

Diabetes: A silent killer



■ **PALVI GUPTA**
With changing lifestyle and dietary habits, today a problem like diabetes has knocked in almost every household.

India alone is home to 77 million diabetics in the world and is often called the Diabetic Capital of the world.

More than 420 million people are suffering from diabetes worldwide and around 4 million deaths occur each year. The vulnerability of disease has been highlighted during COVID-19 pandemic. The hospitalized patients having diabetes displayed severe manifestations of COVID-19.

What diabetes actually is? Diabetes is a group of metabolic disorders characterized by hyperglycemia (Fasting blood glucose?

126mg/dl, Random plasma glucose ?200mg/dl) in the absence of treatment.

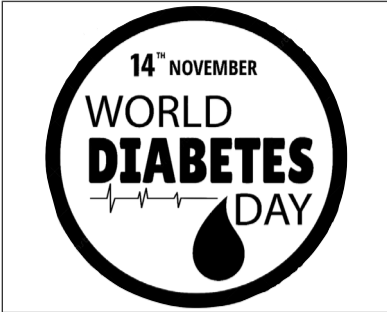
Causes: It includes

- Defects in insulin secretion (Type 1 diabetes)
- Defects in insulin action (Type 2 diabetes)
- Defects in both insulin secretion and action
- Disturbances in carbohydrate, fat and protein metabolism.

Signs and symptoms:

- Polyuria (frequency and urgency of urination)
- Polydipsia (excessive thirst)
- Polyphagia (increased hunger)
- Wasting
- Fatigue
- Slow healing sores
- Blurred vision
- Frequent infections

Complications: Diabetes is a serious, chronic, non-communicable disease and it can lead to many long term complications. Diabetes over



time leads to coronary heart disease, stroke, retinopathy (blindness, glaucoma, cataract), neuropathy (numbness, tingling, pain, burning sensation), nephropathy (kidney failure), Foot (infections, loss of sensation, foot ulcers that can lead to foot, toe or even leg amputation), skin and gum infections.

World Diabetes Day: As diabetes poses a serious threat to public health and nation's economy, the prevention of this silent killer disease is the need of the hour. In view

of it, every year 14 November is observed as World Diabetes Day. It was created in 1991 by IDF and WHO to raise the awareness of rising threat of the diabetes and the methods for better prevention and management of the disease. In addition to this, this day also marks the birthday of Nobel laureate Frederick Banting who co-discovered insulin along with Charles Best in 1922. It became an official United Nations Day in 2006. The theme for World Diabetes Day 2021-23 is 'Access To Diabetes Care' (Access to insulin, oral medicines, self monitoring equipment etc.)

How to know if we are approaching to diabetes or not: The early symptoms of diabetes includes

- Dryness in throat and palate
- Sweetness in mouth
- Burning sensation in hands and feet
- Foul smell in the body
- Excessive sweating
- Liking for constantly lying on the bed, sitting, sleeping and leading an easy life.

How can we prevent diabetes: The doctor, family members, dietitian can help and support you but it's only the self care that will help managing your condition. Here are some methods that can help preventing the diabetes.

- Adhere to strict diet and drug regimens.
- Maintenance of normal body weight.
- Adopt healthy nutritional habits (small balanced and frequent meals, adequate protein intake, high fibre intake, follow low carb diet, avoid sweet foods, avoid overeating, minimum processed foods etc.)
- Avoid sedentary lifestyle (regular exercise, walking)
- Avoid alcohol and smoking
- Routinely check blood sugar, blood pressure and urine.

blood pressure and urine.

- Control high BP and cholesterol
- Brush your teeth atleast twice a day to avoid gum infections
- Regular examine your eyes
- Pay attention to your feet (wash your feet daily in lukewarm water, dry them especially between the toes, wear soft, comfortable footwear, check daily for sores, blisters, infections, loss of sensations). If no interventions done to prevent the disease, there will be at least 629 million people living with diabetes by 2,045.

Protect yourself and contribute to the nation's health. Diabetes care is within your control. Above all, stay positive. If you are willing to do your part, diabetes won't stand in the way of an active and healthy life.

(The author is studying BAMS at Government Ayurvedic Medical College Akhnoor).

SI aspirants seek reconsideration of age-relaxation decision



SI aspirants raising slogans during a protest.

■ **STATE TIMES NEWS**

JAMMU: The aspirants for post of Sub-Inspector in J&K Police have expressed gratitude towards LG Manoj Sinha for increasing number of posts from 8,00 to 1,200 but sought reconsideration of age-relaxation decision. In a press statement issued here on Saturday, the aspirants said that no doubt the Government has granted a relaxation of 2 years in upper age-limit but same is not adequate meet the aspirations of candidates. They further said that as per rules, vacant posts in Police Department should be referred to recruitment agencies twice a year but administration failed to do same for unknown reasons. "As last recruitment for SIs was held in 2016 and now same have been advertised after 5 years therefore, age relaxation of mini-

mum 5 years should be granted to JKP SI aspirants so that who are over-aged and have passion to join police force could get a last opportunity to compete in the exam," they added. "As the Government is stressing for providing more and more employment avenues to unemployed youth, so age-criteria for SI aspirants should be relaxed at least by 5 years in place of 2 years, so that maximum number of aspirants can participate and fulfill their dreams," they asserted and urged for reconsidering the decision regarding age-relaxation and enhancing maximum age prescribed for recruitment in Police Department as Sub Inspector to 33 years, in the larger interest of youth.

The signatories to the statement included Gourav Sharma, Vaneet, Rajeshwar

Singh, Trilochan Singh, Gourav Singh, Minkal Kotwal, Jatinder Singh, Pankaj, Jaspreet Singh, Ankush Sharma, Ishfaq Parrey, Vikram Bajgotra, Bishan Kumar, Shakeel Ahmed, Amit Verma, Ameen Shan, Shahid, Sartaj, Sahil, Imran, Anshuman Singh, Arun Khanna, Basharat, Musadiq Badana, Shoukat Assab, Amarjeet, Arun Khatri, Imran, Prikshit Salgotra, Manhor Sharma, Vikas, Kamaljeet, Harjeet, Gandeep Jasrotia, Arun, Manvinder Singh, Arjun Sharma, Nitin Manhas, Abhishek and Rakesh Singh Bali.

■ **STATE TIMES NEWS**

JAMMU: Observe November 14 as 'Bharat Ke Lal Diwas' on names of four Sahibzadas of Guru Gobind Singh, said Sudershan Singh Wazir, Chairman Sikh United Front (SUF) while addressing a joint press conference of various Sikh organizations on Saturday.

Wazir asked government to declare November 14 as Bharat Ke Lal Diwas every year, dedicated to the martyrdom of four Sahibzadas of Guru Gobind Singh Maharaj namely Sahibzada Ajit Singh,

JKEEGA for filling up vacancies from AE to CE; raises cadre issues

■ **STATE TIMES NEWS**

JAMMU: Jammu & Kashmir Electrical Engineering Graduates Association (JKEEGA) held a meeting of its Executive Council under chairmanship of its General Secretary Sachin Tickoo which was attended by Ashok Kumar Dubey Vice President, M P Singh, Provincial Secretary, Rajeshwar Janwal Provincial Publicity Secretary, Vipul Sharma Treasurer, Purshotam Sharma Cashier and deliberated in detail regarding slow progress of process of placements and filling up of vacancies at various levels, right from Assistant Engineer to Chief Engineer. The participants, while echoing sentiments and aspirations of the members of the Graduate Engineering fraternity, expressed resentment over non-filling up of the clear cut vacancies available at various levels in Department. "A large number of engineers have retired and many more are retiring and are eligible for placement to higher levels with all formalities having been completed, but despite that formal orders for their place-

ments are not being issued. This approach of administration has created deep sense of dissatisfaction and resentment among cadre and hurt the morale of the employees in general," said Tickoo. The members while acknowledging positive developments on the regularization front urged that the process needs to be expedited in order to boost morale of engineers. The members also expressed strong displeasure over the delay in drawal of salaries of the employees of Power Development department due to the procedural delays in the release of 'Grant-in-Aid' from Government and same is being regulated on advance drawl basis at Secretariat level. The members also highlighted that at nearly fifty Assistant Engineers who were placed as Assistant Ex Engineers way back in Jan 2021, even after nearly a year now, are still unadjusted despite sufficient vacant positions of AEEs. JKEEGA appealed to Principal Secretary, PDD to fulfill genuine demands of the employees and infuse a renewed zeal among the cadre.

Observe Nov 14 as 'Bharat Ke Lal Diwas': SUF



Chairman SUF, Sudershan Singh Wazir talking to reporters.

Sahibzada Jujhar Singh, Sahibzada Zorawar Singh and Sahibzada Fateh Singh, as like 'Bharat Ke Lal', they sacrificed their lives at a tender age to save country, its culture,

Sanskriti and all sections living in Akhand Bharat while fighting against tyranny of the then Mughal rulers.

Wazir called upon the Central Government and Governments

of all the states and union territories to officially declare November 14th as a holiday, commemorating the martyrdom as Bharat Ke Lal Diwas.

All the Sikh organizations also demanded that sacrifices of Gurus, their families and others who believed in the philosophy of Khalsa Panth and Sikhism should be made a part of the syllabi of primary schools. Wazir and all other Sikh organisations appealed to one and all to hold special prayers on November 14 at their respective religious places, Gurdwaras and houses to commemorate

the martyrdom of four Sahibzadas. The Sikh organizations leaders participated in the meeting include Mohinder Singh Chief Organizer Bhaji Kaniya Nishkam Seva Society J&K and Ex Member DGPC Jammu Darbinder Singh President Shiromani Akali Dal J&K, Rajinder Singh General Secretary Shiromani Akali Dal J&K, Raja Singh Sarpanch member DGPC Jammu, Ravinder Singh Sarpanch General Secretary Shiromani Akali Dal J&K, Charanjit Singh Retired SDM, Gajan Singh President J&K Motor

Company Association, Paramjit Singh Ex Corporator, Kulwant Singh Khajuria Joint Secretary Shiromani Akali Dal J&K, Surinder Singh Kala President Fruit and Vegetable Association, Prof Youshvir Singh Corporator, Surjeet Singh Kukoo President Sikh Nanjawan Sabha, Kuldeep Kour President Istri Akali Dal J&K, Gurmeet Kour General Secretary Istri Akali Dal J&K, Mannohan Singh Chairman Gole Gujral, Rasbir Singh, Kuldeep Singh Malik, Kulwant Singh, Kulkar Singh and Tejpal Singh.

THE J&K BOARD OF PROFESSIONAL ENTRANCE EXAMINATIONS (BOPEE)
Tele/Fax: 2433590, 2437647 (Srinagar); 0191-2479371, 2470102 (Jammu)
Website: <http://www.jkbopee.gov.in/www.jakbopee.org>,
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Subject: Allocation of MBBS/BDS seats of Ministry of Home Affairs, Government of India from Central Pool for spouse and children of terrorist victims for the academic year 2021-22(updated).

References: (i) F.No.17015/69/2021-CT/II dated 26-10-2021.
(ii) Notice No.075-BOPEE of 2021 dated 29-10-2021.

Notice No. 078-BOPEE of 2021
Dated: 12-11-2021

Attention of eligible candidates who want to be considered for allocation of MBBS/BDS seats under the Central Pool Quota of the Ministry of Home Affairs, Government of India is invited towards BOPEE's Notice No. 075-BOPEE of 2021 dated 29-10-2021 vide which the eligible candidates of NEETUG 2021 were advised to keep their documents ready for submission of the same at the time of invitation of applications. Now, the Ministry of Home Affairs vide their communication F.No.17015/69/2021-CT/II dated 26-10-2021 have asked to invite applications on prescribed format annexed as Annexure 'A' to this Notice, for allocation of MBBS/BDS seats from Central Pool for spouse and children of terrorist victims for academic year 2021-22. Briefly the eligibility is reproduced as under:-

Educational qualification:-
The candidate must have passed in the subjects of physics, chemistry, Biology/Bio-technology and English individually and have obtain a minimum of 50% marks (40% for SC/ST and 45% for PWD category candidates) taken together in physics, chemistry, biology/bio-technology at the qualifying examination as mentioned in the clause-4(2) of Regulations of Graduate Medical Education 1997.

Selection of candidates:-
The selection of candidates will be made on the basis of rank obtained in the National Eligibility-cum-Entrance Test (NEET) — 2021 being conducted by the National Testing Agency. As per Graduate Medical Education Regulations 1997, of Medical Council of India, It shall be necessary for the candidates to obtain minimum marks at 50th percentile at NEET 2021. However, in respect of candidates belonging to, SC/ST, the minimum marks shall be at 40th percentile. In respect of candidates with specified disability, the minimum marks shall be at 45th percentile. The percentile shall be determined on the basis of highest marks scored in the All India Common Merit List in National Eligibility Cum Entrance Test for admission to MBBS/BDS Courses.

Reservation:-
The Reservation Policy being followed by the UT's of J&K and Ladakh shall apply on Central Pool MBBS/BDS Seats.
The documents required to be attached are as under:-

1. Domicile Certificate of UT of J&K/ST Certificate of Leh/Kargil for the candidates belonging to UT of Ladakh.
2. NEET Score Card.
3. 10+2 marks card.
4. Date of birth certificate.
5. Category certificate, if any.

In addition the applicants shall have to submit the following documents priority wise duly authenticated by the Home Department of J&K Government for ascertaining the eligibility under victim

Priority I, II and III :-

Priority	Documents Required	Designated Authority	Authenticate Authority
Priority-I Children of families where a parent or a direct member of the family has been killed in acts of terrorism or has been an innocent victim in cross-firing or in firing by armed forces in combating terrorism.	FIR, Death Certificate, Post Mortem Report	SHO and Hospital concerned duly countersigned by the SSP concerned.	Administrative Secretary to Govt. Home Department
Priority-II Children of such persons who are exposed to substantive risk due to their assignment mainly relating to combating acts of terrorism, added weightage is to be given to the persons who have come in the "hit list" of terrorist organizations.	Certificate of threat perception.	DIG/CID on the basis of the report received through proper channel initiated by the SHO concerned after receiving application from the person claiming benefit of this category.	Administrative Secretary to Govt. Home Department J&K.
Priority-III Children of such families who have migrated from Kashmir due to the current situation and have lost their means of livelihood including their business or use of their property.	Certificate of Migration, loss of property, business and livelihood.	Supporting documents for loss of property (FIR etc), Migrant certificate from the concerned Relief Commissioner.	Administrative Secretary to Govt. Home Department J&K.

The children of All India Service Officers posted in the State/UT would also be eligible to participate in the said merit system. The selection of candidate in category (iii) above should be entirely on merit among the eligible candidate in this category.

The Last date of submission of application in duplicate is 17-11-2021 upto 2.00 P.M

Further, Board does not guarantee or undertake that mere submission of applications shall confer any right to the applicant for his/her selection, which shall be done by the concerned Ministry, Government of India in accordance with the rules/procedures on the subject.

E & OE.
No: BOPEE/Exam-26/2021.
Dated 12-11-2021
DIP/J-4209-P/21
Dated 13-11-2021

Sd/-
(Dr. Sunil Gupta)
Controller of Examinations
J&K BOPEE

THE J&K BOARD OF PROFESSIONAL ENTRANCE EXAMINATIONS (BOPEE)
Tele/Fax: 2433590, 2437647 (Srinagar); 0191-2479371, 2470102 (Jammu)
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email: helpdesk@jkbopee.org

Subject: Provisional Admission to PG Diploma in Rehabilitation Psychology in CRC Course, 2021.

Reference: (i) Notification No. 108-BOPEE of 2021 dated 15-10-2021.
(ii) Letter No. CRC-S gr/acad/4000/21/333 dated 08-10-2021.
(iii) Notification No. 119-BOPEE of 2021 dated 05-11-2021

Notification No. 123-BOPEE OF 2021
Dated 10-11-2021

Whereas, vide Notification No. 108-BOPEE of 2021 dated 15-10-2021 applications were invited for admission to PG Diploma & Rehabilitation Psychology, 2021 in Composite Regional Centre (CRC), Bemina, Srinagar with the qualification as mentioned in above referred to Notification.

1. Bachelor's Degree(Regular Mode) with General Psychology Courses in all the three years; or
2. Master's Degree in any Branch of Psychology either in Regular Mode or Distance Mode; or
3. Master's Degree in Counseling Psychology either in Regular or Distance Mode;
4. Have obtained a minimum of 55% marks in aggregate for OM category candidates, minimum 50% marks for SC/ST/OBC (renewed category) in aggregate is essential. Entry qualification shall be from a UGC recognized university.

Whereas, the above qualification was notified in pursuance of a communication received from Composite Regional Centre, on the subject; and

Whereas, upto the last date of receipt of application forms viz 31-10-2021, 38 applications were received by the Board physically, which have been scrutinized and following has been observed:-

38 candidates belonging to three categories viz those possessing Bachelor's degree with general Psychology Courses in all the three years; those possessing Bachelor's degree with general Psychology Courses in all the three years with Master's degree in any branch of Psychology and those possessing only Master's degree in Psychology in accordance with the above qualification, have been found eligible;

Note:
In view of non-availability of the eligible candidates in the following reserved categories (except those selected in open merit as per merit) in PG Diploma & Rehabilitation Psychology- in CRC course 2021, the vacant category seats have been converted into open merit under section-9 (2) of J&K Reservation Act-2004 as per details given below and have been filled up from Open Merit category candidates:

- Schedule Tribe (ST) = 02 seats
- Schedule Caste (SC) = 02 seats
- Pahari Speaking People(PSP)= 01 seat

Total = 05 seats
Further, one (01) seat reserved for UT of Ladakh shall remain vacant since no candidate from UT of FLadakh has applied for the said course.

Whereas, the Board having considered the matter in totality accordingly devised the following criteria for making selections:-

- i) 90% weightage on pro-rata basis to the marks obtained in qualifying examination viz Bachelor's degree/Master's degree in Psychology as the case may be;
- ii) 10 additional points to the candidates possessing Master's degree in any branch of Psychology in addition to Bachelor's degree with general Psychology and;

Whereas, on the basis of inter-se merit of the eligible candidates with due regard to reservation rules, 19 candidates as per **Annexure-A** have been shortlisted for admission to PG Diploma & Rehabilitation Psychology, 2021 in Composite Regional Centre, Bemina, Srinagar and is notified accordingly.

Now, therefore:-

- i) the candidates as per Annexure-A to this Notification are hereby provisionally selected for admission to PG Diploma & Rehabilitation Psychology, 2021, who shall report to the Composite Regional Centre, Bemina, Srinagar, Kashmir upto 22nd November, 2021 along with all necessary documents for verification and further scrutiny by the said Centre who shall allow them to join only on production and verification of original requisite certificates including Domicile certificate of the candidate;
- ii) The CRC shall forward list of admitted candidates along with shortfall, if any, to the BOPEE on 23rd November-2021 through e-mail.

E & OE.
No. BOPEE/Exam-25/2021
Dated: 10-11-2021
DIP/J-4208-P/21
Dated: 13-11-2021

Sd/-
(Dr. Sunil Gupta)
Controller of Examinations
J&K BOPEE