

PROFESSIONAL SYSTEM ADMINISTRATOR

Becoming a professional system administrator involves a multifaceted journey of education, certification, experience, and ongoing skill development. Starting with a solid educational foundation, aspiring system administrators typically pursue a bachelor's degree in fields like computer science, information technology, or computer engineering, while also focusing on subjects such as mathematics and computer science during high school. Alongside formal education, obtaining relevant certifications from organizations like Microsoft, Comp TIA, or Cisco can greatly enhance one's credentials and demonstrate proficiency in specific technologies and platforms. Practical experience through internships, part-time roles, or entry-level positions in IT departments provides invaluable hands-on learning opportunities, allowing individuals to apply theoretical knowledge in real-world scenarios and develop problem-solving skills essential for the role. Continual learning and staying updated with the latest technologies and best practices are crucial, achieved through ongoing education, training programs, and participation in industry events. Soft skills such as communication, problem-solving, and teamwork are also essential for success in this field, complementing technical expertise. By following these steps and continually refining their skills, aspiring system administrators can pave the way for a rewarding career in managing and maintaining critical IT infrastructure.

Mastering the UPSC Journey: Navigating the Three Stages through Strategic Newspaper Engagement

Effectively engaging with newspapers is indispensable when preparing for the civil services examination. In exams like the UPSC, no amount of news analysis can substitute the value of newspapers. Approaching newspaper reading in diverse ways is essential, especially in the context of the three examination stages.

For the Prelims, a strategic focus on facts, data points, economic terms, and the historical context behind current events is crucial. Delving into these aspects is vital, as candidates must go beyond the newspaper's coverage, exploring related topics and preparing potential Prelims questions. Utilizing daily news analysis is beneficial, but independent research, when necessary, is equally important. Referencing past years' questions helps discern relevant information and guides the depth of preparation. Correlating static book knowledge with current news is imperative for Prelims success.

In preparation for the Mains, the emphasis shifts towards analyzing topics from various perspectives. Debatable issues require a comprehensive understanding of opposing viewpoints to form a well-balanced opinion. Editorial pages are valuable resources, offering insights to correlate with Mains syllabus topics. Transforming newspaper notes into answer formats, incorporating data from articles into introductions, points into bodies, and suggestions into conclusions streamlines Mains preparation. A diverse exploration of topics, considering political, social, environmental, ethical, and economic angles, is essential.

Mains conclusions should be forward-looking and optimistic, highlighting potential improvements.

For the Interview stage, newspapers assume an even more significant role, constituting 80 percent of preparation. Unlike Prelims and Mains, where one newspaper suffices, diversifying to at least three newspapers is advisable. Local news becomes pivotal, with an emphasis on forming personal opinions rather than memorizing facts. Regularly watching discussions on news channels aids in understanding various perspectives, enabling candidates to articulate informed opinions during the interview.

Maintaining a logical, optimistic, and balanced viewpoint is crucial during the Interview stage. Drawing on the Constitution and Supreme Court judgments enhances the credibility of opinions on contentious issues. Continuous newspaper follow-up, including the day of the interview, is imperative.

Developing a habit of consistent newspaper reading is foundational for success, making newspapers an invaluable ally in the journey towards achieving positive outcomes in civil services examinations.

These 5 symptoms seen in women can be the main causes of infertility

In the modern era, the fast-paced life has increased people's problems at every step, in such a situation, women are stressed about their career, in the race to adapt themselves according to beauty standards, they do not pay any attention to their diet and pay more attention to physical exercise. Not giving can cause serious problems like infertility. There can be many reasons for infertility, but if its symptoms are identified at the right time by observing them, then it can be cured with the help of a doctor. Gynecologist Dr. Chanchal Sharma of Delhi-based Asha Ayurveda tells that there are 5 major symptoms by which you can detect the disease. Here we will know them in detail one by one:

Irregular periods: Lack of nutritious diet, stress, hormonal imbalance can be the cause of irregular periods. Generally, the menstrual cycle of women is of 28-35 days, but when this cycle gets disturbed then it can become a matter of concern, hence keep an eye on the date of your periods and if there are frequent changes in it or periods are missed, consult a doctor once. Contact your doctor because this problem can cause infertility in future.

Endometriosis: Endometriosis is a problem in which a tissue found inside the uterus grows and starts spreading outside the uterus. This growing tissue can also spread to the woman's uterus, fallopian tubes, and external parts of the uterus. In such a situation, any woman may have more pain than normal during periods, irregular periods, pain in the pelvic area, etc. But the good thing is that through Ayurvedic treatment you can get rid of this disease and get relief from the unbearable pain of periods.

Unbearable pain during sex: Some women feel more pain than usual during sex and they ignore it, but it is worth noting that this seemingly normal thing can be the cause of infertility in women.

Hormonal imbalance: When the amount of hormones increases or decreases in the body, many types of problems start arising, such as pimples, hair fall, obesity, weight gain, unwanted hair growth on the body, decreased sex drive of women. Work to be done, etc. If you notice any such symptoms, consult a gynecologist once and do not hesitate to tell him about your problem.

Obesity: Nowadays the problem of obesity is increasing due to many reasons. Processed food, packaged food, lack of nutritious diet, reduced physical activity and all these reasons together give rise to the disease of obesity due to which women have to face difficulties in conceiving in future.

Doctor Chanchal Sharma, Director Asha Ayurveda tells that if any of these symptoms appear, you should consult a doctor because nowadays there are many tests like hysterosalpingography, endometrial biopsy, laparoscopy, hormone checkup through which you can find out your infertility. And once the disease is detected, it can be cured without any surgery through Ayurvedic treatment.

KVKs Golden Jubilee Torch: A Voyage of Metamorphosis in Agriculture

DR. PARVEEN KUMAR

On March 21 this year, KVKs completed 50 years of their establishment. Their voyage since the establishment of first KVK in the country in 1974 has driven agriculture in the country to new heights and bringing in the desired metamorphosis in this sector. The Indian Council of Agricultural Research (ICAR) organized special functions to commemorate the Golden Jubilee Celebration of the establishment of KVKs. On this Occasion Prof. Himanshu Pathak Director General ICAR and Secretary, Department of Agricultural Research and Extension (DARE) in his video message duly acknowledged the role of KVKs in transfer of technologies that resulted in increasing the food grains and horticultural production in the country. Dr. U. S. Gautham in his address highlighted how KVKs have been transformed from a mere training institute to a Single Window Agricultural Knowledge and Capacity Development Centre. Further, to commemorate the Golden Jubilee of KVKs, Secretary DARE and Director General (ICAR) also inaugurated the voyage of the ICAR-KVK Golden Jubilee Torch in Zone-V comprising Odisha, West Bengal and Andaman & Nicobar Islands from ICAR-KVK (A), Nadia. The KVK Golden Jubilee Torch relay symbolizes the spirit of KVK service to the farming community and simultaneously is being carried out in all 11 ATARIS' as a part of the Golden Jubilee celebrations of KVKs.

All it started happening when the second education commission (1964-66) headed by Dr. D. S. Kothari recommended for the establishment of agricultural polytechnics to provide vocational education in agriculture to school drop outs and other rural youths. After threadbare deliberations by the representatives of Ministry of Education, Ministry of Agriculture and the Planning Commission (NITI Aayog); the Indian Council of Agricultural Research (ICAR) as a follow up to the recommendations emerging out of the deliberations constituted a committee in 1973 under the chairmanship of Captain Mohan Singh Mehta of Udaipur to work out a comprehensive plan for establishment of such institutes. Captain Mohan Singh Mehta thus came up with the institutional design in the form of Krishi Vigyan Kendra (KVK) and the first KVK was established in the year 1974 in Pondicherry (now Puducherry) under the administrative control of Tamilnadu Agricultural University (TNAU) Madras in Tamilnadu. Since the establishment of first KVK in 1974, these district level institutes are at the forefront of technology dissemination and a vital and integral part of the National Agricultural Research System (NARS) of the country. Their role and contribution in the agricultural sector of the country has been immense. The country at present has 731 KVKs of which 545 districts in the country have one KVK each and there are 93 districts in the country which have two KVKs.

The Cluster Front Line Demonstration (CFLD) programme of the KVKs has been instrumental in augmenting pulse production in the country from an average of

17.70MT to 27.80 MT in 2022-23. The Crop Residues Management initiatives in 60 districts of four states have led to a remarkable 52% reduction in crop residue burning incidents contributing significantly to sustainability of the environment. The District Contingency Plans by the KVKs have provided a comprehensive framework for managing weather aberrations, offering vital support to both line departments and the farming community as well. The Integrated Farming System Models across 26 states/UTs including 31 bankable IFS for 22 states have helped increasing net income of farmers by 39% and have improved dietary diversity scores by 8.57%. The adoption of KVK recommended technologies have led to a notable increase of 42% in the productivity housing and health care of the farmers. Each KVK trains around 100 persons annually of which 25% of trainees go for establishment of self employment ventures. 425 KVKs in the country are instrumental in promoting natural farming in the country by organizing awareness and sensitization programmes, demonstrations and capacity building programmes. Kisan Sarthi a digital platform has over 1.74 million registered farmers and has sent more than 5.8 crore advisories. KVKs have embraced drone technology to mechanize farming in the country. A study done by International Food Policy Research Institute (IFPRI) revealed that KVK interventions have resulted in an additional net farm income of rupees 5752/ha demonstrating their effectiveness in enhancing farmers' livelihood.

With the passage of time KVKs mandate has changed from a single commodity approach to a broad based that now includes not only cereal crops but to other crops like horticultural, medicinal, oilseed, pulses and all other crops that are grown within the concerned district. Besides, KVKs are now training young person to become entrepreneurs, providing farm and weather advisory services, celebration of important days, and in devising technologies that help in drudgery reduction. There is also a lot of reporting work in the KVKs. So a meagre strength of six, finds itself overloaded and difficult to cope with the increasing responsibilities. Also a single KVK in districts having population in crores is not sufficient to cater to the needs of all.

A high powered committee on management of KVKs was set up under chairman ship of Dr. R. S. Paroda. It came up with a slew of recommendations regarding the Krishi Vigyan Kendra. It recommended the change of vision of KVKs to 'Science and technology-led growth leading to enhanced productivity, profitability and sustainability of agriculture', where as the Mission should be 'Farmer-centric growth in agriculture and allied sectors through the application of appropriate technologies in specific agro-ecosystem perspective'. The new mandate of the KVKs as recommended by Paroda Committee was 'Technology Assessment and Demonstration for its wider Application and Capacity Development' (TADACD). It also called for an additional Krishi Vigyan Kendra in the district be established only based on specific criteria such as large

rural population, bigger geographical area, higher net sown area, relative Executive Summary backwardness norms of the district, more Tribal/Scheduled Caste/Scheduled Tribe population, and those in mountainous (above 5000 feet above mean sea level) and difficult/border areas.

A third party evaluation of KVKs carried out by National Institute of Labour Economics Research and Development (NILERD), an autonomous institute under NITI Aayog in 2018 came out with findings which reveal that the KVKs all across the country are doing a tremendous job accomplishing and achieving many milestones. The evaluation found that KVKs are playing a proactive role in transferring new technology at field level with beneficial impacts and that these institutes have an edge over other service providers by virtue of having better technical expertise and demonstration abilities. The technologies demonstrated by KVKs were immediately adopted by 40 percent of the farmers and 25 percent adopted them by the next agricultural season. On an average a KVK covers 43 villages and 4300 farmers every year and 80% of villages covered are 10 kilometers away from KVK. The evaluation further said that 96 percent of the farming queries were attended by the KVKs and 42% technologies adopted by farmers resulted in higher productivity and 20 percent resulted in drudgery reduction. About 25% of the persons trained by KVKs started their own self employment ventures.

The Way Forward: In the present era when agriculture is facing challenges like Climate Change, non remunerativeness and farmers are leaving agriculture and youths not interested in it, KVKs have also to redefine their strategies and double their efforts for the welfare of the farming communities. Besides technology transfer and trainings/various skill development initiatives; KVKs have to assist the farmers in becoming successful entrepreneurs. At the grassroots level, the KVKs have to promote the concept of farming as an agribusiness entity through promotion of various startups. The much needed interventions to feed the growing population on a sustainable basis have to come from KVKs. KVKs have to become a comprehensive hub for providing one stop solution of the farming community related to supply of inputs, technical knowledge, weather based agro advisories, market related information, risk coverage and insurance, ensuring remunerative price of the produce by development of appropriate linkages, value addition and processing of the produce, mobilization of the farming community through collective associations like SIIGs and Farmer Producer Organizations (FPOs).

Over the years, these institutions have emerged as grass root level institutions on whom the farming community relies without any second thought. They symbolize growth; a growth that is based on the pillars of inclusion, sustainability, profitability and empowerment.

(The author writes on agriculture and social issues)

Welcome, First Time Voters to Electoral Fest 2024

PURAN CHAND SHARMA

The country at this point of time is galloping towards Electoral Fest 2024. Election schedule has since been announced. Voting would take place in seven phases. Results shall be declared on 4th June paving way for the new Govt being put in place for the best of governance and achieving new milestones in national progress and prosperity. Democracy in India is the largest by population in the world. As compared to the rest of the world, ours is the most stable and the matured democracy. It has exponentially grown and developed right from 1951-52. Over all these years people of Bharat have actively participated in the elections with tremendous enthusiasm and have exhibited needed maturity in changing the Governments from time to time to befittingly deal with the challenge at hand. We, Indians are entitled to take pride in the fact that our country happens to be the youngest country in the world as we possess the world's largest youth population which is our the most valuable asset with more than 50% of its population below the age of 25 years and more than 65% below the age of 35 years. Another salient feature of our parliamentary Democracy is the people's staunch belief in the system and strong commitment for electing a stable Government.

Significant Role of First Time Voters in the Upcoming Electoral Fest

Our young voters possessing huge energy, positive motivation and confidence are welcome to the democratic fest. It will not be fair to brand them as novice lacking proper understanding of the tricks of politics and the relevance of the whole cumbersome process of electing people's repre-

sentatives to form a strong and confident Government to ensure overall prosperity of the masses and catapult nation to the dizzy heights. Youth if properly organised, enlightened and well directed, they can work wonders and generate the needed positive change across the national horizon. It has been seen and experienced during the period of extreme crisis when the country was subjugated by the powerful and tyrant aggressors. At that critical moment, our youthful colts came out in droves to counter and neutralize the onslaught of the perpetrators of horrific crimes and their diabolical designs. Our history and scriptures are replete with fascinating, inspiring and daring deeds of young warriors. War of Mahabharata would have never been won, if little Abhimanyu had not volunteered to enter into deadly CHAKARVIEW of Kaurav Sena put in place by Guru Dronacharya despite the fact that the young warrior lacked mastery to safely exit from the aforesaid killer formation of Army. He was brutally and unethically killed by seven top fighters of Kaurav Army and saved that critical day together with YUDISHTARA being defeated and captured to end the war as planned by the wily Kauravas. Similarly when young blood like Bhagat Singh, Sukhdev,Rajguru,Chander Shekhar, Pandit Ram Prasad Bismil, Ashfaq ullah khan and numerous others took a quantum jump into the ongoing struggle for freedom, it infused vigour and vitality into this massive national blitzkrieg which frightened and shook the alien empire from the roots creating fear in their mind that now on it will be too difficult to rule India and in consequence thereof they had

to quit on a prompt and hurried note.

Clear Cut Roadmap for Novice Voters in 2024 Electoral Event

Ours is a pluralistic society wherein people of various hues and colours live together peacefully pursuing their own social and religious faiths in perfect harmony. It will also be relevant to say that that our parliamentary democracy has also graphically matured over the years. Likewise major chunk of our young voters may be suitably educated whereas others may not be adequately learned in the system and may find themselves vulnerable to exploitation and unhealthy plus undesirable and immoral practices being resorted to by the crafty and tricky politicians. Therefore, in the circumstances when the very substantive Electoral festival is on the anvil, the first time electors must stick to the under mentioned roadmap while deciding to cast your vote in favour of the candidate of your first choice:-

*Judiciously make a critical analysis and assessment of performance of the incumbent ruling party without prejudice and not falling prey to exploitation.

*The first and foremost responsibility shall be to ensure that they get enrolled as voters, for the new comers it would be a very thrilling and momentous occasion to cast their vote for the first time to elect a responsible and a performing Government.

*The moral and the national duty of the upcoming generation does not finish here. Being young and jovial, vigilant and concerned about the national progress and prosperity, it would be incumbent upon them to engage themselves in educating and enlightening all other common

folks to properly and diligently exercise their franchise in the ensuing electoral festival for electing good candidates and the party with proven credentials to strengthen the vital and essential components for comprehensive development of the nation such as Robust Economy, powerful army equipped with global standard armaments, minimal poverty, mutual understanding and tendency of working and moving together in the right direction plus competent and dynamic leadership.

* Nation first is the buzz word which has capacity and magical power to generate the needed positive change, follow it dutifully. No nation in the world has reached the pinnacle of glory and attained the status of Super Power only on the basis of Infrastructural Development but by virtue of unflinching and unshakeable commitment to nationalism.

* First time youthful voters can be the potent game changers, stay determined to elect your political representatives who can rule, perform and deliver without mincing words. Any Govt elected by dint of our concerted efforts shall need to focus on following significant components :- 1. Communal harmony which is still lacking. 2. Enlightenment and cultivation of cultural values in the families for the desired results. 3.Environment:- We are heading towards appalling environmental crisis , therefore , it needs be addressed on priority vis-a-vis on going development 4. Turn focus on Swadeshi products of daily use to boost national economy. 5. Be a disciplined citizen:- Remember this is possible only if we transform into a ethically disciplined citizen. Trust we can do it.

Voting keeps us civically engaged with government

MAHADEEP SINGH JAMWAL

Elections are basically meant where voters get choice and chance to analyze the performance of existing representatives of the public and the only excellent way and occasion, once in five years, to rate if voters want to create change. Voting in elections helps citizens ensure that the country is granted better rights and protection. Voting is an important civic duty that can significantly impact the future of our country. Voting helps keep politicians accountable for their actions and creates the framework for our democracy.

As in India, we are again going to witness and celebrate most participated festival i.e. Lok Sabha Elections, with the first phase beginning from April 19th 2024, we have a responsibility to conclude this festival by giving results that will decide our future in the next five years. Peace cannot exist without justice, justice cannot exist without fairness, fairness cannot exist without development, development cannot exist without democracy, and democracy cannot exist without realizing the power of vote.

Everybody counts in applying democracy. And there will never be a true democracy until every responsible and law-abiding adult in it, without regard to race, sex, color or creed has his or her own inalienable and unpurchasable voice in government.

The expression "Government of the people, by the people, and for the people," is only accurate when every citizen takes part in the electoral process.

In a true democracy, every citizen participates in making decisions that affect both the welfare of the nation and their own. The right to vote provides the people of the nation with the ability to exercise their right to vote and to decide collectively, with the support of the majority, who they believe is capable of making Laws that suit one and all. One of the strongest foundations of participatory democracy is the obligation of each member to cast an informed ballot.

Therefore, there needs to be a fundamental change in how voters think in order for them to understand the significance of both the voting process and the significance of each vote in deciding the

future of the country. The voter awareness initiatives created in response to the need to inform, create awareness and encourage people to participate in elections and vote is required to be carried forward not only by creating physical programs but to sync such initiatives along with the digital platforms.

The electoral process is not taken seriously by many voters, and they do not comprehend the gravity of their right to vote. We should aim to inspire young people through Electoral Literacy initiatives to participate in the electoral process and become active citizens for change.

They need to motivate, apprise and inspire on three basic parameters, when we talk of their participation in voting, to register to vote and ensure that their name shows on the list, to educate themselves and make an informed decision and to support a visionary candidate who offers more ideas than promises.

Voting is one way to be more civically engaged with your government. It is vital to make a difference in the world by having your voice heard and representing the views of people who don't have a voice. If

you want to create change, voting is an excellent way.

Voting in elections helps citizens ensure that the country is granted better rights and protection. Voting is one way to be more civically engaged with your government. It is vital to make a difference in the world by having your voice heard and representing the views of people who don't have a voice. Voting awareness is the only platform that provides information about voting and how to be a responsible voter. A lot of people want to vote, but many are not aware of its need and how to cast it. This is where voting awareness comes into play. The idea of voting awareness is to help people understand the importance of voting. It is a method for citizens to express what they want from their leaders.

This will lead to better governance and what everyone wants, a democracy that is free, fair and representative. "Elections belong to the people. It's their decision. If they decide to turn their back on the fire and burn their behinds, then they will just have to sit on their blisters." Abraham Lincoln.