## e-COURT PROJECT

The e-Court Project revolutionizes the traditional court system by integrating technology to streamline legal proceedings, enhance accessibility, and expedite justice delivery. With its inception, the project aims to address various challenges faced by the judiciary, such as case backlog, procedural delays, and accessibility issues, by leveraging digital platforms and automation tools. At its core, the e-Court Project digitizes court processes, enabling electronic filing of cases, digital record-keeping, and online case management systems. This transition from paper-based to electronic systems not only reduces paperwork and physical storage requirements but also improves efficiency and transparency in the judicial process. Litigants can file cases from anywhere, reducing the need for physical presence in courts and simplifying procedural complexities. One of the key components of the e-Court Project is the implementation of a robust case management system (CMS). This system provides judges, lawyers, and litigants with access to case-related information, including case status, hearing schedules, and case documents, through a secure online portal. By centralizing case data and streamlining communication channels, the CMS facilitates better coordination among stakeholders and expedites case resolution. Moreover, the e-Court Project incorporates the use of digital evidence management systems, enabling courts to handle electronic evidence efficiently. This includes the storage, retrieval, and presentation of digital evidence, such as audio recordings, video footage, and electronic documents, in a courtroom environment. By embracing digital evidence, courts can enhance the accuracy and integrity of legal proceedings while adapting to the evolving nature of modern crime and technology. Overall, the e-court project represents a transformative shift towards a more efficient, accessible, and transparent justice system. By embracing technology and innovation, courts can overcome traditional barriers, improve service delivery, and uphold the rule of law in the digital age.

## Negative Impact of social media on mental health

**■ KULJEET SINGH**

This era is dominated by digital connectivity ,Social media platform become an integral part of our lives . In this article i discuss how social media platforms impact of mental Health .

In 2023, an estimated 4.9 billion people use social media across the world. The active social media users in India is 33.4%

According to figures at the beginning of 2023, more than 69% of adults and 81% of teens use social media daily, with more than 90% of teens using it for more than 4 hours a day. The constant use of social media through smartphones means our brains are exposed to high volumes of stimulation and our neurons are discharge all day , which are responsible for changing the neurological architecture of our brain. reaction to a post, it can trigger the release of dopamine in the brain, the same "reward" chemical that follows winning a game, consumption of alcoholor lighting up a cigarettefor example ,The more you're rewarded, the more time you want to spend on social media, even if it becomesharmful to other aspects of your life.

How social media effect our brain

Regular usage of social media changing our brain structure, function and cognitive development in the key areas.

1.Attention capacity

While using Social media apps like Facebook, Instagram, Twitter and Snapchat, users areendless scroll of photos, captions, comments, likes and tags. While users are processing this constant influx of information, additional app prompts and notifications are competing for attention and can cause individuals to displace their concentration across multiple incoming media streams. This puts our brains in a constant state of multitasking, thus hindering our ability to focus and shortening our attention span. Heavy social media Users are not able to ignore distraction they are getting distract easily which results decreasing in thinking,reasoning, remembering capacity and shrink part of the brain associated with maintaing concentration .

2.Decreases Memory and Information Processing

Social media affects the content of memoriesand the capacity of memory. Millions of people use social media to record and share their experiences, but new social apps actually diminish your memory and the moments of the past that you want to preserve.

Researchers believe social media is affecting our transactive memory- the way our brain divides information and decides where to store it. With the advent of social media and smartphonesour brain are not able to remembering of store things effectively and we don't keep as many details about the experience stored internally in our memory.

3.Social and Emotional Responses

Social media is made to be addictive. Each like or positive comment trigger the release of dopamine to our brain, thus creating reward pathways in the brain causing you to desire to getting more and more likes, comments views and retweets, etc. However, the less number of likes and comments can leave us feeling empty, sad, anxious or depressed because our brain isn't getting that hit of dopamine. For the desire of likes and comments we spend lot of time on social media which result in hedache hypertension and sleep problem .

4.Increase risk of anxiety and depression disorder

Human beings need face-to-face contact to be mentally healthy. Nothing reduces stress and boosts your mood faster or more effectively than eye-to-eye contact with someone who cares about you. The more you prioritize social media interaction over in-person relationships, the more you're at risk fordevelopingdisorders such as anxiety and depression.

How to overcome use of social media

1.Set Clear Goals: Define specific objectives of your life for reducing social media use, such as spending less time scrolling or increasing productivity.

2.Create Time Limits: Establish daily or weekly time limits for social media usage and use built-in app features or third-party apps to enforce them.

3.Designate Tech-Free Zones: Identify certain places like temple mosque and gurudwara etc.where social media use is off-limits, promoting a healthier balance between online and offline activities.

4.Schedule Breaks: Instead of mindlessly scrolling, schedule short breaks specifically for social media to avoid impulsive use throughout the day

5.Prioritize Real Connections: Invest more time in face-to-face interactions or phone calls with friends and family, fostering meaningful connections outside of social media.

6.Unfollow and Unsubscribe:Trim your social media feeds by unfollowing accounts that contribute to negative feelings or excessive content consumption.

7.Turn off notification: Disable non-essential notifications to minimize interruptions and reduce the temptation to check social media constantly.

8.Find alternatives: Identify hobbies or activities that provide fulfilment and replace idle social media time with these healthier alternatives.

9.Track Progress: Keep a log of your social media usage to track improvements and stayaccountable to your goals.

10.Seek Support: Share your intentions with friends or family, creating a support system that encourages you to stick to your social media reduction plan.

# Saving our shrinking forest

**■ G L KHAJURIA**

The forest is a peculiar organism of unlimited kindness and benevolence that makes no demands for its sustenance but extends protection to all beings offering shade even to the axe man who fells it ….. Lord Buddha.

After independence, the Indian foreign policy was framed in 1952 wherein it was categorically enunciated that India would have 33% of the geographical area under the forests. But ironically, as per survey of India's latest report (2015), we continue to have 21% of forests despite population explosion, increased biotic pressure accruing from grazing, encroachments and diversification of forest land for multi-disciplinary purposes. As such, there have been a marginal increase of 1% forest cover.

The overall situation is that the total green covers now stands for 697888 sq mm (21.23%) of the geographical area and upto 5871 sq mm (0.92%) from 92,027 sq km as had earlier been existing in the year 2011. As such, there has seen a marginal increase of just 31sq km in very dense forest, whereas moderately dense forest went down to 1991 sq km and the open forest accounted for 7831 sq mm.

As per Anmol Kumar, the Director General of Forest Survey of India, the carbon stocks of the country have increased by 4.07% whereas the regeneration capacity is around 48% of the total recorded forest area. It has further been reported that West Bengal and Odisha are in the top slot having forest cover followed by Kerala, Uttarkhand, Bihar and Tamil Nadu. The North-Eastern region accounts for one fourth of the green cover showing thereby a periodic decrease which of course is a matter of utmost concern.

The survey report reveals further that 257 Sq.km of eastern states of the country have mostly been effected arguably owing to shifting cultivation practices . Nagaland with 274 Sqkm is in the forefront followed by Tripura (111 Sqkm), Manipura (100 Sqkm), Arunachaml Pradesh (89 Sqkm) and Misoram (63 Sq Km) and amongst other states, Andhra Pradesh has lost the forest cover to the extent of 273 SqKm, Madhya Pradesh (178 Sq Kms), Karnataka (62 SqKms) and Chhatisgarh (53 Sq Kms) of the geographical areas. The Jammu and Kashmir state having a forest cover of 20,230 Hectare (recorded) out of 22, 539 Hectare (Actual). This shows the recorded percentages of the area having per capita forest cover around (0.1796 Hac) ending year 2011 which is dismally jeering.

In view of the seriousness and sensibility accruing from the overall declining forest cover, the scenario is unambiguously dismaying.

And in the same vein, the situation worldwide is also alarming. The scientists, environmentalists and the policy planners around the world are awfully worried about as per the presently prevailing scenario. In a situation like this and if it continues to be the same, there is impending apprehensions of further environmental degradation, tantamounts to cataclysm. A clear cut death Knell signal for all the nations if the world.

At this crucial juncture, it is utmost warran for rapid planning and action able strategies to be put in place well before the holocaustic scenario overshadows this planet and its diversified bio diversity.

Over the years, lot of summits and the conferences have deliberated upon right from stock holm on human development in 1972 followed by earth summit in Rio de Janerio (Brazil) and then earth summit in Johannesburg but in the ultimate analysis, all have proved to be unyielding. In the ongoing process of such summits, conventions, year 1995 unfolded another convention held in Berlin (COPI), wherein it became apparent that Rio was not enough and even in its after math the results were quite unyielding. This was sequenced by a protocol on climate change convention adopted in 1997, known as Kyoto-protocol. The targeted moto was emphatically aimed at to bring down global CHG emission by 5.2% during the period 2008-2012 and its commitment expired ending 2015.

And now recently, a land mark framework agreement on climatic change was enunciated in Paris (2015) to keep and ensure global temperature slow down and this remarkable agreement followed as a sequel to united nations intergovernmental panel on climatic changes (IPCC) in association with world organisation (WHO) and UN Environment Programme (UNEP) scientific, technical and socio-economic information concerning to climate areas changes, its potential effects and opinions for adaptation and migration.

This framework was laid down on the occasion of world earth day (22nd April, 2016) where apart from US and China around 120 countries across the global participated. And this agreement was more relevant and of vital importance as a follow up for enforcement of draft treaty' adapted by around 195 countries present at United Nations climatic change conference. It is, therefore, expected that this world conference shall provide the required push in reducing global emissions, to extent of 55% by the most populating 55 countries.

Consequently, therefore, the signing of this agreement on climatic change, particularly when the most powerful countries viz US and China are in the lead is beyond doubt going to have a far reaching impact. This will rather change the glooming picture of the environment at large and shall provide impetus to the most magnanimous wordings of Margret Mead which go as such, " never doubt that a small group of thoughtful, committed citizen can change the world, indeed it is the only that ever has."

It is therefore, prudent to throw light on some of the very vital issues of the day and ensure their world wide implementation on larger scale.

* Averting deforestation. Our existing forest cover is frazzling rapidly with the revolving wheel of time and its further declination shall have to be averted by all the nations across the globe.

* Invigoratingextensive/intensive afforestations. This shall have to be ensured on gigantic scales as the losses we have already done are not so easily retrievable. And in doing so, we shall have to start from hills/ mountainous tops as these have doubtlessly become more sensitive and fragile and are subject to denudation and huge land mass movements in the shape of landslides, floods fury on an unprecedented scale. So unless our tops are safe , the low lying areas shall always be in peril. While celebrating earth day in 2015, it was pledged to plant 7.8 billion saplings world wide to account for every single person living on earth in a lead upto 50th anniversary of earth day in 2020. Where on the same earth such pledge has so far been initiated ? This invites special attention of the world leaders.

(The author is Former Dy. Conservator of Forest, J&K).

# How to prepare for NDA after the 10th

**■ VIJAY GARG**

Preparing for NDA after the 10th requires dedication, consistency, and a balance between academic and personality profiles. Many young defence aspirants have this question as to how they can prepare for NDA after completing high school. In this article, we will explore in detail all the key strategies and plans that NDA aspirants should follow before starting their preparation. Joining the National Defence Academy (NDA) and becoming an officer in the Indian Armed Forces is a dream of many youngsters. As a result, there is immense competition to secure a seat at the prestigious defence academy of our country. Thus, we recommend that you follow all the points discussed below to better understand the right approach to preparing for the NDA after the 10th.

Important Points to Consider Before Starting NDA Preparation

Mind makeup is one of the most important points to consider before you start NDA preparation. Since the competition level to join the NDA is very high, you should devote sufficient time to prepare for your defence dream.

You must also be committed to being consistent throughout your preparation. This kind of goal-setting and spirit of dedication will help keep you motivated and passionate about joining the National Defence Academy.

Another important point is that since you are starting your NDA preparation after 10th, you will have two years to prepare for the NDA exam because the minimum educational qualification to appear for NDA is either 12th appearing or passed.

NDA provides a golden career opportunity. It is also the most meaningful undergraduate program for those who love the military lifestyle. When you start preparing for this exam right after the 10th, you will have more attempts available until you reach the maximum age limit.

Effective Tips to Prepare for NDA after the 10th: Make a strategic plan to handle both school and NDA preparation; Never compromise with your school exams and prioritize them; Focus on your 11th and 12th subjects, specifically math; Explore the NDA syllabus and exam pattern simultaneously; Attempt previous years' NDA papers for a better understanding; Take a self-assessment test to know your strong and weak areas; Develop your communication and interpersonal skills; Participate in sports and other extracurricular activities; Develop a habit of reading an English newspaper daily; Learn to take responsibility at home and school; Make yourself feel comfortable in group talks; Participate in quiz competitions and group discussions; Consider Joining an NDA Foundation Course:

If you need the right mentorship and quality guidance for NDA preparation after 10th, you may consider opting for an NDA foundation course. Such foundation programs for the NDA exam teach and train young students in such a way that students can manage both school-level exams and NDA preparation altogether. Centurion Defence Academy provides the best NDA foundation course, in which highly trained and well-qualified teachers guide students for outstanding performance in both academic and personality development spheres. Through its NDA foundation program, Centurion Defence Academy prepares students as per the selection parameters of the Indian Armed Forces.

Read the NDA official notification thoroughly:

Download the NDA official notification PDF of any year from the UPSC website. The Union Public Service Commission (UPSC) is the exam-conducting body responsible for organizing the NDA written exam all over India. Subsequently, the UPSC also declares the NDA written results and the final results after the completion of the SSB interviews. Now you might be thinking about the SSB interview. After you clear the NDA written exam, a personality test or interview is held at various Services Selection Boards (SSBs) across India. The SSBs come under the Ministry of Defence, Government of India. By reading the NDA official notification thoroughly, you can learn in detail about all the aspects of the NDA exam.

Understand the NDA Selection Process

Since the National Defence Academy is a tri-service academy, it offers the opportunity to join either the Army wing, the Air Force wing or the Naval wing. It is important to note that after the selection for the NDA, candidates of all three wings are trained together at the National Defence Academy.

The NDA selection process consists of three main stages; the written stage, the SSB interview round, and the medical exam. After the declaration of the NDA written results, the qualified candidates are called for the SSB interview. Those who qualify for the SSB interview and get a recommendation are tested further for medical exams.

So, if a candidate has given his preference to join the Army wing, he will appear for the Services Selection Board (SSB) interview. A candidate with a preference to join the Air Force wing will appear for the Air Force Selection Board (AFSB) interview.

Similarly, candidates with a preference for the Navy will appear for the Naval Selection Board (NSB) interview. Although there is a difference in the names of the interview boards as per different wings, candidates popularly call all the personality tests as SSB interviews.

Considering the tough selection process for the NDA, candidates should focus on all aspects. Besides following a systematic study plan for the written exam, they should also focus on their physical fitness, mental alertness, and overall personality development.

Want to know more about the National Defence Academy?

Go through the official website of the National Defence Academy to understand the importance and significance of this prestigious defence academy in detail. Simultaneously, you can also visit the official YouTube channel of Centurion Defence Academy, which is the best NDA coaching in India, securing the highest selection rate in the NDA. On Centurion's official YouTube channel, you will get numerous videos related to NDA, its syllabus, exam pattern, preparation strategy, and many success stories shared by students who have cleared the NDA exam successfully.

Join the Best NDA Coaching for Holistic Guidance: Centurion Defence Academy is the best NDA coaching institute in India. The academy is known for giving the highest final selections in NDA from both male and female categories.

(The writer is Educational columnist).

# Not every Script who yearns to learn get to learn
## "Sometimes being too capable to others is too bad for yourselves- A telltale of Takri"

**■ DR SHIKHA MAGOTRA**

One fine day, a renowned teacher Guru OCR along with his ten students was passing through the mountains of north-west India. It was a long journey traversing each mountain with high peaks and dense forests. The region was rich in old manuscripts of all kinds, stone carvings, writings on copper plates/ pattas, revenue records, royal orders of old times, inscriptions on paintings and temples, sanads/ grant deeds and official as well as political letters. While roaming around the whole region, they found all these interesting manuscripts written in different scripts. Fascinated by the rich culture of the region, Guru OCR decided to stop for some time. So, they stopped near a cottage and Guru OCR began conversation with his students.

Guru OCR: "Students, I have taught you all the tools to work on all kinds of text. Ever since your childhood, when you all began your studies in the Gurukul, I taught you all about how to recognise scripts, their individual characters, segmenting the touching characters and all other steps required for efficient character recognition. We all collected huge databases of the scripts in printed and handwritten forms and worked on their recognition. Then, I also trained you on those enormous databases of your script's characters and slowly with time, you all learned to recognise even the complex forms of writings too under my supervision. Some of it you all learned without my supervision too, whenever I told you to do so. I have tested you all several times and you all have shown remarkable results."

All Indian Scripts Recognition: "Yes Guru ji, we have thoroughly learned all these tools of modern machine learning and deep learning approaches taught by you. You have also trained us with huge databases of our scripts.

Guru OCR: "Now, again, I want to test you all. Walking through this interesting mountainous area, I am extremely over-whelmed and want you all to explore this more. I will give a document of text printed in your own scripts; the characters in the document will be touching each other. You need to identify the touching part and then segment it into its individual characters."

All Indian Scripts Recognition: "Sure Guru ji, We are all ready. We will solve the problem efficiently."

Guru OCR: "Very Good! Go ahead! Make me proud!"

All Indian scripts recognition began their task of touching text identification and segmentation using more and more efficient tools in their toolbox including machine learning, deep learning and all.

Suddenly, a stranger appeared and solved the touching text quickly.

Guru OCR: (Astonished) "Who is this? Who solved these problems I have given to my students?"

Stranger: (Humbly) "Greetings Guru ji! I am Takri Script Recognition."

Guru OCR: "Takri! Who are you? Whose family do you belong? From where did you learn these modern approaches of dealing with the text? I didn't teach you!"

Stranger: "Guru ji! I have descended from Mother Sharada script. I am the sibling of Gurmukhi, the script of Punjab. I don't have any Guru OCR and not even trained on huge databases. Actually, I was used a century before for writing but with time, people adopted newer scripts and I lost my existence. Whole of my existence now ceased to speech only. People here still use me for speaking in their native languages here. So, I have very little resources/ documents in printed form. I have not learned modern approaches yet."

"Few people are left here who know me well and can read as well as write in me also. They are striving for my revival. For this, I needed you as my Guru. Knowing that you take official scripts only as your students and I no more belong to the official category, I could not approach you. But, I have thought of you as my Guru always and by imagination of your teachings, I have learned this much till now."

All Indian Scripts Recognition: "So, you are just a small obsolete regional script of India!"

Stranger: (Humbly) "I am Takri- a class of scripts, not a single one. I include 13 regional scripts of India- Chambeali, Dogri, Kangri, Bhatteali, Kochi, Kulvi, Kashtwari, Mandeali, Gaddi, Gahri, Kinnauri, Jaunsari, Sirmauri. All these scripts were once used for writing in whole of North- West India covering J&K, H.P., Uttarakhand."

"Yes! You are right. I am an ancient script but not completely obsolete till now. A lot of visitors from far regions come here and are keen for my revival. Moreover, I own a huge part of Cultural Heritage of India."

All Indian Scripts Recognition: (Astonished) "You cover 13 scripts!! That's even more than the total number of scripts of India."

Stranger: "Yes!" (Sad) "But, I am still a stranger for all."

Guru OCR: "It's sad on our part. You are a Super Script, Takri. But how did you solved touching text, then?"

Stranger (Takri): "Using Traditional methods of computation, Guru ji. While working on my revival here, I imagined you as my Guru and started working on the few printed forms present. Since, I was not available with enormous database too in printed forms here. Therefore, I decided to make something new derived from the older computation methods used for segmenting touching text.

Guru OCR: "So, the method did not require training on large databases and thus, segmented in a quick and simple way.

Stranger (Takri): Yes Guruji. The method is faster, simpler and at the same time, efficient too.

Guru OCR: "Well Takri! I appreciate your hard work and dedication. But none of your effort will pay unless you get recognition. All I can do is hope for your revival soon. Best Wishes."

Takri bowed to the Guru OCR.

Saying these words, Guru OCR and his students moved on to complete their journey further.

Takri (a little disappointed) stood there watching them all go out of his sight. He reminded himself of a famous saying- "Not every yearning gets fulfilled", and got back to work again.

(The writer is Ph.D. Computer Science Engineering with Specialisation in Takri Script).