

YOGA AN INTEGRAL PART OF LIVES

Yoga has emerged as an indispensable part of many people's lives worldwide, offering not just physical exercise but also mental tranquility and spiritual nourishment. Rooted in ancient Indian philosophy, yoga has transcended cultural boundaries to become a universal practice embraced by people from diverse backgrounds. In this discourse, we explore how yoga has evolved into an integral aspect of contemporary lifestyles.

At its core, yoga is a holistic discipline encompassing physical postures (asanas), breath control (pranayama), meditation, and ethical principles. While its origins date back thousands of years, the practice of yoga has adapted to modern times, catering to the needs and demands of contemporary life. People from all walks of life have integrated yoga into their daily routines, drawn by its myriad benefits for the body, mind, and spirit.

One of the key reasons why yoga has become indispensable for many is its ability to promote physical well-being. The practice of yoga asanas enhances flexibility, strength, and balance, improving overall fitness levels. Whether it's the dynamic sequences of Ashtanga or the gentle stretches of Hatha, there's a yoga style to suit every body type and fitness level. Moreover, yoga's emphasis on alignment and mindful movement reduces the risk of injuries, making it a safe and sustainable form of exercise.

However, yoga is not merely about physical fitness; it's equally about mental health and emotional harmony. In today's fast-paced world filled with stress and anxiety, yoga offers a sanctuary of calmness and serenity. Through deep breathing exercises and meditation, practitioners learn to quiet the incessant chatter of the mind, cultivating a sense of inner peace and emotional resilience. This aspect of yoga is particularly valuable in combating the negative effects of modern-day lifestyle factors such as work pressure, digital overload, and societal expectations.

Furthermore, yoga serves as a pathway to spiritual growth and self-discovery for many individuals. Beyond the physical postures, yoga philosophy delves into profound concepts such as interconnectedness, compassion, and self-awareness. Practitioners explore their inner landscapes, confronting limitations, and transcending egoic tendencies. In this journey of self-exploration, yoga becomes not just a practice but a way of life—a journey towards self-realization and enlightenment.

The inclusivity of yoga is another factor driving its widespread adoption. Unlike some forms of exercise that prioritize competition or aesthetic ideals, yoga embraces diversity and acceptance. Regardless of age, body shape, or fitness level, everyone can participate in and benefit from yoga. This inclusivity fosters a sense of community and belonging, uniting people from various backgrounds in their quest for holistic well-being.

Moreover, the accessibility of yoga adds to its appeal. With the proliferation of yoga studios, online classes, and mobile apps, practicing yoga has never been easier. Whether in a bustling metropolis or a remote village, individuals can access yoga resources and teachings, breaking down barriers of geography and socioeconomic status. This accessibility ensures that anyone with the desire to explore yoga can do so, regardless of their circumstances.

In conclusion, yoga has transcended its ancient origins to become an integral part of modern life for millions around the globe. Its holistic approach to health and wellness addresses the needs of the body, mind, and spirit, offering a comprehensive toolkit for self-care and personal growth. As we navigate the complexities of the contemporary world, the timeless wisdom of yoga continues to guide and inspire, illuminating the path towards a healthier, happier existence.

Modi's Third Term: A New Era of Leadership

DR SHIBEN KRISHEN RAINA

For the third time, the NDA government has been formed at the center and along with this, Mr. Narendra Damodardas Modi has also become the Prime Minister of the country for the third time. He has become the second leader of the country who has set a record of becoming the PM for the third consecutive term. Until now, this record was in the name of the country's first Prime Minister, Pandit Jawaharlal Nehru. On June 9, 2024, at the Rashtrapati Bhavan premises in Delhi, Narendra Modi, unanimously elected leader by the NDA, took oath as the Prime Minister of India for the third consecutive term, creating history.

However, Modi did not get the same mandate in his third term as in the previous two terms.

This time in the Lok Sabha elections, the BJP failed to achieve a majority on its own. In this Lok Sabha election, the Congress and the 'India' alliance performed relatively better and succeeded in stopping the BJP's advance in many areas of the Hindi belt including Uttar Pradesh, Haryana and Rajasthan.

Nevertheless, it is because of the BJP's vast political presence that it has emerged as the single largest party by winning 240 seats in the third consecutive Lok Sabha election.

After taking over for the first time in 2014, Modi is facing a strong opposition for the first time now. Especially due to the BJP's poor performance in Uttar Pradesh. In this state, which sends the maximum of eighty MPs to the Lok Sabha, the SP-Congress alliance has pushed back the BJP-led alliance.

Along with the Lok Sabha elections, elections were also held for the Odisha Legislative Assembly, in which the BJP won a massive majority.

This is the first time that the BJP will form a government on its own there. In Telangana too, the number of BJP MPs has doubled, while in Kerala, which has remained untouched so far, BJP has opened its account for the first time. BJP leaders say that these achievements highlight Prime Minister Modi's nationwide appeal.

Now that Modi has taken over the reins for the third term, the BJP hopes that he will once again prove his opponents wrong and continue to strengthen the party with new ideas in politics along with his policies and the basic mantra of Hindutva, development and 'Sabka Saath, Sabka Vikas' while taking the country forward.

Bowing before the mandate, the Prime Minister said that his third term will witness some new and big decisions. Okay, big goals can only be achieved through big decisions.

But if these big decisions keep revolving around religion or temples-mosques, it is worth remembering that, no doubt, such decisions arouse public sentiments and bring immediate benefits, but overall, they create an atmosphere of bitterness and resentment in the long run, both within the country and abroad. The BJP's loss of the Faizabad (Ayodhya) seat is a glaring example of this.

Harmony promotes harmony and creates a pleasant environment, while aggression leads to tension.

Harmony is another name for 'Sabka Saath, Sabka Vikas'. True development comes only from the implementation of public welfare schemes. This will help curb unemployment, inflation, corruption, etc.

It is hoped that Modi's third term will bring a message of prosperity and all-round development for the people of the country.

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Although significant strides have been taken in reducing child labour over time, recent years have seen global trends reverse, underscoring the pressing need to unite efforts in expediting actions to eradicate child labour in all its manifestations.

Since 2000, for nearly two decades, the world had been making steady progress in reducing child labour. But over the past few years, conflicts, crises and the COVID-19 pandemic, have plunged more families into poverty - and forced millions more children into child labour. Economic growth has not been sufficient, nor inclusive enough, to relieve the pressure that too many families and communities feel that makes them resort to child labour. Today, 160 million children are still engaged in child labour that is almost one in ten children worldwide.

Africa ranks highest among regions both in the percentage of children in child labour - one-fifth - and the absolute number of children in child labour - 72 million. Asia and the Pacific ranks second highest in both these measures - 7% of all children and 62 million in absolute terms are in child labour in the region. With the adoption of Sustainable Development Goal Target 8.7, the international community made a commitment to the elimination of child labour in all its forms by 2025.

The Africa and the Asia and the Pacific regions together account for almost nine out of every ten children in child labour worldwide. The remaining child labour population is divided among the Americas (11 million), Europe and Central Asia (6 million), and the Arab States (1 million). In

OMKAR DATTATRAY

Modi 3.0 NDA government is in action from the very first day after the swearing of the prime minister and his team of ministers. It is obvious and crystal clear that 100 days agenda is ready and it is going to be executed as the first priority. PM Narendra Modi on Monday began his third term in office by authorizing the release of the 17th installment of the 'PM kisan Nidhi' funds amounting to nearly Rs 20,000 crore. The move is expected to benefit 90 million farmers across the country. Everyone including his team of ministers, PMO employees, political parties and the general public know well the style of the functioning of Narendra Modi. Like Nehru, Modi also believes not in delays and excuses for delays but in the work done. He means business and delivery of services and benefits to the people. He started his new inning on a positive note and began the work of governance from the very first day of assuming the charge of office. He has very well planned the works to be done in the 100 days and has prioritized the agenda of the government and his team of ministers will have to toil a lot to execute the 100 days agenda. This Modi has set in motion the governance of his coalition and he directs all his colleagues to act on the fulfilling of the 100 day agenda on priority bases for the country. Modi is a hard task master and knows well how to extract the work from his team of ministers.

PM Modi was sworn into office on Sunday evening. While the new coalition government is expected to recalibrate Modi's existing plan for his third term, here is the roadmap for its first 100-

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Every year 12th of June is celebrated as the World Day against Child Labour (WDACL) across the globe to focus attention on the barbaric practice of child labour and to find ways to eradicate it. This day provides us an opportunity to gain support from governments, schools, civil society, youths and women groups as well as print and electronic media to eradicate the menace of child labour. This day was firstly launched by the International Labour Organisation (ILO) in 2002 to highlight the menace of child labour.

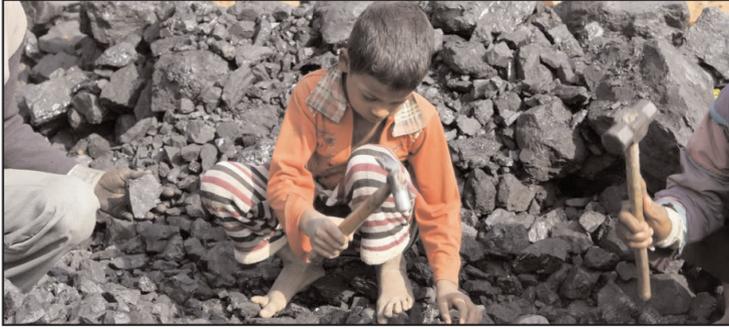
The theme of World Day Against Child Labour 2024 is 'Let's Act on Our Commitments: End Child Labor' which emphasizes the need for collective action to eradicate child labour and protect children from exploitation. According to International Labour Organization (ILO), child labour is defined as the work that is mentally, physically, socially or morally dangerous and harmful to the children and interferes with their schooling by depriving them of the opportunity to attend school and obliging them to leave school prematurely.

It has been observed that the poverty and lack of social security are the major causes of child labour. There are many cases of physical, sexual and emotional abuse of child domestic workers.

It is said that children are the greatest creation of God. They are born for love and affection. They are the future of any nation. Children are considered as the most important asset of any nation and if the children future is healthy, safe and secure then automatically nation's future will be bright and safe. They should not be subjugated to unbearable pain. Their dreams are stolen by some persons of society.

It is said that whatever is done to children, they will do to the society. Childhood is the happiest period for everybody life during which one learns about the basic strategy of life from the family members, others and nature. We celebrate many important days like Children's Day, Human Rights Day, Teachers Day, Literacy Day, World

World Day against child labour



terms of incidence, 5% of children are in child labour in the Americas, 4% in Europe and Central Asia, and 3% in the Arab states.

While the percentage of children in child labour is highest in low-income countries, their numbers are actually greater in middle-income countries. 9% all children in lower-middle-income countries, and 7% of all children in upper-middle-income countries, are in child labour. Statistics on the absolute number of children in child labour in each national income grouping indicate that 84 million children in child labour; accounting for 56% of all those in child labour; actually live in middle-income countries, and an additional 2 million live in high-income countries.

Every child has the right to health, education and protection, and every society has a stake in expanding children's opportunities in life. Yet, around the world, millions of children are denied a fair chance for no reason other than the country, gender or circumstances into which they are born. International days and weeks are occasions to educate the public on issues of concern, to

mobilize political will and resources to address global problems, and to celebrate and reinforce achievements of humanity. The existence of international days predates the establishment of the United Nations, but the UN has embraced them as a powerful advocacy tool. We also mark other UN observances. The World Day Against Child Labor is held annually on June 12. It is an international day to raise awareness and prompt action to stop child labor in all of its forms. The International Labour Organization (ILO) launched the World Day Against Child Labor in 2002. Since then, the day has focused attention on the prevalence of child labor throughout the world and the action and efforts essential to eliminating it. The International Labour Organization defines child labor as "work that deprives children of their childhood, their potential and their dignity, and that is harmful to physical and mental development." Not all work done by children is child labor. Activities that contribute to a child's positive development and provide skills and experience for them to become pro-

ductive members of society are not child labor.

The abolition of child labour is indeed a fundamental aspect of the pursuit of social justice. It represents the belief that every worker, regardless of age, should have the freedom and equal opportunity to receive their fair share of the wealth they have contributed to generating. By eradicating child labour, we strive to create a society where all individuals, including children, are treated with dignity and have access to quality education, adequate living conditions, and opportunities for personal development. This vision of social justice encompasses the idea that everyone deserves a fair and equitable chance to prosper and thrive, unburdened by the exploitation of child labour.

Economic growth, while important, has not been sufficient or inclusive enough to alleviate the pressures that drive families to rely on child labour as a means of survival. Child labour is a visible manifestation of the larger issues of poverty and exclusion. It denies children access to education and opportunities, placing them at a disadvantage in securing decent incomes and stable employment in adulthood.

While child labour primarily affects households and families, it also hinders the economic growth of entire countries and contributes to rising inequality worldwide. It poses a threat to social cohesion and impedes overall human progress. Addressing child labour requires comprehensive efforts to tackle poverty, promote education, and ensure opportunities for decent work and economic development. Over the years, World Day Against Child Labour has contributed to increased global attention on child labour issues and has played a crucial role in driving collective action to eradicate this violation of children's rights. It serves as a reminder of the ongoing challenges and the need for sustained efforts to create a world free from child labour.

Modi Governments 100 Day Agenda

The centre may also notify rules for the Digital Personal Data Protection Act (DPDPA) and introduce an amendment to the IT rules. The deadline to send suggestions on the draft bill ended on May 15. However, several industry experts have sought further extension of this deadline due to Lok Sabha elections. The skill development ministry may introduce new-age courses to suit the changing industry needs as part of its first 100-day agenda. The proposed amendments in the Special Economic Zones law may also be in the list. A number of key economic bills have already been drafted and finalized and may be taken up over the next few months. Most brokerages and experts believe that the third term of the NDA government would continue with its broad policy stance. The government will have its plate full with a long list of important bills. The 100-day agenda of the new Modi-led government will now be reviewed to accommodate the economic policy positions of the NDA allies and policy prescriptions presented in the state manifesto where the BJP fought assembly polls in alliance.

The Narendra Modi government may rework its 100 day agenda to accommodate its partners wishes after failing to secure an outright majority in the just concluded national elections. The BJP may also have to incorporate policy prescriptions in state manifestos where it contested along with allies. The latest plan is to discuss the 100-day agenda with all coalition partners, senior leaders of Telugu Desam Party (TDP) and Janata Dal (United), two key partners of the NDA led by Modi. Other NDA allies, including the Lok

Janshakti Party (Ram Vilas) and the Shiv Sena, would also give inputs for the agenda. Even before the government formation and the exit poll predictions giving BJP some more than 350 seats, Modi started serious deliberations on the potential new governments 100-day agenda. There were brainstorming sessions to discuss the agenda for governments 100 day program. Day after voting concluded for the Lok Sabha elections, PM Modi was busy with seven key meetings on a wide range of topics, according to people aware of the matter. The strategic meeting expected to an extensive and intensive discussion, will outline the Modi governments priorities and action plans for coming months.

Before embarking on his mega election campaign, PM Modi had told the top bureaucracy that their homework for the interregnum vacation was to prepare for decisions to be taken in the first 100-days of Modi 3.0. He made it clear to them that all the decisions will be made in the first 100 days of government formation.

Modi possesses the art of managing coalition government and it is expected that he will take all his allies in confidence for embarking the 100 day agenda of his government. The actual work for the coming 100 days plan has begun on the very first day of assuming office by PM Modi. In conclusion it can be said that Modi wants that his ministerial colleagues will work to give the results of executing the agenda of first 100 days of his NDA coalition.

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Menace of Child Labour

Environment Day and Mother's Day and so on. We observe the rituals but actually we ignore the basic purpose of these rituals. We see many important persons accompanied by their cronies spinning the wheel on Gandhiji birthday every year and after that we forget that great hero (Gandhiji) for the rest of year.

Similarly, we celebrate the Children Day on November 14 when we see VIPs sitting along with orphans and participate in some special programmes.

We observe many such anniversaries to attract the attention of others towards ourselves. Now the question arises- are we caring for children who become the responsible citizens of future? Millions of children of world undergo the different forms of child labour which includes child slavery, child prostitution, child trafficking, child soldiers etc. Child labour is a heinous crime, an offence and it is an old phenomenon which has increased with the increase in the industrializations and capitalism.

Economically child is considered as the least active member of an economy but socially children are the foundation of a nation. Psychologically childhood represents most tender phase where the child needs love, freedom and protection. In present era of technological advancement, children are being callously exploited almost in every country of the world.

According to International Labour Organisation (ILO), there are about 152 million children globally who are engaged in child labour. 72 million children do hazardous work.

It has also been observed that the most of poor families send their children for work. Child labour is the great evil which has been created by the parents of poor children due to poverty and lack of awareness of education. Efforts to Eradicate this evil have come to naught. These children are working under hazardous conditions. Their safety is the last concern.

The working children toil for 15 hours every day in dingy and cramped places, producing some products that fetch huge profits for their owners. The condition of

many work places is really unhealthy. According to experts, access to primary education could alleviate the problem to a great extent. In our country, elementary education has been made as a fundamental right. There is a need to make a beginning in this direction. It depends on us as how we can make this Fundamental Right a reality. Tamil Nadu introduced the mid-day meal scheme as a technique to increase the enrolment of children in the schools. Now the midday meal scheme has been implemented in all over the country. There is need to provide safe infrastructure and teachers to our school children.

Many children are sexually abused throughout their life. The offenders are known to them but even then there is no one with them for their safety. They are traumatized throughout their life. We often read such types of instances in different daily publications. The children from tourist places are also sexually abused.

In many places we often read about the rackets trading of children. These types of rackets promote the child prostitution. We don't have the estimation of children who are sexually abused because their fathers are languishing in prison and their mothers are trapped in red light areas.

What type of future can be expected of such children whose life suddenly halts before they begin it? Does anyone care for them? Or they left alone to tend themselves? Some Non-Government Organizations' (NGOs) are taking care for them and provide necessary commodities to these children. Some of NGOs set homes for these disadvantaged and deprived children. We come across child beggars and we can't make out which one is genuine and which one is spurious.

There are inter-state rackets that maim or blind children, making them objects of pity in order to get their due from people who sympathize with such people. There are plenty of laws for the beggars but they are rarely implemented. We observe the street children everywhere, in markets, railway stations and in cities.

They struggle during day and night for their livelihood. Some work as rag-pickers and some are shoeshine boys. They hardly have any place to sleep and no roof to protect them from sunshine and rains. They don't have any blanket or quilt to protect them in chilly conditions of January. Some NGOs should be applauded who work for them. Although India has been partially successful in arresting the growth of child labour, this evil still persists to the tune of outnumbering the population of many nations.

Child marriage is one of the examples which still exists in some parts of our country. Even our law has failed to curb this menace. It is not easy to change the attitude of a person even with a strict law.

The evils like corruption, dowry, child marriage, rape, prostitution etc. still flourish in the society despite law. Reforms must come from within and not from without. While child marriage is conducted in a clandestine manner in Karnataka in the guise of mass marriage, it is a hardy annual in states like Rajasthan and Chhattisgarh.

In May 2003, the Supreme Court of India issued notices to many states to prevent the child marriages. The petitioners pointed out that though poverty and illiteracy contributed to child marriages, the evil spawned far reaching consequences.

A young girl is not properly physically and mentally developed due to child marriage and her joy of childhood and personality development is deprived. Many children are thrown away after birth when they are born out of wedlock. Many children are left in the cradles of fondling homes or child care centres of the State Councils of Child Welfare functioning under the Indian Council of Child Welfare. Many children are given to adoptive parents. Extraordinary efforts are needed to eliminate the barbaric child labour.

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