

## ICAR- A CORNERSTONE OF AGRICULTURAL DEVELOPMENT

The Indian Council of Agricultural Research (ICAR) stands as a cornerstone of agricultural development and research in India, marking its foundation as a pivotal moment in the country's agricultural history. Established on July 16, 1929, under the Indian Council of Agricultural Research Act, ICAR has played a transformative role in shaping India's agriculture landscape, addressing challenges, and advancing scientific knowledge in the sector.

The inception of ICAR was driven by the recognition of the critical importance of agriculture to India's economy and the livelihoods of millions dependent on it. At its core, ICAR was envisioned to coordinate, guide, and manage agricultural education and research in the country. Over the decades, ICAR has evolved into a vast network of institutions, research centers, and Krishi Vigyan Kendras (KVKs) spread across the length and breadth of India.

One of the primary objectives of ICAR has been to enhance agricultural productivity through innovative research and technological advancements.

From its early days focusing on staple crops to more recent initiatives in biotechnology, climate-resilient agriculture, and sustainable farming practices, ICAR has continuously adapted to meet the evolving needs of Indian agriculture. Research conducted under ICAR has contributed significantly to achieving food security, increasing crop yields, and improving the livelihoods of farmers.

ICAR's impact extends beyond research laboratories and into the fields through its extensive outreach programs. KVKs, established in rural areas, serve as crucial links between farmers and agricultural experts. These centers disseminate knowledge, provide training, and demonstrate best agricultural practices to farmers, empowering them with the latest scientific techniques and technologies.

Moreover, ICAR has been instrumental in fostering international collaborations and partnerships in agricultural research and development. It has collaborated with global institutions, exchanged expertise, and adapted international best practices to suit Indian agricultural conditions. Such collaborations have enriched ICAR's research capabilities and helped address global challenges like climate change and food security.

## Nelson Mandela International Day

■ O.N KOUL

According to Nelson Mandela, "It is said that no one truly knows a nation until one has been inside its jails. A nation should not be judged by how it treats its highest citizens, but its lowest ones." Nelson Mandela Day is celebrated across the world on 18th July to commemorate the great leader of not only of South Africa but of the whole world as well and the day is observed to celebrate his birth day. Nelson Mandela International Day is an annual international day in honor of Nelson Mandela ,celebrated each year on 18th july, Mandela's birthday. The day was officially and formally declared by UNO in November 2009,with first UN Mandela Day .It takes place in honor of the life and legacy of Mendela. The day is a call for action for individuals ,communities and organizations .On 18th July every year we invite you to mark Nelson Mandela International Day by making a difference in your communities .Everyone has the ability and the responsibility to change the world for better! Mandela Day is an occasion for all to take action and inspire change .Nelson Mandela devoted his life to the service of humanity -as a human rights lawyer ,a prisoner of conscience ,an international peacemaker and the first democratically elected president of a free South Africa .On November 2009,in recognition of the former South African President's contribution to the culture of peace and freedom ,UN General Assembly declares 18 July Nelson Mandela International Day .Resolution A/RES/64/13 recognizes Mandela's values and his dedication to the service of humanity in conflict resolution ,race relations ,promotion and protection of human rights ,reconciliation ,gender equality and the rights of children and other vulnerable groups ,the fight against poverty, promotion of social justice .The resolution acknowledges his contribution to the struggle for democracy internationally and the promotion of a culture of peace throughout the world .In December 2015 -the General Assembly decided to extend the scope of Nelson Mandela International Day to also be utilized in order to promote humane conditions of imprisonment ,raise awareness about prisoners being a continuous part of society ,and to value the work of prison staff as a social service of particular importance .General Assembly resolution A/RES/70/175 not only adopted the revised United Nations Standard Minimum Rules for the treatment of Prisoners ,but also approved that they should be known as the "Nelson Mandela Rules" in order to honor the legacy of the late President of South Africa ,who spent 27 years in jail in the course of his struggle for end to apartheid .Nelson Mandela all through his life struggled for global human rights ,equality, democracy ,and the promotion of a culture of peace and human dignity .General Assembly resolution A/RES/70/175 adopts the revised United Nations Standard Minimum Rules for the treatment of prisoners and approves that they should be known as the" Nelson Mandela Rules "in honor of the legacy of the late president of South Africa and the world .On this day people reflect on Mandela's values and principles and to make a positive impact in their own communities. The day is celebrated every year to honor birthday of a man whose actions and struggle transformed the 20th century .Nelson Mandela was one of the greatest personalities and awe -inspiring leaders ,one who gave a new meaning to revolution .In recognition of his services to humanity ,and to pay homage to the great leader Nelson Mandela Day is observed globally on 18 every year .As a mark of respect and gratitude our enthusiastic Indianites also shared in the tributes to the great leader: Mandela played an indispensable role in bringing freedom to a nation that lived in the shadow of racism and white oppression and he fought against the apartheid throughout his life and won as he was successful in ending racism and apartheid in South Africa. This year the theme of Nelson Mandela Day is ,It's still in our hands to combat poverty and inequality ,which resonates deeply with Mandela's lifelong commitment to social justice .Every year on July 18,the world comes together to honor the life and legacy of Nelson Mandela ,a titan of human rights and symbol of hope .Mandela Day is a truly global event ,transcending borders and cultures .It is more than a commemoration .It is an international call to action ,urging individuals and communities worldwide to dedicate 67 minutes to serving others .While significant strides have been made since his time, the challenges of poverty and inequality persist .The gap between the rich and the poor widens ,and millions still lack necessities .Mandela Day 2024 presents a unique opportunity to address these pressing issues .We can contribute to a more just and equitable world through volunteering,supporting educational initiatives ,protecting our planet ,and fostering unity. The number 67 minutes on Mandela Day is directly linked to Nelson Mandela's life of service .It represents the 67 years he dedicated to public service in the fight against apartheid and for racial equality in South Africa. This symbolic gesture encourages people and communities worldwide to contribute 67 minutes to volunteer work or acts of kindness .It is a tangible way to honor Mandela's legacy and to make a positive impact on society .In short on this international Day we should dedicate ourselves to the legacy of the great leader and work to strengthen democracy ,equality ,social justice and end to the racial discrimination and apartheid from the world and this will be the good tribute to this mass leader on the Nelson Mandela International Day this year .There can be no befitting tribute to Nelson Mandela that the fact that he is held in great esteem next only to Gandhi by the world . Let us all remember this great leader and tread the path shown by him so that there is no discrimination and inequality in the world.

■ OMKAR DATTATRAY

Let me commence this write up with the important quote of the great saint Bhagwan Gopinath Ji which reads as- Syazar; Pazar, Shvazar that is one should cultivate and preserve the three virtues of righteous moral conduct, such as straight forwardness, honesty and purity in thought, word and deed. The birth anniversary of Bhagwan Gopinath Ji falls on the second fortnight of Dawadashi tithi of Ashad Month& this year it is 18 July 2024.This day is celebrated with great reverence and enthusiasm by his devotees and followers .The birth day of the great mystic saint of Kashmir is celebrated in his many Ashrams situated in Kashmir ,Jammu ,Delhi and other places with great devotion and pomp and show. Bhagwaan Ji was born on 3rd July 1898 and was born as Gopinath Bhan, also called Bhagvaan Gopinath Ji. He was born in a Kashmiri Hindu/KP family of Bhans, in a locality known as Bhan Mohalla, in the city of Srinagar in Kashmir, on Friday 3 July 1898, which corresponds to Ashad, Shuklpaksh, Dvadashi {Ashada 19th, Vikrami 1955} as per Hindu lunar calendar. His grandfather, Pandit Lachhman Joo Bhan was a Wazir Wazarat {Deputy Commissioner} of revenue department in the Dogra regime of then princely state of J&K .His father's name is Pandit Narayan Joo Bhan & his mother's name is Haar Maal .He was a mystic saint of early 20th century Kashmir ,India .He has been called a Jivannmukta { liberated soul} and his spiritual state has been described as Shambhavi avastha-state of Shiva .Contemporary saints of his times have also called him an Aghorshwar .It was sometime during 1946-1956 that he came to be called as Bhagwan

■ VIJAY GARG

Health and illness in a country are not necessarily related only to the facilities for treatment and the number of hospitals and doctors available in comparison to the population. People suffer from many diseases because their daily routine is not according to the health related rules and people adopt such a daily routine, due to which their chances of falling sick increases manifold. There have been many studies and surveys which show that with the increase in wealth in our country, people are changing their daily routine and Have become more careless about health. One such study has recently been published in the journal 'The Lancet Global Health'. It has been claimed that Indians are far behind the citizens of many other countries in terms of physical activity. The objective of this study, conducted in 2019 in 197 countries of the world between 2000 and 2022, was to measure the share and level of physical activity in the daily routine of adult citizens of different countries. The study assessed 507 surveys from 163 out of 197 countries,, which represent 93 percent of the total world population. Of these, 167 surveys are from before 2010, 268 surveys are from 2010 to 9 and 72 surveys are from 2020 and onwards. It has been said in the report that although there has been a decline in the physical activity of common adults all over the world, the figures in the high-income countries of Asia Pacific region are disturbing. India ranks second in the

■ PURAN CHAND SHARMA

Guru Purnima in real sense of the term symbolizes holistic education and knowledge on which is based the socio- economic and cultural development of any nation. In fact education has multiple dimensions which underscore its significance in the process of all-round development of the nation. Student is the seeker of knowledge, teacher or Guru are the knowledge providers. All the three are inter dependent. In the ancient times it was completely a spiritual endeavour for achieving the higher goals but with fast changing times undesirable and excessive professionalism intruded into the present system of education , that is why there is dire need to seek blessings from our highly acclaimed Gurus like Maharishi VYAS whose Birthday is celebrated as GURU PURIMA-MA. This year it falls on Sunday, 21st July, 2024 according to Gregorian calendar. Therefore, it is also called as Vyas Purnima. Even in the current scenario Indian masses do celebrate this auspicious occasion as Guru Purnima by paying obeisance to their respective Gurus and Teachers and also offer them GURU DAKHSHINA for smoothly accomplishing their spiritual odyssey. This day is also famous for Lord Shiva having imparted knowledge to Saptarishis as Adi Guru. The word GURU has distinct meaning GU means Ignorance and RU means Remove. Therefore, Guru means a person who is instrumental in eliminating ignorance from our life.

Devotees treat it as very special day to praise and glorify the selfless contributions of a Guru or Teacher in the ancient times

by his devotees and followers. This saint is famous in this name .It is not known who his spiritual Guru was ,he is known to have remarked that one should consider Bhagvad Gita as one's spiritual master .In his teachings ,he regarded the practice of "self-enquiry" {atma vichara } as highly effective in helping a seeker attain self -realization .He considered ego as impediments in one's spiritual development and extolled the virtues of honesty and truthfulness .Ghagvan Ji did not make any difference between Hindu's and Muslim's and regarded them to be one and same .He spent much time in meditating at various shrines in Kashmir as he regarded it spiritually beneficial and would recommend same to spiritual seekers .Although his family tried to persuade him to get married and start worldly life. .But he chose to live a life of celibacy and he did his spiritual practices ,all the while living at various localities of Srinagar in Kashmir .It is said that Bhagvan Gopinath was an introvert and was a man of few words and had a straightforward demeanor .He is known to have always shunned publicity and covered himself with anonymity. Therefore ,various religious commentators along with his devotees have found it difficult to classify his spiritual journey into a particular school of Indian philosophical thought .Still it is widely held view that Ghagvan Ji must have followed the tenets of trika doctrine of advaita -non dual Kashmir Shaivism .Bhagvan Gopinath never taught in a formal way. However ,he would, from time to time, make statement either in response to questions of devotees ,or on his own while being amongst them. On 18th July Thursday 2024 his 126th birth anniversary is being celebrated across the country in the Ashrams located in various cities of India ,besides

list of countries where there are clear signs of increasing laziness among adults. According to reports todayAbout twenty-five years ago, twenty-two percent of Indian adults were considered inactive in terms of physical activity. But it increased to 34 percent in 2010 and to about 50 percent in 2022. It can be said that in the post-Covid pandemic, the physical activity of half of the adults in India has almost come to a standstill. It is expected to reach 60 percent by 2030. Latest figures show that 42 percent of men in our country are physically inactive, while in the case of women it is said to be 57 percent. This is probably because the home. The role of women in work is continuously shrinking. Here physical activity means brisk walking, vigorous activity and energy-burning exercises. However, at the global level the figure of inactivity among adults was 26.4 percent in 2010, which has now increased to 31.3 percent. It can be said that the period of COVID pandemic may have played a major role in this inactivity. During the COVID pandemic, the trend of getting all the work done from home through the internet was established, which later turned into a tradition. Due to this, people go out of the house lessDone. Even with the development of 'work from home' i.e. 'work from home' culture, the necessity of going to office has been drastically reduced. This has also increased the physical inactivity of adults. Concern is being raised about the lack of physical activity because the effect of not exercising, running

and pray from the core of their hearts that modern Gurus and teachers also draw inspiration and get transformed with the positive mindset that prayer is answered at the appropriate time. Vyas Purnima also reminds us about the Guru Shishya bonding in the earlier times. This is a kind of pure relationship that helps the students achieve greater heights in life and symbolizes the unique Guru Shishya Parampara in our great country. Legendary sage VED VYASA also known as Krishana Dwaipana was born to ascetic Prashara and Satyavati . He is credited with the composition and compilation of epic of Mahabharata for which Shree Ganesha, elephant God acted as his scribe. Further the credit of dividing the VEDAS, the divine scriptures into four distinct traditional collections namely 1.Samveda 2.Rigveda 3.Yajurveda 4. Atharbveda. He also painstakingly composed PURANAS which are the epitome of our everlasting supreme spiritual knowledge. In true sense of the term Mehrishi Ved Vyasa played a very effective and leading role in establishing India as Vishav Guru in the world. While discussing and deliberating upon the added significance of Vyasa or Guru Purnima we draw the inference that it was largely concerned with basic and very essential moral education. At that point of time Education of the entire country was in the safer and holy hands of enlightened sages and Gurus who imparted holistic education inclusive of religious, spiritual, social and complete military training irrespective of caste, creed and colour. The ruling class had no stakes or special role in working of the Gurukulas. However, they were obliged

Jammu. On this auspicious occasion Havan is being solemnized in his Kharyar Ashram Habbhakadal Srinagar and similarly havans ,puja ,Aarthi etc is being organized in the Bhagwan ji Ashram Udhaywala Jammu ,Amar Colony Gole Gujral, Delhi and other cities in India and at some places abroad. Birth anniversary of this Saint is being celebrated in his Ashram at Switzerland .He is also known as Gop-Bab or Tathi Bab by his devotees and followers. His birth anniversary is being celebrated by his followers ,devotees and the general public with great devotion and zeal in various cities of the country .Usually a Hawan is solemnized at all his Ashrams within the country and abroad and Puja Archna ,as well as the cultural programmes are also organized on this occasion .Light is also thrown on the teachings of the great Saint so that people are made aware about his preaching's and teachings .At the Jammu Ashram of the great saint ,large number of his devotees ,followers and the common people take part in the birth day celebrations .Cultural events are organized and debates ,competitions are also held to celebrate his birth anniversary and the winners are given gifts .On this auspicious occasion people remember this saint and offer prayers to him and seek blessings from the great guru..The devotees and the people are served with Prasad after the Puranahuti of the Havan..There remains much rush of devotees and there is usually much hustle and bustle on the birth anniversary of this saint .This people partake the Prasad and consider themselves fortunate enough to have taken Prasad and it is widely held view that many ailments are cured by the ashes of doop in the Ashrams of Bhagvan Ji .Book exhibitions are also held on this occasion and books on the life and

teachings of this saint are displayed on this occasion .People have great faith in this saint and it is believed that the people's wants are fulfilled by paying a visit to his Ashram and by remembering him and offering flowers and fruits to him .Usually in his Ashrams ,people offer yellow rice preparation called in Kashmiri as Thar. People have great faith in the saint and they believe that by praying him ,all worldly desires are fulfilled. The great saint got nirvana and became one with God on May 28,1968 at the age of only 69 on Jyeshtha Shukalpaksh ,Dvitiya at Chandpora in Srinagar and the people including his devotees grieved over it .Let me conclude this write up by paying glowing tributes to the great saint. It is a miracle and it is by now an open secret and a matter of common knowledge that the officers and personnel of the Indian Army who had never even heard of him ,saw Bhagvan Gopinath Ji at the front during Kargil conflict with Pakistan Army ,guiding them during the operations .Such is the greatness of this saint.It is also believed by his devotees that Bhagvan Ji performed many miracles during his life .May the great Saint remove all obstacles in the peace and tranquility and bring normalcy to Jammu and Kashmir and may this saint bring peace ,prosperity to J&K and remove all obstacles bringing normalcy to militancy ravaged Jammu and Kashmir .We pray for the peace and happiness of the humanity on the birth anniversary of Saint Gopinath Ji .May he illumine our lives with his grace and blessings .Many many salutations to this great saint. Let us continue to celebrate the birth anniversary of saint Gopinath Ji in future as well with the devotion and dedication.

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

# Decreasing physical exertion, increasing diseases

or walking, is that fat starts increasing on the body and many organs get damaged due to heavy fat and inactive lifestyle. They get buried under the burden of birth. In these conditions the human digestive system becomes weak or sick., If the energy obtained from food is not expended, it gets deposited in the body and gets stored in the form of extra flesh. This increases obesity, high blood pressure, heart disease and many problems of the digestive system. These diseases are recognized as lifestyle diseases, which are emerging as a major health crisis for the world. The World Health Organization had stated in a large study in 2017 that the inactive routine of people is behind 61 percent of non-infectious deaths in India. The daily physical routine of 19 lakh people of the world isIn this report presented after studying the activity, the World Health Organization had estimated that at present the physical activity of about 140 crore people in the world is very low, but at that time it was told in this report that 24.7 percent of India's men and 43.3 percent of its women Percentage of women do not have much confidence in moving their hands and legs. This figure has now increased. But neighboring country China has launched 'Healthy China 2030' campaign. Similarly, Australia has set a target of making 15 percent of its citizens active in exercise by 2030. 203 in BritainA target has been set to connect five lakh new people with exercise by 2019, while a campaign has been launched to connect one thousand cities in America

with 'free fitness'. The important thing is that this laziness is embedded in our entire lifestyle and work culture. And so this is a warning. Therefore, understanding the seriousness of such studies, Indians need to immediately become alert about changes in their daily routine. The most important aspect of this warning is related to physical exertion, which is being largely ignored in Indian life.There are also indications of the changing lifestyle of women and not just children. The number of cars is continuously increasing and now people have started using cars even for small tasks. Not only this, thanks to e-commerce the market itself has now reached people's homes. In such a situation, maximum exercise would be for the eyes and fingers. Otherwise people remain stuck in front of the TV without moving their hands and legs. , There is no pressure to move anywhere, no need. It is true that due to medical science the average human life has increased., but people have started suffering from such diseases, which are called lifestyle diseases. Is. In the study 'Global Burden of Disease' published in 'Lancet' in 2017, it was said that people of rich countries have started understanding how important health is, hence they have started giving importance to physical labour, but in countries like India, This thing is not being understood. Therefore, people in poor and developing countries remain ill for more days than in rich countries.

(The writer is Retired Principal and educational columnist)

# Guru Purnima signifies enlightenment

to obey the commands of sages for rendering needed services to their disciples and the society as a whole.

Guru Purnima or Vyas Purnima always occurs on Ashad Purnima which heralds the rainy season, therefore, during this period of time, the ascetics had evolved a phenomenal tradition to move out of their hermitages in this bit unfavourable season in the forests and plan scheduled visits to the common masses in the rural areas for offering religious, spiritual and value based practical guidance for leading an ideal and meaningful life in this temporal life. They used to do this by way of living in the families of their devotees, having hassle free interaction with the members of the family, patiently listening to their personal experiences and enlightening them to wriggle out of the self woven worldly cocoons. It was, therefore, a well thought out strategy and proactive constructive thinking to utilize this lean period for keeping the society together and fully updated with the needed knowledge and general awareness coupled with their duties and obligations in respect of safety and security of all fellow citizens and the country as a whole. This kind of system and mutual arrangement functioned effectively and efficiently for centuries together despite many a upheavals and tornados and still serves as a rich source of inspiration and motivation for the upcoming generations and is quintessential for survival of our Sanatan Sanskriti which is capable of rejuvenating the dwindling world order with perfection in these hard times. Our commitment and determination to keep alive such age old traditions and enlighten our Indian brothers and sisters to

vigorously observe and celebrate these cultural events with enthusiasm would be a great national service in our line of duty as a responsible and dutiful citizen.

The most remarkable inference drawn from ideas and thoughts expressed herein above on Vyas Purnima deliver a great message for the dispensation and Indian masses that we must diligently not only preserve our cultural heritage as well as knowledge churned out by our learned sages but also pass it on to our upcoming progeny and keep the Nation progressive and vibrant. At this crucial juncture we have allowed Education to be grossly commercialized. Moral and Yog education does not find reasonable space in the curriculum. Accordingly products of modern educational system are half baked, imperfect sans moral values and discipline. They happen to be self-centered and too possessive. The present system is producing Doctors, Engineers, Lawyers, Leaders, officers, teachers and administrators but not responsible and dedicated citizens. Corruption is ruling the roost. Teaching is a highly specialized profession. Every Tom, Dick and Harry can't be a teacher. The Govt. of the times must evolve a fool proof system of selection of specialized teachers to bring about sweeping changes in the education system for the best of results in every walk of life. If man is cultured and properly educated, he can successfully handle any assignment with fruitful results in any sphere of life. We can imbibe desired motivation and inspiration from our revered Gurus on the festive occasion of Guru Purnima to take our Nation to the zenith of glory.

## YOUR COLUMN

### Plea to extend summer vacations

Dear editor

The Jammu city at present is still reeling under extreme heat wave conditions and it is expected that temperature will remain hot and humid in the coming days. The govt. and private schools are reopening in coming week with physical classes starting from July, 16

but the weather conditions are not favourable for the school going childrens due to prevailing heat and humid conditions. Thus with the opening of schools the students may face very tough times as many schools lack adequate cooling facilities, turning them into oppressive environments that will pose significant health risks such as dehydration, heat exhaustion, and heat strokes. It is pertinent to mention here that the health and safety of school children should be of paramount importance and thus Immediate action is crucial to prevent further risk of

heat-related illnesses and to ensure the overall well-being of the school community. However, various parent and teacher associations have already urged the government to extend summer vacations for few more days till monsoon becomes active in Jammu. It would be in the fitness of things that the authorities at the helm of affairs must review their earlier order of vacations and further extend summer vacations so as to protect children, parents and educational staff from hazardous weather conditions.

Vivek Koul