

PILGRIMAGE BY TRAIN

The Indian Railways is all set to launch Puri - Gangasagar Divya Kashi Yatra from Pune on April 28, 2023 under 'Dekho Apna Desh' and 'Ek Bharat Shreshthha Bharat' Scheme. The 9 Nights / 10 Days tour to cover the important religious destinations of Puri, Kolkata, Gaya, Varanasi and Prayagraj. The visitors will also have the opportunity to visit various important religious destinations like Jangannath Temple, Konark Temple, Lingraj Temple, Kali Bari, Vishnu Pad Temple, Kashi Vishwanath Temple etc. IRCTC is offering this all-inclusive tour which will encompass comfortable rail journey in the exclusive LHB rake of Bharat Gaurav Train, complete on-board and off-board meals, road transfers, sightseeing and accommodation arrangements etc With a composition of 7 Sleeper Class Coaches, 3 AC-3 Tier and 1 AC- 2 Tier coach, IRCTC is offering the tour package across 3 categories for 750 passengers. With the aim of promoting the noble tourism concepts of Dekho Apna Desh and Ek Bharat Shreshthha Bharat as envisioned by Government of India, Ministry of Railways has been operating Bharat Gaurav Tourist Trains from different parts of the country to showcase India as a destination in the international as well as domestic arena. These theme-based trains have been conceptualized to showcase the rich cultural and religious heritage of Bharat to the domestic tourists as well as to the international tourists. Indian Railways is all prepared to launch the Puri - Gangasagar Divya Kashi Yatra from Pune for the pilgrims of Sanatan Dharma ex Pune which is fully booked to capacity. The 9 Nights / 10 Days tour being offered to the tourists will cover the important religious destinations of Puri, Kolkata, Gaya, Varanasi and Prayagraj in which the visitors will get to see the most famous temples and other pilgrimage places such as Jangannath Puri Temple, Konark Temple, Lingraj Temple at Puri, Kali Bari at Kolkata and Ganga Sagar, Vishnu Pad Temple and Bodh Gaya at Gaya, Kashi Vishwanath Temple and Ganga Ghaat at Varanasi and Triveni Sangam at Prayagraj. IRCTC, the professional tourism and hospitality arm of Indian Railways, is offering this all-inclusive tour which will encompass comfortable rail journey in the exclusive LHB rake of Bharat Gaurav Train, complete on-board and off-board meals, road transfers and sightseeing in quality buses, accommodation arrangement as per itinerary, service of tour escorts, travel insurance, on-board security and housekeeping besides various on-board entertainment activities planned for the tourists.

With a composition of 7 Sleeper Class Coaches, 3 AC-3 Tier and 1 AC- 2 Tier coach, the tour package is being offered across 3 categories namely: Economy, Comfort and Deluxe and is offering bookings for 750 passengers with majority in the economy segment standard category. The tour price is attractive for the tourists for maximizing the occupancy of the train. Railways is all set to welcome the followers of Sanatan Dharma to travel on the beautiful spiritual journey and rediscover oneself on the path of righteousness and piounssness.

AI: Opportunities and Challenges

■ M NAYYAR AZAM

Due to its potential to revolutionize various aspects of society, the discipline of computer science known as artificial intelligence (AI) has been drawing a lot of interest in recent times. The development of computer programs that can carry out operations like speech recognition, decision-making, and natural language processing-tasks that typically require human intelligence-is at the core of artificial intelligence (AI). The quick development of AI technology has created new opportunities for organizations, governments, and people, but it has also generated significant ethical and societal concerns. Automation of challenging and repetitive jobs frees up human workers to concentrate on more creative and complicated work, which is one of the main advantages of AI. For instance, chatbots using AI can answer simple customer care questions, while machine learning algorithms can analyse an enormous amount of data to find trends and forecast future events. Businesses and organizations may experience cost savings as a result of enhanced productivity and efficiency.

By enabling quicker and more precise diagnostics, individualised treatment regimens, and predictive analytics for disease prevention, AI has the potential to enhance healthcare as well. While AI-powered robots in manufacturing can do risky or difficult operations more effectively and with higher precision, self-driving automobiles driven by the technology will enhance safety and decrease traffic congestion in the transportation sector. However, as AI advances, there are also worries about job loss and the moral implications of AI-driven decision-making. Nevertheless, as AI technologies develop, they also pose new problems that must be solved if they are to be put to use for the benefit of mankind. The possibility of job displacement by AI is one of the significant challenges it poses. Automation and AI will progressively take over tasks that were previously completed by humans as they develop. Some occupations, like those in manufacturing, transportation, and customer service, have already seen some automation as a result of this trend. Jobs can get affected and the economy may be disrupted as a result of this displacement, especially in sectors with a large workforce. As a result, it is crucial to develop tactics that lessen the effect of AI on the labour market, such as investing in retraining programs and developing new, difficult-to-automate, jobs. The potential for bias and discrimination in AI is yet another challenge. Because AI systems can only be as objective as the data they are trained on, biased training data will result in biased AI systems. This discrimination may result in a bias towards specific racial or ethnic groups, including women and people of colour. For instance, it has been discovered that facial recognition software has a greater error rate for individuals of colour, raising questions about racial bias. As a result, it is crucial to make sure AI systems are created, trained, and monitored frequently for bias in their outputs. Additionally, security and privacy are placed at risk by AI.

AI systems frequently rely on gathering and analysing a lot of personal data, like biometric information and online activity. This information may be exposed to security lapses and online attacks, which could result in privacy violations and identity theft. Therefore, it is essential to develop strict data protection laws and cybersecurity controls that guarantee the secure collection, processing, and storage of personal data. Finally, AI raises ethical concerns, notably in relation to its application in autonomous weapon systems and military applications. A variety of ethical problems, including those of accountability, responsibility, and transparency, may arise from the development and use of AI in military settings. Additionally, there is a chance that AI-powered weapons could malfunction or be compromised, causing harm that wasn't intended. Therefore, it is essential to establish international standards and laws that control the creation and application of AI in military settings. Industry, government, and the general public must collaborate to make sure AI is utilised responsibly and for the good of society as a whole. This involves working together to create ethical standards, encouraging accountability and openness in AI decision-making, and spending money on education and training to get the workforce ready for an AI-driven future. In conclusion, artificial intelligence (AI) has the potential to revolutionize a number of societal facets, but its research and application must be done carefully and with careful consideration of its ethical and societal ramifications. We can use AI to boost productivity, efficiency, and results while making sure that it benefits every member of society by addressing concerns about job displacement, bias, and ethical decision-making.

■ SHIV KUMAR PADHA

Before attaining adulthood, a child passes through many stages like baby hood, early child hood and adolescence. Early child hood begins at the age of two, when a child may be referred to as a toddler: Child hood continues until it attains adolescence which generally coincides with the teen years. The entire journey from the early child hood up to the adolescence is the crucial and formative stage which is responsible for the physical, mental, societal and intellectual development. The adolescence generally coincides with the teen years and hence it is considered as period of transition with the adult hood. It is universally acknowledged that the little care and attention of the society towards the growth and nourishment of the child can help making the youth strong, sturdy, intelligent, and valuable assets of the nation. All human beings from the day their mothers conceive are guaranteed the universal/ divine rights, societal rights and those rights enshrined in the constitution of the countries to monitor and act against the violation of those rights. The divine laws advocate about the proper care and nourishment of the fetus developing in the womb of the mother. In order to help developing the unborn soul into an healthy human entity the mothers are served with the rich nutritional food and congenial environment for its healthy growth helping it develop good moral attitude so that it can prove as an ideal personality and an assets for the

country and the society after the birth. If we go through our epics we find how Kyadoo, Mata Sita, Shakuntla, and Utra could give birth to noble, courageous and pious souls like Paharlad, Luv and Kush, Bharat and Abhimanyu. The reason behind birth of these noble souls by their mothers was the result of their interaction with the spiritual and congenial atmosphere of the Ashrams of saints and seers like Narda Muni (where Parhalad learnt about Bhagwat- Dharma with in the womb of his mother), Balmiki, Rishi Kanva (step father of Shakuntla mother of Bharat) and the company of exalted personage of five Pandvas. The rights of an unborn child include proper care and nutrition from the parents as soon as it is fertilized. Section 20 of the Hindu succession Act (15) governs the rights of the fetus. It gives the born child and the baby in the womb of the mother equal rights on the inherent property, Section 312(6) to 316(7) of the Indian penal code has given extreme priority to the unborn child. In India the children are treated as the most precious assets for the future. The earlier laws of the country were quite a strict in relation to abortion. After the scientific development took place in the technology new machines came into existence with a sole intention of medical advancement in the field of pregnancy. But it was used for the determination of the sex of the unborn child which results in the selective abortion. Doctors, who are considered as the saviors, are seen included in illegal practices of determining pre-

Natal and pre - conception diagnosis and feticide. Act 1994 not only considers as criminal act of selective abortion but also regulates the conduct of the doctors. The 1924 Geneva Declaration of the rights of the child unanimously decided to protect the rights of the unborn child. After World war 2nd two new points were incorporated. Firstly the rights of the children shall be protected irrespective of cast color and sex. An unborn child should be given proper care and nutrition in order to ensure complete physical and mental development. The first draft of the international covenant 1947 provides that the Human rights shall be protected from the moment of conception. It was also mentioned in the act to abolish the death sentence to the pregnant woman so as to protect the right of life of an unborn child. Family is considered as the cradle of society and the society as the environment for the child. It is the family and the society which shapes the personality of the child. If the rights of the child are strictly watched, protected and adhered to, there is no possibility of begging on the name of the skeletal child in the lap, child labor in the hotels, as scavengers, in the factories of fire-works, beeri making, brick kilns where the life of the child is always prone to the health hazards due to the unfavorable atmosphere of the work place. Many children are seen engaged in the scrap collection profession, selling articles on the red light chowks, collecting food pellets from the disposed garbage of the society, begging and immoral

trafficking. No doubt there are many rights granted to both born and the unborn child but it is misery they have never been implemented so far as the the betterment in the lives of the children is concerned. It is preached that all children under the age of 18 have natural rights fundamental freedom known as child rights. The children have the right to survive, develop, be protected and participate in discussions that will affect their lives. The UN convention on the rights of the child said that the child should not be denied of these rights. Every child has the right to develop, health care, innovation and education. All the children have the right to protection from all types' of intimidation, exploitation, abuse and torture. This privilege guarantees that all the kids are nurtured, safeguard and led away from negative influences, abuse and exploitation of any kind. In spite of the guarantee of rights on the national and the international forum the fate of the children is same as it was before. Merely framing the laws for the law sake without their implementation is just like writing the lyrics on the walls. The fate of the majority of the children in Asian countries and other underdeveloped countries of Africa is miserable. The international society will have to come forward in order to make the child a strength and true assets of the world and not a liability of any kind. 'Jis Desh Ka Bachpan Bhooka Ho Uss Desh Ki Jawani Kya Hogi'.

State of Solitude: A welcome step with precautions

■ DR RAJKUMAR SINGH

The beginning of solitude, in general, varies from person to person. While for some, it is a conscious decision to seek out time alone in order to reflect, recharge, or engage in personal activities. This could involve taking a solo trip, going for a walk in nature, or simply spending an evening at home without any social obligations. On the other hand, solitude starts involuntary as a result of circumstances beyond their control, such as a breakup, the loss of a loved one, or being forced to quarantine due to a contagious illness. In these cases, solitude may be accompanied by feelings of loneliness, sadness, or isolation. Regardless of the reason for the start of solitude, it can be a time of introspection and reflection. It can provide an opportunity to connect with oneself and one's thoughts and emotions. However, it is important to remember that prolonged isolation can have negative effects on mental and physical health, so it is important to stay connected to loved ones and seek help if needed. However, in other cultures, solitude may be stigmatized or viewed as a sign of weakness or isolation. In some societies, being alone is seen as a negative experience, and people may feel pressure to constantly socialize and be surrounded by others. The COVID-19 pandemic has also had a significant impact on solitude, as many people around the world have been forced to isolate themselves due to quarantine or social distancing measures. The pandemic has led to an increased awareness of the importance of social connections and the potential negative effects of prolonged solitude. In the context, it is important to recognize the potential benefits and drawbacks of solitude and

to strike a balance between alone time and social interaction.

Beginning of the solitude: It is the state of being alone or secluded from others. It can be a physical or emotional state, and it can be voluntary or involuntary. Some people seek solitude as a way to recharge and reflect, while others may experience it as a form of loneliness or isolation. The other aspects of it include: a. Voluntary vs. Involuntary Solitude: Voluntary solitude is when someone chooses to be alone, while involuntary solitude is when someone is alone due to circumstances beyond their control. For example, a person may choose to take a solo vacation to be alone, or they may be forced to quarantine due to a contagious illness. b. Benefits of Solitude: Solitude can provide a range of benefits, such as increased creativity, improved self-awareness, and decreased stress levels. It can also allow individuals to reflect on their thoughts and feelings without external distractions. c. Drawbacks of Solitude: While solitude can be beneficial, it can also have negative effects, such as increased feelings of loneliness or depression if it is prolonged or involuntary. It can also be challenging for some individuals to cope with the lack of social interaction. d. Types of Solitude: There are different types of solitude, including physical solitude (being physically alone), emotional solitude (feeling disconnected from others), and social solitude (having limited social interactions). e. Solitude vs. Loneliness: While solitude can be a positive experience, loneliness is generally viewed as negative. Loneliness is the feeling of being disconnected from others, and it can lead to negative emotional and physical effects.

In our daily life the state of solitude, to a large

extent, affects our physical, mental as well as overall health. It has both positive and negative benefits which include: a. Improved self-awareness: Solitude can provide an opportunity for introspection and self-reflection, allowing individuals to better understand their thoughts, emotions, and behaviour. b. Increased creativity: Being alone can provide a space for creative thinking and idea generation, as there are fewer distractions and external influences'. c. Reduced stress: Solitude can provide a break from the demands of social interaction and external pressures, leading to reduced stress levels. d. Increased independence: Spending time alone can help individuals become more self-sufficient and confident in their ability to handle challenges on their own. e. Heightened spirituality: For some, solitude can be a time for spiritual reflection and connection with a higher power. On the other hand, prolonged or involuntary solitude can have negative effects, including: a. Increased feelings of loneliness and isolation: Solitude can become isolating and lead to feelings of loneliness, especially if it is prolonged or involuntary. b. Negative impact on mental health: Prolonged isolation can contribute to depression, anxiety, and other mental health issues. c. Decreased social skills: If individuals spend too much time alone, they may experience a decline in their social skills and find it more difficult to interact with others. d. Physical health issues: Prolonged isolation can lead to physical health issues such as sleep problems, weight gain, and weakened immune systems.It is important to strike a balance between solitude and social interaction to ensure both mental and physical well-being.

A recent study published in the Journal of Personality and Social Psychology found that people who regularly engage in solitary activities, such as reading or hiking alone, report higher levels of well-being and lower levels of stress than those who do not engage in such activities, while another study published in the journal Psychiatry Research found that people who spend too much time alone may be at an increased risk of developing depression. In the context, the journal Emotion found that taking short breaks alone during the workday can help individuals recharge and increase their productivity. However, the most authentic research on the issue done by the University of California, Santa Cruz, found that spending time alone in nature can have a positive effect on mental health and well-being, including reducing symptoms of anxiety and depression. As a matter of solution, people generally advise to seek social support and connect with loved ones, friends, or a support group to combat the feeling of loneliness and solitude.

In addition, they also suggest to: a. Engage in social activities: Participating in social activities or hobbies can provide opportunities for interaction and connection with others. b. Seek professional help: If feelings of loneliness, sadness, or depression persist, seeking the help of a mental health professional may be beneficial.c. Practice self-care: Engaging in activities that promote self-care, such as exercise, meditation, or creative expression, can help boost mood and reduce stress levels.

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Create better place for future generations

■ DR SATYAWAN SAURABH

Mahatma Gandhi had once said, 'The earth provides enough to satisfy every man's need, but not every man's greed.' Humans have destroyed one-tenth of Earth's forests in the past 25 years and if trends continue there could be nothing left with-in a century.

According to a study published a few months ago in the journal Current Biology, a vast area the size of two Alaskans - about 3.3 million square kilometers - has been tarnished by human activity since 1993.

Humans consume only 0.01 per cent of all biomass on Earth, but despite being such a small part of the planet, they have exterminated 83 per cent of all wild mammals and half of all plants.

There is a growing need to remind ourselves that we must protect and preserve our environment for future generations. Earth Day is observed on April 22 every year.

With climate change representing the greatest challenge to the future of humanity and the life-support systems that make our world habitable, Earth Day was a unified response to an environment in crisis - oil spills, haze, and rivers so polluted they caught fire.

On April 22, 1970, 20 million Americans-10 per cent of the US population at the time-took to the streets, college campuses, and hundreds of cities to protest environmental ignorance and demand a new way to care for our planet.

On the first Earth Day Credited with starting the modern environmental movement, and now recognized as the planet's largest civic event, Earth Day holds major international significance. In 2016, the United Nations chose Earth Day as the day when the historic Paris Agreement on Climate Change was implemented.

It is celebrated to remind each one

of us that the Earth and its ecosystems provide us with life and sustenance. The day also recognizes a collective responsibility, as stated in the 1992 Rio Declaration, to promote harmony with nature and the Earth, an appropriate balance between the economic, social, and environmental needs of present and future generations of humanity. to achieve.

The day provides an opportunity to raise public awareness around the world of challenges to the well-being of the planet and all life it supports. India is one of the few countries in the world that has a carbon tax in the form of a cess on coal. India has not only imposed such a cess but is also increasing it progressively.

The National Clean Energy Fund, which is supported by a cess on coal, was created to finance and promote clean energy initiatives, finance research in the area of clean energy, and any other related activities.

The Union Government launched the Faster Adoption and Manufacturing of Hybrid and Electric Vehicles (FAME)-India scheme in April 2015 to promote the sale of environment-friendly vehicles in the country. It is a part of the National Mission for Electric Mobility. Pradhan Mantri Ujjwala Yojana provides LPG connections to five crore beneficiaries below the poverty line.

The connections are given in the name of women beneficiaries to reduce their dependence on fossil fuels and traditional fuels like cow dung for cooking and thus reduce air pollution. The Ujala Yojana scheme was launched in January 2015 with a target of replacing 77 crore incandescent lamps with LED bulbs.

The use of LED bulbs will not only reduce the electricity bill but will also help in environmental protection. Swachh Bharat Abhiyan

(Clean India Movement) is a campaign that was launched by the Prime Minister on 2 October 2014. The campaign seeks to clean the streets, roads, and infrastructure of 4041 statutory cities and towns in the country.

Investigate other ways to protect the environment at home, on rooftops, or in your own home using the concepts of 'Reduce, Reuse, Recycle.'

Take one weekend a week for a personal cleaning project. Take a morning to scavenge for discarded plasties, cans, and bottles around your neighborhood to help the whole community.

If you live in a coastal area, it's especially important to help protect marine wildlife. Do a home energy audit.

Focus on electronic devices like laptops that are left on 24/7 (which accounts for 5-10 per cent of residential energy use per year).

Switch these devices off when not in use and you can save an average of \$100 on your electricity bill annually can save. Around the home, replace old bulbs with longer-lasting, more energy-saving ones.

Haven't gotten into solar yet? Start with solar-powered porch or entryway lights you can easily install yourself. For even more energy savings, look for solar-powered motion-sensor lights that activate only when the entrance is reached.

Choose a good location (away from the growing area) for the compost pile. Start recycling coffee grounds, eggshells, and food scraps to decompose and ultimately enrich your garden for the upcoming growing season. Enlist the kids to help you build a bird feeder for the patio -- using a plastic bottle and filling it with bird feed. You can also make a Nature Made feed bowl out of half an orange peel. Fill it with seeds and place it on an outdoor table or windowsill.

Law vs Order

■ SHRAVIL BUDKULIA

Police is often considered an institution principally concerned with law enforcement and crime control. The primary objective is to safeguard justifiable moral rights which are enshrined in law. The Police is also concerned with other variety of roles which may be necessary to achieve the ultimate purpose of its existence. However, the theory of policing is neutral regarding the methodology to be used as an advocate of law enforcers and being a crime-fighting agency or other service roles of the Police. The phrase 'quest for peace by peaceful means' remains a unique trait of modern civilization; on the contrary, the term 'lawful' use of force by the Police is referred to as the means of dealing with contemporary scenarios. There are legitimized reasons to use force enshrined under the law's ambit, such as self-defense. The other is the use of force provided as immunity to some deputized persons against some named persons. The last is the legitimized use of force to institute a Police force, which stands unrestricted compared to the other two presented legitimate methods of force. The measures to curb the crimes and mere apprehension of the criminals are often related to the use of force but not under the ambit of law. A major section of the available manpower resources of the police are devoted to deal with crime and criminals whereas the other activities such as supervision, traffic control, emergency health aides or other issues to be managed by the institution requires more energy and resources which often gets neglected. Determining the precise nature and extent of autonomy of Police working is extremely difficult to distinguish. The advanced definition of the functions of the police as referred earlier, keeps crime control as its priority, beyond any other relevant obligations, the medium used to carry out these ostensible primary functions is none other than coercive actions or justified force. At times, conflicting aims come with enforcing the law and maintaining order, although the former is a prerequisite for the latter to persist.

Law and Order are trusted to serve the common masses and eradicate the menace prevalent in society; however, both the elements of 'Law and Order' in this term are complimentary to each other and co-exist, yet the goals of Law and the goals of Order are different. There is a dilemma among the authorities, either to rely upon Law to maintain Order and follow the procedural urge or to go beyond the limits of Law and take cognizance through a retributive mechanism that the citizens glorimize. It is for the masses to decide if they want to make merry of treating lawlessness with lawlessness or to be patient enough, respect the procedural structure, and believe in the justice system bestowed upon them by the Indian Constitution.

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