

TACTICAL VICTORY

It is good that Pakistan has decided to shun its plan to continue constructions along the LoC in Kupwara's Teetwal sector after objections were raised by the Army or else India will have to take the other route which at this time of complete truce can have precarious results. As per the reports, Pakistan halted construction activity after Indian Army warned of action near the Line of Control in J&K's Kupwara. The Indian Army used loudspeakers to warn Pakistan Rangers of action if the construction was not stopped in Teetwal sector of Kupwara. According to Army officials, no side can indulge in construction activity without prior intimation close to LoC. Army's warning to Pakistan came after it noticed that a structure was being raised opposite to the Indian side. Going by past history of Pakistan it is still doubtful to say that the rogue nation will not indulge in this kind of acts again because there is every chance that the construction which was started by the Pakistanis in the vicinity of LoC was just to have an idea of response from Indian side because otherwise Pakistani Rangers know well the protocol and the rules about initiating any construction near the LoC. Whatever may be the reason the Pakistan's response to stop the construction work is surely the strategic victory of the country because otherwise India has to use power which might prove detrimental for the renewed truce pact under which guns have gone silent along borders and the people on both sides have taken a sigh of relief. Under no circumstances the Indian army should become complacent as far as places near border with Pakistan is concerned because no doubt truce pact is working this time but as per army and police Pakistanis are continuously attempting to send foreign mercenaries to this side through old and new modus-operandi used for infiltration. Even drones are being used to reece, smuggle arms and narcotics thus making the neighbouring country enemy number one of India. For the security forces including the Army there is one and only advice to never give a chance to a Pakistani to act against India as the rogue nation on the western side of the country is highly deceptive and mistrustful.



OFF 'D' CUFF

All are Equal before God! - Human Rights Day

In whatever way people submit unto me, I respond to them accordingly. Knowingly or unknowingly, everyone follows my path, O Arjun!

The Bhagavad Gita When human beings try to come near God in devotion they may have a question, "Does God care equally for all?"

Certainly, He does! Lord Krishna's kindness towards even the cruel-hearted is visible at many instances in the epic Mahabharata. He personally goes to Duryodhan in an effort to avoid bloodshed and turmoil. He visits the court of Kauravas and requests just five villages for Pandavas. He also guides kind-hearted Arjun like a concerned Guru in the War.

There are many such instances where you would find that everyone is equal before God. Even before the war, when Arjun and Duryodhan both got a chance to seek blessings from Lord Krishna, He was ready to bless both of them.

Undeniably, there is no doubt that everyone's equal in God's eyes, yet God is not equal in everyone's eyes. Different people understand God differently. Some come to God with selfless devotion while some for receiving the reward of devotion.

And so in the above verse from the Gita, Lord Krishna clearly says, He reciprocates according to how His devotees approach Him. Yet He wants to shower His blessings upon everyone equally.

Therefore, rather than thinking about whether God treats everyone equally, devotees should focus on understanding God properly.

Understanding God's Grace

Understand that God is one with all. He treats all equally and does not care for anyone 'more' than He cares for anyone else. His blessings are for all without any discrimination based on caste, race, societal position, the color of skin, faith, ability, etc. He gives favorable and unfavorable circumstances in everyone's life and also gives everyone an equal opportunity to make life beautiful.

Further, there is only one universe consisting of the Sky, the Sun, the Earth, and the Moon. These elements of the Universe are for each human being. The Sun shines for everyone, every day. The Moon illuminates the night sky in a pattern every day. The Earth blesses all who seek nourishment from it lovingly.

Nature also does not discriminate when it shows its wrath or generosity on humans, animals, or plants. The colour of blood and the body anatomy is same for all humans. This is God's way of doing things that all humans are one and connected with each other. There is absolutely no discrimination.

In fact, God has created a lot of things that prove that every human being is equal in His eyes. Just look around yourself with pure intent and you'll find them.

Kudos to the Messengers of Equality

At times it is really disheartening to see the prevalence of conflicts and crises all around due to prevalent inequalities in society.

Thankfully, Human Rights have the power to tackle their root causes. It addresses grievances, eliminates inequalities and allows people to take part in decision-making that impacts their lives. It is clearly visible that societies and countries that protect human rights for everyone are more prosperous and strong in comparison to those that don't.

Such societies deal with unexpected crises easily and get ahead with time. Hence, Equality and Non-discrimination must be preserved in all situations. Not in any case certain people or groups should be excluded or face discrimination in the name of anything.

Therefore, all rights organisations working anywhere in the world deserve a huge round of applause as they are working selflessly day & night for protecting the Human Rights of the needy. They are the messengers of equality.

They truly believe in God's decree of equality.

Dr Archika Didi

Urban farming & food security

■ DR BANARSI LAL

Presently COVID-19 pandemic is the major concern for the people across the globe. This outbreak was initiated in December 2019 and its consequent spread across the global level has pushed the entire world in to the serious crisis. The subsequent lockdowns imposed due to COVID-19 have affected the agricultural sector and has caused the unprecedented disruption in the food supply chain from rural areas to urban areas. Lockdowns have affected the daily requirements of food for the urban population. Urban farming is the practice of cultivating, processing and distributing of food in and around the urban areas. It involves small scale agricultural operations by which the need based edible commodities can be produced. It is not a new concept. As human population progressed, agriculture was confined in the rural areas while urban population engaged itself in the trading activities. Natural disasters and acts of man such as war encouraged urban population to explore for the urban farming due to the disruption of food supply chain from the rural areas. This was happened in World War-I and World War-II when the city dwellers were encouraged to grow the food in their open spaces and reduced pressure on rural population. In recent times, former US First Lady, Michelle Obama promoted the concept of kitchen garden. This garden has been located in the premises of White House. It was having a beehive and 55 varieties of fruits and vegetables. Presently when the whole world is under threat due to COVID-19 urban farming can ensure food security to the urban dwellers. It can cut down the carbon emission by saving the fuel which otherwise is used in the transportation of food items from rural to urban areas. Urban agriculture can reduce the poverty and health issues in the urban areas.

According to United Nations, by 2050 more than two-third of population will be living in cities. Urban farming can play a significant role in proving the food to this population. In recent decades urbanization has increased rapidly and this has caused malnutrition in urban areas. There is dire need to pay attention on the food security especially for the urban dwellers. In urban areas there is pressure on the land due to population, construction of buildings, industrialization, roads etc. But still there remains enough area where the fruits and vegetables can be grown.

Moreover, people can grow fruits and vegetables on their roofs. In Singapore 90 per cent of the food is imported and vertical and now-a-days roof top gardening has become very popular. During the COVID-19 outbreak there is need to grow the vegetables and fruits in the urban areas so that nutritional problems of people can be mitigated. Roof top vegetables gardens provide the fresh organic vegetables. They also ensure a better living environment with cooler indoor temperature and fresh oxygen.COVID-19 pandemic has become a global issue. It is impacting the global food systems and disrupting the agricultural value chains. It is posing risks to the food security across the globe. The outbreak has heightened the awareness of food safety for the producers, consumers, businessmen and governments. Cities are dense in population and presently many cities have become the hotspots of corona virus pandemic in the world. If we have to control the Coronavirus then restrictions on public movements are necessary. The restrictive movements have affected the central nerve system of cities. The cities depend on the surrounding villages. This dependency puts the cities under threat. Such situation also arises due to some other factors like extreme natural calamities. Rural-urban disturbances have affected the food supply chain. During lockdowns the traffic is affected except for essential services. The mainstream food supply chain has been disturbed. Even before Coronavirus many urban areas were at risk due to climate change and related anomalies. There is need to promote the urban agriculture under the restrictive rural-urban movement. This can significantly contribute to the food supply to the urban dwellers. Studies show that urban agriculture has the potential to produce huge amount of organic vegetables for the city dwellers. During COVID-19 pandemic urban areas can contribute immensely to provide the fresh and safe vegetables to the city people. During 2014 Ebola break urban agriculture was promoted in some countries. Now people are getting increasingly conscious about where their food comes from, how it is grown organically and how responsibly it is transported.

Coronavirus is pushing many city dwellers to grow fruits and vegetables in their respective homes. It is boosting urban farming. Sometimes people afraid to purchase fruits and vegeta-

bles because of pandemic. People feel problems to come to the vegetables and fruit shops during the lockdown periods. By the urban agriculture, the unused land in the urban areas can be used effectively. Urban farming can improve the food security and nutrition for the urban dwellers. It lowers climate change impacts and also lowers stress. Now-a-days to get the fresh organic vegetables has become difficult. Sometimes we get the over-ripened tomatoes and droopy spinach whenever we go to the vegetables shops. Now many urban dwellers are enquiring about the scientific method for the cultivation of roof vegetables. They are showing keen interest in roof top vegetables gardening. At this time one can build the hobby and can engage oneself in the roof top vegetables gardening. The first step is to prepare the soil. One can use compost and vermicompost to prepare the fertile soil for the roof top vegetables garden. The soil is filled in the pots or grows bags to sow the seeds or seedlings of vegetables. After sowing the seeds the pots are covered with the plants leaves. The leaves act as the mulching material and help in conserving the moisture in the soil. Avoid over watering to the plants as it can rotten the seeds or seedlings. It is very easy to control the insect-pests and diseases in the roof top kitchen gardens. We can use organic inputs such as Neem oil, Neem cake, vermicompost etc in the roof top kitchen gardens. Local food can be protected through roof top vegetables gardening. Urban farming emerges as an alternative strategy for households to secure their food at the same level before COVID-19 pandemic. This pandemic has raised the importance of local food production. It is very challenging to ensure the food security during COVID-19 times. There is need to speed up the urban vegetables production during the COVID-19 times so that fresh nutritious vegetables can be provided to the urban people. There is need of proper policy for urban agriculture so that it can be done in a scientific and systematic way. There should be proper management for the wastewater collection and its treatment in the urban areas. Presently we are fighting with COVID-19 and we should prepare for the tomorrow. At this time, urban population should not only consume the food but they should also produce for themselves in their limited spaces.

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Children ignore physical exercise in digital age

■ VIJAY GARG

Digitalization is appearing as a good sign in various departments in India. Especially the digitization of education world and boys and girls will be like a boon. It is very important for the generation of children coming in the age of computer and internet to be proficient in it. Children will have to get expertise in this mode to compete at the global level also, then only we will be able to be employable. At present, for the last two years, the area that has caused the most damage after the death of Covid-19 is in the field of education. Schools and colleges have been closed continuously for two years. The provision of online education has been made in the country, so that time is not wasted. Online education is attached to computer based network. Under this, students and teachers are connected to each other through videos and are also benefitted continuously. In this, teachers are virtually present and education is provided at the virtual level itself. Today online education is being provided live video classes, recording video classes, live online education, online test and P, D, F based online education at home. There are many online education in online education. Along with the advantages, disadvantages are also included. The teaching of classes through online education is being made more interesting story interactive, due to which children are paying more and more attention to it. Apart from this, online teachers can be accessed by anyone, anywhere, for example during travel or taking leave due to any reason, can get information related to the missed subjects. With the encouragement of online classes, students can acquire new knowledge, as well as the allegations that teachers are not competent, updated and lack of teachers can also be removed. Anyway, in a vast country like India, there are not enough schools and

colleges. With the option of online education, the pressure of decreasing school colleges will gradually reduce and the compulsion in school college admission will also gradually start decreasing. Online education is beneficial from an environmental point of view, it is beneficial from the point of view of corona infection, and is also being seen economically as saving from the cost of transportation. Online students themselves will understand the level of education and also understand what they like and in which field they want to further research or pursue a major degree. It also gives diversity of knowledge. Along with saving time, it also has economic benefits. Online education is very important and effective in terms of intensity and intensity. The information and data collection required for online education courses is fast and is very important from the point of view of diversity of creativity. The availability of the best university schools and teachers in online education is also always there to help the students. On the other hand, many problems are also associated with online education. Online education network is computer based, it requires many equipments which are very financially expensive. In a country like India, online education is not possible for everyone. In a country with huge population, the availability of computer network and mobile everywhere is not as easy as envisioned while planning. There is also a loss in the creative ability of the children because all the information related to the curriculum is not found in the books but they get it through the internet. There is a lack of curiosity in them and creativity also ends. In online education, there is a lack of physical exercise and physical exercise for young children, sports education is given to young children keeping in mind their physical needs, but this is

not possible in online education. Regular education in schools and colleges is given in discipline under the pressure of teachers sitting in classes, due to which a equality remains among the students, but in online education, students can openly misuse the internet without any rules. According to Indian and foreign psychologists, online education is extremely stressful. According to a research, after 15 minutes of online study, students lose interest in taking notes and start leaning towards the entertainment side. Online education is also affecting the physical and mental health of children, most of the eyes are affected, very soon children start wearing glasses and lenses in their eyes. But change is a fundamental law of the world, which nation, society and individual will change itself with time, it will definitely go ahead on the path of development.

The transition of COVID-19 has forced the whole world to change its thinking and this is the reason that every nation globally is preparing loudly in the education world for online education. Although the developed nations in this area started taking the initiative of online education much earlier. In the context of online education, it can be said that some challenges exist which we have to overcome and make it very accessible. In today's circumstances, the benefits of online education are immense. The importance of online education has increased significantly due to the magnitude of corona infection in the digital age. The future of online education is very bright, it can revolutionize the field of education. We have to work hard and monitor for online education so that students and people associated with education can get full benefit of technical knowledge and their mental, physical and character keeps on developing.

in power both in center and states and announcing number of packages and inauguration of various schemes at different locations that are attended by large number of people. These rallies are attended by the Prime Minister, Home Minister, Chief Ministers and many other stalwarts who are in power. All these have forgotten the increasing cases of Corona and allied variants only because of power lust without caring about its effect on the common man. Same people on the other end terrify the people of new variants of corona and talk of restricting gatherings and of night curfews and charging heavy fines from common man even for minor violations. When the Prime Minister himself indulges in such overcrowd-

Relevance of Shrimad Bhagvad Gita in modern times

■ OMKAR DATTATRAY

The relevance of Shrimad Bhagvad Gita in the modern times cannot be exaggerated. It is a spiritual treasure which guides us and shows us how to live a life of contentment. It is a nectar coming from the lips of the Bhagwan Krishna and everyone of us should partake this nectar meaning thereby that we should read and study the treasure kept by the Lord in this book. This scripture has got universal applicability and it is cosmopolitan in nature .Its significance and importance cannot be denied in today's world .This spiritual treasure is specially relevant in the modern greed torn world where everything is weighed on the touchstone of gain or loss. In these days of materialistic world where there is mad race for money, name and fame this treasure helps us to lead a contented life and the book shows us as to how purposeful life and meaningful life can be lived in this materialistic world. The world has celebrated the Gita Jayanti on Tuesday, December 14, 2021 with great fervor and enthusiasm and on the occasion of the Gita Mohatsava, Gita recitation was done and the importance of this scripture was brought home to the people by the learned men who had mastery over Gita. It was also brought fore to the people that the habit of reading and studying of the Gita is very useful especially in the modern times were there is greed and cunningness in the world and in such a situation the significance of this treasure is next to none. Bhagvad Gita is a philosophy and it is shows a way of life to the universe. In fact the study of this scripture helps the mankind to lead a balanced life and it guides us towards the supreme and ultimate truth. The Gita is the sum total and essence of Upanishads and one who reads Gita is said to have understood Upanishads also. The greatness of the Gita is this that it is a guide for the practical life and it shows us how to live a life in the world and live a life like a lotus away from the worldly mud and filth. Gita teaches us renunciation not from the world but renunciation from the wrong and selfish activities. Thus it teaches us to renounce the bad actions and live a selfless life. It never teaches us to renounce the world but to renounce all the negative thoughts and actions in the world. This scripture teaches us to live a saintly life away from the materialism and greed but it in no way exhorts us to leave the world. It teaches the mankind to leave the sense pleasures and live a life of contentment and a meaningful life away from the madness of the world. The Gita teaches us the highest philosophy of Karam Yoga and exhorts us to perform the allotted works and duties in a selfless manner and leave the results of the actions in the hands of the almighty. It teaches us as to how we will perform our duties and works without attachment while remaining in the world .Therefore it teaches us to work incessantly without bothering about the fruit of our actions. So it teaches us detachment from the materialistic pleasures and the Gita ordains us to perform our duties and works without caring for the results of our Karmas. Thus, philosophy of Karamyoga is the greatest philosophy to lead a life of purpose and teaches the people how to work and perform duties in a detached manner. Therefore selfless service and the service to the mankind is borne home to the people through Bhagvad Gita and the reading and its practice makes us noble individuals so that we work and perform duties with selfless devotion. It teaches and helps us to work and live in the world like a saint. Therefore the Gita exhorts us to live a detached life while performing our allotted duties and works. It says that work is your right and the fruit of the work should not bind you to the worldly pleasures. So it teaches the people not to renounce the duties and works but to renounce the selfishness while working and living in the world. Gita in fact is an empirical and scientific knowledge and thus it guides us in the practical world. It is the Chapter third of the Gita which teaches the people the philosophy of Karamyoga. This chapter of the Gita teaches us to live a life of a Karmyogi and work without caring and bothering about the fruits of your activities. Gita also teaches the humanity the Yoga of knowledge as well as the Bhakti Yoga which is total surrender and love for the God .It is said of the Kaliyuga that surrender and the love of the almighty is the simplest way to reach and attain the God and thus the philosophy of the Bhakti Yoga is the only simple way to know the supreme being .In fact the philosophy of love and devotion is the sure way to attain God in this universe .It is the chapter eleventh of the Bhagvad Gita which is dedicated to Bhakti Yoga meaning yoga of devotion. It says that total devotion and love for the God is the simplest way to reach the almighty in this Kalayug. Thus the people observe total devotion and love for the almighty to reach to the ultimate goal and attain God. Lord Krishna exhorts the humanity to perform total devotion and practice the devotion and love for the God and in this way we can attain the supreme Lord. Thus we should do total devotion to the God and surrender to Him and in this way we can reach to God and so yoga of devotion is a simple way to attain the supreme being and therefore we should perform devotion to God so that we will be successful in this Kalayug and reach the ultimate truth. So the Karmyoga and Bhakti Yoga are the two ways to realize the god and their description is given in Gita along with other forms and systems of yoga .Gita is the complete text of philosophy and shows us how to lead a life in this materialistic world were greed reigns supreme and thus Gita is the practical guide to lead a happy and contented life in this world. Since Gita is the essence of Upanishads because the Vadanta Philosophy is made easy for understanding through it .When the Upanishads are compared to cows, the Gita takes the position of milk .When one has plenty of milk at disposal one need not undergo laborious task of maintaining cows .One who has studied and understood Bhagvad Gita may be said to have caught the cardinal teachings of the Upanishads. The importance and relevance of Gita cannot be exaggerated in the modern world as it has much practical value and relevance for the mankind. Let us all read and study the teachings of the Bhagvad Gita in order to be successful in the world. When the father of the nation Mahatma Gandhi was facing any problem in life he was seeking the solution in the Gita. The significance of Gita can be rightly be summed in the words of Ashborun who had said, "Burn all libraries of the world for their essence is in Bhagvad Gita".

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ed rallies, who is there to dictate restrictions on such rallies. If the sense prevails upon such leaders they should campaign through TV channels and newspapers and Courts on their own should restrict these power hungry classes of politicians to carry on public rallies. The ECI, an independent constitutional authority and responsible to conduct elections, is a dummy puppet, who has no eyes and ears to blow heavily on these leaders. If all this nonsense is not stopped in time, the consequences could be dire than the second wave of pandemic.

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