



OPINION 6 THE UNYIELDING SPIRIT OF MILITARY FAMILIES

WORLD 9 STRIKES ON GAZA KILL 18; TWO DEAD IN TEL AVIV

MONEY 10 RBI LIKELY TO KEEP INTEREST RATE UNCHANGED AT 6.5%: EXPERTS

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SEN FALLS TO AXELSEN IN SEMIS 12 SPORTS

Fresh violence rocks Bangladesh



People participate in a rally against Prime Minister Sheikh Hasina and her Government demanding justice for the victims killed in the recent countryside deadly clashes, in Dhaka, Bangladesh, on Sunday

At least 91 people, including 14 policemen, were killed and hundreds injured on Sunday in fierce clashes between protesters demanding Prime Minister Sheikh Hasina's resignation and the ruling party supporters in different parts of Bangladesh on the first day of the non-cooperation movement over a Government jobs quota system. The clashes broke out this morning when protesters attending the non-cooperation programme under the banner of the Students Against Discrimination with the one-point demand of the Government's resignation faced opposition from the supporters of the Awami League, Chhatra League, and Jubo League activists. So far, 91 people have been killed in day-long clashes across the country, the leading Bengali-language daily Prothom Alo reported. According to the police headquarters, 14 policemen have been killed across the country. Of them, 13 were

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killed in Sirajganj's Enayetpur police station. One person was killed in Comilla's Elliotganj, the paper said. As violence escalated, the Home Ministry imposed an indefinite countrywide curfew from 6 pm on Sunday. A Government agency has ordered the shutdown of Meta platforms Facebook, Messenger, WhatsApp and Instagram. The mobile operators were ordered to shut down 4G mobile internet, the paper added. Meanwhile, Prime Minister Hasina said those engaging in "sabotage" across the country

in the name of protest are not students but terrorists and asked people to suppress them with a firm hand. "I appeal to the countrymen to suppress these terrorists with a firm hand," she said. Hasina called a meeting of the National Committee on Security Affairs at Ganabhaban, the paper reported citing sources from the Prime Minister's Office (PMO). The meeting was attended by the chiefs of the Army, Navy, Air Force, police, RAB, BGB, and other top security officers. The meeting came as renewed violence spread to several parts of the country. The Government has announced a three-day general holiday on Monday, Tuesday and Wednesday to ensure public safety amid the ongoing violent protests across the country. Giving details, the paper said at least five people were killed in Feni, 22 including 13 policemen in Sirajganj, four in Kishoreganj, four in Dhaka, four in Bogura, three in Munshiganj, four in Magura, three in Bhola, four in Rangpur, three in Pabna, four in Sylhet, three in Cumilla, one in Joypurhat, one in Habiganj and one in Barisal. Six Awami League leaders and activists were beaten to death and several others injured in a clash between the ruling party supporters and protesters in Narsingdi, the paper reported.

Team Hockey keeps India's Olympic Gold dream alive

PTI ■ NEW DELHI

If Tokyo 2020 was turning out to be a resurrection, Paris 2024 is turning out to be a reaffirmation that the Indian hockey team is well and truly on its way to becoming a global giant again. Down to 10 men for close to 40 minutes in a 60-minute game, Harmanpreet Singh's men didn't just hold off Britain 1-1 in regulation time, they outplayed the old foes 4-2 in the ensuing shootout to enter the Olympic semifinals for a second successive edition. The win was special in more ways than one because an average hockey fan in India is not used to seeing the team show such tenacity in a high-pressure situation. The bronze that these men pulled off in Tokyo was a first in 41 years. It was an emotional revival for a sport, whose glorious past of eight Olympic gold medals, the last of which came in 1980, had become a source of nostalgia and grief in equal measure. The win in Paris is a reassurance that the side is on the right track. Little wonder then that the hockey fraternity as well as the average man on the street was left in awe of mental toughness and unity that India showed on Sunday. "Words cannot express the sort of tenacity, fighting spirit and unity these players have displayed today. Every



India's captain Harmanpreet Singh (C) celebrates a goal with others during the Hockey Men's Quarterfinal match between India and Great Britain at the 2024 Summer Olympics, at Yves-du-Manoir Stadium, in Colombes, France, on Sunday

player was backing each other after they were one player down," Ajit Pal Singh, captain of the 1975 World Cup-winning team told PTI. "The way they defended world-class and Sreejesh was simply at different level. In all the matches from pool stages they only got better and the nation is expecting another medal from the team. "The performance so far in Paris is a testament to the fact that we can now beat any side in the world and it all started from Tokyo," he added. Great Britain dominated possession and played with man-to-man marking, not allowing India to attack much. In the absence of Rohidas, Manpreet Singh, who plays in mid-field, was asked to man the defence. Reduced to 10 men on the pitch, India could not play scoop balls, a strategy that worked for the side in previous matches, but it managed to escape without getting hurt. It all boiled down to how Sreejesh would perform and the veteran goalkeeper did not disappoint, blocking the third and fourth attempts by Connor Williamson and Phillip Ropper after the score was tied 2-2 in the shootout. James Albrey and Zach Wallace had scored earlier for Great Britain while skipper Harmanpreet Singh, Sukhjeet Singh, Lalit Upadhyay and Rajkumar Pal sounded the board for India. "We had no option but to keep the score tied till the end. We focussed on defence, we played to a structure and today communication between the players was pretty good. It was a team effort," Harmanpreet said. The skipper said they had to forget the red card and move forward. "We could not change what had happened. It was a team effort, it was our best defence, playing with 10 men, that was a hard part." "At this stage, we can't afford to be nervous, no matter who we play or we play extra man or not. That mind-set will remain in the next match." Harmanpreet acknowledged Sreejesh's role in the win but insisted that it was not a one-man show.



Officials and others during a search and rescue operation following a recent cloudburst, in Shimla, on Sunday

Death toll rises to 11 in Himachal cloudbursts

PIONEER NEWS SERVICE ■ SHIMLA

With the recovery of two more bodies from Mandi district, the death toll due to flash floods triggered by cloudbursts in three districts of Himachal Pradesh has increased to 11. Over 40 people are still missing after a series of cloudbursts occurred in Kullu's Nirmand, Sainj and Malana, Mandi's Padhar and Shimla's Rampur subdivision on the night of July 31 and wreaked havoc. The bodies of Sonam (23) and three-month-old Manvi were recovered from Rajbhan village in Padhar area of Mandi district, officials said. The rescue operations are still underway and sniffer dogs, drones and other equipment are also being used to locate the missing people. According to officials, 410 rescuers from teams of the Army, NDRF, SDRF, ITBP, CISF, Himachal Pradesh Police and home guards are involved in the hunt. Over 30 people are missing in Samej village in Gram panchayat Sarpara in Rampur subdivision. More machines have been deployed and the rescue operations are going in full swing. As the flow of water has reduced, now machines have reached the spot where the missing persons could be possibly found, Up-pradhan Sarpara C L Negi said. The State Government on Friday announced an immediate relief of ₹50,000 for the victims and said they would be given ₹5,000 monthly for rent for the next three months along with gas, food and other essential items. The State has suffered a loss of ₹662 crore since the onset of monsoon on June 27 till August 3.

Assam to bring law soon for life term in 'love jihad' cases

PIONEER NEWS SERVICE ■ GUWAHATI/NEW DELHI

Assam Chief Minister Himanta Biswa Sarma said on Sunday that his Government will bring a new law that would criminalise "love jihad". The proposed law will have provision for life imprisonment if found guilty. Sarma's statement comes days after the Uttar Pradesh Assembly passed the UP Prohibition of Unlawful Conversion of Religion (Amendment) Bill, 2024, providing for a maximum punishment of life imprisonment to the offenders convicted under certain circumstances. Speaking at the State BJP executive meet held at the Assam's capital, Sarma said, "We spoke about 'love jihad' during the elections. Soon, we will bring a law, which will award life imprisonment to those cases." However, he did not talk about any deadline regarding the proposed law. Sarma also said the Government will also bring in new domicile policy, allowing only those born in the State to be entitled for Government



jobs, he said. The Assam Chief Minister maintained that indigenous people have received priority in the "one lakh Government jobs" provided as per a pre-poll promise, which will be evident when the complete list is published. The Chief Minister said the Assam Government has also taken a decision regarding the sale of land between Hindus and Muslims. Earlier this week, Sarma had said the Government will end the VIP culture, and from now on, only vegetarian and satvik food will be served in every Government programme. Sarma also said the State Government will launch a pilot project to simultaneously issue Aadhaar cards and birth certificates to newborns in 13 medical colleges.

Wall collapse kills 9 kids making Shivilings in MP

PTI ■ SAGAR

Some 15 children happily Sengrossed in making 'parthiv shivling' (creating shivilings out of clay) in Shahpur in Madhya Pradesh's Sagar district on a wet Sunday had no inkling that a cruel twist of fate would snatch nine of their friends forever. Nine children in the 10-15 age group were killed and two injured after a wall of a dilapidated house near a temple collapsed between 8:30am and 9am, wiping out the happiness residents of Shahpur town were deriving from the three-day 'parthiv shivling nirmaan' programme, a staple of the month of 'Saavan', underway at Hardoi Temple. "I was returning after offering



Rescue work underway after a wall collapsed at Shahpur village, in Sagar district, on Sunday

water to the shivling when a wall collapsed, trapping several children who were making clay shivilings under a tent. I was stunned and could not fathom what was happening. The urn in which I had taken water for the offering fell from my hand. I shouted and people for all around rushed to help," said an eyewitness, who was one of the organisers of the religious event. A video of his narration of the incident to local police at the site, in which he can be heard saying the programme was on for the past three days, went viral on social media soon after. "The wall collapse took place in a dilapidated house belonging to one Patel. We did not know how precarious its condition was or else we would never have erected a tent using it as support. Constant rains further weakened the structure," he said. At the local primary health centre, a tearful parent said there was no one to bandage the wound on her niece's hand, adding that the facility was a neglected one.

Continued on Page 8

IMD issues red alert for Rajasthan, MP, Gujarat, Goa, Maharashtra

ARCHANA JYOTI ■ NEW DELHI

After Himachal Pradesh, Uttarakhand, and Kerala where rains have caused havoc in the past few days, now it's the turn of the western Madhya Pradesh, eastern Rajasthan, Gujarat, the Konkan region, Goa, and central Maharashtra to brace for heavy rainfall. The

Meteorological Department on Sunday issued a red alert for these States. The most severe category, a red alert, indicates extremely heavy rainfall exceeding 204.5 mm within 24 hours. This poses a significant threat to life and property. Widespread flooding, disruption of essential services, and evacuation orders become

likely. In the coming days, heavy rainfall is also expected in Kerala, Coastal Karnataka and Tamil Nadu while in Maharashtra, a red alert has been issued in Palghar, Pune, and Satara, while an orange alert for very heavy rains has been issued in Mumbai, Thane, Raigad, Ratnagiri, Nasik. Continued on Page 8



Bulldozers erase Khyber Pass residents' homes, memories

SAUMYA SHUKLA ■ NEW DELHI

A demolition drive in Khyber Pass, located in the Civil Lines area, carried out by the Land and Development Office on Sunday, left a trail of devastation that extended far beyond the physical destruction of houses and shops. It obliterated the cherished memories of residents who had called this place home for generations. The morning calm was shattered as locals woke to the alarming sight of bulldozers lined up in their neighbourhood, poised to demolish their homes. These structures held not just their belongings but the essence of their lives, their memories intricately woven into the very walls that now lay in ruins. Among the many hit was Bhupinder Singh Bhatia, a small shop owner whose livelihood and legacy were

reduced to rubble. He stood amid the debris, gazing at the remnants of his life with despair. His small shop, a cornerstone of his existence, was now nothing more than a pile of broken bricks and shattered dreams. "I have been living here for 70 years. I built this house and shop with my hard-earned money and today, it is gut-wrenching to see the house being demolished," Bhatia said. A large-scale demolition drive at Khyber Pass was also carried out last month which led to over 250 houses being razed and hundreds of residents being displaced. Shahana Begum, 55, said she has been living in the area for decades but a demolition drive last month razed all her memories. "Last month, they demolished my house in the Civil Lines area and today, they demolished my daughter's house," she said,



A police personnel during a demolition drive at Khyber Pass area, in New Delhi, on Sunday

expressing her grief over the drive that has left her with nothing. While some of the houses and shops were demolished on Sunday, the residents of the area said many of them have

received notices about demolition to be carried out in the coming days. A father of two children, Mohit Gupta is worried about his children's future. They are studying in a nearby school in the area.

He said, "This is my only shop, Gupta Store, which will be demolished on August 13. I am very worried as to how I will earn and support my family." The demolition scare has made Gupta move to Burari area for the time being. "The rent there is so high that all my savings are spent paying it. For how long can I sustain? I have to pay the fees for children's studies too," he rued. At the site, the air was dense with dust as machinery demolished buildings. Several residents were seen sitting among the rubble that was once their home. Many of the children who have moved from the area are now returning worried for their parent's security. Nisha, who returned from Dubai on Saturday night after learning about the demolition of her parents' house, was worried about her elderly parents. "Where will I take my

family now? My father is not keeping well. They razed my house in no time and many useful things have been destroyed," she said. Nishant, 40, was in despair seeing his house being razed. He said while he had built a proper house with all the papers, no one came to their rescue. "We had all the papers for the house but now all my belongings have gone. No one came to help us. What do I do now? This was my home for all my life and now I am left with nothing," he said. A petition in this regard was filed in the High Court in 2010 and the court had directed that "no coercive steps be taken" against the petitioners. However, the petitioners filed an application in the matter for clarification, after authorities passed an order earlier this year threatening removal of alleged unauthorised occupation and construction from the area.



FIRST COLUMN

A HOLISTIC APPROACH FOR HEALING A TROUBLED MIND

Through spiritual practices and positive affirmations, one can find the peace



RAVI VALLURI

Recently I received a message on my cell, "I am the son of Lord Krishna, I keep visiting Tirumala, yet I take drugs. Why do I suffer? Kindly help me!" My response was, "Meet a psychiatrist, undergo counselling, and undertake a holistic programme of wellness." But the caller remained unsatisfied and kept pestering me with a flurry of such messages. This person was positively in a state of misery and fear. His crutch and lifeboat were Lord Krishna. The mind of the caller was both fragmented and deeply disturbed. He appeared to be in a state of imbalance. Patanjali Yoga Sutras have identified the following as root causes of misery in life—Avidya, Asmita, Raga, Dwesha and Abhinivesha. 1) Avidya—This is nothing but a lack of knowledge or ignorance.

Everything around us keeps changing constantly. It could be our cells, blood, stomach linings, and hair to name some. But we are oblivious to the change. 2) Asmita—This is our intellect and our self. We get stubbornly stuck to our opinions. The caller was fixated on the idea that he was the child of Lord Krishna and stayed put at Tirumala. Yet he was partaking in drugs. 3) Raga—This is nothing but craving. Normally craving arises out of certain pleasurable experiences of the past.

It has a deep imprint on the mind. But such impressions only aggravate our wants and misery. 4) Dwesha—Is nothing but hatred. Hatred is antithetical to craving. Though it arises out of craving, the premise is an unpleasant experience. This could be because of certain trag-



ic moments in the past or unrealistic expectations which do not materialise. 5) Abhinivesha—This is fear of the unknown. An emotion that affects all of us. Only a clairvoyant sage through penance and austerity overcomes this barrier. The caller proclaiming to be the son of Lord Krishna was in obvious pain and agony. He could experience ecstasy only through scientific help that is, consulting a psychiatrist, taking proper medication and a wellness programme.

The troubled individual's mind could have undergone say the Happiness Programme of the Art of Living or Vipassana to combat fear. But he remained an escapist by not attending either. This is how a fragmented and escapist mind reacts. The caller continued to escape and obviate the inevitable. It keeps hunting for excuses, and alternatives. Invariably the cloak of negativity and ignorance shrouds the mind from combating the problem. Exercising all love, caution, and care, I asked him to chant "Om Namah Shivaya", 108 times thrice a day to purge his mind of all negative thoughts and by making positive affirmations through writing "I am happy, healthy and peaceful".

This task was also to be done thrice daily 108 times, and the tapas was to be continued for 41 days. In case a day is missed for some reason, repeat the process for 41 days. Such signals to the mind are extremely useful and powerful. The mind then responds to positivity and discards negative feelings and emotions. He has not contacted me thus far. Presumably, he has embarked on the journey of tapas and hopefully has found support and a beacon of light in the dark tunnel. His Ishta Devata, Lord Krishna wielded Sudarshan Chakra wading through negativity and impurity. Sudarshan Kriya, Pranayama, Yoga and Meditation will certainly swathe through the cobwebs of his troubled mind and increase his Prana, Chi, or energy to obliterate the negativity. I am waiting for the 41 days to end so that he can be happy, healthy, and peaceful and lead a purposeful life.

(The writer is the CEO of Chhattisgarh East Railway Ltd. and Chhattisgarh East West Railway Ltd. He is a faculty of the Art of Living; views are personal)

The global crisis of over-tourism



ARCHANA DATTA

Around the world, over-tourism is emerging as a big problem. The overwhelming influx of tourists causes significant hardships for local residents and destinations



The growing problem of over-tourism across the globe! Archana Datta Recently, thousands of residents of Barcelona in Spain, protested against tourism, urging tourists to 'go home', waving placards and squirting water guns at outdoor diners, averting that tourists increased prices and put pressure on public services in Spain's most visited city. Not, only Barcelona alone, Venice also introduced a five euro entrance fee to dissuade day-trippers from crowding into the city's limited space and public resources.

Japan, too, has put up a giant screen to block views of Mount Fuji to discourage tourists from gatherings at the iconic spot. Closer home, in Chikamagaluru, Karnataka, police resorted to a special drive at tourist destinations to curb the unruly behaviour of visiting tourists. Now, people have been travelling for centuries, and have traditionally been welcomed to visit countries. While, in India, the spirit of 'aiti devo bhava', treating guests as Gods, prevailed. Over the years, travel as tourism, has turned into one of the most important economic sectors. The ease in global air connectivity and people's increasing craze for exotic visits, adventure and leisure in the internet-connected world, created an unprecedented rise in the number of tourists, which, eventually, evoked a 'tourist phobia', an aversion and social rejection among the locals, as happened in Spain, and elsewhere.

In 2019, when, 1.5 billion international tourist arrivals were recorded, a hike of 4% from the previous year, the World Tourism Organisation (WTO) called for managing 'such a growth of tourists responsibly to best seize the opportunities that tourism can generate for com-



ONE TOURIST PRODUCES FROM 1 TO 12 KG OF SOLID WASTE PER DAY WHEN VISITING A NEW PLACE, DEPENDING ON FACTORS LIKE LOCATION, THE TYPE OF ACCOMMODATION, PERSONAL PREFERENCES, AND THE CHARACTER OF THE STAY

munities around the world'. While, tourism has been described as 'the excessive growth of visitors in areas where residents suffer negative consequences such as permanent changes to their lifestyles, denial of access to civic amenities and damages in their general well-being' (Milano et al., 2019).

It has a social dimension too that 'impairs the place-person interrelationships and induces changes in residents' attitudes towards tourism' (Gössling et al., 2020). Over tourism, also makes urban life 'more tense and stressful' and for women 'a concern for safety in public space'. (Maja Hristov, Nebojša Stefanovic, Nataša Danilovic Hristic, Serbia, 2021). However, the present-day discourses predominantly veer around the issue of sustainability (Gowreesunkar & Thanh, 2020), as tourist hotspots are mostly located in sensitive ecosystems.

Water, a precious natural resource, gets seriously misused by the tourism sector affecting the water cycle of the area. In Zanzibar, an average household consumes a little over 93 litres of water per day, while, the average consumption per room in a guesthouse is 686 litres, 7 times more, which in a luxurious 5-star hotel room, rises to 3,000+ litres of water per day. Spain, an important producer of vegetables and fruits for Europe, struggles over water utilisation in two competing economic sectors, tourism and agriculture (Water Equity in

Tourism, 2012). While, a 2022 study said that in case of water scarcity, women are the most affected ones, as it worsens their daily life tasks.

One tourist produces from 1 to 12 kg of solid waste per day when visiting a new place, depending on factors like location, the type of accommodation, personal preferences, and the character of the stay. If the present trend continues, there will be an increase of 251 per cent in solid waste production because of tourism by 2050 (UNEP). Cruise ships are among the top polluters, and their raw sewage affects the coral reefs.

Sewage from Mexico's tourism industry threatens the Caribbean coast, and the Mesoamerican Reef has already lost 80 per cent of corals to pollution. In 2023, Santorini Island in Greece, which has a population of fifteen thousand, received around 800 cruise ships, which caused a layer of pollution around the caldera. Notwithstanding, tourism is an economic powerhouse. The Travel & Tourism sector (T&T) witnessed a boom in 2019, accounting for 10.5% of all jobs (334 million), and 10.4% of global GDP (US\$ 10.3 trillion).

In India, in 2019, the T&T sector was worth about \$194.3 billion, added 6.8% to the GDP and employed 40 million people. By 2033, the tourism industry is slated to represent 11.6% of the global economy. While, women comprise 54% of the workforce, but, they are mostly in lower-

skilled, lower-paid and often in informal employment (UNWTO). Now, some cities have gone for new or revised taxation, fines, etc, to de-market tourism.

However, tourism de-growth cannot be considered a remedy, which can push tourism-dependent local economies into crisis, as happened in Myanmar's temple city, Bagan, where people suffer to make ends meet for want of visitors, as the country is deep into civil wars. While, regenerative tourism as an antidote, was mooted in 1987 in the Brundtland Report, which set the tone for 'building back better', going beyond the concept of 'not damaging the environment'.

The UN called for a holistic understanding of living systems in the entire tourism ecosystem, as everything is inter-connected, the government, private sector, voluntary sector, and the communities.

The tourism industries should also operate in a new way by discarding the 'make-use and dispose' linear extractive model and fit themselves into a circular economy model of 'reuse/no waste', the world body urged. Isn't it high time for the burgeoning tourism sector to follow the path of regeneration, and herald an era of intergenerational equity, without compromising the planet for future generations?

(The author is former Director General, Doordarshan, All India Radio)

Jammu and Kashmir post-Article 370: Tackling terrorism and ensuring integration

Recent terrorist attacks in Jammu highlight the necessity for a having deeper emotional connect with the people and addressing their concerns

This is a 'Stop Press' moment for Jammu and Kashmir after the significant and benefitting legislation of the abrogation of Article 370 - a step towards demystifying and demolishing the 'special status' of Jammu and Kashmir which was a hydra-headed invitation to the West to make a spectacle of India's extreme problems of terrorism as it was and is being transported from Pakistan- and India's Foreign Minister Dr. Jai Shankar has often enlightened us on our Nation's self-interest. I say the 'Stop Press' moment because there has been a spike in terrorist attacks in Jammu and Kashmir, especially in Jammu and has brought under the lens the



PRATIBHA CHOPRA

local support for Pakistan terrorists. So what does the 'Stop Press' moment signify? In this 'stop press' moment, we need to dig deep - the abrogation of Article 370- will not integrate into the body-politic on its own - it has to be integrated as a living experience to attain validation in the Being and Soul of Jammu and Kashmir and its people. The definition of the people

of Jammu and Kashmir 'Indians' where Indians from the rest of the country also become an active agency.

This calls for a few hardcore resolute living and active steps- the foremost being understanding the minds of the people of Jammu and Kashmir - a lot has been done - but we need to engage with this relentlessly and break the ice to pierce their 'special status', 'isolation' and 'exclusivity' which has not done them any good except for dragging them into the mindless narrative of asking for 'autonomy' and realizing it the hard way that Pakistan has always worked out of bounds, and still does so, to 'keep' them in a perpetual zone of con-

flict. This brings us to a preparation for working towards democratic strengthening and consolidation of institutional structures in consonance with the reality of Jammu and Kashmir as the Government of India wants to see it after the abrogation of Article 370. Needless to say, all those developmental questions that are normally addressed in any State or Union Territory of India need to be addressed, foremost being economic egalitarianism. The Congress Party must keep its mouth shut and let the present govt. led by the Prime Minister Modi do its work in Jammu and Kashmir with the infrastructure and development, as



Union Minister Nitin Gadkari would have it. The Congress has through the years mutilated all the Federal aspects of the Constitution of India to politically force a Centralised hegemony. The present Govt. does not intend to treat Kashmir as a communal cauldron and a battleground for Hindutva

and rightly so, therefore it is building infrastructure there. The whole idea of the abrogation of Art. 370 would bear fruit if religious and ethnic exclusiveness were not exploited negatively but used towards international trade and commerce in the best cultural parlance. In the same breath I would say that the Muslim majority

could suggest itself to confine its international commitments to religious brotherhood and political proximities within the respectful questioning bounds and press freedom, this press freedom not being an absolute right but subject to the upholding of the Sovereignty and Integrity of India and its Dignity as envisaged in the Constitution of India. As far as the question of 'Kashmiriyat' is concerned, nobody is stopping or stalling this journey as long as it is within the legitimacy of the Constitutional provisions and the artistic license that it provides. And there may be questions of class and caste here that cannot be ignored if we are

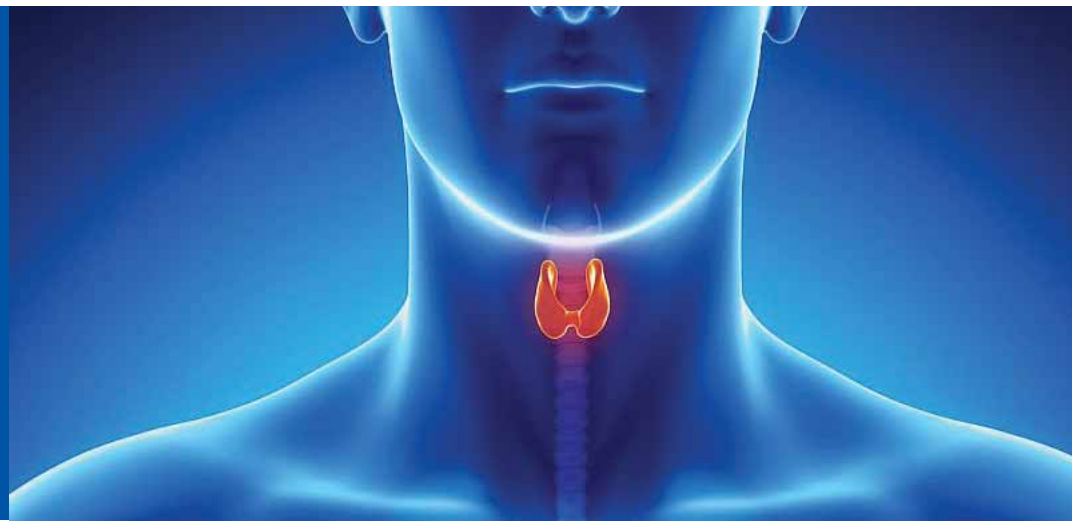
to sound and purport real. We will never forget the Indian Army, the soldiers who never fail us in the treacherous terrains of Jammu Kashmir, Ladhak & Siachen in the said region.

We give them the space in our hearts for they do not hide behind any 'political' discourses and tricks and are the first agency of the Social Contract that a Nation State is based on. Their relentless invincibility and risk-taking bravado have no given path to tread but every day is a new challenge. Let all our actions as envisioned in the above paras be a tribute to the soldiers of the Indian Army and it is on us to do our duty now and here.

(The writer is a lawyer; views are personal)



GOITRE BENIGN GROWTH WITH POTENTIAL RISKS



DR SUNIL CHUMBER
Professor and Head

Characterised by multiple growths in the thyroid gland, multinodular Goitre (MNG) is typically benign but carries a small cancer risk. Factors like family history and nodule features influence cancer risk, necessitating timely imaging and, blood investigations among others. In this second part of the series, **ARCHANA JYOTI** speaks with the team of AIIMS Delhi's Surgical Disciplines Department headed by **DR SUNIL CHUMBER** to get more insight into this

Are All Nodules Dangerous?
Not all thyroid nodules are harmful. In fact, most nodules in a multinodular goitre are benign, meaning they are not cancerous. However, there is a small chance that some nodules can be malignant (cancerous). Understanding this risk is crucial for proper monitoring and treatment.
Potential Complications of MNG: While MNG itself is usually not life-threatening, it can cause several complications, including:
● **Compression Symptoms:** As the goitre grows, it can press against the windpipe (trachea) and esophagus (food pipe), leading to difficulty breathing and swallowing. This pressure can also cause a noticeable swelling in the neck.

● **Thyroid Dysfunction:** MNG can sometimes lead to hyperthyroidism (overactive thyroid), where the gland produces too much thyroid hormone, causing symptoms like weight loss, rapid heartbeat, and nervousness. Less commonly, it can cause hypothyroidism (underactive thyroid), resulting in fatigue, weight gain, and depression.
● **Cancer Risk:** Although rare, some nodules in a multinodular goitre can become cancerous. Detecting these malignant nodules early is vital for

UNDERSTANDING THE RISKS AND COMPLICATIONS OF CANCER IN MNG



DR ANKITA SINGH
Assistant Professor

effective treatment.
RECOGNISING RISK IN MNG
Several factors can increase the risk of thyroid cancer in



DR AJAY MOHAN
Senior Resident

individuals with MNG:
Family History: A family history of thyroid cancer or genetic conditions that predispose to cancer increases the risk.

Radiation Exposure: Previous exposure to radiation, particularly in childhood, can raise the likelihood of developing thyroid cancer.
Nodule Characteristics: Nodules that are large, rapidly growing, or have certain features seen on ultrasound (such as irregular edges or microcalcifications) may be more suspicious for cancer.

PREVENTIVE MEASURES AND FOLLOW-UP
Regular check-ups and appropriate diagnostic tests are crucial for managing the risk of cancer in MNG. If you have a MNG, your doctor may recommend:

- **Periodic Ultrasound Exams:** To monitor nodule size and characteristics.
 - **Thyroid Function Tests:** To ensure your thyroid is working properly.
 - **Prompt Biopsy of Suspicious Nodules:** Early detection is key to successful treatment.
- While the majority of MNG are benign, it is important to be aware of the potential risks and complications, including the small chance of cancer. Regular check-ups, appropriate diagnostic tests, and timely treatment are key to managing this condition effectively. If you have a multinodular goitre or notice any unusual symptoms, consult your doctor for personalised advice and care. Staying informed and vigilant can help ensure the best possible outcomes.



RML Doctors Set New Benchmark in Plastic Surgery Arena

In a departure from traditional celebrations such as routine seminars and conferences, doctors at the central government-run Ram Manohar Lohia (RML) Hospital in Delhi embarked on a marathon of surgical prowess to mark World Plastic Surgery Day on July 15. The hospital's medical team, led by The Burn and Plastic Surgery Department, set out to demonstrate their expertise in an unprecedented 24-hour surgical session.
From 9 am on July 15 to 9 am on July 16, a dedicated team of 17 surgeons tirelessly operated across 24 operating theatres, tackling a spectrum of complex cases ranging from congenital anomalies to severe trauma-induced deformities.
Among their patients were individuals as young as two years old to adults up to 47 years of age, each requiring specialised care and surgical intervention. Of the two minors (two years of age) bardach's palatal repair and contracture release with skin grafting were done. The oldest male, a 47-year-old patient underwent lymphangioma excision plastic surgery.
Dr. Ajay Shukla, Medical Superintendent of RML Hospital, said the initiative aimed to address postponed surgeries and urgent cases. He highlighted the department's commitment to maximising the number of procedures performed, ensuring that patients in need received timely care. Among the day's notable achievements was the successful hand transplantation, a feat requiring intricate precision and coordination of bones, tendons, muscles, blood vessels, and nerves, said Dr. MK Jha, the Additional Director at the Hospital. The surgical marathon also addressed severe facial injuries, correcting not only functional impairments but also restoring essential aspects of patients' appearance and self-esteem. Dr. Samik Bhattacharya, Head of the Department of Plastic, Maxillofacial, and Microvascular Surgery, underscored the significance of procedures like eyebrow corrections,



DR AJAY SHUKLA
Medical Superintendent of RML Hospital, Delhi

The department's initiative was aimed to prioritise postponed surgeries and urgent cases, underscoring its commitment to timely treatment and increasing the number of procedures conducted

crucial for facial symmetry and expression. The marathon session also catered trauma-induced deformities, burns requiring skin grafts, and congenital anomalies such as cleft lip and palate. Dr. Sharma, a seasoned Professor within the department, emphasised the transformative impact of these surgeries, not only improving physical health but also enhancing overall quality of life for their patients.
Dr. Neerja Banerjee, head of Anesthesia, and the team headed by Dr. Rupesh conducted the OT as a mission. Dr. Banerjee said, that reconstructive surgery aims to restore the appearance and function of body parts affected by illness, injury, cancer, tumors, developmental issues, or congenital defects. Commenting on the unique approach, Dr. VK Tiwari, a renowned Plastic Surgeon and former Medical Superintendent of RML Hospital, currently serving as Dean of Hindu Rao College in Delhi, said such initiatives will give idea to more hospitals which will ultimately benefit the needy.
"These surgeries often involve more complexity and longer healing times compared to cosmetic treatments," he said.



BLOOD INVESTIGATIONS

Blood investigations in multinodular goitre form an important part of evaluation. It helps understand the cause of the goitre and the status of thyroid hormone production - increased, normal or decreased. It includes the following:

- TSH (Thyroid Stimulating Hormone) - usually remains normal but can be reduced in toxic MNG (increased secretion of thyroxine by thyroid gland) and increased if MNG is associated with hypothyroidism (decreased thyroxine secretion)
 - Free T4
 - Free T3
- Both usually remain normal, increased in toxic goitre, can be decreased in goitres with hypothyroidism.



DR CATHERINE HALAM
Senior Resident

investigate the functional status of a patient with a simple diffuse goitre or multinodular goitre may differ depending on the geographic areas of the world. Although serum thyroglobulin correlates with the iodine status and the size of the enlarged thyroid gland, it has little or no value in diagnosis of goitre.



DR KAMAL KATARIA
Additional professor

The choice of tests to

IMAGING MODALITIES

In treating a condition like MNG, doctors often rely on different imaging methods to get a clear picture of what's happening in the thyroid gland. Here's a breakdown of the main ones used:

- **Ultrasound (US):** This is the first imaging investigation to be done in anyone with MNG. It gives a black and white picture of the thyroid gland and allows your doctor to see the size and number of nodules, and even their makeup - whether they're solid, fluid-filled, or a mix of both. Ultrasound images also help identify suspicious features in the nodules that might indicate cancer risk.
- **Computed Tomography (CT):** CT scans provide more detailed images than ultrasound, but is not required for all cases of MNG. Your doctor will ask for this only if required like if the goiter is large, or pressing on other organs, and if cancer is suspected. In these situations, CT scans provide a closer look at the thyroid and nearby



DR. DEVENDER
Assistant Professor

structures to help plan treatment.
● **Magnetic Resonance Imaging (MRI):** This is another way to get detailed images of the thyroid and surrounding areas. Again, it is not performed for all patients and has similar indications as for CT scan and is especially useful when doctors suspect the goiter is growing into other tissues, or if a patient is allergic to dye used in CT scans.
● **Thyroid Scintigraphy:** This is a different type of scan in which a special kind of dye ("radioactive tracer") is



DR AAYUSH NAGPAL
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used to take images of the thyroid. It shows if nodules are "hot" or "cold", which is, whether they are actively working - to produce thyroxine (hot), or not (cold). Hot nodules usually aren't cancerous, but cold ones might need further checking.
Each imaging method has its pros and cons, but your doctor often will use a mix of them to get the full picture of what's going on with the thyroid. This helps them make the best decisions about treatment and keep an eye out for any potential problems.
(To be concluded)

Plastic Surgery: Transforming Lives and Confidence

DR SANJAY PARASHAR and DR KRITI LOHIA delve into the various benefits of plastic surgery, emphasising its role in improving physical appearance, correcting congenital deformities, boosting self-esteem, and fostering mental well-being for individuals facing personal challenges

Plastic surgery is a subspecialty that focuses on the restoration, reconstruction, or enhancement of the human body and it has evolved significantly over the years. It comprises two broad specialties- Aesthetic surgery, which was once primarily associated with celebrities for beauty enhancements, and Reconstructive surgery, which encompasses a wide range of procedures that significantly impact an individual's life.

ENHANCING PHYSICAL APPEARANCE AND SELF-ESTEEM
One of the most immediate benefits of plastic surgery is the enhancement of physical appearance. Procedures such as rhinoplasty (nose reshaping),

augmentation, liposuction, and hair transplantation significantly alter not only a person's looks but also help align their external appearance with their inner self-image. This alignment is like a bullet train to a substantial boost in self-esteem. When individuals feel happy about their appearance, they most definitely experience increased self-confidence, which positively influences various aspects of not only their own lives, from personal relationships to professional endeavors but also a trickle-down effect on people in their circles. For instance, a person who has spent the majority of their life feeling self-conscious about a prominent nasal hump or unbalanced breasts



DR SANJAY PARASHAR

may find that correcting these issues through plastic surgery eliminates a significant source of insecurity. Other skin issues like vitiligo, acne, scars, burns, moles, warts, cysts, mulberry birthmarks, dark spots, etc can be handled through minimally invasive aesthetic dermatology and improve the looks significantly. These procedures become the first step towards their newfound



DR KRITI LOHIA

confidence, which encourages them to engage more freely in social situations, pursue career opportunities with greater vigor, and generally approach life with a more positive outlook.
CORRECTING CONGENITAL DEFORMITIES
Plastic surgery also has a profound impact on individuals who are born

with congenital deformities such as cleft lip and palate, craniosynostosis (premature fusion of skull bones), and syndactyly (webbed fingers) that are effectively treated through reconstructive surgery. These congenital issues affect not only their physical appearance but also lead to functional impairments and social stigma. Cleft lip and palate, for example, are among the most common congenital deformities, affecting approximately 1 in 700 babies worldwide. These conditions cause difficulties in feeding, speech, and hearing, and often result in social challenges due to visible facial differences. Reconstructive surgery corrects these deformities,

significantly improving an individual's quality of life or in this case, a child. When you look beyond just the physical benefits, children and adults who undergo successful corrective surgery, time and again report higher self-esteem and better social integration, as they no longer feel defined by their appearance. It is often argued that plastic surgery allowed them to redefine themselves.
ADDRESSING TRAUMATIC INJURIES
Traumatic injuries, such as those sustained in accidents or due to violence, can leave individuals with severe disfigurements that impact their physical and emotional well-being. Reconstructive

plastic surgery repairs damage caused by burns, fractures, and other traumatic injuries, restoring both function and appearance. Consider the case of a burn victim who has suffered extensive facial and body burns. These resulting scars can be physically debilitating and emotionally harrowing. Through skin grafts, tissue expansion, regenerative therapies, and other reconstructive techniques, plastic surgeons and trained dermatologists significantly reduce the appearance of these scars and improve the functionality of affected areas. The psychological impact of such transformations is both immense and priceless.

PSYCHOLOGICAL BENEFITS AND IMPROVED QUALITY OF LIFE
The psychological benefits of plastic surgery extend beyond improved self-esteem. Individuals frequently report a reduction in their anxiety and depression following these procedures. This is particularly true for those who have lived with long-term dissatisfaction or emotional distress related to their appearance. By addressing their concerns, plastic surgery helps alleviate negative emotions and promotes mental well-being.
(Dr Sanjay Parashar is a well-known plastic surgeon in Dubai and Dr Kriti Lohia is an Aesthetic Dermatologist and Dermato-surgeon. They are co-founders of Aesthetics redefined by Cocoon, Gurgaon)

