

## SPORTS PROMOTION

In today's modern and progressive era, man wants to develop himself soon and wants to get everything soon. He races with time so fast that he cannot maintain his physical and mental balance. At such times, he turns to sports to bring balance in his life again. Any person of any age can play any sport, to get away from today's busy and stressful life, a person has turned towards sports. There are two types of sports. One type of sports is outdoor sports which are mostly played in the field like cricket, hockey, running, volleyball, etc. By playing outdoor sports, students develop qualities like perseverance, regularity, patience etc. The future life of the student develops qualities like group work and discipline, along with this the physical and mental ability of the student also develops.

The second type of game is indoor games which are played inside the house or even inside the school. Games such as chess, sudoku etc. develop the mental power and ability to concentrate the mind. Develops the physical and mental potential of the student. To be successful in any field, hard work and true dedication is needed, in the same way, to move forward in the sports world, it is very important to be physically and mentally fit. In order to promote sports, nowadays the government has also arranged for incentives and rewards, in which every player, when he plays a game for the country, brings laurels to the country along with that player, no matter what kind of game is played.

## UNIFORM CIVIL CODE, SOONER THE BETTER

■ PURAN CHAND SHARMA

"No force on earth can stop an idea whose time has come" Victor Hugo.

This famous quote of Victor Hugo perfectly holds good in case of Uniform civil code which was required to be enforced in 1950 itself but in vain. The main architect and the compiler of the constitution Dr. B.R. Ambedkar fervently wished it to be implemented with immediate effect after partition of the country on communal basis succumbing to the irrational demand of hard core elements for separate homeland on religious lines. The Dispensation of the times could not take firm stand on this extremely significant issue as sequel to lack of consensus and just shelved it for their successors at a very crucial moment when the conditions were comparatively more congenial to seal it once for all. However, past being like a stale cheque which can't be encashed at this point of time, it shall be in fitness of things to gird up our loins for the final assault and resolution of the vexed issue. This appears to be the will of the providence coupled with firm resolve of our strong willed and visionary prime minister who is blessed with uncanny knack of decision making to initiate revolutionary measures in the service and progress of the nation. Let us briefly discuss as to what exactly is the Uniform Civil Code. Why it is so significant and essential to implement it in this twilight hour when the country is well poised to take a quantum jump to notch up the top position on the world horizon?. Its typical pros and cons as well as deeper impact in our social conduct vis- a-vis our religious diversity and national integration.

The issue of implementation of ' Uniform Form Civil Code ' did figure in the deliberations and debates of the constituent Assembly to conclude and produce a fool proof scripture of working knowledge and enlightenment for the people holding the reins of power and the responsible citizens as well in the shape of constitution. A peep into the history reveals that our political stalwarts could not arrive at a consensus for enforcing the UCC, therefore, it was given a place in Directive principles under article 44 of constitution. In fact this article is indicative of inherent mandate to enact uniform civil code to take care of the religious inequalities and inconsistencies to promote understanding amongst the diverse communities living in the country. It is utter surprise that despite having accomplished a journey of seventy five years as an independent country, we have kept this highly imperative issue on the back burner as sequel to lack of will power and unflinching commitment and the inordinate delay has not served the coveted purpose. At this critical juncture the things are reaching the flashpoint, so this is high time to swing into action, set our house in order to give a strong message to the divisive and inimical forces hell bent on creating bitterness and mayhem in our instinctively secular and peaceful country. Beyond an iota of doubt 'UNITY IN DIVERSITY IS OUR STRENGTH' but excess of everything is bad, therefore, uneasy compromises and adjustments can't be permitted for ultimate progress and prosperity of the country. Nevertheless, it shall be appropriate and advisable to intently weigh pros and cons of this matter of grave concern and extreme importance for establishing ourselves as self reliant and powerful nation in the world under the most challenging circumstances. Let us now turn focus on the repercussions, hindrances and desirable impact-.

There is no denying the fact that over the years our country's onward march towards social harmony, economic and gender justice experienced great deal of setbacks in absence of a uniform civil code. In famous Shaw Bano case, the Apex court had observed that it is a matter of regret that Article 44 has remained a dead letter and pointed out that UCC would help the cause of national integration. The top court further ruled that," In the constitutional order of priorities, the right to religious freedom is to be exercised in a manner consonant with the vision underlying the provisions of part 3 (Fundamental Rights)". Indian young Lawyers Association case (2018). However, despite articulating its views clearly on the subject in many cases, the supreme court refrained from issuing any clear cut directive to the Government being mindful of the fact that the framing of laws falls within the domain of Parliament. In nut shell, the essence of the matter is that UCC is a step in the right direction and is long overdue for the purpose of safeguarding the fundamental rights of all citizens, reducing social inequalities and gender discrimination. It is pin pointedly aimed at creating a unified legal frame work that upholds the principles enshrined in the constitution and reaffirmed by supreme court judgements. Few opposition parties and the politicians drawn from diverse communities in the country seem to harbour some doubts and fears which are baseless and unfounded and can be properly addressed by virtue of enlightened debates and constructive dialogue. Everything should not be looked through the political lenses. The essential point is that UCC would eliminate discriminatory practices that deprive women of their rights and shall provide them equal opportunities and protections.

Our diverse society urgently needs unified legal frame work to foster social cohesion and national integration. Its time has come. Saner elements of the society have a vital role to play in this long pending cherished national dream by getting organized and mobilizing the public opinion and creating healthy environment for smooth enactment of UCC by the Parliament at the earliest opportunity which is now knocking at the door. The committed and determined dispensation of the current times needs our whole hearted support for the ultimate master stroke. Our efforts in the beginning of our innings as sovereign state just after independence with partition of the country sans complete transfer of population might have not succeeded to enforce UCC but there is no plausible reason to get bogged down at this critical juncture. It is well said by our legendary President A P J Abdul Kalam "Winners are not those who never fail but winners are those who never quit."

■ DR RAHUL GORKA



In the world of medicine, few disciplines are as captivating and transformative as Plastic surgery. With its ability to reshape and restore the human body, plastic surgery represents the harmonious fusion of science and artistry. It is an intricate dance between the precision of medical expertise and the creativity of aesthetic vision, resulting in remarkable transformations that touch the lives of countless individuals.

Plastic surgery is a scientific field that utilises extensive knowledge of anatomy, surgical skills, and advanced technologies to address various concerns such as birth defects, traumatic injuries, deformities and age-related changes. Plastic surgeons undergo rigorous training to become experts in accomplishing these goals.

World Plastic Surgery Day, observed annually on 15th July, celebrates Plastic Surgery's remarkable progress and contributions to the vast field of Burns, Reconstructive, Microvascular and Aesthetic surgery. This day not only recognises the profound impact of Plastic Surgery on improving the lives of individuals around the globe but also highlights the advancements and innovations in this field.

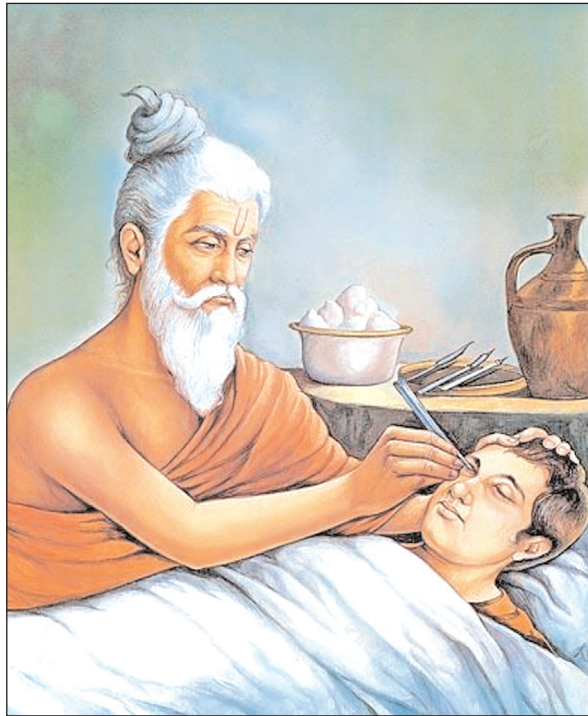
History of Plastic Surgery: Sushruta is considered the "Father of Plastic Surgery." He lived in India sometime between 1000 and 800 BC and is credited for advancing medicine in ancient India. He followed the principle of "S'nubandhen Jēvitah : through continuity, it lives" (Sanskrit) and played a pivotal role in elucidating the importance of blood supply for tissue flap survival. He successfully employed cheek tissue to reconstruct the nose and ears ( Nose-cutting was a common punishment for political betrayal and women for adultery). This foundational understanding laid the groundwork for the development of modern reconstructive surgery.

British physicians travelled to India to see rhinoplasties being performed by Indian methods. Reports on Indian rhinoplasty performed by a Kumhar (potter) Vaidya were published in the Gentleman's Magazine by 1794. Joseph Constantine Carpue spent 20 years in India studying local plastic surgery methods. Carpue was able to perform the first major surgery in the Western world in the year 1815. Instruments described in the Sushruta Samhita were further modified in the Western world.

Sir Harold Gillies is generally considered the "father of modern plastic surgery". A New Zealand otolaryngologist working in London, he developed many modern facial surgery techniques in caring for soldiers with disfiguring facial injuries during the First World War. Gillies and his colleagues developed many plastic surgery techniques; more than 11,000 operations were performed on more than 5,000 men (mostly soldiers with facial injuries, usually from gunshot wounds).

Subdivisions of Plastic Surgery:

1. Aesthetic surgery- Aesthetic surgery involves procedures that enhance the appearance of the face and body. Plastic surgeons apply aesthetic surgery principles to improve a person's



appearance, self-esteem and self-confidence. It includes Nose Reshaping (Rhinoplasty), Eyelid surgery (Blepharoplasty), Anti-ageing surgery (Facelift), Body contouring surgery (Liposuction), Hair transplant and breast augmentation(Breast implants/Fat grafting) and many others.

2. Reconstructive Surgery includes procedures like breast reconstruction after breast removal for cancer treatment, cleft lip and palate repair, creating a new ear/nose/thumb or any other body part that is congenitally absent or lost due to trauma/cancer/infection.

3. Burns surgery generally takes place in two phases. Acute burn surgery is the treatment immediately after a burn. Reconstructive burn surgery takes place after the burn wounds have healed. It may require skin grafting/flap surgery. Burn scars, Contractures, and Keloid treatment are also part of Burns reconstructive surgery.

4. Craniofacial surgery- Paediatric craniofacial surgery mostly revolves around the treatment of birth anomalies of the head, facial skeleton and soft tissues, such as cleft lip and palate, microtia (ear abnormality), craniosynostosis(fused skull bones), and traumatic fractures. Adult craniofacial surgery deals mostly with reconstructive surgeries after trauma or cancer, revision surgeries, orthognathic surgery, and facial feminization surgery.

5. Hand surgery deals with injuries, diseases, and malformations of the hand and wrist. It also addresses issues related to peripheral nerves, like brachial plexus injuries and carpal tunnel syndrome. Hand surgery is a significant aspect of plastic surgery training, including microsurgery techniques for reattaching severed limbs.

## WORLD PLASTIC SURGERY DAY

# "Plastic Surgery: The Fusion of Science and Artistry"

6. Microsurgery generally involves reconstructing missing tissues by transferring tissue to the reconstruction site and reconnecting blood vessels. Popular subspecialty areas are breast reconstruction, head and neck reconstruction, hand surgery/replantation, and brachial plexus surgery. These surgeries require magnifying devices/equipment like microscope/loupe and specialised superfine instruments.

7. Gender reassignment, urogenital and Cosmetic Gynaecology: Gender reassignment surgery focuses on procedures that help individuals transition to their desired gender. Urogenital and Cosmetic Gynaecology involves procedures that address aesthetic and functional concerns related to the genital area in both men and women.

As with any field, plastic surgery continues to evolve, driven by scientific and artistic advancements. New technologies, innovative techniques, and ongoing research further push the boundaries of what is possible. Plastic surgeons collaborate with scientists, engineers, and other medical professionals to pioneer ground-breaking procedures and improve outcomes. This synergistic relationship between science and art ensures that the field of plastic surgery remains at the forefront of medical innovation.

Recent Advances and Future Prospects:

o 3D Imaging and Printing: With 3D imaging, surgeons can create a digital model of a patient's body, allowing them to visualize, precisely measure and plan the outcome of the surgery before it takes place. It allows surgeons to create customized implants and prosthetics that fit a patient's body perfectly eg. Facial implants.

o Virtual reality (VR) technology: With VR technology, patients can see what they would look like after a particular procedure, and better understand its process and potential outcomes.

o Artificial Skin:used in burns and trauma wounds.

o Limb Allotransplantation:India's first hand transplant was carried out successfully at the Amrita Institute of Medical Sciences, Kochi, on 13th January 2015.

o Minimal Access Plastic Surgery: Small incision endoscopic surgeries.

o Migraine Surgery- Nerve decompression

o Regenerative Medicine/Tissue Engineering- Stem cells, PRP

o Artificial Intelligence/ Robotics in Plastic Surgery- enables surgeons to perform complex procedures with greater precision, flexibility, and control

As we celebrate World Plastic Surgery Day, it is important to recognize and appreciate the tireless efforts of plastic surgeons worldwide. Their dedication to improving lives through transformative procedures deserves admiration and support.

India, known as the Land of Sushruta, is leading in promoting "World Plastic Surgery Day" every year. World Plastic Surgery Day brings together experts who aim to create awareness about Plastic surgery. This event highlights how these procedures can bring about positive transformations in individuals' lives by restoring their confidence and enabling them to overcome physical limitations of form and function for a better quality of life.

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## WORLD YOUTH SKILLS DAY: JULY 15

# Skilling for a Transformative Future

■ DR. PARVEEN KUMAR

Beyond any doubt, I can say that word 'Youth' has now become synonymous with 'Skill'. So closely are both related that, it is even harder for me to think of youth without thinking of skills. Skill development of youth works as a catalyst for employment of youth and it has never been as important as it is in the present era. A host of factors have necessitated this. These factors include the call for earning demographic dividend, the diminishing employment opportunities in the government sector, a few prospects for decent and willing work and many other factors. At present there is a huge gap between the requirement and availability of skilled men power in the country. This gap ultimately hits hard the productivity and economy of any country.

HISTORY OF WORLD YOUTH SKILLS DAY: Recognizing the importance of skills for the youth, the United Nations General Assembly (UNGA) in the year 2014 declared July 15 as World Youth Skills Day. Adopting by consensus a resolution, spearheaded by Sri Lanka, the United Nations General Assembly declared July 15 as the World Youth Skills Day. Sri Lanka initiated this resolution, with the assistance of the G77 and China to highlight at a global level, the importance of youth skills development. The than UN Secretary General's Special Envoy for Youth, Mr. Ahmed Alhendawi, and his office supported this initiative from the early days, while the UN system in New York and Colombo were solidly behind it.

THEME OF WORLD YOUTH SKILLS DAY 2023: The theme for World Youth Skills Day 2023 is 'skilling teachers, trainers and youth for a transformative future'. It highlights the essential role that teachers, trainers and other educators play in providing skills for youth to transition to the labour market and to actively engage in their communities and societies.

YOUTH IN INDIA: India has the unique distinction of being one of the countries in the world where the working age population is in excess of those dependent on them and as per the World Bank this will continue till 2040. With large no. of population in the working age group, India has the demographic dividend. This has been recognized by economists and policy makers as a potential source of significant strength for national economy provided we are able to equip

and continuously upgrade the skills of population working in that age group.

Recognizing the importance of skills in development of youths and in the growth of national economy, the government is focusing on skill development of the youth. To remove the disconnect between demand and supply of skilled manpower and to build the new skills and innovative thinking not only for existing jobs but also for jobs that are to be created, Government of India headed by Prime minister Sh. Narendra Modi set up a separate 'Ministry of Skill Development and Entrepreneurship' on 9 November 2014. The new ministry is to coordinate all skill development efforts across the country. The Ministry aims to skill on a large scale with speed and high standards in order to achieve its vision of a 'Skilled India'. The Pradhan Mantri Kaushal Vikas Yojana (PMKVY) is the flagship scheme of the Ministry of Skill Development & Entrepreneurship (MSD&E) with the objective of Skill Certification to enable a large number of Indian youth to take up industry-relevant skill training that will help them in securing a better livelihood. Individuals with prior learning experience or skills will also be assessed and certified under Recognition of Prior Learning (RPL). Under this Scheme, Training and Assessment fees are completely paid by the Government. The Ministry of Skill Development and Entrepreneurship is aided in skill development initiatives by its various functional arms that include Directorate General of Training (DGT), National Skill Development Agency (NSDA), National Council for Vocational Education and Training (NCVET), National Skill Development Corporation (NSDC), National Skill Development Fund (NSDF)

SKILLING YOUTH IN AGRICULTURE:

Agriculture sector constitutes the backbone of the Indian economy. This is because of the sector being a source of livelihood for more than 50 percent of the population and contributing about 20 percent to the Indian economy. It is also the largest employment generating sector providing ample opportunities of self employment for youths. The skills of these youths need to be developed. At the national level Agricultural Skill Council of India (ASCI) was formed on 2013 as the 13th sector skill council to address the end to end skilling needs in agriculture sector that employs more than 50 per cent of the work-

force.The Agriculture Skill Council of India has already trained thousands of young persons under the PM Kaushal Vikas Yojana (PMKVY). Various other government as well as private agencies and financial institutions in the country like Agricultural Universities, MANAGE,NABARD and other banks are also supporting enterprise development in agriculture sector through skill trainings, monetary support and necessary hand holding.

The largest Employment Guarantee Programme in the country MGNREGA has now also been revisited by incorporating element of skill development of unskilled workers. This will definitely help them to equip them with better employment opportunities and to also the government to make good the loss of skilled labourers. This is being done under the project 'UNNATI'. It aims at ensuring that a MGNREGA family moves beyond labour work to improve employment opportunities. The labourers enrolled in MGNREGA have now the opportunity to upgrade their skill sets and equip themselves with better employment opportunities. To ensure that these MGNREGA workers attend the skill training programmes, the Ministry of Rural Development would make good the loss of daily livelihood of the family to the tune of rupees 200-250 daily as the MGNREGA worker undergoes training. This would also ensure that peoples attend training programmes without the fear of losing out on their daily wages. A government hand out says that the programme (UNNATI) is meant to train one adult member (between 18 and 45 years) per house household, who has completed 100 days of work under MGNREGA in the previous financial year. The candidate undergoing training will be paid stipend for a maximum period of 100 days and for one programme per household as per the prevailing wages in the state concerned. The Ministry of Rural Development has also tied up with Krishi Vigyan Kendras to upgrade the skills of MGNREGA workers in different aspects related to agriculture like vermi compost production technology, value addition and processing of fruits and vegetables, mushroom and spawn production, artificial insemination, storage of different commodities and many other topics relevant to creation of self employment opportunities.

Agri-Clinics and Agri Business Centers AC&ABC is another programme aimed at skill

development of youth in agriculture and allied sectors. The National Institute of Agricultural Extension Management (MANAGE), Hyderabad has been designated as the apex institute for implementation of this ambitious flagship programme for the agriculture professionals of the country. The objectives of this programme are to create self employment opportunities for agricultural professionals with degree or diploma and to strengthen extension services in the country by creating a pool of skill developed professionals who could cater to the advisory, diagnostic, inputs, marketing and other related needs of the farming community. The two objectives are to be fulfilled through the establishment of Agri Clinics and Agribusiness centers. Agri-clinics are meant to provide expert, updated and relevant advice to the farming community based on their requirement.. Agribusiness Centers, as the name suggests these are business entities related to agriculture. These are set up for commercial purposes. The Agribusiness centers are set up by young professionals trained under this scheme. Skill Training of Rural Youth (STRY) is another programme of MANAGE aimed at skill development of rural youth in different areas related to agriculture and allied sectors.

Start-ups have brought up a new type of culture in the country transforming agriculture to agri-business through agri startups where enterprising farmers practice profitable agriculture. Government of India provides proper support through including monetary support for establishing new ventures in the agriculture sector in the form of Start-ups. The start-ups besides generating employment opportunities has also creates new infrastructure in the villages leading to development of these rural pockets.

The day aims at celebrating the strategic importance of equipping young people with skills for employment, decent work and entrepreneurship. Every year it provides us an opportunity to recognize the potential of young people including teachers and trainers as catalysts for change. Let all of us commit to provide them with the skills and opportunities they need to build a prosperous and sustainable world for all. Together, we have the potential to shape a brighter future where no young person is left unskilled.

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## YOUR COLUMN Hazards of Packaged Drinking Water

Dear Editor,

In today's fast-paced world, the convenience of packaged drinking water has become a ubiquitous part of our daily lives. With a simple twist of a cap or the tear of a seal, we have access to what appears to be a pure and refreshing source of hydration. However, it is essential to peel back the layers and critically examine the hazards associated with this seemingly innocent commodity. The Hazards of Packaged Drinking Water

First and foremost, the environmental impact of packaged drinking water cannot be ignored. The production, packaging, and transportation of bottled water contribute significantly to

plastic waste and carbon emissions. According to the International Bottled Water Association, it takes approximately three liters of water to produce one liter of bottled water. This wasteful ratio combined with the improper disposal and slow decomposition of plastic bottles has led to alarming levels of pollution in our oceans, landfills, and ecosystems.

Moreover, despite the claims of purity and quality, packaged drinking water is not immune to contamination. Reports of harmful chemicals, such as phthalates and Bisphenol A (BPA), leaching into the water from plastic bottles have raised concerns about the long-term health effects on consumers. Studies have shown that exposure to these chemicals may disrupt the endocrine system and lead to adverse health outcomes, including reproductive disorders and developmental abnormalities. Furthermore, the storage and transportation of bottled water in less-than-ideal conditions can expose it to microbial contamination, posing a risk to public health.

It is imperative that we seek sustainable and healthier alternatives to packaged drinking water. Governments should invest in improving public water infrastructure, ensuring that clean and safe water is readily available to all citizens. Encouraging the use of reusable water bottles and the installation of water refill stations can significantly reduce plastic waste. Public awareness campaigns about the potential hazards of packaged water and the importance of tap water should be promoted to shift societal attitudes towards more responsible water consumption.

As consumers, we have a role to play as well. We must be mindful of the environmental consequences of our choices and consider alternatives such as filtering tap water or investing in home filtration systems. By reducing our reliance on packaged drinking water, we not only protect our health but also contribute to a more sustainable future.

By MOOL RAJ.