

DISCIPLINARY ACTION

Proving its stand that it will not tolerate any one found indulged in unethical and wrong practices, causing hindrance in achieving its target of an efficient and transparent working system besides setting an example for others indulged in various malpractices, despite repeated reminders and requests by the Government, to mend their ways, the Competition Commission of India (CCI) issued a final order today against eight firms which were found to have contravened the provisions of Sections 3(3)(a) and 3(3)(d) of the Competition Act, 2002 ('the Act') read with Section 3(1), which proscribe anti-competitive agreements. The case was initiated on the basis of a reference filed on behalf of the Eastern Railway. CCI found these firms to have indulged in cartelization in the supply of Axle Bearings to Eastern Railway by means of directly or indirectly determining prices, allocating tenders, coordinating bid prices and manipulating the bidding process. The evidence in the matter included e-mails, call detail records and the statements of the representatives of the firms. The e-mails exchanged showed that the firms discussed quantity allocation with respect to the tenders of Indian Railways for the procurement of Axle Bearings amongst themselves. The vendors were also found to have discussed the compensation mechanism in the event that some of them did not win the agreed quantities. Of the eight (8) entities, two (02) were lesser penalty applicants before the CCI. Under Section 46 of the Act, a cartel member may approach the Commission by way of filing an application seeking lesser penalty, in return for providing full, true and vital disclosures in respect of the alleged cartel to the Commission. In this backdrop, CCI found eight firms guilty of bid rigging and cartelization in tender floated by Eastern Railway during the years 2015 to 2019. However, CCI refrained from imposing any monetary penalty considering the firms were MSMEs with limited staff and turnover, the cooperative and non-adversarial approach adopted by firms in acknowledging their involvement as well as the economic stress wrought upon the MSME sector in the wake of COVID-19. Furthermore, the Commission found that the OPs stopped their cartel conduct immediately after the investigation began in the earlier matter. Thus, the Commission considered the aforesaid fact as the mitigating factors for not imposing any monetary penalty and issued a cease and desist order against the firms.

OFF 'D' CUFF Karmic Blocks & Cleansing of Svadishtan Chakra

The ten day Ganesh festival comes to a culmination on the day of Ananta Chaturdashi, with a 'visarjan' (relinquishing) of the Ganesh idol made from the Earth element into the Water element. The concentration of the earth element in the body is at the first chakra, moolaadhaar, located at the base of the spine. It is surrounded by the water based organs. The energy generated during this festival at the first chakra is 'heightened' and offered to the water element, as per its natural flow. This is done in visarjan, outside the body, and towards the second chakra, inside the body. While the maximum presence of Earth is at the base of the spine, the purest form of the earth element is the brain. The brain too is completely surrounded and immersed in the liquid element in the form of Soma Rasa or cerebrospinal fluid.

The chakras are high energy junctions of our very intricate and complex nervous systems. The pathway of the chakras runs from the base of the spine, moolaadhaar, to the top of the head, or crown, called sahasradala chakra. Energy is to be raised from the mooladhar to the sahasradala. While this is a continuous and everyday process in our lives, the most suitable time period in the year to achieve this, in accordance with the natural systems of energy in the environment, is the period of festivals from Ganesh Chaturthi to Deepavali.

Each chakra is related to a particular phase or festival, related to a specific energy-deity, through this season. After the tenth day of visarjan, we enter into the second phase called pitrupaksha – or the fortnight of the ancestors. After worshipping Shree Ganesh, the rituals and practices now have a different orientation. We acknowledge and offer gratitude to our ancestors and loved ones who are no longer with us in the form of the body. Many of our own karmic bonds are related to our ancestry and attachments. The practices of this fortnight enable us to overcome those bonds and achieve more in this life.

The perennial question of why some people suffer more than others, or are unlucky, when compared to others who seem to have enormous luck with little effort, is a perplexing one. Karmic theory suggests that these are the results of our past actions and bonds. The remedy is to start performing positive actions

here and now. Through constructive deeds, the readiness to help others, working with complete trust and love in the heart, any change is possible, including managing our genetic programming and luck!

Many of an individual's traits and habits, passions and yearnings, have their roots in our heredity. Modern science has focused more on the adverse effects or on diseases caused due to genetics and heredity. Genetic diseases are among the most challenging to manage. Ayurvedic and allied ancient Indian sciences have studied the principles of genetics and its effects in great depth. They propose that at least the last seven generations of our ancestors directly have an effect on our lives. Since Ayurveda recognises the difficulty in treating these, they are studied as part of an individual's initial constitutional diagnosis and the major emphasis during Ayurvedic treatment is the prevention of genetic disease tendencies in the patient. Being difficult to treat, emphasis is greater on the prevention of the occurrence of genetic disorders. While one cannot alter the genes received from parents and ancestors, Ayurveda asserts that it is definitely possible to avoid the manifestation of genetically inherited issues.

If someone suffers from hereditary asthma, here is a short list of general precautions they could take to avoid an asthma attack. Even if there are currently no symptoms, in any weather that is adverse, like the rainy season, eat a specially prepared chyanvanprash and use immunity boosting medicines. Avoid getting wet, protect yourself from windy draughts, especially in the evenings, avoid cold drinks etc. Remedial measures are also suggested on how to avoid passing on these tendencies to the next generation.

The Ayurvedic art and science of pregnancy, Garbhasanskar, covers these subjects. This includes a host of practices like a detox of Panchakarma, a regime of rasayans and diet and lifestyle practices before, during and after conception. The second important factor causing imbalances is our lifestyle - habits and environment. More often than not, we are aware of our unwholesome habits and still cannot change them.

-Shreeguru Dr
Balaji Tambe

■ ER P L KHUSHU



As per a famous saying a lie spoken ten times becomes a truth. Then equally, it is said that a lie has no legs. But for professional politicians with mooring wings for power it is an ordinary fiction which they forget the next day, what they had spoken a day before. Lies spoken are not remembered by the habitual liar for its repetition the next day. Such a person will say who said it. I have no knowledge. It has been happening with the so-called political leaders of dynastic base of Kashmir. What they say in Kashmir they dare not repeat it in Delhi, with the same rhythm. If they do so, they will repeat it with caution. These are the curly wings of power for them, which make them to do so, as these political leaders from Kashmir particularly of dynastic forums of decades are still day dreaming to come to power through such gimmicks, forgetting the fact that much water has flown down both in rivers Jhelum and Chenab. It is a new Jammu and Kashmir now. Coming to the recent news of issuing a white paper by the apex National Conference leadership about their varied performances in government so far during their rule, it sounds like a paper full of missing black dots. What should be a white paper like as per its true essence about the issues at stake? The standard definition of a white paper states that a white paper is a report or guide that informs readers concisely about a complex issue and presents the issuing body's philosophy on the matter. It is meant to help readers understand an issue, solve a problem, or make a decision. A white paper is the first document; researchers should read to better understand a core concept or idea. The term originated in the 1920s to mean a type of position paper or industry report published by some department of the UK government.

To apply it in the present situation, when the contents of the so-called white paper are perused, one wonders to read from it that many National Conference party members sacrificed their lives due to terrorism in Kashmir during the last 30 years. What bigotry? What about the brutal genocide of innocent Kashmiri Pandits along with their mass exodus, burning and looting of their homes and hearths which principally took birth during the rule of national conference right in the year 1989, when the terrorism started showing its terror and trauma, which was planned under an organized plan across the border, against Kashmiri Pandits mainly. Notable Kashmiri Pandits were killed in broad day light right in the year 1989, when national conference was in power in the state and nothing notable was done by its leadership to combat it. Why did it not figure in the so-called white paper by the tall leaders of National Conference? Yes, it does not suit their hypocrisy of vote bank politics. A community, the aboriginals of Kashmir, of more than six lakh population having age old base with Kashmir was completely annihilated from its base, is not mentioned in this white paper which is thus a 'Black-Paper' for

Kashmiri Pandits. In fact it raises grass root questions as to what the national conference government was doing, till the terrorism cropped up in Kashmir. It did not come up in a day. Who does not know how the youth of Kashmir were openly crossing the border to go to the other side of Kashmir for receiving training for the purpose of Jihad in Kashmir; when the national conference was ruling the state. Should such a situation of absolute ruination of Kashmir Pandits from Jammu and Kashmir as a whole be equated with the killings called as martyrdom of a few national conference workers? Yes the killings of the national conference members is certainly a tragedy, but it is again a creation of the national conference leadership itself as it was the national conference government which was in power when terrorism gave birth in Kashmir under the very nose of its tall leadership. The so called white paper does not mention anywhere that a strong resentment was shown by the people of Kashmir; when all such disgruntled sections of the society in Kashmir particularly the members from the Muslim forums, wanted to take active part in the elections of 1987. These elections were rigged badly, and the members from the organized Muslim forums taking part in these elections were treated badly, which alienated all such faces of the Muslim majority members from the main stream of governance. The rulers from Delhi were as per circumstances evident, full partners in all such riggings and mal practices in elections. This became the base for the start of terrorism Kashmir, when Pakistan took the benefits of the slack and dynastic rules of Kashmir, with the government of India, becoming a helpless and a silent spectator to all such happenings. Governance continued to suffer ever since the start of terrorism since 1989, when there was never a stable government and most of the times Governors rules were imposed. Where is it mentioned in the so called white paper issued now issued as a curse, to cover the ill doings of the rule of national conference since 1947. Does the so called white paper mention anywhere that the rule of national conference was a rule of a dynasty abetted by the congress rulers fro Delhi for almost 50 years when this thrusted rule over people of Jammu and Kashmir started from the grandfather Sheikh Abdullah to the grandson Omar Abdullah? Should these so-called self-styled tall leaders of national conference claim democracy and sympathy for the people of Jammu and Kashmir? Does the so called white paper mention that various coalitions between dynastic political parties like the national conference led by Farooq Abdullah and his son Omar Abdullah, PDP of Mufti Mohammad Syed, Mehbooba Mufti and Congress led by Ghulam Nabi Azad, ruled Jammu and Kashmir by turns, leaving the people of the state in utter confusion and chaos, which added more fuel to the anger of the people of the state giving rise to the escalation in the terrorism. This was abetted by Pakistan, when Pakistan took the advantage of the malgovernance in the state due to the dynastic rules of this state from time to time. In this process, the worst sufferers were the people of Jammu and Kashmir, when the

people of Jammu suffered the most and are still suffering for the someone else's sins.

There is a references of various developmental works or schemes mentioned in the white paper along with other welfare schemes undertaken during the rule of national conference ever since 1947. These tall leaders should know that it is a routine job, which is always the principal duty of a government which comes to power. There is nothing special about it. It had to be done by the government of the day. Notional reference in this behalf is made to some events or works which are now almost four decades old events, like free education to the people, creating of SKIMS, creating of degree colleges etc. What a pathos? What is done 40 years back is shown as an achievement now? There is assaying which says that 'all that glitters is not gold'. These artificial glittering examples are not going to justify the failures of these political leaders for keeping Jammu and Kashmir under developed in all respects in which Jammu suffered the most. A bold reference has been made in the white paper about the creation about the industrial sector in J&K. How many such industrial sectors or industries are functional or profit giving? How many of these were closed with their immediate staring? How many such industries in the government sector are profits giving? How many of these industries are sick. It should have been mentioned in the white paper.

A pungent reference has been made to creation of power projects like Uri, Dul-Hasti, Bhagliar etc, in Jammu and Kashmir: Can these tall leaders of national conference answer a small question as to why the union territory of Jammu and Kashmir is facing acute power crises, when no even supply of electric power is available to the consumers of J&K? Was it a wrong planning or inept commissioning of these power projects, when the people of Jammu and Kashmir are not entitled to their due share of power from such power projects?

Another foremost question arises here with the development of Jammu and Kashmir: Did the national conference government do it with proper rationale? Did Jammu get its share in all such development works and projects? Jammu was always discriminated about its development in all the fields of its development structures. The so-called white paper should be rewritten about Jammu as follows by the tall leaders of national conference. - "The Jammu-ruled state was the largest princely state with an area of 84,471 sq km. Contrary to the present situation and perceptions; Jammu as is learnt has been a progressive region having a very good socioeconomic infrastructure. Jammu's independent status ended with the signing of the Instrument of Accession in favor of India on October 26-27, 1947. In all the development areas a discriminatory stand was always adopted towards Jammu division due to the garnering of majority seats in the legislative assembly for Kashmir division, through irrelevant reasoning, thus differentiating Jammu with far less financial allocations for its development, ever since 1947, when Jammu and Kashmir came under so called democrat-

ie set up of governance. This ultimately led to a serious regional imbalance with Jammu. A discriminatory attitude was always adopted for Jammu, in all the development sectors like the road sector, irrigation facility sector, urban and rural electrification sector, power generation sectors, education sector both technical and non technical, public health sectors, medical services sectors, agriculture and horticulture sectors, housing and urban development sector; etc. Regional imbalances in all these sectors are still visible between Kashmir and Jammu, if a true and an honest study is made in this regard. Just discussing the tourism sector of the state only here for academic sake, Jammu was neglected willfully in this sector; when Jammu has a tremendous potential for tourism development and has abundant charming tourist's spots which could be exploited for the development. But, Jammu was repeatedly ignored in this sector of development too, claiming that only Kashmir valley qualified for it, because of its natural scenic beauty. Just a max factor was added to Jammu in this regard like Patni Top tourist spot, Mansar Lake, etc, when huge funds under central government schemes for tourism were utilized only in Kashmir mostly. Like Phalgam, Gulmarg, Sonamarg, Yusmarg etc, similar scenic spots as per tourists point of view are located in picturesque valley of Bhadarwah, like Jai Valley, Chinta Valley, Padri and Seoj Dhar Meadow, for their development as tourist's spots. Similarly, in Rajouri and Poonch districts various spots of tourism development were located like, Deraki Gali, Noori Chamb, Kotranka etc. Under pilgrimage tourism, spots like Sudh Mahadev, Gurikund, Mantalia, Sukrala Mata, Sarthal Mata, Chichi Mata, Bhoda Amarnath, Shivkhori could be of immense tourists attraction. But not a penny out of the central grants for the development of tourism in Jammu province was ever spent to make Jammu equally a hub of tourist attraction to improve the economy of the people living in and around these locations in Jammu. Once bitten twice shy. Who does not know what has been attitude of the Kashmir based politicians, towards Jammu for all these years of their governance. They ruled the state for decades, when they have been treating Jammu as their colony. Such governance was only a rule of a ruler and not the rule of law for Jammu. Jammu had a vast potential to grow in its industrial sector, the hydropower generation sector and to a good extent in the tourism sector too. It was never allowed to happen when mostly national conference government was in power in Jammu and Kashmir. That is the magnanimity of the people of Jammu who have been pocketing all such insults in all the fields of governance during the dynastic rules of certain dynasty based political parties in which national conference was the front runner. This white paper sounds like a document which is full of black dots. It should have been avoided to be issued by its authors and not issued at all.

(The author is a Chartered Consultant Civil Engineer, passionately attached and devoted to his motherland - Jammu & Kashmir).

YOUR COLUMN Care for elderly

Dear Editor,
The emotional attachment and support that senior citizens need can only be provided by family.

It cannot be satisfied that some relaxation has been given to senior citizens for traveling in trains and banks also give them additional interest as they often do not get the emotional support senior citizens who are looking for these facilities.

To set up old age homes with basic health facilities across the country The Supreme Court has issued notices to all the states and union territories on the demand PIL, the information sought from them in this regard will be satisfactory, there is doubt.

In response to this notice, the states have been asked to provide information about old age homes in each district, pension to be given to them and welfare schemes run for the elderly.

Undoubtedly, along with giving pension to the elderly, the state governments also run some other schemes for them, but at present there are no old age homes in every district.

Didn't even say it may be that any special arrangement has been made by all the states for their medical treatment or whether the pension given to them is sufficient.

At a time when the population of the elderly is increasing and they are facing loneliness and neglect due to the breakdown of joint families, then governments have to be more sensitive towards them. Undoubtedly, the condition of care for the elderly is still better in rural India, because there still exists joint families and this leads to their care.

In contrast, in cities and especially in metropolitan cities, where the trend of nuclear family is increasing, this is not the case.

Due to this, the elderly are not only in financial trouble; often there is no one to support them emotionally. It is also a fact that not all elderly people who are suffering from various types of problems are able to live in old age homes. There are also not enough old age homes.

It cannot be satisfied that some relaxation has been given to senior citizens for traveling in trains and banks also give them additional interest, as these facilities are not available.

Often the emotional support senior citizens are looking for is not available to them.

Since the increasing number of youth going abroad and settling in other cities in connection with job-businness within the country will increase the problems of the elderly living alone in the coming times, so the government will also have to be alert and the society too.

It is true that governments will have to do more for the elderly, but at the same time it has to be understood that their problems should be solved without being sensitive to the society.

It is not going to happen, because in old age when they become incapacitated then they need extra care and support of their loved ones.

It can be fulfilled only by understanding the importance of family values and protecting them.

The emotional attachment and support that senior citizens need can only be provided by family.

Vijay Garg.

Freebies culture not good

Dear Editor,
The holding of election by the ECI is a common feature of Indian democracy. Consequently, the subject of freebies/sops/doles offered by political parties to woo electorates comes to hit the headlines.

The issue denying level playing field to all political parties would never phase out till the final viable solution is found in the matter.

The competitive freebies culture is bound to tilt the balance in favour of a party offering more.

The Election Commission of India has rightly asked the political parties to make their stand clear on the feasibility of promising freebies to voters and their financial viability.

The move is appreciable in view of fixing of some sort of expected accountability on political parties and making their manifesto promises rational and financially viable.

A freebie culture has become a norm now- a-day's cutting across all political parties.

The issue has seized the kind attention of the honorable Apex Court and rightly so in order to ensure free and faire election in the country.

However, political parties have the knack to find out newer ways and means to impact/woo the voters at the hustling. Promising irrational freebies by parties without doubt hit the debt trapped State's Exchequers adversely.

This has long term ramifications for the whole nation.

Where from the funds would pour in for improving/upgrading the infrastructure in educational institutions, health sector as well as providing basic amenities for the people in cities and towns besides earmarking funds for Govt. policies and programmes aimed at poverty alleviation, ensuring job avenues to unemployed youth concomitant with adversely affecting allied developmental works.

Besides, the voters too need to be educated/made aware enough that immediate sops/freebies doled out by political parties may be looking quite enticing/alluring at the initial stage but are not in the county's interest in the long run.

How could the parties provide promised world class schools, hospitals and capacity building infrastructure in the country if the tax payer's money is being squandered on freebies/ Sops is a much significant question to ponder over, whatever may be the justification given by the parties.

Ravi Sharma.

PROGRESSING J&K Govt taking revolutionary reforms for boosting economic conditions of Tribal communities Sheds for livestock, financial assistance being provided to families

The Union Territory Administration of Jammu and Kashmir is taking revolutionary reforms and welfare measures for improving the living standards of the members of the tribal community. In order to boost the economic conditions of tribal people, the Government is working to increase livestock productivity and production in a sustainable manner of all the tribal families with focus on untapped potential for the export and value added products. The Government is also planning to bring out a social security scheme for sheep breeders with a provision of insurance cover to the livestock. The Government is also preparing a comprehensive policy for health cards and monitoring of health for disease prevention and control measures for livestock. As per official data, High genetic potential breeds of sheep, exotic breeds for cross-breeding, marketing facilities and preventive mechanism of endemic disease will form the core objectives of the policy. Many reforms have been introduced by the government for modernization and promotion of the sheep farming sector and strengthening of commercial activities and output of the sector which provides the means of livelihood to about 12 lakh families in the UT. Notably, Jammu & Kashmir holds the distinction of having the highest per capita consumption of sheep/goat meat in the country. The huge demand of sheep/goat meat is more of an opportunity than a challenge as it offers huge scope for the sheep and goat farmers. UT administration is building 1000 sheds for livestock of the tribal community and Tribal Affairs Department will extend the financial assistance of Rs One lakh each to 1500 Self Help Groups for Wool Shearing Machines and skilling. 50 Self Help Groups will receive Rs 3.00 Lakh each for GenSet and solar power based shearing machines for Dhoks. UT administration has partnered with New Zealand to develop a model sheep farming system through better breeding practices, technology transfer; doubling wool and meat production, marketing, capacity building and ensuring additional income for sheep breeders. J&K has attained the privilege of having the finest breeds of sheep in the country and holds 50 per cent of the cross bred population of the country in the UT besides being the second largest producers of wool in the country and number one in terms of quality of wool produced. To push this sector to never heights and plug all loopholes to make this sector more vibrant, profitable, market driven, employable and sustainable, Government is working on viable solutions which shall be brought into public domain very soon besides Common Facilitation Centre - one each in Kashmir and Jammu Division will be established for collection, grading, sorting and packaging of wool.

In a first, Jammu and Kashmir Government has initiated transport facilities for migratory tribal families traditionally undertaking migration along the National Highway and Mughal Road. Government has deployed sufficient number of trucks and Light Commercial Vehicles for their smooth movement. Transportation facility, free of cost, is being provided from 25 September to 25 October 2022 and vehicles have been placed at the disposal of concerned Deputy Commissioners and two transit accommodations have also been setup to be used as halting points.