

## CYBER FRAUD MITIGATION CENTRE

In today's digital age, cyber fraud represents a growing and increasingly sophisticated threat to businesses and individuals alike. The Cyber Fraud Mitigation Centre (CFMC) is a pivotal institution designed to address and counteract this menace through a multi-faceted approach encompassing prevention, detection, and response strategies. The CFMC's primary mission is to enhance the security and resilience of digital environments by providing expert guidance, advanced tools, and proactive measures to combat cyber fraud. Its objectives include Educating organizations and individuals about the latest cyber fraud tactics and best practices for safeguarding against them. This involves regular training sessions, workshops, and the dissemination of updated guidelines and security protocols; Developing and deploying cutting-edge technology to identify and analyze fraudulent activities in real time. This includes the implementation of sophisticated monitoring systems and threat intelligence platforms that can detect anomalies and potential threats before they escalate; Offering rapid response and support services to mitigate the impact of cyber fraud incidents. The CFMC coordinates with law enforcement agencies and other relevant entities to facilitate quick resolutions and recoveries from fraud-related incidents; Investing in research to stay ahead of emerging threats and evolving fraud tactics. This includes collaborating with academic institutions, cybersecurity firms, and industry leaders to innovate new tools and methodologies for combating cyber fraud. The CFMC provides a comprehensive suite of services, including Fraud Risk Assessment, Incident Response and Recovery, Training and Awareness Programs and consultancy.

## Honoring Swami Vivekananda: A Legacy of Spiritual Diplomacy and Global Philosophical Unity

■ DR. ANKUSH MAHAJAN

On September 11, India marks Digvijay Divas, a day dedicated to celebrating Swami Vivekananda's transformative speech at the 1893 Parliament of the World's Religions in Chicago. His words not only introduced the profound teachings of Hinduism to the West but also initiated a powerful spiritual dialogue between India and the world, fostering global respect for India's rich philosophical traditions.

### The Impact of Swami Vivekananda's Speech

Opening his address with the famous words, "Sisters and Brothers of America," Swami Vivekananda received an overwhelming response-a standing ovation from thousands of attendees. His message resonated deeply, not just because of its delivery, but due to its philosophical depth rooted in India's ancient wisdom. By emphasizing the universal nature of spiritual truth, Swami Vivekananda articulated the core of Vedanta philosophy. His message of unity, tolerance, and respect for all faiths echoed timeless Hindu teachings, as found in the Bhagavad Gita and Upanishads.

One of the most compelling aspects of his speech was his reference to the Bhagavad Gita: "Whosoever comes to Me, through whatsoever form, I reach him; all men are struggling through paths which in the end lead to Me." This verse (Gita 4.11) exemplified the inclusive nature of Hinduism, where different paths of faith are recognized as equally valid. Swami Vivekananda's call for a world free from sectarianism, fanaticism, and intolerance remains deeply relevant today.

### The Philosophical Legacy: Vedanta and the Upanishads

Swami Vivekananda's message was deeply influenced by Advaita Vedanta, a philosophy that emphasizes the oneness of all beings. As mentioned in the Chandogya Upanishad (6.8.7), "Tat Tvam Asi" (Thou art that), it conveys the idea that the individual soul (Atman) and the universal consciousness (Brahman) are one. This idea of the interconnectedness of all life and the inherent divinity in every individual was a central theme in Vivekananda's speech. He highlighted that the essence of all religions is this recognition of divine unity, urging people to transcend differences and embrace universal truths.

The Mundaka Upanishad (3.2.9) further expounds on this unity by stating, "Brahman is all; from Him all beings are born, by Him they live, into Him they return." This verse echoes the cyclical nature of existence and reinforces the idea that all life is interconnected within the same cosmic framework. Swami Vivekananda's appeal to universal brotherhood, rooted in this Upanishadic wisdom, laid the foundation for an enduring spiritual dialogue between East and West.

### The Transcendentalist Influence

While Swami Vivekananda's speech was revolutionary, the groundwork for his ideas had already been laid by American Transcendentalists like Ralph Waldo Emerson, Henry David Thoreau, and Walt Whitman. These thinkers were deeply influenced by Indian scriptures, particularly the Vedas, Upanishads, and Bhagavad Gita. Their exploration of the interconnectedness of the universe and the idea of a higher, universal self closely mirrored the teachings of Vedanta. Emerson, in particular, drew heavily from the Katha Upanishad, where it is stated, "The Self is not known through study, nor by the intellect, nor through much learning. He is known by the one who seeks to know him with a pure mind" (Katha Upanishad 1.2.23).

This emphasis on personal spiritual experience as a means to transcend the material world resonated deeply with the Transcendentalist ethos and prepared American intellectuals for the teachings of Vivekananda.

Thoreau, who spent two years living simply at Walden Pond, was inspired by the Bhagavad Gita's teachings on detachment and simplicity. His famous essay on Civil Disobedience, which later influenced Mahatma Gandhi, reflects the Gita's call for righteous action without attachment to the results.

### Vivekananda's Enduring Message

Swami Vivekananda's speech was not just a singular event-it was the catalyst for an enduring philosophical exchange between India and the West. His teachings on universal brotherhood and the oneness of all beings continue to influence spiritual and intellectual thought across the globe. As he stated in his speech, "Help and not Fight," "Assimilation and not Destruction," "Harmony and not Dissension"-a call for peaceful coexistence and mutual respect that transcends national and religious boundaries.

Even today, Swami Vivekananda's message offers a powerful reminder of the potential for spiritual unity in a world often divided by sectarian strife. His teachings, grounded in the Bhagavad Gita and Upanishadic wisdom, call for a deeper understanding of the human spirit, emphasizing that all individuals, regardless of faith, are striving toward the same ultimate truth.

### The Timeless Wisdom of The East

Swami Vivekananda's speech remains a touchstone for contemporary discussions on spirituality, tolerance, and global unity. His appeal to recognize the divine within each individual echoes the teachings of the Isha Upanishad: "He who sees all beings in his own self, and his own self in all beings, loses all fear" (Isha Upanishad 6). This vision of oneness, which transcends fear and division, is essential in today's world.

As we commemorate 131 years since that historic address, it is important to reflect on the enduring legacy of Swami Vivekananda's teachings. Digvijay Divas is more than a celebration of a speech-it is a celebration of an idea, a reminder of the eternal wisdom contained in India's ancient scriptures and its relevance to global peace and harmony. The teachings of the Bhagavad Gita and Upanishads continue to inspire not only spiritual seekers but also thinkers and leaders who strive to create a more unified, compassionate world.

(The writer is Poet, Writer, Researcher, and Columnist)

## J&K Election Department embraces ECI's 'Green Election' initiative

### Targets plantation of 1 lakh plants during Assembly Election 2024

■ SAPNA KOTWAL

In the run-up to the much-awaited Jammu and Kashmir Assembly Election 2024, the Election Department has also embarked on a significant mission to promote 'Green Election', as it aims to achieve a unprecedented milestone of planting over one lakh plants across various Polling Stations in the Union Territory, fostering a sense of environmental stewardship among the electorate.

'Green Election' is an initiative of Election Commission of India (ECI) that aims to reduce the environmental impact of electoral processes across the country. This concerted effort towards environmental sustainability and community engagement is made possible through collaborative efforts with locals, youth and volunteers, along with polling officials.

The larger concept of encouraging 'Green Election' is to introduce the electoral practices that aspire to reduce the environmental impact of elections. The initiative of 'Green Election' involves measures such as using recycled materials, promoting electronic voting, and encouraging candidates to adopt sustainable campaign practices.

The stage is set for the much awaited J&K Assembly Polls which will be held in three phases commencing from 18 September, 2024, wherein as many as 88,04,502 electorates are going to exercise their franchise in 11,838 Polling Stations established across the Jammu and Kashmir Union Territory.

In the recently held Lok Sabha Elections, while following the precedence of ECI towards promoting 'Green Election', the Office of Chief Electoral Officer (CEO), J&K UT, achieved a major milestone of planting 60,198 plants across various Polling Stations in the Union Territory.

In the forthcoming Assembly Elections, the J&K Election Department has geared up not only to surpass all the previous records of polling percentage, but also to break the records in its efforts towards promoting 'Green Election'.

The Office of CEO, J&K UT, has set a target of planting more than 1 lakh plants during the



forthcoming J&K Assembly Polls, even as the necessary directions have been given to all the District Electoral Officers and the officers of J&K Forest Department and others to follow the compliance.

To promote the theme of 'Green Election' in J&K and to help the Forest Department in environmental protection, the Office of CEO, J&K UT, has outlined the target of planting over 100 plants in the premises of 90 Green Polling Stations, i.e. one in each of the 90 Assembly Constituencies across the UT. Similarly, the remaining 11738 polling stations will see plantation of around 10-15 plants in each of them across the J&K UT.

In this regard, the CEO Pandurang K Pole inaugurated a plantation drive in the premises of Model Higher Secondary School, Domana, in Bhalwal block of Jammu district on Monday. More than 100 plants were planted at the drive organised by the Office of Chief Electoral Officer (CEO), J&K, in collaboration with J&K Forest Department.

Recognizing the growing concern for the environment, the SVEEP campaign integrated Plantation Drives into its activities, linking environmental stewardship with electoral participation. This initiative aims to create a lasting

impact by not only promoting voter registration but also contributing to the beautification and greening of the region.

The plantation drives are being coordinated by 90 Nodal Officers across the 90 Assembly Constituencies. These officers are working closely with local authorities, schools, and community organizations to organize mass tree-planting events. The chosen sites for these plantations included polling stations, parks, schools, and community centers, ensuring that the planted trees would be visible to a large number of people and serve as a reminder of the upcoming election.

The saplings to be planted during these drives include a variety of native species, selected for their suitability to the local environment and their ability to thrive with minimal maintenance. The involvement of the Jammu and Kashmir Forest Department has ensured that the saplings are of high quality and that the planting is done according to best practices.

The goal of planting more than 1 lakh saplings during the election period is not just a symbolic gesture but also a practical contribution to the region's ecological health.

Moreover, all the Government employees, non-government organisations, volunteers and other stakeholders have been appealed to come forward

to help in plantation drives to promote the eco-friendly Assembly Elections in J&K UT.

The Office of CEO, J&K, is also exploring the possibility to promote the 'Green Election' under Go-Green campaign so that a message to protect ecology can be propagated among the voters who will come to cast their votes in Polling Stations during the 3-phase long J&K Assembly Elections.

The appropriate disposal of waste material after the completion of J&K Assembly elections is the key to achieve the target of 'Green Election' initiative and sufficient directions have been given to the concerned officers in J&K. The burning of election materials is highly discouraged which otherwise creates air pollution.

From time to time, the ECI has issued directions to the election machinery of all the States and union territories; and political parties to minimize the use of paper for preparations of voter lists and electoral materials.

In line with these directions, the instructions have been issued to encourage the digital and electronic mode of communication during the ensuing polls which can help in reducing the Carbon Footprint and make the elections environment friendly.

The election machinery and political parties have been directed to avoid single-use plastic completely and ensure separate collection bins and proper signage during the upcoming Assembly polls for eco-friendly elections.

Further, ensuring adequate disposal facilities for each type of waste, promoting eco-friendly vehicles for transport as well as encouraging car-pooling and public transport during the polls have also been highlighted by the office of the CEO, J&K UT.

Equally, all the stakeholders must take sufficient steps which can reduce the impact of elections on the ecosystem by incorporating sustainable methods and digital innovations during the ongoing J&K Assembly Elections.

(The writer is Nodal Officer for Media, looking after SVEEP activities at the Office of CEO, J&K UT)

## Biodiversity: The Foundation of Life

■ DR. BANARSI LAL

We often ignore the links between nature and ourselves, yet to a large extent our health and well being depend on the nature. Biodiversity is the central to the human survival. Without it our economic development will suffer, our immune system would falter and our life-sustaining ecological functions would be hindered. Biodiversity and healthy ecosystem are key determinants human health. Biodiversity comprises the diversity, abundance and identity of species, their genes and ecosystems. It is inextricably linked to human health. It provides ecosystem goods and services that are essential for our health and well-being. It provides us food, water and various other resources as well as services such as recycling of nutrients, climate control, pollination and flood mitigation. It plays a significant role in survival of the life on the planet Earth. There are seven continents on planet Earth. Every human being has only one dream which is to live better; to eat better and to consume better. But majority of them do not care for the environment and the mother Earth. Presently there is more than 7 billion population in the world but we have only one planet to live and survive. We have limited food, limited place and limited shelters. If we keep on using natural resources as we are doing every day, a day will come when our future generation shall be forced to live homeless with full of hunger. So we all need to utilize the natural resources with care and responsibility. We should stop the wastage of natural resources and use them according to our need not on our greed. Each of us knows the importance of nature. Every living being is dependent on plants and trees. All the living organisms on the earth are mutually interdependent on each other. But due to the excessive pollution caused by human beings, many species are becoming extinct and the global climate is also changing at a very rapid rate. The global warming is inversely affecting our health and can cause a long term impact on our coming generations. We know that millions of people on the Earth depend on forest for their livelihood. Only the plants and trees can make our food. But, we people are degrading the forests in a rapid rate. Every year, pollinators like bees help three-fourth of the world's flowering plants and reproduce

about 35 per cent of the world's food. Human actions such as deforestations, intensified agriculture, encroachments on wildlife habitats and climate change have pushed the nature beyond its limit. If we continue our activities in the same way then we can face the severe implications in future. The Earth has lost 68 per cent of its ecosystems and associated biodiversity in the last 50 years due to anthropogenic activity. It has been observed that around 25 per cent of all animals and plants species are threatened with extinction. Loss of over 35 per cent of the earth's mangrove forests has made us vulnerable to floods results in rising the sea levels. Deforestation with loss of multiple plant species is damaging the soil integrity and causing the landslides. Deforestation also increases the zoonotic infections by removing the protective boundaries between wildlife and human communities. It destroys the natural hosts of forest-dwelling microbes and offers them an easy passage in veterinary and human hosts.

India is one of the richest nations in the world in terms of biological diversity. India has about 15,000 species of flowering plants, 969 species of birds, 389 species of reptiles and 317 species of mammals. India has relatively large number of frogs, salamanders and their kith and kins. Brazil is the most biologically diverse nation in the world. India stands 10th in terms of biological diversity. Some parts of the country are very rich due to a variety of natural causes in biological diversity and some are less. The Loss of biodiversity across the globe has increased alarmingly and many wildlife and plant species are on the verge of extinction. Presently there is environmental crisis. Cyclones and floods create havoc and wash away many trees and infrastructure. Recently the bushfires in Brazil, the United States and Australia, global COVID-19 pandemic and locusts attack in India and Africa indicate that human health is closely dependent with the environmental health. COVID-19 pandemic has greatly impacted the economy of almost all the nations across the globe. Present environmental crisis indicates that we must rethink for our relationship with the natural ecosystem. There is urgent need to think on biodiversity. Ultimately human health depends on the ecosystem products and services. Loss of biodiversity directly impacts the human health. Changes in the ecosystem

services can impact our livelihoods, rural migration and may cause other conflicts among the human beings. Loss of biodiversity may limit the research for the potential treatments of many diseases.

As per WHO, health is defined as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Health is a fundamental human right and a key indicator of sustainable development. The impact of climate change, ecosystem change and degradation is increasingly recognized. Although modern technologies have made our lives comfortable but they have deteriorated the environment. When we destroy the nature, we destroy the system that supports us. Presently about one million species are facing extinction. We need to re-examine our relationship with nature. Although we are having numerous technological advancements but still we are completely dependent on healthy ecosystem for our food, clothes, shelter, health, water, medicines, fuel, energy etc. 2022 year can be said as the year of challenges, opportunities and solutions. It has been observed that there is dire need to conserve the biodiversity for the benefits of life on the Earth.

Nature acts as the solution of our many solutions. Nature is closely associated with the climate change, food security and health. Biodiversity is badly affected due to our short-sighted activities including infrastructure development, chemical farming, deforestation, mining etc. All these activities have degraded the ecosystem and have created the pandemic like situations. Presently all the nations across the globe are endeavouring to end the COVID-19 pandemic.

There is urgent need to work jointly for the resilient and sustainable global economy. The exploitation of renewable and non-renewable energy resources and rapid increase in the urbanization are severely affecting the biodiversity. Sustainable development is the only way to mitigate the needs of our present and future generations. It also ensures the health of the planet Earth.

Biodiversity is declining at an unprecedented rate threatening the quality of our lives. COVID-19 pandemic has exposed the vulnerabilities of public health across the globe in response to unsustainable biodiversity management.

## Why do people commit suicide?

■ VIVEK SHUKLA

Now more often than not, you read the heart-wrenching news related to suicide by some youngster after failing in an examination or for some other reasons. It is high time that discerning teachers, psychiatrists, and other aware citizens must think about why young people are so prone to ending their lives in situations of despair and failure. Hardly a day goes by when newspapers don't publish heart-wrenching news about a young person preparing for a competitive exam committing suicide. This is a very serious issue and the whole country needs to think about it. Similarly, nowadays, the number of people committing suicide due to business losses is also increasing. Just a few days ago, the billionaire owner of a famous bicycle-making company Atlas committed suicide in national capital.

On December 6th last year; it was told in the Lok Sabha that more than 35,000 students committed suicide in India between 2019 and 2021. The number of student suicides increased from 10,335 in 2019 to 12,526 in 2020 and 13,089 in 2021. There is no doubt that the enormous pressure and expectations of parents, teachers, and society to succeed in any situation is having a devastating impact on the mental health of students. The city of Kota in Rajasthan. Every year; thousands of students come to Kota hoping to get into one of the top colleges in the country. Their lives have one goal - to somehow crack the exam.

You go to Kota or any other city in India where coaching institutes for medical, engineering colleges, civil services, etc. are running. There, students are in a very stressful state psychologically due to excessive pressure and fear of failure.

Former president of the Indian Medical Association (IMA), Dr. Vinay Aggarwal, says that we should not just express concern about

the increasing number of suicides. We have to find ways to stop suicides. We have organized an important seminar in the national capital Delhi on World Suicide Prevention Day (September 10th) to find solutions to this problem and the reasons behind the suicides of youth, businessmen, and other people, where psychiatrists, journalists, and social workers will present their papers based on their experiences. After those findings, we will create a further strategy.

Meanwhile, some coaching centers are also trying to make these efforts so that students are not under a lot of pressure. The head of a coaching center in the capital said that we constantly counsel students. We are also in touch with their parents.

According to the National Crime Records Bureau (NCRB), one student committed suicide every 42 minutes in 2020. This figure is truly scary. Look, young people need to be given a completely relaxed environment by their parents and teachers so that they can study without any pressure or do whatever they want to do. Social worker Brother Solomon George of the Delhi Brotherhood Society (DBS), which runs St. Stephen's Cambridge School in Sonapat, Haryana, says we ensure that children studying in our school or St. Stephen's College study without any pressure. We also have classes for our teachers so that they don't ask a child their caste in class or their father's income. Some irresponsible teachers ask such unnecessary questions from their students. Then they start comparing the children studying in the same class with each other. As a result, unknowingly, they make a child very weak. Obviously, this has a very negative impact on that student who has been proven to be inferior. Such children often become immersed in despair and depression. Not only that, they commit suicide.

"We believe that raising a child is a twenty-year plan. Who doesn't want their child to achieve a high position in society, achieve

fame and name, but for all this, it is essential that the child be given the freedom to choose the career they want according to their ability and preference. It is a bitter truth that in our society, success is considered to be a good job, a big house, and all other amenities," says Brother Solomon George, who also looks after the affairs of many Vocational and Women Empowerment centres.

It is important that we strongly prepare our children to face even difficult situations. Life does not go on by giving up in the face of failure. That's cowardice.

As we mentioned above, a billionaire businessman shot himself to death in his luxurious bungalow in the capital a few days ago. Police are investigating the whole matter. It is being said that the owner of the bicycle-making company committed suicide due to losses in business.

Data from the National Crime Records Bureau (NCRB) shows that in 2020, when the Covid- wave had devastated businesses, 11,716 businessmen committed suicide, which was 29% higher than in 2019, when 9,052 businessmen had taken their lives. Karnataka recorded the highest number of deaths (1,772) from suicide by businessmen in 2020 - up 103% from 2019, when 875 businessmen had taken their own lives in the state. In Maharashtra, 1,610 businessmen committed suicide, which was 25% more than last year; and in Tamil Nadu, 1,447 died, which was 36% higher than in 2019. Everyone knows that a large part of India's business community is connected to micro, small, and medium enterprises, which cannot withstand big shocks. This has led many businessmen to commit suicide due to drowning in debt or losses in business. The bottom line is that the increasing incidents of suicide among youth, businessmen, and other people in India must be stopped.