

## LOSING CHILDHOOD

Children are forgetting to talk, play, jump and read after getting mobile, computer, laptop. It is not understood that how to take back the mobile which was caught in his hand during the Corona period? Earlier, where children used to eagerly wait for the bell of their sports in schools, used to look forward to painting, drama, music competitions and all kinds of activities, now they are not interested in these activities but only in the screen of any electronic device. On the one hand the children they have such state-of-the-art techniques in their hands, and on the other hand, they have to be victims of various kinds of crimes continuously. These include sexual crimes, economic crimes and all kinds of cyber crimes. In nuclear families, most of the parents are busy in their day-to-day work, because there is compulsion that if they do not work and have a job, then how will the house run, how will the children be brought up. That is why most of the children of such families are dependent on day care centers or helpers. Absence of grandparents in homes made the children even more lonely. What is it? After all, how can children talk to their parents who are busy day and night? Many times it happens that the child wants to say something, insists on something, then in order to listen to his problem, instead of solving it, he is coaxed with a chocolate or a toy, or scolded and silenced. Are being given. In most of the crimes against children, the same thing comes to the fore that they could not tell their parents about the crime in time. Many times children even commit suicide due to fear of criminals and parents. They keep on regretting. The stress and quarrels of the parents also have a very bad effect on the children and they cannot get out of the bad memories of their childhood for the rest of their life. Experts say that parents should never fight in front of their children, but in families where parents separate, get divorced, children are more likely to be in trouble. How can their problem be solved instead of being ignored or scolded? How can they escape the violence? How will children be free from the problem of loneliness? Some suggest that if orphans and old age homes are combined, the loneliness of children and the elderly will be reduced.

## OFF 'D' CUFF

## Adversity Always Brings Choices

Adverse circumstances spare none of us. All through life, we come across adversity. We come across events, circumstances, situations and people, whom we don't like. We come across failures and heartbreaks, dejections and frustrations, loss and ruin, disease and ill health, grief and sorrow, and anxiety, fear and stress. But adverse situations need not be just a pain in the neck. Every adverse situation lends itself to many choices, and depending on what choice we make, we can create a different reality, and our life can move on a different path. Once we make a choice, we will get the results of that choice. If we want different results, we have to make different choices, not keep cursing our fate, our destiny and our lives.

When faced with any adverse event or situation, we have, broadly speaking, four choices.

## 1) Denial and defense

We can choose to deny the whole situation as if it is not really an issue. If we suffer from a broken relationship and heartbreak, we can deny it by saying 'Oh, its nothing. Anyway, I was not really having any great relationship with that person, and I was myself thinking of breaking the relationship'. If that is indeed the truth, then the adversity is no longer an issue, because we got what we wanted. But if we are lying to ourselves, if we are denying the hurt, the trauma and the suffering, we cannot be happy. We may be able to apply a lid to the issue and suppress our emotions about the issue, but these will fester, linger and grow, and will eventually burst out, as another problem or a disease or bring us back to a similar issue.

Going hand in hand with denial and lying to oneself, is defense or getting defensive. Someone says something to hurt us or criticizes us or points out our mistakes. Instead of listening to them and giving it a long thought, and deciding whether they are right or wrong, we immediately jump to our own defense. No, I did not say that, no, I did not do that, I was doing correctly. I forgot, I got distracted by a phone call, I had too many things on my mind etc. --we land up giving a list of excuses which is supposed to justify our mistakes and make them okay.

## 2) Blame

The second choice we make, when faced with adversity, is to blame. We either blame ourselves, fall into self-pity and a victim mode (I'm so stupid, I'm useless, I'm always making mistakes, my life is cursed, I'm born with all these issues etc.) or we blame others. 'It is because of you, or because of my mother or father or brother or spouse, or the weather; or my profession or the govern-

Those who cannot work with their hearts achieve but a hollow, half-hearted success that breeds bitterness all around.

-A. P. J. Abdul Kalam

## EDITORIAL

## Grow trees for greening the catchments

## ■ PROF. (DR.) R.D. GUPTA

As many of the catchments of streams and rivers viz, the Devak, the Ujh, Basantar and Manwar and tributaries of the river Tawi and Chenab, are totally deforested. Heavy deforestation of the catchments of these rivers has brought about a change in climate and bare slopes of the sub-mountains in the catchments. Bare catchments have not only resulted in the reduction of water of these rivers / streams but also depleted fresh water resources like springs/baulies and lakes. Even a little rainfall in catchments causes in swelling of the rivers and silting up of their bed owing to heavy and rapid erosion of catchment areas. The whole of the area, therefore, calls for catchments treatment.

Among the various catchment treatments, tree planting and planting of grasses are preferred. It

is because forest trees and grass cover play a significant role not only in checking soil erosion/runoff losses but also maintain balance in physical landscape through the regeneration of degraded / eroded lands. While planting the trees their local species should be given priority to grow. Such trees already stand mentioned in the sub-head of Afforestation or Greening the area by plantation. Now a days if our forests are in peril so are the grasslands. Both men and animals contribute their destruction. A survey conducted about 50 years ago, classified 80 percent of country's grasslands as "very poor" in forage production. The grazing areas are shrinking and deteriorating due to depletion of the edible grasses for the livestock. In certain pockets of Kandi belt of Jammu, grasslands already become limited and live stock have to depend upon the vegetation of

forest species and bushes. Goats have become popular because they eat both shoots and roots which means further degradation of the grasslands. In light of the above, the grasslands require to be ameliorated by way of planting more local grasses like Khabbal or Dub(Drub) grass (*Cynodon dactylon*) which is a perennial grass and grows throughout the year. Its growth is more luxuriant during the Kharif season, particularly in monsoon period. This grass is a very popular for grasslands/grass plots. It is also a very useful fodder particularly for milch cattle and horses. Swank grass (*Fimicunculus*), Dilla or Moth grass (*Cyperus rotundus*) and Chhimaider grass (*Elisabetha glomerata*) are the other grass species which can be grown as fodder for the Kandi belt of Jammu.

Areas having steep topography require a well

planned integrated and rational land use in forestry / agro-forestry horticulture and agriculture. Hill tops and steep slopes must be placed permanently under forest species. Planting of forest trees like tal (Dalbergia sissoo), kikar (Acacia nilotica), Chir Pine (*Pinus roxburghii*) and Buffel Grass (*Cenchrus ciliaris*) at higher slope (>25%) have found very suitable in checking soil erosion and conserving water in comparison to similar slopy areas where indiscriminate felling of trees and cultivation for growing hill millets with age old practice and the problem of soil erosion has been aggravated. A good soil binder Sanatta (*Dodonaea viscosa*) has been found very beneficial in conserving soil moisture and controlling soil erosion.

(The author is former Associate Dean-cum-Chief Scientist KVK, SKUAST-J).

## Save Surya Putri

## ■ G.L. KHAJURIA

The Jammu city which is known as City of Temples throughout India for its monumental, archaeological and historical importance is now losing its pristine grandeur and glory due to exploding population accruing from the migration of population from the valley, rural areas and from industrialization. The mounting pollution is yet another threat to the existence of ability.

Over the years, the Tawi which is the life line for Jammu city is depleting and its nectar clear water which perennially flowed is now losing its majestic look with every moment. At one point of time, people in and around the vicinity of Jammu used to subsist on water. The same case is nowhere in sight now. Rather it is flowing water brings along with it filth and debris from Nagrota and other areas.

The source of the Tawi river is "Kailash Kund Lasea and after taking turns and twists all along the route it takes in its lap various tributaries varied catchments and reaches the base of "Suez Dhar" whose entire catchment drains into the Tawi at 'Seri and from Seri, the river encompasses various micro to macro watersheds of Lat, Dhuna, Jhaked, Marothi, Koi and Gharian on its both sides and then it reaches Sudhmahadev where small rivulets confluence down below Sudhmahadev. The river thence onwards moves serpentine and the entire catchments of Southern areas of Patnitop, Kud, Nathatop on the one hand and 'Jug Dhar' and its south eastern aspect on the other hand drains into the Tawi river.

## 3) Ignoring

If the issues at hand are minor; or if they don't have too many repercussions, or are not likely to be recurrent, we might choose to ignore the issue. If our domestic help or employee takes an unscheduled holiday, and it affects us, we can choose to ignore it, provided this happens once in a while. If it becomes too much or too frequent, we may not be able to ignore it, and will be forced to take some action. But ignoring is good, for small and often irrelevant issues. We don't have to make hard choices every time. If someone has parked his vehicle wrongly, or someone is blaring music, or someone passes some nasty comment, we can choose to ignore these things once in a while, provided we are not seriously affected by these things. Ignoring small issues does bring peace of mind. If we were to take up cudgels against each and every small problem, life would be one long drawn-out conflict.

## 4) Accept and Learn

This is actually the best option but one which we are loathe to take. It doesn't come easily and often needs a lot of calm and awareness. Most often, we react reflexively with either denial, defense or blame. But if we are able to remain calm and study the adverse situation dispassionately and objectively, and if we are able to have someone close who can shed some light on the issue from outside, we will be able to see that every adverse situation, however bad, always has a flip side. Also, every adverse situation is literally attracted by our inner selves, so that we have a chance to learn, accept and evolve. If we avoid the temptation of choosing options 1, 2 or 3, we will be able to see the adversity for what it really is, see how we are responsible for being a part of it, see how we have come here or why we are standing here, see what we could have done differently in the past to avoid this situation, and then accept it for what it is. Once accepted, once we stop fighting the issue or defending ourselves or blaming ourselves or others, we get clarity. We can then see how we can benefit from the situation, what we can learn, and how we can convert our negative emotions associated with this event and negative emotions from the past, into more positive ones like love, forgiveness, assertiveness, faith, hope, trust, honesty, and let go.

P V Vaidyanathan

Down below, the river loses its water table and is hugely encountered by garbage dumps, debris and other waste material of unprecedented nature. How this nectar of old golden days is to be kept clean is the clarion call of the day? And then what steps are warranted to restore back this most reverential river to its glory is doubtlessly, a paramount need of the hour. A few steps suggested are:

Averting encroachment: All out efforts are warranted to be taken to remove encroachments around the river Tawi and in this context the Forests, Revenue, JDA and MCD and other NGO's would have to come to the forefront.

The exercise needs to be initiated right from Nagrota downwards upto Ware House Belichrana and Soura Chak on both the banks of the river so that the sylvan surroundings of the Tawi is restored back to its pristine beauty.

Discouraging garbage dumping: The tipplers, small carriers loaded with waste filth, debris, thence and other non-biodegradable wastes of all hues are dumped into the river making it filth-ridden. These waste materials are mostly an outcome of the marriages and other ceremonial occasions and the same is true of waste material of hospitals and medicare centers. The safest and healthiest way out is to recycle this waste material. Catchment area treatment: All the catchments right from the origin of the Tawi, down below RS Pura where it mixes with Ravi warrants to be treated by way of massive afforestation works, coupled with soil conservation

works. In the forestry parlance, the campaign should start from top to bottom as the barren tops are benefit of vegetative cover and unless, these are well clothed. The entire exercise shall prove futile. And in achieving this mission a multidisciplinary approach on the part of forests, soil conservation, agriculture, horticulture and sericulture departments has to take intense at this reseccions. This will enhance scenic beauty of the area.

Vehicle cleansing: Does anyone of us claim that Tawi river is having clustered service stations for vehicles which of all hues intrude into it for cleansing? And where have the concerned authorities gone? They probably seem to have gone under deep slumber. So, at this juncture all-out efforts are needed to be taken to unit a blanket ban on this ugly practice which otherwise tantamount to desertification of river Tawi a pride of Jammu.

Fish Culture: Some natural springs and ponds do exist on the left bank of the Tawi river where there is ample scope of fish culture and the department of fisheries have to take a forward stride.

Massive afforestation along the Tawi banks-Arboretum alongside the Tawi shall provide picturesque panorama to the people.

Bathing Ghats: On the left bank of the river exists idol of Lord Hanuman amongst a cluster of many temples. The place is also known as 'Hari Ki Puri' where people of all hues throng for holy dip on the occasion of pious days. In case these steps are taken, there is hope that the Tawi will flow majestically once again.

(The author is former Dy. Conservator of Forest, J&K)

## World worries about disability more than disabled people do

## ■ VINOD CHANDRASHEKHAR DIXIT

3rd December is observed as The International day of Persons with Disabilities. The day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. Additionally, it also aims to raise awareness of the situations of persons with disabilities in all aspects of political, social, economic and cultural life. Disability is one of the most important issues in the contemporary society. In 2006, the Convention on the Rights of Persons with Disabilities (CRPD) was also adopted. It aims at working towards creating equal opportunities for persons with disabilities through the implementation of the 2030 agenda for sustainable development. Disabled people are people who have mental or physical limitation so they depend on someone to support them in doing their daily life needs and jobs. Although disabled

people are a minority and they are normally ignored, they are still a part of the society. Disability is somehow an obstacle in every disabled person's life. It is considered as a physical or mental condition that limits a person's movements, senses or activities. Modern societies have recognized the problems faced by these individuals and passed laws that ease their interactions. It is not common to find such immense willpower in the general population. Therefore, disability leads to a tough life owing to its emotional demands on its subjects.

Each type of disability needs different kind of support and assistance. But the most important thing is the positive attitude and self-confidence. If a disabled person has these two qualities, no disability can stop him from achieving success in life. According to WHO "More than 1 billion people experience disability, and this figure is predicted to rise, due in part to population ageing and an

increase in the prevalence of non-communicable diseases." Having a disability should not mean being excluded. More than a billion people worldwide have some form of disability, many children. Whether affected by the disease, landmines, or other injuries, children with disabilities in developing countries often find themselves isolated, alone, and with little hope. The statistics show that the proportion of disabled people in the world rose from 10 percent in the seventies of the last century to 15 percent so far. The number of handicapped exceeds a billion people all over the world, occupied about 15 percent of the world's population. Nevertheless, today, the problem of people with disabilities and their discrimination persists because many biases and prejudices are resilient. In this regard, education is particularly vulnerable to the problem of the integration of students with disabilities into the learning process. Disability is the complex notion that involves lim-

## 'Mental Health' - Not 'Destination' but 'Process'

## ■ MAHADEEP SINGH JAMWAL

If we will ask a person stepping into the 'Senior Citizen' what his primary goal is? Quick response will be 'I want to remain mentally fit' with 'sound health'. Our psychological, emotional and social well-being impacts every area of our life. Especially in old age, maintaining our mental fitness is vital to living a happy, healthy life. But unfortunately, millions of oldies lacking mental fitness leave them feeling hopeless, helpless and alone. Mental health is an area where oldies are embarrassed. They don't want to talk about it because somehow they feel they're failure or they're embarrassed for their child, but mental health, I feel, is something that we have to talk about. Let us start with determination that I am bent, but not broken. I am scarred, but not disfigured. I am sad, but not hopeless. I am tired, but not powerless. I am angry, but not bitter. I am depressed, but not giving up. It's so important that we all speak up on mental health. Here we find those 'Senior Citizen' with strong family or social connections are generally healthier than those who lack a support network. If we have to understand in a simple way what is 'mental fitness' and 'sound health', mentally fit means the ability of an individual to perceptible understand and communicate specific information pertaining to his or her health, safety, and evolution. If we avoid the temptation of choosing options 1, 2 or 3, we will be able to see the adversity for what it really is, see how we are responsible for being a part of it, see how we have come here or why we are standing here, see what we could have done differently in the past to avoid this situation, and then accept it for what it is. Once accepted, once we stop fighting the issue or defending ourselves or blaming ourselves or others, we get clarity. We can then see how we can benefit from the situation, what we can learn, and how we can convert our negative emotions associated with this event and negative emotions from the past, into more positive ones like love, forgiveness, assertiveness, faith, hope, trust, honesty, and let go.

Mental alertness is a state of high sensory awareness where we can focus and concentrate on a task at hand, as well as perceive and act fast in any situation. It relates to reasoning, capability, awareness, perception, and imagination, and therefore staying mentally alert is vital for productivity levels. We need, ultimately, to be able to view mental health with the same clear-headedness we show when talking about physical health. Taking care of our mental health is as important as maintaining our physical health, staying mentally fit means living in the moment and enjoying life with our near and dear ones. "Alert presence is the garden of personal growth"- Joseph Rain.

## PROGRESSING J&amp;K

## Through Mission Youth, Govt drive socio-economic empowerment among JK youth

Over 30k youth provided direct livelihood means during 2021-22

J&K Government is laying special thrust with Mission Youth programme on skilling & self-employment of youth with targeted schemes to drive a socio-economic transformation.

Government has instructed for impact assessment of initiatives and called upon stakeholders for exploring all avenues for enhanced corporate engagement in Youth empowerment and skilling programmes/schemes.

According to officials more than 30,000 youth, including more than 12,000 girls, have been provided with direct livelihood means during the year 2021-22.

Mission Youth has also partnered with reputed institutions/organizations of the country including BSSE Institute, ICICI Foundation, Ashok Leyland, Wipro etc. with an aim to facilitate skilling of youth in high employability potential sectors like BFSI, Robotics, Artificial intelligence, etc. and more than 10,000 young boys and girls were provided with market-driven skill development trainings during 2021-22.

Highlighting the achievements of Mission youth, the CEO informed that under Mukmin scheme, during FY 2021-22, 3651 vehicles were provided to youth for self-employment against the target of 2022 vehicles.

Under Tajeswini, about 2443 Young girls were provided assistance under the program during FY 2021-22 against the target of 2022.

More than 11725 youth, including 5237 girls were provided with customized market driven trainings. 910 Candidates, including 251 Girls, are being provided with necessary training to qualify the recruitment process for joining Armed Forces as Agni Veers.

Under Parvaaz Scheme, coaching of youth is being sponsored by Mission Youth in reputed institutions. Coaching for civil services and NEET JEE is provided under this scheme

Pertinently, Mission Youth is an ambitious programme of UT administration aimed to positively engage youth in socio-economic development of J&K through multi-pronged strategy involving all necessary systematic interventions particularly in the areas of Skill Development, Livelihood generation, Education, Recreation and Sports. The thrust areas under Mission Youth is Targeted implementation of existent Livelihood Generation Programmes; Establishment of Residential Coaching Institutions for Competitive Examinations & professional Courses; Establishment & Operationalization of District Youth Centers in all 20 Districts of J&K; Education, Career Counseling & Market-driven Skill Development Programmes; Recreation, Social Engagement & Sports; Youth Innovation Promotion Programmes.

Mission Youth is also working on creating a database of all unemployed youth along with their bio-data so as to help them in finding decent jobs under this program as per their skill set and core capabilities. To sum up it would be apt to say that Mission Youth has transformed the youth development scenario in J&K in a remarkable manner.