


“Don’t take rest after your first victory because if you fail in second, more lips are waiting to say that your first victory was just luck.”
-APJ Abdul Kalam

ARBITRARY POWER CUTS

The people in Jammu and Kashmir should learn to live in chaos as whatever changes which government promises are only on papers and newspapers as reality is the same as it was three-four decades back. Take the case of power cuts, the scenario is simply identical as it was a decade or two back. The government at that point of time used to say that if meters will be installed and people will pay bills regularly there will be uninterrupted power supply, then it was 24-hour power supply for metered areas and then came insulated cables to get rid of Kundi connections for ensuring round the clock power. Side by side the Power Development Department upgraded meters from analogue to latest smart meters but the ground reality is the same as it was in the 1990s, 80s and before because no one knows when there will be a power cut in any of the areas in the UT and for how long. Earlier during the festivals, the governments used to ensure that there is no power cut but with the incumbent Administration in place, this guarantee has also been declared null and void and no one can predict when and why there will be the power cut and how long it will take to restore normalcy. Baisakhi Day, which has great significance in the life of people in Jammu, was just like another day in the temple city as there was a prolonged power cut which the people had to confront without any prior notice or circular. A light gale in the evening put things of the PDD or JKPDC into haywire and there was prolonged power cut in Gandhi Nagar and many other places with areas in large hectares of land plunging into complete darkness. The promises made by the helmsmen running the affairs of power department were all gone in vain as the concerned officials at the local power stations were unable to respond to the genuine queries of the people and the hapless people moving out of their houses to have a feel of cool breeze that was there for the entire evening showing the people that it was raining nearby but where, was a real mystery. It is time that the concerned officials should know the ground reality to give proper information to people about when the electricity will be restored and life will limp back to normalcy as keeping people in the dark during power cuts is like rubbing salt on the wounds.

STERN MEASURES REQUIRED

There was a time when the erstwhile state of Jammu and Kashmir was ranked among the most corrupt states of the nation, with the menace of corruption spreading up to the roots of the society thereby bringing defame and shame to the honest people of the erstwhile state. The situation at that time was so miserable that not only lower strata of officials but even the higher ups including bureaucrats and politicians were indulged in corrupt practices and looting the exchequer, meant for welfare of people, for fulfilling their own desires. It is really surprising that despite putting in place a number of corrective measures, to ensure cleansing of all such termites from the society and official system, still there are few who are indulged in corrupt practices and harass innocent people on one pretext or another. The Anti-Corruption Bureau and vigilance authorities are quite alert against such elements and take stern action whenever any such case is reported as on Wednesday, two Junior Engineers and Inspector of KPDC were caught red-handed while accepting bribe, but it seems that more stringent measures need to be put in place for eliminating this social evil from the working class. There is no contradiction in saying that after the formation of the Union Territory, a sea change has been witnessed in the overall scenario of the Union Territory much better than the one existing during more than 7 decades after independence. Where on one hand a visible change is there in respect of developmental spree with several mega projects going on expeditiously on the other hand the working system has been made much more efficient with increased accountability and transparency among the workforce. In respect of terrorism also, the situation has improved drastically and it seems that very soon the peace will be established permanently with elimination of terrorism from soil of J&K. All these initiatives are not the result of some magic or illusion but it got possible only due to honest and efficient working of the present Government with active assistance of the UT administration. If all this will go on will same zeal and dedication, the day is not far when the Union Territory will be a front runner in terms of progress and prosperity.



OFF 'D' CUFF

Develop compassion in yourself

Compassion- the virtue of helping others to lessen their suffering- is a beautiful virtue. But many people fail to understand how important it is to mankind's survival. For some, the virtue isn't valuable at all and some consider it as a weakness.

Compassion, however, is a sign of great strength.

It improves the individual's wellbeing, brings positive change in societies, and helps the most vulnerable live happily. More than anything else, compassion does wonders when it comes to making a better tomorrow. It changes others' fate for good and also makes you feel good in yourself. The virtue is concerned with the human spirit & soul which is kind by birth. All you need is self-realization. You should know that you are here to be kind and help others through various means.

The virtue empowers you to help people get through a difficult time and it is hugely beneficial for you too.

When you are concerned over others' wellbeing, it naturally reduces anxiety in you by taking your mind off yourself. Now you are not concerned over just your own personal problems and worries. You take care of others' wellbeing as well. Moreover, by taking part in kind efforts you gain a different perspective on life.

When you express your sympathy through your kind acts, you feel strong and don't experience fear anymore.

Being kind reduces stress to a great extent. You start looking after yourself in a better way because now you think for others as well. Empathy makes you feel light and stress-free naturally. When you see a smile on a stranger's face due to your kind efforts, you feel happy.

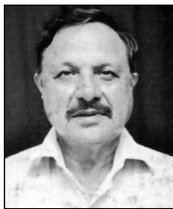
When you are kind towards others, you gain a richer experience of what they are going through. It helps you understand yourself too. In fact, practicing compassion is a great way to develop a better self-awareness and promotes inner healing. A wonderful way to develop compassion is to practice gratitude. Notice what is working out well in your life and the things you appreciate. When you stay grateful for what you have, you feel compassionate for those who are less fortunate. When it comes to listening to others' problems, most people just don't listen genuinely. They doubt and judge. They don't believe others.

Genuine listening, however, is a gateway to compassion and it is also a tool for healing because here you are not interrupting or judging other's points.

By Dr Archika Didi

The events show that LG Manoj Sinha is not informed about earlier reports made on status of J&KPSEs

'Boss' expresses idea & 'bosses' below do not apprise the 'Boss' about earlier reports in stock



■ **DAYA SAGAR**
J&K State Public sector companies /corporations were already needing immediate "revolutionary" attention and it was expected that atleast after the appointed date of the UT of J&K surely some immediate reviews of the reports of studies made on J&K PSUs done in the past { Rajan Committee Report 22-04-1980, Madhav Godbole Committee (economic reforms) Report 1998, Core Group Report (2004, Khurshheed Ganai as Chairman) and High Power Committee Report 2006 (with BR Kundal as Chairman) that was accepted vide Government Order No.218-F of 2007. Dated:-16-7-2007 for GHIS/ VRS for implementation, } will be done and if needed more summary expert studies would be got conducted before any more recruitments or rehabilitation approval / financial grants are pumped in, but that has not happen so far.

But It appears that committees are just made , reports prepared & consigned to files and whenever a 'new' government or 'boss' expresses some idea the administrative machinery down below in government/ PSUs do not apprise the 'Boss' about the earlier / studies/decisions/ report and the same appears to be the case as regards new companies being floated and old 'collapsed' companies like JK(S)RTC being still provided huge funds for new projects totally ignoring

Madhav Godbole Committee (economic reforms) Report 1998.

Madhav Godbole Committee (economic reforms) report (1998) had also commented that except Himalayan Wool Combers Ltd most of the 21 SOEs (17 Companies and 4 Statutory Enterprises including Himalayan Wool Combers)) had their accounts in arrears from 1 to 14 years.

The first State owned enterprise (SOE) registered as a company in J&K was J&K Minerals Limited and it was incorporated in 1960. J&K Industries Ltd (JKI) was incorporated in 1963 and had to handle important items like silk, resin, joinery, wool etc. JKI units have suffered more because of no meaningful planning regarding the operations and products as well as marketing of the produce. Chief executives have always been (in majority of cases) sent by the State Government. Even after establishment of Bureau of Public Sector Enterprises these companies have been losing potential. The Companies did have commercially viable product lines but still didn't deliver. WHERE AS the private units having some items of trade common with JKI and J&K Minerals have made fortunes. The PSUs have suffered due to their noncommercial approach and policies. Madhav Godbole Committee (economic reforms) on J&K State Public Sector Units (corporations / companies) recommended in 1998 for closure of PSUs like JKSRTC and merger of some units like

SICOP/SIDCO/HPMC/AGRO but even the units that were recommended for closure (like JKSRTC) or merger (like HPMC) were allowed to work for more years and instead huge amounts were given to SRTC for new projects without any well engineered project reports for revival ignoring the earlier reports, the process is still continuing in 2022 . The SRTC ex-employees are still found on roads making their sufferings due to non receipt of pay arrears/ superannuation dues/ payments due under VRS schemes but government making no statements on the status / genuineness of allegations.

In reference to flagging off the first lot of 95 newly procured Buses of J&K Road Transport Corporation (JKRTC) by Lieutenant Governor, Manoj Sinha it was reported on 22-09-2021 that JKRTC's fleet is to undergo major expansion with the addition of more than 500 new vehicles in a gradual manner to expand JKRTC's operational network on major Interstate routes and for catering to population of remote areas of UT of J&K.

No doubt some may even say that Godbole committee had not been that serious since there was much more to be commented on the structuring top management of the government companies and involvement of government in enforcing policies which was the prime reason for the poor performance of companies. To quote the Godbole Committee did not

appear to have carefully examined the reasons for the sickness / non functioning and under capacity utilization of a company like J&K Himalayan Wool Combers since Godbole report had described HWCL just in three lines.

Had LG Manoj Sinha been provided the information from the records he would have surely first looked into the financial & managerial requirements with regard to establishment born on the cadres of PSUs and the vehicles being operated with even low paid / adhoc/ temporary contractual employees like in SRTC before clearing new projects like 500 new busses.

J&K Overseas Employment corporation was created 13-10-2010 by the Government and the status and output is not known (Indian express reported on 26-04-2016 "It makes no sense to have an organization doing absolutely nothing," said then Finance Minister Dr Haseeb Drabu while taking review of the Department of Employment, J&K Women's Development Corporation, J&K Entrepreneurship Development, J&K Overseas Employment Corporation. Minister of State for Finance Ajay Nanda was also present at the meeting."

Will LG Manoj Sinha take on this feedback which should have otherwise come to him from the 'Superior Bureaucracy' ?

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BUDGET J&K 2022-23

Strengthening grassroot democracy: Rs 1584.25 cr grants sanctioned to PRIs, ULBs, DDCs & BDCs

Govt's objective to provide transparent, responsive & accountable governance

After successful implementation of 73rd and 74th Constitutional Amendment Act, and conduct of Panchayat/ Urban Local Body, District Development Council & Block Development Council elections, the main focus of the Government is to empower these Local Body Institutions with 3Fs (Funds, Functions and Functionaries).

The Government is providing Rs 1,000 crore as grant to 4290 Gram Panchayats , Rs.200 crore to 20 District Development Councils (DDCs) @ Rs 10 crore to each DDC, Rs 71.25 crore to 285 Block Development Councils (BDCs) @ Rs 25 Lakh to each Block Development Council (BDC) and Rs 313 crore to 30 Urban Local Bodies for initiating developmental activities in rural and urban areas. 27 functions have been transferred to Panchayats and functions of 7 departments to Urban Local Bodies and nearly Rs 1,727.50 crore have been devolved under MGNREGA, 14th Finance Commission, Midday Meal Scheme and Integrated Child Development Scheme (ICDS) to the Panchayats. Rs 1,455.62 crore have been devolved to Urban Local

Bodies in last two years, besides 1,889 Panchayat Accounts Assistants have been recruited.

The objective of the government is to provide transparent, responsive and accountable governance for which the Government of Jammu and Kashmir is focusing on unique initiatives of 'Back to Village', 'My Town My Pride', 'Jan-Abhiyan' & 'Block Diwas' for bringing government programmes and initiatives at the doorsteps of people. A massive public outreach programme was conducted last year across Jammu and Kashmir with as many as 73 Union Ministers and various Parliament Committees visited all the districts for public interactions and gathered grassroot level feedback on government policies. Interactions were held with representatives of Panchayati Raj Institutions, other important stakeholders from trade, industry etc., over a period of two months which is expected to improve governance and implementation of various developmental schemes and initiatives. The introduction of principles of financial prudence, transparency and zero tolerance to corruption have revolutionized the project imple-

mentation and enhanced financial inclusion and social equity. Several important reforms have been undertaken to ensure transparency and accountability in the administration. Today a fear-free, corruption-free system of governance has been established through a paperless, faceless procedural framework.

No work is allotted without following tendering process and without having Administrative Approval/Technical sanction. No bill is passed without geo-tagging of photographs through PROOF (Photographic Record of On-site Facility) application and physical verification of works. Every single penny is now spent for the welfare of the people. With the help of 'Empowerment' (Enabling Monitoring & Public Overview of Works being executed and Resources for Meaningful Transparency)/ Janbaghidari (janbaghidari.nic.in) an Information Technology enabled programme, the common citizens of the Union Territory of Jammu and Kashmir can overview works/projects being implemented in their areas and become a partner in the process of development. Union Territory of J&K has become

the first among States/Union Territories in the country to have District Good Governance Index for assessing the efficiency of public delivery system at district level. This index is expected to foster transparency and accountability in the basic unit of governance and fulfil the aspirations of citizens. Best practices are being identified in each district for replication in others. e-Office has been implemented in Civil Secretariat including Raj Bhawan. It will be implemented in all offices of Jammu & Kashmir in 2022-23. Online system has been created for uploading of Annual Property Returns by all the employees. Online Annual Performance Report system in respect of all employees will be created. e-audit will be introduced with strengthening of Virtual Inspection Systems. A historic initiative 'Aapki Zameen Aapki Nigrani' has been launched in which the scanned data of Jamabandi, Girdawari, Mutation and Musavi of all 20 districts of the Union Territory of J&K have been made available to the common citizens. Taking another step towards empowerment of land owners, land passbooks have been issued in three languages.

Increasing cases of oral cancer

■ **DR KIRTI RAINA**

Cancer is one of the most common causes of morbidity and mortality today, with more than 10 million new cases and more than 6 million deaths each year worldwide. More than 20 million persons around the world live with a diagnosis of cancer; and more than half all cancer cases occur in the developing countries. Cancer is responsible for about 20 per cent of all deaths in high income countries and 10 per cent in low-income countries. It is projected that in coming years, there will be every year 15 million new cancer cases and 10 million cancer deaths. It is estimated that around 43 per cent of cancer deaths are due to tobacco use, unhealthy diets, alcohol consumption, inactive lifestyles and infection. Of these, tobacco use is the world's most avoidable cause of cancer. In addition to lung cancer; tobacco consumption causes cancer of the oral cavity, pharynx, larynx, oesophagus, stomach, pancreas, liver, kidney, ureter, urinary bladder, uterine cervix and bone marrow. Cancer incidence and survival rates are clearly linked to socioeconomic factors.

Tobacco: Tobacco consumption continues to prevail as the most important cancer risk as it alone accounts for millions of cancer deaths annually. The neoplastic diseases caused by smoking include cancers of the lung, oral cavity; pharynx, larynx, esophagus, urinary bladder, renal, pelvis, and pancreas. The relationship between smoking and oral cancer has been established firmly by epidemiological studies. The use of smokeless tobacco (tobacco consumed without combustion) has become prevalent all over the world. Smokeless tobacco is placed inside the oral cavity in contact with the mucous membranes where the nicotine is absorbed to provide the desired effect. Consumption of smokeless tobacco causes mainly oral pre-cancer and cancer. The habit of oral snuff (referred to as snuff-dipping) causes a condition called 'snuff-dipper's cancer' classically described as verrucous carcinoma.

Betel quid: Beteln quid chewing with different ingredients is the most common habit in Southeast Asia, especially in the Indian subcontinent. Some of the common forms of these mixtures are Khaini (tobacco and lime), Mishri (burned tobacco), Zarda (boiled tobacco), Gadakhu (tobacco and molasses), and (tobacco, lime and areca) consumed in different parts of India. Studies have shown the association of these products with oral cancer development, and pre-cancer namely leukoplakia, erythroplakia, and oral submucous fibrosis.

Alcohol: Alcohol has been implicated in the development of oral cancer. Alcoholic beverages have been considered carcinogenic to humans causing in particular; tumors of the oral cavity, pharynx, larynx, esophagus, and liver; although ethanol has not been proven carcinogenic in animal studies. Alcohol consumption has been shown to act synergistically with tobacco in the increased risk of development of oral cancer. Few studies have managed to do analysis with patients who drink alcohol but are nonsmokers and in

patients who smoke but are nondrinkers. In one such study, alcohol has been found to be an independent risk factor for oral leukoplakia in an Indian population. However, similar studies evaluating the oral epithelial dysplasia occurrence in alcohol drinkers who are nonsmokers, found that the role of alcohol in development of oral epithelial dysplasia is crucial only when considered in conjunction with tobacco. Alcohol is shown to increase the permeability of oral mucosa producing an alteration in morphology characterized by epithelial atrophy, which in turn leads to easier penetration of carcinogens into the oral mucosa. The systemic effects of alcohol are mainly due to the hepatic damage. Alcohol addiction leading to cirrhosis and other diseases (e.g., cardiomyopathy, stroke, and dementia) inhibits the detoxification of carcinogenic compounds such as N-nitrosodiethylamine.

Diet & Nutrition: The relationship between diet and nutrition to the risk of cancer development has been established by several epidemiological and laboratory studies. More frequent consumption of fruit and vegetables, particularly of carrots, fresh tomatoes, and green peppers were associated with reduced risk of oral and pharyngeal cancer. Food and food groups other than fruits and raw vegetables that have a protective effect are fish, vegetable oil, olive oil, bread, cereals, legumes, protein, fat, fresh meat, chicken, liver, shrimp, lobster and fiber. Certain food groups have been shown to be associated with higher risk of oral cancer namely processed meats, cakes and desserts, butter; eggs, soups, red meat, salted meat, cheese, pulses, polenta, pasta or rice, millet, and corn bread.

Environmental Factors: Viruses have been strongly implicated in the development of malignant tumors of the squamous epithelia including the oral squamous epithelium. Viral infections of latent or chronic nature are usually responsible for inducing malignant transformation by interfering with the host's cell cycle machinery. These viral genes and gene products may affect cell growth and proliferation. Certain viral genes are proto-oncogenes which become oncogenes when inserted into the host's DNA and ultimately resulting in malignant transformation. EBV causes oral hairy leukoplakia and 'lymphoproliferative disease' in immunosuppressed patients. HPV are the most common viruses implicated in oral carcinogenesis.

Fungal Infections: Fungal infections caused by Candida species, in particular; Candida albicans has been implicated in the pathogenesis of oral premalignant lesions. Superficial fungal hyphae of Candida albicans have been found superimposed on leukoplakia, especially nodular leukoplakia, many of which have undergone malignant transformation. Candida infection can coexist or be associated with other risk factors like iron deficiency and in chronic smokers which may prove synergistic in the development of oral cancer.

Immuno-suppression: Immuno-suppressed individuals are more prone to develop oral cancers. Human immunodeficiency virus

(HIV)?infected patients are predisposed to developing Kaposi's sarcoma and lymphomas, although not to OSCC. Immunosuppressed organ transplant patients have been shown to develop lip cancers and the possible reason was attributed to increased exposure to solar radiation and other risk factors such as smoking.

Occupational Risks: Occupational risks, namely exposure to excessive solar radiation/ultraviolet (UV) light is known to cause lip cancers. UV rays also causes actinic cheilitis which may transform to OSCCs. Sulfur dioxide, asbestos, pesticide exposures, and mists from strong inorganic acids and burning of fossil fuels have also been known to cause cancers of posterior mouth, pharynx, and larynx.[31] Certain occupations have been reported to place people at increased risk for the development of salivary gland carcinomas; these include manufacturing of rubber products, plumbing (exposure of metals), and woodworking in an automobile industry.

Dental Factors: Poor oral hygiene, poor dental status (sharp/fractured teeth due to caries/trauma), and chronic ulceration from an ill-fitting denture has been suggested to promote neoplasia in the presence of other risk factors. There has been difficulty in obtaining the evidence whether dental factors influence oral cancer development. This is due to the presence of coexisting risk factors like smoking and alcohol consumption. In this study, mechanical irritation by scratching with a pulp cleaner has been shown to significantly increase the incidence of a chemical carcinogen induced tongue carcinoma.

Syphilis: Tertiary syphilis had been known to predispose to the development of oral cancer along with other risk factors such as tobacco and alcohol.

Radiation: Substantial evidence exists for a relationship between exposure to ionizing radiation and the later development of salivary gland tumors. The tumorigenic effects of therapeutic radiation to the head and neck on the salivary gland tissue have been assessed at the Michel Reese Hospital in Chicago. The mean annual incidence per 100,000 people was 48 cases in an early period, but increased to 77 per 100,000 people later in the study.

It is clear from the above review that several risk factors are implicated in the development of oral cancer, of which the most common and established are tobacco smoking and betel quid chewing. Nevertheless, many patients are diagnosed with oral cancer despite abstaining from known lifestyle or environmental risk factors where factors like genetic susceptibility are believed to play the causative role. Hence, it is important for the public to be completely aware of the risk factors for oral cancer and it is prudent for dentists to look carefully for early signs of oral cancer, while routine examination of the oral cavity especially in patients with history of known risk factors.