"So when you are listening to somebody, completely, attentively, then you are listening not only to the words, but also to the feeling of what is being conveyed, to the whole of it, not part of it. -Jiddu Krishnamurti"

TAKE STRICT ACTION

It is quite unfortunate that a report regarding two medicos' unprincipled behaviour has came to fore as they have allegedly issued disability certificates to a CRPF Jawan twice at Government Medical College (GMC) Rajouri. However it is justified that the Deputy Commissioner, Rajouri Vikas Kundal has ordered an inquiry to probe the matter but such incidents surely malign the image of noble profession which was once considered as godly. The allegation against the aforesaid doctors is also that they had taken bribe from the CRPF Jawan for committing this 'crime'. The true picture will come to fore only after completion of probe by Additional District Development Commissioner, Rajouri, who has been appointed as the inquiry officer in the matter. It is good that the issue came to fore after a video went viral on social media wherein a complainant has alleged that two doctors of the Government Medical College, Rajouri have demanded bribe for issuance of disability certificate. The allegations are severe and need to be investigated thoroughly as future of many people depends on this kind of wrong doing as people can avail undue benefits by manipulating disability certificates from such unprincipled medicos deputed for the purpose. It is pertinent to mention that two doctors in GMC Rajouri, one Surgeon and another an Orthopedician issued disability certificate twice after taking bribe from a CRPF Jawan. They allegedly increased disability percentage not by physical check up but after taking bribe. The accusations against the duo are of serious nature as allegedly this isn't first case but there are hundreds of such cases where they issued disability certificates after taking handsome amount. Such kind of misuse of official position for collecting money from disabled persons is shameful and should not be allowed to continue. The need of the hour is that the disability certificates issued by the duo should be declared null and void and the people having the same should be assessed once again and of course the charges should be deducted from the salaries of these two doctors if they were found guilty in the inquiry. In the case of adverse inquiry report both the doctors must be given exemplary punishment to deter people from repeating such acts.

FORTIFYING JKP

The pressure under which the cops of Jammu and Kashmir Police work makes is imperative to equip them with modern and sophisticated weapons which can prove useful in different conditions especially during anti-terror operations. In this context, the government has moved ahead by taking a decision to procure highly sophisticated 'Zen ShootEdge' corner shot pistol weapon system. The aforesaid system will be inducted by the Jammu and Kashmir Police for close combat and 100s of these will be delivered to JKP, which is one of the best security forces in the country. This state of art weapon system is meant for shooting around corners and over the top of walls, without exposing the person using the pistol. This high end weapon system will protect members of anti-terrorist operation parties from coming in direct fire from terrorists in close combat, which mostly takes place in congested and populated areas in Kashmir. It is pertinent to mention that the aforesaid weapon system was put on display at the two-day Northern Tech Symposium organised by the Indian Army in Jammu and Kashmir's Udhampur district to identify cutting-edge technologies it needs for solving operational challenges. Sooner than later this new weapon system will be procured by the JKP to ably carry out the anti-terror operations in the congested areas of the UT of J&K to teach lesson of life to terror mongers and their supporters. The 'ShootEdge' system helps fire accurately in darkness and low light conditions and also facilitates firing from standing, kneeling, hip as well as lying positions. The modern weapon system can be fitted with a pistol for close combat or covert operations besides one can mount it with a high-resolution low light infrared camera, an infrared illumination, a red dot laser and tactical torch for all environments during close combat. There are many more features associated with this relatively new weapon system soon coming in the volley of JKP. Combating terrorism was never easy but JKP has always shown courage in accomplishing its duty and after acquiring this new weapon system, the security force will act in a more professional manner with chances of collateral damages taking a dip.

OFF 'D' CUFF

Digital World Vs Reality

Our relationship with technology need not undermine our humanity, says BRAHMA KUMARI SHIVANI, showing us ways to balance our digital world with the real one

I use my mobile phone and electronic gadgets from morning till evening. I want to be free of them but can't, my work is completely dependent on them. At the end of the day, I feel guilty of being addicted to them. — Mohini Yadav, Indore

Sister Shivani: Your concern is understandable. Living in a digital world has made it challenging for some of us to reconnect with the real world. With media and social media flooding our gadgets, we are all facing a content overdose. Most messages focus on negative stories, giving us negative opinions about people, things, and the world. They heighten the level of negativity in our minds.

The thoughts we create, decide our feelings, attitude, actions and hence, our destiny. To change the way we think, we must know the source of our thoughts. Our thoughts depend upon the information that we feed our mind with. We become what we read, watch, and listen. So, we need to take care of the information we consume.

There is nothing wrong in using your phone if your work requires it, because it is also our responsibility to work and get work done. It is important to take care that we do not use our gadgets to consume information that depicts gossip, slander, violence, abuse, lust, greed, or anger.

We just need to make sure that our gadgets don't enslave us. Constantly checking e-mails, reading social media notifications every few minutes, sleeping with the phone tucked in bed, reaching out to the phone when there's a moment of pause in the day, looking at screens during meal-time — basically being available 24/7 — these are signs that our relationship with technology is undermining our humanity.

So today, not just our gadgets but our mind is flooded with information. Information is a source for thoughts, so the mind starts creating too many thoughts of the same quality and depletes our inner power. The root cause is the erroneous belief that gadgets give us happiness. Truth is that these are objects of physical comfort. They cannot give us emotional comforts like peace, happiness, or respect. Happiness, for example, is a feeling. It is the original nature of each soul. We can be happy even when we don't have a gadget.

Brahma Kumaris

'How India is empowering women through policy'

■ **SMRITI ZUBIN IRANI**

The Indian Government has catapulted the maxim of sarvajana hitaya, Sarvajana Sukhaya (for the good of all, for the happiness of all) into a palpable reality in the past decade. The extant essence of jan-hit (public interest) has been reinvented to 'mainstream' gendered experiences. Gender mainstreaming has seamlessly pervaded every sphere of statecraft, ensuring it is not reduced to the ranks of an artificial add-on. The incumbent government adopts a system-wide gendered lens to inform policy praxis. Women have been mandatorily recognised as the head of the household for the issuance of ration cards, under the auspices of The National Food Security Act, 2013. Pradhan Mantri Awas Yojana (PMAY) and Pradhan Mantri Ujjwala Yojana (PMUY) accord benefits - home-ownership and LPG connections, respectively - to women beneficiaries. Such interventions have unequivocally fortified women's access to economic resources, elevating inter alia their social status.

Earlier schemes like the Rashtriya Swasthya Bima Yojana (RSBY) that inadvertently exempted women from seeking health services have been re-engineered and conclusively replaced. In its place, the Pradhan Mantri Jan Arogya Yojana (PM-JAY) not only renders households without any adult male members eligible for the scheme, but also dismisses the off-colour cap of five beneficiaries per family that would penalize women in larger families, owing to male preference. Additionally, PM-JAY supports a substantial number of health benefits packages that are either women-centric in nature or are overwhelmingly common to both men and women. Under the aegis of the scheme, more women than men have availed of oncology services.

A barely decade-old government is doing what other Satta-Dharis who held the reins of the nation for the better part of the century could not. It is visibilizing women, it is nurturing Nari Shakti. By placing assets such as houses and LPGs in the hands of women, it is challenging the unequal status quo. It is doing so not only through policies but by bridging gendered data deficits. The first nationwide Time Use Survey was carried out in 2019 shepherded by the National Statistical Office under the stewardship of the incumbent government. The Survey has finally put a number to the unpaid, unacknowledged sweat and toil of our Jananis - 7.2 hours a day, that is approximately how much the average Indian woman devotes to care-giving and domestic services against the average Indian man's 2.8 hours. The investigation of the implications and consequent policy corrections for the same has only been made possible by this Survey.

It is worthy to note that it was in 1998, conterminously with the farsighted Atal Bihari Vajpayee-led National Democratic Alliance, that TUS was first piloted across six Indian states; now, Time Use Surveys have found a prominent place in policy discourse and find mention in the global indicator framework of the United Nations-Sustainable Development Goals (UN-SDGs). As a routine source of crucial information on nutrition, fertility, family planning, reproductive, maternal and child health and mortality, the National Family Health Survey (NFHS) is a barometer of India's performance in securing equitable health outcomes, especially for women. The sampling strategy of NFHS-4 (2015-16) underwent a comprehensive, methodological renovation, statistically accounting for all districts in the nation, proving to be a colossal improvement over its predecessor NFHS-3's (2005-06) nationally representative sample. Sub-national and district-level representativeness has prompted prioritised, targeted interventions to address healthcare challenges.

NFHS-4 for the first time recorded gender-disaggregated cancer prevalence. NFHS-5 for the first time recorded information on whether women had ever undergone a screening test for cancer of the oral cavity, breast, and cervix. Together, NFHS-4 and 5 provide a tour d'horizon of the health of the Indian woman and serve as an incomparable mine of data. The statistical architecture of the nation as we knew it has been rebuilt to count women. The popular academic adage holds that 'what gets counted counts'. This provides scaffolding for resource allocation for policy-making. Recognising the same, quinquennial employment and unemployment data collected erstwhile by the National Sample Survey (NSS) were supplanted by quarterly and annual Periodic Labour Force Survey (PLFS) for timely gender-disaggregated labour force statistics. The PLFS now boasts of gender-disaggregated data such as Female Worker Population Ratio, Female Labour Force Participation Rate and Female Unemployment Rate.

Under the stewardship of the Ministry of Home Affairs, the National Crime Records Bureau (NCRB) initiated the collection of data on female foeticide in 2014. Such despondent data points are bitter pills to swallow but in the spirit of quantification, the incumbent government has facilitated its collection and has swiftly acted upon its implications through the Beti Bachao, Beti Padhao campaign. Quantification is a step towards resolution and rectification. The government is generating a plethora of gender-disaggregated data through either implementation-related statistics or through surveys and using them to inform or reform schemes, thus perpetuating a virtuous cycle. It is now the onus of individuals and groups in academia, research and evaluation consultancies to conduct audits and third-party assessments of such data to further mainstream gender in public policy for Jan-hit (public interest).

(The author is Union Minister for Women & Child Development).

Technologies: Remunerative, sustainable & empowering

NATIONAL TECHNOLOGY DAY

■ **DR PARVEEN KUMAR**

From the days of wheel to present digital era, technologies have been at the forefront in taking humanity to new heights. We cannot imagine a world without technology. In our daily lives, we can't take a step without coming into contact with a form of it. The world is abuzz with technology. Different tech jobs in various sectors are one of the strongest and fastest-growing divisions. Technology is at the center of most jobs these days. The revolutions brought out and still taking place in the country in different sectors including agriculture, dairy, livestock, health, industries, services and others owe it to the use of many such technologies. We use technologies to keep us organized, connected, healthy and be safe. Considering the immense importance of technology in our lives; May 11 every year is celebrated as 'National Technology Day'.

History: On May 11, 1998, India successfully fired Operation Shakti missile at the Indian Army's Pokhran Test Range in Rajasthan, the first among the five nuclear tests in Pokhran. Pokhran nuclear tests were a series of five nuclear bomb test explosions conducted by India at the Indian Army's Pokhran Test Range. The test was led by aerospace engineer and late President Dr A.P.J. Abdul Kalam. Later, Prime Minister Atal Bihari Vajpayee declared India a nuclear state, making it the sixth country to join the 'Nuclear Club' of nations. Hence, since 1999, May 11 is celebrated as 'National Technology Day'. He also coined the term 'National Technology Day'. The National Technology day also marks the flight of first indigenous aircraft called Hansa-3. It was flown in Bangaluru during nuclear tests in Pokhran. The two-seater plane is currently utilized in flying institutes for pilot training and surveillance, sports, aerial photography, and other projects. It is also the day when the Defence Research Development Organization (DRDO) accomplished Trishul missile tests, which was later introduced into defence service by IAF and Indian Army. Trishul was a unit of IGMDP (Integrated Guided Missile Development Program) which resulted in the formation of Akash, Agni, and Prithvi missile system. 'Smiling Buddha' was the first nuclear test at Pokhran which was carried out in May, 1974. The second test was Pokhran II which was a series of five tests of nuclear bomb explosions, administered by India at the Pokhran Test Range of Indian Army in May 1998. Pokhran-II or Operation Shakti comprised of five detonations out of which the first one was a fusion bomb while the other four were fission bombs.

Theme: Since 1999, every year the Technology Development Board (TDB) celebrates the day by various technological innovations that have positively impacted the nation. Also, every year TDB selects a theme and on that basis several events, competitions were held in the country. The theme for this year is 'Integrated Approach in Science and Technology for Sustainable development'

Technology and Agriculture: Father of Nation Mahatma Gandhi had once said that India lives in villages. This hold true even today. This is because of the presence of a vast majority of population of the country in rural areas. A World Bank study put the percentage of total population in the country at 65.07 per cent in 2020. This vast percentage of population depends directly or indirectly on agriculture sector to a larger extent. Agriculture sector also remains the largest employer particularly for this majority of population still living in these villages of India. Most of the Farmers are marginal and small having less than two hectares of land. This land is also fragmented making it uneconomical and such small holdings are an obstruction for farm mechanization. The productivity of such lands is also low and the sector is thus being perceived as non remunerative by the farming community. The low income ultimately affects the quality of life of the farm families. A chemical intensive agriculture based on the use of costly external inputs and without the necessary marketing support for the producers has make agriculture a costly affair. This has thus forced the rural youths to migrate to cities in the hope of better life which they do not get in most of the cases. Given the contribution of the agriculture in rural side, it is not possible to ensure sustainable rural development until we focus on agricultural sector. Agriculture technologies and practices which are remunerative, sustainable and empowering are thus needed. ZBNF or Natural farming as propagated originally by Subash Palekar is a system where the laws of nature are applied to agricultural practices and is done without the use of any external inputs. This method works along with the natural biodiversity of each farmed area, encouraging the complexity of living organisms, both plants, and animals that shape each particular ecosystem to thrive along with food plants. In organic farming, organic fertilizers and manures like compost, vermi-compost, cow dung manure, etc. are used and added to farmlands from external sources. Zero/No tillage basically aims to have minimum disturbance to the soil structure. With no-till practices, there is also a reduction in the cost of cultivation due to no costs on ploughing, harrowing or leveling the fields which otherwise constitute 20-25 per cent of the actual cost of cultivation. Zero/No till has been reported to save rupees 3000-4000 per hectare for land preparation, advances sowing in wheat by 10-12 days through direct drilling after rice harvest with 5-10 per cent yield advantage and reduction in weed infestation particularly Phalaris minor. Crop rotation: Growing the same crops year after year depletes the soil of different nutrients. Therefore crop rotation that involves growing different crops do not rob the soil of its nutrients; instead add to the nutrient composition of the soil. Practicing crop rotation with more than two species does not allow insect/pests and weeds to be set into a rotation with specific crops. When crops are rotated, these act as a natural insecticide and herbicide against specific organisms. The rotation does not allow insects or weeds to establish a pattern and this helps to eliminate problems with yield reduction and infestations within fields. Crop rotation with legumes helps fix atmospheric nitrogen from the atmosphere in the soil thereby help build up soil infrastructure. Similarly crops like Dhiancha (Sesbaania) is grown in the fields and when they are grown up just prior to the transplanting of Paddy seedlings they are ploughed back and puddle in the soil prepared for growing paddy. With a fresh biomass of 10-12 t/ha about 15-20 kg of N/ha is being provided to the soil enriching its fertility thereby providing better yields.

Water is a very precious and scarce resource. Infact agriculture consumes the most of water. About 86 per cent of Asia's fresh water is used in agriculture, 8 per cent for industry, and 6 per cent for domestic purposes. India consumes 83 per cent of freshwater for agriculture. Data on water use efficiency indicates that India uses 2-3 times more water than major agricultural countries like China, Brazil and the US to produce one unit of food crop. It thus needs to be conserved (Narayanmoorthy, A. 2019). As rain water s the major source of water, it needs to be conserved with the help of farm ponds, roof top harvesting, water tanks and other water harvesting structures so that it is available whenever there is water scarcity. Water also needs to be used judiciously for irrigation by using drip, sprinkler technology that increase water use efficiency. Laser Land Leveling (LLL) is another sustainable technique. Basically at the field level also there are variations in soil moisture, nutrient status and other parameters in the fields. The LLL gives us the inter field variations and then plan as per the field conditions. The technique of LLL has been reported to increase about 3-4 per cent of net cultivable area as there is fewer requirements for bunds and channels, increase water application efficiency by 50 per cent, crop yields by 15-20 per cent, increases nutrient use efficiency by 15-25 per cent and also reduces weed problems.

In recent years, the system of crop intensification (SCI) has emerged in a number of Asian and African countries, raising the productivity of the land, water, seed, labor, and capital resources that farmers invest can for growing a wide range of crops. SCI methods are particularly relevant for resource-limited, nutritionally vulnerable households because SCI like System of Rice Intensification relies minimally on purchased inputs. SCI is an agricultural production strategy that seeks to increase and optimize the benefits that can be derived from making better use of available resources: soil, water, seeds, nutrients, solar radiation, and air. The SCI includes System of Rice Intensification (SRI), System of Wheat Intensification (SWI) and System of Maize Intensification (SMI) and for other related crops. The National Technology Day highlights and celebrates groundbreaking achievements and valuable contributions of our scientists, doctors, engineers and all others engaged in the field of science and technology. It also encourages youngsters towards technology & science, besides embracing it as a career.

(The author is a Scientist at SKUAST-K).

JUBILANT J&K

Jammu, Srinagar emerging as modern, vibrant cities under Smart City Project

Jammu and Kashmir government, through its continuous endeavors under the umbrella of Smart Cities Project, is employing all the resources to develop Jammu and Srinagar cities into world class modern, sustainable and vibrant cities. Pertinently, Smart Cities Mission was launched by Prime Minister, Narendra Modi, on June 25, 2015, for development of 100 Smart Cities across the country. Under the Mission, which is an innovative and new initiative aimed at driving economic growth and improving the quality of life of people, both the capital cities of Jammu and Kashmir were selected by the Union Ministry of Housing and Urban Affairs in the third round of competition held in the month of June 2017.

Recently, Lieutenant Governor, Manoj Sinha, after launching new smart city projects said that the new projects, once completed will strengthen urban infrastructure, improve city services, public aesthetics, ease of living and provide a clean and sustainable environment for the citizens. Sinha observed that Srinagar smart city project has been structured with a clear focus on improved urban governance, unlocking of latent creativity and vitality of this historical city. He maintained that his administration is taking effective steps to accelerate the mission for inclusive and sustainable growth in the cities and issued explicit directions to the concerned officials to ensure completion of the projects within the stipulated timelines.

According to official figures, 276 magnificent projects of economic importance have been approved in twin cities to bring remarkable transformation and significantly improve the quality of life of people. For Srinagar city, the government envisions to transform Srinagar into an eco-friendly, resilient and socio-economically vibrant city that celebrates its natural and cultural heritage creating harmony and opportunities for all under Smart City Mission.

Srinagar Smart City aspires to leverage its natural and cultural heritage/tourism through innovative and inclusive solutions, enhance the quality of life for its citizens. Besides, EV charging stations, smart street lighting, multi-level parking, sports infrastructure (3 stadia and 5 schools), water transport system in Jhelum river, installation of ornamental LED lighting around Dal-lake, have been started under smart city mission in Srinagar. Development of Pathways/Kiosks along Jhelum river Bund is one of the projects which has been completed in Srinagar, so far. "Traditional Devri stones have been used on the pathways. Riverbanks were developed to enhance water capacity and make them aesthetically pleasing. Devri stone pathway is to create a sole pedestrian space free from local traffic and promote health and well being of citizens. Aesthetic embankment and pathways together would enrich local tourism and promote health & well being of citizens," an official said.

Other projects which have been completed in Srinagar are Beautification along Jhelum Bund, Revetment and Embankments along River Banks, Improvement of Ghats along Jhelum, Area Illumination along River banks, Pedestrian Walkways and Footpaths, Boardwalks, walkways and cycle tracks (Chounthe Koulle - Behind J&KBank Hdqtrs), Boardwalks, walkways and cycle tracks, (Nallah-i-Mar and Brari Nambal) and Upgradation of Historical Markets Phase I (Maharaj Gunj). Similarly in Jammu, ramp-based multi-tier car parking has been constructed at a cost of Rs 201.66 crore at General Bus Stand with capacity of 80 buses and 1312 cars. Other projects which have been completed are Reverse Vending Machine, Refuse Compactor, Two Bin Segregation Dust Bins, GPS enabled Vehicles for waste collection, City Chowk Parking and Smart Bus Stop. These new initiatives will cater to the needs of the people of J&K with a vision of evolving them through the use of modern IT and other interventions enabling seamless information access and better service delivery.

Notably, Srinagar Smart City hosted the 5th National Smart Cities Virtual Conclave in partnership with 'GovConnect' in November which witnessed discussions and idea-sharing on building smart, resilient and sustainable cities with participants from across the country. The digital delivery of urban citizens' services has been started to ease the process of availing the services of government departments in twin cities. The services included Building Permission System, issuance of Non-Objection Certificates for commercial activities, birth and death certificates and corrections.

Under Smart City Mission, the vision for Jammu city is 'Transforming Jammu into a sustainable and economically vibrant city with a focus on tourism, quality of life and trade by leveraging its heritage and location'. Building of Tawi riverside, an ambitious project for the city of temples, marked a turning point for JSCL. The project will improve its overall appearance and provide new opportunities for tourism and economic development in Jammu city. Besides, completion of work on Tawi Riverfront development project and the Jehlum Riverfront development project, modeled on the lines of Sabarmati waterfront, will improve the aesthetics of both cities.