

INTERNATIONAL YOGA DAY

The United Nations General Assembly on December 11, 2014, declared 21 June as International Yoga Day. Yoga in India has been seen as a mental, physical and spiritual practice of about 5,000 thousand years old. Yoga originated in ancient India when people used to meditate to transform their body and mind.

A special date of yoga practice all over the world and celebration as Yoga Day was started by the Indian Prime Minister from the United Nations General Assembly.

Yoga is very important for everyone and if it is done daily in the morning then it will prove beneficial for everyone. Its official name is UN International Day of Yoga and it is also called Yoga Day. It is a world class event celebrated by people of all countries through yoga, meditation, debate, meeting, discussion, presentation of various cultural programs etc.

Why Beckham to Madonna practise Yoga?

■ VIVEK SHUKLA

What is common among world celebrities like David Beckham (Soccer star), Matthew McConaughey (Hollywood star), Gisele Bundchen (Brazilian supermodel), Lady Gaga (Singer), Madonna (The Queen of Pop), Jennifer Aniston (Hollywood) and host of their Indian counterparts like Kareena Kapoor and Malaika Arora? Well, they all practise Yoga to remain fit and fine.

Like any other Yoga enthusiasts, these celebrities too would be gearing up for the International Yoga Day (June 21). As the 9th edition of International Yoga Day is just couple of days away, all those who practise Yoga enthusiasts in India and across the world would be preparing to be part of the big day in a big way.

It goes without saying that since its inception in 2014, International Yoga Day has gained immense popularity worldwide. Millions of enthusiasts, who are conscious about their physical, mental, and spiritual health, practice Yoga on a regular basis.

It is important to note that the two important features of this year's International Day of Yoga celebration are "Yoga from Arctic to Antarctica" and "Ocean Ring", which will demonstrates that Yoga is life sustaining force; it promotes physical strength, flexibility, and balance while enhancing mental clarity, focus, and emotional well-being.

"Yoga from Arctic to Antarctica" has been conceptualized to showcase Yoga demonstration on North and South Pole region i.e. Himadri - the Indian research base in Svalbard, Arctic and Bharati- the Indian research base in Antarctica and in countries falling on or near the Prime Meridian line. Whereas "Ocean Ring" will be yoga demonstration on Indian Naval bases, Coast guard stations, and friendly countries locations.

Well, the word "yoga" is derived from the Sanskrit word "yuj," which means to join or unite through various physical postures (asanas), breathing techniques (pranayama), meditation, and ethical principles. Even though the roots can be traced to ancient India but it has evolved over time and has been equally embraced by people around the world. The transformation of Yoga through yearly International day of Yoga celebration has made it a global mass movement.

'Yoga for Vasudhaiva Kutumbkam' is this year's International Day of Yoga theme, and it highlights the continuing, intrepid, and persistent efforts to build a world that is holistically healthy, joyous, peaceful, and dynamic. It has become a powerful driving force to realise the prayer of yore: 'Sarve Bhavantu Sukhina, Sarve Santu Niramaya' (may all become happy and may all become disease-free').

Yoga has gradually integrated into mainstream society, reaching individuals who may not have been exposed to it before. The International Day of Yoga has played a crucial role in promoting yoga as a form of exercise, stress relief, and overall well-being, making it more accessible to people from diverse age groups, cultures, and socio-economic backgrounds.

The medical and therapeutic benefits of yoga have gained wider recognition globally during and after COVID-19 pandemic. The positive impact of yoga on physical and mental health led to the integration of yoga into healthcare systems and the development of yoga-based interventions for various health conditions.

Prime Minister Narendra Modi himself had recently asked the stakeholders of Ayush to speed up the efforts towards scientific evidence based research in traditional medical practices. For this, Ministry of Ayush has further strengthened and started propagating outcome of previous research work done through research councils and globally recognized research institutions at national and international level.

Last year, the Union Cabinet, has approved the establishment of the WHO Global Centre for Traditional Medicine (WHO GCTM) in Jamnagar, Gujarat by signing an agreement between the Government of India and the World Health Organization (WHO). The setting up of the World Health Organisation's GCTM in Jamnagar is likely to accelerate and give direction to this aspect. This work will be further accelerated through the schemes of CSIR-IGIB Ayurgenomics, Ayurtech-IIT Jodhpur, NIMHANS etc. under the Center of Excellence.

If we compare research and clinical trials published per year before 2014, it revealed that the publication of research studies increased by about six times and clinical trials by about 11 times. This growth is not just numerical but also qualitative. Research is now being done in Yoga at par with modern science and the process of integration and holistic approach has gained momentum.

The Centre for Integrative Medicine of AIIMS New Delhi has published more than 20 research papers in international level journals. Similarly, a multicentre, nationwide research study conducted in 100 districts in India called Controlled Diabetes India found that yoga is effective in controlling diabetes.

The other research such as yoga therapy in mental health, research related to Covid-19 and research being done in partnership on heart and cancer. Bangalore-based NIMHANS, AIIMS Rishikesh, HSC Group of Cancer Hospital, Indian Association for Palliative Care, Indian Cancer Society, etc. are partners of the Central Council for Research in Yoga and Naturopathy, which has taken initiative in such research.

It is well-known fact that the Indian government has been actively involved in promoting yoga both within the country and on the global stage. In 2014, Prime Minister Modi proposed the idea of observing June 21st as the International Day of Yoga, which was unanimously adopted by the United Nations. Since then, it has been organized on a massive scale across the country and around the world.

Come June 21, the world would celebrate Yoga Day to spread awareness about the invaluable benefits of Yoga. Remember practicing yoga might seem like just stretching, but it can do much more for your body than the way you feel, look and move. It even helps you with increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Ends.

■ SHYAM SUDAN

International Yoga Day is celebrated across the world on 21st June every year. Yoga is not only an art or physical activity but a science in itself. We can say that in today's modern world it plays the role of a panacea for all suffering.

The theme of this year yoga day is based on the basic mantra of Indian culture i.e Vasudev katumbkam. No doubt we believe in the concept of Vasudev Katumbkam and this dictum is embedded in the souls of inhabitants of this holy land .whole world is one family and the future of whole mankind is safe and secure only when we follow this basic approach in our life.

But in current scenario we can see that different nations are giving priorities to their own short term interests and targets ignoring the concerns of others. This thing put hurdles in the way of our society and its structure. In short term we can get benefits from such kind of packed thinking and behavior but in totality we feel problems. Because we know in this modern and materialistic world everybody is connected with others for its need and demand. We can not get the success in a isolated way ignoring the concerns of others. Such International moments like yoga and other things which are beneficial for mankind helps us in eradicating our suffering from the world. However earlier during the inception of this day, many people linked it with religious beliefs. Basically it is not an activity of some special religion but a unique and valuable contribution for all .yoga not only improves our physical health but a tool for bringing universal peace and brotherhood.

Because by practising yoga we can get an instant relief from our frustration and other mental abnormalities. And we know the reason for all the suffering and

■ G. L KHAJURIA

Very few cities are so fortunate as to have natural forests just literally at a stone's throw from the city center. Jammu city is one such fortunate to have an undulating sub-tropical forest named Manda. Kissing the National Highway, the sanctuary is a naturalist's delight.

Ever driven out to the wildlife sanctuary of Manda in the close proximity of the city of temples Jammu, One feels much akin to nature and its natural beings. At one point of time, not in the so remote past, a leopard was seen in wondrous nature, en route, Manda near Kar Nallah, which drains into the river Tawi.

With ever-exploding population, man's needs are ever increasing not just for his needs but more beyond greeds which are yielding a remorseful scenario. And strange enough, this piece of 'green gold' as we glimpse it today is well under the nose of every Jammuite, least to talk of those who are at the helm of affairs, the wildlife department and the government at large. Though the department of wildlife is making all out efforts for the preservation and conservation of the green gold vis-à-vis the fauna which subsist therein, yet lot of funding is the dire demand of the day in boosting the entire scenario in its entirety and we all humans will have to imbibe that zest and zeal to bring up the historic piece of green gold conglomerated with a variety of kaleidoscopic wildlife of prominence to the mark of desired standardization.

In such a frizzled situation, nothing seems sentinel to the sensational scenario of ghastly amplitude. Every one of us is well aware of the fact that by the turn of the day we are confronted with ever-amounting grave situation Viz. noise pollution, garbage menace, burning and charring of filth, mushrooming malls and many more of its allies and we are as such left with twin lungs, Manda and Mahamaya forests to refresh in the bee hours of morning and evening to inhale oxygen for sustenance.

This golden sanctuary of Manda is the richest and abundant of the Himalaya golden eagles, the vultures, the Indian black partridges, the Himalayan snow cocks, local cocks, the jungle fowls, jack-

■ OMKAR DATTATRAY

Thanks to the Indian law commissions initiative of soliciting and inviting of suggestions to the proposed uniform civil code's application in the country. In fact a new big debate, discussion and deliberation has started in the country due to the Law Commissions inviting suggestions from political parties, religious leaders and all other stakeholders. The fact is that the UCC is need and necessity of the modern times and it should be implemented throughout through-out the country. But the irony is this that whenever any efforts are made to enact the common code for all citizens in the country, undue hue and cry is created to scuttle the sincere efforts. The Congress, SP, RJD, JDU, CPIM, and all the so called secular parties are opposing it only for vote bank politics but it should not be done.

The logic behind the UCC is that when all citizens of the country are equal before the law of the land and when they enjoy similar rights under the constitution, then there should not be the distinction between the citizens so far as their right to divorce, inheritance, adoption, marriage etc is concerned.

Thus there is utmost need and necessity for having a uniform or common civil code for all citizens irrespective of their religion. It is a fact that the need for a common civil code is enshrined in the directive principles of state policy in the constitution of India and as such constitution mandates the political authority to make efforts for the legislation and implementation of the common civil code for all citizens.

The founding father of the constitution Dr Ambedkar was in favor of the common civil code for all citizens. Even the first prime minister and congress leaders Pt J. L. Nehru also wanted UCC for India. But it is only blind and negative policies that the congress and other so called secular parties are always raising much noise about the UCC and thus obstruct to legislate on this important topic. It is very disturbing and unfortunate that many Muslims organizations and their political parties including AIMIM and its chief Owasi is opposing this important legislation which will go a long way in the integration of the country.

UCC has always been in the agenda of the BJP from the birth of the party. In 1989,2014,2019 and in between common civil code has remained in the election manifesto of the BJP and it would continue to be in the party manifesto in the ensuing parliament election of 2024 if it could not be legislated and executed by the government of NDA headed by the BJP.

The most important issue of the common civil code has once again reached to the centre stage because of the Law

Yoga: A panacea for all suffering



disturbances in our society comes due to turmoil of our minds and behaviour. One who is mentally stable and have no frustration in his mind can't create problems for others intentionally.

Yoga is a very low cost remedy of all our suffering i.e physical, emotional and mental. We can practice this art and activity anywhere and without any investment. People of all ages can practise this art and get the benefit from it. No doubt yoga is an indispensable gift from India to the whole mankind. In our Vedic texts and other religious texts there is mention of yoga and it's benefits. Nowadays various yog gurus and other health experts are giving teaching of this art.

In this modern and hectic life people are suffering

Manda Wildlife Sanctuary



nario of ghastly amplitude. Every one of us is well aware of the fact that by the turn of the day we are confronted with ever-amounting grave situation Viz. noise pollution, garbage menace, burning and charring of filth, mushrooming malls and many more of its allies and we are as such left with twin lungs, Manda and Mahamaya forests to refresh in the bee hours of morning and evening to inhale oxygen for sustenance.

This golden sanctuary of Manda is the richest and abundant of the Himalaya golden eagles, the vultures, the Indian black partridges, the Himalayan snow cocks, local cocks, the jungle fowls, jack-

als, the black neck cranes, doves, the war - headed goose, mongoose, duck, geese and swans, the beavers, chameleons, nightingale, Ladybirds, the spotted deer and not the least, Peacock-our national bird. And apart from the winged visitors, who flock in here with seasonal changes from across the greater part of the Himalayas for breeding etc.

There are as many as six protected Area Network (Wildlife sanctuaries and National Parks), amongst which, there is single park by name, "Kishtwar High Attitude National Park" Covering an area around 425 sq kmts and other five

fall under wildlife sanctuary viz. Ramnagar (Manda), Surinsar, Mansar, Nandini, trikuta wildlife sanctuaries.

Ramnagar or Manda Wildlife sanctuary is having a coverage of 31.50 sq kmts. Apart from these sanctuaries, there are three wildlife reserves in Jammu region. Insofar as Kashmir region is concerned, there are as many as nine wildlife sanctuaries of which Dachigam is in the top slot, having an area around 171.25 sq.kms with richest inhabitation of wildlife animal, birds and reptiles, hangul being the most prominent. In addition, there are 13 conservation reserves and nine wetlands areas.

Coming to Ladakh region, this part is encompassing as many as (12) protected areas and amongst those karakoram (Nubra) Wildlife sanctuary and Hemis high altitudinal National Parks are on the top-slot having areas around 5000.00 sq.kms and 4100 sq.kms respectively.

The Govt. should take all necessary steps to preserve the biotic diversity of Manda. Side by Side appropriate steps should be taken to promote it for eco-tourism. A very welcome step, therefore, is to raise chain-link fencing of the height 6 feet and above and display of entry as well exit points and routes with least disturbance to the existing bio life and that way the spirit and sanctity of the Wildlife protection Act shall be carried out in full spirit and at the same time trekkers-will have the high time to enjoy the nature and its surrounds.

(The author is former Deputy Conservator of Forest, J&K).

The new Big UCC debate ignites

commissions inviting of suggestions for the legislation and implementation of the common code. Just when the law commission invited the suggestions from all the stakeholders, the opposition parties including congress, SP RJD, CPIM and others raised great voice against this move and took it as the intention of the ruling parties of enacting the common civil code for all citizens. The congress and other opposition parties have attacked the centre over the Law Commissions move on the UCC, calling it the governments desperation to continue with its agenda of polarization and diversion from its glaring failures. The million dollar question is if the time is ripe for the legislation and then implementation of the common civil code? Now that the Lok Sabha elections are nearing and will be held in the beginning of 2024, the BJP in order to retain power may legislate and implement the UCC for all citizens of the country. The conservative and radical Muslims oppose the UCC but progressive and modern Muslims favor the UCC for all Indians belonging to all faiths. The BJP government under Modi which has got a strong mandate should go ahead with the task of legislating and applying the common civil code for all citizens.UCC is the core issue of the BJP and it has remained its agenda from its very inception and so it should implement it for the good of the country and the Modi government should not be cowed down by the blind and negative criticism to UCC by the secular brigade. The congress and other secular parties should shun negative politics and cooperate with the treasury benches in enacting a law to give the country a common civil code which will obliterate all distinction between different communities in the country and this will be a great service to the nation if the opposition parties will cooperate with the BJP government to enact the law for giving the country a common civil code. At present the UCC is in practice only in Goa and others states and the centre should emulate Goa and legislate or promulgate and implement the UCC in the country which is in the interest of the country.

At present it is most likely that the NDA government headed by the BJP will leave no stone unturned to bring and pass a legislation for UCC and this will go a long way to strengthen the national integration in the country. Therefore the BJP government of the centre should take the initiative of promulgating an ordinance concerning the UCC and apply it all over the country. The time is opportune for the promulgation of the ordinance on UCC and the BJP should catch the bull by horns and issue an ordinance on UCC and implement it in the country. The BJP should fulfill its promise, agenda and commitment by promulgating an ordinance regarding the common civil code and apply it through-out the country.

The UCC is the need of the time and it is not against any religion and therefore the opposition parties should see the writing on the wall and cooperate with the BJP government so that UCC will be in place in the country. There is no need to polarize the important issue of UCC and the opposition parties should see the reason and cooperate with the Modi government to have the common code for all Indians irrespective of the religion.

BJP has fulfilled its agenda of the construction of Shri Ram Temple and removal. Of controversial Article 370 of the Indian Constitution and it has also given a death blow to Triple Talaq among Muslims and now it should fulfill its promise of legislating and implementing a common civil code for all Indians. This if done will be a historical decision and it will be written in the golden letters in the history of the independent India. The law Commission of India initiating a fresh consultation process on UCC comes at a time when the entire world is waking up to the need for having a common judicial system for respective countries, even while celebrating diversity in all its shades. Particularly for the democracies like India which celebrate diversity and accommodate various faiths, it has become necessary to have in place the legal mechanism that will apply uniformly to all sections of the society. Article 44 of the constitution of India states clearly ,"The state shall endeavor to secure for all the citizens a uniform civil code throughout the territory of India." Given this fact ,in India ,UCC has so far remained the un realized constitutional expectation. In fact rising above the inundating arguments in favor and against the UCC from religious quarters a look at the constituent Assembly Debates of the year 1948 reveals that stalwarts like Bharat Ratna Dr Babasheab Ambedkar, K.M.Munshi and Alladi Krishnaswamy Ayer had supported the UCC. These giants had underlined the need for having a uniform legal mechanism and a common measure of agreement in place to deal with differential systems of inheritance and other matters. They have stated unequivocally that the UCC aimed at amity. Those crying hoarse every now and then with allegations of constitutional values being in danger ,have been the ones opposing the UCC. This is very surprising. It explodes their political doublespeak and selectivism about constitutional values. In opposing the idea of uniform civil code ,these so called champions of the constitutional values are opposing the spirit of the national integration fostered through the constitution itself. In brief it can be said that the Modi government should go ahead with its commitment of having a common civil code for all Indians irrespective of the religion and it and when it is done, it will be the triumph of the spirit of the constitution.

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