AWARENESS ON MENSTRUAL HYGIENE

Whenever we talk of respecting women, then we take a simple and casual look at some important issues. Especially when we talk about health-related issues of women, we generally hesitate and ignore the important aspects of women health. Even in our homes due to our irresponsible attitude towards this issue, we generally avoid such issues. It has very antagonist impact on health of our girls child. We not only hesitate to discuss this issue openly but also make it a habit for our daughters not to talk too much about it. As a result mostly our daughters suffer from many health related issues During adolescence period generally women face lot of physical changes in their body due to hormonal imbalance. Many secondary sexual characteristics appear in their body. Some girls take this stage of life a very unexpected wonder while some girls can't adjust themselves to this change. At this stage of life, right information and guidance is very mandatory for girls. Especially the role of mother is very important for daughters to give them awareness related with adolescence stage. Many girls feels stressful during their menstrual cycle due to various health issues and related complications. Especially in rural areas this problem is more severe due to our passive attitude towards this issue. In rural areas, there is no facility of proper health care system. Also due to lack of proper sanitary system generally daughters adopt various cheaper method to protect themselves during their menstrual cycle. As a result many health related issues occur in their future life. Mostly in school, the girls at this stage (adolescence period) got confronted with many health problems due to unavailability of proper sanitary pads and other safety material. In our Government schools mostly poor girl students are suffering from this essential health care material. Sometimes they feel hesitation to demand money from their parents to purchase such things. Even they feel hesitation in purchasing these safety material from chemist shops and other health- care centers. If there is provision of such safety material in school for adolescent girls then they can easily get these materials without any hindrance Provision should be made to provide such material in school free of cost. If this kind of health related material will be available to the girls easily and without any hurdle, then a feeling of security and safety imbibe in their mindset. Mostly due to this reason many girls gen erally avoid to visit in schools during their menstrual periods days. If the girls will get this kind of safe health related stuffs in a private corners in school, then it will be more beneficial for them. It will maintain the privacy of girls. No doubt Government is giving its full attention towards Swacch Bharat Abhiyan. Under this scheme millions of toilet complexes have already been installed at different public places. Now our attention should be on personal hygiene and care of most vulnerable agegroup. By establishing such kind of sanitary napkins machines in schools we can give respect and care to our daughters. Every year due to reproduction track infections and cervical cancer, millions of our daughters faced lot of problems and complications. By adopting clean and safe menstrual methods we can overcome from these health complications. It is the responsibility of all the stakeholders and guardians of our daughters that we should provide the basic life amenities to them with dignity and honour. Now, it is useless to relate these things with any social stigma and tabo.

Shyam Sudan

PT OFF 'D' ST CUFF

There is an old saying, 'As you sow, so you reap. Auspicious deeds bring beneficial results, while evil deeds bring harmful results. All living beings experience individally the fruits of their past Karmas. Nobody can escape results of their acquired Karmas. We must be answerable for our deeds. According to Jain scriptures, the embodied soul attracts and gets bonded with Karmic matter in the form of ultra-fine particles present everywhere in the universe, on account of actions by mind, speech and body or through passion. These Karmas may show their results at any time during the life span of an individual or may be after that as well. A well-known material, steel is essentially an alloy of iron and carbon. Pure iron is too soft and ductile for many industrial applications such as making tools, machines, structures, railway lines, automobiles and others, and it is therefore, necessary to harden and strengthen it. This is best done by adding carbon, the atoms being of small size become a part of the space lattice of iron, thus forming a solid solution. Carbon exercises the most powerful influence on the mechanical properties of steel after heat treatment. Further manganese, nickel, chromium, tungsten, silicon and other alloying elements are added to steel to enhance the characteristics such as tensile strength, hardness, abrasion resistance, corrosion resistance and high temperature resistance of the plain carbon steel. Stainless steel is a product of iron, carbon, nickel and chromium. The changes that occur in the properties of steel are directly related to changes in the structural make-up of steel in the form of ferrite, austenite, cementite, pearlite, martensite, and bainite, which can be

Consciousness is just like steel

seen through a microscope. Living beings due to karmic bondage possess an alloyed consciousness very similar to steels, which have properties different from pure iron, in terms of hardness and tensile

Implications of removal of Article 35A

Sometimes you have to suffer in life, not because you were bad but because you didn't realise where to stop being good.

M.M.KHAJOORIA rticle 35A of the Constitution allowed the Jammu and Kashmir legislature to define permanent residents of the state. It was inserted through the Constitution Order, 1954, which was issued by President Rajendra Prasad under Article 370. J&K constitution adopted in 1956 defined a permanent resident as someone who was a state subject on May 14, 1954 or who has been resident of the state for ten years (on that date), The application of J&K constitution created three main problems:

1. It discriminated between citizens on the basis of sex as daughters marrying non-state subject were denied the status and privileges of a state subject. The anomaly was, however resolved by a judgement of the J&K High court which found the discrimination on the basis of sex as unconstitutional hence void as the same disqualification did not apply to male citizens marrying non-permanent resident girls.

The court, however, left the issue of the rights to Permanent Resident by the offsprings of girls marrying non-local citizens. It has been taken care of by the removal of Article 35A.

2. The west Pakistan refugees, crossed over from adjacent Pakistan territory into the J&K in 1947-48. Sheikh Abdullah was generally sympathetic and instead of turning them towards rest of the country gave them shelter, allotted land to them and generally looked after their genuine interests. However, the succeeding Governments acted bloody minded. While land allotted to them generally remained in their possession, there were instances when some individuals who had migrated to West Pakistan succeeded to dispossess west Pak refugees. The ownership and possession of land was transferred to returnees from Pakistan, asserting their right through different means. The public impression was that the political masters of the were inclined to be supportive of such returnees. This position was unambiguously affirmed when the party in power rushed through a legislation commonly known as Bill No 13 (an inauspicious figure) enabling return of state subject settlers in Pakistan /POK since 1947. The bill is pending with the Supreme Court for their 'advice'

Removal of Article 35A does away with the main critical hurdle before the west Pakistan refugees. They will no more be

suffering from insecurity and dis-crimination. It may, however be stated that the number of 'west Pakistan refugees' had significantly dwindled due to marriages of daughters of refugees with Permanent Residents of the State, whose children acquired Permanent resident status of their fathers. Decades back, a tiny community of 'Valmikis' was imported mostly from the neighbouring Punjab to tide over crisis creating by a prolonged strike by Municipal workers of Jammu. They chose to settle down here in Jammu. Their difficulties have also been solved by removal of Article 35A. These are the bare bone benefits of removal of Article 35A.

The act of the parliament have other implications that impinge on critical issues like the security of the state, the state of environment, municipal services and welfare and future of Jammu Dogras.

Jammu is situated at the foot hills of Shivaliks and cheek by Jaw with a hostile and aggressive Pakistan. The removal of Article 35A opens entry gates to all and sundry- to enter and reside with the ultimate aim of acquiring citizenship of the state. It is a bonanza for saboteurs, terrorists and mischief mongers. The indiscriminate right of entry into Jammu will place an unbearable strain on Dogra tribe, whose youth is already migrating due to denial of Government services avenues of higher education and hereditary profession of soldiering.

The chronic shortage of Municipal services, waste supply and electric supply are nightmare of the existing population of Jammu. An influx would be nothing short of a disaster.

We do not produce an raw material that could be harnessed in factories/mills by big industrialists. There is only scope for Forest-based and horticulture, flower culture and agriculture-based industries. The forests have to be preserved and more and more land brought under forest- cover. It is critical to secure and improve environment for survival of human race.

Only trees that fall in natural process can and should be utilised by inhabitants $\mathbf{b}\mathbf{y}$ habitation \mathbf{of} closeprovided under law or awarded to contractors. There should be an obligation on the part of beneficiaries to plant at least four trees for one fallen. The rest are basically cottage industries and carry enormous potential for improving income and quality of life of our

—Chanakya 🚽

It has been seen that poisonous smoke emitting factories generally run on loss as the raw material and skilled labour had to be imported to this northern most tip of the country. The produce, for obvious reasons cannot compete in the market and they are aware of these inherent handicaps. The experience has shown that most industrialist have a devious agenda. They primarily pitch for substantial subsides and numerous tax exemptions. And once their kitty is filled with money, first cut down the labour and production, pack up and depart leaving behind trail of pollution. Luckily we can still see the blue sky and gaze at stars. Further strain on our already endangered and fragile environment would be suicidal. So what do we do?

1. Declare Jammu a protected area and area to the north of National Highway and subsidiary roads along the LOC as 'Inner Line'. The relevant legislation shall provide :

a) Tourists and pilgrims will be allowed free entry but their stay in the state shall not extend beyond two months

b) Other visitors are welcome but their hospitality will be restricted to three months.

c) Professional and experts employed by the Government or private agencies will depart within three months of expiry of the date of engagement

The Permanent citizens of the State residing within the Inner Line, districts of Kathua, Samba, Jammu, Udhampur, Reasi and Rajouri will have free entry provided that those hailing from designated districts stav in Inner Line for not more than two months. Those wishing to extend their stay shall have to state the reason for extended stay before the Station House Officer (Police) the purpose of stay endorsed by the Sapanch and three respectables. The duration for which the permission is sought shall be specifically mentioned.

The entry of Rohingias and other Foreigners residing the UT shall be strictly forbidden. Any violation this restriction shall be a cognizable/ nonbailable offence punishable with minimum three years Rigorous imprisonment. Of course, these suggestions are open to improvement, modification or addition by fellow citizens and Public servants. However, the urgency to take legislative and administrative measures in the sensitive matter impinging on the security of state and security of citizens should be obvious and can brook no delay.



EDITORIA

Everyone is familiar with experience of pan-icking before the exams, mugging all night to review a portion and then going blank when one actually sits for the paper. Scientific research shows that studying all night is actually counterproductive to success in examinations and one nust get at least eight hours of sleep.

Memories are formed in the brain via a two step process. The first step is 'acquisition', where he brain stores what one has recently read into its 'short-term' memory area. When one sleeps these short-term memories move into the 'consoldation' step where they are converted into long erm memories that are available to be recalled at a later time. Without sleep, these long-term memories cannot be created and short-term nemories are discarded to make space for new short-term memories that will need to be created the next day. Hence, if your child studies all night, they haven't given their brain a chance to onsolidate what they learned into long-term memories which can be used during exams the next day. Here are some tips to ensure that your child gets an adequate amount of sleep.

Calculate 8 ¹/₂ hours before the time your child needs to need to wake up and start preparing for ed. Assume it takes 30 minutes to brush one's eeth, set the alarm and do some light (non-exam related) reading, which leaves eight hours for ctual sleep.

Having dinner too close to bedtime will mess vith the internal body clock and make it difficult o sleep. Try to get your children to eat at least hree to four hours before they plan to sleep. If they are still hungry close to bedtime, have a very ight snack. Some foods like milk, bananas and valnuts contain chemicals can help one to sleep Make sure your child avoids all sources of caf eine, like coffee, tea, chocolate and colas after 3 PM. Caffeine is a major stimulant and stays in he body for at least six to eight hours, making it lifficult to sleep.

Style revolution & freedom to decide DR AROOJ KHAN,

know religious motivation to dress modestly sounds old-fashioned and archaic, but the modest fashion that has evolved in response is not. Sometimes, I can't believe how much the fashion world has changed. I remember when I decided against going to a wedding a few years ago because I couldn't find a dress that was cute or appropriate enough despite searching for weeks. Now, I'm in total awe that finding something to wear for any occasion is so easy in store or just a click away online! I'm happy that I was part of the generation that actually witnessed the 'Modest Wear Movement' and totally got to reap its benefits. As a visible, modern Muslim woman, one of my main goals in life is to incorporate my religious beliefs into the way I live, which has been mostly a Western upbringing. That also includes, the way I dress. Modest fashion for Muslim women is not just a short-lived fad; it is a need because it is some thing that is embedded in our mindset and beliefs that will remain with us for life. Fashion designers and retail companies recognise that and acknowledge the incredible niche there, and are creating collections that cater to those needs. Social media has furthermore strengthened this grid by providing a hassle-free medium for making these collections reach the ones who need. Instagram is on the forefront of this revolution. Many modest fashion pages marketing modest fashion have followers in thousands,

NGOs - Unheard heroes tackling crisis

PRASHANT AGARWAL

Tith over 89 countries and 6 continents celebrating the World NGO Day on 27th February, it must be not be forgotten that this unforgotten army held the torch during trying times of COVID-19.

This day is historic as non-profit organisations have not just joined hands during this time but have led the way for many centuries together to help those in

apex, NGOs have always been the guiding

light for those who have always been in a

dire need for help. NGOs world over have

always been capable of helping across all

sectors be it the hospitals, health, rural

development, water and sanitation, road

safety to all private participations as

Corporates with the 2 per cent of CSR

spending to be done towards Corporate

Social Responsibility have always extend-

ed their funds to most of the NGOs cater-

ing to a specific sector. With numerous

regulations off-late that have been mak-

ing it challenging for NGOs to function,

this has not bogged them down to per-

With countless needy and differently

abled individuals in the society, NGOs

have always extended a helping hand with

free services to those marginalised.

COVID-19 was a great case where non-

profit organisations were the front-run-

well.

form their tasks.

ners for help.

Many established NGOs came forward and organised free webinars, health consultations, and free food and even mask distribution services during COVID-19 pandemic.

The pandemic caused a situation where people lost their jobs, felt anxious of on-going pandemic and even underwent mental stress, which is where these NGOs stepped up to offer a source of heln.

and mask distribution and transport for the unfortunate for helping people during the crisis.

Corporate Social Responsibility

Many blue-chip companies in India pledged their support to COVID-19 in form of free food, masks, emergency vehicles, PPE for healthcare personnel, and donations to the PM Care Fund. A campaign is being launched to stop the spread of the virus among people installing masks, sanitation, hand washing and community kitchens.

strength. What carbon does to iron is similar to the way karmas impact the soul. A little change in the quantity of carbon or other alloying elements produces a variety of steels having different properties.

Similarly, a man with emotions like anger, ego, pride, deception and greed or forgiveness, compassion, charity and purity, depending upon their intensity, attracts varying degrees and types of karmic bondages with the soul, which as a force, compel the soul to bear consequences of his right or wrong actions. Karmic bondage is low, medium, or intense, in direct proportion to the degree of attachment-like quantity of carbon and other elements present in steel. All living beings, therefore, experience different pain and pleasure, birth and death according to

their accumulated karmas. As per Jain philosophy, there are eight categories and 148 subclasses of bonded karma responsible for obscuring knowledge and perception pertaining to pure soul, causing feeling of pleasure and pain, delusion, determining life span, physique and status of living beings and causing hindrance in achieving gains in worldly and spiritual fields. The concept of karma infuses a deep sense of accountability towards our own actions.

We should try to refrain from inauspicious deeds and adopt a path of self- control, non-violence and austerity. This will help prepare us in concentrating our mind in deep meditation to seek deliverance from the external world and attain communion with our soul to realise its true nature.

Virendra Kumar Jain

From the bottom of the pyramid to the

Through a collaborative effort with corporates and the Government, NGOs including Narayan Seva Sansthan urged organisations and collaborated with crowd funding institutions to assist those in trying times.

Campaign after campaign to help needv:

Following the nationwide lockdown, social media witnessed a huge spurge and emerged as a crowd funding tool for spreading the message.

For reaching out to a vast audience. individuals ran campaign to serve the needy with food, groceries, toiletries, medicine, transport services to daily wage workers, laborers, auto-rickshaw pullers for saving lives.

Many NGOs including common people raised money for feeding people in the crucial time. Many commoners ran fund raising campaigns online for building anawareness and ground-level monitoring of virus' spread health, education, food

With contributions to vaccination campaigns by non-governmental organisations such as measurement and dispersal companies.

Middle Class Contribution in the NGOs and society-

Before and after the epidemic, for noble causes, middle class and wealthy donors came forward to contribute to various NGOs of society by offering clothes, food, and small sums of money for charity, jobs, and general interests. NGOs have always been the ones who have tended to crisis.

With their contributions towards the betterment of the society, NGOs have touched the lives of every single person in every single way.

> (Author is President of Narayan Seva Sansthan. NSS is a non-profit organization serving differently abled and underprivileged individuals)

which is ample to show that modest fashion ha many takers. Online shopping is preferred these days as it gives the privilege of seeing numerous style options without venturing out in tiring and noisy markets. Various designer burqa stores, are selling modest fashion and leading this revolution by providing modish and customised items. The best part is that such online branding gives equal access to latest fashion for both urban and rural areas.

Most importantly adopting modest fashion is so much more than being a Muslim. It is not something that belongs to one particular group of people, and is open to anyone. It's an inclusive trend seen from the street to the runaway, and it's here to stay. It is a style that resonates with a lot of people, regardless of religious or cultural background. Modest fashion means something different for everyone, and cannot possibly be encompassed in just two words. But for me, modest fashion is what I show, what I don't show and how I do that while never compromising my sense of style or beliefs. This freedom to choose is a part of woman emancipation.

YOUR COLUMN

Sports & studies are equally important Dear Editor,

It is an old saying that a healthy brain needs a healthy body. Every individual tries his best to excel in academics. Right from the day we start schooling, our ambition is to show good results.

We are always ready to compete with our friends and start believing that to be successful in life, one has to be successful in academics. But only academics do not make us a complete man, for any individual to progress in studies and academics, it is important to be healthy and fit.

To remain healthy and improve fitness, taking part in sports is very important. Sports can be indoor activity or outdoor activities. Indoor games such as chess, snooker etc improve our thinking power and brain development. While outdoor games like swimming, playing tennis, running etc improve our physique and stamina. Combined together, all these activities give us a generally a good appearance and personality. The healthier we are, physically, and mentally, the better we will perform in academics.

It is important to remain physically fit to excel in life. Our human body is like a machine. A machine works by using engines, and if you do not oil it properly, it will stop

working and will become useless. Just like this sports protect our mind, and our body from 'decaying'. Sports is food and oil for the machinery of body.

We all must show interest in any sport we like. Sport teaches us that only winning and losing is not important but trying our best is the key. We learn to win and lose gracefully. We should understand that trying our best is equally important as winning. Therefore, sports can teach us many other things that books cannot. We learn team spirit and working with coordination etc by playing games

Pawan Sharma, BPEd Teacher. Where are we heading?

Dear Editor,

The very first scene you see when you step out of your homes is children below age of 14 years seeking alms at traffic signals. They very well know how to play with people's emotions and make money. One can easily find children begging at traffic signals, near temples, main Chowks of city and other tourist's places'.

The number of beggars is increasing in the city. Children, women, aged-persons can be seen at every traffic signal seeking alms. These child beggars mostly use novel techniques to attract people as their sole purpose is to get money from them. One of the main reasons behind this increasing trend of beggary at traffic signals is lack of attention on part of the authorities concerned.

There is nothing wrong in saying that at almost every traffic signal, one can find 4-5 child beggars seeking alms. Traffic signals have become new favourite address of these child beggars. One will find children below the age of 14 seeking alms, asking for food and sometimes they even ask you for chocolates or toffees.

At almost every red light in the city and in outskirts there is an entire family begging for alms. Children in rags, asking for money bother you at such points. While it has become a common sight, I do not know how many people stop and think about those kids who are begging. I am sure these kids are also visible to the high profile Government officials, social workers and NGOs too. Then, why are the government agencies and NGOs blind to it?

Now what should we say to such an approach. Is this ignorance or actually they are comfortable in this life style and do not need a change. These child beggars have no dreams of future nor do they want to go to school and do something in life. It is sad that children are begging to earn for their family and their childhood gets ruined but the most worse part is that these children are happy and do not want to learn anything. The only thing they are concerned is making money. All this is happening right in front of us and no one actually is bothered about it.

On one hand, we say children are the future of a nation. Is this our future?

> D.P Singh (Raju), Sainik Colony.