

STRIKE ON FAT

The UT administration under the guidance of Government and with active support of the security forces is presently indulged in a decisive battle against terrorism in order to eliminate the scourge permanently from the soil of union territory besides establishing peace on permanent basis in order to restore the pristine glory of J&K which, at a point of time was termed as the 'heaven on earth'. In this regard where strenuous measures are being put in place to eliminate all active terrorists in J&K, on the other hand stern vigil is also being maintained so that the masters of terrorists, sitting on the other side of border may not send some support or more terrorists into J&K. Sidewise necessary directives have already been issued to the security forces to keep a check on the supporters of terrorists as the administration has declared not to spare anyone found supporting the terror activities in Union Territory. Further, special counseling sessions and awareness programmes are being organized for the parents to guide their wards who had lost their ways and joined terrorism for shunning the path of violence and bloodshed besides surrendering to join the mainstream. The administration has also sought cooperation of various religious heads to help the misguided youth for coming back as the Government is committed for their welfare and security. Now, in a major development, the administration has directed for closure of almost 300 educational institutions being run by Falah-e-Aam Trust (FAT), an offshoot of banned Jamaat-e-Islami (JeI). As per the reports, the decision has been taken after the investigation by State Investigation Agency (SIA) regarding reports of foreign funding through a number of bank accounts. As per the orders, all the concerned CEOs have been directed to ensure closure of all these institutions as it was found that Jehadi and other discriminatory material are being taught to the students in these institutions to promote radicalization thereby misguiding them to join terrorist ranks. At this crucial time when the administration is carrying out a major decisive battle against terrorism, such a action on these educational institutions wherein students were being radicalized, will help a lot in ensuring elimination of terrorism.



OFF 'D' CUFF

Remain Centred And Find The Source

You are the source of everything that you project onto others, says OSHO

When a mood against someone or for someone arises, do not place it on the person in question, but remain centred. — Vigyana Bhairav Tantra

If hate arises for someone or against someone, or love arises for someone, what do we do? We project it on the person. If you feel hate towards me, you forget yourself completely in your hate; only I become your object. If you feel love towards me, you forget yourself completely; only I become the object. You project your love or hate or whatsoever upon me. You forget completely the inner centre of your being; the other becomes the centre. This sutra says when hate arises or love arises, or any mood for or against anyone, do not project it on the person in question. Remember, you are the source of it.

I love you: the ordinary feeling is that you are the source of my love. That is not really so. I am the source; you are just a screen on which I project my love. And I say that you are the source of my love. This is not fact, this is fiction. I draw my love energy and project it onto you. In that love energy projected onto you, you become lovely. You may not be lovely to someone else; you may be absolutely repulsive to someone else. Why? If you are the source of love, then everyone will feel loving towards you, but you are not the source. I project love, then you become lovely; someone projects hate, then you become repulsive.

And someone else doesn't project anything, he is indifferent; he may not even have looked at you. What is happening? We are projecting our own moods upon others.

Remain centred. Remember that you are the source, so do not move to the other, move to the source.

When you feel hate, do not go to the object. Go to the point from where the hate is coming.

Go not to the person to whom it is going, but to the centre from where it is coming.

Use your hate or love or anger or anything as a journey toward your inner centre, to the source. Try it! This is a very, very scientific, psychological technique. Someone has insulted you — anger suddenly erupts, you are feverish. Anger is flowing toward the person who has insulted you. Now you will project this whole anger onto him.

He has not done anything.

If he has insulted you, what has he done? He has just pricked you, he has helped your anger to arise — but the anger is yours

The other is not the source; the source is always within you.

The other is hitting the source, but if there is no anger within you, it cannot come out.

If you hit a Buddha, only compassion will come out because only compassion is there.

Anger will not come out because anger is not there.

If you throw a bucket into a dry well, nothing comes out.

In a water-filled well, you throw a bucket and water comes out, but the water is from the well. The bucket only helps to bring it out.

So, one who is insulting you is just throwing a bucket in you, and then the bucket will come out filled with the anger, hate, or fire that was within you. You are the source, remember.

For this technique, remember that you are the source of everything that you go on projecting onto others.

And whenever there is a mood against or for, immediately move within and go to the source from where this hate is coming.

Remain centred there; do not move to the object.

Someone has given you a chance to be aware of your own anger — thank him immediately and forget him

Close your eyes, move within, and now look at the source from where this love or anger is coming. From where? Go within, move within.

You will find the source there because the anger is coming from your source.

Osho

■ OMKAR DATTATRAY

Political vendetta is not entirely a new political phenomena but the country has been accustomed to it in past as well. But the way political vendetta is made use of hints towards a dangerous trend as it is used to silence the political opponents and the whole opposition. The BJP government and the political party is using political vendetta on a very big scale to browbeat the political opposition and it is a very dangerous trend and should not be resorted to by the ruling party. The undesirable phenomena of political vendetta hints towards the fact that parties have stooped too low and are using the tool of political vendetta and doing dirty politics of vendetta to remain in limelight. It seems that the ruling BJP is not attaching due importance to the strong opposition which is very necessary in a democracy. BJP is only taking recourse to the politics of political vendetta to silence opposition and to remain saddled in power. Instead of attending to the mundane issues of the people the NDA government headed by the BJP is busy in its game of political vengeance and vendetta to remain leeches to power. All the promises which BJP had given at the time of the polls have been reduced to deceit and therefore the people are now angry with BJP and it seems that the voter will now teach a lesson to the BJP at the time of the state assembly elections of Himachal Pradesh, Gujarat and other states which are going to polls in near future. BJP stifles the dissent and the mantra of political difference has been given a go bye by the BJP and this is a big deceit with the democracy and it is very undesirable for the growth of democracy and it has no place in a democracy. BJP feels shy of facing the opposition and does not give answer to the questions and quires of the opposition parties and thus is taking recourse to the time tested tool of political vendetta to attack and browbeat the countries opposition Thus is the BJP using tool of political vendetta to silence the voice of the Indian national congress and takes pleasure in grilling former president of the party

■ DR ALKA SHARMA

Women's health differs from that of men in many unique ways. Health of women is an example of population health, where health is defined by the World Health Organization as 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'. Several common problems of women seem to be on the increase due to the changing life style of urbanization and material progress. Alarming increase in the prevalence of many non-communicable diseases of women such as Pre-Menstrual Syndrome, Mastalgia, Polycystic Ovary Syndrome, complications of pregnancy, menopausal syndrome and breast cancer have become a major challenge in all countries round the globe. Many experts have recommended Yoga for women to help them successfully cater to the multiple demands on their time. Women have always had it tough if they dare to dream big. They are expected to multi-task all the time, living like Superman - regular office worker by day and superhero by night. Women must, not only, take care of their domestic duties with efficiency and grace, but also work

and its present leader Rahul Gandhi in false and fictitious and false cases so as to force him not to dare to raise its voice against the policies and programmes of the government and hence is the BJP busy in its game of political vendetta against the big opposition of congress. Difference of opinion is the base and soul of democracy but the BJP is denying space to the opposition parties and is not allowing difference of opinion to have its role in the politics of the country. The way congress leader Rahul Gandhi was grilled and asked to be present before the enforcement directorate and give answer to all the questions is a very disturbing phenomena and the political vendetta should not be resorted to by the ruling party against its opposition and by doing it only earns rebuke of the seasoned opposition. The difference of opinion should be given due importance by the ruling and the opposition political parties and here the ruling BJP is lacking. The way congress leader was grilled by ED is not a welcome sign for the democracy of the country; it shows that in the ruling party there is no space for the countries position as the political space for the opposition is shrinking day by day because of the attitude of the ruling party. It is a matter of shame that all those who oppose the policies and programs of the ruling BJP are bracketed as anti nationals and it is a very serious matter for the country. Thus all those who oppose the policies, programs and working of the NDA government headed by the BJP are labeled as anti nationals and it is a very disturbing political development. One fails to understand as to how all those anti-nationals who oppose the policies, programmes and working of the BJP government. It only points to the fact that in the scheme of the BJP there should be no worthwhile opposition and as such the opposition is stifled and given the bad name of anti nationals. The way Rahul Gandhi was grilled by the enforcement directorate for consecutive for days together points to the fact as how the institutions in the country are used to silence the voice of opposition. Thus countries insti-

tutions are being misused by the ruling BJP is a matter of grave and great concern. The democratic institutions are being used and misused to stifle the opposition and this is very unbecoming of a dynamic and vibrant democracy. Not only Rahul Gandhi is being browbeaten by the ruling BJP but all those political leaders who oppose the ruling BJP are made to suffer as they are made to face alleged false and flimsy cases so that they desist from opposing the ruling party. The chief minister of the West Bengal Mamta Banerjee is also being implicated in false cases so that the firebrand leader of the TMC will not dare to oppose the ruling BJP. False and flimsy cases are being leveled against the leaders of National Conference and People's Democratic Party so that its leaders will not oppose the ruling BJP. NC president and former chief minister of Jammu and Kashmir Dr Farooq Abdullah is being implicated in false cases so that he will not dare to oppose the BJP and so is he grilled by the enforcement directorate and questioned in the so called manipulation of the funds of the cricket association. This is done to frighten him so that he may not oppose the policies and programs of the BJP. Farooq Abdullah being a tall and seasoned leader of Jammu and Kashmir who has national standing also is being questioned by the ED and NIA so that he will not open his mouth and oppose the BJP government. Similarly another regional political leader Mehbooba Mufti the president of the PDP and the former chief minister of the erstwhile state of Jammu and Kashmir is also grilled in false cases so that she will desist to oppose the ruling BJP government. The PDP president opposes the working of the BJP government and criticizes the centre and UT government for neglecting the local issues of the people of Jammu and Kashmir. She opposes the muscular policy of the BJP government and also criticizes it for working against the interests of the people of the UT . This is nothing but the political vengeance and vendetta of the BJP against the regional satraps and leaders of Jammu and

Kashmir. The BJP remains busy in the lookout for new and flimsy grounds to implicate the Kashmiri political leaders so that they are forced to tow the line of the BJP government. But the BJP leaders should understand it that the regional leaders of the NC and PDP will not fall in the trap of the BJP and they will continue to oppose the ruling BJP for its anti Kashmir policies. Thus are the top leaders of the regional NC and PDP grilled by the ED and NIA so that they desist to raise the genuine public issues and shun opposing the BJP's policies and programmes. The BJP is also using the countries democratic institutions against its opponent AAP and its ED is also grilling the leaders of the Aam Admi party. BJP is busy in the dirty game of political vendetta against its political opponents so that their voice is silenced and the BJP will continue to play the politics of communal polarization which is detrimental to the unity and integrity of the country. The communal narrative is being built by the BJP to divide the gullible people so that it will continue to rule the country and further its divisive policies. It is the moral and constitutional duty and responsibility of the opposition parties to mount pressure on the BJP government so that it desists from playing the politics of hate and hatred. The opposition parties of congress, NC, PDP,TMC and other political parties should play their positive role and oppose those policies, programs and working of the BJP government so that it will not deviate from perusing the people centric policies and programmes. To conclude it can be summed up that the BJP is busy in playing the dirty politics of political vendetta against its opponents to remain leeches to power. In fact the BJP has stooped too low and is using political vendetta to silence the dissent which is the very soul of democracy and BJP should not be allowed to peruse the politics of vendetta as it is against the democratic functioning.

(The author is a Columnist and Social Activist).

Yoga & Women Health

outside the four walls justifying their education and intellectual capabilities, at par with men.

Yoga is means to achieve sanity and serenity in their trying and taxing world. It does more for women than just make their bodies supple. It lends balance to the mind and nourishment to the soul. Simple breathing techniques help women calm down and handle their multiple responsibilities with proficiency and poise. During the adolescence period, Yoga is highly recommended for women as it ensures the adaptation by women to these multiple changes easily & painlessly. Asanas like Dhanurasana and Vajrasana are ideal for women to develop a regular and healthy menstrual cycle.

Women go through various physical changes at the time of Conception and motherhood. They experience various alien feelings during their pregnancy time. There are various hormonal changes that are sometimes flexible and fit to be able to deliver normally.

Yoga helps women to tide over any complications occurring during pregnancy. Pre-natal Yoga helps to strengthen women's uterine muscles and support, enabling the back to cope with additional pressure.

Post-natal yoga in the form of Pranayama and Yogic breathing helps women recover quickly post-delivery, restore firmness in their muscle fibers and increase lactation. During Transitional period, women experience menopause, weight gain, thyroid problems and other such conditions and ailments. Yoga can help balance hormones, keep weight in check, help menopause pass smoothly and maintain a healthy digestive system.

Yoga Asanas during the golden years of women's lives improve blood circulation. A healthy nervous system will help the body stretch and eventually completely relax. Thus, regular practice helps women maintain better physical and mental health, energy levels and self-esteem. It can also help with several medical conditions. Several studies have shown that yoga can lower blood pressure, cholesterol and lower the risk of heart disease. It helps in pain management - back pain, joint pain caused due to arthritis and carpal passage disorder. So, add life to your years and years to your life just by embracing yoga in your life.

(The author is Member Counseling Cell, DSEJ).

it is not easy to control them, but the problem of air pollution cannot be ignored anymore. There has to be a way to clear the air with the least possible damage.

Vijay Garg

Impasse of PM Package Employees

Dear Editor, There is lot of resentment among the PM package employees as the government is not paying any heed towards their demand of relocation outside the Kashmir valley. The agitating package employees are not demanding anything impractical to the government. These unfortunate and hapless employees are only requesting and begging for their survival as they feel threatened in Kashmir. However, due to targeted killings in the valley, the working condition for PM package employees is not good and they won't like to serve in Kashmir anymore. It is very ironical that the LG's administration and the centre govt has turned a complete blind eye towards their demand of relocation outside the Kashmir valley. The PM package employees are protesting from the last 35 days in the most democratic and constitutional way but till date the government is not paying heed towards their one point demand of relocation. The government seems to be reluctant to address their main demand of relocation outside the Kashmir valley. It is very sad that these PM package employees are being deprived of their basic rights of life with dignity as guaranteed under Article 21 of the Indian constitution. It is also in place to mention here that these package employees can't work in Kashmir under the perpetual threat of gun wielding terrorists and thus rightly are they demanding temporary adjustments outside the Kashmir till normalcy prevails in Kashmir permanently. There is a sense of insecurity and fear among these Package employees as some terrorist organisations are circulating threat letters against KPs on various social media platforms. The clouds of uncertainty are looming large over these Package employees as their future is on stake in Kashmir. It is high time now that government must listen to the woes of protesting PM package employees and must concede to their genuine demand of relocation outside Kashmir valley and other safer places of India.

Vivek Koul, Jammu.

PROGRESSING J&K UT first to have a comprehensive drug de-addiction policy after Punjab

Jammu & Kashmir becomes the first Union Territory in the country, after Punjab state, having a comprehensive drug de-addiction policy envisaged to weed-out this atrocious menace from the society. The urgency to formulate a drug de-addiction policy by Jammu and Kashmir government is due to the location of the UT in the vicinity of 'Golden Crescent', a name given to South Asia's opium producing countries like Afghanistan, Iran and Pakistan which produces 80 percent of the world's opium and is considered as the prime source of illicit drug trade.

J&K government has intensified its efforts to fight narco-terrorism being unleashed by unscrupulous elements from across neighboring countries. It has come out with a detailed mechanism to supervise and review implementation of Drug De-addiction Policy and has even roped in civil society members in the endeavor so that drug menace is fought effectively. Giving further details in this regard, an official informed that UT-Level Policy Implementation Monitoring Committee and Jammu and Kashmir Division Level De-addiction Centre Monitoring Committees have been constituted. The UT level committee has been assigned the task of suggesting changes in the Drug De-addiction Policy from time to time besides looking out for financial support for various de-addiction activities in Jammu and Kashmir, he added. "These committees have been assigned the task of inspecting the existing de-addiction facilities in Jammu and Kashmir and grant or cancel licenses after thorough inspection of infrastructure, manpower and standards of care. The committees have also been entrusted with the task of advising various stakeholders from time to time in implementation of Drug De-addiction Policy on ground and look at monitoring of prescription drug abuse and suggest remedial measures to the Drug Controller," an official said.

The policy also focuses on various key aspects including prevention, rehabilitation and integration, training and sensitization, community participation, generating awareness and upgradation/ establishment of drug de-addiction centers. "It lays out a comprehensive action plan for addressing the drug addiction issue in its entirety. There has been a steep rise in physical, mental and substance-use disorders over the past two decades across the UT. There has been an alarming shift in the pattern of substance use in terms of rise in the number of female users, decreasing age at first-use, increasing use of solvents, injectable-opiates and use of steroids as well as increasing drug related deaths (over- dose and accidents)," the official said.

For effective surveillance and law enforcement, the government has also constituted the Anti-Narcotics Task Force (ANTF) in coordination with the Excise and Agriculture departments to map the expected cultivation areas and take remedial actions in terms of destruction of illegal crops on both private and government lands. The ANTF has further been asked to formulate an action plan to prevent such cultivation in the next season. The ANTF will also undertake extensive awareness generation drives to inform the public about the associated risks and issues and accordingly plan a calendar of activities.

"The Task Force will institutionalize the mechanism for promoting wide ranged reporting on illegal cultivation, transportation, trade and consumption of drugs and their synthetic derivatives; through NGOs, PRIs and Volunteers," policy reads. "It can be said that major improvements in health can only be addressed by broad-based impacts that benefit both high-risk groups and the general public. In this regard, Jammu and Kashmir has taken a lead by addressing this serious societal issue on a large scale," the official said.

In words of Lieutenant Governor, Manoj Sinha, his administration is fully committed to strengthen action framework and take a firm stance against drug abuse, besides providing practical solutions like evidence-based prevention, treatment and care to emerge as a winner in achieving the goal of a drug-free society. In his message on International Day Against Drug Abuse and Illicit Trafficking, LG called upon the people from all walks of life to supplement government's efforts towards its fight against the menace of drug abuse.