

New dimensions of terrorism

Terrorism has been dragging on for decades now. When countered by Indian security agencies, old methods have been replaced by new ones. From fidayeen attacks to target killings, from suicide bombers to IED blasts, and from IED blasts to sticky bombs, the latest addition is the "perfume IED," a chemical even unknown to the police. This is a serious development with unimaginable consequences. Jammu and Kashmir Police team which cracked the blind blast case in eleven days deserves all accolades. Along with this Narwal blast case, the police claim to have also cracked the Shastrī Nagar and Katra blast cases, which were earlier claimed to be ordinary blasts. More damaging is the fact that the arrested terrorist is a working government teacher and Lashkar-e-Toiba's active terrorist, who has been doing serial blasts and keeping the CID and local police clueless until now. Arif is not the only one involved from Reasi; one friend is also involved, and that friend's uncle is also an active LET terrorist and is right now in Pakistan. No vigilance had been kept on them; all three involved have been indulging in terrorist activities without any hindrance. Reasi has, of late, also become a hotbed of terrorist activities, a transit route, and an ideal place for dormant terrorist cells to remain hidden. Last July, in a daring act, the villagers of Tuksan village in the Reasi district of Jammu and Kashmir captured and handed over two Lashkar-e-Taiba terrorists to the police, who had come to the village as imposters seeking shelter. Despite these recent past activities, proactive countermeasures like basic police verification are missing. Who are the local OGW and UGW in Jammu and Katra who helped this Reasi module operate in Jammu? All these serial incidents have very serious consequences, and a feckless approach will not work. Our intelligence and police are unaware of furtive sleeper modules. A proper investigation has to be conducted into how a terrorist got recruited under RET, then regularised in a government job, and how he managed mandatory CID verification. Despite being on the verge of collapse, Pakistan has been consistently involved in terrorist activities in Jammu and Kashmir, this time with a unique perfume IED. It is clear that terrorism is here only and instead of focusing on Kashmir only, now, the focus areas are Reasi and other parts of the Jammu Division. Local police and CID must devise countermeasures to checkmate the nefarious designs of Pakistan-backed terrorists. Even a small incident in the peaceful Jammu Division is good enough to shatter the confidence of the public. Even this perfume IED has been smuggled from across the border via drones-another serious matter that has to be taken care of.

There are still many untangled wires in the story: where was the shipment of perfume IED dropped from drones, who collected it, who are the OGWs and UGWs in that particular area, and how has this chemical reached Reasi? Are there other sleeper cells also in possession of this IED chemical? All these unanswered questions are quite niggling in the sense that even though the Narwal blast case has been worked out, the danger is still there. The police have to be extra vigilant, and the public must also keep an eye on the things around them. Every responsible citizen should inform the police, and the police, on their part, should start immediate police verification of tenants and non-locals. A working government employee turning out to be an active LET terrorist is not an odd case. The Administration has been trying to isolate these anti-national elements and weed them out of the system, but even for this, the police have to play an active role. Our police are on the job; they have apprehended the perpetrators in only eleven days and will tackle these new dimensions of terrorism.

Frankenstein of terror in Pakistan

Another suicide attack, one hundred losing their lives, but this time attack is in Pakistan itself. A suicide bomber committed the heinous crime inside the mosque behind highly secure police lines in Peshawar. A grim reminder to Pakistan is that the devil of terrorism, which it unleashed on India for decades, has now taken the shape of Frankenstein and is proving to be a self-induced pogrom for Pakistan. Trepidation is there among citizens who are already battling with economic woes and the scarcity of daily-use household goods. Pakistan had never paid any heed to the advice of India and other countries: "don't play with fire." Famous press conference of then Secretary of State of USA, Hillary Clinton, in presence of then Foreign Minister of Pakistan, Hina Rabbani Khar, "You can't keep snakes in your backyard and expect them only to bite your neighbours. Eventually, those snakes are going to turn on whoever has them in the backyard." All those words have come true as the Tehreek-e-Taliban Pakistan (TTP) has struck again. More serious is the fact that TTP has infiltrated deep into the security establishment of Pakistan, and the suicide bomber was residing in the staff quarters of the police lines in a high-security area. A time to self-introspect for Pakistan, two countries declared independence one day apart, one is the largest democracy in the world with the fifth largest economy and right now crowned with the G20 Presidency- a country striving to be a manufacturing hub and the other is a failed rogue state exporting terrorism worldwide, no money to import petrol, even scarcity of wheat flour, a moment of mortification for Pakistan. Egregiously, Pakistan has still shown no remorse or change in policy.

'Everyone is at risk of developing cancer'

Did you know every year, on 4th February, is observed as the World Cancer Day, as declared by the Union for International Cancer Control (UICC). The purpose of this yearly campaign is to significantly reduce illness and deaths caused by cancer. The theme for World Cancer Day this year, is "Close the Care Gap" that focuses on Uniting our voices and taking action.

On the eve of World Cancer Day, which falls on Feb 04, we spoke to Oncologist, Dr Ashutosh Gupta, Head Oncology GMC Jammu about Risk Factors, Early Detection of Cancer and many other things related to disease.

Hi Doctor. First of all, could you tell us why is there a rising need for the awareness of cancer in the general public, especially in today's era?

Cancer is a major public health problem globally. According to GLOBOCAN 2018 data, 18 million new cancer cases were diagnosed worldwide in the year 2018. The increased life expectancy and urbanization with changed lifestyle have resulted in an increased incidence of cancer. A significant proportion of these cancers, however, are preventable. Early detection is also possible in the majority and more effective treatments are now available. Therefore, it is very important to be aware of all these aspects to be able to fight the battle against cancer.

Could you please tell us who all are prone to cancer and why is early detection important?

Everyone is at risk of developing cancer, some more than others. Those with a family history of cancer, past history of some cancer, tobacco use-chewable & smoking forms are clearly more prone to develop cancer. Early detection of cancer is extremely important. In fact, it is the most important weapon to win the war against cancer. If cancer is detected in early stages, it could be cured. The treatment outcomes are also better for the early stage of cancer with more effective treatments and less disfiguring surgeries.

In what circumstances would you say it's ideal to get a check-up for cancer?

If someone has any of the so-called 'warning signs' of cancer, one must seek immediate medical attention. These warning signs can be summarized with an acronym 'CAUTION' -

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening or lump in the breast or elsewhere
- Indigestion or difficulty in swallowing
- Obvious changes in warts or moles
- Nagging cough or hoarseness

There are guidelines for screening for certain cancers in both men and women, such as cancer of breast, cervix, colon, prostate and lung cancer. One must undergo an age-appropriate screening test and consult a cancer specialist for the age and family history-appropriate screening test.

What are the risk factors for cancer?

The risk factors for cancer can broadly be classified into 2 categories- the modifiable and non-modifiable. The modifiable risk factors include- tobacco, alcohol, dietary factors, physical activity, infections, hormone replacement therapy, etc. The non-modifiable risk factors include genetics (heredity), family history of cancer, age, gender, past history of cancer, etc. If one takes care of modifiable risk factors, a lot of cancers can be prevented.

We've heard stories of otherwise fit people also getting cancer. Can you tell us if a nutritious diet and healthy lifestyle plays any role in keeping cancer at bay?

Cancer is predominantly a lifestyle-related illness. Diet and lifestyle have a significant role to play in cancer's development. It is estimated that almost 20-30% of all cancers could be attributed to faulty diet, obesity and sedentary lifestyle. Another 30% could be attributed to tobacco and alcohol. Therefore, just by adopting a healthy lifestyle, one could significantly reduce one's chances of developing cancer.

This year's World Cancer Day Theme is "Close the Care Gap," which is all about that focuses on Uniting our voices and taking action. Keeping that in mind, how do you think an individual can take precautions to keep cancer at bay?

I feel that each and every individual should try and acquire knowledge about cancer prevention and early detection. This knowledge is empowering. Such an informed and an aware individual can be of help not only for herself or himself but also to friends and family. Such a person would then take the necessary steps to adopt a healthy lifestyle, exercise regularly, eat healthily, stay away from tobacco and alcohol and also undergo cancer screening.

Lastly, how can people be supportive if someone in their family/friends' circle has cancer?

If someone in family or friends has cancer, seek immediate advice from a cancer specialist. Remember that very effective cancer treatment is now available. Cancer treatment involves a team of surgical, radiation and medical oncologist like myself. We have better surgical techniques available now, and more precise ways and machines to deliver radiotherapy. Medical treatment of cancer is no longer limited to chemotherapy. We have targeted therapies and immunotherapy available now. The results are gratifying and many more people are living after a cancer diagnosis than ever before.

Cancer: Facts and Myths

Dr Rajeev Gupta

Cancer is an abnormal growth of a body cell or group of cells. If it is not destroyed or removed, cancer can spread very rapidly, and eventually lead to death. There are billions of cells in the human body. Normally, they grow in a well-regulated pattern. Sometimes normal cells undergo alterations "transforming" them into cancerous.

According to Globocan2020, around 19.3 million new cases of cancer were diagnosed and upto 10 million deaths happened in 2022. By 2050, 24 million new cases and more than 16 million deaths per year are estimated.

In India, cancer of oral Cavity and lungs in males, and Cancer cervix and breast in females account for over 50% of all cancer deaths.

**WORLD
CANCER DAY**
4 FEBRUARY



Scenario in J&K

Jammu and Kashmir has seen a consistent increase in cancer cases with the union territory reporting 51,000 cancer cases in the last four years (2019 to 2022), according to the data of the Government of India.

The Union Health Ministry data reveals that J&K reported an estimated 51,577 cases of cancer, with 12,396 cases being reported in 2019, 12,726 cases in 2020, 13,060 cases in 2021, and 13,395 cases in 2022.

On the occasion of world Cancer Day, I would like to shed some light on cancer and shatter some wrong notions that are prevalent amongst general population, since early detection is key and wrong ideas (myths) about cancer can lead to needless anxiety and even hinder good prevention and treatment.

Who is at risk of cancer? Life time risk of cancer refers to the probability that an individual, over the course of a lifetime, will develop cancer or die from it.

In the U.S., 7.7% life time risk of developing lung cancer in men (1 in 13). In India, 1 in 12 men and 1 in 13 women have a life time risk of developing cancer.

What are the common symptoms of cancer?

As such, symptoms of cancer may mimic common diseases like T.B, Typhoid fever, recurrent mouth ulcers, indigestion, etc. but persistence of symptoms over a prolonged time despite medication, should alarm oneself for further investigations to rule out cancer. World Health Organization (WHO) has issued few warning signals of cancer.

Is cancer a modern disease?

As long ago as 3000 B.C, evidence of bone cancer cells has been found in the mummies of Egypt. But the incidence of cancer is increasing. Being a life style related disease, use of alcohol, tobacco, preserved and junk food, pollution, etc is amounting to a never seen before escalated incidences of cancers.

Is Cancer contagious?

Cancer is not contagious (capable of spreading from person to person through contact). However, some cancers are caused by viruses. The Human Papilloma Virus (HPV) is a sexually transmitted disease that increases the risk of developing cervical, anal, and some types of head and neck cancers. Other viruses, such as hepatitis B and hepatitis C, which are transmitted by infected intravenous needles and sexual activity, increase the risk of developing liver cancer.

Is Cancer inherited?

Although having a family history of cancer increases your risk of developing the disease, it is not a definite prediction of your future health. Only 5% to 10% of cancers are hereditary (passed down by a family member). The majority of cancers are caused by genetic changes that occur throughout a person's lifetime. These changes, or muta-

tions, are caused by factors such as tobacco use, too much ultraviolet (UV) radiation from the sun, and exposure to certain chemicals. In fact, an estimated 4 out of 10 cancers can be prevented by making simple lifestyle changes, such as eating a balanced diet, maintaining a healthy weight, exercising, limiting alcoholic beverages, and avoiding tobacco products. Additionally, doctors may recommend that some people who have inherited a genetic mutation that puts them at high risk for cancer have surgery or take medication, known as prophylactic treatment, to further reduce the chance that cancer will develop.

Can hair dyes and antiperspirants cause cancer?

There is no conclusive scientific evidence that these items increase the risk of developing cancer. The skin may absorb the aluminum-based compounds that act as the active ingredient in antiperspirants. These compounds are known to cause hormonal changes, which has led some to believe that antiperspirants could contribute to the development of breast cancer. However, there is no consistent evidence to support this claim.

Does sugar intake make cancer worse?

No. Although research has shown that cancer cells consume more sugar (glucose) than normal cells, no studies have shown that eating sugar will make your cancer worse or that, if you stop eating sugar, your cancer will shrink or disappear.

Do Artificial sweeteners cause cancer?

No. Researchers have conducted studies on the safety of the artificial sweeteners (sugar substitutes) saccharin; cyclamate; aspartame; acesulfame potassium; sucralose; and neotame and found no evidence that they cause cancer in humans.

Is Cancer always painful?

Neither cancer growth nor its treatment with chemotherapy is painful, but once it spread to bones or engulf nerves, it causes intense pain. Up to 95% of cancer pain can be successfully treated with medications and other pain management techniques. However, in order to benefit from these pain-relief strategies, you must share your symptoms with the members of your health care team.

Is Cancer a death sentence?

No! Advances in cancer detection and treatment have increased survival rates for most common types of cancer. In fact, more than 60% of people with cancer survive five years or more after their initial diagnosis.

Are some people too old for cancer treatment?

There is no age limit for cancer treatment. People with cancer should receive the treatment that is best suited to their condition, regardless of age. Many older patients respond as well to cancer treatments as younger patients. However, some older adults may have other illnesses that limit the use of specific treatments, so older adults with cancer are encouraged to talk with their doctor about the best approach for managing their disease.

Can Cancer surgery or a tumor biopsy cause cancer to spread in the body? The chance that surgery will cause cancer to spread to other parts of the body is extremely low. Following standard procedures, surgeons use special methods and take many steps to prevent cancer cells from spreading during biopsies or surgery to remove tumors.

Is Cancer treatment worse than the disease?

Although cancer treatments such as chemotherapy and radiation therapy are known to cause side effects that can be unpleasant and sometimes serious side effects. Recent advances have resulted in many chemotherapy drugs and radiation treatments that are much better tolerated than in the past. As a result, symptoms like severe nausea and vomiting, hair loss, and tissue damage are much less common these days; however, managing side effects remains an important part of cancer care.

Can Cell phones cause cancer?

No, not according to the best studies completed so far. Cancer is caused by genetic mutations, and cell phones emit a type of low-frequency energy that does not damage genes.

Can herbal products cure cancer?

No. Although some studies suggest that alternative or complementary therapies, including some herbs, may help patients cope with the side effects of cancer treatment, no herbal products have been shown to be effective for treating cancer. In fact, some herbal products may be harmful when taken during chemotherapy or radiation therapy because they may interfere with how these treatments work.

World cancer day on 4th February, is an initiative of the Union for International Cancer Control (UICC), Switzerland and theme for 2023 is "close the care gap" which is about understanding the inequities in cancer care and taking necessary progress to address them.

(The author is working as Professor, Department of Medical Oncology at State Cancer Institute, Government Medical College, Jammu.)

Towards global love and tolerance

M Ahmad

Tolerance and love is an important concept that helps people to live together peacefully. To be tolerant means that you accept other people's opinions and preferences, even when they live in a way that you don't agree with. Tolerance also means that you don't put your opinions above those of others, even when you are sure that you are right. Tolerant people show strength in that they can deal with different opinions and perspectives. The world is like a ship travelling through a storm, and we are all in the same boat. We need helmsmen with stable and supportive energy to lead global citizens to work together with one heart and move in the right direction while awakening people's conscience to make decisions and take actions with love and conscience, overcome the daunting challenges, move towards peace, and usher in a brighter future for future generations. Humans became the dominant species of the world because of their social organization, built out of tolerance. If our early ancestors were intolerant, they would have killed each other rather than building civilizations. It is only by being tolerant that we can live harmoniously with others, can achieve our dreams, and fulfill our aspirations. Everyone should thus make their way of life tolerant.

The General Assembly of the United Nations proclaimed the day on 21st December 2020 through the resolution 75/200 to promote unity and tolerance of different beliefs and races and cultures among people. People celebrated the day for the very first time on 4 February 2021 as "International Day of Human Fraternity". The day enhances global citizens' well-being and inspires their common aspirations to create a culture of peace and mobilize the international community to promote peace, tolerance, acceptance, understanding, and solidarity. The International Day of Human Fraternity reaffirms the objectives and principles enshrined in the UN Charter and the Universal Declaration of Human Rights, in particular the right to freedom of thought, conscience, and religion, and urges global citizens to build a fraternal world. Since ancient times, the promotion and practice of love and kindness has been the manifestation of the spirit of fraternity. This spirit aids in the realization of sustainable development, serves as the guiding principle of fundamental education, and represents the world-

view of a sustainable and peaceful future.

Tolerance and love can be simply stated as the ability to accept diversity and to live and let others live. A person having a high tolerance and love quotient would be able to practice a fair and objective behaviour towards those whose opinions differ from his opinions. By being tolerant, we are respecting and learning from others, valuing differences, bridging cultural gaps, rejecting unfair stereotypes, discovering common ground, and creating new bonds. The relationship between love and tolerance in all societies is an important matter, and perhaps it is a basis for building society, and these relations have firm pillars that strike their roots in the depths in order to maintain the strength of social relations, and perhaps the most prominent and most important pillars in strength-

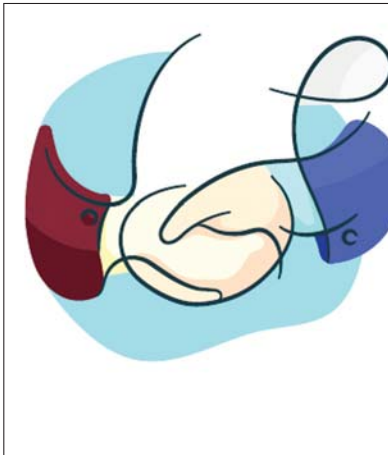
the connection of clouds with the sky, and the connection of fish with water. The seeds of tolerance cannot be planted, and its fruits sprout in the heart of a hateful person who hates the other party. Rather, tolerance must be linked to love, respect, friendliness, and noble feelings far from interests, far from provoking sedition, harm and harm to the other party, and here comes the role Ignoring in dealing, that is, not checking every mistake, as long as it can be forgotten and does not affect the essence of the relationship between human beings.

Teaching children about love and tolerance is the best gift that we can give them. Children shouldn't grow up with feelings of hate and suspicion. Children who grow up with hate and jealousy of others turn into unhappy people. And

Tolerance and love is essential to live a healthy life. We live in a world which is rich blend of cultural traditions and this leads to the major differences among the people. Being an entity of this world, we are supposed to interact with people of differing cultures, ethnicities, nationalities, races and religions. Our circle of friends, schoolmates, college-mates, office colleagues and all people around us reflects the diversity around us. In short, success in today's world depends on being able to appreciate others work and being tolerant to the differences that co-exist. Tolerance and love means the ability to respect other's feelings and their opinions on a specific issue, despite having conflicting views of our own. A tolerant person listens to the opinions of others patiently and tries to understand their perspective. While at the same time, they put across their opinions or ideas with love and without any conflict. Tolerance thus means accepting everyone's opinions without conflicting.

We need to awaken the innate conscience in world citizens to promote more effective communication between people and nations and thereby attain unity. When our actions are guided by conscience and wisdom, we will be able to solve the long-accumulated and emerging global problems. Because conscience is the highest code of conduct all human beings share, it transcends the differences in skin color, gender, language, or faith. Tolerance and love allows us to focus on a greater purpose and work for our collective well-being as a human race while striving for a peaceful and happy world for all. Barring occasional incidents of violence and hatred, Indian civilization has always celebrated plurality and promoted love and tolerance. This spirit has countered the destructive forces within India and created opportunities for Indians both within and outside our country. Thus, despite the diversity within Indian society in terms of religion, region, caste and language - our spirit love and tolerance has helped all of us to survive, sustain and flourish.

Come, let us sow seeds of tolerance and love in the soil of tired hearts and water it with the water of love, and the light of kindness, forgiveness and sincerity, so that the sweetest fruits of kindness, purity, and sincerity sprout in it. No value is more important to the success than tolerance. No emotion is so vital in its struggle for success, than is Love. Without either, we would have perished as a society long ago.



**International
Day of Human
Fraternity**

ening the bonds of brotherhood and friendship between individuals in societies. The love that emanates from the heart must be interpreted by the eyes, expressed by words, and expressed by actions and dealing with the other party. It must be clarified that love is not only for lovers, but is for all people. And every individual in this life must love in order to see life as purer, purer and higher, and this love will certainly lead to other moral values in social relations. The lover overlooks the mistakes of the beloved, ignores many of the pitfalls, tries to lay down justifications and excuses, and seeks an excuse for the mistakes he may have committed, and this is called tolerance. Love and tolerance are related to each other just like the connection of the fetus with its mother,

children who are forced to believe certain opinions will develop into people who aren't free or independent thinkers. If children experience love and tolerance, they will be able to grow up and lead a happy and peaceful life. In addition to humane care, human fraternity prioritizes defending freedom of thought and religion and opposing any form of discrimination or persecution against religion or belief. People's right to freely choose their religion should be fully respected. Different religions and beliefs should appreciate and learn from one another, and religious leaders are encouraged to foster world peace through religious dialogue and the integration of diverse religions. This is an indispensable element of love and tolerance in a democratic society.