

INDIA-A SECULAR COUNTRY

India is the crown jewel of the world whose history is glorious. It is unique from natural point of view. Nature has decorated it with her own hands. The six seasons come in turn and adorn it. On three sides the sea and the Himalayas are adorned like its crown. Rivers irrigate it by continuously flowing like the flow of its love.

My country India is the playground of culture. From this country the rays of knowledge spread all over the world. This is the country which gave the knowledge of Vedas, Puranas, Upanishads and Gita to the world. It is because of knowledge that India is called Jagadguru.

India is a secular state, which means that the government here does not interfere in the religious matters of the people. People who believe in Hindu-Sikh, Christian and Islam religions live here. They have complete freedom to follow their worship method and social system. It was the land of India that gave the principle of universal brotherhood and Panchsheel to the world, inspired human values like truth, non-violence, sacrifice, kindness etc.

Why there is no ideal study time and how it all depends on our body clock

■ VIJAY GARG

Best Time to Study: Things to Remember We all desire to enhance our productivity as learners and accomplish our academic objectives. The timing of our study sessions is a crucial issue that can have a significant impact on our capacity to acquire and remember knowledge. To assist you in getting the most out of your study sessions, we will discuss in this blog the optimum times of day to study based on empirical data and helpful advice. Whether you're a morning person or a night owl, there's something here for everyone. So let's start and learn about the best time to study!

Is there the best time to study?

Chronobiology is a discipline that investigates how time affects our bodies and minds and is the foundation of research on the most effective times to study. When we're ready to perform particular tasks, our circadian rhythms-basically, the cyclical ways in which our bodies react to our surroundings and hormones-play a key impact. You can benefit from studying at a time when your body is at its best.

What time should you study according to science?

According to scientists, the best time to study is between 10:00 am and 2:00 pm and between 4:00 pm and 10:00 night. The worst time to study is between 4:00 am to 7:00 am, so if you're balancing other duties while studying, it could be best to study at night rather than earlier in the day.

Young adults might be a little bit of an exception to this guideline. It's vital to remember: According to studies, young adults between the ages of 14 and 24 have circadian rhythms behind either young children or mature adults by roughly 2-3 hours. In this age bracket, the best times to study can be a little later.

How Time Of Day Affects Students' Brains

The time of day can affect students' brains in simple ways. In the morning, students are usually more alert and focused, making it a good time for learning. In the afternoon, there may be a dip in energy and concentration, making it harder to stay focused. In the evening, some students may feel more creative and better at problem-solving. It's important to consider these patterns when planning study or work schedules for learning and performance.

When should you study? Night or Day?

There is no such thing as the best time to study; it differs from person to person when they can be more productive, have the most energy, know their surroundings, etc. Some are early risers, and some are night owls; depending on this, we have a breakdown of the benefits of studying at that time.

Benefits of studying during daytime

Most people would think that morning is the best time to study, as our brains tend to be the sharpest in the morning after a pleasant night's sleep and breakfast. Your eyes will benefit from the available natural light, which helps you stay awake. Because mornings tend to improve your memory, this time is excellent for opening a textbook to study a new topic or simply reviewing your lecturer's notes from the previous day.

Benefits of studying during nighttime

Later in the day, some students have greater energy. As a result, reading and studying for them is more productive in the evening or at night. This is the best time to study as there are fewer distractions, and everyone is in bed now. Studying also helps to increase your focus and creativity. After studying, some claim that getting some sleep will help you retain what you learned. Making sure you are still getting an average of 8 to 9 hours of sleep each night, though, is one thing to keep in mind.

How to find the best time to study?

Having said that, different study schedules can be the best time to study for different students. If you take the following elements into account, you may determine when you learn best.

First, when are you at your sharpest? Consider that various people tend to have superior recollections and alertness at different times of the day. For instance, your visual memory may be greater in the morning, but your capacity for critical thought is at its highest in the afternoon. Second, it's ideal to choose another time if your preferred hour is prone to interruptions, such as dinnertime, which can mess up your pattern. Next, choose a time that you can adhere to consistently, at least for a few days each week, as consistency is beneficial. Also, don't forget to take breaks to refresh your mind.

Best Time to Study: Things to Remember

By keeping these points in mind, you can plan your study sessions more effectively and make the most out of your learning time.

Morning Focus: Many students find it beneficial to study in the morning when they are more alert and focused.

Avoid the Afternoon: During the afternoon, energy and concentration levels may dip, making it harder to study effectively. Take short breaks or engage in light physical activity to refresh your mind. Evening Creativity: Some students experience enhanced creativity and problem-solving skills in the evening. Use this time for creative tasks or self-examination.

Find Your Peak Time: Pay attention to your own body and brain patterns to decide your peak times for studying. Everyone is different, so find the time that works best for you.

Plan Breaks: Include short breaks into your study routine to control burnouts and maintain focus.

Consider Circadian Rhythms: Remember that our bodies have natural rhythms, so try to align your study schedule with your personal circadian rhythm for optimal productivity.

Sleep Well: Prioritize good sleep habits as it directly impacts cognitive functioning and memory retention. Ensure you have enough restful sleep to support your learning.

Stay Hydrated and Nourished: Proper hydration and nutrition are essential for optimal brain function. Drink water and eat nutritious meals to fuel your study sessions.

Finding the ideal study period is essential for maximising our learning and output. No one solution works for everyone, but we can use the knowledge and advice shared in this blog to choose the best times to study. There are various methods we might increase our capacity for learning, from comprehending our circadian rhythms to setting up a regular study plan. It's also critical to remember that our lives and personal tastes influence our study, so we should experiment to see what methods work best for us. We may achieve our academic objectives and be successful in our learning journeys by prioritising our study time and utilising these techniques.

Historical Introduction of Green Gold

■ G L KHAJURIA

Nature 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 in search of salvation and attainment of wisdom had their Ashramas in the sylvan surroundings of these forests.

The Ramayana and the Mahabharata give an attractive description of forests like Dandakaranya and Nandavan. The wildlife consisting of varieties 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 forbade 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 lush-green trees.

It is dismaying, painful and ironical too. When we chlope 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 in consonance with the forests that were then in such abundance. 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, establishing 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 rule India 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 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 years in 1878, the Government honoured Brandish 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 forestry and 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 on 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 them 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 F.R.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).

Rahul Gandhi's Flying Kiss Controversy

■ OMKAR DATTATRAY

The congress leader and scion of Gandhi -Nehru dynasty ,Rahul Gandhi has been reinstated as the Member of Parliament(MP) after the Supreme Court has stayed his conviction by the Surat court .Only on the second day of Rahul's reinstatement as the MP ,he has participated in the discussions on the non-confidence motion moved by the opposition INDIA. On 9th of August 2023,Rahul took part in the parliament proceedings and gave his version against the NDA government .Rahul has again demonstrated his non-seriousness as a parliamentarian when he gave a flying kiss to BJP, MP's while exiting from the Lok Sabha and it shows that he cares too hoots for discipline and decorum. The BJP,MP and union minister Smriti Irani has objected to the flying kiss gesture of Rahul Gandhi and called Speaker to take action against the congress leader .It is not only Smriti Irani only but several other BJP,MP's have also objected the flying kiss gesture of Rahul Gandhi and requested the chair to take action against Rahul Gandhi for his indiscipline and childish behavior .Thus a big controversy has erupted on the flying Kiss of Rahul Gandhi .It is not the first time that Rahul Gandhi has attracted limelight and on several occasions he had did such non-serious things in the Parliament for which he had to repent later .Rahul Gandhi is infamous for creating and enacting non-serious gestures .On some earlier occasions he has hugged the Prime minister Narendra Modi and on other occasions he had winked his eyes towards the BJP members .Sometimes a wink indicates a joke ,a secret ,or affection and it just means a facial expression made by briefly closing one eye .However today he has demonstrated the flying kiss gesture towards the BJP members of Parliament which attracted the attention of the MP's mostly the women MP's

of the BJP .At the very outset we should know what the Flying Kiss actually is .The Flying Kiss also known as a blown Kiss ,is a gesture where one kisses their fingertips and then mimes blowing the kiss towards someone ,typically when bidding farewell .It serves as a way to express affection while parting someone. Congress leader Rahul Gandhi ,who delivered his first speech in Lok Sabha today after being reinstated as an MP on Monday ,blew a flying Kiss at treasury benches while leaving .According to people who witnessed the moment when Rahul Gandhi was leaving the Lok Sabha premises after his no-trust motion speech ,some files fell down and he bended to take those papers ,the BJP,MP's instead of helping him ,laughed at him .Union minister of state for Agriculture and Farmers welfare Shobha Karndlaje has filed a complaint with the speaker requesting him to take action against Rahul Gandhi. Smriti Irani calls Rahul Gandhi misogynist as he gives a flying kiss in Parliament .She said only a misogynistic man can give a flying kiss to women MP's in Parliament. Union minister Smriti Irani and other BJP MP's were up in arms after congress MP Rahul Gandhi allegedly blew a flying kiss to BJP MP's. The moment which was not captured on camera ,happened when Rahul was walking out of the Lok Sabha premises after finishing his speech on no-confidence motion on Manipur .Without naming Rahul Gandhi ,Smriti Irani said,' Only a misogynistic man can gesture a flying kiss to female parliamentarians. It shows the Khandhan he comes from and what his family and party feel about women .It is believed that Rahul Gandhi blew a flying kiss while existing from parliament .Union minister Smriti Irani ,along with several BJP,MP's voiced strong objection following an alleged flying kiss gesture made by Rahul Gandhi towards BJP ,MP's in the Lok Sabha .Rahul

Gandhi delivered his first speech at Lok Sabha on August 9, after being reinstated as an MP .However he did not remain in the house to listen to the response ,as he had a scheduled event in Rajasthan at 3PM.Upon departing the Lok Sabha ,he repeated a gesture reminiscent of his famous hug and wink during the previous no-confidence motion against the PM Modi government in 2018 .It is believed that Rahul Gandhi blew a flying kiss while exiting from the Lok Sabha .Smriti Irani ,along with several BJP,MP's voiced their strong objection following an alleged flying kiss gesture made by congress MP Rahul Gandhi towards BJP MP's in the Lok Sabha .Although the incident was not captured in camera ,it reportedly occurred as Rahul Gandhi was leaving the Lok Sabha premises after delivering his speech concerning the no-confidence motion on Manipur .Smriti Irani ,without directly mentioning Rahul Gandhi's name ,denounced the act stating ,'Only a misogynist man can exhibit the gesture of a flying kiss towards female parliamentarians .This action sheds light on the lineage he originates from and reflects the attitude his family and party hold towards women "Smriti Irani said that such a behavior had never been witnessed in the country's parliament before.BJP has questioned the appropriateness of the behavior ,labeling it as "chichora type behavior ."This parliamentary episode has resonated across major platforms such as TikTok ,Twitter ,Reddit ,Instagram ,Telegram ,You Tube and facebook .Amid the huge uproar in Lok Sabha over a flying Kiss by congress leader Rahul Gandhi ,sources from the party have said that party MP was gesturing towards treasury benches in general and that it was not directed towards any minister or MP in particular ."Rahul Gandhi's gesture towards the treasury benches as he was leaving with a flying kiss as he called

them as brothers and sisters .He did not direct it towards any particular any member or MP and not at all towards union minister Smriti Irani "a congress leader said .Mrs Irani ,who spoke during the debate on no-confidence motion against BJP government right after Mr Gandhi has alleged that the congress MP blew a flying kiss before leaving the house ."The one who was given the chance to speak before displayed indecency before leaving .It is only a misogynistic man who can give a flying kiss to parliament which seats female members of parliament .Such undignified conduct has never before seen in parliament. "Ms Irani said .It should be noted that Rahul Gandhi made the flying kiss gesture as a means of love and affection while parting from the Lok sabha and Mrs Irani who is habitual of coming in limelight has blown the flying kiss of Rahul Gandhi out of context and has made a mountain out of mole hill .Shiv Sena MP Priyanka Chaturvadi hit out at BJP for creating a controversy over Rahul Gandhi's alleged flying kiss in the Lok sabha .she said saffron party is so used to hatred that they cannot accept love .I was at the visitors' gallery .I saw when he was leaving ,he did it as a gesture of affection .He did not say so or do it for just women .It was just a genuine gesture ,like he has called Mohabbat Ki Dukaan" Unfortunately flying kiss gesture of Rahul Gandhi soon erupted into a massive political controversy ,with the BJP calling it shameful and an insult to women .In brief it can be said that a simple gesture of flying kiss by Rahul Gandhi was blown out of proportion and the congress leader never meant it to be directed towards women BJP MP's .Such flimsy things should not be allowed to snowball into a political controversy as it is against the interests of the country and parliament proceedings.

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

YOUR COLUMN

Luck favours M.L Toofan, retired IRS Officer

Dear editor,

Nowadays when innocent persons are being looted/ deprived of their hard-earned savings kept in the banks by the fraudsters operating from Bihar and Jharkhand, one good news has come where M. L. Toofan, a retired IRS officer has succeeded in getting the looted money fraudulently withdrawn by the fraudsters from Bihar.

For getting money back, I worked hard, was in regular touch with Cyber Crime branch, Police, Bank, Media. I filed appeal in the RBI and even filed complaint in the Court. Ultimately my efforts bore fruit and Rs. 1.74 lakh fraudulently withdrawn from my account on 31st of May were credited to my account on 3rd of August 2023.

I thank Branch Manager, Zonal Manager of J&K Bank, SHO Cyber Crime for their sincere efforts for getting the money back. Moreover, I appealed people to remain vigilant against such attempts of the fraudsters who invent new techniques/ stories to rob the innocent people of their hard earned money.

Thank you so much for returning my money. I can't tell you

how grateful I am to have it back. It's been a really tough week for me and I was really upset when I realized I had lost it. It's so nice to know that there are still honest, decent people in this world. I really appreciate your honesty and integrity.

M L Toofan.

'Late' Article 370

Dear editor

It is said "better to be late than to become late". But for Article 370, 35 and 35A, better it became late though it is late. Four years have completed after the demise of Article 370, 35 and 35A. It marks the total integration of that part of Jammu and Kashmir with India which is under Indian administration. Kashmir is the dividing line of relationship between India and Pakistan. Special status to Jammu and Kashmir under Article 370 and denial of right to purchase property by the citizens of other parts of India in Jammu and Kashmir under Article 35 and 35A had almost alienated Jammu and Kashmir from India. Before repealing the Article 370 the Modi government treaded cautious path and made adequate arrangements by stationing security forces to ward off threats of possible protests from the people opposed to abolition of the contentious Article. People were clueless when security forces were stationed and patrolling as preemptive measure to prevent the possible disturbance. Article 370, Ram Mandir and Uniform Civil Code (UCC) are the core issues in the Indian

political landscape. The unfinished agenda of NDA is the UCC. Deft handling of the situation post Article 370 abolition and legal recourse taken to the resolution of Ram Mandir dispute have earned people's admiration. The abolition of Article 370 has left the trail of bitterness among J & K leaders like Mehbooba Mufti and Farooq Abdullah. Apprehending trouble, appropriate measures were taken to suspend the Anarnath Yatra from the Jammu base camp on Saturday. Surprisingly, Shiv Sena (UBT) which does not have its base in Jammu and Kashmir, has staged a protest against the centre accusing it of betraying trust of the people of Jammu, who had celebrated revocation of Article 370 on August 5, 2019. Article 35 and 35A were impediments for the acquisition of property in Jammu and Kashmir whereas people from Jammu and Kashmir had the liberty to purchase property in other parts of India. This discrimination and gross injustice have been removed by rescinding Article 35 and 35A. There is demand for statehood to Jammu and Kashmir. The centre is not averse to restore statehood to Jammu and Kashmir. Lok Sabha election is round the corner. If statehood is the aspiration of the people, the centre should accord it. After abolition of Article 370, there is perceptible downslide in the terrorist activities. Abolition of Articles 370, 35 and 35A is an important milestone on the records of the Modi government.

K.V. Seetharamaiah.