

Beauty is truth’s smile when she beholds her own face in a perfect mirror.

-Rabindranath Tagore

## STOP VIOLENCE

By now it is known to all that from where the terrorists are getting arms and ammunition, who is giving them training to vitiate atmosphere and what are their motives but then also the security forces are unable to contain terror attacks as the killing spree is going on unabated with another SPO falling prey to the bullets of terror mongers. The government cannot allow this vicious cycle to continue forever as time has come to take a decisive action against the rogue nation Pakistan which is openly supporting terrorism in India and exporting everything required to propel terror attacks. In this context, a Special Police Officer (SPO) was martyred and his brother killed as terrorists sprayed bullets on them this evening in Central Kashmir's Budgam district. Looking into the last many cases of terrorist attacks in the Valley, the perpetrators of the violence no doubt were caught or killed by the security forces after they unleash a reign of terror which should not be the case as the security Bandobast should be so strong that these terror mongers be neutralized before they could inflict any harm to the people whether they are civilians or cops or security forces' personnel. As a routine, the entire area was cordoned off by police and security forces and massive search operation has been launched against those responsible for the attack. This is the second such attack in the area as on March 21, a man was shot dead by terrorists in the adjacent village of Gotpora. There is dire need to stop this violence first by mounting pressure on Pakistan which is the main cause of disturbance in Kashmir and secondly by bolstering the intelligence because this is the only way by which the government can stop the terror mongers beforehand and put an end to the vicious cycle of terror in the Valley which lately has disturbed one and all and is persistently causing loss of life, which is unacceptable especially when the strong government led by Prime Minister Narendra Modi is in the Centre and J&K is also being governed by the LG appointed by the same government in New Delhi.

## EXPEDITING AADHAR ENROLMENT

Right from the day one of the formation of the Union Territory of Jammu and Kashmir, the administration has been working relentlessly for ensuring implementation of all directives of the Centre Government on ground level besides provision of various benefits under innumerable welfare schemes to the targeted sections without any type of diversion. It is really a matter of satisfaction that the majority of the initiatives of the UT administration have proved successful in achieving the desired objectives as per the directions of the Government. This up to the mark performance of the UT administration is only due to the dedicated working and sincerity of its workforce right from the lower to the top level as regular checks and reviews are conducted at various levels, at regular intervals, to keep a check on the status of implementation of directives. As the Government has asked for ensuring Aadhar enrolment of all citizens, living in every nook and corner of the country, helping the Government to have a credible database regarding people, the UT administration is also working with added zeal to ensure the same in Jammu and Kashmir. Besides ensuring complete enrolment in urban and rural areas, special focus is being laid to enroll all the people living in far-flung and upper reaches of Union Territory without any failure. Recently, while reviewing the enrolment performance in respect of Aadhar, the Chief Secretary directed the officers to ensure cent per cent Aadhar penetration across J&K so that all necessary services and facilities can be provided to the genuine beneficiaries without any chance of discrepancy. Expressing concern over poor penetration of Aadhar among children of various age groups, the officer directed for holding special camps in schools to meet the objective. He further asked for utilizing the services of Anganwari workers for the purpose especially in rural areas so that no one is left out without enrolment. It has been observed during the past few years that Aadhar is emerging as a major proof of identity across the country as any person can be traced along with all his or her related details just through his or her Aadhar. As such, everyone left-out should come ahead and support the Government by getting enrolled for Aadhar as it is really quite useful in various ways.



### OFF 'D' CUFF

A thought that haunts many people in the world is - “Why should there be so much unkindness in the world? Many people wonder why life is so difficult. Is there a hidden purpose behind this or is life simply a series of accidental events?”

My simple response to these questions would be to see life as a purposeful phenomenon and not as a random sequence of accidents. But to do this we have to understand that life has challenges and to see the meaning of difficulties in life. The only way we can erase the pain faced by the so-called difficult challenges in life is by converting unkindness to kindness. This is an eraser we need to hold on to, one we should not lose.

You may immediately ask, “Swamiji, how will I erase these difficulties?” But please understand, life is not going to be according to your likes and dislikes. The river is not going to flow according to your wishes. The rise and the ebb of sea waves are not determined by the wishes of those using its waters. The sun is not going to rise or set according to your imagination.

The real wisdom of life lies in choosing to swim or surf when the waves are favorable. It lies in working

### The kindness of difficulties

and resting, in harmony with the day-night cycle. The waves are not cruel or unkind to the surfer or swimmer. In fact, the higher the waves, the greater is the surfer's joy. But these high waves can be seen as dangerous by a swimmer. It all depends on how you look at it. Look around and you will realize that nature by itself is neither kind nor cruel.

A beautiful way to look at life is to thus look upon difficulties as nature's acts of kindness. In the face of difficulties, we develop survival skills that otherwise would lie dormant. It is much like the sweat and fatigue of weight-training that leads to people developing tough muscles. In fact, life would be terribly dull if everything went according to a pre-written script.

Most of the negative feelings we associate with difficulties are of our own making due to a lack of wisdom about life. We perceive a situation as difficult, and thus the situation shows up as difficult. But to a hunter who associates a sense of adventure with venturing into the forest and encountering dangerous animals, hunting appears as a fun activity. The thrill appeals to him! Similarly, we need to develop the skills to work with difficulties and challenges to make life work for us.

Swami  
Sukhabodhananda

## Transforming J&K IHKSTC instrumental towards facilitating Saffron growers with enhanced opportunities, income

India International Kashmir Saffron Trading Centre (IIKSTC), Dusso, Pampore has proved instrumental in facilitating saffron growers with organized marketing, quality based pricing besides direct transaction between growers, traders, exporters and industrial agencies ensuring substantial profits to the beneficiaries. In IIKSTC, scientific post-harvest handling practices like Drying, Grading and Stamen Separation etc are being adopted for fetching better returns to farmers. Saffron produced at farmer fields in the Union Territory of Jammu and Kashmir is of best quality which proffers strong flavour; aroma and colour effect as well in comparison to Saffron produced across the world.

The government, in an effort to maintain the identity of Kashmir Saffron and eliminate the role of intermediaries from the marketing channel for better pricing for growers in the domestic and international market which will eventually help growers realize maximum prices, established IIKSTC.

IIKSTC is tremendously helping the saffron growers to enforce adoption of quality standards and fix the price based on quality grades at farm gate level. The government worked hard to motivating orthodox mindset of farmers towards adopting scientific methodology for promoting saffron cultivation as bold initiatives like prophylactic measures and soil health reclamation measure are being taken which are proving a game changer in Saffron cultivation in J&K. More than 30,000 families in J&K located in 226 villages are associated with saffron cultivation. Jammu & Kashmir is the second largest Saffron producing area in the world and is only place in the country where saffron is being cultivated. Collection center unit set up as part of IIKSTC with a cost of Rs 37 crore is meant for collection of produce from farmers, proper weighing, issuing code numbers, tagging and maintenance of record. Proper marking of crates is ensured so that there is no mixing of produce and ownership disputes are avoided, a saffron farmer, Ali Muhammad Mir of Dusoo Pampore said. "Our produce is sent to stigma separation unit and in case of excess produce, it is kept in cold storage after proper coding. We are facilitated at every step by the departmental officials to locate our produce," he added.

In the quality evaluation laboratory unit, officials receive coded samples from drying unit for quality evaluation and testing for conducting physical and chemical tests of saffron samples received, using IS methods. The laboratory is equipped with all the facilities and machines to provide accurate and globally acceptable test results. "The technicians allot grades as per ISO standards for each parameter besides maintaining liaison with e-auction unit by providing test certification so that the farmer can sell his produce as per the grade certified," an official of IIKSTC said.

During the selling process, the auction center of the IIKSTC facilitates the growers to revise 'Base Price' and 'Valuation Price'

## Swachh Bharat Mission Phase-II: Situation so far

Almost eight years ago, Prime Minister Narendra Modi launched Swachh Bharat Mission from the ramparts of the Red Fort, with a vision to make the country open defecation free as a tribute to Mahatma Gandhi on his 150th birth anniversary. Under his visionary leadership, the country came together in the world's largest behaviour change campaign and achieved its aim by 2nd October 2019, 11 years ahead of the SDG-6 target set by the United Nations. However, this was not the end of the mission, it laid the platform to take on a much more challenging, yet necessary task; the need to ensure Sampoorn Swachhita or complete cleanliness, especially in country's villages and make them ODF Plus. SBM - Gramin, Phase-II was launched in February 2020 with the aim to ensure that all villages in the country can proudly declare themselves as ODF Plus by December 2024. Thus, today is a special day for the mission, as the country has reached a milestone of 50,000 ODF Plus villages. An ODF plus village is one which sustains its Open Defecation Free (ODF) status, ensures solid and liquid waste management and is visually clean. This includes ensuring that all households in a village, as well as the Primary School, Panchayat Ghar and Anganwadi Centre, have access to a toilet and that all public places and at least 80 per cent of households effectively manage their solid and liquid waste and have a minimal litter and minimal stagnant water. Among the top performing States are: Telangana with 13,960 ODF Plus villages; Tamil Nadu with 11,477; Madhya Pradesh with 3,849; Odisha with 2,991; Uttar Pradesh with 2,605; Uttarakhand with 2,603; Himachal Pradesh with 2,573; Karnataka with 2,021 and Chhattisgarh with 1,936.

ODF Plus verticals The mission towards becoming ODF Plus has several components: Biodegradable waste management including the GOBAR Dhan Scheme, Greywater (liquid waste from kitchen, laundry etc.) management, Plastic waste management, and Faecal sludge management. In addition, ODF Plus villages have been divided into three categories, Aspiring, Rising, and Model, to show-case their progress. Aspiring villages are those which have arrangements to manage either solid or liquid waste; Rising villages are those which have arrangements to manage both, and a Model village is the one which not only manages its waste, but also is also visually clean. This has created a healthy, competitive spirit, resulting in peoples' participation for accelerated implementation of sustaining 'Sampoorn Swachhita'. IEC and Capacity building: Early on, DDWS had realised the importance of strengthening the capacities of ground level workforce as well as those engaged at District and State level with various aspects of ODF sustainability and SLWM, as applicable; to help Gram Panchayats (GPs) achieve ODF plus status. For this purpose, a series of interventions were planned at various levels and stages including development of training manuals and toolkits, rigorous training of master trainers, consultations, and hand-holding support to States and Districts. This has helped village leaders enormously to use IEC to build momentum and mobilise communities to work on all ODF Plus verticals and achieve ODF Plus status. Special Campaigns: The Government of India (GoI) has continued to harness the enthusiasm of the citizens, launching two programmes to keep the momentum going. As part of Azadi Ka Amrit

## YOUR COLUMN

### Preparing for entrance exams

Dear Editor;

It is rightly said, 'A journey of a thousand miles begins with a single step'. But what determines the success of this journey is how well you take the first step. Hence, it's imperative for you to start your preparation for entrance exams on a strong note. Given below are some effective ways that can help you prepare well for the eventual test ahead and perform to the best of your ability.

To be able to crack tough nuts like NEET, AIIMS, JEE, etc. you should know the in and out of the exam. Understanding the examination, question paper pattern, syllabus, difficulty level, etc can stand you in good stead. It will not only prepare you for the eventual test up ahead but also play a crucial role in helping you implement effective strategies to handle the exam well. It is rightly said that time and tide waits for none. Those, who understand the value of time, manage to stand apart from the crowd. Effective time management plays a pivotal role in augmenting your productivity. It helps tasks seem

based on the demand and supply and other parameters till 24 hours before the auction day. "The growers are able to control the 'Reserve Price' in real-time during auction. It gives him ability to monitor multiple lots simultaneously via features like single button knock-down. A grower can identify the market trend (demand and pricing) of various brands," an official at the center said adding that, "Faster settlement process via electronic movement of contract note and delivery orders is ensured to sellers at the center."

The IIKSTC is a win-win situation for both seller and buyer. Earlier, the growers are not aware of buyer details across India and world and hence they had a very small market. They were not sure that they are receiving the right market price for their Saffron produce. It used to take longer time for the growers to receive money. Similarly, buyers don't have to wait for longer time to receive Saffron and need not to travel hundreds of kilometers to visit Saffron Growers in Kashmir to ensure that they receive the genuine price and authentic product.

Saffron production in Jammu and Kashmir had been under threat of extinction as is evident from its dwindling share in global production. Area under Saffron Production declined from about 5,707 hectares to 3, 785 hectares in 2010-11. Simultaneously, productivity had declined from an average of 3.13 Kg/ha to 1.88 Kg/ha over years before 2010. To give boost to saffron production and mitigate sufferings of saffron growers, Union Ministry of Agriculture and Cooperation, during the year 2010-11, introduced a scheme 'National Mission on Saffron' and setting up IIKSTC is one the components of the Mission.

During the launch of 'Jashn-e-Zafran', Lieutenant Governor said that the increase in saffron production from 2.5 Kg per hectare to 5 Kg per hectare will motivate farmers of other agriculture and allied sectors to increase their production taking maximum benefit of various agriculture development schemes of the Central and Union Territory government. LG said that after the tireless efforts of the central government last year, Saffron got the Geographical Indication Tag and paved way for it to become a powerful brand in the international market. To acquaint the saffron growers/sellers with the mechanism/ protocol to be adopted for post-harvest management of saffron and its e- auctioning under Kashmir saffron brand, the department of Agriculture Kashmir organizes awareness training program at IIKSTC. Union Minister of Agriculture and Farmers Welfare, Narendra Singh Tomar, during his visit to Spice Park said, the central government is ready to provide all possible help and support to the farmers. "With the existence of Spice Park, the income out of saffron production of growers has doubled, he said. The Center will provide all kinds of facilities and assistance to the farmers that will make the lives of our farmers prosperous," he said.

Mahotsav, more than 1 crore people across 22,000 Gram Panchayats participated in various sanitation activities. More than 76,000 GPs also passed resolutions banning the use of Single Use Plastics. This was followed by the second programme, Dus Ka Dum Swachhita Har Dum, which consisted of ten activities to ensure that sanitation remained everyone's business and there was no slip back to old practices.

Financial assistance: While the people's sanitation movement continues, the second phase of the mission has seen an increased commitment by the Government of India to the issue of rural sanitation and hygiene. The most notable marker of this commitment has been the increased financial outlay. The budget for the mission is Rs. 1,40,881 crore and is further supplemented by the tied grants of the 15th Finance Commission, 60 per cent of which has been earmarked for water and sanitation in villages, amounting to Rs 1.42 lakh crore. This has significantly increased as compared to Phase-I, showing that the government has taken up the next stage of sanitation in a concerted manner.

The financial outlay has a significant focus on the creation of infrastructure, with districts able to avail Rs 16 lakh to set up a plastic waste management unit, Rs 230 per capita to build a faecal sludge treatment plant, and Rs 50 lakh to build a GOBAR-Dhan plant. Furthermore, Gram Panchayats' (GP) have also been given financial assistance, with villages below a population of 5,000 receiving Rs 60 per capita for solid waste management activities and Rs 280 per capita for grey-water management. For GPs with a population greater than 5,000, villages can avail an amount of Rs 45 per capita for SWM and Rs 660 per capita for GWM.

This increased outlay has resulted in a large amount of infrastructure creation which will expedite 'Sampoorn Swachhita' in rural India. The Operation and Maintenance can be met out of 15th FC funds. Over 1,70,000 community compost pits, 4,000 community biogas plants, 60,000 collection sheds, 2,80,000 community soak pits, 2,99,000 drainage systems and 20,000 community grey-water management systems have been constructed and many more are on the way. In addition, several rural FSTPs are in the offing, mainstreaming faecal sludge management.

Waste to wealth: The second phase of the Swachh Bharat Mission has sought to further decentralize waste management and continue to harness the people's energy and commitment to sanitation. Thus, waste management is now a revenue generating activity. Studies have shown that the plastic and circular economy is a huge opportunity, and the nation has begun to build the foundation to participate in it, holistically. Furthermore, this shows the country's push towards environmental protection, committing to the motto, 'wealth from waste'. Women are leading the way in this regard, setting up various businesses to take advantage of the economic opportunities created by the SBM - G, Phase-II. As the second phase picks up pace and we strive towards complete cleanliness, the participation of the citizens remains of paramount importance. Each aspect of SBM Phase-II begins from home, and as the country finds new and innovative ways to ensure sanitation and cleanliness, while creating businesses, it is important to remember, that this can only be achieved so long as sanitation remains everyone's business.

less daunting and keeps you organized. Managing your time well boosts self-confidence, helps set priorities and reduces stress levels. Apart from that, it also helps make the best use of the available time, thereby leaving time for recreational activities. Good command of the subject is necessary to ace the exam. You should have a deep understanding of the subject and should be thorough with the theoretical aspects. In addition to that, you should focus on the concepts. Conceptual clarity helps learn things easily and retain the information for a long. It is rightly said, the race is half won if your fundamentals and concepts are clear. Therefore, it is advisable to understand the concepts before you learn them. One of the essential habits that you need to inculcate from day one is note-taking. This will not only help you keep pace and understand your lectures in a better way but will also keep your mind alert and attentive during the class. Note-taking is definitely one of the best ways to keep your mind engaged. In addition, make your own notes while studying to give an extra boost to your learning. They can be of great help during the crucial time before the exam. Just a glance over your notes will help you recall whatever you have learned. Studying every day by setting short-term goals not only helps you keep pace with your lessons but also keeps you organized. It further reduces your

## Building career in wireless charging technology

■ DR ABHILASHA GAUR

Many giant tech companies including Apple, Samsung, LG, Motorola are providing wireless charging facilities with mobiles these days. There is also a discussion among people about the technology of wireless charging and gradually it is increasing. With the advent of new technology, there is a possibility of its expansion. Looking at this, it can be said that every new technology brings with it many opportunities. The growing scope and expansion of this new technology has opened new career opportunities for the youth. Let us understand about the technology of wireless charging and the new career opportunities arising out of it. New challenges arise every day that require the sharp problem-solving skills of individuals. Are you in for the challenges?

What is Wireless Charging? Wireless charging leverages the concept of electromagnetic induction, which occurs when an alternating electric charge across an induction coil produces a fluctuating magnetic field. This field is then used to transfer power between a charging station and target device. Wireless power transfer (WPT) technology will be widely used in the near future because it permits the transmission of electrical energy from a power source to an electrical load across an air gap without the use of any galvanic connection. For this reason, it is safer, cheaper, and more comfortable than traditional wired connections. The vision for the future of power supply is the gradual replacement of wire links with wireless connections, as was the case in communications a few years ago.

Career options: World leading technology companies are moving rapidly towards wireless charging because of this, a lot of new career opportunities are being created in this field. With the arising of new challenges, skilled people are required with the new skill set. If we talk about wireless Charging technology, many career options are available as System Architect, Wireless Charging Integration, Optical Engineer, Embedded Software Engineer, Hardware Engineer etc. The main job of a system architect is to develop as a power delivery product and platform. It is a multi-technical domain job, dealing with digital and Analog hardware, embedded software, server side, applications, network architecture, optics, algorithms etc. Similarly, the work of other job roles is of different manufacturing, designing, optical systems and modules.

How can you enter the sector? Wireless Charging technology field has totally evolved around engineering. For this, the student of science in 12th gets easy admission. The career path is easy for students with B.Tech Electrical, Electronics and Communication, Computer Science and B.Sc. Physics and Computer Science. With B.Tech or B.Sc., if a short-term course is done in optical fiber, magnetism, and power transmission, then it is very beneficial for the student. Such studies are conducted in many universities and engineering colleges in the country. The Electronics Sector Skill Council of India also imparts training in developing a basic understanding of Electrical and Electronics. For this many short-term courses are being run through different training partners.

Career opportunities: Wireless charging technology is no longer limited to mobiles and smart-watches. Its scope is increasing day by day. Emphasis is being laid on its use from micro, small scale industries to other industries. Because of this, the market is growing rapidly at the global level. According to Allied Market Research, this sector will grow at a rate of around 23.4 percent from 2020 to 2027. Globally, there will be a market of \$49,304 million by 2027. Apart from electronics, its use is increasing in the automotive, industrial, health care, aerospace, and defense sectors. In India it is growing at the rate of 14.5 percent. WPT technology based on inductively coupled (resonant or non-resonant) coils is under investigation and development for a very wide range of applications in electric vehicles, drones, medical devices, consumer electronics, portable and mobile devices, sensors, IoT, etc.

Where can you find jobs? All the big technology companies are adopting wireless charging technology. For the skilled person career opportunities are available in the Resonant Technology segment, Consumer Applications, Inductive Technology and Health Care Applications. If we talk about industries in terms of employment, then mainly electronics is a big employment sector. It exists in many forms including research and development, manufacturing, testing, technology integration. Apart from this, career opportunities are also available in the automotive, industrial, health care, energy, aerospace, and defense sectors.

Prospects in India: This technology of wireless charging is new in India. It also saves energy and there is no risk of electric shock. But even this advanced technology has some flaws. The time taken for wireless charging is very long and the coil of the phone and the coil of the charger must be mixed while the phone is charging. Wireless charging promises to expand the range and increase mobility for IoT device users. For new chargers, the distance has increased to about 10 centimeters. As the technology continues to advance rapidly, it could soon be possible to transmit power through the air across distances of several meters. The business and commercial sector also continues to introduce new and innovative applications for wireless chargers. Restaurant tables that charge smartphones and other smart devices, office furniture with integrated charging capabilities, and kitchen counters that power the coffee machine and other appliances wirelessly are some of the potential applications of the technology.

(The author is Chief Operating Officer, Electronics Sector & Skill Council of India)

efforts and you won't feel the pressure during the examinations. On the other hand, procrastinating your learning only adds to your burden. Therefore, do not sum up your tasks as it reduces efficiency and increases pressure. Instead, whatever is taught in the class, follow it at home in order to improve the intensity of learning.

Identifying your weaknesses right in the beginning can help you know where you stand, what your abilities are, and how much effort you need to put in to reach the top. Your weaknesses are neither your downfall nor something that you lack, but what you need to develop and build. Knowing your pitfalls gives you an opportunity to work on them and improve your performance. True, life throws numerous challenges at you. But if you learn to cope up, no problem or situation is so big that you lose faith in your abilities and think of giving up. Also, you should keep in mind that within every struggle lays an opportunity to succeed. You should thus keep pushing yourself and keep trying until you succeed. Under no circumstances should you ever think of quitting. Learn to take every difficulty as an opportunity in disguise and always remember that nothing is impossible, if you have the courage and will-power to do it.

Vijay Garg.

