

REGULARISATION PAIN

Early this year the Jammu and Kashmir Government had issued a circular calling for safe custody of all relevant and vital records regarding regular engagement of casual and other workers in the State so that it can prevent bogus/fake entries in the list of daily-wagers eligible for regularisation. Before this State Government had notified a policy for regular engagement of casual, seasonal and daily workers also. Under the Jammu and Kashmir Casual and Other Workers -Regular Engagement Rules, 2017, the government has directed all departments to submit the proposals to the Empowered Committee in the Finance Department for scrutiny and to recommend creation of commensurate positions of 'Government Services Assistant' (GSA). "The departments shall constitute a departmental issue for prior examination of all the cases at the departmental level before submission of proposals to Finance Department. The committee shall examine all the cases minutely vis-a-vis the laid down eligibility criteria, leaving no scope for forwarding bogus or cases of ineligible workers." Regularisation of contractual employees in Jammu and Kashmir as well as in other states has never been a smooth affair. Political ambition to unchecked recruitments has not only created problems for the incumbents but for the state governments also. It is unfortunate that contractual employees who are in service had to resort to protest to highlight their neglect and hardships. Then Minister for Finance, Labour and Employment and Culture, Dr. Haseeb Drabu had said in the Legislative Council, that government was contemplating to formulate a new recruitment policy that would be comprehensive in nature. At that time the minister himself had accepted that there are over 61,000 casual/seasonal labourers, who have been engaged by different departments and the process of regularisation of DRWs/Work Charged Employees engaged prior to January 31,1994 as per SRO-64 of 1994 dated March 24,1994 is likely to be completed during 2015, subject to furnishing of complete proposals by departments. As regards to contractual/ad-hoc or consolidated employees, the minister said, that some employees who have yet to complete seven years of service will be regularised after completing the seven years mandatory service, the last employee who has been engaged on April 28, 2010 shall become eligible on April 28, 2017. This is what government's stand is and casual labourers in various departments are up in arm seeking regularisation and for non-implementation financial package sanctioned by the Union Government. It is a piquant situation the State Government will be facing to solve the regularisation puzzle.

DISABLING A CAUSE

As far as disability is concerned India fares poorly in extending infrastructure to those with different needs. Go to any public place the situation is same and the disabled finds it difficult to move. This has been the situation years together. Insensitivity towards needy has been relegated to a lower level. This is when nation dedicated a day for them on December 3. The aim was to make public transport and spaces, tourist spots, airports, railways and even government websites friendly for differently-abled ones. That said, such intentions have been expressed before but haven't yielded the desired results. In India only two per cent of differently-abled people are self-dependent, whereas in China 80 per cent of those with different needs can function independently. It's been over two decades since the Persons with Disabilities (Equal Opportunities, Protection of Rights and Full Participation) Act was passed. Since then building bylaws and various provisions under ASI guidelines for the differently-abled have been promulgated. But these have mostly remained on paper. Mobility and social interactions for differently-abled people continue to be huge challenges. In Jammu most of the buildings are not differently-abled compliance. The problem lies in the government's piecemeal approach. Empowering those with disabilities can't be restricted to the Social Justice Ministry. It must necessarily involve all government agencies and verticals. Similarly, building public infrastructure that's disability friendly can't be executed in isolation. It needs to be incorporated in the tender and funding conditions of construction contracts. For disability-friendly infrastructure automatically translates into pedestrian-friendly infrastructure. The public sector too must do its bit to empower the differently-abled. It's deplorable that companies in this sector are woefully short of filling their mandated three per cent quota for persons with disabilities in their workforce. They must lead the way by surpassing this target.

OFF 'D' CUFF

All of us desire health, abundance, peace and a good life. In the past hundred years, science has made tremendous progress. The field of medicine, in particular, has seen several inventions and discoveries. These have helped eradicate and cure several diseases. With several inventions and innovations, life has become more comfortable. Our standard of living has gone up. Conversely, life has become increasingly stressful. There is no peace. Diseases like cancer, heart trouble, diabetes and others are spreading fast. To overcome these problems and live a healthy and purposeful life, we need to tap our intrinsic energy - pranic, life energy and the energy of the mind. **Source of Energy** According to yogic theory, our body uses pranic energy for various functions like respiration, blood circulation and digestion. Thinking also uses Pranic energy. Have you noticed how tired you get when you think about a problem for a long time. Nature is the primary source of Pranic energy and it is channelised through the body's seven Chakras. Another important source of this energy is our breath. We get this powerful energy from the sun. We get it from the food we eat. If for some reason, the free flow of Pranic energy stops or decreases to a particular part of the body, then that

Pranic way to health

part will suffer and become diseased. Deeply negative thoughts and emotions can block the free flow of this energy. People who are always under the influence of unfavourable thoughts and negativities are most likely to develop physical troubles over a period of time. To cure certain diseases, Pranic healing, reiki, acupuncture and acupuncture are helpful. These healing methods send Pranic energy to the affected parts. **Free Flow** Yogasanas, Bandha, Mudras and various systems of Pranayama, breathing exercises, can help in drawing good supply of Pranic energy. Our breath is a major source of Pranic energy. When you feel tired, sit in a comfortable position and close your eyes. Start inhaling slowly; inhale as much as you can, without any extra strain. Hold your breath for a few seconds. Exhale slowly. Perform this simple deep breathing exercise for five minutes. You will feel refreshed. We all have an awareness of the mind, but know very little about its nature and power. It can achieve what we want and take us to greater heights; it can destroy us if misused. According to Yogic theory, chitta constitutes the mind. Maharshi Patanjali defined yoga as Yoga Chitta Vritti Nirodha, total control over the mind. This is the basis of Raja Yoga.

Many firsts to the credit of Baba Sahib Dr. B.R Ambedkar

H. R. PHONSA He was a reputed scholar in Economics, Political Sciences, Law, Constitutional Law, Anthropology, and Religion Philosophy. He was a great teacher also, backed by his deep studies of the subjects he taught. Perhaps he was first among Dalits to be appointed professor (June 1928 to March 1929) and to occupy the chair of the Principal of the Government Law College Bombay(Now Mumbai) affiliated to Bombay University June 1,1935 to May 1938 where he was hated during his studies. Dr. Ambedkar observed that the journalism which was a earlier a profession had turned into a business exploitation in the hands of capitalists. Dr Ambedkar sensed the need of a news paper of his own and said a leader without a news paper was like a bird without wings. He was perhaps the first Dalit to enter the world of journalism when launched on the Mook Nayak (Leader of dumb) on January 31,1920 ,on 3rd April,1927 the Bahiskrit Bharat(Excluded India), the Samta(Equality) the Janta (People) on 24th November,1930.The Prubh Bharat(Awakened Bharat). His writings in these news papers spread his message very quickly among the Depressed masses. He stated his news papers much earlier than Mahatama Gandhiji's the Harijan, started in February 1933. Baba Sahib Dr. Ambedkar was first Dalit to be awarded Bharat Ratana in 1990 posthumously after a lapse of 34 years after his death. This shows apathy of the ruling parties towards their National celebrities. Hardly anybody could imagine that a Mahar Subedar Major's 14th child Bhiva (Bhimrao's first name) could one day divert the world attention towards the deplorable condition of Indian Untouchable millions, seeking constitutional rights for them in Round Table conferences called by the mighty British Crown's Government in their heartland . Dr. Ambedkar was one of the two untouchables who were first to be nominated to represent the slaves to the British Indian Slaves. Dr. Ambedkar's courage , convictions backed by world's highest degrees forced the British Crown's Government along with Indian monarchs, politicians to listen the woes of half feed, half naked, illiterates socially lowest of the low through their own representative who had

studied world history in foreign lands. He also warned the British to leave India soon as they have failed to make any improvement in the, social, religious, political, political, educations and economic conditions of poor particularly untouchable millions during their rule. In the three Round Table conference in London Dr. Ambedkar's narrations were so logical and force full that all eye brows were raised to listen the plight of those who had never been represented before, in history in any such official forum. About his narrations news items were carried by news papers world over with editorials written in praise of the new found leaders of Indian untouchables. Not only Dr. Ambedkar's views were highly acclaimed in all world spheres but they brought dividends for untouchable in the future governments of India. The problems of untouchable were brought on world forum for finding their

Mahaprinirvan Diwas of Dr. B.R Ambedkar on 6th December

solutions speedily. This way the British were made to realise their folly. The British were made to find space for Indian untouchable in the future government. To give political representation to untouchables Simon Commission was established. Dr. Ambedkar's plea before Simon Commission with other organisations and leaders of depressed classes was so forceful that the British India Government announced Communal Award outlining the method of reserving seats in representative bodies with a right of dual votes to untouchables to use in the future election. This established the existence of untouchables as a definite and separate identity than Hindus and was equal stake holders in the future country's Constitution. On this Mahatama Gandhi backed by Hindu reactionary forces under took fast unto death in Yawada Jail Poona (Now Pune). Mahatama Gandhi was against granting any political rights to untouchables, saying theirs was a social problems

Climate changes, challenging economics

DR. MOHD ARIF Global climate change has become one of the dominant discourses in the scientific and public policy arena. Various studies from scientific research shows that global warming is now a real phenomenon, as there has been an unusual rapid increase in the earth's average surface temperature over the past few decades, primarily due to the unprecedented accumulation of carbon dioxide resulting from the burning of fossil fuels, together with emissions of other human induced greenhouse gases. The effect of this temperature rise includes increased frequency of severe weather events (such as heat waves, hurricanes and tornadoes), proliferated intensity of storms, and sea level rise. These changes, no doubt pose serious threats to the welfare and existence of mankind and other living organisms on the earth by impacting the functioning of the ecosystem, biodiversity, and human health. According to the naturalist David Attenborough (An English Broadcaster and Natural Historian), climate change is humanity's greatest threat in thousands of years. The economics of climate change refers to the study of the economics costs and benefits of climate change, and the analysis of the economic impact of actions targeting at limiting its effects. However, calculating the economics of climate change is challenging due to the fact that there are huge uncertainties in the estimation of both the costs and benefits related to climate change. The precision of the time horizon, over which benefits and costs of climate change would accrue, is debatable. Also there are uncertainties over threshold for climate change impacts and the pace and form of technological innovation that can take shape in the future. Furthermore, the effects of climate change over the countries are not uniform across the globe. Different parts of the world are likely to be affected differently. Countries closer to North and South Poles will experience warmer temperatures and once inhospitable land will experience melting of ice. Small island nations

are at risk of extinction due to rising sea level. Low-lying island and countries are at a greater risk of flooding both from rising sea levels and increased precipitation. Tropical countries near the equator are likely to experience unbearable heat. Some of the countries are already experiencing more frequent events of severe weather. The economics of climate change is further complicated by the fact that most of the developing countries can't afford the cost of mitigation or adaptation. The 2018 Environmental Performance Index (EPI) of Yale University ranks 180 countries on 24 performance indicators across 10 issue categories covering environmental health and ecosystem vitality. These metrics help provide an estimation at a national scale of how close countries are to establishing environmental policy goals. Accordingly, most of the developing countries lying in the south dominants, i.e. the lower part, have poor ranking in Environmental Performance Index. Among the bottom 10 countries in the ranking, three (India, Nepal and Bangladesh) are from South Asia. India ranked just 2 points above Bangladesh (Bangladesh's position is 179) out of the 180 countries. There are also considerable debate in the discourse on climate change with respect to the policies and actions needed to address the challenges. Two instruments are widely referred in the policy discussion. The first is the carbon tax, which is the mandatory fee charged for the emission of a given quantity of carbon dioxide or some other greenhouse gas. The second is carbon trading, which is buying and selling of carbon credits - Abstract instruments like money, where each represents the right to emit one tonner of carbon dioxide or an equivalent amount of other greenhouse gases. The other policies include technology promoting programmes. One other instrument, which is less explored but can be effective, is the liberalisation of trade in Environmental Goods (EGs), which can play a crucial role in protecting the environment as well as promoting international trade in EGs.

to be solved with the frame work of Hindu Verna system. The Poona Pact was signed by Dr. Ambedkar under duress to save Gandhi's life but standing on equal pedestal with those who had denied evening touch shadow of untouchable but to talk of human rights to them for centuries. Reservation in the provincial and central legislatures, appointments in public services and local bodies with removal of disabilities of the depressed classes were the direct result of the Poona Pact. Denial of double election and dual voting as per Communal Award or separate electorates, gave a chance to upper caste political body heads to select dummy candidates from scheduled castes and scheduled Tribes to contest the reserved seats and be a party to denial of Constitutional Rights to the Dalit communities. Dr. Ambedkar was a globetrotter. He was stylish. He was handsome. He read a lot and wrote a lot. Dr. Ambedkar perhaps one of the first person in world to own and possessed largest collection of some 50,000 plus, books in his library. Dr. Ambedkar himself a great lover of books and himself a writer with millions of readership was the first to burn on 25th December 1925 the Hindu Code book " Manusmiriti" as Manu, its writer claimed it contain laws with Divine sanction. If Divinity could approve treatment of His/Her created human differently on man made caste differences then how can it claim to be All Merciful. A Creator is to guide the universe and not to be guided by selfish human. To Dr. Ambedkar it was devised to give sanctions of inhuman suppression of untouchables and women. He was also first in the history of caste struggle to sip water of Choudar Tank (Water Tank) by organising Satyagraha. Taking water from Choudar Tank was banned from centuries for the untouchable Hindus. He was hurt gravely in the melees but did not lose heart to fight law suit instituted against him and his followers. It took ten years to win the law suit. To register untouchable's just right to worship in Hindu temples, he organised on 2nd March,1930 with his follow men and women Kalam Temple entry struggle, and carried it for five long years. But still superstitious Hindus did not allow the Untouchable to enter their temples. Even now in free India, in many temples entry for Untouchables is banned.

(To be continued)

Potential of saffron farming in J&K

DR. BANARSI LAL AND DR.SUJA NABI QURESHI It is very effective in the treatment of various diseases. Saffron stigma has antioxidant activity and thus it prevents the degeneration of cells by free radicals. The components of saffron, crocin and safranal shows role in the suppression of inflammatory pain responses, decreases the number of neutrophils and also possesses strong activity against various bacteria and fungi. It has a protective effect against nephrotoxicity and is cardio-protective. It reduces the fasting blood glucose levels and also exhibits an anti-tumour effect through inactivation or activation of different molecular cascades. It is also used in the manufacture of perfume. It is considered as the panacea for the various diseases of males and females. J&K has monopoly in the saffron cultivation in India. About 7.3 per cent of world saffron is produced from J&K. India is at third rank saffron production in the world. The matter of concern is that the saffron cultivation has declined over a period of time. However, Saffron production is currently suffering on several counts, especially those relating to productivity as well as post-harvest management. This has resulted in lower production and poor quality. The intense cultivation and monoculture of saffron in saffron grown belts of J&K, together with the continual use of diseased material has resulted in the frequent occurrence of corm rot diseases caused by pathogens such as Rhizoctonia crocorum, Phoma crocophila, Fusarium moniliforme etc. a non-sporulating basidiomycetous fungus. Of these diseases, corm rot of saffron caused by Fusarium oxysporum and Fusarium solani is considered as the most destructive. These infections generally take place through the injury of corms. This disease is quite destructive in saffron and it reduces a considerable yield of saffron crop every year. In order to control saffron corm rot, the corms need to be treated with a fungicidal solution containing Mancozeb 75WP (0.3 per cent), Carbendazim 50WP (0.1 per cent) for 5-10 minutes and then spread on a cloth and allowed to dry in shade for another 10-15 minutes. Most important fungicides such as Blitox, Indofil M-45, Difolatan, Folpat, Bavistin and Tecto are very effective to manage this disease. Lack of research and development and irrigation facilities in the saffron cultivation are the major constraints in saffron cultivation because when the corm do not get sufficient water and rainfall at regular intervals it does not grow properly to give good yield. Farmers lack the awareness to tackle these problems. Also there is existence of the various intermediaries in the marketing in the saffron sale leading to its adulteration. There is need to constitute special policies to strengthen the saffron cultivation in the state so that the income of the farmers can be enhanced. Special incentives can also be provided to the saffron growers in the state. Keeping in view the importance of saffron industry in the J&K, saffron growers can be given more financial support and expertise to protect the future of the saffron cultivation in the state. Scientific saffron cultivation can generate more employment and income opportunities among the farmers of temperate areas. There is need of quality planting material, co-operative societies and proper trainings for its post-harvest management. In Jammu province some temperate areas have the potential for saffron cultivation. SKUAST-K has also laid Front Line Demonstrations (FLDs) of saffron crop in close co-ordination with the Krishi Vigyan Kendra (KVK), Reasi in temperate areas of Reasi and Udhampur districts. There is need to build strong linkage between the farmers, extension workers and scientists to increase the production and productivity of saffron in the state. (Concluded) (The writers are: Dr.Banarsi Lal,I/C, Sr.Scientist-cum-Head, KVK, Reasi and Dr.Suja Nabi Qureshi, an alumnus of SKUAST-K and presently serving as Scientist at KVK, Reasi(Sher-e-Kashmir University of Agricultural Sciences and Technology-Jammu)

YOUR COLUMN

Issue of POK families settled outside J&K.

Dear Editor, As per news appeared on November 28, 2018, Centre's Special Representative for Kashmir Dineshwar Sharma met Governor Satya Pal Malik at Raj Bhavan and discussed the recent initiatives taken by his administration for ensuring equitable development of the State and bringing accountability and transparency in the administrative set up. They also discussed the issue of 5,300 refugee families from Pakistan-occupied Kashmir who settled outside the State and are deprived of the benefits which are conferred on those who are living in the State. The Muzaffarabad POK Refugees Welfare Society, Punjab thankfully appreciate the healthy discussion alongwith the Ex-Deputy Chief Minister of J&K, Kavinder Gupta to solve the genuine problems of 5,300 families who were pushed out of their own State in 1947 with a promise to get them rehabilitated as and when their home Districts (Muzaffarabad, Mirpur,Kotli) shall get vacated from the illegal occupation of Pakistan. Despite the repeated reminders to all the concerned higher

authorities of Centre and State including the present Governor of J&K, nothing has been heard so far from any authority. The 5,300 registered POJK DP's of 1947 residing in other states of India are still awaiting a word of promise from the higher authorities like MHA and a strong Administrator like Satya Pal Malik, the Governor of the State of Jammu and Kashmir for including them in the package .We do not suspect the sincerity of the promise of Centre or State Government to get included these 5,300 families as these all are the 1st Class State Subjects of Jammu and Kashmir .Their forefathers had sacrificed their lives for their native land in Muzaffarbad ,Mirpur , Kotli etc. There is no obstruction in identifying their genuineness, as all of them have already been granted an ex gratia of Rs. 3,500 in 1964 under different registration numbers through PRO Jammu under his full signatures and office seal. We have maintained the records of hundreds of DP's residing in Punjab, Himachal, Rajasthan , Madhya Pradesh,Haryana ,and Delhi etc which bears the seal and signatures of Assistant Settlement Commissioner ,Jammu on government approved Appendix 'H' and Appendix 'L'. The State-wise classification of these 5,300 families has already been incorporated in JPC Report No. 183 of the Parliament .The need is to include them by correcting the mistake done by the State and followed by the Centre while announcing the package. We demand an early announcement from both the governments to include the rightful families of POJK DP's 1947 living in remote areas of the country. As the justice delayed is justice denied, similarly justice

partially delivered creates further problems for the people. It is also requested to announce the relief package in full as recommended by Joint Parliament Committee in its Report No. 183 alongwith the reservation of eight seats for the POJK DP's proportionately out of 24 seats of POK to give a chance to these lakhs of Indian citizens to vote and elect their own representatives to get resolved their genuine difficulties in the J&K Assembly. Harbans Singh Mahalwee, Gen. Sec.The Muzaffarabad (POK) Refugees Welfare Society, Punjab,Patiala.

CRPF personnel appreciated

Dear Editor, I extend my appreciation to the CRPF personnel to provide a peaceful environment for Chattisgarh's people in first phase of Assembly polls. The people of Chattisgarh are also appreciated for their courage, because despite the boycott call given by Naxals, tribals thronged the polling booths in large numbers in their respective areas to cast vote, and notched up an impressive70 per cent turnout in the first phase. It shows that Chattisgarh people believe in peace and contentment. Only some evil elements want to destroy the peaceful atmosphere who are supported by some political parties. A hope rest of polling will go on peacefully as previous. F. R Murad, Udhampur.