

A good wife is one who serves her husband in the morning like a mother does, loves him in the day like a sister does and pleases him like a prostitute in the night.

-Chanakya

PROGRESSING GIRL CHILD

Today the daughters of India are hoisting their flag in every field. She is bringing glory to herself and the country in many fields ranging from education, sports, politics and many others. In such a situation, the Indian government is also supporting them. The government is taking many steps to increase awareness among people about daughters. In this context, every year 24 January is celebrated as National Girl Child Day in India.

The purpose of celebrating this day is to remove all the inequalities faced by the daughters of the country, to provide opportunities and equal rights for their betterment and also to ensure that they also get respect and value in the society. Like boys, girls are also the future of the country. They also have the right to get equal opportunities for education and employment. They should be protected from problems like child marriage, sexual exploitation. We must all use this day to work towards creating a better future for girls.

Indian Traditional Medicine System: Moving Towards Global Acceptance

VAIDYA RAJESH KOTECHEA

From ancient to the modern culture of human healthcare, eons have witnessed the heritage of great Indian Traditional Medicine Systems. We have been living in a culture of a holistic healthcare system with a rich repository of various disease terminologies, data, and treatment formulae. Following multiple streams of ancient medicinal systems like Ayurveda, Siddha, and Unani, our ancient Vaidyas, health professionals have transferred traditional healthcare values from one generation to the next. Ayush focuses on stimulating the body's natural healing abilities and restoring the balance between mind, body, and consciousness.

In today's era of globalization, it has become the demand of time to create mechanisms of universally proven and evidence-based medical systems to cater to the global human population with similar methods of medical treatment. At the Ministry of Ayush, a strong framework has been structured to cater to this need. The recent establishment of the first and only Global Centre of Traditional Medicine at Jamnagar Gujarat by the World Health Organization has marked a milestone in the global acceptance of the traditional medicine system. The field of international healthcare has witnessed a significant paradigm shift in recent years, with a growing recognition of the potential benefits of incorporating traditional medicine (TM) into mainstream medical practices.

This time, the Ministry of Ayush is coming up with a wave of international medical revolution. Now the terminologies of various diseases in Ayush healthcare, Ayurveda, Siddha, and Unani will be included in the International Classification of Diseases (ICD) 11 prepared by the World Health Organisation. The International Classification of Diseases maintained by WHO is the key instrument for member countries like India to collect primary as well as secondary data on various communicable and non-communicable diseases and mortality statistics.

The Central Bureau of Health Intelligence (CBHI) under the Ministry of Health and Family Welfare acts as a WHO Collaborating Centre for ICD-related activities and facilitates morbidity and mortality data collection and dissemination. Previously, the collected data was predominantly based on the health conditions diagnosable through biomedicine only. The stats and glossaries about the disorder conditions based on Ayurveda, Siddha, and Unani systems from Ayush were not part of the captured data. Although some countries have had national Ayurveda, Siddha, and Unani classification systems for many years, the information from such systems has not been standardized nor made available globally. By including Ayush within the ICD, international standardization will be possible allowing for measuring, counting, comparing, formulating questions, and monitoring over time. With this initiative of the World Health Organization and the support of the Ministry of Ayush, now the collected data about the disease terminologies from Ayurveda, Unani, and Siddha will be converted into morbidity codes and included in the international classification of diseases.

India is committed to implementing the ICD 11 TM2 module for the collection of morbidity statistics for public health care delivery, Ayush Insurance coverage, research and development, policy-making, and development of future strategies to curb different diseases in society. Infectious diseases like Malaria and lifestyle diseases like Chronic Insomnia are included in this classification. Diseases like Giddiness disorder with the acronyms in Ayurveda, Siddha, and Unani as Brahm, Azal Kirukiruppu, and Sadr-O-Duwar respectively are some commonly known diseases that have been released as a glossary of codes by WHO through ICD11.

By incorporating TM2 into ICD-11, the WHO encourages the rigorous scientific evaluation of traditional practices. This move can lead to more robust research on TM modalities, ensuring that effective and safe treatments are recognized and utilized in appropriate clinical settings.

The inclusion of TM2 in ICD-11 facilitates the exchange of medical knowledge between different cultures and healthcare systems. This cross-cultural collaboration can lead to a more comprehensive understanding of health and disease, paving the way for innovative and inclusive healthcare solutions. This integration can expand access to healthcare and promote cost-effective interventions. Continuous demand from different dimensions of Ayush systems across the globe led to rigorous efforts in India and come up with Ayurveda-Unani-Siddha standardised terminologies and National Morbidity codes. The development of National Ayush Morbidity and Standardised Terminologies Electronic (NAMASTE) Portal (2017) was a consequence of this effort only. The portal created a platform for testing and validation of Ayurveda-Unani-Siddha diagnoses and terminologies. The implementation of the same in the real-time clinical setting was initiated through the Ayush-Hospital Management Information System (A-HMIS) in the year 2018. The Donor Agreement signed between the Ministry of Ayush and WHO for developing a second module in the traditional medicine chapter of the International Classification of Diseases-11, (ICD-11) on 11th February 2020 was a breakthrough development in this process. It's a matter of satisfaction that the global reach of the traditional medicine system is intensifying many other member countries of WHO to apply the same format of inclusion of Traditional Medicine diseases terminologies to ICD. This trend is a response to the increasing demand for a more holistic approach to patient care, acknowledging that well-being is influenced by a myriad of physical, psychological, and social factors. The International Classification of Diseases (ICD) has been instrumental in shaping healthcare policies worldwide, and its 11th revision (ICD-11) marks a crucial milestone in recognizing the value of TM.

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Artificial Intelligence and Traditional Teaching Methods

COL SHIV CHOUDHARY

In the ever-evolving landscape of education, the arrival and integration of artificial intelligence (AI) has sparked both curiosity and apprehension amongst the teaching community across world. As technology continues to reshape the way we live and work, the role of teachers in our communities is under scrutiny. This article delves into the intriguing question: "Will AI replace the time tested teaching methods and the teachers?"

This exploration aims to navigate the delicate balance between the non-stop advancements in AI and the feasibility of replaceability of human touch of the teachers community in the light of the potential benefits and challenges AI brings to the classroom. Is this also the time for teachers to leverage AI to nurture critical thinking, creativity, and emotional intelligence in students? Indeed, this is a serious subject today to analyse if technology is poised to replace the teachers community or will it be a catalyst for collaboration and innovation for teaching in the 21st century.

Looking at some of the interesting statistics and future aspects of adoption of AI in education, a report by Grand View Research, the global AI in education market size was valued at \$1.17 billion in 2020 and is expected to reach \$3.76 billion by 2028, growing at a CAGR of 16.2% from 2021 to 2028. This growth reflects the increasing adoption of AI in education globally. India is not behind with an investment of \$3.24 billions reached in 2022.

The prospect of AI transforming the education sector is both fascinating and complex. As we witness the rise of AI-driven tools, personalized learning platforms, and automated grading systems, it's natural to ponder the implications for the indispensable traditional role teachers with their traditional teaching methods play in shaping the minds of future generations. Perhaps, we are on the brink of a paradigm shift where algorithms replace the emotional perceptions, humour, empathy, personal touch, and inspiration provided by educators and also presenting an opportunity for teachers to redefine their roles in the evolving AI era.

AI systems can efficiently provide instant feedback to the students. This allows teachers to focus on more complex aspects of teaching. AI can help educators optimize their time and resources by automating administrative tasks, such as scheduling, grading, and data analysis. AI-powered virtual assistants can tools can supplement the work of teachers

by reinforcing concepts outside the classroom, offering explanations and answering questions.

AI can analyse vast amounts of data to identify trends, patterns, and areas for improvement in educational systems. Teachers can use these insights to make informed decisions about curriculum development, instructional strategies, and student interventions. AI-driven adaptive learning platforms can dynamically adjust the difficulty of content based on individual student performance and needs. AI-powered language translation tools can enhance accessibility for students with special needs by providing tools.

Teaching is a one-on-one learning and relationship with reciprocal benefits. Teachers and students form a symbiotic and synergistic ecosystem that helps in the mutual enhancement of knowledge. Humanized learning happens outside the classroom too which differs from controlled, or uncontrolled learning models in machine learning and AI systems. Teachers are constantly evolving and experimenting with new methods and no machine can ever duplicate the nimbleness and creativity of a good teacher.

The fear that AI will one day replace teachers is understandable. There are several reasons why AI may or may not be able to completely replace a human teacher. Human plus AI or assisted by AI and AI surely bear correlation, yet both are two different things. Human plus AI helps in augmented intelligence to human decision making and automation of intelligence and adaptation to different situation.

Teachers help students realize their uniqueness, which helps to encourage creativity and develop problem-solving skills. They are also responsible for preparing students to pursue further education based on their interests. On the other hand, AI has already started to play a role in the education sector by helping to personalize learning with objective and responsive feedback on their work to improve their learning skills.

AI has its limitations in interpreting and responding to the non-verbal cues that teachers often use in the classroom. AI will never be able to replicate such essential aspects of teaching-valuable life skills lessons, such as dealing with disappointment or failure. Teachers are constantly evolving, learning new things, and experimenting with new methods in the classroom. AI might be used to assist in teachers development by giving feedback and proposing new teaching methods. Also when we talk about

teaching, we must understand that teaching is not a one-person job always. Teaching and learning come in various forms, from various people, and in multiple flavours and platforms. Institutional settings are not only important for holistic learning but fundamental for students. Such settings include use of knowledge and skills proficiently, initiating inquiries and developing solutions, demonstrating, and collaborative leadership. In the AI setting, it will be sort of standalone learning.

In future, parents may prefer home-schooling with state-of-the-art AI teaching solutions and awesome educational materials without the aid of teachers. After few years, they may realize learning is not only about the books, numbers or grammar or filling sheets inside a room. Instead, learning is about travelling to school, meeting peers and teachers, teamwork, knowing departments, routes, and opinions of others around. AI alone cannot equip the students with such a comprehensive and holistic ecosystem on its own.

Teachers are lifelong learners. They are constantly adapting to new situations and the needs of their students. They are passionate about education and helping students learn. They don't just see it teaching as a job - they see it as a calling with a purpose. Teachers transfer the knowledge by creating an environment and adapting and changing their teaching methods. No two students are same and teachers are able to connect with their students on a personal level, which helps them blossom. AI will never be able to understand this aspect. AI-based educational software can help identify areas where a student is struggling and needs help.

AI is a valuable resource through which teachers can serve as mentors, coaches, and resource providers to their colleagues. The abundance of educational materials, data-driven insights, and tools made available through AI empower teachers to support and guide their fellow educators in adopting innovative practices and improve instructional strategies. Teachers can streamline administrative tasks, giving them more time to engage in collaborative planning and professional development. While AI may not fully replace teachers, it may be the catalyst for a new era in which both teachers and machines collaborate to create a beneficial learning environment. Integration of AI in schools presents a unique opportunity for teachers to enhance their leadership roles.

The greatest disadvantages of AI one may

see today are communication difficulty, curtailed autonomy and collaboration, diminishing leadership role, devaluation, deficit emotional intelligence, fear of addiction, high cost, lack of personal connections, reduced employment, missing human interaction, influence and students' capacity for thoughts. Regression and reduction of teachers to mere facilitators of technology and resource providers against unpredictable speed of AI are other threats.

Weighing the risks, half of secondary teachers surveyed by Cappellini Research Institute believe that the benefits of generative AI in education outweigh the risks. As long as one keeps a close eye on how AI is being used in schools or colleges, one will be able to spot any potential risks. It is important that amidst the enthusiasm for AI's potential in education, we need to strike a balance between technological advancements and the preservation of human interaction within the educational landscape. While AI can undoubtedly streamline certain tasks and offer valuable support, it should not overshadow the unique qualities that only human teachers possess.

So, would AI replace teachers- NO. It will definitely disrupt the education and learning sectors and would emerge as one of the best enablers for augmented learning and teaching. Despite the potential benefits of integrating AI into education, some challenges and ethical considerations like data privacy, professional development of teachers, and potential bias in AI algorithms will remain. Whatever, the successful integration of AI in education requires a collaborative approach for alignments and achievement of educational goals and values.

Teachers are polarized in their viewpoints regarding the negative and positive impact of AI on their role and real education. Humans are strides ahead of AI and machine learning, despite AI empowered robots to understand the tone of speech. All such drivers lack the empathy and distinctly human touch when it comes to relationships, and impeccable grasp over the sentiments. This is one crucial basis that makes it impossible for AI to replace humans as teachers. It's important that we continue to invest in teachers development and provide all faculty with the resources and support they need to become better educators despite technology threats.

National Voters Day 2024: Pledging to Vote

DR. NITAN SHARMA & GARVIT DUBEY

National Voters' Day, observed on January 25th every year in India, is a significant occasion that celebrates the essence of democracy and encourages active participation in the electoral process. Instituted in 2011 by the Election Commission of India (ECI), National Voters' Day aims to promote voter education, raise awareness about the importance of voting, and recognize the role of every eligible citizen in shaping the nation's destiny. The theme on National Voters Day can range from the historical journey of democracy in our country to the transformative potential embedded in every vote. They emphasize the responsibilities that come with the democratic rights we hold and serve as a call to action for active and informed participation. The theme for this year is 'Nothing like voting, I vote for sure', which is a continuation from last year's theme, and conveys an individual's feeling and aspiration towards participation in the electoral process through the power of their vote.

In essence, National Voters Day in India serves as a rallying point for citizens to recognize the power they hold in their hands - the power to shape the course of their nation's future by casting a vote. On National Voters' Day, new voters are felicitated and handed over their Elector Photo Identity Card (EPIC). Just think once, that if we do not come forward and choose the right leader then the progress and development of the country will be hampered and will also affect the people of the country. It is the leader of the country who decides various basic big projects and several things.

The idea behind National Voters' Day emerged from the need to commemorate the foundation of the Election Commission of India, which was established on January 25, 1950. The commission plays a crucial role in conducting free and fair elections across the country, ensuring the democratic principles enshrined in the Constitution are upheld.

Let us tell you that earlier the eligibility age of the voter was 21 years but in 1988 it was lowered to 18 years. This change, enshrined in the Sixty-First Amendment Bill of 1989, as well as the declaration of National Voters Day, has played a key role in increasing the participation of youths in the electoral or voting process. On this occasion, National Awards are also given to stakeholders such as EC icons, government departments and media groups for their outstanding role towards the contribution among voters. Through various activities, awareness campaigns, and events organized on this day, the focus is not only on the historical context of voting rights but also on fostering a sense of responsibility and pride in being an active participant in the democratic journey.

Encouraging the youth to participate in the electoral process becomes imperative to establish a robust foundation for the coming generations. And that is why National Voters Day, celebrated on the 25th of January every year, holds so much significance. It seeks to inspire and encourage citizens, particularly the youth, to register as voters and actively participate in the democratic process.

Objectives of National Voters' Day:

Promoting Voter Education: One of the primary goals of National Voters' Day is to educate citizens about the significance of their role in the democratic process. Voter education campaigns are organized to disseminate information about electoral procedures, voting rights, and the impact of citizens' participation on the nation's development. Encouraging Youth Participation: The day also aims to inspire and motivate young voters to actively engage in the electoral process. Special initiatives are undertaken to reach out to the youth, encouraging them to register as voters and exercise their right to vote responsibly. The day provides us with an opportunity to reflect on the significance of voting as a civic duty and to look at it as a tool for bringing about positive change in society. Inclusivity and Accessibility: National Voters' Day emphasizes the importance of an inclusive and accessible electoral system. Efforts are made to ensure that every eligible citizen, regardless of socio-economic status, caste, or creed, has equal access to the voting process. Generally, the electoral commission allows a person to vote in the place where he or she resides or lives. If voting is done from two or more different places it is considered as an offense and this should be intimated to the Electoral Commission whenever he or she changes his or her place of living. Celebrating the Power of Democracy: The day serves as a reminder of the power that each voter holds in shaping the nation's future. It encourages citizens to take pride in their democratic rights and responsibilities.

Activities on National Voters' Day:

Voter Registration Drives: Various events and campaigns are organized to facilitate voter registration. Booth-level officers and volunteers work together to help eligible citizens enroll as voters.

Distribution of Voter ID Cards: On National Voters' Day, new voter ID cards are often distributed to those who have recently registered. This symbolic gesture highlights the official recognition of an individual's role in the democratic process.

Educational Programs: Educational programs play a central role in National Voters Day celebrations. Schools, colleges, and educational institutions actively participate in organizing seminars, workshops, and debates to educate students about the importance of voting. These programs serve as a foundational step in fostering a cul-

ture of civic responsibility, ensuring that citizens are well-informed about their democratic rights and duties.

Pledge-taking Ceremonies: Citizens are encouraged to take a pledge to uphold democratic values and exercise their voting rights responsibly. These ceremonies are conducted in various public spaces to involve the community.

Awards are conferred for their outstanding performance in the conduct of elections in various spheres including IT initiatives, Security Management, Election Management, Accessible Elections, and contribution in the field of voter awareness and outreach.

Seminars also play a vital role in Voters Day activities. Renowned speakers and experts in the field of democracy and governance are often invited to share insights and perspectives on the evolving nature of democratic participation. These seminars become platforms for citizens to deepen their understanding of the democratic principles that shape the nation. National Voters Day speech could be delivered by influential figures, political leaders, or community representatives. Speeches like these illuminate the vital role of active participation in shaping our democracy.

By giving a speech on National Voters Day, the speaker delves into the democratic ideals that underpin the nation and encourages citizens, both new and seasoned, to recognize the weight of their votes in shaping the collective future.

New voters also do take the voters pledge under some statutory authority which goes as "We, the Citizens of India, having abiding faith in democracy, hereby pledge to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement."

Conclusion:

On National Voters' Day, we are reminded once again of the essential elements of democracy and the crucial part that citizens play in national administration. This day serves as a reminder that active citizen participation is essential to a robust and vibrant democracy by encouraging voter education, inclusivity, and youth participation. It is high time to recognize the fact that my vote is my duty. As we commemorate National Voters' Day, let us reaffirm our dedication to democratic principles and acknowledge that every voter has the ability to influence the course of the country.

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Beautiful Winged visitors

G.L. KHAJURIA

Aristotle, the world renowned Philosopher had more than two thousand years back had known how the Avian (Bird) migrate with seasonal changes but in fact it was in Mazzy, 1822 a day of bewilderedness for ornithologist that during this period they observed that a stork with its neck pierced was caught in Mecklenburg, Germany. In fact this stork with arrow had come from Africa and established for the migration though the fact goes that there are references in Sanskrit, by the Greek Philosopher in the old testament and allied scriptures. In line with supporting fact, The German emperor Friedrich (1194-1250 AD) Observed South bound flights of bird crossing Mediterranean sea during winter.

The migration of birds is normally effected with the change of season and the birds have the record if flying over thousand of km and find the same locations where they had built their nests or habitates a year before. Why do birds migrate is a matter of mystery. After deep thought, it was established by the ornithologist that the migration triggered is to escape from cold, seek food and to choose new breeding grounds. And of all these birds, the most ones are those who don't feel eagerness of migration despite the impending cold or weather changes that take place.

Ornithologists establish that out of around 8-10 thousand species of birds those inhabit this planet, two thousand are migratory and strangest fact is that these fly too high mountainous regions like that of Himalayas or so. The Siberian crane is a regular migratory bird from Siberia to India flying long and hazardous routes.

After a great deal of studies ornithologist have established that American golden plover (plurialis) flies from Arctic to South

America covering a long stretch around 7000 kms or so. The Red-Throated humming bird barely 10 inches of size flies about 2500 Kms from Canada to Florida and the swallow (Hirundin) measuring about 10-15 cms migrates covering a distance around 7000 Kms from Europe to South Africa crossing over Atlantic. The Northern pintail duck (Anas acuta) and garany duck (Anas quequedula) which breeds in the Siberian tundra and taiga cover long long distances during their migration.

Similarly, the birds inhabiting in Delhi zoo also migrate long distances with the change of climate for food and finding new ground apart from 1200 species which are spectacular and inspiring. The Bharat-purbirdsanctuary is a paradise of magnificent birds and same is with wildfowl refuge in Rajasthan which is barely 26 sq Kms in area and much of its area is marshy, besides the cover of woods. It is no denying the fact that the domesticated pigeon can obviously find its way home after having been shifted to unknown strange place or location. Similarly, it was experimented with wild manx shearwater; taken from its nest off the sea coast of UK and released in Boston USA. Surprisingly enough, the bird returned or navigated or to say avigated to its original habitat. The avigation of birds have been studied using advanced technology like radar; keeping the birds in planetarium, putting bands of light metal etc and the studies have shown miraculous results.

Ornithologist have established that birds navigate not only with the help of sun but these also pursuit or take cue from the position of stars of night sky. The German biologist FA Schneider established that the bird navigate with the help of sun in 1996.

Stephen T Emini, professor at cornell university conducted detail

studies to ascertain as to how the bird could orient the visibility of stars correctly. In his experiment, he turned off the light in the planetarium where birds were kept. Emin and other observers found that the birds fluttered aimlessly revealing that they took the celestial bodies if sky is their guide.

The ornithologists are not in consonance with the outdated idea that the birds are guided by the Earth's magnetic field or that of gravitational field. In the experiment so conducted, the birds were put in a strong magnetic field with magnified plates attached to their wings and resultantly revealed insensitiveness to electromagnetism field or the result were inconclusive.

According to some researches, the birds, however can synthesize a magnetic compound capable of indicating the earth's magnetic field.

It is astonishing to note that the avians are capable of forecasting weather conditions and their changes. Studies on pigeons have shown astonishing result that these can see polarised light and ultraviolet light. The birds, in fact , can hear infrasound (noise in ultralow frequencies which carry vast varied distances). As a corollary, it has been attributed that birds do not live in sensory world as we human do.

The birds during the course of long distant migration are having very sharp and keen eyesight. Physiologically their body weight is low as the skeletal structure is hollow whereas the pectoral muscles are strong enough to take long flights. Besides, the respiratory system is well adopted to meet up their metabolic activities involved during their long in that distance flights.

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