

SWACHH AMRIT MAHOTSAV

In order to realize the vision of Mahatma Gandhi regarding a clean and green Bharat, although the earlier Governments did not perform as per expectations, but it is the ruling dispensation with took this herculean task and launched the Swachh Bharat Mission, across the country. It is only due to the strenuous efforts and dedicated efforts of the Government that at present the Swachh Bharat Mission has become a mass movement with every citizen contributing actively towards the noble mission of making the country clean and green as per the vision of the Father of the Nation. Recently, in a significant development, in order to celebrate eight years of Swachh Bharat Mission-Urban, the Union Minister Hardeep Singh Puri officially announced the commencement of the 'Swachh Amrit Mahotsav', a fortnight of activities to galvanize action around Swachhhta from September 17, 2022 Sewa Divas, to October 2, 2022, Swachhhta Divas. The fortnight will focus on mobilizing citizen action and commitment towards the vision of building 'Garbage Free Cities'. The Union Minister released the official logo for the fortnight, 'Swachh Amrit Mahotsav: Ek Aur Kadam Swachhhta Ki Or' signifying the resolve to intensify and reinvigorate the Jan Andolan in the world's largest sanitation programme. In line with the Prime Minister's vision of harnessing youth energy for positive action, Union Minister has announced the opening of the first ever 'Indian Swachhhta League', an inter-city competition to take place between the youth of the cities on the 17th of Sept. 2022. For the maiden edition of ISL, more than 1,850 city teams from across the country have officially registered to compete. Each team will compete in the League by creating their own unique sanitation initiatives to focus on creating garbage free beaches, hills, and tourist places. States with highest percentage of participating cities are Odisha, Assam, Chhattisgarh, Punjab, Jharkhand, Himachal Pradesh, Tripura, Kerala, Andhra Pradesh, and Jammu & Kashmir. Mumbai Emperor; Delhi Swachhhta Prahari and NDMC Warriors, Namma Chennai, Indomitable Bengaluru, Heritage Ahmadabad, and Hyderabad Swachh Champions are the teams of megacities that have already registered in the League. Furthermore, 47 out of the 61 million plus cities and 20 State capitals are also joining the Swachhhta race. Additionally, the ISL has successfully attracted a diverse set of Indian cities to take part in the first of its kind League. Cities from diverse geographies and with iconic tourist locations across the length and breadth of the country - such as Leh, Kanyakumari, Kohima, Dwarka, Konark, Port Blair, Rameswaram, Gaya, Poanta Sahib, Karta, Ujjain, Nashik, Varanasi, Pahalgam - have registered their teams and appointed team captains for the competition. As a next step, citizens are invited to join their respective city teams on the official MyGov portal from 11th September 2022 onwards. The link for citizen registration is as follows: <https://innovateindia.mygov.in/swachhyouthrally/>. This link will be live till 6PM on 17th September 2022. This initiative has already generated a lot of excitement and interest amongst the youth fraternity. Various other interesting initiatives have been lined up during the fortnight such as the Start-Up Challenge Forum, Toyechan- Making toys from waste, Technology Exhibition, Swachh Seher Samvad, etc finally culminating with the observation of Swachh Bharat Divas on Gandhi Jayanti.



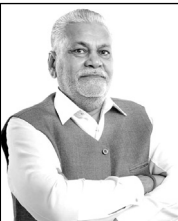
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UNIVERSAL PHILOSOPHY

The teachings of Guru Nanak are logical and easy to understand. His definition of God is captured in the mool mantra — IkOnkar Satnam Karta Purakh Nirbhau Nirvair Akal Murat Ajuni Saibangh Gurbparsad, which means — ‘One, True Name, Creator, Fearless, Without Vengeance, Beyond Time, Does not Incarnate, Selfexistent, Understood only by Grace.’ Once God is defined, Nanak proceeded to explain that the purpose of life is to become truthful, for which one has to purify actions, listen to the gurus’ words and practise meditation. To attain truth, one has to purify the mind by realising consciousness. According to Nanak, dharma is a product of compassion, supported by contentment. These two qualities play pivotal role in religion. Nanak said that as we sow so shall we reap and, therefore, encouraged everybody to cultivate virtues. According to the first Sikh guru, serving the needy is an important duty of society. Hence, the first langar, free kitchen, was started by the guru in 1489. On social issues, Nanak emphasised equality of human race, irrespective of caste, colour, creed, gender or race. For him, creation was from one God and, therefore, no one should claim to be superior or inferior. Consequently, on women, Nanak said, “How can she be called inferior when kings are born of her.” To the sages in the mountains, he said that if all good and pious people retired to mountains to meditate, how will society benefit. So, the message of Nanak, as contained in his various compositions, urged people to lead a householder's life, work hard and then share something in charity. This message is encapsulated in the three pillars of Sikhism: Naam japo, kirat karo, and vand chakko— ‘Meditate, earn honestly, and share with others.’ He emphasised the dignity of labour, and observed that truth may be the highest virtue, but truthful living is even higher. On environment, Guru Nanak said that the earth has to be treated like mother; water like father, and air like guru. This message in the concluding shlokaof Japji Sahibis recited several times daily during meditation, individually and collectively. One has to guard against any type of pollution to the environment. The Sikhs, therefore, explicitly seek the well-being of all, all the time and specifically after their daily formal prayers. On economics and commerce, Nanak emphasised literacy, gaining knowledge, healthy living, increased workforce, and encouraging investment. Again, the emphasis was on ethics and truthful behaviour. The world continues to be divided by class and caste wars; not only people, even countries are divided. There is widespread hunger, poverty and deprivation. Racial and gender discrimination is equally strong. The United Nations, through its various organisations, is making efforts to unite the world by voting against racism and apartheid. And, the World Bank as well as many other institutions, are making efforts to combat poverty and income inequalities. Compassion and contentment are necessary for sustainable growth. In the absence of such virtues, aggressiveness and greed lead to distrust, conflict and wars while the earth gets exploited. To summarise, the message of Guru Nanak is as relevant to the world now, as it was in the 15th century when it was delivered. Guru Nanak emphasised on equality, simplicity and righteousness. -Charan Singh

Celebrating 2-ysr of Pradhan Mantri Matsya Sampada Yojana Building momentum for 'Neeli Kranti se Arth Kranti'

■ PARSHOTTAM RUPALA



Fisheries, an emerging sector amongst the primary producing sectors, play a crucial role in socio-economic development of our country, especially of the rural India. Considered as a 'sunrise sector', it envisages bringing in mammoth potential in an equitable, responsible, and inclusive manner. The sector employs approximately 28 million fish farmers and fishers at the primary level and almost twice the number along the fisheries value chain. Foreseeing the huge scope of development, Prime Minister Narendra Modi, in Dec 2014, called for 'Blue Revolution' in the Fisheries sector and took several measures to harness the potential of fisheries in a sustainable way. Some of the key Central measures include: (i) Creation of Separate Ministry of Fisheries, Animal Husbandry & Dairying, (ii) Formation of Department of Fisheries with independent administrative structure, (iii) Policy reforms initiatives (iv) Creation of Fisheries and Aquaculture Infrastructure Development Fund (FIDF) in FY 2018-19 worth Rs. 7,522.48 crore, to address critical infrastructure gaps. So far, proposals worth Rs. 4923.94 have been recommended to States/UTs, including 20 fishing harbours and 16 fish landing centres in Tamil Nadu, Gujarat, Maharashtra, Odisha & Andhra Pradesh along with 25 proposals from private beneficiaries worth Rs. 120.23 crore.

Building on success of 'Blue Revolution' scheme, the Government of India launches its flagship scheme Pradhan Mantri Matsya Sampada Yojana-PMMSY, with the highest ever investment of Rs. 20,050 Crore in the Indian fisheries sector. PMMSY was launched by Prime Minister on 10 Sep 2020 under the Atmanirbhar Bharat package, aiming to double the income of small and artisanal fish farmers. It aims to transform the sector holistically, focusing on production & productivity growth, increased domestic consumption & export earnings and reduced post-harvest losses. It gives me immense pleasure to write this column as we complete two years of the launch of PMMSY. To enhance the fish production and reduce post-harvest losses, uptake of modern aquaculture, capture fishing and post-harvest management practices are essential. For this, PMMSY lays special focus on skill and capacity building of fishers, fish farmers and other stakeholders to address their training requirements. Being implemented across the country, the scheme has got overwhelming response from all States/UTs, and during the last two years, the Department has sanctioned projects worth Rs 8562.72 crores for the sectoral development. It is inspiring to share that the fish production has increased from 141.64 lakh tonnes during 2019-20 to 162.53 lakh tonnes, as on date. On the other hand, India's fisheries exports stood all time high at Rs 57586.48 crores. Indian export market is dominated by shrimps particularly by L. Vannamei. To achieve the target of achieving exports worth

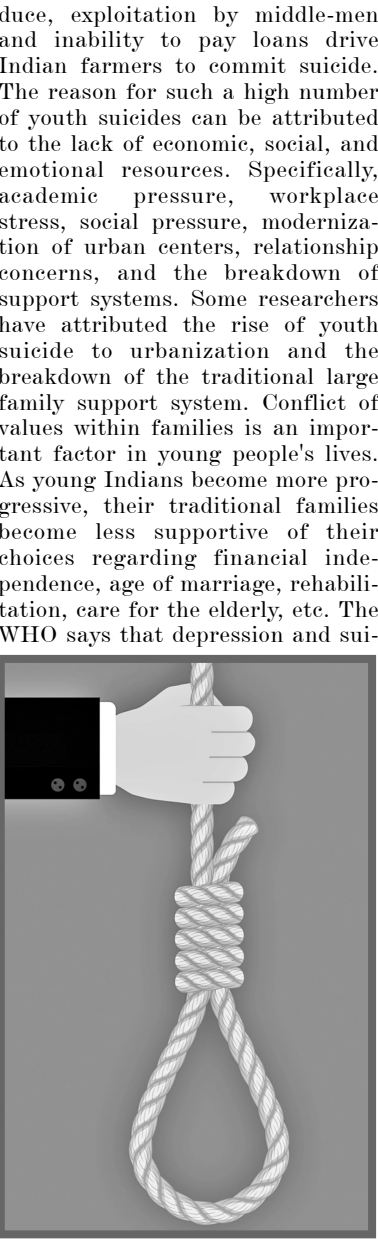
Rs 1 lakh crores under PMMSY, the Department has been focusing on diversifying the export basket by increasing production and quality of tilapia, trout, pangasius, cobia, pompano, and many other species. The sector-wise activities and projects sanctioned till date have generated employment for around 3.5 lakh beneficiaries directly, and over 9.7 lakh beneficiaries across the value-chain. The Central assistance of Rs. 3000/beneficiary/year has provided livelihood & nutritional support to total 6,77,462 marginalized fish farmers' and their families during the fishing ban/ lean period. To augment and replenish fish production, promote sustainable fisheries practices, and support bio-conversation, PMMSY has introduced sea and river ranching programme, as special sub-activity. For the next few years PMMSY aims to emphasize on strategic interventions where fishing vessel insurance, promoting sustainable Aquaculture, extension support services for the fishers and fish farmers, technology infusion, Integrated Aqua Park building, Fisheries Cooperatives/ formation of FPPOs are some of the crucial components. PMMSY puts special emphasis on employment generation for women, SC/ST communities by providing alternate livelihood opportunities such as seaweed cultivation, ornamental fisheries, and other associated activities. Women in fisheries are instrumental and therefore, PMMSY provides 60 per cent subsidies to women beneficiaries, including special benefits to women entrepreneurs and encourage them to enter the fisheries sector:

So far, projects worth Rs.1534.05 crores have been sanctioned for women beneficiaries, supporting a total of 37,576 women beneficiaries. Encouraging private sector participation, innovation & entrepreneurship, PMMSY has earmarked a separate fund of Rs. 100 Crore under the Entrepreneur Models and urges young entrepreneurs to come forward and offer solutions through technology interventions in the fisheries sector. To facilitate the access to institutional credit & meet working capital requirements, the Government of India has extended KCC facilities to fish farmers from FY 2018-19. To saturate the eligible fishers, KCC national level campaigns are being organized across the country in close association with Ministry of Finance and State departments. Towards boosting domestic consumption, National Fisheries Development Board (NFDB), nodal agency for PMMSY implementation has been supporting in organizing fish festivals, culinary seminars, exposure visits in various states to highlight the nutritional benefits, especially for the women and children. Adding to these, the Department has released a coffee table book named 'Fish & Seafood - a collection of 75 gourmet recipes' on 10 August 2022. With many such interventions including policy reforms and specific measures in pipeline, the Government of India has been simultaneously making efforts to develop the Indian fisheries sector towards becoming global leader in sustainable fisheries and aquaculture sector. (The author is Union Minister for Fisheries, Animal Husbandry & Dairying).

Suicide- second leading cause of deaths

■ DR SATYAVAN SAURABH

The time has come for us to rediscover our educational ecosystem with new meanings, new ideas of living, and new ways of nurturing new possibilities that can transform a life of uncertainty into a life worth living. Suicide can be prevented. Young people contemplating suicide often give warning signs of their distress. Parents, teachers, and friends are in an important position to understand these signs and get help. Most importantly, never take these warning signs lightly or promise to keep them a secret. Parents are important members of suicide risk assessments because they often have important information to properly assess risk, including mental health history, family dynamics, recent traumatic events, and past suicidal behaviors. There is a strong link between job loss or unemployment rates and mental health, substance abuse, and suicide. Suicide is the second leading cause of death among school-age youth. Sociologist Emile Durkheim famously hypothesized that 'suicide is the result of not only psychological or emotional factors but also social factors. Every 40 seconds someone takes his life in the world. According to the World Health Organization (WHO), about 16 women per 100,000 women take their own lives. As per the available data, the suicide rate for women in India is the sixth highest in the world. Suicide is the second leading cause of death, especially among young men, exceeding death only due to traffic accidents. Suicide is the leading cause of death among young women. We lose about 25 men for every 100,000 men who commit suicide. The reasons for the high number of suicides in India are a combination of psychological or emotional impacts and social dimensions. Women are grappling with a disproportionate socio-economic burden. Differences in socially acceptable ways of dealing with stress and conflict for women and men, domestic violence, and poverty in different ways affect women more. Married women are the largest victim of suicide deaths among women in general. This group becomes more vulnerable due to systematic and early marriage, young motherhood, and economic dependence. The past few decades have witnessed massive economic, labor, and social changes that have rarely been seen before. Such rapid changes coupled with economic disorganization and changes in social and community relations may make the issue more vulnerable. The social stigma attached to mental health disorders in India is a major obstacle to correcting them. Stigma and a general lack of knowledge and understanding prevent timely intervention when it comes to mental health disorders. Medical and psychological care is lacking, and the state's capabilities to address mental health issues are non-existent. There are about 5,000 psychiatrists and less than 2,000 clinical psychologists in the country. Mental health expenditure is a small part of total public health expenditure. The economy of India largely depends on agriculture and about 60 per cent of people are directly or indirectly dependent on it. Due to various reasons like Drought, low cost of pro-



duce, exploitation by middle-men and inability to pay loans drive Indian farmers to commit suicide. The reason for such a high number of youth suicides can be attributed to the lack of economic, social, and emotional resources. Specifically, academic pressure, workplace stress, social pressure, modernization of urban centers, relationship concerns, and the breakdown of support systems. Some researchers have attributed the rise of youth suicide to urbanization and the breakdown of the traditional large family support system. Conflict of values within families is an important factor in young people's lives. As young Indians become more progressive, their traditional families become less supportive of their choices regarding financial independence, age of marriage, rehabilitation, care for the elderly, etc. The WHO says that depression and suicides are closely related and in the worst case, depression can lead to suicide. India accounts for 18 per cent of the total number of people suffering from depression globally. Discrimination and abuses and racial slurs, sexist slurs, etc. which lead to extreme harassment of persons belonging to the Scheduled Tribe community for seeking admission in college through the SC/ST quota. Caste-based discrimination and resentment from upper caste students and teachers are common in the high-pressure environment of medical colleges as well as other higher educational institutions in the country. Thorat Committee report has shown that caste in AIIMS, the country's premier medical college based on how widespread and varied was the discrimination practices. Other experts have suggested proactive steps as early as adolescence, with the introduction of mental health into the school curriculum. Mental Health Care Act 2016 will ensure that these people have the right to a life with dignity and will not be discriminated against or harassed by the authorities. There have been some positive developments in the last few years. The criminalization of suicide was long overdue and welcome. The same is true for the Insurance Regulatory and Development Authority of India's order that insurance companies have to make provisions to include physical ailments as well as mental illnesses in their policies. Concerned over the rising incidents of suicides in Indian colleges, the Ministry of

Human Resource Development has circulated a manual to higher education institutions in the country, asking the authorities to take measures to prevent students from taking extreme steps. Manual inventory measures such as early identification of suicidal tendencies, a friend program, and a double-blind helpline where both the caller and the counselor are unaware of each other's identities. Stop-gap solutions for setting up expert committees and counselors in schools have not been able to solve the problem. Deep-rooted causes must be addressed. The government should do a comprehensive study of the reasons behind these suicides. The curriculum should be designed in a way that emphasizes the importance of mental exercise and meditation. Example: Delhi government's initiative on 'Happiness Curriculum' may be a step in the right direction. For higher education, creating an Equal Opportunity Cell in universities and colleges with an anti-discrimination officer. From the most "innocuous" ragging practices to the "extreme harassment", such discriminatory behavior constitutes violence and an attack on a person's human rights that prevents them from living their lives with dignity and receiving education. Educational approaches in schools, i.e. education about the facts of suicide, developing education modules in life skills, and problem-solving and training teachers, should be given psychological support and care to the individual. The state can also take help from NGOs as well as religious missionaries for this purpose. Focusing on training resources and streamlining funding, along with strengthening the existing National Mental Health Program and District Mental Health Program, are some of the other recommendations for fighting depression and suicide. The time has come for us to rediscover our educational ecosystem with new meanings, new ideas of living, and new ways of nurturing new possibilities that can transform a life of uncertainty into a life worth living. Suicide can be prevented. Young people contemplating suicide often give warning signs of their distress. Parents, teachers, and friends are in an important position to understand these signs and get help. Most importantly, never take these warning signs lightly or promise to keep them a secret. However, suicide is preventable. Young people contemplating suicide often give warning signs of their distress. Parents, teachers, and friends are in an important position to understand these signs and get help. Most importantly, never take these warning signs lightly or promise to keep them a secret. Parents are important members of suicide risk assessments because they often have important information to properly assess risk, including mental health history, family dynamics, recent traumatic events, and past suicidal behaviors. When all adults and students in the school community are committed to making suicide prevention a priority and empowered to take the right action, we can help youth before they commit suicide. (The author is a Poet, Journalist and a Columnist).

Real picture of changing India

■ SOFIA JANGRAL

The country is changing. Yes, indeed India is changing and has changed to a great extent. India is called the land of God and Goddesses. India is very famous for its culture and civilization, but are all these things now a matter of fact or true? In today's era, India has changed so much that people are tearing down their culture. In today's time, people have adopted foreign things and culture so much that the beauty and culture of our country is getting blurred. If we talk about clothes, people have adopted foreign clothes in such a way that they have almost forgotten the culture and civilization of India. In the pursuit of becoming modern, people forgot that clothes are basically meant to cover body. But today's people are going far away from the culture and civilization of India. We have the right to live, it is also necessary to have modern thoughts and to be modern, but it does not mean that we should stop wearing clothes. In a country, where earlier women used to consider it a shame to even show their face with uncovered head, today it is considered as shame to cover one's body properly with proper clothes and the person is termed as old-minded. Leaving aside the matter of dress, the country is also changing in many other things. Nowadays mobile phones are used in such a way that one forgot his or her family and started spending most of time with the devices, as if it is not a device but a person. People used to waste their precious time using mobile phones to such an extent that they have no time for their family members to sit, to have food together, to talk, due to which the belongingness is losing fast and people have started leading a separate life while living in same house, due to which depression is fasting spread among people. Now if we talk about marriage and dowry, earlier there are so much progress initiatives and drives to abolish this menace permanently. But at present in the name of dowry, the parents of girl themselves give so much to girl in marriage that the practice is increasing in another form. Where marriage should have taken place in a simple way, nowadays same are done with great pomp and show by creating several meaningless customs, due to which expenses increase. All this is done to just to make show-off and looking at each other, everyone starts adopting the same custom. Entire family of groom is given clothes, ornaments and so on by the bride's parent. In earlier times there used to be Shagun, Barat and lunch. But now, for 10 long days, a number of customs are celebrated thereby putting load on all those who are unable to afford the same. Along with this, if we talk about crime, the same has also increased to such a level that people openly kill each other. Some are fighting for land, some for house, some for the money and some because of personal enmity. People are not getting employment? Presently, there is so much unemployment as the rate has increase to a considerable level, due to which people are forced to steal and get indulged in several anti-social activities. There are so many thefts cases reported every day. Snatching incidents are being reported, where in people are robbed of their belongings in broad daylight on streets. Do not know how many people live by begging? How many youth are presently addicted to drugs and losing their lives, some because of unemployment, some because of mobile phones and some because of bad-company. Nowadays the problems have become so big that people are committing suicides, as the number of suicide cases are increasing at an alarming rate. Many women commit suicide because of dowry while several others got killed. Rape cases have become so common that even small girls are made victims of lust. Humanity is dead. Old parents are thrown out of house. Those who raised their children with the best facilities and fulfilled their needs, are thrown out of their own homes in the greed of money, forcing them to spend their remaining lives in old-age homes, Ashrams despite having a family, which can look after them. Human being has gone mad after money and is forgetting his belongingness to humanity. Our India is lost somewhere in wake of Digital India. Now finally, if we talk about politics, big leaders are involved in r politics in such a way that they have nothing to do with the society. None is considerate about problems of people. They have nothing to do with what is happening in society, as the only thing they are worried of is their chair. This is the India of present time. The talk of India's culture and civilization has now been limited to books only. The picture of changing India has become so terrible that now it is going in some other direction. It was our goal to create a good nation with people having creative thinking, good thoughts, moral and social values, but it is really sad that the scenario has taken a totally different turn, which is really a matter of grave concern. There is still time, if we want, we can make our India a civilized and cultured nation. I know that many people will find my words bitter but the truth is always bitter as they themselves know that this is the real picture of present-day India.