

CYBER ATTACKS

Among the challenges of the cyber world, another challenge that has arisen since the advent of social media sites is the rapid spread of false or sensitive news capable of vitiating the environment rapidly. Due to these sensitive news which went viral on social media many times, the danger of deteriorating the communal atmosphere of the country has arisen.

In the year 2004 itself, we had formed a dedicated agency named "Indian Computer Emergency Response Team" (popularly known as IRT-In) to deal with cyber security challenges, which from time to time implementing various measures related to cyber security. One such initiative was taken by this organization by starting the 'Cyber Swachhta Kendra' in February 2004. The work of 'Cyber Swachhata Kendra' is to provide security solutions for desktop and mobile.

Like other vigilant countries, India also needs more institutional efforts to deal with possible cyber attacks and other disturbances related to them, only then we will be able to reach the benefits of digitization with confidence to the wider masses.

Yoga- Core health benefits beyond the mat

■ PROF. SONIA NANDA

Yoga means Addition- Addiction of energy, strength and beauty to body, mind and soul. Amit Ray.....

According to Aashka, Yoga not only improves physical balance but also boots your confidence in various activities both on and off the mat. The word "Yoga" is derived from the Sanskrit word "yuj" which means to unite. yoga is a very safe practice which brings balance between body, mind and soul. Various types of yoga are Raja yoga, Jnana yoga , Bhakti yoga , Karma yoga and Hatha yoga. It enhances the inner-outer body and mind strength by connecting both to the nature.

Raja yoga means the king or master of all yoga philosophy. It is a process that controls your unruly mind and improves concentration and memory. The main benefits of raja yoga are happiness and peace of mind, improves self worth, relax the muscle and emotional well being.

Jnana yoga means the awareness of absolute consciousness and is a comprehensive practice of self study. The main fundamental goal of jnana yoga is free from the illusion world of Maya, means self- limiting thoughts and perceptions. It has tremendous Benefits is improves your blood circulation, when circulation occur it improves your organs such as kidneys, liver and heart function better. It reduces stress and anxiety which include lower risk of hypertension, headache, heart disease and high blood sugar level. Jnana mudra "acupressure" helps in making pituitary and pineal gland healthy.

Bhakti yoga means the yoga of love and devotion The Benefits of Bhakti yoga includes enhance your positive mood, reduce stress and anxiety and improves attention capacity.

Karma yoga is a spiritual practice which emphasizes on selfless action. The benefits of karma yoga are help to assimilate self knowledge, Neutralizers binding vasanas, to removes anxiety and gives peace of mind and to reduce tamasic karmas.

Hatha Yoga in Sanskrit word Hatha means "Force". Hatha yoga is a branch of yoga which uses physical techniques to try to pressure and channel the vital force of energy. It helps to recognize hidden physical and mental potential, flexible-strong body and massage your internal organs.

Yoga is meant to be practiced by sitting on the ground or while standing. As it connects you to the earth and transfers negative energies into it.

Yoga is the journey of the self, through the self, to the self. (The author is faculty of Rajiv Gandhi College of Nursing, Chak Bhalwal, Jammu).

Gandhi Peace Prize to Gita Press

■ K.V SEETHARAMAIAH

Gandhi Peace Prize for 2021 goes to Gita Press. Gita Press, world's largest publisher of Sanatan religious texts, is going to accept the honour without prize money of Rs. 1 crore. For Gita Press, it is journey from 1923 to 2023 marking the completion of 100 years in existence. Lal Mani Tripathi, Gita Press Manager has clarified that it is the principle of Trustee Board not to accept any kind of donation. Foregoing the prize money of 1 crore rupees sticking on to the principles of not accepting free money in any form from any source is a rare example.

The award is said to include a plaque and traditional handicraft/handloom item. The outstanding contribution of Press towards social, economic and political transformation of the country through non-violent and other Gandhian methods has been recognized.

Established on April 29, 1923, the Press is said to have published over 93 crore books with a plan to publish 1800 types in 15 languages.

Gita Press is associated with India's culure, ethos and Hindu belief. It is unfortunate that the award given to Gita Press has been likened by Jairam Ramesh to award given to Godse and Savarkar.

The comparison would have substance if Godse had been given any award. It is preposterous to drag the names of Godse and Savarkar here. Since he has unnecessarily dragged their names, it is necessary to throw some light on Godse and Savarkar. Godse was villain in the eyes of law since he took law into hands. But his patriotism towards the nation is unquestionable. In recognition of the services of Vir Savarkar, Raja Mahendra Pratap had moved a bill in Lok Sabha on 22/11/1957. The Bill was defeated with 48 votes favouring and 75 against it. Jairam Ramesh misses the point that a stamp was issued in honour of Savarkar when Indira Gandhi was the Prime Minister.

Is it a veiled admission by Jairam Ramesh that the tall leader of Congress committed a heinous crime in honouring Savarkar with stamp issued? He needs to make his stand clear with regard to his opinion on Indira Gandhi honouring Savarkar.

The heart of some Congress stalwarts burns when anything associated with Sanatan Dharma is honoured. But they maintain loud silence when Arundhati Roy says "Islamic terrorists are not a problem. Real terrorists are teachers and mothers".

They are also silent when PDP Chief Mehbooba Mufti said "Terrorists are sons of soil". Rahul Gandhi has great respects towards Masood, a designated global terrorist, when he called him "Masood Azharji" and Digvijay Singh has not fallen behind Rahul Gandhi to call Hafeez with respect as "Hafeez Sabji".

Muslim League has been called "secular" by Congress. By opposing the honour to Gita Press, Jairam Ramesh has made an issue out of non-issue. Gita Press has not gone after money. At least this must have been taken note of.

E-economy change the market of J&K

■ ANCHAL SRIVASTAVA

E-economy changes the scenario of Jammu and Kashmir. In the last two and half years, J&K has become the leader in digital transactions all over India. Last year in October, Jammu & Kashmir has recorded more than two crore e-transactions which is significantly higher than 10.5 lakh e-transactions during the same period in 2021. Interestingly, ahead of Eid-ul-Fitr, J&K Bank's digital and alternate channels have recorded around 60 lakh transactions in three days amounting to whopping Rs. 2510 Crore. In 2013 the total number of e-transaction was merely 20 lakh.

Apart from Jammu and Kashmir, India is also emerging significantly as a champion in the global digital economy. According to the report by Google, Temasek, and Bain & Company today 'The e-economy of a Billion Connected Indians', India is in its 'digital decade' and its internet economy is expected to grow six folds to \$1 Trillion by 2030. It will grow to 12-13% of its GDP by the end of the decade from the current 4-5%. The report's findings highlight the thriving digital landscape and the impact of technology in transforming the Indian economy. It emphasized most of the purchases in the future are going to be digital.

According to MyGovIndia report, India with 89.5 million digital transactions in the year 2022 has topped the list of five countries in digital payments. India in the year 2022 accounting for 46 per cent of the global real-time payments, adding that the digital payment transactions in India is more than the

other four leading countries combined. Second, on the list is Brazil which amounted to 29.2 million transactions followed by China with 17.6 million transactions. On number four is Thailand with 16.5 million digital transactions followed by South Korea with 8 million worth of transactions,

The GDP of J&K is anticipated to surpass Rs 2.30 lakh crore with a growth rate of 10 percent in the fiscal year 2023-2024. According to the J&K's Budget 2023-24 tabled by the Union Finance Minister, in the financial year 2022-23, J&K's GDP was pegged at 2,09,752 crore. The tax and GDP ratio of the state is at 8.82 percent for 2023-24, which is higher than the previous year of 7.77 percent. The debt-GDP ratio for 2023-24 is 49 percent, which has J&K at second-highest debt-GDP ratio in the country. The states with the highest debt-to-GSDP ratio in 2021-22 in the country include Punjab, Rajasthan, West Bengal, Kerala and Andhra Pradesh.

The expansion of the digital sphere is led by increased digital consumption in sectors like e-commerce, online travel, food delivery, ed-tech, and ride-hailing. These sectors will drive digital growth and India's global GDP. Earlier in the year, Prime Minister Modi also said that he believes technology use will help India become a developed nation by 2047 by focusing digital revolution reaching everyone. The digital payment growth rate of India is surpassing major developed countries like UK and US according to RBI's annual report. India has embraced the power of technology and harnessed it to

foster economic growth, inclusivity, and empowerment.

Another report by IMAI released last year stated that there are a total of 692 million active internet users in India, including 351 million from rural India and 341 from urban India. The report estimated that there will be 900 million internet users in India by 2025. It is important to note that the difference between the number of rural and urban internet users is not wide and rapidly closing. According to 'The e-Economy of a Billion Connected Indians', residents of Tier-2 and Tier-3 cities and villages will "play a material role in unlocking the \$1T internet economy". These consumers' spending represents three times that of the top 60 cities. It mentioned that 83 percent of these customers are open to trying new products or new brands because digital opened a plethora of new choices. Consumers from small cities and villages are catching up fast with the Metro consumers with their practices, a boon for small businesses.

The growth of the digital economy is also anticipated to make India more appealing for investments in the coming years. According to the state document, the GST collection in J&K is Rs 6666.04 crore up to February 2023, which has shown a growth of 14.64 percent over the same period of the previous financial year 2021-22. The MST collection in J&K is Rs 1444.45 crore up to ending February 2023. The stamp collection is Rs 438.88 crore upto February 2023 against Rs 401.44 crore during the last financial year 2021-22, showing a growth of

9.33 percent. Jammu and Kashmir government built a digital society, offering 446 services online, and government entire administration is paperless and this state became the witness a digital revolution. In a short span of two-three years, J&K state government have taken a giant leap to create a user-centric service delivery system and a paperless administration function through e-office. The impact of India's digital economy is more prominent than the people realize. The government initiatives like DISHA launched in 2016 aimed to make at least one person digitally literate in every household continue to bridge the physical and cyberworlds and push the digital revolution.

Prime Minister Narendra Modi said that India is number one in digital payments and that the country's rural economy is transforming. J&K Lieutenant Governor Manoj Sinha also said that the Prime Minister ended decades of discrimination and efforts to maintain people-centric efforts is negotiated in the state. The e-commerce fuel the economy of J&K as well as India but it also poses challenges of data privacy, cyber-crime, and monopoly of certain kind. It is crucial for stakeholders, including the government to make regulations looking out for possible threats and also the private sector, and civil society, to collaborate and address the challenges leveraging the opportunities presented by India's digital revolution.

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Significance of Yoga in Modern Age

■ NITISH MAHAJAN

The International Day of Yoga, observed annually on June 21, is a global celebration of the ancient practice that originated in India and has gained immense popularity worldwide. This special day serves as a reminder of the transformative power of yoga, not only for physical well-being but also for mental and spiritual harmony. Under the leadership of Prime Minister Narendra Modi, Yoga has received unprecedented promotion and has become a symbol of unity, health, and well-being on an international scale.

In an era defined by fast-paced lifestyles, mounting stress, and sedentary habits, the practice of yoga has emerged as a beacon of wellness and tranquility. Rooted in ancient Indian philosophy, yoga has become an increasingly popular practice worldwide due to its remarkable benefits for physical, mental, and spiritual well-being. In the modern age, where the pursuit of balance and harmony is crucial, yoga offers a transformative path that helps individuals navigate the complexities of life.

This article explores the significance of yoga in the modern age and highlights its relevance in promoting holistic wellness.

Physical Well-Being: In today's sedentary world, characterized by prolonged hours of desk work and limited physical activity, yoga offers a valuable solution. Regular practice of Yoga Asanas (poses) helps improve flexibility, strength, and posture. It enhances muscle tone, increases stamina, and promotes overall physical fitness. Through gentle stretching and controlled breathing, yoga mitigates the adverse effects of a sedentary lifestyle, such as muscle stiffness, joint pain, and back problems. Furthermore, practicing yoga has been shown to lower blood

pressure, improve cardiovascular health, and boost the immune system, thereby reducing the risk of chronic illnesses.

Mental Well-Being: In an age where stress and anxiety have become rampant, yoga provides a sanctuary for the mind. The combination of physical movement, conscious breathing, and meditation in yoga cultivates mindfulness and awareness, enabling individuals to achieve mental clarity and emotional stability. Studies have shown that regular yoga practice can reduce stress levels, alleviate symptoms of anxiety and depression, improve sleep quality, and enhance overall mental well-being. By fostering a mind-body connection, yoga empowers individuals to manage their emotions, increase self-awareness, and develop a positive outlook on life.

Spiritual growth: While yoga has gained popularity for its physical and mental benefits, it is deeply rooted in spirituality. In the modern age, where people often feel disconnected and yearn for a sense of purpose, yoga offers a spiritual path to self-discovery and self-realization. Through meditation and introspection, yoga enables individuals to explore their inner selves, connect with their higher consciousness, and experience a profound sense of peace and unity. It encourages individuals to live in the present moment, let go of attachments, and embrace a more mindful and compassionate way of life.

Community and connection: In an increasingly digital world, where face-to-face interactions are becoming scarce, yoga provides a unique space for community and connection. Yoga studios and retreats serve as inclusive environments that bring together people from diverse backgrounds, fostering a sense of belonging and collective growth. Practicing yoga in a group setting promotes social interaction, empathy, and support, creating

Yoga: Indispensible for health and farming

■ DR. PARVEEN KUMAR

Yoga has known to be beneficial since ages, and not just for weight loss, but also to keep the mind calm. Said to be a natural immunity booster, yoga also serves the dual purpose of helping keep stress at bay in these uncertain time. A number of studies back up the idea that regular practice of yoga and meditation can help increase lung capacity and manage health conditions that put us at risk of contracting COVID-19. There are over 300 asanas in the physical yoga practice. We can narrow down these asanas to few easy poses to start the daily yoga routine. These are Tadasana (standing pose), Vrikshasana (tree pose), Uthtitha Trikonasana (extended triangle), Marjaryasana and Bitilasana (cat and cow pose), and Balasana (child pose). In present time rife with uncertainty, Yoga is a holistic approach with long-term impact on overall health. It helps relieve muscle tension and calms mental stress. As people are working from home, anxiety has been a major concern. It helps to strengthen our defence system, stay positive and bounce back with more confidence. Anxiety or stress usually triggers the sympathetic nervous system which has manifestations such as increased blood pressure, tensed muscles, lack of concentration, faster breathing and yoga helps to calm that down. Yoga is a great tool as the stretching poses help to reduce tension in muscles and joints, and this can, in turn, help relax the sympathetic system. With sudden closure of gyms, people who were used to heavy-weight routine are focusing on yoga due to lack of equipment at home.

Regular yoga improves lung capacity, clears mucus in the air passages and relieves congestion. It reduces bloating, clears the nadis (subtle energy channels), aids in weight loss, stimulates abdominal organs, resulting in a flat and toned belly, promotes digestion, improves blood circulation and helps you get glowing, radiant skin, refreshes the brain and calms the mind. It can also help manage lung conditions such as asthma and chronic obstructive pulmonary disease (COPD). By doing Pranayama breathing exercise we can increase our oxygen intake up to five times. The more oxygen-rich blood to the brain, heart, lungs, and digestive organs can help to improve the functioning of these organs and improve our overall health. Yoga works at three levels. Firstly, it improves immunity, second it avoids depression and third yoga helps to set new goals for the global community so that we can be stronger.

Coming to agriculture, after five decades of green revolution the environment is in sham-

bles. The unscientific and crude practices particularly the use of synthetic chemicals have rendered ground poisonous and contaminated with harmful chemicals, air has become toxic, and soil has become unfit and barren for cultivation. The cancer train running from Bathinda in Punjab to Ganganagar in Rajasthan is a glaring example of how we have lost so many lives to the excessive and indiscriminate use of chemicals in our lust to increase the yields. The only way out is to adopt farming practices that does not have any associated health hazards. One such way is the application of Yoga practices in Farming.

Yoga in Farming: Yoga in Farming means applying power of thought. Power of thought is believed to be a new fertilizer that leads to food security. It is a unique form of farming that combines thought-based meditative practices with methods of organic agriculture and is bringing clear economic and social benefits to smallholder agrarian communities in India. It is based on the principle that in the same way as people can feel good or bad vibrations from one another; seeds will also react to thoughts exposed to them. The practice of Yoga, when taken seriously in one's life sponsors attachment with plants. Yoga nurtures a person in the finest manner when one practices it in a serene environment. In the same way, a plant grows in the finest fashion when supplied with all the necessary ingredients. Mantra Yoga is said to benefit both the farmer and his crops. Plants respond to Mantras vibration that creates a tranquil atmosphere to help these green creatures harmonize. Apart from these, love and respect affect the dynamics of a plant's growth in the same way as they do humans. Yoga practices like Pranayama, Surya Namaskar, Pranamāsana, Meditation, etc. makes us humble and respectful. When we show modesty towards your crops, they return us back with the maximum productivity.

Power of Thought: Farmers have to give seeds the power of positive thoughts through a higher state of consciousness through meditation. This is done through practiced meditators which focus thoughts of peace, non-violence, love, strength and resilience on the seeds for up to a month before sowing. Regular meditations are conducted remotely and in the fields with specific thought practices designed to support each phase of the crop growth cycle from empowering seeds and seed germination, through sowing, irrigation and growth, to harvest and soil replenishment. Plants are as sensitive as humans and animals are. When they are given ideal condi-

tions, plants tend to grow smoothly. The development of a plant is largely affected by the conditions around it. For example, when you nurture a plant with kindness and love, it flourishes but when you neglect it or fail to provide the required attention, it dies. That is the result of a harmonious environment.

Positive thoughts have an impact on nature and even livestock and peoples' around. Nature reads our minds and power of thoughts can be effectively used in farm sector. Presently, nearly one thousand farmers throughout India are combining organic farming with meditation, which is showing remarkable results. It has also improved farmers' emotional well-being and enhanced community resilience. The meditative practices have been designed for each phase of the agrarian cycle, from seed to harvest.

The Evidence from the Ground: While the concept of Yoga farming originated in India, it has now spread to Europe and other countries where it is practiced in a big way. In the country, 'Yoga Farming' is being revived by the Raja Yoga Education and Research Foundation, a sister organization of the Brahma Kumaris World Spiritual University, a non-governmental organization headquartered at Mount Abu, Rajasthan. The organization has been teaching methods of personal empowerment based on Brahma Kumaris Raja Yoga Meditation (BKRYM) techniques for the last 77 years.

In this regards, a bonafide research was conducted at the G. B. Pant University of Agriculture and Technology (GBPUAT), Pantnagar, Uttarakhand in 2012-13 and on a farmer's field in Gagsindia village of Karnal, Haryana (2011-12) and at the SD University of Agriculture and Technology (SDUAT), Dantewada in the state of Gujarat from 2009 to 2012 to see the effects of yogic farming through BKRYM on the different aspects of seed and crops as well as its feasibility in agricultural transformation. Results revealed that seeds exposed to BKRYM enhanced germination, seedling growth, and vigor.

The quality of groundnut and wheat improved, along with increased soil microbial population. After three years of experimentation, the yield of wheat and groundnut obtained with organics + BKRYM was found to be comparable to that obtained with chemical inputs. BKRYM works best under organic farming. The Brahma Kumaris World Spiritual University (BKWSU) is an international non-governmental organization (NGO) of the UN, in

General Consultative Status with the Economic and Social Council. It is also affiliated to the UN Department of Public Information and has Observer Status with the United Nations Framework Convention on Climate Change (UNFCCC). Farming through Yoga comes with a social aspect too.

The increasing income further increases farmers' self-esteem reducing the frequency of farmer suicides and lessens the social violence in families and villages. The country's leading agricultural universities including Govind Vallabh Pant University of Agriculture and Technology, Pant Nagar and Sardar Krushi Nagar Dantewada Agricultural University Gujarat are working on sustainable yogic farming practices. A scientist in Annamalai University has found that there is impact of music on plant growth and foreign scientists have found proof of thoughts on seed germination. On Yogic farming Sunita Pande from the division of Agronomy in GBPUAT Agronomist also told of the positive results obtained by the research work being carried out on wheat that showed higher protein content.

International Day of Yoga: Every year, on June 21, the world comes together to celebrate the International Day of Yoga. The day aims to spread awareness about the benefits of the spiritual and physical practice that had first started in ancient India. June 21 was suggested to be the date to celebrate yoga as it is also the day of the summer solstice in the northern hemisphere.

The summer solstice holds significance across many cultures. International Day of Yoga was first recognized by the United Nations General Assembly in 2014. The proposal was submitted after Prime Minister Narendra Modi addressed the General Assembly about setting a day for the celebration of Yoga and its benefits for all. The resolution found 175 other co-sponsors, the highest ever for a resolution in the United Nations. As a result, the proposal was passed within 90 days of submitting it. With the passing of the resolution, the first International Day of Yoga was celebrated on June 21, 2015.

In fact, the relationship of yoga with health and farming has been time tested and proven. Yoga helps people to nurture their true 'self' whereas farming nurtures the soil which in turn blesses the plants so that they grow and flourish.

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