

## SIGNIFICANCE OF MUSEUMS

Museums serve as custodians of our collective heritage, preserving and showcasing artifacts, artworks, and cultural treasures that span centuries of human history. These institutions play a vital role in education, research, and cultural enrichment, providing a window into the past while fostering a deeper understanding of our present and future. In this exploration of the significance of museums, we delve into their multifaceted roles, the importance of preserving cultural heritage, and the impact of museums on society.

Museums safeguard our tangible and intangible heritage, encompassing a diverse array of artifacts, artworks, documents, and traditions. From ancient artifacts and archaeological discoveries to contemporary art installations and interactive exhibits, museums offer a comprehensive representation of human creativity, ingenuity, and cultural diversity.

Museums are invaluable educational resources, providing immersive learning experiences for visitors of all ages. Through curated exhibitions, interactive displays, guided tours, and educational programs, museums engage and inspire curiosity, fostering a lifelong love of learning and appreciation for the arts, sciences, and humanities.

Museums serve as hubs of research and scholarship, facilitating the study and interpretation of historical, cultural, and scientific phenomena. Researchers, scholars, and students utilize museum collections and archives for academic inquiry, interdisciplinary research, and the advancement of knowledge in various fields, from anthropology and archaeology to art history and natural sciences.

Museums promote cultural exchange and dialogue, facilitating meaningful interactions between diverse communities and fostering mutual understanding and respect. Through collaborative initiatives, international exhibitions, and cultural diplomacy programs, museums bridge cultural divides, promote cross-cultural dialogue, and celebrate the richness and diversity of global heritage. Museums play a crucial role in fostering social engagement, inclusion, and community development. By offering accessible and inclusive programming, outreach initiatives, and initiatives aimed at marginalized communities, museums promote social cohesion, empower underserved populations, and amplify diverse voices and perspectives.

## Taste vs Health

■ VIJAY GARG

Be it someone's birthday, marriage ceremony or any other occasion, today the presence of 'fast food' has become mandatory in every kind of celebration. In our times, Halwa Puri and mint chutney are now out of trend and are considered to be a food of 'backward' taste. Now no one even wants to mention them. Pizza and burgers have reached not only towns but every village. Therefore, now people living in villages do not have to run to the city for pastries and pasta. professionally prepared food homeSome of the delivery companies are so sophisticated and proficient in technology that they have left their mark in a very short time. Here too the tastes of children are coming to change. Today, the names of more than twenty-four thousand villages in India are registered with five fast food delivery companies. Further preparations are also going on. Perhaps the aim is to spread awareness among other villages by organizing programs in the village. Parents' names, types of pasta and sandwiches are now remembered by many five-year-olds going to school. about five years oldAnd children even recognize Manchurian. Today, in the Indian society, these sweet and salty fast foods have made a deep place on the taste buds of children as much as the desi dishes like Navratna chutney, ghee flour pudding, laddus, coconut kheer, pakodas, spicy potatoes etc. could not create. These old things are now being forgotten. Every day new experiments are being done in the business of instant food or fast food. Their shape, type of chemicals, taste, aroma, colour, variety and convenience in eating are the main reasons for the popularity of fast food. It is not without reason that the space for traditional food and food styles is now shrinking rapidly. People's tastes are changing. Such attraction has arisen towards it that some people have started believing that it awakens suppressed hunger. As soon as the name of pizza or burger is mentioned, a tasty image starts forming in the mind of some people. An addiction-like interest needs to be studied to find out why it happens if it happens. What is used in this that makes people think like this? Today the situation is such that a piece of burger is in the mouth.If a person eats parantha with pleasure, keeping his eyes closed, he may feel disinterested. Whereas the qualities of Paratha are many times more than that of Pizza. But people probably don't even think about this now. Till two-three decades ago, the quality of food was taken into consideration. It was also seen that it was fresh. Now there is no use of fresh or stale. Stale sandwiches can be made hot and fresh in just a few seconds in the 'oven'. According to one figure, at least two million 'fast food' boxes or parcels were supplied to the capital alone.It takes place in Delhi. These especially include sandwiches, pizza, burgers etc. This may be surprising, but the figures of sales of cold drinks may be even more surprising. Dive into the world of tastes and flavors and forget about health, this is the aim of the fast food business. Opening the parcel and taking out hot food from it and then sitting comfortably and biting each mouthful of it with your teeth, making it juicy with your tongue, is a kind of happiness and getting lost in it. Some time ago a western singer was promoting a fast food.It was being eaten with relish. One of his indications was that why should one bother worrying about food? People seeing him like this would also be forgetting dal, rice, roti, saag, raita, papad and chutney and would be indulging in the same food. Seeing an attractive advertisement, even a strong mind starts moving along with it. Be it children or teenagers, youth or adults, they get trapped in the trap of fast food, which is considered a measure of status, as if a snake is confused with a rope. The irony is that such ignorance persists despite suffering its losses. didn't fix itgo. Even if there is constipation, diarrhoea, sore throat, body starts aching due to food containing chemicals, hair starts falling, teeth get damaged, ears start hurting. But people like to remain immersed in the same hypnosis again and again to satisfy their next hunger. Nowadays, small children are becoming fond of this type of food and are harming their health under the illusion of its being half imaginary, half familiar, half true. One must be concerned about their future. The purpose of eating this kind of food is neither to improve one's health, nor to provide good medicinal value to anyone through food.Dishes containing N have to be served. Diarrhea is completely cured by eating raita and rice in our traditional food. If delicious moong dal cheela is eaten with mint chutney, it also cures stomach problems, i.e. indigestion and constipation. If coconut chutney and gram roti or stuffed bitter gourd are eaten with pleasure, stomach worms die. Eating onion salad prevents heat-stroke. Fenugreek chapatti or pakoda relieves body pain. The question is, how much does eating instant food from the market, which is spread everywhere, improve health? If only the taste and If you get immersed in attraction, you will not only lose your money but your health will also be at stake.

(The writer is Educational Columnist from Malout).

“ A nation's culture resides in the hearts and in the souls of its people.-Mahatma Gandhi ”

## EDITORIAL

## Save Birds: Save Environment

■ TARA CHAND BHAGAT

Through the columns of your esteemed paper, I would like to highlighting the following provisions of arrangement for drinking water for the winged world and wild animals living in the forest areas in the shape of ponds to be dug out as these tongue less animals have to bear the brunt of thirst due to non-availability of water during the summer season due to the extremity of heat waves with the ill-effects of global warming and climate change with every kind of water, air pollution being caused by all kinds of vehicles being experienced across the world also excessive usage of chemical fertilizers; very excessive use of plastics and plastic wares and the wastage of chemicals being emitted from the factories and mixing into water bodies everywhere in every country. These factors are very much responsible for causing its hazardous and detrimental effects not only upon humans but also being affected every kind of living beings and some of the species are going to be extincted.

So, the kind attention of the authorities concerned sitting at the helm of affairs is drawn towards the welfare of the winged world and other wild animals since these are also part and parcel for sustaining and maintaining balance of ecosystem of the natural environment. If any of these species becomes less the balance of the environment is lopsided. None else but human beings are responsible for this the urban human beings are deprived of lop siding the environment. Human beings, being superior to all the creations ought to be kind enough towards all other creations who are interdependent to one another for spending of the enjoyment of their precious lives in this world. The more we do welfare to the tongue less animals; the more our welfare is done. These days our Jammu city is transforming into smart city and smart city is incomplete unless and until there is also a facility of the provision of drinking water for animals considering it to be our moral duty as humans. As the winged world does a great welfare to the humans by spreading out the seeds of the most beneficial medicinal plants from one place to another.They

## Do emotions impact our health and well-being?

■ SURJIT SINGH FLORA

Emotion is a multifaceted concept that encompasses various intricate factors. Emotions are widely regarded as a defining characteristic of human beings. Both the physical traits we share with other animals and the significant role our mind plays in our emotional experience have an impact. This combination results in a distinct and unique emotional experience.

I recently came across a book by Frank Joe Bruno on psychology. In his discussion, he explores the idea that the words "exit" and "motion" combine to form the word "emotion." According to ancient Greek beliefs, facial expressions such as smiles and frowns were seen as manifestations of the soul emerging from the body, reflecting emotions like happiness or sadness. The object was demonstrating a motion indicating departure. This evolved into "e-motion," more commonly known as "emotion."

An emotion can be understood as a disturbance in the body's natural balance at a physiological level. Heart rate, respiration rate, and blood pressure exhibit alterations. From a psychological perspective, individuals may perceive these physiological changes as heightened excitement or enhanced tranquility.

**Where do feelings or emotions originate?**

We have a lot of contradictory ideas about what causes emotions in our minds. We are used to conceiving of the mind and the body as being different and independent entities. When we say "mind," we are referring to the senses of emotion, imagination, and reason, as well as other conscious and unconscious processes that occur in the brain. When compared to the latter, which comprises concrete reality - that which can be seen, handled, and measured - the former seems to be comprised of an ethereal world of dreams and imagination at first glance. In the event that this were the case, it would be more difficult to accurately calculate the origin of feeling. There is a lengthy philosophical history around this mind-body argument, which is covered in much more depth under the section on reason.

We also connected various regions of the body with different emotions, which is another point of interest. Fear is something that we feel in our spine, love originates from the heart, anger originates from the spleen, and the phrase "gut feeling" is often used to represent the sensation that something is correct.

There is a consensus among most people that the truth lies somewhere in the middle of these two perspectives. The 'dualist' school of thought, which maintains that the mind is distinct from our bodies, has received relatively little support, as the discussion on the mind-body issue has shown during the course of the argument. That the emotions are the result of the many organs in the body is a point of contention that, of course, no professional psychologist or physician would bring up. One of the parts of the brain that is responsible for emotion is the limbic system, which is comprised of numerous structures that are found in the cerebral cortex. However, it is considered that emotion originates from a physical cause. These structures are responsible for registering the quantities of chemicals, which are sometimes referred to as neurotransmitters, that are being produced by the body in response to certain situations that the individual is experiencing. As an example, when a person is in love, eating chocolate,

also make the environment pleasant and appealing with their sweet voices like cuckoo's during the summer season of May, June, and July followed by Pipeehas. Their colorful wings also fascinate the minds of small children and become source of attraction even when they sit among the small children while they are playing in the parks.

The winged world teaches us to live together; they never quarrel one another but live in a friendly atmosphere. Undoubtedly the Almighty God has made a provision of their food even then we must feed them from our own side. Every kind of benefit we gain from feeding birds. How beautifully Sadhguru Kabir Dass had said in his following couplet, Chidiya Chunch Bhar Le Gayi Ghattiyo Na Nadi Ka Neer; Daan Diya Dhan Na Ghattio Keh Gaye Dass Kabir.

We, as human beings must make a provision of drinking water to the birds who live around us at our every house atop the roof so that they may quench their thirst during heat waves of the hottest months of summer season. One who takes care of others; one is always taken care by Supreme Nature that nurtures us all. As we all are the children of the Almighty God. When nature gets angry none can get happy. To get happy is the only way to make all happy. These are words of every great saints who had glorified the past, the present, and the future. I love natural environment the most. It is the only democratic govt. which can take pity upon the little birds who have to fly off long journeys to be quenching their thirst during scorching and unbearable effects of extreme heat waves running at between plus 40 degrees Celsius these days.

As they have to be dependent upon human beings for sustaining their little lives.

It is out of place to mention here for the information of all humans that I have made a special provision of drinking water and feeding atop the roof of my house where all kinds of birds such as sparrows, bulbuls, qursars, crowns and other small black sparrows who enjoy rice and other grains.You will get surprised to hearing that these small birds recognise my face and do not fly

over for fear of catching them.

So much is the love I have got for them. I consider them all my dear family members and get a peace of mind to the best satisfaction of service being done towards saving their precious lives who too are playing great contribution to saving the eco-system of the environment's interdependence positively on the winged world is the most lovely , colourful and beautiful innocent creation of the Almighty God. It is very unfortunate that one time these birds were used to be the best friends of the humans; now the household sparrows have gone missing especially in urban dwelling sites thus giving a setback to ecology of the region as hardly one finds this species of bird in Jammu city or in its outskirts.

This is a big question that where these chirping little creatures have gone as there are no chances of any special things challenging their existence in the city. The experts who are not so sure to be clear; usually blame loss of their habitats are in the puca houses for the extinction of these small creatures from Jammu city as new big buildings or houses lack nesting provisions. But this could not be the exact reason as still there are a good number of trees in the vicinity of Jammu city where these small birds could live and flourish their families. It is worthwhile to mention here that these small species can be saved by way of installing nest boxes, bird feeders, planting native plants and reducing use of chemical pesticides and fertilizers. Small insects play a very important role in the survival of newborn sparrows which have to be brought for by parent sparrows to feed their little ones.

There is still a big scope of hoping that these small chirping birds will come back soon but for this residents have to take some initiatives like making provisions for nests in their houses along with food provisions to these birds. These small steps can prove to be very useful or else the days are not far when the remaining bird species will also disappear from the scene. Through the medium of this article I appeal to all the Jammunites to kindly save sparrows to be seen for the next generation to come.

him, she requested that he take off his shirt. As he did so, she gently placed her hands on his chest and reassured him, "Darling, everything is perfectly fine, The recipient's mother overheard this and inquired about the meaning of the word "copacetic?" After my son's surgery, when the breathing tube was removed, his first words were, "Copacetic, copacetic."

Emotions can be categorized into different groups based on the words we use to describe them. Such as : Pleasant excitement, Unpleasant excitement, Pleasant calm, and Unpleasant calm. Terms like happy, joy, and ecstasy fall under a specific category, and people may find them either enjoyable or disagreeable. Jealousy, anger, sadness, happiness, hope, anger, desire, anxiety, hope, ascension, collapse, fear, hatred, despair, love, indifference, infatuation, romance, lust, shame, doubt, grief, surprise, helplessness, Helpless people are only weaklings. In the kind of circumstances that a person is going through, the feelings start to grow in his mind. Most of the life of every person runs on the basis of feelings. If the feelings of love arise from hatred, then relationships Adds and lead to the ascending art; if jealousy grows out of hatred, it opens the way to destruction.

It is not necessary that loneliness arise in a human being. Sometimes, even in a heavy gathering, one person keeps generating love, hate, anger or any other kind of resentment. The waves inside the human mind bounce like waves rising in the seas. In one moment, the mind takes the velocity generated within it to heights and the next moment it falls into a calm, flat stagnation. There is a lot of conflict going on in the veins of the mind. Questions arise automatically from within, and answers are found automatically. In this way, solutions to many big problems are also found from the processes of introspective question and answer, and new discoveries are made.

Emotion often depends on the mood of the person at the moment. For example, it is impossible to produce a very meek or sweet Emotion after witnessing a fight or vigorous activity, just as it is impossible to extract butter without churning curds. Emotions arise from each man's own nature. Stiff and irritable people are often less happy to see people laughing and playing around them. Most of the time, those people keep burning inside when they see others laughing. Emotions are created according to the personality of every human being and these Emotions help in improving or spoiling personalities. The personalities living in the climbing arts always have a sense of the climbing art, which leads such personalities to more climbing art by refining them day by day.

The same emotions cannot arise in the minds of happy or sad people. Inspiration arises from the desires of every human being. If positive-thinking people are producing, then the human personality becomes forward-thinking; if the same people are negative and decaying, then they will drown him in a deep well of despair one day. If a person learns to calm the emotions of the mind by strengthening the will power, then he can teach the mind sinking in the depths of despair to walk on the paths leading to the destinations. Because, actually, this is our life.

(The writer is a veteran journalist and freelance writer based in Brampton).

## YOUR COLUMN

## Suspension on the date of superannuation

Your Editor

The Madras High Court has held that an employee should not be placed under suspension on the date of his attaining superannuation. Even when an employee is under suspension, that employee is reinstated on the last day of his service and he is relieved of his duties consequent to retirement. The headlines should not be a mismatch to the contents of the news item or articles. But the headlines in this case read "Can't suspend employee on verge of retirement: HC". Suspension on verge of retirement is quite different from suspension on the very day of employee's retirement. If this headline is read, it is natural that anybody misunderstands. If it is said that an employee in verge of retirement should not be suspended, it means that an employee is given carte blanche to indulge in misconduct and get away with his loot. The facts of the case do not correspond to the headlines. The judgment delivered by the High

Court is meaningful. The case history is that the court was hearing the petition filed by K. Saravanan. The petitioner was an employee of school education department in Sivaganga district and he was suspended on the date of his superannuation in 2022 and was not permitted to retire.

The question of not permitting an employee to retire arises in the case of the employee going on voluntary retirement. The purpose of not permitting an employee to retire is to ensure that the employee should not be allowed to go scot-free after indulging in misconduct particularly when the employee is found to have caused pecuniary losses to the employer. If an employee is not permitted to retire on the date of superannuation, it would be premium on dishonesty. The delinquent employee is given an 'opportunity of extension of service'. An employee under suspension is necessarily reinstated on the last day of his service because if he is not reinstated, his service ceases on the date he was relieved consequent to suspension. An employee under suspension will not be on duty but he will be in service. Unless he is reinstated, he cannot be once again relieved since the suspended employee is already relieved when he is suspended. It is for this reason that the suspended employee has to be necessarily reinstated on the last day and relieved of his duties from

service on attaining superannuation pending enquiry, if any, for misconduct. In the case of the petitioner, the charges were that the petitioner got the compassionate appointment in 1989 suppressing the fact that his mother was in government service and that she had deserted him when he was young. The court observed that the disciplinary proceedings were initiated after lapse of considerable time. The question arises if the department was in slumber to initiate disciplinary action for the misconduct shown by the employee in 1989. Disciplinary action could have been taken when the employee had considerable number of years of service before retirement. Suspending the employee on the date of superannuation after allowing the petitioner to complete his service is ridiculous. The inertia on the part of the administration is evident. Holding the administration completely responsible, the court directed the authorities to permit the petitioner to retire on October 31, 2022 with all attendant benefits and release the benefits within 6 weeks. There are no two opinions that the delinquent petitioner deceived the department. But it was too late before the authorities opened their eyes to see the misconduct of the employee.

K.V. Seetharamaiah