


PROBE ORDERED

We had read that in a democratic set up, the Government is by the people, for the people and of the people but, the earlier Governments raised several questions regarding this statement as, the association of people in every Government was not witnessed even after more than seven decades after independence. But the present dispensation, soon after the taking over office, proved the statement correct by its people-centric initiatives which were earlier never witnessed. Right from the very beginning various out of the box initiatives were taken for welfare of people and with several such significant initiatives, it was proved several times that for the ruling Government, only the aspirations of the people is always on top priority. Following the footsteps, the UT administration has also left no stone unturned for the well-being of masses besides ensuring provision of all possible facilities at their doorsteps. Once again, the administration has proved that welfare and aspirations of residents are of supreme importance for it and every possible step can be taken for meeting the same without any hesitation. As soon after the declaration of selection list of sub inspectors for Jammu and Kashmir Police, a number of people and youth were alleging scams and frauds in the recruitment, the LG Manoj Sinha has directed for carrying out a detailed probe in the matter for bringing transparency in the recruitment process. Pertinent to mention here that after witnessing selection of a number of siblings in the final list, a number of other aspirants and organizations were staging protest and demanding probe in the matter, after which this significant decision was taken. While speaking during side-lines of a function, the LG Manoj Sinha said that the present dispensation is committed to ensure a dedicated and accountable system in J&K, and if few people are suspecting some scam or fraud in the recruitment process, it is the duty of the administration to clear all their doubts besides taking action against the culprits, if any. He further assured people that if any discrepancy will be found in the selection process after the enquiry, the entire list would be scrapped. This shows that the administration wants to maintain accountability and transparency everywhere and there is no space for any discrepancy at any level.

IMMEDIATE ATTENTION REQUIRED

Whereon one hand, the present Government is speaking tall regarding provision of all basic amenities of life to people, even those living in rural and hilly belts of mountainous regions, on the other hand, some areas in Jammu region are witnessing acute shortage of potable water, thereby causing immense hardships to them. It is really surprising that at a time when a major heat wave has gripped the entire country and the Union Territory especially Jammu region is witnessing record breaking temperature, with mercury raising to 43 degree centigrade and above, the people are forced to live without adequate quantity of water. As per the reports, some areas like Janipur, Janipur Colony, Shant Nagar, High Court road area Bhawani Nagar, Anand Nagar Bohri and Bahu Fort are reeling under acute shortage of water as the concerned authorities have failed to ensure adequate water supply, forcing people to fetch the same from other sources. But the majority people living in these areas are not so well-off, so they cannot afford the private water supply through tankers for meeting their daily chores. It has been further reported that after the taking over of few divisions of PHE department by JMC, the people are facing more problems as there is none to listen to their grievances. At a time when the nation is trying to achieve the target of ensuring tapped water supply to every household of the country under Jal Jeevan Mission and the Government is contemplating to ensure successful implementation of the same, with adequate funding and guidance by the centre, lack of water supply that too in few areas of winter capital of Union Territory is really a matter of serious concern which needs immediate attention and focus of the concerned authorities so that the masses can be provided relief. Further at a time when the summer is at its peak and as per the meteorological department, the heat wave is going to continue for few more days with predictions of mercury raising further high, it is the obligatory duty of administration for ensuring all facilities to people so that masses may not suffer.



OFF 'D' CUFF

Bhagwad Gita's Advice On How To Invest Right

We are very conscious and careful before making an important investment. We conduct a thorough research and get a list of best options available. We evaluate each option one by one, take expert advice and make the best pick. After investing, we keep tracking the progress of our investment carefully and try to ensure that despite all obstacles, we get the expected returns. A typical teenager along with parents invest a lot of time, effort and money to choose the best college for graduation and get admission in it. The same story continues till placement. As adults when they earn a lot, they want to invest their savings in stock. They spend a great deal of time evaluating each stock, investing and tracking their investment -- getting excited when the stocks rise and feeling depressed when they fall, analysing the causes and hoping that stocks will recover.

Both at an individual and collective level as a country, we are becoming richer, our infrastructure is getting better and our lives are becoming comfortable externally. This progress reflects our success in rightly investing our time,

energy and wealth. What about our life? Where are we investing it? Are we giving the right purpose to our life? Is our desired life's purpose being fulfilled? Are we making progress in this vital aspect? We need to take a few moments to reflect on this vital and often neglected aspect of life. Anything done today will not go in vain, including these few moments of ours.

We want to be happy in our life. We are trying for it with all our might. The statistics show that we are missing it quite a bit now. The devtas, demigods, or the universal administrators possess riches and opulence far beyond our estimation. They have access to amrit – the most coveted elixir of immortality that grants a prolonged lifespan and vitality of senses. Despite all this, they get victimised by lust, pride and envy. They are not satisfied. Where are we going wrong? We are trying to find happiness in a world of finiteness, duality and impermanence, says the Bhagwad Gita, verse 5:22. Therefore, we are left with distress, discontent and depression. We need a source of happiness that is eternal, pure and unlimited.

Radhanath Swami

Career opportunities in Apparel Sector

■ DR ROOPAK VASISHTHA

What after class 12th? Which course to pursue after 12th to become employable? What are the career options for me after 12th? Can I pursue my career without higher education? These are a few common questions every student has in his mind after passing out from school. The confusion regarding career, job opportunities, and different courses prevail among the students. To be honest, these queries are universal and you are not alone having such doubts. Before moving ahead, let's understand what took us to write this article? Well, it has been noticed that medical and engineering: the most common sought-after courses after 12th aren't a piece of cake and there are many students who want to pursue short term skill-oriented courses so that they can start their career as soon as possible. Now the question arises that which are some other options that can make you employable? Therefore, we have listed below best Apparel related courses, which you might consider after completing your 12th. Pattern Maker: Apparel pattern maker plays an important role in the clothing industry. Individuals in this position are responsible for taking fashion designers ideas and creating a workable pattern that will ultimately become an article of clothing. Pattern makers often are required to define initial fashion designs and work closely with designers to achieve the desired look more accurately. Patternmakers use their knowledge of fabrics, sewing skills and ability to alter garments to draft a pattern that replicates a design concept. Apparel Made-Ups and Home Furnishing Sector Skill Council (AMHSSC), which is an apex body for skill development and certification in the apparel domain, under the aegis of Ministry of Skill Development and Entrepreneur, has developed 'Qualification Packs' (QPs) aligning to International standards for pattern making job role. The council has aligned its skilling competencies with the industry requirements and is making an all-out effort in meeting the industry requirements for skilled and certified pattern makers with relevant technical capabilities, thus giving the necessary boost to the growth of the sector along with creating employment opportunities for the youth of the nation. Career and Economic Outcome: A good way to begin

your pattern-making career is to acquire a position that is just below that of a pattern maker. For instance, include a grader or fabric cutter. These positions will provide work experience and knowledge that is applicable for the pattern maker position. In addition, you will be in a position to move directly into an available pattern maker opening, once you are ready. At this stage, a skilled person can earn around Rs 15,000 monthly. With the experience and expertise, one's income can potentially increase. Assistant Fashion Designer: One of the most creative course options, Fashion Design is a prosperous vocational education stream not only in India but also abroad. The Fashion industry has grown leaps and bounds and that too within a span of decade. If you are looking for a career in this field after class 12th, selecting the right Fashion Designing course is bound to open up a plethora of opportunities for you. Aspirants who have cleared their Class 12th from any stream (Science/ Commerce/ Arts) can pursue Assistant Fashion Designer course from any recognised training partner of AMHSSC. Career and Economic Outcome: Skilled Assistant Fashion Designer youths have a plethora of opportunities before them. After completing their course aspirants can work with fashion designers as well as corporates. They can work in Production, Fashion Marketing, Design Production Management, Fashion Media, Quality Control, Fashion Accessories Design and Brand Promotion. Apart from this, one can also make a great career as a Costume Designer, Fashion Consultant, Graphic Designer, Production Pattern Maker, Fashion Coordinator, etc. As a trainee, they can get a salary 10-12 thousand, however, with the experience they can earn more than 30-35 thousand. Processing Supervisor (Dyeing& Printing): The Processing Supervisor is a job role in wet processing. He is an overall in-charge of processes related to dyeing and printing of textile products, monitoring production, quality, and timely delivery of products suitable for next operations. Processing Supervisor (Dyeing& Printing) is responsible for monitoring production, quality and smooth operation of processes beginning with development of the recipe to execution of processes with junior management cadres working as a team. He also ensures discharge of effluents as

per defined statutory norms. He/she should have good interpersonal skills, vigilant and good eyesight to detect defects or abnormality in the process. He/she should be keen on learning with aptitude in chemistry. He/she should possess good oral communication skills in vernacular and simple English. This course is very good for those people who want to join this industry after 12th. Career and Economic Outcome: There are good employment opportunities in the fashion house after doing the course. You can start working as a dyeing and printing expert. Apart from this, if you possess good understanding of colour composition, then you can make a great career as a fashion accessories design, costume designer, fashion consultant, fashion coordinator etc. As a trainee, the salary ranges from 10-12 thousand. With experience, anyone starts making up to 30-35 thousand. Apart from this, you can also set up your own business. Hand Embroiderer: The tasks an Embroider is expected to perform include making decorative design on fabrics and other materials by hand and by using needle & thread. In the last few years, the fashion of handicrafts has started to reappear. Embroidery on clothes today is done by machines as well as by hand. In embroidery, fine work is done with coloured cotton or silk threads by fitting cotton, georgette, silk and chiffon cloth on a wooden round frame. Many big designers like Manish Malhotra, Anamika Khanna, Tarun Tahilani have also presented the collection of traditional sarees with a modern twist of hand embroidery. To explore the career opportunities in this field, there are four courses Hand Embroidery, Embroidery Machine Operator, Framer Computerized Embroidery Machine and Hand Embroider Addawala run by AMHSSC for skilling the youth. Career and Economic Outcome: There are good employment opportunities in the fashion house after doing the course. Apart from this, you can get a job in embroidery under any fashion designer. As a trainee, the salary ranges from 10-14 thousand. With the experience one starts making up to 25-35 thousand. You can also start your own work.

(The author is CEO, Apparel Made-Ups and Home Furnishing Sector Skill Council).

Target killings-a big challenge for security forces

■ OMKAR DATTATRAY

The target killings and attacks on soft targets in Kashmir are going on continuously, which is a serious matter for Government, security forces and the common man and this issue should be addressed immediately to put an end to the target killings so that Hindu minorities, package employees, Kashmiri Pandits, non-local labourers and officers are not attacked and killed by the terrorists. These target killings are occurring under a well-knit plan mostly by the hybrid terrorists who are trained by the terrorist outfits through on line training and so such terrorists resort to target killings so easily and after committing the crime mingle with the crowds and so remain unidentified and untraced. It becomes very difficult to trace and identify the hybrid terrorists as in majority of the cases they are successful in remaining unidentified and thus they continue to indulge in the barbaric and nefarious crimes of target and selective killings to show their presence. Thus it becomes very difficult to track and arrest these hybrid terrorists and they thus remain untraced in most of the cases initially but the security forces have to work hard to identify these terrorists and give them the punishment which they deserve. But the target killings as well as the selective killings is a big challenge for the government and the security forces and they have to undergo much painstaking exercise and much hard work to trace and identify the terrorists who commit the dastardly crimes of target and soft killings to remain in the limelight and show their presence. There is no doubt that the terrorism is on the last leg and was declining and some semblance of normalcy was there in the terrorist infested Kashmir and this led to uneasiness to the master mind of the terrorist violence and thus they prepared new modus operandi of target killings and selective killings to give an impression that nothing is well in Kashmir and so target killings are taking place in Kashmir without any respite. The target killings of the soft targets is taking place continuously and Kashmiri Pandits, package employees, other Hindu minorities and non-local officers and even labourers are being made targets by the terrorists and so target killings are occurring and putting a great pressure on the security apparatus and agencies and fighting and combating the terrorists who resort to the target killings is a big challenge to the government and the security forces and the security forces should tighten their belts and combat the terrorists who are indulging in the target killings to create fear, panic and uncertainty in the people especially in Hindu minorities. Therefore the security forces should ready themselves and give a strong fight to the forces of doom who are indulging in killings of the soft targets to create fear psychosis in the minorities as many cases of the target killings of the people belonging to minorities has taken place in Kashmir and has soaked the land of Kashmir with precious human blood. In fact the target killings as well as the killing of the soft targets has become a big challenge for the government and the security forces and the security forces should met this challenge with grit and fortitude and come successful in the end. The security think tank should devise new methods and modus operandi to tackle the big challenge posed by the target and soft killings by the terrorists. The security forces should attack the hybrid terrorists with cleverness and give a befitting response to the perpetrators of the target killings by tracing and identifying them in most professional manner. In spite of fighting the hybrid terrorists who resort the target killings at the instance of the terrorists outfits, the target killings remains a big challenge to the security forces and the government all alike. The target killings and the selective killings by the terrorists remains a big challenge and the government and the security forces should meet it and give a befitting response to these shameful killings. The master mind of the hybrid terrorists who directly indulge in the target killings should be identified and traced and should be neu-

tralised for the sake of restoring peace and normalcy. Therefore the terrorists indulging in target killings should be identified and arrested and after a speedy judicial trail should be awarded stringent punishment so that others will not dare to resort to target killings in future. Thus the security forces should work in tandem and coordination and target the terrorists who resort to soft killings and neutralise them for the sake of bringing peace and normalcy in Kashmir. The people especially the minorities are fear stricken and they are in panic and frustration and want to leave Kashmir and take refuge in Jammu and elsewhere outside the valley. The common citizens, Pandits and other Hindu minorities, package employees, non local officers and the employees and other non-local labourers are unfortunately targeted and killed and all these vulnerable sections of the society demand fool proof security to their life, limb and dignity and the government assures adequate security to these groups of people. But all the assurances of providing the fool proof security fell flat when the terrorists are busy in targeted killings of the soft targets to inflict damage beyond repair to the so called Kashmiriyat and Hindu-Muslim unity. Since the target killings are taking place at regular intervals and the land of Kashmir is soaked with the precious human blood and so the security forces should take required and necessary steps to identify and eliminate the terrorists who indulge in the wonton killings of the soft and selective targets. The proactive approach and operation all out and new strategies should be applied to tackle the issue of the targeted killings so that there is no fear, panic and grief in the people including the minorities. For this the targeted killings should be tackled in a scientific manner and professionalism should be shown in fighting the menace of target killings to finish. The fight against the perpetrators of target killings and the forces of doom should continue with redoubled efforts and the enemies of the humanity should be crushed with an iron fist and no leniency and laxity should be shown towards the terrorists who indulge in target killings and bring fear, panic and an atmosphere of insecurity among the people particularly in minorities. The atmosphere of insecurity, fear, panic and in fact fear psychosis grips the society and the measures should be taken to restore peace, tranquility and normalcy in Kashmir so that all people including the minorities live and work in peace without any fear and a sense of insecurity. Thus without wasting time and energy the security forces should fight the terrorists and bring those hybrid terrorists to book who indulge in the heinous crimes of target killings. For striking at the very roots of the target killings the OGW of the terrorism and the hybrid terrorists should be attacked to restore a semblance of normalcy in Kashmir. Thus the security forces should give a befitting response to the forces indulging in target killings that lead to the atmosphere of fear, panic and uncertainty particularly among the minorities. Therefore what is needed is that the terrorists who are responsible for the target and selective and soft killings should be neutralized to bring peace and normalcy in disturbed Kashmir. The half hearted and adhoc measures are not needed to fight the terrorists who indulge in targeted killings but instead there is need to break the back of the terrorists which is possible only when the terrorism is crushed with an iron hand and therefore the terrorism and terrorists should be fought to finish so that an environment of peace, security and tranquility prevails and for this it is necessary to fight the terrorism to finish so that those hybrid terrorists who resort to target killings are arrested and neutralised as per the demand of the situation. To conclude, it is crystal clear that the target and soft killings is a big challenge for the government and security forces and they should met it with grit, fortitude and determination so that the forces of doom who indulge in killings of the soft targets are neutralised for the interest of peace, security and above all normalcy.

Arthritic knee-pain: Understanding & managing growing menace

■ DR MANISH KUMAR VARSHNEY

Knee pain is a common problem we all see around us, in fact it is so common that around 1/4th of adult population suffers from it. Patients remain puzzled regarding the origin of the same and keep taking pain killers to get symptomatic relief while root cause remains untreated and unfortunately, they accumulate side-effects of medications. Here we will understand the basics of development of arthritic knee pain and its management. Arthritis simply means inflammation of the knee joint that irritates the pain seeking and transmitting nerves. This 'inflammation' may be understood as swelling within the knee joint (typically synovium - special membrane in joint responsible for its maintenance) making knee painful. Inflammation within joint may develop due to degenerative and non-degenerative process (or diseases). The non-degenerative diseases within the joint include crystal deposition diseases, inflammatory joint diseases (rheumatoid, psoriatic arthritis etc.), ligament and meniscus problems and trauma (fractures/dislocations). Outside the knee joint soft tissues may get injured in trauma like tendon injuries, injury to fascia and ligaments outside the joint or there may be bursitis which is common in this region due to uneven terrain. Degenerative diseases within the joint typically are grouped under the term 'arthrosis' that may arise as end stage to various above-mentioned conditions or may be age-related. Here it is important to understand that pain in arthroses arises from inflammation, so the conditions are interrelated and confusing to a layman. However, it is more important to understand that management of diseases is quite different and should be properly obtained. With respect to arthritic knee pain the pertinent thing to realize is that most of the arthritis are controllable (some are treatable also) in early stages of the disease. This is the most rewarding thing for the doctor and important for patient because it prevents the progression of disease to 'advanced arthroses' where the only treatment is knee replacement. Crystal diseases like uric acid deposition can be easily managed by wonderful available medications. Rheumatoid disease and other inflammatory diseases have unique drugs that can be tailored to patients' severity of involvement in the disease and are now very successful in controlling the disease. The patient must remain compliant in taking the medications. Ligament and meniscus problems can be easily repaired or balanced using key-hole surgery (arthroscopy). Other soft tissue injuries

get cured by appropriate management aimed at reducing inflammation and promoting healing. This makes it clear that one should not ignore initial symptom of knee pain while simultaneously taking the treatment religiously. What remains uncontrolled is age-related and post-traumatic osteoarthritis/osteoarthritis. In these situations, the medications fail and will have minimal impact if any. Knee replacement is the successful cure in these patients. Depending on the severity and area of involved joint knee replacement can be done as partial or total knee replacement. The common notion of waiting for undergoing knee replacement until one becomes 'crippled' does not hold true and is counter-productive to the results of surgery. I have seen many patients carrying the myth that one should 'delay surgery' if possible and keep bearing pain until it is unbearable. Late stages of any disease make surgery or treatment complicated and there is more surgical correction needed making surgery extensive. More cutting during surgery would compromise on the life of surgical success and even pain relief may not be complete. The other inhibition to undergo surgery is financial as knee replacement is considered a costly surgery. Thanks to various state-run and national government health schemes that have subsidised surgery substantially bringing it within the reach of everyone. The expertise to perform surgery is also easily available now with many centers doing surgery. The team at SMVD Narayana super specialty hospital has an experience of performing more than 250 knee replacements at SMVD, including complicated reconstructions and even revision knee replacements that were performed long ago at places outside the state and have now failed due to definite life of the implant. Within the limits of complication considering the remarkable benefits of knee replacement surgery and subsidence of financial constraints, I personally feel patients have no reason to bear pain for so long. It is high time to kill inhibitions and seek treatment and pain relief as soon as possible. Key-hole surgery provides the patient full advantage of preserving his/her knee from further damage so that arthritis does not develop later. I hope this article develops enough awareness amongst the patients to stimulate them towards leading a pain-free functional and productive life.

(The author is Senior Consultant Orthopedic, Spine & Joint Replacement Surgery, author of various books in Orthopedics, including the best-seller 'Practical Orthopedic examination made easy').