

SOCIAL MEDIA AND YOUTH

We cannot ignore the fact that social media is one of the biggest elements present in our lives today. Through this we can get any kind of information and can talk to our loved ones living in any corner of the world. Social media is a fascinating element and it is ingrained in our lives today.

Youth is the future of our country, they can make or break the economy of the country, while their being most active on social networking sites is exerting immense influence on them.

These days everyone likes to stay connected with social networking sites. Some people believe that if you are not present digitally, then you do not exist. The increasing pressure of presence and influential profile on social networking sites is influencing the youth in a big way. According to statistics, a typical teenager uses social media for an average of 72 hours per week.

These things leave very little time for other activities due to which serious problems arise in them such as lack of study, physical and other beneficial activities, minimal attention, anxiety and other complex issues emerge. Now we have more and more indirect friends than real friends and we are losing relation with each other day by day. Along with this, there are many dangers of giving your personal information to strangers, sex offenders, etc.

Role of Science and Technology for Development

■ DR. BANARSI LAL

The technology has brought massive changes in many fields whether that is agriculture, education, health, space, defense etc. Changes by the technology are quite apparent from our daily lives. Everybody has different opinion of technology. Some consider it as a boon while consider it as a bane. Generally our perception towards science is limited to weapons and automobiles. Innovations are the engine for the national and international growth. Govt. of India has declared 2010-2020 as the decade of Innovations. Scientific and technological developments are the keys of development for any nation. On this day we highlight the importance of science and the groundbreaking achievements in science. The day is far more than the historical event. New technologies are the gateway of future. On this day our best scientists and innovators are honoured by the government. These scientists devote their whole lives in their respective scientific fields. The innovations developed by them help us to transform our lives through innovations. On 11th of May, Defense Research and Development Organization (DRDO) also carried out the Trishul missile test-fire. It is a short range surface- to -air missile. This was later adopted by the Indian Army and Indian Air Force. This day also marks the flight of India's indigenous aircraft -Hansa-3 which was flown in Bengaluru when nuclear tests were conducted at Rajasthan.Hansa-3 was developed by National Aerospace Laboratories. It is light weighted, double seater airplane. It is mainly used in the pilots trainings, sports, aerial photography, surveillance and environmental projects. Shakti, the Pokhran Nuclear Test was carried out in May 1974 with the first nuclear test code called 'Smiling Buddha'. The second was the Pokhran II which was a sequence of five nuclear bombs explosion tests performed by India in May, 1998.Considering above technological achievements on a particular day, it was declared as the National Technology Day. It was first observed on 11th May, 1999 in present of our Hon'ble former Prime Minister, Sh.Atal Bihari Bajpayee. Since then Ministry of Science and Technology has been celebrating 11th of May as the National Technology. On this particular day many innovative scientists are awarded to recognize their achievements in their respective fields. This day is celebrated as the symbol of quest for scientific enquiry and technology creativity. Presently we need to prepare our rural base for more development. Presently we need to adopt the renaissance concept taking advantage of the many advances in science and technology.

We are employing the modern tools of information technology and knowledge management in rural areas also. Now we have to integrate our ideas and design a management strategy to develop a strong rural technology base. Rural road connectivity, rural housing, health, sanitation, safe drinking water projects are already in progress. Setting up of more and more rural technology based rural enterprises will help to upgrade human skills, generate employment and create wealth. Also era of growth and development will be ushered by the use of rural technologies. It has been observed that rural technologies are not reaching to the rural people to an extent as they should have to reach. There are various reasons like lack of awareness about rural technologies, lack of resources to access technologies, rural technologies are not cost-effective, not according to the needs of the users, not according to the culture of the people, not skillfully demonstrated etc. responsible for it. Policy makers need to contemplate over the rural people's aspirations. Now the time has come to change our mindset for rural renaissance. Technology works for a specific purpose, be it hi-tech or low-tech, hi-investment or low-investment oriented and need of hi-profile or low-profile marketing.

Any technology that is developed by an individual or an institution needs to be transferred for field use. For rural development we need to prepare a Directory of Rural Technologies (DRT) which can be a valuable source for rural information. It can be particularly useful for potential entrepreneurs, consultants, promotional and financial agencies and field functionaries in rural areas. Even the research and development scientists should have rural technology information for further improvements. Some rural technologies like handicrafts, artisans and traditional ones are not documented in the conventional sense. The directory of rural technologies should be available in local language of the respective areas. In the 6th and 7th plans there was much excitement with the establishment of many National Technology Missions on certain projects like oilseeds, safe drinking water etc. It was thought that all the rural problems would be solved with the implementation of these projects. But unfortunately that did not happen. Presently we all know the status of rural areas: our majority of rural population does not have access to proper sanitation, one-third does not have access to clean drinking water, a major section of rural population is illiterate, many villages lack road connectivity and electricity position is also critical. We all are aware of the rural problems and perhaps we also know how to solve these problems. There are lots of funds for rural areas. New innovative technologies need to be introduced in the villages to bring a big change. There is need an all round development in both rural and urban areas if India has to reach the developed country status. There is need to develop needful technologies for the rural areas. In order to get quick results, replication of rural technologies which are successful at one place should be implemented at other places also.

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International Day of Plant Health PROTECTING PLANTS: PROTECTING OURSELVES

■ DR. PARVEEN KUMAR

Starting this article with a quote of Qu Dongyu, Director General (DG) of Food and Agricultural Organization (FAO) that, 'Plant health and human health are intertwined and interdependent and we need to protect plants to protect ourselves' would perhaps be the best way to justify the importance of plant health. Healthy plants are a prerequisite for ensuring food and nutritional security of all of us. How we breathe and what we eat is all affected by plants. We depend on them for 80 percent of the food we eat and 98 percent of the oxygen we breathe. They are a crucial component in the global endeavour towards protecting environment and in achieving sustainable development. Plants not only provide food, fiber, and medicine but also play a vital role in maintaining the balance of our ecosystems. Acting as natural air filters, plants absorb carbon dioxide from the atmosphere and release oxygen while carrying out photosynthesis. They are also habitats for wide variety of faunal bio-diversity.

However, plant health is threatened by various factors, including insect pests, diseases, climate change and human activities. FAO estimates that annually up to 40 percent of global crop production is lost to pests. Each year, plant diseases cost the global economy over \$220 billion and invasive insects at least \$70 billion. Due to the impact of climate change, plant pests that ravage economically important crops are becoming more destructive and posing an increasing threat to food security and the environment. This has been revealed in a Scientific Review on the Impact of Climate Change on Plant Pests, A global challenge to prevent and mitigate plant pest risks in agriculture, forestry and ecosystems. The scientific review done by Professor Maria Lodovica Gullino from University of Turin (Italy) and ten co-authors from around the world was prepared under the auspices of the Secretariat of the International Plant Protection Convention, hosted by FAO. The

review clearly revealed that the impact of climate change is one of the greatest challenges the plant health community is facing. Climate change is further likely to increase the risk of pests spreading in agricultural and forestry ecosystems, especially in cooler arctic, boreal, temperate and subtropical regions. A single unusually warm winter may be enough to assist the establishment of invasive pests. Pests like Fall Army worm which feed on a growing number of crops, including maize, sorghum, millet and Tephritid fruit flies which damage fruit and other crops have already spread due to warmer climate. Desert locust, the world's most destructive migratory pest is also expected to change their migratory routes and geographical distribution because of climate change.

While climate change is the second most important factor contributing to the prevalence of diseases, the foremost factor contributing to the spread of diseases is the global travel and trade. Studies also reveal that half of all emerging plant diseases are spread by global travel and trade which have tripled in volume over the last decade. Pests are often impossible to eradicate once they have established themselves in a new territory and managing them is time consuming and expensive. Climate change-induced pest dispersal and intensity threaten food security as a whole. Small holders, people whose livelihoods rely on plant health and those who live in countries beset by food insecurity are especially vulnerable to these risks. These invasive pests are also one of the main drivers of biodiversity loss. In response to insect, pests and diseases, the use of pesticides is also expected to rise. This would harm pollinators, natural pest enemies and organisms crucial for a healthy environment. Protecting plant health is thus urgent, essential and foremost.

International Day of Plant Health: Keeping in mind the importance of plant health, the United Nations designated May 12, the International Day of Plant Health (IDPH) to

raise global awareness on how protecting plant health can help end hunger, reduce poverty, protect biodiversity and the environment, and boost economic development. The Day is a key legacy of the International Year of Plant Health 2020. The day was promoted by Zambia and was taken into action by the UN General Assembly. The resolution under which they adopted the decision included Finland, Bolivia, the Philippines, Pakistan, and Tanzania.

Keeping Plant Healthy: It is said that, 'Prevention is better than cure.' This is true not only for our health, but for plants also'. Just like human beings and animals need regular health check-ups to find and cure potential health issues, our plants also need a healthy environment to stay as fit as a fiddle. Healthy environment includes right kind of soil, going for a timely irrigation schedule, applying right dose of fertilizers and organic manures and regular inspection of fields. While purchasing a new plant, ensure it is insect pest and disease free by checking the top of the plant, inspecting the root quality and looking for dead spots, wilting foliage or rotted stems. We should also check out for bugs and insects as they can also transmit disease causing viruses and bacteria. Most fungal diseases take advantage of the damp and cool conditions to thrive. Leaving plants' foliage wet overnight, gives an open invitation to these diseases. Hence, watering should be done in the morning so that they can dry off by evening. Over-fertilization can burn roots, weaken plant's ability to absorb water and lead to many more complications. Soils usually don't have all the minerals and nutrients in right amounts, so regular soil testing should be done and accordingly fertilizers/manures should be applied. Maintaining proper spacing i. e plant to plant and row to row distance is also necessary for the plants to get proper sunlight and air and also to avoid competition for nutrients The United Nations General Assembly had also declared the year 2020 as

the International Year of Plant Health.

This day thus provides us an excellent opportunity to raise awareness about the importance of plant health and promote actions that can contribute to its protection. The same can be done through organizing different events and activities that promote plant health and highlight its significance. Activities like tree-planting campaigns, workshops, webinars or seminars to educate people on the importance of plant health and ways to protect it can be taken in a participatory mode. Plant health education should also be promoted in educational institutes to educate the students on importance of plant health and various ways and strategies to protect plants and promote their health. At the same time, all of us have to proactively engage ourselves in ensuring that invasive species are not introduced in our regions. Social media tools are an important tool for disseminating information. They can also be exploited to promote the cause of this disease. Organizations working for plant health should also be supported.

Mankind is still unaware of many of the harms discussed above and this day is to raise awareness about the same. Protecting plants from pests and diseases is far more cost effective than dealing with full-blown plant health emergencies. Prevention is critical to avoiding the devastating impact of pests and diseases on agriculture, livelihoods and food security and many of us have a role to play. Deputy Director General of FAO, Beth Bechdol has rightly said that, the International Day of Plant Health will be an opportunity to highlight the crucial importance of plant health, both in itself and as part of our One Health approach, encompassing human, animal, and ecosystem health. Let all of us collectively move to accomplish the objectives of International Plant Health Day.

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Maharana Pratap: Real Warrior and Patriot

■ DR RAJKUMAR SINGH

Maharana Pratap was a Rajput king who ruled the kingdom of Mewar in present-day Rajasthan, India. He was born on May 9, 1540, in Kumbhalgarh, Rajasthan, and was the eldest son of Maharana Udai Singh II. Maharana Pratap is best known for his resistance against the Mughal Empire, particularly Emperor and is considered a symbol of Rajput valor and is remembered for his bravery as well as for his unyielding spirit in defending his kingdom.His greatest battle was fought against the Mughals in the Battle of Haldighati in 1576. Although he was outnumbered and outgunned, Maharana Pratap refused to surrender and fought valiantly. He managed to escape the battlefield and continued to wage guerrilla warfare against the Mughals for many years. Maharana Pratap is also known for his love of horses and his skilled horsemanship. He had a special breed of horses known as Chetak horse, which he rode into battle and which is still revered in India today. Maharana Pratap died on January 29, 1597, at the age of 56. He is remembered as a hero and a symbol of courage and resistance against the Mughal Empire. His legacy continues to inspire generations of Indians even today.

Early life and times of the ruler: At the time of Maharana Pratap's birth, Mewar was facing significant political turmoil. The Mughal Emperor, Humayun, had recently defeated the ruler of Mewar, Rana Sanga, and had imposed a tribute on the kingdom. This tribute was a significant burden on Mewar's resources and had weakened the kingdom's ability to defend itself against external threats. Maharana Udai Singh II, Maharana Pratap's father, was forced to flee from Chittorgarh, the capital of Mewar, when it was attacked by the Mughals. He took refuge in the mountains and established a new capital at Udaipur. Maharana Pratap spent much of his early life in this mountainous region, where he learned to ride horses and use weapons. As the eldest son, Maharana Pratap was expected to inherit the throne of Mewar. However, he faced competition from his younger half-brother, Jagmal Singh, who was supported by some of the nobles of the kingdom. This led to a power struggle between the two brothers that continued for many years.

Despite this, Maharana Pratap received training in governance and warfare from his father and became a skilled warrior and leader.At the time of his birth, Mughal Emperor Humayun had defeated the Rajput ruler Rana Sanga of Mewar in the Battle of Khanwa in 1527. Mughal influence was rapidly spreading across northern India, and many Rajput kingdoms were forced to submit to Mughal rule. Maharana Udai Singh II, Maharana Pratap's father, was also forced to submit to Mughal rule and pay tribute to the Mughal Empire. However, he later rebelled against the Mughals and sought refuge in the mountains of Mewar. During Maharana Pratap's reign, the Mughal Emperor Akbar, who succeeded Humayun, was expanding his empire rapidly. Akbar was known for his policy of religious tolerance and his efforts to consolidate power by forming alliances with Rajput rulers. Akbar sent several emissaries to Mewar to negotiate a treaty with Maharana Pratap, but Maharana Pratap refused to submit to the Mughals and instead continued to resist them. The most significant battle of Maharana Pratap's reign was the Battle of Haldighati, fought in 1576. This battle was fought between Maharana Pratap's forces and the Mughal army led by Akbar's general, Man Singh. Despite being outnumbered and outgunned, Maharana Pratap's army fought valiantly, and he himself rode his famous horse, Chetak, into battle. Though Maharana Pratap was ultimately forced to retreat, his bravery and resistance against the Mughals made him a legend among the Rajputs.

Heroic works of Maharana Pratap: His greatest heroic work was his unwavering determination to defend the independence and autonomy of his kingdom, even in the face of overwhelming odds which apart from the War of Haldighati include: Guerrilla Warfare: After the Battle of Haldighati, Maharana Pratap engaged in guerrilla warfare against the Mughals. He used the rugged terrain of the Aravalli mountains to his advantage, ambushing the Mughal forces and disrupting their supply lines. b. Love for his people: Maharana Pratap's love for his people is legendary. c. Dedication to his cause: Despite facing several setbacks and challenges, Maharana Pratap remained dedicated to defending the independence and autonomy of Mewar. He

refused to submit to the Mughals and continued to resist them, even when it meant living in the mountains and facing constant danger.d. Bravery and valor: Maharana Pratap was known for his bravery and valor.

He is said to have never backed down from a fight and to have always been the first to charge into battle. His bravery and valor inspired his army and made him a legend among the Rajputs. e. Expansion of his kingdom: Maharana Pratap worked tirelessly to expand his kingdom and unite the Rajput clans under his leadership. He conquered several neighbouring territories and brought them under his control, including Dungarpur and Banswara. f. Patronage of arts and culture: Maharana Pratap was a patron of the arts and culture. He supported the construction of several temples and palaces, including the famous Jag Mandir Palace and the Eklingji Temple in Udaipur. He was also known for his love for music and poetry and encouraged artists and poets to flourish under his reign.g. Strengthening of the economy: Maharana Pratap worked to strengthen the economy of Mewar.

In line, messages on his part are: a. Courage and determination: Maharana Pratap's unwavering courage and determination in the face of adversity is an inspiration to people today. He refused to submit to the Mughal Empire and continued to resist them, despite being outnumbered and outgunned. His bravery and determination remind us of the importance of standing up for what we believe in and not backing down in the face of challenges.b. Love for the people: Maharana Pratap's love for his people is a message that resonates even today. He put the needs of his people above his own and worked tirelessly to improve their lives. c. Unity and strength: Maharana Pratap's efforts to unite the Rajput clans under his leadership offer a message of unity and strength. He recognised the importance of coming together to achieve common goals and worked towards creating a strong and united front. His efforts remind us of the importance of unity in achieving success

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International Nurses Day Nursing officer binds society with bond of care and affection

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Governments must invest in nursing education, jobs, and leadership. Some of these measures include remunerating nurses according to prevailing local, national, and international labor market conditions. Patients and the public deserve the highest performance from healthcare professionals and this can only be achieved in a workplace that enables and maintains a motivated and well-prepared workforce. Nurses can be empowered, and encouraged by meeting their needs and meeting their challenges.

International Nurses Day is observed annually on 12 May. May 12 was chosen to celebrate the day because it is the birth anniversary of philosopher Florence Nightingale, the founder of modern nursing. Nursing binds human society with the bond of care and affection. Nursing is the calling of care, which provides a pool of poignant stories and challenges. The scope of nursing has now expanded beyond just the hospital. Nurses deal with the most precious thing in this wide world- 'human life'. The World Health Organization (WHO) has designated 2022 as the Year to Lead - Invest in Nursing and Respect the Right to Secure Global Health.

Nurses make up more than half of all health workers in the world. It will encourage the entire nursing community and the

public to celebrate the day as well as provide the necessary information and resources to raise the profile of the nursing profession. Nurses are at the forefront of fighting epidemics and pandemics providing high quality and respectful treatment and care. The Covid-19 pandemic is a reminder of the vital role nurses play. Without nurses and other health workers, it is not possible to win the fight against outbreaks and achieve Sustainable Development Goals or universal health coverage (UHC).

Globally, there are approximately 36.9 nurses per 10,000 people, with further variations within different regions. There are almost 10 times more nurses in the Americas than in the African region. While the former has 83.4 nurses per 10,000 population, the latter has 8.7 nurses per 10,000 population. By 2030, there will be a shortage of over 5.7 million nurses worldwide. The biggest shortfall in absolute numbers is in the South-East Asian region, while in the US and Europe, the problem is different as they face an aging nursing workforce. Furthermore, many high-income countries in Europe, the Eastern Mediterranean, and the American regions rely "exclusively" on migrant nurses.

There is a need for recognition of their work; The report highlights that the work of nurses is critical in meeting national and

global goals related to universal health care, mental health, non-communicable diseases, emergency preparedness, and response. Nurses play an important role in the field of healthcare. Their role, especially during the current health crisis, is paramount. Overall, nurses are vital in ensuring the quality of care delivered to a patient, preventing and controlling infection, and combating antimicrobial resistance.

As of 2018, there were over 1.56 million nurses and 772,575 nursing aides in India. Of this, professional nurses account for 67 percent, with 322,827 graduates each year and a minimum training period of four years. Within the health workforce, nurses comprise 47 percent of medical workers, followed by doctors (23.3 percent), dentists (5.5 percent), and pharmacists (24.1 percent). In addition, the overwhelming majority of nurses in India, 88 percent, are women. This is in line with the composition of nursing seen globally, where 90 percent are women.

Providing occupational safety and health of nurses and all healthcare workers, including access to personal protective equipment so they can safely provide care and reduce infection in healthcare settings. Nurses and all healthcare workers should have access to mental health support, timely pay, sick leave, and insurance. They

must be provided with access to the knowledge and guidance needed to respond to all health needs, including outbreaks. Nurses should be given financial support and other resources to respond to future outbreaks.

In almost all healthcare services, nurses perform roles that are not their specialty, so they have minimal time left to perform their actual roles and responsibilities. They are spending more time than necessary performing non-nursing-related tasks, for example, billing, record keeping, inventory, laundry, diet, physiotherapy, patient abstinence, etc., thereby reducing time spent on patient care. Happening. If in any case, there is a lapse in these roles, the nurses have to bear the brunt in the form of cancellation of leave, pay cut, etc. There has been little effort in the health sector to plug it.

Governments must invest in nursing education, jobs, and leadership. Some of these measures include remunerating nurses according to prevailing local, national, and international labor market conditions. Patients and the public deserve the highest performance from healthcare professionals and this can only be achieved in a workplace that enables and maintains a motivated and well-prepared workforce. Nurses can be empowered, and encouraged by meeting their needs and meeting their challenges.

