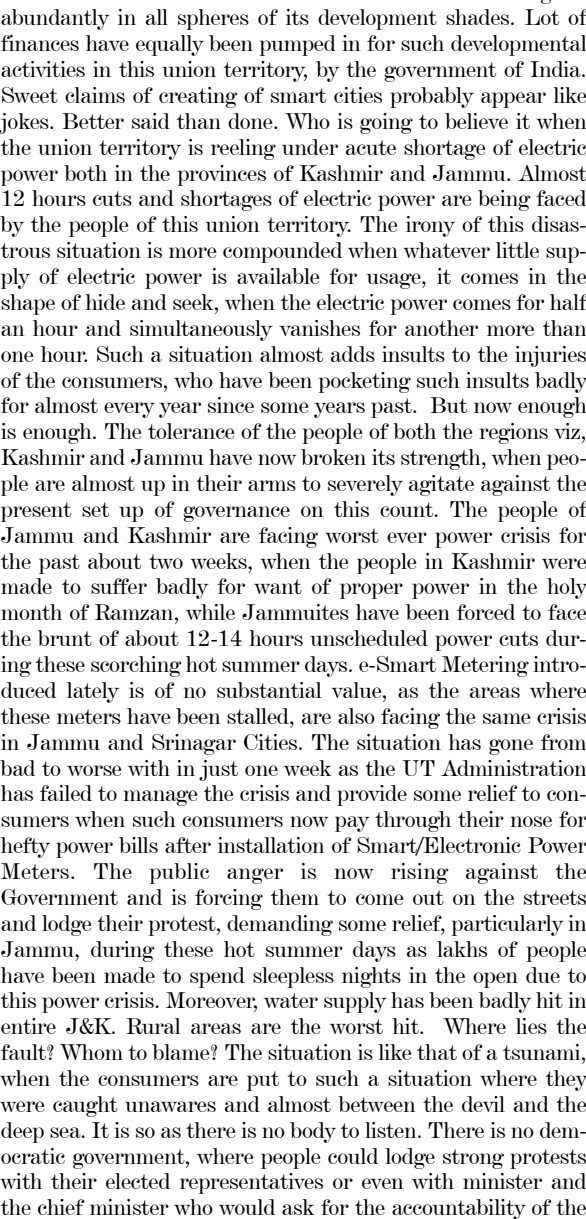


■ ER P L KHUSHU



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 empowerment 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 of its development shades. Lot of pumped in for such developmental activity, by the government of India. Smart cities probably appear like a mirage. Who is going to believe it when there is under acute shortage of electricity in Jammu and Kashmir. Almost all of electric power are being faced by the territory. The irony of this disassembled when whatever little supply is available for usage, it comes in the form of electric power comes for half an hour and vanishes for another more than 12 hours. Almost adds insults to the injuries by pocketing such insults badly for some years past. But now enough is enough for the people of both the regions viz., Jammu and Kashmir. Now broken its strength, when people are to severely agitate against the government on this count. The people of Jammu are facing worst ever power crisis for the first time when the people in Kashmir were enjoying the benefit of proper power in the holy month of Ramadan. The communities have been forced to face the unrelenting unscheduled power cuts during the summer days. e-Smart Metering introduced in the Jammu area, of substantial value, as the areas were not having electricity. Also, are also facing the same crisis in the Jammu cities. The situation has gone from bad to worse. This week as the UT Administration has announced and provide some relief to consumers now pay through their nose for the installation of Smart/Electronic Power Meters. The anger is now rising against the government. They are demanding them to come out on the streets and demand some relief, particularly in the summer days as lakhs of people are facing the worst nights in the open due to the lack of water supply has been badly hit in the Jammu area. The worst like. Where lies the responsibility in such a situation where they are facing the worst night between the devil and the deep blue sea. No body to listen. There is no democracy in Jammu. People could lodge strong protests and demand some relief or even with minister and the government to ask for the accountability of the government.

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 deliverance 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

rebsite 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 U T, 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).

Recently, while making a humble appeal to the residents of the City of Temples, the Commissioner 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.



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.

When you face difficult times in life, deal with challenges and fight them bravely, it gives you inner strength and this inner power makes you win in all situations. It hardly matters how your physique is, if your willpower is strong, you can face any difficulty.

When you become courageous enough to look into the eyes of your fear, then your fear has no option but to go away. Your inner strength makes you brave. That's why some people practice every day to boost their inner strength and for that they practice 'austerity'.

It makes you Endure
'Dualities'
Austerity, therefore, is a
way to boost the inner
strength of a seeker. It
means, summer-winter;
praise-insult, loss-profit, or
any such quality cannot dis-
turb you. Now you know how
to stay balanced in such dual-
ities. So, enduring dualities is
austerity. It boosts your inner
strength and when you
achieve that you develop lead-
ership quality in yourself.

There are many ways to practice austerity or perseverance in any field. Yet, when you are courageous enough to sacrifice your own happiness & comfort and for that you practice discipline, understand that this is the beginning of your austerity.

Shri Sudhanshuji Maharaj

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, kahcharai 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.

■ **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 per cent.

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, 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 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 spend 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.

(The author is Director, Neurointervention, Agrim Institute of Neuroscience, ARTEMIS hospital, Gurugram).