

TOURISTS PARADISE

Jammu and Kashmir is renowned for its breathtaking beauty and diverse attractions, earning it the monikers "heaven on earth" and "Tourists Paradise."

The region boasts an undisturbed landscape, motorable roads, and a serene ambiance along the banks of the picturesque river Jhelum. Visitors can immerse themselves in the harmony, romance, and stunning scenery that this region offers, alongside exploring its rich cultural heritage and spiritual significance through temples and other historical sites.

Jammu and Kashmir offer a plethora of activities for tourists, ranging from boating on serene lakes to adventurous pursuits like skiing, skating, mountaineering, horse riding, and fishing. The region's distinct seasons provide unique experiences, including the enchanting beauty of snowfall during winter.

Srinagar, the capital city, renowned for its iconic Dal Lake, Mughal gardens, and houseboats. Vaishno Devi, a sacred Hindu pilgrimage site dedicated to the goddess Vaishno Devi. Gulmarg famous for its picturesque landscapes, skiing, and gondola rides, Amarnath hosts the annual pilgrimage to the Amarnath Cave, dedicated to Lord Shiva. Pahalgam known for its scenic beauty, trekking trails, and Lidder River. Sonamarg translating to "Meadow of Gold," offers stunning landscapes and trekking opportunities.

Dachigam National Park home to diverse flora and fauna, including the endangered Hangul deer. Patnitop, a hill station offering panoramic views, trekking, and paragliding. Bhaderwah known for its lush greenery, meadows, and trekking routes. Whether it's exploring ancient monasteries, embarking on challenging treks, or simply soaking in the tranquility of nature, Jammu and Kashmir offer something for every traveler's preference.

Flourishing in Diversity: The Rich Tapestry of Muslim Life in India

■ DR. ADIL MALIK

India, renowned for its kaleidoscope of cultures and religions, proudly harbors the world's second-largest Muslim population, numbering approximately 182 million individuals. Across centuries, Muslims have intricately woven themselves into the fabric of Indian society, making substantial contributions to its socio-economic and cultural tapestry. While facing sporadic instances of bias and preconception, the broader narrative paints a hopeful picture of opportunity, inclusivity, and individual triumph within the Indian Muslim community.

Dismantling Stereotypes: Embracing a Collective Identity.

The prevailing narrative often casts the Muslim community in India as merely a "minority". However, challenging this perspective and pivoting towards promoting religious representation and inclusivity is crucial. India's constitution, a cornerstone of its diverse democracy, upholds secularism, ensuring equal rights and opportunities for all citizens, irrespective of their faith. In contrast to some neighboring countries, India's political landscape avoids religious appeasement, fostering healthy competition and collaboration among religious communities. This emphasis on meritocracy paves the way for mutual growth and prosperity, where individual success is solely determined by talent, hard work, and skill.

Freedom to Flourish: A Nation of Myriad Opportunities.

A significant advantage of being a Muslim in India lies in the freedom to pursue a chosen career path without apprehension of discrimination based on faith. This openness allows individuals the opportunity to excel in diverse fields, contributing significantly to national progress. History showcases numerous Muslim personalities who have carved their niche in fields like finance, entertainment, science, and technology, enriching India's social and economic landscape.

Pillars of Progress: Inspiring Stories of Excellence

Mohammad Yunus, a Bangladeshi economist who studied in Kolkata, India, exemplifies the potential for success. Co-founding the Grameen Bank, a revolutionary microfinance institution, he was awarded the Nobel Peace Prize in 2006 for efforts in eradicating poverty. Closer to home, the Indian film industry boasts Muslim stars who have captivated audiences for generations. Shah Rukh Khan, fondly known as "King Khan," is a global icon, showcasing the immense opportunities within the Indian entertainment sector. Similarly, figures like Azim Premji (Wipro) and Yusuf Khwaja Hamied (Cipla) have emerged as leaders in the nation's IT and pharmaceutical industries, respectively. Their success stories are not merely individual triumphs but stand as testaments to India's potential to nurture excellence irrespective of religious background.

Breaking Glass Ceilings: Leading the Way for Muslim Women.

In a society where gender equality is an ongoing endeavour, Muslim women in India are making notable strides, defying societal norms and forging paths to success. These trailblazers are not only establishing flourishing businesses but also becoming role models for aspiring women nationwide. Farah Malik Bhanji, the owner of Metro Shoes, stands as a shining example, leading a vast retail chain with over 700 stores across India. Her story, alongside countless others, serves as a potent reminder that ambition and determination can transcend societal barriers.

Education as the Cornerstone: Empowering the Future

Education plays a pivotal role in empowering individuals and propelling societal progress. India provides its Muslim population unparalleled access to educational institutions, facilitating their intellectual and professional development. This commitment to education equips young Muslims with the tools and knowledge necessary to compete globally and contribute meaningfully to society's advancement.

Bridging Divides: Cultivating Dialogue and Understanding.

While celebrating achievements, it is crucial to acknowledge that challenges persist. Countering negative stereotypes and promoting interfaith dialogue are essential steps toward building a more inclusive and harmonious society. Muslims in India actively contribute to these efforts by engaging in public discourse, fostering understanding between communities, and challenging harmful misconceptions.

Beyond Success: A Shared Responsibility for a Brighter Future.

As India continues its journey toward global leadership, the contributions of its diverse communities become increasingly significant. The Muslim community in India plays a pivotal role in this journey, contributing to the nation's economic, social, and cultural landscapes. It is the shared responsibility of all citizens, regardless of their faith, to collaboratively forge a future grounded in mutual respect, understanding, and shared prosperity.

Conclusion: A Tapestry Woven with Strands of Hope and Opportunity.

The narrative of Muslims in India is intricate and multifaceted, weaving a story of challenges and triumphs, resilience and hope. It stands as a testament to the potential of a diverse society where individuals from all walks of life can contribute unique talents and perspectives to build a brighter future for all. As the nation evolves, one certainty remains: India's Muslim community will persist as a vibrant and integral part of its story, leaving an indelible mark on the rich cultural heritage of the nation.

(The author besides being a Doctor is very active in positive perception management of various political and social issues).

The Global Health Impacts of Climate Change

■ MOHD YOUNUS BHAT

Is climate change real?

Despite scepticism regarding the economic implications of tackling climate change and prevailing confusion, heightened public understanding of the scientific consensus on this issue has been linked to stronger beliefs in the existence, causes, and threats posed by climate change. This, in turn, fosters greater support for governmental measures to address it. Indeed, climate change is a reality, and neglecting to act against it could precipitate substantial economic upheavals, health risks, threats to food security, and infrastructural damage. Thus, mitigating climate change is crucial for the well-being of future generations. The concept of climate change, initially introduced by Svante Arrhenius in 1896, is predominantly attributed to human activities, as affirmed by the Intergovernmental Panel on Climate Change (IPCC).

Global Health Impacts

The global health, agriculture, and community well-being are significantly affected by changing climate. It alters infectious disease patterns, necessitating adaptation measures. Addressing health impacts requires global effort, including environmental monitoring, health surveillance, and robust systems. International cooperation and funding are crucial, especially in vulnerable

regions.

Allergens and Allergic Diseases: The production of allergens, such as pollen, that exacerbate allergic diseases are prompted by the climate change. Higher CO2 levels and temperatures can lead to increased pollen production and potency, prolonging allergy seasons and intensifying symptoms for those with allergic diseases. This calls for heightened awareness and management of allergies in a changing climate.

Waterborne Diseases

As the planet warms, the incidence of waterborne diseases is expected to rise significantly. Warmer temperatures can enhance the growth and proliferation of pathogens in water supplies, while extreme weather events like floods can overwhelm sanitation systems, leading to the spread of diseases. This scenario poses a serious risk to public health, particularly in regions without robust water treatment facilities.

Mental Health

The psychological impact of climate change is profound, encompassing stress and distress triggered by acute climate-related events such as hurricanes, floods, and wildfires. The loss of homes, livelihoods, and loved ones in these disasters contributes to mental health issues, including anxiety, depression, and post-traumatic stress disorder, underscoring the need for mental

health support in the wake of climate disasters.

Deaths due to heat

The direct and indirect effects of rising temperatures and extreme weather on human health are vast. Heatwaves can cause heat-related illnesses and deaths, while changes in climate patterns can affect the spread of infectious diseases. The health systems worldwide face the challenge of adapting to these changes to protect public health.

Behavioural Impacts:

Climate change also influences human behaviour, affecting how individuals and communities respond to its challenges. The stress of living in increasingly unpredictable environments can affect social dynamics, potentially leading to increased conflict and reduced community cohesion. Understanding these behavioural impacts is essential for developing effective adaptation strategies.

Cardiopulmonary and Gastrointestinal Vulnerability:

The health of the cardiopulmonary and gastrointestinal systems is particularly at risk from climate change. Air pollution exacerbated by higher temperatures can lead to respiratory illnesses, while changes in food and water availability can impact gastrointestinal health. Protecting these vital systems requires attention to air quality and food safety in the context of a changing

ing climate.

Vector-Borne Diseases:

The distribution and severity of diseases transmitted by vectors such as mosquitoes and ticks are expected to change with the climate. Warmer temperatures and altered rainfall patterns can expand the habitats of these vectors, increasing the risk of diseases like malaria, dengue fever, and Lyme disease. Public health strategies must evolve to address these shifting patterns.

Cumulative Climate Hazards:

The cumulative effect of greenhouse gas emissions is the intensification of multiple climate hazards, including warming, heat waves, altered precipitation patterns, droughts, floods, and sea-level rise. These interconnected hazards pose a broad threat to humanity, challenging global resilience and adaptation capacities.

Agricultural Productivity:

Global food security is under threat from climate change, which impacts agricultural productivity through changes in rainfall patterns, increased temperatures, and more frequent extreme weather events. These changes can reduce crop yields and alter agricultural practices, necessitating adaptations in farming techniques and crop varieties to ensure food security.

Psychological narrative

Psychological research illuminates pathways for addressing

climate change, underscoring the need to transcend traditional boundaries in thought, time, and space to foster public engagement and proactive measures against climate change. This approach is pivotal in mobilizing collective action and nurturing a societal ethos geared towards sustainability and environmental stewardship. Scientific findings guide policy-making, aligning with international frameworks like UNFCCC and the Paris Agreement. Climate summits like COP26 have reduced emissions, but implementing these changes requires government leadership, renewable energy investments, and individual actions.

Conclusion

The public should increase awareness, adopt sustainable lifestyles, and advocate for climate policies. The scientific community must continue research, and communicate findings to policymakers, and governments must implement policies to mitigate emissions and invest in climate adaptation. Addressing climate change is not just about avoiding disasters; it involves fostering a sustainable, resilient, and equitable global community. Collaborative efforts between scientific research and policy development are crucial for effective strategies.

(The writer is Research Scholar, Pondicherry University).

All about Modi Vision

■ OMKAR DATTATRAY

The prime minister Narendra Modi has outlined his vision for India for future and it is called Modi vision and is in consonance with the ideology of BJP. Modi has in fact outlined his vision for India of tomorrow which resonates with the BJP's philosophy of "Sabka Saath,Sabka Ka Vikas."The comprehensive vision laid out by PM Modi builds on the heritage of India's rich societal and cultural diversity ,its diverse traditions ,the strength of our human resource and the aspirations of the youth and women .The concept of brand India encompasses and encapsulates all sectors that have the potential of making India a global power .As per Modi ,five -T's of Brand India are Talent ,Trade ,Tradition ,Tourism and Technology .The concept of Rainbow of India envisions seven focus areas which will be the overarching theme of all initiatives to make India a developed nation .These themes are India's culture ,Agriculture ,women ,Natural Resources, youth power ,democracy and Knowledge .Finally Modi stressed an eight point key development model ,with detailed initiatives on each ,to put India back on high growth path and deliver good governance to the citizens.PM Modi's vision is development oriented and aims at having Viksit India in near future .His vision is dynamic

,progressive ,scientific and initiatives an action plan to make India economically a developed nation as Modi's vision is aimed to make big strides so that India will embrace development by 2047 and for this all sectors of the country and all the human resource should work in unison so that development which is the target of Modi vision becomes a reality .Modi is doing only and only developmental and positive polities in order to make India a developed nation.The real secularism and social justice is in the cent percent saturation of the BJP's schemes and programmes as it is these programmes and government schemes which directly benefit the targeted beneficiaries .The direct benefit transfer (DBT) is the novel way to ensure and guarantee that the benefits of the central schemes reach the intended targets and the common people are benefitted and this way the development will reach to the last man in que.PM Modi sees a transformative India based on economic growth ,social welfare and technological innovation .Modi vision blends development with cultural and technological development .His vision includes initiatives like as 'make in India 'which aims to increase manufacturing ,as well as digital India intends to bridge the gap of digital divide and empower people through technology .The high profile union minister Anurag

Thakur elaborates that all decisions and policy making under Modi government has always prioritized long term vision .Even the concept of Amrit Kaal frequently used by prime minister for a developed India for next 25 years resonates with this vision.PM Modi possesses an astute ability to link India 's cultural heritage and history with its modern and developed future .Baba Kalyani ,industrialist narrates how PM Modi has always envisioned an Aatamanirbar Bharat where defense production in the country is carried on through indigenous means for Indian forces.PM Modi stressed on using Indian made artillery Gun during 21 gun salute .Modi's ease of doing business is a part and parcel of Modi vision which aims to make business and entrepreneurship easy and thus aim at the industrial and economic development of the country .Ease of doing business has transformed India into a nation whose economic, cultural ,societal and technological development is made possible and is a reality that the country marches towards the goal of developed India by 2047 and is becoming the third largest economy in Modi's third term .Arjun Singh Meghwal ,the union Law minister speaks about how Modi did away with the VIP culture of various high level dignitaries possessing Lal Batti on their respective vehicles getting preferential

treatment as VIP's .PM Modi has always believed that he is Pradhan Sevak and people have to be served through honorable values of service .The central information commissioner says that PM Modi is the only leader in India's 75 year -old history who has sought and willed to eliminate corruption from public life .Modi has also eliminated the culture of middlemen in the country .He is sincerely trying to root out corruption at higher and lower levels. NK Singh ,chairperson 15th finance commission said that PM Modi has always discouraged freebie culture in the country and is trying to weed it out from the democracy .To conclude it can be said that Modi vision is all dynamic, scientific ,progressive and it will definitely catapult India to the pinnacle of growth and development by 2047 as India will be a developed country by this deadline .Modi's whole governance with transparency is aimed at to make India a Viksit nation by 2047 and also to make India a world leader and the Vishwaguru in future and there is no controversy about it .The Prime minister Modi is of firm belief and conviction that by treading the required path ,India will surely attain the status of a developed nation in future and to be more specific by 2047.Hats off to Modi's vision.

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

Shun ‘Junk Food’: It’s Unhealthy Choice

■ SURJIT SINGH FLORA

Eating too much junk food can make you worry about your thighs and mid-section. Junk food bingeing isn't just about weight gain. It could have serious consequences.

Eating an unhealthy diet for five days caused negative changes to the binding metabolism.

The term "junk food" is indicative of a worrisome pattern in contemporary dietary practices, and its implications for health are cause for significant concern.

Consuming unhealthy food can elicit various physiological responses within the human body. Excessive consumption of unhealthy food can result in significant and enduring repercussions, ultimately giving rise to a range of adverse health conditions.

First and foremost, the human body may encounter challenges in extracting the necessary nutrients from junk food due to its tendency to contain excessive calories while lacking essential vitamins and minerals. This can result in inadequate intake of essential vitamins and

minerals, ultimately leading to potential health complications such as anemia, osteoporosis, and compromised immune function.

Junk food is known to contain significant amounts of sugar, which can lead to a rapid increase in blood sugar levels if consumed excessively. This condition may result in various symptoms, including fatigue, dizziness, and headaches. Additionally, it has the potential to contribute to chronic health conditions such as diabetes, cardiovascular disease, and obesity.

Consuming unhealthy food can lead to the development of insulin resistance, a condition in which the body's ability to effectively absorb sugar is compromised. This can result in a medical condition referred to as insulin resistance, ultimately culminating in the development of type 2 diabetes.

The food category is widely recognized content, for its high calorie content, unhealthy fat composition, elevated cholesterol levels, excessive sugar content and elevated sodium levels.

Sadly, it has gained popularity among

children and young adults, who frequently consume excessive amounts, the unhealthy habit jeopardising their well-being jeopardizes.

A standard menu for junk food typically consists of items such as potato chips or French fries, crackers, assorted snacks, chow mien, hamburgers, pizza, well-being and pasta. The central point of concern is that it provides minimal to negligible nutritional benefits.

Although it contains a significant amount of calories, junk food does not provide long-lasting energy, often resulting in consumers experiencing hunger shortly after consuming it.

That creates a pattern of excessive consumption and fosters rapid and insatiable eating behaviors pizza.

Furthermore, the components in junk food are abundant in unhealthy fats and lacking in essential nutrients, leading to potential oxygen deficiency and impaired brain function.

The trend among children and teenagers of progressively integrating unhealthy food choices into their daily dietary habits

has resulted in uncontrolled weight gain and a notable increase in the prevalence of heart and liver complications.

Early-onset conditions like diabetes and lethargy are behaviors increasing as a result of the excessive accumulation of sugar within their bodies.

The elevated sodium levels found in unhealthy food options can contribute to an increase in blood pressure, thereby exacerbating the potential health hazards faced by young individuals.

Parents have a duty to cultivate nutritious eating habits in their children from a young age, given that children often lack the necessary awareness of and discernment to make well-informed Long-term, diet decisions.

Long-term, are consistent consumption of unhealthy food can result in significant and highlights the pressing necessity for a transition towards more healthful dietary practices and heightened consciousness regarding the repercussions of excessive consumption of unhealthy food.

(The author is a veteran freelance writer).

Empowering Kho Kho Women: Celebrating Their Strength on International Women’s Day

■ PANKAJ MALHOTRA

As the world commemorates International Women's Day, it's imperative to shine a spotlight on the remarkable resilience and fortitude of Khokho women. Khokho, a traditional Indian sport, has been predominantly associated with male participation. However, in recent years, Khokho has witnessed a paradigm shift with women stepping onto the field, defying stereotypes, and reclaiming their space in the sporting arena.

In a society where gender roles are often deeply entrenched, Khokho women have shattered barriers and challenged societal

norms. Through their sheer determination and passion for the sport, they have not only redefined perceptions but also inspired a generation of young girls to pursue their dreams fearlessly.

One of the most striking aspects of Khokho women's journey is their ability to navigate through adversities with grace and perseverance. Despite facing numerous challenges, including limited access to resources and societal pressures, they have remained undeterred in their pursuit of excellence. Their unwavering commitment serves as a testament to their indomitable spirit and unwavering resolve.

Moreover, Khokho women have emerged

as trailblazers, transcending boundaries and carving out a niche for themselves in a male-dominated domain. By showcasing their skills on the national and international stage, they have not only earned recognition but also shattered stereotypes and paved the way for greater inclusivity in sports.

Beyond the realm of sports, Khokho women are driving social change and fostering community cohesion. Through grassroots initiatives and outreach programs, they are using their platform to advocate for gender equality, empower marginalized communities, and promote social cohesion. Their efforts exemplify the

transformative power of sport as a catalyst for positive change.

On this International Women's Day, let us celebrate the resilience, strength, and tenacity of Khokho women. Let us recognize their invaluable contributions to society and commit ourselves to creating a more inclusive and equitable world where every woman has the opportunity to thrive and fulfill her potential. As we applaud their achievements, let us also pledge our support to ensure that their voices are heard, their rights are protected, and their dreams are realized.

(International Player & Technical Expert).

