic origin, with a predominant character of the Indo-Aryan language. The language is

an amalgamation of Sanskrit, Dardic, Persian, and Punjabi elements. In printed books, the Devanagari character is used. There is only a small amount of Kashmiri literature. Koshur is beautiful, and for a Kashmiri living outside of J&K, the love for the language increases as one is not accustomed to hearing the mother tongue. The ears crave the beauty of the language. The third important thing that defines the culture of a region is the clothing. Owing to the harsh climatic conditions in the valley mixed with the cultural richness, the Kashmiri Attire produces a vivid color and is thus profound in nature. Not only are the different Kashmiri dresses known to the tourists coming to Kashmir; but they have been showcased time and again in many Bollywood movies such as Kashmir ki Kali, Jab Jab Phool Khile, Rockstar, and more recently in Laila Majnun. My personal favorite remains the famous Pheran. An important fact about pheran. Once you have a Kangri (an earthen heat pot) under your pelhran, the winters just seem like any other season. The other costumes of the valley are also an art in themselves. Leonardo da Vinci rightly quoted that "Beauty perishes in life but is immortal in art." What could be said about the land without mentioning its architectural style? The architectural design of the city is still the same as it was 300 years ago, and the wooden structures with gable roofs remind me of medieval European cities. It is alive with the cultures and traditions and has been lived in as it has been for centuries, keeping the essence of the old Kashmir intact. The architecture of Kashmir is a blend of an outstanding combination of mosques, shrines, temples, museums, buildings, and scenic heritage gardens that hold unique features of art and craft. I am fond of the architectural styles, and I usually love visiting the museums, buildings, and gardens that remind us of the past around which the wonder was built. However, the Srinagar Smart City Project launched is considered to be a harmonic blend of culture, heritage, tradition, aesthetics, modernity, economic development, etc., which is a key to improving the outlook of the city further.

Every part and every aspect of Kashmiri culture and its affluence can't be discussed on one page. It might take ages to discuss the great number of stories and tales that are behind the birth of the diverse culture of the Valley. Words cannot do justice to the magnificence of the culture. I had a project on 'Culture of Your State.' While researching for my project, I went through tons of articles and diverse information about the topic, and it made me realize that Kashmir is not about scenic beauty; flowers, gardens, or apple farms alone. It is about Sufism, hospitality, intricate handicrafts, music, reflections of heritage, and what not. Jahangir has rightly called Kashmir "the heaven on earth." I am so proud of being the daughter of this land!

(A Student of Public Policy,  
Politics and Governance).

## New year, new hopes, new dreams, new goals

■ PRIYANKA SAURABH

New Year is not only a new time for us but with the new time comes new hopes, new dreams, new goals, new ideas, and new intentions. We all should start the new year with good and noble deeds. The new year awakens a new ray of hope within our minds. New Year comes every year but have we ever tried to think what new and special we did this year so that this year becomes a memorable year for us? We face many ups and downs in our lives and not every year needs to be good for every person or every year is bad for everyone but it does not mean that we forget the past. Forget it. The past teaches us lessons for today and tomorrow and how we can make our tomorrow better than today.

Every year, year after year, we enter the New Year with a song in our hearts and spring in our steps. We believe that the magical year will bring with it solutions to all our problems and fulfillment of all our wishes. Be it a dream house, a dream proposal, a dream job, a dream partner, a dream opportunity... and much, much better. But as the year begins and we deal with everything that comes up, the novelty of the new year; the new resolutions, and the new beginnings start to wear off by the first quarter. By the middle of the year; we are in the grip of too much mediocrity and too many faint hopes, a far cry from the promise we started with. And by the last quarter, we are so overwhelmed by our reality that we can't wait for the year to end. We leave the current year and get all ready to celebrate another 'New Year' and share our best wishes-

Sharing good wishes, Happy New Year.

May joy and prosperity increase, and may there be joy on every face.

Live a proud life, write immortal records.

Saurabh, draw this beautiful lifeline.

Many times we start doubting our efforts whether what we are doing is right or not, whether it is in the right direction or not. Whatever efforts and hard work we are doing today, we don't need to get immediate results. Sometimes you may feel that why is your life full of so many complications? Whenever you feel like it, read the stories of Hima Das, Nawazuddin Siddiqui, and Anand Kumar of Super-30 and you will immediately feel that your life is in a better situation than many people. Whenever we get inspiration from anywhere to do something good and big, positive energy flows inside us. This energy removes our negative thoughts and gives us the power to improve our lives and achieve our goals. To maintain this power; we must be determined towards our goals. What you are today indicates what you have done in the last few years, what you will be tomorrow will depend on what resolution you are taking today and your efforts to fulfill that resolution or How dedicated you are to achieving your goal. New Year is when we suddenly feel that, oh, a year has passed. We are stunned for a few moments by how quickly time passes, and then we go back to our work. The interesting thing is that this happens at least once a year. If we go deep into these moments of wonder, we will find that there is something within us that is witnessing all the events. This witnessing feeling within us remains unchanged and that is why we can see events changing with time. All those events of life that have passed have become a dream. Knowledge is to understand this dream-like nature of life. This dream is still going on at this very moment. When we understand this, a strong power emerges from within us, and then events and circumstances do not shake us. However, events also have their

importance in life. We should learn from the incidents and keep moving forward. The New Year brings new hopes, new dreams, new goals, and new ideas, so everyone welcomes it happily without any regrets.

Years come and go, don't regret.

Saurabh, please pray that everyone remains happy.

Life is short, forget hatred and friendship.

Welcome the new dawn, and increase your love.

Give new direction to your efforts and new energy to your goals. So don't overthink, and prepare to write a new success story with new energy, enthusiasm, and wave, because the New Year is eagerly waiting for you. We should always be positive in the New Year and make every effort to achieve that goal. In the new year; we want to do something new and better than the old year. New Year comes with new hopes, new opportunities, new happiness, new relationships, and many new things in everyone's life. If you have not yet made any new resolutions for the New Year; then this time make some great resolutions to improve your life and achieve success. The coming new year will be hopeful for all of us. We will become new dreams or fulfill our dreams this year. New Year means lots of new dreams and new achievements. Although it is great for us to have our hopes up for the New Year; we need to understand that with hopes also come disappointments. Life is a game of conflict and the new year is no exception to it. If we reflect honestly on 'the year gone by', we will realize that the year may not have necessarily delivered what we wanted from it, but it did give us some valuable lessons and experiences. These may not seem very significant in isolation, but they are probably nature's way of preparing us for the gift she has in store for us which she will deliver in her own time. At the same time, if the year has taken away something very precious from us, it has certainly compensated for it in equal measure. At the end of the year; we realize that our balance sheet is quite fair. So, let us enter the coming year with the confidence that the magic of the New Year lies in knowing that no matter what happens, there will be compensation for every disappointment, a lesson for the fulfillment of every desire, pain, and suffering. There will be an end, there will be sunshine of belonging-

Dispersed fog is the form of silence, the form of a bright mind.

The sunshine of belonging blossomed in all relationships.

May there be an end to pain and suffering, and may calamities go away. No one is anywhere, forced to cry. Many good things bring happiness to our lives, while bad things leave us with lessons. We should make good new memories every year with the new year and forget the bad memories of the past year. New Year is the best opportunity for us to make a fresh start in our life. New Year always teaches us to move forward. Just as there is a new morning after every night, just as after every disappointment a new ray of hope awakens within us, just as after every sorrow comes happiness, in the same way, the new year begins after the old year has passed. New Year has its importance for every person. For some, it is just an everyday day, while others make a new beginning in their life from this day and are successful in setting goals for the whole year. Set goals for yourself in the new year. Be it a student or a working person, it is important for everyone to have some goal. After determining what you can do to improve the future and in which direction you have to make efforts, resolve to accomplish it. Your resolution will always remind you to accomplish your goal. Everyone asso-

ciates 'New Year' with a lifetime and our lifetime is all about hopes and disappointments, successes and failures, joys and sorrows and this year will be no less magical. So how can you stick to your resolutions this year? Be thoughtful about this, seek support from others, and ask your friends and family to cheer you on. Tell them your goals and what you want to achieve. Create a reward system for yourself, set short-term goals, and reward yourself for completing them. Be kind to yourself, no one is perfect. Instead of cursing yourself, take a deep breath and keep striving for new heights.

Reveal all the secrets, and achieve new heights.

May the conscious and subconscious bloom, Saurabh this New Year.

May there be laughter; happiness, and peace, may happiness be alive.

Saurabh spring blooms on the dry branch of the mind.

We don't need to celebrate the New Year only on January 1st. We can celebrate our whole year as New Year by learning from the last year and doing such things in our lives that make us happy. Not only the first day of the new year but every day brings something new for us. Many people also make different resolutions on New Year; many people resolve to give up any of their bad habits, while many people resolve to work hard and fulfill their dreams. There are many other resolutions that people try to fulfill in the new year or start in the new year. Some people also believe that doing something good on the first day of the year makes the whole year better.

It is believed that if the first day of the year is celebrated with enthusiasm and happiness, then the entire year will be spent with the same enthusiasm and happiness. However, according to Indian tradition, the New Year represents a new beginning and always teaches us to move forward. There is a saying in Hindi that "Jab Jaago Tihni Seva", which also means that we should not wait for a New Year to do anything new or to leave the path of evil and walk on the path of goodness. No need. We can start this from today and now. If anything is needed for this, it is strong will and faith. If we do this, every day will be like a new year for us. Whatever we did, learned, succeeded, or failed in the previous year; we should move forward with new hope. So that this year becomes a pleasant identity -

Life should be in bloom, and desires should be fragrant.

I hope the new year becomes a pleasant one.

The sweet notes of love are teasing.

On the wings of the New Year, fly full of fragrance.

People welcome the New Year with happiness and enthusiasm. New Year is very special for all of us. On this occasion, we forget all the past troubles, sorrows, and failures and make a new beginning. People believe that the new year will bring changes in their lives. The new year will bring happiness and progress. But changing the calendar or changing the date does not bring happiness and success in life. To achieve your goal you have to be determined. One has to be encouraged at every step to fulfill that resolution. People make some resolutions on New Year. They encourage you to achieve new goals. Although every day is important in life, still our mind searches for some starting point or time from where we can start some new work. Every person wants to bring some change in his life, but sometimes laziness, lack of motivation, and sometimes lack of resources, all these together stop us from moving forward and achieving our goals.

### YOUR COLUMN

#### Misuse of Freedom of Speech

Dear Editor,

The freedom of speech guaranteed by the Constitution under Article 19 (1) (a) is being grossly misused by some people. Those who want to make use of the freedom of speech have conveniently forgotten what the Section 295A of the Indian Penal Code says. Constitutional aspect of Section 295A places reasonable restriction of the said Article which states "no person should use this fundamental right of freedom of speech and expression to insult or hurt the religious sentiments of any class". The representatives of the people forget the oath taken at the time of swearing-in ceremony as MP or MLA. They take oath either in the name of God or in the name of truth. They promise allegiance to Constitution. They attend to oath-taking ceremony and take oath only because it is obligatory to an elected MLA or MP to do so. The oath taken is observed more in breach than in honour. Oath-taking has become 'a meaningless ritual' like the litigant

public in courts are made to read the oath written on a placard or board. The case in point is that an RJD MLA Fateh Bahadur has no qualm to say "Goddess Saraswati was characterless". Dissent and honest differences of opinion with the others are not bad upto a certain level. Concurrence with or opposition to policies and programmes of the government must be respected. What is right must be accepted. The MLA has hurt the religious feelings of the people. People accustomed to hurt the religious feelings and promoting enmity are on rise because the arms of law are not catching the influential persons. The offenders are not convicted within a reasonable time-frame. The laws are taking such a lengthy course that the offenders will not be alive by the time a decision is taken on the alleged offence committed. Delayed delivery of justice has been emboldening the habitual offenders to commit more and more offences with no fear that they may be convicted. As soon as some offensive statements are issued, an FIR is registered to mute the voice of public. Public memory is short. When certain offensive remarks are made, the gravity of the offence committed will be there for all to

see. In these days of advanced science and technology it is not easy to deny the offensive statement issued. There cannot be absolutely no need to prolong the cases when the offensive statements issued are there for all to see. The loose canons promoting the enmity and disturbing the peace and tranquillity can be convicted without giving long rope for arguments and counter-arguments. The accused must be given the chance only to accept or deny the statements attributed to them. A lesser punishment can be given to those who confess. A little harsher punishment should be awarded to the offender when the statements attributed to the accused are recorded and produced in the court which can be ample proof for conviction. Conviction within 15 or 20 days will go a long way in curbing the future offenders. Convicts lose their status and position. Bahdur has joined the group of Bihar Education Minister Chandrashekhar who denigrated Ramacharithamanas, Mahua Moitra, ex-TMC MP who portrayed Goddess in an abominable position, Delhi Chief Minister Arvind Kejriwal who had mocked Hindu Gods holy symbols and traditions and shared a cartoon depicting Hanuman burning JNU to divert attention

from alleged problems faced by government of India, AIMIM leader Danish Ali who had posted an extremely offensive comment on Shivalinga on social media, Ratan Lal, an Associate Professor of History at Hindu College in Delhi University who said that the Shivaling found in the Gyanvapi was also circumcised and Dr. Jitendra Kumar, an Assistant Professor of the department of forensic medicine who linked rape to Hindu deities. The list of persons who have gone scot-free even after using abusive words against Hindu deities is endless. The tribe of people misusing the Article 19 (1) (a) is growing. Unless the tree of offenders is felled or uprooted taking to legal course and the legal luminaries taking the issues seriously in the disposal of the cases within a reasonable time framework, the days ahead will be filled with such people only. Forgetting the Supreme Court verdict on Ramjammabhooni-Babri Masjid dispute, the petitioner Iqbal Ansari who showered flower petals on Prime Minister Narendra Modi's convoy proved thousand times better than people like Bahadur, Chandrashekhar, Mahua Moitra, Kejriwal, Danish Ali, Ratan Lal and Jitendra Kumar.

KV Seetharamaiah