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Delineating Our Defence Posture

Barack Obama's comments on the nuclear threat in the Indian subcontinent may have rankled New Delhi, but the US President is right in hinting that India's undefined defence posture compels its adversaries to prepare for the worst

External Affairs Ministry spokesman Vikas Swarup has raised an important issue concerning India's defence posture. Commenting on US President Barack Obama's recent call for India and Pakistan to reduce their nuclear arsenal, he said that the US lacked an understanding of India's defence posture. "India has a no-first use policy and has never initiated military action against any neighbour", he said.

For one, his remarks are not entirely true; for another, it is unclear if he understood what 'defence posture' implies. What defence posture a nation should adopt against adversaries is defined by the political leadership in close consultation with the military leadership, based upon what political objectives are sought to be met by war. To say that defence forces are meant to safeguard territorial integrity is dangerous, since it leaves room for interpretations on the defence posture. India — when it was most needed — has not articulated its defence posture, since the May 1998 nuclear tests.

Consequent to the Pakistan-supported terror attack on Indian Parliament on December 13, 2001, India initiated Operation Parakram, a 10-month military stand-off with Pakistan. Throughout the crisis, India's political and military leadership were out of sync on the defence posture. For the Army, which was ordered to mobilise its entire 12 lakh strength, the defence posture implied war. For the AB Vajpayee Government, the defence posture was unclear — it intended to go to war but developed cold feet. To save face, India's National Security Advisor Brajesh Mishra sought assistance from his American counterpart Condoleezza Rice to avert an imminent war. However, the Parliament of India was later told that the defence posture for Operation Parakram was coercive diplomacy, which the Government claimed had succeeded. If it had, Pakistan, not India, would have blinked first.

After the crisis, the Indian Army chief, General S Padmanabhan, publicly said, "Whenever there is a situation calling for the Army's help, the latter's role should be clearly defined to avoid confusion." If there was confusion about defence posture within the Indian Army, think what the Pakistan Army would have done: It braced itself for the worst. India's declaratory nuclear no-first-use policy became meaningless for Pakistan and the world during this crisis.

After Operation Parakram, while the Indian political leadership maintained stoic silence on the defence posture, the Indian Army sent confusing signals. On the one hand, it fenced the military-held Line of Control suggesting a strategic defence posture. On the other, it announced the Cold Start doctrine on the border implying an offensive posture.

Catering to the worst case scenario, the Pakistan Army acquired tactical nuclear weapons and declared a 'full spectrum deterrence' defence posture to plug operational gaps of the Cold Start. It also explained that while strategic nukes cater to the strategic and operational levels of war, the tactical level or the immediate battlefields had become vulnerable to India's Cold Start. To fill this gap, the TNWs had been inducted into the inventory.

While the world was grappling with the fall-out of Cold Start and TNWs given the history of wars between India and Pakistan, the Indian military added more confusion to its defence posture. Declaring the need to protect borders from an aggressive China and a belligerent Pakistan, the Indian Army, in 2009, announced the need to prepare and fight a two-front war. It declared an

offensive defence posture against China by raising the 17 Mountain Strike Corps. A naïve media fed stories of how the Indian Army would fight a war, if needed, in Tibet on Chinese soil.

Not to be left behind, the Indian Air Force, claiming to be the only Service providing dissuasive deterrence, raised its combat strength need from 39.5 squadrons to 42 squadrons for the two-front war scenario. Never mind that the Government has not told the Army and the IAF what it desires to achieve in war on two-fronts; the Army and the IAF do not have a combined assessment of the two-front threat; the two Services do not have a common doctrine to combat the two-front scenario; and most importantly, the two have not officially accepted that fighting a two-front war will be a disaster of unimaginable proportions.

Putting it squarely, the Army and IAF represent two domains of war. Even if the IAF were to get 42 combat squadrons there is little it can do. China today has mind-boggling capabilities regarding unmanned combat aircraft and ballistic and cruise missiles, and in the other four domains of war, namely, space, electromagnetic, cyber, and sea. What India needs is a defence posture against all six domains of war against China.

Pakistan, once again catering for the worst case scenario, sought interoperability with the Chinese military in 2009, which today far exceeds that of the US and the North Atlantic Treaty Organisation forces at the height of the Cold War. Interoperability is the ability of two Armed Forces to operate together in combat environment with ease as one whole. This helps strengthen deterrence, manage crisis, shape battlefields and win wars. The invigorated Pakistan military which will be supported by the Peoples' Liberation Army in all conventional war domains (land, sea, air, space, electromagnetic and cyber), without showing its hand, is the new military threat facing India. India's defence posture of a two-front war is no longer relevant.

Given the strengthened defence posture acquired by Pakistan, shouldn't India re-assess the need to build capabilities for a two-front threat? Instead of questioning the Services on their bizarre defence posture, the Parliament's Standing Committee on Defence recently lambasted the Ministry of Defence for failing to provide war withal. This is putting the cart before the horse. Why must the nation spend finances on defence without a debate on defence posture? This is what all major powers routinely do.

The problem is that the Government has convinced itself and sounded the defence Services that it will not initiate war. Generals of the Army's Northern Command have been telling the media that there will be no war. What they have not catered for is the worst case scenario. What if Pakistan, frustrated by India's determination not to discuss the Kashmir resolution, decides to go to war?

More than war preparedness, what will let India down is its undecided defence posture during peacetime. Since war has its own dynamics such situations lead to disasters irrespective of the peacetime intentions of a nation. And this is what President Obama was referring to by calling on India and Pakistan to reduce their nuclear arsenals. Since that depends on the conventional arsenal of the two, the start point could be to discuss issues under the memorandum of understanding of the 1999 Lahore Declaration.

The Indian Express
07 Apr, 2016

Making the nuclear point

The Fourth Nuclear Security Summit brought a timely focus on the link between nuclear and cyber security.

On the opening day of the Fourth Nuclear Security Summit in Washington on March 31, demonstrators outside the White House held up placards with the blunt message: "There is no nuclear security as long as nuclear weapons exist".

The Nuclear Security Summits have been about adoption of measures to prevent terrorist groups such as the Islamic State (IS) and al-Qaeda from gaining access to nuclear weapons, fissile or radiological material, or from attacking nuclear facilities, through an array of national, bilateral or multilateral measures. However, international cooperation in promoting nuclear security is limited to the civilian sector only. Countries with nuclear weapons are expected to take national measures to secure their military facilities, fissile material and weapons.

President Barack Obama announced his initiative to convene serial Nuclear Security Summits in his much acclaimed Prague speech in 2009. But his key declaration in the speech was the re-commitment of the US to the goal of a world free of nuclear weapons. Thus, nuclear disarmament and nuclear security were integrally linked. The latter could only be an interim, though important, step in the pursuit of nuclear disarmament. Obama also pledged that the US would, in negotiations with Russia, further reduce its nuclear arsenal and would not develop any new nuclear weapons. He also hoped to persuade the US Congress to ratify the Comprehensive Test Ban Treaty (CTBT). While the limited nuclear security initiative has gone ahead, the pursuit of nuclear disarmament has been reduced to a mere proforma pledge. In fact, there has been a significant reversal, as both the US and Russia have expanded their nuclear weapon programmes over the past five years. The US has not ratified the CTBT.

On the eve of the summit, Obama said: “I’ve reduced the number and role of nuclear weapons in our national security strategy. I have also ruled out developing new nuclear warheads and narrowed contingencies under which the US could ever use or threaten to use nuclear weapons”. And yet, the Pentagon reportedly plans to spend \$1 trillion over 30 years on an entire new generation of nuclear bombs, bombers, missiles and submarines. After the Ukraine crisis, Obama has reportedly ordered 200 additional nuclear weapons to be deployed in Europe.

The decoupling of nuclear disarmament from nuclear security is complete. So what did the Fourth Nuclear Security Summit achieve? The summit adopted a Washington Communiqué and four fairly detailed “action plans” relating to key components of the nuclear security regime. These are all directed towards the laudable aim of securing all nuclear-related materials, devices and facilities so as to prevent access by non-state actors and terrorist groups. The global nuclear security regime is based on both legal and informal instruments. The UN Security Council Resolution 1,540 (2004) imposes an obligation on states to secure all fissile materials and nuclear facilities to prevent the risk of a dangerous link between international terrorism and weapons of mass destruction. The International Convention for the Suppression of Acts of Nuclear Terrorism and the International Convention on the Physical Protection of Nuclear Materials and its 2005 amendment are other legal instruments. The summit communiqué urges states that have not done so to sign and ratify these instruments and to ensure their implementation. For follow up, the IAEA will convene a ministerial-level international conference on nuclear security in December this year, and this is likely to become a regular high-level forum.

There will also be a contact group at the IAEA at the official and expert level to continue and advance the momentum achieved at the nuclear summits. In addition to endorsing the central role of the IAEA in promoting nuclear security, the summit adopted four action plans pertaining to the UN, Interpol, the Global Initiative to Combat Nuclear Weapons and the Global Partnership Against the Spread of Nuclear Weapons and Materials of Mass Destruction — the latter two being informal arrangements among a number of states, mostly from the developed world. The action plans are non-binding best endeavours pledged by states for national and bilateral initiatives or multilateral cooperation to strengthen nuclear security through the use of technology, adoption of best practices and capacity building.

This summit brought a timely new focus on the link between nuclear security and cyber security. Interpol’s “Operation Fail Safe” initiative deals with the potentially dangerous nexus between cyber

attacks and nuclear risks. The other areas of cooperation are methods of vetting and carrying out psychological assessments of personnel working in nuclear facilities and the monitoring of radiation levels and surveillance at borders for preventing trafficking of nuclear-related materials. Nuclear security is also linked to non-proliferation measures; for example, the continued reduction in the use of highly enriched uranium (HEU) and plutonium in civil nuclear facilities to minimise possible leakage for weapon use.

Prime Minister Narendra Modi announced several contributions to nuclear security. India will participate in the informal international “contact group”, which fosters cooperation in countering nuclear smuggling. Its own Global Centre for Nuclear Energy Partnership (GCNEP) will participate in the group on nuclear security training and support centres and centres of excellence. India has also announced that none of its research reactors will be using HEU henceforth.

In the past, India had avoided joining such groups known as “gift baskets”, which brought together countries to cooperate on a voluntary basis on nuclear security issues.

These announcements underscore India’s credentials to become a member of the Nuclear Suppliers’ Group. Modi also used the summit to focus on the threat to nuclear security posed by state sponsorship of terrorist groups and the pursuit of risky escalatory policies such as the deployment of theatre nuclear weapons. Though Pakistan was not named, the target was obvious. And, yet, in his closing remarks, Obama put India in the same bracket as Pakistan, calling on both “to make sure that as they develop military doctrines, that they are not continually moving in the wrong direction”. Old habits of hyphenation are difficult to shed despite the much vaunted India-US strategic partnership.

The Times of India
07 Apr, 2016

After F-16s, Pak to now get thermal weapon sights

The US is poised to sell sophisticated thermal weapon sights to Pakistan following the Obama administration's decision to provide eight F-16 fighter jets and nine AH-1Z Viper attack helicopters worth \$170 million to the country. The Pentagon awarded a \$17 million contract to Raytheon for supply of the thermal weapon sights and spares which improve targeting and surveillance capabilities by enabling soldiers to spot targets at long distances through haze, dust and fog.

The Asian Age
07 Apr, 2016

Abe defends military pact with US

Tokyo: US military bases remain essential to Japan’s security, said Prime Minister Shinzo Abe in an interview, as he brushed off comments by Republican presidential candidate Donald Trump that Tokyo should be left to defend itself. Japan’s alliance with Washington has been the bedrock of its defence since the end of World War II, and the country still hosts 47,000 US troops.

“I cannot conceive of any situation within the foreseeable future when the US presence wouldn’t be necessary,” Mr Abe told The Wall Street Journal in an interview published on Tuesday.

Mr Abe has vowed to boost Japan’s military, but he sidestepped a question on whether Japan would play a bigger role in its own defence, saying Tokyo would strengthen its relationship with Washington. “By strengthening the Japan-US alliance, we’ll strengthen deterrence, and that will contribute to peace and stability in the region, not just Japan,” said Mr Abe in the interview, which was conducted in Tokyo on Tuesday.

Mr Abe also said he wanted to push through a huge trans-Pacific trade deal that has been attacked by both Democratic presidential candidates Bernie Sanders and Hillary Clinton.

China lighthouse on disputed island

Beijing, April 6: China has expanded its presence in the contested South China Sea by switching on a lighthouse atop a reconstructed reef also claimed by Vietnam and the Philippines, state media said.

The 55-metre-high (180-foot) facility on Subi Reef in the Spratly chain contains technology to monitor passing ships, the official Xinhua news agency reported late on Tuesday.

China claims virtually all the South China Sea despite conflicting claims by Brunei, Malaysia, Vietnam, Taiwan and the Philippines.

It has constructed arti-

● **Chinese transport officials held a ceremony on Subi on Tuesday, Xinhua said. Pictures showed men in white shirts beside the towering structure next to a sign reading 'Lights-on ceremony'.**

cial islands in the area in recent months as it asserts its claims.

China has turned Subi Reef — known as Zhubi in China — into an artificial island in the past year, satel-

lite photos have shown, reclaiming nearly 400 hectares (988 acres) of land.

The island-building has been condemned by neighbours and the United States, but Beijing insists it is aimed at helping with maritime search and rescue.

Chinese transport officials held a ceremony on Subi on Tuesday, Xinhua said. Pictures showed men in white shirts beside the towering structure next to a sign reading "Lights-on ceremony". Washington regularly accuses Beijing — which says it has built runways and deployed unspecified weapons to the islands — of militarising the area.

Beijing denies the accusa-

tions and says US patrols have ramped up tensions.

Citing an obligation to uphold freedom of navigation, Washington last year sent the *USS Lassen* to sail past Subi Reef, a move which angered Beijing.

Xinhua reported last year that China would build two 50-metre-tall lighthouses on the Cuarteron and Johnson South reefs in the Spratly islands, which are also claimed by Vietnam and the Philippines.

The state-run *China Daily* newspaper reported in 2014 that Beijing would build five new lighthouses in the South China Sea's Paracels chain.

— AFP

Gatiman Express, India's fastest train: Delhi to Agra in 100 min

Gatiman Express, India's fastest train completed its maiden journey from Delhi to Agra in 100 minutes as compared to about 2-3 hours that other trains take to cover the distance.

Railways Minister Suresh Prabhu flagged off the train from Delhi's Hazrat Nizamuddin station on Tuesday morning.

The train runs at a speed of 160 kilometre per hour, covering the 184-km distance between Delhi and Agra in 105-110 minutes. Moreover, speed is not the only highlight of Gatiman Express which is India's first semi-high speed train.

According to Arun Arora, divisional railways manager (DRM), Delhi division of Northern Railway, the Gatiman's coaches have been built at Kapurthala Railway Coach Factory in the Punjab and bio-toilets developed by the Defence Research and Development Organisation (DRDO). The cost of train is around Rs 50 crore.

There are two executive chair car coaches and eight AC chair car coaches. There is a provision for hotspot infotainment and the railways has prepared special menu too for its passengers. There will be two sets of menu for vegetarian and non-vegetarian passengers apart from cakes and wafers. In vegetarian menu, a passenger can choose between South Indian and Punjabi food and in non-vegetarian there will be continental dishes and sausages.

चीन ने लौटने वाले उपग्रह का सफल प्रक्षेपण किया

बेजिंग, 6 अप्रैल (भाषा)। चीन ने सूक्ष्म गुरुत्व और अंतरिक्ष जीवन विज्ञान का अध्ययन करने में वैज्ञानिकों की मदद करने के लिए पुनः प्राप्त किए जा सकने वाले वैज्ञानिक अनुसंधान उपग्रह का बुधवार को सफल प्रक्षेपण किया। एसजे-10 को उत्तर-पश्चिमी चीन के गोबी मरुस्थल स्थित जिउक्वाल उपग्रह प्रक्षेपण केंद्र से लांग मार्च 2-डी रॉकेट के जरिए कक्षा में स्थापित किया गया। सरकारी समाचार एजेंसी शिन्हुआ ने कहा कि इस यान का आकार बंदूक की गोली जैसा है। अंतरिक्ष में रहने के दौरान यह कुल 19 प्रयोगों को अंजाम देगा, जिनमें सूक्ष्म गुरुत्व द्रव भौतिकी, सूक्ष्म गुरुत्व दहन, अंतरिक्षीय पदार्थ, अंतरिक्ष विकिरण प्रभाव, सूक्ष्म गुरुत्व जैविक प्रभाव और अंतरिक्ष जैव-तकनीक से जुड़े प्रयोग शामिल होंगे। इसके बाद यह नतीजों के साथ पृथ्वी पर लौट आएगा।

पंजाब केसरी

07 अप्रैल, 2016

भारत की बेटी ने खोजा जीका का टीका



नई दिल्ली, वाशिंगटन, (एजेंसी): जीका वायरस से निपटने के लिए वैज्ञानिकों को पहली कामयाबी मिल गई है। वैज्ञानिकों ने जीका वायरस की संरचना का पता लगा लिया है। इन वैज्ञानिकों में भारत की शोधार्थी देविका सिरोही भी शामिल हैं। 29 साल की देविका डाक्टर की स्टूडेंट हैं। इनका जन्म उत्तर प्रदेश के मेरठ शहर में हुआ है। जीका वायरस की संरचना का पता लगाने वाले सात सदस्यों वाली टीम में वह सबसे छोटी उम्र की हैं। अपनी सफलता पर देविका का कहना है कि इस खोज के पीछे कठिन मेहनत का हाथ है। उन्होंने

कहा कि वायरस का पता लगाने में उनकी टीम को महीनों लग गए। इस विषय पर रिसर्च करने के दौरान वह मुश्किल से ही कभी दो-तीन घंटों की नींद ले पाती थी।

उन्हें भरोसा है कि वायरस की संरचना का पता लग जाने के बाद इस बीमारी के इलाज के रास्ते भी निकल आएंगे। सिरोही बताती हैं, 'जब मैं अमरीका आई थी तो यह नहीं पता था कि मुझे यहां इतनी बड़ी उपलब्धि मिलेगी। मुझे यहां अपने डाक्टरल रिसर्च को शुरू किए पांच साल बीत चुके हैं। इस साल के अंत तक मैं अपना थीसेस जमा कर दूंगी।

New drugs lower pain of diabetes treatment

Type 2 diabetes can be prevented or delayed with a healthy diet and exercise, but most people get diagnosed late, often after complications such as blindness, kidney failure and heart disease have set in. DR Nikhil Tandon, Head of the Department endocrinology, metabolism and diabetes, AIIMS

Srikanth Mahata, 57, was constantly worried about sudden spikes and precipitous falls in his blood sugar levels. Though he's had little trouble controlling his diabetes since he was diagnosed with it close to a decade ago, medicines suddenly appeared to have stopped working a year ago.

"My sugar levels were all over the place despite diabetes pills, so my doctor advised I switch to an injectable drug about six months ago, but I didn't want to start injecting myself multiple times a day," says Mahata, who works for a Geneva-based shipping company.

He struck gold when Trulicity, a weekly non-insulin drug, was introduced in India two months ago.

It's a single-dose loaded pen that does not require mixing nor measuring, and is recommended for people like Mahata who have uncontrolled glucose despite taking oral drugs. It also triggers weight loss, which is a big motivation for many people struggling to achieve a healthier weight," says Dr Ambrish Mithal, chairman, endocrinology and diabetes, Medanta.

The other options are the once daily Victoza, which does away with the need for taking multiple shots a day. SUGAR HIGH

The International Diabetes Federation estimates 67 million people in India to be diabetic, though only half of them know they have it. Three in every 100 persons will develop diabetes at the end of the year, shows data from the cardio-metabolic risk reduction in South Asia (CARRS) study of adults ages 20 and above in Delhi, Chennai, and Karachi from 2010-13.

The diabetes incidence rate – defined as cases every 1,000 persons – was 30.8 for India, with people in Delhi being at highest risk. Incidence was 37.3 for Delhi, 25 for Chennai, and 31.9 for Karachi, with women being at a slightly higher risk than men, found the study.

"A 3% annual incidence is very, very high, and unless diabetes in those affected in managed optimally, they run the risk of developing complications that can damage their eyes, nerves, kidneys and heart," says Nikhil Tandon, professor and head of the department of endocrinology, metabolism and diabetes, All India Institute of Medical Sciences, which participated in the CARRS study.

Tandon advocates a "lowcost health system approach" involving non-physician care coordinators, such as nurses and health workers and a clinical decision-support software on a smartphone or tablet to lower the risk of death. NEW HOPE

Dr Mithal pointed out that "sodium-glucose co-transporter inhibitors" are another new class of medicines that improve control blood sugar in type 2 diabetes. "Apart from being a potent anti-diabetic, it promotes weight loss kg in most users and lowers hypoglycemia risk," he says.

For people with type-1 diabetes, the new insulin combination ensures smooth control with less sudden falls in blood sugar levels.

best, of course, is prevention. Staying active, having a healthy weight and eating a high fibre-low sugar diet prevents type 2 diabetes, which accounts for 95 per cent of all diabetes cases.

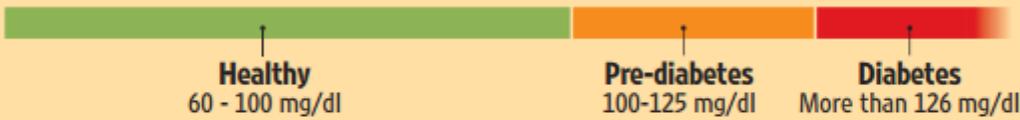
Type 2 diabetes can be prevented or delayed with a healthy diet and exercise, but most people get diagnosed late, often after when complications such as blindness, kidney failure and heart disease have set in," said Dr Tandon.

TESTING TIME

Get screened for diabetes if you are overweight, inactive, eat unhealthy food, or if your mum, dad, brother or sister has diabetes

FASTING GLUCOSE

Tests blood sugar levels after eight hours of your last meal



HBA1c

Shows blood sugar control over the past three months

Healthy reading: 6 -7%.

Frequency: **Once in three months**

DILATED EYE EXAM

Shows early nerve damage to the retina that can blind

Frequency: **Annual**

HYPERTENSION

Use medicines to lower if it crosses **130/80 mmHg**

Healthy: 80/120 mmHg

Frequency: **Once a month, weekly if uncontrolled**

PERIPHERAL ARTERY DISEASE (PAD) EVALUATION

Foot exam, ankle-brachial index test to compare the BP in the ankle and the arm, and a doppler ultrasound, if needed, to identify blocked or narrowed arteries in the legs.

Frequency: **Annual**



LIPID PROFILE

Measure of blood fats that may trigger "silent" (without symptoms) heart attack in diabetics

Triglycerides

40- 200 mg/dl

Serum cholesterol

80-200 mg/dl

HDL "good" cholesterol

40-70 mg/dl

LDL "bad" cholesterol

30-100 mg/dl

VLDL cholesterol

24-45 mg/dl

Frequency: **Annual**

TRAVEL TIPS FOR DIABETICS

- Keep blood glucose levels in control
- Take more medicines than you need
- Always carry your prescription in case you run out or lose medicines
- If travelling overseas, keep changing time zones in mind while planning meals and medication schedule
- When eating out, ask about the ingredients in what you order
- Keep glucose tablets, sweets or cookies handy for a sudden fall in blood sugar (hypoglycaemia)
- If you use insulin, wear a medical-ID bracelet or necklace at all times
- Carry insulin pens, insulin and/ or syringes in a carry-on bag
- Monitor blood glucose levels before, during and after long-haul flights

“Get screened if you have a risk factors, be it obesity, sedentary lifestyle, or a family history.”

Does bariatric surgery work?

Obese people who have had diabetes for less than a decade have very high chances of reversing diabetes if they lose weight.

Bariatric or weight loss surgery is a treatment option when all other efforts of losing weight have failed. “Bariatric surgery is for the morbidly obese with a Body Mass Index — a measure of healthy weight, calculated by your weight in kg divided by the

square of height in metres — of 37.5 and above, which means the person is at least 40-45kg over their healthy weight.”

“Healthy BMI is 18-21. Studies show that every 10 kg of excess weight takes away three years of life,” says Dr Pradeep Chowbey, chairman, minimal access, metabolic and bariatric surgery. Studies from India have shown bariatric surgery helped control diabetes in 88.4%, lower hypertension in 58%, raise heart-protecting good cholesterol (HDL) in 93%, and triglycerides in 82.1%.

“Almost all patients can lower the medicinal dose after surgery, with some even going off insulin,” says Dr.Chowbey.

Walk for 60-Min Daily to Keep Diabetes Away

Over the years, you all have heard that diabetes can cause kidney and heart failure, gastrointestinal disorders and can also cause complications in pregnant women. On the eve of World Health Day, doctors have advised people, who are suffering from foot related complications to consult a foot surgeon. It is surprising to note that diabetes can also lead to foot complications, which can lead to amputation, said a doctor, adding that however, patients are not aware that they are diabetic. According to AIIMS study, “Every 4th person in Delhi is diabetic and out of these, 25 per cent of people suffer from foot complications (neuropathy).”

Health experts said a diabetic patient who suffers from neuropathy is not even able to feel the pain in the foot and in most severe cases, patient’s treatment ends in foot amputation.

Recently, the World Health Organisation (WHO) has called diabetes as a growing epidemic in India with over 60 million people suffering from diabetes.

Dr APS Suri, diabetic foot surgeon from Fortis C-DOC hospital said, “When a person suffers from diabetes, s/he is not able to feel the pain in the foot. Due to which they develop neuropathy. About 40 per cent of OPD patients suffer from foot ulcers and in most extreme condition they have to be amputated.”

The foot complication occurs in a person being a diabetic for 10 to 15 years. About 80 per cent of males and 25 per cent of women suffer from foot disorders due to diabetes.

“As people are not able to detect the pain sensation, they suffer from foot infections and once it goes into the bone, it develops osteomyelitis, a bone infection. It leads to poor blood circulation as a result of which, gangrene (a condition occurs when body tissue dies),” said Dr Suri.

Dr Anoop Mishra, director of Department of Diabetes & Metabolic Diseases, Fortis hospital said, “People still don’t know about foot amputation, foot ulcers due to diabetes. They should consult foot surgeon, if they are suffering from such health issues.”

Talking on the preventive measure for the diabetes, Dr Sujeet Jha, HoD of endocrinology at Max Hospital, Saket said sixty minutes of daily walk and good dietary habits can curtail the risk of being diabetic. “Patients who are suffering from foot complication should wear proper shoes after the consultation of foot surgeon,” said Dr Jha.

Dr Sanjiv Agarwal from Diabetacare said excess consumption of calories, simple sugars, saturated fats and consumption of less fibre, and markedly reduced physical activity are most certainly among the contributing factors.

Dr AK Gadpayle, director of Central-run Dr Ram Manohar Lohia Hospital said due to the increasing diabetes trend in the country, the Central Government is going to start a new project for screening of diabetes at grassroot level by including Accredited Social Health Activists (ASHA) workers. “They will reach each person from urban to rural area. Till now, we know that diabetes is an urban people health issue. But government wants to detect it in villages where there are no medical facilities and working lifestyle is different with no sedentary lifestyle,” said Dr Gadpayle.

INMAS, DRDO Health camp at Nafra

Itanagar: Sajolang Elite Society Nafra in collaboration with Institute of Nuclear Medicine & Allied Science (INMAS) Defense Research & Development Organization (DRDO), Delhi organized Arunodaya Health Camp at CHC Nafra on April 5-6.

All together there are ten doctors, 6 from Delhi and 4 from Tezpur. During the health camp, around 1200 patients were treated and 150 patients were given hepatitis vaccination. This is the forth consecutive time that Sajolang Elite Society has conducted such health camp at Nafra.

The society has submitted several memorandums to the state government for posting of more doctors at CHC Nafra as per the norms, but only one doctor is serving the people, said SES president Aju Khonjuju. Last year, the Society appealed for posting of subject teachers at government higher secondary school Nafra, but till now no subject teachers have been posted, it added. The Society reiterated its appeal for posting of teachers and doctors at Nafra.

Meanwhile, society conducted Clean Arunachal at CHC Nafra on April 4.

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MHA for Pay on Par with Army for Paramilitary

By Rahul Tripathi

Equal pay sought for second in command in central paramilitary to that of a lieutenant colonel in the Army. Drawing a parallel with defense forces, Rajnath Singh-led home ministry, has recommended equivalent pay for a second in command (2IC) in central paramilitary to that of a lieutenant colonel in the army. At present, there is a difference of Rs 40,000 in their salaries “despite operational role of both ranks being similar in nature,” the home ministry informed the empowered committee of secretaries (E-COS) in its recent discussion.

In its presentation before the ECOS, the MHA also batted for a ‘special pay’ on par with the army.

The defence forces get a special allowance in the form of military service pay (MSP) over and above their salaries. While recommending a ‘CAPF service pay’, the home ministry said, “CAPF fulfills all attributes required for MSP, which includes separation from family. They are the key pillars of internal and border guarding, handle warlike situation and continuously engaged in operations.”

According to an MHA official, the proposal for a ‘CAPF special pay’ was earlier mooted before the 7th pay commission last year. However, it was shelved at the last minute. He also stated that the CAPF has raised nearly 40 demands, which were examined at the MHA, before recommending 11 of them to E-COS. While terming it to be a “great morale booster” for the forces, the home ministry in its recommendation also sought additional leave travel concession (LTC) for CAPF personnel serving in high altitude on par with defense forces that will “facilitate personnel to visit at least twice to their families on government cost,” MHA said in its representation.

Home ministry also sought to address the problem of stagnation among the paramilitary by proposing that modified assured career progression scheme (MCAP). It shall be allowed four times at an interval of 8, 16, 24 and 32 instead of 3 times at an interval of 10, 20, 30 years. “At present, it takes 20-22 years for them to get their first promotion and this has also led officers to quit. As many as 9,300 personnel quit ITBP, CISF, SSB BSF, CRPF, due to non-friendly working conditions,” said an official. The government also advocated for a better leave structure for the personnel who are deployed for counter-insurgency operations across the country.