

RESPECT WOMAN

Woman is the foundation stone of the entire creation. It is futile to even imagine life without women. In today's time, most of the women are increasing the pride of the country along with their name. Woman is the creator of the universe, the loving idol of Mamta, the idol of sacrifice, dedication and a unique masterpiece of affection and sympathy. On the one hand, she is the head of the house, therefore she is Griha Lakshmi, on the other hand, she is the first teacher of the child, hence she is a mother as well as a teacher. Overall, every quality is present in a woman. The need is that women should use their qualities for their empowerment. Of course today's women are not less in any field. But despite this, in some places women are still not able to raise their voice against the atrocities being committed on them. The effort to empower them will be complete only when every woman of the society will be educated, have full knowledge about their rights and justice and will have the courage to fight. The slogan of women empowerment in the society will continue till every woman of the country becomes empowered.

Ladakh-The remote paradise

Ladakh Range is located at an elevation of 7,650mts from mean sea level (MSL). Situated between, 76 Latitude and 35o Longitude is renowned as the 'Roof of the world' HimisGumpa in its internee interlaces the most striking element in the snow-capped landscape and its interiors are paradisaical with exquisite the most sizzling amidst rocky landscape. Ladakh is a remote paradise which glimpses a mighty matrix of massif renowned world over. It is a treasure trove of unique art and craftsmanship. The people of Ladakh are having their own matrix with untiring gee and dew-eyed appearance together with their art and craft. Lamas are unambiguously still silent to outsiders look into their vignette and native art and their objectives owing to same superstitions and affiliations best known to them alone and this pride of theirs is created to go to monasteries of Hemis, ThiksayandAlehic in unison having their rebalance. Geographically speaking, the Jammu and Kashmir as a whole is virtually divided into four prominent zones: first, The mountainous and semi-mountainous plains oftenly spoken as kandi belt, second being Shiwalk range and the third the Kashmir valley and Pir-panchal range and the fourth and last being Tibetan track of Ladakh and Kargil. The Ladakh region is having its prominence in that the river Sindh which gushes out from Lake Mansarovar encompasses through Nanga Parbat amidst the pride Himalayas surrounded by glittering glaciers. Ladakh region from the east and through high mountainous meanders down through various glaciers. The river Indus is the longest one in the entire Indian sub continent having a length around 2900 kms out of which 970 kms passes through state and rest through Pakistan and finally drains down to the Arabian sea. Amongst the most striking abject of Ladakh is 'd' art of 'Hemis Gumpa' the biggest Monastery, of Ladakh, some 40 Kms away from 'Leh,' alongside LehManali road were exist numberless gold statues of 'Buddha' and 'Stupas' embedded and studded with precious stones and pearls. This monetary is having twin routes of entrance to holy worship. The walls of the monastery have been decorated wonderfully of its unique paintings and that is why this monastery is having an unutterable regard. AmongstLadakhies, over the remote past these paintings are the most revered deity by name "Bhavachakras" and are also nomenclaturised as wheel of life to whom they pay utmost reverence, obeisance and obtain blessings on all ritualistic occasions by all and sundry of Ladakh region. Amongst all these, the most enchanting paintings are of Bhava-Chakras (wheel of Life) which apparently depiek-transmigatory existence and the wheel is held by dragon-demon symbolism having hideousness of clinging of life. The centre of the wheel is having the monogram of cock, snake and pig indicating thereby three virtuous sins of the lust, the anger and ignorance and the dark side (half) of the circle boarding these symbols have the rebalance of dark down path which signifies that all the three images bring me to downside of life. The rim of the Bhava Chakra is having five sections or segments indicative of five routes of existence of every individual's life, whereas the lower half of the chakra signify gate of hell. The left region indicate all form miseries punishment, The birth and death, young and old age and re-incarnation etc. Whereas the outer circle is divided into as many as 12 parts indicating the sequence of events leading to every human's life span in the chronicles of Buddhism. In so far as Hemis monastery is concerned it was constructed some 450 years back and is a hoe to the main image of great "GuruPekargayapoh" who is believed to have come from 'Lahsa' some 540 years bacI apart from this mage, these are countless statues of Guru NamgLehotrumGrolma and the step of worship is deep rootedly embedded with brass, precious stones, pearls and are painted with protective deity of utmost prominence amongst Buddhists. However, some of the Buddhist have with the passage of time migrated to China on one hand and Paddar-Gulabgarh (Kishtwar) on the other hand where there is a hugeassemblage of the Buddhists and their Monasteries which can be most conveniently seen while waying to Chandi Mata Ji at Machail during yatra in August every year. AlachiMonastery is another prominent one in Ladakh which is wondrous of fresco art and it is else than thousands and thousands of paintings ranging from as small as few inches and are Jampaering the walls, playfounds and to the huge statues. This monastery is situated arounding 75kms from Leh itself on the otherside of Sindh. In almost all monasteries, there is a whizmaleerie of objects 't' which are defacto, small as well as large. One becomes wonder struck and bewildered on having a glimpse of wide-arrayed artistic wealth one can ever imagine in so greater part of Himalayas right from areas which has four large carved stoned. The group of Monasteries at Mulbeet are having their own charming beauty. As a corollary, therefore, it is being concluded that pre-Buddhist hymns, such as ballads in praise of Kesar, the legendryhere are sung to the compliment of music and dance at the time of Kesar festival. General Zorawar Singh, 'The prominent warrior is Legendry in Ladakhi folklore and he died while an expedition against Tibet. The Ladakhies still admire the general in their mind and heart and sing song of Zorawar's wife who accompanied him to Ladakh which reads: A Lama Can't help taking his fee and a wolf cannot help eating lamb; the fire is in front of you, and the sun is in the distance. The poor friend near you is better than a relation far away. (The author is Deputy Conservator of Forest, J&K).

Empowering Bystanders with Basic Life Support: The life-saving art of CPR

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In today's modern-paced world, unforeseen emergencies can strike unexpectedly, placing individuals in critical circumstances. The swift action of a person who is standing nearby the victim becomes paramount in determining the survival of those affected. The ability to provide basic life support(BLS) skills becomes a crucial aspect in such scenarios, empowering bystanders to take immediate and life-saving measures. This article highlights the importance of raising awareness and facilitating access to BLS training, as it has the potential to significantly enhance bystander Cardiopulmonary Resuscitation and contribute to a safer community.



What is basic life support (BLS) ? Basic Life Support (BLS) refers to a set of essential medical techniques and actions that are provided to sustain or support life during emergencies, particularly in situations where a person's breathing or heartbeat has stopped. BLS aims to maintain blood circulation, ensure adequate oxygenation, and support vital organs until professional medical assistance arrives. In what situation do you apply the basic life support? Cardiac arrest is a sudden loss of blood flow throughout the body resulting from the failure of the heart to pump effectively. Absence of blood flow results in lack of oxygen being provided to the brain, which leads to loss of consciousness and abnormal or absent breathing. Brain injury is likely to happen if cardiac arrest goes untreated for 4-6 minutes. For the best chance of survival and neurological recovery, immediate resuscitation (BLS) is required. Other situations where basic life skills are required are Choking, Drowning, and the person who is not breathing. What is out of hospital cardiac arrest? Out-of-hospital cardiac arrest (OHCA) is the loss of functional cardiac mechanical activity in association with an absence of systemic circulation, occurring at a setting outside of the hospital. OHCA is a common, time-critical disease and is a major cause of mortality and morbidity globally. Despite advances in healthcare, mortality in OHCA remains high. In the Indian subcontinent, the most common cause of cardiac arrest is cardiovascular disease accounting for almost 60-65% of cases, and appropriately executed bystander CPR can drastically increase survival rates in these patients. Every second that matters in cardiac arrest Time is important during cardiac emergencies as with each passing second without CPR the chances of survival of the victim also diminish. Studies have shown that performing CPR within the first few minutes of a cardiac arrest can double or even triple the likelihood of survival. The presence of a trained bystander who can initiate CPR before the trained help is available makes a lot of difference. With most cardiac arrests occurring outside of hospitals, the onus is on the community to take immediate action and be the lifeline for their fellow citizens. What is Bystander Cardiopulmonary Resuscitation (CPR)?

Bystander CPR refers to the immediate administration of life-saving skills by a person, often a bystander or a layperson, to a victim experiencing a sudden cardiac arrest. In India Bystander CPR rate has been found to be 1.3%. This is very poor in comparison to the bystander CPR rate of 18% -55% reported from the West. For India, the availability of a larger number of CPR-trained laypersons is the need of the hour, as medical help may take time to reach the site of cardiopulmonary arrest. Barriersto low CPR rates in India 1)One of the main reasons for low rates of bystander CPR in our country is the lack of awareness and training in basic CPR techniques at the community level. Improving community bystander CPR rates is an important step toward improving OHCA survival. The awareness of cardiopulmonary resuscitation in the Indian population is less than 2%. So, there is a need to increase the knowledge in the community about CPR by having widespread awareness and training programs throughout the country. 2)Bystanders may be hesitant to intervene during an emergency due to fear of doing harm because of a lack of confidence in BLS skills. Concerns about potential legal implications can also deter people from performing CPR. 3)Limited access to resources can hinder the dissemination of life-saving information and training programs, making it challenging for communities to build awareness and skills related to CPR. 4) The lack of accessible healthcare facilities in remote areas can reduce the likelihood of bystander CPR being initiated, as immediate professional help may not be readily available. Overcoming the barriers 1) Creating awareness. In today's digital age, technology and media can play a pivotal role in spreading awareness. Media platforms offer diverse ways to reach a wide audience and inspire individuals to take the first step towards learning BLS skills. By collaborating with the media, we can ensure that the importance of BLS training receives the attention it deserves. 2) Accessible and Affordable BLS Training Providing accessible and affordable Basic Life Support (BLS) training is essential to empower as many individuals as possible with life-saving skills. By urging schools,

workplaces, and community organizations to prioritize CPR training, we can cultivate a generation of individuals who understand the significance of their actions during emergencies. Organizations, schools, and communities can collaborate with healthcare professionals to offer basic life support training at affordable cost. 3) Laws Protecting Bystanders: The Good Samaritan Law It is essential for individuals to be aware of the legal protection provided to bystanders who attempt CPR in good faith. The Good Samaritan Law shields individuals from liability when providing reasonable assistance during emergencies. Knowing that they can help without fear of legal repercussions can encourage more people to become proactive life-savers. 4) Providing BLS training to schoolchildren One of the ways to improve bystander CPR rates is to train school children, which will increase the percentage of the population trained in the community. CPR anytime programme of the American Heart Association (AHA) trains middle and high school students regarding the knowledge and performance of Hands-Only component of CPR (HOCPR). In 2015 WHO endorsed the "Kids Save Lives" statement of training school children in CPR worldwide. Benefit of training school children is that through them we can reach all groups of society and school children have a less inhibited approach to resuscitation training. Further, a sense of responsibility can be firmly established at an early point. The national council of educational research and Training (NCERT) has also included CPR in the Class IX curriculum. 5) Training traffic, fire, police personnel, and drivers Training these targeted groups in the society can have a significant impact in emergency situations as they are often the first ones to arrive at the scene of any medical emergency. If they are trained in basic life support techniques, they can provide immediate assistance before medical professionals arrive, increasing the chances of survival of the victim. 6) Government Support Support from the government is essential to ensure the successful implementation and sustainability of these awareness and training programs. Implementing BLS and CPR training programs requires financial resources for training materials, equipment, and instructor training. Governments can allocate funds to support community-based training initiatives, making them accessible to a broader range of individuals and organizations. 7) Integration in Occupational Health and Safety: Encouraging organizations to include basic life support training as part of their occupational health and safety programs. Department of Anaesthesiology, AIIMS Jammu, has initiated awareness campaigns focused on teaching Basic life skills in community targeting school children, traffic personals and drivers. These campaigns are already underway and will be ongoing in the future. By investing in BLS training and promoting public awareness, we can create a safer society where individuals are prepared to respond effectively in emergencies. (The writer is Additional Professor, Anaesthesiology and Critical Care, AIIMS Jammu).

Article 370, Can the clock be turned Back?

OMKAR DATTATRAY

Much water has flown in the rivers Jhelum and Tawi and since the abrogation of Article 370, many positive encouraging and developmental changes had taken place in Jammu and Kashmir. It is impractical and superfluous to turn the clock back and undone the annulling of controversial Article 370. The highest court of the country supreme court will decide on the constitutionality and legality of the abrogation of Article 370 and the scrapping of the Article 370 will stand the judicial scrutiny as the centre government had followed the legal and constitutional procedure to scrap Article 370 and integrate Jammu and Kashmir fully with India. Many significant changes had taken place in the UT of Jammu and Kashmir ever since 5TH August 2019 when the historical decision of abrogation of Article 370 was taken the centre government in national interest and for furthering the cause of national integration, national development and above all to remove the superficial walls of mistrust and distrust and as well as to end the alienation of the people of J&K. Supreme court will not and cannot ignore and under look rather overlook the important and sweeping changes which had taken place in Jammu and Kashmir and it will decide this important cases taking the national interest in consideration. All the eyes are set on the outcome of 23 rite petitions filed in the apex court challenging the removal of Article 370 and the people hope that the highest court of the land will dispose these cases in such a manner as to help in the national integration and development and unity of the country. For the first time in the history of the independent India, gross root democracy has taken roots and this is really a big development and change and it has ushered real democracy in Jammu and Kashmir. Spectacular economic development has taken place in the UT after the abrogation of Article 370. There has been unprecedented and phenomenal increase in the

investment in various sectors of the J&K economy as huge investments from India and abroad has been attracted in Jammu and Kashmir and this is not an ordinary development but is of far reaching importance and has great ramification for the socio-economic and political development of J&K. Long years of discrimination with this erstwhile state has come to an end because of the deletion of Article 370 and it paved the way for a discrimination less Jammu and Kashmir whose residents are treated equally in legal, social, economic and development spheres. All the central laws, Indian Penal code and other legislations are now applicable to this part of the country. The gender discrimination has come to an end and now those women who marry outside the UT will not be deprived from the property and this ensures discrimination free society and also provides for equal treatment to the women flock in the ancestral property and the women have become equal partners in the political, social and economic governance of the UT. There has been unprecedented tourist footfall from the last four years and this has led to a revolution in the tourism economy of Jammu and Kashmir. In the year 2022 crores of tourists have come to visit Jammu and Kashmir and this has significantly contributed to the tourist economy of Jammu and Kashmir and all the people who are directly and indirectly connected with tourist sector have gained substantially and this has led to the transformation of the tourist and general economy and the beneficiaries of all this development are the people of the UT who till four years ago were facing neglect, discrimination and all this because of the Article 370. Besides this there has been discernable change so far as the security situation is concerned. The hartals, bandhs, strikes are the things of the past. Stone pelting is now a history. There has been much decline in militancy, separatism and terrorism and the terrorists are on the run. There is decrease in the terror-

ist violence and terror killings are on wane. In fact the terrorism is on the last leg and soon Jammu and Kashmir will be free from militancy and separatism. The genesis of all separatism, militancy, deprivation and alienation was Article 370 and with its abrogation these negative and anti national things have come down and their graph is decreasing day by day thank to the abrogation of Article 370. Peace, normalcy, security and development has fast returned to Jammu and Kashmir. Cinema halls are now open for the first time in the over three decades of militancy and this is a positive change and development. Besides the youth of J&K are now taking part in sports and many players are taking part in games at the national level and some have excelled in these games and competitions and many are taking part in Khelo India programme of Modi. Youth of Jammu and Kashmir are being attracted towards games and sports and thus they are being weaned from drug addiction and other anti social activities. Youth are taking part in entertainment and amusement and this discourages drug addiction which is so important to the J&K society because drug addiction was on increase and with the annulling of Article 370, youth are taking part in sports, games, entertainments and amusements and the has significantly led to decrease in drug addiction cases. Young energies are being channelized towards productive and purposeful activities and this has a positive effect on the reduction of drug addiction cases. The historical G20 meeting was successfully held for first time in history in Jammu and Kashmir and this has been possible because of the abrogation of Article 370, and this is a feather in the cap of the LG/UT administration. A five judge bench of the Supreme Court declined to stop the centre from carving out two centrally administered union territories out of Jammu and Kashmir, telling the petitioners who challenged the scrapping of Article 370 that the top court could always 'turn the clock back.' Three years after the central government did away with Article 370, experts weigh in on whether the action and method of doing it is legal. It becomes difficult to set the clock back if there is considerable delay in the disposal of petitions, senior advocate Arvind Datar said. He said that there was nothing illegal the way Article 370 was abrogated. The fact is that Article 370 was a temporary provision and its annulment requires recommendation to do so by the constituent assembly of the erstwhile state. But since constituent assembly had long been abolished and in its place the recommendation of the legislative assembly of the state is mandatory. But the fact is that there is no state assembly from the last five years and the state has been downgraded and bifurcated into two union territories of Jammu and Kashmir and Ladakh and there is the LG as the head of the government and there is presidential rule and thus all legislative powers are with the LG and he has recommended and concurred with the abrogation of Article 370 and so the centre has taken the LG's recommendations into consideration and the parliament has passed the resolutions in this regard and the president has put his seal on it and so constitution and law has been used in annulling the Article 370. Thus abrogation of Article 370 was done in accordance with the constitution and law and so there is nothing illegal or unconstitutional about the way Article 370 was abrogated. Now to cut a long story short it can be opined that the clock cannot be turned back and if the Supreme Court tries to do it, it will be very dangerous as it has the potential of creating disintegration of this part of the country, and so it will be in the interest of the nation if the clock is not turned back. Only time will tell which way the wind will blow and what will happen?.

Air pollution may claim more lives incoming years

'Curbing air pollution could reduce deaths from antibiotic resistance'

SHAKEELA ANDRABI

Many researchers have shown both short and long term exposure to air pollution can lead to wide range of diseases, including stroke, chronic, obstructive pulmonary disease, trachea, bronchus and lung cancers, aggravated asthma and lower respiratory infections. According to new researches if air pollution is not controlled and effective measures are not taken to control air pollution, it can prove to be more destructive to human life and thousands of people may lose their lives in coming years. Doctors Association Kashmir (DAK) said curbing air pollution could reduce deaths from antibiotic resistance. "Controlling air pollution could play a major role in combating the rise and spread of antibiotic-resistant bugs," said DAK President Dr Nisarul Hassan. Dr Hassan said accord-

ing to a new study published in Lancet on Monday, air pollution was found to be a significant contributor to the rise of antibiotic resistance. Researchers have found that air pollutants harbour antibiotic resistant bacteria and resistant genes which can be transferred between environments and inhaled directly by humans. He said antibiotic resistance resulting from air pollution was responsible for an estimated 480,000 premature deaths in 2018 globally. "And if no action on air pollution is taken, the annual premature death toll linked to antibiotic resistance could rise to an estimated 840,000 by 2050," he added. The DAK President said while the main drivers of antibiotic resistance are still the misuse and overuse of antibiotics, the problem is being worsened by toxic

air. He said the air quality in Kashmir has been constantly deteriorating for the past few years due to the increasing number of vehicles, constructions, brick kilns, cement and other factories which emit pollutants and significantly pollute the air. "And this could be contributing to the unprecedented levels of antibiotic resistance which is killing people in the valley," he said. "People are dying from common, previously treatable infections, because the bacteria that cause them have become resistant to antibiotics," said DAK. "If antibiotic resistance continues to rise unchecked, minor infections could become life-threatening, serious infections could become impossible to treat and many routine medical procedures could become too risky to perform," he said.