

The best leaders have a high consideration factor. They really care about their people.
—Brain Tracy

COPS COPE STRESS

For sure the cops in Union Territory whether from J&K Police or paramilitary forces, officers or junior ranks, all are presently facing toughest time of their professional career as they are confronting with multitude of challenges starting from household crimes to hardcore, separatism to subversive, petty violence to state-sponsored (Pak) terrorism and now a relatively unprecedented one with invisible enemy (coronavirus) and thoughtless acts of foolhardy lot of society which are posing risk to entire population by brazenly defying advisories issued by concerned authorities. With such plentiful factors accumulating stress at the backend of minds of cops who are always on tenterhooks for the aforesaid reasons besides tensions associated with normal chores of life, it becomes imperative for them to cope-up with pressure skillfully to continue to work with thorough efficacy and lead a life which is cherished and contented. There is no doubt that increasing work pressure can trigger stress among cops as it shrinks social life and also leads to family and health problems. If not tackled tactfully this could lead to depression and anxiety, and can affect the professional as well as personal life of cops. A robust counselling mechanism is needed to address the issue and under the prevailing situation such a mechanism is of utmost importance. In this regard, Jammu and Kashmir DGP Dilbag Singh in a laudable gesture on Tuesday has advised his men to be "very careful" in handling the current situation in the wake of coronavirus outbreak. Inspiring the men in uniform in a very appropriate manner, the top cop of J&K said that the Jammu and Kashmir Police along with other security forces have contributed in a big way in handling tough situations together and with the cooperation of people of UT the mission of containing the spread of COVID-19 will also be accomplished with flying colours with no harm to anyone. Surely, this was the right track for bringing in vibrancy and ebullience among belt forces to enable them to carry out their difficult tasks in a manner which is highly professional and with great ease. Successfully coping up stress by cops will ensure that soon newly carved out UT of J&K will be crime free, terror free and also corona free with people allowed to move freely and fervently without any scare of disease or delinquent.

NO WORRIES

With announcement of country-wide lockdown on Tuesday, essentially the first thing which came into the minds of people who were about to reel under 21-day long 'restrictions' to break the chain of novel coronavirus was whether the essential services and commodities will be made available or they have to lurch for the same while sitting and looking helplessly towards imaginary 'Lakshman Rekhas' drawn by none other than Prime Minister Narendra Modi. The apprehension of people about break in the supply chain of essentials however was baseless as the central dispensation without wasting a jiffy after the address of PM Narendra Modi came out with robust plan to ensure that not a single citizen of the nation faces any hardship with regard to procurement of essential commodities or services including power, water, milk, medicines and meat. The Centre has asked the state governments to ensure uninterrupted operation of essential services and their seamless availability for the general public during the 21-day lockdown period announced to deal with the coronavirus outbreak. In a communication to chief secretaries and DGPs of all states, the Union Home Ministry said all states and UTs should actively enforce social distancing and isolation for COVID-19 through lockdown and prohibitory measures with exemptions for supply chain and transportation of essential goods and services in and out of the states and UTs. There is no doubt that implementation of the notified lockdown/restrictions is imperative but on the other hand unhampered operations of manufacturing, processing, transportation, distribution, storage, trade/commerce and logistics related to all services/establishments and commodities required for the delivery of essential services, which have been exempted under various prohibitory orders was also of great importance and therefore necessary instructions have been issued by the concerned union ministry to ensure supplies. As the hassle free mechanism is being chalked out to provide essentials to people behind Lakshman Rekha there is no need to go out for panic buying and storing daily need items some of which are even perishable and will be of no use after some days. The need of the time now is to have faith on government and follow the precautions and advisories religiously to ensure safety of oneself and the entire nation.

OFF 'D' CUFF

Time to do what you have to do

There are times where inaction becomes more significant than action. This is a time like that. The less you do, the better - especially in terms of travel and social interactions. India has gone through bouts of malaria, and more recently dengue and chikungunya. For all of these infectious diseases, the carriers are mosquitoes. So we always took measures to exterminate mosquitoes. But in the current pandemic caused by the novel coronavirus, we are the carriers. So we must lie low. We are making a strategy of preparation and prevention, not just for India but for all the nations that share a border with us. There is an enormous cost to this, but right now, the focus is on staying alive. To stay alive, you just have to stay home and take all necessary precautions as advised by medical experts and others until such time as it is necessary to do so. The adversaries that we are facing are invisible. That is what makes them so dangerous. Because we are the carriers, if it is going from one person to another, we need to understand that your friendships, your closeness to people, all this you must miss for some time. Love should be nurtured in your heart; it need not be expressed physically, for some time. Ensure that neither you nor anyone around you falls victim to the virus. If the

■ SEEMA PURI KOHLI

Safety via spirituality

It is unfortunate that our planet is witnessing a stage of discomfort, discontent and defenselessness due to the demon that has raised its ugly head, the so called Coronavirus or COVID-19 or novel corona. In today's ultra-tech era, where human efforts have made the impossible things happen just on a click of button, all seems to come to a halt & struck around an ultra microscopic single stranded RNA virus with spike proteins nomenclatured as novel corona belonging to family coronaviridae. Today human civilization has come to a standstill. Everyone wants to keep a distance, everyone looking with a suspicion, no schools, no travelling, no recreation, no window shopping, no cinemas, no parlours, no conferences, no group discussions, no public transport, no pilgrimage, no more children playing in streets. What is left is haunted streets, a full stop, unthought & unsought. Since this is a global calamity, there seems to be no place on the planet that can be declared safe. Moreover the virus passes from one human to other and multiplies at an exponential rate and spreads in a nuclear chain like fashion. Number of victims mushrooming everyday. No visible end to this trauma, no vaccine, no cure. Allopathy, Homeopathy, Ayurveda all helpless at present. At this time of complete darkness, let us lighten a spark of light which may turn to be a flame of life and hope in the coming days. It's not about a religion or race, it's about a way out in our age old religious practices. Navratras are celebrated with devotion and enthusiasm twice a year which are considered the days when blessings of Mahashakti are supposed to be showered to boost the immunity and prepare our body for next season. Let's try this time in a different way to make Homosapiens win and corona die. Instead of making jagrans and going to temples, let's be in solace with the divine to encourage social distancing. Lighting an 'Akhand jyoti' during Navratras is a traditional practice because of its spiritual significance. But scientifically, when a humble, peaceful, small flame of organic oil is lighted, an etheric sphere will naturally happen. Where there is etheric sphere, not only an ambience and positivity is created, but a sphere of hot air around the sphere becomes pure and infection free. Its

electromagnetic force produced henceforth lingers on skin and activates blood cells. Being hotter, the air rises up and cold air takes its place & the cycle repeats. If the lamp keeps on burning for several hours, the whole surroundings becomes automatically pure and germ free. Thus the light of Diya produces magnetic changes in the atmosphere of the surroundings. Another practice that we perform during Navratras is Havan. Instead of group havan, lets perform havan this Navratras individually at home. A study carried out by a team of scientists at National Botanical Research Institute (NBRI) has claimed that smoke emitted during Havan reduces air borne pathogens to large extent minimising infections. A complex mixture of over five dozen odoriferous & medicinal herbs were collected and burnt amidst blissful Mantras and it was found to purify the surroundings by about 91.4 per cent from the aeropathogens." Burning wood and medicinal herbs, better known as 'Havan Samagri' (mixture of wood and odoriferous medicinal herbs) can effectively reduce pathogens in the air"quotes NBRI senior scientist Chander Shekher Nutiyal and accepted by Science Direct, a journal of ethnopharmacology. Using Gangajal at our homes is another religious practice with lots of religious & scientific significance. Today everybody is running after chemical sanitizers to free the surroundings of the germs. But fortunate to mention here that Ganga water possesses the self purifying properties. Analysis of fresh water sedimentary metagenome virus revealed that holy river Ganga not only houses novel viromes, but also inhabits unexplored double stranded DNA virus. This is mentioned by Dr. Shanmugam Mayilraj in Indian science journal, at CSIR -Institute of microbial technology. A combination of several virus, bacteria and bacteriophages in holy water of Ganga has been found to be active against clinical isolates. Viral strains can be used against multi drug resistant or MDR infections thus empowering Gangajal with special powers and making it "Brahm Dravya" or divine -elixir. So lets empower ourselves with magical properties of Gangajal this Navratra at our home and not creating a rush at river banks and there by let's fight back the evil corona by our old practice in a new way. Growing holy "Saak"(sprouted barley)

denotes prosperity and life. But scientifically we must know that one glass of Saak (sprouted barley) juice has 11 times more calcium than a glass of cows' milk, 5 times more iron than spinach, 7 times more vitamin 'c' and bioflavonoids than orange and vitamin b-1B good for vegetarian people. It has antiviral and anticarcinogenic properties. So lets try an old tradition in a new way. Instead of immersing Saak in water, let's make its juice take it as a Parsadam of Mahashakti and invoke antiviral system in our body. We always ring a bell when we go to temple. This time in order to encourage social distancing let's ring the bell at our home. The significance of ringing a bell is given in the verse of "Aagna Shastra" that states Aagmarthamtu Devaanaam Gamanarthamatu Rakshsaam Kurve Ghantaaravantatra Devtaahvaha Lakshnaam The translation of above verse is that "I ring this bell indicating the invocation of victorious and noble forces enter my house & heart, and evil forces surrounding me must depart. The ringing bells activates seven Chakras of our body, removes negative thoughts, calms down our mind & soul and that is what is needed today. Sounds of bells beholds immense healing properties & helps one to zone out of the worldly chaos and get into state of trance and be one with the divine. So let's do this before it's too late. Because history will remember when the streets were quiet; No horns, No Church bells, no flights, no trains and no Nukkard gossip; History will remember when schools got closed; Everybody was in, only medicos out; To protect and care, weak or stout; History will remember, how we revised The old traditions in new way to protect; All whether fit or infect; History will remember when virus lost; The houses were open with sounds of bells, Fragrance of Havan, warmth of Jyot, & soothing Saak; Let's be deep rooted culturally again Let's start again, better than ever before. Let the social distancing bring us closer to Divine Let the unseen divine prevail to do away with unseen Demon-Corona.

COVID-19, taking the bull by the horns

■ P.C.SHARMA
Coronavirus unfortunately originating from China has created unimaginable scare on the global horizon leading to a horrible scenario of grave panic. COVID-19 has metamorphosed into a full blown pandemic which is taking heavy toll of corona victims. It is clandestinely and graphically disseminating in its own pattern to the length and breadth of the world. The number of corona cases is steeply rising day in and day out. Certainly it is being perceived as global crisis. COVID-19 commenced its journey secretly from WUHAN city of China. It is still a matter of conjectures as to whether Coronavirus accidentally leaked from the research laboratory. Was it being preserved as a potent weapon for chemical warfare by China and something untoward occurred in the process. It deserves no further comments and is left to their socio-cultural values and sense of responsibility towards rest of the human kingdom. Just a cursory look at the day to day affairs going on in the world we shall be stunned to find that human activities, their conduct and behaviour towards fellow species in particular and all pervading nature on the Earth planet in general has taken a somersault and turned upside down. This bizarre conduct of so called enlightened but selfish human species has been attracting the anger and anguish of omnipotent mother nature. In the name of development plus for the sake of amassing more and more wealth for our personal comforts and pleasures coupled with the aim for the ultimate establishment of dominance over all other fellow human beings, the modern man has lost his real path of peace and blissfulness. Renowned scientist Albert Einstein's theory of pain says that the cries and pain of other species which are brutally killed by the current generation of human beings for pleasure and money are instrumental in releasing extreme negative energy into the space which comes back to human kingdom with double triple magnitude in the form of corona like viruses as Nature's befitting retribution. The prevailing global corona threat has brought the so called human supremacy on its knees and demolished their ego in its entirety. At this moment of eternity, a kind of undesirable prolonged uncertainty laced with enormous killing fear has over taken the human world. We have been caught unaware. Corona is an intractable deadly virus. It has been undergoing rapid mutation after regular intervals. Outbreak is by and by turning into a pandemic on global scale including our country of more than 1.30 billion people which falls into highly sensitive vulnerable group of the fellow countries. Invisible coronavirus has launched all out assault on our mother planet with full might. Even the developed countries have not been able to withstand and fully repulse the corona blitzkrieg. The bull has to be taken by the horns. Corona is no ordinary virus. It is unique, mysterious, acts like a serpent in the grass and is capable of causing massive destruction in terms of human lives. Italy, Spain and many other countries present the horrible scenario. The scare and the threat perception are rapidly multiplying. Many developed and affluent countries have fallen flat. If we do not take the call at the appropriate time, things can boomerang and turn the tables. The following slew of measures shall be effective for prevention and checkmating the spread of COVID-19 on pandemic scale:- 1. Complete understanding and awareness about Coronavirus 2. Religiously follow the advice of Prime Minister with regard to Janata curfew type of lockdown 3. By and large we do not have a good track record of adhering to the norms and instructions of law enforcing agencies but this time we need to prove it wrong to combat and wipe out COVID-19. 4. All the social and religious organisations shall have to extend full cooperation and support despite differences 5. Social distancing is to be practised without an iota of slackness. 6. Volunteerism would not suffice, enforcing agencies shall have to be reasonably harsh for implementation. 7. Personal hygiene and sanitisation. 8. Regular practice of Yog Asans such as Suryanamaskar, Gomukhasan, Bhujangasan, Singhasan, Pranayams such as Anulom Vilom, Kapal Bhati and Bhastrika for strengthening the immune system 9. Dogged determination and self restraint. 10. Government must focus on developing necessary infrastructure such as quarantine centres, sufficient doctors, support staff and the necessary medicines.

Time to exhibit sensibility

■ MAHADEEP SINGH JAMWAL
Carelessness does more harm than a want of knowledge. We have to administer the basic perception of these lines in our personal calendar; if we have to defeat the Coronavirus. While the case-fatality rates also increasing with the coronavirus disease (COVID-19), the transmission is quite dynamic across geopolitical boundaries and this all is because of our insensibility. It is the individual that matters in passing on the deadly virus to next and then to next and whole society. What most required is to break this chain of transmission. The only advisory in this behalf speaks of maintaining social distance and to confine within four walls. Now is the time to understand more, so that we may fear less. We have very beautiful verse penned down by Brother Richard Hendrick, a Capuchin Franciscan living in Ireland that encourages us: "Yes there is fear, but there does not have to be hate. Yes there is isolation, but there does not have to be loneliness. Yes there is panic buying, but there does not have to be meanness. Yes there is sickness, but there does not have to be disease of the soul. Yes there is even death, but there can always be a rebirth of love. Wake to the choices you make as to how to live now". When the whole world is in the grip of coronavirus, what we need to do is to share the news of what we know about COVID-19 and then to tell people what they need to do about it. When the enemy is invisible, rapidly advancing and hard to explain, no amount of public or scientific advice, however reassuring it may be, is enough to dispel rumours and fear-mongering. Awareness is a key ingredient in success. Awareness can lead us to wake up and live a meaningful life. "The question is not, that there be difficulties and threats to our existence, but how will we deal with them and what can we learn from them. How can they become blessings to society, as a life threatening disease is to an individual, by teaching us about the meaning of our life and existence?" - Bernie Siegel. Right now we're in uncharted territory with this coronavirus diseases virus that has brought number of advisories and prohibitory

orders. As a sensible human being we must adhere to them and it is not for individuals' safety only but to make our whole community and society secure and safe from this pandemic. Let us be committed individual to carry out our social responsibilities with both the letter and spirit of all ethics of prohibitory orders and canons of conduct. Largely we find, we are not exhibiting our sensibility towards the social responsibility expected at this juncture of death trap laid by the coronavirus. We must realize that it is 'Me' who owe a responsibility and it is 'Me', the only one, who can put a stop to the transmission of this virus and at the other it is only 'Me' who can become itself a carrier of this virus and prove disastrous for the entire community. The virus do not move from one to another at its own, it require 'We' for its disastrous journey. Un-knowingly we are the carrier agents of this invisible killer. If we cannot control the entire society, at least we can control our self and this will be a great achievement for the society. The role of the government here is to issue advisories to aware the common man, to create infrastructure for the effected populace, to ensure essential services moves on and minimum essentials reach at the door step of the common man. But as we have not exhibited sensibility towards advisories and prohibitory orders at the initial stage, this may be because of the ignorance that violations of such prohibitory orders issued under Section 144 Cr.PC by the competent authority, attract provision of section 188 of IPC, thus compelling the central/state governments and local administration to move further from lockdowns to imposing curfews. Similarly those affected because of coronavirus suppress the facts and cause its larger communication. This attract registration of cases under Section 269 and 270 of IPC having penal provision of two years imprisonment. In the given up situation, we have to introspect; we need not prohibitory orders but a reformed society an educated public opinion which will teach individual duty in present scenario. The more awareness on the subject means more safe and secure. We cannot hope to educate the society without educat-

ing our own self. To that end, each of us must work for our own improvement and, at the same time, share a general responsibility for all humanity, our particular duty being to aid those to whom we think we can be most useful. Nothing in life is to be feared, it is only to be understood. At the outset, the much visible public spaces were filled with people wearing masks and now people less visible in public space and have confined themselves to their four walls, a healthy sign to break the chain link in spreading infectious virus. At the same time many are yet insensitive and taking prohibitory orders and directions in a lighter mood and proving to be dangerous and moving killers in public domain. We have to be more attentive without giving any space to carelessness. "Attention leads to immortality, carelessness leads to death. Those who pay attention will not die, while the careless are as good as dead already - Gautama Buddha". I feel it to add, lines of a poem titled "And the people stayed home," by a retired teacher "Kitty O' Meara's" from the city of Madison, written to curb her own anxiety amid the nerve-wracking news of the COVID-19 pandemic. The lines are as: "And people stayed home and read books and listened and rested and exercised and made art and played and learned new ways of being and were still and listened more deeply. Some meditated, some prayed some danced. Some met their shadow and people began to think differently and the people healed and in the absence of people living in ignorance, dangerous, mindless and heartless ways, the Earth began to heal. And when the danger passed and people joined together again, they grieved their losses and they made new choices and dreamed new images, and created new ways to live and heal the earth fully just as they had been healed." The poem inspires us to take the era of social distancing as a chance to undertake purposeful activities. I down the curtain with a message "Tufan Ke Halat Hain Na Kisi Safar Mein Raho - Panchiyon Se Hai Gujarish Apne Shajar Mein Raho - Edd Ke Chand Ho Apne Hi Ghar Balo Ke Liye - Yh Unki Khushkismati Hai - Unki Najar Mein Raho".

YOUR COLUMN

Tourism in Doda District

Dear Editor, I would like to express my interest on tourist attraction places throughout the length and breadth of District Doda through the medium of your esteemed newspaper. Tourist trade is an important factor with regard to economy of any tourist place. Tourism today has become one of the largest and fastest growing industries of the world. Doda district is bestowed with many tourist destinations that need immediate attention of Government of Union Territory of Jammu-Kashmir for the equitable and harmonious development of these unexplored heaven hidden places of the district. Tourist traffic is increasing year by year and adding to the revenue of the district. It has become a good source of income. The Chenab Valley of Doda District has numerous scenic and tourist attraction places. To quench the spiritual quest there are many places where one can feel peace of mind. There are many exciting and attractive tourist resorts dotted with scenic beauty due to kindness of nature. The common places of tourist attractions are Kallhota, Dhara Top, Dedani Padri, Lal

Draman, Gala Dhar, Padi Dhar Bhadarwah, Jayi Valley, Chinta, Guli Danda, San Bai (Golden Well), Sabzi Dhar, Subar Dhar and many other places. All these places of tourists attractions lies in the Sub Himalayan mountain range from Batote to Bhaderwah famous for fascinating natural beauty. The beauty of these places is not less than the meadows of Sonamarg or Gulmarg. They are famous for their charming scenery and health giving climate. Bhaderwah which is commonly called Chotta Kashmir can be compared to Switzerland in its beauty of hills and valley. Not only Kashmir, Bhadarwah is also called the Paradise of Tourist. Its scenic beauty and health giving climate have given the title of Tourists Paradise having tourist attractions resort in the district and hence worth seeing place. The Govt of Union Territory of Jammu & Kashmir, Tourism Department should extend all kinds of facilities to tourists. There are instances of some foreign tourists come in winter to enjoy the beauty of snowfall in Bhaderwah and Lal Draman Doda. There is immense need of setting Tourist Reception Centre at Doda for looking after the overall needs of the tourists. Last but not least these places if developed properly can attract tourist in large number. The influx of tourists will change the socio-economic condition of the people of these places and generate employment avenues. Dedani is a paradise for tourists where Padri scenic beauty attracts thousands of people across the

district. It is requested to Govt of Union Territory of Jammu-Kashmir to declare holiday on August 25 every year as the day is celebrated as socio-religious day at Durga Mandir Dedani where all walks of people visited throughout the length and breadth of District Doda. This day is participated by Hindu, Muslim, Sikh and Buddhist people from not only district Doda but also from Jammu and hence is responsible for generating and creating oneness, brotherhood and harmony among people of all hues. The government should bring all these places of tourist attraction on Tourist Map for over all development. Mool Raj, Doda.

Economy hit further

Dear Editor, The Indian market has suffered its biggest hit due to coronavirus. In this hard time, the government must look into the matter and take steps accordingly, so that the faith of investors is reposed in the market and the government. The matter of economy is as important as of coronavirus. No politics should take place in these two matters. The government should take major steps to improve the condition of the economy. Divyanshu Singh, Chandigarh.