

DEVELOPING HEALTHCARE SECTOR

Among innumerable welfare initiatives taken by the ruling dispensation for the welfare of people of J&K, who right from the accession of the princely state of Jammu and Kashmir into the nation, were facing several hardships due to apathetic attitude of earlier governments and numerous other reasons, the provision of basic amenities at the doorsteps of people is on the top. There was a time when the people of J&K, especially those living in rural and far-flung areas used to suffer on various fronts with no one to listen to their grievances but it is the ruling dispensation which not only worked in a proactive manner for the welfare of masses but also took all possible measures to ensure availability of several necessary facilities to the people. It is really a matter of great satisfaction that the people of Jammu and Kashmir who at a point of time were craving for even basic healthcare services and used to travel long distances for getting medicines or treatment, are now enjoying the world class healthcare facilities in their area without travelling long distances. Where after the formation of the Union territory, decision to open a number of healthcare institutes was taken by the Government on the other hand it was also ensured that the existing facilities, which lack staff and other things, are provided all required things to serve the masses in an effective way. In this regard, taking a significant decision, the highest decision making authority of the Union Territory, the administrative council led by LG Manoj Sinha has given the final nod to the proposal for constructing a 100 bedded Mother & Child Health Care Hospital at Lamberi in Rajouri. This medical institute on completion will not only ensure availability of necessary medical services for expected mothers and infants but will also reduce the workload on the hospitals located in nearby cities. Moreover, opening of such a health institute will also open up a number of employment avenues for the locals thereby supporting the government in its fight against unemployment besides making the area centre of excellent medical services for numerous other adjoining villages and blocks.

REVAMPING TRANSPORT NAGAR

It has been observed numerous times that despite several welfare projects launched by the UT administration under the guidance of centre government led by Prime Minister Narendra Modi, there are still few lacunas in the system, which are hampering the Government's efforts to ensure development on ground level. Although, the authorities are taking full care and precaution for ensuring implementation of all the directives religiously still some sectors remain out of notice due to one reason or another. Whereon one hand numerous developmental projects are going in both the capital cities of the Union Territory, there is a area called Transport Nagar in Jammu, which is still not developed in comparison to other areas of the winter capital. But as the ruling dispensation has always worked for the aspirations of people and took every possible step to meet the same, after getting numerous demands by several sections of society regarding development of Transport Nagar, the administrative council led by LG Manoj Sinha has approved the proposal of Jammu Metropolitan Regional Development Authority (JMRDA) for making necessary upgradations in road network and allied infrastructure at Transport Nagar, Narwal. As per details, the council has approved the proposal regarding development, to be completed at an estimated cost of Rs 33.57 crore in 12 months, for overall revamping of the area, which also has a bus terminal along with 1685 shops, 96 warehouses/godowns and a number of other offices. Under the proposal, where special stress will be accorded on black topping/ macadamization of roads, on the other hand special care will also be taken to decongest the roads for easing smooth flow of vehicles. This timely intervention of the administration by approving the necessary proposal will definitely give an altogether new look to Transport Nagar, which is presently in a deliberated condition due to damaged roads, filled with pot-holes and constant increase in the number of vehicles thronging the area, thereby fulfilling the long pending demand of several organizations and transporters.



Why humility such a big deal?

Charles Spurgeon said, “Be not proud of race, face, place, or grace.” Men by nature are proud creatures that love to proclaim what we know and can do. Pride is the root of every sin and evil. God does more than hate pride. Pride is so offensive that God actually “resists the proud,” while, in contrast, He “gives grace to the humble”. A study published in the Academy of Management Journal shows that leaders who show humility are more influential and make better leaders than those who do not. The study also found that a leader's humility is transmittable; in other words, humble leaders' followers were much more gentle themselves. Why is humility such a big deal to God? Because... Pride defies God. Pride leads the parade, and God hates it. Pride leads to calamity; Proverbs 16:18 says “Pride goes before destruction and haughtiness before a fall.” Pride is an attitude of independence from God. Thinking that we do not need God is one of the biggest mistakes we can make. It was pride that turned Lucifer, the son of the morning star, into Satan, the prince of the darkness. Satan—the arrogant being who started all of the evil we see in the world—is still “the ruler of this world” (John 14:30). His goal is the utter destruction of every single human being in

Bishop Lalachan Abraham

Proper career planning must for successful future

■ VIJAY GARG

Our career planning decisions and career path we choose will determine the patterns and texture of our future life and career. Nevertheless, after years of research and work were done in career planning, it has been concluded that most students leave high school and college without any clear plan in their mind which can guide them in selecting and pursuing a career or occupation. It has been estimated that when people feel overwhelmed by a job or career, they sometimes become overconfident and often fail to plan adequately for changes which they need to make for restoring balance in their lives. Many students face a career problem and also struggle so much to achieve their goals in life. But, students should become more strong and capable for following the path of difficulties which will lead them to their career and for sure alleviate their problems.

Good career planning provides a plan that is marked with intelligence, hard work, focus determination, strong will-power and aim to achieve the best output. It requires the integration of Career Factors which combine to make every individual unique and best - his innate abilities, his skills, his interests, his values, his goals, his family history, his personal style and characteristics, and his position in the Career Development Cycle. Career planning is a lifelong process which includes first- choosing an occupation, second- getting a job, third- growing in a job, fourth- changing careers, fifth- rotating job and lastly- retiring from a job. For planning our career we have to first define ourselves and our goals in a systematic way. At present, the level of competition is increasing day-by-day due to which students should need to plan their careers actively and valiantly. And also they should be taught now how to shift from one organization to another now for gaining maximum industry experience. The task and path of career planning are quite laborious, significant, organized, optimistic and well-defined. It requires systematic planning at every step and calculated execution of every plan. The most important step in career planning for students is to collect information about their own-self while deciding about a particular career option in their life. Students should always analyze their interest, skills, abilities, personal traits, thoughts so that they can easily understand and study the relationship between their career and themselves. There are three main aspects of Career Planning for students.

Career Option in Life: Students should give straight direction towards their career and choose a particular one by

involving themselves completely in it and should gain correct information with the help of the decision-making process. You should analyze the career option by keeping in mind about your present educational skills and qualifications.

Action Oriented Plan: Students should make plans in detail and wide range so, that they can become more determined and put all their efforts into it. Whenever you get an opportunity to prove yourself and get a chance to get into your desire career that time always tries to maintain it.

Setting of Goals: Students should set their goals according to their qualifications, priorities, work experience and expectations in life. Well, you should always remember that a successful professional is really an opportunistic in his/her moves, thoughts by examining every opening to turn easily to his/her way.

Career planning is the most important step that needs to be considered in totality and in a wide range. Students should not feel hesitant to seek the help from professional and find out the best and suitable career planning for you. At present, every day different careers, routes and professional opportunities are emerging, so only you have to choose the best and suitable option for yourself. Unique strengths, abilities, interests, aspirations, weaknesses will help you to decide which are the suitable options for you. The process of career planning is vital to your success. The entire process of career planning should be ideally done in a systematic manner with your career counselor so that you will get professional help at every step of your career. A trained career counselor can help you identify several professions in which you can be good. It is the sole responsibility of every student to make him so capable that nobody should dare to say 'You are Good for Nothing'. At last, the real fact is that we all have talents in ourselves that are hidden in us, so it is important to identify that and then work hard to develop them further. Another equally important aspect of self-assessment is self-analysis or soul-searching. We are the best judge for ourselves. If you concentrate and decide to be honest with yourself the self-analysis can project remarkable results. Students who will work-hard towards their studies, acquire new skills, make efforts will definitely get success and recognition in their life. Every student should identify his/her goals, values, aspirations and ambition. Now-days, as the organizations are becoming more demanding and mature which is obviously counted as a serious problem in our career path. So, students must gain experience as quickly as possible at this stage of their

career so that they can move with their peers in same speed of pace. It is truly said that without good career development opportunities, you cant achieve your long term goals in life. Always keep an open eye for every opportunity and be ready to take them as they come to you every time.

Advantages of Career Planning for Students: Decide what you want to Achieve in your Career: Goal setting is time-consuming and also involves more soul-searching, which will help to bring focus on your personal aspirations and goals. It will help you to crystallize what you want to achieve and how you will utilize your all efforts.

Testify your Current Position: Well, it is very much important to understand where you are at present so that you become more realistic in identifying the number of options which are open to you due to which you can use all the available resources which you are having in the best manner. You should have complete knowledge, skills and experience. Find out your Strength & Research your Options: For, knowing And identifying your career options, it is important to do some basic research on your own. Students should always need to know whether the career which they have chosen is increasing or decreasing in importance. So, that it becomes easy for you to know how well you will be paid in it.

Planning career & approach: Identify the most intermediate steps that you need for utilizing your skills, experience, desires, will-power, thoughts, actions and education. Always try to work out in a systematic manner to know how you will easily position yourself. Therefore, if you need new skills to make the change, then without any doubt you need to begin for acquiring them.

Become Independent & Take Action: Students should have a good idea of all the actions which they need to take to progress their career. All the efforts which are involved by the students will determine its values and bring out the quality role for each of them. The best careers come out through a mixture of careful planning and useful opportunities. All the students take this into consideration that while you are implementing your career plan, always make sure that you do not ignore good and active career opportunities. It is conducted that planning your career will helps you to avoid stress, monotonous atmosphere, boredom, frustration which fails your will-power to achieve your potential. Career planning is the most significant and first step for achieving success in your career. It is the responsibility of the students to use reliable resources which will help them to learn more about their areas of interest. A

valuable career self-assessment is only done by them who are really honest and mindful in life. Students should cover their career gaps and shortcomings so that they can achieve their goals in the best possible manner. Well, the essence of a career plan is knowing and also what you want and always determining how to get it. Always choose that decisions which will take you to achieve your career goals. In-fact your career should be a series of calculated steps which lead you to an end result. These decisions and actions basically include formal education, training, internship, certification and work experience. Some of the cases required a change of job, attitude, work environment or location. You should always consider all these steps properly and choose the best ones that you only believe will definitely work for you. Students should own the process, set their course and stick with it. Don't ever avoid challenges in life because to succeed you always have to face the challenges and vanish away the obstacles to achieve your career goal. We should always set our priorities first so, that we can move ahead easily towards our career path. The order which we follow is often determined by opportunities and resources which are available to us. It is not enough to plan only; we must follow it also and try to implement our career advancement preferences. For, planning our career it is not only about decision making but also about collecting career information in a wise, intelligent and purposeful manner. Students can also discuss their career goals with their teachers, parents, counselors, and instructors. They can also visit on different websites and online career guides for their choice of subjects. Every student should keep this thing in their mind that career planning should be dynamic, and not static. All should be sensitive while doing changes in your career path by being flexible and twister.

The continual study of different and new technologies has become necessary to keep update our computer skills on the current basis. It is our own responsibility to keep on investing ourselves. We should always look out for different ways to grow in our career and skills, through the medium of skill development, by attending career-related training in MNCs, by taking online courses etc. Career planning is all about taking your destiny in your hands. It is very truly said that nobody can succeed with career planning if they approach their life in an unplanned, useless, careless manner and by just hoping for the best to be done. Always try to approach your career planning with full sincerity, honesty, and wisdom. Well, career planning is neither difficult, boring nor much time to consume, it is just you simply need to be focused and active.

Big family brings big problems too

■ VINOD CHANDRASHEKHAR DIXIT

Next to China, India is the second largest populated country in the world. India, with 1.37 billion people, is the second-most populous country in the world. About 70 per cent of the Indian population lives in more than 550,000 villages. The balance stays in more than 200 towns and cities. India is expected to surpass China in total population by 2030 (five years earlier than previously estimated). The population of India in 2021 was 1,393,409,038, a 0.97 per cent increase from 2020. The current population of India is 1,505,792,364,908 as on July 8, 2022, based on Worldometer elaboration of latest United Nations data. The growing population is a major cause of concern globally, as overgrowing population is disturbing the balance of nature.

Over population is a hindrance in the path of India's economic development. Family planning awareness should be sown among the younger generations. Use of contraceptives should be encour-

aged. Smaller families contribute to the well being of the individual as well as to India's economy. The overwhelming population burden is causing a resource crunch on resources like hospitals, food grains, houses, or employment. According to the United Nations population projections, India's population will increase by a multiple of 1.09 between 2021 and 2031. The greater part of us is currently mindful that our population is growing expeditiously and we are in a phase where we need to control it. Our Prime Minister himself talked upon this point in his Independence Day speech and advised us to have a deeper thinking in family planning. Population is the means as well as an end of economic development. They are an asset if in adequate strength and prove to be a liability if excess in strength. But now the population has crossed the optimal limit in India and has become a liability. More people mean more consumption which in turn means more exploitation of fixed and exhaustible resources. Increasing

population has also aggravated the problem of unemployment and poverty. Emphasis on women's education and employment can play a major role in achieving this goal. Banning early marriages and enhancing minimum age of marriage for both male and females is vital.

Institutions and voluntary organisations must help people understand the importance of family planning. We can observe in our locality that small family with husband-wife and maximum two children live a good life in comparison to who have a big family with more than two children. In most of the big families with more than two children, it is hard for parents to afford basic necessities to run a house. National Population Policy (NPP) was introduced in 2000 when Atal Bihari Vajpayee was the Prime Minister.

The essence of the policy was the government's commitment to 'voluntary and informed choice and consent of citizens while availing of reproductive health

care services' along with a 'target-free approach in administering family planning services.' The growing population needs more natural resources and they are exhausting it without any care for environment and ecology thus disturbing the balance of nature. Many states have already enacted penal provisions to control population, or to encourage smaller families.

People need to be told and made to understand the consequences of having too many children. Population is also a reason for illiteracy and diseases and malnutrition and the negative effects of it are required to be communicated to the general public to expand their reasoning and understanding. Controlling population is a must for India as we have limited land and limited resources.

It is high time that we Indians should take measures to control this escalating population for the progress of our economy, our country. Our population policy should keep in mind the larger consequences of zero population growth.

Lacunas in Direct Benefit Transfer scheme

■ SHIV KUMAR PADHA

In order to ensure that the benefits of the welfare schemes of the governments reach up to the targeted population, without any pilferage at any stage, the visionary Prime Minister introduced a fool proof system of transferring the monetary benefits direct to the accounts of the beneficiaries. This scheme of payments is highly applauded throughout the country. But hats off to some departments, having public dealing and money involvement, devised an alternative system where they could kill two birds with one stone i.e. comply with the system as well as take the bribe from below the table in advance. Unlike the Prime Minister's popular Kissan

Samman Nidhi Yojna, where three installments of Rs 2,000 each is transferred direct to the accounts of crores Kissan beneficiaries every year with a click of the button, some departments in the J&K UT transfer the amount, of monetary benefits or the compensations, to the accounts of only those who make advance payments equal to the fixed percentage of the total amount of the benefit or compensation payable to them. The formulae 'first come first served prevails in such departments. The readers will be surprised to know that in some Panchayats of the UT the money is transferred into the accounts of the fake beneficiaries of MNREGA scheme without bringing in their knowledge of the

account holders in advance which, later on, is forcibly recovered from the gullible villagers. Under Panchayat Raj rules approval of the site plan from the Sarpanch along with the verification of the land and NOC from the BDO office has been made obligatory for every person constructing his residential house. It is seen that in majority of cases the poor villagers have to pay a heavy amount, as a bribe, to the employees of the concerned agency and the departments. It is worthwhile to mention here that a considerable amount is also charged from the beneficiaries of Kissan Samman Nidhi yojna before submitting their cases finally to the concerned quarters. It must be kept in mind by all the citizens that the

Objective of every scheme of the popular government is aimed at the welfare of its people but some corrupt elements in departments mint money brazenly and with impunity. In order to curb such criminal mentality of the corrupt officers/employees the payments to all such beneficiaries must be made, like in the Kissan Samman Nidhi Yojna programe, with one click of the button simultaneously. The ACB and the vigilance departments should identify such elements, tighten noose around them and put them behind bars. The money from the state coffers must go in the pockets of its justified claimants otherwise no welfare scheme what so ever, can improve the economic condition of its citizens.

YOUR COLUMN

One demand, one solution-Relocation

Dear Editor,

One wonders as to why the authorities at the helm of affairs are coercing PM Package and Non-Package employees to resume their duties back in the Kashmir valley even after knowing the fact that the situation is neither conducive nor feasible for the working of all such employees. Package employees are living under threat perception since after the targeted Killings of Hindu minority employees in Kashmir and thus working conditions for them is not good at present as there

is likelihood of threat to their lives. It is very sorry state of affairs that the authorities concerned are pressing hard upon PM package employees to resume their duties back in the valley that too when the situation is grim and volatile for minorities. However, it is indeed very disturbing phenomenon that even the salaries of some package employees have not been released by the concerned authorities. This further adds to their woes and miseries. The Government is treating PM Package employees as scapegoats and is experimenting with the lives of thousands of such employees by forcing and harassing them to reinjoin their duties. The PM package employees are on protest from the last two months for the safety of their lives

and thus rightly so are demanding their relocation/attachment in the Relief Commissioner's Migrant Office Jammu. It is now the bound duty of the government to order temporary adjustment of all such package employees outside the Kashmir valley to avoid any catastrophe.

If the centre and J&K UT government is really interested in the welfare of the PM package employees then authorities concerned must be directed not to coerce Package employees to resume their duties till all Package employees be relocated outside Kashmir valley.

Vivek Koul
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