



**Today's Thought**

Successful negotiation is not about getting to 'yes'; it's about mastering 'no' and understanding what the path to an agreement is.  
Christopher Voss.

**Th Muivah : Man in the news  
Time frame of 3 months**

Thuingaleng Muivah is certainly a news maker in the North East region of the country and it was therefore not surprising to see the information that he is back at Dimapur making big news, at least in **The Sangai Express**. A man who cannot be ignored. This is the reality and whether one likes his agenda or not, the general secretary of the NSCN (IM) will continue to make news as long as the final deal between the outfit he leads and the Government of India is yet to be inked. Even after the final solution is inked, he may continue to make news and this is the reality. Stationed at New Delhi, but with the headquarters of the NSCN (IM) now at Camp Hebron near Dimapur, Th Muivah must have made numerous journey between Delhi and Dimapur but what makes his visit this time all that more interesting is the series of report coming in that Prime Minister Narendra Modi has reportedly instructed Interlocutor to the peace talk and now Governor of Nagaland, RN Ravi to wrap up the talks within three months. This directive is believed to have been issued before Ravi assumed office as Governor of Nagaland on August 1 and this in effect means that the deadline to ink the final deal is today just a little over two months. The time frame of three months reportedly set by Prime Minister Narendra Modi is in line with the intent and purpose the BJP led Government demonstrated ever since it came to power in its first term in 2014 and now in its second term in office. Remember the Framework Agreement was signed on August 3, 2015, just a little over a year after the BJP came to power in 2014. Now that it has returned to power after the 2019 Lok Sabha elections, Modi has again demonstrated that the Government is no longer interested in pussy footing the issue and the three months time frame falls in line with this observation.

Encouraging to note that in Prime Minister Narendra Modi, there is a political leader who seems determined to settle the longest armed movement in the North East region of the country and it is this intent of purpose which everyone in the region must be keenly watching. If the past is any indication then the latest development must have evoked intense interest in Manipur. Remember 2001 when the words 'ceasefire without territorial limits' were inserted in the ceasefire pact on June 14, 2001. It was Manipur which was the epicentre of the protest, so much so that after 2001, June 18 has become a calendar date which must have been marked in red by many civil society organisations as well as individuals. This fact must have registered in the consciousness of the Centre, for all indications say that the territory of the North East States would not be compromised. However it should also be kept in mind that the NSCN (IM) does not seem to have given up its stand on a Greater Lim and this is something which must have registered in the minds of everyone. How the Centre takes the issue ahead is yet to be seen, but it is significant to note RN Ravi reportedly stating that major issues have been settled and what remains are the symbolic points. What these symbolic points would turn out to be is the intriguing part and perhaps it is this which must be keeping the neighbouring States of Manipur, Assam and Arunachal Pradesh on their toes.

**Scholarship programmes**

**Dr APJ Abdul Kalam  
IGNITE Awards 2019**

Category: Talent based  
**Description:** National Innovation Foundation (NIF) is organising this year's Dr A P J Abdul Kalam IGNITE Awards to encourage innovative ideas and creativity among young school children. Students submitting best technical ideas will get various benefits towards converting their ideas into market feasible models.  
**Eligibility:** All students up to the age of 17 years, studying in classes up to Grade 12 (HSE or equivalent) may apply for this contest.  
**Prizes & Rewards:** Selected ideas will get the chance to travel free of cost to Ahmedabad for showcasing their idea at a national event. These ideas will also get appropriate funding, mentorship, patent-filing, and other support for practical applications.  
**Last Date to Apply:** August 31, 2019  
**Application:** Apply in both online and offline mode  
Short URL: <http://www.b4s.in/TSE/DAP16>

**Pearson MePro English  
Scholar Program 2019**

Category: Merit Based  
**Description:** A unique scholarship program to encourage Indian students and professionals for upgrading their professional English reading, writing, speaking abilities and further enhancing their career prospects. The scholarship is provided to top performers of this English language proficiency program.  
**Eligibility:** Indian students and professionals between the age of 18 to 35 years, who enroll themselves in MePro English Program and cross 8 GSE Levels, are eligible for this scholarship.  
**Prizes & Rewards:** INR 10,000 scholarship awarded to top learners.  
**Last Date to Apply:** August 31, 2019  
**Application:** Apply Online  
Short URL: <http://www.b4s.in/TSE/PMES01>

**India made a bold move on Kashmir**

**Dr Nehginpao Kipgen and Ankit Malhotra**

*In protest, Pakistan suspended bilateral trade between the two nations and shuttered transportation services.*

India revoked the special status granted to the state of Jammu and Kashmir under Article 370 of the Indian constitution. The Kashmir issue has been a subject of dispute between India and Pakistan since 1947 when the Indian continent was partitioned.

The bill revoking the special status and a reorganization bill was debated and passed by the Rajya Sabha - India's upper house of parliament - on August 5, 2019. Subsequently, the Lok Sabha - the lower house of parliament - debated and passed the bill the next day on August 6.

The Indian president, Ram Nath Kovind, issued an order overriding the 1954 presidential order which effectively nullified the provisions of autonomy granted by the constitution. The reorganization bill effectively divided the region into two union territories - Jammu and Kashmir with a legislature of its own and Ladakh without a legislature.

The revocation of the special status has become a divisive issue within and outside India. Many in India, especially the Hindu nationalists, celebrated and said the government's action will bring peace and investment to the region. The Buddhist community in Ladakh also welcomed the government's move.

Across the border, Pakistani Prime Minister Imran Khan vehemently attacked the Indian government's move, which he described as an attempt to "change the demography of Kashmir through ethnic cleansing" and a crackdown on the rights of the Kashmiri people.

In protest, Pakistan suspended bilateral trade between the two nations and shuttered transportation services. Pakistan also reportedly sought China's support for the reversal of India's move.

While China has asked Pakistan to resolve the Kashmir issue diplomatically with India, the United States has said it is watching the situation closely and asked Pakistan to exercise restraint on the issue.

International human rights groups have condemned India's actions, such as cutting off internet connections, severing mobile and landline phone lines, heavy presence of security

forces and, more importantly, for curtailing the special freedoms the people have enjoyed for the past several decades.

Mehbooba Mufti, former chief minister of Kashmir, said that August 5 "is the blackest day of Indian democracy when its parliament, like thieves, snatched away everything from the people of Jammu and Kashmir." Another former chief minister of the state, Farooq Abdullah, called the abrogation as "unconstitutional."

Along similar lines, Indian National Congress leader Priyanka Gandhi Vadra said the government's decision to scrap Article 370 in Jammu and Kashmir and the bifurcation of the state into two union territories is unconstitutional and undemocratic.

Vadra said, "The manner in which it has been done is completely unconstitutional and it's against all the principles of democracy, there are rules to be followed when such things are done, which were not followed."

In response to his critics, Indian Prime Minister Narendra Modi, in his 73rd Independence Day address on August 15, said, "Abrogating Article 370 is an important step in fulfilling Sardar Vallabhbhai Patel's dream for a united India... One Nation, One Constitution - this spirit has become a reality and India is proud of it."

Despite the opposition from some political parties and people of the affected region, the Modi government considers it to be a necessary and important move, which the prime minister said "... was on everyone's mind but no one wanted to take the initiative."

It is likely, at least in the near future, that people of the affected region will continue to protest and oppose what they perceive as the high-handedness of the central government. And because of the controversial nature of the Kashmir dispute between India and Pakistan since the region's accession to India, Pakistan is likely to continue its campaign to reverse or disrupt the Indian government's action.

It is possible that more forms of terrorism could rise from within and across the border to disrupt peace and stability. It is also possible that there will be human rights violations from the security forces toward the civilian population, protests or unrests from the people.

**PM's landmark decision on decision after Independence**

**RK Sinha**



The announcement by Prime Minister Narendra Modi from the rampart of Lal Quila on our 73rd Independence Day to appoint Chief of Defence Staff is a decision in the right direction to further strengthen our Forces, a decision which was pending for since many decades. From the defence point of view this decision is important in many ways. Once it comes into effect India will come in the category of major military powers such as United States of America, China, Britain, Japan and France where this hierarchy in Defence Forces is already there. Many member nations of NATO (North Atlantic Treaty Organisation) also have the same system in their Defence Forces.

Although the recommendation to have a Chief of Defence Staff was made after the Kargil war when the necessity to have better coordination between three forces the Army, the Navy and the Air Force was felt. If you go into past, the need to have a CDS was also felt and discussed soon after Independence in 1947.

At the time of Independence a proposal was put before Lord Mountbatten, the last Viceroy of the British Empire and his Chief of Staff in which it was requested to have one Commander-in-Chief for each of the three

services and to have a Chief of Staff Committee for better coordination between the Centre and the Defence Forces. But this proposal was not implemented after Independence and the government appointed three chiefs of staff for each of the three services namely the Army, the Navy and the Air Force. Power of all the three defence services was vested in President of India who is the chief commander of the Armed Forces.

After Independence the three services were working under their respective commander-in-chief. But nomenclature of commander-in-chief was changed in 1955 when it became Chief of the Army, Chief of the Navy and Chief of the Air Force. Till 1960 the command of Navy and Air Force was under officers holding three star rank. Whereas the command of the Army was under officer of four-star rank indicating the importance of the Army in our Defence establishment. But after the 1965 India-Pakistan war the command of all the three forces namely the Army, the Air Force and the Navy was under the officers of 4 star-rank. The forces were brought at par.

This is a fact that the need to have a Chief of Defence Staff was felt after the Kargil war. The Vajpayee Govern-

ment discussed the matter but no decision could be taken in this regard. The importance and necessity to have a Chief of Defence Staff though was under consideration of the government earlier also after the two major wars India fought against China in 1962 and against Pakistan in 1965. It is surprising that the government had noticed during the war with Pakistan in 1965 some degree of lack of coordination between the three forces which had come to light and was a subject of discussion after the war was over. Yet no decision was taken to appoint a Chief of Defence Staff then. The lack of better coordination was found when decisions relating to the Army were being taken without due consideration of the Army vis a vis the Army's requirement of the day. Defence Officers and Defence Exerts at that time had made it clear to the government no political objective was bigger or greater than the nation and the Defence Forces.

It appears that jaundiced mindset of some and lack of will on part of the political leadership during that period did not allow the government to take a decision on appointment of CDS.

From Prime Minister

Narendra Modi's address to the nation on Independence Day it is clear that steps to be taken to strengthen our Armed Forces would go beyond appointment of CDS which was in the mind of Prime Minister soon after assuming power at the Centre in 2014.

In 2016, the then Defence Minister Manohar Parrikar had said that he was in favour of appointing CDS and a decision in this regard would be taken soon. This matter was raised in Parliament a year later in 2017 but due to ill health he was not able to expedite the matter any further.

Due to some reason or the other appointment of CDS was delayed even after first recommendation to create the post.

In 2001 a Group of Ministers was formed with L K

Advani the then Deputy Prime Minister as its Chairman which recommended creation of a post of CDS. It was felt then that had there been provision of having a CDS during the Kargil war the country would have suffered less casualties and damage in the war with Pakistan.

It had come to light then that because of lack of better coordination between the Army and the Air Force we went for air strike in the Kargil war little late. Had we used Air Force at the early stage of conflict we would have won the war much earlier than we did at the end. The Army was operating in the war as mission 'Vijay' while the Air Force code was 'Safed Sagar'.

The then government had taken this matter seriously because the two wings of our forces were engaged in the same war with two different missions and two different strategies they were fighting against the enemy. Despite the recommendation of the Group of Ministers headed by Advani the creation of the post of CDS was shelved due to difference of opinion among the three Services Chiefs on the matter. It remained confined to the Chief of Staff Committee that did not have much power.

At present the Chief of

Staff Committee is Air Chief Marshal B S Dhanoa. The appointment of CDS was shelved because of the then chief of Air Force Air Chief Marshal S Krishnaswamy's objection to create the post of CDS whereas the then Chief of the Army Gen. Bikram Singh and the then Chief of Navy Arun Prakash were in favour of having a CDS.

As a matter of fact the Chief of Defence Staff is a post which will be held by an officer of 5-star rank above the rank of the services chiefs who are four star rank officers. The CDS will not only oversee the operation during war but he will also have a say in modernization of the Armed Forces. He will be directly in touch with the Prime Minister. This will enable Prime Minister to get all necessary input and information from one head instead of interacting with three services chiefs. It will have long term positive outcome particularly in the wake of recurring intrusion of terrorists from across Pakistan and in situation created by China like the one in Doklam when all the three services were engaged in keeping vigil on the border. We will emerge more powerful and strong to take on hostile forces in future.

The writer is a Member of Rajya Sabha

**Is universal health coverage an opportunity to end AIDS and TB?**

*Contd from previous issue*

There are health emergencies happening all the time in most places. For example, I am speaking from Thailand where it is rainy season.

In rainy season vector-borne diseases such as dengue are at particular risk. We are also close to borders of Myanmar, Laos and Cambodia, precisely the hotspots where drug-resistant malaria is emerging right now. So, emergencies are not necessarily these large-scale public health emergencies of international concern but can be localized emergencies too" said Dr Tim France. Third part of the WHO '3 Billion' model is related to general health and well-being as opposed to addressing ill-health, addressing some of the social, environmental and commercial determinants of health. Dr France shares an example to further underline its significance: "Few months ago, Chiang Mai in northern Thailand, where I am speaking to you from, was reported to having the most intense air pollution, as anywhere in the world at the time. What is the point of having the perfect health system when citizens are exposed to such a toxic environment? Similarly, one of the biggest causes of death and injury in Thailand is road traffic collision, largely caused by lack of enforcement of laws and drunk driving. Again, what is the point of perfecting a health system and universal health coverage when thousands of people die on the roads?"

**COUNTRIES MUST PRIORITISE HEALTH ISSUE TO FOCUS ON**

After proposing the first global health shift on lines of 'WHO 3 Billion' model, Dr Tim France shares his insight on the second major global health shift: countries should be prioritising the health issue they will focus on. "This means prioritizing certain areas of research for example, so that we understand the given health issue or given health problem more, or developing specific capacities so that we know that the entire health system is working properly and delivers the services, vaccines and support that the people

*Contd from previous issue*

Other reasons of leg pain Sometimes in old age, legs develop "muscle cramps" especially during night time and sometimes severe pain. Sometimes due to osteoarthritis or inflammation of covering membranes of knee joint such as synovitis cause leg pain during walking. Sometimes leg pain is caused by sciatica. Where to go in leg pain ?

If you have a complaint of leg pain, consult a vascular surgeon and get examined and investigated for leg arteries and veins. Specialized investigations like Doppler study, MR venogram, CT peripheral angiography are required for detailed evaluation. therefore go to a hospital where the facility for such investigations are available and a full-time vascular surgeon is available because

**Bobby Ramakant**

need" shares Dr Tim France.

"For too long, priorities have been set by combination of national health planning and international concerns, particularly in countries most dependent on international development assistance for health (which is decreasing as countries take more responsibility for domestic financing of health and taking more of a driving seat more than ever in setting priorities)" explained Dr France.

**INTERNATIONAL ORGANIZATIONS MUST COLLABORATE, PARTNER AND THINK TOGETHER**

"With multiple organizations and interests vying for attention and financing, to make sure their issue or focus has prominence, we have inadvertently created an environment of competition among organizations. That means, we quite often do pit one disease against another: for example, AIDS against TB or cancer or diabetes or vaccine-preventable diseases in children" shared Dr Tim France.

After suggesting two major global health shifts to deliver on health for all (first shift of approaching health on lines of 'WHO three billion' and second shift of countries setting their health priorities), Dr France shared the third major change: international organizations must collaborate, partner and think together in close partnership.

Dr France hinted towards a new global initiative originally requested by the governments of Norway, Germany and Ghana, that will be revealed at the upcoming UNHLM on UHC in September 2019: "Global Action Plan for Healthy Lives and Well Being for All", which seeks to improve the way and force these organizations to work more closely together.

**THAILAND AND INDIA PROGRESSING ON UHC**

Thailand's progress on UHC as well as addressing HIV is seen as a model for other communicable and non-com-

municable diseases too, said Dr Nittaya Phanuphak, Governing Council member of International AIDS Society (IAS) and Chief of PREVENTION, Thai Red Cross AIDS Research Centre.

In 2000, Thailand piloted roll-out of antiretroviral therapy (ART) for people living with HIV and by 2006, ART was included in UHC for all people who need it. This year Pre-Exposure Prophylaxis (PrEP) has been included in Thai UHC, roll-out of which will begin later in October this year.

"Thai researchers, policy makers, health economists and others, have moved forward HIV to become something beyond just treatment or disease but also about prevention and well being" emphasized Dr Nittaya Phanuphak.

Dr Ishwar Gilada, Governing Council member of International AIDS Society (IAS) and President of AIDS Society of India (ASI), said: "In India, Pradhan Mantri Jan Arogya Yojana is operational to reduce the financial burden on poor and vulnerable groups arising out of catastrophic hospital visits, and ensure their access to quality health services. This UHC initiative in India, provides financial protection to over 100 million poor people, deprived rural families and identified occupational categories of urban workers' families.

**GANDHI'S TALISMAN: A COMPASS FOR GLOBAL HEALTH?**

Mahatma Gandhi had shared a talisman: "I will give you a talisman. Whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man [woman] whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him [her]." If all decisions related to public health and sustainable development in general, are made using this Gandhi's talisman, probably we may see a positive impact towards delivering on UHC and other goals and targets of Agenda 2030.

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**Leg pain : What to do?**

**Dr KK Pandey**

on the basis of clinical assessment and the result of such specialized investigation, further treatment plan is decided. It is advisable to consult promptly a vascular surgeon as soon as pain in leg starts, otherwise condition may become worse later

on. If diseased arteries and decreased blood flow are responsible for leg pain, a variety of treatment modalities are applied like reconstruction of artery, arterial bypass and angioplasty and stenting. If the disease of vein is responsible

for leg pain, venous valve reconstruction, laser or radio frequency ablation treatment or venous bypass surgery are done. In most of the diseases of veins, other nonsurgical treatment like graduated compression stockings, pneumatic compression devices and some special leg exercises are very helpful. When these measures fail, surgery becomes the natural choice. In case of arthritis of joint, some

special exercises, physiotherapy and some special exercises, physiotherapy and some medication and life style modification definitely helps.

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