

BOLSTERING DEFENCE CAPABILITIES

It is a matter of pride for every Indian that the day the BJP government has taken the charge of the country, India has never looked back and is moving steadily in bolstering its defence capabilities by giving nightmarish moments to the countries which act as adversaries in one way or the other. It is known to the entire world that India which sometimes back was struggling to fight back the countries which off and on were on attacking modes is now has become an indomitable and has taught its conventional enemy Pakistan lessons of life through air strikes and surgical strikes besides forcing the rogue nation to go for rejuvenation of truce pact of 2003, which earlier it never respected due to meek policies of successive regimes in India. In the same context, India continuing its journey to become a world power has now successfully test-fired the Vertical Launch Short Range Surface to Air Missile (VL-SRSAM) from an Indian Naval Ship (INS) off the coast of Chandipur in Odisha. This is in addition to many achievements which India has made in defence and offensive warfare initiatives like acquiring Rafale fighter jets and going for many missile tests in the recent past besides strengthening indigenous armoury manufacturing to become Atmanirbhar in defence capabilities. The launch of the Vertical Launch Short Range Surface to Air Missile (VL-SRSAM) was successfully flight tested by the Defence Research and Development Organisation (DRDO) and Indian Navy. Reportedly, the launch was conducted from the Indian Naval Ship, off the Coast of Chandipur, Odisha. This ship-borne weapon system is meant for neutralising various aerial threats at close ranges including sea-skimming targets. Surely this will further boost the defence capabilities of the country and will add to the arms stock of the country thus moving a step forward in containing the enemy nations because with such a strong armoury base, the enemies of the nation will have to think hundred times to go for a military conflict with India. Surely this will further enhance the defence capability of Indian Naval Ships against aerial threats. The development of such indigenous missile systems will further strengthen the defensive capabilities of the Indian Navy as it is necessary for area domination in the high seas and ocean.

OFF 'D' CUFF

Of Nature, Man And Karma

Though science wishes to be unbiased and objective, the contrary is the case. Our views about nature are much influenced by our views of ourselves. Because we are, at least in the worst part of our nature, competitive with each other, we explain the whole of the workings of nature in terms of competition. Because sex is a very important item in our minds, we divide nature into 'living', that which procreates, and 'nonliving', that which does not procreate. Stones do not procreate, but does that say anything about the inner spiritual core of the stone? Does that say that there is no consciousness? Does it say that minerals are essentially separate in character from other forms of manifestation of nature? Why is the distance between a rock and a plant larger than between a plant and an animal? From a karmic point of view, all that exists is the manifestation of consciousness.

Because karma is universal, nature is analogical. Instead of being anthropomorphic, all that we find in man can analogically be found in nature. Nature is made of the same principles as is man. Nature is full of consciousness and intelligence, and the same laws of mind work in man as in nature. The mind is motivated by many things besides competition. The mind may be creative, artistic, serious, playful, clumsy, evil, selfish, unselfish, cooperative, mean etc. All these aspects of consciousness have their own karmic effects. It is, therefore, no wonder that all these aspects are available in the forms of nature. There are so many thriving species in nature that are not especially competitive. Many birds have tail feathers that seem an impediment to flying. Many creatures have gadgets that are beautiful or at least eye-catching that seem to serve no competitive function. The one-celled Radiolaria show a tremendous variety of beautiful spikes, but in

terms of competition, one might expect that one of them — and probably not the most extreme form — would do better than all others and outrun them through the processes of evolution.

Karma, therefore, expels anthropomorphism under the veil of objectivity but introduces analogy throughout nature. Affecting one being means affecting the whole, including oneself. Karma as a universal law is especially important in relation to human ethics — which is the recognition of and choice for a nobler or a lower type of life.

The highest expressions of ethics found in the subtlest philosophy — religions available on earth are always non-violence and directing all one's mental and physical activities toward the well-being of all living beings.

If science harmonises with the ethics which necessarily flows from the idea of karma, no scientist will inflict cruelty on laboratory animals, or kill them or even put them under psychological stress. Even if the interests of human health are at stake, he will realise that in a broader picture suffering can never be eliminated by creating suffering.

All his efforts will be directed towards heart-felt and respectful understanding for the good of those who are the subject of the investigation.

Today, we find this reflected in the attitude of nature conservationists and many ecologists, who try to understand nature in its wholeness without isolating creatures from their environment in a laboratory and with the aim of preserving natural conditions, species and individuals. Karma makes forces turn back on their masters: cruel or indifferent scientists will one day experience the result of the suffering inflicted on others; compassionate scientists will be helped by nature herself.

Rudi Jansma

Selective killings in J&K-when will these stop?

■ P.K MAM

The month of May 2022 witnessed the spate of targeted killings of Kashmiri Hindus/ Nationalists/ Security personnel in the valley who were either on official duty to serve the people or on leave a local police officer working on his fields or a vendor doing business at shop for livelihood.

Kashmir has been subjected to such invasions from time to time by Pathans etc. and its past is full of atrocities inflicted upon Kashmiri Hindus which were mostly converted, slaughtered etc later Mughal emperors like Aurangzeb, Sikandar Bhudshikan and others also inflicted all sorts of brutality on them. These are well-documented facts.

After partition, India as a free country adopted secular status for the country and Pakistan formed an Islamic State. In a secular Country India as our constitution envisages and respects all religions equally and being a democracy every citizen is free to express his views and even criticize the Govt. We believe in non-violence as our Father of Nation Mahatma Gandhi followed and that sermon is deep in our genes.

Admitted fact is that Pakistan has been fighting the war with India in order to annex this part of Kashmir in the name of Islam by hook or crook, which is the root cause of dispute. Resultantly, we suffer atrocities inflicted and tolerated the very intolerant behaviour of masses of valley who in 1990 in collaboration with Pakistan were responsible for exodus of Kashmiri Hindus which if we historically evaluate were nothing less like a hunt Hangul (Deer) and always suffered at hands of intruders from Northwest Provinces and inimical elements..

There is a limit to everything. History has to change in the Indian sub-continent in view of the changed geopolitical scenario and India has to adjust to the changed geopolitical situation for security, the safety of citizens and its sovereignty. The citizens of the nation should adopt a resolution to take any step for the betterment, and the

safety of the country and follow the policy of eliminating anti-national elements that act as sleeping cells for the disintegration of the nation and save it from external aggression.

Right from the neutralisation of Article 370, J&K as Union territory and Gov'ts resolve to make J&K safe from the terrorism of Pakistan all Indians feel J&K has got perfect security. Yet, the long-drawn terrorism is a policy of Pakistan to bleed India on all fronts including economic setbacks. Adding to its migration and settlement of Indians in the valley including Kashmiri Hindus for their jobs, sustenance has become an easy target of militants. The decision to make J&K a prosperous state like other states has become an eyesore for Pakistan and other separatist elements.

Kashmiriat and brotherhood have lost sight of which was well clear on the exodus of KPs out of Valley and atrocities inflicted on them. The centre is trying its best to solve this multi-pronged problem of state with great efforts by spending a lot of money, sacrificing lives of armed personnel and by losing many citizens mostly Hindus/ nationalists in this unprecedented situation. Yet, Kashmiri separatists and the neighbouring country Pakistan - China, Afghanistan (after taking over by Taliban) with an almost same affinity of Muslim Fundamentalism has become a threat for J&K development and highly strategic problem for India in the present geo-political scenario. The measured steps are taken to unify J&K with the rest of the country giving all opportunities to develop but in these conflicts sacrifice of some nationalists (especially Hindus) and a few locals cannot be ruled out.

Normalcy should not be taken for real peace. The murderous conflict can shortly break out again anytime, involve India in an ill-fated intervention and come to a blood-soaked end more than a decade later, as the sense of cohesion appears deceptive as yet.

The main problem in this part of the country is that Pakistan has long back changed its strategy to avenge its loss of East

Pakistan which is now Bangladesh. Pakistan is definitely playing a proxy war to bleed India economically and brew up sleeping cells making them.

Then, the opportunists leaders are part of a group who tooth & nail oppose UT status of the valley where they apprehend that the Muslim population will be dominated by the Hindu population. More so, in the new structure, the local leaders feel they will be losing the time of making property & indulging in corruption. Pakistan with ISI has encouraged terrorism in the valley in a secretive way with local sleeping cells. The money called Hawala Money (transactions) has played a great role in encouraging terrorism in the valley as locals get money for every kill they manage by using guns grenades etc. This unrest had its peak in 1990 when Pakistan from Balakot sent a lot of terrorists to the valley for making KPs migrate out to safer places in India etc. This process is going on and another group of KPs and Hindus left the valley recently to save their lives and left their jobs because no perfect, foolproof security could be given under the unstable position that is prevailing in the valley due to Pakistan's proxy war.

Further, no relaxation of security measures would be advisable. India needs a new mechanism for defence preparation for enhancing both efficiency and reputation. Our defence & security response should be quick, efficient and decisive.

We need to review our policy of dealing with the problem of seventy years old that is how stressed we are to set our house in order & International policy is quite strong to defend our country from internal or external threats. Leh episode (while transporting Jawans to Leh reportedly sabotaged) was a recent happening which shouldn't have occurred. Our defence forces should be vigilant about all troublemakers and deal with them sternly.

LESSONS.

You might not have the courage to prevent Kashmir File-1 from happening but you certainly will have to muster the courage to pre-

vent its sequel from taking place otherwise you all are complicit.

How much more time does our country needs to win this battle once and for all ? If China could tackle UYGHURS within a definite time period, or Sri Lanka could tackle the world's deadliest terrorism, why our big country lag behind to end this war by a definite time. We have experienced enough destruction, devastation and deaths and are still paying price for holding this part with our great nation. HERE, the reference of UYGHURS or LTTE is quoted as instances, not with the intent to follow the same strategy, yet not to fight an endless war we need to understand !

Security challenges to India were never easy. Now they are even more complex. Need strong, capable and completely 'self-reliant' defence industry in the country to cater to the needs of the defence forces. If this battle is to be won, the Govt must also be flexible enough to change track, where necessary. The security of a country is of paramount importance to peace, progress and protection of citizens. It demands eternal vigilance, a spirit of sacrifice, and firm commitment by one and all to preserve and sustain the country's growth and development. A New CDS Is Urgently Needed, to make India future combat-ready.

Meanwhile, let us look around and always set our country on progress, keep our country free from internal or external threats and maintain its security, and sovereignty at any cost, whatsoever. Much has been done by the present Govt, but more needs to be done through hard work, broad vision and systematic planning, like, relocating Kashmiri Hindus, reaching out to the young, empowering local police, and co-opt local leaders. A determined action to overcome this problem combined with restructuring the intelligence apparatus is to be implemented and that is the only solution. Keeping fingers crossed till then!

Let all Indians unite to help the central Govt in their effort to make the J&K Union Territory Of India a peaceful state. Preparedness ensures success. Unpreparedness spells failure.

26th June-World Drug Day

■ MAHADEEP SINGH JAMWAL

The drug's menace stands recognized as a global problem that requires a global solution. Over the following decades, a multilateral system to control production, trafficking and abuse of drugs was developed. 26 June every year adopted by The United Nations General Assembly, on 7 December 1987, to be observed as International Day against Drug Abuse and Illicit Trafficking' (World Drug Day) as an expression of its determination to strengthen action and cooperation to achieve the goal of an international society free of drug abuse. These adoptions are now almost universal. Every year, various communities and organizations from around the world join forces to celebrate World Drug Day to help raise awareness about the big problem of the preponderance of illegal drugs for society. The theme of this year's International Day against Drug Abuse is "Share Drug Facts, Save Lives" with the goal to combat misconceptions about drugs by disseminating the true facts about them, from health hazards and treatments to evidence-based prevention, treatment and care. When we walk on the landscape of India, the use of drugs like Opium, Ganja (Cannabis) and Charas (Marijuana, Cannabis Resin) were quite commonplace until the Indian Government enacted the Narcotics Drugs and Psychotropic Substances Act in 1985. It is the tragedy of time that millions of youths, the future citizens of India, fall victim to the habit of taking drugs. Drug addiction refers to the condition of being addicted to a particular drug, particularly narcotic drugs. These are generally illegal drugs that affect the mood and behaviour of a person. The national survey on extent and pattern for substance use in India, tells us that Cannabis and opioids are the most extensively used drugs after alcohol. Roughly 2.8% of Indians claim to have used some form of cannabis products. About 2.1% of the country's population uses opioids. 1.14% of the population abuse heroin. 0.96% of the population abuse pharmaceutical opioids. 0.52% of the population abuse opium. 1.08% of the population abuse sedatives (nonmedical, non-prescription use). 0.7% of the population abuse Inhalants. 0.10% of the population abuse Cocaine. 0.18% of the population abuse Amphetamine type stimulants. 0.12% of the population abuse Hallucinogens. We find 14.6% of the population (between 10 and 75 year of age) uses alcohol. After Alcohol, Cannabis and Opioids are the next commonly used substances in India. Nationally, the most common opioid used is Heroin. About 1.08% of 10-75 year old Indians (approximately 1.18 crore people) are current users of Sedatives and Inhalants. Inhalants are the only category of substances for which the prevalence of current use among children and adolescents is higher (1.17%) than adults (0.58%). We come across different controlling patterns over drug menace in India. Such as: The Narcotic Drugs and Psychotropic Substances Act 1985 (NDPS Act) sets out the statutory framework for drug law enforcement in India. This Act consolidates the erstwhile principal Acts, viz. the Opium Act 1857, the Opium Act 1878 and the Dangerous Drugs Act, 1930. In order

to give effect to the statutory provisions relating to these substances, an order, namely the N.D.P.S. (Regulation of Controlled Substances) Order, was promulgated by the Government of India in 1993 to control, regulate and monitor the manufacture, distribution, import, export, transportation etc., of any substance which the Government may declare to be a 'controlled substance' under the Act. Various enforcement agencies under the Central Government namely the Border Security Force (BSF), Customs & Central Excise, Revenue Intelligence, Central Bureau of Narcotics and the central Economic Intelligence Bureau are involved in the administration of this Act. Designated agencies under the NDPS Act to effect seizures of drugs are Narcotics Control Bureau, Directorate of Revenue Intelligence, Directorate of Revenue Intelligence, State Police, State Excise and Central Bureau of Investigations. In order to achieve the coordination of the multiple disciplines, the Narcotics Control Bureau was created under the authority of the NDPS Act, by a Government notification of March 17, 1986. The opium cultivation is licensed in India as such The National Policy on Narcotic Drugs and Psychotropic Substances, 2012 was framed on the prevention of illicit cultivation of poppy and cannabis. Yet with these legislations and agencies in place responsible to curb drug menace, the problem is escalating. The reasons could be: firstly, India has been a country with long-standing, culturally-ingrained practices of using plant-based psychoactive substances (like opium and cannabis products), secondly, India is the single largest producer of licit opium in the world. Unfortunately, India is a happy hunting ground for drug peddlers. It may be because of the reason, it is sandwiched between the so-called golden triangle and the golden crescent. The golden triangle area comprises Thailand, Myanmar and Laos and the latter is covered by countries like Pakistan, Afghanistan and Iran. The United Nations Office on Drugs and Crime (UNODC), the United Nations agency that combats international crime related to illicit drugs and trafficking is continuously advocating to protect the right to health for the most vulnerable, including children and youth, people using drugs, people with drug use disorders and people who need access to controlled medicines and is calling on governments, international organizations, civil society, and all stakeholders to take urgent action to protect people, including by strengthening drug use prevention and treatment, and by tackling illicit drug supply. In Conclusion, I suggest that prevention programs about drug abuse need to be carried out in schools, colleges, housing societies, family clinics and hospitals. The focus should not be just on saying 'No to drugs', but also on how to stay healthy both in mind and body and how to deal with stress and disappointments and how to become productive members of society. The supportive efforts from individuals, communities, and various organizations all over the world, required to raise awareness of the major problem that illicit drugs represent to society to address the drug challenges in health and humanitarian crises.

YOUR COLUMN

Managing the silent killer

Dear Editor,
News of killing by smoking is not spreading scare. When facts related to horrendous corruption, kidnappings, robberies, murders, rapes and all are news reported, smoking as a silent killer needs news and views projection indeed. As concerned doctors and researchers alarm of smoking dire consequences, smokers, especially chained smokers, they discover smoking as a silent killer in different forms and manifestations leaving them in a lurch.

Smoking literally destroys a habitual smoker in so many ways and through so many parts of the body: All are slowly, surely and fatally-affected including heart, lungs, eyes, nose, throat, ears, prostrate and nervous system from a casual to a chained smoker.

While smoking pollutes or adulterates environs bringing harm to others, imagine the callous toll it takes of a smoker. Commonly known destruction is to veins and arteries of the heart and of throat as well as dreads of lung cancer.

Uncommonly known fatal could be weakening of the eye-sight and wavering of the nervous system. Shocking is how nicotine blood streams down to the prostate slowly and gradually reported in many as leading to prostate cancer.

Quit smoking is a simple answer. But to chained smokers who would not quit smoking it is advised to smoke standing as nicotine blood flows straight down to the

prostrate and accumulates to long term fatalities.

If one cannot quit smoking, one should sit and smoke harming surely upper half of heart and lungs and trying to save the lower part of prostate.

One ignored fact is when smoking incepts by fashion or for being social to casually and gradually become a habit and turns into a die-hard habit with its fatal impact on unrealized and unnoticed falling and fading health of smokers.

Worse comes to worst when smokers vow of smoking and posing robust health without noticing or realizing its dreadful affects meaning ignorance as bliss!

If smoker's self-awareness waivers, hopes may be pinned on leaders as quit or check smoking trend-setters and mass media with health experts pursuing interesting and convincing programs to transform and rehabilitate die-hard smokers.

It is a question of a national strategy on check smoking towards a better and brighter society.

Mool Raj.

Fight against drug abuse

Dear Editor,

It is humble request to all the citizens of the country in general and honourable Judges, lawyers, scientists, educationist, intellectuals, philosophers, psychologist, doctors, engineers, religious teachers, Panches, Sarpanches, Corporators, MLCs, MLAs, MPs, Prime Minister, Ministers, Chief Ministers, Governors, Advisors, Vice Chancellors, Professors, Teachers, KAS, KPS, IAS, IPS, IFS officers, Businessmen,

PROGRESSING J&K

Kashmir Valley witnessing exponential hike in tourist influx

Kashmir Valley is witnessing an exponential increase in the tourism flow due to the successful campaigns of the J&K Government to attract maximum tourists towards the region.

According to statistics J&K tourism department, March 2022 broke the 10-year tourist arrival record in Kashmir, signalling that the tourism industry is finally on the path to recovery.

As per Union tourism ministry, around 1.42 lakh tourists visited J&K during February alone, breaking the seven-year record.

Remarkably, on April 4th this year, the Srinagar International Airport recorded busiest day ever in history, with 15,014 people travelling on 90 flights in and out of Kashmir.

Notably, for the first time, the Ministry of Civil Aviation approved the five flights a week between Srinagar-Sharjah. Union Home Minister Amit Shah had inaugurated Go First's Srinagar-Sharjah flight on October 23 last year, connecting Jammu and Kashmir with the United Arab Emirates after around 11 years.

To boost adventure tourism, in J&K, Lieutenant Governor, Manoj Sinha launched J&K Tourist Village Network under Mission Youth. The initiative is aimed at transforming 75 villages of the UT known for historical, picturesque beauty, and cultural significance into tourist villages.

Speaking on the occasion, Sinha said that the youth-led sustainable tourism initiative will strengthen rural economy & community entrepreneurship, empowering youth & women by providing direct & indirect employment opportunities.

Highlighting the objective behind the initiative, he observed that the UT Government is adopting best practices recognizing the uniqueness of each village and showcasing the landscapes, indigenous knowledge systems, cultural diversity & heritage, local values & traditions, besides encouraging film shooting and offering financial incentives as well as ensuring a digital platform to all these villages.

J&K administration is giving special focus on the tourism sector, and the region has started witnessing significant growth in terms of increased number of tourists and creation of tourism-related infrastructure.

A dedicated focus is also being laid on bringing unexplored religious places of Jammu on the religious tourist map to attract more tourists.

Farmers, Film Stars, Players, Army persons, CAPF persons, Ex-servicemen, State Police persons in particular alongwith Judiciary, Police department, Health department, Education department, Excise department, Drugs Control department, Social Welfare department, Information department, Radio, Doordarshan, Press, Media, TV Channels, Journalist, NGOs, Trusts and all other concerning departments to help in eradicating the drug abuse a social evil and menace.

It is a fight against the drug abuse. Collectively we can do the job. It is a right time to ban the drug abuse in the J&K and country as well.

For the purpose governments at J&K and central level are requested to make law to ban the menace of drugs abuse to save the youths of the country from the abuse of drugs.

A campaign has been started to aware the youths that the drugs (Nasha) are weakening the basic structure of the society, all the evils are due to addiction of drugs, terror organisations making use of this weapon (drugs) and misguiding the youths for antinational and anti-human activities.

Nasha spoils the health and financially weakens the individual addicted. Therefore, it is our moral duty to check on the menace of drugs and should help out them who are addicted and whether they are not influenced by those who have evil designs to weaken the society/nation.

Pt Chaman Lal Sharma
Bhour Camp (Jammu).