

EXEMPLARY WORK

There is not an iota of doubt that work accomplished by the Ministry of Road Transport and Highways is simply outstanding as no other Government in the past has given such a phenomenal performance especially in the construction of highways. The issue came to fore when Road Transport and Highways Minister Nitin Gadkari informed the Rajya Sabha in response to a question that total length of national highways (NHs) in the country has increased from about 91,287 Km in April 2014 to about 1,40,937 Km till the end of November this year. It was also shared in the Parliament that during 2014-15 to the end of November 2021, projects for about 82,058 Km have been awarded and completion has been achieved in about 68,068 Km length of roads. The work executed by the concerned ministry is exemplary and Nitin Gadkari deserves kudos for accomplishing things in a superlative manner and what is more inspiring is the fact that the aforesaid ministry is breaking its own records with each passing day. As this was not enough, the minister has informed further that 49 projects in about 4,970 Km costing about Rs 1,13,000 crore are in various stages of progress and are targeted for completion by 2023-24. Besides, the concerned ministry has also initiated the conceptualization of additional 27 greenfield (fresh) expressways/ access-controlled highways for a total investment of about Rs 3.6 lakh crore. There are many more resounding projects in the offing thus making the aforesaid ministry working culture to be the most happening one as no other ministry has shown impeccable performance which precisely has impressed one and all in the country. Of course, Nitin Gadkari is doing wonderful work to improve country's infrastructure and for this he deserves kudos and support from all the countrymen. The pace with which the aforesaid ministry is accomplishing its jobs, the days are not far when road infrastructure in the country will become best in the world and for this the entire credit goes to Minister for Road Transport and Highways as the feat which this ministry has achieved couldn't be achieved without his farsightedness and dedication.



OFF 'D' CUFF

Anatomy of Anger and Retaliation

We can safely assume that all of us go through life with some incident happening that we do not like or that hurts us. Some person has wronged us in some way. Maybe someone has said something to hurt our feelings or hurt us physically. Someone might have taken something from us. Maybe someone has cheated, deceived, or lied to us. Someone we trusted might have broken that trust. Power, position, or wealth might have been taken from us. There is always a root cause of a problem between two people.

So, what happens next? We become upset, hurt, annoyed, and angry. We don't like it and we can't seem to forget it, thinking about it again and again. We may even talk to the person who hurt us or to others. Some people who have less control over themselves may thrash out physically to the person or take out their anger on someone else.

As the incident escalates, we find our thoughts and words occupied with how to rectify the situation. Some people will try to solve the problem peacefully by talking it over with the person who they felt had wronged them. Sometimes we try that, but the other person is not willing to listen to change. Then, we feel we must do something more drastic.

This leads to retaliation or revenge. We begin to think about ways to get back at the person who hurt us, or we think about ways to get even with them. Our mind refuses to forget what has happened until we retaliate. Thus, from that one incident, we end up creating more scenarios and situations in response. The other person then may get back at us for retaliating. A cycle of action and reaction may go on and on, escalating a small situation into a major problem.

What has happened in the process? We have lost our peace of mind. The initial incident may have lasted a few moments, or a few hours, or a day, but we have now spent hundreds of hours and countless days replaying what happened and thinking about how to

get even.

If someone has hurt us, we can choose to forgive and forget, or we can choose to retaliate. The choice is ours to make.

We do physical harm to ourselves when we are caught up in anger, hatred, and vengeance. These feelings cause damage to the body.

There are certain responses in the physical body designed to help protect itself in order to preserve the species. When a living creature senses danger, there are certain hormonal and chemical reactions within the body that help it respond to danger. These hormones cause one to fight or take flight. They are useful for giving the body strength and quick physical responses, such as running or protecting one's self. But if we interpret daily problems as life-threatening when they are not a threat to survival, then we are responding with the fight or flight hormones for no reason.

This causes the body to circulate hormones needed to run or protect one's self over minor situations that are part of daily life. Because these hormones, such as cortisol, are circulating through us when we do not need them to, they end up causing damage.

We know, for example, that cortisone has side effects on the body, so doctors recommend using it cautiously.

The solution for protecting the body against the hormones released by hatred, anger, and vengeance is simple: forgiveness. It is only through forgiveness that we can calm ourselves down and avoid the reactions of hatred and violence.

One technique to develop forgiveness is meditation. The problems of life will not end. However, through meditation we can focus our attention on the peace within so we can rise above life's difficulties. Through meditation we are in touch with a place of calm within us that gives us the strength to forgive others, overcome anger, and stay calm. We can choose peace and calm which will help improve our physical and mental health, and make for a happier life.

Sant Rajinder Singh Ji Maharaj



■ Y V SHARMA

In a historic decision by the Indian Parliament on August 5, 2019 Article 370 of the Indian Constitution and Article 35A giving special status to the state of J&K were abrogated and the erstwhile state of Jammu & Kashmir was bifurcated into two union territories of Ladakh and J&K. Nobody could predict such a massive decision all of a sudden, but the remarkable magical leadership of The Prime Minister Narendra Modi and the great organisational and administrative skills of Home Minister Amit Shah made it happen peacefully in an exceptional manner ending an era of uncertainty, insecurity and potentially volatile situation which had engulfed the state. Threatening speeches by the so called political leaders of the valley that there will be blood bath and there will be no one to carry the Tricolour proved wrong. The dynamic leadership, the strong political will and unquestionable commitment of Prime Minister Narendra Modi to peace, justice and development proved it beyond any shadow of doubt that honesty, accountability, untiring efforts and a mission to serve the people of the country knows no limits which may be insurmountable.

It is a matter of common knowledge that the Article 370, the least discussed article in the constituent Assembly was introduced as a purely temporary measure on account of extraordinary exceptional circumstances that prevailed in the state immediately after the partition of the country.

It was followed by the unconditional accession of the State by Maharaja Hari Singh, the then ruler of the state. Some concessions under Article 35-A were incorporated in the constitution in 1954 as special rights to the people of the state in the form of fundamental rights which were over and above the fundamental rights guaranteed to the citizens in rest of the country.

The permanent residents of the state had preferential rights such as right to employment, right to education & scholarship etc, right to acquire immovable property and settle within the territory of the state.

Citizens of India who were not permanent residence of the state were not entitled to avail these rights within the territory of the state whereas the permanent residents of the state could enjoy all these rights within the territory of India thus causing a discrimination between citizen and citizen on the ground of permanent residency of the state.

During almost 70 years after the state of Jammu & Kashmir became an inseparable part of India, Dr Farooq Abdullah, Omar Abdullah of NC and Mufti Mohd Syed and his daughter Mehbooba Mufti remained in power in J&K and were also the part of central Government i.e., Mufti

Mohammad Syed as the Home Minister of India in the cabinet of V P Singh and Omar Abdullah as a Minister of State in the cabinet of Atal Bihari Vajpayee and Dr Farooq Abdulla also enjoyed a cabinet berth in the central government.

If my memory fails me not, I remember that Abdullah's have asserted so many times that Kashmir problem is no problem, the only problem is the vacation of the territory of the state occupied by Pakistan illegally.

It is quite paradoxical that political leaders speak in different language which suits them when they are in power and when they are out of power.

In my view all political leaders should remain committed to the national interest, come what may. Article 370 had become almost ineffective and infructuous by the extension of more than 300 central laws enacted by the Indian Parliament and about 260 articles of the constitution which were extended to J&K from time to time.

The constitutional provisions and central laws were extended either in consultation or concurrence of the state assembly as prescribed in Article 370 of the constitution.

The Abrogation of Article 370 was overdue because it was felt that it had become an instrument of exploitation by the few political high-ups in the state and the common people did not benefit from it at all.

A sense of separate identity of the state was being developed, people were denied the feeling of being the citizens of the great democratic country like India whose constitution guarantees all its citizens freedom, equality and social justice irrespective of religion, caste, creed or sex.

There were rampant complaints of discrimination against the Jammu & Ladakh regions and communities like Valmikies, Tribals, Gurkhas, Paharies, Women, Gujjars, Bakarwals, OBCs, minority communities, West Pakistan refugees, etc, were treated as second class citizens.

That is why the bold initiative of Prime Minister Narendra Modi of abrogating Article 370 was hailed not only by the people of the country, but varied sections of almost all the communities across the state.

We must remember that conditions and circumstances change and with the change in times constitutions too change.

Many countries have amended their constitutions from time to time in consonance with the interest of the country.

It must be remembered that the national interest is paramount and should always be uppermost in the minds of citizens. There was another vicious effect of Article 370.

Pakistan and China, the two rogue states of the world used it as a handle to propagate that J&K is not an integral part of India.

Both of them are aggressors and have grabbed large territories of the erstwhile state of J&K and are not prepared to

return it under one pretext or the other even after protracted negotiations with India over the years.

Pakistan, which is an epicentre of terrorism in the world has tried to grab territories of the state from time to time by committing aggressions.

Even after biting dust in two wars and Kargil conflict it has not changed its policy of aggression. It has refused to vacate the State territory under its possession despite the clear directions of UNO though it has reiterated at the international forums that Kashmir (J&K) is an integral part of India.

The abrogation of Article 370 is an indirect message to both Pakistan and China that India reserves its right to get its lawful territories vacated.

More than two years have passed since the abrogation of Article 370 and the conditions of the JK UT post-August 2019 have witnessed a sea change in terms of peace, prosperity and development. Most of the discriminations perpetrated by the previous regimes are gradually disappearing.

All the rights enshrined in the Constitution of India are being extended to the people of Jammu & Kashmir and Ladakh. Under the mature, judicious, committed and determined leadership of Prime Minister Modi the JK UT is heading towards the equitable and holistic development of all sections of society. All sections of neglected communities and the remote areas are being given priority in the process of development.

A massive outreach programme has been launched under which more than 50 Union ministers have visited the U.T and have announced wide ranging long term developmental schemes with the accompanying allotment of funds. People are happy and comfortable, rejecting terrorism, bullets and provoking calls of the communal leaders.

They have fearlessly taken part in elections of Panchayats and local bodies as a result of which a three-tier Panchayati Raj system has been implemented for the first time in J&K. It is pertinent to mention that the elections were conducted very peacefully in the most fair and transparent manner despite fears of disruptions and violence.

Various schemes have been started for the youth in the economic, social and educational fields and opportunities have been created for the women especially in the rural areas to become independent, productive and successful. Special initiatives in the agriculture and horticulture sector augur well for the substantial increase in the income of the farmers in the coming days.

The U.T Govt under the strict supervision of the central Govt is involved in providing responsive, corruption free, accountable and transparent administration which has taken rapid strides in the field of Health care, Education, Industry and Tourism etc.

The visit of more than one lakh tourists in the valley, the arrival of film-producers for shooting and the great rush of pil-

grims for the Mata Vaishno Devi Shrine and other religious places are great indicators of the return of peace and tranquility in the UT.

With a view to end discrimination a delimitation commission has been set up which is expected to give representation to all neglected sections-Kashmiri Pandits, SCs, STs, Paharis, Tribals, and others.

A review meeting of the commission with three members of the parliament from the valley and two from Jammu is slated for December 20 and its final report is expected soon.

It will be followed by the holding of elections and grant of status of statehood later on.

With the valley based political parties involved in non-developmental issues, communal overtones and harping on the restoration of Article 370 which as explained above had already become dead are only trying to befool the people for their vested interests.

People have understood fully well that no nation on the face of the globe can tolerate a state in the federal setup which claims itself to be a country within a country. The opposition political parties in the UT are plagued by internal wrangles.

Therefore, the only ray of hope to the people in the UT in the coming elections is a committed and disciplined party like BJP whose leadership both at the central and local level is working 24x7 for the welfare of all sections of society and is confident of forming the next government in the region with the co-operation, love, trust and confidence of the people for its people friendly policies.

It is pertinent to mention here the basic philosophy & the agenda of the BJP as contained in the party's Constitution which is as under, 'Integral Humanism shall be the basic philosophy of the party.'

The party is pledged to build up India as a strong & prosperous nation which is modern, progressive & enlightened in outlook and which proudly draws inspiration from India's ancient culture and values & thus is able to emerge as a great world power playing an effective role in the comity of Nations for the establishment of World peace and a just international order.' Thus, integral humanism and justice based on India's ancient culture is the clarion call of BJP and all citizens should proudly join hands to strengthen the nation.

Therefore, the willing co-operation of all the constituents to strengthen, support and co-operate with BJP is need of the hour. It will ensure a peaceful and a prosperous life to the people of J&K. We are almost a 75 years old democracy and I call upon the political leaders to raise above all political assertions and join their heads together to work for establishing a rich and prosperous J&K, where everybody gets justice-social, economic and political irrespective of religion, race, caste, colour or creed etc.

(The author is Spokesperson J&K UT BJP).

Resolution for New Year 2022

■ SHYAM SUDAN

We are going to enter into a new year (2022) with lot of new aspirations and expectations in 2021. We have faced lot of troubles due to COVID pandemic and other natural disasters. We have lost lot of great personalities of our country.

Now we are dreaming for our good time. New Year is the only time when we realize and introspect our past happening of life. New Year brings new hope in everyone's life because everyone is very optimistic for his future. We believe that our happiness and comfort lies in future.

New Year is also a great time to start a new project and work in life. Every country has its own culture for welcoming the arrival of New Year.

Some welcome the New Year with lot of fireworks and lightening. Some starts it with loudness of music, some nation welcome the new year with various cultural programmes and pomp and show events. In India we start and welcome the New Year with prayers, devotion and other religious rituals.

The year 2022 is a very different kind of numeral for eyes. Our former President APJ Abdul Kalam dreamt a vision 2020 for New India. Let's make few resolutions for this New Year with a positive hope that our nation may be benefitted by such righteous initiative.

Make a resolution to plant at least ten trees in this year (2022). As we know trees are indispensable part of our life. Without trees and greenery we can't expect any kind of life on earth. These are the precious ornament for our planet earth.

Due to deforestation and cutting of trees we are facing lot of troubles in our life. In Delhi and other big cities we are facing the crisis of air pollution. If everybody make a pledge to plant at least ten trees in the whole year, again we can regain the beauty of our green planet.

If at least one crore people make this activity in their resolution of New Year then approximately ten crore new plants will come into existence on this planet.

Make a resolution to maintain the cleanliness around us and in our homes. Cleanliness is no doubt next to godliness. By starting a cleanliness drive at individual level we can contribute in the national campaign of Swachh Bharat Abhiyan. The vision of new decade will only be fulfilled if we enter into it with a clean surrounding and public places.

It not only improves the life style and hygiene of public but attract the attention and interest of many tourists across the world. Earlier mostly tourists and foreigner generally hesitate to visit our natural places of attraction due to unhygienic and filthy condition of such places.

Make a resolution to obey all the traffic rules in this year with sincerity and maturity.

This will not be helpful for maintaining the traffic discipline but shall prove that we are the responsible and educated citizens of this country.

However, Govt has already made several new rules for traffic violation penalties.

But these are meant for those who are irresponsible and uncivilized. By obeying traffic rules we can save our life as well as life of other innocent people.

their past mistakes and instead of looking forward always try to dig into the past to fix blame on others. Our leaders should act upon the advice of Confucius who had said that leaders should abandon those action that yield no results.

On the contrary, our leaders keep doing the same while expecting different results. They are so hardened in their ways that they don't realise the faults in their actions. Our economy has been on decline for decades but every Government, that takes power, blames its predecessors for ruining it.

Ironically while each Government puts all the blame

on the past Governments, they never change their own course and keep committing the same mistake. Selfish and myopic policies have gradually brought about destruction. High inflation, low employment, nonexistent healthcare, faulty education system and security have made life unbearable. Last but not least I would like to suggest our political leadership that they should realise gravity of the situation, stop playing blame game and work together to bring the country on the path of economic progress and development on sustainable way.

Mool Raj.