

ODF PLUS VILLAGES

Union Minister for Jal Shakti, Gajendra Singh Shekhawat has truly lauded the achievement of a fivefold increase in ODF Plus villages in India under the Swachh Bharat Mission - Grameen, Phase - II, in just one year, with more than 40 percent of India's inhabited villages having declared themselves ODF Plus. The Union Minister, addressing the media, asserted that ODF Plus villages increased from 46,121 villages (7.4 per cent) in March 2022 to 2,38,973 villages (40.21 per cent) in March 2023. Shekhawat further added, "Out of these 2,38,973 ODF Plus villages, 1,60,709 are in the ODF Plus Aspiring category, 27,409 in the ODF Plus Rising category and 50,855 are in the ODF Plus Model category"

Shekhawat applauded the States and UTs for having achieved more than 2.38 lakh ODF Plus villages compared to only 46,480 in March 2022. Referring to his recent participation in the UN Water Conference 2023, he said "India has earned recognition around the world and is considered a role model in the field of sanitation. Swachh Bharat Mission Grameen which ensured access to sanitation to the whole of rural India was indeed a game-changer". The Union Minister also announced that the National Scheme Sanctioning Committee (NSSC) which met on March 28, 2023, for consideration of the Annual Implementation Plans (AIPs) of all the States and Union Territories has approved the State/UT budgets to the tune of Rs. 52,049 crore for SBM-G Phase II activities through convergence for the Financial Year 2023-24. States have been informed of the tentative allocation of Rs. 14,030 crore in Central share funds for FY 2023-24. On the performance of States, the 3 UTs of Andaman and Nicobar Islands, Lakshadweep, Dadra and Nagar Haveli and Daman and Diu were not only ODF Plus, but all their villages were of the ODF Plus Model category, the Minister announced. He said that the top performing States were Telangana with 100 per cent ODF Plus villages followed by Tamil Nadu with 95.7 per cent ODF plus villages and Karnataka with 93.7 per cent ODF plus villages. On the other hand, the States making remarkable progress were Himachal Pradesh which moved from 18 per cent ODF Plus villages in 2022 to 79 per cent villages in 2023; followed by Madhya Pradesh which moved from 6 per cent ODF Plus villages in 2022 to 62 per cent villages in 2023; and Uttar Pradesh which moved from 2 per cent ODF Plus villages in 2022 to 47 per cent villages in 2023. As far as the North East States were concerned, Mizoram has moved from 6 per cent ODF Plus villages in 2022 to 35 per cent villages in 2023

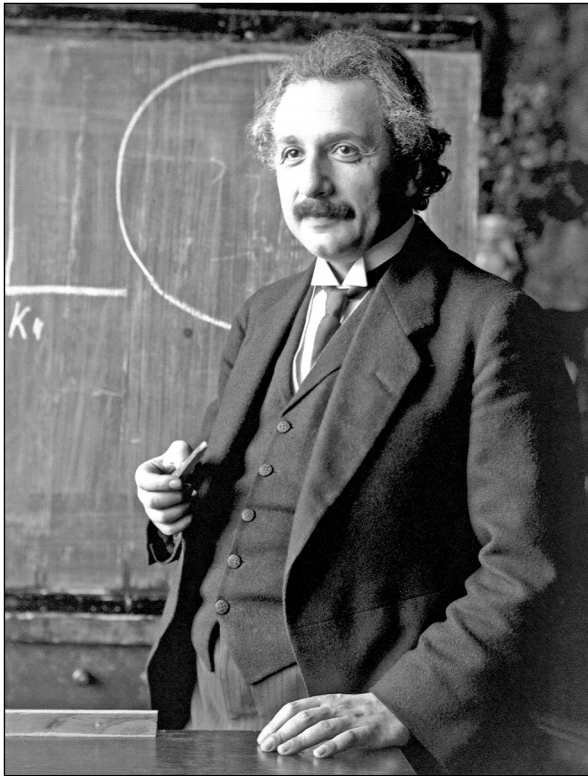
Of the total spending by States, the Union Minister appreciated the efforts of Bihar and UP for having high fund expenditure (more than 90 per cent) in the current financial year of 2022-23. Shekhawat mentioned the achievements under SBM-G the year 2022-23 which included the launch of SBM 2.0 Mobile App to capture SLWM progress; Engaging women SHGs in SLWM and providing them with income generation opportunities; Release of Technical manuals and tool kits for Solid and Liquid waste Management (SLWM) components; Sujlam and Retrofit to Twin Pit Campaigns for integrated Grey Water Management and Faecal Sludge Management; SBM academy - IVRS-based (online course) and DDWS being designated the Nodal Department for the implementation of GOBARdhan. Shekhawat also reiterated the importance of the GOBARdhan initiative, its objective being to convert waste to wealth, manage rural biodegradable waste, generate rural income, and promote a circular economy. The achievement under GOBARdhan which is being implemented in coordination with other stakeholder ministries as of date is 510 community GOBARdhan projects completed under SBM(G) along with 43 CBG projects under SATAT by MoP&NG and 36 projects under MNRE funding. In conclusion, the Minister called for the 'Whole of Government' and 'Whole of Society' approaches which are key to achieving 100 per cent ODF Plus villages or Sampooma Swachhata by 2024.

Albert Einstein - Eminent Scientist, Physicist and Mathematician

■ PROF (DR) JAIPAL SINGH

Albert Einstein was born on March 14, 1879 in Ulm - in the German empire. At the time of his birth, he was born as a deformed abnormal child. His head was much larger than his body. Even, he started speaking late - at the age of four. But undoubtedly he was a keen observer as was stated by his Father - Herman Einstein and Mother - Pauline Koch/Einstein. On his fifth birthday, his father gifted him a magnetic compass. The needle of the compass used to be in the North-South Direction. This observation of direction of magnetic compass needle became his first step of thought and created an interest in exploring science behind it. His father who is engineer cum sales man, by profession, wanted him to be a good businessman. His father and uncle together had already opened a toy manufacturing company operated on direct current. But his inclination in exploring the truth through scientific reasoning remain a source of inspiration for him and that indulged him in scientific world as a theoretical researcher. It is pertinent to mention here that after one year of his birth, his father Herman Einstein, mother Pauline Koch moved to Munich along with other family members. At the age of 5, he joined the Catholic Elementary School in Munich. After that, he joined Luitpold Gymnasium, where he received his primary and secondary school education. He used to have differences with his teachers, authority of the school, about their way of teaching and had a great quest to raise typical questions in the class due to his indifferent IQ level from other students. His schooling remained in and out due to his indifferent attitude of acquiring knowledge, way of thoughtful learning and inquisitive nature. He believed that with this kind of stereotype teaching, creative mind of children was lost and they only knew the strict rote learning. In view of Albert Einstein, "Education is that which remains forever with the person he learnt in a school - even if one has forgotten everything". At the age of 12, Einstein started learning Calculus on his own, and when he became 14 years old, he mastered Integral and Differential Calculus. Einstein did his Technical High School education in Milan. He matriculated from the Zurich Polytechnic in 1896 and graduated from the Swiss Federal Polytechnic school in Zurich in the year 1900. Here also, he had problems with authority and left his academic institutions without a degree on several occasions. By now, Einstein's father wanted him to do electrical engineering even if he don't want to do business. But, after completing his graduation in the year 1900, he started working as a patent clerk at the Swiss Patent Office in Bern in 1902. While working there, he completed his Ph.D, from the University of Zurich in 1905 and after that he became the professor at the same University.

During this period he gave the famous theory of mass-energy equivalence relationship ( $E = mc^2$ ). By this time, he had become the most famous and popular scientist of theoretical Physics. By the end of World War-I, Albert Einstein had become so popular that his emerging popularity had made some other scientists to feel jealous of him and they started creating hurdles in his path of success in the scientific field and even some



had spent a career time in trying to discredit him. One among them was the Nobel Prize winner Philipp Lenard. But Einstein was a good 'world citizen' because he believed in universal peace and harmony. When there was the monkey's race for becoming atomic power, using his concept of mass energy equivalent relation, he was worried about the aftermath of the atom bomb. He was really a world citizen who was concerned with humanity. His concern of devastation - proved true when America, built his own atomic bomb and successfully tested on July 16, 1945 at the Trinity test site at Alamogordo - New Mexico. America dropped the same type of atom bomb in Japan during World War II at Hiroshima (American B-29 Bomber on August 6, 1945 in which 80,000 people immediately killed and more than tens of thousands later die due to radiation exposure) and three days later on Nagasaki (American another B-29 Bomber on Aug 9, 1945 in which 40,000 people immediately killed and more than tens of thousands later die due to radiation exposure). This compelled Japan's emperor Hirohito to announce unconditional surrender in World war II on August 15, 1945. However, throughout his life, Albert Einstein, was against the atomic bomb dropped on Japan and remained in shocked state till his death for this in human act of America on mankind and other living beings. Albert Einstein was one of the best scientists, theoretical physicist and mathematicians of the world. At the age of 12, Einstein started learning Calculus on his own, and when he became 14 years old, he mastered Integral and Differential Calculus. He had published more than 300 research papers on science in his life and had contributed to the advancement of science. He is

called as the "Father of Modern Physics" of 20th century. The whole world celebrates his birth day as World Genius Day. Albert Einstein was a very intelligent person. He had no time for a social life. He always remained busy with his research and office work. His life revolved around his research, office work first and then secondly on family only. This might be the reason that why Einstein's married life remained in trouble for many years before separation. Einstein got married in 1903 to Marie. Though Einstein mother didn't wanted Einstein to marry with Mileva Marie because of two simple reasons: 1. she was three year older than him and 2. She was more intelligent than Albert Einstein and a book rather than a woman. Einstein's mother was bother of Mileva's intelligence. However, Later on after his mother's consent he got married to her ( Mileva Marie), at the age of 24. His married life of 16 years with her, from 1903 until 1919, remained disturbed though this couple had one illegitimate girl child, Lieserl / Maja, out of wedlock in 1902. Two years later, in 1904, Hans Albert was born, followed by Eduard in 1910. The boys were close to their father until Albert Einstein and Mileva separated in 1914 and finally divorced in 1919. The theoretical physicist settled his disturbed married life by handing over all his Nobel Prize money to Marie and their two sons.

Albert Einstein married second time to his cousin Elsa from 1919 until her death in 1936. He had no children from his second married life. As Einstein doesn't have any living heirs. He bequeathed all his personal papers, intellectual property rights and the right to use his image to the Hebrew University of Jerusalem. Einstein gained worldwide popularity for his Special theory of relativity (1905) and General theory of relativity (1915). Though his work on relativity was unique and of immense importance but he was never credited with a noble prize for the said theory - which he truly deserves but remained unlucky due to many unfolded reasons. No doubt, he was awarded Nobel Prize once in his life time for his commendable research on laws of photo electric effect in the year 1921 but he is the man who deserved Noble Prize even more than twice due to his revolutionary inventions and contributions to science, society and mankind. Other important inventions and contributions of Einstein's are Determination of Avogadro's Number, Quantum Theory of Light (that light is a particle or photon), Wave-Particle Duality, Brownian movement (On the existence of atoms), Bose-Einstein Condensation and many more inventions and publications to his credit. On 17th April 1955, Einstein underwent internal bleeding in the lower abdominal, and he was taken to a hospital where the doctors asked him to undergo a surgery. Hard worker, dedicated and committed scientist of 20th century the noble laureate - Albert Einstein refused to undergo this surgery, and said that he would go with almighty decision and that it is tasteless to prolong life artificially. Albert Einstein died on 18th April 1955 at Princeton Hospital, New Jersey at the age of 76 years. In gist, the author's view is that strong determination and deep concentration is the key to success in achieving any goal.

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Loneliness & Human Personality: Analyzing basics

■ DR RAJKUMAR SINGH

Loneliness is a feeling of sadness or isolation that can occur when a person's social connections or relationships do not meet their needs for companionship, intimacy, and a sense of belonging. Loneliness can be experienced by anyone, regardless of age, gender, or social status, and can have a significant impact on a person's mental and physical health.

Causes of loneliness can include a lack of social support, physical distance from friends and family, changes in life circumstances such as divorce or the death of a loved one, or a feeling of disconnection from others.

Loneliness can also be a result of mental health conditions such as depression, anxiety, or social anxiety disorder. The effects of loneliness can be serious and can include depression, increased stress, decreased cognitive function, and an increased risk of cardiovascular disease and other health problems.

Loneliness can also lead to an increased risk of developing other mental health conditions, such as anxiety and depression. To combat loneliness, it's important to maintain and build social connections and relationships. This can include reaching out to friends and family, volunteering, joining clubs or organizations, or participating in activities that you enjoy. If loneliness is affecting your daily life and well-being, it's also important to seek support from a mental health professional, which can help you develop coping strategies and improve your

overall mental health.

Beginning and individual development: The exact beginning of loneliness as a phenomenon is difficult to determine, as it is a subjective experience that has likely been present in human society for as long as people have existed. However, the study of loneliness as a psychological concept has its roots in the 20th century, with the publication of seminal works by psychologists such as John Bowlby and Sigmund Freud. In the mid-20th century, psychologist John Bowlby introduced the concept of attachment theory, which explored the importance of strong, secure attachments with caregivers in childhood for a person's development and well-being. Bowlby also recognized the impact of disruptions to these attachments on a person's emotional health and sense of security, which could lead to feelings of loneliness. Sigmund Freud, on the other hand, explored the role of loneliness in the development of mental health conditions such as depression. He emphasized the importance of social connections and relationships for a person's emotional well-being and recognized that loneliness could contribute to the development of mood disorders. Since these early foundations, the study of loneliness has continued to evolve and expand, with a growing recognition of the importance of loneliness as a public health issue and the need for effective interventions to address its impact on people's lives. Loneliness can have a significant impact on an individual's development and well-being. For children, loneliness can

affect their social and emotional development, leading to difficulties forming relationships and a decreased ability to handle stress. It can also impact their academic performance and lead to behavioral problems. In adulthood, loneliness can contribute to mental health conditions such as depression and anxiety, and can increase the risk of cognitive decline. It can also lead to physical health problems, such as increased stress and a weakened immune system, and has been linked to an increased risk of premature death. In addition, loneliness can affect a person's sense of identity and self-worth, leading to feelings of insecurity and low self-esteem. It can also impact a person's motivation and sense of purpose, leading to decreased engagement in activities and decreased overall life satisfaction. To support individuals in overcoming loneliness and promoting their overall well-being, it is important for them to have access to strong social connections, supportive relationships, and opportunities for social engagement. This can include cultivating relationships with family and friends, participating in activities and hobbies, volunteering, and seeking support from a mental health professional when needed.

Negative effects of loneliness: Loneliness can have a number of negative effects on an individual's mental and physical health. Some of the most significant effects included increased stress: Loneliness can increase levels of the stress hormone cortisol, leading to physical and mental health problems.

Poor sleep quality: Loneliness has been linked to sleep problems, such as difficulty falling asleep and staying asleep, which can further impact overall health and well-being. Increased risk of depression and anxiety: Loneliness can contribute to the development of mental health conditions such as depression and anxiety, and can make existing symptoms worse. Decreased cognitive function: Loneliness has been linked to decreased cognitive function, including memory problems and decreased ability to concentrate. Increased risk of cardiovascular disease: Chronic loneliness has been linked to an increased risk of cardiovascular disease, including high blood pressure, heart attack, and stroke. Weakened immune system: Loneliness has been linked to a weakened immune system, which can make a person more susceptible to illness. Increased risk of premature death: Chronic loneliness has been linked to an increased risk of premature death, due to its impact on overall physical and mental health. Its important to recognize that these negative effects of loneliness can be serious and long-lasting, and that addressing feelings of loneliness is crucial for maintaining overall health and well-being. If you are experiencing feelings of loneliness, it's important to reach out for support from friends, family, or a mental health professional.

Recent researches on loneliness: In recent years, there has been a growing recognition of the impact of loneliness on public health, leading to increased research in this area.

Some of the key findings from recent studies on loneliness include Prevalence of loneliness: Studies have found that loneliness is a widespread phenomenon, affecting people of all ages and across all cultures. Research has found that loneliness is particularly prevalent among older adults and people living in urban areas. Impact on physical health: Recent research has reinforced the link between loneliness and physical health problems, including increased risk of cardiovascular disease, weakened immune system, and increased risk of premature death. Impact on mental health: Studies have found that loneliness can contribute to the development of mental health conditions such as depression and anxiety, and can make existing symptoms worse. Role of technology: Research has explored the role of technology in loneliness, with some studies finding that increased use of social media and other digital technologies can contribute to feelings of loneliness, while others have found that these technologies can help people connect and reduce feelings of loneliness.

Interventions: Recent research has explored the effectiveness of various interventions aimed at reducing loneliness, including therapy, support groups, and community-based programs. Findings have shown that these interventions can be effective in reducing feelings of loneliness and improving overall well-being.

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Changing scenario of Government schools

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Recently government of J&K UT has started several historic initiatives for the betterment of government institutions across the region. We have seen many drastic changes on the ground. With the introduction of new education policy and other reformation in education sector, now the things are rapidly changing in our government institutions. Government has allocated a large budgetary amount for the infrastructure development of the institutions of the J&K UT. Now various institutions have well furnished CAL, smart rooms, kindergarten corners, library rooms and other facilities. We generally believe that private institutions of J&K UT are far better than our government institutions. But now many of our government institutions are giving better facilities to the educators and learners in every aspect. Both on infrastructure and academic side we are giving competition to private schools. For the betterment of work culture in government institutions education department has launched several measures like smart attendance system and different monitoring portals. However there is a clear fact that still more is needed in government institutions to win the faith of public. Because

there is a wrong notion and misconception in the minds of public that only private institutions can provide better education to the children. But this is not the total reality behind this misconception. Here we are not criticizing the role of private institutions of our region, because those institutions are also providing better education to our children and also giving employment opportunities to our educated youth. But we can't ignore the role of our government institutions in the changing scenario. There are millions of government institutions available for the education of our society in different inaccessible regions of our UT. Where there is no private institutions our government schools are giving education opportunities to our children. Private institutions are located at the urban areas only, but in different rural areas our government institutions provide benefits to our children who are still aloof from this basic necessity. Now the government has decided to change the designing of these institutions. The main focus of the education department is to provide quality education to our young generation through these formal medium of instructions. The main motive and objective of our new education policy is also same. Our new education policy is designed in

such a way that now more stress is given to explore the hidden talent of individuals rather than to make our children a parrot quality individual. Various programs like Nipun Bharat mission FLN and other preparatory modules have been designed for strengthening the base of our children. Various cultural activities calendar and guidance and counseling modules has been approved by our education department for the betterment of our education. Now it is very difficult to recognize the individual differences and personality appearance between government school children and private school children. In no field and aspects our government institutions children are less than private institutions. During different national festivals and other cultural competitions we cannot identify the differences between the children of government schools and private institutions. In government institutions government has provided every basic facility to our children free of cost. There is provision of MDm, free uniforms facilities, text books and different scholarships. Every year we have seen that in different competitive exams many children from government institutions background generally selected and got the opportunity to excel further. We can't say that government schools

children have no caliber and potential. Only need is to provide timely boost and opportunity to them. Now with the advancement in technology everything has changed. There is equal and easily available sources of knowledge are waiting for all. Now the text books and other curriculum almost have similar designs as per private institutions. The open truth is that government institutions are giving better and impartial education to children irrespective of their economic status and financial background. There is an urgent need for the readiness of all i.e., parents, teachers and children for the welfare and betterment of education in government schools. This is the main hindrance behind the sluggish education growth of our government institutions. All the three stakeholders i.e., parents, teachers and children are not ready at the same time. when there is proper alignment among all, we can achieve our target in a more comfortable way. Government can only provide the better facilities to us, it is our role and responsibility to change the scenario at ground level. There is a common saying that you can lead a horse to the river side but you can't make him to drink. Cooperation of all is needed in this direction for the betterment of our government institutions.

