icmr INDIAN COUNCIL OF MEDICAL RESEARCH | NIRTH NATIONAL INSTITUTE OF RESEARCH IN TRIBAL HEALTH

ICMR-NIRTH Special E-letter on Vigilance Awareness Week, 2019

Integrity – A Way of Life

ईमानदारी - एक जीवन शैली

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Editorial

The Central Vigilance Commission has the mandate under the Central Vigilance Commission Act, 2003 to fight corruption and to ensure integrity in public administration. It is charged with monitoring all vigilance activities under the Central Government and advising various authorities in Central Government and organizations under it, in planning, executing and reviewing their vigilance work in order to bring out systemic improvement in governance. In addition, the Commission with its outreach activities also endeavours to create awareness amongst the common man, especially the youth, towards the policy of achieving transparency, accountability and corruption free governance.

Observance of Vigilance Awareness Week every year is part of the multi-pronged approach where a key strategy is to encourage all stakeholders to collectively participate in the prevention of, and the fight against corruption and to raise public awareness regarding the existence, causes and gravity of and the threat posed by corruption. Keeping in light the above, the theme for Vigilance Awareness Week, 2019 is "Integrity- A way of Life" or "ईमानदारी - एक जीवन शैली".

Disclaimer: The views and opinions expressed in the articles do not necessarily reflect those of the NIRTH and Editors

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Views on Preventive Vigilance & Related Issues

ईमानदारी एक जीवन शैली

ईमानदारी का शाब्दिक अर्थ है 'ईमान' मतलब अपने ज़मीर और आत्मा के साथ जो सच्चा रहे। ये एक दो बार करने की चीज़ नहीं, यह एक आदत होती है, जो हर किसी में जन्म से रहती हैं; अब ये हम पर निर्भर करता है कि हम इसे सींचकर और मज़बूत बनाये या धीरे-धीरे इसकी जडे काटें। धीरे-धीरे इसलिए कहा क्योंकि शुरूआत में जब हम गलत काम करते हैं तो हमारी अंर्तआत्मा हमें झकझोरती है, ग्लानी होती है, पर हमारे व्यसन का वेग अगर प्रबल है तो वह उसे दबा देती है, फिर हम एक के बाद एक अनगिनत गतल काम करने लगते हैं। भ्रष्टाचार बडे पैमाने पर हो ये ज़रूरी नहीं। हम अपने रिश्ते , कार्य , अपनी आदतो से कही ना कहीं बेईमानी करते है, झूठ कहकर, खुश होते हैं कि हमने किसी को बेवकूफ बनाया, पर सच ये है कि हम अपना भरोसा खो देते हैं। बेईमानी से कमाये गए धन से थोडे समय के लिए भले ही घर में खुशियॉ आये पर पीढ़ी दर पीढ़ी दुख, परेशानियॉ, सतांन के जीवन में बाधायें, विफलता बनी रहती है।

"ईमानदारी को जीवन का अभिप्राय बनाकर जीवन पर्यतं सुख, शातिं और समृद्धी का लाभ पायें।"

नाज़िआ अनवर अली,
टेक्निकल ऑफिसर ए

"सत्यवादिता"

बेंजामिन फ्रैंकलिन के द्वारा कही गई एक आम कहावत "ईमानदारी सर्वश्रेष्ठ नीति है" बहुत ही प्रसिद्ध कहावत है | ईमानदारी जीवन में सफलता प्राप्त करने का सबसे अच्छा उपकरण है और एक प्रसिद्ध व्यक्ति ने इसे किसी भी परिस्थिति के लिए रीढ़ की हड्डी कहा है |

ईमानदारी विस्वास का दूसरा पर्याय है अगर हम अपने जीवन में ईमानदार है, तो हम पर लोग सहज रूप से विस्वास करेंगे | बेईमानी से कार्य करने से जीवन में एक अपराध बोझ रहता है जो जिंदगी भर हमारा पीछा नहीं छोड़ता और हमारे मन को नकारात्मकता से भर देता है | यदि हम

ईमानदारी से रहेंगे तो हमारी सोच भी सकारात्मक रहेगी | यही सकारात्मकता विचार हमारी सफलता का मार्ग प्रशस्त करेगी | जीवन में ईमानदार, वफादार और सच्चा होना, व्यक्ति को मानसिक शांति प्रदान करता है | ईमानदार व्यक्ति हमेशा सुखी और शांतिपूर्ण रहते है क्योंकि, वे बिना किसी अपराध के अपना जीवन जीते है | इतिहास गवाह है की अब्राहिम लिंकन और लाल बहादुर शास्त्री जैसे ईमानदार राजनेताओं, न्यूटन, आइंस्टीन और अन्य वैज्ञानिकों ने अपनी उम्र से अधिक नाम कमाया है, क्योंकि उन्होंने अपनी जिंदगी ईमानदारी और महान कार्य करने के लिए समर्पित की थी |

ईमानदारी की मुख्य विशेषताएं जैसे - उत्तरदायित्व, निष्ठापूर्वक आचरण, आत्म जागरूकता, द्रष्टिकोण और सहानुभूति है, जिनका हमें हमेशा अनुसरण करना चाहिए |

ईमानदारी सफल जीवन जीने का सबसे महत्वपूर्ण यंत्र है | यह किसी भी व्यक्ति को किसी के साथ जीवन में कुछ गलत या बुरा करने का दोषी नहीं बनाती | यद्यपि, यह आत्मविश्वास और अच्छाई की भावना लाती है और इस प्रकार जीवन को सफल और शांत बनाती है | हमें अपने जीवन में ईमानदार बनने का प्रयास करना चाहिए क्योंकि ईमानदारी हर सफलता की कुंजी होती है |

राहुल कोष्टा
अवर श्रेणी लिपिक

ईमानदारी: हमारी जीवनचर्या

सतर्कता अर्थात् सतर्क रहना एवं जागरुकता अर्थात् अपने कर्तव्यों के प्रति जागरुक रहना। हर वर्ष स्व. सरदार वल्लभ भाई पटेल के जन्मदिवस 31 अक्टूबर के सप्ताह को सतर्कता जागरुकता सप्ताह के रुप में मनाया जाता है। सतर्कता जागरुकता सप्ताह का पालन सार्वजनिक जीवन में ईमानदारी, पारदर्षिता, उत्तरदायित्व को बढ़ावा देने के लक्ष्यों को प्राप्त करने की जिम्मेदारी को नवीनीकृत करता है। आज के इस युग में हमें स्वयं में अपने कर्तव्यों के प्रति जागरुक हो कर सतर्क रहना आवश्यक है। दूसरों पर आरोप प्रत्यारोप करने के बजाय स्वयं की जिम्मेदारी समझने की आवश्कता है कि हम अपने कर्तव्यों के प्रति कितने ईमानदार हैं। यदि हर इंसान ने अपने जीवन में ईमानदारी को आत्मसात कर लिया अपने कर्तव्यों के प्रति सतर्क हो गया तो इस देश से भ्रष्टाचार जैसी अन्य बीमारियां स्वतः ही दूर हो जाएगीं। ईमानदारी को अपनी जीवन शैली बनाए तभी हमारा देश फिर से सोने की चिड़िया बन पाएगा।

अंजली राजपूत
अवर श्रेणी लिपिक

The time is "ripe" for ICMR to have its own policy on Research Integrity and Publication Ethics (RIPE), 2019

The Indian Council of Medical Research (ICMR), which is one of the oldest medical research bodies in the world, is the apex body in India for the formulation, coordination and promotion of biomedical research. The focus of ICMR is two-fold: to address the growing demands of scientific advances in biomedical research on one hand, and finding practical solutions to the health problems of the country, on the other. The theme for this year's Vigilance Awareness Week "*Integrity – A Way of Life*" gels very well with the recently released ICMR policy on Research Integrity and Publication Ethics (RIPE) 2019 which was due for some time.

RIPE 2019 envisages to highlight that the research team should maintain highest standards to uphold the fundamental values of research and prescribes Responsible Conduct of Research (RCR) for it. RCR is a very holistic concept which includes different facets of research like planning and conducting research, reviewing and reporting research, responsible authorship and publication of the research work. RIPE 2019 very clearly delineates the purpose of coming up with this document, the scope of this policy, responsibilities of the stakeholders and the framework for its implementation at the institutional level. Most importantly this policy envisions and sees to it that the 'humane' part of health research is not out of focus and complements the ICMR National Ethical Guidelines for Biomedical and Health Research Involving Human Participants 2017.

RIPE 2019 is freely available on the websites of ICMR, New Delhi and National Institute of Research in Tribal Health, Jabalpur and is a must for anybody and everybody concerning health research in our vast nation which is full of diversity.

Dr. Nishant Saxena
Scientist - B

Integrity – Needs to feed from Heart not from mouth

Corruption is a social evil which occurs at various levels in society. But its threshold differs from sector to sector. It is having detrimental effect on healthy economy and prosperity of the country. To build corruption free country, creating awareness about corruptions and its ill effect on society among citizens of India is need of the hour. Accordingly, in this year vigilance awareness week theme is Integrity – A way of life. Since, integrity is considered as one of the core values of any human being. Properly awakening this value in each person working in different sectors and level and making integrity as his own lifestyle may help in building corruption free India. To integrate integrity in his lifestyle, different sectors or organizations or any system should first believe in its people doing various tasks for proper performance or promotion of any organizations /sector and this act will build confidence and belongingness to the sector in them and they work honestly. Sectors/organizations should identify employees who are dedicated, honest and transparent in their work and issue "Appreciation Letter" to them as motivation without making any bias. Apart from these, ensuring transparency in working area, minimizing discretion and optimum usage of technology in all the dealings of the system especially finance and administration wing and its process may de-root the corruption from the system at any level. Further, creating awareness about optimum usage of technologies in employees, implementing transparency in working environment may put full stop to corruption in organizational setups. Above all, people who are vigilant and committed to highest standards of honesty and integrity at all times in any sector should be encouraged by the government. Since, integrity still remains the backbone of decision- making capacity of young generation, motivating the youth towards honesty and integrity may prevent corruption.

Dr. Manjunathachar HV
Scientist-B

Resemblance of Integrity

In point of fact, the robe of integrity can only be worn by a sacred soul. Preserving honesty is to worship honesty, strong moral and ethical principles. The adherence of the same, person emerges as an asymmetry in society. The perception of a person's loyalty can be known by his behaviour. An honest person cannot be separated from his honesty in the same way that the moon from its moonlight. Law as integrity says that a person being honest shall speak with one voice, so the truth is to be structured on coherent principles about being fair and just by the same standard. In the perception of law moral principles that people hold dear are often wrong, even to the extent that certain crimes are acceptable if one's principles are oddities enough. Vigilance is a practise to teach about the integrity rules, regulations and every aspect related to it. In day-to-day life, Vigilance plays the part of the key to raise loyal personalities in society for establishing the example of honesty.

Mr. Sarthak Soni
Stenographer

Live a life of integrity

Upright character is an important ingredient in any person’s life. Character is a matter of doing right, over and over until it becomes a part of your life. Integrity is character that truly comes from the heart. It is character that is resolute. It is character that cannot be changed or polluted. Integrity is not just character, but it is more than the character of a person. Character deficits are really a result of a lack of integrity. Integrity has to do with a sense of consistency between a person’s inner values and attitudes and his outward words and actions.

We demonstrate integrity when we do what we say and act out what we believe; if not, we are a fraud, and woe to us for being one. Integrity is the guard of our character and an essential virtue for success in any sphere of life. Without it, nations, businesses, religion,

and families crumble and fall into moral disarray. People with integrity have nothing to hide and nothing to fear. Integrity also includes public accountability, reliability, and personal purity.

There is a popular belief that our integrity goes to work with us. It manifests itself in the way we treat our leaders, our followers, and fellow workers. It also manifests itself in the way we respond to the adverse circumstances at the work place too. It further manifests itself in our attitude, convictions and honesty that we display at our work. We must always remember that people are watching. Integrity demands that we stand for what is the right and the upright thing to do at all times. Our integrity is put to test every day, in virtually every situation. We are being watched closely to see how we will respond. The choice of our walk matching our talk, our behaviour matching our beliefs, our character matching our confession is left to us. Keep in mind to not throw away integrity in windy times, no matter what you may have to lose to maintain it. To throw away your integrity is almost the same as throwing away your precious soul.

Dr. Shiv K. Singh
Senior Technician-II

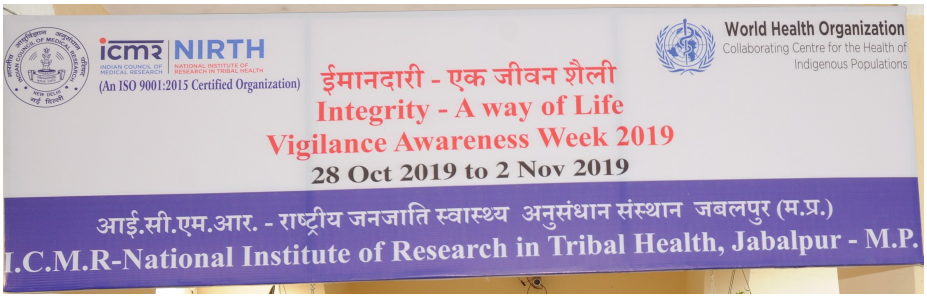
Some glimpses of Vigilance Awareness Week 2019 at ICMR-NIRTH, Jabalpur

The Vigilance Awareness Week 2019, in which the birthday of Sardar Vallabhbhai Patel (31st October) falls, was observed at ICMR-NIRTH, Jabalpur with zeal and enthusiasm from 28th October 2019 to 2nd November 2019. The theme for this year's Vigilance Awareness Week, as proposed by Central Vigilance Commission, was "*Integrity – A Way of Life*". For observance of the Week, beside indoor activities, outdoor activity like sensitization and oath taking in the community was also organized in order to extend sensitization on issues of vigilance and anti-corruption. Accordingly, the activities were planned with the support and guidance of Dr. Aparup Das, Scientist G & Director, NIRTH.

The various week-long activities conducted were:

Oath taking ceremony

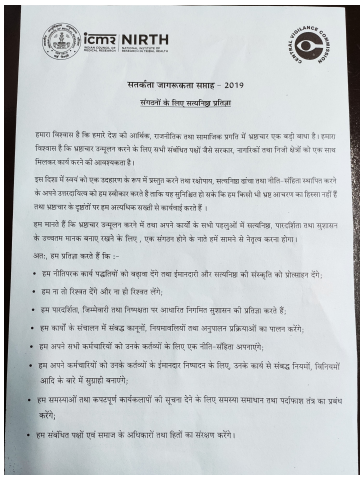
Vigilance Awareness Week 2019 commenced with the oath taking ceremony for the scientists, officials, staff and students of ICMR-NIRTH Jabalpur under the leadership of Dr. Aparup Das, Scientist 'G' & Director in presence of Dr. K B Saha, Scientist 'F' and Vigilance Officer. Bilingual banners were put up in strategically important locations of the campus to make even the outsiders aware about the week and the theme. Pamphlets and badges especially designed for the day and conveying the message and theme of this year's Vigilance Awareness Week were distributed to all. People also echoed their sentiments on the occasion.



Vigilance Awareness Week 2019 banner signifying this year's theme



(a)



सतर्कता जागरूकता सप्ताह - 2019

संगठनों के लिए सत्यनिष्ठ प्रतिज्ञा

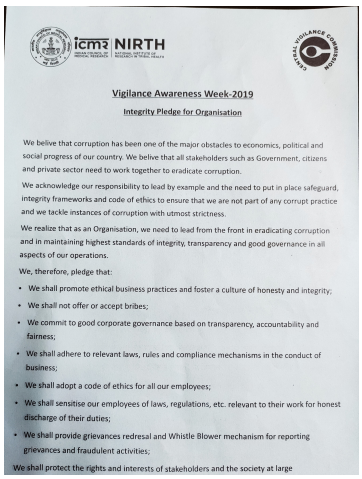
हमारा विश्वास है कि हमारे देश की आर्थिक, राजनीतिक तथा सामाजिक प्रगति में भ्रष्टाचार एक बड़ी बाधा है। हमारा विश्वास है कि भ्रष्टाचार उन्मूलन करने के लिए सभी संबंधित पक्षों जैसे सरकार, नागरिकों तथा निजी क्षेत्रों को एक साथ मिलकर कार्य करने की आवश्यकता है।

इस दिशा में स्वयं को एक उदाहरण के रूप में प्रस्तुत करने तथा रक्षोपाय, सत्यनिष्ठा ढांचा तथा नीति- संहिता स्थापित करने के अपने उत्तरदायित्व को हम स्वीकार करते हैं ताकि यह सुनिश्चित हो सके कि हम किसी भी भ्रष्ट आचरण का हिस्सा नहीं हैं तथा भ्रष्टाचार के दुष्प्रभावों पर हम अत्यधिक सख्ती से कार्यवाई करते हैं ।

हम मानते हैं कि भ्रष्टाचार उन्मूलन करने में तथा अपने कार्यों के सभी पहलुओं में सत्यनिष्ठा, पारदर्शिता तथा सुशासन के उच्चतम मानक बनाए रखने के लिए , एक संगठन होने के नाते हमें सामने से नेतृत्व करना होगा।

अतः, हम प्रतिज्ञा करते हैं कि :-

- हम नीतिपरक कार्य पद्धतियों को बढ़ावा देंगे तथा ईमानदारी और सत्यनिष्ठा की संस्कृति को प्रोत्साहन देंगे;
- हम ना तो रिश्वत देंगे और ना ही रिश्वत लेंगे;
- हम पारदर्शिता, जिम्मेवारी तथा निष्पक्षता पर आधारित निगमित सुशासन को प्रतिज्ञा करते हैं;
- हम कार्यों के संचालन में संबद्ध कानूनों, नियमावलियों तथा अनुपालन प्रक्रियाओं का पालन करेंगे;
- हम अपने सभी कर्मचारियों को उनके कर्तव्यों के लिए एक नीति-संहिता अपनाएंगे;
- हम अपने कर्मचारियों को उनके कर्तव्यों के ईमानदार निष्पादन के लिए, उनके कार्य से संबद्ध नियमों, विनियमों आदि के बारे में सुझाही बनाएंगे;
- हम समस्याओं तथा कपटपूर्ण कार्यकलापों की सूचना देने के लिए समस्या समाधान तथा पर्दाफाश तंत्र का प्रबंध करेंगे;
- हम संबंधित पक्षों एवं समाज के अधिकारों तथा हितों का संरक्षण करेंगे।



Vigilance Awareness Week-2019

Integrity Pledge for Organisation

We belive that corruption has been one of the major obstacles to economics, political and social progress of our country. We belive that all stakeholders such as Government, citizens and private sector need to work together to eradicate corruption.

We acknowledge our responsibility to lead by example and the need to put in place safeguard, integrity frameworks and code of ethics to ensure that we are not part of any corrupt practice and we tackle instances of corruption with utmost strictness.

We realize that as an Organisation, we need to lead from the front in eradicating corruption and in maintaining highest standards of integrity, transparency and good governance in all aspects of our operations.

We, therefore, pledge that:

- We shall promote ethical business practices and foster a culture of honesty and integrity;
- We shall not offer or accept bribes;
- We commit to good corporate governance based on transparency, accountability and fairness;
- We shall adhere to relevant laws, rules and compliance mechanisms in the conduct of business;
- We shall adopt a code of ethics for all our employees;
- We shall sensitise our employees of laws, regulations, etc. relevant to their work for honest discharge of their duties;
- We shall provide grievances redresal and Whistle Blower mechanism for reporting grievances and fraudulent activities;

We shall protect the rights and interests of stakeholders and the society at large

(b)

Vigilance Awareness Week 2019 badge (a) and pamphlets (b)





Glimpses of the oath taking ceremony for office staff

Oath taking in the community

The message of Vigilance Awareness Week was not just confined to the office staff and officials, rather spread in the community also. For this purpose, the family members of the NIRTH officials living in the staff quarters within the premises of the NIRTH Campus were also administered the integrity pledge and sensitized about this year's theme which urges all of us to imbibe integrity in our daily life and routine.



Integrity pledge being administered in the community

Workshop on preventive vigilance

A workshop was organized during the Vigilance Awareness Week in which Shri Rahul Koshta, LDC delivered a lecture on "*Participating in Preventive Vigilance Gives Good and Effective Governance*". He highlighted the importance of adoption of various online platforms like GEM, PFMS in official work which is expected to enhance the transparency of the system. Shri Mahendra Ukey, Technical Officer-B demonstrated the process of taking e-Pledge of Integrity from the website of Central Vigilance Commission (CVC). The session was chaired by Dr. Tapas Chakma, Scientist 'G' and co-chaired by Dr. M. M. Shukla, Scientist 'F' and coordinated by Shri L S Kaushal.



Lecture and e-Pledge of Integrity during the workshop



Chairman and Co-chairman during the workshop

Speech competition

Two speech competitions were organized during the week - one for scientists, officials, staff and students of NIRTH Jabalpur, and another for the staff children. The theme of this year's Vigilance Awareness Week: "*Integrity – A Way of Life*" or "*ईमानदारी - एक जीवन शैली*" was kept as the central theme for these speech competitions. Office staff as well as their children participated with full zeal and fervour and shared their unique ideas and interpretations related to the theme. The participants were ranked according to their performance by the panel of judges for this competition which comprised of:

- Dr. Tapas Chakma, Scientist 'G'
- Dr. K. B. Saha, Scientist 'F' & V.O.
- Dr. Jyothi Bhat, Scientist 'E'

- Dr. A. K. Mishra, Scientist 'E'
- Dr. Dinesh Kumar, Scientist 'E'

The speech competition was coordinated by Dr. Nishant Saxena, Scientist B and Shri L S Kaushal, STO-II. The necessary arrangements like printing of banners, pamphlets, badges, certificates, snacks, mementos, gifts and photography was done by Dr. Arvind Verma, PTO, Dr. Alpana Abbad, PTO, Smt. Nazia Anwar Ali, TO-A, Dr. Shiv Kumar Singh, ST-II and Shri Jagdish Thakur, LA. The celebrations of the Vigilance Awareness Week 2019 concluded with the remarks and observations by the panel of judges.











Children participating in the speech competition











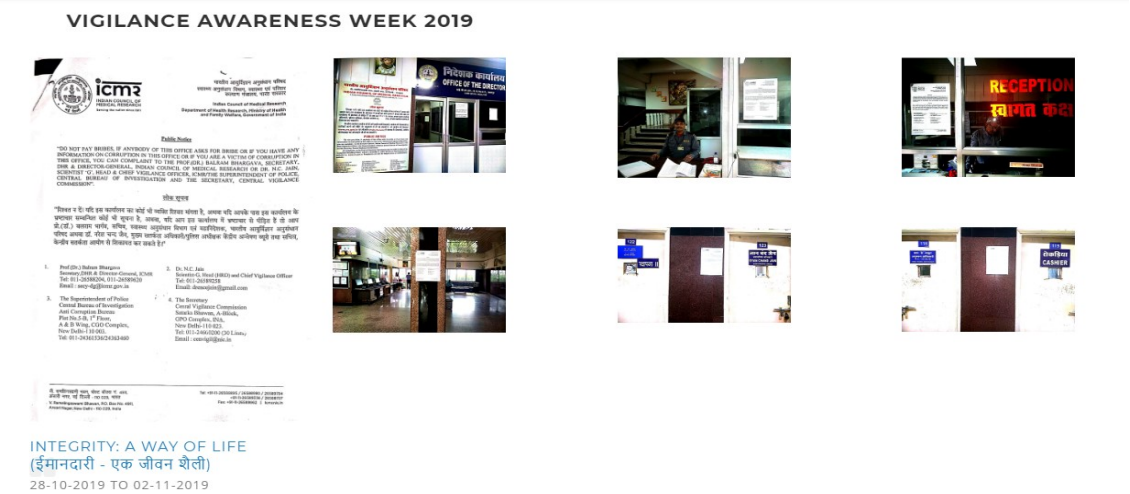






Scientists, officials and staff of NIRTH during the speech competition

As per ICMR's instructions the contact details of important officials and personnel related to vigilance issues were displayed in various places of public interest in the institute and the same were also uploaded on the institute's website for maximum coverage and awareness.



Screenshot of ICMR-NIRTH's website displaying the vigilance related information

In addition to the above, ample use the social media platforms such as Facebook, Twitter, WhatsApp was made to circulate messages and our activities related to anti-corruption practices and preventive measures. Besides this all the officials and staff use the theme "*Integrity – A Way of Life*" as their email signature, and all staff wore a small badge bearing this slogan. The week-long programme ended with positive note. Overall the events were organized under the guidance of Dr. K. B. Saha, Scientist 'F' & Vigilance Officer.

Core Vigilance Awareness Week, 2019 Organising Committee

Dr. Aparup Das, Scientist G & Director; Dr. Kalyan B Saha, Scientist F & Vigilance Officer; Dr. Nishant Saxena, Scientist B; Mr. Gyan Chan Jain, Administrative Officer; Dr. Arvind Verma, Principal Technical Officer; Dr. Alpana Abbad, Principal Technical Officer; Smt. Nazia Anwar Ali, Technical Oficer A, Dr. Shiv K. Singh, Senior Technician-II; Mr. L. S. Kausahl, Senior Technician-II and Mr Jagdish Singh Thakur, Laboratory Assistant shared the responsibility of carrying various activities.