

## ORGANIC FARMING

After going through the vicious cycle of artificial growth of crops the stakeholders have reached to the conclusion that the conventional way of farming was the best though the yield was not upto the mark. It is true that green revolution made it necessary to opt for agriculture practices which led to modern cultivation techniques but after in depth research and experience of the genuine farming community it has come to fore that there is no comparison between the old ways to foster crops and the new trend to produce crops in abundance by genetically changing the characteristics of the produce as the same has proven very dangerous to the population which switched over to new technology without mulling and going through the pros and cons. In this context the small farmers owning less than two hectares of land can derive maximum benefit from natural farming. This was said by the Prime Minister Narendra Modi while virtually addressing the first national conclave held on the subject at Anand in Gujarat. He also said positive effects of natural farming are already visible in Gujarat. Surely there is no doubt in the assertion made by the Prime Minister Narendra Modi but the thing is that those who have full faith in genetically modified crop holdings will never switch over to this older version of farming as there is apparent loss due to decline in the produce which the genetically modified crop ensures. The farmers are showing reluctance to go for natural farming despite the fact that those who have switched over are earning handsome amounts as dividends for giving preference to natural farming. Of course by going through the natural principles, one can assume that there is no alternative to organic farming and till the time all farmers do not adopt this way of cultivation, those who are trying their luck are having a hay day. The difference is clear and therefore there is no harm in acceding to the appeal of PM Modi to get maximum out of this new strategy in the farming sector.



## Chaos theory and moment of enlightenment

All of us sometime or the other have experienced the Eureka moments or insights where suddenly the solution to a long-voiced problem emerges in a flash.

Such eureka moments or sudden insights have been the basis of some of the greatest discoveries of this world. Thus the flash of insight of Archimedes (who ran naked in the streets of Athens shouting Eureka which means I found it and hence the origin of the word Eureka), Einstein, Newton, Buddha, McClintock, and innumerable other great discoverers, came mostly at the time when they were not expecting it.

For example, Archimedes got his insight of Archimedes principle when he was sitting in his bathtub; Einstein got his idea about the general theory of gravitation when he visited the painter who had fallen from the roof; Buddha got his enlightenment after consuming rice pudding and Newton got his idea of gravity when an apple fell on his head!

Nevertheless, the great discoveries and insights have come from people who have thought very deeply about the problem at hand. During this process it becomes a juno (passion) for them and the whole brain is simply seized with one idea or thought which occupies it for a very long time. This requires a tremendous will power which leads to powerful concentration and helps in making the mind prepared for the insight.

This deep thinking or internal churning of the brain is called Sanyam by Patanjali in his Yoga Sutras. Sanyam is defined as a combination of focus (Dharan), contemplation (Dhyana), and immersion (Samadhi) done on any subject or the object. Patanjali says when Sanyam is done on anything, it's complete knowledge results.

However most discoverers have also stated that though they thought deeply about the problem, the solution sometimes came unexpectedly and in a flash. In my own case an idea that human thought and gravity maybe related came in a flash when I was not thinking about it and was walking through a pine forest. It eventually led me on the path of spiritual writings.

So what exactly is the mechanism by which such insights suddenly appear. We will try to explore it with the knowledge of neural pathways and their mechanism.

The thought production in

Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts.

-Paramahansa Yogananda

## EDITORIAL

## Rectification of discrimination with Jammu

## ■ OMKAR DATTATRAY

The Jammu province has been largely discriminated by the successive valley dominated rulers ever since the dawn of the democratic rule. The fact that the Jammu region stands grossly discriminated is not hidden from anyone. It is very disturbing that step motherly treatment has been meted with the Jammu region and there is the immediate need to do away with over seven decades of the continuous discrimination and give the people of this region its due share in the matters of socio economic and political development. The Jammu region is grossly discriminated in all most all walks of life and for this discrimination not only the valley based political masters are responsible but the passive attitude of the Jammu political leaders is no less responsible for the gross discrimination and injustice with the Jammu region. The Jammu based political leaders are working subservient to the Kashmir political leadership and the result is the total discrimination with the Jammu region and for this subjugation of the rights and interests of the Jammu region the political leaders of the Jammu should introspect and force the powers that be to work in the required direction of rectification of the discrimination and wrongs done with the Jammu region. It is pertinent to mention here that the Jammu region has been discriminated in all the spheres of life by the successive valley based political masters. In the matter of education, employment, professional trainings, allocations of the funds and budgets, economic and social development and for the national projects and its allocations the Jammu stands discriminated and this is a sad commentary and it adversely impacts all of us. So the political leadership of Jammu, social and cultural organizations as well as the common masses of Jammu should stand up and be ready for the peaceful struggle so that the discrimination with the Jammu province will be removed but it requires selfless struggle on the part of the people and political leaders. But the first thing is that the political leaders of Jammu division should cease to be at the beck and call of the Kashmiri political leaders and rulers and they should not provide a helping hand to the dominant political rulers of Kashmir who work always for the subjugation of the interests of the Jammu people. The Jammuites have tolerated much and the discrimination has reached to its peak and the people of Jammu region have suffered and are

still sufferings at the hands of the successive valley based rulers besides the fields of employment and the socio economic spheres, there is total discrimination in the matter of the project allocations and this has adversely affected the people of the Jammu division and there is the domination of the valley-based political rulers on peace-loving, patriotic and nationalistic people of Jammu. It seems that the people of Jammu division are suffering because they are nationalist to the core and the governments are paying attention to the demands of the Kashmiri leaders and the interests and aspirations of the Jammu people are always relegated to the background and thus they continue to suffer. It is very sad and unfortunate that the people of Jammu are always taken for granted and their interests and genuine demands are not fulfilled while the rulers are dancing to the tunes of the Kashmiri leaders. There is wholesale discrimination with the people of Jammu and they are given a treatment of second class citizens by the Kashmiri centric political masters and rulers. People of Jammu region discriminated and they are suffering at the hands of the Kashmiri centric political masters. There is political, economic, social and cultural discrimination and there is urgent need to remove the gross discrimination with the Jammu people. For removal of the discrimination with the Jammu people, all the people of Jammu should rise above their petty selfish and narrow interests and start peaceful struggle for removing the discrimination. Thus there is urgent need to address the grievances and sufferings of Jammuites on a war-footing so that they will not continue to suffer any more at the hands of the Kashmiri political leaders. Therefore all the right thinking people should join hands and strive for the removal of the discrimination at the hands of the Kashmiri centric rulers in order to usher in a discrimination-free Jammu. So all the political leaders of Jammu division should stand up and unite to remove over seven decades of the discrimination with the Jammu. Jammu leaders should not work as subservient to the Kashmiri political leaders but assert themselves and make it clear that they will no longer like to live a life of discrimination and suffering. Jammu political leaders and the common people should rise above the narrow and selfish interests and strive for ending discrimination with Jammu. Therefore there is urgent need to awaken the Jammuites and forge a unity among all the political and

social organizations of Jammu in order to usher a discrimination free Jammu. The discrimination with the Jammu region is a serious problem with which Jammu is faced with and the people of Jammu should be freed from gross discrimination and injustice so that this region is also made a region without the discrimination and disparity. Therefore there is great need for a discrimination free Jammu and for this the people and the political leaders of Jammu should strive so that a discrimination free Jammu becomes possible. The responsibility for the discrimination free Jammu lies on the shoulders of the Kashmiri centric political leaders and also on the political leaders of Jammu division who do facilitate the syndrome of discrimination by their passive submission and working towards the discrimination of the Jammu region. Thus discrimination is rife large on the face of Jammu and this is a serious matter and the political parties and leaders of Jammu should not play second fiddle to the perpetuation of the hegemony by the Kashmiri centric rulers and political masters. So serious efforts need to be undertaken by the powers that be to facilitate the discrimination free Jammu so that this division will also feel justice and equity in the lap of the democracy and the sooner it is done the better. Since the Jammu region faces severe discrimination in all most all spheres of the life and now the time has come for a discrimination free Jammu so that the people here will have a sigh of relief and live in a discrimination free environment and flourish like their counterparts of Kashmir. But the responsibility and onus for this lies on the shoulders of the political masters of Jammu and Kashmir who always work for the interest and welfare of Kashmir and pay scant attention towards the problems and the glaring discrimination of Jammu region. Therefore the time has come for the rectification of the political wrongs and the continues discrimination of Jammu region so that this division as well will feel satisfied so far as the social, economic and above all political and overall development is concerned. Thus rectification of the discrimination and ensuring a discrimination free Jammu is the need of the hour and for this all the right thinking political leaders should play their part. In brief, rectification of discrimination with Jammu is answer for all problems and ills of Jammu region.

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

## New Year-time for a change

## ■ MOHD IRFAN SHAH

The beginning of a new calendar year or adding up of the calendar years count by one is marked by New Year's eve celebration. Different cultures celebrate the occasion in different ways across the whole world. The month of January is considered to be the worldwide or conventional start of the civil year. New Year's eve is no less than a religious festival in today's era. People mark it as a holiday to forget the sorrows of the previous year and welcome the happiness of the upcoming one, forgetting that one more precious year of their life has ended. For many people, the common theme of New Year is that, December 31st is a time to look back on last 12 months and reflect on how we've progressed and what we've accomplished. They celebrate the changes and trials that they have overcome, and they think this is the moment to do so and celebrate their survival.

The beginning of a new year is a time for introspection and consideration of possibilities, so it doesn't matter whether you celebrate or party at the end. Most of us recapitulate; take out some time for ourselves to think about what we did in the last year which affected our mental, physical and social life and come up with a positive approach for the upcoming year. But from my personal experience, by evaluating yourself at the end of the year, there are least chances that you are

going to be better in any way; better is to give yourself some time and try to build a positive change in yourself at any time of the year.

Predicting the upcoming year will come up with a success story for you to forget the downs of life. There is no assurance that you will achieve whatever you have pointed for your upcoming year. Better is to get ready for the forthcoming failures and keep a firm belief that you will surpass them with confidence. There is no proof of overnight success since the beginning of the calendar. So, it's better to make an effort to be optimistic while remaining realistic. Make a plan, but be prepared to change course if the situation changes to the downward side. On never year's eve, while at a party or some function it's definite, you'll have plenty of company when you're attempting to make positive changes in your life, but you forget at the end you will have to go back home alone, face alone and tackle alone whatever is going to come up in the coming year. On New Year's Eve, there's nothing better than toasting to the fact that we've survived another year of life's turmoil that too in this pandemic where we lost many of our loved ones. In many ways, the trials of the past two years have been beyond distressing; either people lost their job, or their loved ones or their dedication towards work. Many of us had kept some goals for these two years, but few people succeeded. And we still are

surviving in the pandemic, so let's be positive, confident and ready to tackle.

New Year's resolutions are set by people all over the globe every year in order to achieve their goals, improve their overall health, and generally make their lives better. Many people succeed in following their New Year's resolutions, but many others fail to do so.

According to a Discover Happy Habits survey, 75 per cent of people who make New Year's resolutions keep them after a week. After two weeks, it reduces to 71 per cent. After a month, the number lowers to 64 per cent. And six months later, 46 per cent of those who set resolutions still keep them. After six months, only 4 per cent of people who have similar goals but do not make a resolution still succeed. Beginnings and changes in our lives are sparked by the start of a new year; however, that spark should last throughout the year rather than fizzle out after a few days or weeks. Instead of making emotional resolutions that you may later realize to be impractical or uninteresting, you should learn to make practical resolutions that are based on common sense and facts rather than on emotion. A fresh beginning may occur on any day of the year if you make the decision to start anything new. Although a new year does not immediately transform us or our attitude on life, it may serve as a natural beginning point for altering our thoughts and actions.

## YOUR COLUMN

## Power sector reforms vital necessity

Dear Editor,

It is really painful to see the state of affairs in our country, where reforms for betterment of masses are being met with such resistance and that too from people having vested interests, showing utter disregard towards the sole purpose of improving the living conditions/ upliftment of the society as a whole. One such reform taken up in J&K as early as in 2011 to streamline the functioning of PDD for ameliorating the misery of people by reaching quality and uninterrupted power to each and every household apart from saving of incurring huge losses by the PDD was expected to bear fruits over a period of 10 years now, has been put on hold again for one reason or the other which eventually will further delay the work on Reform Plan so vital for development and wellbeing of all. The tragedy is that our democratic system stands for 'Hall-a-Gulla', pandemonium, walk outs, coming to blows, breaking mikes, chairs and tables; now resorting to indefinite strikes even in case of essential services. We witnessed how state of J&K plunged into darkness for 36 hours, no power, no water, even mobile and inverter batteries turned dysfunctional. It gives shivers when I imagine what a family must have gone through when some of their ailing member dependent on life

saving equipments like oxygen concentrator etc. must have grasped for breath. Reportedly, in J&K T&D losses are the highest and can be curbed by engaging a single agency which can control both losses as well as theft. (There is about Rs 7,000 crore deficit on account of electricity every year). Further, high technical losses are due to the outdated distribution network still at large and needs urgent upgradation for uninterrupted power supply. Here, the biggest proof of success of such reform is our national capital, the electricity distribution of which was decentralized in 2002 by roping in private companies. Before April 2002, there used to be huge and frequent power cuts in Delhi. Post decentralization, the power supply has been 24x7 by just cutting the power losses and pilferage. As per the reports of a local national daily, ever since electricity distribution was decentralized in Delhi in 2002, the national capital has saved at least Rs 1.2 lakh crore, mainly by curbing transmission loss (data shared by the three Div coms engaged in national capital). This is in addition to catering for uninterrupted and top quality electrical supply for one and all in the national capital. Yes, many real factors interest group dynamics, biased and even misinformation do come in the way of the best policies getting through. In fact, the vested interests go to resist it as long as they can. These are the people in the department, in politics and unfortunately subscribers /customers who have got accustomed to theft.

Clearly, the onus lies on the civil society, as well as, the

## Immunisation of adolescents mandatory

## ■ SHYAM SUDAN

We know the entire world is suffering from the COVID pandemic at present. COVID virus is rapidly changing its variant due to mass spread in human population.

Millions of people have lost their precious life on this planet due to this infection. Since last two years we are in very miserable condition due to the restrictions imposed on us.

No doubt such kind of restrictions are very mandatory for us because these precautionary measures plays a vital role in restricting this infection in human chain.

Now every nation is giving priority to immunization programme against this viral infection at their individual level.

We are also running the historic immunization programme against this pandemic. According to an estimate we have administered 140 crore doses of COVID vaccine to our population.

No doubt it is a giant figure, but for our population size still more is needed. Now the government has decided to vaccinate the adolescent population of our country. It was the dire necessity of the time, because our adolescents are without any protective shield so far against this viral infection.

Due to this reason all the educational institutions were closed for children. Due to closure of all education institutions across the country children have faced lot of trouble during lockdown period. However various online and virtual mode of learning programme are going on to mitigate the loss of children study but without functioning of education institutions these alternatives are not fulfilling the entire needs of the children. Now due to fear of omicron variant once again children are feeling very distressed and sad.

The only stable measure against this pandemic is mass immunization as early as possible. Taking the cognizance of this serious issue, now the government has decided to launch the programme of vaccination for adolescent age group.

Under this programme, firstly age group of 15 to 18 years will be covered on priority basis.

Sidewise government has also announced to give the booster dose to the aged population of our country.

This is also a very praiseworthy initiative from the side of health department because this section of society is very vulnerable to the diseases and other health ailments. Booster dose will help for such people in building their immunity against this viral infection. Both these age-groups are feeling very insecure for this COVID infection because they are most susceptible for these infections.

Now after the vaccination we can think for the opening of education institutions for the children. Earlier we have seen that people were not interested to send their children in school.

However there are great challenges for this mega immunization programme for children, because there are millions of school going children in this age group. Many are drop out and never enrolled in any education institutions.

To cover all the children in one go is very herculean task but the firm determination of the government and health department can implement this plan like previous one. The spread of this infection is gradually increasing day by day. In coming months there will be elections in many states.

This can add more problems for us. There is need to cover the entire population of those states on priority basis. Now people are once again living their routine life and forgetting the precautionary measures from their mind.

It is not good thing for us because as we know precaution is the only measure to control any infectious diseases from human chain, face masking and physical distancing are very mandatory to combat against this viral infection.

We should adopt this strategy in our life only then we can get a desirable result in our favor. Otherwise once again we have to pay for this infection. Now there is proper facility in our health centers to meet any emergency problem, but for such a great population these resources become helpless if pandemic spread with rapid pace.

Aligned and coordinated efforts are needed for this immunization programme. It is the responsibility of every parent and guardian of children to come forward and help the health department in this direction.

Because we have seen that there are certain myths and fear for this vaccination in major section of our society.

Children usually hesitate to go for any kind of vaccination. It is duty of every civilized person to aware the children and misled parent for this vaccination drive with the unanimous approach and contribution of all we can win this battle of life. Never forget that our enemy is very strong, invisible and secular in nature. It can target every individual who is careless and ignorant. Carelessness of one can create problems for others in future.

We have to keep in our mind that nothing is so valuable in this world than our children. Because there is a well known saying that today's children are future of tomorrow. Let's all participate enthusiastically in this immunization programme and give our children a safer place to live and play.

politicians. People at large need to rise to the occasion, leave their personal petty interests and support such reforms for the betterment of the society. Similarly, criminalization of politics must be eschewed. The time has come for Parliament to consider an amendment to the Representation of the People Act and frame a law which disallows candidates against whom charges have been framed in court for serious offences. Alongside, we need to educate voters and create enhanced awareness, increase democratic participation by creating the right conditions for decriminalization of politics. Else be prepared, today's criminal kingmakers may be tomorrow's kings. The problem is that our Govt has the ability to come up with grand visionary statements, but seems to lack the executive ability to a New India. All, it needs a coordinated effort, education and implementation to get the things on right track. The pursuasion is must and is on. Hopefully, there may be paradigm shift in system when issue is resolved in confidence, competence and consultation by the authorities with all the stake holders and things change for better soon. Lastly, it is time for Govt to relook, what aspects of its policies are making both the public service enterprises as well as private sector. Once these aspects are identified, all those who are concerned should design how to eliminate them. The problem is that our Govt has the ability to come up with grand visionary statements, but seems to lack the executive ability to a New India. Uprightness is need of Hour.

P K Mam.