

My religion is based on truth & non-violence. Truth is my God. Non-violence is the means of realising him.


-Mahatma Gandhi

ENSURE PUBLIC SAFETY

With the current spell of deaths in Kashmir Valley after terrorists targeting civilians of all shades and hues, it seems that no one is presently safe in the UT of J&K. The statement coming from the LG Manoj Sinha that those behind the killing of Sarpanch will be punished is a routine remark as another political worker has fallen prey to the fresh spell of violence unleashed by the terrorists in the Valley. It is pertinent to mention that terror mongers have shot dead a Sarpanch at Goush-Bugh village of Pattan in North Kashmir's Baramulla district. There is not an iota of doubt that presently the government and the security forces are under immense pressure because despite extraordinary efforts the killing spree in Valley is going on unabated and the killing of the aforesaid Sarpanch when the top security brass of the country was in Srinagar reviewing the security scenario for the upcoming Shri Amarnathji Yatra is a serious issue as it is indicating that terror mongers are currently ruling the roost and they have no fear of anyone in the security agencies. The time has come for the government to frame a policy of do or die because such situation cannot be allowed to exist endlessly where terrorists can attack common people on their free will. The statement by the Central Minister Kiren Rijiju in this regard that security forces will take care of minority killings in the Valley also seems to be little indifferent as security forces have no role in policy making and the current scenario in the Valley can be resolved only by change in current policy or by taking some out of the box steps which the men in Khaki or greens cannot take. Taking such targeted killings lightly is not at all good as every minister and official sitting at a responsible position should contribute in cleaning the mess from the Valley as people are being killed and shifting responsibility is in no way a good idea. There is no doubt that the security forces are valiant and matchless in the whole world but guiding them is the responsibility of the government especially when the situation is so difficult that terrorists have gone berserk and indulging in killings unabatedly. Devising a policy to ensure public safety is the duty of those sitting at the helm of affairs and they should come up with a failsafe plan as soon as possible.

STOP FOURTH WAVE

The prediction by the researchers group hailing from IIT Kanpur that fourth wave of the coronavirus pandemic will hit India in June seems to be coming true as many cities are witnessing surge in fresh COVID-19 cases. The detection of virus was subsided earlier but somehow following the trends of other countries like China, Hong Kong, etc the cases are once again on rise in Delhi, NCR and western state of Maharashtra owing to some new variants including XE and BA.2. It has been observed that the people are behaving in a manner as if the merciless coronavirus has been eliminated but this is not the case as the lethal virus is very much here posing a great risk to people especially those having co-morbidities. Under such grave situation it is must that people should by themselves take precautions and make use of face masks and maintain social distancing as these are the most effective ways to ward off the virus which wreaked havoc in the entire world during its first, second and third waves. Another important aspect is going for booster dose of the vaccination because people are not showing inclination towards this aspect but in actual and as per medical experts these doses are significant to remain safe from this virus which is believed to be spread across the world from China's Wuhan city. It is a collective responsibility of one and all to stop the new mutants from spreading further as reportedly these are having the high degree of transmissibility. Looking into the severity, the Delhi government is in process of making new guidelines to deal with any kind of exigency but still the situation in J&K is under control therefore it is advisable that people should do everything to stop the fourth wave from becoming a reality. Of course, adherence to COVID-19 vaccinations and recognition of early symptoms and quarantine can help in containing the spread and severity of COVID-19 infection therefore people should follow the doctrine in letter and spirit and be safe and also let others to keep healthy especially those having diabetes, cancer, high blood pressure, heart diseases, etc though the COVID's XE variant has gained prominence in the last few weeks the details for the new variant are yet to be known and therefore it is advisable to tread on the policy of prevention is better than the cure.



OFF 'D' CUFF

River Of Knowing

I have found myself struck, again and again, by Indians' ability to walk toward death so freely, even eagerly.

In the west, we tend to see illness and death as a failure. We even see ageing as a failure.

This collective aversion to the inevitable is largely due to the separate boxes we've stuffed life and death into. Funerals are either closed casket or the deceased is dressed up and beautified so completely that they look like they're going to the prom rather than into a grave. We have clear-cut boundaries between places of grieving and places of celebration, times of grieving and times of rejoicing, times and places where we whisper or wail about death, while the rest of the time we pretend it's only one of several options.

In India, cremations take place at cremation ghats, or riverbanks, and the fires and smoke are seen by all around. Death is woven seamlessly into the fabric of life.

Grief, in the west, from my experience, tends to be either that which we push away through alcohol, drugs, food, sex and Facebook. Or it seems to be a bottomless pit of darkness in which we continue to suffer nearly interminably.

Sadhvi Bhagawati Saraswati

Time the 4th dimension of space-Know it well

■ ER P L KHUSHU



Time, the 4th dimension of space has a monumental role, in fact the main role to play in the life of a person after his or her birth. Einstein's theory of relativity, which propagates about the time as the 4th dimension, has made a revolutionary change to the material world one lives in. According to this theory, one needs to describe where one is in three-dimensional space, which is length, breadth and height, viz a viz the time, which is the fourth dimension of space of existence. Normally we live ignorantly in the material world in a classic form of three dimensions which is length, breadth and the height. This domain of just three dimensions drags us to make every possible attempt to acquire more materially, both in weight and volume which can be called as riches, forgetting the sufferance part attached to it. This sufferance is related to losing of one's such acquired riches, by any or most of the means of agonies a person faces during his or her tenure of life span. The role of various agonies and miseries of life are time bound, proportionate to one's past 'Karmas' (deeds). This sufferance or enjoyments along with one's riches in life is one's destiny as per simple 'Karmic' principles commonly known to a common person. The term Destiny means 'Different Events' in life which are inevitable and unalterable in one's life. So, it is about the different events of life as applied to human beings which are considered to be inevitable. As per Hindu Philosophy destiny is central to one's karma, which defines or dictates the actions performed in the past, and become the cause of one's destiny to be followed to one's karmas. The concept of karma considers that the actions of a person in past shapes the destiny of that person for future. The present state of position of a person is akin to his past deeds and whatever deeds he or she performs now will decide his future destiny. Since the past and future gets involved while defining destiny, it is thus related to the 'Wheel of Time', the 'Kaal'. So very well said 'Kaal Hi Bhgawan Hai', (Time is the God). This fourth dimension of space the time is the deciding factor for one's riches, very good life or sufferance's thereof. Law of Karma is the foundation of all the Indian thought. The consequential result of every act has to be experienced by every such doer. The teachings on karma can influence the moral choices we make in life, knowing that whatever short-term benefits we might gain from doing something morally wrong we will inevitably have to pay the consequences. That will portray the destiny under such circumstances. Karma is as such relevant to time the fourth dimension of space, apart from other basic three dimensions of length, breadth and height, which are the other three fundamental dimensions of existence.

To fully appreciate the Buddha's teaching on karma, it has to be linked to the teaching on rebirth. Rebirth has relevance to time the fourth dimension of space. The consequences of our actions can be fairly immediate but often they are not. They can occur in this life or future lives, maturing when the right conditions are in place. So, the destiny and the wheel of time are dependent on each other. Thus 'time' is a very important factor in drafting one's 'destiny'. It means that the utilization of time by a person, for the creation of one's destiny favorable to him/her, has to be done cautiously for achieving better results of 'karma', which will entail a better destiny. Instinct of 'time' is very much crucial for performing one's karmas, but let it be utilized properly and consciously. To do so a person has to be 'God Conscious'. God consciousness is dharma. Dharma is nothing but righteousness. It brings shining lights of divinity to a person, which leads one to liberation and freedom from the cycles of births.

The message of 'Gita' is clear in this behalf, which says that, 'Salvation is the birth right of every being, if he devotes himself to HIM'. It refers to the Force of Almighty, the Shakti, which creates omniscient feeling the 'Chit', and the eternal Joy 'Ananda'. The three pillars are required for attaining 'God Consciousness' or the righteous path.

'Gita' while defining the supremacy of worshipping 'HIM' says that the difference between the worship of the Lord as a Form (Sakar) and as a Formless (Nirakar), should be understood to get freedom from the shackles of births and rebirths, which are the products of the time the fourth dimension of the space. It is imperishable knowledge and must be practiced. Those who have no faith in God have to go through the whirl of births and rebirths. Such people have no regard for time, which in ignorance makes them to suffer and pass through the shackles of time for their birth and rebirth.

As per various philosophers, Albert Einstein once said, 'Anyone who becomes seri-

ously involved in the pursuit of science becomes convinced that there is a spiritual manifest in the laws of the universe-a spirit vastly superior to man.' This spirit is consciousness and omniscient. The universe is alive and we, the humans on this earth, are part of it. All the planets in our solar system, including Star Sun is a part of Milky Way Galaxy, where Sun appears as a tiny dot. The universe contains unknown numbers of such Galaxies containing many stars like the Sun and its own unique planetary systems that makes our universe so large and fathomless. We do not exactly know how large it is, and perhaps we will never know. Some believe it is infinite. We are just beginning to understand our own solar system with space exploration. Space and the objects in it are related to time as the objects like the planets in the cosmic space when they have a distinct time bound movement and location. While space sustains us with our life, it has a mystic link to our sustenance with the dimension of time. It gets further elaborated upon our birth, as to when we are born and when do we leave this body. So, this notion of 'when' is the prime factor defining the component of time in our co-existence with space. The cosmic forces which maintain or sustain our lives do not reveal the behavior of time with us in ordinary and normal circumstances of our life and its living. Once becoming seriously conscious about the role of time in our living and its off shoots, it may take us to ask ourselves as to 'Who am I', 'Why am I'. Where did I come from', Where do I go from here'. What is the role of time with 'I'. Once getting pondered on such issues it leads one to the planes of higher consciousness. Thus, it resolves around the dimension of time in the space which becomes the deciding factor for attaining higher consciousness.

Shrimad Bhagvat Gita mentions, 'Thinking about an object constantly, gives rise to an attachment for the object. Such an attachment makes a way for a desire or a passion for such an object. If such a desire or passion gets thwarted it results in anger. Anger makes a person to lose the sense of discrimination between the right and the wrong and becomes a cause of confusion in a person. Such a situation leads to the loss of mental, intellectual and emotional balance which ultimately leads to the ruination of a person'. So, the 'Mind' is the 'Sage' or the 'Culprit', for generating a good karma or a bad karma for a person, depending upon how one makes himself/herself to handle one's mind and its other faculties to work. It is again relevant to the time the fourth dimension of space, which makes

us to behave well or otherwise. The mind needs a proper tutoring to regulate a person for doing good actions and thus attain good karmas for future births. Always ask the mind to respond with 'Never Mind'. Once there is a policy of never mind to evil provocations, then there will be no bad response too. This bad response constitutes all types of responses like bad desires, jealousy, contempt, revenges, lust, etc, which the mind gets executed through the medium of our 'Indris' which have a physical form. This mind within can be controlled, if one wishes through the medium of 'Bhudhi', (wisdom) and one can avert or refuse to fall a prey to evil actions or effects of the 'Time' (Kaal), to attain a better tomorrow which includes better further births as well. As per 'Gita', Prakriti (the primordial matter), when imbued with consciousness by the Lord, creates the world, which is enveloped by the three layers of 'Maya'. These are the Sattwa, the Rajas and the Tamas. One he who transcends this three-layered Maya, reaches the transcendental state which is liberation. This Maya is the other image of this time which is the fourth dimension of space, the base of our creation. This Maya can be ignored by asking this fourth dimension of space not to ask or pray for it. So, surrendering to the Lord with devotion to dharma is the key for getting a destiny of one's own choice, which has no links with the material world, thus conquering the wheel of time, the fourth dimension of space as well.

One can avert to a great extent the results of one's evil actions of a past birth, during the present birth or the subsequent births by performing good actions free from all evil parameters and thus get a reprieve from the punishments of his evil deeds of his past births. This can only be done with the help of this fourth dimension of space, the time, by asking it to act only as per the dictums of 'Budhi' and not the 'Mind' which is always relentless and in a state of wandering. This 'wandering' from birth to birth within various realms of births and rebirths, is known as 'Samsara'. The ultimate goal is to escape from this cycle of birth and death to 'Nirvana', a state of ultimate bliss, rather than a heavenly realm which offers no lasting satisfaction. Only this fourth dimension of space the time can help one to achieve a freedom from births and rebirths a stage of cosmic rejoicing.

(The author is a retired Chartered Civil Engineer and a displaced Kashmiri Pandit, who loves his motherland the union territory of Jammu & Kashmir).

Transforming J&K Oxygen production capacity enhanced from 14,916 to 90,300 lpm in J&K post COVID-19 Health Deptt adds 87 oxygen plants in 2 years to handle impending challenges

Jammu and Kashmir government's prompt response and multi pronged strategies towards tackling the global pandemic, COVID-19, has not been only able to flatten the epidemic curve swiftly but strengthened emergency health services manifold to meet impending health challenges more proficiently.

Although, a stupendous task, but the UT administration with the dint of its professional manpower and strategic planning achieved this success by developing clear guidelines for the public, conducting comprehensive testing, contact tracing and supporting people in quarantine to make compliance easier.

With intervention of Lieutenant Governor's administration and a good support from Government of India, the JK dispensation had been able to enhance its oxygen production capacity from 14916 lpm in August, 2020 to 90300 lpm capacity at present. The UT had 24 oxygen plants in August, 2020 and 87 plants more plants had been added since then. As COVID cases started surging, J&K like other states found itself struggling to contain the pandemic in all its forms. As the second wave struck, the demand for medical oxygen soared and tragic scenes unfolded with people struggling to access the life saving commodity. The sudden spurt in demand was compounded by the concentration of oxygen production in far eastern areas of the country. The number of cryogenic tankers needed to transport Liquid Medical Oxygen (LMO) was too few to cope with the sudden spike in demand from other places to J&K.

The government responded in several ways: additional tankers were brought from outside, supply of oxygen was geo-mapped and an online system was established to track the real time movement of the commodity. Besides, establishment of Pressure Swing Adsorption (PSA) plants expedited and the procurement and distribution of oxygen concentrators was also stepped up.

Speaking on India's tryst with COVID-19 crisis, Prime Minister acknowledged it as the crisis of the century. Applauding the vigour and enthusiasm with which India faced the crisis, he said, "Through the efforts of all, from just one lab at the beginning of the pandemic we have now had 3000 testing labs in the country. The Government worked round the clock to boost production and supply of essentials such as N95 masks, PPE kits, ventilators. The movement to become Aatmanirbhar ensured self-sufficiency in all our capacities." He also mentioned the critical role played by Made-in-India ventilators and the Largest Vaccine Drive undertaken worldwide to combat COVID-19.

In his words, the management of production and transportation of oxygen in the time of crisis on a war footing set an example in itself.

"All districts now have at least one PSA plant made available to them, and the Centre, along with the States, has commissioned 4,000 new oxygen plants. One lakh concentrators were also installed with a focus on geographically distant areas," he said.

Jammu and Kashmir government also received a consignment of 9 Medical Oxygen Generation Plants. The state-of-the-art Pressure Swing Adsorption (PSA) Oxygen Generation plants, manufactured in Europe, were airlifted from Frankfurt, Germany by Indian Air Force C-17 cargo plane on 5th June and delivered at Srinagar Airport today morning. Five of these new plants with a generation capacity of 4000 LPM were installed in the hospitals of Kashmir and the remaining 4 with a generation capacity of 4400 LPM were installed in Jammu hospitals. The earlier consignment of 7 plants was also brought in by the Indian Air Force plane. Lieutenant Governor, Manoj Sinha, expressed his gratitude to the Prime Minister, Narendra Modi saying that it was only because of his personal intervention that has made it possible for J&K to receive 16 Oxygen Plants from Europe in such a short span of time. "Our goal is to augment the medical supply across the UT with a vision to tackle any future health emergencies. Medical infrastructure capacities shall be upgraded across the board", the LG observed.

According to official figures, Jammu and Kashmir has been the leader in COVID vaccination with administration of both the doses to 100 per cent population of above 18 years. Similarly, the population of the age group of 15-18 years of age was covered 100 per cent with the first dose. The Centre had announced a financial assistance scheme for children who have lost their parents to Coronavirus. These children get a monthly stipend once they turn 18 from a corpus of Rs 10 lakh in order to meet personal and higher education expenses under the "PM-CARES for Children" scheme. Once they turn 23 years old, the government will give them entire Rs 10 lakh. J&K government had also announced a special pension for life for senior citizens who have lost the only earning member of their family and a special scholarship for children who have lost their parents. According to an official, 418 pension cases and 414 scholarship cases were also sanctioned for the families and children who lost their parents in J&K. Under the Special assistance Scheme for COVID Mortalities (SASCM Scheme), a monthly pension of Rs 1000 is being provided through DBT to surviving spouse and eldest dependent member. The scholarship of Rs 20,000 per annum to school going students and Rs 40,000 to college students is also being provided through DBT.

World Heritage Day

■ MAHADEEP SINGH JAMWAL

'18 April' is celebrated as 'World Heritage Day' (International Day for Monument and Sites - another name for this day). The 'International Council on Monuments and Sites (ICOMOS)' in 1982 announced 18th of April as 'World Heritage Day' to strengthen and protect global heritage. This was approved by the General Assembly of UNESCO in 1983 and from then on, April 18th every year is celebrated as 'World Heritage Day' in spreading awareness of the rich culture and diversity of human heritage. Cultural heritage and diversity are prized ornaments of humanity. We as humans need to respect the diversity in our cultural offerings and preserve them for future generations to come. The heritage is not just a living wonder but speaks volumes of history and fascinating ancient lives. 'A change of climate which is attributed directly or indirectly to human activity that alters the composition of the global atmosphere and which is in addition to natural climate variability observed over comparable time periods' - (United Nations Framework Convention on Climate Change). The scientific community has warned that if greenhouse gas emissions keep increasing, the planet will reach a point of no return. Global warming will become catastrophic and irreversible. This prompted ICOMOS, in 2020, in declaring the 'Cultural Heritage and the Climate Emergency', recognizing the potential of cultural heritage to enable inclusive, transformative and just climate action through the safeguarding of all types of cultural heritage from adverse climate impacts, the implementation of risk-informed disaster responses, delivering climate resilient sustainable development. The scale of the climate change challenge can feel overwhelming, but our heritage is part of the solution, and will inspire practical solutions for a more sustainable way of life, today and tomorrow. Climate change is one of the most challenging issues of our time, with potential negative consequences for both people and heritage. It is both an immediate challenge and a long-term one. With this background the theme of 'World Heritage Day' for 2022 is 'Heritage and Climate'. Previously we have celebrated this day on some very sensitive themes such as: 'Heritage of Sports' in 2016, 'Cultural heritage and sustainable tourism' for the year 2017, 'Heritage for Generations' was the theme for the year 2018, 'Rural Landscapes' was the vibrant theme for 2019, the theme for World Heritage Day 2020 was 'Shared cultures, shared heritage and shared responsibility and for 2021 theme was 'Complex Past: Diverse Futures.' A nation that has no heritage is like an orphan who has nothing to feed upon. Heritage is the reflection of the identity of a people and the nation. One identifies himself or herself with one's heritage, which gives a sense of pride. We don't stumble upon our heritage. It's there, just

waiting to be explored and shared. When we speak of heritage these are features belonging to the culture of a particular society, such as traditions, languages, or buildings, which come from the past and are still important. It is the full range of our inherited traditions, monuments, objects, and culture that can easily be referred to practices or characteristics that are passed down through the years, from one generation to the next and are often used to discuss a cultural aspect or tradition. In history, heritage refers to events or processes that have a special meaning in memories. Heritage is not an isolated reference but a commingling of many aspects such as: Natural heritage has been provided by nature in the forms of river, forest and so on. It also includes some special places which are natural. National heritage site, a site having a value that has been registered by a governmental agency as being of national importance to the history of that nation, historic sites, where political, military, cultural, or social history have been preserved due to their historical importance. Cultural heritage is a mirror of our national unity, physical artifacts and intangible attributes of a group or society and so on. India is a land of great variety and many influences have worked to produce modern India.

When we traverse the pages of heritage of India, one of the world's oldest civilizations, we find Indian heritage lie in the treasure of its art, architecture, classical dance, music, flora and fauna, and even traditional foods. Socio-culturally India has been one of the most complex countries. It has an indigenous cultural heritage from time immemorial. In a nutshell Indian heritage is an innate secular philosophy of its people and a visit to these heritage sites is like a walk through history, that has come down from ancient times and is being kept alive generation after generation. India is a vast country and has a large number of archaeological monuments, remains, sites and antiquities. Nelson Mandela declared in 1996 that a global celebration to spread awareness of India's rich and varied culture needs to be recognized. Awareness about this heritage will help serve it for posterity. To preserve it we always burden and look towards our Governments and forget that for protection and preservation of our national heritage, individuals as well as the family and community has an important role to play. They can help by identifying hitherto town or cities monuments, sites and antiquities, take up the work of listing and documenting these and maintain vigil so that the monuments are not disfigured or destroyed and the antiquities are not removed or stolen from their location. Culture and heritage are vitally important aspects of our lives and resources influencing how our communities and societies adapt to climate change. We have to wake up to the fierce urgency of 'Heritage and Climate emergency' to consolidate on this issue.