

CORRUPTION FREE SOCIETY

In today's time, the problem of corruption in the country has taken the form of an epidemic. If you go anywhere in the country, most of the people will be found involved in corruption. Be it private sector, government sector or any other sector corruption has spread its roots everywhere. Due to which the whole country pays the result of this wrong policy. Lack of education is an important reason for corruption. An illiterate person earns money through illegal means to meet his needs. That's why the government is laying emphasis on education through the campaign. It is very important for us to elect a capable leader to remove corruption. The leader who is suitable for our country makes significant efforts to eliminate corruption. That's why it is necessary to elect such a leader who takes meaningful steps to stop corruption. Many rules should be made by law in which illegal work or wrongly earned black money should be confiscated and that person should be punished. Both the bribe taker and the giver should be punished because both the bribe taker and the giver are wrong. Government should take strict action against such people. Cameras should be installed everywhere in government and non-government offices. So that people remain under the surveillance of the camera. Corruption can be reduced to a great extent by the fear of cameras. To make India corruption free, first of all giving and taking bribe has to be stopped. Accountability of income of all employees and officers should be checked, anti-corruption recruitment of employees and officers should be ensured at all places by taking vigilance.

Importance of Guidance, Counselling in adolescents' life

■ VIJAY GARG

Guidance is a broader term which includes counselling as one of its services. It means help or advice to deal with the complex problems linked with your work, education, personal relationship and making into easier ones. Guidance is regarded as a conceptualized programme of activities that offers a gateway out to the existing problems in the present era of complex scientific and technological developments. The aim of guidance and counselling is to assist behaviour change, enhance coping skills, promote decision making, improve the relationship and to facilitate users' potential.

Guidance and counselling help to recognize and understand about one's talents and abilities, help to develop an optimistic outlook for removal of undesirable traits, it aids to develop resourcefulness and self-direction in adapting to changes in society. Guidance and counselling earn recognition through their services rendered in enhancing human happiness by being healthier; more productive, attain valuable lesson and also eliminate later stage problems. The major aim of guidance and counselling services is to encourage students' academic, social, emotional and personal development. These are thus, an integral component of education as well. Guidance and counselling have become very imperative for young children and schools have a massive role in fetching out the best in children, as at today's time young minds need guidance to polish their personality and also help to attend to the physical, social, psychological, educational and vocational needs of the school students who go a long way to remove impediments of learning.

Adolescence is generally considered as a turbulent period and is often portrayed as a negative phase of life-a phase of storm and stress to be survived or endured. This stage is best defined as a critical period in relation to puberty and also considered as a revolution of a person's life which starts with biological transformation and finished in adjusting with those challenges in the society. Adolescence means 'to emerge' to attain 'identity' and this way of attaining identity has to go long facing up with challenges as well as changes. During this period a variety of physiological, cognitive, emotional and social changes take place. Adolescence emerges from later childhood and merges into adulthood with sexual maturity, increased hormone levels, desire for more independence, the capacity to think abstractly, escalating interest in peers, distancing from parents due to relationship with peers or outside and the inauguration of a romantic relationship are characteristics of adolescence. These characteristics are like shifting from a child like to be adult-like. The tendency to make innovative discoveries is more frequent in adolescence as compare to childhood because in childhood scope of activity is restricted as a child has fear of guardians or afraid of going far whereas in adolescence they discover superior freedom. Additionally, there is a diverse number of conflicts that adolescents are faced with, such as making decisions about future adult role, identity formation and separating themselves from caregivers.

Adolescents require explicit attention. Today, millions of children are addicted to drugs, engaged in various crimes, school dropout, delinquency, attempt suicide, suffer from anxieties and depressions. In spite of rising in literacy rates, the trend of opting the wrong decision or confusing is continuously increasing in children because of the lack of guidance services. At this stage of life, adolescents are packed with multifarious challenges and if these challenges are not resolved, they may go on to become a social misfit in later life. An adolescent on his own may also make use of trial-and-error approach and master the developmental tasks vital for the switch to ideal adulthood but in the practice, they used to waste their precious time that they might spend in learning and knowing further constructive activities and also it would deteriorate their self-confidence and motivation to acquire up tasks that have proved to be hard in doing it. They are not mature enough to critically evaluate baffling situation arising due to these changes around them. Many of these problems not only require remedial treatment but also prominently help from guidance and counselling profession to take preventive efforts. Thus, adolescence becomes challenging as well as a puzzling chapter of lifespan development for those who are facing and also for the parents and adults who are raising and nurturing their children. So to survive this period and get the direction of fulfilling their potential, adolescents require guidance and honest support. Adolescents confront problems which they cannot readily cope with the absence of assistance from their parents, teachers or professionals such as school counsellors. The academic achievement may be one of the determinants of adolescent mental health and as a result, can be associated with the adolescents' need for guidance and counselling. A school counsellor's role also becomes sensitive when the ultimate aim is students academic achievement.

Teenagers have an important role in society. Today's young people are the hope, future citizens and leaders of tomorrow; therefore it is necessary to develop aptitude, behaviour and action according to democratic ideals. In India adolescence has a good hold on the population. They will be controlling and running the world someday. Clearly, we need to be better understand these challenges and find appropriate solutions. The principle of guidance and counselling in schools is to make progress in academic achievement, increase acquisitions and application of conflict resolution, promote affirmative study attitudes and behaviour and reduce school dropouts of the children. Even at institutions, adolescents have the stress of academic performance, selecting fields of specialization and career as well. Teachers as well as parents choose academic achievement as sole criteria to judge students' performance. However, it can be a very hard period during which a great deal of understanding, patience and support is required. Modernization has given many positive effects as it is providing so many opportunities, but at the same time, it has remitted into multiple stressors in adolescents' life. This stress leads to massive mental health problems. It is, therefore, very pertinent that students' guidance and counselling needs must be known, so that, steps can be taken to make available required support services in this regard to them at an adequate level.

■ DR.BANARSI LAL

Water is a finite and irreplaceable resource that is fundamental to human well-being. It is indispensable for the existence of animal and plant ecosystems and is an essential element in the development of economic activities of any nation. It is the most vital resource for the existence of life on earth. No other natural resource is having such an overwhelming influence. Earth three-fourths surface is covered by the oceans. Freshwater constitutes a very small proportion of this enormous quantity. About 2.7 per cent of the total water available on the earth is fresh water of which 75.2 per cent lies frozen in Polar Regions and another 22.6 per cent is present as ground water. Rest of water is available in rivers, lakes, atmosphere water and soil and vegetation. India is having 2.4 per cent of the world's geographical area, 4 per cent of the world's water resources and 17.7 per cent of the world's population. It has been observed that less than one per cent of the world's fresh water on earth is readily available for human consumption. As the human population grows, the demand on freshwater resources will also grow. Presently the world is facing a freshwater crisis. If per-capita consumption of water resource continues to rise at its current rate, humankind could be using over 90 per cent of all available freshwater within 25 years leaving just 10 per cent for the rest of the world's species.

The availability of water is falling overtime and water crisis is the fifth highest risk to the society according to the 2020 edition of the World Economic Forum's Global Risk report. Valuing the multiple uses of water from agriculture to power generation, domestic use, industry, fisheries, ecosystem and livelihoods can help to transform this looming crisis into an opportunity for advancing crisis. Each year, there are about 250 million cases of water borne diseases with around 5-10 million deaths. It is not only people who are threatened by water shortages and pollution, freshwater ecosystems which harbour the world's greatest concentration of species are among the most vulnerable on earth. Around half of the world's wetlands have been destroyed in the last 100 years. Two-fifths of the fish are freshwater species and of these around 20 per cent are threatened, endangered or have become extinct in recent decades. Presently the freshwater demand is increasing not only because of demographic pressures but also because of improved living standards, urban and industrial growth. The world's thirst for water is likely to become one of the most important issues of the 21st century. Global water consumption raised six fold between 1990 and 1995-more than double the rate of population growth and continues to grow rapidly as agricultural, industrial and domestic demand increase. In some areas, water withdrawals are so high relative to supply that surface water supplies are literally shrinking and ground water reserves are being depleted faster than they can be replenished by precipitation. Due to overexploitation of ground water, water tables are dropping and some

■ OMKAR DATTATRAY

Nature has played its spoil sport in several states of north India ,were there has been unimaginable very heavy downpour for three /four days .While farmers ,businessmen and the common people wait anxiously for a good monsoon as the economy of the country as well as agriculture depend upon good monsoon .But when rainfall exceeds its limit and continues for more days ,it causes the floods ,landslides and damage to the agricultural produce ,properties ,roads ,bridges and loss of precious human lives and the same has happened in many states of northern India and the people were taken unaware and faced the wrath and fury of nature that is of Inder Daveta who is the God of Rains .There has been continuous rains in Delhi ,Punjab ,Haryana ,Rajasthan ,Himachal Pradesh ,UP ,Uttarakhand and some other states .All these states have faced the continues rains ,floods ,landslides and damage to public and private properties .The roads in these states were merged in deep waters and there was big damage to the roads ,highways and bridges as such the means of communication and transport were affected .There were floods ,landslides in north India after monsoon fury .The weather office said that the unprecedented rainfall is due to the confluence of a western disturbance and monsoonal winds .Heavy rains across north India over the last few days led to several deaths in landslides and other rain related incidents .The Indian Meteorological Department has predicted heavy ,very heavy and extremely heavy rainfall in 23 states in the country .A red alert has been issued in Uttarakhand ,while extremely heavy rainfall is expected in West Bengal ,Sikkim ,Arunachal Pradesh and Meghalaya .The scale of damage in the entire region of north India has been captured in visuals of bridges being swept away ,boulders tumbling down hills due to rain -induced landslides ,and vehicles swallowed by the gushing waters .The river Yamuna in Delhi breached the danger mark of 205.33 meters .The water level continued to rise overnight and it reached 206.32 meters .The increase in water level was due to Haryana releasing more

rivers often become dry before they reach the sea.

Freshwater is available as rainfall, surface water, ground water and atmospheric moisture. All these sources vary over place and time both seasonality and from year to year to year. Over exploitation of water resources, degradation of water recharge structures, paucity of funds, depleting water resources due to failure of monsoon and competing demand on the available water resources are the factors that cause concern on the supply front. On the demand side, factors such as growing urbanization, increase in population, change in life styles etc. also increase the complexity of the problem. Presently many Indian cities do not have enough sources of water and in future, it would have to be transported over large distances as the water is found more away from the cities. The country's present and future situation can be gauged by the trend in water availability. It has been observed that irrigation alone accounted around 83 per cent of the total water use in 1997-98 on the demand side and it is likely to slow down to 69.5 per cent by the year 2050 due to the impact of technological advancement in irrigation. Demand of water for domestic, industrial and thermal power generation is expected to increase sharply. The limited ground water sources have not been able to keep pace with recharge and discharge to renew the balance. The amount of water available per person in India has decreased steadily over a period of time. It is predicted that the world in the year 2050 will be largely different from what it is today. Water sector will undergo dramatic changes in the years to come. We have no option but to depend on the available sources of water and have the responsibility to save and conserve them without fail.

Widespread aquifer depletion in the ground water areas, water logging in the canal regions and soil salinisation due to sea water ingress in the coastal zones are undeniable symptoms of an imminent water crisis in India. The water crisis has both quantitative and qualitative dimensions. We have glaring instances of water sharing conflicts not only between the states but also among the farmers or other water users. We have not heard of river water disputes till the middle of 20th century. Disputes over river water are of recent origin. It is predicted that rivers and their water distribution will become one of the most politicised ecological issues in the near future. Water is scarce even for drinking purpose. India already is facing an alarming situation. Its fragile water resources are stressed and depleting while various sectorial demands are growing rapidly even as about 200 million people in the country do not have proper access to safe drinking water and nearly 1.5 million children under five die each year due to water-borne diseases. The droughts conditions in several parts of the country are on the rise and disputes over sharing of the water resources are becoming grimmer. If the available freshwater resources in India are not managed properly India can face a severe water crisis. At present, six of India's 20 major river basins already fall into water scarce category. It is expected that by the year 2025, five more

Monsoon Fury and Gal Tandav in north India

and even hospitals were submerged in flood waters .Kullo Manali and Kasul were badly affected by floods and there was much loss to the properties of people and to the roads and bridges .In Himachal Pradesh ,the worst affected state in north India ,heavy rain battered the state ,leading to the deaths of 90 people and causing damage worth Rs 4000 crore .The state's capital Shimla reported the highest number of casualties with 11 dead .Over 500 tourists have been stranded in various parts of the state after rain -induced landslides cut off access to the areas .In Uttarakhand the situation of rainfall and floods is also very serious and the people have been badly affected by continuous rains .Heavy rains and falling boulders killed four people and injured seven others in Uttarakhand .Three vehicles were damaged by falling stones and boulders due to incessant rainfall and floods in the state .An orange alert has been sounded in the state with CM Pushkar Singh Dami saying that his administration remains on full alert .Further north ,in Jammu and Kashmir the Amarnath Yatra has been suspended for four days in a row due to damage to Jammu-Srinagar national highway in Ramban section The highway was closed after heavy rain caused landslides .As a result 15,000 pilgrims were stranded in Jammu and other places. In Ramban and Banihal Jammu and also in Kashmir valley there were incessant rains for three ,four days and it led to increase in water level of river Tawi ,Ujj in Jammu division and in Jehlum in Kashmir but thank God it did not result in the floods. There were heavy rainfall and floods in UP and Rajasthan and much damage was reported from these states as well ,as the rivers flooded with the rain waters and water submerged roads and highways and water gushed into houses of the people at various places and hundreds of people were displaced due to heavy rains and consequent floods .Thus there is seen the sorrow spectacle of the fury of monsoon in various parts of north India but the south Indian states experience scant monsoon and have a dry whether which also is a cause of concern to the people and governments there .It is nature's

fury and spoil spot that while north India is battling with heavy rainfall and floods ,the 12 south Indian states are having very scant rainfall and dryness .It seems to be the partiality and bias of the Rain God .There is no equitable rainfall and monsoon in India .It is unfortunate that while north India is having very heavy rainfall and floods ,the 12 southern states are experiencing dry weather which also is no less than a misfortune.12 Indian states face rainfall deficiency in July with southern and north southern states among those affected .Telangana and Karnataka report significantly lower rainfall ,leading to delay in crop sowing and water scarcity .Kerala ,Bihar ,Jharkhand ,and Odessa also experience rain deficit .Thus despite the monsoon fury in several north Indian states,12 south Indian states are suffering from rainfall deficiency .The western disturbance along with the monsoon season has wreaked havoc in HP ,Uttarakhand ,Punjab ,Delhi-NCR,UP ,Rajasthan etc .On the other hand southern states such as Karnataka ,Kerala ,Telangana ,Jharkhand and Bihar and northeastern states of Assam, Tripura ,Mizoram ,Meghalaya etc are still facing a rain -deficit .This follows that the nature seems not to be fair with the people and so there is more than abundant and very heavy rainfall and floods in northern India but in southern Indian states people are facing scant and deficit rainfall which also is no less than a misfortune for the people .However ultimately it is the people who themselves are responsible for climate change and global warming because of which the people are facing floods in some parts of India and in other parts there is very scant or deficit rainfall .We should learn to respect the nature and avoid felling trees and woods and also stop encroachments of the bank of rivers so that nature will be pleased with us and the natural environment and fauna and flora will be conserved for the future generations ,otherwise people have to be ready to face nature's fury.Let us protect and conserve nature so that global warming and climate change will not enter in the country and people are saved from its adverse effects.

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YOUR COLUMN

Congress protest against Rahul's disqualification

Dear Editor,
Congress leaders including Karnataka Chief Minister Siddaramaiah and Deputy Chief Minister D.K. Shivakumar staged protest on 12/07/2023 in Bengaluru city's freedom park against the disqualification of Rahul Gandhi as an MP. Congress has dubbed the disqualification of Gandhi as a vindictive politics. Disqualification of Gandhi is very much in accordance with the law following conviction by the court in a defamation suit filed against him. Gandhi became the

victim of his own follies. Gandhi brushed all the Modis including the Prime Minister Narendra Modi in a single brush by calling them thieves. Prime Minister Modi took the utterances in lighter vein. Peeved by the slur cast on Modis, a Gujarat MLA Purnesh Modi filed a defamation case against Gandhi.

The law took its own course resulting in the conviction of Gandhi. If Gandhi had paused a little before letting lose his tongue, he would not have landed in trouble. He became a victim of his own follies. When Lord Rama killed the demon king Ravana, Rama's mother asked Him if he killed Ravana. Rama said "No. Ravana is a great devotee of Lord Parameshwara. Because he swerved from right path, he became the victim of his own sins".

Like that nobody could have created trouble for

Gandhi. Gandhi courted trouble for himself by blaming all with Modi as surname. It is astonishing that the protesting Congress leaders are still believing that Gandhi has been victimised "by courts" for telling truth. In saying so, the protesters have stood solidly behind Gandhi much against the verdict of courts holding him guilty.

Protest in support of Gandhi in the defamation case in which he has been held guilty is a protest against the judiciary. The sanctity of judiciary must be preserved and protected. Congress leaders like any other citizens are at liberty to pursue the case to its logical end. Confrontational course with judiciary sounds death-knell to democracy. Ultimately court verdict must be respected.

(The author is a columnist, social and KP activist).

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