



INDIAN INSTITUTE OF PUBLIC ADMINISTRATION J&K REGIONAL BRANCH

Newsletter



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LECTURE ON “HOLISTIC APPROACH FOR HEALTH & HAPPINESS”

J&K Regional Branch of IIPA organized a lecture on “Holistic Approach for Health & Happiness” by Dr Jaipal Singh, MD Ex Professor & Head Dept. of Medicine, Govt Medical College & SMGS Hospital, Jammu on June 26, 2019. The Lecture was attended by large number of audience which includes prominent citizens, J&K Police, Senior Citizens welfare society, welfare associations, various social organizations besides no. of IIPA members. The lecture was followed by lively interaction and Er J.B.S.Johar Vice Chairman IIPA J&K Regional Branch presided over the function.



L to R : Er. J.B.S. Johar, Dr Jaipal Singh, Sh. Vinod Malhotra

Dr Jaipal spoke extensively on the topic and highlighted various aspects of Holistic Living, Health & Happiness. He stated that humans from the womb till the tomb search for happiness; paradoxically as progress and development has increased so have diseases. He mentioned that 36% of the Indian population at any given time suffers from depression.

Dr Jaipal gave the audience practical tips for stress free healthy living, he mentioned that all must imbibe the habits of [a] Attitude of Gratitude [b] Counting your Blessings daily [c] Always maintain a positive frame of mind [d] Have a Compassionate view [e] Learn to Forgive [f] Have a Sense of Humor.

He also advised the audience to shed the habits of [a] Anger [b] Stop comparing oneself to anyone else [c] Never to judge anyone or any situation too quickly.

Earlier Mr. Vikrant Kuthiala delivered the Welcome address and stated that Health & Happiness are



Participants during the lecture

interrelated. He mentioned that Holistic approach treats the disease from the root causes and has long term benefits. Mr Vinod Malhotra, Former Development Commissioner J&K presented the formal vote of thanks.

18TH ANNUAL VEERANNA AIVALLI MEMORIAL DEBATE COMPETITION

Indian Institute of Public Administration, J&K Regional Branch and J&K Police in collaboration with Department of Students Welfare, University of Jammu organized the 18th Annual Veeranna Aivalli Memorial Debate Competition on the topic “In the opinion of the house, Road Accidents can be brought down only through stringent penalties for violations”. A total of 19 teams from various affiliated colleges and University teaching departments and other Universities and Institutions of the region registered for the competition. The team from Department of Law, University of Jammu comprising of Vishal Pathania and Shikha Jamwal lifted the Veeranna Aivalli Running team trophy. The first prize was won by Vishal Pathania from Department of Law, University of Jammu; Hirveen Kaur, GCW Parade bagged the second prize followed by Shikha Jamwal from Department of Law as the winner of third prize. The consolation prizes were won by Parul Oberoi, Department of Sociology; Anmol Sharma, GDC Bishnah and Priya Thakur, GCW Parade.

The programme was attended by members of J&K Police, University and College teachers, members of IIPA and civil society. Mrs. Swarna Aivalli along with his family were the special guests on the occasion.

Prof Manoj Kumar Dhar Vice Chancellor, University of Jammu was the chief guest at the prize distribution



*L to R : Smt. Swarna Aivalli, Dr. Ashok Bhan, Prof Manoj K. Dhar
Sh. A. G. Mir, Er. J.B.S. Johar*

function. Speaking on the occasion, in his address while appreciating the initiative of IIPA in jointly organizing this competition said that University is committed to encourage literary events to channelize the energy of youth. While talking about topic of the debate, he said that imposing punishments may not always result in dividends and that it is the blend of regulation, awareness, societal values and appropriate road infrastructure that may lead to saving human life from road accidents.

Shri A.G.Mir IPS ADGP Headquarters J&K was the Guest of Honor at the function. He acknowledged the contributions of Shri Aivalli in extending the relationship of JK Police with the member's academia and civil society. He was of the view that it is important to value human life by adopting road engineering mechanisms that reduce road accidents. He said that J&K Police is committed to turn roads as safe and secure and is aggressively adopting technological interventions for effective implementation of law.

In his presidential remarks, Dr Ashok Bhan Former Director General of Police and Patron, IIPA, J&K Regional branch while appreciating the energy and quality of debate of the participants said that punitive actions are generally individual centric. He said that it is essential to bring in systematic changes so that youth of the nation transforms into law abiding citizens. While discussing about cost-benefit ratio of the legislation, he said that conformance to law can help in saving lives in the long run.



Dignitaries presenting the certificate to the participants



Winning team receiving Veeranna Aivalli trophy

Earlier during the day Prof Jasbir Singh Dean Students' Welfare, University of Jammu emphasized on the need for the youth to participate in productive engagement of students in such activities to channelize their energies in the right direction. Prof Alka Sharma, Director, Seminars, IIPA J&K Regional Branch in her welcome address paid rich tributes to Sh. Veeranna Aivalli and threw light on the life and contributions of the stalwart.

The adjudicators for the debate competition were, Er. P K. Nanda, Shri Ashwani Khajuria, KAS Joint Director Geology and Mining Jammu and Prof Indu Kilam. Er. J B S Johar, Vice-Chairman presented the formal vote of thanks. The rapporteurs of the event were Heena Sadiq and Vikrant Verma. The debate was anchored by Swati Vijay and Sejal Targotra and time Keeping by Mehul Rajput and Alisha. Dr Anil Gupta, Joint Secretary IIPA J&K Regional Branch, Dr Sapna Sangra, Teacher In Charge (Debate), Sumit Sharma and Ms. Ifra Kak from University coordinated the event.



Participants during the lecture

WORKSHOP ON “CONSUMER PROTECTION & CONSUMER WELFARE”

IIPA, J& K Regional Branch in collaboration with Centre for Consumer Studies, IIPA New Delhi organized Two Day Workshop on “Consumer Protection & Consumer Welfare” on December 16-17, 2019. Shri Farooq Khan, Advisor to Hon'ble Lieutenant Governor was the Chief Guest during the Valedictory function. Shri Pandurang K Pole, IAS, Secretary to the Government, Deptt. of Food, Civil Supplies and Consumer Affairs was the Guest of Honor.



L to R : Er. J.B.S. Johar, Prof Suresh Misra, Sh. Farooq Khan, Dr. Ashok Bhan, Sh. P. K. Pole, Prof Alka Sharma

Sh Farooq Khan in his valedictory address said that consumer protection and welfare is a vital subject that needs consistent deliberations among the stakeholders especially in the rural areas. He urged all the participants to become the change agents and spread awareness amongst their peers and citizens at large. He also assured that the administration will take initiative of setting up consumer helpline in the UT for speedy redressal of consumers' grievances. Shri Pandurang K Pole in his address said government is committed to establish appropriate structural mechanisms at the district level in order to ensure that consumers' interest are protected.

Dr. Ashok Bhan, Patron, J&K Regional Branch, IIPA in his presidential address said that there is a need for creating of separate consumer affairs department, setting up of Grahak Suvidha Kendra at district level. He further proposed that IIPA J&K Regional branch can establish Consumer Helpline which can become a nodal agency for redressing consumer grievances.

Prof. Suresh Misra, Chair-Professor & Coordinator, CCS, Indian Institute of Public Administration, New Delhi in his introductory remarks said that globalization, liberalization and new technological developments have given rise to consumerism. He shared that at National Consumer Helpline around 75,000 complaints are received on monthly basis. He emphasized that there is need for better protection mechanism and he is hopeful that Consumer Protection Act, 2019 through its new provisions will deal with new challenges.

During the two days the experts included Sh. Jatinder Singh, Director, FC & CA, Jammu; Dr. Sapna Chadah, Assistant Professor, CCS, IIPA; Sh. M Y Kichloo, SSP (Security Wing); Sh Pankaj Magotra, Commissioner, JMC; Sh Manoj Prabahakar, Deputy Controller, Department of Legal Metrology; Sh Sanjiv Kumar, Dy. Commissioner, Food Safety, Jammu; Ms. Neha Kumari, Scientist 'C' BIS; Sh H S Verma, Secretary to Ombudsman, RBI; Adv. Sheikh Shakeel Ahmad, J&K High Court.

Prof Alka Sharma, Director, Seminars, IIPA presented the formal welcome address, Er. J B S Johar, Vice-Chairman, IIPA presented the formal vote of thanks, Dr. Anil Gupta, Joint Secretary, IIPA coordinated the event while Ms. Swati Vijay conducted the proceedings of the workshop.

Over 125 participants from various department including



Participants during the lecture

General Administrative Department, J&K Police, Legal Metrology Deptt., J&K Health Deptt. Tourism, Cooperative, Housing Board, JMC, Food Safety Deptt. Food Civil Supplies and Consumer Affairs Jammu J&K Bank Ltd., Education Deptt. MED RBI, PWD, PHE Deptt., various Nursing Homes, PDD, Crime Branch, SKPA Udhampur participated in the workshop.

PRELUDE CONFERENCE ON GOOD GOVERNANCE AND UNITED NATION'S SUSTAINABLE DEVELOPMENT GOALS

Indian Institute of Public Administration (IIPA) J&K Regional Branch organized a prelude conference lecture on "Good Governance and United Nation's Sustainable Development Goals". The lecture was attended by over 45 eminent citizens of Jammu & Kashmir representing diverse backgrounds. Jenab Khurshid Ahmad Ganai, IAS (Retd), Advisor to Governor, Jammu & Kashmir was the key note speaker while Dr. Ashok Bhan, IPS (Retd) Former DGP presided over the function. The lecture was attended by Sh. Kuldeep Khoda, Former DGP, JK Police, Prof Manoj K Dhar, Vice-Chancellor, University of Jammu, Er. J B S Johar, Vice-Chairman, IIPA J&K Regional Branch, Sh. K B Jandial, Former member, JK PSC; office bearers and executive committee members of IIPA and also members of civil society.

Talking about the relevance of the United Nation Sustainable Development Goals (SDG), Jb. Khurshid Ahmad Ganai specifically emphasized on the need for innovation, experimentation, collaboration and adopting a multi-dimensional integrated approach to achieve the SDGs. Tracing back the history of development, he said that governance models should adapt to the changing times. Building on the principle of "leaving no one behind", he said that the new Agenda emphasizes a holistic approach to achieving sustainable development for all. While deliberating on each of the SDG, he stressed upon the principles of effectiveness, accountability, inclusiveness should be integrated into good governance. He gave an overview of goals and achievements as also shared his practical wisdom on how best these goals can be achieved in the country as well in Jammu and Kashmir.

Dr. Ashok Bhan in his presidential remarks while focussing on Goal 16 in particular i.e. Promote peaceful and inclusive



Dignitaries released the IIPA Newsletter during the lecture

societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels, highlighted upon atmospherics required for making these goals achievable. He further delved deep into various flagship programs like Swachh Bharat, Make in India, Skill India, and Digital India and said that they are at the core of SDGs.

He further with the commented that it all boils down to the will of the Government which the present Government has shown in abundance, availability of finances and robust execution machinery.

According to him three issues are critical, which will go a long way in achieving SDGs in our country:

First, we must do nothing to weaken the Constitutional mandate of separation of powers. The autonomy of institutions that make the governance accountable and corruption free must be respected and strengthened. Public access to information and protection of fundamental freedoms as well as reducing corruption and bribery in all forms, prominently find mention as a target of Goal 16.

Second, we must strictly maintain the rule of law and ensure equal access to justice for all. The credibility of the criminal justice system, which was in any way not something to be proud of, has fallen a few more notches. The victims of violence have failed to get justice with cases, one after the other, failing in the courts. The system must not appear to be weighed in favour of the rich and the mighty or towards followers of political parties in power.

Thirdly, the SDGs will be a distant dream if various forms of violence and communal and regional tensions persist. Peace is sine quo non to development in any society. In this

regard he quoted one of the three warnings that Dr Ambedkar gave in his last speech in the Constituent Assembly on November 25, 1949:

Quoting Dr Ambedkar he said that social democracy is essential for long term sustainable development of the societies. He emphasized that liberty, equality and fraternity should be viewed as a trinity and should be at the core of democracy. He concluded by saying that unless we recognise liberty, equality and fraternity as the principles of life, the sustainable development goals will become difficult to achieve. He urged all to spare a thought on working towards social and communal harmony to achieve the SDGs.

Earlier Sh K B Jandial, Former Member, JK PSC in his introductory address briefed about the 17 United Nation Sustainable Development Goals and its relevance in context of India. He said that the focal point of governance should be the common man and therefore governance at all levels should encompass comprehensiveness, inclusiveness and equity which will enable the nation to achieve SDG.

Dr, Anil Gupta, Joint Secretary, J&K Regional Branch, IIPA conducted the proceedings and also presented the formal vote of thanks.

INDEPENDENCE DAY CELEBRATIONS

IIPA, J&K Regional Branch celebrated the Independence Day in the IIPA Complex by hosting the National Flag. The major attraction of the programme was the participation of differently abled children of SAHYOG INDIA who jointly hoisted TIRANGA with IIPA members. The Flag hoisting ceremony was followed by National Anthem, remembering the great sacrifices of martyrs.



Members of IIPA celebrating Independence Day

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