

Political developments and elections

Political developments and elections are critical aspects of democratic societies, shaping governance, policies, and the trajectory of nations. In recent years, these themes have dominated headlines worldwide, with significant implications for citizens, governments, and global affairs. This essay will explore the impact of political developments and elections, highlighting their significance and influence. Political developments encompass a wide range of events, including legislative reforms, diplomatic relations, leadership changes, and socio-political movements. These developments often reflect the evolving needs and aspirations of societies, as well as the challenges faced by governments in addressing complex issues. In many countries, political developments are driven by factors such as economic conditions, social inequality, technological advancements, and environmental concerns. Elections, on the other hand, are pivotal moments in democratic processes, allowing citizens to exercise their right to vote and choose their representatives. Whether at the local, national, or international level, elections shape the composition of governments and determine the direction of public policies. They provide an opportunity for political parties and candidates to present their platforms, engage with voters, and compete for power through democratic means. One of the most significant recent political developments has been the rise of populist movements and nationalist sentiments in various parts of the world. These movements have challenged traditional political establishments, advocating for policies that prioritize national interests, border security, and cultural identity. The Brexit referendum in the United Kingdom and the election of Donald Trump as President of the United States are notable examples of this trend, highlighting the impact of populist rhetoric on electoral outcomes and governance. In addition to domestic politics, international relations are also shaped by political developments and elections. Diplomatic negotiations, trade agreements, and security alliances are influenced by the priorities and policies of elected leaders. Shifts in political leadership can lead to changes in foreign policies, affecting global stability and cooperation.

Surya Putri-The grace of Duggar landscape

The Jammu city which is known as City of Temples throughout India for its monumental, archeological and historical importance is now losing its pristine grandeur and glory due exploding populating accruing from the migration of population from the valley, rural areas and from industrialization. The amounting pollution is yet another threat to the existence of ability.

Over the years, the Tawi which is the life line for Jammu city is depleting and its nectar clear water which perennially flowed is now losing its majestic look with every moment. At one point of time, people in and around the vicinity of Jammu used to subsist on water. The same case is nowhere in sight now. Rather it is flowing water brings along with it filth and debris from Nagrota and other areas.

The source of the Tawi river is "Kailash Kund Lasca and after taking Tums and twists all along the route it takes in its lap various tributaries varied catchments and reaches the base of "Suez Dhar" whose entire catchment drains into the Tawi at "Seri and from Seri, the river encompasses various micro to macro watersheds of Lati, Dhona, Jhaked, Marotihi, Koi and Gharian on its both sides and then it reaches Sudmahadev where small rivulets confluence down below Sudmahadev.

The river thence onwards moves serpentine and the entire catchments of Southern areas of Patnitop, Kud, Nathatop on the one hand and 'Jug Dhar' and its south eastern aspect on the other hand drains into the Tawi river.

Down below, the river loses its water table and is hugely encountered by garbage dumps, debris and other waste material of unprecedented nature. How this nectar of old golden days is to be kept clean is the clarion call of the day? And then what steps are warranted to restore back this most reverential river to its glory is doubtlessly, a paramount need of the hour. A few steps suggested are:

Averting encroachment: All out efforts are warranted to be taken to remove encroachments around the river Tawi and in this context the Forests, Revenue, JDA and MCD and other NGO's would have to come to the prefrontal.

The exercise needs to be initiated right from Nagrota downwards up to Ware House Belichrana and Soura Chak on both the banks of the river so that the sylvan surroundings of the Tawi is restored back to its pristine beauty.

Discouraging garbage dumping: The tippers, small carriers loaded with waste filth, debris, ply thence and other non biodegradable wastes of all hues are dumped into the river making it filth-ridden. These waste materials are mostly an outcome of the marriages and other ceremonial occasions and the same is true of waste material of hospitals and medi care centers. The safest and healthiest way out is to recycle this waste material.

Catchment area treatment: All the catchments right from the origin of the Tawi, down below Rainbir Singpura where it mixes with River warrants to be treated by way of massive afforestation works, coupled with soil conservation works. In the forestry parlance, the campaign should start from top to bottom as the barren tops are benefit of vegetative cover and unless, these are well clothed. The entire exercise shall prove futile. And in achieving this mission a multidisciplinary approach on the part of forests, soil conservation, agriculture, horticulture and sericulture departments has to take intense at this resections. This will enhance scenic beauty of the area.

Vehicular cleansing: Does anyone of us claim that Tawi river is having clustered service stations for vehicles which of all hues intrude into it for cleansing? And where have the concerned authorities gone? They probably seem to have gone under hibernation or deep slumber. So, at this juncture all-out efforts are needed to be taken to unit a blanket ban on this ugly practice which otherwise tantamount to desertification of river Tawi a pride of Jammu.

Fish Culture: Some natural springs and ponds do exist on the left bank of the Tawi river where there is ample scope of fish culture and the department of fisheries have to take a forward stride.

Massive afforestation along the Tawi banks-Arbiculture alongside the Tawi shall provide picturesque panorama to the people.

Bathing Ghats: On the left bank of the river exists idol of Lord Hanuman amongst a cluster of many temples. The place is also known as 'Hari Ki Pouri' where people of all hues through for holy dip on the occasion of pious days. In case these steps are taken, there is hope that the Tawi will flow majestically once again.

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Improving Accessibility in Healthcare Institutions



DR SHALLY
In today's society, access to healthcare is a fundamental right that should be available to everyone, regardless of their physical abilities. However, many barriers hinder individuals, especially those with disabilities, from accessing essential healthcare services. This article sheds light on the importance of accessibility in healthcare institutions and the ongoing efforts to make healthcare services more inclusive and accessible to all individuals, irrespective of their physical abilities.

Some of the common challenges in Accessing Healthcare include:

Physical or Architectural Barriers: Issues like inaccessible entrances, lack of ramps, and narrow doorways can prevent individuals with disabilities from entering healthcare facilities.

Communication Barriers: Limited availability of information in accessible formats can hinder understanding and communication with healthcare providers.

Attitudinal Barriers: Negative attitudes of staff and denial of treatment can create unwelcoming environments for individuals with disabilities.

Social/Economical Barriers: Factors like transportation problems and lack of coordination among healthcare providers can limit access to healthcare services.

Various efforts that can be taken towards accessibility in healthcare are:

Removing Physical and Architectural Barriers-Ensure accessible entrances, parking, and paths of travel to the facility. Design doors, corridors, and rooms with adequate space for wheelchair users. Provide accessible medical equipment and furniture. Design facilities to be usable by all people, regardless of their abilities and prioritize ease of use, efficiency, and safety for patients.

Improving Communication and Information Access-it is important to offer information in alternative formats like braille, large print, and audio. We must provide assistive listening devices and sign language interpreters and ensure that all websites and electronic information are accessible.

Addressing Attitudinal Barriers-there is a need to train staff on disability awareness and sensitivity and promote a welcoming and inclusive environment for patients with disabilities. It is also imperative to ensure equal treatment and prevent denial of services.

Expanding Telehealth Services- We must offer remote access to healthcare providers via videoconferencing. Also, improve care coordination for patients, especially in rural areas and provide a more affordable option for those facing cost barriers.

Government Initiatives: Programs like the Accessible India Campaign aim to remove societal barriers and enhance accessibility to public buildings, including healthcare institutions

There are various assistive technologies that can be used to improving

accessibility in healthcare environments. Some of these are listed below:

■ Mobility aids like wheelchairs, scooters, walkers, canes, and crutches to facilitate movement within healthcare facilities.

■ Hearing aids for individuals with hearing impairments to enhance communication and interaction with healthcare providers.

■ Cognitive aids such as computer or electrical devices to assist individuals with memory or attention challenges in their thinking skills.

■ Robotics for daily assistance, which can aid individuals with disabilities in household activities and mobility.

■ Neurotechnology breakthroughs like brain-computer interfaces for direct communication between the brain and assistive devices, benefiting those with severe motor impairments.

These assistive technologies play a crucial role in enhancing accessibility in healthcare environments, ensuring that individuals with disabilities can receive the care they need effectively and comfortably.

Government of India under Department of Empowerment of Persons with Disabilities (DEPwD) launched Accessible India Campaign (Suganya Bharat Abhiyan) as a nationwide Campaign for achieving universal accessibility for Persons with Disabilities (PwDs) on December 3,2015. It has three important verticals, namely -
■ The Build Environment which

focuses on building an accessible physical environment that benefits everyone, not just persons with disabilities. Measures should be undertaken to eliminate obstacles and barriers to indoor and outdoor facilities including schools, medical facilities, and workplaces. Further these would include all public spaces such as roads, footpaths, parks and gardens.

■ The transportation sector which is a vital component for independent living, and like others in society, PwDs rely on transportation facilities to move from one place to another.

■ The ICT ecosystem- Access to information creates opportunities for everyone in society. People use information in many forms to make decisions about their daily lives. This can range from actions such as being able to read price tags, to physically enter a hall, to participate in an event, to read a pamphlet with healthcare information, to understand a train timetable, or to view webpages.

Conclusion
Ensuring accessibility in healthcare institutions is not just a matter of convenience but a crucial step towards providing equitable healthcare services to all individuals. By addressing and removing barriers, healthcare facilities can become more inclusive and welcoming to individuals with disabilities, ultimately improving the overall quality of healthcare services.
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J&K marching from bullet to ballot

OMKAR DATTATRAY

There has been a marked and welcome development going on from those bygone days of militancy when there was only the killing sound of bullets in Jammu and Kashmir. J&K has traversed and marched from those days of bomb blasts ,hartal calls ,killings of the innocent civilians as well as our security personnel and from the poll boycott calls .In fact Jammu and Kashmir has left those bad years behind and is marching with great speed from the unfortunate days of militancy and bullets to the era of ballots and participatory democracy where common people are taking active part in the democratic process of elections. The people in Jammu and Kashmir are feeling very proud to take part in the elections and now the ground conditions have shown a discernible change with the people taking active part in the election. In Kashmir valley's three Lok Sabha constituencies the people young ,old ,women and even centurions have exercised their democratic right to vote and this is no mean development by any standard. The large and voluntary participation of the people in Jammu and Kashmir read Kashmir in the current -2024 Lok Sabha elections is a positive and encouraging development as it is a solid proof that the people of Jammu and Kashmir are in favor of change ,peace development and democratic process as the people have taken active part in the elections and it heralded a positive development and showed people's aspiration in the democracy of the country and it also showed that the people have come and embraced the national mainstream .The fact that the besides national parties ,the regional political parties of National conference-NC ,People's democratic party-PDP ,Peoples conference of Sajad Lone ,Apni Party of Altaf Bukhari and the Democratic progressive party of Azad have taken part in the Lok Sabha elections and have fielded their candidates in these polls and this shows that the Jammu and Kashmir is marching from those bad and unfortunate days of militancy ,bullets and bomb blasts as well as poll boycotts to the era of ballot and democracy .This change from the bullet to ballot



is praise worthy and the people of the union territory and the NDA government of Narendra Modi deserves kudos for this change ,peace ,development and for the change from bullet to ballot .It is very encouraging and satisfying that there has been spectacular increase in the voter turnout in all the three Lok Sabha seats and this large participation is a slap on the face of Pakistan and their agents back home as the evil designs of the enemy country have been frustrated and foiled as the voters have taken part in the elections thus signaling that people of Jammu and Kashmir want peace and development .Even the hotbeds of militancy and separatism has shown good participation in election 2024 and this shows that the people of Jammu and Kashmir no longer are falling in the trap of the enemy country and instead are embracing Indian democracy by taking active part in the elections .All this confirms the fact that the people of Jammu and Kashmir have reposed faith and trust in the democratic process and this participation of the common people is the testimony that the people of Jammu and Kashmir want peace ,development and change. This large participation of the voters in

the democratic process of adult franchise augurs well for the people and the democracy. The unprecedented voter turnout in all the three Parliamentary constituencies is the victory and triumph of our democracy and those at the helm of affairs in Delhi should use this opportunity to further strengthen the bonds of change ,normalcy and participatory democracy .The unprecedented voter turnout in all the three Lok Sabha seats in Kashmir and in the two seats of Jammu points towards the fact that people have shunned violence and are reposing trust and faith in India's democracy which is dynamic ,resilient and vibrant and the people of Jammu and Kashmir have thrown out the bullets and guns and are taking refuge in the largest democracy of the world.Government of India deserves commendation and praise that they have in the past held the elections in Jammu and Kashmir in very trying circumstances. The first Lok Sabha election in Jammu and Kashmir was held in the lay days of militancy in 1989. But there was very little participation of the voters in that elections as the militants had an upper hand then and they gave the calls of poll boycott and thus because of security

reasons ,the people by and large abstained from that election .Then in 1996 state assembly elections were held which was the first assembly elections in the militancy and there was also very less participation of the people in the state assembly elections as there were poll boycott calls and the majority of people abstained from voting .But with low turnout of votes ,the NC government headed by Dr Farooq Abkhulla won with small vote percentage and formed the state government .Later on the governors rule was imposed in the state .Now in the 2024 Lok Sabha elections ,there has been a spectacular increase in the voter turnout in Jammu and Kashmir as the people have taken an active part in the elections for the first time in the militancy and it points towards the success of the centre governments efforts for change ,normalcy and development .The large participation of the people in the Lok Sabha polls points towards the fact that post abrogation of article 370,people are satisfied and happy and they are taking pride to be the part and parcel of the national mainstream .The rhetoric of the regional political parties of NC,PDP and that of the congress that the Modi government has done a blunder of scrapping article 370 and it will create a deep wedge between Delhi and the Jammu and Kashmir has proved wrong .Instead the people of Jammu and Kashmir have taken an active part in elections proving those political champions wrong who advocated that there will be the flood of blood in Jammu and Kashmir .Not a single life was lost post abrogation of article 370 in August 2019.On the other hand there has been change ,peace and development in Jammu and Kashmir post abrogation of article 370.Now with the large and whole scale participation of the common people in the Lok Sabha polls is the testimony to the fact that the people of Kashmir are in favor of peace ,democracy and development .In short it can be truly opined that the Jammu and Kashmir has marched from bullets to Ballots and this is no less than the triumph of Indian democracy.
(The author is a columnist, social and KP activist).

Summer break can be ensuring both physical and intellectual growth for students

VIJAY GARG

Activities engaging in innovation and educational activities, children can make the most of their summer break, ensuring both physical and intellectual growth. School students look forward to the arrival of summer vacations with a great deal of excitement. That period is also one of the happiest phases of a student's life. It also becomes imperative that parents recognise the worth of their children's time at this point. They start to worry about how they will ever let their child utilise his time wisely during those days. On the contrary, children are full of energy and anticipation in those months. However, it becomes troublesome for working parents if their kids are younger and highly energetic. Their daily scheduled activities go wild, making it harder for parents to engage their children in meaningful activities. Though summer vacation means different to everyone, the significance of summer learning should not be ignored. It is a vital component of children's physical as well as academic health.

With just 60 days of summer vacation, every day a child does not participate in summer training represents a setback. Nevertheless, parents can engage their children in a variety of new and entertaining activities.

Summer Vacation Courses

The hot Indian summer can be the toughest time to endure for some people, especially kids. They can suffer severely if they stay unprepared to beat the heat. Parents should be cautious about the meals their children eat during these hot days so that no additional stress is placed on their digestive systems. In order to avoid digestive and dehydration issues, parents can add watermelon, curd, cucumber, coconut water and seasonal vegetables to their children's meal plans. Children must begin learning about the contemporary technological environment in which they live. Therefore, parents can engage their kids with engaging and innovative learning products. Trends are as follows:

AI and ML course for kids: There are various

courses online to introduce children with futuristic skillset like Artificial Intelligence and Machine Learning. Any career option kids would choose, this skillsets will be must. Students should opt for courses which consist of Python Coding, Generative-AI prompt writing and Industry Projects like Website & App Building. Kids and parents should not get afraid of new technologies rather take these as an opportunity to outsmart in the future job market. Learning AI tools will upgrade the performance quality of culturally active students also. Learning AI-ML will prepare the students for upcoming innovation and robotics related competitions too. The best outcome will be grabbing an online internship. It will help the kids become more confident for the future. Summer specialised Innovation Based Online Experiments: Students and Parents should look for online innovation based experiments or projects which will not only provide a project kit but also consist of live sessions to understand the science and technology of the

project. Students should be able to represent the projects in schools too. Some attractive projects could be Laser Home Security System, Rain Water Detection and automatic cloth retrieval machine, Automatic Smart Roof, Parking Occupancy Indicator, Smart Blind Stick etc. Apart from the ones mentioned above, there are many other innovative activities which can be explored by the parents to increase their children's confidence and interest during summer holidays. Moreover, learning is an endless process. School kids need to gain knowledge about new things every day that are useful for their career and educational growth. Some of the most important knowledge for kids during the vacation will be sustainability, space technology, Electric Vehicle technology, Autonomous Car technology, Flying Taxi system and drone technology etc. Thus, during the next summer vacation, students may simply Play, Learn, Eat, Repeat by contemplating these mentioned methods of utilising perfect and productive holidays.

YOUR COLUMN SISODIA'S BAIL PLEA

Dear Editor,
The Delhi High Court has rightly held in the case of Manish Sisodia that non-recovery of cash is not prima facie proof for graft not having taken place. The court has pointed out to the statements of hawala dealers and other witnesses recorded during the course of the probe. The court has found that the prosecution has made out a prima facie case of commission of money laundering under Section 3 of Prevention of Money Laundering Act against Sisodia. HC says the form of corruption which has the tendency of stealing legitimate resources of the poor ordinary people and giving it to the rich can be one of the worst. It is direct indictment of Sisodia when the court says that

the new excise policy has "eradicated" the common and small-time businesses and gave the entire playing field in the liquor business to those who had "money, power and had created a cartel" on the basis of financial gains to those formulating a policy, which adds to the seriousness of the offence. Justice Swarna Kanta Sharma desires the court to be called the thorns in the way of free-floating corruption. Further, she says that it is a victory for the masses. If the liquor policy framed earlier had been correct, there would have been no need and hurry for Sisodia to backtrack and change it. Corrupt leaders know how to protect their illegally earned money. Now-a-days nobody is stupid to keep all the moneys at home. Past experience shows that the moneys hoarded in toilet and placed inside the bed have been recovered by the investigating agencies. Moneys made through unfair means are safely kept in the houses of their reliable relatives and friends. The cloths they choose to wear would not be as grand as a middle class family people wear. Technologies are coming to the support of peo-

ple in possession of illegal wealth. The law must be allowed to take its own course. Just because Sisodia has been denied bail, no aspersion should be cast on the courts. If the court has been consistently denying bail to Sisodia, there is more to see than meets the eye. The CBI has seen conspiracy by Sisodia. The court has observed that the liquor policy case involves commission of serious offence of corruption in public office and laundering which strikes at the heart of economic and social systems undermining the rule of law and eroding public trust in the institutions. The Supreme Court is also of the view that the transfer of money to the tune of Rs. 338 crore has been established. That is the reason for denial of bail. With so many minus points on the side of Sisodia, the AAP has been playing victim card. No party can take undue advantage of the situation unless there is some substance in the cases made out. The AAP has to blame itself for a situation of this kind it has landed in.
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