

SICK EARTH

Earth has pushed beyond seven out of eight deductively laid out security limits and into "the risk zone," not only for an overheating planet that is losing its normal regions, yet for prosperity of individuals living on it, as per another review. The review looks at guardrails for the planetary biological system as well as interestingly it incorporates proportions of "equity," which is generally about forestalling hurt for nations, nationalities and sexual orientations. The concentrate by the worldwide researcher bunch Earth Commission distributed in Wednesday's diary Nature sees environment, air contamination, phosphorus and nitrogen defilement of water from compost abuse, groundwater supplies, new surface water, the unbuilt common habitat and the general regular and human-assembled climate. Just air contamination wasn't exactly at the risk point universally. Air contamination is risky at neighborhood and provincial levels, while environment was past the unsafe levels for people in bunches however not exactly past the wellbeing rule for the planet as a framework, the review from the Swedish gathering said. The review found "areas of interest" of pain points all through Eastern Europe, South Asia, the Center East, Southeast Asia, portions of Africa and quite a bit of Brazil, Mexico, China and a portion of the U.S. West - a lot of it from environmental change. Around 66% of Earth don't meet the measures for freshwater well-being, researchers said for instance. "We are in a peril zone for the greater part of the Earth framework limits," said concentrate on co-creator Kristie Ebi, a teacher of environment and general wellbeing at the College of Washington. In the event that planet Earth just got a yearly examination, like an individual's physical, "our PCP would agree that that the Earth is actually very wiped out the present moment and it is debilitated as far as a wide range of regions or frameworks and this disorder is additionally influencing individuals living on The planet," Earth Commission co-seat Joyeeta Gupta, a teacher of climate at the College of Amsterdam, said at a question and answer session. It's anything but a terminal finding. The planet can recuperate assuming that it changes, including its utilization of coal, oil and gaseous petrol and the manner in which it treats the land and water, the researchers said. Yet, "we are moving off course on fundamentally these," said concentrate on lead creator Johan Rockstrom, head of the Potsdam Foundation for Environment Effect Exploration in Germany.

Spirituality for mental peace & health

■ S.K KHUSHU

A deep insight into the subject at hand becomes imperative in the back drop of ever-increasing cases of intolerance, feeling of insecurity----- both social & economic---, emotional instability, taxing professional obligations, job insecurity, mounting domestic responsibilities, ambrosia /dementia, depression, lack of self-belief; the imposing pressure groups also make one's life exceedingly difficult & therefore, more complex. So, life in this world of cut-throat competition is highly stressful.

Still worse, regressive tendencies, marked by negativity & behavioural problems are in evidence among the teens & small children in the age group 9- 11 years even; In more serious cases that have been drawing our attention, over the past few years ,include young children, adolescents & grown up young people, with serious criminal tendencies. Unfortunately, we are witness to frequent incidents of suicides, murders, serial killings, violence against parents, opposite sex, senior citizens, honour killings, burglaries etc. There is social as well is moral bankruptcy. There can be several reasons for such a sorry state of affairs, principal among them being exposure & easy access to Social media, most of the children are addicted to devices like smart phone, TV etc. The access to apps showing horror games and films that induce the innocent users to commit suicides or engage them in acts of daredevilry finally ending up in suicides.

The other possible reasons include poor grooming, domestic violence, child abuse, negligence of parents, abject poverty, frequent snubbing by parents -----super parents , emotional insecurity and the like. Whatever the reasons, the regressive and unhealthy trends, leading to the formation of split personality are endangering the lives of present generation and ultimately, human race.

The situation calls for immediate attention for its redemption. Educationists, Clinical psychologists, thinkers, philosophers ,neurologists ,sages ,seers, Very good Counsellors, behaviourists ,parents ,motivational speakers & above all ,religious gurus & yoga experts all must together come up with a master /fool proof solution to the problems our young men & budding children are beset with. Time is running out & we need to act fast .

Theorism alone does not help. Idealism without pragmatism is not productive .Speaking extempore for hours at a stretch or writing volumes on a sensitive issue hardly bears fruit. Realistic approach is the best one & that demands examining the factors rationally and purposefully that lead to such heart-rending , demoralising and paralysing bad mental condition.

The next step would be to decide upon the corrective course or treatment commensurate with the nature and status of poor mental condition and other related problems like disagreeable behaviour etc.

That leads me to believe that there are short term and long term solutions. In each case, the underlying principle objective is effective stress management. We must not overlook the fact that it is only the strong and virile who survive the upheaval. Such gifted persons are mentally strong, physically fit, socially well-adjusted, intellectually advanced ,emotionally stable.

They have the capacity to successfully handle tough situations and take on challenges headlong, manage their stress level to minimum. Who else fall prey to stress and thereafter, to depression & why?.

They are those unfortunate individuals who do not have the in-built mechanism to manage their stress levels. The in-built mechanism that I am talking about includes indomitable will to succeed, resilience, commitment, discipline, awareness, self-belief, realization of potential, positive thinking and, above all, faith in the divinity of the Supreme Being of whom he is an off-shoot(a part) That Supreme God Consciousness is the source of all energy and bliss. He is the embodiment of divine light and bliss and superintends the affairs of this world and shapes the destiny of all His subjects in accordance with one's Karmas. He is the most merciful and beneficent and if propitiated as per the tenets of spirituality, leading to complete surrender, blessed His devotees with eternal bliss and empowers them to not scale great heights in life but to attain final merger with the absolute.

Music fills the infinite between two souls.

-Rabindranath Tagore

G20 raised Stature of Jammu and Kashmir internationally

■ OMKAR DATTATRAY

The recent successful G20 meeting in Jammu and Kashmir in fact raised the prestige and stature of not only India but of its inalienable part and parcel the UT of Jammu and Kashmir globally. The G20 in J&K enhanced the status of Jammu and Kashmir on the international platform. The G20 meeting in Jammu and Kashmir attracted the attention of the global leaders and people towards the Jammu and Kashmir's tourism ,its diverse and composite culture as well towards its famous hospitality and thus J&K got quantum jump in its stature globally and it is a big development and the detractors and advisories of Jammu and Kashmir-Pakistan and its leaders and rulers have sleepless nights as they are uneasy over the successful conclusion of the G20 summit in Jammu and Kashmir. The third G20 tourism working group meeting in Kashmir is an global signal that Kashmir is open for business and a great advertisement for tourism. The recommendations of the working group is likely to give J&K international level exposure and assist hugely in the economic development of the UT. Numerous corporate leaders, experts, businessmen, and diplomats ,from middle East countries have indeed toured J&K in the past few months to investigate opportunities to invest in the UT. The group of Twenty -G20 ,the premier forum for international economic cooperation will play an important role in shaping and strengthening architecture and governance of J&K.

The importance of the G20 in Kashmir stems from its potential to provide a diplomatic platform for discussions, promote dialogue, and indi-

rectly influence the situation through its focus on economic prosperity and improved living standards often play a significant role in reducing conflicts and addressing underlying grievances.

The G20's efforts to promote inclusive economic growth and cooperation can potentially have positive spillover effects on Kashmir. At the strategic platform, the G20 symposium or associated discussion group will also give a strategic signaling and geopolitical devastating blow to Pakistan and will give stimulus to further calcify our stance on Jammu and Kashmir post abrogation of article 370.

Furthermore, the G20 Summit can be an opportunity for the western democracies to collaborate in addressing global financial dilemmas, which will eventually improve J&K status. The nefarious design of Pakistan to keep Kashmir unstable seems to be short lived in the age of internet.

J&K today is blooming due to government's clear ideology of development and prosperity and with the outreach of social media, the populous across in POK can very well comprehend and compare the economical difference in two mountainous regions. The much anticipated reaction on the third G20 tourism working group meeting in Jammu and Kashmir once again reflected their insecurities to cover its malafide intentions and incapability's to the entire world. The reason for this is not difficult to comprehend as Pakistan development ideology for POK is based on terrorism .

To keep Kashmir pot boiling ,Pakistan with this ideology can go to any extent and will never get POK on the track of development.

Grief Support: After-Death Counseling in Society

■ AMIT SINGH KUSHWAHA

The process of grieving and coping with the loss of a loved one is a challenging journey that individuals and families face in every society. In Indian society, where strong familial bonds and rituals surround death, the need for after-death counseling is crucial. This article explores the significance of after-death counseling, the support services available in India, and the positive impact it can have on the families of the deceased.

After-death counseling is an essential aspect of bereavement care that focuses on providing emotional, psychological, and practical support to individuals and families after the loss of a loved one. In Indian society, where death rituals and customs are deeply ingrained, grief can be a complex and overwhelming experience. After-death counseling helps individuals navigate through the grieving process, offering a safe space to express emotions, understand the stages of grief, and learn coping mechanisms.

One crucial aspect of after-death counseling is addressing the cultural and religious specificities associated with death in India. With diverse religious beliefs and rituals, counselors play a vital role in sensitively guiding families through the mourning period while respecting their cultural practices.

In recent years, India has recognized the need for after-death counseling and has witnessed the development of various support services to address this requirement. Organizations such as hospices, counseling centers, and NGOs have emerged to provide grief counseling and bereavement support.

Hospices have become important institutions that offer comprehensive care to patients at the end of life as well as grief counseling for their families after the death. These facilities provide a holistic approach to bereavement care, focusing on emotional support, therapy, and practical assistance.

Counseling centers dedicated to grief and bereavement have also emerged across India. These centers employ trained professionals who specialize in providing after-death counseling to individuals and families. They offer individual counseling sessions, support groups, and workshops to help bereaved individuals cope with their loss.

Furthermore, several NGOs have stepped forward to address the need for after-death support in Indian society.

■ DR. BANARSI LAL

Soil is under tremendous pressure due to increase in population at an alarming rate and higher demand for food. Soil provides living space for the living organisms as well as the ecosystem services which are essential for the water regulation, biodiversity conservation, carbon sequestration etc. Problems like deforestation, bad agricultural practices and pollution have degraded soil. It has been observed that around 33 per cent of global soils are degraded.

Soil is constituted of organic remains, clay and rock particles found on the earth's surface. Soil helps in food production, biodiversity and energy maintenance. Soil health is being deteriorated by the unhealthy agricultural practices, deforestation and pollution. There is urgent need to create awareness among the farmers on soil health and technical and scientific advice should be provided to them. The International Union of Soil Sciences in 2002 adopted a resolution proposing the 5th of December as World Soil Day to celebrate the importance of soil a critical component of the natural system and as a vital contributor to the human wellbeing. Soil is finite natural resource. Soil is a critical component of the natural system and as a vital contributor to the human commonwealth through its contribution to food, water and energy security and as a mitigator of biodiversity loss and climate change. The nutritional value of the food we eat is directly associated with the soil health. Soil high in organic carbon content enables better rainfall infiltration and retention and provides greater resilience to drought. Soils are vulnerable to carbon loss through degradation but regenerative land management practices can build and restore soil health. It is estimated that natural processes take more than 500 years to form 2 centimeters of topsoil. Soil stores around 10

These organizations focus on creating awareness, offering counseling services, and conducting workshops on grief and bereavement. They work in collaboration with medical institutions, community centers, and religious organizations to reach out to grieving individuals and provide the necessary support.

After-death counseling has shown to have a positive impact on the families of the deceased in Indian society. Firstly, it helps individuals navigate through the grieving process by providing a supportive environment where they can express their emotions without judgment. It assists in normalizing grief and allows individuals to understand that their emotions are valid and part of the healing journey.

Secondly, after-death counseling equips families with coping mechanisms to manage their grief effectively. It helps them develop strategies to deal with the practical challenges that arise after the death of a loved one, such as legal procedures, financial matters, and adjusting to changes in family dynamics. Such support empowers families to face these challenges with resilience and a sense of control.

Moreover, after-death counseling plays a vital role in reducing the risk of prolonged grief and mental health issues among bereaved individuals. It provides a space for processing unresolved emotions and offers therapeutic interventions to address complicated grief, depression, anxiety, and other psychological difficulties that may arise after a loss.

Role of Society in After-Death Counseling:

Society plays a crucial role in understanding and supporting the importance of after-death counseling in Indian society. Here are some key aspects of society's involvement:

Awareness and Education: Society plays a vital role in creating awareness about the availability and significance of after-death counseling services. By promoting understanding of grief and the benefits of counseling, society can encourage individuals and families to seek help when faced with loss. Education programs, community initiatives, and media campaigns can contribute to breaking the stigma surrounding mental health support after a death.

Destigmatizing Grief: Grief is a natural response to loss, yet society often expects individuals to suppress their emotions and quickly return to their regular routines. By normalizing the grieving process, society can help create an

environment where seeking after-death counseling is seen as a healthy and necessary step. Compassionate conversations, supportive social networks, and cultural acceptance of grief can contribute to destigmatizing the need for counseling.

Cultural Sensitivity: In a diverse society like India, where customs and religious practices differ significantly, society plays a vital role in promoting cultural sensitivity within the context of after-death counseling. Recognizing and respecting the various rituals, beliefs, and mourning practices of different communities can help ensure that counseling services are tailored to meet the specific needs of each family.

Community Support: The support and involvement of the community are crucial in assisting grieving individuals and families. Community organizations, religious institutions, and social networks can provide a sense of belonging, practical assistance, and emotional support during the grieving process. By fostering an environment of compassion and understanding, society can contribute to the overall well-being of bereaved individuals.

Advocacy and Policy: Society can play a role in advocating for policies and initiatives that support after-death counseling services. By highlighting the importance of mental health support after a loss, society can contribute to the allocation of resources, funding, and the integration of bereavement care into the healthcare system. Active engagement with policymakers and organizations can help shape policies that recognize and prioritize the needs of grieving individuals and families.

In Indian society, the importance and need for after-death counseling are becoming increasingly recognized. The availability of support services, such as hospices, counseling centers, and NGOs, has significantly contributed to providing necessary support to grieving individuals and families. Society plays a significant role in facilitating access to after-death counseling and creating an environment that supports bereaved individuals and families. By raising awareness, destigmatizing grief, promoting cultural sensitivity, providing community support, and advocating for policies, society can contribute to the overall well-being and healing of those experiencing loss.

(The author is a rehabilitation professional).

Healthy Soils for a Healthy Life

per cent of the worlds carbon dioxide emissions. Microbial activities controls and manipulates the chemistry of the soil.

Living organisms in the soil control water infiltration, mineral density and nutrient cycling. Fungi and bacteria help to break down organic matter in the soil and earthworms digest organic matter, recycle nutrients and make the soil surface richer. In a handful of fertile soil, there are more individual organisms than the total number of human beings that have ever existed on the earth. Although soil plays an essential role for the human livelihoods but there is worldwide increase in the degradation of soil resources due to inappropriate management practices, population pressure driving unsustainable intensification and inadequate governance over this essential resource. Healthy soil is the key to sustaining life and the adoption of sustainable land management practices are becoming more and more important. Increase in the soil carbon builds a precious reservoir and helps to offset greenhouse gas emissions. It also contributes in the fertility of the soil, the foundation for all land-based natural and agricultural ecosystems which provide a major part of the world's food supply, natural resources and biodiversity. More than 10 million people have abandoned their homelands because of environmental issues including drought, soil erosion, desertification and deforestation. Soil improves our resilience to floods and droughts. Majority of the known antibiotics originated from soil bacteria including penicillin.

Agriculture is a tool for poverty eradication. The government of India is making strenuous efforts not merely as a tool to feed the country but also as a means to uplift the socio-economic status of the farming community of the country. The government has initiated a number of developmental schemes and pro-

grammes which have the potential to immensely benefit the farming community by strengthening the roots of agriculture. On 19th February, 2015 the Prime Minister of India launched the nationwide Soil Health Card Scheme from Suratgarh, Rajasthan. Soil Health Card Scheme is a national movement across the country. Under this scheme the soil sample is taken by the experts from the farmer's field and tested in a soil health laboratory. Then the soil health card is issued to the farmers regarding the ingredients and deficiencies in the soil. On the basis of the results of the soils of respective farmer field, he can add the plants nutrients in the soil accordingly. This scheme may not only maintain the health of the soil but will also reduce the cost of cultivation. This will also help to identify the best crop suited in the respective field.

Total geographical area in India is 329 million hectares, out of which 68 million hectares is critically degraded and another 107 million hectares is severely eroded. A total of 175 million hectares area is subjected to serious erosion problems such as wind, water, water logging, soil alkalinity and salinity etc. It is expected that around 61 per cent of soil is displaced from one place to another. In steep land farming areas such as Western Ghats, topsoil losses are very high. An unscientific way of farming in sloppy lands may cause large scale soil loss by erosion. High intensity of monsoon rainfall on steep slopes contributes to high erosion rates. Soil conservation programmes have been disseminated by the Government and also Non-Governmental agencies in our country. Major objective of soil conservation is to keep everything in the soil in its place. It manages the soil erosion and process of sedimentation. Soil fertility needs to be restored in order to allow a satisfactory and early return on the capital and

labour invested. So there is need of improved sustainable production through different soil management practices. Land husbandry considers management of soil, water and vegetation as an integrated approach. For example, frequent failures to several water management schemes are attributed to the non-consideration of the interrelationships between soil, water and biomass. A new strategy needs to be developed taking into account the needs of those in direct charge of the land. By improving the overall soil conditions for plant growth, better conservation of water and soil can be achieved. Better land husbandry is more relevant when the land is under active crop production. These apply to land use, crop management, tillage methods, integrated nutrient management etc .

Land husbandry relies strongly on agronomic and biological methods in combination with a realistic soil management. The intensity of the soil conservation treatments depends primarily on the steepness of the slope. The establishment or maintenance is very important. The physical characteristics of erodible soils can be improved with mulching materials. An integrated approach should be taken to land water and its uses to avoid undesirable effects from human activities. Most of the soil conservation programmes emphasize on soil degradation than on the top-down approach in recommending and disseminating practices. Soil conservation programmes that aim to reduce soil degradation problems need long-term bottom-up approach. It should be remembered that erosion is a consequence of how soil and its vegetation are managed and not itself the cause of soil degradation. Thus, prevention of soil degradation is more important than attempting to develop a cure afterwards.

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