

## DEVELOPED INDIA

India, the world's largest democracy, has made remarkable progress over the last few decades. While it still faces challenges in various sectors, it is steadily advancing toward becoming a developed nation. The vision of a developed India encompasses multiple facets, including economic growth, technological innovation, social equality, infrastructure development, and global influence. By focusing on these pillars, India is not just aiming to improve the living standards of its people but also to assert itself as a global leader.

One of the primary indicators of development is economic growth, and India has seen significant strides in this area. Over the last two decades, India has transformed into the world's fifth-largest economy, driven by rapid industrialization, a booming services sector, and a thriving startup ecosystem. The country's GDP has been consistently growing, with a substantial contribution from information technology, pharmaceuticals, textiles, and manufacturing industries.

India's economic policies have evolved with a focus on liberalization, foreign direct investment (FDI), and entrepreneurship. The government has introduced reforms like the Goods and Services Tax (GST), the Insolvency and Bankruptcy Code (IBC), and initiatives like 'Make in India' and 'Startup India', aiming to attract investment and create jobs. The country is also a leader in information technology services, with cities like Bengaluru and Hyderabad being known as global tech hubs. India has made significant strides in technological innovation, particularly in areas like space exploration, renewable energy, and digital infrastructure. The successful Mars Orbiter Mission (Mangalyaan) and the Chandrayaan missions have showcased India's prowess in space exploration. The country has also emerged as a leader in renewable energy, particularly solar power, with ambitious targets set for clean energy production. The Digital India initiative, launched by the government, has brought about a digital revolution in the country. With a focus on improving internet access, and e-governance, India has witnessed a rapid increase in the number of internet users and mobile connectivity. The rise of digital payment systems like (Unified Payments Interface) and mobile-based services has made India a global example of how technology can improve access to services. Infrastructure development is another area in India's journey toward becoming a developed nation. The government has undertaken several projects to enhance the country's infrastructure, including building modern highways, smart cities, airports, and public transportation systems. The Bharatnala Project, aimed at improving national highways, and the Smart Cities Mission are among the key initiatives that are transforming urban landscapes. On the global stage, India's diplomatic and geopolitical influence has been growing.

**■ DR. PARVEEN KUMAR**

India is now the most populous country in the world surpassing China. One major advantage of being the most populated country in the world is the major share of youth in the total population of the country. India is now home to a fifth of the world's youth population. This is referred to as the demographic dividend. Demographic dividend is the accelerated economic growth that may result from a rapid decline in a country's fertility and the subsequent change in the population age structure. With fewer births each year, a country's working-age population grows larger in relation to the young dependent population. With more people in the labor force and fewer young people to support, a country has a window of opportunity for rapid economic growth if the right social and economic investments and policies are made in health, education, governance, and the economy. In addition, the overall rate of literacy among India's youth has increased, with approximately 90 percent being able to read or write. Coupled with the prevalence of social media and internet penetration, this has created a digitally savvy population. With internet access and affordable smart phones, these young people are accessing online resources that encourage learning and acquisition of skills.

Investments in today's youth population can position a country to achieve a demographic dividend, but the gains are neither automatic nor guaranteed. National Youth Day is a manifestation of the country's commitment to channelize this vast pool of young talent in the country in positive way where they can contribute to the development of the country

History of National Youth Day: A social reformer, philosopher and thinker, Swami Vivekananda born on Jan.12, 1863 was also one of India's greatest leaders and believers of youth power. He pushed for national integration in colonial India and his famous speech remains as the one that

he gave in Chicago in 1893. He introduced Indian philosophies of Vedanta and Yoga to the Western World. He was extremely patriotic towards India and is considered a hero for his contributions to the philosophies of his country. He also drew attention to the wide-spread poverty in India and for the development of the country, the poverty issues should be taken seriously.

He is best known for his speech at the Parliament of the World's Religions in Chicago in 1893 when he began his speech while saying 'Sisters and brothers of America.....' and he introduced India's culture, its importance, Hinduism, etc. and in which he had laid special emphasis on building capacity of the youths. He was a man of wisdom, faith, a true philosopher whose teachings not only motivated youth but also paved the way for the development of the country. Swami Vivekananda stands as a universal icon of youth who always believe the eternal energy of the youth Owing to his contribution for the cause of youth, the Government of India in 1984 decided to celebrate the birthday of great Swami Vivekananda, i.e. 12 January, as National Youth Day every year.

Since then, from 1985, National Youth Day is observed across the country without fail. The Government of India quoted that ' the philosophy of Swamiji and the ideals for which he lived and worked could be a great source of inspiration for the National Youth Day. The main objective behind the celebration is to propagate the philosophy and the ideals of Swami Vivekananda for which he lived and worked.

No doubt he was a great inspiration for all National Youth of India. Across the country, several functions are organized in schools, colleges, etc.

Significance: Swami Vivekananda always focused immensely on harnessing the potential of the youth. He wanted to inspire the young generation so that they

could counter the British and attain Independence. Swami Vivekananda weapons of winning the world were education and peace. He always portrayed himself as a 'Nationalist Saint' who wanted the youth to get out of their comfort zones and achieve absolutely anything they desire. His aspiration was to motivate the youth to an extent that they start voicing the changes they desire and ultimately accomplish them.

Theme: Every year the day is celebrated with a different theme. This year the theme of National Youth Day 2025 is 'Empowering Youth for Nation Building' Every year different themes revolve around youth, channelizing their energy in positive direction, manifesting the perfection present in them and to bring out their innate potential. Skill Development: To tap the potential of this demographic dividend, it is essential to skill our youths so that their energy can be channelized constructively and productively. The present government under the leadership of Hon'ble Prime Minister Sh. Narendra Modi is focusing more on skill development of Youth. For this many programmes have been launched and many policies have been made to promote youth in agriculture.

A different Ministry of Skill Development and Entrepreneurship (MSD&E) has been created and entrusted with the task of skilling India. The government has set up the National Skill Development Corporation to provide skill related training to millions of individuals. For this, the government is also promoting private sector in skill training programmes besides providing funds for them.

The Pradhan Mantri Koushal Vikas Yojana (PMKVY) is an important programme in this direction. Skill Training of Rural Youth aims to skill rural youth in different activities like vermi compost, mushroom, cutting and tailoring, processing and value addition and this is being

done through KVKs. The government's prestigious Start-up programme has also revolutionized the agriculture sector; with the necessary skills, credit facilities and hand holding by Agri-business incubators set up across different universities in the country, many youths have come forward to set their own agriculture related enterprises and become job providers instead of job seekers.

These steps have restored the faith of youth in agriculture as remunerative and attractive enterprise. Disruptive technologies, manufacturing automation and internet-based services and sales have influenced a start-up culture, creating more opportunities that young and qualified Indians are tapping. India's large population is also a market for these young entrepreneurs who are creating services such as healthcare, wellness, fitness, teaching etc. Coupled with various government initiatives youths have left their high paid jobs in foreign countries and returned back to country to set up employment generating units ultimately resulting in increased employment opportunities for others also. These young people are driving a culture of innovation, entrepreneurship and diversity.

At such a critical time, when the world is grappling with a host of challenges like climate change, degradation of natural resources and COVID-19, the National Youth Day reinforces our commitment for engaging youth in all the vital sectors of our economy to transform the country to a developed one that can show the way forward to the world. Youths have now been duly acknowledged for the efforts they play. There is a need to further create inclusive support mechanisms that ensure youth continue to amplify efforts collectively and individually to restore the planet and protect life, while integrating biodiversity in the transformation of food systems.

(The author writes on agriculture and social issues)

## The Art of Blissful Living: A Symphony of Inner Peace and Purpose

■ LT GEN NARENDRA KOTWAL (RETD),

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Blissfulness, happiness, and contentment are not distant dreams but states of being that can be cultivated through a harmonious blend of habits, attitudes, and intentions. These qualities represent a life of serenity, joy, and fulfilment—a path illuminated by the wisdom of ancient scriptures and the practice of meditation, selfless work, and purposeful living. As the Bhagavad Gita (2.66) states: "There is no possibility of happiness for one without self-discipline, whose mind is not focused, and who cannot rest in peace." True bliss arises from inner alignment and purposeful living.

**Meditation and Awareness**

At the heart of a blissful life lies meditation, a practice that fosters awareness and connects us to the present moment. It is through silence and introspection that we discover a profound truth: happiness is not contingent upon external circumstances but is an inner state of being. The Upanishads proclaim: "When the mind is silent, and the senses are at rest, the soul awakens to its highest state." Through meditation, we develop awareness, allowing us to observe our thoughts and emotions without judgment. This detachment liberates us from worry, helping us stay anchored amidst life's inevitable storms. As awareness deepens, we experience a profound connection with the divine essence within ourselves and the universe.

**Selfless Work and Devotion**

True contentment often emerges when we transcend self-centeredness and engage in selfless work. The act of serving others, without expectation of reward, fills life with unparalleled meaning. Devotion—whether directed toward a higher power, a noble cause, or humanity itself—transforms mundane tasks into sacred rituals.

The Bhagavad Gita (3.19) teaches: "One who performs their duty without attachment to results and for the welfare of others attains the Supreme. Selfless service nurtures our soul and reminds us that every action, no matter how small, has the potential to radiate love and kindness. This devotion dissolves ego and aligns our actions with a higher purpose.

**Compassion and Empathy**

Compassion and empathy are the cornerstones of human connection. By understanding and sharing in the joys and sorrows of others, we dissolve barriers and foster unity. As the Dhammapada (223) states: "Overcome anger with compassion, overcome evil with good, and overcome the miserly with generosity." Acts of kindness not only uplift others but also nourish our own spirit. Compassion reminds us that we are all interconnected, creating a ripple effect of positivity and goodwill that benefits all.

**Frugal Eating and Healthy Exercise**

Physical well-being is intimately linked to mental and emotional health. Frugal eating, characterized by mindful consumption of simple and nutritious foods, supports both body and mind. The Yoga Sutras advocate moderation: "When one practices moderation in eating, sleeping, and working, harmony of body and mind is achieved." Healthy exercise complements this discipline, energizing the body, sharpening the mind, and uplifting the spirit. Together, these practices lay the foundation for a vibrant, balanced, and blissful life.

**Prayers and a Helpful Attitude**

Prayer, in its many forms, is a bridge to the divine—a moment of surrender, gratitude, and connection. It deepens our faith, calms the mind, and instills hope. The Bible reminds us in Philippians (4:6-7): "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God will guard your hearts and minds.

"Coupled with a helpful attitude, prayer transforms us into instruments of positivity. By offering support to others, we not only lighten their burdens but also enrich our own lives with purpose and satisfaction.

**Gratitude and the Flow of Time**

Gratitude is the foundation of contentment. By appreciating the blessings we have, we shift our focus from scarcity to abundance. This aligns us with the flow of time, teaching us to embrace the present moment. As the Taittiriya Upanishad states: "Let your heart be filled with gratitude, for through gratitude, you experience the fullness of life." Gratitude enables us to flow with time, finding beauty in the transient and eternal rhythm of existence.

**Being in the Zone:** To "be in the zone" is to experience life with total immersion and presence. This state of effortless engagement is described as "flow," where actions align seamlessly with intentions. The Bhagavad Gita (2.50) highlights this state: "Skill in action is yoga." Whether through creative pursuits, work, or simple being, this state of flow is a profound expression of bliss and contentment, revealing the divinity in our every act.

**Conclusion:** Blissful living is not a destination but a continuous practice—a symphony of inner peace, compassion, and gratitude. Ancient scriptures provide timeless wisdom, guiding us toward a life of purpose and fulfilment. By embracing meditation, selfless work, healthy habits, and the flow of time, we unlock the potential for a life rich in joy and contentment. As the Bhagavad Gita (6.5) reminds us: "Let a person uplift themselves by their own mind. Let them not degrade themselves. For the mind can be the friend or enemy of the self." In this symphony of purposeful living, every note resonates with harmony, creating a melody that touches not only our own hearts but also the lives of those around us. True happiness, we realize, lies not in having, but in being.

## Tapping Into Rural India's Growth Story

■ SHIVET SHARMA



India's GDP is set to witness an incremental growth led by the transformative economic expansion in rural India. Rural India has surpassed the critical milestone of \$2,000 per capita income—a threshold that has historically triggered substantial economic growth in urban areas. By FY24, rural India's per capita income reached \$2,058, a milestone urban India achieved in FY12.

Over the past two decades, rural per capita income has grown at an impressive CAGR of 9%, compared to urban areas' growth rate of 7.6%. Reflecting this shift, rural spending on food has decreased from 59% of total monthly consumption in 1990 to 46.4% in FY23, signifying a gradual diversification of spending toward non-essential goods and services. Rural India's economic progress owes much

to government initiatives aimed at improving quality of life. Programs like the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGN-REGS) ensure 100 days of guaranteed wages, while all-weather motorable roads now connect villages nationwide. The introduction of bank accounts enables direct subsidy transfers, secures savings, and reduces reliance on costly informal credit. Complementing these efforts, state governments launched welfare and subsidy programs collectively worth ₹3.1 trillion annually, or 1.1% of India's GDP.

The convergence of rising per capita income, cyclical demand recovery and the stabilization of rural economy following external shocks, has made rural India an increasingly attractive investment theme. An upward trajectory in rural wages, following years of stagnation, adds further momentum. Signs of recovery, such as adequate water levels in reservoirs, growing labor demand outside government employment

schemes, and positive wage growth trends supported by increased participation in non-agricultural sectors underscore this shift.

These developments are reinforced by recent statements from leading consumer staples companies, which anticipate robust demand in rural markets. The transformation unfolding in rural India signifies not just regional evolution but a broader economic shift, poised to redefine consumption patterns, investment opportunities, and trajectory of the nation's growth. For investors who wish to participate in the Rural India growth story can consider investing in ICICI Prudential Rural Opportunities Fund. This open-ended equity scheme, newly launched by ICICI Prudential Mutual Fund, focuses on sectors/companies driving and benefiting from rural India's development. The New Fund Offer (NFO) is open from January 9 to January 23, 2025.

(The writer is Co-Founder, Financial Mart, J&K)

## The impact of divorce on young generation

■ SURJIT SINGH FLORA

In the contemporary landscape, familial structures have undergone significant transformations. Family dynamics have evolved significantly from the past, where the traditional structure consisted of both parents residing together with their children. The familial bond has historically been regarded as indestructible. Before few decades people believed in marriages, and they understood the real meaning of it. People held high regards on the concept of marriage. The basic definition of marriage is - staying loyal forever; being there for each other in ups and downs, safeguarding the dignity of each other from in-laws and the taunts of parents and relatives, expressing love through unspoken words or actions which makes their partner feel special, having the feeling of oneness with the spouse. Earlier people tried their best to uphold these values in a relationship. Even though there might have been issued involved in the past, but the ultimate goal was to stay together for various reasons like reputation, mutual love for each other, kids, financial issues etc.,. Many preferred to stay married even though they were not happy because of the fear of facing the society and challenges since divorce was considered as a taboo. A wedding represents one of the most joyous occasions in the lives of a young couple. This signifies the initial move towards realizing their aspirations of cohabitation, imbued with optimism for beginning a family and resonating with the soft sounds of small footsteps in their inaugural residence. In spite of the accolades from acquaintances and relatives, the expressions of goodwill, and the couple's confidence in their partnership, for numerous individuals, the contemplation and subsequent occurrence of divorce arrive as an unexpected revelation, challenging to comprehend. The global landscape has evolved since the 20th century, tran-

sitioning from traditional homemakers to dual-income partnerships. Parents often find themselves preoccupied with their jobs, focusing on financial stability, which results in their children being left to navigate life without sufficient knowledge or guidance due to the limited time available for parental support. This has led to children experiencing autonomy and the impact of external factors, including social media, religious convictions, aspirations for effortless lifestyles, films, substances, romantic relationships, mobile technology, and adult content. The notion of marriage appears to have diminished among the current generation, with young men and women either showing a lack of interest in the institution or demanding marriage only after becoming sexually involved. This is evident across all social media platforms. The primary reasons for live-in relationships include the absence of commitments and the opportunity for young individuals, who may lack maturity and a deep understanding of love and mutual compatibility, to experiment and explore their connections. Nevertheless, in contemporary society, the notion of familial bonds appears increasingly implausible as a growing number of families experience estrangement. The incidence of divorce is increasing, co-parenting arrangements are proving ineffective for numerous individuals, and the rates of intimate partner violence and homicides are at alarming levels. The current state of disorder has fractured familial connections, resulting in family estrangement becoming a prevalent phenomenon of contemporary society. However, beneath the surface, there exists an individual who endures the majority of the consequences. This pertains to the younger generations who frequently find it difficult to manage societal expectations alongside their individual struggles. Here is the method. The influence of emotions Family estrangement frequently leaves young adults navigat-

ing a persistent landscape of confusion and sorrow. When parents divorce or separate, children perceive it as a significant loss, and they will continue to grieve, even into adulthood and as they raise their own children. These feelings frequently intensify when one or both parents begin new relationships. The children experience feelings of rejection and abandonment. Some individuals believe they are the primary reason for their parents' divorce, which can result in significant mental health challenges. Frequently, individuals may find themselves in isolation and may even experience suicidal ideation.

Absence of a distinct identity Family estrangement often compromises the essential human desire for belonging, love, a sense of meaningful existence, and the ability to exert control over certain circumstances. Individuals from Generation Z and millennials who experience these family dynamics frequently grapple with their identity, leading to uncertainty about their existence and self-perception. During times like these, the situation is exacerbated by social media, which fosters negative perceptions of individuals from broken families, particularly those raised by single parents. Self-reliance In more challenging situations where parental figures are completely absent, adolescents from troubled backgrounds often find themselves compelled to confront difficult circumstances and take on responsibilities that are not rightfully theirs. Individuals strive for autonomy and explore opportunities to sustain and care for themselves.

**Mental Health Issues**

The dissolution of a marriage can increase the risk of mental health challenges among children and teenagers. Regardless of age, gender, or cultural background, children from divorced families frequently face increased psychological difficulties. Although certain individuals may experience an adjustment disorder that generally

subsides within a few months, studies suggest that the prevalence of depression and anxiety is notably elevated among children from divorced families.

**Low academic achievement**

Subpar academic outcomes are frequently observed in children hailing from divorced households. Nevertheless, research has shown that the effects on academic performance differed based on the specific conditions related to the divorce. Children from families where divorce was unexpected frequently faced challenges in their academic pursuits. Conversely, individuals from families where divorce was expected did not uniformly encounter the same difficulties in their academic achievements. The situation becomes increasingly challenging when they have siblings relying on them. The absence of familial and parental support frequently exacerbates mental health challenges, resulting in profound sadness, anxiety, and potentially depression. Challenges in establishing connections The frequency with which members of Generation Z and late millennials are ending their relationships is concerning. Although they have often faced criticism for difficulties in maintaining relationships and marriages, the responsibility does not solely rest on their shoulders. Some individuals continue to endure the psychological scars imposed by their familial relationships.

They have cultivated a sense of distrust and find it challenging to place their confidence in anyone other than themselves. They often lack confidence in their relationships, compounded by societal stigma that contributes to their feelings of inadequacy. The accumulation of these challenges complicates the ability of younger generations to establish enduring relationships that may ultimately culminate in marriage.

## YOUR COLUMN

### Plea to Chairman JKPS

When the candidates who appeared for the written examination for the posts of Veterinary Assistant Surgeon, under notification no. OS-PSC(DR-P) of 2024 dated August 2, 2024, held on January 12, 2025, wish to bring to your kind attention certain grave discrepancies in the examination process.

It is pertinent to mention that the question paper was

not framed in accordance with the syllabus notified by JKPS in the abovesaid official notification. The major portion of the syllabus was given very low weightage or totally skipped without a question being asked from some subjects viz. Dairy Science, Management, Nutrition, Genetics, Major Contagious Diseases mentioned in the syllabus, Principles of Immunization and Vaccination, Drugs used for Doping in horses, Drugs used to Tranquillize Wild Animals and Neonatal Diseases. Moreover, more than 60% of the Questions were asked from the Subjects not mentioned in the prescribed notified syllabus. A significant portion of the paper was framed

from the subjects like Veterinary Parasitology, Veterinary Toxicology, Veterinary Pharmacology, Veterinary Radiology and Non-conventional (Scarcity feeds) feed resources, which were not explicitly included in the syllabus. Moreover, the syllabus explicitly states that 20 Questions shall be from General Knowledge at the State and National levels. However, only 7 Questions in the paper adhered to this requirement, further deviating from the guidelines provided and thus depriving the aspirants from a fair chance of competition and Right to Equal Chance of Opportunity. The failure to follow the prescribed syllabus has resulted in an unfair examination

process, flavouring candidates on sheer tuck rather than merit. This has deprived the aspirants of a fair and competitive opportunity, which is contrary to the principles of transparency and justice that JKPS upholds. In the light of the above facts, we humbly request your esteemed office to consider the representation and take appropriate action by cancelling the written examination held on January 12, 2025 and re-conducting the written examination for the same. We are hopeful that your goodself will address this matter with due priority and urgency so that Right to Equal Opportunity provided by Constitution and fair competition for all candidates can be ensured.