

## VALUABLE SUGGESTIONS

There are several such reformative measures, introduced by the present Government led by Prime Minister Narendra Modi, to transform the traditional working practices as per the present requirement of people which earlier were ignored by the previous Governments. As for the present Government, the welfare of masses is always on priority, and every possible measure has been taken to ensure the same on ground level, accordingly it changed many traditional systems, which were followed for years without any change and had almost become obsolete due to their irrelevance in the present hour. Believing on the fact that change is the necessity of life, the present Government tried to bring in several healthy changes in almost every sector as per the needs and aspirations of people, with the changing scenario. It even never hesitated to repeal various such laws which were found irrelevant in the present hour. Recently, while speaking during a conference of the Chief Ministers and Chief Justices, of various states, the Prime Minister Narendra Modi urged them to make necessary corrections in the laws as per the present requirement. He told them that in 2015 almost 1800 laws were found irrelevant at that time and accordingly 1450 among them were abolished by the Centre while only 75 such outdated laws were repealed by states. Urging the heads of the administration and judiciary systems of various states to make the system updated as per the latest needs, the Prime Minister said that such people-friendly initiatives would not only help in ensuring easy access for people but also increase their faith on the system to a great extent. He further advised for expediting the pending cases through mediation thereby making the nation a global leader in the field of solution through mediation, inspiring several others to follow the same. As the nation is going to celebrate its 75th anniversary of Independence, the Prime Minister asked the Chief Ministers and the legal luminaries to put in place all possible measures for ensuring a judicial system where quick justice will be easily available for everyone. These suggestions of the Prime Minister would definitely help in boosting the faith of people over the existing judicial system to a considerable extent.

## SUPPORT SURVIVAL

Recently, while making a humble appeal to the residents of the City of Temples, the Commission Jammu Municipal Corporation has urged for placing a bowl of water outside the residence or at some prominent place so that the stray animals can drink the same during scorching heat wave as the Met has predicted a comparable hotter summer this season. As the people can make some arrangements for their comfortable stay within the four walls of their houses, with help of electronic gadgets and several other measures, but there is no one to provide the same to stray animals that have to bear the weather vagaries without any sort of protection. At such a time, a bowl of water would provide much needed respite to these speechless creatures thereby providing them some relief from the burning heat. Similar is the case with the birds, who are more vulnerable to the harsh sunlight in absence of adequate natural resources to provide them shelter. Moreover, the stray animals often live on streets or roads and can get the much-needed help by the people but the avian population is not able to get the same thereby causing more hardships to them during summers. As per a report, with the scorching heat intensifying with every passing day, numerous birds in the National Capitals are facing stressful conditions with no one to their rescue. Although some NGOs and wildlife officials always try their hard to provide necessary succour to the suffering birds and animals but they alone can't do much as it is a joint duty of all responsible citizens to take care of these speechless creatures so that they can survive the hot temperatures successfully. It has been reported that during the past few days, a number of birds including Kites, pigeons etc were rescued by some NGOs who were found in distress or injured condition due to prevailing heat wave. As such, giving an example of humanity, it is the obligatory duty of all citizens to ensure adequate water and if possible, food for these speechless children of God who are totally dependent on humans for their survival during the heat wave which is expected to break records during this summer.

## OFF 'D' CUFF

## Three Ways to Karmic Cleansing

Karmic Cleansing-Karma, the beautiful Sanskrit word, denotes the cycle of cause & effect. It means people's each action will affect them in the future. Thus, it is in your own hands to create good and bad Karmas for you. And this is also in your own hands to get rid of your bad karma.

Further, it is important to get rid of Bad Karmas because they can trap you in the same old patterns, in the same flow of Maya, pulling you toward the same types of circumstances, troubles, and burdens. And your karmic cycle needs a much-needed break.

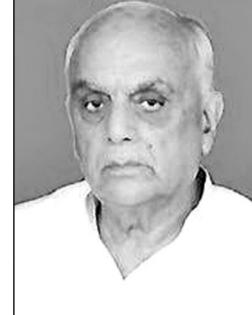
For that you should practice Karmic cleansing. There are three ways to become unstuck from your bad karma and manifest a fresh reality.

They are-  
Austerity  
Helping the needy, and  
Yajna  
The Beauty of Austerity  
When you sacrifice your comfort & luxury and take efforts to make yourself strong, when you win over your laziness, and become courageous, you are appreciated by all. This is because no one likes faintheartedness. It is not a good thing to be coward as it can make you and others get behind in life. Bravery always keeps you ahead.

Shri Sudhanshu Mahajan

## J&amp;K's plight regarding power supply- Is anybody listening?

■ ER P L KHUSHU



Water and water everywhere but not even a drop to drink. That is the plight of the Union Territory of Jammu and Kashmir which is facing the worst power crisis of the decade, when tall claims are abuzz about the empowering of this union territory with enough of developmental works and plans. Almost every day it is being claimed that Jammu and Kashmir will be made to grow abundantly in all spheres of its development shades. Lot of finances have equally been pumped in for such developmental activities in this union territory, by the government of India. Sweet claims of creating of smart cities probably appear like jokes. Better said than done. Who is going to believe it when the union territory is reeling under acute shortage of electric power both in the provinces of Kashmir and Jammu. Almost 12 hours cuts and shortages of electric power are being faced by the people of this union territory. The irony of this disastrous situation is more compounded when whatever little supply of electric power is available for usage, it comes in the shape of hide and seek, when the electric power comes for half an hour and simultaneously vanishes for another more than one hour. Such a situation almost adds insults to the injuries of the consumers, who have been pocketing such insults badly for almost every year since some years past. But now enough is enough. The tolerance of the people of both the regions viz, Kashmir and Jammu have now broken its strength, when people are almost up in their arms to severely agitate against the present set up of governance on this count. The people of Jammu and Kashmir are facing worst ever power crisis for the past about two weeks, when the people in Kashmir were made to suffer badly for want of proper power in the holy month of Ramzan, while Jammuites have been forced to face the brunt of about 12-14 hours unscheduled power cuts during these scorching hot summer days. e-Smart Metering introduced lately is of no substantial value, as the areas where these meters have been stalled, are also facing the same crisis in Jammu and Srinagar Cities. The situation has gone from bad to worse with in just one week as the UT Administration has failed to manage the crisis and provide some relief to consumers when such consumers now pay through their nose for hefty power bills after installation of Smart/Electronic Power Meters. The public anger is now rising against the Government and is forcing them to come out on the streets and lodge their protest, demanding some relief, particularly in Jammu, during these hot summer days as lakhs of people have been made to spend sleepless nights in the open due to this power crisis. Moreover, water supply has been badly hit in entire J&K. Rural areas are the worst hit. Where lies the fault? Whom to blame? The situation is like that of a tsunami, when the consumers are put to such a situation where they were caught unawares and almost between the devil and the deep sea. It is so as there is no body to listen. There is no democratic government, where people could lodge strong protests with their elected representatives or even with minister and the chief minister who would ask for the accountability of the

concerned department or the officers/ engineers in this behalf. Such a lapse on the part of the administration, where there is no prior signal or even a warning in this regard, is absolutely fraught with the fear of insensitivity on the part of such officers and engineers who are supposed to man and manage the regularity or evenness of power supply to the consumers. It speaks enough about the delinquency of all such officers and engineers concerned, who deserve to explain it to the public, both specific and general. It is with heavy heart to say that bureaucracy at the top level managing the planning of various people related schemes relevant to power generation and its distribution, funding, expenditure status and above all its progress from time to time, are equally accountable in this major lapse, where it could not be foreseen that the people of the union territory of J and K are going to face a malefic situation in respect of power shortage and particularly that too at a time when the seasonal situation is getting hotter and hotter in Jammu province and the Ramzan month is in operation, when the people in the valley are mostly on religious fasting and need a regular supply of electric power. Well in the present set up of governance, when there is a rule which is different from the democratic rule, which carries a legislative assembly, where the questions regarding the problems of the people are tested with accuracy on the floor of the assembly house, at least by the opposition parties and various types of lapses in the delivery of proper justice to the people in providing appropriate civic amenities and concerned officers of all ranks particularly the higher one's are made to work with accuracy and promptness or the cause of the welfare of the people. In the present set up of governance the bureaucrats manning the key positions in the administration of governance, in the absence of proper ministries, feel themselves above the rule of the people. Their accountability standards are limited when they feel themselves to be accountable to the authority of the Lieutenant Governor only. Thus, in such atmospheres of governance the people are bound to suffer and this present example of the shortage of electricity in the vital months of the summer season making people to cry for proper power and water is one such example in such a case or situation. It is one of such a picture in the one development sector of the state economy, what must be happening in other sectors of the developmental plans of the state. How much can the Lieutenant Governor do single handed unless he does not have a proper feedback from the bureaucrats working under him for the welfare schemes of the people as also for the amelioration of the problems being faced by the people. The government of India ruling this union territory and the union ministry of home affairs may have to gear up its supervision and hold someone in the administration at the top level responsible for such lapses, when the people of entire union territory of Jammu and Kashmir have been put to lot of discomfort and hardship due to non-availability of proper and adequate power supply. In fact, making an officer of any rank and file to sit in a chair for longer periods is at all not in favor of good and prudent deliverance of results by such officers. So is the case with the bureaucracy too. It always needs periodic overhauls and replacements. That will add to the accountability part of such officers in their role as high level administrators.

So is the case with the department of power of Jammu and Kashmir known as PDD. After having a look in the

website of this department, it shows that the vision of PDD is to provide 'Healthy and efficient power sector in J & K with reliable power generation, transmission and distribution to its consumers'. It further promises, "Supply of uninterrupted and quality power to consumers, along with the preparation of strategic plan to reduce the power deficit". Where is this motto of the PDD? It is on papers only. There is no power; people are suffering for adequate power. If at all this little power is available to the consumers, it plays hide and seek with the consumers, probably due to faulty system of distribution, or any other technical snag in maintenance of sub stations or of the transformers and the like. This is where it shows the inadequacy of the proper maintenance of the whole system of distribution, when the tripping of the system becomes the root cause for the failure in supplying regular electric power without interruption or tripping to the consumers. Yes, one can understand the limitations of this department of power in providing adequate power to its consumers due to the shortages of the availability of adequate electric power. But such a situation of absolute break down of power supply to the consumers should have been visualized by the apex engineers of this department particularly of the ranks of Chief Engineers and the like beforehand. In fact, they should have advised the top levels in the administrative step up in higher echelons of governance well in time so that extra supplies of electricity from different sources could have been arranged before the consumers would get pounced to a situation of disaster and absolute helplessness. Appropriate scrutiny in this regard in the whole working of the PDD is very much needed so that such emergent like situations do not crop up again. It may equally mean the privatizing the whole system of providing smooth and adequate power supply to the consumers, which may not be in good taste. It is the wearer which knows as to where the shoe is pinching. People cannot be taken for a ride in this regard by the administrative set ups at various levels which mostly includes the working of the power development department. It is not only a common consumer who is suffering; the same fate is with the industrial sector as well. The members of trade and industry today came out openly against the Government and pleaded to provide some relief. The Industry is also facing production losses worth crores with the afresh unscheduled curtailment. As per reports, as against the peak demand of power to the tune of 1300 MW in Jammu region, just 700 MW is being provided at present by the Government while Kashmir region is getting 1000 MW against the demand of 1700 MW of electricity supply. So, against the total power demand of 3000 MW in J&K UT, the Government is providing hardly around 1700 MW of power supply only. Of late as per reports additional 203 MW of electricity supply have been allotted by the government of India, but will it solve the problem is a big paradox. Probably the Union Territory of Jammu and Kashmir needs a full statehood now along with a full-fledged democratic government so that the people could express their grievances to their elected representatives for redressal.

(The author is a retired Chartered Civil Engineer, who loves his motherland, the Union Territory of Jammu & Kashmir.)

## JUBILANT J&amp;K

## 'One Beat Guard One Village' programme to create green spaces in 1,500 villages

Initiative will also cater to other needs like small timber, fuel-wood, grazing

Under 'One Beat Guard One Village' programme, J&K Government will take 1,500 villages for greening of lands outside forests in 2022-23 by providing free saplings, seeds balls and grass slips to Village Panchayats for planting on village common land, kaheharai and other wastelands. 'One Beat Guard One Village' is low-cost innovative method of greening with the involvement of all the stakeholders especially Panchayats, BMCs, JFMs, NGOs and other social and government institutions and departments. The programme also takes involvement of local communities and their local governing institutions to envisage and cover villages under low-cost greening interventions. One Beat Guard is responsible to achieve the desired and well-planned goal which shall cover one revenue village in achieving objectives of greening that area and operations shall be carried out with the collaboration and coordination of respective Village Panchayats/ BMCs etc, who

will monitor same for next 3 to 5 years. In a recent review meeting of Forest Department, the Lt Governor appreciated the new initiative of 'One Beat Guard-One Village'. He said that the initiative will go a long way in increasing the green cover and support the Jal Shakti Abhiyan on 'Catch the Rain: Where it Falls, When it Falls'. On the development of Urban Green Spaces by the Forest Department, the Lt Governor said that the initiative involving stakeholders like Urban Local Bodies other line Departments, Educational Institutions, NGOs and civil society will contribute significantly towards reducing air and noise pollution in urban areas.

Under this initiative, Govt is working on a well-planned green future for J&K with low-cost greening methods for the greening of non-forest areas. The raising of trees and grasses is facilitated on the community lands by the local communities for their benefit. The initiative can also meet

the needs of the people for small timber, fuel-wood and grasses from non-forest lands besides reducing the pressure on the Forests on account of grazing by increasing the production of the grass & fodder outside the forest area. The initiative also aims to promote Agroforestry- land use management system in which trees or shrubs are grown around or among crops or pastureland. Any Nation's strength predominantly rests in its natural resources. India ranks among the top twelve mega-diverse countries in the world. Jammu and Kashmir harbour huge diversity in vegetation due to its geographic and altitudinal variation. It also has the highest diversity of herbs in the country. According to the official figures of India State of Forest Report (ISFR) 2021, a biennial Publication of Forest Survey of India (FSI), an organization under the Ministry of Environment, Forest & Climate Change, J&K has the highest carbon stock per unit of forest area in the country.

According to officials of the forest department, 73.16 lakh plants were planted in 2019-20, 101.98 lakh plants planted in 2020-21 and 137.20 lakh plants planted in 2021-22. J&K holds the most diverse forests in the country with 42 types of forests, denoting the diversity of forest ecosystems in the UT, and tops the list in terms of standing timber volume per unit area at 144.16 cubic meters. Forest cover has increased by 20 percent during the last year. As per the report, in the year 2019, the total forest area in J&K was 10.46 percent which has increased to 39.66 percent in the year 2020. In 2021, Forest Deptt covered 1000 villages under the program in all districts of J&K. Each territorial Forest Division adopted 35 revenue villages for planting material worth Rs 0.01 lakh, which include 600 saplings and 2,000 seed balls including 1,000 seed balls of grass species per village were planted maintained and protected by PRIs/BMCs and locals.

## Increased screen-time enhances risk of stroke

■ DR VIPUL GUPTA

Stroke has been considered to be one of the most common and leading causes of morbidity and disability. It is estimated that, in every 40 seconds someone suffers from stroke and a person dies of stroke in every four minutes globally. While increased screen time is known to result in adverse health outcomes, stroke is one such deadly disease that has recently been linked to it. In COVID era, digital screen time has gone up throughout the world, pertaining to the transformation to the online platforms. With many professionals working from home as well as students attending classes online, screen time has increased exponentially. It is a lesser-known fact that the higher screen time is directly linked with a plethora of co-morbidities including the risk for stroke, diabetes and heart diseases. Every hour increase in screen time beyond the recommendation increases stroke risk by nearly 20 percent.

Multiple studies have shrinkage or loss of tissue volume in gray matter areas (where 'processing' occurs) in internet/gaming addiction. Areas affected included the important frontal lobe, which governs executive functions, such as planning, prioritizing, organizing, and impulse control.

According to World Stroke Organization (WSO), one in four persons will suffer from a stroke attack in their lifetime. But a critical question that medical community is facing about stroke risk is that not only the geriatric population being highly vulnerable, the younger population is now equally seen susceptible to a stroke attack. Earlier, stroke was considered to be a disease of the elderly (people in the age bracket of 60 years and above) but in recent years more stroke attacks are seen in the younger population. A current study elaborated that even though the overall incidence of stroke saw a downward trend in the recent years, there was a striking rise in the incidence of stroke among the younger aged 25 to 45 years. In comparison to US, and other developed countries, India has a much higher prevalence of stroke cases among the younger group, which are almost double.

According to a recent US-based study, the digital screen time has been found to be inversely proportional with the life expectancy. As per the study, for every hour of digital screen time, the life expectancy reduces by upto 22 minutes. The amount of screen time also had adverse outcomes including heart attacks, stroke, and cancer. A large scale study from the United Kingdom with

over 40,000 participants concluded that the stroke risk was significantly higher when screen time was more than 2 hours a day. Higher physical activity (1 hour walk a day for seven days a week) offered some protection against the adverse effects of prolonged screen time. In fact the cancer risk also increased with an increase in screen time. One develops an addiction to the screen over a period of time and can be looked upon similar to addiction to recreational substances. There is a constant balance in the brain between the center for rationalization (decision making) and the centers for motivation and rewards. Over time, the center for motivation and reward has an upper hand over the center for rationalization at which point addiction behavior develops. A certain chemical substance called dopamine increases in the brain when an activity results in a pleasurable experience. With time a person addicted to screen would no longer perceive his/her favorite food, family and vacation time as a pleasurable experience anymore. This is because the threshold for dopamine levels that results in a rewarding experience increases. Similar process takes place in developing addiction with the screens. Beyond 2 hours, every hour spent in front of the digital screen raises the risk

of stroke by 20 per cent, a major contributing factor for stroke risk among the younger population.

What can one do to negate the effects of prolonged screen time? Researchers have found that if one resorts to 2 minutes - 5 minutes of physical activity for every 20 minutes spent on the screen, it significantly reduced the chance of developing diabetes and obesity. Avoid blue light emitting devices when you go to bed. This reduces the amount of melatonin, a chemical substance that switched your brain from the wake to the sleep state. Using a device at night will prevent you from sleeping and in turn predispose you to a higher risk of stroke. With recommendations and conclusions from the study explained that toddlers within 2 years of age should strictly refrain from digital screens, and an adult aged 16+ should maximum expose only two hours a day to cut down on the long-term risk of stroke. I frequently observe young patients with stroke who have sedentary life style associated with excessive screen time which predisposes to risk factors such as obesity, bad eating habits, hypertension and diabetes.

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