

“ If someone ensures us two square meals a day, we will sing and pray all our waking hours. If one has to hoe sugarcane all day, devotion to God vanishes like smoke. ”

-Munshi Premchand

eSANJEEVANI EMERGING SUCCESSFUL

In a significant achievement, eSanjeevani, Govt. of India's free telemedicine service, has crossed another astounding milestone by clocking 8 crore teleconsultations. The last 1 crore consultations were recorded in a remarkable time frame of around 5 weeks, signaling a wider adoption of telemedicine. An e-health initiative of Union Ministry of Health and Family Welfare, eSanjeevani is a national telemedicine service that strives to provide an alternative to the conventional physical consultations via digital platform.

In less than 3 years, this initiative has garnered the distinction of being the world's largest government owned telemedicine platform. It consists of two verticals that cater to patients across all states and UTs successfully making its presence felt in the innermost regions of the nation.

The first vertical eSanjeevani AB-HWC endeavors to bridge rural-urban digital health divide by providing assisted teleconsultations, and ensuring that e beneficiaries of Ayushman Bharat Scheme are able to avail of the benefits they are entitled to. This vertical operates on a Hub-and-Spoke model wherein the 'Ayushman Bharat-Health and Wellness Centers' (HWCs) are set up at state level, act as spokes, which are mapped with the hub (comprising MBBS/ Specialty/Super-Specialty doctors) at zonal level. With the objective to provide quality health services to a patient residing in rural areas, this model has been successfully implemented in 1,09,748 Ayushman Bharat Health and Wellness Centres (AB-HWCs) and 14,188 Hubs, achieving a total of 7,11,58,968 teleconsultations.

eSanjeevani OPD is the latter vertical which caters to citizens in both rural and urban alike. It leverages technology via smart-phones, tablets, laptops enabling doctor consultations to be accessible from the patient's residence regardless of location. eSanjeevani OPD has acquired 1,144 online OPDs with 2,22,026 specialists, doctors and health workers that have been trained and taken onboard. This platform has an impressive record of having served over 4.34 lakhs patients in one day. Centre for Development of Advanced Computing (C-DAC), Mohali, which is providing holistic technical training and support to users, is augmenting the faculties of this vertical to be able to serve up to 1 million patients per day. eSanjeevani is a cohesive part Ayushman Bharat Digital Health Mission (ABDM), and more than 45,000 ABHA IDs have been generated via eSanjeevani application. Leading ten states for usage of this platform are: Andhra Pradesh (28242880), West Bengal (10005725), Karnataka (9446699), Tamil Nadu (8723333), Maharashtra (4070430), Uttar Pradesh (3763092), Madhya Pradesh (3283607), Bihar (2624482), Telangana (2452529), Gujarat (1673888).



OFF 'D' CUFF

Handle with care

hurtling around and getting injured repeatedly.

Everyone talks about fatigue or about feeling stressed out due to the heightened pace of our daily life. We blame our lifestyle, education, circumstances, everything and everyone, except ourselves. What causes stress and how can we take responsibility for our emotional state?

Stress is an emotion that we experience with the change in the status quo of life. When we experience change, the fear of the unknown gives rise to feelings and thoughts of helplessness, uncertainty and of not feeling in control. This sense of inadequacy causes our emotions to stretch and to project externally onto any object or person so that we feel safe.

I spent my life accumulating identifications as a mother, spouse, coach, friend and more to feel secure. Since the last few years after my transformation, I have experienced that 'less is more'. Slowing down and anchoring my emotions internally with my inner voice has enabled me to shed my multiple sense of identifications and prompted me to accept my true Self as a manifestation of Nature. This has reduced my responsibility and involvement from managing multiple relationships to only managing one. Today, my inner voice is my guide to managing all my relationships.

We need to think about how we can develop a relationship with our inner Self. Our cluttered thoughts reduce our ability to listen to our inner voice. Life is transient and therefore, the less we identify with it and to our external attachments, the more space we create internally to be aware of our inner voice and to be ready to act in accordance with that voice.

When my children were young and would have an emotional meltdown, I would give them some time-out to calm themselves. Over the years, I have realised that adults, too, have to take out time to give our agitated emotions time to tide over. Life happens moment-to-moment and a regular habit of awareness and reflection builds a moment of mental pause that prevents us from

We can use our breath or a mantra or any other technique that resonates with our emotions to cultivate a pause between our flow of cluttered thoughts. This helps to curb the impulse to react and instead helps to develop patience to access our vocabulary and respond effectively. Gradually, our emotions get anchored to our inner voice and flow masterfully.

We are so busy playing out the responsibilities of our different roles that we forget to pause and reflect to listen to our inner voice. The temptation for instant sense gratification in a material world challenges our ability to discipline our emotions.

Both denial and obsession are two extremes. The world has been created for our enjoyment, but we have to develop a sense of balance to enjoy it. The way too much rain results in floods and too little rain causes drought, similarly, when we stay aware and alert while enjoying the world and discipline our consumption of the earth's resources, we can experience and enjoy the world to its fullest.

During Vipassana meditation, I realised that although I was intellectually aware of the laws of nature, there were some laws that I was not in sync with. Worrying and reacting to some of these laws had become a sort of addiction, like an automatic switch that would get turned on as soon as something occurred. Committing to give up some of these habits has been an intense exercise of withdrawing internally and developing faith in the inner voice.

Certainly, anxiety does creep in occasionally. But when it does, I patiently remind myself of the law of transience in nature. It is in that moment of pause or silence that I am able to access the knowledge and discover solutions that are empowering.

We are surrounded by abundance from birth. Nature provides us with all the ingredients to fulfil our basic necessities and grants us with several skills to earn our livelihoods. The only effort required by us is 'to nurture' those gifts.

-Ashu Khanna

L20 in G20 India: Working for working class

■ HIRANMAY PANDYA

The COVID-19 pandemic alerted us to the challenges and gaps in the state of global public health. The shock induced by the pandemic was greatly felt in national and international markets alike. We have, since then, recovered to a great extent, owing to the tireless and cooperative efforts of the scientific community, health workers, policymakers, conscious citizenry. However, the recovery has been hindered by certain developments around the world, such as the high rate of inflation and the Russia-Ukraine conflict. There has also been an increase in labour market inequalities due to the disproportionate impact on certain groups of workers and firms, contributing to a growing divergence between developed and developing economies. At the same time, the coordinated efforts by governments and civil society have acted as a bridge for equitable distribution of resources. For instance, a targeted focus on social protection, especially during the lockdown period, helped people persevere through this trying time. This was also true for workers who either lost their jobs or suffered pay-cuts. It was this very harmony between government and civil society that was helpful not only in mitigation in times of crisis, but also engineered policy actions that were successful in providing long-term relief.

However, there is still a lot more we can do. India's G20 Presidency presents an

opportunity to take stock of the situation, assess the intensity of these challenges, and renew our commitments at both the national and international level. As per the latest figures, in spite of a robust recovery, the number of hours worked, globally, continues to be 1.5 per cent below pre-COVID levels. This is equivalent to a deficit of almost 40 million full-time jobs. Additionally, there are growing divergences within the international labour market as well. For instance, "High Skilled, High Paying" occupations have experienced a stronger recovery in comparison to the "Low and Medium Skilled" jobs like service providers and sales workers. These developments directly contribute to the growing disparity between groups, with poor and disadvantaged sections getting poorer and further marginalized. The pandemic also weighed heavily on the care (work) economy, the burden of which falls disproportionately on women. Identifying these issues is a critical step, and will allow us to strategically deliberate over structural and systemic solutions that act as catalysts for an accelerated and inclusive recovery. In this context, the need of the hour lies in coming up with action-oriented goals - an opportunity that G20 provides to all stakeholders.

G20 is meeting at a highly opportune time to create consensus and work in concert on issues that are not only intrinsic to achieving the Sustainable Development

Goals, but also for building resilience across sectors. This is particularly important for the global labour market where shifting dynamics and economic volatility triggers vulnerability among the working class. Looking at these objectives, Labour-20 (L-20) will become a forum for all trade unions to deliberate on international labour issues and social labour movements, and subsequently come up with solutions that can be placed and acted upon in national contexts.

Another significant area of focus for L-20 will remain increasing the coverage of social security and social protection for workers worldwide. Social security is a dynamic concept whose form and definition have changed with time. Rapid technological changes have made it necessary to explore new dimensions of social security and protection. With the rise of 'gig and platform work,' the life of the firms is being shortened and leading to a new kind of employer-employee relationship, the understanding of which is still in its nascent stage. It is likely that the rules of employment-linked social security that emerged in the aftermath of the First Industrial Revolution and matured during the Second Industrial Revolution require a rewriting in the era of Industry 4.0.

The various working and engagement groups of the G20 have discussed the issues mentioned here. They find their mentions in the G20 Leaders' Declaration, including the most recent in Bali,

Indonesia, as well as in other documents. Policy statements and frameworks are developed under the G20 to further these pressing concerns and underscore actionable targets. The delegates of the L-20 will meet with the objective of conceptualising overall strategies to boost recovery from the COVID-19 pandemic. Workers also need to be protected in the face of social, economic and political disruptions. In this context, the task ahead is to examine the achievements made so far and identify the issues where more efforts need to be made. There are huge differences among the countries in terms of per capita GDP, education and skill level, female labour force participation, social protection coverage, demographic phase and so on. Nevertheless, this is our strength as we come with different experiences. We all have something to add on the issues of Global Skill Gaps, new forms of employment, the rise of the gig and platform economy, the extension of effective social protection, sustainable financing of social security, and International Labour Mobility. In the midst of these issues, the unifying factor between the G20 processes and involvement of engagement groups like L-20 remains the refueling of commitment towards the progress of labour welfare, guided by the principles of equality and social justice as embedded in the vision of 'One Earth, One Family, One Future.'

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Management of water resources for development

■ DR BANARSI LAL

According to Mahatma Gandhi, the father of nation "Nothing can be more important than the provision of irrigation facilities in all the villages of the country, because this constitutes the basis for agricultural growth. In the absence of irrigation facilities, agriculture is nothing more than a gamble". Irrigation facility is one of the most significant factors contributing to agricultural development. Despite various schemes and programmes of the government to extend facilities for irrigation only around 40 per cent of the net cultivable land has been irrigated so far while remaining 60 per cent area is rain fed. Water is indispensable for the existence of animal and plant ecosystems and is an essential element in the development of economic activities of any nation. It is the most vital resource for the existence of life on earth. No other natural resource is having such an overwhelming influence. Earth three-fourths surface is covered by the oceans. Freshwater constitutes a very small proportion of this enormous quantity. About 2.7 per cent of the total water available on the earth is fresh water of which 75.2 per cent lies frozen in Polar Regions and another 22.6 per cent is present as ground water. Rest of water is available in rivers, lakes, atmosphere water and soil and vegetation. India is having 2.5 per cent of the world's geographical area, 4 per cent of the world's water resources and 17.5 per cent of the world's population. It has been observed that less than one per cent of the world's fresh water on earth is readily available for human consumption. As the human population grows, the demand on freshwater resources will also grow. Presently the world is facing a freshwater crisis. If per-capita consumption of water resource continues to rise at its current rate, humankind could be using over 90 per cent of all available freshwater within 25 years leaving just 10 per cent for the rest of the world's species. Each year, there are around 250 million cases of water borne diseases with around 5-10 million deaths. It is not only people who are threatened by water shortages and pollution, freshwater ecosystems which harbour the world's greatest concentration of species are among the most vulnerable on earth. Around half of the world's wetlands have been destroyed in the last 100 years. Two-fifths of the fish are freshwater species and of these around 20 per cent are threatened, endangered or have become extinct in recent decades. Presently the freshwater demand is increasing not only because of demographic pressures but also because of improved living standards, urban and industrial growth. The world's thirst for water is likely to become one of the most important issues of the 21st century. Global water consumption raised six fold between 1990 and 1995-more than double the rate of population growth and continues to grow rapidly as agricultural, industrial and domestic demand increase. In some areas, water withdrawals are so high relative

to supply that surface water supplies are literally shrinking and ground water reserves are being depleted faster than they can be replenished by precipitation. Due to overexploitation of ground water, water tables are dropping and some rivers often become dry before they reach the sea.

Freshwater is available as rainfall, surface water, ground water and atmospheric moisture. All these sources vary over place and time both seasonality and from year to year. Over exploitation of water resources, degradation of water recharge structures, paucity of funds, depleting water resources due to failure of monsoon and competing demand on the available water resources are the factors that cause concern on the supply front. On the demand side, factors such as growing urbanization, increase in population, change in life styles etc. also increase the complexity of the problem. Presently many Indian cities do not have sources of water and in future, it would have to be transported over large distances as the water is found more away from the cities. The country's present and future situation can be gauged by the trend in water availability. It has been observed that irrigation alone accounted around 83 per cent of the total water use in 1997-98 on the demand side and it is likely to slow down to 69.5 per cent by the year 2050 due to the impact of technological advancement in irrigation. Demand of water for domestic, industrial and thermal power generation is expected to increase sharply. The limited ground water sources have not been able to keep pace with recharge and discharge to renew the balance. The amount of water available per person in India has decreased steadily over a period of time. It is predicted that the world in the year 2050 will be largely different from what it is today. Water sector will undergo dramatic changes in the years to come. We have no option but to depend on the available sources of water and have the responsibility to save and conserve them without fail.

Widespread aquifer depletion in the ground water areas, water logging in the canal regions and soil salinisation due to sea water ingress in the coastal zones are undeniable symptoms of an imminent water crisis in India. The water crisis has both quantitative and qualitative dimensions. We have glaring instances of water sharing conflicts not only between the states but also among the farmers or other water users. We have not heard of river water disputes till the middle of 20th century. Disputes over river water are of recent origin. It is predicted that rivers and their water distribution will become one of the most politicised ecological issues in the near future. Water is scarce even for drinking purpose. India already is facing an alarming situation. Its fragile water resources are stressed and depleting while various sectorial demands are growing rapidly even as about 200 million people in the country do not have access to safe drinking water and nearly 1.5 mil-

lion children under five die each year due to water-borne diseases. The droughts conditions in several parts of the country are on the rise and disputes over sharing of the water resources are becoming grimmer. If the available freshwater resources in India are not managed properly India will face a severe water crisis. At present, six of India's 20 major river basins already fall into water scarce category. It is expected that by the year 2025, five more basins will be water scarce. According to estimates, by the year 2025, India will face a severe water shortage leading to serious struggles and it is also expected that within a few decades availability of water in the country will be about 1700 to 2000 cubic metres as per person as against the world average of 5000 to 9000 cubic metres per person. India is heading towards a freshwater crisis due to improper management of water resources and environmental degradation which has led to lack of access to safe water supply to millions of people. The freshwater crisis is already evident in many parts of the country varying in scale and intensity depending mainly on the time of the year. Ground water crisis has been caused by human actions. The most tragic part is that water is a finite natural resource and so far no technology has contributed successfully to produce water for mass scale. Environmentalists like Sunderlal Bahuguna are not wrong in saying that the acute scarcity of water may force the powerful nations to wage a new global war for the control of the depleted sources of water. New strategies for water management and development are urgently needed to avert severe national, regional and local water scarcities. Major institutional policy and technological initiatives are required to ensure efficient, socially equitable and environmentally suitable management of water resources. Farmers co-operation is must in the process of water management. Government of India has launched a scheme called as the Pardhan Mantri Krishi Sinchayi Yojana (PMKSY) under which irrigation will be ensured to each farmer of the country and special emphasis will be given on the micro-irrigation to increase the water use efficiency at his farm. Also more crops per drop will be the major objective of this programme. An efficient irrigation system can sustain India's expanding population. Researchers and extension personnel should pay attention in increasing the agricultural production per unit area per unit of water. Water management programmes should be implemented in a systematic way. Immediate steps should be taken for drastic reduction of wastage of water in all sectors and protection of water sources from industrial pollution. A strong political will of the government to frame an appropriate water policy and equally important indomitable conscience of water users to utilize water judiciously are necessary for sustainable utilization of water.

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Need to address grievances of farmers in time

■ RAKESH AATHUR

Dereliction of duty means misuse of the duty, did not attend the innocent persons, did not attend the phone calls of the locals while attending the offices, did not have knowledge of the post and designation, bent became towards unfair means, did not care to official norms, not act in time, linger on the files and innocent applicant's files, did not maintain routine official work, etc. If we ask to the local residents of the samba district Des Raj, Sagar Ram, Krishan Lal, Ramesh Lal, Ashok Kumar, Rahul Kumar, Satsya Devi, Chano Devi, etc they are shouting only with requesting you to concede our demand to take disciplinary action against the revenue department of the district who is confined here acting as dereliction of their duty while they are neglecting to the interests of the common people whether it may be Ex-press way, N.H.1 compensation or to address the grievances of the farmers and landholders of the same area. Even their official dealing is too odd to a common man while attending their office are acting like callous mocks to the innocent applicants and since how the compensation of the national highway and

Expressway if also under process they are favouring to the unfair parties and compelling to the innocent and frail landholders to abide theirs corrupt beek & calls at the helm of their power indulging misrule and oppression without caring the concerned upper hierarchy one can guess that there is anarchy like situation prevailing in the district since last time.

A major level scam can also found out in all these practices if there initiated enquiry against this corrupt and callous officer in immediate sense and transfer them immediately to all of them to Srinagar division for more than 10 years of his duty in order to prove their competence that whether they are ideal officers or not? Is the demand of the several of the residents and farmers across the region, unless genuine interests of the innocent farmers may never be addressed and serving officers no doubt shall attain with an experience at such niche posts. For the sack of common people interests, they are requesting you to take suitable action against this negligent ones aftermath of their immediate transfers to the Srinagar division. And the landed and personal interests of the innocent farmers from such callous and

voracious employees should be garnered, who for the sack of corruption money scapegoat to the number of farmers and landowners of the samba district

If we talk of the corrupt means there prevailing mainly in the revenue department in district is highly got out of the limit in which number of corrupt employees are marry making after huge mischievous but heads of the department are unable to assess the situation to act in time or enquire them. Similarly a patwari of the samba tehsil has been constructing an illegal building at his residence katli (samba since more than two months but there occurred number of complaints against him in written and other modes I.e Assistant commissioner samba and others but still the all such complaints are has been put into cool boxes.

In-addition the information regarding it has been also mailed and supplied to the Higher hierarchy all of they had shown empty thumbs to the applicants and if they are facing a quite problematic and gloomy situation because if department concerned had bent became towards such ineffective employees that then innocent applicants where they may approach!. The work on the spot is con-

tinuous not any of the concerned staff took into cognizance i.e., tehsil sampa had not visited the spot and verified it whether what is the condition than what a common man expect from such voracious and delinquent employees, therefore there is greater resentment of the common people against the system that who may control so and take timely action in such regards.

There are no. such complaints already against such delinquent employees are already submitted but none could have taken any cognizance in this regard. So in last no. of such complaints are mailed to honorable lieutenant governor for requisite action in this regard. Meant the system of the bureaucracy has been shattered of the area and no one is caring in this regard including govt. agencies and government tiers present here. They all are rendered as mere watching signs here and there on the spot. So it is a matter of furry and shame for the Jammu and Kashmir administration to take suitable action in this regard and assign relief to the common people at par without wasting time, if in future the system has to maintain is the demand of the common people too of the area.