

# MILLENNIALS

WRITER'S RETREAT



ISSUE 17 • DECEMBER 2022

UNICEF - Farmers' Day - Rights - World of Words - Book Review - Sports - Still - Festivals - Travel  
With OWR - Factual Facts - Quick Bites - Finance & Investment

# CONTENTS

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## UNICEF

UNICEF INDIA - 03

## FARMERS' DAY

किसान दिवस- मिट्टी में दबी योजनाएँ - 06

## WORLD OF WORDS

PERENNIAL - 10

## FACTUL FACTS

SPIRICOM- TALKING TO DEAD - 12

## REVIEW

TOMORROW AND TOMORROW - 14  
AND TOMORROW

## FINANCE & INVESTMENT

STARTING UP -17

## STILL

NEOM CITY - 19

## RIGHTS

मानव और उसके अधिकार - 22

## FESTIVALS

RANN UTSAV (KUTCH) - 25

## UNCOMMON ORIGINS OF COMMON EXPRESSION

LION'S SHARE - 28

## SPORTS

NATIONAL SPORTS CODE  
OF INDIA - 30

## QUICK BITES

पोहा बेसन मठरी -32

## TRAVEL WITH OWR

SHRINAGAR -35



# UNICEF INDIA

# UNICEF

- by Nitish



One year old Mersinale, extremely malnourished and her sister obsinales are receiving treatment at UNICEF supported stabilisation camp. Somaliland (situated at Horn of Africa) has been worst hit by drought facing chronic water and pasture shortage. Drought have affected many children of Somaliland causing hunger and famine. This stabilisation center is providing continuous care for children associated with severe famishment and medical complication.

In India, the report of Fifth National Family Health Survey (NFHS-5) highlighted that 'Child Wasting' (low weight for height) rate in India at 19.3 % and infants mortality rate is 27.695 death per 1000 lives birth.

Everyday 67,385 babies are born in India in which every 66 sec a new born baby dies. India is amongst the country with high infant mortality rate. The most common cause of death include complications due to prematurity (39.5%), neo-natal infection (17%). It includes sepsis, pneumonia, tetanus, diarrhea. Birth asphyxia (31%) and congenital malformation (14%).

Lack of easy access to hospital leads to both maternal and infants' health at risk. 46% of all maternal death and 40% of all Neo - natal happen during labor or first 24 hours after birth. Moreover, the discrimination between male and female child starts since birth. India is the country where more baby girl dies than baby boys' statistics reveals that in 2017 alone 1,50,000 fewer girls were admitted to SNCUs (Special New-Born Care Unit) than boys. Under five mortality rates for girls in India remains 8.3% higher than for boys and gender difference in child survival is 11%.





### **Role of UNICEF**

UNICEF has been working across 190 countries to reach every disadvantaged child and adolescent. It has helped across the nation to overcome poverty, malnutrition, hunger, gender inequality and empowerment. It worked in the reduction of child mortality, improved maternal health and combated deadly diseases like HIV, Malaria and other diseases. Reports say that UNICEF helped 307 million children with services to prevent malnutrition, 17 million out of school children with education and immunised 40% of world children helping save 3 million of lives a year and reduced the number of death of children under five by 50%. It helped to alleviate the poverty of almost 133 million children with cash transfers.

### **UNICEF in India**

UNICEF has been working in India since 1949 working in collaboration with the government and partner communities. It is a proud partner of Swachh Bharat (Clean India) mission making India open defecation free. During 1970 UNICEF was a key partner of Indian government supporting the world's largest rural water supply programme by bringing drilling rigs to India which could drill boreholes in hard rock strata. In 1983 UNICEF supported India's national programme to get rid of the country of disease caused by guinea worm. It played an important role in eliminating polio from the country. India was declared polio-free on 27 August 2014 along with 10 other south-east Asian countries. To address the issue of the gender gap in primary and secondary education it is supporting the government by monitoring the child right for Beti Bachao Beti padhao and Jan Dhan Yojana.

### **Working of UNICEF**

UNICEF mainly work through the contribution of voluntary organisation, individual voluntary donors and Philanthropy. Approx 95.7 of donations are used for various working of UNICEF and 4.3 percent is used to run the administration. You can be a voluntary donor to support better health, education, nutrition and safety of every child.



# FARMERS' DAY

# किसान दिवस

## मिट्टी में दबी योजनाएँ

~कृष्ण कांत त्रिपाठी



### *"Increasing performance while decreasing value"*

अभी हाल ही में आये वैश्विक भुखमरी सूचकांक, 2022 में भारत 121 देशों की श्रेणी में 6 स्थान और फिसलकर 107 वें स्थान पर आ गया है। जबकि हम वैश्विक अर्थव्यवस्था में अंतरराष्ट्रीय मुद्रा कोष (आईएमएफ) के सकल घरेलू उत्पाद के आंकड़ों के अनुसार, भारत ने पहली तिमाही में बढ़त हासिल कर ली है और अभी हम दुनिया की पांचवी सबसे बड़ी अर्थव्यवस्था हैं। फिर भी यदि हम वैश्विक भुखमरी सूचकांक में प्रति वर्ष नीचे लुढ़कते जा रहे हैं तो समस्या विकराल है और इस पर विमर्श आवश्यक है।

भारत एक कृषि प्रधान देश है। या यूं कहें कि भारत के अर्थव्यवस्था का आधार स्तम्भ कृषि है। भारत के कुल आबादी की लगभग 70% से अधिक जनसंख्या गांवों में निवास करती है। गांवों में आजीविका का स्रोत कृषि ही है। यानी कि हम कह सकते हैं कि भारतवर्ष के जनसंख्या का लगभग तीन चौथाई हिस्सा कृषि पर ही आश्रित है।

15 अगस्त 1947 को जब भारत स्वतंत्र हुआ, उस वक्त कृषि के हालात देश की ही भांति ठीक न था। जिस प्रकार देश को लूटकर खोखला कर दिया गया था, ठीक उसी प्रकार से देश के किसानों के हौसलों को भी, बेतहाशा कर के बोझ तले दबाकर तोड़ दिया गया था। कोई भी किसान कृषि करने की हिम्मत नहीं जुटा पा रहा था। जमींदारों के क्रूरता से वह हिम्मत हार रहे थे। परन्तु स्वतंत्रता प्राप्ति के उपरान्त स्थितियां बदलीं।



भारत पाकिस्तान के बंटवारे के साथ ही बहुत कुछ विभाजित हो चुका था। कुछ मुसलमान अपना सब कुछ छोड़कर पाकिस्तान चले गए तो कुछ हिन्दू सब कुछ छोड़कर हिंदुस्तान लौट आए। यदि भारत के मानव इतिहास में सबसे काला दिन देखा जाए तो वह इन दो मुल्कों के बंटवारे का दिन था। इस बंटवारे में लाखों लोग बेघर हुए। सब कुछ उजड़ सा गया था। खुशियां चारों तरफ से फुर्र हो चुकी थीं। हर तरफ मातम का नजारा था। अब सबसे बड़ा काम था देश को इस स्थिति से पुनः हौसला देकर उबारना, क्योंकि जिस स्वतंत्र भारत की कल्पना में लाखों स्वतंत्रता सेनानियों ने अपने प्राणों की आहुति दी थी। वह सपनों का भारत इसकदर दुर्बल और असहाय नहीं था। इसलिए आवश्यकता था एक सुदृढ़ और सशक्त राष्ट्र के निर्माण की।

स्वतंत्रता प्राप्ति के उपरांत साधनों की अनुपलब्धता किसी से छुपी न थी। परन्तु उन उपलब्ध साधनों में ही आवश्यकता था देश को पुनः दिशा और दशा देने का। उस वक्त देश के पास सबसे भरोसेमंद साधन था कृषि, इसलिए उस वक्त स्थापित सरकार ने कृषि कि ओर अपनी निगाह दौड़ाई। उस दौर में जब कि खाद्य आपूर्ति की सबसे ज्यादा कमी थी और किसानों कि भी कमर पूरी तरह टूट चुकी थी। इस स्थिति में सरकार ने जब 8 दिसंबर 1951 को पहली बार पंचवर्षीय योजना की रूपरेखा तैयार की तो उसने प्राथमिकता में कृषि विकास को रखा ताकि खाद्य आपूर्ति की समस्या से निजात पाया जा सके।

धीरे धीरे कृषि क्षेत्र में विकास होना प्रारम्भ हुआ, और जिसका परिणाम यह हुआ कि खाद्य आपूर्ति को लेकर हम आत्मनिर्भर होने लगे। सरकार की प्रथम पंचवर्षीय योजना बहुत ज्यादा तो नहीं परन्तु फिर भी अनेक मापदंडों में अपने प्रयासों में सफल रही। कृषि के प्रति सरकार की विनम्र भाव को देखते हुए किसानों में भी नव ऊर्जा का संचार होने लगा, तथा अपनी कठिन परिश्रम और पुरुषार्थ के बल पर देश को उस विकट परिस्थिति से निकाले।

प्रथम पंचवर्षीय योजना के कुछ हद तक सफल होने के उपरान्त सरकार औद्योगिक विकास की ओर रुख करने लगी और किसानों को पुनः उनके हाल पर छोड़ दिया गया। सरकार की किसानों के प्रति उदासीन रवैए ने किसानों के लिए नई चुनौती खड़ी कर दी। परन्तु 1961 के दौर में आया, हरित क्रांति ने कृषि के क्षेत्र में अमूल परिवर्तन लाया। किसानों के फसलों की पैदावार दुगुनी हो गई। अब तक जो किसान कृषि को आजीविका का साधन मात्र समझते थे। धीरे धीरे अब अपने फसलों को बाजारों तक ले जाने लगे। किसानों को कृषि से लाभ मिलना प्रारम्भ हो चुका था।

संकट काल में देश को खाद्य आपूर्ति करने वाला क्षेत्र अब धीरे धीरे अपने पैरों पर खड़ा हो चुका था। तथा देश के अर्थव्यवस्था में अपना अमूल्य योगदान देना प्रारंभ कर दिया। हालांकि चुकी बीसवीं सदी विज्ञान की थी। इसलिए जितनी भी सरकारें आईं कृषि के बजाय तकनीकी और औद्योगिक विकास पर ज्यादा जोर दी। किसानों को हर बार चुनावी दौर में अपने मेनिफेस्टो का मुख्य आधार बनाया गया, परन्तु चुनाव परिणाम के उपरान्त हर बार किसानों के हाथ झुनझुना ही लगा। बीच बीच में कुछ सरकारों ने विश्वास जितने के लिए किसानों के लोन भी माफ़ करने का कार्य किया। परंतु किसी ने भी इनकी समस्याओं का स्थाई समाधान पर विचार नहीं किया। जिसका परिणाम यह हुआ कि सरकार की लचर नीतियों के कारण कर्ज के बोझ तले किसान आज आजादी के लगभग पचहत्तर वर्षों बाद भी किसी पेड़ से लटके हुए पाए जाते हैं।

अन्न का भंडारण किसानों के साथ सबसे बड़ी समस्या होती है। किसान चाह कर भी अपने अन्न का भंडारण नहीं कर पाता है। जिसका परिणाम यह होता है कि वह औने पौने दामों पर ही अपनी फसलों को बेंच देता है जिससे कि उसे उसकी उपज का उचित मूल्य नहीं प्राप्त हो पाता है। इन्हीं की फसलों को औने पौने दामों में खरीदकर व्यापारी उसे अच्छे दामों में बेंचकर खूब लाभ कमाकर मालामाल होते हैं, जबकि कर्ज के बोझ तले किसान फंदे पर झूलता है। सरकारों के उदासीनता का मारा किसान फिर भी कभी हार नहीं मानता है और अपनी हर संभव देश की अर्थव्यवस्था में योगदान देने का प्रयास करता।





जिस वक्त सारी दुनिया कोरोना के वैश्विक महामारी से जूझ रही थी। प्रत्येक व्यक्ति अपने घरों में कैद होकर स्थिति के सामान्य होने का इंतजार कर रहे थे। उस विकट परिस्थिति में भी किसान अपने खेतों से हमारे जरूरत कि चीजों को उपजा कर हमारी जरूरतों को पूरा कर रहे थे। जब पूरे देश में कोरोना योद्धाओं के सम्मान में तालियां बजाकर उनपर पुष्प वर्षा हो रही थी, उस वक्त भी एक योद्धा ऐसा था जो सबकी निगाहों से दूर किसी खेत में हमारी जरूरत की चीजें और पुष्प उगा रहा था क्योंकि वह प्रत्यक्ष रूप से हम सबसे जुड़ा नहीं है। यही वजह है कि हम सभी ने कभी किसान के मर्म को समझा ही नहीं। जो हम सभी की जरूरतों को पूरा करता है उसकी ही जरूरतों का किसी को कोई फिक्र नहीं। उसके भलाई के लिए निकले सरकार के पैसे अक्सर कागजों तक ही सीमित रह जाते हैं, वह कभी भी उनके वास्तविक हकदार तक नहीं पहुंच पाते हैं।

वर्तमान समय में जब की भारत विश्वगुरु बनने का ख्वाब संजोए बैठा है, उस स्थिति में यह अति आवश्यक हो जाता है कि भारत की आधी आबादी जहां आज भी कृषि पर निर्भर है। वहां कृषि के लिए एक उचित प्रक्रिया के तहत कृषकों की समस्याओं को सुनकर उसका निजात किया जाए। हालांकि स्वतंत्रता प्राप्ति के उपरान्त के तुलना में आज कृषि का भारतीय अर्थव्यवस्था में योगदान अवश्य बढ़ा है। फिर भी मनचाहा सफलता अर्जित नहीं हो पाई है। सबसे बड़ी हार यह है कि लघु किसान आज भी भुखमरी और कर्ज के बोझ तले दबकर मर रहे हैं।

हालाँकि सरकार ने किसानों के उद्धार हेतु आजादी के चौवन वर्षों बाद 23 दिसंबर 2001 में किसानों के नेता पूर्व प्रधानमंत्री चौधरी चरण सिंह जी के जयंती को किसान दिवस के तौर पर मनाकर किसानों के हालात सुधारने का पुरजोर कोशिश की, परन्तु दुर्भाग्यवश अधिकांश किसानों को आज भी इस बात का भान नहीं है कि उनका भी कोई दिन होता है क्योंकि वो ये जान चुके हैं कि मिट्टी से जुड़े होने के कारण सरकार को लगता है कि इनके आँखों पर भी मिट्टी चढ़ी हुई है इसलिए उनके हित में उठने वाली हरेक बात पर मिट्टी डाल दी जाती है।

भारत को हर बार आपदाओं से बचाने में जिनका अमूल्य योगदान रहता है, उन भारत के मानस पुत्रों की समस्याओं का निराकरण करना सरकारों कि प्राथमिकता होना चाहिए। भारत को एक सुदृढ़, सशक्त और आत्मनिर्भर राष्ट्र बनाने के लिए सबसे आवश्यक है भारत के संपूर्ण आबादी के पालनहार किसानों की समस्याओं का समाधान करके उन्हें आत्मनिर्भर बनाना, क्योंकि कृषकों के आत्मनिर्भरता के बगैर आत्मनिर्भर भारत का सपना एक खयाली पुलाव मात्र ही है।



# WORLD OF WORDS

# Perennial

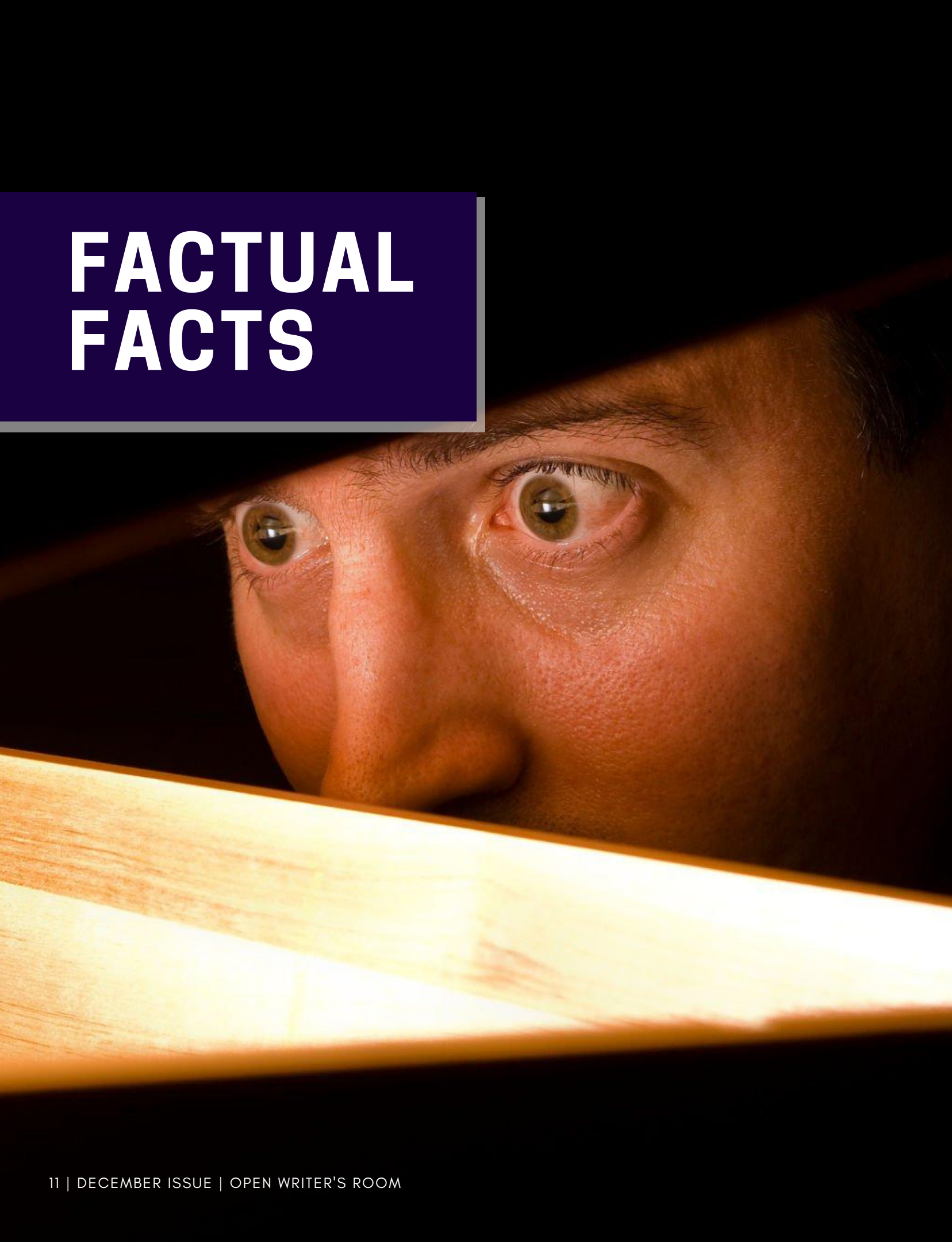
/pə'reniəl/  
(n) & (adj)

- by Ravisha

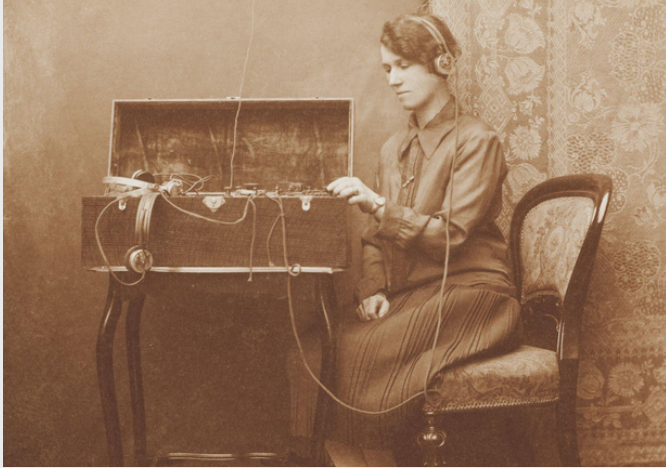
Perennial comes from the Latin word, perennis, which means plants or leaves that are evergreen. The prefix per-, which means "through," is integrated with annus, which means "year." Annus is also the root of the word annual, which refers to plants that live for only one year or season. whereby, the perennial comes as something permanent, repeated or constant.

A perennial conflict would be arguing with your parents every year about whether they really need to invite your annoying cousins to Christmas dinner. Perennial was first mentioned in English around 1640.

# FACTUAL FACTS



# Spiricom- Talking to Dead



On April 6th 1982, research engineers George W. Meek and William O'Neil developed a device as a means of communicating with the dead after a 11 years of research. This specific electronic voice phenomenon (EVP) invention combines a frequency modulation technique with supplementary audio tones. It becomes strange when they

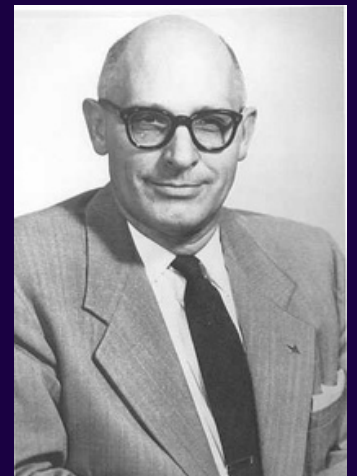
announced that they had talked to 100 of dead people but the most interesting and long conversation was done by an American Scientist George Mueller who died 14 years earlier due to a heart attack. William and Meek published the conversation in the journal "New Realities" and also they recorded all the conversations with Dr. Mueller and now this video is available over the internet.

Meek and William never apply for the patent rights as they want to encourage other researchers and they want to use their technology and develop it as quickly So, that people can talk to the dead people's souls. They published the audio as well as in the printed form to facilitate the work of other experiments. But strangely the project was closed and since no one attempted to make a Spiricom again.



GEORGE W. MEEK

GEORGE MUELLER



# REVIEW

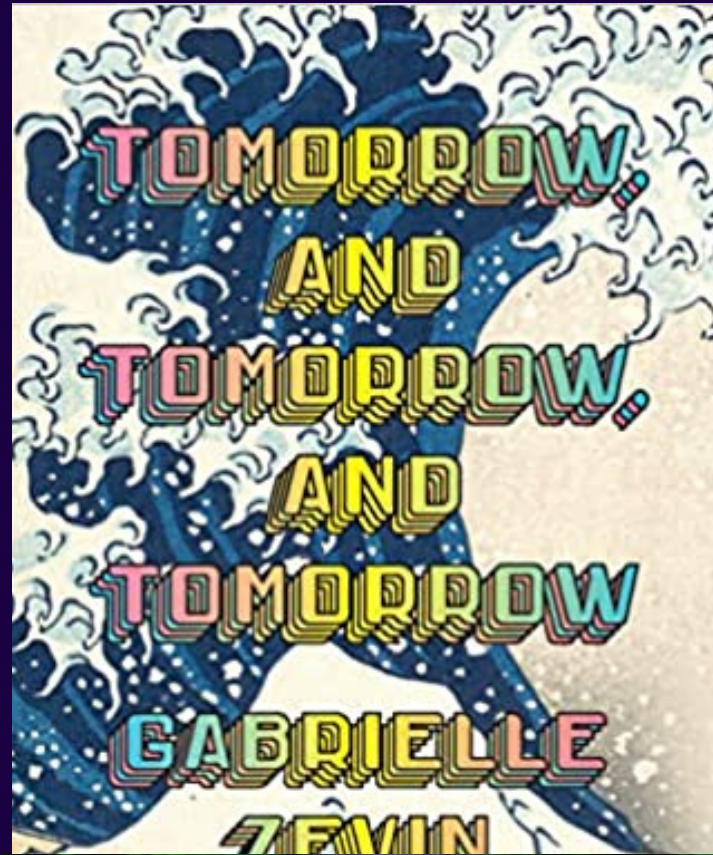


# TOMORROW AND TOMORROW AND TOMORROW

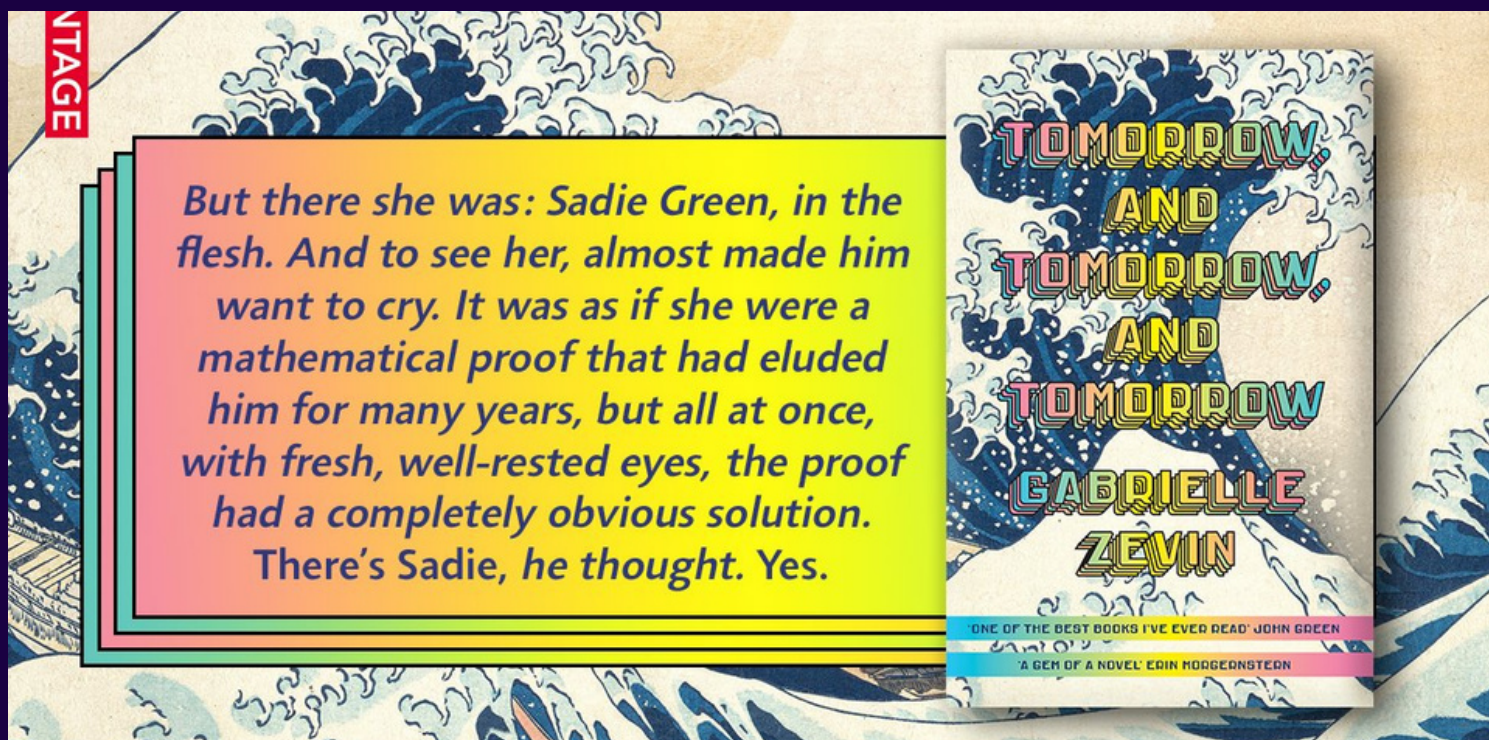
- by Mehak

Tomorrow and Tomorrow and Tomorrow- is a book written by Gabrielle Zevin which is for the lack of more appropriate words a literary genius of the contemporary times. The author Gabrielle Zevin has created a marvellous book which is in its whole self is a complete blend of emotions and thought-provoking themes. On the back of the cover, it's written that "it is not a romance novel but a book about love". But in my opinion, it is much more than that. This book has handled some of the themes of recent times with much grace and prudence.

This book is the story of two kids who meet at a hospital, Sadie Green and Sam Masur. Both of them have a lot of gloom in their lives but they also have their shared love for video games and each other which helps them bond and also helps them in getting over whatever they are facing in their lives. This story follows Sadie and Sam and how they reconnect again after years over their shared love for games and how this leads them into creating a game of their own which turns out to be life-changing for both in many respects.



Gabrielle Zevin



*But there she was: Sadie Green, in the flesh. And to see her, almost made him want to cry. It was as if she were a mathematical proof that had eluded him for many years, but all at once, with fresh, well-rested eyes, the proof had a completely obvious solution. There's Sadie, he thought. Yes.*

Zevin has handled many themes with much maturity and being the genius that she is, she has handled the multiplicity of themes and sub-themes-like race and violence in a way that they don't overwhelm or underwhelm either. Every theme feels like a perfect blend. The world of games that they create or which Zevin creates is awe-inspiring. The detail with which she has described the processes of creating video games has instilled an interest in the video-games world in me as well.

The other most important theme or the sole most important theme I found in this book is that friendship. The characters of Marx, Sadie, and Sam are central to the whole book. At the outset, it seems as if it's going to be yet another love story between Sam and Sadie, but it does not go down any such paved path. Sam and Sadie are in the truest sense best friends who know each other and know each other's life stories and have a similar way of thinking which leads them to create genius games. Marx as a friend does not disappoint either and one ends up feeling much love and appreciation for friends like Marx in our lives. They are each other's family.

The writing of this book deserves special mention as the book is written in the most beautiful and mind-blowing way. Zevin being the genius that she is weaves the words so beautifully that each sentence turns out to be a quote that you would want to highlight. The words move you and inspire you. Gabrielle Zevin has used many popular culture and multi-culture references-Korean, Japanese and Jewish. She has also taken the title of the book from Shakespeare's drama and many such references are there, from literature, art, science and the world of video games too.

This is a great contemporary read which does not disappoint and is a genius of a book which should not be missed.





# FINANCE & INVESTMENT

# STARTING UP

- by Gaurav

**T**oday, it is a tougher world in terms of finance and economics and ironically it's leveling up each day. Earning bread and butter is getting tougher today with rising pressure of population and decline in macro factors of production especially without any inherited wealth or back up (That is a common case with most of individuals). If this is the case today think about the future generation. Won't a father wish to provide his child with some sort of financial security so that his child may overcome the troubles that his father is facing today? Off Course! Yes but how?

If today we are struggling to get a job, doing some tiniest form of business thinking of providing financial security to forthcoming generations sounds funny. Today we are living on an information highway where learning any skill or developing a business is not that tough. We can start with the smallest capital and build a sustainable business that would not only feed the entrepreneur but

NAME	YIELD	
Month	0.18 %	▲
Month	0.42 %	▲
Year	0.58 %	▲
Year	0.80 %	▲
Year	1.15 %	▲
Year	1.48 %	▲

many other parties as well and not just this, once it attains sustainability it provides for further generations as well. There are thousands of ideas that are running around but moving ahead with the idea, taking a calculated risk and keeping the execution part running till the success starts pouring in, is the main focus point. Without proper execution an idea is nothing, it's like all ingredients of a dish are kept in the fridge but till you gather the courage to start cooking with hopes for the



best result it must be ensured that a dish is well learnt before it's actually cooked. While the earlier part is merely theoretical in reality we just have to analyze our plus points or skill sets that match the demand and supply routine of present market scenarios and we have to polish them with the help of tools that are easily available today. Thereafter we can monetize them and re-invest our earnings and keep repeating the process till we attain a sustainably growing business and create sufficient wealth.

Video Editors, Content writers, YT influencers, Stock market investing, Online Teaching are few things that are small in nature but building fortunes for people these days all it requires is knowledge of the field and regular polishing to make it happen.

# STILL

STILL

# CARBON EMISSIONS

# F R E E C I T Y

- by Sudhanshu



Neom City

The oldest civilization on earth is Mesopotamia and the oldest city on earth is Jericho Palestine (according to the ancient history encyclopedia). This all information is back around 9000 B.C. But nowadays as the world develops human behaviour changes regarding their comfort zone and we are seeing something unexpected daily. Like social media platforms, digitally electrified transport systems, friends cum robots, artificial foods, and so on and instead of these technologies we are getting tons of health issues even causing death, unpredictable climate, extinction of animals, desirous nature of humans of money becoming dangerous for each other, etc.

These things are common for a person who is living in the 21st century, or you can say if you are living in the 21st century "nothing is impossible" for you. You guys heard the name of the guy called Elon Musk, who is always in trend because of something unexpected. But have you ever heard the name Mohmmad Bin Salman,

if not then I will tell you about him and his creativity on earth, which makes him way better than Elon Musk.

Mohammad Bin Salman is the crown prince of Saudi Arabia, and under his leadership, a linear city is being constructed in Neom city, Tabuk province in Saudi Arabia. It is estimated to be 170 km long, and this city will be fully free from carbon emissions because there will be no cars or streets in this city and approximately 9 million people will live in it, and the estimated cost of the city will be 500 billion US\$.

Now, you guys are thinking!!! What am I talking about? and how is it possible? Currently, tons of questions are twirling in your mind. Personally from my experience, I was very excited and curious when I first heard about it. If you are also then read further to get the answer.

The plan for this linear city was proposed by the crown prince in 2021, and it is expected that the first phase of this city will be completed in 2030. This city will create approximately 460,000 jobs and add 48 billion dollars to the GDP of Saudi Arabia.

This line project will be from the Red Sea to the city of Tabuk in a straight line, with a high population density of 260,000 people per square kilometre. It will be like a long box building and has two-sided mirrored buildings in-between space, has a total width of



200 m and a length of 500 m.

This building will be the 12th tallest building in the world and the 3rd tallest building in Dubai. It will have two nodes, and people inside it will get all their daily needs on a 5 min of walk. Actually, the transport system will be divided into three phases, first for the pedestrian, second for the infrastructures on one underground and third will be on the second underground for transportation. There will be a unique type of transportation in the city, a high-speed railway system with an average speed of 512 km/hr, which helps to reach from one end to another in just 20 minutes without any stop.

Now, the most important part of building it will be entirely powered by renewable sources of energy. But totally monitored and controlled by artificial intelligence. After the announcement of the project people started criticizing the ideology behind it. The most important thing quoted by the Saudi prince is that this city will be free from carbon emissions, which means no pollution, and nobody will die due to road accidents.

As per my anticipation, this will be a great project in the upcoming time, although it will be totally monitored and controlled by artificial intelligence, because in the forthcoming years you will see the Artificial intelligence will control a whole city or a particular community so looking at that perspective it will be great to see this kind of imaginary project in real.

# RIGHTS



# मानव और उसके अधिकार

~कृष्ण कांत त्रिपाठी



शासन मनुष्य की सबसे बड़ी जिजीविषा होती है। प्रत्येक मनुष्य ताउम्र शासक बनने की जुगत में लगा रहता है ताकि ज्यादा से ज्यादा लोगों को अपने विचारों से प्रभावित कर सके। शासन की यह प्रवृत्ति बहुत लोगों की सफल भी होती है परंतु बहुत लोग इसमें असफल होकर स्वयं के शासक बनकर रह जाते हैं। परंतु संपूर्ण जीवन में प्रत्येक मनुष्य एक ऐसी अवस्था को अवश्य प्राप्त करता है जब वह पूर्णतः स्वतंत्र होता है और उस वक्त वह स्वयं का शासक होता है जहाँ से वह अपने संपूर्ण जीवन का फैसला करता है।

मानव मन में शासन की प्रबल इच्छा होने का प्रमुख कारण होता है, शासनकाल के दौरान मनुष्य को मिलने वाले असीमित अधिकार, तमाम सामाजिक असमानताओं और विविधताओं के बीच अधिकार

ही मनुष्य के वास्तविक सारथी होते हैं जो उसे बल प्रदान करते हैं, कि उसके साथ किसी भी स्थिति में अन्याय नहीं होगा क्योंकि उन्हें यह विश्वास होता है कि वो सबल या दुर्बल हो सकते हैं लेकिन उनके अधिकारों का रक्षक सर्व शक्तिमान है और वो उनके अधिकारों के रक्षा हेतु तत्पर है।

सर्वप्रथम मानवाधिकार की बातें 10 दिसम्बर 1948 को संयुक्त राष्ट्र संघ के द्वारा प्रकाश में आईं जब संयुक्त राष्ट्र संघ द्वारा मानवाधिकार घोषणा पत्र जारी करके व्यक्ति के अधिकारों का मुद्दा उठाया गया। चुकी तत्कालीन सामाजिक ढांचा समानता से





कोसों दूर था इस बात को ध्यान में रखकर शांति और सुरक्षा स्थापित करने के उद्देश्य से मानवाधिकार आयोग बनाया गया। जिसके अंतर्गत मानव समाज को कुछ अधिकार दिये गये और उनकी अधिकारों की रक्षा की जिम्मेवारी एक स्वतंत्र न्यायपालिका को प्रदान की गई। जो जात-पात, ऊँच-नीच, अमीर-गरीब, गोरा-काला इन तमाम सामाजिक प्रभावों में आये बगैर सबके लिए बिना पक्षपात के न्याय करेगी।

मानवाधिकार आयोग ने मानव के अधिकारों को संरक्षित रखने में महत्वपूर्ण भूमिका निभाई है और बहुत हद तक इससे सामाजिक ढाँचा में बदलाव भी हुआ है। परन्तु आज भी समाज की बहुसंख्य आबादी अपने अधिकारों से अनभिज्ञ है। उसे निर्धन होना या उच्च कुल में जन्म न लेना अभिशाप समझ में आता है वह खुलकर अपने विचारों को नहीं रख पाता है। धरती पर मौजूद समस्त जीवित जीवों में से सबसे बुद्धिमान और सक्षम जीव मनुष्य यदि आज भी अपने आपको इन विचारों में जकड़ कर रखा

हुआ है तो कहीं न कहीं यह संपूर्ण मानवता पर धब्बा है और इस भय को मिटाना ही वास्तविक मानव धर्म है।

वर्तमान समय में मानवाधिकार की आवश्यकता इसलिए भी अति आवश्यक है क्योंकि मानवाधिकार की बातें कर के शासन पाने वाले शासक मानव के जीवन मूल्यों के साथ खिलवाड करने लगे हैं और उनके लिए मानव के जीवन का कोई मोल नहीं है। जिस प्रकार से लुप्त होते कई जंगली जीवों को संरक्षण करने के लिए उन्हें विदेशों से मँगाकर उन्हें संरक्षित किया जा रहा है, ठीक उसी प्रकार कई आदिवासी जन जातियाँ लुप्त होने के कगार पर हैं जिनके संरक्षण हेतु कोई भी विशेष प्रबंध नहीं है। ऐसी स्थिति में अस्तित्व की संकट झेल रही इन जन जातियों हेतु मानवाधिकार का होना अति आवश्यक है।

अधिकारों का दुरुपयोग मानव प्रवृत्ति है, ऐसे में मानवाधिकार के दुरुपयोग का प्रसंग भी कई बार प्रकाश में आता रहता है। यह एक स्वभाविक घटना है, मनुष्य अपने अधिकारों की सीमा लाँघकर दूसरों के अधिकार में दखल डालता है और उसे टोकने पर वह अपने मानवाधिकार का प्रलाप करता है। परन्तु वास्तव में यदि देखा जाये तो पिछले कुछ सालों में मानवाधिकार के दुरुपयोग के मामले नित निरंतर बढ़ते चले जा रहे हैं, ऐसे में यह अति आवश्यक हो जाता है कि मानवाधिकार आयोग अपनी महता बनाये रखने के लिए बढ़ते मानवाधिकार के दुरुपयोग के मामलों पर अंकुश लगाये और इसे शक्ति के साधन के बजाय शक्ति के समंवयक के तौर पर प्रस्तुत करे, जिससे की समाज में फैली असमानताओं की खाई को मिटाया जा सके।





# FESTIVALS



# RANN UTSAV (KUTCH)

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Kutch is a district of Gujarat state in western India, with its capital at Bhuj. With a total size of 45,674 km<sup>2</sup>, it is India's biggest district. The villages of Kutch have always been fertile with different cultures and artistic talent despite being surrounded by barren land and a severe environment.

The villages in Kutch are living testaments to the region's tenacity in surviving the deadly earthquake in 2001, and its history is rich with artistic legacies that have been passed down through the ages. Kutch is a special place because of its geographic location, which includes beaches, mountains, and the White Desert.

Since 2006, the Rann Utsav Festival has been celebrated thanks to the vision of India's honourable prime minister, Shri Narendra Modi. He intended for this festival, which is currently held in Kutch, Gujarat, starting in November each year, to leave a distinctive mark on the world's tourism map.





Gujarat's Carnival of Music, Dance, and Culture is known as Rann Utsav. When the light of the full moon is dispersed throughout the white land, it will enhance the natural beauty of White Rann. Every year, the festival in Kutch begins in November and lasts till Holi. Thousands of tourists travel from all over the world to experience Rann Utsav's sparkling scenery. The magical moment when the moonlight touches the desert sand, happens especially on a full moon night. The milky white hue offers a glimpse of heaven on earth. The visitor is greeted by a cool breeze and a full moon spotlight as they embark on an unforgettable trip.

With Gujarat Tourism's assistance, it is organised annually. The Traditional Cultural Dance, Cultural Act Shows, Camel Safari, Musical Moments, Live in Tents, and many other events during Rann Utsav are included in this.

85 kilometres from Bhuj, in the Kutch village of Dhordo, people celebrate Rann Utsav. This area is well known for its authentic handicraft products, bandini sarees, traditional ornaments, and many more items that will leave you in awe when you purchase there during Rann Utsav. Here, 350 living luxury tents are being constructed with the assistance of the Gujarat government and its supporters.

While participating in Rann Utsav, you may also visit historical monuments, a wildlife sanctuary (famous for its wild ass), the Great White Rann of Kutch, museums, and palaces.

# UNCOMMON ORIGIN OF COMMON EXPRESSION



# Lion's Share

- by **Lal Singh**  
Retd. Chief Engineer(IMS)

The lion's share is today simply the largest or the best part of the whole. But according to the origin of the phrase, it should mean not just the greater share of the whole, but the whole of itself.

In one of Aesop's fables, a lion went out hunting with a few other animals. Once the hunt was over and came to dividing the spoils, the Lion put in his claim: one quarter for himself as one of the hunters; another quarter for his courage; a third quarter for the lioness and her cubs. As for the fourth and last quarter, any of the other hunter animals could fight him for it. Not surprisingly, they all declined Lion's invitation to fight. Thus the Lion was left to enjoy the lion's share of the kill- that means, all of it.



Sourced from John Kahn's booklet

# SPORTS



# National Sports Code of India

- by Vishvajet

When we talk about growth and development in any field of line, sets of rules are very important to implement whether it is in students' lives, achieving goals, administration, politics many other fields. It helps us to govern and rule ourselves in a proper way. Although maintaining and following these rules is the hardest task of all but it should be done properly. If it doesn't happen then the existence of the body will end. In sports also, the rules and regulations play important role in making our different sports more developed and well-functioning. In this article, we are going to know about the National sports code of India.



## Main Features-



### What is the National Sports Code of India?

The national sports code of India has the sole aim to develop a culture of transparency and accountability in the administration and functioning of national sports federations. This is also well known as the National Sports Development Code of India. It is responsible to promote good governance in the management of sports at the national level. It has also had a duty to keep the National sports federations well functioning and eradicate the evils like racism, doping, age fraud, child abuse and sexual harassment, gender inequality, and prevention of betting and gambling in sports.

- The main feature of the national sports code is limiting the tenure of office bearers in the NSFs. According to the rule, no person can stay in a position for more than 12 years. You can notice this in the case of Praful Patel in the All India Football Federation. Praful Patel was compelled to leave his presidency of AIFF after the intervention of the Apex court.
- The National sports code also assigns roles and responsibilities to agencies such as the Ministry of Youth Affairs and Sports, National sports federations, and the sports authority of India. The Ministry of youth affairs and Sports determines the eligibility criteria for the recognition of NSFs. While NSFs are fully responsible and accountable for the management, direction, control, regulations, promotion, development, and sponsorship recognised by the concerned international Federation. Last SAI provides basic and necessary support to NSFs such as training and coaching of a sports person, equipments and infrastructure.
- The national sports code also compelled NSFs to get annual recognition from the concerned international Federations by following norms and regulations for the well functioning of the sports body. Every year NSFs must submit detailed documents for getting a recommendation for recognition. If they fail, they will lose the recognition and benefits related to it.
- The national sports code mentions that every NSFs must submit the Long Term Development Plans (LTDP) in order to receive assistance from the government. LTDP consists of development of sportspersons, coaching, training, broadcasting, participation, development of sports clubs, domestic tournaments, schedule participation, promotion, hosting sports events, equipments and many other special projects.



# QUICK BITES



# पोहा बेसन मठरी

-प्रतिष्ठा जैसवाल



शाम की चाय और साथ में पोहा बेसन मठरी का स्नैक हो तो, शाम बहुत ही सुहानी हो जाती है | बहुत कम सामग्री तैयार होती है यह मठरी -

## सामग्री -

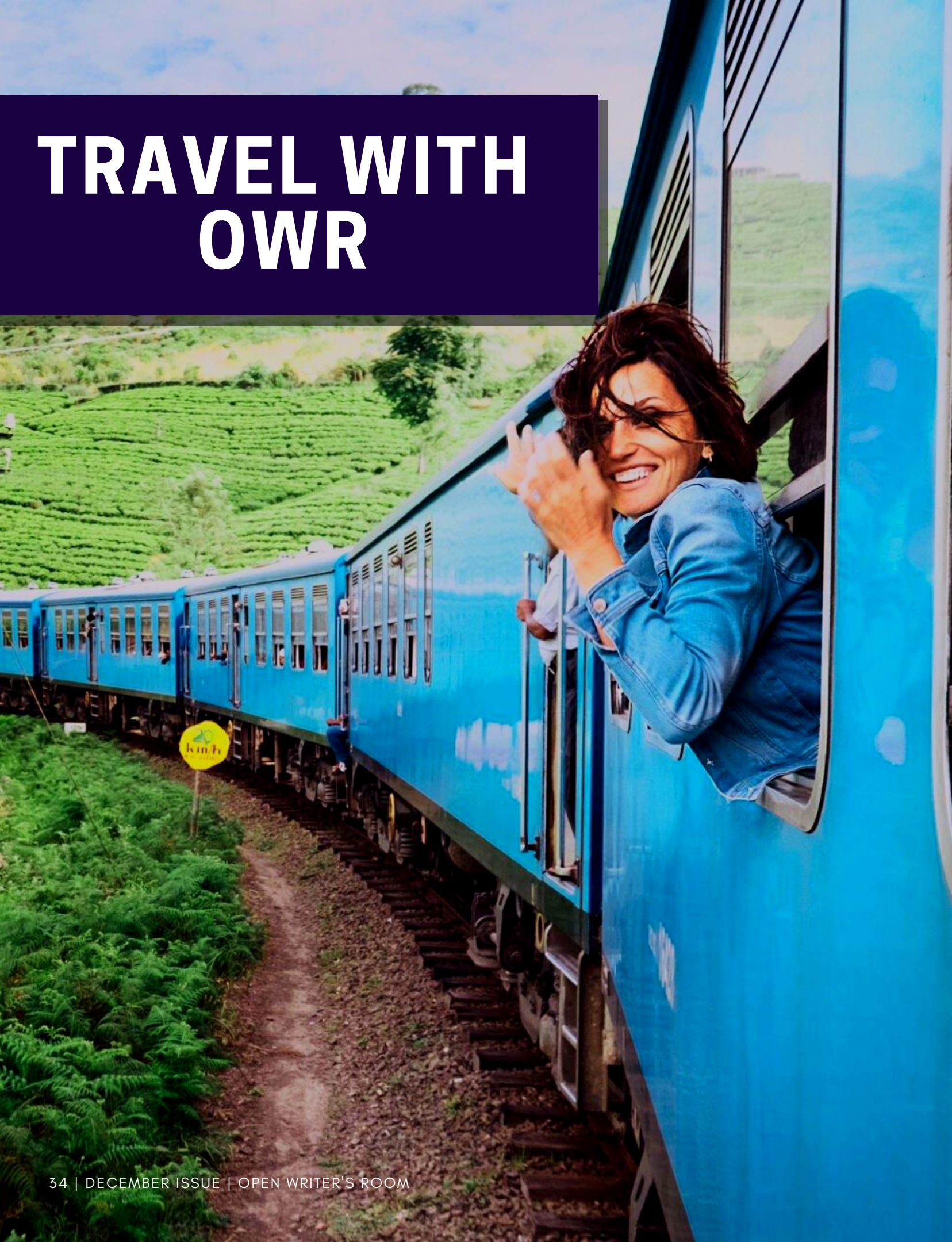
एक बड़ा कप पोहा  
 एक बड़ा कप बेसन  
 एक छोटा चम्मच जीरा  
 एक छोटा चम्मच अमचूर/ चाट मसाला/ नींबू का रस  
 एक छोटा चम्मच चिल्ली पेस्ट या हरी मिर्च  
 एक छोटा चम्मच सफेद तिल या काला तिल  
 कटा हुआ हरा धनिया  
 थोड़ा सा गरम मसाला  
 थोड़ा सा हींग  
 जरूरत अनुसार तेल  
 नमक स्वाद अनुसार

## विधि

सबसे पहले पोहे को अच्छे से पानी के साथ धुल लगे | इसके बाद गैस पर फ्राई पैन चढ़ायगे | उसमें एक बड़ा चम्मच तेल को गरम कर लेंगे | फिर उसमें जीरा, हींग, हल्दी डाल के गैस का फ्लेम मध्यम क्र देंगे फिर उसमें सफेद तिल या काला तिल और बेसन डाल कर उनको धीमा धीमा भूने | इसमें थोड़ा सा गरम मसाला व अमचूर व नमक डालेंगे स्वादानुसार |

फिर एक बाउल में पोहा और बेसन का मिश्रण को डाल कर मिला के एक डो बना लेंगे | पानी बिल्कुल भी नहीं डालेंगे | जब डो तैयार हो जाये तो हाथों में तेल लगा कर उसकी लोई बना के छोटी व पतली मठरी बना कर मध्यम फ्राई के लेंगे | और तैयार है पोहा बेसन मठरी , चाय के साथ आनंद ले |

# TRAVEL WITH OWR



# SHRINAGAR

‘Venice of the East’



**Srinagar** is the capital of Jammu and Kashmir and a well-known and fascinating location in India. The Jhelum River divides the city into two halves. The town's history is unclear, it was rumoured to have been ruled by the Mauryas, Kushans, Huns, Mughals, and ultimately the British. The city, which is a significant centre for Kashmiri culture, is known as the ‘**Venice of the East**’ and is situated at an altitude of 1600 metres above sea level.

Every place in Srinagar appears to be extremely lovely and picturesque, with magnificent lakes, attractive valleys, greenery sites, snow-covered mountains, and so on. The picturesque lakes and houseboats attract tourists. The city is famous for its handicrafts and arts and if you want to experience one of the most sophisticated cultures, then Srinagar is the most popular tourist destination in India. Srinagar is a popular tourist destination in part because of its numerous temples and other sites of worship. The town's already exquisite charm is enhanced by the lakes and the many gardens built during the Mughal era.



### Best Time to Visit-

As the state of Jammu and Kashmir's summer capital, Srinagar is best visited between March and June when the weather is at its most amiable. The daytime high is hardly higher than 25 degrees, while the evenings can be a little cool. The best season is still seen to be between October and December if you want to enjoy the hill station with a cold temperature.

### Attractions-

The houseboats, the boat markets, and the valley in the vicinity offer stunning views of the Pir Panjal Range in the lower Himalayas. With its colonial homes, Mughal gardens, and several locations for adventure sports, Srinagar is a tourist favourite. Some tourist destinations in Srinagar are the Mughal Gardens, Dal Lake, Shikara Houseboats, Pashmina Shawls, Sher Garhi Palace, Nagin Lake, Chashma Shahi, and Jawaharlal Nehru Botanical Gardens, among others.

### How To Reach-

**By Air:** Humhama Airport is the nearest airport and is only 15 kilometres from Srinagar City. The flights from Jammu, Delhi, and Leh.

**By Rail:** Jammu Tawi is the closest railway station.

**By Road:** Srinagar's road connection has advanced significantly. National Highway A1, which links all of India, passes through the city. Numerous towns in adjacent states operate buses to Srinagar.

# Publisher



## Note From Founder & Editor

Expression of emotion is best communicated when it is written down without fear of judgements. Upstanding in your beliefs is what makes a person different from the herd. Arising above the all odds is what Open Writer's Room celebrates and cherish. With the successful completion of OWR's millennials. We thank our readers and writers who stayed constant part of our work and passion.

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## Chief Editor- Ravisha Mahajan

### CONTRIBUTORS

Mehak  
Krishna Kant Tripathi  
Nitish Upadhyay  
Gaurav Chandra

Lal Singh  
Vishwajeet Kumar  
Sudhanshu  
Pratishtha Jaiswal



[www.openwritersroom.com](http://www.openwritersroom.com)



[millennials@openwritersroom.com](mailto:millennials@openwritersroom.com)