

## DEVELOPING INDIA

Before independence, the condition of India was very pathetic as we all know that India was under British rule for a long time. Under which some people lived a happy life. The condition of the common people was pathetic. At that time the common people did not even get two meals a day. But the people of our country opposed the British, as a result of which the British had to leave India.

Systematic development planning was started from 1951. Five year plan was started. We have completed our development of almost 7 decades. We have made considerable progress in all areas. The India of 2023 is very different from that of 1950.

Today India is moving towards rapid development. Under this, various types of plans started being made for economic development and it is also true that progress has been made in all areas in 70 years.

Since independence, India has taken meaningful steps to make itself self-reliant in all fields. New possibilities have also been carved out by making proper use of modern technology and the resources available at our disposal.

We have also achieved heights in the field of education through innovative training techniques and establishment of modern educational institutions. There has also been a lot of development in the field of science. Many types of government and private hospitals have been built. Dispensaries have been constructed. Free medical facilities have been provided to the lower and backward classes so that no one is deprived of these facilities.

Various types of laboratories have been built and many types of research have also been conducted. Industrialization is increasing rapidly in India and India is continuously developing in every field. By making good use of technology, every person in the village has been connected with communication facilities.

At present, if we talk about development, a wave of development is being seen in all the villages of India. Development work is also being done in the village. Many different types of campaigns are being run to develop the country.

Education campaigns are being run. Campaigns are being run to eradicate poverty. Campaigns are being run to build permanent houses and construction of roads is going on. Wherever you look in the country, government work is continuously progressing everywhere.

At present the rate of development in India is also increasing rapidly and development is being seen everywhere in India. The rate of growth in India is expected to be higher in the coming times.

## Taming arthritis: Shedding Light on a Painful Reality

■ DR. MANISH KUMAR VARSHNEY

The global community comes together once again on World Arthritis Day, slated for October 12th, to raise awareness and unite in the fight against this debilitating disease. This year's theme is "Arthritis: Know More, Live Better," focusing at promoting enhanced public understanding of arthritis types, early diagnosis, treatment perspectives, encouraging research and development, and improving access to appropriate treatment options for millions of people suffering from various forms of arthritis.

Arthritis, characterized by inflammation (perceived as swelling) of the joints, affects millions worldwide, transcending age, gender, and socio-economic barriers. With over 100 types of arthritis and related conditions, this disease is widespread and a leading cause of disability. The most common forms are osteoarthritis, rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, and fibromyalgia.

Despite advancements in modern medicine, the prevalence of arthritis is on the rise due to factors such as an aging population, sedentary lifestyles and obesity. The pain from arthritis may not only be physical but also emotional and psychological as sufferers increasingly find themselves unable to participate in daily activities they once enjoyed.

World Arthritis Day highlights the importance of early intervention in preventing irreversible joint damage; this means taking a proactive approach towards seeking timely medical advice and adhering to prescribed treatments. It encourages self-management among patients by offering tools and resources that empower them to take charge of their condition. While self-care practices like exercise, weight management, and healthy lifestyle choices can help manage arthritis symptoms, it is essential to consult with an orthopedician for proper evaluation and guidance. Orthopedicians possess specialized knowledge and expertise in diagnosing and treating joint-related conditions. Whether it's prescribing medication, recommending physical therapy exercises or lifestyle modifications, or correcting the joint by replacement surgery orthopedicians offer personalized care tailored to individual needs. For those with severe joint damage total knee or hip replacement surgery can be life-changing. These procedures are highly effective at relieving pain and restoring mobility. Advances in surgical techniques have led to shorter recovery times and improved long-term outcomes for patients.

Advancements in AI technology are fast transforming how arthritis care is managed and delivered. From wearable devices to track symptoms in real time, artificial intelligence-based algorithms for personalized treatment plans, and the use of big data for predicting disease progression. By using machine learning algorithms and predictive analytics, AI can assist healthcare providers in early detection, accurate diagnosis, and customized treatment plans for patients with arthritis.

Public awareness campaigns concerning World Arthritis Day underscore not only the need for increased funding and research but also promote a deeper understanding of the patient's experience. This global movement transcends borders, bringing together patients, healthcare providers, policymakers, researchers, and even technology experts to advocate for better healthcare systems that cater to these chronic conditions. On World Arthritis Day 2023, let's come together to raise awareness about arthritis types, diagnosis options, treatment perspectives, the role of orthopedicians in managing arthritis, the transformative potential of AI and robotics in joint replacement surgeries. Remember that seeking professional medical advice is crucial for optimal management of this condition.

Stay informed. Take action. Empower lives!!!  
(The writer is Senior Consultant Orthopedic Surgeon SMVD Narayana Superspecialty Hospital).

“My keen love of travel was seldom hindered by Father. He permitted me, even as a mere boy, to visit many cities and pilgrimage spots.  
-Paramahansa Yogananda

EDITORIAL

# Reservation enshrined in COI have more helped the politicians & less to the needy kept in focus

■ DAYA SAGAR

India republic is over seven decades old and what have 'our' elected representatives achieved for the 'Indian' who was standing in last row in August 1947 worth writing off caste/ sect ravines is surely the must question. It has been after the Special Session of Parliament of India ( 18th to 22nd September 2023 ) that the subject of reservations in 'legislature', reservation in government services and reservations in professional education institutions have been pushed into discussions and debates that no where test with the guiding principles that might have been before the Constituent Assembly of India which could well be sensed from Articles like Art-334 where in it was laid down that Reservation of seats / special representation in legislature to cease after ten years and instead demands for also including OBC along with SC & ST for reservations in Lok Sabha and State Legislative Assemblies are being made by almost all the political parties outside NDA even after 7 decades. Demands are being raised at high tones for all India caste census and reservations in proportion to the population.

No doubt before this some people had already started asking (i) why at all the provision for reservation of seats in the Union legislature ( Art-330 ) and State Legislatures (Art-332) was made in Constitution of India for "socially and educationally" backward classes ( so far classified and commonly under stood as Schedule Caste (SC ) Art-341 & Scheduled Tribe (ST) Art-342) and ( ii) why was the 'indirect provision' made for reservations in government services under Art-335 providing that the claims of the members of the Scheduled Castes and the Scheduled Tribes shall be taken into consideration, consistently with the maintenance of efficiency of administration, in the making of appointments to services and posts in connection with the affairs of the Union or of a State.

The reasons and pious intentions of the 'elders' defending such like provisions do reflect to great extent from the directions given in directive principles ( Art-46) where it has been said that The State shall promote with special care the educational and

economic interests of the weaker sections of the people, and, in particular, of the Scheduled Castes and the Scheduled Tribes, and shall protect them from social injustice and all forms of exploitation. But why the reservations in legislature are still continuing after 7 decades when it was also laid down in constitution ( Art-334) that Reservation of seats and special representation to cease after ten years cannot be replied truthfully unless the 'elected representatives 'un conditionally accept that they have miserably failed to reasonably empower the socially & educationally backward members of Indian society. To be brief, unless we provide adequate education cover atleast upto secondary school level and adequate health cover to those for whom we have been keeping reservations majority of them will not be able take the benefit for higher education as well as superior service positions in government because like as in the past those economically rich from within as well as from GC would be over riding the general masses with special coaching over and above better formal education.

Reservations in services and educational institutions are even crossing 50% mark and more classes for reservations have been included in the name of Other Backward Classes ( along with SC & ST) for reservation, although only in services & educational institutions but now the political parties are in race for pleading OBC reservations in Parliament / Legislature as well. Many more 'sections' are still agitating for reservations , which may make some to infer that after independence the socio economic conditions of more of Indian people have 'deteriorated' / even class divisions have increased instead of diminishing after 1950. Not only that political parties are not focussing on eradication of backwardness but some of them are working on classifying even OBC as dominant OBC and back seated OBC. Reservations are also being seen by some politicians in the name regional tags as well as socio professional classification like Marathas or Jats or Yadavs or Gurjar. Hardly any politician is seen working for medicating the society of divisive 'ideolo-



### A Look through the Mist

gies'. Under The Constitution (103rd Amendment) Act, 2019 effective 12 Jan 2019 reservations in addition to the existing reservation and subject to a maximum of ten per cent in Government services & Educational institutions for economically weaker sections out of classes other than unreserved classes mentioned in clause 4 & 5 of Art-15 and other than mentioned in clause (4) of Art-16 , have also been provisioned by amending Article-15 , Article-16, Article-19 and Art-29 of COI, and a 5- Judge Constitutional Bench in its verdict ( 3-2) has upheld the 103rd Constitution Amendment for its validity and not being a violation of the basic structure of the Constitution of India. Validity has been held by 'numbers'. That means more weaker sections / people have emerged after 1947 instead of improving the status of "depressed classes" that were already there in 1947. Those directly / indirectly connected with political streams in relation to participation in governance of the democratic republic of India who had been suggesting for taking a review of the delivery of benefits by the provisions constitutionally kept for reservations for depressed classes so that corrections could be applied for not achieving targets in a decade as was anticipated in 1949 have now started saying that the reservation provisions have to be continued till targets are achieved .

Now religious minorities ( all India level ) like Muslims are asking reservations for Muslims and Christians too are demanding for them inspite of 'Their' leaders well knowing that though Schedule Tribe ( ST) reservations in constitution are caste & religion neutral and SC reservations are based on "discriminated" socially & educationally backward 'castes' hence in case they too have caste based discriminations amongst them let them openly declare that they too have caste system and social discriminations amongst them like as alleged in 'Hinduism / Hindu' ( Art-17 of the constitution was drafted more , rather it will not be wrong to say , pinning "allegations" on those who were practicing Hinduism). In case others like those practicing Sikh reli-

gion ( 1956) / Buddhist religion (1990) also admit existence of socially discriminated 'castes' among them then some from amongst them (Muslims / Christians) too can be got included in SC by further amending Constitution ( SC ) order of 1950 as was also done in 1956/1990 without any sustainable objection from any side and quantum of reservation for SC can so simply go beyond 15 % .

The position on ground is that those who are really 'depressed' economically, educationally, socially and 'resource's wise weak are still depressed.

The political parties have found continuity of such demands worth yielding for them, if no so , then why and do not they talk of reviewing our system as regards the success of 'reservation' provisions over last 7 decades when the Elders had kept the reservation in legislature for 10 years only, why the political governments that followed have not been able to shed that even in 70 years ? After doing that the needed steps can be taken for enabling the benefits to at least now reach only those whom the elders had kept in focus in 1950.

Hence in the greater interest of the people of India all those who are truthfully concerned for the cause of "their" people both from reserved and unreserved categories must hold patience and take feel of the provisions made in the original constitution & amendments made later carefully and work for a solution where the Indian people move out of conflicts and time of the 'nation' is more utilised for common work instead of caste/ region/ religion focused controversies and unproductive controversies like debates on Reservations & No Reservations.

Let WE work with open mind , do not debate but discuss the demands and objections for & against reservations so as to address the genuineness of the issues so that now some meaningful 'quantum' of good happens to the beneficiaries who were kept in focus by the framers of Constitution of India while drafting articles like Art-330, Art-332, Art-341, Art-342, Art-4, Art-334 , Art-335 and like.

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# Empowering the Girl Child

■ DR. BANARSI LAL

There is no dearth of girls issues right from female infanticide to gender inequality to sexual abuse. Gender discrimination is also a major problem that girls or women face throughout their lives. The Indian Government has taken various steps over years on these issues and improve the condition of girls. Many campaigns such as Beti Bachao Beti Padhao, Save the Girl Child, free or subsidized education for the girls, reservations for women etc. to reduce the gender discrimination. This event can help to promote gender equality, empower women socially and economically, provide better future for girls, protection to women against any harassment, provide freedom to women and girls to take action against any violence, to stop child marriages etc. Still we observe the cases of domestic violence, dowry, trafficking and harassment etc. Strenuous efforts are needed to eradicate such kind of menaces in the society. Bet Bachao Beti Padhao (BBBP) scheme was launched by the Hon'ble Prime Minister of India, Sh. Narinder Modi on 22nd of January, 2015 to address the issue of declining sex ratio, enable the women for the education and empower them. The scheme is implemented in the 161 districts of the country where the sex ratio is low. The scheme deals not only on the declining sex ratio but also focuses on females' education, skill and entrepreneurship development. Efforts to change the attitude of the people towards the girl child are also being made under this scheme by involving the media (both print and electronic) of the country. In predominantly male-dominated society, the birth of a girl is still frowned upon and our society is responsible for that. Though girl is considered as 'Lakshmi' in our society but actually she is considered as a liability. It has been observed that some districts of the country are known for the female infanticide and the parents of the girls live under the shadow of looming dowry which

compels them to kill their girl child. The middle class, the upper middle class and rich people like to get rid of girls by using some more scientific methods. One such method is amniocentesis performed by a machine with the help of which a liquid is inserted into the womb with the help of a needle. The liquid produces foam which helps to find out the sex of a child. The Indian Government is making strenuous efforts to create the awareness among the people against this evil and many new schemes/programmes are launched by the Government to eradicate this evil.

Both female infanticide and foeticide have led to a declining sex ratio in our country showing an unacceptable trend that the girl child has no right to be born and no right to survive. Abandoning girls only perpetuated the ingrained discrimination against girls. Has the so called modern society of ours a right to meddle in the process of God's creation? The Census of 2011 revealed that the sex ratio in the 0-6 age group is worst now than in any decade since independence. The child sex ratio in 2011 has registered an all-time low figure of 914 girls per 1000 boys. This decline is more for rural areas from 934 in 2001 to 919 in 2011, and for urban areas it is 906 in 2001 and 902 in 2011. Sex ratio is an important demographic indicator reflecting the socioeconomic structure of any nation. In present era with the advent of modern technology, the practice of female infanticide has been replaced by genocide of millions of women known as female foeticide-denying the girl her very right to take birth. The uses of ultrasounds and amniocentesis for sex determination followed by sex selective induced abortions have created a situation of daughter drought with tragic consequences. The sociological research has proved that declining female sex ratio in any society is associated with social distress, increased incidences of violence, anxiety and in extreme cases ultimate social degeneration. In

India declining sex ratio is a very serious issue and needs an urgent solution.

It has been observed through various studies that education and affluence seems to have positive correlation with a decline in the sex ratio. The decline has been observed more in case of educated women than the uneducated women. Son preference is observed not only in Punjab and Haryana but across the nation. In the patriarchal societies especially in North India son is considered as the joy factor while two are seen as the lifetime celebration. The traditional thinking being that if one dies, at least the son will take care of parents. The girl is considered as an economic burden in the family. This is the reason that some parents go for sex detection which enables them to know the sex of the foetus and abort if it is girl child. Both the states of Haryana and Punjab are considered as the most prosperous states of the country. But the data reveals that the states of Haryana and Punjab are famous for the female foeticide and female infanticide, are the worst performers in this category, with the former recording 879 females and latter recording 895 females per thousand males. As per 2011 the sex ratio in J&K is 889. It has been found that female foeticide and infanticides is not merely a phenomenon which is associated with poverty and economic burden. Rather it is found more in case of rich and influential families. A son is considered as the controller of the land and hence is preferred in the families. Even after 75 years of the Indian independence son is still considered as the main actor in matters of inheritance of ancestral property and daughters keep on maintaining peripheral roles. We have Anti-dowry Act, Child Marriage Restraint Act, laws punishing rapists but very few among the offenders are nabbed. They find many loopholes through which they find a safe exit. The disturbing trend has already started influencing the institution of marriage in the society. The

current sex ratio in Punjab indicates that there are only four women available for every five men. In many cases the men from Punjab and Haryana are marrying women from outside states. Such marriages represent undocumented type that cannot be explained adequately within the framework of categories available for understanding marriage and non-marriage transactions involving women i.e. sexual trafficking, bride price marriage and buying of women for marriage.

Girls must be given the opportunity not only to show their hidden talent but also to live their life with full freedom. In order to empower the nation, empowerment of girl child is very important. Consistent efforts are needed to tackle this menace of declining the sex ratio. Law is the only solution but change of mindset of the people is more important that perpetuates the prejudice against girls and women. The states should come forward seriously to fight this menace. Review in the states should begin with the review of the quarterly reports. There is need to contemplate on the long-term consequences if the girl children are denied to born. Those who still have the notion that boy is an asset and girl is liability need to change their mindset. The doctors who are doing this heinous job need to get the punishment. The certain new schemes such as Beti Bachao, Beti Padhao (BBBP) should be implemented strongly so that the girl child can be protected. Liberal scholarships for all level of education may contribute substantially in getting the achievements for the girls. The Parliament and the state legislatures must lead from the front and support the women empowerment. Enforcement based and incentive based measures may have salutary effect. It is really a challenging task to make India a less-male dominated country. A multipronged strategy is required to protect the girl child. We should be proud of our daughters.

(The writer is Sr. Scientist & Head of KVK, Reasi).

## YOUR COLUMN Concern for children

Dear Editor,

At a time when the increasing cases of suicide among students due to the pressure of studies and examination performance have become a matter of concern, a very important initiative has been taken by the Union Education Ministry.

In its draft guidelines titled 'Umeed', the ministry has said that 'wellness' teams should be formed to prevent the rising problem of suicide among children and also if any student shows any sign related to the risk of suicide. If so then its immediate identification.

Help should be given to bring him out of such a situation. In fact, it can be marked as a complex problem that the new circumstances that have arisen in education during the last few years are creating such pressure in front of some students that sometimes they are not able to bear it.

And take steps like suicide. Along with the root causes of this situation, the problem is also that the children in

such a situation do not get the support from around them at the right time and they keep getting trapped deeper in their complicated situation.

In such a situation, if a system can be set up within schools or educational institutions which can accurately assess the pressure and the circumstances arising from it and identify the students affected by it and provide timely concrete help, then it will not be difficult to overcome this problem.

Is in this matter, the guidelines of the Union Ministry of Education are an attempt to prepare a better path, the main idea behind which is to develop - 'Every child matters'.

Under this, schools need to increase sensitivity and understanding as well as reduce their losses. Children have been asked to provide timely assistance to protect themselves from this disease.

However, suicide is not usually the result of sudden circumstances and social perceptions and thinking act as a major factor and influence. Therefore, the guidelines also focus on fostering partnerships between schools, parents and the community to promote social support and engagement to prevent suicide and eliminate negative attitudes associated with suicidal behaviour.

It is an irony that for children in school or any other Primary level education, which should be a means of easily acquiring knowledge, intellectual development and personality building, starts acting as a pressure, the burden of which becomes difficult for them to bear.

The question is, how does the unbridled competition to score the highest marks in every examination, to be successful in any competition and to achieve a position arise in children? The hunger to see the children on the basis of high marks in the examination, from the school, society and the parents themselves, has harmed the tender minds of children to such an extent. That it has a fatal impact on their discretion, patience and balance between studies.

Along with making the conditions of education and teaching comfortable and a means of acquiring knowledge, if the turmoil within the children can be identified in time and psychological support can be provided to them, then this problem can be solved.

But for this, the definition of number-based ambition will have to be changed and criteria for making better, sensitive and intelligent human beings will have to be prepared.

Vijay Garg