

## SAHKAR SE SAMRIDDHI

The mantra of "Sahkar Se Samriddhi" translates to "Prosperity through Cooperation." It signifies the power and importance of collaborative efforts, where collective action, shared responsibilities, and mutual support lead to greater success and wealth in various aspects of life. This principle is especially significant in social, economic, and community development, where the interconnectedness of individuals and organizations can produce exponential benefits. The idea promotes the belief that prosperity is not a solitary achievement but one that grows through unity and teamwork.

Cooperation is at the heart of the mantra. Sahkar means working together; combining strengths, and sharing resources to accomplish a common goal. It involves individuals, groups, or even entire nations pooling their capabilities and skills for the betterment of all. This spirit of cooperation is essential in creating sustainable and flourishing communities. Whether it is at the level of families, local communities, businesses, or even governments, cooperation creates a synergy that leads to success that would otherwise be unattainable.

The need for cooperation is seen in various aspects of life. For instance, in businesses, Sahkar could be seen in partnerships, joint ventures, or collaborative networks. It also applies to teamwork in corporate environments, where individuals with diverse talents and expertise work together to achieve a larger goal. Similarly, in personal relationships, cooperation fosters understanding, trust, and support, which are critical in building lasting bonds and shared prosperity.

Samriddhi, or prosperity, refers to both material and spiritual wealth. Prosperity is not only about financial success but also encompasses well-being, health, education, peace, and harmony. The mantra "Sahkar Se Samriddhi" emphasizes that by cooperating with others, individuals and communities can achieve these various forms of prosperity. The idea is that through shared resources, and collective intelligence, societies can experience wealth and growth in multiple dimensions.

The path to prosperity through cooperation is paved by mutual respect, open communication, and a commitment to a common cause. When individuals unite with a shared purpose, they can overcome challenges, address inequalities, and find solutions to problems that may seem insurmountable on an individual basis.

One of the demonstrations of Sahkar Se Samriddhi is the concept of cooperative societies or cooperatives, which are formed by individuals who come together to achieve a collective benefit. These could include cooperatives for farming, housing, or even consumer goods. Such societies enable people to pool resources, reduce costs, increase bargaining power, and share profits. The success of such cooperatives is a direct outcome of cooperation, which leads to mutual prosperity. In rural areas, particularly in India, agricultural cooperatives are a vital source of income and resources. Farmers, by working together; share tools, access better prices for their crops, and collectively manage risk. Similarly, workers in industries like handloom weaving or handicrafts often form cooperatives to ensure fair wages, share marketing costs, and ensure the sustainability of their trade.

## Women have a great potential-a Great Shakti

■ I D SONI

The one great need of our troubled world in this age of deepening darkness is the power of the spirit. Women have a great potential - a great Shakti - which could be utilized for the betterment of the society and the nation. The progress for women cannot be achieved by encouraging them to make their entry into every field. A better approach would be to increase their knowledge, skills, alertness and awareness in their own sphere of activity. The more a woman is endowed with these qualities, the more effective will be the part she plays in the activities of daily life. An intellectual woman can perform the greatest services, whereas if she is left ignorant and untutored, she will never-even if she is brought to the forefront of things - be able to play a role of any significance. It is, therefore, very much essential that her potentials i.e. her hidden Shakti be drawn out which exists in her in abundance.

There have been many women in history who never emerged from their homes, but who exerted a great influence upon the outside world. The allegation that women cannot perform great services when confined to the homes is refuted by the history. Home management is also undoubtedly great work, but the work which concerns the outside world can also certainly be performed by women, without putting themselves into uncongenial surroundings, or forcing themselves to play unfamiliar role for which neither training nor biology has fitted them.

It is a little understood fact that the role a woman plays does not depend upon her physical environment, but rather on the degree to which her intellect has been cultivated. In order to progress, it is not binding that she has to put herself into all kinds of unsafe situations in the outside world. Intellectual women, however, can best operate in their own chosen sphere and that is not physical brashness which counts in this life, but the sharpening of the intellect and hidden potentials which already exist in women.

I believe profoundly that in the coming days woman will play an important part in the unfolding of our national life. I recall the words of one who was a great poet and a great thinker. He said, "The woman soul shall lead

us on." Yes - in the political factions of parties and in the gatherings storm of communism, the woman soul shall lead us on as they have great potentials - a great Shakti. Yes - in the deepening unrest of the village folk who are battling against hunger and homelessness, the Shakti of women shall lead us on. In the depression and chaos that seems to be coming to many, in the crumbling of civilisation and the noise and strife of many, in this ancient land, once again, I believe, the woman soul, her great hidden Shakti and potentials shall lead us on. For she, the woman, she lays her hold on the spiritual ideals of India. She - the woman - will place her sympathy above strife, and above the impassioned teachings of Marx ana Lenin, she - the Indian woman - will place the illumined teachings of India's Rishis and Sages.

The need of hour is that we must encourage our children to build their lives, to build their homes, to build their schools and colleges in the great ideal of Dharma, the ideal of righteous living. I definitely believe that in the coming days woman shall build India in a new strength : woman shall build a new, emancipated India. The women soul shall lead us on.

The new world is in the making. The man made world has proved to be a broken bleeding world. Man has blundered badly, for man has believed in force. Even marriage, at one time, was marriage by capture. Man has had his chance. Masculine mentality has blundered.

Now woman gets her chance. She is called upon to build a New World. She is a symbol of Shakti in the Hindu scriptures. And Shakti is not force, Shakti is integration. This includes intelligence. Education, more education is needed. But it must be education of the right character. Current education is a cult of separation. A new education of integration is needed. Today, disintegration is setting in. Woman is the centre of social integration. Therefore, new education should emphasise the value of simple life. In simplicity is strength. Love of fine dresses must go.

Our homes must move in a new atmosphere of the simple life : else they will break up : they cannot stand the strain of this heavy drain. Great souls plead, also, for a new vision of purity. The growing love of cinemas and

theatres must go. They move in an atmosphere not yet purified.

The Rakshas will be vanquished on the condition that knowledge is radiant with the light of simple life.

In order to make proper use of the hidden potential - the hidden Shakti of women, the education of our girls must be no pale imitation of the West. Their education must be inspired by Indian ideals of life. Dr. Lin was a Chinese poet and philosopher. In the course of talk he said, "India has sunk deep owing to her neglect of and indifference to, her own culture." The culture of India emphasises these four values : simplicity, purity, prayer or meditation, and sacrifice. It is, therefore, essential that we must give heed to the Divine fire within women. It must be re-captured for modern civilisation. Power and pleasure are passing; what in lives as are cherished are sacred in the memory of humanity is sacrifice. It is the Eternal in time. The woman soul has the potential - the Shakti to rebuild the shattered world in the strength of her intuitions; her purity, her simplicity, her spiritual aspirations, her patience, her sympathy and silent sacrifice.

Studies in Biology and Psychology have shown that the two genders are different in nature, each being designed for a different purpose. They are endowed by nature with different capacities so that they may play their respective roles in life with greater ease and effectiveness. Difference of biological function does not imply inequality. In fact differences are meant to make both genders play complementary roles and endure the challenges of life by supporting each other with their constructive capacities for which is best suited. It should not be looked upon as a matter of superiority. Looked at with the right perspective, these differences are a blessing of God. However, all studies and religious scriptures of all religions admit that a woman possesses a special potential - a special Shakti which makes her great in all respects.

What the world perceives as a problem of inequality when it comes to oppression and degradation of women is actually a phenomenon of evil perpetrated by humans upon other humans due to misuse of freedom. It has nothing to do with the role accorded to each

gender by nature. Such evil is a part of every society. The problem of oppression is due to the backwardness of women because there is a lack of opportunity for the women to progress. It requires the people should be helped to change their mindset. To this effect there should be wide efforts to raise the thinking level of the individual to overcome such negative behaviour in society.

The modern Indian women have realised the strides of progress made by women in the advanced countries. The success of the women of the west, in every field, has influenced the Indian women and they have felt the need to question the subjugation they are subjected to. Education, coupled with liberal views and the support of the parents, has helped women to draw out their hidden potentials and Shakti to gain a new identity in the male dominated society.

The modern women have come out with latent Shakti to assert themselves. The occupations of home-making and house-keeping have not been given the credit and have not been appreciated. This has helped in boosting their self-respect from their husbands as well as the counterpart at work place.

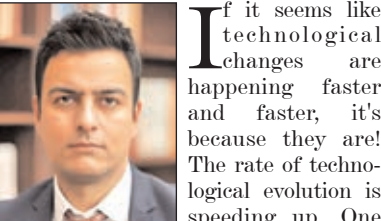
In the new millennium, the Indian women are poised to further their endeavour and command respect from their male counterparts. By being talented, full of Shakti, bold and assertive, women have gained respect and achieved a respectable position in the social structure of India. The austere and sacrificing mothers have given have given way to resolute, diligent, courageous, daring, audacious working mothers. The Indian women have taken up the initiative of self sustenance and the responsibility of the family with determination. The Indian women have evolved and emerged as women having great potential and great Shakti.

Ideally, they should be individuals who are willingly involve themselves unstintingly in the scheme of Lord. To perform this task is To help the Lord. There can be no doubt about the excellence and superiority of the women whom God chooses to enlist His helpers being having great potential - a great Shakti.

(The writer is President Home for the Aged & Infirm, Ambphalla, Jammu)

## Importance of digital transformation in the modern era

■ MOHAMMAD HANIEF



If it seems like technological changes are happening faster and faster, it's because they are! The rate of technological evolution is speeding up. One way to assess this is by the number of patents for new technologies filed. AI tools like ChatGPT are the perfect example of how a technology can accelerate: As more people use these technologies, the AI improves and the tool becomes more effective - at an exponential rate.

Businesses that want to remain competitive need to keep up with the pace of change or risk being left behind. Look at companies like Kodak or BlackBerry as cautionary tales: Once at the top of their respective industries, these are organizations that failed to keep up and fell behind.

Digital technologies have revamped the consumer retail experience with things like e-coupons and digital loyalty cards. Retailers have likewise benefited from innovations like automated inventory management software. The rise of e-commerce exemplifies digital transformation shaking up an entire industry.

Digital transformation is an organization-wide strategy aimed at leveraging digital technologies to modernize key business processes and to introduce new services that better engage customers, support employees, improve

operations, and drive business value to the bottom line.

When done correctly, digital transformation becomes embedded in the enterprise strategy, with the organization's CEO, executive team, and entire workforce embracing digital transformation as a continual reinvention essential to the organization's success.

The health care field has been impacted by digital technologies. Big data supports drug development, for example, while robotics can expand treatment options and cloud technologies can simplify patient data storage.

The rise of telemedicine is one example of how health care has evolved thanks to tech. COVID-19 helped spur the trend. Mental health services, in particular, have benefitted from the availability of telehealth, with novel platforms like Better Help connecting patients with licensed therapists.

The manufacturing and supply chain sector can benefit from many types of digital transformation projects, from robotics to automation, cloud computing, and more. For example, supply chain management can be simplified through end-to-end customer engagement tools.

Take a company like Amazon, for instance. When you order a product, you get an email notification (sent automatically). You're also notified when your package is out for delivery and when it's been dropped off. You're even given delivery time windows, which are based on the Amazon driver's GPS-tracked location.

The COVID-19 pandemic likewise



sped up the adoption of digital technologies in the education sector. Jokes about "Zoom University" aside, tech has improved many education and e-learning systems by allowing customizable and adaptive teaching processes.

Immersive technologies like AR/VR can also improve education and training. Already, companies are using AR tools to cut costs on training. This is especially useful in high-risk industries. For example, think of how airline pilots train on a flight simulator.

Businesses ranging from young startups to established corporations - can all benefit immensely from digital transformation, through greater efficiency, better decision-making and higher profitability. However, this requires more than just integrating the latest technology tools; a holistic digital strat-

egy is pivotal. Through these programs, participants gain deep insights into redefining their business models, reshaping their marketing strategies, and creating value. In addition, the focus on leveraging business analytics helps foster a culture of data-driven decision making. In essence, the competencies developed through our offerings prepare executives to succeed in a globally connected environment.

Because digital transformation involves integrating digital technologies into all aspects of business operations to improve products and services, streamline processes, and introduce new revenue streams, digital transformation has become the No. 1 strategy for organizations seeking to reinvent their operations and business models for the modern business era.

## Possession of property will perish women grievances

■ SUNAINA MIR

Status of a woman in our society is not hidden from anyone. Even a small male child of 6 years of age knows that he has an upper hand over his sisters. Right from his childhood, he is taught to exercise control over his younger sisters. Things are more deteriorating in case poor families where our ill-fated daughters are given less food than sons. They oftenally sleep with half filled stomachs, they often ally move in rags and grow in miserable conditions. They have not been provided with the basic necessities of life like food, clothing and education . In addition to this , a girl is taught to submit before patriarchal norms of society and to give away her every right including right to property. Parental family come with an explanation that one day a daughter has to go to another family so why to waste property on her. On the other hand, woman in- laws do not prefer to give her any entitlement because this is the only way by which they can keep her suppressed.

This possession lessness has reduced her to a subject of exploitation in a society. Research of Panda and Agarwal(2005) in Kerala showed that among the property less women (owning neither land or house) 49% experienced physical violence and 84% experienced

psychological violence in contrast to those who owned both land and house reported dramatically less physical and psychological violence (7% and10%) respectively.

No doubt, according to the historical amendment in the Hindu succession Act 1956, a daughter will be considered as equal heir like son. This amendment has totally discarded the discriminatory gender where only sons were considered as successors not daughters. More over every religion of world also talks about property rights of women.

Many years have passed since this law came into force but tell me how many of you have given women right to own a property, and how many of you have given entitlement to a women in the property bought out of her income after marriage?

Irony to Indian society is, some barbaric customs are so deeply rooted in the minds of people that any civil law cannot change them. Something similar has happened to property ownership of women. This property less ness has made every women to live a life of continuous fear of becoming homeless and penny less at any time especially after divorce.

Friends, today every female is working and contributing in a family economy

though from Govt. Or private sector, even those, who are house wives, they by doing all home activities are also contributing in home economy by saving the charges of a helper. So every woman should raise her voice in order to end her greatest agony of becoming homeless or moneyless, if divorce happens to her. She has to follow following steps

(1) She should demand her right in the family property as per Hindu succession amendment Act (2005) in order to live a life of dignity both in parental and in-laws home.

(2)Working women should demand their entitlement in the property purchased after marriage in which a woman has given a part of her income.

(3) The house wife, who supported her husband by saving a lot of money from daily expenses, should also claim entitlement in the property ,so purchased by her husband.

In the end, i would like to say to every female , let us own a property and end our greatest agony of becoming a burden on our parents. possession of a piece of land or house will inhibit everyone to take us as liability. Possession of property will remove all apprehension of starvation, dependency mercy, embarrassment, pain tears and homelessness from our lives.

## Safer Internet Day: How we can come together for better Internet

■ AKSHITA WADHWA

Do you feel unsafe in the world of cyber attacks and online frauds? And now when the new headache has come in the market known as 'digital arrest', have you thought about what steps you can take to save yourself from cyber crimes?

With the advanced technologies like machine learning and artificial intelligence, tension of cyber threats has been increasing over a period of time now. Digital arrest, a relatively new concept where a scammer video calls a person, and falsely accuses the victim of illegal doings or risk of losing his/her savings. The victim is generally innocent and unaware of the scam.

The Internet was invented to connect people worldwide without any hindrances. It serves as a catalyst for work opportunities and the global market as a source of business and income generation. It assists in learning, education and research purposes. Moreover, it helps in the health sector. It also strengthens international relations. But, as the coin has two sides, the

Internet too has drawbacks. These are malware and virus attacks, cybercrimes including online financial frauds, hacking, phishing. Excessive internet usage can impact our health through disruptions in sleep, sedentary lifestyle and vision problems. It also leads to social isolation.

The crime rate in the digital world is increasing day-by-day. According to the Indian Cyber Coordination Centre (14C), over 7,40,000 cases of cyber crimes were reported in India within the first four months of 2024 itself. However, by adopting a few safety measures, you can protect yourself and your close ones from falling into cyber crimes. 14C says to avoid pop up SMS and spam emails. It suggests avoiding clicking unknown links as those embed malware and a trap from fraudsters. It advises to build a strong password including uppercase and lowercase alphabets, symbols and numbers. Keep changing your password time-to-time. Furthermore, it suggests to install the updates and back up the files of your device timely.

Few self efforts can be taken to make the online world safe for everyone, as it is accessed by all ages including kids to elderly. It can be traumatizing for them and can affect their mental health to a greater extent. Being kind and respectful on platforms of the internet should always be prioritised. Parents can play a crucial role in it by having an open and honest conversation with kids and educating them on cyber safety measures such as refraining from sharing personal and sensitive information publicly. Parents and guardians should keep regular checks and monitor the activity of their children online.

While new technology is getting invented simultaneously, so do tactics of cyber fraudsters. However, just by staying alert, avoiding clicking unknown URLs and not sharing sensitive information such as bank details, OTP, location, etc, can help you safeguard yourself and your loved ones. Take a step today to protect your digital presence. Stay vigilant, stay safe!

(The author is a student of Indian Institute of Mass Communication, Jammu)