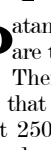


APPRECIABLE ROLE OF TEACHERS IN PANDEMIC



OFF 'D' CUFF

Deep Science in Patanjali Yoga Sutras

Patanjali Yoga Sutras are the origin of yoga. There are speculations that they were written about 2500 years ago. The antecedents of its author Sage Patanjali such as who he was and where he lived, are also not known.

However, what we have today are his sutras which have been available to us in written form, for the last 300-400 years. To my mind the Yoga Sutras is the most scientific spiritual book ever written during ancient times and hence has relevance for today.

Patanjali in his Yoga Sutras has given a vivid description of the super-natural powers that a Yogi can obtain by doing Sanyam on various subjects and objects. Patanjali defines Sanyam as a combination of Dharan (focus), Dhyana (contemplation) and Samadhi (total meditative absorption). When Sanyam is done on any subject for a long time then its complete knowledge results. Basically, the Sutras talk about how to develop the power for concentrating on a single thought for a very long time. The powers obtained via Sanyam includes levitation, mind reading, getting into another person's body, making oneself invisible, flying through air, etc., etc. All these powers are described in Section III (Vibhuti Pada) of the Yoga sutras.

In the seminal book on extraterrestrial abductions of humans by inhabitants of Unidentified Flying Objects (UFOs), John Mack a professor of psychiatry at Harvard University has shown that all the persons abducted (abductees) and taken inside the spaceships talked about extraterrestrials floating in the air; who could interact telepathically

with them; read their minds and modify them; become invisible and exhibited almost all the supernatural powers written in the Patanjali Yoga Sutras. Dr. Mack interviewed more than 300 abductees world over about their experiences and all of them talked about similar supernatural powers of extraterrestrials. Similar reporting was also done by Coral and Jim Lorenzen in their book "Encounters with UFO occupants".

This similarity between powers written in Yoga Sutras and exhibited by extraterrestrials is so uncanny that I sometimes think that Sage Patanjali could have been an extraterrestrial being who came to earth almost 2500 years ago to give us this knowledge!

Thus I feel that if we understand the science of Yoga Sutras on how a Yogi can get these supernatural powers then it may also show us a way to understand the mind-matter interaction and probably pave the way for developing galactic travelling machines and technologies. Thus Yoga Sutras are very relevant for present times.

UFOs are real. There have been innumerable sightings and visitations by extraterrestrials throughout the history of mankind. In Indian scriptures like Ramayana and Mahabharata there are quite a few descriptions of various gods visiting earth in their flying machines. And recently US government has officially released video clippings of few of these sightings. Similarly, a 6-part docuseries released recently by Netflix has further shown the possibilities of these visitations and mankind's quest for understanding the technologies of UFO propulsion.

Anil Rajvanshi

Deep Science in Patanjali Yoga Sutras

Anil Rajvanshi

Taking leads from Modi's gestures LG Manoj Sinha must initiate naming Jammu Airport after PVC NK Yadunath

‘Our soldiers are the ‘Suraksha Kawach’ of ‘Maa Bharti’: Narendra Modi

PM Modi celebrated Diwali on LOC in Nowshera Sector where Taingdhar bears PVC Yadunath Memorial Stone

The 50th Para Brigade was ordered to somewhere in mid November 1947 to keep Naushera (part of the then Reasi District of Jammu Province) secure and establish a base at Jhangar in the Naushera Sector. It was around 6th December 1947 that 1/7 Rajput Regiment of which Naik Yadunath Singh was also a member reached Nowshera by road from Gurdaspur (Punjab) to join 50th Para Brigade under very adverse weather conditions. By then even Blimber (around 27th Oct 1947), Rajouri (around 10th Nov 1947), Kotli (mid November 1947) Mirpur (around 25th Nov 1947), etc had already fallen in the hands of raiders since the accession of erstwhile Princely state of J&K with either dominion was delayed and 'Pakistan' had already 22nd Oct. 1947 'openly' attacked J&K from Kashtunir Valley side. But on 24 December 1947 even Jhangar (a very strategic location for defence of Nowshera) was captured by the Pakistanis giving them possible control over the route between Mirpur and Poonch towns and also providing launch point for making multi point attacks on way to Poonch from Jammu via Rajouri which too was very much under the possible grip of intruders with some local civilians and 'state' troops also deserting to the enemy camp. So the Indian soldiers were deployed in small groups on possible enemy approaches and Taindhar (on north of Nowshera) was one such gentle approach from enemy side (but not that easy from Naushera side) on highest of area dominating countryside. So, defence of Taindhar was critical, hardest and most immediate need for

the defence of Naushera and hence Jammu to Poonch tracks..

The Indian Army initiated many operations in the north-west of Naushera to stop advances by the Pakistani forces till the end of January 1947 a picket was established at Taindhar by 1/7 Rajput where Naik Yadunath Singh was also part of the battalion. The troops were small, did not have adequate supplies of fresh food and as per some quotes were even without a machine gun with the assigned requiring very hard personal inputs like even preparing defences just with bare stones which could even cause damage to self by shattering into small pieces on getting hit with enemy artillery fire. It was on the foggy morning (06:40 am or so) of 6 February 1948 that taking advantage of darkness Pakistan troops in large numbers crept along Taindhar ridge up to the pickets where Naik Yadunath Singh was in command with just nine personnel manning the forward post of the second picket at Taindhar and though in very small numbers warded off three massive Pakistani attacks for capture their position. But the courage and sense of sacrifice that had been shown by Naik Yadunath Singh shattered the courage of Pakistanies with thousands at their back and the enemy fled in disorder never to return. Late Col Kishan Singh Rathore MVC who was then 2nd Lieutenant - a Company Commander and Yadunath Singh was part of his troops was also awarded the Mahavir Chakra in the same battle has been quoted as



A Look through the mist

Look
ugh the
mist

having said < " I could see Yadunath Singh shouting explosives at the enemy and hurling grenades at them. At this time Brig Usman called me and asked if I wanted artillery fire. I declined, as we were so mixed up with the enemy that the artillery fire would have caused more damage to my troops. We beat back the first attack with heavy casualties to the enemy, but within minutes the second wave of the enemy came rushing towards us and this too we beat back. By now, our own casualties were mounting. Amongst the wounded was Naik Yadunath Singh who, in spite of his wounds, was rallying his men and firing a Bren gun. We beat back the second attack too. But the enemy was not done yet and some of them were even able to get in between the gaps in our defences. This time I had no choice but to ask Havaldar Ishar Singh, the mortar detachment commander to fire the mortars overhead and bring down fire on our own locality. It was then that Naik Yadunath Singh, along with his men came out of their bunkers with bayonets fixed and charged the enemy, engulfing him in hand to hand combat..." >. Naushera and hence the route to Poonch was saved only with the most heroic charge of NK Yadunath Singh for which he was awarded posthumously the Param Vir Chakra. Naik's action had proved a very yielding moment in most critical times for the battle of Naushera and had enabled Brigadier Usman to send a company of the 3rd (Para) Battalion, Rajput Regiment to reinforce the Thaindhar. And Janghar was recaptured on 17

Mar 1948 with a 2 Brigade attack..

Ofcourse saving Naushera cleared the way for advance of forees towards Rajouri and Maj (then 2nd Lt) Rama Raghoba Rane (an officer commissioned in the Bombay Sappers Regiment of the Indian Army's Corps of Engineers just on 15 December 1947) who became the first living recipient of the Param Vir Chakra on 8 April 1948 for his playing a key role in the recapture of Rajouri by clearing several roadblocks and minefields even moving/ crawling ahead of tanks.

Tales of valour and sacrifices made by Indian soldiers for saving people and lands of Jammu and Kashmir in 1947-48 are unending but we cannot find a single descendant of even the 1947-48 PVC decorated soldier staying in a self owned house in Jammu and Kashmir even after 5th August 2019. Why not come forward to make government of the day extend gratitudes like naming new Jammu Airport as PVC NK Yadunath Singh International Airport as also Srinagar Airport after PVC Maj Som Nath Sharma and also open doors atleast of Domicileship for their descendants even through constitutional / administrative provisions like using Section-96 / Sec-103 of Act 34 of 2019 / Art-309 of Constitution of India.

There can be no better start for naming Public Structures after Martyrs than starting with PVC Major Som Nath Srinagar Airport & PVC NK Yadunath Jammu airport.

(Daya Sagar, is a senior journalist and analyst of J&K Affairs , can be reached at dayasagar45@yahoo.com).

GMC Jammu Radio Diagnosis-Time to act now

■ **RAJAN GANDHI**

GMC Jammu, established way back in 1973 and shifted to Bakshi Nagar Building in 1993, has right now five teaching hospitals namely, Medical College Hospital, CD hospital, SMGS hospital, Psychiatry hospital and Dental hospital with hundreds of employees including resident doctors, paramedical Staff, supervisory staff, Class-III and IV officials trying to work in tandem to mitigate sufferings of patient rush of whole Jammu Division along with winter rush of Kashmir patients shifting to Jammu province to avoid harsh winters, but not withstanding the claims of Government regarding improvement in medical facilities, situation is really dismal. Shortage of staff on every front, J&K Government for years together has failed to fill up vacant posts in the GMC facility despite knowing fully that Medical College Jammu is always overburdened with rush of patients. This whole situation was too evident during peak COVID crisis as GMC alone was catering to almost whole Jammu Division as District hospitals along with newly opened GMCs were caught with least preparations, some having no oxygen plants, others having but non-operational or operational but no backup power to operate. Situation went out of hands with acute shortage of Physicians and Anaesthetists, mainstay of running round the clock emergency in GMC hospital. Result was patients lining up but no beds, even admitted patients faced oxygen supply interruptions and what not while media journalists blaming doctors for negligence instead of focusing on acute scarcity of staff and infrastructure deficiencies.

Though operation theatres were closed for months together but one department worked 24x7x365 days, shoulder to shoulder, with COVID emergency doctors-Department of Radio Diagnosis, GMC Jammu. Though neither planned nor updated to cater to such huge number of patients but still every employee of department worked much beyond assigned duty hours to get right diagnosis for every admitted patient. And the story doesn't end with COVID emergency only as Radio Diagnosis Department of GMC is the backbone of every department of GMC and associated hospitals. Fact is against total sanctioned strength of 21 faculty, 5 Professors/ 4 Associated professors/ 4 Assistant Professors/ 7 Lecturers and additional tenure based 6 Registrars, but only 3 Professors/ zero Associated Professors/ 3 Assistant Professors/ no Lecturer and only 4 Registrars are there, as year after year, Government has failed to fill up vacancies, result is practically

the faculty members running whole GMC and Associated hospitals.

A visit to GMC Jammu reveals the true story, enter emergency X-ray, CT Scan or Ultra sound comes into picture automatically one way or another. Most astonishing part is despite having six departments Super-Specialty Jammu has no emergency of its own and result is every heart attack patient, every accidental case of neurology gets referred to GMC only. Government seems to be in hibernation with no plans for emergency in Super Specialty despite repeatedly years of hardships to patients. A peek into Emergency Radio Diagnosis Centre leaves one astonished, two sets of CT Scans, X-Ray and Ultra Sound, one government run and other private one and difference in two setups is too obvious to be ignored. While private one has been provided ample space, well tiled flooring, proper distemper/paint, ample space for patients with proper sitting arrangement, waiting as well as test rooms, but on the other hand government run diagnostic centre in utterly shabby condition with broken doors, locked toilets, no sitting arrangement, not even proper flooring, tiny 4x8 technician/doctor rooms where they are made to eat, sleep and spend long duty hours. Some rooms having missing/broken false ceiling resulting occasional bird shit along with extreme weather conditions, hot as well as cold. A tiny Ultra Sound room at the entrance of Private Radio Diagnosis Centre with no space for waiting patients, who are left to face logged rain water at entrance. Though running in premises of GMC Jammu on government provided facilities, this diagnostic centre provides no free diagnosis to even BPL patients leave alone Ayushman patients. Established in 2013 by then principal vide reference no: GMC/PS/misc/3806 dated 18-12-2013 inside GMC itself is a scam as for any government hospital tests are the main revenue generators and GMC Jammu is no exception. Almost more than fifty lakhs per month are collected by Radio Diagnosis department in GMC only despite almost 40 per cent BPL and Ayushman patients tested free of costs. A bigger amount of revenue is earned by private diagnosis centre inside GMC, clear loss to government but no action. Accusations of overcharging have been levelled against this private operator with even an enquiry initiated in 2016, scan premises was taken over and sealed in 2016. GMC Principal at that time had constituted a committee headed by Administrator, GMCH Jammu and Associated Hospitals, to enquire into the allegations of overcharging. The committee in its enquiry in just 12 days found that the con-

erned firm was charging even patients of blast and bullet injury, road accidents, BPL patients and unknown/unconscious patients for CT Scan which they should have done free of cost under rules. Apart from it, the committee found that there was no Government approval in providing tender to the firm, as the then Secretary, Health and Medical Education was bypassed while giving contract to the firm. Acting as per the findings of the inquiry committee, GMC Principal ordered immediate sealing of premises used by the firm to run PPP mode CT scan machine and directed Chief Accounts Officer, GMC Jammu and Accounts Officer, Associated Hospitals, to impose penalty on the firm for overcharging patients. The order issued by then GMC Principal was cancelled with immediate effect and Medical Superintendent, GMC Jammu immediately seized the premises. But the Private Diagnosis Centre managed to start again. It is matter of serious investigation who has mooted this idea of starting private diagnostic centre in Government Medical College itself causing losses of crores year after year. No efforts have been made to shift this diagnosis centre at least outside emergency. Another interesting aspect is this private diagnostic centre provides no further medical investigations like biopsy or any other analysis and like other hospitals, AIIMS and PGI, these reports are not entertained by GMC Radio Diagnosis Department as for any suspected patient technicians/ doctors on duty immediately on spot decide what further action has to be taken and in which way. This refusal on justified technical grounds lead to unwanted scenes as patients are left with no alternative, suffering monetarily as well as losing precious time in proper diagnosis.

In addition to emergency wing of X-ray, CT Scan and Ultrasound on ground floor another set of two ultra sound machines, CT Scan and MRI machine are available on first floor with neat and clean environment and proper sitting arrangements for admitted indoor patients as well as referred OPD patients. Right now there is no waiting for X-Ray, ultra sound or CT Scan and MRI within 24 hours for in hospital admitted patients. A two to three days waiting for MRI for OPD patients as faculty toils far beyond duty hours to provide services to patients. Fact is there is only one government run MRI machine in whole Jammu Province against four in Kashmir province, that too 21 years old, a fact hard to believe that other new GMCs, District Hospitals and other government hospitals are without MRI and other diagnostic equipment leading to either

majority referral to GMC or wrong diagnosis or left to private operators to mint money from helpless patients. Despite in 75th year post independence how this vital health infrastructure has been denied to various government hospitals is a matter of serious concern. Another unabated loss to Government is being going on in SMSGS Hospital. As it is absolutely clear that only source of revenue generation in any hospital are tests, be it pathological or radio diagnosis tests and specific rate list is issued and updated time to time by administration and accordingly tests are charged from patients, however though SMSGS Hospital have conducted lakhs of Ultra Sound/ Doppler tests but no charges have been taken for years now as cashiers refuse to take money thereby causing losses to the tune of crores to Radio Diagnosis Department. HoD had already intimidated higher authorities but no action taken till now. Who is responsible for this loss running in crores?

There is another misconception that with Ayushman card everything comes free but let it be clear to everyone that no OPD test is free for Ayushman card holders and like any other insurance claim one has to be admitted in hospital to avail Ayushman facilities. The registration counter for Ayushman outside emergency clearly depicts the pre-requisite formalities for Ayushman benefit. Lack of this awareness leads to unnecessary verbal and physical scuffles with official staff and staff is left on its own to face the brunt of patients and their attendants. And most tragic part is some media channels instead of creating awareness about this aspect are just adding fuel to fire by misquoting the entire things. Government must ensure the public awareness on this contagious issue immediately to ensure safety of hospital staff. One can summarize the arising situation that despite numerous well intended collective efforts by departmental staff yet desired best facilities are still far away and scope of much improvement is there. One hopes administration wakes up to repeated losses in crores and acts accordingly to get private diagnostic centre shifted out of emergency of GMC and as now Article 370 gone one hopes administration makes everyone accountable and initiates proper inquiry to get the hand in glove moles of health department who are involved in systematic revenue loss to government. Collect genuine revenues of crores to get new latest equipment for GMC. Enough damage has already been done by 'Chalta Hai' attitude, it's time to shun ostrich like approach if Government is serious about improving Health Infrastructure in Jammu.

YOUR COLUMN
Books- the only true friends

Dear Editor,

The widespread spread of information and technology in today's world has put mobiles, computers and laptops in the hands of the present generation, but it takes time to connect the youth who are more broken than books with the book culture. Although the Punjab Government has passed the Library Act, it is not being implemented in practice. There is a need to open public libraries in villages. Although this initiative has already started in some villages, it requires a lot of zeal. Government school libraries should be made modern. The post of librarian should be filled in every school and the period of library should be made mandatory in the school timetable. Healthy personalities can be introduced to children. Although children's magazines are published in schools, these efforts require more attention. Progressive village youth, panchayats, parents and the government should make a concerted effort in this regard. Books are said to be man's best friend. Reading the biographies of important personalities and great people provides an opportunity to learn a lot from their

experiences. Students can increase their knowledge and expand their vocabulary by reading syllabus books as well as other books. The government should take steps to improve the condition of government libraries. They should look good and have as many books as possible. Efforts should be made by the administrators of educational institutions to connect students with books. Students should be given books as prizes by conducting educational competitions, which will create interest in reading books among the students and increase their tendency to go to the library.

In today's world, especially in student life, the library is very important. In the digital age, people's interest in libraries is declining, but the knowledge that comes from libraries is nowhere to be found. A library is a collection of books, which provides a wealth of knowledge. Opening libraries in primary schools, villages and all urban areas can increase people's interest in books. Today the younger generation is more dependent on mobile. The place of books in the lives of young people has been greatly reduced. No doubt mobile has the answer to everything, but with it our brain loses the ability to learn. Avoiding noise and coordinating with the characters of a good book is like doing Simran. Doing so keeps the mind full of self-confidence and sharpens the mind.

In the digital age, grassroots work needs to be done to save libraries. Students should be encouraged to read books. Students need to be made aware of the importance of libraries again, as the new generation in the digital age does not know the true meaning of the word library. There must be a library period at the school level. Education is the only way to enlighten our lives and knowledge is a treasure that no one can ever plunder and to fill this treasure of knowledge it is imperative to save the existence of libraries. Today's digital tools are taking the younger generation away from books and preparing graves for libraries. There is a need to create literary interest in the people. The importance of libraries should be discussed at school-college level and students should be encouraged to read books. If students have no appetite for knowledge then books or library are of no importance to them. Therefore, literary lovers, intellectuals and teachers should work together to connect more and more youth in schools and colleges with books. The importance of libraries should be made known to the general public. Book knowledge as well as book light should be spread in the blank paper brain of children. On the day of great personalities, lectures should be given on the role of books in their lives and literary inspiration should be given by taking literary activities to the streets, neighborhoods and places.