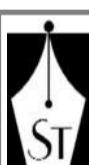


## EXCELLENT PERFORMANCE

It will not be an exaggeration to say that Jammu and Kashmir witnessed a revolutionary change soon after the erstwhile state was bifurcated into two Union Territories viz Jammu & Kashmir and Ladakh, as not only several major development programmes were implemented successfully but numerous people-oriented welfare schemes were launched, which were earlier not applicable in J&K due to presence of controversial articles 370 and 35A. The Government accorded a focused attention to both the newly created Union Territories in every scheme and programme for bringing the people at par with those residing in other states and UTs. Moreover, effective measures were also taken for tackling the challenges like terrorism, unemployment etc which the people of J&K were facing from last several years. As the Government realized that it is not possible to provide employment to every unemployed youth in the Union Territory, accordingly they were inspired to become entrepreneurs than wasting their precious time in the wait of job. All necessary assistance and hand holding along with necessary support, guidance and financial assistance was also provided to the interesting candidates without facing any complex procedure so that more and more youngsters are attracted towards the sector than increasing the number of unemployed force, waiting for a Government advertisement regarding a job. Moreover, besides promoting entrepreneurship, carrying forward the mission of ruling dispensation led by Prime Minister Narendra Modi to promote the concept of start-ups in the country the administration of Jammu and Kashmir also paid a focused attention towards the sector and ensured every possible assistance to the interesting aspirants in this regard. It is only due to the dedicated and result-oriented efforts of the UT administration that the Union Territory of Jammu and Kashmir has emerged as a top performer among all the Union Territories and states in the ranking of States' Exercise-2021 on Support to Start-Up Ecosystems. As per the results of third edition of 'Ranking of States on Support to Startup Ecosystems', Jammu and Kashmir has been clubbed with UTs and the north-eastern states including those States having less than one crore population has emerged as top performer. This excellent performance by the Union Territory on national level, that too within two years of its formation, is testimony of the fact that the government is working dedicatedly for taking J&K far ahead on the path of progress and prosperity.

## NEEDFUL STEP

Keeping alive the memories of those who laid down their lives for the country and its people is a solemn duty of the J&K administration in this regard by naming the schools, colleges, bridges and other buildings after great heroes and sons of the soil is a praiseworthy because the same will go a long way in making the progeny aware of the contribution of the aforesaid countrymen. LG Manoj Sinha himself have announced this significant move of the government to honour those who had laid their lives for the protection of the country's integrity, peace and prosperity in Jammu and Kashmir. Though the government had already started doing the same in the UT, LG Sinha has reassured them to make sure that everyone in the UT gets an idea of what is in offing for the brave-hearts of the country. Of course, the country cannot forget the contribution of brave hearts, who sacrificed their lives for the integrity of the country and those who kept the national flag high in J&K. This move of J&K Government has garnered much praise from the countrymen and therefore people should approach the helmsmen to further the cause by coming up with suggestions in this context so that great personalities which are lesser known in the common circle should be given due credit and people should start to give them their due respect. It is very important to ensure that the names given to the aforesaid buildings, bridges and hospitals are of genuine martyrs and not of those who belonged to lineage of few political dynasties as was the case in the past in the erstwhile state of J&K. This is very important as far as genuine tributes to those who laid down their lives for the nation is concerned. The government of J&K till date has taken so many pragmatic steps including the aforesaid one that raising doubt on the same is akin to a sin therefore people should have faith in LG Sinha's administration as he is the man behind colossal development of the state and eradicating the corruption, which was rampant a decade ago.



OFF 'D' CUFF

## Utilise your time wisely

Living in this world of matter, we focus much of our efforts on amassing material wealth, seeking name and fame and working hard towards financial independence, all of which we believe will bring us happiness. Little do we realise that none of these material possessions will accompany us when we leave this world. There is something much more precious than any material gains we can accrue, and that is time itself — a commodity that can neither be bought nor stopped.

We have each been given a finite amount of time on earth, a limited lifespan, which cannot be extended. With each passing second, we inch closer to our time of departing this world. Thus, it behoves us to make the best use of our time here to fulfil the purpose for which we were sent here — to realise ourselves as soul and to unite our soul with God.

Each of us has the same destination. We are all here to know God. It is simply a question of where we focus our attention and how we use our time. Just as with any other endeavour in life, progress on the spiritual path comes with sincere effort and hard work. When we put in the time and effort in our daily meditation practice and experience God within, we can be sure to reach our goal. We have to prioritise meditation for our spiritual growth.

Sant Rajinder Singh Ji Maharaj

## 'Ufff...! My child is technology addicted'

■ PARUL VOHRA

Perhaps one of the most common discussions amongst parents today is the addiction of technology that the children are facing today. It often becomes frustrating for a parent to see their child constantly on the mobile, iPad, laptop or maybe the television. Excessive usage of screen time and the pandemic has further deteriorated the situation. On an average a teen spends almost 8-10 hours in front of the screen and parents feel that they are losing control over their children. They fear that if they impose restrictions on the screen time or if they take it away, there's going to be a big scene at home. Here are a few tips that will help parents to ease out this addiction of your children:

1. Set No technology time - Decide a fixed time, maybe an hour and call it a No Technology hour. During this time no member of the house should use technology; including parents. Utilize this time to communicate with each other or play a board game or maybe even watch a movie together.

2. No technology during meal time - Ensure that at least one meal should be together with the family without any usage of mobile phones or TV.

3. No technology after 10 PM - If your child has school the next day, set a certain time when the phone should be kept in your room for the night. This will give the child a sound sleep and be ready for the next morning. Late night usage of phone greatly impacts both sleep and health.

4. Teach them socializing - Encourage them to meet and play with their peers. Tell them to go cycling or play any outdoor game. This not only improves their social skills but will also develop healthy physical habits.

5. Re arrange your room - Change the seating of your TV room in such a way that to look at the TV, one needs to turn and twist making it difficult to watch.

6. Hand them responsibilities - Allot household responsibilities to your children as per their age. It'll be solely their duty to fulfill it. The responsibilities can be such as filling water bottles to purchasing household items from the nearby market.

7. Take small steps to make it easier - De addicting the usage of technology isn't easy and if you expect to see changes immediately, then forget it. Start by little, maybe 15 minutes and gradually increase the timings.

8. Disable the notification apps -

Because even if we are busy and the notification rings, automatically our hand reaches the phone to check it and so do our children. Encourage your child to disable all unnecessary notification apps to avoid constant monitoring.

9. Black and White - Life is colorful but keep the phone display black and white as colorful screen attracts you and your children, a black and white won't, resulting in less usage.

10. Be a role model - Children are monkeys that copy everything parents do. If we parents are not able to keep ourselves away from our mobiles, then why do we expect our children to do so?

According to a study, an average man touches his / her mobile 2617 times a day and an addit more than 5400 times daily. In which category do you see yourself parents? To wrap up - If you feel you or your children are becoming addicted to technology, take action immediately. It may be difficult at the starting but it isn't impossible, start small as I've said. If you want your child to have a healthy, happy and enriching growing up years, you have to start now.

(The author is a Parent Counselor who assists parents & teachers in becoming more effective, confident & capable in their skills).

## Supreme Court crossing Laxman Rekha

■ OKMAR DATTATRAY

It is very unfortunate and unbecoming that the top court of the country—the Supreme Court had made unprecedented observations against suspended BJP Spokesperson Nupur Sharma the other day and it prompted the legal fraternity to slam the remarks of the Supreme Court against suspended BJP Spokesperson. The group of former judges, civil servants and defense veterans has alleged that the Supreme Court bench has crossed the Laxman Rekha. They have commented that the unfortunate remarks and observations are not in sync with the judicial ethos and have sent shock waves throughout the country and outside the country as well. This is a very disturbing development in the judicial history of the country. In fact these observations have no parallels in the annals of judiciary and are an indelible scar on the justice system of the largest democracy. These unbecoming and unwarranted remarks against Nupur Sharma have the potentially serious consequences on the democratic values and security of the country. The observations made by the Supreme Court judges are unprecedented and have no parallels in the judicial history of the country and thus the unfortunate remarks have been slammed by a group of the former judges, all India civil servants and the retired defense veterans. They are rightly demanding the rectification of the unfortunate observations so that these will have no adverse effects on the security and peace in the country. The unfortunate observations have laid an indelible scar on the justice system of the largest democracy and therefore the Supreme Court should take necessary steps to put the matters right by rectification of the unfortunate observations. While the group of former judges, civil servants and the defense veterans have slammed the remarks of the two-judge bench, the top lawyers body has not find any fault in the oral observations of the judges and have in fact supported the remarks. All India Bar Association also wrote a letter to the Chief Justice N V Ramana urging him not to take cognizance of the letter petition of the group of former judges seeking withdrawal of the Supreme Court observations against Nupur Sharma. In fact, AIBA appreciated the remarks made by the two judges while hearing the rite petition concerning Nupur Sharma. The AIBA has said that while engaging with the counsel, it is natural for the judges to open up and make observations and suggestions. Thus the question of expunging the observations does not arise even though the remarks are irrelevant. Such observations have the potential of emboldening the radicalized youth and Udaipur and Amravati like incidents may take place in the country and therefore there is immediate need to expunge the unfortunate remarks which have serious security consequences on the country. The AIBA appreciates the observations of the judges as the offending remarks were made by a seasoned leader and a lawyer. Earlier

a bench of justices Surya Kant and J P Pardiwala had on July 1st severely reprimanded Sharma for her comments against prophet Mohammed and said that her loose tongue has set entire country on fire and that she is single-handedly responsible for what is happening in the country. A social activist Ajay Gautam resident of Delhi has filed a rite petition praying for the withdrawal of the observations made by the Supreme Court judges against Nupur Sharma so that she gets a chance of fair trial. The statement made by the group of judges, former all India service officers and retired defense veterans is sharply critical of the observations made by two-judge bench of the Supreme Court. The statement said that by no stretch of imagination these observations which is not the part of the judicial order, can be sanctified on the plank of judicial propriety and fairness. They also said that such observations are outrageous transgressions and have no parallels in the annals of judiciary. The group of Judges and the retired civil servants and the retired defense veterans further said the we concerned citizens do believe that democracy of any country will remain intact till all the institutions perform their duties as per the constitution. In fact the recent observations of the two judges of the Supreme Court have surpassed the Laxman Rekha and it has compelled the group under question to issue a statement slamming the observations. These unfortunate and unprecedented comments have sent shock waves in the country and outside and therefore these deserve to be withdrawn. The observations made are too serious to be underestimated and overlooked if rule of law, democracy has to sustain and blossom and deserve to be recalled with the stance that sooths minds that care for justice. The statement further said that court's observations have no connect jurisprudentially with the issue raised in the petition and transgressed in an unprecedented manner all canons of the dispensation of justice. Nupur Sharma was defacto denied access to judiciary and in the process there was an outrage on the preamble, spirit and essence of the constitution of India which in fact is very disturbing. In the observations there is virtual exoneration of the dastardly beheading of Kanaiyal Lal at Udaipur in broad daylight. In fact the legal fraternity is bound to be surprised and shocked at the observations that an FIR should lead to arrest. The observations on the other institutions of the country without notice to them are indeed worrisome and alarming. The group in question also defended Sharma's plea for clapping all FIRs against her citing previous orders of the apex court. In short it can safely be said that the observations of the Supreme Court are nothing short of crossing the Laxman Rekha and therefore deserves to be recalled and withdrawn.

(The author is a columnist and social activist).

## Role of Yoga &amp; diet in PCOD

■ DR AYUSHI GUPTA

Very often female health is taken for granted. Females, with their diverse body status have diversity in their health conditions also. One such condition and indeed a very common one is PCOD or Polycystic Ovarian Disease affecting approximately 8-22 per cent of reproductive age females in India. PCOD is a multi-factorial condition in which females have chronic anovulation and hyperandrogenism (presence of excessive male hormones in females). Owing to the stresses of life, sedentary lifestyle, junk food, PCOD has become fairly common in India especially in urban population. Though it includes a wide variety of symptoms, the most common ones are obesity, menstrual irregularities like heavy periods, periods at irregular intervals, hirsutism (excessive body hair in a female), acne, mood swings and even insulin resistance, diabetes mellitus and problems like infertility are also seen in such females. These females can also develop hypertension, osteoporosis and endometrial cancer in future. Not only that, these females have poor self-esteem because of obesity, acne and excessive body hair. Not being able to conceive also makes them prone to develop panic attacks, depression and anxiety. Some PCOD females also show gastric problems like indigestion, acidity and may have problems like IBS. No doubt there are a lot of medicines and treatments available for PCOD but there are certain lifestyle changes which we can include in our lives for curing the symptoms like obesity, unnecessary stress, menstrual problems and all this can be achieved with YOGA. With YOGA we work not only on our physical health but mental health too. So while you are decreasing your body fat and toning your muscles with the help of various Asanas, the breathing part of it and Pranayama helps to calm the mind and thus decreasing stress and anxiety which are often seen in PCOD females.

As they say easy come easy go, same applies to the medical treatment that is once stopped medicines cannot cure the problem permanently. But regular practice of Yoga and maintaining a healthy lifestyle is like what is said slow and steady wins the race and here the race is against PCOD. Some of the most effective Yoga Asanas are Surya Namaskar, Dhanurasana, Chakrasana, Balasana, Bhujangasana, Paschimottanasana, Naukasana etc. These Asanas with breath control can be done in a sequence form in which we can either hold the asana for a prolonged period of time, which works on muscles and ligaments, tendons surrounding joints or we can progress through the Asanas with each inhale and exhale, thus working on the cardiovascular system. For example even doing a few rounds of Surya Namaskar daily is enough. Pranayama like Anulom Vilom, Kapalbhati also help by decreasing stress in body and massaging internal organs for their better functioning. If done regularly for at least 15-30 minutes these help with hormonal imbalance, relieve menstrual discomfort, decrease obesity, build and tone muscles, strength the bone and joints, maintain cardiovascular health and promote mental well being as YOGA helps in maintaining health of the pelvic and abdominal organs, endocrine functioning and mental stability. Our bodies love balance. So a proper balance of Yoga with right amount of nutritious food taken in a proper way and at proper time is the key to cure this disease in the long run. Well balanced diet with adequate amounts of macronutrients that is proteins, carbohydrates, fats and good amounts of micronutrients like iron, calcium, vitamins, etc help to strengthen our bodies from within. Having a good nutritious breakfast, a proper lunch, a healthy snack in between and a light dinner about 2-3 hours before going to bed is the right kind of meal plan that these females should follow.

YOUR COLUMN  
Plea to Lieutenant Governor

Dear Editor,

Through the medium of your esteemed daily, I would like to make a plea to the Lieutenant Governor of J&K, Manoj Sinha. The ground situation in Kashmir is presently terribly volatile for PM Package employees. These unfortunate employees are working under risk to their lives particularly after the terrorists have gunned down the members of the minority community. Not only the members of the minority community were killed but PM package employees were also martyred in the line of duty by terrorists, which is very unfortunate and brings shivers down ones spine. This has created fear psychosis and insecurity among the PM package employees. A large number of such employees are living in the rented accommodation and they have not been provided

ed with the government accommodation and as such there is no security for such employees and there is great risk to the innocent lives of these employees as they work under perpetual threat to their lives especially after the terrorists have killed the PM package employee Rahul Bhat on the line of the duty. The killings of the minority community members has created fear, suspicion and uncertainty in Kashmir valley and the conditions are very sensitive and they resemble the hay days of terrorism of 1990s and thus there is all round fear and mistrust in Kashmir after the dastardly act of the gunning down of the members of the minority communities. Now all the Package employees are peacefully protesting in the Relief Commissioner Office Jammu from the last 54 days and they are genuinely demanding their relocation outside Kashmir valley. They are begging and requesting the government for the safety of their lives but Government is treating these employees as laboratory objects for experimentation purpose only. It is the height of injustice that

## Recognize your orientation

■ MOHANJI

Question: What is more important in spirituality - faith or being objective?

Mohangi: Being practical. This is very important in spirituality. Spirituality is not apart from you. Spirituality is your connection with the spirit aspect of you, which is the consciousness aspect. It has three dimensions, the waking state, the deep sleep state and the dream state. In these three states, you are experiencing this incarnation, your life on earth, every day 24 hours. So while you are awake, it is very important to be practical. For example, many have come to me and asked, what is the right path? You can't generalize the right path, because it is individualistic, because it is as you are. Some people love to experience devotion, Bhakti, because their orientation is Bhakti.

Some people like the path of knowledge, the questions and the answers, because they operate from their intellect. You cannot deny that. That is the way they are, so when somebody is operating from their intellect, they need answers and that is the Gyan-marg - the path of knowledge. Then there is path of service. They are very kind at heart. They want to serve the world. They love everybody. They have a lot of compassion. The kindness overwhelms them. All these are signs of a Karma Yogi, somebody who is there for the world. So it is very important to recognize our orientation and based on our orientation, we should choose our path. Hence, no generalization is possible. That is why I said practicality is very important. Objectivity is not as important as practicality. Even if a Guru or spiritual master gives you something that you can't use, guides you to a method that is not suitable to you, you should be very practical about it. You should say that this doesn't suit me and instead choose something which suits you, because the entire spiritual journey is about you.

PROGRESSING J&K  
PMDP projects witnessing  
tremendous progress since 2019  
29 projects already completed

The Central Government funded projects under Prime Minister Development Package (PMDP) which were languishing or were being executed at snail's pace are witnessing a tremendous progress since 2019. Out of total of 53 projects sanctioned at a cost of Rs. 58,477 crore under the PMDP, 29 projects have already been completed or substantially completed. Among these projects, 18 projects are under the jurisdiction of the Government of India and 35 under the Government of J&K.

As per official details, 12 more projects will be completed during the current financial year and another six projects are likely to be completed by end of 2023. Central Government is providing unstinting support in accelerating the pace of development in Jammu and Kashmir which has resulted in the rapid transformation of the entire Union Territory on all fronts. The transformation in each sector has brought economic stability, enabling the UT to march towards a golden future as the government is making every effort to ensure that the benefits of development reach all sections of the society.

According to officials, from 2015 to 2020, only 7 projects were completed out of 53 but in the last two years over 22 projects have been fully/substantially completed. According to a parliamentary committee report, the J&K Government has informed the panel that as of December 2019, around 46 per cent of funds have been spent under the package while seven projects have already been completed. The PM's package was announced on 7 November 2015 by Prime Minister Narendra Modi involving an outlay of Rs. 80,068 crore. The Reconstruction Plan essentially rests on five Pillars-Humanitarian Relief, Crisis Management, Social Infrastructure Development Projects and Economic Infrastructure. The Reconstruction Plan aims at expanding economic infrastructure, expanding provision of basic services, providing thrust to employment and income generation and providing relief and rehabilitation to the victims of September, 2014 floods and to strengthen Disaster Management Framework of the J&K. It involves humanitarian relief to the affected families of September 2014, floods in the form of enhanced ex-gratia relief for reconstruction of houses; assistance for rehabilitation of livelihoods in the form of interest subvention for traders / self employed / business establishments etc.; rehabilitation Package for one time Settlement of displaced persons of PoK and Chhamb and provision of transit accommodation and additional jobs for the Kashmiri migrants. Similarly, under crisis management component which costs Rs 5858 cr, includes undertaking a Comprehensive Flood Control Project for River Jhelum and its tributaries including dredging and de-silting; assistance for permanent restoration of damaged public infrastructure assets; assistance under World Bank assisted Jhelum Tawi Flood Recovery project; strengthening the Disaster Management Framework in the State, including setting up of EOCs and allied infrastructure etc.

In Social infrastructure component creation of two AIIMs like institutions for health care in J&K; stepping up of support for creation of infrastructure in District Hospitals; Sub District hospitals and PHCs was decided besides establishment of IIM, Jammu; IIT Jammu; 1,00,000 youth to be trained for self employment and wage employment placement linked skilled training under HIMAYAT scheme; construction of indoor and outdoor stadiums to encourage sports persons and to increase the economic activity in the region. The fourth component involves action on projects in sectors relating to tourism, agriculture, horticulture and urban development and funding for externally aided projects etc. Economic Infrastructure component includes taking up major projects in sectors such as Power, Road, Transport and Highways, Urban Development such as Pakal Dul HEP, Srinagar-Leh 220 KV Transmission line; two Pilot Solar Power projects in Leh and Kargil; funds for Power sector Reforms; funds for augmentation of T&D System; preparation of DPRs and implementation/installation of Small Hydro Projects, four laning and improvement of different sections of Jammu-Srinagar Highway; five projects for improving road connectivity in the State under Bharat Mala; Improving Urban infrastructure in the Capital cities of Jammu and Srinagar etc.

Government is not paying any heed towards their demand of relocation. These minority killings have created an unprecedented situation in Kashmir where it has become impossible for Package employees to work in such an atmosphere. We are in favour of the return and rehabilitation but all talk of return is humbug till the conditions in the valley are not normalized. The ground conditions in Kashmir are not feasible for the return of the Kashmiri Pandits yet and the migrant PM package employees should not be made sacrificial goats at the altar of the secular democracy of the country. Therefore, it is impressed upon the LG to kindly intervene and order the temporary adjustment of the PM package migrant employees outside Kashmir valley and immediately attach them to Relief Commissioner's Migrant Office Jammu till Kashmir be declared as completely terror-free by the Government.

Vivek Koul,  
Jammu.