

KHELO INDIA

Khelo India is a scheme envisioned by Prime Minister Narendra Modi in the year 2017-18 to provide a platform to grassroots athletes and build sports infrastructure across India, resulting in India turning into a sporting nation.

With a view to achieve the twin objectives of promoting mass participation and excellence in sports, the Government during the 15th Finance Commission (from 2021-22 to 2025-26) plans to launch "Khelo India - National Program for the Development of Sports". It has been decided to make an outlay of Rs.3165.50 crore for continuation of the scheme.

Under this programme, Khelo India Youth Games (KIYG), Khelo India University Games (KIUG) and Khelo India Winter Games were established as annual national sports competitions, where youth representing states and universities, respectively, showcased their skills. Competed to showcase as well as win medals.

The government should set up more Khelo India Centers and Sports Academies across the country to provide quality coaching, training, equipment, nutrition, medical aid and scholarships to talented sportspersons.

Spreading vulgarity through social media

■ SHIV KUMAR PADHA

These days, everyone in the society seems linked with the social media in one form or the other suiting to one's taste and necessity. We often find the teenagers on the Tik Tok, influencers and the small businesses on Instagram, face book and the professionals on LinkedIn. Social media has become the first option that comes to mind when looking for expanding connections in any field. The modern age is the age of science and technology which has conquered the whole universe by dint of its latest inventions and innovations, amongst which the information technology is worth mentioning as it has enabled the mankind access the global information only by the click of the button.

Internet, mobiles and the screen media is proving a great source of knowledge, information and entertainment to the subscribers in the modern world.

Where, on the one hand the information technology has brought in a great revolution in the field of global trade, health, information, weather forecasting, entertainment and surveillance, on the other its addiction and excessive exposure has brought with it many physical, moral and emotional hazards for the innocent children and the adolescents.

We daily observe the young children and adolescents watching the video clips silently and without being noticed lonely in their rooms, or in a groups huddled in a corner of public places away from the crowd. The importance of the social media cannot be under estimated in the present times, but its misuse by both the selfish and anti social uploaders of objectionable contents and the innocent users have brought the entire social media under scanner.

Social media, if used intelligently can bring in loads of success because it is the best form of direct contact with the target audience. These platforms have made any one's life better. May it be for staying connected with the people, friends and relatives every day, staying opinionated safely with a large number of people on line social media provides platform for entertainments with customized feeds consisting of Memes, news and short clips which gives relief after day long hectic work. The social media has become a means increasing popularity by uploading such material which they deem fit and appropriate for their popularity umindful of its consequences on oneself or on the society. One of the most important impacts of social media in a today's world-liest within its ability to distribute information to the whole world.

Social media refers to the means of interactions among people in which they create, share, or exchange information and ideas in virtual communities and networks like Face book, Twitter, Instagram, LinkedIn and You Tube. Apart from the useful, desirable and beneficial information, the social media is becoming a source of serving unwanted and objectionable information which is proving detrimental particularly in the case of the viewers falling in the category of children and the innocent youth. While going through the relevant information on the mobile screen we come across such type of lecherous, seductive and arousing visuals which allure the immature minds with the result they become addicted of provocative clips and information. The you tube and the face book is becoming a source of cheap entertainment for the young hearts and minds as they easily feel tempted toward the mischievous intents and designs of the up loaders of such filthy information in the shape of erotic video clips under one or the other pretext.

The video clips from the porn and blue films, exposing private parts nudity, publicly stripping, un hesitating nasty gestures by the sex workers, undressing before the camera in order to arouse suggestiveness through visual, verbal or behavioral material or action with sexual undertones. Cosmetic, undergarment, and the ads promoting the sales of the medicines enhancing vigor, strength and stamina in the both the genders through the cheap and sensuous clips which appeal to the young one's. This way these business houses kill two birds with one stone where on the one hand they promote their sale by serving the youth with vulgarity and eroticity on the other they earn TRP simultaneously.

The social media which is supposed to contribute towards making the society crime and violence free seems hell-bent serving the viewers with the incidents of crimes, like stabbing, picking up quarrels over trifles, shooting incidents, bloody scuffle erupting as a result of individual and group revelries, fatal highway stunts, hitting and dragging the victims dozens of kilometers deliberately on the busy and crowded highways and slaughtering of the animals in public leave an indelible mark on the mental horizon of the children and the younger generation which in no way conform to the goals and objectives of making a civilized and disciplined society.

There is mushrooming of the infinite you tube channels on the social media where majority of such channels, instead of giving appropriate and healthy information for the harmony brotherhood in the society, have become a source and tools in the hands of rumor mongers, misinformers, those spreading hatred through venomous and communal speeches blatantly which tantamount to breaking the secular and social and delicate fiber of social network of the country. The entire social media seems over occupied with the ads promoting the sale of the banned products like different Pan Masalas, Gutkas, Khaini Nebha chevable Chutkies, Raj Nivas, Kamla Pasant Zuban Kesri Rajnigandha etc, by the celebrities who don't take even care in their lives. The social media is becoming a rein less beast, which, if not , controlled immediately, will definitely land the entire nation and the youth in shallow waters. In order to nip the evil in the bud the Union ministry of information and broadcasting should at once take cognizance about the working of such you tube channels or issue an advisory for banning them which are vitiating the peaceful environment of the country and helping propagating wrong and biased narrative against the people and the popular governments of the country. Moreover it is the high time to plug the sources of funding of such channels working against the progress and advancement of the country unscrupulously.

(The author is a social activist Basohli).

Kashmir under Modi: From conflict to concord

■ GIRDHARI LAL RAINA

Jammu Kashmir during nine years of NDA rule has graduated from environment of conflict to a milieu of concord, harmony and reconciliation.

NDA government headed by Prime Minister Narendra Modi has completed its 9th year in office. Various aspects of this period from 2014 to 2023 are being discussed throughout the world. Everyone is evaluating performance of the government and leadership of Narendra Modi from her/his point of view.

Understanding impact of Modi government and its handling of Jammu Kashmir in general and Kashmir in particular is also deliberated at various levels. But for a small section of people, mostly from the opposition political parties, everybody appreciates the change that has taken place on ground for good. Kashmir has graduated from environment of conflict to a milieu of concord, harmony and reconciliation, say observers.

What used to be unbelievable just a decade ago has taken shape on ground. Developmental activities, more so in case of infrastructure has amazingly materialized already. So is the case with almost every other field of human activity.

Conceivable harmony: The most plausible transformation that has taken place in Kashmir is the viability of peace. Having systematically and in a planned manner invested in amity, people now believe it to be possible to come out of the vicious circle of death and destruction. All this seemed to be a dis-

tant dream just a few years ago.

Earlier violence & terrorism was considered to be fait accompli. Lives of common man got adjusted accordingly. Even political leaders got accustomed to it and their narrative became part of the problem. It soon became an industry and conflict was dressed up for economic and other material gains. Those who had no economic or other ambitions were silenced by the fear of Gun.

Terrorism and terrorist violence became identity of the place. Religious minority was unable to sustain the onslaught, hence were forced out of their homes and hearths. Justice was a far cry. Discrimination between & within regions, communities and voiceless was order of the day. Merit became a disadvantage. Governance, by and large was appropriated by anti-social and anti-national elements. Net result was suffering for everyone.

With introduction of zero tolerance against terrorism and SAB KA SATH SAB KA VIKAS SAB KA VISHWAS as policy approach, a period of hope, confidence and expectations ushered in. This alteration gained momentum after historic changes of August 2019 that removed legal and constitutional obstacles. Peace, progress, Development and harmony became new mantra. Violence and terrorism became non-rewarding. In fact even supporting such activities invited wrath of law enforcement agencies. Common people felt encouraged and supported changes with open heart. Tourism started regaining its lost position in

identity of Kashmir.

Aspirations re-emerge: Natural consequence of peace, harmony and policy shift was the re-emergence of aspirations of population, in particular that of youth. Suppressed ambitions and desires began to sprout again. Government at helm of affairs not only encouraged the turn of events but actively facilitated movement forward by its plethora of schemes fashioned in a customised manner. Skill India, Digital India, Khelo India and others like MUDRA and major push to the start-up ecosystem that saw India rank as 3rd largest start-ups ecosystem globally with nearly 83, 000 recognized start-ups and with over 100 unicorns, valued at 332.7 billion dollars.

In the field of medical education, the number of UG medical seats has increased by 75 per cent, from 51,348 to around 90 thousand since 2014. PG medical seats have also seen 93 per cent jump from 31,185 to more than 60 thousand in the last eight years. The number of universities has also increased from 720 to one thousand along with 7 new IITs and IIMs across the country. Jammu Kashmir perhaps for the first time in its recent history became integral part of this journey.

Infrastructure Development: During nine years of Modi government, India as a whole witnessed fast-paced infrastructure development in all sectors. Infrastructure has been put at the front and centre of its development agenda. Over 53000kms of National highways were added with rural road connectivity

increasing to nearly 99% coverage through the Pradhan Mantri Gram Sadak Yojana. The speed of highway construction has reached 37km per day.

Indian railways also witnessed a massive capacity expansion through line doubling and electrification and the Vande Bharat Express, India's first indigenous Semi High-Speed trains, is a major 'Make in India' success story. 15 Vande Bharat trains are already operational and 400 Vande Bharat express trains are to be manufactured in the next three years.

In the last nine years, the metro rail projects have reached 20 cities. In the aviation section steps were taken to make it affordable and accessible through the Udan project. 74 new airports have been built and operationalized in the last 9 years. Further 111 waterways were declared as National Waterways.

The country also witnessed major constructions during this period like the World's highest railway bridge, the Chenab Bridge and the World's longest highway tunnel, the Atal Tunnel.

The story does not end here. This in fact is the beginning of a new era. An era of blissful peace, harmony between communities and participatory involvement of citizens for not only the betterment of Jammu Kashmir but nation and humanity as a whole. This however requires common people to realise their responsibility in strengthening leadership of Prime Minister Narendra Modi.

(The Author is a former MLC and spokesperson of BJP JK-UT).

Thermal Imaging based diagnosis for Dermatological Diseases

■ ASHU SHARMA

Research work in the fast-emerging field of IT and Computer Science are going on the 52-year Jammu University is going apace and it is a matter pride that some talented girls along with boys are doing commendable research work of far-reaching importance.

The Computer Science Department of JU is also doing a future-oriented research work with wide-ranging applications and significant implication. I am doing a pioneer research on the important topic related to Dermatological diseases which are the most prevalent across the globe and our findings will lead to fruitful results through findings and usefully change the situation through deep study of this vital subject.

Despite the prevalence, the diagnosis of such diseases is extremely difficult and necessitates extensive experience in the field. According to a study, 24 percent of the population consults their general practitioner (GP) with a skin problem once a year.

Our department with proper infra-structure and highly expert and experienced faculty has been engaged in achieving excellence in various significant research areas by our "high talented and motivated youth".

It may be mentioned that I am earnestly working on this research work under noble guidance of Prof Pawanesh Abrol, Head, Department of Computer Science & IT, University of Jammu and also co-guidance of Prof Praveen Kumar Lehana, Head Department of Electronics, JU.

According to a survey, skin diseases were the world's fourth leading cause of nonfatal disease burden, and three of the world's most common diseases were skin diseases. People in India, particularly in rural and small towns, are not largely concerned about skin disease and do not seek treatment from a dermatologist at the outset. Utility of my work is very vital indeed.

Unfortunately, dermatologists are scarce in most rural areas and the people are generally treated by paramedical staff at primary health care, community health centers, and referral hospitals. Many dermatological diseases (skin ailments) like: bacterial infections, fungal infections, eczema, and scabies, share many characteristics. As a result, diagnosing these diseases at an early stage by a non-dermatologist is extremely dif-

ficult. Skin disease can have a significant impact on patient's quality of life. According to research, patients with primary skin diseases such as psoriasis, alopecia areata, and vitiligo are more likely to experience mental health issues such as anxiety and depression.

Thermal Imaging: Present research is primarily based on thermal images, helpful in detecting the skin diseases at the very earliest stage even before the occurrence of disease. Thermal images will be used to study other ailments where skin temperature can reflect the presence of inflammation in underlying tissues or where blood flow is increased or decreased due to clinical irregularity. Currently, many physicians use thermal imaging cameras to detect a number of medical conditions, such as arthritis, repetitive strain injury, muscular pain, and circulatory problems.

Thermal imaging camera detects infrared radiations produced from an item and produces a thermal profile of the scene while regular camera takes photographs from visible light. Infrared thermography is a very convenient, fast, reliable, non-contact and cost-effective method. It is a form of technology that has a wide range of applications over time. In medical domain, thermal imaging can help professionals to discover numerous disorders by detecting hot and cold regions on their bodies. Doctors can forecast joints, vascular, and skin disease based on this information. Besides, medical domain thermal camera has variety of applications. Thermal imaging can help veterinary professionals discover numerous disorders in animals by detecting hot and cold regions on their bodies. Animal doctors can forecast joints, vascular, and skin disease based on this information. For leakage detection, like leaks from a gas pipeline can be detected using a thermal imaging camera. During inspection of civil structure thermal imaging can be extremely beneficial in detecting the strength, cracks, and leakage in the buildings, roads and bridges which can be helpful in saving many lives from accidents. Thermal camera becomes an indispensable tool for firefighters because of their ability to isolate points of interests from noise. In other words, thermal imagers help the firemen to see beyond the thick cloud of smoke and reveal what's behind it. This is a great help in finding people trapped inside a building or to identify an entry point for a rescue that has a relatively low temperature.

Exploring India's Dark Tourism: Unveiling the Past, Promoting Empathy

■ AMIT SINGH KUSHWAHA

Dark tourism, a rapidly growing form of travel that revolves around visiting sites associated with death, tragedy, and the macabre, has captured the attention of adventure-seeking travelers worldwide. In India, a nation steeped in rich history and diverse cultural heritage, dark tourism has gained immense importance. This article aims to delve into the significance, necessity, and positive impact of dark tourism on Indian society. By exploring these haunting sites, travelers not only gain a deeper understanding of India's past but also confront the realities of human suffering, promoting empathy and cultural exchange.

Known by various names like thana-tourism or grief tourism, dark tourism involves venturing into destinations where death, disaster, and historical tragedy have left indelible marks. In India, it offers a unique opportunity to engage with the country's complex past, where tragic events have shaped its identity and cultural landscape. By confronting these dark chapters, visitors can appreciate the resilience of the Indian people and gain insights into the valuable lessons learned from such experiences.

India boasts several historical sites that bear witness to tragic events, each with its own poignant story to tell. The Partition Museum in Amritsar stands as a solemn tribute to the partition of India and Pakistan in 1947. It serves as a stark reminder of the immense human suffering and displacement that occurred during that period. By visiting this museum, tourists can pay homage to the victims and learn about the ongoing efforts made towards reconciliation and peace.

Another notable destination is the National Gandhi Museum in Delhi, dedicated to Mahatma Gandhi, the Father of

the Nation. While not traditionally categorized as dark tourism, this site offers an opportunity to reflect on the assassination of Gandhi and his non-violent philosophy. Visitors can grasp the profound impact of his life and legacy on Indian society.

India has also witnessed devastating natural disasters that have left lasting imprints on the lives of its people. The city of Bhuj in Gujarat serves as a symbol of resilience and reconstruction following the severe earthquake in 2001. Dark tourism allows visitors to witness the strength of the local community, observe the progress made in rebuilding the city, and understand the lessons learned from such disasters.

India's spirituality and cultural heritage are deeply intertwined with concepts of life, death, and the afterlife. Varanasi, renowned as one of the oldest inhabited cities globally, stands as a prominent dark tourism destination. Known as the "City of Death," it offers a unique insight into Hindu funeral rites, open-air cremations, and rituals along the ghats of the Ganges River. By engaging with these practices, visitors can gain a deeper understanding of the cycle of life and death in Indian culture.

The essence of dark tourism lies in fostering empathy and understanding by directly confronting the realities of human suffering. Through their visits to these sites, tourists develop a profound appreciation for the resilience and strength of the Indian people. Moreover, dark tourism provides an avenue for cultural exchange as visitors interact with local communities, listen to their stories, and learn about their traditions and beliefs surrounding death and tragedy.

In addition to promoting empathy and cultural exchange, dark tourism plays a significant role in preserving historical

and cultural heritage. Many sites associated with death and tragedy hold immense historical value and serve as poignant reminders of important events in Indian history. By attracting visitors, these sites receive the attention and resources necessary for their maintenance and preservation.

Consider the Victoria Memorial in Kolkata, erected in memory of Queen Victoria, which stands as a testament to India's colonial past. The memorial now serves as a dark tourism destination, enabling visitors to reflect on the complex history of British rule and the struggle for independence. The preservation of such iconic landmarks through dark tourism ensures their survival while also promoting historical education for future generations.

Dark tourism also offers an opportunity for individuals to learn from past tragedies and their consequences. By visiting sites associated with major incidents like the Bhopal Gas Tragedy Memorial in Madhya Pradesh, visitors gain a deeper understanding of the human and environmental impact of industrial disasters. These experiences can serve as lessons to prevent similar catastrophes in the future.

Furthermore, dark tourism sites can shed light on social and political issues. The 1984 anti-Sikh riots memorial in Delhi commemorates the tragic events that unfolded following the assassination of Prime Minister Indira Gandhi. By visiting this site, tourists gain insights into the challenges faced by minority communities and recognize the importance of fostering unity and understanding in society. Dark tourism also provides an avenue for healing and closure for survivors and affected communities, acknowledging and honoring their pain.

The Jallianwala Bagh Memorial in

Amritsar, which commemorates the massacre of peaceful protestors by British forces in 1919, serves as a place of remembrance and reflection. The memorial not only pays tribute to the lives lost but also provides a space for survivors and descendants to seek closure and healing. By embracing dark tourism, these sites become platforms for reconciliation and ensure that the past is not forgotten.

Dark tourism in India fosters a sense of cultural identity and pride. By acknowledging and understanding the darker chapters of history, individuals develop a more comprehensive perspective on their heritage. This deeper understanding leads to a stronger sense of pride and appreciation for the country's cultural diversity and resilience. Dark tourism destinations, such as the Cellular Jail in the Andaman and Nicobar Islands, evoke a sense of patriotism and pride in the struggle for independence. Visitors can connect with the stories of freedom fighters who endured immense hardships during their imprisonment, inspiring a renewed sense of national identity.

In conclusion, dark tourism holds immense importance as it allows individuals to delve into India's past, confront tragedy, and promote empathy, education, and cultural exchange. By visiting sites associated with death and tragedy, tourists gain a deeper understanding of India's history, cultural heritage, and the resilience of its people. Furthermore, dark tourism contributes to the preservation of historical sites, provides opportunities for learning and healing, and fosters a sense of cultural identity and pride. It is through embracing and understanding the dark aspects of our history that we can move forward as a society, striving for empathy, unity, and a better future.

(The author is a rehabilitation professional and a freelance writer).

