

GOVT TREADING FAST

There is no doubt that Government is moving apace to invite investors in the UT of J&K and the days are not far when industry in this region will flourish like any other state in the country bringing ample scope for the residents to have employment in their hometowns thereby putting an end to trend of migrating to other parts of the country in search of jobs and livelihood. In this context, Jammu & Kashmir Trade Promotion Organisation (JKTPO) has invited investors from West Bengal to explore opportunities offered in the Union Territory in its recently announced investment and land allotment policies. There is no doubt that LG's administration has come out with the country's best industrial policy offering everything which an investor wants from the Government. The Government has projected that J&K now offers best incentives and improved infrastructure facilities to big business houses as this is a now or never opportunity for investors.

Reportedly, entrepreneurs are invited to visit J&K to have first-hand feel of new business environment which will ensure that UT will see a new era of peace and prosperity.

There is no doubt in the statement made by the government that barriers to commerce and trade have been removed and the people of J&K can now fully enjoy the rights and benefits enjoyed by all other citizens of India rather than just a limited set of rights and benefits. It has created a conducive atmosphere for business and industry sector in the UT of J&K and those who are trying to derail process by spreading false narrative including some of the dynast politicians are doing big harm to people of J&K as this will hamper the change which will cost dearly to UT and its people.

The changed scenario in the UT offers greater synergy between business, Industry and the government which is a must for flourishing businesses making it the best destination for establishing units and earning good fortune.

It is likely that sooner than later J&K will become a new industrial hub in the country as the Government is heading fast in bringing investors in the region by making ease of doing business its main policy.

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OFF 'D' CUFF

Why should I Meditate?

Meditation has become a mainstream activity in many parts of the world. Though the main reason to meditate is for spiritual awareness, there are additional benefits from learning to focus our attention within.

One of these is the healing it brings about in our physical bodies.

The link between the mind, emotions, and physical body

Over the past few decades, doctors and scientists have been studying the body-mind connection and its relationship to physical health. Medical research has indicated a link between certain illnesses and our state of mind and emotional condition.

It has been found that when we undergo mental stress, emotional pain or depression, our physical resistance to disease drops.

We become more susceptible to catching a disease because our ability to keep our immune system in top working order decreases.

Science has pinpointed that certain diseases such as digestive problems, breathing problems, heart disease, and migraine headaches, to name a few, may sometimes be caused due to stress.

Thus, we arrive at the possibility that by reducing stress in our lives, we can improve our physical health and well-being.

The root cause of stress in our lives: Can meditation help?

To begin to explore this possibility, it is imperative to understand the root cause of stress in our lives. In this hectic and fast-paced world, we are constantly being bombarded with information, and stimuli.

Life has become increasingly complicated. With competing priorities, family and social obligations, increasing responsibilities, and looming deadlines, people seem to have too much to do and not enough time to do it. We hold jobs that require long hours and too much responsibility.

Some work two jobs and raise a family. Trying to keep up with it all can leave us overwhelmed, frustrated,

and agitated.

Too much pressure often causes people to snap—we become irritable and off-balance. We begin to act in ways that are not “us.”

We may even take out our frustrations on our loved ones and hurt those we love the most. All of this causes stress and strain to build up in our lives.

Medical research has shown that meditation, the process of taking our attention away from the stresses and strains of the outer world and focusing it within ourselves, can help reduce stress in our lives.

In doing so, it can reduce our chances of developing a stress-related illness. How does meditation work to reduce stress?

Meditation on the Inner Light and Sound of God

When we meditate on the inner Light and Sound of God, we come in contact with God's love within us, which fills us with inner peace, joy, bliss and happiness. This experience takes our attention away from the stresses and pains of the outer world.

As we spend time in meditation, we create a calm haven in which we restore equilibrium and peace to our mental functioning.

Researchers have recorded that the brain activity in people who meditate reflects a state of deep relaxation. Their mind becomes calmer. The tranquil effect of meditation lasts beyond the time spent in meditation.

The carry-over effect helps us maintain peace of mind as we continue our activities throughout the day.

We become more in control of our reactions and maintain an even keel in the face of conflict, or in the midst of turmoil and strife. It also gives us a private retreat of bliss and peace within us that we can retreat to anytime we wish.

This refuge helps take our attention away from the pains of the world and gives us another mechanism by which we can reduce stress in our lives.

Sant Rajinder Singh Ji Maharaj

Conversion of LoC into International Border

■ OMKAR DATTATRAY

India and Pakistan is at loggerheads with each other as the two neighbors have fought three wars in the past besides the kargil incursion. The Pakistan has thrust these wars on peaceful India and in these wars Pakistan had been defeated. Since Pakistan cannot fight India in conventional war and hence is fighting a proxy war with India and training, funding and exporting terrorists to India. Pakistan is engaging India in the proxy war and is bleeding India. It has remained the state policy of Pakistan to wound India by a thousand cuts. Pakistan is at proxy war with India for the last over three decades and before that Pakistan had thrust three full-fledged wars on India and Kargil misadventure. India had always defeated Pakistan in the three wars in the paste and Pakistan had been defeated in the Kargil incursion as well. She had been made to pay a heavy price for these wars. Thus there is enormous loss of life and property not only to India but to Pakistan as well. Both the neighboring countries have suffered greatly in these wars and in the proxy war inflicted by Pakistan. The defence budgets of India and Pakistan have been increasing year after year due to the enmity and acrimony between India and Pakistan. The money which should have been invested on the development in both the countries has been spend on unproductive arms and ammunition and increase in the number of the armies in India and Pakistan and the result is that India and Pakistan have remained poor countries as their per capita income and the gross domestic product is low as compared to other countries. The issue of Kashmir has been the bone of discord and contention between the two neighbors. The problem of Kashmir is a festering wound and it has become canker due to the hostile atmospere between the two Asian neighbours. There is urgent need to address this issue and resolve it to the satisfaction of the parties. The two countries are paying a heavy price due to the hostility of last over seventy five years. The war is not the answer to the resolution of the Kashmir conflict. Kashmir is the crown to India and for Pakistan Kashmir is the very breath and the life and death question and thus the two countries are unlikely to give an inch of the land under their occupation to the other .Thus neither India nor Pakistan will secede an inch of the land to the other and thus the Kashmir has remained a dispute between the two nations and it has cost us enormously and there is great need to address the issue of Kashmir rather than be at war terms with each other. The Kashmir issue is a very sensitive and complex one between India and Pakistan and cannot be solved with military means and so all earnest efforts should be made by the parties to the dispute to find an amicable solution to this ticklish issue. The Kashmir is a bilateral issue between India and Pakistan and there is no role for the third part intervention and the matter should be resolved bilaterally. It has remained consistent position of India that the Kashmir issue should be resolved in accordance with the Simla agreement and the Lahore declarations and the third party intervention has no role in the resolution of the Kashmir problem. India maintains that the whole of Jammu and Kashmir is the integral and inalienable part of India. India is bound by the parliament resolution which says that if anything is negotiable it is Pak occupied

Kashmir and so Pakistan has to vacate its illegal occupation of Kashmir. For Pakistan, Kashmir is the unfinished agenda of partition and thus Pakistan is unlikely to ceded an inch of land of Kashmir to India. Thus both India and Pakistan should shun their rigid stands and think and act pragmatically and practically for the resolution of the problem of Kashmir: Thus the only viable, practical and pragmatic solution of the ticklish issue of Kashmir is that the line of control should be converted into international boarder and the line of control be recognized as the international border. If this is done, it will be a win-win solution for both the countries as there will be no losers and gainers in this solution of the Kashmir problem. Thus there is great need to accept and recognize the line of control as the international border and in this solution of the Kashmir issue none of the parties will have to part with an inch of the land under their occupation and thus it will be a scientific and practical solution of the Kashmir issue. In this way the Kashmir problem which is the bone of contention between India and Pakistan will be solved for all times to come. The National Conference President and the Member of Parliament as well as the former Chief Minister of Jammu and Kashmir Dr Farooq Abdullah is advocating the conversion of the line of control into international border to settle the issue of Kashmir once for all. According to him it is the only viable and practical solution of the Kashmir problem as in the conversion of the line of control into permanent international boarder there are no losers and gainers. The conversion of the line of control into international border will satisfy the urges and aspirations of both the countries and none of the countries will feel the superiority or inferiority complex and therefore this is the only viable and practical solution of the festering problem of Kashmir: The governments of both the countries should concentrate and work towards this solution of the problem so that a practical solution is found out to settle the sensitive issue to the satisfaction of the parties concerned. Both India and Pakistan should shun their rigid stands and should think and work practically and recognize and accept the line of control as the international border: It follows that the line of control should be converted into the international border to resolve this complex issue once for all. Since both the nations are atomic powers and possess nuclear weapons and therefore the war is not the answers to the complex issue of Kashmir: After all the all wars are fought for peace and therefore war is no solution to the Kashmir problem. Thus there is great need to find a solution of the vexed issue of Kashmir which will satisfy the parties concerned and the conversion of the line of control into international border is the practical and viable solution of the Kashmir problem and towards this solution both the governments should sincerely work if they want an end to their acrimony and enmity of the last seventy five years. In brief the line of control should be recognized as the international border and the conversion of the line of control into international border is the only practical solution of the Kashmir problem. This is no gain no loss solution in fact and hence should be acceptable to the parties concerned.

(The author is a retired Education Officer and Columnist).

Please don't impose lockdown without informing first

■ NARVIJAY YADAV

International flights have once again been suspended indefinitely due to fear of the Omicron variant of COVID-19. Otherwise, these flights were about to resume from December 15. On other hand, the traders' community has doubts as to what will happen if the new variant spreads in the country. Traders want Prime Minister Narendra Modi not to impose lockdown. Also people should work together in an organised manner. Whatever step the Government takes, let the people know about it first. It should not happen again as the Prime Minister had done the first time and suddenly imposed the nationwide lockdown. At present, mistrust is prevailing in the market and people are not lending. Many people died during the second wave, leaving the money of suppliers and buyers stuck.

Vikas Singh Chauhan, Director, Home Textile Exporters Welfare Association (HEWA), says that those who could not shift to e-marketing or online systems during the pandemic, suffered badly. But entrepreneurs, who adopted the dig-

ital methods and brought their business to online mode, are moving ahead. Instead of physical meetings, Zoom meetings are being held now. The foreign buyers used to come here to understand everything, before making the deal. Now they ask to show the sample on the phone itself. Video calls are proving to be effective. Earlier the buyer's agent used to come here, which increased the cost up to 5 per cent, now this is not the case. Things are moving fast and business has grown. Looking at the results of the last two quarters, you will see that the textile sector has achieved up to 40 per cent growth. There are high expectations from exports. It looks like India will touch the target of \$ 400 billion this time. Why is this happening, because people are turning towards India? Industries suffered a lot in the first lockdown. The situation worsened by the exodus of laborers. The lockdown created an imbalance in the demand and supply of raw materials. The ghost of exodus is still haunting the textile sector. As a result price of raw materials like cotton and yarn has gone up by 70 per cent.

Exporters were hit not only by raw material cost, but also by shipping costs rising by five to ten times. During first and second waves, cargo remained stuck; transport came to a standstill, increasing the cost of shipping. There are many fears if the new variant spreads. There are many big events planned for the next year, such as Heimtextil and Domotie. Large export orders in the textile sector come from these fairs. Exporters still do not know what will happen to these fairs. The exporters have already paid huge amounts for these exhibitions and many have also sent their samples. Buyers are hesitant to enter into bigger and long-time contracts. In such a situation, if there is an increase in GST, then the textile industry will be especially adversely affected. In such a situation, it would be really good if all the councils come together and help small weavers, designers and MSMEs to go digital.

(The author is a senior journalist and columnist.)

YOUR COLUMN

Pros & Cons of cramming

Dear Editor,

Cramming study sessions look to be predictable sometimes. Doesn't matter what your age is, if you have enrollment in the class, there are chances that sometimes you do cramming at night before the exam. People who love strategy state that they study best when under pressure, whereas others just fall into the habit because of their confused schedules. Doesn't matter what reasoning you have about the special late-night study sessions, you may wonder what are the pros and cons of cramming. Like other arguments, there are both good and bad while considering this approach.

Cramming is very important before the exams. For the majority of students, it is routine to stay alert all night to study before the exam. In the classes with multiple option tests, it looks to be quite easier to awake and cramming all night, because is the believed that if you can identify the question, then ruling out different options for the answers becomes really easy. It is seen that more than 33 per cent of the students cram during the night before the test.

Although a lot of students do cramming, it is not assured whether it helps the students or not. There are diverse types of cramming, and each one looks to give different results while comes to achieving grades. The problem is that even though cramming can help for short-term memory, the memorizing of the study done after a few weeks once the course is completed looks to be going in vain! Certainly, when the cramming is used, it only makes some sense that the storage of information might be contained within the frontal lobe of your brain, whereas long-term memory exists and it would be related to studies which have happened over several weeks or, might be stored in the multiple sections of your brain. Different universities have revealed the health allegation that one can bring upon her or himself while cramming. However, it also shows that a definite time period of severe stress can be positive for a human body that cramming might look to fall underneath the acute stress category. With acute stress, our body increases fight (epinephrine & nor epinephrine), stops reproductive

systems, digestion, and boosts the metabolism. Vasodilatation and vasoconstriction also occur; so pumping of blood in definite areas of the brain and body during the regular day's activities can't get stimulated often. Particularly throughout the fight, one becomes extra helpful that might look to help during study for the massive test.

Even though cramming can't be perfect for some people, research should be continued for cramming, stress, and even studying styles. Some people are uncovered against more strain than others; therefore maybe the levels of stress are conciliated, leading to the decreased capability of studying and cramming the night prior to the exam. Students carry on doing cramming as results are attained on finals and tests. It's quite possible that cramming might do extra than only getting good grades to students in the exam and it might also assist in training the body with diverse stress activities which otherwise can't be achieved. Whatever the reasons might be, the time has come to think about the pros & cons of cramming. Let's assume that you have some job or playing sports in school. You can argue that cramming is the only thing you can do in the available time. You've done that in the past and this has assisted you in maintaining reputation. Cramming can prove to be a useful way to study for the test. It gives birth to one trouble. Last-night cramming for the exams commits details for short-term memory while extending one's study of material over the time is likely to outcome in maintaining the information in the long-term memory which is good for the overall education. Let's take a look at the Pros and Cons of cramming:

Brain Remembers the Information Overnight: You might not have recognized it that when you fall asleep, your brain still continues to work. It indicates that you may study something just before going to sleep and still, your brain works to understand the details, cracking unanswered problems, as well as remembering facts when you go to sleep. The play here is getting sufficient night's sleep with the intention that your brain does have the time to perform the hard work the next morning.

Helps to Concentrate: If you have faced hard times in reading the material, producing study sheets, and extracting facts, you can benefit from the last-minute study sessions. If the procrastination has given you a position whereas the cramming session is required, your mind can shift into a

India all-set to lead EV Eco-space

■ DR MAHENDRA NATH PANDEY

India is the fifth largest car market in the world and has the potential to become one of the top three in the near future—with about 40 crore customers in need of mobility solutions by year 2030. That is one side of the coin. The other side is that the country needs a transportation revolution. The current trajectory of adding ever more cars running on expensive, imported fuel and cluttering already overcrowded cities suffering from infrastructure bottlenecks and intense air pollution is unfeasible. India's cities will choke. A transportation revolution will have many components - better 'walk ability', public transportation, railways, roads - and better cars. Many of these better cars' will likely be electric. The transition to electric mobility is a promising global strategy for de-carbonising the transport sector: India is among a handful of countries that support the globalEV30@30 campaign, which targets to have at least 30 per cent new vehicle sales be electric by 2030. Prime Minister advocating for five elements, 'Panchamrit' in the recently concluded COP26 in Glasgow for climate change is an apparent commitment for the same. Prime Minister espoused for various ideas like renewable energy catering to 50 per cent of India's energy needs, reducing carbon emission by 1 billion tonnes by 2030 and achieving net zero by 2070, for a bright future of our future generation to lead a secure and prosperous life.

The push for EVs is driven by the global climate agenda established under the Paris Agreement to reduce carbon emissions to limit global warming. It is also projected to play an important role in improving the overall energy security situation as county imports over 80 per cent of overall crude requirements, amounting to ~\$100 billion. EV industry is also expected to play an important role in local EV manufacturing industry for job creation. On the other hand, through several grid support services, EVs are expected to strengthen the grid and help accommodate higher renewable energy penetration while maintaining secure and stable grid operation.

The global electric mobility revolution is today defined by the rapid growth in Electric Vehicle (EV) uptake. It is estimated that two in every hundred cars sold today are powered by electricity. This phenomenon is today defined by the rapid growth in EV uptake, with EV sales for year 2020, reaching 2.1 million. The global EV fleet totaled 8.0 million in 2020 with EVs accounting for 1 per cent of the global vehicle stock and 2.6 per cent of global car sales. Falling battery costs globally and rising performance efficiencies, is fueling demand of EV globally. It is estimated that by 2020-30 India's cumulative demand for battery would be ~900-1100 GWh, but the concern looms due to absence of manufacturing base for batteries in India and sole reliance on imports to meet its rising demand. As per Government data, India imported more than \$1 Billion worth of Lithium-ion cells in 2021, even though there is negligible penetration of electric vehicles and battery storage in the power sector. While India is yet to grab the opportunity, global manufacturers are betting high on battery manufacturing and fast moving from giga-factories to terra-factories.

With recent technology disruptions, battery storage has great opportunity in promoting sustainable development in the country considering Government initiatives to promote e-mobility and renewable power (450 GW energy capacity target by 2030). With rising levels of per capita income, there has been a tremendous demand for consumer electronics in the areas of mobile phones, UPS, laptops, power banks etc that requires advanced chemistry battery. This makes manufacturing of advanced batteries one of the largest economic opportunities of the 21st century globally. Government of India has taken various measures to develop and promote the EV ecosystem in the country ranging from Remodeled Faster Adaption of Manufacturing of Electric Vehicles (FAME II) Scheme (Rs 10,000 crore) for consumer side to Production Linked Incentive (PLI) Scheme for Advance Chemistry Cell (ACC) (Rs 18,100 crore) for supplier side and finally the recently launched PLI Scheme for Auto and Automotive Components (Rs 25,938 crore) for manufacturers of Electric Vehicles. Thus, all these forward and backward integration mechanisms in the economy are expected to achieve robust growth in coming years, will enable India to leapfrog to environmentally cleaner, Electric Vehicles and Hydrogen Fuel Cell Vehicles. This would not only help the nation conserve foreign exchange but also make India a global leader in manufacturing of EVs and better comply with COP24 Paris Climate Change Agreement. All the three schemes cumulatively expect an investment of about Rs 1,00,000 crore which will boost domestic manufacturing & also facilitate EVs and battery demand creation along with development of a complete domestic supply chain& Foreign direct investment in the country. The Programme envisages oil import bill reduction of about Rs 2 lakh crores & import bill substitution of about Rs 1.5 lakh crores. I hope the vision set by Prime Minister will push both the public agencies and private entrepreneurs to embark on a collaborative journey that will benefit the country on a scale unimaginable.

(The author is Union Minister for Heavy Industries).

results-oriented mode of study. You may prolong keywords, write important facts and definitions, and practice those abbreviated details rapidly as resisted to struggle with the drawn-out procedure. Although it is uncommon, some students discover that self-discipline of time pushes them to maximize the usage of time and achieve better than they might if they had sufficient time available.

Lack of Timing will make you feel Stressed and Overwhelmed: Without a doubt, the last-minute study may prove overwhelming. The majority of people don't feel ready if they've studied only once, just before the exam. It will make you feel stressed, making it hard to sleep or leave you more stressed than you might be regarding how you'll do.

You won't get Full Night: As declared above, the sleep is very important for the information processing. What's more, you don't need to fall asleep or struggle to keep the eyes open, whereas you're in your classroom the next day. You will feel miserable and you won't be the sharpest. You can make careless mistakes which you'd never done in other positions if you become over-tired. Whereas every person's sleep requirements are different, the experts normally recommend that the teenagers should have the sleep of 9 hours in the night, as well as adults, should have the sleep of around 7-8 hours at night. There is a physical side to cramming. Cramming gives stress to your entire body. Anxiety and sleeplessness are an awful combination for the final exams. In one study, researchers have found that if the stress lasts for only some hours, it can obstruct brain-cell communication with the areas related to memory and learning. Then what is its answer? Making a chart for study can be useful even with merely one-week preparation for the final exams. These are the skills that you may use for the life after graduation.

Cramming is usually a fine approach while incorporated into a bigger study arrangement. Doing revision every day for the upcoming exam will help a lot. Revise the most significant facts at the night for the next day exam. If you are postponing as you are struggling with some topic or might not able to execute a sure short plan, you can hire a teacher to help you. A qualified teacher will help you understand the topic and find out ways of studying more effectively.

Vijay.