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Editorial

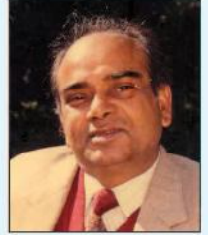
Dear Colleagues,

It is nothing short of a miracle that, amidst severe onslaughts of the second wave of the Covid pandemic, I and my colleagues in the Editorial Board have been able to place in your hands this issue of Prayaas, relating to the second quarter of 2021.

In the previous issues, I have been requesting our serving and retired colleagues to contribute their bits for publication in this magazine. Thanks to the efforts of the Secretary and our Editor, quite a few pages of this issue are now filled up by the contributions received from our serving members. This has reduced the pressure on us to draw upon other sources.

I have no words to applaud the pro-active initiatives of Dipak Kumar Singh who has come out with ready solutions to help those affected by the on-going pandemic. Kudos to our star members, like Rahul Kumar, HR Srinivas, N Saravana Kumar, Dr SM Thyagraj and Saurabh Jorwal whose actions and contributions have made us proud.

A very unfortunate offshoot of the pandemic has been that in the recent times we have lost quite a few of our dear members primarily due to Covid.



RU Singh

RU Singh

Principal Editor

[Mob: 91133-04025]

Areus 29-05-21

Editorial Board :

RU Singh, IAS-(1961)

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Satish S. Thakur, IAS (1987)

All views and opinions expressed in the contributions are of their authors.



IAS BHAWAN

Photo Gallery

Glimpses of the Patna Mind Fest 2021 held at Bihar Museum of March 13-14



Participants giving hints to their team partners during the Dumb Charade contest at the PMF-21



Misu Sinha (2nd from right) with team members receiving the 2nd Runner-up trophy from Mr Vivek Kumar Singh (extreme right)



Winners of all five contests have a photo op with the Chief Guest and other dignitaries at the Farewell session of the PMF-2021 on March 14.



Quiz Master Venkatesh Srinivasan conducts the preliminary round of the General Quiz contest

From Secretary's Desk

Dear Colleagues,

In my communication to you through the last issue of Prayaas, I had talked about the subdued mood while welcoming the New Year and the forthcoming uncertainty. Little did anyone foresee then, that the months of April and May would bring unprecedented tragedy, which would touch almost every family and almost every one of us through the loss of our near and dear ones. We have already lost 4 serving and 5 retired officers of our service. We lost four serving officers - Shri Arun Kumar Singh (1985), Chief Secretary (the first such instance of a serving CS leaving us for his heavenly abode), Ravi Shankar Choudhary (2011), Vijay Ranjan (2008), and Rameshwar Pandey (2008). We also lost 5 retired members – Sarvashri P K Mishra (1959), TCA Srinivasramanujam (1961), Abhimanyu Singh (1964), Dr Hriday Kumar Sinha (1983) and Kunwar Jung Bahadur (2000). The Association held a virtual condolence meeting on 1st of May, in which we condoled 3 serving and two retired colleagues, perhaps the first such instance of mass condolence. Subsequently, till the time of writing this note, we lost 3 retired and one serving officer. None of us had experienced such horrifying fear and loss, in such close quarters, during our lifetime.



It is being predicted that there will be a third wave also in the near future, which can be still severe. While our members have shown exemplary effort in handling the situation, it is clear that the health infrastructure, both public and private, proved highly inadequate in handling a health emergency of this scale, the most disturbing being the clamour for oxygen and beds. We sincerely hope that current efforts to ramp up the infrastructure should prevent a similar chaos in the forthcoming wave(s). Covid is not only a medical emergency but has also shattered the mental health of the patients, their families, families who have lost their members as well as others who are getting news about others' losses day in and day out. The whole atmosphere is full of negativity, fear and helplessness. It should be our job, as leaders, to spread positivity and happiness through our actions. Help of many organisations working in the field including Art of Living, Munger Yogashram, etc. can be taken for conducting online programmes, not only for people suffering from Corona but also those who have recovered. The Covid patients admitted in our facilities need also to be supported by positivity programmes and activities designed to counter their loneliness, depression and negativity. This requires some ingenuity. I am sure our frontline leaders must have realized it, though the multiple pressure on their time and energy may not allow them to do justice on all fronts. I would request my colleagues in the field to give this a thought.

Although I had requested in my last communication also but at the cost of repetition, I would reiterate that our members must strike a balance amongst health, family, social life and profession. Amongst these, personal health should have the first priority, as without this one would not be able to do justice on either family, social or professional front.

I would like to end with the request to all our serving members that our highest priority should be to maintain professional integrity in public service delivery. On this criterion only, we as an officer, as a person and as a service provider are and will be judged. Hence, this should not be sacrificed at any cost – and certainly not for a 'comfortable' or 'prestigious posting', whatever meaning they carry.

With love, affection and regards for all and malice to none

Yours sincerely


(Dipak Kumar Singh)

May 20, 2021



From the **Editor's** Desk:

Dear colleagues,

As the world seeks to come to terms with the raging pandemic with little to fall back upon except the promise of a vaccine and hope that tomorrow would be better than today. Albert Camus in 'The Plague' mentions eloquently, "So all a man could win in the conflict between Plague and life was knowledge and memory."

In the context of Covid-ravaged world and India, never before, in our living memory, we have been tested more severely. Unfortunately, we have lost our many of our beloved Colleagues and seniors - both serving and retired - due to this pandemic. Their untimely demise has broken us from deep within. In discharge of our official duty, we have found ourselves exposed to the merciless whims of this invisible virus; and yet we have kept going strong. District administration across the state has been the proverbial bulwark in managing disaster and associated human miseries. Vaccination is set to acquire intensity and gather momentum and our ability to accomplish the onerous task is going to be tested. What Jean Tarrou in 'The Plague' calls 'winning the game' is going to involve empathy and tenacity and I remain steadfast in my conviction that we are going to win this game.

When the last issue of 'Prayaas' came out in March-2021, the pandemic seemed to be on retreat; Lockdowns were lifted, market had opened up and educational institutions were planning to open their campuses to the students in exile. There was cautious optimism in air. But then the second wave of Covid struck us with unanticipated fury. It has tested us in unprecedented ways. In our fight against vengeful virus, everyday is a new day with new complications and new challenges. Let us not get bogged down, nor get overwhelmed by it.

Life is difficult but it has its consolations too. Amidst crippling problems all around, we could look forward to delicious mangoes and litchis, which the fertile land of Bihar provides us so generously. It sounds out of place, almost bizarre to think of mangoes and litchis at this point of time but the fundamental point is that we must not give in to the turmoil. More than any other time, we need normalcy and sanity.

I, on behalf of the Editorial Board, ably led by R. U. Singh sir, invite all of you to contribute your creative and literary inputs for 'Prayaas'. Let 'Prayaas' become a beacon of hope and harbinger of better times. A place where we can share our happiness and gloom; hope and despair, alike. Together we can and we will!

Stay safe. Stay immune.

Yours Sincerely,

(Rajesh Meena)
Editor



The Astrologer from Lansdowne

– Abhimanyu Singh, IAS (1964)



Astrology has great appeal. In the past, monarchs consulted astrologers before they embarked on a major mission. Dailies all over the world carry a page giving predictions for the day for people born under different stars. It is idle to believe that millions born under a star will encounter the predictions made for all of them.

Since the predictions are mainly generalizations, it will apply to some, which do not make them trustworthy. For many it is a source of entertainment. So is palmistry. Astrologers and palmists are keen observers and psychologists. By asking probing questions and noting the facial reactions they are able to judge the person's predicament and make plausible guesses. If the initial guesses stick, the person confides more details about himself and the astrologer/ palmist tightens his grip over the mind of the person.

Predictions about one are entertaining. If they are good, they make us happy. If given by a person who claims to have occult powers, then it is even more gratifying. As a child I remember bulls decorated in deep red sheets with bells dangling around their neck being taken around by their owners. The owner said that bull

foretold the outcome of your ventures. Kids would gather around it to know the outcome of their ventures. He would ask them to write it down on a slip of paper and conceal it in one of their palms and hold both the palms before the bull. If the bull nodded before the palm in which the slip was enclosed it would mean that the wish or task in that palm would be fulfilled. This was no doubt a great fun. But some took it seriously. My sister who was 10 yrs. old at the time wanted to know, whether she would pass her class test or not. The bull nodded before the wrong palm. Her face fell and she really feared flunking her exam. No amount of consoling from us made her overcome her depression. According to her logic the animal was above doctoring and his nodding favorably or otherwise was instinctively correct. Thus, we have parrots picking from a set of cards laid before it to answer your queries. The Chinese restaurants serve you cookies at the end, which when you open it carry comments about you. You are happy if it says things to your liking.

My encounter with an astrologer at the National Academy of Administration, Mussoorie in 1964, made me recast my views about soothsayers. I was residing in a room in

Maples Hill, overlooking Lakshmi Niwas, in the valley below. Krishnamurthy, IRS probationer, who later became the Chief Election Commissioner, who was also residing there, was very impressed by an astrologer, who had come to the premises a few days back and had been invited again. He asked me if I was interested, he would fix up appointment for me also. I agreed. The following Sunday the astrologer had a long session with Krishnamurthy, and I had almost lost hope of seeing him, when I heard his gentle tapping on my door. The astrologer, clad in dhoti, with turban on his head, was of small frame and slightly bent. He carried a thick walking stick. In his attire and demeanor, he resembled a priest. No sooner he sat down, he asked for my horoscope. I did not have it. He asked for details of my birth. The date recorded in St. Xavier's at the time of my admission in 1948, has continued to be my official date of birth. But I remember when Fr Moran enquired from my father about my date of birth, he looked at me, and getting no response for me, had blurted out the date, which was recorded and has continued to be my official date of birth. I told the Astrologer that I did not know my actual date of birth. He looked at me in disbelief, and advised me to ascertain my date of birth and get a horoscope made at the earliest.

He said he would try to ascertain my date of birth. He asked me to name a flower and select any number. On the basis of this information, he guessed

29th May as my date of birth, and asked me if it agrees with my information. I was born in the month of Jeth during dusk, and my elder sister used to say that I was born when she and others had gone to village home for summer vacation. I nodded in the affirmative. Then he proceeded to examine both my palms with magnifying glass intently for nearly 10 minutes, at the end of which he looked tense. He told me that there was going to be major calamity in my family that I was destined to marry off a large number of girls, and I would be married to a girl whose name will commence with the word "Gaa". While leaving he gave me his address and asked me that if I required his service in future, I should write a postcard to him. I do not recall his name. His address showed that he was from Lansdowne, at the other extreme of Mussoorie.

Two days later I received a telegram from home that my father was sick and I should come immediately. I trudged back with a coolie to the bus stand at Library point, just as I had done 14 days ago, while coming to the Academy. My father had a severe stroke which deprived him of speech and rendered him immobile. He had got over from coma. I enquired from my cousin, who was attending on my father, and who was 8 days older to me about his date of birth. He said it was 21st May. My thoughts went back to the Astrologer. He was not a fake. I immediately wrote to him that what he said had turned out to be true and I

would like to meet him on return. On reaching Mussoorie I tried to contact him again, but there was no response. Nor was he seen by anybody on the premises. Later somebody told me that he had died.

There was another incident at the Academy that influenced my thoughts on the subject. Govind Ballabh was a close friend of mine at the Academy. One day I found Govind surrounded by probationers from North-East who were pressing him to give them some time. But he wriggled out. When I wanted to know from Govind as to why he was so sought after, he told me that he had some knowledge of palmistry, and a particular boy had asked him to study his palm. As his initial remarks clicked, the boy started questioning him on matters about his love affair. Govind told the probationer about his being desperately in love with a girl, but she was ignoring him; and she was taller than him. How did he know the girl was taller? He replied that the boy was so short that in all probability the girl would be taller. The word spread about Govind's extraordinary faculty, and even the Professor of Economics sent for him. Thereafter, he avoided them.

Astrology in so far it is science of celestial/stellar/planetary bodies in the universe and its impact on earth and human beings are concerned, it does deserve all respect. But the rank and file links it with horoscope and palmistry for livelihood. Much of the latter is physiognomy and common sense. In

1967, when I was SDM at Barh, Padma Shri Pundit Vishnukant Jha came one day to see me. He asked for my horoscope, which I had not acquired till then. He expressed his surprise but thought that I was intentionally doing so because of my disbelief in it. He said that the purohits consulted horoscopes of their clients only, that in matters pertaining to themselves they did refer to it, though it was considered necessary. Pt Jha told me that he could judge a person from his face and expressions. Coming from an acknowledged scholar it carried weight and also truth.

As my father was sick, and mother had depended on him totally, the marriage of two younger sisters, also the youngest in the family, became the responsibility of the brothers. I got married and had three daughters. So the prediction of the astrologer from Lansdowne was cent per cent correct. The only error was the name of my wife which commenced with the letter U, and the nickname with M.

This is an incident of 1973 when I was District Magistrate at Monghyr (now Munger). I was in my residential office chamber. An aged lady accompanied by a young man walked in. She was widow of Dcokinandan Sinha, elder brother of Sri SK Sinha, who had been Chief Minister of Bihar till 1961. Sri Babu was resident of Barbiga in Monghyr District. The lady blessed me and presented a book on Astrology, written by her late husband, Deoki Babu, who besides being an

Advocate was also an eminent astrologer. I tried to go through the book several times but could not grasp the details of it. I presented it to my co-villager, who evinced much interest in astrology, palmistry and horoscopes. He prepared my horoscope.

Years passed by. I had mixed encounter with Astrology, horoscope, etc. I was married in the same gotra, when such marriages are prohibited. So was one of my daughters. The priest at the marriage of my daughter had objection and spoke to the groom's father. But it fell on deaf ears. I went through my horoscope when it was first made and given to me. Thereafter, I have not consulted it.

Another incident has a bearing on the subject. My second daughter was preparing for her medical entrance competitive tests. One afternoon Khopriya baba walked in. I was not present. My wife related to me what transpired. Mother was happy to welcome him. She asked the Baba to make predictions by turn for all who were there. The Baba carried a skull, and each time a query was made, he will speak to the skull in raised voice, and then put the skull to his ears, as if it was the handset of a phone, and come out with his reply. He wanted to

convey that the answer had come from some source with which the skull had communication. My 18-year-old daughter enquired about her prospects in the examination. The Baba went through the motions and said that she would not succeed. At this my daughter flared up, and asked, "why not? I will succeed." Baba was taken aback and to assuage her feelings, he said that 'she may not succeed this time but she will make it later.' As facts turned out, she did not qualify in the first attempt but cleared it in the next.

The horoscope and palm readers are practical psychologists, who have good understanding of the law of probability by experience. People, who lack confidence, will always seek advice from them to bolster their spirits. Modern Science has made possible charting of genome (DNA mapping) of individuals. We can edit them to have super beings to free from debilitating diseases. But they will be still subject to natural forces and calamities. The cosmic forces will still impact the genes of living beings. But how the Astrologer from Lansdowne did make accurate predictions about me still remains a mystery!

[Life, they say, is full of ironies and poignancy. Abhimanyu Singh had first sent me by email his above article for Prayaas on 3 April. In the next few days, I formatted the article, made it fit for publication and emailed my thanks to him on 13 April. On the same date, 13 April, he mailed to me a corrected version of his article saying the earlier draft had typographical mistakes. On the same date, 13 April, he met his St Xavier's school mate Nikhil Kumar and they shared nostalgic memories. On the same date, 13 April, he was taken ill and eventually died of Covid on 25 April, 2021. A question arises: is there any reason to think of 13 as an unlucky number?

— RU Singh]



Gabbar of the Coalfields

– R. N. DASH
IAS (1962)



No, his name was not Gabbar. He ruled over the coal fields of Bihar [now in Jharkhand] since much before the character of Gabbar Singh was created in the film *Sholay* by Romesh Sippy in 1975. Unlike Gabbar, his personality and behaviour [before the public] was of a perfect gentleman. Unlike Gabbar, his victims were not the villagers, but the well-to-do, and of course the beautiful young maidens that unfortunately ignited his fascination. His farm-house, out-of-bounds for others, was a secret venue for experimentation and practice for all types of outrageous vices relating to the female body. [This was of course no secret to people around]. Unlike Gabbar he did not maintain a cavalry of horsemen, but maintained a battery of very highly paid, devoted and reliable henchmen, willing to do anything on his command. He never associated himself in any crime engineered by him [except those relating to the female body] but got them executed through his faithful henchmen.

But akin to Gabbar, he was a terror in the coal fields. People shuddered to recollect the terrible atrocities committed at his instance, including brutal murders, extortions, kidnappings, gang-rapes, etc etc. Nobody dared to speak of these in the public. Many hesitated even to utter his name or to appear before his presence. Akin to Gabbar, he and his henchmen

used all categories of [mostly unlicensed] firearms liberally. He was the unchallenged Mafia of the coalfields.

The Police and Administration, bound by laws and procedures, were totally helpless. Although their atrocities were too well known, none would dare to utter a word about them. Thus there was no evidence against them. Many believed that Police and Administration were afraid of them. Some believed that the Police were in their pay-roll. There were rumours that high officials were frequently invited and entertained in the notorious farm-house. And above all, an impression was afloat that they had very high level political connections. Hence Police and Administration felt helpless to control them.

The Chief Minister summoned the Home Secretary [then, me] to his residence at a very unusual hour. There was none else in the room. He whispered to the Home Secretary some words like: “You know the scoundrel and his cronies. Police and Administration are helpless, in absence of any evidence against them. Since we have more powers now, can't we manage to tame them?” He was referring to the National Emergency imposed few days earlier at behest of Smt Indira Gandhi. Articles 19 and 21 of our Constitution remained suspended.

Hence the dormant draconian laws and rules, promulgated by the British Administration to control the freedom movement, became operative. [Surprisingly, these have not been repealed by successive Governments even after exit of the British Rulers]. The Defence of India Act and Rules gave unlimited powers to Government and its Officers to do anything on the pretext of safety of the Nation. The Criminal Laws Amendment Act gave unrestrained power to the Police to arrest and detain anybody without any reason. Furthermore, a dreaded law The Maintenance of Internal Security Act [MISA] had been enacted [presumably at the behest of Smt Indira Gandhi, then Prime Minister] under which a person could be arrested and detained in Prison for three years without any evidence or trial. The only redeeming provision was, that the matter shall be placed and discussed before a three-member bench of Judges of the Hon'ble High Court, and the Bench would decide the propriety of the detention; this Bench would decide whether the detention should continue for three years, or the detenu be released immediately. Their decision would of course be subject to Revision by the Hon'ble Supreme Court.

The Home Secretary worked hard to list all atrocities of Gabbar and his henchmen which were believed to be true, although without any evidence acceptable to any Court. He prepared a memorandum listing all such atrocities and mentioning that although the atrocities had been confidentially ascertained to be true, no acceptable evidence was available; but

Government of Bihar was to be satisfied that he was a danger to public order, and so deserves to be detained under the MISA. A direction was issued to the District Magistrate to issue a Warrant accordingly for his arrest and detention in Prison, and the Superintendent of Police was instructed to execute the Warrant immediately. All these activities remained secret, known to very few senior officers, till the Arrest Warrant was executed.

The matter was placed before the three-member Bench of Judges of the Hon'ble Patna High Court as prescribed in the law. They went through the atrocities listed in the Memorandum, and listened to the submissions of the detenu, who was also present personally but feigned serious illness [which perhaps was not believed by the Hon'ble Judges]. The only question they asked, "Why should we disbelieve the findings of the Home Secretary? Has there been any personal enmity in between the detenu and these senior officials?" May be the Hon'ble Judges had also some information about many of the Atrocities through the Newspapers or even otherwise. The pleas of the detenu were rejected summarily and his detention was confirmed for three years.

The detenu also approached the Hon'ble Supreme Court, where the Hon'ble Judges also asked him the same questions. The Home Secretary was also present in the Court personally, but no question was asked to justify the case of the Government of Bihar. The Petition of the detenu was dismissed summarily, sealing his fate for three years. After the victory in the Hon'ble

Supreme Court, the Chief Minister congratulated the Home Secretary profusely for his hard work and diligence.

But after a few days, when the Home Secretary was in Delhi for some official work, he was stunned to read a news item that the Mafia of the Coal-field of Bihar has been released from detention. The Home Secretary sadly realised that he had been used as a tool for high-level corruption.

On returning to Patna Secretariat the Home Secretary learnt that immediately after he left for Delhi the Chief Minister directed the Joint Secretary of the Home Department to bring the file forthwith to his chamber. Instead of giving a dictation to his PA which was the usual practice, he wrote his orders on the file in his own handwriting, "Since the detinue has reformed himself, he is released from detention immediately." He also directed the Joint Secretary to issue the release order forthwith. The release order travelled to the Prison officials in electronic speed and the detinue was released before sunset the same day.

The Home Secretary went to the Chief Minister with a mood to protest but the Chief Minister behaved as if he was too busy in urgent matters and had no time for the Home Secretary. In the following morning the Home Secretary opened the local newspapers and was horrified to read the banner Headlines: "Home Secretary RN Dash suspended." Several senior IAS Officers starting with Sri VS Dubey and Sri Abhash Kumar Chatterjee [then Secretary of the IAS Officers Association, Bihar Branch] along with many others rushed

to the chamber of the Home Secretary, met him, expressed their anguish and resolved to do something about it. In the meanwhile, the Chief Secretary Shri Saran Singh and the Additional Chief Secretary Mr Fahimuddin Ahmed met the Chief Minister jointly and requested him to issue a contradiction. But the Chief Minister directed them to issue the suspension order. Both refused, stating that a suspension order without any reason will not survive before any Court and instead the issuing authorities are likely to be severely reprimanded by the Courts. The Chief Secretary was transferred out forthwith. But the Additional Chief Secretary was not transferred perhaps because he was the first officer belonging to the minorities who had risen to such a high position. However, the suspension order was never issued, reportedly at the behest of the Union Home Minister of State, who was perhaps briefed about the incident by the Intelligence Bureau, perhaps on basis of reports from the Patna office of the Intelligence Bureau headed by a Joint Director. Instead, the Home Secretary was transferred as the State Family Planning Officer, to be replaced by an IAS Officer senior to him. But this Senior Officer, the designated Home Secretary, evaded relieving the Home Secretary on some pretext or other. In the meanwhile, in a meeting at Patna attended by the Chief Minister, other Ministers and many senior officers, the Union Home Minister of State who was reviewing the Emergency situation in our State, asked the Chief Minister bluntly in presence of all, "How do you propose to change your Home Secretary during this Emergency situation?" The

transfer order of the Home Secretary was cancelled. He continued as such even after the exit of the then Chief Minister.

[The Official Secrets Act prescribes that no information of a confidential or secret nature shall be leaked out,

revealed or published unless at least 25 years have elapsed. The aforesaid events are being revealed after 47 years to alert our young and enthusiastic IAS and IPS Officers that such events also happen in Administration.

— RN Dash, 30 April 2021.

*

Excerpts from Important circular on “National Policy for Admission in Hospitals” issued on 8th May 2021, by Secretary MoHFW, Government of India

3. Further pursuant to the order of the Hon'ble Supreme Court in Suo-Moto Writ petition (Civil) No. 3 of 2021 dated 30th April 2021 and in exercise of powers delegated under the section 10(2) of the Disaster Management Act 2005 vide Order No. 40-2/2020 DM – 1A Dated 11th March 2020, it is hereby directed that the Hospitals under the Central government, State Governments and Union Territory administration including private hospitals (in States and Union Territories) managing COVID patients shall ensure the following:

- a) Requirement of a positive test for COVID-19 virus is not mandatory for admission to a COVID health facility. A suspect case shall be admitted to the suspect ward of CCC, DCHC or DHC as the case may be.
- b) No patient shall be refused services on any count. This includes medications such as oxygen or essential drugs even if the patient belongs to a different city.
- c) No patient shall be refused admission on the ground that he/she is not able to produce a valid identity card that does not belong to the city where the hospital is located.
- d) Admissions to hospitals must be based on need. It should be ensured that beds are not occupied by persons who do not need hospitalization. Further, the discharge should be strictly in accordance with the revised discharge policy available at <https://www.mohfw.gov.in/pdf/ReviseddischargePolicyforCOVID19.pdf>

**

Excerpts from the above quoted order of the Hon'ble Supreme Court

Para 23..... Accordingly we direct the Central Government to frame a policy..... Such a policy should, inter alia, address the following issues in relation to admission:

- i. Requirement of a positive test for COVID-19 virus, which may become difficult for many individuals since testing facilities are overwhelmed, test results are taking inordinately long time and the new strain of the COVID-19 virus is sometimes not even picked up by a regular RT-PCR test;.....

हस्तक्षेप

— सरिता गुप्ता



सर्वस्व लुटाकर ही, क्यूँ अपनी,
लघुता का मान, मनुज को होता है।
अस्तित्व पर जब तक न आए,
नींद में गहरे सोता है।

गति—मति का नियंत्रण खोते हीं,
विकास विनाशकारी हो जाता है।
प्रकृति के प्रकोप औ' दंड,
का अधिकारी हो जाता है।

एक साँस नहीं जुटा पायी,
फिर समृद्धि खोखली लगती है,
क्या सक्षम, औ क्या समर्थ,
अब उपलब्धि भी खलती है।

उसकी अर्जित सारी निधियाँ,
धूँ-धूँ कर जब जलती है,
आँकड़ों की बिसात पर पूछ रहे,
बोलो किसकी गलती है ?

परिणाम बिना ही सोचे हम,
जब नियति से भीड़ जाते है,
सूक्ष्म विषाणु (वाइरस) और कवक भी,
मति—श्रेष्ठ पर भारी पड़ जाते है।

गति अपनी नहीं हम, कम कर पाते,
जीवन गति कम कर देती है,
संतुलन पुनः स्थापित करने,
हस्तक्षेप प्रकृति करती है।

कवयित्री स्टेट बैंक ऑफ इण्डिया में सहायक महाप्रबंधक हैं।

त्रासदी

— राजेश मीणा 'बुजेटा'
भा.प्र.से. (2011)



भूखे पेट, नंगे पाँव,
मैले कुचौले से कपड़े तन पर,
मंजिल थी कोसों दूर,
चलने की आदत पड़ गई।

खाने को दाना नहीं, और
करने को कुछ काम नहीं,
खफा तो जिंदगी पहले से थी,
पर मौत भी अब रूठ गई।

हम बंजारे, बेघर से दिनभर,
भटकते रहे यहाँ से वहाँ,
कोई ठौर नहीं रहने की,
और रात लम्बी हो गई।

गठरी में सत्तू, सूखी रोटी,
लिए सफर पर चल दिए।
दिन में तो धूप थी ही मगर,
अब शाम बोझिल हो गई।

नाजुक सी डोर साँसों की,
कब चलते चलते छूट गई,
इंसान तो मरते थे पहले भी,
पर अब इंसानियत ही मर गई।

कवि निबंधक, सहकारी समितियों के पद पर कार्यरत हैं।

Civil Service to Poetry



– Khushwant Singh



MEN of Religion believe that the grace of God descends on certain people unannounced and then their lives change dramatically. I don't quite understand what that means but I do know that people who you would not suspect of having poetry in their souls would suddenly turn to writing it, translating poems from other languages and forget about other pursuits. That seems to be the case of Ram Updesh Singh of the IAS. He was born in village Gaighat (Distt. Ghazipur), went to school, and college in Allahabad, made it to the IAS in 1961, and was allotted to Bihar cadre. That's where he has been ever since, rising steadily in the service ladder. He has been Principal Secretary to three Chief Ministers – and is now at the very top of his grade. He has only one year to go in service.

His literary career is only four years old. He is not precise about the time when the muse of poetry claimed him. In August 1991 he finished drafting a manual of protocol for the State Government. Then the urge to compose poetry in his native Brajbhasha overcame him. Thereafter there was no holding back. Sacred texts had priority: Gceta, Durgasaptashati and many others. Urdu came to him as easily as Hindi and English. He wrote a long poem in praise of martyrs: *Shaheedon Ki Batein*, a poetic rendering of Pt. Nehru's testament and an eulogy on Rajiv Gandhi. Among his translations from Urdu to English are some of the better poems of Faiz. His English is somewhat archaic but he does manage to capture the spirit of the original.

(Mujhse Pehli Si Mohabbat Meri Mehboob Na Mang)

O my Love, ask me not for my love of the yore.
Me thought, with thou around me, my life was enlightened,
Where'd worldly worries stand, if my grief heightened?
Thy shining face begets the springs that sprout and endure,
'Xcept thy eyes, nothing in the world to look for sure,
If thou be begotten, it would make my fortune sway,

For it wasn't so, I merely wanted it to happen this way,
Besides love, there also are torments that sadden,
The joys of union apart, delights too, that gladden,
For centuries, the dark beastly black charms, and tricks,
That are woven like zari yarns, on silken fabrics,
The anatomies put on sale, in every market and street,
That're washed in blood and smeared in dust-sheet,
The bodies escaped from the clutches of disease,
The puss oozing from the wounds seldom cease,
How do I help, if I surmise on them too somehow?
What to do if thy prime youth captivates me even now?
Besides love, there also are saddening torments galore,
The joys of union apart, delights too, that gladden more,
O my Love, ask me not for my love of the yore.

When and why Ram Updesh added the pseudonym, 'Videh' to his name I have not been able to find out. The closest English equivalent to the word I could find in my Hindi-English dictionary is detached. Perhaps he means unworldly. Odd name for a poet.

*

[The circumstances leading to the above publication in the Hindustan Times on 16 September 1995, are rather interesting. Sometime in the month of August 1995, I had the privilege of meeting him and having a long discussion with him about my literary pursuits. Before that Sardar Khushwant Singh, the inimitable author and columnist had invited comments from the readers of his column on his translation into English of the above poem of Faiz. I had sent him mine, a part of which he appreciated in a letter to me. I had been exchanging letters with him since a few years back. After reading a few stanzas of my poem on Martyrs, he had said in a letter, "I have found your poem on martyrs very heart-touching and powerful. Why are you wasting your years in civil service? You are a born poet, so give the world your poetry which will live long after you." But I have lived my predestined life as I actually did. – RU Singh]

Quotable Quotes

– From Sources



"Never play with the feelings of others, Because you may win the game;
But the risk is that you will surely lose the person for a lifetime."

— William Shakespeare

"Laughing faces do not mean that there is absence of sorrow!
But it means that they have the ability to deal with it."

— William Shakespeare

"Coin always makes sound but the currency notes are always silent;
So when your value increases, keep yourself calm and silent."

— William Shakespeare

"The world suffers a lot not because of the violence of bad people,
But because of the silence of good people!"

— Napoleon Bonaparte

"I am thankful to all those who said No to me.
It's because of them I did it myself."

— Albert Einstein

"If friendship is your weakest point then you are the strongest person in the world."

— Abraham Lincoln

"Opportunities are like Sunrises,
If you wait too long you can miss them".

— William Arthur

"When you are in the Light, everything follows you,
But when you enter into the Dark, even your own shadow doesn't follow you."

— Adolf Hitler

"It is very easy to defeat someone, but it is very hard to win someone."

— Dr. APJ Abdul Kalam

"It isn't the mountain ahead that wears you out; it's the grain of sand in your shoe."

— Anon

Health Tips

Based on my own experience, I have devised a Daily Routine incorporating the basic principles for a healthy, relaxed, happy and stress-free lifestyle.

These are based on the learnings from various people encountered in my life and above all my late father. My father used to say that one cannot escape Death, but one can certainly prevent Old Age. The fundamental principle of a healthy, relaxed, happy and stress-free life is that one must follow self-discipline in a self-determined daily routine.

Some suggestions from my learning given below -

a. Waking up in the Morning:

Just after waking up, before opening your eyes, (only if you do not have objection on religious or other grounds) chant Mahamrityunjay Mantra thrice, Gayatri Mantra thrice and SriDurga-Battis-Naam=Mala once. Then open your eyes, smile (laughing loud shall be still better) and get up.

Note: (i) If you follow other religion, chant hymns appropriate to your religion or remember your religious icon. If you are an atheist, speak three

– Dipak Kumar Singh, IAS



times to yourself that during the whole day, you will not do harm to anyone and shall help others as far as you can. Then open your eyes.

(ii) Most important thing to remember is that try to make the moment of getting up in the morning, your happiest moment of the day. Smile at the world when you open your eyes or even laugh loudly. This forms the base of your feelings for the whole day.

b. Water regime:

Since 70% of our body is made up of water, the water regime assumes significance.

Drink at least 3- 4 litres of water every day, and try to take it to 5 litres a day, unless you have been told to restrict it due to some medical condition.

Take at least 3 glasses of warm water, first thing in the morning, just after waking up. Take one glass of water every hour in the day. After the morning consumption don't take more than one or one and half glasses of water in one go. The morning heavy intake is essential to compensate the gap during the time, you were sleeping and also for cleaning your intestines.

Never take cold water, at any time

of the day or in any season. It should be at least room temperature.

As far as possible, use only hot water for drinking throughout the year.

c. Food regime:

Take three meals and nothing in between, unless you have been medically advised to take 5 meals or more.

Breakfast should be ideally within 3-4 hours of waking up.

Breakfast should be the heaviest.

As far as possible, the timing for breakfast, lunch and dinner should be maintained everyday.

Fruits should be consumed in the first half of the day only. Avoid fruits after mid-day.

Curd should be taken with the breakfast, unless prohibited by Doctor. Mattha or Chhachh should be taken with the lunch. And no curd item in the dinner.

Emphasis should be on quality of food rather than quantity. Consume those items which give more energy and nutrients in less quantity.

Avoid wheat as far as possible. Take chapatis made of Jowar, Bajra, Ragi, i.e. coarse grains in its place.

Avoid anything directly from the fridge. Anything kept in the fridge should be first warmed before consuming it.

d. Work place regime:

In case you have long sitting job: Use straight back chair; Keep your back straight, aligned with the chair back

Get up from chair after every 45-60 minutes and take a stroll for 5 minutes.

Stretch your neck backwards whenever you remember. Caution: Whenever you stretch your neck backwards, keep your eyes closed.

e. Post Dinner regime:

Dinner should be taken ideally before 8 PM. There should be 3-4 hours of gap between dinner and sleep.

Things to do after dinner:

Brushing your teeth

Sitting in Vajrasana – for 5 to 15 minutes. (While sitting in Vajrasana, chant 3-5 times Mahamrityunjay mantra, 3-5 times Gayatri mantra, (only if you do not have an objection in chanting these mantras on religious grounds), 6 times Bhramari (2+ 2+ 2) [First two times concentrate on your brain, next two times on your throat and last two times on your heart] and 3 times Om chanting.

Walking at least 20 minutes after vajrasana.

Take Steam inhalation.

Gargling with salt and haldi mixed in hot water.

f. Sleep Regime:

Switch off your mobile at least half an hour (ideally one hour) before you go to bed, unless your profession demands to

keep it on 24 hours. Keep it at least 5-6 feet away so that you do not have temptation to look at the mobile/ whatsapp / facebook if you wake up in the night.

No screen time in last one hour before you sleep.

g. After going to bed Regime:

Put 2–4 drops of mustard oil in your navel and rub around the navel with your finger tip, 40 times clockwise and 40 times anticlockwise.

Put two drops of mustard oil in each nostril.

Close your eyes and like a flashback remember each and every event that has happened since morning. In your thoughts, forgive those who have hurt you in any way on that day, with their words or actions. In your thoughts, ask forgiveness from those whom you have hurt in any way, with your words or actions. This will relax your mind completely and you will have a sound sleep with positive thought, and get up smiling the next morning.

Have at least 7 hours of sleep in the night. Try to follow the age old maxim -

Early to bed and early to rise.

h. Exercise regime:

Spend at least one hour in the morning and half an hour in the evening on your personal exercise regime.

The regime can be decided by each person as per the available time and age but the basic thing to remember is that walking/ jogging and breathing exercises have to be part of your exercise regime. Doing gym/ muscle building without breathing exercise is like decorating the exterior of a house (our body) while the inside is dilapidated. Certainly breathing is more important for our life than muscles.

At least half an hour walk in the morning. Try if you can, to extend your walk to 45 minutes.

Half an hour on yoga/ pranayama in the morning after walk. Yoga/ pranayama to be done only after learning under expert supervision.

Half an hour walk in the evening also, if time permits.

(These are based on my personal experience only—DK Singh)

[The writer Dipak Kumar Singh is currently Principal Secretary, Environment, Forest and Climate Change Department, Government of Bihar. Anyone having questions may contact him on his Mobile no 9471002767. — RU Singh]

कविता



संकल्प

- विनोद दूहन, भा०प्र०से० (2018)

थम थम रुक रुक के चलने वाले
भाग्य आंच पे गलने वाले
हाथ लकीरें मलने वाले
निर्बल जड़ पे पलने वाले
उठ, तुझे अब चलना होगा
अटल आग में जलना होगा
आदर्श सूर्य के तेज के आगे
अँधेरी रात को ढलना होगा
तेरी खुदी ललकार रही है
निराशा को नकार रही है
समर्पित भाव से देगा तो
आता कल बेकार नहीं है
आकाश कुसुम का जो वो सपना
माना कि साकार नहीं है
संघर्षों के तपते रण में
माना कि दिन चार नहीं हैं
अम्बर तलक मुसीबत पर्वत
माना कि हुंकार रही है
मन की गांठों की वो अग्नि
माना कि फुंकार रही है
मन की गांठे मन के सपने
मन के पर्वत मन के झरने

पावन मन से निश्चय कर ले
जीते मन तो हार नहीं है
अपनी कुदरत जान मुसाफिर
खुदा के खुदा को मान मुसाफिर
धड़कते मन को तान मुसाफिर
उठ तुझे अब चलना होगा
अटल आग में जलना होगा
मन का पंख सजा दो अब ये
रण का शंख बजा दो अब ये
एक जिन्दगी शेर जियो तुम
अर्ध यत्न अब स्वीकार नहीं है
अपना धनुष सम्भालो अर्जुन
गीता सार को गा लो अर्जुन
देख क्षितिज पर बाण ना हो गदगद
ऐसा यह संसार नहीं है
वीर शौर्य का वार मुसाफिर
जिंदादिल का प्यार मुसाफिर
अब तुन है तैयार मुसाफिर
उठ, तुझे अब चलना होगा
अटल आग में जलना होगा
आदर्श सूर्य के तेज के आगे
अँधेरी रात को ढलना होगा।

[The poet is currently posted as SDO of Danapur. This poem was forwarded to me by our Secretary, Dipak Kumar Singh — Principal Editor]

कविताएँ



शिला के लेख

- आशुतोष द्विवेदी,
भा०प्र०से०(2018)



मैं शिला के लेख सा दिखता रहा हूँ,
काल चिर की इस कहानी को दिखाने।
उल्लेख कितने ही उकरे हैं समय ने,
बह गए कितने पनारे पानियों के,
है जमी काई कई स्थान फिर भी,
बदला बहुत कुछ मैं मगर टिकता रहा हूँ।
मैं शिला के लेख सा दिखता रहा हूँ।

रेत है कोमल, उसे ज्यों चाहो मोड़ो,
पर इबारत रेत पर टिकती नहीं है।
आरोप है पत्थर पे निष्ठुर होने का भी,
पर अटल होने को पत्थर है जरूरी।
धर्म जो निश्चित किया उस पर अडिग हूँ,
हर तरफ की तपन में सिकता रहा हूँ।
मैं शिला के लेख सा दिखता रहा हूँ।

राष्ट्र का इस्पात ढांचा स्तम्भ हूँ सदियों से मैं,
लक्ष्य के हित नित कलेवर बदल नित नूतन भी हूँ।
“नौकर” हूँ या मैं “शाह” हूँ,
इस प्रश्न से क्या राग मुझको?
मैं तो बस कर्तव्य को नेपथ्य से ही कर रहा हूँ।
बुर्ज का पत्थर नहीं, मैं नींव की इक ईंट हूँ,
श्रेय दे औरों को सब, बस कर्म में लिपटा रहा हूँ।
मैं शिला के लेख सा दिखता रहा हूँ ॥

*

[कवि आशुतोष द्विवेदी सम्प्रति मनिहारी के
अनुमंडल पदाधिकारी हैं। - प्रधान संपादक]



वियोजन की कसक

- राम उपदेश सिंह,
भा०प्र०से०(1961)



वियोजन की कसक की धार बहती है।

वियोजन की कसक की धार बहती है।
जगत् सम्पूर्ण में होकर प्रसारित, जो,
गगन में, अनगिनत आकार गढ़ती है।

बिछुड़ने की चुभन, सुनसान रातों में,
सितारों को परखती, टकटकी बाँधे,
वही फिर, पत्तियों की सरसराहट में,
मधुर मलहार बन, घन में उमड़ती है।

प्रसारित हो रहा यह क्लेश ही तो है,
गहन हो कामना, ज्यों प्रीति बन जाए,
वही मानव-गृहों में हर्ष है, दुःख है,
प्रवाहित हो, वही, कवि-हृदय से मेरे,
सदा संगीत की लय-धार बनती है।

*

[ऊपर उद्धरित मेरी कविता विश्वकवि गुरुदेव रबीन्द्रनाथ
टैगोर की अंग्रेजी गीतांजलि के एक पद्य का हिन्दी में
पद्यान्तरण है। अतः इन पंक्तियों में भाव गुरुदेव के हैं तथा
मैंने भावों का संवाहन हिन्दी भाषा में किया है। 'विदेह']



तीन कविताएँ



- विरेन्द्र प्रसाद यादव, भा०प्र०से०(2004)



उस रात नहीं मैं रोया

उस रात नहीं मैं रोया
जब बालक सा व्याकुल
तेरी गोद में छिपकर सोया
उस रात नहीं मैं रोया।
जीवन के दुख सारे भूल
हर्षित मन, बरसाये फूल
विस्मृत करके सारे हार
नोन जैसे जल में खोया
उस रात नहीं मैं रोया।
पथ कंटकित, नहीं याद किया
स्वर्ग भी नहीं, फरियाद किया
गतिमान बन किरणों जैसे
भार दर्द नहीं, मैं ढोया
उस रात नहीं मैं रोया।
स्वर्णिम सी, धीर छाया
छोड़ जगत की मोह माया
प्यासी धरा पर सोम बन
हर्षित, वर्णित मैं जोया
उस रात नहीं मैं रोया।
जीवन बगिया अब महका
ज्वार कोई उर में दहका
नव जीवन सा ले आकार
मधुमय बीज, बता, बोया
उस रात नहीं मैं रोया।

क्यों तुमसे न हो प्यार मुझे

अवनि अंबर, मन के अन्दर
हर सांस तुम्हारे होने का
क्यों लगता अनंत विस्तार मुझे

क्यों तुमसे न हो प्यार मुझे।
मेघों के रंगों में रंग कर
रूप पाश से वीचि भंग कर
हवा में अंगराग भर कर
मेरे तुम मानस के तट पर
छवि उकरते हो तुम प्रति पल
क्यों लगता है, तेरा आकार मुझे
क्यों तुमसे न हो प्यार मुझे।
जो कहा रुक रुक पवन ने
जो कहा झुक झुक गगन ने
कुछ कहा नीरव स्वन ने
कुछ कहा उड़ती अगन ने
हर स्वप्न तेरा भाव बंध है
क्यों बीधना है स्वीकार मुझे
क्यों तुमसे न हो प्यार मुझे।
समीर में उर का प्रकंपन
नेह में स्वर लहरी का स्पंदन
राह बन गये जैसे वन चंदन
अश्रु में भी उजला निमंत्रण
बिन मागे तुमने दे डाला
क्यों स्निग्ध का पारावार मुझे
क्यों तुमसे न हो प्यार मुझे।
रोके न रुके जीवन की आश
बढ़ती जाती अब संचित प्यास
पल भर न मिले कोई अवकाश
रचने को चले हम तुम इतिहास
क्षण में सारे, अभिमान वार
क्यों सान्त, अविराम पुकार मुझे
क्यों तुमसे न हो प्यार मुझे।

प्यार किसी का

पलकों में पाल लिया है मैंने
एक सपना, पारावार किसी का
संग संग अंगराग बना वह
लुक छिप विद्युत प्यार किसी का।
कुंतल काले ने आकाश चुराया
उर ने एक नव लोक छुपाया
मन में, तन में, अंतहीन गगन में
सीमाहीन उसी की छाया।
ले आया सुरभिमय झंझा
निश्वास का उपहार किसी का
लुक छिप विद्युत प्यार किसी का।
चितवन जैसे सुख पुलिन अनजान
या स्निग्ध करुण कोमल गान
चाप का पाथेय, मिटा तिमिर
दे दिवा में, छांह का वरदान
चिर वसंत बन साकार हुआ
मुक्ता मरकट तुषार किसी का
लुक छिप विद्युत प्यार किसी का।
मुझे नहीं मतलब इति अथ में
गतिमान रहूँ संसृति के पथ में
नभ तारक खंडित सा पुलकित
संसार बना, अभिसार अकथ में
अब टूटा कंचन, हीरक पिघला
बन स्पंदन, घनसार किसी का
लुक छिप विद्युत प्यार किसी का।



[The poet is currently posted as Special Secretary in the Welfare Department. These poems were thankfully received by me through our Editor, Rajesh Meena — Principal Editor]



Pratyush Sinha, IAS (BH-1969)

– RU Singh, IAS (1961)



Pratyush Sinha, an officer of 1969 batch of IAS in Bihar cadre, held important posts in Governments of Bihar and India. After a distinguished career that included a decade long stint as an international civil servant in London, he retired from the IAS in 2006. He headed the Central Vigilance Commission as Chief Vigilance Commissioner during the years 2006-10. It is relevant to recall that, years back, Mr KA Ramasubramanyam, IAS of 1950-batch of Bihar cadre, having the reputation of being a strong and impartial officer, had held the post of Chief Vigilance Commissioner of government of India. Pratyush Sinha is also a shining example of a bureaucrat, who has been known for his forthright opinions and probity during his entire service career.

Pratyush has had a varied experience of working in several ministries of government of India and in each he left behind memorable trails of his achievements. At the level of Secretary to GOI, he served in four ministries. In Border Management, he oversaw the strengthening of coastal security and border fencing and dealt with various sociopolitical matters relating to the north-east. He promoted the concept of Mega Chemical Hubs in the ministry of Chemicals and Petrochemicals. He was involved in the



Pratyush Sinha

formulation of the MNREGA, a flagship program me for poverty alleviation. In the ministry of Personnel, Training and Administrative Reforms, he played a pivotal role in the formulation of the RTI Act, a landmark step in enforcing transparency, and in the matter of the administrative reforms, he brought about improvements in the training and management of the All India Services.

In the State Government, Pratyush Sinha had a decade long experience in the financial and development administration. He served in the field of industrial development for a long time including as Director of Industries and Managing Directed of the State Finance Corporation. Later he served also as Finance Secretary and Development Commissioner of Bihar.

I remember that when I took over as Deputy Commissioner of Santhal Pargana in August 1971, Pratyush had only about a week to complete his district training as an IAS probationer. My meeting him at that time became memorable because he gave me to read a classic autobiography of John Beames titled, Memoirs of a Bengal Civilian. After reading the book, I came to the conclusion that, in the administrative drama, the stage and the script are the same, only the actors keep changing.



14-Managing the Second Wave of Covid in Aurangabad

– Saurabh Jorwal, IAS (2014)



The first wave of COVID-19 caught us unaware as no one had an idea about the virulence of the disease, its effects on body organs and even the SoP for treatment. The second wave created chaos, primarily due to non-availability of Oxygen and dedicated facilities for prioritised treatment.

We still remember how around Ides of March, as paranoia began to spread in the rest of the country, Aurangabad began probing prospects of the surge. Like the last wave, this time also the District Administration decided to go by the seamless convergence of all departments, for minimizing the impact of the virus. We tried to triangulate possible reasons for the surge and strengthened the collaborative response strategy. The knowledge base was the first wave, strategy followed in other countries and other states where the surge of COVID second wave spread its fangs in the month of February itself, apart from the guidelines issued by the central and Bihar Government from time to time.

Based on the above, we came to recognise that we had to work on the following fronts in order to safely cross the second wave: (1) Availability of Oxygen; (2) Dedicated Covid Health Centres (DCHC) and Covid Care Centres (CCC); (3) Strengthening District Hospitals; (4) ICU facilities for severe patients; (5) 24x7 Control Room and Quick Medical Response Team (QMRT); (6) Contact Tracing; (7) Lockdown Enforcement; and (8) Community Kitchen and employment through MGNREGA etc.

The first and foremost requirement was to achieve self-sufficiency in oxygen. To ensure this, all industrial oxygen plants in the district were mapped and taken over by the District Administration. These oxygen plants that were involved in the production of industrial oxygen, were permitted to produce medical oxygen and were granted a license as per the standard norms and regulations. The Industries Department was also quick in assessing the situation and decided to monitor it on a centralized basis.

It was followed by liaising with liquid oxygen providers in Jharkhand and Kolkata to ensure balancing of demand and supply. The supply chain of oxygen was strengthened to enable a smooth supply of oxygen within and outside the district. Owing to these measures, the district made two medical oxygen plants functional that ensured sufficient Oxygen Stocks. Moreover, we were able to supply to around 8 neighbouring districts like Arwal, Bhojpur, Buxar, Gaya, Jehanabad, Kaimur, Patna and Rohtas.

The second major issue was the availability of dedicated Facilities for treatment of the patients with moderate or severe COVID conditions. For this purpose, we set up total of 5 Dedicated Covid Health Centres (DCHC) and Covid Care Centres (CCC), with a total capacity of 400 beds equipped with oxygen supply. As cases began to rise exponentially, anticipated stress on health infrastructure and human resource started to be felt. To cater to severe cases, one out of the five dedicated facilities was used as an Emergency Facility with 50 beds with a significantly higher number of medical and administrative staff and ensuring their attendance by regular visits of senior officers. Late night discussion in facilities itself and one to one interaction with Covid patients was efficacious. Besides doctors, almost all senior officers used to visit these wards wearing PPE kits.

District Hospital catered to patients who had tested negative but had problem in breathing

with Covid-like symptoms, and also to the daily non-Covid patient footfalls. Timely rounds in wards, availability of oxygen and medicines eased the situation. Additional ambulances were made available and as per direction of Health Department, additional doctors were appointed through walk-in interviews. Parallely an RT-PCR lab was also set up.

Concurrently, attention was paid towards setting up ICU beds with ventilator facilities which had been lying unutilised. In consultation with all stakeholders, local doctors were selected and trained online in collaboration with AIIMS Delhi to make these beds operational. These pragmatic steps taken on time, ensured sufficient beds, an ICU facility, and a dedicated facility for the COVID patients who required Oxygen support.

The district had also setup a 24x7 Control Room and a Quick Medical Response Team to ensure all round medical support to anyone, anywhere & anytime. As a part of the strengthening process additional mobile phones with special video calling facility have been provided through which the individuals with queries can resolve their doubts and issues. The centre has an adequate number of staff working shift-wise. The control room houses doctors, paramedics, and QMRT staff to perform various functions like daily calls to positive cases under home isolation to check on their health status, resolving the doubts of positive patients regarding their medication, diet etc, daily contact tracing of positive cases to collect data such as travel history, issues of comorbidity, symptoms of COVID etc, and shifting any moderate or severe case to the nearest CCC or DCHC as per the severity of the case.

Realising the importance of Contact tracing, we had followed the practice of targeted testing as opposed to a random testing practice. Aurangabad has also made use of the HIT app launched by the Health Department. This App is a repository of all the positive cases that were under home isolation in the district, used for their daily monitoring by the ANM.

Adding to all these efforts special care was taken towards implementation of the complete lockdown and bringing in behavioural change among the rural population regarding important issues like wearing masks and social distancing. In convergence with Jeevika SIIGs, mass production and distribution of masks was done. Till date around 11 Lakh Masks have been distributed in a span of one month, in a decentralised manner.

Taking cognisance of the losses of livelihood opportunities of poor, vulnerable and marginalised households, putting them at the risk of food insecurity, the District Administration, as per the direction of the state government, established 21 community kitchens across the district, which has served more than 10,000 individuals, till date with around 1900 individuals utilizing these services per day.

For MGNREGA we set up a specialised war-room to assist the rural population and migrants, to provide job opportunities near their homes. Teams of staff specifically allocated for the monitoring of these sites would visit several worksites to ascertain the quality of work and address grievances of the local populace on the spot.

We had kept our key objective as minimizing the casualties through targeted testing, early detection, and treatment of each positive case. One Key Performance Indicator (KPI) was the number of severely affected patients who were treated and recovered in the district and due to above mentioned synergies the district has been able to treat 225 severely affected patients whose oxygen levels had dropped below 94. They were successfully treated and discharged.

With its strategic geographic location, connected to Patna, Gaya, Ranchi, and Varanasi, Aurangabad is still receiving a plenty of cases daily. However, synergy between administration and medical practitioners and support from the state headquarters, helped us to build an approach based on vitality and wisdom. We are making all effort to counter the virus with minimum loss of life.

[The writer Saurabh Jorwal (2014) is the District Magistrate of Aurangabad]

cVIGIL - a New App designed by ECI for Fair Polls

– Pushpinder Puniha &
– HR Srinivas, IAS (1996)



Technology plays a big role in elections. Electoral rolls have been digitised; polling booths are mapped through GPS software; voting takes place through EVMs, and the aggregation of votes is an electronic process. Now, the Election Commission of India (ECI) is trying to engage citizens in the electioneering process much before voting through a smartphone app developed by it called cVIGIL. It is a great leap of faith by the ECI to give an opportunity to the common citizens to supervise the methods deployed by candidates and political parties to woo voters.

Established a day before the Constitution was adopted in 1950, the ECI has come a long way in fulfilling its mandate to conduct free, fair and participative elections. The late TN Seshan may have given the ECI a place in popular public discourse in the 1990s and created awareness on the constitutional powers vested in the ECI. Yet, it is the institutional and individual empowerment through digital technology that has given real teeth to the ECI.

The ECI has sought to curb malpractices through strict compliance of the Model Code of Conduct (MCC), which has the consensus of political parties. The local muscle power is counter balanced by the deployment of central paramilitary forces; flying squads are positioned to follow leads of misuse of money or power, check posts at jurisdictional boundaries of taluks, districts and states curb the free flow of money and liquor, and expenses by candidates and the political parties are examined. These are administrative measures, and citizens doubt their efficacy. Through cVIGIL, the ECI is roping in citizens to report any infringement of MCC.

cVIGIL is watchfulness by citizens. A real-life incident would illustrate the use of this tool; it is one of the 56 such events reported by citizens during the Kerala assembly elections, 2021.

Anita (name changed) notices a loud political gathering in her locality beyond 10pm. She believes such a gathering is not permitted. She photo records the meeting and sends it through the cVIGIL app on her smartphone. The flying squad, dispatched by the control room at the DM'S office, affirms Anita's video. A violation of MCC is registered against the candidate and political party. Anita's complaint could not be ignored. The permanent digital imprint ensures that any deviation from the set norms of action could lead to administrative action against the erring official;

the App records the time and the recipient's details. The default setting of the app ensures Anita's anonymity.

cVIGIL has caught the fancy of citizens in Kerala. A more educated electorate, a wider penetration of the smartphone network among voters, mobilisation of the masses through party cadres, and a more decentralised polity are the possible reasons for cVIGIL's ready acceptability in Kerala. The potential of cVIGIL in bringing out violations of the law can be gauged from the data (shown below) from the Kerala assembly elections, 2021.

SNo	Nature of the complaint	Number	Solved	Success
1.	Campaigning during ban period	306	248	81 %
2.	Campaigning within 200m of booth	496	496	100 %
3.	Display of firearms or intimidation	385	346	89.9 %
4.	Property defacement	15720	15574	99 %
5.	Posters without permission	130430	128125	98.2 %

In a robust democracy, citizen participation in the electoral process goes beyond voting and it is articulated in many types of engagement. Anita is a conscientious citizen, willing to expend energy and time to report an MCC infringement. She has no desire to confront the wrongdoers. She believes in the fairness of the state's enforcement machinery to act on her lead. The ECI is confident that as more violators are brought to book through cVIGIL, many more Anita's would come forward to report malpractices, and cVIGIL would become an effective tool to ensure fair and more transparent election.

*

[The writers of this illuminating piece are Pushpinder Puniha who is a Special Expenditure Observer, and HR Srinivas who is Chief Electoral officer, Bihar. The article is based on the original published in the Economic Times, Delhi on 15th May 2021. In public interest it is published here with due acknowledgement to the esteemed Economic Times. The cVIGIL App has the propensity to forcefully take on the slippages in the electoral process by introduction of public vigilance. A large number of people also in the rural areas use smartphones in which this App can be downloaded and applied at election times. — Principal Editor.]

Solving acute Oxygen crisis in 8 hours in Purnea

By Jyoti Yadav of The Print:

Purnea, 14 May, 2021 3:39 pm IST: On 12 May, around 3.30 am, the only oxygen plant in Bihar's Purnea district broke down. The plant would take care of the district's daily requirement but did not have a facility to store the medical oxygen it produced.

By 7 am, the WhatsApp groups of Purnea's nodal officers started flooding with SOS messages, and people had taken to social media asking for help. For Purnea district, 300 kilometres away from state capital Patna, this was the “biggest crisis” so far during the second wave of the Covid-19 pandemic.

Panic was spreading fast with each social media post. Lives of nearly 250 critically ill patients across 13 hospitals, 40 of them on ventilators, were at stake if medical oxygen was not arranged within a few hours. This could have been another disastrous day in the Covid timeline of India that has of late lost many precious lives only due to acute shortage of oxygen.

But Purnea averted such a disaster, and has one man to thank for it — District Magistrate Rahul Kumar. The top official not only arranged the required medical oxygen within hours but also managed to restart the broken-down oxygen plant in Maranga industrial area, 5 km from the main city, within a day. Many Twitter users took to the micro-blogging site to laud the 2011-batch IAS officer who managed to save the day with his smart planning.

Kumar told ThePrint about the operation, and noted the high point of the day — that they “did not waste a single minute in passing orders or papers” to achieve ultimate goal of saving lives. The eight-hour operation that Kumar led from the Covid control room in Purnea Sadar Hospital not only saved the life of 250 critical Covid patients but should also serve as a lesson in crisis management. The district has reported 45 Covid deaths in the second wave of the pandemic, according to latest official figures.

An 8-hour mission:

Rahul Kumar said things looked grim when he reached the control room at 8 am. To instill confidence in the nodal officers and the district administration, he posted a tweet admitting to the oxygen shortage but said he was on top of the matter.

“As an administrator, it is very crucial to be accountable and bring that confidence in people,” he told The Print.

Sharing more details about the oxygen supply chain in Purnea, he said: “Our oxygen plant produces 350 cylinders every day. But for Covid patients, we need 500-550 cylinders on an average basis. So I decided to appoint three nodal officers at the plant to work in three shifts. This is to ensure we produce oxygen 24 hours. The remaining 150 oxygen cylinders were outsourced from Bhagalpur.” He also engaged four private distributors for the supply. “Each distributor works closely with our drug inspectors.” He added.

Help from neighbouring districts:

At a time when there is a tussle between states over oxygen supply at the

national level, Bihar saw its districts coming to each other's help in the oxygen crisis. Rahul Kumar recalled: "A handful of cylinders were managed from our primary health centres but they were not enough. Since Max7 and Jivan hospitals needed immediate help, our Dhamdaha subdivision sent 15 oxygen cylinders to these hospitals within half an hour, out of which 10 were sent to Max7 and five to Jivan Hospital." But Max7 flagged an SOS again that it needed "jumbo cylinders".

"I got the doctors on call, who are in charge of the four wings of Sadar Hospital. They identified the patients with more than 90 SPO2 levels. The oxygen flow for these patients was slowed down a bit so the stock could last a few more hours. The Sadar Hospital then sent its jumbo cylinders to Max7. Lives could have been lost within a few minutes, but we did not waste a single minute in passing orders or papers," Kumar said.

The district magistrates from Kishanganj, Katihar and Supaul also came forward to help Purnea. Supaul immediately sent 15 cylinders, while Katihar and Kishanganj sent 10 cylinders each.

Meanwhile, MLC Dileep Jaiswal also saw the SOS calls on Twitter and promised to send 40 cylinders from his medical college in Kishanganj. "At the end of the day, we got 65 and 60 oxygen cylinders respectively from Bhagalpur and Siliguri around 8 pm. By this time, we also got our machines repaired and the plant started again," Kumar added. *

Saving Lives of 500 patients in 7 hours in Darbhanga

By Rajesh Kumar Thakur of the Express News Service :

PATNA, 18th May 2021 10:58 AM: Dr SM Thiyagrajan, a young IAS officer, posted in Darbhanga as District Magistrate, averted a serious crisis and saved lives of over 500 patients in just seven hours. His actions, similar to another IAS officer posted in Purnia district, were nothing short of heroic.

A plant generating medical oxygen at Darbhanga abruptly broke down on May 5 creating a life and death situation for 500 patients. Dr SM Thiyagarajan's quick thinking and swift action saved lives of the patients in not only Darbhanga but other adjoining districts as well. The patients who needed Oxygen support were battling Covid-19 and other non-Covid diseases in Darbhanga. But due to technical problem, the plant broke down leaving supply of the life-saving Oxygen only for a few hours. The Darbhanga based Oxygen plant caters to the needs of not only Darbhanga but also Madhubani and other adjoining districts. The pipe that ensures flow of medical oxygen to storage tanker had burst.

"It was shattering to hear about the plant situated at Madhopati at 6.00 pm on May 5. We rushed to the site and started making alternative arrangements to continue the supply of Oxygen till the O2 generation was restarted", the Darbhanga DM said.

Leaving nothing to chance, the DM flashed an SOS message to headquarters and the asked the management bodies of other district hospitals to be on alert with an alternative plan. He said "at the moment all my senses focused only on rectifying the problem and avoid any untoward development. "He contacted the district magistrates of neighbouring districts like Muzaffarpur, Samastipur, Purnia, Kishanganj and Begusarai to provide back-up Oxygen cylinders.

Development commissioner of Bihar Aamir Subahani was also informed about the crisis. A control room was set up immediately where DM Thiyagarajan camped till the alternative arrangements were put in place. A vehicle carrying 27 cylinders from Madhubani was sent to DMCH and oxygen was arranged from various sources for the night. The Darbhanga DM arranged help from an oxygen plant in Deoghar, which was also facing similar situation. The technician from Deoghar through whatsapp video call guided the technician of Darbhanga in the presence of the DM on the night of May 5 and showed him how to fix the problem. Thiyagarajan ordered a welding machine from Begusarai. The DM of Begusarai also rushed 50 cylinders with some technicians at 12.30 am, which reached Darbhanga at 2.30 am covering a distance of 115 km. Samastipur sent 60 big oxygen cylinders that reached at 12.10 am in Darbhanga, followed by 60 cylinders from Muzaffarpur at 1.00 am. All cylinders arranged throughout the night by the DM provided a backup till the morning of May 6.

While the Oxygen arrangements were being made, the technical problem was fixed and normal generation of medical oxygen started at 3.35 am. A vehicle carrying 40 oxygen cylinder also reached from Purnia in morning but was sent back as regular O2 generation had resumed.

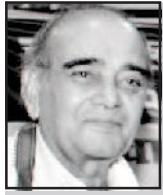
"Thanks to God and the support from various sources, 500 lives were saved," the Darbhanga DM said. *

Later in a Whatsapp message the DM said, "We could manage the crisis with guidance throughout the night from Aamir Subahani sir, and great help from many DMs. It was a team work."

Likewise, Vyasji said in his Whatsapp message in the IAS Bihar group: "Exemplary and commendable work by Thyagarajan as well as the DMs of Samastipur, Madhubani, Muzaffarpur, Begusarai and Purnea for providing timely help by sending oxygen cylinders! Lesson learnt is every district should maintain an inventory of cylinders for meeting such exigencies. Hope officers have learnt this lesson immediately after Purnea episode. One more point, such positive news should also appear in the media which are in circulation in Bihar."

A large number of the members of the IAS Bihar Whatsapp Group lauded the leadership provided by the DMs of Purnea and Darbhanga to tackle critical situations in the wake of Covid-19. It is heartening to find that by and by new stars are rising with sheen in the bureaucratic horizon of Bihar, making the IAS fraternity rejoice and feel proud of the success stories being imprinted by our members. *

[An upload from by Sujata Chaturvedi describes how an Oxygen plant broke down on May 8, endangering hundreds of lives of Covid patients in the districts of East and West Champaran. Applause is due to our young and energetic DM, Kapil Ashok Sirsat who lost no time to lead and coordinate the efforts of the team of experts and within hours brought the oxygen plant into operation. In the process, Kapil Siursat under the guidance and support of the Development Commissioner, Aamir Subahani and proactive cooperation of Palka Sahini, Resident Commissioner, succeeded in procuring the spare parts form Ghaziabad and tapping the help and resources not only from the neighbouring districts but also from Nepal — Principal Editor]



TCA, My Friend

– RU Singh, IAS (1961)



I write this piece on behalf of my grief-stricken fraternity in Bihar to pay homage to the sacred memory of one of my closest friends and a batchmate in Bihar cadre, Thirumalai Cunnavakkam Ananthanpillai Srinivasramanujam who breathed his last at Chennai on the 15th night due to some pathological complications. Because of his longest name, he was simply TCA to his friends. There are memories galore of my interactions with him over the years, even after his retirement, all of which cannot be recounted in a limited space.

It now tickles me to remember that TCA had landed up in the NAA, a symbol of National Integration, at Mussoorie on 1 June 1961, as an orthodox TAMILIAN Brahmin with Tripund of sandalwood paste applied on his forehead. My own vibes matched with his from day one, as it were. Sometimes I would irritate him by uttering a sentence in a typical TAMILIAN tone, on which he would retort, “Why do you speak like that? No TAMILIAN speaks like that.” But such overtures only reconfirmed our fledging closeness to each other.

As time passed, we became more and more intimate, so much so that there were no holds barred when we cracked jokes of all kinds. We were particularly fond of imitating each other while we spoke Hindi sentences in anglicised tone.

When TCA was posted as SDO of Sahebganj, a businessman turned politician had filed a complaint case against him in the court of judicial magistrate at Rajmahal. I remember that as DC of Santhal Pargana

during 1971-73, a revision petition had come before my court for hearing, and I summarily dismissed the complaint on the ground that the sanction for prosecution was not available. This might have brought some mental relief to TCA.

The infamous riots of Bhagalpur had broken out on 25 October 1989. In the grim situation that followed, the CM, Mr SN Sinha asked me, his principal secretary, to suggest who should be posted as Divisional Commissioner there. I talked to TCA hoping he would not parry the challenging posting. Indeed he said, “RU, I am grateful that you have thought of me.” And while posted at Bhagalpur, he endeared himself to all who worked with him.

During his visit to Patna he once came to meet me at my house and we exchanged pleasantries. When he read only the last page of my translation of former PM, Chandrashekhar's autobiography from Hindi to English, he elatedly said, “I would buy and read this book.” Unfortunately, the book is yet to see the light of the day and he is no more.

Our common friend, batchmate and former CEC, JM Lyngdoh (Jimmy to me) called me on the 17th morning to inform about the sad news about TCA, which I had already known from our Whatsapp Group of IAS Bihar. We were exchanging our reminiscences on TCA. He broke down, his voice choked, when I started telling him about a few of my interactions with our departed friend. Such had been the bond. *Adieu, Mon Cher Ami.*



TCAS Ramanujam

Obituaries

The IAS Association (Bihar Chapter) places on record its sense of sorrow and conveys its heartfelt condolences at the untimely deaths of its serving and retired members mostly in the wake of the widespread afflictions of Covid-19. May their souls rest in peace and the bereaved families get the strength to bear the losses.

Among the serving members who fell prey to the complications have been Shri Vijay Ranjan, IAS (2008), Director, Panchayati Raj; Shri Ravi Shankar Choudhary, IAS (2011), Additional Secretary (Health) and Shri Arun Kumar Singh, IAS (1985), Chief Secretary, Bihar in the month of April 2021, and Shri Rameshwar Pandey, IAS (2008), Director Mines in the month of May.

Among the retired members who left for their heavenly abode in the month of April 2021 included Shri Abhimanyu Singh (1964), President and Dr HK Sinha (1983), former secretary of the Retired IAS Officers' Association. The others who left us in the next month of May included Shri Faraq Ahmad (1996) on the 10th, Shri Kunwar Jang Bahadur (2000) on the 11th, Shri P K Mishra (1959) on the 12th and Shri TCA Srinivasramanujam (1961) on the 15th May 2021.

We are also grieved by the passing away of Shri Sheo Murti Rai, IPS (1966) on the 7th, Shri TP Sinha, IPS (1966) and Shri Shashishekhar of the Bihar Forest Service on the 10th May. The list of colleagues working or who had worked directly with the members of the Association, as well as those of other acquaintances, who became victim of this tiny creature, named corona virus, is so long that it is heart wrenching to recall their memories and express the feeling in words. It had never been so scary and death has never been so near.

The Association is saddened by the departure of so many valued colleagues and expresses deep solidarity with the family members of colleagues and acquaintances who are feeling shattered by the untimely departure of the mainstay of their families.

— Dipak Kumar Singh

Appeal

The Association appeals to all its members to facilitate – (i) the disbursement of Rs. 4 lakhs ex-gratia from the CM Relief Fund to the families of those members and other colleagues, who lost their battle to Covid; (ii) the appointment of dependent on compassionate basis or if there is no eligible dependent or they do not wish to take up appointment on compassionate basis, then payment of special family pension (i.e. payment of full salary till their date of superannuation and thereafter normal family pension)

**सामान्य प्रशासन विभाग, बिहार सरकार द्वारा निर्गत अधिसूचनाओं के अनुसार
भारतीय प्रशासनिक सेवा के पदाधिकारियों का स्थानान्तरण, पदस्थापन एवं प्रोन्नति:**

क्र.	अधिसूचनासं०/तिथि	स्थानान्तरण, पदस्थापन एवं प्रोन्नति
01.	3213/06.03.2021	श्री सतीश कुमार सिंह, भा.प्र.से. (2008) विशेष सचिव, भवन निर्माण विभाग का विशेष सचिव, नगर विकास एवं आवास विभाग के पद पर पदस्थापन।
02.	3214/06.03.2021	श्री विमलेश कुमार झा, भा.प्र.से. (2008) संयुक्त सचिव, गृह विभाग का संयुक्त सचिव, सामान्य प्रशासन विभाग के पद पर पदस्थापन।
03.	3215/06.03.2021	श्री अनिमेश कुमार पराशर, भा.प्र.से. (2010) अपर सचिव, कला, संस्कृति एवं युवा विभाग का अपर कार्यपालक निदेशक, राज्य स्वास्थ्य समिति के पद पर पदस्थापन।
04.	3216/06.03.2021	डॉ. करुणा कुमारी, भा.प्र.से. (2010) अपर कार्यपालक निदेशक, राज्य स्वास्थ्य समिति का अपर सचिव, कला, संस्कृति एवं युवा विभाग के पद पर पदस्थापन।
05.	3217/06.03.2021	श्री संजय कुमार सिंह, भा.प्र.से. (2008) संयुक्त सचिव, ग्रामीण विकास विभाग को सचिव, राजस्व पर्षद के पद का अतिरिक्त प्रभार।
06.	3902/18.03.2021	श्री सतीश सिंह ठाकुर, भा.प्र.से. (से.नि.), मुख्य सचिव के विशेष कार्य पदाधिकारी की सेवा 01.04.2021 से 31.3.2022 तक विस्तारित।
07.	4080/24.03.2021	श्री सज्जन आर, भा.प्र.से. (2015), समाहर्ता एवं जिला पदाधिकारी, शिवहर को बन्दोबस्त पदाधिकारी, शिवहर का अतिरिक्त प्रभार।
08.	4268/28.03.2021	श्री आमिर सुबहानी, भा.प्र.से. (1987), विकास आयुक्त, बिहार, पटना अपर मुख्य सचिव, योजना एवं विकास विभाग/परियोजना निदेशक, बिहार आपदा पुनर्वास एवं पुनर्निर्माण सोसायटी/अपर मुख्य सचिव, बिहार राज्य योजना पर्षद, पटना के पदों का अतिरिक्त प्रभार।
09.	4374/01.04.2021	जिला प्रशिक्षण हेतु भा.प्र.से. 2020 बैच के परीक्ष्यमान पदाधिकारी, क्रमशः श्री श्रेष्ठ अनुपम का मुजफ्फरपुर, श्री प्रदीप सिंह का पटना, सुश्री चन्द्रीमा अत्री का भागलपुर, सुश्री अनुपमा सिंह का गया, श्री श्रीकान्त कुण्डलीक खाण्डेकर का नालन्दा, श्रह कुमार निशान्त विवेक का पूर्णिया, श्री अभिषेक पलासिया का दरभंगा तथा श्री सेधु माधवन एस का पश्चिम चम्पारण जिलों में सहायक समाहर्ता एवं सहायक दंडाधिकारी के रूप में पदस्थापन।
10.	4490/06.04.2021	श्री मणीश कुमार, भा.प्र.से. (2005), आयुक्त, तिरहुत प्रमण्डल, मुजफ्फरपुर को आयुक्त, दरभंगा प्रमण्डल, दरभंगा के पद का अतिरिक्त प्रभार।
11.	4529/06.04.2021	श्री कंवल तनुज, भा.प्र.से. (2010), समाहर्ता एवं जिला पदाधिकारी, कटिहार का निदेशक, सूचना एवं जनसम्पर्क, बिहार, पटना के पद पर पदस्थापन।
12.	4530/06.04.2021	श्री उदयन मिश्रा, भा.प्र.से. (2011), अपर सचिव, वित्त विभाग, बिहार, पटना का समाहर्ता एवं जिला पदाधिकारी, कटिहार के पद पर पदस्थापन।
13.	4894/13.04.2021	राज्य में कोरोना महामारी के बढ़ते प्रकोप के कारण श्री राजीव रौशन, भा.प्र.से. (2010) का पटना स्थित पीएमसीएच में, श्री राज कुमार, भा.प्र.से. (2010) का एम्स में, श्री पंकज दीक्षित, भा.प्र.से. (2011) का एनएमसीएच में एक सप्ताह के लिए प्रतिनियुक्ति।
14.	5005/15.04.2021	श्री लोकेश कुमार सिंह, भा.प्र.से. (2003), सचिव, विज्ञान एवं प्रावैधिकी विभाग को 30.04.2021 तक स्वास्थ्य विभाग में विशेष कार्य पदाधिकारी के पद का अतिरिक्त प्रभार।
15.	5081/19.04.2021	श्री कंवल तनुज, भा.प्र.से. (2010), निदेशक, सूचना एवं जनसम्पर्क, बिहार, पटना को अपर सचिव, सूचना एवं जनसम्पर्क विभाग के पद का अतिरिक्त प्रभार।
16.	2020/25.04.2021	श्री कुमार रवि, भा.प्र.से. (2005), सचिव, भवन निर्माण विभाग को स्वास्थ्य विभाग में विशेष कार्य पदाधिकारी के पद का अतिरिक्त प्रभार।

17.	5199 / 30.04.2021	श्री लोकेश कुमार सिंह, भा.प्र.से. (2003), सचिव, विज्ञान एवं प्रावैधिकी विभाग को 31.05.2021 तक स्वास्थ्य विभाग में विशेष कार्य पदाधिकारी के पद का अतिरिक्त प्रभार।
18.	5203 / 01.05.2021	श्री त्रिपुरारी शरण, भा.प्र.से. (1985), अध्यक्ष-सह-सदस्य, राजस्व पर्वद, बिहार, पटना का मुख्य सचिव, बिहार, पटना के पद पर पदस्थापन।
19.	5204 / 01.05.2021	श्री संजीव कुमार सिन्हा, भा.प्र.से. (1986), मुख्य जॉच आयुक्त, सामान्य प्रशासन विभाग, बिहार, पटना का अध्यक्ष-सह-सदस्य, राजस्व पर्वद, बिहार, पटना के पद पर पदस्थापन।
20.	5205 / 01.05.2021	श्री सुधीर कुमार, भा.प्र.से. (1988), मुख्य परामर्शी, बिहार राज्य योजना पर्वद, पटना का मुख्य जॉच आयुक्त, सामान्य प्रशासन विभाग, बिहार, पटना के पद पर पदस्थापन।
21.	5206 / 01.05.2021	श्रीमती वन्दना किनी, भा.प्र.से. (1989), आयुक्त, भागलपुर प्रमण्डल, भागलपुर का अपर मुख्य सचिव, श्रम संसाधन विभाग, बिहार, पटना के पद पर पदस्थापन। साथ ही, अपर मुख्य सचिव, कला, संस्कृति एवं युवा विभाग, बिहार, पटना का अतिरिक्त प्रभार।
22.	5207 / 01.05.2021	श्री मिहिर कुमार सिंह, भा.प्र.से. (1993), प्रधान सचिव, श्रम संसाधन विभाग, बिहार, पटना का आयुक्त, तिरहुत प्रमण्डल, मुजफ्फरपुर के पद पर पदस्थापन।
23.	5208 / 01.05.2021	श्री प्रेम सिंह मीणा, भा.प्र.से. (2000), सचिव, वित्त विभाग, बिहार, पटना का आयुक्त, भागलपुर प्रमण्डल, भागलपुर के पद पर पदस्थापन। साथ ही, आयुक्त, मुंगेर प्रमण्डल, मुंगेर का अतिरिक्त प्रभार।
24.	5209 / 01.05.2021	श्री मणीश कुमार, भा.प्र.से. (2005), का आयुक्त, तिरहुत प्रमण्डल, मुजफ्फरपुर का आयुक्त, दरभंगा प्रमण्डल, दरभंगा के पद पर पदस्थापन।
25.	5253 / 12.05.2021	Promotion of Shri Pratyaya Amrit, IAS (1991) to ACS scale and upgradation of the posts held by him to the ACS scale
26.	5327 / 19.05.2021	Additional charge to Shri Kumar Ravi, IAS (2005), of MD, Bihar Medical Services and Infrastructure Corporation Limited (BMSICL)

Some suggestions for people recovered from covid

- * Get repeat CBC ESR CRP done, to check remains of infection, if any.
- * Get chest xray and ECG done and consult your regular doctor, to check remaining lungs infection, if any and after effects on functioning of heart.
- * Continue steam inhalation and gargle, at least once, at bed time. To prevent fungal infection, Jalneti can be useful but do it under proper supervision.
- * No sour thing, no cold thing, no raw thing (avoid fruit and salad also for at least 15 days, to avoid allergic reaction).
- * Take cooked and warm food, Fulfil your nutrient requirement from green vegetables, boiled sweet potatoes, Green leafy vegetables (Saag), boiled beetroot, drumsticks, moringa powder, aonla murabba, dry fruits, milk, protein supplement, eggs, chicken, fish etc.
- * Take food with less oil and masala, as post covid stomach upset is very common.
- * Gradually build up stamina through walking, yoga and pranayama.
- * Continue vitamin B 12 and vitamin D medicines, depending on your deficiency level., but not for very long period and as per the advice of your doctor only. At least 90% of covid affected people have vitamin D deficiency. So necessarily get Vitamin B12 and D 25 test done during your blood test for covid markers.
- * Take at least 5 litres of water every day. It is essential to keep your body hydrated.
- * Those people who have prostrate issues should take whole intake of water (5 litres) within 12 hours of their getting up in the morning. Accordingly, no water after 6 or 7 pm. Take only as little required for your medication, after this time.

*

[Based on personal experience of Shri Dipak Kumar Singh (1992) and as per the advice of his family doctor. You may consult your regular Doctor, in case of doubt].

Photo Gallery

Glimpses of the Patna Mind Fest 2021 held at Bihar Museum of March 13-14



Mr Sudhir Kumar Rakesh, IAS (retd) hands over the Word Bee Runner-up prize to Adya Singh of Notre Dame Academy, Patna



Mr Sudhir Kumar Rakesh (retd), IAS, handing over the Word Bee Runner-up prize to Adya Singh of the Notre Dame Academy, Patna



Chief Guest Justice Mihir Kumar Jha handing over the General Quiz trophies to the winning team, Akshay Kumar, Jyotiraditya Goswami and Anand



Mr Sudhir Kumar Rakesh, IAS, handing over the Runner-up prizes to Tanya, Shriti Rani and Puja Kumari who took part in the Dumb Charade contest.



Mr Subhash Kumar Sinha, Coordinator, IAS Bhawan with Mr Vivek Kumar Singh, the all-in-one of the 2-Day Patna Mind Fest 2021 at Bihar Museum, the venue.

Photo Gallery



Purnea DM, Rahul Kumar in the Covid Control Room



Darbhanga DM, Dr SM Thyagrajan in his office chamber

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