

## Ram Mandir Pran Pratishthaa

The construction of the Ram Temple was a long-awaited dream for the country of India and its inauguration will forever be recorded in the pages of history. Prime Minister Narendra Modi laid the foundation stone of Ram Lalla temple in Ayodhya on August 5, 2020.

As per the previously scheduled date, the Ram Mandir 'Pran Pratishtha' ceremony will be held on January 22, 2024. With this the doors of Ram temple will open for the people.

The land allotted to the Ram temple in Ayodhya is 2.7 acres, making the built-up area of the Ram temple 57,400 square feet. The temple is 360 feet long, 235 feet wide and 161 feet high. This temple will become a great tourist attraction and pilgrimage place for Hindus.

## Breaking Boundaries: A Sports-Infused Curriculum for Indian Students

DR. PARVEEN SINGH

In the pursuit of an overhauled education system in India, the government's commitment to the comprehensive development of children is evident through initiatives like 'Khelo India', 'Fit India Movement', 'Mission Olympics 2024', and other campaigns emphasizing the importance of sports.

But the fundamental question arises: Are our children mentally prepared to embrace these slogans, or will the prevailing educational peer pressure hamper the desired outcomes, as reflected in the increasing depression cases, rising suicide, and drug rates? Despite commendable strides made by the New Education Policy (NEP) in introducing flexibility to the education system, the integration of sports remains an area that requires focused attention. This dilemma prompts an exploration into strategies that extend beyond academic excellence, aiming to mould students and researchers of par excellence while instilling a sportsman's spirit for resilience in the face of life's challenges. The key player in resolving the multifaceted challenges facing the Indian education system lies in orchestrating a substantial overhaul. This pivotal transformation is not a mere adjustment but a fundamental reimagining of the entire educational paradigm. This comprehensive transformation endeavors to break the mold of conventional education, nurturing a generation capable of navigating the complexities of professional life and equipped to confront life's challenges head-on. While NEP sets the stage for a more holistic approach to learning, the proposed changes outlined below act as a catalyst to ensure that sports become an integral part of this holistic development.

Proposed Solution:

1. Extension of School Education from Class 12th to Class 14th:

Increasing school education from the 12th to the 14th class will provide an extended timeframe for a holistic approach. It will allow students more time for diverse learning experiences, fostering a well-rounded development that goes beyond textbooks. This extension will provide a more expansive timeframe for students to engage in sports activities, fostering not only physical fitness but also a deeper understanding and appreciation for the values associated with sportsmanship. With this additional time, students can explore a variety of sports, honing their skills, discovering their passions, and potentially pursuing more specialized training in a particular sport. This approach will go beyond the traditional emphasis on academics, recognizing the integral role that sports play in holistic development. The justification for this extension lies in the belief that a more extended exposure to sports will not only contribute to the overall well-being of students but will also instill essential life skills such as teamwork, discipline, and resilience. Additionally, it will create a platform for identifying and nurturing talented athletes, potentially paving the way for the emergence of sportspeople of international standards.

2. Shifting Entrance Exams to Class 14th:

Moving all entrance exams for engineering, medical colleges, law, and other courses from class 12th to the 14th class recognizes the need for a more mature evaluation system. This change will ensure that students are adequately prepared for these crucial exams, reducing the pressure associated with early assessments.

3. Reduction of Syllabus by 35 Percent:

A significant reduction in syllabus content from 9th to 12th grades alleviates academic pressure. By trimming the syllabus by 35 percent in each class, students can delve deeper into subjects without feeling overwhelmed, allowing for better comprehension and retention.

4. Incorporating a 35 Percent Sports Syllabus:

For every 35 percent reduction in academic syllabus, a corresponding 35 percent sports syllabus should be introduced. This 35 percent will be in the form of Games on the field. This ensures that students not only engage in physical activities but also develop essential life skills, promoting teamwork, discipline, and a healthy lifestyle.

5. Uniform Distribution of Curtailed Syllabus:

The surplus 35 percent syllabus content removed from classes 9th to 12th should be uniformly distributed across class 13th and class 14th. This ensures a balanced curriculum, preventing any concentration of educational content in specific years.

6. Mandatory Outdoor and Indoor Games:

Making one outdoor and one indoor game compulsory in all classes enhances the emphasis on physical well-being. This mandate promotes a healthier lifestyle, fosters teamwork, and contributes to the overall development of students.

7. Disbanding Schools without Playgrounds:

Schools without playgrounds should be disbanded, underlining the integral role of sports in education. This ensures that every educational institution provides an environment conducive to physical activity, promoting the overall health and well-being of students.

8. Theoretical Sports Class with Grading:

Introducing a theoretical sports class for students allows them to gain comprehensive technical knowledge of their chosen sport. Grading this class, while not factoring it into overall academic performance, underscores the importance of recognizing sports education as an essential component of holistic development.

9. Government Officials Enrolling Children in Public Schools:

All Government officials are mandatory required to enroll their children in public schools, aligning their interests with the improvement of the broader education system. This not only enhances accountability but also contributes to the overall enhancement of public schools.

In short, the proposed changes, in conjunction with the NEP, aim to make education more well-rounded and flexible from the very beginning. By giving students more time in school, changing entrance exams, and making sports a seamless part of learning, the goal is to create individuals who are not just good at academics but also have a strong and resilient character developed through sports. This transformation seeks to move away from the old way of education, nurturing a generation that can handle the challenges of work and life with confidence. It's not just about individual students; the hope is to build a smarter, more inclusive, and harmonious society. Through these combined efforts, we aim to pave the way for a better and fairer education system in India.

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# Consecration Ceremony of Ram Temple: The spirit of Deepavali

I.D SONI

The Deepavali is our festival of light. The light of lights is love. The World, today, suffers from famine of love. Our greatest need is self-sacrificing love.

There were two lovers who each wanted to give to other of Deepavali gift. They were poor in the wealth of the world, though rich in treasures of love. The girl had long hair; she sold them and bought a silver chain for her lover's watch. In the mean time, the lover sold his watch and bought a set of tortoise-shell combs with jewelled edges for his beloved's lovely hair.

When the two met each, they found that hair was gone, the watch was gone. At first they wept, then they smiled and said, "We still have our most precious possession- and that is our self-sacrificing love." It is this love which transforms whatever it touches and makes it beautiful and bright. It breathes hope into discouraged hearts, strengthens the weak and sets the spirit of manafame. It kindles the light that is undying, the light that can never be extinguished.

The love is to give. Give to those who love us, as also to those who do not love us. Give to the fortunate and to the unfortunate. Give hope, give happiness, give encouragement, give appreciation, give smile, give a kind word. To give is to live. Those that give, live. Those that do not give are no better than dead souls.

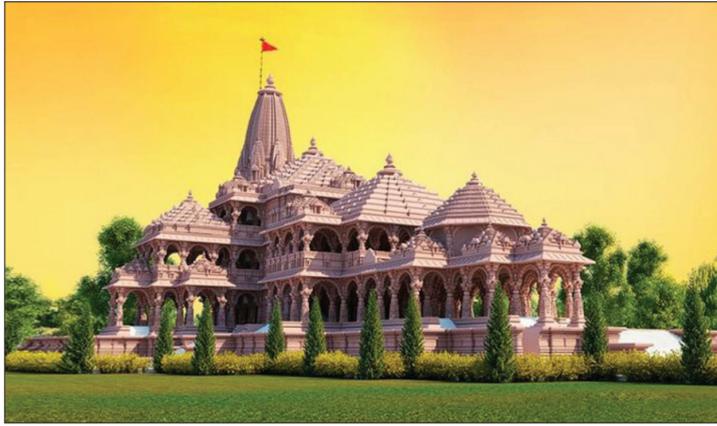
Shanti Deva was a prince. On the eve of his coronation, he heard a voice from within. It said to him, "Shantideva I not for you the joys of kingships. Renounce! Renounce! And be a servant of suffering creation." He responds to the voice and, like Buddha, renounce practises the palace and enters a Tapobana, a forest of meditation. austerity: he receives enlightenment. He works for several years, as a teacher in university of Nalanda. He gives to his students a prayer.

May I be, for all beings, a healer! May I be, to all who ail, a Doctor and a nurse! May I give food and drink to suffer from pangs of hunger and thirst! May I be to the poor a treasure untold! May I be a defender of those who are forsaken lie on the road side! May I be to those who long for the other shore, a boat and a bridge! May I be a lamp that holds the light to those who lose the way!

In this prayer is enshrined the true spirit of Deepavali. We cannot all be great scientists or artists or musicians or writers of books. But we can always send out love and friendly thoughts to all men and creatures. We can always be on the lookout for opportunities to be of some little service to those in need. We can kindle little lamps of love and compassion. Then, indeed, will everyday to us a Deepavali.

DEEPAVALI MESSAGE

I. Year after year, Deepavali



returns with the message, we would be happy, if we would have peace of mind, be as kind as we can. And, if we cannot be kind at least do not be cruel to anyone. The light of life is kindness: cruelty is darkness. Kindle little lights of kindness.

In every situation, let us look for ways to be kind. Even if kindness is not returned, we will have the joy of living upto our principles.

"What are the three most important things of life?" Henry James was asked. And he answered, "The first is kindness: The second is kindness: The third is kindness." The day on which we have not done at least one act of kindness is a lost day indeed. And kindness is not kindness, if it is not shown to friend and foe alike.

II. Of Goethe, the great world-poet of the Eighteenth century it is said that when lay on death-bed, surrounded by his friends, he asked one of them to open the windows of his room. As the windows were opened, the great poet exclaimed, "Light more light!"

The world today is passing through a period of darkness. That is why every day we hear reports of murders, rapes, and suicides and seams / thefts being committed in broad day-light. The world needs light, more light. Every human being has a center of light within him. The Deepavali returns, year after year, bearing the great message: Drop the veils and let the light shine.

May I be a light to dwellers in the dark!

May I be a friend of friendless, the forsaken and the forlorn! May I be to the poor, a treasure untold!

May I give food and drink to those that starve and go thirsty! May I be lamp that holds the light to those who have lost their way! May I be to those, who long to cross the sansar sagar, a boat and bridge!

The man of light prays this prayer and is careful to see that indeeds of daily living he bears witness to every word of

this prayer. For him everyday becomes a Deepavali day and every night he hears the mariner's song, "Never, my lord, to Thee!"

III. On a Deepavali Day we are busy lighting candles, when the Lord appears and says, "You are lighting candles: You are doing well. But when will you be a candle?" The candle gives light and, in the process, burns itself. When shall we do likewise?

The Sufi mystic Rabia once brought out three things and showed to Hasan- a piece of wax, a needle and hair. Hasan could not get the message. And Rabia explained to him, "like was light up the world by burning yourself, Like a needle stitch garments for other while you remain naked. And make your ego thin and soft as a hair, so that you may not even be aware of the good you have done." This is the message of the sacred Deepavali.

IV. Year after year, the Diwali comes brining the age-old message, "Be not dwellers of the dark but be ye children of light." Therefore, realise we are not the body. We are the immortal soul within the body. Break the thraldom of the senses.

Do not chase the shadows which come and go. The light of lights shines in our spirit. Kindle the inner light.

V. His name is magic to millions of India still.

Sita is to India a symbol of purity as Rama is a symbol of Shakti - the strength that achieves.

Uprooted are we from our near ones, but not from our love for our soil an its seers and sages. And in our hearts is still alive the faith that we, who are away from our near dear ones, may yet be reunited. Of this faith, kindle ye little champs in the Diwali night! And look ye for the stay of Sri Rama's Return!

VI. "Tamasomajyotirgamaya!" "Out of darkness

Lead me into light," is a prayer offered by millions all over the world on the Deepavali night.

All around us today there is darkness - the darkness of selfishness, hatred and greed. The human birth is an opportunity to behold the light of the light, the ever living light which keeps on burning in the cave of the heart. Not all the hurricanes and tornadoes of the world can extinguish the light. If we pause for a few minutes, several times a day, to contact the divine center within, we behold a patch of white light in our forehead. The patch grows into a full orbit of light which illumines the plexus of thousand petals and our entire being is filled with light.

This it is to celebrates the Deepavali. It comes to remain us that we and our neighbour are not apart from each other. We are parts of the one whole.

VII. Year after the Deepavali returns with the much needed message: "Kindle the light of understanding; cultivate understanding hearts." Today, there is lack of understanding. Brother cannot understand brother: husband cannot understand his wife.

To kindle the light of understanding we need to control our tongue. Let us speak less than we think. Let us discuss but not argue. Let us refuse to hear gossip. Let this be the rule of our loved-filled life. They say, what do they say, let them say." And when things go wrong let us take the blame on ourselves and when the go right let us give the credit to others.

Company let us guard our tongue, in solitude let us guard our hearts. Thus shall we kindle the light that will never die. This is the right way to celebrates Deepavali.

Behold The Light Within:

Great souls have stressed again and again, "Kindle the light! And the light is within you! You are the light!" They spoke to us of triple light. There is firstly, the light of body keeps the body pure and strong, and it will radiate light. Everyone who would kindle the light must purify himself from throlwself of desire. He must still the tumult of the senses.

There is secondly, the light of mind. Reflection, the power of understanding, is what India and the world need today. Larger minds must be built. Be a seeker of truth. Truth not tradition, Truth, not dogmas, creeds, communities, and races. "Seek ye the Truth," said Jesus, "and Truth will make you free"

Thirdly, there is the light of the heart. It is the light of sympathy and services. Who has light lives not for himself alone: he lives for others. In our hearts should be love divine, it should move out to all whom the cruel world tramples upon day after day. Our love should move out to those whom the world calls sinners. Let us, therefore take a pledge on this Sacred Day (Deepavali) to kindle all three lights and that will be True celebration of Deepavali."

# Revival of Millets Cultivation in J&K

DR. BANARSI LAL

Millets are great ancestral crops with high nutritional value. They are dual-purpose crops and can be cultivated both as food & fodder, thus can provide food/livelihood security to thousands of farmers of Union Territory of J&K. It has been observed that area under millets reduced gradually over the years. Union Territory of J&K has varied climate and the millets such as Pearl Millet, Sorghum, Buckwheat, Fox Tail, Proso Millet, Finger Millet, Kodo, Barnyard etc. can be grown in J&K. Millets are said to be forgotten crops whereas in some districts of J&K millets cultivation is still in practice. Few plants of amaranth (Amaranthus caudatus) are still grown in almost every kitchen garden in Kashmir and even in some areas of Jammu region. The crop is however not cultivated commercially neither in Kashmir nor in Jammu Division. The cultivation of all these crops has been abandoned some decades ago throughout Jammu & Kashmir except in few remote hilly areas. Millets are generally grown by the small & marginal farmers on marginal lands. Most of the farmers use their own farm saved seeds with traditional practices. There is need to expand millets in traditional & non-traditional areas of J&K by the introduction of new farm practices. There is need to follow cluster based approach to grow millets. They should be promoted as the climate resilient crops. They should be promoted in rainfed/kandi belt of J&K and farmers should be encouraged for their cultivation by providing them the quality seed and technical guidelines. There is need to revive the millets in millet growing areas of J&K. They should be promoted in drought prone areas as they are irrigation dry and climate resilient crops. They are considered as the future food. Millets production in J&K can provide special identity to different areas of J&K. Additional area should be covered by millets. Area under millets can be increased by utilizing the fallow lands. They can also sown in mixed cropping & inter-cropping in crops/ orchids. They can be promoted in monkey affected areas of J&K. Existing area can be strengthened by the supply of critical inputs such as quality seed, organic inputs etc. There is need of more and more awareness and training programmes on millets for the farmers of J&K.

Climate change is impacting the crop yield and quality of many crops. Millets

possess several morphological, physiological & biological characters- thus are adaptable to dry regions. Millets have the capacity for early maturity (65-85 days); high drought (150- 500 mm rainfall) and salinity tolerance; high heat tolerance (>42o C of air temperature). They can be adapted to adverse, marginal & changing environments. They can mitigate the nutrition and health needs globally. They are high in Iron, Zinc, Folate and Calcium. They contain low Glycemic Index (GI) and thus can manage diabetes. They are high in protein, dietary fiber and antioxidants. They are gluten free. They provide a viable option for the small and marginal farmers & sustainable production system. Millets can be grown with minimal fertilizers pesticides. They can survive with less water and be grown faster with less stress on the environment. They can be used as the food, feed/ fodder, biofuels etc. They can be eaten in many forms. There is need to introduce the improved varieties of millets in J&K. Production technologies for millets need to be standardized. Seed hubs should be established. Millets Seed Village Programmes should be conducted and special market linkage should be established for millets. There production should be scaled up. Processing units for millets should be established and new start-up of millets should be initiated. Millet based "Prasad" can be promoted in the religious spots such as Maa Vaishno Devi Shrine. Millets restaurants should be established to promote millets. J&K Govt. Is spearheading efforts to produce and promote millets as a means to produce nutritious food and support the farmers in cultivating these crops.

The United Nations General Assembly has declared the year 2023 as the International Year of Millets with the support from more than 70 countries across the world. The celebration of International Year of Millets is a matter of pride for India and in particular for the farming community. It will help in creating awareness across the globe about the important role of millets and their benefits as the smart super food. India is the largest producer of millets in the world and can be considered as the hub of millets with the production of more than 170 lakh tonnes which is about 20 per cent of global production and 80 per cent Asia's production. India's average yield of millets (1239

kg/ha) is also higher than global yield of 1229 kg/ha. Millets are grown in about 131 countries across the globe. Millets are the traditional food for about 60 Crore people in Asia and Africa. The International Year of Millets stands to provide a unique opportunity to increase global production, consumption, efficient processing etc. There is need to highlight the benefits of promoting the sustainable cultivation and consumption of millets. Food is still a concern for the planet. Climate change can also impact food availability. At such a time, global movement related to millets is an important step as they are very easy to grow, drought and climate resistant. They are good for the producers, consumers and environment. They are good source of balanced nutrition. They need less water and compatible with the natural ways of farming. They can be grown in arid conditions with the minimal inputs and maintenance. They are disease and insect-pest resistant. They are resistant to climate shocks than other cereals. Major millets grown in India are-Pearl millet (Bajra)-61%, Sorghum (Jowar)-27% and Finger Millet(Mandua/Ragi)-10%. Millets are the part of our traditions and cultures and their relevance are cited in the Vedas and Puranas. There is need of new innovations, research and start-ups in millets.

Millets are the group of small-seeded annual grasses that are grown as grain crops primarily on marginal land in temperate, sub-tropical and tropical regions. They are one of the ancient foods dating back to the Indus Valley Civilization around 3000BC. Millets are categorised in three categories 1. Major millets: Sorghum (Jowar), Pearl Millet (Bajra), Finger Millet (Ragi/Mandua), 2. Minor Millets: Foxtail Millet (Kangani/Kakun), Kodo Millet, Proso Millet (Cheena), Barnyard Millet (Sawa/Sanwa/Jhangora) and Little Millet (Kutki), 3. Pseudo Millets: Buckwheat (Kuttu) and Amaranthus (Chaulai). Top millets producing states in India are Rajasthan, Karnatka, Maharashtra, Uttar Pradesh and Haryana. Millets have been the part of the Indian diet for many years. Prior to Green Revolution they have been used as the staple diet in most of the households. After the announcement of International Year of Millets 2023 many

people are coming forward to join the millets movement. To strengthen this movement production of millets also needs to be increased. Presently we have limited production of millets because they are grown in certain pockets of the country. Value addition in millets is also very limited which also needs to be increased. The supply of minor millets is erratic thereby discouraging in value addition and consumption. Production and processing of millets need to be encouraged in different states and Union Territories of the country. This will help to keep balance between production and consumption of millets. This will also help to check the prices of millets. The health-packed millets hold special significance in today's times when people are gravitating to healthier options. Millets growers should be encouraged by linking them to the markets. Through the revival of traditional methods and increased facilities for the post-post harvesting, we can increase the millets production.

Millets will now re-enter the food platters both nationally and internationally. But behavioural change requires time. It has taken many years to forget eating millets so it will take some time to bring back the habit of eating the millets. For that purpose concerted and sincere efforts are needed by all the concerned actors in the system. Creating awareness among the producers and consumers and enabling environment for the millets industry and start-ups are the key to the future of millets. Already number of steps are taken by the government in this direction. There is need to establish Centres of Excellence on millets across the nation and link industries with these centres. In Angadwadi Centres also millets need to be incorporated to increase the nutritional value of food for the children. We need to grab the opportunity to increase the production, processing and promote the consumption of millets. Consistent research and development programmes for enhancing the production and processing of millets are needed. Millets production support can open some new income and employment opportunities in J&K.

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