



October 2016 ■ Rs 25/-

Published by The Indian Federation of United Nations Associations

PEOPLE AND UN



AMCDRR 2016 :

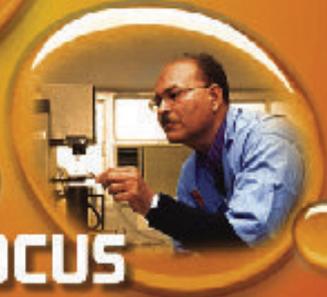
Asia pacific region has been global leader in more ways than one Asia



COMMITMENT



INNOVATION



FOCUS

• অঙ্গীকার • উদ্ভাৱন • একাগ্ৰতা – সফলতাৰ বাবে প্ৰয়োজনীয় গুণাবলী

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PUBLISHED AT
IFUNA

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Editor's Column

WE WELCOME the former Prime Minister of Portugal His Excellency António Guterres as 9th Secretary General of United Nations. His election was held in October 2016 in a series of straw polls in the Security Council as the candidates from the five permanent members of the Security Council were not considered for the role. Mr. António Guterres emerged as the presumptive, having 13 'encourage' votes, and 2 abstentions and no 'discourage' vote in the sixth round on 5th October. He was formerly elected on 6th October 2016 by General Assembly to succeed Mr. Ban Ki-moon as UN Secretary General. He will take over on 1st January 2017. With his wide experience as Prime Minister of a developed country like Portugal for two terms (1995-2002) as well as United Nations High Commissioner for Refugees for a decade (June 2005 - December 2015,) , We hope Mr. António Guterres will be able to bring the overdue reform of the United Nations successfully very soon..

Portugal and India have a long history of association since Vasco Da Gama of Portugal, He the first European to reach India by sea in the year 1497. That brought India with Portugal to some extent socially and culturally nearer. The legacy of the same can be felt in the state of Goa and to some extent on the western coast of Karnataka. We in India are very happy over his election.

It is heartening to note that Russian companies are also sparing no effort to make a splash in India, currently the hottest market in the world for start-ups. First off the block has been crowd-sourced courier service Dostavista which raised \$800,000 to launch its services in the major metros of Mumbai, Delhi and Bangalore, with technical support from Russia.

India's largest IT industry association Nasscom has recently explained why Russian companies are also jostling for space in the Indian start-up market. India now ranks as the third largest start-up base and such ventures are likely to more than double by 2020, said a Nasscom report.

Interest in diversification into the Indian business sector is in keeping with the sentiments expressed by Russian President Vladimir Putin to widen the basket of commercial interaction with India. Dostavista is not the only Russian firm eyeing India's fast-growing start-up community. Russian conglomerate Sistema JSFC aims to invest in two to three Indian start-ups every quarter to scale up its presence beyond telecom. The company has already launched an INR 3.4 billion fund called Sistema Asia Fund (SAF). India should feel encouraged and welcome this trend.

— **Pran Mohan Parvatiyar**
(pmparvatiyar@gmail.com)



António Guterre Designated as Secretary-General of the United Nations



IN October 2016 His Excellency António Manuel de Oliveira Guterres, GCL GCC has been declared as ninth Secretary-General of the United Nations, to take charge of office on 1st January 2017. His Excellency António Guterre was born on 30th April 1949. He is a Portuguese politician and diplomat. Guterres was Prime Minister of Portugal from 1995 to 2002, as leader of the Socialist Party. He was also President of the Socialist International from 1999 to 2005. He was the United

Nations High Commissioner for Refugees from June 2005 to December 2015, leading the organisation as crises broke out in Iraq, Syria, Libya and Europe, was hit by a flow of refugees from West Asia and North Africa. Before joining the organisation, he served for two decades in various positions in Portugal. Between 1995-2002, Mr Guterres served as the Prime Minister of Portugal when he played a key role in resolving the conflict in East Timor.



■ Union Home Minister Raj Nath Singh presiding over the concluding Session of AMCDRR 2016

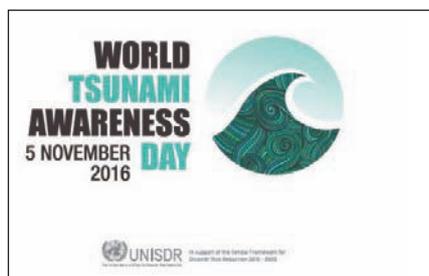
AMCDRR 2016

First World Tsunami Awareness Day commemorated

New Delhi Declaration, Asian Regional Plan adopted at AMCDRR 2016

THE three-day Asian Ministerial Conference on Disaster Risk Reduction (AMCDRR) 2016 came to an end with the adoption of the 'New Delhi Declaration' and the 'Asian Regional Plan for Implementation of the Sendai Framework'. The Closing ceremony was presided over by Union Home Minister, Rajnath Singh. Earlier Prime Minister Narendra Modi Inaugurated Asian Ministerial Conference for Disaster Risk Reduction (AMCDRR) 2016

This was the first Asian Ministerial Conference for Disaster Risk Reduction (AMCDRR) after the advent of the Sendai Framework for DRR (SFDRR). The SFDRR (2015-2030) was adopted by at the Third World Conference on DRR at Sendai in Japan in



March, 2015. It identifies targets and priority action areas towards reducing disaster risk by 'reducing the damage caused by natural hazards like earthquakes, floods, droughts and cyclones, through an ethic of prevention'.

Asian region is especially vulnerable to

disasters, both natural and man-made, which are occurring with increased frequency and intensity, Home Minister Rajnath Singh said today. Addressing the Asian Ministerial Conference on Disaster Risk Reduction (AMCDRR) in New Delhi, Union Home Minister of India, Raj Nath Singh said eight of the ten disasters in the world occur in Asia, making two-thirds of the world's population vulnerable. "Disasters, both natural and man-made are occurring with increased frequency and intensity," he said. Raj Nath Singh said India believes that disaster resilience is the collective responsibility of all segments of society, including governments, business community, non-governmental sector and individuals. "If we



■ **The Prime Minister, Shri Narendra Modi and Home Minister Shri Rajnath Singh with the participants of Painting Contest at the Asian Ministerial Conference on Disaster Risk Reduction, in New Delhi on November 03, 2016. The Minister of State for Home Affairs, Shri Kiren Rijju also seen**

all work together with a united focus and a shared sense of responsibility to improve disaster resilience, we will be far more effective than the individual efforts of any one sector. This is, therefore, a timely and important conference, a critical first step in implementing the Sendai framework in our region, Disaster risk recognises no political boundaries and this includes risks caused by human actions: disasters in one region can, and will, impact other regions. It is, therefore, also satisfying that today we realise that both disaster risk reduction, and

disaster relief need to be supported through bilateral, regional and international cooperation, including partnerships," he said. Home minister observed it is with this spirit of regional and international cooperation that India has supported, and is always ready to support, other countries, especially its neighbours, in disaster mitigation and management efforts. "We offer the best we have in terms of technology, capacity building and relief expertise to all those in need. We are uncompromisingly committed to regional and international cooperation in

this regard," he said. In his welcome address, Minister of State for Home Kiren Rijju said in the last few decades Asia-Pacific region has experienced exponential increase in disasters. "These have often hampered the achievement of development goals. The harshest impact is often on the most vulnerable and marginalised people. The impact of natural disasters has been growing rapidly due to global population growth, urbanisation and increased socio-economic activity-with a tenfold increase in losses from disasters since the 1970s," he said. ■



■ .Lobsang Chongey won 1st consolation prize at AMCDRR 2016 national level painting competition held in Delhi. Prime Minister Narendra Modi Congratulates and wishes him.



■ .Winners of the short film competition were felicitated during the Closing ceremony of the Asian Ministerial Conference for Disaster Risk Reduction (AMCDRR) 2016 here today. The competition was held on the theme of Risk Sensitive Development for Community Resilience.



NEW DELHI DECLARATION, 2016

The 'New Delhi Declaration' is a political statement spelling out the commitment of participating governments towards preventing and reducing disaster risk, and strengthening the resilience of communities, nations and the Asian region. Recognising the need to accelerate the implementation of global frameworks, it commits to a people-centred and whole-of-society approach towards DRR. It also emphasises the need to enhance the capacity of communities and ensure participation of all stakeholder groups towards achieving resilience.

Asian Regional Plan

The 'Asian Regional Plan for Implementation of the Sendai Frame work' focuses on the 'How to' reduce disaster risk at national and local levels. It has arrived at a longer term road map of cooperation and collaboration, spanning the 15-year horizon of the Sendai Framework, as well as a two-year action plan to further disaster risk reduction with specific, actionable activities.

Voluntary action statements of stakeholder groups towards a 'shared responsibility' approach in implementation of the SFDRR were also made.

The Conference also commemorated the first World Tsunami Awareness Day to spread awareness on tsunami. The observance of the day stressed on the importance of early warning systems and preparedness of communities in order to mitigate damage from the often devastating natural hazard.

Winners of a short film competition organised during the Conference on themes related to DRR were felicitated by ShriRajnath Singh.

Established in 2005, the AMCDRR is a biennial conference jointly organized by different Asian countries and the United Nations Office for Disaster RiskReduction (UNISDR).

The next AMCDRR will be held in Mongolia in 2018

A conglomeration of different nationalities and contradictions

Is Pakistan a failed state?

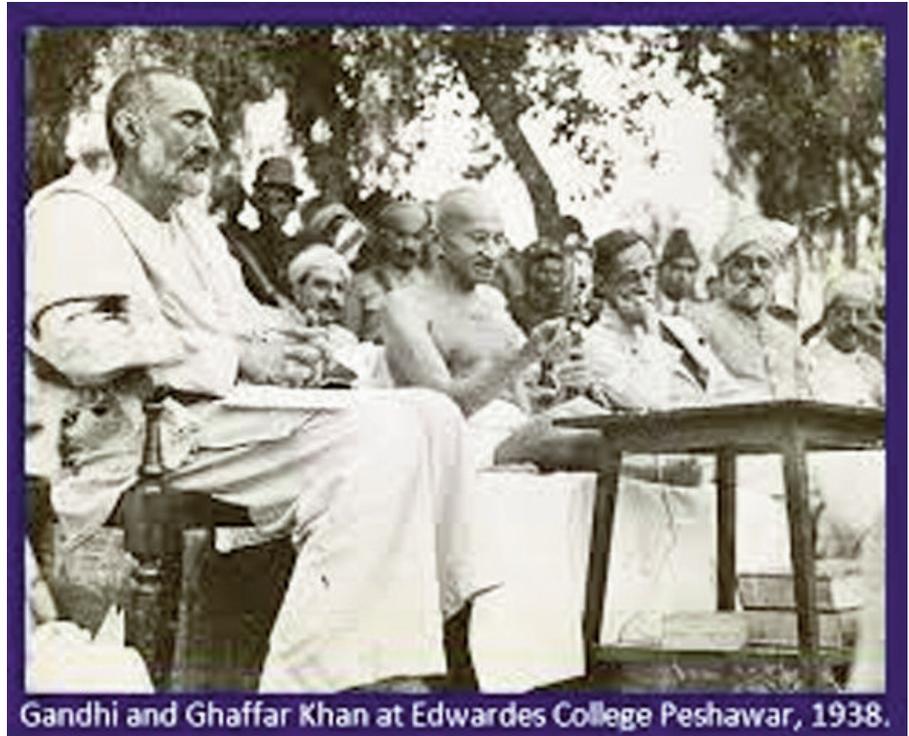
By Suresh Srivastava



SOME time back I was in Prague the capital of Czech Republic. The People of this beautiful city are very warm and hospitable. The UNA of Czech Republic had invited me to take part in the conference on 'Unilateralism vs. Multilateralism'. I got an opportunity to meet many students, professors and politicians of that country and got an opportunity to know more about Czech Republic. What baffled me, why Czech separated from Slovakia? I asked the people there that the skin colour, language, customs and religion of Czech and Slovakia People are the same then why they separated. The stock reply I got from everyone was that culturally we are different so, we parted the company.

Pakistan is harping on the theory that Kashmir a part of Jammu and Kashmir State of India is having a Muslim majority therefore it belongs to them. If the religion is the main binding factor then the world would not have seen World War – I and World War-II. Similarly, war between Iraq and Iran, war between Iraq and Kuwait, war between Iraq and Saudi Arabia would not have taken place. There are many such examples where the people of the nations professing the same religion have gone on war with each other.

The world is divided in the form of many nations due to historical and geo-



Gandhi and Ghaffar Khan at Edwardes College Peshawar, 1938.

graphical reasons and certainly not on the basis of religion. Every nation is having many ethnic groups in their country but that does not mean that they should remain separate or together. Nations were formed due to historical and geographical reasons. The division of Indian subcontinent on the ground of religion was one great mistake committed by the leadership of freedom movement of India. Pakistan was carved out of India by forming West-Pakistan and East-Pakistan. It's a recent history that East-Pakistan revolted against West-Pakistan though professing same religion but on the ground of discrimination by Punjabi dominated West-Pakistan against Bengali Muslims who were culturally totally different.

The myth created by creation of Pakistan on the basis of religion is totally mis-

conceived. To really understand Pakistan, we must see it through the lenses of Cast and not religion. The population of Pakistan comprises several main ethnic groups speaking different language and also observing their own tradition and culture:-

- 1.Punjabis (42.15%) 70.7 million**
- 2.Pashtuns (17.42%) 35.2 million**
- 3.Sindhis (14.1%) 24.8 million**
- 4.Seraikis (10.53%) 14.8 million**
- 5.Muhajirs (7.57%) 13.3 million**
- 6.Balochs is (3.57%) 6.3 million**
- 7.Others (4.66%) 11.1 million**

1947 produced a Pakistani Punjab that was heavily weighted in favour of peasant cast that is Jaat dominated in its thinking and insufficiently modern to escape its cast culture. How does this relate to the current crises while India decide its own course of action following the attack on Uri by

changing its policy from protest to hot pursuit, do we have sufficient analysis of why Pakistan behave the way it does, why it seems that it is unable to let go of violence even when its self interest is damaged. The call of Pakistan to give support to Kashmir is self damaging and self destructing. While the cause of Balochistan is recent on the radar of India, the Pakhtoons and Sindhi's are also demanding their independence from Pakistan. A Sindhu Desh rally was organized in Karachi in March 2012, followed by a freedom march by the pro-separatist Jeay Sindh Qaumi Mahaz which according to sources gathered hundreds of thousands of people to demand independence for Sindhu Desh.

A strike called by the pro-separatist Jeay Sindh Muttahida Mahaz (JSMM) on 25 January 2014, resulted in a complete strike in the province, excluding some areas of Hyderabad, Tando Allahyar, Matiari and Ghotki. Sindhis feel that they are separate and full-fledged nations, so they have been struggling for self-determination of Sindh.

Sindh is the member of UNPO and its declared as Occupied & Unrecognized territory by the Unrepresented Nations and Peoples Organization and Sindh is represented in (UNPO) by the World Sindhi Institute.

Pashtu's are concentrated in the West and North-West of Pakistan known as Federally Administrated Tribal Areas (FATA) and are also found in Sindh, Punjab, Gilgit – Baltisatan and a large number in Islamabad. The main language spoken is Pashto. The Pashtu's practice pashtunawali, the indigenous of Pashtu's and this pre-Islamic identity remains significant for many pashtuns and is one of the factor that have kept the Pashtunishtan issue alive. During struggle for independence Khan Abdul Gaffar Khan a great pashtun leader was greatly associated with Mahatama Gandhi and when partition was announced he rued and said that India has left us at the mercy of wolfs. During his life time he never reconciled to the idea of merging Pashtunishtan with Pakistan. The Saraikis also known as Multani are an ethno linguistic group in central and south eastern Pakistan, they speak Saraikis (Multani). Saraikis constitute 10.53% of the population of Pakistan and are never at ease with the Punjabi speaking majority community as they feel they are culturally

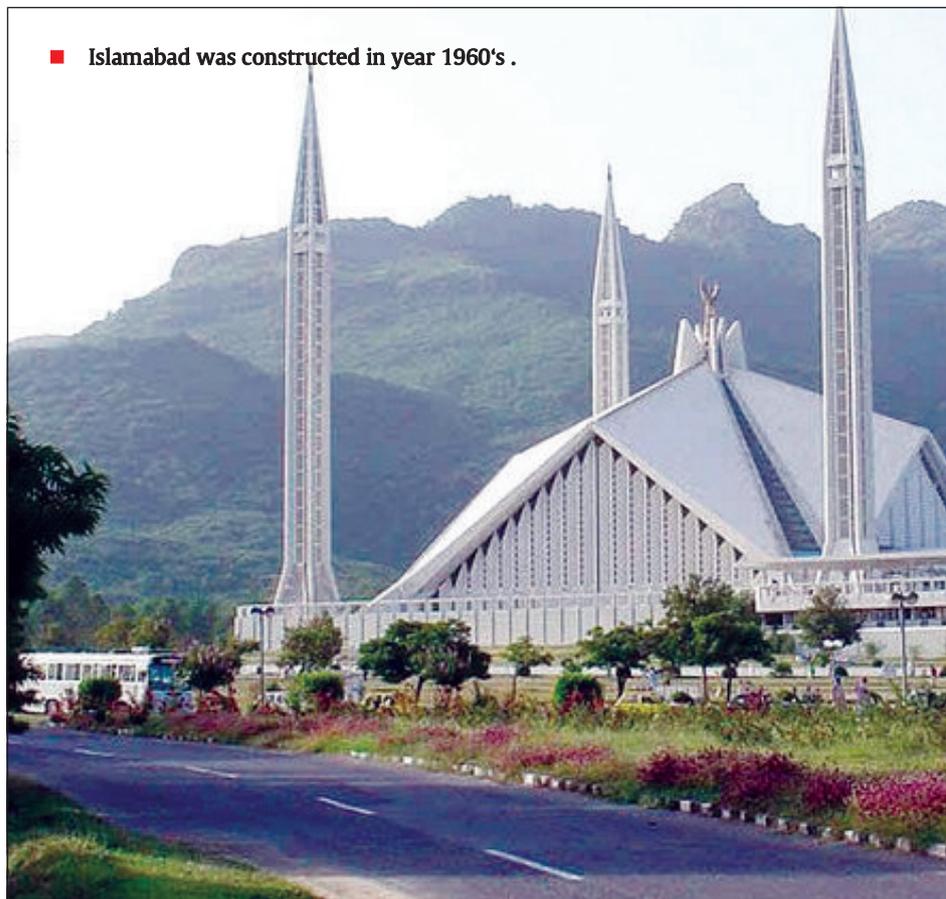
different from Punjabi's.

A large number of Muslims migrated from Uttar Pradesh, Bihar, Madhya Pradesh and Rajasthan but mainly they are from Uttar Pradesh and Bihar and they are even today i.e. after 68 years of creation of Pakistan being called Mohajirs (Refugees). Now, it is their fourth generation and still they are called Mohajirs and still in search of an identity in a country that was in reality created as an Islamic State regardless of language, race or creed. The Mohajirs still feel ostracised in Pakistan and think that their migration to the Promised Land was nothing but a fools dream. They have not been assimilated in the national soil and Urdu speaking Mohajirs are looked-down as second grade citizens. They constituted 7.57% of the population of Pakistan.

Pakistan is a conglomeration of different nationalities and contradictions and still searching for an identity as nation. Pakistan has become a Jihadist heartland due to its inner contradictions. Absence of

the rule of law and the presence of parallel Sharia courts has resulted in Pakistan becoming a no men's land where criminals and militant networks flourish. They have Jihadi Madarsas linked to Islamabad's Lal Masjid. The area around southern Punjab, Sindh and Dera Bugti are sanctuaries for Jihadi groups due to lack of governance. They have thousands of Madarsas run by Deobandi Seminaries in Pakistan. Deobandi Seminaries are also operating in India and running Madarsas where students are given education of Islam but in the process they get radicalised. Similarly, Barelvi Seminaries which also has its origin from India Bareilly, Uttar Pradesh are also running Madarsas in Pakistan. A recent report by the Brussels based crises group which focus on the role of Madarsas in promoting religious fundamentalism in Pakistan corroborates India's assertion that Pakistan exports terrorism. The report titled, 'Pakistan's Jihadist heartland – Southern Punjab' says Jihadist groups like Jaish-E-Mohammad have creat-

■ Islamabad was constructed in year 1960's .



ed parallel legal structures that exploit political dysfunction. Radical Deobandi and Barelvi groups continue to receive donations from Islamic Countries, Trader Community and Land owners of Pakistan. But the main protection comes to such organization that are spitting fire and hate against India from the Pakistan Army and Pakistan Government. Pakistan has yet to realise that given its own fragile condition it can ill afford to continue the policy of state sponsored terrorism and exporting terrorism. They have not learnt from the experience of America in Afghanistan where the Taliban's were first nurtured by USA against Soviet Union and later on they had to fight with

them with all military might.

Similarly, Pakistan has not learnt from the recent history of his own country wherein Bengali Nationalism rejected religion as unifying factor for a nation and Bangladesh was created. Kashmir's are different from Punjabi's. The culture of Kashmir is entirely different from Pakistan which is predominantly a Punjabi nation. The majority community in Pakistan profess Sunni Islam which strictly prohibit worshipping at Major's or believing in Sufism, whereas Kashmir people predominantly believes in Sufi Islamic religion and a large number are Shia. In Pakistan Shia are treated day in and day out as second grade citizen and non-believers or oppose to Islamic tenets as the majority profess Sunni Islamic religion.

India is a country where more Muslims live than in Pakistan professing Sunni, Shia and Sufi Islamic religion. There are Muslims from South, from North, from East to West all culturally different but in a secular democratic country they have all equal right to flourish and prosper. The rights of the minorities are not only protected under the Constitution of India but they are given better rights for professing and protecting their religion under Article 25-28 of the Constitution of India and these rights are not available to majority community thereby giving more advantage to the minority community in comparison to majority community. It's high time for the leadership of Pakistan to change their policy of exporting terrorism in their own interest, in the interest of peace, stability and progress of the region. ■



Children of Kashmir Separatists

**By Kadambari Sahai
(Resident of Milan, Italy)**

An Eye Opener for Kashmiris on whose children's cost these icons claiming themselves separatists are enjoying life.

1 Syed Salahuddin Lives in POK under the protection of Pakistan Government, His eldest son works in a hospital in Srinagar, 2nd son in education dept, 3rd son in irrigation dept. 4th son of Syed Salahuddin is doctor, 5th son finished masters in tech. None are jihadi and all live safe secured and comfortable lives. They have full protection by Kashmir Government

2 Syed Ali Geelani Spends his winters in Delhi and rest in Srinagar under security provided by govt, elder son and his wife doc in Pakistan. Geelani's 2nd son lives in Delhi, grandson works with an airline company, daughter married to an engineer stays in Jeddah.* None comes out on the streets for protest in Kashmir

3 Ashiya Andrabi Elder son studies Info Tech in Malaysia and also Capt of University Cricket team, younger studies in Srinagar. Never seen on streets along with protesters.

4 Mirwaiz Umar Farooq Married to an American citizen and himself a green card holder, his sister too an American citizen and doctor. He is enjoying life in Kashmir by inciting poor youths for stone throwing.*

5 Farida Behenji chairperson of JKMM, her only son well settled in South Africa as a doctor*

6 Muhammad Ashraf Sehrai Hurriyat leader, sent his son to dubai to study computer engineering*

7 Ghulam Nabi Sumji, Geelani's right hand, his only son doing his management studies from New Delhi*

8 Ayaz Akbar spokesperson Hurriyat Conf, his son Sarwar Yakub studies management in Pune*

9 Masarat Alam Bhat chairman Muslim league, Geelani's heir apparent, both his sons study in Srinagar and never joined any stone pelting*

10 Abdul Aziz Dar strong voice in Hurriyat, both sons leading a safe and luxurious life in Pakistan,* .

Kadambari Sahai is a resident of Milan (Italy)

GLOBAL WATER MEET 2016

Experts from five continents adopt Dharwad Declaration on Climate Change

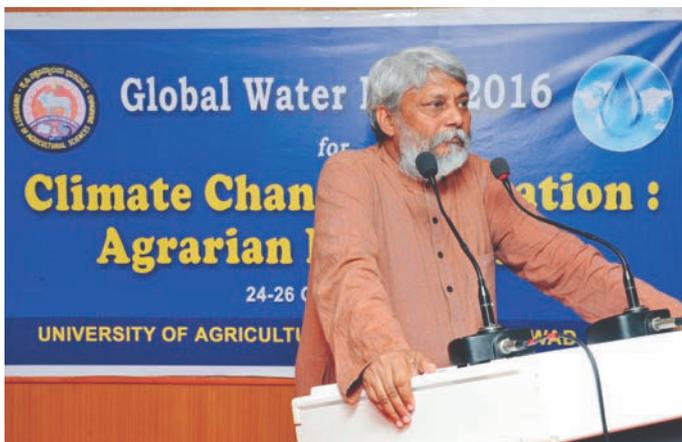
■ Deepak Parvatiyar

Climate change influences many parameters among which the critical one is water resource. Challenges in the water sector are aggravated by climate change impacts. At 22nd Conference of the Parties (COP-22) to the United Nations Framework Convention on Climate Change to be held in Morocco in November this year, efforts are being made to bring water, climate adaptation and community action with agrarian perspectives to the centre stage of global climate change debate. It is in this light scientists, researchers, academics, policy makers, social activists, NGOs and farmers from 20 countries from five continents, sat for three days to deliberate on climate change, water and Agriculture to formulate their recommendations for COP-22, at the University of Agricultural Sciences in Dharwad in Karnataka between 24th and 26th October. The Dharwad Declaration -- the outcome document of the three day round table meet -- Global Water Meet 2016 for Climate Change Adaptation: Agrarian Perspective -- called for putting people first in any climate change negotiations. It worked out "ways and means for execution" of UNFCCC in Paris in 2015 (COP-21) and Sustainable Development

■ Dr. DP Biradar, Vice Chancellor, University of Agricultural Sciences, Dharwad, Magsaysay and Stockholm Water Awards winner Dr. Rajendra Singh, and Deepak Parvatiyar, Senior Journalist at Global Water Meet 2016 in Dharwad



ENVIRONMENT



■ The Waterman of India, Dr Rajendra Singh addressing the gathering at Global Water Meet 2016 for Climate Change Adaptation: Agrarian Perspective, at University of Agricultural Sciences, Dharwad in Karnataka

Goals 2030. The meet was organised by the University of Agricultural Sciences in collaboration with 13 Indian and international organizations -- Department of Agriculture and Co-operation & Farmers Welfare, Government of India, Indian Council for Agricultural Research, Ministry of Agriculture, Government of Karnataka, Ministry of Water Resources, Government of Karnataka, International Crops Research Institute for the Semi-Arid Tropics, Hyderabad, IOWA State University, USA, Geological Society of India, International Water Management Institute, Sri Lanka, University of Agricultural Sciences, Raichur, University of Agricultural Sciences, Bengaluru, University of Agricultural and Horticultural Sciences, Shivamogga, University of Horticultural Sciences, Bagalkot, Tarun Bharat Sangh, Rajasthan and Central Ground Water Board, Faridabad. Regretting that climate change as on today was addressed mostly as a technical and a political issue, the experts demanded that "All measures related to adaptation and mitigation should start from the local people's potential and needs, respecting their dignity and right to development." The Dharwad declaration called for community based decentralized solutions to planning, rejuvenation, conservation and management of water resources, whether it is on a river basin management framework or revival of water bodies and aquifers; recommended ecological agriculture as an important resilience tool for climate adaptation and mitigation, based on local communities' wisdom, traditional knowledge and bottom up solutions; and urgent public awareness and joint action of all stakeholders to ensure environmental and ecological sustainability. It stressed the urgent need for increased public investment, with convergence among the state, civil society, communities and private sector institutions at the policy and implementation levels. "There is need to encourage policy-makers to develop an integrated climate change strategy for those sectors most affected by climate change: water and agriculture," Fischer Chiyake, President, Zimbabwe United Nations Association, who participated in the deliberations, said. Talking to Deepak Parvatiyar, senior journalist and Media Advisor of IFUNA,





■ Left to Right: Mr. Deepak Parvatiyar, Senior Journalist and Media Advisor, IFUNA, Mr Fischer Chiyanike, President, Zimbabwe UNA, Ms. Aida Shibli, founder of the Global Campus Palestine among others



Fischer Chiyanike, President, Zimbabwe UNA

about the three day meet, Magsaysay and Stockholm Water Awards winner Dr. Rajendra Singh, one of the key organisers of the meet, said that the biggest take-away of the event was "thesharing of different practices prevailing in different countries under one roof... We will place the finding of this meet before the Morocco Convention." He added that climate cannot be discussed by excluding water: "Now water is at the centre of discussion and the discussion on water in Morocco will have large impact."

Incidentally it was because of the pressure groups led by Singh that water was included as an issue for the first time in COP-21 in Paris last year ■



■ Deepak Parvatiyar seen with others delegates

INDIA RANKED 130

'Ease of Doing Business'

Prime Minister express concern

P RIME Minister has asked officials to analyse why India ranked 130th in 'Ease of Doing Business' Prime Minister Narendra Modi expressed his anguish and has asked top officials in states and at the Centre to study the latest World Bank report which has ranked the country at 130th place out of 190 nations in 'Ease of Doing Business'. Prime Minister has also asked them to analyze areas requiring reforms and improvement. He referred to the World Bank's report on 'Ease of Doing Business' during his monthly meeting of PRAGATI (Pro-Active Governance and Timely Implementation), an ICT-based platform where he interacts directly with top officials of states to discuss implementation of programmes and schemes. While talking about various reforms, Modi said those should extend to all departments of the government. "Mentioning the World Bank's latest Report on 'Ease of Doing Business', the Prime Minister asked all Chief Secretaries and all Secretaries of the Government of India to study the report, and analyze the potential areas where there is scope for improvement in their respective departments and states," In the World Bank's latest 'Doing Business' 2017 report, India's place remained unchanged from last year's original ranking of 130 among the 190 economies that were assessed on various parameters. But the last year's ranking has been revised to 131 from which the country has improved its place by one spot. His remarks came amid disappointment in the country over the country's low ranking, with Commerce and Industry Minister Ms. Nirmala Sitharaman saying the efforts and reforms undertaken by the Centre and states have not been adequately captured.

Prime Minister Narendra Modi asked top officials at the Centre and States to review the World Bank's latest Report on Ease of Doing Business which had ranked the country at 130th place, out of 190 nations, and submit a report to the Centre



■ Prime Minister Modi with PMO officials at the Pragati meeting. In New Delhi

in a month's time on potential areas of improvement.

"He has asked all Chief Secretaries and all Secretaries of the Government of India to study the report, and analyse the potential areas where there is scope for improvement in their respective departments and states. He also asked for a report from all concerned in this regard, within a month, and asked the Cabinet Secretary to review it later.

Meanwhile, Commerce and Industry Minister Nirmala Sitharaman has expressed disappointment over the country's ranking given by the World Bank in its Doing Business report.

The Minister said "Team India" has been doing a lot of work and the report does not adequately capture them.

"Not only the government of India, but every State is actively engaged and wants to ease the situation... While I am not really discouraged, it is disappointing," Sitharaman said.

Despite the government's efforts to push up India's rankings to the top 50 in the ease of doing business, its position has



■ India's ranking disappointing, but reforms will continue, says Commerce Minister Nirmala Sitharaman

improved by just one notch in the latest edition of the World Bank's Doing Business report.

India was placed at 130 amongst 190 countries in the report in 2017, just one slot higher than the revised rank for 2016.

Sitharaman said the report may not have taken into account reforms such as setting up of commercial courts, which may not have gone into the systems of the World Bank as it has happened on different dates and States. Stressing that the target of reaching the top 50 countries on the report

is still intact, the Minister said the government would continue with reforms to improve the ease of doing business in the country – a key consideration for foreign investors.

“The ranking gives me the message that we have to be even more focused now and even speedier in doing ahead what we are doing,” she said

Ministry officials also pointed out that many of the reforms will have long-term impact.

“We are doing more than what the World Bank has stipulated on reforms. We have taken an integrated approach after studying global best practices,” said Shailendra Singh, Joint Secretary, Department of Industrial Policy and Promotion.

Industry support

India Inc also jumped to the government's defence and said reforms such as the passage of the Insolvency Code and the Constitution Amendment Act for the Goods and Services Tax were not factored in as they were passed after the report's cut-off date of June 1.

“The Doing Business report ... measures the investment climate only in Delhi and Mumbai. Many reforms that have taken place with the monitoring of DIPP at the state level are not considered and do not reflect in the country wise ranking,” said CII President Naushad Forbes, adding that there have been significant changes on the ground to improve ease of doing business.

Noting that the investment climate has improved and led to increased foreign capital inflows due to wide ranging reforms, Harshvardhan Neotia, President, FICCI, however, said that States need to deepen their efforts in specific areas for improving the rankings further.

Feedback mechanism

“A regular feedback mechanism as suggested by the Government to implement the reforms shall help in achieving results faster and FICCI would be happy to support government in this regard,” he said.

Finance Minister Arun Jaitley too had earlier noted that India's ratings on the Ease of Doing Business report may improve only next year as reforms including the passage of the Insolvency and Bankruptcy Code and the Constitution Amendment Bill for GST were undertaken after its cut-off date ■

Modi cautions new IAS recruits Not to over ride policy Inculcate team spirit



■ Prime Minister Narendra Modi addressing the newly recruited I.A.S.

PRIME MINISTER Narendra Modi has advised to newly joined IAS officers - politics should never override policy. Decisions should never affect the national interest and harm the poorest of the poor.

As per the PMO, “The Prime Minister urged the officers to inculcate team spirit, and work towards breaking silos, in whatever capacity they serve.”

These officers started working as assistant secretaries in 58 central government departments from August 1, instead of starting their career from the cadre states assigned to them, after their training at the Lal Bahadur Shastri National Academy of Administration, Mussoorie.

“Stating that politics should never override policy, the Prime Minister urged the officers to use two

touchstones to help them in their decisionmaking: that the decisions should never be counter to national interest, and that the decisions should not harm the poorest of the poor,” it added

The IAS officers of 2014 batch who have completed their three-month stint at Centre as assistant secretaries made eight presentations before Modi on various themes of governance such as DBT, Swachh Bharat, e- Courts, Tourism, Health and Satellite Applications in Governance. He said the attachment of IAS officers as assistant secretaries had been envisaged as a mechanism to bring the best out of the blend of youth and experience, the statement said. Modi told young officers that the result as presented, gave him satisfaction that this vision was well on the road to realization



Chief economist of World Bank Paul Romer to visit India in November?



On criticism of World Bank's Doing Business ranking methodology, India director Junaid Ahmad has requested chief economist of World Bank Paul Romer to visit India in November to specifically look into this methodology issue.

Andhra Pradesh, Telangana top ease of doing business ranking

Andhra Pradesh and Telangana jointly topped the "Ease of Doing Business Reforms Ranking 2015-16", conducted by the Department of Industrial Policy and Promotion (DIPP) and the World Bank, relegating Gujarat, last year's top ranker,

to the third spot.

The reordering of the ranking signals that competitive federalism is rapidly taking root as states move swiftly to showcase themselves as ideal investment destinations.

Eight of the top 10 states in DIPP's 340-point Business Reform Action Plan are governed by the National Democratic Alliance. They were ranked on their implementation of DIPP-proposed reforms in period between July 2015 and June 2016.

Commerce and industry minister Nirjala Sitharaman said she is happy states are taking this whole exercise seriously

and competing actively. "Last year, only seven states implemented more than 50% of the reforms proposed. This year, 17 have implemented more than 50% of the 340 reforms listed by DIPP," she said. "Last year, not a single state implemented more than 75% of reforms, this year, 16 states implemented more than 75%," she added. DIPP ranked states on six key reform areas: single-window systems, tax reforms, construction permits, environment and labour reforms, inspection reforms, and commercial disputes and paper-less courts.

Interestingly, India moved up by only one spot to 130 in 2017 ranking of the

WHERE THEY STAND

	Rank 2015	Rank 2016		Score (In %)
Telangana, Haryana and Uttarakhand have improved the most in the DIPP-World Bank ease of doing business rankings.	2	1	▲	Andhra Pradesh 98.78
	13	1	▲	Telangana 98.78
	1	3	▼	Gujarat 98.21
	4	4	◆	Chhattisgarh 97.32
	5	5	◆	Madhya Pradesh 97.01
	14	6	▲	Haryana 96.95
	3	7	▼	Jharkhand 96.57
	6	8	▼	Rajasthan 96.43
	23	9	▲	Uttarakhand 96.13
	8	10	▼	Maharashtra 92.86

Source: DIPP

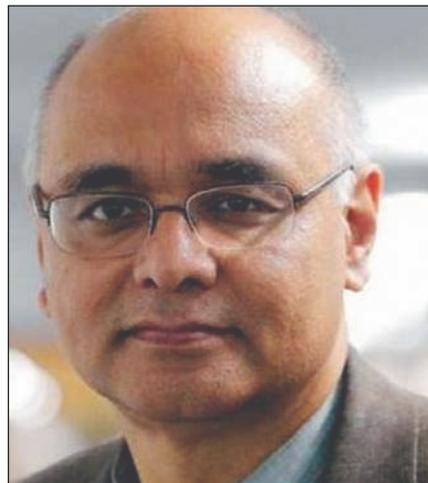


■ World Bank rankings are relative: Nirmala Sitharaman

Doing Business survey by the World Bank released last week. World Bank includes only Mumbai and Delhi cities in its survey, both of which performed poorly in the state ranking. Maharashtra fell by two spots to 10th rank this year while Delhi fell by four spots to 19th rank in DIPP's state ranking. Hence there is criticism of its methodology.

DIPP said states have created a dedicated body as a one-stop system for state-level regulatory and fiscal incentives approvals for single-window clearances. The states have also made good progress in tax reforms by mandating e-registration for value-added tax, central sales tax, and other such, and by allowing online payment and tax return filing.

States have also implemented advanced automated solutions to deal with environmental- and pollution-related applications and approvals. A number of inspection reforms, with regard to



■ World Bank India Director, Junaid Ahmad

labour, tax and environment related compliances, have also been introduced across the states to help businesses comply with inspection requirements in a

user-friendly manner.

There has also been significant progress this year in the area of judicial reforms compared to last year, particularly due to the passage of the Commercial Appellate Divisions Act in 2015 which permits setting up of commercial courts to resolve such disputes.

While 12 states were ranked as leaders with 90-100% implementation record, 17 states and union territories, including Kerala, Goa and most north-eastern states, were ranked as laggards that need "jump -start" with 0-40% implementation record.

"The results of the assessment demonstrate states have increasingly risen to addressing the challenge of making it easier to do business. The national implementation average stands at 48.93%, significantly higher than last year's average of 32%," a DIPP statement said. ■

EIGHT OF THE TOP 10 STATES IN DIPP'S 340-POINT BUSINESS REFORM ACTION PLAN ARE GOVERNED BY THE NATIONAL DEMOCRATIC ALLIANCE. THEY WERE RANKED ON THEIR IMPLEMENTATION OF DIPP-PROPOSED REFORMS IN PERIOD BETWEEN JULY 2015 AND JUNE 2016.

GLOBAL PEACE INDEX 2016

The world has become less peaceful over the last decade

The report says the world has become less peaceful over the last decade, with a deterioration of 2.44 per cent in the average country Global Peace Index score.

The fall in peacefulness was not evenly distributed around the globe. Seventy-seven countries actually became more peaceful over this period compared to 85 which deteriorated. Most of the deterioration in peacefulness was concentrated in four areas: the Middle East and North Africa, northern sub-Saharan Africa, Central America and the countries dividing Russia from Europe, particularly Ukraine. The region with the largest deterioration in peacefulness was the Middle East and North Africa. It had the largest average deterioration on seven of the 23 GPI (Global Peace Index) indicators. Most of these changes were linked to the conflict in Syria and the increase in the number of refugees and IDPs. On average, internal indicators deteriorated while external indicators improved. The biggest deteriorations occurred in terrorism impact, refugees and IDPs and deaths from internal conflict, while the biggest improvements occurred in military expenditure, armed service personnel rate and external conflicts fought. Two indicators improved by more than ten per cent, external conflicts fought and UN peace-keeping funding. The terrorism impact indicator had the greatest overall deterioration, with all but two regions recording an increase in terrorism over the past decade. The total number of deaths from terrorism rose from less than 10,000 in 2008 to over 30,000 in 2014. Terrorism is at historical levels, battle deaths are at a 25 year high, and the number of refugees is at a level not seen in sixty years. Internal peace and the societal safety and security domain declined every year for the past eight

<p>30 MALAYSIA (1.648) Militarisation: 1.3 Society and Security: 2.3 Domestic and International Conflict: 1.1</p>	 <p>26 CROATIA (1.633) Militarisation: 1.7 Society and Security: 1.9 Domestic and Int. Conflict: 1.3</p>
<p>29 BULGARIA (1.646) Militarisation: 1.6 Society and Security: 2.1 Domestic and International Conflict: 1.1</p>	 <p>25 SPAIN (1.604) Militarisation: 1.9 Society and Security: 1.9 Domestic and Int. Conflict: 1.1</p>
<p>28 BOTSWANA (1.639) Militarisation: 1.7 Society and Security: 2.1 Domestic and International Conflict: 1.0</p>	 <p>24 SLOVAKIA (1.603) Militarisation: 1.5 Society and Security: 1.7 Domestic and Int. Conflict: 1.5</p>
<p>27 CHILE (1.635) Militarisation: 1.7 Society and Security: 2.1 Domestic and Int. Conflict: 1.0</p>	 <p>23 MAURITIUS (1.559) Militarisation: 1.52 Society and Security: 2 Domestic and Int. Conflict: 1.0<</p>



years. The armed services personnel rate declined in 39 of the 51 countries classified as authoritarian regimes since 2008. ? The number of refugees and IDPs indicator, deteriorated across all regions and for all government types since 2008. ? Nine countries have more than ten per cent of their population displaced in some form, with Somalia and South Sudan both having more than 20 per cent and Syria over 60 per cent. ? In the long term trend, since the end of the Second World War, there have been a number of positive and negative trends in peacefulness. ? Firstly, there has been a shift away from conflict between nations to conflict within nations, with a parallel shift away from external militarisation to a focus on internal security. As internal conflict became more prominent, external parties are now more likely to become involved, or to suffer from the consequences of violence as local conflicts turn into regional or even continental crises. ? Finally, while societal safety and security has been improving, there has been a large increase in expenditure related to containing violence, such as policing and incarceration over the past 50 years, as an absolute inflation-adjusted figure, and also as a percentage of total government spending. The world has become less peaceful over the last decade, with a deterioration of 2.44 per cent in the average country GPI score.

The world's most peaceful countries

A study conducted by Global Peace Index ranked 163 countries based on 23 parameters to determine the most peaceful countries in the world. The study found that the world is becoming increasingly divided when it comes to peace. Let's take a look at the top 30 most peaceful countries in the world according to the 2016 study.■

22

POLAND (1.557)

Militarisation: 1.6
Society and Security: 1.7
Domestic and Int. Conflict: 1.3

18

BELGIUM (1.528)

Militarisation: 1.5
Society and Security: 1.9
Domestic and Int. Conflict: 1.2

21

NETHERLANDS (1.541)

Militarisation: 2.1
Society and Security: 1.5
Domestic and Int. Conflict: 1.5

17

NORWAY (1.5)

Militarisation: 2.4
Society and Security: 1.3
Domestic and Int. Conflict: 1.1

20

SINGAPORE (1.535)

Militarisation: 2.1
Society and Security: 1.6
Domestic and Int. Conflict: 1.1

16

GERMANY (1.486)

Militarisation: 1.8
Society and Security: 1.6
Domestic and Int. Conflict: 1.1

19

HUNGARY (1.534)

Militarisation: 1.1
Society and Security: 1.8
Domestic and Int. Conflict: 1.5

15

AUSTRALIA (1.465)

Militarisation: 1.7
Society and Security: 1.6
Domestic and Int. Conflict: 1.1





5
PORTUGAL (1.356)

Militarisation: 1.4
Society and Security: 1.6
Domestic and Int. Conflict: 1.1

14
SWEDEN (1.461)

Militarisation: 2.2
Society and Security: 1.3
Domestic and Int. Conflict: 1.1

9
JAPAN (1.395)

Militarisation: 1.3
Society and Security: 1.4
Domestic and Int. Conflict: 1.5

4
NEW ZEALAND (1.287)

Militarisation: 1.3
Society and Security: 1.4
Domestic and Int. Conflict: 1.1

13
BHUTAN (1.445)

Militarisation: 1.3
Society and Security: 1.6
Domestic and Int. Conflict: 1.4

8
CANADA (1.388)

Militarisation: 1.6
Society and Security: 1.5
Domestic and Int. Conflict: 1.1

3
AUSTRIA (1.278)

Militarisation: 1.3
Society and Security: 1.4
Domestic and Int. Conflict: 1.1

12
Ireland (1.433)

Militarisation: 1.3
Society and Security: 1.6
Domestic and Int. Conflict: 1.4

7
SWITZERLAND (1.37)

Militarisation: 2
Society and Security: 1.3
Domestic and Int. Conflict: 1.0366.

2
DENMARK (1.246)

Militarisation: 1.3
Society and Security: 1.3
Domestic and Int. Conflict: 1.1

11
FINLAND (1.429)

Militarisation: 1.9
Society and Security: 1.4
Domestic and Int. Conflict: 1.1

6
CZECH REPUBLIC

Militarisation: 1.2
Society and Security: 1.6
Domestic and Int. Conflict: 1.1

1
ICELAND (1.192)

Militarisation: 1.3
Society and Security: 1.2
Domestic and Int. Conflict: 1.1

10
SLOVENIA (1.408)

Militarisation: 1.3
Society and Security: 1.4
Domestic and Int. Conflict: 1.5



WORLD FEDERATION OF UNITED NATIONS ASSOCIATIONS (WFUNA) CELEBRATES ITS 70th ANNIVERSARY

WFUNA celebrated its 70th anniversary on August 2, 2016 at United Nations Headquarters in New York. WFUNA Secretary-General Bonian Golmohammadi brought a cake to meet with UN Secretary-General Ban Ki Moon and Ambassador Sylvie Lucas of the Permanent Mission of Luxembourg to the UN.

WFUNA was founded in 1946 in the Grand Duchy of Luxembourg by 22 United Nations Associations who established the international organization in support of the ideals of the United Nations, with the belief that peoples' involvement in all levels of local, national and global decision-making is essential in order to achieve the goals of the UN.

The group was joined by Edmond Mulet, Chef de Cabinet to the Secretary-General, in celebrating the milestone. They discussed the longstanding relationship between WFUNA and the UN, and Secretary-General Ban Ki Moon thanked the World Federation and all UNAs for their invaluable partnership and support of the UN. ■



WFUNA CELEBRATED ITS 70th BIRTHDAY AT ITS BIRTHPLACE- LUXEMBOURG

WFUNA was founded in Luxembourg in 1946. On its 70th anniversary, UNA Luxembourg partnered to celebrate WFUNA's birthday in its birthplace. The event represented an opportunity to celebrate WFUNA and United Nations Associations' achievements since the foundation of the Federation. Representatives from the founding United Nations Associations of Austria, Belgium, Denmark, France, Hungary and Switzerland were in attendance, along with representatives from Bulgaria, Croatia, Germany, and Sweden.



WFUNA Congratulates New Secretary-General of the United Nations

AFTER a successful campaign that was lauded for its "transparency and inclusivity" the process to select the next Secretary-General culminated in the election of H.E. Mr. Antonio Guterres.

WFUNA has been very active in the #NextSG process including a globally-used graphic that publicly released the results of each Security Council Straw Poll, press coverage and op-eds, and this staff video. After a strong relationship with outgoing Secretary-General H.E. Mr. Ban Ki-Moon, WFUNA look forward to working with H.E. Mr. Guterres and his team throughout his tenure.





Exciting New Partnerships: UN Women, Hellenic American Educational Foundation

WFUNA's work mission in achieving our Partnerships are vital to and the United Nations' Sustainable Development Agenda. We are extremely pleased to have signed a partnership with UN Women on International Day of the Girl Child to work together to achieve gender equality and SDG 5. We are also excited to have partnered with the Hellenic American Educational Foundation to begin offering our Training Programs at the UN to students from Greece.

UN Orchestra Spreads Message of Peace in Seoul, Korea

UN Day marks the anniversary of the entry into force of the UN Charter in 1945, an important day for the world, and WFUNA. To highlight this year event WFUNA celebrated with the UN Orchestra in the Republic of Korea on the "Music for Peace" Tour. We're thrilled that this month also saw a number of successes and opportunities including formalizing a partnership with UN Women and so much more!



The World Federation of United Nations Associations and the peace activities of Music for One, the UN Orchestra were invited to Korea to spread the message of world peace through music. The series of concerts entitled "Music for Peace," were held in Seoul, Gwangju, and Busan, South Korea from October 23-27. Through this tour, the UN Orchestra aimed to unite the UN community and civil society under the overarching message of peace.

UTKAL UNA CELEBRATED 71st U.N. FOUNDATION DAY



■ UTKAL UNA PRESIDEN MANORANJAN PATNAIK WELCOMING THE GUESTS

THE 71st UN foundation day was celebrated at Dhenkanal Debkanya Hotel on 30th October 2016. The Celebration was attended by a galaxy of eminent personalities such as Former Union Ministers Braja Kisore Tripathy and Bhajamana Behera , Asok Parija President Odisha High Court Bar Association, Enginner Akahsya Satpathy ,CBI Judge Sri Bbhikari Charna Rout, Prof.Diilip Nanda, Bramha Kumari Usha . Manoranjan Patanaik President Utkal UNA presided over the function . Doctor D C Patanaik and Doctor Asananda Das were honoured and given standing ovation by guests and members of UFUNA for their outstanding services to the society. Dipayan Patnaik secretary .UFUNA proposed a vote of thanks for attending the celebration. ■



■ The audience.

UNA ASSAM OBSERVES INTERNATIONAL LITERACY DAY

The United Nations Association of Assam and the Indian Federation of United Nations Associations, New Delhi in collaboration with Dakshin Kamrup College, Mirza, Guwahati observed the International Literacy Day on 8th September, 2016 at the College premises in Guwahati. The meeting started with Saraswati Bandana performed by students of the college. The Principal of the college, Dr. Ramesh Chandra, presided over the function. Dr. R. C. Barpatragohain, Dean of Guwahati University in his speech said the students must have awareness and knowledge about the sound environment of the peace and development in the state and it will materialise if there is sound education amongst the student's community.

Mr. Sanjeeb Kakoty, an educationist and a resource person, has stated that total development in the society will come if the students' community come forward for promoting peace and involve in the development in the society.

Dr. Aswini Sarma, Secretary General, United Nations Association-Assam, read out the message of Mrs. Irina Bokova, Director General of UNESCO on the occasion. Students, teachers, resource persons and distinguished guests were present on the occasion. The Vote-of-Thanks was proposed by the Head of the Department of Education, Department of the College. ■



■ Mrs. Alakita Barua, Member of UNA-ASSAM, Dr. Aswini Sarma, Secretary General - UNA ASSAM, Dr. Pranab Sandilya, Principal, Guwahati College, Mr. Sanjeeb Kakoty, Executive Member, UNA Assam



■ The Students of Assam



■ Assam UNA, Secretary General Dr. Aswini Sarma, addressing the audience

Kangra Kalam

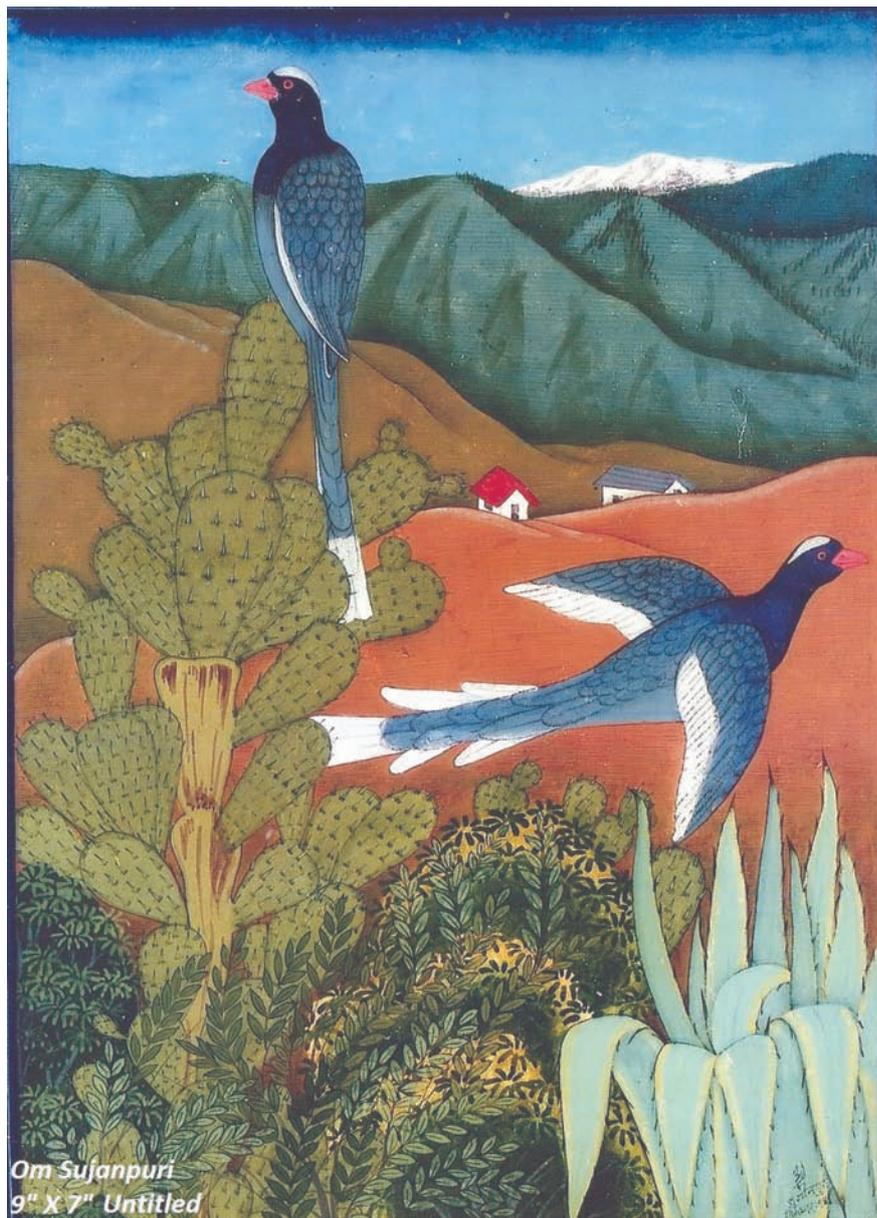
By Chander P Mahajan



INDIAN art is the term commonly used to designate the art of the Indian subcontinent, which includes the present political divisions of India, Pakistan, and Bangladesh. Although the initial impact of Islam on Indian art was generally destructive, Islamic influences entering India were gradually transformed in the new environment and eventually resulted in the flowering of an extremely rich and important aspect of the Indian genius. Painting is the best of all arts, conducive to dharma, pleasure, health, and emancipation. It gives the greatest pleasure, when placed in a house. By proper selection and distribution of colours paintings become delightful.

Miniature painting developed in western India in the 10th century in the state of Gujarat. The human figure was represented in the simplest and most visible manner. The Mughal School of miniature painting reached its zenith under Akbar and Jahangir; Pahari painting grew out of it, though this was patronized mostly by the Rajput kings who ruled many parts of the region, and gave birth to a new idiom in Indian painting. The colours were extracted from minerals, plant sources, conch shells, and even by processing precious stones; gold and silver were also used. The preparation of desired colours is a lengthy process, sometimes taking weeks. Artists use natural dyes and pigment extracted from leaves, herbs and flowers. The ornamentation was increased to result in heavy stylization.

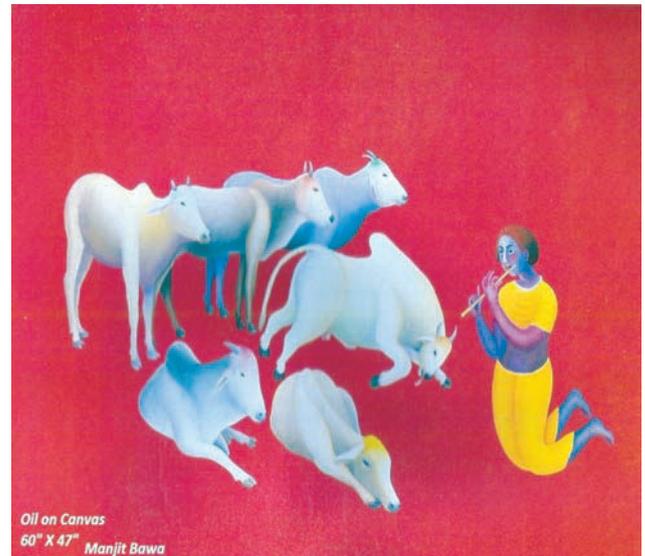
The pictorial art of Kangra is one of the finest gifts of India to the art-world,



named after Kangra, Himachal Pradesh, a former princely state, which patronized the art. The influence of late Mughal art is evident in the new Kangra style.

During the mid-18th century, a number of artist families trained in the late Mughal style apparently fled Delhi for the hills in search of new patrons and more

settled living conditions. This great art originated in Guler State, a small hill state in the Lower Himalayas when a family of Kashmiri painters trained in Mughal painting Style sought shelter at the court of Raja Dalip Singh (r. 1695-1741) of Guler. The rise of Guler Paintings started in what is known as the early phase of Kangra



Kalam. Maharaja Sansar Chand Katoch (r.1776-1824) was a great patron of Kangra art.

The new arrivals mingled with the local artists and were greatly influenced by the atmosphere of the hills. The Guler-Kangra art is the art of drawing and the drawing is precise and fluid, lyrical and naturalistic. In these styles the faces are well modelled and shaded so judiciously that they possess almost porcelain-like delicacy.

The paintings were naturalistic and employed cool, fresh colors. The colors were extracted from minerals, vegetables and possessed enamel-like lustre. Verdant greenery of the landscape and springs were the recurrent images on the miniatures. Towns and house clusters were often depicted in the distance. Today, using digital tools, these small scenes can be enhanced and reframed, and are found to be so detailed as to stand alone. The focal theme of Kangra painting is Shringar (the erotic sentiment). The subjects seen in Kangra painting exhibit the taste and the traits of the life style of the society of that period. The sentiment of love remained the inspiration and the central theme of Pahari paintings set against an architectural background with walls, balconies and windows.

Great attention is paid to detail. The

foliage depicted is vast and varied. This is made noticeable by using multiple shades of green. The Kangra paintings feature flowering plants and creepers, leafless trees and rivulets. The Kangra artists adopted various shades of the primary colors and used delicate and fresher hues. For instance, they used a light pink on the upper hills to indicate distance. Kangra paintings depict the feminine charm in a very graceful manner. Facial features are soft and refined. The female figures are exceptionally beautiful.

Later Kangra paintings also depicted nocturnal scenes and storms and lightning. The paintings were often large and had complex compositions of many figures and elaborate landscapes. Towns and house clusters were often depicted in the distance.

The Kangra painters used colors made of vegetable and mineral extracts. They employed cool and fresh colors. Kangra paintings are known for the lyrical blending of form and color. The shape and contours of eyes, body parts, landscape, flora and fauna play a major role. The sharp expressive eyes in this form of painting are called 'kamal nayan' (lotus-shaped). Though artists like Chandu Lal Raina, Om Sujanpuri, O.P. Tak and Anupriya have carried forward the tradition, youngsters

are showing an interest too." Though the main centre of Kangra paintings are Guler, Basohli, Chamba, Nurpur, Bilaspur and Kangra. Later on this style also reached Mandi, Suket, Kulu, Arki, Nalagarh and Tehri Garhwal (represented by Mola Ram), and now are collectively known as Pahari painting.

Most of the works follow the technique of Kangra School but with present modern themes, some artists have also experimented with modern painting. Contemporary artists are taking up the Kangra style. Fortunately, Sri Krishna's pastimes are eternal, and will ever serve as inspiration to the artists taking up this noble work. Manjit Bawa's work presents a refreshing contrast. One of the paintings, in my collection, made by Chandu Lal Raina was renovated by his son O.P. Tak, at Dharamshala, way back in the year 2000.

Om Sujanpuri also tried his hand in almost all styles of Pahari schools. He is credited with a number of state awards, Himachal Gaurav and Kalidas from Himachal Pradesh; and Punjab Lalit Kala Academy. He is also working on folk songs recreating them into paintings. Madam Manorma, his wife, is critical of the recognition by their native district and the home state; outsiders are rather more appreciative of his works. ■



1 Fighting Cancer by the Plateful

No single food can prevent cancer, but the right combination of foods may help make a difference. At mealtimes, strike a balance of at least two-thirds plant-based foods and no more than one-third animal protein. This "New American Plate" is an important cancer fighting tool, according to the American Institute for Cancer Research. Check out better and worse choices for your plate

2 Fighting Cancer With Colour

Fruits and vegetables are rich in cancer-fighting nutrients -- and the more colour, the more nutrients they contain. These foods can help lower your risk in a second way, too, when they help you reach and maintain a healthy body weight. Carrying extra pounds increases the risk for multiple cancers, including colon, esophagus, and kidney cancers. Eat a variety of vegetables, especially dark green, red, and orange vegetables

3 The Cancer-Fighting Breakfast

Naturally occurring foliate is an important B vitamin that may help protect against cancers of the colon, rectum, and breast. You can find it in abundance on the breakfast table. Fortified breakfast cereals and whole wheat products are good sources of foliate. So are orange juice, melons, and strawberries.

4 More Folate-Rich Foods

Other good sources of folate are asparagus and eggs. You can also find it in beans, sunflower seeds, and leafy green vegetables like spinach or romaine lettuce. The best way to get folate is not from a pill, but by eating enough fruits, vegetables, and enriched grain products

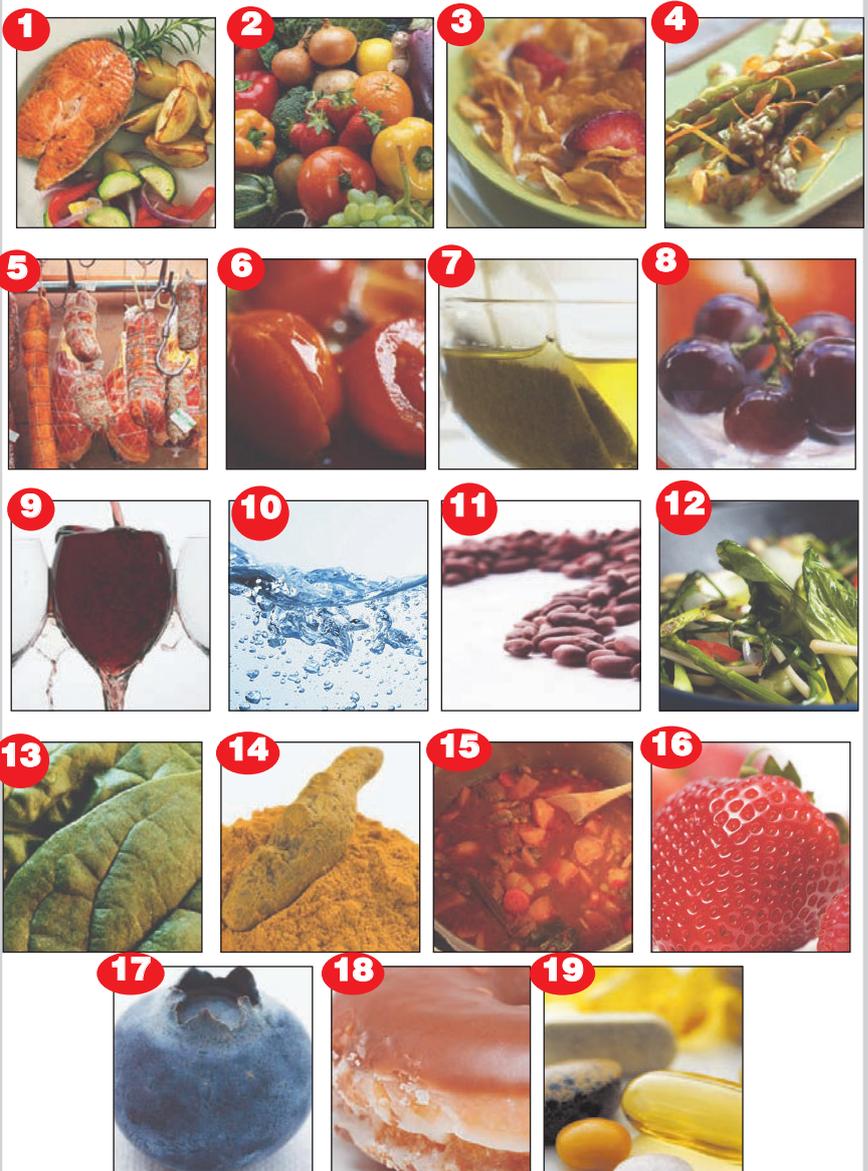
5 Pass Up the Deli Counter

An occasional Reuben sandwich or hot dog at the ballpark isn't going to hurt you. But cutting back on processed meats like bologna, ham, and hot dogs will help lower

Foods to Help your Body Fight Cancer

The right combinations of foods you eat could help prevent cancer. Which foods may reduce your risk?

As suggested by :<health@messages.webmd.com>





your risk of colorectal and stomach cancers. Also, eating meats that have been preserved by smoking or with salt raises your exposure to chemicals that can potentially cause cancer

6 Cancer-Fighting Tomatoes

Whether it's the lycopene -- the pigment that gives tomatoes their red colour -- or something else isn't clear. But some studies have linked eating tomatoes to reduced risk of several types of cancer, including prostate cancer. Studies also suggest that processed tomato products such as juice, sauce, or paste increase the cancer-fighting potential

7 Tea's Anticancer Potential

Even though the evidence is still spotty, tea, especially green tea, may be a strong cancer fighter. In laboratory studies, green tea has slowed or prevented the development of cancer in colon, liver, breast, and prostate cells. It also had a similar effect in lung tissue and skin. And in some longer term studies, tea was associated with lower risks for bladder, stomach, and pancreatic cancers.

8 Grapes and Cancer

Grapes and grape juice, especially purple and red grapes, contain resveratrol. Resveratrol has strong antioxidant and anti-inflammatory properties. In laboratory studies, it has prevented the kind of damage that can trigger the cancer process in cells. There is not enough evidence to say that eating grapes or drinking grape juice or wine (or taking supplements) can prevent or treat cancer.

9 Limit Alcohol to Lower Cancer Risk

Cancers of the mouth, throat, larynx, esophagus, liver, and breast are all linked with drinking alcohol. Alcohol may also raise the risk for cancer of the colon and rectum. The American Cancer Society recommends limiting alcohol to no more than two drinks per day for men and one for women. Women at higher risk for breast cancer may want to talk with a doctor

about what amount of alcohol, if any, is safe based on their personal risk factor

10 Water and Other Fluids Can Protect

Water not only quenches your thirst, but it may protect you against bladder cancer. The lower risk comes from water diluting concentrations of potential cancer-causing agents in the bladder. Also, drinking more fluids causes you to urinate more frequently. That lessens the amount of time those agents stay in contact with the bladder lining

11 The Mighty Bean

Beans are so good for you, it's no surprise they may help fight cancer, too. They contain several potent photochemical that may protect the body's cells against damage that can lead to cancer. In the lab these substances slowed tumor growth and prevented tumours from releasing substances that damage nearby cells

12 The Cabbage Family vs. Cancer

Cruciferous vegetables include broccoli, cauliflower, cabbage, Brussels sprouts, bok choy, and kale. These members of the cabbage family make an excellent stir fry and can really liven up a salad. But most importantly, components in these vegetables may help your body defend against cancers such as colon, breast, lung, and cervix.

13 Dark Green Leafy Vegetables

Dark green leafy vegetables such as mustard greens, lettuce, kale, chicory, spinach, and chard have an abundance of fiber, foliate, and carotenoids. These nutrients may help protect against cancer of the mouth, larynx, pancreas, lung, skin, and stomach.

14 Protection From an Exotic Spice

Cur cumin is the main ingredient in the Indian spice turmeric and a potential cancer fighter. Lab studies show it can suppress the transformation, proliferation, and invasion of cancerous cells for a wide array

of cancers.

15 Cooking Methods Matter

How you cook meat can make a difference in how big a cancer risk it poses. Frying, grilling, and broiling meats at very high temperatures causes chemicals to form that may increase cancer risk. Other cooking methods such as stewing, braising, or steaming appear to produce fewer of those chemicals. And when you do stew the meat, remember to add plenty of healthy, protective vegetables.

16 A Berry Medley with a Punch

Strawberries and raspberries have a photochemical called ellagic acid. This powerful antioxidant may actually fight cancer in several ways at once, including deactivating certain cancer causing substances and slowing the growth of cancer cells.

17 Blueberries for Health

The potent antioxidants in blueberries may have wide value in supporting our health, starting with cancer. Antioxidants fight cancer by ridding the body of free radicals before they can do their damage to cells. Try topping oatmeal, cold cereal, yogurt, even salad with blueberries to boost your

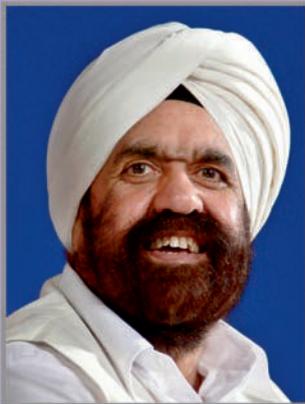
18 Pass on | the Sugar

Sugar may not cause cancer directly. But it may displace other nutrient-rich foods that help protect against cancer. And it increases calorie counts, which contributes to overweight and obesity. Excess weight is also a cancer risk. Fruit offers a sweet alternative in a vitamin-rich package.

19 Don't Rely on Supplements

Vitamins may help protect against cancer. But that's when you get them naturally from food. Both the American Cancer Society and the American Institute for Cancer Research emphasize that getting cancer-fighting nutrients from foods like nuts, fruits, and green leafy vegetables is vastly superior to getting them from supplements. Eating a healthy diet is best. ■

World of Peace and Unity



**H.H. SANT
RAJINDER SINGH JI**

Tof Eden and a heaven of bliss. The world we see before us is vastly altered from the world of yesterday. We live in an age in which we have made tremendous progress in the areas of science and technology. Despite our technological and scientific advances, the world is still aflame with fires of war. We find strife and dissension throughout the world. We find countries at war. Many nations are embroiled in internal conflicts. The peace of world, for want of proper understanding, hangs today by a very slender thread. Daily we hear accounts of suffering and inhumanity. The social injustices and economic inequalities rampart everywhere, have made people sceptical of God and distrustful of each other. The armed peace, the perpetual fear and inherent happiness in which we live, is not an ideal state to be desired.

We may wonder how God, who has made such a beautiful world can tolerate the tremendous suffering of His creations. Today the world is crying out for a better understanding for peace and freedom from conflict. If we could return to our true state and realize we are soul, we would find lasting peace and ecstasy. If we could tap deeply within ourselves, penetrating beyond the outer form of this physical body and mind, we would find a spring of eternal peace and happiness. When we examine our day-to-day life, we may question how it is possible to realize our true self and God.

The idea of real and lasting inner peace is not a mere ideology, but can be turned into an actual reality if one could but introvert and peep within to know his real self. This can be achieved only through close contact with some Godman or Spiritual Teacher, who is not only well versed in theory but also in practice of Science of soul.

The art of inverting our attention from the world outside to that within is popularly known as Meditation. Through meditation we can tap into the fountain of bliss, light and joy within us and return to our original state of unity with God. The divine Light and Sound awaits us at the seat of the soul, between and behind the two eyebrows.

Scriptures and mystics referred to this

point as the third or single eye. The Bible says, "If thine eye be single thy whole body shall be full of light." It is difficult to describe - using the limitations of human language - the absolute ecstasy one experiences when we become united with the God.

Through meditation we can transform ourselves into ambassadors of God's love and Light on earth. As the soul journeys into the beyond and experiences its relationship with God, it has a great realization. It sees each living thing, whether human, animal or plant as a part of God. It sees that there is soul in every living thing. Once we experience that we are all a part of God, we begin to see God's light shining in all. We see all creation as children of the one Parent. This is a profound realization that brings about fundamental changes in the way we live. We develop love for everyone and every living creature. We begin to love all people equally. We develop tolerance and patience towards those around us. We develop the sublime-qualities of compassion and understanding. There is peace, satisfaction and harmony which fill us completely. The soul achieves its ultimate fulfilment and rests eternally in joy and happiness.

One by one, step by step, all human beings will find that they can attain true happiness and personal fulfilment by merging their souls with God through the process of meditation. In this way we can bring about peace and unity on our planet. Peace and unity begin within each of us. When we merge in God and see the light of God in every being, we truly realize the unity. If we truly wish to achieve human unity, we must first experience it ourselves. Then only we will be able to spread the fragrance of unity wherever we go. Others will be inspired by our example and will begin to emulate us. There would be an atmosphere of peace and tranquillity in the world. World peace can only become a reality when each of us individually has peace in our own circles. If we bring peace into our individual spheres, the effect will be cumulative, and it will contribute to world peace. Each of us must do his or her own small part to bring about the fulfilment of the noble dream. ■



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