


## DISTRICT GOOD GOVERNANCE INDEX

In composite ranking of first ever District Good Governance Index (DGGI) released by Home Minister, Amit Shah, the Jammu district has managed to top the list followed by districts of Doda, Samba, Pulwama and Srinagar in the UT. The DGGI is a framework document comprising of performance under ten governance sectors having 58 indicators with 116 data points. The criteria have been adopted after following a rigorous and robust process of data collection, screening and validation by each of the Districts. The governance sectors the performance of which was weighed under this index includes Agriculture and allied sector (11 indicators), Commerce and Industry (5), Human Resource Development (9), Public Health (9), Public Infrastructure and Utilities (6), Social Welfare and Development (6), Financial Inclusion (3), Judiciary and Public Safety (4), Environment (2) and Citizen-Centric Governance (3).

Under individual categories Kishtwar has been rated top in Agriculture sector, Jammu in two sectors of Commerce and Industry and Citizen Centric Governance, Pulwama in HRD, Reasi in Public Health, Srinagar in Public Infrastructure, Ramban in Social Welfare, Ganderbal in Financial Inclusion, Doda in Judicial and Public Safety and Shopian in Environment. In the overall ranking Ganderbal stands at 6th place, Anantnag at 7th, followed by Baramulla district at 8th place followed by Kathua (9th), and Kupwara at 10th place. The last 10 district in the index includes Kishtwar ranked 11th followed by districts of Budgam, Udhampur, Reasi, Bandipora, Ramban, Kulgam, Shopian, Poonch and Rajouri being at the bottom of the index in the composite ranking. The booklet states DGGI as a tool to assess the status of governance and impact of various interventions taken up by the districts and UT administration. Further it says that the index would provide a framework to assess the performance of the districts in specific sectors and provide useful information to the districts enabling them to formulate and implement suitable strategies to improve ease-of-living and service delivery. The ranking of the districts would bring about healthy competition amongst districts from which the citizens would be immensely benefitted. Pertinent to mention here that the Department of Administrative Reforms and Public Grievances (DARPG), Government of India has been guiding and providing financial support for the exercise with technical support extended by CGG, Hyderabad. The J&K Institute of Management for Public Administration and Rural Development (IMPARD) with active collaboration of Directorate of Economics and Statistics (DES) were the pivotal agencies in developing this index for the UT.



OFF 'D' CUFF

### 10 yogic steps to become ruler of the self

Our quest to control every aspect of life has made us good at mastering several things in the world around us, but the same cannot be said about our mastery of the world within us.

Being dependent on situations and people for how we feel, getting addicted to substances and gadgets, giving in to unhealthy food cravings, buying things to impress others are signs that we have become slaves not just to our mind but also to our sense organs.

Raj yog makes us rulers of the self, offers Swa-Rajya, Self-Mastery – where our mind always creates the right thoughts, independent of situations and people's behaviour. Self-discipline and will power come naturally to us, and our sense organs serve us, instead of controlling us.

Just as we need to excel in different subjects to obtain a master's degree, we need to follow a certain discipline to achieve self-mastery through a yogic lifestyle.

The first step is brahmacharya. It entails selfless intentions, and responding to situations through our innate samskaras of purity, peace, power, wisdom, love and bliss; second, brahmamahurat, the ideal time to wake up between 4am and 5am, also called Amritvela, is the highest-vibrational time of the day. It is best to energise oneself with meditation, yog and pranayama in this period. Third, jnana yog – engage in some form of spiritual study, since content forms our emotional diet; and aim to completely refrain from consuming negative content from any platform, because content = thoughts = personality = destiny.

Fourth, sattvic aahaar – as is the food, so is the mind. Food needs to be full of high-energy vibrations, not just nutrition. Tamasic food carries low-

energy vibrations of fear, anger, violence and death. Cook sattvic food with a peaceful state and eat it mindfully to make meal-time a divine experience.

Fifth, karma yog – pay attention to our every thought, word and action, knowing that karmas create our destiny. The karmas of a yogi radiate with vibrations of acceptance, compassion, forgiveness, cooperation and self-respect. Ethical principles need to permeate every aspect of life, for instance, how we earn is more important than how much we earn.

Sixth, traffic control of the mind – pause for a minute after every hour and meditate for a minute to rest and recharge the mind. Seventh, yog nidra – sleep of a yogi also needs to be like a meditation, so that even when sleeping one radiates pure vibrations. For this, it helps if we write a daily journal and release the day's clutter from the mind; forgive people and seek forgiveness for any wrongdoings, and meditate for 10 minutes before sleeping.

Eighth, self-restraint – gadgets provide physical comfort and not emotional comforts like happiness or respect. We need to use them only as needed and as much needed, without becoming dependent.

Ninth, minimalist living – freeing ourselves from clutter, both emotionally and materialistically. To buy things for comfort or utility is fine, but shopping to seek happiness makes it an addiction. Simple living creates simplicity in the mind.

Tenth, seva bhava – it entails rendering selfless service, charity, offering words of wisdom and the practice of mansa seva, service through thoughts, by consciously creating thoughts of healing and happiness for the whole planet.

**Brahma Kumaris**

## Vanamahostav- festival of tree culture & planting

■ G L KHAJURIA

The forests, the trees, the flora and the fauna housing in and Coleridge around us are all our kinsmen; these do deserve protection and preservation. Indian sub-continent is having a multifaceted religion, cultural, linguistic and ethnic ethos where various festivals are being celebrated. And amongst those, Vanamahostava, a festival of tree culture and planting is most reverentially celebrated annually with the onset of monsoon to protect and preserve the degrading environment over this only bio-sustaining planet- the mother Earth. Elsewhere across the world, this is also celebrated enthusiastically for greening the globe. Some 65 (Sixty-five) years back, first Vanamahostava was celebrated with much fan and fair to awake and sensitize public masses in general and younger generations in particular about the importance of forests and all other forms of bio life and to dedicate this day for environmental protection for its stability and sustainability. The concept of forest preservation and conservation has over the millennia past been honoured with utmost regard in almost all our religious scripts, the Vedas Purans and Upanisads, the Ramayana and the Mahabharata. The Quran, the Guru Granth Sahib, the Bible speak volumes of the importance of the forests and its surroundings. Thus, as such J Evenly rightly remarked, "We had better be without gold than our forests". But it is dismally to say that this invaluable asset is going to be driven to the verge of extinction so to say towards death Knell. The axe and the gun had over the years been the only tools in hands of mad civilized man to eke

out living not only for his need but more so for greed. Still sad is the careless handling of cigarette bit which may spell the doom forestry business and destroy the wildlife housing in and around the forests.

On the occasion of the celebration of the first Vanamahostava, our late President Dr Rajinder Prasad rightfully remarked, "I wonder sometimes if there is any source which gives us so much and of which we know so little as forest". In the same vein, K M Munshi, the then Food & Agriculture Minister said, "May the Gods, the Water, the Plants and the Forest trees accept our prayers and protect us forever and ever". He further emphasized that if the nation has to be survive, the philosophy of life must be understood not only in ideas, words and deeds but in terms which would replant us firmly on earth and under a shady tree. The trees are the poems mother earth writes upon the sky, we fell them down and turn into paper that we may record our emptiness. The present day scenario is perfectly like that and the nature warns us to be forestry conscious and save the planet at all costs. Add to it, the appealing of Sheikh Nur-U-Din Wali who said, 'Am Paoshi tele Paoshi Van' which means food will last so long as forests. It would, therefore, be most pertinent to note that our forest unlike other natural resources are ever renewable and their protection and preservation is of far greater importance than we have our life to us. Our life is wholly solely dependent upon forests and of bereft of them, our life would be a dull dying desert. Let us think over as to what our revered Brhadarenyaka Upanisad enlightens us, "As a mighty tree is so indeed a man, his

hairs are leaves and the skin outer bark and its nerves are tough like inner fiber. His bones are wood within and marrow resembling pith. A tree when it is felled springs up from its root in a newer form, form what root does a man spring forth when he is cut off by death? Undoubtedly, therefore, it is nature (Pakriti) and the process of her laws which are to be revered and going against those shall obliterate the entire ecosystem. As a result, therefore, we are subject to multihued problems e.g. mounting pollution, global warming tantamount to melting of snows and glaciers. There is over flooding of rivers resulting into uprising of water in seas and islands, apart from abrupt climatic changes and water crisis etc and the list is quite long. Forest department commemorated 131 Foundation Day in Srinagar, the other day on 24th June to mark 131 years of dedicated service. Around 100 officers and officials of different ranks including retired officers participated in oath online and offline. Department acknowledge landmark achievement of planting 1.37 crores saplings last year. And this year the target is likely to be enhanced to provide green cover. This shall boost preservation and conversation of forest and wildlife and ecosystem. Going It is most prudent for all nations of the world to launch a gigantic programmed for extensive / intensive afforestation so that all barren and denuded areas are well clothes by trees cover to avert the fragile soil of its being eroded. The denuded mountainous tops are to be prioritized as the landslides and erosions shoot off from there and unless our mountains are safe, the low lying areas shall always be in peril. A man mountain rela-

tionship needs to be established. The policy makers on the environment shall have to pick up the thread in theorientation of new policies for all safeguards. On the occasions of this year's Vanamahostava celebration, let us all irrespective of gender or age plant at least ten plants as the saying goes; equal to ten wells is a tank, equal to ten tanks is a son and equal to ten sons is a tree (Agni Puran). After planting, our job is not over but thence after it becomes our bounden duty for the cares and upbringing of these plants like our progeny with love and affection. It is only then that these plants shall behold us with due regards. As a corollary, therefore, let us pledge to protect and preserve our natural resources-the forest, its flora and fauna, its soil and minerals for the posterity otherwise they will be blaming us forever and ever. Let us learn to love nature as she loves us and without of her being with us we are no longer sustainable. If we do not protect nature and its surroundings, we as well don't deserve the right to protect ourselves at nature's cost. All the developments we are doing and of which we are the most boastful are at the cost of nature which warrants to be replenished. Let nature and the process of her laws co-exist and are honored alongside our developmental activities harmoniously. Once this process is judiciously put in a place, only then we can claim to be the pride of nation and the most revered- 'Mother earth'. Plant, protect and safeguard the planet, mother earth on all occasions, at all costs.

(The author is former Dy Conservator of Forests, J&K).

## Burgeoning population-a global challenge

■ DR BANARSI LAL

A lot of steps are being taken across the globe to create awareness on the global population issues such as family planning, gender equality, maternal health, poverty and human rights. Every year, July 11 is observed as the World Population Day, which day was established by the Governing Council of the United Nations Development Programme in 1989. The day was suggested by Dr K C Zachariah when the population was reached to five billion. We observe the display of increasing population in every nook and corner of India. Government of India has launched various policies, schemes and programmes for population stabilization. It is estimated that the actual population stabilization can take place in 2050. The birth rate in India is still higher than the death rate. Illiteracy, early marriage, poverty and age old cultural norms are the major causes of overpopulation. The first World Population Day was commemorated in 1987 when the world's population touched the five billion mark. In many developing countries fertility rate is declining but even then population growth continues at an alarming rate. In 1804, world population was 1 billion; it was 2 billion in 1927, 3 billion in 1960, 4 billion in 1974, 5 billion in 1987, 6 billion in 1999, and 7 billion in 2013 and is about 7.8 billion in 2022. China, India, United States, Indonesia and Brazil are the world's five largest countries in terms of population. According to the UN world population grows at a rate of 1.2 per cent which makes a net addition of 77 million people every year. Six countries account for half of those annual increment-India tops the list with 21 per cent, followed by China 12 per cent, Pakistan 5 per cent, Bangladesh, Nigeria and the United States with 4 per cent each. Following reasons explain why population matters. 2018 marks the 50th anniversary of a conference on family planning. In 1968, the International Conference on Human Rights was held. For the first time ever, family planning was affirmed to be a human right.

- Human beings are rapidly spoiling the earth's atmosphere.
- Around 800 million people are malnourished in worldwide and this number can increase significantly.
- Lack of education in reproductive health is a factor in the recent upsurge of infectious diseases.
- Water scarcity stems in many parts of the world due to increase in human

- demand. Worldwide water tables are dropping down.
- Wild habitats that shelter endangered plants and animals are giving way to human activities and needs.
- Pollution is causing many respiratory diseases in human beings.
- Farming lands are suffering from soil erosion and desertification.
- The competition for resources is increasing day-by day and the poor are getting poorer.
- By rapid population pressure migration pressures are aggravated.
- Civil conflict often emerges in societies where rapid population growth combines with environmental scarcity to undermine governments.

India was the first country in the world to launch a state sponsored population control programme in 1952. It was however met with much skepticism. After 1952, sharp declines in death rates were not accompanied by a similar drop in birth rates. India has built-in population momentum because of its young age structure-one fifth of India's population is between 15-19 years of age. Different regions of the country with different demographic features required a different treatment was another reason of its failure. India's population growth rate depends on how effectively the four Indian states i.e. Uttar Pradesh, Bihar, Rajasthan and Madhya Pradesh implement the policies because these states constitute 40 per cent of the country's population growth. Improved health services are mostly needed in these states. The fertility rate in these states is the highest and the women are the most disadvantaged. It has been revealed that in the coming 25 years, more than half of India's demographic growth will be in these states because of poverty and illiteracy. It has been observed that it has taken more time for the message like family planning to reach in these large agricultural and predominantly rural population states. It has been studied that fertility reduction began in the coastal areas of South India and then proceeded to spread inland. This was an advantage that the South had compared to the North. The Southern states have done better in providing family planning services. Population control programme has not been able to make inroads into all the pockets of the North Indian states as a result of which India's population has grown by gigantic proportions and in 2000 India touched 1 billion people mark i.e. 16 per cent of the world's popula-

tion living on 2.4 per cent of the world's land area. It is predicted that India may overtake China in 1925 if the current trend continues and earn the distinction of being not the most populous, but also the most illiterate country in the world. In this century the global population has increased threefold- while India's population has increased five times in the same period. In 1911 India's population was 252 million, 342 million in 1947, 361 in 1951, 846 million in 1991, 1 billion in 2000 and 1.27 billion in 2013. It can be mentioned that before independence India took 42 years to add 100 million. Since 1951 when the first census in India was conducted, about 600 million have been added to the population of India. The first 100 million was added in 12.5 years, the second 100 million in 9.3 years, the third 100 million in 6.4 years, the fifth and sixth 100 million in 5.8 years. It has been estimated that the population of Kerala, Tamil Nadu and Orissa will increase by 15 to 19 per cent during 1998-2016, while it would increase over 40 per cent in the states of Bihar, Rajasthan, Madhya Pradesh and Uttar Pradesh, the highest anticipated increase being in Uttar Pradesh with 55 per cent. According to estimate of Sample Registration System of the Office of Registrar General of India, the population of India is increasing at 15.5 million per year. 15.5 million addition in existing population every year requires the opening of 66,000 new primary schools annually, creating 30 lakh new non-agricultural jobs every year and accommodating 50 lakh additional labourers in the agro-sector. No doubt, China has a different political system which can impose the one-child policy, but its success cannot entirely be attributed to the compulsion factor. China has certainly been able to educate its people on the importance of having a small family and has offered lucrative financial aid to small families. It reduced its infant mortality rate to 17 per 1000, in comparison to 50 per 1000 in India. It has achieved almost 100 per cent literacy thereby making its people to understand the benefits of small family.

In India much success of population control programmes have been achieved in Kerala where the literacy rate is the highest and where women enjoy better status as compared to other states. Rampant illiteracy among the majority of population has failed to push forward the message of family planning programmes in India. There is need to aware the rural masses on problems associated with large

families and benefits of small families. A metamorphosis is needed in the attitude of people. In India, one child out of 13 dies without seeing the first birthday, 47 out of 1000 die within first month and 90 out of 1000 die before they are one year old. In China and Sri Lanka it is only 20-30 per cent. The National Population Commission was constituted on May 11, 2000, the day when India crossed the one billion mark. The commission is optimistic that population of India would be stabilized by 2045. Even if the goal is achieved, how we will meet the basic needs of people? The population growth rate in India has slowed down by 1.4 per cent, but it is nearly three times that of China's growth rate of 0.5 per cent. India is one of the most densely populated nations in the world. Its population density is 364 per square km. as per 2011 census which is much higher than many countries. The National Population Policy 2000 focuses on 12 strategic themes to achieve the 14 socio-demographic goals. The immediate objective of the policy was to address the unmet needs of contraception, health care infrastructure and health personnel and to provide integrated service delivery for basic reproductive and child care. The long term objective is to achieve a stable population by 2045 at a level consistent with the requirements of sustainable economic growth, social development and environment protection. Higher rural population is migrating to towns and cities which overpopulate the urban centers resulting in growing number of slums and unavailability of housing, medical and sanitation facilities. It is estimated that world's urban population would rise to 5 billion by 2030 which was around 3 billion in 2003. Tokyo, the world's most populous city with 35 million was projected to still be the largest in 2015 with 36 million people followed by the Indian cities of Mumbai and Delhi. India should make population control a top priority because all the fruits of development are lost due to increase in population which lowers per capita needs of the people and reduces growth benefits per head. There is an urgent need for higher quality services in reproductive health and family planning together with supporting measures. Government alone cannot achieve these ambitious goals. People, NGOs, Panchayats and private sector participation is must.

(The writer is Head, VKV, Reasi SKUAST-J).

## YOUR COLUMN

### Provide adequate treatment facilities at all veterinary hospitals

Dear Editor,

Through the columns of your esteemed daily, I have been raising issue of providing basic facilities in all major animal husbandry hospitals for better treatment of owned and stray-animals many times over the years but my efforts remained fruitless. Now, as a new office has recently took charge as Principal Secretary, Animal & Sheep Husbandry Department, I want to submit following few lines for his kind consideration with a renewed hope that this time my concerns will be taken seriously and appropriately addressed, and not remained confined to files.

There is only 1 hospital in whole Jammu division (CVH Gole-Pulli) with a X-ray machine, recently purchased at a cost of Rs 50 Lakh but it is still lying non functional for reasons best known to the department. While people like me have to cart animals to either private clinics at a whooping cost or get them treated with trial and error method risking their precious lives.

A ultrasound machine has also been purchased recently at CVH Gole Pulli but it is also not functional as no demo was provided to vets for its use nor any literature was made available to concerned operators for its use, hence lying in a box while people struggling to get ultrasound done from private

clinics which 90 per cent of people cannot afford and just helplessly see animals die in absence of specialized investigation facility to find the cause of their illnesses.

Every District CVH hospitals of Animal husbandry department should have a blood Analyser, X-Ray and Ultrasound facilities so that animals can be better treated and not referred to R S Pura SUKAST University, which is not possible for everyone. Please Provide basic facility for major and minor surgeries in all animal husbandry hospitals in Jammu division because even for a Cesarean section on a small or large animal, Government vets ask people to take them to either SUKAST (R S Pura) or CVH Gole Pulli, putting life of the animal at risk as dog or cow under-going labour pains, unable to deliver unassisted or having half a calf hanging out but hemorrhaging profusely can't be transported. 90 per cent die either on way or person does not have adequate resources to move the animal as no specialised critical Ambulances are provided for animals in UT of J&K. Cesarean section is a very common surgery but vets posted at the animal husbandry hospitals refuse the same saying they are not surgeons. There should be at least 2 trained surgeons posted in each district. Capacity building of vets employed with animal husbandry department should be must otherwise the hefty salaries drawn by Government vets remain unjustified while animals suffer untreated. Veterinary facility to reach the doorsteps of the farmers in rural and urban areas remain a dream as the fleet of critical care and hydraulic lift ambulances keep standing unused with the department for almost over and year.

A recent case of a dog in Katra, who could not deliver naturally and caretaker of stray kept requesting veterinary doctor posted in Katra to treat her and get same answer they are not surgeons and if they want to save dog, they should take her to Jammu CVH. The babies died in her womb, and after our intervention and multiple calls to Director Animal Husbandry Jammu, the dog was shifted to Gole Pulli and operated at 7 PM in evening, thereby saving her life but every animal is not that lucky and there are thousands of animals if not more needing critical life saving surgeries daily in various districts but are shown the door. There needs to be a revised SOP issued to each animal husbandry major and minor centre and checks and balances in place to monitor the performance of the vets employed with animal husbandry department. At least 1 or 2 Animal husbandry hospitals in every district should have 24 hours service for emergency cases as humans and animals suffer alike and can fall ill or meet with an accident any time of the day or night and might need immediate life saving treatment. There are 10 districts in Jammu division but except CVH Jammu no other hospital in Jammu division is open 24X7.

All the highlighted issues need urgent attention of the Principal Secretary, Animal & Sheep Husbandry Department and I am sure that with his experience and expertise, he would bring a much needed change in the functioning of Animal Husbandry Hospitals in UT of J&K.

**Devinder Kumar Madaan,**  
Chairperson 'Save Animals Value Environment',  
Senior Vice President SPCA Jammu.