

J&K-FRIENDLY BUDGET

The present dispensation has always accorded a prioritized treatment to the Union Territory of Jammu and Kashmir in sanctioning welfare schemes and mega-infrastructure projects, after the bifurcation of the erstwhile state into two Union Territories, to ensure overall development and prosperity of J&K people. It is only due to the far-sighted policies and candid approach of the ruling dispensation that J&K, which just a few years back was struggling hard due to numerous challenges and apathy of successive Governments, is now marching proudly on the track of progress and prosperity. Providing a further huge bounce to the ongoing development works and infrastructure projects going on in the Union Territory, the present Government in the budget presented for financial year 2022-23 has granted a whopping amount of Rs 35,581.44 crore for the Union Territory, as special assistance, loans and grants under various programmes. Pertinent to mention here that this huge allocation in favour of Jammu & Kashmir is almost Rs 877 crore more than the amount granted to J&K during last financial year. Proving the commitment of the present Government to ensure overall development of J&K besides ensuring provision of all basic amenities at the doorsteps of people, in this year's budget the Government has laid special focus for development of industries and other infrastructure, especially in rural areas, in J&K. As per the details, the Union Finance Minister has taken special care of J&K as adequate funds have been allotted to ongoing projects like Institute of High Altitude Medicinal Plants at Bhadarwah, Rattle IHE project, Kiru IHE project etc. Moreover, special funds amounting to Rs 225 crore have been earmarked for J&K Special Scholarship Scheme. Taking special care of the rural areas especially those located near the Borders, a special scheme Vibrant Villages Programme was also announced under which various ultra-modern facilities, like tourist centres, road connectivity, infrastructure etc, will be made available at these rural places to take them at par with urban areas and special allocation have been made for the purpose. Moreover, to provide a sigh of relief to the ailing industry sector due to ongoing pandemic and lockdowns imposed as precautionary measure, special budgetary provisions have also been made for the industries of J&K. Although, a lot of other decisions, which were expected by people, are not there in the budget yet one can term it a J&K-friendly budget.

STOP ACID ATTACKS

The acid attacks on women is such a heinous crime that the whole society should stand against it without any exception and those involved in crime must be given the most stringent punishment to set an example that no one dares to even think of doing such kind of misadventure. Acid attacks on women in the country are the nastiest and the most horrendous kind of violence committed on weaker sex. The easy availability of acid despite the Supreme Court ruling for regulating its sale across the country is one of the reasons behind people using the same as a weapon. The people behind such atrocity against women are generally scorned and disdained lovers who are influenced by male domineering society and antagonism. In this context, a case has been reported in J&K where a 24 years old girl has to face acid attack by a person for refusing to marry her. It came out in the probe that the accused was having interest in the girl and since she had rejected his engagement proposal, he had been stalking her. Though three persons have been arrested in this case registered in Police Station Nowhatta and it is likely that the culprits will be convicted but the life of the victim of this acid attack and that of others get ruined with such tormenting act of violence because for a normal woman even thought of this misery send shivers down the spine. Though J&K has less number of such cases but even one is enough to put a blot on the crime graph and is testimony to fact that police is a bit complacent regarding implantation of the Supreme Court ruling over regulating the sale of acid as availability of this weapon in itself is kind of abetment to the crime. Those found involved in contempt of Apex Court order should be taken to task as this is quite serious matter because lives of womenfolk is involved. The misery of girls and women facing such attacks is so dreadful that there are no words to explain the exact feeling. It is high time now to bring some stringent law to curb this most horrendous crime from the society because hollowness prevalent in administration and inability of toothless judiciary has miserably failed to stop this barbarism from happening.


**OFF 'D'
CUFF**
**Stay Immune
to Impure
Thoughts**

A lot of people struggle with impure thoughts. They don't want to keep them in their mind yet such thoughts reappear distracting them from their path. Can anyone develop immunity against such thoughts?

Yes, it is possible, but how?

It's All in the Mind

The human mind is made up of billions of cells, which accept different types of information from outside; store them and develop a pattern of life. Man should definitely pay attention to what kind of routine and habits he follows every day because they become a part of their thought process.

This is also the essence of what Lord Shri Krishna has talked about in the Gita about Satguna, Rajoguna and Tamoguna. God wants every seeker to develop a Satvik lifestyle, in which there is no place for any kind of impurity.

If you develop the ability to keep the pattern of your life right, choosing the right path- effortlessly leading to a happy & contented life- you will certainly be able to keep impure thoughts at bay like infectious diseases.

The Nature of Impure Thoughts

Impure thoughts are mostly 'awful ideas' that get power from unrestrained behaviour; unwise habits, jealousy, anger,

Dr Archika Didi

Cancer awareness & medical sciences

■ P K MAM

Cancer is a complex disease which has been taking heavy toll of human lives followed by Cardio and Corona due to presently limited available resources for diagnosis, cure, preventive, financial & social support leaving behind the patient in lurch and their dear ones with experiences and suffering throughout life. Although medical science is progressing and there are advancements in research day by day, yet rise in this dreadful disease for known/ unknown reasons is alarming as witnessed by long queue of patients visiting hospitals for treatment. There is dire need to bring efficiency in medical services, modernise early investigation/necessary know-hows of advanced gadgets and act fast to save humanity from clutches of uncertainty & agony especially due to overcrowding of patients/dearth of specialists etc at treating Centers. Everyone is entitled to use whatever language they want to describe their own experiences. I had depicted the exact picture of agony faced by patient and the caretakers 5 decades ago, in my article last year.

No medicine has been invented for Cancer till date. Surgery, radiation and chemo administered medicine is used as a supplement and not as basic. Even for corona, medicine invented besides vaccine. We do not know why the scientists and nuclear scientists and doctors engaged in research are reluctant to invest their heart and mind into it or whether some vested interests are behind it and blocking / preventing inventions. Yet, there still exists a prevailing attitude to cancer which treats survival as though it were somehow an act or Will of God. You've got to be strong, remain positive and be courageous to overcome the disease. A positive attitude is important to overall health and study too suggests that a bright outlook could play a major role in how someone handles cancer treatments. If there is suffering, the palliative care has to step in, hand in hand with treatment of disease. And when disease becomes incurable, palliative care continues to improve quality of life...even during bereavement process. Reality,

death is the inevitable consequences of every life. The weeks or months preceding death can become a precious time, rebuilding connections, giving love and receiving love. The medical system needs to understand that it does not have a duty to prolong the dying process, when disease is advanced and treatment is obviously futile. Relatives may want to do everything to keep the person alive; they need to be helped to come to a state of acceptance.

As per latest research reports, 'Heartbreaking reality....they need affection, social interaction and practical and emotional support, help, support...to manage the consequences after being diagnosed and treated.

WORLD CANCER DAY

Those lacked such support and having someone to talk or help with household chores, are at greater risk.' A new blood test is being launched in the United States called Galleri that can potentially detect more than 50 different kinds of cancer. Pronounced like 'gallery,' the makers of the test say it has very few false positives and can pinpoint what specific part of the body a cancer signal is coming from. This new blood test can detect 50 types of Cancers. Not just COVID, mRNA Vaccines could cure Cancer in a few years. COVID was only the first step - more than 150 mRNA Vaccines are now being developed for diseases ranging from the FLU to HIV. New research from Italy, suggests that physical activity ramps up movement of Cancer - fighting molecules in the body and weakens the cancer promoting ones. Adults should get at least at least 150 minutes of moderate- intensity exercise, such as biking or brisk walking, per week. In fact, Genes cause upto 1 in 10 cancers. Life style and the world around us can explain the other 9.

In Kurukshetra University, scientists discover toxins that fight Cancer. The paper states, 'Microbial toxins derived naturally as a therapy against cancer cells are a promising new dimension. These toxics have diverse mechanisms of actions. Further, these agents act on different bio targets such as reduction in cell growth, regulation of cell cycle, inhibitions of protein synthesis and many

other processes.' Cancer is not a death warrant. The secret is to catch it in good time well before it can spread and then there are reasonable chances that it can be cured. 'Just 2 doses of vaccines for girls of age group 9 to 14 years and 3 for older girls upto 26 years and beyond can prevent Cervical cancer in them. It is just as simple as that.'

Regarding Breast Cancer, the early signs and symptoms after witnessing which, the girls should immediately go for a professional check-up. For Lung cancer, targeted therapy and immunotherapy are the future of oncology treatment as chemotherapy has toxic side effects. Further, the technique on

Sleeve Resection will help in adequate resection of the tumour and thereafter quick recovery.

Inputs from health and other experts and studies made it clear that drinking water is not safe in J&K. Govt and scientific institutions need to do many studies on contamination of drinking water sources by pesticides. A study by Prof Abdul Rashid Bhat, a neuro-surgeon and others from the S K Institute of Medical Sciences, Srinagar, linked pesticides to brain cancer. The report was published in Indian Journal of Medical and Paediatric Oncology in Oct 2010. Guava is abundant with cancer-fighting antioxidants Lycopene. The phyto-chemical lycopene is good for the treatment and combating of cancers such as prostate and breast cancer. For cancer diseases, one should prefer red-fleshed guava over other varieties of Guavas. The other nutrients such as Vitamin-A, vitamin C, fibre, flavonoids, beta-carotene, lutein and cryptoxanthin along with antioxidants also help to fight free radical cells which credit to cause cancer. Only wearer knows where the shoe pinches. Adjectives appended here above are only for encouragement of sufferer because you have to encourage such a patient knowing that it is incurable in some advanced cases. Life is always subjected to deprivation of economic stability. This and ailment pain, long duration constant medical attendance, burden on care takers and related

Psychological impacts all lead to unhappiness, depression and even praying to God that relieve the sufferer from this agony at the earliest. Even nears & dears also pray to God to relieve the sufferer by early passing away as they cannot bear the patients extreme pain & associated monetary hazards. Yes, Mahapurusha like Ramakrishna is said to undergo this experience but all are not upto the capability of such a Yungursha. Yogis have a capacity to bear pain by their Hath-Yoga. Such Yogis do not feel any difference between pain or happiness, hot or cold. They can have even the capacity to walk on water as if walking on a metalled road. This class is different. But general & average Purusha has no capacity to fight this dragon disease easily and loses all charms in life. But the life is to survive. Atma is enveloped by body costume. Our body is fragile and is only a mould of clay.

There is need to keep people aware of findings of research conducted at least for symptoms & specific body organs affected in initial stage - with gender wise and age wise data available. There is further need to sensitise people about the suggested approach to be adopted in life style, eating habits, adulterations, genetic factors, drugs that are carcinogenic, environmental factors or any other relevant information on the latest disclosures. Like so, many lacunas e.g. exorbitant costs of the treatment including health insurance premiums, even middle class Indians descend into poverty when they fall sick / prevention of unethical behaviour or practices by some medical professionals/ dearth of counselors persists in hospitals. Government needs to stop all malpractices and improve oncological investigations /treatment in country as quickly as possible. Further, the private sector needs to work with altruism, commitment and missionary zeal to provide modern and affordable treatment. Lastly, the efforts to discover and develop cancer drugs are on. New information stated above is to be experimented, lest it should give an impression that a remedy has been found. The matter requests to be considered in a holistic sense.

Balanced Union Budget 2022-23

■ OKMAR DATATRAY

Roughly speaking budget is a planning and controlling tool and it is the estimate and projection of the incomes and expenditures of the government for the financial year ahead. On Tuesday, February 1, the Finance Minister of India, Nirmala Sitharaman presented her fourth union budget in the parliament amid applause from the treasury benches and noise and disagreement from the opposition parties. The budget presentation was a departure from the past practices as it was presented in a paperless form from a personal tablet and not from a paper in a brief case. However the way of presentation does not matter and what matters is the sum and substance of the budget and in this respect one can say that the union budget is a futuristic and balanced one with a thrust on long term planning. The new budget caters to the needs and hopes of various sections of the economy and society and thus it meets the expectations of the various segments of the society. The current budget exercise is futuristic one with 25 years in mind and it is a balanced budget with a balanced outlook as it involves long term planning as it meets the expectations of various segments of the society. The budget emphasizes sharp increase in the expenditure on the infrastructure development and thus it will lead to the laying of the highways and roads which in turn will lead to the development of the economy of the country. The thrust on the infrastructure development is the important characteristic of the current union budget and it is surely aimed at the long term development of the economy. The investment on the infrastructure development is expected to grow the economy at the rate of 9.27 percent per annum which is really a matter of satisfaction. The budget has been unveiled for the fiscal year 2022-23 with an aim to boost growth amid COVID-19 and rising inflation. The budget provisions aim at having some control on the burning problem of inflation as some relief will be given to people so that they will have a sigh of relief and this is a welcome development. So far as the personal taxes for the salaried class is concerned there is no change in the income tax structure, however the salaried class expected some relief and reduction in the tax slabs and increase in the standard deduction, but nothing of this sort is seen in the budget. There is some good news for pensioners as the tax on the pension income has been done away with and this is an incentive for the senior citizens who are pensioners as well. The budget is development oriented, progressive and futuristic and shows a roadmap for next 25 years. Budget 2022 caters to poor and labor class, corporate sector, education, health sector, defense, farmers, urban and rural class and



above all the women which are about half of our population. The budget is going to lay a strong foundation for sustainable and self sufficient Atamnirbar Bharat. It is a futuristic and far sighted budget which will lead to the development and growth of the economy and make the dream of Atamnirbar Bharat a reality and not confine it to cheap slogan only. The budget will ensure jobs to the unemployed youth on a big scale. It will also lead to revolution of digital education in the country. It is a well managed budget within the available resources. The provision of extension upto march 2023 in ECLGS with an expanded cover of Rs 5 lakh crore is a big relief to the micro, small and medium enterprises called popularly MSMEs. The provision and introduction of the digital currency is historical and far reaching development which is going to revolutionaries the economy. It is a development-oriented and pro-poor budget with an emphasis on the infrastructure development which is bound to lead to the growth and development of the country. The emphasis on the make in India policy has been given in the defense sector which is in tone with Swadeshi movement. The health and education sectors have been given a boost in the budget and this will lead to quality development in the health services and spread of the quality education. Only marginal increase in the prices of the goods and services is going to give some relief from rising prices and inflation but the consumers expected some more steps to fight the menace of inflation and skyrocketing prices. The prices of the leather goods like chappal, sandals, boots and the electronic goods and machines will cost cheaper because duties have been reduced on these items. There is need to boost defense export oriented industrialisation. The ease of doing business will create new entrepreneurs and bring more

employment. The elimination of 75,000 compliances and repeal of 1486 centre laws is a revolutionary step which is going to lead to development in the economy. The digital India campaign will also get a boost due to the provision of 5G spectrum and it will make development of the country possible. It is so good that there is trust on making India Atamnirbar and 5 trillion economies in the near future. The budget is in fact a people friendly budget. India's growth is expected to be at 9.27 per cent highest than all large economies. It is a matter of some satisfaction for the countrymen. The effective capital expenditure of the union government is estimated at rupees 10.68 lakh crore in 2022-23 which is about 4.1 per cent of the GDP. Total expenditure is expected at rupees 39.45 lakh crore. The receipts are estimated at rupees 22.84 lakh crore. There will be big public investments which will benefit youth, women, farmers, SC, ST and other excluded masses and shall be helped by novel mechanism of PM Gati Shakti. All this will become a reality through focus on macroeconomic growth, micro economic welfare focusing on improvement on digital economy. The finance minister stated that digital rupee will be issued using block chain technology by the reserve bank starting 2022-23. This is going to give a big boost to the economy. She also informed that income from the transfer of any virtual digital asset shall be taxed at the rate of 30 percent. The budget sets an outlay of Rs 48,000 crore for construction of 80 lakh houses for the poor under Pradhan Mantri Awas Yojana in rural and urban areas in the budget period. There is special thrust on the agriculture and a provision of the amount of rupees of 2.37 lakh crore towards direct payment for minimum support price for the produce and this is a welcome development.

BUDGET 2022

There is special stress on education and health sectors. One class one TV channel program of PM e-VIDYA will be expanded from 12 to 200 TV channels. This will enable all the states to provide supplementary education in regional languages for classes I to 12. There is a provision for the establishment of a digital university to boost education. There is provision for 60 lakh new jobs for the unemployed youth of the country and it is a praise worthy step. There is provision for safe drinking water for the consumers and an amount of Rs 60,000 crore has been earmarked for the purpose of providing tap water to the people. Thus the budget is a progressive, inclusive and development oriented and pro poor and it will certainly lead to the development of the various sectors of the economy. The budget 2022-23 is a revolutionary one which is aimed at the overall development of the economy. Some economists and experts have opined that the budget is pro-corporate and friendly to the corporate houses only and as such is pro-capitalistic and is far from the common masses and therefore it is not a people's budget, but this is not cent percent true, the fact is that the budget 2022-23 is friendly to the farmers and as such can be said to be pro-people and pro-poor as it has many provisions and sops for the farming community and so it can be called as the pro-common man budget. Some again say that the budget is old wine in new bottles but the fact is that the budget is a new wine in new bottles and it aimed at the inclusive development of the country. In brief we can say that this year's budget is a revolutionary one and it will definitely lead to the revolution of the economy and its growth and development.

(The author is retired Education Officer and Columnist.)

YOUR COLUMN

Take care of Sumb-Goran road

Dear Editor,

Through the medium of your esteemed daily newspaper, we, the resident of district Samba want to invited attention of the Divisional Commissioner Jammu towards sanctioned road from Samba to Sumb-Goran by Central Road Funding

scheme besides seeking enquiry against culprits and stern action against them.

In 2016, a road from Samba to Sumb-Goran Under Central Road Funding scheme was sanctioned but till 2016, the aforesaid road is still in same position as some portion of the road is constructed while some has been left without any work, as such many portions of the road are inconvenient for vehicular movement. Programmes like Bank to village, Block Diwas, Central Minister Programmes were organized, but all was done only on the paper and nothing

existed on ground level. It is pertinent to mention here that whenever the central team or MLA/ Ministers visit the area, only patch black-tapping is being done to show best positions. Villages like Sumb and many others are still not connected and we again and again approach concerned authorities for the same, but all in vain. It is therefore requested that place make any enquiry of sanction road from Samba to Sumb-Goran by Central Road Funding Scheme and stern action should be taken against culprits.

Residents of Samba.