

GO FOR PRECAUTION DOSES

As the sub-variant of omicron XE has started knocking at the doors of people in the country with Gujarat becoming the first state to report the first case it becomes imperative to go for the precaution doses which government has approved for the people above 18 years of age after April 10 as strengthening of immunity against the virus corona is vital for fortifying people against any probable threat of new variants of the deadly virus which might struck the country in the coming times as suggested by the experts in the field. It is pertinent to mention that the precaution dose will be of the same COVID-19 vaccine as the one used for the administration of the first two doses. Reportedly, the precaution dose of COVID vaccines is available to everyone aged above 18 years at the private vaccination centres from April 10. All those above the age of 18 years, who have completed nine months after the administration of the second dose, are eligible for this additional dose to fight the contagion in a stronger manner. There is no need for fresh registration for the precaution dose as all due beneficiaries are already registered on the CoWIN platform. The jabs administered must mandatorily be recorded on CoWIN. Vaccination has been proved to be the most effective antidote for the infection coronavirus because the Omicron wave which is also known as third wave in J&K has passed away without much loss unlike in the case of second wave where hundreds of deaths were reported. The reason behind safe passage of third wave was large scale vaccination and therefore to combat any of the upcoming waves it is advisable that people should not miss any vaccine dose proposed by the government because the same is advised by the experts in the medical field after performing desired experimentation and getting favourable results. India has achieved a lot of respect across the world for its benevolent vaccination programme which was best among all the countries. No doubt the BJP Government under Prime Minister Narendra Modi has taken several unprecedented steps to make this programme a great success, but the role of people of this country is also praiseworthy in the fight against coronavirus.

SCUTTLE ENEMY'S CONSPIRACY

There are few organizations which are giving provocative statements with regard to the unfortunate incident of vandalizing a temple in the City Outskirts in Jammu. These organizations should understand the situation before going for a stand which can be dangerous for the city and helpful for the execution of the enemy's plan of creating a law and order situation. Already J&K administration has directed in many districts to install CCTV cameras outside temples, markets, schools and colleges so that perpetrators of violence and other crimes can be identified easily and the same can be booked under the law of the land. The times are crucial and people should not fall in trap of enemies by indulging in things which are against the law. The nationalist population should have undaunted faith and law implementing agencies for solving the cases like the one that happened in Sidhra Temple where idols were desecrated during the night time. In such cases, the public should give the police a chance to probe the matter and book the culprits after proper investigation. This is the only way to catch the real enemy and scuttle the ploys of anti-nationals because by fit or fat reaction, the people will actually help the anti-social elements in carrying out their nefarious designs. Losing calm during such situation is something which no sane person will endorse and therefore all the segments of the society in Jammu should maintain maximum restraint in this case and allow the police to crack the same and give exemplary punishment to the culprits. It is pertinent to mention that a temple was vandalized by some unidentified miscreants prompting police to register a case and launch a probe to bring the culprits to book. It has been alleged that the idols of deities were found damaged at the decade-old temple in Sidhra on the city outskirts. The priest noticed the damage on visiting the temple in the morning and informed the police station concerned, which immediately rushed a team to investigate the matter. This is the time to maintain communal harmony and brotherhood rather than inciting the religious passions because the latter can escalate a situation which is not good for the people of Union Territory which firmly believes in pluralistic ethos and camaraderie.

OFF 'D' CUFF

Seek Help To Tune Yourself To Higher Vibrations

If we are to succeed in any new endeavour, we require the guidance of an expert in the field who has achieved mastery of the subject. Such mastery requires many years of diligence, hard work, sacrifice, and painstaking determination. Whether in the arena of medicine, sports, engineering, or any other field, an expert can help guide us and show us the way forward. Spirituality is no different.

To excel in the spiritual arena, we need to find an expert who has already unravelled the mysteries of life, has completed the spiritual journey and can guide us step by step through the vastness of inner regions. Such an expert is known as a spiritual master.

Principles of spirituality work like scientific laws that govern our planet. Laws that work in our universe are reflections of those that govern the higher realms of creation. Principles at work both in the physical and spiritual realms can help us understand how a spiritual master serves as a catalyst to ignite our spark within.

Think of how scientists and engineers connect sources of power and energy to people's home. Engineers devise systems in which electrical energy from the power plant is channelised to a home. They make new connections and fix broken ones. Also, making connections

Sant Rajinder Singh Ji Maharaj

Prayer in any form is efficacious because it is an action. It will, therefore, have a result. That is the law of this universe in which we find ourselves.

-Dayananda Saraswati

EDITORIAL

Credibility of UNO at stake

■ OMKAR DATTATRAY

The global organization called United Nations organization better known as the UNO was born after the Second World War. The UNO took birth on 24th October 1945, when its charter was completed and the United Nations succeeded League of nations. Ever since its formation the UNO has tried its best to maintain world peace, security and tranquility but it failed to address the main disputes and tensions in the world. However one can say that the united organizations has prevented world war third from happening and thus to some extent it was able to thwart the chances of world war happening and to that extent this world body has been somewhat successful. But however this world forum has failed to purge the world from tension, strife and conflicts which are a cause of concern to the international community and thus it can be said that the credibility of the united nations organization is at stake because of its failed efforts to make the world free from conflicts, tensions, crisis and above all wars which are happening in the world and creating a threat to world peace and security. The United Nations has not been able to prevent wars in the world and in spite of its efforts Iraq-Iran conflict, Palestinian issue, Indo-Pak tension and other such issues and problems are continuing and haunting the world. Thus the UNO has not been able to come up to the expectations and hopes of the world, though the credit for preventing the third world war goes to this world forum which is a multipurpose body. This world body remains always in the forefront to provide humanitarian aid to the people where it is needed and thus it performs the humanitarian, social, educational, medical and even economic aid and assistance to its member states and also to the non member states in times of war and peace. With United Nations credibility its, leadership role is in jeopardy, the world

leaders warn only that its radical overhaul can bring this organization fully into 21st century. A shifting power balance and rapid globalization threats from economic crisis and drug trafficking to pollution and terrorism taken together, has ushered in a new world order, challenging the united nations to update its anachronistic structures and mindsets so that it could truly lead the world in 21st century. Such reforms must include a security council that reflected the views of the developing countries and emerging economies which were currently sidelined from the powerful decision making table. Africa's voice in particular should be heard on compelling peace and security issues, as well as water management, poverty eradication and women's empowerment. The Security Council needs to be diversified and expanded to include India and Japan as its permanent members. The United Nations credibility is at stake as this world body is unable to address the emerging peace, social, medical and economic issues confronting the world today. These days when there is a big war going on continuously between the arrogant superpower as well as the permanent member of the security council Russia and the Ukraine for the last 42 days and there seem no chances of the war receding. This war between Russia and Ukraine is threatening the world peace, security and tranquility and there is immediate need to put the war to end for the interest and for the sake of the international community. The UNO has failed to end this war although it passed resolutions against the war and imposed sanctions on Russia but it failed to end the war which is threatening world peace today. The clouds of world war third are hovering over the sky and if the war between Russia and Ukraine is not ended it may involve other world players into the war and thus the chances of the world war happening are not remote but the world war is imminent. The NATO, European Union west-

ern countries, Britain, America and China may involve and jump in the war and it will lead to world war which will be an atomic war and will have a devastating effect and will be a catastrophe for the humanity. This if happens will lead to the unimaginable destruction of the world and therefore the chances of the world war happening should be bleak so that the world is saved from the devastation. The global body UNO is doing little to address this emerging issue so that the war between arrogant super power Russia and the Ukraine comes to end as both the parties at war are rigid and have egos and thus they are unlikely to end the war and thus the chances of the war magnifying into world war are very great. Therefore the UNO and the super power America and China should play their positive role to prevail upon Russia and Ukraine so that they will agree to end the war in the interest of the world peace and security. The world powers should do nothing which will intensify the war between Russia and Ukraine and which may lead to world war if sincere steps are not taken by the UNO and super powers of the world to contain war. Therefore there is immediate need to end the ongoing war but both the parties to war are not heeding the calls and requests of the world and are continuing the war. While the Russia has extra territorial ambitions and wants that the Ukraine president to accept its hegemony and Ukraine President is firm on protecting the territorial sovereignty of his country and therefore is in no mood to surrender with the result the war which is not in the interest of the two countries and the world at large is continuing and causing much destruction in terms of men, material and machinery to both the countries but the destruction and loss to life and property is very big to Ukraine which is no match for the super power Russia. Therefore what is needed is that the UNO should step and intervene so that the devastating war between Russia and

Ukraine will come to a grinding halt immediately in the interest of the world peace, security and development but the chances of this happening on the ground are very bleak and remote because both the parties at war are in no mood to yield and come down from their ego and stated positions thus endangering world peace. The pertinent question is has the credibility of the united nations had a downward slide given the fact that it has failed to contain the wars, disputes, tensions in different parts of the world? The big answer to this question is yes as the world body of UNO has not been able to contain the wars, conflicts and tensions the world over and therefore there is no controversy in saying that the credibility of the UNO is decreasing. The fact is that in the ongoing war between Russia and Ukraine the UNO is failing in its role to prevail upon the countries at war so that the devastating war will end at once and give some relief to the people of the two countries at war and to the people of the world at large. Therefore the UNO should use its good offices to prevail upon Russia and Ukraine so that they come to an understanding of ending the war which has entered 42nd day. Thus before the ongoing war between Russia and Ukraine will turn into a world war, both the countries at war should realize the futility of continuing the war and end the war in the interest of the mankind. Since the UNO has not been able to contain the war between Russia and Ukraine and so we can say that the credibility of the world body United Nations is at stake because it has failed in its duty to prevail upon both the countries at war to end the war for the sake of their people and the humanity at large. In short the million dollar question is will the UNO succeed in bridging the differences between the heads of the two countries at war so that they will end the war?

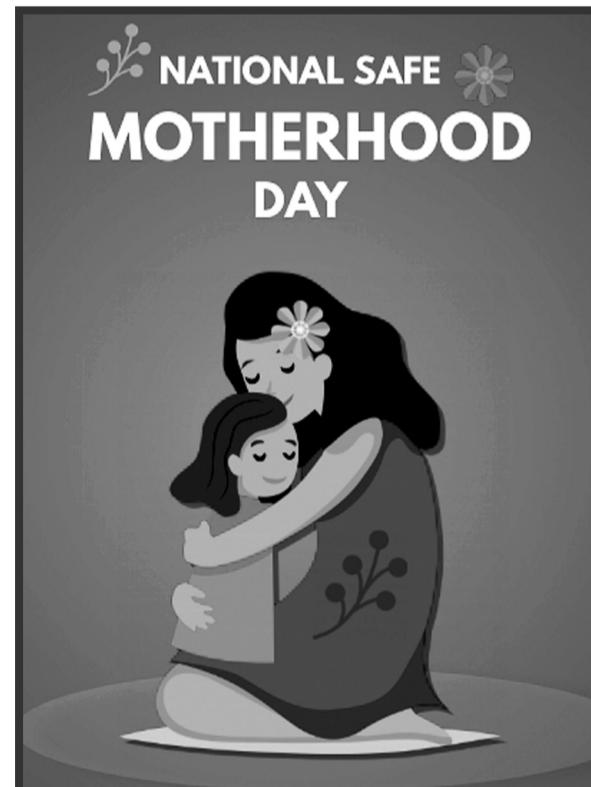
(The author is a columnist and social activist).

National Safe Motherhood Day

■ VINOD CHANDRASHEKHAR DIXIT

The National Safe Motherhood Day is an initiative of the White Ribbon Alliance. The government of India declared in 2003 the National Safe Motherhood Day on April 11. This day on the birth anniversary of Kasturba Gandhi wife of Mahatma Gandhi, the national motherhood day is observed every year. India is one of the most high-risk places in the world to give birth, accounting for 15 per cent of total maternal deaths worldwide. This day also focuses on reducing anaemia among women, institutional delivery, for better pre and postnatal health care etc. which are necessary for mothers. A healthy mother is important because she is an incubator for her unborn child. If a woman eats a nutritious diet during pregnancy, then the brain development of the foetus is good. It also ensures there is a reduction in birth defects and the weight of the baby is healthy.

Every year 44,000 women die in India due to improper care during the pregnancy. Motherhood is the best gift of God and mothers are the most special person in an individual's life. Women are blessed with a unique ability, i.e. to give birth. A woman nurtures her child in her womb for nine months, puts her body through a lot of misery in form of sickness, labour pain, and so on; hoping to deliver a healthy baby with safety. However, this does not always go in the desired manner, especially in a poor country like ours. Motherhood creates many responsibilities and often changes a woman as a person. It is considered the greatest gift of God, according to many cultures. It embraces the circle of knowing ones' child and understanding them from a mother's perspective. Motherhood encompasses all the phases of life, hopes, dreams, acceptance, failures, disappointments, repentance and forgiveness. It includes perseverance of a mother to raise her child for upcoming life trials and to show the next generation, the various ways of life. Motherhood is not just a physical happening and implies nurturing of the young individual and taking care of the child's dreams and passion. Bleeding during pregnancy and delivery (postpartum hemorrhage) is one of the main health risks women face while giving birth. This life threatening condition is linked to malnutrition, both in rural and urban women. There is nothing that can come close to the love that a mother feels for her children. Women are inherently good mothers. Till birth women carry their young and then continue their love & affection throughout their childhood and even into adulthood. Every Mother always makes sure that their children are safe and happy throughout their childhood. Motherhood is the phase of being a mother and often comes with a lot of difficulties. Motherhood



is nurturing and loving one's child deeply without any expectations. Motherhood has many cultural references also. A child's vision of the world is a reflectance of the mother's perspective mostly. There are many debates about motherhood from a feminist viewpoint. Motherhood affects every woman differently, and it must be equally respected. Mothers can be managing household chores and take care of their child at the same time or create a balance between their work life and their child's responsibilities. Knowledge about safe motherhood practices could help reduce pregnancy related health risks. There is no doubt that a mother is the most important person in a child's life when it comes to assurance and a matter of security. Let us raise awareness for the prevention of child marriages because we can say that child marriage may be an indirect cause of maternal deaths. Is it not the right for every woman to take good quality nutrition proper healthcare services during and after pregnancy and childbirth?

the concrete truth that is inside, very few people pay attention to it. Body gives you outer beauty, smile and dress make you attractive, but your thinking and your actions make you great or disgusting. All these together make up the personality. Gandhi, Abraham Lincoln, Nelson Mandela, Socrates and Beethoven were not physically attractive, but even today the whole world is influenced by their personalities. He considers them ideal. The real fragrance of a man is not spread by the perfume sprayed on the clothes and body, but by his character. The fragrance of the character engulfs people's hearts forever. Someone has rightly said, 'Husn-e-Surat Chand Roz Husn-e-Seerat Mustakil'. People are happy with it, the heart is happy with it.' The beauty will start to fade.

Man's appearance, his dress, speech and activities definitely reveal his personality, but it is also important to know what are his strengths and shortcomings. It is not necessary that the heart of every beautiful face should be of gold and the heart of every ugly face should be full of evil. A gleaming gold vessel may also contain poison and an old earthen pot may contain nectar in the form of honey. Appearance attracts for some time, but Seerat always remains attractive. Therefore, one's personality should not be judged only by face and dress. His character should also be seen. To identify one's personality, there should also be such a spectacle, which shows the shortcomings and strengths inside. You too should make such glasses soon, because Nida Fazli has said, 'There are ten and twenty men in every man, who ever sees many times to see. Appearance stains don't make you so ugly as ugly face stains make you. If there is a stain on your face, then what happened, make your mind, your heart, your soul, your mind so attractive and big that people do not even talk about your face. Those who are lost only in external frills and physical beauty, they become only person and those who are full of inner beauty and qualities, they become personality and leave their shading till time in time.'

Transforming J&K Effective, efficient e-Good Governance system established in J&K

180 services made online with feedback mechanism

J&K Government is promoting accountability and has enhanced public service delivery system with the adoption of e-office, a simplified, responsive, effective, and transparent paperless working culture across all the departments. In September last year, the government asked all HoDs to switch over to the e-office mode of working with assistance and hand-holding from the Information Technology Department. All HoDs were provided with the necessary assistance by the Information Technology Department, by way of provisioning of the VPN connections, creation of domain Ids (@jk.gov.in) and training of local admins and master trainers in each department.

With implementation of e-office, the disposal rate of files has touched an all-time high of 96 per cent. 305 Head of Departments are now on e-office. e-files are accessible to all officials irrespective of their locations. J&K is first amongst UTs in e-office disposal/uptake of files. Currently, 180 services are online and are linked with a feedback mechanism. All HoDs have been brought on e-office portal while the 'Annual Performance Reports' of J&K Administrative Services (JKAS) officers have been shifted to online mode on SPARROW Portal. After the establishment of e-office system in J&K, no physical files or Daks are being entertained in the civil Secretariat. This system has improved public service delivery to the citizens and brought greater transparency into the functioning of government departments.

Further, J&K Integrated Grievance Redressal and Monitoring System (JKIGRAMS) has been developed as an e-Governance initiative to provide a 24x7 platform to the Citizens for redressal of their grievances. The JKIGRAMS Portal has been integrated with the Centralised Public Grievance Redress and Monitoring System (CPGRAMS) of Central Government.

Under the 'Mulaqat Programme', the citizens can interact directly with the Lieutenant Governor for seeking redressal of their grievances that have been filed on the JK grievance portal. Moreover, an 'Online Departmental Vigilance Officers Portal' has been developed as a communication channel between Anti-Corruption Bureau and Departmental Vigilance Officers posted in different departments and districts. The other measures of this system include an Electronic Vigilance Clearance System for furnishing vigilance clearances through electronic or online mode of all the government employees.

Also, e-filing of property returns by employees through PRS-Portal has been made mandatory for bringing transparency across all departments. With a vision to establish citizen-friendly and corruption-free governance, the JKAD also launched the 'Satark Nagrik App' through which any ordinary citizen can lodge complaints with the Anti Corruption Bureau (ACB) online. Giving a big push to the end-to-end digitization of services, J&K became the first UT to launch Rapid Assessment System (RAS). The RAS has a user-friendly digital feedback mechanism that enables citizens to provide effective feedback on the services provided to them; through SMS and weblink, thereby enhancing transparency and accountability. The present administration of J&K is mainly focusing on 'On-The-Spot' grievance redressal, instantaneous delivery of goods and services to the masses, and 'On-The-Ground' speed execution of People-Centric projects, which is being observed through the exceptional development works and projects that are currently going on across the Union territory. On the directions of the Lieutenant Governor, Jammu and Kashmir administration completely transitioned to e-Office putting an end to the practice of 150 years old 'Darbar Move', under which the Civil Secretariat and other 'move offices' function six months each in Srinagar and Jammu. The decision saved Rs 400 crores annually. Meanwhile, to take forward the idea of citizen engagement and achieve the goal of 'Good Governance', J&K became the first Union Territory to launch MyGov. Pertinent to mention here that MyGov was launched by Prime Minister Narendra Modi on July 26, 2014, with the idea of bringing the Government closer to the common man by creating an interface for a healthy exchange of ideas and views toward the social and economic transformation of India.

YOUR COLUMN

Don't judge a person by looks

Dear Editor,

If one's reality or one's personality could be judged by external beauty and magnificence, then today there would not be so much scum in this flamboyant world. The truth behind the glowing faces would also have been shining. When we see a beautiful flower, suddenly the mind says, 'Aha. What a beautiful flower!' We love a flower not only because it is pleasing to our eyes, but also because of the captivating fragrance that emanates from it. The beauty of a flower is not only in its outer covering, but also in its inner qualities. Undoubtedly every person wants to look beautiful and attractive. It is human nature to be the first to be attracted and fascinated by the external beauty of something. No one wants to look ugly. People use different cosmetics to look beautiful. Goes to beauty parlors and even gets plastic surgery done. There is no harm in this, because God has given us body, it is our duty in a way to keep it beautiful, healthy and attractive. Obviously, a man should wear beautiful and clean clothes. But this physical beauty should not be just for show. If we enhance our inner beauty with outer beauty, then it will be like icing on the outside.

In fact, the beauty of the mind is more important than the beauty of the body. We get the body and its appearance naturally. It is not a matter of one's own control to be beautiful and ugly. Just think, whose body is black, he is ugly and stunted, and then what is wrong with him. Whose body is bright, beautiful and high in stature, and then what is his wonder in that? If a man or woman with a beautiful body is characterless, then the relationship with them is a spectacle of few nights. But those with a noble heart smell the garden on the outside, but

Vijay Garg