

## Disastrous impact of digital recreation

■ SHYAM SUDAN

With the advancement in technology everything has changed in life of people. Smart phones and other digital devices has drastically change the life style and habits of our youngsters. Once there was a time when young generation generally prefer outdoor games in their life .Because there was no source of recreational activities in homes for the young generation. Now a days with the introduction of digital devices I.e Smart phones and laptops, there are lot of entertaining facilities available for our youths in their homes. Generally youths of today prefer indoor recreational activities than outdoor games and sports. In our digital platforms there are plenty of games available for our youths. Some games are available only for recreation and enjoyment. But ,many money minting games are also available for us .There are several money making games like teen patti, colour prediction game ,dream eleven etc available for every age of people. Every year people waste a great percentage of money and time with the addiction of these games .However, these games are not totally fraud and deceive people. But the terms and conditions of these games are designed in such a way that only few get the chance for winning. In the greed of money people generally falls in the prey of this nexus of money game .The interesting fact of these games is that we can participate in these games with very meager investment. This trapping design of these digital game generally attract every individual towards them. Even the common man with limited expenditure can play these games .But there are very limited and almost negligible chances for all to get the benefit in these games. However there is no specific art or talent to win in these games. Only your destiny and luck decide the condition for you. There are millions of users of these games in our country. In the hope of slum dog millionaire generally people waste their precious money and time .Bitter reality of this side is that the designer of these games earn millions of rupees in a single night. How much tax they are paying to the government or licensing agency, nobody knows. We can say that it is kind of licensed gambling.

Other bitter side of this culture is that it promotes addiction in the minds of our youths. Now a days we have seen that incidences of crimes are increasing in our society. Mostly our young generation is suffering from the problems of frustration, anxiety and intolerance. Failure in these games is one of the reason responsible for these negative aspects among youths. At one side we generally give message to our youths that gambling is a bad habit. Even we quoted the example of Mahabharata to motivate our children. On the other side we are giving license for these kind of obnoxious culture.

The other harmful effects of this culture is that it effects the eyesight of its users. Because people generally children sit for hours and constantly use digital devices. Children generally avoid the culture of playing outdoor games .Due to this inactiveness and lethargic attitude they suffer in life .There is an urgent need to make a curb on this culture. Proper guidance and awareness is mandatory for our young generation in this direction. There is a common saying that there is no short cut in life to get the success. Then why our youngsters are adopting this alternative method for success. Proper guidance and counselling of youngsters is needed in this direction.

## Medicinal Values Of Phalsa (Grewia asitica DC)

■ PROF R.D. GUPTA

Phalsa is a fruit of Southern Indian origin, but now is grown in India, Pakistan, Bangladesh, Nepal, Srilanka, Thailand, Laos, Cambodia and Vietnam (Gupta and Bansal, 2014). In the dryland areas, especially in the kandi belts of Jammu, Punjab, Haryana and Himachal Pradesh, where either growing of farm crops is not possible or their yields are below the economic thresh hold due to lack of water as a constraint. In such areas, drought resistant fruit trees like phalsa, ber, jamun can be grown. However, in the Indian subcontinent, phalsa is highly sought in the hot summer months as its fruits can be considered to be the third favourable fruit after mango and peach.

Medicinal Values

Unripe fruit relieves inflammation and is used to treat respiratory, heart and blood affliction as well as in fevers. Root bark is used in treating rheumatism. Ripe fruit is well known to assist in preventing coughs and colds. Ripe fruits also act as antioxidants and have been proved useful in cancer risks, removes pimples, headache, acidity, leucorrhea, anaemia, burning sensation in the body and skin dryness.

Leaves of phalsa fruit trees, help to relieve all kinds of inflammations of the skin and are also utilized in skin eruptions. For this purpose soak the leaves in water overnight and make a paste to apply on the affected areas as they are known to have antibiotic action.

Juice of the fruits of Phalsa is employed to treat liver and gall bladder problems as well as to purify blood and control blood pressure and cholesterol level. It also normalizes heart rate and maintains blood pressure, diuretic, removes thirst, protects against heat stroke vomiting and nausea.

Sharbat of phalsa is proved very useful to help sunburn victims to treat sunstroke.

Other uses

Bark of the phalsa tree is used in purifying sugar cane juice in sugar processing. It is because the bark of the phalsa tree is characterized by its mucilaginous nature.

Wood of the phalsa tree is fine grained, cream coloured, strong and flexible, and is used in making archers bows, spear handles, poles and baskets and harvested for fuel.

Botanical Description

A large, scraggy shrub or small tree, having 4.5 m height or more. The phalsa has long slender; dropping branches densely coated with hairs. The alternate, deciduous widely spaced leaves, are broadly heart shaped or ovate, pointed at the apex, oblique at the base up to 20 cm long and 16-25 cm wide and coarsely with a slight whitish bloom on the underside, small, orange yellow flowers and borne in dense cymes in the leaf axils. The round fruits, on 2.5 cm peduncles are produced in great numbers in open, branched clusters. Largest fruits are 1.25 to 1.6 cm wide.

Cultural Practices

Climatic requirement: Phalsa is a fruit of tropical to subtropical climatic areas. Before 1947, phalsa used to grow abundantly in subtropical areas of Jammu, especially in Kandi Belt of Jammu, having annual rainfall range of 1000-1200 cm annually. Soil requirement: Phalsa can be grown in any kind of soil. However, sandy loom, sandy clay types of soils are found to be the most suitable for its cultivation

Propagation: Seeds are usual means of propagation and they germinate wit 15 days. Ground layers, treated with hormones, have been 50 percent successful, air layers, 85 percent cuttings are difficult to root.Seedlings are transplanted from seedbeds into well prepared holes when a year old and are usually spaced 3-4.5 m apart. Fruiting will commence 14to 15 months. Annual pruning to a height of 0.9 -1.2 m encourages new shorts and better yields than more drastic trimming.

Harvesting and Yield: Summer is the fruiting season. Only a few fruits in a cluster ripe at any one time, so continuous harvesting is necessary. The fruits keep poorly and must be marketed within 24 hours. Average yield pertree is 9 to 11 kg per season.

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■ MOHAMMAD ASHRAF BHAT

Kashmir being a geographical wonder is blessed with immense natural beauty and is known for its breathtaking landscapes, snowy mountains, meadows , gardens, orchards, lakes, high mountain passes, Hill stations and religious sites . There is too much of diversity that Kashmir offers in culture, nature and climate. Apart from this Kashmir valley offers various categories of tourism, like water sports, rafting, skiing, tracking , Shikara ride and iconic house boats . There is an immense potential of winter games , snow parking , spiritual tourism and border tourism. Tourism has become a very fast growing industry in the current period and is considered an economic bonanza for union territory, since industrial development is very limited and youth unemployment is one of the major challenges faced by union territory of J&K. Tourism has contributed much to the local economy over the years. Tourists provide direct and indirect income to innumerable locals by spending money on taxi, hotel, shopping, travel agency etc . Tourism industry has the potential to uplift the local economy of kashmir and create job opportunities for the unemployed youth. Tourism sector is the main driver of the economy. This sector has a capacity to create large scale employment and has given jobs to a large number of people especially in tertiary sector. Its impact is visible in services rendered by people directly or indirectly, including hotel staff, tour operators, taxi drivers, tour guides, souvenir vendors etc. The industry provides employment to around 70,000 people . It is holding strategic importance in the development and expansion of other industries, such as agriculture, horticulture, handicrafts, sports, construction, banking, insurance and transportation. People get engaged in related services for several socio-economic benefits which in turn get good quality of life, high standard of living and increase in the wealth. Tourism is a game changer for this ailing econmy .Today over 70 percent of J&K's population is estimated to be around 35 years.If this huge demographic potential is properly canalized, it could prove a great source of human asset.This human asset could be utilized in the unique type of highly labour-intensive industry and which does not require vast patches of land like in agriculture and horticulture. Presently both



skilled and unskilled youth render services to earn money spent by tourists in the places they visit. Tourism sector starts paying off immediately as it has no gestation period like other sectors. According to tourism department the region witnessed increasing foot fall of domestic and foreign visitors. Kashmir is scaling new heights in tourist count. Tourism in Jammu and Kashmir has seen a remarkable boom after the turmoil, violence and unrest the region has witnessed over the years. The record breaking arrival of tourists thronging the valley has been bringing smiles on the otherwise gloomy faces of educated youth.The surge in tourism is evident among foreign visitors with a staggering 1.27 crore tourists visiting upto july 2023. The target is much more as the union territory is set to break last years record of 1.89 crore tourist arrivals, more than 15,000 foreigners visiting upto june 2023 a significant increase compared to the first half of 2022 when only 4028 foreign tourists arrived. It is predicted that the total number of tourist arrivals will surpass 2 crores. Tourism industry in the state of j&k generates around ?8000 crores contributing to nearly 7% of the UT's GDP. The GDP figure would have been different if the violence had not hit hard the tourism sector. The usual shutdown in valley due to the armed conflict and resurgence that erupted in the valley in early 1990s compelled tourists to switchover to other places, causing the loss of tourist appetite for this particular destination.

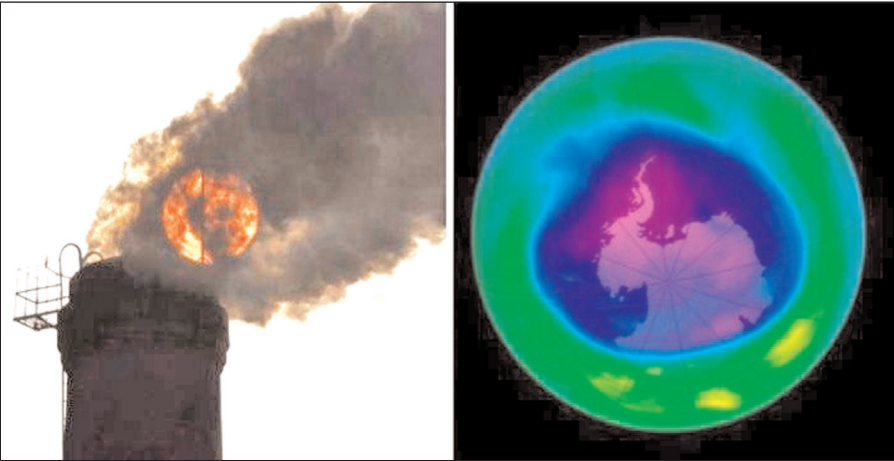
# Pollution puncture-The Ozone Layer

■ GL KHAJURIA

Ozone layer, a protective sheath encircling the spaceship Mother Earth is protecting all the bio life sustaining on it from ultraviolet rays of sun. The atmosphere surrounding this bio-Cushioning life is being surrounded by two different layers-troposphere, some 15 kms high and the stratosphere, a second layer of air ranging from 15 kms to around 50 kms. The ozone ring lies between this 15 to 45 kms. This is the protective layer sieving all ultraviolet rays of the sun.

With the rise in the population and developmental activities, industrialization, and automobilization are all aggravating the mounting pollution in the form of emission of poisonous gases giving impetus to global warming. Unlike oxygen which is made up of two atoms O2, this ozone has three atoms O3, and is thereby shielding against the lethal ultraviolet rays of sun. The man made modern luxuries which are in a variety of ways are retronaturing the life system. The air emitting C.F.C 's(Chloro-Fluro-Carbons) which are directly making the atmosphere warmer. And this is progressively enhancing the atmosphere and the day shall not be far off when this life-leasing layer shall become a subject to human life's threat. And God forbid, if it ispunctured, there shall be holocaustic consequences when the sustaining life of both flora and fauna will become subject to most dreaded disease like cancerand all the plant life sustaining over the land and seas. The bio diversity shall face annihilation so to say, this may char or burn to cinder all living being over the globe.

The satellite imageries are continuously monitoring the depletion. Though this has lesser affected unpopulated Antarctic but elsewhere this depletion is making hazardous



impacts. The situation is very much alarming worldwide and no country is an exception to it. There are snow-topped Himalayas and glaciers which are subject to continuous melting owing to the global warming. This resultantly tantamounts to submergence of many islands and sea shores world over.

According to European scientists, every year at the end of Antarctic winter, a hole in the ozone layer is created and subsequently within 10 days the stratospheric ozone is depleted by 50% or so. By 1985, this hole had reached the size of American continent and the thin-periphery of this layer around the puncture has now reached the size of New Zealand and part of Australian continent.

American scientists from university of Wyoming and N.O.A.A.research organization claimed that mixture of nitric acid and water frozen into aerosol particles, other trace gases also play pivotal part in ozone cycle, particularly the hazardous impacts of C.F.Cs. They are the special target to the "Cyro-trop" set up

by a working group of Jullich nuclear research facility (KFA).

In a joint venture, the atmosphere scientists from the federal Republic of Germany, France and US set up the "CHEOPS" research campaign. The acronym stands for the "Chemistry of Ozone in the polar stratosphere". The aim of CHEOPSis to shed light on the complex processes surroundings the destruction and regeneration of the stratosphere in so far as Ozone layer is concerned. The Scientists involved journey to the polar region during the coldest weeks in the year. This is because the chemical reaction that ends in the mass destruction of the ozone moleculesso not begin until the temperature of the stratosphere drops to the minimum 80 degreesCelsius. The temperature of the air mass above the Artic normallyfalls low during the dark polar nights. The base camp of the research team is in the northern Sweden, some 50 kms east of Kiruna in Lapland. The situation is operated by Sweden state space agency"Rhmadbolaget".

palaces, forts and forests. The Amarnath Yatra has also seen a tremendous response with over 4 lakh pilgrims in the first 32 days of Yatra, both Vaishno Devi shrine and Amarnath Yatra surpassing the pilgrimage percentage from the previous year.

The border tourism has a huge potential to provide diverse opportunities to the youth of J&k . Social media is exploring the tourist visiting sites, like Bangus valley , Keran , Lolab valley , Machil, Teetwal , Tangdhar , Reshwari, Gurez etc which bear the potential to provide jobs to the unemployed youth of entire North Kashmir . Economic growth has been of late and heavily demands reformation and renovation.The lower middle class and lower class of people are still at the back end. These people have fewer opportunities to get educated, enhance their skills and to stand as entrepreneur. These classes consume higher fraction of their earning than the rich with the result they fail to survive in any business. If more money flows to these segments then the lower middle class and lower classes are key engines of growth but with inequality on rise these engines are stalling. The tourism policy of 2020 should be fully implemented. All it needs are the serious steps to provide the required reformation. Another challenge for Government is that the Tourist land is shrinking and authorities should ensure sustainable utilization of natural resources. The lakes , wetlands , rivers and streams of J&k have become garbage-dumping sites and huge influx of tourists is adding fuel to the fire. The need of the hour is setting up modern sanitary landfill sites.

The key to unlock the potential of this sector is through government support, infrastructure development, skill enhancement ,quality of service, safety, good travel facilities, proper tour guide and hospitality .These services should refrain from any unfare trade practices for purpose of promoting sale and supply and consumption or adopt any unfair or deceptive trade practices. The tourism industry could have been converted into a big income earning industry but it stands neglected despite the provision of funds in 2023-24 Amritkaal Budget . This industry should be developed as per the vision of sustainable development goals and the new preparations should be made to promote eco-friendly tourism so that it will be a new ray of hope for the people of the region.

Recently U.S. researchers have suggested that west Antarctica ice sheet has been melting and constantly contributing water to the ocean for the last ten thousand years and if such a melting goeson at such a pace, an area around 3,60,00 sq. miles shall disappear withina period of several years or so.

The researchers have further claimed of their being not sure that such a melting is an outcome of Global warming but at the same time have admitted that much of the bed rock under ice is below sea level. The ice sheet could be susceptible to any further warming of oceans. The ice sheer contains enough water to raise global sea level melting of small fractions which could have holocaustic hazards, they claimed.

Surprisingly enough, as per last findings, the globe's average temperature has been witnessed one degree per thousand years over the last quarter of century andan abrupt rise of 2-3 degrees has been noticed and itshall shoot further. The signal of apocalyptic nature which all nations of the world shouldtake a serious note of it.

According to the latest researches and documentation by US and other enviro-scientists, the ozone hole is regressinand is expected to reduce to a smaller size by year ending 2040. The National Aeronautics and space Administration (NASA) scientists have established as such and have suggested further to all nations of the world to pledge for minimum emission of Chloro-fluoro-carbons(CFC's) to avert exaggerating ozone hole. This is most warranting for all thenations to ensure the survival and sustainability of the planet earth which beyond all ambiguities is in peril for the future ahead.

(The author is Former Dy. Conservator of forest, J&K).

## YOUR COLUMN Social media is inherently a selfish medium

Dear Editor;

In the vast landscape of human interaction, social media stands as a virtual realm-a terrain that has reshaped the way we communicate, connect, and consume information. Like any Geological feature, it has its distinct features, and one of the prominent ones is the prevalence of selfishness.

Social media, as a tool for communication and self-expression, often reflects elements of human nature, including selfishness. Users frequently engage in a manner that prioritize personal gratification, self-promotion, and the pursuit of individual interests. This is evident in the thoughtfully chosen self-presentation, the craving for attention and validation, and the formation of filter bubbles that insulate users from diverse perspectives. While social media isn't inherently selfish, it can amplify and encourage such behaviours. It is the responsibility of users to balance self-interest with broader societal considerations in the digital age.

Social media, the e world where billions of voices converge, has emerged as a double-edged sword in our interconnected world. It is a landscape shaped by human nature's duality, where the instinct for self-preservation and self-promotion interlaces with the aspiration for connection and communal well-being. Beneath the shiny facade of perfectly filtered photos and precisely assembled posts, a profound question lingers: Is social media inherently a selfish medium?

At the very surface of this digital landscape, we encounter

the Self-Presentation contradiction. This is a place where people work very hard to make themselves look good online, like artists painting a perfect picture. Everything they post, every photo they share, is like adding a piece to this digital version of themselves. But underneath all this, there's a big focus on getting likes, comments, and shares from others to feel good about themselves. This is where selfishness starts - wanting recognition and approval from others on the internet. It's like we're sculpting our digital selves, hiding our flaws, and showing only the best parts of who we are. While it gives us a sense of control and makes us feel good about ourselves, it also makes us very focused on ourselves.

But in this strange world, there's also a desire for real connections with people. We sometimes show our true selves, our vulnerabilities. This creates a conflict between how we show ourselves and who we really are. This makes us wonder if social media is inherently selfish.

One of the biggest drawback of Social media is, it gives birth to the expression of excessive and inappropriate ads. The random occurrence of inappropriate ads on social media can have profoundly negative effects on individuals' lives, particularly on children. These ads often feature explicit content, misleading information, or promote harmful products, and their presence can lead to various detrimental consequences. First and foremost, the exposure to inappropriate ads can harm the mental and emotional well-being of children. Young minds are impressionable, and witnessing explicit or disturbing content at an early age can lead to confusion, anxiety, and even desensitization to inappropriate material. These experiences may contribute to the development of unhealthy attitudes and behaviour.

Furthermore, these ads can compromise children's online safety. Clicking on inappropriate ads may lead to malicious

websites, putting them at risk of encountering harmful content or potential cyber threats. Moreover, the constant exposure to these ads can hinder children's ability to focus and engage in productive activities. The click bait nature of many inappropriate ads can be distracting, pulling them away from educational or constructive pursuits, ultimately affecting their academic performance and personal development.

The frequent engagement, a complex construct that controls the distribution of attention throughout the digital landscape, is encountered as we go more beneath the surface of the social media ecosystem. Users compete for the limited resource of viewer's time and attention in this competitive ecology, acting like attention-seeking organisms. Like skilled predators, social media sites have mastered the art of grabbing and retaining our attention. They seduce us with notifications, enticing scrollable feeds, and recommendations for tailored content. But this competition for our attention, which is frequently fuelled by algorithms created to optimize user engagement, turns social media into a place for selfish actions. Sensational, emotionally charged, or provocative content usually gets the most attention because it appeals to our fundamental needs for novelty and excitement. In this competition for attention, people cultivate a culture of self-promotion where they compete to make their voices heard and get followers. Users prioritize their own content and need for attention, frequently at the expense of fair and meaningful connections, which fosters selfishness in this environment. Like an expedition into the depths of the digital ocean, our search for our own treasures-likes, shares, and followers-can sometimes obfuscate the real gems of connection, empathy, and understanding the mixed experiences.

Jugesh Singh Thakur Pogat Paristan