

LG interacts with officers of Higher Command Course-52

■ STATE TIMES NEWS
SRINAGAR: Lieutenant Governor Manoj Sinha on Sunday interacted with the officers of the ongoing Higher Command Course-52. The Lt Governor addressed the officers and faculty members of Army War College and highlighted the transformation of UT of Jammu Kashmir. He also shared the policy interventions, institutional reforms new institutional arrangements to address the



Lt Governor Manoj Sinha during interaction with officers of ongoing Higher Command Course-52 at Srinagar.

needs of common man and infrastructure development. Lt Gen DP Pandey, Commandant, Army War College, faculty members and senior officers of the Security Forces were present.

MVD hired vehicles to further strengthen enforcement activities across UT

■ STATE TIMES NEWS
JAMMU: Motor Vehicle Department J&K for strengthening its enforcement activities on Sunday hired 10 L.M.V (Bolero /Scorpio) and hand over the same to ARTO of Jammu Province here from Transport Commissioner office. The aim of the move is to intensify action against various visible traffic violations and to ensure regular checking drives across the UT. These vehicles were hired through State Motor Garages department for both Jammu and Srinagar province. Addressing media person on the occasion Transport Commissioner J&K Rahul Sharma said that these vehicles are being provided under Road Safety and addition of these vehicles will enhance the abilities of MVD officials to enforce traffic rules and regulations and ensure public safety on

roads. These vehicles will be helpful in checking of all sort of violation viz Permit conditions, overloading, Over speeding, Pollution under control levels other related violations and also enable field staff to carry out their duties effectively by regular monitoring of road checking to reduce road accidents and fatalities. Stressing on DL/RC suspension of habitual and regular traffic violators, he said that by establishing clear goals by holding drivers accountable for their action some deterrent steps should be taken, as the ultimate goal is to provide safer road to all road users. Joint Transport Commissioner, Director State Motor Garages, Regional Transport Officer, Jammu and Kathua districts. All ARTOs from all district of Jammu province are present on the occasion.

Promoting Heart Health in Rural Women-limitations in access to health care: Dr Sushil

■ STATE TIMES NEWS
JAMMU: In view of increasing cardiac morbidity and mortality in rural women on unprecedented scale and very minimalist healthcare setups in rural areas Head Department of Cardiology GMCH Jammu, Dr Sushil Sharma held a day long Cardiac Awareness cum health Check up camp at Shiv Temple in Village Kangrail area of Tehsil Bhalwal District Jammu in which particular focus on cardiac issues of women particularly younger age group and educated them about the healthy heart lifestyle for better future of coming generations and reduce both social and economic burden. While interacting with the people, Dr Sushil stated that Cardiovascular Disease (CVD) is the leading cause of death for rural women. Lifestyle change interventions in group settings focused on increasing physical activity and improving nutrition have been shown to help reduce the



HoD Cardiology GMCH Jammu, Dr Sushil Sharma with team examining patients.

risk for CVD. Compared to women in urban areas, women in rural communities have higher cardiovascular disease risk, are more likely to have obesity and tend to have less access to health care and healthy food, previous research has shown, Dr Sushil said. While community health programs have shown promise, little research has looked at these programs in rural settings, he added. He elaborated that Cardiovascular disease remains the most common cause of death among women and men today. During the

past 5 decades, basic discoveries and clinical research studies have uncovered important biological differences between women and men, and differences in their respective responses to social, environmental, and behavioral stresses, as well. The underrepresentation of women in all aspects of biological research has delayed the pace of these discoveries and hindered effective translation. Hence, the role of genetic, molecular, cellular, and physiological factors, including sex and gender, social determinants of health (SDOH), behaviors, environment, and policy in women's

health are only beginning to be understood. He further told to the masses with particular focus on female community told that efforts need to be directed toward providing education and skill building for CVD prevention based on a better understanding of women's cultural beliefs and life situations. All women should be educated that dietary choices were important for cardiovascular health; however, they lacked

the skills for food selection and preparation. Family preference and support are key to the adoption and maintenance of a heart-healthy eating plan. For interventions, women should prefer active learning (hands-on experiences) coupled with group classes for learning and support. Rural women usually lack these resources or access to a nutritionist. It is urgent to address these pervasive gaps in knowledge and care delivery to reduce sex-based disparities and achieve equity. He further told that we should be committed to advancing cardiovascular health for all by including charting cardiovascular health and identifying and removing barriers to health care access and quality. Achieving this goal requires driving advances in discovery and translation, raising awareness, empowering

ing and engaging communities, and advocating relentlessly to ensure health care access and quality health for all, he added. Prominent members of the area Dr Shalhu Sharma (Sarpanch), Subhash Chander (Panch), Rajan Sharma, Virender Sharma, Sunny Jatt and Gagandeep Singh appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health Checkup in their locality. Others who were part of this Camp includes Dr Nasir Ali Choudhary and Dr Yashwant Sharma. Paramedics and volunteers includes Raghav Rajput, Kamal Sharma, Rajkumar, Mukesh Kumar, Rajinder Singh, Rahul Sharma, Faissal Rashid, Moosa Mushtaq, Manoj Sharma, Gourav Sharma, Vikas Kumar and Amandeep Singh.

Walkathon organized on National Vascular Day at Jammu



Acting Principal GMC Jammu Dr Ghanshyam Saini with senior doctors and others participating in Walkathon.

■ STATE TIMES NEWS
JAMMU: To commemorate National Vascular Day on August 6, 2023, nationwide event inform of walkathon was organised in 28 cities of country simultaneously as awareness drive with a resounding message of 'Walk a mile to live with smile' for creating Amputation Free India. The event was given go ahead at national capital Delhi by Minister of Health, Prof S.P Singh Baghel. In Jammu, the event was organized by Jammu Vascular

Society and more than 150 enthusiast participated in the blog jog starting from Superspeciality Hospital gate. The Walkathon was flagged off by Acting Principal GMC Jammu Dr Ghanshyam Saini in presence of Senior doctors Dr Gurjit Singh, Dr Mohan Lal, Dr TR Raima, Prof Noor Ali, Prof Sanjeev Gupta, Prof Sushil Sharma, Prof LA Mir, Prof Rahul Gupta, Prof Anita Vig, Dr Mukta, MS GMC Jammu, DMS SSH Jammu, State Malariologist Health Officer Jammu along with

Jammu Vascular Society members Dr Mohit Arora, Dr Javed Badey, Dr Rasmeet Kour, Dr Rouf Gul, Dr Bhumika Gupta, Dr Prabhdeep along with other doctors and paramedics, and a large number of distinguished persons from civil society including Senior Police officers, Lawyers, Media, Consultants Businessmen, Chartered Accountants, youth and growing children to Govt Medical College Jammu. On the occasion, there was lot of interaction about the prevention of vascular diseases

and important role of walking in the life style conducted by media persons with the participants. Some patients around thereby apprising them of avoiding smoking, being overweight or obese, and living a sedentary lifestyle. From GMC of the walkathon went back and concluded at Superspeciality Hospital. Organizer of the Walkathon and Convenor Jammu Vascular Society, Dr Arvind Kohli, briefed about this year's grand initiative to bring attention to the importance of Vascular Health while

fostering a sense of community and solidarity. Citizens from all walks of life should join hands and step forward together advocating for a healthier happier and amputation free future for every Indian, he said. Further, the vascular diseases incident in India is growing with alarming proportions and that include silent killers like Pulmonary Embolism, carotid artery disease which can lead to brain strokes, aneurysms which is untreated can lead to complications along with various diseases which have also becomes more prevalent. Hence measures to control risk factors which are the causes of these vascular ailments should be strictly followed. This can be only achieved by spreading awareness to masses, he said and added once diagnosed very early intervention should be initiated to prevent complications arising out of these ailments.



Union Minister Dr Jitendra Singh convening a joint meeting of elected representatives and administration to review various developmental projects at Udhampur on Sunday.

■ STATE TIMES NEWS
UDHAMPUR: Union Minister, Dr Jitendra Singh on Sunday said, North India's first River Rejuvenation Project "Devika" is almost complete. Built at a cost of over Rs 190 crore on the lines of 'Namami Ganga', the Project was launched by Prime Minister Narendra Modi. Dr Jitendra said this while reviewing Liquid Waste Management Project undertaken separately to protect the sanctity of holy Devika River in Udhampur. During the review meeting, Dr. Singh said, Devika which is considered as the sister of sacred river Ganga, has a great religious significance which is why the Liquid Waste Management Project with the network of pipes and manholes connecting all the households under Devika Rejuvenation Project is being constructed by UEED to protect the sanctity of it. Out of the 190 crore funds allocated for the project, the sharing of allocation is in the

ratio of 90:10 by the Centre and UT respectively, Dr. Jitendra added. He also informed that besides a Liquid Waste Management Project, a Solid Waste Management Project will also be constructed under Devika Rejuvenation Project which is vital from many aspects protecting the sanctity of Devika River. During the meeting, Dr. Jitendra asserted that the role of PRIs is vital for the success of major developmental projects being the representatives of grassroots level of the society. The PRIs present during the meeting raised many issues with the Minister to which the Minister directed the departments to redress the issues in the shortest possible time. The meeting was attended by DC Udhampur, Sachin Kumar Vaishya, Additional DRM Northern Railways, Baldev Raj, SSP Udhampur, Dr. Vinod Kumar, DDC, BDC members, Sarpanchs and Panchs.

Operating Art-370(3) on recommendations of Parliament is within provisions of Constitution of India

■ DAYA SAGAR
Referring to Art-370(3) the other objection advanced by some against validity of C.O 273 of August 6, 2019 (a Presidential notification) which notifies modification / change in the contents / text of Article -370 of constitution of India is that since there is no Constituent Assembly of J&K available in terms of proviso to Art 370(3)- " Notwithstanding anything in the foregoing provisions of this article, the President may, by public notification, declare that this article shall cease to be operative or shall be operative only with such exceptions and modifications and from such date as he may specify : Provided that the commendation of the Constituent Assembly of the State referred to in clause (2) shall be necessary before the President issues such a notification"; so the recommendations made by Parliament to President for issuing the said notification are constitutionally not valid. Although objection is not fair and valid, but still we have to wait for apex court verdict. But since such otherwise thinking do affect social environment, some opinions will have to be pinned to limit controversies and myths. The J&K Constituent Assembly was assigned the job of framing J&K Constitution as state of the Union of India in 1951 and was well aware of the Clause (3) of Article 370. Therefore, it was for the Constituent Assembly (that is said to have ultimately dispersed after writing and adopting Constitution of J&K in 1956 (16 November) to make some recommendations to the President with regard to status of Article 370 since it was a Temporary Provision w.r.t. to J&K. But the Constituent Assembly did not do so. Do,

those who contest on this ground mean to say that there is no way out for getting the job left half done in 1956 by the Constituent Assembly of J&K so as to complete it after 1956 ? No, sir it is not fair. Parliament of India or the President of India cannot be left helpless only because a designated body / institution which is not existing in name after 1956 did not complete " its" job. Ofcourse this day 'elders' are not there to clear doubts that some may carry but no one has any right to question their wisdom. The 'professors' of otherwise doctrines must not overlook the fact that amendments to constitution after 1949 are made using constituent powers by the parliament and there is no dead end. Drafting and writing a constitution was surely a very hard (particularly for those who had no much independent experience of the administrative and constitutional affair handling), sensitive and complex assignment and there could be some related issues/ needs that could be sensed/ realised after the text is put to actual use and requirements are surely to emerge for making additions and deletions, which is why is why in constitution of India there is Art-368 where in are inherited constituent powers for amendment of Constitution and Procedure therefore. Similarly J&K Constitution has Section-147 for amendment of constitution; and this constituent power is used by Parliament / Legislative Assembly whenever there is need to amend the constitution (of course without disturbing the basic structure of the constitution). So any action that would be legitimately needed with time could be taken by Parliament / Legislative Assembly using constituent powers as if it was done by Constituent Assembly . Process had never

to stop. So shadows of Constituent assembly do exist in Parliament / Legislature who operate upon the Articles enshrined in constitution for amending the constitution which is no less than 'writing' the constitution except that while amending the constitution the basic spirits that had formed the basis for framing a Constitution cannot be violated by the legislators. Legislatures have all these years performed many acts of in a way rewriting the Constitution through amendments without disturbing basic structure /violating the basic spirits underlying the Constitution. Many Constitution (Application to J&K) orders (C.Os76-77,83-94, 108,122,148 etc) have been made by President of India after 1957 with the concurrence of State Government when there was no Constituent Assembly and the State Legislative Assembly has performed where ever needed. In August 2019 J&K was under president rule where LG / Governor becomes State and Parliament takes function of Legislative Assembly). {Art-356: 356. Provisions in case of failure of constitutional machinery in States.-(1) If the President, on receipt of a report from the Governor of a State or otherwise, is satisfied that a situation has arisen in which the Government of the State cannot be carried on in accordance with the provisions of this Constitution, the President may by Proclamation- (a) assume to himself all or any of the functions of the Government of the State and all or any of the powers vested in or exercisable by the Governor or any body or authority in the State other than the Legislature of the State;



(b) declare that the powers of the Legislature of the State shall be exercisable by or under the authority of Parliament; ...} .So since Legislative Assembly can take over the role of constituent assembly and J&K was under President rule with Parliament taking over the functions of Legislative Assembly in terms of Art-356(b) the recommendations for operating upon Article -370 were made to President of Republic of India by Parliament of India on .So, recommendations made by Parliament on behalf of J&K Assembly in 2019 enabling President of India to issue Notification 6 August 2019 G.S.R. 562(E) declaring for general information under Article 370(3) of the Constitution C.O 273 that as from the 6th August, 2019, all clauses of the said article 370 shall cease to be operative except what had been mentioned in revised text is not against the basic structure of the Constitution since Article 370 in principle has been named as 'Temporary provision subject to modifications' repeal. Though the 'locked' opinions do not stand to logics, but still to ensure , as far as possible, that no any opinion of meaningful subjects remains adequately not addressed to satisfaction worth dismantling any conflicting views that could otherwise take the innocent common people even under a bit of influence of the wrong understandings cultivated around them, it will be of some relevance to even discuss history of convening the Constituent Assembly, performing constituent assembly functions and performance of Legislative functions in J&K upto 1957. A proclamation (Jammu and Kashmir Constitution (Amendment) Act, 2008 (Samvat)/1951 AD) issued by

Yuvraj (Regent) Karan Singh's had in 1951 named the then Praja Sabha/ Constituent Assembly/ Legislative Assembly to be same as far as legislature/ legislative function was concerned. " Therefore 'Constituent assembly ' is still there in the form of Legislative Assembly of J&K. Hence if still required the J&K Legislature can perform duty for completing the job left undone by the Constituent Assembly as regards making recommendations as and when need arises. Yuvraj Karan Singh, the then Sadar-e-Riyasat too addressed the then C. Assembly of J&K as Legislative Assembly in his order of:1953 appointing Bakshi Ghulam Mohd as Prime Minister of J&K which said " Will you, therefore, make it convenient to meet me immediately so that we might discuss the formation and composition of the new Cabinet. I need hardly impress the continuance in office of the new Cabinet will depend upon its securing a vote of confidence from the Legislative Assembly during its coming session." Similarly Ministry of Law, GOI, Order No. C.O. 44, dated the 15 November, 1952 too reads as under : "In exercise of the powers conferred by this Article the President, on the recommendation of the Constituent Assembly of the State of Jammu and Kashmir; declared that, as from the 17 day of November, 1952, the said Art-370 shall be operative with the modification that for the Explanation in clause (1) thereof, the following Explanation is substituted, namely:- "Explanation.-For the purposes of this Article, the Government of the State means the person for the time being recognised by the President on the recommendation of the Legislative Assembly of the State as the *Sadar-E-Riyasat of Jammu and Kashmir;

acting on the advice of the Council of Ministers of the State for the time being in office." So, the function of Legislative Assembly to elect first Sadar-E-Riyasat was performed by 'Constituent Assembly' and hence why cannot it still needed function of the Constituent Assembly be done by Legislative Assembly which also has constituent power in Article 147 of J&K Constitution? J&K Constituent Assembly was also named as the Legislative Assembly under the Constitution of J&K 1996 amended in 1951 (2008 Samvat). So, the Legislative Assembly can perform the role of constituent assembly in case need arises in relation to Art 370 (3) and that has been there before C.O.273 notification was issued on August 6, 2019 as regards Art-370 of COI. From the text of Art-368 it is evident that the power to amend the Constitution is 'constituent power' i.e. Whenever Parliament amends the constituent it is in a way also performing the function of a Constituent Assembly and the same should also be true for the Legislative Assembly where ever applicable. No Constituent Assembly has to stay permanently ,so using the term Constituent Assembly here otherwise indicates that the Art-370 had to stay for a shorter period. Hence it would not be unconstitutional in case the recommendations of 'Constituent Assembly' of J&K for purposes of Art-370(3) purpose are made by Legislative Assembly of State where job in question is/ modification/repeal of the Article 370 & that too when it involves no violation of the basic structure of COI.

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