

There is some self-interest behind every friendship. There is no friendship without self-interests. This is a bitter truth.

-Chanakya

Cancer: Immunotherapy raises new hopes

Immunotherapy is a type of cancer treatment that helps your immune system fight cancer. The immune system helps your body fight infections and other diseases. It is made up of white blood cells and organs and tissues of the lymph system.

Immunotherapy is a type of biological therapy. Biologic therapy is a type of treatment that uses substances made from living organisms to treat cancer.

In this treatment, as part of its normal function, the immune system detects and destroys abnormal cells and most likely stops the growth of many cancers. For example, immune cells are sometimes found in and around tumors.

These cells, called lymphocytes or TILs, in the tumor are a sign that the immune system is responding to the tumor. People whose tumors contain TILs often do better than people whose tumors do not contain them.

Immune Checkpoint Inhibitor are drugs that block immune checkpoints. These checkpoints are a normal part of the immune system and keep the immune response from becoming too strong. By blocking them, these drugs allow immune cells to respond more effectively to cancer.

T-cell transfer therapy is a treatment that increases the natural ability of your T cells to fight cancer. In this treatment, immune cells are taken from your tumor. The ones that are most active against your cancer are changed in the lab so they can better attack your cancer cells, grown to larger levels, and sent back into your body through a needle into your vein.

Seeing the Unseen: Reflections on Patriarchy

HEMANI KANDHARI

The world is heading towards change, be it a social change or a political one but when we talk of patriarchy it's a deep rooted structure. The patriarchy is a social system where power is predominantly held by men, and societal structures are organized to prioritize male power. This hierarchical framework often manifests in political, economic and cultural realms, perpetuating gender-based inequalities which results in men typically occupying positions of power and women facing systemic disadvantages. The patriarchy also contributes to establishment of traditional gender roles, prescribing specific behaviors and expectations for individuals based on their gender. Patriarchy deeply embedded in societal structures, continues to shape the lives of individuals around the world.

Examining the historical origins of patriarchy reveals its evolution alongside societal developments. From ancient civilizations to the present day, patriarchy has been ingrained in cultural practices, legal systems, and religious beliefs. From ancient civilization, medieval era, industrial revolution, 19th and 20th centuries to now in contemporary times the patriarchy is growing with us and the struggle is going on to create more equitable societies.

Patriarchy assigns specific roles and expectations based on gender, reinforcing stereotypes that limit both men and women. Women are traditionally confined to domestic spheres, while men are encouraged to pursue positions of power and authority. In our society the women is who don't have any say in any major decision, only the head of the family who is a male has all the decision making power. The work outside home is usually given to brothers or the men of the family and the small work inside home such as dusting, kitchen related work is given to the women. In some areas the women is deprived of education and other facilities due to lack of freedom of mobility at night.

The patriarchal societies often dictate specific roles for men and women. Men are typically expected to assume leadership positions, be assertive, and display qualities associated with strength and dominance with knowing their say. Women, on the other hand, are often expected to prioritize nurturing roles, focusing on caregiving and domestic responsibilities. Men are force to believe that they are the only breadwinner for the family and they can't stay at home doing work associated with nurturing or their home as if that's not their home. This division of work limit their thinking power and not willingly they have to do these work and fit into societal norms and traditions. It also inhibit them to express their emotions which further sometimes leads to depression and other problems related to mental health. Gender biases may steer individuals towards certain fields of study or discourage them from pursuing careers that defy traditional gender norms.

From an early age, individuals in patriarchal societies are socialized in telling their gender roles. Long-standing historical practices and traditions have often established patriarchal norms, influencing societal structures and shaping expectations over time. Toys, clothing and societal expectations all contribute to the reinforcement of traditional gender norms. Media plays a significant role in shaping societal concentrated in male-dominant spheres. This has contributed in disparities in wages, job opportunities and overall economic power. Education has also played a vital role in understanding of gender and sexes through text books, where the women is shown doing only household works where as male is portrayed doing masculine works which is associated with strength and mind.

Dismantling patriarchy requires concentrated efforts across various aspects of society. Steps include promoting gender sensitive education to raise awareness about the harmful impact of patriarchy. Encourage critical thinking about gender roles, stereotypes and their consequences. Work towards eliminating gender-based economic disparities by promoting equal pay, providing equal opportunities for career advancement and challenging occupational segregation. Promote media literacy programs to encourage critical evaluation of gender portrayals in media. Support media initiatives that challenge stereotype and promote diverse narratives. By actively challenge and question traditional gender stereotypes. Encourage individuals to express themselves authentically, regardless of societal expectations related to gender. Promote environment that allow children to explore a diverse range of interests and aspirations.

Recognizing its impact is the first step towards fostering a more equitable and inclusive society, where individuals are free from the constraints of gender-based hierarchies. Addressing patriarchy involves comprehensive efforts, including legal reforms, educational initiatives, challenging cultural norms, and promoting gender equality in various spheres of life.

(The writer is student of semester 4 Journalism and Media Study Department Jammu University).

Gulmarg abuzz with 4th Khelo India Winter Games

MOHAMMAD HANIEF



The famous winter ski destination Gulmarg in the Kashmir valley is once again buzzing with the start of the fourth edition of Khelo India. Approximately 800 athletes, officials, and international players are participating in various winter sporting events, including snowboarding, alpine skiing, Nordic skiing, and snow mountaineering.

Gulmarg, which is called the crown of Kashmir, is counted among the best ski destinations in the world, and till now Gulmarg has produced many international players for the country who have participated in various international competitions apart from the Olympics and have brought glory to the country. Talking about Gulmarg, this place is always known for its best snow powder and wild alpine ski slopes.

Games in Gulmarg are held at a time when the Kashmir Valley witnessed a prolonged dry spell during the peak winter months of December and January. However, multiple spells of snowfall have come to the rescue of these games this month.

Khelo India Winter Games 2024 started with a bang in Jammu and Kashmir. The fourth edition of Khelo India Winter Games 2024 starts from February 21 in Gulmarg as over 800 athletes from different parts of the country are participating in the winter games.

The event promises an exciting showcase of winter sports against the picturesque backdrop of abundant snowfall in Gulmarg. Athletes from diverse states will compete in a variety of winter sports during these Winter Games.

The featured events encompass snowboarding, alpine skiing, nordic skiing, and snow mountaineering. With representation from 20 states and Union Territories in alpine ski, nordic ski, and snowboarding, and 10 states in the ski mountaineering competition, the event is set to showcase a wide array of talents.

Notably, the initial segment of the games, featuring Ice Hockey and Ice Skating, took place in Leh on February 2, 2024 owing to the dry winter conditions in Gulmarg.

In collaboration with the Tourism Department, Gulmarg Development Authority, and various stakeholders, the



Department of Youth Services and Sports along with the Jammu and Kashmir Sports Council is orchestrating the event. Commenced on 21 February, 2024 and to conclude on 25 February, 2024, the organised Winter Games showcase a joint effort to promote sports and tourism in the region.

The Snow Leopard has been selected as the mascot for the Khelo India Winter Games, symbolizing a commitment to wildlife conservation, preserving natural habitats, and addressing mountain development concerns of the locals.

Anticipating the participation of over 1000 athletes from 13 states under the central government's flagship Khelo India scheme, these Winter Games are poised not only to showcase sporting prowess but also to stimulate tourism and bolster the local economy, according to officials.

KIWG 2024 is the fourth edition of the grassroots-level multi-sport competition under the aegis of the union government's Khelo India programme. Started in 2020, KIWG seeks to promote winter sports in the country and has been met with widespread enthusiasm over the years.

All three previous editions, in 2020, 2021 and 2023, were hosted and won by Jammu and Kashmir. The Union Territory of Ladakh is making its debut as a host this year.

In the Ladakh leg of the competition, a total of 344 athletes, representing 15 states and Union Territories and two public institutions competed for medals in two sports - ice hockey and speed skating.

Gulmarg is one of the few destinations in

the country deemed fit for winter games. This is the highest platform for those interested in winter games. Players have to compete and achieve ranks to eventually compete in the bigger sports events like Olympics. Even local players are exposed to level of competition through these events.

Multi-departments are pooling their resources to ensure that the traffic on the Srinagar-Gulmarg road remains open in the wake of fresh snowfall and the health and safety of the participants and officials will be given utmost priority by the UT administration.

The Khelo India Winter Games operates in a team championship format, wherein the medals earned by individual athletes or teams contribute to the overall medals tally of their respective state, Union Territory (UT) or institutions. Upon the event's conclusion, the team securing the highest count of gold medals is declared the winner.

Co-hosts Jammu and Kashmir, who topped the Khelo India Winter Games 2023 medal table with 26 gold medals, 25 silver and 25 bronze, are the reigning KIWG champions. Services, Karnataka and Maharashtra finished runner-ups in the last three editions, respectively.

The Khelo India Scheme is the flagship Central Sector Scheme of the Ministry of Youth Affairs & Sports launched with the twin objectives of mass participation and promotion of excellence in sports.

Under the Khelo India Scheme, National Level Competitions like Khelo India Youth Games, Khelo India University Games &

Khelo India Winter Games have been organized and are currently running with tremendous success in identifying talent and giving them world class experience. So far 8 editions of Khelo India Youth and University Games and 3 editions of Winter Games and 1 edition of Khelo India Para Games have been successfully conducted.

The games not only promise to showcase the best of India's winter sports talent but also to bring together people in celebration of the spirit of competition and camaraderie in one of the most beautiful settings the country has to offer.

The excitement is palpable among the athletes and spectators, as the fresh snow promises excellent conditions for the competitions. The administration's efforts to ensure maximum preparations for the event have paid off, with the resort fully equipped to host the games and welcome its guests.

With the fresh spell of heavy snowfall, Baramulla and Gulmarg have turned into picturesque wonderland with pristine layers of fluffy snow. The current spell of wet weather has provided ideal conditions for the conduct of games.

Master cricketer Sachin Tendulkar, who is enjoying his first-ever trip to Kashmir, engaged in spirited gully cricket matches with locals amidst the picturesque surroundings of Gulmarg.

Recent heavy snowfall has transformed the region into a winter wonderland, attracting tourists and locals. The fresh snow promises excellent conditions for the competitions, showcasing the best of India's winter sports talent amidst breathtaking beauty.

Tourists and locals have been captivated by the transformed landscape. Gulmarg, already renowned for its scenic beauty, has reached 100% occupancy, with visitors expressing their joy and wonder at the snowfall. It's a dream come true for many, turning the valley into a playground for winter sports enthusiasts and nature lovers alike. The snowfall has been a boon not just for tourism but for the local populace as well. Snow is a necessity and a blessing for the region, underscoring its importance for tourism and agriculture. Sonmarg, another gem in Kashmir's crown, has also received significant snowfall, remaining open to tourists for the first time during the winter months, a move that has been widely appreciated.

Empowering children with Learning disabilities

DR. KANIKA GUPTA

Due to a lack of awareness, children with learning disabilities often miss out on education as the underlying issues go undetected. While every child possesses unique qualities, the lack of awareness and stigma surrounding disabilities hinders the celebration of these differences. Children with learning disabilities, as a result, often experience feelings of isolation and encounter challenges in the school environment. In India, a limited number of mainstream schools possess the necessary facilities to educate students with special needs. Teachers often lack training to address common learning disabilities like dyslexia (difficulty in reading), dysgraphia (difficulty in writing), dyscalculia (difficulty in math), or attention deficit hyperactivity disorder (ADHD). Moreover, schools lack the appropriate resources to conduct tests for learning disabilities. Numerous children, despite their capabilities and intelligence, face challenges in school due to a lack of understanding of their unique learning styles. Schools require well-trained and informed staff to assess the abilities of each student effectively.

According to studies in Neuroscience, 20% prevalence of learning disabilities exists across diverse populations, regardless of nationality or social status. Many teachers are not equipped with the knowledge on how to effectively handle diverse minds. It is essential for them to be more informed and possess a deeper understanding of children with different abilities. Let's acknowledge the reality that many school functions like assembly lines, frequently falling short in adopting a child-centric approach.

Educational institutions and parents should recognize that

learning goes beyond memorizing a curriculum; it is a holistic process that centers on children shaping their character and honing their skills. It is crucial for society to understand that children with learning disabilities should not be isolated. Instead, they require acknowledgment, visibility, and belief in their capabilities.

Empowering children with learning disabilities involves creating an inclusive and supportive environment that addresses their unique needs and encourages their strengths. Here are some strategies and approaches:

- Individualized Education Plans (IEPs): Work with educators, special education professionals, and parents to create personalized IEPs tailored to the child's specific learning needs and strengths. Regularly review and update IEPs to ensure they remain effective and relevant.
Differentiated Instruction: Implement teaching strategies that cater to various learning styles, allowing children with learning disabilities to access information in ways that suit them best. Provide alternative materials and assessment methods to accommodate diverse needs.
Assistive Technology: Integrate assistive technologies, such as speech-to-text software, audiobooks, or screen readers, to help children overcome barriers and access educational content more effectively.
Early Intervention: Identify learning disabilities early and provide timely intervention to address challenges before they become significant obstacles. Collaborate with parents, teachers, and specialists to design appropriate interventions.
Positive Reinforcement and Encouragement: Recognize and celebrate the achievements and strengths of children with

learning disabilities to boost their self-esteem and motivation. Encourage a growth mindset by emphasizing effort and persistence over fixed abilities.

Inclusive Classrooms: Foster an inclusive classroom environment where all students, regardless of abilities, feel valued and accepted. Promote peer support and collaboration to create a sense of community among students.

Professional Development for Educators: Provide ongoing training for teachers and educational staff on best practices for supporting students with learning disabilities. Foster a culture of understanding and empathy within the school community.

Parental Involvement: Encourage open communication between parents and educators to create a united front in supporting the child. Educate parents about learning disabilities and provide resources to help them advocate for their child's needs.

Social and Emotional Support: Implement social-emotional learning programs to help children develop coping mechanisms, resilience, and interpersonal skills. Foster a positive and inclusive social environment to prevent isolation or bullying.

Flexibility in Assessments: Offer alternative assessment methods, such as project-based assessments or oral presentations, to allow children to demonstrate their knowledge and skills in ways that align with their strengths.

By implementing these strategies, educators, parents, and the community can contribute to empowering children with learning disabilities, helping them reach their full potential academically and socially.

(The author is a Ph.D. in Human Development from University of Jammu.)

Science and Spirituality-What helps us to fight off the devil within us?

M.R.LALU

There are understandable fears among people over death that they are sure would arrive one day. Growing day by day into old-age is the natural way of approaching the ultimate moment of life and there is undoubtedly a day that would put a full stop to the entire episode of life's fantasies. It will be a catastrophe if people keep thinking about this unpopular visitor called Death who, they are sure, would visit them one day. Death is sure as everything that is born is bound to be dragged by its ruthless force into its terrain of complete oblivion, with no conscious return ever possible. A preparation for meeting the last moment of our life graciously without being anxious about it would be the most intelligent act. But it takes an enormous amount of understanding to welcome it with a smiling face. A healthy life and peaceful death would be a great blessing. But the fundamental question on the mind and body today is: in what way can we keep the body healthy and mind sound and attentive. There are ways suggested by health experts, mostly our ancient rishis, as to how a healthy body and a peaceful mind can be developed when we are surrounded by chaotic disruptions and deliberate outrages. Fundamentally, a logical conclusion on life and death is possible only when the life is lived with awareness and death is approached with a serene quietude within, a genuine preparation that strengthens our self-inquiry.

Life in this transitory framework of the universal essence should be lived with happiness and awareness. And that is the solution, the solution to push our existence through the consumerist global mindset of today where people are recognized, rewarded and eulogized for what they really are able to systematically, dramatically make a display of their existence. A severe competition by crippling our real fundamental values of coexistence has already overtaken the imaginations of people all over the world. An uninterrupted flow of unethical indulgence where a real self-inquiry is discarded as an unprincipled prerequisite, as human life has profoundly dethroned the values of amicable coexistence and began to surrender to the degenerative impulses of their own creation. At this juncture, Lord Buddha reminds us how transitory is life and how inconsolable are people as the time of their exit comes. He calls life a flash of lightning. Imagine how

evanescent life is and we, in most of the cases, stay close-fisted mostly penny-pinching all through, with a single purpose of amassing wealth as much as possible. And in some other cases, we disdainfully spend as much wealth as possible as if the imminent conclusion of life is near. In both cases, our life is amiss of the conclusive reality of the supreme awareness, that we are capable of realizing, while dissipating our energy indiscriminately on inconsequential matters.

Life in its entirety around us is a spectrum of surprises. Emeshed in a variety of complex situations, people often forget to enjoy the small surprises that it offers. Complexity of life is the creation of our own or contributed by people around us. And there, with the deepening complex occurrences in life, we miss the happiness that we are actually aspiring to take hold of. Mostly the crisis further deepens in old age. There is a dearth of acceptance and a vacuum that emerges from the same complex attitude of people around us. An unfeeling society that keeps alienating the old has been the reality. Mostly advanced with the advent of science, we dreadfully shift from the values that we traditionally imbibe. This obviously creates a tough friction between science and religion. In personal life both bring us reasons to contemplate. But between science and religion the tussle hardly discovers the real aspect of ultimate solace that we are in search of. The impact of the tussle is that it intellectually leads us to accept either science or religion or give prominence to both. This conflict between the logic of science and the faiths of religion usually runs riot in our brain and the outcome is, in most of the cases, people live unsuccessfully in understanding the real purpose of their existence. Merely executing our brilliance to satisfy the biological inclination becomes the common norm. Beyond it is the spiritual realm and this aspect of life remains to most of the people a dry area of meaningless irreversible practices that they accrue habitually. But spirituality in the real sense is capable of driving us beyond mere practices and shows us the glimpse of reality which is peaceful and filled with ecstatic joy.

In most of the cases, intense range of radicalism among people is the result of the dominance of beliefs over the real conclusive understanding of life's purpose. The question that gains prominence here is what would be the role of humans, in a world that

has mostly enslaved him of his beliefs failing to make conclusive understanding on the real purpose of life. When science studies the external, religion is supposed to study the internal, helping a person to look within. The latter indeed is known to help a person to come out of the chaotic framework of his own thoughts leading him to the higher realms of his own intelligence. This it achieves without any instruments but in the case of science every discovery comes with the support of an instrument. Indirectly, the ultimate stress of science is to understand the real source of power that helps the whole manifestation of creation to pulsate. Similar ideas can be attributed to religious practices as well. Leading the person to the higher realms of self discovery, a sincere search for the divine within, religion is the study of the inner being and beyond.

Undoubtedly, religions all over the world place this idea of an internal universe that only man is capable of having access. And science for that matter offers scopes enormous to study the external. Understanding this from a spiritual angle, Swami Vivekananda says that the journey from the microcosm to the macrocosm is what spirituality offers. And religions are supposed to hold this ability to take its followers to this wave of realization. The most beautiful aspect of this journey is that it leads us to the inner space of the being and slowly helps us to encapsulate the strength of the macrocosmic evolutionary universe in our mind space. This, according to religions, is an achievement of a spiritual aspirant that he gains without the help of any instrument. So understanding the true self in a person is the real purpose of life's journey. Once we experience the real fragrance of the inner spiritual splendor which is tranquil and contented, all chaos begins to evaporate. This is a personal experience that ultimately helps us to drive the devil in us. Until then the conflict which is internal continues. To fight off the devil within us remains impossible when there is a tussle between the knowledge that we gain through this inner journey and the knowledge that our surroundings peripherally offer. Choosing the one that is real and valid is the most important. A personal experience to this level surely enhances purity of mind and thoughts and the result is absolutely incomparable that neither science can fathom nor logic can slice. That is purely spiritual.