

DEGREE PROGRAM

Degree program would be a unique blend of interdisciplinary studies, combining elements of technology, psychology, and social sciences. This program would be designed to cultivate well-rounded individuals equipped with the knowledge and skills needed to address complex societal challenges in the digital age.

Students would also explore the psychological and social dimensions of technology through courses in cognitive science, human-computer interaction, and digital ethics.

As students progress through the program, they would have the opportunity to specialize in areas such as artificial intelligence, cybersecurity, or human-centered design, depending on their interests and career goals.

Elective courses would offer flexibility for students to tailor their degree to their specific interests, whether it's exploring the intersection of technology and mental health, studying the social implications of data privacy, or delving into the ethical considerations of emerging technologies. Hands-on learning experiences would be a cornerstone of the program, with opportunities for internships, research projects, and real-world collaborations with industry partners. Students would have access to state-of-the-art facilities and cutting-edge technologies, allowing them to apply their theoretical knowledge in practical settings and gain valuable industry experience.

Sad era of stone pelting, killing, poll boycott is over

■ **OMKAR DATTATRAY**

There has been a discernable change and improvement in the ground situation in Jammu and Kashmir. One there used to be calls for Bandhs, strikes, hartals, bomb blasts, stone pelting and as well as poll boycotts.

The killings of people is now all most over. But today there is total change in the situation. There were calls and enforcement of the poll boycotts but today the poll boycotts are conspicuous by its absence. Today the candidates are fearlessly campaigning and taking part in the democratic process. In the past three decades there was fear and uncertainty rite large on the face of Jammu and Kashmir. In the past during terrorism, people were not taking part in the elections because of the fear factor. I well remember how I voted in 1989 Lok Sabha elections in favor of the independent candidate in Anantnag Parliament constituency despite the poll boycott call and these were the hey days of terrorism.

The polling booth was near a temple and I disguised my identity as a voter by pretending that I went to worship in a temple adjacent to the polling booth. But the village people said that you exercised your vote inspite of the boycott call and in those days poll boycotts were rigorously followed and enforced. I had then a feeling of insecurity. But thank God those bad days of poll boycott and calls for Bandhs are over and the common people are feeling much relieved and there is peace, normalcy and tranquility seen everywhere from North to South and East to West in Kashmir and the people are taking active part in the elections as there is no fear now of the gun tottering mercenaries as the brokers of militancy no longer give calls of poll boycott .The candidates are fearlessly campaigning and the people are also taking part in the election process without any fear and sense of security. There is an atmosphere of peace and tranquility in Kashmir and the days of killings, kidnappings, abductions and fear psychosis are over and there are no calls for the boycott of the elections. The people including young, old, women and infirm are taking active part in the parliamentary elections and this is a good augury for the assembly polls yet to be announced. Poll boycott is really a thing of bygone days and is a history and the people in the bastions of terrorism are taking interest in elections and are taking active part in the elections as there are no calls for boycott and Hartals. People are now enjoying to be part of the largest democratic exercise. There has been a marked change in the situation. The credit for bringing peace and normalcy goes squarely to the efforts and policies of the Modi government. Besides the common people of this region also have been the agents of change as they usher in the peace and have also played a commendable role in bringing peace and tranquility. The main thing is that there are no calls for strikes, Hartals and above all there is no calls for poll boycott and stone pelting, with the result, people as well as the candidates are campaigning and taking active part in the elections. First time in the history of terrorism, the people are ushering in peace and normalcy and the bomb blasts, killings and violence are now the things of past. People are in delight and are enjoying the campaigning and are cursing Pakistan for having brought gloom to Jammu and Kashmir. The poll candidates and the common citizenry are actively engaging in the poll process as they are taking active part in the democratic process. It it for the first time in the history of militancy that there are no calls and enforcement of poll boycott and the people are in favor of peace, prosperity and development. The common people are no longer in favour of the calls of poll boycott and they are interested in peace and development and they shun the poll boycott and take delight to be part of the democratic process.

People in Kashmir curse Pakistan for having brought the economy of Jammu and Kashmir to a grinding halt in the past three decades of violence unleashed by the enemy country. But now there is an atmosphere and environment of all round development and the credit for this change and improvement in situation goes to the NDA government headed by the BJP. The Prime minister Narendra Modi takes personal interest in bringing peace ,normalcy and development to Jammu and Kashmir.

The common masses of Jammu and Kashmir are the stakeholders in the peace and development and the policies of the Modi government regarding Jammu and Kashmir are leaving its imprint on the peace and development .Even the places of the stronghold of terrorism and the bastions of separatism are brimming with poll campaigns.

For example the down town in Srinagar city are now witnessing a marked change and poll candidates and the people there are also talking active part in elections.

The winds of change and improvement are brewing across the length and breadth of Jammu and Kashmir and the people are no longer giving shelter to the militants and there are no calls for the poll boycott for the first time in the history of Kashmir and people are for peace, normalcy and development.

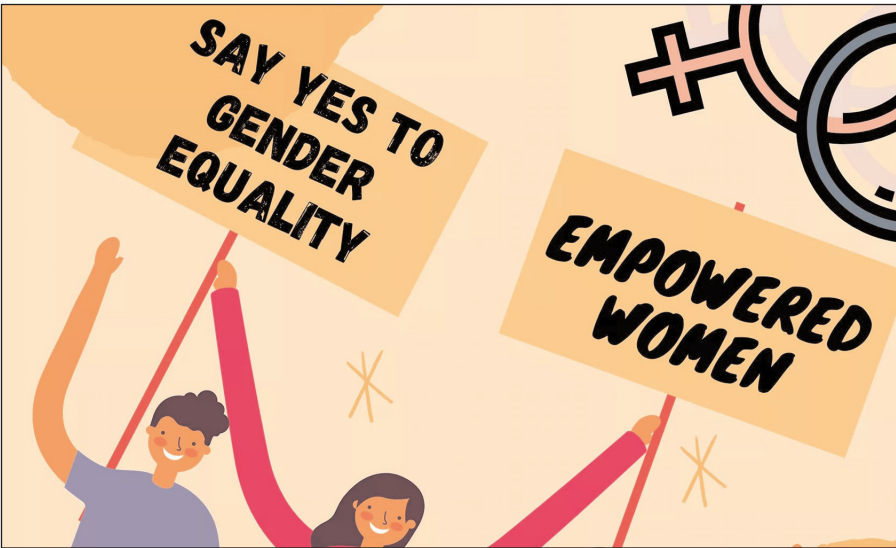
The people also want the end of terrorism and they have realized the futility of terrorism and violence and want change and development and they also want end to the political uncertainty and so they support the election process and take delight to be part and parcel of the democratic process. This is a welcome development that the winds of change are brewing in valley and it is praise worthy that the calls for poll boycott are totally absent in today's changed atmosphere and the people have now realized the futility of terrorism, violence and poll boycott calls. There is change for better and the absence of poll boycott calls and the enemies across the borders are frustrated at seeing no support to their nefarious designs in Kashmir. People no longer give even a passive support to the forces of doom unleashed by Pakistan. The misguided youth are returning to national mainstream and are shunning violence and are even taking part in the elections. To conclude we can say with certainty that the era of poll boycott are now a history.

Women Empowerment and Gender Equality

■ **DR BANARSI LAL**

The contribution of women to the society has been contemplated over the years. Women play a vital role at the grass root level for social development. Education is the prime tool for upliftment of society particularly for a girl child who in turn educates the family. The man without woman is like an eye without vision. In our country mythology, the status of women has always adjudged with high honour so much so that women were even worshipped. Even in the Vedic Age, the women were much respected .Women of the Rigvedic period were asked to compose some of the hymns and have risen to the rank of seers like Visvavara, Apala and Ghosha. The women were performing the social duties with full responsibility and were considered an integral part of the family. We have the evidence that women led a free life in the Vedic period and education was not denied to them. Many Madrasas were set up by the kings especially for girls in Mughals era. Although there were some atrocities took place against women in Mughals era but they promoted the women's status. Remarkable participation of women in India's freedom struggle throws much light on the potential and strength of women. Nobody can deny the significant role played by the women during the Indian National Movement. Vijayalakshmi Pandit, Sarojini Naidu, Madam Bhikaji Cama, Sucheta Kriplani are to name a few of the women who devoted their whole life for the freedom of the country. Captain Lakshmi Sehgal headed the Rani Jhansi Regiment of the Indian National Army. Sarojini Naidu is said to be the "Nightingale of India", was elected as the Congress President. Our freedom struggle would have been an arduous task without the key contribution of women. There were many undisclosed faces of Indian women who provided moral support for national building.

The International Labour Organization report says that women constitute 50% of the population make up, 30% of the labour force, receives 10% percent of the world's income and own less than 1% of the world's property. According to 2011 Census, female literacy level in our country is 65.46% against the male literacy level of 82.14%.During 2001-2011 decadal period, the growth in female literacy rate (11.8%) was substantially faster



than male literacy rate (6.9%). This is a tremendous growth when compared to the ratio in 1951.During the decade 2001-2011, there is a tremendous progress in the field of female literacy in our country. Women are contributing a lot in the Indian economy growth. We made a bold step in respect of the political empowerment of women at the grass root level.64TH Constitutional Amendment Bill for reservation of women in Panchayats was introduced. Though it failed in Rajya Sabha,it was reintroduced during Narasinha Rao's regime. In December 1992, Parliament passed the 73rd and 74th Constitutional Amendments providing for 33% reservation for women in the Panchayats Raj elections. In the last decade, the women have played a significant role in local bodies. Women's Reservation Bill is still being debated.

The presence of women in the national politics has grown significantly. Women have proved that if any opportunity is given to them could be completed successfully in any field. Smt. Indira Gandhi was the world's 2nd Woman Prime Minister and Ms. Vijayalakshmi Pandit was the first woman President of the UN General Assembly. India had many examples of umpteen women in respect of Governors, Chief Ministers,Judges, and Civil Servants etc. In the entertainment industry also Indian women have proved their talent. In the World Beauty Pageant contests,

India is the only country to have won the Miss World context more than twice. In sports also the Indian women namely P.T.Usha, Sania Mirza, Anju Bobby George, Mithali Raj, Mary Com etc.have gained prestigious position. Kalpna Chawla and Sunita Williams have proved that they are not lesser than anybody even in the field of Space Technology. Although we are proud of the Indian women in the global arena but we should also look into the atrocities against them in the name of female foeticide, gender inequality, sexual harassment, dowry system and many more evils. The atrocities against women start even before they are born and get manifested in the environment with a new face. The evils against them are man -made that shackles the women's growth from keeping the pace with the development. The plethora of atrocities and denial of basic rights to women, have led the society to contemplate over it. The sexual harassment cases are observed everyday. A report of World Health Organization reveals that a woman is being raped after 54 minutes. After every four minutes, a woman or minor girl becomes the victim a sexual harassment. Gang rape and murder case of23 year medical girl in Delhi demands the strict law to prevent this heinous crime against women. Prostitution is a shame which is spoiling the rich culture and traditional history.

Women Recognition by World Organizations and India:

8th of March is celebrated as "International Women Day" every year with great importance.

In 1998, Food and Agricultural Organization observed the World Food Day and the theme was "Women Feed the World".

The year 2001 was declared as "Women Empowerment Year".

Every year, 25th of November has been earmarked as the "International Day against Violence to Women".

The decade 1991-2001 was declared as "SAARC Decade for Girl Child".

Landmark legislation for the protection of Girl Child in Goa.

The Gujarat Government declared 2002-03 as the "Year of Girl Child".

The policy makers and political leaders have clearly defined the code of conduct for the peaceful and prosperous society, while making the Constitution. Till 1947, the violence against women was considered as a social problem but now that is considered as an individual problem for women. Now many organizations are realizing the emerging scenario of women discrimination. It is really a serious concern and it needs a consistent approach to counter it. Man and woman are interdependent on each other and they cannot live individually. It is the responsibility of every male to create a peaceful and conducive atmosphere for the females, who are the emerging stalwarts of the society. Mere slogans, public meetings and wayward announcements are not sufficient. Active participation and the sense of belonging articulated by every Indian are very important. We should think that women are the social base of the country and through their tutelage we can build a strong nation. We should give more emphasis on gender equality. Each of us should think that men and women are equal and men should treat women as their equal partners with dignity and humanity. Men are born from the womb of women and they should respect them in every sphere of life.

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■ **SURJIT SINGH FLORA**

Any form of addiction can completely take over brain chemistry and alter behavioral patterns. It's quite clear to identify substance abuse, and even those who are inexperienced can understand it: when substances and chemicals are introduced into the body, it disrupts the body's natural balance.

What is the impact of gambling on brain chemicals?

Gambling has a profound impact on the pleasure center, reptile center, and impulse-controlling frontal lobe command center.

A significant portion of the Canadian population, approximately 64.5%, engaged in gambling activities in the previous year. Out of these individuals, around 1.6% were identified as being at a moderate-to-severe risk of experiencing gambling-related issues. Across all age groups, males consistently reported a higher prevalence of gambling in the past year compared to females.

Gambling addiction can have devastating consequences, affecting individuals and their loved ones in profound ways. It can lead to depression, thoughts of suicide, financial ruin, broken families, domestic violence, physical altercations, deceitful behavior, theft, and even the loss of a stable home.

Is gambling addiction a disease? Psychosis chronic Problem gambling may affect many aspects of life. Gambling uncontrollably is behavioral addiction. See a medical or mental health professional for problem gambling.

They're harsh. Gamble more to get that high because you keep thinking about it. Gambling kills, yet quitting feels unattainable. Pleasure affects your brain's wiring.

Extreme stress may cause anxiety and despair. Money loss causes debt and relationship concerns, which compound.

Therapy is important for treatment. Because it alters gambling thoughts and behaviors, cognitive-behavioral therapy is effective. Risk factors? Both genetics and personality matter. Impulsive people may be at danger. If you have depression or drug misuse, that might escalate. It's a nasty habit and a health risk. However, support and therapy may help individuals recover.

First is a large gain early in gaming. Casinos have overpowering lights and noises, people moving about in random way, and booze pouring to get your attention. Also, a possibility spot. Opportunity. It entertains. A place for "what if..." dreams.

You want something new, mingling, or anything other than returning home to do routine after a monotonous day. Want to alter it. Get up the guts to visit the local



casino. Too afraid to play table games, you choose slots.

You smell and feel money in the casino. Money's great. Buys stuff. Buys freedom. It buys fame. All eyes are on you. A player representative may ask if you want to join the "special player's club" and earn rewards, while another may inquire if you need anything. You matter now.

Tip the slot attendant \$50 and the beverage server \$25 to win. You are giving, popular, and can always get more. Play more, win more, buy more, and have more flexibility with money.

True life is messy. Everyone handles it differently. Unfortunately, gambling is one-way. Gambling intensity, especially for the first time, determines addiction severity.

How do I overcome my gambling addiction?

First, acknowledge the issue at hand. It appears that you have recognized your problem. There are professionals available to provide assistance and support for as long as you require. It's important to have a clear understanding of program distinctions. It might take some time and effort to find a doctor that suits your preferences. If you feel compelled to force yourself to go and have an urgent desire to go right away, you will not succeed. Discover a cozy program.

To overcome this problem, it is necessary to make significant changes in your lifestyle, both mentally and physically. These changes may appear drastic to someone who struggles with gambling. It's important to understand that wealth cannot be achieved through gambling. It's not wise to gamble a large sum of money on a single bet.

Thoughtfulness, Having strong writing skills is crucial when attempting to over-

come a gambling addiction. Consider the potential impact of this bet on others, not just yourself. This question is not about winning or losing. Consider the potential impact on those around you before making this bet.

If you find yourself in a situation where you're relying on someone else's generosity because you don't have enough money to support yourself until your next paycheck, it's best to avoid making the bet. If you choose to do so, you are not only showing a lack of respect towards the people in your life, but also towards yourself. Having a strong sense of self-respect is crucial, as it forms the foundation of our identity and worth.

It's important to maintain a sense of responsibility, respectability, and the ability to enjoy a fulfilled life, even when things get hectic. It's a universal desire to experience happiness and start the day with a positive outlook, eager to embrace whatever life has in store. When you wake up and feel reluctant to leave your bed, dreading the financial consequences and the disappointment you may have caused others, it's clear that life is not being lived to its fullest.

Push your limits. Some individuals fail to meet their payment deadlines. Focus on improving your financial situation. Establish some objectives and if you achieve them, you will experience the same exhilaration as you did when gambling. Victory is victory. With a well-crafted approach, you'll discover that maintaining your course becomes more effortless. Another aspect I wanted to address in relation to goals. Take some time to carefully consider your future, particularly when you reach the age of 55 and beyond. Gambling can become a never-ending cycle that hinders your progress, as it's impossi-

ble to win every bet and you'll find yourself caught in a constant cycle of wins and losses. Not only will this consume your time with loved ones as you try to escape it, but it will also hinder your progress towards your goals in your later years.

Stay focused on your goals and explore different paths to reach them. Gambling is a form of entertainment, and it's important to remember that it's unlikely to lead to significant wealth. I am a small bettor who typically manages to achieve a modest profit by the end of the season. A vacation somewhere is typically sufficient. I prioritize minimizing risk and avoid making impulsive decisions for the sake of excitement.

It's important to reflect on why you choose to gamble. What is your objective? What motivates people to compete? Is it the allure of wealth, the desire for recognition, the need to boast, or simply the exhilaration of victory? Consider the impact of those factors on the price you are paying. From a logical standpoint, none of these options are worth the risk.

It's important to remember that ultimately, the decisions are yours to make. However, if you choose to engage in gambling, it's crucial to prioritize control and ensure it takes a backseat in your life. It's important to prioritize self-care in order to effectively support others and manage your financial responsibilities. Once you've taken care of your bills, consider allocating any remaining funds and time wisely. Setting aside a portion for your family to enjoy a special experience, saving another portion, and deciding how to use the remaining portion can help maintain a balanced approach.

By the end of the year, it's important to keep a record of your savings, expenses with family, and any winnings or losses. Your mind will guide you in the right direction. Might be It's harder to do this alone. You need the willpower to stop, the strength to commit, and the fortitude to take responsibility for your actions, good or bad. No matter how you do it, a support group is nearly always necessary. A large gathering isn't necessary. Maybe two trustworthy. Keep busy is my only other suggestion. Mentally engage. Use your hands. Discover new and old activities. To distract yourself, always do something. What makes you happy and busy? Crossword puzzles, model cars, painting, writing, exercising, volunteering, gardening.

As you embark on this adventure, exploring a fresh perspective, keep an eye out for a transparent marble. You can locate it, no matter where it may be. Good luck!

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

YOUR COLUMN

Pernote Landslide Ramban

Dear Editor,

Pernote is a village in District Ramban which is 5 km from Maitra Ramban . Geologically Pernote comes under Murre formation which has loose rocks. Murree consists of rocks like Red, brown and grey sandstone, claystone, shale, with inliers of limestone age of these rock forma-

tion is early miocene to oligocene.

On 28 April 2024 at 4 pm minor cracks started developing in land and near about 7 pm major cracks also developed in houses and during night time around 11pm a large part of the hill got displaced, the total displacement was around 40 m approx with a depth of 12 m approx, the total length of the landslide from the crown to the base upto river chenab is 2000 m approx.

Pernote Landslide (debris slide) involved overburden mostly mud and some rocks.

Pernote Landslide occurred due to steep angle of hill slope, tectonic activities and percolation of water. Several structures are affected due to this landslide which includes 40 houses, road and cultivated land. Rainfall is the trigger of landslide in pernote area of district ramban. This area comes under a high risk zone with reference to landslide. The whole stretch from Nashri to ramban is prone to landslide. Construction along this strech should be done by proper geological investigation.

Vikshay Kumar and Ranvir Singh