-Paramahansa Yogananda

## **BUDGET FOSTERING ECONOMIC GROWTH**

he Union Budget for the fiscal year 2024-25, presented by Finance Minister Nirmala Sitharaman, outlines key allocations and policies aimed at fostering economic growth, social development, and addressing various challenges faced by different sectors in India. A significant focus was placed on infrastructure development, with a massive allocation of Rs. 11.11 lakh crore. This includes investments in roads, highways, railways, and urban infrastructure projects across the country. The budget allocated Rs. 1.20 lakh crore to the education sector, marking it as the highest allocation in recent years. This includes provisions for improving school infrastructure, enhancing digital education capabilities, and promoting skill development among youth. The healthcare sector received substantial attention, with special emphasis on strengthening primary healthcare infrastructure, expanding vaccination coverage, and enhancing medical research facilities. The budget focused on agricultural reforms and rural development, including initiatives to support farmers through MSP (Minimum Support Price) mechanisms, investments in agriinfrastructure, and promoting agricultural exports.

## Stop dieting: Enjoy all meals for wellness

t is a well-known proverb that "health is wealth," and it is undeniably accurate since health is one of the most valuable things Lin our lives. If there is a problem with our health, then we might end up losing everything. Therefore, in situations like these, pleasure is diminished, and the possibility of earning a living that is enough is made more difficult. If we were to describe a balanced diet, we would say that it is a diet that consists of a broad range of foods that provide a variety of nutrients, carbs, fats, protein, vitamins, and other essential minerals that our body needs in order to operate effectively. We need these nutrients in order to fulfill our body's necessities. Through the consumption of a diet that is wellbalanced, it is possible to provide our body with the vital nutrients that it needs to endure the brief period of strength and to maintain our body in excellent form. This article highlights the beauty of food variety as well as the significance of include various sorts of foods in our diets. In an effort to maintain our physical fitness, we adhere to restricted eating behaviors on a daily basis. These patterns have become all too typical in our quest of health or the perfect body image. A better connection with eating that is centered upon balance and pleasure, rather than restriction and guilt, may be fostered via the opportunity to appreciate food in its fullness. To add insult to injury, the idea of eating a wide range of meals may be rather freeing. As a result, it is consistent with the ideas of intuitive eating, which emphasize the importance of listening to the body's signals for hunger and fullness and providing oneself permission to eat without feeling guilty about it. Not only does this strategy foster a joyful experience with eating, but it also has the added benefit of supporting mental health, which is just as important as physical well-being. We are able to open the door to a more sustainable and joyful way of eating when we break away from the strict constraints that are associated with diets. Additionally, a counterweight to the diet culture that often dominates our screens and social discussions, which promotes a one-size-fits-all approach to eating that does not take into consideration the specific requirements and preferences of each person. Instead of aiming for an ideal that is impossible to achieve, where food is a source of happiness and nourishment rather than a cause of tension or conflict. In order for our diets to be healthy, they do not need to be flawless. When consumed in moderation, each and every food item is capable of constituting a balanced diet. It is about allowing ourselves the liberty to enjoy any and all cuisines and showing our bodies the respect, they deserve by providing them with nutritious nourishment. Although a diet that is well-balanced is essential for a number of reasons: Offers the following important nutrients: A diet that is well-balanced ensures that the body obtains all of the essential vitamins, minerals, proteins, carbs, and healthy fats that are needed for healthy growth and development as well as optimum functioning. Maintains health and helps avoid deficiencies: Consuming a diet that is both diverse and balanced helps prevent nutritional deficiencies, which may lead to health problems such as anemia, osteoporosis, or decreased immune function. A diet that is balanced allows for the conversion of carbs, proteins, and fats into energy, which enables the body to carry out the activities and tasks that are required on a daily basis. It is possible to reduce the chance of developing chronic illnesses such as heart disease, type 2 diabetes, and : ome forms of cancer by eating a diet that is abundant in fruits vegetables, whole grains, and lean meats. It is possible to avoid problems such as obesity and the comorbidities that are connected with it by maintaining a healthy body weight via the combination of a balanced diet and frequent physical exercise. Appropriate diet has been associated with improvements in cognitive function, mood, and general mental health. This indicates that proper nutrition may enhance mental well-being. If you consume an adequate amount of food that is rich in vitamins, minerals, carbs, and protein, your immune system will significantly increase, allowing you to better fight off diseases and infections. In addition, it contributes to the maintenance of a balanced eating plan and lowers the risk of developing life-threatening illnesses such as diabetes, cancer, heart disease, and stroke. Personal Development: It is an undeniable fact that a well-balanced diet is very necessary for healthy development in children and teenagers. As the body continues to develop, it is of the utmost importance to consume the appropriate quantity of nutrients. The reason for this is that the cells of the body are constructed and maintained properly, and the body develops at the appropriate rate. Well-being over the Long Term: A well-balanced diet not only has immediate advantages, but it also adds to the long-term well-being and quality of life of an individual. This is connected with a lower incidence of age-related disorders and enhances general vitality in later years. Consistently selecting nutrient-dense dietary choices throughout one's life is associated with this result. Health of the Bones: When it comes to keeping strong and healthy bones, calcium, vitamin D, and other minerals like them are very necessary. It is possible to strengthen bone density and avoid disorders such as osteoporosis by consuming a diet that is well-balanced and contains foods such as dairy products, leafy greens, nuts, and seeds. Maintaining a healthy hormonal balance is essential since hormones are responsible for regulating a wide range of physiological functions, such as growth, metabolism, and mood. Consuming meals that are high in nutrients helps to maintain hormonal equilibrium because they provide the raw materials that are required for the creation and control of hormones. In addition to having a favorable influence on hormonal health, maintaining a balanced diet may also have an effect on other aspects of well-being, including stress, sleep, and general health. Health of the Digestive System: The fiber content of a diet that is well-balanced is essential for the preservation of digestive health. Beneficial effects of fiber include facilitating digestion, regulating bowel motions, and fostering a healthy microbiota in the gut. The consumption of legumes, fruits, vegetables, and whole grains are all great sources of dietary fiber, which helps to maintain a digestive system that is in good working order. To summarize, a balanced diet is not a rigid regimen but rather a method that takes a comprehensive approach to providing your body with the wide variety of nutrients it requires in order to perform at its best. Beyond the realm of physical health,

work for a life that is both healthier and more lively. (The writer is a veteran journalist and freelance writer based in Brampton)

the significance of maintaining a diet that is well-balanced extends

to mental well-being, the avoidance of illness, and the promotion of

longevity. When you make dietary decisions that are characterized

by diversity, moderation, and awareness, you are laying the ground-

## "BJP's challenges and resolutions"

# Simmering voices for separate Jammu state amidst proxy war with Pakistan

DR VARINDER SHARMA

espite the historic abrogation of Article 370, which aimed to fully integrate Jammu and Kashmir with the rest of India, demands for a separate Jammu state are once again surfacing from various quarters. The objective of nullifying Article 370 was to dismantle the monopoly of a select few families over power and to devolve authority to the grassroots level, enabling people to have a say in decision-making institutions and elect their representatives beyond dynastic lines. However, the emergence of voices advocating for a separate Jammu state is a cause for concern for both the BJP leadership and citizens.

Recently, the ministry of home affairs issued a notification amending the transaction of business rules of the Jammu and Kashmir reorganisation act. This amendment, aimed at giving more powers to the Lieutenant Governor, has sparked renewed calls for a separate Jammu state. The notification under Section 55 of the Jammu and Kashmir Reorganisation Act 2019, inserting new sections to empower the Lieutenant Governor. was not well received by many and they started echoing voices of separate state for  ${
m Jammu}.$ 

### Social Media Reactions

Manu Khajuria, a London-based social activist with roots in Jammu, Patna, and Kashmir, expressed her views on X (formerly Twitter). She tweeted, "If this is not the time for Jammu leaders to ask for a separate state, I don't know when is," garnering 153 likes, 32 reposts, and several comments. Rahul Dubev responded, "I don't think about separate states, but at least they talk about equality for both regions and stop appearement politics." Manu Khajuria countered, "We are two separate regions with different aspirations and behavior. Doesn't Jammu deserve to have

Another user, Varinder Sharma, supported the idea, while Rahul Dubey suggested a solu-

tion, "Once a soldier gave a great suggestion to finish this conflict: break Kashmir into parts and join one part with Jammu and another with Ladakh." To this another social media user, argued, "Making Kashmir a separate territory with over 95% Muslims would be a strategic blunder by the Indian state. Jammu serves as a leverage with a Hindu majority population over Muslim-dominated Kashmir Valley. Jammu should negotiate for more power and resources from the govern-

Manu Khajuria had an answer and I quote, "Jammu has made supreme sacrifices for the nation only to be treated as a sacrificial goat. It's been destroyed while being served as a leverage. Have Uttarakhand, Jharkhand, Chhattisgarh, Telangana become other countries?" Other Twitter users, like Hemant Sharma, voiced concerns, "Jammu is taken for granted, even by BJP. Forget about them granting a separate state for Jammu. Only one honest administrator J&K ever got was Shri Jagmohan. Rest all CMs and governors, bureaucracy are compromised. BJP of Jammu Kashmir is now diluted with induction of NC and INC leaders.'

Gaurav Sharma replied to Manu Khajuria, stating, "You are the flag bearer of Jammu's rights and also in the good books of Jammu leaders. Then you should request them to raise voices in favor of Jammu.

Some users reminded Manu Khajuria of the Jammu State Morcha, a political group created in 1999-2000, advocating for a separate Jammu state. While the debate was extensive, these voices for a separate state are damaging the secular fabric for which BJP stands. Nowhere in the BJP manifesto is such a demand present. However, the BJP is working hard to restore peace in Kashmir, ensuring the return of displaced Kashmiri Pandits to their homeland.

India's Proxy War with Pakistan and Internal Challenges

India is currently engaged in a proxy war

with Pakistan, a situation that demands vigilance and strategic responses. Stray incidents of violence, particularly in Jammu division, have been reported recently, causing concern for the administration and security agencies. The morale of Indian forces remains high. with assurances that the sacrifices of soldiers will not go in vain. The government is determined to avenge these attacks and eliminate terrorists in their strongholds. Many might be thinking negative but the fact remains that our vigilant forces are eliminating these terrorists simultaneously.

A proactive approach will finish them all in few months and Jammu and Kashmir will completely be free from these terrorists who are fast losing ground. There seems to be an escalation in attacks but this again can't be construed as a failure in any way as repulsive attacks are eliminating terrorists in a big way. We are capable and will be eliminating militancy completely.

It is because of consistent efforts of BJP government at the Centre that several temples located in Kashmir are being revived and regular pooja besides other rituals are being held there. These efforts stand appreciated by even the local population of the same villages. Though some stray incidents of violence particularly in Jammu division, have been reported during the recent past, which are a cause of worry for the administration as well as the securities agencies yet the morale of our forces is high. These sacrifices of our soldiers won't go waste and we will definitely be avenging these attacks.

## BJP's Developmental Efforts

Prime Minister Narendra Modi is committed to ensuring Jammu and Kashmir's development, connecting the region through railroads and airways with the rest of the world. The establishment of AHMS, HT, and HM in Jammu exemplifies the government's efforts to bring development at par with other states. Massive tunneling and road work are underway to connect border areas with the rest of

the country. This unprecedented infrastructure development aims to provide better road connectivity and institutions previously denied by previous regimes, such as the National Conference, People's Democratic Party or that of Congress.

The BJP's vision includes restoring peace, facilitating the return of Kashmiri Pandits, and creating a conducive atmosphere for young people to pursue politics, start businesses, or excel in their chosen fields. However, the resurgence of demands for a separate Jammu state requires introspection by the BJP leadership to ensure that their efforts over the past decade are not undermined. People must be informed about policies and programs aimed at empowering the masses in Jammu and Kashmir.

The recent tweets by Manu Khajuria also highlight the sacrifices and struggles faced by the people of Jammu. She tweeted, "On one hand, the Supreme Sacrifice of our soldiers on the land weighs us down heavily. And on the other, normal life is just a facade. The Naya and normal was not the agenda for Jammu. The attitude has always been Jammu can wait or chin up and bear more.' Despite limited response, her sentiments resonate with many who feel neglected.

The BJP must address these concerns and continue working towards the holistic development of Jammu and Kashmir. The party's leadership should introspect and ensure that the aspirations of the people are met, and their sacrifices are honored. The government's focus on infrastructure and development, coupled with strategic responses to internal and external threats, will pave the way for a prosperous and united Jammu and Kashmir and end bring at rest such demands of separate Jammu state which are nowhere on the agenda of Bhartiya Janata Party

(The writer is Co-convenor Professional

# Growth oriented J&K Budget presented in Parliament

OMKAR DATTATRAY

t is the matter of happiness and pride for the people of the J&K UT that its budget was presented and unveiled in the parliament by the finance minister of India Nirmala Sitharaman just after presenting the Union budget on Tuesday the 23rd of July .It is consecutively for the record fifth time in succession that the finance minister has presented the Jammu and Kashmir budget .It is pertinent to mention here that since the Jammu and Kashmir UT is without a duly elected legislative assembly and so the J& K revenue and expenditure outlay for the financial year 2024-25 was prepared and presented by the union finance minister although the finance department of Jammu and Kashmir submits the necessary financial details to the finance ministry of the centre so as the latter will not be handicapped in preparation of the J&K budget .This year's budget for Jammu and Kashmir is the biggest so for interims of the financial outlay .The main focus of this year's budget is on development, agriculture and tourism . However it is most likely that this year's budget, will have sops for the vari ous sections of the society of Jammu and Kashmir because the budget has been prepared and presented just before the possible assembly elections in Jammu and Kashmir UT .Thus it will be no exaggeration to say that this budget is the budget of the election year and so people have many expectations and hopes from the budget. So union finance minister has presented a statement of estimated receipts and expenditures of the union territory of Jammu and Kashmir for 2024-25 after

she presented the General Budget of the year .This is the fifth Budget for the UT after the abrogation of article 370.In February, the finance minister proposed an interim Budget of Rs 1.18 lakh crore for the Jammu and Kashmir. The interim Budget 2024-25 reflected the felt needs and aspirations of the people of Jammu and Kashmir and the commitment of the union Territory government for peace ,progress and development .All eyes of the people of Jammu and Kashmir are on the major announcements which were made by the finance minister. The finance minister presented the Jammu and Kashmir Budget one hour after the conclusion of the presentation of the union Budget 2024-25 in the Lok Sabha .The budget aims to reduce the fiscal deficit and achieve a 7.5% growth in the GSDP. Finance minister Sitharaman has proposed an interim budget of Rs 1.18 lakh crore for fiscal 2024-25 for the union territory of Jammu and Kashmir .The budget aims to reduce the fiscal deficit and achieve a 7.5% growth in the GSDP .Sitharaman praised the government's efforts to decentralize governance, promote inclusive development. increase revenue generation .The capital expenditure for the fiscal has been proposed at Rs 38,566 crore, which is 14.64 per cent at the gross state domestic produce [GSDP] as per the interim budget tabled by Sitharaman in parliament. The revenue receipts for the next fiscal stood at Rs 97,861 crore .According to Sitharaman, the crucial reforms undertaken in 2019 enabled "path -breaking "measures by the union territory government to decentralize governance structure, promote inclusive devel-

opment ,upscale revenue generation and step up infrastructure development."The government is maintaining law and order to ensure security while simultaneously implementing initiatives for economic and social development .The government has adopted a policy zero tolerance against terrorism, "Sitharaman said. Security forces are taking effective and continuous action in countering terrorism. Due to the effective measures and efforts taken .the security scenario in Jammu and Kashmir has significantly improved, She said. In the budget .Rs 42.277 crore has been allocated to the Union Territory of Jammu and Kashmir, which is currently under the direct control of the central government .There is nominal hike of 1.2 per cent from the Rs 41,751.44 crore given to the UT in the last fiscal .The erstwhile state has been without an elected government since 2018.On February 5. Sitharaman proposed an interim budget of Rs 1.18 lakh crore for the fiscal 2024-25 for the Union Territory of Jammu and Kashmir .The finance minister presented also a separate budget for Jammu and Kashmir .The UT budget is expected to be around the same amount in today's budget .However some welfare measures are expected in the Budget today since the UT is likely to see assembly elections later this year .UT budget copies have arrived and the FM presented the interim budget of Jammu and Kashmir .Under Jammu and Kashmir Rural Employment Guarantee Programme [J&K REGP],1167 units targeted to set up during 2024-25. New Start -up Policy to be introduced for creating start up ecosystem .Up -gradation of infra-

structure in existing Industrial Estates .Private Industrial Estates Development Policy to be revamped. The gross domestic product of Jammu and Kashmir was estimated at Rs 1.76 lakh crore {equivalent to Rs 2.1 trillion or US Dollar 25 billion in 2023.It is expected that Jammu and Kashmir's Gross Domestic Product -GDP will exceed Rs 2.30 lakh crore, with a growth rate of 10 per cent .As per the provisional data ,the capital expenditure has increased from Rs 14,666 crore in financial year 2022-23 to Rs 22,400 crore in 2023-24.India has announced an interim budget of dollar 14 billion for fiscal 2024-25 for the union territory of Jammu and Kashmir , around 4.5 times more than the amount Pakistan is seeking for its whole nation from IMF. Finance minister Sitharaman unveiled the interim budget on a day Pakistan marked it as "Kashmir Solidarity Day" .The budget proposal represented a substantial commitment to the economic and social development .To conclude it can be said that this year's Jammu and Kashmir budget is in fact an election year budget and the people of Jammu and Kashmir who feel alienated expect some sops and welfare measures and infrastructure development .It is clear by now that this year's J&K UT budget focuses on development agriculture and tourism so that people of the UT will get benefitted. People of Jammu and Kashmir have high expectations from the finance minister and they expect a growth oriented, inclusive and people's budget.

(The author is a columnist, social and KP

## **Historical Introduction of Our Forests**

G L KHAJURIA

rature has endowed the Indian sub-continent with luxuriant and plentiful forest wealth. The vast and varied climatic and geological conditions bore forests of different types and intensities ranging from dry thorny forests to wet evergreens. The coniferous forests of hilly region and the deciduous types along foot kills conglomerates many valuable species which serve for the use of construction of houses, bridges and score of other purposes.

The original inhabitants of the country had great reverence for forests and a groove of trees around temples were of ample importance of these trees were considered as sacred as our Gods and Goddesses. And cutting or removal of any of such tree was considered a sin. Under some compelling conditions of a tree was removed, five to ten saplings were planted out to absolve oneself of the sin so committed. As such, the forests played a prominent part in the cultural and spiritual development of our generations. The Rishis and the Munis is search of salvation and attainment of wisdm had their Ashramas in the sylvan surroundings of these forests. The Ramayana and the Mahabharta give an attractive description of forests like Dandakaranya and Nandavan. The wildlife consisting of svarieties of mammals, birds and reptiles also received due attention for their protection and conservation. When Lord Rama told Laxman to fetch firewood for cooking by his consort Sitaji, He advised him to remove only dead-dried branches of tree. He forvaded him not to cut green branches. Even our Gods and Goddess were much conscious of forest whereas we human are always have become lusty and are hell bent to go to any extent to fill our ladder by injury to the vibrant lushgreen trees. It is dismaying, painful and ironical too. When we chope down those trees

more for our greed than our need. Lord Buddha had messaged us as such: "the forest is a peculiar organism of unlimited and benevolence which sustains us by all means. It offers shade even to the axeman who falls it" Around 2000 BC, there is evidence of a flourishing Dravidian civilization existing I consonance with the forests that were then in such adundance. The early Aryans were pastoral people interacted in the pursuance of agriculture but they also cleared forests only in the areas where they actually settled down. establihinh habitations and institutions in the beautiful surroundings of the forests. The records of Chinese pilgrims (600BC) refer to dense Indian forests even in the North-West regions where much depletion of forests has occurred now. Records relating to Alexander's invasion (327 BC) mention existence of dense forests. Babur, the first Mughal emperor to reul Indian in early sixteenth century is reported to have shot in these forests indicating existence of dense forests and wildlife in that period. The abundance of forests created an impression that resources were inexhaustible and thus there was no organized effort to conserve and maintain the forests. Casual instructions appear to have been issued by different ruler from time to time to regulate fallings and earn maximum revenue. During the reign of Chandra Gupta Murya (300 BC), a superintendent of forests was appointed to look after the forests. The protection of wildlife was also a part of his duty. Sometimes specified species of timber value were proclaimed by local rulers as "Royal Trees" felling of which was prohibited without permission otherwise the forests were open to all and the public obtained their requirement without restrictions. The Muslim rulers did not have much special interest in the conservation and organized management of forests. Their main interest in forests was for hunting. Areas with good wildlife were declared as "Royal hunting reserves" and thus received some protection. But increase in population and need for extension for agriculture continued to make incursions on forest land and its produce. The increasing demands of land for expanding agriculture and demand of timber for Navy and other constructional purposes made considerable inroads on forests and forest wealth so much so that it was felt that the forests may not to continue to meet the demands for timber unless some concrete steps were taken for their conservation and maintenance. In 1855, Lord Dalhousie, the Governor general issued a memorandum to the Government of India outlining policy of conservancy for the whole country. By that time, it was clearly recognized by the administration that if the forest were to be conserved, proper scientific management was necessary. In 1856, Lord Dalhousie, appointed District Brandis to take charge of the forest and after 22 vears in 1878, the Government honouredBrandish with the title of companion Indian empire and he served a knight commandership in 1880 in recognition of the meritorious service he rendered during the period of 19 years. Brandis was truly the founder of Indian forestryand it was always befitting to commemorate his achievements. As soon as Brandis was appointed as Inspector General of Forests Cleghorn was appointed to assist him. They were responsible for methodical system of Management of forests in all states. A separate forest enactment as introduced that time. Moreover, with the passage of time, the demand of forest officer increased for the better control and Management of forest. While Forest Research Institute (FRI) came into existence in 1906, the status of forest school was raised to

that of college. A separate two years course was

started in 1912 at Dehra Dun to train science graduates for the provincial forest services of states. The cadre of these officers formed a link between Indian forest services and forest rangers. It was, however stopped in 1928. The forest research institute is located in a spacious campus called the New Forest. It has fine buildings and vast field research areas. It provides facilities for research in forestry and has received worldwide recognition. The institute is associated with professional training for the forest officers both in the superior as well as the junior levels. The trainings included trainings included with in the college as well as outside in the field ion forest management and other allied field such as silviculture, survey and engineering, mensuration. The colleges impact training to the forest officers on such pattern which make them physically and mentally fit which makes then adequately stout in the administrative and executive activities. With the passage of time, the Indian forest college was re-incarnated and named Indira Gandhi Forest College, Dehra Dun. A short administrative course is imparted at Lal Bahadur Shastri College on Public administration at Dalhousie. The Forest Research institute is overall looked by the Director of ER.I. and colleges. The forest colleges are both for Indian Forest Officers and Forest Ranges officers under the overall control of the Principals. The FRI and colleges are of global fame where trainees from all Indian states including foreign countries are imparted trainings. With the passage of time, the Indian states opened rangers training college in their respective states. After a detailed imparting two years course, the trainees are awarded degrees to serve

in their respective states. (The author is former Deputy Conservator of Forest, J&K)