

daily
Excelsior
Established 1965
Founder Editor S.D. Rohmetra

NH encroachment removal

India's highways are death traps, network of the deadliest roads in the world, and despite numerous laws to safeguard motorists, two wheeler drivers and pedestrians yet NH accidents go on unabated. Fact is that National Highways and express highways form only 2 percent of roads in India yet they account for staggering 60% of all road accidents, a figure for serious analysis and immediate remedial measures. NH road networks consist of up to 12 lane roads, means express speed on certain highways. Modern day vehicles are fitted with mandatory air bags, ABS brakes and other safety features, thereby giving superficial sense of handling and security at higher speed which ultimately ends up with fatal accidents. Setting up of speed limits is a state issue as such local administration should be aware of ground realities. Main culprits being roadside dhabhas and other shops on encroached land or side lanes of NHs. Authorities turn blind eye to these encroachments and problem is so serious that almost every State/UT is facing court cases over this issue. These road side shops don't have any parking place at all resulting on road parking and thereby traffic chaos beyond control, risking everyone. Recently only, Himachal High Court passed an order to demolish all 472 shops on one particular NH. Temporary khokhas, reharis and concrete shops are part of local administration and encroachers nexus. Practically all unoccupied land is Government land unless until claimed and proved by any person. MoRTH has rightly directed all states/UTs to remove all these illegal roadside structures. Not only removal of these structures but other measures are also being in place utilising technology. One of these is to have an App for suggestions from commuters like where was the traffic congestion and what was the reason. Similarly utilising Toll Plaza data to observe average time taken between various two Toll Plazas and if any snarl observed, what is the reason and how to rectify it. Jammu and Kashmir NHs are no different as one can see rehari zone congestion opposite Garrison Church at Gandhi Nagar and all along NH from Kunjwani to Nagrota. Our NH-44 case is further complicated due to shooting stones, landslide and snowfall issues with kilometers long stuck up vehicles for days, particularly at these roadside dhabhas as per comfort and convenience of drivers. It is important to acknowledge that these truck movements are lifeline of Jammu and Kashmir. Keeping in view of this 'Highway Village' concept was introduced with 183 identified sites, one after every 50 kms in first phase, Rs20 crore was earmarked for it and 18 months timeline. The plan was to develop one pit stop of petrol pump, ample separate car/bus/truck parking, restaurant/food courts, low cost dhaba, telephone booth/ATM, minor repair workshop, clean toilets, separate restroom for drivers and passengers for short stays with proper landscape to refresh mind thereby reducing driving fatigue and in the process safe and comfortable driving and highway, one already there for Kathua but many more have to be built. Frequent traffic jams on NH means air pollution in the form of gases emission as well as increase in particle mass in shape of dust.

All said and done these roadside shops are only mode of employment for many, catering to multiple families from a single shop. Government has to come up a proper plan to develop proper legal infra alongside highway before removing all roadside shops. Shopkeepers, drivers particularly have to be taken onboard before on ground action. Serious efforts should be taken to have no encroachment on highways, in particular at parking/service lanes especially on NHs passing through cities. Stringent implementation of speed limits, particularly at vulnerable accident points. In the past Jammu administration had removed all roadside restaurants at highway along Sidhra. Cooperation from all is a must to make NHs safe but onus lies mainly with local administration.

GI Tag for Kashmir saffron

Geographical Indications Tag or more popularly known as GI Tag for any product is an assured guarantee of uniqueness, purity and of course a key for worldwide business. It's a tedious process which require proper application with reasoning, uniqueness and why GI Tag should be provided accompanied by three certified copies of geographical map of that particular place. Scrutiny is done and if any, corrective action is to be completed in one month. Registrar can further raise objection which has to be cleared in 2 months time. An inspection follows and if any shortcoming is found it has also to be removed in specific time. Within 3 months of acceptance of application it gets published in Geographical Indications Journal. A certificate with seal of the Geographical Indications with validity of ten years is issued. It is really a matter of utmost importance that Kashmir saffron gets GI Tag, a big boost to export of saffron and a clear edge now over rival Iran. Saffron growers of Pulwama, Budgam and Srinagar region will be immensely benefitted in getting spurious Kashmir saffron out of market and growers get required market value of their Kashmir saffron.

Another aspect of GI Tag is that of 9 items of Jammu and Kashmir on GI Tag list, 8 are from Kashmir Division, except Basmati from Jammu. It's a matter of pride for all people of Jammu and Kashmir for GI Tag of Kashmir saffron, Bhaderwah Rajmah (Kidney Beans), Basohli Paintings, Kishtwar saffron, Anardana to name a few are items from Jammu Division which should also be now pushed for GI Tag. All credit to team of officials from Kashmir for their best efforts but why Jammu officials are not able to push products from this region is a matter of serious introspection. More genuine products on GI Tag list means more matter of honour and more opportunities for Jammu and Kashmir on international platform. Jammu and Kashmir has no doubt unique products, unmatched talent to mark its stamp on the world.

Nehru's Birthday Does anyone remember ?

B L Saraf

Come 14th November a joyous spirit pervaded the air : children saw something special in it, young looked up for an inspiration from a man born on this day and the old remembered him as a person having toiled hard to see country free : and , then set it on a path of emancipation and development - whose fruit we harvest in abundance , today .The man was called Jawaharlal Nehru . Those were the days ! And these are the days when such a thinking - howsoever faint it may be - is an unpardonable blasphemy . It has become fashionable to hold Nehru responsible for what ails India . Everyone is unsparing . To the left liberals and separatists Nehru is a 'criminal' who 'cheated Kashmiris of the Azadi' . The nationalists castigate him for not having fully merged Kashmir with the mainland .

To evaluate role of Nehru sense of history is essential. Kashmir has had centuries old spiritual and civilizational relations with the Indian mainland . But, as argued earlier, their present Constitutional relationship is embedded in a meeting that took place between Nehru and Sheikh Abdullah in early 1937, in Lahore. Sheikh Abdullah writes in his *Aatish-e-Chinar* that he was so impressed by Nehru and his views that he "felt if leaders of Muslim Conference have to seek support from the Indian nationalists they will have to enlarge their vision and bring changes in the name and constitution of the party." The camaraderie between Nehru and Abdullah, partly personal partly ideological, became instrumental in state acceding to the Indian Union, though Maharaja Hari Singh signed the Instrument of Accession (IOA).

Some hold Nehru guilty of introducing a conditionality in the state's accession with the Union, by resting its finality on the wishes of people of the state. However, facts speak otherwise. V P Menon records in his book *Integration of The Indian States* p 399, that it was Mountbatten who insisted that accession of J&K should be conditional on the will of the people being ascertained by plebiscite , after the raiders had been driven out of the state. This was agreed to by Nehru and his Ministers , p 399 . S. Gopal, in his book *Jawaharlal Nehru Vol 11* p 20, corroborates the version.



On 24 July, 1952 Nehru made a statement in Lok Sabha on Delhi Agreement, in regard to J & K " the accession is complete in law and in fact J&K is a constituent unit like any other ." On 29 March 1956 he stated in the Lok Sabha " The talk of plebiscite in Kashmir was 'entirely beside the point' and there could be no question of holding it until Pakistan had withdrawn all armed forces from the state. The Kashmir problem had to be viewed afresh because of the American Military aid to Pakistan and added that Pakistan's joining Baghdad Pact and SEATO had invalidated the old arguments relating to the question " He then said , "Legally and constitutionally , Kashmir acceded to India . This is an undoubted fact . You may criticize the speed , with which this was done , but the fact is that legally and constitutionally the state of J&K acceded to India . Therefore it became the duty of the Indian Union to defend and protect Kashmir from aggression and drive out the invaders" (Jawaid Alam in *Select Correspondence Between Jawaharlal Nehru and Karan Singh* P.195 and Sandeep Bamzai in *Bonfire of Kashmiriat - Deconstructing the Accession* - p 68.

Nehru is cursed for allowing Mountbatten to be the Governor - General of free India. We tend to forget that Mountbatten helped India's cause on Kashmir. He advised Cyril Radcliff to alter his boundary plan in East Punjab to grant India physical connectivity with J&K, so necessary for the state to accede to India . Imagine what would be the fate of India's case in UNO if there wouldn't be an IOA, or had it come after Indian forces had landed in the Valley. Working under the influence of Anglo- American block as it was then, UNO would

have easily indicted India. It were testing times for India. In 1947-1952 India was not what it has become after the advent of 21st Century - a country politically and economically empowered enough to ignore the UNO .

As written earlier, Mountbatten's letter doesn't give anything to the opponents of the accession , or to the Nehru baiters. Krishna Menon, speaking in the UN Security Council on 23rd January, 1957 explained the matter, " We may then be asked; What is the meaning of a letter written by Earl Mountbatten, when he was Governor - General of India , to the Maharaja about consulting wishes of the people. As I pointed out there is document of accession . There is an offer and then there is acceptance"

The letter of Mountbatten is a separate document and has nothing to do with this . What does that document do ? It makes no guarantee. It expresses wish of the Government of India - not as a part of law, but as part of political policy " He then referred to the Constituent Assembly of the state and explained how people of the state have been consulted. Kashmir - Krishna Menon's speeches in Security Council (Publication Division of Ministry Of Information GOI Ps 42, 43)

True, Maharaja Hari Singh was all for India and wanted J&K State to align with it which he ultimately did . Being the Ruler, he alone was authorized to sign the IOA. While appreciating the role of

Maharaja the demographic character of his subjects and their possible adverse reaction his move could evoke has to be kept in view. The vast majority of his subjects were of a faith different from his. Under these circumstances the situations which arose in Hyderabad and Junagarh can't be overlooked where rulers of a particular faith opted for Pakistan in disregard to the wishes of their subject who practiced a faith different from them. With the result their IOAs with Pakistan came cropper.

Their misadventure failed because none among the majority community supported them. On the flip side, the situation becomes a mirror image of J&K. In these circumstances if we exclude Nehru and Sheikh Abdullah from the Indian discourse on Kashmir one shudders to visualize where J&K would be today? Hari Singh's signing of IOA with India wouldn't be of much help.

The matter of Kashmir's relationship with India is too complex to be understood in selectively quoted excerpts of Pt: Nehru's speeches. One has to understand the environment and the political upheaval that prevailed immediately after the independence in the sub-continent, and what preceded it in the political arena of the Valley, in 1947. The tribal attack on J&K, aided and abetted by Pakistan made things very murky. Jawaharlal Nehru's approach towards Kashmir has to be understood in that background . What Nehru did for the prosperity of India , building democratic and learning institutions is for all to see. We may run down him but in doing so we should not jeopardize India's cause in Kashmir .

(The author is former Principal District & Sessions Judge)

Transform yourself

Dr Renu Gupta

" Education is not the preparation for life but it is life itself " rightly said by John Dewey. The greatest and perhaps the only gift that we can give to this world is the gift of ourselves at our best. We need to recognise that we are preparing our children for life and understand that grooming the humane aspect of children to help them grow as real human beings is the real task with us.

In the past the concept of education was to master the three R's (reading, writing, and Arithmetic) which now have changed into four Cs (Critical Thinking, Communication, Collaboration, and Creativity) . Preparing children to be ethical with in a changing system, focus has to be on developing life skills and soft skills in their mindsets and overall personality. It is crucial for the children to learn their multiplier skills, meta skills and enhance their strengths and work on their weaknesses.

Companies are evaluating the candidates on soft skills which are aligned with the values of the organisation. Skilling children and making them future ready is as challenging as reskilling and life long learners. In fact inculcation of soft skills is a two pronged strategy:

- a/. To produce quality human capital,
- b/. To develop their skills, knowledge, understanding and values.

Beyond the 3 Rs , the new skills the world is looking for are: people management, communication, emotional intelligence, critical thinking, teamwork, problem solving, creativity, empathy and decision making.

Children have to understand that they are the societal ambassadors of progress and change. They are not only the leaders of tomorrow but also the partners of today. Guidance and direction can bring them in forefront. As educators, we aim to groom not just literate but also learned, civilised, fearless and responsible citizens.

Through the vital competences of 21 century skills or employability skills we are preparing our children to cope with the challenges as they go through their life journey. This is the time for us to demystify change and fertilise the whole education system with new ideas, perspective and skills.

Children, knowing your self , managing your self , empowering yourself and self improvement are the key words for you. You are perceived, evaluated and judged based on your image you project. How you think about your self directly effects how you feel about yourself. Your self image or inner image is a combination of:

- 1/. Physical Self. (Body image)
- 2/. Psychological Self. (Our values, attitude, ability and personality)
- 3/. Social Self. (Roles and activities performed towards others)

A positive self image , self awareness and introspection, regular SWOT (Strength, Weakness, Opportunity and Threat) Analysis, body language, etiquette, interview skills, self motivation, clear and defined goals, team work , interpersonal behaviour, empathy, time management, stress management, emotional intelligence, vocal and verbal communication will go a long way in your self improvement and transformation. These soft skills, behavioural skills, job and employability skills , self motivational skills and image building skills will help in your career growth, leadership, self esteem, confidence , self image and first impression. Once you explore POWER IN YOU , you will find you are unique and an asset to your self. Then you will live your passion, enhance your vision and lead a successful life.

The way we can control diabetes

Raj Kumar

(WDD) is celebrated every year on November 14. WDD was created in 1991 by IDF and the World Health Organization (WHO) in response to the rapid rise of diabetes mellitus (DM) in the world. Since 2006 the WDD became an official United Nations Day with the passage of United Nation Resolution 61/225. November 14th was chosen as WDD because it is the birthday of Sir Frederick Grant Banting, a Canadian physician and scientist who along with Charles Best is credited with the discovery of insulin, a hormone of critical importance in regulating blood sugar levels. .

This year the theme, " Access to diabetes education " underpins the large multi-year theme of excess to care " In the lead upto and 14 November, WHO will highlight not only the challenges, but more importantly the solutions to scaling up access to diabetes medicines and care.

In India we still have myths about the treatment of diabetes mellitus many people are still going for magical cure as a result they fail to achieve the blood glucose control. In spite of increasing the awareness still 70 percent of the population don't achieve the targeted goal of blood sugar levels thus leading to chronic micro as well as macro vascular complications in the form of neuropathy, retinopathy, and nephropathy and marked increase in the cardiovascular events leading on to the increase mortality and morbidity. Thus, effecting the economy of the country. In spite of the availability of different medicines and insulin still the doctor at the periphery or in towns don't upgrade the treatment and initiate insulin properly. The inertia on the part of the clinicians don't allow the patients to achieve proper control and thus increasing the burden of complications. Thus this education is not only for the patients but for the clinicians as well who are rendering the treatment.

There is now extensive evidence on the optimal management of diabetes, offering the opportunity of improving the immediate and long-term quality of life of those living with the condition. Unfortunately such optimal management is not reaching many, perhaps the majority, of the people who could benefit. Reasons include the size and complexity of the evidence-base, and the complexity of diabetes care itself. One result is a lack of proven cost-effective resources for diabetes care. Another result is diversity of standards of clinical practice. Guidelines are part of the process which seek to address those problems. IDF has produced a series of guidelines on different aspects of diabetes management, prevention and care.

While there are a number of factors that influence the development of type 2 diabetes, it is evident that the most influential are lifestyle and behavioral changes commonly associated with urbanization. These include consumption of unhealthy foods and inactive lifestyles with sedentary behavior. Studies from different parts of the world have established that lifestyle modification with physical activity and/or healthy diet can delay or prevent the onset of type 2 diabetes.

Modern lifestyles are characterized by physical

activity. If you have pre diabetes, the long-term damage of diabetes especially to your heart, blood vessels and kidneys may already have been started. There's good news, however. Progression from pre diabetes to type 2 diabetes isn't inevitable. At least 70 percent of these people become diabetic in 5 years time, thus, there should be an endeavor to start intervention when it is reversible. Eating healthy foods, making physical activity part of your daily routine and staying at a healthy weight can help bring your blood sugar level back to normal.

Eat More Veggies
Plant-based fiber fills you up without raising blood sugar. Vegetables are also full of nutrients.

That includes berries, kiwi, melons, and oranges. Try pairing your fruit with healthy proteins like natural nut butter, Greek yogurt, or almonds.

Choose Whole Grains

Unlike refined grains, whole grains have all their original fiber and other nutrients. You can eat them for breakfast or as a side dish for lunch or dinner. They come in lots of forms, including oatmeal, brown rice, whole-wheat bread or pasta, and quinoa. You can even make cookies with whole-grain flours. If you buy a packaged product, make sure you see the word "whole" before grain on the label.

Add More Nuts and Seeds

Grab a handful of any kind you like. Just make sure they're unsalted. And stick to the serving size, about an ounce. Nuts and seeds have healthy fats, but they're also high in calories. Good choices include walnuts, pistachios, peanuts, sunflower seeds, and cashews.

Add Some Protein

Try including protein with all your meals and snacks. It helps you feel full and slows how fast carbohydrates go into your bloodstream. That's important when it comes to keeping your blood sugar steady. Sources include fatty fish and seafood, plant-based protein like beans and lentils, eggs and low-fat dairy, and lean meats.

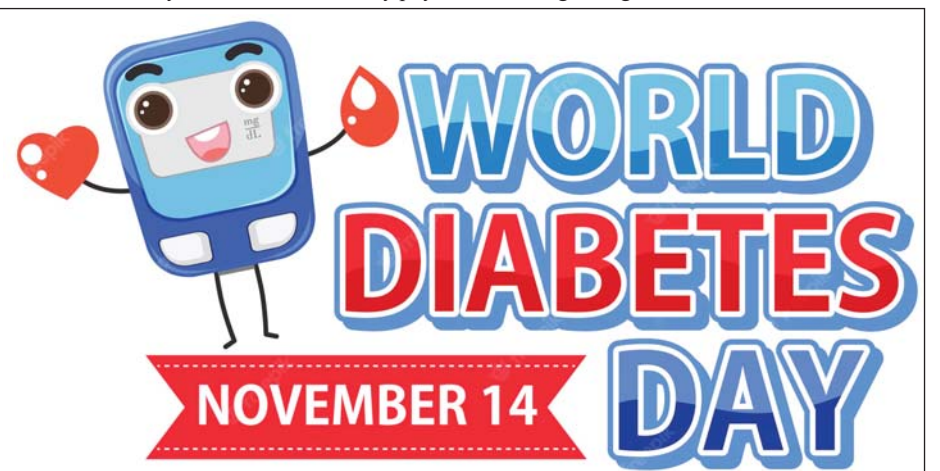
Avoid Sugary Drinks

These beverages spike blood sugar because they don't come with other nutrients -- like fiber and protein -- to slow down the digestion process. If you have prediabetes, it's a good idea to limit or skip the following 100 percent fruit juice, soda, and sweetened coffee drinks. Try to avoid energy or sports drinks, mixed alcohol cocktails, and lemonade or sweet tea. Experts aren't sure how artificial sweeteners affect people with prediabetes. Ask your doctor if they're OK for you.

Limit Added Sugars

Read the Nutrition Facts label to see how much added sugar is in a packaged food or drink. You can use the 5-20 rule: 5 percent daily value (DV) or less means it's a low source of sugar. If it's 20 percent DV or higher, then you'll want to put it back. You'll find added sugar in lots of processed foods, such as cookies, candy, and cakes. It's also in flavored oatmeal, ketchup, and jelly.

Let us take pledge on this world diabetes day to spread the awareness among all diabetics to achieve optimum blood glucose control by proper intake of diet exercise and medication. All efforts should be made to alienate their suffering and prolonging healthy life without complications.



inactivity and long sedentary periods. Community-based interventions can reach individuals and families through campaigns, education, social marketing and encourage physical activity to at least between three to five days a week, for a minimum of 30-45 minutes.

Taking a life course perspective is essential for preventing type 2 diabetes and its complications. Early in life, when eating and physical activity habits are established and when the long-term regulation of energy balance may be programmed, there is an especially critical window to prevent the development of overweight and reduce the risk of type 2 diabetes. Healthy lifestyles can improve health outcomes at later stages of life as well.

Pre diabetes means you have a higher than normal blood sugar level. It's not high enough to be considered type 2 diabetes yet. But without lifestyle changes, adults and children with pre diabetes are at high risk to develop type 2 diabetes.

Snack on Fruit

These plant-based sweets have sugar, but that doesn't mean you should avoid them. Fruit is packed with fiber, vitamins, and minerals. Aim for two to three servings a day. That could be one small apple or half cup of strawberries. Ask your doctor if you should opt for low-sugar choices.

Cut Back on Starchy Vegetables

These have more carbohydrates than their nonstarchy counterparts. But they have healthy nutrients, too. If you use the plate method, give them a quarter of the space. Starchy vegetables include white potatoes, sweet potatoes, corn, and winter squash like acorn or butternut.

Aim for at least 3-5 servings a day. That's 1/2 cup cooked or 1 cup raw. You can choose fresh, frozen, or canned. But be sure to go for the low-or no-sodium kind. Fill half your plate with colorful, nonstarchy vegetables. Examples include carrots, bell peppers, broccoli, and leafy greens like spinach or kale.

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(The views expressed by the authors are their personal)