

PM's TRUTHFUL ASSERTION

The latest assertion by Prime Minister Narendra Modi that truth cannot be kept hidden for a long time and always makes it way out is really quite genuine and logical as far as present scenario is concerned. Speaking during Parliamentary Committee meeting of Bharatiya Janata Party after victory of party in assembly elections recently held in 4 states, the Prime Minister without naming anybody said that few people want the nation and world to see as per their view point and are always indulged in hiding the wrongdoings from them. Lauding the recently launched movie on KPs exodus 'The Kashmir Files', he said that the movie has rattled the ecosystem which was always trying to hide truth from people. He further clarified all those who are opposing the movie on one ground or another; don't want people to know the reality, which they had kept under the carpet for years altogether. The Prime Minister further said that it is most surprising that even those, who during past several years were talking high regarding the 'freedom of expression' are too opposing the movie which is based on the miseries and sufferings faced by Kashmiri Pandits years back in Valley after which they migrated to several other parts of the country leaving their homes and hearths at the mercy of Almighty. The Prime Minister said that earlier none in the world was aware regarding the contributions of Father of the Nation Mahatma Gandhi but one foreigner made a film on him after which the entire world came to know about the great soul. The Prime Minister further said that it is really surprising that till date no one has dared to make a movie on the tragedies faced by the country like partition, emergency etc as there is a particular group which is continuously trying to bury the facts. He further advised all those opposing the movie as a futile attempt to keep the dark shades hidden to express their side by making another movie in place of opposing the one which is receiving huge appreciation from all quarters. Pertinent to mention here that several states have already declared the movie 'The Kashmir Files' as tax-free so that more and more people can see the same and can imagine the intensity of pain and agony, which the Kashmiri Pandits underwent in 1990 across the Valley.

PENDING DEMAND FULFILLED

Like entire nation, the majority population in the Union Territory of Jammu and Kashmir belongs from rural belts and dependent on farming, horticulture and various other allied sectors for their livelihood. Cattle-farming is also one of their major activities which besides supporting their income also help in fulfilling the milk and meat related demand of the Union Territory. Further, as meat constitutes a major part of the diet of maximum people in J&K, its demand is increasing with every passing day making it hard for the administration to fulfill the same with local supply due to which the same is also exported from outside J&K. Moreover, there are only two slaughter houses in Jammu city which cater the need of a large area and are overburdened. Pertinent to mention here that these two slaughter houses of Jammu, one in Dogra Hall area and other in Gujjar Nagar, were functioning from that time when Jammu was confined to a small area but with the manifold expansion of the city, the load on these slaughter houses increased a lot. Further, several times, objections were raised regarding their working and waste proper waste disposal, as these are still functioning on traditional practices and no latest advancement has been introduced to improve the same. A number of animal-loving NGOs also submitted numerous memorandums to the administration for improving the functioning of the same as per latest standards besides ensuring proper disposal of waste so that people, especially those living in the vicinity of the same, may not face any hardships. From a long time, the administration was contemplating to take some corrective measures to improve their functioning and now finally, the necessary approval has been accorded by the Government to modernize both these slaughter houses as per latest standards. The renovation work, to be completed at an estimated cost of Rs 21.88 crore in 12 months, will not only fulfill a long pending demand of Jammuites but will also ensure availability of good quality hygienic meat besides ensuring proper disposal of wastes as per the norms of Pollution Control Board (PCB) and National Green Tribunal (NGT), as these regulatory bodies were also quite considerate regarding improper functioning of these slaughter houses.

Gift of Smile

hormones can keep us feeling mentally good. This can help turn around the feeling of being in the doldrums. Life hands each of us problems. Problems are a normal part of life. It is up to us whether we choose to be depressed about them and go about with sadness surrounding us, or we choose to smile. Our problem may not go away immediately, but we can face them boldly.

One of the quickest ways to get to this happy and relaxed state is through meditation. When we meditate, we are tapping into a source of all happiness and bliss. Those who experience God refer to God as all consciousness, all truth, and all bliss. Our soul is a drop of that ocean. When we meditate, we are connecting with our soul, our true essence, which is bliss. In meditation, when we focus at the seat of the soul, a doorway opens that leads us into the realms beyond. Carried on a stream of Light and Sound, the same essence as God, we swim along this river of bliss which leads to the eternal infinite ocean of bliss. Immersed in this ecstasy, we are far removed from the pains and sorrows of life. Our soul is filled with happiness so much so that we become one big eternal smile. When we emerge from our meditation, we carry that happiness with us the rest of the day.

Sant Rajinder Singh Ji Maharaj

Crave for a thing, you will get it. Renounce the craving, the object will follow you by itself.

-Swami Sivananda

EDITORIAL

Happiness-An emotion to realise than to search

■ SHONIMA MALHOTRA

Happiness, though just an eight-letter word connotes a deep and strong meaning. When I commenced writing this article, I was confused and in a fix as to from where to start my article and how to proceed. My nephew Shubhang Sethi suggested a very simple answer to my question and indecisiveness. He proposed that I can frame this article around a very simple definition of happiness i.e. 'true happiness lies not in searching happiness but in realising happiness'. I was actually stunned with his suggestion because he despite being so younger to me described the real and true meaning of happiness in such a simple way. It was so simple and easy for him to understand and define happiness in just one precise sentence. To be honest, this is something which he not only believes in theoretically, but practices in his life too. So attaining happiness is not a matter of age but a matter of realization. Feeling his proposal and suggestion to be very truly appropriate, I decided to keep his tag line as the title of my article.

The fact is that happiness is not something very hard to attain. It is no more than a matter of mental construct. Our mind set regarding the meaning and definition of happiness goes a long way in deciding the level of our happiness. The pace at which society is progressing and altering, the degree of happiness of the members of the society is decreasing. With each step we are taking towards progression and development, moving from simple to complex.

Our happiness can really come alive with proper furnishings and artifacts of our lives. I will give an example here to make my point clear. Just as one of the most impacting steps in the journey of construction of our homes is the selection of colours for our homes which plays a very pivotal role in giving a shape to the visual appearance and appeal of our homes, likewise the choice of colours for our lives has a determining and decid-

ing role in shaping our lives. The brighter the colours we choose, the higher the degree of happiness in our lives. As against this, the duller the colours we choose, the proportion and percentage of happiness in our lives will be reduced. The choice of colours here is taken as an analogy and simile of our attitude and perception towards life or in other words, the way we define the meaning, definition, scope and way of achieving and gaining happiness. The brighter colour symbolises positivity and happy go lucky attitude and duller colour reflects negativity in one's approach. Avoid black and dark colours that attract the dust of unhappiness easily. It's equally important to remember that adding too many colours (complications) can end up making our lives cluttered and complicated. My emphasis is on the point that if we can make so much efforts to beautify our homes which is just something materialistic, can't we put in efforts to beautify our lives and make it happier, something which will move along with us throughout our lives. Throughout our lives we live with an attitude of searching happiness - I would be happy when I get admitted to a reputed school or good college, when I become a graduate, when I secure a good job, when I get married, when I become able enough to take care of my family, when my children seek admission in good educational institutions, when they get married, when they get settled in life. I am sure most of us can relate to this. But if we ponder over it deeply feel it is nothing more than just having an approach of postponing our happiness. Many of us hold a notion that 'Success equates Happiness'. We centre our happiness around 'if and then'. If I achieve this then I will be happy. And we spend rather end up our lives fulfilling this condition. Saying so, I don't intend to convey that by satisfied with your condition and circumstances because again being satisfied with one's circumstances cannot be equated with happiness. One can be dissatisfied but still be happy. As a

matter of fact, it is this feeling of dissatisfaction only that motivates us to set higher goals and aims in our lives and strive to attain them. Let me give another example here. A student having scored second position may not be satisfied with his rank and it is this feeling of dissatisfaction only that will instil in him a feeling of working harder to achieve first position but that does not imply that till the time he is working to attain his goal, he should be unhappy. He can be happy with whatever he has achieved and keep trying to improve his position. Instead of keeping thinking that why didn't he stand first, he can think the other way round that at least he performed better than many other students. In fact if he maintains a happy frame of mind and remain positive he will be in a better position to pursue his objective. So, it is a very simple fact that creating happiness is in our own hands. We always feel elated with our big achievements at different stages of our life but often fail to value small things because we consider them to be very trivial. We don't realize how short-sighted this mentality is. We do not understand that the elation and happiness related to these achievements is short lived and would eventually pop up. In happiness research, there's something called "set-point theory." It states that the increase in someone's happiness in response to life events, such as winning the lottery or moving into a bigger house, will return to its baseline after time. This theory teaches us that we should enjoy the journey, not the destination, of life events. It's important to remove the illusion that there is any one thing in this world that will make us permanently happy. Even though money matters, it's not the only thing that contributes to our happiness for money cannot buy us good health, peace of mind, happiness and most important life itself.

The punch line is obvious. Stop chasing happiness and welcome and embrace everyday moments with open arms. Start finding joy in

small, tiny things and day to day moments like entering into your living room and noticing the light hitting a vase of tulips, enjoying nature etc. I know these are things that are not going to win you medals, but when you add them all up at the end of your life, they are going to define whether it was a life worth living. We cannot decide in which direction our lives would move but can surely shape how we are going to live our lives and only that is important. To have happiness, we need to say yes to things as they come our way. We need to learn to take charge of our brains and program more happiness into your lives. I advocate for the pursuit of a meaningful life, rather than chasing happiness. Research backs me up on this. When people pursue eudemonia, they end up with greater well-being. They're actually healthier, and they live longer; too. Now the million-dollar question is how to have a meaningful life? One of the key aspects of a meaningful life is valuing your life and also what you have in your life. Accept your life as it is and learn to minimize and end your expectations. Regret will lead you only towards sadness.

I think people's striving and struggling for some ideal "happiness" is one of the great reasons of their unhappiness. Happiness, I feel, is not something that one has to earn but simply something one has to feel, realize and practice. So, strive rather for a healthy mind and body, a sense of purpose, and the ability to give and receive love without reservation or expectation. Life is not always a bed of roses. We do face hardships in our lives too. But it entirely depends on our state of mind as to how we face those problems. What is important is to maintain balance and neutrality irrespective of circumstances and situations. So say cheese and be happy.

(The author is Assistant Professor Sociology, GDC Sidhra).

Has United Nations failed?

■ OKMAR DATATRAY

The big question in the context of the world peace and Ukraine invasion of the Russia is has the United Nations failed to discharge its duty and responsibility to maintain world peace and tranquility? The big answer to this question is emphatic no as there is no controversy about this answer of the pertinent question. The fact is that the UNO has not failed completely in maintaining world peace because at least the UNO has prevented third world war from happening and this is no mean development by any standard. Therefore it can be said with certainty that the united nations has not failed in preventing the world war as at least the UNO has been successful in preventing the third world war and has been successful in its efforts and has been successful to save the world from the devastation of the third world war and thus we can say that the united nations has not failed completely but it has saved the humanity from the catastrophe of the world war. So we can say that the importance of the UNO has not decreased in the decades following its formation but its significance has increased because it has been successful in preventing the world war and therefore we can take pride in the fact that this world body has prevented world war though some small and big conflicts have taken place and are even now taking place but their gravity and magnitude is not such as lead to the world war thanks to the positive role and efforts of the united nations organization. Therefore barring some conflicts here and there the situation in the world as a whole remained peaceful and calm and did not turn into a world war. Thus we can say that the UNO has been successful in containing the conflicts in the countries across the globe so that these may not lead to the third world war and therefore saved the humanity from the scourge of the world war which if take place will be most devastating and harmful for the mankind. So we can categorically say that the UNO has succeeded in confining the conflicts to local level so that it will not turn into world war. The Indo Pakistan conflict, Iran -Iraq conflict and Palestinian issue other such conflicts remained to take place in the world but these and other wars did not magnify into the catastrophe of the devastating world war. So it can be said with certainty that the humanity is saved from the vagaries of the world war and the credit for this in fact goes to the role of the United Nations. Thus we can say that the world was saved from the devastation of the atomic war because of the positive role and efforts of the world body of UNO. So for as the present invasion of Ukraine by the arrogant super power Russia is concerned, the United Nations plays its role and part and as such it is unlikely to turn into the third world war thanks to the intervention and role of the United Nations. Therefore it can be said with certainty and definiteness that the united nations has up to now been successful in preventing the world war and the humanity was saved from the horrors of the third world war which God forbid happens will be an atomic war and it will devastate the whole world. But so for at least the world and humanity was saved from the horrors of the nuclear world war. Thus it is obvious and crystal clear that the humanity was saved from the world war because of the existence of the United Nations and its positive role in preventing the world war. In the present case of the Russia-Ukraine war it is again the

United Nations which through its role has been successful in confining the war to local level and thus the war has not so far turned into the third world war and for this the sole credit goes to the United Nations and the international community. The America, United Nations, Britain, NATO, Group seven countries and other super powers have exercised their good offices and have played their positive role and the overall effect of this is that the Russia -Ukraine war has confined to the two countries only and up to now has not turned into the third world war. The credit for this goes to the international community and the United Nations that the world was saved from the catastrophic of the third world war. The Russia -Ukraine war is continuing and there are no signs of its abatement but at the same time one can say that the united nations and the international community has been successful in containing the war to the local level and preventing it to turn into world war. The world war this time would be an atomic and nuclear war and therefore it should not happen and devastate the mankind but so for the United Nations has been successful in preventing the world war and the humanity has been saved from the horrors of the third world war which in all certainty would be an atomic war. Therefore one can admit it that the Russian-Ukraine conflict which is going without any break has the potential of creating disturbance in the world but the positive role of the United Nations has its positive effect and has thus prevented the world war from happening. The UNO and the super powers as well as the NATO countries and group seven countries are playing their positive role and they are not directly involving in the war but are indirectly pressuring and forcing the countries which are at war to desist from turning into world war. Since the America and European countries, Britain and other world powers which matter are not involving in the war directly but have imposed economic and other sanctions on Russia so that she was forced into not continuing the war for long time and in effect these countries and the united nations has prevented the third world war from happening. Thus America, Britain, China, UNO and other world powers are treading with utmost caution and care and they are abstaining from taking such step which will lead to the world war. So all these countries and the united nations deserve praise and kudos for not indulging in the war and thus have been successful in preventing the third world war and have saved the humanity from the curse and devastation of the atomic war. Therefore it can be safely construed that the Russia-Ukraine war will confine to these two countries only and will not turn into a world war and it is a matter of satisfaction that up to now the war has remained confined to the two countries which are at war and the Russia-Ukraine conflict has not turned into the world war. Thus, it can be said that the present war between Russia and Ukraine will not turn into the world war and this is a good augury for the world and a sign of some satisfaction. We can thus say that the United Nations has not failed completely as it has at least prevented the third world war from happening and it is a matter of satisfaction. To conclude we can summarize that the United nations has been successful in preventing the third world war from happening and devastating the world.

(The author is a Columnist and Social Activist).

YOUR COLUMN

Climate change- a ticking time bomb

Dear Editor;

Climate change can push the globe over the apex if the acute steps are not seized. As a warning multiplier, it can steer to poverty, insecurity, and a violation of human rights. Human action is altering the climate in phenomenal and periodically irreversible ways. The landmark study alerts of increasingly drastic heat waves, droughts, flooding, and a key temperature limit being smashed in just over a decade. A report entitled 'Trajectories of Earth System in the Anthropocene' interpreted a threshold which, if crossed could activate many tipping points and self-reinforcing feedback loops that would stave off stabilization of the climate, resulting in much greater warming and sea-level rises and leading to severe disturbance to ecosystems, society, and economies. It illustrated this as the 'Hot-house Earth' scenario and suggested a threshold of around 2°C above pre-industrial levels, arguing that opinion has taken over the climate of the planet for tens to hundreds of thousands of years and potentially even steer to circumstances that are inhospitable to current human societies. The percentage of greenhouse gases in the atmosphere has been rising. And as for those increases, we have an increase in temperature. Despite these endeavours, the recent State of play is problematic. The previous decade has been the warmest. Not standing an economic slowdown owing to the Covid-19 pandemic, the year 2020 was one of the warmest years on record. A disastrous climate catastrophe approaches more massive than ever. Withstanding the brunt are poor nations and people as global warming endangers lifelines. The global surface temperature was 1.09°C higher than between 1850-1900. The past five years have been the hottest on

record since 1850. The recent rate of sea-level rise has nearly tripled compared with 1901-1971. Human influence is very likely (90 per cent) the major driver of the global retreat of glaciers since the 1990s and the reduction in Arctic sea ice. The UN has since done dynamically and mobilized combined struggles to chop emissions and switch to renewable and loosen up economic and technological assistance to emerging nations. Countries have enforced national plans, formed multi-stakeholders cooperations, and enlisted UN-led international partnerships for climate activity. The second, the Emissions Gap Report, discloses that 'greenhouse gas emissions resumed to rise for a third consecutive year in 2019' and the short-term reduction in global emissions because of the COVID-19 disaster will not participate considerably to emissions reductions by 2030 unless countries pursue an economic comeback that involves powerful decarbonization. Climate action is seen to be a global responsibility, which can also indicate that it is no one's responsibility. It does not support that the profits and outcomes from particular activities are observed to enlarge, at least in part to others. This is a primary illustration of a catastrophe of the commons, whereby particular activities for individual profits, though harmless, add up to be destructive for all. Like the problems of grazing and fishing which put pastures and seas contaminated and no longer right to strengthen cattle and fish, anybody can turn. Local politics all over has eschewed estimations whose perceived advantages are partially not partly local. While international pacts have continued elusive the previous decades, people are extremely hopeful about the adoption of the environment. The agreement was made at the 21st conference of the parties (COP21) of the United Nations framework convention on climate change in Paris in December 2015. Behavioral change should enhance policy and technical innovations if we are to pursue tranquility with nature.

Mool Raj.

Transforming J&K
SAUBHAGYA lightens up
homes of rural populace
in Jammu & Kashmir

Jammu & Kashmir has achieved another milestone under Pradhan Mantri Sahaj Bijli Har Ghar Yojana 'Saubhagy' with the Union Territory accomplishing 100 per cent target of rural electrification.

The J&K administration has proactively worked in ensuring electrification to every village which is visible from the fact that almost 3,57,405 households have been electrified in whole of the UT. J&K has also received a reward of Rs 100 crore from the Government of India for achieving the target of 100 per cent electrification ahead of the timeline.

Jammu and Kashmir is faced with many natural barriers like mountainous terrains and tough topography in the region thus providing energy access in these hard locations was a distant dream just a couple of years ago.

For the first time, after 73 years of independence village Saddal of Udhampur district and Ganouri-Tanta village of Doda district saw the light of an electric bulb ending decades of darkness from the lives of villagers.

Remote villages in Kellar area of South Kashmir's Shopian district had only heard of electricity but Saubhagy scheme lightened up their lives when they witnessed electricity in their homes.

Similarly, villagers in far flung and hilly border areas of Nowshera sub-division in Rajouri are experiencing a big transformation in their lives after receiving electricity under the Government's Saubhagy scheme. This area was deprived of power supply from the last seven decades and scheme.

"We are grateful to the government for launching ambitious schemes like Saubhagy which has made our lives comfortable and convenient in incredible ways.

Earlier, our children could not study due to lack of electricity.

We had to go to another village to get our mobile phones charged," said Abdul Hamid, a resident of area.

In 2017, Saubhagy was launched with objective of achieving Universal Household Electrification in the country through last mile connectivity and providing access to electricity to all un-electrified households in rural areas and poor households in urban areas.

While launching the scheme, Prime Minister, Narendra Modi, had pledged to provide access to electricity and work towards equity, efficiency and sustainability in the new Age India.

Under the SAUBHAGYA scheme, Distribution Companies (DISCOMs) organized camps in village or cluster of villages to facilitate on-the-spot filling up of application forms including the release of electricity connections to households. BRSIDES, DISCOMs/Power Departments also adopted innovative mechanisms like dedicated web-portal and mobile app for collection and consolidation of application form in electronic mode and also capturing process of release of electricity connections.

In another significant move by the government, GARV (Grameen Vidyutikaran) App was launched which aims to monitor transparency in implementation of the electrification schemes, Grameen Vidyut Abhiyan (GVAs) have been appointed by the government to report progress through GARV app.

Also, mobile apps like 'Gram Jyoti Doot', 'Urja Vistaar' have been devised for fast track release of power connections.

'Saubhagy' Rath in all districts, is being lauded as an innovative practice by the Power Ministry. Besides, the Government has also given the concept of '4 Es' in the revised Tariff Policy which included 'Electricity for all, Efficiency to ensure affordable tariffs, Environment for a sustainable future and Ease of Doing business to attract investments and ensure financial viability.

According to the government data, with 100 per cent electrification target being achieved, the administration's focus is now to provide consistent electricity at affordable rates, power tariff reforms, last-mile connectivity, and electricity connections to all households in rural and urban areas.