

CLIMATE CHANGE

Climate change is one of the most pressing issues of our time, influencing ecosystems, weather patterns, and global economies. While climate change has occurred throughout Earth's history due to natural causes, the rapid changes observed in recent decades are largely attributed to human activities. Understanding both natural and anthropogenic factors is crucial in addressing this global challenge effectively.

Throughout Earth's history, climate has changed due to natural factors, including variations in solar radiation, volcanic activity, and oceanic and atmospheric circulation patterns. These processes contribute to long-term climate fluctuations but do not explain the rapid warming observed in recent centuries.

The Sun is the primary energy source for Earth's climate system. Variations in solar output, such as those caused by sunspot cycles, influence global temperatures. However, research indicates that solar radiation changes alone cannot account for the significant warming trend seen since the late 19th century.

Volcanic eruptions release large amounts of ash and sulfur dioxide into the atmosphere, which can temporarily cool the planet by reflecting sunlight away from Earth. The 1815 eruption of Mount Tambora, for instance, caused the "Year Without a Summer," leading to widespread crop failures and cooling effects. However, these impacts are usually short-lived and do not contribute to long-term climate trends.

Natural sources, such as wetlands and oceans, emit greenhouse gases like carbon dioxide (CO2) and methane (CH4). These gases help regulate Earth's temperature, but their natural emissions alone have historically maintained a stable climate over millennia.

Climate phenomena such as El Niño and La Niña impact weather patterns and temperatures globally. These oscillations are part of natural climate variability but do not account for the unprecedented warming observed in modern times.

Since the Industrial Revolution, human activities have significantly altered the climate by increasing greenhouse gas concentrations in the atmosphere. Scientists overwhelmingly agree that these activities are the primary drivers of modern climate change.

The burning of coal, oil, and natural gas for energy production releases vast amounts of CO2, the most significant human-contributed greenhouse gas. The rise in CO2 levels from approximately 280 parts per million (ppm) in the pre-industrial era to over 400 ppm today has led to an enhanced greenhouse effect, trapping more heat in the Earth's atmosphere.

Forests act as carbon sinks by absorbing CO2. Large-scale deforestation, particularly in tropical regions, reduces this absorption capacity, leading to increased atmospheric carbon levels. Additionally, burning trees releases stored carbon back into the atmosphere.

Industries emit various greenhouse gases, including methane from livestock and nitrous oxide from fertilizer use. Agriculture, particularly rice cultivation and cattle farming, is a significant contributor to methane emissions, which are more potent than CO2 in trapping heat over short periods.

Expanding cities, concrete infrastructure, and increased energy consumption contribute to the urban heat island effect, where urban areas experience higher temperatures than surrounding rural regions. The consequences of climate change are evident worldwide and continue to intensify. Global temperatures have increased by approximately 1.2°C (2.2°F) since the late 19th century. Increased occurrences of hurricanes, heatwaves, wildfires, and heavy rainfall are linked to climate change. The Arctic and Antarctic ice sheets are shrinking, contributing to rising sea levels that threaten coastal communities. Addressing climate change requires immediate global action. Increasing reliance on solar, wind, and hydroelectric power reduces dependency on fossil fuels; Afforestation and reforestation projects help absorb CO2 from the atmosphere; Sustainable building practices, energy-efficient appliances, and smart urban planning reduce emissions; Reducing methane emissions through improved livestock management and sustainable farming techniques can help combat climate change.

BUSTING HAIR CARE FOR SUMMERS (FROM A BOARD CERTIFIED DERMATOLOGIST)

■ DR SUPREET SINGH



► Fungal infections due to humid conditions can lead to flaky, itchy scalp.

2. Scalp Folliculitis

► Bacterial or fungal infections can cause inflammation of the hair follicles.

► Results in red, pus-filled bumps on the scalp, sometimes leading to itching and discomfort.

3. Ringworm (Tinea Capitis)

► A fungal infection that leads to scaly patches, hair breakage, and bald spots.

► More common in warm, humid climates.

4. Heat Rash on the Scalp

► Sweat and clogged pores can lead to tiny red bumps and itching.

► Often seen in people who wear hats or helmets for long periods.

5. Excessive Hair Fall (Telogen Effluvium)

► High temperatures and sweating can lead to hair becoming weak and breaking.

► Dehydration and lack of proper nutrition can also contribute.

6. Oily and Greasy Scalp

► Increased sweat and humidity cause excessive oil production.

► Can make hair look limp and greasy, leading to more dirt and grime accumulation.

7. Sun Damage (Photodamage)

► UV rays can weaken hair proteins, causing dryness, brittleness, and split ends.

► Can also lead to scalp burns, increasing the risk of peeling and irritation.

Prevention and Care

► Wash hair regularly with a mild shampoo to remove sweat and excess oil.

► Use anti-fungal or medicated shampoos if prone to dandruff or infections.

► Keep the scalp dry and avoid wearing tight hats for prolonged periods.

► Protect hair from the sun using a scarf, hat, or UV-protectant hair spray.

► Stay hydrated and maintain a balanced diet rich in vitamins and minerals.

► Avoid excessive use of heat-styling tools as they can worsen dryness.

RECOMMENDATIONS:

Here are some recommended products and treatments for different summer hair and scalp conditions:

1. Dandruff & Seborrheic Dermatitis

Products:

► Ketoconazole-based shampoos (e.g., Nizoral, Sebamed Anti-Dandruff Shampoo)

► Zinc pyrithione shampoos (e.g., Head & Shoulders Clinical Strength)

► Tea tree oil shampoo (e.g., Paul Mitchell Tea Tree Special Shampoo)

During summer, the heat, humidity, and increased exposure to sweat and pollutants can lead to several hair and scalp issues. Here are some common hair diseases and conditions that can occur in summer:

1. Dandruff and Seborrheic Dermatitis

► Increased sweating and oil production can worsen dandruff.

Treatment:

► Use an anti-dandruff shampoo 2-3 times a week.

► Rinse your scalp with cool water to prevent excessive oil production.

2. Scalp Folliculitis

Products:

► Benzoyl peroxide wash

► Salicylic acid shampoos

► Tea tree oil spray (for antibacterial benefits)

Treatment:

► Keep the scalp clean and dry.

► Use an antibacterial shampoo.

► Avoid scratching or picking at bumps.

3. Ringworm (Tinea Capitis)

Products:

► Antifungal shampoos with selenium sulfide

► Oral antifungal medication (prescribed by a doctor)

Treatment:

► Avoid sharing combs, towels, or hats.

► Wash pillowcases frequently.

► See a doctor if hair loss or severe itching occurs.

4. Heat Rash on the Scalp

Products:

► Calamine lotion (for cooling effect)

► Aloe vera gel (natural cooling agent)

► Mild baby shampoo (to avoid irritation)

Treatment:

► Keep your head cool and avoid excessive sweating.

► Avoid using heavy styling products that clog pores.

► Rinse your scalp with cool water after sweating.

5. Excessive Hair Fall (Telogen Effluvium)

Products:

► Biotin supplements

► Caffeine-infused shampoo

► Minoxidil

Treatment:

► Maintain a protein-rich diet.

► Stay hydrated to prevent dryness.

► Reduce stress with yoga or meditation.

6. Oily and Greasy Scalp

Products:

► Clay-based dry shampoos

► Apple cider vinegar rinse (helps balance scalp pH)

► Clarifying shampoo

Treatment:

► Wash your hair with a mild shampoo every other day.

► Avoid heavy oiling; use lightweight serums instead.

► Avoid over-brushing, which spreads oil.

7. Sun Damage & Dry Hair

Products:

► UV-protectant sprays

► Coconut oil

► Leave-in conditioners with SPF

Treatment:

► Wear a hat or scarf when out in the sun.

► Use deep conditioning treatments weekly.

► Trim split ends regularly.

PREVENTION & HOME CARE

Summer brings increased heat, humidity, and sun exposure—all factors that can contribute to scalp issues and hair diseases. Preventing these problems involves maintaining a proper hair and scalp care routine, good hygiene, and protecting your hair from environmental stressors. Here are several preventive measures to help keep your scalp and hair healthy during the summer months:

1. Maintain Optimal Scalp Hygiene

► Regular Washing:

► **Frequency:** Wash your hair regularly (typically 2-3 times a week) to remove sweat, dirt, and excess sebum that can lead to scalp infections or fungal growth.

► **Mild Shampoo:** Use a gentle, sulfate-free shampoo that cleanses without stripping natural oils. This helps prevent conditions like dandruff and seborrheic dermatitis.

► **Post-Swim Care:**

► **Rinse Immediately:** After swimming in chlorinated or salt water, rinse your hair and scalp thoroughly with clean water. This reduces the risk of irritation and fungal infections.

2. Protect Your Scalp and Hair from UV Damage

► **Wear Protective Headgear:**

► **Hats or Scarves:** Shield your scalp and hair from harmful UV rays by wearing a hat or scarf when outdoors. This reduces the risk of sunburn, dryness, and potential long-term damage.

► **UV Protection Products:**

► **Specialized Sprays or Leave-in Conditioners:** Use products formulated with UV filters to minimize damage from the sun.

3. Keep Your Scalp and Hair Moisturized

► **Hydration:**

► **Deep Conditioning:** Use a deep conditioning mask once a week to restore moisture and improve hair elasticity.

► **Leave-in Conditioners:** Apply a lightweight leave-in conditioner to maintain moisture throughout the day and protect against dryness.

► **Scalp Oils:**

► **Natural Oils:** Light oils such as coconut or argan oil can provide a protective barrier on the scalp, preventing moisture loss and irritation.

4. Prevent Fungal and Bacterial Infections

► **Dry Your Hair Properly:**

► **After Washing or Sweating:** Ensure your hair is completely dry before styling or covering it. Damp hair in a warm environment can become a breeding ground for fungi and bacteria.

► **Avoid Tight Hairstyles:**

► **Reduce Irritation:** Hairstyles that pull tightly on the scalp (like tight ponytails or braids) can cause friction and micro-tears, creating entry points for infections.

5. Adopt a Healthy Diet and Lifestyle

► **Balanced Diet:**

► **Nutrients for Hair Health:** Include protein-rich foods, fruits, and vegetables. Nutrients such as vitamins A, C, D, E, zinc, and omega-3 fatty acids support a healthy scalp and strong hair.

► **Hydration:**

► **Drink Plenty of Water:** Staying well-hydrated helps maintain overall skin and scalp health.

► **Stress Management:**

► **Relaxation Techniques:** Chronic stress can contribute to hair loss and exacerbate scalp conditions. Practices like meditation, exercise, and adequate sleep support overall well-being.

6. Monitor Your Scalp's Health

► **Regular Checks:**

► **Notice Early Signs:** Be alert to symptoms like itching, redness, scaling, or unusual hair loss. Early detection can help prevent more serious conditions.

► **Consult a Dermatologist:**

► **Professional Advice:** If you notice persistent scalp irritation, excessive flaking, or hair loss, seek advice from a healthcare professional for appropriate treatments and care.

By following these preventive measures, you can reduce the risk of developing hair and scalp diseases during the summer and maintain healthy, strong hair all season long.

(The author is MBBS MD DVL (GMC JAMMU) FADS)

Reforming Waqf: A Call for Transparent and Accountable Management for Welfare of Muslim Community

■ HAJI SYED SALMAN CHISHTY



In the social and hugely diverse fabric of India's religious and socio-economic landscape, the Waqf stands as one of the most significant, yet underutilized, institutions. This statutory entity, steeped in Islamic Spiritual tradition, holds the potential to transform the socio-economic

conditions of the Muslim community in India. However, despite its profound heritage and substantial landholdings, the Waqf has been hampered by inefficiencies, mismanagement, and a lack of transparency. It is indeed paradoxical that the Waqf, as the third largest landowning entity in India, presides over a community that continues to struggle with issues of education, healthcare, and socio-economic upliftment. The very purpose of Waqf, established centuries ago, was to serve the welfare of the muslim community through the creation and maintenance of public goods such as schools, hospitals, libraries, and other charitable institutions. The fact that such

a vast resource base is not being leveraged effectively for the betterment of the community has been a cause for grave concern since past many decades.

The proposed UMEED Waqf Bill amendments aim to address some of the longstanding issues plaguing the Waqf. These reforms are crucial, as they acknowledge the widespread consensus within the community regarding the misuse of Waqf properties by mutawallis (custodians), some members with zero credibility and the inefficiencies that have prevented Waqf boards from maximizing the value of these assets.

The current state of the Waqf is a reflection of the broader challenges faced by the Muslim community in India. The lack of accountability and transparency in the management of Waqf properties has allowed for the perpetuation of inefficiencies and corruption. One of the most glaring issues with the current Waqf system is the outdated rental structure for Waqf-owned properties. Many of these properties are rented out at rates fixed decades ago, often as far back as the 1950s. Not only are these rents absurdly low in today's market, but even the meager amounts due are often not collected regularly. This situation is compounded by allegations of illegal sales and squandering of Waqf assets, which have

significantly eroded the potential revenue that could have been used for community welfare. A classic example would be Jaipur City's most central and famous shopping street known as MI Road which runs from Sanganer Gate to Government Hostel .Many wouldnt know that MI stands for Mirza Ismail Road. Some of the properties located on MI Road in Jaipur have been donated to the Waqf board, for the cause of community and religious work. The board can allot these properties on rent but cannot sell them to anyone. Other such several commercial properties of 100 square feet to 400 square feet on MI Road that are fetching Rs 300 a month, will fetch close to Rs 25,000 per month when the rent policies are updated. There are thousands of such negligences across India in each State from Kashmir to Kanyakumari.

The Sachar Committee report of 2006 estimated that the Waqf could generate an annual income of Rs 12,000 crore from its properties. However, surveys by the Ministry of Minority Affairs now reveal that the actual number of Waqf properties exceeds Rs 8.72 lakh. Today, factoring in inflation and revised estimates, the potential income could be as high as Rs 20,000 crore annually. Yet, the actual revenue generated remains a paltry Rs 200 crore-a

fraction of what could be achieved with professional and transparent management.

The potential for revenue generation and investment in community welfare is enormous. If managed efficiently, Waqf properties could fund the establishment of world-class institutions-schools, universities, hospitals, and more-that serve not only the Indian Muslim community but society at large. This is where we, as Indian Muslims, must broaden our understanding of "welfare." Welfare does not mean free, run-down institutions that struggle to sustain themselves. Instead, we should aspire to create institutions that are self-sustaining, inclusive, and of such high standards that they become aspirational for all. The final UMEED Waqf bill amendments after the constructive Joint Parliament Committee suggestions must offer a visionary commitment towards the righteous space and scope of Waqf development leading to Muslim community's overall upgradation. By overhauling the governance and administration of Waqf boards and the Central Waqf Council (CWC), the bill seeks to create a more accountable and transparent system that can better serve the community.

But reforms should not stop at governance. The credible administration of Waqf board must also

address the critical issue of revenue generation. Revising the rental structure of Waqf properties to reflect current market rates is essential for ensuring the financial sustainability of the Waqf. Furthermore, profits generated from these properties should be reinvested into muslim community welfare projects, in line with the original mandate of the Waqf establishment.

Finally, as Indian Muslims, we must recognize that the Waqf is too important an institution to fail. It holds the key to unlocking the potential of our community, not only in terms of socio-economic development but also in fostering a spirit of inclusivity and excellence. By embracing reform and demanding accountability, we can ensure that the Waqf serves its intended purpose of benefiting the Muslim community and contributing to the broader society.

The time for reform is now, and it is our collective responsibility to ensure that the Waqf fulfills its potential as a force for good in muslim community and our country at large. Let us refocus and engage in community development, and work towards a future where the Waqf institutions become the shining rays of hope, opportunity, and prosperity for all. (The writer is Gaddi Nashin-Dargah Ajmer Sharif and Chairman Chishty Foundation)

■ ABDUL QUDDIR KUNDRIA



The soil of our homeland is imbued with a sacred essence that nurtures an unparalleled spirit of sacrifice in its people. Throughout history, whenever the sovereignty of our nation has been threatened, our brave sons have stepped forward without hesitation, offering their lives to protect the land they hold dear. Their unwavering courage, selfless valor, and supreme sacrifices have ensured that we continue to live in peace and security. It is because of these fearless warriors that our nation stands tall, its foundations strengthened by their blood, and time and again, the sinister designs of the enemy have been crushed beneath the might of our defenders.

While the entire nation was immersed in the joyous celebrations of Eid-ul-Fitr and Navratri, a tragic event unfolded, turning moments of happiness into grief and mourning. On March 27, 2025, in the dense forests of Juthana, Sufiyan in Jammu and Kashmir's Kathua district, the

police launched a high-risk counter-terrorism operation. At the helm of this daring mission was DSP Dheeraj Singh Katoch, leading his brave team with the singular aim of eliminating the enemy. This was not just another operation, it was a decisive battle against terrorism, a fight for peace and justice, where our fearless officers stood at the front-lines, prepared to lay down their lives for the country.

A fierce and intense encounter ensued, shaking the silence of the valley. With indomitable courage, our officers engaged the terrorists in direct combat, displaying unparalleled gallantry. Their tactical acumen and battle-hardiness led to the neutralization of five terrorists. However, this victory came at a heavy price. Four of our bravest warriors named Tariq Ahmed, Jaswant Singh, Balwinder Singh and Jagvir Choudhary sacrificed their lives in the line of duty, embracing martyrdom while defending their motherland. Their loss is immeasurable, a wound that will never truly heal, yet their supreme sacrifice fills every heart with immense pride. They stood as a testament to the unyielding resolve of our armed forces, proving once again that our nation is never short of

heroes ready to give their all for its security.

Terrorism is a scourge devoid of conscience or morality. Its sole purpose is to spread destruction, bloodshed, and fear. But against this darkness stands the unwavering light of our forces, forming an impenetrable shield against all threats. Because of the courage and sacrifices of our officers, we are able to sleep peacefully in our homes, send our children to school without fear, and lead normal lives in our cities, towns, and villages. If not for the swift and strategic response of our police forces, the terrorists could have wreaked unimaginable havoc, causing irreparable harm to innocent civilians. Even in this moment of grief, we salute the valor of DSP Dheeraj Singh Katoch and SOG officer Bharat Chalotra, who were injured in the operation. Despite their wounds, their unwavering determination remained intact, exemplifying the true spirit of our protectors. These men, who stand firm in the face of danger and fight till their last breath, embody the very essence of bravery. Their heroism ensures that our enemies can never succeed in their evil designs. Had our forces not acted with the precision and bravery they displayed, the consequences could have been far more

devastating.

The sorrow of this loss has gripped every heart across the nation. Eyes are moist with tears, and hearts are heavy with grief, but along with this pain, there is also an overwhelming sense of pride. These warriors did not just sacrifice their today-they secured our tomorrow. Their bravery has reignited a flame of unity and determination across the nation, strengthening our collective resolve to eradicate terrorism once and for all. It is imperative to acknowledge the swift and strategic coordination between senior officials such as the DGP, IGP, DIG, SSP, and other security agencies, whose leadership ensured that the situation was effectively managed. The role of the media in providing accurate reports also helped the nation witness the bravery and efficiency of our police force and administration. The vigilance and dedication of our police and armed forces form the cornerstone of our national security, and we must always honor their sacrifices by upholding their mission.

However, it is also crucial to address the shortage of police and security personnel in certain sensitive areas. The government must deploy additional forces in these high-

risk zones to ensure that potential threats are countered proactively. Terrorism is a persistent menace, and to dismantle its networks, a joint strategy involving the army, police, CRPF, BSF, and special commandos is essential. A unified and coordinated effort will ensure that no enemy can ever dream of destabilizing our peace.

The role of civil society in this fight is equally important. If the people stand united with our security forces, no adversary can succeed in its nefarious designs. The fight against terrorism is not just the responsibility of the police or the military-it is a collective battle that the entire nation must fight together. Until we all rise as one and stand against this menace, true victory will remain elusive. Every citizen must remain vigilant and support our forces in their relentless mission to safeguard the nation.

We extend our deepest gratitude to the Honorable Lieutenant Governor of Jammu and Kashmir, the Honorable Chief Minister, the district administration of Jammu, Reasi and Kathua, senior officers from Udhampur- Reasi Range and Jammu- Kathua Range, SSPs, Additional SSPs, DSPs, SHOs, and every single police

officer who stood by the grieving families in this difficult time. Their support has been instrumental in uplifting the morale of both the security personnel and the public.

The sacrifices of our brave jawans and officers can never be forgotten. Their courage, resilience, and devotion to duty are etched in the annals of history. We must keep their legacy alive and ensure that their families are supported, for this is the least we can do to honor their supreme sacrifice. These martyrs are our true heroes, the protectors of our nation, and we will always hold them in the highest regard.

If we walk in their footsteps, carrying forward their mission, and prioritize the security of our homeland above all else, no enemy will ever dare to challenge us. It is now our solemn duty to take this mission forward, to stand united against terrorism, and to ensure that the peace and integrity of our motherland remain unshaken. This is not just a responsibility-it is a sacred duty, a duty we owe to those who gave their all so that we may live in peace. We salute our jawans, our police, and our armed forces for their unyielding spirit, their unmatched bravery, and their eternal commitment to the nation.