

Modi's jugglery of Words in Parliament

■ OMKAR DATTATRAY

The Prime Minister Narendra Modi has addressed in both the houses of the temple of democracy - the parliament while giving thanks on the presidential address. The address of Modi on the motion of thanks to presidents address is a formality and clearly and amply showed and exhibited that the whole address of Modi was an exercise in advertisement and propaganda which are core to Modi's way of working and his address in both the august houses of the parliament was nothing but an exercise in advertisement of the BJP government. Modi's address clearly showed that it was nothing short of using jugglery of words in which Modi has got high expertise.

Therefore Modi did his jugglery of words to browbeat and denounce the opposition especially the congress whose Bharat Jodo Yatra has given sleepless nights to ruling BJP which seems to be upset and uneasy since congress leader Rahul Gandhi completed his crucial social march successfully by hoisting the national tricolor in Srinagar to remove hatred between the communities for uniting the country and fighting the divisive forces. Modi with his art of oratory and jugglery of words in both the houses of the parliament tried to silence the opposition. The congress under the leadership of Rahul Gandhi and all most all the opposition parties were demanding a discussion on the important issue of Adani crisis which has adverse consequences on the health of the economy of the country.

The opposition was not only demanding a discussion on the crucial subject of Adani crisis but were also demanding the constitution of joint parliamentary committee to probe the link between Modi and Adani and its adverse implications on the health of the economy to laybare the whole truth. But Modi government is shying from holding a discussion on the stock rout of Adani Group and its bearing on the economy which has hardly recovered from the slowdown of economy due to the challenge of covid. For fear of losing the friendship of the big business tycoon Adani, Modi declines to hold the discussion on the Adani crisis.

It has become crystal clear that Modi government is trying to protect and shield the industrialist friend of Modi-Adani. The address in both the houses of parliament by PM Modi showed that he only tried his best to belittle the contribution of congress government in its 54 years rule as if the grand old party which is credited with the huge contribution in the freedom struggle of the country has done nothing or very little for the development of the country and its people. Modi only projected the achievements of his rule from 2014 and said that congress has not done anything for the country in its long stint in power at the centre and in many states. The political Pundits opine that the BJP is nerved over the success of Rahul's Yatra as though it was a social march but it set in motion the revival and rejuvenation of the congress which the party needs today and in future to fight the hegemony and monopoly of BJP in the country's political landscape.

Modi took the opportunity to recall his Ekta Yatra of 1992 when he along with the band of BJP activists hoisted national flag in Lal Chock Srinagar amid terrorism and he has recalled his Yatra only to belittle the crucial Bharat Jodo Yatra of Rahul Gandhi which recently culminated in Srinagar with the participation of a large number of people and political leaders of various hues.

The whole nation knows it well that the sound and strong foundation for industrial and economic development has been laid by the congress government headed by Pt Nehru and his contribution in the nations development and progress cannot be exaggerated how much the Modi and his BJP will try to defame and denounce the congress and its role in the development. It is very disturbing that in Modi's Scheme of things and working style there is the absence of dissent while the fact is that dissent and opposition is the soul and essence of democracy.

Thus Modi and his BJP is doing a great disservice to the very cause of democracy by denying the right of dissent to the opposition.

It is very unfortunate that the space for dissent, difference of opinion and even opposition is shrinking but Modi takes pride that too false in saying that democracy has been strengthened during his two term rule. In Lok Sabha Modi tried to downplay the crucial Bharat Jodo Yatra of Rahul Gandhi by recalling and making reference to his Ekta Yatra of 1992 when he hoisted the national flag in Lal Chock Srinagar.

Yes it was a big feat of Modi and the then BJP but then to downplay the unite India march of Rahul is an example of bad politics. In Raja Sabha Modi's style of addressing and his body language demonstrated as if the prime minister was not addressing the parliament but was addressing an election rally. It does not behovee good to the PM to attack his opposition party in such a way forgetting all decorum and exhibiting his desire to remain leeches to power come what may. Telling the congress how much they spread mud on BJP, the louts will bloom so much. Modi did not stop here but attacked those leaders of the congress who are not in this world and this is nothing but petty politics. Modi said in Raj Sabha that congress government brought down the elected governments in the states many times.

But Modi forgets that his BJP government has also dislodged the democratically elected state governments several times and so blaming congress for this is akin to the pot calling the kettle black.

Therefore Modi has no right to attack the previous congress governments for dislodging the duly elected state governments. Modi has further attacked the congress governments of turning the Raj Bahwans as congress offices. Modi does perhaps not remember or his memory is short that the BJP government all their years of rule have also filled the august offices of the governor with the RSS functionaries and this way, Modi has also turned the Raj Bawans into BJP offices. The Modi government does not fill the governors office with competent non political faces and then try to sprinkle mud on the congress.

Modi's telling in the Raj Sabha that he singly is heavy on the all opposition parties shows as if he is not addressing the upper house of parliament but is addressing an election rally. The crux of Modi's address in both houses of parliament shows his non-seriousness and lack of a mature politician and it also exhibited the fear of Modi over the revival of congress and growing popularity of Rahul Gandhi after the successful culmination of his unite India march.

In fact Modi was talking like the Hitler of yore in parliament. In brief Modi's address in the parliament was nothing more than his jugglery of words aimed at browbeating the congress and other opposition parties and the speaker should show parity and expunge the hard hitting words of Modi from the proceedings.

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Prime minister Narendra Modi has become very popular among the people from north to south and east to west. Modi can be described as the Indian people's Hardey samrath and thus the people without any distinction are attracted towards him and same was seen yesterday when Modi addressed a mammoth gathering at Maulana Azad Stadium as it was jam-packed and people listened his speech with rapt attention. Modi delivered a historic address which was epoch-making and was received well by the people. Modi commenced his address with a Dogri couplet of Padma Sachdev 'Mitthi -e-Dogrein Di Boli Te Khand Mithe Log Dogre' and thus there was great applause by the audience. Modi gave a long speech but his address was development oriented and the sum and substance of his speech was development of Jammu and Kashmir as it is obvious in the development of India which he calls as Viksit Bharat and Viksit Jammu and Kashmir. He said that article 370 was the great wall of barrier and hindrance between the development of Jammu and Kashmir and it was a wall of psychological width between Jammu and Kashmir and India. However this wall of hatred has been dismantled and it paved the way for development and all round progress of Jammu and Kashmir. The terrorists activities are on the wane and the days of hartal and militancy are over and the economic activity has gained momentum and the

Gandhi's "Mukat" Congress or Congress " Mukat" Bharat

■ BY:- ER. P.L.KHUSHU

Any well-developed democratic country should have a strong opposition, which will ensure proper checks and balances on the working of the ruling party of that country, in the largest interest of the welfare of the people of that country. So is the case with India. A trend is getting developed in Indian politics when the opposition is almost losing its base, which will not be ultimately good for an equitable growth of the country with free and a cognizant democracy. The main reason is the dynastic approach of the present congress party, which is the main opposition party, where the main aim is to project its family icon as the principle Prime Ministerial candidate when such a projected candidate is not competent enough to handle it, as per the general impressions about this icon. In fact sometimes it is felt that such an icon is not even a fit person to be a political leader or to say to represent the age old congress party which was once upon a time manned by stalwarts and giants of highest political and leadership acumens and intellectual quotients. The present congress party since last more than three decades is purely a family affair conclave, with opportunist sycophant politicians running its show, within the four walls of its palace locations, where the queen is the monarch and the prince and the princess are the royal cabinet. The whole nation is helplessly witnessing as to how this facet of the present congress party since last three decades has eroded it from its main base as a primal and a crown political party of India, which has to its credit the birth of free India. By the second decade of the 21st century, the resurgent BJP led by Atal Bihari Vajpayee and then with the people amelioration akin policies of Narendra Damodardas Modi, has altered India's political landscape. They dismissed the English-speaking lot as Macaulay's children and replaced the external view of country for adhesive growth, with an internal gaze founded on 'Sab-Ka-Sath', 'Sab-Ka-Vikas', 'Sab-Ka-Vishwas' and now 'Sab-Ka-Priyas'. It is now for the saner people of this country to take it ahead. The often-repeated slogan 'Congress - Mukat- Bharat, since 2014, by the majority of Indians, when congress lost its elections and the government badly, is probably now coming as a truth and not a fallacy. It was looking like a joke at that point of time, when one could hardly visualize that the condition of the congress party will be so much implacable that it cannot even have a full-fledged congress president and functions with adhoc president at its helm of affairs, though it has found now one, who is too old for the job. Unfortunate for the

common people are feeling relieved. Modi said, 'Jammu and Kashmir is on the path of everlasting peace and development after scrapping the special status that been blocked by the people who remained in power for seven decades.' He stated that article 370 was a wall between the country and J&K's development and it was removed for ever by the BJP government. He added that the families that ruled J&K for 70 years never thought about the people and youth but instead worked to keep their parties relevance to grab power again and again. Just as the Modi's speech was development oriented and so were the inaugurations, stone laying ceremonies and the dedication to the people of Jammu and Kashmir a number of projects. The prime minister inaugurated over 220 projects worth Rs 32,000 crores for Jammu and Kashmir and thus he won the hearts and minds of the people of Jammu and Kashmir. Even his political foes were quick to appreciate his broadmindedness in dedicating to Jammu and Kashmir hundreds of projects which will further boost the economic development of Jammu and Kashmir. Modi said education, connectivity and development has replaced terrorism and hartals.

He lashed out at the dynastic parties and their rule which cared only for their families and relegated the people to backwardness. It no ordinary thing that Modi inaugurated, dedicated to the people of Jammu and Kashmir and laid the founda-

tion about such a party, which is as old as the independence movement of India and supposed to deliver better, as a prudent and reliable opposition party, both in Lok Sabha and Rajya Sabha.

Democracy and its intrinsic values demand that for a better governance, by a ruling party particularly with a sizeable majority, there should be a healthy and a meaningful opposition party to serve as a watch dog for the ruling party, in its disposition of various policies and programs for the welfare of the people of the country. But unfortunately it is squarely missing because of the dissent, chaos, fusion and confusion in the congress party, which is supposed to be a leading opposition party. Unfortunately the high command of the congress party is probably now reduced to 'Raj-Kumars and Raj-Kumar's of the congress Parivar, which is adopted by this parivar as the designate entity of theirs, since the independence of India.

The implied present heads of this congress parivar, who are holding the strings of the party as also governing the party and have ruled the nation through proxy in the past till 2014, are now obsessed with the fabulous ideas of handing over their ruler ship and dominance to their progenies, to maintain the dynastic rule of the congress party as a perpetual affair. It is a big dream for the party bosses who are none other than the family members of the left over Gandhi's.

Congress is facing a countrywide identity crisis with the party not having come up with enough numbers to even qualify as an opposition party in the polls. Senior leaders of the Congress, including former Chief Ministers, many Congress Working Committee members, sitting MPs, and several former Union Ministers, have left the party under distress and pain. It is now a situation of leadership crisis in the congress, which is now manifesting in a farcical battle of the generations. The deepening crisis facing the Congress since it was trounced in the 2014 general elections is indeed multifaceted. Ideologically, it has lacked clarity on issues like the Ram Temple and the abrogation of Article 370 and, organizationally, its mass party structure has been unable to combat the strong cadre-based model of the Sangh Parivar.

The winner takes it all. So is the case with the, 2014 and 2019 Lok Sabha elections when Narendra Modi tsunami dismantled the entire opposition barring a couple of states where regional satraps still rule the roost. The mandate was not only for Prime Minister but also a referendum on Rahul Gandhi's leadership and acceptance as a leader who cannot replace Modi. The

ation stone of multiple development projects costing Rs 32,000 crore. These projects relate to several sectors including health, education, rail, road, aviation, and civic infrastructure among others. Modi also distributed appointment orders to about 1500 youth. The longest transportation tunnel of the country on Udhampur -Srinagar-Baramulla Rail Link (USBRL) was opened by PM Narendra Modi as he flagged off the first electrified train of the Kashmir valley. Modi and his government made impossible, possible when he inaugurated 48.1 km-long Banihal -Khari -Sumner-Sangaldan section. Modi said record number of schools, colleges, universities were established in India in last 10 years and in Jammu Kashmir alone, 50 new colleges were opened. Modi also interacted with several beneficiaries of the government schemes in his programme of the Viksit Bharat, Viksit Jammu and Kashmir.'

PM expressed delight that the benefits of the government schemes is reaching out to the remotest corners of Jammu and Kashmir. Even Modi's critics were forced to appreciate his efforts to make Jammu and Kashmir a fast developing UT and in this connection Member Parliament and president of National conference Farooq Abdullah congratulated Modi for his painstaking efforts to make Jammu and Kashmir a fast developing place. Farooq Abdullah congratulated Prime minister Narendra Modi and Railway min-

istry for the launch of new rail projects for Jammu and Kashmir. Dr Farooq Abdullah said, "This is a big step by the Railway ministry and PM Narendra Modi and we welcome this initiative. We congratulate them on achieving this milestone. PM inaugurated AIIMS in Jammu and said that now the people will not have to visit outside for treatment and this is in fact the big achievement of the Modi government. Modi inaugurated new electric train to Kashmir. Modi also flagged off the first train from Sangaldan in Jammu to Baramullah in Kashmir thus linking far off and remotest place of Sangaldan to Baramullah. Besides the new electrified train will give boost to the trade and business in Jammu and Kashmir. PDP leaders M.H. Baig lauded Modi and said that the lives of the people have changed in Modi's rule. Baig said he strongly believes that Modi's BJP will get 370 seats in the general elections. He described PM Modi's speech as historical. In short Modi's Jammu speech was development oriented as he talked in detail about the development of Jammu and Kashmir and Baig has described his address as masterpiece. To conclude Modi's speech was developmental as he talked about Viksit Jammu and Kashmir again and again. So sum and substance of Modi's address was development of Jammu and Kashmir and the whole country.

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mandate shows that people not only rejected Rahul Gandhi but also the top brass of the Congress. Has Rahul Gandhi become a liability for this grand old party? It is often asked that can Rahul Gandhi continue to successfully function as the leader of the biggest opposition party? Should he quit and make way for some other deserving candidate? Congress will also have to grapple with these issues intensely, if it wants to remain relevant in the political process. Congress will also have to grapple with BJP's gains in every field of India's growth as also with BJP's political maturity. To put it neatly, Narendra Modi has defeated congress party, with a resounding mandate both in India and in their family bastion. The victory has proven that BJP's support base is both urban and rural. It has become truly a pan Indian party, removing Congress from its hegemonic position. This change will have a profound impact on Indian politics. Veterans in the party having been sidelined are on the fence watching the doom of their party due to dynastic holds of this party. The Congress, since the demise of Mahatma Gandhi, has not managed to extricate itself from the overwhelming influence of the Nehru-Gandhi family. Non-family members like Narasimha Rao or Manmohan Singh took charge because they had the blessings of the Nehru-Gandhi family. When Narasimha Rao decided to play otherwise, annoyance from the family was quick and Sitaram Kesari, who was also ingloriously replaced by Sonia Gandhi herself, removed him. Manmohan Singh survived for ten years when the secret of his success lay in his non-assertion, which did not annoy the family.

With the creating of a new assumptive nomenclature of India, I.N.D.I.A Alliance, by some opposition political parties, led and sponsored by the congress party, with dots in between, as a referral idiom, for exhibiting their unity, creating the name of India as I.N.D.I.A., conveying enough doubts about their unity of purpose for which these political parties have ventured to come under one banner as an alternative not to NDA, but to Modi.

It is showing the dilemma of dots are existing between these various political parties, pretending to be one, for Modi fear. It equally shows that all these political parties are fully knowing that they cannot represent a unified India. Their dynastic bases, churned tongues and abundant corruption charges against most of them are haunting them to run from pillar to post as they did in the present case, while hobnobbing at Patna and then going for an excursion at Bangalore, followed by a similar marine drive in

Maharashtra, as a sequel to drink, dine and dance, to satisfy their myopic illusion of being together for political sale amongst the people of India. Is there any buyer?

This conglomerate group of opportunist dynasty based people calling themselves as a I.N.D.I.A while trying to projecting themselves as replacements to Modi and his NDA flock, least knowing that these people are already identified by the masses of India about their intentions by gathering together under a rough banner of false and distorted unity, have almost vanished under its own weight, particularly refusing the congress party its monarchical leadership over this dotted conglomerate. So congress and its Raj Kumars etc, have lost this hope as well due to its high headedness of sorts. No cognizable political party accommodated the congress party with seat sharing for the coming general elections. The congress party now again stands alone. They are all afraid of NDA coming back to power under the honest stewardship of Narindar Modi, who has pledged to act very strictly against the corrupt and corruption. Who does not know that the stability provided by the NDA government under the tall leadership of Modi has made India the fifth largest economy of the world from tenth position. Who does not know that Modi government has provided free food grains to people below the poverty line, expanded banking facilities to the poor, along with dealing with the COVID pandemic, with great success when India not only produced a vaccine for its own use but also met the needs of many countries of the world.

If the age old congress party has to survive and come back in visible and corruption free political scenario of India, its leaders across the country shall have to tell the "Gandhi's" of congress to stay away from it as its masters and mentors and allow it to be "Gandhi's "Mukat" Congress". If it is not done, then this country will be a country with "Congress " Mukat" Bharat". Probably it is the need of the hour under the present conditions of national development under Modi Sarkar, when the whole opposition in the country is in disarray. The problem with Rahul Gandhi is that he thinks he is giving Modi a spirited fight on each and every issue, and that the Congress, sooner rather than later, will be the default choice. He forgets that India has changed; the default setting has been replaced by a new political algorithm. Capturing the mind space of the voter is not a weekend game but is 24x7 live streaming.

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Mental Health and Climate Change: Changing Dimensions

Climate change and mental health are increasingly interconnected areas of concern. The impact of climate change on mental health can be both direct and indirect, affecting individuals and communities in various ways. Direct impacts on mental health can result from extreme weather events linked to climate change, such as hurricanes, floods, wildfires, and heatwaves. These events can lead to acute stress, post-traumatic stress disorder (PTSD), anxiety, and depression among those directly affected. The trauma of losing homes, livelihoods, or loved ones in such disasters can have long-lasting psychological effects. On the other hand, indirect impacts involve the broader psychological and emotional strain related to the awareness and anticipation of climate change. This can manifest as eco-anxiety or climate anxiety, where individuals experience chronic fear about the future of the planet and the well-being of future generations. This type of anxiety can be particularly pronounced among young people and those who are already vulnerable or have pre-existing mental health conditions. The anticipation of climate-related changes, such as the loss of biodiversity, shifting weather patterns, and the potential for increased conflict over resources, can also contribute to feelings of helplessness, despair, and grief. These feelings are sometimes referred to as "ecological grief" or "solastalgia," a form of emotional or existential distress caused by environmental change. The socioeconomic impacts of climate change, such as displacement and loss of livelihoods due to altered ecosystems and agriculture, can exacerbate existing mental health issues and contribute to increased stress, anxiety, and depression. As a whole, the mental health impacts of climate change require a multifaceted approach which includes enhancing the resilience of communities to climate-related stressors through improved infrastructure and disaster preparedness, integrating mental health support into disaster response efforts, and providing access to mental health services for affected populations. In the circumstances, action on climate change itself can serve as a form of psychological relief, as it offers individuals and communities a sense of agency and hope. Engaging in environmental conservation efforts, advocating for sustainable practices, and participating in community-based adaptation and mitigation strategies can help reduce feelings of helplessness and promote mental well-being.

Mental make-up and climate change

The concept of "mental make-up" refers to the psychological and emotional characteristics that shape how an individual perceives, reacts to, and copes with various situations, including stressors and

challenges. In the context of climate change, an individual's mental make-up can significantly influence their response to environmental stressors, their engagement with climate action, and their overall resilience to the psychological impacts of climate change include. a. Perception and Awareness: Risk Perception: Individuals with a mental make-up that includes a high awareness of and sensitivity to risks may be more likely to recognize the threats posed by climate change and take proactive measures to mitigate these risks. Optimism vs. Pessimism: An optimistic outlook can lead to a belief in the efficacy of personal and collective action against climate change, whereas a pessimistic view might result in feelings of helplessness and fatalism, reducing the likelihood of taking action. b. Coping Mechanisms: Adaptability: People with a flexible and adaptable mental make-up are likely to be better at coping with the changes and uncertainties brought about by climate change, finding innovative solutions to new problems. Resilience: High resilience allows individuals to recover more quickly from the psychological impacts of climate-related events, such as natural disasters or the gradual stressors of changing environments. c. Engagement and Action: Altruism and Empathy: A mental make-up characterized by high levels of empathy and concern for others can motivate individuals to engage in climate action, not only for their own benefit but also for the well-being of others, including future generations. Values and Beliefs: Deeply held values and beliefs, including those related to environmental stewardship and responsibility, can drive individuals to participate in and advocate for climate-positive behaviours and policies. d. Psychological Impacts: Anxiety and Stress: Individuals who are prone to anxiety might experience heightened levels of eco-anxiety or climate anxiety, worrying about the future impacts of climate change on themselves, their loved ones, and the planet. Denial and Avoidance: Some individuals may cope with the overwhelming nature of climate change by denying its severity or avoiding information about its impacts, which can hinder adaptive behaviours and engagement with climate solutions. e. Addressing Mental Make-Up in Climate Action: Understanding the diverse mental make-ups of individuals can inform targeted strategies to engage different groups in climate action effectively. Tailored communication, education, and intervention strategies that consider various psychological profiles can enhance public engagement, promote adaptive behaviours, and support mental health in the face of climate change.

Treatment and precautions

In general, mental health encompasses emotional, psychological,

and social well-being, and its care is crucial for overall health and quality of life: Treatment for Mental Health Issues: a. Professional Support: Therapy/Counselling:

Engaging with a trained therapist can provide a safe space to explore feelings, behaviours, and thoughts. Different types of therapy include cognitive-behavioural therapy (CBT), psychodynamic therapy, interpersonal therapy, and more. Medication: For certain mental health conditions, such as depression and anxiety disorders, medication prescribed by a psychiatrist can be an effective treatment component. Integrated Care: For some individuals, a combination of therapy and medication may be the most effective approach. b. Specialized Treatments: Certain conditions may require specialized treatment approaches, such as exposure therapy for PTSD, dialectical behaviour therapy (DBT) for borderline personality disorder, or family therapy for issues affecting family dynamics. c. Support Groups: Participating in support groups can provide a sense of community and shared experience, which can be particularly helpful for individuals dealing with addiction, grief, or specific mental health conditions. Precautions and Preventive Measures for Mental Health a. Self-Care: Engaging in regular physical activity, maintaining a balanced diet, ensuring adequate sleep, and practicing relaxation techniques such as mindfulness or meditation can support overall mental well-being. Setting boundaries, managing time effectively, and ensuring a healthy work-life balance are crucial for stress management. b. Social Connections: Building and maintaining strong, supportive relationships with family, friends, and community can provide emotional support and reduce feelings of isolation. c. Healthy Coping Strategies: Developing healthy coping mechanisms for stress, such as engaging in hobbies, practicing creative expression, and utilizing problem-solving skills, can enhance resilience. Mindfulness and Stress Reduction: Practices such as yoga, meditation, and deep-breathing exercises can help reduce stress and improve mental health. It's important to recognize that mental health needs vary greatly from person to person, and what works for one individual may not work for another. It's also crucial to be proactive about mental health and seek professional help when needed. Early intervention can prevent more serious issues from developing and can support long-term well-being.

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