

SVAMITVA scheme-a welcome step

The SVAMITVA (Survey of Villages and Mapping with Improvised Technology in Village Areas) scheme, initiated by the Government of India, is a groundbreaking step toward empowering rural India. The property card issued under this scheme serves as a legal document of ownership for land and property in rural areas. It is a significant stride in improving the socio-economic fabric of the nation. Here's an exploration of why the SVAMITVA property card is a welcome initiative.

In India, a substantial proportion of rural land lacks proper documentation, leading to disputes, legal ambiguities, and underutilization of resources. The absence of clear land ownership records has hindered development and financial inclusion in villages. The SVAMITVA property card provides a clear title of ownership, mitigating these issues. By employing modern technologies like drones for mapping, the scheme ensures accurate and tamper-proof records, a marked improvement over outdated and error-prone manual systems. A property card is more than just a piece of paper-it represents empowerment. With this card, rural property owners can use their land as collateral to secure loans, facilitating access to credit and investment opportunities. This financial empowerment enables villagers to start businesses, invest in education, or improve agricultural practices, ultimately boosting rural economies. Moreover, clear land titles enhance the sense of security and ownership among villagers, fostering stability and community pride.

Land disputes are a major issue in rural India, often resulting in prolonged legal battles, social discord, and economic stagnation. The SVAMITVA scheme aims to address this problem by creating a transparent and verifiable record of ownership. Accurate mapping and demarcation of land boundaries significantly reduce the scope for disputes, saving time, money, and emotional stress for rural communities.

The digitization of land records through the SVAMITVA scheme is a critical step toward better governance. It enables authorities to track land use patterns, implement development projects more effectively, and ensure equitable resource distribution. With a comprehensive database of land ownership, governments can plan infrastructure, utilities, and welfare programs more efficiently. Additionally, it facilitates better tax collection, contributing to local government revenues.

The economic potential of rural India remains largely untapped due to structural challenges like unclear land ownership. By providing legal property cards, the SVAMITVA scheme unlocks opportunities for rural development. Farmers can leverage their land to secure better financial deals, invest in modern agricultural techniques, and enhance productivity. Furthermore, small-scale industries and enterprises in rural areas can flourish with improved access to credit and infrastructure.

In many parts of rural India, women have limited access to property rights. The SVAMITVA property card can serve as a tool for promoting gender equality by encouraging joint ownership or individual titles for women. This step not only enhances women's economic independence but also contributes to their social empowerment.

The use of advanced technology, including drones and Geographic Information Systems (GIS), is a hallmark of the SVAMITVA scheme. These tools ensure precise mapping of properties, minimizing errors and disputes. The integration of technology also lays the foundation for a robust digital infrastructure, aligning with the government's vision of a Digital India. This tech-driven approach makes the system more accessible, transparent, and efficient.

Striking the Perfect Balance: Career vs. Personal Life

■ SURJIT SINGH FLORA

In our rapidly moving society, the boundaries between work and personal life frequently become indistinct, resulting in increased stress, exhaustion, and challenges in relationships. Setting clear boundaries empowers you to focus on your well-being, making sure that your professional life doesn't encroach on your personal time and the other way around. This could include establishing clear working hours, disabling work notifications during your personal time, or setting up a dedicated workspace at home. By setting these boundaries, you can focus on each part of your life with the care it needs, freeing yourself from feelings of being overwhelmed or guilty. Establishing these boundaries allows you to safeguard your mental and emotional well-being while also boosting your productivity and overall satisfaction. Being fully engaged in your work enhances your focus and efficiency. When you step away from your responsibilities, you can genuinely unwind, rejuvenate, and dedicate time to nurturing your personal relationships and pursuing your passions.

Prioritize your well-being

Prioritizing self-care is crucial for harmonizing your professional and personal life. Nurturing your physical, emotional, and mental well-being empowers you to maintain focus and enhance productivity in your professional life.

Incorporating straightforward habits such as sufficient rest, regular physical activity, and nutritious eating can revitalize your energy levels. Additionally, engaging in mindfulness or seeking therapeutic support can effectively alleviate stress. These practices enhance your performance in your career while also boosting your overall wellness, enabling you to navigate both personal and professional obstacles with greater ease. Prioritizing self-care is essential for maintaining balance and clarity, allowing you to stay connected to what truly matters beyond your professional life. By investing time in your passions, unwinding, or cherishing moments with those you care about, you establish a healthy boundary between your work and personal life.

Welcome the power of adaptability

Embracing adaptability is essential for achieving a harmonious balance between your professional and personal life, particularly in our ever-changing and digital world. Life frequently presents us with unforeseen challenges or opportunities, and embracing adaptability empowers you to navigate your professional duties and personal obligations with greater ease. Consider making changes to your work schedule to prioritize family gatherings, allowing yourself necessary breaks to prevent exhaustion, or exploring

different strategies to achieve work goals while still honouring your personal time. Embracing adaptability allows you to navigate life's challenges more smoothly, ensuring that both your professional and personal spheres receive the attention they deserve, while also alleviating the sense of being overwhelmed.

Embrace technology with intention

Harnessing technology effectively can be a transformative approach to cultivating a harmonious balance between your professional and personal life, enhancing productivity and simplifying your tasks. Utilizing resources such as calendars, task managers, and communication applications empowers you to maintain organization and establish distinct boundaries between your professional and personal life. For example, creating reminders for crucial deadlines or scheduling time for personal activities can help you maintain balance and prevent feeling overwhelmed by work obligations.

Moreover, utilizing video conferencing or remote work platforms fosters adaptability, empowering you to navigate your responsibilities from various settings while prioritizing your personal wellness.

It's essential to stay aware of how we engage with technology, as it can easily mix our professional and personal lives. Frequent notifications and the urge to check emails outside of work hours can significantly interfere with your personal time. To achieve harmony in your life, establishing boundaries is crucial. This could mean disabling work notifications during your personal time or setting aside specific hours to disconnect from technology, allowing you to fully immerse yourself in quality moments with loved ones or pursue your passions.

Focus on what truly matters and empower others to take on tasks.

By clearly identifying your most important tasks, you can concentrate on what genuinely counts, both in your career and in your personal journey. Establishing priorities empowers you to navigate your time wisely, allowing you to stay focused and not be sidetracked by tasks that hold less significance. For instance, addressing important work tasks at the beginning of the day allows for greater freedom to engage in personal activities later on, while also ensuring that work does not interfere with your personal time.

Sharing responsibilities is crucial, as it helps distribute the workload and prevents feelings of being overwhelmed.

In a professional setting, this could mean reaching out to coworkers for support or delegating specific tasks to team members. In your personal journey, delegating might involve reaching out to family members for support with household tasks or enlisting

help for personal projects.

Focus on mastering your time management skills.

By structuring your day into focused segments, you can set aside specific time for both work-related responsibilities and personal pursuits. Utilizing resources such as planners, to-do lists, or digital calendars can empower you to maintain focus and overcome procrastination. By effectively managing your time, you can achieve your work deadlines while still preserving your personal time, creating more chances for relaxation or pursuing your hobbies. Mastering your time can significantly lower stress levels and enhance productivity, allowing you to concentrate on one task at a time instead of trying to manage several responsibilities simultaneously. Setting achievable goals and dividing big tasks into smaller, manageable steps is essential for success. Moreover, incorporating regular breaks and dedicating time for rest helps you maintain your energy levels and prevent exhaustion.

Embrace the art of stepping back

Establishing distinct boundaries, like refraining from work emails or calls during personal time, fosters a healthy separation between professional and personal life. By completely stepping away from work during evenings, weekends, or vacations, you create the opportunity to rejuvenate, unwind, and concentrate on what truly matters to you beyond your professional life, like family, hobbies, or personal well-being.

Stepping back to recharge enhances your overall wellness and boosts your effectiveness. Being in a state of constant engagement can result in exhaustion, heightened stress levels, and a decline in overall effectiveness. Taking time for yourself to indulge in what makes you happy allows you to come back with a revitalized outlook and invigorated spirit.

Express yourself honestly

When you articulate your needs, expectations, and boundaries with your colleagues and loved ones, you create an environment where everyone is aligned with your priorities. In your professional life, sharing your schedule and availability fosters clear expectations. Meanwhile, in your personal life, expressing your work commitments enables your loved ones to provide the support you need. Clear and open dialogue nurtures comprehension and helps avoid misinterpretations that might cause unwarranted tension. Being transparent about your challenges and victories, whether at work or home, can significantly enhance your relationships in both spheres.

By sharing your aspirations, challenges, and requirements candidly, you foster a space of understanding and teamwork. This

empowers you to handle your obligations with greater efficiency, confident in the backing of your community. Embracing the power of open communication allows you to seek support, modify timelines, and celebrate personal achievements, ensuring that both your professional journey and personal experiences receive the focus they truly merit.

Design meaningful moments

Scheduling meaningful moments is essential for achieving a harmonious balance between your professional and personal life, as it allows you to focus on pursuits that bring you happiness and peace. By dedicating intentional time for loved ones and passions, you ensure that your personal life shines brightly, not dimmed by professional obligations.

By planning this time ahead, you increase your chances of following through and steering clear of work-related interruptions. This practice enables you to rejuvenate and uphold a sense of satisfaction beyond your professional life.

Moreover, dedicating time for meaningful activities allows you to enhance your organization and handle your obligations with greater efficiency. This approach establishes a distinct boundary between professional and personal realms, allowing for complete concentration on each aspect without the burden of feeling overloaded. By purposefully dedicating time to what truly matters to you, you can fully embrace your personal life while maintaining productivity and focus on your professional endeavors.

Reach out for guidance when necessary

It's important to recognize that managing everything on your own can be overwhelming. Seeking support from colleagues, family, or friends can significantly ease your stress and create a more balanced life.

At work, sharing your responsibilities or discussing your workload with a supervisor can help you maintain balance and avoid feeling overwhelmed.

At home, seeking help with household tasks or emotional support can open up more time and space for your personal growth. Understanding that it's okay not to take on everything can inspire you to concentrate on what genuinely counts, freeing you from guilt and the pressure of being overwhelmed

Seeking assistance not only eases your burdens but also strengthens relationships and fosters a sense of belonging.

Those close to you, whether they are family, friends, or colleagues, can provide new insights or solutions that you might not have thought of, helping you find a better balance in your responsibilities.

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■ GL KHAJURIA

The oldest part of the framework goes back to the very beginning of human civilization in India (4000-5000 years ago) when a unique ethic of animal welfare and protection evolved to protect life other than human. Chanakya exposed the need to protect elephant forests in the Arthashastra and Asoka forbade the killing of animals for sport. And these are too of the several interventions that contributed to the preservation of nature in ancient and medieval India. The post-independence era saw the birth the Indian wild life protection act, 1972. A forward thinking law which is probably the single most important reason why we still have as much as we do today the active

political support that wildlife conservation as a cause drew made the frame work of protection stronger.

If the frame work got its contours from the Indian populace and its elected representatives, it got its grain from the front line forest guards that protect wildlife through much of its range. More than 20,000 forest guards, foresters and range officers form the guardians of our wild, the van rakshak who toil day in day out to protect our wildlife. Though, like all government departments, this department too has been hit by corruption, the sloth and inefficiencies, it has remained on the who a hardworking and honest service that has protected wildlife from poachers, smugglers and sheer of neighboring

villages. Finding the binding glue for the frame is providing by the innumerable men and women, tiger wallahs, herds-men, elephant conservationist and amateur nature enthusiasts to formed the clubs, conservation trusts and charitable societies to ensure that the official frame work was buffered and enhanced.

Because of all these varied networks and support structures and despite a billion people crowing out nature the country still has more the half of the world's wild tigers not with understanding the current crises 655 of the Asian elephants, 855 of the greater one-horned rhinos and 1005 of the Asian lion.

India- the land of natural wonders and heavenly

resources. India has about 2% of the total forest area of the world. However, the forests here are home to millions of flora and fauna. According to IUCN Red Book, out of 63837 species living in Indian forests, 19817 species are on the verge of extinction.

In the present scenario where many species of flora and fauna are thriving for their existence, more number of threatened species is continuously getting added to the list. The situation is very tense. More than 10000 species are vulnerable, 5766 species are endangered and 3947 species are critically endangered. Here we are talking about the species and not the individual. The total population of endangered species is in the millions.

Most endangered species in India include Asiatic Lion, Bengal Tiger, snow Leopard, Nilgiri Tahr, Kashmiri Red Stag, black buck, One-horned Rhinoceros, Malabar Mahogany, Muesli, Red sandalwood, Assam Catkin Yew, ebony and Hinkley Oak.

The main reason for such disastrous condition of plants and animals is the loss and destruction of habitat- over-hunting and over-harvesting, Excessive exploitation of resources, Introduction of invasive species, Deforestation, Human population growth, pollution, Industrialization, Urbanization, Climate Change and Global Warming, acid rain and Nitrogen pollution.

Such a growth rate of species loss is not a good sign.

Destroying the habitat of millions of flora and fauna is an inhumane act. Just think about being homeless for a while. The condition of wildlife is really pathetic. Our future generations will not be so lucky to see many of the species that we can easily see around us today. Natural resources are not just for our personal benefit. We should be morally bound and have a proper conscience about what we are doing. We are destroying the right to life of many species just because we are bound by our greed and false sense of superiority.

All this is causing the breakdown of the ecosystem. Rare herbs of medicinal value are becoming difficult to find, it is a matter of great shame for the medical field. Crop yields are

decreasing because the higher the number of species in an ecosystem, the higher the crop yields. This also affects the economy of the country. Ecosystem chains are badly disturbed.

Appropriate measures should be adopted to reduce the speed of extinction loss. Various national parks, sanctuaries, conservation reserves, community reserves and wildlife reserves should be established. Appropriate environment should be created in the in-situ conservation sites. Deforestation and tree plantation programs should be campaigned. Let us work together to create a healthy environment where every species and every organism has the right to live and the right to habitat.

Z- Morh Tunnel-Connecting People & Boosting Economy

■ OMKAR DATTATRAY

The Z-Morh Tunnel is located in Ganderbal district of Jammu and Kashmir ,India. The 6.5 km bi-connects directional tunnel connects Gagangir and Sonamarg ,which used to remain cut-off during heavy snowfall .The tunnel will ensure all-weather connectivity to the popular tourist destination .The Z-Morh tunnel is 6.5 km of approach roads leading to both portals .Situatd at a height of approximately 2,637 metres -8,650 feet above sea level ,the tunnel provides all weather access and ease of travel to the people that is to the passengers .The Z-Morh tunnel is engineered to accommodate up to 1,000 vehicles per hour allowing a maximum speed limit of 80km/hr. The tunnel also includes a 7.5 -metre -wide emergency escape tunnel which curves for two purposes-emergency evacuation and potential railway use. Developed with the New Austrian Tunneling Method-NATM ,the tunnel is known for its efficiency in tunneling through challenging geographical conditions. It was leveled to boost not just civilian travel ,but for military logistics in the region. The Z-Morh tunnel is part of the larger NH1 Srinagar-Leh Highway network .The cost of the tunnel is around Rs 2,700crore and its construction began in May 2015 and completed in 2024.The Z-Morh tunnel replaced the Z-shaped stretch

of road which was prone to avalanches and landslides to improve the safety and efficiency of travelers. The Z-Morh tunnel starts from Gagangir and its ending point is Sonamarg .This tunnel stretches for around 6.5 km and it will significantly reduce the travel time between Srinagar and Sonamarg .Along with another crucial tunnel ,Zojila ,which is expected to be completed by 2028,Z-Morh will result in significant reduction of distance between Srinagar and Ladakh and ensure year -round travel for tourists and locals .Z-Morh tunnel construction started in May 2015.It faced multiple delays when the original contractor Infrastructure Leasing and Financial Services -IL&FS halted the work due to a financial crisis in 2018.The project was finally completed and at cost around Rs 2,700 crore in 2024.Overseen by the National Highways and Infrastructure Development Corporation Limited -NHIDCL ,the Z-Morh tunnel has been referred to by NHIDCL as an "engineering marvel ."The name "Z-Morh" derives from the Z-shaped roadway that existed before the tunnel's construction, was situated at an elevation of over 8,500 feet and was susceptible to snow avalanches during winter ,which led to the closure of access to Sonamarg throughout the cold months .Concurrently ,the construction of the Zoji-la tunnel -link-

ing Sonamarg in Kashmir to Drass in Ladakh -is in progress, with completion slated for December 2028 Indian Prime Minister Narendra Modi inaugurated the Z-Morh Tunnel in Sonamarg ,Jammu and Kashmir on 13th of January 2025 physically .It was a historical and epoch making event in which besides Modi,LG Manoj Sinha ,Chief minister Omar Abdullah ,union minister Nitin Gadkari ,MoS PMO Dr. Jitendra Singh and other senior officers of the central government and the officers of the UT were present at the inauguration ceremony of the Z-Morh tunnel .The Sonamarg Tunnel project ,around 12 Km long ,has been constructed at a cost of over Rs 2,700 crore.

It comprises of the Sonamarg main tunnel of 6.4 Km length ,an egress tunnel and approach roads. Situated at an altitude of over 8,650 feet above sea level, it will enhance all -weather connectivity between Srinagar and Sonamarg enrout to Leh ,bypassing landslide and avalanche routes and ensuring safer and uninterrupted access to the strategically critical Ladakh region. Prime Minister Narendra Modi addressed a gathering during the inauguration of the Sonamarg Tunnel in J &K .He paid tribute to all those people who died during constructing this tunnel.He said this tunnel will ensure safer and uninterrupted access to the

strategically critical Ladakh region .It will also promote tourism by transforming sonamarg into a year -round destination. boosting winter tourism ,adventure sports ,and local livelihoods .The Z-Morh Tunnel is strategically situated to enhance connectivity in the region and plays a crucial role in reducing travel time and improving access between critical areas. Positioned at an altitude exceeding 8,630 feet ,the tunnel will enhance connectivity between Srinagar and Sonamarg while providing safe access to the strategically important Ladakh region. The tunnel is engineered utilizing advanced construction techniques to ensure safety and durability. Its design facilitates efficient traffic flow and minimizes environmental impact.This connectivity along National Highway -1 will strengthen defense logistics and foster economic growth and socio-cultural integration across Jammu &Kashmir and Ladakh. In fact this tunnel will bring Sonmarg not only on the tourist map of India,but will make Sonamarg the world tourist destination. This tunnel will give boost and impetus to the tourism and local economy and local traders ,hoteliers, transporters ,labourers and people will be benefitted by the operationalization of Z-Morh tunnel .It will promote employment locally as the educated youth and even unskilled workers will get the oppor-

tunity to have jobs and thus will get livelihood .This besides creating much needed connectivity and safe and easy travel and reduction in travel time between Srinagar and Sonamarg ,will promote local economy .When completed ,the Z-Morh tunnel ,alongside the Zojila Tunnel expected by 2028,will shorten the travel route from 49 km to 43 km between Sonamarg in Kashmir to Drass in Ladakh while increasing vehicle speed from 30 km/hr to 70km/hr. Chief minister Omar Abdullah expressed optimism regarding the Z-Morh tunnel's impact on tourism ,with his statement highlighting that the tunnel will facilitate the development of Sonamarg as a premier ski resort ,allowing residents to remain in the region during winter and significantly decreasing travel time to Kargil and Leh from Srinagar.

The completion of the z-Morh Tunnel is expected to boost local economies by promoting trade and tourism ,ultimately benefitting the overall development of the region ,in addition to enhancing regional connectivity ,safety and economic growth. Z-Morh has acquired its name from the Z-shaped road stretch that was previously at the place where the tunnel was constructed. This tunnel is a critical infrastructure project that will not only provide all-weather connectivity to the

famous tourist resort of Sonamarg but will also help connect Kashmir and Ladakh throughout the year when the construction of Zojilla tunnel will be completed in 2028.Developed by National Highways and Infrastructure Development Corporation Limited ,the Z-Morh is a 6.412 km -long tunnel that connects Sonamarg with Kangan town in the central Kashmir's Ganderbal district .Constructed near Gagangir village near Sonamarg ,a famous tourist destination on the Srinagar-Leh highway ,the tunnel will provide all -weather connectivity to it as well as Ladakh ,which is important for strategic and military reasons. The opening of the z-Morh tunnel will open Sonamarg to tourism all year round ,Sonamarg will now be developed as a great ski resort .The local population will not have to leave in winter and the travel time to Kargil /Leh will also lessen .In short the Z-Morh tunnel will be an all weather friend and not a fair weather friend and it will revolutionize the travel between Srinagar and Sonamarg and in future and due course of time when Zojilla tunnel will also be completed the connectivity between Srinagar and Leh will become a reality in all weathers .It will really be a boon for the people of J&K and Ladakh.

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