

BOOSTING SPORTS CULTURE

National Sports Day is celebrated on 29th August every year with great enthusiasm and excitement. It is celebrated to give honour to the great legend and hockey magician, Major Dyan Chand. No doubt Major Dyan Chand was a great hockey player of our country. On several occasions, he performed great achievements with his hockey stick for our country. Under his artistic skills and talented tactics we have won several medals in the game of Hockey. National Sports Day is celebrated to give encouragement and professionalism to the budding sports persons of our country. No doubt at present government is giving more priority to various sports activities across the country. Government has taken several initiatives to promote the sports culture in our country. Due to such initiatives of government we have seen a drastic change in the field of sports as well. Recently, in common wealth games in Birmingham, we have seen a glorious achievement of our players. Earlier in Olympic games we have got the similar achievements in various game events. Now the focus of the government is to give priorities to these activities at village level. Because we know that there is lot of talent and caliber in our young generation. Only proper exposure is needed to explore this hidden talent from our young generation. No doubt games and sports are playing a very pivotal role in the life of an individual. Moreover, now a days, it is a symbol of power and prosperity of a nation as well. when a player get the chance to stand on podium, it reflects the power, sport culture and progress of that nation. There are several other benefits of sports and games for a particular nation. If we focus on these activities, it gives a direction to our youths. By participating in these activities we can save our young generation to fall in the prey of drugs and other hindrances. As we know our is the only nation of the world which has maximum numbers of youths, in order to channelize the energy of this young generation games can play a very positive role. Earlier games and sports were considered as the co-curricular activities, now it is considered as the integral part of our education, because through these activities we can inculcate several qualities in the life of our young population. The main motive of celebration of National sports day is also the same. Now at university, college and school level we are giving priorities to these activities. Government has decided to construct the multi sports stadium at village level. At village level youths can give direction to their talent. Such activities can remove the stress, frustration and depression from the minds of our young generation. Now a days we can see that there is lot of frustration and depression in the minds of people. Due to pollution, adulteration and unhealthy life style people are feeling insecure and mentally stress. Sports activities can easily remove the burden of stress from the minds of people. For physical, mental and emotional balance of an individual participation in such activities is very mandatory. Now in this year 2022, ministry of sports has decided to celebrate this day with great enthusiasm at schools level also. Definitely it will give a great boost to the culture of sports activities across the country.



Our Temperament is Our Introduction

Wherever we go, people will recognize us for what we are by nature. Once in a band, there was a drummer. He quarreled with others quite frequently. He would always complain for every minor thing. "Mr 'X' quarrels with me," he would say. He would bring a variety of complaints to the manager all the time. Once the manager asked him, "How is it that you get into dispute so often?" His reply was, "Everyone is jealous of me." The manager further asked him, "Are you the king here? Why are others jealous of you? Do you have a lot of wealth or are you very famous?" He then looked down and said that he had no answer for that. The manager then said, "Fine, I will tell you. The answer lies within you. Thus, you must introspect to learn more about your characteristics, limitations and behavior. You will find an answer for sure." He said that he had already corrected and improved himself." Be a Tapasvi of body also"

There are some people who do not get along with anyone. This is because of their personality and habits. Such people will most likely be unable to get along with their own family members too. They do not pull on well in their offices and work places. They may resign and go somewhere else but no matter where they go, the personality traits will accompany them too. Unfortunately, such people do not get along well with their God either. How to deal with or treat such a person? He maintains his curse. Throughout life he lives with his super-ego. And when he dies, he has a stiff neck and an abundance of arrogance.

Try to Discipline Yourself with Yoga

It would be better that we connect ourselves with some yoga. Yoga means that, as per our own understanding, we move from anguish to gratitude and try to make ourselves happy. We live with devotion, and become Bhakta-yogi, or Shant-yogi, i.e., the peaceful yogi, or karma-yogi, i.e., devoted to desireless action, or Gyan-

If brothers don't help each other in times of need, how do you think life will ever go on?

-Munshi Premchand

EDITORIAL

Increasing pollution levels in Jammu

■ PROF (DR) R D GUPTA

Of late, Jammu and Kashmir has emerged in South Asia as such a region where natural vegetation and forest cover are depleting at an alarming rate. Environmentalists fear that the day is not far; when there will be acid rains in the plains of Jammu and black snow in the vale of Kashmir! It is worth-while to mention that with the depletion of the forests, natural grasslands and other green covers, and explosion of population, the signs of acid rains have already been witnessed in Jammu region during 1992 & 1993. It is attributed to the deterioration of an environment. Jammu, akin to Hyderabad & Sikanderabad has too become a twin city which is separated by river Tawi. New settlements around Jammu City, which had been growing since Independence (1947) and lying on left bank of the river Tawi, like Gandhi Nagar, Shastri Nagar, Nai Basti, Trikuta Nagar, Sainik Colony etc., are designated by the term New City. The remaining part of the city which is located on the right bank of the Tawi, is known as old Jammu City. The Jammu City is also termed the City of Temples. Once old Jammu City was considered very beautiful, neat and clean city owing to the presence of natural slope but today, however, this beautiful temple city has become highly polluted. Heavy pollution both of air & water vis-a-vis vehicular & soil pollution, have affected the environment of the city badly. Indeed, the environment of Jammu City is fast deteriorating. Some of the facts which conform about this event are stated here as under: i) Disposal of night soil or human excreta. The days are gone when there was no open defecation along the banks of the drainage Nullahs or streets Nallies. But today all these Nullahs and Nallies carry down excreta from dry open bucket type latrines to river Tawi. The river Tawi one of

the sacred rivers also known as Surya Putri (Sun's daughter) is now used as big sewerage & drain. The effluents of whole of the city are drained into it. The solid municipal wastes are being dumped into it in dozens of truck loads every day. But to talk of its water for drinking purposes, it is even not suitable for irrigating the crops.

Hitherto, the night soil or human excreta of Jammu City's houses used to be swept by the brethren Sweepers, which is still continued in some of houses of the city. After collecting night soil, it used to be dumped outside the city and sometimes used as manure for vegetable/crop production in its semi decomposed conditions. There were strict instructions from the then Health Officer Municipality Jammu to make the city neat & clean. The sweepers used to sweep the Bazaars & streets twice a day i.e., in the morning & evening hours with great dedication & devotion. They sprinkled water frequently with animal's leather bags in the streets Nallies (Small drains) & threw the lime along their peripheries to prevent the breeding of mosquitoes & flies.

ii) Vanishing of flora & Rakh: Jammu City which was once very famous for its cool breeze locally known as 'Tadu'. It usually used to blow in the morning hours from 4 A.M. onwards. This has now almost finished. It is due to cutting of trees and rampant biomass in the name of various developmental works like building of roads, railway tracks, hydroelectric projects, and rising of buildings for institutions, residential purposes etc. Trees like Peepal (Ficus religiosa), Banyan or borb (Ficus bengalensis), Mango (Mangifera indica), Jamun (Syzygium cumini), are resulted in enhancing supply of Oxygen & less air pollution.

Jammu City was unique in Sylvian beauty till

1950. It was then surrounded by massive green belt comprising Rakhis of Ram Nagar, Ploura, Roulki Kheri, Keran, Bahu & Mohamaya which abounded in a variety of animals & birds. But the process of urbanisation over the last 75 years, has deprived of these gifts, which were provided by the Dogra rulers to the Jammuites in heritage. Most of these well wooded areas have now cleared for human settlements. For example, Roulki Rakh was felled down to rehabilitate Pakistan occupied Kashmir refugees. Ploura, Janipur, Keran and adjoining private areas full of trees were brought under a number of colonies like Janipur, Roop Nagar, Pamposh etc. to accommodate surplus population. Bahu Rakh sprawling over a large area has been deforested relentlessly and encroached for establishing Railway Complex and a number of colonies like Sainik colony, Gorkha Nagar, Trikuta Nagar, Gandhi Nagar. The new settlement of Sidhra on the left bank of the river Tawi has grabbed lot of area of the deforested Bahu Rakh. This deforestation of Jammu City's surroundings has raised the level of health hazards & lowered the quality of life. Now we are living languish in heavily polluted, congested & practically treeless city and vehicular Pollution

iii) Vehicular Pollution has assumed enormous dimensions recently in Jammu City, where the number of vehicles has witnessed a phenomenal increase. According to some environmentalists about 60 per cent of air pollution in Jammu City is attributed to vehicular emission. The main air pollutants in our day to day life present in vehicular emissions are exhaust gases. The exhaust gases contain products of incomplete combustion, carbon monoxide, carbon dioxide and unburnt carbon. In addition to these constituents, oxides of nitrogen & sulphur dioxide are also

present. All these exhaust gases play a major role in polluting the clean & fresh air. The ill effects caused by all these sources of pollution discussed above are meteorological, physiological and economical. Physiologically, our respiratory system is mostly affected by the silicosis which affects lungs due to deposition of minute dirty particles. This inhaled during breathing is also called particulate matter. Doctors have found that cancer is mostly caused due to smoke from the vehicles, industrial plants and tobacco. Apart from this the growth of body tissues is affected & they become less resistant to bacteria germs and diseases. The smoke & dust being hygroscopic in nature attract water & condense vapour much below the saturation pressure even from dry atmosphere, to form fog and smog. Smog obstructs the visibility. Sometimes, the visibility becomes very poor, causing severe accidents.

iv) Noise Pollution: Any sound reaching the ears that serves no useful or good purpose is noise. These days, the people are becoming more & more aware of the nuisance factor of noise and physiological as well as psychological injury it produces in human beings. Noise can be measured by several complex systems but the most common unit for measuring the noise is decibel (dB). Our hearing would be okay if we are not exposed to noise intensity of 55 dB. It is remarkable to mention that these days at many places the heaps of dirt along with pieces of plastic are burnt in Jammu. This practice is totally required to be stopped. It is because burning of plastic material produces 'Dioxene gas', along with other gases as stated above which has proved very dangerous to human beings as well as other animals.

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Vividness of India & Ganesh Chaturthi

■ ABHISHEK JANDIAL

India is the land of diversity. No other country in the world has as many geographical seasons as India. Cherrapunji, the place which receives maximum rainfall in the world is in our country. Thar desert is also in India. Oldest mountain of the world, Aravallis is in India. Himalayas, the highest mountain range of world is in India. No country in the world has as many languages as we spoke in India. Indeed, 8th schedule of our Constitution recognizes 22 languages now. But it is hard to believe that about 19,500 languages are spoken in India among which Sanskrit is the oldest one. Tamil is also an ancient language which is also being spoken presently. Malayalam is fastest growing language in India. India is the place of origin of oldest religion in the world - Hinduism. Gautam Buddha was born in Lumbini, Nepal as Siddhartha. But it is our country where he attained enlightenment or simply Nirvana. Oldest city of world, Varanasi is also in India. My point is clear now. No country boasts as rich culture as India has. Great culture gives birth to Great Festivals. India is undoubtedly the land of countless festivals. We have Diwali, Holi, Pongal, Onam, Baisakhi, Navratri, Navroj. Festivals vary with the demography, seasons, religion. Many of the festivals are harvest festivals. We have numberless dances. In Tamil Nadu, we have Bharatnatyam. In Kerala, we have Mohiniattam, Kathakali. In Uttar Pradesh, we have Kathak. In Punjab, we have Bhangra. In Gujarat, we have Dandiya. In Rajasthan, we have Guman: This list is never ending. I am only giving you an idea about the richness of the culture of India. Let's come to festivals. Though we have numberless festivals. Ganesh Chaturthi is one of them. We all know that Bhagwan Shiv lives in Kailash Parvat with Goddess Parvati and his son Bhagwan Ganesh. Ganesh is the one who narrated Four Vedas to Rishi Ved Vyas, who compiled it later. On the eve of Ganesh Chaturthi, an idol of Bhagwan Ganesh is installed in our homes. It is an 11-day festival that commences on Chaturthi of Shukla

Paksha in the month of Bhadrapada and ends on Anant Chaturdashi according to Hindu lunar calendar. It usually falls in the month of August or September. It is believed that Lord Ganesha comes from Kailash mountain on pious Ganesh Chaturthi. Devotees worship the God in their homes and after 10 days, these idols are immersed in water-bodies. On all these 10 days, all family members collectively worship together Lord Ganesha in the festive color with pomp and joy. God Ganesha is offered Modak during these prayers. The celebration of Ganesha chaturthi lasts for 11 days and festival ends on Anant Chaturdashi with Ganesh Visarjan. Ganesh Chaturthi is one of the famous festivals of Hindus and is also known as Vinayaka Chaturthi. The festival celebrates the birthday of Lord Ganesha - the supreme God of wisdom and prosperity. Ganesha is the 'Lord of Beginnings'; that's why every Hindu prayer worship starts with a dedication to Ganesha. In India, it is majorly celebrated in states including Maharashtra, Gujarat, Goa, Madhya Pradesh, Karnataka, and Telangana. Ganesh is the younger son of Lord Shiva and Parvati. There are various stories behind his birth but two of them are the most common ones. According to the first story, Lord Ganesha was created by Parvati out of dirt from her body to guard her in the absence of Shiva. She gave him the task of guarding her bathroom door while she took a bath. In the meantime, Shiva returned home and Ganesha, who didn't know who Shiva was, stopped him. This angered Shiva and he severed Ganesha's head after a tiff between the two. Parvati was enraged when she came to know about this; Lord Shiva, in turn, promised to get Ganesha back to life. The devas were sent to search for a child's head facing north but they could only find an elephant's head. Shiva fixed the elephant's head on the child's body, and that how Ganesha was born. Ganesh chaturthi is being celebrated since the time immortal. But it was the Marathas who first of all started celebrating it publicly. Attention Please, it was Lokmanya Bal Gangadhar Tilak, who is credited to

International Day against Nuclear Tests

■ VINOD CHANDRASHEKHAR DIXIT

August 29 is observed as an International Day against Nuclear Tests. In order to respect victims of the past and to remind the world of the persisting threat nuclear tests pose to the environment and international stability. More than 2,000 nuclear tests have been conducted over the past seven decades - from the South Pacific to North America, from Central Asia to North Africa. They have harmed some of the world's most vulnerable peoples and pristine ecosystems. Nuclear Weapons started around the 1830's in countries like the United States, United Kingdom, and Canada in the World War II. For the past 20 years Nuclear Weapons have been in our lives, they were the weapons we used to fight our enemies and also protect our homeland. Nuclear weapons are a form of mass destruction that has explosive power that comes from a nuclear action. The first nuclear test was conducted by United States, on July 16th, 1945, three weeks before the Hiroshima bombing on the 6th of August 1945. The nuclear test was given the codename 'Trinity', tested on the 'Trinity Site'. The largest nuclear bomb ever tested was the 'Tsar Bomba' by the Soviet Union at Novaya Zemlya, with an estimated yield of 50 megatons. It was so powerful it was said that shockwave produced went around the world three times. Nuclear weapons continue to present a real threat to humanity and other life on Earth. Scholars of international relations and policymakers share in the belief that the sheer power and destructiveness of nuclear weapons prevent them from being used by friends and foes alike. Nuclear weapons are not needed, and have not been, for years. While nuclear weapons have influenced politics, public opinion and defense budget, they have not had a significant impact on world affairs since World War-II. Nuclear weapons are weapons of great destruction. Nuclear weapons pose serious health risks to those around them.

India had conducted its first nuclear test at the same site in 1974. India's nuclear programme began in 1948 and since then it has covered a very long and significant ground. India's security concern and nuclear environment compelled it to make these tests after a lapse of about a quarter century. Two nuclear bombs were dropped on Japan which eventually ended the Pacific War. After this attack the Soviet Union Started to develop their own atomic bomb project. Both Germany and the Soviet Union had more powerful weapons known as the hydrogen bomb. Hydrogen bombs are bombs that have destructive power that comes from the rapid release of energy and uses an atomic bomb as its trigger. History has shown terrifying and tragic effects of nuclear weapons testing, especially when controlled conditions go awry, and in light of the far more powerful and destructive nuclear weapons that exist today. There is no other weapon that causes such harm to the environment and humanity as nuclear weapon. The nuclear path will lead us to a point of no return from the nuclear night and nuclear winter lasting a thousand years. We may be divided. But peace and friendship are the only alternative for the survival of the civilization. A famous saying goes might is always right. This is what exactly so called developed nations want rest of the world to do. Every country has the right and should defend its territory by hook or by crook. The obstacles to disarmament are formidable. Concerns over nuclear weapons' costs and inherent dangers have led to a global outpouring of ideas to breathe new life into nuclear disarmament. Among the negative sides of nuclear weapons is their maintenance and construction cost. Unlike other kinds of weapon, ownership of nuclear weapons can have a negative impact on the national budget. The question of whether countries should be allowed to have nuclear weapons is still under discussion and requires a solution to be found as soon as possible.

children is planting. This book fair is like a dream come true for children of poor and backward sections of the society, who are most affected due to pandemic. The popularity and acceptance of the book fair among children can be seen from sweet words uttered by them out of curiosity, that, when will you come again with new books? Next time bring a new book of jokes, maths and English! That children's literature is not reaching children at all. Children and young people have same books as they are only familiar with the course books. In such a situation, the children's and youth literature which exists on such a large scale is not reaching them easily. It is not that where there is a lack of resources, children's literature is not reaching there. Rather, where there are resources, there is hardly any access to children's literature. Despite having resources, no interest is visible even within the teacher class regarding the understanding and availability of children's literature. If better literature among children and youth If available, the children themselves are coming forward to study on their own. If studies are for interest or for their own sake, then children or anyone does not feel burdened. Once the interest in reading is awakened, then Sanskrit can be developed among the children to read the course and see it connected with their life. Therefore, availability of better children's and youth literature from community to school, college is essential. Working in this direction, it will be a necessary step for the current education system.

PROGRESSING J&K
Cooperatives giving new impetus to women, youth entrepreneurship
Govt provides highest capital infusion of Rs 366.91 cr to 3 district Central Cooperative Banks

The J&K administration is making efforts to facilitate development of new women and youth cooperatives by providing them solid support system to flourish. Government aims to increase the number of Primary Agriculture Cooperative Societies by providing much-needed support to the people in every Panchayat. This will substantially increase the credit lending in agriculture and allied sectors, thereby benefits will also flow to small and marginal farmers. In order to truly realize the Prime Minister's vision of 'Sahakar se Samridh', Cooperatives in J&K focus on agri-marketing, food processing, branding, supply of seeds and other innovative activities in dairy and handicrafts. Government has asked all the stakeholders to take necessary steps via cooperative institutions in making all Panchayats of the UT prosperous and creating village infrastructure, so that by taking inspiration from the past, a prosperous future can be built. Government is determined to deepen the cooperative movement as a people-based movement to reach citizens at the grassroots. Cooperative movement was a way of life, and not just a business or credit lending activity. In a major bid to strengthen cooperatives, highest 66 new FPOs were registered in 2020-21 besides 306 cooperatives were registered in same year. As per statistics of the department, 138 cooperative societies were revived and made functional. Notably for the first time Super Bazars were brought on GeM portal, computerised bills were introduced in Super Bazars for greater accountability and five Super Bazars have been taken up for modernisation.

To infuse new life in Cooperative banks, Government provided highest capital infusion of Rs 366.91 cr in three district Central cooperative banks. Panchayats and Cooperatives as two sides of the same coin, if Panchayat represents grassroots democracy and administrative system, then the cooperatives strengthen their self-reliance, competence and autonomy in at least 20 sectors of the rural system like cottage industries, agriculture and allied activities by raising its economic side. At the same time it protects the interests of the deprived sections. Notably, in our UT, more than 63,000 self-help groups are changing the lives of 5.25 lakh women. Government has resolved that 18,000 new self-help groups will be formed so that their potential gets its due place in the economy and development. With the help of cooperatives, new impetus to entrepreneurial women's organizations will be provided.

YOUR COLUMN Man's Best Friend

Dear Editor

Books are man's best friend. Good books enhance knowledge as well as develop language skills and vocabulary and are a great way to reduce stress. Due to the closure of schools due to corona epidemic, the education of children has been adversely affected. In order to re-engage children with the process of reading, writing and learning, a book fair named 'Book Yatra' is being organized at different places in different cities. So far, the journey has completed 15 days and has reached more than 400 children. In this book journey, we constantly carry organization's box of books and books from the youth series, Eklaya, etc in our bag. Using space available in community like trees, cots, cots, tables, walls, fruit-racks, etc, they put up an exhibition of books. Children's love and enthusiasm for books is made in these book exhibitions. All the scenes like running here and there to read more, bringing your fellow mates as well, insisting on taking books along with your family members to see and collect them, taking them home and showing books to your elder brother and sister, highlighting children's love and enthusiasm for books. Apart from children, elders also come to this fair to see and read books. Children also take books of their choice along with reading so that they can read them later. This book journey develops interest of reading, writing and learning in

Vijay