

COMBAT TERROR

The ongoing terror spell in the Valley is a clear cut indication that what has been done to contain terror is not enough as day in day out terrorists are striking at their free-will and the security forces are finding it hard to combat the unabated cycle of killings of locals, outsiders and security personnel. Looking into recent terror strikes which took away precious lives of a cop and a civilian, it is very important for the security forces to ramp up things to stop this vicious cycle of violence. It is for sure that if the security forces tighten grip in the cities the people are the first who objects against the strictness but the time is that no leniency is allowed whether it is Valley or Jammu province because the threat of terrorists is looming large everywhere. As far as common masses are concerned they should understand the criticality of situation and should give full support to government and the security forces including police in accomplishing their job to end the vicious cycle of violence which has become the headache for the security forces because at regular intervals since August this year civilians, cops and migrant labours have been targeted and security forces are finding it hard to contain the violence. Recently, a policeman and a civilian were killed by terrorists in two separate attacks in Valley. Terrorists fired indiscriminately and critically injured one police assistant sub-inspector (ASI) outside Bijbehara hospital in south Kashmir's Anantnag district who later succumbed to injuries while in another incident, terrorists shot dead a civilian in Nawakadal incident of Kashmir valley.

What is surprising is the fact that on one side terrorists are targeting people at their free-will and on the other, police or paramilitary is showing complacency in Jammu province which can cost dearly as it is anybody's guess that the killings are being carried out on the behest of Pakistani mentors who are frustrated due to Indian government's steps in Jammu and Kashmir especially abrogation of Article 370. As the threat of violence is looming at large the government should ensure tight security in Valley, Jammu and even adjoining states because Pakistan can ask its stooges to carry out more of such attacks to highlight Kashmir across the world.

OFF 'D' STRESS AS CUFF

Don't get bogged down in examination stress. Learn to use stress totally, it is your creative force, says OSHO

A Canadian psychoanalyst, Hans Selye, has been working his whole life on only one problem — stress. He has come to some profound conclusions. One is that stress is not wrong always; it can be used in beautiful ways. It is not necessarily negative, but if we think that it is negative, then we create problems. Stress in itself can be used as a stepping stone; it can become a creative force. But down the ages we have been taught that stress is bad, that when you are in any kind of stress you become afraid. And your fear makes it even more stressful; the situation is not helped by it. For example, there is some situation in the market that is creating stress. The moment you feel that there is some tension, some stress, you become afraid that this should not be so: 'I have to relax.' Now, trying to relax will not help, it will create a new kind of stress. When there is stress, use it as creative energy.

First, no need to fight it, accept it. It is perfectly okay. Stress is simply an indication that the body is getting ready to fight with it. Now if you try to relax, take tranquillisers, you are going against the body. The body is getting ready to fight a certain challenge that is there, enjoy the challenge!

In fact, if you have lived your stress totally, you will come to the point of relaxation automatically; you can go on only so far, then the body automatically relaxes. If you want to relax in the middle, you create trouble; the body cannot relax in the middle. It is almost as if an Olympic runner is getting ready, just waiting for the whistle, the signal, and he will be off, he will go like the wind. He is full of stress; now is not the time to relax. If he takes a tranquilliser, he will never be of any use in the race. Or if he relaxes there and tries to meditate, he will lose all. He has to use his stress: the

Osho

From the solemn gloom of the temple children run out to sit in the dust, God watches them play and forgets the priest.

—Rabindranath Tagore

EDITORIAL

Leading life of essentials not complications

■ MAHADEEP SINGH JAMWAL

Today's world has many luxuries that are supposed to make life easier. At times they may, but other times, they make things more complicated. Being simple is always good and it will give a great reputation to you. Truth is ever to be found in the simplicity, and not in the multiplicity and confusion of things. In character, in manner, in style, in all things, the supreme excellence is simplicity. In the scientific world of advanced life, which is exploring everything from deep sea to deep sky and from one corner to another corner of every inch of earth, the life has become a battle field of competitions for everything, thus the living has transpired from simple life to an un-understandable complexities of the life. The complexities are further fomented by the incredible waste generated by mindless consumerism. Thus, it has become utterly difficult to define the simplicity in real perspective. Simple life is not a destination; it is an ongoing creative process and is a way to creativity and to explore our own understanding of simplicity. In an understandable way we can say, that simplicity is shaping our life of meaning and purpose, where we Stay low, stay quiet, keep it simple, don't expect too much and enjoy what we have and where there is equality, fairness, honesty and integrity, where we don't waste our energy to compare our life with others. We judge our life by our own efforts, waken ourselves, watch ourselves, and live joyfully. So we can say that simple life is a life which blooms into itself and gives a message to others strongly accepted and appreciated by the society by and large. Life in its natural course is not complicated but it is we who are complicated. When we stop doing the wrong things and start doing the right things, life is simple. A simple life has different meaning and a different value for every person. It means getting rid of some of life's complexities, so we can spend more time with people we love and do more of the things we love. Our life has become a dumping ground of all sorts of worries and mismanaged acquisitions of unrequited matters of thought and materialistic nature. It is better to get rid of the clutter, and eliminate all but the essential, so that we are left with only those which give us value.

Selye has given a new name for this kind of stress; he calls it 'eustress', like euphoria. It is a positive stress. When the runner has run, he will fall into deep sleep, the problem is solved. Stress has disappeared of its own accord.

So try this too: when there is a stressful situation, don't freak out, don't become afraid of it. Go into it, use it to fight with. A man has tremendous energy and the more you use it, the more you have of it.

Abridged from Don't Bite My Finger Look Where I Am Pointing, courtesy: Osho International Foundation, www.oshocom |

Gibberish Meditation

The word 'gibberish' comes from a Sufi mystic whose name was Jabbar — and that was his only meditation. Whoever would come, he would say, "Sit down and start". Jabbar helped many people to become utterly silent. How long you can go on? The mind becomes empty. Slowly, slowly a deep nothingness... and in that nothingness a flame of awareness. It is always present, surrounded by your gibberish. The gibberish must be taken out; that is your poison. The same goes for the body. Your body has tensions.

Just start making any movement that the body wants to make. You should not manipulate it. If it wants to dance, it wants to jog, it wants to run, it wants to roll down on the ground, you should not do it, you should simply allow it. Tell the body, "You are free, do whatever you want." And you will be surprised, "My God! All these things the body wanted to do but I was holding back, and that was the tension."

So, there are two kinds of tensions: body tensions and mind tensions. Both must be released before you can start relaxation, which will bring you to awareness. Osho

We are required to identify what's important to us. A multifaceted colorful life may take care of the present but it has no future as this life has weak walls likely to collapse, whereas simple life gives you such a way of life that even if it hurts you, but makes you strong and act as if you're ok. The simple life is guarded by Strong walls, which may shake but they never fall down. We are required to apply some of the standards in our life to make it more carefree, valuable, having missionary purpose and simple living.

We should display each page of our life book to public scrutiny to make people aware of our life story and the comments thereof will become a guiding force for returning your simple life. Letting go is part of moving on to something better and applying it. We will not get the things that we truly deserve, if we remain attached to the things of less value to us. A careful analysis is necessary to get rid of the things of less value to us. Heal your heart, extend your mind and cultivate the habit of possessing things sufficient for your needs and always avoid the things of your greed. The best thing we can do is follow our heart. Take risks, just do not follow and accept safe and easy choices. Everything we go through in life, every high, every low, and everything in between, led us to realize the truthiness of life. Realizing this concept, accepting and adopting in our life are the best way to understand what the simple life is? One of the greatest freedoms is simply not caring what everyone else thinks of you. Forget what everyone thinks and wants for you. Freedom from the myth of 'impressed' by materialistic world's possessions is the foremost way of a simple life. Start focusing on the things we can control and do something about them, as those who complain the most accomplish the least. Sometimes we ask questions not to seek answers, but to affirm something our soul knows. Stick to this real philosophy of life. When things are hard, and you feel down, look for the small glimmers of hope. Don't let small minds convince you that your dreams are too big, as it fractures the saying 'Cut your coat according to your cloth' and it adds wings to your desires, which is a factor responsible for dominating your inner voice of a simple way of life.

Do not compare yourself with others as everyone is unique in nature. The comparison always gives rise to complexes of superiority or inferiority and both are disturbing in nature and biggest blots on the simple way of life. When we compare ourselves to someone else, we often end up judging ourselves unfavorably. Instead of measuring yourself against others, compare yourself with past and present selves. Self-acceptance is a way for satisfaction and don't be critical of yourself, it can be hard to find pleasure in your life. Control your thoughts; they have wings and go wayward. Just do not let them control you and you will have a happy life.

In conclusion, it is important to ask ourselves three fundamental questions: what is the point of all our commuting and consumption? What is the economy for? And, finally, why do we seem to be unhappier now than when we began our initial pursuit for rich abundance? Simple life always gives peace of mind to us. We must make a conscious choice to embrace voluntary simplicity. A question may strike to a mind capable of possessing every luxury of life, why should we consider living the simple life? The plain reply to the feelings is that simplicity gives a life of peace and not chaos, a life of essentials and not complication. We will slow down and stop living the frazzled life, a lifestyle of stress. We will live the good life of pleasure, flow, meaning and purpose. We will live mindfully, in the present moment, and not ruminate with worry of the future or regrets of the past. We will live a balanced life. We will have freedom from those conditions, commitments, responsibilities, and people who prevent us from living the good life. We will have the freedom to live as we desire-authentically. No one forces us to simplify our lives. Living simply is a personal choice. Most people who make it part of their philosophy of life discovered that their lives become less stressful, more predictable. Most people also discover that life becomes less complicated. Lastly as per 'Henry David Thoreau', an American author, naturalist, development critic, and philosopher 'It is desirable that a man lives in all respects so simply and preparedly, that if an enemy takes the town..... He can walk out the gate empty-handed and without anxiety'.

Delimitation Commission & people's aspirations

■ RAKESH AATHUR

Delimitation is the process in which an area is to be represented in comparison to population with seats in the state or union of India. There is distribution of seats in the Jammu & Kashmir since when there accession of state was agreed among the ruler and union of India as per census of the region then and the number of seats were given more to the Kashmir region as compared Jammu region then. But aftermath of few years, the number of incidents happened like outrmigration from Kashmir region due to terroristic incidents and the displacement of the refugees from the Chhamb and Akhnoor sector of J&K causing stampede like burdensome to Jammu region in wake of constituent assembly seats, due to which displaced refugees are living at Jammu, Samba, Punjab border belt has to face the hardships in lieu of citizenship right till abrogation of article 370. If we ask the people of the displaced region they blamed that former government had bloomed their innocence for years while ruling in the union and state. When, Pakistan territory had occupied the more than 12 districts of the Chhamb area of the Akhnoor sub-division of Jammu province. The displaced people are wandering since 1947s to present day, government which cannot sooth them though with the policy of 'Domicile' which is still not a permanent solution yet and refugee compensation in the state is too incomplete in itself. Therefore, they had greater resentment with the government that their citizenship right has been braided to a larger extent of time during which they were not given right of citizens of the state too, due to which posterities of refugees remain destitute from state jobs/ services, adult franchise in the state election. If we concern passionately the representation in the constituent assembly of the state arouse with a need forth with special reservation. In addition, hilly and uphill/ plateau terrain areas of J&K is also facing discrimination in the matter of literacy, lack of proper civic amenities like electricity, water supply, road connectivity, etc required with the special and reserved constituencies also to which present leadership of different parties including union parties have neglected in a larger extent. About which the people of such belts or region have greater resentment too.

Similarly, there aroused a hope of delimiting with a particular constituency within the area of border belt including Nandpur, Jhera, Dugh, Kamore, Hari- Mandirnagar belt, Sujwan, Bain-glar, Rajpura, Loundi (Hiranagar), Marheen, etc. Farmers of the areas during the farmers struggle against three farm laws had also consistently opted for this special constituency from the Delimitation commission. Probably the number of people living at presently in

the Jammu region may not less than the people in the Kashmir region which assigned with the 37 seats in the state assembly, is great discrimination in itself with the people living in the Jammu region. Though the both region may variable as per area or physiographic pattern, but as per population status nothing anything so significant can be said about Kashmir region as compared to Jammu region.

So, there leadership since very beginning of the state was predominant of Kashmir region, to which several of Jammu region leaders had followed for their motive only and not for the public issues or welfare purposes. So many of them had ignored the public issues and remain under the influence of Lashmiri 'Aakas' due to which the delimitation concept remains haunted to the Jammu region including Hilly area people who are ignored largely by their local leaders at every door- step during past elections. The belt which suffered most furlongs towards Surara, Goran, Sumb, Nud, Pappad, Mansar, Khra-Madana, Surinsar, Utterbelni, Mandal, Purmandal, Birpur, Khiddian, Jallo-chak, Chouadi, Chhani etc. The region had sustained so much discrimination at the selfish hands of the local leaders who had availed the number of votes from these people, but the development matter remain in the cool box all the time. Therefor the basic amenities in the area like water supply, electricity, road connectivity, etc remain so poor and nothing any special category or privilege was given by the state or central government still. In addition the already delimitation of the state was done on the berg of 2011 census which is considered as an irrelevant &outmoded census, due to which the representation of the seats in the state was not so accurate as compared to the population of the ST, SC and other linguistic minorities in the state. Basically the said census was for the assessment of economic status of the people in the state which was later considered to use for delimitation of the area till 2025. It is a major discrimination with the Jammu region on the one hand and the less representation of SC and ST seats in the state is another factor in the state on the other hand. So delimitation commission should work out with new or local census of the population in both region and as per density of the population and then eloquencies of seats in the state, which can win the aspirations of the common people and discrimination can also be mitigated. Instead of it the delimitation commission should have special interactions with locals of the Jammu & Kashmir among every district and delimits the area as well as seats as per people aspirations to which some of the selfish leaders are ignoring for their personal motives in the union territory.

'Women's Freedom' had mentioned Gargi and Maitreyi of the post-Vedic period to improve the condition of women. Jyotiba Phule, Gopal Hari Deshmukh, Justice Ranade, K T Telang, D K Karve and many other organizations also started agitations to improve the condition of women. Through his efforts in 1891 the age of marriage for girls was increased from 10 to 12 years. All laws are changed according to the needs of the society and new laws are also made.

The central government's 'Save the Daughter, Educate the Daughter' campaign is popular across the country. Can a campaign to educate daughters properly be disproven on the basis of an old book? Increasing the age of marriage will give girls a special opportunity to read and write properly and prepare for life's struggles. There have been a number of social reform movements in India. Backward-thinking people have been a stumbling block to it. The task of social reform is not easy. In the work of social reform one has to confront the society itself. The triple-talaq law was also vehemently opposed by the extremists but the government proved its will in the matter. Laws are made with social needs in mind. Individuals and groups seeking social change run campaigns. Governments make laws to demand social change. The judiciary also participates in it according to the context. The court had ordered a permanent commission for women in the army. In ancient India, men and women worked together in all aspects of national life. In the Vedic period the basic institution for the formation of society

Women's perspective during COVID-19 pandemic

■ FAYAZ AHMAD PAUL

The COVID-19 continues to spread throughout the world and the number of confirmed cases globally has proliferated. According to confirmed cases, since the outbreak in December 2019, the rate of male infections has always been higher than that of women. On 12 March 2020, the World Health Organization declared coronavirus to be a global pandemic. The biggest challenge for most countries is how to confront the immediate threat of the virus. For prevention and treatment in women, it is helpful to understand whether women belong to a high-risk group or a group with weak resistance. For women around the world, pandemics have impacted not only their physical health but also their family, work and daily life. The pandemic caused most schools to suspend classes, forcing many working women to take time off to care for their children, which greatly affected their work. In addition pandemic has impacted industries such as catering and tourism, and many factories have been forced to shut down. Many low-income women financially depend on these jobs and are now facing unemployment. A woman's who work in low-wage work, female bosses of small businesses, and women working in the informal sector will be hit the hardest. As the pandemic continues to grow, elementary schools, junior high schools, and high schools around the world have announced the suspension of classes. Many schools have postponed the start of the academic year, which has forced many women to take leave to stay at home with their children, affecting their right to work.

Married women in India traditionally bear excessive family responsibilities, and the COVID crisis has made women feel depressed. In most families, men are the mainstay of the family's economy, so they cannot take leave. Therefore, women are obligated to take leave to care for their children at home. The spread of the new coronavirus pandemic has caused Crores of people to be quarantined at home, which has also led to a continuous increase in domestic violence and divorce cases. Reports of domestic violence related to the outbreak of the new coronavirus have also been followed and discussed by social media in various countries as well as in India.

Female medical staffs are more likely to be exposed to the risk of the spread of pandemics. During the fight against the COVID pandemic female medical staff had to be at the forefront of the crisis to assist in patient care. In addition, if a female nurse is pregnant, both the nurse and her fetus are at risk of infection, which causes psychological stress to the mother. Wearing protective clothing can restrict the movement of medical personnel, such as going to the toilet or eating. Female providers may also be uncomfortable during menstruation and unable to regularly change their menstrual supplies, which highlight the additional difficulties faced by female medical staff during the pandemic.

Since the outbreak of global pandemic, the elderly, children, women, people with physical and mental disabilities, and chronically-ill people who are socioeconomically vulnerable have faced relatively serious risks. Elderly women suffer greater psychological and emotional health effects than elderly men. It is worth noting that gender can also provide different perspectives to examine the development of the pandemic and health inequalities. In fact, women may endure a greater physiological and psychological impact because of the pandemic. Women have demonstrated better resistance to and a higher survival rate against coronavirus during the Severe Acute Respiratory Syndrome and Middle East respiratory syndrome outbreaks. COVID-19 can be transmitted by droplets or by indirect or direct contact with an infected person's mouth, mucus secretions, or bodily fluids. To effectively reduce human-to-human contact, the most effective prevention methods for people at present include frequently washing their hands, rinsing their mouth, wearing masks, and maintaining social distance. It is also reinforced the behavior important of avoiding contact with the eyes, nose, and mouth to block the virus from entering the body. It is always recommended to maintain the body's health by working normal hours and getting enough rest. These practices will reduce the likelihood of infection. It may also be beneficial to regularly measure body temperature. While this measure is unable to prevent infection, it can remind people to be aware of any discomfort and promote the early identification of symptoms. It is important to note that women's body temperatures can increase during ovulation, so a higher temperature in women may not always be indicative of a fever. Women in proximity to their children may find it difficult to maintain social distance and should be aware of any emerging symptoms to avoid cross-contamination. Women have been significantly impacted by the pandemics and face difficulties related to society, the economy, employment, and their health, which has caused considerable harm. While the incidence of COVID-19 in women and the mortality rate among women are much lower than those of men, the relatively weak social and economic situation still requires government attention.

In this pandemic, the government needs to plan for women for regulating working conditions of women reasonably, to extend the working hours by medical staff properly compensated, and to provide the quality of work conditions. In the family aspect, to provide manpower to help women raise children and take care of their families, and to protect women from domestic violence or marital problems. In the education aspect, to strengthen school epidemic prevention measures and to adopt distance teaching methods away from cross infection among students. In economic aspect, to provide women with unemployment benefits and to increase their job opportunities, it is essential to effectively protect women from coronavirus and improve their resistance to infection to ultimately reduce their chance of infection and mortality.

ty was the family and the basic method of formation of the family was marriage. The gods are also said to be married. There were no child marriages then. In the Rig Veda, the best wishes for a good marriage are to become the jewel of one's family. Take care of the whole family. That is why the mature age of the girl was necessary. As a child, he could not be expected to have the wisdom he needed. Women have also been active in military campaigns. It was Kaikei who helped Dashrath in a war and got the boon from him. Many women including Rani of Jhansi also fought in the war. Women's power has been respected in India. It is a social duty to educate the daughter and make her stand on her own feet. This is what society should do. Many new laws have been announced by the Government. The whole society should have welcomed it with the rule but unfortunately it did not happen. The anti-touch law was also a result of social necessity. Gandhi, Ambedkar, Dr. The campaigns of Hedgewar and Lohia are also noteworthy. The decision of the judiciary in the Shahbano case was welcome but was overturned by the then government under the influence of extremist elements but now there is no such government. Now all decisions are made with determination. Article 39 (a) provides for the provision of adequate means of livelihood to all men and women equally. Article 44 is very important. It calls for the creation of a 'uniform code of conduct for all citizens'.

Vijay