

TO REMAIN ALERT

India is a country rich in all kinds of natural resources and human resources. Its abundant wealth is enough to make it an economic superpower like America, China and other developed countries, but India has to face many disasters from time to time, which blocks the pace of economic development of the country. . Among these natural calamities, flood is one of the major natural calamities which India has to face every year.

Scene of deluge all around, in which fields are being washed away, carcasses of dead cattle are seen drowning, people are seen floating in the water in search of a safe place to save their lives. These scenes are sufficient to depict the horrors of the flood. In spite of the expected scientific progress, a direct example of how humans are still unable to control natural disasters completely, is seen during floods. There is immense loss of wealth and people due to flood.

Roads break down, railroads get blocked. Due to the blocking of roads and railways, traffic and transportation are disrupted, due to which the life of the people comes to a standstill. Thus, on the one hand people are troubled by the flood, on the other hand it becomes difficult for them to reach food items. The crops of lakhs of acres of area get ruined due to floods.

Therefore, flood can be a natural disaster and due to certain defects in the development process, its form can also be dreadful, but the task of controlling it is difficult, but it is not impossible. By adopting systematic planning and strategy, such conditions can be created that the situation of flood and water inundation does not arise at all.

Now such technology has been developed, by using which people can be saved from the danger of flood by giving warning of excessive rainfall or flood two or three days in advance and the damage caused by flood can be reduced to a great extent.

Challenge of Zero Hunger

■ DR. BANARSI LAL

Hunger is a global challenge. There are around 800 million people in the world who do not have enough food to live a healthy life. The highest numbers of hungry people are in Asia while the highest prevalence of hunger is in Sub-Saharan Africa. Poor nutrition causes around half of deaths of children under five years old. About 100 million children in the world are underweight. Malnutrition is an outcome of poverty and inequality. It has been observed that in 2017 around 1.5 billion people suffered from micro-nutrients deficiencies.2.6 billion people were overweight (30 per cent of global population). Hunger is mainly circumscribed to the specific areas, namely those ravaged by conflicts, droughts and extreme poverty. Obesity is found everywhere and it is increasing alarmingly around the world. The growing rate of obesity is happening at a huge socio-economic cost. Obesity is a risk factor for many non-communicable diseases such as heart attack, diabetes, stroke, cancer etc. It is estimated that world population will reach to 9 billion by 2050.In a world of over 805 million people, one in nine persons lives in chronic hunger. Every year around five millions children under the age of five die due to malnutrition. Out of ten, four children are malnourished in the poor countries of the world. It is estimated that world produces enough food to feed every person on the earth. No one in the world should have the experience of hunger. With the climate change food crisis is a challenge for the entire world. There are more than one billion people in the world who are undernourished. Zero hunger can save the lives of 3.1 million children a year. Well-nourished mothers have healthier babies with a stronger immune system. Proper nutrition in early life could mean 46 per cent more in lifetime earnings. Zero hunger can help to build a safe, prosperous and healthy world. There is need to find new and scientific ways by the farmers to produce quality food and diversify their crops.

Food is a common element for all the human beings on the earth. In India during the marriage ceremonies lot of food is prepared out of which many times lot of food is wasted. Such food can be preserved and distributed among the poor and needy people. A scheme can be launched in which certain percentage of the salaries can be deducted from the employees of various organisations who voluntarily want to donate for food bank and such money can be utilized to feed the poor people. On this day various aspects of agriculture and food security such as biodiversity, climate change etc. are discussed. People are guided to save the food and eliminate food wastage.

There is a need to concentrate on zero hunger. Iron deficiency in the population can boost 20 percent of the workplace productivity. India's food grain production has been on the rise despite year-to-year fluctuations since the Green Revolution of the 1960s. After the Green Revolution, increase in production is due to introduction of yield-increasing technologies, supportive services and infrastructure. The country's total food grain production was 50 million tons in 1950-51 which was 315.7 million tons in 2021-22. Food-sufficiency does not reflect food security for the entire population of the country though it makes the country food secure at the micro-level. Food security needs to manifest in all its dimensions, covering all regions and all economic strata of society. The per capita availability has also been risen during the same period to nearly 514 grams per day despite unabated increase in population. It has been observed that one third (34.3%) children in India are stunted and two children out of five are underweight.

There is dire need to mitigate the problem of malnutrition in India. The country appears to be not only self-sufficient in food grains but also having marginally surplus as well. But the issue whether the present level of nutritional intake is adequate or not is still being debated. India has been regularly exporting rice and wheat since December 2000 and the government started offering grains for exports to prune the excessive stock-holding. India has since become the world's second largest exporter of rice and seventh that of wheat. The subsequent drought and increased domestic grain utilization in its wake slowed down the exports but even then the export surplus has continued to persist. Time and again India evolved strategies to tackle rural as well as urban poverty. The real issue is not the availability of food but of its affordability by the poor. There is need to adopt multisectoral approach by involving the Government and Non-Government Organisations (NGOs), various national and local institutions, civil society organizations, private sectors and citizens. We all need to make collective efforts for a healthy diet. Our objective should not only to feed the people but also to nourish the people. Food system should be transformed in such a way so that all the people can consume safe, healthy and nutritious food.

(The writer is Sr. Scientist & Head of KVK, Reasi SKUAST-J).

Removal of Article 370, a watershed development

■ OMKAR DATTATRAY

Abrogation of controversial Article 370 of the constitution of India on 5th August was the watershed development in the independent history of India including the history of its inseparable part the Jammu and Kashmir: The scrapping of Article 370 was a historical development and epoch making. The removal of Article 370 removed and erased the artificial barriers between the Jammu and Kashmir and rest of India. Thus wall of distrust and mistrust were removed by scrapping Article 370 and Jammu and Kashmir became an integral part and parcel of India.

There is no doubt in it that Jammu and Kashmir fully integrated with India on August 5, 2019 and therefore the decision to abrogate Article 370 was in national interest and it will strengthen the bonds and relations between Jammu and Kashmir and the rest of India and thus it was a significant development as it will pave the way not only for the total and full integration of J&K with India, but will result in the huge investment in the industrial development of Jammu and Kashmir.

The scrapping of Article 370 resulted in the tremendous and huge investment activity in the Union Territory.

The big corporate houses of India and abroad are making investment in the economy of Jammu and Kashmir and the floodgates of investment led to increase in the employment opportunities in the UT and this helped in providing much need and badly required employment in Jammu and Kashmir and this is a big favor to the youth of this UT. In fact the abrogation of the Article 370 resulted in fast economic and social development of J&K. The erasing of the Article 370 brought about positive and encouraging change and development in the UT. It resulted in much needed

peace, security, tranquility and normalcy which ensured fast socio-economic development in Jammu and Kashmir: The killings, violence, kidnappings are now a history and this is no ordinary development but it is very significant. The Hartals, bands, stone pelting are non-existent and are the things of the past.

People of Kashmir no longer pay any heed to the calls of Hartals, shut downs and strikes issued by the Hurriyat conglomerate and this amalgam of separatists is conspicuous by its absence and this is a good and positive development. The people of Kashmir who are basically peace loving by and large do not support the militants and instead report and inform the security forces about the presence of any terrorist.

Thus Jammu and Kashmir is now moving on the path of normalcy and development thanks to the deletion of Article 370 from the constitution of India.

The scrapped Article 370 was a psychological wall of suspicion between India and this part of the country and now this psychological war has collapsed like a house of cards.

The dream and vision of great nationalist, patriot and martyr Dr Syama Prasad Mukherjee of one Nissan, one Pradhan one Vidan has been fulfilled with the scrapping of Article 370.

It in fact resulted in the total and fuller integration of Jammu and Kashmir with India. The discrimination with this erstwhile state has been removed by the annulling of the Article 370. More than three hundred centre laws are now applicable to Jammu and Kashmir: The people of this part of the country were denied the benefits of the numerous centre schemes and programmes, but since 2019, the subjects of Jammu and Kashmir are also getting the benefits of all central schemes and so discrimination on this account stands removed.

The capital cities of Jammu and Srinagar are becoming smart and metro cities and all this is going to benefit the local people of Jammu and Kashmir: There has been great infrastructural development going on in the UT. The four lining of the highways is going on a war footing and the work on the express way from Jammu to Delhi is a big benefit and gift to the people of Jammu and Kashmir and this has been possible only because of annulling of the Article 370. The genesis of separatism and secessionism were in the Article 370 and it was this unneeded and superfluous article which had given birth to separatism and terrorism in the past and now its abrogation has given a death knell to separatism and terrorism with the result today there is peace, normalcy and development in the UT. The scrapping of Article 370 was a big and complex decision and the successive centre governments could not even touch it and it take the country seventy years from independence to scrap this article.

It was the bold and strong decision of Modi's NDA government headed by BJP which annulled it with a single stroke of pen and created a history of sorts. It is pertinent to mention that Article 370 was a temporary and transitory article of the Indian constitution and it should have been allowed to lapse. But the vote bank politics and minority appeasement did not allow the centre government to annual this article. It is important to mention here that abrogation of Article 370 has remained as an item in the manifestoes of the BJP from its inception and thus Modi has fulfilled his election promise by annulling Article 370. Some politicians were daring BJP not to tinker with Article 370 and they were threatening that rivers of blood will flow if Article 370 was tinkered.

These politicians were blacknailing the centre government all these 70 long years in the name of

Article 370. But Modi government has made impossible, possible and that too without spilling even a drop of human blood and with peacefully. Abrogation of Article 370 is a big achievement of Modi Government and Modi deserves all praise for taking this bold decision of integrating Jammu and Kashmir fully with the national mainstream.

Earlier congress and even non congress governments either did not touch this article or failed to annul it under the compulsion of vote politics and minority appeasements and thus this article remained in the constitution of the country for 70 long years nurturing separatism and terrorism. .

One wonders will the supreme court revert and revisit the decision and resolutions of the parliament as the cases against the abrogation of Article 370 are being heard now on day to day basis? Will the clock be turned back is the moot question? Now the ball is in the hands of apex court and it is hoped that the highest court of the country will give its important and far reaching verdict in national interest. However the regional mainstream leaders of NC Omer Abdullah and PDP chief Mehbooba Mufti has welcomed the decision of the supreme court to hear all the cases against the abrogation on day to day basis. Lastly it was the BJP government of Modi which has the strong mandate of the people and he took the bold and unprecedented decision of abrogation of Article 370 of the constitution and fulfilled its commitment to people and also worked in the national interest by annulling the controversial Article 370 and thus did that which could not be done in the 70 long years by the ruling parties. This decision of scrapping Article 370 of the constitution will be written with golden letters in the history of independent India.

(The author is a columnist, social and KP activist).

From Brain Drain to Drained Brain

■ ABID HUSSAIN RATHER

Different people among us are engaged with different professions in diverse fields and every profession has its own substantialiveness for the progress, advancement and development of a nation. Each and every profession plays a vital role in this course and no profession is abortive. But it can't be denied that there are some professions that demand more engrossment, attention and respect as such professions are cardinal in every aspect as either the professionals and specialists of other professions exist because of the existence of former professions or such professions are essential for the health and well being of people. In some European countries two professions viz. teaching and medicine are treated as most imperative and most respected professions and the salary given to the people engaged in these two professions is called as honorarium reckoning and acknowledging their honour and their essence as these people presume that nothing can be paid in return which can equivalence the service rendered by these two sectors. Here we can't deny the fact that the health professionals are also the products of teaching sector. The government of most of the capitalistic countries of the western world pay their special attention to their educational and health sectors besides being cautious about their defence sector and they always try to have their complete control on these three sectors so that these sectors may not turn into commercial hubs. These countries always try to build a strong, advanced and impeccable defence system for themselves and have a catbird seat in the arms and ammunitions as compared to developing and underdeveloped countries of the world. They don't have their dominance and supremacy in the world only because of their modern high-tech warfare tools but they also earn a huge amount by selling their ammunition to developing countries. The manufacturing of these high-tech and modern weapons is the result of their scientific work and modern research which in turn is the higher level of knowledge and learning. These countries also earn millions of dollars from the people around the world who go for higher education and research work to these countries.

There are two famous quotes associated with the most infamous and fearsome dictator of the past Adolf Hitler. He says that when people are dying during a war and everything is being scoured due to warfare, a nation should try to save and rescue its teachers and ensure their safeguard as they have the power to reconstruct and rebuild their nation. Hitler has also quoted that we should always be cautious of a teacher who has taught three generations because

he has the power to bring revolution. To understand the essence and importance of these two quotes we need to know the whole history of the past and eventually we will comprehend the hidden message of these two quotes. History is witness to the fact that there are examples of nations who advanced by leaps and bounds despite being undemocratic but it has been discerned that such nations had two good qualities - firstly, there was justice or we can say these nations were corruption free and secondly they had great teachers who could impart them modern and scientific education. Germany was the first and biggest example of such nations, then it was Russia and now it is China in the contemporary world which makes the above notion a worldwide fact and there is no need to discuss further about it to prove its validity. Proceeding further; it can be aptly said that the evolution of great powers of the world was due to their scientific research work. It was because of this scientific research that great powers like Britain and other European countries made the rest of the world as their colonies after industrial revolution and this industrial revolution was in turn also the outcome of scientific advancement in European universities.

Brain drain refers to the emigration or migration of highly educated, skilled and talented individuals from one country to another; usually in search of better opportunities, higher salaries, or improved living conditions. It is the departure of educated or professional people from one country, economic sector, or field for another usually for better pay or living conditions. This phenomenon typically occurs in developing countries and can have negative effects on the country losing its skilled workforce. When teachers, researchers, doctors, engineers, computer experts and other professionals leave their country in search of better avenues and opportunities, it turns their own country impoverished, destitute and desertified as it results in human capital dearth and then there is scarcity of such professionals who could harmonize the education, health, economic and other sectors of their country with the demands of modern times. Additional impact on these regions that experience brain drain is the loss of revenue. A mass exodus leads to a drop in tax receipts which can stunt economic growth and development. Likewise when the upper class of a country (who are often the holders of maximum wealth of a nation) emigrate from their country due to political or economic instability, it results in capital drain and the cumulative drain of wealth and intellectual class from a country results in poverty, backwardness, underdevelopment and marginalization. In the present times numberless intellectuals from

India are residing in developed countries and they play their vital role in their further development and thousands of people aspire to migrate to such regions for better living. 10% of world's high-tech business CEOs come from India and there number is increasing which is celebrated throughout the country but it questions the Indian society and problem of brain drain associated with it. It is pertinent to mention here that keeping in mind the inclusive importance of researchers and health professionals in the collective development of a nation, their migration is worst kind of brain drain.

At times instead of brain drain there might be the situation of 'drained brain' in a region. Which means where there are unfavourable conditions prevailing in a region so that the best brains can't be harnessed and their capabilities get either misused or wasted. When there is abundance of intellectuals, experts, skilled people and researchers in a region but they are unable to use their capabilities due to political turmoil or economic instability which may cause mental disturbance resulting in low outcome of their potentials. Sometimes lack of basic amenities, corruption, inflation, lesser value of local currency may lead to the situation of drained brain. We are living in a region which has been facing political instability for more than a decade. Kashmir has witnessed mass genocides , bloodshed and brutality for decade now. These situations have demoted the economy of Kashmir valley. Our region is known for fertile minds since ancient periods but disturbance and corruption have adversely affected the research and creative abilities of our people. It has resulted in drained brains who have ceased to work and are unable to think logically and creatively. According to a survey by the humanitarian organisation MSF (Medecins Sans Frontieres) nearly 1.8 million adults in Kashmir Valley - 45% of the population - showed symptoms of mental distress. The survey found that 41% of the population showed signs of depression, 26% showed signs of anxiety and 19% showed probable symptoms of post-traumatic stress disorder (PTSD). Between 2018 to 2020 the ACB registered 219 cases against corrupt officials from different departments in J&K. With these numbers at display, Kashmir has turned into a land of drained brains which has badly affected its progress and development. All we need is a peaceful environment and a corruption free system to reinvigorate our drained brains so that we can keep pace with modern technologically and economically accelerated world.

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Signs, Symptoms & Treatments of Soft Tissue Sarcoma

■ DR. SATISH SHARMA

Soft tissue sarcoma is a rare type of cancer that develops in the body's soft tissues, such as tendons, muscles, blood vessels, fat, deep skin tissues, and nerves. Though soft tissue sarcomas can develop at any age, adults are most likely to be diagnosed. It is essential to know the symptoms and signs of this disease and take suitable precautions early.

Signs and Symptoms: Soft tissue sarcoma can often be identified by a painless lump or swelling in the affected area. The size of the lump can vary and become more prominent over time. However, not all lumps suggest sarcoma because various harmless diseases might show similar symptoms. Soft tissue sarcoma also has the following signs and symptoms:

Limited mobility: A sarcoma near a joint or muscle may restrict movement and induce stiffness, making daily activities difficult.

Noticeable growth: If you notice a lump rapidly growing or changing in size, it is suggested to seek medical attention immediately for

examination.

Pressure symptoms: Soft tissue sarcoma can cause additional symptoms, such as breathing problems if the tumor is near the lungs or difficulty swallowing in the throat, depending on the tumor's location.

Tenderness or discomfort: Soft tissue sarcoma is usually painless in the early stages, but pain can occur when the tumor grows larger or presses on adjacent nerves.

Tiredness and unexplained weight loss: Soft tissue sarcoma may result in generalized fatigue and unintentional weight loss in its advanced stages.

The diagnosis of soft tissue sarcoma requires a comprehensive approach, including multiple methods. Physicians can use the following techniques.

Physical examination: The lump or affected area is thoroughly examined to determine its size, shape, tenderness, and mobility.

Imaging tests: X-rays, ultrasound, computed tomography (CT), and magnetic resonance imaging (MRI) can generate detailed images

to help visualize the tumor and determine its position and size.

Biopsy: A sample of the suspicious tissue is collected and examined under a microscope to confirm the presence of sarcoma and determine its type.

Treatment Options

Soft tissue sarcoma treatment is determined by several factors, including the tumor's size, location, stage, and the individual's overall health. The following are the primary treatments for soft tissue sarcoma:

Surgery: The most common treatment method is surgical removal of the tumor. The goal is to complete the resection while retaining function and appearance. Reconstructive surgery may sometimes be required to restore the damaged area's form and function.

Radiation therapy: Before surgery, high-energy radiation is aimed at the tumor to destroy cancer cells or shrink the tumor. It can also be used to eliminate any leftover cancer cells following surgery.

Targeted therapy: This is a treatment that

uses medications to directly target genetic mutations or specific proteins found in cancer cells, thereby reducing their growth and spread.

Chemotherapy: It uses medications to kill cancer cells throughout the body. Chemotherapy can be given before or after surgery or when surgery is not an option.

Immunotherapy: This therapy boosts the body's immune system's ability to combat cancer cells. It can be used in some cases of soft tissue sarcoma, especially if all other alternatives have been explored.

Early identification and timely treatment can significantly improve soft tissue sarcoma survival. It is crucial to consult a medical expert for a more thorough evaluation if an individual notices any unusual lumps or experiences any concerning symptoms. Due to advanced technologies, the treatment and management of this severe disease have significantly improved, giving optimistic hope to the patients and their families in fighting this disease.

YOUR COLUMN

Anti-national acts of government employees

Dear editor,

The Jammu and Kashmir administration is reported to have sacked three government employees from service for their alleged link with Pakistan-based terrorist outfits. Enemies within are more dangerous than without. Recently there was a report that a scientist revealed the secrets of the nation to a woman who, it was later discovered, happens to be belonging to a foreign country. One of the three employees sacked is said to be a Public Relations Officer of Kashmir University by name Faheem Aslam and the other two are Muravath Hussain Mir in Revenue Department and police constable Arshid Ahmad Thoker. The employees were allegedly propagating militant ideology, providing logistic and financial support to the militants.

Dismissal of employees alone is not punishment commensurate with anti-national activities. The dismissed employees would be more free to act in connivance with enemies if they are not jailed immediately. The Jammu & Kashmir government has constituted a high-level committee to scrutinize/verify service records of the employees whose initial appointment orders are not available. Periodical verification of Service Records is necessary not only for ascertaining if there are fake employees but also for verifying the fake entries made in it with respect to the leave title, increment sanction, promotion orders etc. In many departments, scale audit is not conducted and even if conducted, the administrative officers and audit officers rely upon what the ease workers do before signing. Entries in Service Register are doctored. Interpolations are made by inserting the convenient words and deleting the inconvenient words in the Service Register. More so when the quantum of punishment is recorded. For example "Increment withheld with 'cumulative' effect will be made 'without' cumulative effect after the signature of the officers in the Service Register is obtained. An employee who undergoes punishment with increment cut 'with cumulative

effect' will draw less number of increments than they are due at the end of service as per punishment order. The monetary loss is heavy in such cases and it would have bearing on the "pay" at the end of service with consequential effect on pension sanction. In the case of "without cumulative effect", the employee will suffer monetary loss only for the period for which increment is withheld. The "pay" at the end of the service remains unaffected. The monetary loss would not be very heavy. There will be no consequential effect on pension sanction also. Unscrupulous employees leave some gap to insert 'necessary' word after the signature of the officer is obtained. Figures are fudged. In the case of manual receipts for having accepted money, the amount in the receipt issued to the payer will be different from that retained in the office for record purpose. Those who pay the amount at the counter are conveniently hoodwinked. Greed for money emboldens unscrupulous employees to indulge in unethical acts. The lesson is that no official superior can afford to be complacent in watching the employees working under his/her control.

K.V. Seetharamaiah.