

FORTIFYING HEALTHCARE

The much needed step for the special kind of patients in every district is the laudable step by the Government of Jammu and Kashmir as it is going to set up palliative care and geriatric care facilities in each of 10 districts of Jammu region. Palliative care is specialized medical care focused on providing relief from the symptoms and stress of the illness. The goal is to improve quality of life for both the patient and the family. Palliative care is provided by a specially-trained team of doctors, nurses and other specialists who work together with a patient's other doctors to provide an extra layer of support. Palliative care is based on the needs of the patient, not on the patient's prognosis. It is appropriate at any age and at any stage in a serious illness, and it can be provided along with curative treatment. Palliative care teams treat people suffering from the symptoms and stress of serious illnesses such as cancer, congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), kidney disease, Alzheimer's, Parkinson's, Amyotrophic Lateral Sclerosis (ALS) and many more. The goal of palliative care is to relieve suffering and provide the best possible quality of life for patients and their families. Symptoms may include pain, depression, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficulty sleeping, and anxiety. In the same way the Geriatric care management is the process of planning and coordinating care of the elderly and others with physical and/or mental impairments to meet their long term care needs, improve their quality of life, and maintain their independence for as long as possible. It entails working with persons of old age and their families in managing, rendering and referring various types of health and social care services. In this context, J&K Government is training doctors and paramedical staff. The programme is envisaged in collaboration with the Indian Association of Palliative Care (IAPC). The role of Directorate of Health Services in starting the "much-awaited" services in the health sector is laudable as people will not have to go out of Union Territory for such services as the same will be provided within the Jammu province. It is pertinent to mention that the Government Hospital Gandhi Nagar is presently the only district hospital in Jammu & Kashmir which provides palliative care as a registered medical centre.

RESUMING I'NTL FLIGHTS

As the vaccination drive launched by the Government for all the citizens above the age of 18 years is almost near completion while the other initiated for the age group of 18-15 years is going on at an expeditious pace, and all necessary preventive measures to contain the vicious spread of contagious virus in place effectively, a major improvement has been witnessed in the COVID scenario across the country. Where the positivity rate in all parts of the country has declined considerably and the number of positive cases reported on a daily basis is quite low in comparison to recent past, the Government, in a staggered manner is lifting all the imposed restrictions one by one thereby bringing life back on track. Besides all other sectors, the schools have also been allowed to conduct offline classes but amid strict observance of COVID SOPs for ensuring safety and well-being of children. Despite this improved scenario, the Government has directed all the people to follow COVID Appropriate Behaviour religiously without any laxity as no doubt the intensity of the virus is quite low at present but it is very much present among us and can revert back at any point of time, if precautionary measures are not observed properly. Moreover, as the virus is capable of mutation and various other variants can be formed in future, the only way to keep oneself safe is strict observance of SOPs despite receiving both the jabs of COVID vaccine. Giving a major respite to the aviation sector and all those connected with it, the Government in a recent decision has now decided to resume scheduled international flights from the country from March 27, approximately two years after its closure due to outbreak of COVID pandemic. Although some special international flights were operational between India and 37 other countries since July 2020 under air bubble arrangements, the sector was suffering badly due to the ban on flights from other countries. It is expected that with this decision, a major boom will be witnessed in the aviation sector of the country as now foreigners will be able to visit the nation directly from their own country without shuttling from one place to another.

OFF 'D' CUFF

Live Like a Lotus Leaf in the Waters of Life

Spirituality enables you to get free from all sorts of attachment. It makes you enjoy the fruits of life through detachment that means not to become imprisoned to absolutely anything. And it helps you live like a beautiful lotus leaf in the muddy waters of life, without getting polluted by it.

But how anyone can live like that?

Before knowing that let's understand 'attachment'.

What is attachment?

It means holding on to materials or people strongly as it's impossible for you to live without them.

All your happiness depends on them only. You develop a sort of mental connection with certain people and things. They limit your vision, and knowledge determining your actions, happiness and grief.

The feeling controls lives, minds as well as the sensibilities. It also defines people's lives, personality and, sometimes, destiny.

And often, they create a great disturbance in life.

How attachment creates disturbance?

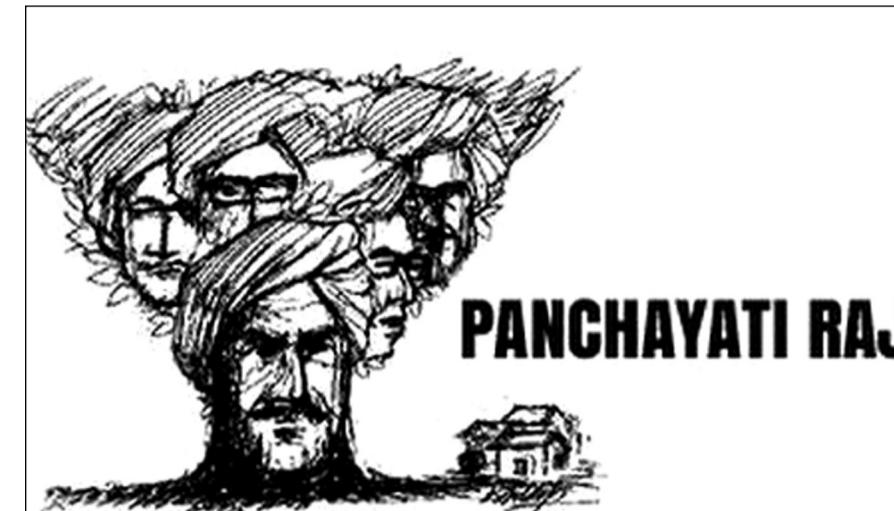
Undoubtedly, attachment is a strong human attribute that has been considered darkness by enlightened masters. It's like a darkness of ego. You can

“ Morality which depends upon the helplessness of a man or woman has not much to recommend it. Morality is rooted in the purity of our hearts. ” -Mahatma Gandhi

EDITORIAL

Transforming J&K

Panchayati Raj System: Steering J&K towards highest echelons of rural emancipation



achievement, these Panchayat elections recorded a substantial 74.1 per cent voter turnout. A total of 3,650 Sarpanches and 23,660 Panchs were elected to lay foundation for 3-tier Panchayati Raj system for the first time across J&K.

While people across India enjoyed the right to elect local representatives, the same freedom was not exercised in Jammu and Kashmir. It is only after the abolition of article 370, the Union Cabinet on October 21, 2020 approved adoption of Jammu and Kashmir Panchayati Raj Act 1989, paving way for local body elections in the Union Territory. It ensured establishment of all three tiers of grass root level democracy in the UT of J&K for the first time since independence. In a fresh impetus towards strengthening grassroots democracy, free, fair and peaceful Panchayat elections were held in the UT which led to the constitution of vibrant Panchayati Raj institutions here. In a significant

part of 73rd amendment in the constitution.

Following establishment of three tier Panchayati Raj system in J&K, Rs. 1727.50 crore have been devolved under MGNREGA, Mid Day Meal scheme and ICDS. In addition, 1889 Panchayat Accounts Assistants and 317 Panchayat Secretaries were recruited besides Panchayats have been empowered to conduct social audit and grievance redressal. In an endeavour to further enhance skills and efficiency of PRI representatives, a slew of capacity building and training programs are being conducted for Sarpanches and Panchs in reputed training institutions like IMPARD and outside institutions as well. Besides, induction courses, digital literacy trainings, gram Panchayat development plan trainings and training workshops have been organised for newly elected BDC Chairpersons. About 750 elected representatives have been provided training cum exposure visits outside UT.

For the first time since independence,

elected grass-root representatives were given formal protocol to unfurl the National Flag on Independence Day and Republic day. The elected representatives are being given honorarium and formal position in the warrant of precedence and regular system of interaction of district officers with Panchayat representatives has been institutionalised. The administration organized historic 'District level planning process' meeting under the Chairmanship of Lieutenant Governor, Manoj Sinha, which was attended by all DDC Chairpersons and members.

Further, in an encouraging move, the plan allocation for Panchayats has been doubled from Rs 5,136 crores in 2020-21 to Rs 12,600 crores in 2021-22. The planning process has been accomplished in accordance with constitutional mandate. Besides, an insurance cover of Rs 25 lakh has also been provisioned for the elected representatives of all the Panchayats.

Under Rashtriya Gram Swaraj Abhiyan (RGS), about 195 Panchayat ghars have been taken up with completion of 36, so far. Likewise, about 160 Panchayat ghars have been taken up for renovation, of which, 105 have been completed. Besides, 1,131 Panchayats have been taken up for establishment of solar system there besides 3,973 Panchayats have been provided funds for procurement of computers with accessories. The implementation of Jammu and Kashmir Panchayati Raj Act aims to empower people in the Union Territory enabling them to elect their own representatives who will plan the development of the district and implement welfare measures. This multi-level institutional governance model will also cater to the needs of different regions and sub regions and guard the public against feelings of deprivation and under development.

‘The Kashmir Files’- a remarkable movie

■ OKMAR DATTATRAY

The Kashmir Files movie in fact is an epoch making and historical documentary on the exodus and genocide of the Kashmiri Hindus better known as Kashmiri Pandits. The documentary calls a spade a spade and is the true depiction and reflection on the exodus of the Kashmiri Hindus and their genocide at the hands of the Islamist terrorists in the early 1990s that where the hay days of terrorism in Jammu and Kashmir. The movie shows the true picture and plight of the Kashmiri Pandits and it exposes secular and liberal brigades silence on the genocide of the Kashmiri Hindus. The documentary directed by Vivek Agnihotri is in fact a true commentary on the sad and unfortunate plight of the Kashmiri Pandits who were made exiles and refugees in their secular democracy at the hands of the Islamist terrorists. The movie depicts the sad tale, story and the sufferings of the Hindu community of Kashmir due to the forced exile and exodus of the Pandits by Islamic terrorists. The Kashmir Files is a true depiction of the sorry state of affairs of the Kashmiri Hindus and their plight at the hands of the religious bigots and terrorists who were aiming to turn Jammu and Kashmir into Islamic Republic and thus the Islamic terrorists have almost cleansed Kashmir from the Infidels to put it in the terminology of the religious terrorists. The star performer of the movie Anupam Kher performed very well in the documentary and gave drama a natural touch and meaning. In fact the historical movie is a perfect blend of art mixed with the reality of fate and genocide of the Kashmiri Pandits. The movie is a hit one unlike the earlier movie on the same theme some years back, which was a flop show and failed to attract audience. But the present attempt by Agnihotri is a success in that the movie attracts audience in great numbers and the film is super hit. The movie depicts the true events which forced the Kashmiri Hindus to flee their homes and hearths in search of the safety to their life and limb. The documentary vividly shows the sad tales of how a Kashmiri Pandit woman was raped and sawed. The movie also shows the sad happening of how a wife was forced to eat the husband's blood-soaked rice. The movie also shows how brutally 23 Kashmiri Pandits were murdered in a night of 2003 and even the infants were not spared and bullets were shot at them to satisfy the sadistic pleasure. In fact, the movie shows the true happenings and the cruelties committed on the hapless Hindus of Kashmir in the early 1990 and afterwards by the terrorists who were brainwashed by Islamist Jihadists and owed allegiance to them. The true, sad and barbaric tales of Kashmiri Hindus are truly reflected in the

movie. The scenes of killings, rapes of women and girls are shown in film, are not fiction of imagination but true depiction of the horror committed by the Islamist zealots and terrorists. The movie shows how a Kashmiri Pandit hid himself in a drum of rice to save himself in the heart of Srinagar but despite that he was killed by the terrorists to scare the thousands so that they were forced to flee Kashmir. Therefore the film is a true depiction of how the Kashmiri Hindus were brutalized and forced to leave Kashmir at gun point while the slogans in Kashmiri language were being raised to terrify them. Thus the slogan of Talive, Galive or Ralive were raised which means leave, murder or convert were raised to force them to leave the valley and this is very clearly shown in the documentary. The slogan Yeti Bane Pakistan Batave Rus Tie Battave San which means that we will create Pakistan without Kashmiri Pandits but with Kashmiri Pandit women. All these and other such slogans were raised which terrified Kashmiri Hindus and the very hearing of these slogans were enough to bring down shivers down ones spine. Thus the movie shows all the true happenings and the sad plight of the Kashmiri Hindus and their exodus and genocide by the terrorists in the early 1990s and afterwards in a conspiracy to cleanse Kashmir from the infidel Kafirs to put it in the terminology of Islamic terrorists. The viewers in great numbers come to see the movie and remain glued to the screens during the screening of this movie and it is reported that there remains pin drop silence and tearful eyes during the viewing of the documentary. The movie makes an ever lasting impression on the film viewers and there is all praise for the directors and the movie story writer and those who perform in the movie. In this respect, Bollywood actor Anupam Kher's role is worth appreciating who makes movie a natural one. Thirty one years of the sad and unfortunate exodus of the Kashmiri Pandits have passed and no government is in a position to reverse the exodus and rehabilitate the Kashmiri Hindus back at the places of their birth. No sincere efforts are made by the successive central and state governments in these thirty years to reverse the exodus and genocide. Only pious declarations are made to rehabilitate and bring back Kashmiri Hindus to Kashmir which is far from reality. The minuscule minorities of Kashmiri Pandits were and are made the commodities for vote bank politics by all the political parties and no sincere steps are taken to rehabilitate them in Kashmir. It is very unfortunate that the community of Kashmiri Hindus is being made a trading commodity and the political parties use and throw them in the Indian secular democracy. It seems that the governments and the executives have no strong will and determina-

tion to embark on the plan to reverse the exodus of the Kashmiri Hindus and this is very sad indeed. These days we have a strong centre government and the government has strong mandate and we have a strong willed and strong determined prime minister in Narendra Modi and it is hoped that he may be successful in reversing the exodus of the Kashmiri Hindus and the day will not be far off when the Kashmiri Hindus will be rehabilitated in Kashmir. Kashmiri Pandits should not be made the objects of experimentation in the secular laboratory of India but sincere efforts should be made to bring them back to Kashmir. It is very unfortunate that more than thirty years have passed since their exodus and their plight is very sad and they continue to suffer in their own country. The community of Kashmiri has been removed from their culture and roots and there is threat to their existence like the proverbial Hangeul and steps should be taken so that the community of Kashmiri Pandits will not annihilate but grow in the plural and secular dispensation of the country. There is some unfound and untenable opposition to the movie in question and such opposition is worth condemnation as the movie rounds round the facts and fiction has no place in the documentary. It is the expression of reality and shows the unvarnished plight and exodus of the Kashmiri Hindus. The so-called secular and liberal brigade criticizes and opposes the movie but there is no sound basis for their criticism and opposition and it fails to stand scrutiny by the impartial people. Since the right to freedom of expression and speech is guaranteed as a fundamental right in the constitution of India and so the movie does not violate any of the provisions and therefore the directors and producers of the documentary are within their right to produce the movie and express their views on the exodus and genocide of the Kashmiri Hindus and so any opposition is untenable as the movie highlights the sad plight and exodus as well as the genocide of the Kashmiri Pandit community. It is so unfortunate that the successive governments of India and the state governments as well do not recognize the genocide of the Kashmiri Hindus but the film in question throws light on the genocide of the Kashmiri Pandits and recognizes the genocide of the Kashmiri Hindus and the movie directors and producers deserve kudos for their sincere efforts of highlighting the sad exodus, plight and genocide of the Pandit community. In short the movie Kashmiri files immortalizes the exodus, sad plight and genocide of the Kashmiri Hindus and therefore the producers and directors and actors of the movie deserve all praise and appreciation for their plain speaking and depiction of the truth without fear and favour.

(The author is a Columnist and Social Activist).

YOUR COLUMN
STATE TIMES has become pioneer paper of J&K for taking up issues of common man interests

Dear Editor,

This has reference to the story 'This Jan Aushadi Diwas it was time to report to PM why even Govt Doctors do not prescribe medicine by Chemical Name' by Daya Sagar Sr Journalist and social activist in the 12th March, 2022 issue of esteemed STATE TIMES made in reference to Jan Aushadi Diwas which is celebrated on 7th March every year since 2019. I would like to share my opinion being in medical profession for more than 4 decades both in Government as well as in Private medical college. Our Prime Minister Narendra Modi has given pace to many earlier welfare schemes and also started number of welfare schemes after he came to power in 2014 for the benefit of common man of India focusing more on the underprivileged down trodden people both in urban and rural areas who were so far only exploited in the name of welfare. I endorse Daya Sagar's opinion that the people who had to carry ahead the vision of Prime Minister have not kept pace with his missions and Jan Aushadi Pariyojna can be quoted here for example where profess has been very slow since its start in 2008 as could be seen from

some important data quoted in the article of Daya Sagar. So, as far as the Jan Aushadi shops are concerned that should be immediately opened at least in all government medical colleges, district hospitals, sub district hospitals and community health centre premises. As far as possible writing prescription should be strictly enforced on government doctors even when in their clinics, these actions will convince patients to accept medicines by chemical name (generic name) and also facilitate the patients to reach these shops easily with no hassles for searching them to get medicines at genuine rates and not on inflated MRP's under brand names.

Next, is the role of administration especially of J&K Medical education and Health, Divisional Commissioner offices, Principals of Medical Colleges, Directors Health for enforcing directions. It should be made mandatory for doctors working in Government service to write prescriptions by generic (chemical names of medicines) at least for medicines in essential medicine category / non patent drugs. Due to reduced expenditure of government much more of common medicines should and can be kept in emergency setups / hospitals along with other medicines like anti cancer drugs. As regards diabetic patients, hypertension, rhesatoid, arthritis or any other non communicable disease which needs longer duration treatment these huge costs will be saved by people. Not only the poor but it will a boon for all segments of society, particularly for patients belonging to labour group, street vendors, domestic help, daily wagers, contractual workers in any unorganised sector, low paid employees who are found

even not taking drugs due to high cost of same drugs prescribed under brand names. No doubt STATE TIMES has been regularly after 2014 carrying stories and information on Jan Aushadi Stores / prescription writing / Jan Aushadi drug benefits but more people like Daya Sagar need to come forward.

An unbiased coordinator committee should be appointed to promote and monitor the prescription writing by the doctors (at least in government set-up). Another obstacle in promoting and running these Jan Aushadi Kendras shops is private practice by Govt doctors and that should be discouraged so that they attend patients sincerely with commitment in hospitals. Practicing doctors and corporate Pharma nexus has to be weakened. Let the private sector be totally private and its patient's choose where to avail treatment from.

To conclude, we have expectations and hope not only from our J&K UT Government to expedite such like steps at the earliest atleast for Government hospitals / government doctors but expectations are high from people near our Prime Minister worth extending true feedback to so hard working person that we have in our 'Modi'. As most of the schemes are launched by Prime Minister also by PMO, Radio talks and TV presentation by persons who work in unbiased manner can help to make public aware of these schemes.

Jai Hind!

Dr Mrs P Mangotra Sadhotra,
Tawi Vihar, Jammu.

Dr Archika Didi