

INDIA AGAINST TERRORISM

India, a nation rooted in diversity, unity, and democratic values, has long been a target of terrorism. From external threats to home-grown extremism, India's journey has been marked by resilience, sacrifice, and an unwavering stand against terrorism. The country continues to fight this menace on multiple fronts—military, diplomatic, intelligence, and ideological—to ensure national security and safeguard its citizens.

Terrorism in India has evolved over the decades. While early threats were mostly regional or political, modern terrorism is more sophisticated, with cross-border support, digital propaganda, and complex networks. One of the most persistent and deadly threats comes from Pakistan-based terror groups like Lashkar-e-Taiba, Jaish-e-Mohammed, and others, which have been responsible for major attacks, including the 2001 Indian Parliament attack and the horrific 26/11 Mumbai attacks in 2008.

India has always maintained a strong counter-terrorism posture. Security forces such as the National Security Guard (NSG), paramilitary forces, and state police have undergone advanced training to combat evolving threats. Additionally, the intelligence agencies like RAW and IB have strengthened surveillance and counterintelligence efforts.

The government has also adopted zero-tolerance policies and strengthened anti-terror laws, such as the Unlawful Activities (Prevention) Act (UAPA), to enhance legal measures against terror funding and conspiracies.

At the international level, India continues to push for global cooperation. It has repeatedly urged the United Nations to adopt the Comprehensive Convention on International Terrorism (CCIT), which aims to define and criminalize all forms of terrorism.

India's efforts have found growing support, particularly after its global diplomatic outreach post-Uri and Pulwama attacks. In response to the 2019 Pulwama attack, India conducted airstrikes in Balakot, Pakistan, marking a significant shift in India's counter-terror strategy—no longer reactive but proactively offensive when needed.

In recent years, India has also focused on technology-driven counter-terrorism. Artificial intelligence, cyber surveillance, and social media monitoring are being employed to intercept recruitment attempts, radicalization campaigns, and the spread of extremist ideologies. Additionally, India is working to address the root causes of radicalization, particularly among youth, by promoting education, employment, and inclusion.

Tiny Teeth, Big Smiles: Building Brushing Habits from the Start

DR. AMAN KUMAR

Dental caries among children is one of the major public health problems, placing a significant burden on the health care system of the country. As per various studies conducted in different parts of the country, around 31.5% to 89% of the children suffer from dental caries. Poor brushing habits are one of the major factors leading to dental caries.

As per a study, around 10% of the children (1-10 years) in the Baramulla District of Jammu and Kashmir have never/rarely brushed their teeth, while only 1.6% of children brush their teeth twice daily. A similar trend is being found in children visiting the Dental OPD of All India Institute of Medical Sciences, Jammu, which is alarming in nature.

Awareness among the general public regarding the tooth brushing habit is important for the interception of this alarming trend and to prevent the serious consequences of dental caries. Twice-daily brushing of teeth is recommended to prevent dental caries and other oral health problems.

One of the major reasons for poor brushing habits in children is the lack of awareness among parents regarding the importance of tooth brushing. The habit of maintaining oral hygiene needs to be established from birth. Even before the first tooth erupts in the oral cavity, the gum pads of the child should be cleaned with a clean, damp cloth. This habit also helps both the parents and the child to become accustomed to oral hygiene practices by the time the first tooth erupts.

Brushing should start as soon as the first



tooth erupts into the oral cavity. A small-headed soft-bristle brush or finger brush should be used for cleaning a child's teeth. A grain-of-rice-sized amount of toothpaste should be used in children aged 6 months to 3 years; this can be increased to a pea-sized amount for children older than 3 years. If the caregiver finds it difficult to dispense a grain-of-rice-sized amount of toothpaste, then non-

fluoridated toothpaste like CPP-ACP, hydroxyapatite, etc. should be used in children younger than 2 years of age.

One of the common problems faced by the parents is that the child doesn't allow them to put a brush in their mouth. In such cases, the knee-to-knee technique is recommended. Two adults should sit facing each other with their knees touching. The child should be posi-

tioned such that his/her legs are on one adult's lap, while the head rests on the other adult's lap. The adult should stabilize the child's head with one hand and lift the lips with the other hand to expose the teeth for brushing.

It is also beneficial to make brushing an enjoyable activity for the child by playing some music or telling some stories during brushing. It is important to involve the child in tooth brushing - the caregiver should brush the child's teeth before/after the child brushes on their own. The caregiver must observe the child while they brush independently. Using different colored toothbrushes and allowing the child to choose one fosters a sense of autonomy and makes the brushing more enjoyable.

A dental visit is recommended at the age of 6-12 months to receive proper guidance regarding oral hygiene and anticipatory care.

Both brushing habit is vital for good oral health. If not practiced properly, it can lead to severe consequences such as dental caries, abscess, loss of teeth, altered speech and altered growth and development of the jaw. One of the early warning signs is the presence of black stains on the teeth. Parents should visit a dentist immediately upon noticing any black stains. In the early stages, dental caries can be stopped or reversed with simple, painless procedures. If delayed, the condition may progress and require complex, sometimes painful, dental treatments for the child.

Wishing you all a happy and healthy tooth brushing journey!

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Creating Transformational Careers at IHMs-Unshackling Boundaries

GYAN BHUSHAN & DR PRATIK GHOSH

As the global hospitality industry expands with renewed energy, India stands poised to be a powerhouse of skilled hospitality professionals. At the forefront of this movement are the Institutes of Hotel Management (IHMs), working under the Ministry of Tourism (MOT), Government of India. These institutes are recognised for their legacy of excellence, practical training, and commitment to developing world-class professionals. With admissions now open for the upcoming academic session, there is no better time for aspiring students to consider a rewarding career in hospitality.

The IHMs' legacy is personified by the likes of Padma Shri Sanjeev Kapoor, Chef Manjit Gill, Puneet Chatwal, Ranju Alex, Padma Shri Chef Damu. Actually, the list is so proficient and long that it can go on and on, including numerous Michelin-starred celebrities. This illustrious list eminently shows the depth and width of IHMs across India and the world in terms of providing leadership in the hospitality sector.

IHMs across the country are undergoing a transformational shift to align more closely with national priorities and global industry demands. With dynamic changes initiated through government directives and industry feedback, these institutes are evolving into high-impact learning environments that not only educate but also inspire.

Strengthening Industry-Academia Collaboration

IHMs are strengthening ties with the hospital-

ity industry to ensure that academic delivery mirrors industry expectations. This partnership enhances the relevance of the curriculum, provides students with valuable industry exposure, and ensures smoother placement transitions. Hotel brands such as Taj, Marriott, Oberoi, ITC, and international players have become active collaborators in this effort, offering internships, recruitment support, and mentorship opportunities. A Memorandum of Understanding (MoU) signed between Central IHMs and leading hotel chains further cements this collaboration, enabling structured faculty-industry interactions, joint research, and hands-on learning experiences for students.

Task Force for Curriculum Upgradation

To remain future-ready, a dedicated task force has revised the IHM curriculum to incorporate cutting-edge subjects. From Artificial Intelligence in Hospitality, Digital Marketing, Sustainable Tourism, to Cultural Diversity Management, the curriculum now reflects the needs of a 21st-century workforce. Students are trained not just in core hotel operations but in soft skills, entrepreneurship, and emerging technologies—skills that make them versatile and globally competitive.

Admission Enhancement Measures

Recognising the need to attract high-potential students, IHMs have initiated focused admission augmentation efforts. These include:

- Awareness campaigns across schools and career fairs.
- Media outreach to promote the value of hospitality education.
- Enhanced digital presence, making it easier for students and parents to access admission details.

In addition, IHMs are working closely with the National Testing Agency (NTA) to streamline the entrance process (NCHM JEE), ensuring transparency, efficiency, and student convenience.

Outstanding Placement Track Record

IHMs are widely respected for their consistent placement performance. Final-year students are recruited by top hospitality chains, airlines, cruise lines, and multinational corporations. Placement cells across IHMs maintain active engagement with industry recruiters to secure high-quality job offers for graduates. For example, this year, AIHM Chandigarh achieved a stunning 100 percent one student one placement record. A growing trend is the interest of cruise liners, which now regularly participate in campus placements, offering students exciting international career opportunities on luxury ships around the globe.

Global Exposure and International Collaborations

IHMs have taken significant steps in fostering international collaborations. A notable partnership with Michigan State University (USA) enables academic exchange, research collaboration, and global networking. Students also benefit from prestigious internship programs at the University College of Birmingham and Marriott

hotels in Mauritius, where they gain hands-on training and exposure to international standards of hospitality. These collaborations add immense value to a student's resume and expand their career horizons.

Faculty Development and Innovation Culture

Quality education begins with quality educators. To ensure faculty remain industry-relevant, IHMs have rolled out faculty development programs in partnership with top hotel brands and academic institutions. Faculty members receive exposure to the latest tools, pedagogical techniques, and hospitality trends, which they then bring back to the classroom. Additionally, IHMs are nurturing a culture of innovation and incubation by encouraging students to engage in start-up projects, research, and entrepreneurship.

Dedicated incubation centres provide mentorship and seed funding for promising student-led ventures in food technology, sustainable tourism, and service innovation.

Special Collaborations and Strategic Alliances

IHMs are also exploring unique partnerships outside the traditional hospitality space. Collaborations with defence forces, for example, with the Directorate General Resettlements, aim to support skilling and reskilling programs for defence personnel, opening doors to new domains for training and facilitating corporate social responsibility. Furthermore, initiatives taken at Indian Culinary Institutes (ICIs) are reinforcing culinary education as a specialised domain, increasing the diversity of professional pathways

available to students.

Why Choose IHM?

A degree from IHM is not just a qualification—it is a gateway to a prestigious, people-centric, and globally relevant profession. Students learn to thrive in real-world environments while developing skills that are applicable in numerous industries, including hospitality, aviation, health-care, retail, and tourism. With a renewed focus on employability, technology, and global readiness, IHMs are offering a transformative education experience that prepares students for leadership roles and entrepreneurial success.

The hospitality industry offers some of the most exciting, fast-paced, and rewarding career opportunities today. Whether it's managing luxury hotels, designing world-class guest experiences, working on international cruise liners, or running your own culinary venture or event management firm, the possibilities are limitless. With strategic upgrades, strong industry partnerships, and a student-first approach, IHMs are the ideal launchpad for a wonderful hospitality career. As such, timely action for guaranteed world-class career building through IHMs is worth pursuing. 'This is well expressed by' 'Better three hours too soon than a minute too late'.

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Health care system in Jammu & Kashmir

VINOD CHANDRASHEKHAR DIXIT

It is rightly said that "He who has health, has hope; and he who has hope, has everything. Early to bed and early to rise makes a man healthy, wealthy and wise. The first wealth is health." Today, there are improvements in the health sector of India by leaps and bounds compared to the 20th Century. The healthcare system in Jammu and Kashmir (J&K) has made advancements, particularly in rural areas, through government initiatives and digital platforms.

Kudos to PM Narendra Modi for launching the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) SEHAT scheme. The main aim behind the scheme is to extend health insurance coverage to all residents of Jammu and Kashmir. - Here the term SEHAT stands for Social, Endeavour for Health and Telemedicine. In Jammu and Kashmir State, "Health Care Services" is much important not only for human resource development, but also for restoring the faith of the people in the institutions of governance. The initiative has significantly reduced out-of-pocket healthcare expenses and has helped make critical treatments accessible to underserved populations. It is a good drive that the government has also launched initiatives focused on maternal health, adolescent hygiene, and non-communicable disease screening, with health workers conducting outreach in both schools and rural communities.

Jammu and Kashmir has become the first among Indian states and UTs to offer free health insurance to all its residents. As per the official data, there are 4433 Govt. Health institutions at primary, secondary and tertiary levels with 6674 doctors in-position. The doctor patient ratio in the State is 1:1880 as against the recommendations of World Health Organization (WHO) of 1:1000. The doctor patient ratio at the National level is 1:2000. There are 20,306 government hospitals in the country. Rajasthan leads with 3,145 hospitals and Jammu and Kashmir stands at the number two with 2,812 hospitals. Government Hospitals provide health care free for the Indian citizens. In Jammu

and Kashmir there are also the hospitals run by the State. However the people complaint more about poor healthcare facilities. As per the statement of health minister Sakina Itoo there are around 16,000 positions vacant across Jammu and Kashmir health department. Government Medical Colleges (GMCs) across Jammu and Kashmir also face acute staff shortages.

Jammu and Kashmir State has performed relatively well in providing health and medical facilities to the people, but the level is still below the satisfaction. The state is facing a worrying rise in non-communicable diseases viz. diabetes, hypertension, and cardiovascular conditions. An estimated around 8% of the population suffers from diabetes, with over 10% in the pre-diabetic stage. Govt institutions need to upgrade their services at par with the upcoming private hospitals to retain the tag of major service provider in J & K. It is to be appreciated that the National Health Mission and the National Rural Health Mission are institutions set up by the Ministry of Health and Family Welfare and function at a national and state level with an aim of providing basic health care delivery system to all areas of Jammu, including the interiors of Jammu.

There are hospitals in India excelling in standards when compared to any hospital in the UK or the US. There are skilled surgeons and physicians in India who have made a mark in their respective fields. But the most unfortunate thing is, the services of these surgeons and physicians have not reached all sections of the population. Many villages are devoid of any health centres and if they are present, their effectiveness is limited due to the shortage or unavailability of staff, insufficient medicines, and infrastructure problems, among others. This means that for a medicine as basic as paracetamol, villagers have to walk four kilometres up and down the hilly trail.

In order for people to maintain a proper health, they should have proper health care systems. Only then people will be able to take care of their health and get treatment when they are suffering from any sort of sickness.

Tourism's Double-Edged Sword in Bhandarwah: Balancing Growth and Environmental Preservation

NITTEN KUMAR

Nestled in Jammu and Kashmir's Chenab Valley, Bhandarwah, often called "Mini-Kashmir," captivates visitors with its lush valleys, tranquil Neeru River, and sacred Kailash Kund lake. A tourism surge, driven by enhanced infrastructure, has spurred economic growth but raised environmental alarms, urging sustainable measures to safeguard this Himalayan paradise's natural and cultural heritage.

A Historical Tapestry

Bhandarwah's charm is rooted in a vibrant history. Known as "Nagon ki Bhoomi" (Land of Snakes) in ancient texts, it was a center of Naga worship, linked to serpent deities revered by early settlers. As part of the ancient Udumbara kingdom, Bhandarwah thrived as a trade and cultural hub along Himalayan routes. Under the medieval Bhandarkashi dynasty, Rajput rulers nurtured art and religion, leaving legacies like the 16th-century Vasuki Nag Temple and Subar Nag Temple, which draw pilgrims today. In the 19th century, Dogra rulers used Bhandarwah as a summer retreat, cementing its tourism potential, as noted in historical accounts from the Jammu and Kashmir Tourism Department.

Getting to Bhandarwah

The Bhandarwah Development Authority (BDA), established in 2006 under the Prime Minister's Reconstruction Plan, has improved access to the valley. Here's how to reach Bhandarwah:

- **By Air:** Jammu Airport (IXJ), 200 km away, connects to major cities like Delhi, Mumbai, and



Srinagar. Taxis or buses from Jammu reach Bhandarwah in 5-6 hours via NH-44 and the Batote-Kishtwar Highway.

► **By Train:** Udhampur Railway Station, 150 km away, links to Delhi and other cities. Taxis or buses from Udhampur take 4-5 hours to Bhandarwah.

► **By Road:** From Jammu, drive 200 km (5-6 hours) via NH-44 and the Batote-Kishtwar Highway. The Bhandarwah-Chamba National Highway connects to Pathankot (180 km, 5 hours). JKSRTC buses, private taxis, and shared cabs operate from Jammu, Udhampur, and Pathankot.

► **Local Transport:** Auto-rickshaws, taxis, and buses serve attractions like Gupt Ganga Temple and Jai Valley. For remote sites, private cabs or guided tours are recommended. Check weather and road conditions, especially in winter, as snow-

fall or landslides may affect routes like the Bhandarwah-Chamba Highway, per updates from the Jammu and Kashmir State Road Transport Corporation.

Tourism's Triumphs and Trials

The BDA's infrastructure upgrades, including highways and new facilities like parks and resorts, have transformed Bhandarwah into a tourist magnet. These developments have created jobs in hospitality, transport, and local crafts, boosting the economy, as highlighted by the Jammu and Kashmir Tourism Department. Visitors flock to Bhandarwah's cool climate and scenic beauty, seeking respite from India's summer heat.

However, this boom strains the Neeru River faces pollution from litter, with plastic waste littering trails and sacred sites. Tourism-driven water demand taxes local supplies, while hotel and road construction

contribute to deforestation and soil erosion. A 2022 study in the Journal of Environmental Management on Himalayan tourism in Himachal Pradesh warns of biodiversity loss when visitor numbers exceed ecological limits. Culturally, the tourist influx risks diluting local traditions, and agricultural land conversion, observed in regions like Wayanad, threatens Bhandarwah's agrarian base. A 2024 report by the Indian Ministry of Environment noted similar concerns in eco-sensitive zones, emphasizing the need for sustainable tourism.

A Path to Sustainability

Ecotourism offers a way forward. A 2023 study in Sustainable Tourism recommends green governance, such as strict waste management and visitor caps at sites like Kailash Kund, to reduce environmental harm. Community-led initiatives, like eco-tours or conservation projects involving local youth, could foster stewardship while creating jobs. Bhutan's One Health model, integrating ecological and community health, provides a blueprint for Bhandarwah to balance tourism with preservation.

At a crossroads, Bhandarwah's tourism promises prosperity but risks its natural and cultural treasures. By adopting sustainable practices and community involvement, the valley can ensure its historical legacy and pristine landscapes endure for future generations.

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