

There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning.

-Jiddu Krishnamurti

BIG ACHIEVEMENT

The security forces achieved a big feat by neutralizing four terrorists of the proscribed terror outfit Lashkar-e-Taiba (LeT) at Badgam, Zainapora area of Shopian district. This triumph of the security forces has shattered the hopes of terrorists and given a moral edge to those doing commendable job in countering the terrorism in the Valley. The deceased terrorists were active in Shopian and adjacent areas of Pulwama as they were reportedly involved in various terror crimes including attacks on outside labourers. Notably, two terrorists, including one from Pakistan were also killed in an encounter in the Kulgam district of Jammu and Kashmir a few days earlier. Such achievements are the testimony to the fact that the government and the security forces are doing commendable job in eliminating the terror-mongers and the days are not far when there will be complete peace in the region and all the terrorists and their supporters will either be neutralized or put in jails for their heinous crimes including killings of the innocents which is the biggest sin in the recorded history. The Union Territory of Jammu and Kashmir is being given special focus for it is close to the heart of Prime Minister Narendra Modi and he wanted to clear the entire mess from the region like the separatists, terror mongers and those who in the past have given long rope to aforesaid to act on their whims and fancies and as a result forced J&K into anarchy with no rules and no law and order. The elimination of terrorists has become a regular feature in Kashmir and it is likely that sooner than later those misusing the law of the land and creating unrest will be taught the lesson of life so that no one in the UT can dare to take law into his or her hands. The pace of encounters and showing doors of the next world to terror mongers have become a common thing in J&K and it is good that people's perspective has changed a lot with paradigm shift in the way people think about those who opt for taking law into their hands and take help of violence to create mayhem. The situation in J&K is totally changed in the last couple of years as hardcore terrorists are all gone and the new recruits are either being eliminated or brought back to mainstream by the security forces. The people are fed up with the violence and uncertainty and are waiting for the end of terrorism by keeping their fingers crossed. Soon the peace will return and Kashmir will blossom once again by attaining the top slot of best tourist place in the world.

AMPLE EMPLOYMENT AVENUES

At a time when the Union Territory of Jammu & Kashmir has started proceeding ahead on the path of progress and prosperity, due to relentless and constant efforts of UT administration under the guidance of the present dispensation, a number of outsiders investors, not only from various parts of the country but also from abroad, are showing acting interest in making huge investments across J&K. It is all due to numerous proactive measures initiated by the administration and bundle of lucrative offers introduced by the administration, that several efficient business houses have shown positive interest in setting-up their ventures in the newly carved Union Territory and accordingly submitted proposals for the same, majority of which have already been finalised by the administration and other formalities are being completed in this regard. Further as the Union Territory has already earmarked a number of land patches to be developed as Industrial Estates for setting-up new units by the investors, other necessary measures are being taken to ensure provision of all required facilities at the venue. Moreover, when a number of industries would start functioning in the Union Territory, it is but natural that the need of skilled and semi-skilled manpower would arise and against the same, the local unemployed youth can be adjusted thereby tackling the menace of unemployment to a great extent. In this regard, in order to ensure a connection between the youth of J&K and the industry sector, the administration has launched a dedicated portal AVSAR of Mission Youth in collaboration with Vision India. LG Manoj Sinha, while formally launching the portal recently, said that the dedicated portal- AVSAR 'connect to opportunities initiative' will ensure a real-time information flow thereby informing the aspiring candidates regarding the pre-placement activities & job opportunities available in the sector. He further claimed that with the functioning of the hi-tech portal, equipped with support of all ITIs & other technical institutions will ensure the administration to provide approximately 10,000 job avenues for J&K youth during the ongoing year. Believing on LG's assertion, one is sure that the ongoing year will bring happy news for several unemployed youth in J&K, who are still struggling a lot to get an employment for leading their life with honour and dignity.



Economics Of Love

The Upanishad observes: 'From wholeness emerges wholeness. Despite wholeness coming out of wholeness, it remains whole.' Although the wholeness comes from the whole, it does not mean that the whole, the original whole, starts losing something. It loses nothing; it still remains the whole. This is a tremendously important statement. It will be good to understand it through experience.

You love somebody. It does not mean that because you have given love it has become less. On the contrary, it may be even more. It is not ordinary economics. In the ordinary economics if you give something, of course, you will have less. If you have ten rupees with you and you give five to somebody you cannot still have ten rupees, and certainly you cannot have fifteen rupees; you will have only five rupees left. This is the ordinary economics, the economics of the outside world.

The inner world is totally different. You give love and you have still the same amount of love or maybe even more, because by giving, your love starts flowing.

Osho

276 projects approved under Smart Cities Mission to transform Jammu, Srinagar

Capital cities to have first elevated light rail transit system soon

Building cities that 'work' inclusive, healthy, resilient and sustainable requires intensive policy coordination and investment choices. National and local governments have an important role to play towards shaping the future of their development, to create opportunities for all. Jammu and Kashmir administration, keeping pace with national policies and programmes envisaging urban development, is initiating numerous measures towards accelerating growth and development of cities of UT. The Smart City Projects are aimed at transforming Jammu and Srinagar into modern, sustainable and economically vibrant cities with a dedicated focus on improving infrastructure and services, increasing mobility.

The ambitious project, on completion, would strengthen urban infrastructure, improve city services, public aesthetics, ease of living, provide a clean and sustainable environment besides enhancing administrative machinery in both the capital cities of Jammu and Srinagar. The Smart Cities Mission was launched by Prime Minister, Narendra Modi, on June 25, 2015, for development of 100 Smart Cities across the country. The Mission is an urban renewal and retrofitting program by the Government of India with the mission to develop smart cities across the country, making them citizen friendly and sustainable.

Under the Mission, an initiative aimed at driving economic growth and improving the quality of life of people, both the capital cities of Jammu and Kashmir were selected by the Union Ministry of Housing & Urban Affairs.

According to official figures, 276 magnificent projects of economic importance have been approved in twin cities to bring remarkable transformation and significantly improve the quality of life of people. These projects

include integrated Command and Control Centre, e-services, smart classrooms, smart toilets, smart meters, wifi zones, supervisory control and data acquisition (SCDA), Geographic information system (GIS) for mapping assets, Intelligent Traffic Management system (ITMS), Green spaces, vertical gardens and heritage conservation etc. J&K Government, through its continuous endeavours, is exploring all the possibilities to develop Jammu and Srinagar cities into world-class modern, sustainable and vibrant cities. "These new initiatives are in line with our mission of making cities sensitive to the needs of citizens and our vision of evolving them through the use of modern IT & other interventions, enabling seamless information access and better service delivery. We need to adopt meaningful ways and means to cater to the ever-changing needs of citizens, to acknowledge the limits of available capacities, and strive dynamically to address the same", Lieutenant Governor, Manoj Sinha said.

Variable Message Displays (VMDs) would be put to use as a relevant and instant information dissemination tool to display information regarding government programs, schemes, awareness campaigns, information on traffic congestion conditions and alternate route diversions in case of high traffic; real time display of weather, temperature, air quality, etc. VMDs would not only be a source of generating additional revenue for smart cities but the Variable Message Displays are strategically located on PAN city bases and have been integrated with ICCC platform, readable up to a distance of 150 metres. The control system is hosted on cloud to ensure 100% runtime besides surface Mounted Diode Technology for better visibility and IP67 Casing for all-weather operability.

The digital delivery of urban citizen services has been started to ease the process of availing the services of the government departments in twin cities. The services include a Building Permission System, issuance of Non Objection Certificate for commercial activities, birth and death certificates and corrections. The other services which can also be availed at the click of a button are the transfer of leasehold/freehold properties in Govt colonies, booking of parks/ community halls/ municipal premises, street vending/ Rehari License, License for milk Dairy Farm, New sewerage/ water connection besides registration of Pet Dog/Pet Clinic/ Bird Trade/ Pet Trade and road cutting permission. To attract tourist footfall and benefit students as well as the business community, free Wi-Fi service would be installed at scores of locations under the Smart City Mission in Srinagar and Jammu.

Under Smart City Mission, the vision for Jammu city is transforming Jammu into a sustainable and economically vibrant city with focus on tourism, quality of life and trade by leveraging its heritage and location. "City chowk multi-level parking, renovation of MA stadium, construction of musical fountain at Bagh e Bahu, improvement of street lighting by LED bulbs, multi-level parking at bus-stand, 100 bedded emergency block at GMC-Jammu, Jammu ropeway project are some notable projects completed under smart city mission in Jammu city, so far. The building of the Tawi riverside, an ambitious project for the city of temples, marked a turning point for JSCL. The project will improve its overall appearance and provide new opportunities for tourism and economic development in Jammu city.

For Srinagar city, under Smart City

Mission the government envisions to transform Srinagar into an eco-friendly, resilient and socio-economically vibrant city that celebrates its natural and cultural heritage creating harmony and opportunities for all. Srinagar Smart City aspires to leverage its natural and cultural heritage and tourism through innovative and inclusive solutions, enhance the quality of life for its citizens. EV charging stations, smart street lighting, multi-level parking, sports infrastructure (3 stadia and 5 schools), water transport system in Jhelum river, installation of ornamental LED lighting around Dal-lake, pedestrian walkways and footpath, riverbank development have been started under smart city mission in Srinagar. The completion of work on Tawi Riverfront development project and Jehlum Riverfront development project modeled on the lines of Sabarmati water-front will improve the aesthetics of both the cities. For effective management of transport system in the twin cities, Intelligent Transport Management System (ITMS) would be operated and connected with the Integrated Command and Control Centre (ICCC) of Jammu Smart City Limited (JSCL) and Srinagar Smart City Limited (SSCL) simultaneously. The ITMS usage would improve the mobility of people and goods, increase safety, reduce traffic congestion and manage incidents effectively. Meanwhile, first elevated light rail transit system has been approved to decongest the twin cities of Jammu and Srinagar under the Mission. The Jammu Light Rail System will have a 23 Km length with 22 stations between Bantabal and Bari Brahma while Srinagar Light Rail System will have a 25 Km length.

Attacks on locals, non-locals unfortunate

■ OKMAR DATTATRAY

It is very sad and unfortunate that the terrorists have stepped up the attacks on non-locals and local minority community to show their presence. The terrorism and terrorism which is now on the last leg is carrying attacks on the non-locals to scare them so that the non-local Indians will not enter the Jammu and Kashmir and the non-local laborers will think eleven times before entering and working in the valley. Since the terrorism which is dying and is on the oxygen and the terrorists are stepping up attacks on the non-locals and local minuscule minority Pandits and now on the Rajputs who had stayed in Kashmir when terrorism was at its peak in 2008-90 and at gun point and for security to their life and limb the Kashmiri Pandits and some other Kashmiri Hindus and some Sikhs had left the valley. The target killings of Kashmiri Pandits, Kashmiri Rajputs and non-locals is aimed at creating communal tension outside Kashmir but the people of India are wise enough to fall prey to the anti human and anti god machinations of the terrorists. The terrorists are frustrated and they are thus targeting the soft targets which the non-local laborers and Kashmiri Hindus are and are attacking them so that they are forced to leave the valley. But their leaving the valley is bound to adversely affect the labour industry of Jammu and Kashmir as it will experience the inadequacy of the labor force and even the agriculture of Kashmir will be negatively affected by attacking the non-local laborers as the contribution of the non-local laborers is very great as the agriculture of Kashmir is now totally dependent on the non-local laborers. Therefore the futile attacks on the non-local laborers should now stop in the interest of the people of Kashmir and also for the flourishing of the Kashmiriyat and communal harmony. So there is need to stop such barbaric attacks on the non-locals and local Hindus and the non-local poor and innocent laborers that are working to eke out living and are contributing to the economy of Jammu and Kashmir is not acceptable at all. These attacks on the non-locals are bound to adversely affect the tourist footfall and therefore these should not be carried. The attacks on the non-locals will have adverse impact on the tourists and they will be discouraged to visit Kashmir and it is going to affect the tourist economy of Jammu and Kashmir and as such the attacks by the enemies of humanity which the terrorists are as such against the economy of the Jammu and Kashmir besides being against the culture and tradition of Kashmiri yet and therefore such attacks have no place at all in the present day of civilized world and should not be carried.

The attacks on the locals Kashmiri Hindus and non-locals are carried to scare them so that they leave the valley and this is against the interests of the people of Jammu and Kashmir as the people will be deprived of the benefits of the tourist economy and the benefits that otherwise accrue to people because of the direct involvement of the non-local laborers to the productive works in Jammu and Kashmir. Not that the terrorists only target the non-local Hindu laborers but even Muslim laborers are also attacked and this amply shows that the terrorists have no religion and they work against the religion and humanity. Some time back a Kashmiri Pandit chemist M L Bindroo was shot dead by the terrorists who had stayed in Kashmir when his Kashmiri Pandit community had left the valley. Also another Kashmiri Pandit Dr Sandeep Mawa was shot at and injured so as to force him to leave Kashmir. Recently another Kashmiri Pandit was

shot at and injured in Chotigam village of Shopian who was running a shop there. Now dastardly killing of a Rajput namely Satish Singh during the holy month of Ramdan is very unfortunate and it has sent shock waves across Jammu and Kashmir and this and other terrorist incidents are compelling the residual Hindus in Kashmir to leave the valley for safety to their lives and they are mulling migration. There leaving the valley will complete the ethnic cleansing in Kashmir. Besides this the incidents of attacks on the non-local laborers deserves strongest condemnation by all right thinking people and the political parties of Jammu and Kashmir. Thus attacks on non-locals should stop so that all the people including the non-locals who temporarily reside in Kashmir will feel safe and secure and will continue to contribute to the production and economy of Jammu and Kashmir but for this it is necessary that an atmosphere of peace, security and normalcy is created so that all will feel secure and safe and the non-locals will work and contribute to the works and production of Jammu and Kashmir. Since the terrorists are feeling desperate and they are thus targeting the soft targets which the non-local laborers and Kashmiri Hindus are and are attacking them so that they are forced to leave the valley. But their leaving the valley is bound to adversely affect the labour industry of Jammu and Kashmir as it will experience the inadequacy of the labor force and even the agriculture of Kashmir will be negatively affected by attacking the non-local laborers as the contribution of the non-local laborers is very great as the agriculture of Kashmir is now totally dependent on the non-local laborers. Therefore the futile attacks on the non-local laborers should now stop in the interest of the people of Kashmir and also for the flourishing of the Kashmiriyat and communal harmony. So there is need to stop such barbaric attacks on the non-locals and local Hindus and the non-local poor and innocent laborers that are working to eke out living and are contributing to the economy of Jammu and Kashmir is not acceptable at all. These attacks on the non-locals are bound to adversely affect the tourist footfall and therefore these should not be carried. The attacks on the non-locals will have adverse impact on the tourists and they will be discouraged to visit Kashmir and it is going to affect the tourist economy of Jammu and Kashmir and as such the attacks by the enemies of humanity which the terrorists are as such against the economy of the Jammu and Kashmir besides being against the culture and tradition of Kashmiri yet and therefore such attacks have no place at all in the present day of civilized world and should not be carried.

Therefore the powers should act firmly and with determination and give a death knell to the terrorism and this will be possible only if the pressure is maintained on the residual terrorists so that they will not indulge in the nefarious acts of attacking the innocent laborers, which are working and contributing to the economy and agriculture of Kashmir. So it is necessary that the terrorists and terrorists on the directions of their Pakistani masters should not attack the non-local laborers and Kashmiri Hindu minority and for this the security forces should deal with the emerging situation stringently so that the terrorists will not attack the non-local laborers local minorities. It is the latest weapon in the armory of the terrorists to attack the unorganized non-local laborers and the Kashmiri Hindus and the terrorists are resorting to this heinous crime of inflicting wounds and even killing of the non-locals and local Hindus with sadistic pleasure. But this should now stop for the flourishing of the sufi culture, Kashmiriyat and Hindu -Muslim unity so that Kashmir will once again become a paradise on earth but for this all of us have to work sincerely to achieve the goal of plural and secular Jammu and Kashmir so that the people of different faiths and religions will live like brothers and sisters and Kashmir will again become a cradle of communal harmony and Hindu-Muslim unity and brotherhood. Thus there is immediate need to put a full stop to the brazen attacks on the non-local laborers and locals and create a peaceful and secure environment so that people of different faiths will live peacefully in Kashmir and the Gandhi's ray of hope will still be found as a ground reality. Therefore without wasting time the security forces should maintain pressure on the remaining terrorists so that they desist from attacking unarmed innocent local Hindus and non-locals. The attacks on non-local laborers and local Hindus targets is that the Kashmiri Pandits as now once again the Kashmiri Pandits are attacked and wounded to scare the residual Pandits who still live in Kashmir. Thus the insignificant number of Pandits and the Rajputs who have all along stayed in Kashmir during these 32 years of terrorism are now scared so that they fled the valley and the Kashmir is completely cleansed from the infidels to put it in the terminology of the terrorists. The security forces should continue to maintain pressure on the residual terrorists so that they abstain from attacking the non-locals and the local Kashmiri Pandits and Rajputs. This is the need of the hour that the desperate attacks on the non-local laborers and on the Pandits and other kashmiri Hindus should stop and those who are indulging in the attacks on the non-locals and locals should be identified and put behind bars so that the confidence and trust of the non-locals and the Kashmiri Pandits is restored in Kashmir so that the people belonging to different faiths will live peacefully in Kashmir. For this the government of the day should tighten their belts and deal the terrorists stringently so that they will not attack the non-local laborers and the local Kashmiri Hindus and the non-local Pandits and the local Pandits should now stop so that Kashmiri is ushered and Sufi culture and Hindu-Muslim unity and harmony flourish's in Kashmir and the Kashmir will become a paradise on earth which it once was and for this all of us should play our role and work sincerely to achieve the goal of making Kashmir once again a paradise on earth. It is the common experience and knowledge that when a candle is about to extinguish, it turns bright and bright and the same is true with the terrorism as it being on the last leg is trying to show its presence by attacking the soft targets. Anyway the security forces should keep and maintain pressure on the terrorists so that they will not dare to carry attacks on non-locals and locals and peace will again prevail in Kashmir.

(The author is a Columnist and Social Activist.)

Paashanbhed: A rhizomatic herb

■ DR VIKAS SHARMA & ABEEDA MUSHTAQ

Bergenia ciliata, known as Paashanbhed (Paashan- rockstone, Bhera-piercing) in Hindi and rock-foil in English which itself indicates that the Bergenia plants grow between rocks and appears to break them which bestows them with lithotriptic (causing destruction of bladder stones) property. The rhizome comes out from the cervices of rocks and hangs in the air in sloppy areas. Rhizome is most frequently used part (43 per cent) and various Ayurvedic classical drugs such as Pashanabhedadi kwath, Pashanabhedadi ghrit, Pashanabhedadi Churan etc. are prepared from Paashanbhed rhizome. Bergenia ciliata, locally known as Patherphand, Pahand or Paashanbhed belonging to family Saxifragaceae is endemic to Northern and Eastern Temperate Himalayan region, Jammu & Kashmir, Uttarakhand and North Eastern Hilly States. It is also found in adjoining countries like Nepal, Pakistan, Afghanistan up to Tibet and China at higher altitudes. It is a rhizomatic herb with fleshy leaves, growing up to 30 cm tall. Plant is quite hardy and able to survive frost during winter turning reddish in colour. It is evergreen and flowers in April to June. Its flowers are white-pink and purple in colour and stem is short. The traditional Hakims utilize different parts of plant as a remedy for different ailments. Each and every part of Bergenia ciliata like rhizome, root, stem, leaves, latex, flower and as whole plant, has been used for treatment of different diseases. However rhizome is most frequently used part (43 per cent) followed by root (27 per cent), leaves (19 per cent), whole plant (5 per cent), stem, latex and flower (2 per cent). Modes of utilization or preparations are decoction, juice, paste, powder, tea and extract. Most commonly used preparation is powder due to the hard nature of rhizome and roots. The root powder is given along with desi ghee in diabetes and skin diseases. The same is used for reducing blood cholesterol. The rhizome of the plant mixed in milk and sugar is used in colon cancer and muscular pains daily before breakfast. Powdered rhizome mixed with honey is given to the children when teething. A powdered rhizome is mixed with wheat flour and sugar is added and cooked in 'Desi Ghee.' This 'Halwa' is eaten as tonic. Rhizome is used orally, simply chewed if fresh, for curing diarrhea and during vomiting. Rhizome is used as general body tonic, stomachache and duodenal ulcers. Plant rhizome and bark is used for fever, diarrhea, cough, cold, asthma, wounds, dysentery, urinary troubles and earaches. Rhizome is used as anti-diabetic and expectorant and also used to treat abdominal problems. Various Ayurvedic classical drugs such as Pashanabhedadi Kwath, Pashanabhedadi Ghrit, Pashanabhedadi Churan etc. are prepared from Paashanbhed rhizome. Plant and plant products are used among different parts of north-east region and their livelihood is traditionally dependent on these resources. These plants are in demand in market for commercial purpose. The root paste is applied on skin as sunscreen and to treat skin diseases. The species is used for culinary purposes and used as vegetable in India and Pakistan. Tea prepared from dry leaves is drunk in India. Pickle of this plant is prepared in the kitchens of India and Nepal. The drug is used as litholytic agent for urinary calculi. It is widely used in the treatment of dysuria, cystitis, crystalluria, renal failure, vertigo and headache. The rhizomes and roots of the plant act as astringent, tonic and have anti-inflammatory effect and are applied as poultice for stiff joints, boils, abscesses and skin infections. The root powder is considered to be a mild diuretic, but in higher doses, it exhibited anti-diuretic action. Leaf juice is used for diarrhea and asthma/breathing problems and seed paste is used for urinary problems, ophthalmia and boils. Latex is applied externally for gum diseases and decoction of rhizome is used in kidney stones. Leaves are used for discharge of pus in animals and relief for muscular pain. The plant, in general, is also used as antiseptic, aphrodisiac, carminative, diuretic, hair tonic, laxative, tonic and also used to treat arthritis, asthma, astringent, backache, bladder stone, body ache, boils, burns, cold, cough, cuts, diabetes, digestive disorder, earache, eye pain, fracture, gall stone, indigestion, inflammation, intestine disease, liver disorder, muscular pain, ophthalmia, oral inflammation, parasites, piles, pulmonary infection, renal infections, rheumatism, roundworm infestation, septic pimples developed on the head of new born baby, stomachache, swollen joints, tonsils, toothache, ulcers, and vomiting.

(The authors are from Division of Biochemistry, SKUAST-J.)

Transforming J&K

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Building cities that 'work' inclusive, healthy, resilient and sustainable requires intensive policy coordination and investment choices. National and local governments have an important role to play towards shaping the future of their development, to create opportunities for all. Jammu and Kashmir administration, keeping pace with national policies and programmes envisaging urban development, is initiating numerous measures towards accelerating growth and development of cities of UT. The Smart City Projects are aimed at transforming Jammu and Srinagar into modern, sustainable and economically vibrant cities with a dedicated focus on improving infrastructure and services, increasing mobility.

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