

It is better to die than to preserve this life by incurring disgrace. The loss of life causes but a moment's grief, but disgrace brings grief every day of one's life.

-Chanakya

## CREATING NEW POSTS

To provide employment opportunities to the youth of Jammu and Kashmir, the administration, right from the bifurcation of the erstwhile state of Jammu and Kashmir into two Union Territories, has initiated several proactive measures, majority of which are now yielding positive results. At the time of formation of the Union Territory, the situation in respect to unemployment across J&K was so miserable that a number of highly employed and skilled people were waiting for the Government jobs without trying anything on their own. To tackle the situation aptly, the administration where on one hand carried out the recruitment drives on a fast pace and on the other hand also ensured recruitment on fast-track basis so that more and more people can get employment. Further, as it is not possible for any dispensation to provide a Government job to every individual, the administration imparted awareness regarding entrepreneurship among the unemployed, thereby inspiring them to become job-providers in place of job-seekers. The Government also ensured all necessary guidance, hand holding and other financial support for the aspiring candidates so that they may not face any difficulty in setting up their units. It is only due to the unique initiative of the administration that at present a number of youth have already started their business units and are earning good livelihood in place of wasting their valuable time for a government job. In another major development in their regard, in order to provide adequate manpower in the departments suffering due to lack of staff and to ensure new ventures for the eligible candidates, the administrative council led by LG Manoj Sinha has granted necessary approval to the proposals regarding creation of several new posts in a number of departments including healthcare, Food, Civil Supplies & Consumer Affairs, consumer commissions, higher education department etc. It is expected that the recruitment process for these newly created posts will also be started and completed in an expeditious manner so that some more youth can get themselves free from the tag of unemployment, which is still one among the major challenges in front of the UT administration in the larger welfare of youth.

## TIME OVER FOR CORRUPT

After abrogation of Article 370 on August 5, 2019, J&K has witnessed many pragmatic changes as far as administrative work is concerned and one of the most important one is tightening noose around the corrupt officials who were earlier ruling the roost. Just go by the news reports in the past couple of years one can find that J&K administration and even central anti-corruption agencies have waged a war against those who believe in misusing their official position and are habitual of forcing the people to grease their palms for carrying out official work which in actual they are bound to do without taking any bribes or favours. There is no doubt that due to turmoil, the corrupt have taken undue benefits in the erstwhile state of J&K and had developed a habit of doing official things only after taking undue favours and that was known to one and all but since the successive governments were not interested to take action in this regard, name of J&K always find place in the top corrupt states of the country with no one in the erstwhile state bothering about the notoriety. It was Prime Minister Narendra Modi who after taking over the reins of the country took a pledge, 'Na Khaoonga Na Khane Doonga' and things started changing in the country in general and in J&K in particular. The moment the J&K was changed from a State to UT, action against corruption and the corrupt had become a daily affair and that is the reason that every other day the corrupts are being caught and put behind bars for being part of the corrupt system which has eaten up the vitals of the society. In this context, Anti Corruption Bureau (ACB) has registered FIR against Jammu and Kashmir Administrative Service (JKAS) officer Gul Hussain Kraipak, the then ACD Ramban (presently posted as Deputy Director Information Jammu) in Disproportionate Assets case. The officer has acquired huge assets which are disproportionate to his known source of income in the shape of immovable / moveable properties in his own name, in the name of his wife and other family members. There are number of other such people who are under ACB, CBI and other agencies' net after the Modi Government has vowed to clean the system from the scourge of corruption.



OFF 'D' CUFF

### For Earth's Sake, Cut Thought Pollution With Yoga

There is a sobering fact: Homo sapiens appeared on Earth around 130,000 years ago, whereas our planet is around 4.5 billion years old. This means we've been here for about 0.000028% of the Earth's existence.

Yet, in this remarkably short period, we've contributed to global warming that has heated the oceans by the equivalent of dropping one atomic bomb into the ocean every second for the past 150 years, say experts.

How long will nature tolerate our transgressions?

Reversing climate change is not an act of altruism towards the planet. It's our only option for survival. You may have heard this example before, a frog in a bowl of warm water. The frog enjoys the warmth but doesn't realise the water is getting warmer. Eventually, the water gets hot enough and kills the frog.

But that's not entirely true. In real life, when the water becomes hot, the frog realises the danger and jumps out of the bowl. We, though, may not have the time to jump, and we have nowhere to jump.

The problems of the environment underscore a much deeper problem – that of thought pollution. When conflicting thoughts and emotions muddle our thinking, our minds become imbalanced, and confusion sets in. An unbalanced mind finds it hard to make wise decisions.

**Kamlesh Patel**

## Recommendations of Delimitation Commission rekindle hope of elections

■ OMKAR DATTATRAY

As the much awaited final report of the delimitation commission is public now, the recommendations have rekindled the hope of the initiation of the democratic process of assembly elections which were long overdue and the installation of the popular government in Jammu and Kashmir. The recommendations of the delimitation commission have generated much enthusiasm among the political parties and the gullible people who now want early elections of the assembly to usher in a democratically elected government. People now eagerly wait for the holding of the elections for Jammu and Kashmir assembly so that a popular government is installed soon. As promised by the home minister that the elections will be held once the final recommendations will be finalized and now the election commission of India without wasting time should order holding of the assembly elections to Jammu and Kashmir so that the democratic government is installed soon so that the alienation of the people is ended. This is the opportune time to hold the much overdue elections of the assembly so that people are given the chance to cast their vote and elect the government of their choice. The holding of the elections and the consequent installation of the government will bridge the gap between the government and the people Jammu and Kashmir. The ball is now in the court of the centre and it should ask the election commission to order the holding of the elections in Jammu and Kashmir so that the alienated people are given the chance to cast vote and elect a government of their choice. Thus the election commission without any delay should announce the schedule of the assembly elections in Jammu and Kashmir so that a people's government will be at place soon to end the alienation of the people. So the people are given the right of democratic process of elections so that they will take part in the elections to frame a government of their choice. People and the political parties yearn for the initiation of the democratic process of elections so that after a long gap of time the popular government is elected to end the political uncertainty in the sensitive boarder UT. For this it is necessary that the elections to the Jammu and Kashmir assembly are conducted as soon as possible as the patience of the electorate is waning and they want an early elections and a democratic government so that the rapport of people with the popular government is formed to end the alienation and political uncertainty. The only way to end the political uncertainty in Jammu and Kashmir is the announcement and holding of the assembly elections in order to elect the popular government to balm the hurt psyche of the alienated people. The way for holding the elections has been cleared by the delimitation commission and so the centre government should ask the election commission to announce the schedule of the much overdue assembly elections in Jammu and Kashmir in order to elect the government of their choice so that the long wait of the people will end and a democratic government is in place after holding the assembly elections. There are mixed reactions and responses to the delimitation commission recommendations but the overall view is that the elections to Jammu and Kashmir assembly should be held urgently so that alienated people are given a chance to cast their vote and elect a democratic government which will be in a position to solve the problems of the people. After all the popular government is much better alternative to the governors rule and therefore the elections should be held to elect a peoples government to wipe the tears from the eyes of the public. It is the established fact that the people can freely go to the elected government for the resolution of their problems and grievances' and this is hardly possible in a centre rule or governor's rule. Therefore it is in the best interests of the people of the Jammu and Kashmir that the elections to the assembly should be announced by the election commission so that the elections are conducted to give people a chance to elect a popular government which can solve their pressing problems and which can deliver to the best

of the peoples hopes and come up to the expectations of the electorate. Thus without further delay the centre government through election commission should announce the schedule of the elections to Jammu and Kashmir assembly so that the popular government is installed which can attend to the problems and grievances of the people and this is possible only when a popular government is at place after the much overdue Jammu and Kashmir assembly elections. The Kashmir centric political parties and PAGD should welcome the recommendations of the delimitation and initiate the political process and be ready for taking part in the assembly elections. The PAGD and other Kashmir centric mainstream political parties should not lay conditions for taking part in the elections and they should not ask for the restoration of the statehood to Jammu and Kashmir before the conduct of the assembly elections. The centre government has promised the restoration of the statehood after the assembly elections at the opportune time and so the political parties and the PAGD should not demand restoration of the statehood for their participation in the elections. The elections can be held without the restoration of the statehood and so the political parties should not demand the statehood before holding of the assembly elections. Therefore the restoration of the statehood to Jammu and Kashmir should not be made a condition for taking part in the elections. The impractical demands should not be raised by the Kashmir centric mainstream political parties and the PAGD, but they should welcome the recommendations of the delimitation commission and be ready for jumping in the election fray when these are held. There is now hope of early elections and all the political parties should be ready to participate in the election process so that a popular government is in place soon which can heal the wounds of the people as the centre's rule or governor's dispensation is no answer to the people's problems. Since the road has been cleared for the holding of the elections in Jammu and Kashmir by the delimitation commission and the centre government and the election commission should take the lead and announce the schedule of the assembly elections to give people their own government. The political parties and the people of Jammu and Kashmir were eagerly waiting for the assembly elections and now the election commission should without any delay announce the election schedule so that the long overdue elections will be held in order to provide the opportunity to the people to elect the government of their choice. Therefore there is urgent need for holding the assembly elections in Jammu and Kashmir so that a democratic government is installed which can attend to the problems of the alienated people of Jammu and Kashmir. Since the democratic popular government is definitely better alternative to centre rule or governor's rule and so the elections should be announced and held soon so that the people will have a government of their choice. So all the political parties should take part in elections and be ready for jumping in the election fray when the elections are announced. As the recommendations of the delimitation commission has generated hope among the political parties and the people who want early elections of the assembly so that a democratic government is installed to remove the alienation of people and political uncertainty in Jammu and Kashmir. Thus the recommendations of the delimitation commission should be welcomed with open arms and the political parties which are eager for participation in the assembly election should seize the opportunity and plunge into the election process which in all probability will be held soon. In brief the final report of the delimitation commission has rekindled hope of early elections and installation of the popular government in Jammu and Kashmir and the centre government and the election commission should work in the direction of holding of the elections in Jammu and Kashmir to install a popular government and the sooner it is done, the better it will be.

(The author is a Columnist and Social Activist).

## Jubilant J&K Extension of Central laws after abrogation of Art 370 established equitable society

### DPs of PoJK, Chhamb, West Pakistani refugees getting due benefits

With the extension of 890 Central laws applicable to Jammu and Kashmir; repeal of 205 state laws and modification of 129 laws after the abrogation of Article 370, a system of equitable justice has been established in J&K for all sections of people. The rights of weaker sections like Scheduled Tribes, other traditional forest dwellers, Scheduled Castes and Safai Karamcharis are now ensured by the application of relevant Acts. Rights of children and senior citizens are now being ensured.

In order to create a just and equitable society, reservation rules have been amended to extend benefits of reservation to left out categories like Pahari speaking people and economically weaker sections. Union Finance Minister, Nirmala Sitharaman while tabling 2021-22 budget for J&K said, "OBC reservation benefits have been increased from 2 per cent to 4 per cent and income ceiling has been raised from Rs 4.50 lakh to Rs 8 lakh".

"Sections of society which have been discriminated since ages such as displaced persons of PoJK and Chhamb, West Pakistani refugees and residents of border areas have been benefited under various schemes," she said. Special attention is being paid to Kashmiri migrants, she added. For the first time, spouse of a J&K domicile shall also be deemed as a domicile. Earlier, spouses of Permanent Resident Card holders were considered at par but were not considered domiciles. Children of central government officials posted for over ten years in Jammu and Kashmir will also continue to be considered domiciles.

The implementation of several path breaking central legislations after the revocation of Article 370, like the Scheduled Tribes and Other Traditional Forest Dwellers (Recognition of Forests Rights) Act, 2007, the Scheduled Caste and the Scheduled Tribes (Prevention of Atrocities) Act, 1954, among others, is bringing a new era of progress and development in J&K. Forest Rights Act 2006 was implemented in J&K after 14 years of its existence in other states of India. On the special attention of the UT Government, Community claims' and 'individual claims' are being settled by administration of respective districts.

"After a wait of more than 14 years, due rights have been conferred upon the tribal community by implementing the Forest Rights Act, 2006, keeping in mind the basic spirit of social equality and harmony as guided by the Constitution of our country and

Parliament," J&K Lieutenant Governor; Manoj Sinha said. The Lieutenant Governor, who is taking a personal interest in tribal development recently launched the 'Smart Schools' Project in Jammu and Kashmir for tribal communities. Under this maiden project, modernization of 200 schools in Tribal areas will be completed in 2022. He also said that the poor and weaker sections of society were neglected for many years in J&K but on the historic day of 5 August 2019, Article 370 and Article 31A were abolished and the citizens of Jammu & Kashmir were given all the Constitutional rights. "In J&K we have charted a new development path after August 2019. For decades, infrastructure was in tatters despite huge amount of money sent by the centre. The non-development agenda of seven decades in J&K nired the UT in a low growth syndrome. Under the guidance of Prime Minister J&K is witnessing a new dawn. Tribals are getting land rights, 11,000 government jobs have been provided within record time with complete transparency and major steps have been taken to ensure the empowerment of women, marginalized and weaker groups," Lt Governor said.

Following rationalisation of the percentage of reservation of different categories in direct recruitment, the residents of backward areas will now have 10 per cent reservation, Pahari speaking people (4 per cent) and economically weaker sections (10 per cent). Jammu and Kashmir government, in a big relief to the socially and educationally backward classes, has also enhanced the income ceiling from Rs 4.50 lakh to Rs 8 lakh for them to avail of benefits of reservation as per provisions of the Jammu and Kashmir Reservation Act, 2004.

As per provisions of the Act, reservation in employment and admissions in professional institutions, among others is provided to the persons belonging to socially and Educationally Backward Classes categorised as Weak and Underprivileged Classes (Social Castes), Residents of Areas adjoining Actual Line of Control and Residents of Backward Areas. However, there is an income bar/ceiling for availing this reservation. The objective of prescribing the income ceiling in the Act is to prevent such persons, as have crossed or shall cross the threshold level of backwardness commonly known as 'Creamy Layer' from availing benefits of reservation under the categories of socially and Educationally Backward Classes.

her last, a mother only lives for her child. From feeding them their first morsel, bearing their first tantrum, to guiding them through their first heart break, being constant support and shoulder to cry upon, duty of a mother is endless. There are no days off, no pay and absolutely no gratitude (we all know we can be difficult children), but a mother's love can never be changed and for her; her fully grown adult offspring still seems like a little baby. To honour such unbelievable selfless humans that take care of us and nurture us through our lives, Mother's Day is commemorated on the second Sunday of May every year. So, it is our foremost duty we ask them if they are in need of something, devote sometime to look after them, take them out and make them enjoy life as much as we do nowadays. We should give time to our mothers who gave our life to us. A mother is a lifetime teacher who always teaches kindness before righteousness. I wish not only me but the whole world someday could be like the shadow of a mother.

**Nipun Kohli,**  
Computer Assistant, University of Jammu.

## International Thalassaemia Day

May 8, 2022

■ DR VIKAS SHARMA & PROLOY SANKAR

'Mother Earth' has provided us, with everything that we need to sustain, but we, the natives are sourcing it out in an unsustainable way. The growing pressure on nature has instigated various diseases and pandemic to crop up. The ongoing pandemic of COVID-19 is a burning example and has affected the global population both socially and economically with a huge toll. The pandemic has incited various health workers globally to come up with a solution. Synergistically, some rare diseases also accompany us which also plummets our quality of living, 'Thalassaemia' being one of them. Thalassaemia is a deadly disease encompassing the Mediterranean Area, Middle East, Central Asia, Indian Sub Continent and Southeast Asia. It is among the most, commonest autosomal recessive inherited diseases worldwide. Due to population migration, now a days, Thalassaemia has also become a problem in Northern Europe, North Central and South America and Australia. Medical statistics reveal that worldwide 56,000 conceptions are victims of the disorder, of which 30,000 are affected by  $\beta$ -thalassaemia major.

The 'International Thalassaemia Day' is celebrated on May 8th to raise awareness amongst people concerned with decision and policy making, health care professionals, patients and their families and their community at large about this inherited disorder. It is a very special day as it is dedicated to commemorate the patients living with the disease along with those who have succumbed to it. Moreover, it is celebrated for those who are alive and fighting with it daily for their right to a better quality of life. This global observance also honours the long lasting efforts of doctors, other medical staff who devoted their efforts to ameliorate the lives of the patients battling with the autosomal inherited disease. First inception in the year 1994, The Thalassaemia International Foundation celebrates 8th May as International Thalassaemia Day and declared it as an international observance in the loving memory of George Englezos and all patients who fought the disease while confronting the social stigma attached to it. George was the son of the Thalassaemia International Federation's President and founder, Panos Englezos. Every year, since its inception in 1994, the Thalassaemia International Federation abbreviated as (TIF) frames a new theme for International Thalassaemia Day every year and under its umbrella organizes a myriad of activities based on the stipulated theme. The main goal of the global campaign is to promote awareness among the masses and drawing world's attention towards the severity of the disease. Moreover it also aims to accelerate discussions and provokes plan executions related to its prevention, management and treatment. This year, the Thalassaemia International Federation has come with a new theme 'Be Aware. Share Care'. The main idea is to promote awareness about the disease and its global impact and to share essential information and knowledge to sustain the best possible health, social and other care of patients suffering from the disease.

It is a step to inspire every individual to volunteer and contribute to fight against Thalassaemia and would surely serve as a powerful reminder that everyone has a substantial role to play and responsibility to act.

Every year a huge toll accounting to 3500 succumb prenatally from Thalassaemia.

Most of these patients are born in developing and low income countries resulting in an enormous health burden.

Together with sickle cell anemia, statistically it has been estimated that, worldwide, 9 million carriers become pregnant annually and 1.33 million pregnancies are at risk for a Thalassaemia major condition. Now in order to intellect citizens about the disorder we should be aware about its nature.

The Thalassaemia are a group of autosomal recessive disorders caused by reduction or absent production of one or more of the globin chains that make up the hemoglobin tetramers.

The disorder can be bifurcated into  $\alpha$  and  $\beta$  Thalassaemia types according to the type of globin chain involved. Both the types can be found in two forms: Thalassaemia major, where faulty genes are received from both parents. Symptoms include severe anemia and problems with the spleen, liver and bones and Thalassaemia minor, where the victims are the carrier of the disease.

Most of the time, they do not show symptoms. It occurs when faulty genes are received from one parent.  $\beta$ -Thalassaemia major and Hb Bart's fetal hydnous syndrome are the key clinical targets of prevention.

The call of the hour is to, aware the population about the preventive measures of the disease. In order to achieve the goal, in the late 1970s various pilot population programs have inception to prevent  $\beta$ -Thalassaemia major by carrier screening, counseling and prenatal diagnosis in several, at risk populations worldwide.

At present, several countries have set up comprehensive national prevention programs, which include public awareness and education, carrier screening and counseling as well as information on prenatal diagnosis and pre implantation diagnosis.

One of the obstacles for introducing prospective screening is the lack of awareness among policymakers, health professionals and groups at risk, of hemoglobin disorders and the failure to recognise that these disorders present a significant problem in the present scenario.

In developing countries it has been suggested that the ideal place where these preventive measures could be organized is through existing health care services.

Intensive education of health professionals as well as the population at large in the field of preventive genetics is needed and major health organizations and funding agencies must gear up to support these initiatives.

Various health organizations have already taken initiatives to raise awareness among people. A good place to start is to improve awareness; however it is equally important to transfer reliable knowledge across different languages and cultures making it accessible to undesirable areas.

The only way out is to act collectively and help transform the lives of millions across the globe.

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