

## DECISIVE CONTROL

It is a fact that 'decisive control over terrorism' has been achieved after revocation of the special status of Jammu & Kashmir, which is a 'biggest achievement' of Government. J&K government has successfully managed to attract over Rs 33000 crore investment while democracy has been taken to grass-root level in the UT. Today, democracy is flourishing across J&K as we have a sarpanch and panchs in every village. Highways are being upgraded and all modern means are being employed to uplift the J&K. CRPF has really done an appreciable job be it maintaining law and order; fighting terrorism in J&K or eliminating Naxalites, the force has maintained its tag of being the country's best police force. The great sacrifices made by CRPF men in the line of duty will be written with golden hearts and the families of martyrs will never be left alone. There is improvement in security situation, reduction in terrorism incidents from 417 in 2018 to 229 in 2021 and decrease in number of security forces personnel martyred from 91 in 2018 to 42 in 2021. But proactive measures are required against terrorists and denying them 'safe haven or financial support.' Security forces and police should ensure real-time coordination for effective counter-terrorism operations and monitoring activities of terrorists from jails. The further need of hour is to strengthen the Narcotics Control Bureau (NCB) in Jammu & Kashmir to choke narco-terrorism. Security grid should be further strengthened to ensure zero cross-border infiltration and to eliminate terrorism completely in order to achieve Prime Minister Narendra Modi's vision of a peaceful and prosperous J&K. The situation in J&K has seen a 'drastic change' since Narendra Modi took over as Prime Minister in 2014. Prime Minister's dream and vision of ideologues Shyama Prasad Mukherjee and Pandit Prem Nath Dogra- Ek Pradhan, Ek Vidhaan, Ek Nishan- have come true in J&K. Today, it's the best tribute to the soul of Shyama Prasad Mukherjee that there is one flag, one Constitution and one leader across India. Democracy is flourishing across J&K. Every village has a Sarpanch and Panchayat members now. National highways are being renovated and all modern means are being employed to uplift J&K. In every segment, record achievements are being made. The efforts of administration should also be lauded for achieving 100 per cent saturation in various projects, including Jal Jeevan Mission and electrification and added that the roads constructed over the past five years to provide connectivity to villages and laying of new highways have set a new pace of development.

## Boost your hormones to live long and healthy

**Boost your hormones to live long and healthy**  
The more you worry the more you throw off the delicate balance of hormones required for health.  
- Andrew J. Bernstein.  
Our entire personality, our energy level, and how we cope is hormonal.  
- Sandra Tsing Loh.  
To control your hormones is to control your life.  
-Barry Sears.  
Hormones are very powerful things. We are helpless in their wake.  
-Meg Cabot.  
Mrs Avantika, 45 years female noticed that her weight was increasing slowly for last 4-6 months without any significant change in lifestyle and diet. She also felt that she was becoming irritable and tired with irregular sleep and irregular menstruation. She will skip menstruation one month and then next month it will be normal. Sexual drive was low as desire was sometimes high and sometimes low. Sexual intercourse was not same as earlier as it was becoming painful and uncomfortable. She was also facing hot flushes and night sweats and mood swings. She was anxious and worried. She felt that there was no joy left in life. She started avoiding going out of house and meeting family and friends. She was changed. She was even scared that what was happening to her. She was referred by her doctor to internal medicine specialist and he did few tests and found that she was entering in the life phase of menopause which causes hormonal imbalances. She was having menopause and her symptoms were due to hormonal imbalance of menopause. She was told to accept it and live normally as every female passes through this phase. It took sometime but she accepted the truth of life and welcomed the menopause. Now she is a cheerful and happy lady.  
Hypothalamus – Pituitary gland complex  
The hypothalamus and the pituitary gland are closely linked anatomically and functionally. The hypothalamus is a small structure situated below the main brain, it extends downwards into the pituitary stem. Pituitary gland has two lobes, anterior and posterior. It consists of nerve-cell grouped into nuclei, with nerve-fibres

running to it from other parts of the brain and nerve-fibres running from it down the stalk of the pituitary gland into the posterior lobe of the gland.  
Anterior lobe of pituitary gland produces growth hormone (GH), thyrotrophic stimulating hormone (TSH) which stimulates the thyroid gland to produce thyroid hormones, adrenocorticotrophic hormone (ACTH) which stimulates the adrenal glands to produce gonadotrophic hormones (gonadotrophins) which act on the sex glands. In men, produce androgens. In women, produce female hormones. Two hormones are produce in the hypothalamus and pass down the nerve-fibres to the posterior lobe of the pituitary gland. These are Antidiuretic hormone which stimulates the distal tubules of the kidney to reabsorb water from the fluid. Oxytocin which stimulates contraction of the uterus and contraction of the muscles of the ducts of the breast, causing the milk to be squeezed from the deep to the superficial ducts.

As the age advances level of HGH (Human growth hormone) in body decreases due to senile functional decline of pituitary glands. Which leads to loss of muscle mass, gain of fat, wrinkles in skin, capacity of heart diminishes, insulin resistance and diabetes appear, all these accelerate aging.  
HGH is responsible for age reversing benefits of estrogen, testosterone and DHEA. Age related diminution of HGH level can be restored by replacement given therapy and natural methods, like calorie restriction, good sound sleep, reduction of stress and a balanced diet.  
Thyroid gland  
The thyroid gland is situated in the neck. The thyroid gland secretes (a) thyroxine and tri-iodothyronine and (b) thyrocalcitonin as hormones. Their production is stimulated by the thyrotrophic stimulating hormone (TSH) of the anterior lobe of the pituitary gland whenever, the blood-thyroxine level falls. Thyrocalcitonin is a hormone secreted by certain cells called C cells. It's production is probably stimulated by a rise in the amount of calcium in the plasma.

Vinod Nigam

## Situation in J&K post abrogation of article-370-a perspective

■ ANJALI BHAT.

I am a Kashmiri Pandit born in Srinagar. I along with my family had to leave our home of generations, being forced out of it by the Pakistan backed insurgency that engulfed the valley in a vicious cycle of violence. It's been more than 30 years since I was displaced from my home and forced to live a life of refugee in our own country. Though me and thousands of others like me who too were banished out of the comforts of their home have managed to make a life of our own in different parts of the country, yet the deep desire of visiting our home again has been ravaging our hearts since we were forced to leave. So, when on August 5, 2019, Union Home minister announced in parliament the abrogation of Article-370, the instant reaction was of a sense of relief. This sense emanated from the fact that the controversial article laid the foundation for deprivation and marginalization of certain sections of the society (including ours), while at the same time ensuring hegemony of a few dominant families in the state. Below, I enlist the reasons for my sense of relief when the abrogation of the controversial Article-370 was announced from the floor of the Indian parliament.

Dismantling Political Hegemony: It is a known fact that Article-370 had imposed severe restrictions on political aspirations of people. Article-370 laid ground for deep entrenchment of the political domination of a few political families, while at the same time heavily restricting the political aspirations of several young and dynamic leaders. It is no surprise, therefore, that no prominent young leader has been able to rise through the ranks of the political parties in the state.

Strengthening Grassroots Democracy: Article-370 had restricted the process of devolution of powers to the local bodies. Even Panchayat leaders, I have spoken to, believe that before the abrogation of the Article-370, the devolution of powers to the Panchayats was only on paper. Local bodies didn't receive any funds and were left to fend for themselves. They also maintain that despite several petitions and requests, minimal funds were released for the local bodies thus leaving them at the mercy of the authorities. Post-

abrogation of Article-370, things have started changing for good. As per the directions of the Union Home Minister, the bureaucracy has intensified the process of devolution of maximum powers to the local bodies. According to latest regulations introduced for the seamless functioning of the Panchayats, the village Sarpanch will now head the Village level Biodiversity Committee along with all the Sarpanchs of J&K, thus making Sarpanchs responsible towards the State forest land falling in their villages. Effective changes have been implemented in the working structure of the Panchayati Raj Institutions which was not the case earlier. The departments and Officers are now accountable to Panchayats. The Sarpanchs now directly or indirectly releases the salary of various staff and workers working in the Panchayat, making the staff more accountable to him which was not the case earlier.

End of subjugation of marginalized sections of Society: The announcement of the Government of India of abrogating Article 370 of the Indian Constitution ushered in a new ray of hope for the refugees from West Pakistan. With the abrogation of Article 370, their long pending demand of being given the citizenship of Jammu and Kashmir was finally fulfilled. Also, the severe discrimination against the refugees of West Pakistan in the field of Jobs, employment, education, government schemes which was perpetuated by the Article-370 is now a thing of the past. With the abrogation of the controversial Article, these people can now avail the benefits of the Central reservation reserved for the people belonging to the Scheduled and other backward castes from which they had been deprived till now. In a similar case, Article 370 prevented the people from the Valmiki community of the erstwhile state of Jammu and Kashmir from being citizens of the state. Since, they were denied the Permanent resident certificates (PRC), they were severely discriminated in getting employment in state institutions or admission of their children's in state run institutions.

Valmukis were brought to J&K by the government to quell a union protest and clean streets in 1957. Three generations later; they still do not have a Permanent Resident Certificate and are

forced to work as Safai Karamcharis (sanitation workers). Despite living here for almost six decades, people of the Valmiki community continued to face severe discrimination and were denied even the basics citizenship rights. It was only after Government of India abrogated Article 370 on 5th August 2019, the people from Valmiki community realized their long standing dream of being a citizen of J&K. It broke the chains of bondages which had severely restricted their freedom and prevented them from dreaming. Success stories of the members of the Valmiki community is a practical example of how the abrogation of the article 370 has freed the people from the generational subjugation and provided them with an opportunity to live a life of dignity and self-respect.

Complete integration of region: Post Abrogation of Article-370 allowed the implementation of the Central laws in the Union Territory of Jammu and Kashmir. Right To Education (RTE) is now applicable in the region thus allowing the children belonging to the deprived sections of the society to have access to high quality education free of cost. Reserve Bank of India now exercises complete control over the financial regulations of the banks in the state. This allows a greater degree of transparency and financial accountability of J&K. The jurisdiction of the Comptroller and Auditor General (CAG) of India now extends to the Union Territory of Jammu & Kashmir, thus making it accountable. Additionally, more than a dozen liberal laws passed by the Parliament of India years ago, can now be implemented in J&K. This allows a broad Women Empowerment: With the scrapping of the controversial Article-370, women would no longer be deprived of their property rights in J&K if they get married to a non-resident. Article 35A, which emanated from Article 370, prohibited them, till the abrogation of the article, to be property owners if they marry an outsider. Article 35A also empowered the J&K government to decide who could be a 'permanent resident.' Only a permanent resident could acquire land, get a government job, settle in the state, etc. Putting restrictions on the choices of the residents of a state is patently illiberal; and putting restrictions on the

basis of gender is anti-women to boot. Article 35A and Article 370, thus, were blatantly against the ethos of our constitution and the principles of justice, liberty, equality, and fraternity that it espouses. With the abrogation of the Articles-370 & 35A, women in Jammu and Kashmir (J&K) can now buy real estate and transfer property to children, even if they get married to a non-resident, as Article 35A has automatically become void with the scrapping of Article 370.

Economic Development: The heavily restrictive land laws had put a severe constraint on the free flow of investment from the rest of the country into Jammu and Kashmir. The region, thus, missed an opportunity to be a part of India's growth story. With the implementation of the Central laws in the Union Territory of Jammu and Kashmir, following the abrogation of Article-370, more favorable conditions for the economic growth and prosperity of J&K have been created. Earlier, industrialists from outside the Valley were reluctant to invest here. Now industrialists, instead of getting land on lease, will have the privilege of owning property here. This may attract non-local industrialists to revive the sick units alongside starting fresh ones.

Drop in Youth Joining terrorism: As per the official statement, the number of Kashmiri youths joining terrorist ranks has dropped by more than 40 per cent since the revocation of Article 370. The number of youth who joined terrorism fell to 67 between January 1 and July 15 this year; compared to 105 a year ago, while terrorist related incidents declined to 120 from 188 during this period, as per the official data. On 5th August 2020, the Union territory of Jammu and Kashmir completes one year since the abrogation of the Article-370. These have been numerous success stories where women and people belonging to the marginalized sections of the society have excelled and risen to fame by utilizing the opportunities available to them following the abrogation of Article-370. While the grit and hard work of these people has been on the major drivers of their success, it is also believed that the annulment of the Article-370 has also allowed them greater access to the opportunities and resources to excel in their fields.

## Need to ban crypto currency

■ DR DALEEP PANDITA

A new virtual form of financial transaction, commonly known as crypto currency came in to international existence in the year 2009. It is executed through more than 5000 meme coins with commonly using Bitcoins and Dogecoins. Not having any physical form, crypto currency is basically devoid of intrinsic value neither having any legal entity nor is redeemable for some amount of another commodity. Without any control by the financial regulator, the circulatory system of meme coins is privately individualistic transacted without involvement of a third party, as is evident even by its name - cryptocurrency. With a hefty strength of more than \$2 trillion, crypto market has not seen any kind of consistent volatility so far that is otherwise frequently witnessed in equity markets, because of which this bull market has earned sufficient trust and confidence of investors without the fear of losing money on this platform. Currently this virtual currency has evolved as a critical part of international economy by becoming secure and comfortable means of financial system across the globe and so has emerged as a dependable diversification tool of investment portfolio also. This concept of crypto currency in India was conceived after the demonetization era, which shook financial confidence of the people on fiat currency. But actually it gained momentum during COVID pandemic period in which digital mode of payments became regular method of financial transactions in our country. As on date, crypto currency is not considered to be a legal tender like that of fiat money issued by Government of India. Now presently it needs financial

authorization and legality in our country for which lot of lobbying is going on around business giants. Despite the undue pressure created by unwanted lobby of more than 80 lakh less exposed Crypto investors, pressurizing our political system under the false ambit of much needed rapid economic development for its legalisation, these unauthorized financial transactions are still continuing unabated. This unlawful mode of financial transactions has also spread its tentacles in the Union territory of Jammu and Kashmir particularly with investors having overseas connections and indulging in banking across the globe.

Actually, it has been always the demand of our financial system to critically analyse the pros and cons of this form of economy before legitimizing and introducing it in our system. Based on comprehensive study conducted by a designated committee constituted by the Reserve Bank of India (RBI) for this purpose, has very recently made strong recommendations to the Union Finance Ministry for immediately banning the crypto currency in India. Even for second time 'Crypto currency and Regulation of Official Digital Currency Bill-2021' was deferred by the Parliament, that under the pressure of its hidden investors, at least proposing to levy taxation on such transactions thereby indirectly legitimizing the introduction of this type of virtual form of currency in our country. Financial instability, Hidden unaccountable transactions, Lack of control by the regulators, unfair utilization of funds including their misappropriation, increase in economic crimes, promoting financial frauds, enhancing cyber crimes, evading taxations, violating foreign exchange principles, causing money

laundering and importantly abetting terrorism activities due to cross-border financial transactions are some of the important threats which makes crypto currency transactions highly risky and dangerous for our country. So, crypto currency is not risky preposition for investors but it is equally unsafe and highly volatile for our overall financial system and not recommended in the interests of national safety and security for a country like India. Realising such drastic consequences, even countries like China, Turkey, Gulf nations and some of the European countries have already banned the circulation of crypto currency in their economy. RBI in 2018 directed our banking and non banking financial institutions not to allow any kind of transaction involving crypto currency, the much needed move that drove many crypto exchanges out of business in India. Now again on the basis of their detailed study, it has reaffirmed its earlier commitment of recommending immediate ban on the introduction of crypto currency in Indian financial system. Instead lessons need to be drawn from the experiences of those countries that have already banned the usage of crypto currency in their economic system. It can be of immense assistance in legislating with adequate teeth, the curbing of this menace posing serious internal and external threats to our economy and to our national development, thereby sending a strong message to the unauthorised lobby of hidden crypto investors promoting risky and dangerous crypto currency transactions in India.

(The author is a former senior executive with Government of India, Non banking financial PSU & visiting faculty for SKPA).

## YOUR COLUMN

### Provide necessary facilities at veterinary hospitals

Dear Editor,  
Through the medium of your esteemed daily, I would like to highlight the attention of concerned authorities, especially Additional Chief Secretary, Atal Dulla regarding scarcity of various facilities like X-ray, Blood Analysers and Ultrasound etc in all major animal husbandry hospitals in Jammu. I have been raising the issue of providing basic facilities in at least all major animal husbandry hospitals for better treatment of owned and stray animals many times over the years but my efforts remained fruitless. Since, the Chief Secretary, Atal Dulla has recently taken over charge of this department, it is hoped that this time my concerns will be taken seriously and appropriately addressed and not remain in files. Only 1 hospital in whole Jammu division (CVH Gole Pulley) has a X-ray machine, recently purchased at a cost of Rs 50 lakh but lying non-functional for many months for reasons best known to authorities. While people like us have to cart animals to either private clinics at a whooping cost or get them treated with trial and error method risking their precious lives. Only 1 ultrasound machine very newly purchased in CVH Gole Pulley but still not made functional as no demo was provided to the vets for its use nor any literature was made available to concerned operators for its use, hence it's lying in a box while people struggle to get ultrasound done from private clinics which 90 per cent of the people cannot afford and just helplessly see the animal die in the absence of any specialized investigation facility to find the cause of their illnesses. Every District CVH hospitals of Animal husbandry department should have a blood Analysers, X-ray and Ultrasound facilities so that animals can be better treated and not referred to R S Pura SUKAST University, which is not possible for everyone to reach from samba, Kathua, Reasi, Poonch etc. It is requested to provide basic facility for major and minor surgeries in all animal husbandry hospitals in the Jammu division because even for a Cesarean section on a small or large animal Govt vets ask people to take them to either SUKAST (R S Pura University) or CVH Gole Pulley Jammu putting life of

animal at risk as dog or cow, undergoing labour pains unable to deliver unassisted or having half a calf hanging out but hemorrhaging profusely and 90 percent die either on way or person does not have the adequate resources to move the animal inter-district as no specialised critical Ambulances are provided for the animals for such purposes in the UT of J&K. Cesarean section is a very common surgery but vets posted at the animal husbandry hospitals refuse saying they are not surgeons. Then again at least 2 trained surgeons to be posted in each district. Capacity building of vets employed with animal husbandry department should be must otherwise the hefty salaries drawn by govt vets remain unjustified while animals suffer untreated. Veterinary facility to reach the doorsteps of the farmers in rural and urban areas remain a dream as the fleet of critical care and hydraulic lift ambulances keep standing unused with the department for almost over and year. Recent case of a dog in Katra who could not deliver naturally and the caretaker of the stray kept requesting the veterinary doctor posted in Katra to treat her; again the same answer they are not surgeons and if they want to save the dog they should take her to Jammu CVH. The babies died in womb after our intervention and multiple calls to director Animal husbandry Jammu the dog was shifted to gole pulley and operated at 7 pm in the evening and the life of the animal was saved but every animal is not that lucky and there are thousands of animals if not more needing critical life saving surgeries daily in various districts but are shown the door. There is need to be a revised SOP issued to each animal husbandry major and minor centre and checks and balances in place to monitor the performance of the vets employed with animal husbandry department. At least 1 or 2 Animal husbandry hospitals in every district should have 24 hours service for emergency cases as humans and animals suffer alike and can fall ill or meet with an accident any time of the day or night and might need immediate life saving treatment. There are 10 districts in Jammu division but except CVH Jammu no other hospital in Jammu division is open 24X7. All the issues raised in this mail need urgent attention and I am sure with that an able officer like Atal Dulla, with his experience and expertise, can bring a much-needed change in the functioning of Department in UT of J&K.

Devinder Kaur Madaan.  
Chairperson 'Save Animals Value Environment'  
Sr Vice president SPCA Jammu.

## PROGRESSING J&K

### Digital Initiatives launched in J&K easing life of common masses

Jammu & Kashmir has embarked on an unprecedented developmental trajectory since August 2019, wherein transformational initiatives in all sectors have been launched with the aid of information technology to ease the life of people. One such reformative measure is 'Budget Estimation and Allocation Monitoring System (BEAMS)'. It empowered J&K citizens to oversee works being executed in their areas on a real time basis. The administration has successfully implemented innovative initiatives in this regard which inter alia included BEAMS, online submission of bills through J&K PaySys, mandatory administrative approvals, technical sanctions and e-tendering, digital payments, GFR, GeM and related measures which have greatly helped the financial systems in J&K to be at par with any other developing financial system in the country. Publication of pictorial e-compendiums related to projects completed under Back to Village, District Capex, UT Capex and JKIDFC broadly reflects government's commitment to engage with the citizens.

Similarly, Mobile Application 'Satark Nagrik' and Departmental Vigilance Officers Portal of J&K Anti-Corruption Bureau is one of the comprehensive measures of LG administration for ensuring transparent, accountable, and responsive governance. An official said that the mobile application is facilitating seamless flow of information about corruption and enables citizens to submit their grievances with ease and mobility. Any citizen having an android based device can download the application from play store. A unique ID number is allotted at the time of registration of grievance which later can be used to track the status of grievance.

Likewise, the Departmental Vigilance Officers (DVO) Portal has been designed to enable an online communication channel with the DVOs of various departments. In certain cases, the complaints are related to ongoing works, current recruitments, and payments yet to be made against contracts etc. By referring these matters to DVOs, violations/ shortcomings can immediately be rectified and loss to the state exchequer is prevented. Regarding the services under PSGA, Government has passed directions to DCs to ensure all services are made available to the citizens within the stipulated time frame. PSGA timelines of these services are being synchronized with the online portal and any default on providing services within notified timelines is monitored by departments for taking action against the commission of willful derelictions.

Transparency in maintenance and upkeep of Land records was an area which required an urgent intervention. 'Aapki Zameen Aapki Nigrani' (AZAN) is a landmark intervention in this direction. Earlier, there was no mechanism available for citizens to view or monitor the status of their revenue records online. They had to move from pillar-to-post for obtaining even a copy of land records (Jamabandi or Khasra Girdwari). The opacity in the system encouraged and bred favouritism, redtapism and corruption putting citizens at the mercy of the system and the scenario warranted an immediate intervention which could usher in transparency and accountability and this yearning gave birth to 'Aapki Zameen Aapki Nigrani' (AZAN).

Aapki Zameen Aapki Nigrani (AZAN): Land Records Information System was launched on October 22, 2021 by Lt Governor Manoj Sinha. Under this system, the Public users can now search and view copies of the Scanned data online on CIS Portal- <http://landrecords.jk.gov.in/>. Lieutenant Governor Manoj Sinha has said that initiative will facilitate easy online access to the Land Records System, thereby reducing manipulation of the Land Records and improving efficiency of Revenue offices substantially. This initiative is a part of the Digital India Land Records Modernization Programme (DILRMP). The Digital India Land Records Modernization Programme (DILRMP) was launched for improving online accessibility to the Land Records System and stopping manipulation of the Land Records thereby making quality of services in Sub Registrar offices/ Tehsils more efficient and transparent. In order to further boost transparency in public dealings of the Revenue Department, a mechanism of issuing passbooks to people containing information on all their legal land possessions has been evolved.