

PROVIDING RIGHT NOURISHMENT

In order to improve nutritional status of children, adolescent girls, pregnant women and especially the lactating mothers in a time bound manner and to achieve reduction in stunting and wasting in children, Poshan Abhiyan (erstwhile National Nutrition Mission) was launched in March 2018, which will also help in containing anemia in women, children and adolescent girls.

As per a reply given in Lok Sabha, the Union Minister of Women & Child Development, Smriti Zubin Irani informed that Abhiyan has been rolled out in all the 36 States/UTs. A key plank of the Abhiyan to enable the right kind of nourishment are the Poshan Vatikas or Nutri-gardens that are being set up across the country to provide easy and affordable access to fruits, vegetables, medicinal plants and herbs. To encourage diet-diversity and consumption of wholesome local produce, around 4 lakh Poshan Vatikas have been developed at AWCs. 1.10 lakh medicinal plants were planted in 21 districts in 6 States of Uttar Pradesh, Madhya Pradesh, Maharashtra, Gujarat, Himachal Pradesh, and Mizoram during Poshan Pakhwada 2021. During Poshan Mah 2022, activities for setting-up nutri-gardens or retro-fitting Poshan Vatikas with backyard poultry / fishery units was carried out across the country. More than 1.5 lakh events on retrofitting Poshan Vatikas with backyard poultry and fishery units have been reported. Also, more than 75,000 sensitization camps have been conducted to promote millets and backyard kitchen gardens. Through Poshan Vatikas, aim is to provide a fresh and regular supply of locally produced fruits, vegetables and medicinal plants to women and children straight from a nutri-garden at or near an Anganwari Centre. Poshan Vatikas can play an important role in enhancing dietary diversity by providing key micronutrients through local fruits and vegetables. Poshan Vatikas are a good example of convergent action on-ground. Beyond the reward of locally available wholesome produce, it will reduce external dependency and make communities Atmanirbhar for their nutritional security.

Launched on March 8, 2018, Poshan Abhiyan aims to improve nutritional outcomes for children, adolescents, pregnant women & lactating mothers. The Abhiyan is a key component of Mission Poshan 2.0 which seeks to address the challenges of malnutrition in children, adolescent girls, pregnant women and lactating mothers through a strategic shift in nutrition content and delivery and by creation of a convergent eco-system to develop and promote practices that nurture health, wellness and immunity. Mission Poshan 2.0 is designed to address the issue of malnutrition through transparency, accountability, balanced diets, diet diversity and quality, greater grassroots involvement and last-mile delivery of services supported by key strategies, viz., corrective strategies to address nutrition related deficiencies, nutrition awareness strategies to develop good eating habits for sustainable health and well-being, strategies for communication and development of green eco-systems such as Poshan Vatikas at or near Anganwari Centres, wherever possible and in Government led schools and Gram Panchayat lands where benefits can easily be given to women and children. Under Poshan 2.0, focus is on diet diversity, food fortification, leveraging traditional systems of knowledge and popularizing use of millets. Nutrition awareness strategies under Poshan 2.0 aim to develop sustainable health and well-being through regional meal plans to bridge dietary gaps. Further, greater emphasis is being given on the use of millets for preparation of Hot Cooked Meal and Take Home rations (not raw ration) at Anganwari centres for Pregnant Women, Lactating Mothers and Children below 6 years of age, as millets have high nutrient content which includes protein, essential fatty acid, dietary fibre, B-Vitamins, minerals such as calcium, iron, zinc, folie acid and other micro-nutrients thus helping to tackle anemia and other micro-nutrient deficiencies common among women and children. Further, under Mission Poshan 2.0, only fortified rice is being allocated to States/UTs.

■ PUPUJI KOUL

Mahavir Jayanti is one of the most important festivals of Jainism and Jains celebrate this festival every year in the Hindu calendar month of Chaitra Shukal Paksh with great enthusiasm and simplicity. The day is celebrated to commemorate the birth anniversary of Bhagwan Mahavira.This festival of Jain community usually falls in the month of March/April. This year Mahavir Jayanti will be celebrated today on 4th of April 2023, Tuesday that in Local Hindu Calendar is Chaitra Skual Paksh Triyodashi thiti.It is celebrated with great zeal in India and across the world. It celebrates the birth of Lord Mahavir, the twenty fourth and last Tirthankara (Supreme Preacher) of the present Avasarpini. According to Jain texts, Mahavir was born on the thirteenth day of the bright half of the moon in the month of Chaitra in the year 599 BC. Most modern historians consider Kundagram which is today's Kundalpur in Muzaffarpur district of Bihar as his birth place. Mahavir was named as Vardhaman, meaning one who grows because of increased propensity. He was born to king Siddhratha and Queen Trisala in Vaishali Bihar, a few miles from present Patna city. It is celebrated to honor and revere the Jain philosophy propounded by Vardhaman Mahvir who is the founder of Jainism and his Jayanti is celebrated to remember this messenger of peace, love and non violence. Mahavir lived as a prince. But in his early years he developed a deep interest in the core beliefs of Jainism and started mediating. At the age of 30 he renounced the throne and his family to seek spiritual truth and spent twelve years as an ascetic. He spent most of his time mediating and preaching non violence to people and also showed utmost reverence to all living beings. Mahavira chose an extremely ascetic life. While enduring penance, he controlled his

■ G L KHAJURIA

Ladakh is located at an elevation of 7,650 mts from Mean Sea Level (MSL). Situated between, 76 Latitude and 35o Longitude is renowned as the 'Roof of the World', Himis Gumpa in its internee interlaces the most striking element in the snow-capped landscape and its interiors are paradisiacal with exquisite, the most sizzling amidst rocky landscape. Ladakh is a remote paradise with glimpses a mighty matrix of massif renowned world over: It is a treasure trove of unique art and craftsmanship. The people of Ladakh are having their own matrix with untiring gee and dew-eyed appearance together with their art and craft. Lamas are unambiguously still silent to outsiders and look into their vignette and native art and their objectives owing to some superstitions and affiliations best known to them alone and this pride of theirs is created to go to monasteries of Hemis, Thiksay and Alehie in unison having their rebalance. Geographically, before formation of the union territory, Jammu and Kashmir as a whole was virtually divided into four prominent zones: first mountainous and semi-mountainous plains spoken as Kandi belt, second being Shivalik range and third Kashmir valley and Pir-Panchal range and fourth and last being Tibetan track of Ladakh and Kargil. The Ladakh region is having its prominence in that river Sindh which gushes out from Lake Mansarovar encompasses through Nanga Parbat amidst the pride Himalayas surrounded by glittering glaciers. The river Indus is the longest one in the entire Indian sub continent having a length around 2900 Km out of which 970 Km passes through J&K and rest through Pakistan and finally drains down into the Arabian sea. Amongst the most striking object of Ladakh is 'd' art of 'Hemis Gumpa' the biggest Monastery of Ladakh, some 40 Km away from 'Leh' alongside Leh Manali road

were exist numberless golden statues of 'Buddha' and 'Stupas' embedded and studded with precious stones and pearls. This monetary is having twin routes of entrance to holy worship. The walls of the monastery have been decorated wonderfully of its unique paintings and that is why this monastery is having an unutterable regard. Amongst Ladakhis over the remote past these paintings are the most revered deity by name 'Bhava-chakras' and are also nomenclaturised as wheel of life to whom they pay utmost reverence, obeisance and obtain blessings on all ritualistic occasions by all and sundry of Ladakh region. Amongst all these, the most enchanting paintings are of Bhava-Chakras (wheel of Life) which apparently depict transmigratory existence and the wheel is held by dragon- demon symbolism having hideousness of clinging of life. The centre of the wheel is having the monogram of cock, snake and pig indicating thereby three virtuous sins of the lust, the anger, ignorance and the dark side (half) of the circle boarding these symbols have the relevance of dark down path which signifies that all the three images bring to downside of life. The rim of the Bhava Chakra is having five sections or segments indicative of five routes of existence of every individual's life, whereas the lower half of the chakra signify gate of hell. The left region indicate all form of miseries and punishment. The birth and death, young and old age and re-incarnation etc. Whereas the outer circle is divided into as many as 12 parts indicating the sequence of events leading to every human's life span in the chronicles of Buddhism.

In so far as Hemis monastery is concerned, it was constructed some 450 years back and is a hoe to the main image of great 'Guru Pekargayapoh' who is believed to have come from 'Lahsa' some 540 years back, these are countless statues of Guru Nang Lehotrurn Grolma and the step of wor-

ship is deep rooted embedded with brass, precious stones, pearls and are painted with protective deity of utmost prominence amongst Buddhists. However, some of the Buddhist have with the passage of time migrated to China on one hand and Paddar-Gulab garh (Kishtwar) on the other hand, where there is a huge assemblage of the Buddhists and their Monasteries which can be most conveniently seen while going to Chandi Mata at Machail during Yatra.

Alachi Monastery is another prominent one in Ladakh which is wondrous of fresco art and it is else than thousands and thousands of paintings ranging from as small as few inches, play founds and to the huge statues. This monastery is situated around 75 Km from Leh itself on the other side of Sindh.

In almost all monasteries, there is a whizmaleerie of object 'd' which are defacto, small as well as large. One becomes wonder-struck and bewildered on having a glimpse of wide-arrayed artistic wealth one can ever imagine in so greater part of Himalayas right from areas which has four large carved stoned. The group of Monasteries at Mulbectare having their own charming beauty. As a corollary, therefore, it is being concluded that pre-Buddhist hymns, such as ballads in praise of Kesar; the legendary hero are sung to the compliment of music and dance at the time of Kesar festival. General Zorawar Singh, the prominent warrior is legendary in Ladakhii folklore and he died while an expedition against Tibet. The Ladakhis still admire the General in their mind and heart and sing song of Zorawar's wife who accompanied him to Ladakh which reads, "A Lama can't help taking his fee and a wolf cannot help eating lamb; the fire is in front of you, and the sun is in the distance. The poor friend near you is better than a relation far away."

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Global warming, climate change triggering rise in temperature

■ TARA CHAND BHAGAT

It would like to highlight the causes and reasons which stand responsible for rising in temperature due to global warming and climate change across the globe are being discussed. As per the reports of the previous year rise in temperature could also be experienced during this year due to global warming and occurring climate change throughout the world.

Overview of natural phenomena-Nature always maintains its ecosystem balancing all its environmental aspects such as natural flow of its rivers,green covers of forests, flora and fauna, mountains, plains, valleys, variety of wing world including numberless blue world; all these contributing towards maintenance of eco-system while as the finest creation of so-called mankind, also considers to be the wisest one among all the creations, has been making greater disturbances to the eco-system of nature at the cost of developments be it is the construction of bigger longer 8-lane roads, highways, daming river waters for the production and generation of hydro-electricity, construction of longer tunnels tearing out the chest of the mountains to be shortening the distances of the journeys for their own more facilities than to be caring for its ill-effects disturbing the existence and stability of the beautiful mountains that is to say which so ever stands established totally good by the Almighty God. Also beyond the power of mankind's thinking and should never try to challenge the unbound power of nature which can destroy the whole universe within seconds as recently been observed its furious nature of nature in Turkey and Syria's 7.8 degree Richter scale earthquake which claimed many precious human lives and defunct many people with grievous injuries getting handicapped; also many multi-storied buildings dashed to the ground and pell-mell the entire man-made infrastructure on large scale is the glaring example of fury of nature.

Now, let me factorise its causes and reasons one by one. First and foremost cause of global warming and occurring climate change is the large scale deforestation/elimination of big trees across the globe in the name of development.1/3rd of the total land of the

planet must be covered with lush green thick forests besides being disturbed its wildlife which is a part and parcel to be balancing the ecosystem of nature's environment. Therefore, afforestation campaign to be undertaken by each and every country as a component of agriculture needs to be encouraged so as to provide greenery for safety of all the living beings or else rise in temperature could be experienced in due to global warming and occurring of climate change in absence of the requisite forest cover all over the globe. Moreover, Forests are also referred to green gold affect almost every aspect of life and are very important for the environment, ecological and economic balance of any country. Forests are useful for human livelihood, soil and water conservation, bio-diversity, greenhouse gases and flood control.

Yet another factor responsible for causing global warming and occurring of climate change are greenhouse gases that develop rise in temperature. What are greenhouse gases? And How greenhouse gases develop and put its ill-effects? A gas that stops heat from escaping from the atmosphere and causes greenhouse effect. Carbon dioxide is a greenhouse gas. Greenhouse effect-the process in which heat is enable to escape from the atmosphere and causes the temperature of the earth to rise. Hence the rise in temperature is called global warming. All human beings exhale carbon dioxide and the trees of the forests get carbon dioxide as its food. This is a natural phenomena. In absence of forest cover the greenhouse gas is not supposed to be eaten up by the trees; directly goes into the atmosphere causing rise in temperature. It would continue to be, if not abundance of planting trees on large scale is done all over the globe.

Thirdly, every kind of pollution be it air pollution, water pollution, chemical fertilizer pollution, plastic pollution, vehicle pollution and industrial pollution has given rise to global warming and occurring climate change resulting into very much rise in temperature. By whom all these types of pollutions are being caused? It is the human beings none else. The scientists, environmentalists, and policy planners around the world are awfully worried about presently prevail-

ing scenario. If the same situation continues to be there would be every apprehensions of further environmental degradation tantamount to cataclysm (Jal-Pralaya). In case strict measures could not be adopted by the pollution controlling agencies to control such dangerous pollutions, the ecological balance could be more disturbed resulting into rise in temperature responsible for melting the glaciers due to global warming as well as climate change will definitely bringing about unseasonal rainfall, hailstorms, Tsunami's causing greater devastation and loss of crops on large scale which would be great challenge to feed thick populated country like India. In some moderate areas there would be suddenly abnormal rise in temperature above 48-50 with intolerable heat wave whereas in warmer areas the temperature would fall in low ebb (decrease).The most vulnerable would be poor people who don't have the provision of the arrangements of ACs to save themselves from the intolerable heat-wave which could be above 50 degrees Celsius.

Fourthly, the most dangerous and the greatest cause to make the globe warmer and brings about unprecedented climatic change is due to the plastic pollution with pollutants of polythene bags being used excessively causing blockade the normal/natural flow of lanes and drains ultimately goes into rivers polluting them worse as the rivers are the agents of nature which play constructive contribution towards balancing the environment. Moreover hard plastic wares which get buried into the soil of the agricultural land for years together never get destroyed because of its harmful non-biodegradability are responsible for spoiling the fertility of the land to be able to grow and produce more crops. Even local ponds, canals, lakes are also not being spared polluting by humans. It poses a great threat to the life of blue world which is also a part and parcel balancing the eco-system of environment. Its usage to be strictly banned so as to save the life of blue world which plays positive role towards maintaining the environment balance to save humanity (human race).

Fifth, excessive usage of chemical fertilizers by our illiterate farmer community into their agricultural fields is also the greatest cause

to make the globe warmer and climate change making the agricultural land to be polluted rather non-fertile due to rise in temperature abnormally in moderate areas whereas very low in more warm areas all over the world. Four five months ago, some areas of England and the United States Of America experienced rise in temperature being colder region of the world is also a sign of glaring example of global warming and climate change. The farmer community is urged upon/ impressed upon to please refrain from using chemical fertilizers excessively in their agricultural fields. Rather organic manure be put so as to avoid pollution causing their lands barren and infertile due to the usage of chemical fertilizers. Since there are no side effects with the use of organic manure; whereas there are lots of side-effects with grains to be taken by human beings produced grown with the help of chemical fertilizer. The many people are suffering from incurable diseases such as the cancer, diabetes becoming bald, poor eyesight wearing with numbered glasses, hard of hearing, becoming hair grey before old-age, having depression and psychic, obesity, thyroid, even amongst youngsters loss of memory and falling of teeth before old-age and so on and so-forth.

Sixth, the last but not the least the most dangerous pollution being caused with unavoidable vehicular traffic be it pollution of emission of poisonous gases by trains, by airplanes, by ships, or by vehicular traffic on 8-lane roads and highways have been making the globe warmer with climate change for the last of over fifty years and all these poisonous gases are going to be getting mixed with fresh air of the atmosphere through which we the humans breathe this polluted air resulting into giving us alarming warning of breaking out another pandemic which could be and would be uncontrollable one due to be caused by the abnormal rise in temperature with unprecedented heat wave in the years to come. It is suggested that to minimise this vehicular pollution modern e-vehicular traffic be developed with technological techniques so that abnormal rise in temperature due to global warming and climatic change could be controlled to some extent.

Amrit Kaal Budget Rs 1522 cr budget to focus on full implementation of NEP, digital transformation, infra creation 1000 classrooms with LCD facilities, high speed internet proposed

Jammu and Kashmir's education sector would be witnessing a major transformation with a budget allocation of Rs 1522 crore for 2023-24 with focus on full implementation of National Education Policy, digital transformation and infrastructure creation. The budget also provides scope for strengthening digital infrastructure with establishment of 188 Virtual Reality Labs in the Union Territory of Jammu and Kashmir (one lab in each zone) to inculcate scientific temper among students. Besides, 40 robotic labs would be established (Two Labs in each district) to improve school's digital equity, literacy and economic development besides promoting new teaching methodologies. About 500 schools will be provided ICT labs and 100 Vocational Labs in the schools of Union Territory. "Also, 1000 smart classrooms with LCD and high speed internet connectivity will be established in High and Higher Secondary Schools for imparting quality education to students", budget document reads.

To keep students fit, Yoga Training will be introduced for all the students as part of co-curricular activities. The Budget also proposes to create sports infrastructure including changing rooms for players in 100 High and Higher Secondary Schools. To strengthen the School education sector in J&K, 500 additional class rooms would be provided in high and higher secondary schools benefitting more than 20,000 students. Besides, free text books and uniforms would be provided to all the students of elementary classes belonging to weaker sections.

As an important step towards ensuring that girls are able to attend school without any barrier, drinking water facility and gender based toilet facility to be made available in all the Schools. The budget has also proposed establishment of 2000 Kindergartens during 2023-24 for providing quality pre-primary education. Besides, 10 Residential Schools would be established during 2023-24 with preference to tribal students and students from weaker sections for accommodating in these residential schools on merit basis for providing them quality education.

The J&K government, which has already taken a lead in implementation of National Education Policy (NEP)-2020, is likely to get a boost with the new budget allocation which has a specific focus on "full implementation" of NEP-2020. The Budget also proposes to fully implement Samarth "ERP eGov Suite" in 2023-24 besides making Higher Education Council functional during 2023-24. Also, NAAC accreditation of 32 colleges would be completed in 2023-24.