

## WORLD HEART DAY

The World Heart Day is an opportunity for everyone to stop and consider how best to use heart for humanity, for nature, and for you. Beating cardiovascular disease (CVD) is something that matters to every beating heart. Use Heart means to think differently, to make the right decisions, to act with courage, to help others and to engage with this important cause. The heart is the only organ you can hear and feel. It is the first and last sign of life. It is one of the few things with the potential to unite all of us as people. Every heart involves the use of 'For' and swings the focus from the actions themselves to the beneficiaries of the actions, allowing for wider application of the campaign while also making it more personal. We want World Heart Day messages to reach as many individuals as possible to help achieve cardiovascular health for every heart.

Access to treatment and support for CVD varies widely across the world. Over 75 per cent of CVD deaths occur in low-to-middle-income countries, but access can be an issue anywhere. By getting involved with global events such as World Heart Day as well as local activities, we are empowered to spread awareness and help make a difference in the lives of all humankind. Air pollution is responsible for 25 per cent of all CVD deaths, taking the lives of 7 million people every year. Whether they are more immediate actions like walking or cycling instead of travelling by car, or longer-term efforts such as supporting clean air legislation, each of us can contribute to a healthier planet in our own way.

Psychological stress can double the risk of having a heart attack. Exercise, meditation, and getting enough quality sleep help to lower stress levels. By resisting the harmful coping mechanisms and bad habits induced by stress, we can maximise our individual heart health. World Heart Day is celebrated every year on 29 September. In May 2012, world leaders committed to reducing global mortality from non-communicable diseases (NCDs) by 25 per cent by 2025. Cardiovascular disease (CVD) is accountable for nearly half of all NCD deaths making it the world's number one killer. World Heart Day is, therefore, the perfect platform for the CVD community to unite in the fight against CVD and reduce the global disease burden. Created by the World Heart Federation, World Heart Day informs people around the globe that CVD, including heart disease and stroke, is the world's leading cause of death claiming 18.6 million lives each year, and highlights the actions that individuals can take to prevent and control CVD. It aims to drive action to educate people that by controlling risk factors such as tobacco use, unhealthy diet and physical inactivity, at least 80 per cent of premature deaths from heart disease and stroke could be avoided.

## OFF 'D' CUFF

## Faith is a Discovery

When they listen to what has been sent down to the Messenger, you see their eyes overflowing with tears, because of the Truth they realized. They say, 'Our Lord, we believe, so count us among those who bear witness. (5:83)

According to this verse, these people accepted the Prophet's faith. But their acceptance was not of a simple kind: it was the outcome of marifah, that is, realization of the truth.

What is realization or discovery? It is the result of deep contemplation. When anyone ponders over nature and thinks about himself, he discovers that there is a great mind behind this creation. His study, his observation and contemplation, all lead him to believe that there is this great reality. After this realization, he feels that he has no option but to proclaim the existence of God. The next step is to aver: there is no God but the one God.

This declaration inevitably follows surrender before God. One who makes such a declaration not only accepts the truth but he becomes a worshipper of God and a follower of God's guidance. His thinking, his speech, his behaviour are all coloured in the dye of the one God.

He adopts a God-oriented life. This faith, or iman, revolutionizes one's thinking. It brings about a sea-change in one's life.

Faith, or iman, is like a seed. A seed is a growing thing. It grows and grows till it becomes a big tree,

— Maulana Wahiduddin Khan

YOUR COLUMN  
Is there any place safe for women?

Dear Editor:

What would be the fate of that society, where cops commit shameful act of eve-teasing. It was on August 24, 2015 that a constable allegedly passed lewd remarks on a girl passing through Rajpora Chowk in District Pulwama of Kashmir. This is not the only case of eve teasing on roads but one Jasleen Kaur of New Delhi was also harassed by a youth in Tilak Nagar area of West Delhi by passing obscene comments on her. Irony in both the cases was, both these incidents happened on roads in public places. In addition to this rape, molestation, eve teasing, sexual assault, and other conjugal crimes, have become an in-built habit of our so-called privileged men. The bus incident in Rotak area of Haryana state, has also bowed down the head of whole humanity, where two teenagers were explicitly molested by three young men in a moving bus. Although, both sisters have maintained to shield their self by beating them to dust, the question here arises is that, is there any place in this entire cosmos where females are safe? A female is

If money help a man to do good to others, it is of some value; but if not, it is simply a mass of evil, and the sooner it is got rid of, the better. -Swami Vivekananda

## EDITORIAL

## Navratri Festival- Importance &amp; significance

## ■ COURAV SABHARWAL

Our religious festivals and rituals are matchless in one or the other way. They are based on logic and certain scientific backgrounds can also be attributed to their origin. They are invariably ingrained and beneficial to the mankind vis-à-vis to the physical, mental, and spiritual aspects of life. Physical, mental, and spiritual growths are inseparable aspects of life requisite for a blissful and pleasant life. This may be the founding stone for our rituals and festivals. The essence of Hindu festivals is that they all are related to some or the other astronomical events or change of seasons. Navratri is not an exception to this rule. Everyone is acquainted with two Navratri festivals being celebrated in a year all over the world by the Hindus. But there are four Navratri's in Hindu calendar in a year. Other, two are known as Gupt or secret Navratri. All the four Navratri are associated with the astronomical events known as Equinoxes and Solstices. Equinoxes occurs twice in a year when days and nights are of equal duration i.e., March 21 and September 22. This is the period when Vasant and Sharada Navratri's are observed. The Solstices also occur twice in a year when days and nights are longer; June 21 (longest day) and December 22 (longest night). Vasant (Chaitra) Navratri is observed in March/April during Vernal Equinox - March 21. This year Chaitra Navratri being observed from 2nd April 2022 (Dates changed every year in tandem with Hindu Calendar: Variation of up to 14-15 days may occur every year). While Sharadiya Navratri is held during the period of Autumnal Equinox- September 22. The two Gupt (secret) Navratri, which happen during Solstices, are observed by the householder and spiritual seekers alike. These are largely observed by people who perform Tantrik Vidy or seekers of psychic powers and devotees of Goddess Adi Shakti (Mother Divine Power). They are observed in consonance with two Solstices. Ashada Navratri falls in June/July during the period of summer solstice June 21, that also marks the beginning of the monsoon season while Pausha/Magha Navratri falls during December/January, that also signals the change of season. Of the four, the Shardiya Navratri are celebrated with much enthusiasm and religious fervour by devotees. They are also known as Mahanavratri. These four periods of Navratri are the focal points of changes in our life. They mark the end of what is old, spent, harmful and birth of something new. They may be considered as period of introspection, rejuvenation, and rebirth on all the three planes. Physical, Mental and Spiritual. This is the time to bring everything in balance. Balancing of everything in life is paramount for the existence of human beings. Equinoxes and the Solstices mark the transition period between the two seasons. During this period bacteria thrive, and viral infections/diseases are at their peak. The body at the same time needs time to adjust to the climatic and environmental changes. Excessive and wrong eating habits, abnormal sleeping patterns and seasonal changes are main factors that lead to low immunity. It also creates imbalance in the body by disturbing the three bio-elements-Vata (Gas), Pitta (Bile) and Kapha (Phlegm). Certainly, the Navratri is the right time to detoxify and revitalise the body, by balancing the three cardinal humors. To keep the right balance in the body, fasting is very important and is an essential part of the Navratri celebrations. According to age and health parameters of devotees, some people have only one meal a day or would avoid certain food stuffs. People mostly avoid and abstain from certain high energy food stuffs like meat, grain, alcohol, onion, garlic, processed foods etc.

## Nourishing cities through urban agriculture

## ■ DR BANARSI LAL

COVID-19 outbreak was initiated in December 2019 and its consequent spread across the globe affected the entire world. The subsequent lockdowns also affected the agricultural sector and caused the unprecedented disruption in the food supply chain from rural areas to urban areas. Lockdown affected the daily requirements of food for the urban population. Urban farming is the practice of cultivating, processing and distributing of food in and around the urban areas. It involves small scale agricultural operations. It is not a new concept. As human population progressed, agriculture was confined in the rural areas while urban population engaged itself in the trading activities. Natural disasters and acts of man such as war encouraged urban population to explore for the urban farming due to the disruption of food supply chain from the rural areas. This was happened in World War I and World War II when the city dwellers were encouraged to grow the food in their open spaces and reduced pressure on rural population. In recent times, former US First Lady, Michelle Obama promoted the concept of kitchen garden. This garden has been located in the premises of White House. It was having a beehive and 55 varieties of fruits and vegetables. Presently when the whole world was under threat due to COVID-19 and urban farming can ensure food security to the urban dwellers. It can cut down the carbon emission by saving the fuel which otherwise is used in the transportation of food items from rural to urban areas. Urban agriculture can reduce the poverty and health issues in the urban areas. According to United Nations, by 2050, more than two-third of population will be living in cities. Urban farming can play a significant role in proving the food to this population. In recent decades urbanization has increased rapidly and this has caused malnutrition in urban areas. There is dire need to pay attention on the food security especially for the urban dwellers. In urban areas there is pressure on the land due to population, construction of buildings, roads etc. But still there remains enough area where the fruits and vegetables can be grown. Moreover, people can grow fruits and vegetables on their roofs. In Singapore 90 per cent of the food is imported and vertical and now-a-days roof top gardening has become very popular. There is a need to grow the vegetables and fruits in the urban areas so that nutritional problems of people can be mitigated. Roof top vegetables gardens provide the fresh organic vegetables. They also ensure a better living environment with cooler indoor temperature and fresh oxygen. COVID-19 pandemic has become a global issue. It has impacted the global food systems and disrupted the agricultural value chains. It has posed risks to the food security across the globe. The outbreak heightened the awareness of food safety for the producers, consumers, businessmen and governments. Cities are dense in population and presently many cities became the hotspots of corona virus pandemic. In order to control the Coronavirus, restrictions on public movements were imposed. The restrictive movements affected the central nerve system of cities. The cities depend on the surrounding villages. This dependency puts the cities under threat. Such situation also arises due to some other factors like extreme natural calamities. Rural-urban disturbances have

affected the food supply chain. During lockdowns the traffic was banned across India except for essential services. The mainstream food supply chain was disturbed. Even before Coronavirus many urban areas were at risk due to climate change and related anomalies. There is need to promote the urban agriculture under the restrictive rural-urban movement. This can significantly contribute to the food supply to the urban dwellers. Studies show that urban agriculture has the potential to produce huge amount of organic vegetables for the city dwellers. During natural calamities urban areas can contribute immensely to provide the fresh and safe vegetables to the city people. During 2014 Ebola break urban agriculture was promoted in some countries. Corona virus lockdown pushed many city dwellers to grow fruit and vegetables in their respective homes. It has boosted urban farming. There was panic buying specially in case of fruits and vegetables. Many of the people were afraid to purchase the fruits and vegetables. They wanted to come to know about the details of producers and transporters. People felt problems to come to the vegetables and fruit shops under the lockdown conditions. By the urban agriculture, the unused land in the urban areas can be used effectively. Urban farming can improve the food security and nutrition for the urban dwellers. It lowers climate change impacts and also lowers stress. Now-a-days to get the fresh organic vegetables has become difficult. We find the over-ripe tomatoes and droopy spinach whenever we go to the vegetables shops. People can start the roof top vegetables gardening. During the lockdown period many urban dwellers enquired about the scientific method for the cultivation of roof vegetables. They showed keen interest in roof top vegetables gardening. One can build the hobby and can engage oneself in the roof top vegetables gardening. The first step is to prepare the soil. One can use compost and vermin-compost to prepare the fertile soil for the roof top vegetables garden. The soil is filled in pots or grow-bags to sow the seeds or seedlings of vegetables. After sowing the seeds, the pots are covered with the plants leaves. The leaves act as the mulching material and help in conserving the moisture in the soil. Avoid over watering to the plants as it can rot the seeds or seedlings. It is very easy to control the insect-pests and diseases in the roof top kitchen gardens. We can use organic inputs such as neem oil, neem cake, fermented butter milk, cow urine, panchganya etc. in roof top kitchen garden. Local food can be protected through roof top vegetables gardening. Restrictions on population movement because of COVID-19 pandemic wreaked havoc on agriculture. COVID-19 pandemic raised the importance of local food production. It was very challenging to ensure the food security during lockdown times. There is need to speed up the urban vegetables production so that fresh nutritious vegetables can be provided to the urban people at optimal price. There is need of proper policy for urban agriculture so that it can be done in a scientific and systematic way. There should be proper management for the wastewater collection and its treatment in the urban areas. Urban population can also produce fresh organic vegetables for themselves in their limited spaces.

(The author is Head, KVK Reasi, SKUAST-J.)

Devotees mostly prefer gluten free grain alternatives, fresh fruits, yoghurt etc. as these can be easily digested. Divine Energy symbolized by Adi Shakti (Primal Energy) is invoked to help control and cleanse the nine openings (Nou Dwar) of the physical body, viz two eyes, two ears, two nostrils, one mouth, one anus and a urinary opening. It is said whatever you eat, it is reflected in your thoughts and mind. In Ayurveda, foods have been divided into three categories, depending upon their nature and response they trigger in the body after being consumed. Raajasic Foods, Taamasic Foods and Saatvik Foods, during fasting, people eat Saatvik foods. Apart from religious aspect, there is scientific reason behind it. For instance, Shardiya Navratri falls in the month of October-November, which is the transition period from autumn to the winter season. Due to seasonal change, our immunity tends to decline. Consumption of Saatvik foods during this season gives your digestive some rest and cleanses body of all impurities. The word Saatvik is derived from the word satva, which means something that is pure, natural, vital, clean, energetic, and conscious. Saatvik foods include fresh fruits, curd, rock salt, seasonal vegetables and subtle spices like coriander and black pepper. Garlic and onion are not allowed, as they are known as Rajogini; a substance that can make one lose grip over their instincts and one fails to differentiate between desires and priorities. Raajasic and Taamasic foods are referred to things that are unripe, weak, resentful, and destructive. During Navratri, people are supposed to denounce the worldly pleasure and adopt a pure and simple life for nine days. So, these foods are avoided during this time as these tend to distract your focus. Navratri is also the period of cleansing the mind of the nine evil forces - These are lust, anger, greed, delusion, ego, jealousy, doubt, attachment, and hatred. These evil forces are responsible for downgrade and abasement. Devotees who fast during Navratri also try to have control over these forces so as avoid declination in their life. Denouncing these forces helps to maintain communal harmony, brotherhood, and empathy for all creatures. Fasting also has psychological benefits including strengthening one's will power and removing emotional blocks. It also helps devotees to build self-confidence to face the challenges in life and live in harmony with other people. This is the time when one reflects inwards. Self-control and discipline help to rid the mind of its impurities and nurture noble values. This aspect has gained more importance in modern times as, many people suffer from depression. Mental Rejuvenation is more relevant today, as mind and body should be both healthy. Mental control combined with control over physical desires and urges help the devotees to elevate spiritual status. People involve themselves in spiritual practices such as meditation, pranayama, reciting holy scriptures etc. All the forms of Adi Shakti (Primal Energy) are worshipped to help us destroy our basic, gross carnal tendencies and invoke the Divine Power within ourselves. This is the time when devotees recharge their dormant energies and activate their progress to the divine world. The nine number is considered complete, perfect, and divine number, represents culmination of wisdom and experience. The number of Mala beads for Jaap is 108, the total of which is also 9. Nine forms of Adi Shakti are worshipped during Navratri. Each has been assigned one day of Navratri. Their names are: 1) Shailaputri - Daughter of Mountain. 2) Brahmacharini - Mother of devotion and penance 3) Chanderaghanta- Destroyer of demons. 4) Kushamanda- Goddess of cosmic egg 5) Skanda Mata- Goddess of motherhood and chil-

ren 6) Katyayani- Goddess of power 7) Kalaratri- Goddess of auspiciousness and courage 8) Mahagauri- Goddess of beauty and women & 9) Siddhidhatri- Goddess of supernatural powers. Navratri is a festival of nine nights. It has a valid reason. Religious scriptures mention that. Meaning that Shiv represents daytime while Shakti is active during the night-time. Shiv and Shakti are one; so also, a day and night represents one complete day. Shiv is also known as Ardhanarishwar. The day is full of activity; while energies are invoked and recharged in the silence of the night. Hence worshippers of the Feminine Primal force (Adi Shakti) always choose the night-time to worship the Devis - the Goddess. Physical, Mental and Spiritual rejuvenation change the life of devotees to such an extent, that they lead a blissful life. Energy is essential for all living things. Thus, there is a cardinal rule to recharge and rejuvenate during Navratri to live a delighted, blissful, and prosperous life. There are different legends associated with Navratri in different parts of India: o North India: In North India it is believed that once there was a mighty demon Mahishasura who performed penance for Lord Shiva and gained unlimited power. Drunk with power he started terrorizing heaven and earth, terrified Gods asked Lord Shiva for help. Lord Shiva asked all Gods to combine their powers and create a divine female warrior Goddess Durga. Goddess Durga fought demon Mahishasura for nine days and nights and at the end of the ninth night, she beheaded the demon. Thus the tenth day of Navratri is also celebrated as Vijayadashami. Another legend is that Lord Ram worshipped Maa Durga in her nine manifestations for nine nights before the war with demon king Ravana. On the tenth day Lord Ram slayed the demon king Ravana. Thus the nine nights are celebrated as Navratri and the tenth day as Vijayadashami or Dusshera. o East India: In East India it is believed that Maa Uma, the daughter of king Daksha, the king of the Himalayas was a devotee of Lord Shiva and wanted to marry Him. To win over Lord Shiva Maa Uma performed severe penance and managed to please Lord Shiva. But King Daksha wasn't pleased with his daughter choice and once when he organized a Yajna he didn't invite Lord Shiva. Angered with her husband's insult Maa Uma ended her life by jumping into Agnikund of the Yagna. Thus Maa Uma came to be known as Goddess Sati, Maa Uma took re-birth and again won Lord Shiva as her groom. It is believed that during Navratri, Maa Uma comes down to earth every year with Ganesh, Kartik, Saraswati and Laxmi and two of her best friends Jaya and Bijaya. This celebration sums up to the celebration of good over evil. Devotees plead the Gods and Goddesses to restore dharma. Bengalis design pandals, decorate them and hold pujas, feasts and fun activities are organised to celebrate the festival. Everyone is dressed in their best. Idols of Goddess Durga, Goddess Laxmi, Lord Ganesha, Lord Kartikeya and Goddess Saraswati are installed. Devotees keep fasts. Some fast on the first and the last Navratri and some keep it on all 9 days. Unmarried girls are worshipped and fed as they are said to be incarnations of Goddess Durga. Goddess Durga is worshipped every day for prosperity and success. Some people invoke the idol of the Goddess into a Kalash and offer a Bhog of milk, fruits and dry fruits every day. On the tenth day, Vijayadashami is celebrated by immersing the into a water body. Traditional customs require devotees to skip consuming non-vegetarian foods and alcohol during the period. A light, Sattvik diet should be followed during the festival. Some devotees also fast for all the nine days.

PROGRESSING J&K  
Ladli Beti scheme fully digitized to ensure transparency

Rs 75 cr disbursed among beneficiaries through DBT

To ensure that the objective of Ladli Beti Scheme transparency, J&K Government has fully digitised this social assistance scheme.

The Government has set a timeline of 45 days for the officers dealing with the scheme to complete the status of application.

The Social Welfare department has asked all the officers to do away with physical applications anymore. Chief Secretary, Dr Arun Kumar Mehta has launched end-to-end digitized e-service for Ladli Beti scheme designed and developed by NIC, a single window platform for submission and tracking of application with no human intervention.

This service enables the applicant to apply, check and track the status of the application which will be forwarded online by the stakeholders to the next level.

Also, the sanctioned applications and letters digitally signed will be forwarded to bank online. Under this scheme, all the girl-child born on or after 01-04-2015 and whose parents/guardians income does not exceed Rs 75,000 per annum is eligible to be covered.

The beneficiaries get Rs 1,000 per month credited into the bank account through DBT Mode of the Girl Child up to the age of 14 years and after attaining the age of 21 years, the girl child will get an amount of approximate amount of Rs 6.50 lakhs. The Child Development Protection Officers (CDPO) at have been asked to reject/revert the application (in case of deficiency) after duly recording the reasons for the same or forward the application within 15 days to DPO for approval. Similarly, the District Programme Officer (DPO) can reject/revert after duly recording reasons (in case of deficiency) or forward the application within 10 days to Deputy Commissioner for the sanction. The Deputy Commissioners can reject/revert after duly recording the reasons (in case of deficiency) or sanction the application within 20 days and forward to Director Finance/FA&CAO, Social welfare Department for disbursement of financial assistance. Lieutenant Governor Manoj Sinha recently said that till 2018, only 26,050 girl children got the benefit of Ladli Beti scheme while as in the last three years, more than 1 lakh girl children had been linked with this programme.

The Government has also approved Rs 150 crore for this Financial Year and till date Rs 75 cr has been transferred to the beneficiaries through DBT in this financial year.

al property? Is male ego so supreme, that on being rejected, he should react in the shameful ways of obscene remarks? When will this exploitation end? Why male community is revengeful towards female and acts like acid attacks, rape, molestation and murder? Why female has been exploited at every stage of her life? Why crimes like female feticide, dowry deaths, rapes of minors are escalating day by day? Why girls, who are victims are still awaiting for righteousness? Who will provide them justice? Why male dominating society has been scratching a girl's ego, credit, self respect and liberty from time immemorial? Why she is devoid of egalitarianism and freedom of choice? Can anybody imagine this world without women, if not then why there are raising crimes against women? Why blemished men are becoming vampires to women trusty for their blood and body? Why a man always overlooks that he has taken birth from a female body? Whole humanity should need a profound insight of these issues. If the aggression against the woman keeps on escalating then, our world would turn into hell and will also devoid male community to cherish his preeminence over women.

Sunaina Malik,  
Rajouri