

YATRA HEALTH SOP VITAL

Looking into the loss of lives along the Yatra route due to dwindling health condition of devotees, it becomes vital that people should not take things lightly and go for thorough medical check-up before deciding to pursue the annual Amarnath Yatra which has been commenced from June 30, 2022 and shall remain continued till the Raksha Bandhan Day on August 11, 2022. The reports coming from the route of Amarnath Yatra are startling because within one week's time already four people have died to due questionable health condition thus putting a big question mark on the health practitioners also who had given them the nod to go for one of the holiest pilgrimages of Hindus in the country. It has been time and again advised to the pilgrims not to take undue risk as far as those people are concerned who have comorbidities or any other health related issues because the terrain is difficult and the height of the path is so much so that breathlessness is a common sight. At times it becomes difficult for the devotees to even breathe normally due to higher altitude of mountains through which the Yatra track passes amid south Kashmir Himalayas. It is very common thing that devotees get ill during the Yatra and that is the reason that Shri Amarnath Shrine Board and the Government of Jammu and Kashmir used to establish health facilities along the Yatra route at regular intervals with specialized tests, treatment and consultation of specialists being offered free of cost but the people at times take it for granted and try to dodge the authorities by producing manipulated health reports which is unwarranted and do cause problems and even proved fatal. The reports are confirming that among the five devotees who have succumbed along the Yatra route, four have health issues, which is a serious matter because these lives could have been saved had the medical practitioners who have conducted their medical check-up taken things seriously. The role of the doctors is also very significant in saving lives during Yatra period because they should not take a lenient view while giving nod to people to go for the Yatra as it involves a precious human life.

STRINGENT LAWS REQUIRED

It is really a matter of grave concern that despite all possible measures In place by the security forces besides keeping a stern check on the movement and activities of smugglers, the drug menace is spreading like a wildfire across that nation and is percolating down to the roots of society. One can easily judge the intensity of the situation that what to talk of adult persons, several innocent students and girls are also getting addicted to this slow poison, which will lead them towards destruction and darkness. It has been proved several times that the neighbouring nation, as part of its ongoing proxy war, is pumping the poison of drugs into the country, not only for making youth addicted but also to raise funds for carrying out terror activities in the country. Moreover, despite stern vigil maintained by security forces on borders, the enemy nation somehow manages to pump drugs with the help of some traitors on this side of the border. Recently, after carrying out a detailed investigation on recovery of 16-kg heroin from Gurdaspur, IGP (Border Range) Punjab, Mohnish Chawla made a sensational revelation that J&K has emerged as a new route for transit of drugs through Punjab. Pertinent to mention here that on Friday, Punjab Police arrested four persons with 16.80 Kg in Gurdaspur, after intercepting two cars. The drugs were hidden in a specially-made cavity in the vehicles, which were coming from Jammu. Earlier also, Punjab police has recovered huge quantities of drugs from vehicles coming from J&K, which is bringing a bad name to the Union territory. The drug-peddlers, for getting some fast and easy-money, are not just making innocent people addicts but also helping the enemy nation in its evil designs. As such, more harsher punishments, equivalent to life sentence or even death penalty which are enforce in several nations already, are required to be awarded to all those found indulged in such illegal practices, as it is found that even after getting arrested with drugs several times, these drug-peddlers take benefit of certain loopholes in the system and their approach in corridors of power, and managed to get out from jails for resuming their illegal trade of death.



OFF 'D' CUFF

Meditation is the key to your own self

Meditation is an exercise at a higher mental level, coupled with concentration to move forward from the physical to the spiritual space. When the meditator goes beyond the physical space and reaches the spiritual space, he becomes enlightened. This enlightened space is the domain of knowledge and self-realization. It is not in the power of ordinary humans to see and comprehend this enlightenment fully. This enlightenment reveals to the meditator new horizons, transforms his inner core and leaves an everlasting impression on the soul.

This ultimately takes him to the state of Anand or Ecstasy

As the consciousness and life force are drawn to higher levels of perception, it brings about an inner awakening more satisfying than any other experience your mind or emotions could ever have. Gradually you are enabled to discover your true self, your infinite potential revealed and you begin to enjoy the eternal bliss and knowledge. Meditation is the art and science of attaining perfection at the physical, mental and spiritual levels and then ultimate aim being the realization of self and God.

In the first stage of meditation, a person sits in a comfortable yogic position and practices yogic breathing for some time. By doing so he activates the energy centers or chakras, and clears the channels for the upward flow of life energy. As guided by the Gurni, a meditator practices specific breathing techniques and attains inner balance thereby preparing himself for spiritual awakening.

Meditation Awakens through Concentration

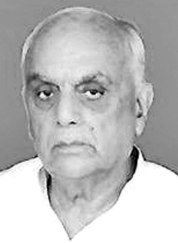
Normally people think that meditation is just a quiet process of thinking like any other in which a man moves forward and backward, goes through joy and disappointment, achievement and failure. But this is not the case. In meditation, a person progresses only after having integrated his physical, mental and spiritual energies; after having awakened them; and he moves upwards through concentration on the Agya Chakra and Sahasrar Chakra.

This practice goes on day in and day out, over a long period of time. Gradually, the secret and mysteries of self, life, God, reality and the universe begin to unfold and reveal themselves before the aspirant.

Shri Sudhanshuji Maharaj

Country's moorings & political upheavals

■ ER P L KHUSHU



During the last some time, enough upheavals and moorings of sorts took place in India. It made the people of India to face a lot of instability and insecurity in their visionary perceptions about this great country due to the errant behavior of some selfish politicians. Probably as per astrological combinations, such like situations had to occur: Only an astrologer can deliberate. But the political situations surrounding the nation are abuzz with the rumors that country's moorings are set to become partly more hostile and partly more volatile if not bitter. That is the situation presently. The nation has seen some unforeseen happenings occurring during the past some time, which includes some major political overtures, communal passions, regional imbalances, etc. But a situation about the future of the country is clear that this great country of India is in safe hands presently, being looked after very-well by an honest and a selfless politician cum statesman Narendra Modi, the Prime Minister of India. Some of the political happenings are shortly discussed as under:-

Presidential Election: As for as political overtures are concerned, the contest for the election of the post of the President of India exposed the opposition parties of their false national nexus with each other. It exposed their illusory cohesion and unorthodox love for power; to get collected as a national unit against Modi and his government. Before coming to it in detail, let the broader electoral parameters of the Presidential election to be held in July 2022. The 2022 Indian Presidential Election will be the 16th presidential election to be held in India. Presently, Ram Nath Kovind is the incumbent President of India. Article 56(1) of the Constitution of India provides that the President of India shall remain in office for a period of five years. Consequent to the expiry of the term of President Ram Nath Kovind, an election poll to fill in the office is scheduled to be held on 18 July 2022 and counting of votes will take place on 21 July 2022. On June 21, 2022, Yashwant Sinha, former BJP leader, was unanimously chosen as common candidate of UPA and other opposition parties for 2022 Presidential election. On the same day, NDA chose Draupadi Murmu as its candidate. The President of India is indirectly elected by an electoral college consisting of the elected members of both houses of parliament, the elected members of the Legislative assemblies of the 28 states and the elected members of the legislative assemblies of the union territories of Delhi, Pondicherry and Jammu & Kashmir. As of 2022, the Electoral College comprises 776 MPs and 4,123 MLAs. If all members of the electoral college become eligible to cast 1,098,903 votes, the system assigns varying numbers of votes to Electoral College members, so that the total weight of MPs and those of MLAs is roughly equal and that the voting power of states and territories are proportional, to the population, it will yield a threshold of win for a candidate with a minimum majority of 549,452 votes.

The Opposition's bid to put up a common candidate for the July 18 presidential elections had earlier gone in disarray, and appeared also fast turning out to be a game of political one-upmanship. The dilemma of the so called unified opposition was so nude that names of various imminent persons for this post by broken opposition, like that of Sharad Pawar, Gopal Krishan Gandhi and Dr Farooq Abdullah, went into a din, while all these persons retracted back for run on one reason or the other. A big jolt to the unity bid came when their only remaining shortlisted

candidate Gopal Krishna Gandhi declined the offer to contest, when on June 20, a day before leaders of 17 opposition parties met in New Delhi to finalise their nominee. In this regard, a meeting was convened by NCP Chief Sharad Pawar at the Parliament; when hours before the scheduled huddle, Gandhi politely declined offer to be in the race, requesting the opposition camp to find a better candidate. He said, "Several esteemed leaders of the Opposition have done me the honor of thinking of me for the Opposition's candidature in the upcoming elections for the highest office of Rashtrapati. I am most grateful to them. But having considered the matter deeply, I see that the Opposition's candidature should be one who will generate a national consensus and a national atmosphere, beside opposition unity. I feel there will be others who will do this far better than I. As such, I have requested the leaders to give the opportunity to such a person".

This certifies the mimic strength of opposition unity and dare to come with a consensus candidate with absolute hold on the truth and the amiability of such a person being acceptable to the nation as a whole, as the President of India. The announcement came as a blow to the Opposition's effort to turn the contest into an ideological battle between Gandhi versus Godse, a false narrative with a big ideological void, if not a Myth.

Prior to that, the two other shortlisted nominees by opposition parties viz, NCP leader Sharad Pawar and National Conference Patriarch Farooq Abdullah too had declined the offer. Shiv Sena had openly stated that both Abdullah and Gandhi were not heavyweight candidates. After Pawar's refusal, a TMC leader had said, that chance of the Opposition making the presidential poll an evenly fought contest became bleak. Sharad Pawar's argument that he is unable to offer himself as a joint candidate of opposition for such a post, as he has still enough to do with the political gamut of the country. Unfortunately, it gave immediate results when Maharashtra Government led by MVA, which is the brain child of Sharad Pawar, fell like a pack of cards, recently. It is thus a failed political strategy adopted by him to keep cats and pigeons together for sharing power. So better, be out of race for the presidential election in the interest of the country. As for as Dr Farooq Abdullah is concerned, he must have been caught between devil and the deep sea, on this count. He would welcome such an enterprise, but must have been restricted by his own circumstances of having strongly opposed the annulling of Articles 370 and 35A, and limiting the status of Jammu & Kashmir to the status of a Union Territory. He is heading the Gupkar Alliance, a group of local political leaders of Kashmir opposing the full merger of Jammu & Kashmir with India with abrogation of Articles 370 and 35A. How can he opt for the post of the Presidential elections of the country, under the circumstances? May be he becomes a victim of his own choices. God knows better.

In fact, more than the selecting of a unanimous candidate for the presidential post, it was also to exhibit the political muscle amongst the various opposition parties particularly the congress and the TMC, as to who holds key to such a stronger muscle to lead the opposition against Modi and its government in the future elections of India. It was thus to portray himself or herself as the head of that political party as the only alternative to the choice of the possible next prime Minister of India, during the course of the next general elections in India. A wishful thinking, devoid of any force, looking to familiarity of Modi not across India only but across the whole globe. A notable proverb, 'If wishes were horses, beggars would ride', applies here in full. It is said that Mamta

Banerjee wanted to set agenda for the 2024 Lok Sabha elections, by holding such meetings in the garb of selection of the presidential candidate and project herself as the leader of the opposition group by her unilateral announcement of the joint meeting. Congress leader from Bengal allegedly said this. He said that opposition parties are just putting up a show of unity, despite their inherent differences, hoping against hope that they would get a magical glue to hold them together in their common battle against the BJP.

Yashwant Sinha, a former Union Minister in Atal Bihari Vajpayee-led NDA government, was finally named the joint opposition candidate for President Polls. Opposition leaders, who gathered at the Parliament for the meeting convened by NCP Chief Sharad Pawar, unanimously agreed on Sinha's name. However, Sinha had to resign from TMC, which he had of late joined in his search for a better political accommodation, after he had opted out of BJP, probably for not being adjusted properly in the party or the government. This is what is said about him. On the same day, NDA chose Draupadi Murmu as its presidential candidate. This was a master stroke by the BJP led NDA to nominate a person from tribal family of India which has been done for the first time for such an election of the highest office of the country; viz, the President of India. Draupadi Murmu, who is the first Presidential candidate from Odisha and was the first woman Governor of Jharkhand. She served as Jharkhand Governor from 2015 to 2021. Born in a poor tribal family in village of Mayurbhanj on June 20, 1958, Draupadi Murmu completed her studies despite challenging circumstances. She taught at Shri Aurobindo Integral Education Centre, Rairangpur. Despite being born in a backward district in Odisha, she strived hard to pursue BA at Ramadevi Women's College Bhubaneswar. She started her political career as Rairangpur NAC vice-chairman. Murmu was a member of Odisha Legislative Assembly from Rairangpur between 2000 and 2004. As a Minister, she held portfolios of Transport and Commerce, Animal Husbandry & Fisheries. She again served as MLA in the Odisha assembly from 2004 to 2009. Looking to the whole scenario of voting pattern, Drapudi Murmu, the candidate of NDA, is almost sure win this prestigious election of the highest office of the country with a good margin of votes.

Fall of Maharashtra Government: A big political crises surfaced very recently, in the MVA Government of Maharashtra, when the majority of Shiv Sena MLA's turned to be rebels and challenged the authority of Uddhav Thackeray as the sole custodian and the heir of the Shiv Sena of Bala Sahib Thackeray. It was led by Eknath Shinde a veteran Shiv Sena leader, who opted to do so as he and most of the Shiv Sena MLA's and workers were not happy with the Uddhav Thackeray's joining hands with Congress and the NCP, to form the government in Maharashtra, thus compromising with the idea of 'Hindutva' of Bala Sahib Thackeray'. Lot of noise rose, when Shinde had to take his flock of MLA's to Guwahati and keep them there in a posh hotel, to keep them safe from the onslaught of the attacks of Shiv Sainiks in Maharashtra. Uddhav Thackeray and his coterie of Shiv Sena leaders and workers came on streets of Mumbai, to show their muscle and support, which turned to be very weak ultimately. After days of high drama and quite a few twists, Shiv Sena rebel leader Eknath Shinde was sworn in as the new chief minister of Maharashtra, with the support of BJP, when the BJP leader Devendra Fadnis is the deputy chief minister. The surprising development came a day after Uddhav Thackeray, who led the three-party Maha Vikas Aghadi Government, stepped down as CM ahead of a floor test. So a new government has assumed

the charge in the Maharashtra comprising of Shiv Sena led by Shinde and BJP. So BJP is back in power in Maharashtra. As it is said that anything is fair in love and war; so is the case with politics. BJP, having sufficient members as legislators to stake a claim for the post of Chief Minister; took the back seat in driving of the government, when its two-time Chief Minister Devendra Fadnis was asked by the central leadership of BJP not to ask for Chief Ministership and accept post of the Deputy Chief Minister instead. It was a masterstroke by BJP, to exhibit that it was again a Shiv Sena Government in Maharashtra which was backed by BJP. This step shrunk size of Uddhav Thackeray as its chief, when he has lost its hold on Shiv Sena as well. "King is dead, long live the King", Sharad Pawar as the king pin for the creation of MVA to rule Maharashtra with NCP as the main policy planner and a major partner in the government of MVA, lost the battle without fight. Does he deserve to be the President of India?

Mission South- BJP: BJP National Executive meet was held in Hyderabad just a day back. This meet is being held in Hyderabad after nearly 18 years after it was last held in 2004 during the Vajpayee era. The meet is crucial for Telangana as the BJP has decided to have the meeting here in line with its 'Mission South' agenda. The saffron party has been trying to consolidate its voter base in the south and this becomes crucial, as Telangana is due for its assembly elections next year Ahead of the National Executive Meet, here are five things you need to know: Prime Minister Narendra Modi, BJP President J P Nadda, Home Minister Amit Shah and top BJP leadership from the Union government including Union Ministers and Chief Ministers from BJP-ruled attended this meeting at Hyderabad International Convention Centre in Madhapur. The two-day meet witnessed more than 300 national leaders in attendance. The National Executive Meet is the party's highest policy-making forum. BJP hopes that the meet in Hyderabad will have its impact on the neighboring state of Karnataka, where it is already in power; and Tamil Nadu and Kerala where the party has been struggling to make its presence felt. Prime Minister Modi said in the last 8 yrs, we have initiated various policies for the welfare of the poor; Dalit, backward, and tribal people. That's why people from all sections of society have increased trust in our govt and its policies. People of Telangana are known for their hard work. People of this state have a lot of talent. Telangana is also known for its history and culture, its art and architecture are a matter of pride for all of us. In other states too, we have seen that the double-engine Govt of BJP has led to increasing trust of people in it. Even in Telangana people are paving the way for BJP's double-engine government, said Prime Minister in Hyderabad. BJP President J P Nadda, while addressing a rally said, People are perturbed by corruption and injustice of KCR govt. The state is in loss of Rs 4.5 lakh crore under him. People gave us a good response in recent elections held at different levels. Home Minister Amit Shah said that here is no development & no employment in Telangana. "As the country moves forward, Telangana is lagging behind. This does not bode well for the state.

Uproot the TRS govt. I appeal to everyone to give BJP a chance. We will fulfill all promises that TRS did not keep," he claimed. It is a political attempt and step taken by the top brass of BJP to make inroads in Telangana and around in Deep South.

(The author is a chartered consultant civil engineer, passionately attached and devoted to his motherland - Jammu & Kashmir).

Basohli-Ideal location for Bollywood

■ SHIV KUMAR PADHA

The moment one places his first step on threshold of Basohli, the gateway of Jammu and Kashmir; the entire stretch of picturesque and charming landscapes from Shivaliks at Basohli to junior or sub-Himalayas of Bani is unveiled. The region enroute Basohli and Bani is an ideal one for trekking and mountaineering expeditions and also for Bollywood to shoot films and other TV serials. The hills and mountains are covered with thick forests and the peaks clad with snow from which small brooks and the rivulets originate producing the rattling noise in the calm environment. The cascades of water, stair like farms, waterfalls and rich flora-fauna are enough to capture in the celluloid.

Basohli town as well as the entire Tehsil has as many beautiful and attractive tourist places and the spots as can attract attention of tourists having different tastes and liking. The 88 Sq Km water reservoir Ranjeet Sagar Lake passing below famous Atal Setu presents provide events like water-sports, boating, surf riding, para-sailing, boat racing etc. The world-famous Basohli palace, the wonder of the east and Purthu beach which resembles with one in Goa is the attractions available at Basohli. Sanan Ghat, Dhar Mahanpur; though, located at lower altitude of Shivaliks exhibit temperate type of climate throughout the season. These places, though located at hand shaking distance from Basohli are very charming and attractive. Due to the thick forests of Cheerh, they are rich source of enjoyment for the local and the people from adjoining states. The cascades of water and the stare type farms present a mesmerizing view. The entire region from Basohli to Bani is gifted with rich potential by the bountiful nature which can cater to Bollywood to the desired level. Bestowed with natural beauty and climatic variations ranging from equatorial to temperate, whole Bani Tehsil is considered as a unique geographical entity and occupies an important place among tourist places in Jammu region. Entire Bani Tehsil is hilly which abounds in sights rich in natural beauty. Sarthal, Lowang, Bani town, Dhagar, Chaladhar, Banjal, Rolka, Jaurian Mata and a terrain extending from Sarthal to Kailash are

worth mentioning having mesmerizing beauty and rich tourist potential. Ever-green tall waiving deodar trees, forests of Cheerh and Padtal, crystal-clear water and cool breeze, streams and brooks, springs and cascades, snow clad mountains, green pastures, vast stretches of water and snow, and the verdure, enhance the beauty of Bani. Owing to natural beauty, Bani is counted among the most important tourist places of Jammu Province. Doubtlessly, the whole Bani Tehsil is bestowed with enormous beauty by the nature but there are such places as excel in natural beauty in comparison with the one located in other parts of state. Banjal Gala is at a distance of 44 Km from Basohli on the old Basohli-Bani road and is situated at the peak of a hill 1980 meters above sea level. Perhaps Banjal forest is the only one in Jammu region which has got vast stretch of oak trees (Banj trees). Fascinated by beauty of Banjal, its springs of water, thick grooves of oak trees and lush green pastures, the British Government of the time selected Banjal suitable for sanitariums and tourist spots. Sat Seer is a famous water fall near Kardoh on Basohli Bani road. Other places like Sarthal Daggar, Jaurian Mata, Chala and Siara are places which have got immense potential to serve to the Bollywood. There is no exaggeration if I consider Basohli and Bani not second to any other place within entire UT, considered as heaven on the earth. With vast stretch of crystal clear water of RSD, construction of Atal Setu, network of connectivity and formation of the beaches and lagoons as a result of backwaters, Basohli has become a center for tourists of different tastes. It is pertinent to mention here that in addition to shooting of Hindi feature film Gadar; featuring Sunny Deol and Ameesha Patel, dozens of TV serials, video-song albums and pre-wedding albums are shot daily in and around Basohli. Now, it is for Bollywood to select cheap, safe, beautiful and nearest location for them or go for costly, distant and hazardous places of UT when every facility, both qualitative and quantitative, is available at cheaper rate at Basohli and Bani. Basohli tourism invites Bollywood to shoot and complete their films at a new and panoramic location Basohli.

PROGRESSING J&K

UT receives 338 proposals in Bio-Tech sector under New Industrial Scheme

J&K Government has received 338 proposals associated with the biotech sector which is emerging as a priority sector after the launch of new Industrial Development Scheme. With new Biotech capabilities and innovation, Jammu & Kashmir, bestowed with more than 3,500 medicinal plant species, will be able to harness market advantages in the most effective way and help the farmers to generate more income. The establishment of organic based and pharmaceutical companies will be successful in linking the abundant natural wealth of J&K neglected for decades with the industry.

Speaking on the subject, Lt Governor Manoj Sinha said that the inauguration of Industrial Biotech Park in Kathua will transform the economy and enable scientists to tackle challenges of climate change. "The enabling infrastructure will fuel a new wave of innovation and impact various sectors, from health and agriculture to cosmetics and materials", he observed. "Together with advances in Data Analytics, Machine Learning, Artificial Intelligence, Biotech Park

will accelerate change," he said. At North India's first Industrial Biotech Park, the Lieutenant Governor said that it will be a vital futuristic asset of Agriculture, Start-up Entrepreneurs, Researchers, Youth Entrepreneurs and Scientists of the region. He impressed upon the scientists of the industrial Biotech Park, Kathua and the researchers of SKUAST to collaborate on tissue culture and molecular diagnostics of new variety of plants. "Our goal is to integrate agriculture and allied sectors completely with biotech so that the whole time cycle of crop production can be streamlined and made beneficial for the farmers", he said.

The new Industrial Biotech Park at Kathua will provide Startups, Young Entrepreneurs and SMEs the tools that can make production cheaper, manageable and environmentally sustainable. Biotech Park would act as hub for incubation of new ideas and will act as a robust platform to support the agri-entrepreneurs, start-ups, progressive farmers, scientists, scholars and students not only

from Jammu and Kashmir and Ladakh but also from nearby states of Punjab, Haryana and Himachal Pradesh. The biotechnology park at Kathua has a potential to produce 25 startups in a year which will be among its great contributions to this region.

Another under construction Biotech Park at Handwara is coming up at a cost of Rs 84.66 Crore, shared between the Department of Biotechnology, Government of India and Science and Technology Department of the UT Government. Notably, to attract women scientists and to provide employment opportunities to the unemployed women scientists, DST and DBT in the Union Ministry of Science & Technology have special schemes. The number of Biotech Start-Ups in the country has increased from 50 to over 5,000 in the last 8 years, because of the support and enabling milieu provided by Prime Minister Narendra Modi since 2014. It is expected to cross the figure of 10,000 by 2025. India is ranked 12th in the world in biotech, 3rd in Asia-Pacific and the largest vaccine manufacturer in the world.