

SOCIAL SECURITY COVERAGE

Social security is an essential pillar of modern welfare systems aimed at ensuring financial stability and protection for workers against various risks, including unemployment, illness, injury, old age, and disability. It provides a safety net that enables workers to maintain their livelihood when faced with unforeseen circumstances. The concept of social security is not only crucial for individual workers but also for broader societal stability, as it promotes economic mobility, reduces poverty, and enhances social cohesion.

In an increasingly globalized and industrialized world, workers face numerous challenges, including job insecurity, fluctuating incomes, health risks, and aging populations. As the nature of work evolves due to technological advances, market shifts, and globalization-many workers find themselves in precarious employment situations with limited access to benefits traditionally available through full-time or permanent jobs. This makes social security coverage even more critical, as it provides a safety net for vulnerable workers who might otherwise have no recourse in times of need.

Without adequate social security coverage, workers may experience significant hardships during periods of unemployment, illness, or retirement. This not only affects the individuals but can also have negative economic consequences, as large segments of the population may struggle with poverty, poor health, and insecurity. Therefore, social security plays a central role in ensuring that all workers, regardless of their job type or contract, have access to essential protections.

One of the primary functions of social security is to provide financial support to workers once they retire. A pension system ensures that workers who have contributed to the system throughout their careers continue to receive income in their old age. These benefits help prevent poverty and maintain a decent standard of living for retirees. Contributions to pension funds are typically made by both employers and employees throughout the worker's career.

Workers often face health-related risks that can lead to significant financial hardship. Social security systems usually include provisions for health insurance, ensuring that workers and their families have access to essential healthcare services. This coverage can include hospitalization, doctor's visits, prescription medications, and preventive care, reducing the financial burden of medical costs. Unemployment benefits are designed to provide financial support to workers who lose their jobs due to layoffs, company closures, or other factors beyond their control. These benefits typically replace a portion of the worker's lost income for a specified period, helping them sustain themselves while searching for new employment. In the event of a work-related injury or illness that results in long-term or permanent disability, social security programs provide disability benefits. These benefits are intended to replace a portion of the worker's income while they are unable to work, as well as to cover the costs associated with medical treatments, rehabilitation, and ongoing care.

Social security systems often provide financial support for workers who need to take time off to care for a newborn or sick family member. Maternity leave, paid parental leave, and family caregiving benefits help workers balance their professional and personal responsibilities while maintaining financial security during times of family needs.

■ I.D. SONI

The Power of Compassion: If we are filled with anger, we create more suffering for ourselves than for the other individual. When we are inhabited by the energy of anger, we want to punish, we want to destroy. That is why those who are wise do not want to say anything or do anything while the anger is still in them. So we try to bring peace into ourselves first. When we are calm, when we are lucid, we will see that other individual is a victim of confusion, of hate, of violence transmitted by society, by parents, by friends, by the environment. When we are able to see that, our anger is no longer there.

Forgiveness will not be possible until compassion is born in our heart. Even if we want to forgive, we cannot forgive. In order to be compassionate, we have to understand why the other individual has done that to us and our people. We have to see that they are victims of their own confusion, their own world view, their own grieving, their own discrimination, their own lack of understanding and compassion. Compassion always protects us from anger, and that is why compassion is the antidote for the anger. With compassion we can relate to other people. Without compassion, we are cut off. We should learn to practise these two wonderful things - compassionate listening and the language of loving speech.

An act of compassion always brings about transformation. If not right now, it will happen in the future. The important thing is we don't react with anger. We react with compassion, and sooner or later we see the transformation in the other individual. We keep being compassionate, we keep being patient.

There is nothing in this world that is stronger than compassionate heart. Ethics involve compassion. Compassion leads us to success in life. Compassion for the injured, the ill, and the aged reveals the personality of a human being. Compassion provides an opportunity to dream beyond what is possible.

Heart Awakens Through Compassion: There is no power on earth greater than love. By mildness and gentleness we can conquer the world, God is love and peace. An abusive tongue and mind filled with wrath are signs of ignorance. Until love, compassion and forgiveness dwell in our heart and perfect peace in our mind, we cannot realise God.

Compassion is the first quality to be developed in order to attain the bliss of impersonal

Love. At the sight of suffering our heart is touched and it melts. In a mysterious way we feel suffering of another as our own. This feeling is not of body or mere mind. It is outcome of a consciousness of something that equally dwells within us and the sufferer and which is undivided. By a strange impulse we are urged to succour him. Our act of relief, whatever shape it takes, yields us inexplicable peace and joy, understanding at once that the root of love is in our impersonal self and to realise it, awakening the heart to the feeling of compassion and the resultant selfless action is essential. Let us perform all our life's activities in such a manner that we can every moment be conscious of our identity with the whole creation. Let us not rely on any standard, however exalted which is merely dogmatic, ethical or mental. Soar beyond all conditioned states of thought and life, and, teaching the infinite reality, make this great impersonal as the one immortal standard of our entire life. Having compassion for oneself is really no different than having compassion for others. This can be done by those only who have awakened their heart through compassion.

Self Compassion: Having compassion for oneself is really no different than having compassion for others. Think about what the experience of compassion feels like. First, to have compassion for others we must notice they are suffering. If we ignore that homeless person on the street, we cannot feel compassion for how difficult his or her experience is. Second, compassion involves feeling moved by other's suffering so that our heart responds to their pain (the word compassion literally means to "suffer with"). When this occurs, we feel warmth, caring and the desire to help the suffering person in some way. Having compassion also means that we offer understanding and kindness to others when they fail or make mistakes, rather than judging them harshly. Finally, when we feel compassion for another (rather than mere pity), it means that we realise that suffering, failure, and imperfection is part of the shared human experience, "There but for fortune go !"

Self compassion involves acting the same way towards ourselves when we are having a difficult time, fail, or notice something we do not like about ourselves. Instead of just ignoring our pain with a "stiff upper lip" mentality we stop to tell ourselves "This is really difficult, how can I comfort and care

for myself in this moment?"

Compassion and the Individual: One great question underlies our experience, whether we think about it consciously or not : what is the purpose of life?

Great men have considered this question very seriously and shared their thoughts in the hope that they may be of direct, practical benefit to those who read them.

They believed that the purpose of life is to be happy. From the moment of birth every human being wants happiness and does not like suffering. Neither social conditioning, nor education, nor ideology affect this. From very core of our being, we simply desire contentment. Therefore, it is important to discover what will bring about the greatest degree of happiness.

(i) **How to Achieve Happiness:**

From their vast experience they have found that the greatest degree of inner tranquility comes from the development of love and compassion. They believe that the more we care for the happiness of others, the greater our own sense of well-being becomes. Cultivating a close warm hearted feeling for others automatically puts the mind at ease. This helps remove whatever fears or insecurities we may have and gives us the strength to cope with any obstacles we encounter. It is the ultimate source of success in life.

As long as we live in this world we are bound to encounter problems. It, at such times, we lose hope and become discouraged, we diminish our ability to face difficulties. If, on the other hand, we remember that it is not just ourselves but everyone who has to undergo suffering, this more realistic perspective will increase our determination and capacity to overcome troubles. Indeed, with this attitude each new obstacle can be seen as yet another valuable opportunity to improve our mind. This we can strive gradually to become more compassionate; that is we can develop both genuine sympathy for other's suffering and the will to help remove their pain. As a result, our own serenity and inner strength will increase.

(ii) **Our need for love:**

It is because our own human existence is so dependent on the help of others that our need for love lies at the very foundation of our existence. Therefore, we need a genuine sense of responsibility and a sincere concern for the welfare of others. We have to consider what we human beings really are. We are

not like machine objects. If we are merely mechanical entities, then machines themselves could alleviate all of our sufferings and fulfil our needs. However, since we are not solely material creature, it is a mistake to place all our hopes for happiness on external development alone. Instead, we should consider our origins and nature to discover what we require.

No material object, however, beautiful or valuable, can make us feel loved, because our deeper identity and true character lie in the subjective nature of the mind.

(iii) **How can we start?**

We should begin by removing the greatest hindrances to compassion; anger and hatred. As we all know these are extremely powerful emotions and they can overwhelm our entire mind. Nevertheless, they can be controlled. If, however, they are not, these negative emotions will plague us - with no extra effort on their part and impede our quest for the happiness of a loving mind. It can cause an immense amount of destructive, unfortunate behaviour. Compassion is by nature gentle, peaceful and soft, but it is very powerful. It is those who easily lose their patience, who are insecure and unstable. Thus, to us, the arousal of anger is a direct sign of weakness.

So anger and hatred are always harmful, and unless we train our minds and work to reduce their negative force, they will continue to disturb us and disrupt our attempts to develop a calm mind. Anger and hatred are our real enemies. These are forces we must need to confront and defeat, not the temporary enemies who appear intermittently through out life.

I often joke that if we really want to be selfish, we should be very altruistic ! We should take good care of others, be concerned for their welfare, help them, serve them, make more friends, make more smiles. The result? When we ourselves need help, we find plenty of helpers. Because we all share an identical need for love, it is possible to feel that anybody we meet, in whatever circumstances, is a brother or sister. No matter how new the face or how different the dress and behaviour, there is no significant division between us and other people. It is foolish to dwell on external differences, because our basic natures are the same.

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How emotional intelligence for kids is important?

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Emotional intelligence (EI) refers to the ability to recognize, understand, and manage our own emotions while also being aware of and empathizing with the emotions of others. For children, developing emotional intelligence is essential as it lays the groundwork for their social interactions, decision-making, and overall mental well-being. Unlike adults, who often have more life experience in navigating feelings, children need guidance to learn how to express their emotions appropriately and cope with them effectively.

Understanding emotions is the first step in building emotional intelligence. Children experience a wide range of feelings, from joy and excitement to frustration and sadness. However, they may not have the vocabulary or framework to articulate these emotions. Teaching children to label and express their feelings helps them gain insight into their emotional landscape. This understanding is crucial, as it enables them to communicate their needs and feelings to others, fostering healthier relationships with peers and adults.

Additionally, managing emotions is a vital aspect of emotional intelligence. Children benefit from learning coping strategies that can help them navigate difficult feelings. For example, when faced with anger or anxiety, techniques such as deep breathing, physical activity, or engaging in creative outlets can be invaluable. These strategies empower children to take control of their emotional responses, promoting resilience and well-being.

Recognizing the emotions of others is equally important. By developing empathy, children can better understand social cues and the feelings of those around them. This ability to connect with others fosters compassion and helps children engage positively in their communities. In essence, emotional intelligence equips children with the skills to navigate the complexities of their feelings and relationships, providing them with essential tools for success in life.

The Need for Emotional Management Education

Despite the overwhelming evidence of the importance of emotional intelligence, children are often not explicitly taught how to manage their emotions effectively. One reason for this gap is the traditional focus in educational systems on academic skills, leaving little room for emotional education. Many parents and educators may also lack the knowledge or resources to teach emotional management, often prioritizing cognitive development over emotional growth. This oversight can have significant consequences.

When children are not equipped with the necessary tools to handle their emotions, they may struggle to cope with stress, anxiety, and frustration. The inability to process these feelings can lead to unhealthy coping mechanisms, such as aggression, withdrawal, or substance use. Research has shown that children who lack healthy emotional management skills are more likely to face challenges later in life, includ-

ing mental health issues, relationship difficulties, and even academic setbacks. This gap in emotional education can hinder their ability to function effectively in various environments, from school to social settings.

Furthermore, the absence of emotional management education can perpetuate a cycle of emotional illiteracy. Children who grow up without learning how to articulate and handle their feelings may become adults who struggle with emotional regulation. This cycle can affect not only their personal lives but also their professional relationships and overall mental health. Thus, it becomes imperative to emphasize the development of healthy coping mechanisms early on.

Building emotional management skills in children is essential for fostering resilience and emotional well-being. By teaching children how to identify, express, and manage their emotions, we empower them to navigate life's challenges more effectively. This proactive approach can significantly improve their quality of life and contribute to healthier future generations.

Recognizing and Labeling Emotions

Helping children recognize and label their emotions is a critical step in fostering emotional intelligence. When children can identify what they are feeling, they are better equipped to communicate their needs, empathize with others, and manage their emotional responses. Here are some effective strategies to enhance their understanding of emotions.

One of the most engaging ways to introduce children to emotions is through reading books that focus on emotional themes. Stories that depict characters experiencing various feelings can prompt discussions about those emotions. Parents and educators can ask open-ended questions like, "How do you think this character feels?" or "What would you do if you felt this way?" This encourages children to think critically about emotions and enhances their vocabulary related to feelings.

Emotion charts are another valuable tool. These charts include images or illustrations of different facial expressions paired with corresponding emotion words. By using such charts, children can visually associate feelings with expressions, making it easier for them to label their own emotions. Regularly incorporating these charts into daily conversations about feelings can help solidify their understanding and vocabulary.

Role-playing activities can also be instrumental in helping children understand emotions. By acting out different scenarios, children can explore how various emotions manifest in real-life situations. For instance, role-playing a situation where someone is feeling sad can help them practice empathy and recognize the signs of sadness in themselves and others. This method not only reinforces emotional vocabulary but also teaches children how to respond compassionately.

Additionally, creating a safe and supportive environment for children to express

their feelings is essential. Encouraging them to share their emotions without fear of judgment fosters open communication. When children feel heard and understood, they are more likely to explore and label their emotions accurately, which is fundamental in developing their emotional intelligence.

Creating a Supportive Environment for Emotional Expression

Creating a safe space for children to express their feelings is essential for their emotional development. Children thrive in environments where they feel secure and valued, enabling them to articulate their emotions freely. When a child feels accepted and safe to share their thoughts, it fosters a sense of trust and encourages them to explore their emotional landscape without fear of criticism or rejection. This supportive atmosphere not only promotes healthy emotional expression but also lays the groundwork for building emotional intelligence.

Active listening plays a crucial role in this process. When adults engage in active listening, they demonstrate genuine interest and concern for a child's feelings. This involves giving the child full attention, maintaining eye contact, and responding appropriately to what they are saying. By validating their emotions, adults help children recognize that their feelings are important and worthy of discussion. This validation is vital; it reassures children that it is acceptable to experience a wide range of emotions and encourages them to express themselves openly.

Moreover, validating a child's emotions can significantly enhance their emotional intelligence. When adults affirm a child's feelings-saying things like, "It's okay to feel sad" or "I understand why you are upset"-they help the child process and understand their emotions better. This practice not only aids in emotional regulation but also teaches children how to empathize with others. By modeling this behavior, adults can encourage children to listen to and respect the emotions of their peers, further enhancing their social skills.

In essence, a supportive environment combined with active listening and emotional validation empowers children to express their feelings healthily. This practice nurtures their emotional intelligence, equipping them with essential tools to navigate their relationships and life challenges effectively.

Kid-Friendly Coping Mechanisms

Teaching children effective coping mechanisms is crucial for their emotional well-being. These strategies not only help them manage their feelings but also empower them to face challenges with resilience. Here are some kid-friendly coping mechanisms that can foster emotional health:

Deep Breathing

Deep breathing exercises are a simple yet powerful tool for children to learn how to calm themselves. Taking a few slow, deep breaths can help children relax both mentally and physically. This practice

reduces stress and anxiety, making it easier for them to regain focus and composure during overwhelming moments. Encouraging children to visualize their breath as a wave can make this technique more engaging.

Exercise

Physical activity is an excellent way for children to release pent-up energy and manage emotions. Whether it's playing outside, dancing, or participating in organized sports, exercise helps to boost mood and alleviate feelings of stress. Engaging in regular physical activity not only promotes physical health but also enhances emotional resilience by providing an outlet for frustration and anxiety.

Creative Activities

Expressing emotions through creative outlets like drawing, painting, or crafting can be incredibly therapeutic for children. These activities allow them to channel their feelings into something tangible, helping them process emotions in a constructive way. Whether they're doodling their feelings on paper or crafting a sculpture, creative activities can serve as a valuable coping strategy.

Reading

Reading can offer children a much-needed escape from their emotions. Diving into a story allows them to explore different perspectives and feelings through characters. This distraction can be particularly helpful when they are feeling overwhelmed. Reading also encourages empathy and understanding, as children relate to the experiences of the characters they encounter.

Engaging with Music

Music has a profound impact on emotional well-being. Children can use music to lift their spirits or calm down when they're feeling anxious. Whether they are listening to soothing tunes or making their own music, this form of expression can facilitate emotional release and relaxation. Singing along to their favorite songs can also provide a joyful distraction and enhance their mood.

By incorporating these coping strategies into their daily routines, children can develop healthier emotional responses, paving the way for a more resilient future.

Understanding Healthy vs. Unhealthy Coping Skills

Coping skills are essential tools that children use to manage their emotions and navigate life's challenges. These skills can be categorized into two distinct types: healthy coping skills that promote emotional well-being and unhealthy coping skills that serve as distractions from underlying issues. Understanding the difference between these two types is crucial for fostering emotional intelligence in children.

Healthy coping skills are constructive strategies that help children manage their feelings effectively. For instance, deep breathing exercises can help calm anxiety and anger, allowing children to regain control over their emotions. Engaging in physical activities, such as playing sports

or dancing, can also serve as a positive outlet for excess energy and frustration. Creative pursuits like drawing or writing provide children with a means to express their feelings and process their experiences. These healthy coping mechanisms not only deal with emotions but also build resilience, leading to better emotional regulation over time.

On the other hand, unhealthy coping skills can lead to avoidance and may exacerbate emotional difficulties. Examples of unhealthy coping mechanisms include excessive screen time, substance use, or acting out aggressively. While these behaviors may offer temporary relief from distress, they do not address the root causes of emotions and can lead to long-term consequences, such as increased anxiety, depression, or strained relationships. For example, a child who uses video games as an escape may avoid confronting feelings of sadness or frustration, ultimately preventing emotional growth.

Learning healthy coping strategies early in life offers significant long-term benefits. Children equipped with these skills are better prepared to handle stress and are less likely to engage in risky behaviors as they grow older. They develop strong emotional regulation, which contributes to improved mental health and social relationships. By nurturing healthy coping skills, we empower children to face challenges head-on, fostering a generation that is emotionally resilient and capable of managing life's ups and downs effectively.

Parental Role in Teaching Coping Skills

Parents play a crucial role in helping children process negative emotions and develop healthy coping mechanisms. When children encounter difficult feelings, such as anger, sadness, or frustration, it is essential for parents to create an environment that allows for emotional exploration and growth. This involves not only acknowledging the child's feelings but also guiding them towards understanding and managing those emotions constructively.

One effective approach for parents is to model emotional expression. By openly discussing their own feelings and demonstrating how they cope with stress, parents provide valuable examples for their children. For instance, if a parent feels overwhelmed, they might say, "I'm feeling a bit stressed, so I'm going to take a few deep breaths and go for a walk." This not only normalizes the experience of negative emotions but also illustrates practical coping strategies.

Turning mistakes into learning opportunities is another important aspect of this process. When a child makes a mistake or experiences a setback, instead of expressing disappointment, parents can frame the situation as a chance for growth. Asking reflective questions like, "What could we do differently next time?" or "How did that make you feel?" encourages children to think critically about their actions and emotions. This approach fosters resilience by teaching them that mis-

takes are a natural part of learning and that they can improve through effort.

Additionally, parents can help children develop problem-solving skills by involving them in discussions about potential solutions. For example, if a child is upset about a conflict with a friend, parents can guide them in brainstorming ways to resolve the issue. This collaborative process not only empowers children to take ownership of their emotions but also strengthens their ability to navigate social situations.

By actively engaging in their child's emotional development, parents can instill valuable coping skills that will serve them well throughout their lives.

The Risks of Overusing Coping Skills

While teaching children healthy coping strategies is essential for their emotional development, it's equally important to recognize the potential pitfalls of over-relying on certain techniques. One of the most common coping mechanisms that children, and even adults, tend to overuse is screen time. While technology can provide temporary relief and distraction, excessive reliance on screens can lead to avoidance of real-life problems and hinder emotional growth.

When children use screens-be it video games, social media, or television-as their primary means of coping, they may find themselves escaping rather than confronting their feelings. This avoidance can prevent them from developing the necessary skills to handle emotions effectively. For instance, a child who consistently turns to video games to escape feelings of sadness may fail to address the underlying issues causing those feelings, leading to a cycle of avoidance and emotional numbness.

Moreover, excessive screen time can interfere with the development of social skills. In-person interactions provide invaluable lessons in empathy, communication, and emotional regulation that screens simply cannot replicate. When children opt for virtual interactions over real-life connections, they miss out on essential opportunities to practice reading social cues and responding to others' emotions, which are critical components of emotional intelligence.

To maintain a healthy balance, it is vital for parents and caregivers to encourage a variety of coping strategies. While screens can be a part of the solution, they should not be the sole method for managing feelings. Engaging in physical activities, creative pursuits, or simply spending time in nature can offer children alternative outlets for their emotions, fostering resilience and emotional growth.

Establishing screen time limits and promoting diverse coping strategies helps children learn to address their feelings directly, rather than avoiding them. By doing so, they become equipped to navigate life's challenges more effectively, ensuring that their emotional intelligence continues to develop holistically and healthily.

