

VASUDEV KUTUMBAKAM

Before understanding the combined meaning of the concept of Vasudev Kutumbakam, let us understand the meaning of each of its words. "Vasudev" means earth and Kutumb means family. Thus the combined meaning of Vasudeva Kutumbakam is "The Earth is one family."

Just as no person can think of harming his family, he does not have any feeling of enmity towards his family. In the same way, by adopting the concept of Vasudev Kutumbakam, all human beings forget their responsibilities and start living like a mutual family. This sentence "Vasudev Kutumbakam" represents the belief that all living beings in the world should have kindness, compassion towards each other, and should treat each other with respect. They should try to live in peace and harmony.

The concept of Vasudev Kutumbakam was given by the ancient sages of India. His aim of this concept was to establish peace among all the living beings on earth, to make humans helpful towards each other so that humanity can continue to flourish.

In India, the feeling of Vasudev Kutumbakam was prevalent among all the people since ancient times. That is why India gave shelter to people of every caste and religion. But between the 16th and 17th centuries, European countries started colonizing India and tried to create division among the people of the country, due to which the spirit of Vasudev Kutumbakam gradually started declining.

The concept of Vasudev Kutumbakam has established peace among many people by eliminating discrimination. As long as the concept of Vasudev Kutumbakam remains prevalent among the people, there will be happiness and peace on earth.

Bael-An ideal tree to worship Lord Shiva



■ DR. VIKAS SHARMA

Where, the Hindus, worship different forms of God, Goddess, deities with different beliefs and offering different items in materialistic form such as milk, fruits, ghee, flowers, incenses, grains, nuts, tender coconut, curd, sandalwood, honey to appease the God. Among all these 'Bilva Patra' is the one we offer to Lord Shiva, has its own importance, significance and meaning attached to it and has been proved scientifically as well. Well, Lord Shiva being the Supreme God of the whole Universe and is one of the famous Trinity of Hinduism - Brahma, Vishnu, Shiva, is responsible for the creation, protection and destruction of the world respectively. Lord Shiva is Symbolic of auspiciousness and well known as the destroyer of the world, is omnipotent and omnipresent. Shiva is said to have eight forms which is known as Ashtamurti.

These eight forms of Shiva; Sharva, Bhava, Rudra, Ugra, Bhima, Pashupati, Ishana and Mahadeva are said to be the earth, water, fire, wind, sky, yogi, sun and moon respectively.

There are many stories prevalent on this subject. But one story tells more about its importance which is very ancient. That story is the story of the "Samundar Manthan". When both the gods and the demons churned the seas, many things came out during the churning, one of them was halal poison. This poison was such that poison could spread in the whole world, so Lord Shiva drank this poison for the welfare of the world and took it in his throat, due to which Lord Shiva is called Neelkanth. The effect of this poison was so terrible that Lord Shiva's brain became warm and Lord Shiva became restless. Then the gods affected the water on Lord Shiva's head. The coolness of the water provided relief to the brain, but the burning of the throat did not subside. Then the gods fed the leaves of Belpatra to Lord Shiva, because Belpatra has properties to reduce the effect of poison. Therefore, Belpatra leaf has special importance in the worship of Shiva

In the Hindu religion, Bel tree and Bel leaves are considered sacred and holy. It is believed that the leaves of this tree that are divided into three leaflets and as per Hindu mythology, the leaf also represents Brahma, Vishnu and Mahesh. To add to all the symbolism of the revered Bel leaf, it is known to be Lord Shiva's favourite. According to ancient Hindu scriptures, the Bel tree emerged from sweat drops of Goddess Parvati, Lord Shiva's wife. The Skanda Purana mentions that sweat droplets from the Goddess' forehead fell on the Mandarachal mountain and a tree emerged. She named the tree Bilva and it is believed that she resides in all forms, in the tree. The Hindu scriptures have listed down several properties of the Bel leaf. The three-shape leaf signifies three components named Sattva, Rajas and Tamas. While Sattva brings positive energy, Tamas is the negative force. The centre portion of the leaf is concentrated and said to balance the three. It is believed that they reduce the raja-tama particles present in the atmosphere. When the bel leaves are brought in proximity of a person suffering from negative energy like anger and destruction, then the black energy present within him is reduced by the attraction of an manifest and manifest divine frequencies of chaitanya of Shiva form emitted from bel leafs in the form of circles which disintegrate the black energy thus reducing the negativity. In other words, the three segments of Bel leaf symbolically represents the three Gunas i.e., Tamas (physical body), Rajas (emotions) and satvic (intellect). The proportion of satvic component is more, hence the bel leaf has more capacity to absorb and emit satvic frequencies. If one uses these three i.e. physical, mental and intellectual in a balanced manner, the self or the soul attains liberation i.e., Moksha. Tridosh shanti ...Adhi-Bhotik, Adhi -Atmic and Adhi- Devic.

Bael is believed to be a sacred plant which brings wellness and good luck to home. Placing bael plant in leaving room near a window, brings prosperity and stability. Planting these trees around home or temple is sanctifying and is equivalent to worshipping a Linga with bilva leaves and water. Bael, is one of the medicinally treasured tree species and is also known as begal-quince, golden apple and stone apple in India and a sacred tree in places where Hindus lives. Bael trees are usually planted near temples dedicated to Lord Shiva and routinely worshiped by the devotees. Bael is one of the most appreciated plants used in ayurvedic medicine by the Indian and other South Asian inhabitants in ancient history. According to the historical records, bael is used as a medicinal and food item since 5000?B.C. and known to human beings even when writing the famous Sanskrit epic-poem Ramayana. Bael mentioned in the renowned book Charaka Samhita, a comprehensive compilation of all the essential ayurvedic information, which identified bael as a necessary item in ayurvedic medicine. It holds much significance in Ayurveda due to its wide range of benefits. Bel leaves are naturally antibiotic and antifungal, which is beneficial for health. The extract of Bel leaf can control cholesterol levels in the blood. The juice called Bel sherbet is also made from the tree's fruit which holds high medicinal values.

Bel leaves are important as their trifoliate shape signifies Shiva's three eyes as well as the three spokes of the lords Trishul.

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Historical G20 Summit Concludes Successfully in Delhi

■ OMKAR DATTATRAY

Two days of brain storming and international churning in New Delhi has come to a successful end and the G20 Summit was a historical and epoch making. Russia and other countries complimented India on the successful conclusion of the G20 gathering. India the president of G20 has also got a diplomatic victory as her initiative of including the African union as the member of the G20 was accepted by all the member countries present in Delhi. It was in fact the victory of Indian diplomacy that the resolution for making African union which consists of 55 countries has been by consensuses agreed by all the members of G20 and this has made this important gathering of the world more representative and democratic .All the deliberations and discussions of the G20 summit have revolved round the Indian doctrine of Vasudav Kutumbkam as the gathering was themed on the principle of One Earth ,One Family and One Future as the three sessions /sittings have been named on one each of these themes in order of the serial .It was no ordinary event that the power centre of the world have assembled in India and they have deliberated on the common and joint concerns and challenges facing them in 21st century.

Narendra Modi as the leader of the influential and powerful grouping has suggested that the biggest challenge of the 21st century is the trust deficit among the countries and therefore there is immense need to remove this trust deficit and turn it into faith and trust so that this grouping of the world will be able to counter the challenges and issues of the present century and turn the challenges into opportunities .The leaders of the G20 have with one voice expressed the view and resolve that the war between the Russia and Ukraine should come to an end for the good of these two countries and for the interest of the humanity.G20 leaders and geopolitical experts hailed the New Delhi Summit as a resounding success and said the meeting has once again put the bloc at the centre of global governance .The biggest takeaway of the Summit was the New Delhi Declaration wherein all 83 paras of the declaration were passed unanimously with

100% consensus along with China and Russia in agreement. .For the first time ,the declaration contained no footnote or Chairs summery .As said at the outset the G20 meeting also saw the African Union being inducted as the new permanent member of the G20 ,thereby offering developing nations a greater say in the global decision making. PM Modi also launched the Global Biofuels Alliance in the presence of US President Joe Biden ,president of Brazil Luiz Inacio ,president of Argentina ,Alberto Fernandez and prime minister of Italy Gorgia Meloni .Another major take away from the summit was the announcement of a mega India-Middle East Europe shipping and railways connectivity corridor by India ,the US ,Saudi Arabia and the European Union .India passed the ceremonial gavel of the G20 presidency to Brazil . Brazillian president Luiz Inacio Lula da Silva on Sunday thanked India and prime minister Naredra Modi for an efficient leading of India's G20 presidency and praised him for the work carried out in preparing the G20 Summit .Lula also expressed gratitude to India for its efforts of giving voice of the topics of interest to emerging economies .The Brazilian president said" ,I thank India for its efforts for giving voice of the topics of interest to emerging economies .I would also like to give my salute to our friend ,the representatives of the African Union ,who is a member of the G20."Lula da Silva stated that he was emotionally touched when he went to pay homage to Mahatma Gandhi .He said that Gandhi has great meaning in his political life .Brazilian president and other world leaders early today paid a visit to Rajghat and paid homage to Mahatma Gandhi .US President Joe Biden said this year's G20 summit has proved that the group can still devise solutions to most pressing issues of the climate crisis ,fragility and conflict .On September 9 and 10 the G20 summit was held and it deliberated on a host of matters and issues relating to the global south.

PM Modi held bilateral talks with US president Biden and agreed on a several matters of mutual importance .Leaders of the world's 20 big economies ended a summit in Indian capital on Sunday overcom-

ing deep divisions over the war in Ukraine to produce a consensus document and move forward on issues such as overhauling institutions like the world bank .They also formally admitted the African Union as a permanent member of G20 as proposed by India.G20 nations agreed that the states cannot grab territory by force and highlighted the suffering of the people of Ukraine ,but avoided direct criticism of Russia for war .The declaration was seen as an apparent softening from the position that G20 took last year when it condemned Russia for the war and demanded that it withdraw from Ukraine .Diplomats said Russia would never have accepted an outright condemnation and that it was still a successful outcome because everyone including Russia committed themselves to not seizing territory by force.

Host India along with Brazil ,Indonesia and South Africa ,played a key role in avoiding a fracturing of the G20 over Ukraine conflict reflecting the growing power of the Global South developing nations in the group .Leaders of the United States ,India and Saudi Arabia among others announced plans to set up rail and port link between the Middle East and South Asia and eventually to Europe which US president Joe Biden said was a real big deal .The Biden administration is seeking to counter China's Belt and Road push on global infrastructure by pitching Washington as an alternative partner and investor for developing countries of G20 grouping .The G20 leaders agreed to pursue tripling renewable energy capacity globally by 2030 and accepted the need to phase -down unabated coal power ,but stop short of setting major climate goals .The group did not provide any plan to amend existing policies and targets in order to achieve the target of ramping of renewable .

At the G20 Summit ,under the theme of 'One Earth ,One Family ,One Future', important issues such as food security ,climate and energy development , health and digitization were discussed . In session first under the theme of One Earth , participants discussed such issues as the world economy ,food security ,climate and energy ,and environment . Regarding Russia's aggression against Ukraine ,many

G20 members ,including Japan ,emphasized the importance of observing the United Nations Charter and achieving a just and lasting peace in Ukraine .They also affirmed the need for the G20 to respond to the aggressions increasing adverse impact on the world economy .

At the outset ,PM Kishida of Japan stated that the international community faces multiple crises ,making it increasingly important to cooperate at the G20 ,the primer forum for international economic cooperation .In the second session titled One Family ,participants discussed inclusive growth ,the SDG's ,health and other issues .G20 members reaffirmed the importance of reducing poverty and inequality ,accelerating the efforts towards the achievement of SDG's and preparing for pandemic .In session three titled One Future ,the leaders discussed the multilateral reforms ,digital and other issues. PM Kishida stated that in order to overcome the challenges we face and realize a better future ,it is necessary to reform multilateral systems .He further stressed that in order to promote the reforms of multilateral systems ,it is urgent to strengthen the functions of the United Nations ,and the security council in particular must be reformed .Some member countries favored the permanent membership for India in the Security council for just and fair representation and democracy .The day 2 of the G20 summit saw a number of bilateral meetings in the national capital .The leaders of the G20 summit paid floral tributes to Gandhi at the Rajghat and then went to Bharat Mandapam .PM Modi held 15 bilateral meetings over three days. PM Modi held bilateral meetings with Canada ,the UAE ,South Korea ,Brazil ,Nigeria and Comoros. , among other countries .World leaders hail PM Modi for decisive leadership and for championing the voice of Global South. During the Indian presidency more than 200 meetings were held in more than sixty cities in India .To conclude it can be said that the Delhi G20 summit has been a complete success and nations from Japan to England complemented and praised India for the success of G20.

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■ DR. TANWI SHARMA

Today we are living in the busiest era, everyone wants easy and healthy food to eat. On the pretext of easy food, people started taking more packed and ready to eat foods which resulted in various health issues even among young generations and kids. According to Ayurveda the avoidance of refined foods and inclusion of millets in the diet is the secret of healthy life. Millets as superfood emblemizes forgotten Indian traditions and culture. Millets as food have been an inevitable part of ancient Indian legacy. It finds its mention in yajurveda itself. After green revolution in the country more thrust was on staple crops. Various new techniques were used to raise the yield of wheat and paddy. As a result people lost interest in millets and it became marginal crops to be grown on marginal land besides being a resilient and nutritious cereal crops. India's average millet yield is 1,239 kg/ha as reported by Economic Survey 2023 which is about one fourth of the paddy or wheat yield. But as they say: History repeats itself. In the present modern world, people are very much conscious about their health. They are preferring more healthy and sustainable food options. Moreover, the rapid increase in lifestyle diseases has shifted the interest of foodies towards traditional foods and grains with high nutritional values.

Millets are a group of small seeded grasses that are cultivated globally as animal or human food grains. Millets belong to poaceae family i.e. grass family. They are also known as coarse cereals, cereals of poor, miracle grains. Besides being resilient crops millets also have high nutritional properties. Actually millets are the nutrient powerhouse. Millets are gluten free cereal grains. Their nutritional value is also very high and their consumption has various health benefits. They are rich in different minerals like calcium, Phosphorus, zinc, iron and magnesium. Millets also have high content of vit, B6, folie acid and dietary fibres. Millets consumption helps in various metabolic diseases, hypertension and diabetes. They slows down ageing process. Millets are also known to reduce the risk of heart diseases and gastro-intestinal disorders. They improve cholesterol level, blood pressure level, blood lipid level and growth of bones. The major health benefits of millets are due to the presence of important phytochemicals like polyphenols, tocopherols and phytosterols. So, the chances of developing chronic diseases can be lowered by the inclusion of wide variety of fruits, vegetables and

millets in the daily diet. Although millets are a superfood but some people still consider it as poor man's food.

Based on their grain size, millets can be classified into two groups viz. Major and Minor. Sorghum (jowar), Finger millet (ragi) and Pearl millet (bajra) come under the category of major millets whereas Proso millet (cheenak), Kodo millet (kodorava), Little millet (kutki), Barnyard millet (shyamak) and Foxtail millet (kangni) are included in minor millets. Both major and minor millets are nutrient rich and have plethora of health benefits for their consumers.

Finger millet is known to contain aminoacids viz. leicithin and methionine which help in lowering blood cholesterol level. Ragi is also a very rich source of natural iron therefore helps to cure anemia. Inclusion of ragi in our daily diet also improves the conditions like anxiety, depression and insomnia. Fingermillets are also rich source of calcium and fibres. Therefore fingermillets are good for our bone health. Presence of aminoacid- tryptophan in fingermillet grains make them suitable choice as weight loss food. They are also helpful in diabetes. Finger millet is known to dominate Indian cuisines earlier but lost its popularity with time due to increase in consumption of wheat and rice. It has been reported that regular consumption of sorghum lowers or prevent the risk of lifestyle diseases and disorders. Being gluten free grains, sorghum intake is helpful in celiac disease. They are rich in dietary fibres therefore helpful for people suffering from obesity. It has lower glycemic index therefore helpful for patients with diabetes mellitus. Sorghum grains are rich in polyphenols and tanins which accounts for their anticancer properties. Pearl millet is the most commonly used millet. It is rich in magnesium therefore helpful for asthmatic patients. Regular consumption also reduces the occurrence of gallstones.

Kodo millet is rich source of natural antioxidants therefore have anticancer properties. Besides, the kodo millet is also helpful in high cholesterol, high blood pressure and heart diseases. Kodo millet is gluten free therefore a boon diet for gluten intolerants. Inclusion of kodo millet in regular diet has also been reported to be beneficial for post menopausal women. The dehulled varieties of barnyard millets are found to be beneficial for type-2 diabetes patients. Little millet is a rich source of vitamin B3 which lowers blood cholesterol level. Little millet grains are also rich in minerals like calcium, iron, zinc and potassi-

um. Foxtail millet is rich in dietary fibres besides providing essential micronutrients to the body. It is helpful in conditions like obesity and diabetes. Proso millet has been reported to be helpful in conditions like cardiovascular disorders and diabetes mellitus. The nutritional potential of millets in terms of carbohydrates and proteins is not less than our common cereals like rice, wheat and barley. But additionally they are gluten free as well as rich in dietary fibers and other important phytochemicals.

Millet based recipes are now rapidly gaining popularity among Indians. Food industry is also taking advantage of the continuously increasing millet trend among healthy food segments.. Therefore, cookies, muffins, cakes and crackers made of millets are being extensively appreciated in the food industry. Millets are also being used to make pizzas, noodles and other related food items. Millet based cakes and cookies are very nutritious and healthy for children. Besides being highly nutritious, the taste of millets is not at par with other cereals. Therefore we have to look for different tasty and healthy millet based recipes and cuisines. Food entrepreneurs are already working towards it. Millets like bajra, ragi and sorghum can be used to make full of fibre and easy to digest chapatis. Millets can easily become the part of our daily routine. Millet based breads are found to be healthier than the regular breads. Millet based laddos with dry fruits are also very nutritious. All the recipes made from millets are healthy and nutritious. Proso millet, little millet, foxtail millet and barnyard millet can be used as rice substitutes in various indian dishes. Vegetable pulao can also be made using different millets. Such type of healthy, nutritious and tasty millet based recipes are needed to be promoted for the wide publicity of this superfood. Multiple traditional recipes and cuisines made from millets are being served in government meetings these days. As a result, the image of millets as part of food is slowly and continuously being shifted from poor man's staple to a cool and trendy superfood.

Besides being a superfood, millets are eco-friendly crops too as they require lesser inputs as compared to our staple crops.

They are resilient against many biotic and abiotic stresses. Millet crops are drought tolerant i.e. can be cultivated using significantly less amount of water. They are naturally resistant to many pests and pathogens. Therefore the cultivation of millets is more organic and require fewer chemical fertilizers and pesticides. Lesser input of chemicals will

prevent soil pollution as a result land degradation can be avoided.

In the union budget 2023 speech, Union finance minister, Ms Nirmala Sitharaman referred the millets as Shree Anna i.e. mother of all grains. The budget also presented the future national initiatives towards the domestic as well as worldwide promotion and branding of millets as superfood. National mission on millets has been announced in 2018 whereas UN has announced 2023 as International year of the millet. India has very well harnessed the opportunity of its G20 presidency this year to herald the nutritional, economical and environmental benefits of millets worldwide. Towards this end, about 19 mega-events has been organized in collaborations with different sectors such as government agencies, NGOs, startups, climate change activists and various other stakeholders of the field. This way the Indian millet market can be expanded worldwide. Among Asian countries, India contributes about 80% towards millet production whereas this contribution is 20% globally. But Indian millet farmers are not getting smart income therefore losing interest in the crop. Gestational cycle of the crop is also longer. Besides, millets are considered as marginal crops to be cultivated on marginal lands. Therefore strategies needed to be planned to make the millet farming, income smart in india. Farmers should be convinced and attracted towards millets farming.Introduction of millet crops in our cropping system will surely be an important step towards sustainability.

In the present era, climate change, land degradation and food crisis are some of the major global challenges against sustainability of life on earth. The whole world is putting efforts to find alternatives against these challenges. Here the millet crops with their potential sustainable properties of nutritional, economical and ecological benefits can be harnessed as a sustainable and suitable superfood of new era.They can play an important role towards the ecological as well as economical security of the world. Millets are gluten free, cheaper to cultivate and well adapted to Indian climate and soil conditions. Therefore, agencies have to work towards the removal of bottlenecks like lack of awareness and familiarity with the millets, inferior image and less affordability to expand the demand and supply industry of millets in the country. Millets will eventually emerge as Global super food therefore the article is an endeavor towards the wide publicity of millets as superfood.

YOUR COLUMN

India is On Global Level

Dear Editor;
India made history by organizing the 18th G-20 summit for the first time at Bharat Mandapam in New Delhi on 9 and 10

September. The biggest highlight of this meeting was inclusion announcement of African Union in G-20 under the chairmanship of India. Now it's number of members has increased to 21 which includes 19 countries and 2 organizations. Apart from this, the New Delhi Declaration has been approved by all member countries headed by India. Besides, the agreement was also contracted on economic corridor.

The launch of the India-West Asia-Europe Economic

Corridor has also been announced to promote economic integration and sustainable development across all continents. This conference has tried to provide solutions to various problems of the world. India has added to the success of the conference by ratifying the declaration with the joint cooperation of all the countries. This has made India even more popular at the global level.

N Ashraf