

Sports for sustainable development

Sports indeed play a crucial role in various aspects of sustainable development and societal well-being.

Sporting events and activities often serve as attractions for tourists, promoting sustainable tourism development. Events like marathons, soccer tournaments, or cycling races not only draw visitors but also generate revenue for local economies. Additionally, sports tourism can encourage environmental conservation efforts, as preserving natural landscapes is vital for outdoor activities.

Sports have the power to transcend cultural and political boundaries, fostering understanding and cooperation among people from different backgrounds. Sporting events bring individuals together, promoting dialogue and peaceful interactions. Initiatives like sports diplomacy leverage the universal appeal of sports to promote peacebuilding and conflict resolution.

Through promoting physical activity, sports contribute to sustainable health development. Regular exercise and participation in sports help prevent various health conditions, both communicable and non-communicable diseases. Governments and organizations can utilize sporting events and programs to disseminate health information and encourage healthy lifestyles among populations.

KNOCK OUT BLOW FOR ARVIND KEJRIWAL

■ K V SEETHARAMAIAH

It is knock out blow for Delhi Chief Minister Arvind Kejriwal who is in incarceration in connection with the Liquorgate scam. The court has categorically stated that this is the case between Kejriwal and the Enforcement Directorate (ED), and not between the centre and Kejriwal. All his loud thinking and his confidence that his arrest by ED is illegal has been demolished by the Delhi High Court. The court says that ED is in possession of enough material. As such, the court has considered that the arrest is not illegal. Kejriwal has questioned the timing of arrest. It has been viewed by the Court that timing of arrest is not sustainable. Arrest cannot be made at the time of accused's choice. No one intoxicated with power commits irregularities and takes a look at the timing before committing financial irregularities. Had Kejriwal ever taken a look at the 'auspicious' time to commit financial irregularities? The court has rightly maintained that petition by Kejriwal was not for bail but it was a challenge against his arrest by ED. The court viewed that doubting the approver is tantamount to doubting the judge. The court looks at the cases from every angle including the verification of veracity of truth by the approver. It has been made clear by the court that the statements of approver cannot be questioned. The court has allowed liberty to the Chief Minister to cross examine the witnesses. It has found evidence to show that Kejriwal conspired with others. The court has asserted that Kejriwal involved in generating proceeds of crime. The Chief Minister does not enjoy special legal privileges. The court has held that Kejriwal actively involved in taking kickbacks as AAP convenor. His involvement in personal capacity is also established. Political dynamics do not impact court. It is the principles of law that matter in courts. There is and cannot be a separate law for common man and the Chief Minister. The court has found that the arrest by ED is not in contravention of the law. The court has made it amply clear that remand cannot be termed illegal. Kejriwal courted trouble by skipping the summonses after summonses. Any problem not faced now leads to deferment of the problem. When the problem is small, it can be easily solved. As the time passes, the problems may become more and more complicated. In the case of Kejriwal, what has happened has remained on record. He must face the music. At least now, he must step down as Chief Minister making alternative arrangements by installing any other leader of his choice like it has happened in many such cases in the past. In response to PIL, the Court has made it clear that it is not its responsibility to remove the Chief Minister. The court has left the field open to the political system to take such action as may be necessary to retain or remove a Chief Minister. In a situation of this kind, the Centre must impose President's rule if Kejriwal does not resign. Choice should be given for the AAP to select any other leader from the party to head the Delhi government before contemplating President's rule. There cannot be dearth of leaders in AAP from among the 62 MLAs of its own in the Delhi Assembly.

Strengthening Rural-Urban Linkages for Sustainable Development

■ DR BANARSI LAL

Urbanisation has been widely acknowledged for its transformative power. Urban and rural areas depend on each other but still the rural areas lag behind in terms of development as compared to urban areas. Worldwide about 85 per cent of the poor still live in rural areas. Urbanisation comes with challenges to agricultural sector. Urban lifestyles tend to increase the consumption of processed food. As the urban population grows, hunger and under-nutrition also increases. In addition to access to healthy and nutritious food, access to clean water, toilets, space etc. are the challenges that may rise due to urbanization. Urbanisation also creates the opportunities to the rural areas to produce the diversified food that helps to improve the livelihood of the farmers. These opportunities can be grabbed by the strong rural-urban linkages. Rural-urban linkages are the physical, economic, political and social connections that link rural areas to urban areas. With strong links, village farmers can sell their farm produce in urban areas and labourers can get the seasonal work. The world is rapidly urbanising. According to the UN, by 2050 about 66 per cent of the world's population is expected to live in urban areas. Keeping the rapid urbanisation in view, there is need to pay more attention towards the rural areas in the years ahead. There is need to stress on the rural-urban linkages to eliminate the poverty and promote the sustainable development. Strong linkages between the rural-urban areas can contribute in improving the living standards of rural people and creating the job opportunities for them. In India around 31 per cent of population lives in the rural areas which is expected to reach 50 per cent by 2050.

As per 2011 Census India is having 6, 40,867 villages and 7,935 towns/urban centers. Rural population in India accounts for 68.84 per cent and urban population 31.16 per cent. There exists a close linkage between rural and urban areas. Both rural and urban areas coexist along a continuum with multiple types of flows such as people, information, money, goods, capital and interactions. The rural-urban linkage has been mutually reinforcing and its potential can profitably be harnessed to ensure development of rural-urban economy in general and enable the poor and vulnerable rural and urban people in particular. Both rural and urban investment policies, programmes and strategies have a strong influence on socio-economic development and transformations. Investments in rural and urban areas have often been perceived as mutually exclusive and competing. Investments in rural areas assist to provide the basic amenities, facilities and services almost at par with urban areas but with major objective to reduce rural-to-urban migration while urban areas receive significant

■ BAIRAJ CHOWALGAMI

Navratri festival is celebrated twice in a year ,once as Chiatra navratri and then as Sharad navratri .Both navratris are celebrated with great devotion and traditional gaiety .The underlying essence and spirit is the celebration ,respect and reverence to feminine power which is the cause and action of the universe .Thus navtatri is dedicated to the importance of feminine power without which we cannot think of the universe .Therefore by celebrating the navratris ,we actually celebrate feminine power as its significance is very great in the world and for all humanity .As the name implies ,navratri consists of nine days and nights which are dedicated to the nine forms of the Shakti .During Navratri people especially the women keep fast and worship the small girls being the form of Shakti that is being the feminine power .Navratri shows and teaches us to revere and respect women and therefore we should learn to respect the women folk in the day to day life and only then we are successful in celebrating navratris .We should appreciate that before manifestation of the universe ,when nothing else existed ,what existed was the omnipresent formless Divine Consciousness .This is also called the static consciousness or Shiva in Hindu scriptures .When universe came into being ,first of all from static consciousness manifested Dynamic Consciousness Shakti .Shakti is the feminine power of Shiva and is the creative force behind the world .Shiva as masculine power is not capable of creating anything without feminine power and hence first to manifest is His own creative feminine power as Shakti ,who was then allowed to create the universe .This Shakti is also known as the Divine Mother ,as everything in the universe has taken birth from its womb. This Divine Mother ,which has given birth to the universe ,also nurtures and sustains it ,and has the power to destroy it .There are primarily and actually nine aspects of the Divine Mother which helps it to create ,sustain and destroy or dissolve back the universe .There nine aspects of the Divine Mother are worshipped in the Hindu religion as nine shaktis during the nine day Navaratri festival .These nine forms of the Divine Mother (Goddess Durga) are named as Shalputri, Brahmacharni, Chanderganta Kushmandi, Skindamata, Kyantyne, Kalratri, Mahagauri and Sededhatri. Durga is the inaccessible ,invincible one and omnipotent ,the main source of energy for creation .Shalputri is the mother of gross universe. All the gross objects and beings have manifested from this Shalputri aspect of the Divine Mother. Bracharni is the form of celibacy. As per sanatan Dhrama, Durga in her Kali roopa fought demons for nine days and eventually freed mother earth from their atrocities .Thus the tenth day is celebrated as Vijaydashmi meaning the day of victory ,triumph over bad elements .The Navaratri festival basically denotes the tremendous potential power ,the feminine

■ DR KANIKA GUPTA

In the digital age, parents face a significant challenge in limiting their children's screen time. Yet, it's important to recognize that media usage isn't entirely negative; smartphones and tablets serve as valuable educational tools for kids today. However, the pervasive nature of online activities can foster addiction and potentially hinder a child's development. Misuse of media can also cultivate harmful behaviors in children.

Here are some ways to break your child's smartphone addiction:

"Set the limits: Establish clear rules and limits on screen time for your children, and stick to them. For example, limit the use of mobile devices to a certain amount of time each day.

"Encourage other activities: Encourage your children to engage in other activities that don't involve screens, such as playing sports, reading



books, or spending time with friends and family.

"Be a great role model: Children learn more from your actions than your words. They are

aspect of creation has within herself ,which also draws down to the power of an ordinary/common women .in fact women is the epitome of the feminine aspect of creation and till she is respected ,loved and treated as auspicious for the entire human race ,she can give joy ,peace and help in the growth of every aspect of creation .Shailputri is the daughter of the Mountain king Himavat ,and is manifestation and form of the Hindu mother goddess Mahadevi ,representing herself as the pure form of goddess Parvati .She is the first Navadurga venerated during the first day of Navratri ,and is incarnation of Goddess Sati .Thus Maa Shailputri is one of the Navadurgas and is the provider of fortune and prosperity .Devotees hail her as mother nature and pray for their spiritual awakening .The second form of Navadurga is called Brahmacharni which means a devoted female student who lives in an Ashrama with her Guru along with other students .She is the second form of Mahadavi and is worshipped on the second day of Navratri .The goddess Brahmacharni is an aspect of Parvati and wears white clothes ,holding a japamala in her right hand and a kaman-dalu in her right .She is the form of Navadurga who did severe penance and is the goddess of devotion and penance .The third form of Maa Durga is known as Chandraganta .On the third day of Navratri ,this form of Durga is worshipped .She is called Chandraganta because on her forehead is half moon in the shape of Ganta .By her worship ,the devotees are freed from all the troubles of this body and with ease reach to supreme bliss .It is the Chandarganta who had killed the demon Maheshasura and freed the world from this cruel demon .The fourth form of Maa Durga is called Kushmanda .She has created the universe with her small snile and thus the name kushmanda .She is worshipped on the fourth day of Navaratri .Skandamata is the fifth among the Navadurga forms of Mahadevi .Her name comes from Skanda, an alternate name for the war god .She is the powerful goddess whose love and care helped lord Kartikeya to defeat the demon Tarkasura .Lord Shiva and Maa Parvati's first son ,Lord Kartikeya ,was also known as Skanda .Hence Maaa Parvati is often referred to as Skandamata .She is believed to protect her devotees ,just like a mother protects her child from harm .The sixth form of Maa Durga is known as Katyani and she is an aspect of Mahadevi and the slayer of the tyrannical demon Mahishasura .In Shaktism ,she is associated with the fierce forms of Shakti or Durga ,a warrior goddess ,which also includes Bhadrakali and Chandika. With the difficult penance of saint Kantiyan she took birth from the couple of Katayana as she was happy with his penance and hence the sixth form of Maa Durga is called Katayani .She is believed to bliss her devotees and benefits them. The seventh form of Maa Durga is known as Kalratri and she is worshipped on the sixth day of Navratri .She seems very dangerous and

fearful ,but she always gives good results and blessings .She is first referenced in Devi Mahatmya .Kalaratri is one of the fearsome forms of the goddess .She is the goddess of auspiciousness and courage .Kalaratri is traditionally worshipped during the nine nights of the Navaratri celebrations .The seventh day of Navaratri pooja in particular is dedicated to her and she is considered the fiercest form of mother goddess ,her appearance itself invoking fear .This form of goddess is believed to be the destroyer of all demon entities ,ghosts ,evil spirits and negative energies , which flee upon knowing of her arrival .Kalaratri is also known as Shubankari meaning auspicious /doing good in Sanskrit ,due to the belief that she always provides auspicious results to her devotees .Hence ,it is believed that she makes her devotees fearless .Mahagauri is the eight form among the Navdurga aspects of the Hindu mother goddess Mahadavi .She is worshipped on the eight day of Navratri .According to Hinduism ,Mahagauri has the power to fulfill all desires of her devotees .The one who worships this goddess ,gets relief from all the sufferings in life .She is the goddess of beauty and women ,she is very powerful and is the bestower of all good fruits and results .Siddhidhatri is the ninth and final among the Navadurga aspects of the Hindu mother goddess Mahadavi .As the name Siddhi implies the supernatural power or meditative ability and Dhatri means giver or awarde .She is worshipped on the ninth day of Navaratri .She fulfills all the divine aspirations .It is believed that one side of Lord Shiva's body is that of Goddess of Siddhidatri .Therefore Shiva is also known as Ardhanarishwara .According to Vedic scriptures ,Lord Shiva attained all the siddhis by worshipping this form of Maa Durga .She is in fact the goddess of supernatural powers or Siddha's .On the ninth day of the Navaratri ,nine small girls are worshipped as being the nine forms of Maa Durga and their feet are washed and they are offered fruits ,money ,utensils etc .We Indians worship the feminine power during Navaratri's but alas! in actual practice the women are heaped atrocities and they are harassed and even some are subjected to sexual assaults .There is talk of the empowerment of women but in actual world ,the women folk is harassed and even molested .It is a big contradiction that on one side we worship the women and on other side there are the increasing cases of molestation and sexual assaults on the women which is very unfortunate and this way we nullify the essence and spirit of Navaratri pooja .The best performance of the Navaratri celebrations is only when we learn to revere ,respect and honor the women in the day to day life and in homes ,places of worship ,at workplaces ,in educational institutions and at all the places because where women are respected ,gods travel there .Thus the best way to celebrate the feminine power is that we should respect the women in the actual world.

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How to break your child's smart phone addiction

great observers, and they mimic the habits of parents. It is important to form strict rules in place to abide by. Restricting your smartphone usage time allows you extra time to spend with your child. These interactions with your child are crucial in creating a strong parent-child relationship, the value of which is often underestimated.

"Have open conversations: Have open and honest conversations with your children about the negative effects of excessive screen time, such as poor sleep, lack of exercise, and decreased social interaction.

"Do not use Smartphone as reward or Distraction: Smartphone has a huge potential to be of great educational value to children. Total abstinence from it isn't advisable. Moderation is the key here. Many parents leverage screen time to encourage children to study/do homework/ do house chores but this

could lead to more harm than good. Beware of using the smartphone as a distraction or a reward as this can have ill effects on the children.

"Encourage playtime: Physical play stimulates the brain. Activities that involve physical movements allow children to use their energy and give children the chance to develop gross and fine motor skills, learn new things and socialize. It hugely benefits the physical and mental health of a child.

"Indulge them in activity-based learning: Kids use phones for fun and entertainment purposes. Kids love challenges. Mobile games are attractive as they pose challenges at every new level. By engaging kids in activity-based learning, they can gain knowledge while having fun.

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households can be mitigated. It has been observed that large scale development of agro food-processing industries is a major key to strengthen rural-urban linkages. Rural to urban migration has been increasing because of rapid industrialization opening vast employment opportunities in urban areas in construction and manufacturing, different businesses and services. This improves rural economy as remittances from urban to rural areas help families of migrants to meet their family expenses. Mostly, marginal and small farmers, tenant farmers, share croppers, landless labourers migrate temporarily in urban areas when they do not find employment in rural areas due to various reasons. Rural migration creates pressure on existing population and infrastructure of urban areas to sustain the well-being. This has been manifested in the form of increasing rate of unemployment, homelessness, growth of squatter and slum settlements and inadequate infrastructure and services in the urban areas.

Rural-urban linkage can significantly be strengthened by creating various infrastructure facilities. Efforts need to improve the efficiency and effectiveness of the existing infrastructure such as all weather road connectivity, bridges on rivers and canals, efficient and affordable transport facilities, availability of electricity, telecommunication network comprising radio, community radio, television, telephone, cellphones, social media network, internet etc., print media such as newspapers, folders, leaflets, improving literacy rates among poor people, capacity building of local level primary institutions, banking institutions, post offices and business correspondents to deliver services, empowering farmers' clubs, women Self Help-Groups(SHGs) and Joint Liability Groups(JLGs) to widen and deepen development through credit and banking. There are certain critical elements to change the rural scenario such as progressive increase in the output of agriculture, livestock, fisheries, forestry and increase in trade business of farm goods and services. Rural households access to Information and Communication Technologies (ICTs) provide technical services to develop agriculture in particular and rural economy in general. Emphasis should be given on increased decentralized governance structure at village/tehsil/ district level and focus on transparency and accountability while planning and implementing the growth and development oriented projects and programmes funded by the state and central government.

Rural people often visit urban areas either regularly or occasionally for their various requirements such as purchases, contacting government offices or agencies, hospitals whereas traders visit rural areas for business purpose and government officials or agencies visit rural

areas for their assigned duties. It has been observed that some rural people also settle down temporarily or permanently in urban areas for business purposes or for employment in government and private services. Tourism usually refers to movement of people away from their residences for recreation during holidays and leisure hours, although many people sometimes combine it with conferences, visiting relatives and business trips. It is worth noting that these categories are not mutually exclusive. With the progressive institutionalisation of banking and credit institutions and their increasing presence in rural areas, rural-urban linkage help rural people avail various types of financial services such as remittances, savings, credit, insurance, payment of pension and other benefits under the government's schemes. Substantial amount of savings mobilised from rural areas is moving to urban areas for providing credit and long-term investment in manufacturing and business sectors. Therefore, idle capital lying in one place is productively utilised in other areas for socioeconomic development of the community, geographical area and the country. The development of Information and Communication Technologies [ICTs] in recent years strengthened the rural-urban linkage. Access to information by the rural people about government's programmes has facilitated significant improvement in the development of farm and non-farm sector. ICTs help rural people to avail employment opportunities in certain centers. Some rural areas have indeed witnessed sea change in the socio-economic transformation. Print and electronic media are playing a significant role in this case. Environmental degradation and pollution both in rural and urban areas have been progressively increasing at a faster rate as farmers in their efforts to substantially increase farm production indiscriminately use agro-chemicals and urban areas have been adding profuse amount of industrial wastes apart from carbon emission. Even infrastructure is under heavy pressure to sustain well-being of population. Urbanisation and industrialisation progressively expand their geographical boundaries extending to adjoining rural areas occupying arable land thereby polluting rural environment by letting out urban and industrial waste. This constitutes rural- urban linkage with many management implications. Both rural and urban areas should not be treated as different and competing development spaces. Both areas should be considered as a whole contributing to the integrated economic development of the country and linkages between rural and urban should be strengthened.

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