

EK PED MAA KE NAAM

"Ek Ped Maa Ke Naam" (A Tree in the Name of Mother) is a beautiful and impactful initiative that seeks to combine environmental conservation with a deep sense of respect and gratitude for motherhood.

The core idea behind "Ek Ped Maa Ke Naam" is to establish a personal connection between individuals and nature by linking the act of planting a tree with the deep emotional bond shared with one's mother.

The initiative also aims to spread awareness about environmental issues, especially deforestation, climate change, and loss of biodiversity.

In Indian culture, both motherhood and nature are revered and considered sacred. Mothers are often seen as the embodiment of selfless love, nurturing, and sacrifice.

The emotional impact of this gesture is profound. Families often gather together to plant the tree, creating a special moment of unity, love, and reflection.

The environmental benefits of "Ek Ped Maa Ke Naam" are significant. India faces severe deforestation and environmental degradation, and this initiative is a step towards addressing these issues.

By encouraging widespread participation, the movement has the potential to grow into a nationwide effort that can significantly improve India's green cover.

Apart from its environmental and emotional dimensions, "Ek Ped Maa Ke Naam" also has social and cultural benefits. It encourages community participation and social engagement.

Additionally, the movement celebrates the cultural significance of motherhood in India, where mothers are often considered the backbone of families and society.

"Ek Ped Maa Ke Naam" is more than just an environmental initiative-it is a heartfelt tribute to the most important figure in most people's lives, their mothers.

Through this initiative, individuals not only honor their mothers but also contribute to a greener, healthier planet.

Ladakh Mountaineering Policy

The Ladakh Mountaineering Policy is a strategic framework developed to promote sustainable tourism, adventure sports, and mountaineering activities in the Union Territory of Ladakh.

The primary goal is to promote Ladakh as a global destination for adventure sports, especially mountaineering, trekking, and other high-altitude activities.

The region of Ladakh, located in the Himalayas, is ecologically sensitive. The policy emphasizes the need to protect the local flora and fauna and minimize the environmental impact of adventure activities.

The policy underscores the importance of involving local communities, including indigenous populations, in mountaineering and adventure tourism activities.

To develop Ladakh as a hub for mountaineering and adventure sports, the policy focuses on enhancing the skills of the local workforce. Training programs in mountaineering, trekking, and safety protocols will be offered to locals.

Given the inherent risks associated with mountaineering and high-altitude sports, the policy places a strong emphasis on safety. Strict guidelines will be enforced regarding the qualifications of mountaineers, safety equipment, and permits for expeditions.

The Ladakh Mountaineering Policy calls for the development of basic infrastructure to support adventure tourism. This includes the creation of mountaineering institutes, training centers, high-altitude rescue centers, and eco-friendly accommodations.

J&K's Health and Education Boom Under Modi Govt



BALBIR RAM RATTAN

In 2024, the Government at the centre, led by Prime Minister Narendra Modi, completed ten years of governance and began a historic third consecutive term. This period has been marked by remarkable strides in development across the country.

Health Sector: A Revolution in Care and Infrastructure

One of the Modi government's most notable achievements in Jammu and Kashmir is the revolution in healthcare infrastructure. For the first time, more than 40 lakh residents have received Golden Health Cards under the Ayushman Bharat scheme.

The establishment of two AIIMS, one in Jammu and the other in Kashmir, is another historic feat. The AIIMS in Jammu has already commenced OPD services, providing world-class healthcare to people closer to home.

DR. BANARSI LAL

Agriculture brings so much value to our communities including food production and economic prosperity. Urban agriculture has become a burning topic on growing and producing the food in the urban areas. It can be defined as the growing of plants and raising of animals within (intra-urban) and around (peri-urban) cities.

Agriculture is the mainstay of Union Territory of Jammu and Kashmir's economy. About 80 per cent of J&K population depends on agriculture. Over the years, the farmers of J&K have adopted new agricultural technologies to increase the agricultural production.

DR. RAJKUMAR SINGH

Women hold a significant place in Jainism, both in religious teachings and in practice, though their roles have evolved over time. Basically, Jainism is known for its principles of non-violence (ahimsa), truthfulness (satya), non-attachment (aparigraha), and non-stealing (asteya).

reliance on referrals to Jammu Medical College Hospital. Complementing this growth are the seven new nursing homes established for the first time in Jammu and Kashmir, further expanding the region's healthcare network.

The government's efforts didn't stop here-two DRDO hospitals (one in Jammu and one in the Valley) have been established to meet critical healthcare needs. Furthermore, oxygen plants have been set up in every district, ensuring preparedness in times of crisis.

During the COVID-19 pandemic, the Modi government's prompt action was evident in the free vaccination drive that reached millions, including the people of Jammu and Kashmir. The Pradhan Mantri Bharatiya Janaushdhi Pariyojana has made affordable generic medicines widely available.

Education: A Bright Future for Jammu & Kashmir's Youth

The education sector has seen a quantum leap under Prime Minister Modi's government. Since 2019, 51 new degree colleges have been established in Jammu and Kashmir. This surge in higher education infrastructure is complemented by the establishment of premier institutions such as IIT, IIM, and seven new medical colleges.

Emerging Opportunities in Urban Farming

to generate sufficient income and employment opportunities for the rapidly growing population. The costs of supplying and distributing food from rural areas to the urban areas or to import food for the cities are continuously rising and it is expected that urban food insecurity will increase in future.

Growing crops in urban areas is quite challenging but possible across the globe. It requires specific knowledge depending upon the location and limitations of land available in the urban areas. Urban agricultural production is mostly done for self-consumption with surpluses being traded.

The BJP government's vision for education in Jammu and Kashmir extends beyond these achievements. The Sankalp Patra, the party's election manifesto, ensures comprehensive support for education at every level. It promises the modernization of over 23,000 government schools and colleges, equipping them with advanced technology.

This education drive will see the upgrading of all 28,178 existing Anganwadis into Saksham Anganwadis, transforming early childhood education. Scholarships, free transportation, and hostel facilities for economically weaker sections (EWS), girls, and differently-abled students will be prioritized.

In a region striving for better educational prospects, these initiatives mark a pivotal moment in securing the future of Jammu and Kashmir's youth. The commitment to establishing new institutions, including a Tribal University in Rajouri-Poonch and a Sharda University in Kashmir, further underscores the government's focus on creating opportunities for students from every corner of the Union Territory.

The Path Forward: A Vision for Growth

As the BJP contests the upcoming assembly elections in Jammu and Kashmir, the promises made in its Sankalp Patra further empha-

size affordable healthcare, education, and holistic well-being for every resident. The establishment of 100 Ayushman Arogya Mandirs, recruitment of additional doctors and paramedical staff, and the expansion of diagnostic and maternal healthcare services are among the pledges made to transform healthcare access even further.

In education, the government plans to add 1,000 new seats to government medical colleges, provide tablets and laptops to students in remote areas, and create scholarships and free transportation services for disadvantaged students.

A Decade of Unmatched Progress

In just ten years, what previous governments could not achieve in seventy years has been accomplished under the leadership of Prime Minister Narendra Modi. The transformation of Jammu and Kashmir's healthcare and education sectors stands as a testament to his unwavering commitment to improving the lives of its people.

With a visionary leader at the helm, Jammu and Kashmir continues to march towards development, peace, and well-being for all its citizens.

some part of it is processed for own use, cooked and sold in the streets, or processed and packaged for sale. In urban agriculture, we may encounter individual or family farms, groups or cooperative farms and commercial enterprises at various scales ranging from micro- and small farms to medium-sized and some large-scale enterprises.

Urban agriculture can provide a complementary strategy to reduce urban poverty and food insecurity and enhance urban environmental management. Urban agriculture plays an important role in enhancing urban food security since the costs of supplying and distributing food to urban areas based on rural production and imports continue to increase and do not satisfy the demand, especially for the poor people.

children aged five years or less in low-income farming households were found to be significantly better-off nutritionally (less stunted) than the counterparts in non-farming households and urban farmers generally eat more vegetables than non-urban farmers of the same wealth class.

Urban agriculture to a large extent complements rural agriculture and increases the efficiency of the national food system. It provides products that rural agriculture cannot supply easily (e.g. perishable products). Urban agriculture can play an important strategy for poverty eradication and social integration. It can give the positive stimulus especially to the poor urban women.

(The writer is Chief Scientist & Head, KVK Reasi).

Women in Jainism: Position and Perspectives

play significant roles in preserving and teaching Jain philosophy. c. Women in Lay Jain Society: Religious Practices: Laywomen are active participants in religious rituals, temple worship, fasting, and other devotional practices. They uphold Jain values in the household and ensure that children are introduced to Jain ethics and traditions.

Role of women in Jainism

Jainism is centered around core spiritual and ethical principles that emphasize non-violence, self-discipline, and the liberation of the soul.

These themes apply universally, but their interpretation and impact on women's roles in Jainism reflect both spiritual ideals and societal norms. a. Spiritual Equality and Challenges: Jainism fundamentally teaches the equality of souls, meaning that men and women have the same potential for spiritual progress. In the 7vt?mbara sect, women are fully recognized as spiritual aspirants who can attain liberation.

Today, Jain women are increasingly taking on leadership roles, both in monastic and lay communities, advocating for social causes such as environmental conservation, non-violence, and education.

(The writer is a youth motivator)