> "It is divinity that shapes, not only your ends, but also your acts, your words and thoughts."
> —Swami Sivananda

ONE NATION, ONE SUBSCRIPTION

India, a nation of over 1.4 billion people, is witnessing rapid digital transformation. With the increasing reliance on online services, ranging from entertainment platforms to news outlets, online learning, and even government services, the need for a simplified and unified subscription model has become more pronounced. This is where the concept of "One Nation, One Subscription" (ONOS) comes into play.

ONOS is an innovative approach that aims to create a unified platform or model for digital subscriptions across the country. Under this system, individuals and households could access a wide range of digital services-be it entertainment, news, education, or government-related services-through a single subscription. The idea is to streamline the myriad of subscriptions currently available, making it easier and more cost-effective for users to manage them.

India's digital landscape is fragmented. A typical Indian consumer might subscribe to multiple streaming services like Netflix, Amazon Prime, or Disney+ Hotstar for entertainment, educational apps like Byju's or Vedantu, digital newspapers, and online news portals. This results in not only a financial burden but also a lack of standardization across services. Many services operate on different platforms, with varying pricing models, making it difficult for users to keep track of their subscriptions. Furthermore, the digital divide in India is still prevalent, with rural areas having limited access to quality content. A unified subscription model could bridge this gap, providing equitable access to education, healthcare, entertainment, and other essential services across all regions of India. The core of ONOS would be a centralized digital platform or app where users can subscribe to various services under a single umbrella. This platform could offer a range of categories, such as education, news, entertainment, government services, and even healthcare. The government could collaborate with private players to offer subsidized rates for essential services, ensuring that low-income groups also benefit from this initiative. For example, government-sponsored educational content could be offered to students, or healthcare advice and services could be made available for rural populations. One of the key benefits of ONOS would be the reduced cost for users. By bundling multiple services under one plan, economies of scale could lead to lower prices. A flat-rate subscription or tiered plans could be designed to cater to different segments of society-premium services for those who can afford them and affordable, subsidized packages for the less privileged. Users could choose customized subscription packages based on their needs, whether they are looking for entertainment, learning resources, or government benefits. Instead of paying separately for various services, a single subscription could cover all their digital needs.

One man from one family to contest once in life from one constituency

■ **RAJIV KUMAR SANGRA**

Democracy is the government system by the people for the people and of the people. Countrymen elect and send their representatives, their leaders to the parliament to make laws. To the countrymen one day is very important when they have a say and that's the day of voting. As this day comes near the political contestants start making strategic statements to lure voters. Democracy in India needs thought always in all periods of time. World went through long phases of autocracy, ambitious monarchy and so history witnessed bloodshed, wars, miserable living to the normal human being. Only a few lived well and the rest of the world strived hard for a lunch and a dinner. Then Democracy emerged on the world scene which ensured equality and equal opportunities to all and so it flourished and countries over countries have been adopting this system of governance. Democracy ensures freedom to such a great level that it needs to have some teeth too. It should ensure freedom to the people but not to the elected representatives. Democracy should ensure a strict discipline and strict system for representatives to work in.

India is a country of many faiths, many castes, many languages, many colors, many communities and many kinds of living. By nature human beings are sensitive to their faiths, their area, their community, their society, their color, their dialect. In the hands of opportunists this is a tool they use to build their vote share. Those who stand in elections use divisive politics and these sentiments to cover their failures on deliverables as per their election manifesto. This deprives the voters of the freedom of choosing a right candidate. For example in a constituency only 20 % of voting happens because of no choice to the voters and one leader belonging to a particular faith goes on winning from that constituency for as many times as one can be in a life. This particular leader cleverly uses religion, caste whatever it may be and reaches to the parliament and enjoys life and pension and dispenses nothing. This leader does not think new because he does not need to, he knows the weak link and he builds his castle on that weakness of the society and on the other hand the people do not get anything better or good at least.

Sons and daughters of presidents of political parties rise to the top chair. Barring a few, almost all political parties in India are commercial establishments where strategies for growth of the party are devised and many times at the cost of the nation's interests. Presidents are the owner's of these business establishments. Reigns remain in the hands of a family in most of the parties and words like dynastic polities, family constituency are so frequently heard. Democracy is a casualty here. Like the kings of history, the same way these political bosses are now ruling through their political dynasties through ethical and unethical political and apolitical means. All these dynastic political parties are hugely rich and the thought process of all the members revolve around how to get richer and affair is run like a business enterprise. There are many examples in India where we find one is Chief Minister because he or she is the son or daughter of the president of the party and party is their family business and all the members support it merely for the reason they also want to lick whatever thrown their way and it is always something there. They show that they have chosen their leader democratically which is actually very far away from the facts all the time because it remains a field of career for them though all of them keep on saying that they are here for service to society but many of them do not even know what service is.

Political Leaders make their strongholds and these strong holds supply oxygen to their political careers. They are favorites there. They divert finance meant for development in other areas to their constituencies, towards the constituencies where people belonging to their faith live, where people belonging to their caste live. Development is not sent where needed but is sent to the area where money can be made out of that by the people standing down the line. This is another wound on the face of democracy.

Democracy should contain a system within where faith, caste, religion based politics cannot be done. Democracy should have a system where a party could not be converted to a business generating unit. The person who forms the party and the members has to be on the spin with no stability. Only thing that's required to be stable is democracy. Let the sons and daughters toil for their share of success. Let no one form his or her strong hold. Let the system be strong enough that it remains a struggling point for the career minded and a vast field of opportunities for those who have service orientation. Freedom belongs to the masses and not to the one who is positioned to rule.

Political leaders lure people with freebies, and the innocent public does not know what to ask for. The only question that a person has to ask is what you are doing to strengthen the democracy of our country. They have an interest in keeping it weak because that helps their sons make a way to the top chair and that also helps them to contest from two constituencies to ensure chances anyway. They are always interested in making a law that allows them freedom, and more freedom, more authority and never we found them doing anything to restrict their feet.

We cannot afford to depend on the morality of the person to be good to be godly to us. We want to be ruled by the system and we want you, political bosses and everyone to be ruled by the system. India needs a strong democratic system and a strong democratic system would ensure a character, integrity in you and me and in everyone. The system generated honesty is a boat that can sail through every tempest and an honesty of the self is the boat in which a hole can emerge anytime.

One man from one family to contest once in life from one constituency is the formula being proposed here. No one would be allowed legally to contest the elections from the same constituency for the second time. This way no one would get the opportunity to make a stronghold. This time here in this constituency and next time in another constituency. This way goodness would spread to other areas and cleverness would die its own death. In just three terms the person would cross his neighborhood and enter into a strange zone and this zone may not have the people of his caste or religion and there it is only the work that would make a way for him to parliament or to assembly. This formula will end the family constituency or dynastic rule kind of explanations. Another thing we ask our leaders to end up with is the option of contesting from two constituencies in one election.

So next time a leader comes to our area, we need to press them for what we need. We need a law to restrict a person from contesting again and again from the same constituency and from two constituencies. One man, from one family, to contest once in life, from one constituency.

Welcome 2025, Goodbye 2024: A Sincere Commitment for Unity, Growth, and Revival

■ **DR. JAIPAL SINGH**

As we bid farewell to 2024 and step into 2025, it is a time for introspection and hope. Reflecting on the challenges and achievements of the past year, we will set the stage for a brighter and more inclusive future. Guided by principles of equality, compassion, and collective progress, our focus must remain on unity, Growth and revival. Humanity thrives when it fosters understanding, care, and growth for all sections of society, transcending religious, cultural, and ideological divides. Together, we can create a world rooted in shared values, ensuring a harmonious and prosperous future for generations to come.

2024 has been a year of significant milestones, but it also highlighted areas that require urgent attention. Despite advancements in technology, infrastructure, and space exploration, many continue to grapple with basic needs like food, shelter, and education. Starvation, homelessness, and unemployment remain pressing challenges, particularly in a populous country like India.

Governments and social organizations have worked tirelessly, yet the enormity of these issues necessitates collective efforts. Each self-sufficient individual must contribute to ensuring food security, building affordable housing and providing access to quality education. True progress is achieved only when no one is left behind and every citizen enjoys a dignified life.

India's strength lies in its diversity. With its rich volume of cultures, languages, and religions, the nation exemplifies unity in diversity. Yet, misinterpretation of religious principlesand exploitation of self-ideologicalthoughts often create societal divides. Embracing the teachings of peace, love, and unity inherent in all faiths can foster harmony and understanding.Promoting peace begins at the individual level. Simple acts of kindness and empathy can create ripples of positivity. Social welfare programs should prioritize uplifting marginalized groups, ensuring equal access to opportunities and resources. By bridging divides, we can create a society where every individual feels valued and respected.

Education for the youth is the cornerstone of his progress in all walks of life. However, disparities in access to quality education persist, particularly for economically weaker sections. Government is pressing hard to ensure quality education access to every student with different types of scholarships and financial aid irrespective of religion, caste or economic status. It includes MCM scholarship too. Scholarships and financial aid empowers talented students, from underprivileged backgrounds, ensuring opportunities for them to excel.Further, The National Education Policy, NEP-2020,is providingskill development, innovation programmes, Vocational trainings and focuses on catering to domestic and global demands. This approach not only creates self-reliant individuals but also contributes to economic growth to bring a rapid transformation in the society.

A society is judged by how it treats its most vulnerable members. Women, children, and the elderly often face unique challenges that require targeted interventions. Women empowerment programs should emphasize education, employment, and safety, ensuring gender equality in all spheres of life. For children, access to quality healthcare, nutrition, and education is essential for holistic development.

The elderly, often neglected, must be provided with social security and community support to lead dignified lives. Mobile technology offers tools to enhance elder care, such as health monitoring apps and regular communication. However, excessive reliance on technology should not replace meaningful in-person interactions, which are vital for emotional well-being.Traditional values of love, care, and community living must be reignited to counter the fast-paced, materialistic pursuits of modern life.India's cultural ethos is a treasure trove of knowledge, compassion, social harmony and environmental sustainability.

Environmental sustainability is another issue which is very much essential for a future generation. Promoting eco-friendly practices and adopting sustainable technologies can address climate change and resource depletion. Individual and collective efforts, such as reducing waste, conserving energyand protecting natural habitats can create a more sustainable world for coming generations.

Now, As we enter Jan 01, 2025, it is time to carry forward the lessons of 2024 and commit to building a society rooted in equality, compassion, and progress with the following principles :

1. Unity in Diversity: Embrace the richness of our cultural and religious diversity, fostering mutual respect and understanding.
2. Economic Empowerment: Create opportunities for all through education, skill development, and entrepreneurship.
3. Social Welfare: Prioritize the needs of the marginalized, ensuring access to basic necessities and dignity for all.
4. Cultural Revival: Reignite the values of love, care, and community that define Indian culture.
5. Sustainability: Promote environmentally sustainable practices to ensure a better future for coming generations.

In Gist,The transition from 2024 to 2025 is not just a change in the calendar year but an opportunity to reflect and renew our commitments. Let us bid goodbye to the shortcomings of the past year and welcome the new year with hope, determination, and a vision for a brighter future. Together, we can create a world where everyone thrives, and humanity's true potential is realized.

Happy New Year! May 2025 bring peace, prosperity, and progress for all.

Reservation row in Jammu and Kashmir, most unsubstantial

■ **SUNAINA MIR**

Nobody can deny this certitude that reservation has been an inseparable part of Indian Constitution since B.R Ambedkar drafted Indian Constitution in 1950. The act of reservation was incorporated with an aim to uplift most disadvantageous sections of Indian society. No doubt reservation to SCs, STs, OBCs has ameliorate their life standards to a large extent. Governments from time to time keep on appending more ethnic groups to get benefits under reservation, something similar has happened in union territory of Jammu and Kashmir during the year 2023. When our Governor Manoj Sinha has given acquiescence to the amendment made in Reservation Act 2005 of Jammu and Kashmir. This amendment has opened new doors of education, employment and life with dignity and identity for a Marginalized Pahari community by its inclusion under the umbrella of ST. This amendment has not only given a pragmatic shape to the dreams of POJK refugees but has also given 10? reservation quota to Economically weaker section (EWS).

But, for the last one month, we have been hearing voices averse to this amendment made in Jammu Kashmir reservation act 2005. Member Parliament from Srinagar Lok Sabha Constituency, Aga Ruhullah Mehdi even raised this issue in Indian Parliament asserting that, this amendment has crossed the reservation cap of 50? . But, I am apologetic to say this allegation is far away from facts. Following points will prove my statement.

(1) If , we analyze the pre and post amendment list of division of percentage of reservation in Jammu and Kashmir, we come to a conclusion that SCs are sharing the same 8 ? of reservation, now we move to ST share, which is raised by 10? incorporating most deserving Pahari ethnic group under ST umbrella because Pahari tribe is one of the most ancient tribes of India. As per Indian Constitution, it is the prime duty of central Government to preserve the cultural heritage of ancient tribes of India, in order to preserve Indian diversity. So 10? ST reservation to Pahari Qabila wholly solely comes under the ambit of Constitution of India.

(2) Now we move to the other categories like OBC ALC and RBA, these three categories shared total of 25? of reservation perior amendment but now their percentage is reduced up to 22? of reservation.

(3) Now come to 10? of EWS reservation which has become bone of contention. To your revelation this 10? quota is a reservation to the students coming from general category as per 103rd Constitution amendment Act 2019 added articles 15(6) and 16(6) to the constitution of India . This 10? quota of reservation is not applicable to students belonging to ST, SC, OBC and RBA

(4) After this there come the 6? quota of ex service men and 4? quota for specially-abled students , these two reservations run parallel to reservation.

(5) By adding 8? of SC, 20? of ST 22? of OBC, ALC and RBA it reaches up to 50? thus not crossing the reservation cap of 50?. It is pertinent to mention here that we are excluding 10? EWS quota because it is only for students coming from general category and 6 and 4? of reservation to children of ex service men and specially-abled students respectively because these two run parallel to reservation.

In the conclusion, I just want to say Courts of Jammu and Kashmir are already overburdened with innumerable unsolved cases, please do not burden them by more unsubstantial cases.

(The writer is Principal SG GDC Doongi)

New Year, New Boundaries: resolution to ditch Whatsapp images and good morning messages

■ **MANMOHAN DHAR**

As the clock struck midnight and we welcomed a brand-new year, many of us made resolutions to improve our lives in various ways. We vowed to eat healthier, hit the gym more, or maybe even learn a new language. But this year, how about a resolution that's a little different-a digital one: No more WhatsApp images or "Good Morning" messages".

At first glance, this may seem like a small and trivial goal, but let me tell you, it's a major step toward reclaiming our mental space and digital health. Here's why we need to chose this particular resolution and how to stick to it.

Why to do away with WhatsApp Images and "Good Morning" Messages is what may not sound so friendly to some hard core messages senders who are hell bend thinking that this is the only way to maintain relationships. But that is not what it actually works.

We are noticing a pattern in our daily WhatsApp activity. Every morning, without fail, we wake up to a flood of messages, mostly consisting of two things: 1. Random images, usually of flowers, sceneries, cute animals, or motivational quotes-and 2. "Good Morning" messages from our friends and family.

While the gestures are kind and thoughtful, but these messages and images drain the digital space in a way that any sensible person won't appreciate.

Mental Clutter is what draws every prudent person's attention towards the significance of these entirely useless engagements. Each image or message that comes through requires a small chunk of attention. And honestly , it's not like we get ever truly engaged with these messages. IA smile, maybe a thumbs-up emoji can make one feel like we are clearing a mental to-do list of meaningless interactions. Sure, these messages are short and harmless, but they built up over time and contribute to a sense of mental clutter.

Digital Overload is yet another social media hazard we are facing in the contemporary social media scenario.

We often find ourselves scrolling through WhatsApp during the first moments of our day. Instead of enjoying a peaceful cup of coffee or setting an intention for the day, our cell phones get bombarded by endless images and texts. The notifications, the constant buzzing-it feels like our phones are demanding attention before we are even ready to start our day in the real sense of the time.

It is not like we are too busy for "Good Morning" messages. Far from it! We just realize that those few seconds of scrolling through endless image galleries or responding to endless "Good Morning" texts are eating up more time than we think. If we multiply that time by the hundreds of messages we get every year, we find that's a lot of time spent on little digital gestures that we didn't even truly need or want.

Once we resolve saying "NO" to these endless messages we can realise that the benefits of Saying No to Digital Small Talk are endless.

Taking a step back from these WhatsApp habits isn't about rejecting the people who send them or coming off as rude. It's about prioritizing our time, our mental health, and our focus. Here's what we can hope to gain from this resolution:

More Time for What Matters to us a lot more then this waste of time.

By cutting out the endless scrolling and message-sending, we can have more time for the things that matter. Instead of spending the first 10 minutes of our day replying to dozens of messages, we can take that time for something more intentional-like reading a book, meditating, or planning our day for a constructive start.

Fewer Digital Interruptions can be yet another benefit of saying "NO".

How soothing it can be while reclaiming our mornings. No more notifications the second we wake up. we'll be able to start the day on our own terms, without the pressure of responding to messages or feeling like we need to check every single image. It's about setting boundaries in a way that allows us to focus on our own well-being.

Digital Minimalism is something that takes us towards well being and constructive stance in our day to day routine. This is part of a larger trend and the one we need to embrace. Just as we clear physical clutter from our homes to create space for what matters, digital minimalism is about removing the noise from our online lives. It's not about rejecting technology altogether; it's about using it intentionally. Less clutter, more clarity.

Let's be real: saying "no" to WhatsApp images and "Good Morning" messages is not going to be easy. It's a cultural norm, especially in family circles, where these messages are a form of connection. So, how do we plan to make this resolution stick?

First of all, we need to set "Clear Boundaries" to start by gently setting expectations with our close friends and family. A simple message like: *"Hey, I'm cutting back on WhatsApp messages and images this year to declutter my digital space. I'd love to catch up with you in person or over a call!"* can do wonders. Most people will understand once they know it's a personal boundary, not an attack on their affection.

For those messages that we don't want to totally ignore but still don't want cluttering the notifications, we can use the "mute" feature. This allows us to stay connected but without being constantly interrupted by unnecessary images or texts.

We also need to encourage Real Connections. Instead of sending the usual "Good Morning" images, we should encourage more meaningful communication. Why not pick up the phone and call someone? Or send a more thoughtful text, something personal, like asking how their day is going or sending a recommendation for something I know they'd enjoy. The first few days will probably feel strange. But as we get used to not having my mornings filled with dozens of images and generic messages, everyone would most likely feel more relaxed and grounded.

And for those friends and family members who send these messages out of love, we may still express gratitude and say to them that you would appreciate their understanding while you say to them, Hey! -it's just that this year, I'm choosing to love myself a little differently by reclaiming my digital space.

As we step into the New Year, let's think about the digital habits we want to leave behind. The world won't end if we stop sending "Good Morning" messages, and our friendships won't wither if we opt out of sharing random WhatsApp images. By creating healthier boundaries in our digital lives, we can actually create more meaningful space for connection in the real world.

So here's to a year of less digital noise and more intentional moments. Cheers to simplifying, de-cluttering, and enjoying life-without the endless stream of WhatsApp images.