

## WEAPON SYSTEMS SCHOOL

The Weapon Systems School typically refers to a specialized training facility or program where military personnel, particularly in air forces or navies, receive comprehensive instruction on the operation, maintenance, and tactical use of various weapon systems.

These schools are crucial for ensuring that military personnel are proficient in handling and utilizing the sophisticated technology and weaponry employed in modern warfare.

Detailed training on the specific weapons used by the military branch, including aircraft armaments, missile systems, naval guns, etc. Instruction on the maintenance protocols, troubleshooting techniques, and repair procedures for the weapon systems to ensure operational readiness. Strategies and tactics for deploying weapons effectively in combat scenarios, including target acquisition, engagement protocols, and coordination with other units.

Strict adherence to safety standards and procedures to prevent accidents and ensure the safe handling of weapons and ammunition. Practical exercises and simulations to simulate real-world combat scenarios, allowing personnel to apply their training in realistic conditions.

For more specialized roles, advanced training may be provided in areas such as electronic warfare, precision targeting, or specific weapon systems unique to certain military platforms.

These schools are critical in maintaining military readiness and ensuring that personnel are prepared to operate effectively in various operational environments.

## Historical & Grand Welcome to Team India

■ **OMKAR DATTATRAY**

Indian cricket eleven was given a grand historical and tumultuous welcome on its return from South Africa after a historical win of T20 world cup after 13 long years wait in home turf of Mumbai. A rousing and red carpet welcome was accorded to Indian team for its spectacular and epoch making performance in the world cup. Hundreds and thousands of cricket fans and other people had assembled in Mumbai and they gave a grand welcome to team India befitting its performance. The red carpet welcome was accorded to cricket eleven on 4th of July Thursday in Mumbai and it will be remembered in the cricket history of the country. The team India has increased the status, stature and standing of India in international arena. The Indian men in blue rightly deserved the grand welcome and there is no exaggeration in giving the welcome in honor of the team India in its return from abroad after having an emphatic win in the T20 world cup. The welcome is the testimony to the fact that the people of India regard the cricket team in high regard and they have great love for cricket and the cricket team. The rousing welcome accorded to team India will be etched and written in golden letters in the cricket history of the country. In fact it is the dedication, determination, perseverance, hard toil, team spirit and above all cooperation, coordination and discipline which helped India team to win the world trophy this time. In what was a magical evening at the Marine Drive and the Wankhede Stadium, team India received a rousing welcome from the fans and general public. The team completed the victory parade amongst a sea of fans, celebrating their T20 World Cup win. They were given Rs 124 crore for the BCCI in presentation ceremony at the stadium. Coach Rahul Dravid, captain Rohit Sharma, player of the Final Virat Kohli and player of the Tournament Rohit Sharma expressed what it meant for them to win the world cup. The ceremony concluded with the team doing a victory lap around the Wankhede Stadium. Team India won a world cup after 13 years. The long wait of the fans is finally over and they have gathered in large numbers in Mumbai to welcome their heroes. The fans have assembled at the airport, Marine Drive and the Wankhede Stadium and gave the team a rousing and red carpet welcome after their return from South Africa with the world cup trophy. The players have arrived at the airport and they moved to Nariman Point, where they started a victory parade in an open double Decker bus till the Wankhede Stadium. Team India, Rohit Sharma & Co return to India after Hurricane Beryl delays their Barbados departure receive grand welcome after T20 World Cup win. Cricket fans braved the weather to welcome their heroes. Led by Rohit Sharma, the team's victory over South Africa ended an 11-year ICC trophy drought. The team met PM Narendra Modi who exuded confidence that team India will always raise the head of India very high and in future also it will bring laurels for the country and the prime minister congratulated the team India and encourage them to strive and aim higher and higher in future. The PM also gave the team India Vajay Mantra. Under the leadership of Rohit Sharma the Indian squad clinched the T20 world cup title, securing their second victory in the tournaments history and ended 13 year drought for an ICC trophy. Their hard-fought victory against South Africa in the final match was celebrated across the nation. Despite the inclement weather, hundreds of fans gathered outside the airport with placards, national flags and eager cheers and welcomed their cricketing heroes. Exuberant fans follow the cricket team despite monsoon showers and heavy security deployment before prime minister Narendra Modi rolled out the red carpet for a breakfast meet at the T20 world cup winning Indian cricketers returned home to a euphoric reception on Thursday. Hundreds of supporters, holding placards congratulated their favorites and waving the national flags, braved the inclement weather to wait outside the airport for the victorious side, which defeated South Africa by seven runs in the final in Bridgetown on Saturday last week. There was dancing, there were multiple cakes and there were fans on streets showing just why cricket is the most passionately followed sport in the country. The weary players joined in the fun after arriving at the hotel from airport to complete the party atmosphere. "We have waited for this moment for the past 13 years. The team has made us proud by winning the world cup," a fan who claimed to have been waiting since 4.30 am in the morning said, referring to India's last world cup triumph which came back in 2011. The side was unable to head back home immediately after the title win due to a shutdown forced by hurricane Beryl in Barbados. They were cocooned in their hotel before the BCCI secretary Jay Shah made arrangements for a special charter flight. The Air India special charter flight AIC24WC - Air India champions 24 world cup which left Barbados around 4.50 am local time on Wednesday arrived in Delhi at 6am IST on Thursday after a 16-hour stop journey. Heavy security was deployed to keep the crowd in check at Indra Gandhi International airport but that did little to dampen the spirits as fans cheered enthusiastically holding up posters of star batter Virat Kohli, skipper Rohit Sharma and outgoing head coach Rahul Dravid. Two buses were stationed outside the T3 Terminal to ferry the players to ITC Maurya Sheraton, where they were greeted by dhool and traditional Bhangra dancers. Most of them, including skipper Rohit Sharma, all-rounder Hardik Pandya, Suryakumar Yadav and Rishabh Pant, shook a leg with the assembled dancers, giving them a memory that would last a lifetime. Tired but excited, they acknowledged the waiting fans by waving at them and flashing warm smiles. This is what sport does, unite people and give them so much to cheer about and spread joy. Thanking our team once again for giving so many of our countrymen so much joy and happiness. One would not be able to grasp the sheer exhilaration and meaning behind this title win unless they were a part of it since being a champion is an experience like no other. He also said that it was a blessing to see Men in Blue get so much love and respect at home following their historic title win, in which they went unbeaten for eight matches. In brief the team India was accorded a grand red carpet welcome in Mumbai by the hundreds of fans and common people on their return from South Africa after winning the T20 world cup. Both winning of the world cup and the grand welcome to men in Blue are historical. Let Indian team scale new highest in the future and making India proud.

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

■ **DR. R.K. BHARDWAJ & DR. HIMANI SHARMA**

World Zoonoses Day is an annual opportunity to spread knowledge and awareness regarding diseases that originate in animals that can be transmitted to humans and to celebrate global activities taking place to minimize the risks in the future. World Zoonoses Day is conducted every year on July 6th to emphasize and bring awareness amongst people about the zoonotic disease and teach them to take the right action. They can pose serious risks to both animal and human health and may have far-reaching impacts on economies and livelihoods. In a study by Centers for Disease Control and Prevention (C.D.C.), 60 per cent of all existing infectious diseases are zoonotic and at least 70 per cent of emerging infectious diseases originate in animals. This day is celebrated in the memory of French biologist Louis Pasteur who successfully administered the first rabies vaccine to a little boy bitten by a rabid dog on July 6th, 1885. The vaccine not only prevented the child from getting rabies; it also saved his life. Rabies is just one example of many zoonotic diseases. Avian influenza in 2006, Swine flu in 2009, Corona Virus in 2020 are some other examples of zoonotic disease outbreak in India that have been discovered over the years. The C.D.C. estimates that the global death toll due to H1N1 influenza in Swine flu outbreak was more than 2,84,000. In a study from January to April 2021, rabies recorded the highest number of deaths at 88.31%. The COVID-19 pandemic is a reminder of how zoonotic infectious disease can be a problem globally from one community.

Zoonotic pathogens can be viral, bacterial or parasitic and can spread to humans through direct contact or indirectly through contaminated food, water or environment. Consumption of uncooked meat, raw eggs,

unboiled milk or canned and not properly cooked vegetables may also contribute to the transmission of zoonotic diseases. It may even spread through an intermediary species like tick bite. Kissing birds, bare hand touching fungal infected pet, dog bite or licking wound are other reasons that lead to zoonotic disease transmission. It does not just originate from wild animals like bats or monkeys. It can also come from pets and farm animals. Dogs are common pets in India with 63% of pet owner have dogs and 42% have cats as their pet. Researchers have found that bats carry the highest number of unknown pathogens that can infect humans. That's why animals have an important role in zoonotic infections. According to the studies, currently there are over 250 known zoonotic viruses, but many more may be waiting to be discovered. The emergence and spread of zoonotic diseases are influenced by several factors, including environmental changes, wildlife interactions, livestock farming practices, and human behavior. Encroachment into natural habitats, wildlife trade, inadequate food safety measures, and improper sanitation also contribute to the transmission of zoonotic diseases.

Rabies is one of the global zoonotic disease that is transmitted commonly through dog bite, licking and scratch. Fox, cat and bat are the reservoir of rabies virus. According to OIE, in every 10 minute a man dies of rabies and in every 2 second a man is bitten by dog. In humans, fear of light, water are common signs seen and if a person is affected by rabies he/she will surely die. Consumption of unpasteurized or unboiled milk and its products lead to brucellosis, which cause abortion in females and sterility in males. Salmonellosis and Botulism are other bacterial zoonotic diseases and are transmitted via consumption of canned food, uncooked meat and raw vegetables. These

cause severe diarrhea, fever, typhoid, nausea, cramping and abdominal pain. Rodents are very commonly found in or near house; they are the source of very fatal disease like Plaque. It causes 100% death if left untreated. A scratch from cat can also lead to a zoonotic disease in humans as 17-25% of cat nail contain the disease causing bacteria. Cat scratch disease bacteria can also be transferred from one cat to another by fleas. Fungal infection in humans that cause ring shaped rashes, itching and scaling is another zoonotic disease called as dermatophytosis. It is transmitted by touching fungal infected animal with bare hands and not washing afterwards.

Hydatid cyst is a parasitic infection caused by tapeworm and it cause cyst in liver of humans and it happens because of drinking or eating n space shared by infected dog and eating raw vegetables like cabbage. Another parasitic disease is Toxoplasmosis that lives in cats. Birds can also transmit certain zoonotic diseases like one of them is Psittacosis also known as Parrot fever. It is a bacterial disease in parrots. One can catch parrot fever by handling infected bird or breathing particles of urine, feces or other excretions, bite, "kisses" by touching its beak to your mouth.

India has made some initiatives related to zoonotic diseases control like:

I. National Animal Disease Control Programme (NADCP): Played a vital role in controlling two major zoonotic diseases: Foot & Mouth Disease (FMD) and Brucellosis.

II. Mobile Veterinary Units (MVUs): MVUs in some states of India have been deployed to provide veterinary services at farmers' doorsteps, including disease diagnosis, treatment, minor surgeries, and raising awareness about the management of diseased animals.

III. Animal Birth Control (Dogs) Rules, 2023: The focus of the rules is on anti-rabies vaccina-

tion of stray dogs and neutering of stray dogs as means of population stabilization.

IV. National One Health Programme for Prevention & Control of Zoonoses: Focuses on strengthening surveillance, diagnosis, prevention and control of zoonotic diseases through inter-sectoral coordination and collaboration.

V. Vaccination efforts: Focus on achieving 100% vaccination coverage for FMD in buffalo, sheep, goat, and pig populations, as well as vaccinating 100% of bovine female calves aged 4-8 months for brucellosis.

Multi-sectoral collaboration is essential in preventing and controlling zoonotic diseases. The "One Health" approach emphasizes the collaboration between human health, animal health, and environmental sectors.

Promoting hygiene practices like:

- Hand wash before and after eating.
- Don't consume raw vegetables.
- Raw meat or uncooked meat should not be consumed as it is.
- Milk must be boiled before drinking.
- Proper vaccination of companion animals and humans is must.
- Deworming should be done at regular interval

- Packaged food items must be thoroughly checked along with expiry date before their consumption.
- Don't feed dogs and cats raw offal and meat
- Don't let cats or dogs lick your mouth or wounded area.
- Washing hands every time you touch animal.

Improving public awareness and education about zoonotic diseases and their prevention is vital in promoting responsible behavior and reducing the risk of transmission. Protecting and managing the health of animals that live alongside humans is vital. When we prevent diseases in animals, we safeguard the health of people.

## Daily walking is the medicine for many diseases

■ **SURJIT FLORA**

Walking is truly a remarkable remedy for the body and mind. With just a pair of sneakers, there's no need for any additional investment.

Exercise is just as essential as a well-balanced diet, clean water, fresh air, sunlight, restful sleep, and relaxation in order to maintain excellent health. When an individual fails to put in the necessary effort, their physical abilities gradually diminish. It is crucial to keep our organs active and moving to prevent the onset of various diseases caused by imbalances in the body. As a result, it is common to experience a decline in health and fall ill.

Walking is a beneficial exercise for strengthening the limbs. Additionally, this exercise is straightforward and beneficial for individuals of all skill levels. Individuals of all ages and body types can all experience positive health effects from it. There is absolutely no chance of causing harm to anyone. Walking is not only beneficial for your health, but it can also be an exciting activity. This fulfills the holistic needs of individuals who spend their days working in office environments, addressing both their physical well-being and mental contentment. Regular walking is crucial for individuals who spend long hours sitting in shops or working on computers. This provides a comprehensive workout for the entire body. The act of walking naturally enhances circulation throughout the entire body, resulting in a soothing massage-like effect and a boost of positive energy.

Engaging in artificial exercises can lead to physical harm, but fortunately, the body remains unscathed. After other exercises, the body cools down completely. Many individuals experience fatigue, but taking a leisurely stroll can help alleviate this feeling of tiredness.

Regular walking is essential for maintaining a healthy body. There has been an increase in lung and heart power. The process of food digestion is efficient, and the body's cleansing organs swiftly carry out their tasks. Strong bones and muscles develop. The skin takes on a radiant appearance, while the body exudes a healthy glow that contributes to the natural blush on the cheeks and the overall radiance of the face. The purity of the blood is responsible for this.

Strolling and inhaling the crisp air can have numerous long-term advantages for one's well-being. It enhances cognitive flexibility. The body organs regain their normal function and begin to recover. Given these circumstances, it is crucial to take precautions to avoid contracting any illnesses.

Regular walking is beneficial for the health of individuals with slim bodies. People with a higher body fat percentage tend to have a more curvaceous figure. In this regard, walking can be considered the most effective form of exercise. Walking can help alleviate symptoms of constipation, gas, acidity, and other disorders by increasing respiration. The act of walking while inhaling deeply can help alleviate constipation, while strolling barefoot on lush green grass can invigorate the eyes, rejuvenate the mind, and enhance physical agility and beauty. The lips and cheeks become red, while a sense of energy replaces laziness. Regularly going for a walk at a time that suits you can have numerous benefits for everyone. However, individuals who prefer morning walks may particularly reap advantages in terms of their health. The dust particles that accumulate during the day settle overnight, resulting in fresh and clean air in the morning.

It also enhances mental well-being, resulting in accelerated health development. The body naturally becomes more resilient against disease when exposed to clean air, engages in regular exercise, and experiences mental well-being.

Also, discover the countless benefits that walking can bring to your physical and mental well-being.

Experience the incredible benefits of regular walking and take charge of your cardiovascular health. With each step, you'll be strengthening your heart, lowering blood pressure, and enhancing circulation. By incorporating this simple yet effective exercise into your routine, you can significantly reduce the risk of heart disease and stroke.

Discover how our product can help you achieve your weight management goals with ease and efficiency. Discover the incredible power of walking to effortlessly burn calories and effortlessly maintain a healthy weight. Experience the incredible benefits of our revolu-

tionary product that not only boosts your metabolism but also promotes effective fat loss. When combined with a well-balanced diet, prepare to witness remarkable results like never before. Experience the incredible benefits of our product as it works to strengthen your muscles and bones. Say goodbye to weakness and hello to a stronger, more resilient body. Discover the incredible benefits of walking, a powerful exercise that targets multiple muscle groups such as the legs, core, and back. Experience the transformation as your muscles become toned and strong, enhancing your overall fitness level. Discover the incredible benefits of this amazing product, including its ability to promote bone density and reduce the risk of osteoporosis and fractures.

Experience an elevated mood and a reduction in stress with our exceptional product. Discover the power of our unique formula that is designed to enhance your overall well-being. Say goodbye to stress and hello to a happier, more relaxed you. Experience the incredible benefits of walking - the ultimate mood booster! Walking releases those magical endorphins, the natural mood lifters that will have you feeling on top of the world. Not only that, but it also works wonders in reducing cortisol levels, the notorious stress hormone. So why wait? Lace up your shoes and step into a happier, stress-free life with the power of walking! Discover the incredible power of this remarkable solution that can effectively alleviate symptoms of anxiety and depression, while simultaneously enhancing your overall mental well-being. Experience a new level of tranquility and happiness with this groundbreaking remedy. Experience a surge of energy with regular walking! By enhancing oxygen flow and circulation throughout your body, walking boosts your energy levels like never before. Experience the ultimate solution to combat fatigue and unlock boundless vitality.

Experience the ultimate improvement in sleep quality with our revolutionary product. Say goodbye to restless nights and hello to deep, rejuvenating sleep. Wake up feeling refreshed and ready to conquer the day. Try it now and transform your sleep experience. Experience the incredible benefits of walking! Discover how this simple activity can revolutionize your sleep

patterns by effectively regulating your circadian rhythms and alleviating those troublesome symptoms of insomnia. Say goodbye to restless nights and hello to a rejuvenating slumber! Experience the transformative power of our product, as it takes you on a journey to a world of deeper, more restful sleep. Discover how it enhances your overall sleep quality and unlocks the true potential of a good night's rest.

Discover the incredible benefits of our product, which includes supporting joint health. Experience the freedom of movement and flexibility like never before. Say goodbye to discomfort and hello to a life filled with vitality and well-being. Trust our product to provide the support you need. Discover the incredible benefits of walking, the ultimate low-impact exercise that gracefully nurtures your joints. With its gentle nature, walking is the perfect choice for individuals of all ages and fitness levels. Experience the incredible benefits of our revolutionary product. Discover how it effortlessly lubricates your joints, effectively reducing stiffness and enhancing your flexibility. Say goodbye to discomfort and hello to a new level of mobility.

Discover the incredible benefits of our product, including its ability to promote longevity. Experience the power of longevity with our exceptional product. Discover the incredible benefits of incorporating regular walking into your daily routine. Recent studies have revealed a fascinating connection between walking and a longer, healthier life. Don't miss out on this simple yet powerful way to enhance your lifespan. Experience the incredible benefits of our product, which actively works to minimize the likelihood of chronic conditions like diabetes, cancer, and Alzheimer's disease. By incorporating our product into your daily routine, you can enhance your overall longevity and elevate your quality of life.

Discover the incredible benefits of integrating the simple act of walking into your everyday life. Experience a transformation in your physical health, mental well-being, and overall quality of life like never before. Experience the joy of a healthier, happier you with every step you take, whether it's a leisurely stroll or a brisk walk.

(The writer is a veteran journalist and freelance writer based in Brampton)

## J&K leading charge in electricity sector reforms

Jammu and Kashmir has emerged as a trailblazer in reforming its electricity sector, addressing long-standing legacy issues to a large extent to ensure enhanced service delivery to consumers. A significant milestone has been achieved through the modernization initiative, replacing obsolete meters with state-of-the-art smart meters.

These advanced technologies promise error-free billing, eliminating human errors and outdated manual systems. They also empower consumers by providing better control over electricity usage and budget management, alongside other benefits like streamlined billing and payment processes.

According to the latest data from the National Power Portal (NPP) managed by the Government of India, J&K has secured a place among the top seven states/UTs with over 500,000 smart meters successfully installed in consumer residences. Other states leading in smart meter installations according to the NPP include Punjab, Haryana, Uttar Pradesh, Rajasthan, Madhya Pradesh, and Assam. J&K has set a definitive plan to achieve 100% smart metering by 2026, with contracts already awarded. The UT has also excelled in deploying technologies such as AB cabling and HVDS systems, enhancing system reliability and ensuring public safety.

In the initial phase of reforms, 4,500 circuit kilometers (Ckm) of old wires in congested urban areas have been replaced with modern, fully insulated cables. Additionally, under the ongoing RDSS scheme, approximately 30,000

Ckm of AB cable is being provided. Further, about 10,000 small HVDS transformers close to consumer installations have been installed in planned colonies, ensuring better voltage regulation and reducing the risk of electricity theft. An additional 20,000 HVDS transformers are scheduled to be added under the RDSS scheme in next fifteen months as per the feasibility. These initiatives have collectively improved system reliability and significantly enhanced consumer satisfaction.

Efforts to ensure affordable electricity tariffs for consumers have been equally prioritized, with substantial subsidies being provided by the government on the full cost tariff evaluated based on the current price of power procurement and other actual discom expenses approved by the JERC. Notably, J&K refrained from increasing electricity tariffs during the current financial year (2024-25). In the previous year (2023-24), while metered consumers faced a 15% tariff hike, the government offset this increase by withdrawing the 15% Electricity Duty on energy charges, resulting in no net rise in consumer bills.

However, with these initiatives government bears a huge burden in maintaining the financial stability of the sector, which is crucial for securing grants from the central government to upgrade power infrastructure. In monetary terms, it is estimated that for every unit sold to metered residential consumers, the government bears a loss of approximately Rs. 3.75, by providing subsidy.

At the same time, there is grave concern over

the high number of unmetered areas still prevalent in Kashmir. These areas contribute to substantial energy losses, exacerbated by the fact that only 32% (318605 no.) of residential consumers are metered and are being billed as per actual metered consumption against the total residential consumer base of 982125. The remaining 68% of residential consumers (663520 no.) are charged on a flat-rate (fixed charges) basis.

The flat-rate bills have not accurately reflected actual usage, even during the era of electro-mechanical meters. In today's digital age, where energy measurements are precise from generation to consumption, ensuring accurate metering at the consumer end is paramount. It's noteworthy that Jammu and Kashmir remains the only Union Territory where consumers still receive electricity without meters.

DISCOMs in J&K are actively participating in the Government of India's RDSS scheme to improve power supply quality and reliability by strengthening supply infrastructure. Conditional financial assistance is provided under this scheme based on achieving specific targets to reduce Aggregate Technical & Commercial (AT&C) losses and bridge the gap between Average Cost of Supply (ACS) and Average Revenue Realized (ARR).

In addition to technological interventions, Distribution Companies (Discoms) have intensified enforcement activities to curb electricity theft and enforce regulations under the Electricity Act-2003. These efforts have significantly reduced Aggregate Technical &

Commercial (AT&C) losses from 63% in 2021-22 to 41% in 2023-24. Progress has also been made in narrowing the gap between Aggregate Cost of Supply (ACS) and Aggregate Revenue Requirement (ARR).

To enhance efficiency and reduce losses in unmetered (Flat Rate) areas, several measures have been implemented. Distribution Companies (Discoms) are conducting calibrated load rationalization based on actual electricity usage and connected loads, ensuring compliance with Electricity Supply Code regulations to prevent inflated bills. Additionally, the Jammu and Kashmir Electricity Regulatory Commission (JERC) has introduced flat-rate tariffs to encourage consumers to transition to metered billing.

This initiative aims to accurately reflect actual electricity consumption, thereby promoting fairness in billing practices. Furthermore, consumers in unmetered areas are receiving counseling and encouragement to opt for metered billing if they perceive flat-rate charges as disproportionate to their actual consumption. This approach empowers consumers to make informed decisions regarding their electricity usage, fostering transparency and efficiency in the billing process.

These initiatives underscore Jammu and Kashmir's commitment to enhancing the reliability, affordability, and transparency of its electricity supply. The government remains dedicated to modernizing infrastructure, reducing losses, and ensuring consumer satisfaction in the electricity sector.