

India's Space Technology | AIIMS Jammu empowers women in the field of medicine

India's space technology has evolved into a global powerhouse, blending innovation, cost-efficiency, and scientific prowess. From its humble beginnings in the 1960s to its present status as a leading spacefaring nation, India's space program, led by the Indian Space Research Organisation (ISRO), has achieved remarkable milestones in satellite development, planetary exploration, and space applications.

India's tryst with space began in 1962 with the formation of the Indian National Committee for Space Research (INCOSPAR) under the visionary leadership of Dr. Vikram Sarabhai, the father of India's space program. The establishment of ISRO in 1969 marked the beginning of an era of self-reliance in space technology. India's first satellite, Aryabhata, was launched in 1975, laying the foundation for future advancements.

India has developed an extensive satellite network catering to communication, navigation, earth observation, and scientific research. The Indian National Satellite System (INSAT) and GSAT series have revolutionized telecommunications, broadcasting, and meteorology. Meanwhile, the Indian Remote Sensing (IRS) satellites have positioned India as a global leader in remote sensing technology, aiding in agriculture, disaster management, and environmental monitoring.

A defining feature of India's space technology is its indigenous launch vehicle development. The Polar Satellite Launch Vehicle (PSLV), dubbed "the workhorse of ISRO," has been instrumental in deploying both domestic and international satellites. The Geosynchronous Satellite Launch Vehicle (GSLV), equipped with a cryogenic engine, enabled India to place heavier payloads into geostationary orbit. More recently, the GSLV Mk III (LV3) has enhanced India's capability to launch deep-space missions and commercial payloads.

India's foray into deep space exploration has been marked by landmark achievements. Chandrayaan-1 (2008): India's first lunar probe discovered water molecules on the Moon. Mangalyaan (2013): India became the first country to reach Mars in its maiden attempt with the Mars Orbiter Mission (MOM), earning global recognition for its cost-effective approach. Chandrayaan-2 (2019): Though its lander Vikram crash-landed, the orbiter continues to provide valuable data. Chandrayaan-3 (2023): Successfully landed near the Moon's south pole, making India the fourth nation to achieve a soft lunar landing. Aditya-L1 (2023): India's first solar mission aims to study the Sun's outer layers and space weather.

India is set to achieve a historic milestone with Gaganyaan, its first human spaceflight mission, planned for 2025. The country is also exploring deep-space missions to Venus (Shukrayaan-1) and beyond.

DR NEENA SHARMA

International Women's Day celebrated on March 8th each year, has a rich history rooted in both the labor movement and political activism in 1917 Russian Revolution. The idea of a day to honour women's achievement started earlier, the UN's official recognition in 1977 solidified its global observance. The day serves as both a celebration of women's achievements and a reminder of the ongoing work needed to achieve gender equality around the world. It's an opportunity to honour women from all spheres of life and push for further progress in many areas, such as equal pay, reproductive rights, and political participation.

The field of medicine has long been a cornerstone of human civilization, shaping societies through advancements in healthcare, disease prevention, and innovative treatments. However, for centuries, women faced systemic barriers in entering and excelling in medical professions. Today, there has been significant progress in empowering women in medicine, yet challenges persist. This article encompasses every aspect of future of women in medicine from education and career advancement to leadership and policy-making.

Historically, women have played essential roles in healthcare. Women in traditional societies served as midwives, healers, contributing to medical knowledge despite the restrictions imposed by patriarchal systems. The notable pioneers of 19th and early 20th centuries include, Elizabeth Blackwell from USA to receive a medical degree in the United States in 1849, Florence Nightingale from UK who revolutionized nursing and patient care and Dr. Anandibai Joshi from India to study Western medicine in the late 1800s.

Women empowerment in India

Government of India is dedicated towards making our women capable in every field. Policies like equal pay for equal work, improved maternity/abortion leave policies, gender-sensitive research policies, gender flexible work policies to support work-life balance have empowered women. Several laws of Government of India address women's safety like Prohibition of Child Marriage Act 2006, Sexual Harassment at the Workplace (Prevention, Prohibition and Redressal Act, 2013), The Dowry Prohibition Act, 1961,

The Criminal Law (Amendment) Act, 2013 and 2018, The Indecent Representation of Women (Prohibition) Act, 1986.

Support system

Government initiatives like institutional scholarship, financial support, grants, women directive schemes enable woman to flourish and harness their potential. Women are the pillars of society, and when their potential is recognized, nurtured, and supported, they become powerful agents of change.

Workplace Bias & harassment

Government of India policies ensure equal opportunities in promotions, leadership roles, academics, and research for women. Strict anti-harassment policies, workplace comfort, punishment for incidents pertaining to sexual harassment and redressal of complaints related to harassment curb the gender discrimination and bullying.

Encouraging Science, Technology, Engineering and Mathematics (STEM) Education

STEM Education for women and girls aims to increase female representation in the fields of science, technology, engineering and mathematics. Extracurricular activities such as museum visits, competitions can foster interest in STEM. Mentorship programs are a key tool in driving personal and professional growth, especially empowering women in various sectors. They help to bridge the gap between experience (mentors) and opportunity (mentee), providing women with the guidance, support, and knowledge they need to excel in their careers and life goals. Female role models demonstrate the kind of success one can achieve and serve as a template for success. Female STEM teachers can act as role models and influence girls positively.

AIIMS Jammu fosters empowerment of women in different fields of medicine

Women empowerment involves enabling women to make strategic life choices. AIIMS Jammu is dedicated to woman's empowerment, with approximately 55% of doctors and 80% of nursing staff being woman. This creates significant opportunities for women in terms of employment and representation of women in the medical field.

Women in Leadership- AIIMS Jammu fosters women leadership by offering them key administrative positions such as Dean,

Associate Deans, Department Heads, Chairpersons of various committees, Principal of nursing college. The Institute underscores women empowerment through various strategies including equal opportunities, gender sensitive policies, and supportive work environment.

Women in Surgery

Surgery has traditionally been male-dominated, but women are making strides. The number of women entering surgery is steadily increasing but challenges still prevent many women from choosing or succeeding in surgical career and encompasses factors like negative surgical perceptions, lack of mentors and female role models, barriers in recruiting and retaining women, gender stereotypes and bias, and societal, cultural expectations, financial barriers, discrimination during surgical training. The Head of Department of Surgery in the Institute is female with crucial role in advancing the department through oversight of surgical operations, managing surgical team effectively, team work collaboration and organizing advanced surgical training programs.

Women in Research

Women's contribution to research and innovation are transformative and essential in driving advancements across a wide range of fields, build knowledge, uncover new insights, and solve complex problems. The percentage of women leading research projects is high at AIIMS, Jammu. Even the women represent higher number as Principal investigator in extramural research projects.

Women's Workplace Security

AIIMS, Jammu conducts awareness sessions on Prevention of Sexual Harassment (POSH) to foster a safe and positive workplace. Women as security personnel in AIIMS, Jammu are more approachable making easier for women to seek help and report issues. They address gender sensitive issues like conducting searches on women or any gender based violence. Women hospital attendants and housekeeping contribute significantly to the healthcare system.

Women Workplace Comfort

AIIMS Jammu plans to establish a creche facility to support women in providing caregiving facilities to the children.

Expanding Networking, Mentorship,

Medical Education

Robust mentorship programs under the aegis of mentor-mentee scheme enhance the representation of women. Women at AIIMS, Jammu create mentorship, impacting career progression, representation of students as leaders, addressing gender disparity, psychosocial counselling, provide necessary support, career guidance, motivation to short-term research projects, new collaborations and job opportunities.

Women at AIIMS, Jammu are increasingly expanding networking opportunities in medical education through various Continuing Medical Education, Conferences, Lectures from eminent faculty of national and international repute. These events focus on professional growth, mentorship and empower women in the field of medicine. Recently female Head of Department of Anaesthesia successfully organized conference of national and international repute in the field of palliative care empowering women at AIIMS, Jammu.

Female faculty at AIIMS Jammu actively engages in community outreach programs focussed on women's health, organizing awareness sessions on cervical, breast cancer, immunization against cervical cancer, healthy lifestyle factors, sanitation etc. The Institution utilizes social media blogs, YouTube talks to disseminate information and enhance awareness of women's well-being.

CONCLUSION

Empowering women in medicine is not just about gender equality; it is about improving healthcare for everyone. Women bring unique perspectives, compassionate care, and groundbreaking research to the medical field. While significant progress has been made, there is still work to be done in eliminating gender bias, increasing representation in leadership, and ensuring equal opportunities for women in medicine. By fostering a supportive environment, we can ensure that women continue to excel and transform the future of global healthcare. Thus empowering women is a powerful catalyst for fostering inclusive, equitable, and sustainable growth in any country and also impacts them individually.

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International Women's Day: Celebrating Women's achievements and Road to Equality

RAHUL YADAV

Women are the magicians who are making this world a dreamland to live by their participation in the role in various sectors, from a homemaker to an astronaut, and whatnot. Every year, we celebrate International Women's Day on 8th March to acknowledge the achievements of women across different fields such as social, economic, cultural, science and politics around the globe. It is also observed to raise awareness about gender equality while advocating their rights worldwide.

What makes this IWD special?

This year's celebration is special as it marks the 30th anniversary of The

Beijing Declaration and Platform for Action, the most progressive and universally accepted global framework for women's and girls' rights. The theme of this year's International Women's Day is "For All Women and Girls: Rights, Equality, Empowerment". The campaign 'Accelerate Action' is promoted by individuals who advocate women empowerment for gender equality, this year.

Potential issues

Women showcase the best performance possible when given a chance, and when not given a chance, they courageously take a stand for themselves efficiently. A large number of women still struggle to be heard. The rising number of domestic

violence incidents during the COVID-19 lockdown says it all. The number remains alarming across different parts of countries. How can we forget to mention the increasing rape cases not just in India but across the world. Limited access in the education field is another big concern. Policies are made to provide them equal opportunity but the on-ground figures are still demanding significant reform to uplift women. The disparity in the hiring of male and females in most of the sectors is a visible concern with women often receiving lower wages than their male counterparts.

How the government is assisting in the issues?

To empower the women and young girls, the Government of India & state government of Jammu & Kashmir have initiated various schemes to help them stand on their own feet. To help the women entrepreneurs aged between 18 to 45, with minimum qualification of matric or above of the state and are planning to start their business, Women Entrepreneurship Programme (WEP) was launched. It aims to provide them a loan with lower interest rate of 6% and direct loan up to the amount 3 lakh with moratorium period of 6 months through Women Development Corporation. Another scheme, namely 'Tejaswini' by J&K govt is for the young women of the state to provide them financial assis-

tance to set-up self-employment ventures as per the skills, training, aptitude and local conditions. The scheme also provides soft-finance for setting up new units, expanding and modernizing the pre-existing ventures.

Moreover, the 'Spurring Entrepreneurship Initiative' was launched to offer financial assistance between 2.0 lakh to 20 lakh to the youth in the age group of 18 to 40 years of the state for establishing business units with the purpose of encouraging innovation and job creation through creation of new businesses and expansion of existing businesses. Under this scheme 25% of the cases financed in a particular financial year are reserved for women.

Role of society in Women Empowerment

While the gov is taking significant steps, society also needs to ponder upon their actions so as to make the environment suitable for the women where they can participate and contribute in the society and showcase their talent without the fear of discrimination and unfairness. A truly inclusive society will enable more women to achieve success and fulfil their dreams just like Kiran Bedi, Sushma Swaraj, Bhagyashree Thipsay, Chetna Sinha, Bachendri Pal, Sudha Murthy, Karnam Malleswari, Mary Kom, Shivani Singh and many others who have fought against all the odds.

Rahul Gandhi declares fight against the State of India?

MANMOHAN DHAR

In recent years, the political climate in India has been characterized by fierce debates, sharp ideological divides, and polarizing rhetoric. Among the most prominent figures in Indian politics today is Rahul Gandhi, a member of the Nehru-Gandhi family, and a key leader of the Indian National Congress (INC). His statements, actions, and political battles have often drawn attention, with critics accusing him of undermining the nation, while his supporters laud him as a champion of democratic values. However, the question arises: Can Rahul Gandhi utter statements like they have not to fight BJP or RSS, they have to fight the state of India?

This question, while provocative, is rooted in both legal and political implications, and it requires an understanding of both the legal and constitutional framework of India as well as Rahul Gandhi's role in Indian politics.

To begin with, the statement conforms to the right or capacity of a political party or an individual to take action against an entity or government. In the context of the question posed, it refers to whether Rahul Gandhi, as an individual or as a political leader, has the authority or legal standing to engage in actions that could be construed as "fight" against the Indian state.

In India, the Constitution and various laws define and safeguard the concept of sovereignty and national security. The BNS and laws related to sedition make it clear that any attempt to incite or instigate acts that could threaten the sovereignty, integrity, or security of the nation is a criminal offense. This includes rebellion, violence, or acts of war against the state.

The Sedition Law, in particular, makes it an offense to attempt to bring hatred or contempt or to excite disaffection against the government of India. While the law is controversial, especially with regard to its misuse against political dissent, it remains in effect.

Thus, the question of whether Rahul Gandhi could be said to have the locus standi to fight against Indian state

involves examining whether his political actions or speech constitute a direct threat to national security or public order. And, when he says he has not only to fight BJP and RSS, he has to fight the entire Indian State, it speaks volumes about his ulterior motives which trend towards aggression and hatred.

Rahul Gandhi, as a political leader, is known for his strong critiques of the ruling Bharatiya Janata Party (BJP) and Prime Minister Narendra Modi. His speeches often center around issues such as corruption, economic inequality, unemployment, and the protection of democratic values. While his political rhetoric is often scathing and controversial, he has to be careful in making such irresponsible and illogical statements.

Rahul Gandhi in a recent speech has directly advocated for fight against the Indian state. In fact, as a member of parliament and a leader of the opposition, he has a constitutional right to criticize the government, express his political views, and challenge the status quo, but, he has no right to be liberal enough to go on saying that he has to fight the Indian State. Political leaders in democratic nations routinely engage in vigorous discourse, and Rahul Gandhi's utterances are not only strong and provocative but these are also not within the boundaries of lawful conduct of the opposition.

The notion of fight against the Government of India, including attempts to disrupt the sovereignty, integrity, or security of the nation. Fight entails armed conflict, violence, or insurrection aimed at overthrowing the government or partitioning the country. It implies incitement to violence, or direct support for actions that could destabilize the country. And, that is what is very dangerous.

Critics of Rahul Gandhi often point to his harsh criticism of government policies or his allegations of authoritarianism, which they may perceive as undermining national unity. However, this statement of his equates to waging war in the literal sense. This drastic utterance invites immediate Govt. attention and appropriate prompt action.

In any democracy, the role of the opposition is to question, challenge, and hold the ruling government accountable. The Indian National Congress (INC), as the principal opposition party, is expected to play a crucial role in scrutinizing the actions of the government and proposing alternative policies. Rahul Gandhi, as the face of the opposition, has voiced concerns about the erosion of democratic institutions, the curbing of freedom of speech, and growing authoritarian tendencies under the current government. To that extent, it can not be termed as fight against the Indian State. But, words like, "fight the Indian State" speak volumes.

While the language used by opposition leaders might sometimes be strong, it is important to recognize the distinction between political criticism and unlawful sedition. Political leaders like Rahul Gandhi have the right to express dissent within the framework of India's constitutional democracy. Words like Fight the Indian State directly mean attempting to destabilize the government and this is a grave state of affairs, which needs to be analysed.

It is essential to distinguish between dissent and disloyalty. Dissent is a critical component of any democracy, and it is enshrined in India's Fundamental Rights (Article 19). Leaders like Rahul Gandhi, who critique the government's policies and seek to mobilize the public through democratic means, are engaging in the right to dissent. Political leaders can and indeed must speak truth to make the Govt. understand its lapses. But, at the same time, disloyalty or a desire to fight and overthrow the state would go a long way in understanding the actual agenda of the opposition leader like Rahul Gandhi, which entail actions aimed at direct harm or violence against the nation or its citizens.

Rahul Gandhi does not have the locus standi to declare fight against the state of India. His actions, rhetoric, and political campaigns are often sharp in criticism and very seldom fall within the boundaries of legitimate political opposition. The act of fight against any state involves organized violence, insurrec-

tion, or rebellion, and none of these can ever be granted to Gandhi to satisfy his political ambitions.

Gandhi, as the leader of opposition has to understand and understand it well that primary methods of opposition are speech, policy debate, and electoral politics-none of which constitute a direct threat to India's sovereignty or security. Therefore, before thinking of waging a fight against the state of India, he has to understand that such a drastic discourse is not supported by either the law or his political allies. His role, like that of any opposition leader, is to critique the government and to propose alternatives within the framework of India's democratic and constitutional norms and never ever through a fight against the state. That is an Anti national stance and absolutely unacceptable to the people of Bharat. Sonia Gandhi Insults president Murmu : Saddest day in Democracy.....!!!!

They say everything is fair in love and war. But, everything is not fair in democracy and the democratic set up when you intend to uproot the basic ethos and the deep rooted essence of democracy by using unfair means and abusive language, that too for someone who sits on the highest chair in the country.

A storm of controversy has erupted after allegations surfaced that Sonia Gandhi, the former President of the Indian National Congress (INC), used offensive language towards the President of India, Droupadi Murmu, during a private meeting earlier this week. The reported incident has ignited fierce debates within political and social circles, with both political leaders and citizens reacting strongly to this incident.

The Congress leader allegedly used inappropriate language while discussing the role of the President in recent political developments. While the exact details of the conversation remain unclear, the nature of the remarks has sparked outrage, especially among supporters of the ruling Bharatiya Janata Party (BJP) and President Murmu's supporters.

The Congress party has so far remained tight-lipped, neither confirming nor denying the accusations. However, party spokespersons have expressed concern over the unfortunate situation.

Meanwhile, BJP leaders have swiftly condemned the alleged remarks. "Sonia Gandhi's language and actions are an insult to the office of the President and to the dignity of our nation. Such disrespect from a senior political leader is unfortunate, unacceptable and calls for immediate accountability.

The allegations have sparked a divided public reaction, with some expressing outrage over the supposed disrespect shown towards the nation's highest office, while others are skeptical about the authenticity of the claims. A few political analysts have questioned whether the accusations are part of a broader political strategy to discredit the Congress party and its leaders ahead of the upcoming elections or May be this was just a deliberate attempt to disrespect and demean the Dalits of the entire nation.

Social media platforms have to play a very responsible role in dealing with this precarious situation that has arisen out of the Sonia Gandhi statement controversy.

Many political commentators are urging a thorough investigation into the matter to ensure transparency and justice.

In response to the growing controversy, Congress leader Rahul Gandhi, Sonia Gandhi's son, took to social media to express his "unequivocal support" for the President of India. "My family and I have always stood by the dignity of our constitutional institutions, and the respect we hold for the office of the President is unwavering. Although he did not directly address the allegations against his mother, which he could have very easily made a mention of and reacted according to the social and political ethics. But, as and when opportunities knocked at Rahul's door, he always missed the bus.

As the investigation into the matter