

TIMELESS RELIGIOUS WISDOM

Embracing the dawn holds the promise of a life enriched in every dimension - physically, mentally, economically, and spiritually. As we weave together the insights gleaned from both scientific research and time-less religious wisdom, it becomes clear that the early hours are not merely a time for sleep and rest but a sacred period brimming with potential for personal growth and fulfillment.

As we conclude this exploration, let us heed the call to action embedded within these insights. Let us commit our-selves to the disciplined pursuit of early rising, knowing that each sunrise presents an opportunity to align our body, mind, and spirit with the rhythm of the natural world.

While the journey towards embracing the dawn may be met with challenges, let us not falter; for the rewards are mani-fold. Through practical steps and unwavering determination, we can gradually integrate this transformative habit into our lives, one morning at a time. Let us draw inspiration from the countless individuals who have experienced the profound ben-efits of rising with the first light, and let their stories serve as beacons of hope on our own paths to well-being. In embrac-ing the dawn, we embark on a journey towards a life of bal-ance, productivity, and enriched consciousness. May we greet each new day with gratitude and purpose, knowing that the early morning holds the key to unlocking our fullest poten-tial." The liminal stage, characterized by ambiguity and dis-orientation, is a crucial phase in initiation rituals across cul-tures. During this period, initiates undergo profound psycho-logical and spiritual transformation as they transition from one social status to another. Here, they are stripped of their former identity and societal roles, creating a sense of discon-nection from their familiar world.

Causes of temperature inversion, dip & Pollution

■ RAKESH AATHUR

The world is changing at an alarm rate as some influen-tial factors are enhancing to blur the environment to a greater extent. And the negligent deeds of some inno-cent and greedy people had become the scapegoat of rich and selfish agents.

If we talk about the present scenario concerning to the envi-ronmental factors about a two decades ago there was thick canopy of the green vegetation comprising mangoes, garnas, plums, Kakoa, Plaw, firilai, weeds like hemp, branker, weeds and special kind of weeds, etc. there was available thick sprawl of vegetative thaws everywhere then the life among the villages and rural area was supportive and gay- full. The viability of the life and health was more to the present days' level.

The gaseous atmosphere was also so rich that break down of the oxygen was fresh(O) and plentiful which is the core constituent of all the natural habitats then, If we peep the rate of diseases and injuries to the common people was quite low as compared to the present level . Though, the rate of dis-ease prone people at present is considered less if we consid-ered to ratio level of the census. But in original sense the of disease prone people was quite low as per ratio of people then. Beyond all that's only one reason that there was occurrence of proper canopy and land topography balance then.

If we talk about a city i.e. (Samba) surrounding belts con-sisting villages it was purportedly full of vegetation cover about two decades ago. In other words we can say that before the installment of Brick- kilns, factories, stone- crushers there was full dawn of the trees like khair, sreen, ber, plaw, firilai, talli, Mango, and other kind of the special weeds including thorny weeds upon which living animals like cows, sheep and goats survives. Then people of the area would used to rear these animals for their living purposes and meet their demand by selling them instantly during exigencies.

The crops like ma, til, bajra, wheat, grams, masur, lentil, etc were grown at plenty scale by the locals of the areas though the type of farming was done by simple implements and shoving and growing methods of crops in the areas were local. In other words we can say the system of living and farming was better to the present system of the day. Life of locals was quite gay and fresh they used to live so happily with the least rate of diseases prone to them. No-doubt the life span as well as system of the life level has been greatly disturbed to a greater extent.

With the foundation of these business hubs and multiplica-tion in its number every year had blurred the system and level of the health of the locals. The direct effect on the living of the residents is that the land scale of the land owners has been already rendered under the grip of the pollution evolved from it. Whereas the crop production was done by the farm-ers and living habitats were also quite rich in its diversity, including sheep, goats, buffalos, cows etc.

In addition, there was also rich diversity of the wild ani-mals like wolfs, pigs, wolves, vultures, kites, titars, rabbits, rats ,cats, peacocks, cocks, crows, sparrows, seals, snakes, mongoses, and other reptiles which prefer to live inside the thick canopy of the forest. These animals are also pertinent for purify the environment as they sort out the environment by enhancing the availability of oxygen level in the area.

The main effect of the soil topography can be watched at the site from where the land mining has been continuous at an alarming rate which is unwarranted and out of one's esti-mate. As the topography of the region was plateau like where soil mining is under beneath more than 100 feet at some places, leveling works are in motion here and there for settle-ment, alteration of the original physique of the topography, etc due to which the upper soil of the land surface having minerals and nutrients from 2 to 4 feet beneath has been completely removed and even the surface level of the land at many of the places has been removed more than 100 feet too.

It is a major cause of land pollution where for many years aftermath there cannot grow any crop properly. But here is the compulsion arises to many of the farmers who were reluc-tant to give their lands for such purposes and many of the farmers did not given their land to them but the consistent and coincidence of the land mining has compelled to give their land to these selfish owners in view of land- erosion. Even a major kind of land erosion has also occurred at many of the sits in the area.

The present global warming and spontaneously rising of temperature on a larger scale in the area and world is the one immediate cause behind that the tree canopy has reduced to miserale level. So during recent last days the temperature there all over the country has claimed the lives of the people and there is not any permanent solution of the problem despite of planting trees in the ratio of 3TRES; 1PERSON all over the region and checking the all kind of ventures caus-ing environment pollution vehemently.

The pollution in all kinds like some of them are here defined like air environment pollution including water pollution, air pollution, soil pollution, cyber pollution, etc are playing a major role in infllicting the diseases among the people of the rural belts people who are considered to be innocent as per medical approach

So there is pertinent need to adopt some positive measure at regional as well as sub- regional level to save the life on the planet like earth in order to maintain the temperature bal-ance of the earth surface and make it viable for coming gen-eration for the years.

Parents are one's companions in life but not partakers of one's karma.

-Munshi Premchand

Election is the biggest festival of Democracy

■ OMKAR DATTATRAY

Elections are the breath and soul of democracy and can be said to be the lifeline of democracy .Election is the biggest festival of our democracy and a democracy sans elections are a meaning-less proposition and therefore we cannot think of a vibrant democracy without the elections .Through the medium of elections ,the people in a democracy choose their representatives who rule over them and thus a democracy signifies the rule of the people and thus democracy is rightly called as the government of the people .The peo-ple who are the voters wait anxiously for the elections and there is great enthusiasm and fervor among the people so far as their participation in the elections is concerned .Our electoral democracy is meaningless without the elections and elections give meaning and solace to the life of the people in a democracy .People read voters cele-brate elections as a big festival of democra-cy and through it people empower their representatives who rule over the people .The plant of democracy has no meaning without elections and the democracy is unthinkable without the elections .India is the largest and big democracy of the world and here elections are held after the expiry of the term of a government and the people take active part in the elections .Prime minister Narendra Modi has rightly said that the election is the biggest festival of democracy and has welcomed the schedule and announcement of Lok Sabha elections and expressed the full confidence that the voters will vote for NDA/BJP .Modi fur-ther said that this time voters have before-hand given the result of the elections and made it clear that the voters will vote for NDA/BJP in large numbers .Millick Arjun Kharge the congress president has also welcomed the announcement of the poll schedule and said that now the hand will

change the destiny of the country and he further said that this is the last opportuni-ty to save democracy .The Dimple Yadav of SP has said that when western democra-cies have again switched towards the ballot box system of voting and then what is the reservation of switching towards the old system.Jai Ram Ramesh of congress said that the congress has no objection to machine voting but it should also be ensured that that it should be associated with the VVIP.T .The general election has been announced in seven phases across the country , final phase will be on first June and the counting will be done on June 4,and results will also come out on the same day .But it is very disturbing that the assembly elections in Jammu and Kashmir have not be announced while four other state assembly elections will take place with the Lok Sabha polls and this is a glar-ing discrimination with the people of Jammu and Kashmir .Farooq Abdhulla of NC has rightly criticized the election com-mission for not announcing the assembly polls in J&K with the Lok Sabha polls .Congress leader Adhir Ranjan Chowdry has also criticized the EC for not announc-ing the assembly elections in Jammu and Kashmir along side with the general polls .Election is the big Tamasha and biggest festival of the democracy and the people have welcomed the announcement of the general elections .In all 97 crore Indians will exercise their franchise in the 18th Lok sabha polls and at least 1 crore new voters will vote in these elections .Indian elections-unraveling the biggest festival of democracy. "So much of the next election will be about which party can offer the best economic prospects to the whole of Indian society and especially the very poorest. But the politics are very complex. "Within next few days ,India will start to vote to elect its seventeenth prime minister .This will be

the largest election the world has seen ,with 900 million people eligible to vote- bigger than the population of Europe and Australia combined .The massive electoral exercise will be conducted in seven phases from April 19 to June 1.The votes will be counted on 4th June and the results will be declared on the same day .India's lower House known as Lok Sabha has 543 elect-ed seats .The BJP led by Prime minister Narendra Modi ,currently holds a majority in the Lok Sabha ,governing as part of a broader coalition called NDA .The BJP led NDA is battling the main opposition con-gress ,along with a host of regional parties ,for reelection .The BJP is building its campaign around the theme .Modi Vs All ,promising strong leadership and avoid-ance of anarchy if elected .It is highlight-ing various social welfare schemes intro-duced by the BJP ,most notably ,measures to curb black money ,steps to check infla-tion ,free medical insurance up to dollar 5,500 per year for poor (Ayushman Bharat Scheme) ,reservations for the economically backward sections of society ,free cooking gas for poor households ,a hike in state -procured prices of basic crops from farm-ers and providing electriciy to all villages .The opposition is highlighting issues of rising unemployment ,agricultural distress ,and how wrong policies have crippled the economy.It has also been attacking the government over allegations of corruption and cronymism in a dollar 7.87 billion defense contract to procure fighter jets from France .While opposition parties are talking about a united front ,there is no clear decision on who will lead the battle against BJP led NDA. .Prime Minister Narendra Modi on Saturday welcomed the announcement of Lok Sabha election dates and said he was fully prepared for the "biggest festival of democracy ,reiterating that the next five years would be about a

collective resolve to make India the symbol of prosperity ,all-round growth and global leadership .Asserting that the BJP-led NDA was fully prepared for elections and going to the people .In a post on X which reflected his confidence ,Modi made light of the opposition's challenge ,saying his rivals were rudderless and issueless while repeat-ing BJP's battle cry of 'Abki Baar 400 Par' "All they(Opposition can do is abuse us and practice vote-bank politics." Their dynastic approach and attempts of dividing society are not being accepted .Equally hurting them is their corruption track record .People don't want such leadership. "PM said ,adding that the war against poverty and corruption would go on at an even faster pace. Asserting that the BJP led NDA was fully prepared for elections and was going to the people on the basis of its track record of good governance and service delivery across sectors ,the PM said 10 years ago ,when he assumed office ,the peo-ple were feeling betrayed and disillusioned thanks to "INDIA alliances pathetic gover-nance ."In fact the nation was creating new records of development and had become the fifth largest economy and crores of people were freed from poverty .Now the biggest festival of democracy the elections will give a third chance to the BJP/NDA and it will again rise to power at the centre since it seems that the election fight will be one sided affair as the INDIA opposition is a divided lot and they have yet to declare their Prime ministerial candidate and Pushkar Sing Dami has rightly commented that the marriage procession of INDIA alliance is still without the bridegroom .Any way it can be safely and surely be said that election is the biggest festival of democracy and all the people should actively partici-pate in this democratic festival.

(The author is a columnist, social and KP activist).

Analysis Paralysis: Signs, Stories & Preventive Measures

■ MOHD YOUNUS BHAT

Have you ever found yourself in a fix, uncertain of which path to take next? This dilemma can arise in various aspects of life, from academic and career decisions to personal choices such as marriage, or even every-day decisions like making a purchase or tackling a significant issue. While these challenges are widespread, this discussion focuses on a psychological phenom-enon known as analysis paralysis. Analysis paralysis is a condition charac-terized by excessive overthinking and deliberation that hampers the ability to make decisions. It often occurs in situa-tions where there is an overload of infor-mation, making the decision-making process more complex. This condition can impact numerous areas of life and work, affecting both business decisions and personal choices. To overcome analysis paralysis, it is essential to establish clear objectives, limit the influx of information, and embrace the inherent uncertainties and risks associ-ated with making decisions.

Signs of Analysis Paralysis
Recognizing the signs of analysis paralysis can be crucial for individuals and organizations aiming to maintain high levels of decision-making efficiency and productivity. Here are key indica-tors that someone might be experiencing analysis paralysis:

Avoiding Blame: Choosing not to decide or delegating decisions to others to avoid the responsibility and potential blame for negative outcomes.

Constantly SeekingInformation: The belief that there is always one more piece of information out there that is needed before deciding, leading to end-less research and consultation.

Cycling Through Option: Revisiting the same options over and over without making progress towards a decision, often looking for new insights that are not there.

Dissatisfaction with Options: A ten-dency to focus on the flaws of every option, making it impossible to select one over the others.

Fear of Regret: An overwhelming con-cern about the possibility of regretting a decision, which leads to second-guessing and stalling.

Inability to Decide: A clear sign of analysis paralysis is the sheer inability to come to a decision within a reasonable timeframe, often due to fear of making the wrong choice.

Increased Stress and Anxiety: The

decision-making process becomes a source of significant stress and anxiety, rather than a routine part of problem-solving.

Overthinking Minor Details: Spending excessive time pondering over minor details that, in the grand scheme of things, have little impact on the overall decision.

Perfectionism: The desire for a perfect solution that addresses all potential issues and outcomes, which, is often unattainable.

Procrastination: Delaying decision-making under the guise of needing to think more about the options, even when enough information is already available.

How AP impacts growth?

Here are some real stories from across the globe that illustrate the impact of analysis paralysis on personal and pro-fessional lives, highlighting the univer-sal nature of this phenomenon.

1. The Entrepreneur in Silicon Valley

John, a tech entrepreneur in Silicon Valley, faced analysis paralysis when deciding on the feature set for his start-up's first product. With endless possi-bilities and the pressure to succeed in a competitive market, John spent months deliberating over the perfect combina-tion of features. This indecision delayed the product launch significantly, allow-ing competitors to capture the market first. John's story underscores the criti-cal importance of timely decision-mak-ing in the fast-paced tech industry and the detrimental effects of overanalysing in a high-stakes environment.

2. The Academic in Germany

Dr. Elsa Weber, a seasoned researcher at a German university, experienced analysis paralysis while choosing a direction for her next research project. Burdened by the wealth of potential top-ics and the pressure to contribute signif-icantly to her field, Elsa found herself unable to commit to a specific research path.

This indecision not only stalled her academic career but also led to missed opportunities for funding and collabora-tion. Elsa's experience highlights the paralyzing effect of excessive choices in academic research and the need for strategies to streamline decision-making processes.

3. The Novelist in Japan

Akira, an aspiring novelist in Japan, struggled with analysis paralysis during the planning stages of his debut novel. Obsessing over plot details, character development, and thematic elements,

Akira rewrote his outline countless times, seeking perfection. This quest for the ideal story prevented him from writ-ing the novel, leading to years of stagna-tion. Akira's story illustrates how analy-sis paralysis can stifle creative expres-sion and the importance of moving for-ward with imperfect action.

4. The Retiree in Canada

Margaret, a retiree in Canada, faced analysis paralysis when deciding how to invest her retirement savings. Overwhelmed by the array of investment options and terrified of making a mis-take that could jeopardize her financial security, Margaret postponed her invest-ment decisions. This indecision resulted in missed financial growth opportuni-ties, affecting her retirement lifestyle. Margaret's experience sheds light on the paralyzing impact of fear and uncertain-ty in financial decision-making.

5. The College Student in Brazil

Lucas, a college student in Brazil, experienced analysis paralysis when choosing his major. Torn between his passion for literature and societal pres-sure to pursue a more "practical" field like engineering, Lucas spent semesters undecided, taking a mix of unrelated courses. This lack of direction delayed his graduation and added to his educa-tional costs. Lucas's story reflects the challenges young adults face when mak-ing life-defining decisions in the face of societal expectations and personal pas-sions.

Preventive measures

To prevent analysis paralysis and fos-ter more efficient decision-making processes, individuals and organizations can adopt several strategic measures. These strategies aim to streamline deci-sion-making, reduce the cognitive load associated with it, and encourage action over perfection.

Here are some effective preventive measures:

Break Down Large Decisions: For com-plex decisions, break them down into smaller, more manageable parts. This can make the decision-making process less daunting and more actionable.

Embrace Imperfection: Accept that no decision is without risk and that seeking a perfect solution is unrealistic. Focus on making the best decision possible with the information and resources available.

Foster a Culture of Experimentation: In organizational contexts, promote a culture that values learning from mis-takes. This can reduce the fear of failure

that often leads to analysis paralysis.

Limit Information Intake: While infor-mation is crucial for making informed decisions, too much of it can be over-whelming. Limit your research to the most relevant data and avoid going down endless rabbit holes of information.

Practice Decisiveness: Like any skill, decision-making improves with practice. Start with small decisions and work your way up, building confidence in your abil-ity to make choices.

Reflect on Past Decisions: Reflecting on the outcomes of past decisions, both good and bad, can provide valuable insights and increase your confidence in making future decisions.

Seek External Input: Sometimes, an outside perspective can help clarify your options and the path forward. However, be selective about whom you ask to avoid adding more confusion to the process.

Set Clear Objectives: Define what you want to achieve with your decision. Clear objectives can guide your decision-mak-ing process and help you focus on what is truly important.

Set Deadlines: Establish a timeline for deciding. Deadlines can help you move from deliberation to action and prevent endless pondering.

Simplify Choices: Reduce the number of options you are considering to a man-ageable few. Having too many choices can make it harder to decide and increase the likelihood of regret.

Use Decision-Making Frameworks: Frameworks like SWOT analysis (Strengths, Weaknesses, Opportunities, Threats), the Eisenhower Matrix (urgent vs. important), or the WRAP model (Widen your options, Reality-test your assumptions, attain distance before deciding, and prepare to be wrong) can provide structure to your decision-mak-ing process.

Thus, it becomes evident that over-thinking decisions can have significant repercussions across different domains. Identifying and addressing analysis paralysis with tactics such as setting deadlines, narrowing down choices, and embracing imperfection can substantial-ly improve the quality of decision-mak-ing.

By adopting these preventative strate-gies, both individuals and organizations can alleviate the impact of analysis paralysis, facilitating more prompt and efficient decision-making processes.

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Booming growth in economy started yielding positive results

■ ER. RAJESH PATHAK

Recentlythe data of third quarter (Q3) of the financial year 2023 -24 has been realised .GDP growth is declared to have achieved 8.4 % mark !Notably, the GDP comes out according to the uni-versal practice by the summing up of the private consumption; government expenditures , par-ticularly in the distribution of salaries and constructions and building infrastructures ; net export(export- import) . The calculation is done by the sim-ple norms in vogue of compar-

ing it with previous year's

(here, 2022-23) same 3rd quarter (Q3) composed of the months October, November, December . Report says that in the current GDP growth the consumption constitutes 25.60 lakh crore rupees; while the greatest boost came from investment with 14.80 lakh crore rupees, attributive of investors' booming sentiments towards Indian economy, con-trary to the critics and more particularly Rahul Gandhi's much day-night hyped reces-sion in the market. On the other

hand , the total spending done by the government came out to be 3.4 lakh crore rupees.

Previous financial years 2022- 23 (FY 23) the total sum of production in goods and service , the two parameters of GDP, in all 4 quarters taken together was 160 lakh crore rupees. While the same is notably esti-mated to touch the figure of as high as 173 lakh crore rupees by the end of current financial year 2023-24(FY24) on 31st March.

Moreover, the sectors yielding proportionally more jobs such

as manufacturing and construc-tion propelled into 11.6% and 9.5 % growth respectively, leaving many to immense sur-prise.

And, obviously, would have caused shock to the likes of RaghuramRajan, who had once derided to have said that coun-try would be fortunate if GDP remained to be even just 5% !

However the boom in growth in economy has now even start-ed yielding positive results. Long awaited deal of manufac-turing Electrical vehicle(EV) by Tesla is going to get done, as

new EV policy to engage it had been announced. This step may make India an EV- hub of the world.

In this policy minimum 500 million dollars (about 4 thou-sand rupees) will have to be invested, while there is no restriction in upper limit . Along with that in the starting three years 25% components to be required in product will have to be from Indian companies as a domestic value addition; where after 5 years the limit will be increased to have been 50%, notably.

