

Nurturing Young Talents



The potential within young minds is like a seed, full of promise but requiring the right environment to grow into its fullest form. Nurturing young talents is not just an act of support; it is an investment in the future. Whether in academics, arts, sports, technology, or any other field, providing the right opportunities, guidance, and encouragement can help young individuals transform their potential into remarkable achievements. This process demands a multi-faceted approach that includes education, mentorship, emotional support, and an environment that fosters creativity and innovation. Education plays a crucial role in identifying and nurturing young talents. Schools and educational institutions must move beyond traditional rote learning to incorporate methodologies that encourage critical thinking, problem-solving, and creativity. A well-rounded curriculum that integrates arts, science, and practical experiences helps children explore their interests and hone their skills. Project-based learning, interactive sessions, and skill-building workshops should be part of every child's educational journey. Teachers play an instrumental role in this process. A teacher who recognizes a child's unique abilities and encourages their growth can make an immense difference. Instead of forcing a rigid structure on students, educators should tailor their approach to individual learning styles, allowing students to thrive in their own unique ways. Beyond formal education, mentorship plays a vital role in guiding young talents toward their goals. A mentor is someone who provides not just technical knowledge but also wisdom, motivation, and confidence. Successful individuals often credit their achievements to a mentor who believed in them, offered guidance, and helped navigate challenges. Parents, teachers, industry experts, and professionals in various fields can all serve as mentors. By sharing their experiences, insights, and resources, they can pave the way for young minds to excel. Additionally, mentorship fosters resilience, helping young talents overcome failures and setbacks, which are inevitable in any journey toward success. A supportive environment is crucial for talent development. This includes homes, schools, and communities that encourage exploration and innovation. Young minds thrive when they are given the freedom to experiment, fail, and learn from their mistakes without fear of harsh judgment. Parents should foster curiosity by engaging in conversations, introducing diverse subjects, and allowing children to pursue their interests freely. Institutions and governments also have a role in this. Establishing talent incubation centers, funding research and creative projects, and organizing competitions can provide the much-needed platforms for young individuals to showcase and refine their skills. Scholarships and grants for exceptional talents can also go a long way in ensuring that financial constraints do not hinder their growth. While technical skills and opportunities are essential, emotional well-being and self-confidence play a crucial role in talent development. Many young individuals struggle with self-doubt and fear of failure, which can stifle their potential. Encouraging a growth mindset-where challenges are seen as opportunities to learn-can make a world of difference. Parents and educators should celebrate efforts as much as achievements. When young talents feel appreciated for their hard work and progress, they are more likely to persist through difficulties. Providing constructive feedback instead of criticism, encouraging risk-taking, and fostering a sense of belonging can significantly impact their confidence and motivation. In today's digital age, technology offers vast opportunities for talent nurturing. Online courses, virtual mentorship programs, and digital platforms provide access to global knowledge and expert guidance. Young individuals can connect with like-minded peers across the world, participate in online competitions, and gain exposure to fields that might not be accessible in their local environments. Social media and digital content creation platforms allow young talents to showcase their skills and gain recognition. Whether it's a young artist displaying their work on an online gallery or a budding scientist participating in virtual research collaborations, technology serves as a bridge between talent and opportunity. Nurturing young talents is not the responsibility of one individual or institution alone-it is a collective effort that involves families, educators, mentors, communities, and governments. When we invest in young minds, we are investing in a brighter, more innovative, and prosperous future. By providing the right mix of education, mentorship, encouragement, emotional support, and access to technology, we can help young individuals realize their full potential and contribute meaningfully to society. The seeds of today, when nurtured with care, will grow into the towering trees of tomorrow. It is our duty to ensure that every young talent gets the nourishment needed to flourish and leave an indelible mark on the world.

■ MOHAMMAD HANIEF



Maintaining a healthy lifestyle is crucial for overall well-being. However, it can be challenging to navigate through the plethora of information available and find practical strategies to incorporate into our daily lives. In this blog, we will discuss five key strategies that can help you lead a healthier life. A healthy lifestyle can help you thrive as you move through your life's journey. Making healthy choices isn't always easy - it can be hard to find the time and energy to exercise regularly or prepare healthy meals. However, your efforts will pay off in many ways, and for the rest of your life. You may feel pulled in different directions and experience stress from dealing with work, family and other matters, leaving little time for yourself. Learning to balance your life with some time for yourself will pay off with big benefits - a healthy outlook and better health. Adopting new, healthier habits may protect you from serious health problems like obesity and diabetes. New habits, like healthy eating and regular physical activity, may also help you manage your weight and have more energy. After a while, if you stick with these changes, they may become part of your daily routine. One of the cornerstones of a healthy lifestyle is proper nutrition. Consuming a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats provides essential nutrients for optimal functioning. Avoid excessive consumption of processed foods high in sugar, salt, and unhealthy fats, as they can lead to weight gain and chronic diseases.

Physical activity plays a crucial role in maintaining overall health. Engaging in regular exercise not only helps manage weight but also improves cardiovascular health, boosts mood, strengthens muscles and bones, and reduces the risk of chronic diseases like diabetes and hypertension. Quality sleep is often overlooked but is vital for overall well-being. Lack of sleep can affect cognitive function, mood regulation, and immune system function and increase the risk of chronic conditions such as obesity and diabetes. Chronic stress can have detrimental effects on both physical and mental health. Finding effective ways to manage stress is crucial for maintaining a healthy lifestyle. Techniques such as deep breathing exercises, meditation, yoga, and engaging in hobbies can help reduce stress levels. Preventive healthcare is essential for detecting potential health issues early on and taking appropriate measures. Regular health check-ups can help identify risk factors, monitor existing conditions, and receive timely medical advice. Think about how the benefits of healthy eating or regular physical activity might relate to your overall health. For example, suppose your blood glucose, also called blood sugar, is a bit high and you have a parent, brother, or sister who has type 2 diabetes. This means you also may develop type 2 diabetes. You may find that it is easier to be physically active and eat healthy knowing that it may help control blood glucose and protect you from a serious disease.

Tracking your progress helps you spot your strengths, find areas where you can improve, and stay on course. Record not only what you did, but how you felt while doing it-your feelings can play a role in making your new habits stick. Recording your progress may help you stay focused and catch setbacks in meeting your goals. Remember that a setback does not mean you have failed. All of us experience setbacks. The key is to get back on track as soon as you can. Regular physical activity - such as walking, cycling, or dancing - has significant benefits for health. For instance, it can reduce the risk of cardiovascular disease, diabetes and osteoporosis, help control weight, and promote mental well-being. Taking part in physical activity increases opportunities for socialization, networking and cultural identity Physical activity has a positive influence on the community and society by promoting social interaction and cohesion. Especially among children and young people, sports and other physical activities contribute to empowerment and self-confidence. Physical activity furthermore helps to prevent and control risk behaviour, such as the use of tobacco, alcohol and other substances, unhealthy diet and violence. The promotion of physical activity also has a positive impact on the environment. For instance, promoting walking and cycling over the use of motorized transport reduces traffic congestion, air and noise pollution and the consumption of fossil fuels. Regular physical activity may also benefit communities and economies through increased productivity in the workplace; lower worker absenteeism and turnover; and better performance in schools. In many countries a significant proportion

of health spending is due to the costs of managing common noncommunicable diseases that are associated with inadequate physical activity. Promoting physical activity can be a highly cost-effective and sustainable public health intervention. Active living benefits health at all ages. It is especially important to the healthy development of children and young people, and active ageing can make a dramatic difference to the well-being of older people. Setting goals gives you something to work for and helps keep you motivated to work hard. By setting goals for yourself you give yourself something to focus on. Additionally, goals allow you to measure your progress and see how much you have achieved. When setting your goals, be realistic with yourself. If you want to quit smoking, lose 50 pounds and run a marathon it's not going to happen overnight, or it might not even happen in a few months or a year. Not reaching those goals might be discouraging and cause you to give up altogether. Having the opportunity to enjoy quality recreation is vital to the health and personal development of all individuals, regardless of gender, functional ability, cultural background, age or socioeconomic status. Deciding to make a change in your life is never easy. Breaking old habits and creating healthy ones can be challenging and even discouraging at times. However, it's not impossible. Whether you are looking for a positive outlook on life, wanting to change your diet and eat nutritious foods or you need a new workout plan, our Ultimate Guide to a Healthy Lifestyle discusses different ways you can find a healthier and happier life.

Wow J&K Budget will be Budget by the people, for the people & of the People

■ BAIRAJ CHAWALGAMI

The maiden budget the Jammu & Kashmir NC government headed by Omar Abdullah after a long gap of 10 year's will be a people's budget reflecting the aspirations of the people of J&K who had voted in the Assembly elections enthusiastically by participating overwhelmingly to restore people's power that is real democracy. It will set the tone for its economic and developmental priorities. The much-anticipated first budget session of the Jammu and Kashmir Legislative Assembly under NC-led government is set to start on March 3rd 2025.The upcoming budget session is expected to be a crucial platform for deliberations on the economic roadmap of Jammu and Kashmir. Omar Abdullah has the other day made threadbare pre-budget discussions and deliberations with various stakeholders and with the MLA's as well as district development councils -DDC so that the Budget 2025-26 for Jammu and Kashmir becomes an example of people's own financial planning and controlling tool so that the funds are allocated for the economic development of the UT. Budget is essentially an economic cum political tool and it envisages the economic, social and technological growth and development. It is a matter of satisfaction that the chief minister Omar Abdullah has stated in no unequivocal terms that the budget 2025-26 for the J&K will be a people's document reflecting the aspirations of the gullible people. The Full-fledged budget 2025 for Jammu and Kashmir should in real sense be a people's budget and so it should cater to the needs of all the sections of the society and all stakeholders should be



benefitted by the new budget of the new government, otherwise the people will feel that it is not their own government as there thus will seem to the people that there is difference between the LG's dispensation and the true democratic rule and governance. The end aim of the budget should be the welfare of the last man in the queue and then and only then will the budget which will be presented in the J&K assembly a people's document otherwise not. The first budget of the newly formed NC-led Jammu and Kashmir government will be tabled in J&K assembly on March 3, 2025. LG Manoj Shina has convened the assembly session as per the recommendations of the UT government and he will address the house on the first day of the budget session .An order to this effect was issued by the LG's secretariat .And in the order LG said "I, Manoj Shina, Lieutenant Governor of the UT of Jammu and Kashmir ,in exercise of the powers conferred upon me ,under

section 18[1] of the Jammu and Kashmir Reorganization Act ,2019 ,do hereby summon the Jammu and Kashmir Legislative Assembly to meet at Jammu on Monday ,the 3rd of March ,2025, at 10.00 AM." The session will commence with Sinah's address at 10 AM. In another order ,Shina said, "I ,Manoj Shina ,the LG of the UT of Jammu and Kashmir ,under the provisions of section 21[1] of the Jammu and Kashmir Reorganization Act ,2019,call upon the members of the legislative assembly to assemble in the LAC at Jammu ,the 3rd of March ,2025 ,at 10-00 AM to hear my address. "Abdullah ,who also holds the finance portfolio ,will present the budget .He has recently said that the centre has promised financial support as the coffers are running empty/dry .The inaugural session of the new assembly was held in November 2024.The Assembly had passed a resolution demanding the restoration of special status to Jammu and Kashmir without naming Article 370.On expected lines

,BJP has opposed the move and staged a protest leading to their eviction from the house .It is for the first time in 7 years, that the budget of JK will be present by a duly elected government .In a significant move, the chief minister Omar Abdullah ,who is also holding the charge of Finance portfolio ,has held pre-budget consultations with the members of the Legislative Assembly-[MLA's] and District Development Council -DDC Chairpersons .So Omar Abdullah is holding consultations ahead of UT budget with all MLA's ,DDC Chairpersons ,deputy Commissioners to take their views and expectations from the new Budget.CM said these meetings are aimed at making the budget more inclusive and participatory .As per Omar Abdullah, these meetings are held to get inputs from MLA's and other stakeholders about priority -sector works and ensure that the needs and aspirations of the people are reflected in the budget ."It is so good that the chief minister Omar Abdullah reiterated his govern-

ment's commitment to present a people-friendly budget for Jammu and Kashmir ,emphasizing that involvement of public representatives in budget formulation so that people's aspirations and needs are reflected .Omar Abdullah stated that primary aim of the pre-budget consultations is to gather valuable suggestions from prime stakeholders before finalizing the budget. We want to make sure that this budget which will be presented next month ensure that this budget is not just by the government ,but by the people ,for the people. He told the people's representatives that your voices will be represented as you represent people of Jammu and Kashmir .He emphasized that the upcoming budget will not confined to government offices alone but it will be the people's document. There is need to align budget priorities with the hopes of those who elected you and participated in democratic process. He said now it is our turn to come up to the expectations of the common people. The chief minister assured the MLA's ,DDC chairperson's that their valuable inputs would play a crucial role in shaping the upcoming budget. It will reinforce government's dedication and determination to involving elected representatives in significant decision making processes. With the NC- Led government now at the helm, there is widespread anticipation regarding its fiscal policies ,welfare schemes and infrastructure activities .In short the upcoming JK Budget will in all probability will be people friendly and pro poor and it is expected to speed up the socio-economic and technological development of J&K ,so that the crown of India -that is Jammu and Kashmir will shine in the country's socio-economic landscaped and journey of the country.

■ GL KHAJURIA

The poorest region of the world are going to be effected by multihued diseases such as Malaria, Diarrhea and acute respiratory infections, this is an outcome of the latest findings on health owing to environmental impacts on human health. The reports further repeal that the younger generations are more prone to such ailments. The reports reveal that almost four million children die each year of acute respiratory infections linked to indoor and outdoor pollution. Malaria claims one to three million lives each year of which mostly children are on data reports and another three million children die of diarrheal diseases which are linked to the lack of clean water and sanitation. Cholera has been long back banished from Latin America which reappeared in 1997 clamming around 11,000 lives thereby causing as well economic impact worth \$ million in Peru alone. In the most developing countries, there are as many as 3.5 million to 5 million acute pesticides poisoning per year. This is a glaring worldwide scenario. Environmental threats to the health in the induslised nations are of utmost concern. In advance and wealthier



countries, such diseases accure from industrial pollution including air pollution and toxic wastes apart from biological sources such as food borne diseases. The reports reveal how the burden of preventable environment-related diseases are born disproportionately by the poor living both in developed and developing countries across the globe. The world resources report is a comprehensive one on a wide range of global environmental trends. The special environment and health section has a short descriptive importance on key problems including tuberculosis, cholera, dengue fever, asthma, lead poisoning, malaria in the brazilin Amazon and air pollution in Asia together with just commentaries on a variety of topics related to environmental justice. The world resources 1998-99 also include a new section on global environmental trends which categorically highlights environmental issues in short and easy to read related stories as well as an extensive data section with new statistics on various issue such as health, bio diversity, water sheds and other allied subjects. (The author is Former Dy. Conservator of Forest, J&K)