

DIGITAL INDIA

Today every country is making science and technology the medium of its development and this is the reason why other countries are developing very fast. India has also taken steps in this direction.

On July 1, 2015, the Government of India also started the Digital India initiative to completely digitize India. The target to complete the Digital India project was set by 2019.

However, till now this initiative is going on and this program has been continued at a fast pace. Today India has changed a lot because of Digital India.

Like other countries, India is also learning to use technologies in green areas. Digital India has three important elements, which are digital literacy, creation of digital infrastructure and digital service delivery across the country.

Government work is being done digitally, other non-government organizations have also shown interest in it and started many online portals. Due to which it has become easier for the common people to avail many government and non-government services.

The entire country will develop due to Digital India. Various government facilities are reaching every corner of the country and people are becoming aware of various schemes and laws of the government.

People from every section of the society have benefited under Digital India.

Beer: Health benefits, side effects & precautions

■ DR. VIKAS SHARMA

Drinking about two glasses of beer a day was linked to an 18% drop in a person's risk of early death. In other words, a moderate amount of beer has various health benefits because of its nutritional value as it has protein, fiber, vitamins, and minerals that are good for heart, bone health, diabetes and kidney and brain functions. It does this largely by improving health and reducing the risk of major causes of death. For example, moderately drinking beer reduces risk of death from cardiovascular diseases (CVD). The consumption of polyphenol-rich foods, like beer, is a well-accepted factor involved in the prevention of oxidative stress-associated diseases. Traditionally, beer is obtained from as little as four basic ingredients: barley, hop, yeast and water. The first two ingredients naturally contain phenolics, however during beer production, these molecules undergo chemical modifications and new molecules are formed, influencing both the yield and final characteristics of a beer. Aroma, flavors, taste, astringency, body and fullness are the result of the metabolic activity of microbes on raw materials and scientific evidences suggesting that they are all influenced by phenol content. Beer is one of the most celebrated drinks among the alcoholics. With just 4-6% of alcoholic content, beer gives you a light tipsy sensation, along with the reinvigoration of the body. In the scorching heat, a cold frothy beer is a guilty pleasure for many.

HEALTH BENEFITS

Prevent heart and circulatory system diseases: Beer is used for preventing diseases of the heart and circulatory system including coronary heart disease, "hardening of the arteries" (atherosclerosis), heart failure, heart attack, chest pain (angina) and stroke. It is also used to reduce the chance of death from heart attack and from another heart condition called ischemic left ventricular (LV) dysfunction. Beer is thought to help prevent heart disease by increasing high-density lipoprotein (HDL), also known as "good cholesterol." Also, the vitamin B6 (pyridoxine) contained in beer can help lower homocysteine levels, a chemical considered to be one of the risk factors for heart disease.

Congestive heart failure (CHF): There is some evidence that consuming one to four alcoholic drinks per day reduces the risk of heart failure in people aged 65 years or older.

Reduces risk of diabetes: People who drink alcohol in moderate amounts seem to have a lower risk of developing type 2 diabetes. People with diabetes who consume alcohol in moderate amounts seem to have a reduced risk of coronary heart disease compared with non-drinkers with type 2 diabetes. The risk reduction is similar to that found in healthy people who consume light to moderate amounts of alcohol. Reduces the formation of tumor and stones: Beer is also used to reduce the risk of prostate cancer, breast cancer and other cancers. Some people use beer to stimulate the appetite and digestion and to increase the flow of breast milk. It also reduces the risk of osteoporosis (weak bones), gallstones and kidney stones. Maintain thinking skills with aging: Beer is also used for preventing decline of thinking skills in later life. Elderly men who have a history of drinking one alcoholic drink per day seem to maintain better general thinking ability during their late 70s and 80s compared to non-drinkers. However, drinking more than four alcoholic drinks per day during middle age seems to be linked with significantly poorer thinking ability later in life. It also reduces the risk of Alzheimer's disease. There is some evidence also that light to moderate consumption of alcoholic drinks can reduce the risk of death from any cause in people who are middle-aged and older. Preventing ulcers caused by a bacterium *Helicobacter pylori*: There is some evidence that moderate to high consumption of alcohol (more than 75 grams) per week from beverages such as beer and wine can reduce the risk of *Helicobacter pylori* infection. *H. pylori* is the bacterium that causes ulcers.

SIDE EFFECTS: Beer is likely safe for most people when used in moderation. This translates to two or fewer 12 ounce glasses a day. Drinking more than this at one sitting is possibly unsafe and can cause a lot of side effects including flushing, confusion, trouble controlling emotions, blackouts, loss of coordination, seizures, drowsiness, trouble breathing, hypothermia, low blood sugar, vomiting, diarrhea, bleeding, irregular heartbeat and others. Long-term use can lead to alcohol dependence and can cause many serious side effects including malnutrition, memory loss, mental problems, heart problems, liver failure, swelling (inflammation) of the pancreas, cancers of the digestive track and others.

WARNINGS

Pregnancy: Alcohol is **LIKELY UNSAFE** to drink during pregnancy. It can cause birth defects and other serious harm to the unborn infant. Drinking alcohol during pregnancy, especially during the first two months, is associated with significant risk of miscarriage, fetal alcohol syndrome, as well as developmental and behavioral disorders after birth. Don't drink alcohol if you are pregnant. **Breast-feeding:** Alcohol is also **LIKELY UNSAFE** to drink when breast-feeding. Alcohol passes into breast milk and can cause abnormal development of skills that involve both mental and muscular coordination, such as the ability to turn over. Alcohol can also disturb the infant's sleep pattern. Despite a rumor to the contrary, alcohol also seems to reduce milk production.

Surgery: Beer can slow down the central nervous system. There is a concern that combining beer with anesthesia and other medications used during and after surgery might slow the central nervous system down too much. Stop drinking beer at least 2 weeks before a scheduled surgery. High blood pressure, hypertriglyceridemia (high levels of blood fats) insomnia (trouble sleeping): Drinking three or more alcoholic drinks per day can increase blood pressure and can make hypertriglyceridemia and insomnia condition worse. Liver disease, gastro esophageal reflux (GER) disease, pancreatitis and neurological disorders: Drinking alcohol can make liver and GER disease worse. It can make pancreatitis worse and certain disorders of the nervous system worse. Asthma, gout and porphyria: There have been occasional reports of asthma triggered by drinking beer and there is evidence that using beer can make gout and porphyria (a blood condition) worse. Mental problems: Drinking three or more drinks of alcohol per day can make mental problems worse and reduce thinking skills.

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Vasudhaiva Kutumbakam: The Celestial Ensemble

■ DR. PARVEEN KUMAR

Termed as India's Diplomatic 'Coming of Age', the celestial ensemble of heads and representatives of leading economies and global organizations in the two days G20 summit reflects the rising stature of the country at global stage. Last year when India i. e 'Bharat' took over the reins of G20 from Indonesia during the seventeenth meeting of G20 on Nov. 15-16 at Bali; Hon'ble Prime Minister of the country Sh. Narendra Modi unveiled the logo, theme and website of India's G20 presidency with clear intentions that India will strengthen the G20 with the theme 'One Earth, One Family, One Future'. The theme is based on the philosophy of Vasudhaiva Kutumbakam, a philosophy that affirms the value of all life-human, animal, plant and micro-organisms and their interconnectedness on the planet Earth and in the wider Universe. It essential means that the whole world is one (my) family.

THE MOTIVE BEHIND G20:

A post World War II initiative aimed at ensuring international financial stability and coordination and to address a host of other issues with global dimensions, G20 accounts for around two-thirds of the world population, 75% of the international trade, 80% of Gross World Product (GWP) and 60% of the world's land area; G20 is presently one of the largest and biggest intergovernmental forum comprising of 19 countries and the European Union (EU). G20 composed of most of the world's largest economies, including both developed and developing nations works to address major issues related to the global economy like international financial stability, climate change mitigation and sustainable development. The 19 countries in the G20 bloc include India, United Kingdom, United States of America, Brazil, China, Australia, Argentina, Japan, Canada, France, Germany, Indonesia, Italy, Republic of Korea, Saudi Arabia, Mexico, South Africa, Russia and Turkey (African Union now also has been included in the G20 meet being held at New Delhi). Formed in the year 1999 in response to the severe economic crisis that shocked the economies all across the globe, the group has been meeting at least once a year since 2008. The annual summit witnesses the participation of heads of government of member countries or their finance minister or foreign minister and

other high-ranking officials. Other countries, international organizations, and nongovernmental organizations are also invited to attend the summits.

HISTORY OF THE GROUP:

The foot prints of G20 first emerged at Cologne summit of the G7 in June 1999 and it was formally established at the G7 Finance Ministers' meeting on 26 September 1999 with an inaugural meeting on 15-16 December 1999 in Berlin. Canadian Finance minister Paul Martin was chosen as the first chairman and German Finance minister Hans Eichel hosted the inaugural meeting. Paul Martin the then Finance Minister of Canada has been described as the crucial architect of the formation of the G-20 at finance minister level and as the one who later proposed that the G-20 countries move to leaders level summits. It was conceived in response to the series of massive debt crises that had spread across emerging markets in the late 1990s, beginning with the Mexican peso crisis followed by the 1997 Asian financial crisis, the 1998 Russian financial crisis and eventually impacting the United States most prominently in the form of the collapse of the prominent hedge fund Long-Term Capital Management in the autumn of 1998. It illustrated to them that in a rapidly globalizing world, the G7, G8, and the Bretton Woods system would be unable to provide financial stability and they conceived of a new broader permanent group of major world economies that would give a voice and new responsibilities in providing it. Since its formation, the G20's primary focus has been governance of the global economy and summit themes have varied from year to year.

INDIAN PRIORITIES:

Soon after taking over the reins of the group, Hon'ble Primeminister took it as an opportunity to showcase country's developmental strides aimed at furthering global good. India also invited Bangladesh, Egypt, Mauritius, Netherlands, Nigeria, Oman, Singapore, Spain and the UAE as guest countries for the present summit in New Delhi. The challenges included inclusive, equitable and sustainable growth, women's empowerment, digital public infrastructure and tech-enabled development, climate financing, energy security, food security and others. Regarding the financial instability

and the recession in the global economy more so after the COVID-19 pandemic, the priority of India is also to come up with a roadmap for financial recovery and inclusiveness by collaborating with international bodies like World Trade Organization (WTO), International Monetary Fund (IMF), Organization for Economic Co-operation and Development (OECD), and the Financial Stability Board (FSB).

KEY TAKEAWAYS FROM NEW DELHI MEE:

Representation to the Unrepresented: The African Union (AU) represents one fifth of the global humanity. Such a number cannot be left unrepresented in the global group. Finally AU has been inducted as the new member of G20. The president of African Union Azali Assoumani was invited by summit host Sh. Narendra Modi to take seat as permanent member of G20. It is here also pertinent to mention that the AU at full strength has 55 members, but six military-ruled nations are currently suspended. It has a collective GDP of \$3 trillion with some 1.4 billion people. It also marked the first expansion of the influential bloc since its inception in 1999.

India-Middle East-Europe Economic Corridor (IMEC): The IMEC corridor represents an unprecedented collaboration encompassing India, the UAE, Saudi Arabia, the EU, Italy, France, Germany and the United States. It promises not only geopolitical significance but also economic opportunities for India. If the initiative goes ahead, it would establish railways, ports, electricity and data networks and hydrogen pipelines across the Middle East potentially speeding trade between India and Europe by up to 40 percent.

Global Bio-fuel Alliance: Global Bio-fuel Alliance has been created by the member countries. India, Brazil and United States are the founding members of this global alliance. This will not only lead to increased use of bio-fuels leading to a cleaner environment; but will also force nations for cultivation and production of such crops which are a potential source of bio-fuels. Consequently degraded land can be rehabilitated by the cultivation of these crops which can be used as bio-fuels. India asked the member countries to take ethanol blending with petrol globally to 20 percent.

Historic Sankri Mela-A Socio-Religious Event

■ DR. BANARSI LAL

In India various international level fairs and festivals are organized such as Mahakumbh Mela, Pushkar Mela etc. which are attended by millions of tourists, traders and devotees across the globe. Union Territory of J&K is also famous for various fairs and festivals as they are the integral part of the people of J&K. In J&K various types of Melas are organised such as Jhiri Mela, Bahu Mela, Hemis Gompaa Mela, Dera Baba Baisakhi Mela, Baba Jitto Mela, Mounгри Mela, Sudhmahadev Mela etc. which attract thousands of people across the nation. Celebration of fairs and festivals in different parts of Jammu region indicates the rich and diverse cultural heritage of the province. These events add colour and vibrancy to the lives of the people of J&K. These fairs also help to showcase the rich culture of J&K at national and international level through folk songs and dances. These fairs and festivals are mostly organized near the sacred rivers and holy shrines. The celebration of such fairs and festivals help to unite the people from all the sections of society. These types of events help us to preserve and transmit our rich culture from generation to generation. Udhampur district of Union Territory of J&K is said to be the hub of religious spots. This district is blessed by lofty peaks, green meadows and dense forests on the hills. This district is blessed with numerous religious spots and every year thousands of devotees across the nation visit this district. Various religious places such as Sudhmahadev, Krimchi Temples, Man Talai, Pingla Devi Shrine, Ram Nagar Temples etc. are situated in this district. These places are of great religious importance. There are various other religious places in this district which are not frequently visited by the pilgrims but they can also attract more and more of devotees from far and wide. The scenic beauty of Udhampur district contains in itself various unfolded chapters of history of ancient civilizations. Udhampur distt. is visited by the pilgrims and tourists across the nation throughout the year.

■ MOOL RAJ

I am not a think tank but simply a person who would like to press his views on the tweets of Chief Secretary Secretary of Jammu and Kashmir. It is a good news that the Jammu and Kashmir government is mulling introducing a procedure wherein the promotion of teachers, masters, lecturers, administrators and officers in the School Education Department Jammu and Kashmir shall be done via examination base. I think that if this proposal is once introduced, the procedure will change the decade-long scheme of promotions in the education department, which is entirely based on seniority of service and minimum acquired qualifications. There is immense need of major change in education sector since the old age plane of promotion in education department not only pleased Govt official and the Education Department with things that have taken place with promotions of teachers, administrators, and officers in the department. And the kind of result is shown by teachers in Jammu and Kashmir: I think and feels that scores of teachers, masters, lecturers and officials are not giving a positive result, impacting the education level in Jammu and Kashmir. Keeping in views all facts and figures I would like to suggest the Govt of Jammu and

Udhampur district of Union Territory of J&K is also known for various fairs and festivals. Sankri Mela is an important Mela in Udhampur district and thousands of devotees visit this spot during the Mela. Every year, this three days Mela is organized at Meer village in Panchari block with great enthusiasm. This place is a picturesque spot and situated in the midst of charming hills at Meer village in Panchari block of Udhampur district. This place is encircled by knolls, grandiose mountains and rich timberland. This place is connected with Udhampur town by the Pucua road. This year, this three days historical event will be commenced from of 15th of September. This will be concluded on 17th of September: This spot is about 35 Km away from Udhampur. This historical temple is believed to be more than 500 years old and has idols of deities of Shiva and Shakti. Large number of devotees visit this spot to seek the blessings of Baba Sankri. Various activities such as cultural programme, wrestling competition, festive ambience, ceremonial Pooja/Yatar; grand illumination of ambience etc. are organized during the event. During the Mela, a dangal is organized in which the wrestlers from within and outside of UT take part and large number of people assemble there to watch them. The folk artists from Panchari and adjoining areas present folk songs and dance showcasing the rich cultural heritage of the area. The Vaans such as Dudana Vaan, Trishul, Gurj, Gungraal and other vaans are taken to the holy shrine and ceremonial Pooja/Yatar is performed in which various deities are invoked, their glory sung and their blessings are sought. Devotees from Udhampur, Mounгри, Panchari, Chenani, Ram Nagar and other places of J&K and outside assemble at this spot and throng at Meer village during the Mela to pay obeisance to Lord Shiva, Goddess Parvati and other deities. Thousands of people from every nook and corner of Udhampur District and outside congregate in large number to take part in the Mela and have blessings of Sankri Devta. It is really a socio-religious event.

This Mela also attracts a large number of local

artists and cultural artists from other parts of J&K, who present folk songs and dances such as Kud, Geetru, Bhaakh etc. and leave the visitors mesmerised. These artists give pleasure to the devotees. The local people of the area, wearing their cultural dresses move in groups at the Mela site with great happiness and enthusiasm. It seems that one has come into a different world of happiness and devotion while attending the Mela. Department of Agriculture and other allied departments also establish their stalls to create awareness and educate the people about the various technologies and developmental schemes and programmes ongoing in the district. Various sports activities are also organised with the active participation of the players. An Indian style wrestling which is commonly called as Dangal is also organized during the event. Well known wrestlers from within and outside of J&K participate in the wrestling. This activity is attended by the people with greater enthusiasm and keenness. Local people of the area set up various kiosks of sweets, toys, bangles, edible items etc. and they generate extra income during the three days event. District Administration of Udhampur plays a significant role in the organisation of this event. District administration provides basic facilities to the pilgrims during the Mela. Drinking water, security and safety, electricity, sanitation, medical facilities etc. are provided by the district administration. A large number of devotees visit this spot every year during the Mela. This area needs more development and more attention is needed for the developmental activities of this spot. There is also need to construct more shelters for the pilgrims at the Mela site. This place has the potential to attract the tourists across the nation and can be constructed as a tourist's hub if special focus is given on this area. More tourist huts and inns can also be constructed at this spot so that the tourists can stay here with pleasure. As this area has its own beauty so special view points can be constructed for the tourists. The agro-eco-tourism can be pro-

Tripling Global Renewable Energy: The member countries of the group backed a target of tripling global renewable energy capacity and referenced the need for emissions to peak before 2025. The group also acknowledged that limiting warming to 1.5 degrees Celsius (2.7 degrees Fahrenheit) will require slashing greenhouse gases 43 percent by 2030 from 2019 levels. The 83 page New Delhi declaration also calls for the phasing out and rationalization of fossil fuel subsidies and commits to reducing 'unabated coal power' while boosting clean energy generation. However there was no consensus on a phase-out of fossil fuels despite a United Nations report a day earlier deeming the draw-down 'indispensable' to achieving net-zero emissions. G20 nations account for about 80 percent of global emissions and an inability to agree on the phase-out is a cloud over a key round of climate discussions to begin in November in the oil-rich United Arab Emirates.

Host India along with Brazil, Indonesia and South Africa, played a key role in avoiding a fracturing of the G20 over many controversial issues reflecting the growing power of the Global South developing nations in the group. Through G20 Presidency, the country has become the voice of the developing world. We have set the agenda for the entire world. It is for the world to react to that agenda. Calling the New Delhi declaration as 'historical and path breaking,' G20 Sherpa of India, Mr. Anitabh Kant said that India got the '100 per cent' consensus on all developmental and geo-political issues focusing on strong, sustainable, balanced, and inclusive growth accelerating progress on sustainable development goals. India has always remained vocal for bringing in much needed reforms in the global organizations, walked the talk by setting an example at the G20 forum. This summit is a strong reflection of India's rising stature on the global stage. The host of this year's summit and Indian Prime Minister Sh. Narendra Modi has made all its citizens to feel the event as India's diplomatic coming of age and Indian presidency as an opportunity to give a voice to the needs of global south emerging as a tallest leader in the global spectrum.

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Exam Based Promotions in SED

domain. I think that this mechanism can be akin to the departmental examination system for every promotion as being practiced by the central school systems like Kendriya/Navodaya Vidyalayas, most of the educationally forward states/UTs like Kerala, Mizoram, Chandigarh, Haryana, etc. The scheme for such a system can be copied from any of the above systems/states with local modifications, wherever required. This scheme of departmental examination-based promotions for the elevation of teachers, masters, lecturers, administrators, and officers in our department will go a long way in promoting talent, quality, and efficiency of human resources in our department.

I also sometimes think that the present scheme of promotions, entirely based on seniority of service and minimum acquired qualifications, has not only degraded the quality of a teaching-learning process in our schools, but it has also downgraded the morale of competent and capable teachers to the bottom.

I think that there should some sort of pattern for departmental examination, one of which includes that there need to be five compulsory papers for the examination, which include General English and Aptitude: (Metric standard). ii. General awareness/GK/Gen Science: (Metric Standard). iii. Child

psychology/Education system: (B Ed Standard) iv. Teaching techniques and pedagogy: (B Ed standard) and v. School management and Administration. Depending upon the nature of the post, the sixth subject must be optional in nature and includes the specialties required for such duties.

1-Promotion to the master post shall require an optional subject of one's choice like Maths/English/Urdu/SST/Gen Science/Kashmiri. The standard must be of graduate level.

2-Promotion to lecturer shall require optional subject at PG level with PG standard. For example, English for Lecturer in English.

3- Promotion to administrative post like Headmaster, Principal, ZEO and above shall require to pass an additional optional subject that comprises of Service rules and Financial code CSR and others.

I hope that our UT Government should apply and implement above suggestions that will bring sea change in education department so that intelligent, efficient teacher and officers should come forward in education department like IAS and KAS officer and such exam should be conducted by JKPSC.

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