

## ELECTRIFYING VILLAGES

India's journey towards electrifying its villages and ensuring access to electricity for all is indeed commendable. Prime Minister Modi's announcement to electrify the remaining 18,000 villages within 1000 days reflects a strong commitment towards addressing a fundamental need of the citizens. The transparency brought in by the availability of data through mobile apps and web dashboards is a significant step towards ensuring accountability and public participation in this mission. Reflecting on the challenges faced by the power sector in the past, such as the massive blackout in 2012 and the issues with coal availability, it's evident that structural reforms were necessary. The turnaround from critical coal stock situations to ensuring adequate supply to all power plants showcases effective governance and strategic planning. The emphasis on clean energy alongside conventional sources is a forward-thinking approach. Setting ambitious targets for renewable energy, particularly solar, demonstrates a commitment to sustainability and mitigating the environmental impact of energy generation. Moreover, the focus on holistic improvements in the power sector; aiming for 24X7 power for all, is crucial for driving economic growth and improving the quality of life for citizens. The growth numbers in electricity production and coal output are promising indicators of progress. The transparent auctioning of coal blocks, ensuring that proceeds benefit the states, particularly less developed ones, highlights a commitment to equitable development and resource allocation.

Overall, the efforts undertaken by the Indian government in the power sector are commendable and reflect a vision for inclusive growth and sustainable development.

## Unlocking Success through Consistent Workplace Commitment

■ DR. SHAHID AMIN

Reflecting on my eleven years of association with the institution, I find myself deeply appreciative. Each phase of this journey, from my humble beginnings to my current integral role within the organization, has been enriched with invaluable lessons. Initially, my responsibilities were straightforward: conducting classes, offering guidance to students, and assisting with various events. Despite the simplicity of these tasks, I dedicated myself wholeheartedly, driven more by the opportunity for personal and professional growth rather than monetary gain.

Challenges loomed initially, particularly concerns about acceptance and integration into the university's culture, given my background from the Kashmir valley. However, these worries dissolved swiftly in the face of a supportive and inclusive environment. The bonds formed with colleagues and students fostered a deep sense of commitment to the institution, providing a solid foundation for progress.

Adversity has been a constant companion throughout this journey. Health issues, personal losses, and family crises have tested my resilience repeatedly. Yet, amidst these trials, I have found solace in the unwavering support of the university community. Mentors, colleagues, and students alike have been pillars of strength, propelling me forward despite the hurdles. The steadfast backing of the esteemed management has opened doors to advancement opportunities, including early promotions, recognition, and professional development initiatives.

Supervising PhD scholars and participating in prestigious development programs have marked significant milestones in my career trajectory. These experiences not only honed my skills but also expanded my professional network. I am grateful to the university for facilitating such enriching opportunities. Achieving the designation of an IIM Ahmedabad Alumnus and securing approval for a case proposal further validate the strides made in my professional journey.

Gratitude fills my heart for the wisdom imparted by revered personalities associated with the institution. Their guidance has been instrumental in shaping my path. In particular, the Eminent Vice Chancellor, a source of inspiration and mentorship, has profoundly influenced my growth. His unwavering support and friendship have been invaluable assets. Similarly, the Eminent Pro-Chancellor's guidance and care have been sources of motivation during challenging times.

I extend my appreciation to all individuals within the university community who have contributed to my development. Former and current leaders, mentors, and colleagues have played pivotal roles in my journey. Their guidance, encouragement, and support have been invaluable assets.

In conclusion, my journey underscores the transformative power of commitment and perseverance. Despite setbacks, my resolve to strive for excellence remains unwavering. I am committed to continuing this journey with gratitude and determination, guided by the belief in the limitless potential for growth and progress.

(The author is Associate Professor, School of Management and Commerce, ITM University Gwalior and IIM Ahmedabad).

# Modi Ki Guarantee To Nation-'Mera Bharat, Mera Parivar'

■ ER. P.L. KHUSHU



Modi ki Guarantee means a steadfast commitment to the welfare of the people of India. As against this the I.N.D.I Alliance, posing to be the well-wishers of the people of India, is battling for its survival and a warranty from its own allies within themselves to retain itself as a parallel political conglomerate against Modi and his government. What a myth of surprise, shock and a mock. This dotted alliance which was created with a bang and a flag, some time back, with a big warranty of being a force to be reckoned with as a strong opposition to Modi, giving an impression that it will do wonders in the political arena of India, but it has fallen under its own weight. This was predicted by the political pundits of India, looking to the past deeds of its constituent members, who are allegedly dynasty based.

As against it Modi Ki Guarantee means a Viksit Bharat, Ek Shrestha Bharat and an "Ujjwala" Bharat. It is a guarantee for the development of the youth, empowerment of the women, welfare of the farmers, and all those marginalized and vulnerable who have been ignored for decades. It started with his strong slogan " Sab-Ka-Sath", "Sab-Ka-Vishwas" , " Sab-Ka- Vikas" and Sab-Ka- Priyas" , when today India is proud to acclaim enough of prominence in every field of development in this country. Day in and day out we are watching that huge developmental projects are being taken up for developing India to make it more recognized within the advanced countries of the world, when India is now recognized as a honored 5th economic force of the world. It is now attaining a 3rd such a place as per Modi Ki Guarantee.

India's economy achieved a historic milestone recently, when it's Gross Domestic Product (GDP) crossed the \$4 trillion-mark in nominal terms for the first time ever, according to several media reports. This shows that India has achieved a strong mile stone by crossing \$4 trillion-mark in DGP, making it a strong moment for India's presence in the global presence apart from gaining an international pride. Such a situation for India has a direct link with the traumatic leadership of our Prime Minister Modi, who has taken India to unprecedented heights. It is said and speculated that it will take just two years more for India to become the third largest economy in the world.

As on date India's boasts about its economy and swift growth fuelled by enormous developments in the key sectors such as information technology, services, agriculture, and manufacturing. The nation capitalizes on its broad domestic market, a youthful and technologically adept labor force with an expanding middle class. Modi is probably the first Indian prime minister to uplift the technology structure of India so much through his welfare programmes for India. His government's Unified Payment Interface (UPI) has revolutionized India's economy by facilitating digital payments even in villages. What a fantastic growth.

Building the infrastructure for a resurgent India was NDA Government's push to infrastructure is evident. Be it Railways, Roads, or Shipping, the government is focusing on augmenting the infrastructure to aid in connectivity. For the first time, Railways budget focused on structural reforms and infrastructure changes. Announcement of new trains, which used to be an annual political gimmick, has now become a routine activity. Numerous passenger-friendly amenities like Wi-fi on railway stations, paperless unreserved ticketing, e-catering, mobile security app and CCTV cameras for safety of women, etc have been launched in the railways.

## I.N.D.I Alliance losing Its Warranty

There are other multiple reforms taken recourse to by the Modi government for the welfare of the people of India. NDA Government embarking on ushering in game-changing reforms through the use of Jan Dhan, Aadhar and Mobile (JAM), a unique combination of three to implement direct transfer of benefits. This innovative methodology has been able to allow transfer of benefits in a leakage-proof, well-targeted and cashless manner: There have been cut in subsidy leakages but not in subsidy themselves. NDA Government built a national consensus and introduced a Bill to amend the Constitution to implement the Goods and Services Tax (GST). The GST has put in place a state-of-the-art indirect tax system. On 2nd October 2014, Swachh Bharat Mission was launched throughout length and breadth of the country as a national movement. While leading the mass movement for cleanliness, the Prime Minister exhorted people to fulfill Mahatma Gandhi's dream of a clean and hygienic India. NDA Government gave massive push to education & skill development Various unique measures were taken to augment the quality and reach of education. A fully IT based Financial Aid Authority to administer & monitor all education loans and scholarships through Pradhan Mantri Vidyalakshmi Karyakram, was introduced for this purpose.

Prime Minister Modi is considering all Indians as his family members. PM Modi responded sharply to Lalu Prasad's jibe that he has 'no family' with 'Mera Bharat, Mera Parivar'. RJD leader Lalu Prasad had made the remark against PM Narendra Modi after BJP ministers and leaders added 'Modi Ka Parivar' to their profiles in the media both print and electronic. Prime Minister Narendra Modi launched a scathing attack against Rashtriya Janata Dal (RJD) leader Lalu Prasad's jibe that he had no family. Addressing a rally at Adilabad in Telangana, PM Modi said, people of the nation consider me as their own. They love me like a member of their family. It is that making me to say that the 140 crore people of this country are my family. The youth, they are my family. Crores of daughters, mothers and sisters in the country, they are my family. All poor people in the country, they are my family. The millions of children and elderly people in the country, they are Modi's family. Those who have no one belong to Modi and Modi belongs to them. My Bharat, my family," he added.

The identical update in the profiles of BJP leaders are reminiscent of a similar change before the 2019 Lok Sabha polls when Union ministers prefixed 'Chovikdar' to their profiles on Twitter: "It was at a rally of the I.N.D.I.A bloc in Patna a day earlier that Lalu Prasad directed the jibe against PM Modi. "What can we do if Narendra Modi does not have a family of his own? He keeps bragging about the Ram temple. He is not even a true Hindu. In Hindu tradition, a son must shave his head and beard upon the demise of his parents. Modi did not do so when his mother died," the RJD leader said. The prime minister responded by saying that he had left home at an early age to serve people as a "Sevak", and attacked "dynastic parties" for their "jhooth and loot (lies and loot)", in effect turning Lalu Prasad's attack into an opportunity to showcase his commitment to the country's citizens. It is also in line with PM Modi's emphasis on calling people "mere parivarjano" (my family members)" in all his recent rallies. At his Adilabad rally, Modi also took a dig at the Opposition, saying that while Opposition parties were obsessed with the upcoming elections, when he is busy with discussing the details of the roadmap for Viksit Bharat (Developed India).

Recalling his earlier remarks on the importance of the current decade for India, Prime Minister Narendra Modi recently said that even today, the world is recognizing that the

current decade belongs to India. The Prime Minister further stated that Bharat proved that with good economics, and good politics it can be possible. There is constant global curiosity about how Bharat could achieve the same. In 2014, looking back at the first decade of the 21st century - 2000-2010, we strongly believe that this decade indeed can be called - India's Decade of Development. India is facing new enormous challenges in the areas of rural development, urban sustainability, national infrastructure, and human capital and population. India will add hundreds of millions of people to the urban economy in the years and decades ahead. India's cities need to be safe, efficient, pleasant to live in, supported by infrastructure (water, sewerage, electricity, transport, etc.), able to create jobs which are globally competitive, etc. Briefly put, India needs a revolution in sustainable urban planning. Sustainable cities mean durable and sustainable public transport system, urban planning, public health and other services, and climate resilient developmental schemes, especially in coastal cities and belts. India has to create large scale job opportunities which will mean solid systems of education-apprenticeship, vocational training, etc.

On the national infrastructure front, inter-city rail upgrading, sustainable and secure energy, watershed management (river-linking to the extent that this is a sound and safe concept), dams policy, fiber connectivity nationally, ports and airports, etc. India will also need an integrated, life cycle, population scale vision of human capital accumulation. This includes population stabilization and early childhood development, especially to overcome the scars of under nutrition, which may be India's greatest plague. On the education front, education for all with improvements in quality of education (to improve teaching and learning outcomes) and education-to-job linkages will be critical. Manpower for skill and occupational needs in the next twenty years will be high as the economy urbanizes, modernizes, and becomes more service-sector oriented. The priority now must be not only on growth, but on the triple bottom line of growth, equity/inclusion, and environmental sustainability. The sustainability challenge will occupy India and the world for decades, not just for years. All countries face the challenge of adapting to ongoing climate change, managing growing water scarcity, protecting endangered ecosystems and species, etc. As one of the world's most crowded country, India faces this challenge more urgently than others. India is already on the path of its growth under Modi's leadership, who has planned to grow India fully during the ensuing decade, when the last decade has already observed enough of development in India, particularly in the basic infrastructural areas of development for the country. India is in safe hands on this account. "Modi hai Too Mumkin hai".

What were the positive plans of the dotted I. N. D. I. Alliance, which came into existence a few months back with an illusory strong arm making a fuss about the " Warranty" these political persons have from the people of India to replace Modi and his government. In fact none.

With the creating of this new assumptive nomenclature of India, I.N.D.I 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 par-

ties, 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 dotted alliance has already fallen on its own weight.

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, have almost vanished under its own weight, particularly refusing the congress party its monarchial 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 almost 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. They are already identified by the masses of India about their intentions by gathering together under a rough banner of false and distorted unity.

The plight of this dotted alliance is now visible with viable jokes that they have not been able to carry through with each other. The reason being their seat sharing indices for the coming general elections, when they could not accommodate each other and even became irritable enemies of each other while posing to be together. Trinimol Congress has already closed its doors for congress in Bengal for a coalition. In fact these two political parties are now die hard opponents of each other in Bengal. What they started with and what is their fate now. This Dotted Alliance should feel shameful about it and ask for a national apology for miss leading the people of India. The aboriginal preceptor of this dotted alliance Nitish Kumar the CM face of Bihar gave them a slip mid way and abandoned this dotted I. N. D. I Alliance by joining NDA. It should serve as a big slap on the face of the remaining partners of this dotted alliance, particularly the congress party. Under utter frustration the Samajwadi Party has made some unbalanced adjustments with the congress party when just a handful of parliamentary seats have been earmarked for congress in UP; the onetime giant political party of India. Should congress party feel shy about it, not to speak of its coming back to power to rule India again. Some prominent constituents of Smajwadi party have ceremoniously left this party and have joined NDA. AAP is dictating congress party for its seat sharing in Delhi, with a refusal for Punjab. These are some of the pathetic scenes of this conglomerate corporation of dynasty based political leaders, which is named captioned as I. N.D.I Alliance, when it has outnumbered its Warranty for its existence. God save the king, the king is dead.

As against this position of this dotted alliance the NDA is flourishing due to its honest commitment to the nation and its people, under the leadership of Modi. The slogan of Modi for the coming national elections is " Ab - Ki - Bar - 400 - Par". Let us make it on ground. " Modi-Hai-Too-Mumkin - Hai".

(The author is a chartered consultant civil engineer, passionately attached and devoted to his mother land - Jammu & Kashmir).

# Sleep: The Foundation of Health

■ DR. SUNITA KUMARI

Every year International Sleep Day is observed on the third Friday of March and was started in 2008 by the Committee World Sleep Society, founded by World Association of Sleep Medicine (WASM) and World Sleep Federation (WSF). The slogan of "World Sleep Day" is "Better Sleep, Better Life, Better Planet". Every year on World Sleep Day, scientists put an effort to make the public aware regarding the value of having a restful, sound, and timely sleep through different yearly themes. In the year 2024, World Sleep Day is being observed on March 15 and the theme is "Sleep Equity for Global Health".

Sleep is very important part of our daily routine. We spend about one-third of our life-time sleeping. Restful sleep provides the foundation for mental and physical well-being. Millions of people across the world suffer from some form of insomnia (lack of sleep), and many of them even meet the diagnostic criteria of sleep disorders, resulting in lack of mental alertness, fatigue, and weakened physical and mental health that also contributes to both minor and major injury accidents. The present article is dedicated to promote sleep health across the readers and also to raise awareness about the ill-effects of sleep deficiency. Sleep health is multi-dimensional pattern of sleep-wakefulness, adapted to the individual, social and environmental demands that promote physical and mental well-being. Restful sleep means, we drift off easily once we turn off the lights and sleep soundly through the night. If we have to get up to go to the washroom during the night, we are easily able to get back to sleep. If upon awakening in the morning we feel alert, energetic, and vibrant this indicates that we have had an adequate and restful sleep. In contrast if we feel unenthusiastic, tired, grumpy and groggy in the morning, it indicates that we have not had a restful sleep in the night.

How much sleep do we need?

The requirement of sleep and sleep patterns change with increasing age, but this varies significantly across the individuals of same age as well. There is no



"magic number of sleep hours" that works for every one of the same age. Infants and small children usually sleep for about 16 to 18 hours a day, which helps boost their growth and development (especially of the brain). Older children require about 9 to 10 hours of sleep every night. Most of the adults require 7 to 9 hours of sleep per night, but after the age of 60, people tend to have shorter and lighter sleep interrupted by multiple awakenings.

Sleep deprivation (sleep deficiency) is deficit in the quantity or quality of sleep obtained versus the amount needed for optimum health, performance and well-being. Chronically sleep deprived people are more likely to have obesity, hypertension, depression, anxiety, constipation, bloating, weakened immunity, infections, diabetes, stroke, certain types of cancer and cardiovascular disease than those who get enough sleep. Sleep disturbances are more common among individuals with age-related neurological diseases like Alzheimer's disease and Parkinson's disease.

How the need for sleep is regulated?

Our body's master clock controls a number of functions in the body including release of hormones, metabolism, body temperature and the circadian rhythm. It also controls the timings of our sleep and makes us sleep at night and wake in the morning. Sleep-wake homeostasis also determines need for sleep. This homeostatic sleep drive regulates sleep intensity and also reminds our body to sleep at a certain time. After prolonged sleep deprivation this sleep drive progressively gets stronger each hour and makes us sleep longer and more deeply. Factors that

influence our sleep-wake needs, include medical conditions, medications, stress, sleep environment, and even what we eat and drink. Exposure to light has the greatest influence. It is difficult for a person to fall asleep if he is exposed to light at night. This is the reason that night shift workers often face trouble falling asleep, and also have trouble concentrating at their work while awake. This is because of disruption of their sleep-wake cycle and natural circadian rhythm. Same thing happens in case of jet lag. When someone flies to a different time zone, creating a mismatch between the actual clock and the internal biological clock. Melatonin, a hormone released by the pineal gland helps us feel sleepy once the lights go off. The peaks and downfalls of melatonin are important for maintaining the body's circadian rhythm according to the natural day and night cycle.

What happens in the brain and body during sleep?

Sleep is not just a time when our body and brain shut down, but has important biological purpose. Sleep has a housekeeping role and removes toxins from the brain (built up during awake state) and helps maintain internal environment of the body as a whole. During sleep, a balance is attained among the hormones and neurotransmitters, neural myelination occurs and new pathways or neuronal connections are formed that helps in memory consolidation (short term memory is converted in to long term memory). Also, during sleep our body produces certain hormones that help repair cells and tissues and fight off illness. Getting sufficient sleep helps us think more clearly and respond more quickly. Sleep helps each and every cell of our body to function physiologically in a way they are supposed to.

Night time sleep consists of multiple sleep cycles and transitions between lighter and deep sleep stages. There are two basic types of sleep, Rapid Eye Movement (REM) sleep and Non-Rapid Eye Movement (NREM) sleep which again has three different stages. During each typical night, we cycle through all stages of sleep several times, and the length of each stage varies throughout the night, with longer periods of deep (NREM) sleep earlier towards

the first half and longer periods of lighter (REM) sleep as the morning approaches. These sleep cycles may vary from person to person and from night to night. Sleep stages allow the brain to recuperate and the brain gets ready for the next day. Improved sleep hygiene allows a healthy transition through all sleep stages. REM sleep starts about 90 minutes after we fall asleep. Our eyes undergo rapid side to side movements behind the closed eyelids. Breathing becomes irregular and fast. There is increase in blood pressure and heart rate to near waking levels. Dreaming occurs in this stage and also our limb muscles temporarily get paralysed so that we are not able to act out our dreams. Acting out of dreams can be dangerous.

NREM sleep stage 1 is the transition phase from wakefulness to sleep. It is a short period of light sleep. NREM stage 2 sleep is a period of light sleep before we enter in to deeper sleep. We spend more of our repeated sleep cycles in stage 2 of sleep than in other stages.

NREM sleep stage 3 is the most restful sleep period that makes us feel refreshed and rejuvenated when we wake up in the morning. We pass through longer periods of NREM stage 3 sleep cycles during the first half of the night. It is difficult to awaken someone up cycling through this stage of deep sleep. If they do wake up, they will probably have "sleep inertia or mental fog", confusion like state and it may last for about half an hour.

Preparing for restful sleep

It takes just a small shift in your attention and behaviour to have a sound, restful sleep each night. Not gaining restful sleep is usually a result of poor habits. People having hard time getting to sleep, may try following tips:

Aim for a nightly seven to nine hours of sound slumber without the aid of medications. Hours of sleep before midnight are generally the most rejuvenating. Therefore, if we are sleeping 8 hours between 10 pm to 6 am, we will feel more rested than if we slept eight hours between midnight and 8 am.

Maintain a regular sleep schedule. Our bodies and

minds love patterns and routines, so if we get used to sleeping and waking up at certain times, we are likely to continue it out of habit. Aim to be in your bed with the lights out between 9:30 pm and 10:30 pm. Get at least 30 minutes of natural sunlight each day. Day light helps regulate sleep patterns.

Eat a relatively light dinner so that your sleep is not disturbed by indigestion or the need to urinate repeatedly. Also, dinner should be taken no later than 8 pm so you do not go to bed on a full stomach. Take a leisurely stroll after dinner. Avoid caffeine, alcohol and nicotine.

Remove sleep distractions from your bed room such as TV, noises, bright lights. With the emergence of technology our daily routines are out of sync with nature. To the extent possible, minimize exciting, aggravating, or mentally intensive activities after 8:30 pm.

Don't ruminate your thoughts once you are in your bed, just close your eyes, focus on your body and simply watch your slow easy breathing until you fall asleep.

Spirituality, Yoga and Music Therapy are of great help. Read inspirational or spiritual literature for a few minutes before bed. Specific restorative yoga poses soothe, relieve tension and stress and facilitate sound sleep. Listening to soothing music also helps with sleep. Music is an accessible, effective and low-cost treatment for sleep deficiency.

Core message

Sleep is the foundation of health and has a repairing effect over each and every cell of the body. Although many mysteries regarding the relation of sleep with various health problems are yet to be solved but till now it is clear that transition through all the different stages of sleep is important for the mind and body to accomplish the detoxifying homeostatic tasks during sleep. Therefore, follow the above-mentioned sleep hygiene strategies every night and have a sound sleep.

(The author is Assistant Professor, Department of Physiology, AIIMS, Jammu).