

SANJEEVANI - LIFESTYLE CLINIC

The present Government right from the very beginning has accorded a prioritized treatment to the healthcare sector, which was almost in shambles few years back. There was a time when a common man used to suffer for want of even basic medical facilities while the advanced treatment was restricted to a particular section of society, capable to bear huge financial implication due to heavy costs of the treatment. But it is the endeavour of the present Government that it brought all necessary medical facilities within approach of common masses thorough several welfare schemes. In this regard, an integrated facility, aptly named the "Sanjeevani - Lifestyle Clinic" to provide advice on diet, exercise and behavioural counselling thereby rendering comprehensive preventive and curative care on lifestyle diseases to all serving & retired personnel and their dependents was inaugurated at Armed Forces Clinic, New Delhi by Archana Pande, President, Army Wives Welfare Association (AWWA) few days back. With increasing lifestyle changes, diseases such as obesity, hypertension, dyslipedemia and diabetes are on a rising trend among Indian population. Members of the Armed Forces are no exception, and show similar trends. These non-communicable diseases are preventable and can be managed by utilising multi-disciplinary & non-pharmacological approaches.

The aim of "Sanjeevani - Lifestyle Clinic" is to sensitise Armed Forces personnel and dependents identified to be at risk, regarding lifestyle disorders, prevent and manage chronic disorders like diabetes, hypertension and obesity etc, without pharmacologic interventions by promoting a healthy lifestyle through dietary education, exercise and positive motivation. The lifestyle disease clinic team will consist of a Dietician, Physical Trainer and a Commsellor, having expertise in their respective fields. An automated device named "Health Kiosk" has also been installed in the clinic for recording anthropometric parameters at baseline and follow-up, to keep track of progress made over time. This novel initiative by the Indian Army, will promote healthy lifestyle as a method of preventive healthcare, and ensure safe and drug-free therapy, for reversing various metabolic disorders. This initiative will bring a positive change to quality of life and self-confidence of affected serving soldiers, veterans and their families.

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4 Types Of Actions

Yajna and the fruit of yajna, both are actions. What is the origin of action? Where is the unmanifested potentiality of action? The doer of an act is the mind. Before an action, a person thinks of it and the thought gets manifested as corresponding vibrations or sensations in his mind. Those mental vibrations are then transformed into actions in the external world. That is, after thinking about an act, when the hands and feet begin to move, then the action being done is called a kriya, an act. Vibration exists in the mind or sublimine level and an act exists both in the crude and sublimine levels, because all vibrations are not necessarily transformed into acts. Whenever there is an act, then the existence of a precedent thought is a certainty. That is why karma or yajna is called psycho-physical.

Human beings cannot exist even for a moment without performing an act. Salvation means the eternal emancipation from this very karma or yajna. Ordinarily, yajna is of four kinds: Bhuta Yajna, Nri Yajna, Pitri Yajna andAdhyatma Yajna. Of these four yajnas, the first three, namely bhuta, nri, and pitri yajnas, are psycho-physical, that is, both mental and physical, but adhyatma yajna is 100% internal. The origin of bhuta, nri and pitri yajna is in mental vibrations and they take shape in the physical world. The actual origin of karma, however, is in the mind.

Suppose I donated 10 rupees to a particular person. This is called nri yajna. In the first instance, I gave the donation mentally, and when this mental donation took the shape of a physical act, then I practically made the donation.

As soon as the thought of giving the donation occurs in the mind, the physical act of donating flashes before the mind, that is, the act had actually originated in the mental domain. Adhyatma yajna, on the other hand, originates in the domain of the soul and terminates in the soul.

Bhuta yajna means services rendered to any created entity of the

manifested world. For example, watering trees, serving cattle, undertaking scientific explorations and doing anything for the sake of welfare. In Sanskrit, 'bhuta' means 'that which has been created'. It does not mean ghost or spirit.

Nri yajna is action for human welfare. In fact, nri yajna is a part of bhuta yajna because human beings are also created beings.

Pitri yajna means remembering the ancestors and sages. As long as a person possesses the physical body, he remains indebted to his ancestors. Those who are capable of working for their own emancipation as well as that of society, by virtue of knowledge acquired through austerities practised by the sages, are indebted to the sages. Sages are those who are helping and who have helped human society in numerous ways, such as the invention of new objects.

You enjoy the fruits of the inventor of railway engines. Is it not a fact that the present intellectual currents originated from the fountain of their wisdom?

Many people say that science is detrimental to civilisation and an impediment to civilisation, that the old world was indeed good. They forget that science also existed in the old world and, although it was very undeveloped, people had adopted it according to their standard of wisdom and knowledge. We are progressing on the road constructed by them. On the other hand, those sages who have looked to the well-being of humanity certainly deserve our revered memory. To pay homage to them is pitri yajna.

Adhyatma yajna is 100% internal. The impetus for adhyatma yajna comes from the soul and this impetus becomes operative in the mental province. The mind performs the sadhana and the karma also terminates in the province of the soul. That is, the ultimate goal of mental sadhana lies in the province of the soul. Adhyatma yajna is a liberating sadhana and the remaining three, bhuta, nri and pitri yajna are both liberating and subjugating.

-Shrii Shrii Anandamurtijii

A household can never appear prosperous without a cow. How auspicious it is to wake up in the morning to the mooing of your own cow! -Munshi Premchand

Safeguard children from ‘Vish’ of technological-Manthan

■ RISHI KUMAR SHUKLA

The relentless global technological-Manthan has speewed both Amrit and Vish. While we joyously welcome the Amrit; the hitherto unknown hydra-headed Vish causes grave and urgent concern. Crime, generally, now being globally networked-drug trafficking, human trafficking, terrorism, child exploitation et al has no geographical boundaries, But the most appalling, disgusting, vicious and abominable crime among all is online child sexual abuse. Tragically, it is growing exponentially-insidiously, surreptitiously and anonymously. An invidious truth is that the images and videos are indiscriminately-and, often under innocuous covers-available on social networking and allied websites on all electronic devices connected to the internet. Encrypted networks make these grotesque offenders practically untraceable. The terms like 'Child Porn', 'Kid porn' or 'Pornography' etc., are used to denote this extremely harmful menace. Behind every image or video, there is a real child victim understate, there is real exploitation and there is a crime. The continuous production and distribution of such material fuels the demand for new and more egregious images, perpetuating the abuse of new children. The fight to save our children against online child sexual abuse is multidimensional consisting of criminalization of offence, prevention, proactive detection, criminal investigation, curbing

propagation, identification/restitution of victim and prosecution of offender. Any child having an access to the internet must be educated on what is and isn't acceptable behaviour online. We have to diligently educate our children about the many deviant and dangerous situations they may encounter online. The social media platforms are developing protocols for proactive detection and blocking of such content. These are certainly part of the solution but the importance of investigation and prosecution of crime remain as important as ever: India has one of the largest populations of children in the world. The 2011 Census shows that India has a population of 472 million children below the age of eighteen, of which 225 million are girls. The digital penetration in India is growing leaps and bounds. It increases the possibility of crime. In India, online child sexual abuse is well criminalized through the IT Act and POCSO. POCSO provides a robust legal framework putting children first by including mechanisms for child-friendly reporting, recording of evidence, investigation and speedy trial of offences through designated Special Courts. The National Commission for Protection of Child Rights (NCPCR), meanwhile, monitors the status of POSCO implementation. The Law Enforcement Agencies in India are committed to fight against Online Child Abuse through active liaison with Interpol and International communi-

ty. Other than getting content blocked and sharing information, investigation into criminal offence is also taken on high priority. CBI has set up a dedicated Cell to collect, collate, investigate and disseminate information regarding Online Child Sexual Abuse Content.

In line with commitment to fight this menace, CBI has joined International Child Sexual Exploitation (ICSE) database maintained by Interpol for support on the Child Sexual Abuse Material (CSAM). India is 68th member country to have joined this database. The database holds more than 27 lakh images and helped identify more than 23,000 victims. Interpol Secretary General has recently highlighted the utility of database so much so that it identifies 07 victims, on an average, on daily basis. Realizing that Joint Coordinated Intelligence based operations are key to process, CBI conducted large pan-India operations in the recent years, with Operation Carbon in 2021 and Operation Megh Chakra in 2022. The unfortunate revelation is that menace has spread to all parts of the country. Now only that, there is footprint of offence in more than 100 jurisdictions across the globe. The real challenge lies in taking these Operations to logical conclusion. None-the-less, these countrywide searches greatly help create vital public awareness. When offenders

across more than 100 jurisdictions can seamlessly join hands in a heinous crime, it is ironical that Law Enforcement not only takes months but years to put forward a credible and coordinated response. The Mutual Legal Assistance faces delays. The absence of real time actionable data for investigations due to territoriality, complex mechanism of sharing data across jurisdictions, use of Anonymisers/ Proxies/ VPNs/ Peer to Peer Networks by perpetrators, use of fake IDs is a major handicap. Online Child Abuse can't be equated with other crimes. The policy makers and Law Enforcement need to find solutions rather than getting bogged down by territorial considerations, legal asymmetries and complex procedures. As a responsible global community, we should sink all our differences and set up a truly global effort, a gargantuan offensive, against this menace. For the present, Interpol can truly be a global trust-builder across Law Enforcement agencies. It is best placed - with its deep penetration and wide range of partnerships. The forthcoming Interpol general assembly in Delhi should laser focus on this issue primarily, making it a deservedly topmost priority. Our children First-every time, everywhere; that must be a motto and the goal for global community.

(The author is former Director CBI).

Police Commemoration Day

■ SAFDAR HAMID HASSAN SAMOON

India observes October 21st each year as Police Commemoration Day to honor Police personnel who have laid down their lives in the line of duty. Across the country, Police forces hold a commemoration parade or present a Guard of Honor at Police Memorials. A state/CAPF-wise list of personnel who have given the supreme sacrifice in the line of duty during the year is read out and a wreath-laying ceremony is held. Supreme Sacrifice: This observance was first held to commemorate the heroism of Police personnel killed in action against the PLA on October 1959 at Hot Springs, Ladakh, a remote border post on the Sino-Indian frontier. In the past 63 years, the blood of more than 35000 Police heroes has mingled with the soil in every corner of India- not just in Himalayan heights but in Metropolitan areas, remote hamlets, hot, deserts, tropical jungles and riverine terrain. Christian, Sikh, Muslim, and Hindu, the men and women in secular khaki have made the supreme sacrifice, combated militants, dreaded mafias, dangerous criminals, and violent mobs while protecting vulnerable personnel or premises. This is way beyond the call of duty demanded in any other profession. "Hot Springs" is not just a place but an epitaph of exemplary bravery displayed by the Indian Police and their supreme sacrifice while protecting the territorial integrity of the country under extreme geo-climatic conditions. On the fateful day of October 21, 1959, 10 valiant Police personnel laid down their lives fighting at 16,000 ft altitude, in extremely cold conditions and against all odds, in unequal combat with heavily armed Chinese troops at Hot Springs in Ladakh. History of Martyr's Day: On October 20, 1959, three reconnaissance parties were launched from Hot Springs in North Eastern Ladakh. This was in preparation for further movement of an Indian expedition which was on its way to Lanka La. While members of two parties returned to Hot Springs by the afternoon of that day, the third one comprising two Police Constables and a Porter did not return. All available personnel were mobilized early the next morning in search of the missing personnel. This team was led by DSP / DCIO Karam Singh. At about midday, Chinese Army personnel were seen on a hillock who opened fire and throwing grenades at the party led by Karam Singh. Since there was no cover, most personnel were injured. Ten of our brave Police Personnel attained martyrdom and seven others sustained injuries. The seven injured were taken prisoners by the Chinese. Bodies of the ten personnel were returned by the Chinese only on November 13, 1959, a full three weeks after the incident. These bodies were cremated with full Police honors at Hot Springs. The Annual Conference of Inspectors General of Police of States and Union Territories held in January 1960 decided that October 21 would henceforth be observed as "Commemoration Day" / "Martyr's Day". It was also decided to erect a memorial at Hot Springs and every year members of Police Forces from different parts of the country trek to Hot Springs to pay homage to those gallant martyrs. Hot Springs Martyr's Memorial: Every year a pilgrimage tour of the all-India Police party with members representing various states and Central Police Forces to Hot Springs is undertaken. The objective is to pay homage to the ten valiant Police personnel who laid down their lives while protecting the territorial integrity of our country. The incident is remembered and observed as Police Commemoration Day across the country. National Police Memorial: A National Police Memorial at Chanakyaपुरi, New Delhi stands as a testimony of the sacrifices made by countless policemen in the performance of their duty. The Memorial gives police Forces a sense of national identity, pride, unity of purpose, common history and destiny. 'The Wall of Valour' - 30 feet tall granite sculpture stands at the police memorial with the names of over 35000 martyrs who sacrificed their lives in the line of duty and reminds them of their valour and glory. Spread over an area of 6.3 acres, with museum built over

1,600 SqM and a Parade Ground on 1,600 SqM, the premises also house a Central Sculpture, 30ft x 8ft x 8ft and 30 ft tall 'The Wall of Valour' and is located at 27, Kautilya Marg, Diplomatic Enclave, Chanakyaपुरi, New Delhi-110011. National Police Museum: On the morning of October 21, 2018, Narendra Modi Prime Minister of India, dedicated the National Police Memorial to the nation and also paid homage to more than 35000 Police Martyrs, who have since the dawn of Independence, made the supreme sacrifice while defending ordinary citizens from anti-social elements and safeguarding the Unity and Integrity of the country from militants, extremists and terrorists of various hues. Once the ceremony got over, the Hon'ble Prime Minister stepped into the 40x40 meters basements right below the National Police Memorial to inaugurate the National Police Museum. The inauguration of the National Police Museum is a memorable event in the annals of the Indian Police because it is for the first time that the long-cherished dream of establishing a national level repository of old photographs, artefacts and memorabilia associated with the long, eventful and glorious history of Indian Police has come to fruition. How brave-hearts are honoured on Martyr's Day: The arms are reversed (Shok Shashtra) and two minutes of silence is observed in honor of the departed souls. The names of police martyrs of states, police and paramilitary forces are read out, to acknowledge with pride the supreme sacrifices made by them. Three volleys of shots are fired as a mark of respect for the martyrs. Jammu And Kashmir Police: The history of J&K Police has been a saga of indomitable courage, unflinching devotion to duty and supreme sacrifice by its officers and men. JKP has always been at the forefront of the national struggle to defend the integrity of India. During turbulent times, onerous responsibilities have been put on J&K Police. After independence, Pakistan was never tired of fomenting social unrest in Kashmir and made desperate efforts to wrest control of the state from India. In its futile bid for grabbing Kashmir, it launched two full-scale wars against India in 1965 and 1971 respectively. On both these occasions, the services of Jammu and Kashmir Police in tidying through turbulence and turmoil are remembered with honors and admiration. Many bold officers and Jawans rendered selfless service to the people and society and even sacrificed their lives in keeping with the noble and valiant traditions of the Jammu and Kashmir Police. The year 1989 may be taken as the annus mirabilis in the history of the evolution of the Jammu and Kashmir Police. Call it by whatever name you will, but terror in all its nakedness was launched by Pakistan which resorted "to bleed India white" by "thousands of cuts". As a part of the geopolitical strategy, Pakistan started sending armed terrorists to Kashmir to subvert the democratic institutions of the state and to destabilize its government by killing prominent politicians, bureaucrats, and intellectuals. Taking full advantage of the vast chunk of unemployed youth and the rampant backwardness and illiteracy of the masses, the perpetrators of terror found the right kind of ground for whipping up communal passions of the people to promote and strengthen the feelings of secessionism and separatism. All political activities in the state came to a standstill. The entire Valley drowned in grief and despair and groaned under the onslaught of terror. Education of children got disrupted, business and trade got a severe jolt, tourism nose-dived, the safety and security of people became uncertain and, bridges and schools were set afire. In short, the entire fabric of civic life was disturbed. In these turbulent times, the state police took up the challenge to confront the enemy with courage, fortitude and resolve and jumped into the fray with all its might. JKP salutes the memory of its gallant men with pride, those men who personified the will of the Force and sacrificed their lives while demonstrating an unquestioning dedication to duty, those men who fell beside their comrades in the fight against terror to preserve the sovereignty and territorial integrity of

the country and those men who furthered the noble ideal of "service before self" at the cost of their lives. J&K Police is proud that these men of substance, without caring for their safety, security, convenience or comfort came forward to fight valiantly and vanished to yonder horizon where all of their kinds shine like stars, beckoning their comrades to continue to tread in their footsteps so that good always triumphs over evil. The martyrs have conferred upon the entire organization a halo of invincibility, imperturbability, honor and dignity.

In Union Territory of Jammu & Kashmir, there are two main Police Martyrs Memorials erected in memory of fallen heroes of J&K Police. However, there are separate Police Martyrs memorials erected in every District of the UT in memory of Police Martyrs of the District, Police Martyrs Memorial Jammu and Police Martyrs Memorial Srinagar. In recognition of the martyrdom and supreme sacrifice of Martyrs of the J&K Police, the J&K Govt. in a historic decision named a total of 132 schools/colleges and roads across Jammu and Kashmir after the martyrs of Jammu and Kashmir Police. The union territory Administration had announced the naming of 199 schools/colleges and roads by the names of eminent personalities and martyred Heroes in Uniform as a mark of respect and acknowledgement of the exceptional contributions towards the security and development of the UT. As per the order, two schools have been named after martyred Deputy Superintendents, one after martyred Inspector, eight after martyred Sub Inspectors, four after martyred ASIs, seven after martyred Head Constables, 21 after martyred SgCts, 47 after martyred constables, three after martyred followers, and 41 after martyred Special Police Officers (SPOs) who laid down their lives while protecting and safeguarding the interests of the people.

Director General Police (DGP) Jammu and Kashmir Shri Dilbag Singh said, "It is a wonderful initiative by the government which would serve as a morale booster for the forces fighting terrorism here. Through this initiative, the school children would learn about the supreme sacrifices of the martyrs. It would immortalize the brave hearts who sacrificed their lives while protecting the sovereignty and integrity of the Nation." He further added that the initiative would give a special feeling to the family members of the martyrs and would act as an everlasting tribute to the martyrs. Since 1990, at least 516 SPOs and 1088 personnel of different ranks have laid their lives in the line of duty. In recognition of the great services rendered by J&K police, the successive Governments at the Union /State level have recognized the valour and supreme services of officers/Jawans of this celebrated and highly decorated police force. J&K Police ranks first in the country in the tally of Gallantry Medals bestowed upon it, the details of which are as follows: -

The breakup of Jammu & Kashmir Police officials who have laid down their lives in the line of duty so far since 1989

DIG	SP	Dy. SP	Insp r	SI	ASI	HC's	Sgct's	It's	NO	Foll's	SPO's	Total
1	1	22	28	39	69	150	189	563	1	25	516	1604

The breakup of Gallantry Medals conferred upon Jammu & Kashmir Police members so far since 1989

Ashoka Chakra	Kirti Chakra	Shaurya Chakra	President's Police Medal for Gallantry/Police Medal for Gallantry	Jammu & Kashmir Police Medal for Gallantry
01	02	18	1672	1822

As we commemorate the 63rd year of the course-changing saga of supreme sacrifice at Hot Springs, we must remain proud of the fact that the nation adores its heroes who have made the supreme sacrifice. There is and will never be any dearth of courageous men and women in uniform. Jai Hind!

GOOD GOVERNANCE J&K

New land laws acting as cushion for development across J&K

The new land laws are being hailed by the people of Jammu and Kashmir as a major step towards the development and progress of entire J&K. The new land laws introduced in Jammu and Kashmir replaced some outdated, regressive, intrinsically contradictory land laws with a set of modern, progressive, and people-friendly provisions. The historic initiative of the government is revamping agriculture and allied sectors besides ensuring holistic development of all sectors. Nearly one year after abrogation of Article 370, a temporary provision in the Constitution, the Centre abolished 7-decade old "Big Land Estates Abolition Act 1950," under which the erstwhile princely state witnessed the redistribution of land to end Zamindari system. In October 2020, the Centre notified the Union Territory of Jammu and Kashmir Reorganisation (Adaptation of Central Laws) Third Order, enabling a host of new changes to

the erstwhile state. The implementation of the new law opened up Jammu and Kashmir to the world as it provided that anyone who wanted to buy non-agricultural land in J&K didn't require a permanent resident certificate. The Union Home Ministry also notified the Real Estate (Regulation and Development) Act, 2016, paving the way for the acquisition of land in J&K by all Indian citizens. Prior to the implementation of this Act, the Article 35-A of J&K Constitution, which was scrapped on August 5, 2019, placed prohibitions on the sale of land to those who were non-state subjects. Notably, after the new land reforms were introduced and implemented, the J&K Government organized the first-ever real estate summit in Jammu in December 2021 in which 39 Memorandum of Understanding worth Rs 18,300 crore were signed with the country's real estate investors for the development of housing and commercial

projects in the Union Territory. Lieutenant Governor, Manoj Sinha also held consultations with top officials and team from the Confederation of Real Estate Developers' Associations of India (CREDAI) including the members of its elected council, president and vice-presidents, office-bearers of Economic Growth and Development Dialogue (LEAD) and town planning consultants to chalk out the modalities for the second Real Estate Summit to be held in Srinagar. The land reforms and the digitisation of land records in Jammu and Kashmir have proven to be major steps towards systematic growth of urban and rural areas in J&K. The aim of the Government is to create robust urban infrastructure, and improve the system of public service delivery for quality living. Experts are studying the model of other cities to create affordable, inclusive, ecologically sustainable housing equipped with the best essential basic services for a

common man. The efforts are on to transform the landscape of real estate across 'Naya Jammu and Kashmir' and the people are supporting each and every move of the government to transform the Himalayan region, which remained deprived of progress and prosperity due to Article 370 remaining in vogue for 70-years. Jammu and Kashmir administration also assured protections and safeguards for the land rights after the introduction of new land laws in the Union Territory. The new land laws will not only afford protection to over 90 per cent of the land in J&K from being alienated but will also help revamp the agriculture sector, foster rapid industrialization, aid economic growth and create jobs in J&K. The designation of land for industrial purposes will open up greater employment avenues for the youth who have always yearned for the industrial revolution in J&K so that they can get better employment opportunities.

