

REALISE YOUR IMPORTANCE

Any creature that God has created in this world has been created for a specific purpose. Every animal, bird, plant, human being has his own contribution in making this world beautiful. If we talk only about importance of a human being and not all living beings, then every human being has his own specific place. Among millions of people living in world, everyone is special to someone, rich or poor. A father may not be important to anyone as a human being but he will be the most important for his children. In the same way, a woman who performs just house-cleaning work, will be the most beautiful woman for her children in the world. In a nutshell, we can say that every human being has his own existence. But sometimes the situation becomes such that we forget the importance of ourselves and start giving importance to the people connected with us. We get sad when we don't get the same kind of love, respect or importance in return from people, which hurt our self-esteem and sometime making us fell prey to inferiority complex. Everything in this world has a limit. When any kind of action goes too far, it starts negative consequences. So don't hurt your existence by paying attention to people. If God has created you, there is a specific purpose. No matter how many people are there in entire universe, none can take your place. You have a special place in the whole universe. After losing a job, not succeeding due to challenges, sometimes a person starts feeling unnecessary but remember that it is better to face the situation with courage than to kneel before the situation and live a thoughtful life.

If you feel you are unnecessary, focus on refining your personality so that you can do something unique. Always keep in mind that you are the only one in this entire universe and there is none like you. How much you value yourself is more important than whether people realize you or not. People can only be expected if they accept themselves. So the only thing that can be concluded by paying attention to aspects discussed in this article is that you are special, never forget your importance and do not fall prey to inferiority complex.



OFF 'D' CUFF Thought Management

Everyone wants a stress-free life. Puja Gurudevshri illuminates that a stress-free life is the fruit of managing our thoughts well. In this article He elucidates seven types of thoughts and in Part 2 He will explain how to manage the adverse category of thoughts.

Stress isn't because of hard work, lot of work, no work or tough situations. It is an inability to manage your thoughts. If you can manage them well, there is little or no stress. When doing simple movements of hands, legs, and eyes, you know you have control over them. What about your thoughts? If you work daily a little on your thoughts, then gradually you will learn the art of managing them.

Understand that there are seven types of thoughts:

1. Toxic Thoughts - These are thoughts of anger, frustration, jealousy, criticism, gossip etc. In these thoughts, the focus is on others. In anger you want to hurt someone through your thoughts, words or deeds. In jealousy, a thought of that person arises and you turn wild. E.g. you are angry with your spouse and if someone praises him/her, you will react - 'ask him/her to be good like this whole day.'

2. Negative Thoughts - In these thoughts you alone are in your focus. These thoughts are of hurt feelings, self-doubt, fear, anxiety, low self-confidence, etc. They create negative emotions and eventually lower your inner state. E.g. 'Nobody loves me.' 'I am unworthy.' 'Why me?' etc.

3. Waste Thoughts - Unnecessary thoughts that keep popping up when you are doing something. They are called waste thoughts because at that time they are de-focusing you from your work at hand. E.g. you are studying and you get a thought, 'what would be the match score now?'. Planning during prayers is a waste thought. That doesn't mean sports, of planning are bad. It only means don't focus on them now.

After your task is completed you may think about them in detail, but not now.

4. Necessary Thoughts - These are thoughts regarding work at hand. Say, you are sitting in your living room and you want to go to the kitchen, and you think 'I must get up from here.' This is a necessary thought, it prompts you to

fulfill your task. If you are leaving for a yoga class, thoughts regarding carrying a mat etc. are necessary thoughts. If you don't have necessary thoughts, you will end up missing on what you need to do.

5. Right Thoughts - These thoughts make you know things as they are. E.g. you are angry and have the thought, 'I am angry.' You see someone helping another person, and your thoughts reflect the same. You try your best in doing a task and you failed, the mind says, 'I did not succeed in this task.' In short, a right thought is thinking or knowing exactly the way it has happened. Usually, you think what your mind interprets about things, people and situations rather than knowing them as they are.

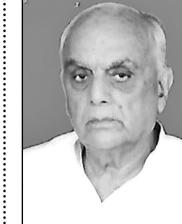
6. Positive Thoughts - The moment you think these thoughts, you experience peace, joy, enthusiasm, positivity. These thoughts follow right thoughts. E.g. you could not do well in your exams, right thoughts make you perceive it correctly and then positive thoughts say, 'so what if I couldn't do well this time. This is not the end of life. I will put in more effort and if needed take help from others and do well next time.' Such thoughts do not let toxic, negative or waste thoughts thrive in you.

7. Elevated Thoughts - These are spiritual thoughts. Like thinking about soul and role; contemplating on attributes of the pure soul like peace, love, knowledge etc.; thoughts regarding the nature of God, religion etc. These thoughts arise naturally when you have consistently nurtured and nourished necessary, right and positive thoughts. These spiritually elevating thoughts lead to the state of transcendence, bringing an experience of your blissful Self.

Out of the seven types of thoughts, on one side are toxic, negative and waste thoughts. Necessary thoughts are neutral. On the other side are the last three - right, positive and elevated thoughts. Your endeavour should be to become aware of the thoughts running in your mind, identify their type, analyse them and gradually move from toxic thoughts to elevated thoughts, and eventually to the state beyond the mind.

Puja Gurudevshri Rakeshji

■ ER P L KHUSHU



Terrorism has raised its ugly head in the Kashmir Valley yet again. Another terror attack in Srinagar by Pakistan trained terrorists when three Jammu and Kashmir armed police personnel got martyred and 11 have been injured after two terrorists attacked a police bus near a police camp at Zewan on the outskirts of Srinagar. One of the fallen policemen was an assistant sub-inspector and another section grade constable. The injured have been shifted to the hospital where the condition of some is said to be critical. Terrorists resorted to heavy firing on the bus in the highly secure area that houses several camps of various security forces. The incident took place in Zewan area. On October 2, terrorists killed Majid Ahmad Gojri and Mohammad Shafi Dar for their links with the security forces in Srinagar. On October 5, terrorists killed well known medicos eminent person Makan Lal Bindroo, whose family has set up a medical shop in the Valley back in 1947 and would serve all irrespective of cast and religion. He was gunned down at his shop in the high-security zone of the Iqbal Park area. Others killed include Virendra Paswan a street food vendor originally hailing from Bhagalpur in Bihar, and Mohammed Shafi Lone a resident of Naidkhail village, who headed an association of taxi owners in Shahgund village in Bandipora. On October 7, two teachers, Deepak Chand, a Kashmiri Pandit and Satinder Kour, a Sikh woman, became the latest to fall to bullets of terrorists. This spate of killings shows that terror groups are out to destabilize region once again targeting people hailing from vulnerable minorities like Kashmiri Pandits (KP) and Sikhs. They are also not sparing patriotic and secular Muslims. Recent brutal killings by the cowards of Pan-Islamic terrorists in Srinagar speak volumes about its origin and the motives behind such of the killings. Humanity all around is in deep anguish and sorry for their acts. These deplorable acts have been occurring in Jammu and Kashmir for the last more than thirty years now, yet the travesty of justice is that some prominent political leaders of Kashmir have repeatedly been advocating that India should talk to Pakistan immediately after such terror attacks occur. This has been their ritualistic prose and poem after they lost power in Jammu and Kashmir. Why should they say so now, when all such political leaders remained mum and dumb, when ever such terror attacks occurred during their ruler ship of Jammu and Kashmir, which they retained for decades by turns as dynasty political leaders. This repeated corroborative verbose of proposing that 'Talk to Pakistan' has been the one sentence dictum of sympathy of these leaders for Pakistan from the Indian soil and apparently will continue to use it in future too, for obvious reasons of

exhibiting their illusory and false sympathy to the terrorist organizations working in Kashmir at the behest of Pakistan. Have these proxy ambassadors of Pakistan in Kashmir ever condemned Pakistan for its terror rage and ruination in Kashmir? No never. It willy-nilly shows that these political leaders are per-se working as the designate representatives of Pakistan in Kashmir. So it can be assumed that Pakistan has enough representation in Kashmir by proxy. Reasons are apparent. They are out of power and have inklings that they will again be ousted in the likely elections to happen in the near future in Jammu and Kashmir, after delimitation exercise is over. This is an illusory ploy by them to confuse the people of Kashmir, for their vote bank politics, when such political leaders are exposed now fully, particularly in the Jammu belts for their dubious roles of speaking for India outside Kashmir and for Pakistan inside Kashmir. Some amongst them say that if India can talk to China, why then India should not talk to Pakistan as well. They should know that it is not India that is talking to China. It is now China talking to India. Similarly if they are that impatient to recommend talks between India and Pakistan, let them advise Pakistan as its well wisher, to take steps to talk to India on Kashmir on India's terms and conditions. Probably they are the only Indians amongst 130 crore Indians, who are helplessly asking for talking to Pakistan, forgetting that Pakistan is the aggressor and has devastated Kashmir in all respects including its economy, ecology, culture, its Sufi Cult and above all is trying to make Kashmir an Islamic module.

There is a feeling in Kashmir right or wrong, that with the mass arrests of political activists of various political parties for a long period of time, after the abrogation of Articles 370 and 35 A, the authorities are demonizing the people of Kashmir. These political leaders have a distinct right to agitate on such issues and the like, but how and why to get Pakistan involved in all such issues, by asking the central government to talk to Pakistan. It is an internal matter of India, what standing Pakistan has in it. In fact unfortunately such statements of these leaders who have ruled Jammu and Kashmir for decades are demonizing the peaceful conditions in Jammu and Kashmir, to keep the pot of Kashmir dispute boiling for their own political interests. Presuming though not conceding that some credence may be given to their statements that India should talk to Pakistan for peace in Kashmir, but let them signify, as to what to talk about. Should it be conveyed to Pakistan with folded hands that please pardon us and take this part of Kashmir? Or as true politicians, in the alternative why did not they convey to Pakistan that stop the terrorism in Kashmir and its devastation through terror modules, which has devastated Kashmir in each and every respect. Did they feel shy to do so for remaining in power for decades? These political leaders have equally been partners in NDA

governments from time to time by turns. They should have advocated it then. Why did they remain silent then? Was it for power and position?

Pakistan in its utter frustration laid the foundation of the proxy war in Jammu and Kashmir through its trained and well equipped terrorists, apart from instilling the concept of insurgency in some of the innocent youths of Kashmir, which is still continuing. It is now almost the 32nd year of such a proxy war through terrorism in Kashmir, which Pakistan is still bent upon to depend upon. There have been numerous attempts by India, to improve the relationship, notably the Shimla Summit, the Agra summit, and the Lahore summit. But Pakistan has never been sincere in its approach to barter peace with India for its domestic compulsions. Since the early 1980s, relations between the two nations have grown increasingly sour, particularly after Pakistan's Siachen misadventure, and the intensification of the Kashmir insurgency in 1989. The 1999 Kargil War, was another major factor which spoiled the relations further. Certain confidence-building measures, such as the 2003 ceasefire agreement and the Delhi-Lahore Bus service, have been successful in de-escalating tensions. However, these efforts of peace by India were got impeded by periodic terrorist attacks from Pakistan. The 2001 Indian Parliament attack brought the two nations to the brink of a nuclear war. The 2008 Mumbai attacks carried out by Pakistani terrorists resulted in a severe blow to the ongoing India-Pakistan peace talks. Brutal killings of innocent people occurred with these attacks both on the innocent civilians and the security forces. Bilateral discussions between the two countries again got stalled after the 2016 Pathankot attack. In September 2016, a terrorist attack on an Indian military base, martyred 19 Indian Army soldiers, the deadliest such attack in years. This attack had been orchestrated by a Pakistan-supported terrorists group, which was as usual backed by ISI of Pakistan. This attack on Indian army soldiers, sparked a military confrontation across the Line of Control, with an escalation in ceasefire violations and further terrorist attacks on Indian security forces. Since 2016, the ongoing confrontation sponsored by Pakistan and its ISI, with continued terrorist attacks resulted in the collapse of bilateral relations. Notably, following the 2019 Pulwama attack, the Indian Government revoked Pakistan's most favored nation trade status, which it had granted to Pakistan in 1996.

In November 2015, Indian Prime Minister Narendra Modi and Pakistani Prime Minister Nawaz Sharif agreed to the resumption of bilateral talks; the following month, Modi made a brief, unscheduled visit to Pakistan while en route to India, becoming the first Indian Prime Minister to visit Pakistan since 2004. Despite those efforts, relations between the countries have remained frigid, following repeated acts of

cross-border terrorism by Pakistan. Who will stand responsible for such attacks on Indians on Indian soil by Pakistan? Should these suspected proxy representatives of Pakistan in Kashmir be made answerable for such mass killings. What about the brutal killings of Kashmiri pundits in Kashmir and their forced exodus from Kashmir due to pan-Islamic terrorism sponsored by Pakistan in Kashmir. It is now more than thirty years when KPs are living in exile somewhere else in their country. Should the political leaders recommending talks with Pakistan be reminded of the fact that more than six Lakh Kashmiri Pandit families were reduced to devastation and thousand killed, their house looted and burnt, when they were made to flee from Kashmir resulting in their mass exodus from Kashmir due to pan-Islamic terrorism fanned and abetted by Pakistan in Kashmir. Have they any sense of realization about this disaster of their fellow brothers the Kashmiri Pandits. They should stop giving such sermons of talking to Pakistan which is nothing but rubbing salt on the bleeding wounds of the displaced Kashmiri Pandits. Let them stop it somewhere. Have they ever condemned Pakistan and their terror hubs in Kashmir about it? Terrorism and terror has ruined Jammu & Kashmir and its people, particularly from the valley. Apart from that this Kashmir situation created and abetted by Pakistan has resulted in major debacles to the development of Jammu and Kashmir, apart from brain washing the misguided youth of Kashmir to take to guns to fight the Indian forces in Kashmir. It has taken a heavy toll of the youth of Kashmir, along with the devastation of so many families.

These political leaders should understand that while living in ivory towers of Gupkar, they should stop giving such sermons of talking to Pakistan which is nothing but rubbing salt on the bleeding wounds of the displaced Kashmiri Pandits. Let them stop it somewhere. They had their inning, let them take rest now in the golden nests of Gupkar, the 'Acquired Gifts of Nature', probably through their limbs of dynastic political base. They should behave as true Indians as long as they live on Indian soil, while having enjoyed enough of highest constitutional positions within the corridor of Indian domain of parliamentary governance which is highly democratic and secular. The only significant issue which India has with Pakistan is that it should handover the PoJK to India immediately without bragging much, when the political leaders arguing for talking to Pakistan in a plan language convey to Pakistan that handover PoJK to India. That it is the only solution. Let nobody remain in any dilemma. In fact these political leaders of Kashmir repeatedly asking for 'Talk to Pakistan', should in fact work for that.

(The author is a Chartered Consultant Civil Engineer, who has fascination for his motherland, the Union Territory of Jammu & Kashmir.)

God is to be worshipped as the one beloved, dearer than everything in this and next life.

-Swami Vivekananda

EDITORIAL

Has Pakistan enough representation in Kashmir?

exhibiting their illusory and false sympathy to the terrorist organizations working in Kashmir at the behest of Pakistan. Have these proxy ambassadors of Pakistan in Kashmir ever condemned Pakistan for its terror rage and ruination in Kashmir? No never. It willy-nilly shows that these political leaders are per-se working as the designate representatives of Pakistan in Kashmir. So it can be assumed that Pakistan has enough representation in Kashmir by proxy. Reasons are apparent. They are out of power and have inklings that they will again be ousted in the likely elections to happen in the near future in Jammu and Kashmir, after delimitation exercise is over. This is an illusory ploy by them to confuse the people of Kashmir, for their vote bank politics, when such political leaders are exposed now fully, particularly in the Jammu belts for their dubious roles of speaking for India outside Kashmir and for Pakistan inside Kashmir. Some amongst them say that if India can talk to China, why then India should not talk to Pakistan as well. They should know that it is not India that is talking to China. It is now China talking to India. Similarly if they are that impatient to recommend talks between India and Pakistan, let them advise Pakistan as its well wisher, to take steps to talk to India on Kashmir on India's terms and conditions. Probably they are the only Indians amongst 130 crore Indians, who are helplessly asking for talking to Pakistan, forgetting that Pakistan is the aggressor and has devastated Kashmir in all respects including its economy, ecology, culture, its Sufi Cult and above all is trying to make Kashmir an Islamic module.

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longer possible for the coming generation to experience the thrilling activities of this intermittent period. Scientific development has modernized many of such activities. We are the last generations who have seen everything from a bull-cart to supersonic aircraft that flies faster than the speed of light. We are witness to the advancement of railway steam engines to diesel engines and to next electric engines. We have enjoyed an adventurous ride on 'Shukh-Shukh' railways to Bullet Trains. Ours is the last generation who has seen the world of posting letters in post boxes of red color displayed by the Post offices at different locations and postman collecting them for their journey to their destination to a world of live chatting, from physical meetings to virtual meetings that had never been thought of but possible now. Ours was the generation that has received sleeping doze while living in mud houses in the form of fairy tales and stories of kings and magicians from grandmother, comfortably lying in their lap. We are the generation sleeping on the rooftop and focusing on the sky to find a moving star to get applause from others. Ours was the generation that has enjoyed their foods while sitting on the mud floor dually served by the elder of the home on 'Leafy plates' to sitting on costly dining tables served by the domestic help in costly cutlery. The occasional tea our generation has enjoyed by sipping from the plates to

costly tea sets. We are the last generation who has drunk Jaggery tea. We are the people who have played the traditional games 'Gilli Danda', 'Chhupai Chhupai or Hide-n-Seek', 'Chor-Sipahi', 'Langdi', 'Vish Amrit', 'Santolia', 'Lutta' Kho-Kho', 'Kabaddi', 'Kanche' or 'Marble's', 'Lattao', 'Hopscotch or Stoop' with their friends in the locality grounds. These are forgotten Indian Childhood Games. We are the people who have completed their homework in the moonlit night under the yellow light of the 'kerosene oil lamps', 'Mitti Ke Diye', and in the daylight reading novels by hiding ourselves under the bed sheets. We have witnessed and enjoyed 'Deodar tree twigs' called in older days as 'Deeniyani' bundled and lighted to act as 'Torches' generally called 'Battery' and that was a symbol of richness. We are many people who have exchanged our feelings with near and dear ones through postcards and waiting months together to arrive and reply back. We are the people of the same last generation who have spent their childhood without a cooler and have seen single stand fans in the entire family generally called 'Fratta'. We are the last people who often used to apply more mustard oil to our hairs and used to feel proud of oily hair in school and marriage functions. We are the last people in row who have made books, clothes and hands black while writing and using a twig-pen and

ink-pot. We are the last people who have written with twig-pen on the lime painted plank and washed the same for fresh writing. We are the last generation who have been beaten up by the teacher in the school and again been beaten by the family for complaining in the home. We are the last generation who used to run away after seeing an elderly one as a mark of respect and due to their fear coming home through alternate ways without being spotted. Ours is the last generation that has used for a long time their finger in applying black, red or white tooth powder for cleansing the teeth and has sometimes brushed their teeth with salt or charcoal. We are the 'radie babies' generation who have enjoyed the 'British Broadcasting services (BBC)', 'Vividh Bharti', 'Binaca Geet Mala/Cibaka Geet Mala' and Programmes like 'Hava Mahal'. Those who have enjoyed beautiful relationships and sharing sweetness with one and all, that is a missing link now-a-days. Life was very different in the 'olden days'. From our generation while as children we used to have a full complement of chores and other responsibilities and quite a lot was expected of the youngsters in a family. This generation has become social media addicts and we can't stop it at all. I believe that this generation has a hard time doing something without the internet because it is easy to look at something and find whatever we need really quickly.

he should be given some time to make the right decision. In addition to the main subjects he can choose other subjects which can be considered as minor subjects, the marks obtained in it should be combined with the marks of other subjects which are necessary for success in the examination. This will make it easier to ensure that the students are enjoying their favorite subjects and will not be unduly pressured to perform well. As the ideologies of society change, so does our education system and its nature. As the objectives of education change, so does the curriculum, educational methods, etc., depending on it. What needs to be done to improve the exam? It is important to consider this. The goal of education is the holistic development of the child and this holistic development is reflected in the behavior of the child. Assessing this development is not an easy task. The real purpose of education cannot be achieved just by getting marks and answering some selective questions. Exam reforms need to be adapted to the changing needs of the society, ideologies and education. For decades, students have been assessed through a grading system. Due to this, it was revealed that the students were competing to get marks only by memorizing the book knowledge. This problem is slowly increasing. All this is still the case today but the student's education cannot be evaluated with these questions and marks only because the aim of education is to develop the child holistically and to develop the qualities present in the student. Examination needs to be improved to achieve these objectives. At present, there is a lack of proper coordination in the teaching process, examination and assessment system. What is taught to students in the classroom and the way it is taught is becoming less and less directly related to the exam. Appropriate improvement in the exam is necessary to maintain this coordination properly. Courses have also changed over time. Gradually more curriculum materials are being added to the curriculum as these activities are essential for the holistic development of the child. A variety of activities are now included in the curriculum. The examination system and assessment system also need to be improved to properly evaluate these activities and to test the knowledge gained by the students. It is important to improve the exam for the development of qualities and talents in the students. According to individual differences, no two students and similar tendencies are interested and each child has some special ability and talent. That hidden talent is developed through education. The development of this talent is evaluated by examination. Examination improvement is essential for talent development. Education builds society and society creates education. Therefore, educational institutions can only function properly when there is a proper balance between the two. It has always been observed that the form of education changes as the needs and ideologies of the society change. Exam evaluation is also a part of it. Therefore, in order to establish the right relationship between education and society, there is a need for examination assessment, examination reform. While showing seriousness towards the reform of examination system, the education administration of the states should take appropriate steps.

Vijay Garg.

YOUR COLUMN

Need to improve exam system

Dear Editor,

At present the education system is facing some special problems. It is often observed that students who prepare for their exams throughout the year face depression on the day of the exam. Many new systems have been considered to address this problem, such as mid-term or semester exams and unit tests. All of these systems are preferred because they provide a slight relief to the students. However the big problem with this is that it puts pressure on students to read and memorize the syllabus in less time to get good marks. The main purpose of education is to educate students and help them to become better and more admirable in that field of knowledge. There should also be a system that shows what the students are actually being taught. The current situation demands a big change. An examination system should be developed, under which students should be given work, which they can complete at home and they should be given reasonable time to complete that work. This system will also ensure that students will improve the quality of their studies and eliminate any excuse or reason for failure.

It is important to prepare students for the future instead of teaching them a lot today. We can suggest to the student the subject in which he can build his future by studying. However,