

WORK EXPERIENCE

Unemployment today is one of the biggest socio-economic problems not only of India but of the world. Crores of people are currently facing unemployment. Absence of work experience and fixed field of income gives rise to poverty and after this vicious cycle of poverty and unemployment continues forever.

The root cause of unemployment among youth is illiteracy and lack of employable skills. Education is the most powerful means of eliminating unemployment and poverty. In a broad sense, education can be the solution to almost every socio-economic problem, but its role in reducing unemployment is incomparable. If the education system in India is strengthened from the root to the highest level, then it will be very easy to find a solution to the problem of unemployment.

Under the 'Pradhan Mantri Kaushal Vikas Yojana', skill development centers have been established at various places by the Government of India for the purpose of skill development among the youth. Through these Centres, the skills of the youth are developed through various types of training.

Schemes like Startup India, Standup India are also noteworthy in this context. Under these schemes, various types of grants and tax benefits are provided to technology based industries in India.

Ladakh-The Remote Paradise

■ G.L. KHAJURIA

Ladakh Range is located at an elevation of 7,650 mts from mean sea level (MSL). Situated between, 76° Latitude and 35° Longitude is renowned as the 'Roof of the world', HimisGumpa in its internee interlaces the most striking element in the snow-capped landscape and its interiors are paradisaical with exquisite, the most sizzling amidst rocky landscape.

Ladakh is a remote paradise which glimpses a mighty matrix of massif renowned world over. It is a treasure trove of unique art and craftsmanship.

The people of Ladakh are having their own matrix with untiring geed and dew-eyed appearance together with their art and craft. Lamas are unambiguously still silent to outsiders and look into their vignette and native art and their objectives owing to some superstitions and affiliations best known to them alone and this pride of theirs is created to go to monasteries of Hemis, Thiksay and Alehic in unison having their rebalance.

Geographically speaking, the Jammu and Kashmir as a whole is virtually divided into four prominent zones: first, The mountainous and semi-mountainous plains often spoken as kandi belt, second being Shiwalk range and the third the Kashmir valley and Pir-panchal range and the fourth and last being Tibetan track of Ladakh and Kargil.

The Ladakh region is having its prominence in that the river Sindh which gushes out from Lake Mansarovar encompasses through Nanga Parbat amidst the pride Himalayas surrounded by glittering glaciers. Ladakh region from the east and through high mountainous meanders down through various glaciers. The river Indus is the longest one in the entire Indian sub continent having a length around 2900 kms out of which 970 kms passes through state and rest through Pakistan and finally drains down into the Arabian sea.

Amongst the most striking abject of Ladakh is 'd' art of 'HemisGumpa' the biggest Monastery of Ladakh, some 40 Kms away from 'Leh,' alongside Leh Manali road were exist numberless golden statues of 'Buddha' and 'Stupas' embedded and studded with precious stones and pearls. This monastery is having twin routes of entrance to holy worship.

The walls of the monastery have been decorated wonderfully of its unique paintings and that is why this monastery is having an unutterable regard. AmongstLadakhies over the remote past these paintings are the most revered deity by name "Bhavachakras" and are also nomenclaturised as wheel of life to whom they pay utmost reverence, obeisance and obtain blessings on all ritualistic occasions by all and sundry of Ladakh region.

Amongst all these, the most enchanting paintings are of Bhava-Chakras (wheel of Life) which apparently depict-transmigratory existence and the wheel is held by dragon-demon symbolism having hideousness of clinging of life. The centre of the wheel is having the monogram of cock, snake and pig indicating thereby three virtuous sins of the lust, the anger, ignorance and the dark side (half) of the circle boarding these symbols have the relevance of dark down path which signifies that all the three images bring to downside of life.

The rim of the Bhava Chakra is having five sections or segments indicative of five routes of existence of every individual's life, whereas the lower half of the chakra signify gate of hell. The left region indicate all form of miseries and punishment, The birth and death, young and old age and re-incarnation etc. Whereas the outer circle is divided into as many as 12 parts indicating the sequence of events leading to every human's life span in the chronicles of Buddhism.

In so far as Hemis monastery is concerned, it was constructed some 450 years back and is a hoe to the main image of great "Guru Pekarayapoh" who is believed to have come from 'Lahsa' some 540 years bacl apart from this mage, these are countless statues of Guru NamLehotrumGrolma and the step of worship is deep rootedly embedded with brass, precious stones, pearls and are painted with protective deity of utmost prominence amongst Buddhists.

However, some of the Buddhist have with the passage of time migrated to China on one hand and Paddar-Gulab garh (Kishtwar) on the other hand where there is a huge-assembly of the Buddhists and their Monasteries which can be most conveniently seen while waying to Chandi Mata Ji at Machail during yatra in August every year.

AlachiMonastery is another prominent one in Ladakh which is wondrous of fresco art and it is else than thousands and thousands of paintings ranging from as small as few inches and are Jampaering the walls, playfounds and to the huge statues. This monastery is situated arounding 75kms from Leh itself on the outside of Sindhu.

In almost all monasteries, there is a whizmalericie of objects 'd' which are defacto, small as well as large. One becomes wonderstruck and bewildered on having a glimpse of wide-arrayed artistic wealth one can ever imagine in so greater part of Himalayas right from areas which has four large carved stoned. The group of Monasteries at Mulbectare having their own charming beauty.

As a corollary, therefore, it is being concluded that pre-Buddhist hymns, such as ballads in praise of Kesar, the leg-endryhero are sung to the compliment of music and dance at the time of Kesar festival. General Zorawar Singh, The prominent warrior is Legendry in Ladakhii folklore and he died while an expedition against Tibet. The Ladakhies still admire the general in their mind and heart and sing song of Zorawar's wife who accompanied him to Ladakh which reads: A Lama Can't help taking his fee and a wolf cannot help eating lamb; the fire is in front of you, and the sun is in the distance. The poor friend near you is better than a relation far away.

(The author is Former Deputy Conservator of Forest, J&K).

Supportive Interventions and Academic Expectations during Exam Time

■ PROF. SAROJ SHARMA & DR. SUNITA J. KATHURIA

A significant number of children who prepare for their exams, particularly the board exams, experience anxiety and stress related to their academic performance, which leads to a variety of mental and physical health problems. Children frequently feel pressure to live up to the expectations placed on them by parents and family, teachers and school system, peer group, media, and community at large. Therefore, it is important to strike a balance between supportive interventions and academic expectations in order to help children overcome the challenges of exams. The research studies conducted to assess the measure of stress and anxiety revealed that students report physical discomfort, including headaches, increased heart rate, elevated blood pressure, stomachaches, abdominal pain, muscle tension, backaches, constant fatigue, constipation, diarrhea, and sleep disturbances, and cognitive effects. The board students are vulnerable to stress and anxiety as they are at a significant period of physical and emotional transformation. The studies mention that chronic stress has been linked to altered brain structure and function, including reduced executive and memory function and elevated anxiety and depression. These alterations may persist for years and affect one's ability to succeed in school and the workplace in the future.

Teachers and Parents: Time to calm down and plan
As we take a closer look at "exam stress", the two most important people in a child's life are their parents and teachers.

Open communication, providing emotional support, promoting positive mindset, validating child's feelings, identifying triggers, teaching relaxation techniques, encouraging physical activity and healthy habits, providing assurance and re-assurance, teaching stress management, encourage expression are some of the ways to deal with the exam stress. By removing uncertainty and offering clear expectations and study materials, teachers can help students feel more prepared and confident. Teachers can incorporate stress-reduction strategies into the curriculum by instructing students in mindfulness and relaxation techniques that

they can practice on difficult days.

A caring and supportive home environment is just as important in assisting in overcoming the challenges and stress of exams. It entails offering assistance, inspiration, and understanding while upholding a sensible equilibrium between the student's wellbeing and academic expectation. Mindful parenting includes supporting, understanding, and being there for your child as they navigate the pressures and challenges of exams.

"Inform your child that no matter how well they do on their exam, you are always here for them" is something very important.

Allow your kids to express their emotions and discuss exams without criticizing them. They should not be burdened with excessive demands for excellence. Help them in creating a study schedule that includes breaks and downtime. As a parent, give helpful support, such as a quiet study space, healthy snacks, and the necessary study materials. It is important to teach kids self-care and relaxation skills, such as deep breathing exercises, short walks, and calming music. Further while it is important to be involved, parents should not micro-manage kid's study regimen. Allow them to handle their own schedules and responsibilities with a certain amount of autonomy and responsibility. Acknowledge small successes and important turning points in the exam-taking process instead of concentrating only on the final results.

"Celebrate efforts, not just Results"

Encourage an attitude that places learning and growth ahead of merely achieving high grades. Whenever child have difficulties, remind them of their past successes and assets and maintain a positive outlook and believe in your child's abilities.

Role of other stakeholders in mitigating Exam Stress

Collaboration between multiple stakeholders who each have a unique role to play in supporting students' wellbeing is necessary to address the stress that children experience during exams. Developing procedures and policies that promote students' general wellbeing is the responsibility of school administrators. In addition to making sure that academic standards are reasonable,

they can put stress-reduction strategies into action and foster a positive school climate. Not only the school system, media can help by supporting initiatives that promote healthy learning habits, offering educational resources, and encouraging positive and balanced portrayals of academic success.

NEP (2020) and Mental Health of students

The National Education Policy (NEP, 2020) addressed the concern of mental health of students through various recommendations for different stakeholders. To address students' mental health needs, the policy suggests offering counseling services and support networks within schools. It acknowledges the value of psychological and emotional support in the classroom.

Given the gravity of these emotions, it's critical to act quickly to obtain assistance. In such situation, we must understand that 'asking for help is a show of strength' and there exists various ways to deal with stress and mental health issues. Helpline, crisis intervention services, and mental health specialists are readily accessible to provide assistance and direction in numerous nations. Although, stress encourages alertness and cautious behavior, a certain amount of stress is actually thought to be helpful and beneficial. Children are aided in making appropriate preparations as a result, but when it gets out of control, it can have terrible consequences. Many children figure out how to handle the stress of tests on their own-making a schedule, talking to friends, studying more, watching TV, participating in extracurricular activities, talking to parents or other adults, working out, etc.-some children require more support and guidance than others. But, if required, it is always suggested to get help from a mental health professional, counselor, or a trustworthy person in your life.

'Self Confidence matters: Every child has a unique potential'

It is always important to keep in mind that every child is different and that certain strategies may or may not work. Hence, it is critical to modify plan in light of child's unique requirements and character.

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Narendra Modi-Enduringly Invincible

■ M.R.LALU

Rewarding with a wave of popularity, Prime Minister Modi's invincibility has become a huge challenge for parties that have chosen to join the opposition camp. Modi's address to both the houses in the parliament was loaded with extreme confidence. A great level of personal conviction and a dashing temperament, the Modi phenomenon has undoubtedly nullified the usual leadership definitions. Entirely, the politics of his side of the ruling group is dependent on the man who began the momentum with a slight disorientation a decade ago. Probably, that was justifiable in 2014. A new face with a flimsy experience of being in India's powerful national capital had a huge challenge to face. For almost a decade now, Modi managed to wrap up the entire scenario to his side, taking strides of success far more powerful than usual, with the whole host of leaders in his camp struggling to keep pace with him. This was the mantra, probably, the Modi magic that people often term it as; a unique style, a signature of commitment to whatever he chose to keep his hands on. He never left things half baked. He ensured that the job in hand is accomplished to its maximum and strove hard to walk the extra mile. He remained unique, his gestures and words and actions were loaded with a different flavor of commitment.

On his first day in the parliament the newcomer with an indubitable wave of humility, lay down flat on his chest in reverence to the temple of democracy at its doorstep. Simple yet the gesture of veneration was redefining the image of the monumental building that was usually perceived as a centre of verbal spat and pandemonium of the irritating type. He brought his usual demeanor to the scenario but the country experienced something unusual and unprecedented and it was certain to catch attention. Convincingly, his vocabulary and the simplicity and style of his oratory caused

a sudden churn. They conveyed values and action plans and addressed the pitfalls. His accent got easily recognized as his messages had the salt of the perils that the country's poor had been through. He established a personal connection with the last man in the queue. His endeavors spoke for their authority and clarity. Holding values of the ancient he remained modern in its applicability. Unmatchable was his efficiency while he began to use Artificial Intelligence for his typical welfare projects. More prominent and effective was his style of communication using all social media platforms. His reputation, invincibility and reliable execution of welfare schemes gained him superstardom. Every time he approached and used social media with childlike curiosity while updating himself to its modern ways of sophistication. But his decision to reach out to the people through radio had a special acceptance. Man Ki Baat must be the largest recorded personal conversation by any elected leader to his countrymen in the whole world.

This flow of conversation from the very first month of his administration had kept the momentum of his real personal touch with people cutting across rural and urban landscapes. India witnessed a new method of populist politicking that was more person centered than the ideology he represented. Growing beyond the horizon of his ideology, the Modi cult has redefined the stature of politics in India and the party that he represents became a distant shadow. Distancing itself from the rise of this cult, a question frequently murmurs its concern. That, will the world's largest democracy remain servile to this cult makeover and as his opponents blame, get easily crushed under its authoritarian feet at a time when its democratic essence is feared to be fading drastically? Has this cult managed to polarize India's secular fabric, as its adversaries accuse it often, totally forcing it to disintegrate? This question

often emanates from the ravines of political discomfiture and social discordance. No narrative can be outrightly cancelled and there is definitely a sense of discontent. What surprises and probably shakes Modi's opponents of their confidence is his relentless, pragmatic and committed enthusiasm. It deals with and certainly flattens the aspirations of the other side and its savagery is reflected in its brutal enactment of justice. Defending the investigating agencies and their actions against the corrupt, Modi outrightly calls it his fight against the wrongdoers and ensures that it gains a hilarious acceptance.

Modi's image as the deliverer of justice and his ubiquitous spiritual charisma hold complete power to drag the emotions of a huge segment of the population. Systematically addressing the demands of the cultural laments of the country, his makeover as a spiritual giant has been extremely real and his gesticulation and involvement in redefining and reviving the lost glory of India's spiritual might has been receiving genuine accolades. A hat-trick comeback, undoubtedly an aspirational momentum at that with unparalleled conviction could be dreamed only when efforts to actualize such a victory were actually put in place. This audacity for winning an absolute majority deserves a thumping resonance of exuberance. This is obviously a challenge, a challenge in a real sense. But the Prime Minister's body language in both the houses of the parliament had been firm though counter narratives were thrown intending to dismantle his views. Placing himself above his party and the government, Modi's deliberately well-knit vocabulary had the power to shake his opposition's intuitions. A jubilant Modi appeared to grab all narratives of victory for himself and pronounce them to the houses in his royal declaration. John Britas, a first timer to the Rajya Sabha from Kerala, a Communist veteran and journalist com-

pares this audacity of Modi with an emperor's royal decree. His perceived third term will the outcome of his skillfully measured and unfailingly executed policies. He was uncompromising and convincingly reluctant to water down his policies and climb down on his promises. Intelligently anointing himself as the khowkidar of the country, he managed to dwell in the hearts of millions. Startled but convinced to the core, the country heard him speak from the ramparts of the Red Fort about basic cleanliness and menstrual hygiene. Women across the country found in him a savior, a brother who dared to address their trauma and victimization. Thousands of villages became open defecation free zones. Women in the country found their aspirations flutter and dance with increased social respect and security. Millions had experienced the status of having a toilet facility at homes and its health benefits. Walking a careful line of development, Modi ensured that his initiatives reach the doorstep of the last man at the bottom line.

A more accurate way to describe his sense of connecting with people comes through his three creative ways of communication. Starting from Mann Ki Baat to Chai Pe Charcha to the latest Modi selfie points, his mission continues to hold the electorate glued to its leader. The comedy of errors that we are forced to live in, is the erroneous way his opponents understand him. And that is the paradox. Pundits predict a consistent rise in Modi's popularity and they fear his third term would put it at the pinnacle. The deep despair hanging over the INDIA bloc is obviously visible. Inconsistent leaders and their disheartening positions turned the INDIA camp a miserable conglomeration. Nitish Kumar's exit and Mamata's consistently rebellious shrieks have deepened its crisis and helped the Modi fiefdom expand. Call him populist or the people's leader, the wind is surely blowing the Modi way.

Bharat Ratna Recipients

■ K.V. SEETHARAMAIAH

After the highest civilian award Bharat Ratna was conferred on Karpoori Thakur and Lal Krishna Advani, now Choudhary Charan Singh, P.V. Narasimha Rao and M.S. Swaminathan have been chosen for the award. Among the five recipients, Advani is lucky that he got the award in his life time at the ripe age of 96 years. All others have been conferred posthumously. NDA government has to be applauded for conferring the highest civilian award without taking into consideration party affiliations. Barring Advani, all others are from other political parties with the exception of Swaminathan who is agricultural scientist. Narasimha Rao's family has reportedly expressed gratitude to Prime Minister Modi for bestowing Bharat Ratna to him. It is not unusual for the critics, especially political rivals, to see negative in everything. Mamata Banerjee was quick to

say that Bharat Ratna is 'non-serious'. There is also talk of Bharat Ratna given with an eye on Lok Sabha election. The critics must not fail to understand that the Bharat Ratna given before the election will not be taken away after the election is over like freebies that can be given before the election and then cancelled after the election if the financial position does not permit. AICC President Mallikarjuna Kharge said "the role of the opposition is to criticize". There is nothing wrong to call a spade a spade. What must be criticized must be criticized. There should be no criticism for the sake of criticism. But it is the wont of Congress to criticize everything. If the critics are unable to appreciate the good things done, at least they can show the gesture by being silent at the good works done. If it is assumed that the role of opposition parties is only to criticize, then the opposition parties may not take it kindly

even when someone from the ruling party says 'opposition is doing well'. Good remarks at the opposition parties may also meet with criticism. After quitting Congress and joining Shiv Sena, Milind Deora, referring to Congress, has rightly said "Tomorrow, if he says Congress is a very good party, they will oppose it". Now Congress is in a very embarrassing position at the Bharat Ratna given to Narasimha Rao. Because when Narasimha Rao died in 2004, his body was not even allowed inside the AICC Head Quarters in Delhi defying a customary practice. The reason was obvious. He was projected as villain for being 'passive' at the time of demolition of Babri Masjid. Congress party and its friendly parties saw 'tacit support' from Narasimha Rao for demolition of the Masjid in Ayodhya. Yet Sonia Gandhi found it difficult to be silent at the Bharat Ratna given to Narasimha Rao. She 'welcomed'

the honour given to him posthumously. Charan Singh was undoubtedly the champion of the farmers cause. He was nursing ambition to become Chief Minister which he had openly admitted. He was disappointed at the choice of Morarji Desai as Prime Minister by Jayaprakash Narayan in 1977. He gave slip to Desai and became Prime Minister with the support of Indira Gandhi on July 28, 1979 but resigned after 23 days on August 20, 1979. It was on this day Indira Gandhi pulled the plug. He fell into the well-laid trap of Indira Gandhi. With Charan Singh forming his own outfit, Janata Party broke up. Charan Singh is the only Prime Minister who could not face the Parliament. He was beguiled by Indira Gandhi. If he had not defected from the Janata Party and if no dual membership issue of Jana Sanghis had been raised, the Janata Party would have stood like a solid rock

without need for Vajpayee to float Bharatiya Janata Party (BJP). The disintegration of Janata Party is the best example for the worst circumstances created by the conglomeration of too many parties with different ideologies. If Janata Party could not survive with too many parties coming under one umbrella, it is not difficult to predict the fate of I.N.D.I.A. bloc in which AAP and TMC are singing different tunes with Congress on seat-sharing issue. JDU came out and RLD is about to come out from I.N.D.I.A. The only agenda to unite against BJP is very fragile in nature to keep themselves together. Positive approach from I.N.D.I.A. is lacking. Unfortunately, the conferment of Bharat Ratna is being politicized by the I.N.D.I.A. team. Negative approach and negative campaign do not yield fruitful results for any party or parties. The earlier I.N.D.I.A. team realizes it, better it would be.