

The mind itself is of the form of all, i.e., of soul, God and world; when it becomes of the form of the Self through knowledge, there is release, which is of the nature of Brahman: this is the teaching. -Ramana Maharshi

## SPORTS LAST ON AGENDA

Of course the statement is a bit distasteful but the reality is that J&K Administration has failed to keep its words on providing state of the art sports edifice to the people of J&K despite the fact that incumbent helmsmen criticized successive governments over the issue at the time of taking charge of the UT. There is no need to go beyond Jammu to see the indifference of the governments both the central as well as UT. The dilemma of sports lovers of the region is that MA Cricket Stadium renovated by the incumbent government has reportedly been declared as unfit for internal level matches bringing things back to level zero as crores of rupees were drained in the making of this so-called world standard stadium. The other sports edifice in the making in this very sports complex is the all weather Swimming Pool which is proving to be like a white elephant as things are rolling at snail's pace with cost escalation marring the project. After about several years of construction, still the project is at infancy stage showing the world that this government has put sports at the back burner at least in Jammu. The condition of under construction skating rink is also the same as it seems that this project will be completed in three four decades because every year a portion is constructed and then those responsible for its completion simply go missing as if they are cold blooded 'organisms' and have to go into hibernation after every six months. Shifting the deadlines of completion of sports projects is in vogue these days and those who have the responsibility to ensure that things move on smoothly must have been engaged in some other things as it seems that sports come in last in the priority list of government's main concerns. Another important project which is also being neglected to the hilt is the multipurpose sports complex cum green avenue at Bhagwati Nagar. God only knows that when these projects will see the light of the day as still works are lingering on one pretext or the other.

## PRECAUTIONARY DOSE FOR ALL

Looking at the improving COVID scenario across the nation, with minimum number of cases being registered on daily basis, one thing is sure that the efforts put in place by the administration have yielded the expected results and the pandemic, though not eliminated permanently, has been curbed to some extent thereby safeguarding the lives of people. The credit for this historic achievement definitely goes to the timely and proactive measures initiated by the Government to break the cycle of COVID spread besides religious observance of COVID SoPs by people. Moreover, a significant role was also played by the vaccination drive wherein every citizen was provided COVID vaccination by the Government, free of cost, in a phased manner. Although majority of the people above the age of 18 years have received both the jabs and the drive is going on expeditiously to inoculate the children and youngsters below the age of 18 years and above 12 years, so that they too can be provided a safety shield against the deadly virus which is yet not over as it is clear from the reports pouring in from various nations where unexpected surge is being witnessed once again. To further strengthen the immunity of the elderly people and healthcare workers, the Government has also introduced the 3rd jab of vaccine as a precautionary dose which is being administered to all health workers and other senior citizens above the age of 60 years free of cost. Now in a major development, in order to ensure provision of the 3rd jab for all others above the age of 18 years, the Government has directed the private health centres to inoculate people on a maximum service charge of Rs 150 besides the actual cost of the vaccine. It has further been directed that from April 10, all the citizens already inoculated with two jabs of COVID vaccine and having a time gap of 9 months after the 2nd dose, can get the same vaccine from private health centres across the nation. This decision of the administration will definitely help a long in providing the 3rd precautionary dose to all the citizens, who can afford the same, at private clinics thereby further boosting the country's safety shield against the contagious virus which had earlier caused havoc across the globe.

OFF 'D' CUFF

Release Habitual Patterns

Why do similar situations keep cropping up in my life? And how do I get out of bad habits?

Patterns

We have patterns, right? Repetitive patterns.

Some people say, “I’ve never experienced happiness in life.”

Or some people say, “I’m continuously going through the same situations, one after the other.”

Patterns – where do patterns come from? How do patterns happen in our life? Why are we discussing this?

If you know how patterns happen, if you diagnose them well, you can come out of it.

If you don’t know the patterns, if you don’t know how they are structured, you cannot come out of them.

That’s why we are trying to understand patterns.

Suppression

One is suppression, a very common subject.

We often suppress emotions and feelings - thinking what society will think about us. Sometimes we do not even take a step forward towards the fulfilment of a desire because we are afraid of failure.

“What will society think?”

The moment you start being afraid of society, you stop doing the right action.

This is important to understand. Suppression is a huge thing.

Suppose I wanted to say something to somebody. I had a genuine urge to speak to a person. Suddenly a thought comes: “What if this person doesn’t like it?” Then what happens? I don’t speak.

I keep quiet. The point is suppressed.

Many of us couldn’t speak when we were children because we were afraid of our father, mother, teachers, or society.

(Mohanji points to his throat - ) It got stuck here; our expressions reached only up to here. It didn’t come out. And this happened often.

Later on, what happens? You get married, or you have a life in society. Again, you’re in the office; you want to speak something, (again Mohanji points to his throat) - it comes here but it doesn’t come out.

What happens then?

Suppression leads to suffocation. When you cannot speak what you want to speak at the right time, you cannot speak at all. And then you do not have that experience.

Experience

Please understand: what is the reason for Life?

Experience is the primary reason for existence.

We go to various countries, various places .... “What are all these places and countries, who are the people, what is the culture, what are the situations there?” All that is for experience.

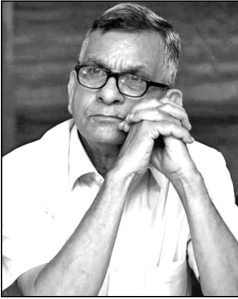
You’re not taking this country home, right? (Mohanji is speaking in Turkey.)

When you go from here, you can’t take Turkey with you.

You can probably take some things with you from Turkey which will remind you of Turkey.

Mohanji

■ PROF HARI OM



The nation would also feel grateful if he makes The Jammu Files. For, the story of the woeful tales of the people of Jammu province is no different from that of Kashmir's. A reference to a few instances would be only in order.

**Terror Attacks:** The terrorists shot dead 15 innocent unarmed Hindus, including eight women, in Doda district in June 1993; butchered mercilessly 16 Hindu bus passengers near Kishtwar on August 14, 1993; caused explosions at MAM Stadium, Jammu, on January 26, 1995, which left right innocents dead and many seriously injured; beheaded 26 Hindus of Prankote and Dakikote of Udhampur district in "full public view" on April 17, 1998; murdered in cold-blood 25 Hindus, part of two marriage parties, at village Chapnari, Doda, on June 19, 1998; brutally massacred 35 Hindus, many of them labourers, in the Chamba district of HP bordering Doda on August 03, 1998; killed eight Hindus at Kayar in Doda district on August 02, 2000; lynched 17 Hindus near Kishtwar on August 03, 2001 (terrorists dragged 20 identified Hindu males out of their houses and took them to the adjacent mountain and shot them dead); liquidated seven Hindus and injured 45 others at Jammu Railway Station on August 07, 2001; massacred seven Hindus - part of a marriage party - at Trinagal in Udhampur district on December 02, 2001; attacked twice Jammu's historic Shri Raghunath Mandir on March 30, 2002 and November 24, 2002 and 'killed 16 devotees and security guards'; caused two bomb blasts at "Banganga -- the take off point for holy Mata Vaishno Devi pilgrimage" -- on July 21, 2002; massacred '29 Hindu labourers at Qasim Nagar (Jammu), killed 16 Hindus at Purani Mandi, Jammu, and nine school students in their matador near Gangyal, Jammu, by causing explosions in the same month'; shot dead 12 civilians at Marah (Poonch) on June 25/26, 2004; and butchered 35 Hindus, including Hindu shepherds, in Thawa village, Doda district, and Lalon Galla village in Basantgarh, Udhampur district, on April 30, 2006. These details are based on what one former Director Information catalogued only recently.

**Internal Displacement:** Jammu province not just witnessed genocide, but also witnessed displacement of Hindus in the Doda-Kishtwar-Ramban belt, Poonch-Rajouri and parts of the erstwhile Udhampur district, including Reasi, on a large scale. Thousands of Hindus quit their original habitats in these terrorist-infested hilly areas to save their lives, dignity, culture and religion and settled in Jammu district and elsewhere, including Jammu City, already called the "City of Refugees" as lakhs of Hindu and Sikh refugees from Pakistan and Pakistan-occupied-J&K - all victims of jihad -- had been languishing in Jammu ever since their migration in 1947-1948. Thousands of Hindus and Sikhs of these terrorist-infested hilly areas bought

and constructed houses in Jammu district. Many set up small business houses in Jammu after their displacement. Poonch District turned almost 95 per cent non-Hindu. Tehsils such as Manjakot and Darhal, nay half of the Rajouri district, also became 100 per cent non-Hindu. The Rajouri City, which was over 80 per cent Hindu-dominated turned almost 60 per cent non-Hindu. Many internally-displaced Hindus and Sikhs returned to their homes and hearths only after the powers-that-be took some concrete steps to eradicate the menace of terrorism and against the protagonists of Nizam-e-Mustafa with thousands of them maintaining their second houses in Jammu. Thousands of victims of terrorism continue to languish in what is called the Talwara Migrant Camp, near Reasi town. They have been crying for help since decades but have failed to move the authorities.

**Demographic Changes:** Jammu, Kathua, Samba and Udhampur districts in particular also witnessed demographic changes on a massive scale after the re-emergence of "popular rule" under Farooq Abdullah in 1996. The Kashmiri ruling elite, backed to the hilt by New Delhi, used legislative (Roshni Act of 2001) and executive (February 14, 2018 Mehbooba Mufti's written order to the revenue magistracy and police department to not evict the eneroachers from the state/forest lands) routes and other tactics to change the demography of the Hindu-majority districts in Jammu province, the entire border belt in Jammu province from Kathua to Sunderbani and the national highway, especially from Kunjwani in Jammu to Ramban in Ramban district. Not content with all this, including the construction of nearly four dozens localities in Jammu and around Jammu City for those induced by the vested interests in the political class and establishment to settle in Jammu, elements in the government and administrative apparatus also brought Rohingyas from Kolkata, Delhi and other places and settled them in and around Jammu City at highly strategic locations, including Army Camps and high hills along the national highway. According to one estimate, the authorities allowed the loot and plunder of about 18 lakh kanal state land and about four lakh kanal forest land in Jammu and settled nearly one lakh Rohingyas and Bangladeshis in and around Jammu city with many of them obtaining State Subject Certificates and Aadhar Cards, Ration Cards and Voter Cards. It would not be out of place to mention that the Rohingya intruders term Jammu's Narwal-Sunjuwan-Bathindi area as their second home and their capital in India. The Auditor General's office termed the Roshni Act/Roshni Seam the "biggest-ever land scam in J&K", which - apart from enabling certain people to grab state land, mostly in Jammu - caused a loss to the state exchequer to the tune of Rs 25,000 crore.

**Jammu a Kashmir's colony:** The story of heart-wrenching and woeful tales of Jammu begun on October 26, 1947, when Maharaja Hari Singh acceded his J&K to India hoping his decision would defeat the votaries of the pernicious two-nation theory and protect the non-Muslim minorities against exclusion by the leadership of the majority community in Kashmir. It happened because Nehru and his UK-founded Congress to which London transferred state power on August 15, 1947 transferred the state power from Jammu to Srinagar in October 1947 itself with their friend and known India and Jammu- baiter Sheikh Abdullah exercising the Veto Power or the power to do whatever he

wanted to do to create a Switzerland-type independent Kashmir.

Not just this, Nehru created a theocratic republic of J&K within the Indian Republic through Article 370 on January 26, 1950 and applied unconstitutional, illegal and discriminatory Article 35-A in J&K on May 14, 1954 with retrospect effect (read May 14, 1944) reportedly on the behest of Pakistan. Article 35-A declared all non-Kashmiris a persona-non-grata in J&K. The 1952 parleys between Nehru and Sheikh Abdullah over the state's political future; the 1975 Indira-Sheikh Accord, the 1986-87 Rajiv-Farooq Accord; the November 2002 Sonia Gandhi-Mufti Sayeed Accord; the 2009 Sonia Gandhi/Mannohan Singh-Farooq Abdullah/Omar Abdullah Accord; the March 1, 2015 BJP-Mufti Sayeed/Mehbooba Mufti Accord or the divisive PDP-BJP Agenda of Alliance and the November 21; the 2018 unsuccessful BJP-Sajjad Lone (of the separatist People's Conference) Accord under which Lone was to be installed as J&K CM, to mention only a few, were all aimed at further consolidating Kashmir's hold over Jammu province and enabling the Kashmiri leadership to subvert the state and subjugate, persecute, exploit and destroy the people of this province. All these Accords were signed over the heads of the people of Jammu province.

What were some of the grave consequences of these pernicious Articles and Accords? CM always from Kashmir and from one particular community and religious sect; gross discrimination with and marginalization of Jammu province; creation of Muslim-majority Doda district out of the Hindu-majority Udhampur district in 1948; under-representation of the people of Jammu province in the J&K Assembly and Lok Sabha; exclusion of Jammu province from the Civil Secretariat, the seat of power, as well as other vital departments such as Finance, Revenue, Home, Law and Education; the exclusion of the Jammu youth from the vital job sector (over 69 per cent unemployment rate in Jammu), technical and professional institutions and universities; meager amount for developmental activities and infrastructural development, including road connectivity, healthcare/educational/irrigation facilities; loot and plunder of the Jammu's natural resources, including water, precious minerals and green-gold; the forced resignation of two BJP Cabinet Ministers on April 13, 2018 for the reason that they demanded a CBI probe into the unfortunate Rassana episode so that the real culprits could be brought to justice and victims provided justice etc.

The story of Jammu's neglect is very long. And the most regrettable aspect of the whole situation was not just the indifferent attitude of the powers-that-be in New Delhi towards the people of Jammu province. The Jammu leadership also left no stone unturned to defeat Jammu to keep the Kashmiri leadership in good humour believing that the power flows only from (the pampered and appeased) Kashmir and that if they were to promote their own selfish interest, they had to remain on the right side of the Kashmiri leadership. All this should make Vivek Agnihotri and similar other well-meaning and genuinely secular film directors and producers to sit up and decide to make The Jammu Files so that the nation knows the whole truth about J&K; so that the blissfully ignorant nation knows what the sicularists did to and in J&K for 75 years to harm the nation and non-Muslim minorities in this highly strategic part of the country.

## Transforming J&K

### J&K witnessing golden era of sports revolution; facilities of global standards being raised, 347 mega projects completed

Giving a huge impetus to overall sports ecosystem across Jammu and Kashmir, the UT dispensation has completed 347 prestigious sports infrastructure projects out of a total of 1080 taken up under different schemes. These projects would encourage sports participation among youth who possess immense sports potential with many players from the UT representing the country in different games at national and international level. J&K, for the past few years, is witnessing implementation of a multitude of revolutionary sports development schemes giving a much needed fillip to the sector. The UT is being equally equipped with all requisite sports structure and latest technologically advanced utilities as other states of India. Recently, J&K sportspersons have brought accolades to the UT by performing outstandingly excellent in various national and international tournaments.

According to official figures, the medal tally of J&K at National level competitions in 2020-21 in 14 disciplines was 72 gold, 90 silver and 145 bronze medals. Acknowledging this sports potential of the UT, Prime Minister has sanctioned Rs 200 cr under the Prime Minister's Development Package for up-gradation of sports infrastructure and encouragement of budding talent in the field. The package, which was aimed at boosting sports infrastructure, training facilities and providing professional coaches, has brought a revolution in the sports sector of J&K.

"Indoor sports complexes have been built in every district to harness sports talent among all especially rural youth. Playfields have been identified in 3525 Panchayats to promote sporting activities at grassroots level besides ensuring floodlighting and synthetic turfing in stadia. J&K Govt has also created facilities of international standards in both Jammu and Srinagar regions," an official of Youth Services and Sports department informed. For promotion of sports at the village level, each panchayat has been provided with sports kits during the Back to Village-3 as per the requirements, he added.

With combination of world class facilities, coaches and continuous monitoring, Jammu and Kashmir has created an environment for empowerment, leadership and self esteem among the youngsters. Consistent mentoring and monitoring is being provided to the sportspersons and coaches are being provided with all resources to train

sportspersons, an official said. "World Class sporting facilities are being raised, expert coaches and performance oriented staff has been deployed in sports training centres. Over 17 lakh youth participated in different sports activities while 1.26 lakh youth received coaching, so far," informed the official J&K administration led by Lieutenant Governor, Manoj Sinha, is devoted towards development of overall sports atmosphere in the Union Territory. Special focus is being laid on providing the sportspersons of the UT with all the requisite facilities through a comprehensive sports mechanism in place. Lieutenant Governor, addressing sportspersons, officials at the first ever national archery championship at MA stadium, said that resources are being expanded to completely transform the sporting ecosystem in the UT. He asked the officials to redouble their efforts to quickly complete over 300 sports infrastructure projects being executed in all 20 districts. "This year, 221 state-of-the-art playfields will be built in all 20 districts besides constructed and up gradation of 157 sports courts. A multi-purpose indoor sports hall with world-class facilities will be constructed in almost all districts by the end of this financial year," he said. In a path-breaking move to infuse sporting culture and achieve excellence in the field, Jammu and Kashmir government is setting up a Khel Gaon' at Nagrota near Jammu. Past few months had been a golden period for J&K with players like Arif, Bavleen, Shreya, Sadia, Danish winning medals for the UT.

Pertinently, the first ever sports policy has been notified and adopted for promotion of sports in the Union Territory. Besides, monetary incentives, it envisages provision of government jobs for sportspersons who secure medals in national and international competitions. The policy document lays thrust on creating a vibrant incentivized sports ecosystem through strategic interventions for sports in the Union Territory. The basic cannons of the policy are to 'Scout', 'Engage', 'Facilitate', and 'Recognize'. The sports policy reflects the concern and keenness of current dispensation, led by LG, Manoj Sinha, towards encouraging sports at both rural and urban level while ensuring the engagement of all. The endeavour is to facilitate players of Jammu and Kashmir in getting ample sporting experience throughout the year besides extending opportunities for adequate exposure to youth outside the Union Territory.

## Transformational Budget 2022-23: DBT-major boon in providing succour to millions during COVID lockdown

Direct Benefit Transfer (DBT) is a poverty reduction measure in which government subsidies and other benefits are given directly to the poor in their bank accounts instead of cash. Similarly financial inclusion is a method of offering banking and financial services to individuals. It aims to include everybody in society by giving them basic financial services regardless of their income or savings. It focuses on providing financial solutions to the economically underprivileged. Government of Jammu & Kashmir intends to achieve 100 per cent coverage under all individual beneficiary schemes, particularly under various scholarship schemes during 2022-23. Union Territory administration is committed to achieving 100 per cent saturation in respect of all beneficiary oriented schemes, besides 100 per cent Aadhar seeding. This year more than Rs 2,017 crore has been disbursed to more than 65 lakh beneficiaries through Direct Benefit Transfer (DBT) under various social security schemes.

During COVID-19 pandemic some 2,72,465 beneficiaries have been added to extend benefits of social security over past few years. Assistance of Rs.1,000 per month for four months has been provided to more than 1.66 lakh workers. Over 70,000 destitute, Slum Dwellers, Migrant Labourers were provided with ration. Financial inclusion aims to build and maintain financial sustainability so that the less fortunate people

have accessibility to the benefits as envisaged above. Aadhaar Payment Bridge (APB) System, one of the unique payment systems, uses Aadhaar number as a central key for electronically channelizing the government benefits and subsidies in the Aadhaar Enabled Bank Accounts (AEBA) of the intended beneficiaries. With the outbreak of the COVID-19 pandemic and the imposition of lockdown and social distancing norms, DBT emerged as a boon in providing succor and relief to millions of citizens whose livelihood was impacted. As the crisis loomed large, the Public Financial Management System (PFMS) team took up the challenge during this adversity, facilitating smooth functioning of the financial machinery of the government.

The government of J&K has taken well calibrated steps to revive economy post COVID pandemic. The Economic Revival Package of Rs 1,350 crore announced in September, 2020 has been well received and so far, Rs 750 crore have been provided as 5 per cent interest subvention in case of 3.44 Lakh account holders/borrowers for 6 months. Aadhar seeding of ration cards has been achieved completely besides 99.60 per cent Aadhar seeding at beneficiary level has been registered, which is targeted for 100 per cent completion in 2022-23. Under Atma-Nirbhar Bharat Abhiyan,60736 borrowers have been benefitted under Guaranteed Emergency Credit Line -1 (GECL-1) involving Rs 1,878 crore.

Free rice was provided to 98,566 individual beneficiaries and pulses to 31,069 families. 289 borrowers have been benefitted under business support loan involving Rs 74.37 crore. Special credit facility for street vendors with an initial working capital of Rs.10,000 has been disbursed to 14,514 beneficiaries under PM-SVANidhi Scheme. Rs.5,841 crore has been disbursed to 8.27 Lakh Kisan Credit Card (Crop) account holders and Rs 637 crore to 1.26 Lakh KCC-Animal Husbandry & Fisheries (AH&F) account holders. Under Pradhan Mantri Mudra Yojana (PMMY) loan amounting to Rs.3,464 crore has been disbursed to 1,52,703 beneficiaries. While 23,434 loan cases involving Rs.407 crore for the youth identified during "Back to Village" programme have been sanctioned. 19,645 youth have been already provided loan of Rs 336.79 crore through banks for starting their own business ventures among which 6,679 women entrepreneurs are included. The introduction of principles of financial prudence, transparency and zero tolerance to corruption have revolutionized the project implementation and enhanced financial inclusion and social equity. Several important reforms have been undertaken to ensure transparency and accountability in the administration. Today a fear-free, corruption-free system of governance has been established through a paperless, faceless procedural framework for the benefit of downtrodden.